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The Winnipeg River Echo

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Vol. 1, No. 11

Tuesday, August 8, 2000

\$1.00 tax included

A Gift for Ashley... life, love, family, friends

by Toni Bruneau

Ashley Kovari, her family and friends, gathered Saturday, August 5 to celebrate. They celebrated the end of a concerned outlook and the beginning of their journey into new life, together.

The atmosphere was one of high energy, good humor and solace. The day of frolic and jest included a huge barbecue, lots of treats and fun and games (girls and Perry, against the guys).

Ashley, in extremely high spirits, shared her excitement, surrounded by an abundance of those who love and support her, including three people of great significance.

After she recuperates she hopes to get back into participating in the many

physical activities she enjoys so much.

Surgery scheduled

After extensive testing on potential donors, confirmation has been made that Damien Leake and Tommy Zarecki, both residents of Lac du Bonnet, will be participating in the living donor lung transplant scheduled for August 20. Marilyn Stewart, has also been selected, and will serve as a back up donor.

The transplant will take place at 8:00 a.m., August 20, at the Health Sciences Centre - only the third transplant of this nature, in history, to be performed in Winnipeg.

Donors

Tommy Zarecki is 40-years-old and has lived in Lac du Bonnet all of his life.

Tommy, his wife Cindy and six-year-old daughter Carly live in the Lee River area, where he has operated the family farm for over 20 years.

Tom has known Ashley since she was born, and has been a close family friend of the Kovari's for many years.

Tom's wife Cindy said,

"We're all very happy for Ashley, that this is finally going to happen for her." Although the surgery occurs at the beginning of harvest, she said, "We're focused on Ashley's success. As far as the harvest goes, we're doing as much as we can now to prepare for it, and we're confident that things will work out."



Clockwise from left: Damien Leake, Marilyn Stewart, Tom Zarecki and Ashley Kovari with Jewel.

After becoming involved with Ashley's situation, the Zareckis have realized the significance of being able to donate organs, particularly when it can mean an opportunity to save other people's lives... or make a difference in the quality of their lives.

Damien Leake is 22-years-old, and Ashley's cousin. After growing up in Lac du Bon-

net Damien has been employed at numerous enterprises including Cold Spring Granite, Home Hardware and Stewart's Memorials.

Damien is youthful and energetic. He works hard and enjoys being physically active. The 15-20% loss of lung capacity that he will endure was a concern, but now he

See SURGERY page 6



Forest Fire raging at Beren's River

by Charles Norman

About ten miles east of Beren's River 13,200 Hectare (about 50 square miles) fire was still listed as out of control Monday morning, although the fire had not spread or increased in size during the last three days. Property damage has not been serious, but a logging camp and some spruce logs belonging to Ed. Kemp, and 3,500 cubic meters of spruce belonging to the Pine Falls Paper Company have been burnt.

The area is part of a Pine Falls Paper Company five-year winter logging program, four years of which have been completed.

The fire is being fought by 227 fire fighters, includ-

ing forty crews from Ontario and Saskatchewan. Nine helicopters are being used.

In the Natural Resources Eastern Region there were, on Monday morning, five fires burning: two out of control, one being held, and two under control. The Berens River fire was being held on the west, north and east.

In the Eastern Region a total of 227 fire fighters were fighting the five fires, using fifteen helicopters, fourteen water bombers, six other aircraft and twenty-one pieces of heavy equipment. The heavy equipment was being used to create firebreaks. Total fire area was 27,000 hectares, (about

100 square miles)

Across the province 49 forest fires are being fought by more than 550 firefighters, some communities, including St. Theresa Point, have evacuated the young and elderly and those with respiratory problems. The St Theresa families are expected to be able to return home on Wednesday.

**August
Long -
Busy
Beaches**

Greetings from Denmark

Lions Club International hosts exchange



Left to right: Lions member Roland Simard, Lasse Rosenbeck and Town of Lac du Bonnet Mayor Glen Hirst.

by Toni Bruneau

Nineteen year-old Lasse Rosenbeck of Denmark was one of nine youths from Europe and South America who qualified to participate in the Lions Club International exchange program. Eight other selected youth settled in various other Manitoba communities including Emerson, Morris and Winnipeg.

John and Irene Grewinski, and Roland and Beverly Simard, served as host families during Lasse's six week stay at Lac du Bonnet. Two other families, Jerry and Mary Kachur, and Barb and Mel Mitchell were supposed to co-host a youth from Peru, but last minute travel problems prevented the visit.

Roland Simard said, "it was an interesting experience for us, and we got to learn a bit about European culture, and a bit about Denmark... I know he'll be bringing back many stories from Canada too."

The youths "were able to experience many diversities of Manitoba life," comparing the size of

Denmark which is only 250 km long and 200 km wide to Manitoba, just one province in Canada. Lasse lives in Gråsten, a town of approximately 4000 on the shore of the Baltic Sea, eight miles from the German border.

Lasse said he enjoyed his time here. The most significant experience here has been the sunsets, "it's so beautiful here," he said, "there is so much space". On every roll of film he has had developed there are photos of sunsets.

He said their summers are like ours but the winters see little snow, if any. He is enthusiastic about seeing our winter. There is a lot of trees in Denmark but no rocks, not like the landscape of the Canadian Shield.

Lasse was fortunate to have two host families, here in Lac du Bonnet. Introductions took place in Winnipeg where both families, and Lasse took in a Goldeye's game. The Grewinskis and Simards, each hosted a barbecue and on one occasion accompanied Lasse to one of the seven wonders of the world, Grand Beach.

Lasse was treated to many outings by his host families. The Grewinskis took Lasse to visit Old Pinawa, which

he loved and wished his friends could see, as well as The Forks, Patricia Beach, The Museum of Man and Nature and Science Centre. There were many trips to Polo Park, which intrigued Lasse. It was his favorite shopping mall.

During his two weeks with the Simards they were able to fit in a day at Assiniboine Park and Zoo, a trip to Costco which fascinated him. They attended the motocross races in Beausejour and went horseback riding at 4Q Ranch. Both host families and Lasse took advantage of our geographic location and high temperatures, spending a lot of time jet skiing and boating on the river.

On the ride back to the airport late in the evening, Lasse was treated to a spectacular view of the Northern Lights which classified in the same category as the sunsets.

In his spare time, in Denmark, Lasse enjoys soccer, handball, basketball, swimming and more often, sailing. He is taking an apprenticeship in sailmaking. After graduating Grade 12, it is common in Denmark to choose a trade, and continue education.

Simard said, "when we asked him whether he was ready to go back he said, 'oh no... need another week to see it all'."

On the eve of his departure, Lasse presented a gift and card from the Lord Mayor of Gråsten, Bendt Olesen to Mayor Glen Hirst. The card offered greetings from Gråsten Municipality and explained the photo on the front of the card. *Gråsten Slotshave*, with Gråsten apples and flowers, the same Gråsten apples on the Canadian stamp. "You can almost say they are connected, a bond between Canada and Gråsten," Olesen wrote, "We wish you a good summer."

Mayor Hirst returned the gesture, expressing regards and offered a gift to be forwarded to the Lord Mayor of Gråsten Bendt Olesen, on behalf of the Town of Lac du Bonnet.

Simard is a Lions Club Member as well as zone chairman for the area this year, he said they are "trying to promote the youth exchange in the area and hopefully stimulate some interest." He added, "You don't have to be a Lion to be a sponsor." This was the first year the Lac du Bonnet Lions Club has participated in the program.



Lasse and friends visited his favorite spot frequently... Old Pinawa.

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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.

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.L.: meetings third Tuesday of every month, 7:00 p.m. Library Allard, St. Georges

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

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

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

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

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

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

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

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

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

WINNIPEG RIVER SENIOR SERVICE INC. Coordinator: Tina 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 Wed. 1 pm, Movies Tue. 7 pm, carpet bowling, Fri. 2 pm, Bingo Fri. 7:15 pm. Call 756-6468 for more information regarding activities.

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

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

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

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

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

Church Services

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Vandalism in Powerview

by Valarie Anderson

Once again someone is struck by this senseless act. On Wednesday, sometime during the night, a home located on Art Avenue was vandalised. The home is lived in by Eileen Nelson and her family. While she was away on holidays her beautiful yard was vandalised. Eileen and her family, have recently moved into the area. Together they made many changes to her new home. They remodelled the home inside and made many beautiful changes to the yard. They

made flower beds and a great three tier flower bed with bird bath that sits in the middle of her front lawn. I have watched my neighbour for two summers now, building, landscaping, planting, and making her home a better place to live. She and her family take pride in their home and the yard is one that is a joy to look at.

Something that took two years of hardwork and time was almost destroyed in one senseless night. Acts of vandalism are no more than acts of cowardice, anger, and jeal-



Vandals disrupted a three tier flower bed and bird bath at 54 Art Street, Powerview last week.

ousy. These senseless acts are often preformed by young offenders who lack respect for themselves and others. I hope the offender or offenders are caught and made to

realize all the ramifications of their actions. These offenders or offender should be made to face their victims, and ordered into a work incentive program that can ben-

efit others and eventually through work and education benefit themselves into becoming model citizens, not social deviates.

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

Enough is enough!

During my usual morning walk around the village of Powerview this morning (5:30 a.m., Aug. 3), I saw an act of vandalism that staggered my imagination. The property situated at 54 Art Avenue, has been a pleasant sight from my point of view (I don't walk the side streets). In particular, a multi-level

flower arrangement situated in the front yard. Every flower had been torn out and lay scattered about the yard.

Subsequent conversation with citizens of Pine Falls revealed that similar atrocious acts have been committed in their area.

Speaking with some authority in the area of law en-

forcement (I was a Peace Officer for 25 years, followed by seven years as a Correctional Officer in Stony Mountain). I believe that our two communities should give some thought to hiring a full-time Peace Officer, who could be augmented with part-time Constables during the summer months. Foot patrols would be a priority, with use of bicycles to travel between towns.

While I have the highest regard for the R.C.M.P.; they are a mobile force, and while they respond to complaints in as timely a manner as they can, their vehicles can be spotted by van-

dals from a distance that allows the perpetrators to make good their escape. In effect, what I feel we have is a police force, that through no fault of their own, spend more time investigating and reporting on crimes, than in crime prevention.

An example of my proposal can be studied by the situation at Victoria Beach (my wife has owned a cottage there for several years). They have one full-time Constable with several part-timers in summer. They have the capacity to virtually check all suspects, mobile and pedestrian traffic,

during the hours of dusk till dawn. Vandalism and break and entry crime is near zero.

I submit this letter not with a view of decreasing the presence of the R.C.M.P. in our area. Rather, my suggestion would augment the force with personnel who would have the authority for some "in your face policing" when necessary.

I challenge the elected officials in our two communities to take a good hard look at the aforementioned situation/suggestions and weigh their merit.

Morris Berthelette

The Winnipeg River Echo
 Your Community - Your News
YOUR COMMUNITY NEWSPAPER
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 New Tips 345-9896 or 367-9468

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 204-345-6945 fax
MERCURY MerCruiser

Help Shape the Future of
Grand Beach Provincial Park

A draft management plan outlining proposed land use and resource protection guidelines for Grand Beach Provincial Park is ready for public review.

You are invited to share your ideas in an informal drop-in session:

Grand Beach-Saturday, August 19
 Park Office Grounds
 (Noon - 6:00 p.m.)

or

Winnipeg-Wednesday, September 20
 Manitoba Conservation,
 200 Saulteaux Crescent
 (Noon - 8:00 p.m.)

Copies of the draft plan are available at the Grand Beach Park and Campground Offices, or by contacting:

Grand Beach Provincial Park Management Plan
 Parks and Natural Areas Branch
 Box 53, 200 Saulteaux Crescent
 Winnipeg, MB R3J 3W3
 (204) 945-3697
 Toll-free: 1-800-214-6497
 e-mail: mgmtplan@gov.mb.ca

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Make this year the most exciting, enriching year for you and your family. Share your world with a young foreign visitor from abroad. Welcome a high school student, 15-18 years old, from France, Spain, England, Germany, Sweden, Thailand, Mexico, or Russia as part of your family for a school year and make an overseas friend for life.

For more program information or to selection your own exchange student from applications with photos, please call:

SOFIA **Lillian at (204) 367-2092**
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Belgium Bowling?!

by Toni Bruneau The annual Belgium Bowling Tournament, was held at the Becker residence at Fisher's Grove took place August long weekend, as it has for the past 15 years. The tournament began back in 1986 shortly after the Becker's obtained their



cottage in Lee River. For those not familiar with the sport, it is a cross between curling and bowling. Scoring is calculated along the same lines as curling, with the closest to the peg scoring points after each end. The rolle bolle is delivered in the same manner as would a bowling ball.

Wayne Becker said he grew up with the game, due to his mother Josephine's Danish heritage. The tournament consisted of 57 cottagers and resident bowlers from the area who competed in teams of three. There were two events, A and B for which first, second and third place finishers received prizes. The first place winners on A side received medallions and had their names engraved on a plaque which is a memorial tribute to Wayne's father Bill, who passed away in 1991. The silent auction proceeds are all put back into prizes, along with the entry fee. This year, hot dogs were sold with the proceeds going towards the Ashley Kovari Fund. Congratulations to this year's winners: Donna, Bob and Jesse.

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' Auxillary 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** Auxillary 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 Conroy, Whitemouth 348-3505; Lac du Bonnet, Pine Falls, Victoria Beach, Pinawa, Beausejour, Whitemouth, Oakbank, Hadashville.
- St. John's ACW** meets first Monday of every month 1:30 p.m., parish hall.
- Little Day Buddies Nursery School** Mondays, Wednesdays and Fridays 9:00 a.m. to 11:30 a.m., 12:30 to 3:00 p.m., Lac du Bonnet Community Centre. Janice 345-8979.

Call 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, 345-2900
Lac du Bonnet: 5:00 p.m. - Saturday mass; 11:00 a.m. Sunday mass
Pinawa (senior school): 9:15 a.m. - Sunday mass
- ST. JOHN'S ANGLICAN CHURCH**
Rev. Brian Rountree 367-8615, church 345-2357
Sunday: 11:30 a.m. - worship; 11:30 a.m. - first and third Sunday of each month, holy eucharist.

Desjarlais calls for audit of Canadian Firearms Centre

Churchill NDP MP Bev Desjarlais asked the Auditor General of Canada for an audit of the Canadian Firearms Centre to find out why the Liberal government's firearm registration system is more than 40% over budget.

"Taxpayers have a right to know why the Canadian Firearms Centre is so drastically over budget," Ms. Desjarlais said. "In 1995 the Liberal government claimed that the

total cost of setting up the registry would be \$85 million. So far they have spent over \$120 million and they are still far from finishing the set up process."

Canada's Auditor General reports to Parliament to promote "answerable, honest and productive government". Ms. Desjarlais, who has been an outspoken opponent of the Liberal government's gun registry scheme, said the Cana-

dian Firearms Centre is a prime candidate for an audit.

"There has to be something fundamentally wrong when a government agency goes 40% over budget, like the Canadian Firearms Centre has done," Ms. Desjarlais said. "The Liberal government may not have been entirely up front with Canadians about the real cost of gun registration or the cost overrun may have been caused by bad management. Whatever the reason, Canadians have a right to know why this program is so far over budget."

Ms. Desjarlais said the Auditor General is uniquely qualified to audit the Canadian Firearms Centre.

"It is important to make sure that an audit is done fairly and impartially," Ms. Desjarlais said. "The Auditor General is the best person for this kind of audit because his office is at arm's length from the government to ensure his independence and neutrality."

BINGO

COMBINED ACCUMULATORS

| | | |
|---|--|--|
| <p>Bonanza starting value this week \$2211</p> <p><small>IF WINNERS POT STARTS AT 5000 Add 50% of sales on Monday. If not won, carry over total plus 50% of sales to Wednesday. If not won, carry over total plus 50% of sales to Thursday.</small></p> | <p>Minnie Loonie starting value this week \$3850</p> <p><small>IF WINNERS POT STARTS AT 6000 Add 30% of sales on Monday. If not won, carry over total plus 30% of sales to Thursday.</small></p> | <p>Lucky 7 in 25 numbers \$5720</p> <p><small>POT PRESERVE AT 25 NUMBERS Add one # plus 30% of sales carry over on Monday. If not won, add one # plus 30% of sales carry over to Thursday. IF WINNERS POT STARTS AT 6000 in 17 numbers or less</small></p> |
| IN CASE OF DISCREPANCY, THE LATTER WILL PREVAIL | | |
| FOR UPDATES CALL 345-8825 | | |
| <p>Knights of Columbus Lac du Bonnet Community Centre Specials 7:00 p.m. <small>Lac 116-884</small></p> <p>Every Monday Evening</p> | <p>Bonus Line - \$841.00 Star - 744.00 Loonie Pot - 136.00 Special "Y" - 172.00 Jackpot Strip - 718.00 Poker Flush -</p> | |
| FOR UPDATES CALL 345-8619 | | |
| <p>Lakers Ski Club Lac du Bonnet Community Centre Specials 7:00 p.m.</p> <p>Every Thursday Evening <small>Lac 116-874</small></p> | <p>Bonus Line - \$3202.00 Star - 2862.00 Loonie Pot - Poker Flush - 2680.00 Special "Y" - 586.00</p> | |
| FOR UPDATES CALL 345-6197 | | |
| <p>Royal Canadian Legion #164 Lac du Bonnet Legion Hall Specials 7:00 p.m.</p> <p>Every Wednesday Evening <small>Lac 116-458</small></p> | <p>Bonus Line - \$3585.00 Lucky 7 - Poker Flush - 473.00 Mini Loonie - 2067.00 #1 Loonie - 126.00 #2 Loonie - 868.00 Jackpot Strip - 74.00</p> | |

Lac du Bonnet Legion #164

WEEKLY ACTIVITIES

Open Monday to Saturday 11:00 a.m. to 11:00 a.m.

MONDAY
Table Top Curling 6:30 p.m. - Lounge

TUESDAY
Cribbage 7:00 p.m. - Lounge

WEDNESDAY
Po Ke No 2:30 p.m. - Lounge
Bingo 7:00 p.m. - Hall

THURSDAY
Darts 7:00 p.m. - Lounge

FRIDAY
Bingo 7:00 p.m. - Lounge

SATURDAY
Meat Draw 2:30 p.m. - Lounge

Happy Hour Every Day
All Members & Guests Welcome

Artists and Crafters along the Winnipeg River

Bernice Phillips creates unique artwork

by Val Anderson

Local artist Bernice

Phillips is a long time resi-
dent of Powerview. She has

two adult children and a sup-
portive husband. Bernice is

a self taught painter, who loves to try new things. She has always enjoyed the diverse beauty of her surroundings. Bernice has many different mediums such as wood, pottery, and plastic. She also enjoys painting a variety of subjects from nature to country scenes. Her paintings are found on useful items like crocks, switch plates, key holders and wooden stools. Some of Bernice's works include beautiful hand crafted and hand painted "Harvest Time Towel Racks". Between creating her own crafts, Bernice also takes time to teach beginning & intermediate painters. The next workshop will be held at the Walter White School on August 10th, from 9:30 a.m. to 4:00 p.m. Many of Bernice's artworks and crafts can be seen at the Dew- Drop-Inn

Artesians Co-op located at Wimpy's Corner just off the 59 Hwy. Bernice also participates in many art and craft shows that are put on in the area. Just this past weekend Bernice showed her work in the Northern Lights Artisans Arts and Crafts sale held at the Sports Club in Victoria Beach.

Bernice also enjoys gardening, cooking and embroidery, all of which inspire her to paint. Bernice said, "she takes great pleasure in creating her crafts and paintings and each piece is very special to her. She also hopes that her customers get as much pleasure from her creations as she did in making them. Customer's can visit by appointment by calling Bernice at 367-8369 or through her web site: www.granite.mb.ca/~jphillip



The talented Bernice Phillips with a few pieces from her great collection of detailed artwork.

Sparrows Nest

Crafts, Collectibles and Antiques

Dee Sparrow is the owner of Sparrows Nest. The Sparrows Nest is a home business which is located on Desilet Lane in Powerview. Dee is originally from England and has resided in Powerview for the last 11 years. Dee's background is in Sales Marketing and Interior Design. She began her craft making when she came to Powerview. As she perfected her talents she began to sell her creations which led her into setting up Sparrows Nest. This quaint business is most inviting and the treasures you will find there are definite keepsakes. Dee has many different kinds of crafts and lovely antiques. Some of her crafts are table runners, tote bags (children's and ladies sizes), Ty Beanie Babies, and dried flower arrangements. Her most popular crafts are her

very loveable hand made teddy bears and hand made rag dolls. Some of Dee's fabric's and flowers come all the way from England. At the Sparrows Nest customers are often treated to a lovely English Tea. There is always a warm and caring story behind each of Dee's wonderful creations and she takes pleasure in sharing these stories with her customers. "You have love what you do because you could never be paid for all the time, care and love you put into your crafts" Dee said. The summer hours of the Sparrows Nest are from Monday to Saturday 10:00 a.m. to 5:00 p.m. other times by appointment or chance. Dee can be reached at 367-8722 or Email: Sparrowd@granite.mb.ca. The Sparrows Nest will be participating at this years 4P market square.



Dee Sparrow amongst her loveable handmade teddy bears and rag dolls.

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Phone 367-9168 Fax 367-9973

Surgery scheduled

continued from page 1
 says he is confident his recovery will be successful because of his youth and overall physical health.

His main concern is "Ashley's well being" and doesn't consider his recovery time to be a sacrifice.

Marilyn Stewart is Ashley's aunt. She lives in Lac du Bonnet with her husband Derrick and daughter Bobbi Lee. Marilyn is very close to Ashley and plays a vital role in the Ashley Kovari Fund. She says she is very happy that this is finally going to happen for Ashley and wouldn't think twice about what she may have to withstand if it meant helping her niece.

Tom, Damien and Marilyn, are extremely unique people, as they demonstrate the most selfless of human acts. The surrender of one's self for the purpose of another's survival is a gift beyond comprehension. Thank you for who you are and the gift you are giving.

Diagnosis

Ashley was diagnosed with Epithelioid Hemangio Endothelioma when she was 12-years-old. The lesions developing throughout her body at a continuous rate, decreasing her lung capacity, have resulted in the need for a double



Friends and family of Ashley Kovari gathered Saturday, August 5 to celebrate the scheduling of Ashley's long awaited double lung transplant surgery.

lung transplant.

Procedure

The procedure will involve transplanting Damien's bottom right lobe first, based on the poor condition of Ashley's right lung. After the right lobe has been transplanted and inflated, the surgery will proceed, and Tommy's left lobe

will be transplanted.

The donors will spend close to one week in hospital, after which they will require five to six weeks of recovery time at home.

Ashley will remain in hospital for up to one month to establish that her new organs have been accepted. And re-

turns three days a week for three months to monitor her progress.

Organ donation

The two-and-a-half year wait for a lung donor, which may have been the result of someone else's tragedy, is over. With respect to the hardships faced after suffering the loss of a life, such loss may ultimately exist as the preservation of life for another.

The importance of organ donation may not frequent the minds of Canadians. The discussion of final wishes may not seem to be an encouraging topic. Yet, the consideration of this choice may enable others to refresh their hopes and continue life.

With Canada having the lowest number of organ donors in the world, and Ashley's condition continuing to decline, the alternative procedure has been elected. It is with both, distress and satisfaction, that Ashley Kovari's family has had to resort to the procedure involving living donors.

Consider the lives effected by having to resort to a procedure as such. Consider that the world we live in has no guarantees and that your choice to donate, may in fact, guarantee the life and/or quality of of life for another.

Organ donation enables the giver to live on

'To remember me'

by Robert N. Test

The day will come when my body will lie upon a white sheet neatly tucked under four corners of a mattress located in a hospital busily occupied with the living and the dying. At a certain moment, a doctor will determine that my brain has ceased to function and that, for all intents and purposes, my life has stopped.

When that happens, do not attempt to instill artificial life

into my body by the use of a machine. And don't call this my deathbed. Let it be called the Bed of Life, and let my body be taken from it to help others lead fuller lives.

Give my sight to the man who has never seen a sunrise, a baby's face or the love in the eyes of a woman. Give my heart to a person whose own heart has caused nothing but endless days of pain.

Give my blood to the teenager who was pulled from

the wreckage of his car, so that he might live to see his grandchildren play. Give my kidneys to one who depends on a machine to exist. Take my bones, every muscle, every fibre and nerve in my body and find a way to make a crippled child walk.

Explore every corner of my brain. Take my cells, if necessary, and let them grow so that, someday, a speechless boy will shout at the crack of a bat and a deaf girl will hear the sound of rain

against her window.

Burn what is left of me and scatter the ashes to the winds to help the flowers grow. If you must bury something, let it be my faults, my weaknesses and all prejudice against my fellow man.

If, by chance, you wish to remember me, do it with a kind deed or word to someone who needs you. If you do all I have asked, I will live forever.

- taken from
The Winnipeg Free Press

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Victoria Beach hosts Northern Lights Artisans Arts and Crafts

Northern Lights Artisans Arts and Crafts sales at Victoria Beach began in the summer of 1992. This year celebrates its eighth successful show of talents

The arts and crafts sales are usually held on the Saturdays and Sundays of the long weekends of the summer, from 10:00 a.m. to 4:00 p.m.

Artisans come from across Manitoba - Dominion City, Emerson, Steinbach, The Pas, and Stoney Mountain to name a few, to sell their work at the summer sales. Everyone is jured who applies to come to the sales to ensure that they meet the criteria of quality, variety and creativity.

In order to keep the sale fresh they always include new crafts every year. This year they had a wonderful glass artist, Yolanda Solkalska of Winnipeg, who fuses glass in abstract patterns to make angels, cheese dishes and window hang-

ings. Also new is Fleur McLochlan of Winnipeg who makes clay tiles and jewellery in rich carthy colours.

Pat Cochrane of Lac du Bonnet is a silversmith who designs gorgeous and delicate silver jewellery.

They also had two new visual artists this year, Morley Rowe an oil painter from Belair, who specializes in painting cottages and Guy St. Goddard of Winnipeg who is a watercolour painter of Manitoba scenes.

The last sale of the season will be September 2 and 3, *Christmas in September*, the largest of the season.

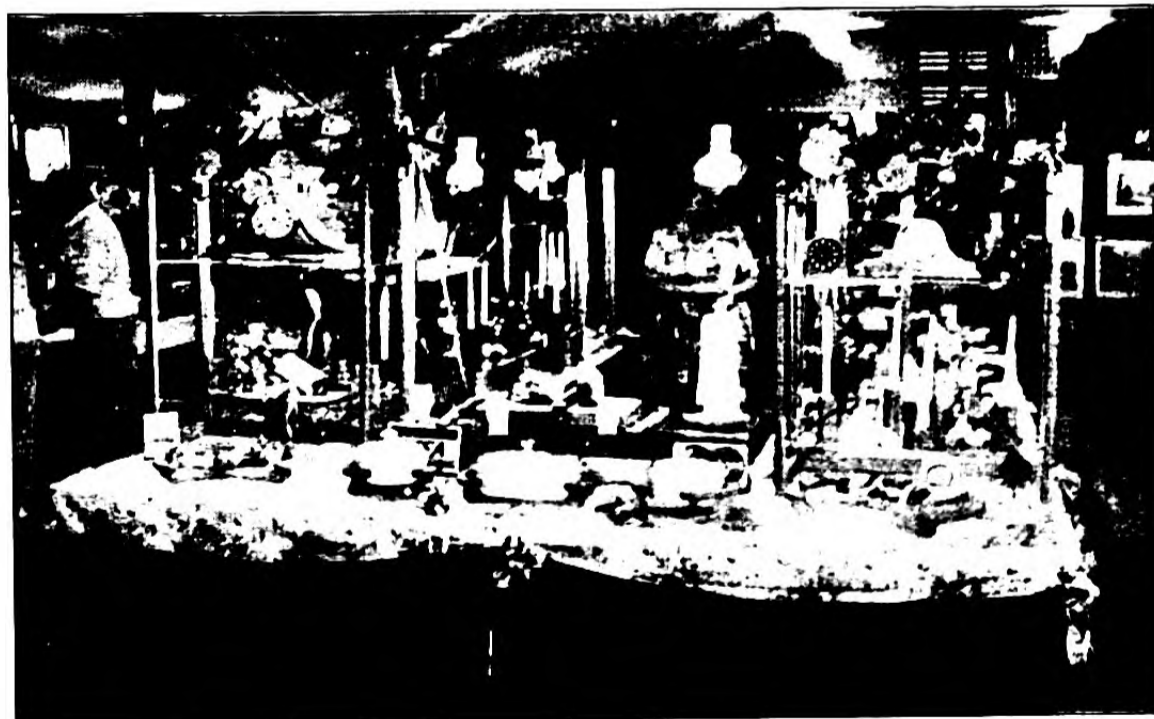
The Victoria Beach Sports Club will be packed to the rafters with crafts of all kinds. Many shoppers do all their Christmas shopping at this sale.

It is amazing to sit at the front door and watch the amount of bags and boxes that go out the door.



Some of the artwork at Northern Lights Artisans Arts and Crafts Sale, done by Guy St. Goddard.

The canteen is catered by Diane Thomas of Winnipeg and her delicious food is legendary. We have seen certain "un-named men" disappear with whole pies. We look forward to seeing you there.



Fiddlers Green Woodcrafts were one of the artisans at this year's Northern Lights Artisans Arts and Crafts Show held at Victoria Beach this past weekend.

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Million Dollar Hole in One

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Thank you to all participants and congratulations to all the winners! To the five who are going to Winnipeg, good luck! Proceeds to be donated locally. God Bless!

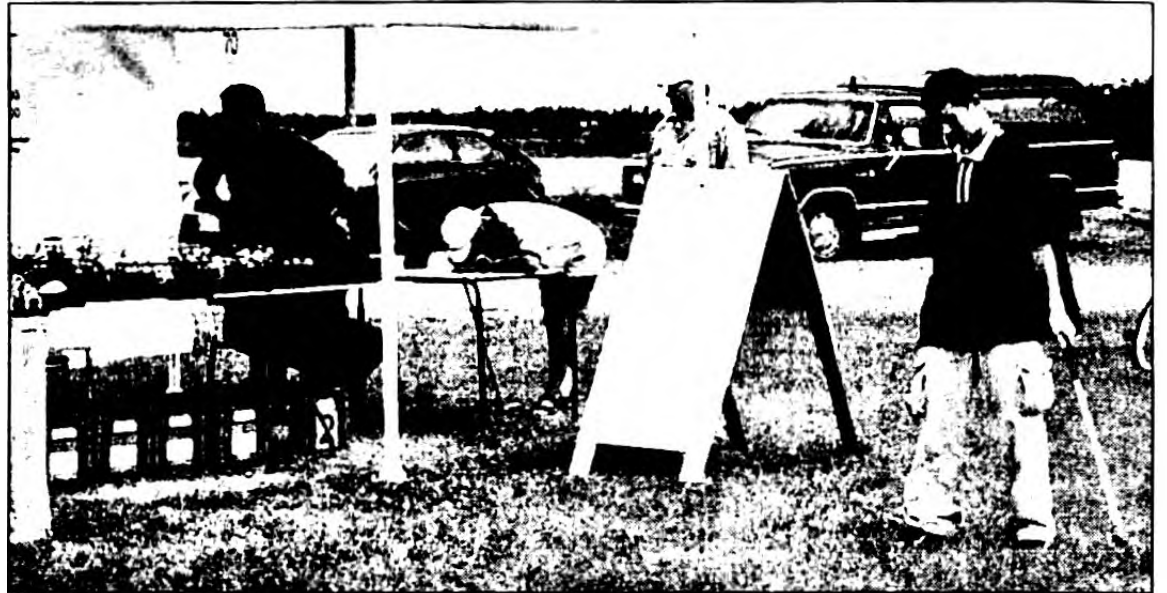
This past week Powerview was home to the Million Dollar Hole in One Challenge. This fundraiser was sponsored by the Knights of Columbus. Approximately 40 local businesses supported this event.

The challenge of the game is to get a hole in one. Each day new golfers came out to try their luck and the top ten players (closest to

the hole) for the day, won great prizes and advanced to the semifinals held Sunday, August 6. There were 45 finalist in Sunday's final round. The top five finalist were: Doris Kahle, Jonathan Coss, Zigfried Brandt, Len Roy, and Bob Breton.

Jonathan Coss was the closest to the hole when all tallies were in for the week.

Jonathan's best shot was 8 1/2 inches from the hole. The five finalists will now go onto play in the Hacker's and Smacker's Million Dollar Hole in One held in Winnipeg on August 27/00. Best of luck to all of our finalists. Congratulations to the Knights of Columbus and to all the volunteers who got together to make this event the success it was.



Young golf enthusiast takes chance at million dollar hole in one hosted by Pine Falls Knights of Columbus

ANXIOUSLY WAITING FOR A HOST FAMILY

PLACED THANKYOU



Agnes from France is 18 and says that the most important thing to her is her Chaplaincy, she's a family girl & loves children. Enjoys swimming, aerobics and friends.



Antoine of France is 17. He has 9 years of violin conservatory, likes singing in a choral group and theatre as well as sports, especially skiing.



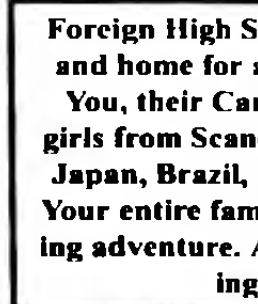
Corinne from Germany is 17 and likes horse riding, friends, football, movies, dancing, inline skating & watching ice-hockey.



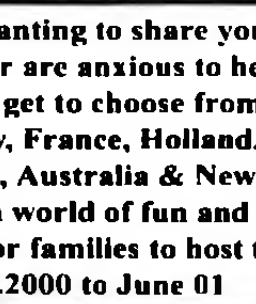
Florian of Germany is 16 is a canoeing competitor as well as simply enjoying fun tours. He likes skiing, drama, computers & hunting.



Jens of Germany is 16 is active in church group, likes reading, canoeing, computer, badminton and works in an emergency first-aid and rescue service.



Stefania of Switzerland will be 18 in Oct. She likes inline-skating, piano, movies, dancing, nature photography and singing. Italian 1st language. She says being a dietitian interests her & she works at McDonald's.



Akina of Japan, 17 would like to talk with you alot, tell you about Japan & try new things. She likes volleyball, friends, her dog, reading comics and calligraphy.



Jenni from Finland, 17 loves sports & watching NHL hockey, breakdance, basketball, music/piano, scouting & nature, skating, singing/choir. Her favorite animal is a dog.



David (sleger) of the Netherlands, 17 likes fishing, skiing, snowboarding, swimming, basketball and has played 6 yrs of hockey. Says he just likes to play for fun as he really isn't competitive.



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Akina of Japan, 17 would like to talk with you alot, tell you about Japan & try new things. She likes volleyball, friends, her dog, reading comics and calligraphy.

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Sagkeeng Treaty Days

Sagkeeng's annual Treaty Days held August 1 to 6 was once again a tremendous success.

The whole community was involved as well as many visitors from Little Black River, Crane River, Winnipeg and other surrounding communities.

The celebrations started last Tuesday with a parade and community feast in which community members contributed their favorite dishes. Wednesday night saw a line up of various talented entertainers. A golf tournament was held Thursday which was followed by another evening of talented guests.

Sagkeeng was host to the annual Treaty Days slo-pitch tournament on the weekend as well as square dancing competitions and marathon races.

The pow wow Sunday was an appropriate closing to a busy and fun filled week. The ceremonies were spiritual, colorful and enjoyed by all who attended.



LdB RCMP report

The following constitutes the police report for the Lac du Bonnet detachment for the period of July 27 to August 3.

July 27

A report was received of two bags of garbage being dumped in a field along Lagsdin Way. Police attended and examined the garbage, but no indication as to the owner could be found.

July 28

A request was received to locate two subject at the Pioneer Campground at Pinawa and pass on an urgent family message. The subjects were located and messaged passed.

Police on patrol located an adult male and an adult female causing a disturbance by arguing and yelling on the street in Lac du Bonnet. The adult female was given a ride to another location and the adult male was released to a sober relative.

July 29

A report was received of ATVs being operated illegally on streets in Auglen Park in

the RM of Alexander. Police patrolled the area, but did not locate any ATVs.

A report was received of an intrusion alarm at a residence on Lake Avenue. Investigation revealed same to be false.

July 30

A report was received of a fire alarm having been set off at a business in Lac du Bonnet. Police attended with the fire department to find that same was a false alarm, however, no indication of who had set it off.

A report was received of a truck having been taken from a residence on Maple Creek Road. Suspect was the underage daughter of the registered owner. The truck and daughter were subsequently located in Pine Falls and returned to the owner.

A report was received of a group of people causing a disturbance outside a residence on Scott Crescent.

A report was received of a theft of a quantity of money from a residence on PR 502.

A report was received of a sin-

gle-vehicle roll over on the Winnipeg River Bridge on PR 211. Police attended and ascertained that two female passengers were injured, however, no life threatening injuries. Same were transported to Pinawa Hospital for treatment and released.

A report was received of a light being shot out with a shotgun at the corner of Riverland and Toward Road. An older model van was noted in the area at the time.

July 31

A report was received of an intrusion alarm at a residence in Pinawa. Police attended and met with the key holder. The premises were checked and were secure.

An adult female was noted sitting on the sidewalk with a number of people attending to here. It was learned that she had tripped injured her lower jaw, so she was given a lift to

See RCMP/page 13

WHAT'S IN THE Cupboard



Florence Malo of Powerview frequently makes this recipe for bannock. It is particularly delicious when accompanying a fresh pot of hearty soup, stew or chili, or spread on your favorite jam or marmalade for a sweet, tasty treat.

Bannock

8 cups flour
 1/4 cup oil or lard
 2 Tbls. sugar

2 Tbls. salt
 8 Tbls. baking powder
 6 cups milk or water

Mix and knead until pliable. Roll onto cookie sheet (13 x 9), prick with fork or knife. Bake at 375°F until brown.

Devil's Claw catches on

Part II of II

by Roxanne Davies
Shared Vision Magazine

Nathalie Debaty, sales and marketing manager for Orits Labs in Europe, recently visited Vancouver to promote the use of this herb to the pain and inflammation of joint diseases. Her company goes to great lengths to harvest the herb in the best possible way to ensure effectiveness.

"We send our own people directly to the desert to collect the fresh roots. The sundried herbs others use are subject to oxidation which diminishes its strength. Our fresh herbs are then ground and preserved in a white wine base with blackcurrant bud extract."

Documentary evidence indicates that six-out-of-ten patients obtain relief from this remedy. It has an anti-inflammatory action, reduces pain, swelling and stiffness of inflamed joints and muscles. Devil's Claw root extract by Orits has a slightly bitter taste and so it also acts as a powerful detoxifier and liver cleanser.

Debaty says the herb is often called the 'suppleness plant' which improves mobility, to avoid problems with

government regulations which prevent claims being made for herbal preparations. "But some call their serious arthritis pains like being in the grip of a Devil's Claw and they turn to that herb to help them get through their days. There are now so many success stories from people using Devil's Claw, it just can't be ignored any longer."

To begin treatment, the herbal preparation is best taken for three weeks, then stopped for a week. After that, one week on and one week off is a good maintenance dose. Since there are no side effects from this herb, it can be taken for as long as necessary. Devil's Claw can be taken by almost anyone, although diabetics on insulin may experience a rise in their blood sugar levels.

So if the pain of arthritis has you in its grip, Devil's Claw could be your best friend. Along with a wholefood diet, nutritional supplements and relaxation techniques, this herb can be an effective way to keep rheumatic conditions under control.

This information was supplied by Sunflowers Health and Wellness Store.

Recommended choices for firm, even support and lateral stability

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

Buying a new bed will not necessarily solve a back problem, or eliminate back pain.

If...

1) you cannot get to sleep at night because of discomfort

2) you awake frequently through the night in discomfort

3) or, you awake in the morning feeling worse than you did when you went to bed; then there may be a problem with: 1) the position you sleep in, 2) or, the bed you sleep in.

A good bed supplies firm, even support and lateral stability. Firm, even support does not mean a hard mattress, as the mattress should provide cushioning for the body. Firm, even support

means a mattress that is compressible but doesn't sag.

Lateral stability refers to side to side motion of the bed. To have lateral stability, the bed and its components must be sturdy. When you turn over in bed, the bed should not jiggle or shake while you are moving. A bed that does not have lateral stability will keep the joints, especially spinal joints, moving instead of allowing them to rest. A board placed between the mattress and boxspring may improve support, but will actually decrease lateral stability.

Waterbeds can provide firm, even support if they are very full, but never provide the necessary lateral stability. Even with the addition of stabilizers or baffles, the water continues to move gently.

A conventional boxspring and mattress is one of the recommended choices for firm, even support and lateral stability. A recognized manufacturer will usually provide a 5-15 year guarantee on this product.

An even better alternative is a high density foam mattress on a wooden platform. Foams are labelled numerically to denote density and compression, ie 23-31 is foam with 2.3 lbs of chemical per cubic foot and 31 foam is sold as "Duron", "Curon" or "Polyfoam". 30-31 foam is sold as "Qualux" or "Ultrafoam". Either are recommended for a good quality mattress. A minimum thickness of 4 inches is required to cushion a person weighing under 200 lbs.

Next week some information on pillows.

Ask your Pharmacist

Taking a Buzz Saw to bed with you?

If you or your significant other has a snoring problem, you know it's no

laughing matter. Not only does it ruin sleep but it can be a signal of a dangerous condition called sleep apnea, which can increase the risk of heart attack or stroke. Sleep apnea is a condition in which a person stops breathing for short periods of time while they are sleeping.

The problem is the uvula, that fleshy piece of skin hanging at the back of your throat. If you have any blockage in the air passages, air makes the uvula vibrate every time you breathe, causing the snoring noise. It works on the same principle as the wind instruments in an orchestra - with less pleasing results!

Snoring may begin or get worse as people get older because throat muscles, like any other muscle, tend to get fat and flabby. People who are overweight also tend to be snorers because the throat gets fatter, narrowing the airway. Snoring can also occur if you have a cold or allergy (because the air passages are clogged

up), or if you are taking certain drugs like sleeping pills or tranquilizers (because the drug relaxes the throat muscles).

How to relieve the problem? If it's a temporary condition related to a cold or allergy, ask your pharmacist if a nonprescription drug (like a decongestant or antihistamine) would relieve the blockage in your breathing. If you're overweight, try to lose weight. Some people find nasal adhesive strips useful: these bandage-like strips are designed to hold open the nostrils and help keep the nasal passages open.

If you feel the snoring is a serious problem you might want to ask your family doctor to recommend an ear, nose & throat specialist for further testing. Depending on how serious the problem is, the doctor may suggest that you use some type of mouth appliance, which is worn at night to keep your breathing passages open, or even surgery to cure the problem.

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'Round and about the Beaches



by Monika I. Evans

While walking this morning, it once again reinforced the reasons why we moved to this area. It was just a lovely, cool morning with hardly an insect stirring to annoy me or my trusty sidekick. The lake was a delightful shade of greyish-blue with lighter blue hues in

the distance which melted into a cerulean blue horizon.

I watched cormorants flying low over the water hunting for their breakfast. A pair of majestic pelicans cruised overhead looking for schools of fish.

Every now and then a pair of bald eagles will visit our area and they are breathtaking to watch as they glide on the air and then swoop down on their prey.

I could stand and watch the different faces of the lake for hours. Our part of the lake reminds me of where I spent some of my childhood, next to the North Sea. The North Sea is as moody as our lake is but the only thing missing is the tang of the salt.

The middle of the week is always quiet around here when mostly families with young children are staying at their cottage. Quite often when

walking during the heat of the day, you can hear laughter coming from the beach while the little ones are playing in the water. This is a wonderful time for both parents and kids to share, and I know these lucky kids will remember their summers long into their old age. I know my husband fondly remembers his times at Grand Beach and Winnipeg Beach where his parents would take him and his siblings every year while they were growing up.

It is going to be a banner year for locally-grown fruit. The Saskatoons are at their peak. Blueberries are bigger than they have been for a few years and they are ready for picking —if can beat the cottagers, towners, bears, chipmunks, squirrels, and birds to them. The hazelnuts seem to be ripe, but we never get a chance to harvest them since the squirrels are actively harvesting them, and those they miss, the chipmunks get. Pin cherries are almost finished and the chokecherries are beginning to turn colour. The high bush cranberries are still very green. Every day you see someone walking around our survey, carrying a pail, no doubt going to harvest some of nature's bounty.

I've had my first swim at Hillside Beach, and it was

lovely once I got over my cowardice and got completely into the water. It was a bit cool and I had to work up my nerve. My friend kept teasing me about not taking the plunge outright. My problem is that I have to work my way up to it, but once I'm in, it's hard to get me out of the water. It was a windy day, and at least three times I had to go and chase my arrant beach umbrella which had decided to free itself and race along the beach. I sure got my exercise that day!

I went to town earlier in the week and just couldn't believe the traffic heading out to the beaches. I know when I was still working and it was so lovely hot, once in while I would get a Grand Beach/Winnipeg Beach attack and play hooky.

Ah, Summer this is what life is all about.

But, then is fall very far away? Already I have been reminded of the computer course we plan to take and have to go for an orientation session at the end of the month. As a member of the Friends of the Library, we are planning a fall supper and as a board member of the H.E.L.P. Centre, a fall Health Fair in the works. It is just amazing how long we wait for this time of year, and then how quickly it goes by.

Rippling River News

submitted by Vanessa James

Our Jungle Safari, was a small one, nevertheless it was a big hit with the attendants. We didn't seem to have many great hunters for our peanut hunt, I figure that we gave too many clues. Watch out for the craft we made because I know the kids want frighten some moms and siblings with it. During our discussion of snakes and other creepy animals, all of the children knew a lot of interesting facts about them.

I would like to say Thank-You to all the children who came out to Soccer last week. They roughed it out playing and learning many techniques in the hot weather. Also, Thank-You to Daniel Dupont, Diane Houston, Ian Barkhouse and all the other parents who may have helped

Our Picnic in the Park is scheduled for Wednesday August 9th in the Village Green. Pinnacle Entertainment has once again lined up Rippling River Summer Program with a great early evening of FREE fun and entertainment. This show will include singing, comedy, clowns, games and much more. This is a great community event and something different for the children, so everyone is welcome. Just bring a lawn chair and bug spray, food will be served.

The August long weekend came fast and I hope everyone took full advantage of the great weather and extra time. Hope you had a safe and happy holiday!

We had one late story

writer give us her version of the visiting Dinosaur. Enjoy!

The Lonely Dinosaur

By Shelby Duff

Once upon a time, long ago there was a dinosaur that did not have any friends. He was very lonely. All the dinosaurs wanted to get away from Trex. (Trex is his name and he is a T-trex, that is how he got his name.)

A meat eater. Everyone is scared of Trex and ran away from him. After everyone was gone, Trex took out his fake sharp fangs because that was what was scaring everyone he thought. And they were always running away. After he did this he made lots and lots of friends and lived happily ever after.

Tips On Cooking When You're Too Tired To Think!



Summer is a busy time for most, it's hot, you're tired and the kids are hungry. It's nice to have a few simple recipes, and food on hand for emergencies when you just don't have the energy for cooking.

Food doesn't have to be made from fresh ingredients only, to be healthy. Dried, canned and frozen ingredients form the basis of lots of nutritious fast meals.

Easy 4 - Food Group Recipes

CRAFTY QUESADILLAS: Spread salsa and sprinkle leftover chicken and grated cheese between 2 tortillas and grill, broil or pan heat until hot. Cut in sections

and serve with vegetable salad on the side.

SUPER SUPPER: Add frozen mixed vegetables and canned red kidney beans to canned minestrone soup and heat. Best with bread and cheese. Dessert - milk pudding and fruit pieces.

ORIENTAL SAUTÉ: Sauté or stir-fry frozen vegetables. Add canned chicken, cooked rice and heat. Season with Soya sauce and enjoy! For dessert - fig cookies and milk.

LUCIOUS PASTA: Sauté peppers, onions and garlic in some olive oil. Toss in cooked frozen shrimp. Add to hot, cooked pasta. Cover generously with finely crumbled or

grated Feta. Fruit for dessert.

FAST FEAST: Broiled pork chops, steamed broccoli, baby carrots, lemon rice (add squirt of lemon juice to cooked rice). Dessert - angel food cake with apple sauce and yogurt.

What's Happening?

Wings of Power is holding a Sewing Circle on Wednesday and Friday mornings. If you are interested in making a quilt and have some extra time please come and join us. No materials are required at this time. Everyone is welcome.

Wings of Power is hosting a babysitter training course August 22 - 24 from 10:30 - 12:00 and 1:30 - 3:30 PM each day. The course is for children age 12 and over. If you are interested in attending please call 367-9641 in advance as there is limited enrollment.

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Can you identify your great grandfather?

PINE CREEK 1938

by George T. Lalor

Before 1949 when the back-up from the Powerview Hydroelectric dam washed it out of existence, Pine Creek was a picturesque little stream. It's sepia colored water rushed and tumbled down a jackpine ridge to join the mighty Winnipeg just below that river's last great cataract...Pine Falls.

It was to this creek the red-finned suckers came to spawn each Spring...so numerous at times, their slippery bodies clogged the pools or forced their fellows from the water in their battle to ascend the

stream.

Also in those early days Pine Creek became the focus of an annual spring event the teenage boys from Pine Falls and enviroment called "FISHERAMA."

Some Sunday afternoon when nature deemed the timing to be right, a fleet of canoes set off from Pine Falls or vicinity, packed like sardines in the crafts' hulls a gang of boys who ranged from twelve to fifteen years of age.

No one, including their parents really knew what the youngsters had in mind... except perhaps their leader and

sunday school teacher, Johnny Campbell who had a way of turning a blind eye.

The fleet of canoes would pass Gordon's Point and climb the river's current, landing when it reached the confluence of Pine Creek and The Winnipeg. Here, in what was then the privacy of a wood-

land wilderness, the young canoemen shed their clothing... all of it... and joined the red-finned suckers in the swollen creek.

Fisherama usually lasted throughout the day, ending only when sunset announced that it was time to go home and face a mother's question-

ing as to why her pride and joy had about him the unmistakable aroma of raw fish... And fisherama was no event for weaklings. Being clobbered over the head or whacked in the mush with a four pound sucker was an unforgettable experience.

Powerview's 50th anniversary

The Village of Powerview will be celebrating its fiftieth anniversary in the new year. The village was incorporated January 1, 1951.

The Winnipeg River Echo

hopes to carry historical articles or photographs dealing with the history of Powerview every week until its anniversary. We will accept anecdotes and historical photos.



Pine Creek 1938 - young men, twelve to fifteen years old, participated in the annual spring event, Fisherama.

Village of Powerview Council meeting minutes of 1951

Minutes of January 2, 1951

Minutes of the first meeting of the council of the Village of Powerview, held in Lenard School, on Tuesday January 2, 1951. meeting declared open by the new mayor taking the chair. Present: Mayor: H. J. Parent, Councillors: Present: H. Richardson, L. Clement, S. Lazaruk

Absent: Louis Martin.

New Mayor and three councillors sworn into office. Them of office for Councillors drawn by lot, as follows: H. Richardson and S. Lazaruk - Two year term. L. Clement and L. Martin - One year term. Resolved that Mr. L. Clement act as Deputy Mayor for the first quarterly term. Moved by: S. Lazaruk Second by: H. Richardson Carried. Rules and regulations of the Municipal Act discussed by members of the council. Resolved that the regular monthly meetings of the council be held at Lenard School or any other convenient place, on the first Tues-

day of each month during 1951. Moved by: S. Lazaruk Second by: L. Clement Carried. Resolved that the remuneration of each councillor shall be \$3.00 per meeting, and for 15 meetings in one year term. Moved by: H. Richardson Second by: L. Clement. Carried. Moved that the remuneration for Mayor shall be according to the rate of the Municipal Act. as paid by villages. Moved by: S. Lazaruk Second by: L. Clement Carried. Moved that we engage the service of J.F. Turcotte as Secretary-Treasurer at a salary of \$900.00 per year. Moved by: L. Clement Second by: H. Richardson Carried. Secretary-Treasurer sworn into office. Moved that the Council pay J. F. Turcotte the sum of \$5.00 per month for the use of his office equipment. Moved by: H. Richardson Second by: S. Lazaruk Carried. Moved that all the Village business be transacted through the Royal Bank of

Canada, at Pine Falls, Manitoba. Moved by: H. Richardson Second by: S. Lazaruk Carried. Moved that we subscribe to the Manitoba Gazette. Moved by: S. Lazaruk Second by: L. Clement Carried. Moved that the Secretary writes to the Provincial Municipal Assessor regarding the appointment of an Assessor and Tax Collector for 1951, and also invite Mr. Chappall to on of our meetings. Moved by: L. Clement Second by: S. Lazaruk Carried. Moved that the Secretary Communicate with Dr. Bissett in view of getting his service as Health Officer for Powerview. Moved by: S. Lazaruk Second by: H. Richardson Carried. Moved that the Secretary inquire and make arrangements for Police protection for the Village Moved by: H. Richardson Second by: S. Lazaruk Carried. Moved that a deduction of 5% be made from the Secretary-Treasurer salary for re-

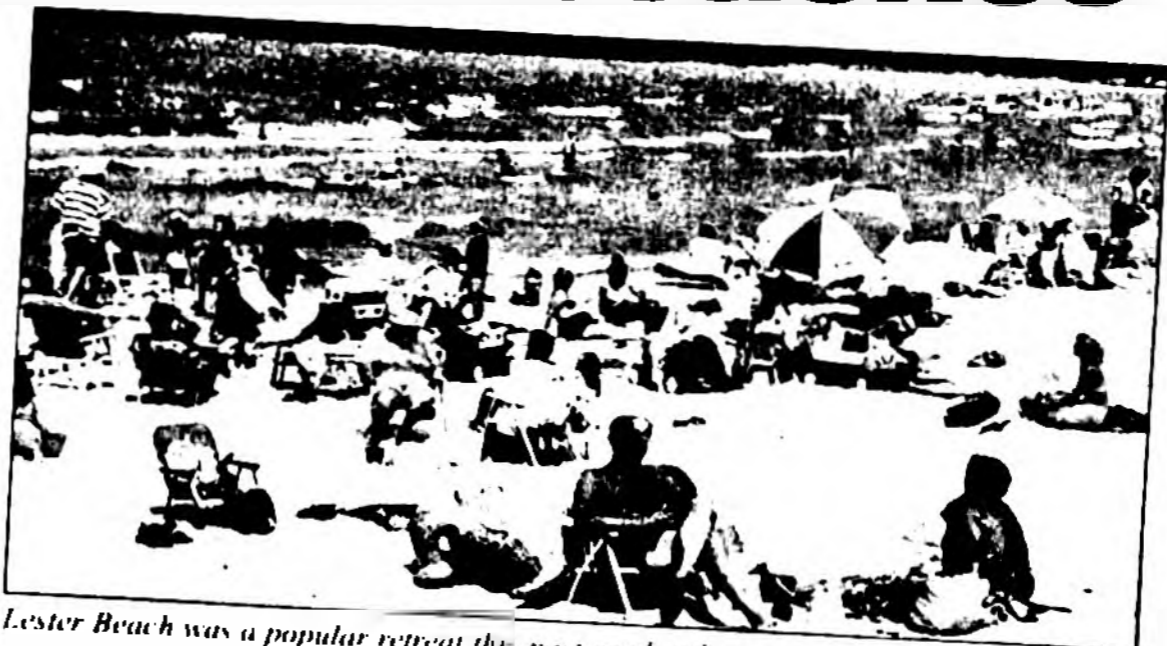
tirement fund according to regulations under the Municipal Act. Moved by: H. Richardson Second by: L. Clement Carried. Moved that the Secretary writes to the C.N.R. Company in connection with the Assessment Appeal vs the Village of Powerview, order S.A 1-50 dated 13th December 1950. Also find out if they are prepared to rebuild the road along the track, expropriated by the Railway, and also inquire regarding if a spur track could now be built for servicing business people in Powerview. Moved by: S. Lazaruk Second by: H. Richardson Carried. Moved that we notify the Secretary of Lenard School No. 1911 to forward their estimate of levy for 1951. Also arrange for the election of a Board of New Trustees under Section 164 of the School Act. Moved by: L. Clement Second by: S. Lazaruk Carried. Moved that the Secretary inquire De-

the Village of Powerview. Moved by: S. Lazaruk Second by: H. Richardson Carried. Moved that the Secretary get four copies of the "Municipal Act" for the new Council. Moved by: H. Richardson Second by: S. Lazaruk Carried. Moved that the Secretary-Treasurer get all the necessary supplies and stationery for the operation of the Village office. Moved by: H. Richardson Second by: L. Clement. Carried. Moved that the Secretary arrange to have speed limit metal signs for the school area, and stop signs for street intersections. Moved by: S. Lazaruk Second by: H. Richardson. Carried. Move that we inquire from the Springfield Leader to have the minutes of our Council printed in that paper. Moved by: L. Clement Second by: H. Richardson Carried. Moved that we adjourn until next meeting. Moved by: H. Richardson Second by: L. Clement. Carried.

Long weekend crowds beaches



Down by the boardwalk at Grand Beach August long weekend



Lester Beach was a popular retreat this past weekend

Sun seekers flood to the Beaches for the long weekend

by Charles Norman
Gorgeous weather attracted all sorts of sun seekers to the beaches on the East Side of Lake Winnipeg this past weekend.

At Grand Beach you couldn't see the sand for people and Lester

Beach was packed solid. Hillside Beach was busier than ever, with cars parked all the way to Hillside Beach Road. Parking lots were full while people swarmed Victoria Beach.

Highway 59 was busy the day before the long weekend as vehicles began to bring loads of people to their cottages Thursday evening. Traffic steadily increased throughout Friday and Saturday and countless day-trippers jammed the beaches of Grand Beach Provincial Park all weekend.



Large crowds of people flooded Grand Beach for a day of fun in the sun



Many sun seekers enjoyed beach volleyball at Lester Beach



Children enjoyed the waves and cooled down at Victoria Beach

RCMP report

the health centre for treatment.

A report was received from an Oakbank resident of the theft of a Scotty Cameron putter at the Pinawa Gold Course.

A report was received from a resident of Lac du Bonnet of receiving a threatening telephone call at the residence.

A report was received of a pickup truck speeding in Pinawa with a group of individuals in the back.

A report was received from a resident of Pinawa of plants being stolen from a yard and shrubs being killed.

A report was received of vehicles speeding through the 50 km per hour zone on PR 315 at Poplar Bay. Increased radar enforcement to be carried out.

August 1

A report was received of an underage female going into the yard of a residence on Lake Avenue and removing some seashells from flower beds.

A report was received of

an entry to a boat house at a residence on Edward Crescent and theft of a personal water craft, which was subsequently recovered floating beside a dock along the Riverland Road.

A report was received of an older red Mustang speeding on PR 313, forcing an oncoming vehicle to swerve to avoid a collision. No licence plate was available.

A report was received of underage drivers operating dirt bike and ATVs illegally in the Poplar Bay area.

August 2

A report was received of a hanging flower basket having been stolen from a pole along PR 502.

A report was received of an intoxicated adult male apparently going to drive away a licenced premises. Police maintained surveillance on the vehicle, but the subject did not drive.

August 3

A report was received of a noisy party at a residence in Pinawa. Police were responding to the call when advised that the party had shut down.

A report was received of a

group causing a disturbance at the town dock. Police attended and found several adult males present, who were sent on their way.

A request was received from the Health Sciences Centre to locate a subject at a cottage in the RM of Alexander and pass on information with respect to an urgent medical appointment. The subject was located and the information passed on.

A report was received from a business in Lac du Bonnet having received an NSF cheque from an out-of-town subject.

Pineview Slo-pitch play-offs

The five top teams in the Pineview Mixed Slow-pitch League have now completed a round robin and the Slammers have been eliminated, leaving the first place Powerview Fire and fourth place Poppers set to play a best of five series beginning Tuesday, August 8 at 6:00 p.m. and 7:15 p.m. Thursday August 10 at Rupert Park. The second place Whipmasters will play third place Muskrats in a best of five series beginning 7:15 p.m. Tuesday August 8 and 6:00 p.m. Thursday August 10 at Rupert Park. All rosters must be turned in to league president before the start of game one.

At present, B side has not yet eliminated any team, as the round robin has not yet been completed. The Mohawks have played and

won all five games, so they are in, as are the Diehards who have won three out of five. The Pistols have won two of five and could be in, if the Diamond Heads win both games Wednesday, August 9 at Rupert against the 5 Star Shooters at 6:00 p.m. and then Out of the Blue at 7:15 p.m.

A Diamond Head win and a loss, or two losses would leave three teams tied at four points. If that happens the three teams tied will play Thursday August 10 at the Industrial Diamond. The B side semifinals begin Wednesday August 9, 6:00 p.m. at the Industrial Diamond with the Diehards taking on the Mohawks in a best of five series, the teams will play game two on Monday, August 14, 6:00 p.m. at the Industrial Diamond.

Pineview Slo-pitch Standings

| TEAM | G | W | L | Pts |
|-----------------|----|----|----|-----|
| Powerview Fire | 16 | 15 | 1 | 30 |
| Whipmasters | 16 | 13 | 3 | 26 |
| Muskrats | 16 | 12 | 4 | 24 |
| Poppers | 16 | 9 | 7 | 18 |
| Slammers | 16 | 8 | 8 | 16 |
| Diehards | 16 | 7 | 9 | 14 |
| Diamond Heads | 16 | 7 | 9 | 14 |
| Pistols | 16 | 6 | 10 | 12 |
| 5 Star Shooters | 16 | 6 | 10 | 12 |
| Out of the Blue | 16 | 6 | 10 | 12 |
| Mohawks | 16 | 6 | 10 | 12 |



Videos OF THE WEEK

Brought to you by the Pop and Movie Shop

Romeo Must Die (4 Bottles)

Starring Jet Li and Aaliyah. Jet Li is a one man Matrix. Romeo Must Die has the wildest action scenes since The Matrix.

Drowning Mona (3 Bottles)

Starring Danny Devito, Bette Midler, Jamie Lee Curtis and Neve Campbell. It's an off beat comedy about who wanted to see Mona Dearly Dead. Take a number.

Out next week

Buzz Lightyear Star Command
Reindeer Games

Community Youth Committee

History

In the fall of 1998 the youth and adults in the Pine Falls, Powerview, Sagkeeng and St. Georges/Silver Falls area were touched by a number of tragedies. A series of suicides, as well as some losses as a result of debilitating diseases, had a profound impact on many residents of our community.

During this difficult time, a group of students from Powerview School and resource people from a variety of services began to meet to discuss the needs of youth in our community. The students administered a survey to their fellow students to ascertain what resources they needed. Workshops on suicide were held for students and for community members, three general community meetings were held, the community was flooded with crisis resource information, and three youth forums were held at Powerview School. These youth forums were voluntary and each time approximately 50 students attended to give their opinions on what would be helpful for youth in our community.

Issues Identified by Youth

Powerview students identified the following issues that they believed were impacting on their lives and affecting them in a negative manner: Lack of safety for youth in the community, Drugs and alcohol issues of both youth and their parents, Stress, Family breakups, Gossip in the community, Communication problems, Boredom, Sexual activity

Existing Community Resources

There are very few resources in our community for youth. This lack of resources contributes to each of the issues identified by the students.

Our community has no youth center or recreation worker.

Youth were unable to identify formal resources targeted at helping them. This is not surprising, given the lack of resources in the area. There is a Mental Health Worker for children, however he covers an ex-

remely large area and is only in the community one day per week. Child and Family Services in the area is covered by four different agencies, making for confusion on who services whom. Addiction Foundation of Manitoba has a worker based in Beausejour who does not spend time in the community on a regular basis. There are no private family therapists or counsellors in the community. Wings of Power's target group are younger children and their families.

Plan Formulated by Youth

The students brainstormed a number of concrete ways to help themselves and others with the identified issues. Some of their ideas were:

To establish a Youth Center in the community to offer both programs to address wellness/healing and recreational programs. This would be a safe environment, with programs driven by youth and supported by adults.

The Youth Center would offer alternatives for recreation. The students see a lack of recreational options in the community for those who are not involved in sports.

Education through workshops, sharing circles, and speakers with "real life experiences" for students on where to go if they need help, how to help each other, strategies to cope with stress, communication skills, making choices, sexuality, grieving, and the warning signs of suicide. The students believe that parents and younger students should be offered similar experiences.

The students would like to see more substance abuse treatment offered in the community.

The students would like to see a health advisor available in the school for confidential consultation with students.

The Youth Committee

Out of the group of people attending the youth forums, a number of students and adults from the community were identified to form a committee to help put some of these solutions into place. This

Committee has struggled with some of the issues in running community boards, such as adult withdrawing from the committee due to job changes, etc. Since the fall of 1999, the Youth Committee has achieved stable membership. Members include a group of students from Powerview School, the principal of Powerview School, two Child and Family Services workers from Eastman Region, the Youth Outreach Worker, and a parent. The newest members are the local Public Health Nurse and an RCMP officer. The counsellor at Powerview School has agreed to be our advisor.

Youth Night

Youth Night is an extremely important part of the Youth Committee's work. Since November 1999 Youth Night has run on Thursday evenings from 7:00 to 10:00 pm at Pine Falls School. This location is ideal as the youth can utilize the gym and the coffee room that has a refrigerator for drinks and a phone. The youth were enthusiastic about holding Youth Nights in a different location from their own school.

Youth Night is supervised by a number of adult community volunteers and the students themselves. There is no structure or planned activities on Youth Night; the youth are free to drop in and do whatever they want. There are often discussions in the coffee room, and basketball, volleyball, or wrestling in the gym. On a number of occasions a local band has provided entertainment. There are usually between 40 and 60 youth at Youth Night.

Youth Outreach Worker

One of the ways Child and Family Services, Eastman Region was able to assist in this initiative was in providing funding for a Youth Outreach Worker to work two days per week with the youth.

The Youth Outreach Worker's job includes: outreach/ support to youth experiencing difficulties and referral to appropriate resources, assisting the Youth Committee in setting up workshops/sharing circles/speakers for youth, supporting

See YOUTH/page 19

Ode to a lifeguard Recreation Ramblings

by Robln Atlas, Special Events Coordinator
Winnipeg River Recreation District

I think I may have had a little too much sun these past few gorgeous days, so bear with me on this one!

How brave, how valiant, how fully qualified
Are those who sit and watch the water, the turning of the tide.

Those mortal souls who seek to save the helpless and the drowned

Whose employers are usually a pool, RM or town.
Yes, the lifeguards in their glory are quite an awesome sight,

Working through rain, fog, beating sun or even overnight, Dealing with rowdy children, irate parents and injuries galore,

They take it all with few complaints - and still come back for more!

How I long for such strength of character, such desire and such skill,

As those who've taken so many courses you'd think they'd now be ill.

Water Safety Instructor, C.P.R., First Aid and Bronze Cross, Lifesavings Instructor, and National Lifeguard (for those

stones who gather no moss).
O lifeguarding is a difficult task, but one to which you can aspire:

Courses are available and employers always want to hire. But regardless of your desires, all lifeguards deserve our praises,

They work so hard year-round to make sure you have safe water days!

Yep, definitely too much sun! But I do have great respect for all people who chose the job of lifeguard - it's not an easy one!

ECHOES FROM THE **Heart**

Attitude, After All, Is Everything

Jerry is the kind of guy you love to hate. He is always in a good mood and always has something positive to say. When someone would ask him how he was doing, he would reply, "If I were any better, I would be twins!"

He was a unique manager because he had several waiters who had followed him around from restaurant to restaurant. The reason the waiters followed Jerry was because of his attitude. He was a natural motivator. If an employee was having a bad day, Jerry was there telling the employee how to look on the positive side of the situation. Seeing this style really made me curious, so one day I went up to Jerry and asked him, "I don't get it! You can't be a positive person all of the time. How do you do it?"

Jerry replied, "Each morning I wake up and say to

myself, Jerry, you have two choices today. You can choose to be in a good mood or you can choose to be in a bad mood. I choose to be in a good mood. Each time something bad happens, I can choose to be a victim or I can choose to learn from it. I choose to learn from it. Every time someone comes to me complaining, I can choose to accept their complaining or I can point out the positive side of life. I choose the positive side of life.

"Yeah, right, it's not that easy," I protested.

"Yes it is," Jerry said. "Life is all about choices. When you cut away all the junk, every situation is a choice. You choose how you react to situations. You choose how people will affect your mood. You choose to be in a good mood or bad mood. The bottom line: It's your choice how you live

life."

I reflected on what Jerry said. Soon thereafter, I left the restaurant industry to start my own business. We lost touch, but I often thought about him when I made a choice about life instead of reacting to it.

Several years later, I heard that Jerry did something you are never supposed to do in the restaurant business...he left the back door open one morning and was held up at gun point by three armed robbers. While trying to open the safe, his hand, shaking from nervousness, slipped off the combination. The robbers panicked and shot him. Luckily, Jerry was found relatively quickly and rushed to the local trauma center. After 18 hours of surgery and weeks of intensive care, Jerry was released from the hospital with fragments of the bullets still in

his body.

I saw Jerry about six months after the accident. When I asked him how he was, he replied, "If I were any better, I'd be twins. Wanna see my scars?"

I declined to see his wounds, but did ask him what had gone through his mind as the robbery took place. "The first thing that went through my mind was that I should have locked the back door," Jerry replied. "Then, as I lay on the floor, I remembered that I had two choices: I could choose to live or I could choose to die. I chose to live."

"Weren't you scared? Did you lose consciousness?" I asked.

Jerry continued, "...the paramedics were great. They kept telling me I was going to be fine. But when they wheeled me into the ER and I saw the expres-

sions on the faces of the doctors and nurses, I got really scared. In their eyes, I read 'he's a dead man.' I knew I needed to take action."

"What did you do?" I asked.

"Well, there was a big burly nurse shouting questions at me," said Jerry. "She asked if I was allergic to anything. 'Yes' I replied. The doctors and nurses stopped working as they waited for my reply. I took a deep breath and yelled, 'BULLETS!' Over their laughter, I told them, 'I am choosing to live. Operate on me as if I am alive, not dead'."

Jerry lived thanks to the skill of his doctors, but also because of his amazing attitude. I learned from him that every day we have the choice to live fully. Attitude, after all, is everything.

Summer Programing

Upcoming crafts on August 9 & 10 is based on an alien/space theme and the last craft week is August 16 & 17, will be our Olympic theme. The crafts take place on Wednesdays at 1:00 p.m., for five to seven year olds, and Thursdays for eight year olds and up, also at 1:00 p.m. There is Reading Bingo and weekly draws for kids. This program is free of charge and registration is not required. The winners for the previous weekly draws were Stephanie Murray and Jordan Smith.

Summer Hours

July 4th to August 26th:
Tuesdays: 10:00 - 5:00 p.m.
Wednesdays/Thursdays: 12:00 - 8:00 p.m.
Fridays: 11:00 - 5:00 p.m.
Saturdays: 10:00 - 4:00 p.m.

New Paperback Fiction

A few of the newest additions include: *Chains of Command* by William J. Caunitz; *Devil's Embrace* by Catherine Coulter; *Cuba* by Stephen Coonts; *Siberian Light* by Robin White; *Private Scandals* by Nora Roberts; and *Keep Me Close* by Clare Francis.

New Hardcover Fiction

New hardcover fiction books that have been added to our collection are: *Purple Cone Road* by James Lee Burke; *Nora, Nora* by Anne Rivers Siddons; and *Hands of a Stranger* by Robert Daley.

New Non-Fiction

Tole-Painted Outdoor Projects by Areta Bingham; *Aboriginal Plant Use in Cana-*

da's Northwest Boreal Forest; and *Building Great Sheds*; and *Creative Ideas and Easy Instruction*.

Don't forget to take advantage of our Summertime special!

Special membership offer to residents outside the R.M. of Alexander! The purchase of a two month membership, entitles you and your immediate family to use the library's collection of books, magazines, cassettes, videos, CDs, CD-



ROMs, and other items. At the end of the summer, if you wish to continue as a member of Library Allard, this amount would be subtracted from the regular non-resident fee.



An arm and a leg?! Just kidding!

Last Friday's gas prices at Woody's... this week 61.9. A sense of humor helps cope with the frustration of fuel prices.



WAG

CANADA
LEASING

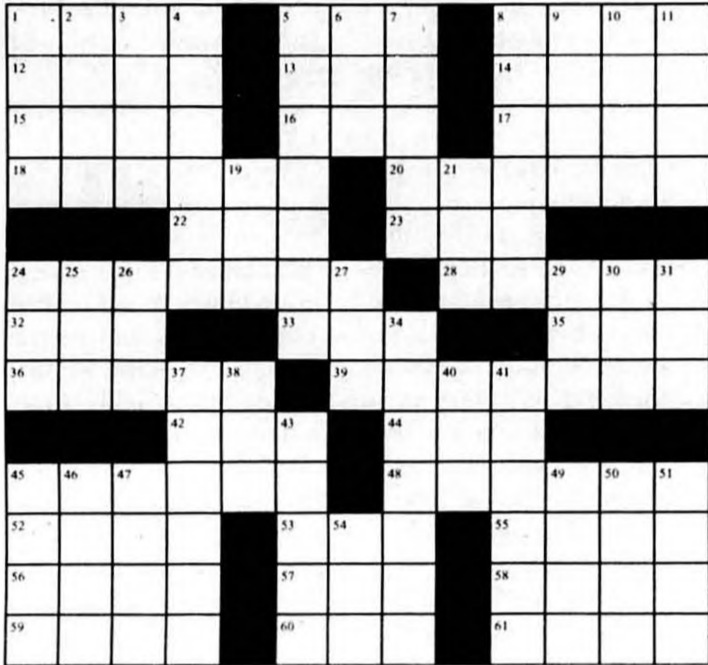
The Automotive Leasing Professionals

1998 Cavalier Z24

Just off lease - A Sporty Red Coupe is available to view weekends in Lac du Bonnet. 2.4L, 55PD, with AM/FM CD, Air, Tilt, Cruise, Power Windows and Locks. Purchase for \$12,900 or lease for \$249/mo Call WAG Canada 989-5722 or weekends at 345-2868

Winnipeg River Echo Weekly Crossword

Big Johns



ACROSS

- 1. Sometimes smelled?
- 5. Uncooked
- 8. Shoemaker
- 12. Doozer
- 13. Palm leaf paper

- 14. Cavalryman
- 15. A kind of knot
- 16. Big department store
- 17. Visa, e.g.
- 18. To do list
- 20. Perfect game feature

22. Ever (poetic)

23. NHL-er Tikkanen, for one

24. Spy's quest

28. Sibling

32. Macaws

33. Bawl

35. Goop

36. Film star John

39. Peregrinations

42. Over (poetic)

44. Bar supply

45. Early Canadian statesman John

48. A king of cloud

52. Nut

53. Large deer

55. Short letter

56. Unemployed

57. Female deer

58. Arab oil org.

59. Plant

60. Sol

61. Robin's retreat

John

5. Ontario Premier John

6. ___mode

7. Comedian John

8. Governor General John

9. Jai ___

10. Pastry

11. Partner of ifs and buts

19. D

21. Chemical suffix

24. Pouch

25. Epoch

26. Container

27. Drunkard

29. Cure

30. Telephone, for short

31. Urban rail systems

34. Manitoba Premier John

37. Moored

38. Yeoman, for short

40. World champion, once

41. Actor John

43. Slough plants

45. Boards?

46. Daughters of the Empire org.

47. A kind of spy

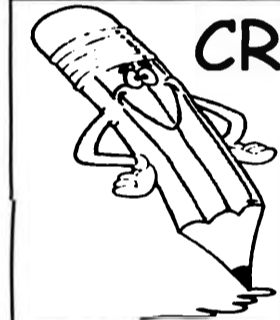
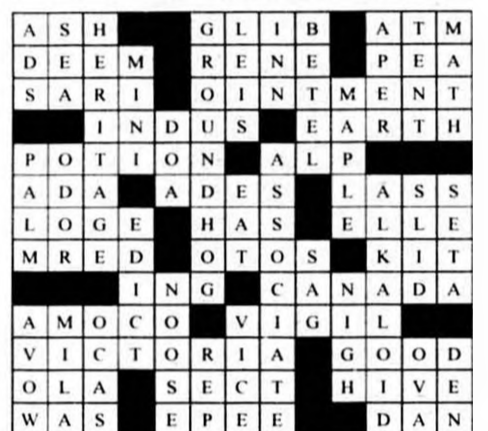
49. Hangman's concern

50. Plains Indians

51. Faction

54. Louise, to her pals

LAST WEEK'S ANSWERS



CRYPTIC PUZZLE

XBV BXZC WD VFQQQ XB PBH, RJV VGC
 SWXHWXK T LZJNRQG BX DJXHTC.
 - MBBHC TZZQX

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
 THE DIFFERENCE BETWEEN PORNOGRAPHY AND EROTICA IS LIGHTING.
 - GLORIA LEONARD

WEEKLY HOROSCOPE for the week of August 8th - August 14th

ARIES March 21 - April



Private time is important this week. Make a date with your spouse or partner for some adult time. Try to be more disciplined when it comes to setting personal health routines. A modern dance or ballet class is worth a try.

TAURUS April 20 - May 2



Take a step back and think. Is this the direction you really want to pursue? If so, go for it. Any doubts you have will be proven false. Your intuition is right. Familiarity breeds contentment in a relationship.

GEMINI May 21 - June 20



Beginning a new project at home has you excited. Adhere tightly to the schedule, or it may be costly. Breathe deeply when confronted by an adversary. His/her bark is worse than the bite. Staying cool could score points with the boss.

CANCER June 21 - July 22



That quick comeback at the office may have first been thought of as funny. Now it may come back to haunt you. Apologize. Take control of your own destiny. Romance is looking for you.

LEO July 23 - Aug. 22



Work and home life may become a battlefield. Pick only one fight to champion. The effort you make at remaining in control could be rewarded in the long run. Be honest with yourself and end a negative relationship.

VIRGO August 23 - September 22



Something you depend on daily needs prompt attention. Take a break and schedule a doctor's appointment. A warm smile and sense of humor help keep you on track this week. Motivational books or tapes could help you see the bigger picture.

LIBRA Sept. 23 - Oct. 22



Try to keep emotions in check this week if you have just begun a new relationship. Too much contact may be smothering. Your career is invigorating. You thrive on positive feedback. Don't forget the people that helped you along the way.

SCORPIO Oct. 23 - Nov. 21



People are noticing a new you. You approach every new task energized, positive and motivated. Take time during the weekend to satisfy your own personal needs, wants and wishes. A huckster may try to take advantage of your generous nature.

SAGITTARIUS Nov. 22 - Dec. 21



Add drama to your everyday life with things as simple as makeup or jewelry. The change may uplift your attitude. Make time to spend with a friend who has always been there for you. He/she really needs a shoulder to cry on.

CAPRICORN Dec. 22 - Jan. 19



Be prepared for a potentially dangerous situation. If you're thinking about making a life or career change, start poring over college catalogs. This may be the best time for you to go back to school. Rekindle dormant dreams.

AQUARIUS Jan. 20 - Feb. 18



Don't give up on the new project at work even though it got off to a rocky start. Working hard and being responsible will help you stand out in the crowd. Your charisma could even win over the most stubborn critic.

PISCES Feb. 19 - March 20



Stop operating out of fear! You have the knowledge and ability to turn a potential conflict into a celebration. Break away from the tendency to worry and fret about details. Slow and steady will help you win the race.

ALL THE RIGHT Stuff

Dear Ms Know-it-all:

I hate eating out! I'm never sure if I'm using the salad fork for my dessert or if it's my bread plate to the left or to the right. Can you give me some quick tips on table manners to save me from myself?

- Unsure Diner

Dear Unsure Diner:

It would be my pleasure.

- * During the meal, keep both feet flat on the floor, or cross your feet at the ankles. Keep your shoes on!
- * You may rest your hands up to your forearms on the table, but don't prop your elbows on the table.
- * Sit up straight on at least three-quarters of your chair - away from the back of your chair. This way, you shouldn't have to bend over your food.
- * In between courses, or anytime you want to rest, place both hands in your lap or place one hand in your lap and the other at the wrist on the edge of the table.
- * Women, never place your handbag on the table or hang it on the back of your chair. If it's small enough, set it in the back of your chair, or set it on the floor slightly under your chair so that no one will trip over it.
- * Don't comb your hair or apply makeup - including lipstick - at the table.
- * After you see the host or guest of honour do so,

place your own napkin gently in your lap. If the napkin is large, fold it in half; if it's a smaller luncheon napkin, open it completely. In more upscale restaurants, your waiter will place your napkin on your lap for you.

- * Remember that liquids are placed to the right above the plate, and solids to the left.
- * Begin eating when you host does. If you're at a banquet or in a group-dining situation, wait until all those around you are served the first course, and then begin to eat together.
- * Start from the outside utensils and work inward with each course.
- * Cut no more than two or three bits of food at a time.
- * Use your napkin only to dab the corners of your mouth.
- * After you finish a course, place your knife and fork side by side in the 4:00 o'clock (sometimes called the 10:20 o'clock) position on the plate, the blade of the knife facing in. Never push your plate or bowl away from you.
- * If you have to leave the table during the meal, politely and quietly excuse yourself, lay your napkin on your chair, and leave without fanfare.
- * When leaving the table at the end of a meal, place your napkin to the left of your plate. You don't have to fold it again, but leave it sitting neatly, with no soiled areas showing.
- * Don't talk too loudly
- * Don't talk or laugh with food in your mouth
- * Don't chew with your mouth open
- * Don't play with your hair or jewellery
- * Don't touch your face or your head.
- * Don't eat too fast or too slow

- * Don't use cell phones and pagers while dining.
- * Watch your posture - don't slouch or take up too much room.
- * Don't tilt back in your chair. Besides looking sloppy, you may break an antique chair - both embarrassing and expensive.
- * Don't fidget.
- * Don't leave your purse, keys, sunglasses or eyeglasses on the table.
- * Don't blow on your food to cool it.
- * Don't dunk your crackers or cookies in soup or drinks.
- * Don't play tunes with the silverware and wine-glasses.
- * Don't pick your teeth.
- * Don't reach across the table for food. Ask to have it passed to you.
- * Don't use your own eating utensils to serve yourself from a main eating dish. If there isn't a serving spoon, ask for one.
- * Never put food directly from a serving dish into your mouth.
- * Don't help yourself first when asked to pass a dish of food, sugar or even the salt and pepper, unless the person you are passing it to suggests that you do.
- * Don't ask for a second helping. Sometimes there may not be any more. However, if seconds are offered, you may take some. Seconds are never offered at a formal dinner, except for water and wine.
- * Don't lean over the plate and shovel in the food. Lift the fork or spoon to your mouth.
- * NEVER use your fingers to push food onto your fork or spoon. If a pea or carrot is determined to escape, you must admit defeat.



SEEK AND FIND

FIND THESE WORDS IN THE PUZZLE BELOW.

- | | | |
|-----------|--------|-----------|
| BABOON | BEAR | BOA |
| BADGER | BEAVER | BOAR |
| BARRACUDA | BIRD | BULLFROG |
| BAT | BISON | BUTTERFLY |

THE WORDS READ UP, DOWN AND ACROSS.

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

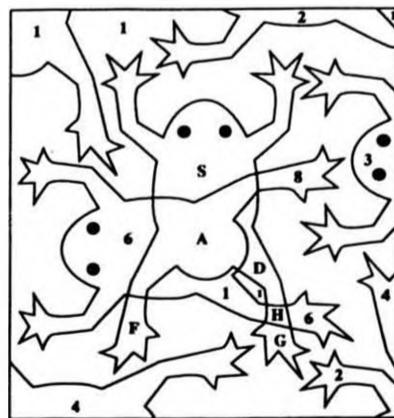
FIND THE TWINS

WHICH TWO ARE EXACTLY ALIKE?



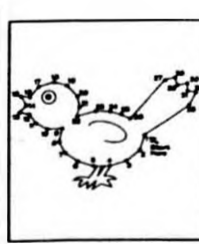
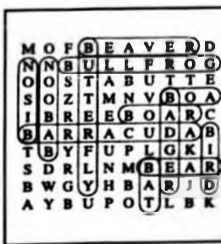
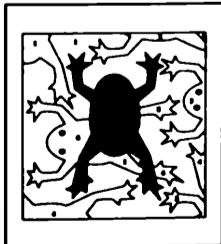
ONLY ON THE ECHO

HIDDEN PICTURE

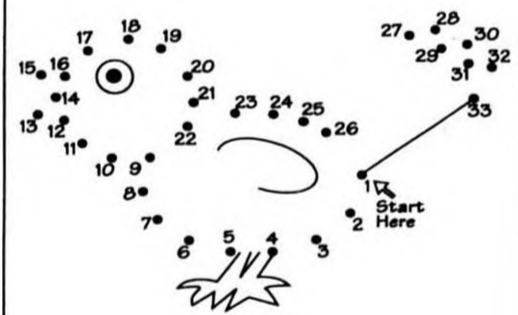


Color in each space that contains a letter.

Answers



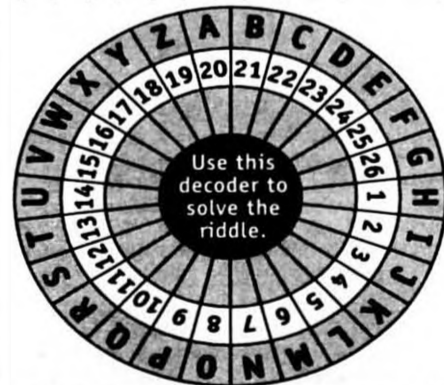
Connect the dots



SECRET CODE

Why did the cat go to medical school?

| | | | | | | | | | | |
|----|---|----|----|----|----|---|----|----|---|----|
| 13 | 8 | 21 | 24 | 22 | 8 | 6 | 24 | 20 | | |
| 25 | 2 | 11 | 12 | 13 | 20 | 2 | 23 | 4 | 2 | 13 |



Echo Classifieds

Echo Classified Deadline
3:00 p.m. Friday

RURAL MUNICIPALITY OF ALEXANDER
EMPLOYMENT OPPORTUNITY
CLERK / RECEPTIONIST

The council of the Rural Municipality of Alexander will receive written applications for the position of Clerk/Receptionist. Reporting to the Chief Administrative Officer, the Clerk Receptionist will be responsible for performing a variety of general office functions and duties. The successful candidate must have excellent communication and organizational skills. Proficiency in the use of Microsoft Computer Software Applications is also required.

This is a full-time position with a 35-hour work week Monday to Friday. Rate of pay will depend on qualifications and experience.

Written applications and resume may be sent to:

Rose-Marie Blanchette, Chief Administrative Officer
 Rural Municipality of Alexander
 Box 100, St. Georges, Manitoba R0E 1V0

Application closing date is Monday, August 14, 2000 at 4:30 p.m.

We thank all applicants, but advise that only those applicants selected for an interview will be contacted.

Agassiz School
Division No. 13

Applications are invited for Comptroller position to begin August 28, 2000. The applicant must be a minimum third level CGA or CMA student and have accounting experience using spreadsheets, word processing and database accounting packages. The successful candidate will be a self-starter and able to work well on their own. Salary dependent on qualifications.

Resumes stating qualifications, experience, references and salary expectations should be submitted by 4:30 p.m., August 14, 2000 to:



Angela Monshenko-Hanson, CGA
 Secretary Treasurer
 Agassiz School Division No. 13
 Box 1206, Beausejour, MB R0E 0C0
 Phone 204-268-6514 Fax 204-345-4149



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146 OAK STREET WEST, Lac du Bonnet - Please take the time to stop by and view this wonderful home. This modern energy efficient bungalow features a bright open floor plan with oak kitchen and trim, large pantry, breakfast nook, garden doors to large deck, master bedroom w/ 3 pce. ensuite, finished basement w/ extra bedroom and bath, oversized attached garage, paved drive and beautifully landscaped, private lot. Have a look - you will be glad you did. **Your Host - Reg Black**

Please call for information on these and other properties for sale in Northeastern Manitoba. New listings are coming in all the time! We'll help you find the property you are dreaming of.

Books

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

For Sale

Lot for sale - at Centennial Place, 213 x 150, call Ritch Nally 345-6655.

'96 Chevy S-10 ext. cab, 4 cyl, 5 spd., air, box liner, am/fm cass., new brakes, new safety, 89,000 lady driven km, asking \$10,500 OBO, call 204-837-6639.

For Rent

House for rent - 1 in Pine Falls, 1 in Powerview. 2 bdms, fridge and stove, more information please call Bob 367-8238 or Norm 367-8232.

Custom Combining

1991 - 1680 Case - with specialty rotor, Petersen sieve and straight cut header available, call Nick 345-2244.

Employment

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

Food & Beverage Server - full and part time food and beverage server position open. Apply at Manitou Lodge. Positions start August 21.

Grill Line Cook - full and part time grill line cook position open. Must have experience. Apply at Manitou Lodge. Positions start August 21.

Birthday

Happy 60th Birthday Norm!

Hard to believe that 60 years have passed from this little boy to a retired party animal!



Norm Rimmer 1940 - 2000



Echo Classifieds

For Sale - For Rent - Help Wanted - Yard Sales
 Birthdays - Anniversaries - Birth Announcements
ONLY \$4.50 PER WEEK

Call The Echo 345-9896 or 367-9468

Macdonald Youth Services

Currently hiring respite/support workers in the Lac du Bonnet area for the alternative parent home program (APH).

The APH program is designed to meet needs of children living in treatment based foster homes. Respite/support workers must work effectively as part of our team.

All employees must have a desire to work with teenage boys, be able to work flexible hours, have criminal and child abuse registry checks done and must hand in drivers' abstracts.

Interested candidates should apply in writing to:

Box 1948, Lac du Bonnet, MB R0E 1A0

Please call 345-3919 between 10:00 a.m. and 4:00 p.m. for more information.



GREAT FALLS WINNIPEG RIVER WATERFRONT - Spacious 1500 sq. ft., 1 1/2 storey, 3 bdrm., w/ walk-out basement on a beautiful 1.17 acre private, treed lot. Needs some finishing. 20 x 28 ft. garage. Priced well below replacement at 89,500.

3 BDRM. BUNGALOW - 985 sq. ft. 3 bdrm. bungalow on 1.25 acres on Highway 502, east of Lac du Bonnet

MOBILE HOME - 14 x 76 ft mobile home, situated on a two acre lot, four files from Lac du Bonnet, off Highway 11.

SUNSET BAY - Year round 1 1/2 storey, 3 bdrm. home, w/ full finished basement, on 1 acre lot. 24 x 30 ft. garage w/ heated workshop and single garage. Shared private dock on the Lee River. A-1 condition.

AUGLEN PARK - Year round 1296 sq. ft. bungalow, on large landscaped lot.

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Anniversaries

Happy 50th Anniversary

Mom & Dad
 August 3, 1950 - 2000



Love always,
 The Kids xoxoxo

Golden Wedding Anniversary

Aurel and Claire Nault
 October 14, 1950-2000

Congratulations Mom and Dad on your 50th wedding anniversary. Thank you for all the years of love and support. Best wishes for love, health and happiness in the future.



Everyone is welcome to attend an open house tea in their honor
SUNDAY, AUGUST 13, 2000
 1:00 to 4:30 p.m.
 Golden Leisure Club
 Pine Falls

Keep foods safe during barbecue season

Marilyn Zarecki, Home Economist Manitoba Agriculture, Beausejour, 268-6015

At this time of year, cooking for family and friends is always fun, but consumers must be sure to help protect against food borne illnesses. I just had a family member suffer from food poisoning - not fun when you are on vacation!

"Safe food handling practices are important year-

round," says Robert de Valk, Private Sector Co-Chair. "However, when barbecuing, consumers need to be extra careful about cooking food thoroughly, and avoiding cross-contamination."

To help keep foods safe from bacteria when barbecuing, follow these four simple steps:

CLEAN: Wash hands thoroughly with hot soapy water before and after handling food - especially after

handling raw meat, poultry and fish. Wash and sanitize cooking utensils and surfaces that come in contact with food.

COOK: Ensure the barbeque is pre-heated before starting to cook; if you're using a charcoal barbeque use enough charcoal and make sure it is glowing red before starting to cook. Be sure the barbeque is not over-heated, as this can result in the outside of the food starting to

burn before the inside is cooked. Use a thermometer to ensure that meats, poultry and fish are cooked to the appropriate temperature.

CHILL: Keep meat, poultry, fish, salads and perishable foods in the refrigerator until you are ready to use them; if food is being stored in a cooler, pack the cooler with ice or freezer packs.

SEPARATE: Don't forget to use separate utensils and plates for raw and cooked foods and keep them separated. Keep serving bowls covered and store leftovers in separate shallow covered containers in the refrigerator and eat them within four days.

Please visit the Partnership's web site at www.canfightbac.org.

Youth Committee

continued from page 15

the Public Health Nurse in Powerview School, and assisting the Youth Committee in running Youth Night.

The Youth Outreach Worker position has been employed since November 1999. In a typical month she sees from 15 to 20 youth to listen to their difficulties, and help them work out possible solutions. This sometimes includes contact with parents, school personal, peers, or more formal helping resources. The Outreach Worker attends all Youth Nights to be available if someone needs to talk.

Workshops

There are currently two ongoing groups running at Powerview School. The Grief and Loss Group is facilitated by the coordinator of the Canadian Mental Health Association of Eastman and the Youth Outreach Worker. The Teen Parenting Group is facilitated by the Youth Outreach Worker with assistance from the Public Health Nurse.

In May, a two-day workshop on Suicide Prevention presented by Klinik was held at the Manitou Lodge. Fifteen youth attended. A one-day workshop for adults was held and fifteen adults attended.

Public Health Advisor

There is now a Public Health Nurse that visits Powerview School twice per month that is available to discuss issues of concern with students.

The Future

The Youth Committee is planning on continuing the Grief and Loss and Teen Parenting Groups in the fall. In addition, they hope to add an Anger Management Group.

The priorities for upcoming

workshops include the following topics: sexuality, alcohol and drugs, suicide, family problems, grief and loss, and sexual and physical abuse.

Youth will be attempting to secure space in the new community newspaper "The Echo" to enable them to speak to the community about upcoming events and issues of concern to them.

The Youth Committee will be attempting to continue to host Youth Nights throughout the summer months. Youth are working on securing more adult volunteers to supervise.

The Youth Committee will be surveying the need for alcohol/

drug treatment resources in the community with a view to developing a resource accessible to youth.

The ultimate goal of the Youth is to establish a Youth Center in the community.

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- + Industrial rehabilitation
- + Orthotics
- + Respiratory conditions (asthma, emphysema)
- + Ultraviolet light treatment for psoriasis
- + Arthritic conditions (RA, OA, lupus)

Jenny Terrio Baturin, Physiotherapist
 Doctor's referral not required

Phone/Fax 204-367-4811
 Pine Falls Health Complex
 37 Maple Street
 PO Box 932, Pine Falls, MB R0E 1M0

Jenny Terrio Baturin B.Sc (PT), MCPA

KEN'S EAVESTROUGHING

KEN DANWICH
 (204) 756-2709 or (204) 754-7015

4 INCH - 5 INCH
 CONTINUOUS EAVESTROUGHING
 FASSICA - SOFFIT - PRE-PAINTED COLOURS
FREE ESTIMATES