



MS Walk Rocks

Supporters turn out to raise big dollars for charity

by Jim Hampshire

A little cloud, a little wind and a little rain. Not exactly perfect conditions for a backyard barbecue, but pretty good conditions if you were to take in a ten kilometre walk for charity.

At least that was the reaction on Sunday when over one-hundred participants from near and far took part in the ninth annual MS Walk in Lac du Bonnet, which is fast becoming the largest fundraiser for the society outside the City of Winnipeg. This year a total of 128 dedicated supporters turned out for the annual MS Walk, which organizers say is down a little from last year. But thanks to a big effort by all involved, that didn't affect the bottom line according to long time organizers, Phil and Jeanne Lussier, who brought the annual walk to Lac du Bonnet nearly ten years ago.

"It's safe to say we've exceeded \$25,000 in pledge money this year," Phil Lussier said immediately following the walk, adding that some pledge money was still being turned in. "Weather is always a factor at this time of year but we do have people who are unable to walk but still collect pledges and that helps the bottom line."

As for those people who are out there collecting pledges, they say that pledge money is harder to come by this year after the mammoth fundraising efforts undertaken earlier this year for Tsunami relief.

"It is harder to approach people and ask for donations, knowing that so many have already given to aid the Tsunami victims," supporter Wes Martin said as he made way through the 10km course in and around the Town of Lac du Bonnet. "People can only give so much so we have to work harder to try to make up the difference."

Pine Falls resident Elaine



Unofficially, 128 participants took in the MS Walk in Lac du Bonnet over the weekend (Top Right) Jan Robert and Angie Nault were the first to finish the 10km MS Walk in Lac du Bonnet, taking just over one hour to complete the trek on Sunday afternoon

Vincent agrees and knows full well that donation dollars don't go as far as they used to, seeing as how she has worked double duty to raise funds for MS as well as the local graduating class.

"My daughter is graduating this year and I'm also helping to raise funds for the grads," she said. "You can only ask for so much from your community."

The Elaine Vincent contingent from Pine Falls did well in the MS Walk last year, when they raised \$9,000 while walking in support of daughter Renee Vincent, which put the group in the top 50 as far as funds raised by any group across Canada. Now this year, as the family looks forward to graduation ceremonies in Powerview in June, the proud mother reports that Renee counting the days until grad

with much anticipation.

"Renee is in the first stage of MS and doing well," she said. "We have our hands full with graduation and naturally she is very excited."

The Vincent contingent was just one of a number of groups from Pine Falls who made the trip to Lac du Bonnet on Sunday afternoon. Also on hand were members from the Muay Thai Kickboxing club, who were walking in support of another Pine Falls area resident, stricken with Multiple Sclerosis. Although not a competition, Angie Nault and Jan Robert were determined to beat the rain showers on Sunday as they ran the 10km course in just over an hour, giving them first dibs at the lunch special provided by volunteers back at the Lac du Bonnet Community centre. Eventually group members Collette Moss



and Jeannette Schmidt were able to catch up and join their quicker counterparts at the centre for a little post walk reflection.

"This is definitely a great way to spend an afternoon," Angie Nault said, referring to her brisk jog with Jan Robert.

"The volunteers do a great job for all the supporters out on the course."

Much like other years, the walk began and ended at the local community centre, but this is the first time the centre has opened to provide a more com

See MS WALK/page 6

New plan for old Northern Store



New owners plan to modify the facade. The South and West entrances of the former Northern Store. (Above) South elevation. (Inside Floorplan on Page 3)

Highway 304

This year, next year, sometime, never

by Charles Norman

Like the English schoolgirls counting game; whom shall I marry? - Tinker tailor, soldier, sailor, rich man, poor man, beggerman, thief? So goes another; "when shall I marry? - This year, next year, sometime, never?"

This year, next year, sometime, never, is not quite what Manitoba Department of Transport Regional Director, Walter Burdz told the Winnipeg Regional Round Table last week.

He was discussing the upgrading of Highway 304, and

told the group that the timing for beginning the upgrading was quite firmly not this year or next year, but that it could be sometime, but then again, maybe never. He did say that the chances of upgrading from never to sometime could be improved, like the English girl's chance of matrimony, by the provision of a suitable dowry. In his words, "it depends on what you bring to the table"

He told the round table that the upgrading is not yet in the planning process. He said the Department is now working on 2007 spending and there is

nothing in the plans for that year for Highway 304. No funding has been allocated for detailed design of the highway, none for environmental assessments and none for land acquisition. The virtually cost free acquisition of land from other government departments has not even begun.

Burdz said that his department needs about 300 million dollars a year just to maintain the existing highway system, but their budget is only 120 million. The department has requests from municipalities amounting to \$2.1 billion in capital spending. He said allocation of funding for new highways or major upgrades is a political decision. Obviously most municipalities are going to be disappointed.

If the decision is made to proceed with the upgrading it

could not start before 2009. Funding for 2005 to 2007 is already committed. Detailed design, environmental assessments and land acquisition would take another two years. The plan for the upgrading calls for a six-step implementation, thus the completion of the upgrading would not be completed until the year 2015. - *If funding for the year 2008 is approved by next spring.* There is no guarantee that it will be.

There is no guarantee that funding will ever be approved but, according to the chances of approval would be substantially improved if some of the funding was provided by the municipalities affected. As Burdz said, "It depends on what you bring to the table." He also said an economic impact statement would be useful.

RM of Alexander Reeve George Harbottle said an economic impact statement had already been completed. He said it would be updated and made available to the Department of Transport. He sug-

gested that the land acquisition be started now, and offered the RM's time and expertise in expediting the transfer of land from other provincial departments to the Department of Transport.

Referring to the time it has been taking to get 304 upgraded, Harbottle said, "It's our turn - it's been our turn for a long time. This is the fourth minister we've dealt with and Hawranik (Lac du Bonnet MLA) has presented petition after petition to one minister after another."

In informal discussions among Round Table Members during a break after Burdz' presentation it appeared that there was a consensus that there would be no real progress on Highway 304 without a major political effort on the part of all sectors of the local community. How that effort was to be coordinated was not discussed.

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New plans for old Northern Store

by Charles Norman

The new owners of what used to be the Northern Store are planning to sub-divide the building to provide rental space for local businesses.

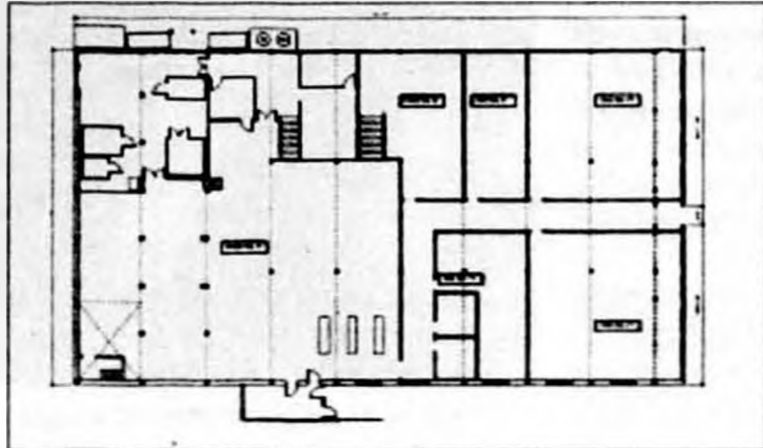
George Bohemia, of Mainland Commerce, building managers, said the plan is to have 7,950 sq. ft of floor space for a grocery store, (marginally less than the Northern grocery section), one 2,000 sq. ft area and several smaller units. He said he has three parties interested in the grocery section and four prospec-

tive renters for the 2,000 sq. ft. unit.

The smaller units will face onto Pine Street where the main entrance will be. They will have full access to the grocery

store.

Public washrooms will be on the main floor. There are no plans at present for the basement, but a clothing store has been suggested.



Proposed floor plan of the former Northern Store

Ward 1 Association Cottage Associations to be asked to participate

by Charles Norman

Cottage Associations are to be canvassed to determine their interest in participating in a proposed "Ward 1 Association. An inaugural meeting for the May long weekend has been suggested.

Working much like a political party, but without affiliation to any particular party, the association will canvass for members from among Ward One voters, arrange for membership meetings to establish priorities for the ward, and identify candidates for Reeve and Council who will support those priorities. The Association will, by membership vote, nominate

one candidate for each position, raise funds for, and work to see those candidates elected.

The forming of an Association has come about because of dissatisfaction with the proposal to move the Grand Marais Fire Hall to Fey Road in an association with the RM of St Clements. Property owners feel that the proposed location would not increase fire protection available to residents of the RM of Alexander, and would dramatically reduce the effectiveness of fire protection in Grand Marais. The contention is that a new fire hall should be in the centre of the RM,

close to Traverse Bay Corner. Those supporting the formation of the association point out that the forest fire in Victoria Beach last spring would have destroyed much of Victoria Beach if the Fire Department had not been already in the fire hall and very close to the fire.

Lakeshore protection is also emerging as a major issue. People are cutting down trees on the shoreline to give them a better view of the lake. In doing so they are unwittingly contributing to shoreline erosion. Other issues are expected to be raised, and debated on, when the Association gets underway.

Safety First is Theresa Avanthay's motto

On almost every day, weather permitting you can see Eighty-year-old Theresa Avanthay patrolling the roads and paths of St Georges. With a bag on her shoulder and a pole in her hand she will be picking up what other people have left behind.

"That's the way I am". She said. "That's the way my parents were and that's the way my husband was. - Safety first. My mother use to tell me if you have two good legs then you can work. She says that St Georges is "pretty good." There may be some broken glass that she removes from danger along with everything else, but otherwise there is not a lot of dangerous material.

Not like Winnipeg. When she lived in Winnipeg for a little over a

year she found live bullets, knives and more.

Mrs. Avanthay was raised in Notre Dame de Lourdes. Her husband was a farmer and a lumberjack and the family moved around a lot in the early years. Wherever she went Mrs. Avanthay cleaned up the mess that others had left behind, making her community a cleaner, safer place to live, and keeping herself very fit at the same time. During her many years in St. Georges she has picked up a lot of scrap that people have thrown away. "I like my community to be rid of dangerous items, I remember long ago a friend of mine got glass in his eye from debris that was thrown along the road, and I think of that and try to keep roads clean and safe" said Avanthay.

Community members when asked of Mrs. Avanthay were quick to respond, one said "I know who she is, she is that wonderful lady who is always cleaning our roads and walking paths." Ask another and sure enough, "yes I know Mrs. Avanthay, I see her almost every day, she always has a smile and she does great work at keeping our community clean. And another, when asked. Mrs. Avanthay, yeah I know her, she is the lady who cleans St. Georges.

It seems in St. Georges Mrs. Avanthay's efforts and hard work do not go unnoticed and she is appreciated and widely known by many. Hats off to Mrs. Avanthay for all that she does for her community.

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You may also apply as the representative for the estate of an individual who died of hepatitis C after contracting the virus from blood or blood products received in Manitoba during the period covered by the Manitoba program.

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Knights hold community breakfast

The Pine Falls Council for the Knights of Columbus recently held a pancake breakfast on Sunday, April 17th with the proceeds going towards the "Little John" Medical Trust Fund. As some people in the community are aware, little John Dube, son of Omer and Theresa Dube, is seriously ill with a genetic brain disorder called "Schizencephaly". This brain disorder has a range of effects on Little John and includes a variety of seizures. Some cause him temporary paralysis and can lead to permanent paralysis. Little John is

struggling to learn and currently requires constant one on one supervision. The leading clinic in North America for the treatment of his disease is the Mayo Clinic in Rochester, Minnesota. The Knights of Columbus would like to thank everyone who attended and is pleased to announce that the event raised \$1,000.00 for Little John's Medical Trust Fund. Two more fundraising events are being planned... a social on May 14th and a banquet on June 3rd. For further information, contact Lillian Meilleur (367-9105), Linda Nobiss

(367-9477) or Maurice Desautels (367-2549).

Anyone interested can make a cash donation to the Little John Dube Medical Trust Fund at the Royal Bank, Account # 5029871.

The Knights of Columbus also held a family bowling party in the afternoon which was followed up with hotdogs and refreshments. The event proved to be a lot of fun with everyone attending having an enjoyable time. We hope to see everyone who participated, and a few more, at next year's event.



Robert Dufour and Bert Chevretils were happy to serve up pancakes at the fundraising breakfast



Knights of Columbus held a pancake breakfast on Sunday April 17th to raise funds for "Little John" Dube's Medical Trust Fund



Knights of Columbus family bowling party

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Rose Chevretils

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Brenda Broza (Peltier)

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's are giving me results. I also don't have my usual side effects of exercise which used to halt my routine such as shin splints, sore back and muscles and joint pain. Thank you Della for taking my fitness to the next level.

- Karen Moreau

Community Board Goes Public

But recommendations look more like list of demands

by Jim Hampshire

Fire the staff, hand in your resignations and turn the key over to the Municipal Office.

That, in a nutshell, are the key elements in a list of recommendations handed to the Lac du Bonnet Community Centre Board by Ken MacMaster's esteemed steering committee earlier this month.

"I can't believe it took the steering committee two months to come to those conclusions," Acting Board Chairperson Lois Byron said over the weekend. "Ken MacMaster could have saved a lot of time by just asking the the RM council what they thought and he would have received the same answer."

In fact some key points in the short list of recommendation mirror what the RM suggested last fall, when one councillor said the centre could be better served with a volunteer staff. And although the steering committee isn't recommending a total volunteer staff, they did suggest that the Facilities Manager position should be replaced by a "Rent Free For Service Tenant," adding a second recommendation that the local rec commission might be a good fit, and if not, approach other organizations if necessary. The steering committee is adamant that these two conditions must be met before further discussions can take place on any of the additional recommendations.

"We don't disagree with the rec commission coming in to help manage the centre but will the director have time with her current duties?" is how Byron

responded to the first two suggestions. "Any office tenant would have to be available on most weekdays to field calls and inquires so it could mean a big adjustment."

As it is, Byron points out that the local rec director spends two days per week in Pinawa, which supplements the positional salary. Byron says she is at a loss to explain how the rec director can be at two places at once.

"We are still a working board and it is our constitutional duty to carefully examine any changes brought forward by government or the public," Byron explained. "What if the rec commission director isn't able to wear two hats, what then? We need to look at all alternatives."

The community centre board was further frustrated by media reports last week, accusing the board of keeping public information secret. According to several members of the board, it wasn't their idea to keep the recommendation list under wraps.

"We were told by the steering committee, in no uncertain terms that we were not to make the list public, even though we wanted to release the information immediately," Byron stated. "Then the local paper suggests that we are concealing public documents and that affects public perception."

The list of recommendations, which Byron refers to as a list of demands, also calls for the current board to call a special meeting in October of this year, where all board positions will be open for election.

"That's just another way of saying, 'hand in your resignations this summer,'" Byron remarked. "We just had a similar meeting last month, called an AGM, and no one stepped forward to fill even the vacant positions because of all the abuse this board has to endure."

As far as other recommendations by the steering committee, they suggest that the bowling lane be leased out to private enterprise and to explore the possibility that the bar in the main hall do the same. The recommendations also call for the RM to be involved in the day-to-day operation of the facility, where they would assume most of the financial duties.

"Now you see, they (the RM and steering committee) accuse us of dragging our feet in making decisions on these matters but as a responsible board, we must investigate the ramifications of these recommendations, and how they pertain to the future and betterment of the community centre because, in the future, we'll be held up for blame for any possible failures," Byron continued. "What if the private leaseholder closes the bowling alley in mid-season because of the lack of profits? Would we cancel the bowling season? And what would that portion of the electric bill be and would that person pay for maintenance and janitorial services?"

"We are not dragging our

feet. In fact we are doing just what we were elected to do."

Byron also points to the time frame asked of the board to render a decision on these issues by Reeve Don Halbert as another point of frustration. According to board members, the document was no sooner in their hands when Halbert demanded answers.

"We were handed the list and we we're asked for a response shortly after," board member Wes Martin said. "We need time absorb all this and not make any rash decisions."

The worst part, Martin says, was that the whole process was supposed to be dealt with behind close doors, adding that the media was only to be contacted when an agreement was reached between the RM and the centre's board members. Byron was quick to agree.

"Everyone concerned thought that their was too much infighting hitting the newspapers and we agreed to start with a clean slate," she said. "Next thing you know, the board is blind-sided by a story in the local paper, making us look inept."

Another controversial recommendation by the steering committee calls for free rental opportunities for local organizations, which Byron points out, already happens quite often. The controversy, Byron says, can be found in the 'across the board cuts' of 20 percent in rental fees for all

residents in the Town and RM of Lac du Bonnet.

"Here we are looking for ways to maintain, if not to ultimately boost revenues, and the steering committee decides it would be a good idea to have a sale," Byron fumed. "The hall fees were decided long before this board came along, and if we would have made the same suggestion last year, we would have been laughed out of the RM office."

To date, the RM has indicated that the board accept these recommendations or any further RM support will be cut off. The board says it is only asking for a support signature to extend a loan agreement currently in place with the Royal Bank of Canada.

"We are not in the financial turmoil many people believe," board member Wes Martin concluded. "We are treading water and we will easily be able to meet our financial obligations if we lower our bank payments. There are homeowners out there with bigger mortgages than this facility."

Byron reports that the board has lowered the outstanding debt from \$300,000 three years ago, to the \$190,000 figure as it stands today.

"If the debt was growing annually, I could see reason for concern, but we are chipping away and making progress," Byron said. "We have a lot of good people to thank for that but this latest board has only received abuse."

BASEBALL MEETING

Pineview Mixed Slo-pitch League Annual General Meeting and Registration Night will be held on (season begins May 17/05) Monday, May 2nd at 7:00 p.m. at the Papertown Motor Inn.

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Eastman Loggers and Truckers hold windup

Annual event brings the industry to Lac du Bonnet

by Jim Hampshire

The Eastman's truckers and loggers converged on Lac du Bonnet this past weekend, to celebrate another successful year and hand out a few awards in the meantime.

The event, which was held at the Lac du Bonnet Community Centre on Saturday, is

partly sponsored by Tembec each year, and as Bob Durocher points out, it's an opportunity for friends in the industry to meet and enjoy some friendly competition.

"We have several awards we give out, pertaining to the environment and safety and we have a few skill competi-

tions on site for our members," Durocher said from his Tembec office this week. "Basically it's a recognition banquet for those in the industry.

During the ceremonies, awards were handed out for Trucker of the Year and another for Logger of the Year.

Meanwhile, most of the attention was focussed on the events outside the banquet hall, where members competed in log sawing competitions, while the truck drivers went hood to hood, in a truck driving contest.

Durocher reports that the event was very well attended, as it is every year, and the weather couldn't have been better as many members and spectators took time to browse through the displays available under the big top tent, as well as the machines on display in the community centre parking lot.



One of the highlights at the loggers and truckers convention in Lac du Bonnet this weekend, was the chainsaw competition, where competitors were challenged to cut exact lengths off wood beams in the fastest time

Card of Thanks

On behalf of Cancer Care Manitoba and myself I'd like to thank the following people and businesses for their support

- Bluewater Aviation
- The Boys in The Band
- Campbell's Grocery
- Chicken Chef Powerview
- Betty Cowan
- Deals for Dollars Pine Falls
- Dollar Store Lac du Bonnet
- Great Falls Foods
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- Liberty Tax Service st.George
- Margaret Larcombe
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- Next faze Lac du Bonnet
- Osis building Supplies Powerview
- Pine Pharmacy
- S.E.T.S. Sagkeeng
- Heather Softley
- Special T Lac du Bonnet
- Winnipeg River Echo
- The gang From Brandon
- Tembec
- Wolf Fm102.7
- Bernice Wilde and Family

Thank you also to all those who came out and enjoyed the evening. I am fortunate to have had so much support. We raised \$3187.66 for Cancer Care! I have been humbled by this most rewarding experience. The lucky winner of The Wheat King's Jersey was a very happy Norman Courchene. Thanks again everyone!

Kerri Smith Young

MS Walk Rocks

from front page

fortable surrounding for the participants. In other years, participants would gather in the arena or in a tented area following the walk, but the community centre comfort was welcomed with open arms by all who attended.

Top fund-raiser in this year's event is no stranger to the MS Walk, nor is he a stranger to the long line of donors who keep him at the top each year. Once again Lac du Bonnet Mayor Paul Chapman went to work to raise the day's largest dollar figure as he turned in excess \$7,500, which will undoubtedly make him one of the top fundraisers in the province.

Organizer Phil Lussier says he is working to make the MS

Walk bigger and better next year, on the special occasion celebrating the tenth year of this event in Lac du Bonnet.

"We started out twenty years ago taking in the MS Walks in the city and we had the opportunity to bring the walk out here to Lac du Bonnet nine years ago," Lussier concluded. "We never dreamt it would be one of the biggest rural walks in the province when we started out but it is thanks to the volunteers and the supporters who come out to walk and help raise money year after year."

Lussier points to the volunteers of the Knights of Columbus, the Lions Club of Lac du Bonnet and Manitoba Hydro as one of the big reasons why the event does so well every year.

"We are building for a bigger year next year and we are planning more entertainment and a bigger prize table," he said. "We have good people in place to help us and we want the public to come and join us and make the next Lac du Bonnet MS Walk the biggest yet."

The organizers would also like to thank the businesses of Lac du Bonnet and Pine Falls who donated the prize merchandise, making the afternoon luncheon a great success - not only for Lois Byron - but for all those who attended.

In the meantime, Phil and Jeanne Lussier are organizing a support group for people stricken with MS, with the first meeting scheduled in early May. All those interested in attending are asked to call 345-9601 for more information.

WALK-A-THON

Pine Falls Health Auxiliary & Knights of Columbus
Community Fund-raiser Walk-a-Thon

Help us raise funds to assist
in the purchase of a new area Handivan

May 29th



The Winnipeg River Senior Service is currently fundraising for this project

Volunteers recognized

On Monday April 18th, at Sunnywood Manor in Pinefalls the North East-Man Health Association held a Volunteer Appreciation tea for their Volunteers from the Victoria Beach and PineFalls Communities. The theme was "Volunteers Make a Difference One Person at a Time". Over 50 volunteers attended the tea. Each volunteer was presented a pin with a poem in a beautiful velveteen pouch. During the speeches the importance of volunteers was stressed. The volunteers enjoyed a presentation of the Volunteers in Action over the last year. In the

background the music of Terri Clark -Unsung Hero played. The volunteers were then treated to delicious cake, fruit and beverage. Jasmine Clark was the youngest volunteer there. Volunteers play a critical role in the enhancement of programs. Volunteers help create healthy, happy communities. Volunteers touch the lives of many. If any one would like more information on the many opportunities of volunteering they may call Sally Anderson Regional Recreation Coordinator for North East-Man Health Association at 268-7300.



Volunteers enjoy the Appreciation Tea held at the Sunnywood Manor in Pine Falls.



Over 50 volunteers from the Beaches to Pine Falls attended this year's event.

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Self-Employment Program

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Mother's Day Menu

• *Butterfly Shrimp & Chicken*

Seasoned breast of chicken with butterfly breaded shrimp and side of seafood sauce. Served with roast potatoes and veggies..... **\$15.95**

• *Steak & Calamari*

6 oz. Sirloin steak charbroiled and placed underneath golden fried calamari rings. Served with tzatziki, roast potatoes and veggies... **\$17.95**

• *Mexicali Ribs*

Full rack of pork back ribs. Done Mexican style and charbroiled to perfection. Served with roast potatoes and veggies..... **\$19.95**

All specials served with salad to start

Dessert - *Lemon Cheesecake Rangos*

Cinnamon sugared crispy outer crisp filled with lemon cheesecake, served with ice cream and lemon sauce..... **\$4.95**

Manitou Lodge
Pine Falls — 367-2252

The Artsy phartsy...

The Manitou Rapids Arts Council is in the swing of things once again! For those who have never heard of us or for those who need a reminder, we are an incorporated, non-profit organization whose purpose is the foster and promote the arts in our region. The Manitou Rapids Arts Council serves a large area: the R.M of Alexander (The Beaches, Saint-Georges, Silver Falls, Mud Falls, Chevrefils District, Broadlands etc.) as well as Powerview and Pine Falls. We are here to provide programs, events, activities and classes for people interested and involved in the arts at all levels. We can offer everything from painting classes, to willow chair making, to music lessons and to piñata making! Whether the art be visual (painting, arts and crafts etc) or a performing art (dance, music etc) it is an important part of our cultural heritage not to mention every individual's well-being, life and education.

At the beginning of April, we started to offer some physical/ artistic activities such as Tai Chi and Shaolin Kung Fu!

(Look for the ads posted in the community!)

If you have any questions, concerns or requests for possible events/workshops/classes that you would like in our region, please don't hesitate to contact us. Remember we are an arts-service organization; we are here to serve you!

Upcoming Classes: KUNG FU

Our new addition for spring is Shaolin Kung Fu classes starting May 2, 2005. After school or work, this is something physical, fun and creative to do. In collaboration with the X-Company, the Arts Council wants you to come and explore your combat talents of Kung Fu (emphasis on non-violent conflict resolution). The first session will run for 8 weeks and there will be 2 classes held on Mondays. The after school class is for children 12 and under and the evening class is for adults 13 and up. Every fitness level is welcome. For registration or more information contact Monique at reseau@wrac.ca or phone us @367-9970.

Tips for Mental Fitness

submitted

When flipping through magazines, I am often bombarded with ads and articles suggesting diets, lifestyle plans and exercise routines on how to achieve physical fitness. But what about mind fitness? In a time when mental health issues are often related to job absence, unemployment, and suicide, it seems appropriate to talk about how to achieve and maintain mental fitness. When reading through the following tips for mental fitness, you will see that every person, no matter what age, can put them into practice. Recognize that dedicating even a short amount of time every day to your mental fitness will reap significant benefits in terms of feeling rejuvenated and more confident, not to mention lower your chances of developing a mental illness.

1)Think good thoughts: Negative thoughts can be insistent and loud. Learn to interrupt them by developing your own statement that sums up your positive qualities - for example, "I am a warm person with a great sense of humour."

2)Exercise: Regular physical activity improves psychological well-being and can reduce depression and anxiety.

Joining an exercise group can also reduce loneliness, since it connects you with a new set of people sharing a common goal.

3)Enjoy hobbies: Taking up a hobby brings balance to your life by allowing you to do something you enjoy because you want to do it, free of the pressure.

4)Set personal goals: Goals don't have to be ambitious. Whatever goal you set, reaching it will build confidence and a sense of satisfaction.

5)Keep a journal: Expressing yourself after a stressful day can help you gain perspective and release tension.

6)Share humour: Life often gets too serious, so when you hear or see something that makes you smile or laugh, share it with someone you know. A little humour can go a long way to keeping us mentally fit!

7)Volunteer: Volunteering is called the "win-win" activity because helping others

makes us feel good about ourselves.

8)Treat yourself well: Cook yourself a good meal. Have a bubble bath. Call a friend or relative you haven't talked to in ages. Sit on a park bench and breathe in the fragrance of flowers and grass. Whatever it is, do it just for you.

* Adopted from CMHA Mental Health Week May 2-8, 2005 Pamphlet

Stephanie Loewen, Outreach Worker, Manitoba Schizophrenia Society, 371-0824

Gilbert Berg, Community Educator, Canadian Mental Health Association, 444-4691

Ron Dyck, Outreach Worker, Mood Disorders Association of Manitoba, 326-3623

Elsa Sydorko, Outreach Worker, Anxiety Disorders Association of Manitoba, 345-8511

All of the above organizations offer education, peer and family support services, and consultations.

Une Cabane à sucre à Saint-Georges

Organisée par les Chevaliers de Colomb, le comité de coordination en partenariat et Pluri-elles (Manitoba) inc.

Au sous-sol de l'église de Saint-Georges
Le dimanche 1^{er} mai 2005
De 11h à 15h

Un déjeuner aux crêpes
Des jeux
Des activités
Un spectacle
Des prix d'entrée



Venez participer aux activités en famille!

«Sugar Shack» In Saint-Georges

Organized by the Knights of Columbus, the Saint-Georges Partnership Coordinating Committee and Pluri-elles (Manitoba) inc.

In the basement of the Saint-Georges Church
Sunday, May 1st 2005
From 11:00 to 3:00

A pancake breakfast
Games
Activities
A great show!
Door prizes
Maple toffee



Come and join in the fun with your family!

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Bissett youth win award

The students of San Antonio School in Bissett were honoured on April 5th at a Community BBQ for their 3 time Wee Reels award winning films "The Boat" and "The Chase" at the 2005 Freeze Frame MB Youth Filmmakers Festival in March 2005.

Films nominated were shown during the festival at the IMAX theatre in Winnipeg.

Students and community members had the pleasure of seeing both films on two separate occasions.

The school of 9 students at the time braved minus 40 below temps to tape their films and did an absolutely fantastic job. Congratulations is extended to the winning students, teachers and volunteers.

Brushes Youth Jamboree

A Winnipeg team skipped by Connor Njegovan is the winner of the Asham - Eight Ender Brushes Youth Jamboree 13 & Under Open Competitive Division.

Njegovan, 3rd Evan Dube, 2nd Ryan Bruce, Lead Brendan Wilson, and Coach Rob Wilson (pictured with Don Baldwin, Asham Curling Sup-

plies and Terry Gibb, Eight Ender Brushes) defeated Winnipeg's Kelly Fordyce 8-3 in the final game Saturday. Fordyce (replacing original skip Daniel Birchard who was unable to play) was supported by 3rd Mike Ings, 2nd Andrew Peck, Lead Brody Moore, and Coach Bruce Birchard. In the semifinals, Njegovan defeated Derek Blanchard, Winnipeg 11-3 while Fordyce defeated Kate Cameron, Winnipeg 8-7.

"It was hard to believe these boys were so young, they played so well. I am extremely proud of my grandson, Evan Dube," said Yvonne Dube of Powerview.



Faith Perspective

by Pastor Jake Doell

Integrity - What is it?

Integrity is honesty in all of ones dealings. Ted Engstrom puts it this way, "Simply put, integrity is doing what you said you would do. It is as basic as keeping your word and fulfilling your promise." Today there seems to be a shortage of integrity in many areas of life. Baseball players desperate to break home run records are later found to have used steroids to give them that extra "little edge." High profile figures in the business world have lied about profit earnings so as to inflate the value of their stock. Politicians lying about abusing "taxpayers" money to make themselves look good for re-election. What about the average "Joe" and "Mary" when they fill out their income tax forms every year? Do you report that \$500.00 the neighbour paid you in cash for helping him remodel his kitchen? Integrity, we all want it in others but do we live it ourselves?

The following short story by Jerry White in his book "Honesty, Morality and Conscience" demonstrates integrity:

"When Ted Williams was forty years old and closing out his career with the Boston Red Sox, he was suffering from a pinched nerve in his neck. "The thing was so bad," he later explained, "That I could hardly

turn my head to look at the pitcher." For the first time in his career he batted under .300, hitting just .254 with 10 home runs. He was the highest salaried player in sports that year, making \$125,000. The next year the Red Sox sent him the same contract. "When I got it, I sent it back with a note. I told them I wouldn't sign it until they gave me the full payout allowed. I think it was 25%. My feeling was that I was always fairly treated by the Red Sox when it came to contracts. I never had any problem with them about money. Now they are offering me a contract I didn't deserve. And I only wanted what I deserved." Williams cut his own salary by \$31,250!

Honesty and integrity are always in demand. Everyone likes to deal with an honest person. The Bible tells us in Proverbs 11:3 - "Good people are guided by their honesty; treacherous people are destroyed by their dishonesty." I'll end off this article with another quote from the Bible:

Proverbs 10:9 - "People with integrity have a firm footing, but those who follow crooked paths will slip and fall." Choose integrity for your life and you will be walking on a road that is narrow but sure.



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Lac du Bonnet RCMP Report



Report for the weeks of April 18th to April 25th

On the 18th of April, a report was rec'd that a number of bones had been found in the vicinity of Hazel Creek in the R.M. of Reynolds. Police investi-

gated the scene and same appear to be from an animal, however, the source is being con-

firmed. On the 18th of April, a report was rec'd that locks on a cottage at Brereton Lake were damaged by having acid poured on them. No entry to the premises.

On the 18th of April, a report was rec'd that a shed had been broken into on Armour in the R.M. of Alexander. The door had been kicked in and off-road vehicle tracks were noted nearby. Took place on Saturday night.

On the 18th of April, a report was rec'd that a residence was on fire on Poplar Ave. in Great Falls. Police attended in conjunction with the Pine Falls Fire Dept. The house could not be saved. Cause is under investigation at this time.

On the 18th of April, a report was rec'd of an Intrusion Alarm at a location in River Hills in the R.M. of Whitemouth. Found to be a False Alarm.

On the 18th of April, a report was rec'd of a vehicle having been left at a business in Seven Sisters for a number of days. The R.O. was determined and the complainant will follow up accordingly.

On the 19th of April, a report was rec'd of an Intrusion Alarm at a location on Park Avenue in the Town of Lac du Bonnet. Police attended and determined that this was a False Alarm.

On the 19th of April, a resident of the R.M. of Lac du Bonnet reported that a vehicle had been broken into in Wpg. while parked at Young and Ellice and

a number of items stolen.

On the 20th of April, a 911 hang-up call was rec'd from a location in the Cape Coppermine area of the R.M. of Lac du Bonnet. This was determined to be a false call.

On the 20th of April, a report was rec'd that a residence on Fifth Street in the Town of Lac du Bonnet had been broken into and a dog taken. Police located the suspect in question and the dog, and returned same to its owner. Matter still under investigation.

On the 20th of April, a report was rec'd of a break and enter to the caboose at the Whitemouth Museum, and a number of windows broken.

On the 20th of April, police on patrol located 3 under-age subjects on a trail near the Pinawa Secondary School. The subjects were in possession of a hash pipe and it appeared they were using same during the School lunch-break. All were taken home to their respective parents.

On the 20th of April, a report was rec'd of the theft of diesel from a vehicle at a location on Fatima Road in the R.M. of Lac du Bonnet.

On the 20th of April, a report was rec'd of a break and enter to a shed at a location at Big Whiteshell Lake in the Whiteshell Prov. Park, and the theft of a 9.9 Honda Outboard Motor.

On the 20th of April, a report was rec'd of a blue pick-up driving too fast on Poplar Av-

enue in Great Falls. Police patrolled, but vehicle not located. No plate number available.

On the 20th of April, a report was rec'd from a resident of the R.M. of Reynolds that dogs were being allowed to run at loose on the complainant's property. As a result of the complaint, an adult male resident of the R.M. of Reynolds was charged with permitting dogs to run at large.

On the 21st of April, a report was rec'd from an adult female that an adult male was following her and apparently attempting to intimidate her in the Seven Sisters area. Follow-up done with the subject as per the wishes of the complainant.

On the 21st of April, a report was rec'd of the theft of a large quantity of copper wire from the Manitoba Hydro compound at White Lake in the Whiteshell Prov. Park.

On the 21st of April, a report was rec'd that an adult female was possibly suicidal at a location on McIntosh in the Town of Lac du Bonnet. Police attended and interviewed the subject and her common-law husband, and found that she did not have any intention to harm herself.

On the 21st of April, a report was rec'd of an intoxicated under-age male at the Lac du Bonnet Youth Centre. Police attended, as did the subject's mother, who agreed to take him home to sober up.

See LAC DU BONNET/ page 12

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. 9:00am to 12:00 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., whist every Thursday 1:30 p.m.
Pine Falls Health Auxiliary: meetings first Tuesday of every month 1:30 p.m.
Cottage Country Business Assoc.: meets first Monday of the month 7:00 p.m. October through May, phone 756-2596.
Alcoholics Anonymous: Sunrise Group meetings every Monday, Wednesday and Friday 7:30 p.m. to 8:30 p.m., last Friday of the month open to the public, at St. Georges Catholic Church basement.
Pine Falls Legion: meetings held second Thursday of the month 7:30 p.m. Legion, meal 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.
FAA: meeting first Tuesday of each month at 7:00 p.m.
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.
Village of Powerview: meets second Tuesday of each month.
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, Wednesday 8:00 p.m., Senior Scene, Victoria Beach, 1 Ateah Road. Barb 754-3173 or Alice 756-3933.
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 3:00 p.m. to 5:00 p.m. Monday and Thursday.
Weight Watchers Meeting: Every Thursday - weigh in at 4:45 to 5:30pm, call Dolores for info at 367-2945.
Foster Homes: Open your heart and home to a foster child, foster homes needed in Pine Falls and surrounding area, call Debby at 268-6158.
Child Health Clinics - will be provided by area Public Health Nurse every Thursday afternoon at the Pine Falls Complex, Community Health Office assessments of babies (or child's) height, weight, infant nutrition, advice, immunizations (as necessary) and any other advice you may wish, please call 367-5406 for more info.
Weight Watchers: Effective October 8th Wednesdays at 4:45 weigh-in and at 5:30 Meetings.
Pine Falls Golden Leisure Club: Bridge 7:00pm Thursday, Canasta 1:00pm Friday, Whist 1:30pm Wednesday, Exercise 10:15am, Monday, Tuesday, Saturday, Crib, 1st Monday of Month at 1:30pm.

Winnipeg River Church Services

NOTRE DAME DU LAUS: Powerview - Saturday evening 7:30 p.m. (English), Sunday 10:00 a.m. (English), Stead - Sunday 12:00 noon.
PINE FALLS UNITED CHURCH: Worship Service and Sunday School at 11:00 a.m. 367-2633 Everyone Welcome.
PINE FALLS ANGLICAN CHURCH OF THE ADVENT: Ph. 367-9520 Rector, the Rev. Sandra Tankard Sunday Service at 9:00 a.m.
ST. THERESA'S: Masses at Notre Dame du Laus.
ST. GEORGES: Mass Sunday at 8:00 a.m. and 10:00 a.m.
ST. JUDE'S ANGLICAN CHURCH: Grand Marais, Holy Eucharist - second and fourth Sundays, 11:00 a.m. Morning prayer 11:00 a.m. - first, third and fifth Sundays.
TRINITY EVANGELICAL LUTHERAN CHURCH: Thalberg, 1 mile east and 1 mile south of Junction #12 and #304 St. John's Evangelical Lutheran Church, Greenwald on Hwy #12, 1/2 miles north of junction with #317. Sunday church school 10:00 a.m., worship 11:00 a.m. (alternate locations). For info call 635-2625 or 754-8682.
CHRISTIAN FAITH FELLOWSHIP: Bible study 7:30 p.m. Wednesday, church service 10:30 a.m. Sunday school 10:00 a.m.
HOUSE OF PRAYER FULL GOSPEL: 2:30 p.m. every Sunday, Scantbury, 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.
SAGKEENO CHRISTIAN FELLOWSHIP CHURCH: - Lloyd Guimond (Pastor) Sagkeeng South Shore, service Thursday 7:30 p.m. and Sunday 2:00 p.m.
CHRIST CHURCH ANGLICAN: - Sunday 2:30 p.m. at Hollow Water.
GRACE BAPTIST CHURCH: - Bible study, Wednesday 7:30 p.m., call Pastor Todd Goudy for information 367-2531.

The Winnipeg Humane Society

The WHS is seeking Satellite Adoption Centres! If you own/operate a business of any type, a pet supply store or a vet clinic, call Melinda @ 982-3552 if this interests you!



Shandy, 98117

Looking for a wonderful & affectionate dog? This is Shandy, a Lab/Setter mix! She is about 1 1/2 years old, likes other dogs & is good with cats. Shandy is also kennel trained & housebroken. This all-around great dog has been in our care since September 11, 2004 and we know how much she deserves an excellent home. Very people-friendly, Shandy would make a perfect addition to almost any home! Reduced adoption fee, only \$88.06!



Mama, 105079

For a limited time only, The WHS has hamsters & gerbils on for a reduced fee, only \$6.95! This includes a vet exam, ownership handbook as well as 14-day health period in our Animal Care Clinic should any health problems arise. We also have gently used rodent cages available for sale. 'Mama' was one of 6 hamsters surrendered to us on April 2.

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

Report from Legislature



Report from Legislature by MLA, Gerald Hawranik

CROCUS

On December 10, 2004, the Crocus Fund stopped trading of its shares, citing underperformance of the Fund. The 33,000 shareholders in Crocus have now taken a \$60 Million reduction in the value of the Fund. The 33,000 shareholders and all Manitobans deserve full, true and complete disclosure. Instead, the Government is doing all it can to ensure that Manitobans and shareholders do not get the facts. C.E.O. Alfred Black has publicly stated that a settlement of the lawsuit against the Directors of Crocus is likely. The difficulty with a settlement at this time is that shareholders and Manitobans will not get the facts. Any settlement agreement includes a non-disclosure clause, which will effectively muzzle all the Directors as to

what really happened with the Crocus Fund, unless a Public Inquiry is called by the Premier. A Public Inquiry will also allow the Judge to call witnesses who will be required to testify under oath. The only way to ensure that the facts come out is to call a Public Inquiry. Stuart Murray, the Leader of the Official Opposition has publicly stated that if the Doer Government does not call for a Public Inquiry, then when the Progressive Conservatives are elected into government, a Public Inquiry will be held to get to the bottom of the Crocus mess.

The NDP has a political appointee to the Crocus Fund Board. Surely the Doer Government must have known what was going on – surely they must have known that the investments by Crocus into some of its companies were overvalued. On September 23,

2004 the value of the fund was reduced by \$15 Million. On November 18, 2004 an additional write down of the value of the Fund to the tune of \$23.5 Million was imminent, yet Crocus did not halt the trading of shares until December 10, 2004. The question remains, what was the Premier and his cabinet told throughout this process? In spite of write downs in the value of the shares, innocent Manitobans continued to purchase and sell Crocus shares to their detriment. The losers are the 33,000 Crocus shareholders.

If you have any questions regarding this article, or any other issues or concerns in the Constituency, please feel free to contact me at 268-4664, write to me at Box 430, Beausejour, MB, R0E 0C0, email me at gerald@geraldhawranik.com or visit my website at www.geraldhawranik.com.

On Parliament Hill



Your voice in Ottawa
Vic Toews, MP for Provencher

Charter No guarantee of ethical government

Beginning with Conservative Prime Minister John Diefenbaker's Bill of Rights in 1960, and with the passing of the Charter of Rights and Freedoms on April 17, 1982, there was a fundamental shift in the framework of our democracy. Instead of the federal Parliament and the provincial legislatures collectively having unlimited legislative power, the Charter of Rights and Freedoms restrained those legislative bodies from enacting legislation or taking action that would violate the principles set out in the charter.

In order to determine whether the activities of government contravene these principles, the charter assigned that responsibility to the judiciary. Section 15 of the charter, the equality provisions, provided the citizens of Canada with a constitutional mechanism that required governments to enact laws and carry out their activities in a way that promoted human rights and protected the people of Canada from unwarranted interference by government. Its purpose is to prevent governments from carrying out activities or making laws that make inappropriate distinctions in respect of the people it serves.

This provision came into

force three years later than the rest of the charter in order to provide legislative bodies time to ensure that their practices and legislation complied with that provision. However, although the charter, and specifically section 15, has become a fundamental expression of Canadian values, it is important to note that constitutional documents are not a guarantee of ethical government.

And so it is that 23 years after the coming into force of the charter and 20 years after the coming into force of section 15, Canada is faced with an unprecedented example of our federal government abusing the trust of its people. Beginning with the findings of the Auditor General and the hearings of the public accounts committee last year, and continuing with the ongoing hearings of the Gomery Commission, the Canadian people have seen the corrupt activities of its government, activities committed in a systemic and ongoing manner over the course of the decade, exposed for the entire world to see.

At the same time that our government was casting itself as a world leader in the promotion and protection of human rights, the sad truth is that its activities undermined the

basic principles of a responsible democracy and the very principles set out in the Charter of Rights and Freedoms.

The actions of our government over this past decade are a shameful reminder that the mere expression of lofty constitutional principles is not sufficient to prevent corruption and abuse in our democratic institutions.

I would invite Canadians not only to learn about the significance of section 15, but also to ponder the irony of marking this anniversary at a time when corruption has never been as evident.

This disgraceful state of affairs is a clear reminder that ultimately it is not the words found in a constitutional document or the power of the judiciary that will ensure the continued growth of our democracy. The growth of our democracy and the assurance that Canada will take its rightful place as a world leader can only be accomplished through the determined will and actions of each individual citizen to hold its government accountable.

Please feel free to contact my office if you have any concerns or issues you would like to discuss. You may contact me toll free at 1-866-333-1933 or at 204-326-9889 or in Lac du Bonnet at 204-345-9762. You may write me at 203-323 Main Street, Steinbach, MB R5G 1Z2, by fax at 204-346-9874 or by e-mail at toewsv1@mts.net

UNDER THE PLANNING ACT NOTICE OF PUBLIC MEETING REGARDING BY-LAW 56-05

The Board of the Winnipeg River Planning District, under the authority of The Planning Act, will hold a PUBLIC HEARING, at the R.M. of Alexander Administration Office on May 17, 2005 at 6:15 p.m., at which time and place the Board will receive representations from any persons who wish to make them in respect to the following amendment to By-Law number 14/90 as amended, and known as the Winnipeg River Planning District Development Plan as amended. A copy of the following amendment and supporting material may be inspected by any person during regular office hours from 8:30 a.m. to 4:30 p.m. Monday to Friday at the office of the Winnipeg River Planning District located in the R.M. of Alexander Administration Building in St. Georges, Manitoba. Copies may be made and extracts taken therefrom, upon request. For additional information please contact Michele Stefaniuk, Secretary-Treasurer, Winnipeg River Planning District, Phone (204) 367-6170.

1. Policy 4.2.6 is repealed and replaced with the following text:

4.2.6 Excepting the Lee River/Pinawa Bay and the Bird River, as per Section 4.2.7, generally the minimum lot size for recreational dwellings shall be as set forth in Section 4.2.9(6).

2. Policies 4.2.7 (2) and 4.2.7(3) be repealed and replaced with the following text:

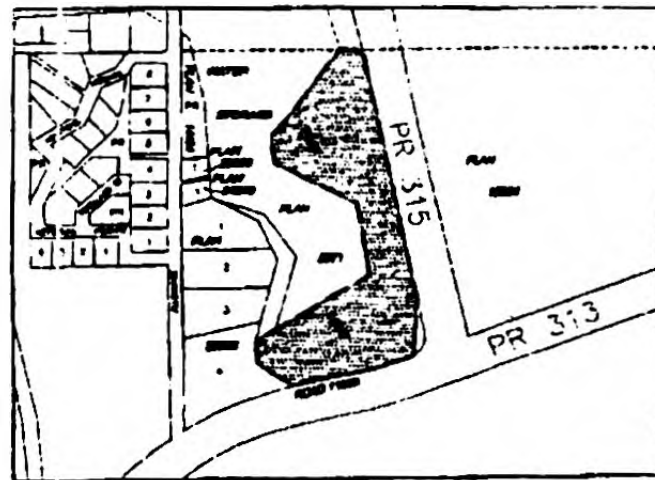
4.2.7(2) New lots developed in the Lee River/Pinawa Bay and Bird River area shall generally have a minimum lot size of 1 acre. The Board may consider smaller lot sizes, on a site specific basis due to topography or other site conditions, provided a maximum density of one lot per acre is not exceeded. Lot size may be less than one acre to allow for clustering of the development, which may deliver a more appropriate, environmentally sensitive and effective use of the land, provided that the balance of the land is dedicated as public and/or crown reserve.

3. Subsequent to the approval of this Development Plan amendment, the subsections in Section 4.2.7 will be renumbered consecutively i.e. Numbered (1) to (4).

4. Appendix "D" Winnipeg River Planning District Development Plan Map, being Part of the Winnipeg River Planning District Development Plan as amended, is hereby further amended so that the area described as follows:

Lot 3, Plan 24048 WLTO

As shown outlined by a heavy broken line on Appendix "A", attached hereto, currently designated "Rural Residential" be hereby redesignated "Seasonal Recreational."



Appendix "A"

Attached to By-law No. 55/05 of the Winnipeg River Planning District Amending Appendix B, as amended, of by-law 14/90 being The Winnipeg River Planning District Development Plan As amended.

Legend:

Seasonal Recreational
Limits of area affected



MANITOBA
INTERGOVERNMENTAL AFFAIRS AND TRADE
Date: March 10, 2005
Doc. Number: 800-70-173

Lac du Bonnet RCMP Report



Report for the weeks of April 18th to April 25th

On the 21st of April, a report was rec'd of a suspicious vehicle driving around in the area of Dorothy Lake in the Whiteshell Prov. Park.

On the 22nd of April, a report was rec'd of an under-age male chasing another under-age male from the Lac du Bonnet Senior School to a residence on Scott Crescent. The subject being chased took refuge at the residence in question to get away from the other subject.

On the 22nd of April, a report was rec'd that a vehicle had backed into another at the Gas Bar in Tyndall. Same fwd. To Beausejour Detachment.

On the 22nd of April, a report

was rec'd of a fire on the Deer Ridge Trail in Pinawa. A mattress had been set on fire, and the Fire Dept. extinguished same.

On the 22nd of April, a report was rec'd of the theft of gasoline at the corner of P.R. 317 and P.T.H. #11 in the R.M. of Lac du Bonnet. Took place over night.

On the 22nd of April, a report was rec'd of three under-age males throwing rocks at a residence on Athlone in Pinawa. Police attended and located the subjects in question and took them home to their parents.

On the 22nd of April, a report was rec'd that an adult male had

gone to Wpg. from a residence in the R.M. of Lac du Bonnet on the 21st and had not returned to this point. Police initiated an investigation of a Missing Person, however, the subject returned to his residence shortly after the initial complaint was rec'd.

On the 22nd of April, a report was rec'd that an under-age female had run away from Child & Family Services at a location at Red Rock Lake in the Whiteshell Prov. Park. Police located the subject at Breerton Lake in the Park, and returned her to CFS. CFS then reported that the female had run away again, and police once again located her and returned her to CFS.

On the 22nd of April, police on patrol located an under-age female and an adult female in possession of liquor in the vicinity of the Pinawa Teen Centre. Both were charged accordingly, and the under-age subject was taken home to her parents.

On the 23rd of April, a report was rec'd of a domestic disturbance at a location on Southwood Bay in the R.M. of Lac du Bonnet. Police attended and arrested an intoxicated adult female, who was lodged to sober up and released for court on a charge of Assault.

On the 23rd of April, a report was rec'd of possible dog poisoning at a location in the R.M. of Reynolds.

On the 23rd of April, a report was rec'd of a break and enter at a location on Diane Crescent in the R.M. of Alexander. A lock was cut off, and items stolen.

On the 23rd of April, a report was rec'd that a bag containing a quantity of Motorcross riding equipment fell out of the back of a truck along P.T.H. #44 between Molson Road and Seddon's Corner.

On the 23rd of April, a report was rec'd that gasoline had been stolen from a vehicle parked overnight at a business along P.R. #502 in the R.M. of Lac du Bonnet.

On the 23rd of April, a report was rec'd from a location on Athlone in Pinawa that an adult female was turning up her radio when the complainant was out in the yard. Police attended and no sound could be heard from the radio.

On the 23rd of April, police on patrol located 3 under-age females in the vicinity of the Pinawa Secondary School. Two were in possession of liquor and were charged accordingly, and taken home.

On the 24th of April, a report was rec'd of a grass fire on Dzioba Road in the R.M. of Lac du Bonnet & the Fire Dept. requested police attendance. Police attended the location, and subsequent investigation revealed that same had initially been burned off by the property-owners, so there was nothing untoward in the situation.

NOTICE of REVISION

Notice - Rec. Destroying Election Posters - A person who unlawfully takes down, covers up, mutilates, defaces or alters any proclamation, notice or other document, required to be posted up under any provision of this Act is guilty of an offence and liable, on summary conviction, to a fine of not more than one hundred dollars and not less than twenty-five dollars, or in default of payment thereof to imprisonment for a term of not more than six months and not less than one month, and, if the person so convicted is an election officer, or other officer engaged under this Act, he is guilty of an election offence and is liable, on summary conviction, to a fine not exceeding five hundred dollars, and not less than one hundred dollars, or in default of payment of the penalty, to imprisonment for a term not exceeding one year and not less than three months, Sec. 148 - Cap. L180 Local Authorities Election Act

TOWN of POWERVIEW - PINE FALLS

NOTICE is hereby given in accordance with the provisions of Section 19 of The Local Authorities Election Act that the **LIST OF ELECTORS** for the Local Authority has been deposited with the undersigned.

A copy of the **LIST OF ELECTORS** may be examined at:

The Municipal Office
277B Main Street, Powerview, MB.
367-8483

The Revising Officer will sit at

The Municipal Office
277B Main Street, Powerview, MB.

During the hours between

One o'clock in the afternoon and Nine o'clock in
The afternoon on

April 28th, 29th and May 2nd, 2005

for the purpose of revising the List of Electors by:

- (a) adding the names of electors who are entitled to have their names on the list, but whose names have been omitted;
- (b) deleting the names of persons who are not entitled to have their names on the list; and
- (c) by making such other correction of errors in the list as are required.

Any person desiring to have the **LIST OF ELECTORS** corrected by adding or deleting a name, may appear before me on that day at the hours specified in this notice when he/she will be heard. Where it is alleged that the name of any person other than the applicant appears on a **LIST OF ELECTORS** and that person is not entitled to have his/her name thereon, the application must be made in writing, stating the nature of the error, addressed to and left with the Revising Officer not later than May 2nd, 2005.

In accordance with Sections 5(3) and 5(4) of The Local Authorities Election Act, any non-resident elector who owns property in more than one ward, is responsible to notify the Revising Officer, in writing, no later than May 2nd, 2005 of the ward in which he/she desires to vote. Failing the foregoing, the elector's name will be placed on the list as the enumerator may select.

In accordance with Section 36.1 of The Local Authorities Election Act, an elector may apply in writing to the Revising Officer no later than May 2nd, 2005 to have his/her name and other personal information omitted or obscured from the list of electors in order to protect the elector's personal security.

Dated at Powerview in the Province of Manitoba, this 21st day of April, 2005.

Kelly A. Murray
Revising Officer

Town of Powerview - Pine Falls

Lac du Bonnet Community Billboard

Health Concerns? Call 268-3235 to book your seat
Cooking for better health: Lose weight, gain energy and prevent illness. Classes begin for every five people registered. Cindy Reimann, certified in nutrition, call 268-2168. **PACE 7-1375:** meets first Tuesday of the month, Chicken Chef, Powerview meeting room.

Prenatal classes: held regularly at Lac du Bonnet. Please register with Gail 268-7465 or call your local public health nurse.

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

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

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

Ladies' Auxiliary Royal Canadian Legion Branch #164 meets first Tuesday of the month 7:00 p.m. Legion Hall.

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

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

Horticultural Society meets second Tuesday of every month 7:00 p.m., 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 Al-Anon Group Thursday 7:30 p.m. Lac du Bonnet District Health Centre, 89 McIntosh. Call Teri 345-8712.

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

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

Lakeshore A.A. meetings every Sunday and Tuesday 8:00 p.m. at St. John's Anglican Church, 86 McArthur, Lac du Bonnet. Last Sunday of the month open to the public. Call Ted 345-2839, Ron 753-8403. **Ladies A.A. Meetings** Thursdays 1:00 p.m., 18 McDermot, Pinawa Doreen 753-8357.

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

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

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

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

Two Rivers Seniors Resource Council Inc. Call Pat at the Lac du Bonnet office, Health Centre at 345-1227. 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, Beausejour, Whitemouth, Oakbank, Hadashville.

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

Agassiz Horticultural Society meeting every 2nd Tuesday of the month, except January, July & August. Centennial School, 7 (M) 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 Mirek Szymal, 345-2900

Lac du Bonnet: 5:00 p.m. - Saturday mass, 11:00 a.m. Sunday mass

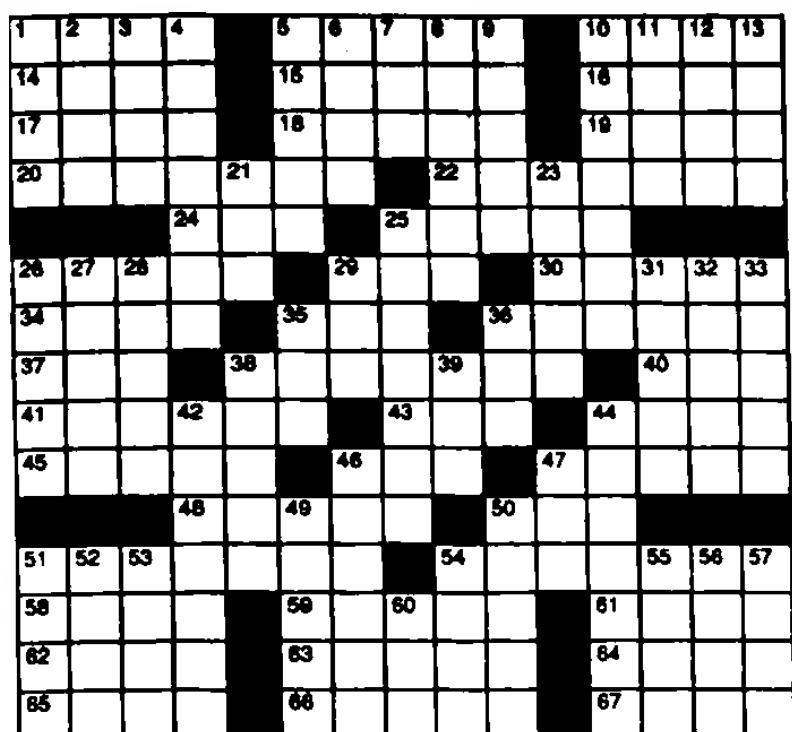
Pinawa (senior school): 9:15 a.m. Sunday mass

ST. JOHN'S ANGLICAN CHURCH

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

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

WEEKLY CROSSWORD



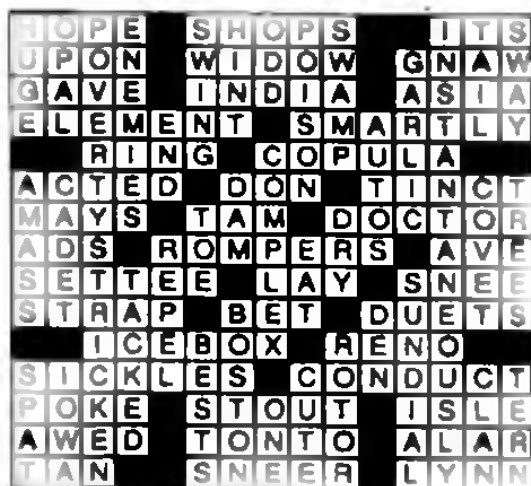
- ACROSS**
- 1 Stadium sound
 - 5 Axle
 - 10 C in GMC (abbr.)
 - 14 Scope
 - 15 Lone Star univ.
 - 16 ___ fixe
 - 17 Elevator in London
 - 18 Genus of palms
 - 19 Knoxville univ. (abbr.)
 - 20 Pack
 - 22 Disloyalty
 - 24 Caviar
 - 25 Watered
 - 26 Orange gem
 - 29 Through
 - 30 Nocturnal animal
 - 34 Wreckage
 - 35 Beat
 - 36 Cat
 - 37 Pray (L.)
 - 38 Oldest U. in U.S.A.
 - 40 Help
 - 41 Desired
 - 43 ___ League
 - 44 Chinese port
 - 45 Approaches
 - 46 Insect
 - 47 Sheeplike

- 48 Oregon pioneer
- 50 Contest in court
- 51 N.J. university
- 54 Empire State univ.
- 58 Indian
- 59 Perfume
- 61 Old ___- Mare
- 62 N.Y. College
- 63 Grace
- 64 Ireland
- 65 Light carriage
- 66 Mock
- 67 Crimson and scarlet

- DOWN**
- 1 Connecticut school
 - 2 Ireland
 - 3 Famous Parisian bank
 - 4 Roman museum
 - 5 S in LSU
 - 6 Present
 - 7 A must for a woodsman
 - 8 Element
 - 9 Ex-rulers
 - 10 S. Carolina college
 - 11 Poems
 - 12 Site of Nevada U.
 - 13 Eastern university
 - 21 Spanish pronoun
 - 23 Fished
 - 25 Weighter
 - 26 Rhode Island Ivy League univ.
 - 27 Halos (L.)
 - 28 Climbing plant
 - 29 Wall St. word
 - 31 Florida university
 - 32 N.Y. college
 - 33 Color anew

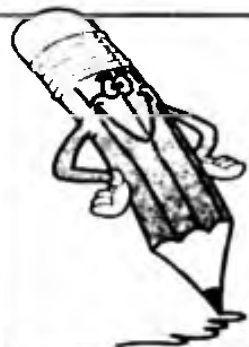
- 35 Naughty
- 36 Cook in grease
- 38 German writer
- 39 Hail!
- 42 Serious play
- 44 Punisher
- 46 Massachusetts univ.
- 47 Pronoun
- 49 Catches
- 50 More painful
- 51 Steals
- 52 Salt Lake City univ.
- 53 Pentateuch (var.)
- 54 Cleveland univ.
- 55 Buffalo College
- 56 Cooking fat
- 57 Caustics
- 60 Cravat

LAST WEEK'S ANSWERS



Did you Know?

- Rita Morena is the first and only entertainer to have received all 4 of American's top entertainment industry awards: The Oscar, The Emmy, The Tony and The Grammy.
- Melanie Griffith's mother is Tippi Hedren, best known for her lead role in the movie "The Birds".



CRYPTIC PUZZLE

FWP FBTFW HX FWP CHJNPXF FWHJY
GP MQJ YHDP LPKLSH HJ RWP PJW.

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

Last Week's Solution

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

Weekly Echo Horoscopes

This edition covers the week of April 18th to April 24th

ARIES (Mar. 21 - April 20)
Your emotions will be touched off concerning recent encounters with your lover. Don't do something silly just to get back at your mate. Travel opportunities must be taken advantage of. You may find yourself interested in more than one person.

TAURUS (Apr. 21 - May 21)
Your involvement in groups will be favorable for meeting new and exciting individuals. Your ability to deal with others will help you in getting the support you need. Elders may get you going this week. Your best gains will come through helping others emotionally.

GEMINI (May 22 - June 21)
Stay calm and focus on things that will help you understand the situation better. Expect temper tantrums on the home front if you haven't been letting someone have their way. Jealousy may get in the way of a good relationship. You're in the mood to do things such as competitive sports, or perhaps a night on the town.

CANCER (June 22 - July 22)
You can be sure that any dealing with large institutions should go well. Efforts made to improve yourself will turn out to your satisfaction. You can look into new jobs but don't count on getting help from someone who may have promised you assistance.

LEO (July 23 - Aug 22)
Don't donate more than you can afford in order to impress others. Be prepared to counteract the damage that adversaries are about to create. Business conducted in your own office will proceed smoothly. Don't expect new acquaintances to be completely honest about themselves.

VIRGO (Aug. 23 - Sept. 23)
Talk to peers who you trust in order to get sound advice. You will be accident prone if you aren't careful this week. You can make money if you concentrate on producing services that will make domestic chores easier. You can pick up information that will give you an edge.

LIBRA (Sept. 24 - Oct. 23)
Tone down and put some of that hard earned cash into a safe, long-term investment. Intellectual stimulation is what you are looking for. You may find yourself in a heated dispute with a friend if you try to change your mind. You could meet potential new mates if you go out with friends or take pleasure trips.

SCORPIO (Oct. 24 - Nov. 22)
Socializing will be more than just entertaining. Everything is moving quickly, just the way you like it. Hassles with in-laws could put a damper on your day. Don't get involved in other people's private doings.

SAGITTARIUS (Nov. 23 - Dec. 21)
Don't make promises you can't keep. Don't be too pushy or demanding, or you may find yourself all alone. Disappointments are likely if your mate embarrasses you in front of friends. Opportunities for travel and socializing are evident.

CAPRICORN (Dec 22 - Jan. 20)
Trying to deal with your mate will be unproductive and possibly hurtful. Opportunities to meet new lovers will come through pleasure trips or social events. Don't sign up for too many extra activities or you'll have trouble fulfilling your obligations. Be sure to pay attention to your bank account.

AQUARIUS (Jan 21 - Feb. 19)
Don't beat around the bush; state your case in plain and simple terms. You will be able to make changes regarding your living arrangements. Focus your efforts on details, and keep to yourself in order to finish your work. You mustn't give too much to your children.

PISCES (Feb. 20 - Mar. 20)
Minor health problems will cause setbacks if you haven't taken proper care of yourself. Physical work or exercise should be part of your schedule. You are in a high cycle where travel, education, and creative endeavors are concerned. Put your energy into moneymaking ventures.

Echo Classifieds

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

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

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. M-TPN

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

1985 Honda Shadow, 1100cc,
mint condition, asking
\$5500.00.

1991 Cougar LS, new tires,
newer CD and speakers, good
running condition, not safetied,
\$1400.00 call 367-2353.

Washer/Dryer: Inglis Citation
Washer and Dryer, \$150 for
both. Good condition phone
367-2365 to view.

Canon 4.0 Megapixels Power
ShotA 80 1 year old, like brand
new. Comes with software,
USB cable & 32 MB memory
card. \$200.00 Call 367-4461

Canon 35 mm EOS Rebel X
Hardly used, perfect condition.
Takes beautiful pictures!
Comes with strap & carry bag.
\$150.00, Call 367-4461

FREE - large satellite dish
with stand. 10 ft. Call 367-2766.

16 foot canoe (scanoe) with 2
HP - 2cycle engine. Canoe like
new, paddles included,
\$1100.00, call Phil Cyr at 367-
2643. 2x-1

Cook Wanted
Cook wanted for Birchwood
Motor Hotel, Victoria Beach
from May to September, start
ASAP, phone 756-2596 or fax
756-8898. 4x-4

**Bar Manager
Bartender**
Pine Falls Legion requires a
bar manager and bartender.
Resumes can be left at the
Legion.
No phone calls please.

**Call 367-9468 to place
your Classified Ad!**

EARN EXTRA CASH
The Winnipeg Free Press
requires a distributor for the
towns of Pine
Falls/Powerview, MB

Responsibilities will include
AM distribution to
Newsdealers and carriers as
well as some motor route
customer deliveries. A
reliable vehicle is required

This opportunity involves a
part time morning
commitment and is open to
all seniors and adults.

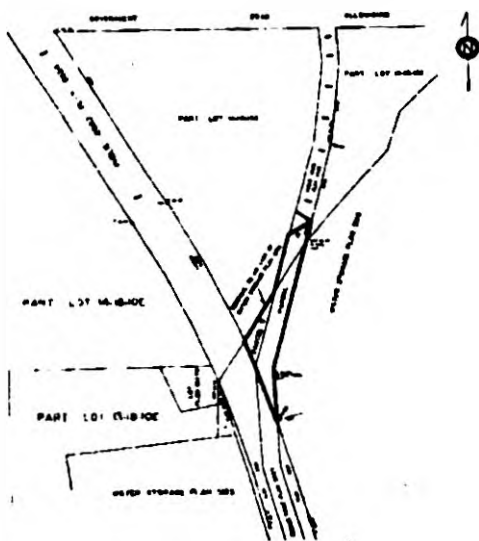
Interested applicants may call
our office at 1-800-542-
8900 ext. 7457 and leave a
message.

**UNDER THE MUNICIPAL ACT
NOTICE OF PUBLIC HEARING
REGARDING BY-LAW 02/05**

THE RURAL MUNICIPALITY OF ALEXANDER

TAKE NOTICE that the Rural Municipality of Alexander has proposed an amendment of a by-law providing for the closing of the following Municipal Road Allowance:

Part of Public Road Plan 2403 in Lot 13 and 14 in Township 18, Range 10 EPM, shown as parcel A on a plan of Survey prepared by Douglas Theodore Stevens, Manitoba Land Surveyor, deposited in the Winnipeg Land Titles Office as number 1305/2004 and shown as Appendix "A" attached hereto:



and for consolidating and transferring the Municipal Road Allowance to the St. Georges Community Development and Corporation described under Certificate of Title #1902843

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

The Council of the Municipality will hold a PUBLIC HEARING at the office of the Municipality at St. Georges, Manitoba on May 24, 2005, at 11:00 a.m. to hear in person or by agent any person who claims that his land will be prejudicially affected by the by-law and who applies to be heard.

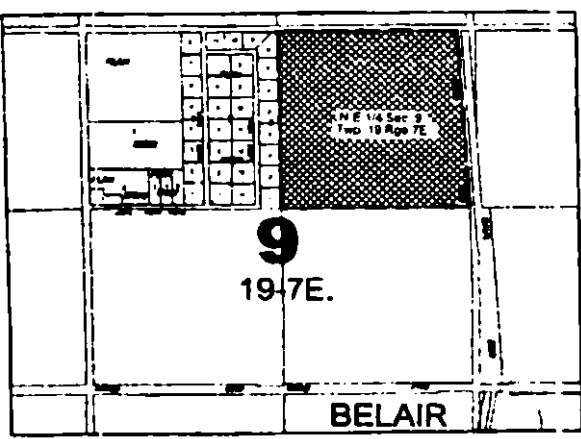
DATED at St. Georges, Manitoba this 8th day of April 2005.

**UNDER THE PLANNING ACT
NOTICE OF PUBLIC MEETING
REGARDING BY-LAW 55-05**

The Board of the Winnipeg River Planning District, under the authority of The Planning Act, will hold a PUBLIC HEARING, at the R.M. of Alexander Administration Office on May 17, 2005 at 6:30 p.m., at which time and place the Board will receive representations from any persons who wish to make them in respect to the following amendment to By-Law number 14/90 as amended, and known as the Winnipeg River Planning District Development Plan as amended. A copy of the following amendment and supporting material may be inspected by any person during regular office hours from 8:30 a.m. to 4:30 p.m. Monday to Friday at the office of the Winnipeg River Planning District located in the R.M. of Alexander Administration Building in St. Georges, Manitoba. Copies may be made and extracts taken therefrom, upon request. For additional information please contact Michele Stefaniuk, Secretary-Treasurer, Winnipeg River Planning District, Phone (204) 367-6170.

1. Appendix "B", being Part of the Winnipeg River Planning District Development Plan map as amended, is hereby further amended so that the area described as follows:

All that portion of NE ¼ 9-19-7 EPM which lies west of Road Division Plan 3668 as shown outlined by a heavy broken line on Appendix "A", attached hereto, presently designated "Natural Resource" be hereby re-designated "Rural Residential".



Appendix "A"
Attached to By-law No. 55/05
of the Winnipeg River Planning District
Amending Appendix B, as amended,
of by-law 14/90
being The Winnipeg River Planning District Development Plan
As amended.

Legend:
Rural Residential Areas
Limits of area affected

NORTH
MANITOBA
INTERGOVERNMENTAL AFFAIRS AND TRADE
Date: March 16, 2005
Doc. Number: 600-70-176

**TOWN OF
POWERSVIEW/
PINE FALLS**

**Summer Student
Employment
Opportunities**

Applications are now being
accepted for Summer
Student Positions with the
Town of Powerview - Pine
Falls. The number of
positions available and start
dates will be dependant on
student grant approvals.

Applications accompanied
by a personal resume will be
received at the Municipal
Office at 277B Main Street
during regular office hours.

Students who have
previously submitted
resumes in 2005 need not
reapply.

V.P. Irving, B. Ed, C.M.M.A.
Chief Administrative Officer
Town of Powerview -
Pine Falls

Echo Classifieds

In memoriam for Kay Tardiff

In loving memory of Kay Tardiff, who passed away April 28, 1998.

There will always be a heartache and often a silent tear. We shall cherish those precious memories of the days when you were here. Remembering you is easy. We do it every day, but missing you is a heartache that never goes away.

Always remembered, Love Ovide and children, grandchildren, great grandchildren and new additions

The Family of the late Rawny McDonald would like to extend our heartfelt thanks to all those friends and relatives who sent cards, food and flowers. Also those who called and visited us to lend moral support in our time of bereavement. We would also like to thank the ladies of the United Church for the lovely lunch served after the service.

Your kind thoughts and prayers were greatly appreciated. God bless you all.

Jack & Sharon;
Bob & Bernice



Monique Lussier and Kelly Lavoie are pleased to announce the arrival of their baby girl

Mia Shelby Lussier

on March 31 at 2:11 p.m. at the Women's Pavillion, weighing 5 lbs. 15 ozs., 18 1/2 inches long.

Proud grandparents are Alice and Victor Lussier and Art and Louise Lavoie. Proud big sisters are Taylor and Israel.

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

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. Call for more information 367-9468 or fax us at 367-9974.

One-to-One Community Support Worker Wings of Power

Is looking for a compassionate, understanding person to provide individual one-to-one support within the community. This is a regular part-time, position with 18 hours per week.

Duties and responsibilities include following daily routine, developing and implementing activities that will be interesting and challenging. For further information call Ginette McMullen @ 367-9641.

Deadline for applications is April 29, 2005.

Forward resumes to: Wings of Power
Box 66 Pine Falls, MB R0E 1M0 or fax to 367-9641



Wanted to buy: Spruce, Pine, or Cedar trees. Must be able to transplant. Call 204-233-2883 or cell # 204-782-9380.

Friday, April 29th 1:00 - 4:00 pm and Saturday April 30th 9:00am - 1:00pm. #9 Baie Caron N. in St. Georges, Mb. Baby and Toddler clothes, toys, household, and miscellaneous items.

Mark's Medi-Wheel
659 Park Avenue, Beausejour. Mobility and home healthcare store serving the North Eastman Region. Sales, rentals and service. Free delivery of scooters, liftchairs, and electric beds. Inquiries welcome, toll free call 1-800-438-9301.

HELP WANTED

Pine Falls Golf Club Cooking & Serving personnel

Pine Falls Clubhouse requires cooking and serving personnel for the 2005 season. All applicants please apply in person with Diane Thomas at the Clubhouse.

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

Friday, April 29

Salad, shepherds pie, fudge brownies

Monday, May 2

Soup, fish and oven roast potatoes, brussel sprouts, cherry cheesecake.

Wednesday, May 4

Coleslaw, roast turkey sandwiches, gravy, mashed potatoes, peas and carrots, butterscotch pudding.

Friday, May 6

Soup, liver and onions, mashed potatoes, gravy, celery and carrots, bread pudding.

RURAL MUNICIPALITY OF ALEXANDER PUBLIC HEARING NOTICE

PUBLIC NOTICE is hereby given pursuant to subsection 162(2) of the Municipal Act that the Council of the R.M. of Alexander intends to present its financial plan for the fiscal year 2005 at a public hearing in the Council Chambers of the R.M. of Alexander on the 12th day of May, 2005 at 1:30 p.m. Council will hear any person who wishes to make a representation, ask questions, or register an objection to the financial plan, as provided.

A copy of the financial plan is available for review and may be examined by any person during the regular office hours (8:30 a.m. - 4:30 p.m.) of the Municipality at #104058 on Highway #11 in St. Georges, Manitoba.

Dated this 22nd day of April, 2005

Margaret Bonekamp, CMMA
Chief Administrative Officer
R.M. of Alexander

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Sunday 8:00 a.m. to 12:00 midnight

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Powerview every Tuesday
at Powerview Agencies
3:00 to 7:00 p.m.

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10:30am-6:00pm

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