



The Winnipeg River Echo

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Vol. 1, No. 7 Tuesday, July 11, 2000 \$1.00 tax included

Relay 2000 links Winnipeg River communities

by Charles Norman

Relay 2000 came to town last week. In Beaconia the arrival of the water carriers coincided with their hundredth anniversary celebration. (Story page 9) In Pinawa the event was celebrated with a concert which is planned to be an annual event.

Relay 2000 is a nation-wide event celebrating the opening of the longest recreational trail in the world - 16,100 km.

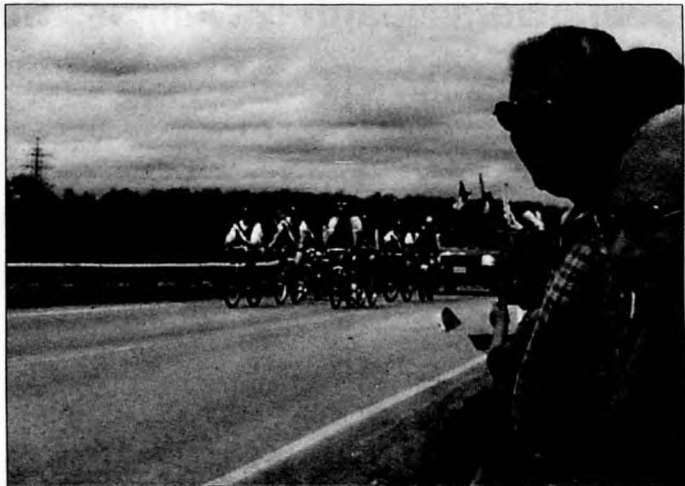
The relay brings water from the Arctic, Pacific and Atlantic oceans to Hull, Quebec where they will be joined together in a specially built fountain in Jaques Cartier Park September 9

Beginning on February 19, In Tuktoyaktuk in the Northwest Territories, a group of

Junior Rangers walked about two miles out onto the ice, with a wind-chill temperature of -75C, lowered a seal skin bag, specially crafted for the occasion, through a six foot deep hole in the ice, and hauled up about 13 oz of salt water from the Arctic Ocean. The water, in standard cyclist's bottle for convenience was taken through the North West Territories, British Columbia and Alberta to Calgary.

On April 7, sea water from the Pacific Ocean was brought into Victoria Harbour by war canoe where the Governor General accepted the water and poured it into a second bottle. This bottle was also transported to Calgary May 13.

See RELAY/page 8



RM presents trail maintenance resolution

by Toni Bruneau

The country's biggest millennium project, Relay 2000, included Lac du Bonnet July 6 when water carriers crossed the Winnipeg River Bridge. The Relay will visit 800 communities on its way to Hull,

Quebec where the water will reach the commemorative Trans Canada Trail Fountain in the national capital region September 9.

The relay will involve 5000 water carriers who have or will either walk, cycle, horseback,

wheel, cross country ski or snowmobile across Canada's mountains, prairies, forests, parks, towns and cities.

Lac du Bonnet expressed its local pride and spirit at a welcoming ceremony held at

See RESOLUTION/page 8

Gaa-bi-Mooka"Ang Sawmill planning proceeding

Discussions between Tembec and up to 17 First Nation Communities on the potential of building a joint venture sawmill in the area are proceeding.

Over the past two years there has been a tremendous

amount of effort by First Nation community leaders and Tembec in exploring whether a joint venture sawmill in the area producing lumber for both domestic and international with the wood chip by-product sold to the newsmill to make paper is indeed achievable.

The time to start making decisions is fast approaching as there are certain wood and chip handling decisions which have to be made by the newsmill as a result of the building of the TMP plant which would change if it looks like the Gaa-bi-mooka"ang Sawmill is likely. These decisions will not only affect workers both in the newsmill and woodlands but will also determine the type of equipment purchased and other possible wood chip sourcing options.

The joint working group which is leading the exploration of Gaa-bi-mooka"ang also has sub-committees on financing, employment and location which are in the process of making recommendations on these important project components.

The joint working group is also

See SAWMILL/page 14

Busy week for LdB emergency services

See story page 7



RM asks for change in per capita funding

Funding from the provincial government to municipalities for various projects is based on the number of permanent residents in the municipality. For the purpose of calculating this funding cottage populations are ignored.

RM of Alexander Reeve George Harbottle

finds this unfair. He says per capita funding calculations should be based on total assessment. He points out that Alexander has 2,555 permanent residents but a total of 6,000 taxpayers, most of whom are cottagers. Cottagers add to costs of lagoons, landfills, policing, ambulance,

fire protection and other municipal services. Cottagers also increase the burden on local health services.

The RM has had a resolution passed by the Eastern District of the Association of Manitoba Municipalities asking the Association to lobby for a

change in funding formulae to take into consideration the extra load on municipal resources by seasonal residents.

"Per capita funding should be based on total assessment," Harbottle said. "It should be fair and equitable. We won't give up. We'll keep on pushing for this."

Sunflowers Health & Wellness Store

Powerview health and wellness store has moved to uptown Pine Falls. It's new location is at the Pine Plaza, recently known as the voice.

The owner Linda Gammon had recently moved from British Columbia with her family and shop in October 1999 to Powerview MB, to be closer to family. "There couldn't be a better place to make home than the blue water country," Gammon said.

The store opened in November 1999 at the old Shell Station, providing natural supplements and relaxation services. It has been successful and she hopes to keep expanding in products.

The store will be going through some changes starting with a new name as the store will no longer be in Powerview.

Sunflowers Health and Wellness store will be its new identity.

There will be some additions of shelving to fill up extra space. They carry a variety of natural supplements and sports nutrition vitamin minerals and herbs, some lines are Swiss Herbal Remedies, Natures Harmony, Superior Health Herbal Select Nutra Int, and many more.....

With so much processing and refined

foods on the market, it's hard to keep our bodies in balance and quite often need to supplement with vitamins and minerals or processed food are

Message for the back shoulders, and neck. This lasts for 30 minutes, using Aromatherapy blends.

Aroma Reflex

circulation and feels great!!

Last but not least, Ear Candling which also is a very ancient technique, but today is com-



Linda Gammon, owner of Sunflowers Health & Wellness Store, now located in the Pine Plaza, Pine Falls.

lacking. One thing, that will remain the same is the holistic look theme, providing for body, mind, emotions and spirit.

There will be food for thought, with inspirational books, literature on health to sooth our emotional side. There is relaxing music, meditation tapes, for stress and Relaxation Aromatherapy oils and incenses.

For body, there will be bath products, soaps, bath balm lotions, natural hygiene, as well as service for relaxation.

Relaxation Aroma

Facials are 30 minutes of relaxation for the face, scalp and neck. This involves a deep cleansing nurturing clay mask. While that's drying, you get to enjoy a scalp and neck massage. To finish it off they apply a hot aromatic compress. Reflexology session is 45 minutes, which includes a foot bath and 40 minutes of foot massage, touching all reflexes in the foot.

Reflexology has been used by the Egyptians and Chinese, dating back since 5000 BC, as the ancient healing modality. Preventive medicine or maintenance, it increased

monly known as the ear cleaning technique, that draws out earwax toxins and residue out of the lymph gland sinuses and ears.

They are great services for yourself to help relieve stress or to just take time out for yourself. They also make great gift ideas. Gift certificates are available for all occasions, birthdays, weddings, mother's day, father's day, Christmas, graduation, which is very popular!

For that someone special, visit the new location, open from 10:00-5:00 daily.

Community Billboard - ph 367-9468

LIBRARY ALLARD: Library Hours Tuesday: 10:30am to 5:00pm Wednesday - Thursday 1:00pm to 5:00pm 6:30pm to 8:00pm Friday: 1:00pm to 5:00pm Saturday: 10:30am to 4:00pm

BEACHES LIBRARY: Library Hours: Tuesday 1-5pm, Thursday 4-8pm, Saturday 10am - 2pm

KNIGHTS OF COLUMBUS: Meetings every second Tuesday of the month 7:30 in the basement of the Powerview Church.

SILVER HAVEN CLUB: Cabbage - every 4th and 5th Monday of the Month at 1:30 p.m. - Whist - every Thursday of the month at 1:30 p.m.

WINNIPEG RIVER W.I.: meetings third Tuesday of every month, 7:00 p.m. Library Allard, St Georges

PINE FALLS HEALTH AUXILIARY: Meetings on the first Tuesday of Every month at 1:30 pm

COTTAGE COUNTRY BUSINESS ASSOC.: Meeting - Every first Monday of the month at 7:00 p.m. October through May. Ph. 756-2596

ALCOHOLICS ANONYMOUS: - Sun Rise Group - Meetings every Monday, Wednesday and Friday 7:30 p.m. to 8:30 p.m. Last Friday of the month open to the public. Located at St. Georges Catholic Church Basement.

PINE FALLS LEGION - Meetings held 2nd Thursday of the month 7:30 p.m. Legion. Meat raffles held at Legion on Fridays from 4:30 to 5:30.

PINE FALLS MASONIC LODGE # 154 - meets on second Friday of every month in the Pine Falls United Church. Except Jan. & Feb.

BADMINTON - Pine Falls School Gym. Sunday & Wednesday nights, 7:00 - 10:00 p.m.

POWERVIEW GARBAGE PICKUP every Wed. Recyclable pickup every 1st & 3rd Thurs. of each month.

P.A.A. MEETING every 1st Tuesday of each month at 7:00 p.m.

VILLAGE OF POWERVIEW MEETINGS, every second Tuesday of each month.

WINNIPEG RIVER SENIOR SERVICE INC. Coordinator: Tina Polischuk, Office: Pine Falls Health Complex, Telephone: 367-9128, Hours: 9:00am - 3:00pm Monday - Friday. Services: Transportation, Home Maintenance, Foot Care, Volunteer Help, Information.

FAMILY CARE GIVER SUPPORT GROUP at the United Church, Pine Falls, last Thursday of the month at 7:00 p.m.

AA & ALANON - The Beaches family group, Thursday at 8:00pm, Senior Scene, Victoria Beach - 1 Ateah Road, 756-8001/8 or 756-2101.

PINE FALLS LIBRARY - Library hrs. will be from 3 p.m. until 5pm Monday, & Thursday.

HAPPY TOTS DAY CARE - The Happy Tots Place Inc. P.O. Box 773 Pine Falls, R0E 1M0 - 367-2601 hold board meetings on the last Monday of each month 7:00 p.m. at the Daycare

SENIOR SCENE INC. #1 Ateah Rd., Victoria Beach. General Meetings every 2nd Tuesday of the month. Art Classes Wed. 10 am. Wood Carving Wed. 1 pm. Movies Tue. 7 pm. carpet bowling. Fri. 2 pm. Bingo Fri. 7-15 pm. Call 756-6468 for more information regarding activities.

MENTAL ILLNESS SUPPORT GROUP: Meetings held every 2nd Wednesday at 7pm at the Wings of Power office.

LAKESHORE AL-ATEEN GROUP: Call Kathie 367-8237 or Vickie at 345-6520.

BEACHES HELP CENTRE - 756-6471, Wed. 1-4pm. Fr. 10am-1pm

POWERVIEW PARENT ADVISORY COUNCIL - Meetings, 1st Thursday of Every Month

GREAT FALLS HALL WALKERS - Tuesdays & Thursdays from 10am - 11am.

Church Services

NOTRE DAME DU LAIS: POWERVIEW - Sat. Evening 7:30 pm (English), Sun. 8:30 pm (French), 10:30 am (English); STEAD - Sat. 5:00 pm.

PINE FALLS UNITED CHURCH: Sunday service Sunday school 11:00 am Rev. Cindy Terry. Office Hours: Tues - Fri. 10:00 to Noon Tel: 367-2633.

PINE FALLS ANGLICAN CHURCH OF THE ADVENT: Ph. 367-8347 Rector, the Rev. Brian Rountree. Sunday Service at 9:00 am.

ST. THERESA'S: Masses at Notre Dame du Laus

ST. GEORGES: Mass Sunday at 8:00 am and 10:00 am

ST. JUDE'S ANGLICAN CHURCH, Grand Marais, Holy Eucharist - 2nd and 4th Sundays, 11 a.m. Morning prayer 11 a.m. - 1st, 3rd and 5th Sundays.

TRINITY EVANGELICAL LUTHERAN CHURCH, Thalberg, 1 mi. east and 1 mi. South of junction 12 and 304. St. John's Evangelical Lutheran Church, Greenwald on Hwy. 12, 1 1/2 mi. north of junction with 317. Sunday church school 10 a.m., worship 11 a.m. (alternate locations). For info. call 635-2625 or 754-8682.

CHRISTIAN FAITH FELLOWSHIP - Bible study 7:30 p.m. Thurs. Church Service at 10:30 a.m. Sunday School at 10:00 a.m.

HOUSE OF PRAYER FULL GOSPEL - 2:30 every Sunday, Scantbury Mb, on Hwy 59

ST. MARGUERITE R.C. MISSION Pin Rd. - Traverne Bay, 11:30 a.m. Sunday Additional Mass mid June thru Labour Day 7:30 p.m. Saturday. Closed November 1 - April 30th.

ST. ALEXANDER R.C. CHURCH, located at Sagkeeng 1st Nations. Sunday Mass 10:30 a.m.

ST. THERESA R.C. MISSION, 88 Glendale Ave., Grand Marais. Mass or Community Service 7:30 p.m. Sat. 1st Sat. of Nov. to last Saturday of April. May through October Mass 10am Sun

SAGKEENG CHRISTIAN FELLOWSHIP CHURCH - Lloyd Gulmond (Pastor) Sagkeeng South Shore. Service Thursday 7:30 p.m. and Sunday 2:00 p.m.

CHRIST CHURCH ANGLICAN - Sunday 2:30 p.m. in Hollow Water.

GRACE BAPTIST CHURCH - Bible Study, Wed. at 7:30pm, Call Pastor Todd Goady for more information 367-2531.

<p>Publisher Valerie Anderson</p> <p>Editor Charles Norman</p> <p>Production/Art Design Lori Pachkowsky</p> <p>Sales/Production/Office Manager Toni Bruneau</p> <p>Sports Grant Pachkowsky</p>	<p>SUBSCRIPTIONS</p> <p>Local Rate: \$34.20 National & Urban Rate: \$39.90 Foreign Rate: \$57.00 (prices include PST & GST)</p> <p>P.O. Box 550 Pine Falls Mb., R0E 1M0 56 Art Street, Powerview, MB. e-mail: theecho@granite.mb.ca Ph: 367-9468 Fax: 367-9974</p> <p>Lac du Bonnet Office Ph: 345-9896 Fax 345-8004</p> <p>2nd class mail #1763687 (Postage paid in Pine Falls)</p>	<p>The Winnipeg River 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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Busy week for LdB emergency services

by Toni Bruneau

The Lac du Bonnet Volunteer Fire Department responded to four calls last week, all in a matter of 36 hours.

The first call received at 2:19 a.m. Tuesday morning, July 4, was in relation to a tree that had fallen on a hydro line on Dobals Road in Lee River off Channel Drive.

At 3:15 a.m. a report was received of a cottage on fire near Camp Hide-Away. Owners are from the St. Pierre area and were not occupying the cottage at the time of the fire. The fire consumed the structure and it was destroyed. An investigation is being done as to the cause of the blaze.

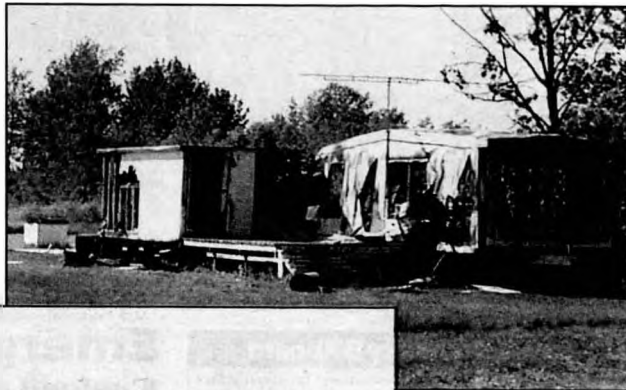
Firefighters travelling on PR 313, to assist at the cottage fire in Lee River, noticed smoke and "saw flames coming out of the backside of a trailer" just past the Winnipeg River Bridge at 3:45 a.m. Captain Craig Hanton said, "it was a scary situation ending up at a fire with only a rescue van," used only to haul equipment and people. Hanton left one firefighter at the scene to pound on doors and alert anyone who might have possibly been in the trailer and went back to the fire hall with Jeff Easton, to get the other pumper. Fire Chief Lloyd Howe said, "we were lucky we had a couple guys closer to Lac du Bonnet to go and get it."

Hanton living seven miles out of Lac du Bonnet is usually the last to get to the fire hall after a call and was fortunate to have been passing the trailer a few minutes later than the first responders to the to the call in Lee River.

The trailer belongs to Allan and Holly Szmerski who live on Edward Crescent. Szmerski said he had been at the trailer the day before and turned on the air conditioning, because he was returning the next day to do laundry. The air condition coil in the furnace is suspected to be the cause of the fire.

Wednesday morning at 8:12 a.m. a call from Pinawa Ambulance came in, notifying both the Lac du Bonnet and Pinawa fire departments and Lac du Bonnet ambulance, of a Purolator van that hit the guard rails at the ap-

proach on the west end of the Pinawa Bridge on Highway 211. The driver of the van said he hit a soft spot on the shoulder, over steered to get back onto the road, and then steered right to correct himself. The van hit the guard rail, rolled and landed upside down on the bridge approximately 50 feet from the original collision. The driver of the van was conscious at the scene and able to communicate with rescuers. He was in the vehicle for more than an hour before being freed from the wreck-



Allan and Holly Szmerski's trailer (above) was destroyed Tuesday morning, July 4. Firefighters spotted the blaze enroute to another call in the Lee River area.



photos by Budd Mager



west approach of the bridge and flipped. The driver was not seriously injured.

proach. William Lowrie, who has been a Purolator employee for 14 years, was taken to Pinawa Hospital in stable condition with minor injuries. Hanton said Lowrie was lucky to have sustained only minor injuries, considering the van could have rolled in the opposite direction and landed in the Winnipeg River instead of on the bridge.

Howe said the jaws of life weren't needed and that air bags were used in the rescue. The bags are placed under the vehicle and inflated, with tanks of compressed air. The tanks hold about 2200 lbs and are capable of filling one and a quarter bags, each bag supporting up to three or four tons.

The department has had the air bags since 1987 and this is the first time they've been used in an actual rescue without the jaws of life or any other means to lift the vehi-

cle. When the van was raised they were able to access the victim through the front windshield and he was transported to Pinawa.

Constable Gordon Kowalchuk said the vehicle was "escorted to the (RCMP) compound because their were goods" involved, including medical supplies, autoparts, magazines and other businesses' property. He said, "The victim was not wearing his seatbelt," which would have minimized his injuries.

Lac du Bonnet is fortunate to have such highly skilled professionals. Responding to that many dangerous incidents in such a short time, with no serious injuries or fatalities, when the potential for such is so high, is something all members of the Lac du Bonnet Volunteer Fire Department can be proud of.

"Nobody got hurt, so that's the main thing," said Howe.

BINGO

COMBINED ACCUMULATORS

Bonanza starting value this week \$14,159 <small>IF WIN POT STARTS AT \$100 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</small>	Minnie Loonie starting value this week \$2400 <small>IF WIN POT STARTS AT \$200 Add 30% of sales on Monday. If not won, carry over total plus 30% of sales to Thursday</small>	Lucky 7 \$3997 in 25 numbers <small>POT PRESSED 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</small>
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IN CASE OF DISCREPANCY, THE LATTER WILL PREVAIL

FOR UPDATES CALL 345-8825

Knights of Columbus	Bonus Line - \$411.00*
Lac du Bonnet	Star - 323.00*
Community Centre	Loonie Pot - 383.00*
Specials 7:00 p.m. LdB Lic 064	Special 'Y' - 237.00*
Every Monday Evening	Jackpot Strip - 230.00*
	Poker Flush - —

FOR UPDATES CALL 345-8619

Lakers Ski Club	Bonus Line - \$2768.00
Lac du Bonnet	Star - 2436.00
Community Centre	Loonie Pot - 673.00
Specials 7:00 p.m.	Poker Flush - 2274.00
Every Thursday Evening LdB Lic 874	Special 'Y' - 124.00

FOR UPDATES CALL 345-8197

Royal Canadian Legion #164	Bonus Line - \$3287.00
Lac du Bonnet	Star - 2638.00
Legion Hall	Lucky 7 - 735.00
Specials 7:00 p.m.	Poker Flush - 168.00
Every Wednesday Evening LdB Lic 453	Mini Loonie - 1632.00
	#1 Loonie - 575.00
	#2 Loonie - 598.00
	Jackpot Strip - 685.00

Country Concepts-styling all the way

Sole Proprietor - Jo-Anne Chevrefils is taking care of business. Country Concepts is located in downtown Pine Falls, right next to the post office. This quaint little shop has great clothing apparel and accessories; jewellery, hosiery, swim wear, scarfs, handbags, etc. Jo-Anne also offers tuxedo rental and custom tailoring. Some of Country Concepts product lines come from TanJay, Alia, Picadilla and Paisley and Sage to mention a few.

Customers of Jo-Anne like the personal service and the honest opinion about fashion. Jo-Anne keeps client cards for all of her customers so she

can gather information such as customer colour chart, sizing, clothing preference, birthdays and anniversaries. Paying attention to customer detail and giving the customer what they want at a price that is affordable is the key to her business.

Some of the challenges Jo-Anne faces as a small business owner is product buying, sizing variations from product to product. The biggest challenge is convincing people to shop locally. Jo-Anne feels that her prices are comparable if not cheaper than the city. Jo-Anne keeps her overhead low so she can give her customers the best



Jo-Anne Chevrefils, Sole Proprietor of Country Concepts - Ladies Wear & Accessories located in the Pine Falls Post Office Building, downtown Pine Falls

prices. Country Concepts will be having a Fall Fashion Show. Watch for local announce-

ments. Store hours are from Tuesday to Saturday 9:30am - 5:30pm. Country Concepts is wheel chair accessible.

Clothing and new accessories arrive weekly, so if you want the latest trends in fashion, drop by to see what's new.

LdB Community Billboard

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

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

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

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

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

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

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

Lakeshore A.A. meetings meet Sunday and Tuesday 8:00 p.m., St. John's Anglican Church, 86 McArthur Ave., LdB. Last Sunday of the month open to the public, ph. 345-2839 or 753-8403.

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

Lac du Bonnet Health Centre Auxiliary meets fourth Thursday of the month, Health Centre 1:30 p.m. St. John's ACW meets first Monday of every month 1:30 p.m., parish hall.

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

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

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

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

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

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

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

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

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

Call The Echo to list your regular meetings and events
FREE OF CHARGE
345-9896

Lac du Bonnet Church Directory

ABUNDANT LIFE CHAPEL

Pastor Jeff Andrews, church 345-2934, home 345-1950
Sunday: 10:45 a.m. - morning worship (children's church during service); 7:00 p.m. - hymn and prayer.

LUTHERAN CHURCH OF THE CROSS

Pastor Kolleen Karlowsky, church 345-8654, office 345-2919
Sunday: 11:00 a.m. - worship service

NOTRE DAME CATHOLIC CHURCH

Father Richard Machura, 345-2900
Lac du Bonnet: 5:00 p.m. - Saturday mass; 11:00 a.m. Sunday mass
Pinawa (senior school): 9:15 a.m. - Sunday mass

ST. JOHN'S ANGLICAN CHURCH

Rev. Brian Rountree 367-8615, church 345-2357
Sunday: 11:30 a.m. - worship; 11:30 a.m. - first and third Sunday of each month, holy eucharist.

Emergency Departments

A valued resource, let's use them appropriately

The North Eastman Health Association Inc. recognizes the summer months are busy in many of our communities. The Whiteshell Parks, Winnipeg River and the eastern beach areas become home for cottagers and a haven for tourists. Our parks and waterways provide an ideal location for many recreational and leisure activities.

The increase in population results in a significant increase in visits to our hospitals for emergency or urgent care. We request the assistance of the public in maintaining responsive service in the Emergency Departments. Emergency Departments are intended to provide prompt, appropriate care to client with life threatening and serious illness or injury. This includes problems such as

heart attacks, sudden collapse, broken bones, serious sprains, cut requiring stitches, burns, eye injuries, allergic reactions, breathing problems such as asthma, head injuries, acute abdominal pain and psychiatric illnesses. An ambulance should be called for any potentially life-threatening situations.

The Emergency Department is NOT intended to be used for long-standing illness or minor illnesses that can be treated in a doctor's clinic. This includes physical check-ups, colds, sore throats, repeats for prescriptions, providing medications that have been left at home prior to coming to the cottage, and removal of stitches or casts. We need the public to make appointments at the doctor's office for these

situations. People coming to the Emergency Room with non-urgent problems can expect long waiting times and may be seen by a nurse with referral to a Physician's clinic the next day.

If you are unsure about the urgency of your problem, please phone your local hospital and talk to a Registered Nurse, who will advise you of the appropriate action to take. For situations where you require medical information only, please call

Health Links at 1-888-315-9257 to speak to a nurse.

Please note that Emergency Department Services are available 24 hours/day at Beausejour Hospital, Pinawa Hospital and Pine Falls Health Complex only. Telephone numbers for ambulance services, physicians clinics and hospitals throughout North Eastman are:

BEAUSEJOUR	Beausejour Ambulance Beausejour Hospital (24-hour emergency) North Eastman Medical Associates First Street Clinic	Tel: 268-2100 Tel. 268-1076 Tel. 268-2288 Tel. 268-3363
LAC DU BONNET	Lac du Bonnet Ambulance Lac du Bonnet District Health Centre Physician Clinic North Eastman Medical Associates	Tel. 345-2997 Tel. 345-8647 Tel. 345-8173 Tel. 345-6333
PINAWA	Pinawa Ambulance Pinawa Hospital (24-hour emergency) Pinawa Medical Clinic	Tel. 753-8888 Tel. 753-2334 Tel. 753-2351
PINE FALLS	Pine Falls Ambulance Pine Falls Health Com. (24-hr. emergency) Blue Water Medical Clinic Fort Alexander Medical Clinic	Tel. 367-2333 Tel. 367-4441 Tel. 367-2278 Tel. 367-2208
WHITEMOUTH	Whitemouth Ambulance Whitemouth District Health Centre Physician and Outpatient Clinic	Tel. 348-7700 Tel. 348-7191 Tel. 348-2291

Bank of Montreal: history



1962 Mayor of Lac du Bonnet Walter Zarecki cuts the ribbon at the opening of the Bank of Montreal's new premises on Second Street. Bank Manager James Gormican assists.



Bank of Montreal in Lac du Bonnet, September 1960.



Tia Anderstedt, nee Terra, (right) was one of the first employees at Lac du Bonnet Bank of Montreal.



Dorothy Waters and Doreen Dancyt, of the Legion Ladies Auxiliary Branch #164, were on hand to serve refreshments at the official opening of the B of M.

by Toni Bruneau

The Bank of Montreal Lac du Bonnet Branch, will close its doors Thursday, July 13 after 40 years of operation in Lac du Bonnet. The closure is the result of the recent consolidation with South Interlake Credit Union.

The Bank of Montreal was established in Lac du Bonnet in September 1960. The original bank trailer operated for two years, located on the east side of Park Avenue, near today's Pioneer Club. The trailer was towed away to storage when the new bank premises opened October 29, 1962 at its present location on Second Street. James Gormican was the bank manager at the time.

An advanced preview of the premises was arranged the Friday evening before opening day

in 1962, where dignitaries and guests were present to witness the ribbon cutting, done by then-Mayor Walter Zarecki.

The new office had an area of 2,300 square feet and was equipped with a streamlined counter and three teller's wickets and a reinforced steel concrete vault.

A special feature at the new bank premises (1962) was the 'around-the-clock' depository unit which customers could make deposits at any time.

Since the ribbon cutting almost four decades ago, the Bank of Montreal has remained at this location at which their loyal customers have become accustomed to visiting.

Manager Carol Chapman has been with the Bank of Montreal for 29 years, since 1971, and says she and her

husband Bruce (Barney) have moved to Winnipeg where she will continue working for the Bank of Montreal at the South Dale Centre branch.

Gail Armstrong and Donna Tschetter will move to the South Interlake Credit Union,

Lac du Bonnet, where accounts have been transferred, to continue serving their faithful customers.

The staff at the Bank of Montreal would like to thank all their clients and friends for their patronage. Chapman said she has been a pleasure.



From left: Gail Armstrong, Donna Tschetter, and Manager Carol Chapman.

Summer Fun Day

Recreation Ramblings

by Robin Attas
Special Events Coordinator
Winnipeg River
Recreation District

This week I'll let the lifeguards do a little shameless self-promotion. Take it away Kristjana, Jessie, Marie, Macgan and Dana!

Register for Summer Fun Day at the beach! Lac du Bonnet Lifeguards will be running a day of fun-filled activities for children ages four and up July 15. Activities include water safety-themed games, contests in the sand, face painting, snack, crafts and much more. Registration forms are available at the rec office or from the lifeguards at the beach.

Just a reminder: registration forms are also available for swimming lessons at the town dock. Water safety and swim-

ming skills in a waterfront setting are extremely beneficial to children in this community.

Along with these AquaQuest levels, AquaTots, a program for very young children with parental participation and AquaAdults, a program for adults which involves basic swimming skills and personal fitness, are also available.

For pre-teens and teenagers, the town dock also offers lessons through the Lifesaving Society. These levels introduce youths to more advanced swimming, rescue and first aid skills as well

as prepare them for a future in life-guarding - an excellent summer job.

Coming up

Improv Clinic: July 15 from 7:00 to 9:00 p.m. in Pinawa. Hosted by the Spleen Jockeys, a Winnipeg improv and sketch comedy troupe, this clinic will give you an introduction to the technique of improvised drama. Sign up at the rec office as soon as possible to ensure you get a space in this sure-to-be entertaining clinic.

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PINE FALLS, Our Community, Council, and Us

News Release

The Townsite of Pine Falls Advisory Council and the Village of Powerview have concluded their discussions on amalgamation.

On June 30th, the Townsite of Pine Falls formally concluded negotiations with Powerview. After many attempts and several months of effort, a workable agreement could not be reached.

When the Pine Falls Advisory Council was inaugurated on February 4th, 2000 it faced a major challenge. The feat was quadruple in nature and it encompassed:

- a civic leadership learning curve
- a transition process from company ownership to townsite administration
- a lengthy municipal and legal process toward a form of incorporated status
- resolution of the stalemate that had occurred in the negotiation process between the Pine Falls Paper Company and the Village of Powerview, with a view to moving it forward on a posi-

tive note.

In the months of February and March, Council met with representatives from the Community 2000, the Pine Falls Paper Company, the Village of Powerview Council and Intergovernmental Affairs from the Province of Manitoba. With receptive and open minds, these occasions generally provided information gathering so that all parties became well informed as to current and historical facts.

Pine Falls infrastructure was a primary focus of these discussions. As this was one of many stumbling blocks in the past negotiation process and due to the costly nature of this type of investment, it required a thorough and detailed review. A pipe-by-pipe photographic image and two previous consultants' reports (by independent parties) were scrutinized by Council members and the Province of Manitoba.

At a joint meeting on April 19th with the former ADM and now (current) Deputy Minister of Intergovernmental Services and her staff, questions were responded to

by a consultant and a representative of the Pine Falls Paper Company. Council's assessment of the infrastructure was confirmed.

Subsequent discussions were directed at similarly aged infrastructures, in cities and towns around the province. Their remediation plans were considered and compared to suitable options for Pine Falls. Our Council felt very comfortable with the end decisions that were reached, and thank the Province of Manitoba for their contribution and participation.

PFPC and the Council of Pine Falls agreed that the outstanding infrastructure issues would be best negotiated independently between the Pine Falls Paper Company and the Council members that were elected to represent the interests of the citizens of the community.

In Powerview on April 25th, the Councils of Powerview and Pine Falls met to pursue discussions with regard to the possibility of amalgamation. Pine Falls Council recommended that a new point of reference be established by removing the infrastructure concerns from the amalgamation process.

The two councils then discussed the principles of co-operation, impacts and issues arising out of a plan to amalgamate, and its financial considerations.

If the process were to proceed, current tax, asset and

liability information papers would have to be exchanged so that tax impact studies could be performed to create a "totally new" community picture. Neither community should feel any negative financial effects in order for an amalgamation to be successful. Tax impact studies are a tool to measure this.

It was agreed to review and consider the information that the two councils exchanged that night, and their respective administrators would communicate the decision of their chosen direction in writing to each other by Monday May 15th.

On Thursday May 11th, Pine Falls provided Powerview with all the necessary relevant information, and confirmation of their attendance to the next meeting scheduled for May 30th.

Powerview chose not to reply. They requested a meeting with the PFPC where they stated that they preferred to deal direct and did not wish to pursue discussions with the Pine Falls Council. The Pine Falls Paper Company responded that the discussions should be between the elected representatives of the two communities.

Powerview telephoned to cancel their attendance at the May 30th meeting. There has been no further communication.

It is apparent that the underlying spirit of co-operation that is required to proceed in an amalgamation process that

would benefit the greater good, does not exist in the current relationship between the two communities.

The Advisory Council of the Townsite of Pine Falls remains committed to the positive concept of synergies that exist within a harmonious region and the benefits that arise. It is envisioned and hoped that sometime in the near future a broader Winnipeg River District union of communities could evolve and prosper.

The future of our community is an important issue for all, and the Council of Pine Falls feels a responsibility to thoroughly research and refer all possible options to our citizens.

An update describing all the options with both their positive and negative impacts will be circulated and shared by a hand delivered newsletter to every homeowner and business in Pine Falls. Then, with community participation in determining our future direction, the evolution of our community will be pursued keeping in mind the best interest of everyone.

Powerview comment:

In the interest of not jeopardizing any future negotiations at this time, Mayor Ostrowski has opted not to make any formal comment regarding the news releases made to the government and the citizens of Pine Falls by Chairman, Darrell Parisien.

Obituary

JOSEPH JOHN REICHART

Peacefully in his sleep, Joe passed away on June 30, 2000 at the Pine Falls Health Complex.

Survived by his loving wife Shirley of 47 years, two sons Byron (Janis), Paul and David of Winnipeg; Bill (Nola), Kelsey and Leah of Prince George, British Columbia; daughter Jody (Cy), Anders and Jolene Larson of Lac du Bonnet. Also survived by his only brother Bill (Betty) of Pinehurst, NC, stepmother Anita, Uncle Tony, Aunt Katie of Winnipeg, Aunt Rosie of Teulon, cousins, nieces and nephews. Predeceased by his parents Elizabeth (1964) and Joe (1974).

Born in Winnipeg in 1931 he grew up in West Kildonan where he competed in many sports, along with coaching in a number of Vince Leah's community programs. Joe excelled as a hockey player. After three seasons with the Winnipeg Black Hawks junior team, his hockey career brought him to Pine Falls in 1951. He started his electrical apprentice with the Pine Falls paper Company in 1952 working until retirement June 30, 1990. It was truly hockey that brought him to Pine Falls to play with the Paper Kings, winning the Western Canada Hockey Championship in 1956-57. Big Joe captained the team for many years and could still recall numerous details of

games he played. After intermediate hockey, he played a number of years with the Pine Falls Old Timers. Later he coached, refereed and served on the executive of that team.

His passion for sport was not limited to hockey, in the summer months it was baseball and especially golf. Some of his accomplishments were winning the club championship in three separate decades, hockey-golf championship in 1959, competitor and rural championship in many Free Press inter-club competitions. Joe served on the executive of the Pine Falls Golf Club in all capacities and was recently honored as a lifetime member. It was his involvement in these sports, which contributed to countless friendships and good memories. Reminiscing with and about old teammates and opponents gave him hours of joy in later years.

The family would like to thank Dr. Niemand, Dr. Mare and the nursing staff of Pine Falls Health Complex for the excellent care and compassion.

In accordance with Joe's wishes, cremation has taken place and no service will be held at this time. In lieu of flowers, as an expression of sympathy a memorial donation may be made to a charity of your choice.

"Ve git too soon old and too late schmart".

L' École Communautaire Saint-Georges welcomes summer holidays

L' École communautaire Saint-Georges finished its school year on June 28th on a happy note. The K-2 class celebrated the last day of school by having a pool party in the school yard while the older kids watched movies and talked about their summer plans. Some of the kids were sad school was out for the summer. In the afternoon, parents were invited to come for a barbecue lunch which was followed by a formal "get-together" in the gym where there were certificates of merit handed out to the students.

Annick Vincent celebrated her graduation on June 24th surrounded by family and friends. The celebration started with a mass at l'Église Saint-Georges at 3 p.m. fol-

lowed by graduation ceremonies at the church, where she received her diploma. Guests were then served wine and cheese in the church basement. The celebration ended with a delicious buffet supper at the Papertown Motel followed by an evening at the Vincent home. Félicitations Annick et bonne chance avec tout ce que tu entreprendras de nouveau dans la vie!

We would like to take this opportunity to thank Les P'tits Loups, the preschool in Saint-Georges, for the generous donation of \$500.00 to put towards our new storage shed. It is greatly appreciated. We would also like to thank Francofonds for the donation of \$300.00 going towards the installation of our 'radio scolaire' (closed-cir-

cuit radio station). Merci, nous l'apprecions beaucoup!

We would also like to congratulate the following Saint-Georges students, Stéphanie Lamothe, Christina Nault, Michelle Nault, Kara Schmidt, Mathieu Thevenot and Nadine Vincent, who won prizes in the Concours Nationale de Dessins et Écritures (National Drawing and Writing Contest) organised by the Caisses Populaires across Canada. Félicitations à nos élèves!

Le personnel et le comité scolaire de l' École communautaire Saint-Georges aimeraient remercier l'appui que nous avons reçu de la communauté et de vous souhaitez tous une Bonne Été!

Lac du Bonnet Senior School Awards

GRADE 7

Language Arts: Kara Grewinski, Nick Voth.
 Mathematics: Lisa Smith, Dale Niemi, Joey Enright.
 Science: Lisa Smith, Joey Enright.
 Physical Education Home Economics: Lisa Smith, Brenlee Nilsson, Tyler Sholikowski.
 Home Economics: Lisa Smith.
 Social Studies: Lisa Smith, Brenlee Nilsson.
 Health: Dale Niemi, T.C. Brotherston.
 Industrial Arts: Adam Kettles, Joey Enright, Nick Voth.
 Home Economics: Lacie Johnson, Stephanie Joseph, Brenlee Nilsson, Kayla Metcalf.
 Computer: Trevor Strong, Ashley Cattelier.
 French: Lisa Smith, Nick Voth.
 Art: Lisa Smith, Dale Niemi, T.C. Brotherston.
 Music/Band: Jason Phillips, Nick Voth.
 School's Honor Roll (75% to 84%): Samantha Bonekamp, Kara Grewinski, Adam Kettles, Sarah Meads, James Shand, T.C. Brotherston, Tim Halbert, Grant Lacey, Kayla Metcalf, Tyler Sholikowski, Tina DiFronzo, Lacie Johnson, Kyle Lussier, Dale Niemi, Jennifer Waddell.
 Principal's Honor Roll (85% to 100%): Joey Enright, Lisa Smith, Nick Voth, Brenlee Nilsson, Trevor Strong.
 Lac du Bonnet Senior School General Proficiency Award for Academic Excellence: Lisa Smith, Brenlee Nilsson, Nick Voth.

GRADE 8

Language Arts: Cheryln Sullivan, Kendra Ulrich, Angela Niemi, Amy Wesa.

Mathematics: April Obirek, Deena Barrett, Kendra Ulrich.
 Social Studies: Kendra Ulrich, Melanie Rollins, Angela Niemi.
 Science: Kendra Ulrich, Angela Niemi.
 Health/Physical Education: Patrick Brincheski, Cheryln Sullivan, Dawn Lamoureux.
 Industrial Arts: Callie Teetaert, Jason Moran.
 Computer: Cheryln Sullivan, Kendra Ulrich, Angela Niemi.
 French: Melanie Rollins, Angela Niemi.
 Art: Shannon Augustine, Deena Barrett, Katherine Labelle, Christina Larson.
 Music/Band: Angela Niemi, Amy Wesa, Cheryln Sullivan, Kendra Ulrich.
 School's Honor Roll (75% to 84%): Clayton Arseniuk, Shannon Augustine, Patrick Brincheski, Joel Dann, Riva Karklin, Dawn Lamoureux, April Obirek, Ashley Augustine, Jon Babiak, Wade Chomokovski, Josh Enns, Airell Klassen, Jason Moran, Kim Richardson.
 Principal's Honor Roll (85% to 100%): Deena Barrett, Alison Neiser, Melanie Rollins, Cheryln Sullivan, Kendra Ulrich, Katherine Labelle, Angela Niemi, Victor Shegelski, Callie Teetaert.
 LdBSS Parent Advisory Council Citizenship Award: Cheryln Sullivan.
 Student Parliament Outstanding Middle Years Athlete Awards: Dawn Lamoureux, Patrick Brincheski.
 Royal Canadian Legion Ladies Auxiliary #164 Outstanding Student Award: Melanie Rollins.
 Knights of Columbus Award for Academic Excellence: Kendra

Ulnich.

Senior 1

Social Studies 10G: Melodie Devlin-Joyal, Glen Slater.
 Math 10G: Ursula Hrysiu, Leesa Valentinis.
 Science 10G: Heather Cottrell, Ursula Hrysiu.
 Drafting 10G: Jeremy Arkell, Todd Hurst.
 English 11F: Heather Cottrell, Ursula Hrysiu, Laura Nilsson.
 Start Your Own Business 15G: Darcie McKinnon.
 Physical Education/Health 10G: Chris Lussier, Laura Nilsson.
 Music/Band 10G: Cory Lehmann.
 Art 10G: Ursula Hrysiu.
 Woods 10G: Laura Smith, Laura Nilsson.
 School's Honor Roll (75% to 84%): Jason David, Allison Alstadi, Tyler Brincheski, Cale David, Melodie Devlin-Joyal, Todd Hurst, Shannon Smith, Kyle Arneson, Alex Dancyt, Jason David, Michelle Hladki, Jessica Pedruchny, Mark Walker.
 Principal's Honor Roll (85% to 100%): Heather Cottrell, Darcie McKinnon, Laura Nilsson, Ursula Hrysiu, Kyle Neufeld, Laura Smith.
 Lions Club General Proficiency Award: Heather Cottrell.
 Agassiz School Division #13 Award for Excellence: Ursula Hrysiu.

Science 20S: Allison Besel
 Math 20SC: Jonathan Hayden, Laura Vanstone
 Business 25G: Jodie Lussier
 Physical Education/Health: Jodie Lussier, Phil Carrette
 Band 20G: Stephen Halbert
 Dreams 21G: Vanessa Melquist
 Art 20G: Sheena Shura
 School's Honor Roll (75% to 84%): Katrina Dancyt, Ashley Kovari, Vanessa Melquist, Andrew Rankin, Laura Vanstone, Jonathan Hayden, Chris Martin, Benj Osis, Sheena Shura.
 Principal's Honor Roll (85% to 100%): Allison Besel, Stephen Halbert, Jodie Lussier.
 Parent Advisory Council Citizenship Award: Sheena Shura.
 Student Parliament Outstanding Freshman Athlete Awards: Jessica Pedruchny, Brian Fergusson.
 Royal Canadian Legion Branch #164 Award: Katrina Dancyt.
 Lions Club Award for Mathematics 20S and English 20F: Allison Besel.
 Agassiz School Division #13 Award for Excellence: Allison Besel.

Senior 3

English 30S: Gloria Brincheski, Trisha Tease.
 Drama 30S: Gloria Brincheski, Lisa Hiebert, Trisha Tease, Judge Wood.
 History 30S: Lisa Hiebert, Joelle Lapointe, Gary Lussier.
 Software Applications 30S: Rosie Bruneau, Tammie Loreth.
 Physics 30S: Michelle Kulikowski
 Physical Education 30/35G: Joanna Kaptein
 Band 30S: Lisa McKinnon
 Art 35G/30S: Melissa Arseniuk, Rosie Bruneau, Charmaine Galbraith, Trisha Tease
 Home Economics 35S/30S: Melissa Arseniuk, Trisha Tease.
 French 30S: Ashley Fergusson, Andrea Nickel.
 Construction 30G: Nick Byskal
 School's Honor Roll (75% to 84%): Melissa Arseniuk, Nick Byskal, Charmaine Galbraith, Joanna Kaptein, Morgan Schinkel, Shanley Teetaert, Rosie Bruneau, Ashley Fergusson, Lisa Hiebert,

Tammie Loreth, Trisha Tease.
 Principal's Honor Roll (85% to 100%): Gloria Brincheski, Joelle Lapointe, Lisa McKinnon, Michelle Kulikowski, Gary Lussier, Andrea Nickel.
 LdBSS Staff Award for Mathematics 30S and English 30S: Gloria Brincheski, Michelle Kulikowski.
 Agassiz School Division #13 Award for Excellence: Michelle Kulikowski.

Senior 4

English 40S Literary Forms: Laura Rowbottom, Kevin Lussier
 Drama 40S: Laura Rowbottom
 Co-op Education 40S: Chris Girnow
 Chemistry 40S: Kevin Lussier
 Biology 40S: Kevin Lussier
 Physical Science 40G: Jana Firlotte
 Art 40S: Laura Rowbottom
 Physics 40S: Kevin Lussier, Danny Northcott.
 Math 40G: Michelle Kulikowski
 Home Economics 45G/40S: Tyler Copeland, Jana Firlotte
 Advanced Math 45S: Danny Northcott
 School's Honor Roll (75% to 84%): Tyler Copeland, Jana Firlotte, Amber Giesebrecht, Danny Northcott, Mark Walker, Andrea Ferchuk, Dennis Fontaine, Kristin Metcalf, Chris Richardson
 Principal's Honor Roll (85% to 100%): Kevin Lussier, Laura Rowbottom.
 Drama Awards: Melissa Arseniuk, Laura Rowbottom, Matt Reid, Judge Wood, Allison Besel, Trisha Tease, Jodie Lussier, Tammie Loreth, Kevin Lussier, Joanna Kaptein, Jana Firlotte, Vanessa Richter, Shanley Teetaert, Joelle Lapointe, Travis Smelski, Lisa Hiebert, Gloria Brincheski, Katrina Dancyt, Jenneth Neurenberg, Gary Lussier, David Dooley, Ashley Wood, Andrea Nickel.
 Parent Advisory Council Citizenship Award: David Dooley.
 Student Parliament Outstanding Varsity Athlete Awards: Shanley Teetaert, Danny Rivera.
 Yearbook Award: David Dooley, Joanna Kaptein.
 Band Director Award for Most Valuable Player: Laura Vanstone.
 Governor General's Canadian History Medal 2000: Andrea Nickel.



Apologies to Jason David who was not included in the Senior 1 School's Honor Roll at Awards Day, due to oversight.

Senior 2

English 20F: Stephen Halbert
 Drama 20S: Jodie Lussier
 Geography 20G: Allison Besel
 Woods 20G: Adam Lamoureux

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If it's not fish flies...

Terry Kirton (left) and Harold Dalmon of the Selkirk Highways Department ward off the Manitoba Bird... mosquito. Their protective gear makes it bearable to associate with the infamous insects. They will be doing survey work on PR 317 near Lac du Bonnet for future improvements to the highway.

Model Forest awards \$3524 grant to BRDC

Manitoba Model Forest has awarded the Blueberry Rock Development Committee in Lac du Bonnet, with a \$3524 grant for necessary development of the Blueberry Rock site. Committee members include Brian Cinq-Mars, Kathy Picard-Karklin, Terry Howard, Leslie Wakeman and Reeve Dorothy Boznianin. The Blueberry Rock Development Committee

applied for the grant at the end of May. One of the conditions of the grant was that the amount be matched by the committee with volunteer labor, donated supplies and support from the Rural Municipality of Lac du Bonnet. The first phase of the project will include extensive clean up, clearing and brushing trails, signage, levelling and filling the parking area.

Future developments hoped for the site include raising the tower, an access gate, a kitchen shelter with fire pits, picnic tables and outdoor toilets. Blueberry Rock is part of the Trans Canada Trail that connects the Atlantic, Pacific and Arctic Oceans, the longest recreational trail in the world, and will pass through some of the most spectacular scenery in the country.

Relay 2000 in town

continued from page 1

The two bottles were then transported along the Trans Canada Trail route, arriving in Beaconia July 3.

In the mean time, on May 5, A Coast Guard helicopter carried water from the Atlantic Ocean off the cliffs of Cape Spear - the most easterly point of Canada - where it was lifted up the cliff by the St John's Fire Department, handed over to representatives of the Boys and Girls Club who filled a third bottle. That bottle is on its way through the Maritimes and will be entering Quebec July 14. These bottles have been transported by horseback, canoe, dog team, bicycles, cross country skiers, snowmobiles and hikers, representing the various ways people are expected to use the trail. In all 5,000 volunteers will have been involved in carrying the ocean water to the National Capital Region.

In Pine Falls the water carriers, on Horseback, were welcomed by piper



Reeve George Harbottle signs the Trans Canada Trail registry book for the Rural Municipality of Alexander.

Myles Wilcott, in a ceremony in front of the old steam locomotive. Pine Falls Mayor Darrel Parisian made a brief speech and signed a trail book, which has one page for every community on the trail.

In Powerview, Frank Thibedeau, standing in for Mayor Henry Ostrowski, welcomed two cyclists, and signed the book. The village pro-

vided a lunch of coffee and baked goods.

The celebration in St Georges included a Barbecue, traditional Jigging, and a drum group and hoop dancer from Sagkeeng. Reeve George Harbottle Signed the book.

He signed it again the next morning in Great Falls where the celebration included speeches and a pancake breakfast.

Ashley's Lung Donors Found

Fundraising crucial

by Toni Bruneau

Ashley Kovari was diagnosed with Epithelioid Hemangio Endothelioma when she was 12-years-old, making her the youngest of only ten people known worldwide with this disease. The rare form of cancer causes blood vessels to multiply and form lesions throughout her body, more aggressively attacking her lungs, and bones. The lesions harden at a continuous rate, ultimately decreasing her lung capacity.

Ashley has been on the transplant list for over two years, although the organs of a deceased donor have not been found.

Tests have been conducted at the Lac du Bonnet District Health Centre including blood work and chest x-rays, to find donors to participate in an alternative procedure. This procedure involves transplanting the bottom left lobe of one living donor's lung, and bottom right lobe of another. Ashley's lungs will be completely removed and replaced with the donated portions. She will have to be administered an anti-rejection drug, which will be taken for the rest of her life.

A number of matches have been found. As of July 7, extensive testing in Winnipeg has been completed on the potential donor matches to ensure the selection of the best qualified. Further tests on these individuals, including psychological assessments and skin and tissue typing will follow. Un-

til the donors are confirmed their names cannot be released.

The surgery will take place in Winnipeg by Dr. Helmut Unruh, possibly as soon as the second week in August.

There is approximately \$26,000 in the Ashley Kovari Fund at present. Expenses before, during and after the surgery, will greatly exceed this amount.

Fundraising

Anyone having or interested in having a fundraiser? Why not donate the proceeds towards relieving some of their financial burden, so that Ashley and her family can concentrate on the surgery and on her recovery? Your time is all that's needed to raise the necessary funding to offset these expenses.

The Lac du Bonnet Senior School has organized a fun run for the last three years now, this year's proceeds totalled \$3,522. Other organizations responsible for fundraising include: the Riverside Quilters, Lac du Bonnet Children's Centre, Great Falls Women's Institute, Lions Club, Tantalum Mining Corporation, Lac du Bonnet Pioneer Club... as well as countless others, businesses and individual donations.

Ashley, her family and everyone involved with the Ashley Kovari Fund is grateful for the efforts of so many people and continue to accept encouragement and assistance.

Donations are gratefully accepted and can be forwarded to Hazel (345-2143) or Marilyn (345-8117) or visit the Royal Bank in Lac du Bonnet.

Resolution passed

continued from page 1

the park at the Winnipeg River Bridge, which later that day, developed into an evening of celebration at Old Pinawa Heritage Park. Water carriers were accompanied by Piper Dave Morran, Lac du Bonnet RCMP in red serge, the Boy Scouts amongst many other guests. Lac du Bonnet's visited represented the 121st day of the 186-day relay.

Water carriers participating from our area included Brian Cinq-Mars, Kathy Picard-Karklin and Leslie Wakeman.

Dignitaries, including M.P. for Provencher David Iftody, Mayor Glen Hirst and Reeve Dorothy Boznianin offered their congratulations. Hirst and Boznianin then signed the trail book which contains entries of all communities visited by the relay.

Reeve Boznianin also announced that a resolution was presented by the Rural Municipality of Lac du Bonnet at the eastern district meeting of the Association of Manitoba Municipalities June 28. This resolution was for the province to set up a trust fund for the maintenance of the Trans Canada Trails in the boundaries of the Manitoba border.

Reeve Boznianin said, "I don't feel it's fair to leave the maintenance up to each individual municipality to maintain the trail. If any one municipality could not afford to maintain the trail, a Manitoba link would be broken.

Celebrations continued that evening at Old Pinawa Heritage Park. Entertainers included Kasey Rae Elcock, local school bands, Kendra Ulrich and Cheryl Sullivan, Dan Frechette, Walle Larsson, J.P. Lepage, The Whining Dogs and Skyla.

'Round and about the Beaches

We were part of history celebrating the 100th Birthday of Beaconia



by Monika I. Evans

On July 4th, my husband and I, and hundreds of others went to Beaconia to celebrate their 100th Birthday and to become part of a history when the Trans-Canada Trail Relay 2000 arrived there.

* Around 1896, a Dane named August Larson settled in a cove behind an island on the south-east shore of Lake Winnipeg off a bay later named Balsam Bay. August (known as "The Little Dane") shipped wood south up the Red River by barge. On his way back north he would have trouble finding his way home after sunset. From rocks found on the shore, he built a freestanding beacon that was lit by fish oil. Around the same time the CNR started carving its way towards the north. By 1900 the surveying was complete and names were given to station-houses that were along the way. The one near the beacon light was named Beaconia.

During the festivities, there were kids crafts, pony rides, a petting zoo proved by Val-Mac Farms, kids races and kids show called "Beauty and the Flea", a clown troupe, face painting, balloonist, a juggling show and a magic show.

At 2:00 p.m. the judging of the bike decorating took place. My favourite was one all decked out in gold. The kids had to do their own decorating and did a wonderful job. They rode their bikes

in front of the judges and the crowd.

The large tent holding the main events had a display of photographs dating back to over a hundred years. The Klatt and the Thomas family names were frequently featured. Two of the people attending the function met each other again after thirty-eight years, they used to go to public school together. Both were truly thrilled to see each other again.

We dined on great hamburgers, french fries and pie and birthday cake. The pies were supplied by the local bakers and for \$3.00 you got a huge piece of pie with whipped cream and a cup of coffee. My apple pie was delicious and had just the right amount of cinnamon. Other pies were cherry and lemon meringue.

One of my biggest thrills was getting a tour of the brand new fire rescue vehicle. We were allowed inside the truck and were shown the command centre with its communication system and also I was allowed to sit in the driver's seat. I was shown all the fire-fighting equipment that was in the vehicle. They didn't let me blow the siren, but did show me the control panel for the lights and siren!

From 2:30 to 4:00 pm the Muddy River Stringers entertained the crowd with their music.

One of the big events was the arrival of a hand glider. He had been towed at the end of a very long rope, by a vehicle until reaching his proper altitude, whereupon he released the rope. He arrived to the oohs and ahhs of the crowd. I took some

pictures and hopefully they will turn out.

At 4:00 pm, amid a flurry of sirens and flashing lights, the Relay Runners arrived in Beaconia carrying bottles of water from the Arctic and the Pacific Oceans with them. They were accompanied by a fleet of Jeeps (one of the official sponsors) and the RCMP and RM of St. Clements constabulary. They were greeted officially by the Beaconia celebration executive and a representative of the RCMP (Bert Patzer, retired). MC for the ceremony was Shane Thomas.

Lyle Schwark, Councillor, Ward II of the RM of St. Clements greeted the Relay Team. Part of the ceremony was the acceptance of gifts by the relay team captain from the community of Beaconia. This consisted of a flag with the name of Beaconia, which will be hung in Hull, Quebec along with others gathered in the trek across the country. A book of the history of the Hamlet was also given.

Lori Thomas spoke about the Trans Canada Trail development and of the participation of local people to help make this a reality.

Earl Thomas, a long-time resident of Beaconia (has lived there for 49 years raising his family), gave a brief history of Beaconia and then, with the help of the youngsters, unveiled a new cairn for the community.

After completion of the ceremony, the Relay Team once again headed out. They were followed down Regional Road 500 by the parade.

Four local people will be

joining the Relay on the following morning. One of those is our friend Al Chitty. He will be joined by Earl Klatt, Carley Thomas and Shane Thomas. They will be heading out early in the morning for Fort Maurepas in St. Georges.

We drove to Grand Marais and waited for the parade at the Grand Beach Motor Inn. Sadly, by the time the parade arrived at this point, the heavens had opened and the rain was pouring down. Those awaiting the parade stayed in their cars and honked their horns to welcome the group.

We followed them to Grand Beach where there was to be a corn roast, fish

fry and weiner roast, and not to forget those roasted marshmallows. All this got washed out and the party ended at the Grand Beach Surf Club.

There was great entertainment, despite the weather, and we were treated to fantastic calypso music by a young group of musicians from the Andrew Mynaski Highschool Steel Drum Band. A young lady from the MMF Cultural Entertainment did a wonderful Hoop Dance. At one point she combined all the hoops to form a basket. Before we left, we enjoyed some old time fiddling of square dance tunes. All in all, despite the rain, it was a great day!

*Information taken from the schedule of events.



Beaches News

On June 29, 2000 Graduation Ceremonies were held at the Selkirk Recreation Centre for 251 Grade 12 graduates. Congratulations to four local beach area students who started Kindergarten together and graduated together.

Congratulations to Adam Danwich, Desi Anderson Patzer, Melissa Houric and Mindy Rae Wilson. Those long bus trips made it all worthwhile. Best of luck in your future careers.

Laughter, the Best Medicine*

My new clerk followed directions quickly and without question. When I asked her to type up a travel advance for 1500 Belgian francs, she soon gave me the form to sign. I noticed, however, that it read "1500 Belgian francs." "You've spelled francs incorrectly," I told her. "Please change it to a 'c'." She took the form from me and returned with a revised one. It read "1500 Belgian cranks."

-Bruce Milne

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Canada Day celebrations



Rhylan Ferens enjoyed this and many other rides Wonder Shows provided at the Canada Day celebrations at Lac du Bonnet.

Due to unforunate circumstances, the quality of last week's Canada Day celebration photos were unacceptable, our apologies. A decision was made to publish the photos again in this week's issue. Please see last week's Echo for coverage of the 'Canada Day celebrations' activities in Lac du Bonnet.



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



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



Braylen Smallwood tried out the rotating swing ride at the midway grounds (left) in the company of his parents Kim and Chris and Auntie Danis.



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

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



This 1917 Case owned by Bill Sheer won first place in the antique tractor category (above).

Please see last week's Echo for full coverage of the Canada Day celebrations' activities in Lac du Bonnet June 30 to July 2



First place B Side winners at Canada Day tournament: Chicitas.



B Side runners up at Canada Day tournament: Ace of Spades.

Canada Day celebrations



Dale Alstadt won Best Chrysler with his 1964 Plymouth Fury.



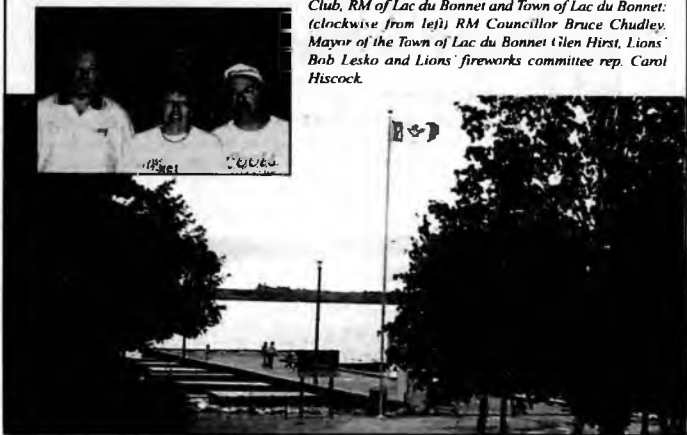
Con and Carol Woo won Best Ford and Long Distance with their 1963 Galaxy Convertible.



Joe Sawchuk won Best GM with his 1955 Pontiac.

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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By Health Educator, Karen McDougall
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Family Vacations: Happy Trails or Highways to Hell?

"Are we there yet?" "Mom, he's sitting on my side of the seat!" "Daddy, I need to go to the bathroom." It's summer vacation time, when the song of the open road tends to become a chorus of resentful whines, and the sound of gnashing teeth. Whether you're travelling 200 miles or 2000, family vacations, par-

ticularly those involving long distance car trips, can bring out the beast in the best of us. It certainly is possible to have a rewarding and enriching vacation with children in tow, but it involves some planning long before you and your troop head out the door. Vacation time brings a different structure and rhythm to fam-

ily life. People who may have only been seeing each other for a few rushed minutes in the morning, and then a couple of TV-filled hours in the evening, are suddenly spending 24 hours a day together. While family togetherness may be the whole point of the vacation, too much of it may cause

temper to flare. Realistic Expectations

One way for parents to set the scene for an enjoyable vacation for all, is to be realistic in their expectations of how much their children will enjoy the vacation. Generally speaking, a vacation is a disruptive event for children. Most children tend to prefer the routine over the unfamiliar. A vacation takes them away from their home, their toys, TV and friends, sometimes creating more anxiety than excitement. To alleviate this anxiety, parents can maintain some familiar routines on the road - like mealtimes and bedtimes - even it means taking a little longer to get to your destination. It's also helpful to take along familiar foods, like your children's favourite breakfast cereal. For younger children, a spe-

cial pillow or "blanky" can be particularly reassuring. And while your backseat doesn't have to become a toy store, you should be sure to stock it with books, puzzles and games that are appropriate to the ages of your children. The more comfortable (and entertained) your children are, the more likely they will spend their energy having fun, instead of squabbling in the backseat.

Different Interests

It's also important for parents to decide for whom this vacation was planned. Be honest. If you're the one who wants to see the museums of ancient civilizations, don't feel slighted if your ten year old prefers to hit the video arcades in the nearby malls. Ideally, your vacation should include activities and interests for everyone, with emphasis on those that are "kid friendly". Best wishes for a memorable and fun-filled family vacation. Are we there yet?

Ask your Pharmacist

Help for dry mouth

Dry mouth is caused by a reduced flow in saliva. Without enough saliva to keep your mouth moist, you may find it difficult to chew and swallow dry or coarse foods, to pronounce words clearly or to avoid chronic bad breath and tooth decay.

As some medications can cause dry mouth, you should contact your physician or pharmacist for help in solving the problem. Additionally, these suggestions may be helpful:

Drink more fluid, especially water. Avoid acidic beverages, such as orange or grapefruit juice or lemonade. Consider carrying a small flask or squeeze bottle of water with you to use when your mouth needs moistening.

Take frequent sips of water while eating. This will make chewing and swallowing food much easier, especially dry foods such as crackers, cereal, etc.

Avoid salty foods which can increase the feeling of thirst. Stop smoking, avoid eating dry or coarse foods and restrict consumption of alcoholic beverages as these practices may irritate the mouth or increase fluid loss.

Use a humidifier to add moisture to the air. This will help reduce a dry mouth, especially if your mouth gets dry during the night.

Chewing sugarless gum or sucking on sugarless hard candy occasionally may be helpful. Avoid gums or candies with sugar, since sugar

can speed up tooth decay even more in people who have a very dry mouth.

Refrain from using commercial mouthwashes. Many mouthwashes are high in alcohol content and may contain other ingredients that may add to your mouth dryness. Select a mouthwash with no alcohol content.

Practise good oral hygiene. Brush your teeth after every meal, rinse your mouth several times a day and floss between the teeth before bedtime. Visit your dentist regularly.

Ask Pine Pharmacy about artificial saliva products. These are almost the same as real saliva and can be used as often as needed.



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

New treatment for approved Alzheimer Disease

Novartis Pharmaceuticals Canada Inc. recently announced the availability of Exelon (rivastigmine) capsules in Canada. Exelon has been approved by Health Canada for the symptomatic treatment of mild to moderate Alzheimer disease.

Exelon therapy has been proved effective during the most extensive worldwide study program ever conducted on an Alzheimer Disease medication. During Clinical trials, Exelon demonstrated benefits on the symptomatic progression of the disease in the three key functional domains: activities of daily living (ADL), global functioning and cognition.

Exelon belongs to the cholinesterase inhibitor class of drug, the only one consistently proven effective for Alzheimer disease. Cholinesterase inhibitors prevent the breakdown of neurotransmitter called acetylcholine, which thought to play an important role in memory and cognition. Exelon is unique in that it prevents the breakdown of acetylcholine by inhibiting two enzymes involved in the disease. Scientists have learned that levels of acetylcholine are dramatically lower in people with Alzheimer Disease.

"When a patient with Alzheimer Disease declines in any one of the three domains of the disease, it has a major impact on lives of the patient and his or her caregiver," Said Dr. Karl Farcnik, Psychiatrist, department of Neurology, Toronto Western Hospital, University Health Network, Toronto. "A new therapy such as Exelon. Which has been shown in clinical trials to have a positive impact on these three domains, provides New Hope for patients with Alzheimer Diseases and their caregivers. Until we have a cure for Alzheimer Disease, our aim is to delay progression and the subsequent deterioration of functioning"

The Alzheimer's Helpline

Note to last week's column: Granting power of attorney. I have just received from the Seniors Directorate, Legal Information Guidebooks for Senior's. Wills and Estates, Power of Attorney and Health Care Directives. Copy's can be picked up at the Winnipeg River Senior Service office.

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Some Important Lessons Life Teaches You...

First Most Important Lesson

During my second month of nursing school, our professor gave us a pop quiz. I was a conscientious student and had breezed through the questions, until I read the last one:

"What is the first name of the woman who cleans the school?"

Surely, this was some kind of joke. I had seen the cleaning woman several times. She was tall, dark-haired and in her 50s, but how would I know her name? I handed in my paper, leaving the last question blank. Just before class ended, one student asked if the last question would count toward our quiz grade. "Absolutely," said the professor. "In your careers, you will meet many people. All are significant. They deserve your attention and care, even if all you do is smile and say 'hello!'"

I've never forgotten that lesson. I also learned her name was Dorothy.

Second Important Lesson:

Pickup in the Rain

One night, at 11:30 PM, an older African American woman was standing on the side of an Alabama highway trying to endure a lashing rainstorm. Her car had broken down and she desperately needed a ride.

Soaking wet, she decided to flag down the next car. A young white man stopped to help her, generally unheard of in those conflict-filled 1960s. The man took her to safety, helped her get assistance and put her into a taxicab. She seemed to be in a big hurry, but wrote down his address and thanked him. Seven days went by and a knock came on the man's door. To his surprise, a giant console color TV was delivered to his home. A special note was attached. It read: "Thank you so much for assisting me on the highway the other night. The rain drenched not only my clothes, but also my spirits. Then you came along. Because of you, I was able to make it to my dying

husband's bedside just before he passed away. God bless you for helping me and unselfishly serving others." Sincerely, Mrs. Nat King Cole.

Third Important Lesson:

Always remember those who serve you in the days when an ice cream sundae cost much less, a 10-year-old boy entered a hotel coffee shop and sat at a table. A waitress put a glass of water in front of him. "How much is an ice cream sundae?" he asked. "Fifty cents," replied the waitress. The little boy pulled his hand out of his pocket and studied the coins in it. "Well, how much is a plain dish of ice cream?" he inquired. By now, more people were waiting for a table and the waitress was growing impatient. "Thirty-five cents," she brusquely replied. "The little boy again counted his coins. "I'll have the plain ice cream," he said. The waitress brought the ice cream, put the bill on the table and walked away. The boy finished the ice cream, paid the cashier and left. When the waitress came back, she began to cry as she wiped down the table. There, placed neatly beside the empty dish, were two nickels and five pennies - You see, he couldn't have the sundae, because he had to have enough left to leave her a tip.

Fourth Important Lesson: The Obstacle in Our Path

In ancient times, a King had a boulder placed on a roadway. Then he hid himself and watched to see if anyone would remove the huge rock. Some of the king's wealthiest merchants and courtiers came by and simply walked around it. Many loudly blamed the king for not keeping the roads clear, but none did anything about getting the stone out of the way.

Then a peasant came along carrying a load of vegetables. Upon approaching the boulder, the peasant laid down his burden and tried to move the stone to the side of the road. After much pushing and straining, he finally succeeded. After the peasant picked up his load of vegetables, he noticed a purse lying in the road where the boulder had been.

The purse contained many gold coins and a note from the king indicating that the gold was for the person who removed the boulder from the roadway. The peasant learned what many of us never understand.

Every obstacle presents an opportunity to improve our condition.

Fifth Important Lesson: Giving when it counts

Many years ago, when I worked as a volunteer at a

hospital, I got to know a little girl named Liz who was suffering from a rare and serious disease. Her only chance of recovery appeared to be a blood transfusion from her 5-year old brother, who had miraculously survived the same disease and had developed the antibodies needed to combat the illness. The doctor explained the situation to her little brother, and asked the little boy if he would be willing to give his blood to his sister.

I saw him hesitate for only a moment before taking a deep breath and saying, "Yes, I'll do it if it will save her." As the transfusion progressed, he lay in bed next to his sister and smiled, as we all did, seeing the color returning to her cheeks. Then his face grew pale and his smile faded. He looked up at the doctor and asked with a trembling voice, "Will I start to die right away?"

Being young, the little boy had misunderstood the doctor; he thought he was going to have to give his sister all of his blood in order to save her.

You see understanding and attitude, after all, is everything.

"Work like you don't need the money. Love like you've never been hurt, and Dance like you do when nobody's watching."

Pine Falls School - Grade one writings

This year in grade one!

by Tyra Fontaine, Grade 1
I learned from spelling tests. I like school.
I like my teacher Mrs. Paukovic and I like Yuko.
I like computer.
I like Mrs. Whitford and Mrs. White.
I like Mrs. Whitehill and Mrs. Fraser
I'm going to grade two!

I like grade one!

This year at school by Tekla Breton, Grade 1

We learned in Science about animals and in my school we had a word wall. We had a lot of words on the word wall. I was happy.
We are washing the desks. We learned about clocks in school. It was fun. In school I saw a dog.

This year at school by Seth Anderson, Grade 1

My favourite thing in school was we were making dungo's with Yuko. We are going to swim today.
The grade four and three made volcanos.
We got better at math.
We played games at school yesterday.
We learned to say the alphabet.
We got Japanese money from Yuko.

This year in Grade one by Tyler Mortimer, Grade 1

I learned about animals. Yuko gave us Japanese money.
Today is the last day. Tomorrow is our special day.
It's our last gym.

This year in Grade one by Meg Raymond, Grade 1

This year in grade one we had lots of field trips.
We had four science covers.

We had a little alphabet book.

We had tons of spelling tests.

We had gym after French. It was the best year in the world.

We had books read to us. I learned 100 words in Grade one.
Science was very fun in Grade one.

This year in Grade one by Teghan Oakley-Martín, Grade 1

This year in Grade one I had lots of fun.
I like computer.
I know lots of teachers.
My friends are Tyra and Tekla and Brianna and Meg and Kelsey. I am taking lots of things home.
I am going swimming today.

This year at school by Kyle Ketola, Grade 1

We played fun games. I made three paper airplanes.
We are going to the pool.

Yuko gave us 5 cents with a hole in it because it is Japanese. We learned about clocks. We watched a movie. I got to wear a t-shirt. We got to have a hoola hoop. And I got to make some kind of food.

This year in Grade one by Kelsey Johnson, Grade 1

We learned how to tell time.
We had our last spelling test. We had 50 words.
We are done science. I learned about money.
We planted flowers.
We did lots of fun stuff.
School is fun.
Yuko gave us Japanese money.

Does a snail live in a pail?

by Brianna Kotak, Grade 1
Does a snail live in a pail?
Does a snake rake?
Does a king have ring?
Does a bug drink out of a mug?
Does a bee swing in a tree?
Does a seal eat a wheel?
Does an ant eat a plant?



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Exchange student heads back to Berlin

Exchange Student Mariana Radew, who graduated from Powerview School with the class of 2000 a few days ago, is heading back to Germany July 17, but she still has two more years of high school to complete. She has to repeat the year she has missed and then go on to Grade Thirteen.

Mariana has not decided what career to follow after high school but says she likes languages, art geography and history.

She said she liked Canada, Especially the "big sky" and the Northern Lights and said she would return, perhaps next year. She said Canadians are friendly, polite and open-minded.



While here, she participated in several aboriginal ceremonies, including a sweat lodge and a full moon ceremony just for women, but was not able to see a traditional Pow Wow and missed the recent Sun Dance.

Sawmill planning proceeding

continued from page 1

in the process of re-evaluating the level of support for the project from each of the 17 First Nation Communities involved in discussions to date and Tembec. Assuming the required support is received then it is intended that the parties shall enter the next step to see whether mutually acceptable terms for the Gaa-bimooka"ang Sawmill Project can be agreed upon. The target date for completion of this 'Partnership Agreement' is October of this year. Tembec has been clear that it has no intentions or desire to build the Sawmill unless it can be done in partnership with First Nations.

Another very important element of this project is the creation of a shared forest management company named Kiiwentino Maa'ingan which would be owned by Gaa-bimooka"ang and Tembec. The joint venture would be the holder of the Forest Management License and carry-out all the associated obligations and duties. The primary objective behind the creation of this Company is to introduce a real and meaningful way to share in

the stewardship of the forests with the First Nation communities.

Overall, these are very exciting initiatives being explored between Tembec and the surrounding First Nation communities. There are still many difficult

issues ahead before these two ventures are realized but there seems to be considerable momentum and progress achieved. The next couple of months are very important to determine whether there will be success.

Lac du Bonnet Slo-pitch League

This week's games

Tuesday, July 11

6:20 p.m.

Frenchmen vs. Comfort Classics vs. Submerged

7:45 p.m.

Comfort vs. Frenchmen Submerged vs. Classics

Thursday, July 13

6:20 p.m.

Classics vs. River Rats A Stars vs. Heroes

7:45 p.m.

River Rats vs. Classics Submerged vs. A Stars



Standings

as of July 10

Team	W	L	%	GBL
Classics	7	1	.875	-
Submerged	6	1	.857	1/8
Frenchmen	5	2	.714	1 1/2
Comfort	5	5	.500	3
Heroes	3	5	.375	4
River Rats	2	7	.222	5 1/2
A Stars	1	8	.111	6 1/2

Pineview Slo-pitch Standings

TEAM	G	W	L	Pts
Powerview Fire	14	13	1	26
Whipmasters	13	11	2	22
Musk rats	14	10	4	20
Slammers	13	7	6	14
Diehards	14	7	7	14
Out of the Blue	12	5	7	10
Poppers	12	5	7	10
5 Star Shooters	13	5	8	10

Pistols	11	4	7	8
Diamond Heads	12	4	8	8
Mohawks	14	4	10	8
Dazed & Confused	10	1	9	2

Pineview Mixed Slo-pitch league schedule

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 Musk rats	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 Musk rats	vs	Slammers	I
7:15 Diehards	vs	Out of the Blue	R
7:15 Mohawks	vs	Dazed & Confused	I

TUESDAY, JULY 18

6:00 Whipmasters	vs	Out of the Blue	R
6:00 Pistols	vs	Poppers	I
7:15 Whipmasters	vs	Slammers	R
7:15 5 Star Shooters	vs	Dazed & Confused	I

Rippling River News

submitted by Vanessa James

At our Playdays last week, we regrouped and reacquainted ourselves with many familiar faces. A Canada Day party is a great way to kick off the summer, and we had a blast! We spent a surprising amount of time making our own fireworks and picture frames. Everyone had great ideas and a lot of talent was visible. This week our Playday is Space Odyssey 2000, see you there!

On July 12th, our first day trip will take us to Wet and Wild.

Hopefully the weather cooperates, it sure didn't cooperate for our Bonfire on Saturday July 8th. We were rained out shortly after everything and everybody was set up. Well at least we all had a chance to eat roasted marshmallows. Thank You to the Grads and Sunnywood for making it out for awhile!

July 15th, Father Chartier and Rippling River workers and volunteers will go canoeing. This excursion didn't happen last year, so it will be a new one for all of us.

Upcoming Events

July 10-14 Baseball Week
 July 12 Wet n' Wild
 July 11 & 13 Space Odyssey 2000 Playday
 July 15 Canoeing
 July 18 & 20 Dinosaur days Playday
 July 22 Horseback riding



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ECHOES FROM THE Heart

CASE 1: Kelly Sedey had one wish, for her boyfriend of three years, David Marsden, to propose to her. Then one day when she was out to lunch David proposed! She accepted, but then had to leave because she had a meeting in 20 min. When she got to her office, she noticed on her computer she had e-mail. She checked it, the usual stuff from her friends, but then she saw one that she had never gotten before. It was this letter. She simply deleted it without even reading all of it. **BIG MISTAKE!** Later that evening, she received a phone call from the police. It was about DAVID! He had been in an accident with an 18 wheeler. He didn't survive.

CASE 2: Take Katie Robbenson. She received this letter and being the believer that she was, she sent it to a few of her friends but didn't have enough e-mail addresses to send out the full 10

that you must. Three days later, Katie went to a masquerade ball. Later that night when she left to get to her car to go home, she was killed on the spot by a hit-and-run drunk driver.

CASE 3: Richard S. Willis sent this letter out within 45 minutes of reading it. Not even 4 hours later walking along the street to his new job interview with a really big company, when he ran into Cynthia Bell, his secret love for 5 years. Cynthia came up to him and told him of her passionate crush on him that she had had on him for 2 years. Three days later, he proposed to her and they got married. Cynthia and Richard are still married with three children, happy as ever!

This is the letter:
Around the corner I have friend,

In this great city that has no end. Yet the days go by and weeks rush on. And before I know it, a year is gone.

And I never see my old friends face. For life is a swift and terrible race. He knows I like him just as well, As in the days when I rang his bell.

And he rang mine if, we were younger then. And now we are busy, tired men. Tired of playing a foolish game. Tired of trying to make a name. "Tomorrow" I say "I will call on Jim" "Just to show that I'm thinking of him." But tomorrow comes and tomorrow goes, And distance between us grows and grows. Around the corner!-yet miles away, "Here's a telegram sir" "Jim died today." And that's what we get and deserve in the end. Around the corner, a vanished friend.

Remember to always say what you mean. If you love someone, tell them. Don't be afraid to express yourself. Reach out and tell someone what they mean to you. Because when you decide that it is the right time, it might be too late.

Seize the day. Never have regrets. And most importantly, stay close to your friends and family, for they have helped make you the person that you are today.

HOUSEHOLD Hints

Mosquito Control

Mosquitos are pesky little things and here are some hints to help you deal with them:

They say that mosquitos dislike the scent of oranges and onions, you can rub that over your exposed areas.

Avoid wearing clothing that is damp or dark coloured, they say that mosquitos love dampness and are attracted to dark coloured clothing.

When you see mosquitos on your walls and mosquitos at night, instead of killing and smearing them, simply suck them up with the vacuum hose.

You can try planting the herb tansy or basil in sunny spots near your doors. Mosquitos are repelled by the smell.

To keep mosquitos from breeding in your rain barrels, pour a little cooking oil on the surface of your water.

It has recently been proven that Keri Lotion rubbed all over your skin will keep mosquitos from biting.

Citoronelle candles can be used outdoors and can be found in many attractive styles.

Wasp Control

To discourage wasps, mix tin tuna with some powdered cleanser and leave where the wasps gather.

Fruit Flies

Place a dish of apple cider vinegar out, the flies will head straight for the dish on the ground.

If you have any questions or hints that you would like to share with our readers - submissions can be mailed to the Winnipeg River Echo at Box 550, Pine Falls, MB R0E 1M0, emailed to theecho@granite.mb.ca or faxed to 367-9974 or in LdB at 345-0004.

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

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Address: _____

Ph. No: _____

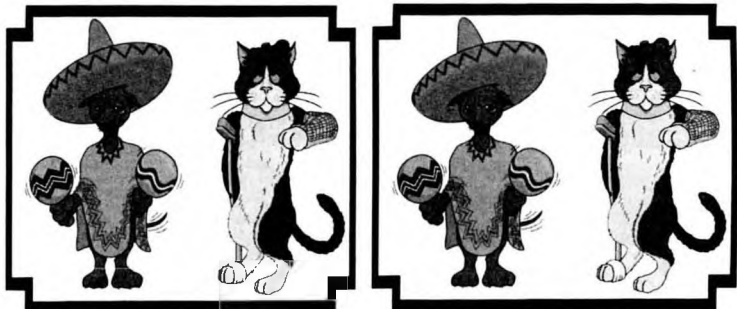
This week's Patty's Pics is sponsored by

The Yellow Door

Entry Forms can be dropped off at
The Yellow Door at

48 Park Avenue, Lac du Bonnet, Mb
R0E 1A0.

Good Luck!



Circle the six differences between these pictures.

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Representative

Fresh Cut FLOWERS

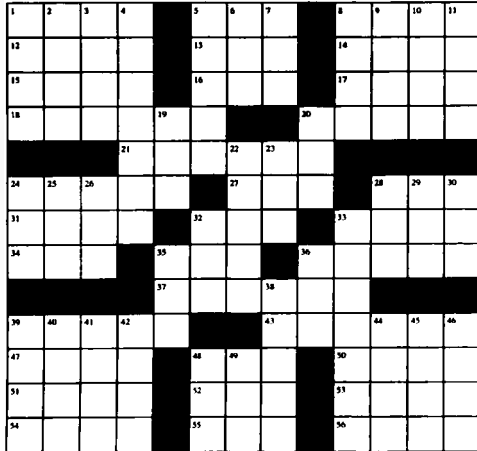
- ✓ Tropical & Potted Plants
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Gifts & More

WE DELIVER

Winnipeg River Echo Weekly Crossword

Land Lotsa Land



ACROSS

- 1. Shorten
- 5. Bank machine, abbr.
- 8. Employee stock plan, for short
- 12. Engage
- 13. Hawaiian garland
- 14. Do again
- 15. Cake decorating device
- 16. Strange
- 17. Eye part
- 18. _____ land, Saskatchewan

- 20. _____ land, British Columbia
- 21. Ejection
- 24. Fine China
- 27. Mineral source
- 28. Old recordings, for short
- 31. Fido's feet
- 32. Prairie Indian
- 33. _____ land, Ontario
- 34. Primate
- 35. _____ Perrot, Quebec
- 36. Cola
- 37. _____ land County, Nova Scotia
- 39. French river
- 43. Self-centered one
- 47. Reverse
- 48. Partner of tag, sometimes
- 50. Fertilizer component
- 51. Observes
- 52. Labour or social follower
- 53. Binge
- 54. Geological periods
- 55. Obtain
- 56. Gasoline provider

- 1. Fashionable
- 2. Wealthy
- 3. Cookie
- 4. Punctuation marks
- 5. Herbal remedies
- 6. Theodore, to his pals
- 7. _____ land, Ontario
- 8. Great Lake
- 9. Que _____
- 10. Pertaining to odes
- 11. Fancy
- 19. Billiards necessity
- 20. Nuptial or historic

- 35. Hockey surface
- 36. Nog
- 39. _____ land, Saskatchewan
- 40. Ace
- 41. Ntion
- 42. _____ land, British Columbia
- 44. Rages
- 45. Large bodies of salt water
- 46. Root vegetable
- 48. Apparatus
- 49. Consumed

LAST WEEK'S ANSWERS



DOWN



CRYPTIC PUZZLE

XBB ZCWD QFVPG BR ZHGFV RFWFGS
 XBB JBWT CRXPK XSP PWL.
 -FTBK GXKCMFWGND


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
 I DON'T EVEN BUTTER MY BREAD; I CONSIDER THAT COOKING.
 - KATHERINE CEBRIAN


WEEKLY HOROSCOPE

for the week of July 11th - July 17th


ARIES March 21 - April

 Your mind is an untapped resource. Build self-esteem this week by affirming your goodness every morning. Learn to give and accept compliments graciously. Treat yourself to a massage.


TAURUS April 20 - May 2

 Stay close to the people you love this week. Be willing to accept them for who they are. You will never be able to change them. Happiness may be achieved by finishing tasks long put off.


GEMINI May 21 - June 20

 The musty smell of rain on hot pavement makes you introspective. What will tomorrow bring? Maintain your principles. The more you give, the more you may receive. Giving makes you feel unstoppable.


CANCER June 21 - July 22

 Angry outbursts will get you nowhere. Control your temper and think before you speak. Perhaps self-denial, like going a whole day without talking, will help you get your emotions and anger under control.


LEO July 23 - Aug. 22

 Fiery Leo gets caught up in petty arguments this week. Instead of arguing about things you have no control over, step back and take a deep breath. Put aside pride as romance may come calling.


VIRGO August 23 - September 22

 Sunlight makes you aware of nature's wonders. Be aware that you, too, are always changing and growing. It is time for you to start seeing the bigger picture. It may be time to examine your spirituality.


LIBRA Sept. 23 - Oct. 22

 Begin now to widen your social circle and by fall you may have cultivated a number of friends and new hobbies. Don't associate with negative thinkers. It upsets the Librais delicate balance. Volunteer for a cause you believe in.


SCORPIO Oct. 23 - Nov. 21

 Rekindle childhood memories. Go to a county fair and savor all the surroundings. Taking a breather will prepare you for a major project at work this fall. Friends will test your loyalty.


SAGITTARIUS Nov. 22 - Dec. 21

 Those who want to get close to you are troubled by your independent nature. They may sense emotional coldness. Make a change and do something out of character. Try your hand at billiards. Above all, laugh.


CAPRICORN Dec. 22 - Jan. 19

 Slow down practical Capricorn! Your stamina is waning. Ward off burnout at home or work by planning a vacation in September. Take your talents seriously. They could lead to a new career.

AQUARIUS Jan. 20 - Feb. 18

 Writing a letter to an older family member puts you in his/her good graces after a misunderstanding. Remain rational and cool at work. Focus on the clear, blue sky to help get you through workplace hassles.

PISCES Feb. 19 - March 20

 Open yourself up to change. Try a new hobby, but don't let money slip through your fingers. Trust your psychic abilities. If you believe in yourself, others will, too. Music with intricate harmonies intrigues you this week.

ALL THE RIGHT Stuff

Dear Ms Know-it-all:
My family and I are taking an extended vacation this summer. We will be staying with friends and family across the country. Do you have any suggestions as to how we can make this enjoyable for everyone and ensure that we are welcome again?
On the Road Again

Dear On the Road Again:
When you are visiting friends and relatives in another city, a little bit of consideration can go a long way. Here are some practical do's and don'ts that should help to make you and your family always welcome wherever you go:

- DO**
- Discuss the timing of your intended visit before you make any definite plans. Be sure that the dates of your visit coincide with your friends'/relatives' agenda.
 - Be definite and specific about arrival and departure dates.
 - If you travel with a nanny or a maid (lucky you!) be sure your hosts can accommodate them. In fact, be sure that your relatives/friends can accommodate you and your family, period and that they expect you to stay with them. Otherwise, make a reservation at a nearby hotel or motel.
 - Keep your room neat. Make your bed and hang up your clothes.
 - Clean the bathtub and sink after use.
 - Leave the toilet seat and lid down.

- Graciously co-operate with any social activities planned by your hosts - don't insist on watching TV if everyone else is playing cards. Who knows, you may even learn something new.
- Pick up your fair share of restaurant tabs, admission fees and other entertainment costs
- Offer to help with household and outdoor chores, but don't be overbearing
- Be on time for meals and other activities
- Eat what is served, except for severe allergies. These should be made known to your hosts beforehand, preferably before the visit begins.
- Replace or pay for anything damaged or broken.
- If you have forgotten anything and it must be sent to you, please reimburse your hosts for their expense.
- At the end of your visit, remove your used linen and offer to make up the bed with clean linen
- Make a mental note of the general decor of the household. After you arrive home, send a little thank-you gift to your hosts.

- DON'T**
- Bring your pet, your children or a friend with you, unless you have express permissions from your relatives or friends.
 - Stay longer than three days.
 - Borrow anything from your hosts - shampoo, money, car, clothing, books
 - Dog-eat any book or other reading material you do use - with permission, of course.
 - Expect to be waited on. As a houseguest, pick up after yourself. Do not leave any soiled clothing in the bathroom or on the bedroom floor
 - Criticize your hosts' children, home or garden.
 - Invite your friends to visit you at the home of your hosts.
 - Incur any expenses by charging telephone calls, taxis or food to your host.

- Go through your hosts' mail or personal belongings
- Make your visit a drain on your hosts' finances.
- Expect to be constantly entertained throughout your visit. Plan some outings on your own to give your hosts some time to themselves.

Correction:

In last week's Echo under All the Right Stuff, it referred to introducing Karen Billows as Pamela and Eric's father. It should have read Pamela and Eric's mother. Oops sorry, even Ms. Know-it-all can make mistakes.

Videos OF THE WEEK

Brought to you by the Pop and Movie Shop

Scream 3 - (4 Bottles)
Is a thriller starring David Arquette, Neve Campbell, Courtney Cox Arquette. It is a slam bang finish to this exceptionally clever trilogy.

Thick as Thieves (3 Bottles)
Is an action film starring Alec Baldwin, Andre Braughen, and Michael Jai White. It is slick, smart and action packed. There's no such thing as easy money.

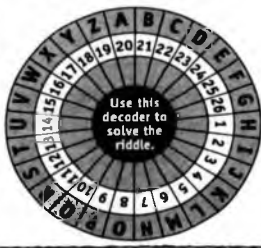
Out next week
Audrey Hepburn Story, The Hurricane, My Dog Skip, and the Real Macaw.



SECRET CODE

What is red, yellow, orange and green and wears boxing gloves?

25 11 14 2 13 | 9 14 7 22 1



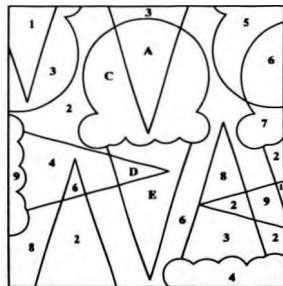
CONNECT the dots



FIND THE TWINS

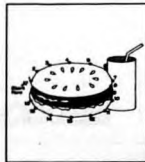
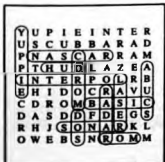
WHICH TWO ARE EXACTLY ALIKE?

HIDDEN PICTURE



Color in each space that contains a letter.

Answers



SEEK AND FIND

FIND THESE WORDS IN THE PUZZLE BELOW.

- | | | |
|--------|-----------|--------|
| BASIC | INTERPRET | BUM |
| CD-ROM | LASER | SEURA |
| DOS | NASCAR | SONAR |
| WORD | RADAR | YUPPIE |
- THE WORDS READ UP DOWN AND ACROSS.

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

Echo Classifieds

Congrats



Mindy Rae Wilson
 Congratulations to Mindy Rae on your Grade 12 graduation on June 29, 2000 from the Lord Selkirk Regional Comprehensive Secondary School. Mindy Rae was the recipient of a Citizenship Award, Ellen & Walter Whyte Bursary, Pepsi Cola Canada West Scholarship, University of Winnipeg Entrance Scholarship, and University of Manitoba Entrance Scholarship. You made me very proud, and your Dad would have been very proud of your many accomplishments during the school years. Your dedication, hard work and determination will help you achieve your future goals. Good Luck in your studies at the University of Winnipeg. Love Mom

Books

Book Break! in Pinawa. Sellers of used books, fine coffees, teas, desserts. We buy books. phone Dorothy at 753-2357.

For Rent

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For Rent - Waterfront home for rent on Mascanow Dr. \$500.00/month, available August 1st, 2000. Call 345-2529, leave message.

Wanted

Part-time Receptionist
 Needed at Esser Chiropractic Health Centre. Some evenings. Must have typing and good organizational and people skills. Some basic accounting skills an asset. Please submit resume to office by July 20, 2000.

PLEASE NOTE:
 The Office will be CLOSED for holidays July 13-18, 2000

Memorial Mass

Alphonse Harvey Hebert
 A memorial mass in honour of Alphonse H. Hebert devoted husband of Irene L. (Vincent) Hebert. Loving father of Robert "Bobby" Todd and daughter Monique (Garth) Riley of Calgary; brother Richard and sister Lillian Veilleux of Pine Falls. Grandchildren Geoffery, Dustin, and Alicia Riley; and many nieces and nephews. Memorial Mass will take place in Powerview at the Notre Dame du Laus Church, Tuesday, July 18 at 11a.m. Father René Chartier officiating.

The Winnipeg River **Echo**

Drop by our office at 56 Art Street, Powerview. We do Photocopying, Faxing, Business Cards, Gift Certificates, Flyers, etc.....

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 contact 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.

LOWEST OR ANY TENDER NOT NECESSARILY ACCEPTED.

TENDER

J.U.S.T. Training Corp. requests bids for a Certified C.A., C.M.A., or C.G.A. to perform the AUDIT of their April 30, 2000/2001 and 2001/2002 Fiscal Year Ends. Audit to be completed by June 1 of the appropriate year. Closing Date for Bids: August 11, 2000.

For further information please call Barry or Louise at: J.U.S.T. Training Corp. 4 Park Avenue, Lac du Bonnet, Mb Phone: 345-2686 Fax: 345-6334



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 GRACE KOST - REG BLACK
 KATHY BOULANGER
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1 Park Avenue, Lac du Bonnet
 www.mts.net/~c21sun

42 FERGUSSON CRESCENT, Great Falls - Perfect starter, revenue property or retirement home, located in Great Falls. This 1028 sq. ft., 3 bedroom home has full basement, single garage and nicely landscaped lot. Priced for quick sale.

84 CEDAR STREET, Lac du Bonnet - 3 bedrooms with ensuite, main floor laundry. Hardwood flooring in living, dining area, kitchen and hallways. Insulated basement walls, gyproc, unfinished ceiling, fourth bedroom, 2 pce bath, 10 x 10 screened sunroom, 12 x 20 deck, electric furnace, central air, air exchanger and electronic filter. Double attached garage, concrete drive, 80 x 166 lot is landscaped.

14 ALCIDE CRESCENT, Lac du Bonnet - 1930 sq. ft. custom built four-year-old home with full basement. Features oak island kitchen, 2 pce. ensuite on second floor. Docking and water access on Winnipeg River, five minutes from Lac du Bonnet. Maintenance free exterior.

146 OAK STREET, Lac du Bonnet - Modern energy efficient bungalow, maintenance free exterior. All oak interior and kitchen, large pantry and breakfast nook. Garden doors to large deck, master bedroom with 3 pce. ensuite. Full finished basement with third bath. Oversized single attached garage, concrete rive and sidewalk. Nicely landscaped lot, very private location.

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R0E 1M0

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- RIB STEAK barbecue ready (10.77 kg) lb 4.89
- SHORT RIBS of BEEF (4.17 kg) lb 1.89

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- TURKEY BURGERS made here at Dancy's (6.59 kg) lb 2.99

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- GENERAL MILLS
CHEERIOS BRANDS
asst'd, 525-575 g **2.96**
- OUR COMPLIMENTS
MAYONNAISE or
SALAD DRESSING
475 ml **1.46**
- BULLSEYE BARBECUE
SAUCE asst'd
425 ml **2.76**
- SMART CHOICE
POTATO CHIPS
asst'd, 170 g only **.96**
- NICE & SOFT
BATHROOM
TISSUE 8 roll **2.46**
- OUR COMPLIMENTS
BLUE RECYCLE
GARBAGE BAGS
10 pack **1.46**
- OUR COMPLIMENTS
FACIAL TISSUE
48 pack **.86**

COUNTRY COTTAGE BACON sliced, 500 g pkg. **1.98**

Ralston Purina Pet Foods & A Whole Lot More

Get a FREE CAT TOY with any purchase of Purina Cat Food, 1.6 kg or larger

- O.N.E. SUPER
PREMIUM DOG FOOD
asst d. 7 kg 14.46
- MAINSTAY BUDGET
PRICED DOG FOOD
18 kg 11.46
- BEGGIN STRIPS DOG
SNACKS asst d
170 g 1.96
- ALLEY CAT DRY
CAT FOOD 1 kg 1.76
- KITTY LITTER ORIGINAL
SCOOP PAIL
14 pkg 11.46
- MEOW MIX or
CAT CHOW
CAT FOOD 2 kg 4.96
- NEW CAT CHOW
SPECIAL CARE
CAT FOOD 1.6 kg 4.96
- WHISKER LICKIN'S
CAT SNACKS
asst d. 60-85 g 1.46

WESTON'S BAKERY

- WONDER BREAD
white or brown
570 g96
- WONDER
HAMBURGER or
HOTDOG BUNS
12s 1.46
- DELI WORLD
JUMBO RYE
BREAD 900 g 1.96

Parmalat - Beatrice DAIRY & FROZEN

- CEREAL CREAM
500 ml96
- COTTAGE CHEESE
1% or 2%
500 g 1.76
- BREYER S
BLENDED
ICE CREAM
asst d. 2 L 5.46
- GOOD HUMOR
POPSICLES
24 pack 4.46

- KIKOMAN TERIYAKI BASTE &
GLAZE SAUCE 285 ml 1.96
- GO LDEN DIPT
MANDARINES asst'd, 236 ml 1.96
- GOLDEN DRAGON
SZECHUAN SAUCE 455 ml 2.96
- CAMPBELL'S CHICKEN BROTH SOUP 284 ml96
- CLOVERLEAF PACIFIC PINK SALMON 213 g 1.16
- PURITAN FLAKES of HAM or TURKEY 184 g96
- PURITAN CAN DINNERS or STEWS
asst'd, 665 g 1.66
- CHEF BOYARDEE CANNED PASTA asst'd
425 g 1.16
- KRAFT MINUTE RICE 1.4 kg 4.96

- CAMPBELL'S HEARTY NOODLES
in a cup, asst'd, 65 g86
- CAMPINO FAMOUS YUMMY CANIDES
asst'd, 185 g 2.46
- RED ROSE GREEN TEA BAGS 48 pack 3.46
- OXO CHICKEN or BEEF BUOLLION 15 pack 1.46
- BROOKS SUPER BOWL TOILET CLEANER 1 L 3.46
- KELLOGG'S ALL BRAN CEREAL 525 g 3.46
- KELLOGG'S BROWN FROSTED
MINI WHEATS 725 g 5.46
- SUNMAID CALIFORNIA RAISINS 750 g 4.46
- K&M CHOCOLATE CHIPS 500 g 1.46
- BAKERS UNSWEETENED CHOCOLATE
225 g half price 1.96

IT'S KURTWÜRST'S BIRTHDAY SALE!

Extra Special Produce Buys

- BANANAS golden yellow (1.02 kg) lb **.46**
- GARDEN FRESH SALAD MIX ready to use, 1 lb. bag ea. **1.46**
- NEW BABY GOURMET POTATOES Can. #1, local, red or white (2.78 kg) lb. **1.26**
- SEEDLESS CUCUMBERS long English, Can. #1 ea. **.86**
- FRESH COLESLAW MIX add your favorite dressing pkg **1.46**
- SWEET OUTSPAN NAVEL ORANGES imported (1.68 kg) lb. **.76**