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Vol. 1, No. 13

Tuesday, August 22, 2000

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Lac du Bonnet RM, first in North America to test Road Tech 2000 on municipal roads

by Toni Bruneau

A new and innovative technology has been installed on two test sections of road in the Rural Municipality of Lac du Bonnet. The first being 1.9 kilometres of Riverland Road and the latter, 800 metres of McArthur Avenue south. Experience and some crusher dust chips proved beneficial to McArthur Avenue, maintaining a smooth surface despite recent rains.

This was not the case at Riverland, as the surface became extremely muddy. Residents using this road can sigh with relief, as a seal coat surface will be applied in a couple of weeks. In the meantime, a layer of crusher dust will also be compacted into Riverland Road.

The 800 metres of McArthur also received a layer of crusher dust chips and the northerly 200 metres will also be covered with a seal coat. Council had agreed to include all of McArthur in this project, but enough Road Tech 2000 product was not readily available.

The RM of Lac du Bonnet received a letter informing them of interest for partial funding on new and innovative technologies on dust control from Prairie Farm Rehabilitation Admin-

istration (PFRA). RM Councillor Bob Bruneau searched the internet and discovered Road Technologies International, a company developing a soil stabilizer, also used for dust control.

Road Tech 2000 is a natural road stabilizer that does not pollute the environment and is ecologically sound. It is based on specially selected natural products which consume organic material in the base of the road.

Councillor Bruneau was instrumental in its introduction to Lac du Bonnet through email communications with the Target Products Ltd. Sales Manager John Giraud of Bernaby, BC. Target Products Ltd. is a distributor for Road Tech 2000.

The RM applied and was approved for a grant of \$29,400 from PFRA's Transportation Technology Research and Innovation Initiative (TTRII). The entire project, including seal coat of riverland and the northerly 200 metres of McArthur will cost approximately \$60,000, of which the grant pays about half.

At the expense of Target Products, three Road Tech 2000 personnel arrived in Lac du Bonnet Monday, August 14 to oversee the products



Technical Manager of Road Technologies International, Malcolm Swanney, Rural Municipality of Lac du Bonnet Councillor Bob Bruneau and Sales Manager for Target Products Ltd. John Giraud.

first application in North America, including Road Technologies International Technical Manager Malcolm Swanney of Australia.

Because this is a test project for the RM and Target Products, it will be monitored. Giraud is very confident in this product and said assessments will be done, in seven day increments up to one month, and then after 60 days, and 90 days or until freeze up.

The product has performed well in other countries including Australia, New Zealand and Indonesia.

If tests prove the product could be used with only a chip coating on the surface, it would be economical to apply it to other municipal roads.

The road base must consist of 8% clay. Here, the applica-

tion of Road Tech saw the addition of clay to four inches of road base, mixed in with the use of a grader, instead of hauling in A base. This will maximize performance of the product. Road Tech is then added to water and sprayed on and mixed, as was the clay. The materials are then laid out and compacted. Road Tech 2000 requires no special machinery, equipment or personnel to apply, and no special training is required.

The product consumes organic material in the base of the road, then discharges a glue causing soil particles to adhere. The gluing action reduces cavities of air in the base which benefits compaction, and cuts down the effects of water on the road surface and base materials.

The main improvement in road construction is the increase of strength which is expressed as California Bearing Ratio or CBR. The CBR strength is most important in wet conditions, when moisture filters into road materials, causing damage.

The RM of Lac du Bonnet includes many miles of roads, many having higher maintenance demands, as does McArthur Avenue South and Riverland Road.

If the products works, the money saved on summer maintenance and dust control will pay for its application in three to four years. Hours of grading and applying dust control on these roads could be reduced. If successful, the lifespan of the treated road is expected to be ten to fifteen years.

It's going to be another great 4P

by Charles Norman

The fireworks budget for this years 4P is more than twice what it was last year. The Market Square is packed to the rafters. For the first time in several years there will be a Midway, and, also after several years, there will be a fish derby this year. Plus - for the first time ever - there will be a 4P kickboxing tournament, and a mud boggan competition.

To kick-off fund raising for next year there will be a silver collection at the fireworks, and lighting-up sticks soft

drinks etcetera will be sold.

The fish derby on Monday is to be a family affair, with cash prizes depending on the number of entries. Entry forms can be picked up at the Pine Falls Service Centre or, on the Labour Day weekend at the 4P booth close to the Pine Falls Fire Hall.

The parade is back to its usual route - it will begin at the Pine Falls School.

Complete details of the program of events for the entire 4P weekend will be carried in the Echo next week.

Man charged in shooting incident

by Charles Norman

Sunday morning, at about 11:00 am RCMP officers were called to a Sagekeeng South Shore residence to deal with an impaired man driving a three-wheeler and taking pot shots at

the house with a high powered rifle. No one was hurt, but the family's pet German Shepherd was shot and killed and the toilet was smashed.

When police arrived the man ran into the bush. The

area was quickly cordoned off and a search began, the man was eventually found in a nearby house.

Lawrence Courchene has been charged with dangerous use of a firearm and mischief.

Vincent Realty

by V. Anderson

Vincent Realty opened its doors under the sole proprietorship of Bella Harbottle. In 1988 Bella obtained her real estate license and entered the real estate

business in the area. Through the years Bella continued to upgrade her education in the field. She achieved her brokers license in 1991. Bella then decided that the needs of the communi-

ties she served could include a local Residential Appraiser. Bella continued to sell houses and work her way through school and obtained her Market Value Appraisal Designation in 1998.

Bella now does residential appraisals for local financial institutions and home owners.

Bella enjoys her work and finds that being a sole proprietor offers many challenges and re-

wards. Its nice to work with home owners who are looking to sell or buy. Bella has many clients with many different needs and wants. The key to being successful is being able to meet the needs of her customers in a timely manner. Customers like the idea that she is out there working for them, taking care of every detail and seeing the sale of the home through to possession date. Matching the home to the buyer is a challenge and Bella has a very successful track record of happy home owners. Bella ensures that both the vendor (seller) and the purchaser are pleased with the transaction and that both of their needs are being met. People have to be able to put their trust in you, buying or selling a home is a very large step. First time home buyers

often are at a loss of what to look for and questions to ask. Seniors also like the service that a real estate agent can offer. It helps provide a form of security verses a private sale. You have the real estate agent showing your home. You do not have to be home in order to sell your home. Bella's first step with a client is to have a free consultation to get to know her customer and get a clear understanding of what they want and lend advise where needed. Buying or selling a home does not have to be painstaking and with the help of a real estate agent working for you, buying or selling your home should be exciting and an enjoyable experience.

Vincent's Realty is located in St. Georges, Manitoba. Bella can be reached at 367-4457.



Bella Harbottle - Sole Proprietor of Vincent Realty located in St. Georges

EMPLOYMENT OPPORTUNITY

Le Petit Soleil Mini School

is currently seeking applications for the following:

ONE TEACHING POSITION

Individuals should possess the following qualifications:

- CCW II
- French an asset
- Previous teaching experience
- First Aide/CPR

Interested individuals may should call 367-8876.

APPLICATION DEADLINE:
Friday, August 25, 5:00 p.m.

Card of thanks...

Thank you to all our friends, family and neighbours for coming out to make our 50th Anniversary celebrations so special. The cards, beautiful gifts, good wishes and the company are all so much appreciated.

Thanks to our children for organizing the tea and making it a wonderful day.

May God Bless you all,

Aurèle & Claire Nault

SILVER HAVEN MEAL PROGRAM

Open to all seniors 55 and up. You are welcome to bring a guest. All meals are \$4.50. Meals are at 12:00 noon on Mondays, Wednesdays and Fridays. Your name must be put on the list the day before by calling Silver Haven at 367-4620 or Jacquie at 367-2983.

Wednesday, Aug. 23

Salad, Japanese chicken, rice, mixed vegetables, apple crisp

Friday, Aug. 25

Soup, pork cutlets, mashed potatoes, brussell sprouts, cheese sauce, chocolate cake.

Monday, Aug. 28

Coleslaw, salmon patties, macaroni and cheese, green beans, jello with whipping cream.

Publisher:
Valerie Anderson
Sales/Production/Office Manager:
Tom Humeau

Production/Art Design:
Lois Pashkowsky

SUBSCRIPTIONS

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P.O. Box 550 Pine Falls, MB, R0E 1M0
54 Ave Street, Powerview, MB,
e-mail: theecho@granite.mb.ca
Ph: 367-0449 Fax: 367-0074
Langlois Business Office
Ph: 365-0804 Fax: 365-0804

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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 ALLIANCE: Library Hours: Tuesday: 10:30am to 5:00pm Wednesday - Thursday: 10:00am to 5:00pm to 6:30pm to 8:00pm Friday: 10:00am 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 pm. Whist - every Thursday of the month at 1:30 pm.

WINNIPEG RIVER W.A.: Meetings held Tuesday of every month, 7:00 pm. Library: Alford, 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 pm. October through May. Ph: 756-2594

ALCOHOLICS ANONYMOUS: Sun Rise Group - Meetings every Monday, Wednesday and Friday 7:30 pm to 8:30 pm. 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 pm. Legion. Meal 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 pm

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

E.A.A. MEETING: every 1st Tuesday of each month at 7:00 pm.

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

WINNIPEG RIVER SENIOR SERVICE INC.: Coordinator: Tina Poltschak, Office: Pine Falls Health Complex, Telephone: 367-0128, Hours: 9:00am - 1:00pm Monday - Friday. Services: Transportation, Home Maintenance, Pool Care, Volunteer Help, Information.

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

A.A. & ALANON: - The Beaches family group - Thursday at 11:00pm, Seniors Scene, Victoria Beach - 1 Atrich Road, 756-8000 or 756-1100

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

HAPPY TOTS DAY CARE: - The Happy Tots Place inc. P.O. Box 773 Pine Falls, R0E 1M0 - 367-2600 hold board meeting on the last Monday of each month 7:00 pm at the Daycare.

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

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

LAKESHORE AL-ATEEN GROUP: Call Katha: 367-3237 or Vicki at 365-6320.

BEACHES HELL CENTRE: 756-6471, Wed. 3-4pm, Fri. 10am-1pm

POWERVIEW PARENT ADVISORY COUNCIL: Meetings: 1st Thursday of Every Month

GREAT FALLS HALL WALKERS: - Tuesday & Thursday from 10am - 11am.

An example for the those who share her memory

It is with deep regret that we announce the passing of Ashley Kovari. The Winnipeg River Echo, on behalf of the communities it serves, sends our most sincere condolences to family and friends.

Sixteen-year-old Ashley, was scheduled to receive a living donor lung transplant Sunday, August 20, which two living donors would sacrifice portions of their lungs. Four days prior to the scheduled surgery, after two and a half years on the transplant waiting list

the family was given notice of a deceased donor's lungs becoming available. This surgery began at 3:00 a.m. Thursday morning. Ashley passed in the early hours of Friday morning.

We are proud of Ashley's strength and courage, her achievements in school and her genuine spirit. She persevered, and accepted the cards that were dealt to her. Ashley was very special in the eyes of many and is an example for the communities that share her memory.



ASHLEY DAWN KOVARI
February 5, 1984 - August 18, 2000

On August 18, 2000 at the Health Science Center with her mommy and daddy at her bedside, Ashley Dawn our beautiful, beloved daughter passed away.

Ashley is survived by her loving parents, Kelly and Donna, her three precious pets, Muffin, Patches and Jewels. Also surviving are grandparents Barb and Charlie Kovari (Nana & Papa), Grandma Freda and Grandpa Ed, grandfather Ernie Leake, as well as aunts and uncles, Laura (Tom) and their children Missy and Felicia, Marilyn (Derrick) and their daughter Bobbi, Neil (Tracy) and her daughter Ashlee, Corinne (Michael) and their daughters Nicola, Catherine and son Mikey, Lesley (Perry) and their children Christopher and Kelsey, Lorraine and her children Damien and Tamara, Shauna (Brian) and son Matthew, Norman (Zaila) and children Andrew and Samia, Crystal & Mike as well as Ashley's adopted grandmother Jo Becker and numerous relatives and friends.

The family would like to acknowledge the special friends and family who were prepared to donate a part of them so that Ashley could live, it is something that would never be forgotten, cousin Damien, Tom Zarecki, aunt Marilyn Stewart and many others who were tested.

Despite Ashley's illness since being diagnosed 4 years ago she lived her life to the fullest, she never let the disease stop her from doing what she loved, horseback riding, and going to rock concerts.

Ashley attended the Lac du Bonnet Senior School, she had just completed Grade 10 on the School Honor Roll. School was very important to Ashley.

Ashley had a very kind and generous heart and always thought of other people before her herself. A special wish to her friend Tyler whom Ashley met in the hospital.

The family would like to thank Dr. Stobart and all the Cancer Clinic staff at the Manitoba Cancer Foundation and the entire transplant team and Dr. Unruh for the care and compassion shown to our daughter.

Funeral Services will be held on Wednesday,

August 23, 2000 at 1:00 p.m. from the Lac du Bonnet Community Center, Lac du Bonnet, Manitoba with Rev. Peter Cain officiating. Services will terminate with cremation to follow. Pallbearers will be Norman Leake, Neil Kovari, Damien Leake, Derrick Stewart, Tom Harrison, Brian Klimchuk, Perry Rindahl, Mike Bruneau, Tom Zarecki and Raymond Dooley.

At request of the family, flowers are gratefully declined and if friends so desire Memorial Donations may be made in Ashley's memory to the Manitoba Cancer Society, 100 Olivia Street, Winnipeg, Manitoba or to the Manitoba Transplant Program, 1-204-787-1897 for more information.

In tears we saw you sinking,

We watched you fade away

You suffered much in silence,

You fought so hard to stay,

You faced your task with courage,

Your spirit did not bend,

But still you kept on fighting

Until the very end.

Russell Funeral Homes Ltd. & Crematorium of Beausejour & Lac Du Bonnet in care of arrangements, 268-2263.

We all have precious memories, we hold forever near...

Of loved ones whom we cherish, but have lost throughout the years.

Today is no exception as we join our hearts once more,

And send our brave young Ashley to a bright and peaceful shore.

A child with strength and spirit, a buddy and a friend...

The time has come to say goodbye, memories will never end.

May God's light of love surround you, may your spirit gently soar...

To that tranquil place called heaven, to rest in peace, forevermore.

In our hearts we feel at peace, just knowing she's with YOU...

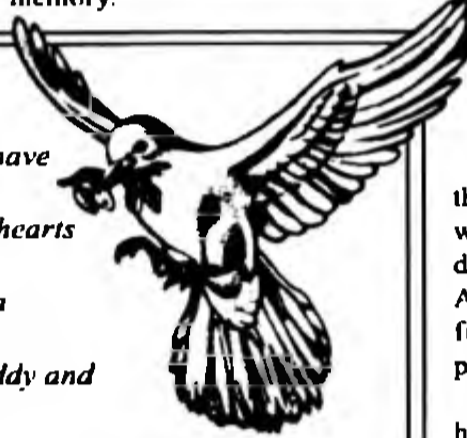
As morning came, she saw Your face, and her suffering was through.

As we draw upon our memories, we'll fondly see her smile...

In the faces of her family, who have loved her all the while.

You called her home to be with You, releasing her from pain...

Just tell our friend that in a while, we'll all see her again.



Host families needed

Celebrate the new millennium by hosting a high school exchange student

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

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

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

Families may select the student of their choice from student ap-

plications, photo collages, and biographical essays. Once paired, students and families are encouraged to begin corresponding prior to the student's arrival.

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

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WARNING POWerview RESIDENTS

UPGRADE WORK INVOLVES NOISE

Manitoba Hydro will be upgrading the Transmission Line between Pine Falls Generating Station and Pine Falls Paper Company. Materials are to be installed on the line that will require blasting charges to be set up.

The charges will sound like "Thunder Claps". Do not be concerned.

Work will commence August 23, 2000 and will be completed February, 28, 2001.

Approximately 150 charges will be set off during this time. If you require more information, contact Transmission Line Construction at (204) 474-4232.

Manitoba Hydro



Pipe band places 2nd

The Lord Selkirk Boy Scouts Pipe Band, with Myles Wilcott of Pine Falls as Pipe Major, placed second in a competition in Edinburgh, Scotland, August 5, and a week later, in Glasgow, placed fifth in an international competition in the juvenile category. They took first place in marching and discipline.

The band participated in a "Millennium Parade" along Edinburgh's Princes Street with 10,000 other pipers and drummers on the morning of Saturday, August 5. In Glasgow August 12, on the Glasgow Green, joined 239 other bands in playing Salute to the Chieftain and Scotland the Brave.

LdB Community Billboard

Great Falls Women's Institute meets first Wednesday each month 7:00 p.m., Great Falls Hall, P.O. 367-2586, Leona 367-5565.

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

LdB Committee on Family Violence and Abuse meets second Tuesday of every month 7:00 p.m., Viola Landry 345-8647.

Battered Women's Crisis Line 1-800-367-2344.

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

Lakeshore Ab-Ana Group, Thursday 7:30 p.m., Lac du Bonnet Health Centre, Tel: 345-8713.

Lakeshore A.A. Teeny Group, Phone, Kathie 360-8237, Vickie 345-6528.

Lakeshore A.A. meetings every Sunday and Tuesday 9:00 p.m. at St. John's Anglican Church, 86 McArthur, Lac du Bonnet. Last Sunday of the month open to the public. Call Ted 345-2836, Ron 752-8403.

Ladies A.A. Meetings, Thursdays 1:00 p.m., 15 McDermot, Pinawa, Dorcas 752-8357.

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

Lac du Bonnet Wildlife Association meets first Tuesday of every month 7:00 p.m., RM office, except June, July and August. Call Peter 345-6196.

New to town? Drop in to the Craft

Booker 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; drives escort. Life-line personal response system, friendly visitors, free-for-service handy helpers, informing 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 345-3505; Lac du Bonnet, Pine Falls, Victoria Beach, Pinawa, Blainville, Whitemouth, Oakbank, Hadschville.

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

Little Day Rindling 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 345-8076.

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 345-2034, home 345-1969
Sunday: 10:30 a.m. - morning worship (children's church during services); 7:00 p.m. - hymns and prayer.

LUTHERAN CHURCH OF THE CROSS

Pastor Kathleen Kurlowsky, church 345-8654, office 345-2010
Sunday: 11:00 a.m. - worship service

NOTRE DAME CATHOLIC CHURCH

Father Richard Marchand, 345-2000
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 362-8615, church 345-2357
Sunday: 11:30 a.m. - worship; 11:30 a.m. - first and third Sunday of each month, holy eucharist.

Vandalized home owner responds

Dear Editor,

In response to the vandalism that took place in my yard on August 3. You as the offender or offenders know who you are, I think it's a shame that someone would do something like this. Our yard was probably not the first and I'm sure there are other yards that the offender/offenders have in mind. So people, beware!

To the people involved just remember that one day this could happen to you. As the saying goes "what goes around, comes around".

The damage was done and now we must start over. We were kind of running out of ideas and now we have new ideas to work with. You think people that live here would take pride in their community

instead of destroying people's property.

At this time, I would like to thank my neighbours, my parents, George and Evelyn Dodds and Val Anderson for doing an excellent job of trying to get our yard back to the way it was while we were on holidays.

Yours sincerely,
Eileen Nelson, Ken Otto & family

ECHOES FROM THE Heart

Tommy was eleven and Sabrina soon would be. Every morning they would meet beside the big oak tree. In the summer, they would play together in the sun. And sit beneath the big oak tree when the day was done.

One time when they were talking of growing up some day they agreed they'd meet back there and maybe even stay. By the big oak tree they could build a little home. And they would be together and neither one would roam.

When Tommy was thirteen and Sabrina soon would be, they stood together one last time beside the big oak tree. Tommy had to leave for his family soon would move. He

took his pocket knife and in the big oak made a groove.

The groove was Tommy's simple way of giving her his word. As he spoke so softly, this is what Sabrina heard: "On your eighteenth birthday, I'll return to our oak tree. Then we will be together forever—you and me."

City life was hectic and the years did quickly fly. Tommy never once forgot Sabrina's last good-bye. He had marked the calendar each year on her birthday. Soon he'd see the big oak tree and, maybe, even stay.

He would hold Sabrina's hand, together they'd agree to stay beside each other—close to the big oak tree. Tommy headed for the tree one Sun-

day afternoon. It was her eighteenth birthday and he would see her soon.

When Tommy reached the tree, he found a written note. It was from Sabrina's mom, and here is what she wrote: "Sabrina cannot meet you; she won't be here today. In this envelope is what Sabrina has to say."

He opened up the letter and his hands began to shake. As he read Sabrina's words, his heart began to break. "Tommy, dear, I know that you are standing by our tree. When you see a big oak tree, always think of me."

"I won't be here to meet you; the Angels came my way. Nothing else would keep me from meeting you today. Look up in the sky, and you'll know that I can see You standing there and waiting—beside our big oak tree."

BINGO

COMBINED ACCUMULATORS

<p>Bonanza starting value this week: \$3584 * 1st WIN! POT! STARTS AT \$2000 * 2nd WIN! POT! STARTS AT \$1000 * 3rd WIN! POT! STARTS AT \$500 * 4th WIN! POT! STARTS AT \$250 * 5th WIN! POT! STARTS AT \$125 * 6th WIN! POT! STARTS AT \$62.50 * 7th WIN! POT! STARTS AT \$31.25 * 8th WIN! POT! STARTS AT \$15.625 * 9th WIN! POT! STARTS AT \$7.8125 * 10th WIN! POT! STARTS AT \$3.90625</p>	<p>Minnie Loonie starting value this week: \$4402 * 1st WIN! POT! STARTS AT \$2201 * 2nd WIN! POT! STARTS AT \$1100.50 * 3rd WIN! POT! STARTS AT \$550.25 * 4th WIN! POT! STARTS AT \$275.125 * 5th WIN! POT! STARTS AT \$137.5625 * 6th WIN! POT! STARTS AT \$68.78125 * 7th WIN! POT! STARTS AT \$34.390625 * 8th WIN! POT! STARTS AT \$17.1953125 * 9th WIN! POT! STARTS AT \$8.59765625 * 10th WIN! POT! STARTS AT \$4.298828125</p>	<p>Lucky 7 starting value this week: \$6392 in 25 numbers * 1st WIN! POT! STARTS AT \$1278.40 * 2nd WIN! POT! STARTS AT \$639.20 * 3rd WIN! POT! STARTS AT \$319.60 * 4th WIN! POT! STARTS AT \$159.80 * 5th WIN! POT! STARTS AT \$79.90 * 6th WIN! POT! STARTS AT \$39.95 * 7th WIN! POT! STARTS AT \$19.975 * 8th WIN! POT! STARTS AT \$9.9875 * 9th WIN! POT! STARTS AT \$4.99375 * 10th WIN! POT! STARTS AT \$2.496875</p>
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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.</p>	<p>Bonus Line - \$900.00 Star - 800.00 Loonie Pot - 400.00 Special "Y" - 300.00 Jackpot Strip - 800.00 Poker Flush -</p>
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FOR UPDATES CALL 345-8619

<p>Lakers Ski Club Lac du Bonnet Community Centre Specials 7:00 p.m.</p>	<p>Bonus Line - \$ 70.00 Star - 3033.00 Loonie Pot - 294.00 Poker Flush - 2842.00 Special "Y" - 788.00</p>
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FOR UPDATES CALL 345-6197

<p>Royal Canadian Legion #164 Lac du Bonnet Legion Hall Specials 7:00 p.m.</p>	<p>Bonus Line - \$375.00 Star - 100.00 Lucky 7 - 125.00 Poker Flush - 574.00 Mini Loonie - 2216.00 #1 Loonie - 102.00 Jackpot Strip - 185.00</p>
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Phone anytime **345-8724**

Outdoor adventure with traditional flavor

by Tom Brunen

A total of 22 residents and volunteers at the Lac du Bonnet Personal Care Home and Fiona Vista Lodge, were treated to a special outing. The group was brought in to Champagne's RV Park Wednesday, August 9, for an outdoor adventure and traditional feast.

The banquet was prepared by the volunteers on hand and consisted of chicken, wild rice, potatoes and vegetables from the garden and bannock prepared on site. Everyone was also treated to mint and Labrador tea, harvested from the land on Champagne's property.

After the feast, the party began their adventure into the Champagne Forest where guests experienced the beauty of the great outdoors, first hand on, Champagne's mar-

cured nature trails. Clusters of floral brilliance scattered the paths and lush greenery flavored the atmosphere.



Chief, and "Two Feathers" (Beryl) visit the teepee in Champagne's Forest.



During the tour, guests were treated to a bear-sitting, which quickly resulted in Chief's new title, "Chief Running Bear".

This event is the second of what is hoped to become an annual tradition for residents of the Personal Care Home and Fiona Vista. With the help of the much appreciated volunteers, this outing was a great success.



Volunteers in western spirit (above) enjoyed preparing bannock for the grateful recipients of this traditional treat.

Mary Starr making documentary

by Charles Norman

Mary Starr of Sagkeeng is in the process of writing the screenplay for a documentary on the life of Chief Kakepenaise.

Kakepenaise was Chief of the Sagkeeng First Nation, then called the Fort Alexander Indian Band, when Treaty number one was signed in August 1871.

Starr, who was born in 1952, told the Echo that elders at that time were becoming increasingly concerned that the traditional teachings of the Ojibway people were being lost. A deliberate effort was made to pass these teachings on to future generations by selecting a few children to receive intensive instruction from birth to puberty. Starr said she was one of those children, and the only one from Sagkeeng.

Starr attended the residential school for the '59 to '60 school year, at the age of seven. She said she was abused at the school. She described it as a "dark world, but the Elders got me through that." She then went to a school on the North Shore, close to the Lake, and finished her formal education at Powerview School at Grade 11.

Her traditional education continued, in secret, evenings and weekends, until 1965, when she was thirteen years old.

Teachers came from the North and from the United States. During that time a pow-

wow was organized by the Elders at McArthur falls to provide an opportunity for Starr to learn the meanings of the various ceremonial dances. Starr said it was then called a Woopah. It was a sacred ceremony held in secret. Locally the pow wow had become a completely lost tradition until reintroduced at Sagkeeng until the 1980s, with input from elders from the east. Starr would thus have been the only person from Sagkeeng who had any knowledge of traditional dances until that time. She says has been recreating the sacred dances for the last three or four years, as she recalls the lessons from her childhood.

Starr said she has recorded 274 teachings in one book and

has begun another. The process is slow, limited by her ability to recall teachings from 35 to 45 years ago.

Starr said the Elders left her with a sacred trust and she gave her word to the Elders to pass her knowledge on to future generations, without any personal gain.

"I cannot go back on my word to the Elders," she said. "What they entrusted me with is for the people. Whatever I gain out of this I will give back."

Mary Starr is currently taking university entrance courses at the Aboriginal Women's Centre in the old CPR station on Main Street in Winnipeg. She will be studying law at the University of Manitoba and intends to become a judge.

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LAC DU BONNET CURLING CLUB CALL FOR TENDER ICEMAKER CONTRACT

The Lac du Bonnet Curling Club is requesting tenders on the position of icemaker for the upcoming 2000-2001 curling season.

The successful applicant will be responsible for preparing the initial artificial ice surface over a concrete foundation. The ice and entire ice surface area including the glass windows shall be maintained at all times prior to regular league play, and including five (5) weekend bonspiels, from November 1, 2000 to March 31, 2001. The regular league includes mens, womens, seniors, mixed and juniors.

Interested parties must apply in writing on or before September 15, 2000 to:

Lac du Bonnet Curling Club
c/o Gary Buhay
Box 661
Lac du Bonnet, MB R0E 1A0

Tenders should quote the expected monthly contract fee and be marked "Icemaker Tender" on the outside of a sealed envelope.

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Ceramics, pottery and porcelain

Local residents may have been wondering what the bustle of activity is on third street across from Dancyt's Foods. The Studio, a ceramics gift and classes facility, is preparing to open its doors in Lac du Bonnet early September.

Jointly owned by Myles Drynan and his wife Petra Watson of Pinawa, this business has been in the works for several years. Petra, an artist, has been a certified ceramics instructor for more than 10 years and has been perfecting her talents as a hobby, in her home, for much of this time. Many homes, locally and even internationally have her pieces in them. As time has passed, and more and more people have become familiar with her work, she decided that it was time to take the next step and offer classes to the public so they can produce their own finished pieces.

Due to a lack of commer-

cial rental space in the town of Pinawa and the high tourist traffic volume in Lac du Bonnet, the decision was made to open in Lac du Bonnet.

Through the assistance of the local Community Futures Development Corporation, this is being accomplished.

The Studio will provide mainly two services to the community and tourist population. The first will be the sale of finished ceramic, pottery and porcelain items. The shop will also be stocking wood

and stone sculptures by a noted local carver, Peter Symchuk. The second, weekly classroom space where individuals can come and created their

own pieces, either from the raw, or cleaned and fired pieces.

Other programs being developed include, single day

projects and a kid's after school program. They are also doing some research into hosting bridal, baby showers or

birthday parties.

The Studio will stock a full line of ceramic paints, greenware and bisque. While not open officially, during the final preparations Myles and Petra invite anyone who is interested to drop by for a visit and a tour the shop. Their phone number is 345-9073.



Top: Some of the products The Studio produces. Have a piece custom painted to photo, or start early on your own holiday decorations.

Kathy Duckinski (left) is a student of Petra Watson's (centre), Myles Drynan (right).



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Lac du Bonnet Regional Library

We continue to put new books on our shelves at the library. *Lightning Strikes* by V.C. Andrews is the second novel in the Hudson series. Rain Arnold enrolls in drama school and is sent to London to live with her Great Aunt, Lenora. She hears footsteps, a strange humming and a little girl's laughter in the night. Her world turns into a nightmare as she seeks to discover her family's "past secrets".

The List by Robert Whitlow is a suspense filled legal drama with an "inspirational twist". If you like John Grisham or

Frank Peretti you'll want to read this novel.

Skippers of the Sky is based on the early years of bush flying and is selected and edited by William J. Wheeler of the Canadian Aviation Historical Society.

The Last Voyage of the Lusitania by A.A. Hoehling and Mary Hoehling. This is the "terrifying story of the British ocean liner torpedoed and sunk by a German submarine on May 7, 1915.

"Things may come and things may go", said the old woman "But never forget - the

garden is a miraculous place, and anything can happen on a beautiful moonlit night". A new children's book *The Leaf Men and the Brave Good Bugs* by William Joyce is a "magical adventure" of brave good bugs, an evil spider queen and a mysterious toy in the garden who summon the help of the "Leaf Men".

Fall supper

Hard to believe it's time for the fall supper on Saturday, September 9 at the Legion Hall. There will be two sittings, one at 5:00 p.m. and one at 6:30 p.m. Tickets are available at the library, the pharmacy and at the Pioneer Club. Volunteers to help at the supper and to donate grocery items and pies would be greatly appreciated. If you are able to help in any way please drop by or call the library at 345-2653. We look forward to seeing you there.

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Evenings: Tuesday to Thursday, 7:00 p.m. to 10:00 p.m.

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Agassiz Horticultural Society flower show

The Agassiz Horticultural Society held their annual flower show Saturday, August 14 at the Lac du Bonnet Pioneer Club. Entries were received Friday evening and six judges spent the morning, Saturday, determining the winners. A total of 42 adults and 11 juniors exhibited the results of their *green thumbs*.

Ten adult categories and 12 junior categories resulted in 448 adult and 151 junior entries.

There was a tea and viewing of the exhibits during the afternoon and evening. Grace Hrychany and Carol Clegg presented the prizes that evening.

Adult winners:

Best Rose: Mia Fournier
Best Dahlia: Carol Clegg
Best Gladiolus: Emma Hrychany
Best Arrangement: Carol Clegg
Best Vegetable: Janice Halliday
Best Baking: Janice Halliday
Heart Smart Baking Special: 1st Janice Halliday; 2nd Carol Clegg; 3rd Jean Martel
Best Hobby Craft: Violet Friesen
Most points in flowers: Karen David

Most points in vegetables: Carol Clegg

Junior winners:

Best Garden age 10 & under: 1st Linette L'Abbee; 2nd (tie) Jamie Bree, Meghan Bree; 3rd Anesa L'Abbee

Best Garden, 11 & over: 1st Desiree Lamoureux; 2nd Shannon Stebelko

Best Designer Garden: 1st Alyssa Karklin; 2nd Tyler Saxler; 3rd (tie) Emily Payne, Stephanie Champagne

Best Junior Gardener age 10 & under (most points in show): 1st Emily Payne; 2nd (tie) Melissa Stelko, Ashley Stelko; 3rd (tie) Anesa L'Abbee, Linette L'Abbee

Best Junior Gardener age 11 & over (most points in show): 1st Desiree Lamoureux; 2nd Alyssa Karklin; 3rd Shannon Stebelko

Best Cut Flower, 10 & under: Emily Payne
Best Vegetable: Emily

Payne

Best Flower Arrangement: Emily Payne

Best Gladiolus: Emily Payne
Herb Planter: 1st Emily Payne; 2nd Ashley Stelko; 3rd Linette L'Abbee

Baking Special: 1st Emily Payne

Best Cut Flower, 11 & over: Stephanie Champagne

Best Vegetable: Desiree Lamoureux

Best Flower Arrangement: Alyssa Karklin

Best Gladiolus: Desiree Lamoureux

Herb Planter: 1st Alyssa Karklin; 2nd Shannon Stebelko; 3rd Leah Stebelko

Baking Special: 1st Alyssa Karklin; 2nd Leah Stebelko; 3rd Shannon Stebelko

Junior Gardeners

Thirteen junior gardeners participated this summer. At meetings throughout the summer, children learned to plant and care for their gardens, planted and grew pots of herbs, and did flower arranging. They

also made stepping stones and decorative stakes to display in their gradens. There were many admiring comments at the show about their well prepared flowers and vegetables

and creative arrangements.

After all the work of growing and showing, the juniors, their leaders and families will relax and have a fun time at the club wind-up August 25.

Pine Falls Legion News

by Sharon Mignon

Our Branch is planning to host a Veterans Dinner on Sunday, September 24th. Any veterans who are permanent residents from Great Falls to the Beaches (Grand Beach, Victoria to Beach, Belair and Hillside Beach) would you please contact Bill McGuire 367-8977 or Lyle Velie 367-2339 or our Legion Branch 367-2718 to indicate your attendance at this function. This invitation is also extended to your spouse or guest. If you have not registered yet, please do so as soon as possible in order that catering arrangements can be finalized. This will be held in our Legion clubrooms in Pine Falls. Bar service will open at 3:30 p.m. with the dinner at 5:00 p.m.

We have lots of plans for Labour Day Weekend. On Friday, September 1st we will be hosting our Newfie Night. Tickets are \$10.00 per person which will cover your meal and a regular priced drink and are now on sale in our Legion clubrooms. Don't be disappointed, get your tickets early as there are only 80

tickets available. There will also be live entertainment from 7:00 p.m. till closing. Our annual Kite Flying competition will be held on Monday, September 4th. We will have our 4P Special on Friday and Saturday which will be 2 regular drinks and a hot dog for \$4.50 per person. Please note that there will be no garage sale held this year.

The Ladies Legion Auxiliary passed open membership at their last convention. This means that any females over the age of 18 years can apply for membership in the Ladies Auxiliary. You are no longer required to join through a relative that is a Legion member or is eligible for Legion membership. Any persons that are interested in a membership in our Ladies Auxiliary can fill out an application form that is available in our Legion clubrooms Monday through Saturday, open daily at 1:00 p.m.

Our next branch meeting will be Thursday, September 14th at 7:30 p.m. and the Ladies Auxiliary meeting will be Thursday, September 21st at 7:30 p.m.

Lac du Bonnet Legion

by Cde. Norm Rimmer, CD

I hope everyone is having a great summer, but it is almost the end of August already and that means it is time to renew your Legion membership. Again this year the Branch is offering a savings if you take advantage of the "Early Bird" membership. In order to qualify, you must renew your membership between September 1 and November 30. With the new regulation regarding becoming a member, anyone can join so speak to your friends and relatives and have them join our Branch. Remember if they join you will not have to sign them in each time they attend at the Branch.

Our Branch will be hosting the 2001 Manitoba and Northwestern Ontario Provincial Command Regular Curling Championship. This even will be taking place at the new Lac du Bonnet Curling Rink from February 6 to 10.

If there are any Newfoundlanders out there and you would like some good wholesome Newfoundland cooked food, Pine Falls Legion is holding a Newfie Night September 1. A great evening is planned, including

the "COD" (they tell me it has something to do with kissing it) and Screeech. If anyone is interested in going contact our Branch at 345-6522. The members organizing it are true blue Newfoundlanders. It should be a fun evening.

Don't forget our color parties will be out on parade again August 27 at General Sir Sam Steele Legion and on September 10 at the Fort Rouge Legion church parade.

If anyone is interested in going to the Manitoba Military Tattoo to be held at the Winnipeg Arena November 4 we are getting a bus load together, so please sign up at the lounge.

On November 11 we will be holding our usual Remem-

brance Day Service at the Legion Hall and later in the evening, our annual veterans' dinner and dance.

If there are any boys or girls interested in learning how to play darts, our Branch will be sponsoring a junior dart club on Saturday morning in the fall. If you are ten to 17 years old and interested, call our office at 345-6522 and leave your name and phone number and we will call you in September. As the Branch will be supplying the darts, there is nothing for you to buy.

The next general meeting for the Ladies Auxiliary is September 5 and for the Branch, September 19.

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Lac du Bonnet Police Report



RCMP REPORT

The following constitutes the police report for the Lac du Bonnet detachment for the period of August 10 to 17.

August 10

A report was received of an underage male leaving a residence where he had been staying in Pinawa and concern expressed for his whereabouts. Police initiated an investigation, however, the subject returned home on his own.

A report was received of a bear being at a cottage at Cape Coppermine in the RM of Lac du Bonnet. Police attended and scared the bear off, and provided advice on garbage storage.

August 11

A report was received of toilet paper being put into the filter pipe of a boat outside a residence in Pinawa and being lit on fire. No damage resulted, but

had the potential for being very serious.

A report was received of an intrusion alarm at a residence along PTH 11. Police attended and found that the door had become improperly secured.

A report was received from a resident of Pinawa of a cheque being written on a bank account by persons unknown.

A report was received of shots being heard along Flueberry Rock Road two weekends in a row.

A report was received of a possible impaired driver weaving on PR 313 near the Lee River Bridge. Police patrolled the area, including attending a residence of the registered owner of the vehicle, but did not locate same.

A report was received of flowers being pulled from flower beds at a residence on Lake Avenue.

August 12

A report was received of a Precision 12-speed bicycle, black in color, having been stolen from a car port on Park Avenue.

A report was received from Whitemud Falls of a vehicle being driven erratically. Police investigated and found the vehicle was being driven on the owner's own property. He was spoken to about his actions.

While on patrol of Anglen Park, police came across an off-road vehicle being operated on the roadway. The driver was found to be suspended and was charged accordingly, with the off-road vehicle seized and held for 30 days.

A report was received of a vehicle being driven erratically in Anglen Park and doing damage to landscaping at the boat launch.

A report was received from the Lee River area of a boat being operated in a careless manner.

August 13

A report was received of a vehicle in the ditch in Still Cove with beer bottles in the back seat. Police attended the scene, however, the vehicle was gone.

A report was received of a gate to the CP Rail property on the Julius Road in the RM of Reynolds being broken open. No entry to the building on the property.

A report was received of an intrusion alarm at a business on Second Street. Police attended and found this to be a false alarm.

A report was received of an underage male being assaulted by another underage male at a party at a residence in Anglen Park.

A report was received of a vehicle being driven erratically in Pinawa. Police responded and stopped the truck in question.

August 14

A report was received of a vehicle hitting a speed sign and two emergency # markers on Wausahow in the RM of Lac du Bonnet.

A report was received of two headstones being pushed over by unknown vandals at the Letonia Cemetery.

A report was received of a single-vehicle roll over along PR 313. Investigation revealed that no injuries resulted.

August 15

A report was received of a knapsack of clothing being stolen from the coat room of the Lac du Bonnet Community Centre.

A report was received from Brookdale Road in the RM of Lac du Bonnet of an adult male not having been seen for a period of time around his residence. Investigation revealed that the subject was deceased in the residence, and foul play is not suspected.

A report was received from a business in Lac du Bonnet of having three window screens slashed and a garbage bin damaged with a knife.

A report was received of a vehicle being driven erratically

in Lac du Bonnet. Police patrolled for the vehicle and did not locate same, however, did locate a vehicle with Saskatchewan plates spinning tires.

August 16

A report was received of an adult male accusing another adult male of trespassing, moving survey pins, and made a verbal threat at a location on Pihahok Drive.

A report was received of an intrusion alarm at a residence on PR 317. Police attended as found all was secure.

A report was received of two underage males going missing from the treatment centre at Sever, Sisters. Police patrolled the area, but did not locate the pair. One voluntarily returned to the centre later in the day.

A report was received of an underage male outside a residence in Sever, Sisters and being under the influence of something. Police attended and arrested the subject, and lodged him to sober up. Subsequent to this, it was learned that a storage shed had been broken into at the location, where the subject was arrested, and a report was received of two vehicles being entered at another location in Sever, Sisters and a quantity of cigarettes being stolen.

A report was received of a 14-year-old female apparently having run away from her residence in Lac du Bonnet and being at another residence in Lac du Bonnet. The mother of the female was subsequently located and advised that the girl could remain where she was.

August 17

A report was received of an apparently abandoned bicycle behind a business on Park Avenue. Police attended and picked up a black 12-speed with the front wheel taken off, but with the hike.

A report was received of farm equipment being moved across the Winnipeg River Bridge on PR 112 and blocking traffic. Police attended, however, all was clear.

A report was received from a resident of the RM of Lac du Bonnet of her husband packing some clothes and leaving the residence with her vehicle for an unknown destination.

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LAC DU BONNET VICTIM SERVICES COORDINATOR

The Royal Canadian Mounted Police and the Town of Lac du Bonnet are accepting applications for the position of Victim Services Coordinator. This is a one year full-time employment offer that may be subject to extension.

Under the general direction of the RCMP Detachment Commander, the incumbent is responsible for carrying out administrative duties of the Victim Services Program at the RCMP Detachment. Must be security cleared at the Enhanced Security Level.

Skills and Knowledge

- Basics:
- Successful completion of Grade 12
 - Successful completion of a Volunteer Management Course and/or experience in volunteer management
 - Demonstrated supervisory experience
 - Experience in crisis intervention
 - Advanced interpersonal skills
 - Ability to effectively communicate both verbally and in writing
 - Computer and keyboarding skills

- Desirable:
- Education supplemented by courses in Social Sciences and/or Psychology
 - General knowledge of police functions and the courts system
 - Should be able to work effectively with minimum supervision
 - Interviewing skills as well as effective presentation skills would be definite asset

The position requires some travel and the successful applicant would require access to a vehicle and a valid driver's license.

Position description and salary information available by contacting Staff Sergeant M. Mitchell at 204-345-6311 or J. Carey at 204-984-5817.

Send resumes to: Attention J. Carey
Community Policing Services
Box 5650, Winnipeg, MB R3C 3K2
Fax 204-984-0842 Phone 204-984-5817

Resumes must be received by September 1, 2000 at 4:00 p.m. We thank all applicants for applying, however only those being considered for an interview will be contacted.



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Lac du Bonnet

LdB Slo-pitch this week

Tuesday, August 22
A Side semi finals (game 2)
Wednesday, August 23
A Side semi final (game 3 if necessary)
Thursday, August 24
Game 1 A final and B final
Tuesday, August 29
Game 2 A final and B final
Thursday, August 31
A and B finals (game 3 if necessary)



Series A
A Stars vs Frenchmen
Series B
River Rats vs Heroes
Series C
Comfort vs Submerged

Pineview Area Women's Soccer League

PAWS Team Standings

TEAM	GP	W	L	T	Pts.
Queen Bees	8	6	0	2	14
Beaches Peaches	8	4	2	2	10
Betterhalves	8	3	4	1	7
Once Babes	8	1	6	1	3

High Scorers for the 2000 Season are:

Regan Bruce	11 goals
Jennifer Oakley	7 goals
Gayle Lavoie	6 goals
Kieran Curie	4 goals
Karen Eyolfson	4 goals

It took a while, but a June make

up game finally played in near dark on August 3rd, was worth the wait. Vanessa Watson scored on a penalty shot in the first half to lead the Queen Bees to defeat the Beaches Peaches 1-0. The team's had always tied in past games. The final league games were played on August 14th. The

Recreation Ramblings

by Michelle Chudd,
Recreation Director Winnipeg River Recreation District

Well, I'm back at the helm again writing the weekly recreation column as Robin has gone back to school. I'm sure the readers will agree that she provided some entertaining recreation writings this summer. Thanks Robin for a job well done and good luck in school.

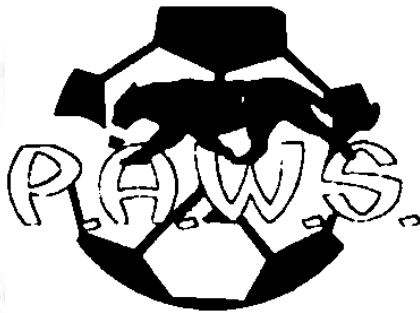
Now, let's get to the heart

of the matters... on Sunday, September 17, Lac du Bonnet will be holding the annual Terry Fox Run. This is a very special year - the twentieth anniversary of the Terry Fox Run. It is hard to believe that 20 years have gone by and Terry's dream is still alive - to raise money for cancer research. I would like to challenge you to come on out and take part and help raise money to fight cancer! In Lac du Bonnet the traditional five and 10 kilometre run will take place at 1:00 p.m. at Memorial Park. In Pinawa, the golf course will be hosting a Terry Fox Golf. For more information contact

the Lac du Bonnet rec office at 345-8816 or Pinawa 753-2639.

Some fall activities to sign up for...

- 3 Music for kids September to April
- 3 Creative movement for preschoolers September 19
- 3 Intro to acrobatics September 19
- 3 Intermediate drawing and water color classes September 22
- 3 Improv clinic September 23
- 3 DeLuca's cooking class September 26
- 3 Swing and jive dancing October 15



Beaches Peaches ended the Once Babes hope for another win by a score of 5-0.

In another match played with only a few loyal players and no ref available last minute, the Queen Bees beat the Betterhalves by a whopping 8-0 with Regan Bruce scoring four goals.

Play-off action begins on Sunday, August 20th at Powerview School and runs the entire week. All four teams will participate in the double-knock out play-offs.

1st Games

Queen Bees vs. Once Babes, Sunday, August 20, 5pm.

Beaches Peaches vs. Betterhalves, Sunday, August 20, 7pm.

The Winners play Tuesday evening at 7pm. The losers play Monday evening at 7pm.

Finals are Saturday at 4:30pm, August 26 at Powerview School

4P Mixed Slo-Pitch Tournament

Saturday & Sunday, September 2 & 3
First 24 teams entered

Entry Fee \$150.00
Guaranteed 3 Games

Contact
Denten at 367-5238
or 367-8647
or Lori
at 367-9466



Notice of Meeting

Lac du Bonnet Bowling League
Registration & General Meeting

Tuesday,
August 29, 2000
at 7:00pm
Lac du Bonnet
Community Centre



Videos OF THE WEEK

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Out next week

American Psycho Tigger Movie



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Head office at (204) 256-9552

The Silent Thief Pillows

1 In 4 women, 1 in 8 men over 50 have bone tissue deterioration



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

Osteoporosis is a disease characterized by low bone mass and deterioration of bone tissue. This leads to increased bone fragility and risk of fracture, particularly of spine, hip and wrist.

Osteoporosis is often called "The silent thief" because bone loss occurs without symptoms. Individuals may not know they have the disease until their bones are so weak that a strain, bump or fall causes vertebrae to collapse of a fracture to occur.

One in four women over the age of 50 has osteoporosis; one in eight men over 50 have the disease. At present, 1.4 million Canadian men and women suffer from the disease in their lifetime.

In childhood and early adulthood, we build our bone mass, reaching our peak mass around 20. At about age 35, we begin to lose bone at a rate of .5 to one per cent per year. However, the process is accelerated in women, following menopause due to estrogen depletion.

Peak bone mass is the point at which our bones have achieved their maximum strength and density, usually around age 20. Peak bone mass is affected by factors such as genetics, nutrition, exercise and hormonal levels.

Important risk factors such for osteoporosis include female, postmenopausal, ovaries removed or menopause before age of 45, a family history of osteoporosis, prolonged hormone

deficiencies and excess use of certain medications such as cortisone, prednisone or anti-convulsants. Insufficient calcium and vitamin D, smoking, lack of physical activity, Caucasian or Asian ancestry, having a small build, and too much caffeine or alcohol also are important risk factors.

The socio-economic impact of the disease is substantial. The cost of eating osteoporosis and the fractures it causes is estimated at 1.3 billion each year Canada alone.

Building strong bones in childhood and young adulthood is the best defense against osteoporosis. Good nutrition, calcium, vitamin D and regular exercise are essential.

While there is no cure for osteoporosis, a number of drug therapies are available for the prevention and treatment of the disease in postmenopausal women, including hormone replacement therapy (HRT), selective estrogen receptor modulators (SERMs) and bisphosphonates, which help protect against the development of osteoporosis by preventing bone loss.

It is important that people have access to a range of proven drug therapies to ensure the prevention of costly fractures associated with osteoporosis.

Information taken from the Osteoporosis Society of Canada

When in an upright position, the weight of the head is borne by the neck muscles and the spinal joints. Whether one has a neck problem or not, it is important to rest these structures daily. Usually the rest provided by the night's sleep is sufficient. To gain adequate head support while resting, it is important to have a good pillow or pillows. The purpose of the pillow is to support the weight of the head, thus allowing the neck muscles to relax; and to maintain the neck in a correct posture, decompressing the spinal joints. To fulfill these goals, the pillow must support the head and neck in a neutral position, neither allowing the head to fall backwards to sideways.

The best types of pillows are: chicken feather, waterfowl feather, synthetic fibre, and contoured foam. Chicken feather provides firm support, and is easily adaptable to changes of head position on the pillow. Waterfowl feather pillows contain a percentage of down, and do not support quite as firmly as chicken feathers. If a person is allergic to feathers, doubling the pillow cases may be enough protection to prevent an allergic reaction. An alternative is to choose a synthetic fibre pillow, like the Quallofil pillow.

Contoured foam pillows are solid foam pillows molded to support the head and neck in a neutral position. They were originally designed to help manage existing neck problems but may also prevent future neck

problems. Not recommended are: down filled pillows, foam slab pillows and chipped foam pillows. Down filled pillows are too soft to provide proper support. Foam slab and chipped foam pillows do not conform to the contours of the head and neck. This necessitates muscle contraction to maintain the head on the pillow. As a result, the spinal joints are compressed and neither the muscles nor the spinal joints are able to rest.

Remember: This information is not intended as a substitute for medical treatment. Please contact your physiotherapist or physician for more detailed information.

This information was provided by Jenny Terrio Baturin of Pine Falls Physiotherapy.

Ask your Pharmacist

The low down on warts

Warts are small growths on the top layer of the skin that affect about 10 per cent of the population. This common skin condition - caused by a group of viruses known as human papillomaviruses - is particularly prevalent among school aged children and adolescents. Warts usually appear within three or four months after exposure and can disappear without treatment in two to five years.

There are a wide variety of warts but here's a look at some of the most common types:

Common warts: These small,

raised growths with a rough surface affect five to 10 per cent of school aged children, but adults may also be affected. They are most often found on the fingers, around the fingernails, on the back of the hands or on the face, knees and elbows.

Flat warts: Also known as plane or juvenile warts, these are seen mainly in children, often beginning where a skin break has occurred. The warts are small, slightly raised flat growths that are usually pink or brown and may appear in large numbers.

Genital warts: These are the most serious kind of warts and the most common of all sexually transmitted diseases. They can be smooth or flat, or more raised and rough. Genital warts found on the cervix are a major risk factor for developing cervical cancer.

Plantar warts: This less com-

mon wart is found on the sole of the foot and sometimes on the palm of the hand. It is fairly flat, mainly because the pressure of standing forces it to remain in that shape. Plantar warts look like large calluses and can be quite painful.

Non-prescription products which contain salicylic acid and lactic acid are available to treat certain warts but others (like genital warts) require a physician's prescription. Because most over the counter (OTC) products contain an acid, they can harm the skin around the wart if not used as instructed. It's also recommended that patients with diabetes or circulatory disease stay away from wart medication altogether. If the skin around the wart appears to be irritated, reddened or infected, consult your pharmacist or physician before using an OTC product.

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A-Train Rolling down the river

If there's a Guy, there's a way!

by Léone Brisson-Kelsch

August 9, 2000. Rolling down the river! Leaving the Saint-Georges docks on the pontoon boat "Bass" owned by Guy Lavoie, a sense of adventure and awesome bigtime fun prevailed.

Boating down the Bear River, baring their souls to that part of the world, the band A-Train was metaphorically speaking "coming down the track". Amidst the beauty of rice fields, deep beer-bottle brown waters, an old homestead and a pair of landing geese. The band consisting of Albert "A-Train" Kelsch, "Background" Gerry Paquin, Guy "CEO"

Lavoie and Rick "Leslie" Dufort (who was unfortunately absent on this fine day), played for eight hours with only a steak break and the occasional cool summer swims.

This was indeed the place to be. Cruising back at sunset, tied to another pontoon boat belonging to a friend, it all echoed surrealism. Giddy from the day's eclectic mixture of reggae, jazz, bluegrass and blues, complete with lighting provided by the setting sun, we floated back to the dock played out, yet our spirits buoyant.

The laughter of friends caught up in this special setting and the special band



(left to right) Guy Lavoie on bass guitar, Albert (A-Train) Kelsch, vocals and rhythm guitar, Gerry Paquin - Background (sunset): A-Train

within this A-Train band, will be remembered by all aboard and others who haphazardly, luckily caught their sounds in

the wind.

A big heartfelt thank you goes out to Guy from all of us for the truly memorable hap-

pening and to our friend, Rick McKel's for his musical contribution to the day's festivities.



Back to School! 50 Ways to Lead Your Learner

Toddlers

1. Purchase clothes that are comfortable and easy to put on. Sweatpants are easier for toddlers to get on - and off - than overalls; buttons are bothersome. Try curly laces or velcro for shoes and boots.

2. Draw a picture or cut one out from a magazine for what goes in each dresser drawer.

3. Draw a small dot with felt marker on the inside edge of each shoe so kids can "get the feet right" by placing the dots together.

4. To pull up pants: Teach your child to put the back, grab the underwear waistband and pull from the front and the back instead of from the sides.

5. Lead toddlers in tidying up one activity before starting another one. The clean up game could be used: Let's pick up all red toys. Let's pick up anything bigger than a marble. Let's pick up anything round, etc.

6. Encourage toddlers to brush their teeth twice a day using this rhyme: "Up like a rocketship, down like the rain, back and forth like a choo choo train." Give your toddler his own toothbrush to try out. (Parents should follow up this with more thorough brushing.)

7. Tie a milestone to each of your child's birthday, such as giving up a pacifier or moving from the crib to a "big-kid-bed".

8. To teach your child to put

on a coat or jacket: Lay it out, unzipped, face up on the floor with the hood or collar at his toes: "Bend down, put your arms into your sleeves, and throw the coat over your head. Zip up, you're done!"

9. Make or buy a child's growth chart for the wall. Along with the date and height, add details of your little one's favorite (toy, food) and accomplishments (learning to somersault, etc.)

Preschoolers

1. Design centers in children's play space with areas for building blocks, play kitchen, cars and trucks. Organize toys into different containers instead of one huge box - canvas bags for wooden blocks, hammocks for teddy bears, snaptop bins for small figures etc. Label each with both a picture and words.

2. Give each child his own bin for seasonal accessories like hats, mitts, scarves, etc.

3. Hang coat hooks and clothes pegs at child's level to help kids learn that things have their own places.

4. Help your child learn left and right. Have her hold her hands in front, palms down with the thumbs extended. The one that makes the L with thumb and forefinger is the left.

5. Stock a writing center with blank paper, books, poster board and a variety of crayons, markers and paints. Or make a

story journal from inexpensive coil bound scrapbooks.

6. Create a memory scrapbook or shoebox. Collect photos, artwork, etc. so kids can look back and see how they've grown and changed.

7. Draw a permanent marker line on a pitcher so kids can see how much water to add to frozen juices or powdered drinks. To help your child pour when the jug is too hard to handle, pour juice into a liquid measuring cup and let him pour the contents into his own cup.

8. Encourage your child to order their own food in restaurants.

9. Draw pictorial guides - or have kids draw them - for routines like bedtime (bath, put on Pjs, put clothes in laundry basket, brush teeth, etc)

10. Introduce preschoolers to phone manners by letting them make outgoing calls to grandma, or dad or mom at work.

School - agers

1. Keep a school calendar on the fridge. Your child can look at it himself to see if he needs to bring, wear or do anything special for the next day. Encourage him to get his backpack ready the night before.

2. Use colorful post it notes for reminders and checklists: Have your child write the note and place it on his dresser where he'll see it in the morning.

3. Have your child pack his own school lunch by choosing one item from each category: sandwiches and alternate like rice cakes, crackers and cheese, pasta or noodles; fruits and vegetables; drinks; snacks.

4. Purchase student agenda books available at many schools. Help your child re-

member tests, assignments, and special events.

5. Give each child his own laundry basket. If you want to wear those clothes again next week your basket must be in the laundry room by Friday.

6. A journal or diary makes a good birthday gift each year. Parents can encourage their child to use the first entry to reflect on the year that has passed.

7. Give your child his own library card, and encourage him to take responsibility for his own books, and due dates.

8. Continue to share reading with your school-age child. Lucy Caulkins suggests that parents provide a "balanced read-aloud diet" from well loved chapter books, as well as poems, comics, jokes, newspaper and magazines. Try "pop-corn" reading where you and your child take turns reading paragraphs aloud, or have your child read to younger siblings.

9. Show kids where the lost and found is at school. Take time to teach the skill of retracing rather than replacing.

10. Talk to your child about contingency plans. Ask him how he would deal with a situation rather than telling him what to do (eg. "What if I was late picking you up after school? Where would you go to wait?")

11. Create a "goal book". You can use pictures cut out of a magazine that capture what some of their goals are as a family or individual. It gives your child a definite sense that you are listening to them. Instead of saying "NO" you can say "Wouldn't that be a great idea for your goal book?"

For more information on ideas for helping your child become more independent see the *Today's Parent*, September 1998, issue, or call Crystal at 367-9641.

J.U.S.T. training corp. 

The Board and Staff of J.U.S.T. Training Corp and Winnipeg River Brokenhead C.F.D.C. would like to thank the following businesses for their generous contribution to our Golf Tournament held on August 13, 2000.

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Pine Falls - Our community, council and us

Hello Everyone, walking around the town the other morning, we were admiring how nice it looks. All the flowers in full bloom, planters full, trees trimmed, grass plush as carpet. The town looks great.

Our beautification committee has been doing a wonderful job with these people as well. Thank you also to each of you.

The sidewalk repair work was a welcome sight. I guess a big thank you should go out to Willy Kembal, Gerald Pelletier and their Green Team Staff and all our home owners for making this possible. I also noticed some construction going on. We're happy to see the growth. Keep it safe.

And a friendly reminder that if you are going to be building a deck or fence, adding onto your house or any other construction, please remember to see Angela at the office for a building permit.

Remember folks just around the corner is 4P weekend.

If you need to get a float together start working. If you want a table at the market square phone and register. If you want to enter a baseball team, phone now. The 4P Festival Chairman is Myles Wilcott. He can be reached at 367-2512. Please don't drink and drive.

It's been a very rewarding summer here in Pine Falls.

We've had the pleasure of working with some of our wonderful youth from the community.

We have worked with a group to organize a Skate Board Club and most recently, we would like to announce the arrival of a new Moto-Cross club. Each club has an established organization with an elected Board of Directors. For the Skateboarders they are: President - Chris Vincent, 1st Vice - Tyler Moss, 2nd Vice - Brooks Bailey, Secretary - Tyler Martin, Treasurer - Aaron Trehart, Public Relations - Jonathon Anderson. Business advisor for the skateboarders is Heather Adams.

For the Moto Cross Club: President - Justin Lavoie, 1st Vice - Janice Papineau, 2nd Vice - Sean Vincent, Secretary - Chad Lavoie, Treasurer - Lance Lavoie, Public Relations - Tim & Charlene Green.

The Moto Cross Club is named River Side Race Park. It will be located about 1km south on 304 and 11 junction on the Mud Bogging Site. Owned by George Harbottle.

Look for these groups in the 4P Parade.

Also 4P weekend there will be an announcement by our Beautification Committee. Twelve of their choice best groomed yards, good luck.

I would like to take this opportunity to say farewell and

good luck to a wonderful family from Pine Falls, Mark, Tanis, Christine, and Michael Petursson. All of us from Pine Falls wish you good health and prosperity.

I would also like to share a fantastic experience my sons Mylen, Kale and I had last week. Last Christmas brought us a set of tickets to see the Senior Professional Golf Tournament. The AT&T Senior Open held at the St. Charles Golf Club in Winnipeg, Manitoba.

Well Sunday night rolled around before the start Monday, and we didn't have a clue what this tournament was going to be like. So we packed our Bug Spray and Umbrella's and away we went. The organization was flawless. Drive to Assiniboine Downs, Park, board a shuttle bus, off to the St. Charles Golf Club. The Format was: Monday - Player's

practice, Tuesday - player's practice, Wednesday - Pro-Am, Thursday - competition, Friday - Competition, Saturday - Competition, Sunday - Competition.

As we were walking around or seated at the bleaches each day we met new friends and enjoyed a whole new experience of lifestyle. We had never experienced anything like this before and I'm thinking what a life these people lead.

The great Jack Nicklaus, Jim Colbert, Larry Wadking, J.C. Snead, Dana Quigley, Ed Dougherty, and so on were on the driving range Tuesday hitting balls, joking with the crowd, signing autographs, just having a great time. Our time with them Thursday starts competition. Seriousness is in the air. Their time, we are living a once in a lifetime experience.

We followed Jack Nicklaus around initially, then realized we should start to see others.

We met this lovely lady Dana Quigley's wife. We started to share some stories about each others families and other interests and that's when it hit me. Here we are at the this lovely Golf Tournament enjoying some precious time together, my boys having a hot dog and coke learning about these professional senior golfers and us about each other. It's time, folks, it's all about time. We rush through our daily routines or we boringly do so many robotic things over and over. This experience made me realize we have to spend more quality time with each other.

If we can see clear to do this with our families, friends and each other. I think this will be a great way to start our community to be a happier one.

Your friend and Chairman,
Darrell

Youth Corner

Summer is close to end and before we know it school will be back on! I hope everyone had a great summer. Due to the scheduling conflicts, youth drop-in at Powerview Arena, will not be running July 21, 25.28 or September 1st. Youth night will be resuming in September. We are still in desperate need of adult supervisors. It would be very unfortunate if we cannot run because of a lack of adult supervisors. The time commitment is not huge nor are the duties that taxing. Please feel free to contact Sharon Hebert at the Powerview arena on Mondays and Fridays or Cathy Good at 367-6120.

Steps toward a higher level of self-esteem begin by taking action.

Working on your own self Esteem:

Determine your personal attributes—positive things

about your physical, mental and emotional self such as the way you look (body image, color of hair and eyes); your mind and emotions; skills you have and those you are developing; your potential; your values.

Practice becoming comfortable with yourself. Don't try to measure up using someone else's standards. Genuine self-esteem comes from within.

Focus on your accomplishments. Congratulate yourself for achievements, however big or small. Remind yourself daily of the things you do well and of the courage you have shown in the past or present.

Choose to risk in order to succeed. Establish realistic goals that are your own and are high enough to satisfy you. Learn from failure. If you have setbacks, become a problem solver. Examine

strategies and objectives which may have to be revised in order to succeed. Refuse to deal with self-defeating patterns.

Learn to be realistic and accept the fact that you aren't perfect at everything and you don't have to be. Stop condemning your faults—change what you can and accept yourself by also acknowledging your virtues.

Learn to laugh at past disappointments when you can. Use them as opportunity for insight and growth. Be compassionate with yourself.

Visualize success. Mentally rehearse winning in everything you do before you do it.

Nurture yourself by taking care of your health. Eat well, get enough sleep and exercise. Learn to play.

Develop a support system of people you trust who will listen when you need to talk.

Let go of resentment, guilt and revenge. Forgive yourself and others. Recognize that you are unique and have a place of importance in this world.

Meditate and try to recognize what hurts in your past. Try and learn from these experiences. If you deal with past hurts they will slowly become less painful. If you feel overwhelmed, seek help from a professional.

Sometimes we are out of touch with ourselves. We can be dismayed to find that self-esteem can cause us major stress. When it does, it is a good idea to seek professional help. As we meet this life challenge, we experience health and vitality. Take it on and struggle to grow!

Happy Birthday to that Mexican CEO - Guy!

Who celebrated his birthday on Friday, August 19th. From all your amigos!



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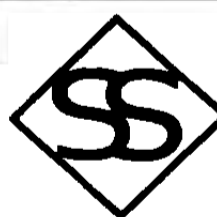
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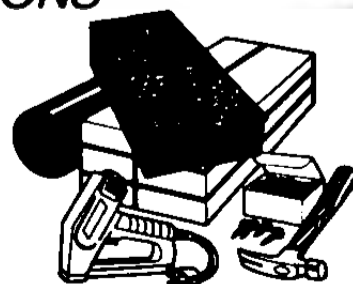
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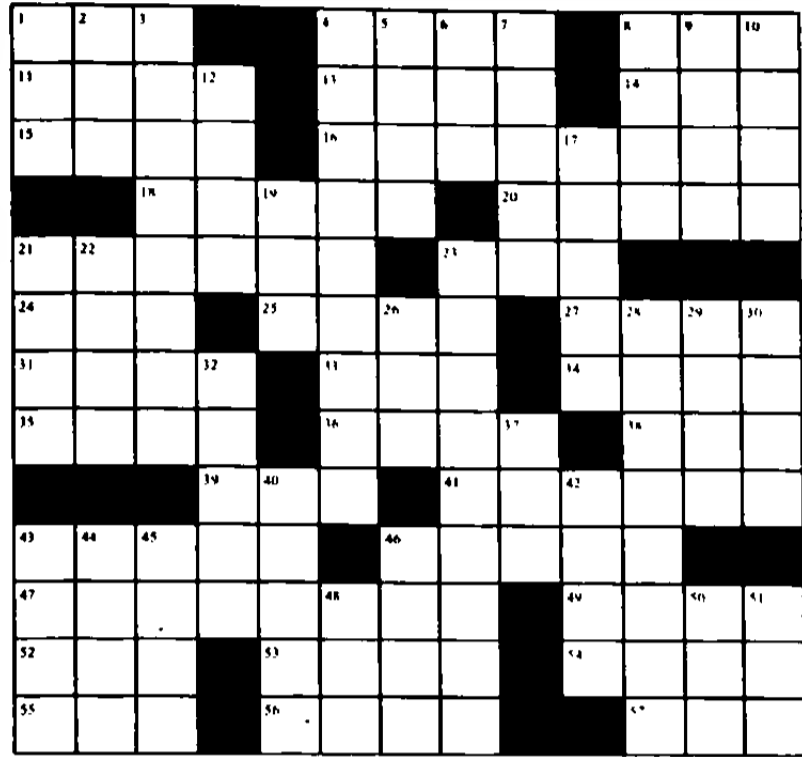
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Winnipeg River Echo Weekly Crossword

A Bevy of Barbaras



ACROSS

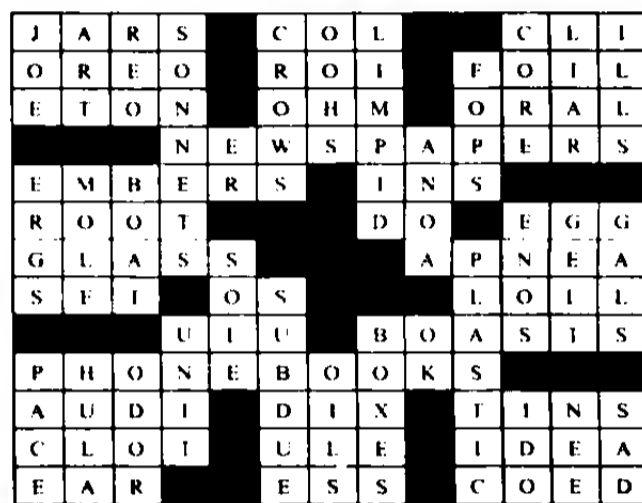
- 1. Sigh of relief
- 4. Roman 1104
- 8. Black cuckoo
- 11. Search a river-bed
- 13. Roman statesman
- 14. After expenses
- 15. _____tasse
- 16. Occupants
- 18. Nigerian folk
- 20. Editor and author Barbara
- 21. Environment

- 23. Auto workers org.
- 24. Canadian prov.
- 25. A verbal contest between actors
- 27. _____ Stanley Gardner
- 31. Scent
- 33. Plus
- 34. Author Barbara
- 35. English river
- 36. Ogle
- 38. Canadian automobile org.
- 39. Barrel, abbr.
- 41. Preston's Party
- 43. Journalist Barbara
- 46. Dear, in Dolbeau
- 47. RNA containers
- 49. Arm part
- 52. _____ Dorval
- 53. Main or topgallant e.g.
- 54. Humble
- 55. Light emitting diode, for short
- 56. Scandinavian toast
- 57. Hosp. records notation
- 5. Crow calls
- 6. Israel or Trotsky follower
- 7. Russian river
- 8. Again
- 9. Oafish one
- 10. Partner of bitsy
- 12. Chevalier movie
- 17. Further down
- 19. Arthur or Lillie
- 21. A kind of point
- 22. Auto race
- 23. Figure skater Barbara
- 26. Ace
- 28. Flinched
- 29. Prevaricator
- 30. Cheese
- 32. Insurgent
- 37. Female ruff
- 40. Consecrate
- 42. Television journalist Barbara
- 43. Dyestuff
- 44. Stubborn one
- 45. Offed
- 46. Acting award
- 48. Hardwood tree
- 50. Prefix denoting new
- 51. Letters denoting an alias

DOWN

- 1. Put two and two together?
- 2. _____ you okay?
- 3. Actor Barbara
- 4. Politician Barbara

LAST WEEK'S ANSWERS



CRYPTIC PUZZLE


AZBX CWZD ZVF, QG'P BHRJQRWQPD
 AZBX CWZD GSZ, QG'P WFPFRWAJ.
 -SQHPZV DQKVFV

Each letter represents another letter in the alphabet.
 See if you can break the code to figure out the famous quotation


Last Week's Solution
 IT IS NOW POSSIBLE FOR
 A FLIGHT ATTENDANT
 TO GET A PILOT PREG-
 NANT.
 - RICHARD FERRIS

WEEKLY HOROSCOPE for the week of August 22nd - August 28th


ARIES March 21 - April

 Jealousy could get the best of you this week for no apparent reason. Focus on your accomplishments. Things may turn out better than expected. Schedule an appointment for some pampering.


TAURUS April 20 - May 2

 Anticipate potential problems in the environment in which you work. A positive mental attitude may help you realize that you are the miracle. A personal relationship between a mother and daughter is not as complicated as you think.


GEMINI May 21 - June 20

 Reward yourself for a job well done. It's been difficult, and your patience may have worn thin. However, the results are golden. You have an uncanny ability to anticipate the future.


CANCER June 21 - July 22

 Rely on your sense of humor as a tool to defuse a potentially volatile situation. There are obvious answers to a troubling family question. Actively listening will make you a role model. Treat this mentoring opportunity with great care.


LEO July 23 - Aug. 22

 The color red brings serenity as you work to motivate a friend who is slacking off. You are ecstatic. Everything promised could be fulfilled. An equal or greater professional opportunity may be in the works.


VIRGO August 23 - September 22

 Expand your circle of possibilities. Thinking about a pending vacation keeps you focused on important issues. Looking for more partners to start up a business may be as easy as shaking hands. Integrity propels you.


LIBRA Sept. 23 - Oct. 22

 Setting sights on bigger and better personal items may be financially unfeasible. Tighten your belt and pay off some looming debts. Do not stick your head in the sand. Running only puts off money problems temporarily. Update your resume.


SCORPIO Oct. 23 - Nov. 21

 You have the ability to handle the most minute details. Don't give up. Commitment is something you take seriously. Get on with your life. A relationship is just that-in the past. Look closer to home for romance.


SAGITTARIUS Nov.22 - Dec.21

 Accept what has happened and get beyond the incident. Don't dwell on failure; others have already forgotten what you keep rehashing. A brush with a famous person makes you star struck. Use that rush to accomplish long-neglected tasks.


CAPRICORN Dec. 22 - Jan. 19

 Reset your goals. Write them down on paper and set target dates. You are happiest this week in dark colors. Go slowly making major decisions. Impulsiveness could get the best of your wallet.

AQUARIUS Jan.20 - Feb.18

 Do not allow your life to continue to be run by disorganization. Step back and take stock. Don't allow others to get the best of you. They want to ruin your reputation. Stay above the fray by finding comfort in an old friend.

PISCES Feb. 19 - March 20

 Is your current job in line with your overall aspirations? If not, look for other opportunities to advance. Attitude is everything. Don't allow yourself to be dragged down by petty office fighting.

ALL THE RIGHT Stuff

Dear Ms Know-it-all:
I have just accepted an invitation to go out on a date. I haven't been out on a date with anyone but my ex in more years than I care to remember. What do people do these days on dates? Any suggestions?
Nervous

Dear Nervous:
Welcome to the 21st century! A date is two people meeting at a specified time and place with the intention of enjoying an activity together. Going out on a date enables you to get to know a person one-on-one. If you show yourself to your best advantage, that person will get to know and to like you. The ideal date lets you have some peace and quiet, as well as some fun, so that you can focus on each other.

- What To Expect On A Date
- * A date should be kept, even if a more enticing offer comes along.
 - * Plans should not change at the last minute.
 - * You should be given enough advance notice to get ready for the date. Three days beforehand is the minimum. So, if you want to ask someone out for Saturday night, Wednesday is the latest you should call.
 - * The person who asks for the date should take

the other person's interests into consideration when suggesting an activity. If the person you're inviting out is a sports fanatic, attending a football game may be an excellent activity.

- * The date should start on time.
 - * Both people should dress appropriately and use good personal hygiene.
 - * Both people should make the best of a date if things don't go as planned. So, no complaining, yawning or otherwise acting unhappy or dissatisfied.
 - * If both partners want to, you may kiss on the first date.
 - * Sexual favours should not be expected from either person.
 - * The invitee should thank the other person at the end of the date, whether it's to compliment the planning of the date or to show that you enjoyed that person's company.
 - * The invitee should write or call with a thank-you the next day.
 - * Neither person on the date should gossip about the date with a third party afterward.
- How To Behave On A Date
- * Be thoughtful of the other person's feelings, space and property.
 - * Remember your P's and Q's - say please, thank you and you're welcome.
 - * Go out of your way to put your date at ease.
 - * Keep your promises.
 - * Don't make sarcastic comments that degrade anyone else.

Dear Ms Know-it-all:
If I'm serving/ordering more than one type of wine, what is the order?
Dear :
Generally speaking, serve/order light white before heavier, older red and dry wines before sweet.

Dear Ms Know-it-all:
Should I serve/order wine with appetizers and dessert?
Dear:
Dessert wines often go unnoticed or are neglected. These sweet, rich-flavoured wines go well with desserts of cheese, nuts, and fruit and are served best at room temperature, with the exception of sweet Champagne. Dessert wines to look at are sweet Marsala, Angelica, Tokay, Malaga, cream sherry, port, Madeira, and muscatel
Dry sherry usually has a nutty flavour that goes well with appetizers, soups, and bisque. Sherry may be chilled or not, depending on your taste. Sweet and dry vermouth, normally herb-flavoured, is excellent with before-meal appetizers. Vermouth may be served on the rocks, chilled, or at room temperature with a twist of lemon zest.

Dear Ms Know-it-all:
At what temperature should I serve wine?
Dear :
Red wines are normally served at room temperature, and white wines are chilled so that the flavour and aroma are at their peak. If the day is a very warm one, a slightly chilled red wine may be more desirable.



FIND THE TWINS

WHICH TWO ARE EXACTLY ALIKE?

HIDDEN PICTURE

Color in each space that contains a letter.

Connect the dots

Answers

SEEK AND FIND

FIND THESE WORDS IN THE PUZZLE BELOW.

CAMOMILE	FEEL	MOBILE
CONCEAL	HEAL	SEAL
CORNMEAL	IDEAL	STEAL
EEL	KNEEL	WHEEL

THE WORDS READ UP, DOWN AND ACROSS.

```

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

SECRET CODE

What happened to the chicken who slept under the car?

1 24 | 16 8 4 24 | 14 9 | 8 2 5 18

Use this decoder to solve the riddle.

Echo Classifieds

For Sale

For Sale 1974 Mobile home, 14x64' to be moved, located at Victoria Beach, ideal for cottage or house. For further info call 669-2767 ask for Bill. tm-2

Electric Hospital Bed in good condition, \$350.00 OBO, 2 Spanco mattress pads to fit the same bed, good condition, \$50.00 call 1-204-669-2767.

International T-6 Crawler Tractor w/ frontend loader, also w/ bulldozer blade and hydraulics, all in working order, call 669-2767 ask for Bill.



For sale in Broadlands: Near Pine Falls, Bi-level, 2000 plus sq. ft. Newly painted int., new maintenance free ext. 3 Bdrms, 1 1/2 baths, FR with fireplace, workshop and utility room, wood/electric heating, AC and CV, dble. garage, on 160 acres, call 367-8873.

For Sale

1976 23' Class C Motor-home: Ford 351 CID new 5500 miles ago, roof and dash air, Onan generator, new awning, B&W TV, CB, fridge, stove, bathroom with tub and shower, hot water tank, asking \$12,500 OBO, phone 345-8830.

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

Business for sale: Distributor wanted for Simply Natural Spring Water for PF and LdB area. Call Rene at 345-3187 or 783-5536. 2s-7

For Rent

House for Rent. Shared house for rent, \$400.00 per month, hydro included, call 756-4247.

Apartment for Rent. 2 Bedroom apartment for rent in Powerview, possession September 1, 2000, call evenings 367-4922. tm-1

Books

Book Break! in Pinawa. Sellers of used books, fine coffees, teas, desserts. We buy books, phone Dorothy at 753-2357. 8s-7

Birth



Born to Andrea and Dan Laliberté, a beautiful daughter, Anna Marie. Anna came into this world on Saturday, August 5th at 3:35 p.m. weighing 7lbs 6ozs and was 19 1/2 inches long. Proud grandparents are Diane & Andy Laliberté and Heather and Doug Abrahamson. Proud great grandparents are Bernice Nicoll of Lac du Bonnet and Walter & Anna Abrahamson of Creighton, Sask.

Birthday



Happy 70th Birthday Mom!
All our love, your family

Garage Sale

Garage Sale: 26 Laura Street, Powerview, 10:00 a.m. to 2:00 p.m. Saturday, September 2.

Custom Combining

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

Help Wanted

Opening for Part-time Bar Staff (Night shifts only), \$8.50 per hour (includes vacation pay). Send application to: Royal Canadian Legion Pine Falls Branch #64, Box 329, Pine Falls, Mb R0E 1M0.

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FORE THOUGHT FUNERAL PLANNING
CANADIAN INDEPENDENT

RURAL MUNICIPALITY OF LAC DU BONNET TRANSFER STATION ATTENDANTS

THREE REQUIRED FOR THE PR #313 TRANSFER STATION

The Rural Municipality of Lac du Bonnet invites applications for three part-time positions of Transfer Station Gate Attendant at the #313 Transfer Station Site. This is a unionized position guaranteeing a minimum of seventeen hours per week from April 1 to October 31. During the months from November 1 to March 31, the position will be reduced to two gate attendants and a minimum of fifteen hours guaranteed to each attendant. Hours will be increased should a second transfer station open.

The successful applicant will be responsible for the following:

- To unlock the transfer station site and be present at the gate during the hours of operation
- To keep the site locked at all times when not in operation
- To direct vehicles as to where waste is to be deposited
- To uphold RM of Lac du Bonnet Waste By-Law #13-00

Copies of the transfer station proposed hours of operation and By-Law #13-00 are on deposit at the Municipal Office situated on PR #317, between the hours of 9:00 a.m. and 4:30 p.m. Monday to Friday.

Starting wage: \$8.90 per hour

Effective date: duties to commence September 15, 2000

Applications with accompanying resumes will be accepted by the undersigned until 4:30 p.m., **Wednesday, August 30, 2000.** Please identify sealed envelope on the outside with the word "Applicant".

Marlene Watson, Chief Administrative Officer
Rural Municipality of Lac du Bonnet
Box 100, Lac du Bonnet, MB R0E 1A0

LeeLand REALTY

74 Second Street, Lac du Bonnet

345-9075

JANICE TUOKKO 345-8375 Res.
LYDIA WENTZ 345-9643 Res.



76 MINNEWAWA — Like new, 1024 sq. ft. bungalow, c/w gorgeous kitchen, large dining with built out window, large entry/laundry, 2 bedrooms, oak trim and cabinets, and garage with workshop. Owner will look at offers!



HIGHWAY 502 — Price reduced on this cute, 985 sq. ft. bungalow situated on Hwy. 502 close to Woody's. Home features eat in kitchen, good sized living room, 3 bedrooms and full basement. Recent upgrades include: siding, shingles, soffits and fascia. Owners are anxious to sell and will look at reasonable offers.

FOR RENT

Mascanow Drive

3 bedroom bungalow, c/w screened sunroom, full basement, private dock. References required, reasonable rent.

For these and other listings call our office or visit our website at lcn2000.com

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