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Is there a doctor in the house?

By V. Anderson

Is there a doctor in the house? That was the question that many were asking last week, when they called for appointments at the Blue Water Medical Clinic and were told they were booked until late next week.

Potential walk-in patients were met with signs on the doors stating no walk-ins will be taken on the 25, 26, and 27 of February. One was left wondering why, because when you walked into the clinic, there was not one supposedly booked patient in the room. With doctors on holiday's, and a shortage of them to begin with, medical care is hard to come by at the Pine Falls Hospital. However, if you have at least 5 hours to wait at the emergency services last week, you would have had a chance to see a physician. Ask anyone around the Pine Falls area what they think of the current situation of our hospital, and they are quick to say, "What is happening to our hospital?", "How can things get this bad?..." "Why are we having to go without services?", "Who is responsible for our lack of care in the area?" "Where are our doctors?"

The Echo met on Thursday, February 26th, with North Eastman Health Association, CEO, Jim Hayes, and VP of Programs & Services Judy Coleman at the Pine Falls Health Complex to discuss health services in Pine Falls.

Since October of last year, the Blue Water Medical Clinic, which is run by the local doc-



Blue Water Medical Clinic on Thursday February 26th, was a quiet place, the only people that were in the room were the desk staff of the clinic. Walk-in patients were met with signs on the doors stating that no walk-ins were being taken over a three day period. All of this due to an extreme doctor shortage at the Clinic.

tors in town have been experiencing problems keeping the clinic staffed with doctors. Up until that date there were four doctors in the clinic, today there are two. The doctors met with NEHA in October to discuss the situation and both parties decided that they would work together to deal with the problem. As a temporary solution to the shortage of doctors, NEHA has been using doctors from the other hospitals in the North Eastman area.

Since working with a skeleton crew at the Blue Water Medical Clinic the hospital has

been forced to close emergency services to the area over the Christmas holidays, and NEHA has just issued a new press release stating we will once again be losing emergency services on March 1, from 5:00 pm to March 2, 2004 at 8:00 am, and March 5, from 5:00 pm to March 8, 2004 at 8:00 am. Also included in the press release was the announcement of two new doctors for the area, initially there were three, but one has backed out because of the long process, one of the new doctors is to start on March 8th, and the

other to start on March 29th, 2004. At the present time NEHA is working with a third doctor from South Africa, and it is hoped that by March of this year we will have 5 physician at our hospital.

The Blue Water Medical Clinic is owned and operated by the local physician's at present, and the three new doctors that will be coming on board will be in contract agreement with the North Eastman Health Association, not the Clinic. At the present time NEHA is in process of discussions with the doctors who

own the clinic, to discuss a possible takeover. This is just one of NEHA's long term strategies to help ensure consistent and long term health care in the area. Other strategies are in process, in the immediate term it has been identified that there is a reluctance on the part of the University of Manitoba graduates to pursue primary health careers in rural Manitoba, Saskatchewan, and Alberta. The whole Province is

SEE// Is there a doctor in the house page 3

Ice Fishing Tournaments

**St. Georges Voyageurs
4th Annual March 20th**

**Lac du Bonnet Ice Fishing
Challenge March 13th**

School taxes graduate to next level

Draft budget calls for 8.5 percent increase next year

by Jim Hampshire

Property owners within the Sunrise School Division will have to open their wallets a little wider next year as the division board announced last week that school taxes are on the rise once again.

The announcement came at a draft budget meeting on February 24, when division officials conceded that school taxes could increase as much as 8.5 percent to meet budget demands for the 2004-2005 school year. Under the pro-

posed 42.8 million dollar budget, homeowners with property valued at \$100,000 will have to pay an additional \$86.36 in school taxes in the coming year. The Sunrise School Division blames the contract and wage settlements which have occurred since the amalgamation process in 2002.

According to the draft budget details available on the Sunrise Division's website, contract amalgamations will cost the division an additional \$478,646 this year, while another \$1,238,116 will be needed

next year for wage harmonization throughout the division. Teachers and support staff of the old Agassiz School Division have been negotiating for wage equalization to come on par with their counterparts of the Springfield division following amalgamation, which division officials say, has only added to the budget burdens.

The impact of the increase will be most noticeable for business owners, who will have to cough up an additional \$124.74 on property assessed at \$100,000, while farmers in

the region can expect a \$50.00 increase on the same \$100,000 assessment under the proposed budget.

Despite the proposed tax increase, the division also announced that it was seeking to cut 12.5 employees from the payroll next year, nine of which would be teaching positions. According to statistics, enrollment is expected to drop by 281 students next year, from the current 4,867 students, to the projected 4,586 student population expected to attend schools within the division dur-

ing the 2004/2005 school year.

Cuts are also expected to be made at the administration level as Assistant Superintendent Seamus O'Hagen will take on the newly created Grants Officer position next year, leaving only one Assistant Superintendent position held by Paul Magnan. The grants officer will be responsible for raising new revenues for the school division.

A division meeting is set for March 4 of this week in Beausejour for final approval of the budget.



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Letters to the Editor

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What on earth is happening in this country and this town?

Are there no honest people left in this world? Sometimes, as a senior and a volunteer in my community, I have to wonder. Somewhere along the way, volunteers seem to feel volunteering means "I'll do it, but I want something back for all the

work I do." If that's the case, you are not a volunteer. Where are the honest politicians? We must have some. Why don't they speak up?

Not only is the country in a mess with the Liberals, but according to the local paper,

our town of Pine Falls is in a mess. Where did all the talk of "we are trying to do the best for your town" go to. What happened to those people who voted to "do the best for our town"? Especially when the vote was 95% to merge with Powerview 2 or 3 years ago, now going into a fourth year. Do they realize that by prolonging this merger, our town is falling apart. 12 to 13 houses for sale. Northern Store closing its doors. Hospital in a mess. How can we do anything about these problems, when we can't settle the problem of merging with Powerview?

Now a group called "The Coalition" has asked for ex-

cess taxes to be returned to taxpayers in Pine Falls. Do they not realize that excess is money set aside for infrastructure? Are they so worried that Tembec might keep this money for themselves? Or is Tembec also lying to us? How can 50 odd people in this town of 650 speak for the other 6000? Who gets most of the money back? Not us the taxpayer. The biggest taxpayer does and we all know who that is. Then who will pay for infrastructure in the long run. I, along with most of the taxpayers in this town, would rather have that money gather interest while we wait for the merger to happen. This amount of money will certainly help us to get grants that we are eventually going to need to bring our town's sewers and storm sewers up to date.

Again NEHA has closed our Emergency Department. They keep promising us that this will not happen again, but it keeps happening again and again. Why do doctors not want to be here? Why are our

good doctors leaving? Why, before government got into health care, our Local Hospital Board run a General Hospital, and were always able to find doctors to come to our town. We now do have a General Hospital as such, as we don't perform operations, have babies, etc., but are unable to keep doctor's. There has to be a better answer than what we get from NEHA, which is an appointed board by the Manitoba Government, that there are no doctors available. They tell us we can go to Pinawa Hospital, Beausejour Hospital, Selkirk Hospital, if we have an emergency, not Pine Falls Hospital. I dream of the good life, when volunteers were volunteers, and our Hospital was run by local people looking after local problems. And People were basically honest and worked for the betterment of their communities.

Maybe our Federal Government is showing us today how to take and not give. And this then filters down to Provincial and local governments. I know we have good volunteers today in our town and honest people, but where are they, why are they not speaking out. Don't they care about our town and our hospital?

S. Lavallee

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BINGO

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Is there a doctor in the house?

Continued from page 1

looking at combating this problem, the office of Northern and Rural Health, Director, Dr. Klassen will be working over the next five years to create awareness in the regards to the many benefits with living and working in these great rural communities. Another, strategy will be to work with the government in order to provide financial incentives which will help students with the costs of tuitions, in exchange for a return of service agreement, meaning when they graduate, they will be committed to work in rural Manitoba for an extended period. Other processes are to attract physician's from other parts of the world who look at Canada as a new place to live, work, and raise their families. NEHA's goal is to facilitate the opportunity for these physician's to be able to come to Canada, by working closely with immigration, and the College of Physician's and surgeons who set the standards of health practices in Manitoba. "It is our commitment to help these new doctors make the transition and attract them to our area" said Hayes. "It is a long task and we need to work with new recruitments to ensure they are not discouraged by the process"

"We want to have good medical practice that is sustained in our communities, and that comes with stability. We have that in place in various degrees. Dr. Vanrooyen has been here several years, and Dr. Oelofse has been here for three years now, the new doctors that are coming are committed to us for the first 2 to 3 years and we hope that they stay with us for 5, 8, 10 years. We have Physician's that we have recruited to Lac du Bonnet, Whitemouth and Beausejour that are now in their 4th and 5th years, and they are staying, they have bought homes, so in the majority of these cases we are succeeding, but all it takes in a community like Pine Falls where we are entirely dependant on the private physician when you think about it is, four busy physician you take one or two of them out you have



Judy Coleman VP of Programs and Services, and Jim Hayes CEO of North Eastman Health Association were at the Pine Falls Health Complex this past week, to address the community concerns over the shortage of doctors and services

an instant problem and then it takes several months to overtake it. So now we have a strategy where we are recruiting 6 to 12 months ahead of schedule and it takes money to do that and our board has committed funds to do that. We began recruiting last year, with those two physician's coming in February, we also had to pay for that last year and we did it, and I am very proud of our board that they have stepped up to this because we cannot fly the way we were before, and so the more that the public knows about these things the better," said Hayes. "We regret having to temporarily reduce services and want to assure the residents of Pine

Falls and the surrounding communities that every effort is being made to avoid further reductions in emergency services".

Unification Meeting Update

Press Release

The Unification Group has been very active and meeting on a weekly basis since receiving Tembec's counter proposal. The most recent meeting was held on Thursday, February 26, 2004 at which presentations were made by two representatives from intergovernmental Affairs.

In response to several inquiries from concerned citizens, the Unification Group has drafted the following statement:

We have been reminded that there are grave concerns about what the representatives of the merger are doing while others, outside the merger, have gone public. The explanation is that we have continued to go on with the process of negotiating rather than letting ourselves be distracted. We are continuing our discussions with Tembec, as we believe all of our efforts must focus on the ongoing negotiations. The citizens of Pine Falls voted overwhelmingly to amalgamate with Powerview and we feel that it is our mandate to make ever effort to reach a fair and acceptable agreement for amalgamation.

We would like to remind all our ratepayers, that negotiations must be concluded in confidence. The results of the negotiations will then be forwarded to the communities to read and digest. We will be holding public meetings to explain these results and answer all questions so that our citizens can make an informed decision when a vote for amalgamation is held.

We would like to thank all of our citizens for their continued patience.

Watch for future updates from the Unification Group.

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The Winnipeg River Echo

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Bowling brings the best to Lac du Bonnet

by Jim Hampshire

The North Eastern Five-Pin Bowling Championships rolled into Lac du Bonnet over the weekend, with 16 teams from across eastern Manitoba vying for top spot in a total pin competition.

The two-day event, which got underway Friday evening, was hosted by the Lac du Bonnet Bowling Lanes for the first time in tournament history. As it turned out, local bowlers rose to the occasion as the Celine Bellin team knocked over more than 4,000 points to pick up first place overall. The runner-up trophy, when located, will be presented to the Lee Valentonis team, also from Lac du Bonnet.

In the individual achieve-

ment category, High Men's Single score went to Dan Cass with 275, while Kim Valentonis bowled a 239 to pick up the Women's High Single Award.

The Men's High Quad Award, with points tallied over four games, was presented to Carl Nilsson as he posted 851 total points, while Wanda Berthelette of Pine Falls rolled 800 to pick up the Ladies High Quad Award.

On the other end of the spectrum, the coveted Men's and Ladies "Whoops" Award went to the husband and wife team of Hans and Vivian Schellman, who were gracious enough to let us print their names as long as we didn't print their scores.

In the team event, the pres-



The Lac du Bonnet team of Anne Straus, Celine Bellin, Eibel Cottrell, Robert Pitman and Lil Dowell held on to win the North Eastern Five Pin Bowling Championships over the weekend



The Runner Up team of Kevin Nally, Bob Becker, Michelle Richot, Lee Valentonis and Kim Valentonis from Lac du Bonnet

tigious Ascenders Award goes out to the team of Oscar Magnusson, Connie Boyer, Albert Cottrell and Velma Magnusson, who also won't allow us to print their team score.

Despite some mechanical malfunctions which caused some minor delays on Saturday, organizers say the event went well, with good spectator support and banquet attendance. Next year the competition will be hosted by Beausejour Lanes.



Wanda Berthelette from Pine Falls picked up the Ladies High Quad in Lac du Bonnet over the weekend



Carl Nilsson picked up the award for men's High Quad



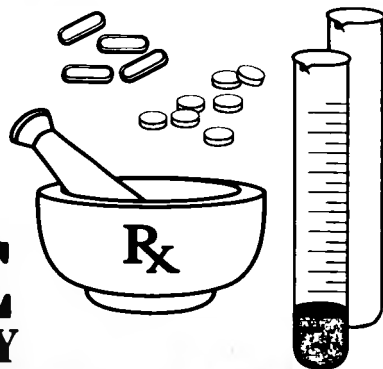
Kim Valentonis bowled a 239 to win the Ladies High Single Award



Dan Cass accepts the Men's High Single Award from Lee Valentonis

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You can't be serious



by Jim Hampshire

The Call of the Wild

by Jim Hampshire

Now that spring is just around the corner, it's time to examine your motor vehicle and make the necessary repairs, especially after the long Manitoba winter. Now a smart person would take the vehicle to the local garage for a tune-up, but I doubt that's going to happen. Why? Because we're guys and we like to fix things ourselves. And because we own tools.

This is a problem area for most guys and for some reason, male hormones take over and the next thing you know, a perfectly decent car sits disassembled in the driveway. We call this "tinkering." (Classic warning sign: "Honey! I'm going out to the driveway and tinkering with the fuel injection system on the car!"). It's a primal thing, really. Your car might be in peak running condition and most wives might agree to leave well enough alone, but guys aren't like that. Guys are always confident that

a car in peak running condition can still be tinkered with, thus achieving the myth that the family car can become even "peakier!"

In any event, if guys tinker with the family sedan long enough, something is bound to break and then guys are really happy because they get to tinker some more! It sort of snowballs from there and eventually it looks like we're standing in the aftermath of a car bombing. We really can't help ourselves.

Modern science blames this behavior on a seasonal phenomenon that's controlled by the forces of nature and it might even be compared to bird migration. As soon as the weather warms up, guys begin the long and rigorous journey, whereby they migrate from the sofa to the driveway. Once they reach their destination they're instinctively compelled to open the motor compartment and make strange vocal references, alerting their respective mates of impending dangers. "Uh-oh, there's oil on the manifold... I'd better get my tools."

At this point the female emerges from the nest and scolds the male by saying, "Screw up and you're sleeping on the couch." After a brief ruckus, the female returns to the nest to watch Dr. Phil on TV and the male is free to go about his work.

Other studies show that this strange male behavior can be linked to other members of the animal kingdom. For instance,

guys like to tinker in a group and there's a pecking order within this group. When a dominant lone male begins working on his car, it raises the curiosity of other males in the immediate area. Soon the other males join the dominant lone male in his driveway and eventually certain challenges are made. The first challenge is usually subtle, where one male might ask something like: "Shouldn't you be using a knuckle joint extension on that

ratchet?" The dominant male then becomes aggressive and immediately puts the other males in their place by saying: "It's called a 'universal joint', you putz."

Instantly the pecking order is properly established and the weakest member of the pack is then sent away to pick up beer. Of course the other males bow to the pack leader by nodding their heads in approval and the once motley group soon learns to work together as a cohesive unit. Normally this would be a good thing except no one wants a pack of wolves

tearing apart your car.

So basically, after extensive scientific studies we can assume that, despite the advances of the human race in the civilized world, we're still influenced by the change of seasons and a yearning for migration. And much like the wolf, we still find safety in numbers. But if you were to ask the female population, they would have say we're most like our natural ancestors. We might have climbed down from the trees, but deep inside we're still a bunch of grease monkeys.

Weather not a challenge for derby organizers

by Jim Hampshire

Recent concerns over whether slushing conditions could affect the Ice Fishing Challenge in Lac du Bonnet later this month were put to rest by organizers this week. Allan Kaplan Jr. of Ernie's Bait and Tackle reports that ice conditions on the Winnipeg River are excellent, and even better than conditions of past derby years.

"We were in Lac du Bonnet drilling some test holes a while back," Kaplan said from his Winnipeg business location this week. "We found a solid 32 inches of ice in front of the town and we really don't want any more than that."

According to Kaplan, organizers and volunteers have had to drill through up to 42 inches of ice in past years, creating problems for the gas powered augers. Four years ago, the Ice Fishing Challenge was nearly on thin ice as melting conditions in late February reduced the ice levels to 25 inches, which is still considered safe but any less would have been borderline.

Taking in account the melt-

ing trend of late, Kaplan says the current ice levels will withstand any warm weather patterns, should they occur.

"There is always a risk of slush developing under the snow in late winter no matter how thick the ice is," Kaplan explained. "Basically the heavy snow load will cause seepage through cracks in the ice but that fluctuates and often refreezes overnight."

So far organizers are optimistic when watching the long term weather forecast. Temperatures are expected to drop off this week, with below normal overnight temperatures which are expected to solve any slush problems that might already exist. According to Environment Canada, the temperatures are expected to rebound next weekend, with daytime highs reaching the freezing mark. Seeing as how a good

portion of the derby entrants wait for a more exact forecast, Kaplan believes the week leading up to the March 13th derby will be a hectic one.

"It never fails that the bulk of contestants wait until the last few days before entering," Kaplan laughed. "We always see people running up ten minutes before the shotgun start, rushing to enter and set up equipment at the last minute. It's always hectic."

Overall there are 100 prize spots available, ranging from \$20,000 for first place, with nine \$4,000 dollar prizes available at every tenth position. The last prize awarded at 100th place will see the lucky angler take home \$5,000 for his or her's weigh-in.

Entry forms can be obtained at businesses around Lac du Bonnet, including Woody's gas bar, True Value Hardware and Drifters.

Lac du Bonnet Legion #164

WEEKLY ACTIVITIES

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

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

TUESDAY
Po Ke No 2:30 p.m. - Lounge

WEDNESDAY
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THURSDAY
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Seven Sisters Mixed Bonspiel

This past weekend Seven Sisters held their annual mixed bonspiel. They had 20 teams enter this year, and fun was had



A-Event L to R Nick Ogryzlo/skip, Val Ogryzlo/third, Murray Neufeld/third, and Val Anderson/lead



B-Event L to R Ashlee Struss/lead, Jim Hladki/second, Pat Nixdorf/third, Kelly Struss/skip, and team manager, Ryleigh Struss/centre

by all. Curlers got to enjoy a wonderful BBQ dinner, prepared by Jim's BBQ in Seven Sisters and collect great prizes. Next year the Bonspiel will be in conjunction with the RM of Whitemouth and their hundred year celebrations. It is hoped that next year there will be 32 teams entered.



C-Event winner's Neil Armstrong/skip, Edna Richot/third, Gary Richot/second, and Gail Armstrong/lead

RM and Town of LdB win Most Exceptional Display



The RM and Town of Lac du Bonnet participated in the Discover Manitoba - Mid Canada Golf Show over the past weekend and brought home the prize for Most Exceptional Display in the small booth category.

We were all quite proud. The judging was based on 1. initial visual display and clarity as to who or what we represented 2. did our booth have a good drawing card (I am sure the "wheel of fortune" was the best drawing card" 3. And we were also told we were judged on how

our booth people worked to greet visitors - did we just sit in our chairs waiting for people to come and speak to us or did we go out and draw people in.

We were all quite excited to receive this award. Congratulations to Tannis Lodge, Twila Stamler, Lorette Zolondek and Marlene Watson for their hard work and friendly smiles. Also special thanks to Peter from Classic Displays for the booth arrangement and also to Ron Buller and Mark Lavoie for their help in carrying and moving the heavy items as well as take down.

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Stamler, Wold, Tease connect in overtime to advance Blues

submitted by MP

Kyle Stamler took the shot that went through the legs of the Merc goalie on Friday February 28th to nab the series winning goal just eighteen seconds into overtime at the Warren arena. The line of Aaron Wold, Kyle Stamler and Tyler Tease duplicated the feat performed just one game earlier when Wold grabbed the game winner, also in overtime.

Stamler wasn't the only Lac du Bonnet hero in the fourth and final game against the Mercs. With Warren ahead 1-0, and Blues goalie Shane Hintz caught out of his net, Jay Abraham made a smart move to position himself on his knees between the pipes to make an important save on a Warren shot.

Jay Abraham also started the rush that set up Tyler Tease who scored the first Blues goal in the second period to tie the game. Abraham was also vital in moving the Blues ahead 2-1 when he set up a play that was initiated deep in the Blues zone by defenceman Jay Usackis. Usackis passed to Abraham in the neutral zone, who then gave a great rink wide pass back to Usackis who had moved into the Warren zone uncontested. Usackis took the initial shot then retrieved his own rebound to score the second Lac du Bonnet goal that moved the Blues ahead 2-1.

Before the second period ended, Warren tied the game on a quick shot low and just inside the post on Shane Hintz' stick side.

Hintz came up big for the Blues during the first two periods, allowing only two Merc

goals throughout a steady onslaught of shots that outnumbered Lac du Bonnet's by a ratio of 5-1.

The third period saw the Blues finally dominate offensively, but the breaks refused to go Lac du Bonnet's way. Combine that with two heart-breaking goals just minutes apart that advanced the Mercs to a 4-2 lead. It seemed evident that a fifth game was going to be necessary.

But once again, the Blues skated hard to the very last whistle. The Blues called a time out with less than two minutes to go. Hintz was replaced by an extra attacker with 1:30 remaining. Jay Seymour went into high gear from behind the net and set up the Blues third goal on a pass to point man Jay Usackis who one timed one past the young Warren goalie. Forty one seconds remaining.

Lac du Bonnet gained possession and Seymour once again looked for someone from behind the net. Tyson Papineau was ever present in the slot to bang home the tying goal with just 16 seconds left.

Lac du Bonnet's line of Stamler, Wold, Tease took to the ice for the overtime face off. Quickly gaining control and moving the play to the Warren zone, Kyle Stamler took the shot that Aaron Wold tipped between the goalie's legs. Lac du Bonnet used only eighteen seconds of the overtime to get the job done.

The Blues bench cleared as everyone, including the coaches, rushed to congratulate Wold, Stamler and Tease on the series winning goal.



Lac du Bonnet Blues' Coaches Jeff Stefried (left) and Doug Abrahamson, and water boy Tim Friesen, watch the pregame skate at the Warren Arena on Friday Feb. 28th, before the Blues' went on to a thrilling overtime victory to end the series.

The Blues advance to play Peguis who defeated the Stonewall Flyers in three straight. The Lac du Bonnet arena will play host to the opening game of that five game series on Wednesday, March 3rd at 8:30 pm.

In other semi final news, Ashern will have home game advantage over Beausejour, both teams advancing after winning three straight in their respective quarter final series against Lundar and Arborg.

Game 3 Warren 6 at Lac du Bonnet 7 (overtime)

The Mercs poured on the offense in the first period at the

Lac du Bonnet Arena Saturday, February 21st, and led 5-1 at the period break. The Blues scored just once in the second but dominated the third by scoring four times tying the game at six with 3:58 to play. The winning goal was executed by Aaron Wold, his second of the game, at 1:52 of overtime with assists going to Jay Abraham and Tyler Tease.

Defenceman Jay Usackis also scored two for the Blues and Tyson Papineau put up a hat trick.

Donovan Henzel and Shane Hintz shared goaltending duties for the Blues, with seventeen

year old midget Ben Lobb in net for Warren.

Game 2 Lac du Bonnet 4 at Warren 5

Warren led 2-1 after the first period and went up 4-1 before the Blues scored three quick goals in the latter half of the second to tie the game. The winning goal was scored by Albert Boonstra, his second of the game, at 4:48 of the third.

Dwight Hirst scored a hat trick for the Blues and Tyson Papineau added one. Jay Abraham picked up three assists.

Ben Lobb was the winning goaltender, taking the loss was Shane Hintz.

Weight Watchers of Manitoba



The World you live in is the world you can lose in with FlexPoints

Weight Watchers will be holding a registration night in Pine Falls at the United Church
WEDNESDAY, MARCH 10th 5:00 - 6:30pm

This will be for registration only. Session must have 25 pre-paid members to commence. All pre-payments will be returned should the session not have the membership to start.

8 WEEK SESSION
New & Rejoining Members \$112.00
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For information contact Delores 367-2945
Or weight watchers at 1-800-651-6000

Weight Watchers

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PINE FALLS MIXED BONSPIEL

— March 12, 13, 14 —

Saturday nite:

Movie Mania Theme

•Dinner by Bostroms

\$140/per team
Paid Entry

PLEASE CALL
Jackie Prowse
367 8332



Faith Perspective

by Pastor Jake Doell

In God We Trust!

The insignia on American coins reads, "In God we trust"! Trust is a vital factor to a meaningful life. I read an interesting story that demonstrates the importance of trust:

"Prior to the 1988 Winter Olympics a TV program featured some blind skiers who were being trained for slalom skiing. Sounds pretty impossible, but these blind skiers were being paired with sighted skiers. At first they practised on an open slope, skiing beside their blind partners, teaching them right and left turns on command. After they mastered

these skills, they were taken to the slalom slopes. Here the blind skiers skied the slalom course with great precision as they obeyed the appropriate commands of their sighted partners. They were able to finish the course and cross the finish line depending entirely on their seeing partners. Through complete trust they were successful in what otherwise seemed like an impossible feat."

Trust is an important factor of life. Those blind skiers could not have accomplished the amazing feat of skiing a slalom course without their trust in their seeing companions. Can

you imagine what would have happened had they second guessed the commands given to them. they would have crashed into the slalom flags and not been able to successfully finish the course. Or even worse, what if the sighted skiers had given a "left turn" command when it should have been a "right turn" command.

Perhaps you have had your trust broken through a difficult turn of events.

Let me encourage you, there is someone we can fully trust. God sent his one and only Son, Jesus on a mission to this earth 2000 years ago. He fully trusted His Father in the course that was laid out for Him. When the Father led His own Son to the cross to die Jesus fully trusted His Father by obeying Him at every turn even to the point of giving His

own life. Because He fully obeyed, He finished the course by rising from the dead on the 3rd day. (1 Corinthians 15:1-5) My friend God's Word is trustworthy and will give us the direction we need to finish the course of life successfully. By the way, I highly recommend you go and see the movie, "The Passion Of The Christ", produced by Mel Gibson. It will help you to trust the "love of God" shown to us through his son Jesus Christ.

WINGS OF POWER

March is nutrition month

Here is some helpful mealtime information for your family provided by the Dietitians of Canada.

Do dinner - Together!

Children who eat home-prepared meals are more likely to include more milk products; fruits, vegetables, and other fibre-rich foods; and fewer fried foods and soft drinks than children who eat out. Try these tips for quick and easy family dinners:

Plan ahead - Spend some time planning your dinner meals for the week. Make your grocery list based on your menus. Use the Dietitians of Canada's *Let's Make a Meal!* web feature to help you plan:

<http://www.dietitians.ca/english/menuplanner/overview.html>

Make the most of your time - Cook casseroles or rice in bulk, freezing several portions to enjoy on days when you are in a hurry.

Break a few rules - Try foods you usually eat for breakfast or lunch such as pan-

cakes, waffles, French toast, eggs, soup or sandwiches for dinner.

Try something new - Cookbooks offer lots of ideas for great tasting dinners that are easy to prepare.

Create a family time - Turn off the TV and enjoy time for your family to come together over a home-cooked meal.

For more recipe ideas, nutrition tips, fact sheets, and healthy eating solutions check out these websites: www.missionnutrition.ca, www.purelydairy.org or www.dietitians.ca/eatwell.

Junior Kindergarten News

The Junior Kindergarten class has been very busy during the past month doing plenty of reading and related activities. Mrs. Spiers and her Junior Kindergarten class would like to thank the following "local celebrities" who took time out of their busy days to come in and read to them: Mr. Glenn (Shack) Hibbert, Mme Julien (PV school Principal), Constable Marianne Coulabali



(RCMP), Mrs. Sonia Shane (PV school Grade 5 teacher), Ms. Tracy Sharpe (PV school secretary), Mrs. Michelle Berthelette (Wings of Power), Mrs. Dawn Blatz (Pine Falls Royal Bank of Canada), and Mrs. Eileen Cadieux (PV school resource teacher). They would also like to thank the school librarians Mrs. Linda Grenier and Mrs. Paulette Dupont for helping to find so many interesting books to read. They would also like to thank their parents who took time to read each day. The Junior Kindergarten class had a goal of 100 books to be read before the end of February (I love to read month) They have reached this goal with the help of all the people who have visited the classroom and the parents of all the children with flying colours. Great work everyone!! (if anyone was forgotten we thank you from the bottom of our hearts.)

New friends

by Barbara Sabanski

Fat is the New Tobacco

"Excess weight has replaced the leading cause of heart disease." This item has recently appeared in many Canadian newspapers. On the surface that might be true. However, the real cause of heart disease is loneliness. Both adults and children in our world are suffering from massive heart disease (loneliness). It doesn't matter the age or gender; this disease has reached epidemic proportions. On a national and international basis, our jails are exploding; prescription drug use extensive, illegal drug use frightening and families are being shaken to the core. Yet, when you attend various meetings dealing with social issues, the conversation around the table tends to be about nutrition. (Reason: that's a safe subject and easier to deal with).

How are we going to help the citizens of the world? Well, let's start in our own back yard. If you are living in a supportive family environment, be thankful. So many people aren't. If you now adults living alone, include them in your life. If you have some time to spare each week, consider being a Mentor. Children in Pinawa and Lac du Bonnet are waiting for a special friend. Share your life skills and make two people happy. Few bonds in life are more influential than those between a young person and an adult. Mentors are adults who, along with parents, provide your people with support, counsel, friendship, reinforcement and constructive example. To find out more about our program, please call 345-2867 or 753-2406. Have a Heart - Be a Mentor.

The Winnipeg River **Echo**

56 Art Street, Powerview
 Phone 367-9468, Fax 367-9974
 Monday to Friday
 9:00 a.m. to 4:00 p.m.
 Box 550, Pine Falls,
 MB R0E 1M0

theecho@mb.sympatico.ca
ADVERTISING DEADLINE
Fridays at 3:00pm

Manitou Rapids Arts Council presents....

Marty's Party

Traditional Celtic Music

Sunday, March 7th, 2004 at 7:30pm

At the Royal Canadian Legion
 7 Tamarac St., Pine Falls
 Tickets \$10.00 - Non Smoking

Tickets available at the Legion or
 call Ginette McMullen 367-9970
 or Tammy Kunz 367-9572

Library Corner

Lac du Bonnet Regional Library



The CANADA READS debates ended on February 20th - and the winner is..... "The Last Crossing" by Guy Vanderhaeghe. Read it for yourself and let us know if you would recommend it to your friends!

Donna Besel would like to recommend local author, Gerard Beirne's new book "The Eskimo in the Net". Donna herself won 2nd prize

in the 2002 Creative Non-Fiction Writing Contest, judged by Pamela Banting, for "Dead Skunk" which was published in the summer 2003 issue of Prairie Fire. She has allowed us to use her review of Beirne's novel:

[If you want to get caught by this quirky, evocative novel, all you need to do is read the first line. "Everything started to go wrong the day we dragged

the Eskimo up in the net off Malin Head." Who could ask for a more intriguing opening sentence? Right from the first scenes, set aboard Knucky's fishing boat, willing readers get entangled in the snarled-up mess. As the two Irish fishermen, Jim Gallagher (the main character) and Knucky (one of Jim's best friends, and present

employer) verbally wrestle over what to do with the partially decomposed body, Beirne lures his audience into the obsessive darkness which permeates the novel. His graphic descriptions of the Eskimo's corpse resting amongst the piles of wiggling fish and web of netting are both fascinating and morbid. Throughout the book, he maintains this clear, strong narrative voice. He also paints a memorable picture of the bleak ruggedness of the Irish coast, with its isolated fishing villages, where people are pushed, or driven, into alcoholic binges and strange sadness. Even the weather, with its constant damp, and unrelenting wind, emerges as another hard-nosed, but compelling, character. When Jim realizes the Irish authorities do not plan to fully investigate the circumstances leading to the Eskimo's death, he sets out on his own voyage of fixated, and often intoxicated, discovery. Beirne portrays the stumbling uncertainties of Jim's search with a compassionate, and sometimes surprisingly comic, voice. The scenes in the local pubs, encounters with Irish authorities, and glimpses into life aboard a Russian fishing trawler

are especially captivating. Throughout the novel, the tangled mysteries of life's choices, of staying or leaving, of acting or not acting, of loving or refusing to love, are explored. Whether Jim likes it or not, he is being pulled along to a revelation of the truth about his own life. With a cast of deftly drawn characters, and enough mystery, death, drugs, and sex to sustain even the most jaded reader, Gerard Beirne creates an engrossing world of convoluted love, friendship, and compulsion, set in an unforgiving environment. It is a strong debut novel for a very fine writer, and sure to be well-received in North America, the British Isles and Europe.]

Have you read a book you would like others to read? Tell us about it....or write a bit of a review for us!

There are other opportunities for writers - visit the library and check out the details of the Manitoba Book Week Young Writers' Contest (deadline March 15th) and the Winnipeg Free Press/Writers' Collective 2004 Short Story or Poetry Contests!

Pineview Recreation

by Rachel Raymond
Recreation Director

The Winter Carnival brought many people together and a lot of laughter all weekend.

"A" Channel News would like to thank the Pineview Squirts & Pineview Novice teams for a great hockey game. "A" Channel had so much fun they want to do a segment on the Pine Falls area and televise it on their Breakfast Program - Show us your Town.

(The televised date will be in next week's issue)

(Thank you to Chicken Chef for donating the syrup for our Pancake Breakfast, greatly appreciated)

Recreation Connections held their annual conference on Feb 23-25/04, Recreation Directors from all over Manitoba as well as people from

our government's office were in attendance. The main focus at this conference was "Let's Be Active" so I have listed some new and existing activities that will be offered in the spring.

-Pilates (spring session)
-Fishing League (Ages 9 to 15)

-Soccer
-Baseball
-Babysitting Course
-Dance Classes
-Cooking Classes
-Kick Boxing

Dates to Remember:
March 5, 6 & 7 Rob Thomas Memorial Hockey Tournament

Pine Falls & Powerview Arenas

Contact: Greg Smith
March 7 Marty's Party (Concert Performance)
Pine Falls Legion @7:30 p.m.

Contact: Ginette McMullen
Tammy Kunz

March 12, 13 & 14 Mixed Bouspiel

Pine Falls Curling Rink
Contact: Jackie Prowse

March 19, 20 & 21 Female Peewee C Hockey Provincials

Pine Falls Arena
Host: Pineview Peewee Girls

Commercial Printing

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Manitoba Model Forest presents the:

Eastern Manitoba Funding and Resources Forum



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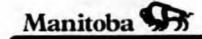
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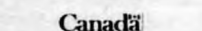
Manitoba Community Services Council Inc.



Industry and Northern Affairs Canada
Affaires du Nord Canada



Western Economic Development Canada
Développement de l'économie de l'Ouest Canada



The forum is being held to raise public awareness about the organizations and programs available to help individuals, communities and community groups with projects in the Eastern Manitoba region.

Organizations and Programs provide assistance for projects in agriculture, improvement and protection of the environment, economic development, recreation, heritage resources and tourism. Often people with worthwhile projects have a difficult time accessing this type of support. Our goal is to make it easier for people to access funding and technical assistance for their projects.

Informative displays and staff will be on hand to help visitors locate funding and technical assistance for projects lead by community groups and individuals.

Residents, communities, and community groups in eastern Manitoba are encouraged to bring their project ideas and submissions to the Eastern Manitoba Funding and Resources Forum.

Tuesday, March 9, 2004
10 am. - 7 pm.
Lac du Bonnet Community Centre,
Lac du Bonnet, Manitoba .

For additional information about the Forum, contact the Manitoba Model Forest offices.
Tel: 204-367-5232
Fax: 204-367-8897
P.O. Box 6500,
Pine Falls, Manitoba R0E 1M0



Lac du Bonnet RCMP Report

RCMP report for the week of February 23 to February 29, 2004



On the 23rd of Feb., it was reported that a car was in the ditch on Hwy 15. Investigation later determined it had been there for a few days. No injuries.

On the 23rd of Feb., Police attended to a false alarm at a local business.

On the 23rd of Feb., a farmer advised he was having concerns about snowmobilers coming too close to his animals. He will be posting no trespassing signs.

On the 23rd of Feb., it was reported to police that a second vehicle had been vandal-

ized at a house party on the previous weekend. The matter is under investigation.

On the 23rd of Feb it was reported that a youth in Pinawa was struck in the head area by another youth throwing snowballs. The matter was dealt with informally.

On the 23rd of Feb., it was reported to police that several youths in Lac du Bonnet were running between houses throwing snowballs. The youth were spoken to about respecting others property.

On the 23rd of Feb., a caller from Alberta advised she was

having trouble contacting her elderly mother in the Lac du Bonnet area. Police attended and all was fine, the phone was out of order.

On the 24th of Feb., a false alarm was reported in the Whiteshell Provincial Park.

On the 24th of Feb., a dangerous driver was reported to police. Police will be speaking to the driver.

On the 24th of Feb., a break and enter to a local business was reported to the office.

On the 25th of Feb., it was reported to the police that in the early evening someone was on the roof of a local business. The culprits were gone on arrival.

On the 26th of Feb., a summons for a Highway Traffic Offence was received from our Selkirk office to serve on a person in Pinawa.

On the 26th of Feb., a false alarm was reported with regards to a cottage in Pinawa.

On the 27th of Feb., police were involved with a youth attempting to harm themselves in a

school in the Detachment area. Police escorted the youth for a medical assessment.

On the 27th of Feb., police attended the Lac du Bonnet Youth Center over a report of damage. A youth is facing several charges as a result of his actions.

On the 28th of Feb., a male adult was arrested and charged with impaired driving.

On the 28th of Feb., a male was arrested for impaired driving but subsequently blew under the legal limit was issued a 24 hr. suspension of his driving privileges.

On the 28th of Feb., a person reported they narrowly escaped serious injury when hay bales came loose on a trailer and fell onto the road in front of their vehicle.

On the 28th of Feb., it was reported to police that a student at a school in our area had their musical instrument stolen.

On the 28th of Feb., hikers reported to the police that while hiking on a trail in the

Whiteshell Provincial Park they came across what they believed to a finger. Photos taken at the time, reveal that this is more than likely an animal remain. Police did attend but failed to find same.

On the 28th of Feb., a further report of youth throwing snowballs at houses.

On the 28th of Feb., it was reported to police that a youth was assaulted in Town.

On the 28th of Feb., members of the Lac du Bonnet amalgamated Detachment assisted in apprehending a person involved in a high speed chase with the Beauséjour office. The individual was armed and at a roadblock went into a ditch. Members talked the individual out of using the weapon that he had and he was arrested.

On the 28th of Feb., an alarm went off at a local business. It was false and it was determined a door had been left open.

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 AI-Anon Group Thursday 7:30 p.m. Lac du Bonnet District Health Centre, 89 McIntosh, Call Teri 345-9712.
Lakeshore A-La-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, Run 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 148-4610. Services: driver escort, lifetime 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 Societies Theresa Conroy, Whitesmouth 148-3505
 Lac du Bonnet, Pine Falls, Victoria Beach, Pinawa, Beauséjour, Whitesmouth, 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 Daell, 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 Wachura, 345-1900
 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.

On Parliament Hill



Your voice in Ottawa
 Vlc Toews, MP for Provencher

What Did the Prime Minister Know?

As the various inquiries and investigations into the Sponsorship Program are taking place, further evidence continues to surface confirming that senior officials in the Liberal Party knew that the abuse of tax dollars through the program was taking place as early as 1996. At the same time, Paul Martin's assertion that he knew nothing about the sponsorship program is getting harder to believe every day.

As late as this week it was revealed that a British Columbia Liberal party member, who applied directly to Environment Minister David Anderson's office for funds through the Sponsorship Program in 2001, says that Anderson's constituency staff referred to the program as a "secret slush fund". Without following any of the usual criteria for accessing taxpayers' money, Anderson and his staff proceeded to obtain \$50,000 in sponsorship funds for a music festival in Victoria. British Columbia's David Anderson, the federal environment minister, was then a key cabinet ally of Paul Martin and the senior minister from his province in the Liberal govern-

ment.

Over the past few weeks, several of Martin's colleagues have expressed disbelief that he did not know of the abuses taking place within the Liberal Party and particularly within the party in Quebec. For example, Montreal MP Marlene Jennings says that she brought up the issue in caucus, which was attended by then-finance minister Paul Martin, even before a 1999 internal audit. "I was asking questions of why there were commissions, because the companies weren't doing anything," Jennings said.

And Sheila Copps recently said, "For the last 10 years, we've had headline after headline after headline that says Paul Martin is responsible for the financial affairs of the government. I don't think you can, on one hand, take credit for the financial state of the country and, on the other hand, say that you have nothing to do with the spending of that money. I don't think that's credible."

While Ms. Copps' comments might previously have been dismissed as the comments of a leadership rival to Paul Martin, the revelations in-

volving Minister Anderson's office strengthen Ms. Copps' assertions that the Prime Minister's denials are simply not credible. If a Minister and his staff on the West Coast of Canada knew about this secret slush fund, how can it be suggested that Paul Martin, the Finance Minister and Vice-President of the Treasury Board, and also the senior Quebec Minister who politically controlled 90% of the Quebec ridings, didn't know?

Contrary to the impression conveyed by Prime Minister Paul Martin since the release of Auditor-General Sheila Fraser's report, it has now become clear that ministers and their senior staff were familiar with the inner workings of the program. Paul Martin has consistently said that neither he nor any of his ministers were aware of involved in the fraudulent abuse of taxpayers' money. With these most recent revelations, he will have some difficulty explaining to do.

Please feel free to contact my office if you have any concerns or issues you would like to discuss. You may contact me toll free in Steinbach at 1-866-333-1933 or 204-326-9889, or in Lac du Bonnet at 204-345-9762. You may write me at 203-323 Main Street, Steinbach, MB R5G 1Z2, by fax at 204-346-9874, or by e-mail at toewsyl@mls.net

Manitoba Crime Stoppers in cooperation with the Lac du Bonnet RCMP would like your assistance in solving the following offence:

RCMP need your help

A Break, Enter and Theft occurred at Mrs. Lucci's on Park Avenue in Lac du Bonnet, sometime on the eve of the 23rd of February. Entry was gained via the front door, unknown person(s) stole numerous items. If you have any information please contact the Lac du Bonnet RCMP at 204-345-6311. *If you have any information and want to remain anonymous to any of the above crimes, please call CRIMESTOPPERS at 1-800-222-8477.*

CRIME STOPPERS

Crime Stoppers will pay up to \$2000.00 in cash for information leading to an arrest in this or any other unsolved crime in Manitoba. Callers never have to reveal their identity and Crime Stoppers does not subscribe to caller ID.

Jr. Paper Kings take top spot in the Provincials



Preview: Paper King Midgets: (bottom row, left to right) Colin Cyr, Pavtan Richardson, Blayne Dube, Mitch Berthelette, Andrew Bonkamp, Daniel Sokolowski, Alex Corello, Glenn Raymond, Kyle Cyr, (top row, left to right) Emery Guimond, Coach-Trevor Sokolowski, Justin Wilcott, Manager- Jack Bonkamp, Scott Sokolowski, Jarrett Pachkowsky, Nolan Kunz, Mylen Parisian, Pat Brincheski, Safety-Ron Pachkowsky, Missing from Picture: Cassandra Flanagan, Coach-Dennis Cyr, Manager- Fay Berthelette

Peewee Girls Provincial Players Profiles 2004



Emily Raymond

Position: Defense
Shoots: Left
Age: 9
Emily is a first year player with the team; she has great speed and plays her position very well. Emily has lots of heart and is not scared to mix it up.



Darion Bruyere

Position: Centre
Shoots: Left
Age: 11
Darion wasted no time starting where she left off last year: filling the net with pucks. You have to come and play every night if you think you are going to stop her from hitting the score sheet.



Chelsea Nault

Position: Left Wing
Shoots: Left
Age: 12
Chelsea is what you call a power forward, big, strong and unstoppable along the boards. The add "The Big Shot" to her game and look out goalies.



Lindsay Mysak

Position: Center
Shoots: Right
Age: 11
Lindsay has stepped her game up this season, with her blazing speed it's easy to see why she has become a scoring machine.



Meg Raymond

Position: Right Wing
Shoots: Right
Age: 11
Meg has become a position player, to watch this young girl play position hockey in her own end and neutral zone, or simply driving the net is amazing to watch.

Animals are not our Whole Lives, but they make our Lives Whole!



Polly, 88404

Polly's a really nice, active dog who needs to be adopted to a home with a min. 5 foot fenced yard. Polly has a great personality and will do well with kids over 10 years of age. She'll also benefit from some obedience training as she's still a young dog. Polly's adoption fee (\$159.00 with tax) includes her spay, a vet exam and a microchip among other things!

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



Oscar, 88426

Oscar is a real charmer- spend a minute with him and he'll purr away! He's a BIG KITTY with a BIG HEART who wants someone to love. Oscar spent most of his adult life on the streets of the West End. He's FIV and FeLV negative. We have many wonderful felines available for adoption- come down and we know there's one who is purrfect for you!

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Advertising Deadline:
Fridays at 3:00pm

Winnipeg River RCMP Report

The report covers the periods of February 23 to 29, 2004



February 23:
FORT ALEXANDER
An incident that occurred at a school where a female youth was assaulted by an-

other female was reported to police. School authorities were notified of the incident to deal with the matter and both parties would be spoken to by po-

lice.
February 24:
FORT ALEXANDER - a male was charged after attempting access to an ex spouse and her child. The male was on a court order to have no contact with a male youth. Investigation contin-

eral weeks was reported to police.

BELAIR - police received a report of a suspicious vehicle seen in a heavily housed cottage area. The vehicle was travelling at a high rate of speed.

HOLLOW WATER - a complaint of a male in breach of his probation order was received.

February 27:
FORT ALEXANDER - a complaint of an intoxicated male wandering down Highway 11 was reported. Police patrolled the area but could not locate anyone matching the description.

BISSETT - police were called when 3 males assaulted a local business owner. 2 males were later arrested, charged and released on promises to appear. Investigation continues.

RM of ALEXANDER - 1 female was charged with impaired driving.

PINE FALLS - police received a query to locate a missing female youth. The youth was later located.

February 28:
POWERSVIEW - police were called to attend a large loud party at a residence. 2 males were arrested and lodged in cells. A 3rd male was later located and lodged for fleeing police.

TRAVERSE BAY - a motor vehicle mishap occurred when the vehicle slid out of control into a Hydro Pole. The driver was not seriously injured and the vehicle was towed locally. The Hydro Pole remained intact.

PINE FALLS - a complaint from a residence in this area advised police the victim of a spousal assault, a female was

present. Police are still investigating the incident, charges are pending.

FORT ALEXANDER - police were attempting to arrest a male when he fled from police a short foot chase ensued before the man was apprehended and lodged in cells.

- An intoxicated female was located by police on the roadway. A family member was contacted and picked the young woman up.

GRAND BEACH - 4 youth were observed on the highway attempting to flag down vehicles. Police attended and patrolled the location but found no one in the area.

February 29:
LITTLE BLACK RIVER - police are investigating an assault with a weapon incident. A young male was stabbed with a knife several times while at a party. The male was taken to Pine Falls hospital for treatment.

FORT ALEXANDER - police attended a spousal assault. Investigation continues. - a verbal argument got out of control with a male and female. Police attended to stabilize the situation.

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 1:30 p.m. every Tuesday. Blood sugar check, nutritional counselling, phone 367-2208.

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

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

Library Allard: Tuesday: 10:30 a.m. to 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. Powersview 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.

Powersview 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 Powersview: meets second Tuesday of each month.

Winnipeg River Senior Service Inc. Coordinator Tina Polischuk, Pine Falls Health Complex, phone 367-9128, 9:00 a.m. to 3:00 p.m. Monday to Friday. Services: transportation, home maintenance, foot care, volunteer help, info.

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

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

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

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

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

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

Powersview 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 Com. Tex, 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: Powersview - 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 am, everyone welcome.

PINE FALLS ANGLICAN CHURCH OF THE ADVENT: 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'S: 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, Scantebury, 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.

The Winnipeg River Echo

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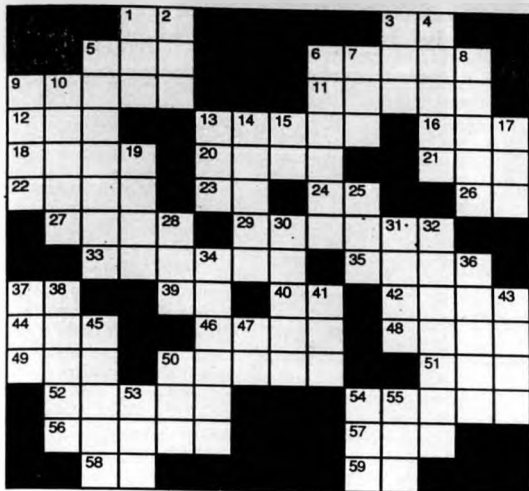
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WEEKLY CROSSWORD



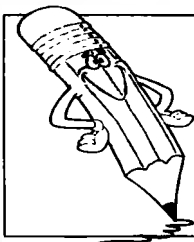
29. Ones who get up
33. Bedtime visions
35. Many, a bunch
37. Any male person
39. Physician (abbr.)
40. Say it isn't ____!
42. Make hot water
44. Klutz
46. Trip, excursion
48. Inflamed, irritated
49. Period of history
50. Better in quality
51. Attain
52. Appeals
54. Woman's garb
56. Angle
57. ____ and outs
58. Ave.
59. At the end of a letter (abbr.)

25. Electric ____
28. Name for Sen. Kennedy
30. Matter, concern
31. Steals
32. Larry, Curley, and Moe
34. Painter, sculptor
36. Fathers
37. Garden instrument
38. Wyatt and family
41. Great hockey player
43. Allows
45. Niagara ____
47. Not off
50. Synonym for strikeout
53. Consume food
54. To immerse slightly
55. Kinds of nurses

- ACROSS
1. ____ Kettle
3. ____ la-la
5. ____ Buttons
6. Church bell
9. One who use 37 down
11. Rowed
12. Equip with weapons
13. Sends a letter
16. Nothing
18. ____ squad
20. Voice pitch
21. Home for a pig
22. Symbol of peace
23. Mate of 1 across
24. Concerning
26. Direction (abbr.)
27. Tidy

- Down
1. Sea (Fr.)
2. Commercials
3. Kind of tree
4. At the end of prayers
5. Took away
6. Tints
7. Possesses
8. Redacts
9. Not easy
10. A constellation
13. Chart, atlas
14. Signal of warning
15. Tell ____ like it is
17. Harsh liquid
19. Rip

LAST WEEK'S ANSWERS



CRYPTIC PUZZLE

XB WBBBCV DQFRXGTR FH XGV VDBBIB
TKL MXQM XB WTKLV LXBNNB XGV
PFTTU YKTB GV.

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

Last Week's Solution

IF I FEEL PHYSICALLY AS IF THE TOP OF MY HEAD WERE TAKEN OFF, I KNOW THAT IS POETRY.

Weekly Echo Horoscopes



ARIES (Mar. 21-April 20)

Make plans to do the things you enjoy. You will not be able to trust someone you work with. Sudden changes regarding colleagues may surprise you. Find out if they have other commitments.

TAURUS (Apr. 21-May 21)



You are apt to meet someone special on your journey. If you're in the mood, go out and socialize, or get involved in sports activities. Be prepared to lose friends or alienate loved ones due to your stubborn nature lately. Colleagues may try to undermine you when talking to superiors.



GEMINI (May 22-June 21)

Social gatherings will be conducive to meeting new potential mates. Take time to deal with authority figures or government agencies. Creative educational pursuits will pay off. You will have no trouble getting things to fall into place.

CANCER (June 22-July 22)



Don't spend more than is necessary on travel or friends. You will be able to get along well with colleagues. You will communicate easily and should be able to accomplish all that you set out to do. You can meet new and exciting lovers through work related projects.



LEO (July 23-Aug 22)

Your best efforts will come through making changes in your home. Business partnerships should turn out to be quite lucrative. You are best not to discuss your personal life with others. Do what you can to help them but don't neglect your own family.



VIRGO (Aug. 23-Sept. 23)

Try to think things through. Do not force your opinions on others the connections will be short lived. Plan to visit friends or relatives. Overindulgence could cause problems for you with your loved ones.



LIBRA (Sept. 24-Oct. 23)

Matters pertaining to your home environment will be favorable if you are direct. Although upsetting, changes in your domestic situation will be favorable. Empty promises are evident and deception probable. Consider making residential changes; either moves or renovations could pay off.



SCORPIO (Oct. 24 - Nov. 22)

Secret intrigues could get you into trouble. You need to spend less time daydreaming and more time accomplishing. You need to make changes that will raise your self esteem, such as a new hairstyle or a new image. Positive connections can be made if you get involved in environmental organizations.

This edition covers the week of
March 1 to March 7

SAGITTARIUS (Nov. 23-Dec. 21)



Join a choir or a drama club. You may be considering moving to larger quarters. Your home environment may be volatile if precautions aren't taken. You will learn a great deal about yourself if you go somewhere secluded. Your charm will mesmerize members of the opposite sex this week.

CAPRICORN (Dec 22 - Jan 20)



Take time to listen to the problems of family members. You will be popular and will easily attract members of the opposite sex. Put your emotional energy into passion not anxiety. You can make major gains if you talk to your boss about your findings.

AQUARIUS (Jan. 21 - Feb. 19)



Be extra careful with your valuables; loss and theft are evident this week. Do not get upset over trivial matters. Don't donate more than you can afford in order to impress others. If you keep busy you won't feel the personal pressures you are going through.

PISCES (Feb. 20-Mar. 20)



You can get support from groups that you belong to if you're willing to step out on a limb and voice your opinions. You will have to put those you live with in their place if they try to interfere with your work. You should put a little extra effort in at work. Uncertainty about your relationship is prevalent.

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. 77A

For rent
 House for Rent, 2 bedroom,
 appliances included, \$450.00
 plus hydro, call 367-8232. 63RS

For Sale
Snowblower
 HS 80 HONDA with tracks
 for \$1200.00 OBO, call 367-
 4330. 11-17A

For Sale
House for Sale
PRICE REDUCED - 4 BR
 Home in Traverse Bay, 2400sf,
 3 bath, att. garage, 1200 sf
 Insulated shop, Wood boiler
 and Electric furnace, 2 acres.
 Ph 204-756-8306 11-16


For Sale
Firewood for sale:
 Seasoned firewood for sale.
 Cash and Carry or Delivered.
 Assorted sizes, and prices. Call
 367-2479. 11-15

Accommodations
Rooms and Suites for rent.
 Weekly and Monthly rates
 available. Hydro and satellite
 included, call Omer at 367-
 9991 or 367-4210. 10-15B

For Sale
**1 ton Chain Blockhead
 Tackle** manufactured by
 Wright \$125 OBO.
**Industrial Lawn Mower
 Edger**, power by 2 HP Brigg
 & Stratton Motor, good condi-
 tion, \$225 OBO.
 Various **heavy duty Chains**
 with hooks, various lengths and
 prices.
**If you are building a cot-
 tage. "I have a deal for you"**
 - 3 Windows lg. front room,
 kitchen opener and bathroom
 with opener. Call for details
 and prices 204-669-2767. 14-17A

Real Estate


PRIVATE SALE \$98,700
 3 Bedroom home in St.
 Georges. 1152 sq. ft., 2 Bath;
 det. garage; large deck and
 gazebo, riverview; central air,
 central vac, air purifier, air ex-
 changer, triple pane windows,
 steel doors, continuous
 eavestrough, full basement,
 low taxes and utilities, phone
 204-367-2018 after 6:00pm. 11-16

Memoriam

 In loving memory of
 my dear Husband,
 A day of remembering
 another year
 A loving thought, a silent tear
 Time may fly and
 tears may dry,
 But memories of you
 never die.
 No length of time can
 dim the past
 For happy memories
 hold it fast.
 All my love,
 Rose

We miss you Dad
 Those we love
 don't go away,
 The walk beside us
 every day:
 Unseen, unheard, but
 always near,
 Still loved, still missed,
 and ever dear.
 Sadly missed
 All our love your children
 and grandchildren

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. 14-17A

Birthday


Nerdy Nerdy - Look Who's Thirty.
 "It's Little Orphan Annie"
Happy Birthday Zach
March 15, 1974

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. 11-16

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 659 Park Avenue, Beausejour.
 Mobility and home healthcare
 store serving the North
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 and service. Magnetic therapy
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 to 5:30pm, Saturday from
 10:00am to 2:00pm, Call 268-
 3102. Toll Free 1-800-438-
 9301. 11-16

**THE VILLAGE OF POWERVIEW
 TENDER**

The Village of Powerview is now accepting Tenders to remove rubble from the demolition of two buildings on Des. Lot 24, Plan 3159 (10 Josse Street) in Powerview, Manitoba.

Work under this contract involves the complete removal of all building materials (including the excavation of any basement and/or foundation); the sorting of all materials in a manner suitable for disposal in the St. Georges Waste Disposal Grounds; and the backfilling/leveling of any excavation on this property. A map showing the location of the aforementioned lot is now from the Village of Powerview Municipal Office during regular hours - Monday to Friday, 8:30a.m. to 1:00 p.m. and 2:00 p.m. to 4:30 p.m.

Sealed tenders marked - TENDER - REMOVAL of RUBBLE must be received no later than Friday, April 2, 2004 at 4:00 p.m. at the Village of Powerview Municipal Office located at #32 PTH #11 in Powerview, Manitoba or addressed to J.M. Thevenot, Administrator, Village of Powerview, PO Box 220 Powerview, Manitoba, R0E 1P0. For more information regarding this Tender, please contact J.M. Thevenot, (Administrator) at 367-8483.

The Village of Powerview reserves the right to cancel and re-issue this tender for any reason and shall incur no liability thereby nor shall the bidder have any legal recourse.

J.M. Thevenot, Administrator
 Village of Powerview
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 Powerview, Manitoba R0E 1P0

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 POWerview LOCAL**

Will be holding an information session on
**METIS
 HUNTING RIGHTS**

Guest Speaker:
 Al Benoit, MMF Lawyer

**Friday, March 5th at 6:30pm
 Chicken Chef in Powerview**

**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, March 3
 Soup, pork cutlets, noodles in cheese sauce, peas, pudding.

Friday, March 5
 Coleslaw, meatloaf, mashed potatoes, gravy, corn, cake.

Monday, March 8
 Soup, chicken kiev, rice, green beans, fruit cocktail.

What foods are beneficial to your overall health and well being?

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

By consuming foods from all four food group, your nutrition level will be high. Being aware what foods supply the essential

nutrients and disease fighting compounds are a positive step toward maintaining good health. Before changing your diet, however, you should see your doctor, for possible negative consequences associated with your new diet.

The following foods are known to be good for you:

broccoli, cabbage, brussel sprouts, cauliflower, tea, salmon and cold water fish, flax seed, soy, legumes, low fat milk, nuts, blueberries, cranberries and others, and tomatoes.

John Milner of the National Cancer institute says up to 35% of cancers are related to diet. Here are some quick tips to

healthy eating:

- Eat a variety of fruits, vegetables and whole grains
- Experiment by adding 5 or more servings of fruits and vegetables each day to your diet
- Maintain a healthy weight for your body
- Be active and forget the couch potato lifestyle
- Drink alcohol little if at all
- Don't smoke or use tobacco in any form

• Avoid saturated fat and lots of salt

- Use good food safety when cooking and storing food
- Enjoy a healthy life filled with friends and family.

Remember, to enjoy your life and focus on being healthy overall. This will give you the best results and help control your cancer risk.

The ultimate kitchen renovation

Perhaps you dream of a kitchen with antiqued ivory cabinets and an apron-fronted sink. Or maybe you've been considering polished marble countertops and an island with a downdraft exhaust system. Whatever your desire, a kitchen renovation will add ease to your lifestyle and value to your home. But before starting anything, take the advice of experts on what's hot in style, function and finish.

Proper planning will help you avoid spending money on a good looking but poorly functioning renovation. Start by planning for a work triangle that doesn't exceed 7.92 m (26 ft.). Place the dishwasher near the sink so that it's easy to reach. Then install

counter space on each side of a cooktop to keep ingredients and utensils handy while cooking. You can also consider adding a wall oven to prevent back strain caused by bending. Next, install a combination microwave and vent over a cooktop or incorporate a microwave shelf among upper or lower cabinetry. This will save precious counter space. It's also a good idea to position a range hood on an exterior wall to vent outside with minimal ducting. And to keep your refrigerator working efficiently, do not position it next to a cooking appliance. The heat will make the fridge work overtime to keep cool.

Maintenance is another key factor in a kitchen renovation. For instance, stainless steel can be attractive, but its smudging tendencies may not be right for a busy kitchen. Additionally, try to avoid the showroom trap. Add some personality to your kitchen with a favourite, yet unique piece of furniture.

For the latest looks, consider natural materials and colours. Bisque is the new hue for appliances and exotic-inspired wood looks, including hickory, bamboo and pecan are also popular. You can also search out appliances that have some personality, such as a 1930s style refrigerator with a compressor on top.

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Bill Wade

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 Box 932, Pine Falls, MB R0E 1M0

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WINNIPEG RIVER PLANNING DISTRICT EMPLOYMENT OPPORTUNITY CONTRACT POSITION

The Winnipeg River Planning District requires the services of a qualified Building Inspector/Plumbing Inspector.

Qualifications:

Candidates for the position should have Formal Certification in a trade related discipline (i.e. Carpentry, plumbing, electrical, etc.) And no less than 3 years field experience. Candidates with an equivalent level of training, background and experience will also be considered.

Preference will be given to candidates that:

1. Have a sound working knowledge of Part 9 of the National Building Code (1995) and the National Plumbing Code (1995).
2. Display effective oral, interpersonal and written communication skills and sound judgement.
3. Have above average ability to read and interpret technical drawings, building plans, provincial statutes, agreements, by-laws, regulations and assure proper application.
4. Are proficient with word processing, record keeping, and information management systems utilizing Microsoft software.
5. Currently having a clear Class 5 driver's license for a minimum of 24 months

DUTIES

Under the direction of the Board of the Winnipeg River Planning District, the Building Inspector will be responsible for the issuing and administering of Building Permits and for completing all mandatory building and plumbing inspections as well as reporting and documenting deficiencies and issuing work orders where necessary.

Salary and Benefits:

To be determined depending on knowledge, qualifications and experience.

Applications:

Resumes accompanied with a current drivers abstract, proof of qualifications and at least two character and work related references are to be received by the Winnipeg River Planning District, PO Box 70, St. Georges, Manitoba R0E 1V0 marked "Inspector Competition", no later than 4:30 p.m. On March 12, 2004. We thank all persons that apply but advise that only those candidates selected for an interview will be contacted.

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