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Winnipeg, Mb.
R3C 1T5
(legal deposit)

The
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River

Echo



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Vol. 1, No. 6

Tuesday, July 4, 2000

\$1.00 tax included

Police vehicle stolen

Sunday evening, July 2, around 8:00 pm drivers of two vehicles arranged by cell phone to meet on highway 11, east of the Traverse Bay Nuisance Grounds. One of the vehicles, a Grand Cherokee with a young female driver, and a young female passenger, was met by an intoxicated male who had arrived on the scene in the company of two other young women in another vehicle.

The intoxicated male attempted to seize the Grand Cherokee, and was attempting to remove the safety belt of the driver when she started the vehicle and did a U turn on the highway in an attempt to escape, hitting an on-coming vehicle in the process. The intoxicated male and two women were injured in the collision.

A passing motorist called the Pine Falls Ambulance, and RM of Alexander Police Constable Brad Patzer was notified.

When Const. Patzer arrived on the scene, he told the intoxicated male to stand by the RM of Alexander Police Vehicle, a Ford Ranger, while he directed traffic around the scene of the accident until the ambulance arrived. The intoxicated male took advantage of the situation and took off in the Ranger. It was found at 9:45 the next morning in Belair.

RCMP officers are looking for Darrel Fontaine in connection with the theft of the police vehicle. Fontaine has outstanding murder and attempted murder charges and is in breach of a bail order.



1999 Miss Minnewawa, Joelle Lapointe and Katrina Dancyt, Miss Minnewawa 2000

Dancyt crowned Miss Minnewawa

Five contestants participated in Lac du Bonnet's traditional Miss Minnewawa pageant, part of the Canada Day celebrations this past weekend: Katrina Dancyt sponsored by Dancyt Foods, Melissa Lussier sponsored by Tantalum Mining Corporation, Megan Franz represent-

ing The Royal Bank, Kim Pusiewich sponsored by the Lac du Bonnet Pioneer Club and Kristy Veilleux representing South Interlake Credit Union.

All five contestants had a chance to introduce themselves to judges at a tea June
Please see KATRINA/page 2



Y2K Canada Day Celebrations

The Eastern Beaches Y2K Canada Day Celebration took place this past weekend. The event featured performers, singers, children's entertainment, a pancake breakfast, silent auction and a fabulous fireworks display. (Above) Dee Rickner poses with clown, Marianna Banana of Winnipeg who is ranked number two for children's entertaining. *See full story on page 12.*

Attention Winnipeg River system property owners

If you own or lease property adjacent to Shore Lands (previously called Water Storage Lands) along the Winnipeg River system* and want to undertake any type of development on the land between your lot and the water's edge, you must first obtain approval from Manitoba Hydro or Crown Lands to use the Shore Lands.

Manitoba Hydro's pamphlet *Shore Lands Permit Program* explains the approval process.

To obtain copies, they are available at municipal offices and Manitoba Hydro district offices along the Winnipeg River, or you can call 1-888-377-7443.

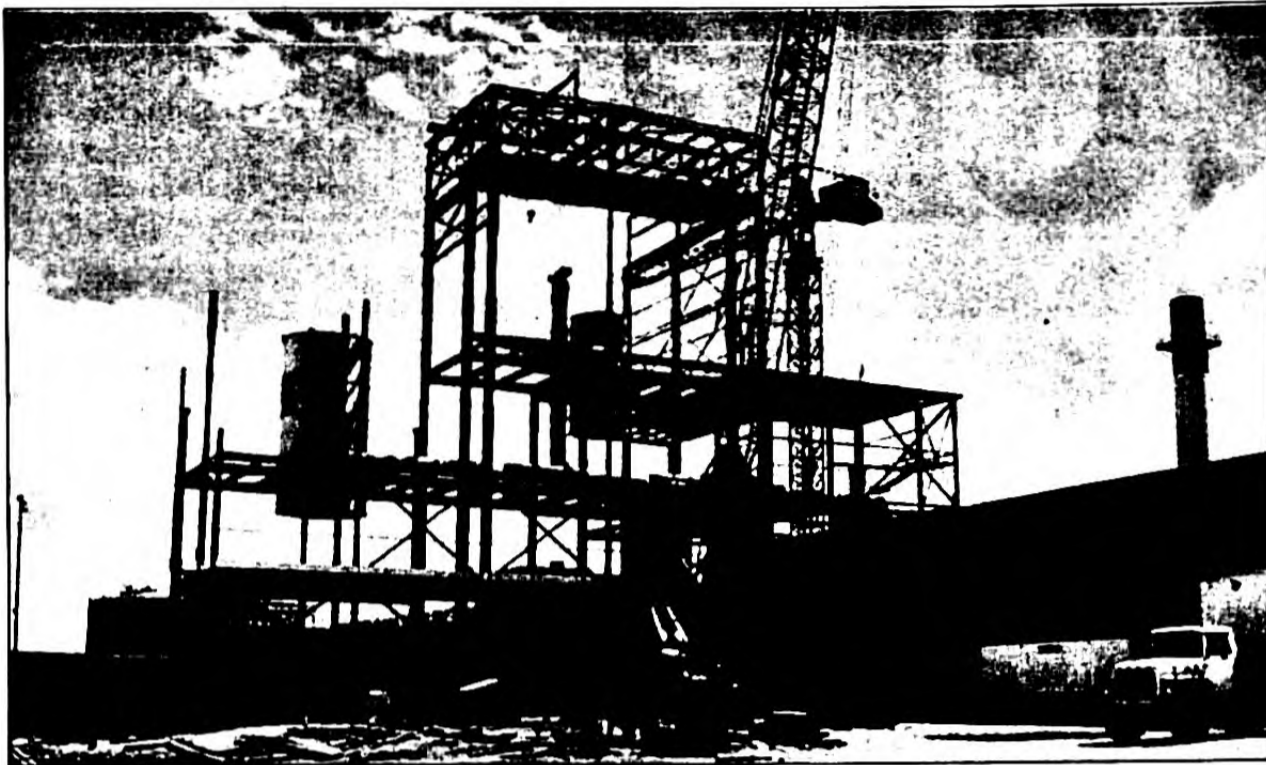
*Includes Lac du Bonnet Lake, Pinawa Bay, the Lee, Maskwa and Bird Rivers, as well as the main Winnipeg River channel.



Manitoba
Hydro

www.hydro.mb.ca

TMP mill on schedule



Construction underway at the Pine Falls Paper Company TMP Mill

Empire Iron Works Construction Superintendent Claude Bernier expects to complete the structural steelwork for the building housing the huge TMP refiners - on schedule - at the end of July. A 25 tonne overhead crane has been installed near the top of the 140-ft building. A second, 70 tonne crane will be in place by the end of the month.

Empire Iron began work on the project in February this year with the erection of a new floor above the existing filter room. The addition added 25 feet to the height of the building. Ironworker Norm Bernier said working conditions above the filters were rough. "It was very hot and humid and noisy. Five minutes after you got to work you were soaking wet and stayed soaking wet until you went home."

Columns were reinforced from basement level all the way up to the new floor. Trusses supporting new filters were interlaced through the old roof of the building. It was not possible to make accurate detailed drawings and to pre-fabricate structural steelwork, as a result almost all steelwork was field fitted. Structural steel design continued as the addition was erected. A representative of TMP consulting engineers, Dick Engineering, worked alongside Empire Superintendent Bernier continuously during this stage of the project. Another complicating factor was the fact that the crane operator, (operating a 90 tonne 200ft-boom crane) could not see where he was lowering structural steel members, and had to be continuously guided by radio.

The work on the addition was completed April 28, work on the TMP mill proper began on May 16. Norm Bernier said "it was nice to get out of there. (The existing building) and out into the fresh air.

Kraft Construction is installing concrete foundations. Superintendent Claude Fillion said construction of TMP mill foundations began on April 12 and are 98% complete. Not yet finished are refiner foundations that provide for space inside huge concrete blocks to contain gravel to absorb vibration.

Kraft began work on foundations for the two 24-meter diameter chip storage silos June 5 and expects to have them completed by the end of July. Crane operator Bob Riley who operates the Kraft 50 tonne 110-34 rough terrain crane, said the project include an awful lot of concrete for an industrial project. He mentioned single pours of up to 300 meters of concrete, and a total of 100,000 cubic meters for the TMP mill and the silos.

Katrina Dancyt crowned Miss Minnewawa

from page 1

22 at Chicken Chef. Brunch was hosted by The Lakeview Saturday morning, July 1, as it has been since 1983, past-judge Barbara Mitchell recalled. Judges Sharon Beaumont and Dianne McCoy of Winnipeg, and Brian Corbertt of Pinawa joined the girls, along with 1999 Miss Minnewawa Joelle Lapointe.

It wasn't long after, that the girls had to quickly gather at the parade assembly where they started their journey through Lac du Bonnet for their debut in front of an enthusiastic line of spectators.

The pageant began shortly after the parade with individual introductions, followed by the modelling of sum-

mer outfits. Each contestant then acknowledged their sponsors and explained the part they played in the community.

The highlight of the event, as always, was the talent portion of the pageant. Katrina did a fabulous job singing *Imagine* by John Lennon. Kristy Veilleux recited two poems, *Truth* and *The Mask*, which she wrote herself. Melissa also recited poetry, *Why Mother's Cry* (author unknown) and *Somebody Should Have Taught Him* by Jane Watkins. Megan's talent included an admirable collection of paintings and drawings and Kim read the American Tale of Beauty and The Beast. Mary Ann Grewin-

ski has been involved with the pageant for at least seven years now. She recalled her pageant in 1967 with fellow contestants Brenda Augustine, Donna

Hapko and Chris McQuade. Grewinski said the pageant is a great experience for the girls and she considers them all winners. The girls "did a great job

and they deserve recognition for participating in our local tradition".

The judges then accumulated their information which resulted in the crowning of this

year's Miss Minnewawa Katrina Dancyt and Princess Kristy Veilleux. Megan Franz was voted Miss Congeniality by fellow participants.

Canada Day tourney in LdB

by Toni Bruneau

Only twenty minutes into the 9:00 a.m. draw Saturday morning saw damp and miserable weather. The sun came out... and stayed out, all weekend, causing everyone at the diamonds to possess a bright pink glow by Sunday afternoon.

Lac du Bonnet Slo-Pitch League's 20-year-old Frantic Frenchmen team held another successful tourney this year, with 34 teams participating, the Frenchmen's 12 con-

secutive tournament.

A Side

First place went to the Worth Moores, second to C.R. Balz and third to Johnny Red Shoes. First place winners received \$600 and sweatshirts while second place took home \$450 and t-shirts. Third and fourth place winners received \$150 and fifth to eighth place \$100 each.

B Side

First place on the B Side was won by a team of slo-pitch veterans from the area using the name Chicitas. They

were awarded \$200 and sweatshirts. Runners up in the B, Ace of Spades, consisted of youthful Lac du Bonnet residents who

received \$150 and t-shirts. Third and fourth place winners were Dirty Dozen and Red Dogs from Winnipeg.

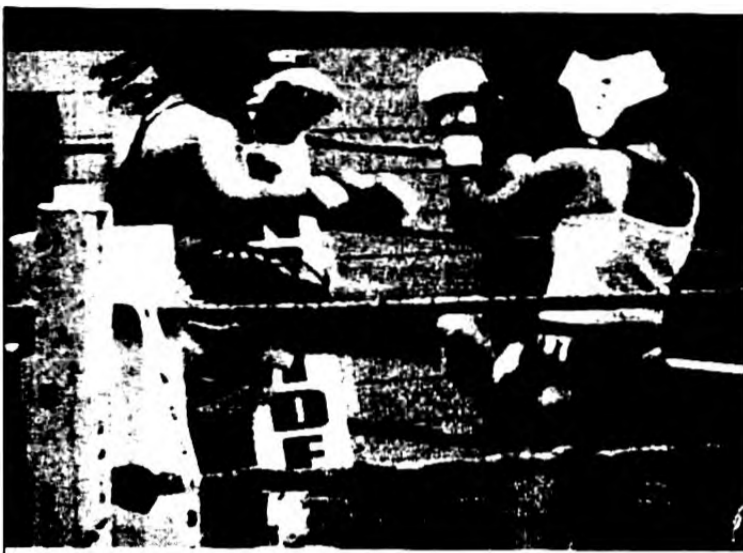


First place B Side winners: Chicitas.



B Side runners up: Ace of Spades.

<p>Publisher Valerie Anderson</p> <p>Editor Charles Norman</p> <p>Production/Art Design Lori Pachkowsky</p> <p>Sales/Production/Office Manager Toni Bruneau</p> <p>Sports Grant Pachkowsky</p>	<p>SUBSCRIPTIONS Local Rate: \$34.20 National & Urban Rate: \$39.90 Foreign Rate: \$57.00 (prices include PST & GST)</p> <p>P.O. Box 550 Pine Falls Mb., ROE 1M0 56 Art Street, Powerview, MB. e-mail: theecho@granite.mb.ca Ph: 367-9468 Fax: 367-9974 Lac du Bonnet Office Ph: 345-9896 Fax 345-0004</p> <p>2nd class mail #1763687 (Postage paid in Pine Falls)</p>	<p>The Winnipeg River Echo</p> <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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July 1st Muay Thai Competition

Girls on the loose - watch out, they'll knock you out

Powerview gym filled with fans to cheer on their home competitors last Saturday. The Pine Falls Sik Tai hosted the Canada vs. the USA event which featured many local fighters. Danielle Fenez (above left), in her first competition fight, lands an outstanding kick.

The Main Event featured Larry Sharpe verses Brian Rood of St. Paul, MN. They went three rounds out of five with Sharpe winning in the end, but tension and excitement filled the room. Many other locals fought in the competition and showed great skill and determination.

ECHO MAIL:
Letters to the Editor
 Box 550 Phone: 367-9468
 Pine Falls, MB or 345-9896 Fax: 367-9974

Kovachik needs recognition for Beaches Library

Dear Editor:

The Winnipeg River Echo dated June 20th, 2000, carried an article, "Round and about the Beaches" written by Mrs. Monika Evans which stated that Mrs. Stephanie Wasney was "largely responsible for the fact that we now have our own Library at Walter Whyte School." This statement is echoed in the Winnipeg River Echo, "Round and About the Beaches" column in the June 27th, 2000 issue, when Mrs. Evans stated that "If it weren't for her (Mrs. Wasney) hard work, we would not have satellite library at Walter Whyte School."

Both columns congratulate Mrs. Wasney for her volunteer efforts regarding seniors in the catchment area of the HELP Centre. Now, not for one moment would anyone negate the efforts of Mrs. Wasney in the arena of volunteering and fund-raising. It is well known that Stephanie works hard for the seniors of the Victoria Beach Senior Scene.

The problem in these articles is one of misplaced recognition. If anyone in this area deserves recognition for believing that a library could be established in the Beaches area, it would be Bob Kovachik, the

principal of Walter Whyte School. When approached about the possibility of establishing a library, it was Bob who had the vision to realize that a joint municipal/school library could be housed in the school, thereby utilizing the building for more than student learning. Unfortunately this idea was foreign to all Bob's predecessors who did not bother to think of utilizing the school in this or any other way.

The unfortunate thing about singling out one person for recognition means that many others who were instrumental in the establishment of the Municipal Beaches Branch Library are not recognized for their dedicated hours of hard work.

It would be simple to develop a journal describing the myriad of time-consuming tasks undertaken and completed by all the volunteers (sometimes at considerable personal and financial cost). Perhaps in future Mrs. Evans will use this information when she wishes to praise one person for so monumental a task as developing a branch library.

Yours truly,
 Lorriane Neal
 Chairperson,
 Regional Library Allard

Local garage under new management

E.R. Auto Service officially opened its doors on July 1st, 2000. Local garage formerly Chapel's is under new management. The new operators are Eugene Papineau and Roger Lusty.

E.R. Auto Service is a full service garage and gas bar. The new management team bring forth a lot of experience. Eugene Papineau is a

licensed Mechanic and Roger Lusty's background is in Power Mechanics.

E.R. Auto Service offers auto repairs, air conditioning repair, and safety inspections. They have four full time employees.

The garage's hours of operation are from 8:00am to 6:00pm Monday to Saturday. Both Papineau and Lusty

operated home based shops for a number of years. As the clientele grew, both men knew that the demand was there and a merger to operate a full service garage and gas station became a reality.

Both Eugene and Roger are looking forward to this new venture and they would like to thank everyone for their support.



Roger Lusty and Eugene Papineau - are the new management team of E.R. Auto Service



Where do we start to say thank you, because just the word thank you is not a strong enough word for everything that everyone has done for us. We are truly blessed to have family and friends and to belong to such a wonderful community to support and pray for us. We thank you from the bottom of our hearts and especially Taylor's for everything.

We would like to say thank you to everyone who has generously contributed to Taylor's trust fund and to those who have had fundraisers for her. Your thoughtfulness is deeply appreciated and we thank you.

Jeff and I would like to give a special thank you to the ones who organized and put on this social for Taylor.

We personally would like to thank Donna Anderson, Diane Harpin and Kathy Chomokovski for all their hard work in organizing the social. Along with Tracy Sharpe, Steve Kulyk, Tanis Rogers and Marni Tardiff for all their work involved with the social. Also to Marilyn Cyr for looking after Taylor that evening so we both could attend the social without any worries or Taylor's care.

Our family would also like to say a big thank you to all the organizations who have donated towards Taylor's function and towards the Silent Auction for the wonderful prizes:

- | | | |
|------------------------------|-----------------------------------|------------------------------|
| Manitoba Hydro Rec Club | Pine Falls Golf Club | Harbun Insurance Agencies |
| Dancyt's Foods | Pine Pharmacy | Jim LeRoye |
| Great Falls Foods | Powerview Fabrics | Joanne Thibedeau |
| Pine Falls Paper Company | Rick Schultz | Lafrage Cement |
| Pineview Lodge | Silver City | Macleod's True Value |
| Adele's Beauty Salon | State Electric | Manitou Lodge |
| Atomic Energy | Tupperware (Jan Paukovic) | Osis Building Supplies |
| Celebrations | Roger Caya | Nortel |
| Cherished Creations | Great Falls Community Club | Pat Klymchuk |
| CIBC (Jason Berzuk) | St. Georges Voyageurs Hockey Team | Pine Falls Service Centre |
| Country Concepts | Northern Store | Powerview Auto Supplies |
| Deals for Dollars | Sunrise Bakery | Pro Hardware |
| Garth's Tools | Adult Day Program | Rusty Nail |
| Jerry Nolin & Jackie Vincent | Anchor Program | South Interlake Credit Union |
| Joanne Olsen | Body Shop (Thelma Hanson) | Studio 27 |
| Lakeview Hotel | Chapels | Terry Lawrence |
| Linda's Hairstyling | Cherry & Morgan Williamson | Winston Anderson |
| Manitoba Model Forest | Clarks Corner | And our family |
| Mr. Pics | Dan's Drilling | |
| MAGK | Ed & Ron's Tackle Shop | |
| Papertown Motor Inn | | |

Taylor has opened our eyes to see how precious life can be and we thank God for giving us one another and to enjoy every precious moment we have together.

Thank you,

Melinda, Jeff, Cole and Taylor Pluchinski

Awards Day at LdBSS

Students, teachers and many members of the community attended Lac du Bonnet Senior School's Awards Day, Wednesday, June 28.

Cherlyn Sullivan started the celebrations with a fabulous job singing O Canada.

Principal Stephen David welcomed all in attendance to honor those students who made significant contributions to the Lac du Bonnet Senior School in the past year, "Whether in the classroom or in some athletic

venue, our students have accomplished a great deal in the past ten months." He said, "Some the students that are talked about in the community, or the kids that people are talking about are students that aren't making the most positive contributions in the school and in the community. And it is certainly wonderful to be able to come today to recognize those individuals who are coming to school to learn and are taking a lot of responsibility for their own

learning and are really working on being successful."

Superintendent Waldo Klassen was on hand to offer greetings and congratulations to the students.

Agassiz school board trustee Hildegard Obirek then explained the significance of the day. "Hard work and effort always achieves great results. The awards and presentations being presented to you today are acknowledgements of those results. Follow your dreams and work hard to achieve them."

Cheryl Sullivan followed with the performance of a song written by herself and Melanie Rollins in Grade 6.

On behalf of the Canadian Figure Skating Association and the Lac du Bonnet Skating Club, Arlene Rollins presented Angela Niemi with awards for completing her Gold Dance test and her Gold Skills test. This accomplishment is achieved by only five to ten skaters in Manitoba every year. She has learned, executed and passed, in front of judges, 21 different dances at 21 different skill levels.

Laura Vanstone demonstrated her talents with *Stand By Me*, singing and playing keyboard.

Teacher Russ Reid then suggested that Bob Becker's coaching career could possibly become a history project for his kids one year. Reid presented him with a trophy for coaching excellence. Reid said, "I did compile a list of the teams that Mr. Becker coached, it's a very length list and its probably not complete... I had a hard time finding some of the teams," explaining it is very difficult to go back and figure out. Reid also noted Becker's 30 consecutive years running the junior high track meet and numerous successful provincial championships.

Becker responded with thanks, "I was telling the staff the other day, lots of kids ask me 'You taught my dad, you taught my mom?' so I've gotta go before someone says, 'Did you really teach my grandpa?' He thanked Reid for the recognition, "It's good to be recognized by your peers. Friday's going to really feel funny but I'll be around. Thanks everybody. Goodbye."

The ceremonial passing of the gavel was done by Laura Rowbottom to Joanna Kaptein.

Please see next week's Echo for complete list of award winners.



Sylvia Wold presented the Royal Canadian Legion Ladies' Auxiliary Grade 8 Outstanding Student Award to Melanie Rollins



Bob Draward presented the Parent Advisory Council Award to Senior 4 student David Dooley.



Russ Reid presented Bob Becker with a coaching excellence award.



Paul Julien presented the Knights of Columbus Award for Grade 8 Academic Excellence to Kendra Ulrich



Band Director D'Arcy McLean presented the Band Director's Award for Most Valuable Player to Laura Vanstone.



Principal Stephen David presented one of the Lac du Bonnet Senior School General Proficiency Awards for Academic Excellence to Grade 7 student Nick Voth.



Teacher Russ Reid presented the Governor General's Canadian History Medal 2000 to Andrea Nickel.



Graduating Class of 2000 joined by the staff of Empower Adult Education Centre

Six graduate from Empower Adult Education centre

Graduation ceremonies took place on Tuesday, June 27th at the Pine Falls Curling Club.

Leigh-Ann Boyes of Powerview has received her Mature Student Diploma from Empower Adult Education Centre. Leigh-Ann is planning to con-

tinue her education in the fall.

Jason Kemball of Pine Falls, received his Mature Student Diploma. Jason also achieved the highest mark in Math 40S. Jason is also planning to continue his education in the fall.

Bobbie-Joe Smith of

Pine Falls received her Mature Student Diploma. Bobbie-Joe currently works at Dancy's Foods in Powerview.

Tara Lee Fontaine from Sagkeeng First Nations received her Mature Student Diploma. Tara plans on continuing her education at Red River Com-

munity College.

Roger Lilke of Libau received is Mature Student Diploma.

Gary Makota of Stead, received his Mature Student Diploma.

The students were joined by family and friends to celebrate their achievements. Congratulations.



Bobbie-Joe Smith, Tara Lee Fontaine, Leigh-Ann Boyes, Jason Kemball, Roger Lilke, Missing: Gary Makota



Leigh-Ann Boyes receiving the Governor General Award from Agassiz School Division #13 Superintendent Waldo Klavsen



NOTICE OF APPLICATION CENTRA GAS MANITOBA INC.

APPLICANT: CENTRA GAS MANITOBA INC.

APPLICATION: PRIMARY GAS RATE CHANGE EFFECTIVE AUGUST 1, 2000

Centra Gas Manitoba Inc. ("Centra") has applied to The Public Utilities Board of Manitoba (the "Board"), pursuant to The Public Utilities Board Act, for approval of interim sales rates as a result of changes in the cost of primary gas. The requested interim sales rates are to be effective August 1, 2000 and will remain in effect until confirmed or amended by a further Order of the Board.

The requested interim sales rates are calculated in accordance with the Rate Setting Methodology (RSM) previously approved by the Board in Order 55/00 dated April 17, 2000. Centra's last primary gas rate was approved in Order 200/99 effective December 1, 1999 at a rate of \$0.1140/cubic meter (\$3.003/GJ). Due to the recent increase in the price of natural gas, Centra is proposing to increase the cost of primary gas embedded in sales rates to \$0.1595/cubic meter (\$4.095/GJ). Centra's most recent unit cost for Primary Gas from Western Canadian sources payable under its long-term contract is \$0.1867/cubic meter (\$4.939/GJ).

If approved by the Board, the requested interim sales rates will result in the following range of estimated annual impacts, depending on volumes consumed:

- Increase of approximately 15.8% - 17.9% for the residential customer; and
- Increase of approximately 16.9% - 23.7% for large general class customer; and
- Increase of approximately 22.6% - 25.2% for high volume firm class customer; and
- Increase of approximately 24.3% - 28.5% for mainline class customer; and
- Increase of approximately 24.2% - 27.2% for interruptible class customer.

VARIATION: Upon any application to it, the Board may make an Order granting the whole or part only of the application or may grant such further or other relief in addition to or in substitution for that applied for, as fully and in all respects as if the application had been for such partial, further or other relief.

BACKGROUND: The customer's bill for natural gas consists of five cost components being Primary Gas, Supplemental Gas, Transportation to Centra, Distribution to Customer and a Basic Monthly Charge. This application deals only with the Primary Gas component of the bill. Primary Gas is the component of a customer's bill that relates to natural gas provided from Western Canadian sources at the Alberta border. The RSM provides for the Primary Gas component of Centra's rate structure to be adjusted every gas quarter as follows:

- 50% of the difference between the updated 12-month forward price for natural gas (weighted for the cost of gas in storage) and the rate set in the previous quarter; plus
- A rate order to dispose of the estimated accumulated Primary Gas Purchase Gas Variance Account (PGVA) balance through volumes consumed over the next 12 months.

The RSM enables Centra to file its application during the first week of the month prior to the commencement of each gas quarter (February 1, May 1, August 1, and November 1), and provides for public notice during the first and second weeks of the month. The Board is requested to approve the interim sales rates prior to the commencement of the next gas quarter.

FILING: Pursuant to the above process, Centra filed an Application with the Board on June 21, 2000. Anyone desiring copies of the material filed should contact:

Manitoba Hydro
Attention: Ms M. D. Murphy
3rd Floor, 820 Taylor Avenue
Winnipeg, MB R3C 2P4
Telephone: (204) 474-3468
Fax: (204) 474-4947

The Application and material in support of the Application will also be available for inspection at the Board's office.

PUBLIC HEARING: The Board will hold a public hearing to consider Centra's Application for Approval of Interim August 1, 2000 sales rates at the Board's office, 400-330 Portage Avenue, Winnipeg, Manitoba, commencing July 13, 2000 at 9:00 a.m. and continuing as necessary.

PARTICIPATION: All persons, firms or corporations or municipalities wishing to intervene in respect of this Application, and participate in the examination of witnesses, or make submissions and final arguments, are requested to advise of their intention to do so in writing by no later than July 6, 2000. Any person who does not wish to intervene but wishes to make a presentation to the Board should also contact the Board by July 6, 2000.

Contact: Mr. H. M. Singh, Acting Secretary
Manitoba Public Utilities Board
400 - 330 Portage Avenue
Winnipeg, MB R3C 0C4
Telephone: (204) 945-2638
Fax: (204) 945-2643
E-mail: publicutilities@cca.gov.mb.ca

PROCEDURE: The Board has adopted Draft Rules of Practice and Procedure that will apply to the conduct of this Application. All intervenors must familiarize themselves with the Board's requirements. Copies of this document are available upon request to the Board by writing to the Secretary or by calling (204) 945-2638.

INTERVENOR COSTS: Board Order No. 163/87, dated November 12, 1987, provides for among other things, the possible award of costs to intervenors and the guidelines for so doing. Any party contemplating making Application for an award of costs should familiarize themselves with this Order.

DATED this 22nd day of June, 2000

H. M. Singh
Acting Secretary
The Public Utilities Board



Five days notice required



Whether access is available

400 - 330 Portage Avenue
Winnipeg, Manitoba
R3C 0C4

Manitoba

New Directions' graduates of 2000

"...know that you have accomplished a great success in your life. You've taken a dream, added a splash of determination. And created the reality which you hold in your hands today... Dream of tomorrow; envision with awe all that it holds for you. And be sure that there are no obstacles you can't overthrow..."

submitted by
New Directions School staff

The New Directions graduation was held at the Lutheran Church June 26. In an atmosphere that was intimate, warm and caring, the ceremony celebrated not only individual achievement but also a success story in education.

Each of the graduates represented someone who had conquered the odds, reached goals and realized dreams. Completing their requirements for graduation were: Kandace Chapman, Scott Chevretils, Nicole Chinchar, Jason Falk, Anne French, Elliot Harper, Dawn Ficko, Melanie Lamoureux, Bruce Nelson, Jeannine Poiron, Trevor Shegelski and Trisha Slade.

Best wishes and congratulatory message from the Agassiz



Kandace Chapman received the Governor General's Bronze Medal 2000.

School board of trustees was expressed by Anita Desrosiers.

New Directions teachers Shaney Redford and Edith Olson addressed the graduates on living with passion in a unique PowerPoint presentation, integrated with personal digital photographs of the graduates. Although the message of their speech was personally directed at the graduates, it was also a "life message" for family and friends present. They encouraged us all to enhance life by continuing to be lifelong learners, meeting new challenges and reaching new heights.

Barry Vokey brought greetings from JUST Training Corp. This organization had been in partnership with New Directions School since its inception, enabling those on Employment Insurance benefits to gain further training for re-entry into the work force.

Agassiz School Division Superintendent Waldo Klassen said he was honored to speak at the ceremony and wished the graduates every success.

This year several of the graduates spoke on behalf of the graduating class, reflecting on his/her/their experiences at New Directions School. Each graduate had a personal reason for returning to school, and



New Directions School graduating class of 2000: (l to r) front row - Jeannine Poiron, Melanie Lamoureux, Trevor Shegelski, Kandace Chapman, Nicole Chinchar, Bruce Nelson; back row - Elliot Harper, Jason Falk, Scott Chevretils, Trisha Slade, Dawn Ficko, Anne French.

each one demonstrated the necessary determination and drive to meet challenges and achieve goals.

The Governor General's Bronze Medal 2000 was presented on behalf of the Governor General of Canada by Superintendent Waldo Klassen to Kandace Chapman, graduating with the highest academic standing.

Shaney Redford, the business education teacher presented certificates of achievement to Kandace Chapman and Roslyn Poole for successfully completing the Office Technology certificate program.

This past school year has seen the largest enrollment at New Directions School since its beginning in 1991. Well over 386 students applied to either gain a high school diploma or to upgrade skills. The school offers high school credits, a science, trades and technology internship

certificate program. This academic year the school featured a new technology lab that includes small gas engines, computerized drafting using Autocad LT, electronics, fluid power (hydraulics and pneumat-

ics), robotics, criminology, video editing and digital photography. The technology lab was a highly successful addition to a program that will continue to meet and reflect the needs of the community.

*"So as you end a chapter in your journal of life
And embark out into an uncharted sea,
You will tread the uncertain waters with caution, knowledge and respect.
For although you can't see the ocean floor,
You have the courage to look deep within and make the changes you know you can.
The knowledge not to disturb the good that is already there,
And the self-respect to be the best that you can be."*

- Pauline Melanie Ogilvie

New Directions School to offer college courses

Agassiz Continuing Education and Red River College - Gimli Campus create post secondary opportunities for Eastern Manitoba

Jim York, Principal of Agassiz Continuing Educa-

tion, met with Red River College - Gimli Campus Manager Clayton Tompkins this week to confirm a successful educational partnership to begin this September.

The Office Technician certificate program will launch the partnership with the Gimli Campus of Red River College this fall at the New Directions School at Lac du Bonnet.

The benefits of this partnership for the community and surrounding area will enable individuals to live at home, save on travel and gain a recognized certificate at post secondary level with affordable fees.

Principal Jim York sees the Office Technician certificate as a stepping stone towards offering several post secondary programs in the future. "Lifelong learning is here to stay and bringing it closer to the residents in Eastern Manitoba is essential to developing a stronger tomorrow!"

For further information or a program brochure on the Office Technician program, call New Directions School at 345-2867 after July 19.

<h1>BINGO</h1>		
COMBINED ACCUMULATORS		
<p>Bonanza starting value this week \$12,335 IF WIN POT STARTS AT \$200 Add 50% of sales on Monday If not won, carry over total plus 50% of sales to Wednesday If not won, carry over total plus 50% of sales to Thursday</p>	<p>Minnie Loonie starting value this week \$2039 IF WIN POT STARTS AT \$200 Add 30% of sales on Monday If not won, carry over total plus 30% of sales to Thursday</p>	<p>Lucky 7 \$3618 in 25 numbers POT FREEZES AT 25 NUMBERS Add one # plus 30% of sales carry over on Monday. If not won, add one # plus 30% of sales carry over to Thursday IF WIN POT STARTS AT \$200 in 17 numbers or less</p>
IN CASE OF DISCREPANCY, THE LATTER WILL PREVAIL		
FOR UPDATES CALL 345-8825		
<p>Knights of Columbus Lac du Bonnet Community Centre Specials 7:00 p.m. Lot LK 584 Every Monday Evening</p>		<p>Bonus Line - \$316.00* Star - 230.00* Loonie Pot - 189.00* Special "Y" - 117.00* Jackpot Strip - 114.00* Poker Flush - 648.00*</p>
FOR UPDATES CALL 345-8619		
<p>Lakers Ski Club Lac du Bonnet Community Centre Specials 7:00 p.m. Every Thursday Evening Lot LK 874</p>		<p>Bonus Line - \$2635.00 Star - 2328.00 Loonie Pot - 466.00 Poker Flush - 2155.00 Special "Y" -</p>
FOR UPDATES CALL 345-6197		
<p>Royal Canadian Legion #164 Lac du Bonnet Legion Hall Specials 7:00 p.m. Every Wednesday Evening Lot LK 443</p>		<p>Bonus Line - \$2993.00 Star - 2540.00 Lucky 7 - 619.00 Poker Flush - 91.00 Mini Loonie - 1479.00 #1 Loonie - 417.00 #2 Loonie - 550.00 Jackpot Strip - 471.00</p>

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LdB RCMP Police Report

The following constitutes the police report for the Lac du Bonnet detachment for the period of June 22 to 30.

June 22

A report was received from Pinawa of an under-age male having been assaulted at the Pinawa pool by another under-age male. The matter was resolved non-judicially.

A report was received of a break and enter to a cottage on Fernwood Lane. A component stereo, a portable heater and a quantity of liquor was stolen.

June 23

A Nokia cell phone was lost at an unknown location along PR 502.

A brown Rubbermaid garbage container was stolen from a residence on Leslie Avenue.

A shed and vehicles belonging to Winnipeg Hydro were broken into at Pointe du Bois, fire extinguishers discharged.

A report was received of a 2.5 hp Magnum outboard motor and life jacket being stolen from Tulabi Falls at Nopiming Park.

June 24

An unknown subject was reported to be possibly burning or melting copper at Great Falls. No indication as to the source of the smell. Police patrolled area, however, did not locate anyone doing so.

A report was received of a vehicle being driven erratically in Lac du Bonnet.

A report was received of subjects harassing the owner of a business in Lac du Bonnet.

While on patrol, police noted individuals apparently 'smoking

up' behind the washrooms at the town dock. The investigation of this resulted in two subjects being charged with being in possession of marijuana.

June 25

Police on patrol noted an individual near a vehicle on Edward Crescent. He indicated to police he was not going to drive as he was intoxicated. Approximately ten minutes later, he was noted to be driving and was arrested for impaired driving. He subsequently refused a breath test and was charged accordingly, and vehicle towed.

June 26

The RCMP currently has a 20 inch green, girl's bicycle that was found in Lac du Bonnet on June 22. Anyone with information regarding the owner is asked to contact LdB RCMP at 345-6311 so the bicycle can be returned.

A report was received of a horse on the roadway at the corner of PTH 11 and PR 317. Police patrolled the area, however, no horse could be located.

A report was received of an under-age female driver failing to stop at the corner of PTH 11 and PR 214 causing another driver to break to avoid a collision. The mother of the driver in question was followed up with as per the wishes of the complainant.

A report was received of an intrusion alarm at a residence on Maple Creek Road. This was found to be a false alarm.

A report was received from Pinawa of mischief having been

done to the fish hatchery at the end of PR 211. Two under-age males identified as the suspects, and matter being pursued.

June 27

A report was received of an apparently counterfeit \$20 bill having been received at a bingo at the Lac du Bonnet Community Centre.

June 28

A report was received of a motion detector alarm at a business in Lac du Bonnet. Investigation revealed that this was a false alarm.

June 29

A report was received from a business in the RM of Lac du Bonnet receiving an NSF cheque for items purchased.

A report was received of an intoxicated adult male at the safe grad in Whitemouth. Police attended, arrested the subject and lodged him to sober up.

A report was received of a family dispute at a residence on Maple Creek Road. Police at-



tended to mediate the dispute.

A report was received of a break and enter to a cottage on Rutherford Road. A 28 inch RCA color TV was stolen.

June 30

A report was received from a resident of Scott Crescent, that her husband was intoxicated at the residence and she wanted him removed. Police attended and resolved the situation.

A report was received of an intoxicated adult female at the safe grad in Pinawa. Police attended, arrested the subject and lodged her to sober up.

A report was received of an intrusion alarm at a cottage at Whitemud Falls. Found to be a false alarm.

A report was received from a resident of Lac du Bonnet of receiving harassing phone calls.



Victor and Alice Lussier, the new owners of Tasty Treats 2000


New owners at Tasty Treats

Alice and Victor Lussier took ownership of Tasty Treats on July 1, 2000.

Alice and Victor will be joined by their daughters Monique and Rachele to bring their customers some great home cooking. The menu will stay some what the same with some new added treats. The burgers are great and the ice cream is piled high for your delight.

Tasty Treats 2000 offers soft ice cream, and many flavours of hard ice cream, milkshakes, whirley's and the ever famous banana split. The food menu has an assortment of items from french fries, burgers, to homemade pizza. The new restaurant hours of operation are from 11am-11pm seven days a week.

The Lussier's are looking forward to the challenge of running a family business. So if you are in the mood for food, or you are looking for a cool treat, Tasty Treats is the place to meet.



GREY GOOSE

"EXPERIENCE MAKES THE DIFFERENCE"

PUBLIC NOTICE

PROPOSED CHANGES EFFECTIVE: JULY 22, 2000

Schedule 6372:
We are proposing to eliminate Saturday service to Pine Falls and Fort Alexander due to lack of freight and passengers.

We are proposing to change departure times on Run 081 on Schedule 6372 to better service our passengers.

We are proposing these schedule changes to be effective July 22, 2000.

Opposition: Anyone wishing to intervene may do so by filling an intervention using the following criteria:

- (a) Name and Address of the intervener opposing;
- (b) Concise statement of intervention; and,
- (c) Detailed statement of how person(s) would be affected by this proposed change, including evidence pertaining to the intervener's present use of the bus service.

Such person wishing to oppose must file notice with the Secretary of the Board at 200-301 Weston Street, Winnipeg, Manitoba, R3E 3H4, before 4:30 p.m. JULY 21, 2000, either by mail or personal filing.

NOTICES RECEIVED AFTER THIS DATE WILL NOT BE ACCEPTED.

Grey Goose Bus Lines 301 Burnell Street, Winnipeg, Manitoba R3G 3M6 Phone (204) 754-4500 Fax (204) 783-8685



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INC.

Lac du Bonnet

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204-345-8945 fax



Les P'tits Loups year end party and graduation

On Friday, June 23rd, Les P'tits Loups celebrated their year end with a small graduation ceremony. All twelve graduates received a certificate and a grad hat to keep as a souvenir. There was also another small presentation made to Leah Boulet. After four years on the board (the last three as President), she is now moving on. Leah has worked very hard and has dedicated a lot of her time to make Les P'tits Loups what it is today. Her shoes will be very hard to fill because of the excellent job she has done. We wish her all the best and we know that she will succeed in whatever it is she chooses to do next.

Then, after trying to get all the grads together for a group photo, everyone went outside

for a treasure hunt. The rest of the afternoon was filled with activities such as: face painting, a bubble centre, a fish pond and even a couple of pools for the kids to splash around in. Of course, there was also a nice selection of foods and drinks for the kids and the adults alike. Everything went really well and everyone had a great time.

Those who will be moving on to Kindergarten will be missed very much and are wished the best of luck; for those who will be back next year, we are looking forward to seeing you again in the fall. We would like to thank Gisèle for doing a great job once again this year. The kids all loved having you as their teacher.

Well, that's it for this year.

Hope you all have a wonderful and safe summer!

La fin d'année pour Les P'tits Loups

Vendredi, le 23 juin, Les P'tits Loups ont fêté leur fin d'année avec une petite cérémonie. Tous les douze diplômés ont reçu un certificat et un chapeau de graduation pour garder comme souvenir. Il y a eu aussi une autre petite présentation. Celle-ci était pour Leah Boulet. Après avoir été membre de notre comité pour quatre ans (les trois dernières comme présidente), Leah nous quitte pour poursuivre autres



choses. Elle a travaillé très fort et a donné beaucoup de son et nous savons qu'elle aura du succès dans ses entreprises futures. Nous lui souhaitons tous bonne chance.

Ensuite, après avoir essayé de rassembler tous les diplômés pour une photo de classe, tout le monde ont été dehors pour une chasse au trésor. Ensuite, le reste de l'après-midi était rempli d'activités tel que: un centre de bulles, de maquillage, la pêche miraculeuse, et même deux piscines pour que les enfants puissent se rafraîchir. Il y avait aussi un très bon goûter pour les

adultes et les enfants. Tout a très bien été et tout le monde ont eu beaucoup de plaisir.

Ceux qui ont diplômés à la Maternelle vont nous manquer et nous leurs souhaitons beaucoup de succès, et nous avons hâte de revoir ceux qui nous reviendront l'année prochaine. Nous voulons dire un gros merci à Gisèle pour un travail excellent encore une fois cette année. Les enfants l'adorent comme professeur!

Bien, c'est tout pour cette année. Nous vous souhaitons tous de très belles vacances d'été!



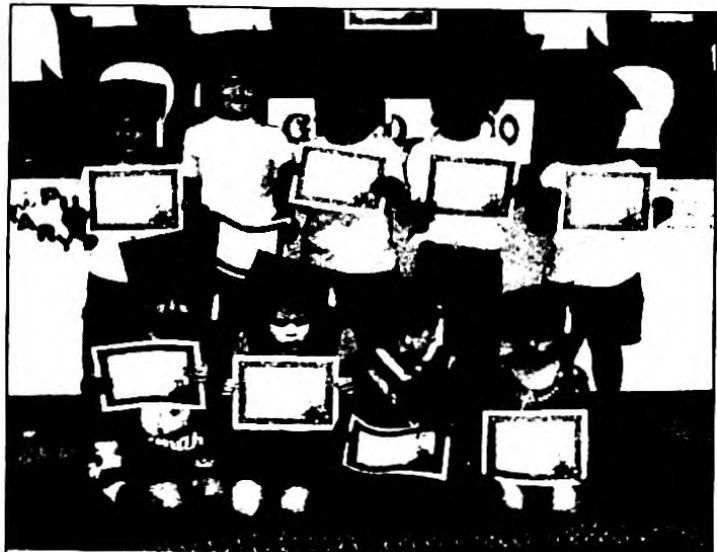
Pine Falls School Kindergarten Grads

Kathryn Ursel, Tyler Tardiff, Erik Kraynyk, Luke Humphrey, Clarissa Hapel, Brooke Giesbrecht, Brock Fontaine, Avere Fontaine, Graeme Carlson, Kayla Breton, Darla Breton, Trey Blatz, Emily Barkhouse, Daniel Adams. Missing: Derek Budgell, Teacher: Carolyn Whitford



Lac du Bonnet Little Day Buddies Nursery School Class of 2000

Teachers Mrs. Erika Henschell and Mrs. Janice Enright; back row (l to r) - Braden Neurenberg, Joshua Pavitt, Morgan Maguire, Lucas Kost, Rylan Ritchot, Isabel Stefaniuk, Corey Chandler, Tessa Trueman, Noah Wilson, Alex Penner, Gabrielle Deveau, Colin Nadolsky and Kaelin Dewar; front row (l to r) - Raquel Ladge, Ian Gould, Alana Short, Brent Carter, Kylie Lussier, Grant Trueman and Gabrielle Wilson.



Happy Tots Place Graduation

Back Row (l-r) Kayla Breton, Cameron, Kovachick, Morgan Bruyere, Tyndall Fontaine, Vince O'Laney; Front Row (l-r) Justin Smith, Ryan Wark, Lara Berthelette, Nicole Guimond

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Lac du Bonnet Riverland Road, south off Highway #313



What's Happening?

Hello fellow community members! I am Tara Lee Fontaine the new Support Worker here at Wings of Power. I am from Sagkeeng First Nation and have one child named Jaida, who is two years old. I started as a Co-operative Education Student from Empower School in February of this year until June, where I have recently graduated from. I have completely enjoyed every moment here at Wings of Power. It was quite different than what I expected. From my first day until now there wasn't a day that went by I didn't enjoy being here. I signed up with Career Start and they hired me to work here for the summer as well as Wings of Power. Now that I know Wings of Power is a place for people like myself who are seeking emotional and financial support, my views on the world have changed by being a part of this organization. So come out and have a coffee! Wings of Power is for all ages of the rainbow.

I hope everyone had a great long weekend and a happy Canada Day! On Thursday, June the 29th Wings of Power had a picnic in the park at the Village Green. Tara and I had a great time painting faces and playing with the kids. It

was a lot of fun and I hope everyone who attended enjoyed themselves.

July will be a busy month for us, there are a few new programs beginning. The Preschool Gym for children ages 3 - 5 will start on Wednesday, July 5th from 4:00 - 5:00 PM at the Powerview School Gym. There will be games, rhymes, songs, and more. A support group for Breastfeeding Moms and their families will begin on Monday, July 10 from 1:00 - 4:00 PM downstairs at Wings of Power. Everyone is welcome. We will be offering the Nobody's Perfect Parenting classes beginning on July 12 with registration at 1:00 - 2:30 PM. If you are interested and cannot attend at this time please call Crystal at 367-9641 or Debbie at 367-5406 for details. As well, our regular programming will continue throughout the summer, so please drop in and visit.

A Parent's Guide to Fitness for Kids Who Hate Sports

If your child isn't interested in team sports, you should attempt to get at the root of the issue rather than force him/her to join a team. Kids may not want to participate in sports for many reasons.

Fear of failure or public

embarrassment, as well as, fear of letting their parent down can make some children afraid to play sports. Other children may lack, or believe they lack the grace or coordination needed to succeed. Some children, like many adults, may just not be interested in team sports, but they can still maintain an excellent level of fitness by doing other activities that don't emphasize competition. As long as your child does not become inactive there's no reason to worry if he/she resists joining organized sports.

Encourage your child to take lifelong activities like cycling or running - activities that can promote fitness on an individual and noncompetitive level. Some examples include: cycling, swimming, dancing, in-line skating, running, skateboarding, hiking,

and martial arts.

Can I Help My Child Learn to Like Sports?

Although you should share your interests with your child, it's not a good idea to force them into an activity just because you once excelled at it. Try to keep your expectations realistic - most children never make it to the Olympics or even the finals, no matter how hard they try! The ultimate goal is to help and encourage your child to become fit, healthy, and happy.

Try to be patient with your child if he/she has difficulty choosing and sticking to an activity. It often takes several tries before a child finds an activity with which they feel comfortable.

How Can I Be a

Good Fitness Role Model?

Try to make exercise a part of your family life by finding fun fitness activities that the whole family can do together, such as swimming, canoeing, cycling, nature walks, walking the dog. Keep a positive attitude toward exercise and physical activity. Careful not to treat it as a punishment or chore. Encourage your child to come up with family fitness ideas.

Emphasize the importance of having both a healthy mind and a healthy body, and make it clear to your child that physical activity is an part of daily life. By creating a supportive environment, acting as a positive role model, and providing a choice of activities, you can help your child develop good habits that will last a lifetime.



Granting power of attorney

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

Through it may be unpleasant to think about, the inability to manage ones own affairs may yet to come to pass. So, it is wise to take that possibility into consideration when you are making plans for your future.

One way to ensure personal and financial affairs are properly handled in the event that you become physically or mentally incapacitated is to appoint a power of attorney to a lawyer, trust company, spouse or trusted friend.

A power of attorney is the

legal authority, as contained in a written document that allows someone else to manage one's legal and financial affairs. The powers granted can be very broad but it does not allow another person to make health care decisions on your behalf.

To qualify as and attorney in this case, the person granted authority over your personal affairs must be at least 18 years of age and mentally capable.

A person named as the attorney does not have to accept the post and even if they do accept, the "donor" wishing to transfer the power still retains the right to manage their own affairs.

People granting power of attorney must also be legal adults who are mentally competent. They must also be fully aware of the type of power

they are granting and over which property.

Full details are to be included in a written document that must be signed by the donor and a witness other than that person's spouse.

A power of attorney may be useful for those who anticipate not being able to manage their own affairs due to limited mobility or an extended absence such as entering a nursing home.

For more details on power of attorney, contact your lawyer, financial institution, Manitoba Justice or Manitoba Seniors Directorate.

Winnipeg River Seniors Service also has a video called Planning for the Future with June Calwood. This is a very informative video that talks about power of attorney, executor of your will and Living will. If you would like to borrow this video call the office.

Host families need for high school exchange students

Celebrate the new millennium by hosting a high school exchange student from Germany, Mexico, Brazil, Japan, Spain and France. Students are awaiting word on their host family for the 2000-2001 academic school year. Host families provide room, board and guidance to a teenager living thousands of miles from home. Students are well screened and are selected based on academic performance, English proficiency, teach recommendations, character references and personal interviews. Couples, single parents, and families with no children are all encouraged to apply.

The exchange students arrive from their home country shortly before school begins in fall 2000. Each World Heritage student is fully insured, brings his/her own spending money and expects to bear his/her share of the household responsibilities, as well as being included in nor-

mal family activities and lifestyles. At the same time, the student will be teaching their newly adopted host family about their own culture and language.

Families may select the student of their choice from student applications, phot collages, and biographical essays. Once paired, students

and families are encouraged to begin corresponding prior to the student's arrival.

-To start the new millennium in the spirit of peace and understanding, call Lillian at (204) or 1-800-888-9040 or visit our website at www.world-heritage.org for more information on hosting an exchange student.

Tasty Treats - Thank you

We would like to thank all of our friends & customers for their kindness, support and patronage over the last fourteen years.

It was a pleasure to serve the many people in our communities.

Best wishes to the new owners, who took possession July 1st, 2000.

To the people in the community, once again, many heartfelt thanks.

*Meegwech,
John & Karen Loos*

SCHOOL DISTRICT OF PINE FALLS NO. 2155

invites applicants for the following positions:

1. JANITOR/BUS DRIVER
Class V engineer certificate/Class III drivers certification would be an asset. Duties to commence July 15, 2000.
2. SPARE SCHOOL BUS DRIVERS for 2000-01 school year. The school district is willing to compensate interested applicants who wish to obtain their Class III bus driver certification.
3. SUBSTITUTE TEACHERS for 2000/01 school year.

Interested persons should apply to Eugene Bailey, Principal, Pine Falls School, Box 190, Pine Falls, MB R0E 1M0, Phone 367-2254, Fax 367-8809, email to plschoold@mts.net.

Deadline for applications Friday, July 7, 2000.

Canada Day celebrations

Parade

There were ten categories for entries in this year's Canada Day parade. Winners are as follows:

Corporate: Natural Resources (first); Tanco (second).
Four Seasons Playground

theme: Beavers and Cubs (first); Lac du Bonnet Legion Ladies Auxiliary (second).

Commercial: CK Sausage (first); Diane's Dog Grooming (second).

Organization: Lac du Bonnet Horticultural Society

(first); Lee River Snow Riders (second).

Unaffiliated: Rural Municipality of Lac du Bonnet (first); Oak Hammock Marsh (second).

Equestrian: Suzanne Schultz riding Fisco & Marc Guimond with Blaze (first); and Jody Karklin and her horse Argo (second).

Comical: Lac du Bonnet Pioneer Club (first); Lions Ladies Clowns (second).

Antique Tractors: Bill Sheer - 1917 Case (first); Larry Novakowski - 1937 Oliver (second).

Decorated Bikes: Dylan Vogel (first); Hilda Oliver (second); Rachel Oliver (third).

Midway



Rhylan Ferens (above) enjoyed this and many other rides Wonder Shows provided this past weekend.



Oak Hammock Marsh visited Lac du Bonnet with this entertaining string of delightful duckies (above). This entry won second place in the unaffiliated category.

Brayden Smallwood tried out this ride at the midway Saturday (left) in the company of his parents Kim and Chris and Auntie Danis.



A parade is just not a parade without clowns... The Lions Ladies clowns won second place in the comical category at this year's Canada Day parade.

Anita and Ken Kiemicki of Wonder Shows were in town this past weekend with over 25 popular attractions for all ages. Among the popular Merry-Go-Round and Wac n' Smash and Roller Ball Derby games, their newest attraction to their

collection is the Titanic Slide. Wonder Shows is in Selkirk this coming weekend and are scheduled to attend the Morden Corn and Apple Festival, the Altona Sunflower Festival, Gimli, Winkler and Peguis this summer.



Jody Karklin (centre) won second place in the equestrian category with her horse Argo. Also riding is Reva Karklin and Duffy (left) and Chris ?? with Blondy (right).



Rene Fontaine accompanied Jordan Zelisko and Mitchell Carter on the popular Merry-Go-Round (above).



Bill Sheer with his 1917 Case (above), won first place in the antique tractor category.

Canada Day celebrations

Howe receives 20 year exemplary service award

Ray Pierson, Manitoba Officer of the Fire Commissioner, visited Lac du Bonnet Friday, June 30 on behalf of the Governor General of Canada. Pierson presented a 20-year exemplary service medal for the Fire Service in Manitoba, to Lloyd Howe for his 25 years of service. Howe received

"This man is commonly known throughout this area, not just in Lac du Bonnet, but the mutual aid district," said Pierson. He is known for "being on top of things, as being progressive in developing a fire department to serve the community...as a volunteer service representative he has had to be on call, day in and



Ray Pierson presents Lloyd Howe with the Governor General's 20-year exemplary service medal.

day out, 24 hours a day, seven days a week, 12 months a year, day and night through thick and thin, 40 below, for 25 years"

The presentation of the

engraved medal and certificate explaining the medal, took place at the town dock prior to the fireworks presentation. Congratulations Lloyd.

Car Show

The Lac du Bonnet Lions Club sponsored the car show held this past weekend. It has been held in Lac du Bonnet for eight years now. Organizers were Dale Hiscock and new Lion's member Daryll Hyslop. Although the weather was unfavourable Saturday morning, 37 vehicles registered and were displayed at the Natural Resources property across from the midway.

Winners this year include: Dale Alstadt of Lac du Bonnet with his 1964 Plymouth Fury, two-door for Best Chrysler; Con and Carol Woo of Winnipeg with a 1963 Galaxy Convertible for Best



Dale Alstadt won Best Chrysler with his 1964 Plymouth Fury.



Con and Carol Woo won Best Ford and Long Distance with their 1963 Galaxy Convertible.



Joe Sawchuk won Best GM with his 1955 Pontiac.

Ford and Long Distance; and Joe Sawchuk of Lac du Bonnet with his 1955 Pontiac, two-door hard top for Best GM.

Door prizes were also presented to 32 of the entrants, from Augustine's, Home Hardware, Osis, Macleods True Value, Relay Auto, Worona's, Driven Images, Kolor's Auto Body Supply, City Auto Paints, North Star/Fairmont, Orion Chev Olds and Westport Chrysler.

Fireworks

The weather Friday night was questionable as was whether the fireworks display would proceed as scheduled. For a while the crowd at the town dock in Lac du Bonnet may have believed the lighting in the area would be the only show they'd witness.

Fortunately the black clouds and wind passed and Lac du Bonnet's acclaimed exhibit was a go.

The Lac du Bonnet Volunteer Fire Department begins the process of shell selection and purchases as early as February. The shells come from as far away as Spain and South America. Approximately 300 shells, the spider, heart, willow, snowflake and butterfly, to name a few, are set off by an electronic firing system owned by the Lac du Bonnet Lions Club.

Thanks to the Lions Club, the Lac du Bonnet Volunteer Fire Department and the many volunteers who donate their time and effort in making this annual event such a success.

Many people visiting the area have made positive comments, many wondering how we (Lac du Bonnet) do it, comparing our show to others where shell's fuses are manually lit delaying the effect for spectators.

Lac du Bonnet Volunteer Fire Department Deputy Chief Omer Lavoie, Captains Craig Hanton, Greg Short, Daryl Preston, Chief Lloyd Howe, and fire fighters Grant Hurst, Troy Simcoe, Chris Grunow, Devin McMurren and Danny Blowers started their 29°C day Friday at 9:00 a.m. composing the spaghetti-like mass of wires.

The main control box is united by cables to seven firing boxes, each capable of connection to 45 shells. There are three, four, five and six inch shells, the larger the shell the higher the fireworks, the largest reaching brilliant heights of 1000 feet.

Bob Lesko of the Lions Club acts coordinator for the fireworks and says funding for the display entirely based on donations, which will continue to be accepted and can be forwarded to Shoreline Realty or mailed to the Lac du Bonnet Lions Club.

Thanks to the Lions Club, the Lac du Bonnet Volunteer Fire Department and the many volunteers who donate their time and effort in making this annual event such a success.

Canadian flag flies at Lac du Bonnet town dock

The erection of a flag pole took place at the Lac du Bonnet town dock this past weekend. A Canadian flag was raised in honor of Canada Day as well, due to the contributions of the Lac du Bonnet Lions Club, RM of Lac du Bonnet and Town of Lac du Bonnet. (clockwise from left) RM Councillor Bruce Chudley, Mayor of the Town of Lac du Bonnet Glen Hirst, Lions' Bob Lesko and Lions' fireworks committee rep. Carol Hiscock.



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TUESDAY
Cribbage 7:00 p.m. - Lounge
WEDNESDAY
Po Ke No 2:30 p.m. - Lounge
Bingo 7:00 p.m. - Hall
THURSDAY
Darts 7:00 p.m. - Lounge
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Bingo 7:00 p.m. - Lounge
SATURDAY
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Y2K Canada Day Celebrations

Oh Canada, what a great day, way to go Y2K Committee



Monika Evans & Marianna Banana

by Monika I. Evans

Canada Day came early to us. It was about 6:00 a.m. and we were experiencing a steady downpour. After a quick coffee, I threw on some clothes and drove my husband to Walter Whyte School where he had to do some last minute preparations. I drove back home through the rain and looked with trepidation at the heavy banks of clouds. I sent up a little prayer that the weather would clear, and it did, but only around the school.

I was back at 9:45 to try to get some breakfast before my first shift at the silent auction. What a line-up at the breakfast tent. I ran into a friend who let me in the line near the front when I explained my predicament. I still ended up having to leave before getting served, so I deputized Bob to stand in line for me and bring me my food. He thought I was going to come back outside, so when he finally realized this was not the case, my pancake and sausage were delivered a bit cold, but still tasted delicious.

At 10:00 a.m. the Silent Auction being held in the auditorium, was doing a brisk business. We had received over 108 items for the auction, thanks to the generous donations of local businesses, and businesses from Pine Falls, Powerview, Selkirk and Winnipeg. Some of the donations were donations of services such as backhoeing, lawncare and rental of equipment. I know of one very happy lady who is the proud new owner of a \$1000 washroom waste receptacle. I hear that she will be having tours on weekends to show off her prize, hey, just kidding Betty. One of the really big prizes was a round of golf at four different golf courses in the area - this was

quite the thing for the golfers, even at \$1 per ticket. With such a huge selection available, people would run out of tickets before they ran out of wishes, and would come back to buy more tickets. The sellers were extremely busy right up until the end of the day. Bob and I were quite happy, we won twice.

At noon, the official opening took place outside the building. It looked as though any second it was going to rain. There were a few drops coming down, but then it missed us. Cliff Sterling, Chairman of the Committee, welcomed the attending dignitaries - Sharon Carstairs, Senator; Bev Desjarlais, M.P. Churchill; Howard E. Hilstrom, M.P. Selkirk/Interlake; Greg Dewar, M.L.A. Selkirk; George Harbottle, Reeve for RM of Alexander; Lyle Schwark, Councillor for the RM of St. Clements, Ward Two; and Dianne Sourisseau; Councillor for Ward I of the RM of Alexander.

The Songsters from the Eastern Beaches Seniors Scene led the crowd in the singing of "O Canada".

A young lady by the name of Meagan Parisian was introduced by Bob Kovachik, Principal of Walter Whyte School. Meagan had won first prize in the poster contest celebrating the Eastern Beaches Y2K Canada Day Celebrations. She had previously been presented with her poster properly framed at the school. She was presented a Canadian flag and a framed, autographed picture of the Prime Minister, Jean Chretien, by Senator Sharon Carstairs. I know that her mom was just thrilled when I talked to her, as, no doubt is Meagan.

Rene Desmet then introduced the rest of the Honourary Guests and they all came up and said a few words to the assemblage. We had representation by the RCMP and they looked resplendent in their red serge uniforms. It makes you very proud to be a Canadian at such a gathering, honouring our Country.

We then were treated to a show by the Happy Trail Riders, Mc'd by Monty Vialoux who did a wonderful job as did the riders. They were terrific, especially their rendi-



Bev Desjarlais, MP Churchill Riding with an RCMP Representative and the Happy Trail Riders at the Eastern Beaches Y2K Canada Day Celebrations

tion of the RCMP Musical Ride (watch out real horses!) The free stage shows continued all afternoon until 4:30 p.m.

The children's entertainment was absolutely wonderful. They were face painted, hair-coloured, tattooed, challenged in races and entertained by two clowns, jugglers, Shriners clowns and a clown troupe. The Val-Mac Farms petting zoo was a children's favourite.

Marianna Banana, a colourful clown, had guest "a-peel" for children of all ages, her costume is definitely colourful and I have never seen such long, gold eyelashes. The Shriner's Clown Troupe was available for children to have their picture taken with the clowns. "No strings attached" entertained the children, both young and old, with fire juggling, unicycling, swords and a bunny. The kids just loved it! "Paisley and Friends" performed a stage show based on David & Goliath which involved members from the audience. I heard it was great, but sadly I did miss it since I was working elsewhere.

The food concessions did a terrific job. I kept seeing line-ups for food at all the stands. The Manitoba Pork Producers had roasted pigs (the entire pig - almost) which the chef would carve up for sandwiches, it was a bit pricey, but what a taste. I think we all forgot our cholesterol count when he passed out bits of the roasted skin - I know I did. They

went through tons of soft drinks, hamburgers, hot dogs, ice cream, popcorn, candied apples, etc.... if anyone left hungry, it was their own fault.

We had a large number of local artisans presenting their crafts and they were very busy the entire day.

I was way after 5:00 p.m. when the drawing of the Silent Auction was completed. There were many happy winners.

I know that we all want to thank the Eastern Beaches Y2K Canada Day Celebrations Committee for thirteen months of very hard work to make this day a reality. They all did a wonderful job, but I know that some of them probably won't want to do it again until the year 3000 - that was a lot of very hard work. Well done!

The fireworks were erroneously listed to start at 9:30 on the program, unfortunately, the sun doesn't even

set around here until after 10:30, so the shoot could not start until 10:55 p.m. to be seen properly. Those who were lucky enough to get close to the event, were treated with some spectacular sounds and sights. Chester Chapil and his crew, of Phoenix Pyrotechnics & Fireworks, did a wonderful job. The final shell, a gift from Phoenix Pyrotechnics, was launched many thousands of feet into the sky and when it burst, the sparkling display was estimated to be one and one half kilometers in diameter. What a finale! The weather did conspire against us in the fireworks since the firing site had to be changed due to the high water levels, and then it turned very cold and windy so that those observing from Grand Beach were getting very cold and many people left before the fireworks began.

All in all, it was a wonderful and once again Happy Canada Day, Everyone!



The Happy Trail Riders performing for the many Canada Day celebrates



Dan Abrahamson (grade 10), Adam Chevretils (Grade 12) and Christine Petursson (grade 10) of the Powerview School Racing Team at one of the relay points for the 2000 Manitoba Marathon

Powerview School Marathon Results

Powerview School sent a fine team into the 2000 Manitoba Marathon Relay on a bright, cool Sunday morning on June 18th. The School Special Team consisted of Jason Dahl, Christine Petursson, Adam Chevretils, and Dan Abrahamson of Powerview School, and Melissa of Ste. Anne.

Jason pelted down the first leg of 5.8 miles at a great pace, then passed the ankle band to Melissa who charged 4.8 miles to hand off to Christine. Christine flew 4.4 miles to fling the Championship to Adam who sailed 5.8 miles to pass to the final runner, Dan. Dan rocketed the final 5.4 miles, barreling triumphantly to the University Stadium Finish Line, crossing with the time of 3 hours, 48 minutes and 0 seconds.

The Powerview Racing Team came in 129 the out of 684 teams, and placed fourth in the special team category. Congratulations Powerview Racing Team.

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Rippling River News

submitted by Vanessa James

July is here and so is our opening week of Rippling River. It's so great to get into the swing of things and out of the office. The Playday calendar is ready for the summer. Cut it out and keep up to date with the themes, times and locations. Our first Playday is July 4th and 6th, at the Powerview School.

Come and celebrate your Country's birthday, we have all the party favorites. On Saturday July 8th, we would like to invite you to the Village Green for our annual Community Bonfire. We had a lot of fun last year, we hope to see you again, especially the people from the Sunnywood Manor!

Upcoming Events

July 3-7 - Sailing School
July 4&6 - Canada Day Celebration Playday
July 8 - Campfire
July 10-13 - Baseball/Thall week
July 12 - Wet n' Wild
July 15 - Canoeing

Rippling River Playdays Schedule

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
DATES	July 4 & 6	July 11 & 13	July 18 & 20	July 25 & 26
THEMES	Canada Day	Space Odys	Dinosaur Days	X-mas in July
LOCATION	Powerview School	Powerview School	Powerview School	Powerview School
	WEEK 5	WEEK 6	WEEK 7	WEEK 8
DATES	August 1 & 3	August 8 & 10	August 15 & 17	August 22 & 24
THEMES	Jungle Safari	Nature Week	Olympics 2000	Beach Bash
LOCATION	Powerview School	Powerview School	Powerview School	Pine Falls Pool

All playdays are FREE, no registration needed,
Times are, for ages 5-8, 10am - 12 noon, and for ages 9-12 - 1pm-3pm

Pine Falls Physiotherapy News

Giving injuries the Cold Treatment

A time for cold, a time for heat

There has been controversy over the years as to when to apply cold and when to apply heat. Because heat stimulates blood flow, it promotes healing just as cold does. It can also relax muscles and ease pain.

But heat can make swelling worse. That's why cold is best right after an injury and heat is recommended for later, when swelling abates. As a rule of thumb, use ice

for at least 48 hours after injury. Then, when the swelling is gone, you can apply heat.

When to avoid cold therapy

Using cold therapy may not be a good idea for some people. Those who are very sensitive to cold will not be able to tolerate icing long enough to do any good. Conversely, those who have a high tolerance to cold - or who pride themselves on being "tough" - open them-

selves to injury by applying cold therapy too long. People with problems in the blood vessels near the skin should avoid cold therapy, especially those with Raynaud's phenomenon (a condition in which the blood vessels in the fingers, ears and nose constrict dramatically when exposed to cold and other stimuli). If you suspect you may be at risk because of diabetes or another condition that can diminish blood flow, check with your doctor before applying cold to an injury.

To maximize the benefits of cold therapy, thing RICE: rest, ice, compression and elevation.

This information is provided to you by Jenny Terrio-Baturin of Pine Falls Physiotherapy.

Laughter, the Best Medicine

One little girl in my wife's Grade 1 class appeared to be on the verge of tears. Sherren took her aside and asked what was wrong. "My mommy is allergic to my new kitten," the girl said.

"Oh, that's too bad," sympathized Sherren. "Will you have to give her away?"

"No," the child sobbed. "Daddy says the kitty has to go."

-Alfred Morrison

Member of Reader's Digest
www.readersdigest.ca

Thank You...

The Fund Raising Committee would like to thank everyone involved in the Social Function held June 16, 2000 for Taylor Hope Pluchinski. The support whether personal, monetary or by donation of goods helped to raise almost \$8000.00 which will be used to help offset future expenses.

The Social could not have been such a wonderful success if it weren't for the following businesses:

Great Falls Community Hall	Pine Falls Paper Co.
Dancyt's (LdB & Pine Falls)	Manitoba Hydro
Great Falls Foods	Sunrise Bakery
Northern Store	

A special thank you to the St. Georges Voyageurs Hockey Team for running the Silent Auction and to all those who donated articles for the auction.

Again, a very sincere thank-you to everyone.

Diane Harpin
Donna Anderson
Kathy Chomokovski

Library Corner - Lac du Bonnet Regional Library

Canadians have celebrated another Canada Day... we are truly fortunate to live in this great country! And when a nation is proud of its history, it likes to tell its story! We have a few stories to share with you this week.

New to our shelves is *Canada's Maple Leaf - the Story of our Flag* by Ann-Maureen Owens & Jane Yealfand. "When Joan O'Malley answered her phone late one Friday afternoon in 1964, little did she imagine that she was about

to become part of Canadian history: she would sew Canada's first flag. Joan had to keep her story secret for many years but now you can read all about it."

Boldly Canadian - The Story of the RCMP by Joann Hamilton-Barry takes you from the beginnings of the Force, through its history to the present, and looks ahead to the future of the Mounties. Since 1873 Mounties have kept law and order across Canada and earned international respect.

Pictures to tell a story - summer is a great time to take pictures and preserve many happy memories of family events. To further develop your photography skills, we recommend that you read *John Hedgecoe's 35mm Photography*.

Our Summer Reading Program is ready to "Blast Off" on July 11th, which is the first day of activities for the Time-Travellers Club (for children in grades 1-5). This group will meet at the library every Tuesday morn-

ing at 10:30 - noon. Pre-school to Kindergarten children are invited to join us for Storytime every Thursday morning at 10:30 a.m.. Suzanne has planned an exciting schedule of events and has registration information prepared to hand out. All children are welcome to register for the reading program, whether or not they wish to be a part of Storytime or the Activity Club! We will keep a record of all books that children read this summer, and they

will be eligible for draws and prizes! Encourage your children to keep reading this summer! Lac du Bonnet is a 4-season playground, and reading is definitely a 4-season pastime!

The saying goes "So Many Books... So Little Time." At the library we have so many books, but we are hoping you will have some time to read. Perhaps you have trouble choosing a good book! Pick up a copy of our list of newer titles to look for or ask a librarian to recommend something!

Ask your Pharmacist

Heat Disorders

Anyone who works or exercises too hard in hot, muggy weather can develop a heat disorder - heat cramps, heat exhaustion or heat-stroke. These problems are most likely to occur in jog-

gers and other exercisers who push themselves too hard when they are not fully conditioned.

Heat cramps are muscle spasms in the stomach, arms or legs. They occur when a

person sweats a great deal and doesn't drink enough salty liquids to replace what has been lost. The cramps can be mild or very painful. They may begin either during or after heavy activity.

Heat exhaustion, like heat cramps, usually occurs when a person exercises strenuously in hot, humid weather, sweats a lot and doesn't drink enough to replace lost body salt and water. An elderly or infirm person who doesn't have enough body salt can also develop exhaustion - even though he or she may

not have been overly active. The person with heat exhaustion may become extremely weak, feel nauseated, and vomit, or become dizzy and faint. The person's skin turns pale, cold and moist with sweat.

Heatstroke is a life-threatening emergency. When exposure to heat and high humidity cause body temperatures to rise to 41-43°C, the person collapses with heatstroke. He/she loses consciousness and the skin becomes red, hot and dry be-

cause the body can no longer produce sweat.

You can prevent heat disorders by:

- drinking plenty of cold water on hot summer days, especially before and during heavy physical exercise.
- avoiding heavy outdoor activity if you are not used to hot, humid weather.
- wearing light-coloured, porous clothing.
- keeping some windows open during heat waves and using fans to keep the air flowing if you don't have an air conditioner.

PFGC Junior Program

Pine Falls Golf Club

Junior Program starts

July 11th - 7 Weeks of Lessons

Ages 7-17

\$20.00 plus taxes

To sign up please call the Pro Shop at 367-8463.



NOTICE

THE PINE FALLS PAPER COMPANY TMP CONSTRUCTION EMPLOYMENT OFFICE HAS BEEN CLOSED.

We thank the 400 applicants for their efforts. No further applications will be received. All applications have been forwarded to the contractors and you will be notified by phone if you are required to come to the site.

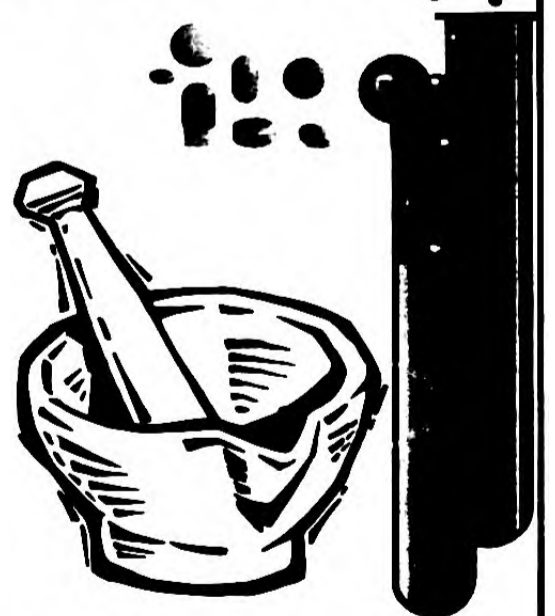
Once again, due to safety concerns, no unauthorized persons will be allowed into the construction site.

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Neither rain nor snow, nor teams that go

by I.N. Fielder

Everyone's heard the old mailman's motto. No, I don't mean the mailman is old. Of course, there aren't any mailmen in rural Manitoba anymore. Their motto is old: "neither rain nor snow or sleet or hail or dogs"... something like that - they always come through, they'll always be there.

What was I gettin' at? Oh yeah! In spite of two weeks of pouring rain, slowpitch has resumed and does go on. And the schedule also goes on in spite of the league losing a team for the first time in living memory. Alas... the Triple B's are no more. After several defaults and no firm commitment (read roster and money), the league has decided to move on with seven teams and a revised schedule. All team reps have received the new schedule and life goes on. All league reps should also note that there's a meeting sometime between 9:00p.m. and 9:30 p.m. Tuesday night, July 4th at Lakeview to decide what to do with players from Triple B's that still want to play. They're also calling it the "what to do with Toni" meeting.

Meanwhile on the dia-

monds last week, Southern Comfort suffered two losses to Classics and Submerged, knocking them off the top ring. Classics defeated Southern Comfort 9-8 as Martel's seventh inning homer proved to be decisive. In the nitecap, Submerged edged Southern Comfort 4-2 in spite of a great performance from the bullpen.

Thursday saw Frenchmen sweep their doubleheader, winning over the Heroes and River Rats. Meanwhile, Heroes mercied A Stars after River Rats took a default win from those same A Stars.

Last week's results leave Submerged and Classics tied in the loss column, having just one blemish each - both courtesy of the French-



men. There's a lot of ball left - see you on the Diamond!

On the tap this week:

Tuesday, July 4th
6:20 p.m.

#1 Frenchman at River Rats

#2 Submerged at Heroes

7:45 p.m.

#1 Frenchman at Heroes

#2 River Rats at Submerged

Thursday, July 6

6:20 p.m.

#1 Southern Comfort at Classics

#2 A Stars at River Rats

7:45 p.m.

Classics at Southern Comfort

River Rats at A Stars

Lac du Bonnet Slo-pitch League Standings (revised) as of July 3

	WON	LOST	%	GBL
Submerged	6	1	.857	-
Classics	5	1	.833	1/2
Frenchmen	5	2	.714	1
Southern Comfort	5	3	.625	1 1/2
Heroes	3	5	.375	3 1/2
River Rats	1	6	.143	5
A Stars	0	7	.000	6

Recreation Ramblings

by Robin Attas,
Special Events Coordinator
Winnipeg River Recreation District

I am very excited to announce that the rec district will be offering a new event at the Pinawa Birthday celebrations this year: an improv clinic! As someone who really enjoys drama (in fact, I'm taking an unofficial minor at university), I'm always excited when something drama-wise happens, but I'm even more excited about this because I'm organizing it!

For those of you who don't know what improv is, it's essentially acting without a script. In the standard version, actors use pre-made games and audience suggestions to create skits which are entirely original and often (if the actors are skilled enough) quite funny. If you've ever seen the show *Whose Line is it Anyway?* you've seen improv.

This clinic will be taught by a group of improv and sketch comedy actors from Winnipeg, the Spleen Jockeys. I've haven't seen any of their stuff, but they've performed at the

Winnipeg Fringe Festival and other fringe festivals across Canada multiple times, which is a good sign in my books. The clinic will take place on the lawn between the Wilderness Edge Resort and Conference Centre and the marina (weather permitting), Saturday, July 15 from 7:00 to 9:00 p.m. So you can come to the clinic and then mosey on over to the fireworks display afterwards. Please pre-register at the rec office by July 12 so I can let the Spleen Jockeys know how many participants they'll be working with. Don't let me be the only registrant.

Coming up

Eastman Regional Summer Games, Part II: golf went quite well at Pinawa on June 18, although I'm surprised more of you golfers didn't take advantage of the super discount on green fees for this event. We would sure appreciate some spectators for the July 8 events, triathlon, beach volleyball and water ski. Call the rec office for details on times and locations.

Trans Canada Trail Relay

2000: The water carriers for this national relay will be in our area on July 6, stopping at the Winnipeg River Bridge on Highway 313 at noon and at the Pinawa Community Centre at 3:00 p.m. An evening of celebration and entertainment will follow at Old Pinawa from 4:00 to 10:30 p.m. Be sure to attend this once-in-a-lifetime event!

Lac du Bonnet Swim lessons: Don't forget to register yourself or your child in swim lessons this year. We offer the basic Aquaquest program. Lifesavings, Aquatots program for infants and toddlers and AquaAdults for teens and adults who want a less structured environment, if there's enough interest.

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Pineview Slo-pitch Standings

TEAM	G	W	L	Pts
Powerview Fire	11	11	0	22
Whipmasters	10	9	1	18
Muskrats	11	8	3	16
Diehards	11	7	4	14
Slammers	11	5	6	10
Out of the Blue	11	5	6	10
Poppers	11	4	7	8
Mohawks	11	4	7	8
Pistols	10	4	6	8
5 Star Shooters	11	3	8	6
Diamond Heads	11	3	8	6
Dazed & Confused	9	1	8	2

Pineview Mixed Slo-pitch league schedule

TUESDAY, JULY 4

6:00 Fire vs Die Hards R

6:00 Pistols vs Poppers I

7:15 Whipmasters vs Slammers R

7:15 5 Star Shooters vs Dazed & Confused I

WEDNESDAY, JULY 5

6:00 Muskrats vs Diehards R

6:00 Whipmasters vs Fire I

7:15 Mohawks vs Diamond Heads R

7:15 Whipmasters vs Dazed & Confused I

THURSDAY, JULY 6

6:00 Pistols vs 5 Star Shooters R

6:00 Mohawks vs Poppers I

7:15 Whipmasters vs Muskrats R

7:15 Slammers vs Out of the Blue I

MONDAY, JULY 10

6:00 Mohawks vs 5 Star Shooters R

6:00 Whipmasters vs Out of the Blue I

7:15 Fire vs Muskrats R

7:15 Diehards vs Slammers I

TUESDAY, JULY 11

6:00 Pistols vs Diamond Heads R

6:00 Dazed & Confused vs Poppers I

7:15 Fire vs Slammers R

7:15 Muskrats vs Out of the Blue I

WEDNESDAY, JULY 12

6:00 Diehards vs Whipmasters R

6:00 Pistols vs Dazed & Confused I

7:15 5 Star Shooters vs Diamond Heads R

7:15 Pistols vs Dazed & Confused I

THURSDAY, JULY 13

6:00 5 Star Shooters vs Poppers R

6:00 Mohawks vs Pistols I

7:15 Fire vs Out of the Blue R

7:15 Dazed & Confused vs Diamond Heads I

MONDAY, JULY 17

6:00 Diamond Heads vs Poppers R

6:00 Muskrats vs Slammers I

7:15 Diehards vs Out of the Blue R

7:15 Mohawks vs Dazed & Confused I

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ECHOES FROM THE **Heart**

A woman came out of her house and saw 3 old men with long white beards sitting in her front yard. She did not recognize them. She said "I don't think I know you, but you must be hungry. Please come in and have something to eat. "Is the man of the house home?", they asked.

"No", she said. "He's out." "Then we cannot come in", they replied.

In the evening when her husband came home, she told him what had happened.

"Go tell them I am home and invite them in!"

The woman went out and invited the men in.

"We do not go into a House together," they replied.

"Why is that?" she wanted to know.

One of the old men explained: "His name is Wealth," he said pointing to one of his friends, and said pointing to another one, "He

is > Success, and I am Love" Then he added, "Now go in and discuss with your husband which one of us you want in your home."

The woman went in and told her husband what was said. Her husband was overjoyed. "How nice!!", he said. "Since that is the case, let us invite Wealth. Let him come and fill our home with wealth!" His wife disagreed. "My dear, why don't we invite Success?"

Their daughter-in-law was listening from the other corner of the house. She jumped in with her own suggestion: "Would it not be better to invite Love? Our home will then be filled with love!"

"Let us heed our daughter-in-law's advice," said the husband to his wife. "Go out and invite Love to be our guest."

The woman went out and asked the 3 old men, "Which one of you is Love?"

Please come in and be our guest." Love got up and started walking toward the house. The other 2 also got up and followed him. Surprised, the lady asked Wealth and Success: "I only invited Love, Why are you coming in?"

The old men replied together: "If you had invited Wealth or Success, the other two of us would've stayed out, but since you invited Love, wherever he goes, we go with him. Wherever there is Love, there is also Wealth and Success!!!!!"

OUR WISH FOR YOU...

Where there is pain, we wish you peace and mercy.

Where there is self-doubting, we wish you a renewed confidence in your ability to work through them.

Where there is tiredness, or exhaustion, we wish you understanding, patience, and renewed strength.

Where there is fear, we wish you love, and courage. You have two choices right now:

Forget you read this, or invite love by sharing this story with all the people you care about. We hope you choose the second.

Craft Corner

Spring Wreath

Materials:

Grapevine wreath, 8 inches or more

1.5m 7/8" satin ribbon

1m gold pearl garland

1 foot of ivy garland or bush

A bid of your choice

A flower pick with at least 4 blossoms

1. Using the ribbon, wrap the wreath diagonally, spacing the wraps about 3". You should have a bit of ribbon left over for a simple bow. Spot glue to hold. Cut extra ribbon off and save to make bow for later.

2. Pull off the leaf groups from the ivy garland. Tuck ends in various spots over the wreath. Glue to hold. Glue a bow to bottom of wreath. Glue flowers equally spaced around wreath. Glue bird on the inside of the wreath, so he looks like he's sitting just behind the bow.

3. Starting just behind bow, wrap pearl garland in the opposite direction to the ribbon. You may have to tuck the pearls behind some leaves. Go all the way around until you reach the bow again and glue to hold. Cut off extra, if any. So far, you are done. You could make a hanger out of left-over ribbon pearls, or even the wire stem from the flowers. Feel free to use your own colours from the ribbon, pearls or birds. Other flowers look good too. Use your imagination and change things to your liking.

All products listed here are available at **Powerview Fabrics.**

PATTY'S **Pics**

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

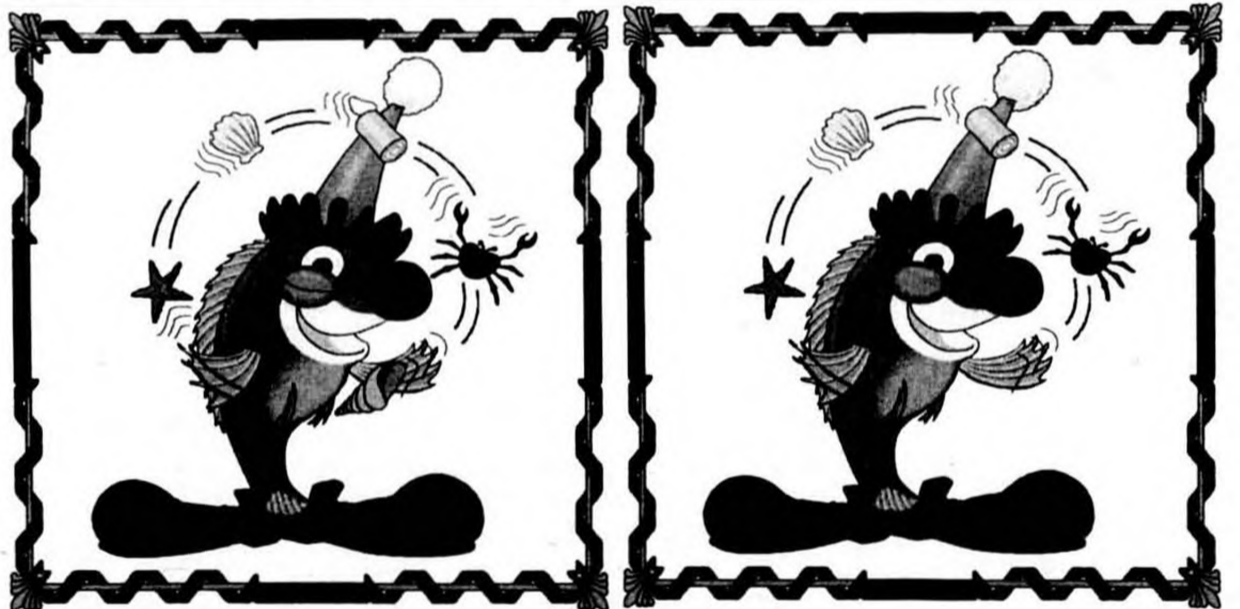
Entry Form Patty's Pics

Name: _____

Address: _____

Ph. No: _____

This week's Patty's Pics is sponsored by
The Yellow Door
Entry Forms can be dropped off at
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R0E 1A0.
Good Luck!



Circle the six differences between these pictures.

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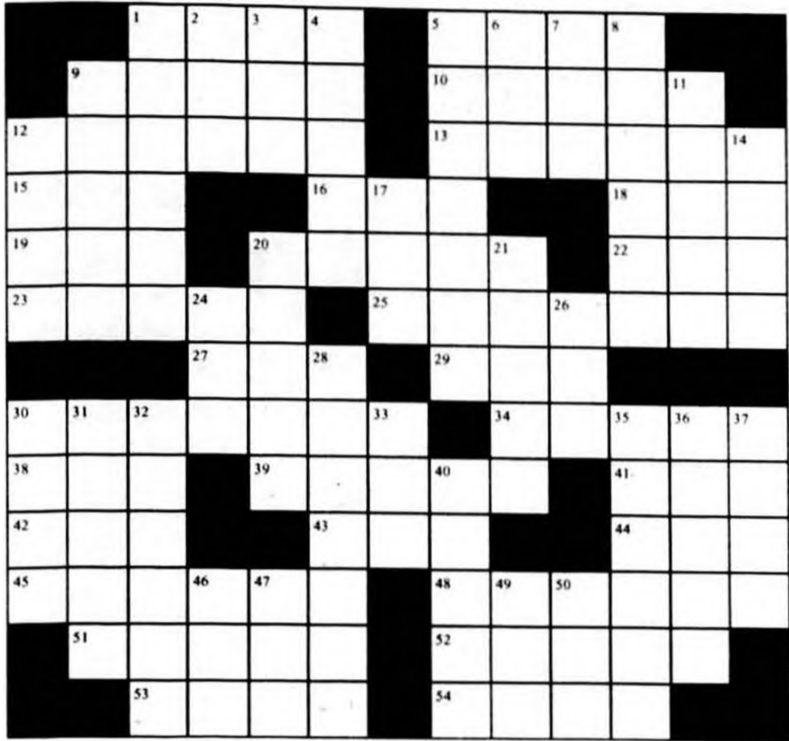
Gifts & More



WE DELIVER

Winnipeg River Echo Weekly Crossword

Tons of Fun



- 20. Almost negligible
- 22. With Pogo, Okanagan monster
- 23. Tart, in Teulon
- 25. Rowers
- 27. Commercials
- 29. _____ton, Saskatchewan
- 30. Emit
- 34. Certain shoes
- 38. Girl of song
- 39. Brass, so to speak
- 41. Environmental protection org.
- 42. Arbitrageur, abbr.
- 43. Floral wreath
- 44. Likely
- 45. Engine style
- 48. _____ton, Quebec
- 51. Hockey venue
- 52. Bug
- 53. Layer
- 54. Booty

- 7. Eggs
- 8. Hardly ever
- 9. Sicilian volcano
- 11. Red, in Repentigny
- 12. Agreement
- 14. Tide influencer
- 17. religion
- 20. Car model
- 21. Clan
- 24. Turn hide to leather
- 26. Resort
- 28. _____ton, Nova Scotia
- 30. Zounds!
- 32. _____ton, Prince Edward Island
- 33. Before (poetic)
- 35. I'm a little _____
- 36. Send a resume
- 37. Satisfy
- 40. Essential
- 46. Whale, in Oslo
- 47. Compass pt.
- 49. Brand of fruit salts
- 50. L to P

ACROSS

- 1. _____ton, New Brunswick
- 5. Partner of Andy, once
- 9. Halos
- 10. _____ton, Manitoba
- 12. _____ton, British Colum-
- 13. Ski race
- 15. Banking tech.
- 16. Israel or Trotsky follower
- 18. Twosome
- 19. Toronto Exhib.

DOWN

- 1. Pantomimist
- 2. Globe
- 3. No, in Newcastle
- 4. Containing cerium
- 5. Armoury
- 6. _____ton, Ontario

LAST WEEK'S ANSWERS



CRYPTIC PUZZLE



Z BVC'W DXDC FQWWDG PH FGDRB;
 Z JVCTZBDG WKRW JVVSZCL.
 -SRWKDGZCD JDFGZRC

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
 YOU CAN PRETEND TO BE SERIOUS; YOU CAN'T PRETEND TO BE WITTY.
 - SACHA GUITRY

WEEKLY HOROSCOPE for the week of July 4th - July 10th

ARIES March 21 - April



It's time to come up with a master plan and figure out your career goals. Fight the urge to procrastinate. Working on small projects around the house, especially in the garden, will help give you a sense of purpose. Trust your instincts.

TAURUS April 20 - May 2



Committed Taurus is hard at work while coworkers are enjoying summer vacations. Do not allow jealousy to get the best of you. This is your time to shine. Diligence and attention to detail may be rewarded.

GEMINI May 21 - June 20



Exploring your past may help you face the future. Look for a tranquil place to daydream about romance. Emerald green grass beckons. Give in. Take a blanket and a journal, and recapture childhood dreams on paper.

CANCER June 21 - July 22



Become a person of value. Stand up for what's right at work even though it may be unpopular. Learn to put your foot down when people are unreasonable. True friends will stand by you during this difficult time.

LEO July 23 - Aug. 22



Your generosity is put to the test on Wednesday. If you have the time, patience and money, help out family members. With determination and fortitude, you can help those less fortunate. Your deeds will not go unnoticed.

VIRGO August 23 - September 22



The highly organized Virgo travels extensively this week, both for work and play. Pay special attention to personal grooming on the 5th. When you least expect it, a huge professional opportunity will come your way.

LIBRA Sept. 23 - Oct. 22



You find peace in observing nature this week. Speak out. Share your opinions with others. You have a lot more in common than you originally thought. You are prone to a back injury this week. Use good sense in lifting a heavy object.

SCORPIO Oct. 23 - Nov. 21



Step out on faith and jump right into a cycle of success, particularly in real estate. Pressure may have you stressed out, especially on the 7th. Find a new way to relax. A long swim could help clear your mind and relieve anxiety.

SAGITTARIUS Nov. 22 - Dec. 21



An adventurous spirit may be too much for even eccentric friends to handle. They want summertime relaxation. You want to conquer the world. Watch how you express your opinions. They may be misinterpreted by those closest to you.

CAPRICORN Dec. 22 - Jan. 19



Scare away legal monsters with your surefootedness and thorough research. Those who saw you as conservative and cautious are awed by your spirit. Remain cool. Keep your emotions in check until you do your homework.

AQUARIUS Jan. 20 - Feb. 18



Play up your wild, dramatic side, but think before you act, even if admirers want an encore. Scheduling downtime is a must. Pay special attention to recurring thoughts about getting back to the basics, especially on the 7th.

PISCES Feb. 19 - March 20



Foreign films and classical music take you out of the summer sun and help combat physical stress. Pay special attention to children. They are looking for attention and praise this week not criticism.

ALL THE RIGHT Stuff

Dear Ms Know-it-all:
My family members have divorced, remarried and some have stepchildren. How do I handle introductions?
Wants-to-know

Dear Wants-to-know:
If you are introducing a divorced mother, father or grandparent with a different name, remember, no explanations are necessary. Here is an example of an introduction:
(You would say), "Mrs. Johnson, I would like you to meet my stepmother/stepfather Mrs./Mr. Green."
If parents are introducing stepchildren, use the following as an example if the children are comfortable with the new arrangement:
(The stepparent would say), "Mrs. Johnson, I would like you to meet my stepdaughter, Hilary Wentworth."

Otherwise, it may be safer to use something like this, "Mrs. Johnson, I'd like you to meet Betty's daughter, Hillary Wentworth."
If you must introduce your ex-spouse for whatever reason, remember to be on your best behaviour and maintain your good manners and poise. Address your ex-spouse by first name and use the fol-

lowing format "This is my former wife, Karen Billows. Karen is Pamela and Eric's father."

Adopted children are introduced the same manner as natural children. No reference should be made to their adoption.

Foster children, however, should be introduced as such and their full name should be used.

Here are some examples of introductions for non-traditional families:

"Mother, please say hello to your grandson's partner, Kristy Newman."

"Good morning, Frances. I'd like you to meet my daughter, Marlene and Marlene's companion, Teresa Malton. Marlene and Teresa, this is my neighbour, Mrs. Bettencourt."

A half sibling is introduced simply as "My brother John" or "My sister Catherine" in general situations.

Dear Ms Know-it-all:
Can you give me some general guidelines to use if I am introducing a person with a title?
What's my line

Dear What's my line:
Certainly, I'd be glad to give you a few suggestions. The general rules are:

- Introduce the untitled person to the titled person - Mr. (or Madame) President, may I present Mr. Abernathy
- Judges - Judge Smith or Mr. (or Madame) Justice Smith

- Prime Minister - Mr./Madame Prime Minister
- President - The President, Mr./Madame President
- Senator - Senator Jones
- Mayor - The Mayor or Mayor Norris
- Governor General - Your Excellency
- The Queen - Your Majesty
- Doctor - Doctor Goldsborough

Videos OF THE WEEK

Brought to you by the Pop and Movie Shop

The Talented Mr. Ripley (4 Bottles)
Is a riveting thriller starring Matt Damon, Gwyneth Paltrow and Jude Law. It is a mesmerizing masterpiece of the unexpected.

Hanging Up (4 Bottles)
Is a brilliant, irresistible comedy starring Meg Ryan, Diane Keaton, Lisa Kudrow and Walter Matthau. Every family has a few hang-ups.

Out next week, July 4th:
Scream 3 - a thriller starring Neve Campbell, Courtney Cox-Arquette and David Arquette.



SEEK AND FIND

FIND THESE WORDS IN THE PUZZLE BELOW.

- | | | |
|-----------|--------|-------------|
| AQUARIUS | GEMINI | SAGITTARIUS |
| ARIES | LEO | SCORPIO |
| CANCER | LIBRA | TAURUS |
| CAPRICORN | PISCES | VIRGO |

THE WORDS READ UP, DOWN AND ACROSS.

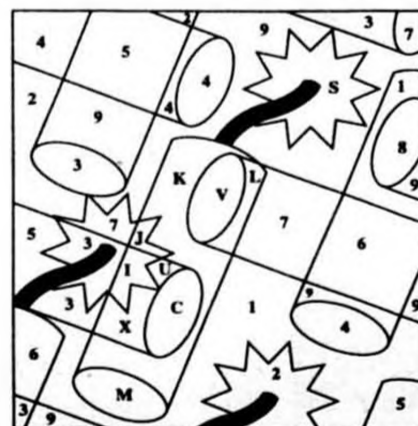
L I B R E Z V T L G E
B N Q T E G I U R T Y
P R F A D E R A S A A
I O G U H M G R J Q W
S C O R P I O U K U A
C I E U N N M S L A R
E R L S L I B R A R I
S P C A P R I C O I E
S A G I T T A R I U S
X C A N C E R P O S I

connect the dots

FIND THE TWINS

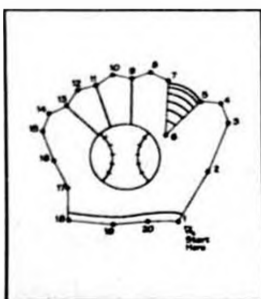
WHICH TWO ARE EXACTLY ALIKE?

HIDDEN PICTURE



Color in each space that contains a letter.

Answers



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

SECRET CODE

Why do museums have old dinosaur bones?

13	1	24	18	22	20	7	13				
20	25	8	11	23	7	24	16	8	7	24	12

Use this decoder to solve the riddle.

Echo Classifieds

Card of Thanks

We would like to say thank you to everyone who attended our Jack & Jill shower June 11. We really appreciate the cash and gift donations we received for our silent auction. Thank you to our bridal party for planning the shower, and thank you to everyone who brought food. A special thanks to mom and dad for cleaning up after and to Auntie Glenda for the beautiful cake. Thanks again.

Love Billy, Sommer and Sidney

I would like to thank the following for awards I received at the Grad 2000 ceremonies: Mr. Bill Ferguson and Tantalum Mining Corporation of Canada Limited for the Tanco Engineering Award. Amy Rowbottom, Jon Arsenuik and the Grads of '98 for the LdBSS Grad '98 scholarship award. Also, Laura Rowbottom, Jana Firlotte and the 1999-2000 Student Parliament for their Outstanding Student of the Year Award. All the awards I have received are greatly appreciated and will definitely help me to be able to attend the U of M to study Engineering. Thank you all. I would also like to thank all my fellow students, teachers, parents, friends, neighbors and people of LdB who have wished me success and offered congratulations, thank you very much.

Danny Northcott

I would like to thank my teachers who made it possible for me to graduate, Mrs. Augustine, Mrs. Melnyk, Mr. Holier, Mr. David and Mrs. Hodges. Also I would like to thank my grandparents Walter and Roxy Wazny who raised me since I was four and a half years old, my Aunt Kathy and Uncle Brad Wold, Uncle Danny and Aunt Michelle Wazny and Uncle Terry and Aunt Jeannette Wazny. Also to all those people who wished me well for the future with their cards and gifts.

Chris Grunow

For Rent

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Help Wanted

Cooking help and serving staff needed. Experience preferred, various shifts, please apply at Broadlands Restaurant, just over the dam.

Employment opportunity
Pine Falls Golf Club requires kitchen staff, please apply in person at the Golf Club.

**RURAL MUNICIPALITY OF LAC DU BONNET
CALL FOR TENDER
TRANSFER STATION ATTENDANT**

The Rural Municipality of Lac du Bonnet is hereby calling for tenders on the contract to manage the PR #313 Transfer Station expected to open August 15, 2000. Hours of operation and specifications for the position may be obtained between the hours of 9:00 a.m. to 4:30 p.m. Monday to Friday from the Administrative Office situated on PR #317.

Deadline for tenders: **FRIDAY, JULY 14, 2000** at 4:30 p.m. Please mark "Transfer Station Tender" on the outside of a sealed envelope.

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MAPLE CREEK ROAD (10 Miles from Lac du Bonnet)
2500 sq. ft. of living area, mostly wood finish in the interior with 3 large BR's, solarium. The exterior of the home is constructed of stone with a deck and small balcony. 77 acres of good farm land, mostly cultivated. Excellent location for Hobby Farm.

PINE FALLS - 1 Holly Street
One storey home with attached garage, 1132 sq. ft. of living area, 2 BR, den or office, some hardwood floors, fireplace, large kitchen and dining area. Close to schools and business centre. Call to view.

ST-GEORGES - 10 Chateau Guay St.
One storey home, 792 sq. ft. of living area, kitchen with breakfast nook, 1 BR, den or office, full basement. Large lot 165x264, detached garage, priced at \$39,900. Must be seen.

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