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JUN 8 2000

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Vol. 1, No. 2

Tuesday, June 6, 2000

\$1.00 tax included



The Warren D. Besel Memorial Award recipient, Fred Welsh

Tribute to Fred Welsh

On May 29th, 2000 in Lac du Bonnet, the Winnipeg River Brokenhead Community Futures Development Corporation met to select the Warren D. Besel Memorial Award.

From the many nominations presented, the committee chose to recognize Fred Welsh's outstanding contribution to his community.

An awards banquet to honour Fred Welsh will be held in Pinawa on June 16th. This is a proud moment for our community. Fred's influence touched the hearts and lives of many people from our area. We hope that all will attend. Tickets will be available from Keith Clark at the Pine Pharmacy for \$15.00 each.

The Pine Falls Council would like to take this time to thank Gwen Welsh, son Bill, daughter Corrine, and Ed Desautels for the written tribute which follows in its entirety.

See a Tribute to Fred Welsh pages 8-9

Our Little Angel..... Taylor Hope Pluchinski

Twelve days in intensive care after open heart surgery at 5 days old

Taylor was born on March 25, 2000 (weighing 10lbs., 3ozs.) at the Victoria General Hospital in Winnipeg. She is the daughter of Jeff & Melinda Pluchinski; sister to Cole. Following her birth, Taylor was diagnosed with a serious congenital heart defect called Hypoplastic Left Heart Syndrome (HLHS) and was sent to the Children's Hospital, Neonatal Intensive Care Unit. HLHS is a defect of the heart due to abnormal development; the left heart structures may be small, so they are not able to pump blood to the remaining parts of the body. This condition is lethal if not surgically treated, therefore Taylor was soon transferred to the Neonatal Intensive Care Unit at the University of Alberta Hospital in Edmonton for surgery. For many years, no treat-

ment was effective for this condition and 90% of infants with this condition died by one month of age. Now two options exist for babies with HLHS. The first is a series of operations called the Norwood Procedure. The other alternative is Heart Transplantation. Her parents decided on the surgery.

On March 30, Taylor underwent a very high risk open heart surgery. Her operation was performed by Dr. Ivan Rebeyka who has performed a number of these surgeries each year. Taylor was a patient in the Pediatric Intensive Care Unit from March 30 to April 12, requiring significant life supporting equipment.

Taylor remained in Edmonton for four weeks until she was stable enough to be transferred back to Manitoba. She arrived at the



Children's Hospital NICU on April 27. She remained in Intensive Care until she was stable enough to be moved to Immediate Care Nursery where they could monitor her vitals and work on the feeding issue of trying to overcome an oral aversion that HLHS children develop.

On May 24th, Taylor was
cont'd, see page 4



Matt Keenan leaps to clear the high jump as Kristen Miller looks on

LdBSS Track and field pg 5

PET CONTROL

Be advised that pets (cats/dogs) must be confined to their own property or on a leash. Failure to comply will result in your pet being picked up by the Animal Control Officer.

Cat complaints have become a major problem. Be a responsible pet owner and a good neighbor.



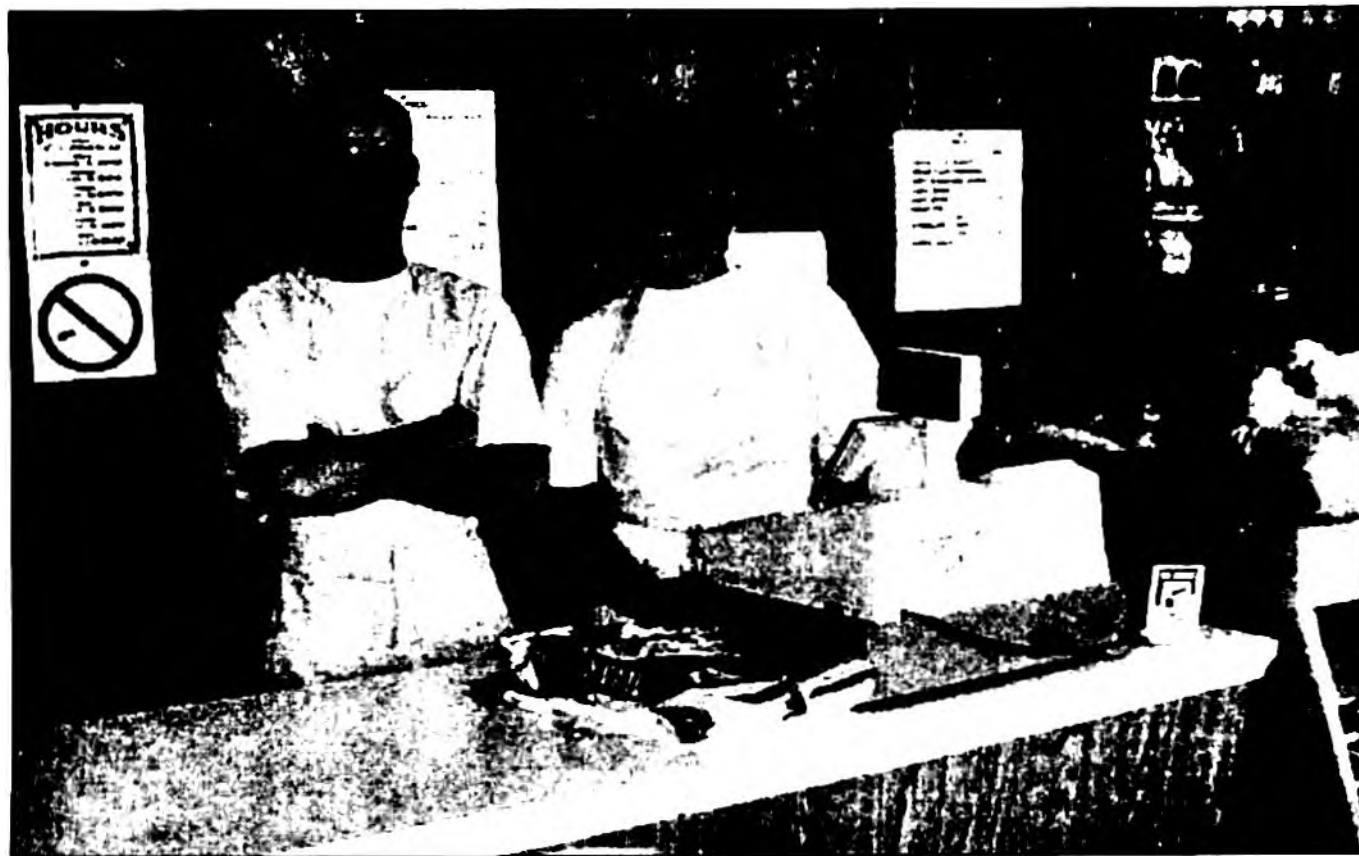
TOWN OF LAC DU BONNET

TAMPERING WITH CAGES IS AN OFFENCE AND WILL BE REFERRED TO THE RCMP



Town Council

Business as usual at the Sunrise Bakery



Dave and Roberta Desautels, new owners of Sunrise Bakery; formerly Einfeld's Bakery.

by V. Anderson

The Sunrise Bakery opened its doors under new ownership on March 27, 2000. The owners Dave and Roberta Desautels are both from the town of Powerview/Pine Falls.

Dave and Roberta took over the bakery from the previous owners Chuck and Pauline Einfeld. The Desautels' operate with three full time and two part time employees.

Dave stated "that the transition into the new business was one that offered new challenges and opportunity." Dave also stated that he would like to thank Chuck and Pauline for lending their expertise and staying on with them to help train and together they would insure a smooth transition of ownership. Dave also said that the employees that worked for the previous owners would still stay on. Having trained professional staff that were eager to help or lend advise is greatly appreciated.

The new Sunrise Bakery will continue with the same

products, and was proud of the fact that recipes will not be changed. "When you have a superior product, why change." The Desautels work by night in order to bring to you the freshest products. The new bakery boasts that fresh baked goods are brought to your

fresh Tuesday to Saturday. Their motto is "Don't be disappointed, order ahead".

The new bakery offers fresh baked donuts, muffins, cookies, cakes (custom ordered) and sausage rolls, etc. The new bakery serves the Beaches through to Lac du Bonnet. The hours of operation are 8:00 a.m. to 5:30 p.m. Tuesday to Saturday.

The future hope is that the bakery will expand and not only have baked goods but also a coffee shop where patrons can drop by and have a great cup of coffee and perhaps a fresh tea biscuit and great conversation.



Sunrise Bakery's Greg Johnson displays some fresh baked apple turnovers

Lac du Bonnet Local

Sympathy is extended to the Bergman family and friends on the passing of Harriet Bergman June 1.

Belated birthday wishes go out to Ernie Richmond, who turned 90 years young May 9. Celebrations took place at the Pioneer Club in Lac du Bonnet and in Winnipeg with many friends and family.

Congratulations to Darcy Rollins and Sherri-Lynn Parent on the occasion of their marriage June 3.

Joan Kleyh - Marriage Commissioner

So, you're thinking of tying the knot? If a traditional church wedding isn't quite your style, then maybe what you're looking for is a Marriage Commissioner.

Being married by a commissioner gives you a few more options than are usually available when being married by a member of the clergy. You can choose your own location your cabin, the beach, the forest, the wedding social, wherever. Because there are no marriage preparation courses to take, you can be more flexible in making plans.

All you need are a marriage license, 24 hours, and two witnesses. This type of ceremony can be very personal, as you have the freedom to write all your own vows, and may be as casual or as formal as you wish - children and that special pet are most welcome! Another convenient point is that the couple being married are not required to be residents of the province. If you or your children live out of Manitoba, and decide all of a sudden that you want to be married here in Manitoba, then you only have get your licence, and wait the 24 hours. Of course, you must be able to prove that you may legally be married - be of age or have written consent of your parent or guardian, and, if previously married, have a divorce decree, or proof of death of spouse. That's really all there is to it.

The reason I decided to become a marriage commissioner is because when our daughter wanted to have her wedding in Pine Falls (she was living in Regina at the time), we weren't able to make any arrangements here at short notice. We ended up



Joan Kleyh is certified to perform Marriage ceremonies in Manitoba.

going to Regina for her wedding, which was performed by a marriage commissioner. It was a beautiful wedding, in a private home with a few close friends and all of five family members present. And talk about casual - we all forgot to put on our shoes, and all the photos show our toes!

We had a great time, and I can honestly say that it was one of the nicest weddings that I have ever gone to. Everyone was so relaxed and calm, that there was no place for the jitters and even the bride and groom enjoyed it. A couple of days after returning home I saw an article in the paper about marriage commissioners, and how to go about becoming one. Well, the rest is history, I applied, was accepted, and now have performed several weddings here and some in other locations.

It is a wonderful experience to join two people in wedlock and feel that you have helped create a new family. I am getting ready now for another wedding season, and I am really looking forward to it. If you feel that you may want this type of wedding, please don't hesitate to call and ask me about it. I also can perform a ceremony to renew vows if you are interested in this service - no license required!

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2nd class mail #1763687 (Postage paid in Pine Falls)

LdB RCMP report

The following constitutes the police report for Lac du Bonnet detachment for the period of May 25 to June 1:

May 25

A report was received of a 15-year-old male suffering from mental instability. The subject was located, taken into custody and escorted to the Children's Hospital where he was admitted.

A green 1998 Honda ATV was reported being pushed from a yard on Pine Avenue and apparently stolen after being loaded onto a truck.

Break and enters to two cottages at Pointe du Bois were reported. A cash box was stolen from one and apparently nothing from the other.

May 26

A report was received of hang-up telephone calls being received, which originated in the Whiteshell Provincial Park.

A cottage at Sunset Bay was reported to have been broken into. Nothing was taken from the cottage but liquor was taken from the garage.

An accident on PR 313 three kilometres from Bird River was reported. Investigation revealed the vehicle lost control on wash board and flipped over a number of times. Three occupants sustained non-life-threatening injuries.

A report was received of two adult males being assaulted by a group of individuals in front of a licenced establishment in Lac du Bonnet.

May 27

A red Mustang was reported operating in a careless manner on PR 214. Police did not locate a vehicle fitting the description.

An intoxicated adult male from Great Falls was reported for assaulting his brother. The matter was resolved without a charge.

A report was received of a vehicle going off Park Avenue and hitting a hydro pole. Police attended the scene, however, no one was present. The vehicle was towed and a traffic accident report subsequently completed.

May 28

A fire extinguisher was

taken from a camper in Pinawa and then sprayed into two vehicles and a fish pond. A CD was also taken from a vehicle at this time.

May 29

A report was received of an 18-speed mountain bike being stolen from outside a residence in Pinawa.

A rear window being broken out of a vehicle parked in Lac du Bonnet was reported.

A vehicle was keyed while parked in the driveway of a residence in Pinawa.

A report was received of an adult female acting in an irrational manner at a residence in Lac du Bonnet. The subject was taken into custody under the Mental Health Act and transported to Pinawa for a doctor's examination, which resulted in her release.

May 30

A Poulan chainsaw was stolen from a garage at a residence on Lake Avenue.

May 31

A report was received of an intrusion alarm at a residence on PTH 11 in the Rural Municipality of



Whitemouth. Police attended and found that same was false.

A report was received from a business in the Rural Municipality of Lac du Bonnet having received NSF cheques

from a business in the Winnipeg River detachment area.

June 1

A lock was cut from a gate at the end of Mackenzie Point Road and the area in question was reported to have been used for partying.

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Tickets available at
Community Centre, Youth
Centre and Local Business

Early Bird Draw
Winner Re-entered
for Final Draw

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Massage Therapy Comes to Pine Falls

Jon Phillips, an Electrician/Electronics Technician, who has been working at the Pine Falls Paper Company for the past twenty-one years, has "left the mill" and has set up a full time massage therapy clinic in his home. He graduated the first year of the Access Program, at the Massage Therapy College of Manitoba, in June of 99. Final exams for second year will be written in December. The first year (1100 hours) gave him the requirements necessary to attain the City of Winnipeg Massage Therapy License, which he proudly displays in his clinic. Completion of the second year will give him the privilege to write the Massage Therapy Association of Manitoba's exams. This is a six hour exam, including theoretical and practical tests to determine his eligibility to join the association. Jon is currently registered with the Association of Massage Therapists and Wholistic Practitioners. He has also applied for, and received, professional practice insurance. Jon has taken other body-



work-training workshops, such as Upledger CranioSacral Therapy and Healing Touch. It is in CranioSacral Therapy that he first got the desire to work with people in a more personal setting. CranioSacral Therapy utilizes a very light touch to help realign different areas of the body, particularly the skull bones, vertebrae, and the sacrum and pelvis. It is a very relaxing treat-

ment and can aid greatly in helping to relieve insomnia, migraine headaches, menstrual problems, learning disabilities, stress, and many other disorders. The training Jon received at The Massage Therapy College of Manitoba is a basic "Swedish Massage" technique. Although it is very in depth, and covers a wide range of topics, he will continue to upgrade his training throughout his career.

Winnipeg River Echo

OFFICE LOCATIONS

Powerview

MONDAY to FRIDAY 9:00 a.m. to 4:00 p.m.
56 Art Street, Powerview
Box 550, Pine Falls, MB R0E 1M0
Phone 367-9468 or 367-9971
Fax 487-9974
Email: theecho@granite.mb.ca

Lac du Bonnet

TUESDAY to FRIDAY 9:00 a.m. to 4:00 p.m.
100 First Street and McArthur Avenue
Phone 345-9896 Fax 345-0004
Box 550, Pine Falls, MB R0E 1M0
Email: theecho@granite.mb.ca

Powerview 2000: Community-Based Policing Initiative

On May 22, 2000, eight high school students from the local RCMP detachment area, Shannon Wood, Lavina Moneyas, Vince Bushie and Jeremy Moneyas from Hollow Water First Nation including one Hollow Water High School teacher, Stephanie Gillis, Trent Fenez and Grant Cure from Powerview High School, Ryan Mazerolle and Gary Swampy Jr. from Sagkeeng High School and Constables Ian McLeod and Antonio Hernandez embarked on their trip to Depot Division, RCMP Training Academy in Regina.

The Regina trip was the final stage in the policing initiative developed by Powerview Detachment to enhance better working relationship between the RCMP and youths in the Powerview detachment area, particularly in the First Nations communities. Left unattended, hostility, mistrusts and racial tension can cause conflicts between police and communities.

The main concept of the initiative was to challenge students to remain in school, refrain from delinquent behaviour and acquire genuine interest in a possible career within the RCMP organization both as regular members or civilian members. The initiative was also established to change the communities' perception of the police from only "beat cops" who come into the communities to arrest individuals and depart, but rather to be partners to help restore respect and justice and act as role models.

The selection process consisted of several steps including school attendance, teachers' recommendation and prior police contacts. The eight students were selected from a total of about 150 grades eleven and twelve students from Sagkeeng High School, Powerview High School and Hollow Water High School.

During the trip, the students including their chaperon and police members engaged in informal conversation throughout the travel. It laid the foundation for everyone to get to know each other outside the realm of regular police duties. This generated trust and respect for the entire group.

Upon arrival at Regina the students were very busy admiring the many highlights the city had to offer as a majority of the students had never been outside of Manitoba. Once we were able to see the training academy from a distance, the group soon realize that it was like a small community in the middle of a major city. Depot was laid out similar to a university with many historic buildings and vast open areas.

The first sign that our group was in Depot was the manned security gate that we had to pass through. Once inside Depot we proceeded to our accommodations but before we could go to our individual rooms, the entire group had to be assigned their room keys and personal security cards. You could not enter any building in Depot without these security cards.

On Tuesday, May 23 our first day of the tour began. At 7:00 a.m. we all proceeded to the Division Mess for breakfast. The Division Mess is where everyone goes to eat all their meals. For many of the students it was

an eye opener because of the wide assortment of foods offered to the cadets in training.

After breakfast we all proceeded to the Forensic laboratory. The group had an extensive tour of the many different specialized areas of the laboratory. These included chemistry, document, firearms, alcohol and drugs, biology and toxicology sections. There were also many static displays outlining each section in detail.

With the completion of the Forensic tour our group walked a short distance to the RCMP Headquarters. We visited the

hub of the building where all complaints were documented. We then visited the telecommunication centre where the group had a first hand look of what actually occurs when someone calls the police. There were computers everywhere and the students realized that computer experience is a prerequisite in today's employment force.

The group also visited the wide array of specialized areas in the RCMP but the main attraction particularly for the male students, were the RCMP police interceptor vehicles. "I want to

work on highway patrol "one student commented.

After a lunch meal at the Division Mess, our group witnessed the Sargeant Major's noon parade. The parade consisted of several RCMP instructors, cadet troops, two mounted police on horseback and a cadet marching band. Every movement had a function and in the end the parade procession continued around the parade square just like a regular parade many of us witnessed before.

Our main focus now shifted to

cont'd page 13

Nine week old Taylor finally comes home

from page 1

discharged from the hospital but remained in Winnipeg with her Mom until cleared by her paediatrician two days later. After nine weeks, Taylor and Mom came home. In the meantime, Taylor will be monitored at home by her parents with the support of our local medical staff and weekly hospital visits. We hope and pray that she grows strong enough for her next stage of operations.

This procedure requires three stages to complete. The first stage is usually performed within the first week of life. It is an "open-heart" operation, done using the heart-lung machine. The aorta, which is very small in HLHS, is entirely reconstructed by an ingenious technique developed by Dr. William Norwood around ten years ago. Rapid strides have taken place every since and results and improving.

The second stage of the Norwood operation is usually performed at six to nine months of age. It is a much safer operation than the first stage. This requires another trip to University of Alberta Hospital in Edmonton. The third stage is carried out around 9-12 months after the

second stage operation. It looks like a long road ahead but with the wonderful support of family and friends, the light at the end of the tunnel looks bright.

We invite you to join us for a celebration in honour of Taylor Hope Pluchinski. It will

be held on Friday, June 16 at the Great Falls Hall. It is a fund-raiser sponsored by Hydro employees, friends and family. Be there to show your support. A trust fund has been set up in Taylor's name at the South Interlake Credit Union in Pine Falls.



(left to right) Melinda, Jeff, Cole and baby Taylor Pluchinski.

LdBSS track and field

by Cherlyn Sullivan and Kendra Ulrich

We are Kendra Ulrich and Cherlyn Sullivan. We're Grade 8 students at Lac du Bonnet Senior School and we have been chosen to write an article in the Winnipeg River Echo. You could say that we are the link between LdBSS and the community. There have been many events that have taken place during the past two weeks, and it is our job to inform you about them.



Bob Becker stands track side with the start pistol. This was Mr. Becker's last track and field experience at Lac du Bonnet Senior School. He will be retiring at the end of this month after 34 years of teaching for Agassiz School Division.

Track and Field

The annual track and field event was held Thursday, June 1 at the Lac du Bonnet Senior School. A very excited group of Grade 4 to 6 students came from the Centennial School to participate in the events. The Grade 7 and 8 students also participated. Unfortunately, the events were cut short due to awful weather. It was cold, rainy and just plain miserable. The local track meet was postponed to the next day, Friday, June 2. The weather was gorgeous! It was sunny and warm.

Students participated in high jump, long jump, triple jump, ball throw, shot put and discus. They ran in 80, 100, 200, 400 and 800 metre races. The results were outstanding and one record was broken. The high jump record for intermediate girls held by Shelley Struss 1.30 m (1982) was broken by Jessica Kuzyk with 1.31 m.

Students who received three or more first place ribbons include: Cody Stamler (3), Jacob Bakke (6), Chantel Kunzie (3), Matt Jones (3).

Celia Gauthier (6), Shane Guather (3) and Melanie Rollins (4). All of the other students also gave a great effort and there was strong support and cheering at track and field. Congratulations to all participants! The divisional

Now that the rest of the pledges have been handed in, we have skyrocketed over our goal of \$2000. The community of Lac du Bonnet raised \$3475!

Band concert

There will be a band

Jarvis will be conducting. **Student Market**

The Entrepreneurship 30S class will be holding a student market June 10 from 9:00 a.m. to 1:00 p.m. at the LdBSS parking lot. There will be a bake sale, twilight



Melissa Arseniuk mans the barbecue to ensure athletes appetites are satisfied.

track meet will be held at Powerview School Friday, June 9.

Fun Run

Last week, when the Fun Run was held and the pledges were counted, it added up to a total of \$2655 at press time.

concert held at the LdBSS gym Wednesday, June 7. The starting time is 7:00 p.m. and we hope to be completed the concert by no later than 8:30 p.m. Many students from Lac du Bonnet Senior School will be performing. Miss Rana

candles, T&V accessories, hotdogs, burgers and much more.

LdBSS track and field record holders see page 6

LdBSS link to the community

by Toni Bruneau

Cherlyn Sullivan and Kendra Ulrich, Grade 8 students at LdBSS were chosen for their exceptional writing abilities, to work on a project through the Talent Development program. They will be working at keeping communication lines open between LdBSS and the community as well as developing their writing

talents. Besides their regular courses (LA, math, science, social studies, phys. ed., health, etc.), which both girls have averages over 90%, Kendra and Cherlyn chose to take Supplementary LA and Band. Kendra plays the tenor saxophone and Cheryln, the clarinet. Both have showed an extreme amount of enthusiasm and are making a great effort.



Cherlyn Sullivan, left, daughter of Bill and Brenda Sullivan and Kendra Ulrich, daughter of Ken and Lynette Ulrich.

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CELEBRATING TEN YEARS
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THE TIME TO SAVOUR

Recreation Ramblings

by Robin Attas, Special Events Coordinator
Winnipeg River Recreation District, 345-8816

One neat thing about moving away from home is the opportunity it provides to try out new forms of recreation. In my first year of university, I was fortunate enough to try a sport I had little exposure to... fencing.

No, it's not a sport where you put up fences (ha, ha), but swordplay in the European tradition, sort of like what you see in movies such as *The Princess Bride* and *The Three Musketeers*. The difference, though, is that it's much less swashbuckling, and much more formal. Something I didn't know before I started is that there are actually three types of fencing: foil, sabre and epee. Each has a different type of sword and different rules about which areas of the body count as targets.

Although jabbing swords at each other sounds dangerous, you actually have to wear a lot of protective equipment (a wire mesh face mask, gloves and a special white suit), and the swords are rubber-tipped and dulled for safety. The movements you make, both with your sword and with your body, are much more precise and defined than I expected from my movie-watching experiences. We spent a lot of time on footwork, walking back and forth across the gym floor, practising lunges and so on. Of course, we got to work with the swords as well, usually fencing in foil style although I did try sabre once or twice.

The sport was much less violent than I'd imagined. Rather than viciously attacking each other, the emphasis was on speed and agility, on knowing how to dodge your opponent and move in for a hit with as little effort as possible. It required a lot of thought for me to know what to do next, although I'm sure for professionals the movements must be automatic!

Fencing was a very intriguing sport. If anyone is interested, I could try to get a clinic booked for this somewhat obscure sport... it's definitely worth a try.

Coming events
Logo Contest: As you may or may not know, the rec office has officially changed its name to the Winnipeg River Recreation District. To celebrate this change, we need a new logo! The winner will receive the pleasure of seeing his or her logo in years to come, as well as a great prize (hint: money). Submit your entry by June 30 to the Winnipeg River Recreation District, Box 852, Lac du Bonnet, MB R0E 1A0.

Easman Regional Summer Games: Pinawa is hosting golf June 18, and triathlon and beach volleyball July 8 while Lac du Bonnet is hosting softball June 18 and water ski July 8. The rest of the events will be held in Beausejour June 17 and 18 and July 8 and 9. For details on sports, age requirements and registration forms, call the rec office at 345-8816 or 753-2639. Although the deadline for registration has passed for the June events, the July sports are just waiting for your entry!

Comfort catches idle submerged



Southern Comfort rang up two more victories in last week's slo-pitch wars, one a default win and the other a tidy 14-6 decision over Heroes.

Right behind the co-leaders are the Classics, who also reeled off a pair of wins. The first was a hard-fought 9-8

battle with Frenchmen, followed by a "classic" pounding of the A Stars. The Frantic Frenchmen rebounded with a vengeance, stomping one of the league's newest entries Triple B's. It was a rough week indeed for the B's, who have had some trouble getting their roster act together. Besides defaulting to SC the team also was unable to field enough bodies to play the A Stars in their season opener Tuesday. Then in the late Thursday game Triple B's fell victim to the River Rats as the other new entry chalked up their first win of the season.

The Heroes also recorded their initial victory of the 2000 campaign in the early Thursday draw, handling the Rats 18-3.

On tap Tuesday, June 6
6:20 p.m. Heroes at Triple B's Comfort at River Rats 7:45 p.m. Heroes at River Rats Comfort at Triple B's
Thursday, June 8
6:20 p.m. Frenchmen at Classics A Stars at Submerged 7:45 p.m. Classics at A Stars Submerged at Frenchmen

Team	W	L	CEL
Southern Comfort	5	1	-
Submerged	4	0	-
Classics	3	0	1/2
Frenchmen	2	2	2
A Stars	1	3	3
River Rats	1	3	3
Heroes	1	4	3 1/2
Triple B's	0	4	4

LdBSS track and field record holders

Primary Girls

Event	Name	Year	Record
Sprint 80 m	Tracey Tagesen	1980	12.25
200 m	Charlotte Shindruk	1975	31.30
400 m	Cheri Dancyt	1993	77.90
800 m	no event		
Long Jump	Julie Lamb	1979	4.01 m
High Jump	Janice Lopez	1982	1.20 m
	Charlotte Young	1990	1.20 m
Triple Jump	Cheri Dancyt	1993	7.31 m
Shot Put	Christine Brandt	1985	6.95 m
Discuss	no event		
Ball Throw	Cheri Dancyt	1993	34.89 m

Primary Boys

Event	Name	Year	Record
Sprint 80 m	Everett Obirek	1983	11.90
200 m	Jim Hladki	1974	28.00
400 m	Everett Obirek	1983	74.00
800 m	no event		
Long Jump	Chris Becker	1981	3.82 m
High Jump	Devon Hoffman	1986	1.30 m
Triple Jump	Cory Koscielny	1981	7.90 m
Shot Put	Courtenay Phillips	1988	8.23 m
Discuss	no event		
Ball Throw	Gary Grzegorzewski	1980	47.88

Junior Girls

Event	Name	Year	Record
Sprint 100 m	Tracey Tagesen	1981	14.70
200 m	Linda Smyrski	1974	28.70
400 m	Megan Dancyt	1996	76.80
800 m	Alex Dancyt	1997	3:04.2
Long Jump	Shelley Struss	1981	3.76 m
High Jump	Julie Lamb	1980	1.32 m
Triple Jump	Brenda Postnikoff	1987	7.67 m
Shot Put	Sara Kabeluk	1998	8.63 m
Discuss	Chrissy Czarniecki	1988	16.90 m

Junior Boys

Event	Name	Year	Record
Sprint 100 m	Glen Unfried	1981	13.90
200 m	Steve Malcolm	1974	27.50
400 m	Gary Grzegorzewski	1981	68.80
800 m	Damien Leake	1989	2:39.0
Long Jump	Doug King	1980	4.17 m
High Jump	Everett Obirek	1984	1.35 m
	Niall Macfarlane	1986	1.35 m
Triple Jump	Devon Hoffman	1987	8.91 m
Shot Put	Courtenay Phillips	1989	11.40 m
Discuss	Devon Hoffman	1987	26.55 m

Intermediate

Event	Name	Year	Record
Sprint 100 m	Jennifer Lopez	1981	14.30
200 m	Julie Lamb	1981	30.60
400 m	Shelley Struss	1982	74.21
800 m	Charlotte Simcoe	1988	2:53.8
Long Jump	Shelley Struss	1982	3.80 m
High Jump	Shelley Struss	1982	1.30 m
	Jessica Kuzyk	2000	1.31 m
Triple Jump	Jessica Podruchny	1998	8.12 m
Shot Put	Marie Galbraith	1999	10.30 m
Discuss	Toni Bruneau	1983	24.55 m

Intermediate Boys

Event	Name	Year	Record
Sprint 100 m	Mike Kravchenko	1986	12.99
200 m	Danny Wazny	1981	27.30
400 m	Mike Kravchenko	1986	64.85
800 m	Jim Hladki	1976	2:35.0
Long Jump	Danny Wzny	1981	4.60 m
High Jump	Danny Wzny	1981	1.48 m
Triple Jump	Garry Pott	1979	9.43 m
Shot Put	Bill McLennan	1977	11.94 m
Discuss	Ray Schirle	1988	29.28 m

Senior Girls

Event	Name	Year	Record
Sprint 100 m	Tracey Tagesen	1983	14.20
200 m	Maxine Grewinski	1992	14.20
400 m	Lola Tinant	1972	30.30
800 m	Tracey Tagesen	1983	70.80
Long Jump	Charlotte Simcoe	1989	2:45.6
High Jump	Charlotte Shindruk	1978	3.99 m
Triple Jump	Laura Smith	1999	1.40 m
Shot Put	Christina Wasywich	1987	8.72 m
Discuss	Shannon Dalzell	1985	9.64 m
	Cynthia Byron	1989	25.53

Senior Boys

Event	Name	Year	Record
Sprint 100 m	David Tobac	1984	12.20
200 m	David Tobac	1984	26.70
400 m	David Tobac	1984	60.90
800 m	Mike Oxenforth	1981	2:29.0
Long Jump	Cory Koscielny	1984	4.88 m
High Jump	Danny Wazny	1982	1.65 m
Triple Jump	Jim Hladki	1977	10.81 m
Shot Put	Jamie Demyd	1999	15.50 m
Discuss	Craig Kabaaluk	1986	34.08 m

WHAT'S IN THE Cupboard



Vi Enns of Violet's Greenhouse at Lac du Bonnet, recommends this delicious recipe for a little twist to the traditional roasted chicken.

Orange Roasted Chicken

3 1/2 to 5 lb. chicken (roasting)
1 tsp. salt
1/2 tsp. pepper
1 tsp. garlic powder
1 tsp. paprika
cooking oil
1 medium onion (cut to thick slices)
1 medium peeled orange (cut into sections)
1 cup orange juice
1/4 cup honey (warmed)
2 tbsp. soya sauce

Mix spices with enough oil to make a paste. Rub the paste over chicken. Put on

and orange sections into chicken. Put chicken baking side up, into a shallow baking pan.

Preheat oven to 325°F. Put chicken into oven uncovered for 15 minutes.

Mix together orange juice, honey and soya sauce. Pour juice over bird and bake in a tent of foil at 325°F for 25 minutes per pound. Make gravy out of drippings. Allow 1/4 to one pound per serving.

Maple Glazed Ribs - Sherry Parisian's favourite recipe

3 lbs spare ribs
1 cup maple syrup
3 tbsp ketchup
3 tbsp orange juice concentrate
2 tbsp soya sauce
1 tsp dijon mustard
1tbsp Worcestershire sauce
1 tsp curry powder
1 garlic clove minced
1 tbsp sesame seeds toasted

Place ribs, meaty side up on a rack in a greased 13 X 9 X 12 baking pan. Cover pan tightly with foil. Bake at 350 for 1 1/4 hours. Meanwhile combine the next nine



ingredient in a sauce pan. Bring to a boil over medium heat. Reduce heat and simmer for 15 minutes, stirring occasionally. Drain ribs; remove rack and return ribs to pan. Cover with sauce and bake uncovered for 35 minutes. Sprinkle with sesame seeds and serve.

WHAT'S IN THE Cupboard

We look forward to hearing your responses and want to take the time to tell the people that at the end of the year we are going to compile all the recipes that are submitted to our What's in the Cupboard column and publish a cookbook that will see the proceeds going to our seniors and our future graduates. If you have a recipe and would like to share it with our readers, please contact the Echo at 367-9468 or 345-9896.

Sharon Teetaert, RMT
345-9444
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PV School Drama a hit

Friday night's performance of Salem's Daughter performed by the Powerview School Drama Club and written by Craig Sodaro and directed by Bonnie Borlase was a huge success.

This performance was well rehearsed and the actors delivered a top notch drama.

Many were in attendance and the applause was reflective of the talent these

young cast members have. The set was fantastic. It was clear that a lot of hard work was devoted to it.

Bravo to all who participated and attended the show last Friday evening.



Powerview School Drama Club performing Salem's Daughter last Friday at Powerview School gym

Massage therapy Alternative health care

by Sharron Teetaert, RMT and Lori Fraser, RMT

Massage therapy is an ancient form of healing, widely recognized in the European countries. It is an expanding field indicated by the rapid growth in the number of massage therapy schools, as well as the growing public interest in alternative health procedures. In Canada the provinces are at different levels of acceptance. For instance British Columbia has medicare treatment coverage and various provinces have autopac and worker's compensation coverage.

To help you understand more about massage here are a few commonly asked questions and answers:

1) What is massage therapy?

Massage therapy is a manipulation of soft tissue (muscles, tendons, ligaments, fascia). There is general relaxation and therapeutic treatment massage (treatment involves techniques to resolve dysfunction and pain).

2) What are the benefits of therapy?

There is diverse psychological and physical effects. Therapy enhances body functioning by: reducing pain,

lengthens and strengthens muscles, increases and maintains range of motion, improves muscle tone and flexibility, reduces scar tissue, reduces swelling, improves circulation, strengthens the immune system, quiets and soothes the nervous system, reduces stress, increases relaxation and promotes a feeling of well being.

3) Do I have to get naked?

You are asked to undress to whatever point you are comfortable. For effective tissue preparation and a graduated treatment we recommend you disrobe to your undergarments. The massage therapist will leave the room giving you sufficient time to undress and get onto the massage table, covering yourself with a sheet and blanket. Only the areas of the body you want treated will be uncovered (having only one area exposed at a time).

4) Does massage therapy hurt?

It depends on the type of therapy and problems you may have. General relaxation should not hurt. Most energy related

therapies are painless. Treatment therapy that addresses myofascial (soft tissue or muscle) problems may be painful. The pain does not come from the work itself, but from the tissue pathology. Good communication is essential. The client should let the therapist know if the pain is not tolerable. Clients describe the therapeutic work as a "good hurt" meaning they feel the difference between constructive and destructive pain.

5) Is massage therapy covered by insurance?

Yes, partial or full treatment fees can be covered. Here are a few such private insurance companies: Blue Cross, SunLife, Great West Life and Department of Veteran Affairs. Some policies may require a doctor's referral, so please check your health care plan to verify coverage.

Remember, in this high tech, stressful world, we have to make time to care for ourselves to maintain a happier and healthier lifestyle.

More question and answers to follow in next issue.

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Tribute to Fred Welsh

Fred Welsh - the person

My husband, Fred Welsh was born on July 16th, 1927 in Sperling, Manitoba, a small farming town situated nearly fifty miles south-west of Winnipeg. When Fred was still very small, his father, who had been a bank clerk, and later, a farm implement dealer, decided to go into the life insurance business in Winnipeg.

Fred and his younger brother, John spent many carefree hours playing in large, prairie type areas around Omand's Creek. (This is a spot which was long ago enveloped by the city.) The parents recounted an incident in which both boys arrived home one day, dripping wet. It seemed that John had slipped into the swollen spring waters of the creek and rescued, fortunately by his older brother.

Omand's Creek was then declared off limits, but rules may be broken so many more happy hours were spent near the creek.

Fred, always something of a renegade, and much to his parents' consternation, found adventure more fulfilling than education. (He was discovered by a truant officer one day while playing on the grounds of a school to which he did not belong!)

Next to the love of adventure, an entrepreneurial spirit was showing up in Fred. He began to deliver Liberty magazines throughout the neighbourhood and, as his clientele grew (he also purchased routes from other boys) it was necessary to employ his younger brother so that magazine delivery was on time. For his, John received a percentage of each magazine sold.

As the already mentioned, studies were never uppermost in Fred's mind, and while attending such institutions as Isaac Brock, St. Mary's school and Daniel MacIntyre, he managed, at the age of twelve years to begin working in a pharmacy - a magic place for him. Fred began as a "Clean-up" boy after school, and later worked, running the pharmacy's soda fountain. By this time the war had begun, and sixteen year old Fred, much to his parents dismay, took a train to Vancouver and, passing himself off as an eighteen year old, joined the merchant navy.

These were feverish times and recruiting centres were not too discriminating or they would have questioned the obvious youthfulness of this scrawny kid from the prairies. (Fred's identification photo made him appear even younger than his sixteen years). He spent the rest of the war years in the Pacific. Merchant vessels were under constant threat in all water and the ship on which he sailed was no exception. Japanese attacks on

their vessel came too close for comfort at times.

When the war was ended, an older, wiser Fred returned to Winnipeg, convinced that his life would go nowhere without an education. So, he began to catch up on high school subjects. After a year, he had completed his high school course and was accepted into the school of pharmacy. Various summer jobs such as driving a truck at Churchill, Manitoba (work which he hoped never to return to) helped to pay university tuition. He even worked one summer as a shoe shine boy at the Banff Springs Hotel - a far cry from the rugged life at Churchill. Those were the days of apprenticeship for pharmacy students and so Fred worked at various drug stores: Singers and Merk's, to name a few. Upon graduation he was working at the Jack St. John's store in the west end of the city. Later, he worked downtown in the Hollenberg Clinic dispensary and it was at this time that Fred and I were married.

Not too many years later, he met the manager of the London Life Insurance Company where his father was still employed. This person felt that Fred was wasting his talent as a pharmacist and that he would do well in the insurance business. The timing was right! Fred was beginning to feel restricted and confined by the daily routine of a clinic dispensary so he took the insurance man's advice and was soon off to London, Ontario for his basic training. Fred returned to Winnipeg to begin what turned out to be a very successful year as a life insurance agent, winning the company's national award for "top salesman of the year" in 1958.

Despite all this, his love for pharmacy remained and in 1960, when he was offered the chance to buy the pharmacy in Pine Falls, from its original owner, Fred Rousseau, he decided to give this serious thought. It would take a leap of faith to give up a well-paying job and a comfortable home to venture into the unknown. Our car and new house would have to be sacrificed as a down-payment on the drug-store.

In January 1961, we moved to Pine Falls with our small son, Bill. The following year our daughter, Corinne was born. It was an interesting six years which followed, living in the tiny suite behind the store. Every day was new education for each of us. But Fred's captivation with the community was immediate and he vowed to put his roots down there.

In his earlier years, Fred had taken up many sports such as swimming, tennis and golf. As a strong skater he was part of the School of Pharmacy hockey

team, not to mention his skill at the game of pool, which often earned him lunch money. Suddenly there were all these sports at this backdoor in Pine Falls and although his duties in the drug store did not allow time for such activities, he enjoyed promoting and sponsoring such events. In later years he curled, but did not take the game very seriously. This was strictly for fun and for socializing. But hockey was a different "cup of tea". It held a special place on his list of interests and this is why, in the late 70's began to promote Old Time Hockey in the Pine Falls/Powerview area. By now, Fred was able to hire another pharmacist and because of this extra help, he found time to become involved in the project. He supported it in every way possible: with financial aid and by helping with fund-raising projects.

Then there were the wonderful Old Time Hockey trips with many hilarious situations and wacky events. Fred travelled with hockey groups across Canada, also to Kirkcaldy, Scotland, London, Eng., Munich, Germany, Nice and Paris, France. During part of this time he was the national president of the Canadian Old Timer's Hockey Association. Fred had also taken great interest in, and travelled often with the Sterling Pipe Band which flourished in Pine Falls under the direction of pipe-major William McLeod. Since both our children were members of the band, as pipers and dancers, he accompanied them to many competitions - listening endlessly to the young pipers and drummers. The Sterling pipe band won many trophies and this was as great a thrill to the parents as it was to the band members.

It was also during his term as president of the Royal Canadian Legion in Pine Falls that renovations were underway to change an old building into the present Legion House. After much hard work and worry, Fred was happy to be the president at the official opening.

It is difficult to think of the kid who wandered around in strange school yards, becoming a school trustee. Yet he held this position for a number of years. Of the many students hired by Fred to work in the store over years each received a lecture from him (whether welcome or not) on the importance of furthering their education. A number of high school students were urged by him to enter the school of pharmacy, and some did. There were at least four young men and women who became successful pharmacists.

Fred could "press peoples' envelopes". Often his spicy language and saucy quips landed him in hot water. But he usually looked for the best in people.

Perhaps on of his greatest weaknesses was that he trusted others too much at times, and this would come back to hit him. Fred experienced rough times in his life but it was never his style to sit down and grumble or to blame others. Fred suffered a stroke in 1989 which left him with severe speech problems. Having been a "people person" who loved his rapport with the public, the new handicap was a great punishment to him. But he still had the ability to make fun of himself and life in general.

Fred sold the pharmacy in January, 1994, thirty three years after that cold January when he arrived in town. He rather dreaded the fact that he would have to walk out of his beloved store on January 30th, no longer "the Boss". A new young "boss" would take over.

He intended to remain in Pine Falls. He would often laugh and say, "When I die they can 'plant' me up behind the 'Barn', I love this Place". He died suddenly on January 20, 1994, ten days before he was to leave his chosen work. His wishes were all granted.

F.M. Welsh - A doer

The purpose of this letter is to touch on some themes that Fred Welsh lived with us during our relationship with him. Like anyone else, he had his strengths, and those too, are a question of degree. However, for Fred Welsh, his strengths as measured by degree were, and continue to be, unusually large inasmuch as they remain alive with us and continue. My sister and I are charged with passing on his values to our children - people who will never know him physically, but will know him nevertheless.

My father was a person who was a risk-taker in a very real sense of the word. While he enjoyed popularity, he never used that as the end goal. He was an irrepresible and frequently rebellious optimist who understood the value of relentless persistence. In fact, persistence is a theme that would come up repeatedly throughout his life and ours.

In the late Fifties and early Sixties, he was an extremely successful businessman, becoming London Life Insurance Company's Salesman of the Year in 1958. With a very promising future and a newly constructed home built in spec in Winnipeg, he and Mom packed us up and we headed to Pine Falls, Manitoba - a part of the province where neither of my parents had any history nor previous relationship.

Life in Pine Falls started out unsure. We had moved from a new spacious home in Winnipeg



to the cramped back of the drugstore. In fact many of my parents' belongings had to stay in Winnipeg, because there were no room in the suite. My father left a stable corporate environment to take over a pharmacy business. No government grants, no medical or dental plans. All was sacrificed to build a business where everything could have been lost. This was risk in its truest form, and one that my father, as a child entrepreneur, understood very well.

Part of being an entrepreneurial risk taker is having a strong faith in yourself and in people in general. My father had a lot of faith and confidence in himself and others because he was an optimist, and always taught us to look for the best in others. This can be a struggle for most of us at times, even though we will never admit it. He had a pro-active attitude that demonstrated that it is really an act of courage and mental toughness to be a real optimist when it is much easier to sit back and be negative and write people off.

To this day, none of his family can remember a time when my father ever lashed out at someone or said vicious things about another person. Even to people who wronged him (and many people did), my father never allowed any sense of justified bitterness to accumulate and dominate him. He never succumbed to that as an example of us. He had a strong temper, but an extremely long fuse. This was fortunate for us kids - we were always pushing the envelope with him, just as he pushed the limit with his own parents. Maybe this is why he was so patient with people - he knew that people always gave him the benefit of a doubt when he was off creating trouble for his parents.

My father is my hero and I think of him almost every moment of every day of my life - as I do with all of my family. He sometimes referred to what I call the "poverty of the spirit". By this, he believed in the ultimate power of choice and free will, and that we have to make the choice to better educate ourselves. Without the proper value system in place, then it wouldn't really matter how many breaks you got in life or how much money you had. If you are poor in spirit, then you are truly a prisoner of the material things. This

is an idea that is central to the way that we (my sister and me) raise our children, now.

This was a central theme in my father's (and therefore our) life - the value of putting the right and appropriate ideas of building success mentally into your head before you can become a successful person - regardless of your station in life. In that sense, he was a very disciplined person - a discipline that I will spend the rest of my life trying to match. Success begins with discipline, and discipline begins with habit. And the habits have to be right and have to be constantly reinforced.

So, while people saw the joking, people person final product that was Fred Welsh, many did not see the sacrifices that were made and the discipline that was used to relentlessly build his success. People did not see it because my Dad never wanted to make an issue of showing that side off. His view was that if you have to advertise your sacrifices, then you are doing it all for the wrong reasons - to merely try to capture praise.

Fred Welsh - from previous page

exercised that Covey (and many others) refer to as the "abundance mind set" which believes that I can win, you can win, and we can help each other win. Maybe this is why he loved people and teamwork so much (hockey, pipe band, school board, etc. etc.) He was a believer in the possible for all of us and urged us to dream of how things might be.

Some laughed when my Dad would behave irreverently and say outlandish things to people. But he was this way because he loved people, loved life, and always wanted to see what the limits were. Deep down, he never set out to offend people, but he enjoyed rattling peoples' cages from time to time - if only to see if they were paying attention. For this, his mother, my grandmother, would often make references to his impish (and sometimes apish) side.

Earlier, I mentioned that my father understood the concept of risk and persistence. When I was in Grade Seven, he once told me the story of the Battle of Thermopylae in 480BC between a small band of 300 Spartans under King Leonidas and the Persian army of over 10,000 soldiers that were trying to take over Greece (my Dad loved war stories). All of the Spartans died, but not without fighting with all of their collective soul and not without taking as many Persians with them as they could. The Spartans knew that they could not win, but they would not go down without a fight. They knew that their vision would outlast their bodies. So they persisted and died, but gained eternal immortality. I would learn about his very story again years later as an adult at university. This was yet another gem that has stayed with me and has been an inspiration.

This was an example of the gems of wisdom that my father gave to us, and while he made a very good living and died a fairly financially wealthy man, gifts like that are priceless and are remembered most of all and will be passed on. We might fail, but if we don't try, then we'll be consigning to a life of mediocrity asking ourselves "what if...?"

I earned a scholarship to pursue my Ph. D in 1988. Part of my requirement was to go and live in Columbia to carry out my research in South America. I recall that most people were nervous for me and my welfare because of the violence and instability there. The only person who actively encouraged me to go was my dad. He had spent years travelling the earth, so he knew the value. I remember he said to me "OK, OK. Don't go to Columbia. Don't go. You'll be safe here. But you'll spend the rest of your life wondering what it would have been like..." No-one, not even my senior advisor, could

put it quite that way. It made complete sense to me and just cut through all the nonsense. And most of all, it sold me.

Three years later, I married a Columbian, and we now have two of the most beautiful girls in the world. None of this would have happened had I not followed his advice on risk.

So, he had faith. And this was really something for someone who really didn't like going to church. While he didn't really go to church that often, he knew and valued the visionary role of religion in communities. For this reason, he did not distinguish between Roman Catholics and Protestants, instead of opting for the opinion that all the differences were man made and the different expressions of religion really meant that people are searching and that we are all a "work-in-progress". To that end, he felt it his duty to contribute to all of the churches in the area. The value is in the search, I guess.

This may be also explains why, even as a Freemason, he still felt a kinship with the Knights of Columbus. Both are organizations dedicated to the betterment of humans who believe in a Higher Order. Cut through the politics, the languages, and the appearances, and you can see the human. That was his style. Leave the old biases behind in the Old World - that's why we're here in the New World. Every day is a clean slate. Keep moving and don't get bogged down in old tired arguments.

My father encouraged kids to stay in school - all kids. Again, he used his own life experience as the basis for his opinions here. As well, he inspired and actually helped others to go through the Faculty of Pharmacy at the University of Manitoba. At this writing, I can think of five individuals over the course of three decades that became pharmacists at my father's encouragement. One of those individuals told me after learning of my Dad's passing in 1994 that he served as a model for her to pattern her higher education after. She is now a very successful high-level regulatory pharmacist in one of Canada's largest cities.

I was set to embark on a career in law before I became disillusioned and decided to seek out something else. My father became my model and encouraged me, but gave me room to make my own choices and mistakes. When my sister had the opportunity to live and study in France, there was no hesitation by our father to support and encourage her.

I work in the area of pharmaceutical manufacturing, and work on new drugs and vaccines for one of the largest pharmaceutical companies (approximately 55,000 employees world-

wide) on the planet. I owe my career to my father, who taught by example the value of hard work and persistence and refusing to surrender your goals. This is a cliché for a reason - because it fits. I try to be a fairly hard-driving and focused individual because my father taught me not to be afraid of failure and not to be afraid of success - just do it.

My father had a stroke in May 1989, which robbed him of his ability to speak clearly. For most of us, this would have been an almost unbearable burden. It was for him also. After all, this was a man who made much of his living from being and communicating with people on a constant daily basis. However, he also believed in another cliché - that when life gives you lemons that you should try to make lemonade. He did the best that he could and showed that he was not going to be held back or retreat into some cave of bitterness.

My father was a doer who could also throw some Irish Blarney at you and get away with it.

With people of Irish background, this is reportedly rare (you are usually either a doer or a talker). But it is indisputable that he accomplished things and built businesses and people (my sister and me being two of them). His spirit was rich and strong, and he thrived in Pine Falls and the surrounding area. He often spoke of his love of the town and the people, and couldn't wait to get to the pharmacy just to start another day of fun - and that's what it was all about with him. Fun - pure and simple. Because, if it isn't fun, then what's the point?

I have written about three pages about my father, but my memories could fill volumes. These are three pages of praise. Fred Welsh was not perfect, so, if I were completely honest, I could write perhaps one or two pages describing his human flaws. However, if Fred Welsh deserves three pages of praise and one or two pages of "honesty" for his life of 66 years, then I deserve one sentence of praise and 20 pages of brutal "honesty" for my 41 years of life at best. I can only hope to be one-tenth of the man, human, doer and father that he is and was.

The Pharmacist Dad

There were many things that my Father held dear. His family, included his extended family, felt loved beyond expectation. Beyond our family was his "second family" his staff. Throughout the years, he loved every one of them. Most of his staff stayed a long time once they were hired - and he wanted them

to be happy. He often said that he felt honoured to have such a great staff - and when it came time to throw a staff party, it was the biggest event of the year for my Dad. It was his opportunity to have all his family together, celebrating with plenty of haying-making long into the night. Having been one of his staff members myself, I can say he was a demanding boss - but never cruel. He taught us all that "the customer is always right" but was known from his earliest days in the Pine Pharmacy to defend "his girls" if the need arose.

And, he did refer to his staff as "my girls". He loved to tease and fool them whenever he could, just to get a reaction, and so they teased him back and that made him feel very special. He did not want to be "above" them - and yet they always knew, I think, that he was "the boss". They called him "Freddy" and gave him a hard time whenever they could, usually to "get back" at him for some prank he had played or some kind of teasing he had given them. Anyone who worked alongside my Father for a long period of time would surely agree that working with him was all about keeping up with the banter. Years ago, while substitute teaching sporadically, I took a job in a city pharmacy and worked alongside a very uptight druggist. We were not allowed to talk in the dispensary. That was difficult for me because, from the time I was born, there was constant chatter coming from the back of the store. It was a happy, busy, positive place to be. There were rigid rules in the dispensary, or course, but they were not difficult to adhere to because amidst them was laughter, visiting and much informal consulting with customers going on through the wicket and between the staff.

It was terribly difficult and my Father was grief-stricken at the thought of giving up his business. However, he was comforted by the fact that Keith Clark was taking over. He admired and respected Keith and he loved him like a second son. It was natural for Keith to take over the running Pine Pharmacy. Dad had embraced him along with the rest of the staff and there were no secrets. Keith had supported and helped Dad through many tough business and health problems and besides, Dad was leaving behind an experienced, honest, hard-working, supportive, loving, easy-going, good-humoured staff. Who could have asked for more? Dad thought he had it all.

My Father was definitely my Hero. And, some people say that a Hero is worth more in death than while alive. I don't know about that. I would give all my money and material things just to have one more day to walk around the yard with my Father, to hear his laughter, to see his smile, and tell him he is loved.

Fred Welsh - from previous page

to be happy. He often said that he felt honoured to have such a great staff - and when it came time to throw a staff party, it was the biggest event of the year for my Dad. It was his opportunity to have all his family together, celebrating with plenty of haying-making long into the night. Having been one of his staff members myself, I can say he was a demanding boss - but never cruel. He taught us all that "the customer is always right" but was known from his earliest days in the Pine Pharmacy to defend "his girls" if the need arose.

And, he did refer to his staff as "my girls". He loved to tease and fool them whenever he could, just to get a reaction, and so they teased him back and that made him feel very special. He did not want to be "above" them - and yet they always knew, I think, that he was "the boss". They called him "Freddy" and gave him a hard time whenever they could, usually to "get back" at him for some prank he had played or some kind of teasing he had given them. Anyone who worked alongside my Father for a long period of time would surely agree that working with him was all about keeping up with the banter. Years ago, while substitute teaching sporadically, I took a job in a city pharmacy and worked alongside a very uptight druggist. We were not allowed to talk in the dispensary. That was difficult for me because, from the time I was born, there was constant chatter coming from the back of the store. It was a happy, busy, positive place to be. There were rigid rules in the dispensary, or course, but they were not difficult to adhere to because amidst them was laughter, visiting and much informal consulting with customers going on through the wicket and between the staff.

It was terribly difficult and my Father was grief-stricken at the thought of giving up his business. However, he was comforted by the fact that Keith Clark was taking over. He admired and respected Keith and he loved him like a second son. It was natural for Keith to take over the running Pine Pharmacy. Dad had embraced him along with the rest of the staff and there were no secrets. Keith had supported and helped Dad through many tough business and health problems and besides, Dad was leaving behind an experienced, honest, hard-working, supportive, loving, easy-going, good-humoured staff. Who could have asked for more? Dad thought he had it all.

My Father was definitely my Hero. And, some people say that a Hero is worth more in death than while alive. I don't know about that. I would give all my money and material things just to have one more day to walk around the yard with my Father, to hear his laughter, to see his smile, and tell him he is loved.

My Father was a doer who could also throw some Irish Blarney at you and get away with it. With people of Irish background, this is reportedly rare (you are usually either a doer or a talker). But it is indisputable that he accomplished things and built businesses and people (my sister and me being two of them). His spirit was rich and strong, and he thrived in Pine Falls and the surrounding area. He often spoke of his love of the town and the people, and couldn't wait to get to the pharmacy just to start another day of fun - and that's what it was all about with him. Fun - pure and simple. Because, if it isn't fun, then what's the point?

I have written about three pages about my father, but my memories could fill volumes. These are three pages of praise. Fred Welsh was not perfect, so, if I were completely honest, I could write perhaps one or two pages describing his human flaws. However, if Fred Welsh deserves three pages of praise and one or two pages of "honesty" for his life of 66 years, then I deserve one sentence of praise and 20 pages of brutal "honesty" for my 41 years of life at best. I can only hope to be one-tenth of the man, human, doer and father that he is and was.

The Pharmacist Dad

There were many things that my Father held dear. His family, included his extended family, felt loved beyond expectation. Beyond our family was his "second family" his staff. Throughout the years, he loved every one of them. Most of his staff stayed a long time once they were hired - and he wanted them

to be happy. He often said that he felt honoured to have such a great staff - and when it came time to throw a staff party, it was the biggest event of the year for my Dad. It was his opportunity to have all his family together, celebrating with plenty of haying-making long into the night. Having been one of his staff members myself, I can say he was a demanding boss - but never cruel. He taught us all that "the customer is always right" but was known from his earliest days in the Pine Pharmacy to defend "his girls" if the need arose.

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'Round and about the Beaches



by Monika I. Evans

On Thursday, May 25th, the Friends of the Library were feted at the home of Stephanie Wasney to a "Wine and Cheese" to thank them for their participation over the past year. Several different types of wine were available including a Matouse, red and white wine, and other spirited beverages were also on hand. Stephanie had laid out a wonderful array of food to go along with the beverages, including some very delicious shrimp quiches, squares of ham, a variety of pickles, various cheeses and crackers, a large variety of crudities with two types of dips and various

fresh fruits. There were cake and coffee available also. We had a great time discussing the Library in general and enjoying each other's company.

On Saturday morning, on behalf of the East Beaches Y2K Canada Day Celebrations Committee, I headed out early to attend a Pancake Breakfast hosted by Judy and Murray Grant, for the Johnny's Drive Cottage Owners Association. I was there to promote the meat draw to be held that night at the Grand Beach Hotel, our Bingo Bowl being held in on June 2 and also the upcoming Bingo at the Grand Marais Recreation Centre to be held on June 17.

I was offered coffee which I gladly accepted since it was a bit cold that time of the morning. The mosquitos were also quite active that day. By 9:30 a.m. the pancakes were coming hot off the griddle and as different group members came by my table, it was harder and harder to turn down an offer for a serving of pancakes. The pancakes were being covered with syrup, fresh strawberries, and the most decadent touch of all - whipped cream. I had to give in, and joined in the feast!

My morning and some of my Saturday afternoon was rounded out with a stint as a

volunteer at the Beaches Library at Walter Whyte School. Saturdays are not yet very busy, but we hope that will change when more of the cottagers come out to spend the summer. It does give Joanne Skinner, our librarian, some time to get caught up on inputting material into the computer and going through donations of books given to the Library. Thursday evenings, until the end of June, will be very busy, so if anyone would like to volunteer to assist Joanne, she can be reached at 754-4007. Any ideas you may have to improve the services would also be much appreciated. We hopefully will have the Internet off and running before the end of June, we're keeping our fingers crossed!

Joanne and I are thinking of setting up a "Book Club" with meetings to be held on Saturdays in the fall. We will be putting up posters and if you are interested, please add your name. Since we are limited to the number of copies of any particular book, we thought that perhaps we could read books of a certain author and then discuss the type of writing, the style and anything else of interest. Both Joanne and I think this would be a great way to spend some time when the snow is falling

and it's getting very cold out there. Coffee or other hot beverages and treats would be offered at a minimal cost just to cover our overhead.

One of the most popular authors, according to our consensus, seems to be Nora Roberts who writes fast-moving romances with great sensitivity. She has written several sagas of different families and how they conquer adversity. You probably have your favourite, including Danielle Steel, Judith Krantz, Sue Grafton, and others. Joanne and I are both looking forward to getting the Club started and hope to see you there!

There is much happening at the East Beaches Senior

Scene. Some of the functions, such as the regular carpet bowling was wrapped up for the season, but the ardent bowlers can still come on Friday afternoons to keep their game up (they'll probably beat the stuffing out of us when the season starts again!). The Songsters will be serenading members at the Anniversary Dinner in June. They will also be singing the National Anthem during the East Beaches Y2K Canada Day Celebration at Noon on July 1, the HELP Centre will carry on during the summer months to continue to provide service for our clients. All summer long, there will be meetings, meetings and more meetings. It's a good thing that we are all retired so that we have the time to take it easy... NOT.

ECHOES FROM THE Heart

I'm reading more and dusting less.

I'm sitting in the yard and admiring the view without fussing about the weeds in the garden.

I'm spending more time with my family and friends and less time at work.

Whenever possible, life should be a pattern of experiences to savor, not to endure.

I'm trying to recognize these moments now and cherish them.

I'm not "saving" anything; I use my good china and crystal for every special event such as losing a pound, getting the sink unstopped, or the first Amaryllis blossom.

I wear my good blazer to the market. My theory is if I look prosperous, I can shell out 28.49 for one small bag of groceries.

I'm not saving my good cologne for special parties, but wearing it for clerks in the hardware store and tellers at the bank.

"Someday" and "one of these days" are losing their grip on my vocabulary.

If it's worth seeing or hearing or doing, I want to see and hear and do it now.

I'm not sure what my friends would've done had they known that they wouldn't be here for the tomorrow that we all take for granted.

I think they would have called family members and a few close friends.

They might have called a few former friends to apologize and mend fences for past

squabbles.

I like to think they would have gone out for a Chinese dinner, or for whatever their favorite food was.

I'm guessing; I'll never know. It's those little things left undone that would make me angry if I knew my hours were limited. Angry because I hadn't written certain letters that I intended to write one of these days. Angry and sorry that I didn't tell

my friends and parents often enough how much I truly love them.

I'm trying very hard not to put off, hold back, or save anything that would add laughter and luster to our lives. And every morning when I open my eyes, I tell myself that it is special.

Every day, every minute, every breath truly is a gift from God.

If you received this it is because someone cares for you.

If you're too busy to take the few minutes that it takes right now to forward this, would it be the first time you didn't do the little thing that would make a difference in your relationships? I can tell you it certainly won't be the last.

Take a few minutes to send this to a few people you care about, just to let them know that you're thinking of them.

"People say true friends must always hold hands, but true friends don't need to hold hands because they know the other hand will always be there."



Adele's 25th anniversary

by Toni Bruneau

Adele Vaillancourt (nee Larson) of Adele's Beauty Salon has reason to celebrate as she has passed the quarter century mark, operating her salon in Lac du Bonnet.

Adele's Beauty Salon opened 25 years ago, June 1, 1975. The first name in her appointment book was Christine Johnson (now Tomlin), and has since had clients ranging in age two-weeks-old to the late Olive Arsenault who was 100 years young.

Adele remembers her brother Cy paying the first month's rent, \$90. She was 15 years old when her and her sister Lorraine purchased the shop.

"The day you stop learning is the day you should stop working," says Adele. Like many hair care professionals,

she is constantly attending seminars, conferences and classes to keep in touch with the latest styles and trends.

She recalled some of the styles that have been in, and out, including the afro, Dorothy Hamilton (wedge cut), and the spiral perm. Hair care tools have evolved with technology. There are now cordless and rechargeable clippers and curling irons which are more convenient and easy to use.

Time off is a rarity for Adele. She says she has been to Calgary a couple of times and took three weeks off in August 1995. She remembers taking about a month off after the birth of her first daughter Crystal (23), and 17 days off when she had Chantal (8).

Many of Adele's past employees have gone out on their

own in the Lac du Bonnet area, including Linda Wold who started with Adele right out of school and now owns Linda's Hair Designs; Linda Bruchanski who was at Adele's for five years and now owns Third Street Hair; the late Kathy Brown who purchased Special-T Hairstyling, now run by her sister Denise Ancel; and Cheryl Nilsson who now works out of her home. Adele said the most dedicated employee she had was Joyce Wazny (now Kachkowcki), who stayed with her for ten years. Lorraine returned to work in 1991 after having left the business to start her family.

Adele and Lorraine appreciate the friendship of their clients and would like to thank them for their loyalty.

Pioneers from Overseas

by George Bayly

Many first emoloyees came from places throughout North America, but some travelled much further, eventually arriving in Pine Falls to start a new life. One such individual was Wasył Bachynski who came to Canada in 1907.

After Mr. Bachynski's father, who had arrived in Canada in 1905, had sent for him, he left his mother and two younger sisters on the small farm in the Ukraine, and sailed for Canada. His father returned to the Ukraine in 1910.

In December 1907, Wasył Bachynski started work on the block pile for the Spanish River paper Company in Espanola, Ontario. The following May, he went to work in the Grinder Room at age 17 where he worked 11 hours per day on dayshift, and 13 hours per nightshift. Every second Sunday he worked 24 hours in order to change shifts. In the hot steamy atmosphere of the charging floor above the grinders, he fed pulpwood into nine "hungry" magazine for 16 3/4 cents per hour. On the job, the labour turnover was so high that it seemed that he saw a new man on the job every shift. He stayed on this job for two years until he was promoted to wet machine operator and later to tour foreman in the Grinder Room. While at Espanola, Wasył saw the installation of 4 paper machines and the estab-

lishment of an eight hour working day in 1912. In spite of the economic ups and downs in the paper industry, he bought a small farm near Espanola and got married in 1918.

After 19 years in Espanola, Wasył was transferred to Pine Falls two weeks before Christmas in 1926 where he took up duties as Shift Superintendent in the Grinder Room, a position he held until his retirement in 1954. Mr. and Mrs. Bachynski raised three children, Michael, Nick, and a daughter, Frances. After a period of illness, Mrs. Bachynski passed away in 1948. Michael worked as a machinist in the Paper Mill in Kenora. Nick earned a degree in electrical engineering and became employed by a company in Cleveland, Ohio, and Frances went on to become a journalist, starting out as a reporter on one of the daily newspapers in Halifax, Nova Scotia. Mr. Bachynski, very active in the community "velvet" lawn. At retirement, he was in excellent health, after playing 36 holes of golf each day. In April of 1955, he left Pine Falls to return to his farm property near Espanola where he built a home. If it had not been for the depression, Mr. Bachynski would have had 47 years of service to Abitibi, but still, quite a remarkable career.

Mr. Jack Miller was born in Sunderland, a sea coast town

about 10 miles from Newcastle-on-Tyne, England. As a young man, he became a football star, and a premier player for Newcastle, a first division team. At the beginning of World War 1, in 1914, he joined the British Army and served in northern Russia at Archangelsk, and in France where he volunteered for the artillery unit known as the "Flying Pigs", which fired 600lb. bombs from giant Howitzer guns. The members of this unit called themselves "The Suicide Club" because of frequent pre-detonations from these guns. Jack said that he volunteered for this unit because after evry six weeks at the front, they received a ten day leave in Paris (if you survived to receive it).

My Family

by Kyle Cyr

A mother, a father, a sister, a brother. My family of five is like no other.

We like to have fun, we laugh and play. My family of five is great that way.

We like to go fishing, it's lots of fun. We like to play baseball, we run and we run.

I love my family, it is so cool. To be in my family, I think we rule!



Kyle Cyr, grade four student at Pine Falls School

Blanket of Healing

by Roger E. Robert

All my life I felt like I was a caterpillar, really nowhere to go, all I did was crawl around and really no place to go. Instead of going through the obstacles of life, when facing them I was afraid or ignored them and slowly crawled around them. While crawling around so long in life you become lonesome tired and angry. At that time when you come to a halt and know that it is time to change. It is time to wrap the blanket

around yourself, to be healed and become what you wanted to be yourself in life. Time to heal and grow stronger. As the blanket opens you feel; so different. You still have the same body but have grown stronger and have been gifted with a pair of wings. A new change of life which will be easier to get around in life and see things differently. You may run into obstacles but it will be a lot easier. You have grown in what you wanted to be.



Have you ever found yourself staring helplessly at your child's spaghetti stained shirt and wondering how you were going to get that out - Read on....

To Remove Tomato Based Stains
Such as chili, BBQ Sauce, ketchup, spaghetti, etc... try the following: Dab the stained area with denatured alcohol and wash the garment on a cool cycle.

To Remove Red Wine Stains from fabrics or carpets
This mistake must be treated immediately. Lightly cover the stained area with salt to absorb the stain.
For Clothing - Launder in cold water and detergent
For Carpets - Rub the stained carpet area with shaving cream, blot with cold water, and once carpet is dry simply vacuum.

If you have any questions or hints that you would like to share with our readers - submissions can be mailed to the Winnipeg River Echo at Box 550, Pine Falls, MB R0E 1M0, emailed to theecho@granite.mb.ca or faxed to 367-9974.



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Lancelot and the Dragon



The following short story was written by Jessica Dutka, a grade eight student at Pine Falls School

In Camelot, the kingdom of King Arthur, there once was a mighty and noble knight named Lancelot. He was at the time the best knight in all of Britain, and the most revered of all the knights of the Round Table. There were many strong and noble knights in the round table, but none were as famous as Lancelot. He lived in Camelot, the home of King Arthur.

Once when everything was peaceful in the kingdom, Lancelot was at supper with the court when suddenly one of the great doors swung open. In staggered a young man, drenched (for it was a stormy night) and wearing blood-soaked clothes.

Everybody in the hall stood up, and there was a silence in the room. The man fell to the

floor, and at once servants rushed to attend to him. They sat him at the table, fed him and gave him drink, and then he could talk.

"We were attacked," he gasped. "Eleven days ago. It came from the west, suddenly, like a storm. It killed most of the soldiers."

"What?" said the King. "What attacked you and who did it take?"

"A dragon!" The murmur rose through the court. The last time a dragon had appeared in the British Isles had been when the dragons of Werlin had appeared to foretell the ending of Dortigern's realm, ages and ages ago.

"A huge, terrible dragon, blood-red like the morning sky. It attacked our travelling party when we were passing through southern Wales."

"Who are you?" demanded King Arthur. "And who were you travelling with the bridal party of Aeslidd, daughter of King Lodegrance. She was to marry Lord Robert of Stonebridge Manor."

There was a hush in the hall, and all eyes turned to Queen Guinevere. Aeslidd was her sister. She had paled and was gripping King Arthur's arm. "What happened to her?" asked the Queen, her voice quivering.

"The dragon flew away with her carriage in its claws. It went back west. Most of the uninjured soldiers chased it, but it was flying to fast. It soon passed out of view. The soldiers kept on in the direction the

dragon had been going until they reached the sea, but they discovered nothing...."

A great clamour rose in the court. The Queen retired to her chambers, and King Arthur called his knights to the Round Table for council. But before anything could be done, the door guards came into the hall, ushering in another traveller. This time it was a messenger from Wales. Everybody crowded around him to hear what he had to say.

"Four villages in Wales have been attacked by a terrible blood-red dragon, all along the coast," he reported. "Each time, it takes all the gold and silver in the village (a scant amount, for they are farming villages) and sometimes sheep or cows. The villagers are asking for one of your knights to kill the dragon. A wizard that lived in the southern most village was consulted and he prophesied that only the mightiest of knights now alive can slay it"

The knights convened at the Round Table. "Surely the prophecy speaks of you, Lancelot," said Sir Gawain. "You are unrivalled in tournament and combat."

The knights agreed, and with the permission of the King, Lancelot took it upon himself to slay the dragon. However, his motives weren't as simple as they seemed. He did it partly because he was in love with Guinevere, the King's wife. He knew that she was distressed over the abduction of her sister Aeslidd, and he greatly sought to put her mind at ease, as the King was too important to the country to go about slaying dragons.

The next evening, Lancelot and Guinevere met in the garden. "Oh Lancelot, what if the dragon hurts you?" said Guinevere.

"Guinevere, I must go," said Lancelot. "That dragon will go on killing people until somebody stops him."

And so Lancelot went to Wales alone, riding three days

and three nights to reach the village of Greenwood along the coast of the Irish Sea. But when he reached the village, he was shocked. Where before had been a thriving farming town, now was chaos. The houses and flour mill were burned down, and the fire had spread to the fields before being put out. The village was blackened and burned, and the villagers were camped in ragged tents.

They told Lancelot that the dragon had been traced to the caves under the mountains that were to the south of the village. It was said to live in a huge cavern filled with gold and jewels from other plunderings but no one could say because no one had ever been there.

Lancelot rode to the dragons lair, which lay only ten miles south of Greenwood. He has been told that there was only one other village down the coast except for one that had been abandoned for years. But as Lancelot drew close to the old village, he realized that there were people living there still. Poor, sickly-looking crops struggled to grow in small fields around the village, and thin lines of smoke from cooking fires rose from a hollow in the hills.

But when Lancelot entered the hollow, he saw only a few people, sickly-looking and thin. He rode up to an old man and asked "Where is the dragon?" The old man looked up at him and said "If you come to slay the dragon, turn back now. Many knights have tried to kill him and none have returned from his deadly lair. Once, our land was fair and bountiful, then the dragon came and laid all to waste."

Although discouraged by the man's words, Lancelot rode on south, in time he came to the foot hills of a tall mountain. There was a huge tunnel leading into the caves. Lancelot steered himself, and rode in.

He rode through a large tunnel, empty and dark. Lancelot rode until he felt a cold draft upon his face and sensed an

open area.

There was a dim red glow at the far end of the cavern and Lancelot rode towards it until it grew so strong that he could see by it. Suddenly he saw, at the far end of the cavern, a huge dragon. It was twenty feet long with a tail twice that. The dragon was sleeping with its wings folded about it like a tent and the soft hiss of breath came out of his fiery nostrils as a smoky cloud. Undereath its red scales a faint light shone deadly crimson.

Lancelot stopped his horse as soon as he saw the dragon. He dismounted and let the horse run back out of the cavern. The hoofbeats echoed loudly but the dragon didn't wake.

Lancelot thought that he would kill the great lizard as it slept, so he ran toward it. But as he began running, he at once saw the glow of a red eye, open a slit. The dragon was awake! But it was too late to stop running, so Lancelot brandished his sword and with a mighty yell ran towards the great beast.

The dragon rose up on its hind legs and spread its mighty wings. Lancelot tried to strike its belly, but with one swipe of its mighty forepaw, the dragon knocked him aside. It reared back and blew a great breath of fire towards Lancelot, but he hid behind a large rock and was safe. Then again Lancelot rushed at the beast with his sword held high, and again the lizard tried to knock him off his feet but Lancelot was prepared and slashed of the dragon's limb at the joint.

The dragon raised its head to the roof of the cavern and howled in pain, and as he did Lancelot thrust his sword in the beast's stomach. The great dragon fell to the floor and then Lancelot slashed his throat. The dragon gave one last bellow that echoed throughout the hills, and the died. The knight then explored the depths of the cavern, searching for Aeslidd, the Queen's sister. Then he discovered a small passage leading off of the dragon's chamber. Lancelot followed this passage and came to a flickering, unsteady light at the end. The passage opened into a small cave. In the cave were the dragon's prisoners, men and women taken from the villages that the dragon had plundered. They had been held there with little food and water, and unsteady fires were their only source of light. Among the prisoners were the lady Aeslidd and her ladies-in-waiting.

Lancelot led them out of the caves and into the fresh air. Many of the prisoners lived in small villages not so far away. The rest travelled with Lancelot and Aeslidd to Greenwood and, after resting there for some days, returned to their homes. Lancelot, Aeslidd and her ladies obtained fresh horses in the village (Lancelot's had been lost when it ran from the cavern) and rode to Camelot.



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Police Beat

C.J. (Carl) Dinadale, CST.
Powerview Detachment

Comments, Questions and Queries

At the end of the first week of restarting this column, I'm batting 1000, one week, and one question. Not bad, but I know there's more out there so get them in to me. Here we go....

Q - Last week I was at one of the local restaurants and noticed that a man in a wheelchair could not go in to eat because there is no ramp access and quite a few steps to climb to get in. Isn't there a law that makes it mandatory for businesses to have access for persons with disabilities?
- Unsigned

A - This doesn't look good for me, being stumped by the first question, but it is not an area that we deal with very

often. The general consensus around the office was that there is legislation in place, but know one is quite sure if it is Provincial or Federal and who enforces it. I put in a call to the Business Service Centre for Canada/Manitoba and they couldn't answer off the tops of their heads either, but they've got a Legislative Librarian researching it for me and I'll have an answer by next week, then we'll all know.

That's it for this week, keep talking to me and let's start hearing a few opinions on what kind of service we are providing, good, bad or ugly. I want to know. Don't try and make me think that people

keep their opinions to themselves around here. I've had coffee in most gathering spots and know better.

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_est@hotmail.com or carl.dinadale@rcmp-grc.gc.ca

- 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

It would appear that sum-

mer is here to stay and those annoying bugs that go with it. Unlike us with our houses and gazebos, the woodland critters just have to bear with it, or find a nice open piece of ground where the breeze can keep them off. This open piece of ground is often also called a Provincial Highway and cars don't mix well with the critters. From dusk through dawn seems to be the most prevalent times for these little jaunts onto the road, so please keep it in mind and be alert for animals on the road. Bring your speed down a bit and get where you're going in one piece because hitting a deer or bear will surely damage your car, but if you hit a big swamp donkey (moose) and you're not in a really big truck, it will more than likely damage you. Cars have a tendency to take out their legs, making them fall onto the windshield area and joining you in the front seat.

Some horses just won't stay down, and complaints about Off Road Vehicles is one of those horses. This office re-

ceived a letter from a cottager in the beaches area who was very concerned about the careless manner in which dirt bikes and quads were being ridden, especially by very young people, some as young as 10 yrs without supervision. The rules are simple here people, register your machine and while you're there pick up a guide to the Off Road Vehicles Act. If you can't be bothered to do that, I'll break it down here....

- unsupervised riders must be a least 14 yrs

- wear helmets and protective gear

- respect private property and stay off the highways

Stay within the simple rules and know one will bother you, break them and sooner or later we will have to deal with you, hopefully it won't be with you in a hospital bed or worse. I know rural living can be boring at times and there are worse things that the riders could be doing. At least they are not sitting around killing their brain matter with one kind of drug or another.
Play Safe

Powerview 2000 students return from Regina - from page 4

the Saskatchewan Indian Federated College and University of Regina. Higher level post secondary education is now a necessity in today's world. The S.I.F.C. provides education to help preserve First Nations communities, languages and cultures but also the many different types of learning traditionally found in many non-Aboriginal academic institutions. The tour of the University of Regina provided an insight into what a typical university atmosphere would be like.

Wednesday, May 24 was our official tour of the training academy. During the entire day our group observed troops practising Drill at the Drill Hall, witnessed cadets perform Officer Violator Contact Scenarios that simulated actual events an officer may encounter in real police events. "I thought it was real", another student said when we witnessed a police car with lights and siren approaching a distraught woman.

Our group also observed a cadet class practising shooting pistols and shotguns at the Firearms Range. We were also fortunate to see a very high-tech computer simulation of different police scenarios. It was much like a virtual reality video game. Just adjacent to the Firearms Range was the advanced driving class on the serpentine track where cadets sharpen their driving skills that include high speed pursuit and negotiate turns at high speed.

At the Applied Police Science building where all the academic portion of training is taught we had several students participate in basic fingerprinting techniques. Soon after we proceeded to the Police Defence Tactics building where we observed armed suspect scenarios

and the different techniques to resolve incidents.

Aftersnoon and evening activities outside of the tour were planned by the entire group. We watched movies, bowled, shopped, dined and played lazar tag all to encourage group participation and interaction.

Improving the current working relationship between police and the communities will not be a simple task but the many dedicated individuals involved in this project are very optimistic that it can only benefit everyone in the long run. Lines of communications particularly between police and the youths have been established and our entire detachment is committed to continue and improve the relationship between residents and police. The organizers intend to make this community-based policing initiative an annual event and are already planning for next year's trip.

Student response Powerview 2000 Project

Written By: Lavina Moneyas Wanipigow School

Fun, tours, going to movies are not the only things that you get out of this project. This is probably what a lot of people think it is all about but it is not. You get to see what cadets go through and what they have to do in order to become a police officer. Most important thing that you can get out of this is experience and a change in career choices.

When I first knew I was going to Regina I thought that it would be fun to get out of the province for the first time and get out of school a week. When I was in Regina I found out that they had a more to offer and many things I needed to learn. Even watching them march, doing their drills



Powerview 2000 participants visit Saskatchewan's Legislative Building

and practising shooting was neat and cool. Made me think that that could be me one day. We took tours of many facilities like the RCMP Forensic laboratory, Sask. Indian Federated College, and the University of Regina. These were all very interesting. For example, the way the laboratory investigates criminal acts, the help given to aboriginal students at the Indian Federated College and how different the university was to other universities.

We observed the buildings of the RCMP and their uses. My favourite part was when we watched cadets shooting and driving the cars they shot targets and had to shoot in many positions, for example kneeling. The driving was cool also as they had to ride around cones as if they were in a chase with another car. There was this one car that the guys of the group were drooling over with their mouths open. Sgt. Guy Bonhomme, who was giving us the tour, was funny and nice. He

made fun of the things that sounded bad into something to laugh about instead. He told us about the mace spraying activities where they practice if they get sprayed with mace by an attacker.

Aftersnoon activities were planned by us and we all agreed to what we wanted to do, no one was left out. The movies and the howling were fun and it helped us get to know the other people of our group.

My career choice was to study in the law field - as in being a lawyer. Since I have not really been out in the world to see what it has to offer I was really not sure that was what I wanted to do. Now I am not so sure, the way it looked and sounded it brought up interest in this kind of law but questions came to mind, if I could do that?, would I fail?? I would not know unless I try.

To conclude, the future students who would be going to the RCMP Training Camp may see most of us who attended this trip there in training

Student response Powerview 2000 Project

Written by: Vincent Bushie Wanipigow School

Powerview 2000 was a great trip. I had a lot of fun going to Regina, Saskatchewan. It was a good experience for me to get to learn how the RCMP really works and what you have to do to be a part of it. If I ever become an RCMP officer, I would recommend to check out the base before you go.

Having a good amount of time watching and learning what to expect in becoming a member was enough. The four or five days that we were there was when I realized I wanted to do this as a career. It really inspired me enough that I want to get into the RCMP.

Overall, I had a lot of fun with Antonio Hernandez and Ian McLeod. On the trip both were more than just police officers. They were friends and we got along just fine.

On the Diamond

The Poppers defeated Dazed & Confused by a score of 13-2. The game was fun, everybody had a really good time enjoying the game. For the winning team, there were two male game stars; Morton Bear, for his pitching and home run over centre field and Steve Bruyere for his batting and playing, he knocked an infield home run and made two runs in. Also there were two female game stars; Jill Henderson for her fine hitting and Phyllis Courchene for her awesome catching in the field. Recognition goes out to three young players who did a really good job. Those players were Miranda Courchene, Brody (Ambrose) Setee and Ian Sinclair.

The Poppers also defeated the Pistols 26-7. Outstanding playing by the Poppers who mercied the Pistols. The Pis-

tols gave a good game. Fantastic catching by Joshua Henderson who really hustled for the ball and Ian Sinclair for his spectacular 3rd basing. Bianca Courchene for her hitting, she hit a perfect game four for four and Jill Henderson for her hitting as well and a beautiful double play that was done by Bianca and Jill. The rest of the Poppers team played an excellent game. Special thanks to the Poppers fan, Sharon Richards. The Pistols' Lionel Bird & Mary Lo played excellent. Romaine for the Poppers also had a perfect score of four for four.

The Mohawks won both their games last week. They defeated Dazed & Confused 22-8 and the Diamond Heads 12-8.

The Fire and Whipmasters played at Rupert Park with the wind blowing out. Last

Thursday. So one could expect some homeruns as a result it turned out to be more of a football score. The Whipmasters started first with five runs in the first, with the Vin-man going deep to centre field. The Fire tied it at seven after two innings. In the top of the third the Whipmasters exploded for 12 runs, highlighted by ex-Fire player Clayton Fontaine's two towering homeruns that ended up on the seventh fairway.

The Fire chipped away with four in the bottom of the third, tightened up the defence and scored seven in the bottom of the fifth to tie the game at 19. The Whipmasters rallied with seven runs in the top of the sixth, with Clayton and Jay homering. The Fire came back with five runs in the bottom of the sixth to make it 26-14 for the Whipmasters. The Fire went to the bullpen in the top of the seventh, bringing in the Baker who held the Whipmasters scoreless. Marc Nolin homered one run. Marc Fenez and the Baker signaled setting up the game winning homerun by the little big man Joey Whitesell who's blast cleared the left field fence by about four inches.

Powerview School Open House and Spring Tea



The entertainment by Grades two and three F was well received by parents and community at Powerview School's Spring Tea, May 11th.

Thursday, May 11th was a very busy day for staff, students and visitors to Powerview School's annual Spring tea. This year's theme was "A Celebration of Talent". Guests were entertained with dance, poetry, comedy, and music. Invitations extended into all areas of the school. Auctions, the fish pond and displays were situated in the gym this year. An added feature of this year's Tea was a mini "day care" for small children. Children had a supervised place to play while their parents enjoyed the festivities!

Powerview School's Grade 5 and 6 classes as-

sisted staff again this year with the events and they had much to report on their day: The Spring Tea was "pretty darn good". I was lucky to get to work at the Fish Pond. Everyone had a great time! (Cassandra Flanagan). It was like working at a real coffee shop or restaurant (Amanda Boulet). I had a lot of fun because I was working beside a cake that looked delicious (Colin Cyr). The entertainment was really good (Samantha Cyr). We were way more organized than last year (Mario Dupont). I learned how to work at a silent auction (Jessica Head). At the guessing jars, all the people were going for the worms. I talked to my working partner when we didn't have customers (Joey Lussier). We made over \$50 in the morning at the Fish Pond (Jenna Pachkowsky). I learned how important it is to really get the amount of money right and to be kind to your customers (Glenn Raymond). Working at the tea was fun because it can prepare us for jobs that we might have when we were in high school. We raised a lot of money for the school (Kale Richardson). I think that the Spring Tea was very successful this year (Daniel Sokoloski). There were a lot of people at the Tea and the prizes were beautiful. My whole family had lots of fun. I'd like to thank the teachers for putting it on (Carlee Tardiff). If I had a chance I would work there again (Brooke Vincent). The talent show was amazing (Chantal Vincent).

Pineview Slo-pitch Standings

TEAM	G	W	L	Pts
Powerview Fire	5	5	0	10
Diehards	7	5	2	10
Muskrats	4	4	0	8
Slammers	5	4	1	8
Mohawks	6	4	2	8
Whipmasters	4	3	1	6
Poppers	5	2	3	4
Out of the Blue	6	1	5	2
5 Star Shooters	5	1	4	2
Pistols	5	1	4	2
Diamond Heads	5	0	5	0
Dazed & Confused	5	0	5	0

Pineview Mixed Slo-pitch league schedule

MONDAY, JUNE 12

6:00 Muskrats	vs	Poppers	I
6:00 Diehards	vs	Slammers	R
7:15 Diamond Heads	vs	Out of the Blue	I
7:15 Pistols	vs	Dazed & Conf.	R

TUESDAY, JUNE 13

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

WEDNESDAY, JUNE 14

6:00	OPEN		I
6:00 Fire	vs	Muskats	R
7:15 Dazed & Conf.	vs	5 Star Shooters	I
7:15 Diamond Heads	vs	Poppers	R

THURSDAY, JUNE 15

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

MONDAY, JUNE 19

6:00 Mohawks	vs	Slammers	I
6:00 Pistols	vs	Diehards	R
7:15 Diamond Heads	vs	Dazed & Conf.	I
7:15	OPEN		R

Pineview Area Women's Soccer League



With four teams playing and over 70 ladies playing in this the first year, the interest in Ladies Soccer has been phenomenal. What started out with just a few signs up around town has become a huge success which will probably only grow in the years to come. The idea came about when a group of RCMP wives wanted some sort of team sport to play and realized that Soccer was an excellent choice because it is fun, competitive, good exercise, requires little to no experience, requires no costly equipment and is cheap to play!

The Pineview Area Women's Soccer (PAWS)

league is off to a great start. With all teams tying their first games its sure to mean a competitive league. The RCMP ladies team, "The Betterhalves (of course)" vs. "The Beaches Peaches" (the ladies from Traverse Bay area) game tied 2-2 and was quite exciting with just a few tempers flaring - All in fun of course! The Powerview School Ladies "Once Babes" (its better to have been a "once been" than a "never been") vs. "The Queen Bees" (another local team) game also tied with a score of 3-3, apparently all went smoothly.

PAWS Team Standings

TEAM	GP	W	L	T
Pts.				
Beaches Peaches	1	0	0	1
Betterhalves	1	0	0	1
Once Babes	1	0	0	1
Queen Bees	1	0	0	1

If you have sports news that you would like to appear in the Winnipeg River Echo, please call us at 367-9468 or 345-9896.



What's Happening?

The last week of May has been Safe Kids Week. To spread the word about this Debbie Viel and I did a puppet show at the Powerview and Pine Falls School. We will also be having a poster contest for the children in Kindergarten to Grade Six, with a random draw for prizes. Prizes will include a mountain bike, bicycle helmets, and bike accessories. Winners will be announced in the Echo on a future date.

There is a Community Kitchen beginning and they are looking for anyone who would be interested in joining the group. If you are interested in being a part of this collective cooking group or would like more details please call Crystal at 367-9641.

Sun Safety

Well it's that time again, the sun is shining and junior would like to kick on his shoes and go outside. The fact is we all need some exposure to the sun, but it doesn't take much time in the sun for most people to get the vitamin D they need. Unprotected exposure to the sun can cause skin damage, eye damage, immune system suppression, and even cancer. Even people in their 20s de-

velop skin cancer.

The shocking truth is, most children rack up between 50% and 80% of their lifetime sun exposure before age 18, so it's really important for parents to teach their children how to enjoy fun in the sun safely. With the right precautions you can greatly reduce your child's chance of developing skin cancer.

Facts About Sun Exposure

Yes, even that healthy tan may be a sign of sun damage. The risk of damage increases with the amount and intensity of exposure. A sunburn develops when the amount of UV exposure is greater than what can be protected by our skin. Darker skinned children have a more natural protection against the sun. But, all skin no matter what color, responds to continued sun exposure, by thickening and hardening, resulting in leathery skin and wrinkles later in life. You should be especially diligent about sun protection if your child has: moles, fair skin and hair, or a family history of skin cancer. UV rays reflect off both snow and water increasing the probability of a sunburn. So even when you're nice and cool in the water, you are more likely to burn.

How to Protect Your Child From the Sun

Avoid the strongest rays of the day, if possible. Being in the sun for prolonged times when it is highest overhead and the strongest (normally from 10:00 am until 3:00 PM), should be avoided. If your child is in the sun between these hours, be sure to apply protective sunscreen - even if he's just playing in the backyard. Shocking but true, most sun damage occurs as a result of incidental exposure during day to day activities, not at the beach.

Even on cloudy, cool, or overcast days, UV rays travel through the clouds and reflect off sand, water, and even concrete. Clouds and pollution don't block UV rays, and can give a false sense of protection. Often, kids are unaware that they are developing a sunburn and skin damage on cooler or windy days because the temperature or breeze keeps skin feeling cool.

Cover up. One of the best ways to protect your family from the sun is to cover up and shield skin from UV rays. To make sure clothes will screen out the sun place your hand inside the garment and make sure you can't see through it.

Infants have thinner skin and it burns more easily than older kids. Sunscreen should not be applied to babies under 6 months of age, so they must be kept out of the sun whenever possible. If your infant

must be in the sun, dress him or her in clothing that covers the body, including hats to shade the face. Use an umbrella or tree to create shade. Even older kids need to escape the sun. Long exposure can make them feel tired and irritable. For all day affairs, bring along a long-sleeved shirt, long pants, or a wide umbrella. Before heading to the beach or park, call ahead to find

out if certain areas offer rentals of umbrellas, tents, and other sun protective gear.

With the right precautions children can play safely in the sun. Next week we'll include: the use of sunscreen, protective eyewear, and what to do if your child gets a sunburn. If you'd like more information on this topic visit this website: kidshealth.org.com or call Crystal at 367-9641.

Salute to Seniors



Christine Polischuk

June is Seniors' and Elders' Month in Manitoba. It is an ideal opportunity for us to recognize and celebrate the many contributions seniors make to this province.

While many of us should, and do, appreciate older Manitobans all year long, Seniors' and Elders' Month acts as kind of a collective springboard to merge our positive energies into tangible events that speak directly to the impact seniors have on our lives.

Since 1989, Seniors' and Elders' Day celebrations have been held during June through out the province. This year Winnipeg Seniors' Day takes place June 22 at the Forks.

The Manitoba Seniors Directorate has been working closely with a multicultural seniors' planning committee to create a lively celebration which includes contributions from many of the

city's ethnic groups.

The Minister responsible for Seniors, - Hon. Diane McGifford is pleased to invite all Manitobans to the Forks for Seniors' and Elders' Day. The festival takes place at the Forks Park in front of the out door stage. It begins with a continental breakfast at 9, followed by official opening ceremony at 10.

There will be entertainment through out the day. Scheduled acts include Jacobs' Jester, Rozmai Ukrainian Junior Dace Ensemble and the Do Ray CNIB Choir. Barbecued pork on a bun and a can drink will be available for \$3.50 or you may bring your own lunch. To enjoy the day fully, it is suggested that you bring a lawn chair, hat, mosquito repellent and sunscreen.

Pack up your lawn chair and head to the Forks, and celebrate the many gifts that seniors bring to our lives. The events are always lots of fun and always feature good food, great company and a variety of entertainment.

LdB Reginal Library news

Have you got a plan for your summer? Besides work, that is! We suggest you plan now to have your children register for our summer reading program, to begin early July. Our theme for 2000 is Your Window on the World. We will be incorporating a time travel concept to encourage children to read historical fiction and non-fiction and fantasy! Activities, crafts, snacks, book draws and storytimes will ensure your children will have something to look forward to each week. We will keep you posted as our plans unfold!

In the meantime, we have new books for our junior readers.

We have three titles in the Everworld series by K.A. Applegate. If you happen to thrive on the scary stuff that some books are made of, check out *Search for Senna*, *Land of Loss* and *Enter the Enchanted*.

Another series for kids that looks rather intriguing (called a series of unfortunate events) is written by an author with the unlikely name of Lemony Snicket. He is somewhat

apologetic about his stories, and even suggests that once you have begun to read one of his unpleasant tales, there is nothing stopping you from putting this book down at once and reading something happy, if you prefer that sort of thing. What kind of recommendation is this? Can anyone possibly enjoy books entitled *The Bad Beginning*, *The Reptile Room*, *The Wide Window* and *The Miserable Mill*? If you've got the gump-ton, we've got the books... be the first to read them.

Surely there must be more serious writing for the kids? Well... we have a mystery so good, at times frighteningly real, written for kids, but that adults would also enjoy. It is called *The Inuk Mountie Adventure* by Eric Wilson. To research this book, the author accompanied a group of teenagers on a visit to Gjoa Haven on King William Island. Young readers are introduced to the different regions of Canada by reading these Tom and Liz Austen mystery stories. We have several of Eric Wilson's books on our shelves.

For our young sports enthusiasts, we have Hockey Heroes by John Danakas, a Winnipeg author. Why not read about hockey in the summer? We also have his book entitled *Curve Ball*, if you'd rather stick to summertime sports.

A book that has been nominated for the Manitoba Young Readers' Choice Award is *The Wreckers* by Lain Lawrence. There is a community of people who lure storm-tossed ships to founder upon the sharp rocks of their shore, and salvage what they can from the wreckage. Most never question their murderous way of life. Young John Spencer survived a shipwreck, but will he escape the wreckers?

Young people, as you can see, our reading selection is not limited. Please tell us what you like to read and we will try to get it for you. Chances are good it's already on our shelves. Plan to make reading part of your summertime activities, we certainly look forward to seeing you at the library often.

Pine Falls United Church

2nd Annual Live Lobster Feast

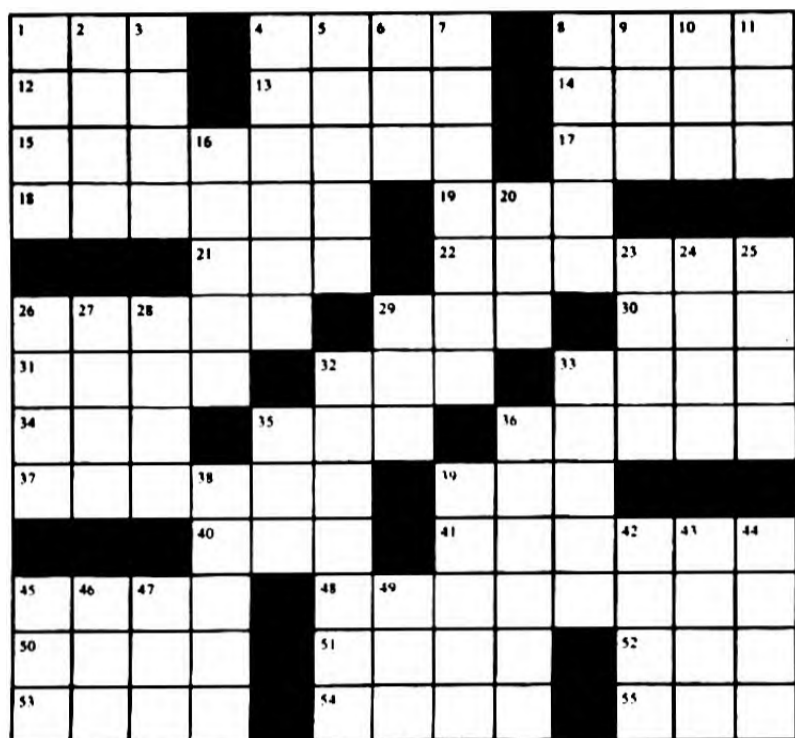
Open To All

Saturday, June 17th, 5 & 7pm at the Church
All Tickets must be purchased a week prior

<p>1 1/4 lb. Lobster \$25.00</p> <p>Steak & Lobster \$30.00</p> <p>for those of your who are not lobster lovers</p> <p>Rib Eye Steak \$17.50</p> <p>to be served with potatoes, salads and dessert</p>	<p>A tax receipt for \$12.50 will be issued to all purchasers</p> <p>For Tickets Call Theilma Hanson 367-8821 Carolyn Cameron 367-8576 or Doug & Wendy Ursel 367-2854</p>
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Winnipeg River Echo Weekly Crossword

Our Fabulous Fishery



- | | | |
|------------------------------|--------------------------------|---------------------------|
| 22. Armed conflict | 6. Soul, in St. Denis | 33. Sparling |
| 26. Gumbos | 7. Friday favourite? | 35. Leftwinger |
| 29. Mutt | 8. Bull or Rainbow follower | 36. Actor Keach |
| 30. Islet in a river, OE | 9. CD follower | 38. Amble |
| 31. Perch | 10. _____ Cadieux | 39. Exploiters |
| 32. Obtained | 11. Write | 42. Vapour |
| 33. Specification, for short | 16. Casino games | 43. Range part |
| 34. Hooter? | 20. Row boat requirement | 44. Salamander |
| 35. Gat | 23. Bark | 45. Choose |
| 36. Destroy | 24. Fibs | 46. Tune |
| 37. A kind of paint | 25. Engrave | 47. Knockout, technically |
| 39. Plains Indian | 26. Woodwind | 49. Mauna _____ |
| 40. Strange | 27. A kind of tennis | |
| 41. Sockeye | 28. Name for a Scottish lass | |
| 45. Cereal grains | 29. Tongues or cheeks preceder | |
| 48. About elections | 32. Lake Winnipeg delicacy | |
| 50. Jack | | |
| 51. Back then | | |
| 52. Stitch | | |
| 53. Helen's domain | | |
| 54. Simple | | |
| 55. Explosive, for short | | |

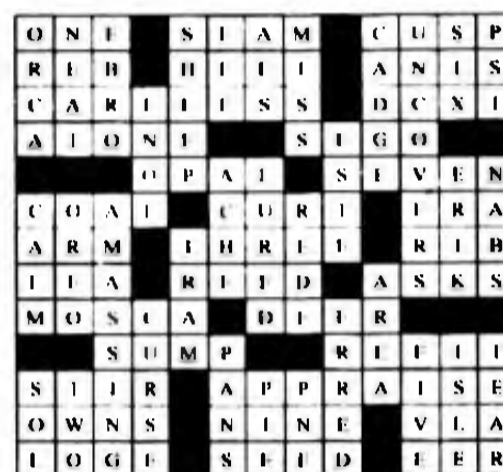
ACROSS

- | | |
|----------------------|---------------------------|
| 1. Pig pen | 14. Part in a play |
| 4. Nurse or nanny | 15. Walleye |
| 8. Stumble | 17. Portent |
| 12. Epoch | 18. Symbols |
| 13. Benito's Capital | 19. Letters denoting debt |
| | 21. No, in Newcastle |

DOWN

1. Autumn month, abbr.
2. Triad
3. Converse
4. Hockey venues
5. A kind of code

LAST WEEK'S ANSWERS



CRYPTIC PUZZLE


SX SB CZDFVGTB XG HF BSDJFVF
 TDRFBB KGT ZVF ZRBG BXTLSC.
 -WFGVWF HFVDZVC BMZN

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


Last Week's Solution
 WE ALL AGREE THAT
 YOUR THEORY IS
 CRAZY, BUT IS IT CRAZY
 ENOUGH?
 - NIELS BOHR

WEEKLY HOROSCOPE for the week of June 6th - June 12th


ARIES March 21 - April

 Shrewd and practical ideas will come to the forefront in the near future. Your ideas will be accepted by some and ridiculed by others. Those that scoff at your ideas may have hidden agendas. Be open to a weekend getaway with a special friend.


TAURUS April 20 - May 2

 Are you ready for a new you? Then it's time to put some of your self-improvement plans in action. With a better self image, you'll find your attitude toward others improves, too. Don't be afraid to make yourself happy and enjoy life more.


GEMINI May 21 - June 20

 You may find yourself drawn to powerful and influential people in the next month. Their lives hold secrets. Don't be caught unaware. This is not the time to bite off more than you can chew. Influential people can be very pushy.


CANCER June 21 - July 22

 Have some fun! You have been working really hard, and it's time you enjoy yourself. A close friend may end up being the perfect companion for a weekend away from the responsibilities of work, home and other burdens.


LEO July 23 - Aug. 22

 Don't take any action until you consider the outcome. A tense disagreement may strain a partnership. The whole ordeal could be a sign that this is not a good situation after all. Have other things been bothering you?


VIRGO August 23 - September 22

 You can be happy. The answer to erasing your melancholy may lie in a non-conforming lifestyle. Listen to the advice of a long-time friend. A new acquaintance does not hold the answer to your problems.


LIBRA Sept. 23 - Oct. 22

 Social activities should be organized around family and/or children. You won't regret the time together. Give yourself some time to digest your feelings about a personal relationship. It's not a good idea to rush into anything right now.


SCORPIO Oct. 23 - Nov. 21

 Prepare yourself for an encounter with a very demanding person. Keep in mind you don't always have to agree with him/her. You'll learn first-hand that discretion is the better part of valor. Don't even consider a financial proposal.


SAGITTARIUS Nov. 22 - Dec. 21

 Community will be the word of the week. Becoming more involved in your community and its efforts to help a nonprofit organization will give you great joy. Be sympathetic concerning a problem at home, and don't hurt anyone's feelings.


CAPRICORN Dec. 22 - Jan. 19

 Take pride in an idea you are proposing. Don't let one person in the room ruin what you've worked so hard for. Take a short trip. You may find a new investment idea. Talk out a family situation soon, before it gets a lot worse.

AQUARIUS Jan. 20 - Feb. 18

 Strong personal relationships may result in new opportunities for you. Don't get so set in your ways. Be flexible and open-minded. Take the bull by the horns and try to overcome the emotional turmoil that's been eating at you.

PISCES Feb. 19 - March 20

 It is time for you to take a step back from your responsibilities and decide who and what are the most important things in your life. You have let someone close to you down one too many times. The relationship is suffering. Don't do it again.

ALL THE RIGHT Stuff

Since it is the wedding season, I'm finding most of my writers are asking questions related to matrimony. There will be a new topic next week.

Dear Ms Know it-all:
My husband and I have just received an invitation to my cousin's wedding. There is no mention of the children. Is it all right if we bring them?
-signed Unsure

Dear unsure:
No, it is not appropriate to bring your children to either the ceremony (wherever it is being held) or the reception if they have not been specifically invited. If the bride had intended to include them, she would have addressed the invitation accordingly. There is no insult intended to you or your children. Whatever they are, the bride has her reasons and they are not your concern. While it is not expected, you may wish to check with the person who issued the invitation to see if arrangements have been made for babysitters for those people who would otherwise be unable to attend either the wedding ceremony or reception or both.

Dear Ms Know it-all:
I have just received a wedding invitation addressed only addressed to me. May I bring a friend?
-signed Sole Invitation

Dear Sole Invitation :
No, you may not. If the person who issued the invitation had intended for you to bring someone, the invitation would have been addressed to you and a friend, an escort or another appropriate title. There are reasons for expecting you to attend unaccompanied and it is rude for you to do otherwise. If you feel an honest mistake has been made, you may contact the person who issued the invitation to clarify the matter.

Dear Ms Know it-all:
I have received an invitation to only the wedding ceremony. I know there is a reception, as well. Should I just show up at the reception or what?
-signed Non-Gate Crasher

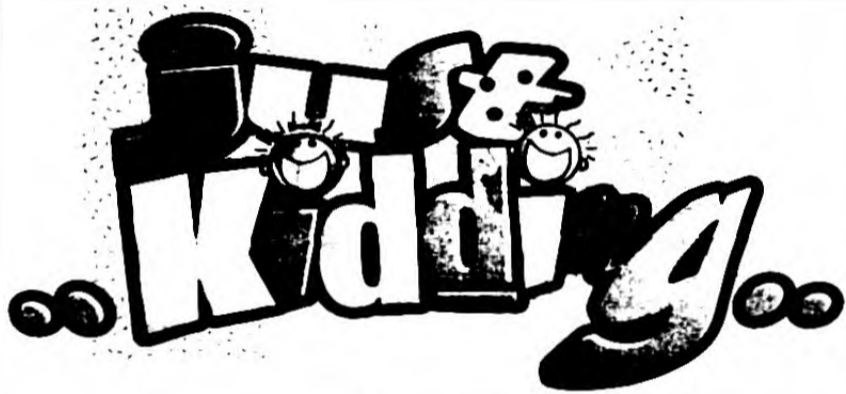
Dear Non-Gate Crasher :
No, it is not advisable for you to just show up at the reception. It is not unusual for some guests to only be invited to attend one or the other. This is a personal choice made by the bride and groom and is in no way intended as an insult to you, personally. If you honestly feel that a mistake has been made and that the wedding couple really wants you at the reception, you may check with the person who issued the invitation. However, be prepared to accept gracefully that the original invitation is correct.

Dear Ms Know it-all:
I have just received an invitation to a wedding and there was no reply card enclosed. Am I required to formally accept the invitation?
- signed No Reply

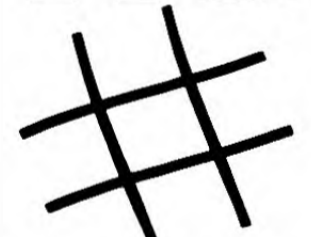
Dear No Reply:
Yes, you are required to give a formal acceptance or regret. It should be carefully handwritten and centred on nice stationery. Remember, weddings can be complex events. Some people may only be invited to the ceremony, but not to the reception afterward. Study your invitation carefully to make sure what is involved. If you have any questions, telephone the person who issued the invitation and get things straight.

Dear Ms Know it-all :
I have just received a wedding invitation with a reply card enclosed. The wedding is two months away. How soon should I reply?
-signed Soon Enough

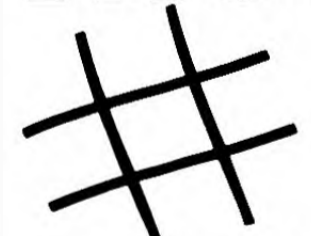
Dear Soon Enough:
There is one rule of etiquette for guests that cannot be overemphasized. You must respond to the invitation promptly and as directed and you must attend if you accept the invitation. If you have an emergency or too ill to attend, you should notify the host/hostess as soon as possible by phone. Caterers and hotels usually charge per table setting. If you say that you'll be there and then fail to show up, the bride's family may have to pay more than \$100 for the meal you didn't eat and the drinks you didn't drink. Being a no-show after you've accepted the invitation is terribly rude. Regardless, you should still send a wedding gift. You might consider something extra special if you are a deliberate no-show. In the same vein, neglecting to send an RSVP and then appearing at a dinner is thoughtless. Yes, they'll seat you, because caterers always save the day, but you could have made the couple's life easier if you had shown your intentions with an RSVP.



TIC

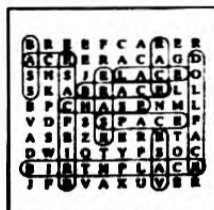


TAC

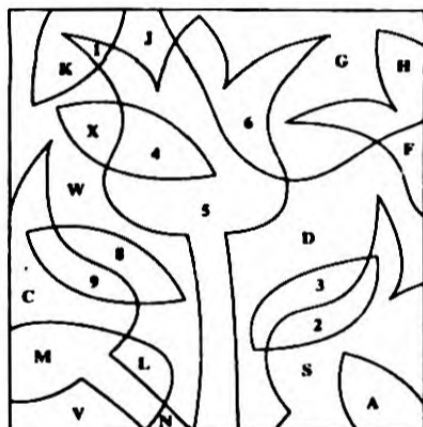


TOE

Answers



HIDDEN PICTURE



Color in each space that contains a letter.



SEEK AND FIND

FIND THESE WORDS IN THE PUZZLE BELOW.

- AIK
- BASS
- BIRTHPLACE
- BRIQUARD
- CHAIR
- DOLL FACE
- ERASE
- LACE
- RACE
- SPACE
- VASE

THE WORDS READ UP, DOWN AND ACROSS

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

SECRET CODE

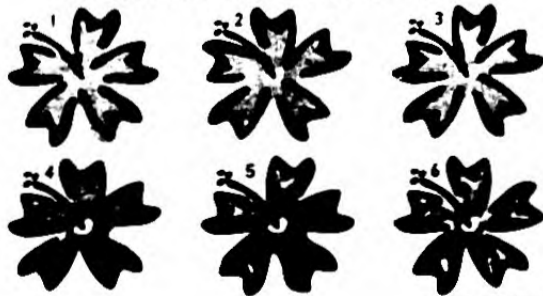
What is better than a talking butterfly?

20 | 12 9 24 | 5 5 2 7 26 | 21 24 24



FIND THE TWINS

WHICH TWO ARE EXACTLY ALIKE?



Dancyt's FOODS

DANCY'T'S FINE PRODUCE

SNO-WHITE CAULIFLOWER extra large size.....ea.	1.88
SWEET HOT HOUSE PEPPERS orange or yellow (6.56 kg).....lb.	2.98
GOLDEN BANANAS imported (1.06 kg).....lb.	.48
SWEET CALIFORNIA STRAWBERRIES pint basket.....ea.	1.58
LONG ENGLISH CUCUMBERS Canada #1.....ea.	.88
FRESH CANTALOUPE super sweet, large size.....ea.	1.58

"Made in Manitoba Products"

SMOKED WIENERS 6 inch, bulk pack.....100 g/	.79
SMOKED WIENERS 8 inch, random packs.....100 g/	.79
FARMERS SAUSAGE fully smoked, COV.....100 g/	.59
PICNIC HAMS shoulder, fully cooked and smoked (2.84 kg).....lb	1.29
BRATWURST smoked sausage, COV.....100 g/	.69
SKINLESS WIENERS 500 g pkg.....ea.	3.39
SPICED HAM LOAF fresh sliced.....100 g/	.79
SALAMI by the piece or sliced.....100 g/	.99
BUNG BOLOGNA fresh sliced or by the piece...100 g/	.75

Groceries x 5

Buy 5 & Save

JELLO JELLY POWDER asst'd, 85 g.....5/	2.95
CAMPBELL'S HEARTY NOODLES in a cup, asst'd, 85 g.....5/	3.45
KRAFT SALAD DRESSING pourable, asst'd, 250 ml.....5/	7.95
KRAFT BARBECUE SAUCE asst'd, 455 ml.....5/	9.95
KOOLAI DINK MIXES asst'd, 6 g.....8/	1.95
CADBURY CHOCOLATE BARS reg. size, asst'd...5/	2.95
SMART CHOICE SOFT MARGARINE 454 g.....5/	5.95
SMART CHOICE FLAKES of HAM or TURKEY 184 g.....5/	4.45
SMART CHOICE PORK & BEANS asst'd, 398 ml 5/	3.95
DEEP COVE FLAKED LIGHT TUNA 170 g.....5/	3.95
DEEP COVE SARDINES asst'd, 120 g.....5/	4.45

LAC DU BONNET
62 Third Street, 345-2221
Mon.-Thurs. 8:00 a.m. to 7:00 p.m.
Fri. 8:00 a.m. to 8:00 p.m.
Sat. 8:00 a.m. to 6:00 p.m.
Sun. 11:00 a.m. to 5:00 p.m.

PINE FALLS/POWERVIEW
Highway 11, 387-2473
Mon.-Fri. 9:00 a.m. to 5:30 p.m.
Sat. 9:00 a.m. to 5:00 p.m.

BAKERY

MEALTYME BREAD white or brown, 570 g.....	.99
D'ITALIANO BREAD asst'd, 675 g.....	1.39
D'ITALIANO SAUSAGE or CRUSTINI BUNS 6-8s.....	1.39

BEATRICE DAIRY & FROZEN

I&P Distributing
Locally owned and operated

BEATRICE ORANGE or APPLE JUICE 1.89 L.....	2.25
BEATRICE SOUR CREAM asst'd, 500 ml....	1.35
BREYER'S CLASSIC ICE CREAM asst'd, 2 L...	3.95
GOOD HUMOUR TORNADO or SMILE NOVELTIES 6 pack.....	3.95

EYE OF ROUND ROAST
boneless, lean.....lb.
 2.98 |

EYE OF ROUND STEAK
extra lean, boneless.....lb.
 3.99 |

SIRLOIN TIP ROAST
boneless, great on the
barbecue (5.92 kg).....lb.
 2.69 |

SIRLOIN TIP STEAK
boneless (6.37 kg).....lb.
 2.89 |

CLOROX CLEAN UP
SPRAY 700 ml.....
 2.99 |

SEPTO BAC
8 pack.....
 3.99 |

ARM & HAMMER
CARPET
FRESHNERS
asst'd, 700 g.....
 2.19 |

WINDEX
OUTDOOR
SPRAYER
950 ml.....
 7.99 |

EASY OFF
OVEN CLEANER
pump, 475 ml.....
 2.99 |

EASY OFF
OVEN CLEANER
cool/heat, 400 g.....
 2.99 |

TILEX
FRESH SHOWER
950 ml.....
 2.99 |

LIME-A-WAY
HEAVY DUTY
710 ml.....
 5.49 |

June 6 to 10 Specials
TUESDAY to SATURDAY

MONDAY SENIORS DAY 10% Off

We reserve the right to limit quantities.

Full Selection of Fresh Quality Produce, Fine Cut Meat & Kurtwurst Famous Smoked Products!

ARM & HAMMER LAUNDRY DETERGENT asst'd, 6 12 L.....	5.99
POWERADE SPORTS DRINK asst'd, 591 ml.....	4.99
BLUE BONNET MARGARINE 3 lb. quarters.....	2.99
BLACK DIAMOND CHEESE asst'd, 225 g.....	2.99
BROWNBERRY CROUTONS asst'd, 120-170 g.....	.99
CAMPBELL'S CREAM of MUSHROOM SOUP 284 ml.....	1.99
CAMPBELL'S TOMATO SOUP 284 ml.....	.99
FIVE ALIVE TROPICAL CITRUS BEVERAGE 1 L.....	.88

SIDE RIBS
lean n' meaty.....lb.
 2.79 |

LOIN STEAK
boneless, barbecue
ready (6.59 kg).....lb.
 2.99 |

CUTLETS
tenderized, fast fry
(7.25 kg).....lb.
 3.29 |

LEGS back on, fresh
(1.93 kg).....lb.
 .87 |

THIGHS
fresh cut, back attached
(2.18 kg).....lb.
 .99 |

DRUMSTICKS
fresh cut
(3.29 kg).....lb.
 1.49 |



Procrastinating Spring Cleaner Sale

LIME-A-WAY TOILET BOWL CLEANER 475 ml.....	2.49
SCRUB FREE SOAP SCUP 950 ml.....	2.99
SCRUB FREE MILDEW REMOVER 950 ml.....	2.99