

Voice is back with a resounding Echo

by Charles Norman
Serving Winnipeg River communities from Lac du Bonnet to the beaches of Lake Winnipeg, The Winnipeg River Echo will be twice the size, have twice the number of pages, have twice the number employees, twice the circulation, and twice the news coverage of its predecessor, the Pine Falls Voice. The Voice shut down April 11 after serving the community for seven years. The Echo is published by Val Anderson who lives in Powerview. It has offices in Lac du Bonnet and Powerview. Recognising the need for a common link between com-

munities, Anderson decided to include Lac du Bonnet in the circulation area of The Echo. "The Winnipeg River is really one community," Anderson said. "Many people in one area have friends and relatives, or work in the other. It makes sense to have one community newspaper covering the whole community."
She intends The Echo to be a genuine community newspaper, with extensive coverage of news from community, sports and service clubs. It will support local businesses and local shopping. She sees the fact that readers have to pay for the Echo as

an advantage to both the community and the Echo. "The fact that the Echo is not a free newspaper will keep us on our toes." She said. "If people don't buy it we will know we are doing something wrong. You can be sure we will take steps to correct the problem, and we will do it very quickly." She said.
The Echo will honour subscriptions to the Voice and will be selling the paper in the same retail outlets as the Voice. To introduce the paper to Lac du Bonnet, the Echo is being delivered free to mail boxes in that community for the first three weeks of publication. "How well we



Valarie Anderson, publisher of the Winnipeg River Echo hopes the Echo will be the communication link that brings all communities together

are serving the needs of Lac du Bonnet will be reflected in the support we get from subscriptions and retail sales in the area," Anderson said.
Toni Bruneau, of Lac du Bonnet, has joined the Echo and will be managing the Lac du Bonnet office, covering local news and handling advertising sales from that area. Toni Bruneau and Lori Pachkowsky will be managing production for the Echo. Lori

was production manager for the Voice. Charles Norman, former publisher of the Voice, has not retired after all. He will be the editor of the Echo, and will be covering news stories from the entire circulation area. Columnists who wrote for the Voice will also be continuing with the new paper, as well as newly acquired regular contributors from Lac du Bonnet.
See ECHO/page 2

Fun Run at Lac du Bonnet shows school support Page 3





Trisha Samons accepts a blow as she delivers a powerful kick to Kim Pugh. Trisha came out on top in this bout.

Echo reflects uniqueness

from page 1

Anderson says each community is unique in its own way, and she wants the Echo to reflect that uniqueness. She says a community newspaper is a means of people in the community communicating with each other. "That can't happen without the support of our readers". She said she wants the Echo to be the focal point of communication for the area. "Communication has to start with our readers communicating with us. We need input from the schools, service clubs, sports clubs, businesses

and the general public: We want to be a vital and integral part of the community."

Val Anderson, who grew up in Lac du Bonnet, has lived in Powerview for the past twelve years and says she is overwhelmed by the support she has been getting. She said she would like to thank her mom, Maggie Polischuk, for being the first subscriber, and Val would also like to extend her thanks to the many people who came forth to offer their ideas, encouragement, and support. "Your help is greatly appreciated," she said.

Muay Thai kickboxing at Powerview School

by Southida Sharpe

On May 20th, the Muay Thai kickboxing event presented by Sik Tai took place at Powerview School Gym.

The first card was a success although some fighters were unable to make it out. There were 300 in attendance to watch 11 exciting bouts. The first bout started with Chrissy Strongquill vs Cory Sobkow (Strongquill won by decision). Bout two was Trisha Samons vs Kim Pugh (Samons won by decision). Bout three was Lance Lavoie vs Bernard Wan (Lavoie won by decision). Bout four was Joey Strongquill vs Bart Curtis (Strongquill won by decision). Bout five was Linh Gordon vs

Jackie Robinson (decision was a draw). Bout six was Larry Sharpe vs Howard Lemere (Sharpe won by K.O. in the first round). Bout seven was Kelly Archer vs Marie Lego (Lego won by decision). Bout eight was Katherine Miller vs Oralee Moraley (Miller won by decision). Bout nine was Jade Irwin vs Shelly Mott (Irwin won in the first round by T.K.O.). Bout 10 was Jon Ferraira vs Ben Wan (Ferraira won in the first round by T.K.O.) Bout eleven was Pedro Reif vs Rueban Simon (Reif won by decision).

All in attendance expressed their satisfaction at the end of the evening. Plans

are under way to hold another card as early as June 17th, 2000.

Sik Tai Pine Falls is the first Muay Thai kickboxing club to open in Pine Falls. It was started by Larry Sharpe, who has been training at the Sik Tai Club in Winnipeg for three years. After hard training and years of fights Larry decided to start up a club out in his home town. It all began in September of 1999 and has been running successfully since then.

There is an early beginners class which consists of thirty students and a late advance class where the eight fighters train. For more information on Muay Thai Kickboxing call 367-9797.



Highways Minister Steve Ashton, Lac du Bonnet MLA, Darren Praznik, & three Highways Department Officials at a meeting with the Pine Falls, Powerview & RM of Alexander Councilors

Councils meet with highways minister

by Charles Norman

Powerview, Pine Falls and RM of Alexander Councils met with Highways Minister Steve Ashton in the Manitou Lodge, Wednesday evening, May 24. The meeting was arranged by Powerview Council, who also invited Lac du Bonnet MLA Darren Praznik. Pine Falls Paper Company Manage Denis Beausejour was also present.

Ashton, with three department officials, came to the meeting via Highway 304, and was obviously expecting to be discussing the upgrading of the unimproved section of the highway south of Clarks Corner. Pine Falls Councilors were also expecting to be discussing the same topic, and the meeting opened on this topic, with alternative routes being discussed. The improvement of 304 is currently being studied by the department. Ashton pointed out that the scope of the study covered essentially the same route, with possibly some reduction in the numerous bends in the road, and other im-

provements, and not any change in the general route.

When the meeting got around to discussing the Powerview's real objective it turned out that discussing any change in routing of 304 was a waste of time. Powerview wants truck traffic on Highway 11 to by-pass Powerview. Since the only possible way to do this is to build a new road, south of Powerview and Pine Falls from the existing location of Highway 304, entering Pine Falls west of the Effluent Treatment Plant, possibly beginning at the Bouvier Trail intersection. Powerview's objective was thus incompatible with any relocation of 304. RM Reeve George Harbottle came to the meeting well prepared with data on truck traffic at the intersections of Highways 11 and 304, but both the RM and Pine Falls were unprepared to deal with a truck by-pass of the two communities. So was Steve Ashton. He pointed out that the study on 304 is underway and does not include any funding for the

study of a by-pass. Praznik asked Ashton if there was any way that the study scope could be modified to include a preliminary look at a by-pass. Ashton said he would look into it.

Harbottle said an average of 4,900 vehicles pass through the intersection of Highways 11 and 304 every day. Denis Beausejour said that truck traffic would double when the Pine Falls Paper Company's TMP mill and sawmill are in operation next year. Powerview want to carry out a main street improvement project, and do not feel they can do this given the volume of traffic going through town. They also have safety concerns.

After the meeting a Pine Falls meeting a Pine Falls representative said the meeting would have been more productive if the three councils had met together before meeting with the minister, and it would have been more useful if the major objective had been communicated to the minister before the meeting.

LdBSS's Fun Run for Ashley

by Toni Bruneau
Cherlyn Sullivan
and Kendra Ulrich

This year the Lac du Bonnet Senior School annual Fun Run took place Friday, May 26. The Fun Run is a three-kilometre course that starts and ends at Memorial Park (a.k.a. Elephant Park). Participants may run or walk this course. Students collected pledges that will be donated to the Ashley Kovari Trust Fund.

Sixteen-year-old Ashley, daughter of Donna and Kelly Kovari, was diagnosed with a rare form of cancer back in Grade 7, when she was 12 years old. The diagnosis shocked everyone and her life was turned around. Through the years, Ashley has had a great amount of support from her peers, teachers and the community of Lac du Bonnet. Thank you to everyone for their donations.

Last year, the Fun Run raised about \$1800 for Ashley. We aimed to break \$2000, for the year 2000. The pledges this year exceeded our goal with a total, at press time, of \$2655.

A very enthused group of 145 students participated in this year's Fun Run. Ashley joined the Fun Run, with her friends pushing her in her wheelchair. When the students completed the course C.K. Sausage served up close to 150 hot dogs and smokies.

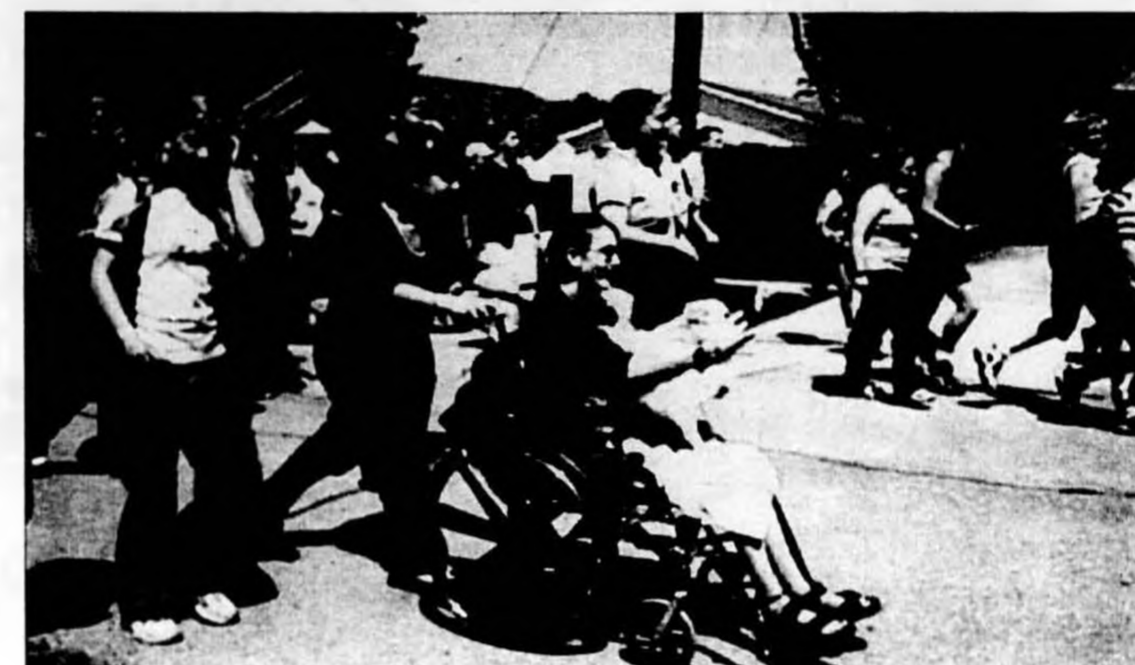
As Ashley is one of only ten people, and the youngest, known worldwide with Epitheliod Hemangio Endothelioma. This condition causes blood vessels to multiply and form lesions throughout her body, attacking her bones and lungs. These lesions harden at a continuance rate (more aggressively in her lungs), which ultimately is decreasing her lung capacity, although some improvement has been seen in the bone lesions.

As Ashley experiences an extremely rapid heart rate when she attempts any physical exertion. The lack of oxygen, caused by her

reduced lung capacity makes it hard on her heart, working twice as hard to distribute oxygen through her blood. While still and inactive, Ashley's heart beats at double the pace of the average person's.

Since diagnosed, a drug called Intron A (Interferon), often prescribed to patients with hepatitis, has helped boost Ashley's immune system. This drug is injected nightly and has taken Ashley a while to get used to. The drug causes a painful burning sensation, after being injected and causes migraines, tremors, itchy dry skin and hair loss. "Chemotherapy is not effective with this type of cancer."

As Ashley's mom, Donna, says she has had to leave her job because of the time she spends going back and forth to Winnipeg. Donna and Ashley visits Dr. Stobart at the cancer clinic for check ups and blood work once a month; a pediatric lung specialist once a month; a lung transplant specialist once every three months; she gets a CAT scan and a bone scan once every three months; goes for pulmonary (breathing) tests once a month; and visits a bone specialist once every three months. Each visit usually takes up a whole



Ashley Kovari joined her classmates at the annual Fun Run last Friday afternoon.

day and is very exhausting for Ashley. In spite of her condition, Ashley remains in high spirits, which were evident at the Fun Run, and welcomes visitors any time. She really enjoys updates on events she is unable to participate in.

As Ashley has been on the transplant list, and waiting for a lung donor for over two years. Donna stressed the importance of not only signing an organ donor card, but to make your family aware of your wishes. Each year there are more and more children that require organ transplants.

It has been decided that a different procedure, one involving two living donors, would be an alternative. Tests have been done, and continue to be available at the Lac du Bonnet District Health Centre, to find a compatible donor. You don't have to be related in a transplant of this

sort. The bottom right lobe of two living donors lungs will be transplanted, to expand and grow with Ashley.

Anyone (18 years or older) interested can go to the Health Centre to see if you are a match. Tests involve blood work and a chest x-ray. The

taller the person the better. A larger lobe will determine the best results. The transplant will be done in Winnipeg by Dr. Helmut Uehrh.

As Ashley's family would like to sincerely thank the school, the community in general and family for all their support.

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Fire at Sagkeeng School

Two fires at Sagkeeng Junior High School. One Saturday afternoon, the other early Sunday morning destroyed most of the South Wing of the school. Fire Chief Ron Guimond said the fires were probably set by children. The school was shut down a few years ago because its asbestos insulation was deemed bad for health.

Anglican Church Restoration

by Charles Norman

Fort Alexander's Christchurch has had numerous modifications in its 150-year history. As a result the restoration committee is faced with a decision of where in time to focus the restoration. At the committee's monthly meeting Friday, May 26 it was decided to look at the feasibility of a phased restoration showing the church the way it appeared at different periods, beginning with the original building.

Hans Boge, a Winnipeg consulting engineer, who undertook the restoration of St. Andrews Church on the Red River, is volunteering his time to help the Christchurch restoration get underway. He said the first job is to stabilize the structure, especially the foundations. He said funding is available from the Department of Culture and Heritage, usually on a cost shared basis, and they tend to look favourably on stabilization projects. He said cost sharing does not have to be cash, but can be "in kind" contributions by way of volunteer labour or donations of supplies and equipment.

Inside the restored church will be an historical display of artifacts found on the site, photographs and historical documents, a map of the graveyard with the identities of those church members buried there and family trees of the original members of the congregation. The committee plans to begin the family tree project alphabetically, with the Abrahams.

Hans Boge will be preparing a list of work that has to be done through the various stages of the restoration, beginning with the building stabilization.

Myralene Ranville of the Henderson Institute, which is managing the restoration on behalf of the church rectory, is looking for old photographs and documents to be made part of the historical display. She can be contacted at 367-9632. Anyone interested in helping out with the restoration should contact Myralene.

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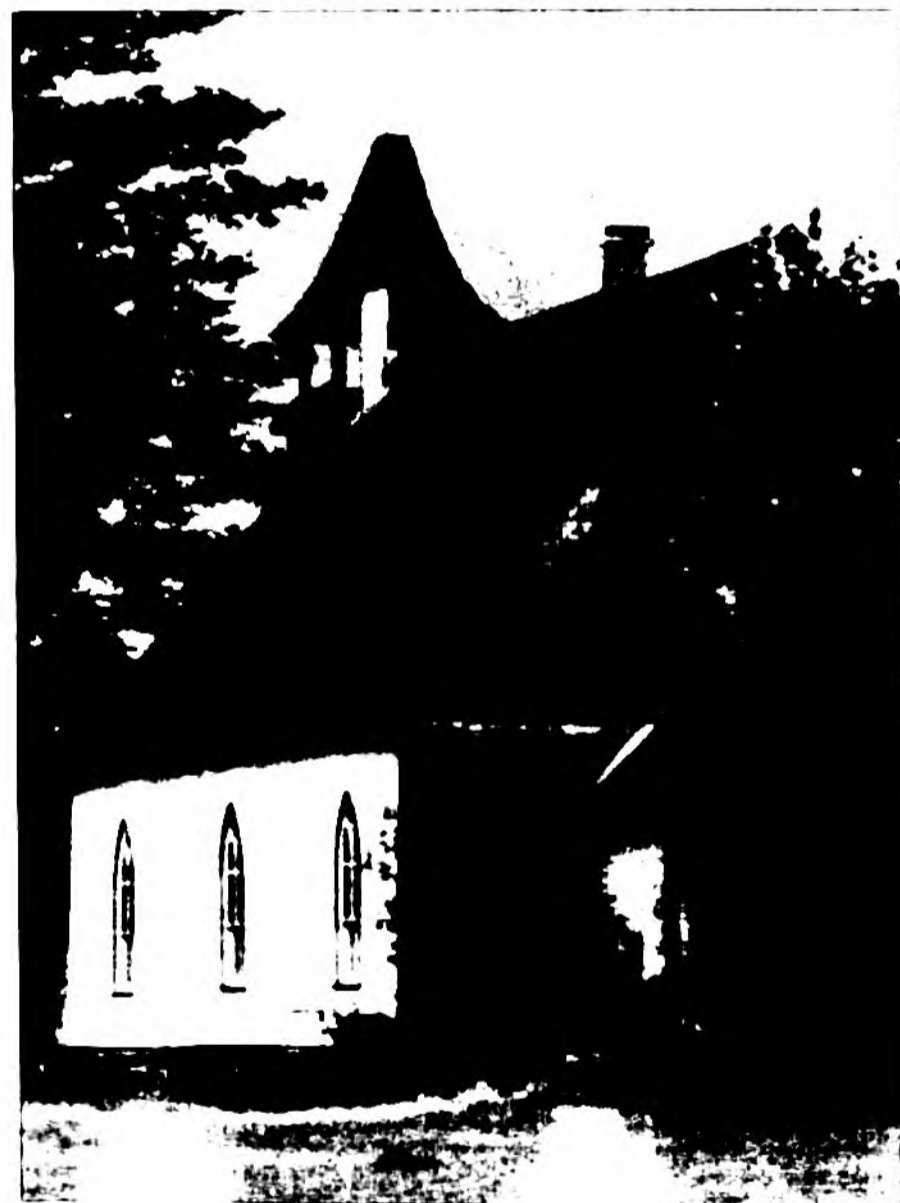
A culvert has collapsed under Dupont Street close to Highway 11 in Powerview. As a result Dupont from Highway 11 to Thomas Road has been closed to vehicular traffic but is still open to pedestrians and cyclists.

The creek under Dupont has not been impeded, at least under normal flows, and is still running through the culverts.

The creek, which also flows under Highway 11, has caused problems on the

highway in previous years, especially in the springtime.

At press time The Echo had not been able to determine what steps were being taken to correct the problem or how long the road will be closed. A Village of Powerview press release is expected within the next few days. Details will be covered in next week's issue of The Echo.



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Five man Tanco team takes first place in mine rescue competition



A five man team from the Tantalum Mining Corporation, (Tanco), took first place in the fortieth annual Provincial Mine Rescue Competition held in the Underground Research Laboratory, Pinawa, last Saturday. Tanco has won the competition only twice before, in 1971 and 1992. A team from Leaf Rapids was runner-up.

In the competition every effort is made to simulate the conditions of an actual mine disaster, complete with noise, smoke and darkness. At the Awards Banquet, in the Lac du Bonnet Community Centre, Saturday evening, speakers congratulated AECI staff who set up the conditions in the Underground Laboratory for

the mine rescue competition. It was said to be the best simulation ever.

Master of ceremonies, Roland Simard said, "It was absolutely spectacular. All teams really demonstrated that they have world class skills."

In an unscheduled addition to the program, the wife of one of the competing miners read a very moving poem she had written as a salute to those who commit to mine rescue teams. Some excerpts from that poem illustrate that commitment:

"In the smoke and in the darkness, nothing is what it seems."

"They train for a single miner that's banging on a pipe."

"It's our honour and our

commitment to those who work the mine."

Leading the list of guest speakers, Councilor Bob Bruneau from the RM of Lac du Bonnet congratulated all the contestants. You are all winners," He said. He invited the 150 or so people at the banquet to visit the Old Pinawa Dam the following day. Town of Lac du Bonnet Mayor, Glen Hirst, added his congratulations, and took the opportunity to get in a plug for the area. You're in God's country now," He said.

Lac du Bonnet M.L.A. Darren Praznik, reminisced of the time he spent as Mines Minister and Minister of Labour, both departments are involved in the mine rescue program. He said the two years he spent in the

mining portfolio were the best two years of his political life. He said he was very glad to see Mary Ann Mihychuk in the Industry and Mines Department.

Speaking to the contestants, Praznik said, "We recognise the excellence of what you do. You train because one day - and we hope it will never happen - you will come forward and put your own lives at risk to help a fellow worker. We hope your services will never be used, but we know you will be there if they are."

Mary Ann Mihychuk told the crowd that she felt it was a real honour to be Mines Minister. She was impressed

by the Underground Laboratory and the very demanding procedures of the competition. "To the 4,000 people in mining industry," she said, "you make a very important contribution to Manitoba. Very few people know it, and I want to change that."

Speaking of her time in the legislature, as opposition mining critic, she said the toughest job she had was when Darren Praznik was Mines Minister. "He wanted Manitoba to be the best place in the world to do mining." She said. "What the heck - we're number four in the world. There's not much of what he did that I'm going to change."

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Powerview 2000 Community Based Policing Initiative



Participants of the Powerview 2000 Community Based Policing Initiative prior to their trip to Regina May 22nd.

by V. Anderson

Powerview 2000 is a Community-Based policing initiative developed by Winnipeg River Detachment to enhance relations with students from the various high schools within our detachment area. The initiative is comprised of several steps. First, develop a partnership with the administration and students from each high school within our detachment area. To accomplish this step, members made presentations introducing the initiative to the various school administrators and to the students.

Both the students and the staff have responded enthusiastically to the proposal. For example, following a presentation to the Hollow Water First Nation High School, staff and students of the school challenged members of Winnipeg River Detachment to a floor hockey tournament involving a team from each group. All games generated

a positive exchange among the participants. Two detachment members recently escorted another group of students to Winnipeg, to participate in a tour of the RCMP forensic laboratory.

Since the beginning of this initiative, Winnipeg River Detachment has experienced an increase in the number of students expressing an interest in participating in the ride-along program.

Second, while participating in activities with the students, members are promoting awareness of the various career opportunities within the RCMP and support services.

Third, to witness first hand the force's training program, several students from each high school were rewarded with an escorted field trip to Depot Division. The successful candidates were selected in consultation with the school administration following consideration of school attendance, grades,

attitude, interest in law enforcement along with an essay competition. The desire was for Depot to incorporate the selected students into one or more troops. This will surely create a memorable experience for the student while generating positive dialogue within the school and the communities as the students return and share their experiences.

The successful students selected from various schools within the Winnipeg River Detachment area are: Lavina Moneyas/Wanipigow School, Hollow Water, Shannon Wood/Wanipigow School, Hollow Water, Vince Bushie/Wanipigow School, Hollow Water, Jeremy Moneyas/Wanipigow School, Hollow Water, Trent Fenez/Powerview High School, Grant Cure/Powerview High School, Ryan Mazerolle/Sagkeeng Anicinabe High School, and Garry Swampy/Sagkeeng Anicinabe High School.

The students left on Monday May 22, for their week-long stay at the Depot Division located in Saskatchewan. There was excitement on the faces of the students as they prepared to embark on their week-long excursion. This enthusiasm was shared not only by the students, but also the parents, RCMP officers, and the Principals of the participating schools that were there to wish them their best. See next weeks issue for details of the students trip to Depot Division.

Sagkeeng Anicinabe High School "Voices of Tomorrow"

Under the leadership of Principal Ruth Norton, Sagkeeng Anicinabe High School is embarking on a unique journey of change in the education system provided to the youth of Sagkeeng. Presently Sagkeeng Anicinabe High School has initiated the first and most important step in this educational change. This step being to develop a community based curriculum for First Nation High Schools. This process of developing a curriculum for First Nation High Schools at Sagkeeng will be used as a pilot for other First Nations to model curriculum development in their schools.

The first project in curriculum development began at a First Nations Science Curriculum Workshop held in Fond Du Lac, Minnesota on May 17, & 18th, 2000. One of the Key Note speakers at the workshop was Gregory Cajete, Ph.D. a Tewa Indian from Santa Clara Pueblo and an expert in the fields of sciences and Indigenous education. The objective of this workshop was to begin developing science curriculum from an indigenous perspective.

"Traditional systems of education represents ways of learning and doing through a nature-centered philosophy. They are among the oldest continuing expressions of environmental education in the world. These processes have

the potential to create deeper understanding of our collective role as caretaker of a world that we have thrown out of balance.

The task of moving to an indigenous perspective in education is difficult because of the ethnocentric belief that the dominant's culture view of education is the best and most sophisticated way of doing things. To break this paradigm educators must widen their perspective thus allowing themselves to see a different way to approach teaching the sciences. Successful Native educators need to be able to look at both perspectives and in this way create intellectual bridges between two very different views of the universe." (Vine Deloria Jr.)

This science curriculum and all of the curriculum developed at Sagkeeng Anicinabe High School will be guided by the elders of the community and therefore reflect the local history and language of Sagkeeng. The elder's knowledge is the key to developing relevant community based curriculum for First Nation High Schools.

More information concerning the role of the elders in education and on the curriculum that is being developed for First Nations High Schools at Sagkeeng will follow in future editions.

Graduation ceremonies for Sagkeeng Anicinabe High School will be held on June 9th. This year the community of Sagkeeng will honour seventeen graduates.

Congratulations Val and Good Luck with your new paper - The Winnipeg River Echo



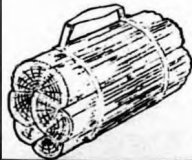
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Powerview Centennial School Fastball News

by Toni Bruneau

Last Friday night I attended the Lac du Bonnet Centennial School's Celebration of the Arts. What a celebration it was! The Lac du Bonnet Community Centre was decorated in talent: from colorful drawings and personal literary compositions, to dream catchers and clay sculptures. Grade 1 teacher Ms. Betteridge said, "All of the students' work is exceptional." She feels that their hard work and skill represents who they are, individually.

Their first game resulted in a 21-0 win against Sagkeeng. Their second game against Lac du Bonnet ended in a 21-5 win. In the finals of the A event the girls were to face their ball rivals Beausejour. This game was almost a shut out ending in a 26-7 mercy win in two and a half innings. Ms. Campbell and Mrs. Borlase congratulate all team members for their spirit and sportsmanship. Here are the team members:

Brandi Vezina, Tara Berthelette, Jackie Wanthay, Melanie Dugard, Abby Forsyth, Stephanie McLeod, Justine Dugard, Melissa Durocher, D'Arcy Lower, Tanya Vincent, Julie Chevrefils, Stephanie Iardiff, Jessica Palmquist, Kari McEllan, Trista Demeideiros. This team now advances to the zones in Steinbach. Way to go girls!

The coaches would like to thank Mr. Patkovic and his leadership class, who got our diamonds ready. Also to the senior boys who did the umping of the games and put up with a lot, especially Chase. Thank you Mr. Magnan for umping the final game and a really big thank you to the fans that came out and cheered on the girls in the not so nice weather.

Rippling River presents: Community Registration and Information Night

There will be registration and information nights, Tuesday and Wednesday, May 30 and 31 at Powerview School from 6:30 to 8:00pm each night. Some of the things you can register for include: Swimming lessons, Sailing school, French camp, Bible camp, A.C.A Camp, and Rippling River Clinics and events. There will also be representatives from Mini-Schools and daycares and community associations. A schedule of Rippling River's Summer Program will also be available. See you there!

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Brandi Vezina, Tara Berthelette, Jackie Wanthay, Melanie Dugard, Abby Forsyth, Stephanie McLeod, Justine Dugard, Melissa Durocher, D'Arcy Lower, Tanya Vincent, Julie Chevrefils, Stephanie Iardiff, Jessica Palmquist, Kari McEllan, Trista Demeideiros. This team now advances to the zones in Steinbach. Way to go girls!

The coaches would like to thank Mr. Patkovic and his leadership class, who got our diamonds ready. Also to the senior boys who did the umping of the games and put up with a lot, especially Chase. Thank you Mr. Magnan for umping the final game and a really big thank you to the fans that came out and cheered on the girls in the not so nice weather.



Mia Worona and Andrea Gorrie sang Some Folks

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Jungle Out There musical followed. I was extremely impressed with the students' enthusiasm, ability to sing the songs and remember the choreography, created by Mr. Bychuk. He said, "the kids really put a lot of effort into it and they were really enthusiastic about the whole process, from learning it to performing it and should be commended for an amazing performance".

The Reading Strategy Song followed. A total of 52 Grade 1 students, with the assistance of Mrs. Wold, participated in this number.

Andrea Gorrie and Alia Worona, Grade 3 students, did a fabulous job singing *Some Folks*. What seemed to me like an effortless task, Dillon Perron, Grade 3, displayed his talents in his piano recital, performing *Indian Dance*. Grade 1 student Geordie Broadfoot, Grade 3 student Sarah Boyer, Callie Meads, Erick Broadfoot, Liz Cochrane and Grade 5 student



Created by the Mask Making Art Club

school's music teacher, Mrs. David, and Grade 4 students continued the celebration by sharing a musical response to literature, *Rainbow Goblins*. Karla Petersen and Pam Boyer, Grade 5, paired up in a lip sync to *The Boy is Mine*. *Come Over Baby* was another lip sync, performed by the foursome: Terrilyn Hanton, Desiree Lamoureux, Brittany Joseph and Stephanie Champagne, Grade 5 students.

Surprise guest appearances during the evening included Scott Joplin (a.k.a. Mr. B) entertaining the crowd with a ragtime number, *The Cascahs*, and the level of energy at the centre exploded when Ricky Martin (a.k.a. Mr. B) took the stage.

Many Centennial School students have mastered the recorder, evidently so, in the numerous performances by students' groups in from Grades 4 and 5 as well as a duet by Krysty Sullivan and Caitlin Ingham, and solos by Krysty Sullivan and Ashley Jones.

Doctor Doctor was an entertaining little skit that would have tickled anyone's funny bone. The Grade 5-6 students should be proud of a job well done.

Felicia Harrison, Grade 3 demonstrated her flexibility and grace during her gymnastics route.

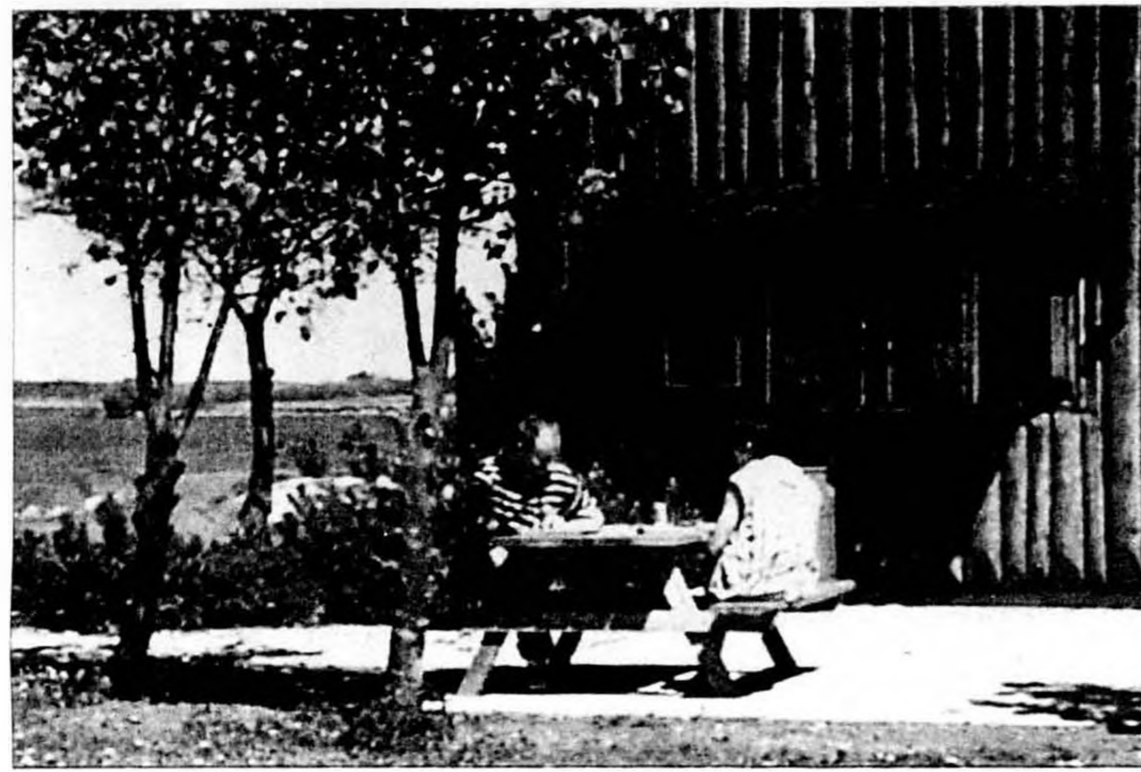
The last performance of the evening by the Centennial School Choir demonstrated the spirit of Centennial. *School Song*, *Without Dreams How Could Wishes Come True?* and *Boondocadda*.

Great job Centennial School! Keep up the good work!

Alyssa Karklin also participated by performing on the pearly whites of Mr. Bychuk's piano.
Mrs. Zirk, the

PINAWA
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Good Luck! Best wishes for many years of success.
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The Fort Snack Bar & Deli opened its doors April 21



Afternoon lunch in the sun at the Fort Snack Bar & Deli at St. Georges

The Fort Snack Bar & Deli is located at the Fort Bas De la Riviere, in St. Georges, Manitoba. The proprietors are Belinda Psoch and David Jones. Previous to owning the Fort Snack Bar Belinda and David owned and operated transport trucks together for the last 5 years. The couple bought a home in St. Georges in 1996.

Belinda worked in commercial kitchens approximately 10 years and always hoped for the opportunity to start her own business in the restaurant service industry. Seeing the need for such a place in St. Georges, the decision to leave the transport industry and open the Fort Snack Bar & Deli was an easy one.

Belinda believes the trend for healthy eating is growing and their menu is reflective of that. They offer home cooked meals and do everything from scratch. They don't buy pre-packaged foods and all of their beef, turkey, and chicken is cooked in their ovens. Salads and sandwiches are prepared fresh to order, they have a daily special that is offered 7 days a week. Other menu items include Mexican food, hot dogs, chili, and breakfasts. They also have 10 flavors of hard ice-cream.

sundaes, milkshakes and slushes. The Fort Snack Bar & Deli offer baked goods. You can also find convenience items such as milk and various dairy products, drinks, chips, and candy. People have the choice to dine in or take out.

Belinda said, "eating and party information planning is only a phone call away. There is a great beach and a playground that is perfect for children's parties. The 18 hole mini golf course is under renovations and will be opening soon. There are also

exciting plans for various summertime events such as volley-ball tournaments, beach parties, and seniors days, teen nights, glow golf and even live entertainment. Watch for future announcements in flyers and The Echo.

The Fort Snack Bar & Deli hours of operation are from 8:00 a.m. - 10:00 p.m. - 7 days a week. When school is officially out for summer the hours of operation will be from 8:00 a.m. - 12:00 midnight. Belinda can be reached at 367-8555.

Worona's recognized by Ford Motor Co.

At the Ford dealership awards dinner last Friday night, at the Fort Gary Hotel, Worona Brothers Ltd. was recognized for outstanding customer service. The North American Customer Excellence Award, accepted by Victor Worona and Cazmir Worona, was presented by Regional Manager of the western region, Mike Herniak.

The NACE is the highest honor the Ford Motor Company can bestow on a dealer. This is the thirteenth time the dealership has achieved this honor.

Victor Worona, president of Worona Brothers Ltd. says he is thankful for the many customer friends who made this prestigious award a reality.

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TMP mill construction underway

Pine Falls Paper Company's \$125 million project scheduled for completion next March

by Charles Norman

After more than 20 years of talking about it, construction of a thermo-mechanical pulp (TMP) mill in Pine Falls, finally got underway in February this year. Start-up is scheduled for March next year.

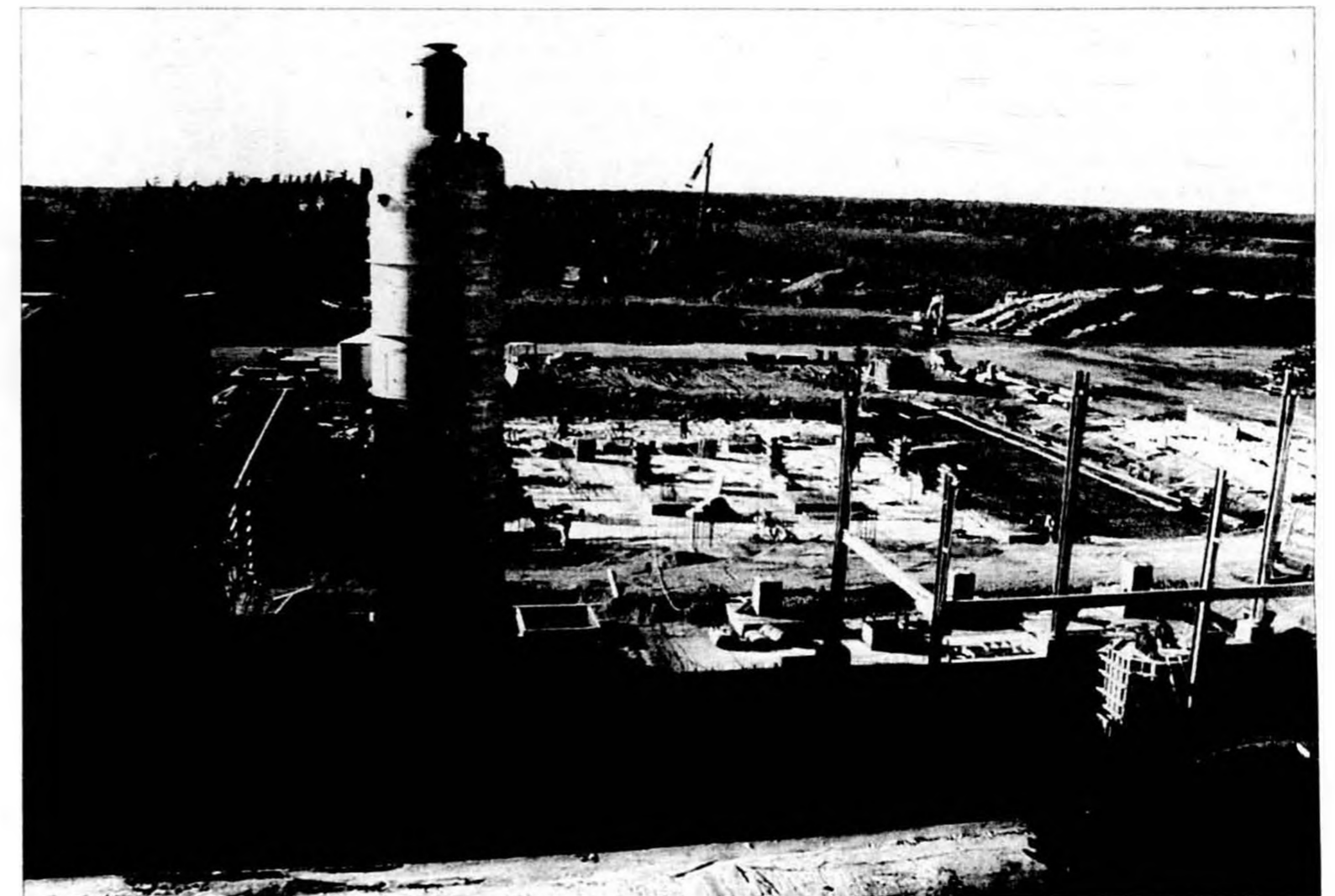
Thermo-mechanical pulping uses huge (35,000HP) refiners to turn wood into a pulp suitable for the production of paper, a great deal of heat is developed, and used, in the process. Hence the term thermo-mechanical.

Paper is made up of cellulose fibres. The longer the fibre, the stronger the paper. The advent of high-speed presses for the printing of newspapers has created a demand for higher strength newsprint.

The Pine Falls newsprint mill currently uses groundwood as its major source of pulp. It is produced in 4,000 HP grinders where the wood passes between six-foot diameter stones and is ground into a pulp. The pulp produced is inexpensive but has a short fibre length and hence a low strength. To compensate, higher strength chemical pulp is added. In Pine Falls the mill produces sulphite pulp, and purchases kraft pulp. Both of these are expensive, kraft pulp especially so. Recently the mill has added recycled pulp, which reduces, but does not eliminate the need for chemical pulp.

The evergreens of the forest which supply the wood for the Pine Falls Paper Company is a mix of jackpine and spruce in roughly equal proportions. Because of its high pitch content jackpine cannot be used for the production of sulphite pulp, and can only be used to a limited extent on the paper machines.

TMP pulp has a longer fibre length than groundwood and is strong enough to be used for newsprint without the addition of chemical pulp. Jackpine can also be used. In Pine Falls the new TMP mill will use jackpine and spruce in the same proportion as it grows in the forest.



The Impregnator the first piece of equipment to be installed at the Pine Falls Paper Company TMP mill

It has been known for a long time that a TMP mill would have to be added if the mill were to remain viable in the long term. That fact has had a major impact on the recent history of the mill. It was a major factor in Abitibi's decision to divest itself of the mill. The mill needed an effluent treatment plant to conform to environmental regulations, a recycle mill to satisfy customers demand for recycle content, and a TMP mill to be able to produce newsprint at a competitive price. The total cost of close to \$200 million was more than Abitibi, or any other newsprint producer, was prepared to invest.

Faced with the closure of the mill, management and employees decided to buy the mill. With the help of a loan guarantee from the provincial government and very favourable terms from Abitibi, (\$40 million, nothing down and no payments for six years), The mill was purchased September 1, 1994. Immediately afterwards the price of newsprint skyrocketed. The new company, the Pine Falls Paper Company, was able to build

and pay for both the effluent treatment plant and the recycle mill, costing close to \$70 million.

TMP was still needed to ensure the long-term viability of the mill, but it proved impossible to raise the necessary funds. As a result it was decided to sell the mill to Tembec, a diversified forest products company based in Montreal. Tembec president Frank Dottori committed to build the TMP mill, which is now under construction. Improvements to the two paper machines are also planned.

The economics of a TMP mill are dramatically improved if it is built in conjunction with a sawmill. A TMP mill processes wood chips, these chips can come from the outside of the log, leaving the square interior portion available for higher value lumber. A joint venture agreement, for the construction of a sawmill, between the mill and local first nations is close to completion.

The TMP process

Before the construction of a sawmill, wood chips will be shipped to the mill in 85 tonne,

B train dumpers, via the Rock Road west of the mill, dumped into a hopper, then conveyed to two 30m high, 30m diameter, chip storage silos, one for jackpine, the other for spruce. After the construction of the sawmill chips will be conveyed directly from the sawmill to the silos. The two silos will provide storage for five days.

From the silos, chips will be screened to remove knots and sawdust, then moved to a series of pre-steamers where they will be treated with low pressure steam for 40 minutes, washed, and steamed again for 20 minutes. The chips, now softened, will then run through a high compression screw press to remove water and as much pitch as possible.

The chips, now quite dry, will then move to a long vertical impregnator, (see picture), where they soak up water, then to a second high compression screw press where water is again removed.

Prior to refining, chips will again be steamed, at 30psi, then will pass through another screw press to remove more pitch.

The guts of the TMP process will be three 35,000 HP refiners, where chips are passed between rotating plates. The refiners operate at 55-60psi. After the first refiner, the stock, now mostly pulp, will be cleaned and separated in cyclones. The flow is then divided into two streams and sent to one of two more refiners. After more treatment through cyclones, the stock then will spend about 15 minutes in a latency tank. In the latency tank cellulose fibres "straighten out" to make them more suitable for papermaking. The stock will then pass to another series of smaller refiners and another latency tank.

In the final part of the process stock will be pressed, screened, and pass through a disc filter, pumped, 10% consistency, (90% moisture), to a twin roll press. Where the stock will be concentrated to 30% consistency then pumped to high-density storage.

Heat generated by the refiners is used to generate enough steam to operate the paper machines, about 120,000 lbs per hour at 40psi.

Come out and enjoy an evening of theatre

submitted by B. Borlase

The PVD Troopers are putting on their second drama production on Thursday, June 1 and Friday June 2nd, in the Powerview School gym. All seven of the students performing in this play have all been in the drama program for the past three years, along with four of the grade ten drama students, Chris Dupont, Aaron Trethart, Ian Barkhouse, and Bobby Watson. The title of this year's production is call Salem's Daughter written by Craig Sodaro.

This gripping drama opens in 1691, where Sarah Brooks (played by Justine Dugard), who has been tried as a witch, is sentenced to hang, cursing

those who would disturb her rest. Now jump to the present: six high school seniors (Jessica Arseneault, D'Arcy Lower, Selena Lafreniere, Courtney Robinson, and Teresa Cowan) have a graduation party at Heather's house (played by Robin Chevreffils), which is built on the hill where the condemned witches were buried. Heather goads the others into inviting a new girl, Sarah, to their party "to make good friends." Sarah is the perfect example of the "trash" Heather thinks is moving in and ruining the town. Heather insists that Sarah drink a glass of "Initiation Punch", and when Sarah collapses and dies the joke suddenly stops. To

protect their post-graduation dreams, the others decide to throw Sarah's body down the backyard well and vow never to tell anyone what happened. Eight years later, the group must once again come together. Construction near the well has revealed...nothing. A police detective has told Heather that a woman in a long dress has been seen on her property. Is it Sarah? This is a chilling tale full of suspense. This play draws the audience in and doesn't let go until the unforgettable climax.

If you would like to see the performance you can call Powerview School Office and reserve tickets or pick them up at the office.

How Big Am I?

The following poems are submissions from Mrs. Paukovic's Grand One Class.

by Josh K.

I am bigger than a squirrel.
I am bigger than my dog.
I am bigger than a bee.
I am bigger than a duck.
I am not as big as a Zebra.
I am not as big as Aaron.
I am not as big as The Earth
Nobody is that Big.

by Teghan Martin

I Am Big!
I am bigger than my sister
Samantha.
I am bigger than a mouse.

I am bigger than a squirrel.
I am not as big as a house.
I am not as big as an elephant.
I am not as big as a dinosaur.

by Christelle van Rooyen

How Big Am I
I am Big!
I am bigger than my cat.
I am bigger than my little sister
Jeann Louise.
I am bigger than my dog.
I am not as big as Josh.
I am not as big as Brianna.
I am not as big as a dolphin.

Nobody is that Big!

by Kyle Ketola

How Big Am I
I am bigger than an apple
I am bigger than my sister
Krista
I am bigger than a chair.
I am not as big as a school.
I am not as big as a door.
I am not as big as a tree.
Nobody is that big.



Moe Bouvier (left) of St. Georges and Darcy Dennis (right) of Pine Falls shared first place for the biggest Small Mouth Bass

Shoe Lake derby a success

There were approximately 90-95 entries Monday's fishing derby. The weather was great for fishing and the event was on. Moe Bouvier took home first prize of \$450.00 for biggest Pike (31 inches in total). Darcy Dennis and Moe Bouvier tied for the biggest Small Mouth Bass (44.5 inches). Fishing along with Moe Bouvier was Ted Pichor and Paul Gauthier. In the Darcy Dennis boat Pat Arseneault and Leo Nolin. Many more prizes were awarded for various fishing categories. A special thanks to Gary Schuewe and Mark Fountain and everyone who worked to make the derby a great success.

WHAT'S IN THE Cupboard



10 year old Heather Polishchuk enjoys making her favorite peanut butter cookies, she hopes you enjoy them as much as she does

Peanut Butter Cookies by Heather Polishchuk

1 Cup shortening
1 Cup white sugar
1 Cup brown sugar
2 eggs
2 Cups of flour
1 Cup chunky peanut butter
1/2 tsp. salt
1 Cup rolled oats

Have your greased cookie sheet ready. Beat together

the shortening and sugar until fluffy. Add eggs and beat well. Blend in peanut butter. Mix and sift the dry ingredients and stir gradually into batter. Stir in rolled oats. Shape dough into 1 inch balls. Place on cookie sheets and press with floured fork. Bake at 350° for 10-12 minutes. (should yield 4 dozen.)

Cream Cheese

Chicken Pinwheels

by Huguette Nolin
1 - 250 grams cream cheese (softened)
1 Cup chopped cooked chicken
1 Cup grated monterey jack cheese

1/3 Cup chopped red pepper
1/4 Cup fresh coriander or 2 Tbsp. ground coriander
2 Tbsp. chopped jalapeno peppers
2 green onions (chopped)
2 tsp. ground cumin
4 - 10" flour tortilla shells (assorted shells can be used



i.e. sundried tomato)
Mix all ingredients, spread evenly over tortilla shells. Roll tightly, refrigerate for 2 hours before slicing up. Can be prepared the day ahead or frozen up to 3 months. Grease pan, bake at 350° 1/2" slices for 12-15 minutes.

École communautaire Saint - Georges

Presents: Jacques Chénier in concert at the FÊTE d'ÉTÉ June 6th, 2000.

L'École communautaire Saint-Georges is proud to announce its second summer picnic, June 6th 2000, from 5:00 to 8:30p.m. Our goal is to celebrate the accomplishments of our students and promote our school in a fun-filled atmosphere. The whole community is invited to join us!

All are welcome to come celebrate with us at La fête d'été!

• B-B-Q supper
• Bounce

• Games for kids of all ages

• Performances by students and Jacques Chénier in concert.

Activities will take place on the school grounds.



SHARING OUR RESOURCES SHARING OUR FUTURE

DO YOU HAVE AN INTEREST
ON THE EAST SIDE OF LAKE WINNIPEG?
ATTEND THE LAND USE PLAN CONFERENCE.
JUNE 13TH AND 14TH, 2000
AT HOLLOW WATER FIRST NATION

Conference Agenda

Tuesday June 13

- 10:00 am Introduction,
Pipe Ceremony,
Opening Remarks by
Elder, Setting the Tone
of the Conference, Slide
Show by Hollow Water
- 11:30 am Lunch
- 12:30 am Presentations by
Manitoba Conservation,
Highways and
Government Services
Aboriginal and Northern
Affairs, Industry, Trade
and Mines, Culture,
Heritage and Tourism
- 3:00 pm Coffee Break
- 3:15 pm Question and Answer
Period
- Evening Feast, Events and
Entertainment



Wednesday, June 14

- 9:00 am Introduction, Setting the
tone of the Conference,
Slide show, Summary
of Day 1
- 10:15 am Coffee Break
- 10:30 am Presentation by Pine
Falls Paper Company
- 11:30 am LUNCH
- 12:30 pm Presentation by
Manitoba Hydro
- 1:15 pm Presentation by Parks
Canada
- 2:00 pm Question and Answer
Period
- Afternoon Closing Ceremony and
Gift Giving



Seating is limited to 250.
Please sign up by May 31.
No charge to participate,
all are welcome. Meals
are complimentary.

This two day conference will allow you to become informed about the upcoming Land Use Planning exercises; the potential economic development opportunities; potential partnerships; and proposed resource and access development activities on the East side of Lake Winnipeg.

Conference delegates will have the opportunity to interact with representatives from :

- Ministry of Conservation
- Ministry of Highways and Government Services
- Ministry of Aboriginal and Northern Affairs
- Ministry of Industry, Trade and Mines
- Ministry of Culture, Heritage and Tourism
- Manitoba Hydro
- Pine Falls Paper Company
- Parks Canada

This conference presents a unique opportunity for individuals in this area of Manitoba to meet with and hear from government agencies and developers about the plans and processes that will impact this area in the near future. This conference is a positive opportunity to Share and to involve the people in a meaningful way.



For more information and to sign up for the event contact:
Garl Bushie, Tel: (204) 363-7276, Fax: (204) 363-7418
Jeff Courchene, Manitoba Model Forest, Tel: (204) 367-6232, Fax: (204) 367-6897

Safe Kids Week

Hello! It's nice to be back! I hope everyone had a nice long weekend. We've been very busy at Wings of Power over the past few months. Recently we celebrated our Second Anniversary Party, with cake, hotdogs, treats and balloons! It was a lot of fun. I would like to thank all the volunteers who helped make the party a success.

May 29th - June 2nd is Safe Kids Week Canada. This year the focus is playground safety. Serious injuries from playground equipment are more common than many people realize. Each year more than 28,500 children were treated by hospitals across Canada for injuries related to playground equipment - injuries that are predictable and preventable. Parents and caregivers can help prevent playground injuries. Here's what you can do:

1. Check your children before they go to the playground.

Loose clothing, cords and drawstrings can get caught on equipment and injure a child. In colder weather, children



should wear neck warmers instead of scarves and mitten clips instead of cords. Always take off or tuck in cords or drawstrings on children's clothing.

Also, check any items children bring to the playground with them. Skipping ropes and bicycle helmets can be very dangerous on playgrounds. Ropes can strangle a child and should never be taken onto playground equipment. Children should remove helmets as they can get caught in the equipment and cause harm.

2. Check the playground once you are there.

A playground that was safe yesterday may not be safe today. Equipment and surfacing need to be maintained often, so it's a good idea to take a look around every time you visit the playground. Report any broken or unsafe equipment to the playground owner right away.

Soft surfaces make a big difference if a child falls off equipment. Make sure sand and gravel is clean and topped

up regularly, especially under swings and the bottom of slides and climbing poles. Surfacing should be at least six inches (15 cm) deep under all playground equipment.

Check for spaces in the playground equipment that could trap a child's head. Safe spaces are smaller than 3 inches (9 cm) or larger than 9 inches (22.5 cm). Places to check include the spaces between the steps on a slide, and spaces between railings.

3. Actively supervise younger children as they play.

Move through the playground with your children so you're ready and available when they need your help. Many preschoolers are injured on equipment designed for older children. If a child can't reach the equipment, he or she is too small to be playing there.

If children are under 5 years old, stay close to them at all times. Keep them on equipment that is less than 5 feet tall. Be ready to catch them

when they are climbing, playing on slides, or riding swings.

Teach your children these rules about playing safely: Wait your turn. Slide down feet first. Don't go up the slide ladder until the other person has gone down the slide. Hold onto railings. Sit down on swings and slides. Keep away from moving swings and the bottom of slides.

With these few precautions we take on the playground we will decrease the chance of serious injury and harm to our children. For more information about playground safety, call Safe Kids Canada @1-888-SAFE TIPS (723-3847) or visit the website www.safekidscanada.ca. If you have any questions please contact Crystal at Wings of Power 367-9641.

Monty Vialoux wants to improve the appearance of Hwy. 59



Monty Vialoux, who wants to improve the appearance of Highway 59 on the top of the hill at the intersection of Hwy. #59 and the Belair Road.

Monty Vialoux, who until a year ago owned the Birchwood Hotel on Highway 59, and at one time served on the council of the LGD of Alexander, says the highway is the only entrance to the beach communities and should be a showcase for the area.

He would like to see ditches along the highway mowed all summer, and signage along the highway conforming to a standard that would not detract from the appearance of the approach to the beaches.

Vialoux recognizes the need for signs along the highway as the only way for local businesses to reach weekend cottagers, but believes these signs could enhance rather than detract from the beauty of the area.

Highway signage is the responsibility of the Department of Highways. While on the LGD council Vialoux served on a Department of Highways committee on road signage, but he says it is a huge problem, and little was

achieved by the committee. He believes better results would come from a local group acting under the authority of the department.

The sides of the highway are cleaned of brush, but grass is sparse and what does grow is not cut. He says the ditches need topsoil and seeding. Once grass is well established it could be mowed continuously by summer students paid for under provincial summer employment programs.

Vialoux would like to get the project started by beginning with the stretch of Highway 59 between the Belair Road and Traverse Bay Corner. He would like anyone interested to contact him at 754-3322

Huge Canada Day fireworks display

The East Beaches Canada day Y2K celebration promises to be an event to be remembered. It will be a jam-packed day, beginning with a pancake breakfast at Walter Whyte School, and ending with a \$15,000 dollar fireworks display at Lester Beach. The \$15,000 for fireworks depends on fundraising, which is well underway. Beaches residents from Patricia Beach to Victoria Beach are working furiously at a variety of fundraising events, but are in need of volunteers to help cope with the workload.

Except for the fireworks all events will be held on the grounds of Walter Whyte School. Professional and

amateur groups from across the province will entertain children and adults all day. Among them will be the Happy Trail Riders, the Shriners, Seaweed and Moonwalk Air-Jumpers, Paisley and Friends, Marianna Banana, (a clown), No Strings Attached, a juggler, comedians and more.

There will be a dunk tank, kids races, crafts, face painting, and a zoo. There will also be food booths of every description, and Arts and Craft tables. (Anyone interested in renting a craft table is advised to book soon.)

The day will end with fireworks at Lester beach. It will be visible from Grand Beach to the boat launch at Happy

Lake Road in Belair, and from Victoria Beach.

The East Beaches group is hosting a Bingo Bowl June 2, at the Rossmore Lanes at 1042 Henderson Highway in Winnipeg. Tickets are \$11:00 each and everyone is welcome. For tickets call 635-2663, 754-2510, or 754-2733. There will be a meat draw at the Grand Beach Hotel June 3 and a bingo at Grand Marais Rec Centre June 17.

The objective of the group is to unite all communities and people from Patricia Beach to Victoria Beach, both sides of Highway 59. They're having fun but need more help. Anyone interested in lending a hand, and joining in the fun is asked to call Rene Desmet at 756-8896. T-Shirts, Hats and Bags can be ordered by calling Irene Lacroix at 754-8604 or Sharon Overwater at 754-8458.

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Congratulations and Good Luck with your Newspaper

'Round and about the Beaches



by Monika I. Evans
Playing Catch-Up

Well, a lot has happened around the Beaches area over the past month. We've been extremely busy getting ready for the biggest party this side of the lake has ever seen. July 1, 2000 is a mere seven weeks away and lot of work is still going into the planning and the fund-raising to make it all happen.

On Sunday, April 30, seven of us "Seniors" and one "Youngster" from the Beaches area went to Lac du Bonnet to participate in the Multiple Sclerosis Supercities Walk. Maxine Olafson (our youngster), and Dave and Geri Stammers, Jim Solomon, Elaine Seliga, Dee and Frank Rickner and myself took on the daunting challenge of walking the ten kilometre walk. We all finished and are mighty proud of that fact. Between us, we raised over \$1,100 for MS, the bulk of which was raised by Maxine.

Half way through the walk, beyond the point of no return, the sky suddenly turned an ugly blackish-green colour (saw a sky like that once in Kansas, just before a tornado) and before we could

even think of going for shelter, the storm hit. The wind was blowing everything around and at the next check stop, one of the poor volunteers was almost blown away with a giant umbrella. We just keep going even though they had sent some people out with vans and cars to come and rescue us. The storm barely sideswiped us and hit over the Winnipeg River with a vengeance, pelting down rain and a violent swirling wind. As quickly as it hit, it was gone and we finished our walk in bright sunlight. We don't soon forget this adventure!

Before we left for home we were treated with hotdogs, hamburgers and all the fixings. They really did themselves proud. I think we all had our pictures taken about a dozen times at the start, finish, and in between. Next year, with any luck, we will be doing our down Supercities Walk at Victoria Beach. Just watch this spot for an update later in the year.

If you feel like taking a nice hike, there will be an Alzheimer Memory Walk on June 23 in the Victoria Beach area. For more information call Dee Rickner at 756-6471 and leave a message if she's not there.

On Friday, May 12, the East

Beaches Y2K Canada Day Celebration Committee held a dinner and auction at the Grand Beach Surf Club to raise money for the upcoming event. There was a silent auction of donated items by local businesses and individuals, which even included a balloon ride I would have loved to have won. Local artists donated the items for the auction. Monty Vialoux was our MC of the evening. Our auctioneers were non other than Darren Praznik, M.L.A. and Nick ("Come on Down") Hill of Kernhill Furniture. Both of them were really great and quite funny. They each have a cottage in this area and knew a lot of the people at the dinner whom they would tease into offering more on their bids. Some of the artists contributing to the auction were Audrey Batchelor, Geri Stammers, Whilla Gilchrist, Helen Norman, Ken Sorenson, Mar Desmet and many others, just too many to name, so my apologies for those contributors not mentioned. We made quite a bit of money for the Y2K Celebrations that night and everyone had a great time.

The following evening was our Senior Scene May Dance. We had a great meal and we all celebrated the 50th

Wedding Anniversary of a dear couple of friends, Lois and Jeff Black, who were wed on that day, May 13, 1950, during the height of the flood. Jeff spoke about their wedding and brought tears to our eyes when he talked about his wife and how much he treasured her and their family.

Just one more

These past several weeks I have gone heavily into mushroom picking. I don't really care that much for them, but since I saw my first morel this Spring, I can't just go for a walk without looking for them. I have a baggie in my pocket at all times, just in case I find the motherlode. My eyes are getting cross-eyed from trying to find them in the leaves. Quite often something that looks like a mushroom turns out to be a stump, or more often than not, dog or other specie doo-doo. I keep telling myself that I have enough now, but then I spot another one, and another one, and another one, and my baggie is full as are all my pockets. One afternoon I went by a neighbour's yard looking for morels and saw nothing until I looked along the bush beside his cottage, there

I found the granddaddy of morels, it was the size of my fist! We've had several large feeds of the fungus and I've frozen some after I cooked them. No cook book has a recipe so I'm going by other people's experience in cooking them. I've done them just in butter and with butter, onions and lemon juice. I tried to get a brochure from Natural Resources regarding local edible fungus, but they don't have anything at present. Well, it's time to walk Snoopy and maybe I'll take a baggie along with me. I just might find some more!

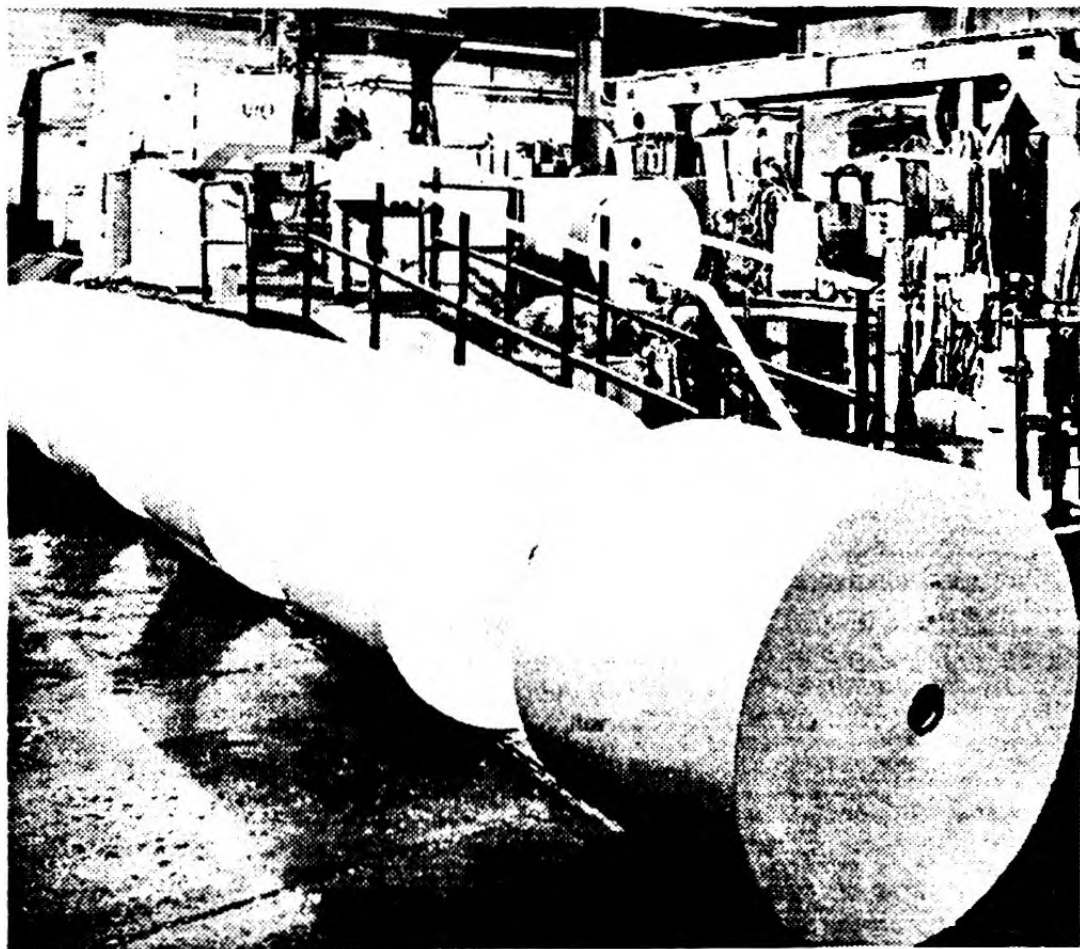
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Please note due to construction there will be no mill tours this year.



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Wael's house

Message from Kuwait

by Dave Penner

Dave Penner, on leave from Centennial School, is currently teaching Grade 4 at the American School of Kuwait. His wife Janet is also employed at the same school in resource/guidance. They describe an evening at the school owner's home.

Our sponsor to Kuwait, and owner of the American School of Kuwait (ASK), Wael Abdul-Ghafour, extended an invitation to all staff, and some friends, to a dinner party and dance at his residence recently.

So Wael's house was the first Kuwaiti house of this magnitude that we've seen something of. This one too, we had limited access (lucky for us because we could easily have become hopelessly lost and never heard from again). Our invitation was for 8:00 p.m. Our trusty bible of Kuwaiti etiquette, *Understanding Arabs*, suggested that this really meant 8:30 or 9:00 p.m. so we embarked on our usual adventure with the switchboard at American Eagle Taxi and a rookie driver from somewhere in the Indonesian Archipelago, where they don't speak English. The ride

is always fun, especially with Lawrence who does a running commentary, this time, along with the taxi radio which was given step by step directions to the new driver, in a city with no street signs and no opportunities to turn around.

Lawrence, between CB transmissions, kept referring to our destination as the "Garden of Eden", as he had been there before (our destination, not the actual Garden, apparently). Amazingly we found the house in less than half an hour. It was easy once you were on the right street because apart from all the derelict teacher vehicles on the curb there was an actual semi truck with "Kuwait Caterers" painted on the side, parked at the gates of paradise.

I've been in several homes in Tuxedo over the years, and it may be overstating things a bit by saying this place made Tuxedo look like a low rent neighborhood, but it certainly was Tuxedo on a much, much grander scale.

Unfortunately a camera would have been very offensive under the circumstances, and most certainly would have been in my hands, this particular evening. For the

sake of job security, and premature re-entry into a Canadian winter, I was very glad I'd left mine at home.

The front gate is five-star hotelish. Massive, highly polished wooden doors, arched on top, set in a white adobe-like wall. All is artistically lit for best affect. The security men are in casual dress, sitting in a relaxed circle visiting. They blended into the atmosphere of the evening nicely, unlike their armed Egyptian counterparts in their distinctive uniforms.

The walkway into the yard was paving stone in an intricate design. On passing through the gate we were greeted by a desert garden on the right filled with cacti and desert plants, tastefully arranged with lighting that really set it off favorably. To the left was an L-shaped swimming pool with a sunken bar at one end with the submerged bar stool, thatched roof and the works.

The entire yard featured a perimeter of date palms and bushes similar to rubber trees, all base lit with some mid tree lighting. The appearance is absolutely resort-like. White patio tables were set up all over the yard here to be about 150 feet frontage. This entire distance, including the L, at each end was lined with long tables covered with the heated, hibachi style food roasters. Dozens of them.

We entered the foyer of the house next. Imagine the images you had as a child of the *Arabian Nights* and you've pretty well got the idea. We entered a high ceilinged room with a huge

couch covered with multi cushions. A wall draped very artistically in heavy, layered, sweeping curtains and another wall covered with a tapestry.

Statues on pedestals graced open floor space. The floor was marble, and as we were to discover "there was plenty more where that came from". A large doorway to the left opened into the main floor. I don't know what, exactly. A huge, ornate, spiral staircase could be seen off in the distance, with surround couches lining the walls just off the foyer, and more artwork, sculpture and display cases all over this massive entrance area, for lack of a better word. We were ushered down a set of stairs into the basement. A bar was set up at the base of the stairs and Wael and his wife received guests here. We were invited into the rec room from here.

This huge area was in three sections. The first was about the size of our entire main floor at home. Walls were lined with the Arabian style surround couches, Iranian rugs on the floor, the lit cubicles in the walls to display art pieces, and three gigantic sliding door sets leading out to a basement patio.

The washrooms down here were right out of the movies. Highly decorated powder area leading into the washroom area for the women, didn't use the men's.

The dance floor was surrounded by a low wall and featured a hardwood floor and was about the size of our living-dining area. A third area

was similar in size and decor to the first described... (no need for the two-foot pool cue in this place, I'll tell you).

The long and the short of it was that we were treated to some great middle eastern hospitality and had a great time. We also realized our place in the scheme of things and I for one, walked away with a contentment with my lot in life, which was interesting, in and of itself.

My personal driver (American Eagle Taxi) was caught up in traffic so we were picked up by Adnan, the manager, who always picks us up personally when we really need it, which makes me feel good.

It was a glimpse into a lifestyle we've heard is quite common here. Some of my students have described their homes to me. Indoor pools, five rooms, just for their own use, indoor tent rooms, I believe it now. An education is being received more than given I think. "Fantasy Farm" Ooooo!

Next week: A day at the camel races!

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by George T. Lalor

Days of the Kingfish

One day in 1931 the Pine Falls paper mill closed and for the first time in four years, other sounds besides the clanging of conveyor chains and thunderous applause of pulpwood tumbling down the block pile reached our ears. Echoing along the river came the chime of mission bells from Lansdowne and St. Alexandre; the rush of water as it passed the gorge at Manitou. And then, during the night... should one be listening... the far-off, muffled rumble of explosions as a poacher fished for sturgeon in the swiftly flowing current just below the rapids.

The Sturgeon (Acipenseridae) that giant prehistoric fish with its long pointed snout and body covered with bony plates was a highly profitable resource for the poacher. It's flesh sold for one dollar per pound; it's roe from which came caviar was worth a sultan's ransom on the New York market. And it was easily fenced.

Although sturgeon was illegal in the hands of anyone except a treaty Indian most of the big fish processing companies would buy it without questioning its source. A one hundred pound fish, of which there were many, could, bring the poacher the equivalent of two months' factory wages. For those who possessed the necessary equipment for such a venture... sturgeon poaching was, in terms of the times, an easy way to make a buck... the risk but nothing when compared to the rewards involved.

Although there were several ways in which to catch a sturgeon, the easiest and fastest method was to simply drop a homemade depth charge into the river, wait for it to detonate then watch for prey stunned by the explosion to roll to the surface. The fisherman then tied a line to the fish's gill and set off for the market place, dragging the night's catch behind his boat. During those years, an outboard passing in the dead of night, its engine labouring as it towed and extra heavy payload, was familiar music to the ears of those who lived along the Winnipeg.

The onslaught of our sturgeon populations continued throughout the depression years without objection from the public and, seemingly with little from our law enforce-

ment agencies. Economic times were harsh and it was generally felt that sturgeon fishing, was a justifiable means of livelihood... And, as we reasoned, fish were like all our other forms of wildlife... inexhaustible. But even when, these giant creatures seemed numerous, their numbers had already been depleted to the danger point. It was probably only that vigorous effort put forth during the 1950's by our provincial game branch that saved the kingfish from total extinction.

Two hundred years ago the Winnipeg River teemed with sturgeon. To the Cree and later the Ojibway, sturgeon was as the bison was to the plains Indians... a staple of their sustenance. Late in the month of May the sturgeon hunters armed with spears and arrows gathered at the brink of cataracts such as Barrier and Great Falls to wait for the spawning fish to ascend the rapid. Having reached the top, the exhausted sturgeon stopped to rest in shallow pools along the shore... easy prey for waiting hunters. In and around the year 1800, at a sturgeon rendering plant at the North West Company fort at Bas de la Riviere, forty sturgeon per day were processed and the oil sealed in kegs for shipment to Canada. Later in the century, lumbermen who operated portable mills in this vicinity used the sturgeon's fat to lubricate their machinery. It was only after the year 1900 that any serious thought was given to the preservation of the giant prehistoric fish.

The contest waged during the nineteen-fifties between the sturgeon poachers and the law enforcement officers would make a saga comparable to that of the moonshine wars that took place in the Ozark Mountains during the 1930's. Manitoba game wardens and RCMP officers were confronted with a stubborn and resourceful antagonist; and, although the depression had long passed and the rationale for illegal fishing no longer valid, public sympathy was still strongly on the side of the poacher... law enforcement still regarded as a gross intrusion on our way of life. Of that cat and mouse game between The Law and The Lawless many stories have been told.

One autumn day in 1948 this writer boarded the Pine Falls bus, his destination Winnipeg. Just out of Pine Falls on the outskirts of the village now known as Powerview, the bus pulled to a halt. Soon, two men emerged from behind a building, carrying between them a large bundle of something wrapped in a tarpaulin. The bus driver helped the men stow their bundle in the luggage compartment, and we, the passengers, smiled knowingly. Both of the men were notorious sturgeon traffickers. We continued on our journey through Great Falls; Lac du Bonnet, then... as we reached the gravel stretch that led to Milner Ridge... we all stopped smiling. Ahead lay a road block tended by a squad of game wardens and RCMP officers. The bus driver rolled down his window. "What's the holdup?" he called out to a nearby warden.

The game warden approached the bus window. "We're looking for sturgeon." The bus driver laughed. "You'd better search this bus real good," he said. "I've got about five hundred pounds of the stuff in the luggage compartment." It was the warden's turn to laugh. "Get this damn bus out of here," he said with a wave of his arm. "Yer blockin the damn road."

Our bus trip to Winnipeg resumed without further interruption... except for one short stop at a little store just off Main Street in the city's north end. Here, the cargo wrapped in tarpaulins was spirited away into the night. Another well-remembered sequel in the saga of the battle of The Kingfish took place here in Eastern Manitoba and revolved around a character known to us as "Sam the Medicine Man."

Sam was ostensibly, a salesman whose speciality was a whole variety of pills and ointments that would cure... well, anything with which one happened to be afflicted at the time. His assortment of medications was extremely limited, requiring very little actual space, and so, a more observant person than this writer might have asked Sam why his business required the services of a large truck with a closed-in cab over the box. But then... as time would tell... such was all very explainable:

You see: It was only on the way out from his home in Winnipeg that Sam was actually a medicine salesman. On the way back to the city he was a different kind of merchant with a load of sturgeon in the covered cabin on the back of his vehicle. In truth, the inoffensive little gentleman in the dark suit, white shirt and snap-on tie was a vital cog in a well-coordinated "Modus Operandi."

The operation began in a very legal way. Someone who owned shoreline adjacent to a good sturgeon-fishing location would establish some small business of sorts... a bait shop; a coffee bar... anything that would screen his true activities... Then, he would have the native fishermen come and camp near his establishment. And native people were allowed to fish for sturgeon. When the native camper caught a fish he would simply put a line through its gill, tether it to a tree and wait for word from the local middleman to prepare the fish for shipment. When Sam's truck arrived sometime during the night, there was a swift exchange of produce and money and the sturgeon meat and roe were off to one of the big fish processing companies in Winnipeg, to become anonymous among those legal shipments from the province of Ontario.

The authorities knew about Sam: They were wise to his ruse, knew his middle men, his pickup and delivery points. But somehow, they could not seem to catch him with the evidence. They had set up road blocks on the only highway leading into Winnipeg, hoping to apprehend him with a load of sturgeon. But, on each occasion all of their efforts had been fruitless. For Sam the Medicine Man knew something of which the lawmen were not as yet aware.

North of Number 4 highway along the shoreline of Lake Winnipeg, lay a network of backwoods trails which with a bit of help from local farmers could be followed all the way from Great Falls to Lockport. This was Sam's secret route to Winnipeg... that is until one day it was discovered by the Manitoba

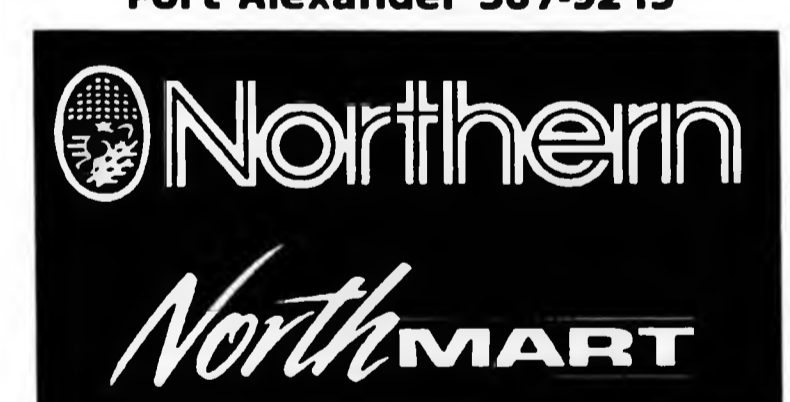
Game Branch officer: Sam was caught... red-handed: Both sturgeon and truck were placed under seizure; one game warden took the wheel of Sam's vehicle, the other took the poacher with him in the Game Branch half-ton.

As the little convoy travelled south on Main Street, Sam turned to his captor. "I suppose you'll be holding me in custody," he said. The game warden nodded. "Yes, we will." "Would you boys mind too much if we stopped somewhere? I'd like to phone my wife and let her know what happened. You know how women worry. I'll buy you boys a cup of coffee while you're waiting." The game warden said, "Sounds fair enough to me. Both vehicles halted at a little restaurant on North Main Street. The arresting officers took their seats in a booth while Sam went to the telephone. After a lengthy conversation, Sam returned to the booth. "Sorry for holding you boys up," he said. "Women, you know. Can't stop talkin. Sam paid for the coffee and the three left the restaurant to find that Sam's truck and all the precious evidence had vanished. Today, sturgeon poaching as a commercial enterprise has all but ceased and characters like Sam have faded into history. Efforts on the part of both our federal and provincial governments are underway to reinstate the kingfish in our Manitoba waters. Sturgeon fry have been released in several streams and penalties for poaching have been made severe. But how successful these governmental efforts will prove to be remains uncertain. The sturgeon requires clear, swift-flowing water in which to thrive; clean, stony river bottoms on which to spawn. Hydro-electric power dams now block the natural migration routes once followed by the Kingfish; clay and silt from eroding riverbanks now mat the spawning grounds. That we will ever see this giant fish in numbers we remember seems unlikely.

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ECHOES FROM THE Heart

Read this and Let it really sink in.... Then choose how you start your day tomorrow.

Michael is the kind of guy you love to hate. He is always in a good mood and always has something positive to say. When someone would ask him how he was doing, he would reply, "If I were any better, I would be twins!" He

was a natural motivator. If an employee was having a bad day, Michael was there telling the employee how to look on the positive side of the situation. Seeing this style really made me curious, so one day I went up to Michael and asked him, "I don't get it! You can't be a positive person all of the time. How do you do it?"

Michael replied, "Each morning I wake up and say to

myself, Mike, you have two choices today. You can choose to be in a good mood or you can choose to be in a bad mood. I choose to be in a good mood.

Each time something bad happens, I can choose to be a victim or I can choose to learn from it. I choose to learn from it. Every time someone comes to me complaining I can choose to accept their complaining or I can point out the positive side of life. I choose the positive side of life.

"Yeah, right, it's not that easy," I protested.

"Yes, it is," Michael said. "Life is all about choices."

When you cut away all the junk, every situation is a choice. You choose how you react to situations. You choose how people will affect your mood.

You choose to be in a good mood or bad mood. The bottom line: It's your choice how you live life."

I reflected on what Michael said.

Soon thereafter, I left the Tower Industry to start my own business. We lost touch, but I often thought about him when I made a choice about life instead of reacting to it.

Several years later, I heard that Michael was involved in a serious accident, falling some 60 feet from a communication tower. After 18 hours of surgery and weeks of intensive care, Michael was released from the hospital with rods placed in his back. I saw Michael about six months after the accident. When I asked him how he was, he replied,

"If I were any better, I'd be twins. Wanna see my scars?"

I declined to see his wounds, but did ask him what had gone through his mind as the accident took place.

"The first thing that went through my mind was the well-being of my soon to be born daughter," Michael replied. "Then, as I lay on the ground, I remembered that I had two choices: I could choose to live or I could choose to die. I chose to live."

"Weren't you scared? Did you lose consciousness?" I asked.

Michael continued, "...the paramedics were great. They kept telling me I was going to be fine but when they wheeled me into the ER and I saw the expressions on the faces of the doctors and nurses, I got really scared. In their eyes, I read "he's a dead man." I knew I needed to take action.

"What did you do?" I asked. "Well, there was a big burly nurse shouting questions at me," said Michael. "She asked if I was allergic to anything. 'Yes, I replied."

The doctors and nurses stopped working as they waited for my reply.

I took a deep breath and yelled, "Gravity." Over their laughter, I told them, "I am choosing to live. Operate on me as if I am alive, not dead". Michael lived, thanks to the skill of his doctors, but also because of his amazing attitude. I learned from him that every day we have the choice to live fully. Attitude, after all, is everything.

You have two choices now:

1. Forget this.
2. Give it to the people you care about.

I hope you all smile when reading this. It made my day. I love hearing stories of the power of will and attitude to turn a situation around.

Health Connections

By Health Educator, Karen McDougall
North Eastman Health Association (204) 345-1214

Be Cool Near the Water

It's a typical warm weather ritual: Head for the beach, lake, or pool, and jump into fun. You know the refrain... "last one in is a rotten egg". But keep a head's up... With all the ways to enjoy water sports come many safety challenges. In recognition of National Water Safety Week, remember these tips to help avoid water hazards, and increase enjoyment of our beautiful lakes and rivers:

- Wear a coast guard approved personal flotation device when boating, rafting

or being towed on the water. A life vest can be a lifesaver if you hit your head or become disoriented.

- Supervise children at all times. Drowning is the second leading cause of accidental death of children. Enroll children four years and older in swimming lessons.
- Stay sober when boating or swimming. Most of the hundreds of people who die in boating accidents each year get "tipsy" from alcohol, fall overboard and drown.
- Don't dive into unknown

bodies of water. Wade in or jump feet first to avoid hitting your head on a shallow bottom or a rock. This simple guideline can prevent head and neck injuries, or a lifetime spent in a wheelchair.

- Follow the buddy system and never swim alone.
- Know the weather forecast when boating. Don't head out in rough or stormy weather. Stay cool and have fun without risking your neck!

Source:
Safety Check Magazine.

What A Deal!



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Lac du Bonnet Branch #164 Legion news

by Cde. Norm Rimmer, CD

First of all I would like to welcome and congratulate the Winnipeg River Echo paper on their first edition.

Well it looks like summer is finally upon us and that means most of us are out trying to do something with our yards. I guess with all this yard work many of you have been too busy to come out to our Saturday afternoon meat draws, at least I am hoping that is the reason for the very poor attendance. I know that is the reason for my absence. So here's hoping we will see you on Saturday afternoon.

Remember we are having a garage sale Saturday, June 3. If you have any items that you would like to get rid of please bring them to the Legion on Thursday, June 1 or

Friday, June 2. If you are unable to get them the items to the Legion please call the Legion office at 345-6522 and Fay will make arrangements to have the items picked up for you. Come on out on Saturday, June 3 to the garage sale. Don't forget... one person's junk is another person's treasure. So come on out and support your Legion.

Another date to remember is June 11, which is our Decoration Day parade. This year should be quite colorful as there will be at least ten color parties in the parade. The parade marches off from the Legion parking lot at 1:00 hours (1:00 p.m.), down Third Street to Park Avenue and along Park Avenue to the Cenotaph, where the service will be held and wreaths will be laid. The parade will then march to

McIntosh Street, to McArthur Avenue and back to the Legion parking lot. Again this year we will have the Winnipeg River Police Pipe Band playing for us.

Plant Legion tulips and become part of a national floral celebration that will bloom from coast to coast in the Spring of 2001. To celebrate its 75th anniversary, the Royal Canadian Legion has made arrangements with the bulb growers of Holland to supply three special Darwin hybrid tulip varieties, Legion gold, Legion crimson and Legion brilliant (which is two tone red-yellow). They come in packages of ten bulbs. Order forms are available at the Legion until the end of June.

If anyone is interested in attending the Manitoba Military Tattoo being held Saturday, November 4, at the Winnipeg Arena, please sign up at the Legion lounge as soon as possible as we are hoping to get enough people in order to charter a bus.

from the Lions Den

Lions plan for July 1 in LdB

by Chuck Reynolds, president Lac du Bonnet Lions Club

Plans for the July 1 celebrations are well underway with something for everyone. Posters advertising all the events should be available to the public very soon. We will try to give you a short rundown on all the activities available, but I'm doing this from memory so please allow for errors and omissions.

Beer gardens

The beer gardens will start Friday evening at 5:00 p.m. at continue until 1:00 a.m. On Saturday it will run from 12:00 noon to 6:00 p.m. then will shut down for the dance. Sunday it will run from 12:00 noon until 6:00 p.m. The band Bull Rush will play at the gardens Friday and Saturday and on Sunday the music man Hi Five Sound will entertain the troops. The ever popular Crown and Anchor wheel will also be set up for those with the urge to try their

luck. Fireworks

The fireworks (the best in Manitoba) will take place Friday night at about 10:30 or 11:00 p.m., as soon as it is dark enough. This event is run by donations and we gratefully accept any help we can get financially. Our fireworks program runs itself and has become one of the best shows in Manitoba because of the support we get from people like you. Every dime, nickel and penny we collect goes into our show so when you can, feed our fireworks jays and every year you'll get to see bigger and better fireworks.

Wonder Shows

For the youngsters and the young at heart, Wonder Shows will again be in town for the entire weekend. They will again be set up at Casey's parking lot.

Parade

Saturday will feature the Lions' parade. The parade will

start at 12:00 noon near Watertown and proceed through the Town of Lac du Bonnet on its usual route. Contact Harold Ott at 345-8703 for entries.

Ball tournament

The slo-pitch ball tournament will take place as usual and it will be run by the Frantic Frenchmen. Contact a Lussier for entries.

Dance

The traditional dance will be held again Saturday night. The band for this dance is called Foot Loose. The doors to the arena will open at 8:00 pm and the dance will go until 1:00 a.m. Tickets can be obtained from any Lions member.

Antique car show

An antique car show will also take place on Saturday, all day. The cars can be viewed at Natural Resources across the road from Wonder Shows. Contact Dale Hiscock at 345-8590 for entries.

The Lac du Bonnet Lions Club is a purely volunteer organization. All revenue obtained during our major fundraiser, the July 1 weekend, is donated to worthy organizations such as the RCMP Cancer Run and activities of that nature. Each year the Lions put back \$20,000 to \$30,000 into charitable organizations and needy projects. We thank you for your support.

Winnipeg River Senior Service would like to thank all who sponsored the Health Fair

- Pine Falls Paper Co. (Donations Committee)
- Ladies Hospital Auxiliary
- Pine Falls Legion
- Knights of Columbus
- Pine Falls Lions Club
- North Eastman Health Assoc.
- United Church Women
- Midway Foods
- Dancy's Foods

Winnipeg River Senior Service News



Christine Polischuk

Services to Seniors along with Manitoba Agriculture hosted a Leap Into Spring Health Fair on May the 6th in the Pine Falls School auditorium. This full day fair highlighted a variety of local and provincial organizations promoting healthy life-styles. The day offered a talk on "Knowledge is the Best Medicine" by Barb Bromilow from Pharmasave in Beausejour. The Manitoba Folk Dancers were there to provide us with some great entertainment; they had the crowd up dancing with them. Mary Ann Haddad spoke on "Dealing With Stress" in the afternoon. There was a wonderful lunch with many different salads along with coldcuts, multigrain breads, fresh fruit and dessert. Which was made possible by the community. The meal was catered by Janice Warren. Quick breads were available with our morning coffee break, thanks to the United Church Women's group. Many doorprizes were given away though out the day.

Exhibitors manned booths throughout the day to provide information on a wide variety of health related issues of benefit to the entire spectrum of health care consumers. Attendance was disappointing; a minimum of 60

people took advantage of this unique opportunity. The board of the Winnipeg River Senior Service is presently evaluating the feasibility of making this an annual event. Future success will need a much improved attendance to make it worthwhile continuing.

Thank you to the guests that moved all those tables and chairs, and also the Pine Falls school for the use of the auditorium.

A special thanks to Marilyn Zarecki for all her help in organizing this event. Also a big bouquet to Donna Frederick for all the time and energy she put into the health fair.

You're a great volunteer! Our office hours are 9:00am to 3:00pm, Monday to Friday. We are located in the Pine Falls Health Complex.

To all Winnipeg River Seniors: I will be submitting information articles to the Winnipeg River Echo newspaper on a bi-weekly basis. I am looking for seniors who are interested in writing stories or sharing information that you may find of interest with our readers.

I am available during office hours to assist you in anyway possible (i.e) writing, gathering information, etc.. Please feel free to mail your information to Box 1109, Pine Falls, Mb R0E 1M0 our drop it off at our office for future publication. I can be reached at 367-9128.



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Powerview Detachment

Comments, Questions and Queries

Hey, my computer still works! I blew the dust off and everything seems fine, so with technology on my side and the invitation of the Echo newspaper, here I go again with my weekly column. For those of you who don't know, this column is basically written around submissions from the public. These submissions can be in any form, as indicated by the subtitle. I'm looking for questions about the police, the laws we enforce and how the law applies to the public. I cannot address any type of question that that is related to any investigative matter or any type of question that will identify specific people, due to the Privacy Act and the desire to avoid being named in any Libel law suits. More importantly, I'm looking for comments from the public on how the Winnipeg River Detachment is doing its job. I want to know if we are up

to snuff and if you don't think so, this is the forum to let us know. I also want to know if we are focusing our energy on the matters that the public thinks we should be. If we're not patrolling the right spots or not looking at the types of offences the public thinks we should be addressing, I want to know about it. I hope that people find the article informative and entertaining and that it gives people the ability for a little feedback from the police that they may not normally have access to.

There are several ways that you can get your questions and comments to me and they are:

- fax to (204)367-2802 or to the office of the Echo

-email to thevoice@granite.mb.ca or cjd_cst@hotmail.com

- finally there's snail mail to Box 250, Powerview, MB, R0E 1P0 or you can just drop it off at the Powerview Detachment.

So, there are no excuses

and lots of ways to get your submissions to me. Bear in mind that it may take a couple of weeks to address your question or comment, so have a little patience.

Off the Cuffs

This second portion of the article is where I get to pull out my soapbox and preach a little. Usually I comment on Detachment sport teams and their involvement in the local sport leagues and then give some sort of safety message pertinent to the time of year and issues that we want people thinking about. Hopefully in doing so we can prevent needless accidents and people running afoul of the law.

The Detachment has a team in the slow pitch league again this year and our talent level is about the same as last year. We've got to work on a few small skills like catching, throwing and hitting the ball, but once we get that down, look out. Speaking about ball, we entered the league to have a good time and be involved in the community in something not work related, but even if we're not on duty, we can't ignore blatant illegal activity, like, oh, let's say open liquor in a public place. We like to have a good time

just as much as anyone else, so please do not put us in a position of conflict where we have to do our job when we'd much rather be losing a ball game. Please keep in mind that even if we're not on the diamond, they are public places and drinking is not permitted and is punishable by way of one or more tickets with fines ranging from \$74 to \$110 and of course the seizure and destruction of the liquor. Let's just play ball and save the wobbly pops for later.

The first long weekend had the Detachment run off of its feet, with most of the calls coming from the beaches area. This usually marks the start of summer in most people's minds and as the temperature increases more and more people are going to turn to water related activities. Please take time now to put some sober thought in water safety in relation to whatever type of activity you will be taking part in. Boating is incredibly popular these days and here's the reader's Digest version of boating safety. Make sure you have life jackets for everyone in the boat and do not exceed your boats capacity for weight and passengers. Also be sure that your boat is in

good running order and has got everything it needs as far as safety equipment goes. If you've got all that covered already, great, now go make sure a buddy does too and pass on some of that common sense. Nothing ruins a fishing trip faster than someone becoming bait because they weren't ready for the water. Guys, remember, the wife will also have a final say on your tombstone and it is sure to include the word stupid in there somewhere if you die on a fishing trip, so be ready. There are some new laws concerning the operation of personal watercraft this year and I'll be passing on the main points in the weeks to come.

That's all I've got to say but I'm looking forward to continuing the article in the Echo and hope it has as much success as it did in its predecessor, the Voice. The ball's now in your court and it's up to you, the reader, to make or break the article. Jot down your question or comment and get it sent to me by one of the avenues I indicated above. This is your forum, a chance to have your say, so let's hear it.

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Pine Falls - Our Community, Council and Us

Townsite Notices - Public Works Proposals

See ad in the first issue of the Echo. Proposals will be accepted for Townsite Public Works until noon May 31st. Work to commence on a negotiated date, prior to June 30th, 2000.

"Auto Debit" Now Available

Would it be more convenient for you to pay your property tax by automatic bank payments? If so, ask Angela Enright the next time you are in the Townsite office and she will make it happen.

NEHA North Eastman Health Association

North Eastman Health Association in co-operation with the Townsite of Pine Falls hosted a "community consultation" meeting on May 2nd at Pine Falls School. Participants converged from all Eastman communities, from as far south as Springfield, and West to the beaches. A great mix of representation from all levels of our town community was heard.

Pine Falls Council submitted a presentation which was a consequence of their own thorough review of community health care needs. This was adopted as a base for the evolution of the consultation process. Seniors changing needs, housing, and increased hospital capacity was highlighted.

As a result of everyone's input, Regional Health (NEHA) and Pine Falls Council hosted another meeting on May 26th. The purpose was to discuss the needs and possible options for a professional centre which would house professional office space alongside additional health care offices, clinic space, and expanded personal care home, a wellness centre and a private seniors housing complex at an adjacent site which would dedicate a certain percentage to assisted living provisions.

Pine Falls is poised on the brink of dramatic growth, as indicated by emerging economic, retail and service industry, community college extension, tourism & housing initiatives, discussed at the meeting.

Synergies and opportunities to combine similar projects made sense and captured everyone's attention.

Once final approval is reached, the concept will be moved into the operational plan for the year 2001-2002. This will expand and increase the many services offered in Pine Falls. Do you have any ideas that you would like to share? This is the time when your input is appreciated and can still be included. Call any member of your council, they are always pleased to hear from you.

Building and Business Permits

Will be available at the townsite office. Guidelines are being developed that will be consistent with the needs and safety of our community and its people. More information to follow in the next issue.

Waterleak - April 2000 Issue

Amalgamated Pipe located a problem on Maple Street, which was repaired. Pavement will be refinished at the site as soon as possible.

Paving

Road repairs and paving have commenced and will continue. The delay in getting started was due to lack of availability of reasonably priced asphalt in our area until the middle of May.

EMP Emergency Measures Organization

Iris Rountree, a trainer with the Red Cross organization has volunteered her services to be coordinator for registrations, and provide planning assistance alongside Willie Kemball and key contact personnel, in the event of an emergency in Pine Falls or the surrounding district. Her past experience and expertise will be invaluable, should the need ever arise. We as a community and council thank Iris for offering her services. Also - Our hats off to all twelve individuals that took the Red Cross Emergency course on April 29th in Pine Falls! Wonder who will be Iris' assistants?

Community Pride and Slogan

We only received 2 responses to our initial request for your expression about a slogan for our marvellous community! Surely we have more people interested in our future than that! We have decided to extend the deadline to June 15th, the winner will be selected and the slogan will be proudly displayed on our new Pine Falls Sign. Your interest is important to us, call any councillor or the townsite office. We appreciate hearing from you.

This writer's slogan, Pine Falls - the town where money really "does grow" on trees.

Townsite Green Team

Student applications have been received, and you will notice that grass cutting and the sprucing up of our town has begun. Intake is still open for both University and High Schools students, until we have an overflowing team. Apply soon so as not to be disappointed. "Green Team" program funding has allowed us to increase this opportunity to our local students.

Beautification Program

Council approved expenditures to bid on items offered for sale on the closure of the Unicity Mall. Thanks to volunteers and members of Council for assisting in both the removal and the transporting of goods back to Pine Falls. A Committee has stepped to the plate. Let's help them bat a home run! See next item.

Beautification Committee

Council thanks all members of the Pine Falls Beautification Committee for volunteering their hearts, souls, and time to make

our town a more attractive place to live and visit.

Their inaugural meeting was May 25th, and have they got plans started! But they can not do it alone. If you have volunteer time available and wish to be involved in shaping the look of your community please contact any member of the beautification committee, let them know that you are willing to pitch in, and I am sure that they will greet you with open arms! A list of members and the areas they are responsible for is listed below.

Glenn Hibbert - Councillor - green team & village green activities

Marcel Pitre - Landscape Architecture

Henry Desautels - Greenspace & Shoreline

Kim Bonekamp - Business District Project

Elaine Vincent - Women's project & activity coordinator

Myles Wilcott - Youth project initiative & activity coordinator

You will notice attractive community planters, trash cans, & benches being strategically placed around Pine Falls Townsite, in the very near future.

Contest - "The Most Beautiful Yard in Pine Falls"

The Beautification Committee is sponsoring the most beautiful yard in town Contest. If we all participate we might even end up with the most beautiful town in Manitoba award!

Pictures of all the yards in Pine Falls have already been taken to be used as before shots.

It is open to all Pine Falls residents.

Judging of these attractive yards will take place just prior to Labour Day weekend.

A presentation and award will be presented at the 4P Festival.

The "Prized Yard" will become the home for a large town ornament with an engraved plaque for a full year.

The owner will also receive a permanent miniature.

An additional surprise will be provided at the 4P Festival.

The Most Attractive Business Award

To help spruce up the image of our downtown, the business district coordinator and her volunteers will be developing programs and asking for your participation. If business owners have your own great ideas, or a group idea, please call Kim Bonekamp. Otherwise please take the time to exchange thoughts with her when she drops by for a visit. If residents know what they would like to see in the business community, please call Kim.

Rural Forum 2000 - April 27 - 29

All your Council attended and were treated with dynamic speakers and given new ideas with which to approach different interests and needs of our community.

Festivals, Trails and Eco Tourism, Rural Tourism, Marketing our community. Attracting business ventures.

All interested, and informative and what we learned will no doubt help us as we seek to grow as a progressive community.

April 19th Meeting between the Department of Intergovernmental Affairs and the Pine Falls, Council and the Pine Falls Paper Company.

Discussions and presentations were held with and by Pine Falls Council members, dealing with infrastructure matters and how best to address them.

This took into account the Cochrane Engineering report by Eric Hutchison - engineer for Cochrane who also happens to be the son of John and Mary Hutchison (home grown).

We focused on high priority needs and timelines for a good

portion of the meeting. Eric indicated that Council had a good grasp of the Cochrane report and that our plans at this time had excellent merit.

The balance of the meeting was mostly related to responsibilities and the process toward legal status.

Meeting with the RM of Alexander - May 17th

This meeting was called by the RM to inform all participants involved with Bluewater recycling that the organization was being dissolved. It could no longer afford to function in its current form.

This will not affect curbside pick up or recycling within the Townsite of Pine Falls. Please continue to recycle - thank you.

Winnipeg River Community Futures Development Corporation

Has asked Councils in the Eastman region to recommend a nomination from their community to recognize a business person for the Warren Besel Memorial Award. The chosen business person must represent the following attributes:

The business operation must be within the boundaries of the member communities of the WRB.

A person business that has over time contributed significantly and selflessly to their community.

Portrays an attitude of ownership and pride in their community.

Has a proven record of working with the community to make the community a better place.

Council has nominated Fred Walsh of the Pine Falls community. His family - Gwen, Bill and Corrine have been notified and we have requested information from those who knew him well. More to follow...

PINE FALLS PAPER COMPANY

is accepting applications from individuals interested in performing the contract services of

Relief Office Cleaner

Currently the available work is estimated at 6-10 weeks per year. Applicants must be in good physical condition and be able to work evenings.

Those interested should submit applications in writing to the attention of:

Human Resources, Pine Falls Paper Company,
Box 10, Pine Falls, MB R0E 1M0
no later than June 7, 2000.

Pine Falls Paper Company is an equal opportunity employer and all interested persons are encouraged to apply.

LdB Bowls

by Toni Bruneau
Lac du Bonnet Bowling Lanes can be proud to have seen success after their first season of league bowling. The 1999-2000 season accommodated 73 Youth Bowling Coun-



Cheryl Bruce was presented with a gift for her hard work and dedication.

cil participants (five to 19 years of age), 60 members in the Pioneer Club League as well as 20 mixed teams, 12 ladies and four men's teams.

A total of \$3,000 was spent locally by The Lac du Bowling League, who supplied winners with monetary prizes, gift certificates, engraved plaques to be displayed at the lanes and a fun filled evening the night of the bowling wind up

Saturday, May 13. **Summer fun**

Action at the four lane, five-pin air conditioned bowling lanes continues with its spring league underway, plans for drop in bingo bowling one day a week and a chance to win a progressive bingo pot.

If you are looking for some fun, out of the sun, drop in with your family and friends. Cheryl Bruce, manager of the bowling lanes, says there are no age restrictions and beginners are always welcomed and encouraged by helpful staff. Summer hours will soon

be in effect, call 345-6212 for more information.

1999-2000 league results

'A' Side roll offs: Sheri Hirst, Lisa Hodge-Kettles, Fay LaBelle, Kim Podolsky and Dana Joseph. Runners up: Bob Becker, Ritch Nally, Kevin Nally, Lee Valentonis and Kevin Clarke.

'B' Side roll offs: Rita Lansard, Peggy Keenan, Beth Dyck, Agnes Bear



Presenting the Barry Nixdorf Memorial Award - Grand Aggregate is Werner Franz, to Southern Comfort. Left to right: Kevin Clarke, Lee Valentonis, Bob Becker, Ritch Nally and Kevin Nally.

and Sharon Rempel. Runners up: Al Richter, Lana Richter, Tanis Lodge, Kim Shura and Darcy Plischke.

The grand aggregate - Barry Nixdorf Memorial was won by Southern Comfort: Bob Becker, Ritch Nally, Kevin

Nally, Kevin Clarke and Lee Valentonis.

Men's high single: 348 Kevin Nally, Men's high triple: 796 Carl Nilsson.

Ladies high single: 320 Lisa Hodge-Kettles. Ladies high triple 694 Carol Griffin.

Most improved players: female - Elma Alexander and Irene Maslow; male - Dale Alstadt.

Team high single went to Southern Comfort with 1123. Team high triple also went to Southern Comfort with a score of 3238.

Ladies high average: 192, Lucille Richot. Men's high average: 212 Carl Nilsson.

300 plus games: Lisa Hodge-Kettles, Kevin Nally, Lee Valentonis, Carl Nilsson.

"The Ascenders" I'm told, is the equivalent of the toilet seat which I too, have been a humble recipient. The only way to go is up: Millie Smith, Stella Sikora, Olga Sikora, Florence Brincheski and Maggie Brincheski.



A-Side Winners (clockwise from top left) Sheri Hirst, Dana Joseph, Fay LaBelle, Lisa Hodge-Kettles and Kim Podolsky.



B-Side Winners (clockwise from left): Rita Lansard, Peggy Keenan, Beth Dyck, Agnes Bear, Sharon Rempel

Winnipeg River Echo



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Exercise alone, is crucial for maintaining long term fat/weight loss.

Baylor College of Medicine studied three groups: diet only, exercise only and diet and exercise. After one year, the diet-only and the diet and exercise group lost the most weight, but, by the second year, both these groups regained the weight, while the exercise only group maintained the loss. (January 1997)

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ALL THE RIGHT Stuff

Dear Ms Know-it-all:
Help! My son is getting married. While we are not rich, we would like to help out with expenses. What costs does the groom's family normally pay?
Mother of the Groom

Dear Mother of the Groom:
This is not as easy question as you might think, although it is a very important one. Before anyone writes any cheques or makes any deposits, both families should agree upon who is paying for what. Traditionally, the bride's family pays for the majority of the expenses. In keeping with tradition, the groom's family usually pays for the following:

- 1: the rehearsal dinner the night before the wedding
- 2: the purchase of the wedding license
- 3: the clergy/officiating fee
- 4: the bride's bouquet
- 5: the flowers for the mothers
- 6: the ushers' boutonnières
- 7: the bride's engagement and wedding rings
- 8: the bride's gift
- 9: the best man's and ushers' gifts
- 10: the honeymoon trip

The rest is left to the bride's family.
Having said that, these traditions are often altered due to the fact the people are getting married older and divorcing and remarrying more often. As well, more and more families are considering each other's financial situations. If the groom's family is wealthy

and the bride's is not, it is perfectly acceptable for the groom's family to assume the cost of the majority of the expenses, even though the invitations are sent out in the name of the bride's family. If the couple are in their thirties or older, the bride and groom often pay a significant amount of the cost depending on their parents' circumstances. If it is a second marriage, the couple themselves often split the costs equally.

Whatever is decided, it is a good idea to write down who agrees to cover what item and make a copy for both the bride's and the groom's family to refer to throughout the wedding planning process.

Dear Ms Know-it-all:
What is the going rate for a presentation wedding?
Curious

Dear Curious:
In ancient times, in cultures that considered cash gifts as tradition, this is how guests determined what was appropriate. The father of the bride would host a celebration for the village with feasting, wine, music, entertainment and dancing. This typically would use up the bride's family's resources and the father would have nothing left to give his daughter as a dowry. The guests were expected to survey the party and estimate what would be the cost, on a per-person basis and use that figure as their base for the value of their monetary gift. Often, they would include something extra for the bride.

In modern times, there are several things to consider when deciding what would be an appropriate amount to give as presentation at a wedding:
1: Your relationship to the families involved.
2: The number of people attending with you.
3: Your own financial circumstances

Whether we like or not, most families have the "Big Book of Accounting" when it comes to family occasions. Somewhere, someone knows that you owe x number of dollars because Aunt Mary gave y number of dollars to your cousin Sidney ten years ago. So, the first place to check is with your own or the groom's family if you are related in any way to the wedding couple. If this is not the case, ancient times still provide an excellent starting place - how much is it costing the wedding couple to entertain you and your guest(s)?

Having said this, remember that there is a cost associated with every person attending the wedding. Caterers charge corkage fees for everyone, including children and there is no "kids menu price" for the wedding meal. If you are a family of four - two adults and two children, give accordingly.

The next thing to consider is what you can really afford. Never overspend your limit on a wedding gift. While nobody expects you to have to declare bankruptcy in order to give an appropriate cash gift, cheap is considered very tacky.

So, what does this all boil down to in actual dollars in sense? A starting point is \$50.00 to \$75.00 dollars per adult and \$25.00 per child for friends, depending on how close you are to the bride or groom. Double these amounts for relatives outside of your immediate family. And consider two and half to three times these amounts for immediate family. Bear in mind that these amounts are suggestions only. Only you can decide how much you can afford and what is appropriate for you to give.

We look forward to answering your questions, please feel free to submit questions for future publications to The Winnipeg River Echo. Mail to Box 550, Pine Falls, MB R0E 1M0. e-mail: theecho@granite.mb.ca or fax 367-9974

PATTY'S Pics

This space, Patty's Pics, is sponsored weekly. Participating businesses/organizations will be sponsoring this feature bi-weekly. We encourage our readers to answer Patty's Pics and drop off your entry form at the sponsoring business for a chance to win their prize.

Entry Form Patty's Pics

Name: _____
Address: _____
Ph. No: _____

This week's Patty's Pics is sponsored by the **Winnipeg River Echo**
Entry Forms can be dropped off at **56 Art Street in Powerview** or at our **Lac du Bonnet office at 100 First Street & McArthur Avenue. Good Luck!**



Circle the six differences between these pictures.

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TODAYS NEWS FOR YOU!

On the Diamond

The Pineview Mixed Slo-pitch League kicked off the 2000 season on May 15, with 12 teams predicated. Annual league champ contenders, the Hardbodies have quietly slipped into retirement. The Poppers are returning after a season in Lac du Bonnet. The RCMP changed from DaBeers to the Pistols and will again be strong contenders with the Five Star Shooters, who are under new management, to win B side.

It looks like the year of the Muskrats in the early going as they easily handled the Diehards 26-15, Mohawks 27-0, and scared the Whipmasters into a cancellation on May 23rd. They blasted the Pistols 18-3 in their last outing. Last year's co-champs the Fire and Whipmasters will be hard pressed to stay ahead of the young speedy hard hitting Muskrats.

The Fire in their first four games beat Dazed & Confused 15-3. In a close game with the Diehards 17-14, Fire second base player Marie Fontaine had her right thumb badly broken on a throw from centre-fielder Lance Nault and will be out of the lineup for six to eight weeks.

The Fire's third game was 16-2, five innings mercy of the Diamond Heads, who are missing the glove and bat of leader Ray Avanthay, who is on the DL.



The Fire's fourth game against Out of the Blue turned out to be a slug test in the fourth and fifth inning with Out of the Blue moving four in the top of the fourth to lead 10-5. In the bottom of the fourth the Fire had already recorded six runs to lead 11-10 with bases loaded and two outs when Grand "Chubby" Pachkowsky hit a grounder to Out of the Blue short stop Victor Bird, who's throw hit the speedy Pachkowsky on the left leg as he crossed first base and fell towards second base. Ump Ray Avanthay called Pachkowsky out for turning towards second, with the Out of the Blue players running off the field, the Fire coach appealed the play saying there has to be an attempt to go to second by the runner. Avanthay agreed there was no attempt by Pachkowsky to go to the

second base, and reversed his call. Tempers flared as the Out of the Blue players returned to the field. A bases loaded walked to hot hitting Denten Normand scored two more runs, followed by a two-run hit from Ron Knott, to put the Fire ahead 15-10 after four innings. In the top of the fifth Out of the Blue scored five more to tie the game at 15, highlighted by homeruns from Nathan Dorie and Harold Bird. The Fire put the game away in the bottom of the 5th with 10 runs on 10 hits to win 25-15.

The Fire's next game will be a battle of two undefeated teams as they take on the Whipmasters Tuesday at 7:15pm at Rupert Park. Then face the hardhitters, Slammers on Thursday, June 1 at 6:00pm at Rupert Park. Come out and catch the action.

LdB's Submerged storms out of the gate

by I.N. Fielder

After just two weeks into the slo-pitch season, last season's A side runner up has definitely made a bid as early favorites. The young guys from SUBMERGED may indulge in some questionable base running now and then, but their hitting and defence has carried them to four straight victories.

Opening night (May 16) saw the leaders pull out two one-run victories: 9-8 over defending champion FRENCHMEN and 4-3 over SOUTHERN COMFORT. They topped the impressive start off with two more wins May 25: 13-4 over HEROES and 19-4 over RIVER RATS.

SOUTHERN COMFORT remained just one game off the pace by winning their three other contests. SC defeated the A Stars 15-4 and the RATS 25-8. The win against

the RATS was followed by a tense 11-10 win over HEROES. The tying and winning runs were plated with one out in the bottom of the seventh.

In other games CLAS-SICS looked impressive over HEROES 14-3 while FRENCHMEN clobbered the A Stars 19-3.

Next week

- Tuesday, May 30**
 6:20 p.m.
 #1 - Triple B's at A Stars
 #2 - Classics at Frenchmen 7:40 p.m.
 #1 - Triple B's at Frenchmen
 #2 - A Stars at Classics
Thursday, June 1
 6:20 p.m.
 #1 - Triple B's at Comfort
 #2 - River Rats at Heroes 7:40 p.m.
 #1 - Triple B's at River Rats
 #2 - Comfort at Heroes

Lac du Bonnet Slo-pitch League Standings as of May 25, 2000

	WON	LOST	GLB
Submerged	4	0	-
Southern Comfort	3	1	1 1/2
Classics	1	0	1 1/2
Triple B's	0	0	2
Frenchmen	1	1	2
A Stars	0	2	3
River Rats	0	2	3
Heroes	0	3	3 1/2

Pineview Slo-pitch Standings

TEAM	G	W	L	Pts
Powerview Fire	4	4	0	8
Muskrats	4	3	1	6
Whipmasters	3	3	0	6
Slammers	4	3	1	6
Diehards	5	3	2	6
Mohawks	3	2	1	4
Poppers	3	1	2	2
Out of the Blue	3	1	2	2
5 Star Shooters	3	1	2	2
Pistols	4	1	3	2
Diamond Heads	3	0	3	0
Dazed & Confused	4	0	4	0

David W. Iftody
 M.P. PROVENCHER
Congratulations!
 Best wishes in your quest to unite our
 Winnipeg River Communities
 75 Third Street, Lac du Bonnet Phone 345-9414

Junior High Track 2000 at LdBSS

by Jim Matz
 The Lac du Bonnet Senior School will be the site for the local Grade 4 to 8 track meet Thursday, June 1. Winners will compete in the divisional the week after in Powerview. The LdB coaches anticipate another strong effort in the quest for another divisional title.
 Young track stars from the ages of nine to 13 will display their running, jumping and throwing skills. Come out and cheer out the action June 1!
 See next week's Echo for results and record breakers.

Pineview Mixed Slo-pitch league schedule

THURSDAY, JUNE 1

6:00 Whipmasters	vs	Pistols	I
6:00 Fire	vs	Slammers	R
7:15 5 Star Shooters	vs	Poppers	I
7:15	OPEN		R

MONDAY, JUNE 5

6:00 Whipmasters	vs	Diamond Heads	I
6:00 Diehards	vs	5 Star Shooters	R
7:15 Slammers	vs	Poppers	I
7:15 Out of the Blue	vs	Mohawks	R

TUESDAY, JUNE 6

6:00	OPEN		I
6:00 Pistols	vs	Fire	R
7:15 Muskrats	vs	Slammers	I
7:15 Out of the Blue	vs	Dazed & Confused	R

WEDNESDAY, JUNE 7

6:00 Mohawks	vs	Whipmasters	I
6:00	OPEN		R
7:15 5 Star Shooters	vs	Fire	I
7:15	OPEN		R

THURSDAY, JUNE 8

6:00 Diamond Heads	vs	Pistols	I
6:00 Muskrats	vs	Dazed & Confused	R
7:15 Poppers	vs	Out of the Blue	I
7:15	OPEN		R

Recreation Ramblings DeLuca's provides a taste of Italy

by Michelle Chudd,
 Recreation Director
 Lac du Bonnet-Pinawa
 Recreation Commission,
 345-8816

Tony DeLuca and his entourage were out in full force at the Lac du Bonnet Community Centre last Wednesday, providing a one-evening lesson on Italian cooking. Sixteen participants indulged in tomato and cheese salad (insalata caprese) and chicken sausage in white wine (salsiccie di polo al vino bianco appetizers, a pasta alfredo, and for the main course veal in marsala (vitello al marsala). Dessert was cannoli sicilian style.

Helpful tips were given throughout the evening (did you know that freshly cut garlic can become poisonous if left out for more than two days?). The evening ended with someone special getting an apron (to the chagrin of a few) and the promise of another session in the fall time.

Name change
 What's in a name? According to the rec commission - a lot! The rec commission has decided (with

municipal approval) to change our name to the **Winnipeg River Recreation District**. Why, you ask? The group thought that the present name suggested two autonomous groups and made it seem more divided instead of harmoniously working together (and beside according to the townspeople... in Pinawa it is called "the Pinawa-Lac du Bonnet Rec Commission" and in Lac du Bonnet it is known as "the Lac du Bonnet-Pinawa Rec Commission"... pretty confusing, eh?)

Eastman Summer Games

Lac du Bonnet and Pinawa will be hosting golf and softball June 18 and beach volleyball, triathlon and water ski July 8 and 9. Contact the rec office regarding registering or if you are interested in volunteering. Winners from these regional events will go on to the Manitoba Games in Virden this August.

Swim lessons
 The Lac du Bonnet Swim Program begins its swim registration this week and is

ongoing throughout the summer. Red Cross Aqua Tots (aka parent and tots), AquaQuest Level sand Lifesavings (Rookie, Ranger, Star) programs will be offered. Contact the recreation office for details.

Relay 2000 at Old Pinawa

Get ready for a fun filled evening at Old Pinawa Thursday, July 6. That's when Lac du Bonnet and Pinawa will be celebrating the Relay 2000 team that will be coming through to officially open the Trans Canada Trail in our area. Live entertainment will hit the amphitheatre at 4:00 p.m. and go on until ten-ish (heavy on the ish) with performances by J.P. LePage, Walle Larson, Road Kings, Skyla, Dan Ferchete and a whole lot more!

A rec commission first

The registration fee for DeLuca's was given as a surprise birthday present - what a neat idea hey Pam?

Every program that was organized so far in 2000 has been a go. Whoo.



Robert Tipton, the new Golf Professional at PFGC

New Pro at Pine Falls Golf Club

Taking over the Pine Falls Golf Club this year is Robert Tipton. Tipton will replace former Golf Professional Dwight Reinhart, who left the area earlier this year to pursue other career options.

Tipton brings with him 12 years experience as a Golf Professional. He has worked in British Columbia, Alberta, Saskatchewan, Ontario and Quebec. His education is in Business Management.

Karl Hutchison returns this year as Superintendent, and as many golfers will agree has the course in top notch

condition. As in past year's Monday night is men's night, Wednesday night is for the ladies and seniors play Friday mornings. The Junior program will be starting the last week in June and run through the summer.

Tipton says he has been approached by many lady golfers to put on a ladies clinic. The Clinic will consist of three one hour clinics on June 13, 20, & 27. For more information on the Ladies Clinic call Tipton at the Pro Shop at 367-8463.

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 Phone 345-9114, Lac du Bonnet

Owners Don & Diane Chapel wish the community and the new paper a big congratulations.
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Congratulations to the new owner & staff of The Winnipeg River Echo

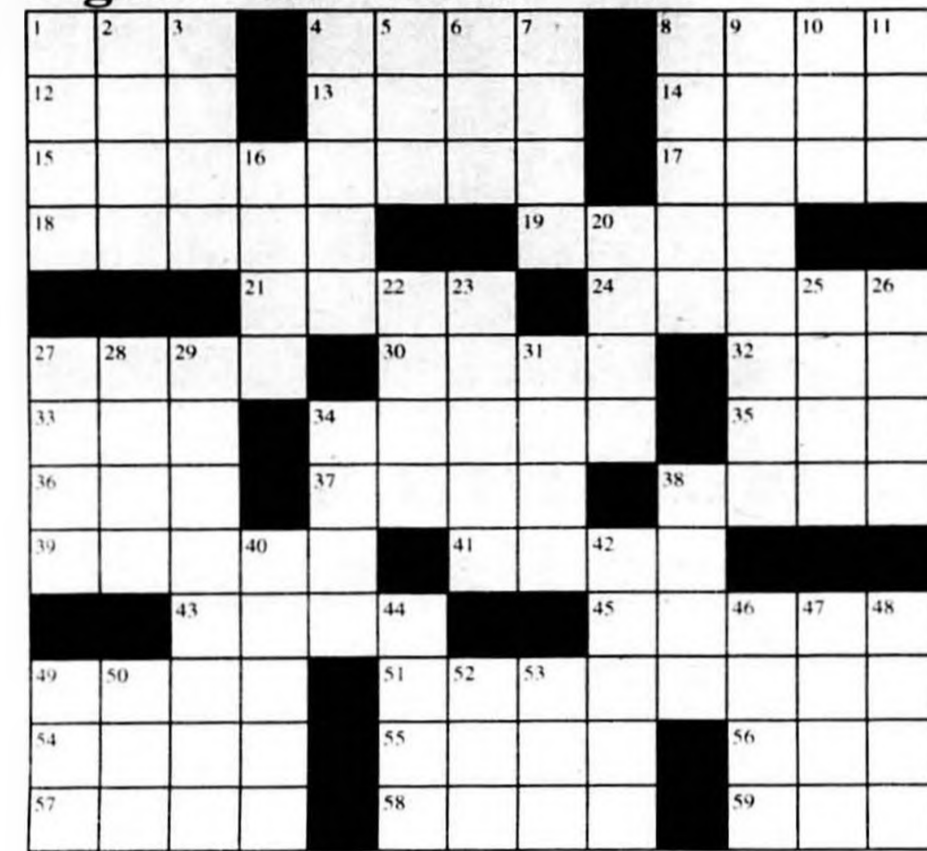
St. Croix
 Cycle & Marine
 Located in St. Georges, MB Call 367-2219

LAC DU BONNET SWIM PROGRAM
 Registration on going, commencing May 29 at the Lac du Bonnet Rec Office (located at the Senior School). Forms available at various locations in Lac du Bonnet. AquaTots may also be offered if enough interest. Lessons take place at the Town Dock.
SESSION 1: JULY 3 - 14 FEES: AquaQuest \$29
SESSION 2: JULY 17 - 28 Lifesavings \$77
SESSION 3: JULY 31 - AUGUST 11 (plus manual)
 For more info contact the Winnipeg River Recreation District at 345-8816 Sponsored by Lakers Ski Club

Thank You....
 I wish to extend my sincere appreciation and thanks to everyone who came to my retirement party. Also to those who bought tickets but were unable to attend. Thank you for the gifts, cards and good wishes.
 Special thanks to Paul and Cathy for just everything, to Cheryl for the hats, Daphne for taking the pictures, Kevin the video man, my daughters, and the caterers for the great food as well as the great speeches said by all.
 Last but not least "my angels", "Life is Good" when you have such great friends. "eh Paul?"
Ernie Cyr

Winnipeg River Echo Weekly Crossword

Digital Destinations



ACROSS

- 1. _____ Hundred Mile House, British Columbia
- 4. Wrinkle
- 8. Peak
- 12. Rebel, for short
- 13. Copter or port preceder
- 14. Black cuckoos

- 15. Negligent
- 17. Roman 611
- 18. Make amends
- 19. Edible lily
- 21. Libra's birthstone
- 24. _____ Persons, Alberta
- 27. Lignite or anthracite
- 30. Brusque
- 32. Epoch
- 33. Limb
- 34. _____ Point Lake, Manitoba
- 35. Prime _____
- 36. Meadow
- 37. Marsh feature
- 38. Enquires
- 39. Hamilton's Angelo _____
- 41. Big game animal
- 43. _____ pump
- 45. Refurbish
- 49. Arouse
- 51. Evaluate
- 54. Possesses

- ### DOWN
- 1. Killer whale
 - 2. Tidy
 - 3. Spanish river
 - 4. Traipse
 - 5. Shoe size
 - 6. Blakeney or Arbour
 - 7. Fail to hit
 - 8. Filch
 - 9. Reveals
 - 10. _____ Nations Reservation, Quebec
 - 11. Air pressure meas.
 - 16. Organic compound
 - 20. East, in Cordoba
 - 22. Tooth or back follower
 - 23. Tempted
 - 25. Nielsen, for one
 - 26. Apprehends
 - 27. Peaceful
 - 28. Cookie
 - 29. Assembling
 - 31. Explain
 - 34. Streetcar
 - 38. Land measure
 - 40. Oath
 - 42. Was mistaken
 - 44. Criticizes
 - 46. _____ Islands, Nova Scotia
 - 47. Land surround by water
 - 48. Rip
 - 49. Sun God
 - 50. _____ Hills, Alberta
 - 52. Apple or cherry, e.g.
 - 53. Westcoast Exhib.

CRYPTIC PUZZLE



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

BX CTT CZDXX WFCW VGQD WFXGDV HP JDCRV.
 KQW HP HW JDCRV XLGZE.
 -LHXTP KGFD

WEEKLY HOROSCOPE for the week of May 30th - June 5th

ARIES March 21 - April

News from an unlikely source may not be as bad as expected. It is important you be direct. You can work out an agreement that will be profitable for everyone involved. It may not be the best time for you to take off on a long trip.

TAURUS April 20 - May 20

A health problem may be taking a lot out of you. You just don't realize how much it is affecting your family, too. It's time to quit ignoring it and see a doctor. Take some time to enjoy the simple pleasures and treasures in life.

GEMINI May 21 - June 20

You may be challenged by someone in authority, so be sure you keep records of everything you have done. Remember, a good defense starts with a good offense. Be more compassionate toward loved ones. Your impatience is showing.

CANCER June 21 - July 22

Problems are on the horizon for a close relationship. However, it's a good time to laugh at yourself. You may be surprised at the allies you'll gain by shaking off your problems and laughing your cares away. Listen to a good idea at work.

LEO July 23 - Aug. 22

Call your travel agent. This may turn out to be the best time in your busy schedule for a trip. If you sign up now, you won't be able to back out later. A legitimate business plan may be headed your way, so keep your eyes and ears open.

VIRGO August 23 - September 22

You have a style all your own. This week you'll find that unique style will go a long way toward opening new doors for you... socially and professionally. So remember, no matter where you are, be yourself. Be understanding of differing opinions.

LIBRA Sept. 23 - Oct. 22

Deal with your coworkers positively. They'll be more likely to listen and try to understand your views. It is important that you value each person as an individual. They all have unique ideas, and they're worth listening to.

SCORPIO Oct. 23 - Nov. 21

A change of attitude is in the air. Whether it's your attitude or a friend's, it's important that you don't try to impose your spiritual values on someone you know. Try something new and different. It will give you a new outlook on life.

SAGITTARIUS Nov. 22 - Dec. 21

A friend is entrenched in a sticky domestic situation. Don't get involved. This is one situation you don't want to be in the middle of. Keep telling yourself that it's none of your business. Listen to a coworker's advice on investing some money.

CAPRICORN Dec. 22 - Jan. 19

The urge to roll up your sleeves and get busy will work in your favor. Your efficient methods will catch on very quickly. You'll have a tendency to make people very comfortable with your innovative and time-saving suggestions.

AQUARIUS Jan. 20 - Feb. 18

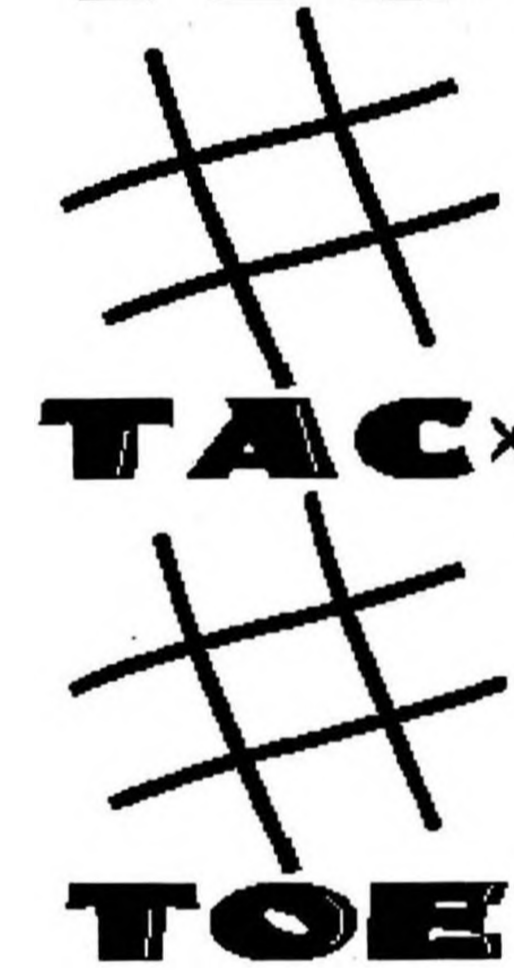
Don't wait any longer, take steps to register for that class you have been thinking of taking. Exciting career opportunities are headed your way. Be secure in your knowledge and open to change, and the opportunities will find you.

PISCES Feb. 19 - March 20

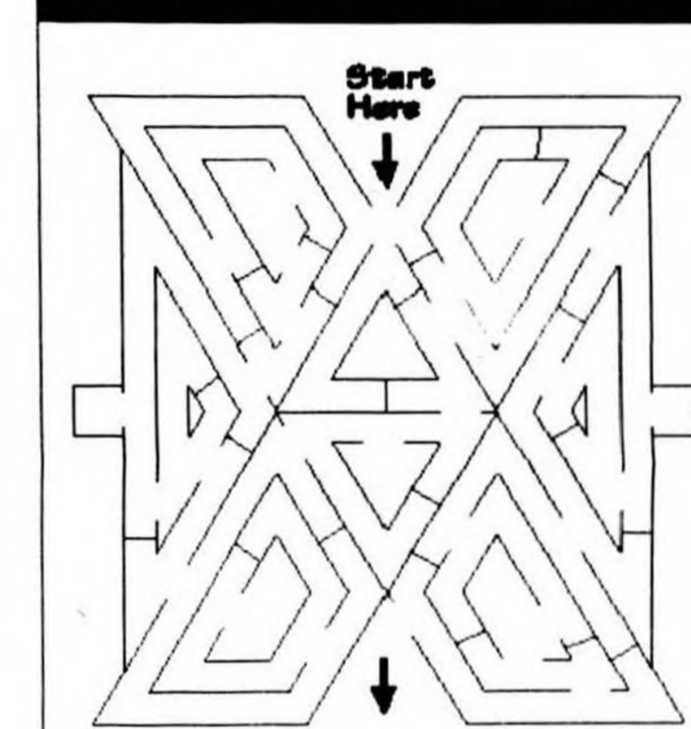
Your decision about expenses is going to make a big difference in your professional and personal life. Instead of accusing supervisors of nit-picking, use their constructive criticism. It could go a long way toward accomplishing your goals.



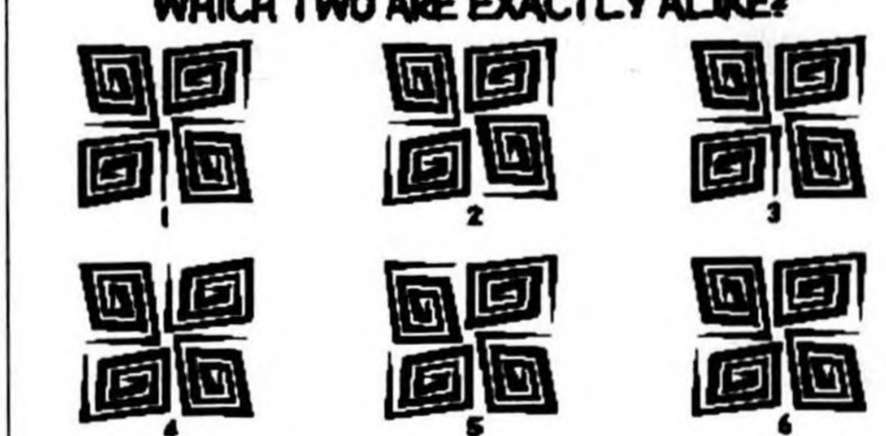
TIC-TAC-TOE



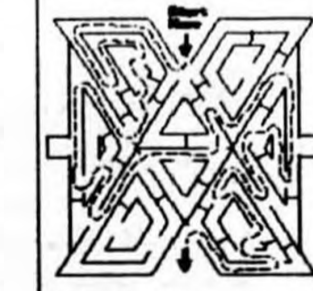
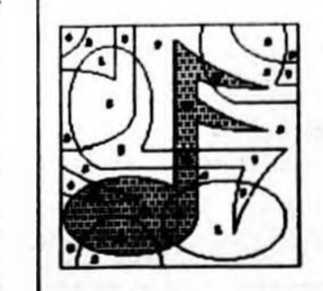
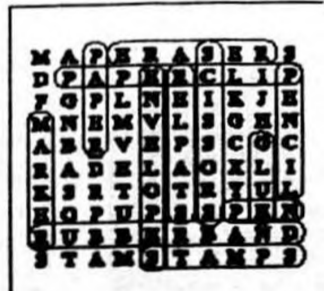
MAZE



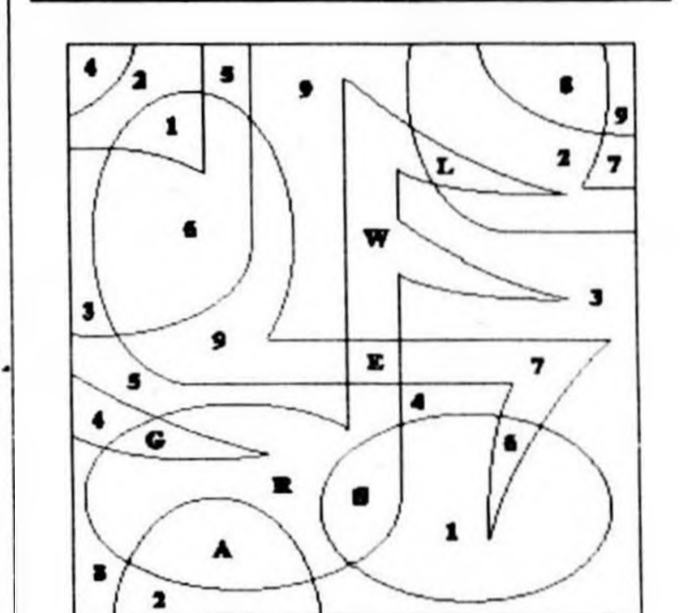
FIND THE TWINS WHICH TWO ARE EXACTLY ALIKE?



Answers



HIDDEN PICTURE



Color in each space that contains a letter.

SEEK AND FIND

FIND THESE WORDS IN THE PUZZLE BELOW.

- ENVELOPE
- ERASER
- GLUE
- MARKER
- PAPER
- PAPER CLIP
- PEN
- PENCIL
- RUBBER BAND
- SCISSORS
- STAMP
- STAPLER

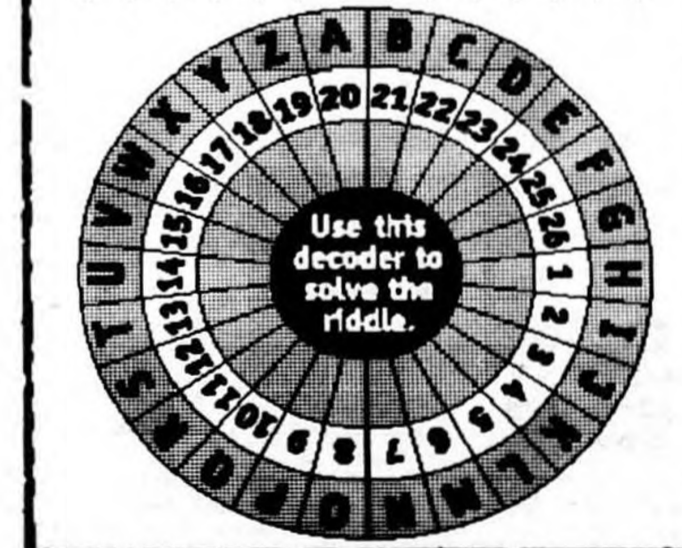
THE WORDS READ UP, DOWN AND ACROSS.

M A P E R A S E R S
 D P A P E R C L I P
 F G P L N E I K J E
 M N E M V L S G H N
 A B R V E P S C G C
 R A D E L A O X L I
 K S R T O T R Y U L
 E O P U P S S P E N
 R U B B E R B A N D
 S T A M S T A M P S

SECRET CODE

Why did the golfer take two pairs of socks to the golf course?

2 7 22 20 12 24 1 24 26 8 13
 20 1 8 5 24 2 7 8 7 24



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CAT LITTER Smart Choice, 10 kg	4.25
BATHROOM TISSUE Smart Choice, 24 roll	5.95

Happy Birthday Alex! xoxo

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Sat. 8:00 a.m. to 6:00 p.m.
Sun. 11:00 a.m. to 5:00 p.m.

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BARON of BEEF ROAST boneless (5.27 kg)	b 2.39
MINUTE STEAK tenderized, fast fry (7.03 kg)	lb. 3.19
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BEEF STEW lean cubes of beef (5.05 kg)	lb. 2.29

BARBECUE TIME!



MONDAY SENIORS DAY 10% OFF

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BEATRICE FRUIT BOTTOM YOGURT asst'd, 175 h58
BEATRICE SOUR CREAM reg., light, fat free 500 ml	1.33

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MEALTYME BREAD white or brown, 570 g only88
COUNTRY BAKESHOP ROLLS & BUNS asst'd.	1.48