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Lac du Bonnet
Beaches
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Manitowagan and Bissett

Vol. 1, No. 10

Tuesday, August 1, 2000

\$1.00 tax included

Sandman triathlon in LdB

by Toni Bruneau

The Hammerheads Triathlon Team hosted the Sandman Triathlon Sunday, July 30 here in Lac du Bonnet. A record breaking 140 athletes competed in their fourth annual.

The triathlon, which has been held in Grand Beach for the last three years, was moved to Lac du Bonnet after cancellation of the swim event due to poor conditions at Grand Beach.

Race Director Scott Brown said, after talking to the Town and RM of Lac du Bonnet, businesses, Chamber of Commerce and the Lac du Bonnet Community Centre, Lac du Bonnet showed great support and a real "sense of community" which he felt would greatly benefit the event.

The triathlon was available to athletes at three different levels: standard, which involves a 1500 metre swim, 40 kilometre bike and ten kilometre run; the sprint triathlon which is half the distances of standard (750 m, 20 km, 5 km); and tri-a-tri, half the distance of the sprint (375 m, 10 km, and 2.5 km).



Athletes accept water from volunteers while leaving the transition zone, starting the final phase of the triathlon, the ten kilometre run

The standard race started at the Laker's Ski Club at 8:45 Sunday morning with a 1500 m swim.

The transition of swimmer to cyclist took place at the Ski Club, with a huge crowd of friends and family, offering support and encouragement.

Athletes then started the two-wheel journey north, to Woody's from the Ski Club, then south down Highway

11 to the 20 km turnaround point, the Pinawa Bridge on Highway 211.

By the time the cyclist returned to the transition zone at the Ski Club temperatures had reached 28°C. They continued on foot, through Lac du Bonnet, down Park and Lake Avenue, then Wood Street to McArthur where they ran south towards their turnaround passed Hill 60.

Local triathletes

by Toni Bruneau

Many competitors at the triathlon were from Lac du Bonnet and Pinawa including a family trio from Lac du Bonnet - Keith Olson along with his children Eric and Bethany.

Keith Olson said they enjoy participating together and agreed that it helps, and there's more incentive that

way. He added "it's nice to have a little push sometime."

He said this was the first time he actually had to walk. The heat had a lot to do with it. He said, "you really have to know your body," and what you're capable of.

The trio has competed at three duathlons at Birds Hill as well as a triathlon at Pinawa.

See SANDMAN/ page 3

Lord Selkirk Boy Scout Pipe Band competing in world championships

The Lord Selkirk Pipe Band leaves today, August 1 for Scotland to compete in the World Pipe Band Championships in Glasgow August 12. Myles Wilcott from Pine Falls is the band's Acting Pipe Major.

On Saturday, August 5, the Lord Selkirk Band will be joining 10,000 other pipers and drummers in Edinburgh for a massed band parade on the famed Princess Street and the Royal Mile in the shadow of Edinburgh Castle. That same weekend they will be attending the Royal

Edinburgh Tattoo.

The band will also be spending three days in Aberdeen and will be playing in Arbroath, the home of the band's Pipe Major, Robert Fraser.

Four years ago the band entered the same competition in the Novice Junior grade and were awarded citations for Best Dress and Department, Best Base Section, and Best Overseas Band. This year they will be competing in the Juvenile Grade - up one grade from four years ago.



Lord Selkirk Boy Scout Pipe Band, (centre, standing behind drum) Pipe Major Robert Fraser, (kneeling, second from right) Acting Pipe Major Myles Wilcott

Shoreline erosion on Hwy.11

Fluctuating water levels on Lake Winnipeg have been causing erosion problems along the shoreline of the Winnipeg River from the Lake to the Dam.

In the picture, erosion has reached to within ten feet of Highway 11 about 1/2 kilometre downstream of the Fort Alexander Anglican Church.

The problem is being

fixed by Sagkeeng Shoreline Erosion, and their consultants Duncan and Associates together with Manitoba Hydro and the Manitoba Department of Highways.

The problem is caused by "sheer planes" in the soil which collapse spilling the soil into the river. It is corrected by loaded crushed rock on to the toe of the sheer plane close to the river.



End the Impasse



Editorial, by Charles Norman

When Tembec purchased the Pine Falls Paper Company, Tembec CEO, Frank Dottori announced that his company had no intention of running a company town, and that Pine Falls would be separated from the mill and become a municipality. He gave Pine Falls employees a year to arrange for the change. It has now been more than two years and it hasn't happened yet.

Under current legislation, Pine Falls is too small to incorporate on its own. The municipal Act requires a population of 1,000; Pine Falls has about 750. Because of this Pine Falls had the choice of joining an adjacent municipality, either the RM of Alexander or the Village of Powerview. They voted on it last year, and chose Powerview by an overwhelming margin. They were not given the choice of remaining the way they were, nor were they given any other choices. (Petitioning the provincial government for a change in the legislation for example). If they had been given other options the result of the vote may have been different. The chances are they would have voted to remain as they are, (an option the company was not prepared to accept) or to do everything possible to incorporate on their own. They would likely also have voted to keep their own school, if possible separate from any school division.

At that time it was said that any alternative to joining the RM or Powerview was completely impractical. But the fact is that they are now living with an alternative, and in spite of what everyone is saying, it is likely to continue. It is likely to continue for the simple reason that the people of Pine Falls want the Town and the school to remain the way they are.

What happened? They Voted to Join Powerview, but didn't, or haven't yet.

Powerview council, perhaps suspecting that Tembec was going through the process to save money. It was never stated but it seems unlikely that the company would get rid of the town if paying taxes would cost more than paying for everything directly. In any event Powerview retained consultants to determine the cost of bringing Pine Falls infrastructure, especially sewer and water, up to the same standard as Powerview. The consultants came up with a figure

of six million dollars over a period of a few years.

Powerview Council met with the company, (Fred Ayotte and Judy Habing), and apparently set six million dollars as the price for Powerview accepting Pine Falls. It's not clear what happened next but there appears to have been no more meetings. The next thing we know is that the company has set up an elected advisory council, to run Pine Falls the same way as a municipality, with a mill rate established as the same as Powerview, and assessments carried out according to provincial standards.

If Pine Falls continues the way they are they will miss out on municipal grants and low-interest loans for capital projects. Provincial contributions to the Pine Falls (private) school will also be less than as a conventional school district. To incorporate they need 1,000 residents or a change in the Municipal Act. Until the recent change in government it was extremely unlikely that Len Derkatch the then Minister of Municipal Affairs, would have countenanced a change in the legislation since he wrote it. With a new government it may be possible, but the department is not likely to look very favourably on having two municipalities, side by side, both of the with a population of 750, one of them having already voted to join the other.

As things stand, Pine Falls has to convince the provincial government that Powerview have broken off negotiations if they intend to get anywhere with independent incorporation. If Powerview sees any advantage to amalgamation with Pine Falls all they have to do is convince the government they haven't broken off negotiations an wait to see what happens.

The whole process is not as childish as it appears. It is a direct result of not asking the people of Pine Falls what they really wanted. Powerview residents have not been consulted at all.

The two communities should end the impasse by laying all the cards on the table and asking the people of both communities what they think, or they can wait two years for it to be an issue in the next round of municipal elections.

There are sound reasons for the two municipalities amalgamating, services for both would be improved, and real estate taxes would probably be reduced. Maybe now is not the time to end the historical friction between the two communities, but let's find out.

Community Billboard - ph 367-9468

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

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

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

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

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

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

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

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.

BANDMINTON - 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. 756-800018 or 756-2101

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

HAPPY TOTS DAY CARE - The Happy Tots Place Inc. P.O. Box 773 Pine Falls, ROE 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 Tue. 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. Fri. 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 LAUS: POWerview - Sat. Evening 7:30 pm (English), Sun. 8:30 pm (French), 10:30 am (English);

ST. AD - 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 Pih Rd. - Traverse Bay. 11:30 a.m. - Sunday Additional Mass mid June thru Labour Day 7:30 p.m. Saturday. Closed November 1 - April 30th.

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

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

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

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

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

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The
Winnipeg
River
Echo

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.

Sandman Triathlon in Lac du Bonnet

continued from page 1

prior to the Sandman Triathlon in Lac du Bonnet.

Keith participated in the male 50 to 54 standard triathlon and finished with a time of 3:12:34.

Eric finished with an

impressive four place in the male 20 to 24 event with a time of 2:40:12.

Bethany finished second in the female tri-a-tri event with 44:49.

Bethany will be participating at the Manitoba Games at Virden on be-

half of Team Eastman August 13 after qualifying in the Kids of Steel Triathlon in Pinawa.

Martha Laverock of Pinawa was also a participant in this year's Sandman. She completed a duathlon, which is a five

kilometre run, a 40 kilometre bike and an additional 10 kilometre run with a time of 2:50:43. Martha was voted June Athlete of the Month by



Athletes quickly prepare to start the bike portion of the race in the transition zone, after the 1500 metre swim.



Eric, Bethany and Keith Olson participated in the Sandman Triathlon in Lac du Bonnet, July 30

Eastman Sport Development, for her performances at the Prestige Duathlon Series in May. She received a certificate and gift in appreciation of her commitment and dedication to amateur sport. Martha will also be considered for the Eastman Athlete of the Year, to be selected January 2001.

Other competitors from

the area include: Jane MacMillan, 2nd - 30 to 39 sprint 1:33:03; Don Ewing 2nd - 55 to 59 standard 3:27:17; Don MacMillan 3rd - 35 to 39 standard 2:37:23; Les Meyers 5th - 40 to 49 sprint 1:34:06; Myles Drynan 10th - 35 to 39 standard 3:08:00; Brenna Mohan 6th - female tri-a-tri 1:12:36.

Sagkeeng Treaty Days

by Charles Norman

This week, Sagkeeng celebrates the signing of Treaty No 1, on August 1, 1871.

One of the provisions of the treaty was an annual payment of five dollars to every band member. It has not changed, and has not been increased with inflation; as a result the payment is not the event that it once was. 129 years ago five dollars was worth substantially more than it is today. On treaty days, merchants would congregate from far and wide to offer for sale a variety of goods needed by families in the community. That still happens, and will happen again this year, but merchants will not be relying on treaty money to make the trip worth while.

About twenty years ago Sagkeeng began to incorporate a Pow Wow in the treaty days celebration. At that time there had not been a Pow Wow ceremony at Sagkeeng in living

memory. It was reintroduced to Sagkeeng and other Manitoba First Nations from Ojibway communities in the east where the tradition had been maintained. The traditional Pow Wow is a spiritual ceremony and photographs will not be allowed during the ceremony, especially during the Grand Entry. (Photographs are usually allowed at competitive Pow Wows, where dancers compete for cash prizes). This year there will be Pow Wows on Saturday and Sunday, at 1:00 pm on the grounds outside the Arena.

This year will be a little different from previous years in that entertainment will be offered at the Multiplex Arena, and there will be an entry fee to the entertainment events.

The celebration begins with a parade on Tuesday August 1, beginning at the Old Road, and ending at the Arena, followed by a community potluck feast at 1:30

pm in the arena. Tuesday evening, at 7:00 pm a clown and a hypnotist will be entertaining crowds in the arena. There will be more entertainment at the same time on Wednesday and Thursday evenings.

Part of the celebration will include a golf tournament at the Grand Pines Golf Course beginning at 10:00 am on Thursday morning.

A square dance competition, scheduled and advertised for Friday evening, has been postponed to Saturday, from 1:00 to 5:00 pm. An old time dance will follow the competition in the evening.

In addition to the Pow Wow on Sunday there will also be a Marathon with categories for men, boys and women. The Marathon ends at the Arena.



Marcus Blouw of Winnipeg was first out of the water with a time of 21:42:60.

Christ church restoration project

by Charles Norman

The Christchurch vestry, the Henderson Institute and other members of the restoration committee met as usual on the last Friday of the month, in the Fort Alexander church hall.

A great deal of very useful discussion took place which moved the restoration project forward. However, the possible bankruptcy of the Anglican Church of Canada as a result of possible court settlements to students of residential schools run by the church is creating planning problems.

The vestry will be meeting with church officials in the diocese of Kewatin in Kenora this week to clarify the situation.



The log framed Christ Church Anglican Church built at least 150 years ago.

The group will be meeting for lunch again on the last Friday of the month in the Church Hall - at noon on Friday, August 25.

The church was formed in 1854; the completion date of the original building has not been determined. It is known that it took ten years to build

and was in use in 1870. At that time the church was in the diocese of Rupertsland, with headquarters in Winnipeg. It is believed the diocese will have a record of the dedication of the church.

The building is deteriorating, but is still, after more than 130 years, in fairly good condition. It

is a log building, in the style known as Red River Log Construction - a sturdy and long lasting method - even so there are few examples remaining. The Church is one of the oldest buildings in Western Canada outside St. Boniface and the churches built by the Selkirk Settlers.

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Tembec reports record earnings for 3rd quarter

Consolidated gross sales for the three month ended June 24, 2000 reached \$686.2 million, a 36% increase from \$503.9 million in the comparable period last year. Operating earnings totalled \$125.4 million, more than double the \$54.7 million generated a year ago, and better than the \$96.8 million in the prior quarter. The Company generated record net income applicable to common shareholders of \$64.5 million (\$0.80 per share) compared to net income of \$10.2 million (0.15 per share) in the corresponding quarter ended June 26, 1999 and net income of \$50.8 million (\$0.63 per share) in the previous quarter.

Free cash flow totalled \$58.8 million in the quarter and has reached \$146.7 million for the first nine months of the year. The company has already significantly exceeded its target of

\$100 million for the current fiscal year and we expect this positive trend to continue.

Forest Products: During the quarter, the Forest Products Group generated operating earnings of \$20.2 million of sales of \$213.9 million. This compares to operating earnings of \$21.5 million on sales of 210.1 million in the prior quarter. Margins decreased slightly as average SPF selling prices were 4% lower than the prior quarter.

Lumber prices have historically run counter-cyclical to pulp and paper and we are anticipating continued pressure on this segment's margins. Recently pricing has dropped to very marginal levels. On the positive side, the current five year softwood Lumber Agreement with the U.S. will expire in eight months and at the current time both the government

of Canada and the government of the U.S. have indicated their preference not to renew the quota agreement. Although this will be a positive development for most Canadian lumber producers, the challenge of ensuring the free flow of lumber products between Canada and the U.S. will remain. The company continues with its sawmill modernization program. The program is targeted towards cost reduction and margin added products.

Pulp: The Pulp Group generated operating earnings of \$72.6 million on sales of \$274.9 million for the quarter ended June 24, significantly higher than the earnings of \$57.7 million on sales of \$279.3 million in the prior quarter. Average

selling prices increased by \$89/tonne over the prior quarter, with higher prices for all grades of pulp. Shipments declined as a result of annual maintenance downtime at several facilities.

We continue to see positive developments in market pulp and expect continued improvement in this segment of our business. A general price increase was implemented on July 1, which raised the benchmark Northern Bleached Softwood Kraft (NBSK) to U.S. \$710 per tonne. The Company's past efforts in the areas of productivity and cost reduction are also reflected in our current margins. However, we are beginning to see some inflationary pressures in our manufacturing costs, principally for fibre, energy and

transportation.

Publishing Papers: The Publishing Papers Group generated operating earnings of \$28.2 million on sales of \$133 million. This compares to operating earnings of \$13.8 million on sales of \$105.2 million in the quarter ended March 2000. Average selling prices increased by \$69 per tonne as an industry wide price increase was implemented at the beginning of the quarter.

We anticipate improved profitability from its segment. A price increase of US\$50 per tonne has been announced for September 1st. The North American market is fairly robust and we are seeing some strengthening in offshore shipping. See TEMBEC/page 14

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. Vicki Landry 345-8647.

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 Kathic 367-8237, Vickie 345-6520.

Lakeshore A.A. meetings every Sunday and Tuesday 8:00 p.m. at St. John's Anglican Church, 86 McArthur, Lac du Bonnet Last Sunday of the month open to the public. Call Ted 345-2839, Ron 753-8403.

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

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

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

New to town? Drop in to the Craft

Basket on Second Street and pick up your Welcome to Lac du Bonnet gift, courtesy of the Chamber of Commerce.

Two Rivers Seniors Resource Council Inc. Lac du Bonnet office, Health Centre 345-1227, Ruth Clay. Services: driver escort, 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 Contoy, Whittemouth 348-3505; Lac du Bonnet, Pine Falls, Victoria Beach, Pinawa, Beausejour, Whittemouth, Oakbank, Hadashville.

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

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

Call 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: 10:30 a.m. - morning worship (children's church during service); 7:00 p.m. - hymn and prayer.

LUTHERAN CHURCH OF THE CROSS

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

NOTRE DAME CATHOLIC CHURCH

Father Richard Machura, 345-2908
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.

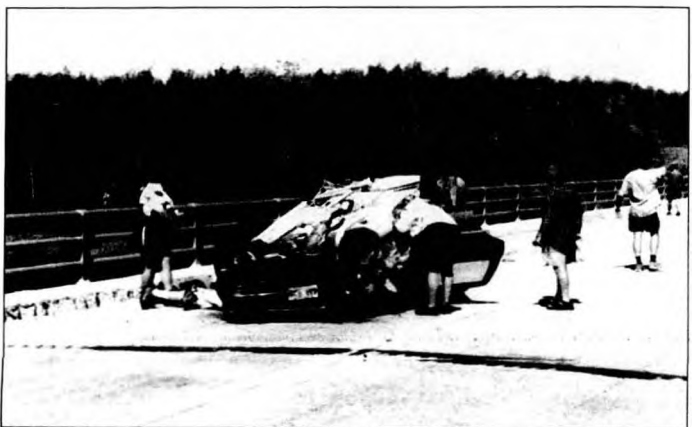


Photo by Budd Mager

Second accident on Pinawa Bridge this month

Lac du Bonnet RCMP and the Lac du Bonnet Volunteer Fire Department were called to a single-vehicle roll over accident on the Pinawa Bridge Sunday, July 30, the second this month. Two females occupied the Ford Tempo and were found upside

down, both wearing their seatbelts. The jaws of life were used in the rescue. The vehicle was travelling west on Highway 211 when it hit the curb and railing on the east side of the bridge and rolled. RCMP say there is no relation to the accident involving the

Purolator van earlier this month and that it was strictly coincidental. The two females were transported to the Pinawa hospital for examination.

Bev Desjarlais, MP

Churchill Riding



Office Hours:
Monday to Thursday
8:00 a.m. to 4:00 p.m.

Box 178, 2B Place McDougall
St. Georges, MB R0E 1V0

Tel: 204-367-2880 or
1-888-260-2231
Fax: 204-367-2825

Congratulations to all participants and organizers of

Sagkeeng Treaty Days 2000

GOOD LUCK TO ALL EVENT COMPETITORS HAVE FUN AND ENJOY THE WEEK!

Sagkeeng Treaty Days

The Square Dance Competition advertised for Friday afternoon in the Multi-plex arena has been rescheduled to:

Saturday, August 5th from 1:00-5:00 p.m.

It's a Party!

by Toni Bruneau

The Abundant Life Chapel hosted the Vacation Bible School (VBS) Monday, July 24 to Friday, July 28. Children, aged five to twelve years, took part in the week-long festivities each evening from 6:00 to 8:30 p.m.

Ninety-four youngsters were divided into three groups to take part in games, crafts, snacks, songs, bible stories and each others company.

Four stations were visited during the week: music in the tent; games and snacks outside the tent; crafts in the basement; and stories and memory verse time in the sanctuary.

During the closing ceremonies, the children treated family and friends to an outstanding performance, which represented their week's worth of fun. The theme for this year's VBS was *It's a*

PARTY! - with each letter in party symbolizing a particular message each day, Monday to Friday.

'P' is for PRAISE! Salvation is God's Gift to Me.

'A' is for ACCEPTANCE! I can be in God's Family.

'R' is for RELATIONSHIPS! I can tell my friends about Jesus.

'T' is for TOMORROW! My new home will be a mansion.



Children planted seeds in anticipation of God's plans for sunshine and rain which allow the seed to grow.



Each child constructed their own PARTY hat for Friday evening's closing ceremonies.

'Y' is for YOU! God has great plans for you and me.

Pastor Jeff Andrews made a presentation Friday night, to Julie Veilleux on behalf of the Abundant Life Chapel, and all moms and dads, for all her hard work, running another successful VBS. This was Veilleux's eighth year coordinating the VBS.

Veilleux said, "I'm only as good a coordinator as my help is," acknowledging those who

make the VBS possible. She thanked the leaders, workers, volunteers who helped with games, snacks and crafts, as well as many who donated everything from watermelon, helium for balloons, hot dog buns, cake.

Children from as far away as Nova Scotia and Ontario took part in this year's VBS, as well as many cottagers, and youth from the surrounding areas. Pastor Andrews said it is nice to see children return-

ing year after year, with some from the past evolving into today's helpers. "It's good to see all those kids come up through VBS. VBS has become a big part of the town here in the summer time, and certainly a big part of the church, and our outreach to the town."

For information on the Abundant Life Chapel's VBS call Julie Veilleux 345-2745 or the Abundant Life Chapel 345-2934.

Midway for the 4P Festival

For the first time in several years there will be a midway at the 4P festival on the Labour Day Weekend. Bringing a midway to the festival reflects the benefits of having a permanent 4P committee. Midways have to be booked many months in advance. By the time an ad hoc committee gets around to trying to book a midway it is usually too late.

Organizing for the festival is well underway.

There will be no entry fee for floats in the parade this year - the organizing committee believes the cost of building a float is high enough without adding to it. There will be awards for business and non-profit floats and for the best musical entry. Call Myles Wilcott at 367-2512 if you want to enter a float.

After the parade Midway Foods will be sponsoring a lunch for parade participants.

The parade will return to its traditional route this year, that is, it will begin at the Pine Falls School, rather than the Pine Falls Arena. As usual the parade will end at the Powerview School.

Most of the usual attractions will be included again this year. There will be no petting zoo or pony rides, but just about everything else will be on the program. There will be a softball tournament all weekend, mud boggan, helicopter rides, trap shoot, children's races on the village green and much more. Forty tables have already been booked for the Market

Square and bookings are still coming in.

New this year will be a kickboxing tournament at the Pine Falls Arena. There will be contestants from Canada and the United States and several from the local kickboxing club. Because of the construction of the TMP mill there will be no mill tours, but Manitoba Hydro will be hosting tours at the dam.



This group had the crowd tapping their toes to 'I want to follow Jesus'.

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Lac du Bonnet Police Report



The following constitutes the Police Report for the Lac du Bonnet detachment for the period of the 20th of July to the 27th of July;

July 20

A report was received of an Intrusion Alarm at a residence in the R.M. of Lac du Bonnet. Police attended with key-holder and found it to be a false alarm.

July 21

A report was received of an under-age male being unlawfully at large on a Temporary Absence Permit from Milner

Ridge Correction Centre, while in Winnipeg. The subject was charged accordingly and a Warrant for Arrest was issued.

July 22

A report was received of a break and enter to a business in the Town of Lac du Bonnet. Investigation revealed that entry was made via the glass in the front door, and cash and cigarettes stolen.

A report was received from Fisher's Grove in the R.M. of Lac du Bonnet of a 72 year old male being missing. The

subject was subsequently located deceased in the Lee River. Foul play not suspected.

July 23

A report was received from a licenced premises in the Town of Lac du Bonnet of a subject who was barred from the premises being in same. Police attended and removed same without incident.

A report was received of two missing adult males from Otter Falls in the Whiteshell Provincial Park. Police initiated an investigation, however, the two subjects subsequently returned on their own.

A request was received to locate a subject at the Poplar Bay Campground to pass on an urgent family message. The subject was located and the message was passed on.

A report was received of a single-vehicle roll over on PR 520 near Old Pinawa. Investigation revealed the driver and 3 passengers received non life-threatening injuries and were treated at the Pinawa hospital. The vehicle had been going to turn into Old Pinawa when it slid in the gravel and rolled.

A report was received of a break and enter to a cottage on Diane Crescent at Auglen Park in the R.M. of Alexander.

July 24

A report was received of a vehicle have driven through a stop sign and onto the lawn of a residence with two of its tires. The place number was obtained by the complainant and follow-up to be done.

A report was received of unauthorized withdrawals being made from an account at a financial institution in the Town of Lac du Bonnet.

A report was received of a vehicle pulling onto PTH #11 in the RM of Lac du Bonnet and cutting off another vehicle. The registered owner of the offending vehicle was spoken to be police as per the wishes of the complainant.

A report was received of a male roller-blading on PTH #11 in the RM of Lac du Bonnet and obstructing traffic. Police patrolled the area, however, the subject was not located.

A report was received from Pinawa of a youth's silver BMX bicycle with stunt pegs being stolen from a yard on Athlone Crescent.

A report was received of a lock being removed from a gate at property on Fatima Road in the R.M. of Lac du Bonnet, and a vehicle having been driven onto the property.

A report was received from a resident on Leslie in the Town of Lac du Bonnet of having a year old chocolate lab dog die from strychnine poisoning.

July 25

A report was received of a 22-speed supercycle, green in colour, being stolen from the area of the Town Dock in the Town of Lac du Bonnet.

A report was received of ATV's being operated illegally on road-ways in the Still Cove area of the RM of Alexander.

A report was received of a truck having been stolen from a residence on Park Ave. in the Town of Lac du Bonnet. Investigation re-

vealed that, in all likelihood, the truck was pushed to another driveway, and was then smeared with mustard and mayonnaise.

A report was received of a van seen leaving a car seat outside the Pinawa Dump on PR 520 in the LGD of Pinawa. The registered owner of the vehicle was contacted by police and will remove the item.

A report was received of an unidentified vehicle driving recklessly in the Town of Lac du Bonnet. No plate number was obtained, however, police found a vehicle fitting the general description parked and warned the registered owner re: driving habits.

July 26

A report was received of a red Tim Horton's bicycle, 12-speed, having been stolen from a residence on Park Ave., in the Town of Lac du Bonnet.

A report was received that a vehicle was being followed in the Town of Lac du Bonnet on Sunday night when a bottle was thrown from the vehicle. The complainant requested that follow-up be done with the registered owner of the vehicle, who was not in at the time of the offence.

July 27

A report was received of a break and enter to a business in the Town of Lac du Bonnet. Entry was gained into the veranda area, but not into the main building.

A report was received of a bicycle being left in the bushes on a street in the Town of Lac du Bonnet, and a male walking away from it. Follow-up by police revealed that the subject did not in fact own the bicycle.

Correction...

In last week's article on the St. Georges Museum, Yves Boisjoli name was missed under the list of Board of Directors. Our apologies.

Guess Who?

HINT: Birthday Girl! Page 15.

4 Riding Stable
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Cougar sighted at Great Falls



by Charles Norman

There were two independent sightings of a cougar near the Great Falls Generating Station last week.

In spite of numerous local reports of cougars, both the federal and provincial governments seem to doubt that cougars live in this area. A Cana-

dian Wildlife Service website map of the cougar's range in Canada shows a series of question marks east of the Rocky Mountains and North of the Great Lakes. The Winnipeg office of the Natural Resources Branch of the provincial Conservation Department cites a cougar shot in Stead about twenty years ago as the only confirmation of the cougar's range still extending this far west, and tend to dismiss reports of more recent sightings as a case of mistaken identity.

There have been repeated reports of sightings around Pinawa in recent years. Perhaps because there is no hunt-

ing in the LGD of Pinawa, and hence a high population of White Tailed deer - the cougars preferred prey. There have also been numerous sightings in the area covered by the Echo, last year, on Highway 59 near 304, and on Highway 304 near the Bouvier Trail, and two sightings of two different animals (they were different colours) near Manigotagan. The year before, a cougar was sighted near the Country Mile Mercantile Store in Belair, on the abandoned CN rail track.

Cougars are about six feet long, including the tail. An adult male weighs about 150 lb. a female about 90 lb. They

occupy a territory of up to 100 square miles depending on availability of food. They are solitary. Male ranges do not overlap other males, but female ranges may. A male's range may overlap several females. Males travel great distances (up to 30 miles in a day), in breeding season. Thus the animal seen on highway 59 last year could easily have been the same one seen a few days later near the Bouvier Trail.

If you see a cougar, please call The Echo - we will record it in this newspaper and pass the report on to provincial government officials.

Pine Falls - Our Community, Council and Us

Townsite Notices

Regular Meeting Date Changed for August

The monthly council meeting for August has been changed from August 9th to August 16th. The regular meeting time is 9:00am. Council meetings are open to the public.

Mosquito Spraying Program

Have you noticed the difference since the spraying for mosquitoes started last Thursday? In an attempt to keep the numbers of those little pests down, the town will spray again every Thursday (weather permitting) until it is felt the situation is under control.

Houses for Sale or Rent in Pine Falls

If you have a house for sale or rent you can put it on the list the townsite office maintains. All that we ask if that you let the office know when it is sold or rented so that it can be removed from the list.

Pine Falls Proud T-shirts now available

You may have noticed members of our community wearing these green shirts. The second shipment has now arrived and are available for the cost of \$15.00 each (tax included). See the townsite office to view or buy one of these t-shirts.

Green Team keeps busy

Our hard working students have been busy helping the public works staff this summer. They are now de-limbing trees that overhang sidewalks and assisting with the repairs to sidewalks in a number of locations around town. In addition, they have been clearing a walking path along the river between the pump house and Parisian's Point.

Beautification committee - Most attractive properties contest

The committee has established and will be judging properties in August. The 12

Most Attractive Properties will be announced at the 4-P Festival. We encourage all residents & businesses to spruce up their yards for this contest.

Council meets with Bev Desjarlais - MP

On July 19th members of council met with MP, Bev Desjarlais for an exchange of information. Bev brought council up to date on items on the national stage that are of interest locally. Council then had the opportunity to speak about current events in Pine Falls, including progress on the TMP project at the mill and the transition from company town to a public administration. Ms. Desjarlais also presented council with a Canadian Flag.

Water Billing Updates

You may be wondering what is happening with the water billions. There is still a problem with the equipment to record the readings taken from the meters installed in all homes & businesses. However council has decided to re-instate the previous flat fee bill-

ing procedure. Bills for the period of May 1st to July 31st will be mailed out shortly.

Pine Falls applies for provincial funding

On July 25th the provincial government announced the funding for 2000-2001 under the Provincial Municipal Tax Sharing program (PMTS). As Pine Falls is now in a transition process towards public administration, council has decided to apply to the province for funding under this program. If the application is approved, the funds will be used to provide services and promote local development while helping to keep property taxes from increasing.

Vandalism

The problem

Vandalism around town continues to be a nuisance. On several occasions witnesses have reported seeing "youth" as being the instigators of the activities.

The cause

Many different causes can be cited, but the only common

link is the lack of respect for other people and property.

The effect

Many dollars worth of private and public property has been destroyed or defaced. The cost to repair or replace public property comes as expense from all our pockets in the form of tax dollars. The cost to the vandals is to their own personal growth and development as responsible citizens.

The fix

It is very important that everyone show respect towards other people and the property of others, whether public or private. It is also important that all citizens take the time to teach others about the importance of acting responsibly. Pine Falls Townsite has a policy that gives anyone caught damaging public property the opportunity to provide restitution and complete community service work rather

than face criminal charges. Citizens should not feel afraid to report suspicious activities. We encourage all residents to be observant of people and activities in their neighbourhood and report anything suspicious to the local RCMP detachment.

Moving Forward

Would you like to become involved in the shaping of our community and our future? Please volunteer for an action committee. The action committee process is not designed to become a working bee, rather it is mainly of a consultation nature reflecting decisions that are likely to impact the future development of Pine Falls. The more variety of ages and viewpoints that are represented, the better it will be. If you would like to become involved or would like more information please call Angela at 367-8954.

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Devil's Claw catches on

Part I or II
by Roxanne Davies,
Shared Vision Magazine

It's been said that if the 1980s belong to the cardiologists, the 1990s will belong to the rheumatologists.

More and more people are succumbing to the pain of joint inflammation.

Yet while the Arthritis Society promotes aspirin a treatment, it consistently ignores other safe options such as diet, fasting and herbs. The March 3, 1989 issue of *The Toronto Sun* claimed that, each year, 2000 Canadian seniors die from internal bleeding and heart and kidney failure connected with anti-arthritis drugs.

"Arthritis is a natural but ultimately incorrect cellular response to certain stresses on the body," writes Klaus Kaufmann. "No two people ever have identical patterns or progression of symptoms. What may be needed, then, is an adaptation program to steer the body toward healthy responses without causing unwanted side effects. This is apparently what the herb Devil's Claw can do."

Devil's Claw is a plant na-

tive to Southwest Africa, and grows in the Kalahari Desert. Its name comes from the claw-like shape of its seed pods, which are about the size of a hand. Natives have long used the plant to treat digestive problems, rheumatism, arthritis, and malaria. It was discovered by a German scientist who found it contained the same properties as the classical drug, Phenylbutazone, used to treat arthritis, but without any side effects.

According to Chinese medicine, Devil's Claw root is both Yin and Yang, which is rare for herbs and is good for circulation and the heart. It contains over 40 constituents. The plant has fragile, creeping stems and when the rains come, produces trumpet shaped flowers. To survive the long periods of drought that affect the areas where it grows, Devil's Claw sends down roots as deep as a metre into the soil, and produces brown tubers at different levels underground, which store water. It is the secondary roots, which absorb trace minerals, which are used as a herbal remedy.

Giving injuries the cold treatment - Part II

An ice bag remains for good reason the cool treatment of choice for most people, but several options exist:

Ice Bags

Strengths: Ice bags are the old standby for applying deep, penetrating cold. Fill a bag made of thick plastic, rubber, or moisture proof fabric with ice and apply it directly to the skin. The cooling effect of ice bags lasts long and is more effective than some of the superficial methods like ice massage. If you use a regular plastic food bag, place a thin towel (like a dish towel) between the bag and your skin.

Weaknesses: A shortcoming is getting the bag to contour to the curves of the body for maximum application. The bag will mold better if your use crushed ice. An alternative is to use a bag of frozen peas or corn. The bag will conform nicely to the injured part of the body. Place a thin towel between the bag and the skin.

Application time: 10 to 30 minutes, depending on the body part of comfort.

Gel Packs

Strengths: Cold gel packs contain a special gel that can be frozen and refrozen. Just

store the packs in the freezer until needed. The gel remains flexible when frozen, allowing it to contour to the to the injured body part.

Weaknesses: Cold gel packs will cool the skin faster than ice bags and so deserve greater caution. Never apply them directly to the skin - always wrap them in a towel.

Application time: No more than 10 minutes at a time.

Chemical Cold Bags

Strengths: Chemical cold bags stay at air temperature until squeezing the bag and mixing the chemicals produces cold. They work well on the field or in the wilderness.

Weaknesses: The degree of cold produced by the chemical reaction is not great. Even so, the bags provide a good first-aid approach.

Application time: Because the temperature is not that low, a 30 minute application should not be a problem, and the bag can be applied directly to the skin.

Immersion

Strengths: Immersion entails placing the foot, hand, or elbow in icy water filled with crushed ice or ice cubes. This technique provides very complete and concentrated cold exposure to the entire injured

area.

Weaknesses: Body parts besides the foot, hand, and elbow do not lend themselves to immersion, because too much of the uninjured area is exposed to the cold.

Application time: 10 to 20 minutes. Let comfort be your guide.

Ice Massage

Strengths: Ice massage involves rubbing ice on the skin with a circular motion. It is easy to apply and focuses the cold on the injured area. A useful approach is to fill a paper or foam cup with water and freeze it until needed. Then peel away the top to reveal the ice and hold the bottom of the cup to apply. Ice cubes or chunks can also be used.

Weaknesses: The cold tends not to penetrate as deeply nor last as long as the methods listed above.

Application time: When applying to bony areas such as the ankle, apply for only 7 to 10 minutes. Double the time when applying to fatty areas such as the thigh or buttocks.

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

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Tracking Headache Relief

Most headaches can be relieved by non-prescription pain relievers including acetaminophen, acetylsalicylic acid (ASA) and ibuprofen. However, people who have frequent or severe headaches, or headaches that are accompanied by other symptoms such as vomiting, weakness or dizziness, should contact their physician. There could be an underlying problem or a way of reducing the number of headaches.

A "headache diary" can provide the physician with helpful clues as to whether there are any patterns to the problem. In the diary make not of:

- where and when each headache occurs (time, day and date); whether you woke at the usual time or not; and for women, when it occurred during your menstrual cycle).

- your environment before the headache occurred (your activities and general mood; any food, beverages or medications you had up to 12 hours before the headache began; warning signals such as flashes of light, seeing lines or dots).

- description of the pain (location, severity, duration).
- other symptoms (such as dizziness or numbness).

- What, if anything, relieved the pain.

It is important to remember that over the counter pain relievers such as acetaminophen, ASA and ibuprofen, although in common use, are drug products and should be used with care. If you require them on a regular basis, or if you take other medications or have other medical problems, be sure to discuss this with your pharmacist or physician.

'Round and about the Beaches



by Monika I. Evans

Just in case you didn't realize it, it is now the dreaded

Renovation Season! We started off our week by getting up early Monday morning. We wanted to be prepared to (after doing three years without) install our new, complete with all modern bells and whistles such as 60 air jets and heated back, etc., large enough for two -- an ultra thermo-masseur bathtub. This was going to be a one day (or maybe a little longer) project and I would be able to enjoy a nice long soak on Monday evening. It is now Thursday morning - still no bath! The plumber and electrician are becoming part of the family. Snoopy even looks forward to their coming over. Being the optimist that I am, I am looking forward to that nice long soak in the tub this evening - maybe.

I don't mind the fact that I am living out of boxes or that I have to go looking for combs and toothpaste, that I can live with. What really has me bummed out is that I'll want to use the toilet, I have to wait until everyone is somewhere else and then have my husband stand guard at the door. My only other option is to go visit my neighbours. Wouldn't you just love to have your neighbour come over to visit in a heck of a hurry and ask to use your facilities? I think that would raise an eyebrow or two.

This year my garden is almost non-existent. The only plants that are doing well are the tomatoes which luckily are in our

raised garden. They are huge plants and have started to produce tomatoes. I may harvest some red, green and yellow peppers and some cucumbers if nothing eats them before they are ripe. This year my large garden was under water for the longest time and when it finally dried up enough that I could get into it, it was too late to plant much. I put in a few brussels sprouts which the bunnies promptly chewed. My swiss chard looks the worse for wear and I just hope that it will recover, or maybe the bunnies won't like it.

I made myself a new flower bed late last fall. I had planted it with perennials and a few annuals. During all that rain I had to dyke it up with rocks since the bed is part of the drainage system for cottages above us. I ended up having to make a ditch to drain the water away from the plants. I was glad to see when things finally dried up that my perennials were still doing well, but not the annuals.

This spring I bought some lovely plants from Chevreffils in St. Georges. One of these plants was an edelweiss. I have babied that plant for months and early last week, it was about to bloom. There were easily a half dozen blooms. My neighbour came over to visit and I proudly showed her the lovely plant. It was beautiful whitish-grey leaves which look like velvet and its flowers are delicate white stars with yellow centres. The next morning I walked out expecting to see the flowers in all their glory. I looking, rubbed my

eyes, looking again and still couldn't believe my eyes - the flowers were all gone - not one bloom was left. They were all nicely nibbled off at the top of the stem just below the edge of where the bloom would have been. I normally don't say too many ****!**** words, but that morning what I called our local rabbits was not kind. The dirty little rodents seem to only eat the most expensive plants, those that I had given to me, they ignore. This morning I looked at the plant and despite the desecration it had received, it was sprouted one lovely bloom. I am going to protect this plant by fencing it in before they get at this last bloom. Take that you dirty rotten little blanket-blanks! Now if it was the chipmunks doing the dirty deed, then I apologize to the rabbits.

Snoopy and I had a close call the other day. We were walking around dusk and ran into a young animal. It was quite dark in the bushes so I did not at first realize it was a skunk, which I only realized because of the white stripes. Snoopy wanted to make friends with it, and they were nose to nose, but I was not too thrilled about the idea. When I finally realized what the animal was I frantically pulled on Snoopy's leash, thank goodness he was only on his short leash or it would have been a completely different story. We would both have ended up sleeping in the garage or in his dog house. As it was, the little skunk was only a little perturbed but was not about to spray either of us. He just fluffed himself up and

made a little squeaky warning noises. As soon as we were away from him, he waddled off. Boy, that was a close one. Snoopy is either the smartest or luckiest beagle around.

Hope that you are enjoying this

lovely hot weather. I keep reminding my complaining friends that this is the weather we hoped for when it was -20C last winter. The mosquitos should be gone in a month or less, except those who wear snow suits.

Library Corner

Lac du Bonnet Regional Library

"Wow Canada!" There is so much to see and do in Canada, and if your family is planning a vacation to explore new parts of our great country before the summer is over, we invite you to check out this new book by Vivien Bowers. Meet Guy and his sister Rachel, who share their experiences of a trip with their family. Discover a lot of neat things about each province and territory and learn how to keep a journal of your next trip. This is a terrific book for kids!

We know that the kids who are coming to the library every week for summer reading activities are having fun! Just a reminder to keep reading and get your name entered in our book draw. The first draw will take place August 1 and the second August 22, at our reading program windup. More information to follow.

Are the children looking for new ways to keep busy at home? Get ready, get set, get cooking! We have two new cookbooks to make the learning easy - *The Kids-Can-Prep Jumbo Cookbook* by Judi Gillie and Jennifer Glossop and *The Sleepover Cookbook* by Hallie Warshaw.

Get creative with *50 Nifty Super Animal Origami Crafts* by Jill Smolinski. Turn an ordinary sheet of paper into a raccoon cap, a whale, a winged black bat, a barking dog, complete with its own dog house. The step-by-step illustrations make this a great past time.

Learn *How-to-Do Pocahontas characters and animals from this Disney movie come alive as you put*

pencil to paper and follow the instructions. Don't let the kids tell you they are bored this summer, visit the library!

Creating the Wedding of Your Dreams by Judi Williams arrives too late for the spring weddings, but perhaps a fall wedding is in the planning stages. Create beautiful settings for your showers, wedding ceremony and reception with the help of this book.

We have been enjoying the lovely flower arrangements donated to the library each week by the ladies of the Horticultural Society. Get inspired to create your own arrangements with the help of *Flowercrafts* by Pamela Westland. Learn how to choose the right container for your arrangement, how to use aromatic plants, how to cultivate the wild look, how to reserve flowers, and much, much more.

Let our new 34-minute video on *How to Build a Pond* help you to undertake a project you've thought about for quite some time. Perhaps it's not as difficult as you thought!

Looking ahead in a project you might have more time to work on this fall... *Crafting Your Own Heritage Album* by Bev Kirschner Braun is for all you genealogists, scrapbookers and family historians out there! Perhaps you've attended a family reunion or two this summer and are feeling inspired to research and preserve your family history. "Immortalize your family's cherished photos, documents and memorabilia for generations to come."

Enjoy the great taste of Manitoba vegetables

Marilyn Zarecki, Home Economist

Fresh from the fields, Manitoba vegetables are full of flavour! Most of Manitoba's fresh vegetables are ripe for picking through July and August. Parsnips, rutabagas, pumpkins and mature potatoes are available until late October.

Some of the U-Pick, market gardens or roadside stands located in the northeastern area are listed below:

- 1) Chorney's Vegetables & Fruit 482-8538, East Selkirk Hwy 59 N near Hwy 4
- 2) Kuttigns Fresh Vegetable Stand 482-7290, Off Hwy 59, 1 mile E on 81 (follow signs)
- 3) Petaski Farms Ltd. 757-9443, Selkirk - 2 locations - 8265 Henderson Hwy N (4 miles N of intersection of PR 204 & Hwy 4 - Hwy 59 (1 1/2 miles N of Hwy 59 & 44 overpass))
- 4) Smitty's Vegetables 661-

0844, 3 1/2 miles N of Perimeter on Henderson Hwy
5) The Strawberry Patch Wpg 757-2020, 8492 Henderson Hwy, Selkirk 482-5847, 7 km N of Lockport

6) Zylema's Pick Your Own Vegetable Farm 257-3592, 4176 St. Mary's Road, 4 1/2 miles S of Perimeter Hwy
Don't forget about Farmer's

Markets in Manitoba! Lac du Bonnet has a farmer's market every Saturday from 10:00 a.m. - 1:00 p.m. in the arena parking lot on McArthur Avenue. It is open every Saturday until the long weekend in September. Here you will find fresh vegetables, honey, crafts, jams, jellies, pickles and baked goods. Enjoy!

Family Practice of General Dentistry

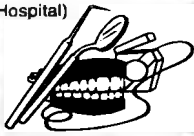
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with

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Eastman Sport Development Association

* The 2000 MTS Manitoba Summer Games take place in Virden from August 9-13, 2000. The Eastman Regional Games are now complete and Team Eastman has been named. Good luck and congratulations to all the athletes, coaches and managers:

* The 2000 Eastman Thanks Coach event will be held on Friday, September 29, 2000 at the Giroux Hall. The event honors Eastman coaches and sport administrators/volunteers. The event will kick off with guest speaker Tom Patrick. Tom is responsible for instruction at the University of Winnipeg in the areas of sport and exercise psychology, organization and administration of sport and recreation, and current issues in physical activity and sport. He co-authored the book Human Potential: Perspective, Passion and Preparation with Dr. Cal Botterill and has published a number of articles on various issues related to sport, exercise and psychology. Tom serves as a sport psychology consultant to elite coaches and athletes, including the National Women's Volleyball Team, the National Racquetball Team, the National Swim Centre in Manitoba, and various local elite teams as well as instructs at the National Coaching Institute. Tom is an excellent speaker and never fails to leave his audience with good, solid practical ideas.

Following the guest speaker, ESDA will give out two sets of awards.

The first is the Eastman Coaches Award, which annually recognizes 10 outstanding Eastman coaches. The second is the Investors Group Community Sport Administrator Award given to a hard working volunteer in the area of organizing community sports. Nominations for both these awards will be accepted at the ESDA office (268-2172 or 1-888-836-8029 or fax 268-6070) until September 8 and nomination forms can be obtained from the office. After the awards, a light lunch will be served and then there will be a KidSport Casino in aid of Eastman KidSport fund. KidSport in a children's charity whose mission is to help overcome the financial obstacles that prevent some children from playing sport. The casino and evening ends with an auction using casino dollars earned. The entire evening is free if you are attending the Thanks Coach event. (You may also attend only the KidSport Casino and purchase casino dollars for a nominal fee.) That's right - free admission, a guest speaker, light lunch, a coaches gift, awards and KidSport casino. It should be a great evening. You must register for the Thanks Coach event by September 22. Contact the ESDA office at the numbers above for further information or registration or to nominate someone for an

award.

Athlete of the Month

The June Athlete of the Month is Martha Laverock of Pinawa. Martha participated in Triathlon Manitoba's Prestige Duathlon Series and won the Female Masters age group category at all three meets. This is the second year in a row that she has accomplished this feat. Martha was nominated by Kevin Miller, Information Director of Triathlon Manitoba. Congratulations, Martha.

Sport Salute of the Month

*The ESDA recently announced the 2000 ESDA Scholarship recipients. These athletes were awarded scholarships to recognize their academic and athletic accomplishments and to encourage and provide assistance for their continuing education. The recipients were:

*Bethany Olson - An honours student at Pinawa Secondary School. Bethany participates in cross country running, basketball, soccer, rhythmic gymnastics and triathlon. Bethany is on the Provincial Junior Development Triathlon team and will join Team Eastman at the 2000 MTS Manitoba Games. Bethany coaches numerous school sports and volunteers

in a variety of organizations.

*Richard Hayward - An honours student at Edward Schreyer School. Richard participates in badminton, track and field, volleyball and soccer. In 1997 Richard was named to the Manitoba Provincial Soccer team and represented Manitoba at the National Championships. He was the leading scorer on the provincial team that year. Richard coaches junior high soccer and volleyball and is a member of the Senior Student Council. The ESDA wishes Richard and Bethany all the best in their future sport and academic goals.

Did You Know?

*The Kids Help Phone organization is committed to providing Canada's only national, bilingual 24-hour confidential counselling service for children and youth. Kids Help Phone provides an immediate response to children and youth in distress, connecting with young people in urban, rural and remote communities across Canada. The Kids Help Phone organization recently established a partnership with Sport Manitoba and its member organizations (including ESDA) to assist them in delivering their message and service to youth throughout the province. For further information on the organization and how you can help please contact Chapter Manager

Brenda Vielhaber at 925-5675. For youth who require the services of the Kids Help Phone, the number is 1-800-668-6868 (toll free).

*The Manitoba Baseball Hall of Fame and Museum invites you to Morden, Manitoba to tour the facility, housed in the Morden Recreational Complex (111 Gilmour Street). Admission is free and hours are 7AM - Midnight, 7 days a week. The site includes Hall of Fame inductee information and photos, displays and memorabilia from Manitoba baseball teams and players, original uniforms, many writeups and other interesting items. Particularly interesting are the displays on the Manitobans and Canadians who participated in the 1967 Pan Am Games and the Women's Professional Baseball League in the USA (on which the film "A League of their Own" was based). If you are in the Morden area, or are planning a day's outing, consider attending the Manitoba Baseball Hall of Fame and Museum. For further information, please contact Kim Peters, Museum Coordinator at 822-4636.

For more information about our programs or to provide information for this column, please contact the ESDA office at 268-2172 or 1-888-836-8029. See you next month

Host families needed

Celebrate the new millennium by hosting a high school exchange student

Students are awaiting word on their host family for the 2000-2001 academic school year. Host families provide room, board and guidance to a teenager living thousands of miles from home. Students are well

screened are selected based on academic performance, English proficiency, teach recommendations, character references and personal interviews. Couples, single parents, and families with no children are all encouraged to apply.

The exchange students arrive from their home country shortly before school begins in fall 2000. Each

World Heritage student is fully insured, brings his/her own spending money and expects to bear his/her share of household responsibilities, as well as being included in normal family activities and lifestyles. At the same time, the student will be teaching their newly adopted host family about their own culture and language.

Families may select the student of their choice from student applications, photo collages, and biographical essays. Once paired, students and families are encouraged to begin corresponding prior to the student's arrival.

To start the new millennium in the spirit of peace and understanding, call Lillian at 367-2092 or 1-800-888-9040 or visit our website at www.world-heritage.org for more information on hosting an exchange student.

BINGO

COMBINED ACCUMULATORS

<p>Bonanza starting value this week \$1476 IF YOUR POT STARTS AT \$200 Add 50% of sales on Monday If not won, carry over total plus 50% of sales to Wednesday If not won, carry over total plus 50% of sales to Thursday</p>	<p>Minnie Loonie starting value this week \$3552 IF YOUR POT STARTS AT \$200 Add 30% of sales on Monday If not won, carry over total plus 30% of sales to Thursday</p>	<p>Lucky 7 in 25 numbers \$5363 POT FREES AT 25 NUMBERS Add one 1 plus 30% of sales carry over on Monday. If not won, add one 1 plus 30% of sales carry over to Thursday IF YOUR POT STARTS AT \$200 in 17 numbers or less</p>
<p>IN CASE OF DISCREPANCY, THE LATTER WILL PREVAIL</p> <p>FOR UPDATES CALL 345-8825</p>		
<p>Knights of Columbus Lac du Bonnet Community Centre Specials 7:00 p.m. 1st Lt. 584</p>		<p>Bonus Line - \$748.00 Star - 652.00 Loonie Pot - Special "Y" - 69.00 Jackpot Strip - 616.00 Poker Flush - 321.00</p>
<p>FOR UPDATES CALL 345-8619</p>		
<p>Lakers Ski Club Lac du Bonnet Community Centre Specials 7:00 p.m.</p>		<p>Bonus Line - \$3118.00 Star - 2780.00 Loonie Pot - 1280.00 Poker Flush - 2600.00 Special "Y" - 500.00</p>
<p>FOR UPDATES CALL 345-6197</p>		
<p>Royal Canadian Legion #164 Lac du Bonnet Legion Hall Specials 7:00 p.m.</p>		<p>Bonus Line - \$3501.00 Star - 2915.00 Lucky 7 - 1084.00 Full House - 409.00 49 numbers - 1956.00 Poker Flush - \$1000 #1 Loonie - #2 Loonie - 792.00 Jackpot Strip -</p>

Northern Lights Craft Sale

30 Crafts People from Across Manitoba
Quality, Variety & Creativity

Dates: Saturday, August 5
& Sunday, August 6
9:00am - 5:00pm
Avenue 100
Morden, MB

Info: Nancy-Lou 756-3447 or Merrilee 756-3398



Women out in full force playing hard, fast and steady at Powerview School on Monday

Pineview Area Women's Soccer League

In recent games....

The Once Babes had reason to celebrate when they won their first game on July 10th against the Better Halves 4-2.

Two separate showdowns between the top two teams, the Beaches Peaches and the Queen Bees, both ended in tie games 0-0 and 1-1.

On July 24th, in a surprise victory, the Better Halves upset the Beaches Peaches 3-0.

Top Scorers are Regan Bruce - Queen Bees, 7 goals;

Jennifer Oakley - Better Halves, 7 goals; Gayle Laurie - Beaches Peaches, 5 goals; Kieran Curle - Beaches Peaches, 4 goals, Roberta Laliberte - Once Babes, 3 goals.

Games are held Monday



evenings at 7:00 p.m. at the Powerview School Grounds.

PAWS Team Standings (As of July 24)

TEAM	GP	W	L	T	Pts.
Queen Bees	5	3	0	2	8
Beaches Peaches	6	3	1	2	8
Betterhalves	7	3	3	1	7
Once Babes	6	1	4	1	3

Classics magic number is one

by I.N. Fielder

The Classics head into this week's abbreviated schedule needing just one victory or a Frenchman loss to clinch the 2000 pennant. The leaders hold a three game lead with both teams having three games left. One of the contests is against each other, and observers should note that their first two meetings were split.

Pennant Race at a Glance Classics
Home: 1 Frenchmen (Aug. 1)
Away: 2 Submerged (Aug. 1), Heroes (Aug. 8)

Frenchman
Home: 1 Southern Comfort (Aug. 1), Away: 2 Classics (Aug. 1), Heroes (Aug. 8)

Last week Frenchman won 3 of 4 to stay in mathematical contention. On Thursday they swept the A Stars while two nights before they fell to Heroes 11-4 after devouring the River Rats in five. It was a mixed bag for Heroes this past week as they looked good in defeating the Frenchman, then got really "Submerged" on

Thursday.

The week got off to a really bad start for Submerged on Tuesday, losing to Heroes and River Rats. In their first game Jay Griffith was felled was a serious ankle injury and consequently Submerged did not have enough players to complete the game. Therefore the second half was default to the Rats. However on Thursday Submerged rebounded to smoke the Heroes and hang on to third place.

In other games Southern Comfort defeated the A Stars, Heroes waxed River Rats, and Classics ripped their record to 14 and 1 over those same River Rats. Two other games were rained out and will be replayed on Thursday, August 3: A Stars at Heroes, Comfort at River Rats.

Good luck to the Cats' Meow ladies team who leave for nationals in Calgary Thursday.

Remember! Playoffs start



Thursday, August 10 with all teams except the pennant winner in action that night.

Standings as of July 31

TEAM	WON	LOST	%	GBL
Classics	14	1	.933	-
Frenchmen	11	4	.733	3
Submerged	8	6	.571	5½
Comfort	8	7	.533	6
Heroes	8	7	.533	6
River Rats	3	13	.188	11½
A Stars	1	15	.063	13½

On Tap

Tuesday, August 1
6:20

(1) Comfort at Frenchman,
(2) Classics at Submerged
7:45

(1) Frenchman at Classics,
(2) Submerged at Comfort

Thursday, August 3
(make-up)
7:00

(1) A Stars at Heroes,
(2) Comfort at River Rats
See you on the diamond!



Once Babes versus the Better Halves Monday night.

Pineview Mixed Slo-pitch league schedule

TUESDAY, AUGUST 1

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

WEDNESDAY, AUGUST 2

6:00 Diehards vs Pistols R
6:00 Open I
7:15 5 Star Shooters vs Mohawks R
7:15 Fire vs Poppers I

THURSDAY, AUGUST 3

6:00 Whipmasters vs Poppers R
6:00 Pistols vs Mohawks I
7:15 Diehards vs Out of the Blue R
7:15 Open I

Recreation Ramblings

by Robin Attas, Special Events Coordinator

Things are starting to wind down for me here at the Rec. Office - just two more weeks until Michelle has both offices all to herself! But until then, I can still write whatever I want in this column... like about how much I love rowing.

I first took up the sport soon after I arrived home from university way back in May of this year. The Pinawa Rowing Club offers a learn-to-row program which I've thought about taking for many years. This year, I decided, was the year to finally take the plunge (metaphorically speaking-I hoped) and try out a new sport.

The first night was choppy, cold, windy, maybe even rainy, but none of this deterred

those crazy experienced rowers as they guided us to our seats in an eight-person boat., where each person would have just one oar to look after. Following just a few strokes, I was ready to pack it in, but he coxswain (the person who sits at the end of the boat, steers, and calls instructions) made sure we kept going. And at the end of the night, despite the awful weather and aching muscles, I was hooked.

After six sessions, I graduated from the learn-to-row program having successfully completed Journey 1 (the first level in a 3-level national learn-to-row program) and became a full-fledged Pinawa Rowing Club member. I've been out at least two or three times ever since, and

I've even got a crew lined up for a regatta in Kenora next weekend. I've moved from the eight down to four, a double, and even a single once, and I haven't tipped yet (knock on wood). By the time you read this, I may even have been convinced to go out for an early-morning row (5:30 a.m.! Now that's dedication!) And I definitely want to keep rowing when I go back to university in the fall.

Moral of the story? Well, the completely unbiased moral would be that if you try a new sport, you may find it'll stay with you for life. But who said I was unbiased? I think the moral is: everyone should row because it's the best sport in the world! (Just wait till golf-crazy Michelle reads this one!)

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ECHOES FROM THE Heart

"Baby Doll" and her Blankie

"Baby Doll" was born August 21, 1989. Here great-grandpa, my Afi (Grandpa in Icelandic), went home to be with our Lord just two hours after her birth. Her first outing at five days old was to her great-grandpa's funeral. It was both a sad and blessed time. So closely, one left our family and just a short time before, another love entered our lives. "Baby Doll" was born ten days late and my "Afi" did not recover from an illness. God has His plans for all of us, even though it doesn't make sense to us at times in our lives.

I now look back at the video of the family gathering after "Afi's" funeral and I can see the comfort her new life brought us all. Every year on August 21st, I remember both of them. One day, dear "Afi", we will be all together and you will be able to meet your great granddaughter, "Baby Doll". I miss and love you, "Afi".

The above preamble was just a little background to introduce my gift from God, Jill Kirsten Anne. She is almost eleven years old now, but his story goes back to when she was eight. I have told the following true story and tears flow. It's her young sensitiv-

ity during the most difficult time in her mom's life that I would like to share.

This story is entitled "Baby Doll and her Blankie" for all of us that have given up our "blankies". "Baby Doll" is a nickname that Jill still insists on, at least with me. Jill received a white and pink, hand embroidered, quilted blanket from my best friend, Kathy and her family when she was born. This blanket became "Baby Doll's" external security, comfort and warmth and still is. It went where she went - overnights, in the car, but somehow, I managed to keep "blankie" home from school.

In October of 1997 I was remarried. "Baby Doll" and I relocated to Alberta and of course, "Blankie" came with us. Unfortunately, my marriage ended up short and not as sweet as I would have liked. I managed to get "Baby Doll" back to Winnipeg to her dad. I had to make a very difficult choice as a mom and new wife. Caught between jurisdictions of Alberta and Manitoba and the loves of my life, I chose to return to my home and to my husband in Alberta but Jill could not accompany me back to Alberta. So torn, I knew Jill would be

safe in our hometown of Winnipeg. It would also give my new husband and I chance to work on the issues plaguing our marriage.

On December 24th, 1997, I said, "Goodbye" to Jill for what I thought would be a very short time. Tears were flowing. I gave "Baby Doll" her precious "blankie" and she held it for a moment. She then handed it back to me and said, "It smells like me and I'm giving it back to you to remember me." I returned to Alberta later that same evening with Baby Doll's blankie! I kept it close always. Our marriage was not to be and I left, heart and spirit broken and feeling very alone in Alberta but I had "Baby Doll's blankie!"

On March 1st, 1999, I had a brain hemorrhage and spent five and a half weeks in a Calgary hospital. The left side of my body was paralyzed. I was told most people with my injury don't live and

for a time, I was resolved to that. I had been through enough. Then my loving, caring sister flew to be with me. My Mom came from Manitoba and Baby Doll telephoned me. I prayed and God chose life in this world for me. I turned forty-one in the hospital and Baby Doll remembered my birthday and sent me pink roses. To this day I still have these roses, although dried.

On April 11th, I flew to Vancouver. My banker sister, Donna was going to be my nurse and help me get better. "Baby Doll's blankie" came with me. My great-aunt Evelyn also lives in Vancouver. Between Donna and Evelyn, I wasn't allowed too much self pity time but I still cried a lot. "Baby Doll's blankie" was a comfort. Auntie Evelyn's husband, Uncle Rudy passed on while I was in Vancouver, recuperating. As a nurse, I thought I could comfort Aunt Evelyn;

however, she remained the stronger one. To both of you, Donna and Aunt Evelyn, believe me from all my heart, you both helped me in so many ways, but that's another story. All I can say is "Thank you" and "I love you."

A few months ago I managed my way back to Winnipeg with "Baby Doll's blankie". Last weekend I was able to reunite Jill and her "blankie". Jill was thrilled and touched with their reunion.

Jill probably doesn't know or understand how she and her "blankie" helped me to survive. Even at forty-two mommies need "blankies" too. At eight years old, "Baby Doll" knew what her mom needed. She was a mom to her Mommy.

I thank you, dear Lord for giving me so many gifts and especially "Baby Doll and her blankie". You have truly blessed me.

Lee A S Sietz-Bjornson, Winnipeg, Manitoba



Up and Coming

In August, Wings of Power will be hosting a babysitters training course for children 12 years and older on the 22nd, 23rd, and 24th from 10:30 - 3:30 PM. Enrollment is limited so please call early to avoid disappointment. 367-9641

Family Mealtime Matters!

A recent study in the American Psychological Society newsletter found that teenagers that ate with their families five times a week or more were less likely to do drugs or be depressed, were more motivated at school and had better peer relationships. Clearly the regular supper thing does something for kids. Parent educator Rochelle Meister-Diamond says "It is, after all at the table that a child first has the opportunity to be heard and to listen to others, and to have our full undivided attention".

If you start a family dining routine when your children are young it'll be easier to stick to it as they get older. As they mature your children may to their own astonishment look forward to family mealtime as much as you do.

Finally helping prepare a meal offers kids all kinds of benefits like a non-preachy concrete lesson on nutrition, hands on math practise (measuring ingredients), original exercise when they artistically fold napkins. And if children have been involved

in the cooking they're more likely to eat it.

Don't Dine and Dash

So you just can't do dinner together every day? Welcome to the club. Start with just a night or two each week. Dump that extra hour at the office reschedule those kazoo lessons, resign from the playground equipment committee. Make dinner with your family a priority and let the rest of your life fill in the gaps.

Nix the TV. If you have one in the kitchen or dining room turn it off during meals or get it out of there altogether. Believe me, you wont miss it, if you're freaking out about missing something, learn how to program the VCR.

Breakfast is a meal too. Because it comes at such an inconvenient time of day (morning - urk) we often forget to treat breakfast with the respect it deserves. Make a ritual out of Sunday morning pancakes or Wednesday French toast. Set the table with a bunch of dandelions and enjoy a civilized meal before the insanity of your day.

Get an answering machine and use it. The telemarketers will just have to live without you. (Pity). And everything else can wait until after supper.

Theme Nights Rule! How about a French night? Serve French food (fries count), speak whatever French you know. Or lay some big tow-

els on the living room floor, wear swimsuits and have a beach picnic. Eat diner backwards (dessert first - yes!) Whatever. Leave all the finicky details to your six year old to sort out.

Remember the Rituals. Even simple family traditions give children a feeling of belonging. They also provide a sense of security when things aren't going so well.

HERE ARE SOME SUPPERTIME SUGGESTIONS:


- Clink glasses all around and take turns making a toast.
- Start one dinner a week with a poem or prayer or song - take turns choosing it or find a perennial favorite.

- Ask each person: "What was the best thing about your day?" "What was the silliest thing about your day?" etc....

- Whoever finds a penny under her plate gets to tell a little story or joke. (Don't try this with the baby - you know where the penny will go!)

The common thread is the role of the table as a meeting place for the family. It's a good place to instill in your kids a love of conversation, proper table manners and yes a little bit of patience. It could be a chance to explore weird and wonderful foods together, rediscover your mother's meat loaf, or try out every pizza place in town. Will it be difficult to make family mealtime work? Maybe. Will it be worth it? Definitely.

This article was adapted from November 1999, issue of Today's Parent Magazine. If you would like more information on mealtime bliss, contact Wings of Power at 367-9641.



Videos OF THE WEEK

Brought to you by the Pop and Movie Shop

The Whole Nine Yards (5 Bottles)
Starring Bruce Willis and Matthew Perry. It's a laugh-out-loud, side-splitting funny must see movie.

The Ninth Gate (4 Bottles)
Starring Johnny Depp is an irresistible gothic thriller. The only thing more terrifying than searching for the devil is finding him.

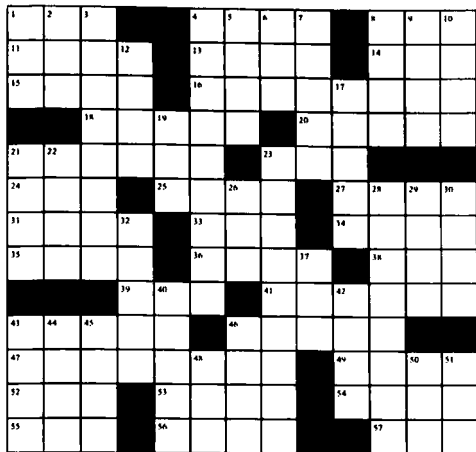
The Beach
Starring Leonardo DiCaprio. The Beach is a fascinating and exotic adventure. An intense movie going experience.

Magnolia
Is a three hour movie starring Tom Cruise and Jeremy Blackman. The Wall Street Journal has named Magnolia the Best Movie of the Year!

Out next week
Drowning Mona
Romeo Must Die

Winnipeg River Echo Weekly Crossword

Days of our Lives



- 23. European mountain
- 24. Lady's name
- 25. Summer drinks
- 27. Girl
- 31. Theatre part
- 33. Possesses
- 34. She, in Ste. Helene
- 35. Childrens TV character
- 36. Native Americans
- 38. Young fox
- 39. Walk or jump follower
- 41. ___ Day
- 43. Oil patch acronym
- 46. Wake
- 47. ___ Day
- 49. ___ Friday
- 52. Palm leaf paper
- 53. Faction
- 54. Bee abode
- 55. Used to be
- 56. Fencing sword
- 57. Matheson or George, e.g.
- 7. Asian pepper plant
- 8. Imitator
- 9. Canvas shelter
- 10. Science subject
- 12. Skirt or van preceder
- 17. ___ sugar
- 19. ER acronym
- 21. ___ Sunday
- 22. Scent
- 23. Connect
- 26. Consume
- 28. Organic compound
- 29. Slipped
- 30. Podetium
- 32. Decree
- 37. Slump
- 40. Hangman's concern
- 42. NEar
- 43. Profess
- 44. Ms Mulroney
- 45. Wood sorrels
- 46. Sin
- 48. Representative for short
- 50. Eggs
- 51. Home, to 38 Across

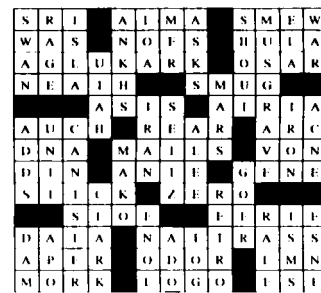
ACROSS

- 1. ___ Wednesday
- 4. Fast talking
- 8. Banking machine, for short
- 11. Judge
- 13. Levesque, for one
- 14. Legume
- 15. Dress, in Madras
- 16. Balm
- 18. Asian river
- 20. ___ Day
- 21. Elixir

DOWN

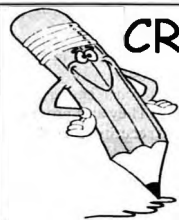
- 1. Commericals
- 2. Baltic or Black, e.g.
- 3. ___ Day
- 4. ___ Day
- 5. Hawaiian garlands
- 6. Hostel

LAST WEEK'S ANSWERS



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
DISTRUST ANY ENTERPRISE THAT REQUIRES NEW CLOTHES.
- HENRY DAVID THOREAU




CRYPTIC PUZZLE


BXC YDWWCFCVGC QCBHCCV RJFVJPFKRXS
KVY CFJBDGK DL TDPXBDVP
-PTJFDK TCJVIFY

WEEKLY HOROSCOPE for the week of August 1st - August 7th


ARIES March 21 - April

 Try hard to accomplish daily living tasks in a timely manner. Take an alternate route instead of the tried and true. Confide in your best friend about a potential problem in your love life. A massage is a welcome treat this week.


TAURUS April 20 - May 2

 Shed an inhibition. Confidently and respectfully disagree with your boss. It could be time to end a continuing family feud over power. You do not like change but accept the latest new opportunity.


GEMINI May 21 - June 20

 Pare down your calendar this week. Accept and be happy with the simple things in life. Do not make excuses. Friends and family may begin to trust you with explicit details as you become more truthful with them.


CANCER June 21 - July 22

 Unburden yourself. Think hard before consolidating debts. It could land you in more financial trouble. A trusted relative has good, sound advice. Do not allow yourself to panic. Things will work out for the best.


LEO July 23 - Aug. 22

 Digestive problems could plague the perfectionist Leo. Don't allow others to dictate solutions. Avoid being insolent. Orange, the color of the sun, will bring you good thoughts and ideas.


VIRGO August 23 - September 22

 Set your expectations high. You have unlimited potential, both mentally and physically. Financial backing for a business or real estate venture could be imminent. Be prudent and cautious.


LIBRA Sept. 23 - Oct. 22

 Opportunity is knocking. But balanced Libra is too concerned about maintaining order to take a risk. Facing reality is not setting for less. Try to be diplomatic. Others are waiting for you to slip up and make a mistake.


SCORPIO Oct. 23 - Nov. 21

 This week you may find yourself in the negotiator's seat. Set aside a lot of time for some serious sit-down discussions. Don't let friends and family fade into the background. You need them now more than ever.


SAGITTARIUS Nov. 22 - Dec. 21

 Loosen up. Others aren't as detailed or organized as you. Friends are concerned about your perfectionist ways. Be spontaneous. It may be a good time to change or improve your living quarters, or even buy new furniture.


CAPRICORN Dec. 22 - Jan. 19

 Contact distant family members. They have stories to share that put your current challenges to rest. You have to give a little to get a little. Don't let money come between you and your best friend. Practice saying "no".

AQUARIUS Jan. 20 - Feb. 18

 Keep your cool. It's easy to mouth off when asked to do things differently. The situation is likely temporary. Recognize your potential but take time to give yourself the necessary space. Your ideas are great!

PISCES Feb. 19 - March 20

 This week your compassion for the less fortunate is at an all-time high. Your love of knowledge makes you the perfect teacher. Put some thought into being a literacy tutor. Take care of personal finances quickly before debts skyrocket.

ALL THE RIGHT / Stuff

Dear Ms Know-it-all:

I like to think of myself as a modern woman. I can open my own doors and seat myself at a dinner table. My boyfriend is a bit old fashioned and says I'm being rude when I refuse his outdated courtesies. What do you have to say on the matter?

Thoroughly Modern Millie

Dear Thoroughly Modern Millie:

I agree with your boyfriend. Equal rights did not revoke the need for thoughtful conduct of ladies and gentlemen toward each other. A woman of good manners knows how to carry herself gracefully. That includes knowing how to accept common courtesies extended by men. Here are a few pointers to help smooth your way in today's world of male and female etiquette.

- * Act with respect and consideration and let common sense reign.
- * Allow a man to be a gentleman and accept his courtesies with a gracious "thank you", even the ones you consider old-fashioned, such as of-

fering you his seat on the bus or ordering your meal in a restaurant. A man's attempt at gentlemanly behaviour should be encouraged, even if he is a little behind the times.

- * If you are the host at a restaurant, you lead the way. You also pick up the tab.
- * You should open your own doors. You should also hold doors open for other people - male and female.
- * You should put on your own coat. If you are having difficulty, it's okay to ask for help.
- * Do not feel pressured to behave like ill-mannered men just to fit in. You don't have to pretend to be amused by foul language, off-colour/racist/sexist jokes or X-rated films.
- * Never compromise your personal safety - even if it makes a situation awkward. Don't let yourself out of a man's car anywhere that makes you feel uneasy - such as a dimly lit parking lot. Tell him you will wait for him to come around if he doesn't offer first. The same rule applies when getting into a car in the same situation. Wait for him to open your door; ask if he forgets. Don't be a passenger in a vehicle whose driver has had too much to drink. Feel free to tell a man to slow down if he's driving too fast.
- * Purge sexism and cattiness from your vocabulary. Make a conscious effort to speak inclusively and listen to the things that slip out of your mouth without your thinking about them.

Tembec reports record earnings

continued from page 4

Paperboard: The segment generated operating earnings of \$2.5 million on sales of \$48.7 million, compared to operating earnings of \$2.6 million on sales of \$45.2 million in the prior quarter. Average selling prices increased by 12% over the March quarter. However, higher pulp costs and lower productivity caused by a three day maintenance shutdown offset the higher prices.

Chemical Products: The Company's ethanol, lignin and resin divisions generated operating earnings of \$1.9 million on sales of \$15.7 million compared to operating earnings of \$1.2 million on sales of \$13.7 million in the prior quarter. Increased shipments of resin products accounted for a large portion of the earnings increase.

Other: Interest expense for the quarter includes interest on indebtedness of \$23.9 million. The balance of the expense also includes \$6.2 million of foreign exchange contract losses.

During the quarter, the Company repurchased 854,800 common shares at an average price of \$14.77 per share. Under the terms of its normal course issuer bid, the Company may repurchase an additional 2,049,200 common shares by October 7th, 2000, at which time the bid will expire.

Summary: Higher pulp and paper prices led to record earnings for the quarter. The strength of the world economies is creating a favourable environment for the foreseeable future. We expect to establish further records in the upcoming periods.



FIND THE TWINS

WHICH TWO ARE EXACTLY ALIKE?

ANSWER THESE AND WIN!

SEEK AND FIND

FIND THESE WORDS IN THE PUZZLE BELOW.

CAREFUL	PROTECTED	SHIELDED
CAUTIOUS	SAFE	SOUND
GUARDED	SECURE	WAR Y

THE WORDS READ UP, DOWN AND ACROSS.

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

CONNECT THE DOTS

Start Here

SECRET CODE

What did the duck say when she bought lipstick?

9	5	24	20	12	24	9	14	13	2	13
8	7	6	18	21	2	5	5			

Use this decoder to solve the riddle.

Answers

HIDDEN PICTURE

Color in each space that contains a letter.

Echo Classifieds

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For Sale

For Sale - One new window, 3ft. in height by 6 ft. in width, double glazed with low e, huron sliders, #WS-1610, originally priced \$395.00, will sell for \$260.00 OBO. Call George or Sallie at 756-8174.

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Papertown Motor Inn requires cooking and serving personnel, effective immediately. Hours vary. Apply within or call 367-2261.

Part-time Bar Staff Wanted (Night Shifts only - 6:00 p.m. till closing)
Send application to: Royal Canadian Legion Branch #64 Box 329 Pine Falls, Mb R0E 1M0



Happy! Happy!
Happy!
Happy 35th!
Fay's Day
Friday, August 4,
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OREST GALAY
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*Your presence we miss
For you we have wept.
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Remembered by your sister Nellie Fitkowski and family, sister Roxy and brother-in-law Walter Wazny and family, and brother Russell Galay.

Reward \$1000: On May 24 (two months ago), Lloyd Bellin's 1998 green Honda Foreman 4x4 was taken from our yard on Pine Avenue. We would like it back. No questions asked and \$1000 in hand, phone 345-8933, thank you.

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