



# Special poignancy at Rob Thomas Memorial Hockey Tournament

by Charles Norman

Every year for the last six years the Powerview RCMP detachment has organized a memorial hockey tournament in honour of Special Constable Rob Thomas who was shot and killed in Powerview 19 years ago. This year the deaths of four RCMP officers in Alberta in the same week added a special poignancy to the tournament.

In honour of the young constables, flags along Pine Street, at the Legion, the Post Office, the Fire Hall, the RCMP headquarters and the Powerview village office were all at half-mast. Two bouquets, each with four red roses to represent each of the fallen officers, were delivered to the detachment; a sympathy card from the staff and students at Powerview School was also delivered. The detachment received many telephone calls expressing regret and sympathy for the families and comrades of the four constables.

Staff Sergeant Steven Saunders said there was a great deal of community support, especially noticeable during the tournament. All sixteen teams wore black armbands on the left sleeves of their uniforms and the Pine Falls Curling Club was completely full for the banquet Saturday evening.

The tournament was opened with 18 year-old Quincy Wilson



RCMP Officer Sgt. John Duff (right) accepts the Second Place trophy on behalf of the Pistols team from Cst. Jason Vrooman (left) at this year's Rob Thomas Memorial Hockey Tournament which raised over \$2000.00 for the Slain Peace Officers Fund.

dropping the puck, flanked by an honour guard of four RCMP officers in dress uniform. Wilson, son of the slain RCMP officer never knew his father - he was born five months after his father was shot and killed outside what was then a Shell Service Station on Pine Street. In the same incident, another officer, Constable Reg. Gulliford, was shot in the back. He lived but is now a

paraplegic. He lives in the Maritimes.

Four years ago another local officer, Denis Stronquill, who had been posted to Waywayseccappo in Western Manitoba, was shot and killed while on duty. With him that night was Constable Rob Lasson. Const. Lasson, now with the Powerview detachment, was part of the honour guard for Special constable

Rob Thomas at the opening of the hockey tournament on Saturday.

The men's tournament which consisted of ten teams was won by the Powerview Ol'Timers who defeated the local RCMP team the Pistols. The women's tournament of four teams was won by the RCMP Scarlets, female officers from the RCMP's D division. The tournament raises

money for the slain officers fund. The fund is used to defray part of the cost of officers attending funeral services for officers slain in the line of duty.

Staff Sergeant Saunders was not able to say how many officers from the Powerview detachment would be attending the Edmonton memorial service for the four slain officers but said there would be a very large contingent from Manitoba.

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# Flag at half mast

Dear Editor:  
 As we all know, four Junior RCMP officers were slain in Alberta recently. This is a terrible tragedy. My heart goes out to the family members of these officers... wives, mothers, fathers, children, brothers, sisters, and the list goes on. In a show of national respect and unity we have lowered our flags to half-mast to honour the dead. These men put their lives on the line to serve and protect. From coast to coast flags have been lowered. Pine Falls has followed suit as well, except at the mill in Pine Falls

(Tembec). When I saw this I was shocked. I asked myself how could this happen? This bothered me to the point where I had to send an email. Something had to be said! In my opinion this is not a show of respect for our fallen Canadians. The only thing I have to say to these people is you all should be ashamed. Take some time out to think about the scope of this terrible incident and your lack of respect. The RCMP serves and protects you also!

Thank you,  
 A proud Canadian

# Missing the bus

## Pine Falls and Vic Beach on Grey Goose termination list

by Jim Hampshire  
 If someone doesn't stand up and make a little noise soon, Pine Falls could find itself out of the loop. The Grey Goose Bus loop, that is.

Last fall Grey Goose announced it was seeking to drop bus service to some smaller and more remote communities around Manitoba, citing high fuel costs and a decline in ridership as the reasons. Quietly, though, both Pine Falls and Victoria Beach were added to that list and bus services to and from Winnipeg could be a thing of the past. But before any final decisions are made, the move to remove any bus runs falls squarely on the shoulders of the Manitoba Transport

Board and the clock is ticking double time for anyone wishing to state a case to keep the bus service coming to the Pine Falls and beach region.

As it turns out, the first public meeting by the Manitoba Transport Board in the Eastman region will be held at the Lac du Bonnet Curling Club at 10:00am on Thursday March 10 of this week. Now in order to make a formal presentation, arguing to keep the bus service alive, names of those speaking at the hearing needed to be submitted by the end of January. Based on that information, the March 10 hearing will only be a formality as it is not readily known if anyone has registered to speak

on behalf of Pine Falls. The transport board will also be holding additional meetings in Beausejour later the same day, and a third meeting is scheduled on March 29 at Anola.

In all, Grey Goose is seeking to drop 20 communities from its scheduled routes, including the larger communities of Russell, Rossburn and Shoal Lake. The bus company also submitted a list of 16 communities which would face reduced service, none of which affected the Eastman region.

And although The Echo did run an article concerning the proposed cutbacks in service to Pine Falls no press release was received over the last number of weeks announcing the public hearings.

# Chamber of Commerce sets up Hospital Committee

The Blue Water Chamber of Commerce has set up a committee to look into ways that the community can improve health delivery services.

Chamber Chairman Ed Gaffray said "the committee will be seeing if there is anything we can do to attract people (doctors and nurses) and keep them here." He said there

might be ways that we can make new health care professionals welcome and enthusiastic about becoming part of our community.

He noted that the people in St Anne's wanted birthing rooms in the St. Anne's Hospital in the Southeast Regional Health Authority. They were told that it would cost more than

\$400,000 and that St Anne's did not deliver enough babies to warrant the cost. The community responded by going out and raising the \$400,000 themselves.

Other communities have raised money for similar projects. The committee will be meeting with other communities in other regions to learn of their success with a view to bringing their ideas here. They will also be looking into ways of improving the relationship with NEHA, determining NEHA's objectives for our area and examining ways the community can help NEHA achieve its goals.

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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.

# Public meeting held for schools

Approximately 50 people attended the public information meeting in regards to the amalgamation between Pine Falls and Sunrise School Division, which was held at the Pine Falls School gym last Wednesday.

When the Province announced the amalgamations of Provincial school divisions/districts including the forced amalgamation of the Pine Falls

School District in 2001, this was delayed for Pine Falls until they could attain municipal status, with a proper taxing authority for school taxes. The Province reiterated in writing in May of 2004 that "It remains the view of the government that, when Pine Falls municipal status is resolved, amalgamation between Pine Falls and Sunrise is to proceed".

Negotiations began in late November between Sunrise and Pine Falls to reach an amalgamation agreement that could be submitted to the Board of Reference this year. The Province expects the two school boards to come to a mutual agreement on most issues with regards to the amalgamation. A joint submission or separate submissions to the Board of Reference will also include areas of dispute, which the board will rule on, either in favor of one party or a completely separate position from either of the two parties.

The Board of reference hearing for the school amalgamation will take place in Pine Falls. A date has not been set for this hearing as of yet, but will give at least two weeks posting to inform the public.

**Pine Falls School District - Current Position:** School **Future:** It has always been the position of the Pine Falls School Board that a

school presence remains within the Pine Falls area. Pine Falls has requested a minimum of a two year status quo transition period where there would be no change in grade structure, staffing and programs etc. **Students:** Pine Falls has requested the protection of School's of Choice and First Nations students. **Governance:** Agreed, The Public School's Act allows for an interim board, which would include one voting Pine Falls Board member to be part of the Sunrise interim board until the next election in October, 2006. **Harmonization of School Taxes:** The existing 2004/05 Pine Falls School mil rate is: Residential 22.84 mils and Commercial 35.08 mils. The 22.84 and 35.08 mil rates generates \$902,640 of education revenue for the 2004/05 Pine Falls School budget of \$1,555,000. Other sources of revenue include School of Choice of \$173,750; First Na-

tions of \$126,000 and the Province of \$292,000. **Staff:** Agreed, All staff will join Sunrise's respective unions with seniority being honored. **Timing:** Agreed, The School amalgamation is scheduled to occur on July 1, 2005. The Pine Falls School Board would cease to exist after July 1st and the Sunrise interim board would be responsible for the operation and future of the Pine Falls School.

Pine Falls has requested that an ad-hoc committee be set up to include Pine Falls/Powerview residents to review the Powerview school operations and recommend changes to improve education in the area. Any monies saved by the possible closure of Pine Falls school is to be utilized strictly in the Powerview School for a negotiated time frame.

**Sunrise School Division - Current Position:** School **Future:** Sunrise has stated that they will

note their intent to initiate the process for school closure as part of the submission to the Board of Reference. This process takes 20 months from the time they have legal authority to initiate the notice. Sunrise has agreed to a one year status quo and a second year with the grade structure, staffing and programs to change based on the Sunrise Division models. **Students:** Sunrise has stated that they would not want to accept any new School's of Choice or First Nations's students as of the first status quo year. **Governance:** Agreed. **Harmonization of School Taxes:** The existing 2004/05 Sunrise School mil rate is: Residential 4.56 ESL + 24.617 (total 29.177), Commercial 16.8 ESL + 24.617 (total 41.417) The 2004/05 Sunrise School budget was approximately \$42,816,000 and they have 25 schools.

SEE/PUBLIC MEETING pg 6

## Sagkeeng First Nation Chief and Council candidates

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The program provides financial support and an opportunity to be considered for summer employment at Manitoba Lotteries. The \$500 awards go to candidates who are attending their first year of full-time study in one of seven participating post-secondary educational institutions in Manitoba.

The institutions are Assiniboine Community College, Brandon University, Red River College, Collège universitaire de Saint-Boniface, University of Winnipeg, University of Manitoba and Kewatin Community College in The Pas.


Applications are available at the Manitoba high schools and the recognized institutions, and must be submitted by July 15th each year.

"It's a program that is growing," says Marilyn. "In 2003, there were 13 students. This year, in what proved to be a very challenging selection process, there were 28 students who qualified for awards to help further their education."

To be considered for summer employment, award recipients must be 18 or older and have successfully completed their first academic year.


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# Blues lose two in semi-finals

## Lac du Bonnet has back up against the wall

by Jim Hampshire

Considering that the Lac du Bonnet Blues were the only team to beat the league-leading Ashern Homets throughout the entire SIHL season, you'd think their playoff chances were pretty good. Guess again. It so happens there is a pesky team of players between Lac du Bonnet and Winnipeg that would like to prove otherwise.

Going into the South Interlake League semi-finals against the Beausejour Stars over the weekend, the Blues were brimming with confidence. And why not, especially after winning back-to-back games against the Lundar Falcons to take the quarter-final best of three game series post haste. Of course the Blues knew that the third place Beausejour team would be a tougher hurdle to jump, especially with skates on, but it's safe to say that the Blues didn't expect to be on the brink of elimination this early in the series.

In game one of the semi-finals last Friday, the Beausejour Stars strutted into the Lac du Bonnet Arena and struck early, winning the first game of the series 8 to 7 in overtime. Not only did the win send a

disturbing message down the Blues bench, it also took away the home ice advantage the Blues earned with their second place season finish.

Needless to say, the series opener was a see-saw battle that began early in the second period when the Stars opened the scoring with a goal from Brady Witzke. Known for their shaky starts, the Blues didn't panic and were able to regroup two minutes later and tie the game with a nifty shot from Tyler Tease. Beausejour kept the see-saw rocking one minute later and once again, the Blues countered with a couple from Mike Grewinski to take a 4-3 lead into the second intermission.

The third period brought better results when the Blues were able to add to their 4-3 lead, when Aaron Wold bent the twine behind Beausejour goalie, Chris Bear. That two goal Blues cushion was quickly erased, however, when Beausejour bounced back with a couple of quick markers of their own, tying the game at five, late in the third.

This game of ping-pong on ice continued when Dwight Hirst hit the net to regain the Blues lead, but wouldn't you know it, Beausejour spiked in

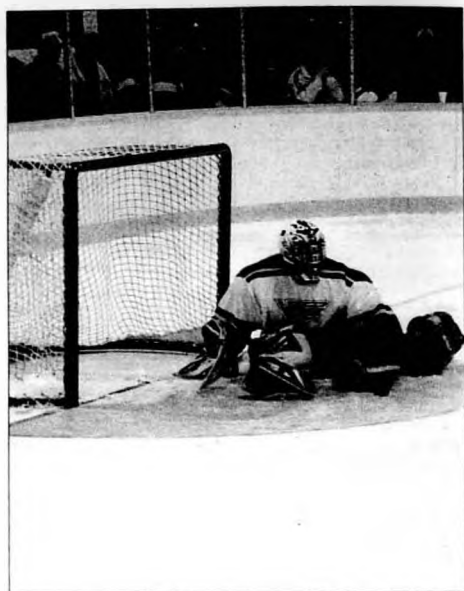
number six, while Lac du Bonnet served up number seven moments later for another short-lived lead.

It soon became clear this game had to be settled in overtime, and again. Beausejour made it official when Jordan Gmiterek beat Blues netminder, Shane Hintz, late in the third to tie the game at seven.

The overtime period served to be a cruel reminder for the Blues, who lost their only overtime game of the regular season to the same Beausejour team in early November. As it turned out, history did repeat itself when Jason Glover secured the win for the Stars, just over the halfway mark of the overtime period.

The second game of the series took the Blues into Beausejour on Saturday night and the Stars carried the momentum earned the previous game onto their home ice by picking up a 1-0 first period lead.

To their credit, the Blues hit the scoreboard twice in the second frame, while displaying a strong defensive game by taking a 2-1 lead into the second intermission. The strong defensive effort returned to ice for the Blues squad to begin the third period but the dam finally



Down but not out. Blues goalie Shane Hintz would like to even the score against the Beausejour Stars this weekend. The Stars currently lead the best of five game series two games to none

broke when the Stars were able to punch in four goals in the final eight minutes to win 5-2 and take a two-zip strangle hold on the five-game series.

The Blues are back on home ice on Friday, March 11, to begin their comeback. In order to make that comeback a reality, the Blues will have to win all

three of the remaining games of the series. Gametime on Friday is 7:30 at the Lac du Bonnet Arena. A Lac du Bonnet win would see game four being played on Sunday, March 13, in Beausejour. A further win by the Blues would force a game five on Wednesday, March 16, back in Lac du Bonnet.

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**SUNRISE SCHOOL DIVISION**

Please be advised the Regular Board Meeting of Sunrise School Division scheduled for **THURSDAY, MARCH 17, 2005** HAS BEEN CANCELLED and Rescheduled to: **TUESDAY, MARCH 15, 2005 at 7:30pm** at the Sunrise Education Centre (MPR) 344 Second Street North, Beausejour, MB

# Just golfing around

## New golf season begins in a snowbank

by Jim Hampshire

To say a few Lac du Bonnet duffers have an early season itch would be an under statement. To say they have frost bite would be more accurate.

Last Sunday aptly served up a small blizzard as a hardy bunch bundled up to take in the annual Lac du Bonnet Wildlife Association's annual snow-golf toumeay, where members were invited out onto the Winnipeg River in the snow-squall conditions to see who could lose (or freeze) their balls first. For the record, it should be pointed out that the players use a large rubber 'red, white and blue' ball and freezing them is a problem when it comes to distance.

The tournament, which is played each year in March, come snow or shine, serves as a club booster for a day of fun and frolic at a time of unpredictable weather. Last year, for instance, the tournament was cancelled due to heavy rains which flooded the ice surface with four inches of water, which was a hazard too great for the field. This year, however, the precipitation fell in white

clumps, propelled by a 45 mile-per-hour wind, which reminded participants why golf is termed a summer sport.

"Everybody had a heckuva time," association president Peter Humble roared following the day out on the ice. "We didn't get the numbers we usually get but that's understandable considering the weather."

Normally the tournament draws in excess of sixty golfers but this year Humble said a respectable number of forty golfers took in the nine-hole course. And although attendance was down,

Humble was happy to point out that scores were at an all-time high, bringing his own snow-golf score a little closer to the pack.

"I wouldn't know if I carded the highest score because my pencil froze halfway through the round," Humble laughed.

Unofficially, Humble conceded that his team might have brought in the highest number, which would get the team a first place finish at any fishing derby, but on this day it only produced some good natured ribbing.

On the other end of the spectrum, the team

led by Darwin Maslow picked up low score on the day, and the Holly Meade team picked up accolades for wearing the

best hats, which is a gutsy feat considering the winds.

The annual event also serves as a fundraiser for the association, which works to monitor and sustain a healthy eco-system for wildlife both above and below the water in

the Lac du Bonnet region.

The brave but foolish group of golfers were treated to a superb smorgasborg at the Lakeview following the day of golf on the newly named Glacier Bay Golfcourse.



Lac du Bonnet Wildlife Association President, Peter Humble works to organize the annual snow-golf tournament each year.

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# Public meeting held

(Con't from pg 3)

2005/06 Budgets are submitted in March 2005. Once school divisions are amalgamated taxpayers pay at the same mil rate division wide which means that Pine Falls residents would pay a mil rate of approximately 29.177 and Pine Falls commercial would pay a mil rate of approximately 41.417. Any increases in the Sunrise school budget (excluding the added Pine Falls costs) or provincial ESL rate would be extra to these mil rates. **Staff:** Agreed. **Timing:** Agreed.

Sunrise has stated that any savings in school budgets

gained by the possible closure of Pine Falls School would be shared equally by the Sunrise School Division.

Tembec Inc owns the Pine Falls School building. They have stated in writing that the building will remain available for the education of children but wish to enter into a negotiated 2-4 year lease agreement with the Sunrise School Division with the eventual full legal transfer of the building if long term education requirement is decided upon.

The Pine Falls school expects to run a balanced budget to close the school year on June 30, 2005. Any marginal surplus and any deficit would

be transferred to the Sunrise School Division as part of the amalgamation agreement.

Sunrise School Division Superintendent, Duane Brothers, gave a presentation on Sunrise School Division's overall goals, objectives and its operations. "Amalgamation has been mandated. So what can we do about it?" were his opening remarks. Brothers believes that Sunrise has much to offer its students and it is a leading division that strives towards making education enriching for all learners and welcomed Pine Falls School District to become a part of Sunrise team.

Following the presentation, a question and answer period was allowed. Some of the questions that were put forward to the committee was that if Pine Falls School District is to join Sunrise then why do we not keep the school open and have a two tier school system. Pine Falls school could provide early years learning K

- 6 and Powerview could continue as a high school. "It is an excellent opportunity to provide a better education environment for our young children and having two schools one elementary, and one high school is something that most people would like to see happen." said Charles Gould. Paul Magnon stated that even though it would be ideal, it was unlikely because if Powerview School could service all students then the Public School Finance Board would not approve it. Currently there are approximately 460 students attending Powerview. The school has the capacity to have 748 students. What ever the numbers it would be necessary to have a lobby group formed to push for what most believe would be the best solution and that is to have a two tier school system in our community.

Lac du Bonnet has a two tier system elementary and a high school. Their enrolment is 245 students in the high school and 264 enrolled in elementary. Many years back, they even had a three tier system in the community.

Another concern that was raised was Pine Falls was losing to many things, the Northern Store, now the school. Parents were also concerned about enrolment for this coming year. It was explained that all would remain the same this year and the following year everything would fall under the Sunrise format. Enrolment could not be answered until a later date as they had to wait to see the numbers, but they assured parents that they would make it a priority to give them answers as soon as they became available.

The Board of Reference hearing will be scheduled in Pine Falls, there will be a two week notice prior to the meeting. The committee encourages anyone who wants further information or inquiries to talk with their Board representatives. Pine Falls Board, Wayne Barkhouse/Co-chair(367-9232), Shannon Earle/Co-chair(367-9945) for Sunrise Board, Lorraine Boltson/Chair (755-2924) Jamie McMullen/local representative (367-2988).

## RCMP Thank you...

The Winnipeg River Detachment held the annual "Rob THOMAS MEMORIAL HOCKEY TOURNAMENT" coordinated by Cst. Greg SMITH. The event raised over \$2,000.00 for the Stain Peace Officers Fund. The detachment also wishes to give special thanks to the following people for their time, donations and sponsorship of the event!!!!!!

Keystone Sporting Goods  
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TEMBEC

Leo NOLAN, Bob NAULT, Charlie HAWRANIK, Alex CARELLO, Graham CARELLO, Andrew NAULT, Adam HOUSTON, Pat & Doreen ENRIGHT, Jason GAUTHIER, Kim ROBERTSON, Doug URSEL  
Pine Falls - OLDTIMERS, Powerview OLDTIMERS and St. Georges VOYAGEURS and the LEFTOVERS

And of course the Pine Falls Arena Staff and Volunteers and the Powerview Arena Staff and Volunteers

On a final note a big thank you from Cst Greg SMITH goes out to his fellow officers and administrative staff of the Winnipeg River Detachment and all other participants for their continued support of this event!

THANK YOU! - To the general public from the Winnipeg River Detachment for your condolences and thoughtfulness after the tragic incident in Alberta took our (4) of our fellow officers. Your kindness was appreciated!

ROB THOMAS MEMORIAL HOCKEY TOURNAMENT

# Library Corner

## Lac du Bonnet Regional Library



Announcing.....the winning title in the CBC Canada Reads debates for 2005! It is *Rockbound* by Frank Parker Day. The nominated titles in this event are being well-read by our patrons and it seems there is local agreement as to their choice of a winner this year! Everyone is entitled to an opinion. Read a couple of

these selections and tell us what you think!

Our very own *Battle of the Books* is also over for another year! Thank you, Lac du Bonnet, for the interest shown in this challenge and for reading just a few more books! We had hoped to share the final tallies this week, but we'll have to let the suspense build for one more week while all libraries submit statistics and the team totals are calculated!

Another short term of employment for Heather under the Community Access Program came to an end on Feb 25th! We miss her quiet, helpful ways, and are already realizing how much we depended on her. She was able to answer questions and give basic instruction in internet use, and this was very helpful to patrons and staff alike!

The Writers' Collective program, University of Winnipeg, is launching a Short Fiction contest and a poetry contest for new and emerging writers. A total of \$1600 in cash prizes is available to be won in the two contests combined, and separate categories exist for adults and students in both. Entry fee is \$10, and the deadline for entries is Friday, April 1<sup>st</sup>. Entry forms can be downloaded from their website at [www.writerscollective.ca](http://www.writerscollective.ca).

Another website for aspiring writers to check is that of

the Manitoba Writers' Guild. Here we learn about the Sheldon Oberman Emerging Writers Mentor Program. They select apprentices to study under the direction of more experienced writers. It was interesting to note that local author, Gerry Beirne is one of the mentors that will be sharing his expertise. Another free service to take note of is the Writer-in-Residence Program which runs from October 2004 to May 2005. Winnipeg author Duncan Thornton presently holds that position and is working out of the St. James-Assiniboia Library.

We have received information about Manitoba Hydro's annual Calendar contest. Students between 6 and 13 years old, are invited to create artwork in a teacher-supervised, school-run contest. Deadline in April 1, 2005. Ask your teacher for further information about prizes and contest rules.

"On January 6, Albertans lost a Lieutenant Governor and all Canadians lost an author who brought passion to one of the most passionate enterprises we all love to pursue or dream of pursuing: gardening." Lois Hole's gardening books have always been popular in our library - check out the display of her titles and start to think Spring!

**Pine Falls** ★★★★★★

**March 11, 12, 13**

Pine Falls Curling Club

**MIXED** ★★★★★★

**BONSPIEL** ★★★★★★

**Entry Fee**

**\$140 Per Team**

**Live Band to Rock Saturday Night**

Come Join the Fun!

★ SKILLS COMPETITION ★ PRIZES



To Enter a team call Jackie at 367-8332

★ Supper catered by Bostroms ★

# Puppies left for dead

Last week father and daughter went for a trip to the local nuisance grounds and found more than they bargained for, when the little girl heard whimpering and crying and told her father, who then went to investigate. Much to

their dismay they found eight fair sized puppies all stuffed into an egg carton box (shown below). They were piled on

top of each other facing down in the box. The animals were cold, hungry and very scared.

The puppies are approximately five to seven weeks old. They were brought home with the family.

Three of the eight puppies have since found homes in the community, while the remaining five were taken to Darcy's Arc, which is a no kill shelter in Winnipeg.

Len Turcotte who is the local dog catcher for Powerview said that he takes approximately four dogs in a two week period from this area.

If people have animals that they can no longer provide care for, instead of abandoning them, they can call Darcy's Arc at 1-

888-2266 or the local dog catcher to make arrangements to have the animals taken to a shelter and given a chance to find a loving home.

Stray dogs and cats have always been an ongoing concern in our communities. By ensuring that your cats and dogs are spayed/neutered, kept on leashes and registered will help keep the numbers to a minimum.

Animal shelters are always seeking monetary donations. If you are interested in contributing to the Winnipeg Human Society call 204-982-3551 or non kill shelters such as Darcy's Arc. These shelters also accept donations of food, toys, etc...



Seven of the eight puppies that were left for dead at the local nuisance ground. The eight puppies were found packed into the egg carton box (top right).

## SOBERING FUNERAL CHAPEL



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No Appointment necessary!  
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Come down or call 367-9244



## QUICKSPA Client Testimonials....

After working out one month at Della's Quick Spa for 5 days a week and following the Dr. Phil program, I am sleeping much better, my energy has doubled and I feel 10 times better. I love it and it works!  
I have lost an amazing 25 pounds. I have lost 6 1/2" on my waist, 4 1/2" on my legs, 3" on my arms, 2 1/2" on my chest. This is a total loss of 16 1/2". I feel great!

Rose Chevrefils

After joining the Quick Spa for just 3 weeks, I have lost 22 pounds. I also lost 3" on my waist, 3" on my chest, 1" on my hips and on my left thigh I lost 5" and on my right thigh I lost 4", for a total of 16 inches. I have followed a healthy diet and came faithful to the spa everyday, 6 days a week. Della has been very supportive and encouraging me every step of the way. I not only feel phenomenal, but I have gained more confidence in myself! I feel so happy now and I could kick myself for not joining sooner.

Brenda Broza (Pelletier)

I've been working out regularly about 5 times a week doing a variety of activities to keep in shape. I've tried many different machines, and have been a member at different clubs that had everything to offer. I got bored doing the usual ones, treadmill, bikes, climbers and then enjoyed running, biking, skiing and free weights. Although this routine served me well it didn't challenge me and I was at a stand still. When I walked into Della's spa I was skeptical that a little 10 minute workout on the R.O.M. And her other interesting machines would give me results because I usually worked much much longer than that, but WOW. I am impressed. I noticed a difference in my overall shape in just 2 weeks compared to the last 4 years of my regular exercise routine. I am working out less and getting an awesome workout. I have more energy and now am using my time more efficiently. After 3 children, my toughest areas, my abs (which I gave up on) once again Della's machine is giving me results. I also don't have my usual side effects of exercise which used to halt my routine such as skin splits, sore back and muscles and joint pain. Thank you Della for taking my fitness to the next level!

Karen Moreau

# Library Allard

The "Battle of the Books" has wrapped up its' second year. This is a friendly competition amongst rural public libraries to see who can increase their circulation for the month of February as compared to last years' circulation stats. Our circulation did increase substantially thanks to all of our Patrons! We anxiously await the final tally and will post them as to our place in the winners circle!

Robin Cyr spent an evening at Library Allard reading passages from her late Mother's book: "Gloria Grayson: In Those We Trust. Only They Can Betray Us". The evening was spent in good company as we listened to the dramatic life events that unfold within the book. A must read for all! However, due to an agreement between Robin and



Library Allard, we have agreed not to circulate the book until the end of June. If you are eager to read the book, please call Robin for your very own, signed copy! On behalf of Library Allard we would like to send a great big THANK-YOU to Robin Cyr for a great reading and we wish her much success.

See you in the library, Library Allard - 367-8443 - Ecole Communautaire, St. Georges

Beaches Branch Library - 754-4007 - Walter Whyte School - Grand Marais

# Faith Perspective

by Pastor Jake Doell

## Are You Trapped?

While my wife and I and I lived in the northern Manitoba, a close friend of ours who was a trapper showed us how he set traps on his trapline. He told us that two things are needed for a trap to be successful, it must be hidden and it must be baited to lure it's victims into it's deadly grip. In my ministry as a pastor I sometimes meet people who are caught in a trap. No, not a steel double jawed trap used to catch animals, but a trap that is just as deadly as the ones that trappers use.

The trap that I am referring to is called an offense. Let me explain it this way. In our every day dealings with people, we sometimes get hurt. When we do not seek the proper healing for that hurt, we can be offended. The painful

memory of the incident can trap us and hold us hostage till we find a release from it. When the offense remains in our lives we can become angry, resentful, hateful and even bitter. If some of these symptoms keep lingering your life for long periods of time, you may be trapped by an offense. Maybe you are wondering if you will ever be free to enjoy your life again. Perhaps you have gravitated to your own solution of revenge, "I must get even."

Revenge comes from out of our own little court system that we set up in our mind. The problem with revenge is that it does not satisfy and usually leads to more bitterness. Francis Frangipane described "bitterness as unfulfilled revenge." I have witnessed how bitterness has eaten away at a persons soul and robbed them of joy.

How do you get out of the trap of an offense? Jesus taught us to pray this way in the Lord's prayer; "Forgive us our trespasses, as we forgive those who trespass against us." (Trespass=Offenses) When we exercise mercy and forgive those who have hurt us we actually are setting ourselves free.

Forgiveness is powerful but we also need God's help to truly forgive.

I read a story of a young girl who had been terribly offended by her father. For many years she struggled to to free herself of the terrible bitterness that had trapped her emotionally. After many years she finally found forgiveness for her own sins at the "old rugged cross." Then with the help a Christian friend, she finally was able to forgive her father for the deep hurt he had caused her. By forgiving her father she immediately sensed a new found joy in her own heart. Forgiveness had released her from her bitterness which had trapped her for so many years. My friend maybe you are trapped by an offense that someone did against you a long time ago. The good news is that as you with God's help forgive that individual who caused you this hurt, you are also setting yourself free to once again enjoy life. If you need someone to help you, please seek out a minister and let them lead you to freedom through God's forgiveness.

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# THE SUPER CITIES WALK FOR MS

**Sunday, April 24, 2005 REGISTER TODAY!**

Lac du Bonnet, MB  
 All Participants have a choice of:  
 •2 routes lengths •5km or 10km  
 Starts and finishes at Community Centre

Walk starts at 1:00pm  
 Check-in begins at 11:00am

Registration Forms available at: LdB Town Office, Pinawa - Book Break  
 Pine Falls call Elaine 367-8482 or Call Jeanne or Phil 345-9601 or Fax us at 345-6071



**MS** Multiple Sclerosis Society of Canada  
 Manitoba Division

**Our Mission**  
 To be a leader in finding a cure for multiple sclerosis and in enabling people affected by MS to enhance their quality of life.

## Pine Falls Dancing Blades news

submitted

Pine Falls Dancing Blades Figure Skating Club had to officially end its season in January due to our coach being injured in a car accident. Cheryl Gogo, our coach and her son are both on their way to recovery. Unfortunately with not having a club to help fundraise, it fell on our executives shoulders. We scratched our head and finally came up with a plan. A hockey game! What an answer for a figure skating

club!! On March 12 the Blue Bombers Alumni will be battling it out on the ice with our own local Ol' Kings. To see a piece of the action you can join us at the Pine Falls Arena at 7 p.m. Price of admission is 5\$ for adults and 2\$ for children 5 and up. The little ones (5 and under ) are free. The Blue Bombers will be signing autographs from 6 to 6:30 so come on out and have some fun cheering for our home town favorite.

## Family Dance at Powerview School

What is a family? A family is grandparents, aunts, uncles, moms, dads, brothers and sisters. Families come in all shapes and sizes. Our community is a family. Powerview School Parent Advisory Council enjoyed hosting a Family dance last year and we are proud to hosting a second one this year. Families are important to our community and PPAC wanted affordable family entertainment that all members of our commu-

nity could enjoy. Anyone in our community (from Great Falls to the Beaches and north to Manigotogon) is welcome to the Second Annual Family Fun Dance. This year's theme is Space. Tickets are available at Powerview School and from PPAC executive. Price of admission is 3\$ per person and it includes a slice of pizza and a drink. PPAC would like to remind everyone that children must be accompanied by an adult to attend this dance.

## VOTE DONALD COURCHENE FOR CHIEF



### To the People of Sagkeeng

By D.B. (Don) Courchene

Ahneen, it is unfortunate I will not be able to personally visit each family house hold, however I want to relay my vision, philosophy and plan to you and my pledge to conduct myself in a professional manner at all times when elected as your next Chief. The role of being the Chief of Sagkeeng is not a position I take lightly, but a position to aspire too which will allow me to do the very best for all Sagkeeng people. In the following message I am going to share some thoughts and outline my plan for the community when elected Chief.

#### Governance

Governance is the cornerstone of our ability to govern ourselves in a fair and equitable way. Our members must and should be treated equitably and fairly. My view is that this has been lacking in all our programs and throughout our community. Our community, through the participation of staff, elders and other interested band members, have developed a sound governance policy. Yet our governance policy continues to sit on the desks someplace gathering dust. I promise to put into action our community's governance policy so that all our members will be treated equally and fairly, in accordance with that policy and not at the whim of anyone or any group. We must address favoritism and as Chief I will treat all members equally. This policy and its procedures manual carefully outlines how each department should fairly and honestly manage their departments. It addresses issues from human resource practices, financial controls, awarding contracts, housing, etc an all encompassing manual, it is a system I believe in as it ensures that all members are treated equally and we need to put it into practice. It addresses an election code, it outlines the power bestowed to council and their

obligation to the community when elected. The policy dictates how staff need to conduct themselves in a manner that does not bring into question their integrity, for example when seeking office and still continuing to draw a pay cheque from the community. By implementing this system we can ensure each member is treated equally and that the criteria of how decisions are made are clearly defined for our members. This is accountability to and fair treatment of all members. The directors of the programs are highly paid individuals and are responsible to the members of the community through the Chief. It is the role of the Chief to ensure funds are spent in accordance to program budgets.

#### Jobs

This is not a new concept, we need to create jobs for our membership. How many jobs have been created within the last two terms of council. Jobs were created through the development of our gaming operations, the store and other independent operations. We need to foster more partnerships to have access to and develop more jobs.

Some developments the community may or may not be aware of, that I have been involved in are the First Nations Limited Partnership (FNLP) and the East Side Lake Winnipeg Broad Area Planning Initiative (ESLWI) of which Sagkeeng is a principal.

FNLP is a consortium of ten First Nations, with a goal to develop a sustainable forest resource management company. FNLP has negotiated a hardwood (poplar) harvesting contract with Trus Joist, a Weyerhaeuser Business out of Kenora, Ontario and is in negotiations with Tembec Forest Resources for the purchase and harvesting of hardwoods in their harvesting permits. The allowable cut for the east side this year is approximately 17,000 cubic meters of which Sagkeeng contractors and other First Nation harvesters have a preference for receiving contracts. This opportunity has the potential to employ the majority of our contractors. Other opportunities available are for trucking companies, hauling the wood to Kenora and Pine Falls, but the type of trailer is specific to B-trains. FNLP in partnership with the province has developed a Request for Proposals to develop a feasibility study for the construction of a \$120 million dollar hardwood sawmill. The potential for the development of direct and in-direct jobs that is beneficial to the ten First Nations and the surrounding communities is significant. It is estimated to be designed to create 400 direct jobs and over 600 in direct jobs, this will be an economic boom for all stakeholders. Sagkeeng needs to continue to be a shareholder in this opportunity, we need strong, experienced leadership to be involved in this venture, and I promise to promote our continued involvement in these ventures.

Sagkeeng has an abundance of human resources, human resources that are not

being fully utilized. We have graduates that have never had an opportunity to practice their chosen profession and trade. The community supports education and needs to reaffirm and put into practice policies for employing and promoting success in education. The community needs equal access for all its members to economic and employment opportunities. I will fight for and promote the strategic use of our Human Resources. Our youth and our community deserve our support and leadership, and I promise to do my best in this area.

There are in the next few years, enormous opportunities throughout the province that our members could benefit from if economic assistance through the economic development program or the employment and training program, is provided. Potential opportunities exist with the floodway project, the hydro dam and other major construction projects. I will promote Sagkeeng as a good source for employment and training resources.

#### Health

The health of our people is one of our most important issues we face. We need to negotiate more efficient agreements to better serve our community. An issue that is still unresolved is the construction of the hospital in Pine Falls on reserve land that utilized federal health funds allotted to Sagkeeng for its construction. The service provided to Sagkeeng members has been described as questionable. We need to determine why our members perceive treatment as questionable and work together for better health. There are opportunities for Sagkeeng members to be employed within the health system. The health of our children and our elders has to be a priority! The services available to our members continues to be eroded each year and there appears to be no voicing of our concerns by council. I assure you that I will voice our health concerns and needs to the appropriate body. (Our health is important!)

Along with health comes community safety! The health of our community entails prevention programs to curtail the involvement of our youth in gangs and with the abuse of drugs and alcohol. We need to give our youth the best opportunity possible and prevention programs are a good start. I will work to support community prevention programs.

#### Personal Profile

I have worked as a commercial banker, managed a developmental loan corporation, in the oil and gas sector and in private business as a consultant. In all positions, I developed and demonstrated as a strong knowledgeable management and leadership role. Financial control, accountability, integrity and compassion are some of the skills and qualities I demonstrated in these leadership roles. I have successfully implemented policy and procedures that turned the administration of an organization

and made it profitable while instilling cost saving measures. I believe in "Team Work!" as being the backbone in accomplishing the goals and objectives of any effort. I believe in treating people fair and equally. I have a national network working with professionals across the country and was involved in the national negotiation of the Aboriginal Human Resource Development Agreement (ARHDA) and the National Access to Capital program through the Aboriginal Business Canada program.

#### Plan

In order to implement and address these philosophies the community has to be prepared to work together and openly communicate its vision on how to accomplish these tasks. The community must be prepared to address the historical systemic problems, the vision for the future, implement new approaches for accomplishing these tasks and be able to implement a dramatic re-organization of how it administers its operations. The old adage, "if it ain't broke don't fix it" does not apply, it is broken and we need to fix it.

In consultation with the community, design a revised organization plan which will need to be implemented, politicians will be expected to focus on politics and administration on the day to day operation of the communities affairs. We need to implement a system to ensure that all membership has a voice in the operation of funding committed, including off reserve membership.

Nationally, we need to have a strong voice on what the National Chief and the provincial Grand Chief are negotiating on our behalf as First Nations people. We need to form partnerships that will economically benefit the community through job creation and business development. We as a First Nation have a lot to offer business and will focus on bringing industry to the community.

Sixty four per cent (64%), of the communities' population is in the age bracket of 29 and under. Opportunities, such as education, social, employment and entertainment, have to be readily available for our people to grow as individuals. Twelve per cent (12%), is in the age bracket, 55 and over, health care issues need to be solidified to ensure their well being and everyone else as we all near those stages in life. We need to look after our environment and address the external factors that affect our environment.

The needs of Sagkeeng are attainable, we need to develop a strong TEAM to address our needs, building that team will start with electing me, Donald Courchene as your Chief.

Meegwech!

# Winnipeg River RCMP Report

The week of February 28th to March 6th



February 28:

**POWVIEW** - an intoxicated male was removed from the front step of a residence after refusing to leave the premises and causing a distur-

bance. The man was lodged overnight until sober and charged for a breach of court conditions.

**FORT ALEXANDER** - police patrolled highway 11 in

search of a possible impaired driver after receiving a complaint. The vehicle and a male driver were located in the incident but were not under the influence of alcohol.

- a spousal assault occurred in the late evening hours. Police located the male subject in the incident, charged him accordingly and remanded him into custody.

March 1:

**BEACONIA** - police arrested and charged one male with spousal assault. No weapons or severe injuries occurred in the incident. Alcohol was involved in the incident.

**POWVIEW** - an intoxicated female youth was lodged in cells overnight after causing a disturbance at her residence. She was released to a parent in the morning and issued a ticket for minor consuming alcohol.

- a senior was the victim of a drive by theft. The man was walking home when a newer model white cavalier or neon vehicle with several people inside stole a bag he was carrying containing alcohol. The man was not injured but extremely shaken by the incident.

**HOLLOW WATER** - police are still attempting to locate 1 male who is in breach of a court order. The man was not at his residence when police attended.

**FORT ALEXANDER** - while on an unrelated call to a fight at a residence police located a male who had outstanding warrants with Winnipeg Police Service. The male

was remanded into custody and transported to Winnipeg Remand Centre.

- 1 male was lodged in cells until sober and released in the morning. The man was found wandering down the roadway into traffic.

March 2:

**POWVIEW** - police attended a residence in the early morning hours after complaints of a loud party in progress were made. The homeowner was asked to shut the music down and guests were advised to leave. No further complaints were received.

**GRAND MARAIS** - an emotionally disturbed female was transported to local hospital, treated accordingly and the Selkirk Mobile Crisis Unit contacted.

March 3:

**FORT ALEXANDER** - a domestic disturbance caused police to attend a residence. A male and female were involved in an altercation.

- a complaint of harassing phone calls was received by police. The incident was documented and forwarded to the court as the matter revolved around a prior domestic assault.

**GRAND BEACH** - a query to locate an overdue cottager resulted in the man being found and no problems incurred.

March 4:

**PINE FALLS** - a resident called police when an unknown male walked into the home. The man was intoxicated at the time, police removed him from the residence.

**FORT ALEXANDER** - po-

lice removed 1 male from a house where he continued to be a nuisance, causing problems and wanting to fight with individuals. He was removed from the home by police.

March 5:

**PINE FALLS** - police attended a home after a resident awoke to find a male in the home. The culprit fled quickly and was gone upon arrival of police. The exterior door was not locked at the time of the incident.

March 6:

**POWVIEW** - an assault between 2 females occurred at a local business. The incident caused police to arrest 1 female and lodge her in cells. She was charged accordingly and released on a recognizance to appear in Powerview court at a later date.

**SUMMARY** - several false alarms were attended, with 5 requests for service of legal documents and 5 reportable traffic accident forms.

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.

## RCMP need your help

Winnipeg River Detachment and Manitoba Crime Stoppers would like your assistance in solving the following:

On February 28th, 2005 at approximately 7:00 - 7:30 pm a man was walking on Laura Street East of Art Avenue in Powerview and he was carrying shopping bags in each hand. A white car (compact size) drove up from behind and a passenger reached out and snatched one of his bags. The car narrowly missed hitting the man.

If you have information on this or any other unsolved crime, please contact the Winnipeg River Detachment at 367-2222 or by calling Manitoba Crime Stoppers toll free at 1-800-782-8477. You will not have to give your name nor go to court and may be eligible for an award up to \$2000.00.

### 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 in your area. Please register with Gail 268-7465 or call your local public health nurse.

**Library Allard:** Tuesday 10:30 a.m. to 5:00 p.m. Wednesday and Thursday 12:00 to 5:00 p.m. and 6:30 to 8:00 p.m. Friday 12:00 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., 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. - 3:30 p.m.

**Pine Falls Health Auxiliaries:** 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.

**Village of Powerview:** meets second Tuesday of each month.

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

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

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

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

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

**Blue Water Support Group:** meets every third Monday 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 1:00 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 (not 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 1/2 miles north of junction with #317. Sunday church school 10:00 a.m., worship 11:00 a.m. (alternate locations). For info, call 635-2625 or 754-8682.

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

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

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

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

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

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

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

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

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# BACKPACKS: Causing a pain in the back?

Backpacks are one of the best ways to carry books, binders, lunch, running shoes and other items, whether for school or recreation. However, carrying an overloaded backpack or wearing one improperly can lead to poor posture, over-stretching of the soft tissue in your neck and back, and unnecessary strain on muscles and joint.

Teenagers and children are particularly vulnerable to injury. They are growing and developing and harmful or unnecessary strain on their bodies can affect their health, long term. Over time, the physical strain of carrying heavy loads can result in:

- Harmful strain and fatigue in the muscles and soft tissues of the back from overuse. Leaning to one side can result in an adaptive curve in the spine. Leaning forward may affect the natural curve in the low back, and increase the curve of the upper back and shoulder.

- Spinal compression and/or improper alignment that may hamper the proper functioning of the disks between the vertebrae that provide shock absorption. This leaves the

back more vulnerable to injury.

- Stress or compression to the shoulders and arms. When nerves are compressed it can cause tingling or numbness in the arms and eventual weakness in arms or hands.

Reduce strain by using and fitting a backpack that works for you rather than against you. We recommend the selection and use of backpacks with the following features:

- **Padded back** - to reduce pressure and prevent the pack's contents from digging into your back.

- **Padded, contoured, shoulder and chest straps** - to help reduce pressure and balance the weight. Look for a backpack with thickly padded adjustable shoulder straps (2 inches wide) and an extra hip strap. Adjust the shoulder straps so the bottom of the pack sits two inches above your waist;

- **Waist belt or hip strap** - to help distribute some of the load to the pelvis. The waist belt sends the weight of your pack down through your legs. Since your legs are more

See BACKPACKS/page 15

# On Parliament Hill



Your voice in Ottawa  
Vic Toews, MP for Provencher

## Budget fails to deliver

With a federal budget tabled this week, Prime Minister Paul Martin has shown that he has no real vision for the country and no meaningful agenda other than his recently-tabled legislation to redefine marriage.

Significantly, this week's budget revealed that in the June 2004 election campaign, the Liberals were simply not telling the truth about available fiscal room. In the debates, Paul Martin said he 'knew the numbers' and accused the Conservative Party of fiscal recklessness for proposing \$58 billion in tax relief and new spending. In this budget, his Liberal government made \$55 billion in new commitments over the same time frame.

The budget made some timid progress on Conservative priorities - an embarrassing 16-dollar tax cut, and some back-loaded new money for our men and women in the Forces. While these are inadequate steps, they do represent a departure from the Liberal program and a reinforcement of our program, and they show that Conservatives are driving the agenda.

However, the budget is also unfortunately packed with big, unfocused spending commitments with no plans for how they intend to deliver a national childcare system, funding to cities, and addressing environmental issues, opening the way for billions of dollars to be mismanaged and wasted. Furthermore, there's abso-

lutely no help for Canada's farmers, despite Agriculture Canada forecasts of another year of negative total net income.

This budget is also an indication that the Liberals still believe that bloated government equals better service. Funding to create bigger government has increased by 77% since 1996-97, yet Canadians are still forced to wait in long lines, to fill out incomprehensible forms, and, to speak with numerous representatives before getting to the right person.

As Conservative Leader Stephen Harper has said, this budget is not bad enough to call an election over - only eight months after the last one that cost taxpayers \$300 million - so we'll allow it to pass. But the Conservative Party will not be voting in favour of this budget either. The Conservative Party will continue to push the Liberals for more tax relief, better solutions for the farm, more focused spending, something we can do now in this minority situation. We will use our influence to make this minority parliamentary work for Canadians.

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@mtns.net

## The Winnipeg Humane Society

Low Income? Call our Subsidy Spay & Neuter Program Coordinator, Melissa @ 982-2038 today!

The WHS needs Kong toys, tennis balls, peanut butter (for the Kongs), rawhides & assorted chew toys. If you can help, drop off @ 5 Kent Street.



Tigger, 102054

Tigger is a really sweet old lady looking for a loving retirement home. Tigger came into us when her owner surrendered her on Dec. 30. She uses her litterbox & LOVES to sit on your lap & keep it warm! She is a quiet, friendly cat who was really well behaved while in foster care. Reduced adoption fee of only \$17.12.

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



Aatrayu, 102668

Aatrayu (Ah-tray-you) is a lovely gal whose owner is ill & could no longer care for her small furry friends. She's about 10 months old & very friendly. The WHS has been overrun with rabbits & is hoping to get hoppin' with some rabbit adoptions! Rabbits require daily outside-the-cage exercise. For a limited time only due to high numbers, rabbit adoption fees are 50% off, only \$19.50, incl. a vet exam spay or neuter & 14-day health period. old+. Come see us for information on rabbits as gifts at Easter time & why more people should say Make Mine Chocolate! (tm).

# S

By order of the Board of Directors, South Interlake Credit Union hereby gives notice to its shareholders that a

## Special District Meeting

will be held on Wednesday, March 23rd at 7:00 pm  
Manitou Lodge

The purpose of this meeting is to elect a District Director to serve on the South Interlake Credit Union Board of Directors. If you are a member of the Pine Falls branch and are interested in running for the position, please pick up an application form from your local branch. Members in attendance will also have the opportunity to bring forward new business.

Door prizes will be given away and refreshments will be served. We hope to see you there!

**South Interlake**  
Credit Union Limited

www.sicu.mb.ca

# Lac du Bonnet RCMP Report

Report for the weeks of February 28th to March 6th, 2005



On the 28<sup>th</sup> of Feb., a report was rec'd of a 911 call to a location on Berryland Road in the R.M. of Lac du Bonnet. This was found to be a False Call.

On the 28<sup>th</sup> of Feb., a cell phone was turned in at the Pinawa Community Detachment. Same was found on the 27<sup>th</sup> of Feb. in Pinawa.

On the 2<sup>nd</sup> of Mar., a report was rec'd of a suspicious vehicle on a trail in the vicinity of the Milner Ridge Correctional Centre in the R.M. of Lac du Bonnet. The adult male driver

departed the area when confronted by Correctional Centre staff.

On the 4<sup>th</sup> of Mar., a report was rec'd of a break and enter to a shed at a cottage on Wassahow in the R.M. of Lac du Bonnet. Golf Clubs, a chainsaw, water pump and hose and lawn chairs were stolen.

On the 4<sup>th</sup> of Mar., a report was rec'd of an adult female breaching court-imposed release conditions by consuming alcohol, at a location in the vicinity of Seddon's Corner. The

subject had apparently gone to Wpg. for the weekend when this call was rec'd.

On the 5<sup>th</sup> of Mar., a report was rec'd that a snowmobile was abandoned at a residence west of Elma in the R.M. of Whitemouth. Same was subsequently removed by the owner of the snowmobile.

On the 5<sup>th</sup> of Mar., a report was rec'd of a 911 call from a location on Scott Crescent in the Town of Lac du Bonnet. Police investigated and found that this was a false call.

On the 5<sup>th</sup> of Mar., a request was rec'd to check on a residence on Bilan Road in the R.M. of Lac du Bonnet, as the phone had been busy for an unusual length of time. Police attended and found that all was in order.

On the 5<sup>th</sup> of Mar., a report was rec'd that a number of wild boars were on the roadway at a location in the R.M. of Whitemouth, and that one or more had been hit by a vehicle. Police attended to the location and found that the boars in question had unlawfully been let out of their enclosure by a person or persons unknown.

On the 5<sup>th</sup> of Mar., a report was rec'd of an adult female threatening to harm herself at a location in the R.M. of Alexander. Police attended and took the subject to the Pine Falls Hospital for necessary treatment and follow-up.

On the 5<sup>th</sup> of Mar., a report was rec'd of an intoxicated adult male causing a breach of the peace at a residence on Fifth Street in the Town of Lac

du Bonnet.

On the 5<sup>th</sup> of Mar., a report was rec'd that an adult male had been assaulted by an adult female at a location in Pinawa.

On the 6<sup>th</sup> of Mar., a report was rec'd of a noisy party in a room at the Motor Hotel in Pinawa. Police attended and had the noise shut down.

On the 6<sup>th</sup> of Mar., a report was rec'd that a vehicle had broken off the stop sign at the corner of Bilan Road and P.T.H. #11 in the R.M. of Lac du Bonnet, and was still at the location. Police attended and found that no-one was in the vehicle nor in the vicinity. Vehicle towed.

## 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, Post-visit meeting room

**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 345-2684

**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., LdB Senior School Home Ec. Room. No meetings Jan, July, Aug. St. John's ACW meets first Monday of every month 1:30 p.m., parish hall

**Lakeshore At-Ann Group** Thursday 7:30 p.m. Lac du Bonnet District Health Centre, 89 McInosh. Call Ten 345-8712

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

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

**Lakeshore A.A. meetings** every Sunday and Tuesday 8:00 p.m. at St. John's Anglican Church, 86 McArthur, Lac du Bonnet. Last Sunday of the month open to the public. Call Ted 345-2839, Ron 753-8403

**Ladies A.A. Meetings** Thursdays 1:00 p.m., 18, McDermot, Pinawa. Doreen 753-8357

**Battered Women's Crisis Line** 1-800-362-3344

**Lac du Bonnet Health Centre Auxiliaries** 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. 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** Harald Huege, Whitemouth 348-3505. Lac du Bonnet, Pine Falls, Victoria Beach, Pinawa, Beauséjour, Whitemouth, Oakbank, Hladashville

**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 Mikael Szynal, 345-1900  
Lac du Bonnet, 5:00 p.m. - Saturday mass: 11:00 a.m. Sunday mass  
Pinawa (senior school): 9:15 a.m. - Sunday mass

### ST. JOHN'S ANGLICAN CHURCH

Rev. Sandra Taskard 367-9520, church 345-2357  
Sunday: 11:30 a.m. - worship; 11:30 a.m. - first and third Sunday of each month, holy eucharist.

## Prevent electrical fires; choose the right cord

A kitchen is no place for an octopus. Overloaded circuits and overworked extension cords are recipes for disaster in your home. Always choose the right extension cord and use it wisely. Remember that extension cords are not solutions to inadequate home wiring. Use one only when necessary and only on a temporary basis.

The fact is that extension cords are not created equally. It's important to check the gauge and capacity and make sure they match your appliances.

Overheated cords can quickly lead to fires. If you discover any warm cords, check

the appliance label to find the amperage. The appliance's requirements may exceed the capacity of the extension cord.

If several appliances are plugged into one extension cord, check the total amperage. If it is more than 15, move at least one appliance to another circuit. A kitchen circuit can usually carry 20 amps but some may only carry 15. A couple of common small appliances can quickly load up your circuit. For instance, a toaster oven draws about 10 amps while a coffee maker requires eight amps.

The proper way to use an extension cord is to insert the plug fully - none of the prongs should be exposed when the

cord is in use. And never cover any part of an extension cord with rugs or other objects. If the cord is covered, heat can't escape and a fire may result.

Do not use an extension cord for high-wattage appliances such as air conditioners, portable electric heaters and freezers. Additionally, when you use an extension cord outdoors make sure that it is specifically designed for such use.

Keep your extension cords in good shape. Inspect them regularly for loose plugs and cracked insulation - exposed wires can cause shock and electrocution. If you discover a worn cord, throw it out and buy a new one that has a safety seal of approval.

The  
Winnipeg  
River

# Echo

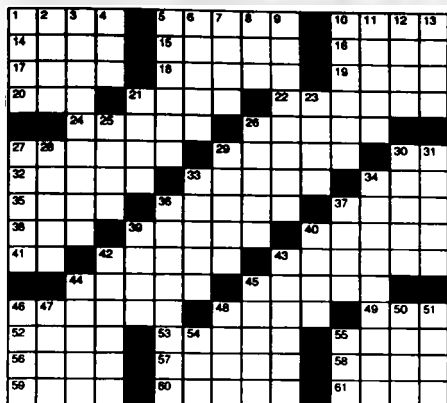
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# WEEKLY CROSSWORD



- 43 Beasts of burden  
44 Sheer net fabric  
45 Tossed greens  
46 Round bulging vessel  
48 Gloomy  
49 Chemical suffix  
52 Egg shaped  
53 Angry  
55 Actor Newman  
56 Mineral deposit  
57 Seeps  
58 Dollar bills  
59 Was in debt  
60 Requires  
61 Small island

- DOWN**  
1 Peel  
2 Spoken  
3 Very small painting  
4 Square of butter  
5 Traveling bag  
6 Diminish  
7 Land portions  
8 I have (contr.)  
9 Run-down  
10 Declares  
11 Unspoken  
12 Author Amblor  
13 Walk in water  
21 Metal thread  
23 Tidy  
25 Be conveyed  
26 Wedge of pie  
27 Happen again  
28 Fill with joy  
29 Make fit  
30 Tangle  
31 Woman's garment  
33 Rub out

- ACROSS**  
1 "\_\_\_ adn circum- stance"  
5 Well grounded  
10 Boil slowly  
14 Opera melody  
15 O'Verhead  
16 Scarlet O'Hara's home  
17 Scold  
18 Tardier  
19 Sour  
20 Actor Wallach  
21 Jokers  
22 Tempt  
24 Get up  
26 Frozen rain  
27 Go to bed  
29 Assumed name  
30 Road (abbr.)  
32 Evade  
33 Decree  
34 Automobile  
35 Be concerned  
36 Political pamphlet  
37 Cherish  
38 American Indian  
39 Curtain  
40 Multiplied by  
41 Scale tone  
42 Lift

- 34 Funny fellows  
36 A thousand billions  
37 \_\_\_, Peru  
39 Give as a charity  
40 Converse  
42 Tossed  
43 Stroke gently  
44 Barter  
45 Satisfied fully  
46 Philippine knife  
47 Declare openly  
48 Stun  
50 Fight between two people  
51 Otherwise  
54 Fish eggs  
55 Hawaiian food

### LAST WEEK'S ANSWERS



## Did you Know?

1: Research shows that men who hug and kiss their wives before going to work each morning: (a) make more wrong turns on the way to work; (b) live five years longer, or (c) get fewer speeding tickets?

2: Did 102-year-old Anna Molina Osorio of Puerto Rico make news for: (a) finishing high school; (b) running in the San Juan marathon; or (c) getting married?

### ANSWERS

1: Live an average of five years longer than men who don't hug their wives goodbye. Kisses also mean 10% more time they have fewer wrong turns on the way to work. (Let me see how long you talk by the way.)  
2: She was 102 and had finished high school so she could read names to children at a local preschool.

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

ALWAYS BUY A THERMOMETER IN THE WINTER. IT IS A LOT LOWER THEN.



## CRYPTIC PUZZLE

XBXC WXXD DVFX Q GRHSJTHK? LRH'CX  
XVKJXC VT KJX GRHSJ RC VT KJX  
JRDX.

## Weekly Echo Horoscopes



**ARIES** (Mar. 21-April 20)  
Spending too much time talking to friends or relatives could easily turn into a debate that could lead to estrangement. Be discreet and don't present your ideas until you're certain that they're foolproof. Try to channel your energy into physical work. You will be able to get good advice if you listen to close friends or relatives you respect.



**TAURUS** (Apr. 21-May 21)  
Your talent will be recognized. Opportunities to travel will develop through peers. The home environment will be unpredictable this week. Business and emotional partnerships will run smoothly.



**GEMINI** (May 22-June 21)  
Love could develop at social events that are work relate. You hard work and dedication will payoff, so stick to your guns and do your job well. You can't always have your own way. You may want to try your hand at a little creative writing. Don't let your boss get the better of you.



**CANCER** (June 22-July 22)  
Changes regarding family members will set you off. You'll be prone to tears if your mate is harsh with you this week. You must not allow them to force you to rush. Your high energy should be spent pleasing your mate.



**LEO** (July 23-Aug 22)  
Look into alternate means of supporting your financial burdens. You may interest some of them in a service you have to offer. Don't count on getting any help from those you live with. Stop telling others about your problems.



**VIRGO** (Aug. 23-Sept. 23)  
Don't lend or borrow money or belongings. You will gain valuable insight and knowledge through the experiences you have along the way. Throw yourself into your work. You need to get out and have some fun to reduce tension.



**LIBRA** (Sept. 24-Oct. 23)  
You just hate waste, and when someone else costs you dearly you see red. You should be able to get involved in an interesting proposition this week. You can meet friends who will let you know how valuable you are. You may want to take a serious look at your goals and objectives.



**SCORPIO** (Oct. 24-Nov. 22)  
You need to distance yourself from the situation for a little while first. Expect temper tantrums on the home front if you haven't been letting someone have their way. You will find that unfinished projects at home will be most satisfying. Don't forget to let your mate know how much you care.

### This edition covers the week of March 7 to March 13

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



Property investments, insurance, tax rebates, or inheritance should bring you financial gains. Attend to things that you should have done yesterday. Business and emotional partnerships will run smoothly. Be cautious while traveling to foreign countries.



**CAPRICORN** (Dec 22-Jan. 20)  
Attempt to face key issues with lovers or problems could escalate. You can make some favorable changes to your looks. Feeling under the weather may be a result of overindulgence. You may be tired of working for someone else.



**AQUARIUS** (Jan. 21-Feb. 19)  
Opportunities for new friendships are apparent. Travel will entice you; however, a tendency to overspend is quite possible. Minor health problems may flare up if you haven't been taking care of yourself or have been burning the candle at both ends. You may find it difficult to communicate with someone at work.



**PISCES** (Feb. 20-Mar. 20)  
You may find your nights sleepless due to bad dreams. Try not to attempt to do something unless you are fully intent on following through with the plans. Travel opportunities must be taken advantage of. Emotional upset may prevail on the domestic scene if you have neglected your duties or your mate.

# Echo Classifieds

### For Rent

**Office space for rent**  
Above Pine Falls Post Office. c/w private washroom. For more information call Denis at 367-8651. TFN

### Miscellaneous

**Bankruptcy Info-line** - free, confidential. Call 1-800-463-8371. www.lctaylor.net This is a community service offered by L.C. Taylor & Co. Ltd., Trustee in Bankruptcy. 34 378

### Accommodations

**Rooms and Suites for rent.** Weekly and Monthly rates available. Hydro and satellite included, call Omer at 367-9991 or 367-4210. 20 378

### Real Estate

**WANTED: Customer looking for cottage or year round home on or near River or Lake 1-20 acres.**

**FOR SALE:** 158A with 1560 sq. ft. Bungalow Quonset, garage, near Gull Lake, 320 acres - 7 miles east of Stead with lovely treed yardsite 42x72 straightwall.

Call Harold at  
Delta Real Estate  
253-7373,  
www.manitobafarms.ca

### SILVER HAVEN MEAL PROGRAM

Open to all seniors 55 and over. You are welcome to bring a guest. All meals are \$4.50. Meals are at 12:00 noon Mondays, Wednesdays and Fridays. Your name must be put on the list the day before by calling

**Silver Haven at  
367-4620**

**Wednesday, March 9**  
Salad, roast beef, mashed potatoes, gravy, carrots and celery, jello.

**Friday, March 11**  
Soup, baked ham, scalloped potatoes, green beans, ice cream.

**Monday, March 14**  
Coleslaw, spaghetti and meat balls, carrots & celery, coconut cream pie.

### For Sale

**Lake front Cottage,** Lot 27, Sunset Drive Ayer's Cover, 24' x 32' cottage with large windowed veranda, excellent view, lot size 100' wide x 300' deep, hydro available. A must see treasure. Serious inquiries only, please call 367-8859. 44 3

### For Sale

**House for Sale,** 16 Louise Street, Powerview. Corner Lot size 123' x 123', 1206 sq. ft., with full basement, 5 bedroom, 2 baths, electric furnace, central air, double door garage, 26' x 32' insulated and heated. Fenced yard, shed 12' x 12', many extra features too many to list. Serious inquiries only, please call 367-8859. 44 3

### For Sale

1996 Red Chevy 115 Pick-up, 4 wheel drive, extended cab, asking \$15,000, awesome truck but must sell, call 367-9522. 78 4

### Memoriam



**Dad - Papa Tardiff  
March 2002**

**Dad - Grandpa Martin  
April 2000**

Forever in our Hearts  
Love "The Tardiff families and the Martin families"

### Help Wanted

Hairdresser or Barber wanted to work Saturdays or possibly evenings in popular, busy full service salon in Pine Falls, Manitoba. Call Shanna or Nancy at 367-2875. 44 3

### For Rent

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

### Advertising

The Echo Classifieds feature low, low rates. Advertise your birth announcements, weddings, birthdays, engagements, anniversaries and memoriams for as low as \$5.00. Cost to run a photograph is an additional \$5.00.

### PUBLIC NOTICE RM OF ALEXANDER

Public Notice is hereby given that the Rural Municipality of Alexander intends to conduct the following Pesticide Control Programs during 2005

1. To control noxious weeds on road allowances within the Municipality. The projected dates of application will be from May 3, 2005 to October 29, 2005. The herbicides to be used may include: 2,4-D Amine, Dicamba, Estaprop, Glyphosate, Picloram, Paraquat, Amitrol T, Garlon 4, Simazine, Round Up, Atrazine, Killax, Dy-clear 24.

2. To control the following insects including grasshoppers, mosquitoes, elm bark beetles, canker worms, etc. The proposed dates of application for these programs will be from May 1, 2005 to October 1, 2005. The insecticides to be used may include: Decis, Lorsban, Sevin, Furidan and Malathion.

The public may send written submissions within 15 days of the publication of the notice to the department below:

MANITOBA CONSERVATION  
123 MAIN STREET, SUITE 160  
WINNIPEG, MANITOBA  
R3C 1A5



### North Eastman Health Association

North Eastman Health Association is Regional Health Authority responsible for delivering and administering a broad spectrum of Health Programs & Services to a population base of 40,000 during the winter, and an estimated summer population of 80,000, including the Whiteshell, Winnipeg River and Eastern Beaches.

### Lac du Bonnet Health Centre 0.40 EFT Accounting Clerk Indefinite Term

#### Qualifications:

- Completion of Grade 12 or equivalent.
- Business Administration Certificate from a recognized college or completion of 1st year of recognized accounting program or combination of education and experience.
- Proficiency in Momentum software is essential.
- Demonstrated proficiency in computer applications and in particular Microsoft Office.
- Three to five years related experience is required.

### Sunnywood Manor Pine Falls Licensed Practical Nurse - Casual

#### Qualifications:

- 2 years recent related long term care experience required.
- Current, active registration with the College of Licensed Practical Nurses of Manitoba and a member in good standing.
- Physical Assessment course required.
- Current certification in Cardiopulmonary Resuscitation.

### Health Care Aide Casual

#### Qualifications:

- Certificate in Health Care Aide course from an accredited college.
- Previous related experience in health care setting preferred.

Interested applicants are invited to submit a resumé and cover letter by March 17, 2005 in confidence to: Human Resources Assistant, North Eastman Health Association Inc. Box 339, Pinawa, MB R0E 1L0. Fax: 204-753-2015, Email: ksismcoe@neha.mb.ca

We thank all applicants for their interest. However, only those candidates being considered for an interview will be contacted.

## The Winnipeg River Echo

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# Backpacks: Causing a pain in the back?

from page 11

used to carrying weight, you won't get tired as quickly.

- **Compression straps** - on the sides or bottom of the backpack to help compress the contents of the backpack and stabilize the article. Pack by weight, not size. Instead of folders or binders, put the heaviest books closest to your back.

- **Reflective material** - for visibility to drivers at night.

Backpacks are designed to distribute the load evenly. Worn correctly and not overloaded, a backpack is supported by some of the strong-

est muscles in the body: the back and abdominal muscles. These muscle groups work together to stabilize the trunk and hold the body in proper balance and postural alignment. WE recommend the following tips for safe backpack use:

- **Use both shoulder straps** to help distribute the weight of the pack evenly and to promote a more normal posture. Using only one strap loads the entire weight of the bag over one shoulder. Over time, leaning to one side can result in lower and upper back pain, as well as strain to the neck and shoulder. Stand tall with your head and neck aligned with your shoulders.

- **Make sure the backpack isn't too heavy.** When choosing a backpack, look for one made of lightweight materials, like canvas, to reduce the weight you will be carrying. A full backpack should never weigh more than 15 percent of your body weight. For example, is you weigh 52 kg (115lbs), the backpack should not weigh more the 7.8 kg (17lbs). If you can't carry your backpack and talk without getting our of breathe, you're carrying too much.

- **Fit the backpack to the person, not the person to the backpack.** When buying a backpack, make sure it is not oversized 'to carry more'.

The shoulder straps should fit comfortably and not dig into the shoulder or arm, allowing the arms to move freely. The bottom of the pack should rest in the contour of the lower back. The pack should "sit" evenly in the middle of the back, not "sag down" toward the buttocks. Backpacks for hiking and camping provide additional support through frames and special straps. Be sure to buy the right backpack for your body.

We recommend parents ensure their children do not carry their 'whole world' around with them everyday. Teach them how to wear a backpack

properly (and why) and look for the following signs:

- Pain when wearing the backpack;
- Tingling or numbness in the arms; and
- Red marks on the shoulders.

Above all, parents should encourage children to say if they have any pain or discomfort before it becomes a serious problem.

Canadian Physiotherapy Association recommends the following stretches that will keep your child's muscles flexible and relaxed, their joints mobile, and relieve tension and strain.

## Agriculture news

News column by Terry J. Buss Ag. Rep., Beausejour District Office., March Evening Beef Meeting

Our evening beef meetings series continues in Beausejour with our next meeting occurring on March 22<sup>nd</sup>. So far on the agenda, featured speakers will include Heather Froebe, livestock specialist, who will discuss radio frequency identification tags and the Canadian Cattle Identification Agency among other topics. As well, Dwayne Summach, forage specialist, will discuss in detail all of the different methods of putting up feed that available to beef producers in our region. After our cool, wet summer I have been getting a lot of calls about silage, chaff feeding and the like. If you are considering a change in how you put up feed, Dwayne's talk could be very helpful. I intend to add one more speaker to the agenda for this meeting. Feel free to call with any suggestions. This meeting will be held on March 22<sup>nd</sup> at 7 p.m. at the Super 8 Motel here in Beausejour. For more information feel free to give the Ag office in Beausejour a call at 268-6094.

**Marketing Cattle After the Border Opens Informa-**

**tion Session**

If you are an individual who might be exporting cattle to the United States once the border opens, this information session could be very important. On March 16<sup>th</sup> at the Grunthal Auction Mart starting at 7 p.m. a session entitled, "Marketing Cattle After the Border Opens" will be held. Questions to be addressed include:

"What are the Requirements to Move Cattle Across the Line?" - presented by CFIA

"What is the Bioterrorism/Biosecurity Act?" - presented by MAFRI and the MCPA

"What can we expect from the markets when the border opens?" - presented by MAFRI

For more information, feel free to contact Heather Froebe, Livestock Specialist @ (204)433-7749.

**Environmental Farm Plans**

An Environmental Farm Plan or EFP is a voluntary, confidential, self assessment of a producer's farm or ranch, in a workbook format. The EFP process is the primary avenue for individual producers to access dollars through the Environmental Chapter of the Agriculture Policy framework.

Besides the awareness of the issues and the solutions learned through the process, the producer will benefit by being eligible for cost sharing improvements on the farm. Financial incentives range from 30% to 50% of total project costs, with the maximum support being \$30,000 for combined costs over the 2005-2008 seasons.

To become involved, the first step is to contact your local MAFRI office. You will need to sign a release form, and provide your legal land descriptions, to have your farm information prepared. It is necessary to have the land descriptions well ahead, to prepare the information for the landowner, as resource maps and aerial photos of the individual farm are provided in a workbook at the first session. To fill out the EFP workbook, a producer is required to attend two sessions, approximately two weeks apart. The MAFRI offices in Dugald and Beausejour will be holding a pilot session on March 21<sup>st</sup> in Beausejour and will be offering more sessions through the year to accommodate everyone who wishes to participate. Each session has a maximum attendance of ten individuals and there is no cost for attending.

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