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## Sharpe stops Stowell in second round

Local professional pugilist Larry "Razor" Sharpe was in professional boxing action this past weekend. Sharpe faced tough veteran fighter Robbie "slammer" Stowell of Calgary. Going into the match, Sharpe knew that his opponent was a tough seasoned veteran with over 35 professional fights. "A couple of guys referred to Stowell as Mr. Timex, he takes a licking and keeps on ticking" explained Sharpe.

The first round of the fight was a feeling out process as both fighters tried to establish their jab early on. Sharpe noticed some openings and landed a couple solid left hands to let his opponent know he meant business. In the second round, Sharpe picked it up a notch and began finding a home for his left hand. Stowell was rocked a couple of times and as a result began to protect his head more to avoid the blows, Sharpe then began going to the body. "I landed a hard left to the body and he winced in pain,

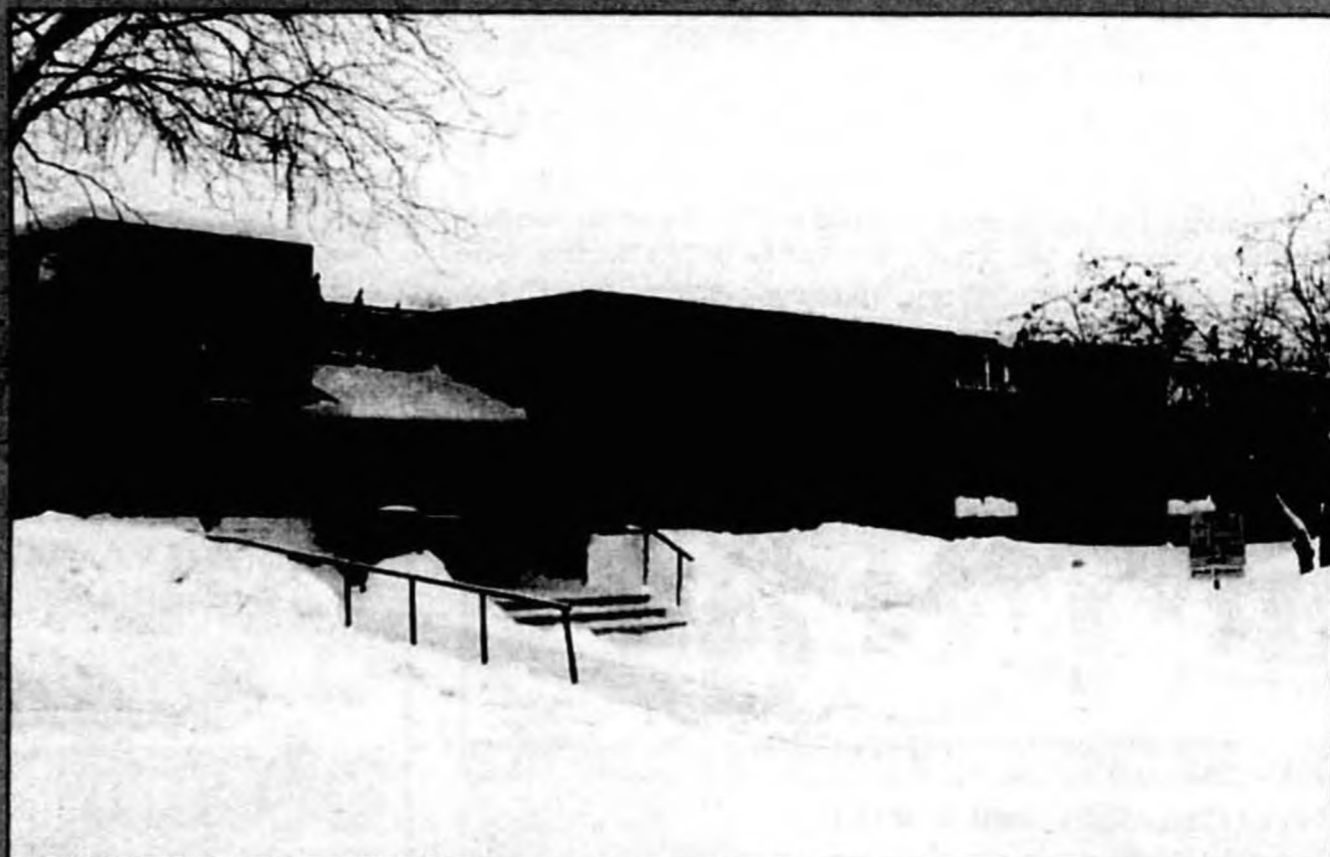
I knew if I was to continue to the body he was in trouble" Sharpe stated. Sharpe attacked Stowell with a flurry of punches, mixing up body and head shots. Stowell retreated from a barrage of punches the last of which was a hard left to the body, causing Stowell to crumple to the canvas. Stowell got to one knee by the count of six or seven, then he looked across the ring at Sharpe; he decided to stay on his knee to the count of ten. As a result he was counted out and Sharpe picked up another win, improving his boxing record to 7-1. "I was surprised, happy, and disappointed all at the same time when the fight ended. I was surprised that I took him out so early considering the reputation he has for being a tough customer, yet I was happy to pick up the win and by knockout. I did feel a little disappointed because I trained hard and was ready to go six rounds; I just started to get into a groove and it was over."



Larry "Razor" Sharpe

## Hospital issue heats up

### LDB proposals and presentations put added pressure on NEHA



The 20-bed hospital in Pinawa currently handles patients from Pinawa, Lac du Bonnet and Whitesmuth and is in need of serious renovation if another health care facility isn't built in the region.

by Jim Hampshire

A 50-page joint proposal by the Town and RM of Lac du Bonnet, coupled with a presentation by municipal residents east of the Winnipeg River, has sent a clear message to the North Eastern Health Association (NEHA) regarding the location of a new health care facility: There's no place like home.

According to the joint proposal submitted to NEHA board members in November, Lac du Bonnet would be the logical location for any potential new hospital, taking into account population growth and the highway systems, making Lac du Bonnet central to the North Eastman Region. The study, compiled by TDV Global Inc. was commissioned by the Town and RM of Lac du Bonnet in a bid to expedite interest in bringing a new hospital to the region. The NEHA board members, however, have not yet responded.

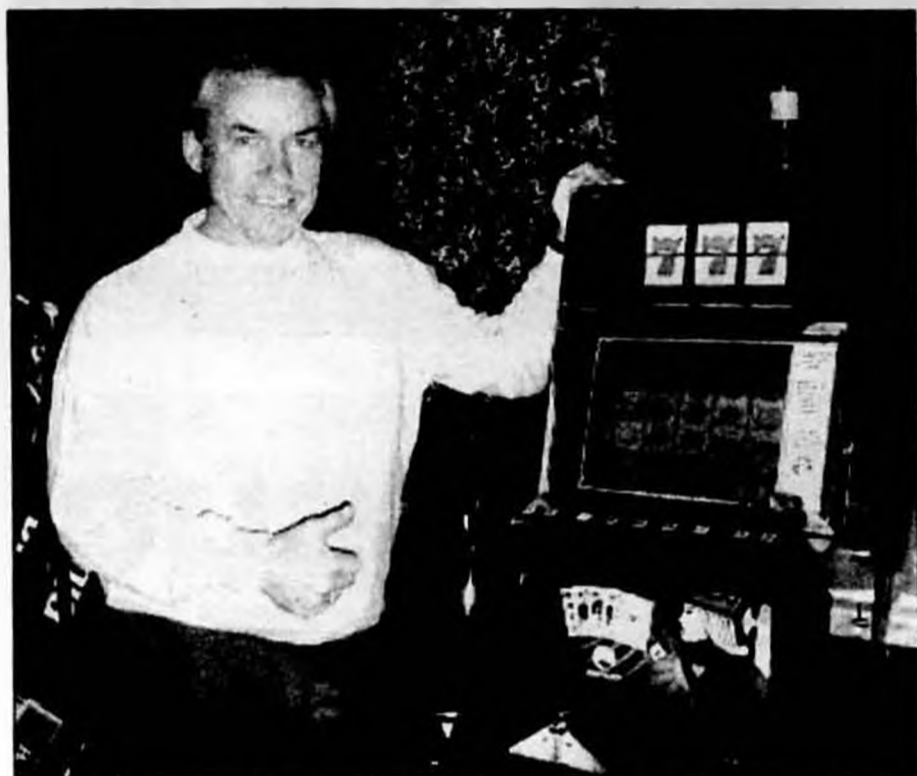
"We're hopeful there will be some funds allocated to get us through the short term as far as upgrades are concerned," NEHA CEO Jim Hayes said this week. "Beyond that we are still working at the long term, whether it be renovations to the Pinawa Hospital, or a new facility somewhere in the region."

Hayes says that at this point, nothing definite has been worked out regarding the planned location for any new health facility. The NEHA board met last week on Jan. 24 to set an agenda for future meetings to deal with locations and / or renovations to the Pinawa Hospital, but Hayes wouldn't comment any further on proceedings.

"The board should have an official press release coming out in the near future with regards to a proposal to the province," he said. "Beyond that all I can say is the board will be meeting again this week for the

# Sunday gambling gets go ahead

## Province to turn on VLT's seven days a week



Clayton McMurren of the Pinawa Motor Inn gives thumbs up to the government for allowing VLT gambling on Sunday

by Jim Hampshire

Still stinging from the effects of a smoking ban in Winnipeg bars and casinos, the province announced last week that it will allow Sunday gambling in all VLT venues across Manitoba, beginning this weekend. The announcement comes on the heel of several reports that VLT revenues have dropped sharply since the a city-wide smoking ban was imposed in September of last year. And although Sunday gambling is widely criticised by government opposition members as a cash grab by the NDP, it is welcomed by rural

hotel owners who are bracing for big losses once the province-wide smoking ban comes into effect later this year.

"Sunday gambling was coming no matter who is in government," Clayton McMurren of the Pinawa Motor Inn said following the announcement. "The smaller bars in rural Manitoba could use the boost on Sunday, especially in the winter time when it sometimes doesn't pay to call in staff."

Many bar owners point out that it has been perfectly legal to buy lottery tickets and 'Scratch and Win' tickets on

Sunday, and the fact that VLT's will be operational starting Feb. 1 is no surprise.

"The big hurdle was to get the government to allow drinking establishments to open on Sunday," Bill Juba, owner of Casey's Inn, remarked. "Nobody minded that people could go to the casinos on Sunday and now the local bar can compete with the big shots."

And while many critics of Sunday gambling will say that seven-day-a-week gambling will add financial strain to problem gamblers, Juba is quick to point out that the opposite might happen.

"What if someone wins a thousand dollars on Sunday," Juba asked. "Where's the financial strain in that?"

Although Juba admits that likely won't be the case for most people, he still wonders what all the fuss is about. He says it has been his experience that the gambling crowd in his establishment doesn't drink as much as the average person sitting at the bar and it's up to the customer to decide the best place to spend their hard-earned dollar.

"Some customers will come in with \$20 dollars and spend that on liquor over the course of the evening," he said. "Meanwhile, another customer will come in with the same amount

and spend it in the VLT machines. The difference is, with a little luck, the person at the machines can sometimes break even or leave with a profit if he or she is careful."

Bar owners receive a 20 percent commission of all money collected from the machines. Considering the impending province-wide smoking ban and the projected loss of business associated with the ban, hotel

owners say they need the extra revenue to help balance their ledgers.

"There's no doubt we will see drop a little when the smoking ban comes in," Juba concluded. "We are open on Sunday to provide a service and having the VLT machines operational on Sunday will finally help bring in the business to make it worthwhile to be open on Sunday in the first place."

# Hospital issue heats up

from front page

given support by the municipal residents east of the Winnipeg River when Daryll and Barb Hyslop made a presentation at a NEHA board meeting on Jan. 12. Along with the Hyslops, more than 40 area residents attended the regular board meeting to submit a report dealing with regional population growth and demographics, as well as numbers dealing

with travel times to both Lac du Bonnet and Pinawa. It was noted at the meeting that PR 520 - which is the shortest route to Pinawa from the region - was not a reliable route, especially in the spring months and after periods of sustained rainfall. In such cases, residents would have to travel through Lac du Bonnet and around Hwy. 11 in order to reach the Pinawa Hospital. Because the region's population swells in the summer months, so does the ratio of incidents requiring medical attention. Based on projected population growth and potential travel times, the Hyslop report concludes that a new health facility is long overdue in the Lac du Bonnet region.

As of press time, NEHA would not make public comment on how many locations are being considered for a new health care facility.

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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.

# Legion Branch #64 charitable donations

This past Monday at the Sunnywood Personal Care Home, Corinne Fisette-President and Claude Cusson-1st Vice President on the behalf of the Pine Falls Royal Canadian Legion and the Ladies Auxiliary Branch #64 presented Brigette Budgell-Care Team Manager/North Eastman Health Association Incorporation a

cheque in the amount of \$1,735.00. The donation was used for the purchase of a high/low bed for the Sunnywood Manor. The new style high/low bed is an innovative design that allows the bed to be lowered to the floor which makes it more safe for the residents.

The Legion and the Ladies Auxiliary were also formally ac-

knowledged for the donation of \$1,000.00 (made in August 2001) which was used for the purchase of a bed/chair for Sunnywood Manor. The bed/chair is a useful piece of furniture, that comes in handy when someone who maybe visiting a resident and having to spend the night at the Personal Care Home. Care Team Manager, Budgell stated that their ongoing support of the Health Complex was very much appreciated, and the financial assistance makes it possible for the facility to purchase items that are not funded by Manitoba Health, and they sincerely appreciated being the recipients of their resourceful efforts.

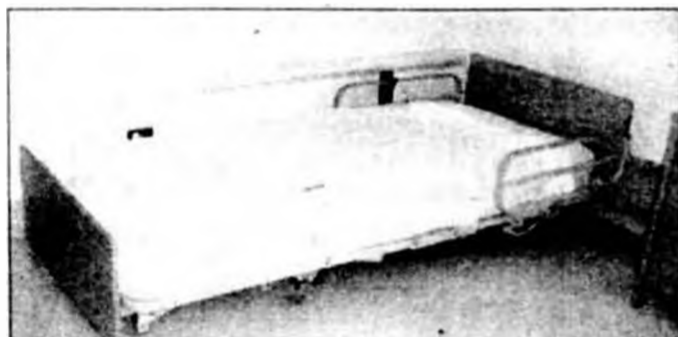
A plaque commemorating the donation will be affixed to the two items to promote awareness of the Pine Falls Royal Canadian Legion and the Ladies Auxiliary Branch #64 generosity to the facility.



Left to Right: Brigette Budgell - Care Team Manager with NEHA is presented with a cheque from Corinne Fisette - President Royal Canadian Legion Branch (RCLB) #64 Ladies Auxiliary President, and Claude Cusson - 1st Vice President - RCLB #64



August 2001 Legion Branch #64 donated \$1000 for the purchase of the above bed/chair for the Sunnywood Manor



Legion Branch #64 made a donation of \$1735 for the purchase of a high/low bed

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# Acts of angels

by Robert Koopmans  
Daily News staff reporter

Al Thomas was formally from Pine Falls and worked at the Abitibi Papermill for 20 years. Upon leaving the mill he moved to Kamloops in 1963 where he retired in 1965 and currently resides. This story was sent into the Echo for our reader's and we are pleased to pass it along.

On a late summer day nearly 60 years ago, six year old Anneke Mercks huddled with her mother and baby brother beside a road in Holland, in the shadow of a fierce battle.

That same day in 1944, Al Thomas, who was 21, saw the three terrified strangers through binoculars from the turret of the Canadian armored tank he commanded. He watched as German shells and grenades exploded dangerously close to the exposed civilians.

The German army was fleeing, fighting a retreating action as Canadian forces moved north through the countryside. Sporadic encounters between enemy forces created frightfully chaotic pockets- this young family was caught in one of them.

Cattle in the field next to them were dying in the murderous onslaught. Thomas feared for their lives, knowing that while the family members were not targets, they were trapped on perilous grounds.

In an instant of youthful, impetuous actions, he left the safety of his armoured sanctuary, running in their direction.

Mercks remembers well what happened next, the events is etched permanently in her memory. She recalls with vivid clarity the sudden appearance of a soldier- she would only learn later he was a Canadian- who picked her up on the run, and dragged her, her mother and brother to the cover of the nearby forest.

Once inside the trees, the young man watched over them carefully and stayed with them until a Canadian truck approached on the road. He flagged it down, and helped them into the back of it.

Mercks said the last she saw of her saviour- her warrior angel- was the sight of him running hard back up the hill. The entire incident lasted only minutes, but it stayed with her for life.

I have absolutely no doubt he saved my life," she said Thursday from the comfort of her living room in a small trailer on the banks of the South Thompson River.

And she looks across the room at Thomas and smiles.

The path that brought the two back together is a remarkable story as well, almost as astounding as the tale of courage and bravery displayed by a young tank commander on a Dutch hillside in the midst of battle.

Mercks, her mother and

brother travelled safely to a part of their country that had been liberated by the Canadians just days earlier. They reunited with their father. Several months later, the war was over and the family joined millions of other Europeans rebuilding shattered lives.

While Mercks family stayed in Holland, she immigrated to Canada in 1965 when she was 27 years old. She trained as a speech - language pathologist, married and lived in the Interior of B.C. She retired about two years ago and moved to the Chase trailer park.

Of course, Thomas loved his life as well. After the war, he returned to Manitoba, worked in a mill, then took government retraining. He moved to B.C. in 1963 to become a court counsellor and eventually moved to the same trailer park, next to a pleasant woman who loved to capture in watercolour the beauty of the surroundings, living politely as neighbors do, in the garden, on the lawn, in passing. With time, they spoke more about their circumstances. She learned he had been a soldier. He learned she was born in Holland during the war.

About a month ago, the slow process of sharing passed critical point. Mercks asked Thomas if he had ever been in Groesbeck, Holland. He said he had. She told him how she had been saved by a Canadian there. He told her how he had once saved a family there.

And in an instant of recognition the two bridged a 60-year gap. The young girl-now with graying hair and small wrinkles dancing at the corner of her eye-- looked into the face of that young soldier, in the skin of an 83-year old man.

"I got very emotional," said Thomas, "I didn't know why."

Mercks said throughout her life she always thought about that brave dash across a barren hillside, what his act meant to her family, as well as the contribution of all Canadian soldiers to her country.

She can't easily explain what it means to have met Thomas again, but describes both his first and subsequent appearance in her life.

There's little about the war Thomas wants to discuss; he has tried to forget the images of destruction, violence and

death.

But the brief encounter with a woman and her children is one event he remembered. From time to time, he wondered how they fared, never once conceiving the possibility he would once again cross paths with one of them.

"We're friends now- good friends," he said.

There is another compelling reason Thomas remembers the day.

In his hand he held a heavy metal crucifix. In the middle of it, just above the thorn crown on the replica of Jesus Christ, is a neat hole, only slightly smaller than the end of a man finger.

Thomas said after he put Mercks and her family on the truck, he bolted for his tank.

Halfway there, he felt a heavy thump on his chest.


Later, in the safety of his tank, he dug his hand into his breast pocket and felt a trickle of blood, as well as the prick of jagged metal. He pulled out the crucifix and discovered a sniper's bullet embedded solidly.

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# You can't be serious



by Jim Hampshire

## Only the shadow knows!

If you were the Mayor of Punxsutawney Pennsylvania, chances are your shopping list for February would include a package of wieners, a dozen hot dog buns, and ten pounds of ground hog.

That's right, this coming Monday we celebrate the grand old tradition of Groundhog's Day, and nothing says yummy like a groundhog in your tummy! Of course you're not supposed to actually eat the groundhog, although it has been suggested by the cold huddled masses, who, one by one, slowly succumb to the outdoor elements and

collapse at these Groundhog Day functions because there weren't enough hotdogs to go around.

Actually, according to folklore, the groundhog is supposed to be used as some sort of a barometer, but I'm still confused on how this weather-predicting process works. As near as I can figure, the Mayor of Punxsutawney holds the marmot above his head and scares it half to death until it "goes for a tinkle." This way the town's people can see which way the wind is blowing. If, for instance, the wind is blowing from

the north, the assembled masses decide it's too cold and retreat back inside for an alcoholic beverage. If the wind is from the south, they basically do the same thing, because you can't purchase an alcoholic beverage in a town park in Punxsutawney Pennsylvania.

Seriously though, Groundhog's Day is a big event in the eastern United States - so big in fact, people come out in droves to witness this major weather-predicting process. Now as a courtesy, and because we don't truly embrace the groundhog tradition here in Manitoba, I thought it might be fun to describe a typical Groundhog's Day as celebrated by our friends back east.

Groundhog's Day begins when the town mayor and local media converge on this little rodent's residence and demand entry. During this carnage a brief interview takes place, after which, the gopher is dragged outside in his underwear and is asked if he can see his shadow. At his point the gopher, who by now is visibly upset, usually responds by saying, "You got me out of bed FOR THIS!"

Of course we're only assuming the overgrown gerbil is upset until he removes all doubt by biting the mayor's thumb to help make his point. The Groundhog's Day ceremony then comes to a close when the mayor looks around to see if anyone is casting a definitive shadow and then he invites the media to the local tavern, where traditionally, they remain for six weeks. The 'six week' time frame was specifically chosen because it's common knowledge that winter loses its grip by mid-March. Either that or because it's six calendar weeks to St. Patrick's Day, in which case the mayor and media can safely leave the tavern and go back outside to repeat the whole process

again - this time without the gopher. And they have to wear green hats and drink green beer to confuse the local law enforcement agency.

Of course it's obvious that the groundhog has no real ability to predict weather and this modern day tradition is only observed to help break up the long North American winter, but hundreds of years ago early pioneers actually did rely on animals to help predict seasonal weather patterns. In fact, the roots of Groundhog's Day, and the reason groundhogs were chosen as the traditional symbol of this day can be traced directly to these early pioneering practices.

Documents obtained from the National Bureau of Useless Information clearly show that early settlers would gauge the thickness of an animal pelt to help predict the coming weather. Now because of the hibernation factor, certain animals would have to be disturbed in mid-winter to help provide a late winter weather forecast. It was back then that settlers began monitoring weather on a regular basis and because they needed a living species of animal for their case study, they would search the area for a hibernation den to observe the pelt of a particular case study.

According to an incomplete document, a group of settlers had trouble locating smaller animal dens, due to abnormally high snow levels. Finally, after an exhaustive search, the team of budding meteorologists stumbled upon a den opening and the team leader was issued a sharp stick to wake the hibernating animal. The document goes on to say, with remarkable profanity I might add, that a grizzly bear occupied that particular den but the weather experiment was soon aborted as team members were forced to scramble for their lives.

Other documents indicate that a new research team had been chosen soon afterward and the team immediately voted to use a caged marmot - most likely a groundhog - for all future studies in weather sciences.

I hope this sheds some light on this annual tradition and I hope you'll join us this coming Monday as we analyze this year's weather data as it is sent to us from Punxsutawney Pennsylvania. Coincidentally, our own weather research lab is also set up at the local tavern and we estimate that our research funding shouldn't run out for at least six weeks, at which time we'll apply for a new research grant to analyze St. Patrick's Day.

# Community centre funday goes this weekend

by Jim Hampshire

Community winter carnivals are always the highlight of any winter season, but unfortunately weather can play a big part in their success or failure. A frigid cold snap or an unscheduled blizzard can severely reduce attendance, or even cancel a carnival altogether.

With that in mind, the Lac du Bonnet Community Centre invites the public indoors to take part in the third annual Winterfest Family Funday, held on January 31 at the centre. This fundraising event will see all areas of the facility open and operational to the public throughout the day, which will feature a number of family activities as well as an evening casino in the main hall, with all proceeds going to the community centre.

The day begins at 9:00 Saturday morning with a family Funspiel at the curling rink, with a maximum of 24 teams competing for top prize in a total point scoring system. Each team will be guaranteed three 'four-end' games throughout the day and the format helps to level the playing field, as it's possible that any team could capture first place without actually winning a game. This event is open for people

of all ages and it is advised that you enter your team early, as there are only 24 spots available. Entry fees are set at \$40 per rink and you are asked to call Wes Martin at 345-9582 for more information. As of Monday of this week, there is still room for 20 rinks and organizers would like to encourage families to sign up and help the centre at the same time.

The bowling lanes will be also open to the public throughout the day, beginning at noon. Once again these activities are geared for the entire family, where teams can enter for organized competition or you can take advantage of many daylong specials, including Bingo Bowling and 'bowling for a buck.' The lanes will stay open until closing, with several prize giveaways, including a cash prize awarded each hour during bingo bowling.

Later in the afternoon the main hall opens for a casino evening, featuring blackjack, crown and anchor, horse racing and cribbage tournaments, all beginning at 4:00pm. Centre manager Michelle Demorest-Voth reports that the kitchen will be open throughout the day, along with the curling and bowling lounge bars.

Demorest-Voth says the relatively new 'Private Club' license will help reduce expenses normally incurred when applying for occasional permits. She also points out that due to the private club status, many residents might not realize that the community centre is still a public facility that is open to all members of the public.

"This is very much a public building and all residents of the town and RM of Lac du Bonnet are automatic residents," Demorest-Voth explains. "If you have a post office box number, or even if you're a landowner in the municipality, you have full access to the facility."

"And if by chance you're visiting from another town or region, people are still very much welcome but we do ask that you simply sign the guest book, as per the current liquor laws."

The community centre would like to remind readers that there is no door admission to this event and all activities, such as bowling, will be offered at a reduced rate. For further information please contact the community centre during regular business hours.

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Putting children and families first

# Faith Perspective

by Pastor Jake Doell

## How Is Your Self Discipline?

Someone once said, "Talent without discipline is like an octopus on roller skates. There is plenty of movement, but you never know if it's going to be forward, backwards or sideways."

That's why an athlete who competes for the gold medal must discipline themselves through 1000's of hours of rigorous practise. Yet the word "discipline" or "self discipline" are not over used words in our time. Plato an ancient philoso-

pher made this important statement; "The first and best victory is to conquer self." Paul, one of the early leaders in the Christian church said this, "I strain (discipline) myself to reach the end of the race and receive the prize for which God, through Jesus Christ, is calling us up to heaven." (Phil. 3:14) If you want to accomplish any thing worthwhile in life you have to discipline yourself to do certain things well. Whether you want to be good

at singing, speaking, or playing golf you must learn the disciplines of that particular skill. Allow me to suggest three action points to self-discipline.

1. Challenge your own resistance to discipline.

Excuses are often just a cover-up for our own unwillingness to do the difficult task of practise. Everyone who has ever conquered the "proverbial mountain" in their life, did so by disciplining themselves to continue climbing even when it made sense to quit. Thomas Edison tried 4000 times to make a light bulb before he made one that worked. He overcame the temptation to quit

by sheer self discipline to succeed.

2. Set and Follow Your Priorities.

When you only do the right things when your in the right mood or when it's convenient, you will seldom be successful. Winners make it a habit to do the difficult tasks of training even when they don't feel like it. Determine what your priority is, release yourself from everything else, so you can follow through on whats important. That is the essence of self discipline.

3. Reward yourself only once the job is done.

Author Mike Delaney once remarked, "Any business or industry that pays equal rewards it's goof-offs and it's eager beavers will sooner find itself with more goof-offs than

eager beavers." You just may lack self discipline if you eat your dessert before your veggies.

My friend it's never to late to start self disciplining yourself in your life. Moses learned self discipline and trust in God for 40 years in the desert and because he did so he was able to lead one and a half million people through the desert. There was a sign on a tree farm that read, "The best time to plant a tree was 25 years ago.....the second best time is today. I know this, the sooner you plant the tree of self discipline in your life, the sooner you will be able to enjoy the fruit of that tree. I have never met a person yet who came to the end of their life and said they were sorry that they lived a disciplined life.

# Pineview Recreation

submitted by Rachel Raymond

Winter getting you down, a Winter Carnival is what you need to lift your spirits.

Events are coming together and will be advertised around town and in the Echo. Anyone wanting to get involved or donate to the event, please phone the rec. office.

"New Business" It's come to a decision that our area is in great need for a Recreation Facility. Recreation brings people of all ages together for various reasons and creates an active community. The space we have available to us now is limited and existing space may not always be available. At this time we need to determine what is needed to achieve his goal.

PRC is looking for highly motivated people to form a committee to steer this project; anyone interested in joining this committee please call the Rec. Office @ 367-9142. The longer we prolong this project the longer we stay less active so lets work together.

# Library Corner

## Lac du Bonnet Regional Library



The library is truly a quiet place these days! People brave the cold long enough to pick up a book or a movie, and hurry home to hibernate! However, for those who are feeling ambitious and are looking for a few projects to work on, we recommend a more leisurely trip to the library to check out the new titles:

*1000 Great Quilt Blocks* by Maggi McCormick Gordon should provide a bit of inspiration - "choose from familiar favorites and rare surprises, along with hints and tips to make stitching easy and fun."

Reader's Digest brings us *The Family Handyman: Updating Your Home!* It boasts more than 30 ways to make your home look and work better (whether it's 50 years old or only 5). Projects include

ways to create a new look, enhance home systems, and protect against the elements. Read up on it now....and begin the work as soon as it begins to warm up!

Two additional new titles in the home decorating/interior design category include *The new Smart Approach to Kitchen Design* and *The new Smart Approach to Bath Design* by Susan Maney. With gorgeous color photographs, these best-selling books offers the finest examples of kitchen and bath design today and includes updates on the latest trends, products, and technology. Get the picture?

Check out the decorating ideas & projects in *Cottage Style* by Jerri Farris and Tim Himsel. And if you have the use of a heated workshop, you

may enjoy looking at some *Outdoor Wood Furnishings* ideas published in book form by Canadian Home Workshop.

Enough of work and projects.....become immersed in the past for a short while. Read *Ghost Towns of Manitoba: A Record of Pioneer Life*. Authors Helen Mulligan & Wanda Ryder of Portage la Prairie, Manitoba guide you across the province exploring the last remnants of once bustling communities. They "go beyond the physical to capture the stories and experiences of those who called these communities home."

It's not difficult to while away the hours when you have a good book on hand. Be sure that each "trip uptown" includes a stop at the library.

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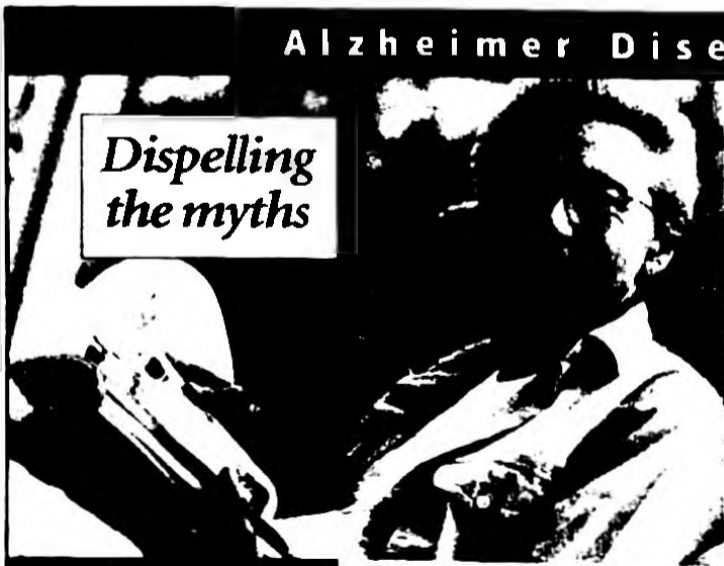
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**Myth** Alzheimer Disease is preventable.

**Reality:** Because there is no known cause for Alzheimer Disease, there is no conclusive evidence that Alzheimer Disease can be prevented. There is, however, a growing amount of evidence that lifestyle choices that keep mind and body fit may help reduce the risk. These choices include physical exercise, a healthy diet including fresh fruits, vegetables and fish, as well as keeping your brain active.

# Winnipeg River Rec Report

by Michelle Chudd  
Beat Winter

Got the winter blahs? Feeling tired? Achy? Bored with winter? Get out and get active and make the winter pass by fast! Check out the Winnipeg River Recreation District's Whiz into Winter activities and call the rec office today to sign up!

**Whiz into Winter**  
Shotokan Karate: Learn this ancient Art of self defense Wednesdays and Saturdays. Classes start on January 14 and take place at Centennial School Gym, LdB. Kids ages 6-9 Wednesdays 5pm-5:30pm. Youth and Adults Wednesdays 5:30pm-6:30pm and Saturdays 10:30am-11:30am. This program runs for 18 weeks.

**Cardio Kickboxing:** Tired of things that jiggle? Get active with this vigorous workout geared for all fitness levels. Classes start January 12 and take place at Centennial School Gym, LdB. Mondays and Fridays 6pm-7pm and Wednesdays 6:30pm-7:30pm. This program runs for 16 weeks.

**Fencing: On Guard! Ready! Fence!** Learn the fundamentals of Foil during this 10 week course- 2hrs/wk. (includes 1 hour of group fencing lesson & 1 hour of open fencing)

Classes start March 20 and take place at Centennial School Gym, LdB from 12pm-2pm. This class is for ages 10 and up.

**Pilates: No Pain! No Sweat! Yet Results!** This is what you get from Stott Pilates!

Mondays in LdB starting January 19 in the Centennial School computer lab.

Beginners 6pm-7pm Intermediate 7pm-8pm Intermediate 8pm-9pm.

Wednesdays in Pinawa starting January 21 in the Secondary school Home Ec room.

5:15pm-6:15pm beginners 6:15pm-7:15pm Intermediate 7:30-8:30 Intermediate. This program runs for 10 weeks.

**Yoga:** If you don't know a tree pose from the Shiva posture it's time to get with the program. The Yoga program that is! Classes begin Wednesday January 14 at Gilbert Elementary School. 7pm - 8pm. This program runs for 10 weeks.

**Stress, Stretch, Ball Routine:** Try this low impact total fitness program. Start date postponed. To run Tuesdays at Gilbert School Gym in Pinawa from 8pm-9pm. Course runs for 10 weeks.

**Hip Hop Jr.:** Learn Hip Hop in this cool 10 week dance program for boys and girls alike. Starting Tuesday January 20 in the Centennial School Gym, LdB. Ages 5-8 6pm-7pm and Ages 9-12 7pm-8pm.

**Jam Can Curling:** The Spring Break tradition continues for school age kids (k-12) Playing fun non-competitive curling. March 29 & 30 at the

Orville Acres Pinawa Arena.

**Swing Dancing:** Don't quite feel like Fred and Ginger on the dance floor? Get comfortable when you cut up the rug with swing dancing. Friday February 6 7pm-9pm at the Pinawa community Centre.

**Great Wines to Entertain With:** An evening of wine tasting and analysis with Kenaston Wine Market. Cheers! Tuesday March 2 at the Pinawa Motor Inn. 7:30pm-9:30pm.

**FITNESS THEORY COURSE:** Become a certified fitness instructor in this nationally recognized program. March 19 - 21 AND April 30 to May 2 at LdB Senior School. For more info or to register contact the rec office at 345 8816 or 753 2639.

**On the Horizon...A Day for Women - Embracing midlife and beyond!** A full day full of sessions and activities on Thursday, April 15 at the LdB Community Centre. Registration information and session details to follow.

**New Sushi Date:** The sushi class will be held on March 8, 2004 at the Pinawa Secondary school Home Ec room

Start it up  
Last week was a record week for cancelling programs due to the cold weather and road conditions. Many a answering machine had the following greeting, "hello, it is Kim from the Rec office calling to say that our instructor

can not make it out tonight!" Our fingers are crossed that old man winter won't make us cancel out anymore nights and will finally cooperate with our travelling instructors. A few programs have pushed back their start dates to this week so the make-up class will be added on at the end. It is never to late to sign up and get active this winter. Call the Rec office today and let's make winter whiz on by! Call the rec office at 345 8816 or 753 2639. Remember, registration is on a first come, first serve basis! See what we have going for you this winter!

**Fencing - a new one!**  
Learn the fundamentals of foil in this Saturday program running March 20 to May 22 from 12noon to 2pm - that's right 2 hours of fencing every Saturday for 10 weeks at Centennial School Gym in LdB.

**Swing Dancing**  
One evening of swing dancing on Friday, February 6 from 7-9pm at Pinawa Community Centre.

**Sushi - New Date!**  
An evening of sushi with renowned chefs from Edohei.

Monday, March 8 from 6-8pm at Pinawa Secondary School Home Ec Room.

**Stress, Stretch and Ball Routine - New Start Date**

A low impact total fitness program running Tuesdays, February 3 to April from 8-9pm at Gilbert Gym in Pinawa.

**Hip Hop**  
Back by popular demand this cool, hip program on Tuesdays, January 27 - March 30 at Centennial School Gym in LdB. 5-8 yrs of age form 6-7pm and 9 and up from 7-8pm.

**Great wines to entertain with**  
An evening of wine analysis with Kenaston Wine Market on Tuesday, March 2 from 7:30 - 9:30pm at Pinawa Motor Inn.

**Fitness leaders certification course**  
Become a certified fitness leader in this accredited program. Fitness Theory March 19 - 21 at LdB Senior School. Group Fitness April 30 to May 2 at LdB Senior School.

**Coming up**  
April 15 - Women's Wellness Day - Embracing Midlife and Beyond at LdB Community Centre. More details to come!

## Winnipeg River Echo

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# Carl's Garden

Carl was a quiet man. He didn't talk much. He would always greet you with a big smile and a firm handshake. Even after living in our neighborhood for over 50 years, no one could really say they knew him very well. Before his retirement, he took the bus to work each morning. The lone sight of him walking down the street often worried us. He had a slight limp from a bullet wound received in WWII. Watching him, we worried that although he had survived WWII, he may not make it through our changing uptown neighborhood with its ever-increasing random violence, gangs, and drug activity.

When he saw the flyer at our local church asking for volunteers for caring for the gardens behind the minister's residence, he responded in his characteristically unassuming manner. Without fanfare, he just signed up.

He was well into his 87th year when the very thing we had always feared finally happened. He was just finishing his watering for the day when three gang members approached him. Ignoring their attempt to intimidate him, he simply asked, "Would you like a drink from the hose?" The tallest and toughest-looking of the three said, "Yeah, sure,"

with a malevolent little smile.

As Carl offered the hose to him, the other two grabbed Carl's arm, throwing him down. As the hose snaked crazily over the ground, dousing everything in its way, Carl's assailants stole his retirement watch and his wallet, and then fled. Carl tried to get himself up, but he had been thrown down on his bad leg. He lay there trying to gather himself as the minister came running to help him.

Although the minister had witnessed the attack from his window, he couldn't get there fast enough to stop it. "Carl, are you okay? Are you hurt?" the minister kept asking as he helped Carl to his feet.

Carl just passed a hand over his brow and sighed, shaking his head. "Just some punk kids. I hope they'll wise-up someday." His wet clothes clung to his slight frame as he bent to pick up the hose. He adjusted the nozzle again and started to water.

Confused and a little concerned, the minister asked, "Carl, what are you doing?"

"I've got to finish my watering. It's been very dry lately", came the calm re-

ply.

Satisfying himself that Carl really was all right, the minister could only marvel. Carl was a man from a different time and place.

A few weeks later the three returned. Just as before their threat was unchallenged. Carl again offered them a drink from his hose. This time they didn't rob him. They wrenched the hose from his hand and drenched him head to foot in the icy water. When they had finished their humiliation of him, they sauntered off down the street, throwing cat-calls and curses, falling over one another laughing at the hilarity of what they had just done. Carl just watched them. Then he turned toward the warmth giving sun, picked up his hose, and went on with his watering.

The summer was quickly fading into fall. Carl was doing some tilling when he was startled by the sudden approach of someone behind him. He stumbled and fell into some evergreen branches. As he struggled to regain his footing, he turned to see the tall leader of his summer tormentors reaching down for him. He braced himself for the expected attack.

"Don't worry old man, I'm not gonna hurt you this time." The young man spoke softly, still offering the tattooed and scarred hand to Carl. As he helped Carl get up, the man pulled a crumpled bag from his pocket and handed it

## ECHOES FROM THE **H**Heart

to

Carl.

thick with unshed tears, he said, "Do your best and make your garden as beautiful as you can. We will never forget Carl and his garden."

The following spring another flyer went up. It read "Person needed to care for Carl's garden." The flyer went unnoticed by the busy parishioners until one day when a knock was heard at the minister's office door. Opening the door, the minister saw a pair of scarred and tattooed hands holding the flyer. "I believe this is my job, if you'll have me," the young man said.

The minister recognized him as the same young man who had returned the stolen watch and wallet to Carl. He knew that Carl's kindness had turned this man's life around. As the minister handed him the keys to the garden shed, he said, "Yes, go take care of Carl's garden and honor him."

The man went to work and, over the next several years, he tended the flowers and vegetables just as Carl had done. In that time, he went to college, got married, and became a prominent member of the community. But he never forgot his promise to Carl's memory and kept the garden as beautiful as he thought Carl would have kept it.

One day he approached the new minister and told him that he couldn't care for the garden any longer. He explained with a shy and happy smile, My wife just had a baby boy last night, and she's bringing him home on Saturday."

"Well, congratulations!" said the minister, as he was handed the garden shed keys. "That's wonderful! What's the baby's name?"

"Carl," he replied.

"What's this?" Carl asked.

"It's your stuff," the man explained. "It's your stuff back. Even the money in your wallet."

"I don't understand," Carl said. "Why would you help me now?"

The man shifted his feet, seeming embarrassed and ill at ease. "I learned something from you," he said. "I ran with that gang and hurt people like you. We picked you because you were old and we knew we could do it. But every time we came and did something to you, instead of yelling and fighting back, you tried to give us a drink. You didn't hate us for hating you. You kept showing love against our hate." He stopped for a moment. "I couldn't sleep after we stole your stuff, so here it is back." He paused for another awkward moment, not knowing what more there was to say. "That bag's my way of saying thanks for straightening me out, I guess." And with that, he walked off down the street.

Carl looked down at the sack in his hands and gingerly opened it. He took out his retirement watch and put it back on his wrist. Opening his wallet, he checked for his wedding photo. He gazed for a moment at the young bride that still smiled back at him from all those years ago.

He died one cold day after Christmas that winter. Many people attended his funeral in spite of the weather. In particular the minister noticed a tall young man that he didn't know sitting quietly in a distant corner of the church. The minister spoke of Carl's garden as a lesson in life. In a voice made

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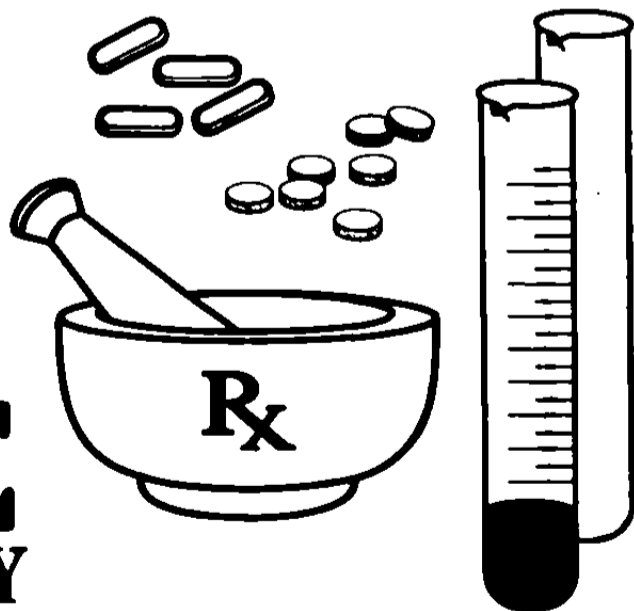
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# Blues' Goaltending the difference in win over Beausejour

Submitted by MP

A stellar first period performance from goalie Shane Hintz and the Blues' strong third period defensive showing combined to record a 4-2 victory over the visiting Beausejour Stars on Friday, Jan. 23<sup>rd</sup>.

With only one point separating the two teams in league standings Beausejour arrived with a full bench to deliver no less than 20 shots on Hintz in the first period. Hintz allowed no Star's goals despite three power play drives to Lac du Bonnet's one.

Dwight Hirst opened the game's scoring only two and a half minutes into the second period, unassisted on a Blue's power play. Jay Seymour added another point at the mid way mark during a two player advantage, Jay Usackis assisting on the play. Twenty-two seconds later Seymour put the Blues ahead by three, again on a power play, Tyler Tease and Hirst assisting.

Beausejour answered on a very innocent play, then managed a second goal on a shuffle in front of the net to the narrow the gap to one and close the second period at 3-2 Lac du Bonnet.

The third period was end to end rushes by both sides. Lac du Bonnet played smart in the defensive zone, leaving the Stars little room to maneuver. Beausejour pulled their goalie with a minute remaining, Usackis passed over to Hirst who found the empty net to add a final insurance goal and end any hope for the Stars.

Stars goals were scored by Chris Howell and Captain Chris Wielgosh. Cam Funk took the loss in net.

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**EXECUTIVE DIRECTOR**

Sagkeeng Child & Family Services Inc.  
PO Box 700, Pine Falls, Manitoba R0E 1M0

We wish to thank all applicants for their interest, however only those selected for an interview will be contacted.

# Midget Hockey News: What a game!

by Jarret Pachkowsky

Our Midget boys came out with the win in the first game in a best of three provincial series earlier in the week which ended in a 7 to 5 victory over Springfield. The boys were pumped and now ready for Thursday's game! On Thursday, January 22, our Jr. Pine Falls Paper Kings took to the ice against Springfield in game #2 of the best of three provincial series.

On Thursday the boys came out flying, determined to take the win. Although the boys came out strong, they unfortunately found themselves behind 3 to 0 with only a few minutes remaining in the second period. The boys realized that it was time to start putting some pucks in the net, and it had to be done now! They started to play desperate hockey, and the hard work finally paid off late in the second period when the boys rattled the mesh with a beautiful goal! The second pe-

riod ended and the boys were behind 3 to 1 going into the third.

In the intermission captain Mitch Berthelette had profoundly spoke "we gotta dig deep boys, common lets go, let's do this!" The boys came out with everything they had, and worked hard, and in return they got 2 goals that would tie the game at three goals a piece! The boys were pumped and wanted nothing else but to beat Springfield at home! But with only 4 minutes left in third period, Springfield somehow found the back of the net to take the lead, and hushed the hometown crowd to almost no sound at all! But only 2 minutes later our boys got desperate and answered back with another goal to tie game at 4 a piece, the boys were stoked and so was the crowd! With only a few seconds left in the final minute of play, Springfield pushed for another goal but was slashed off the puck but Mitch Berthelette, what great

save by the desired captain! However the slashing meant that we would have a penalty, Berthelette got 5 minute major for injuring the player, however the player remained on the ice for the next play. What a "great" call by the official!

The game went to overtime and shortly after the boys had killed off the 5 minute penalty, Springfield put the final nail in the coffin which ended the game, however the winning goal was assisted by the "injured player" which lead to what was a very controversial win, the series now moves on to the third game which will be a great one. Good luck boys!

Our midget hockey club would like to thank the hundreds of fans who support us and hope to see you all at our next home game on Friday, February 6 at 7:30pm at the Pine Falls Arena. Hope you all enjoy watching us and we hope that you will continue to do so!

Have a great week!

# Library Allard Book Nook



A late Happy New Year to you all! As we have all settled into this cold, snowy weather and had our share of turkey casserole, turkey omelett's, turkey sandwiches and turkey soup it's time to think about the less amount of clothes we will soon be wearing and getting into shape for the Spring and Summer months to come. Our theme for the month of January has been "getting fit and eating right". A few of the titles we have on display are Fit For Life Books I, II, and III by Harvey and Marilyn Diamond; for all those Weight Watchers fans out there we have the Weight Watches Quick Success Program Cookbook by Jean Nidetch; Eat Well, Live Well- The Canadian Dietetic Association's Guide to Healthy Eating; Betty Crocker's Low-Fat, Low-Cholesterol Cookbook; trying to stay on top of a New Year's Resolution this is the book for you - Cure Your Cravings - Cease Overeating, Stop Smoking, & End Cravings...just to name a few.

If you're looking for a way to physically get in shape there are fitness programs you can become a part of. Dancing is a great and fun way to get in shape - The Winnipeg River Dance Club, who is in its 3<sup>rd</sup> season, hosts classes for children and adults. From hip-hop to ballet, funky jazz to creative movement this is a perfect way to get in shape. Classes are held Tuesday evenings, different time slots for different ages, 8 week sessions for \$40. Certified instructors are also teaching Pilates for adults through the Winnipeg River Dance Club, these beginner and intermediate classes run for \$60 for an 8 week session. No fundraising is required or specific outfits. Call Dena Dupont at 367-4372 for more information and to register. If you're looking for a more physical work-out, then kick-boxing may be your niche. The Pine Falls Kick-Boxing classes are held at Pine Falls School Monday, Tuesday & Thursday evenings. Boxercise classes Tuesday & Thursday's are now being offered as well, please call Larry Sharpe or drop by the classes for more

info.

New DVD's - Kate & Leopold, Bruce Almighty, Pay It Forward, & Sweet Home Alabama. New DVD's arrive monthly.

Soon to arrive (I'll just list a few titles) are Safe Harbour by Danielle Steel; Hello Darkness by Sandra Brown; Blow Fly by Patricia Cornwell; Bleachers by John Grisham; Odd Thomas by Dean Koontz; The Night Spider by John Lutz; The Pilates Powerhouse by Mari Winsor. We are anxiously waiting for a HUGE shipment of books to be delivered - come in and check it out, you won't want to miss this!!!

The winner of the Christmas raffle was Rosemary Gaffray - congratulations Rosemary. The draw for the beautiful wooden sled, donated by Billie Gugenheimer, filled with holiday chocolates and decorations was on December 22<sup>nd</sup>, 2003.

Library Allard - St. Georges - 367-8443

Beaches Branch - located in Walter Whyte School (Grand Marais) - 754-4007

# Lac du Bonnet RCMP Report

## RCMP report for the week of January 16th to January 23rd, 2004



The following constitutes the Police Report for Lac du Bonnet Detachment for the period of the 16th of Jan. to the 23rd of Jan:

On the 16th of Jan., a report was rec'd of a vehicle sustaining damage from a hit and run at the Lac du Bonnet Arena Parking Lot. This took place on Wednesday evening.

On the 16th of Jan., a report was rec'd that a number of under-age subjects were under the influence of alcohol at the Pinawa Teen Centre, and that an under-age female was

intoxicated at her residence. Police patrolled to the Teen Centre, but none of the youth at that location appeared to be under the influence.

On the 16th of Jan, a report was rec'd of a truck parked along the side of P.T.H. #44 north of Whitemouth, and concern expressed that same would be a traffic hazard due to the weather conditions. Police patrolled to the area, but the vehicle was gone.

On the 17th of Jan., a report was rec'd that a beer bottle was thrown through the

rear window of a vehicle in Pinawa.

On the 17th of Jan, a report was rec'd of a 911 call from a residence in Southwood Bay in the R.M. of Lac du Bonnet. Police investigation determined this to be a False Alarm.

On the 17th of Jan., a report was rec'd of an Intrusion Alarm at the pumphouse east of Seven Sisters in the R.M. of Whitemouth. Police attended and determined that this was a False Alarm.

On the 17th of Jan., a report was rec'd that two windows were broken on the F.W.Gilbert School in Pinawa overnight.

On the 17th of Jan., a report was rec'd from a residence on McMillan in Pinawa that a beer bottle was broken on the front steps of the residence overnight.

On the 18th of Jan., a report was rec'd of an Intrusion Alarm at the Lac du Bonnet Community Centre. Police attended and found that this was a False Alarm.

On the 18th of Jan., a report was rec'd of a break and enter to a residence on Lake Ave. in the Town of Lac du Bonnet. A VCR and a Playstation 2 were stolen.

On the 18th of Jan., a report was rec'd of an under-age male and an under-age female having an argument at a residence on Hirst Road in the R.M. of Lac du Bonnet. The male left the residence and concern was expressed for his well-being. Police attended and located the subject in question, and gave him a ride to

another location.

On the 18th of Jan., a report was rec'd that a stolen vehicle was in the ditch north of Great Falls in the R.M. of Alexander. Police attended and confirmed that the vehicle in question was stolen in Wpg., and had same towed.

On the 19th of Jan., a report was rec'd from a location in the Seddon's Corner area of the R.M. of Lac du Bonnet of tracks being noted around a locked storage shed, with someone leaving a flashlight behind at the scene. No offence took place.

On the 19th of Jan., a report was rec'd of vandalism to the door on a garage at a location on Elm in the Town of Lac du Bonnet. This took place overnight on Saturday.

On the 19th of Jan., a report was rec'd of a vehicle backing up at a location on Henderson in Whitemouth, and striking another vehicle.

On the 19th of Jan., a 911 call was rec'd of a structure fire at a location in the R.M. of Lac du Bonnet. While enroute to the location, police were advised that the fire was in fact in a garbage container, and attendance was cancelled.

On the 20th of Jan., a report was rec'd of a shot fired through the front door of a machine shed at a farm-site on Landerville Road in the R.M. of Lac du Bonnet.

On the 20th of Jan., a report was rec'd of an Intrusion alarm at a business on Second Street in the Town of Lac du Bonnet. Police attended and found this to be a False Alarm.

On the 21st of Jan., a report was rec'd of a break and enter to a cottage on Shawndale Drive in the R.M. of Whitemouth. This took place between Oct. of 2003 and Jan 19th. Nothing stolen.

On the 21st of Jan., a report was rec'd of the theft of a tail-gate from a Ford pick-up parked in Elma over-night.

On the 22nd of Jan., a report was rec'd of an Intrusion alarm at a location at Nutimik Lake in the Whitemouth Prov. Park. Police attended and found this to be a False Alarm.

On the 22nd of Jan., a report was rec'd of a two-vehicle Motor Vehicle Accident at the corner of Burrows and Vanier in Pinawa. Police attended and a passenger in one vehicle was taken to the Hospital with non life-threatening injuries. Investigation continuing.

On the 22nd of Jan., a report was rec'd that a cat was locked up in a trailer in Whitemouth, and that the owner of same was apparently away. Police attended the location to find fresh cat tracks outside the trailer, and fresh food and water inside. The cat was not at home when the police attended.

On the 22nd of Jan., a report was rec'd of an Intrusion Alarm at a business on Second Street in the Town of Lac du Bonnet. Police attended and found this to be a False Alarm.

On the 23rd of Jan., a report was rec'd of the theft of four lighted reindeer from the light display at Memorial Park in the Town of Lac du Bonnet.

### 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. Power-view meeting room.

**Sit and Be Fit exercise class** Thursdays. Lac du Bonnet Pioneer Club, 1:00 p.m.

**Prenatal classes:** held regularly at Lac du Bonnet. Please register with Gail 268-6106 or call your local public health nurse.

**Lac du Bonnet Lions Club** meets the first and third Monday of each month, 7:00 p.m., LdB Community Centre.

**Lac du Bonnet Regional Library** open Tues and Thurs 10:30 a.m. to 4:30 p.m. and 7:00 to 8:30 p.m., Wed and Fri noon to 4:30 p.m., Sat 10:30 a.m. to 2:30 p.m., ph 345-2653.

**Great Falls Women's Institute** meets first Wednesday each month 7:00 p.m. Great Falls Hall Pat 367-2586, Leone 367-8569.

**Ladies' Auxiliary Royal Canadian Legion Branch #164** meets first Tuesday of the month 7:30 p.m. Legion Hall.

**LdB Committee on Family Violence and Abuse** meets second Tuesday of every month 7:00 p.m. Contact person 345-2664.

**Royal Canadian Legion Branch #164** general meetings third Tuesday of each month 7:30 p.m. Legion Hall.

**Horticultural Society** meets second Tuesday of every month 7:00 p.m., Centennial School.

**St. John's ACW** meets first Monday of every month 1:30 p.m., parish hall.

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

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

**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, Beauvejour, Whitemouth, 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: 5:00 p.m. Saturday mass; 11:00 a.m. Sunday mass.

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

**ST. JOHN'S ANGLICAN CHURCH**

Rev. Sandra Tankard 367-9520, church 345-2357.

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

The Winnipeg River **Echo**

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# WINGS OF POWER

## National Family Literacy Day

by Michelle Berthelette

180,380 (or more than 1 in 4)

January 27<sup>th</sup> is Family Literacy Day. Literacy is something that many take for granted. However, for the millions who struggle with literacy, it is a daily battle. If you believe that low literacy does not affect Canadians, consider some of the following statistics:

• 22% of adult Canadians have serious problems dealing with printed materials.

• Canadians with the lowest level of literacy skills have an unemployment rate of 26% compared to 4% for Canadians with the highest literacy levels.

• 60% of Canadians on social assistance have not completed high school.

• Number of Manitoba adults aged 20 to 64 with less than a high school diploma:

Average annual salary for a Manitoba worker with less than a high school education: **\$19,000**

The estimated annual cost of low literacy to Manitoba society: **\$375 million**

• People with low literacy skills have difficulty understanding such vital information as: prescriptions, food safety tips, and baby formula directions.

• People with low literacy smoke more, have poorer nutrition and exercise less.

• Children whose parents are jobless and did not graduate high school are 5 times less likely to graduate than children with employed parents who completed grade 12

• About 45% of new Canadian jobs created in this decade will require at least 16 years



of education.

Literacy is one our main focuses at Wings of Power. We strive to promote and improve literacy in the community. Here are a few of the things that we offer.

Our Lending Library is growing and is accessible to everyone in the community. It has a good selection of children's books, including some French titles, as well as some junior fiction. There is also a selection of parent resource materials available. Some helpful titles include: How to Talk so Your Kids Will Listen & Listen so Your Kids Will

Talk, Liberated Parents Liberated Children - Your Guide to a Happier Family, and Adolescent Drug & Alcohol Abuse - How to Spot it, Stop it, and Get Help for Your Family. You can visit the Wings of Power Lending Library anytime during our regular hours, Monday through Friday.

We are starting a Literacy and Parenting Skills (LAPS) program February 4<sup>th</sup>. If you haven't heard about the program yet, it is an excellent program with goals that support parents to improve both their literacy skills as well as their parenting skills. The program is open to all parents, regardless of their literacy level. If you are interested in fine-tuning your parenting skills or improving your family's literacy, please contact Michelle at 367-9641.

To celebrate Family Literacy Day in our community, Wings of Power has a few other activities scheduled as well. Anyone who stops in and visits our Lending Library will be eligible to enter his or her name for a chance to win one of several prizes. Children will receive a Family Literacy Day sticker or tattoo as well as have the chance to make their own bookmark. There will also be some suggested activities that you can do at home as a family. February is "I Love to Read month" so the contest will continue to run until Friday, February 27<sup>th</sup>. The draw will be held during our Literacy and Parenting Skills (LAPS) program, Wednesday, March 3<sup>rd</sup>. Drop in often for multiple chances to win and for other ideas and challenges that you can do to improve literacy!

## On Parliament Hill



**Your voice in Ottawa**  
Vic Toews, MP for Provencher

### Conservatives Call For BSE Action

House of Commons should hold "special debate"

Provencher Member of Parliament welcomed Conservative House Leader Loyola Hearn's initiative in calling for a special debate in Parliament on one of the first available evenings when Parliament resumes sitting during the week of February 2.

In a letter to the Liberal House Leader dated January 22, Mr. Hearn stated that the detection of Bovine

Spongiform Encephalopathy (BSE) in a second cow in December 2003 "has caused many complications for the Canadian beef industry since Parliament was last sitting". Mr. Hearn also assured the Liberals that "Conservative Members of Parliament are eager to find solutions to the many problems facing the Canadian beef industry and its effects on cross-border trade."

"Canadians want their elected representatives to put aside partisan political differ-

ences in order to arrive at solutions to help eradicate the impact and hardship BSE has caused the Canadian beef industry", said Toews. "While the impact of BSE is especially hard in rural areas like Provencher, the fact is that many jobs in the urban economy are also dependent on cattle production. This is a Canada-wide problem."

Toews noted that although the provinces must remain key participants in the national effort to assist local farmers in responding to the BSE crisis, the international dimensions of this problem require that the federal government assume a greater leadership role in the search for an effective long-term solution.

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ps.studium@terra.com.br

Warm your heart by saving a life this winter!



Midnight, 86259

This super cuddly fella was brought in when he was found outside chilly and shivering. He's since been neutered, cleaned up and vaccinated for Rabies. Midnight is about 1.5 years old. Fully vaccinated, he's anxious to begin his "new life" very soon. Our adoption fee includes a vet exam and microchip!

## The Winnipeg Humane Society

If you or your family are interested in any of the listed animals here or others at the shelter, you can call us at 204-982-3551 or Fax 204-982-2047



Willibee, 84134

Willibee is a very good natured, neutered male dog. He is almost two years old and is a Labrador Pitbull cross. Willibee has a great personality and is wonderful with people of all ages. Kongs are a must as they are his favorite toys and will keep him busy for hours. Willibee has never been destructive when left alone in a home on a regular basis, he is kennel trained and loves going for walks. Vacuums and vehicles scare Willibee and should be kept away from him. For further information, please call Melissa @ 982-2049.

## The Winnipeg River Echo

**YOUR COMMUNITY NEWSPAPER CALL WITH YOUR NEWS TIPS, COMMUNITY EVENTS, AND ADVERTISING NEEDS. CALL 367-9468**

or

**EMAIL:**

**theecho@mb.sympatico.ca**

or

**FAX: 367-9974**

# Winnipeg River RCMP Report

The report covers the periods of January 12 to January 16, 2004



**POWVIEW** - police were called when a youth in a residence started causing problems and hitting his siblings - a parent could not be con-

tacted at the time to stabilize the situation. Police are still investigating the incident.

January 21:  
**FORT ALEXANDER** - a

call was received of a male in breach of court conditions in the area - police are still attempting to locate the man.

**RM of ALEXANDER** - an equipment operator working off of highway 304 was taken to hospital when his Highhoe brusher broke through the ice into swamp bog. The machine had slipped in sideways. Passers by stopped and were able to pull the man out of the freezing water and rescue him prior to police, ambulance and the fire department arriving. The male was taken to Pine Falls Hospital for treatment.

January 22:  
**POWVIEW** - numerous traffic accident reports were received. Severe weather conditions such as blowing snow and ice conditions have been a factor in

most cases.

January 23:  
**HOLLOW WATER** - police are investigating a report of harassing phone calls.

**PATRICIA BEACH** - a complaint of a theft of a scandic snowmobile was reported. A family member was able to track the culprit to a location in Scantabury. Police were able to recover the snow machine and return it to the owner without further incident. No charges were laid in the incident.

January 24:  
**FORT ALEXANDER** - a complaint of a disturbance at a residence resulted in 1 male being charged. Investigation continues.

- an assault of a male was reported to police. The male was taken to Pine Falls hospital for treatment.

- a spousal assault resulted

in 1 male being charged. He was released on conditions and a promise to appear in Powerview Court.

**HOLLOW WATER** - a spousal assault in this area caused police to charge 1 male. He was charged, released on conditions and a promise to appear in court.

January 25:  
**RM of ALEXANDER** - a female was assaulted in the early morning hours. Police are still investigating.

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

**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 Aitah 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 Aitah Rd.,** Victoria Beach. General meetings second Tuesday of the month, 756-6468 for more info.

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

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

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

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

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

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

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

**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.

**Weight Watchers:** Effective October 8th Wednesdays at 4:45 weigh-in and at 5:30 Meetings

## 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 ADYENT:** Ph 367-9520 Rector, the Rev. Sandra Tankard 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, Scantabury, on Hwy. #59.

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

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

**ST. THERESA R.C. MISSION:** 88 Glenvale Avenue, Grand Marais Mass 12:00 noon first Sunday of November to last Sunday of April. May through October mass 10:00 a.m. Sunday

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

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

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

## Poverty Challenge



by Gerald Hawranik, MLA

Winnipeg Harvest is organizing their Second Annual Winnipeg Harvest Poverty Challenge. This challenge is designed to increase awareness of the issues facing the poor in Manitoba. The challenge provides participants with realistic insights into living on a very low income. The Poverty Challenge began at 6:00 a.m. Monday, January 19th, and will end at 6:00 p.m. on Monday, January 26th. Participants are expected to spend a \$20.00 al-

lowance for food and entertainment during the Poverty Challenge. Participants are not allowed to borrow or accept food and/or money from family, friends or generous strangers. Participants can accept one dinner invitation during the Poverty Challenge week.

The M.L.A. for the Constituency of Lac Du Bonnet, Gerald Hawranik, was one of only a few Manitoba M.L.A.s who accepted the Poverty Challenge. Gerald is the co-founder of the Beausejour and Area Food Bank, the first rural food

bank established in Canada. "I believe that most Manitobans, including myself, take the availability of food for granted" said Hawranik, "and this Challenge will give me valuable insight into some of the problems faced by Manitobans who struggle to put food on their tables for their children week in and week out. It's important for politicians to always be aware of the difficulties faced by those who are less fortunate to ensure that Government policies meet the needs of low-income Manitobans."

## The Winnipeg River Echo

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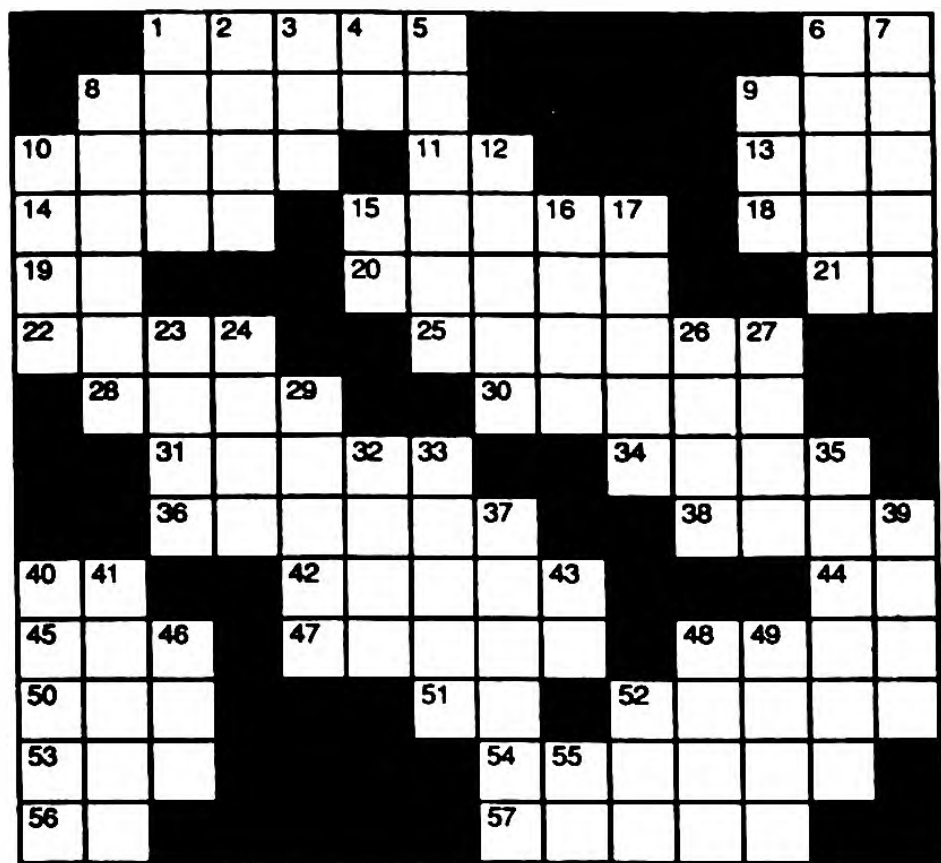
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# WEEKLY CROSSWORD



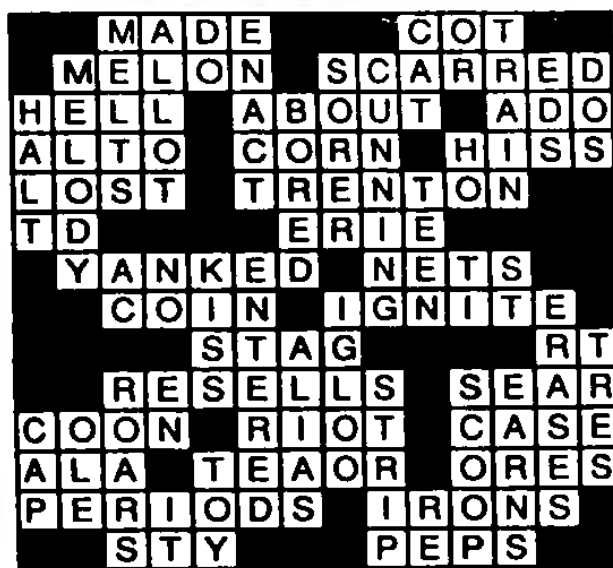
**ACROSS**

- 1. Johnny Carson played "\_\_\_ the Band"
- 6. Mr. \_\_, horse star
- 8. The grim\_\_
- 9. Organ for hearing
- 10. Touches
- 11. \_\_ brochette
- 13. Kind of depot
- 14. Body of water
- 15. Ones who employ
- 18. A seat in a church
- 19. "\_\_\_ You Like It"
- 20. Discoloration
- 21. Kind of nurse
- 22. All that glitter is not\_\_
- 25. Commands
- 28. Element of city lights
- 30. \_\_ and weep
- 31. Add to

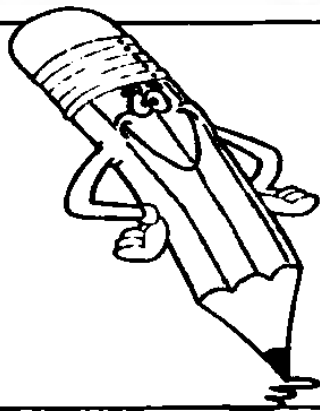
- 34. Top of a building
- 36. Give a chair to again
- 38. Couples
- 40. Word for father
- 42. Ryan O'Neal's daughter
- 44. Midwest state
- 45. Sick
- 47. Parts of flowers
- 48. Raised, cultivated
- 50. What 6 Down did \_\_ what?
- 51. \_\_ what?
- 52. Fish net
- 53. Gain
- 54. Renounce one's sins
- 56. Either\_\_
- 57. Dialect, not proper speech

- 27. To hide away you on?
- 29. Homes for birds
- 32. Tidy
- 33. Appointments
- 35. Incite
- 37. Growths in the body
- 39. Which \_\_ are
- 40. Keyboard instrument
- 41. Change, modify
- 43. Replaces Mrs., Miss
- 46. Allow
- 48. I am, I have\_\_
- 49. What a doorbell does
- 52. Health report
- 55. Above ground train

**LAST WEEK'S ANSWERS**



- Down**
- 1. Look for
  - 2. "The Tell\_\_ Heart"
  - 3. Life has its \_\_ and downs
  - 4. First person pronoun
  - 5. Magician's word
  - 6. One who has a meal
  - 7. Painted
  - 8. Cause, logic
  - 9. Mental telepathy
  - 10. Banner
  - 12. Gets closer
  - 15. America
  - 16. A \_\_ in the country
  - 17. A sarcastic look
  - 23. Shakespeare's "King"
  - 24. Large round structure
  - 26. Mob violence



## CRYPTIC PUZZLE

YB YAKEPZ NEXHBQ KAEU YP H XAJ  
 EUTK NYAJTK KA NTBKEHTI GPSNJO  
 P H OZASZNQKHTNKP H QNHU WJQK  
 XNHK.

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**

NORMAL IS IN THE EYE OF THE BEHOLDER.

## Weekly Echo Horoscopes

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

Confusion could result when communicating with others. Travel will be to your advantage; however, it might be expensive. Visit someone who hasn't been feeling well lately. Take the day to relax and pamper yourself.

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

Use your high energy and dynamic approach to win favors from superiors. Romantic opportunities will be plentiful if you get out and mingle. You need to clear up some important personal documents before the end of the year. Check your personal papers and make sure everything is in order.

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

Tone down and put some of that hard earned cash into a safe, long-term investment. Dealing with in-laws or relatives will not be in your best interest. You need to keep busy doing things that you both enjoy. Don't overspend on items for your home.

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

Don't expect anything for nothing and you won't be disappointed. Show what a dedicated person you can be. You may have difficulties at an emotional level with mates. You may need to make a choice.

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

You can have quite the romantic adventure if you take time to get to know your mate all over again. You may be ill-treated if you have to deal with institutional environments. Try to have patience and refrain from being judgmental. Instant romance could be yours if you go out with friends.

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

Don't blow situations out of proportion or you could find that others will misinterpret what really happened. You can help them more than they can help you. Helping children may be rewarding and challenging. Someone you live with may cause drastic alterations in your usual routine.

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

Be cautious who you deal with financially. Avoid boredom by being creative in your endeavors. They may cost you dearly. Financial gains can be made.

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

You have worked hard and the payback is now. You should focus on moneymaking matters and stay away from emotional disputes. Make money using your ingenuity and creative talent. You always seem to spend more than you make.

**This edition covers the week of January 26 to February 1**

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

Any difficulties with peers could be unnerving. You can make extra cash if you act on a hunch. Too many opportunities and too many changes going on. Family members will not be happy with the amount of time you are spending away from home.

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

You will be entertained and intrigued by the logic foreigners possess. Travel will stimulate your need to experience exciting new things. You should avoid getting involved in the personal problems of colleagues. Someone you care about may not be too well.

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

You may find that romance will unfold through business connections. Your determination may make you a little overbearing when dealing with others. Rewards for past good deeds will highlight your day. You must not let fellow workers take advantage of your fine talents.

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

Your high energy and discipline will enable you to complete any seemingly insurmountable tasks. You can make financial gains if you are prepared to take a risk. Family outings should include visiting friends or relatives. You might find that coworkers will support your endeavors.

# Echo Classifieds

**For Rent**  
**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. *T.N.*

**For Rent**  
**Woodland Place/DaleHaven**  
**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.

**Accommodations**  
**Rooms and Suites for rent.**  
 Weekly and Monthly rates  
 available. Hydro and satellite  
 included, call Omer at 367-  
 9991 or 367-4210.

**Prayer Corner**  
 May the Sacred Heart of Jesus  
 and the Immaculate Heart of  
 Mary be praised, adored, and  
 glorified everyday throughout  
 the world forever.  
 -Amen  
 Say six times a day for nine  
 days and promise publication  
 and your prayers will be answered  
 no matter how impossible they  
 may seem by the ninth day.

**For Sale**  
**Firewood for sale:**  
 Seasoned firewood for sale.  
 Cash and Carry or Delivered.  
 Assorted sizes, and prices. Call  
 367-2479. *T.N.*

**For Sale**  
**Property for Sale - 2 acres**  
 located on Papineau Road in  
 St. Georges, MB. Asking  
 \$23,000 for more information  
 please call 367-8565. *T.N.*

**For Sale**  
**HS80 Snow Blower - on**  
 tracks for \$1500.00, please call  
 367-4330. *T.N.*

**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. *T.N.*

**Shop the Echo**  
**Classifieds,**  
**where smart**  
**shoppers find**  
**great deals!**

**Donna Lee Carriere**  
 APRIL 21, 1959 - JANUARY 26, 2004  
 With her family by her side  
 Donna passed away peacefully  
 at the Health Science Centre  
 in Winnipeg, on Monday  
 January 26th, 2004.  
 Donna was born and raised in  
 the Great Falls area, where she  
 attended school in both Lac du  
 Bonnet and Pine Falls. She  
 had spent a number of years  
 in Calgary, and returned home  
 10 years ago. Donna was a  
 very kind and compassionate  
 person, who dearly loved her  
 family and friends. Her giving  
 nature allowed her to be a wonderful  
 friend and confidant and  
 over the years she helped many  
 people, family, friends, and  
 even strangers. She judged no  
 one, and always looked for the  
 good in others. Her spirit will  
 be deeply missed.  
 Donna was predeceased by  
 her father Leo Carriere.  
 She leaves to mourn Mother,  
 Kate Carriere, Brothers Kevin  
 (Annette) Carriere, Brad  
 (Cathy) Carriere, Dennis  
 (Maira) Carriere, Wayne  
 (Mars) Carriere, Sister Diane  
 (Jody) Johnson, Partner Gord  
 Sokoloski, numerous nieces,  
 nephews and friends.  
 A celebration of Donna's life  
 will be held on Saturday  
 January 30th at 2:00 p.m. at  
 the Notre Dame Du Laus. in  
 Powerview, Mb.  
 In lieu of flowers, if family  
 and friends so desire, donations  
 may be made in Donna's memory  
 to the Kidney Foundation.

## Cornerstone 19th Annual Brokenhead River Agricultural Conference - "Next Year is Now"

Marilyn Zarecki, Home  
 Economist, Manitoba Agriculture,  
 Food and Rural Initiatives,  
 Beausejour, 268-6015  
 mzarecki@gov.mb.ca  
 Have you got Wednesday,  
 February 4, 2004, marked  
 down on your calendar for this  
 event?

MS290 Stihl chainsaw with  
 Woodpro Kit. This chainsaw  
 and carrying case retail at over  
 \$775. Only producers' names  
 will be put in the draw.  
 The agenda looks good too.  
 Les Kletke, well-known agricultural  
 commentator, kicks off the  
 conference by speaking on  
 "Change or Change." Other  
 topics which will be addressed  
 include CAIS and Production  
 Insurance, Flea Beetles in  
 Canola and Grasshoppers in  
 Other Crops, Farm Safety,  
 Canola Markets, a forage topic  
 and a beef topic.

You have probably already  
 received a poster in the mail,  
 seen the ads in the local papers,  
 as well as noticed the signs  
 at the floodway, Beausejour  
 and Elma. Enough advertising?  
 Well, this is a last reminder!

All of this costs only \$10,  
 which includes a full hot dinner,  
 coffee, donuts and muffins.  
 The conference will be held  
 at the Brokenhead River  
 Recreation Complex in Beausejour.  
 Doors open at 8:30 a.m. and  
 close at 4:15 p.m.

This year the conference  
 proves to be bigger and better.  
 As of today, there are already  
 41 displays lined up, 10 of  
 them new to this conference.  
 We certainly expect a full  
 house of various farm-related  
 businesses and associations  
 to be represented.

Another new feature of the  
 conference is the draw for the

**Sunrise School Division**  
**Kindergarten Registration**  
**and Grade 1 Beginners - For September 2004**

Eligibility Requirement For

Kindergarten: Children must be five (5) years of age on or before  
 December 31, 2004  
 Grade 1: Children must be six (6) years of age on or before December 31,  
 2004. Children previously enrolled in Kindergarten classes DO NOT need  
 to be re-registered

**Dates of Registration: Monday to Friday, February 9 to 13, 2004**  
**Mornings: 9:00am to 12:00 noon Afternoons: 1:00pm to 3:30pm.**

Programs in Three (3) Languages Offered to all children beginning in  
 Kindergarten or Grade 1 at the following centres:

Anola School	866-2962	English
Beausejour Early Years School	268-2664	English & French Imm.
Centennial School	345-2462	English
École Dugald School	853-7929	English & French Imm.
Gillis School	268-4353	English
Hazelde School	755-2214	English
Oak Bank Elementary School	444-2473	English & English/Ukrainian
École Powerview School	367-2296	English & French Imm.
Reynolds School	426-888*	English
Whitemouth School	348-2595	English
Grafton Colony School	268-2507	English
Greenwald Colony School	265-3522	English
Heartland Colony School	755-2342	English
Richland Colony School	866-3293	English
Springwell Colony School	345-6410	English
Whiteshell Colony School	348-7055	English


**Note:** Proof of age must be presented at time of registration. **Birth**  
**Certificates** would be preferred. However, if a birth certificate is  
 unavailable, then a Baptismal Certificate will be accepted.

Parents are invited to attend a French Immersion/Ukrainian Bilingual  
 program informational evening on Tuesday, February 3, 2004 from  
 7:00pm to 8:00pm at the École Dugald School, Beausejour Early Years  
 School or Powerview School.

Entry into the French Immersion and English/Ukrainian Programs is open  
 to all children of Kindergarten and Grade 1 age who possess little or no  
 knowledge of the French or Ukrainian language but who wish to become  
 bilingual by learning French or Ukrainian as a second language.

**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, January 28**  
 Soup, swiss steak, mashed  
 potatoes, green beans,  
 boiled raisin cake.  
**Friday, January 30**  
 Soup, tuna casserole,  
 mixed vegetables, banana  
 cream pie.  
**Monday, February 2**  
 Soup, chicken cutlet/  
 mushroom sauce, rice,  
 celery and carrots,  
 pudding.

**North Eastman Health Association Inc.**  
**Board of Directors**  
**Call for Nominations**

  
**NEHA**

The North Eastman Health Association Inc. is responsible for delivering  
 and administering a broad spectrum of Health Programs and Services  
 to a multi-cultural population base of approximately 40,000 residents.

The North Eastman Health Association's Mission and Vision Statements  
 are:

**Mission:** "The North Eastman Health Association strives to promote  
 effective, equitable, accessible, integrated, responsive and cost efficient  
 health programs and services to meet the needs of our population."  
**Vision:** "Working together to empower individuals, families and  
 communities to pursue optimum health through healthy lifestyles."

One third of the board member positions become vacant on April 1,  
 2004. In accordance with the Regional Health Authority Act, the  
 Minister of Health will appoint directors to fill these vacancies. The  
 appointments will represent a broad cross-section of interest, experi-  
 ence and expertise. Geographic representation will also be considered.

The board members will be selected from nominations received from  
 organizations and individuals interested in improving health for  
 Manitobans, and who are prepared to make the time commitment  
 required of a director of the board.

Any resident of the North Eastman Region may, for the board of the  
 North Eastman Health Association, nominate a person or persons,  
 including him or herself.

Information regarding qualifications, general responsibilities of board  
 members, and the nomination form for appointment are available at the  
 North Eastman Health Association Corporate Office. Nomination forms  
 are also available at Community Health Offices or Health Facilities  
 within the health region.

**Submission deadline is January 31, 2004.** Completed and signed  
 nomination forms can be mailed to the North Eastman Health Associa-  
 tion Corporate Office, W.B. Lewis Business Centre, 24 Aberdeen  
 Avenue, P.O. Box 339, Pinawa, Manitoba R0E 1L0 or directly to the  
 Minister of Health. (A résumé, CV or any additional information  
 should be submitted with this form.)

For more information call the North Eastman Health Association office  
 at 753-2012 or toll free 1-877-753-2012, or Manitoba Health.

# Manitoba Cull Animal Program

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

This program, which is a provincial initiative, is intended to help cover costs associated with maintaining culls that would have been slaughtered some time ago had BSE not reared its ugly head. Program information is as follows:

- Forms are available from your nearest District Ag office or MCIC office

- Applicants are required to give an inventory of their breeding females as of September 1<sup>st</sup>, 2003. Breeding females are defined as:

- beef or dairy cows 30 months of age or older

- bison, elk and deer females that are 36 months of age or older

- sheep and goat females that are 12 months of age or older

- Or, for all of the above, female breeding stock that have already had an offspring.

- Applicants are also required to record inventory ad-

justments on their breeding female herd from September 1<sup>st</sup>, 2003 to present day (i.e. deaths, new females purchased, females sold, etc). This results in a present day breeding female inventory number being recorded as well.

- Completed forms, which include signature, can be return to your District Ag office or MCIC office for processing.

- All forms must be in by February 2<sup>nd</sup>, 2004.

- Payments will be based on assumed cull percentages of 8% for beef herds and 16% for dairy herds. For sheep, goats and deer, a 12% cull percentage will be used. For elk, an 8% cull percentage will be used. For example, if you recorded 100 breeding females in a beef herd as your September 1<sup>st</sup>, 2003 inventory, then you would receive a payment for 8% or 8 breeding females.

- Payments per cull ani-

mal will be up to \$100 per head in the case of dairy, beef or bison, up to \$25 per head in the case of sheep, goats and deer and up to \$50 per head in the case of elk.

- Note that, for this program, bred heifers, bulls, etc. are not considered part of the breeding female inventory.

- For more information, please feel free to contact your nearest District Ag or MCIC office.

- Greencover Canada Program Accepting Applications

- Landowners planning to convert environmentally sensitive crop land to perennial cover in 2004 can now apply for assistance under the Greencover Canada program. The program will help successful applicants improve grassland management practices, protect water quality, reduce greenhouse gas emissions,

- and enhance biodiversity and wildlife habitat. Greencover will contribute to making Canada the world leader in environmentally responsible agricultural

production.

Eligibility:

- Land size: The minimum accepted size for each application is 40 acres. The maximum is 640 acres.

Applicants must also:

- be the registered land-owners;

- seed land that is severely degraded or has limitations for growing annual crops;

- agree to seed their land with approved perennial plants; and

- enter into a 10-year

land-use agreement.

Payments:

Eligible applicants can receive:

- \$45 per acre to seed or plant tame forage or trees; or

- \$100 per acre to seed native forage species.

Deadline:

The 2004 application deadline is January 31, 2004. Application forms and more detailed information are available on-line at [www.agr.gc.ca/greencover-verdir](http://www.agr.gc.ca/greencover-verdir), or by phoning 1-866-844-5620.

## Small changes offer big returns in home efficiency

A newly insulated attic, brand new windows or an energy saving furnace are important parts of an energy efficient home. But some of the biggest energy savings come at a low cost and some are even free. Best of all, the small changes you make will help keep you warm all winter.

It costs the average family about \$100 a year to take hot showers. By installing an energy efficient showerhead, you can save \$37 a year for electric water heater usage and still enjoy an invigorating spray. At this rate, it won't take long for that new showerhead to pay for itself. Electric water heating costs for your entire home can cost over \$250 a year. To save at least 10 per cent on these costs, turn down the temperature of your hot water tank from 60 degrees Celsius to 54 degrees. It can make bath time safer for the little ones in your home and you'll save money.

On laundry day, make sure all your rinses are cold. Experts say that making this change doesn't

affect the results of a wash and you'll save about \$40 a year. By switching from a hot water wash to a warm setting, you'll save an additional \$34 a year.

Holes around your chimney, in the attic and around the windows are like holes in your pocket. Be sure to add insulation and weatherstripping

wherever there's a draft. Invest in some foam gaskets for receptacles and switches that are positioned on outside walls. Then examine points where pipes, ducts, exhaust fans or wiring cables lead from a ceiling into an unheated attic. By stopping these air leaks, you can save energy and energy costs each year.

### RURAL MUNICIPALITY OF LAC DU BONNET TERM POSITION CLERK (1 YEAR TERM)

The Chief Administrative Officer and the Assistant Administrator require the services of a Clerk to help in the performance of duties. The Term Position Clerk will report to and take direction from both the Chief Administrative Officer and the Assistant Administrator. The position offers 35 hours of employment per week. Monday to Friday, 8:30 am to 4:30 pm. Salary as per IOUE Local 987 Collective Agreement, that effective January 1, 2004 allows for a starting salary of \$10.50 per hour. Additional salary increments may include twenty five cents per hour for each course completed of the CMMA University of Manitoba Continuing Education Division Program. Note: the incumbent is not required to have completed or be enrolled in the CMMA program.

Minimum skill requirements as follows:

- Must be proficient in Microsoft Word and Excel.
- Must be proficient in a computerized setting that includes ability to receive and send emails and post information to a website.
- Must have a minimum of 80 wpm typing.
- Must be proficient in data processing.
- Must have ability to work in a team setting.
- Must take direction effectively.
- Must be able to work independently attending to duties and assignments.
- Must have a pleasant phone manner.

Interested persons are requested to submit a resume for the above noted position to the Rural Municipality of Lac du Bonnet, Box 100, Lac du Bonnet, MB R0E 1A0 on or before Thursday, January 29, 2004 at 4:00pm.

Only those applicants selected for interviews will be contacted.

For more information contact Chief Administrative Officer, Marlene Watson at 345-2819.

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

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Phone: (204) 345-4828  
E-mail: [roboakes@mts.net](mailto:roboakes@mts.net)

**Tom & Sandy's  
Appliance Repair**  
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Ph: 367-4849  
PO Box 1185  
Pine Falls, Mb

**Linda's  
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Fax 367-2336

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ACCOUNT REPRESENTATIVE  
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St Georges MB R0E 1V0  
E-mail: [steph@kuly.com](mailto:steph@kuly.com)  
PHONE: (204) 367-9572  
FAX: (204) 367-9088  
TOLL FREE: 1-888-665-0640  
CELL PHONE: (204) 781-0881

**Jon. O. Phillips RMT**  
Licensed Massage Therapist  
Craniofacial Therapy Levels I & II  
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Fax: 204-367-2962  
Pine Falls Health Complex, 37 Maple Street  
Box 932, Pine Falls, MB R0E 1M0

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Box 418  
Pine Falls, MB R0E 1M0  
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in Powerview,  
Between Church Street  
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Relines (one hour)  
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57 Park Avenue, Lac du Bonnet  
Phone 345-8881

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Monday to Saturday  
8:00 a.m. to 12:00 midnight  
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**SUBWAY**

Subway open 7 days a week  
from 10:00 a.m. to 11:30 p.m.  
**367-8803**

Kevin McDonald  
**LEVINE, LEVENE & TADMAN**  
Barristers & Solicitors

Lac du Bonnet every Tuesday  
at Allan Holm Agencies  
28 McArthur Avenue  
11:00 a.m. to 1:00 p.m.

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at Powerview Agencies  
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Lac du Bonnet 345-8479  
Powerview 367-4455 8350  
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Closed for lunch hour  
12:30 - 1:30pm

Examinations done on Thursday

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9:00 a.m. to 5:30 p.m.

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**367-2517**

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Pine Falls Dental Clinic  
36 Maple Street  
(across from the hospital)  
**367-4417**  
Tuesday & Thurs. 11am-7pm  
Friday, 9:30am - 2:30pm  
Mon. & Wed. Closed

Fort Alexander Dental Clinic  
(in the Fort Alexander Health Centre)  
**367-2208**  
Monday & Wednesday  
9:30am - 4:30pm  
Tues, Thurs & Fri - Closed

**DENIS LABOSSIERE**  
LAWYER

Every Second Tuesday  
at St. Georges  
Community Centre

**CALL 925-1900**  
for appointment

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Home of  
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1 Mile East of Pine Falls, Hwy. 304 & 11

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Convenience Store/Gas  
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Open Daily 7 am - 11 pm

Restaurant  
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- Autopac
- Blue Cross
- Veteran's Affairs
- Worker's Compensation

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