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Resounding Victory for Canada

Major impact on Pine Falls and northern communities

By Charles Norman

The current softwood lumber trade dispute seems to be all over but the shouting.

Paul Grenier of the Free Trade Lumber Council has described a recent decision by a NAFTA (North American Free Trade Agreement) panel as a "Resounding victory for Canada."

When the North American Free Trade Agreement was signed provision was made for the protection of US industries hurt by unfair trade practices of Canadian exporters. Unfair trade practices included government subsidies and "dumping". Dumping is the sale of surplus production at below the market price in the exporters home market. The US Department of commerce is obliged to support US industries that lodge a complaint under the free trade agreement.

To date the World Trade Organization (WTO) and NAFTA have been concentrating on government subsidies and dumping. The US Department of commerce has determined that Canadian softwood lumber companies have been "dumping" softwood in the US and that

Canadian stumpage rates for lumber. (What the government charges for crown owned trees) is a subsidy and has imposed punitive import duties on both counts.

The US has had difficulty in supporting claims of dumping and government subsidy before the WTO and NAFTA. (Charges of dumping have been described by Canadian industry representatives as without any foundation whatsoever).

Whether or not the charges are true, the US industry has benefited by being protected by the high tariff and has been able to charge substantially more for their lumber products, so the whole exercise is worth the effort in their view whatever the final result. It is not the first time that it has been tried. They have always lost in the end but have filled their pockets in the meantime.

What is different in the recent NAFTA panel decision is the fact that NAFTA has found the US Department of Commerce has not shown that Canadian softwood lumber exports have actually hurt the US industry. Showing hurt to the US industry is a necessary pre-



Tembec TMP Plant (file photo)

condition to any action by the US Department of Commerce regardless of any other considerations.

NAFTA has given the US 100 days to prove that Canadian softwood exports threaten the US industry. Canadian negotiators feel that the whole issue will be resolved in Canada's favour within six months. At that time the tariffs collected by the US will be returned to the Canadian export-

ers. The total is in the billions of dollars. Tembec's share will be in the hundreds of millions of dollars.

Local impact

The resolution of the softwood lumber dispute is holding up the development of a Sagkeeng sawmill with up to 150 employees and perhaps another 150 jobs in harvesting of lumber. The possibility of a third paper machine in Pine Falls, and another one or two

sawmills in northern communities is also on hold pending the resolution of the dispute. (East Side Lake Winnipeg land use consultations also have to be completed).

Also on hold is an all-weather road to communities on the east of Lake Winnipeg as far north as St. Theresa's Point. Close to a thousand brand new jobs are at stake.

Students Ready For Terry Fox Run

By Jim Hampshire

It has been more than two decades since Terry Fox began his cross Canada Marathon of Hope in benefit of cancer research, and now 23 years later, a new generation of Canadians still carry that same hope each year at this time with the Terry Fox Run.

The Lac du Bonnet segment of the Terry Fox Run will be held on Friday Sept. 12 at 10:30am, when students of all ages will gather in front of the Centennial School to begin the 2.8km trek through the streets of town.

Although the Terry Fox Run is held nation-wide on the second Sunday of September, local organizer Terry Schwartz says the Lac du Bonnet run is usually held on the preceding Friday so that students can easily be assembled and participate in the event.

"The Centennial School gets the kids involved by teaching the students about Terry Fox and his tremendous accomplishments," Schwartz explains. "We show the students films on his Marathon of Hope and we really want the kids to understand what his dream was all about. Their enthusiasm

can be seen in the number of participants that sign up for the run each year."

Schwartz notes that the local run is officially named the Centennial School Terry Fox and Ashley Kovari Run, named in part for a local student who lost her battle with cancer in August of 2000. As is the recent custom, Ashley's mother, Donna Kovari will be the official starter in this year's run.

Last year the Lac du Bonnet run brought in over \$4,000 from all local sources, making it one of the most successful runs in rural Manitoba.

The Centennial School stu-

dents will also be joined by students from the Lac du Bonnet Senior School, as well as the many adults who want to do their part for the Terry Fox Foundation. Since its inception in 1981, the foundation has raised over \$300 million towards cancer research.

Not only is the Terry Fox Run held in hundreds of communities across Canada, it is also an international event, with dozens of countries contributing run proceeds to the Terry Fox Foundation.

While Terry Fox couldn't complete the cross Canada Marathon of Hope, he did

make his way from St. John's Newfoundland to Thunder Bay Ont., a distance of over 5,000 km in just four months.

Fox was forced to abandon the marathon when he was diagnosed with lung cancer on Sept. 1 1980. He finally succumbed to cancer on June 28, 1981, at the Royal Columbia Hospital in New Westminster BC.

The Terry Fox Run is scheduled for Powerview on Friday September 19, beginning at the Powerview School grounds.

Please support you local students and participants.

Sagkeeng hardware store under new management

By Charles Norman

Located on Highway 11 on Sagkeeng's South Shore, in the same location as Boney's True Hardware which closed down last year, South Shore Hardware opened for business May 26. It is owned by Gordon Bruyere and managed by his daughter Patricia Bruyere with the help of Linda Dorie. Both Patricia Bruyere and Linda Dorie worked at Boney's True Hardware, Patricia for the entire time it was open, and Linda after it had been open for a year.

The new store is not part of a wholesale chain like True-Value or Pro Hardware, and finding the wholesalers for a huge range of products that are found in any well-stocked hardware store proved to be a challenge in itself. Eventually, after many, many hours on the phone, following leads from the Yellow Pages or from other retailers they have managed to fill the store with the product one would expect to find there. The store offers customers convenience, and competitive pricing.

Perhaps because the new store does not give credit, busi-

ness is slow but it is improving. Most of it comes from cottagers at the Beaches. Extensive credit and slow payment is believed to have caused the collapse of the previous store, and the new owners are determined not to make the same mistake. Having a vast array of products, providing the customers with competitive pricing and having knowledgeable and friendly staff to assist the customer is the key to success and that is just what the new hardware store offers their shoppers.

The new store opened without band support or any public money. Pat Bruyere said she would like to thank Brian Ryall of the South Interlake Credit Union for his confidence in assisting with the financing of the project.

Support from Sagkeeng band members has been limited, with most customers coming from outside the Sagkeeng community. Bruyere said the lack of support might be because not enough people are aware of the fact that the new store is open but she is disappointed that the Sagkeeng band administration has not



Knowledgeable, friendly staff and a vast array of competitive priced products is the key to success for the new hardware store

been purchasing from South Shore Hardware.

Both Pat Bruyere and Linda Dorie enjoy the work. Linda said people are very friendly and she gets to meet lots of new people and to make many

new friends.

The store is open six days a week. Monday to Friday from 9:00 a.m. to 5:30 p.m., and Saturday from 10:00 a.m. to 5:00 p.m.

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Lac du Bonnet	Lucky 7 - 1140.00
Legion Hall	Poker Flush - 1378.00
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BINGO	#1 Loonie - 288.00
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Writers
Charles Norman,
Jim Hampshire

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e-mail: theecho@mb.sympatico.ca
Powerview Office Ph: 367-9468 Fax: 367-9974

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2nd Annual Billy Roy Memorial Junior Golf Tournament

by Jack Shwaluk

Joey Champagne of Lac du Bonnet won the second annual Billy Roy Memorial Junior Golf Tournament hosted by the Pine Falls Golf Club on September 6th.

The fourteen year old Grade 9 student topped the field with a score of 87. The Ted Harrison Trophy, emblematic of the most improved Junior golfer was won by Jordan Beck from Pine Falls. The coaches award which is presented to the player displaying

excellent skill, attitude and sportsmanship was won by Myles Whitford who is also from Pine Falls.

Payton Richardson topped the age 16 and over flight with a 90. The 12-15 age group flight was won by Bryan Whitford, who had a 9 hole score of 51.

The 10-11 age group flight was won by Myles Whitford with a score of 50 and the 7-9 year old flight was won by Conner Scott who posted a sparkling 62.

Winners of the longest drive contest in their respective age groups were

Jordan Beck, Eddie Damen and Jessie Lamoureux for the boys while the girl's long drive competition was won by Joselyn Hagedorn.

The winners of the skills competition in the various age groups were: Conner Scott, Myles Whitford, Patrick Rollins, and Payton Richardson.

The winners of the closest to the pin competition on hole # 1 were: Conner Scott, Myles Whitford, Bryan Whitford and Payton Richardson.

This year, a total of 30 junior golfers enjoyed, made-to-order weather, a



(L-R) Joey Champagne of Lac du Bonnet was presented the Billy Roy Memorial Trophy by Junior Golf Chairman Jack Shwaluk of Pine Falls for this years Tournament

variety of donated products, and an excellent meal served up by Diane and her kitchen staff.

Thank you to the Pine Falls Golf course staff, and to all the volunteers

who helped make this tournament a huge success, we could have not managed without you.

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Reduce the Risk

West Nile virus





Human cases of West Nile virus have been reported in Manitoba. There are steps you can take to reduce the risk of you and your family becoming infected.

How is it spread?
In Manitoba, the *Culex tarsalis* mosquito carries the West Nile virus and transmits it to people. At this time of year, there are more of this particular kind of mosquito and a higher chance of being bitten by a mosquito carrying the infection.

How can I reduce my risk?
For most Manitobans, the risk of becoming infected with West Nile virus remains low. You can reduce your risk of being bitten by mosquitoes by:


- reducing the time you spend outdoors from dusk to dawn, when mosquitoes are most active;
- wearing light-coloured, loose-fitting, long-sleeved shirts and long pants when you are outside;
- applying insect repellent containing DEET; and
- checking that your door and window screens fit tightly and are free of holes.



What are the symptoms?
Most of the time, people infected by the West Nile virus have no symptoms and do not become ill. Of those who do become ill, most will have a mild illness with symptoms such as fever, headache and body aches.

Less frequently, the virus can cause encephalitis, an inflammation of the brain. This is more likely to occur among adults over age 50 as well as people who have chronic diseases and weakened immune systems. Encephalitis has serious complications and can be life threatening. These complications include weakness, paralysis, confusion and coma.

To learn more
For the most up-to-date information, please visit our Web site at www.gov.mb.ca or call Health Links at 788-8200 in Winnipeg or toll-free 1-888-315-9257 of Winnipeg.

Manitoba 

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Manitoba

Lee River residence sustains fire damage

Quick response by fire department saves house

By Jim Hampshire

A quiet night of Bingo was interrupted for two area residents on Friday evening, after the couple received a phone call alerting them that their Lee River home was on fire. Joe and Mavis Caruso had just settled in for an evening of Bingo at the Lac du Bonnet Legion when they received word of the fire, which is believed to have started in the kitchen.

The Lac du Bonnet Fire Department responded to the 911 emergency call at 7:11pm on Friday evening and found the kitchen area of the residence ablaze. Fire Chief Omer Lavoie reports that 12 fire department members were dispatched along with a pumper truck and water tanker. Lavoie says the quick response was key to saving the single storey

structure.

"Our members were on the scene in 15 minutes and they found the fire had broken through the kitchen ceiling and entered the attic," Lavoie said. "At that point they worked to contain the fire and kept it from spreading to other areas in the home."

Although working without fire hydrants could have posed

a problem for the department, Lavoie says the tanker truck carried an ample supply of water to get the job done.

"Between the pumper truck and tanker, we have over 3,700 gallons of water at our disposal," Lavoie explained. "Had the fire spread throughout the house, or to another residence, we knew we could feed off the Lee River if necessary."

The fire department was able to extinguish the blaze, located at 14 Harding Crescent, in just under two hours, saving the outer structure of the house in the process. Lavoie estimates that the house sustained \$40,000 in fire and smoke damage. It is believed that a grease fire in the kitchen was to blame.

RCMP host 6th annual golf tournament

Eighty golfers joined in this year's 6th RCMP Annual Golf Tournament which was held this past Sunday at the Pine Falls Golf Course. The Winnipeg River RCMP Detachment once again held a successful charity golf tournament with the proceeds going to the Canadian Diabetic Association.

With beautiful weather to assist them, eighty golfer's hit the fairways in search of the win. The team of Lawrence Abraham, Alex Bear, Glen (Shack) Hebert and Robert Manninway shot a 10 under to tie with the Hollow Water

team of Ian Bushie, Ricky Bushie, Gabriel Hall, and Derek Bushie. This forced an extra hole with both teams playing on number one. Lawrence Abraham came up with the big chip shot to sink it in for a birdie to win top honors at this year's tournament.

"We had a great day hosting the tournament, and would like to thank all the sponsors, and volunteers. It is with their help that we are able to run this tournament, and we thank all those who participated," said Constable Greg Smith.



(left to right) The team of Lawrence Abraham, Alex Bear, Glen (Shack) Hebert, and Robert Manninway took top spot in this year's 6th annual golf tournament. The team shot a 10 under and was forced to play an extra hole on #1 against Hollow Water team Ian Bushie, Ricky Bushie, Gabriel Hall, and Derrick Bushie. Lawrence Abraham made a great chip shot for birdie to seal the victory.

PINE FALLS BR. #64

Legion Week Activities

DATE EVENT TIME

Mon. Sept 15	- Poker Night	- 7:00 p.m.
Tues. Sept 16	- Cribbage	- 7:00 p.m.
Wed. Sept 17	- Afternoon Bingo	- 2:15 p.m.
Wed. Sept 17	- Pool Tournament	- 7:00 p.m.
Fri. Sept 19	- Meat Draw	- 5:00 p.m.
Sat. Sept 20	- Darts Tournament	- 1:00 p.m.
Sun. Sept 21	- Veterans Dinner	- Cocktails 5:00p.m. Dinner 6:00 p.m. Tickets are \$10.00 per person

Visit our clubrooms during "Legion Week" and participate in the various events.

Hunter Safety Course

Saturday, September 13th
8:00am-4:30pm

Powerview Catholic Church
Basement



Class size is a limited so pre-register by calling Ron Pachkosky at 367-8056

Community Centre Golf Classic

Last minute entries still available in Lac du Bonnet fund raiser

By Jim Hampshire

It is quickly becoming the largest sponsored tournament in the region and this year sponsorship for the Lac du Bonnet Community Centre Golf Classic has increased once again, which is a pleasant development for the organizers.

"We're happy to report we are further ahead in terms of team entries and much further ahead in the prize department," tournament organizer Wes Martin said earlier this week. "This year we are offering cash prizes for the top three spots as well as a few surprises out on the course."

Martin reports that corporate sponsorship is up and so are the contest prizes available during the tournament. Similar to last year, Melnick Motors from Beausejour are offering a new vehicle to the first person who pots a hole-in-one on the number one par-

three at the Pinawa Golf Course.

Allan Holm Agencies is also offering the tidy prize of \$10,000 for a hole-in-one further down the course. Martin also reports that there will be prizes offered for the straight drive, the longest drive and the longest putt of the day. Organizers have received corporate sponsors for 13 different holes - each garnering \$200 in donations towards the community centre charity. Although Martin says that the entry fee for this year's tournament was reduced to \$75 from last year's \$100 fee, he is confident the extra entrants and sponsors will produce a bigger bottom line.

"We decided to drop the entry fee a little this year, hoping we will make up for it in volume," Martin conceded. "So far we are ahead of the game from last year and we still have room for more

teams."

The tournament tees-off at 9:00am on Sept. 10 in Pinawa, with 15 teams currently vying for the \$300 first place prize. In all fairness, Martin points out that the second and third place cash prizes will be drawn randomly, giving all entrants a chance at the \$150 and \$100 purses.

"We want everyone to have a chance to walk away with some sort of prize," Martin continued. "We even have a prize for the most honest team, meaning that even the worst players will get an award."

Following the tournament, the golfers will assemble at the Lac du Bonnet Community Club for a steak dinner and awards banquet later in the afternoon.

Anyone interested in entering a team can contact Wes Martin at 345-9582.

If you want a great day of fun in the sun and support your community, come join in the golf tournament. You won't be disappointed.

Local residents ride and raise funds for MS



Jan Robert and Lee Gaffray ride together to raise funds for MS Society

The MS Society of Manitoba held a bike-a-thon on the weekend of August 23-24.

Over 800 participants were registered for the journey from Stonewall to Gimli on August 23 and a return trip to Stonewall on August 24.

Local resident Lee Gaffray, age 7 years, son of Edward and Roseanne Gaffray raised 350 dollars in pledges and cycled from Stonewall to Gimli accompanied by Jan and Paul Robert.

The journey was made ex-

remely difficult on some legs by a particularly strong wind, but the riders did well.

Next year Lee hopes to cycle the return trip as well in the annual bike-a-thon. Jan and Paul Robert cycled the return journey to Stonewall on August 24 and plan to participate in another annual MS bike-a-thon in September.

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You can't be serious



by Jim Hampshire

Sun goes bye

By Jim Hampshire

On Sept. 21rd, 2003, at precisely 12:37 am CST, the sun will slowly stumble over the equator and stay there for the next six months. Consequently, because of the stumble, it is expected that most of Argentina will catch fire.

Actually I made up that last part, mostly because I'm peeved at the fleeting summer. In more technical terms, the equinox will occur when the stupid sun crosses the stupid equator and the stupid Northern Hemisphere will officially enter the stupid Autumn season. At least that's how the stupid Funk and Wagnalls encyclopedia describes the process.

I am, by nature, a sore loser, and somehow I managed to lose summer. I was just outside a couple of weeks ago and there it was: summer! Right there in my own backyard! It seemed to be enjoying itself, and I certainly enjoyed it's company, but as soon as I turned my back - even for just a couple of weeks - it fled! Maybe next summer I'll build a fence.

As long as we have to put up with this 'autumn' and 'early winter' stuff, I thought it would be a good idea to contact - via the Internet - our good friends down at The Old Farm-

er's Almanac to see what the next few months have in store for us, weatherwise. We checked out environment Canada's long range forecast a few weeks ago, and I thought it would be a good idea to check with the almanac for accuracy.

At first glance things don't look too promising, but if you read in depth and take the time to study all the charts and graphs... BAD IDEA! Let's stop the madness now! In summary, the Almanac suggests, "Get the women and children off the streets and lock all the doors and windows!"

Of course I'm referring to the paragraph in which the Almanac states that "brief mild interludes will help break up the cold-to-frigid temperatures that will occupy most of November." It goes on to say that "Heavy snow in mid November and mid December will do little to alleviate the Arctic cold front which will grip the region."

If it's any consolation, October is expected to be 1 degree above normal overall, with extended sunshine through to the fourth week of the month. The Almanac does advise, however, that the fourth week of October will bring drastic change. It does not go into detail but I suspect that snowmen will displace the jack-o-lantern on most front lawns on Halloween night.

As for me, I'm more than ready for winter. And with my two-step winterization program firmly in place, I can't wait to meet old Jack Frost head-on.

If you're interested, my two-step winterization program is as follows:

Step one: run in circles while screaming at the top of your lungs.

Step two: pack a suitcase and spend the next five months getting re-acquainted with some very old friends in Vancouver.

Hahaha! That was just a little wishful thinking there, mainly because my old friends in Vancouver won't answer their door because they are too busy laughing at me for moving back to Manitoba a few years back. But that's okay because I plan to stick to my guns and see this cold stuff through to the bitter end. I made the move back to Manitoba knowing full well what winter has in store and I WILL stick to my guns - and maybe even the odd frost fence or two - because Manitobans are much tougher breed. We're willing to embrace winter, and all it's beauty, and nothing you can say will make us leave this wonderful Province for warmer climates, even during the coldest winter. Why? Because our damn loonie is only worth 72 cents American, that's why!



Report from Legislature

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

Recent drunk driving sentence is outrageous

In December of last year a Winnipeg man who was a casino employee left a government run casino at the McPhillips Street Station with a blood alcohol level that was 2 1/2 times more than the legal limit in Manitoba. He drove his car through the streets of Winnipeg and hit and killed a 58 year old woman who was walking across the street.

This past week, a Manitoba court laid down its sentence, and in the process, set the price for taking a life while driving drunk in Manitoba. What was that price? 18 months as a conditional sentence - this amounts to only 18 months of house arrest for the driver!

Most Manitobans, including the victim's family, were outraged by the court decision. Most Manitobans were outraged by the fact that the Crown Prosecutor only asked for a conditional sentence.

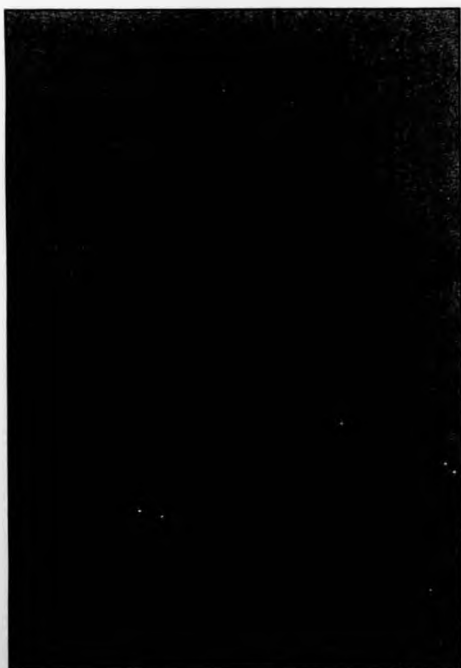
A number of questions remain unanswered. How did an employee of the government run casino get served or have access to quantities of alcohol that left him more than twice over the legal limit? What kind of policy is in place at government casinos for serving alcohol? What measures are being taken to ensure that this never

happens again?

How can Gord Mackintosh, the Justice Minister of this Province, be on the record as being against conditional sentences, yet not be involved in creating policy for his Crown Attorneys to ensure that they ask for real jail time for criminals in cases such as this? On top of all of this, charges of leaving the scene of an accident were also stayed by the Crown in spite of the fact that the accused fled the scene of the accident only to return after the accident was discovered.


It is time for Mackintosh to give direction to the Justice Department to ensure that justice is done. Manitobans are left with an empty feeling that justice was not served, and that their Justice Minister is permanently out of service.

If you have any questions regarding this article, or any other issues or concerns in the Constituency, please feel free to contact me at 268-4664, write to me at P.O. Box 430, Beausejour, MB, R0E 0C0, email me at gerald@geraldhawranik.com or visit my website at www.geraldhawranik.com.



Pineview Minor Hockey

NEW Boys and Girls Hockey Registration




WHERE:
Pine Falls School Foyer

WHEN:
Wednesday & Thursday
September 10, 11
6:30pm to 8:00pm

First time registration must bring a birth certificate. Initiation is 6 and under come join in the fun and excitement!

It may seem early but it is not. We must be organized by next week, so don't delay register now. This year fees are frozen at last years rate. Installment payment plan available. Avoid late payment charges and register.



If you have more than 2 players registered the third and consecutive will be at 1/2 the rate. This may be the eldest in the family or whomever you choose.



Your voice in Ottawa
Vic Toews, MP for Provencher

Designate highway

#59 national highway: MP, MLAs more federal funding needed for important highway

STEINBACH, MB-Provencher Member of Parliament, Vic Toews, and Manitoba Conservative MLAs Kelvin Goertzen and Mavis Tallieu want the federal Liberal government to consider designating provincial Highway #59 part of the National Highway System, making it eligible for federal funding.

"This is an issue that I have previously raised with Manitoba's senior Liberal Cabinet Minister, Rey Pagtakhan," said Toews. "In the past he has stated that the federal government had put enough money into the highway. Given the importance of Highway 59 to the Province and the safety concerns that exist, I think it's

time for the Minister to reconsider his comments and to take some leadership in this matter."

Under the federal National Highway Policy of Canada, a number of criteria can be considered in giving a highway National Highway designation, making it eligible for greater federal funding. Included in this criteria is the provision of a link between a capital city and a port of entry with the United States.

Steinbach MLA, Kelvin Goertzen, noted that the highway is important to the economic and regional development of the area and the Province.

"Highway 59 has become a major route for commercial, recreational and commuter

travel," said Goertzen. "There needs to be a recognition at the provincial and federal level that the current funding for the highway does not provide for safe and convenient travel."

Morris MLA, Mavis Tallieu, also noted that in times of flooding, Highway #59 needs to serve as a key travel route for emergency vehicles and residents of the Red River Valley.

"The highway serves as an important link for communities and residents during local and regional flooding," said Tallieu. "Additional funding for the highway will ensure that it is accessible and safe during emergencies and all year round for Manitobans and tourists."

Rec Report



by Jill Henderson
Recreation Director

Pulse on Participation

Fall is fast approaching and kids are looking forward to winter sports.

The community sports registration night will take place September 15 & 16 at Pine Falls Arena from 6:00-8:00pm. Parents can come out and register their children in hockey, ringette, gymnastics figure skating and curling.

There will also be an equipment exchange table if you have equipment that you would like to sell bring them to rink with a price tag and your name on it and we will try and sell it for you.

For all those parents out there who are interested in coaching a sport there will be a coaching clinic offered by Coaching Manitoba.

As a coach it's important to gain the necessary knowledge and skill for providing your athlete with the best coaching possible. The course is "Introduction to Competition" which replaces the National Coaching Certification Program Level 1 Theory. The course will take place September 27 & 28.

For more information contact Jill @ 367-9142.

Also please note that we are always looking for volunteers to help with various events, workshops, courses, sporting programs, so if you have any free time and you are looking to get involved with your community. Give me a call, we would be glad to have your help or hear any of your ideas that you might have for the fall and winter season.

You can contact me at the Recreation office at 367-9142, during regular office hours.

Lac du Bonnet Legion #164

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

MONDAY
Table Top Curling 6:30 p.m. - Lounge
Hingo 7:00 p.m. - Hall

TUESDAY
Cribbage 7:00 p.m. - Lounge

WEDNESDAY
Poker 2:30 p.m. - Lounge

THURSDAY
Darts 7:00 p.m. - Lounge

FRIDAY
Hingo 7:00 p.m. - Lounge

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

*Happy Hour Every Day
All Members & Guests Welcome*

National Coaching Certification Program

Coaching Clinic

Intro to Competition A

(Receive credit for NCCP Level 1 Theory by taking this course)

WHEN: SEPTEMBER 27 & 28, 2003

WHERE: POWERVIEW SCHOOL

COST: \$64.20 / PERSON

FOR MORE INFORMATION

CONTACT: JILL HENDERSON @ 367-9142

National Coaching Certification Program



Programme national de certification des entraîneurs



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Res. 345-2377

WINGS OF POWER

Exciting things are happening

By: Andrea Chevrefils



Things have been busy for the Wings of Power staff and volunteers! We assisted with the children's activities for the 4p weekend and also entered a float in the parade. The theme of the float was based on one of the Wings of Power pillars, Literacy. We were delighted to have the turn out of children to ride on the float and to be able to participate in this community event. The kids were adorable in their book character costumes. Great job kids! Stay tuned to see what we will have in store for next year's float!

The "Buy an Apple" campaign is well underway and is going great! Please support the Breakfast for Learning program by purchasing your apple at Dancyt's, Northern, Midway and Great Falls

Foods! All it takes is a loonie to say that Breakfast for Learning in your community is important to you. Thank you for your support!

There will be an Al Simmons children's concert held at Powerview School on October 2nd at 1 p.m. The concert is going to be held in the gym and is free of charge. The concert is for ages pre-school thru grade 2. The concert will be an hour long and there will be fun for all who attend! Please join us and enjoy a delightful afternoon sure to bring a smile to your face! The concert is being sponsored by Bright Beginnings.

The Junior Kindergarten program has begun another year as of September 3. The teacher of the Junior Kindergarten program is Leila Spiers.

She has a lot of great things in store for this year's students and is excited to be in her new post. The Junior Kindergarten class is operating in the Kindergarten classroom at Powerview School. If you would like more information on this program you may pick up an application at the Powerview School office or call 367-9641.

Along with the theme of going back to school brings a friendly reminder from the public health nurse, about immunizations. She would like to remind all parents of Kindergarten children who may not have received their child's school entry immunizations to call and set up an appointment to do so. The public health nurse can be reached at 367-5406.

New Friends News

by Barbara Sabanski

For 10 years, the volunteers of the New Friends Community Mentorship program have dedicated themselves to helping children and youth from the Lac du Bonnet and Pinawa communities by providing them with Mentors.

The second largest mentorship program of its kind in Manitoba, outside of Big

Brothers/Big Sisters, New Friends volunteers give at risk children and youth skills necessary to develop into confident, contributing members of society by providing them with an adult Mentor, acting as a positive role model. Through the Mentor's guidance, support, advice and encouragement, the children in the program gain knowledge, understanding, attention and in-

creased self-esteem often leading to more positive social and academic experience. The children learn to trust and respect their mentors while sharing many life enhancing opportunities they may otherwise never receive. This article is directed at You. If you can share a little time once a week, please call 345-2867 or 753-24066 to make a difference, one child at a time!

Library Lac du Bonnet Regional



"The Fellowship has broken, but the quest to destroy the One Ring continues." The Lord of the Rings: The Two Towers is now available in video at the library. Also available is Banging the Door Down: Women & the Economy. "From office to forest to kitchen, Manitoba women talk about the economy". And for the children get ready for more havoc on the Hawaiian Islands because we have Disney's Stitch! The Movie. This movie is a sequel to Lilo & Stitch and follows the antics of Experiment 626, the lovable, troublemaking little alien. Also for the children we have another See How They Grow video Pond Animals which allows you to be right there to experience the first hours of life and into young adulthood of a dragonfly, frog, duck & Salamander.

We have several junior books to help the kids in school doing research for special projects. Backyard Science has over 50 fantastic experiments that show that science is growing all around us. This book uses simple garden

tools and equipment to carry out the experiments. Wild Babies will delight families and help them discover the wonders of the outdoors together. The pictures in the book are beautiful detailed paintings by Andrew Kiss. Readers have to look closely to discover animals hiding in the grasses or behind the trees. This book is a celebration of love that binds babies with their parents. And we have a self esteem children's book I'm Gonna Like Me by Jamie Lee Curtis and Laura Cornell. This book with its colorful artwork helps kids see that the key to feeling good is liking yourself.

Just a reminder that our annual Fall supper will be Saturday, October 4th. Tickets are now available at the Library, Ingham's Pharmacy and the Pioneer Club. Look forward to seeing you there.

Lac du Bonnet Regional Library P. O. Box 216 Lac du Bonnet, MB R0E 1A0 Phone: (204) 345-2653 Fax: (204) 345-6827 Email: our office at the below #: mldeb@mb.sympatico.ca

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Massage Therapy: Neck & Shoulder Tension

Jon O. Phillips Rem MT

Stress can affect people in many different ways. For some, the tension presents itself in the muscles of the neck and shoulder. You can feel your shoulders climbing higher and higher as the day goes on. Often there is little relief when you return home. We all know that stress is the body's reaction to negative people or situations over which we have no control. The "Fight or Flight" mechanism prepares us for battle under stressful conditions. In modern society your outlet for this stress may be no more than pounding the keyboard just a little harder, or muttering profanities under your breath. Neither will release the pent up tension from the adrenaline coursing through your body. Up come the shoulders, the muscles ever tightening as the problems keep piling up. If you had a punching bag to pound away on at these times, then your body probably wouldn't hang on to these internal manifestations of stress. Maybe this is why there are large numbers of people in the gym and training in martial arts. It is certainly one way to deal with the stressful conditions we face!

There is another way that you can reduce the tension and stress in your body. Have you ever had someone just lay their hands on your shoulders while you are sitting there? Do you seem to just melt into your chair when this happens?

A qualified massage therapist can work on those muscles and the surrounding muscles in such a way as to melt the stress away.

One of the reasons that massage can help reduce tightness in contracted muscles is due to the effect that external pressure has on nerves that sense stretch in a muscle. At

the attachment points of your muscles are tiny sensors that "measure" the stretch in the muscle tissue. When you over stretch a muscle, to the point of imminent injury, these sensors send a signal to the brain to back off. The massage therapist can work these points on your affected muscles with pressure that will simulate a "near injury" condition. This, again, will cause the muscle to back off. Now the muscle is relaxed and can be worked to relieve the pain from the original problem.

There are 13 different muscles attaching to each shoulder blade. 3 of them are notorious for causing shoulder (and upper back) pain. They are the upper trapezius, the major and minor rhomboids, and the levator scapula. These muscles raise the shoulder blade and subsequently the arm, as in a shrug. Although pressure on these muscles help relieve pain, there is much more to do to eliminate the cause of the pain. Often, part of the problem is postural.

We work, using the muscles on the front of our chest. Pectoralis major and pectoralis minor, (the pecs) get strong, and being strong, they tend to rotate your arms forward, putting a strain on the mid trapezius and rhomboid muscles of your upper back. Now if you combine the effect of the "stressed" muscles with the strain put on these upper back muscles (by the strong pecs), you have double trouble with regard to muscle strain and pain.

Massage therapy can be used to reduce the effect of the strong pecs, applying massage techniques while the muscle is in a lengthened position will help get your shoulders back where they belong and thereby

reduce the pain between your shoulder blades.

Your massage therapist can recommend stretches that you can do at home or at work.

If you are exercising, then he or she may recommend slight modifications to your routine which may help reduce the tension. Maybe it is your work habits or body mechanics causing part of the problem, adjustments may be recommended in this area also.

So the next time the boss makes an unrealistic demand, instead of tensing up, (or beating him up) just call your massage therapist and book an appointment.

This act alone may reduce the stress that is growing in your shoulders and neck.

"For instant relief, try slowing down!" Lily Tomlin

Watch this space for information on other conditions that massage therapy is well suited to help correct.

Jon works out of "Through the Arbour" at 18 Pine Street, Pine Falls.

Call 367-2141 for more information, or to book your next appointment.

Recreation Ramblings

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

Terry Fox run
The traditional run in LdB will be held once again in conjunction with Centennial School on Friday, September 12 at 10:30am. Rain date is set for Monday, September 15. Meet at the main entrance of Centennial School.

See what the Rec has in store for you this fall! Our brochure is out there! Here is a taste of what's to come!

Rhythmic Gymnastics: Tuesdays, September from 6:15 - 7pm at Gilbert Gym in Pinawa.

Tuesday nights Join Linda Tait for Yoga at Gilbert School in Pinawa from 7-8 pm starting on September 16 for 10 weeks.

Find your inner cha and join Mike Quinn for Tai Chi Tuesday nights at Gilbert School in Pinawa from 8-9pm.

Funky Eddie Miller is coming to Pinawa! Wed. nights for Hip Hop Klub at the Community Centre commencing on Sept. 17 from 6:15 - 7:15pm.

Hip Hop is also happening in Lac du Bonnet Mondays for teens and adults, September 15 for 10 weeks, and on Tuesdays for jr. Hip Hoppers. Classes will take place at Centennial School.

You wanted Pilates you got it! In Pinawa Wednesdays. In Lac du Bonnet Mondays. 1st and 2nd classes are full in both communities.

Get out your gloves and

tighten your abs Kickboxing is back 3 nights a week m-w-f at Centennial School.

Miss Chantalle is back with ballet and jazz classes on Saturdays, September 20 to March 30 at the LdB Senior School Gym.

Shotokan Karate is coming to Lac du Bonnet on Wednesdays! Sept. 17 - December 10th. Kids 6-9 5:00-5:30 youth & Adult 5:30-6:30.

We've got cooking classes with Delucas Italian cooking on September 25 and Get Stuffed! With The Greek Market on October 21. Both classes take place in the Home Ec Room at Pinawa Secondary School.

An evening of wine tasting with Kenaston Wine Market on October 28.

Fitness Leaders Theory course November 14 - 16 at LdB Senior School.

The 23rd annual Christmas craft sale on Saturday, November 15.

Wellness Days
Services to Seniors has a wellness day on September 11 at 1pm at the Pioneer Club.

Speakers on Financial and Estate Planning. Everyone welcome. For more info contact Pat Porth at 345 1227.

Seniors & Elders Day
Wednesday, Oct 1 at The Forks from 10:30am to 2pm. Draws, exercises, entertainment and more. October is Seniors and Elders Month - come celebrate.



North Eastman Health Association Inc.
Public Announcement

Pine Falls and District Ambulance Service

The Pine Falls and District Ambulance Service and the North Eastman Association are pleased to announce that the responsibility for providing Emergency Medical Services to the residents of Pine Falls and the surrounding districts has been transferred to the North Eastman Health Association effective September 1st, 2003.

NEHA looks forward to providing Emergency Medical Services (EMS) in the Blue Water District. All EMS services in North Eastman are now provided by the Association.

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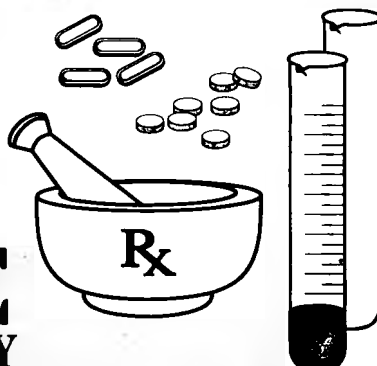
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Lac du Bonnet RCMP Report



The following constitutes the Police Report for Lac du Bonnet Detachment for the period of the 29th of August to the 5th of Sept:

On the 29th of August, a report was rec'd of two overdue canoeists on Big Whiteshell Lake in the Whiteshell Prov. Park. Police were enroute to look for same when it was reported that a relative had located the two subjects, and that they were safe and sound.

On the 29th of August, a report was rec'd of trespassing on private property off Smith Road in the R.M. of Lac du Bonnet. Police attended and found a vehicle with 3 underage subjects who were advised to leave, which they did.

On the 29th of August, a report was rec'd of 4 intoxicated adult males at the seasonal cottages at Nutimik Lake in the Whiteshell Prov. Park. The four subjects were arrested by Natural Resources and lodged at Lac du Bonnet to sober up.

On the 29th of August, a report was rec'd of an adult male who was barred from a licensed premises in the Town of Lac du Bonnet being in the premises and refusing to leave. Police attended and the subject was located outside of the es-

tablishment. He was taken home by an acquaintance.

On the 30th of August, a report was rec'd of the door of a garden shed being found open at a residence on Loake Ave. in the Town of Lac du Bonnet. No apparent means of entry and nothing was missing.

On the 30th of August, a report was rec'd of a Ford F-150 truck being found partially in the Bog River west of Rennie in the R.M. of Reynolds. The truck was found to have been trashed and had been stolen in St. Pierre Detachment's area on the 24th of August.

On the 30th of August, a report was rec'd from White Mud Falls in the R.M. of Alexander of a dispute between two neighbours over parking and access to public reserve. Police attended in an attempt to mediate this dispute.

On the 30th of August, a report was rec'd of vehicles potentially going to be used to block streets at Brereton Lake in the Whiteshell Prov. Park, and then partying was going to take place on the streets. Police & DNR attended and patrolled the area and no such activity developed.

On the 31st of August, a report was rec'd of an Impaired Driver at Big Whiteshell Lake in the Whiteshell Prov. Park. Police attended and arrested an adult male for Care and Control while over .08. License suspended and vehicle impounded.

On the 31st of August, a report was rec'd of Off-Road vehicles being operated illegally on Whitecrest Road in the R.M. of Lac du Bonnet. Police attended and patrolled the area, but none were detected.

On the 31st of August, a report was rec'd of a break and enter to a garage at Still Cove in the R.M. of Alexander. Took place over the summer, with a Skil Saw missing.

On the 31st of August, a report was rec'd of a vehicle having been gone through in Pinawa overnight, but nothing missing.

On the 31st of August, a report was rec'd of a dispute between neighbours at Amy's Cove in the R.M. of Lac du Bonnet. Police attended the location in an attempt to mediate the dispute.

On the 31st of August, a report was rec'd of an Off-Road Vehicle speeding on the roadway at Molson in the

R.M. of Reynolds.

On the 31st of August, a single-vehicle accident was reported on P.R. 307 near the Whiteshell River Bridge in the Whiteshell Prov. Park. No injuries were sustained, however, speed appeared to be a factor. Matter being investigated with a view to laying a charge.

On the 31st of August, a report was rec'd of an intrusion alarm at a business in the Town of Lac du Bonnet. Found to be a False Alarm.

On the 31st of August, a report was rec'd of unknown adult males blowing up frogs with firecrackers and swearing in the area across from the Nutimik bunkhouse in the Whiteshell Prov. Park. DNR patrolled the area, and did not locate these suspects.

On the 31st of August, a report was rec'd of noise in the area to the east of the Lee River Bridge on P.R. 313 in the R.M. of Lac du Bonnet. Police subsequently patrolled the area, but did not detect any noise.

On the 1st of Sept., a report was rec'd of an intoxicated adult female at a residence on Second Street in the Town of Lac du Bonnet. The subject was causing a Breach of the Peace, so was arrested and lodged to sober up.

On the 1st of Sept., a report was rec'd of an abandoned vehicle at the corner of PTH 55 and the Julius Road in the R.M. of Reynolds. Investigation revealed that same had been stolen from Wpg.

On the 1st of Sept., a report was rec'd of an Off-Road Vehicle being operated illegally on private property at Rennie in the R.M. of Reynolds.

On the 1st of Sept., a report was rec'd of the theft of a 7.5 Outboard Motor from a cottage at Grausdin Point in the R.M. of Lac du Bonnet.

On the 1st of Sept., a report was rec'd of an intoxicated adult female threatening two other adult females with a weapon at a residence on P.R. 313 in the R.M. of Lac du Bonnet. Police followed up and found that the two subjects only wanted the suspect spoken to by the police, which was done.

On the 1st of Sept., a report was rec'd of the theft of gasoline from Pinewood Lodge in the Whiteshell Prov. Park. The complainant tracked the suspect to a location at Nutimik lake, where an adult male was arrested by police.

On the 1st of Sept., a report was rec'd of an intoxicated adult female causing a Breach of the Peace at a residence at Fisher's Grove in the R.M. of Lac du Bonnet. Police attended, arrested the subject, and lodged her to sober up.

On the 2nd of Sept., a 911 call was rec'd to attend at a residence on P.R. 313 in the R.M. of Lac du Bonnet as an adult male and an adult female were having a disagreement. Police attended and quieted matters down, with no arrests having to be made.

On the 2nd of Sept., a report was rec'd of a hit and run to a vehicle which had been parked at a business in the Town of Lac du Bonnet. No suspects.

On the 2nd of Sept., a report was rec'd of a break and enter to a residence in the R.M. of Lac du Bonnet on the west side of the Town of Lac du Bonnet. A guitar and amplifier, and a number of T-shirts were stolen.

On the 2nd of Sept., a report was rec'd of the theft of a battery, trolling motor, gas tank, 2 paddles, 2 rods, 1 anchor, 2 life jackets, a tackle box and a fish finder from a boat at a location in the Bird River area of the R.M. of Alexander.

On the 2nd of Sept., a report was rec'd of a vehicle being spray-painted while parked outside a business in the Town of Lac du Bonnet.

On the 2nd of Sept., a report was rec'd of a vehicle having been gone through on Saturday night in Pinawa. Maps and clip-on sunglasses were stolen.

On the 2nd of Sept., a report was rec'd of the theft of firewood from a location at Leisuresland in the R.M. of Lac du Bonnet. The complainant suspected tenants from a nearby rental property.

On the 2nd of Sept., a report was rec'd of a break and enter to a garage on Belluk Road in the R.M. of Lac du Bonnet, with a vehicle having been gone through, and a wallet with cash and credit cards having been stolen.

On the 2nd of Sept., a report was rec'd of an injury on the job in the R.M. of Lac du Bonnet. A slab of granite which was being unloaded from a truck had fallen onto the subject, pinning his legs. Injuries were not life-threatening.

con't on pg 11

Lac du Bonnet Community Billboard

Health Concerns? Call 268-3235 to book your seat.
Cooking for better health: Lose weight, gain energy and prevent illness. Classes begin for every five people registered. Cindy Reimann, certified in nutrition, call 268-2168.
PACE 7-1375: meets first Tuesday of the month, Chicken Chef, Powerview meeting room.
Sit and Be Fit exercise class: Thursdays, Lac du Bonnet Pioneer Club, 1:00 p.m.
Prenatal classes: held regularly at Lac du Bonnet. Please register with Gail 268-6106 or call your local public health nurse.
Lac du Bonnet Loss 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 2:30 p.m., ph. 345-2853.
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-Tees Group For further information, Phone Kathie 367-8237 (evenings), Vickie 345-6520 (days).

Town of Lac du Bonnet Council Meetings second and fourth Thursday of the month.
Lakeshore A.A. meetings every Sunday and Tuesday 8:00 p.m. at St. John's Anglican Church, 86 McArthur, Lac du Bonnet. Last Sunday of the month open to the public. Call Ted 345-2839, Ron 753-8403.
Ladies A.A. Meetings Thursdays 1:00 p.m., 18 McDermot, Pinawa. Doreen 753-8357.
Battered Women's Crisis Line 1-800-362-3344.
Lac du Bonnet Health Centre Auxiliary meets fourth Thursday of the month, Health Centre 1:30 p.m.
Lac du Bonnet Wildlife Association temporarily meets at the call of the chair. Call Peter 345-6190 for information.
New to town? Drop in to the Craft Basket on Second Street and pick up your Welcome in 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, Whittemouth 348-3505.
Lac du Bonnet, Pine Falls, Victoria Beach, Pinawa, Beausejour, Whittemouth, Oakbank, Hadashville.
Little Day Buddies Nursery School 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 Machura, 345-2900
 Lac du Bonnet, 3:00 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 Rosatree 367-8615, church 345-2357
 Sunday: 11:30 a.m. - worship; 11:30 a.m. - first and third Sunday of each month, holy eucharist.

Agricultural News

by Terry J. Buss - Ag. Rep., Beausejour District Office
Stretching Feed with Testing and Ration Formulation

With the BSE situation, every cattle producer is anticipating having a lot more animals to feed this fall. Couple that with poor pasture performance and a mediocre to poor hay crop and it's obvious that we've got some real challenges ahead. However, there are things that can be done meet these challenges and the district offices of Manitoba Ag can help. While hay supplies are nothing to write home about, straw supplies are abundant in our area. Straw is a legitimate feed source, especially for overwintering cows and can stretch your feed dollar. But, moving cattle to a diet with greater straw content requires careful planning and attention to ration composition. Otherwise, there can be a host of performance and health problems for the cattle involved. The first step in proper ration formulation is feed testing. You have to know what you've got. To this end, district offices can supply you with bale sampling probes and sample bags along with sampling instructions. After sampling is done you can return your samples to our offices for shipment to the lab. We will also assist you in filling out the required forms. The usual cost for the analysis required is \$22 pulse GST per sample with one composite sample required per lot of hay or straw. Shipping is covered by the lab. Results can be sent directly to you or they can be sent to our offices so we can help you formulate the most cost effective rations possible. Our regional livestock specialist, Heather Froebe, will be working with district office Ag. Reps. to provide this service. It is our hope that by making the sampling, testing and ration formulation process as user-friendly as possible that

many cattle producers will take advantage of the service. Not only can we help you formulate rations but we can also help you design a program to transition your cattle to different feed sources in a safe and effective manner. Subtle changes in how feed is presented to cattle can impact what they choose to eat and how much they waste. While annual feed testing and ration formulation does not seem that commonplace of a practice in this area, it is a tool that is regularly used in other cattle producing areas Western Canada and especially those areas that are chronically short of feed. Please feel free to contact us regarding this issue by calling 269-6012 for the Beausejour office or 853-5172 for the Dugald office.

Winter Wheat Seeding Clinic
 For the most part, the yield and quality of winter wheat harvested in our area this year has been impressive. One thing I think we've learned about winter wheat this year is that a good start in the previous fall is critical. To assist folks in making the best winter wheat management decisions this fall a Winter Wheat Clinic will be held on Wednesday, September 3rd. Topics to be covered include site selection, seeding rates and stubble requirements. Speakers will include Bob Linnell - Executive Manager of Winter Cereals Canada and Linda Ridley from the Manitoba Crop Insurance Corporation. The clinic will start at the Dandees Restaurant in Stonewall at 9:00 a.m. and will include a tour of Kazuk Farms of Selkirk at 1:00 p.m. and Martin Farms of East Selkirk at 2:15 p.m. For more information please contact Mike Sykes, Ag. Rep. at the Selkirk District Office (ph. 785-5012).

Lac du Bonnet RCMP Report

can't from pg 10
 On the 2nd of Sept., a report was rec'd of a suspicious vehicle on Second Street in the Town of Lac du Bonnet. Described as a black vehicle, which was not located when police patrolled.
 On the 3rd of Sept., a report was rec'd from an adult male of having been assaulted by another adult male in the Town of Lac du Bonnet.
 On the 3rd of August, a report was rec'd of an NSF cheque having been rec'd at a business in Whitemouth.
 On the 3rd of Sept., a report was rec'd of the theft of a quantity of money from a

residence in the Molson area of the R.M. of Reynolds.
 On the 3rd of Sept., a report was rec'd of a piece of concrete having been thrown at the wall of the Lac du Bonnet Library, causing two holes in the wall.
 On the 3rd of Sept., a report was rec'd of the theft of a quantity of money from the till of a business in Pinawa.
 On the 3rd of Sept., a report was rec'd of an Off-Road Vehicle being operated illegally on the roadway in Pinawa. Police patrolled, but did not locate the subject in question.
 On the 4th of Sept., a report was rec'd of a 2-vehicle non-injury Motor vehicle accident on Railway in Whitemouth. Police attended and had both parties complete

a Traffic Accident Report.
 On the 4th of Sept., two reports of lost cell phones were rec'd. One at a business in the R.M. of Lac du Bonnet, and the other, a Nokia, at a business in the Town of Lac du Bonnet.
 On the 5th of Sept., a report was rec'd of an on-going problem with vehicles driving recklessly on Park Ave. in the Town of Lac du Bonnet, and driving with vehicle defects.
 On the 5th of Sept., a report was rec'd of a black Jeep speeding through the parking lot of a business in the Town of Lac du Bonnet in order to avoid a line-up of vehicles at a stop sign. Plate number obtained, and follow-up done with the driver as per the wishes of the complainant.

ECHOES FROM THE Heart

Once there was an emperor in the Far East who was growing old and knew it was coming time to choose his successor. Instead of choosing one of his assistants or one of his own children, he decided to do something different.
 He called all the young people in the kingdom together one day. He said, "It has come time for me to step down and to choose the next emperor. I have decided to choose one of you." The kids were shocked! But the emperor continued. "I am going to give each one of you a seed today. One seed. It is a very special seed. I want you to go home, plant the seed, water it and come back here one year from today with what you have grown from this one seed. I will then judge the plants that you bring to me, and the one I choose will be the next emperor of the kingdom!"
 There was one boy named Ling who was there that day and he, like the others, received a seed. He went home and excitedly told his mother the whole story. She helped him get a pot and some planting soil, and he planted the seed and watered it carefully. Every day he would water it and watch to see if it had grown.
 After about three weeks, some of the other youths began to talk about their seeds and the plants that were beginning to grow. Ling kept going home and checking his seed,

but nothing ever grew. Three weeks, four weeks, five weeks went by. Still nothing.
 By now others were talking about their plants but Ling didn't have a plant, and he felt like a failure. Six months went by, still nothing in Ling's pot. He just knew he had killed his seed. Everyone else had trees and tall plants, but he had nothing. Ling didn't say anything to his friends, however. He just kept waiting for his seed to grow.
 A year finally went by and all the youths of the kingdom brought their plants to the emperor for inspection. Ling told his mother that he wasn't going to take an empty pot. But she encouraged him to go, and to take his pot, and to be honest about what happened. Ling felt sick to his stomach, but he knew his mother was right. He took his empty pot to the palace.
 When Ling arrived, he was amazed at the variety of plants grown by all the other youths. They were beautiful, in all shapes and sizes. Ling put his empty pot on the floor and many of the other kinds laughed at him. A few felt sorry for him and just said, "Hey nice try."
 When the emperor arrived, he surveyed the room and greeted the young people. Ling just tried to hide in the back. "My, what great plants, trees and flowers you have grown,"

said the emperor. "Today, one of you will be appointed the next emperor!"
 All of a sudden, the emperor spotted Ling at the back of the room with his empty pot. He ordered his guards to bring him to the front. Ling was terrified. "The emperor knows I'm a failure! Maybe he will have me killed!"
 When Ling got to the front, the Emperor asked his name. "My name is Ling," he replied. All the kids were laughing and making fun of him. The emperor asked everyone to quiet down. He looked at Ling, and then announced to the crowd, "Behold your new emperor! His name is Ling!" Ling couldn't believe it. Ling couldn't even grow his seed. How could he be the new emperor?
 Then the emperor said, "One year ago today, I gave everyone here a seed. I told you to take the seed, plant it, water it, and bring it back to me today. But I gave you all boiled seeds which would not grow. All of you, except Ling, have brought me trees and plants and flowers. When you found that the seed would not grow, you substituted another seed for the one I gave you. Ling was the only one with the courage and honesty to bring me a pot with my seed in it. Therefore, he is the one who will be the new emperor!"



Manitoba Women's Institute

Through Manitoba Women's Institute, women from their homes in rural Manitoba can make a world of difference locally, nationally and globally.

For more information contact:
Manitoba Women's Institute

Phone: 204/945-8976
 Fax: 204-945-6134
www.gov.mb.ca/agriculture/organizations/wi/index.html

Winnipeg River RCMP Report

Report covers periods of September 1st to September 7th, 2003



Sept 1
Powerview - police were called to attend a family matter where a youth was visibally

intoxicated and being argumentative. The youth was lodged until sober, charged

with minor consume and issued a ticket.

R.M. of Alexander - an intoxicated youth was removed from a residence after complaints of a disturbance were received. He was lodged in cells for his own safety, released in the morning when sober and issued a ticket for minor consume.

Nopiming Park - a vehicle was vandalized, the steering column smashed and culprits removed a stereo system. The owner was on the lake fishing at the time.

Hollow Water - a female was assaulted by her boyfriend. Police are still investigating the incident.

Fort Alexander - police searched for a vehicle after a report of a dangerous driver came in. The vehicle or driver was not located.

Grand Beach - Assistance to the Park Patrol was provided when an intoxicated male was causing problems at the beach. The male was quite unstable, argumentative and appeared to be on his own. He was lodged in cells for his own safety and released when sober.

Manigotogan - a graffiti sign was posted next to Highway 304. No suspects, witness's or evidence to track the culprit. The writing was quite offensive and the sign removed.

Pine Falls - a vehicle was the victim of thieves when the hubcaps were removed. This is the second incident in several months where hubcaps have been stolen from the same area.

Police took a report of an assault however a victim has yet to come forward.

Sept 2
Fort Alexander - a 1996 Jeep Cherokee was the victim of arson when it was reported stolen and later recovered burnt beyond repair.

St. Georges - a pair of binoculars were turned into the Powerview Community Office after they were located on the waterfront. The binoculars are coloured a camouflage green 10 x 50 strength. They were later identified by their rightful owner and returned.

Powerview - a male gained

access to a residence after threatening to break in a door. Once inside he assaulted another individual. The matter is still under investigation.

Sept 3
Hillside Beach - police were contacted when a boat drifted up on shore. The vessel a cabin over 16 foot 2 tone blue appeared to have no one on board. Further investigation had a possible owner located.

A camper trailer was vandalized while parked. Damage to a window and vent is estimated at \$400.

Pine Falls - a warehouse was broken into overnight. Police are still investigating.

Fort Alexander - police were advised of a possible impaired driver at the location. A search of the area was made but the vehicle and driver were not located.

A male was taken into custody after he attempted to gain access to a residence with a weapon. The male was highly intoxicated. Police stabilized the situation and the male was charged accordingly.

Sept 5
Beresford Lake - a report of a break & enter to a cottage was received. The cottage was under construction but culprits managed to smash a front door to gain access. Nothing was stolen in the incident.

Advisory: The RCMP seatbelt enforcement campaign begins September 22nd to October 5th, 2003. The public is reminded to please wear them. They do save lives!

R.M. of Alexander - police received a complaint of a Tandem Grain Truck being vandalized. The driver side window was smashed and a front tire left flat. The vehicle was parked on the field at the time.

Lakeshore Heights - break and enter to a cottage occurred whereby access was gained through a kitchen window. Nothing was stolen in the incident.

Pine Falls - under the Mental Health Act police transported an individual to Selkirk.

Sept 6
Hillside Beach - complaint

of an ATV on the beach area was received. Police are still investigating the incident.

Fort Alexander - attendance at a residence was required when a mentally unstable person would not cooperate with family. Police assisted in stabilizing the situation and convincing the individual to attend Hospital for treatment.

Police searched for a male subject who was in breach of bail conditions but the male could not be located at the time.

A vehicle taken without the owners consent was located a short distance away from his residence. Investigation continues.

Lakeshore Heights - a patrol was made to the beach area after complaint's of ATV's in the area were received. The ATV's could not be located and the complainant was advised to obtain a plate number in future.

Sept 7
Pine Falls - a golf cart from the local golf club was stolen and then later recovered with minimal damage. Police are investigating.

Fort Alexander - a missing dog was reported to police. The canine was returned some 4 hours later and the owner advised the detachment accordingly.

A reciprocal spousal assault is still under investigation. The male subject was also on bail conditions.

Grand Marais - police attended a complaint of a loud party but could not locate any such disturbance. A patrol of the area found all was quiet and no further action necessary.

Police request that if you have any information with any of the above noted incidents, or any other criminal matter, you are asked to call the Winnipeg River Detachment at 367-2222 or you can remain anonymous and call Crime Stoppers at 1-800-782-8477.

Pine Falls Community Billboard

Fort Alexander Health Centre: Diabetes Clinic 9:30 a.m. to 3:30 p.m. every Tuesday. Blood sugar check, nutritional counselling, phone 367-2208.

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

Prenatal classes: held regularly at Pine Falls. Please register with Gail 268-6106 or call your local public health nurse.

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

Beaches Library: Tues. 1:00 to 4:00 p.m., Thurs. 4:00 to 8:00 p.m., Fri. 6:00 to 8:00 p.m. Sat. 11:00 a.m. to 3:00 p.m.

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

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

Pine Falls Health Auxiliary: meetings first Tuesday of every month 1:30 p.m. Cottage Country Business Assoc.: meets first Monday of the month 7:00 p.m. October through May, phone 756-2596.

Aleoholics 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 Tuesday evening 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.

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.

Winnipeg River Church Services

NOTRE DAME DU LAUS: Powerview - Saturday evening 7:30 p.m. (English), Sunday 10:00 a.m. (English); Stead - Sunday 12:00 noon.

PINE FALLS UNITED CHURCH: Sunday service 11:00 a.m. Bob Rodger Minister. Church 367-2633 or Cell 754-7220. Everyone Welcome. Sunday School, September 7 at 11:00 a.m. everyone welcome.

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

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

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

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

TRINITY EVANGELICAL LUTHERAN CHURCH Thalberg, 1 mile east and 1 mile south of Junction #12 and #304. St. John's Evangelical Lutheran Church, Greenwald on Hwy. #12, 1 1/2 miles north of junction with #317. Sunday church school 10:00 a.m.; worship 11:00 a.m. (alternate locations). For info. call 635-2625 or 754-8682.

CHRISTIAN FAITH FELLOWSHIP - Bible study 7:30 p.m. Wednesday, church service 10:30 a.m. Sunday school 10:00 a.m.

HOUSE OF PRAYER FULL GOSPEL - 2:30 p.m. every Sunday, Scantbury, on Hwy. #59.

ST. MARGUERITE R.C. MISSION Pitt Road - Traverse Bay: 11:30 a.m. Sunday additional mass mid-June through Labour Day 7:30 p.m. Saturday. Closed November 1 to April 30th.

ST. ALEXANDER R.C. CHURCH located at Sagkeeng First Nations. Sunday mass 10:00 a.m.

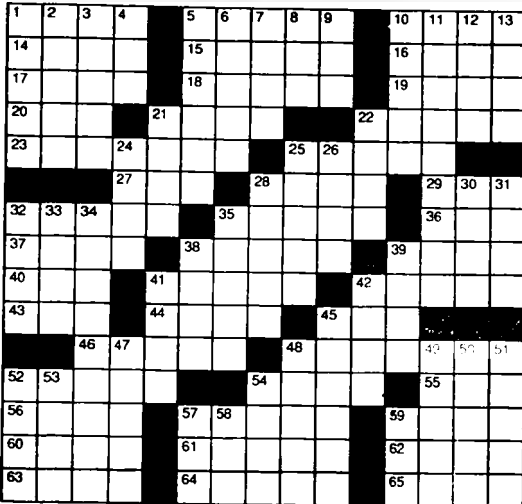
ST. THERESA, R.C. MISSION #8 Glenavale Avenue, Grand Marais. Mass 12:00 noon first Sunday of November to last Sunday of April. May through October mass 10:00 a.m. Sunday.

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

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

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

WEEKLY CROSSWORD



ACROSS

- 1. British streetcar
- 5. Cardinal great
- 10. Destroy
- 14. Goddess of peace
- 16. Exclamation
- 17. Performers
- 18. Last but not
- 19. Egyptian goddess
- 20. Bom

DOWN

- 21. Grand_homer
- 22. Digression
- 23. Three of these and you're out
- 25. Indian pole
- 27. Form of address
- 28. "The harvest of the earth is"
- 29. _Ott, Giant great
- 32. Posts

- 35. First name of 5 Across
- 36. _pro nobis
- 37. Unlucky queen
- 38. Safe port
- 39. Oklahoma city
- 40. However
- 41. One in a dull state
- 42. First name of 48 across
- 43. Joan or Theresa
- 44. Native ruler
- 45. Timetable note
- 46. Valued
- 48. Famous Yankee manager
- 52. Umpire_balls and strikes
- 54. To put away
- 55. Miss Gabor
- 56. Spoken
- 57. Retina
- 59. Unity
- 60. Step
- 61. Useful
- 62. Bragg or riley
- 63. Paradise
- 64. Nostrils
- 65. Wad

- up"
- 11. American league great
- 12. "He has risen, as he _"
- 13. Abstract being
- 21. Snow runners
- 22. Biblical character
- 24. _of Capri
- 25. Detroit_Norm Cash
- 26. "I have set before thee an _ door
- 28. Wanderer
- 30. Great Lake
- 32. Henry James' Portrait of a
- 35. Describes Bob Feller
- 38. &57. Babe Ruth specialty
- 39. Merit
- 41. New York _
- 42. Athletic haircut
- 45. Reconciles
- 47. Burns' Gracie
- 48. Site of the crooked sixpence
- 49. Italian city
- 50. Tinker to _ to Chance
- 51. Endures
- 52. Overcome difficulty
- 53. Romanian city
- 54. Agitate
- 58. Greek letter
- 59. Order of Friars Minor

LAST WEEK'S ANSWERS



CRYPTIC PUZZLE

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

CSLPIA BIXMTRAO AYAQBLTXCO LX A
MAIZ IPTA.

Last Week's Solution
INSTANT GRATIFICATION TAKES TOO LONG.

WEEKLY ECHO

ARIES (March 21 - April 20)



Make those phone calls and pay your bills. Be careful not to sign your time or your cash away. Extravagance and overindulgence are not a cure if you're feeling sorry for yourself.

TAURUS (Apr. 21 - May 21)



You will be a real chatterbox this week. Expect to pay more than anticipated for entertainment or other purchases. Don't expect the whole family to be overjoyed.

GEMINI (May 22-June 21)



Your best efforts will come through hard work. Be careful when using machinery or electrical equipment. Realize that you don't have to do everything yourself.

CANCER (June 22-July 22)



Travel will be most enticing. Consider a cruise. Include the whole family or those you love. Try to curb your bad habits. Your outgoing nature will win hearts.

HOROSCOPE

LEO (July 23-Aug 22)



Avoid being intimately involved with clients or colleagues. Don't let your partner get away with spending too much of your money. Difficulties with females you live with could cause emotional stress.

VIRGO (Aug. 23 -Sept. 23)



Social activities or travel should be in your plans. This will be a good day for research and for sitting down with some good, informative reading material. Don't hold back; go with the flow and take a bit of a chance. Take time to catch up on overdue correspondence.

LIBRA (Sept. 24 -Oct. 23)



Good friends will give you honest answers. You can make changes to your home that will be pleasing to all concerned. You will find that you are able to clear up a number of small but important details. Put financial speculation with family members or friends on the back burner for now.

SCORPIO (Oct. 24 - Nov. 22)



Involvement in groups of interest will bring you in touch with important individuals. If they're too demanding, reconsider this union.

for the week of
Sept. 7th - Sept. 15th

SAGITTARIUS (Nov. 23 -Dec. 21)



Someone you work with may be trying to make you look bad. Everything is moving quickly, just the way you like it. Think twice before you speak. Social events held in your home will be successful and entertaining for all.

CAPRICORN (Dec 22.- Jan. 20)



You can make changes to your living quarters, but not everyone will be pleased with your efforts. Do not overspend on entertainment. You will be able to pick up on future trends if you keep your eyes peeled for unique ideas.

AQUARIUS (Jan. 21 -Feb. 19)



Problems with your boss could lead to unemployment. Curb any jealous fits if your partner has been flirting with someone else. You should get into programs that will enhance your appearance and help you to be the best that you can.

PISCES (Feb. 20-Mar. 20)



You will also encounter individuals who can help you further your goals. Your bankbook will suffer and your restrictions will put a damper on your relationship. Try to curb your bad habits.

Echo Classifieds

Office space for rent
Above Pine Falls Post Office.
c/w private washroom.

For sale: One hospital bed,
\$300.00.

For more information call Denis
at 367-8651.

3 bedroom house for rent. St.
Georges area. \$500 per month
(utilities not included) Damage
deposit required, \$500. Avail-
able Sept. 1st. Call Marc at
367-4656

May the Sacred Heart of Je-
sus and the Immaculate Heart
of Mary be praised, adored,
and glorified everyday through-
out the world forever.
-Amen
Say six times a day for nine
days and promise publication
and your prayers will be an-
swered no matter how impos-
sible they may seem by the
ninth day.



**Jodie, Bailey &
Adam Sanderson**

August 16, 2003

The Sanderson and Sinclair
family are pleased to announce
the marriage of Adam and
Jodie on August 16, 2003. The
wedding ceremony took place
on the lawn at the Sanderson
home and was attended by
close family and friends. We
were blessed a beautiful day
of sunshine as we witnessed
the exchanging of their vows.
Special thanks to all those who
joined us in preparation for the
day and to fill the air with ex-
citement. Thank you to Vince
Harbottle and to Eugene
Papineau for their last minute
assistance.

To Grandpa Andrew Sinclair
for the beautiful service, to the
musicians, drummers and mu-
sic man, Kitchi Meegwetch.

Well Water Pump new, manu-
factured by Red Jacket, half
horse power, 3450 RPM's.
asking \$225.00 OBO.

1Ton Chain Block and Tackle,
manufactured by Wright
\$125.00.

Industrial Lawn Edger, pow-
ered by 2 horse power, Briggs
& Straton, Good condition,
\$275.00 OBO.

Various heavy duty chains with
hooks.
Call Bill at 669-2767

Thank you to all those who
worked so hard to put on the
4P Parade. We all enjoyed it
so much. Also thank you to all
those who so generously bring
us fresh vegetables over the
summer. It is very much ap-
preciated. Once again thank
you.

Sincerely,

Clara Bracket

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.

**To Mom, Grandma and Gee-
Gee Edna Phillips
September 3, 2003**

May the wings of love blow
softly on a quiet peaceful spot.
Where the one we love is
sleeping and will never be for-
got.

Love Winnie & Louis, Silvia &
Dawn, Randy & Morgan and
Dallas

Employment opportunity -
Part-time clerk, mature,
hardworking person required
for busy retail business. Day
shift only. Send resume to Box
490 Pine Falls, Manitoba, ROE
1MO

Thank You

Thank you to our family and
friends for helping us celebrate
our 25th wedding anniversary
on July 26th, at Ayers Cove.
A special thank you to my sis-
ters Dawn and Judy, also Max,
Tom, Cathy & Paul, Ted &
Cheryl, and our children
Jessica and Branden. Also to
all of you that helped make it
the perfect day. It was a day
we will always remember.
For all the cards and gifts we
received we cannot thank you
all enough, we were over-
whelmed!
We hope that you all had as
much fun as we did.

Love Pat and Kim
(the Skipper and Maryanne)

Used Mahogany kitchen cup-
boards in Pine Falls., Please
call 367-8425

**Place your
advertising here
call 367-9468**

Memoriam

Cameron Roy

*Frederick
September 14th, 1992*

*In loving memory of
our father, In life we
loved you dearly, in
death we love you still.
What it meant to love
you, no one will ever
know. Remembering
you is easy, we do it
everyday, loving you is
the heartache that never
goes away. Always
remember and forever
loved.*

*Your daughters
Tara & Jacqueline*



**Bibliothèque Allard Regional Library
EMPLOYMENT OPPORTUNITIES**

**Part-Time Librarian
Library Allard - St. Georges**

9.5 hours/wk. Plus every 4th Saturday (5.5 hrs.)
Duties include: serving library patrons;
cataloguing of library materials; circulation
duties; maintaining library collection; assisting
with library programs and services, etc..

Drop off or mail resumes no later than Sept. 19, 2003 to:

Library Allard
Attention: Lisa Filop
PO BOX 157, St. Georges, Manitoba R0E 1V0
Phone: 204-367-8443

**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, September 3
Soup, baked salmon, rice, broccoli casserole, tapioca
pudding.

Friday, September 5
Coleslaw, beef stew and dumplings, cherry cheese cake

Monday, September 8
Soup, beef root up, noodles, cauliflower and carrots,
broken giass

**JOB POSTING
THE VILLAGE OF POWERVUEW
PUBLIC WORKS EMPLOYEE**

The Village of Powerview is seeking a highly motivated,
organized individual to work in the Public Works
Department for a 3.5 month term position (October 1, 2003
to January 15, 2004).

The successful applicant must possess the following
qualifications:
- High School Diploma or equivalent
- Valid driver's license
- Experience operating heavy equipment

Knowledge of the following skills would prove to be an
asset:
- Knowledge of water and sewer works
- Ability to do mechanical repairs
- Welding

The successful applicant must have the ability to work in a
variety of environments, as a team member, with the public
and independently.

This is a unionized position with applicable union dues
being deducted.

For further information, please contact J.M. Thevenot at
367-8483.

All resumes must be submitted to:
The Village of Powerview
P.O. Box 220
Powerview, Manitoba
R0E 1P0

Resumes must be received no later than Wednesday,
September 17, 2003 at 4:00 p.m.

All applicants are thanked for their interest, but only those
selected to be interviewed will be contacted.

J.M. Thevenot,
Chief Administrative Officer
Village of Powerview

Update on gem lids

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

Hi there canners! Here's an email update I just received.

Last year at this time, we were all dismayed to find we had no snap lids for the 78mm GEM jars. Many apologized to their glass lids and scrambled to find rubber rings while others froze more of their produce, or reused old lids or didn't can at all. All I can say is - what a difference a year makes! This year we have lids once again.

As far as I have been able to tell, it looks like the lids did not stay long on the store shelves and that finding the lids seemed to be a timing issue. If you happened to go shopping soon after a shipment came in, you would have found the lids quite easily. For others, it was a bit more difficult. Hopefully, you all have been eventually able to find the lids you need.

A lot of canners are asking about the screwbands. Canadian Home Canning (<http://www.canadianhomecanning.ca>) was behind schedule in getting out the screwbands (unfortunately). However, I know that they started to ship the bands to various stores in the last few weeks. It takes a week (or two) to sometimes actually hit the store shelves.

The stores that have ordered the screwbands are Wal-Mart, Federated Co-operatives, Sobeys West (IGA), Home Hardware, TruServ.

Also, following is a list of independent grocers that I am aware that have ordered the lids themselves. (Note - the ones that have ordered the screwbands as well, will say Gem 2-piece).

Peter's Hardware, Pine Falls

Campbells Family Foods, Lac du Bonnet, (Gem 2-piece only)

So the bands are coming to various locales. In the meantime, I have heard that some canners will take off the screwbands once something is sealed and on their shelves. They re-use the same bands through a canning season. You could do this to get you through until you can find the new bands - just a suggestion.

One more suggestion in regards to the screwbands — I found that the lids would quickly disappear when they hit the stores shelves, and perhaps the same thing could happen with the 2pc (bands and lids). You might want to talk to someone at the stores mentioned above to get them to let you know when the bands are coming in. Some stores are 'good' in getting back to their customers. That way, you might have better success in finding the bands or at least obtain them quicker.

4-H REMINDER
 (Beausejour Area)
 The Brokenhead Busy

Bunch 4-H Club reorganization meeting is set for September 16, at 7:00 p.m. Call

Food safety

Marilyn Zarecki, Home Economist

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

With the recent power failure in Ontario, I thought this was a good reminder for us all. Follow these safe food handling tips during a power failure to reduce the risk of foodborne illness:

Frozen Food
 Freezing stops the growth of bacteria. A full upright or chest freezer will keep food frozen for up to two days during a power failure. A half-full freezer will keep the food frozen for about one day if the freezer is kept closed.

If you know the power will be back on soon, keep the freezer door closed as much as possible to help the food last longer, and put ice in the freezer to help keep it cold.

If you know that a power failure will last for a long period of time, transport the food to a friend's or family member's freezer if possible. If it

is winter time, you can store food outside.

Discard any thawed food that has remained at room temperature for two or more hours. When in doubt, throw it out.

Discard any food that has an obvious strange color or odour.

If raw food has leaked during thawing, clean and disinfect the areas the food has touched. Do not reuse wash cloths until they have been cleaned and disinfected.

Food that still contains ice crystals or feels refrigerator-cold can be re-frozen.

Refrigerated Food

During a power failure the refrigerator will keep food cool for 4 to 6 hours, depending on the kitchen temperature and the original temperature of the refrigerator.

Place securely wrapped packages or raw meat, poultry or fish in the coldest section of your refrigerator.

Put ice in the refrigerator to help keep it cool.

An ice box or cooler filled with ice will help keep perishable foods temporarily chilled.

Discard any food that has remained at room temperature for two or more hours.

When in doubt, throw it out.

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