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The
mipeg
River

Echo



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Vol. 1, No. 4

Tuesday, June 20, 2000

\$1.00 tax included

Countdown to Black Bear

New Lac du Bonnet Golf Course Opens early July

by Toni Bruneau

Long time Lac du Bonnet resident Al Gould will soon realize the completion of the Black Bear Golf Course after ten years of construction

work. Gould and two sons Allan and Brian and son-in-law Clerio Profeta have been engaged to make it a reality. They have undertaken the challenges of architect, de-

signers, general contractors and sub-trades. Sub-contractors brought in include Dennis Champagne for soil moving and trucking, Wayne Bruchanski for cat work and

earth moving, and Harry Nilsson for dragline and excavation.

Since early this spring there has been a constant flow of traffic onto the property, especially weekends, inquiring on whether the course is open for business. The greens are in excellent shape and its obvious how passers-by, especially the golfer, would be drawn in to check it out.

Scheduled to open early in July, the course provides 47 acres of fairways and play-

able area. The nine holes will cover 2800 yards, par 34 with 22 tee boxes. Four watertraps come into play at three holes. There are also plans for future development of sand traps.

The 50 x 70 foot clubhouse/pro shop is presently under construction and will be fully operational by the 2001 season.

Black Bear Golf Course is located at the Black Bear Subdivision on PR 433 of Highway 313 in Lee River, 15 minutes from Lac du Bonnet. There are 63 fully serviced lots, only ten vacant, with potable water service to each residence and amenities such as boat launch, beach and docks.

Compliments to the Gould family on your profound efforts and vital contribution to the community.



Black Bear Golf Course after ten years of construction.

Allan Gould Jr., Brian Gould, Clerio Profeta and Allan Gould Sr.



The road north

Not every one wants an all weather road on the East Side of Lake Winnipeg to the communities north of Hollow Water.

For two days last week, Tuesday and Wednesday, June 13 & 14, at a meeting organized by the Hollow Water First Nation, issues related to the building of an all weather road as far north as Berens River were discussed. About 150 people showed up. Present were Conservation Minister Oscar Laithlin, Aboriginal Affairs Minister Eric Robinson, Churchill MP Bev Desjarlais, and Lac du Bonnet MLA Darren Praznik.

Parks Canada spoke of plans to set up a national park north of God's Lake and on Black Island. Manitoba Hydro talked of a need for a new transmission line from future generating stations on the Nelson River, and the Pine Falls Paper Company told the meeting of their plans for the future.

It was The Pine Falls Paper Company's presentation that got most of the attention and generated the most heated debate.

The Pine Falls Paper Company is in the process of building a TMP (Thermo Mechanical Pulp mill). It will replace the existing Sulphite and groundwood mills. The groundwood mill uses whole logs to generate wood pulp; the TMP mill will use wood chips. Roughly half of the log can thus be used for lumber, the rest, the outside of the log, can be chipped and used in the TMP mill.

The PFPC has proposed two joint ventures with up to seventeen First Nations on the east and west of Lake Winnipeg. One, Gaa-bimooka"ang would build and operate a sawmill, the other, Kiiwetino Ma"iingan, a forest management company, would manage the forest in a new forest management license area.

The PFPC has enough wood

for its current needs and for the immediate future, roughly a thousand cubic meters per day for the paper mill and another thousand cubic meters per day for the sawmill.

The location of the sawmill has not been finalized but indications are that it could be on Sagkeeng land close the PFPC newsprint mill. It would employ 120 people. Another two or three hundred would be employed in logging.

The PFPC's long term plans call for doubling the production of newsprint, allowing for another sawmill, probably built on a reserve north of Hollow Water, (Berens River and/or St. Theresa's Point) and requiring an additional wood supply of two thousand cubic meters a day. This additional volume of wood would have to come from the area north of the current harvesting area. An all-weather road would be essential. Without it the mill expansion would not happen.

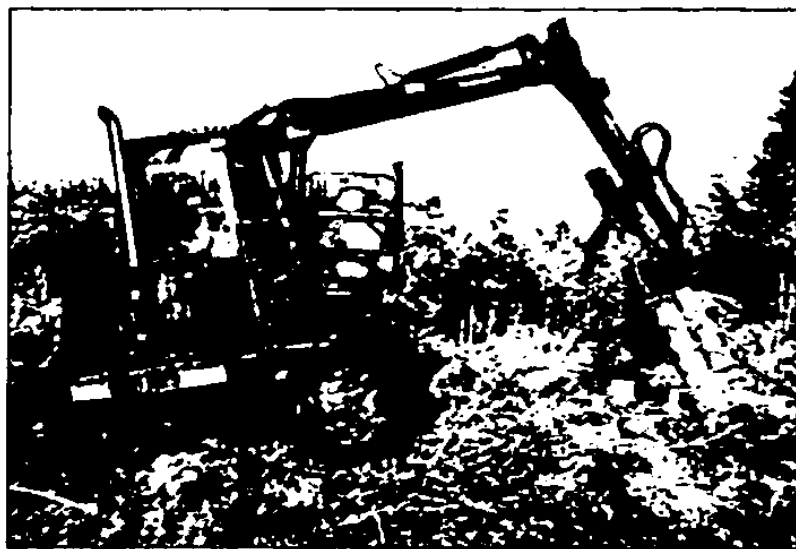
In the long term, eight to ten years, the forest could provide

up to a thousand high paying jobs to first nation people. It cannot happen without an all weather road to the northern communities up to and including Poplar River and St. Theresa Point.

While there were about 150 people at the meeting, most of the talking came from four people, who were opposed to the project. One, Hollow Water member Gary Raven, was opposed to any development on environmental grounds. Louie Young, former

Bloodvein chief, he could not see why the forest resource should be shared with the Pine Falls Paper Company. They were both opposed to the construction of an all weather road to northern first nations even if no additional logging was involved.

Sagkeeng Band Councillor David Swampy spoke in favour of the proposal. Jerry Fontaine made the presentation on behalf of the sawmill joint venture company, Gaa-bimooka"ang.



Equipment like this could be owned and operated by Kiiwetino Ma"iingan

Ten million dollars for Pinawa

Provencher MP David Iftody announced Monday, June 19, an additional ten million dollars to ease the transition of the Underground Research Laboratory outside Pinawa to private ownership. Speaking to URL employees in the AECL cafeteria he said he expects The Whiteshell Economic Development Authority (EDAW) to have a short list of potential private owners by the fall.

The objective is to create an international demonstration and training facility for nuclear waste management. It is expected to create at least 150 jobs.

In 1998 AECL announced that it was closing Whiteshell Laboratories and the nearby Underground Research Laboratory would be privatized. Since that time the EDAW and AECL have been working on the privatization effort under a Memorandum of Understanding. The additional funding reflects the progress to date.

The first five million is available now. It will be administered by the Treasury Board, not by AECL to ensure that funding is available to meet the payroll during the transition to private ownership.

The second five million, administered by Western Diversification will be used to develop an international training and demonstration facility for

nuclear fuel waste management and disposal at the URL, providing the privatization process is successful.

The International Atomic Energy Agency (IAEA) has identified waste management as one of its top priorities and Canada can play an important role by operating this international training facility. IAEA support and participation will be sought for this facility.

"We are very much in business," Iftody said. "We are going to send that message out across Canada and the world."

No nuclear waste will be stored at the site. Iftody said that while underground storage has been found to be technically feasible there is little or no public acceptance of the concept.

The URL is a recognized world-class facility which has expertise related to the development of a possible solution for the long-term management of radioactive waste. The quality of the Canadian research and development program continues to attract international attention. Scientists from Sweden, France, Japan and the United States, who are developing their own geological disposal programs, have worked with Canadian scientists at the URL.



Police Beat

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

Comments, Questions and Queries

So, how about that weather lately? Is anyone else thinking about where they can get some building plans for an Ark? It looks like it might actually be over with, but I'm still a little leery about starting any new outdoor projects. My average of one question a week is holding up, and this week it comes from the beaches.

Q: Do the police need a specific reason to pull someone over for a spot-check?

My husband was bringing me home from the Pine Falls hospital at 1:30 AM on a weekday. Just as we passed the Birchwood Hotel on Hwy 59, we were pulled over. The constable verified the vehicle registration and my husband's driver's licence and then we were allowed to go.

I personally felt that it was okay, but several people say that it was wrong.

Anxious to hear the answer,
Judy Stutzke
Hillside Beach

A: Thank you for your question Mrs. Stutzke and you'll be glad to know that you're correct and your friends are wrong about this issue. The Highway Traffic Act, common law and Supreme Court case law all uphold the right of police to perform random vehicle stops, where the stop is for a legal reason. These reasons can include to check for a valid driver's licence and registration, the driver's sobriety or the mechanical fitness of the vehicle. These types of stops are considered a reasonable limit on a person's Charter Rights. People must remember that driving is a privilege, not a right and many people abuse this privilege by driving without a driver's licence, or registering their vehicles, even by driving while impaired. They are a hazard to other motorists and pedestrians on the road and they also account for millions of dollars in lost revenue for the province every year. Think about

that the next time you express outrage at your ever-increasing Autopac premium. The more people we catch without driver's licences and registered vehicles before they have an accident of some kind, the slower those insurance rates and driver's licence fees will climb, hopefully.

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 Echoemail to "mailto:thevoice@granite.mb.ca" mail to: cjd_cst@hotmail.com cjd_cst@hotmail.com or Carl.Dinsdale@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

With the recent poor weather, there is not much to talk about as far as the Detachment sports teams go, but it will dry up and I'm sure we'll get back on the

road to the Hall of Shame in no time. GO PISTOLS!

Cst. Gravel asked me to pass on the results of the Detachment bicycle auction and hot dog sale that was held on May 6th at Midway Foods. The bike sales raised \$286 and the hot dog sales raised \$120, with all proceeds going to support the Powerview Scouts. They would like to pass on a special thanks to those people who showed up and supported the sale and an extra-special thanks to the ROBB's and Midway Foods for donating the hot dogs and drinks.

As of late there have been an increasing number of complaints involving erratic driving in Powerview and Pine Falls. Most of these complaints lead us to believe that the driver's are young people. If this is the case I feel it incumbent upon myself to remind driver's who have held their licence for less than one year that any type of ticket for a moving violation will result in the Motor Vehicle Branch suspending their licence for an appropriate amount of time. Enough said and that sum's up this week.

Community Billboard - ph 367-9468

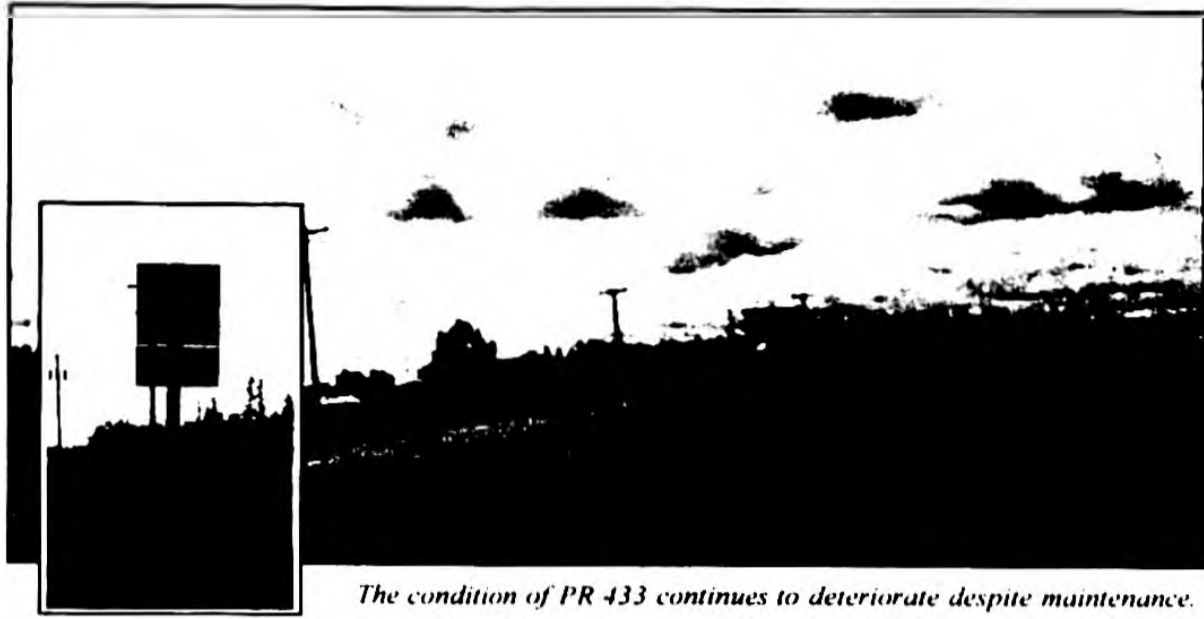
LIBRARY ALLARD: Library Hours: Tuesday: 10:30am to 5:00pm Wednesday - Thursday 1:00pm to 5:00pm 6:30pm to 8:00pm Friday: 1:00pm to 5:00pm Saturday: 10:30am to 4:00pm
BEACHES LIBRARY: Library Hours: Tuesday 1-5pm, Thursday 4-8pm, Saturday 10am - 2pm
KNIGHTS OF COLUMBUS: Meetings every second Tuesday of the month 7:30 in the basement of the Powerview Church
SILVER HAVEN CLUB: Cribbage - every 4th and 5th Monday of the Month at 1:30 p.m. - Whist - every Thursday of the month at 1:30 p.m.
WINNIPEG RIVER W.I.: meetings third Tuesday of every month. 7:00 p.m. Library Allard, St. Georges
PINE FALLS HEALTH AUXILIARY: Meetings on the first Tuesday of Every month at 1:30 pm
COTTAGE COUNTRY BUSINESS ASSOC.: Meeting - Every first Monday of the month at 7:00 p.m. October through May. Ph. 756-2396
ALCOHOLICS ANONYMOUS: - Sun Rise Group - Meetings every Monday, Wednesday and Friday 7:30 p.m. to 8:30 p.m. Last Friday of the month open to the public. Located at St. Georges Catholic Church Basement.
PINE FALLS LEGION: Meetings held 2nd Thursday of the month 7:30 p.m. Legion. Meat raffles held at Legion on Fridays from 4:30 to 5:30.
PINE FALLS MASONIC LODGE # 154: meets on second Friday of every month in the Pine Falls United Church. Except Jan. & Feb.
BADMINTON: Pine Falls School Gym. Sunday & Wednesday nights. 7:00 - 10:00 p.m.
POWVIEW GARBAGE PICKUP: every Wed. Recyclable pickup every 1st & 3rd Thurs of each month.
P.A.A. MEETING: every 1st Tuesday of each month at 7:00 p.m.
VILLAGE OF POWVIEW MEETINGS, every second Tuesday of each month.
WINNIPEG RIVER SENIOR SERVICE INC. Coordinator: Tina Palischuk, Office Pine Falls Health Complex. Telephone: 367-9128. Hours: 9:00am - 3:00pm Monday - Friday. Services: Transportation, Home Maintenance, Foot Care, Volunteer Help, Information.
FAMILY CARE GIVER SUPPORT GROUP at the United Church, Pine Falls, last Thursday of the month at 7:00 p.m.
AA & ALANON: The Beaches family group, Thursday at 8:00pm. Senior Scene, Victoria Beach - 1 Ateah Road. 756-800018 or 756-2101
PINE FALLS LIBRARY: Library hrs. will be from 3 p.m. until 5pm Monday & Thursday.
HAPPY TOTS DAY CARE: The Happy Tots Place Inc. P.O. Box 773 Pine Falls, R0E 1M0 - 367-2601 hold board meetings on the last Monday of each month 7:00 p.m. at the Daycare
SENIOR SCENE INC. #1 Ateah Rd., Victoria Beach. General Meetings every 2nd Tuesday of the month Art Classes Wed 10 am. Wood Carving Wed 1 pm. Movies Tue 7 pm. carpet bowling, Fri 2 pm. Bingo Fri. 7:15 pm. Call 756-6468 for more information regarding activities.
MENTAL ILLNESS SUPPORT GROUP: Meetings held every 2nd Wednesday at 7pm at the Wings of Power office.
LAKESHORE AL-ATEEN GROUP: Call Kathie 367-8237 or Vickie at 345-6520.
SUNRISE SINGERS: Meet every Monday evening 7-9pm in the Pine Falls United Church. New members welcome - Choirmaster - Henry Peters pianist Gwen Welsh.
BEACHES HELP CENTRE: 756-6471, Wed. 1-4pm, Fri. 10am-1pm
POWVIEW PARENT ADVISORY COUNCIL: Meetings, 1st Thursday of Every Month
GREAT FALLS HALL WALKERS: Tuesdays & Thursdays from 10am - 11am

Church Services

NOTRE DAME DU LAUS: POWVIEW: Sat Evening 7:30 pm (English), Sun 8:30 pm (French), 10:30 am (English), STEAL! - Sat. 5:00 pm.
PINE FALLS UNITED CHURCH: Sunday service Sunday school 11:00 am Rev. Cindy Terry; Office Hours: Tues - Fri. 10:00 to Noon Tel: 367-2633.
PINE FALLS ANGLICAN CHURCH OF THE ADVENT: Ph. 367-8347 Rector, the Rev. Brian Rountree. Sunday Service at 9:00 am.
ST. THERESA'S: Masses at Notre Dame du Laus.
ST. GEORGES: Mass Sunday at 8:00 am and 10:00 am
ST. JUDE'S ANGLICAN CHURCH, Grand Marais. Holy Eucharist - 2nd and 4th Sundays, 11 a.m. Morning prayer 11 a.m. - 1st, 3rd and 5th Sundays.
TRINITY EVANGELICAL LUTHERAN CHURCH, Thalberg, 1 mi east and 1 mi. South of junction 12 and 304. St. John's Evangelical Lutheran Church, Greenwald on Hwy 12, 1 1/2 mi. north of junction with 317. Sunday church school 10 a.m., worship 11 a.m. (alternate locations) For info, call 635-2625 or 754-8682.
CHRISTIAN FAITH FELLOWSHIP: - Bible study 7:30 p.m. Thurs. Church Service at 10:30 a.m. Sunday School at 10:00 a.m.
HOUSE OF PRAYER FULL GOSPEL: - 2:30 every Sunday. Scantbury Mb., on Hwy 59
ST. MARGUERITE R.C. MISSION Pitt Rd. - Traverse Bay. 11:30 a.m. Sunday Additional Mass mid June thru Labour Day 7:30 p.m. Saturday. Closed November 1 - April 30th.
ST. ALEXANDER R.C. CHURCH, located at Sagkeeng 1st Nations Sunday Mass 10:30 a.m.
ST. THERESA R.C. MISSION, 88 Glendale Ave., Grand Marais Mass or Community Service 7:30 p.m. Saty. 1st Sat of Nov to last Saturday of April. May through October Mass 10am Sun
SAGKEENG CHRISTIAN FELLOWSHIP CHURCH: Lloyd Guimond (Pastor) Sagkeeng South Shore. Service Thursday 7:30 p.m. and Sundays 2:00 p.m.
CHRIST CHURCH ANGLICAN: Sunday 2:30 p.m. in Hollow Water
GRACE BAPTIST CHURCH: Bible Study, Wed. at 7:30pm. Call Pastor Todd Goudy for more information 367-2531.

<p>Publisher Valerie Anderson</p> <p>Editor Charles Norman</p> <p>Production/Art Design Lori Pachkowsky</p> <p>Sales/Production/Office Manager Toni Bruncau</p> <p>Sports Grant Pachkowsky</p>	<p>SUBSCRIPTIONS</p> <p>Local Rate: \$34.20 National & Urban Rate: \$39.90 Foreign Rate: \$57.00 (prices include PST & GST)</p> <p>P.O. Box 534 Pine Falls Mb., R0E 1M0 e-mail: theecho@granite.mb.ca Ph: 367-9468 Fax: 367-9974</p> <p>Lac du Bonnet Office Ph: 345-9896 Fax 345-8004</p> <p>2nd class mail #1763687 (Postage paid in Pine Falls)</p>	<p>The Winnipeg River</p> <h1>Echo</h1> <p>The Echo is an independent weekly newspaper published on Tuesdays in Pine Falls and Lac du Bonnet, MB. Advertising deadline is Friday at 3:00 pm.</p>
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\$1.1 million for PR 433



The condition of PR 433 continues to deteriorate despite maintenance.

by Toni Bruneau

Notification was given last week that Highways Minister Steve Ashton would be in Lac du Bonnet to make an announcement regarding PR 433.

The announcement was to be made Tuesday evening, June 13 at Camp Hide-Away, located northeast of Highway 313, on PR 433. Over an hour after Ashton's expected arrival, some concerned residents attending became understandably anxious, but the atmosphere quickly turned to celebration upon Ashton's appearance and announcement.

MLA Darren Praznik was on hand to welcome him to the area

and Praznik agreed with the need for more money in the Highways budget. "We're not always partisan and there are many times we have common cause and putting more money into roads is one of them."

Ashton said the last time he was in the area residents advised him to make sure he came on a rainy day, and "boy did I pick the right day". The weather had been unfavorable for a number of days, and PR 433 in very poor condition.

Ashton told the crowd of approximately 75, that the Highways Capital Program had been announced, and "normally

projects that are announced this year won't go into construction until next year."

Although this work on the road was not part of the program Ashton said, "Given the specific circumstances with this road," he said, "that part of the Capital Program will be \$1.1 million," and the first four kilometres will be hard surfaced - this year.

Ashton went on to commend everyone involved who had raised the issue and said, "It's really a testament to the fact that you don't give up in this area, and that's the way to do it." He remembered the first meeting after the election, "it was a pretty upfront meeting".

Reeve Dorothy Boznianin said the RM council met with Ashton last fall and lobbied to get the road done and that it has always been an issue. She said the general trend in this area is that people are not building cottages anymore, they're building homes. There are almost 1000 cottages and residences in the area leading up to Cape Coppermine, serviced by PR 433. This was stressed at the meeting with Ashton, as well as the impact the road had on day traffic. Many summer visitors love coming to the area but are reluctant to return because of the road, experiencing abuse on their vehicles, boats or trailers.

Having this project put into the budget for this year was really a combined effort in which many people participated.

Barb Mitchell, Joyce Lennox and Irene Kuhl spearheaded a letter writing campaign at Praznik's office this spring. Approximately 500 letters from residents in the area were received at Ashton's office.

Mitchell felt it was very successful and that the letter writing campaign played a big part in it, along with all the hard work and effort given by Reeve Boznianin and council. She said,

"All the residents that use 433 played a part in this... everybody deserves credit".

Mike Hameluk acted as a liaison between Lac du Bonnet residents and the government, keeping the pressure on at Ashton's office, as well as circulating a petition.

Tenders are scheduled to be out this week and as soon as the tenders are back the contractors will be able to start. Rural Municipality of Lac du Bonnet council met earlier Tuesday with Highways staff and passed a resolution accepting a plan for the work to be done on this road. When asked how long it would take, Mark Gosselin, of Highways said if the weather holds, thirty working days and there would be no road closure. One lane would be kept open for traffic.

Questions were asked about the other part of the road, referring to the portion of highway running east towards Camp Hide-Away.

Ashton answered, "We're starting with the four kilometres, I know we're going to do some design work on the remaining part, that's part of the Capital Project too, but the main part is the four kilometres."



Congratulations
to
Violet Enns
on receiving a
Certificate in
Horticulture
through
Assiniboine
Community College

Library Corner *LdB Regional Library*

June 21 is National Aboriginal Day, a time for all Canadians to recognize the diverse cultures and outstanding contributions of First Nations, Inuit and Metis peoples. Last summer aboriginal artists in Canada were invited to submit artwork that best reflected the theme *Celebrating Aboriginal Peoples*. The posters that resulted are now on display at the library.

As well, we have several books on display that were either written by or about our aboriginal people of Canada. A new title to look for is *The Trial of Louis Riel: Justice and Mercy Denied* by George

R.D. Goulet. The author is a 12th generation Canadian, a direct descendent of Louis Hebert (Canada's first permanent colonial settler). "This book provides a critical legal and political analysis of Louis Riel's sensational 1885 trial for high treason, and in doing so arrives at some unique and startling conclusions".

Stolen Life: the journey of a Cree woman by Rudy Wiebe and Yvonne Johnson was published in 1998. Although not brand new, this book warrants mention again. *The Globe and Mail* says "An extraordinary chronicle... A tribute to the human spirit that

refuses to give up..." Put this title on your must-read list!

We have a few children's titles that give a sense of the early aboriginal way of life. *How the Birch Tree Got Its Stripes* is a traditional Cree story for children.

The Loon's Necklace is a Canadian Indian tale which has been illustrated by Elizabeth Cleaver. "According to Tsimshian legend, when the sight of an old man was restored by Loon, he gave the bird his precious shell necklace as a reward. That is why the loon has a white collar and speckles on its back."

"From time to time a warm breeze blows down

from the mountains and, for a brief while, gives the people of the plains and foothills a welcome respite from the bitter cold of winter." *Chinook* by Sharyn Marston tells the story of how this came to be. She lives in Alberta's chinook country!

The Moons of Goose Island was written by Don K. Philpot and was published by Hinterland Publishers, Sandy Hook, Manitoba. "Through his nurturing of a founding bird, a boy learns about the cyclical nature of life and the possibility of recovery from personal tragedy". The beautiful illustrations in this book were achieved using black ink and pencil crayon.

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SUBWAY

98 Third Street, Lac du Bonnet - 345-6100
Open 9:00 a.m. to 11:00 p.m. daily Open till 1:00 a.m. on weekends
NOW OPEN FOR BREAKFAST AT 9:00 A.M.

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Homes away from Home

by Toni Bruneau

The Lac du Bonnet area boasts many hospitable establishments providing quality accommodation to vacationers and frequent visitors. Right downtown there are two hotels, Lakeview Hotel and Casey's Inn Motor Hotel. Just outside of town, on Highway 11, Drifters is equipped with ten motel units.

Every summer Lac du Bonnet sees approximately 20,000



people flock to the area, to enjoy the surroundings. When there is a big event in town, like the July 1 celebrations, a ball tournament or a large wedding, you may find it difficult to get a room!

Here are some alternatives worth checking out.

Country Escape on the Lake, Bed & Breakfast

Dorothy and Ozzie Singbeil have lived in Lee River for five years. Ozzie, now retired, has had a cottage in the area for approximately 40 years. Dorothy has done a lot of travelling and has stayed at bed and breakfasts, which gave her the idea to start her own. The appropriate space, beautiful waterfront property, a collection of charming antiques, and their neighborly personalities is a perfect combination for such a venture. Country Escape on the Lake it is. A perfect choice for your 'home away from home'.

The guest house is nestled in their large treed and landscaped lot. There is a private entrance to two spacious bedrooms, a shared bathroom with an enchanting clawfoot tub and shower, and a cozy sitting area. The bi-level deck overlooks the picturesque view of the Lee River where waterfowl are sure to be resting.

Their most interesting guests include a couple from the Netherlands, who pulled into the driveway one day with a map and information they took from the internet; and a lady passing through, coming from her son's wedding up at

Thompson.

Country Escape on the Lake is open from May to October, and located 15 minutes from Lac du Bonnet on Meadowlark Lane, five minutes from Black Bear Golf Course! Call Dorothy or Ozzie Singbeil for information 345-6122.



Champagne's RV Park

Irene and Dennis Champagne have been developing their property for two years. They too, have done a lot of travelling; collecting ideas which they have combined to

children, a basketball hoop, horseshoes, picnic tables and fire pits.

The tour moved on into the Champagne Forest, where the nature trails, all named after grandchildren, took me into a whole different world. It takes approximately an hour to stroll the trails in their entirety. The fragrance of the outdoors was enlivening.

Accompanied by the delightful cartoon characters tucked in among the greenery on the trails, you are bound to experience many wild species of ferns, wild raspberries, blueberries and mushrooms. There is also a teepee and a cabin which are frequently visited by the deer and other wildlife in the area.

The Champagnes have recently planted spruce, willow and maple trees, not to mention the hundreds of flowers throughout the property, which will be breathtaking later this summer.

A few comments written in the guest book include, "perfect little getaway", "just beautiful", "great hospitality", and "best Canadian park we've



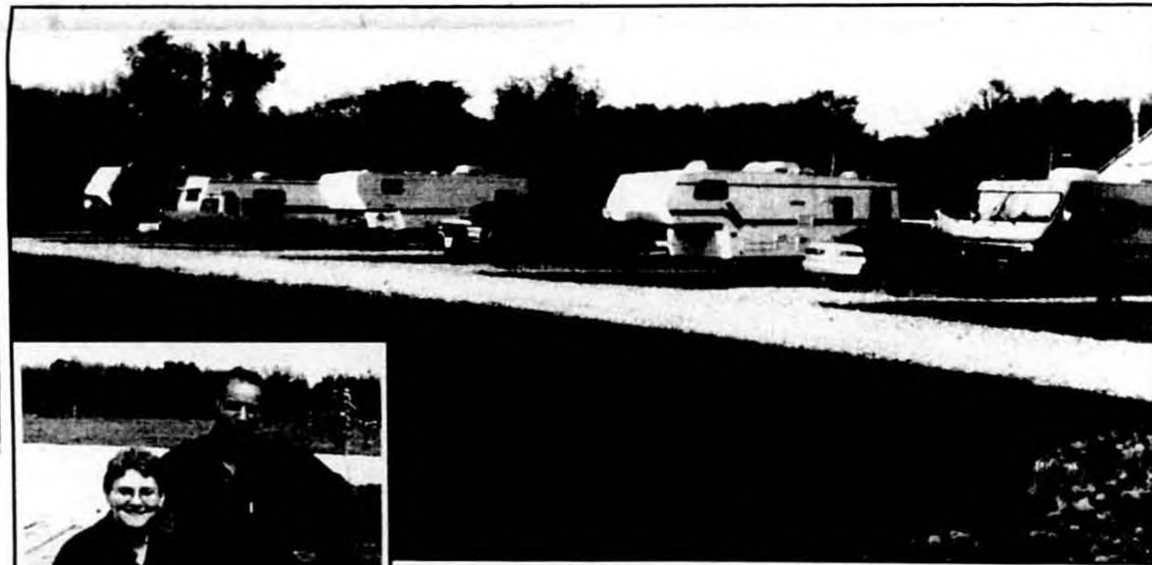
River's Edge Bed & Breakfast

Waking up to the sunrise on a still and quiet morning at River's Edge Bed & Breakfast will leave you breathless. The sound of the Winnipeg River lapping on the shoreline and the warmth of the first blush of sun, will put you into an unforgettable state of relaxation.

You would have to visit to be able to appreciate the talent of this couple. The decor in the honeymoon suite is exquisite as in every room, excellently coordinated with delicate spirit. Karen provides regal hospitality and enjoys presenting subtle tributes to her guests. A royal 'home away from home'.

The second-floor private suite is complete with balcony, sitting area and day bed. Warm hardwood floors flow under the living room suite, where the vastness of the Winnipeg River can be enjoyed beside the fireplace. A private spa is also available for ultimate repose. Favorable weather is a good indication that you may also be treated to a bonfire or fish fry.

River's Edge Bed & Breakfast is open year round. Their is a variety of winter activities, including snowmobiling, ice fishing and skating. For more information call Karen or Brian at 345-6576.



seen in 40 years of travel". Kudos to you both, Irene and Dennis!

Champagne's RV Park is open from May to October, for information call Irene or Dennis at 345-2414.

Karen and Brian Cinq-Mars have been operating their bed and breakfast since December of this year. Many couples have experienced the dramatic beauty of the view as well as their warm and personal welcome.

create their success story. This is the place to make your own, 'home away from home'.

Irene took me on a tour on Big Ed (golf cart). I was overwhelmed by the transformation of the grounds. The RV park houses 15 fully serviced sites with sewer, water and electricity, seven partially serviced with electricity and water, as well as 11 tenting sites. They are currently developing many future lots.

The main house is immaculate, centrally located and is equipped with laundry facilities, washrooms and showers. There is a play area outside for

VIOLET'S GREENHOUSE

Hard Rock Road, PTH 11 and PR 313, Lac du Bonnet, Phone 345-6538

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(left-right) Audrey Bachelor and Nancy-Lou Ateah, Co-operative members of the Dew Drop-In Artesians Co-op Inc.

Dew Drop-In Artesians Co-op Inc. opens its doors

You could just feel the excitement in the air. Everything was in its place and the doors were open for business on Thursday, June 15. The new store will be celebrating their official grand opening on July 1st. The store is located at Wimpy's Corner, Grand Beach Highway #59, across from the

school. The co-op's hours of operation are seven days a week, 10am to 4pm. The store number is 204-754-3675.

This decadent store boasts the talents of many artists within the immediate and surrounding areas. The store had many crafts for sale. Some of the

crafts were pottery, stained glass, and jewelry. There was even one whole room dedicated just for Christmas crafts.

The co-op was formed in August of 1999 and became incorporated on December 20, 1999. The mandate for this co-op is to form an artists co-op and build a retail

store in the style of a heritage cottage, to teach workshops to youth and adults, to build a tourist information centre, to request the provincial government to erect signs that designate the various artesian locations along the highways, to publish a brochure listing of various artesians in our area with a map to locate the businesses, to promote a bus tour loop through the area of the East Beaches, Pine Falls and Lac du Bonnet.

This unique store not only sells local artist's works, but also promotes workshops that are geared towards youth and adults. Workshops planned for the summer are friendship bracelets for kids and applique for kids by Pam Gaskell. Hand building porcelain pottery for children and adults by Sigrid Lyles. Patio stones for adults and mosaics for kids, as well as fairy floral pictures using pressed

flowers for kids and stained glass pressed flowers for adults by Audrey Bachelor. Nancy-Lou Ateah will be doing a watercolour workshop for adults, where a complete painting will be done

each session.

If you are interested in bringing your work or becoming a member of this co-operative the person to contact would be Nancy-Lou Ateah at 756-3447 or Pam Gaskell at 756-2101.

LOU'S PIZZA CHICKEN & SUBS

Park Avenue, LdB
Phone 345-8063

GRADS - THIS WEEK

HOURS:
Tues. - Thurs.
11 a.m. to 11 p.m.
Fri. & Sat.
11 a.m. to 1 a.m.
Sun.
4 p.m. to 10 p.m.

BUY ONE MEDIUM PIZZA & GET
A MEDIUM 2 TOPPING PIZZA FOR

HALF PRICE



*Congratulations
Grads of 2000!*

*May today be
all you've hoped for...*

*and tomorrow be
all you've dreamed of.*

DARREN PRAZNIK
MLA
LAC DU BONNET



Counterfeit cash

RCMP Press Release

On June 12th, the Caisse Populaire Credit Union located in St. Georges, Manitoba located a counterfeit \$20 Canadian bank note that had been passed at a beaches area business between the 8th of June and the 11th of June, 2000. The Winnipeg River RCMP Detachment believes this is to be an isolated incident, however local businesses should make all

employees who receive or handle cash aware that the possibility exists that more counterfeit bills may be passed in the area.

The most obvious part of this specific counterfeit bill is the security foil on the top left hand corner of the front (Queen) side of the bill. In this instance it is not foil, but gold coloured ink. The bill is not cut very well and the serial

number (XPO1548627) has been done with a type-writer, not the usual bold print. There is a photocopy of the counterfeit bill below and these discrepancies are easily seen when compared to an authentic bank note.

Should you come across any currency that you suspect is counterfeit, contact your local Detachment at your earliest convenience.



Public Consultations

LIVESTOCK STEWARDSHIP 2000

Share your views on livestock industry expansion

The Manitoba government wants your input as it develops a plan for safe, responsible growth of the livestock industry. You can present your views through written submissions, or at one of the six public meetings:

MORDEN

June 29, 2000
Morden Recreation Centre
2-5 p.m. & 7-10 p.m.

ARBORG

July 5, 2000
Arborg Community Hall
2-5 p.m. & 7-10 p.m.

BRANDON

July 11, 2000
Victoria Inn
2-5 p.m. & 7-10 p.m.

DAUPHIN

July 13, 2000
Parkland Recreation Complex
2-5 p.m. & 7-10 p.m.

WINNIPEG*

July 24, 2000
Winnipeg Convention Centre
2-5 p.m. & 7-10 p.m.

STEINBACH*

July 31, 2000
Steinbach Community Legion
2-5 p.m. & 7-10 p.m.

* Simultaneous language (French/English) translation services available.

Meetings will be conducted by a government-appointed panel. Written submissions should be received by the panel no later than July 31, 2000.

If you want to make a presentation, please register at least one week prior to the meeting date by calling 1-800-282-8069 or 945-7091.

A public discussion paper on livestock industry growth is available on the Manitoba government Web site (www.gov.mb.ca/agriculture/news/lsteward/stewardship0.html) or by contacting:

Livestock Stewardship Initiative
123 Main Street, Suite 160
Winnipeg, Manitoba R3C 1A5
Telephone: 1-800-282-8069 or 945-7091
Fax: 948-2357



Guess Who?

Usually at a computer, on the course, or the couch.
Take away his remote, and ohh! What a grouch!



Recreation Ramblings

Winnipeg River Rec District

by Robin Attas
345-8816 Lac du Bonnet
753-2639 Pinawa

I was looking through my inbox recently (hey, this is pretty exciting stuff for me) and came across an interesting brochure from Health Canada. They've created a physical activity guide, somewhat similar in style to the nutritional guide the agency has been putting out for quite some time. It's an interesting concept, although it seems to me to be a lot harder to quantify physical activities than amounts of food, and to classify them in categories similar to food groups. But it has been achieved, and now I'm trying to evaluate the results.

The classifications they use are endurance activities (continuous activities such as biking, mowing the lawn and skiing), flexibility activities (stretching, strength activities (weight training) and sitting for long periods. The idea is to increase the first three cat-

egories, while decreasing the last (and you thought sitting for long periods counted as physical activity)! The brochure tries to make physical activity look accessible to everyone, and gives examples of both traditional physical fitness activities like jogging, skiing and swimming; and more lifestyle-oriented ones such as gardening, mowing the lawn and raking leaves.

I guess the brochure succeeds in doing what it set out to do, making Canadians more aware of how to increase their physical activity levels. There's something I don't like about this brochure, but since I can't quite figure out exactly what it is, I won't complain. Stop by either rec office if you feel like taking a look at it for yourself - and if you figure out what's bothering me about it, please let me know!

Coming up...

Logo contest: Don't let your pens and pencils sit on

your desk unused! Enter our logo contest! Create a new logo for the Winnipeg River Recreation District and you could win. Submit your entry by June 30 to the rec office (Box 852, Lac du Bonnet, MB R0E 1A0 or Box 338, Pinawa, MB R0E 1L0).

Eastman Regional Summer Games: the deadline to register for triathlon, beach volleyball and water ski is this Friday, June 23, so get a move on!

Pinawa Tennis Camp: July 3 to 7. For information contact Dennis Chen at 753-5190. Registrations can be dropped off at the rec office.

Trans Canada Trail Relay 2000: to celebrate the opening of the Trans Canada Trail we're having a party at Old Pinawa. Enjoy great music, great food and great company. Call the rec office for details.

Quilt Show: July 1 at the Lac du Bonnet Community Centre. There will be a silent auction as well as the show. Brought to you by the Riverside Quilters.

STEWART'S MEMORIALS

• Granite & Bronze COMPLETE CEMETERY SERVICE
• Grave Covers
• Inscription

345-2644

Highway 317 N., Lac du Bonnet, MB

S&E Carpet

COMMERCIAL

RESIDENTIAL

Hardwood and Laminate Flooring
Ceramic Tile, etc.

Fishing regulation proposals 2001/02

Major angling regulation changes are initiated by placing them into a consultation/review process at least one year prior to enactment. The proposals for the 2001/2002 angling season are a culmination of ideas and suggestions from user groups, individuals, Fisheries managers and other department staff. As in other years, based on the review process and comments and recommendations from users, some of these proposals may not become regulation.

1) Remove Gem Lake from the list of high quality management waters.

Apply the regular limit of six

pike and six walleye to Gem Lake.

Rationale: walleye in Gem Lake are also no protected by the slot limit enacted in 2000. It is felt that walleye stocks will be further enhanced using the slot limit rather than reduced limits and in addition, will simplify regulations for this area.

2) Remove the four walleye limits on Booster and Flanders Lakes and apply regular walleye limits of six.

Rationale: The application of walleye slot limits to these fisheries may now allow the removal of lower walleye limits and apply general, provin-

cial limits thereby allowing anglers to harvest more, smaller fish and simplifying regulations. **3) Apply slot limits for northern pike for that part of the Winnipeg River from the Pointe du Bois dam to the Ontario border.**

All northern pike between 70 cm (30 in) and 110 cm (41 in) must be released. The creel limit for pike remains at four.

Rationale: A number of the lodge operators on this part of the river have requested this change to provide added protection for pike.

Call Peter Humble, 345-6190 with comments or concerns.

LdB Community Billboard

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

Ladies' Auxiliary Royal Canadian Legion Branch #164 meets first Tuesday of each month 7:30 p.m. Legion Hall.

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

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

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

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

Lakeshore Al-A-Teen Group Phone Kathie 367-8237, Vickie 345-6520.

Lakeshore A.A. meetings 8:00 p.m. Sunday, big book study; 8:00 p.m. Tuesday, step meetings. Anglican Church rectory.

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

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

Lac du Bonnet Wildlife Association meets first Tuesday of every month 7:00 p.m., RM office, except June, July and August. Call Peter 345-6190.

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

Two Rivers Seniors Resource Council Inc. Lac du Bonnet office, Health Centre 345-1227, Ruth Clay. Services: driver escort, lifeline personal response system, friendly visitors, fee-for-service handy helpers, information volunteers.

Pioneer Club Monthly Meeting first Monday of each month 9:30 a.m., Pioneer Club.

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

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

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

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

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

Little Day Buddies Nursery School Mondays, Wednesdays and Fridays 9:00 a.m. to 11:30 a.m., 12:30 to 3:00 p.m., Lac du Bonnet Community Centre. Janice 345-8979.

Call

The Echo

to list your regular meetings and events

FREE OF CHARGE

345-9896

Lac du Bonnet Church Directory

ABUNDANT LIFE CHAPEL

Pastor Jeff Andrews, church 345-2934, home 345-1950

Sunday: 10:45 a.m. - morning worship (children's church during service); 7:00 p.m. - hymn and prayer.

LUTHERAN CHURCH OF THE CROSS

Pastor Kolleen Karlowsky, church 345-8654, office 345-2919

Sunday: 11:00 a.m. - worship service

NOTRE DAME CATHOLIC CHURCH

Father Richard Machura, 345-2900

Lac du Bonnet: 5:00 p.m. - Saturday mass; 11:00 a.m. Sunday mass
Pinawa (senior school): 9:15 a.m. - Sunday mass

ST. JOHN'S ANGLICAN CHURCH

Rev. Brian Rountree 367-8615, church 345-2357

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

Dr. Mark Karpa and Associates
would like to welcome
Dr. Dan Drysdale's patients to the
POWERVIEW DENTAL CENTRE



HOURS

Monday - Tuesday

9:30am - 5:00pm

Wednesday 9:30am - 7:00pm

Thursday

9:30am - 5:00pm

We are located at the Powerview
Municipal Building
204-367-2815

WHAT'S IN THE Cupboard



Hats off to Dad

There is something to be said for outdoor cooking on an open fire. Blane and his Dad enjoying a wood cooked hotdog on a great summer day.

Corn-on-the cob with Mexican Butter

8 tbsp. unsalted butter Sea salt
 1 1/2 tsp chili powder Lime Wedges
 1/2 tsp dried onions
 1/2 tsp cumin
 2 1/2 tbl finely chopped fresh cilantro
 12 ears corn husked
 2-3 tbsp. olive oil

Rub corn with oil, cook on grill 8-10 minutes. Baste with butter recipe. Serve with lime wedge and sea salt.

Instincts for survival

Mr. Lussier, of Powerview School's grade nine science class conducted a hands on game that proved to be fun & educational despite the weather conditions. The purpose of the game was to increase awareness and appreciation of the environment. The object of the game is for each player to role play a specific animal and to "survive" in an ecosystem. The ecosystem was set-up at the Industrial

Ball Diamond and in and around the baseline. The animals that the students role played were omnivores & carnivores and man. They had to brave the elements (hurricanes, lightening, diseases, eating and trying to survive.



Mr. Lussier with his grade nine science class

Sewer design not finalized

The design of the sewer system for residents and businesses in the area annexed by Powerview last year has still not been finalized. The major issue in the annexation was the provision of a sewer system for RM of Alexander taxpayers to the east and west of Powerview. The Annexation process took too long to enable the installation to be completed before freeze-up last year. The village plans to complete the project this year. They are checking into the availability of grant money for the project.

Canada Day Kickboxing

July 1, 2000

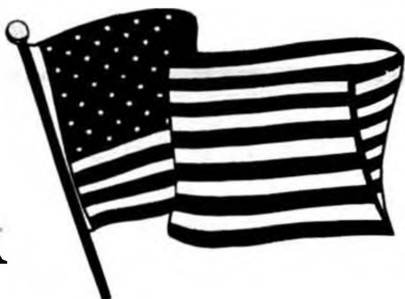


Held by Sik
 Tai Pine
 Falls

Powerview School Gym
 Doors open 2:00 p.m.
 Admission \$20.00

Advance tickets at
 Pine Pharmacy and
 B&M Pawn Shop.
 Tickets also available at the door.

Canada
 vs. USA



Feature Fighters:

Larry Sharpe
 Henry Jonski

Joey Strongquill
 Duke Fountain

Curtis Lemire
 Kristy Sharpe

12 exciting
 bouts

David W. Iftody

M.P. PROVENCHER



Congratulations!

and
 Best Wishes
 to the
 Graduating Class
 of 2000!

75 Third Street, Lac du Bonnet Phone 345-9419

The Reeve, Councillors and
 Staff at the

RURAL MUNICIPALITY
 OF LAC DU BONNET



wish the Grads of 2000
 success and opportunity in the future.

Congratulations!

STAR CHOICE

Bring Superior Digital Satellite Television
 into your home today for only:

\$99.99*
 After all rebates

For the Navigo 401 Basic System

Navigo 401 Basic System	Second Receiver Navigo 401 Basic
\$199.99 retail price	\$149.99 retail price
-\$100.00 programming credit	-\$50.00 mail-in rebate
\$99.99 after all rebates	\$99.99 after all rebates



200+
 Channels
 More to Come
**STAY
 TUNED!**

BOOK YOUR SYSTEM NOW!

Call Dave or Warren:
 367-2460

UNIVISION SERVICES

Located at Dave's New & Used Furniture, 21 Art Avenue, Powerview

Tantalum Mining
 Corporation of Canada Ltd.

Phone 884-2400



Best Wishes!

to the graduating class of 2000 for a
 happy and successful future!

Fourth straight track title for LdB schools

by Jim Matz

For the fourth year in a row Lac du Bonnet's Grade 5-8 athletes dominated the Zone 13 North junior high track meet. The championship was held in Powerview Friday, June 9. Led by the junior girls (age 11), LdB piled up 555 points. The total easily out-distanced runner up Whitemouth, which finished with 399. Points were awarded as follows: First = 7, second = 5, third = 4, fourth = 3, fifth = 2 and sixth = 1.

LdB's junior girls brought home an impressive total of eight firsts, five seconds and six thirds. Not bad considering there were ten events for their classification. Starring in a big way were Melissa Wold, Kelsi Smith-Young, Brenlee Nilsson, Danielle Clark, Stephanie Joseph, Nicole Kachur and Tin Difronzo, all multiple winners. The girls

then wrapped up the day by adding the 4 x 100 relay to their laurels.

The primary girls were led by Celia Gauthier with firsts in the 80 m and the 800 m. Chrissy Boulanger took a first in triple jump, a second in the 400 m and a third in the 200 m. Brittany Joseph placed second in the 800 m, then cruised to a win in the grueling 1500 m.

In the age 12 intermediate category Chantel Kunzie had an excellent day in the field events, garnering a first in long jump and seconds in both shot put and discus. Melanie Rollins did her share on the track, picking up ribbons in the 400, 800 and 1500. Riva Karklin also kept her promise of doing well in high jump as she walked away with the first place red.

Our senior girls hardly made a dent in the track

events, but clearly dominated the field section. Angela Niemi took a second in 800 and a third in 1500, while Dawn Lamoureux raced to third in the 200 m. Otherwise our girls were shut out on the track. But the field events were a different story. Callie Teetaert won the long jump and triple jump, while Alison Neiser was tops in shot put and discus. Sarah Kabaluk also picked up three ribbons, third in high jump and discus as well as runner up to Alison in shot put.

The junior boys definitely need some work as LdB's contingent chalked up only four ribbons. Jacob Bakke took two seconds (800m and long jump) as Powerview and Whitemouth dominated this section. Dylan Chaboyer won the 1500 while Dustin Lussier took third in the same race.



The primary boys were somewhat more successful, with Cory Smith (first in 80 m and 200 m) and Joey Champagne (second in 800 m and 1500 m) leading the charge. Riley Pargeter flew to a victory in the triple jump to add seven more points to the total.

Matt Jones and Cody Stampler had the best day for the intermediate boys. Matt was first in the 200 m and second in

the 100 m and 400 m. Cody won both shot put and discus, proving once more they raise 'em strong in LdB. Trevor Strong and James Pedruchny were the other multiple winners in this section.

Senior boy, Shane Gauthier amassed 18 points for the team by winning the long jump and 100 m. He added a third in the 200 m. Jeff Halbert was the only

other multiple winner with a third in 100 m and a second in 400 m. Victor Shegelski cleared the bar higher than any of his rivals to win the high jump.

Congratulations to Lac du Bonnet's 5-8 track team!

Lac du Bonnet	555
Whitemouth	399
Pinawa	345
Powerview	225
Edward Schreyer	117
Pine Falls	45

Gold medal winners off to MTS Manitoba Games

Eastman Regional Games golf participants enjoyed the sunshine at The Pinawa Club Sunday, June 18. First place winners will be off to Viden August 11-13 for the MTS Manitoba Games.

First place winners include: Junior - Michael Demarco (10-13), Nolan Rieger (14-17), Adult 18-34 - Jocalyn Litke, Scott McAmis, Adult 35-65 - Betty McCamis, Linden Demarco, Senior

55-64 - Helene Labelle, Jim Ticknor, and Senior 65+ - Elsie Lambert. Presenting the medals were Monique Bilecki (South Interlake Credit Union), Blair Skinner (LGD of

Pinawa), and Michelle Chudd (on behalf of MTS).

Other medal win-

ners include: Evan Matman, Thomas Nuytten, Kyle Doberstein, Kyle

Friesen, Greg Waytkin, Susan Lazaruk, Louise Daymond, Ron Loeb and Diane McMillan.



Gold medal winners of Eastman Regional Games golf, soon to take part in MTS Manitoba Games in Virden.

Dupont Street still closed

A culvert under Dupont close to Highway 11 has collapsed. The road above has not moved but Powerview Council has closed the road over the culvert in case the road collapses while a vehicle is crossing. The problem has not interfered with the flow of the creek. The Village will be asking the Department of Highways for advice on how to fix the problem

Best Wishes to all Graduates in the Winnipeg River Area

Ingham PHARMACY

Lac du Bonnet, Phone 345-2232

Everyone at Chicken Chef wishes to congratulate

AMBER GIESBRECHT

along with all of the

Grads of 2000!

Chicken Chef

44 McArthur
Lac du Bonnet
345-2433

Congratulations

to the Grads of 2000!

Sheri, Tim, Lorraine, Helen & Cindy

CARNATION CORNER PLUS

Lot 18, Park Avenue
Phone 345-9450

Pine Falls - Our Community, Council and Us

Greetings from the Chairman

Hello Everyone,
Well I guess the tomatoes and cucumbers are in, lawn has been fertilized, planters are all primed and looking beautiful. Children are full of energy anticipating the end of school or rather the start of summer holidays! Everyone is getting in shape to wear their new bathing suits!

I am writing today to send my best wishes to all and tell you some of what is happening here, in the town of Pine Falls.

Our council meetings are every second Wednesday. Regular Council 8:00am start of the month. Council of the Whole Meetings 1:00pm middle of the month, everyone or anyone may attend. If you have a delegation that you want heard please contact our town administrator Angela Enright so that she can put you on the agenda.

We have an open door policy that invites anyone to drop in for a good ol' chin wag, anytime you feel like. If you have any ideas of any kind please write them down and bring them in to your town office.

If you are planning on building something or renovating please remember to see Angela the Town Administrator before you start your plans. She will help you with this process.

I have to say we have been working our councillors pretty hard around this office, but you're worth it.

You have probably seen some of the beautification that has been going on around town. We have been prospecting ideas from everyone to get this done. We feel all of you have Great Ideas!

We met with our grades 9-12 to let them know what we are hoping for and asked them if they want to participate please feel free to drop a note any time. We also tried to shed some light on the fact that eliminating vandalism takes all of us working together.

We met with the Kindergarten - Grade 8 group at a daily assembly, shared some stories, sang our National Anthem, and said our Lord's Prayer together.

The captions posted below are some of the samples that our children have forwarded to our office.

As a council we have been actively involved with the Winnipeg River Brokenhead Community Futures Develop-

ment Corporation. We hold a seat on their Board of Directors.

On Friday the WRBCFDC held their Annual General Meeting. One of the awards presented was the Warren Besel Award. Fred Welsh was honoured with this award, his family was presented with the award.

Our Council

We recently went on a two day Sharing our Resource/Sharing our Future Conference in Hollow Water. The confidence was to discuss economic and environmental impacts as a result of Development on the East Side of Lake Winnipeg. The theme "Sharing our resources/Sharing our Future enabled Government and Industry to present plans for development on the east side. We as a council found all of the presentations to be very informative, and very exciting. We would like to point out Folks that this was a major historical event! The process, the participants, the plan. The theme also enabled all the communities on the east side of Lake Winnipeg with the opportunity to take part in the planning process associated with the proposed development.

Pine Falls Paper Company presented two new business initiatives; one being a new sawmill venture with the First Nations as partners, the name of the sawmill was announced as GAA-bi-Mooka ang. The second proposal was the New Forest Management Company, the name being announced as Kilwento Ma'ingum. Both names are Ojibway names given to the companies by Elder George Fontaine.

The two complaints have a partnership working group of First Nation People and PFPC people. The Pine Falls Council would like to acknowledge and thank Hollow Water First Nation and their youth for the wonderful welcome and gracious hospitality. The food was great, the drum songs were enjoyed. I don't think we'll soon forget this experience, Meegwich!

Pine Falls students offer ideas for Pine Falls

Dear Mr. Parisian:

I have a few ideas on how to improve Pine Falls. My first idea is to put a slide in the pool. My second idea is to build a skateboard ramp. My third is to put a slide in the park. My fourth idea is to make a bike trail.

From Kyle Cyr

Dear Mayor Parisian:

I have a few ideas on how to improve Pine Falls. My first idea is a skateboard ramp in the arena so kids won't make noise at night and so it's safer. My second idea is planting flowers and trees so we can have cleaner air and so the town looks nice, so it won't look ugly. My third idea is a bike ramp so it is safe and so kids won't get hurt or make noise when we are sleeping. And my final idea is a snowboard hill in the winter so kids won't have to come to the school and so they won't get hurt on the rocks. I hope you will be able to use some of these ideas.

Your friend,

Kailey

Dear Mayor Parisian:

I have a few ideas on how to improve Pine Falls. My first idea is to fix up the park. My second idea is to plant more flowers by the play structure. My third idea is to make a bike path in the bush. My fourth idea is to make a Safeway Store so we don't have to go to Winnipeg.

From your friend,

Tara Ursel

Dear Mayor Parisian:

I have a few ideas on how to improve Pine Falls. My first idea is to make a zoo here. My second idea is to make a new playground at the Village Green. My third idea is to make a bike trail. My final idea is to make a skateboard trail. I hope you will like my ideas.

Your friend,

Jeremy L.

Dear Mayor Parisian:

I think we need a skate boarding place and we could plant a lot of trees and plant gardens. We would make a hospital near

Pine Falls Golf Club honours Joe Reichart

Because of his long time commitment and dedication to golf and the Pine Falls Golf Club - Mr. Joe Reichart was recently granted an honorary Lifetime Membership with full membership privileges by the Pine Falls Golf Club at its Spring Annual Meeting.

Mr. Reichart served as a long time executive member in every capacity. Mr. Reichart was a club champion in three separate decades and was widely recognized as one of the top amateur golfers in the province. Mr. Reichart joins a se-

lect group of honorary members - Mr. Ted Harrison - deceased, and Margaret Ford.



Joe Reichart

the skate board park.
From Giles Raymond

Dear Dad:

I have a few ideas how to improve Pine Falls. My first idea is to build a Toys R' Us. My second idea is to build a place where people could train for the mill. My third idea is to build a Wal-Mart. Finally my last idea is to build a townsite office.

Love your son, Kale

Dear Mayor Parisian:

I have a few ideas on how to improve Pine Falls. My first idea is planting flowers. My second idea is having a skateboard place so that people can skateboard somewhere else. My third idea is to have a bike ramp. My final idea is having a snowboarding place.

Your friend,

Victoria.

Dear Mr. Parisian:

I have a few ideas on how to improve Pine Falls. My first idea is a moto cross track. My second idea is a bmx ramp. Thirdly, a bike trail would be fun. Finally a skate board ramp, would be great.

Your friend,

Cody

Dear Mayor Parisian:

I have a few ideas on how to improve Pine Falls. My first idea is an aquarium. My second idea is a skateboard park. My third idea is a beach. My final idea is a water slide park.

Your friend,

Jacob

Dear Mayor Parisian:

I have a few ideas on how to help improve Pine Falls. My first idea is to have a skateboard park with thousands of ramps and poles to ride down and up. With free rental skateboards and a Trick Zone and a skateboard repair shop.

My second ideas is to have a theatre with nine movies playing in it. Lots of people will get to it.

The third idea is to get a race car track with races every day! Lots of slots for everybody. Lots of people will come.

Finally, one more idea, a swimming pool with a water slide. Lots of employees will come and lots of kids.

I hope you will think of doing these ideas.

From your little buddy,

Adam

Leo Boulanger
CUSTOM HAULING
• Sand • Gravel • Crushed Limestone
• Screen Top Soil
Lee 345-8726 Cell 268-5383
Lac du Bonnet

PRE-KINDERGARTEN CLINIC
MONDAY
JUNE 26, 2000
Lac du Bonnet District Health Centre
1:00 to 4:00 p.m.
NEHA
Please call **345-8647**
and book your appointment

Country Concepts
Ladies Wear & Accessories
Located Pine Falls Post Office Building (main floor)
Owner is Away Sale
Everything is on Sale
Come in and check it out! Only until June 30

Rippling River News

submitted by Vanessa James

Hello to everyone!
Rippling River is back for its second year, busy planning and preparing for the summer months ahead. The program will feature 4 main parts.

Playdays

A day camp for ages 5-8 & 9-12. The children will interact with other children their age while creating crafts and playing sports and games. All playdays will be held at the Powerview School (unless otherwise

noted), on Tuesdays and Thursdays throughout July and August. There is no fee and registration is not needed. Please look for our calendar in the next issue of Rippling River News.

Excursions

Here is a chance for all you adventurous people, to try something different! Excursions are scheduled on Saturdays (unless otherwise noted). Most of the activities are local, but a few will be a day trip to surrounding areas.

Some activities may have a minimal fee and an age restriction. There is a limited amount of space so call to register. The events planned are rockclimbing, sailing, canoeing, horseback riding, water-skiing, and a Wet & Wild day trip.

Sportweeks

The sport week, focuses on a particular sport for 1 week. Participants (Ages 5 and up) meet in the evenings, Monday to Friday. Rippling River workers and volunteers help

to teach skills, and basic rules of the game. We have B-ball/T-ball, Soccer and Olympic fitness (gymnastics and wrestling) weeks. The cost is \$5.00 per sport week, please register in advance.

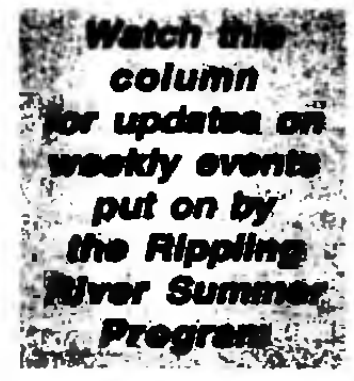
Community events

There will be two Community Bonfires at the Village Green. Come to enjoy campfire food, entertainment and some games. The first bonfire will be held July 8th and we will finish off the summer with one August 26th. No fee. Picnic in the Park is an early evening full of entertainment and fun. Food is available. Balloons, candy, clowns, face painting are some of the things we had last year. No fee.

If you have any questions or would like to register call Vanessa at the Wings of Power office, 367-9641.

Remember, if you are interested in any events, we could always use a helping hand, all volunteers are welcome!

Keep updated weekly with the Rippling River News column.



Then and Now

by George Bayly

You have all heard the time-worn expression "I remember back when I was a kid..." or "things were different back then..." Well, the fact is that things were different back then. For example, food products contained nothing but food, not additives, preservatives, and artificial flavouring. Orange Crush came in a tall brown bottle with an orange diamond label and when you held it up to the light you could see the orange pulp floating around in it. Some people say "if you can't pronounce the words in the ingredients, you shouldn't eat it" I was born right in the middle of World War II when some food items such as butter, were rationed. People hunted deer or

wildfowl to supplement their food supply. Pretty well everyone in Pine Falls and district had a garden which produced a bountiful supply of potatoes, carrots or onions and other fruits and vegetables which were preserved and stored in basement cupboards. In today's hectic world many people only have to throw frozen meals into the microwave oven and then rush off to their next daily activity. In today's world, how many families sit down together for the traditional evening meal where matters of daily importance, domestic or political, are discussed?

In this hi-tech electronic age, we are bombarded with entertainment sources such as satellite TV or video games. Nowadays, a large percentage of the population spend their leisure hours at these electronic pastimes, especially young people. I would like to let them all in on what seems to be a big secret today: There are lots of really good books in our libraries and bookstores!

Before television there were many good radio programs, especially on Sunday evening when most of the mystery and detective series were broadcast. Some I recall were: I was a Community for the FBI starring Dana Andrews, Lux Mystery Theatre, or The Shadow with its trade-

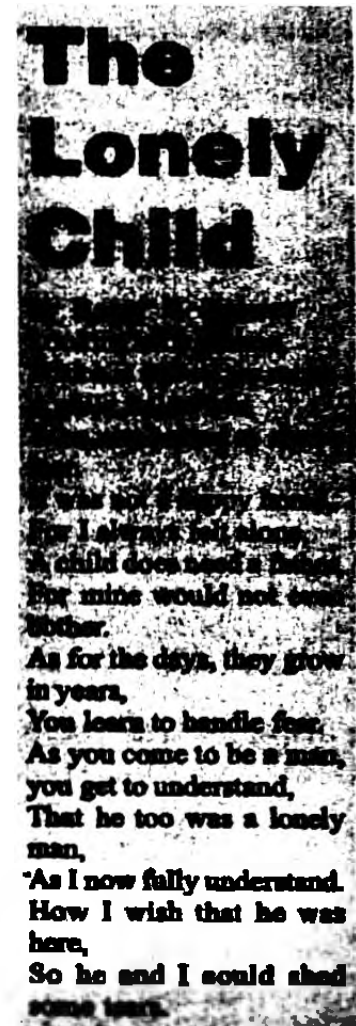
mark introduction: "Only the shadow knows". There were the classic comedy programs like "Our Miss Brooks" with Eve Arden, Willard Waterman as "The Great Guildersleeve", "The Jack Benny Show", or "Amos and Andy". At breakfast you could "March Around the Breakfast Table" with Don McNeil, or spend your lunch hour with "The Happy Gang" featuring Burt Pearl, Joe Niosi, and Kay Stokes at the organ. If you wanted to "see" the news, "MovieTone" or "Pathe" newsreels were shown in the local theatre before the main feature was presented. On one occasion, a very popular radio personality and his troupe came to Pine Falls and broadcasted his show on CKY radio direct from the Pine Falls Recreation Hall. It was Ray Little and his wife Ann who both sang and played guitar, Tex Emery on steel guitar, and comic relief provided by string bass player "Crazy Elmer". How many Pine Falls folks can remember "Where's Charlie?", the major theatrical production put on by local people? It starred Mrs. Don White, wife Don who was the Control Engineer in the 1950s.

Back then, the desks in school classrooms were bolted to the floor, so students couldn't move them around creating that deaf-

ening scraping noise which is prevalent in many classrooms nowadays. At the beginning of the school day, O Canada was sung. The Lord's Prayer said, and at the end of the day God Save the King was sung. Back then teachers were respected and in some cases, revered. Students were required to dress neatly.

At the end of their schooling, the great majority of students had good language arts skills. Nowadays, too many students, on leaving public school, cannot spell or write anything that is comprehensible. In a recent news article in the Free Press, it was reported the University professors are resorting to a pro-

cedure called "dumbing-down" in which they lower their standards to the level of those who are entering university. Are young people getting enough exposure to traditional classical literature by authors such as Daniel Defoe, Charles Dickens, Alexandre Dumas, Thackeray, Guy De Maupassant, or Austen, to name a few? Research has proved that the most information is retained by reading the printed word and very little retained by watching TV or films. Knowledge is power and knowledge is gained through reading books. Today, like back then, library membership is free.... and like back then, thousands of books are published every day.



Student Leaders Needed

The Rippling River Summer Program, is looking for individuals attending secondary school to fill the position for student leader. The responsibilities include preparing for and assisting with the recreational activities planned this summer. All interested persons applying should be mature, independent, and willing to work weekends as well as weekdays. The position also requires that the person has a fun and outgoing personality to be able to create interesting and fun atmospheres for everyone.

Please submit resumes and covering letters to Summer Program Coordinating Committee.

c/o Wings of Power, Box 66, Pine Falls, MB, R0E 1M0 or drop them off at the Wings of Power building at Pine Street. Deadline for applications is Wednesday June 28, 2000.

4 Q Riding Stable

RANCH

For appointment
Blake and Darlene Metcal

345-6428

Lac du Bonnet Riverland Road, south off Highway #313

THE RURAL MUNICIPALITY OF LAC DU BONNET VEHICLE ACCESS DECAL #313 DISPOSAL SITE PUBLIC NOTICE

Effective July 1, 2000, ratepayers of the R.M. of Lac du Bonnet must display a numbered static cling decal in the upper passenger side corner of vehicles front windshield to ensure to the P.R. #313 Disposal Site and future transfer station (s).

The decals are being mailed in the tax statement envelopes the week of June 26, 2000. If you do not receive a tax bill but reside in the municipality please contact the property owner of the Municipality Office situated on PR #317, Monday to Friday, 9:00 a.m. to 4:30 p.m., or call 345-2619.

Marlene Watson
Chief Administrative Office
Rural Municipality of Lac du Bonnet

Busy summer at LdB Youth Centre

by Toni Bruneau

Local band, Skyla, put on a fantastic show at the youth dance, held Saturday, June 10 at the Lac du Bonnet Community Centre. Invitations were sent out to Pinawa, Beausejour, Powerview and other surrounding areas by the Lac du Bonnet Youth Centre in coordination with International Children's Day. All proceeds were turned over to the Lac du Bonnet Youth Centre.

The Youth Centre is operating from Tuesday to Thursday,

4:00 to 9:00 p.m., Friday 4:00 to 11:00 p.m. and Saturday 3:00 to 10:00 p.m. Hours may change to accommodate youths out of school for the summer.

The youth centre welcomes visitors to the area, as well as summer residents. There is a membership fee of \$10 per youth, \$20 per family, or a \$1.00 drop in fee. The centre presently has well over 50 members.

Many events are planned by Youth Centre coordinator Tara Maxwell with the assistance

of members. They participate in ping pong and pool tournaments, card games and movie night is Friday. They also have homework sessions.

The centre is located at the old curling club on McArthur Avenue (upstairs). It is very cozy and casual. Members

have taken great initiative in decorating and making the centre their own. Drop in and

check it out.

For information call Tara Maxwell at 345-2792.

Skyla entertained at the youth dance Saturday, June 10, in coordination with International Children's Day

Lac du Bonnet Youth Centre Coordinator Tara Maxwell



ADVERTISING DEADLINE
FRIDAY 3:00 P.M.
 Prior to following Tuesday's Publication

Lac du Bonnet 345-9896	Powerview 367-9468
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Retirement Social
 for
R.C. Becker
FRIDAY, JUNE 23

8:00 p.m. at the Reynolds Residence
 Lac du Bonnet

Call 345-6222
or 345-9896

Tickets \$8.00

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32 Burrows Road, Pinawa
753-2321

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Some of the many benefits of resistance training

Resistance training contributes to strengthen the immune system, making the body more resistant to infectious diseases and helps promote the development of muscle mass (hypertrophy) which helps reduce total body fat by increasing the body's metabolism. Stronger muscles help support and increase the stability of the joints. It also strengthens bones, ligaments and tendons making them less susceptible to injury.

When resistance training, it is essential to have a basic understanding of biomechanics, specifically joint action and the muscles required to perform said joint action.

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Congratulations Jana & Best Wishes to all Grads of 2000!

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Way to go Grads of 2000!

Congratulations on your achievement!

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 345-2221

Highway 11
 Powerview
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Congratulations LAC DU BONNET SENIOR SCHOOL GRADS OF 2000!

May you
always believe in the best
you can be,
And have faith in the things
that you do.

May your future be bright with
the joys of success,
May your wishes and dreams
all come true.



Judge Wood

A.K.A. Woody
Parents: Tim and Brenda Wood
Goals: To go to Red River and get my commercial industry certificate and open up my own business in LdB
Pet Peeves: Cutting my face shaving.



Chris Richardson

A.K.A. Old Man
Parents: Barry and Kathy Richardson
Goals: To become an information technology specialist and make lots of money and get a muscle car.
Pet Peeves: Physics tests, being broke.



Matthew Reid

A.K.A. Rusto
Parents: Linda and Russ Reid
Goals: To become a teacher
Pet Peeves: Getting up in the morning.



Darryl Hampshire

Parents: Linda and Ken Hampshire
Goals: To go to Red River in January for mechanics and body work, later starting his own business. He enjoys playing guitar, football, hockey and curling.

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Grads of 2000
Congratulations on your achievement.
Best wishes for the future.
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BEAUTY SALON A.J.
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GREWINSKI TRUCKING CONGRATS GRADS OF 2000!
Lac du Bonnet, 345-2202
BEST WISHES FOR A HAPPY SUCCESSFUL FUTURE!



Tylor Copeland

A.K.A. Spankie
Parents: Robert and Nancy Copeland
Goals: U of M, career in physiotherapy.



Andrea Ferchuk

Parents: Marilyn and Art Ferchuk
Goals: To pursue a career in agriculture.



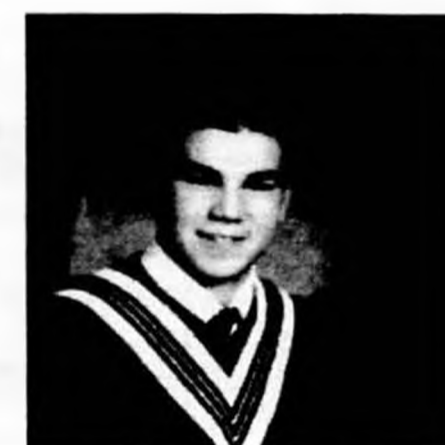
Jenneth Neurenberg

A.K.A. Nuren
Parents: Cam and Alicia Neurenberg
Goals: To attend U of M in January with hope of a degree in agriculture.



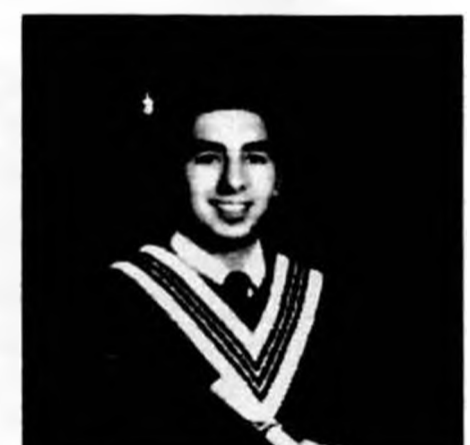
Luke Betker

A.K.A. Militia Luke
Parents: Randy and Della Betker
Goals: To start up my own heavy equipment repair business, or take over the world, either way.
Pet Peeves: school, cheap people, being broke.



Jordan Fournier

A.K.A. Farmier, Gordon, the husband
Parents: Karla and David Fournier
Goals: Plans to take a year off before deciding, hopes to go into Natural Resources.
Pet Peeves: People saying he's "married", driving over antlers with quad and getting stuck.



Kevin Lussier

A.K.A. Frenchie, Pedro
Parents: Debbie Lussier, Rheel Lussier
Goals: To be a teacher or pharmacist, but wherever I end up, to be successful.
Pet Peeves: Traffic, papercuts, video games I can't finish.

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Best Wishes Grads of 2000!
Monday to Friday 8:00 a.m. to 6:00 p.m.
Saturday 8:00 a.m. to 5:00 p.m.
345-2310 / 345-8614, Lac du Bonnet

Congratulations Grads of 2000!
ADRIAN TIRE
Phone 345-9230
Lac du Bonnet
May you always find the joy you deserve.
Pat & Lynn Adrian



Laura Rowbottom

Parents: Linda and Stuart Rowbottom
Goals: Attend U of M, unsure of plans, possibly teacher or interior decorator.



Jana Firlotte

A.K.A. Poopsie
Parents: Graham and Denyse Firlotte
Goals: Plans to attend U of W to pursue a career in teaching for special needs.



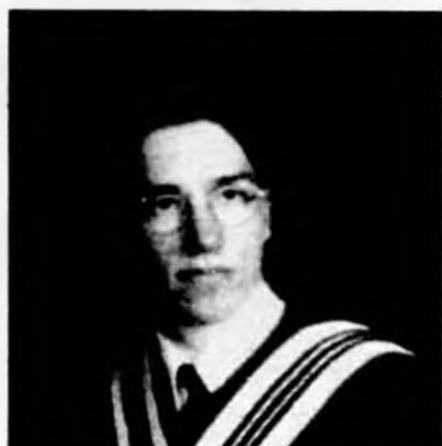
Chris John Grunow

A.K.A. Grunow
Guardians: Roxy and Walter Wazny
Goals: Go to Red River to take automotive technician or get on at Manitoba Hydro.



Garrett Arneson

A.K.A. N/A
Parents: Marvin and Colombe Arneson
Goals: Create special effects for movies and maybe even TV.
Pet Peeves: Bad music



Derek Demyd

A.K.A. Digglar
Parents: Duane and Bev Demyd
Goals: Future plans are to work for a year and then return to school in the fall of 2001.
Pet Peeves: People who smoke.



Daniel Northcott

A.K.A. Danny
Parents: Caryn and Mark Northcott
Goals: Make something out of myself
Pet Peeves: my other nicknames, picture day and mosquitoes



Mark Walker

Parents: Mitch and Janice Walker
Goals: Will be attending U of M's arts program to pursue a career in sports media.



Amber Giesbrecht

A.K.A. Giezzzy, Gisberg
Parents: Joanne and Earl Giesbrecht
Goals: To become a massage therapist.



Travis Smelski

A.K.A. Smelly
Parents: Ernie and Sylvia Smelski
Goals: I will be attending U of M with plans to become an athletic therapist.



Anders Larson

A.K.A. Ned, Studly, Flanders
Parents: Cy and Jody Larson
Goals: I plan on working for a year while deciding exactly what I'd like to do.



Dennis Fontaine

A.K.A. Chi Chi
Parents: Dennis Fontaine Sr. and Iris Fontaine
Goals: To work for a year then attend college to pursue a career as a Natural Resources Officer.



Kristin Metcalf

A.K.A. Mets
Parents: Lianne Metcalf and the late Ben Metcalf
Goals: To attend the U of W to become a teacher.

Karklin's Komer
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Congratulations!
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Congratulations
to the Grads of 2000!
Wishing you success and happiness in your future.
Heinz & Cindy

LLOYD'S BARBER SHOP
Best Wishes
You have come a long way, good luck and much success to you all.
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Congratulations!
and all the best on your journey in life.

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Congratulations Grads
The Future is Yours!



Buddies and Bike - Bike-a-Thon held on May 27, 2000 at the Village Green in Pine Falls

Happenings at Le Petit Soleil Mini-School

We have been very busy lately at mini-school. We held our annual Buddies and Bike Bike-a-Thon on May 27, 2000 at the Village Green to the delight of many three and four year old bikers. A good time was had by everyone and the silent auction winners walked

away very happy. A great big thank you is extended to all those who donated and helped out.

On June 7th and 8th, all three classes went to visit Chief Kemball at the Fire Station. He showed us the fire trucks and talked to us about

fire safety. We learned that if we find matches or lighters we should give them to a grown-up. We really appreciate the time you gave to the mini-school to show us how the fire station works. Thank you Chief Kemball. The children learned very valuable lessons from you.



Three year old class at the Pine Falls Fire Hall



Four year old morning class



Four year old afternoon class

Ask your Pharmacist An Earful on Ears

Ears - they're good for more than anchoring your glasses or as a backdrop for earrings. Ears don't require much care but there are some things you

can do to protect them. For one, don't expose them to excessive noise; that's the most common cause of hearing loss, and the loss is per-

manent. Chronic exposure to loud noise can cause tinnitus, or ringing in the ears. This ringing, which can vary in pitch from a low roar to a high

squeal, may also be caused by infection, allergy or separate medical problems, a month or other conditions.

Other advice for ear care: never put anything smaller than your elbow into your ear. Ear wax exists for a reason. It works to lubricate the inside of the ear and also traps foreign particles, such as dandruff, before it can enter the ear canal.

Usually old wax is pushed out of the ear before it can build-up, simply by chewing motions of the jaw. Wax can build-up however and lead to discomfort, irritation and hearing loss.

Sharpe objects including cotton tip applicators, paper clips

or hairpins should never be used to clear out excess wax. These do little more than push the wax farther into the ear, making the problem worse. In some cases they can irritate the ear by scratching or rupturing the skin or may perforate the ear drum. The same warning goes for instruments using water under pressure, as teeth cleaning instruments.

Instead there are ear drops and other products available in the pharmacy which allow you to soften the old wax and flush it out of the ear, gently and without problems. If you have any questions or how they work call the Pine Pharmacy at 367-2611 or 367-2517.

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Gord Sokoloski
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Writings from Pine Falls School



Dalton Adams

Our trip to the zoo

We saw white owls.
We saw prairie dogs.
I was tired on the bus.
We played an alphabet game.
We saw a very, very, very big catfish.
We made a very, very, very big sand castle.
We could not get in the barn because it was locked and we saw a lot of animals.



Brianna Kotak, Grade 1

Our trip to the children's museum we saw animals.
We heard a owl, a tree frog and a woodpecker.
We went inside a beaver lodge.
We learned about animals that find their homes and animals that build their homes.
We saw a wasps nest.
We went in the tree.

To keep parents up to date on what's happening at the school, the Grade one class writes a message to their parents every Friday. We call "This Week at School". Usually the parents write answers.



Brendan Pachkowsky, Grade 1

This week at school, Chicago ERR.
Mrs. Whitehill, Mrs. Ohta and Mrs. Paukovic took us skipping outside.
We all missed Josh when he had the chicken pox.



Meg Raymond

This week at school, the drama club had a play for us to see. In Science we were talking about living things. We went outside for music. For music we skipped with Mrs. Ohta, Mrs. Paukovic and Mrs. Whitehill. The grade two's are going to show us a little bit of dinosaurs. We are talking about playground safety rules. We all missed Josh because he had the chicken pox. At recess some kids got ice cream coupons because they were good on the playground.



Kelsey Johnson, Grade 1

This week at school we saw a play called ERR.
In music we skipped outside.
Josh had the chicken pox.
I made a poster for the safety rules.
We played T-Ball in gym today.
We are going to the Grade two dinosaur presentations.
We put our voice on the computer.



Garrett Richardson, Grade 2

At the children's museum I learned that beavers build homes.
At the children's museum I learned that birds build homes.
At the children's museum I learned bears find homes.
At the children's museum I learned that lynx find homes.
At the children's museum I learned that lions find homes.



Azariah Boisjoli, Grade 2

On the trip to the Children's Museum we saw... a lynx.
We went inside a beaver lodge.
A bear is a finder.
We heard an owl.
We saw some snakes on the rock.
We saw a woodpecker pecking a tree.
A bird is a builder.
I saw a tree frog on a tree.
We built a den with some blocks and card board for the roof.

Massage Therapy Part II

by Sharron Teetaert R.M.T. Lac du Bonnet Massage Therapy

Can anyone receive a massage?

Anyone from infant to senior can benefit. There are however certain conditions that massage may not be recommended or treatment would be altered. A brief history is taken at the first appointment, so the therapist may be aware.

What are some of the conditions massage can help?

Back and neck pain, headaches, whiplash, T.M.J., insomnia, pre/post pregnancy (increases babies alertness and responsiveness as well as a calming effect for better sleep),

fibromyalgia, sprains/strains and tendonitis, arthritis (inflammatory/osteo), carpal tunnel/T.O.S., postural dysfunction, respiratory (bronchitis, sinusitis, cystic fibrosis), neurological (M.S., parkinsons, C.P., epilepsy and sciatic nerve lesions).

How long are sessions and how much does it cost?

Therapy is generally anywhere from a half hour to one and one half hour sessions, or more. The cost will depend on the qualifications of the therapist, type of therapy and location. At present the range can

be anywhere from \$35 to \$65 per hour in Manitoba.

How often do I see a massage therapist?

This depends on the individual and their specific problem. If it's mild muscle pain it may only be a treatment or two, but if it's a chronic problem, it will take longer. Treatments can be shortened by following prescribed exercises or hydrotherapy at home. Once the problem is resolved we recommend massage every four to six weeks to prevent recurrence and for a feeling of well being.

How do I find a massage therapist?

Ask about their credentials (at present schools are required to provide 2200 hours of academic and practical training). Some massage therapists choose to learn other techniques and modalities such as cranial sacral, hydrotherapy and reflexology. Ask for personal recommendations from friends or relatives. Choose someone who meets your needs.

What is cranial sacral therapy?

This therapy uses a gentle method of detection of imbalances or restrictions in the cranial sacral rhythm. Corrections are made which encourage your natural healing mechanisms.

Remember

We have to take time to care for ourselves to maintain a happier and healthier lifestyle.



North Eastman Health Association Inc.

Receptionist/Typists

0.5 EFT - permanent position
and Casual relief position
(Designated bilingual positions)

Location: Pine Falls Health Complex

Qualifications:

- Grade 12
- Proficiency in Microsoft Word and Excel
- One to two years office experience
- Familiarity with medical terminology
- Use of Momentum software an asset
- Good communication skills
- Ability to operate required equipment.
- Ability to maintain positive working relationships.

Submit applications by **June 30, 2000** in confidence to: Human Resources Manager, 24 Aberdeen Avenue, Box 339, Pinawa, MB R0E 1L0, Fax: (204) 753-2015 or e-mail: hr@neha.mb.ca.

We thank all applicants for their interest but only those selected for an interview will be contacted.

By Appointment Only!

SHAWN MILLER BC-HIS

Licensed Hearing Instrument Specialist

will be at the

PINE FALLS HOSPITAL

on Maple Street Pine Falls, Manitoba

Thursday, June 29, 2000

10:00 a.m. to 2:00 p.m.

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(SW corner of Graham
& Edmonton)

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What's Happening?

The response to our puppet show and poster contest for Safe Kids Week was tremendous. I would like to congratulate all the students from Kindergarten to Grade Six who put so much hard work and effort into their posters for the contest. They were excellent! Way to Go! Winners of the poster contest were selected through a random draw giving everybody an equal chance to win. The prizes included a mountain bike, bicycle helmets, and bike accessories. As well, Debbie and I visited the school playgrounds to quiz students on the safety rules and gave away 100 ice cream cones for those following the rules. We had a great time and we would like to thank both schools for their time and interest in the project. (See photos below)

Up and Coming Events

On Thursday, June 29, 2000

at 1:30 - 4:00 Wings of Power will be having a picnic at the Village Green (weather permitting!). If you are interested in coming out to play and spend the afternoon outdoors please meet us there, or come by Wings of Power and we will walk together.

It's rapidly approaching that time of year again - *summer holidays!* Over the summer our programming will remain the same with some special events. We have Drop In and Store on Mondays from 1:00 - 4:00 and Wednesdays 9:00 - 12:00. The Nothing's More Than A Quarter Store offers access to second hand clothing with adult and children's sizes. On Tuesdays and Thursdays we have Caregiver and Kids, a play group for children from

1:30 - 4:00. On Friday mornings 10:00 - 12:00, we have Story Hour. This is a great time to hear a story and do a craft with your child. If you



left to right (front row) Riley Tardiff, Jacob Meillur, Roger Frechette, Robert Berthelette, Bryan Whiteford, (middle row) Kathleen Fredricks, Heather Polischuk, Andrew Race, Stacy Nault, (back row) Debbie Viel, Chrystal Rattai, (missing) Shelby Duff, Kayla Henderson, Cole Bergson

are interested in being a guest reader, that would be great too! As well, Wings of Power will be hosting a Preschool Gym for children age 3 - 5. This will be a fun play time, with songs, nursery rhymes, and games. If you are interested call Crystal at 367-9641. The exact day and time has not been set yet, if you have a preference please let me know. There's lots to do at Wings of Power this summer, so drop by and take part!



left to right Chrystal Rattai, Pine Falls School Winners of the Poster Contest - Giles Raymond, Clement Fontaine, (missing) Teghan Martin, Tyra Fontaine.

'Round and about the Beaches



by Monika I. Evans

After this rather ****!!** week of nothing but rain, my brain is getting a bit soggy. I've been dying to get into my garden, but instead I'm watching it slowly drown. I will still have time to get in swiss chard, beans and maybe peas. I just had time to get in the tomatoes, pep-

pers and onions, but my main garden is the pits until I can get a few dry days and mix in our 20 year old, well seasoned manure.

I managed to put in all my flowers in my new bed. Two of the plans that I brought were very costly and would have looked lovely. They were perennials and I had hoped to have them for many years, instead, some rotten little bunny tasted one, like it,

ate the other also. Now I find out that we are part of a stream and my bed would have totally drowned had I not put in a border of stones. So far the bed is holding, but more water and it will probably wash away.

I am very allergic to bug bites, especially no-see-ums and have two beautiful bits on the side of my neck and back of my head. They have swollen to the size of a cherry and itch like, well, you know! Now with all this water, boy oh boy, will we have mosquitos. For the next few weeks I will be carrying my bug spray everywhere I go. Personally, I would rather face a bear than all these biting, stringing crit-

ters, at least the bears are kinder, they can only rip you to shreds, whereas, these critters, oh, the thought just makes me shudder!

This past Monday, the East Beaches Seniors Scene Songsters went to Pine Falls to serenade the Sunnywood Manor residents. We had only planned to sing four songs, but ended up digging into our repertoire when we were made aware of how much both the residents and staff were enjoying our music. Yvonne Kehler sang a solo of "Christ Arose" and was well received. We sang a combination of light songs such as "The Bull Dog", "June is Bustin out all over", "The Banana Boat Song" and "Let There be Peace on Earth", "Worthy of Glory" and "It's Cherry Pink and Apple Blossom White". The acoustics were so great, the piano sounded magnificent and we were having so much fun that half an hour went by before we called it quits. We were asked to come back any time, and we will be back in the fall. Our group was invited to join the residents and staff in enjoying some dainties and coffee, but sadly, we had other plans. It was a very gratifying afternoon for everyone. Our last appearance of the season will be at the Eastern Beaches Y2K Canada Day

Celebrations where we will be singing "O Canada" during the official opening.

If you should see Stephanie Wasney around during the next week, congratulate her. She has just been informed that she will be receiving the Manitoba Council on Aging 2000 Recognition Award which was created to honour and publicly recognize individuals whose exceptional acts or efforts benefit Manitoba seniors. She will be presented her award on June 23 at the Legislature. The HELP Centre nominated her and we have been crossing our fingers for several weeks, hoping that we would hear positively from the Council. We of the HELP Centre are so delighted about her award since she was one of the founders of the Centre. She has also been largely responsible for the fact that we now have our own Library at Walter Whyte School. I will be there at the Legislature to watch her receive her award, and are we ever proud of her.

Just to wrap this up, on Saturday we hope to have a huge crowd come down to the Grand Marais Community Centre and play Bingo. It is in aid of the Eastern Beaches Y2K Canada Day Celebrations and hopefully we will have made lots and lots of bucks to pay for the big event. Hope to have seen you there!

CALL FOR TENDERS

**CONTRACT POSITION: ARENA MANAGER
SEPTEMBER 14, 2000 - APRIL 9, 2001**

The Pinawa Arena Board is accepting tenders for an Arena Manager for the 2000/2001 season. Under the direction of the Board, the successful candidate will perform duties related to the operation and maintenance of both the indoor and outdoor arenas.

The position requires experience in the operation and maintenance of an arena, dealing with the public, performing duties with a minimum of supervision and communication skills. The applicant must meet current Department of Labour Standards for the operation of existing ice making equipment.

Tenders must be submitted no later than July 14, 2000 at 4:30 p.m. to Mr. BRIAN WILCOX or Mr. BRUCE HANNA at P.O. BOX 58, PINAWA, MB, ROE 1L0. All persons tendering are required to pick up the information and tender document, available at the LGD of Pinawa Administrative Office. The lowest or any tender may not be accepted.

ST. GEORGES MEAL PROGRAM

Wednesday, June 21
Salad Buffet,

Friday, June 23
Soup, Quiche, Salad,
Brownies.

Monday, June 26
Salad, Baked Chicken
Pieces, Vegetable Rice Pilaf,
Creamed Carrots,
Cranberry pudding.

To reserve your lunch call
Janice or Marcella at
367-8088, 24 hours notice
is preferred.

Chronological age may not be true picture of you



Christine Polischuk,
Winnipeg River Senior Service, call 367-9128

How old are you? Nothing strikes fear into the hearts of baby boomers than that seemingly innocent question. Expect for those times when every one stops bothering to ask, and just assumes the worst. Like the sales clerk in the outlet store who just assumes that you are looking for bifocal lens. That's it. Birthdays aren't anything to celebrate anymore. At least until you reach the ripe old age of 100. Then you start bragging about your age. Like the old timer who takes delight in asking every stranger to "guess my age"

If you are coming down with a bad case of Age Anxiety, here's some good news. Seventy five percent of human aging can be self-regulated. But what does one regulate? Granted, Heredity plays a key role. But at least six lifestyle factors also regulate aging.

Genetic Inheritance is a major factor in determining one's aging potential. Family case histories confirm that individuals inherit a predisposition to heart disease, diabetes, cancer and osteoporosis. The key word here is "predispose." Heredity only increases one's odds, and preventive health measures reduce the odds.

Physical Activity is an equally important age regulator. Aerobic exercise maintains the cardiovascular system, strengthens muscles and bones, and enhances coordination. Exercise lays the foundation for an active lifestyle. In fact, many of the common aches and pains attributed to "aging" are the result of inactivity.

Mental Stimulation keeps the mind alert, aids in problem solving, and improves learning skills. So be sure to exercise by enrolling in a course, learning another language, reading a good book, solving cross word puzzle, or engaging in a stimulating debate or lively discussion. You will notice the difference.

Dietary Habits are one of the best ways to combat premature aging and ward-off disease. If you feel tired, run down, or just plain unenthusiastic, you're not alone. Many

times adults feel that way because of faulty dietary habits. Food is energy. Get what you need. Don't skip meals. Learn about health diets, vitamins, and minerals.

A Meaningful Life sometimes called a sense of purpose, can inspire you to get up, dressed, and out each day. Setting goals and pursuing them is a great way to keep a focus on, and interest in, the world around you. That focus helps keep the boredom of retirement at bay. Productive outlets raise self-esteem and reduce irritability.

Preventive Healthcare is a great age - regulator. Be sure to get regular check-ups in order to catch problems early on. Don't just assume that any ache, pain, or medical problem is the result of aging. Check it out.

If aging is more than meets the eye, then some changes are in order. And changing the

way we calculate a person's "age" is the place to start. When you think about it, the number of years lived (one's Chronological Age) is a poor estimate of a person's potential for holding a job, driving a car, applying to college, starting a new business, or anything for that matter.

For example, we've seen the vigorous 70-year old, like a mountain climber or distance runner. And we've no doubt witnessed the 55-year-old, who is "falling apart." That's way a single statistic, like chronological age, isn't very telling. Do 80 birthdays make a person 80 years old? What about health, activity level, and coping skills? A more accurate picture of Age considers the many types of aging, like the types below.

Chronological Age refers to the number of years lived. It is a count of the number of birthdays celebrated.

Anatomical Age refers to the status of one's physical health: strength, endurance, coordination, and vital signs.

Social Age refers to the activity level engaged in on a day to day basis: work, family, recreation, and volunteer.

Emotional Age refers to the ability to handle trauma, cope with stress, manage conflict, and adapt to change.

DNA plus is David Demko, Age Venture - formula for recalculating a person's age in a way that takes these four "ages" into account. Here's how all four "ages" are totaled. The total is divided by 4 to compute an average "age." This average is called Neo Years. Here's the formula. In this formula, C refers to Chronological Age, A refers to Anatomical Age, S is for Social Age, E is for Emotional Age. Now, lets apply the formula to a person who has lived 80 years (Chronological Age) and assume that this 80 year old has the following characteristics: (Anatomical Age) the activ-

ity level of a 60 year old (Social Age), and coping skills of a 50 year old (Emotional Age). Here's how the age of an 80-year-old might be calculated into 65 Neo-years.

Chronological Age 80 + Anatomical Age 70 + Social Age 60 + Emotional Age 50
DNA plus = 80 + 70 + 60 + 50 divided by 4 equal 65 Neo-Years

In the above case, age 80 recalculates to 65. But, another 80 year old (depending on health, activity level, coping) might compute to a higher age in Neo-years.

How old are you? In Neo-years, you might be pleasantly surprised. Why not develop a whole new, positive approach to later life?

Learn to take control of your aging process.

Pine Falls Physiotherapy - tips for gardening season

submitted by
**Jenny Terrio-Baturin of
Pine Falls Physiotherapy**

Gardening is a labour of love and once activity that many people with arthritis continue to find out only enjoyable but also therapeutic. With a little planning and adaptation you may find that your garden is still a source of great pleasure. Here are a few tips to make gardening easier on your body:

Find someone to do the heavy work; try your community centre, church, local high school. If you can't afford the expense, perhaps you can trade jobs with a neighbour.

Plan your garden work schedule. Do a little each day.

Take a ten minute break every hour, you can use a kitchen timer to keep track of when it's time for a break.

Respect pain. If you have

pain for more than one hour after activity, reduce the length of the next gardening session.

Guage your energy level each day and only do as much as you are feeling up to.

Minimize lawn care by using ground cover such as inorganic mulch or decorative rocks instead of grass.

Keep tool storage near to intensive work areas.

Use raised beds, free standing containers or hanging baskets. These allow you to get closer to the ground without crouching or kneeling.

Use fences or trellises to grow climbing plants and creeping vines and even zucchini.

You may want to bring the garden indoors by using a bay window, sunny room or window greenhouse.

Next week more pointers on how to decrease joint strain when gardening.

Summer Employment Opportunities THE VILLAGE OF POWERVIEW

The Village of Powerview is now accepting applications for three summer employment opportunities. Detailed job descriptions can be obtained from the Municipal Office located at #32, PTH #11 in Powerview. The positions which are available are as follows:

1. **General Laborer** - This position will commence on July 4, 2000 for a period of eight weeks and will include various tasks as directed by the Public Works. Applicants must hold a valid driver's license and must be returning as a full time student in September.

2. **General Laborer** - This position will commence on July 4, 2000 for a period of eight weeks and will include various tasks as directed by the Public Works. Applicants must hold a valid driver's license and must be returning as a full time student in September.

3. **Office Secretary** - The position will commence on July 4, 2000 for a period of six to eight weeks and will include a variety of tasks as directed by the Administrator. Applicants should have some experience working with computers and must be returning as a full time student in September.

Applications will be received until **Monday, June 26, 2000 at 4:00 p.m.** in municipal office located at #32, PTH #11 in Powerview or mailed directly to:

Village of Powerview
Box 220
Powerview, Manitoba
R0E 1P0

J.M. Thevenot
Administrator
VILLAGE OF POWERVIEW

Powerview Health & Wellness

Nutritional Supplements - Herbs, Vitamins, Minerals

Is moving to the Pine Plaza
Spaciously Expanding to a
convenient location

Grand Opening
July 3, 2000

- ✓ Reflexology
- ✓ Facials
- ✓ Massage
- ✓ Ear Candling

367-8453

Stones Gear Up For Nationals

Jump Rope for Heart

Once again the Pine Falls Stones mens slo-pitch team will be attending the Nationals, only this time they have made the jump up to mens "B".

The team will be heading to Calgary Aug. 4-7 to compete at the highest level they have seen yet.

The Stones finished runner up at last years provincials to qualify them for the nationals. To prepare for the nationals the team is playing in the Beausejour mens slo-pitch league for the second straight season, last year the Stones captured the Beausejour mens league title and look poised to repeat after jumping out of the gate with four straight wins.

The team sees playing in a league as a chance to gel as a unit. They also compete in

tournaments to gear up for the nationals.

The 2000 nationals will be the fifth straight appearance for the Stones who were founded in 1995 by Norm Vezina. Vezina still manages the team and original players Simon Avanthay, Randy Druzyk, Ray Bouvier, Tyson Papineau and Grant Pachkowsky are still around. Keith Anderson, Maurice Coss, Doug Park, Randy Nault, Brad Harland, Don Bouvier, Trent Fenez, Chris McMullen, Cam Sokoloski, Dan Coss, Ryan Chevrefils, Jeremy Coss and Kurt Braner make up this years squad. Team trainer Gord Sokoloski will also be returning to the Nationals. The Stones will also be competing in this years provincials Sept. 4-6.

On Friday, May 26th, the Staff and Students from K to Grade 6 of Pine Falls School along with many parent volunteers enjoyed an afternoon of skipping fun at the annual Jump Rope for Heart event. We would once again like to thank the community for their generous support of this worthwhile cause, the Heart and Stroke Foundation of Manitoba. Students topped their fund-raising efforts from last year by over \$500.00 raising a total of \$2368.00.

Top fundraiser this year was Danis Actimichuk who raised \$275.75. Others who raised over \$100.00 in pledges were

Danny Adams, Tylor Houston, Clifford Houston and Josh Dinsdale. Students will receive their prizes ranging from skipping

ropes and caps to a soccer ball or radio.

A big thank you to all the parents who came out to support the students and join in the fun.



Aaron Fontaine and Whitney Actimichuk, Jump Rope for Heart at Pine Falls School

Pineview Area Women's Soccer League

Monday, June 5th Game Results

Betterhalves 0 versus Queen Bees 3. The four youngest members of the Queen Bees ran circles around everyone including the rest of their teammates (except Joyce Sharpe of course). Thanks to some excellent saves by Betterhaves goal keeper, Diane Houston, the Betterhaves only lost by three.

Once Babes 0 versus Beaches Peaches 5, Taking advantage of several penalty shots, the Beaches Peaches

won the game five to zip! Keiren Curle being the star of her team with four goals!



Top Scorers

PLAYER	TEAM	GOALS
Keiren Curle	Beaches Peaches	4
Regan Bruce	Queen Bees	2
Huegette Nolin	Once Babes	2

PAWS Team Standings

TEAM	GP	W	L	T	Pts.
Queen Bees	2	1	0	1	3
Beaches Peaches	2	1	0	1	3
Betterhalves	2	0	1	1	1
Once Babes	2	0	1	1	1

Pineview Slo-pitch Standings

TEAM	G	W	L	Pts
Powerview Fire	7	7	0	14
Muskrats	8	7	1	14
Diehards	9	7	2	14
Slammers	8	4	4	8
Mohawks	7	4	3	8
Out of the Blue	9	4	5	8
Whipmasters	4	3	1	6
Poppers	8	4	4	8
Pistols	7	2	5	4
5 Star Shooters	7	1	6	2
Dazed & Confused	7	1	6	2
Diamond Heads	6	0	6	0

Pineview Mixed Slo-pitch league schedule

TUESDAY, JUNE 20

6:00 Fire	vs	Poppers	I
6:00	Open		
7:15 Whipmasters	vs	Dazed & Confused	I
7:15 Out of the Blue	vs	Diamond Heads	R

WEDNESDAY, JUNE 21

6:00 Whipmasters	vs	Muskrats	I
6:00 Fire	vs	Slammers	R
7:15 Whipmasters	vs	Mohawks	I
7:15	Open		R

THURSDAY, JUNE 22

6:00 Whipmasters	vs	Diamond Heads	I
6:00 Pistols	vs	Dazed & Confused	R
7:15 Whipmasters	vs	5 Star Shooters	I
7:15 Fire	vs	Mohawks	R

MONDAY, JUNE 26

6:00 Whipmasters	vs	Diehards	R
6:00 Fire	vs	Muskrats	I
7:15 Dazed & Confused	vs	5 Star Shooters	I
7:15 Whipmasters	vs	Pistols	R

TUESDAY, JUNE 27

6:00 Diamond Heads	vs	Muskrats	I
6:00	Open		R
7:15 Mohawks	vs	Pistols	I
7:15 5 Star Shooters	vs	Out of the Blue	R

William Prince Memorial Treaty Days Slo-Pitch Tournament

Double Knock-Out
6 Men 4 Ladies
Entry Fee
\$150.00

August 5, 6 & 7

First 16 Teams Paid
Book your Spot Today!

Trophies Awarded
Guaranteed 3 Games

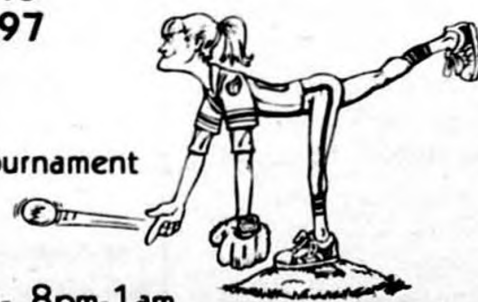
Guaranteed \$2000.00 Cash Prize



Contact KD at 367-8559
Barry 367-2645
Fabian 367-4397

Fun & Activities...

- Grocery Scramble
- Horse Shoe Tournament
- Kiddie Scramble
- Tug-o-War
- Home Run Derby
- Dunk Tank
- Friday Night Social at Great Falls Hall - 8pm-1am



ECHOES FROM THE **H** Heart A Father's Eyes

This teenager lived alone with his father, and the two of them had a very special relationship.

Even though the son was always on the bench, his father was always in the stands cheering at his football games. He never missed a game.

This young man was still the smallest of the class when he entered high school. But his father continued to encourage him but also made it very clear that he did not have to play football if he didn't want to. But the young man loved football and decided to hang in there. He was determined to try his best at every practice, and perhaps he'd get to play when he became a senior.

All through high school he never missed a practice nor a game, but remained a bench warmer all four years. His faithful father was always in the stands, always with words of encouragement for him.

When the young man went to college, he decided to try

out for the football team as a "walk-on." Everyone was sure he could never make the cut, but he did. The coach admitted that he kept him on the roster because he always puts his heart and soul to every practice, and at the same time, provided the other members with the spirit and hustle they badly needed.

The news that he had survived the cut thrilled him so much that he rushed to the nearest phone and called his father. His father shared his excitement and was sent season tickets for all the college games.

This persistent young athlete never missed practice during his four years at college, but he never got to play in the game.

It was the end of his senior football season, and as he trotted onto the practice field shortly before the big play off game, the coach met him with a telegram. The young man

read the telegram and he became deathly silent. Swallowing hard, he mumbled to the coach, "My father died this morning. Is it all right if I miss practice today?" The coach put his arm gently around his shoulder and said, "Take the rest of the week off, son. And don't even plan to come back to the game on Saturday."

Saturday arrived, and the game was not going well. In the third quarter, when the team was ten points behind, a silent young man quietly slipped into the empty locker room and put on his football gear. As he ran onto the sidelines, the coach and his players were astounded to see their faithful teammate back so soon.

"Coach, please let me play. I've just got to play today," said the young man. The coach pretended not to hear him. There was no way he wanted his worst player in this close playoff game. But the young man persisted, and finally feeling sorry for the kid, the coach gave in. "All right," he said. "You can go in."

Before long, the coach, the players and everyone in the stands could not believe their eyes. This little unknown, who had never played before was doing everything right! The

opposing team could not stop him. He ran, he passed, blocked and tackled like a star. His team began to triumph. The score was soon tied. In the closing seconds of the game, this kid intercepted a pass and ran all the way for the winning touchdown. The fans broke loose. His teammates hoisted him onto their shoulders. Such cheering you've never heard!

Finally, after the stands had emptied and the team had showered and left the locker room, the coach noticed that the young man was sitting quietly in the corner all alone.

The coach came to him and said, "Kid, I can't believe it. You were fantastic! Tell me what got into you? How did you do it?" He looked at the coach, with tears in his eyes, and said, "Well, you knew my dad died, but did you know that my dad was blind?" The young man swallowed hard and forced a smile, "Dad came to all my games, but today was the first time he could see me play, and I wanted to show him I could do it!"

So remember right now:

Somebody is very proud of you! Somebody is thinking of you! Somebody is caring about you! Somebody misses you!

Somebody wants to talk to you! Somebody wants to be with you! Somebody hopes you are not in trouble! Somebody is thankful for the support you have provided! Somebody wants to hold your hand! Somebody hopes everything turns out all right!

Somebody wants you to be happy! Somebody wants you to find him/her! Somebody wants to give you a gift!

Somebody wants to hug you! Somebody thinks you ARE a gift! Somebody admires your strength! Somebody wants to protect you! Somebody can't wait to see you! Somebody loves you for who you are!

Somebody treasures your spirit! Somebody is glad that you are their friend! Somebody wants to get to know you better! Somebody wants to be near you! Somebody wants you to know they are there for you! Somebody would do anything for you! Somebody wants to share their dreams with you! Somebody is alive because of you! Somebody needs your support! Somebody will cry when they read this!!!! Somebody needs you to have faith in them! Somebody trusts you! Somebody hears a song that reminds them of you!

PATTY'S **P**ics

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

Last week's winner was Christopher Ulrich

Entry Form Patty's Pics

Name: _____

Address: _____

Ph. No: _____

This week's Patty's Pics is sponsored by
Celebrations Unlimited
Entry Forms can be dropped off at
Celebrations Unlimited/Pine Florist
located at 18 Pine Street in the
Pine Plaza in Pine Falls.
Good Luck!



Circle the six differences between these pictures.

Celebrations Unlimited

- Fresh Flowers
- Graduation Gifts
- Candles
- Porcelain
- Jewelry
- Engraving
- Wedding Invitations
- Party Supplies
- Sears Outlet

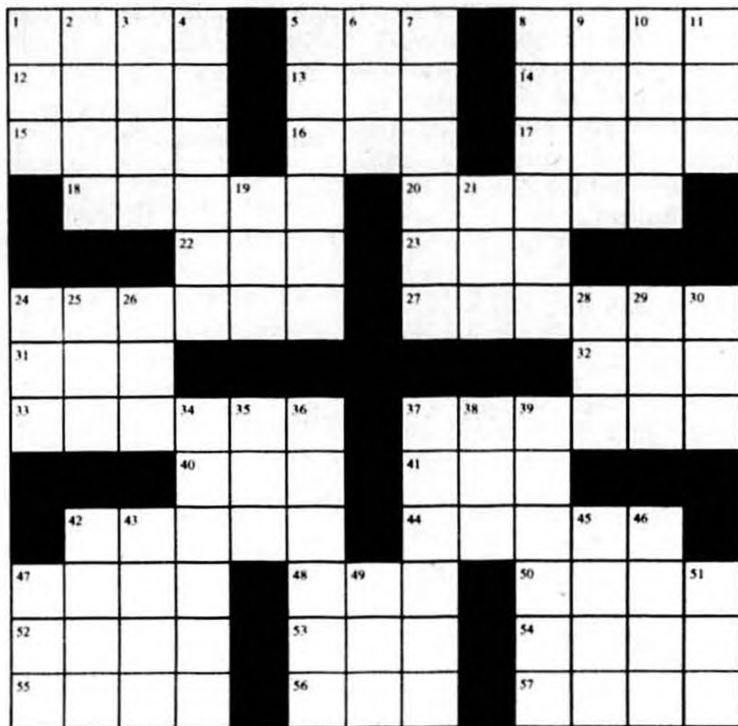
Pine Florist



Located at 18 Pine Street, Pine Falls in the Pine Plaza call 367-9010

Winnipeg River Echo Weekly Crossword

Man oh Man



ACROSS

- 1. _____man, Manitoba
- 5. Mr. Sheep
- 8. _____man, Alberta
- 12. Great Lake
- 13. Geological period

DOWN

- 14. Growth regulating chemical
- 15. Jewels
- 16. Bounder
- 17. Appellation
- 18. Elbow-room
- 20. Not limp

- 22. _____kota, Saskatchewan
- 23. Barbara _____Scott
- 24. Turn sideways
- 27. Mediterranean seafood
- 31. King, in Kamouraska
- 32. Water, in Matane
- 33. _____man, Ontario
- 37. Aviators, _____ and Brown
- 40. Tote or tonic preceder
- 41. Arthur or Lillie, e.g.
- 42. Supply meals
- 44. Early Canadian conveyance
- 47. Iota
- 48. Ms. Deer
- 50. Iranian, e.g.
- 52. Wait
- 53. Pounds, abbr.
- 54. In case
- 55. Mime
- 56. Affirmative
- 57. Branch of Zen Buddhism

- 6. Macaws
- 7. Scatterbrain
- 8. Dog like
- 9. Palm leaf papers
- 10. _____man, Saskatchewan
- 11. Before, poetic
- 19. _____man, Manitoba
- 21. Genetic material abbr.
- 24. Tolkein creature
- 25. Scarf
- 26. _____a Vis
- 28. Fifth Zodiac sign
- 29. Lake, in Laval
- 30. Sea bird

- 34. Child care provider
- 35. Compass pt.
- 36. Haughty
- 37. Boil
- 38. Meadow
- 39. Soo and Erie, e.g.
- 42. _____man, Alberta
- 43. Assistant
- 45. Cookie
- 46. _____man, Quebec
- 47. World boxing org.
- 49. Br. Empire decoration
- 51. Mr. Big?

LAST WEEK'S ANSWERS



CRYPTIC PUZZLE

BZCY DWCFV GFD, BQHWV PQJC
 DY RCHK ZFYWK.
 -SQCLZC

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

IT IS BETTER TO HAVE A PERMANENT INCOME THAN TO BE FASCINATING.
 - OSCAR WILDE

WEEKLY HOROSCOPE for the week of June 20th - June 26th

ARIES March 21 - April



Your natural leadership abilities will come through this week because instead of just wishing things were different, you start making them work. Watch your temper and make sure the things you do and say are not misinterpreted at home or at work.

TAURUS April 20 - May 2



Your emotionally sensitive nature is the basis when you receive offers of affection from an unlikely source this week. Later in the week, you'll find you really need a change of pace. So take off this weekend for a romantic getaway and enjoy yourself.

GEMINI May 21 - June 20



You are a true humanitarian. It really shows this week when you are asked to become a spokesperson for a charity close to your heart. It will be a big challenge, but you can do it. And it will be a great way for you to lead others by example.

CANCER June 21 - July 22



By week's end, you'll understand more about what's expected of you. Analyze your workload and start to delegate the tasks you can, especially those that are time consuming. Don't neglect your duties at home, or they could end up being a thorn in your side.

LEO July 23 - Aug. 22



You may be a born entertainer, but remember that others have points of views on topics, too. Listen to them. In areas of business, it's time you let go of the reins because you don't want to become a control freak. Look forward to Sunday!

VIRGO August 23 - September 22



Your conscientiousness and energy flow over to the people around you this week. It's a great way to jump start a group of friends or coworkers. Domestic harmony and understanding will continue through the week. Just remember to be sensitive to others.

LIBRA Sept. 23 - Oct. 22



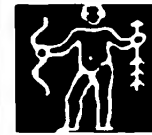
Diplomacy is the name of the game this week. You've got it, and you'll need it as you assess your life before moving ahead. Your communication skills will help others look at situations from your point of view . . . a great thing for the coming weeks.

SCORPIO Oct. 23 - Nov. 21



You're idealistic by nature, but it is important that you stay focused this week. You've got some decisions to make. It may be time to reassess your expectations of others. You've been expecting too much of someone close to you, and it's hurting your relationship.

SAGITTARIUS Nov. 22 - Dec. 21



The week may seem to drag on, but Thursday will end up being a banner day for you. Plan something fun for that evening because you'll want to celebrate. Don't be afraid to ask for what you want at work. You need to be up front on how you feel.

CAPRICORN Dec. 22 - Jan. 19



Changes are afoot in many areas of your life. Your superb organization and practical outlook on life will influence decisions others make about you. Everything might not be perfect, but the important thing is for you to focus on the bigger picture.

AQUARIUS Jan. 20 - Feb. 18



Your week will be a busy one, and Wednesday will be a red-letter day. You'll keep busy by making arrangements for meetings and workshops. Keep an open mind and be sure to listen to other people's perspectives while maintaining your objectivity.

PISCES Feb. 19 - March 20



With just a little imagination on your part, you'll come up with some great ways to strengthen current relationships. However, you'll need to express your inner feelings in order to gain real acceptance and understanding. When you do, you'll gain a lot in return.

ALL THE RIGHT Stuff

Dear Ms Know it all:
My husband and I were recently asked to dine with friends at a private club. Should we have left a tip? - *Private Diners*

Dear Private Diners :
No, tipping is not required in private clubs.

Dear Ms Know it all:
Do I tip the restroom attendant? - *Toilet tender*

Dear Toilet Tender:
For providing a standard service, such as giving you a hand towel, give the restroom attendant 25 to 50 cents. For each additional service provided, such as helping remove stain, tip \$1.

Dear Ms Know it all:
Do I have to tip if there is no fee for checking a coat? - *Coat Check*

Dear Coat Check:
For each coat you check, tip the cloakroom attendant \$1.

Dear Ms Know it all:
How much should I tip a cab driver?
- *Free ride*

Dear Free ride:
Generally speaking, tip 10 to 15% of the meter amount, with 50 cents being the minimum amount. If the ride costs \$5, tip \$1. If the ride is unusually long, tip 15 to 20% of the meter amount.

Dear Ms Know it all:
How much should I tip my hairdresser?
- *Going gray*

Dear Going gray:
If you are having a cut, colour or perm, give your barber or hairstylist a 15 to 20% tip. If you have a separate colourist and stylist, tip each person 15 to 20% of the cost of that particular service. If you are having a wash and set or blow-dry, 15% is generally sufficient.

If you are receiving other services in the salon, here are a few general guidelines. Tip the person who washes your hair \$1 or \$2. If you have a manicure, \$2 or 15% of the cost. For other services, such as a facial or a pedicure, tip 10 to 15% of the price of the service.

If the owner of the establishment is serving you, it is your own personal decision what, if anything to leave, as a tip should not be expected.

Dear Ms Know it all:
Who should I tip when staying in a hotel?
- *Holidayer*

Dear Holidayer:
If you are leaving the country, it would be wise to check with the appropriate local tourist bureau, as

tipping practices vary from country to country. Here are some general guidelines.

If you take anything other than public transportation to the hotel, tip the driver 10 to 15% of the price. If you are renting a car and must be shuttled to the car, tip the driver \$1 per bag, if the driver assists you.

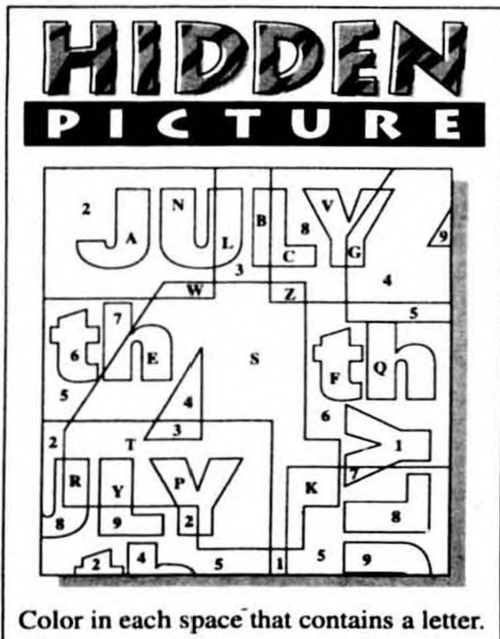
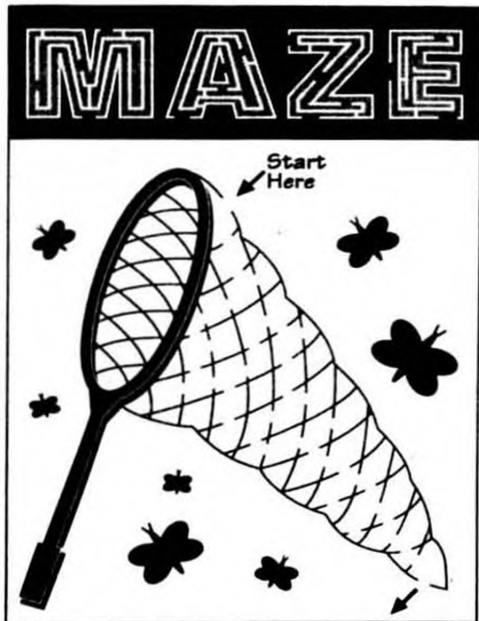
If the hotel has a doorman and he assists you into the hotel, \$1 or \$2 is appropriate. If a bellhop helps you with your luggage, \$1 per bag is acceptable for 1 or 2 bags; \$5 for 3 bags; \$10 for more than 3 bags. Every time a bellhop brings something to your room, tip \$2. If a bellhop runs a special errand for you, tip \$5. Tip 10 to 15% for room service. And don't forget housekeeping - leave \$1 to \$2 per night.

PUBLIC ANNOUNCEMENT

The Office of
**Dr. Dan Drysdale is
NOW CLOSED**

All former "Client Charts" will be with the new owner **Dr. Mark Karpa of Powerview Dental Centre**

We would like to thank all the surrounding communities for 22 years of loyal support.
-Dan Drysdale



Learn Some
French

la jeune fille une poupée
The young girl has a doll.
La jeune fille a une poupée.



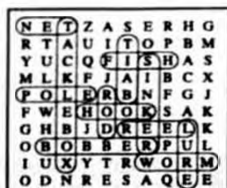
SEEK AND FIND

FIND THESE WORDS IN THE PUZZLE BELOW.

BAIT	LURE	ROD
BOBBER	NET	SINKER
FISH	POLE	TACKLE BOX
HOOK	REEL	WORM

THE WORDS READ UP, DOWN AND ACROSS.

Answers



FIND THE TWINS
WHICH TWO ARE EXACTLY ALIKE?

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

Echo Classifieds

Thank you to the people who sent cards and flowers at the time of our loss.

*From the family of
Eddy Berthelette*

We would like to thank everyone who was responsible for the successful Kemball Reunion. Also a tribute to all the chefs. It was a great time and a pleasure to be with all the relatives again.

*Heartfelt thanks,
Don & Irene Kemball
Karen & Jen Rubadeau*



Sherry and Harvey are thrilled to announce the arrival of their first child, ASHLEE HODGE-HIRSCHFIELD, born April 19, 2000 at 4:19 a.m., 7.5 lbs., 21.5". Proud first time grandparents are Jackie and Bryant Hodge, also Liz and Martin Hirschfield, great-grandparents, Peter and Johanne Frejek, and Mary Hodge of Lac du Bonnet and Nettie Lewandowsky of Sundown, MB.

Sherry and Ashlee would like to thank Dr. Lee, St. Boniface Hospital and a big thank you to Daddy and Auntie Lisa for all their support.



The family of Mr & Mrs. Ed Trethart invite you to help Irene and Ed celebrate their 60th Wedding Anniversary! A tea will be held at the Pioneer Club in Lac du Bonnet from 2:00 to 4:00pm. on Sunday, June 25th, 2000. No gifts please, just the pleasure of your company!

Summer babysitter needed for two school-age children. References may be required. Please phone 367-4399 after 5 p.m.

2a-2



Henry Zimmerman

Nov. 1962 - June 1999

'Til death do us part we said that day. Thinking it meant when we were old and gray.

Not young and full of life, with years before us man and wife.

Thirty-six years you were given on Earth.

Living them for all they were worth.

Ten of those you spent with me, But future years we'll never see. He took your life as He saw fit.

No one knows why the engine quit. The plan crashed that grey June day. And time has not taken the grief away.

You're not here to hold or touch, And I miss you so very much.

The memories I have; you're in my heart. But how I wish we weren't apart.

*Loved and deeply missed,
Cynthia, Christina and Daniel*

Myrtle Mackie

June 26, 1990

10 years have passed, since that sad day, when one we loved was called away.

You are not forgotten sister, nor will you ever be, as long as life and memory last, we will remember thee.

Ruby, Helen & Wayne

Missing from Beach Drive roadside at White Mud Falls: one clump of yellow lady's slipper flowers. Wild orchids do not transplant successfully, and should be left in their natural habitat for everyone to enjoy.

10 Piece Oak Dining Room suite includes table, 4 chairs, plus 2 captain chairs, 1 leaf, buffet and -hutch. Call 367-8537

Ford - 3 tonne, 16 foot deck, 320R cat diesel, 5 speed with 2 speed rear end, new tires. Lac du Bonnet call 345-2047. \$6500.00 OBO.

1995 Volvo Eliminator highway tractor, 500 cummins, with 15 speed, 12 fronts and 40 rears only 700,000 kms, \$35,000.00 OBO, phone 345-2047.

Headache rack or cab guard, aluminum chains, boomer and 4 inch strap complete. \$750.00. Call 345-2047.

House for Sale, 8 Laura street, 2 bedroom, 2 baths, attached garage, by appointment only. Call Allen at 367-9562.

Kenmore model 19000 sewing/embroidery/monogramming machine. Value \$3500 new, 15 months old asking \$2200. Singer electric knitting machine, too many extras to list. Value \$2500, asking \$1500, or both machines for \$3500. Call 367-2828.

House for Sale, 20 Laura Street, Powerview. 1000 sq. ft. Bungalow, 2 Bedrooms Main Floor, 2 Bedrooms downstairs, 2 Bathrooms, kitchen appliances, tyndall stone fireplace, electric forced air furnace & pellet stove, attached garage and breezeway, deck and garden shed, Unistone driveway. Many upgrades, to view call 367-8770.

Lot For Sale

Beautifully treed, quiet subdivision. 132.93' x 329.84' \$15,000 firm Please phone 367-8483 for more information

To place your ad in the Echo Classifieds, Call us at 367-9468 in Powerview or 345-9896 in Lac du Bonnet

Horses - five-year-old quarter horse mare, green broke; one-year-old quarter horse colt. Phone 345-8491 Lac du Bonnet.

1995 Sunfire Black, AC, cc, Tilt, 5 spd., command start, very clean, accident free, one owner, safetied, 124,000 kms. Reduced to \$8250 OBO. Phone 345-2488 or 345-8590, Lac du Bonnet.

House for Sale or Rent 1 1/2 story - 3 bedroom, call Norm at 367-8232 or Bob at 367-R238.

1982 Honda Nighthawk, 650 cc, highway pegs, cruise control, mint cond., steal of a deal, won't last long at \$1000, call Glenn at 345-2451.

BUSINESS DIRECTORY

To have your business in the Echo Business Directory, call the Powerview Office at 367-9468 or the Lac du Bonnet office at 345-9896.

KEMBALL ENTERPRISE
22 Laura St.
Powerview, MB
Simply Natural Water Depot
Phone: 367-2260

RELAY AUTO AND FARM SUPPLIES LTD.
HIGHWAY 317
LAC DU BONNET
Monday to Friday 8:30 a.m. to 5:30 p.m.
Saturday 8:00 a.m. to 5:00 p.m.
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Box 190, St. Georges
367-8756

JIM'S Fibreglass
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Big or Small
Jim Phillips
345-2047
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TRUSTING CARING SERVICE SINCE 1941
Harvey & Julie Giesbrecht
Government Road/Albion #117
Lac du Bonnet, Manitoba
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437 Park Avenue
Dunlop - 24 Hours
268-2263
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CANADIAN INDEPENDENT

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Toll free: 1-888-345-8196

HELP WANTED

Mature Individual needed for new Grand Marais Gas Bar & Store.

Please call 204-756-8745 for interview.

Papertown Motor Inn

POSITIONS OPEN
2 Part-time Cooks & 2 Beverage Room Serving Personnel.
Apply at Frontdesk or call -Laurent at 367-2261

Business Directory

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Port
Alexander
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COURTESY CARS

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FAX 367-2336
Sean Papineau/Pat Patouan

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Province of Manitoba

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Open noon hrs Tue., Wed., & Fri.
Examinations done on Thursday

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for appointment

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Restuarant
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Located in Pine Falls Post Office Building

PINE FALLS SERVICE CENTRE
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HOURS: Mon - Sat 6am -
Midnight Sunday 8am - Midnight

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Subway open 7 days a week
from 10am - 11:30pm
367-8803

Pine Pharmacy

Open 7 Days a Week

Monday - Saturday
9:30 a.m. - 5:30 p.m.

367-2517

Papertown Motor Inn

Modern Rooms, Deluxe Jacuzzi
Rooms Available, Licensed
family dining room, banquet
facilities, VLTs, Beer Store

Home of **POD'S** Night Club
Located 1 mile East of Pine Falls Hwy. 104 & 11
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Convenience Store/Gas
Movie Rentals - Open Daily
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Open 6am - 10pm
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Art Street -
Powerview

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Powerview 367-4155/8450
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Lily Tomlin

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Lac du Bonnet
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Highway 11, Great Falls
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Jenny Terrio Baturin, Physiotherapist
Doctor's referral not required

Phone/Fax 204-367-4811
Pine Falls Health Complex
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PO Box 932, Pine Falls, MB
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Jenny
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Sun. 11:00 a.m. to 5:00 p.m.

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Highway 11, 367-2473
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Pokémon Cereal,
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have arrived, get them while
they last!



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McCAIN HASHBROWNS 1 kg	only .79
OLD SOUTH JUICE orange or orange/banana/strawberry, 355 ml95
McCAIN CREAM PIES asst'd, 340 g	1.77
KLONDIKE GREAT TASTING CONES, BARS or CHOCOLATE BURGERS 4 pack	3.97

Full Selection of Fresh Quality Produce, Fine Cuts of Meat & Kurtwürst Famous Smoked Sausages!

FRESH BEEF


RIB STEAK barbecue favorite (10.32 kg)	lb. 4.69
PRIME RIB ROAST king of the roasts (9.47 kg)	lb. 4.29
SHORT RIBS of BEEF ideal roasted (4.17 kg)	lb. 1.89

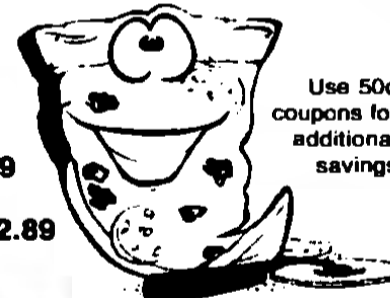
FRESH PORK

LOIN CHOPS centre cut (6.59 kg)	lb. 2.99
LOIN CHOPS family pack (5.92 kg)	lb. 2.69
LOIN CHOPS half loins, rib or tenderloin half (5.70 kg) ..	lb. 2.59

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BURNS COOKED HAM sliced 175 g pkg.	ea. 1.79
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additional
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VISKING BOLOGNA by the piece or sliced	100 g/ .49
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50¢ OFF 450 g
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Bavarian Smokies

Valid at Dancy's Foods, Powerview or Lac du Bonnet, until Closing June 24. One coupon per purchase.

50¢ OFF sliced
500 g pkg.
Burns Bacon

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D.L. JARDINE MESQUITE BBQ SAUCE 510 g	2.99	DARE BRETON MINI BITE SIZE CRACKERS asst'd, 200 g	1.79
CHEF BOYARDEE CANNED PASTA asst'd, 398 ml	1.19	QUAKER COOKIE or MUFFIN MIX asst'd, 900 g	2.99
UTOPIA CANNED TOMATOES 796 ml	1.07	OXO CHICKEN or BEEF BOULLION 15 pack	1.65
CARNATION EVAPORATED MILK 385 ml	1.07	DOLE PINEAPPLE asst'd, 398 ml ..	1.15
CAMPBELL'S HEARTY NOODLES in a cup, asst'd, 65 g77	TAIPIN ASIAN SAUCES asst'd, 350 ml	1.99
		E.D. SMITH JAM, JELLY or MARMALADE asst'd, 500 ml	2.49
		OLD TYME PANCAKE SYRUP asst'd, 750 ml	2.49

DAIRY

INTERNATIONAL DELIGHT COFFEE CREAMERS reg. or light	1.95
BEATRICE CEREAL CREAM 500 ml reg. or light95
SMART CHOICE MOZZARELLA or CHEDDAR CHEESE asst'd, 600 g	6.75
BLUE BONNET MARGARINE 3 lb. quarters	3.25
SWISS KNIGHT GRUYERE CHEESE asst'd, 200 g	3.49
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PRODUCE BUYS

GOLDEN BANANAS imported (1.06 kg)	lb. .48
CANTALOUPE US grown, Can. #1, large size	ea. 1.58
SWEET CALIFORNIA PEACHES fresh, Can. #1 (2.82 kg)	lb. 1.28
FRESH NECTARINES California grown (3.04 kg)	lb. 1.38
LONG ENGLISH CUCUMBERS Canadian product	ea. .88

Tomato Ketchup 2 L	2.98
Money Mushrooms pieces and stems, 284 ml, 12 pack	9.33
Cheese Slices Black Diamond, 24s, 500 g	3.43
SOFT DRINKS Coke, Sprite or flavored, asst'd, 12 packs	2/ 7.75
GROUND COFFEE Blue Ribbon, reg., 300 g ..	.78
HEINZ BEANS with pork, asst'd, 398 ml78
HEINZ PASTA canned, asst'd, 398 ml78
MOLSON EXCEL N/A BEER 6 pack (355 ml)	2.77
CHRISTIE OREO	
SUMMER FUN COOKIES 350 g	2.48
CHRISTIE SNACKWICHES asst'd, 210 g	2.18

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MEALTYME BREAD white or brown, 570 g99
D'ITALIANO SAUSAGE or CRUSTINI BUNS 6-8s	1.39
D'ITALIANO BREAD asst'd, 675 g	1.39

Shrimp Rings Ocean Jewel
11 oz ring

6.99