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Festival deemed a soaking success

Rain didn't dampen the spirits at 4P

by Jim Hampshire

After last weekend, organizers were left wondering if an extra "P" should be added to the 4P Festival, signifying the "Pouring rain" the event received three out of the four days.

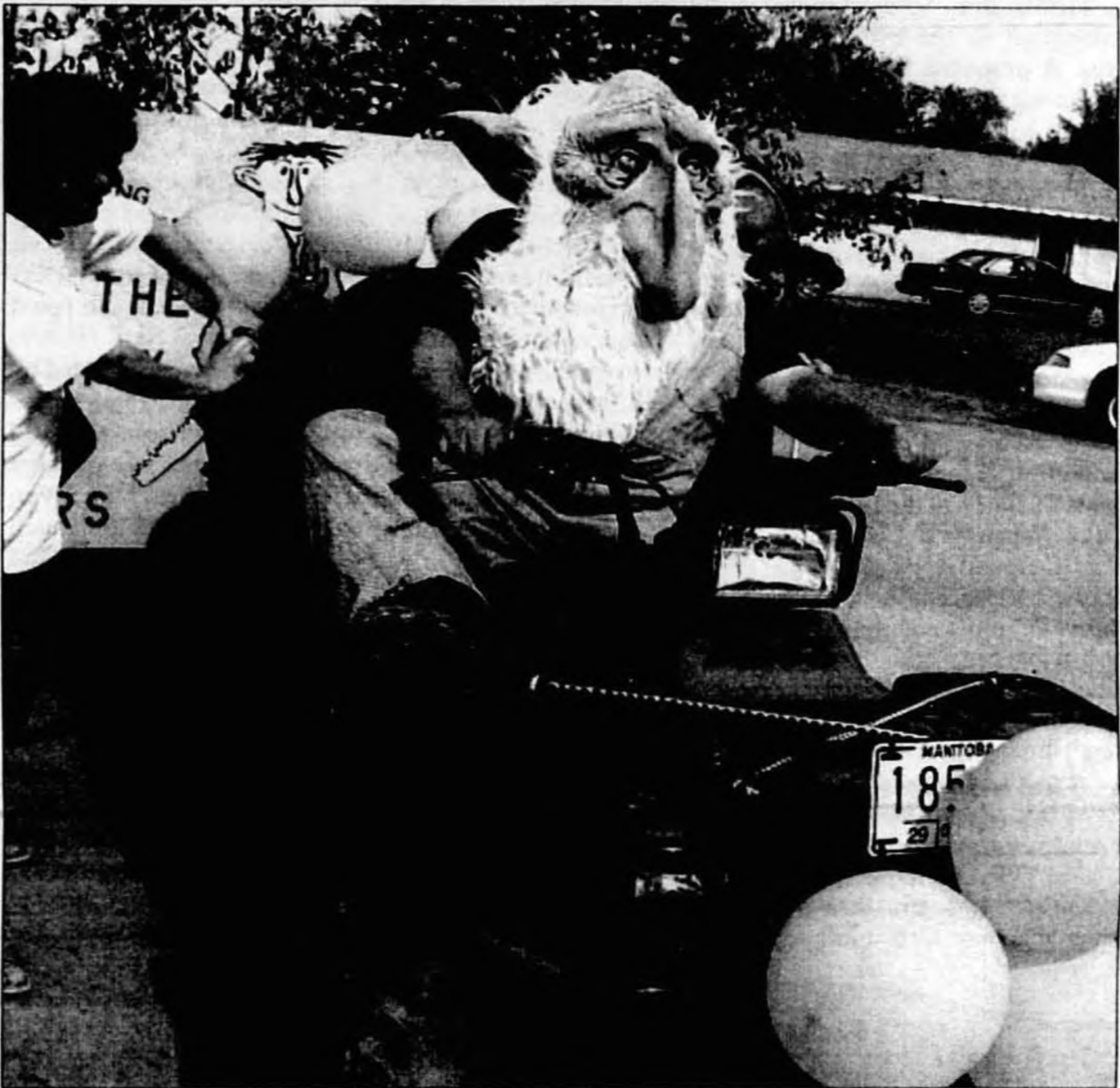
Despite the intermittent cloud bursts seen over the long Labor Day weekend, organizers did say they were pleased with the turnout, especially on Sunday when hundreds of spectators lined the 4P parade route under the mid-day sunny conditions. And although many motorists were surprised to find Hwy. 11 blocked off for the event, volunteers on traffic duty say there were few complaints about the half-hour wait.

"Most drivers were understanding and didn't mind pulling off to the shoulder to watch," Guy Lavoie said while directing traffic. "Of course there are a few out-of-towners who are just passing through and some of voiced their displeasure."

The festival weekend officially began Thursday evening with the Budweiser Bash, held at The Papertown Motor Inn. After the preliminary party, organizers then turned their attention to the Jamboree under the Big Top, where more than 500 patrons dropped in for an evening of entertainment provided by several local musicians from Pine Falls, Powerview, Sagkeeng, Hollow Water and even Winnipeg. The Friday night affair featured artists as young as 8 years old and the music went on well into the night.

According to organizers, the only drawback during the Jamboree was the arrival of the midnight monsoon, which dampened the dance floor as water surged under the tent walls. The overnight rain also made for slippery conditions on Saturday, when more than 200 youngsters turned out for the Inflatable Fair at the Powerview School grounds. "It was definitely soggy," organizer Val

continued Page 4



The troll that drove the Osis Building Supplies float had crowds laughing with delight at this year's 4P Festival Parade

Softwood lumber ruling could mean local jobs

The NAFTA panel has ruled for the third time in Canada's favour on the ongoing softwood lumber dispute.

More than four years ago the US Department of Commerce claimed that provincial government fees for the use of lumber (stumpage rates) represented a subsidy which is illegal under NAFTA. They also decided that Canadian sawmills were selling lumber at less than the cost of production, (dumping) which is also illegal, not only under NAFTA, but also under World trade agreements.

As a result of these determinations the US slapped

on duties totaling 27.2% on Canadian Lumber exported into the United States. So far these duties have cost the Canadian lumber industry \$2.7 billion (US) of which close to 250 million dollars has been paid by Tembec.

Arbitrators hearing the case had harsh words for the US International Trade Commission. They accused the US government body of undermining the dispute settlement under the North American Free Trade Agreement and of consistently ignoring the findings of the NAFTA dispute resolution body. The NAFTA panel reiterated, for the third time in a

row, that they found no harm to the American industry. With that finding the tariffs should be removed and the duties already collected returned to the exporters who paid them. NAFTA gave the US government ten days to comply. (ie by September 16).

It is not over yet. Under the terms of NAFTA the US government can mount an "Extraordinary Challenge" of the make up of the panel itself. In view of the fact that it is an election year and that the US lumber industry is politically very powerful, with a strong

See *SOFTWOOD*/page 2

Bisset Mine expected to reopen next year

by Jim Hampshire

The two gold companies in the Bisset area are talking merger, and that's good news for the region according to a news release last week.

According to the report, San Gold Resources of Bisset is planning a merger with Gold City Industries in Vancouver in a bid to reopen the mine by the end of 2005.

Money Gold, put the mine up for sale, citing it was losing money with gold prices hovering below \$300 per ounce at that time. Over the last year, however, gold prices have exceeded \$400 per ounce or better, sparking interest in reopening the mine.

According to the press release, the merger will give both companies more clout and more investment capital

Softwood lumber ruling could mean local jobs

from front page

lobby and many friends in congress, it is expected that the US government will take advantage of this last-ditch opportunity. Final resolution is expected by February next year. At that time the tariffs should be abolished and those duties collected should be returned to Canadian Lumber companies.

The finding is extremely important to the Pine Falls area. A proposed Sawmill on Sagkeeng territory and jointly owned by Tembec and Sagkeeng is on hold pending resolution of the softwood lumber dispute. Discussions are ongoing, engineering is underway, but the size and scope, the capital cost and the number of jobs involved has not been determined yet.

A much larger proposal has also been on hold pending the resolution of the dispute - and the completion of the East Side Lake Winnipeg Land Use Study. Because of the long drawn out process of both the softwood lumber dispute resolution process and the East Side Lake Winnipeg study, a proposal for Tembec and local First Nations to jointly manage the forest and build and additional one or two sawmills in northern communities appears to have fallen by the wayside.

Tembec has purchased a paper machine from Finland.

That Paper Machine is in storage pending finding a suitable location for it. Pine Falls could be that location. The machine would double the production of newsprint in Pine Falls. The new machine would require another TMP mill similar to the one recently installed. Twice as much wood would be needed but half of this could be used for lumber - the remained chipped and sent to the TMP mills for the production of pulp for the paper machines. Scientific studies have been completed which indicate that the forest on the East Side of the lake, up to St Theresa's point

This scenario would require an all weather road to St Theresa's Point and other First Nation Communities and would result in close to a billion dollar investment in Pine Falls and local First Nations. Close to a thousand jobs would be created with a payroll of around fifty million dollars a year - most of it going to people from first nation's Communities on the East Side of the Lake Winnipeg. Side benefits could be a factory-built housing plant, a Safeway style grocery store and much more.

There is no doubt that this development could be a tremendous benefit to the entire region. It is probably up to the provincial government to get the whole process back on track.

Third West Nile case identified

A third probable human case of West Nile virus infection this year has been identified in Manitoba following a blood test analyzed at Cadham Provincial Laboratory. The individual, a resident of the Assiniboine Regional Health Authority in her twenties, was not hospitalized. The individual has been reported to Health Canada as a probable case of West Nile fever.

The likeliest period of exposure to West Nile virus for this individual was the last week of July and the location of exposure was likely in the Town of Killarney.

Usually, people infected by West Nile virus have no symptoms and do not become ill. Of those who do become ill, most will develop West Nile fever, an illness with symptoms such as fever, headache, fatigue and body aches. Less frequently, the virus can cause more serious illness (West Nile neurological syndrome) including encephalitis, an inflammation of the brain.

Encephalitis can have serious complications. These complications may include weakness, paralysis, confusion,

coma and death and are more likely to occur among older adults and people with chronic diseases and weakened immune systems.

There is no vaccine or specific treatment for West Nile virus. Milder symptoms of West Nile fever usually improve without medical care. Anyone experiencing severe symptoms (such as persistent high fever, muscle weakness, headache) should seek medical attention promptly for diagnosis and care.

Based on mosquito surveillance, the time of year and the life cycle of the *Culex tarsalis* mosquito, the current risk of becoming infected with West Nile virus in Manitoba is considered low and continues to decrease.

While it is anticipated that additional human cases of WNV will be identified in Manitoba this season, it is expected that exposure to the virus in most newly identified cases will likely have occurred in late July or early August.

The most current mosquito surveillance information for southern Manitoba indicates that the activity of *Culex tarsalis*, the main mosquito

species that carries West Nile virus in Manitoba, remained low in all regional health authorities during the week of Aug. 22 to 28.

Although counts of *Culex tarsalis* have been low, there may still be low numbers of infected mosquitoes in southern Manitoba which may become more active, particularly during warmer evenings or during humid, overcast days. Personal protection should be considered at any time when mosquito activity is noticed, especially for people over the age of 50 or with chronic medical conditions or weakened immune systems.

Public information about West Nile virus is available by calling Health Links-Info Santé at 788-8200 in Winnipeg or toll-free at 1-888-315-9257. Additional information is available on the Manitoba Health website at <http://www.gov.mb.ca/health/wnv>, which is updated with surveillance data weekly.

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Loonie Pot \$1213.00
Bonus Line: 151.00
Full House: 600.00
In 54 numbers

BONANZA \$761

<p>Publisher Valerie Anderson</p> <p>Writers Jim Hampshire</p> <p>Production/Art Design Lori Pachkowsky Jackie Frederick</p>	<p>SUBSCRIPTIONS Local Rate: \$34.20 National & Urban Rate: \$39.90 Foreign Rate: \$102.60 (prices include PST & GST)</p> <p>2nd class mail #1763687 (Postage paid in Pine Falls)</p>	<p>P.O. Box 550, Pine Falls, MB ROE 1M0 56 Art Street, Powerview, MB e-mail: theecho@mb.sympatico.ca</p> <p>Powerview Office Ph: 367-9468 Fax: 367-9974</p>	<p>The Winnipeg River Echo</p> <p>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.</p>
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Bissett Mine expected to reopen next year

from front page

shares on the TSX Venture Exchange at 24 cents, and public interest is rising since the merger talks were made public last week.

"A merged company will be far more attractive than Gold City and

San Gold are separately," said San Gold President Dale Ginn at a press conference last week. "This will allow us to fast-track the financing required to expand the current resource base and return the mine to production."

Presently the mine employs 15 people in a care and maintenance program, but those numbers should rise to more than 150 employees once the mine is back in full production.

Despite some legal is-

sue's attached to the merger, both companies are optimistic the merger can be completed within the next three months. One condition of the merger is that Gold City sell all its assets in British Columbia and invest

one million dollars in exploration work at San Gold properties near Bissett. Both Ginn and Gold City President, Fred Sveinson, say the merger is imperative to help cover startup and production costs at the mine.

Echo
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Reminder Notice of Public Hearing

Applicant: The Manitoba Public Insurance Corporation

APPLICANT: The Manitoba Public Insurance Corporation (the Corporation) has applied to The Public Utilities Board (the Board) for approval of the Corporation's 2005 base rates and premiums charged for compulsory driver and vehicle insurance. The application is being filed pursuant to The Crown Corporations Public Review and Accountability Act and The Public Utilities Board Act.

RATE IMPACT: The Corporation is requesting approval for basic Autopac rates effective March 1, 2005, which will leave overall premium revenue unchanged from last year. However, the changes proposed for 2005/2006 will affect average base premiums for each major vehicle use category as listed below.

These changes will affect the major vehicle classes as follows:

Major Use	Number of Vehicles	Increase/Decrease
Private Passenger	642,086	0.1%
Commercial	41,714	-0.2%
Public	9,360	1.1%
Motorcycles	9,133	15.0%
Trailers	103,531	-22.2%
Off-Road	29,737	-40.9%
OVERALL	835,561	0.0%

The impact of rate adjustments on the total vehicle population will be distributed as follows:

- 430,438, or 51.5% of vehicles will receive a rate decrease. Most decreases will be less than \$50.
- 13,934, or 1.6% of vehicles will receive no change in rate;
- 191,071, or 22.9% of vehicles will receive a rate increase of up to \$20;
- 158,029, or 18.9% of vehicles will receive an increase between \$20 and \$50;
- 30,767, or 3.7% of vehicles will receive an increase between \$50 and \$100; and,
- 11,322, or 1.4% of vehicles will receive an increase greater than \$100.

Actual changes to an individual's premium will vary depending on the owner's claim experience, driving record, insurance use, territory and vehicle rate group. The cumulative effect of these variations on individual rates will all fall within the dollar amounts described above.

The corporation is proposing to reduce the administration fee for monthly premium payments from \$8 to \$4. No changes are proposed to fleet rebates and surcharges, existing driver's licence premiums or accident surcharges, other existing time payment fees or other existing service and transaction fees.

PARTICULARS OF THE APPLICATION: The Corporation proposes the following rate adjustments for policies issued between March 1, 2005 and February 28, 2006.

- Experience-based rate increases and decreases to individual classes ranging from +15% to -15%, with the following exceptions:
 - * Increases for dealer plates ranging from 20% to 25%
 - * Increase for mopeds averaging 110%, or an average of \$53 per moped
 - * Decreases for motor scooters ranging from 40% to 50%
- For passenger vehicles and trucks, classification offsets ranging from -15.2% to +17.5%, to achieve revenue neutrality from rate group adjustments.

- For commercial vehicles, an expansion of the Corporation's merit discount program to include vehicles insured as artisan trucks less than 16,330 kg and common carrier trucks delivering within city or municipality or common carrier trucks delivering within 161 km in Manitoba.
- For motorcycles, no classification offsets from rate group adjustments, resulting in rate changes between 0% and 15% in addition to experience adjustments.
- Lower rates for off-road vehicles and most trailers through a reduction in the allocation of operating costs to these classes, which was begun three years ago.

For full particulars, interested parties should examine the Corporation's application, testimony and supporting materials at the Corporation's offices, or at the Board's office.

Interested parties who wish to obtain copies of the application should contact:

Manitoba Public Insurance
Attention: Rick Sloan
8th Floor, 234 Donald Street
Winnipeg, Manitoba R3C 4A4
Telephone: 985-7335 (collect calls accepted)

RATE VARIATION: Rates for services by The Manitoba Public Insurance Corporation shall be reviewed by The Public Utilities Board under The Public Utilities Board Act and no change in rates for services shall be made and no new rates for services shall be introduced without the approval of The Public Utilities Board. Rates for services means in the case of The Manitoba Public Insurance Corporation, rate bases and premiums charged for compulsory driver and vehicle insurance provided by that Corporation. Upon any 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, further or other relief.

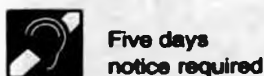
HEARING: The Board will hold a public hearing at the Public Utilities Board Hearing Room, 4th Floor, 330 Portage Avenue, Winnipeg, MB, commencing at 9:00 a.m., October 12, 2004.

PROCEDURE: The Board's Draft Rules of Practice and Procedure will apply to the conduct of the General Rate Hearing. Copies of this document are available upon request to the Board by writing to the Secretary or by calling 945-2638 or 1-866-854-3698 (toll free).

PARTICIPATION: Parties wishing to submit a brief or to express comments to the Board, but who do not wish to participate in the entire proceeding, are known as presenters. They should advise the Secretary of the Board of their intention to appear at the public hearing by no later than September 24, 2004.

DATED this 20th day of August, 2004.

H. M. Singh
Associate Secretary
The Public Utilities Board



Festival deemed a soaking success

Rain didn't dampen the spirits at 4P

from front page

Anderson said. "But it looked like the muddy conditions only added to the fun for the kids."

Saturday also featured the 4P ATV Poker Madness, which was organized by Justin Lavoie. There were 49 entries purchased, with 39 ATV's participating in the derby. First prize was won by Yves Lavoie who pocketed \$140 for his full house hand of queens high. Second place was won by Jason Magri of Beausejour who also had a full house of 3's over Kings and gained \$100 for his hand. Third place went to Maurice Lavoie who won \$60 for his hand. The derby donated the raised money of \$205 towards the Maskwa Club.

Fortunately, Sunday proved

to be a drier day as more than 30 entries lined up and travelled the highway between Pine Falls and Powerview during the annual 4P parade. Faced with a difficult task, judges were finally able to single out the category winners, where the Henry's Towing entry won Best Individual Award (Henry still jigging after 40 years) and Wings of Power won the Best Organization Award (volunteers theme). On a more modest note, The Echo entry managed to squeak by and win the Best Business Award, which featured publisher Val Anderson in a supporting role to Mexican vocalist Angelica Reyna on the company float.

The Sunday celebrations

continued on page 6



4P Festival Pie Eating Contest held at the Pine Falls Arena following the parade was a fun but messy event



Ol' Kings Western Days volunteers (left to right) Genie Lazaruk and Ken Cyr



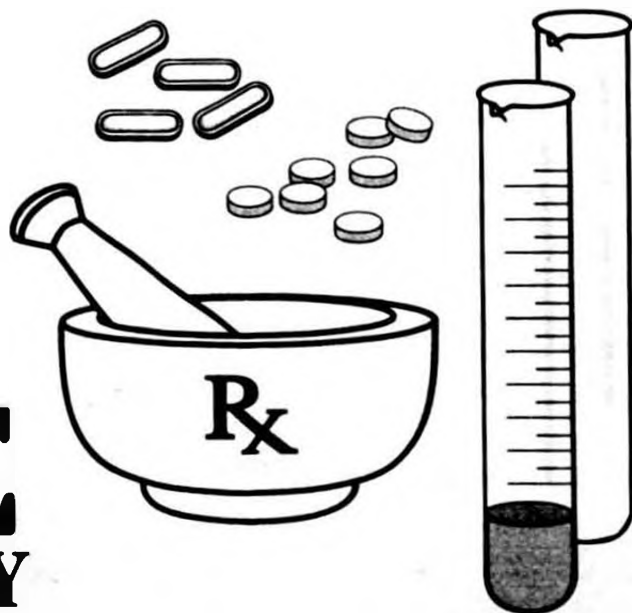
(above) The Winnipeg River Echo won best business float, which featured live entertainment with a Mexican theme



(right) Sparky the fire dog mascot.

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Judges for the Pie Baking and Chili Contest
(left to right) Michelle Bruneau, Noella Fenez, and Keith Clark



Henry's Towing (above) won best individual float in this year's 4P Festival Parade



Manitoba Hydro float



The Pine Pharmacy Float featured an Under the Sea theme



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4P Festival weekend events

continued from pg 4

continued with family fun at the Pine Falls Arena, where kids of all ages were given the opportunity to plunge face-first into all sorts of food products. Some of the crowd favourites included the Hotdog, bubble gum and Pie Eating contests, where the young contestants worked feverishly to break the four-minute meal. The pie contest winners were Shanna Wilton taking first place and Fay Berthelette winning second and Beatrice Meade of Lac du Bonnet winning third. In the Chili cooking contest winners were Lori Pachkowsky for first, Heather Adams placed second, and Jamie McMullen taking third. Special thanks to the Judges.

After the daytime festivities, an estimated crowd of 1,500 returned to the arena to enjoy the Ol' Kings Social, featuring Winnipeg Bands Big Orange and Eye To Eye.

Sunday evening also featured the Fire Works display at the St. George Beach, the

attendance was great and the kids were having a blast with their glow necklaces in the dark.

Monday's events also went well with the Horseshoe tournament held at the Manitou Lodge. There was 10 doubles teams entered and 16 singles. Winner's of the horseshoe tournament, fishing tournament, baseball and the Kite flying contest along with details of other events will be announced in next weeks Echo.

Over all the weekend was a fun filled holiday, with lots of things for people of all ages to do.

"We had a blast here this weekend" said one of the out of town baseball teams. "This is a great community, everyone is hospitable and the people know how to have fun. The towns have lots to offer a visitor, and we are sure to be back next year."



The 4P ATV Poker Madness was a huge success with over 30 ATV's entered.



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Ph: 204-367-9142
Fax: 204-367-8605
E-mail: prarec2004@yahoo.ca

Recreation Re-Boot!

This years summer activities were a complete success. Even with the weather putting a damper on activities on the occasion. Everyone who participated was able to enjoy themselves. But it is sad to say that summer has to come to an end & so do the activities. But no worries Fall & Winter bring more fun ways for you & your child to have fun. So check out our upcoming newsletter due out on September 8th, to find out more about the upcoming activities that you hole family can enjoy.

A big thank you goes out to Lauren McMullen & Dana Gauthier, our two-day camp workers, with out them it would have been near impossible to pull everything together. No matter the activity, weather, or amount of participants that were there, the girls were always able to make the best out of things. They will be missed, & we wish them the best in there upcoming school year. And again thank you!!!

Newsletters will be handed on the first day of school. If your child happens to come home without one, contact the Rec Office we will be more then happen to get one ready for you to pick up.

Registration night!!!!!!!

Will be held @ Powerview Arena on September 8th from 6pm - 8pm. Make sure to look @ the Newsletter to find which activity you or you child can come out and register for. If there happened to be an activity that you are interested in and there is no details on it please contact the Rec Office, & we will help you in anyway we can.

On a different note PRA is seeking Board of Directors positions to be filled for the 2004-2005 season.

President, Treasurer, Secretary

Anyone interested please call the Rec Office @ 367-9142.

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You can't be serious



by Jim Hampshire

Disaster looms

by Jim Hampshire

Of all the dirty, lowdown ways to make a quick buck, this one might actually work.

Unless you've been living under a cold damp rock - which is perfectly fine if you do - you would know that we've received an unusual amount of moisture this summer. Come to think of it, if you actually do live under a cold damp rock, you would still know about the unusual amount of moisture we've received because that's why you're rock is cold and damp.

But that's beside the point. As you probably know, Hurricane Frances hit the coast of Florida over the Labor Day weekend, but not before travelling through Manitoba to get there. That's right. Frances picked up steam over the south Atlantic Ocean and wreaked havoc on the Bahamas early Friday morning, and then turned sharply northward for a visit to Eastern Manitoba on Friday night. Meteorologists at the Environment Canada of-

fice in Winnipeg cannot confirm this, however, because they were all at home, pumping out their basements.

Now, according to the level of water in my backyard, Hurricane Frances stuck around the Keystone Province just long enough to refill the entire Lake Agassiz basin before boarding a jet at the Winnipeg airport and returning to Florida's coastline. If we can prove this, I firmly believe everyone reading this column is entitled to disaster relief. Those people who don't read this column won't receive disaster relief because it is our little secret and we'll divide their share among ourselves. Shhhh. Hopefully a lot of people don't read this column.

In fact if we all write a letter to Ottawa, telling them that the entire Manitoba summer was a disaster, I doubt we'd have to work again in our lifetime.

Okay, I'm just talking nonsense, here. Trust me, if there was free money to be had, everyone would know about it. But

that's exactly the reason everyone wants to move to Florida in the first place. The disaster money just keeps rolling in, and each time a new hurricane blows through, the homeowner gets a free upgrade.

To help explain this position, suppose you were a newly landed Florida resident, living in... I don't know, maybe a refrigerator carton. Now along comes Hurricane Charley, blowing away your little cardboard box. "Curses!" you say, knowing full well that the government is allocating several billion dollars in disaster relief.

Pretty soon you have new walls, a new roof and new windows, when before, you only had a refrigerator carton.

Now, three weeks later, along comes Hurricane Frances and your modest bungalow is heading north at an altitude of 1,200 feet, travelling approximately at 100 miles per hour. "Curses," you say again as another relief package is being announced in Washington. Now, instead of a modest bungalow, you can expand again and again, depending on how many hurricanes hit your region. If it is a particularly active year for hurricanes, you could be living in the Governor's Mansion before Christ-

mas.

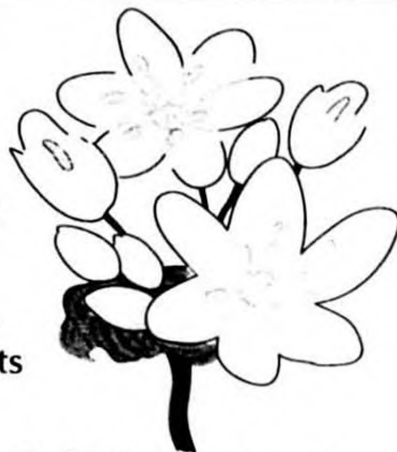
Perhaps we could apply the same practises here in Manitoba, where we might receive disaster relief when the temperature dips to 40 below. You know, when it's so cold you're afraid to slam the front door of your home because the house could shatter and fall to the ground in a pile of ice cubes. Or we could receive compensation for back injuries as we drive down the highway on square, frozen tires.

Just a thought, mind you, but it's widely known that Manitobans live in one of the harshest climates in the world. Maybe it's time we all got paid for it.

Thank You...

We are very grateful to all the ladies who baked and donated to our 4P Market Square Bake Sale.

Also, thanks to all the volunteers who are responsible for organizing the many events Which make the 4P such a success.



Pine Falls Health Auxiliary

Bissett's 18th Annual Golden Sports & Derby Days

Was held on July 31 to August 2, 2004



The 1st tagged fish was caught by Stephen Yewchyn of Bissett, Manitoba for a total of \$550.00



The 2nd tagged fish was caught by Kevin Yewchyn of Pine Falls, Manitoba for a total of \$400.00



The 3rd tagged fish was caught by Carrie Werbenuk of Bissett, Manitoba for a total of \$250.00

2004 Fish Derby Sponsors & Tagged Fish Caught

Adrian Tire - Lac Du Bonnet
Dowling Insurance- Winnipeg
Pine Falls Service & Subway-Pine Falls
Bissett Community Council
Fishing Lake Lodge- Bissett
Pine Pharmacy-Pine Falls
Bissett Development Corporation Caught
Gene Keenan & Sons- Winnipeg...Caught
Powerview Agencies-Powerview
Bissett Development Corporation...Caught
GLNG Enterprises- Selkirk
Powerview Auto Supply-Powerview Caught
Bissett Development Corporation
Gold City- Vancouver
Pro Hardware-Pine Falls
Bissett Development Corporation
Grandpa George's-Hollow Water

Ray-Ann Transport-Powerview
Bissett Development Corporation
Great Falls Foods- Great Falls
R & H Shindruk- Bissett
Bissett Hall Committee
Hotel San Antonio- Bissett
Rice Lake Joint Venture
Bissett Mixed Curling Club.....Caught
Manitoba Model Forest- Pine Falls
San Gold Resources-Bissett
Bissett Sports and Recreation
Marum Resources- Alberta
South Interlake Credit Union-Pine Falls
Blue Water Aviation-Bissett
Midway Foods- Powerview
Ste Croix Cycle and Marine- Pine Falls
Bob's Septic Service-Aghaming

Oaschuk Transport- Winnipeg...Caught
Treeland Nurseries- Steinbach
Boy Scout's of America-Bissett Base
Millennium Mechanical Contractors-Bissett
W. Zirk Lumber- Bissett
Broadlands Mall- Pine Falls
Northern Wings Bed & Breakfast-Bissett
Winnipeg River Echo- Pine Falls
Clinton Spence-Bissett
Osis Building Supplies- Powerview
Wynne Drilling Services Bissett.....Caught
Chicken Chef -Powerview
Papertown Motor Inn- Powerview
Wynne Mining Services-Bissett
Dee's Service- Bissett
Wynne's Place- Bissett

Additional Winners

Mike Zaroda \$100.00,
Mike Ashley \$100.00,
Jackie Petzau \$100.00,
Brian Hallett \$100.00,
Martin Panner \$100.00,
Dave Petznick \$100.00,
Ken Yewchyn \$50.00,
Corey Lamotte \$50.00,
Isaac Reimer \$50.00,
Chris Kellner \$50.00

Thank You!

We would like to take this opportunity to thank the sponsors listed as well as everyone who helped organize, prepare for, worked at, and volunteered

18th Annual Bissett Golden Sports and Derby Days



The 19th Annual Bissett Golden Sports and Derby Days Grand Prize Fish will be worth \$6000.00

Faith Perspective

by Pastor Jake Doell

Are You A Spectator or a Player?



I enjoy watching baseball, football, and hockey. When I was younger I played baseball and could hit quite a few over the fence. Now I watch Barry Bonds and other home run sluggers as they "belt them out of the park." The difference from "my good ole days" to now is the shift that has taken place in my status from a "player to a spectator." As a spectator I can see the game and yes even give great advice how it should be played. I like the evaluation of a football game given by an announcer; "The bleachers are filled with thousands of fans badly in need of some exercise and on the playing field are 22 players desperately in need of some rest."

In the game of life we are either a spectator or a player. Our society has many people who are great at giving advice but are hesitant to step in and be a player. True success in life can only come when we are willing to step on the playing field of life and be a participant. Many people can find a need, point to the problem and size up the situation. Only a successful person takes that next step beyond finding the need -

seeking to fill and meet that need. Many people I'm sure talked about how there must be a better way to providing light than a candle or a coal oil lamp. But it took someone like Thomas Edison to step into his lab and try more than 4000 times before he invented the light bulb.

Jesus Christ told the story about three people that all came face to face with a desperate situation and only one of them decided to be a player and the other two remained spectators. (Luke 10:30-37) A man took a journey and along the way he got robbed and badly beaten. First a priest came along but being in a hurry he passed by. Then a helper from the church came by and took one look and kept going. Finally a Samaritan happened by, seen the poor man lying and bleeding on the roadside, and had compassion on him, bandaged him up and took him to the next town. There he enlisted the help of the innkeeper to continue the care that this injured traveller needed. He even took money out of his own pocket to make sure this man would be cared for. The "Good Samaritan" not only

saw the need, he risked his own comfort and safety to help him. He was not content to be just a spectator.

Allow me to ask you a question. Where do you stand? Do you stand on the sidelines of life giving all kinds of advice to those who are busy "playing the game of life?" Or are you actively participating in helping others make it through life. I have learned from my own experience and also from many others that; "No person can sincerely try to help another person without helping herself/himself." The way to the top is not by "stepping on others" but by "stooping to help others."

Perhaps you are reading this article and you have been sidelined due to an injury received in the game of life. I have "Good News" for you. There is a "team doctor"

Whose name is Jesus and He can heal you up so you can get back into the game.

His invitation to you is "Come to Me, all you who labor (play hard) and are heavy laden

(injured) and I will give you rest. (Matthew 11:28)

Blades Bits

Former MJHL Player Signs Pro Contract



The Manitoba Junior Hockey League is pleased to announce that a former player has signed a professional hockey contract. Noah Whyte has agreed to terms on a one year contract with the Toledo Storm of the East Coast Hockey League (ECHL) for the 2004 - 2005 season. Whyte played with both the Southeast Blades and Selkirk Steelers in the MJHL.

MJHL trade transaction

The Neepawa Natives of the Manitoba Junior Hockey League (MJHL) have traded

the Hockey Canada rights of 19 year old Forward, John Kopp of Amaranth, Mb to the Penticton Vees of the British Columbia Hockey League (BCHL) for the Hockey Canada rights to 20 year old Forward, Andrew MacKenzie of Terrace Bay, On.

The Waywayseecappo Wolverines of the Manitoba Junior Hockey League (MJHL) have acquired the Hockey Canada rights of 20 year old Defenseman, Robert Fogarty from the Manitoulin Wild of the NOJHL for Future Considerations

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Lac du Bonnet Legion #164

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TUESDAY
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WEDNESDAY
 Cribbage 7:00 p.m. - Lounge

THURSDAY
 Darts 7:00 p.m. - Lounge

FRIDAY
 Bingo 7:00 p.m. - Lounge

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Back to School time

Lac du Bonnet welcomes new teachers for a new year

by Jim Hampshire

Autumn may not arrive for two more weeks but if you ask any student, summer is unofficially over as classes are back in session this week.

Students arrived back in school on Wednesday across Sunrise School Division, leaving Tuesday for inservice purposes, where teachers and staff members readied themselves for another school year. And as always the case, some new faces and new policies accompany any new school year.

Beginning at the elementary level in Lac du Bonnet, the Centennial School welcomes a new principal and two new teachers this school year. Replacing Principal Doug Craig will be Marg Janssens, who comes in from the Dougald School, while Cheryl MacKinnon moves over from Powerview School to teach grades three and four.

Last but not least, Terry Lynn Balcaen arrives from Teulon to work as Guidance Councillor and EBD teacher.

At the senior level, the Lac du Bonnet Senior School welcomes six new employees in one of the biggest change overs in recent years. Principal

Kathy Melnyk reports that Kelly Szajerski has arrived to teach senior math, while Andrea Linke and Lisa Gow move into their positions as the newest middle years teachers.

Principal Melnyk also reports the addition of Chris McCluskey, who takes on the position of Behavior Resource teacher and Dave Westdal has been added to oversee the music department in the senior school, as well as Whitemouth and Powerview schools.

On a local note, Lac du Bonnet resident, Sharon Sveinson, comes on board as an educational assistant, while Beausejour resident Kathryn Kunkel takes over from the recently retired Rudy Klassen as the Senior English instructor.

Also new at the senior school will be the establishment of a new schools store, operated by students taking business education. Principal Melnyk says that renovation work has been completed over the summer, transforming a classroom into a retail environment. The inhouse operation will offer merchandise for students, including school clothing and everyday needs, such as school supplies.

"It's easy to see the students are looking forward to establishing this business here at the school," Principal Melnyk said earlier this week. "It's a wonderful opportunity for the students to learn the retail business firsthand and it really provides an essential service for all students as it will be well equipped."

One of the biggest policy changes will be the introduction of a division-wide smoking ban on all school properties, for both students and adults alike. The policy extends to all school grounds and all individuals, where enforcement will be extended to include a ban on smoking in vehicles, which is often the case with parents visiting school property. As Principal Melnyk points out, this is nothing new for the Lac du Bonnet Senior School as the policy has been in place in recent years.

"The smoking ban might be new for some schools in the division, but it's been in place here in Lac du Bonnet for quite some time," she said from her office. "We have seen it's effectiveness already at the student level but it doesn't hurt to remind the adult visitors who drop by the school daily."

Library Corner

Lac du Bonnet Regional Library

This is a great time of year to consider our beautiful surroundings! Can we wonder why so many seasonal residents spend as much time as possible at their summer retreats?

Let's take a look at some nature topics. The following titles can be found in our Junior section of the library: Explore the Cool Woods: A Trip around the World's Boreal Forest by Jane Drake & Ann Love with incredible artwork by Andrew Kiss. This book is "not only informative and beautiful, but it is a call to action to anyone who cares about our planet!"

The Complete Book of the Seasons by Sally Tagholm explores every aspect of the natural world during its annual cycle of change.....and also delves into the human world to discover seasonal effects on sports, festivals, food, and health."

Maxine Trottier tells the fascinating life stories of some sig-

nificant Canadians in her newest books. Meet Canadian inventors such as Alexander Graham Bell, Rachel Zimmerman, James Naismith, Mike Lazaridis and Joseph-André Bombardier. In Canadian Stars, you'll learn more about Shania Twain, Tom Jackson, Mike Myers, Michael J. Fox and Celine Dion!

Some fun food ideas for School Days Parties by Jean Pare is a brand new Company's Coming cookbook! The Parents Party Book by the editors of Parents magazine, gives you great ideas for Theme Parties for children 2 to 8 years old. Get the kids interested in spending time in the kitchen..... The Children's Quick and Easy Cookbook by Angela Wilkes is packed full of super-fast, mouth-watering recipes that children will find easy to make and the whole family will want to eat. (Moms will want to take a peek at this cookbook as well.)



Check out the new selection of nature videos from Canadian Geographic, each just 47 minutes long! The Moose: Canada's Most Dangerous Animal - "Follow the fascinating life cycle of a Newfoundland moose from wobbly-legged calf to "king" of Newfoundland."

Watch Super Beaver: Ecosystems altered—nature's pre-eminent engineer at work. Dance of the Sea Otter and Dog of the Midnight Sun: the renaissance of the Canadian Inuit Husky are just a few of the new videos ready for viewing.

Back to School should not mean fewer visits to the library. We are open evenings on Tuesday and Thursday, and from 10:30 to 2:30 on Saturdays. Let the Library be a part of your learning experience throughout the year!

Legion news



Royal Canadian Legion Lac du Bonnet Branch #164

Submitted by: Cde. Howard Richmond, Royal Canadian Legion Branch #164, Lac du Bonnet

Legion Week kicks off on Sunday 19 Sep and will continue until the following Saturday with a variety of daily events. On Thursday, 23 Sep, there will be an afternoon of entertainment as the #1 ANAF Club will be visiting the Branch for the day - come on out and take part.

The Branch will also be hosting the Alzheimer Coffee Break in the Lounge on Wednesday 22 September.

The initial Dart League Meeting for the upcoming season will take place with the election of the new executive on the 9th September. New teams will be made up and regular play commences the following Thursday 16 Sept. at

19:00. No playing experience is necessary so come out and enjoy the fun this year.

Likewise, Table Top Curling gets going on 13th Sept at 18:15. Sign up Sheets are in the Lounge.

Starting in September, Grey Cup Raffle tickets will go on sale and also Early Bird Membership renewals will be available.

The barbecues will be heating up again for the next Steak 'n Spud Night on the 18th September which could be the last one of this year depending on the weather.

The next General Meeting will start at 19:00, Tuesday 21st September. Note the new start time which will continue for all future General Meetings.

I hope everyone enjoyed the summer - or what we had of it. Well, there's always autumn. See you at the Branch.

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Winnipeg River RCMP Report

Police Report for the period of August 30th to September 3rd, 2004



August 30:
RM OF ALEXANDER
 - police recovered a small safe at a gravel pit after a man picking rocks discovered it there.

PINE FALLS - a cell phone was recovered at the local golf course maintenance grounds.
ALBERT BEACH a

break, enter and theft was reported. Items stolen was not available until the owner could be contacted.

TRAVERSE BAY - a complaint of a break, enter and theft to a cottage and shed was taken. Tools, vcr, stereo and food were some of the items taken. The main door was damaged and was culprit's entry point of access.

HOLLOW WATER - a male youth and adult male were both charged after being in breach of court conditions.

August 31:
RM OF ALEXANDER
 - police received a complaint of harassing phone calls from a local business after a collection agent continued daily calls looking for a former employee. The collection agency was contacted by police and spoken to accordingly being advised to discontinue their nuisance calls.

- vandalism occurred to a trailer at a local trailer court. A window was broken in the incident.

FORT ALEXANDER - a complaint of theft of prescription medication was taken by police.
 - police located a missing male after family members were concerned about his mental stability.

BLACK RIVER - investi-

gation continues on a spousal assault. 1 male was remanded into custody and transported to Provincial Remand Centre in Winnipeg.

WHITE SANDS ESTATES - police informed a group of partygoers to tone things down after complaints were made about the music. An 18th birthday party was in progress at the time. The cottage owners turned things down and no further complaints were made.

CATFISH CREEK - a recovered stolen jeep up a dirt road turned out to be from Winnipeg. Winnipeg Police Service was advised and the vehicle towed accordingly.

September 1:
RM OF ST CLEMENTS
 - a cottage break, enter and theft occurred. Investigation continues.

FORT ALEXANDER - police tried to locate a suspicious vehicle which was parked in front of a residence for several days. Several patrols of the area were made but the vehicle was not located.

September 2:
GRAND BEACH - several reports of vehicle vandalism were reported to police. Windows were smashed in the incidents.

FORT ALEXANDER - a burnt vehicle was recovered

on the South Shore. Police are still investigating as the auto was completely destroyed in the incident.

- police are still investigating an assault where a male was beaten and taken to hospital for treatment.

- police are still investigating an altercation between 2 males. Threats were uttered in the incident.

SHORELINE PROPERTIES - a complaint of a break and enter was reported to police. Access was gained through a side window however nothing was taken in the incident.

POWERVIEW - a parole violator was located and returned to Stony Mountain Institution after police were alerted short time ago he may be in this area.

SEYMOURVILLE - a report was taken of a house window being broken. A male suspect was identified and alcohol may have been involved in the incident.

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 10-71375: meets first Tuesday of the month, Chicken Chef, Powerview meeting room.

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

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

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

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

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

Pine Falls Health Auxiliary: meetings first Tuesday of every month 1:30 p.m.

Cottage Country Business Assoc.: meets first Monday of the month 7:00 p.m. October through May, phone 756-2596

Alcoholics Anonymous: Sunrise Group meetings every Monday, Wednesday and Friday 7:30 p.m. to 8:30 p.m., last Friday of the month open to the public, at St. Georges Catholic Church basement

Pine Falls Legion: meetings held second Thursday of the month 7:30 p.m. Legion, meat raffles held at Legion on Fridays 5:00 to 6:00 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.

Crime Stoppers will pay up to \$2000.00 to cash for information on any other crime.

Winnipeg Senior Centre: In-Home Coordinator, Tim Polychuk, 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 Alzah 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 Alzah Rd., Victoria Beach. General meetings second Tuesday of the month, 756-6468 for more info.

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

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

Powerview Parent Advisory Council: meets first 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 Dolores for info at 367-2945.

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

Child Health Clinics - will be provided by area Public Health Nurse every Thursday afternoon at the Pine Falls Complex, Community Health Office assessments of babies (or child's) height, weight, infant nutrition, advice, immunizations (as necessary) and any other advice you may wish, please call 367-5406 for more info

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

Winnipeg River Church Services

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

PINE FALLS UNITED CHURCH: Worship Service and Sunday School at 11:00 a.m. 367-2633 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: 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, 1/2 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, Scantierbury, 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.

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Cleo, 51819

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Minnie is a sweet cat-friendly cat whose owner simply had too many. As our longest term resident, Minnie is also our Cat of the Day! She'll receive a special bonus to go home with her & her new owners. Due to being in our shelter for over 3 months, her adoption fee is 50% off! Please come & see our hamster, Kaleb, who is desperately needing a home since May!

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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

On Parliament Hill



Your voice in Ottawa
Vic Toews, MP for Provencher

Choosing our Judges

After nine months of promises from Prime Minister Martin to reform the Supreme Court appointments process, Canadians had high hopes that a renewed approach would bring in a new era of democratic accountability.

Since Confederation in 1867, the Prime Minister of Canada - in consultation with his Cabinet - has appointed Supreme Court judges; this right is ingrained in our constitution. But from the advent of the Charter of Rights and Freedoms in 1982, Canadian judges have taken on a more active role in policy formation, especially social policy, which in many cases have had a significant impact on the laws that are passed in Parliament. It is for this reason that many Canadians feel that a more open process is appropriate for selecting these individuals.

Indeed, the possibility of a truly open and democratic process now appears unlikely under a Paul Martin government. In a hurried process that began and finished within three days, a small committee of parliamentarians and other legal professionals was established.

At the government's insistence, Justice Minister Irwin Cotler was the committee's only witness, and he said little other than praising the Prime Minister's choices of Justices Abella and Charron. The majority of the committee members quickly wrote a report reflecting this testimony, and wrapped up the process.

Among many Canadians, I believe that Supreme Court nominees deserve the transparency that would accompany direct public hearings with elected parliamentarians. Paul Martin himself endorsed this view for the past three years leading up to and including the June federal election. But this promise of transparency appears to have been abandoned for what is in fact a rubber-stamp process; an afterthought more than a genuine consultation.

No one wants to see an invasive inquisition of nominees. Neither should Parliament necessarily be given decision-making power over the selection of judges. But at the same time, I do not believe that the presence of the nominees before a Parliamentary committee

would taint the process of appointing judges to the highest court in Canada. Nor would this in any significant way improperly politicize the process. On the contrary, it would open the existing process beyond the very exclusive power of the Prime Minister, who, after all, is fundamentally a political decision maker.

This government has been on the job for nine months, yet in that time they could only cobble together a temporary process at the last minute. Announcing the details and the nominees one day before the committee meets is inexcusable, and provides further evidence that this process is only designed to retain the absolute authority of the Prime Minister's Office.

This process puts an end to another Paul Martin promise to give MPs a meaningful role in the next Parliament. Instead, the democratic deficit inherited from the Chrétien government continues under Paul Martin's cloak.

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 at 1-866-333-1933 or at 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@mts.net

How safe is our food

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

How foods are handled in the home also affects their safety. Poor food handling practices or storage methods can cause food-borne illness. Health Canada estimates that there are 2.2 million cases of food-borne illness every year.

For every reported case of food poisoning, it is estimated that 350 cases go unreported. The symptoms of food-borne illness are the same as for the flu: stomach cramps, fever, diarrhea, vomiting, nausea, etc. As a result, many Manitobans may blame these symptoms on the flu instead of on a food-borne illness.

Some helpful tips in handling food safely are:

- Separate raw meats, poultry and eggs from other foods that will be eaten raw (such as salads) or foods that are not reheated;

try and eggs from other foods that will be eaten raw (such as salads) or foods that are not reheated;

- Chill perishable foods within 2 hours of preparation;
- Carry meats to and from the barbecue on clean plates;
- Use a thermometer to ensure foods are cooked to the recommended temperature; and
- Wash hands, utensils, cutting boards and work surfaces before, during, and after handling raw meat or poultry.

To test your knowledge of safe food handling practices, answer True or False to the following questions:

1. Every truckload of milk is tested for the presence of antibiotics. True False

TRUE - If antibiotics are found, the milk is disposed of, and does not enter the food chain.

2. Modern farming practices increase the cost of foods.

True False

FALSE - Practices such as fertilizer use, feed supplements, etc., increase efficiency and decrease the cost to the consumer. Outside of the U.S.A., Canadians spend a smaller percentage of their personal disposable income (10.6%) on food than anywhere in the world.

3. Fruit and vegetables are tested for pesticide residues.

True False

TRUE - In 2001 and 2002 more than 12,000 samples were tested and 99% were in compliance with the maximum residue levels set out in the Food and Drug Regulations.

4. Everyone is at risk to the dangers of raw milk. True False

TRUE - Farmers or rural people are not immune to the dangers. Infants, pregnant women, the elderly and those with

See HOW SAFE/page 15

Say 'I Do' to a Spousal RRSP



by Steve Kulyk

A spousal RRSP makes a lot of sense for income splitting - dividing your income with a spouse so that you end up paying less tax

on the whole amount.

There are many reasons you might have started to think about opening a spousal Registered Retirement Savings Plan (RRSP). You may have a good pension plan at work while your spouse doesn't. Perhaps you have a higher income and you think you should be contributing to an RRSP for your spouse. Or, maybe you're worried that when you retire, you'll have to pay too much tax on your RRSP savings.

A spousal RRSP works like a regular RRSP except that one spouse puts money in for the other. The spousal RRSP belongs to the plan-owner. For example, if the wife is contributing into the husband's plan - the husband owns the plan but the wife receives the tax deduction.

You may contribute as much as you wish to a spousal RRSP, up to your annual limit. For example, if your contribution limit is \$7,500, you might decide to contribute \$4,000 to a spousal RRSP and \$3,500 to your own RRSP.

Contributions to a spousal RRSP do not affect your spouse's ability to contribute to his or her own RRSP. However, keep the plans separate to avoid possible taxes on withdrawals.

Contributions taken out of a spousal RRSP within three years are taxed as part of the contributor's income. In all other cases, any money withdrawn is taxed as the plan-owner's income.

A spousal RRSP makes a lot of sense for income splitting - dividing your income with a spouse so that you end up paying less tax on the whole amount. When it comes time to take the money out of the plan, instead of having a \$50,000 income taxed in just one person's hands, income-splitting lets you each take an income of \$25,000, reducing your taxes considerably.

If you intend to make a withdrawal from a spousal plan, your contribution date can impact when you can withdraw that money without tax penalties to the contributor. The spousal RRSP withdrawal rules are based on "calendar" years. If you contributed money into a spousal RRSP in December 2003, and then made no further contributions, you'll be able to withdraw money taxed to the plan-owner as soon as January 2006. However, if you make that contribution some time in the first 60 days of 2004 (now) then you'll have to wait until January 2007 - a whole year later - before some or all of the withdrawals are taxed solely in the plan-owner's hands. Be sure to think about that when planning your future spousal RRSP contributions.

This document is intended for general information purposes only, and the information contained in it is not intended to be a solicitation or recommendation to buy or sell securities, provide investment advice or individual financial planning advice, or an endorsement of any financial product or service.

The ECHO

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Lac du Bonnet RCMP Report

Police Report for the period of August 30th to September 7th, 2004



On the 30th of August, a report was rec'd of an Intrusion Alarm at a business on Park in the Town of Lac du Bonnet. This was found to be a False Alarm.

On the 30th of August, a report was rec'd that a vehicle was parked at the Rabbit River Parking Lot in Nopiming Prov. Park from the 28th of August to the 30th of August. When the owners returned, they found that a window had been broken and a number of items stolen from the vehicle.

On the 30th of August, a report was rec'd of Off-Road Vehicles driving illegally on Singbiel Road in the R.M. of Reynolds.

On the 30th of August, a report was rec'd that a motorhome had stopped overnight at McArthur Falls in the R.M. of Alexander. Police attended and the subjects departed.

On the 30th of August, a report was rec'd that a vehicle was driving in a careless manner at the corner of Anderson

and Davies in the R.M. of Lac du Bonnet. No vehicle description was available, and a police patrol did not locate the suspect.

On the 31st of August, a report was rec'd that a black and yellow BMX bicycle was stolen from a yard at a residence on Stanley in Pinawa. The complainant also reported recovering a wheelbarrow from the water at the Pinawa Marina.

On the 31st of August, a request was rec'd from Steinbach Detachment to check at a location in the R.M. of Whitemouth for an under-age female missing from Steinbach. Police attended to the location in question and the subject was not present.

On the 31st of August, a report was rec'd that an adult male was found deceased on the Fireguard Road off P.R. 214 in the R.M. of Lac du Bonnet. Police attended and determined that the subject was a resident of the Town of Lac du Bonnet. No foul play involved.

On the 31st of August, a report was rec'd of the theft of gasoline from a vehicle parked at Seagrim Lake in Nopiming Provincial Park. Took place between the 27th and the 29th of August.

On the 1st of Sept., a report was rec'd of three intoxicated subjects driving in a vehicle in the Town of Lac du Bonnet. Police stopped the vehicle at Minnewawa and Park and found an adult male resident of Wpg to be the driver and under the influence. He was arrested for Impaired Driving and the vehicle was impounded. He subsequently produced readings over the legal limit and was lodged to sober up. Released when sober for Court, with usual License suspension. An intoxicated adult male from the Powerview area was lodged to sober up.

On the 1st of Sept., two vehicles were observed to be racing on Smith Road in the Town of Lac du Bonnet. Police stopped both, and charged both under-age male drivers under the Highway Traffic Act. Both vehicles were impounded for 48 hours pursuant to the recent amendments to the Highway Traffic Act.

On the 1st of Sept., a report was rec'd of a group of youth making noise and acting in a suspicious manner around the Pinawa Teen Centre. Police patrolled to the area and spoke to the youth in question, but no

offences detected.

On the 1st of Sept., a report was rec'd that a vehicle which was parked on old P.T.H. #44 in Whitemouth had damage done to it. The windshield was cracked and the hood dented.

On the 2nd of Sept., a report was rec'd of loud music at a location on Elm Street in the Town of Lac du Bonnet. Police followed up with the subject in question to have same turned down.

On the 2nd of Sept., a report was rec'd of entry to the Lions Food Booth at the Lac du Bonnet Town Yard off Minnewawa. The fire suppression system was activated in the Booth, and it appeared that a number of July First T-shirts were stolen.

On the 2nd of Sept., a report was rec'd that a pick-up truck which was parked at the end of Minnewawa near the pump house in the Town of Lac du Bonnet jumped out of gear and rolled into the water. No injuries involved.

On the 3rd of Sept., a report was rec'd that an adult female had threatened suicide at a location on Edward Crescent in the R.M. of Lac du Bonnet. Police attended and determined that the threat was uttered during a disagreement and that it did not appear that there was intention to act on it.

On the 3rd of Sept., a report was rec'd that a "For Sale" Sign at the intersection of the Sunset Bay Road and P.R. 315 in the R.M. of Alexander had been damaged, knocked down, or stolen on a number of occasions within the past month.

On the 3rd of Sept., a report was rec'd that a vehicle was damaged by a hit and run driver while parked at Natural Resources in the Town of Lac du Bonnet. Took place on the 18th of August.

On the 3rd of Sept., a report was rec'd of a break and enter to a cottage at Sunset Bay in the R.M. of Alexander, with liquor stolen.

On the 3rd of Sept., a report was rec'd of a break and enter to a cottage on Wassahow Bay in the R.M. of Lac du Bonnet. A window was broken and door left open by the culprit(s). Costume jewellery stolen and liquor consumed. A small clock was left behind by those responsible.

On the 3rd of Sept., a re-

port was rec'd of a single-vehicle Motor Vehicle Accident at the corner of P.R. 313 & P.R. 315. Police attended and determined that the vehicle missed the corner and jumped the ditch. No-one around at the time, and the vehicle was towed. Investigation continuing with a view to charging the driver.

On the 4th of Sept., a report was rec'd of an Intrusion Alarm at the Natural Resources Park Gate at Rennie in the Whiteshell Prov. Park. This was found to have been a break-in, with the doors kicked in, but nothing stolen.

On the 4th of Sept., a report was rec'd of a missing adult female from a location on Riverland Road in the R.M. of Lac du Bonnet. Subject was believed to be in Wpg. with a vehicle.

On the 4th of Sept., a report was rec'd of a vehicle on fire on Alama Drive in the R.M. of Lac du Bonnet. Police and the Fire Dept. attended and found that the fire was, in all likelihood, related to an electrical problem.

On the 4th of Sept., a report was rec'd that Off-Road Vehicles were operated illegally on Singbiel Road in the R.M. of Reynolds.

On the 4th of Sept., a report was rec'd that the roadway was washed out at the intersection of P.R. 314 & P.R. 315 in Nopiming Provincial Park. Info passed on to the Dept. of Highways.

On the 4th of Sept., a report was rec'd of the theft of two 17' fibreglass canoes, red in colour, from the Red Rock Lake Camp in the Whiteshell Prov. Park, between the 30th of August and the 3rd of Sept.

On the 4th of Sept., a report was rec'd of the theft of a boat trailer from the McArthur Falls area of the R.M. of Lac du Bonnet.

On the 4th of Sept., a request was rec'd from the Winnipeg Police Service to locate and arrest an adult male resident of the R.M. of Lac du Bonnet on an outstanding Warrant to Arrest from Wpg.

On the 4th of Sept., a report was rec'd of a number of unidentified youth possibly vandalizing a phone booth just past the Bird River Bridge in the R.M. of Alexander, and creating a lot of noise.

See LAC DU BONNET/
page 15

Lac du Bonnet Community Billboard

Health Concerns? Call 268-3235 to book your seat

Cooking for better health Lose weight, gain energy and prevent illness. Classes begin for every five people registered. Cindy Reimann, certified in nutrition, call 268-2168. PACE 7-1375: meets first Tuesday of the month, Chicken Chef, Powerview meeting room.

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

Prenatal classes: held regularly at Lac du Bonnet. Please register with Gail 268-7465 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 7:00 p.m. Legion Hall.

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

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

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

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

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

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

Town of Lac du Bonnet Council Meetings second and fourth Thursday of the month.

Lakeshore A.A. meetings every Sunday and Tuesday 8:00 p.m. at St. John's Anglican Church, 86 McArthur, Lac du Bonnet. Last Sunday of the month open to the public. Call Ted 345-2839, Ron 753-8403. **Ladies A.A. Meetings** Thursdays 1:00 p.m., 18 McDermot, Pinawa Doreen 753-8157. **Battered Women's Crisis Line** 1-800-362-3344.

Lac du Bonnet Health Centre Auxiliary meets fourth Thursday of the month, Health Centre 1:30 p.m.

Lac du Bonnet Wildlife Association temporarily meets at the call of the chair. Call Peter 345-6190 for information.

New to town? Drop in to the Craft Basket on Second Street and pick up your Welcome to Lac du Bonnet gift, courtesy of the Chamber of Commerce.

Two Rivers Seniors Resource Council Inc. Call Pat at the Lac du Bonnet office, Health Centre at 345-1227 or 348-4610. Services: driver escort, lifeline personal response system, friendly visitors, fee-for-service handy helpers. **Pioneer Club** meets first Monday of month 9:30 a.m., Pioneer Club.

RM of Lac du Bonnet Council Meetings second Tuesday of each month 10:00 a.m. and fourth Tuesday of every month 6:00 p.m.

Alzheimer Society Theresa Conroy, Whitemouth 348-3505. Lac du Bonnet, Pine Falls, Victoria Beach, Pinawa, Beausejour, Whitemouth, Oakbank, Hadashville.

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

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

Lac du Bonnet Church Directory

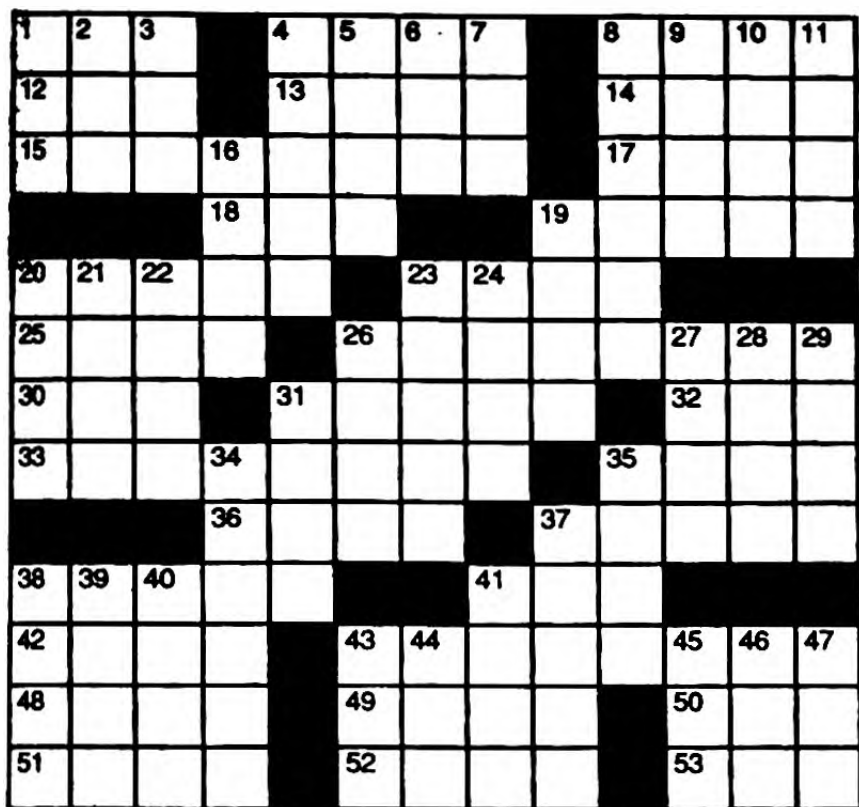
ABUNDANT LIFE CHAPEL
Pastor Jake Doell, church 345-2934, home 345-9766
Sunday: 11:00 a.m. - morning worship, 6:30 p.m. - Upper Room.

LUTHERAN CHURCH OF THE CROSS
Church/office 345-8654
Sunday: 11:00 a.m. - worship service

NOTRE DAME CATHOLIC CHURCH
Father Milrek Szymal, 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.

WEEKLY CROSSWORD



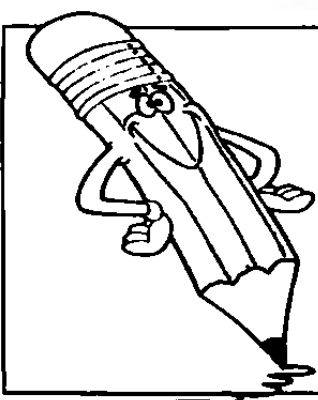
- ACROSS**
- 1. Body support
 - 4. Grotto
 - 8. Cuff (sl.)
 - 12. In the past
 - 13. Algerian port
 - 14. Russian inland sea
 - 15. Forest
 - 17. Not any
 - 18. Steal
 - 19. Scope
 - 20. Detest
 - 23. Satellite
 - 25. Noose
 - 26. Music direction
 - 30. Roadside tavern

- 31. Memorizing routines
- 32. Corn spike
- 33. Juvenile
- 35. Wide smile
- 36. Always
- 37. Got up
- 38. Strass
- 41. Mr. Baba
- 42. Give off
- 43. Less hours than customary
- (2wds)
- 48. Brook
- 49. Toward shelter
- 50. Cut grass
- 51. Lazy
- 52. Twelve months
- 53. The Gold Bug author

- Down**
- 1. Rule
 - 2. Self
 - 3. Sticky stuff
 - 4. Dye
 - 5. Bedouin
 - 6. Moving truck
 - 7. Finish
 - 8. Oblong fruit
 - 9. Press
 - 10. Snake tooth
 - 11. Run

- 16. Let fall
- 19. Decays
- 20. Dismounted
- 21. Os
- 22. Sharpen
- 23. Verse form
- 24. Unique
- 26. Theater box
- 27. Fiddling Roman
- 28. Raised platform
- 29. French river
- 31. Rant
- 34. Vex
- 35. Sand
- 37. Change
- 38. Graceful girl
- 39. Between
- 40. Window base
- 41. Region
- 43. Salary
- 44. Beverage
- 45. Small demon
- 46. Cow cry
- 47. Woolly mother

LAST WEEK'S ANSWERS



CRYPTIC PUZZLE

ZB YZCWDE FCQQ PR ZCE PFW
 CE WPY VE SPPT VE YZB FCQQ
 PR V ACXZ ABQVYCKB.

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

THE MAIN DIFFICULTY WITH A LIAR IS THE NECESSITY OF HAVING A GOOD MEMORY.

Weekly Echo Horoscopes

ARIES (Mar. 21-April 20)
 You should put in some extra hours developing that creative idea you have. Moneymaking opportunities will surface. Children might be on your mind. Don't hesitate to make special plans just for two. Family trips or projects should be on your mind.

TAURUS (Apr. 21-May 21)
 You could experience delays in shipments or mail, and should be careful while traveling. Don't let your emotions take over. Avoid too much discourse with colleagues this week. Don't make large purchases or investments.

GEMINI (May 22-June 21)
 Things aren't as they appear. Get involved in activities that will be fun for the whole family. Check your personal papers and make sure everything is in order. Don't hesitate to sign up for lectures or seminars that will enlighten you.

CANCER (June 22-July 22)
 Don't be too quick to blame others for your bad mood. You can meet someone who will become very dear to you if you get out and socialize. Be sure to take care of any minor ailments. Take a close look at any contracts you've signed in order to be sure exactly where you stand.

LEO (July 23-Aug 22)
 Changes at home will be necessary. Trying to deal with your mate will be unproductive and possibly hurtful. You have been stagnating for some time now and you need a change of pace. Sudden changes regarding your domestic scene are probable.

VIRGO (Aug. 23-Sept. 23)
 Be careful that you don't overextend yourself. Problems with fire, gas, or oil may cause disruptions and annoyances. You can't make things better if you don't know what to fix. Problems with females you live or work with will try your patience and cause temper flare ups.

LIBRA (Sept. 24-Oct. 23)
 You'll find you're detail oriented this week. Difficulties at an emotional level may be likely. Rather than making a scene, communicate quietly about the way you feel. You must use discretion when talking to others. Gambling should not be an option.

SCORPIO (Oct. 24-Nov. 22)
 Residential moves will be hectic and may be unsatisfactory. Any renovation or decorating to your home should include the whole family. Don't be critical or overly opinionated with dislikes; it could cause disapproval and unwanted opposition. Use your quick wit to win points and friends.

This edition covers the week of September 7 to September 13

SAGITTARIUS (Nov. 23-Dec. 21)
 Any renovation or decorating to your home should include the whole family. You may have to explain your actions to your family. If you can't get away, make plans to do something special with friends or relatives. Try to be precise in your communications.

CAPRICORN (Dec 22.-Jan. 20)
 Don't get involved in other people's private doings. You mustn't take on other people's responsibilities or you may find yourself irritable and exhausted. If they're really interested, they'll wait. Secret affairs may only cause complications in your life.

AQUARIUS (Jan. 21-Feb. 19)
 You may want to stay in the background this week. Accept the inevitable. Things are looking good for you, so open your eyes and get to it. It's time you let your true feelings out.

PISCES (Feb. 20-Mar. 20)
 Don't let someone take the credit for a job you did. Your health may suffer if you don't control your present situation. You will attract members of the opposite sex readily. Sports, physical fitness programs, exercise in general will make you feel better and show some pretty quick results.

Echo Classifieds

In loving memory of
**Arnold Ernest
John Krivda**
April 19, 1939 to
August 22, 2004



With heavy hearts, after a long and courageous battle with cancer, we, the family would like to remember a son, husband, father, brother and grandfather. Left to mourn his passing, are his mother Annie Krivda, The Pas; brother Walter Krivda, The Pas; his wife of 18 years, Valerie Krivda of Sagkeeng First Nations; son Greg and wife Tammy Krivda and daughters Lacey and Carlie of Yellowknife, N.W. T.; son Keith and wife Heather and their son Nicolas of Surrey, B.C.; son Marty and wife Terri Boice and their son Jordan of Clinton, Utah, USA; son Kevin and wife Amanda of Winnipeg, sons Johnny, Vance, and Vernon; daughter Debbie Routhier and children Cynthia, Shawn, Jeremy, Jessica and Danielle of Brandon, MB; daughter Kim and boys Sebastien, Eldon and Devon of Selkirk, numerous grandchildren and great grandchildren, and numerous nephews, nieces and cousins. He is also survived by his aunt Mary Hanke of The Pas; brothers in law and their wives; his mother and father in law Russell and Lillian Henderson, as well as Valerie's siblings and their families. Arnold worked in various locations throughout his life all over the north and most recently, retiring from Tembec as an engineer. He enjoyed fishing, hunting, and playing his guitar.

We would like to thank GD-6 and Cancer Care Manitoba staff at GD-4 for the wonderful care and all the doctors involved in his care over the past two and one-half years. Flowers are gratefully declined. If friends so desire, donations in Arnold's memory may be made to Cancer Care Manitoba, 675 McDermont Avenue, Winnipeg, MB, R3E 0V9.

Card of thanks
I would like to thank each and everyone who came out to express their sympathy - all the out of town travellers, the Ladies Auxiliary for the lovely lunch, Father Gray for the service, the Choir, my family for all their help, also my extended family, Grey, Keith, Vance, Marty for all the help, thank you for all the donations - flowers and cards.

Thank you,
Valerie Krivda

Piano - Willis and Company Piano and bench, very good condition, \$1400 OBO, call 367-2108 after 6:00 p.m.

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

2 Bedroom suite for rent in Pine Falls. Stove, fridge, washer, dryer, call utilities included, \$600 month, available September 1st.

For sale: One hospital bed, \$300.00. For more information call Denis at 367-8651. TFW

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.

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. TFW

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

House for rent, 3 bedroom, 2 full baths, stove, fridge, quiet area in Great Falls. \$535 per month includes water call 345-2931. TFW-2

Business For Sale, Lac du Bonnet Trophy/Engraving for sale. Home based business. 20 years in Lac du Bonnet. Serious Inquiries only. Will Train. For more information contact Twila @ 345-2354 or 345-8693.

For Sale: Double wide trailer in St. Georges, very private, great location. 1440 sq. ft. - 4 bedrooms, 2 full baths, attached garage, deck, washer/dryer, fridge and stove and dishwasher. Please call 367-4502 or 367-8523. TFW-4

UNDER THE MUNICIPAL ACT NOTICE OF PUBLIC HEARING REGARDING BY-LAW 13/04

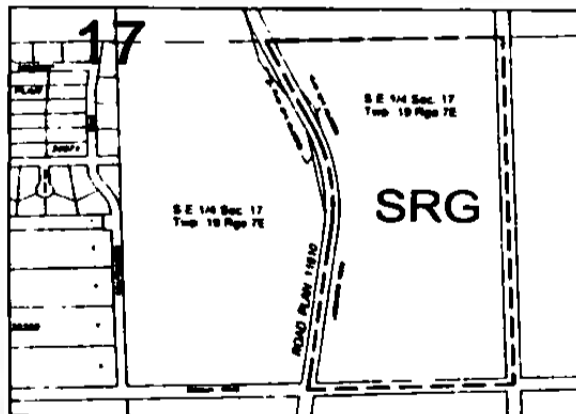
The Council of the Rural Municipality of Alexander under the authority of The Planning Act will hold a PUBLIC HEARING at the office of the Municipality at St. Georges, Manitoba on the 22nd day of September 2004 at 11:00 a.m. at which time and place the Council will receive representations and objections from any persons who wish to make them in respect of By-law No. 13/04 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 at St. Georges, Manitoba.

(1) The general intent of By-law 13/04 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 at St. Georges, Manitoba.

Part of the SE 1/4 of Section 17, Township 19, Range 7EPM

And shown outlined of a heavy broken line on Appendix "A", attached hereto, presently zoned "RD" Resource Development Zone be rezoned to "SRG" General Seasonal Recreation Zone



Appendix "A"

Attached to By-law No. 13/04 of the Rural Municipality of Alexander amending map 2-17 of by-law 8/98 being the rural municipality of alexander zoning by-law as amended

Legend:
SRG "SRG" General Seasonal Recreation Zone
--- Limits of area affected

MANITOBA INTERGOVERNMENTAL AFFAIRS AND TRADE
Date: July 28, 2004
Doc Number 888-68-237

Margaret Bonekamp
Chief Administrative Officer

UNDER THE MUNICIPAL ACT NOTICE OF PUBLIC HEARING REGARDING BY-LAW 05/04

TAKE NOTICE that the Rural Municipality of Alexander has proposed a by-law providing for the closing of the following public reserve:

All portions of a 10 ft. Public reserve as shown on a Plan of Survey prepared by Phillip Edward Stevens, Manitoba Land Surveyor and sworn to by him at Winnipeg on the 6th day of February, 1979 attached as Schedule "A" to this by-law be and the same are hereby closed.

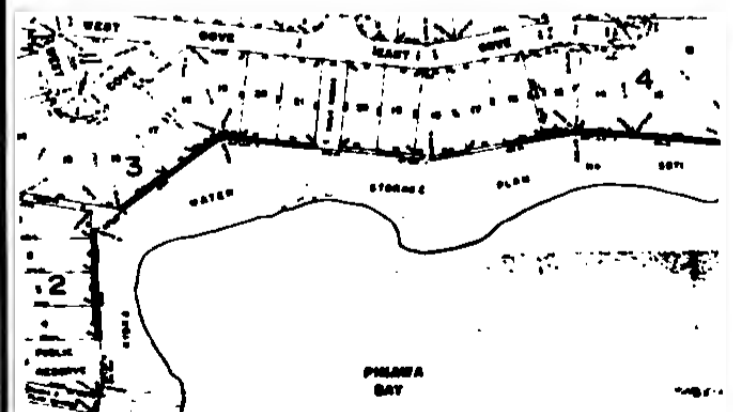
And for transferring, conveying and consolidating ownership of said Public Reserve of the respective owners of:

- | | |
|----------------------------|-----------------------------|
| Lot 1, Block 2 Plan 14503 | Lot 16, Block 3, Plan 14503 |
| Lot 2, Block 2 Plan 14503 | Lot 17, Block 3, Plan 14503 |
| Lot 3, Block 2 Plan 14503 | Lot 18, Block 3 Plan 14503 |
| Lot 4, Block 2 Plan 14503 | Lot 19, Block 3 Plan 14503 |
| Lot 12, Block 4 Plan 14503 | Lot 20, Block 3 Plan 14503 |
| Lot 13, Block 4 Plan 14503 | Lot 21, Block 3 Plan 14503 |
| Lot 14, Block 4 Plan 14503 | |
| Lot 15, Block 4 Plan 14503 | |
| Lot 16, Block 4 Plan 14503 | |

A copy of the above By-law of the Rural Municipality of Alexander and supporting material may be inspected by any person during regular office hours at the office of the Municipality at St. Georges, Manitoba.

The Council of the Municipality will sit at the Municipal Offices in St. Georges on September 22, 2004 at 11:15 a.m. to hear in person or by agent any person who claims that his land will be prejudicially affected by the by-law and who applies to be heard.

DATED at St. Georges, Manitoba this 12th day of August 2004.



Margaret Bonekamp
Chief Administrative Officer

Lac du Bonnet Police Report

from page 12

On the 4th of Sept., a report was rec'd that an adult male was assaulted and threatened by an adult male and an adult female at a location in Pinawa. This was determined to be a family disagreement over a wedding, and follow-up was done with the suspects as per the wishes of the complainant.

On the 5th of Sept., a report was rec'd that a number of cottages were broken into at Big Whiteshell Lake in the Whiteshell Prov. Park. Police investigation revealed that two cottages had been broken into, with a Fire Extinguisher stolen from one. Two other cottages at the same location had dining tents damaged.

On the 5th of Sept., a report was rec'd that an adult female who had been visiting Milner Ridge Correctional Centre in

the R.M. of Lac du Bonnet was assaulted by an adult male.

On the 5th of Sept., a report was rec'd of the theft of a set of golf clubs, bag and cart from a locked vehicle on James Road in Auglen Park in the R.M. of Alexander.

On the 5th of Sept., a report was rec'd that an under-age female was missing from her foster home on Bilan Road South in the R.M. of Lac du Bonnet. A short time later, police were advised that the subject was at a residence along the Wpg. River in the Town of Lac du Bonnet. She was returned to her foster home.

On the 5th of Sept., a report was rec'd of a possibly impaired driver proceeding north on P.T.H. #11 in the R.M. of Lac du Bonnet near P.R. 211. Police patrolled the highway but did not locate the vehicle in question. The Registered Owner was found at her resi-

dence in the Town of Lac du Bonnet and it was determined that she was not impaired.

On the 5th of Sept., a report was rec'd of a lost adult male in the vicinity of Big Whiteshell Lake in the Whiteshell Prov. Park. Investigation revealed that the subject had taken a different route from his family and was in fact safe and sound.

On the 5th of Sept., a report was rec'd of a vehicle driving imprudently in the area of White Lake in the Whiteshell Prov. Park. The plate number was obtained and a charge will be forthcoming.

On the 6th of Sept., a report was rec'd of a single-vehicle Motor Vehicle Accident on Lagsdin Way in the R.M. of Lac du Bonnet. Police, ambulance and the Fire Dept. attended to find a vehicle on its side in the ditch, with an

adult female in the vehicle. This subject was removed to Pinawa Hospital for treatment of non life-threatening injuries. Noted that the driver was under the influence of alcohol, and a blood test was taken accordingly. Investigation continuing.

On the 6th of Sept., a report was rec'd to check on the well-being of an adult male in Pinawa, as the complainant had not been able to reach the subject for some time. Invest-

igation revealed that the subject was house-sitting another residence in Pinawa.

On the 6th of Sept., a report was rec'd of a break and enter to a boat-house at a location at White Lake in the Whiteshell Prov. Park.

On the 6th of Sept., a report was rec'd of an attempted break and enter to a garage at a location on Mascanow Drive in the R.M. of Lac du Bonnet. Took place over the past two weeks.

How safe is our food

from page 11

chronic diseases are especially at risk. There are more than 50 disease-causing bacteria that may be found in raw milk including Yersinia, Listeria, E. coli, Salmonella and Campylobacter.

5. Environmental pollutants cause 25 per cent of cancer cases. True _____ False _____
FALSE - Environmental pollutants such as lead, mercury and dioxins cause only 2 per cent of cancers. Most cancers are caused by smoking, alcohol and exposure to the sun's harmful rays.

6. Our bodies respond differently to natural and man-

made substances.

True _____ False _____
FALSE - All food is made up of chemicals in different combinations. Our bodies cannot tell the origin of a chemical. Living cells are not conscious units able to decide whether chemicals that enter the body are natural or man-made.

7. Consumers can reduce their risk of developing cancer by changing their diets. True _____ False _____

TRUE - Diets low in fat, high

in fibre, and those rich in beta carotene (Vitamin A: carrots, squash, sweet potato, broccoli, cantaloupe) are associated with a reduced risk of cancer.

8. Food poisoning caused by improper food handling costs Canadians one million dollars per year. True _____ False _____

FALSE - Food poisoning is estimated to cost Canadians one billion dollars a year in medical costs, legal fees, lost wages, etc.

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The Winnipeg River Echo

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