

The  
Winnipeg  
River

# Echo



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## Fontaine gets shot at Canadian title

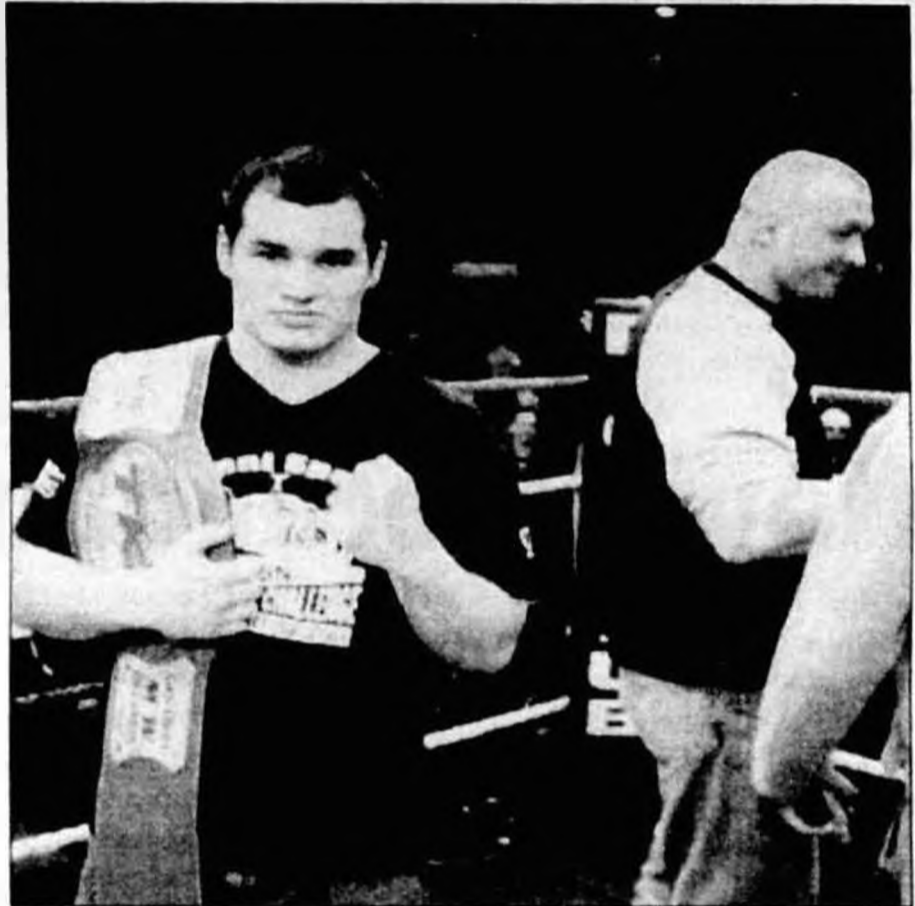
### submitted

Local professional fighter Chris Fontaine has been quietly fighting for some recognition in the Mixed Martial Arts arena. Fontaine has taken every fight that has come his way, but it has been difficult because a lot of MMA fights seem to get cancelled. Fontaine and his world class trainers Joe Doerkson and Rurigo Munderuea believed that all Chris needed was an opportunity to make it big.

That opportunity presented itself last Saturday in Montreal.

Fontaine squared off against the MMA Canadian Champion Steve Vigneault. Leading up to the fight Fontaine was given two chances to win by MMA onlookers, slim and none. On the fight program Vigneault was the favourite by 85%. Fontaine quietly stepped into the ring in front of a noisy home crowd of about 5000. When the bell rang Vigneault and Fontaine went to the clinch right of the bat, which both are known for. Fontaine was explosive and fired devastating knees to his opponents body,

which made Vigneault hold on. The referee separated the two, Fontaine went back to the clinch. Vigneault was covering his body, so Fontaine went upstairs with some big knees, breaking Vigneault nose and sending him through the ropes. Fontaine followed up with a couple punches before the referee stepped in to stop the fight. Fontaine won the Canadian Middleweight (185lbs) Championship at 1:14 of the first round via knockout and brought back the belt to Manitoba.



Chris Fontaine, wins Canadian Middleweight Mixed Martial Arts Championship in Montreal

## Powerview Ol'Timers win Rob Thomas Memorial hockey tournament



The Powerview Ol'Timers were the winners of the Men's Division at this year's Rob Thomas Memorial Hockey Tournament held this past weekend in Pine Falls.

The Rob Thomas Memorial Hockey Tournament was well attended this year with twelve mens teams and five womens teams participating. Once again the Powerview Police Detachment did a fine job on coordinating the weekends events.

Friday night - The weekend began with opening ceremonies which were attended by team representatives, dignitaries, supporters, and Quincey Thomas, the son of slain officer, Rob Thomas.

The Powerview Ol'Timers beat out the little Black River Team to take the men's division and the Winnipeg Devils won the womens division.

Approximately 200 players attended Saturday night's Pig

Roast dinner that was held at the Pine Falls Arena.

"The weekend was very successful with lots of fun and support locally and provincially. We had four teams from Winnipeg, and the tournament is getting bigger and better every year. Special thanks is given to the volunteers, referees and kids who worked the time clocks. Their contributions made the weekend a great success." said Constable Greg Smith.

At Press time there was no final tally on the proceeds made over the weekend. However it is estimated to be approximately \$1500 to \$2000 that will be donated to the Slain Officers Fund.

## Ice Fishing Tournament

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## Will Sharpe stop Walchuk's Winnipeg ways

Local professional fight Larry "Razor" Sharpe has signed a boxing contract to fight Mike Walchuk of Calgary. Walchuk was a silver medalist at the national level as an amateur; and earned a spot on the 2000 Olympic team. Since turning pro this year he has yet to taste defeat. Walchuk has fought two professional fights in Winnipeg and has beaten the Winnipeg fighter both times. Walchuk is a confident fighter with a great amateur background, but Sharpe is no slouch either.

Sharpe may not have amateur experience, but he does have experience with 17 professional fights. An accomplished kickboxer who is undefeated and holds 3 professional North American titles. Since taking up boxing two years ago Sharpe has a professional record of 7 wins and only 1 defeat. The one defeat a decision to Mark Flynn, the current WBC Canadian boxing champion.

Sharpe had a choice of a few opponents but chose to take on the highly regarded

Mike Walchuk. "I want a good tough fight, people pay good money to come watch me fight, I want to make sure they get their monies worth", replied Sharpe when asked about the match.

The fight is on the St. Patricks Day Pummelfest card slated for March 11th at the Hotel Fort Garry in Winnipeg. Tickets for the event can be picked up locally from Joyce Sharpe, Larry Sharpe or Neil Boulette. For more information call 367-9797.



## New Liberal candidate has confidence

by Jim Hampshire

While it isn't certain when Prime Minister Paul Martin will call the next federal election, the Liberal Party is posturing to take back Provencher from incumbent Vic Toews, come campaign time. Last week, the Liberal Party announced that Peter Epp won the nomination as Liberal candidate for the Provencher riding, which the Liberals held for two terms prior to the last Federal election.

Epp, a practising lawyer and

UBC grad, says he has spent much of his time abroad, working in Washington, New York and London before returning to Manitoba last year. And because of his extensive travel, Epp notes that his experiences has given him a unique perspective on Canada, and how the country is perceived worldwide.

"As it stands now, Canada is growing in reputation throughout the world and that's largely due to the work by the Liberal government over the

last decade," Epp said earlier this week from his Oakbank home. "Canada has become fiscally responsible under the Liberals, and more specifically, with Paul Martin when he held the position as Minister of Finance."

Epp singles out Paul Martin and the budget surpluses he brought to the House of Commons over the last decade as reason for his enthusiasm heading into the next election.

"Canada is the only country of all the G-8 nations that can boast a budget surplus," Epp explained. "Paul Martin brought in eight consecutive budget surpluses as Finance Minister and I believe we have the right man in place to run the country."

While working as a lawyer outside of Canada, Epp says he observed firsthand

how the current Prime Minister is regarded by foreign business and governments, which he adds, was the main reason he decided to seek the nomination to represent the Liberals in his home riding of Provencher.

"Martin is highly regarded as a statesman by many countries and we can even see relations improving between Canada and the United States since he has stepped up as Prime Minister," Epp said. "I think Canada has a new outlook under the new Prime Minister and after years of fiscal responsibility, I think Canada is about to enjoy a new dawn under a Liberal government."

As far as predicting an election call, Epp says those decisions are best left up to the big brass in Ottawa. And although he readily admits the current liberal government has lost some popularity in the polls recently,

he expects voters will respond favourably come election day.

"Like any government, the liberals have had their ups and downs over the years but the long term record speaks for itself," Epp offered. "But through it all we've seen the Conservative Party fall apart and now we see they are still struggling on leadership issues. I have no doubt the voters will find confidence in the new Liberal Cabinet."

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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.

# CO-OP construction around the corner

## Tangle Ridge building in LDB to be replaced in the coming months

by Jim Hampshire

The intersection of Hwy 11 and Minnewawa Street could be considered the busiest corner in Lac du Bonnet. At least in terms of construction, that is.

Over the last three years, a new hotel and fitness centre have sprung up at the intersection, and now the CO-OP gas bar is set to begin construction on a new convenience mart which will replace the decades-old gas station that has been synonymous with the corner.

Paul Dale, General Manager of the Beausejour Consumers CO-OP, says he expects construction to begin on the new building in early spring, with a completion date set for sometime in July.

"It's hard to predict ex-

actly when we will begin construction because of current trades schedules," Dale said from his Beausejour office. "At this time we hope to be underway with construction in April."

Dale is confident though, that the residence of Lac du Bonnet will find the new structure to be an attractive addition to the area as the new design will reflect the new CO-OP gas outlets in Winnipeg.

"If anyone has ever seen the new CO-OP location built recently on McPhillips Street in Winnipeg, they can expect the same design at the Lac du Bonnet location," Dale noted. "The new store will be set back a bit from the current building and a new canopy will be built over the existing

pumps for added comfort in rainy conditions."

According to plans, the new CO-OP structure will be built behind the existing Tangle Ridge building, so as not to disrupt everyday business at the location. Once the new building is complete and operational, Dale says that the demolition process will begin on the current corner landmark.

"Besides moving the new building back to offer more room for motorists, we will be installing two new pumps directly in front of the CO-OP," Dale explained. "After the old building is demolished we'll install the canopy to cover the pumps and storefront area."

The new building, approximately 2000 square



feet in size, will house a convenience larger store and coffee area, as well as serve as a gas bar. Dale says the large columns supports for the canopy and additional lighting over the pumps will make for a very bright entrance at the intersection leading into Lac du Bonnet.

The new CO-OP will replace the decades-old building once well known as 'Walter's Shell' at the junction. The building was home to a service station and restaurant throughout the 1960's before being purchased by local resident Lloyd Howe in the early

1970's. The building since became home to Emberley Esso before being purchased by Ritchie Nally several years ago. Although being sold to CO-OP last year, Nally remains on as manager of the facility.



## NOTICE OF APPLICATION AND PRE-HEARING CONFERENCE

### APPLICANT: MANITOBA HYDRO

#### APPLICATION:

Manitoba Hydro has applied to The Public Utilities Board (the "Board") for approval of a rate increase proposal which will result in an average increase in general consumer revenue of 3.0% for the fiscal year ending March 31, 2005 and a further 2.5% increase for the fiscal year ending March 31, 2006. The rate increases will result in additional annual revenue of \$27.6 million in 2004/05 and further additional annual revenue of \$23.8 million commencing in 2005/06. The following annual rate increases are requested by Manitoba Hydro:

CLASS	2004/05	2005/06
Residential	4.01%	3.51%
General Service		
Small Non Demand	2.15%	1.52%
Small Demand	2.09%	1.49%
Medium	2.57%	2.11%
Large < 30 kV	4.00%	3.50%
Large 30-100 kV	2.11%	1.50%
Large > 100 kV	1.95%	1.47%
Area and Roadway Lighting	2.03%	1.51%
<b>OVERALL AVERAGE</b>	<b>3.0%</b>	<b>2.5%</b>

If annual revenue increases are approved after April 1, 2004, the Board will be asked to adjust the proposed rate increases in order to recover the requested revenue over a shorter time period.

If approved by the Board, the proposed rate increases will result in monthly bill increases, for a typical residential customer using an average of 870 kilowatt-hours per month, of \$1.88 commencing April 1, 2004 and a further \$1.65 commencing April 1, 2005.

Manitoba Hydro has also applied for final approval of various *ex parte* Orders relating to the Curtailable Rate Program, Surplus Energy Program and Order 153/03 which deals with various Manitoba Hydro sales rates matters.

Manitoba Hydro has also applied to extend the Terms and Conditions of the Surplus Energy Program (SEP) to March 31, 2007. The Board, in Order 153/03, approved, on an *ex parte* basis, Manitoba Hydro's request to extend the SEP to March 31, 2005. Manitoba Hydro now proposes to extend the SEP for an additional two years.

### PARTICULARS OF APPLICATION:

Full particulars of this Application can be obtained by interested parties from:

Manitoba Hydro  
Attention: Patti Ramage/Odette Fernandes  
3<sup>rd</sup> Floor, 820 Taylor Avenue  
Winnipeg, Manitoba  
R3C 2P4  
Phone: 474-3946/474-3633  
(collect if necessary)

### PRE-HEARING CONFERENCE:

All persons, firms or corporations wishing to intervene in respect of this Application and participate in the examination of witnesses, provide evidence, or make submissions and final argument, are required to attend or to send a representative to the Pre-Hearing Conference to be held by the Board at its offices at 400-330 Portage Avenue, Winnipeg, Manitoba on Wednesday, March 17, 2004 at 10:00 a.m., at which time their application for intervention will be reviewed by the Board.

The purpose of the Pre-Hearing Conference is, among other things, to identify the intervenors and their reasons for intervention, to provide an opportunity for intervenors to cooperate and avoid duplication of interventions, and to finalize a timetable for the orderly exchange of evidence and information. All persons seeking Intervenor Status should be present or represented at the Pre-Hearing Conference.

Persons wishing to address this Pre-Hearing Conference in French are required to notify the Board's Secretary prior to March 12, 2004.

Those parties wishing to submit a written brief or to express oral comments to the Board, but who do not wish to be an intervenor, are known as Presenters. They should submit their written briefs or advise the Board Secretary of their intention to make a presentation as soon as possible.

Mr. G. O. Barron, Secretary  
The Public Utilities Board  
400 - 330 Portage Avenue  
Winnipeg, MB R3C 0C4  
Phone: (204) 945-2638 or toll free 1(866)854-3698  
Fax: (204) 945-2643  
E-mail: publicutilities@gov.mb.ca

### RURAL MEETINGS:

The Board is considering other locations in which to hold additional public meetings. Based on the public's response to this notice the Board is prepared to convene meetings in other locations as warranted. People who wish to be Presenters at other locations are to submit their written request to the Board's Secretary by Friday, April 16, 2004.

Confirmation of public meeting dates and locations will appear in a future Notice.

### PROCEDURE:

The Board has adopted Draft Rules of Practice and Procedure which will apply to the conduct of this General Rate Application. All intervenors must familiarize themselves with the Board's requirements. Copies of this document are available upon request from the Board Secretary.

### INTERVENOR COSTS:

Intervenors may be entitled to financial assistance. Board Order 163/87 provides for the procedure for the award of costs to intervenors and the Board's guidelines for an award of costs. Parties who may wish to make an application for an award of costs should obtain a copy of the Order from the Board's Secretary and provide the required budget estimate.

### VARIATION:

Upon an application to it, the Board may make an Order granting the whole or part only of the Application, or may grant such further or other relief in addition to, or in substitution for, that applied for, as fully and in all respects as if the Application had been for such partial, or further or other relief.

DATED this 25<sup>th</sup> day of February, 2004

G. O. Barron  
Secretary  
The Public Utilities Board



400 - 330 Portage Avenue  
Winnipeg, Manitoba  
R3C 0C4

**Manitoba**

# Subway sold in Lac du Bonnet

by Jim Hampshire

The Lac du Bonnet Subway is changing hands, with the new owners coming in to take over in May. According to sources, the Lac du Bonnet location will be owned and operated by the Dillon family that currently own the Lockport and Beausejour Subway locations.

When contacted, new owner Rajpal Dillon said he was excited about acquiring the Lac du Bonnet Subway as it has become a thriving business in the community. Dillon

also noted that the Lac du Bonnet franchise comes with a seasoned well trained staff and he doesn't expect any big changes are necessary behind the counter.

"I will set up a meeting with the staff in the near future, but from I can see, they are a very efficient group and I am fortunate in that regard," Dillon said.

The Dillon family also own an ice cream outlet in St. Vital Centre in Winnipeg, as well as another Subway franchise in their homeland of India. As

expected, all these business ventures are time consuming to say the least, and that is why Dillon found the Lac du Bonnet location so tempting as an investment.

"It's a very good location near schools and the necessary staff is in place," he noted. "It's a good business decision all around."

Subway first opened in Lac du Bonnet in September of 1999 and was owned and operated by the Enright family under the management of Lenora Gavaga.



New owners of Lac du Bonnet Subway will take over in May.

## Manitou Arts Council hosts concert

by V. Anderson

The Manitou Arts Council hosted a concert on Sunday

night, at Pine Falls Legion Branch #64. Marty's Party band Performed a traditional



Celtic dancer from Marty's Party band performing at the Pine Falls Legion last Sunday evening

selection of songs and stories from Ireland and England.

Approximately 80 people attended the festivities, and enjoyed of evening of songs and stories. "The Manitou Arts Council was pleased with the turnout, and is intending to host at least 3 concerts a year, to promote arts and music in our communities. We are also going to be coordinating many new and exciting courses involving arts and crafts. We encourage anyone who is interested in the arts to contact myself or Janet at 367-9572," said Tammy Kunz/Council member.

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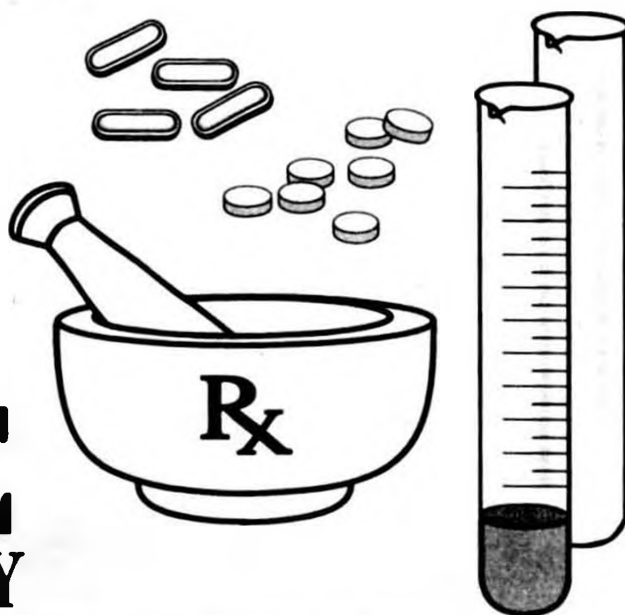
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# Fontaine's discipline pays off

submitted by MP

Chris Fontaine of Pine Falls needed only one minute and fourteen seconds to win the biggest fight of his young career, a fight in Montreal that saw him bring home the TKO Canadian Mixed Martial Arts Middleweight championship belt (185 pounds or less).

Not too many 23 year old men would devote everyday of their lives over a three year period training for one of the toughest sports in mma fighting, a sport that combines boxing, wrestling, kickboxing, ju jitsu, just to name a few. It is

a sport that will see two men fight until one "taps out" in surrender, or the referee calls the match to protect one of the fighters from further damage. It is not an uncommon sight to see limbs broken, skulls battered and noses broken.

What drew the very quiet and shy Fontaine to such a physically demanding sport? The thrill of being in control of his own body, honing skills on an individual basis, then placing himself in a ring against an equally fit opponent and coming out the winner.

Fontaine's teenage years

were spent playing hockey, including two years at Notre Dame high school in Saskatchewan. He finished his hockey years at home skating with the Manitoba Junior Hockey League's Southeast Blades out of the Sagkeeng Multiplex.

Working out at the Sagkeeng arena's gym was a regular discipline for Fontaine. When the Trans Canada Fitness Centre opened in Lac du Bonnet, Chris was one of its first regular customers. When the time came to continue his post secondary schooling in Winnipeg, Fontaine took the

phone book out one day and looked for a gym that offered classes in Brazilian Ju Jitsu.

Fontaine, and his father Nelson, had spent many an evening before the television watching the mixed martial arts fights. Chris saw the advantage fighters with Ju Jitsu training demonstrated in victory, so it seemed logical to him that training in this martial art would be a great place to start.

Three years ago, Fontaine walked into the International Martial Arts Gym in Winnipeg, began training two hours every day under the watchful eye of trainer Rodrigo Munduruca, then joined another gym to hone his kickboxing skills.

Three months later, Munduruca arranged Fontaine's first fight in Minneapolis. The bout would entail two five minute rounds against an opponent 6 feet 5 inches tall and weighing 285 pounds. In contrast, Fontaine weighed less than 200 lbs, and was 6 inches shorter. Fontaine's opponent "tapped out" just one minute into the second round.

Five more fights followed over the next year, all in Minneapolis. Fontaine won three and lost two before turning "professional", a designation a fighter declares for the purpose of earning money.

As a professional, Fontaine

has fought 10 times, in Edmonton, North Dakota, Pine Falls, Selkirk, Minneapolis, Mexico and Montreal. He has won eight of these fights, six in less than a minute. His Montreal fight was his first title bout.

He took the TKO Canadian Middleweight championship belt from an opponent who had retained the belt since the time Chris began his training three years earlier. With the fight taking place in his opponent's home town of Montreal, the fans were silenced shortly into the first round, as Fontaine crushed his opponent's nose with some punishing knee kicks causing the referee to call the fight.

When asked what his future goals are for the sport, Fontaine replied that he is content to take each day as it comes. He would like to focus more on international fights. Fontaine may be a quiet, shy guy outside the ring, but when he calls upon his strength within the ring, Fontaine is quickly rewarded for his years of discipline.

This is just the beginning of more challenges and successes for a young man who builds confidence and strength in the silence of dedication and hard work.

Fontaine is scheduled to defend his title in Quebec City, May 8<sup>th</sup>.

## You can't be serious



by Jim Hampshire

### Snow kidding?

Where does the time go? I remember

it was only four months ago that I sat at the window with my children, hoping for that first snow flurry of the year. You know, that first soft blanket of white powder that covers the autumn leaves and signals the coming of the Christmas season. There we were, with our faces pressed up against the windowpanes, waiting for that first snowflake to lead us into that winter wonderland.

What the heck WERE WE THINKING! When are these snow storms going to end?

Here we are, moving well into the month of March and it still looks a lot like January. No wait, I can recall that we didn't have a whole lot of snow in January, and that raises a few questions in my mind. First of all, when was the last time we had to endure these silly snow storms twice a week? (That would be fifty years ago, when school kids would have to walk to school everyday in a blizzard, if we were to believe our parents). Secondly, what happened to the stupid groundhog and his stupid frigin' forecast last month, which predicted the end of winter here in Manitoba?

(Unconfirmed reports say he was last seen outside his den doing some yard work in anticipation of spring, when he was buried in yet another Alberta Clipper).

This isn't a good sign, unless of course you believe what they say about the month of March. What they say is: In like a lion - out like a lamb. Mind you it is possible that the lion could easily eat the lamb and then we'd have a fat and happy lion who'd be content to

lay around all month and make us miserable.

There is some good news, however. Now that March is upon us, we can look forward to the spring equinox in just a matter of weeks. To give you a little insight on this natural phenomenon, you must understand that the word "equinox" is originally a Greek term, meaning "barbecue season." Early Greek civilizations coined this phrase when it was first discovered that the sun was setting well past the supper hour and Hercules and Zeus decided it would be fun to have dinner outside on the patio for a change. Now like all barbecue fanatics, these two Greek goobers wanted steak, and lots of it. In fact, Hercules was quoted as saying that he could "eat an ox," but unfortunately his mouth was full when he said it and the term was misinterpreted as "equinox."

In any event this phenomenon occurs every year on March 21 and it marks the day when the sun passes over the equator and enters the Northern Hemisphere. We often celebrate this day in Canada by staying home from work because there's a roaring blizzard outside.

But let's not worry about what the future holds in store and instead, find comfort in the

past as the weather could always be worse. For instance, it was -80 degrees Fahrenheit in the small Yukon town of Snag, back in 1947. And closer to home, it was -60 degrees F. in North Dakota in 1936! Feeling comfortable yet? Of course when we convert that to Celsius, we'd find that it was an astonishing 92 kilograms below zero, or something to that effect.

The point is, this winter only seems long when you consider the abbreviated versions we've experienced over the last four or five years. But if history tells us anything, it would be that warm winters are few and far between, and despite the blustery weather of late, we're still on the mild side of -128 degrees Fahrenheit, which was recorded in Antarctica on July 21 in 1983. To put that number in perspective, it is approaching the average recorded temperatures on the dark side of the moon. In other words, I doubt it would've been worthwhile plugging in your car, had you been in Antarctica on July 21 1983.

Perhaps, in retrospect, a little snow could be good for the soul. Especially if it helps to deflect those frigid Arctic fronts which are commonplace in drought years. And therein lies the lesson: I gotta buy a snowmobile or I ain't gonna get through this!

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# Ecole Powerview School news

submitted

Powerview School has been very busy with many activities for the students to enjoy. Our winter carnival (Feb 6) was a great time for all. Thanks again to all who helped out. Valentine's party and Festival du Voyageur themes were celebrated. The teachers and staff were treated to a week of fun A

special thanks to all who contributed.

The staff really enjoyed the week of February 23 to 27, it was reading week.

## Reading Week

March was started off with a Bake Sale on March 1st. Thanks to all those who helped. March 12th is our 1st An-

nual Family Fun Dance. This is open to our community for families of Pre-K to grade 6. Students must be accompanied by an adult. The dance will begin at 5:30 and go till 9:00 p.m. The cost is \$2.50, which gets you a slice of pizza and a

drink and your name put in for a free draw. There will be fun and games all evening with Guessing Jars, Face Painting, Glow Jewelry, a special guest, popcorn and prizes. Lots of family fun. Pizza will be served at 6:15 p.m. so come out and

join us!

To pre-order tickets call Carrie-- 367-2418 or Eileen Cadeux at the School-- 367-2296.

All family members welcome!

# Michael Paukovic wins International Award



Pictured above from left to right Powerview School Assistant Principal Janice Leroux, Educational Assistant Dawn Nault, Award recipient Michael Paukovic, Educational Assistant Kristine Carlson, and Resource Teacher Nancy Kovachik.

## Reading Week- Results

As you are already aware, we celebrated Reading Week February 23-27th, our K-8 students challenged Mmes. Julien & Leroux to a Fear Factor Challenge. The students rose to the challenge and surpassed the required 1500 books- reading an incredible total of 1877 books. Their Book Worm went both up and down the Elementary End and stretched all the way up to the gym. It was an amazing sight to see! The Administration accepted the challenges Mrs. Julien being the clear over all winner, but Mrs. Leroux astonished us all with her fearless worm feat.

Their were several students who won book prizes during our Gym Read In. As well, many students won book prizes for "Quote of the Day" challenges and "Spot a Reader" themes.

The entire week was a blast with a strong focus on reading. A big thank you to our many volunteers for the week. Without you this would not have been possible. Merci/Megwetch to: Joyce Robinson, Robin Cyr, Lorraine Mysak, Cst. Greg Smith, Brigitte Budget, Darlene Cowie. Keep reading!

Powerview School Celebrated when one of its stu-

dents received a "Yes I Can" award from the Council for Exceptional Children. Nominated in the Employment Category Michael received his award at the Fairmont Hotel in Winnipeg. While at the award ceremony Michael was informed that he was also receiving an international award. There are 27 International Awards given each year and Michael is one of six Manitobans who won an award this year. Two of the other award winners Blaine Hyra and Shayla Zielke were also from Sunrise School Divi-

sion. Michael will be going to New Orleans in April to receive his award in person. Michael would like to thank the many people in the community who have helped him at his work placements. Michael works at Dancy's and The Northern Store stocking shelves as well as at the R.C.M.P. and Hydro shredding paper. On Mondays he puts on his maroon T-shirt and helps out at Chicken Chef. Michael would also like to thank all the staff at Powerview School and retired resource teacher Dianna Klassen for working so hard on his program.

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Julie & Harvey Giesbrecht

# PROVINCIAL C CHAMPIONSHIP Girls Hockey Tournament

**March 19, 20, 21 Pine Falls Arena**

*Come out and show your support!*



## Youth Archery Classes

Pictured below are some of the newest archers in our community. Every year the Winnipeg River Bowhunters offers a Youth Development Program for budding young archers. This year 20 participants enrolled in the program sponsored by the Archers and Bowhunters Association of Manitoba. Enthusiasts receive instruction on how to shoot a bow and develop their skills over a 12 week program. While safety in handling archery equipment is the primary goal of the program the future Robin Hoods become quite proficient in their shooting ability. Our area is fortunate to have a very well organized and active archery club that has produced a number of Provincial and National Champions.

In conjunction with the Beginner Archery Classes the Winnipeg River Bowhunters will be hosting a Bowhunter Education Program in early April. Similar to the Hunter Safety program the Bowhunter Education program is designed to prepare hunters for the challenge of using archery equipment to harvest game animals. The course deals with the ethics involved when using primitive hunting equipment and safe practices for all hunters.

The Winnipeg River Bowhunters will be hosting their annual outdoor 3D Shoot on the weekend of May 1<sup>st</sup> and 2<sup>nd</sup> and all archery enthusiasts are welcome.

For more information on Club membership, Bowhunter Education or Youth Programs contact

Tom Paukovic 367-8798 or Allan Actimichuk 367-8739.

**RIGHT:** From Left to right Bruce Martel, Blake Martel, David Esser, Tess Houston, Jared Esser, Madeline Starr, Meg Raymond and instructor Tom Paukovic

**BOTTOM:** From Left to right Robbie Berthelette, Garret Flanagan, Scott Watling, Raymond Houston, Clifford Houston, Whitney Actimichuk, Sam Oakes, Charlie Hawranik, Kurt Wilcott, Tyler Houston, Miles Whitford, Missing Dustin Wiebe and Elizabeth Vincent



## Blues trounce Peguis in series opener

submitted by MP

It was standing room only at the Lac du Bonnet Arena on Wednesday March 3<sup>rd</sup> for the opening game of the second playoff round as fans cheered the Blues to a 9-1 trouncing over the visiting Peguis Hawks.

This first period set the pace as it was end to end action. Peguis fielded the first power play of the game, but the Blues defence allowed no shots on Lac du Bonnet goalie Donovan Henzel. Jay Abraham skated for a shorthanded Blues break away, but did not convert. Lac du Bonnet made no mistake on their first power play attempt. Hirst and Usackis assisting on Tyson Papineau's lone first period goal.

Lac du Bonnet dominated the second period, forcing Peguis goalie David Raynor to make combination saves on a peppering of shots and rebounds. Aaron Wold, with help from Cam Sokoloski and Sean Reynolds, stuffed in the second Blues goal. Wold

was instrumental in setting up Dwight Hirst for the third Blues goal, as well as the fourth by linemate Tyler Tease. Jay Abraham continued the Blues onslaught, assisted by Usackis and Seymour, just before Aaron Wold got his second of the night from the face off with a pass from center Kyle Stamler. Wold continued his display assisting on Tease's second goal, the Blues seventh and last of the second period.

The third period opened on a quiet note until Dwight Hirst was drawn into a fight that saw him ejected from the game. Defenceman Brendan Arseneault broke up a centering pass in front of the Blues net just prior to Kris Heskin nabbing his first goal of the playoffs, assisted by Jay Seymour and Dan Abrahamson.

It was only fitting that Devon Turner grabbed the ninth Blues goal after giving his usual 110% performance, Sokoloski assisting on the play.

Lac du Bonnet closed the game with a 9-1 margin, due in large part to the different style of the Peguis team as compared to the Warren series. Warren delivered a close checking, hitting style, while Peguis opted to depend on their own offence, allowing the Blues free skating room. Peguis fell short of equaling the Blues on

pure skating ability.

Game two happens in Peguis on Friday, March 5<sup>th</sup> evening, with game three returning to Lac du Bonnet on Sunday March 7<sup>th</sup> at 7:30 p.m.

In other South Interlake Hockey League playoff news, Beausejour travels to Ashem on Friday March 5<sup>th</sup> before hosting Ashem on Sunday March 7<sup>th</sup> at 1:45 p.m. in the Sungro Centre.

ELK • MOOSE • LATE WINTER ELK


### Big Game Hunting Season Draws

Applications for draw licences to hunt elk and moose will be available in early March at most Manitoba Conservation offices.

Applicants are reminded a non-refundable application fee of \$7 (includes G.S.T.) per hunter is required. Please read the application inserts for details on seasons and information on application requirements.

Completed applications **MUST BE RECEIVED NO LATER THAN 4:30 PM THURSDAY, APRIL 1, 2004** by the:

Licensing Section  
Box 66 - 200  
Saulteaux Crescent  
Winnipeg, MB  
R3J 3W3  
For more information  
call (204) 945-1396.



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## Green Team!

### Summer Employment Opportunities

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

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

Positions available: May 25 to August 27, and July 5 to August 27.

**Hometown Green Team**  
Employment with this program includes positions with municipal/civic governments, Northern Affairs Community Councils, Conservation Districts and non-profit organizations in rural Manitoba. Apply at participating municipal/community offices, register on-line at [www.studentjobs.gov.mb.ca](http://www.studentjobs.gov.mb.ca) and/or call 1-800-282-8069, ext. 2343 after April 1 to find out which organizations are participating.

Positions available: May 10 to August 27, and June 21 to August 27

For further information on  
Conservation Green Team  
1-800-282-8069, ext. 7182  
Hometown Green Team  
1-800-282-8069, ext. 0901



# Peguis forces a fourth game

submitted by MP

The Peguis Hawks would not lay down, as the Lac du Bonnet Blues worked wonders to return from a 5-2 deficit and tie the game at 5, only to allow one more Hawks strike late in the third period that would send the series to a fourth game in Peguis.

The Blues had opened the best of five series on home ice with a decisive 9-1 victory, then traveled to Peguis for the second game to defeat the Hawks again, this time by a margin of 5-1.

Peguis traveled back to the Lac du Bonnet arena March 7<sup>th</sup>

evening, skating with a new intensity over the first period, notching two goals in just 7 minutes, before Lac du Bonnet's Sean Reynolds converted Brendan Arseneault's point shot, Jay Abraham also assisting on the play. Peguis added another goal soon after, but Aaron Wold intercepted a Hawks passing play to skate in alone and grab Lac du Bonnet's second goal, closing the first period at 3-2 Peguis.

The Blues dominated the second period offensively, although it was the Hawks who managed to score two more goals. Peguis goalie Andrew

Bear denied Lac du Bonnet again and again, until finally, with only thirty-two seconds remaining in the period, Tyson Papineau stuffed in a Hirst pass to the slot, Usackis also assisting.

Opening the third frame 5-3, Lac du Bonnet came out strong and once again dominated offensively. Andrew Bear continued to deny Lac du Bonnet any goals until finally, Jay Abraham converted a Marty Desrocher point shot, Courtney Phillips also assisting.

Jay Abraham then sent a rink wide pass to Dwight Hirst who displayed some fancy stick handling to create a break away that tied the game for Lac du Bonnet.

Peguis replied on a screened shot that got past Blues netminder Donovan Henzel. As the clock ticked down, Lac du Bonnet got a great opportunity with only a minute and half remaining when Peguis was assessed a penalty. Lac du Bonnet called a time out and once possession

was secure, Henzel skated to the Blues bench to send on an extra attacker for a two player advantage. Hawks goalie Andrew Bear defended his net once again, breathing life into his team that had arrived with their backs against the wall. The fourth game will take place at the Peguis Arena on Wednesday night, March 10.

In other playoff news, the Beausejour Stars defeated the visiting Ashern Hornets on Sunday afternoon. That series is now tied 1-1.

## WINGS OF POWER

### More Nutrition Tips for Your Family



By Michelle Berthelette

In staying with our nutrition theme for the month of March, here are a few more tips on healthy eating habits for you and your family.

We hear it all the time. Breakfast is the most important meal of the day. Why is it then that so many of us don't take the time to eat a healthy breakfast in the morning? Our lives so often seem to be rushed. Taking a few minutes to sit down with your child to start the day is a nice way to connect before everyone rushes off. Breakfast is the perfect

time to do this and the meal can be prepared in little or no time at all. Being creative and different can also be a lot of fun and can entice even the pickiest of eaters. Try some of these fun suggestions provided by the Dietitians of Canada:

- Waffles, cut into sticks and dipped in apple sauce or milk
- Fruit smoothie (milk, ice, yogurt, fresh or frozen fruit) and a whole grain muffin
- Grilled cheese sandwich, melon slices and 100% fruit juice
- Leftover pizza, 100% fruit juice

· Whole wheat tortilla or pancake rolled with peanut butter and banana, milk

Dry cereal or trail mix stirred into yogurt and a piece of fresh fruit

There are many good reasons to eat breakfast. Studies show that children and adults who eat breakfast perform better at school and work, have healthier weights and eat more essential nutrients. So get up a few minutes earlier, involve the whole family and start your day off right!

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CANADIAN INDEPENDENT

## Winnipeg River Echo

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# A day for Women

*Embracing Midlife & Beyond*



**A Fun Interactive Day of Self-Care for Women**  
Lac du Bonnet Community Centre  
Thursday, April 15, 2004 8:30am to 4:00pm  
\$10.00 (includes lunch)

**Sponsored By:**

- Breast Cancer Centre of Hope
- Lac du Bonnet Community Centre
- Manitoba Agriculture, Food and Rural Initiatives
- North Eastman Health Association
- Two Rivers Seniors
- Winnipeg River Recreation District

**Funded By:**

Breast Cancer Initiative of Health Canada

**The Day Includes:**

- Educational Topics
- Door Prizes
- Interesting Displays
- Foods & Friends
- Activity Sessions

*"Caring in our Community Event"*

**Registration Deadline: April 6, 2004**  
For more information or a Registration form call Marilyn at 268-6015 or Karen at 345-1220  
REGISTRATION LIMITED

# Library Corner

## Lac du Bonnet Regional Library



The Battle of the Books is over, but we are awaiting final tallies from all participating libraries on circulation statistics for the month of February! Thanks to all of our patrons who made the extra effort to visit the library more often this month! And thanks to all the sponsors of this province-wide program: Whitehots, Star Books, Scholastic, United Library Services, McNally Robinson, National Book Service, Steinbach Credit Union, Rotary Clubs of Manitoba, Imaginet Resources Corporation, Leech Printing Ltd., and the Manitoba Library Association. Libraries have received good publicity, and we all know that everyone who reads is a

winner!

Don't stop reading now that February is over.....read a bestseller or two! Hot off the press, we have: *The Amateur Marriage* by Anne Tyler; *Milennium People* by J. G. Ballard; *The Touch* by Colleen McCullough; *O'Hara's Choice* by Leon Uris; *Blacklist* by Sara Paretsky; and *Fatal Tide* by Iris Johansen. These are just a few of the new hardcover books on display. We are getting requests for more Dee Henderson titles: watch for the new books in the *Uncommon Heroes* series - True Devotion, True Valor and True Honor.

Many new paperbacks found their way to our shelves

during "I Love to Read" month. A few noteworthy titles include: *Murder at Ford's Theatre* by Margaret Truman; *Smoky Joe's Cafe* by Bryce Courtenay; *Chasing the Dime* by Michael Connelly; *Into the Fire* by Anne Stuart; *This Pen for Hire* by Laura Levine; *Bitter Sugar* by Carolina Garcia-Aguilera; and *Thunder Creek* by Jill Gregory.

Mysteries, fantasies, historical fiction, biographies or westerns.....take your pick. Make sure your library membership is in good standing and keep informed on "What's New" at the library!

# Pineview Recreation Commission

Rachel Raymond, Recreation Director  
Box 281, Powerview, MB. R0E 1P0  
New Location: #2 McDougall - St. George Mall  
Ph: 204-367-9142  
Fax: 204-367-8605  
E-mail: [prarec2004@yahoo.ca](mailto:prarec2004@yahoo.ca)

Upcoming Spring Events to register for: Registrations can be done through the Recreation Office. Contact Names or on Registration Nights at Powerview Arena. Reg. Nights: Tuesday April 6, 2004 **Wednesday April 7, 2004** \*Information will be available on all events at Registration Nights or call the Recreation Office

Pilates - Spring session - Tuesday, April 6/04 Beginner/Intermediate & Advanced classes \*Contact: Dena Henderson 367-4372 to register

Fishing League - May 17/04 (6 weeks) \*Contact: Recreation Office 367-9142 (Coaches needed call for more information)

Soccer - April 19/04 \*Contact: Wayne Barkhouse 367-9232  
Baseball - April 12/04 \*Contact: Vince Rodych 367-8912  
Dance Classes - April 22/04 (for all ages) Creative Movement/Ballet/Jazz & Hip Hop \*Contact: Dena Henderson 367-4372

Junior Golf - Date not confirmed, \*Contact: Recreation Office 367-9142, (Volunteers needed for this event)

Italian Cooking Class - May 6/04 \*Contact: Recreation Office 367-9142

Dates to Remember:

**March 12, 13 & 14** Mixed Bonspiel  
Pine Falls Curling Rink Contact: Jackie Prowse  
**March 19, 20 & 21** Female Pee wee C Hockey Provincials  
Pine Falls Arena, Host: Pineview Pee wee Girls

# Faith Perspective +

by Pastor Jake Doell

## Ten reasons why I never wash

Sometimes we give some interesting reasons for why we don't do certain things. The other day I read a humorous list of "ten reasons why I never wash." This list was adapted from a similar list given for not attending church.

1. I was forced to wash as a child.
2. People who wash are hypocrites - they think they are cleaner than others.
3. There are so many different kinds of soap, I could never decide which was right.
4. I wash only on Christmas and Easter.
5. I used to wash, but it got boring.

6. None of my friends wash.
7. I really don't have time to wash.
8. I'll start washing when I'm older.
9. The bathroom isn't warm enough.
10. People who make soap are only after your money.

The humour is both obvious and ridiculous in this list. Maybe you have not attended church for a while and when someone asks you to, you are tempted to use one of the above excuses. Let me encourage you to attend a Bible believing church. The pastor

and the people that go there want to share God's love and friendship with you. Most importantly God wants to speak to you through His word that will be preached. Just as it is important to wash your body with soap, it is even more important to wash your soul with the Word of God. "Christ loved the church and gave Himself up for her to make her holy, cleansing her by the washing with water through the Word." (Ephesians 5:25&26) It's great to feel clean on the outside, but it's even better to feel clean on the inside.

## Now Hear This!

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367 8332



# Lac du Bonnet RCMP Report

Report from February 29th to March 7th, 2004



The following constitutes the Police Report for Lac du Bonnet Detachment for the period of the 29<sup>th</sup> of Feb. to the 7<sup>th</sup> of March.

On the 29<sup>th</sup> of Feb., police investigated a single vehicle rollover near St. Rita. The driver was not injured.

On the 1<sup>st</sup> of March, it was reported that a person lost his cell phone in the Great Falls area.

On the 1<sup>st</sup> of March, a person reported that all the windows of her vehicle had been smashed out while parked at

an establishment in Town. Police are investigating.

On the 1<sup>st</sup> of March, police served a subpoena in Pinawa for another agency.

On the 1<sup>st</sup> of March, police investigated a suspicious parked near McArthur Falls. The vehicle was gone on arrival.

On the 2<sup>nd</sup> of March, police attended to a school in our area with regards to the welfare of a student who had discussed harming himself.

On the 2<sup>nd</sup> of March, police assisted the local ambulance

with an elderly patient.

On the 3<sup>rd</sup> of March, police investigated a possible break and enter into a cottage in our area. It was determined that it was someone reading the Hydro meter left the tracks.

On the 3<sup>rd</sup> of March, police responded to a false alarm at a local establishment.

On the 4<sup>th</sup> of March, it was reported to police that in Pinawa that while walking her dog a female felt intimidated by another male walking his dog. It was reported as information only.

On the 4<sup>th</sup> of March, a Red Serge request was made for the following Saturday, at the arena in Pinawa.

On the 4<sup>th</sup> of March, a woman contacted our office from Austria trying to contact

her ex husband.

On the 5<sup>th</sup> of March, police attended to a residence in Town when an alarm went off. A person installing drapes accidentally set off the alarm.

On the 6<sup>th</sup> of March, a person contacted our office requesting assistance. He had received a phone call from an unknown male asking for a PIN number. He refused. People are cautioned not to give out their PIN number and to change them frequently.

On the 6<sup>th</sup> of March police attended to a false alarm at one of the schools on our area.

On the 6<sup>th</sup> of March, and MTS operator contacted police to report she was threatened over the phone by a caller as she refused to put a collect call through to a cell phone.

On the 7<sup>th</sup> of March, police assisted a caller by locating her parents who she hadn't been able to contact. They were found to be fine.

On the 7<sup>th</sup> of March, police attended to a false alarm at a local business.

On the 7<sup>th</sup> of March police were advised by a person that he had won a prize. A few minutes later the person who called attended the house. The homeowner refused to let the person in. Police remind people that in most cases this is a fraud related event. Do not sign any papers, do not let the person in, and contact police.

Police are also reminding people of the new four way stop sign at Park Ave. and Second St. in Lac du Bonnet. Please be vigilant and stop at these signs.

## 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 Terri 345-8712

**Lakeshore Al-n-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, Whittemouth 348-3505

**Lac du Bonnet, Pine Falls, Victoria Beach, Pinawa, Beausjour, Whittemouth, Oakbank, Hadashville**

**Little Day Buddies Nursery School** Wednesdays and Fridays 9:00 a.m. to 12:00 noon, 12:30 to 3:30 p.m., Lac du Bonnet Community Centre Janice 345-8979

**Agassiz Horticultural Society** meeting every 2nd Tuesday of the month, except January, July & August. Centennial School, 7:00 p.m. All gardeners welcome

## On Parliament Hill



Your voice in Ottawa  
Vic Toews, MP for Provencher

Turning a Blind Eye

Recently some people have stated that it is time Canadians set aside their concerns over the sponsorship scandal that saw millions of dollars disappear into the pockets of Liberal-friendly ad agencies. These people suggest that health, education and infrastructure should be the focus of Parliament's efforts rather than hunting down how this abuse of tax dollars occurred.

Unfortunately, those who simply want to turn the page on the sponsorship scandal fail to understand that every dollar misappropriated from Canadian taxpayers is one dollar less for important social programs. They also fail to understand that the first priority of Parliament is to ensure that the tax dollars entrusted to the government is being properly spent.

From the report of the Auditor General Sheila Fraser, it is clear that the sponsorship program involved a deliberate attempt to hide from Parliament the uses that tax dollars were

being put to. More than \$100 million was paid to various communications agencies in the form of fees and commissions. In most cases, these agencies did little more than hand over cheques.

As the Auditor General said: "I think this is such a blatant misuse of public funds that it is shocking. I am actually appalled by what we've found. I am deeply disturbed that such practices were allowed to happen in the first place."

And happen they did, apparently with the quiet knowledge of then Finance Minister and now Prime Minister Paul Martin that the rules to guard against abuse were not in place. At least, that's what the current President of the Treasury Board, MP Reg Alcock stated in a recent interview.

In that interview, Alcock stated that Paul Martin knew for years that "the federal government's financial management system was rife with problems and susceptible to

abuse." According to Alcock, Martin, who was finance minister and vice-chair of the Treasury Board during those years, knew but "was powerless to do anything about it." The explanation by Mr. Alcock is astounding given that Mr. Martin's entire job as finance minister and vice-chair of the Treasury Board was to ensure proper controls were in place. If he wasn't doing his job, what was he doing for the past ten years?

To those who say that Parliament should now simply look the other way are suggesting exactly the same approach that Mr. Martin appears to have adopted over the last ten years. However, when it comes to the abuse of tax dollars, turning a blind eye to such a fundamental problem is not an option that Canadians should have to accept.

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 [toewsv1@mti.net](mailto:toewsv1@mti.net)

### 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.

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River  
Echo

### QUESTIONS? COMMENTS? CONCERNS?

Contact us at our office.

Powerview 367-9468, 56 Art Street

Box 550, Pine Falls, MB R0E 1M0

Email us at - [theecho@mb.sympatico.ca](mailto:theecho@mb.sympatico.ca)

## Peewee Girls Provincial Players Profiles 2004



**Jazlyn Johnson**

Position: Centre  
Shoots: Left  
Age: 10

Jazz has become a leader on and off the ice. The ability to get along with all the girls is the reason she was picked as captain in her first year. With great skills and leadership it was a good decision.



**Randy Lemire**

Position: Left Wing  
Shoots: Left  
Age: 9

Randy game has improved tremendously from the start of the season, and with her confidence growing every game, she will be a player to watch.



**Tara Ursel**

Position: Goalie  
Age: 12

Tara is no doubt the backbone of this young team game after game Tara is called upon to make save after save. Next year will be a rebuilding year to fill in for Tara who will move onto Bantam. So for you girls who are interested in becoming a goalie now is your time.



**Taylor Martens**

Position: Right Wing  
Shoots: Right  
Age: 9

Taylor is a prime example of what hard work will get you. Whether it is practice or game you know Taylor will give you 100%. In the Garson Tournament she was awarded the hardest working player.

## Berlin - Part I



by George Bayly

On my most recent trip to Europe, this past summer, I decided to

visit Berlin, a city that I had passed over on a previous European excursion. Berlin, which is most often remembered as the capital of the brutal Third Reich and the horrors of the Holocaust, is a city with a rich history. The word "German" was first recorded about 90 B.C. by the Romans, and the scholar Tacitus published a writing titled "Germania". Over the centuries, the vicinity of Berlin has been invaded or settled by Franks in the time of Charlemagne, Attila the Hun, and eastern Slavic races. Records from the time Charlemagne show that the area of Berlin was comprised of the settlements of Potsdam, Spandau, Gatow, and Kopenick. The origin of the name

Berlin is from the Slavic word "brl" which means swamp or marsh, not from the word for "bear", a belief that was accepted until the 19th century. However, the Berlin coat of arms is a black bear crested by a golden crown.

A few days after arriving in London, I booked passage on the LondonAmsterdam boat train which departs from Liverpool Street Station. The return ticket includes the train to Harwich ferry terminal in East Anglia, the ship to the Hoek van Holland, and the train to Amsterdam. I left London at 8:45 a.m. and pulled into the ferry port at 10:00 a.m., cleared customs, and boarded the Stena Line Ship, advertised as the newest and fastest ferry in the world. A top speed, it cruises at 65 kilometers per hour and reduces the older ferry crossing time from 6 hours to 3 hours. It was a beautiful ship, but I preferred the older Sea-Link ships on which one could stroll the decks and

smell the fresh sea air. On this newer ship you are "sealed inside" although there were huge windows along the sides and front to view the passage out of the Stour River estuary to the Channel, other ships passing, and the arrival through the breakwater to the pier at the Hoek van Holland. On board, passengers had the selection of having lunch at a Pizza hut, McDonald's, the Coffee Shop, or at a fancier restaurant amidships. At the front there were two bars with a satellite TV and a casino. I spent the time observing other shipping in the English Channel.

At 3:20 in the afternoon, the ferry arrived at the Hoek van Holland and one half hour later I was speeding north on the Dutch train, passing through Rotterdam, Den Haag (The Hague), Haarlem, and finally into Amsterdam Central Station at 5:35. I found the hotel booking office and took a room at the Roemer Visscher Hotel which was located on a quiet street along with other hotels including the Best Western near the Rijksmuseum and Vondel

Park. The next morning I booked a seat on the Berlin Express and then revisited the Rijksmuseum and the Van Gogh Museum, places I had seen on previous visits to Holland. At 11:15, the following day, I set off on a train of the DB or Deutsch Bahn which took me by the Dutch towns of Amersfort, Deventer, Hengelo, and into Germany at Bad Bentheim. Passports were checked between Bad Bentheim and the next town, Rheine. This fast train stopped only briefly at Osnabruck, Minden, Hanover, Wolfsburg, and Stendhal. Just before 5:00, as we crossed the Havel Canal, I noticed tall buildings in the distance. When the train slowed and stopped, I read the name on the Station platform. It said Spandau. The train would make three more stops in Berlin; at the Berlin Zoogischer Garten Bahnhof (Zoo Station), at the Friedrichstrasse Bahnhof, and at the Berlin Ostbahnhof (Berlin East Station).

See PART II Next week

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



### The Winnipeg Humane Society

**Chester, 87862**

Chester is a wonderful cat, as good natured as he is handsome. He is a "Lap Cat" who loves to cuddle and be cuddled. Likely a wonderful choice for a family with children. He's been vaccinated for Rabies and is looking forward to some constant friendship once adopted. We have many wonderful felines awaiting loving homes... consider making one yours today!

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



**Buckley & Toby, 88460 & 8458**

We need your help to place these two best buddies. Both are older, very well adjusted, well trained housedogs who've lived together and love one another. Buckley and Toby listen well and love people- very, very friendly dogs. We'd love for them to be adopted together but will separate them for the right homes. Reduced adoption fees apply. Help us help them get adopted. Come down and visit these two pals!

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

### RCMP need your help

On March 1, 2004 two incidents regarding vandalism were reported to Lac du Bonnet RCMP.

A vehicle parked at Worona Ford had all its windows smashed. The mischief happened between evening Friday, February 27, 2004 and morning Monday, March 1st, 2004. Police have no suspects or witnesses at this time.

A vehicle parked at Casey's hotel was keyed along the passenger side door, damaging the paint. This incident happened between the night of Friday, February 27, 2004 and the morning of Monday, March 1st, 2004. Police have no suspects or witnesses at this time. *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.

# Winnipeg River RCMP Report

Report for the week of March 1st to March 7th, 2004



**NEWS UPDATE:** Police have been successful in solving several break and enters in the Beach's area. Thanks in part to the general public for

reporting suspicious vehicles and people in and around the cottage area's.

**GENERAL:** The **ROB THOMAS MEMORIAL**

**HOCKEY** Tournament was hosted by the Winnipeg River Detachment this weekend. The event was a success and raised money for the Slain Officers Peace fund. A huge thank you to all who participated and we look forward to next year! A full write up on the event will follow.

a motion light came on and dogs started barking. A window and door handle were damaged in the incident.

**LESTER BEACH** - a break and enter occurred to a cottage sometime during the past 2 weeks. The cottage was accessed through a back porch window. The owner was unsure if anything was stolen at this time.

A report of vandalism to a vehicle was received. A windshield was smashed in the incident.

**March 3:**  
**HOLLOW WATER** - a complaint of trespassing on school property by a former student was reported.

**FORT ALEXANDER** - a domestic dispute had police intervene. The incident is still being investigated.

**March 5:**  
**FORT ALEXANDER** - police arrested 1 male and charged him with impaired while in care and control of a vehicle. He was lodged until sober and released on a promise to appear for a future court date in Powerview.

**March 6:**  
**POWVIEW** - 2 males were evicted from a local hotel after they refused to quiet down after staff and then police had to attend twice to speak with them. The men were disturbing other patrons until the wee hours of the morning with their partying. **Alcohol** was a major factor involved in the incident.

**FORT ALEXANDER** - a fight at a residence caused police to attend. A male suffered a cut to his head. Police are still investigating the ruckus.

**RM of ALEXANDER** - a motor vehicle rollover occurred. 2 female passengers were not injured in the incident. The vehicle was towed locally. The matter is still under investigation.

**March 7:**  
**RM of ALEXANDER** - a report of an intoxicated male wandering down highway 304 had police attend. Police located 1 male and returned him to cells for the night. He was released when sober.

**POWVIEW** - police attended a residence when 2 females were in breach of a court order to have no contact. Both the women were intoxicated at the time. 1 female was charged accordingly. Investigation continues.

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, 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. 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 756-2396.

**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 Atchah 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. 41 Atchah 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 a.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 Monday 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 Debby 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 am, everyone welcome

**PINE FALLS ANGLICAN CHURCH OF THE ADVENT:** Ph 367-9520 Pastor, 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. ANGLICAN CHURCH Grand Marais,** Holy Eucharist - second and third Sundays, 11:00 a.m. Morning prayer 11:00 a.m. - first, third and fourth Sundays

**TRINITY EVANGELICAL LUTHERAN CHURCH** Thalberg, 1 mile east and 1/2 mile south of Junction #12 and #304. St. John's Evangelical Lutheran Church, 600 St. John's 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 751-5682

**CHRISTIAN FELLOWSHIP -** Bible study 7:30 p.m. Wednesday, church service 10:00 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'S MISSION** Pine 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 B.C. CHURCH** located at Sagkeeng First Nations. Sunday mass 10:00 a.m.

**ST. THERESA B.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.

## Environmental Coordinator

Tembec Paper Group - Pine Falls Operation is a 500TPD newsprint mill located approximately 130 km NE of Winnipeg, Mb. We have an excellent opportunity for an ambitious individual to work within an ISO certified operation as the Environmental Coordinator. The company is in an exciting period of growth and transition in an effort to satisfy its mission of developing a world class operation.

The position of Environmental Coordinator will be responsible to ensure compliance with provincial and federal legislation as well as the corporation's overall objectives. Key components of the position include maintenance of the Environmental Management System as well as ensuring continual improvements on our environmental performance.

Primary accountabilities will include:

- Reporting all compliance issues to the applicable stakeholders
- Track legislative changes that affect environmental performance
- Participation in investigations and development of corrective action plans
- Management representative of the EMS (ISO 14001) team
- Maintenance of applicable databases in relation to the environment
- Organize and participate in reviews, audits and development of environmental aspects of the business

The candidate must possess an awareness and commitment to improving environmental performance. Excellent communication skills both written and oral are expected as well as the ability to work with Word, Excel, and EMS databases. Aptitude testing as well as a Personal Profile Analysis will be required as part of the selection process. Post-secondary education in the area of environmental science would be considered a definite asset.

A competitive salary and comprehensive benefits package accompany this opportunity.

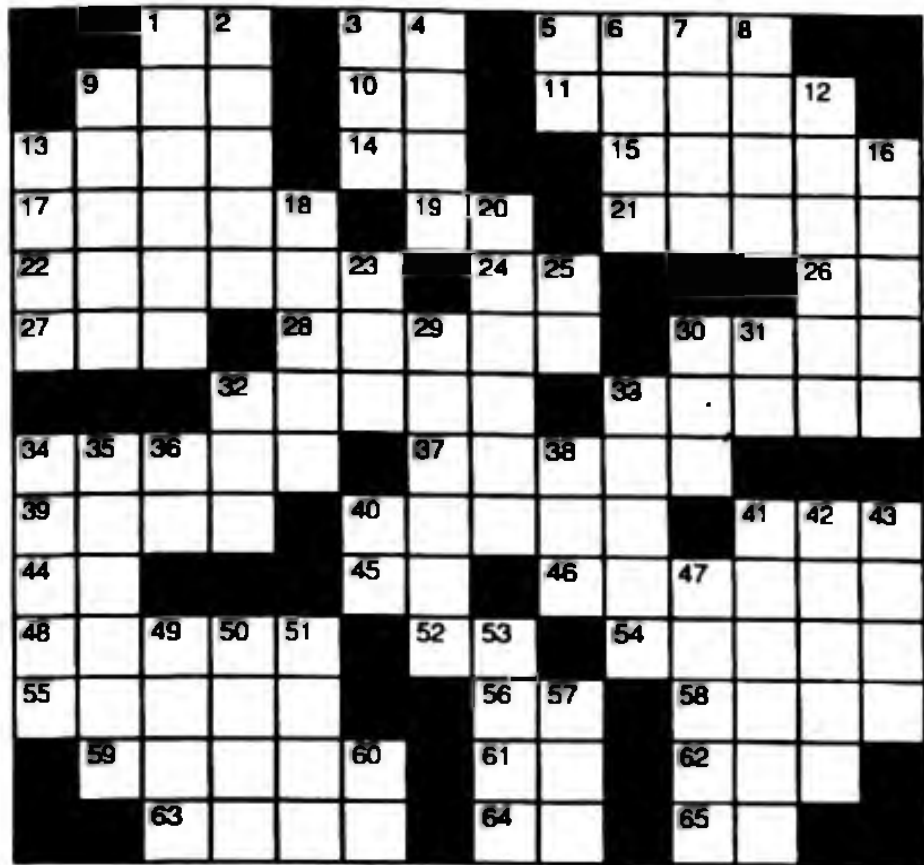
**Please submit resume by Friday, March 12, 2004 to:** Human Resources, Tembec Paper Group, PO Box 10, Pine Falls, Mb ROE IMO  
FAX 204-367-8351  
E-mail: don.lavigne@tembec.com

We thank all applicants for their interest, however only those selected for interviews will be contacted



PINE FALLS Operations

# WEEKLY CROSSWORD



**ACROSS**

- 1. Original copy
- 3. Fa. sol, \_\_\_\_, ti
- 5. Shapless mass
- 9. Place
- 10. Capp or Smith
- 11. Famous furniture
- 13. Fix-up for a sickness
- 14. Abbr. at of letter
- 15. Parts of a ship
- 17. Command
- 19. Either \_\_\_\_
- 21. French for boredom
- 22. Took off a potato skin
- 24. Direction
- 26. Who is \_\_\_\_?
- 27. Make a mistake
- 28. Bird homes

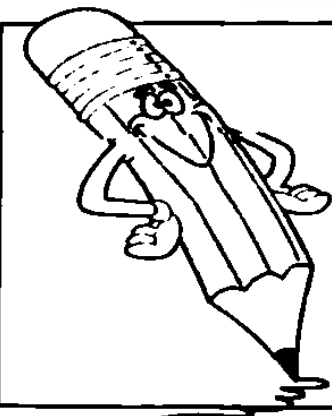
- 30. Prefix meaning ten
- 32. On a ship
- 33. Consumer
- 34. \_\_\_\_ of the tongue
- 37. Article of food
- 39. Camp component
- 40. Bender a fender
- 41. Jet
- 44. \_\_\_\_ I blue
- 45. Article
- 46. Major continent
- 48. Filleted
- 52. Abb. for Peter or Luke
- 56. Dog \_\_\_\_
- 55. Sarcastic, nasty
- 56. Ra (var.sp.)
- 58. Round green vegetables
- 59. Severs, like thread
- 61. I am, he, \_\_\_\_
- 62. Kind, category
- 63. Suffix for cigar
- 64. Torpedo boat
- 65. Dysprosium

**Down**

- 1. Kill
- 2. Made from iron
- 3. Sit on my \_\_\_\_
- 4. In addition
- 5. "To \_\_\_\_ or not to..."
- 6. Erie or Superior
- 7. Portent
- 8. I am, I have \_\_\_\_
- 9. More pristine
- 12. Passage for water
- 13. Adapt to, deal with
- 16. Indian instrument

- 18. Leases
- 20. Keep
- 23. Plural "of," in France
- 25. Canadian province
- 29. They go with elevens
- 30. Father
- 31. Latin for "and"
- 32. Fitting
- 33. Follow
- 34. Cut with a knife
- 35. Sour items
- 36. Not out
- 38. Consumed
- 40. Prosecutor
- 41. \_\_\_\_ tested
- 42. Talk
- 43. Koppel and Kennedy
- 47. Quick
- 79. Aquare root of 81
- 50. Prune a written piece
- 51. \_\_\_\_ of Labor
- 53. Journey
- 57. Superlative ending
- 60. Direction

**LAST WEEK'S ANSWERS**



## CRYPTIC PUZZLE

DCEZ CL KMZ ECDK ACGFZTLQR JZC  
 JRZ VTZ KMZ CGZD AMD FCGR LSK S  
 GKC YDUZD.

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**

HE KEEPS LAUGHING UP HIS SLEEVE NOW THAT HE KNOWS WHERE HIS FUNNY BONE IS.

## Weekly Echo Horoscopes

This edition covers the week of March 8 to March 14



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

You may find it difficult to communicate with someone at work. Your lover will be annoyed with your participation. It's a good time for long awaited relationships to begin. Your home environment appears to be a little shaky.



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

Opportunities for romance are present. Resist any idle chatter. Mingle with individuals who are established and can give you some serious insight into business and future trends. You are likely to reveal information unintentionally.

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

Controversial subjects should be avoided at all costs. Minor fevers or infections will develop if you're overstressed. Love can be heightened if you sit down and discuss your future plans. Home improvement projects will enhance your residence and bring the family closer together.

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

You may feel a need to make changes to your legal documents. You'll meet new friends if you try new activities. Try not to let relatives or friends cause any friction with your mate. You will be drawn to individuals who can provide you with both intellectual conversation and physical passion.



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

Be prepared to make compensations and adjustments. You need an energetic outlet that will help you dissipate your anxiety. Travel in pursuit of pleasure and knowledge. You are best not to confront situations that deal with in-laws or relatives.



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

You need to look into some private matters before you can proceed with your plans. Join groups of a humanitarian nature. Try not to skirt issues if you think you'll hurt some one's feelings. Don't bother complaining, do the work yourself.



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

Don't shy away from potential mates they want to introduce you to. Don't let someone take the credit for a job you did. Don't deny yourself this week. Do a little investigating if there is someone at work you don't trust.



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

You are going through a period of questioning. This will not be the best day to try to push your ideas or concerns. Take advantage of your attributes and lure the mate of your choice. Don't get depressed, get busy. You can accomplish a lot if you're willing to put in a little extra time.



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

Things have been moving so quickly that you need to do something physical to release your tension. You have a lot to offer. You will have to do a lot of running around, so be prepared to fall short of your expectations. You can clear up important legalities and sign contracts this week.



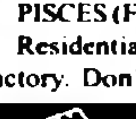
**CAPRICORN (Dec 22.- Jan. 20)**

Discover opportunities based on the individuals you mingle with this week. You can make the most headway if you put in some overtime. Enjoy the company of relatives this week. Your interest in religion and philosophy may lead you to specific destinations.



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

Financial gains can be made. Get them to pitch in, if you need help. Loans will be attainable and legal matters easily taken care of. Good day for romance.



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

Residential moves will be hectic and may be unsatisfactory. Don't think the worst if you hear something negative about your partner. Look into projects that you feel would contribute something to your appearance. Try to control your irritability if you're experiencing emotional problems with your partner.

# Echo Classifieds

**Office space for rent**  
Above Pine Falls Post Office.  
c/w private washroom.  
**For sale:** One hospital bed,  
\$300.00. For more information  
call Denis at 367-8651. *TEN*

**House for Rent, 2 bedroom,**  
appliances included, \$450.00  
plus hydro, call 367-8232. *17 TEN*

**Snowblower**  
HS 80 HONDA with tracks  
for \$1200.00 OBO, call 367-  
4330. *15 TEN*

**House for Sale**  
**PRICE REDUCED - 4 BR**  
Home in Traverse Bay, 2400sf,  
2 bath, att. garage, 1200 sf  
Insulated shop, Wood boiler  
and Electric furnace, 2 acres.  
Ph 204-756-8306 *11.81*

**1 ton Chain Blockhead**  
**Tackle** manufactured by  
Wright \$125 OBO.  
**Industrial Lawn Mower**  
Edger, power by 2 HP Briggs  
& 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. *14.17N*

**Woodland Place/  
DaleHaven Apartments, 1**  
- 2 bedroom apartments for  
rent, utilities and parking in-  
cluded, coin laundry, very  
clean and well maintained, call  
after 6:00 p.m. 367-4922. *24.2*


**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. *14.17N*

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

**Mark's Medi Wheel**  
659 Park Avenue, Beausejour.  
Mobility and home healthcare  
store serving the North  
Eastman Region. Sales, rentals  
and service. Magnetic therapy  
products now available. Open  
Monday to Friday from 9:00am  
to 5:30pm, Saturday from  
10:00am to 2:00pm, Call 268-  
3102. Toll Free 1-800-438-  
9301. *31.4*



**Lordy, Lordy,**  
**Look who's 40!**  
March 11  
Happy Birthday from the  
Chunky Munky Gang!



## SAGKEENG EDUCATION AUTHORITY

Is currently accepting 30 applications for  
**POST SECONDARY  
SPONSORSHIP**

For the 2004-2005 academic year.  
Deadline for applications is April 14, 2004.

For information please call Norma (extension  
238) or Franklin (Extension 237) at  
1-204-367-2287 or call toll free  
1-800-201-3505

Fax number is 1-204-367-4315.

A sincere "thank you" to the  
doctors, nurses and staff at the  
Pine Falls Hospital for their  
care during my recent lengthy  
stay in the hospital.

Thanks also to my family,  
relatives, friends and neigh-  
bours for the flowers, cards,  
gifts, visits and offers of help,  
and the home care girls - they  
were great!

Thanks to my neighbours for  
house-sitting and all the nice  
things they did for me. It is  
deeply appreciated.

Jean Bourrier

**Rooms and Suites for rent.**  
Weekly and Monthly rates  
available. Hydro and satellite  
included, call Omer at 367-  
9991 or 367-4210. *20.17N*

### SUNRISE SCHOOL DIVISION

Please be advised that the Regular Board  
Meeting of Sunrise School Division  
scheduled for Thursday, March 18, 2004 has been  
**CANCELLED and RESCHEDULED to**  
Tuesday, March 16, 2004 at 7:30pm  
at the Beausejour Early Years School  
(Multi-Purpose Room #2) in Beausejour, Manitoba.

### EMPLOYMENT OPPORTUNITY

#### THE VILLAGE OF POWERVIEW CHIEF ADMINISTRATIVE OFFICER

The Village of Powerview invites written applications for the  
position of Chief Administrative Officer. Under the direction of  
Council, the CAO is responsible for the overall management of the  
operations of the office of the Village of Powerview.

The successful candidate will possess the following:

1. Graduate of the four year Manitoba Certificate Program for  
Municipal Administration.
2. Direct experience in municipal administration.
3. The ability to develop, interpret and administer agreements,  
statutes and by-laws.
4. The ability to communicate effectively with the public, employees  
and external stakeholders.
5. Experience in Munisoft will be considered an asset.

Salary range is dependent upon qualifications and experience. A  
benefit package is also provided.

Applications are to be clearly marked "Application for Chief  
Administrative Officer" and "Confidential" and should contain a full  
resume with three references.

Applications to be forwarded to:  
VILLAGE OF POWERVIEW  
Box 220  
Powerview, MB R0E 1P0  
ATTENTION: Mayor Henry J. Ostrowski, Jr.  
Before April 2, 2004 at 4:00 p.m.

### THE VILLAGE OF POWERVIEW TENDER

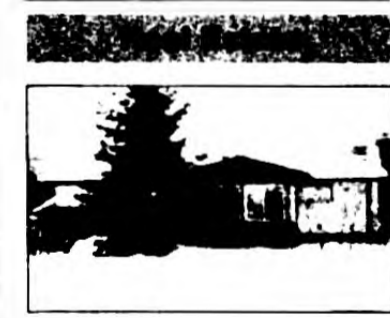
The Village of Powerview is now accepting Tenders to remove  
rubble from the demolition of two buildings on Des. Lot 24, Plan  
3159 (10 Josse Street) in Powerview, Manitoba.

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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204-367-2018 after 6:00pm. *18.1*

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# A day for women: Embracing midlife and beyond

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

All you "midlife" women out there, keep the date of Thursday, April 15, 2004, open for this fun, interactive day of self-care for women. The seminar takes place at the Lac du Bonnet Community Centre from 8:30 a.m. to 4:00 p.m. The cost is \$10.00 which includes lunch. There are all kinds of topics of interest for women of "our age"! The day begins

with a panel of women from the area who are breast cancer survivors. They will each talk about their personal journey with this disease. Break out session #1 choices are more on breast cancer prevention or why diets don't work. The mini activity session will be on pilates (everyone wants to know more about this form of exercise). Following the break will be another select-session on topics relating to pilates and "Healthy Mind/Healthy Body (depression). During lunch the participants can socialize and view displays. Following lunch is another select-a-session with a topic of

sexual health in midlife vs. dealing with losses of illness/death, employment. The day will end with an uplifting, humorous speaker who will motivate us to embrace life's challenges and opportunities at midlife and beyond.

I think this will be a great conference and I am looking forward to it. For a brochure, or to register, call me at 268-6015. We can only take 60 ladies, so register quickly!

**Nutrition Month**  
March is upon us and this year's theme is "Eat Well, Play Well". It supports healthy eating and active living for school age years. One program de-

signed to incorporate more activity is the "Active Schools Philosophy" (ASP). This comprehensive approach encourages integration of regular physical activity throughout the school day in a variety of ways. Adopting the ASP can help schools increase the physical activity levels for all students.

There are lots of ways to incorporate ASP such as stretch break activities in the classroom, active recess, active field trips, fun days and interactions with the outside community. The ASP will create physical activity links between the students, the school, their families and the community.

**In Loving Memory  
Jake Guay  
March 10, 2003**



In tears we saw you sinking.  
We watched you fade away.  
You suffered much in silence.  
You fought so hard to stay.  
You faced your pain  
in courage.  
Your spirit did not bend.  
You still kept on fighting.  
Right till the very end.  
God saw you getting tired.  
When a cure was not to be.  
So he put His arms  
around you,  
And whispered come to me.  
So when we saw  
you sleeping  
So peacefully, free from pain.  
We would not wish you back.  
To suffer that again.  
Your smile is gone forever.  
And your hands we  
cannot touch.  
Still we have so many  
memories.  
Of the one we loved  
so much.  
Your memory is our  
keepsake.  
With which we'll never part.  
God has you in his keeping,  
And we have you in  
our hearts.  
*Love your brother, Marcel  
and Family*

## Under the Planning Act NOTICE OF PUBLIC HEARING Regarding By-Law 02/04

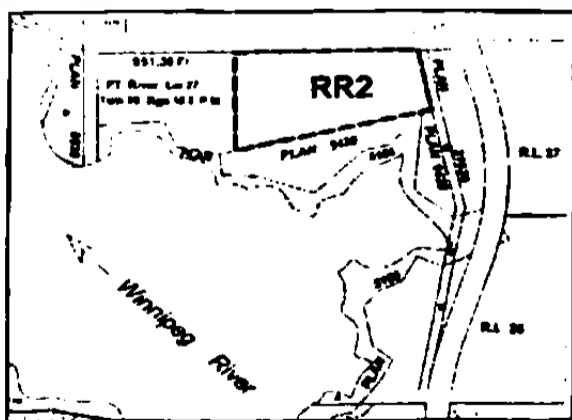
The Council of the Rural Municipality of Alexander under the authority of The Planning Act will hold a PUBLIC HEARING at the office of the Municipality of St. Georges, Manitoba on the 23rd day of March, 2004 at 11:00 a.m., at which time and place the Council will receive representations and objections from any persons who wish to make them in respect of By-law No. 02/04 to amend the R.M. of Alexander Zoning By-Law No. 08/98 as amended.

A copy of the above noted By-law of the Rural Municipality of Alexander and supporting material may be inspected by any person during regular office hours from 8:30 a.m. to 4:30 p.m. Monday to Friday at the office of the Municipality of St. Georges, Manitoba.

The general intent of By-law 02/04 of the Rural Municipality of Alexander is to amend Zoning By-Law Map number 7-0 of Appendix A in order that the area described as follows

Part of R.L. 27, Township 18, Range 10EPM

And shown outlined by a heavy broken line on Appendix "A", attached hereto, presently zoned "A80" General Agricultural Zone be rezoned to "RR2" Rural Residential Zone.



**Appendix "A"**  
Attached to By-law No. 02/04 of the Rural Municipality of Alexander amending Map 7-0 of By-law 08/98 being the Rural Municipality of Alexander Zoning By-law as amended.

Legend:  
RR2 1997 Rural Residential Zone  
A80 1997 General Agricultural Zone

PROPERTY OWNERS: J. GUAY, M. GUAY, J. GUAY & M. GUAY  
REG. NO. 2003-001

Rose-Marie Blanchette  
Chief Administrative Officer

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