

The Winnipeg River Echo



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Confirmation needed from provincial government 325 jobs on hold

by Charles Norman

A total of 325 high-paying jobs, mostly for members of 11 first nations, are waiting for a signature from Conservation Minister Oscar Laithlin.

Two joint ventures, a sawmill company, Gaa-bimooka'ang, and a forest management company, Kiiwetino Ma'iingan, are dependent on an increase in the supply of wood from forests currently harvested by Tembec. Studies have confirmed that the additional volume can be harvested on a sustainable basis. Confirmation from the provincial

government that the additional wood supply is available is needed before financing can be arranged. While the joint venture companies have received verbal assurances that the extra wood will be available several weeks ago it has not been confirmed in writing by Oscar Laithlin.

No additional harvesting would take place on the east of Lake Winnipeg between Bloodvein and Berens River until a land use study has been completed, however it is speculated that differences of opinion within the NDP government on the procedure to be followed for the land

use study are the cause of the delay. Two New Democratic Party policies are in conflict - Aboriginal management of resources and a promise to environmentalists to carry out a land use study east of Lake Winnipeg.

The 325 jobs include 125 in the sawmill itself, (on two shifts) and another 200 jobs in the forest. Sawmill jobs will be offered to the 55 people laid off when Tembec converted to TMP pulping earlier this year, but preference will be given to members of the 11 First Nations for all other jobs. If wood supply is available, and market conditions for lumber are suitable a three-shift operation would create another 140 jobs.

The sawmill will produce lumber from the core of the log. The outside would be chipped and sold to Tembec for the production of newsprint. Tembec currently chips whole logs for use in the TMP mill. It is costing Tembec roughly 3.5 million dollars a year more than it would to purchase chips from the sawmill.

If Tembec acts on its long-term plan to add a third paper machine to its newsprint facility there could be up to three sawmills and a total of close to a thousand new jobs for First Nations members. The first sawmill will be on Sagkeeng/Tembec territory, other sawmills would be on

northern First Nation territory.

The two joint ventures will be 50-50 partnerships between Tembec and the 11 First Nations for a period of five years, with management of the projects by Tembec. After five years the First Nations involved will have the option of buying out Tembec and taking over the management of the sawmill company.

The 11 First Nations involved in the two projects are: Sagkeeng, Brokenhead, Little Black River, Hollow Water, Bloodvein, Berens River, Jackhead, Dauphin River, Lake St. Martin, Fisher River and Peguis.

Highlights concert delights crowd

by Toni Bruneau

The Agassiz Festival of the Arts highlights concert was held at Centennial School in Lac du Bonnet last week, May 16. Included in the region's most gifted, these students entertained a delighted crowd.

The concert featured a variety of award winning individual students and groups as well as those who had given outstanding performances at the seven-day competition held April 27 to May 7. The communities of Lac du Bonnet, Powerview, Pine Falls, Whitemouth, Oakbank, and the Whiteshell Colony were extremely well represented.

Students performed piano, voice, speech, dance and recorder ensembles to many proud parents, family members, friends and peers at the highlight event.

The Agassiz Festival of the Arts beginnings date back to 1979 when founded by three

music teachers of Agassiz School Division, Henry Funk, Anthony Steffes and Clara Thurmeier. Thurmeier, after 23 years, is still involved with the festival, acting as president.

The festival has developed from its humble beginnings as a one day competition to a seven day event hosted this year cooperatively by Beausejour, Powerview and Lac du Bonnet. Band and orchestra were held in both Lac du Bonnet and Beausejour, piano three days in Beausejour, dance and vocals at Lac du Bonnet and speech in Powerview.

Over 600 people were involved with the festival and approximately 400 entries were received.

Unable to compete at the provincial level, the highlights concert was this year's finale for our local students. Agassiz School Division hasn't included funding in the budget

for the festival in the last two years. Organizers say a prerequisite for provincial competition is belonging to the provincial organization, something the festival hasn't been able to afford.

Things are looking up for next year however, it seems the festival has been reinstated and will be included in the 2001-2002 budget. This will allow students, chosen by the adjudicators, to compete at a higher level and a chance to go further as far as competition is concerned.

Performances

First to entertain was the Centennial School Grade 4 recorder ensemble, with *Sweetly Sings the Donkey* and *Festival Time*. This group's performance at the festival gave them highest group mark, presented by the Lac du Bonnet Pioneer Club.

Jocelyn Bruce of Oakbank sang *Rabbits* by W. Herbert



Kendra Ulrich plays 'Sonatina in F Major' by Diabelli. Her performance at the Agassiz Festival of the Arts won her two awards, the highest mark in senior piano and a senior piano scholarship.

Belyea. She received highest mark in junior voice.

The Calypso Dancers, Grade 5 and 6 students from Whitemouth School also performed for the audience.

Kendra Ulrich received two awards for revealing her talents by playing *Sonatina in F Major* by Diabelli. The Royal Bank presented Kendra with the highest mark in senior piano and the Lac du Bonnet

Knights of Columbus awarded her with a senior piano scholarship.

The Centennial School's Grade 2 choir followed with *I Need a Home for My Dinosaur* and *This Old Man*.

A Beausejour student, Kristina Leiman-Mamrocha received the intermediate piano award by the Lac du Bonnet Knights of Columbus for

See HIGHLIGHTS/page 15

Cats Meow host successful tourney

by L.N. Fielder

Cat's Meow, Lac du Bonnet ladies' slo-pitch team took another

step towards their goal to attend nationals at St. John's Newfoundland in August.

The ladies hosted another successful mixed and men's tournament this past Victoria Day weekend.

A total of 18 mixed teams and nine men's team slugged it out for cash and prizes Saturday and Sunday in spite of a steady drizzle in the latter part of competition.

The team really appreciated the great turnout and all the support at the food booth and beer garden.

On the diamonds Mooses were A Side mixed winners taking home \$350 and equip-

ment bags.

Tumble Weeds took runner up prize of \$250 and shirts.

Poor conditions and commitments forced B Side finalists Bouia Tribe and All Aboard into agreement to share first and second in that event.

The men's competition was broken down into A, B and C divisions after round robin play.

A side champs were Wolfpack over the Rookies. Wolfpack took home \$300 plus bags for their effort.

B Side money of \$250 went to the Outbacks who defeated Models Inc.

Winning C division was a local bunch called the Ace of Spades who defeated the Legends to win \$200.

This tournament was an SPN sponsored function and the Cat's Meow appreciate their support.

The team will now turn their attention to defending their Beausejour League Championship and as well as sharpening their skills in preparation for nationals.



Connie Dancy of the Cat's Meow presents a representative of the Mooses team with cash and prizes for winning A Side after competition at the Victoria Day weekend mixed and men's slo-pitch tournament.



Tracy Clark is ready as she watches the pitch come in during the A Side final held Sunday afternoon.

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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. LAC. U.S. 984 Every Monday Evening</p>	<p>Bonus Line - \$2050.00** Star - 156.00** Loonie Pot - 399.00** Toonie Pot - 743.00** Special "Y" - ** Jackpot Strip - ** Poker Flush - 674.00**</p>
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FOR UPDATES CALL 345-8619

<p>Lakers Ski Club Lac du Bonnet Community Centre Specials 7:00 p.m. Every Thursday Evening LAC. U.S. 974</p>	<p>Bonus Line - \$1704.00 Star - 994.00 Loonie Pot - 111.00 Poker Flush - 5582.00 Special "Y" - 468.00</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. Every Wednesday Evening LAC. U.S. 982</p>	<p>Bonus Line - 350.00 Star - 78.00 Lucky 7 - 153.00 Mini Loonie - 226.00 #1 Loonie - 595.00 #2 Loonie - 243.00 #3 Loonie - 144.00 Jackpot Strip - 193.00</p>
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New gift shop opens at Traverse Bay Corner

by Charles Norman

Carol Danwich realized a life-long dream last weekend with the opening of The Plum Creek Gift Shop at Traverse Bay Corner. It was a very suc-

cessful opening.

The building was built by her husband, Ken Danwich, family and friends, it opened Friday morning with gifts from five of the six continents, Eu-

rope, Asia, Africa, and North and South America.

Gifts on sale were ordered at a major show in Calgary last fall, Carol must have purchased the right stuff because she did a land-office business all weekend, prices are extremely reasonable, and few, even the merely curious, visitors left without purchasing something. Wicker furniture was a big seller and all Mexican goods were sold out by mid-afternoon on Saturday.

Carol Danwich, who works at the South Interlake Credit Union at Pine Falls, will not be retiring. She employs three part-time sales clerks.

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 4:30 to 7:00 p.m.
THURSDAY, MAY 31, 2001
 Help us show appreciation to all of our library volunteers (past and present) as we celebrate 10 years in this beautiful building!

Drop by for cake & coffee/tea and a visit!

The Winnipeg River Echo
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The Winnipeg River **Echo**

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1.8 Million Expansion for Papertown

by V. Anderson

Construction will begin on the \$1.8 million expansion for the Papertown Motor Inn this week.

The major part of the expansion will be to increase availability of accommodations, and the addition of a swimming pool and water slide. There will be 20 rooms added to the Papertown Motor Inn, increasing room availability to 50. The rooms at the Papertown will have double queen size beds and will be equipped with extras such as microwaves, fridges, coffee machines, and private Internet services. There will also be wheelchair accessible rooms and parking. The pool area will consist of a 966 square foot pool and 115 foot waterslide. There will also be a large hot tub, kiddies wading pool, a patio area and hospitality room. The expansion

will involve a total of 15,000 square feet.

Another improvement slated in this project is the beverage room. The plan is to increase the size of the stage area, the Video Lotteries Terminal area and washrooms. Renovations will include adding more colour to the room, with new carpet and paint.

Hotel managers Mike and Laurent Raymond are excited for the project to begin.

"These plans have been in the making for 10 years, but one of the hold-ups was the limited sewer and water services in the area. Now that the Village of Powerview has provided these services we can move ahead," said Mike.

The architectural firm taking on this project is the well known company Number 10 Architect Group, based in

Winnipeg. This company has designed and constructed Polo Park Inn and McPhillips Street Station.

"We are very happy with the plans and feel confident that the job will be well done. The company is very good at what they do," said Laurent.

"We feel that this expansion will not only improve business for the hotel but for the community as a whole."

Over the past couple of winters we have had groups book rooms and later cancel them deciding to travel. The main reason was the hotel was not equipped with a pool.

A pool and waterslide means that the Papertown Motor Inn will have something to offer the families visiting or travelling in our area. This area is gifted with many natural re-

sources; there is something to do for almost every interest, whether it is wilderness adventures or recreational sports. Today families make the extra effort to insure there time spent is quality time enjoyed by both the young and young at heart.

Mike said, "Like a lot of people in our area, when we were young we travelled with our parents all winter long competing weekends in many

small communities meeting many people and having fun. It is our turn to offer all guests to our community's great hospitality and good fun. We look forward to this."

The Papertown Motor Inn hopes to have rooms available for booking October 1. Once the pool and waterslide are done, a grand opening will be planned to celebrate the completion of the project.

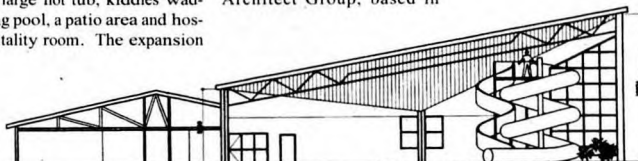


Diagram shows the interior of the south quarter expansion which will house the 115 foot waterslide.



Diagram shows the elevation of the south quarter of the Papertown's expansion plans.

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GUEST SPEAKER: RON O'DONOVAN
Volunteering in the Community - How Important Is It?

To reserve your tickets call Janice at 345-2514 before May 30, 2001

2001 Recreational Fishing League

by Toni Bruneau

A pilot project developed last year proved successful and determined a second season of fishing for enthusiastic young anglers in the province. Presently there are ten teams of youths, aged nine to 15 years, who will be competing in the Recreational Fishing League in Manitoba.

The project was developed by a steering committee comprised of Mid-Canada Marine Dealers Association, the Manitoba Wildlife Federation, Recreation Connection of Manitoba and Manitoba Conservation (Fisheries Branch), with support from Berkley Canada. It's objective is to provide kids who may not have the opportunity, with a chance to go fishing and develop skills including fish identification,

cleaning, preparation and equipment maintenance.

Coordinators hope participants will experience a sense of sportsmanship, competition and a whole lot of fun as well.

Teams consist of six to eight children and their coaches from Lac du Bonnet, Swan River, West St. Paul, Shilo (last year's winners), St. Norbert, Morden, Selkirk, Dauphin and Thompson.

Lac du Bonnet team members are: coaches Pat Lennox and Peter McKenzie, Bryce Iodge, Anthony Worona, Geoff Bordeleau, Keegan Sveinson, Adam Gorrie, Stephane Bordeleau, Matt Towers and Riley Pargeter.

The league starts this week and will run for six weeks, until the end of June. Like last year, teams will submit catch



Coaches Pat Lennox and Pete McKenzie with some of the boys involved in the Lac du Bonnet team of the 2001 Recreational Fishing League.

results from one two and a half hour session per week as their weekly entry toward league standings. They may, however, fish at any time, as often as they want. Fish caught will be measured and listed by species, after which a conversion factor will be applied to determine points. Bonus points will also be available in specific circumstances.

There is a website established, www.mwf.mb.ca, which will provide scores and standings for team mem-

bers to review.

Chairman of the steering committee, Carl Wall of the Fisheries Branch of Manitoba Conservation says he predicts an expansion of the league in the future as there has been interest outside of the province. They way the project is set up, participation could exist anywhere geographically. Since the website has been prepared, all that is required to join are team members, and coaches who will commit to time

requirements each week. Teams are encouraged to fish in a variety of areas, for different species of fish, but it is not a requirement to even have a boat. A team may participate simply by fishing off shore.

Anyone who is interested and thinks they may have a team together to participate, there still may be time to join. Contact the Lac du Bonnet coordinator, Winnipeg River Recreation District Director Michelle Chudd at 345-8816 in Lac du Bonnet.

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TUESDAY, JUNE 19:
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SATURDAY Meat Draw - Draws at 4:00, 4:30, 5:00, 5:30, 6:00 & 6:30 p.m., Loonie Draw at 6:30 p.m.

WEDNESDAY Happy Day - Beer and Shots on Special All Day

FRIDAY Pool Tournament - Starts at 8:00 p.m.

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Boiteau family obtain franchise opportunity

by V. Anderson

Liz and Pic Boiteau of Powerview have made major changes for their restaurant business. What used to be known as Mr. Pic's Restaurant has now been changed over to a franchise operation of Chicken Chef.

The restaurant formerly known as Mr. Pic's started up in May of 1988 and had ran successfully for 12 years. The change over to Chicken Chef took place officially April 17.

The decision was not an easy one, but one that was enticing for the Boiteau's.

"We liked the restaurant before, but in the service industry you have to keep changing in order to give the public what it

wants," said Liz. Both Liz and Pic felt that a franchise operation was a good opportunity.

"People like the familiarity of a franchise, customers like to know what they are getting, and with a franchise like Chicken Chef, you get a well known name in a restaurant and consistency in the product that you serve," said Pic.

The new Chicken Chef will still offer a great breakfast like it use to. The famous Mr. Pic's Burger will still be made, it will just have a new name, The Chef Burger. For the customer that likes to dine-in or take-out their new menu offers other great items such as pizza, chicken and much more. The new hours of operation are 8:00 a.m. to 9:00

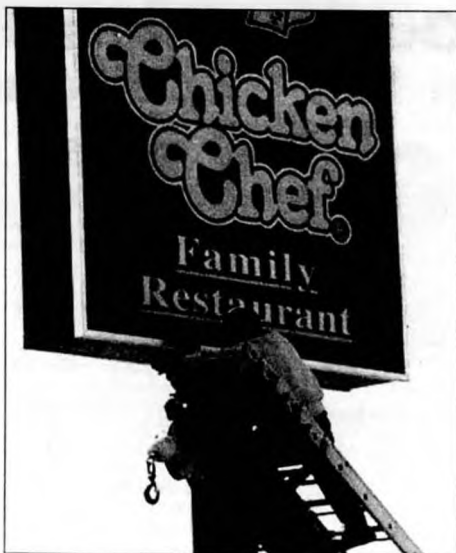
p.m. daily.

The change over was gradual and the Boiteau's and their staff worked hard in order to make the transition as easy and efficient as possible.

"The staff has done an excellent job of making the new restaurant an inviting place to come and enjoy a good meal," said Liz.

"We appreciate our customers, some of them have been coming here for 12 years and they like the change also, and that is important and nice to here."

The Boiteaus also acknowledged their daughter Dana for her advice and help. Dana is attending university and majoring in administrative studies.



Mr. Pic's officially changed over to Chicken Chef April 17



Grads award shopping spree

Corinne Pachkowsky was the lucky winner of the Powerview School graduates' latest fundraising event. Raffle tickets were sold to raise money for the grads, with a grand prize of a two minute shopping spree at Northern Store in Pine Falls.

Corinne Pachkowsky had the joyous task of tackling her two minute shopping spree last Thursday. There were some governing rules that were set forth for this lucky winner. Pachkowsky had to start her spree at the front door with no shopping cart in hand. The shopping spree would last exactly two minutes. Retail or tobacco products could not be included in the \$500 value limit in products. A total maximum of two articles of any product could be taken, and finally any breakage would be deducted from the total bill. With all this in mind she was ready for her challenge.

With many onlookers and Pachkowsky's own cheering section she was ready to go at the counter. Off she went scurrying here and there with much methodical manoeuvres in hand. She ran to the meat section first, then off to the cheese and dairy products, all the while with her cheering section giving advise and the time remaining being echoed in the background. It was an exciting two minutes not only for her, but all the shoppers and spectators that were there. A Rer all was said and done Pachkowsky manage to rake in \$337.41 worth of groceries. Pachkowsky said it was fun and she thanked the grads of 2001 and Northern Stores.

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Odd job squad truly a fun experience



MYJC news

Sunita Mulpuru, MYJC Office Manager

Things are beginning to heat up here at the Manitoba Youth Job Centre! We are now officially in our third week of operation and already many things have happened.

School Presentations

Last week proved to be a busy one as I spent four days visiting the schools in our area (Powerview, Whitemouth, Lac du Bonnet and Pinawa). I spent the mornings making presentations to many junior high students about the services that the MYJC offers, and also held special registration ses-

sions during noon hours where students had the opportunity to register with me. All students are advised to either submit their completed forms to me (my office is in New Directions School, Lac du Bonnet) or drop them off at their school office. Just a side note - students who are under the age of 16 need a parental signature on their registration forms.

Odd Job Squad

For those who don't already know, the odd job squad consists of students between the ages of 12 and 16 who are interested in casual summer employment. The main activities for the odd job squad occur

during a special week in July called Hire a Student Week. We usually run one week in Lac du Bonnet and one week in Pinawa. Special events are run for the duration of this week (eg: bake sales, car washes, etc.) providing the odd job squad members with some extra cash and a valuable work experience. All things aside, being a part of the odd job squad is truly a fun experience - trust me on this one. I too was an odd job squad member in my junior high days!

Registrations

I encourage all high school, junior high and university students interested in summer employment to register with the MYJC today! We can help students find both casual and full-time employment for the summer. To register, please give me a call at 345-6916. You can also stop by the MYJC office between 8:30 a.m. and 4:30 p.m. I also encourage employers to call or visit the centre if there are any vacant positions available for students. Please register the position with our centre and we can help you find a suitable student. I look forward to hearing from you! Have a great week!

ECHO MAIL:

Letters to the Editor

Box 550 Ph: 367-9468 or 345-9896
Pine Falls, MB Fax: 367-9974 or 345-0004

Alert from Beaconia to Victoria Beach!

The heading of an article in a newspaper this past Thursday May 17, *RCMP to crack down on bush parties* in Lester Beach area on Lake Winnipeg immediately caught my eye!

I thought it was ironic that the Grand Beach area are planning to double the number of police officers on the May long weekend in order to clamp down on loud music and drinking while the councillors of the RM of Alexander are considering a proposal from a group of business men who want to develop a huge concert site and campground area off Road 102 and Highway 59, close to Balsam Bay and Lakeshore Heights. This proposal includes the leasing and clearing of municipal forest land.

I felt compelled to write and alert area residents about this proposal because - firstly, I have relatives and know cottage owners from Balsam Bay to Victoria Beach, who enjoy spending quiet weekends at the lake, but who have not heard a whisper about this proposal. Secondly, I understand that

councillors of the RM of Alexander are aware of another proposal that is presently being put together for a Boreal Forest Educational Centre, whose activities will be of benefit to the community, both economically and education wise. It requires leasing of the same municipal forest land for nature trails.

I have nothing against music, concerts, or festivals. I have two sons that are involved with and making a living in the music industry.

But, what is more compatible to the area, concert site or nature centre?

To me the answer is a 'no brainer', however I do feel that cottage owners and residents should be informed and have a voice in this decision.

If you have concerns - council has asked the proponents of the festival concert site to present their project to the public on Saturday, June 16 at the Walter Whyte School at 1:30 p.m.

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JUNE 8, 9 & 10

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Purpose
To help in the fundraising of Recreation, Minor Hockey, Treaty Days and Christmas.

For more information or to sponsor a rider, please contact Allister Courchene at the band office

367-4411

Birchwood expanding

by Charles Norman

A new ten-unit motel is under construction south of the Birchwood Hotel. All units will have double queen-size beds and four of them will have hot tubs. One room will be suitable for handicapped people. The motel will have a conference room and a large hot tub for the use of guests in the hotel itself. There will be fenced off barbecue areas outside each unit.

One of the hotel owners,

Karen Brisco, said the hotel has been very busy, especially during summer.

"We have a waiting list, and we're turning people away," She said. The hotel caters to wedding parties who often like to book several rooms. Construction workers, on Hydro or Tembec projects are the major source of business during winter.

The motel is scheduled to be open by the July long weekend.

Saint-Georges School News

During the first week of May both Marco Ratte, our school principal, and Jaqueline Avanthay, one of our Senior 4 students, were in Victoria, B.C. attending the Interchange on Canadian Studies Conference. Mr. Ratte is presently the President of the national organizing committee. Jaqueline had the good fortune of attending this national conference as the representative of the Ecoles françaises du Manitoba. Eight of ten student delegates from Manitoba were bilingual.

Two hundred and ten students

from every province and territory attended this week long conference. Each student was hosted by a family. Later this summer the students who acted as hosts will have the opportunity to be guests in their partner's home province or territory.

During the week the delegates had an opportunity to meet in discussion groups, listen to various speakers and visit a number of sites such as the Victoria Legislature, the Victoria Aquarium and the Was Museum. Jaqueline enjoyed listening to a number of motivational speakers including

Justin Trudeau, son of the late Pierre Elliot Trudeau. She continues to correspond with the new friends she made during this conference.



Jaqueline Avanthay représentante Manitoba a la conférence Echange sur les études Canadiennes.

Nouvelles de l'École communautaire Saint-Georges

Pendant la première semaine de mai notre directeur M. Marco Ratte et Jaqueline Avanthay, une étudiante en secondaire 4, étaient tous les deux à Victoria en Colombie Britannique. Ils ont assisté tous les deux à la conférence Echange sur les études canadiennes. M. Ratte est le président du comité organisateur de cette organisme national qui organise cette conférence annuelle depuis vingt neuf ans.

Deux cent dix étudiants de tous les provinces et territoires ont eu l'occasion d'échanger, d'écouter à une grande variété d'orateurs et de visiter des sites à Victoria. Chaque étudiant demeurait avec une famille. Plus tard pendant l'été les étudiants hôtes de Victoria seront reçus leur tour par leurs camarades

des autres coins du pays.

Jaqueline est revenue de cette conférence avec de très beaux souvenirs. Elle a entendu une variété d'orateurs, parmi lesquels comptait Justin Trudeau, fils de Pierre Elliot

Trudeau. Jaqueline s'est fait de nouveaux amis avec lesquels elle continue à correspondre. Elle était la représentante des écoles françaises du Manitoba. Huit sur les dix représentants du Manitoba étaient bilingues.

Preparation

Golf tip of the week



Dale Mitchell, CPGA Golf Professional

Hello, I'd like to thank the people of Pine Falls and the surrounding areas for giving me the opportunity to take on the position of pro manager of the Pine Falls Golf Course.

As part of my commitment to the many new and regular golfers in the area, I will be submitting *Golf Tips of the Week* to the Winnipeg River Echo on a weekly basis.

The golf season is already upon us and the nice weather is starting, so it's time to get

This system will greatly improve your game.

Just a quick last note to all golfers or people who would like to learn how to golf. I would be happy to talk to you anytime if you need help with your golf game. Stop by the club as all the facilities are now open. New golfers are most welcome and I am sure I can answer any questions you may have. I would be happy to show you the game and what a great sport it is. So drop by and have a coffee with me and talk some golf. Till next week, good golfing to all.

the rust out of the golf game. This weeks tip is about preparation. One of the most common problem areas early in the season is not getting prepared to play golf. First stop should be the driving range and before hitting anything do some good stretching. Then start out small with a wedge or nine iron and hit some simple warm up shots. From there hit about six or eight shots with each club in your bag. Then take out the driver and hit it last after your swing has been established.

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Did you receive blood or blood products before April 1992? If you did, you may have been exposed to the hepatitis C virus. A blood test can detect the virus.

Be sure. Get tested.

Finding out if the virus is present could be important for prevention and treatment for yourself or others close to you. Contact your doctor or Health Links to arrange a blood test.

- Hepatitis C is an infection of the liver that is transmitted through the blood.
- People may carry the virus for many years without any symptoms.
- Canada's blood supply is now routinely tested for the hepatitis C virus.

FOR MORE INFORMATION CONTACT
 HEALTH LINKS
 at 788-8200 or 1-888-315-9257



Children and their feelings

by Mary Ann Haddad

As a parent you tenderly cradle your newborn child never expecting that some day, you might hear... "You're mean! I hate you! You don't love me". It's surprising and upsetting to hear these words being spoken in such anger from that little innocent mouth. It is even harder to imagine that in your own frustration you might feel like saying these words yourself to someone you care for so deeply. This is not unusual; in fact, strong emotions including anger are among the normal feelings occasionally felt within the intimate relation-

ships of a family.

In growing up many adults have learned the 'anger' is bad and should be eliminated. However, anger is part of normal feelings that one might encounter being young and old. It signals or is an indicator that something is going wrong. The hardest thing and possibly the first thing we must learn to do is to separate the feeling from the action. The feeling may be neither good nor bad, but the action may be constructive or more often destructive. Primarily, it's what we say or do when we are angry that can cause problems for others to ourselves.

Children of all ages may occasionally lose control of their emotions. The result is tears, wails, and misery. It's important to assume, until proven otherwise, that there is an important message hidden within all that fuss. A good example might be a three-month-old infant is crying needing for a bottle or a diaper change. It would be a lot easier to figure out what the fussiness might be about if they could put words to their needs otherwise we try to interpret what we think is needed. At times something may be lost in the translation.

In order to help children

manage their anger or frustration, it is important first to acknowledge it. As a parent we need to be able to say to ourselves... "What is it that my child may be trying to tell me? What is it they might really need right now, what might be going on that I am not aware of? If not physical, what emotional need does my child have right now?" Sound pretty simple, but can be pretty frustrating or exasperating trying to figure out what the real need is when we ourselves might be feeling tried or stretched to the limit.

Children learn how to deal with their emotions by watching the people around them, particularly their parents and caregivers. A few suggestions that we could keep in mind to provide a positive role model: Trying to make note of what triggers or a pattern to what might be happening and recognize how do I normally react to a situation. Being aware of how you are feeling at the moment being in touch with your own feelings is important. Recognizing that anger is usually a secondary emotion. First you might feel scared or helpless, frustrated, disappointed, exhausted, threatened, etc. then we might get mad. This can lead to actions or reactions that we might feel bad about later depending how we respond to the situation. Being able to learn for ourselves to recognize what are our own physi-

WINGS OF POWER



cal or emotional signals as to how we might react to certain situations is there a pattern, as earlier knowing what might be some of the triggers. Once we are able to recognize some of these things for ourselves also, how do we influence how our child might be reacting... could it be a result of our own actions.

Being able to step back from the situation take a time out, reflect on how you are feeling and what might be happening or going with your child. Being kind to ourselves is important in learning positive coping skills. There are some great parenting programs that help gain these skills and better understand how to cope *Nobody's Perfect* for the youngster and early years child. *How to Talk so Kids will Listen* is targeted to the older child. Wings of Power offer both of these programs throughout the year, if you are interested on either of these programs please don't hesitate to call for a possible start date. Drop in or call us at 367-9641.

Ask your Pharmacist

Folic Acid in Pregnancy

Folic acid has been found to prevent serious birth defects known as neural tube defects. These defects affect the brain and spinal column of the baby. Anencephaly is a brain defect and spina bifida a defect of the spinal column. Neural birth defects occur very early in the pregnancy. This is one reason why it is so important to start taking your prenatal vitamin before you conceive. Most women do not get enough folic acid in their diet to prevent

these very serious birth defects. The recommended minimum dose of folic acid during pregnancy is 400 micrograms or 0.4 mg daily.

Folic acid is found in:
- dark green leafy vegetables
- citrus fruit and juice berries
- legumes (dried peas and beans)

Excess amount of Vitamin A (over 5,000 I.U daily) may cause birth defects so don't overdo the vitamins thinking that more is always better. A

healthy diet following Canada's Food Guide, a prenatal vitamin supplement and 1500 mg of calcium daily should be sufficient to provide mother and baby with all of the nutrients they need. Be sure to see your doctor if you are pregnant and discuss any nutritional concerns with her or with your Prescription Plus Pharmacist.

Note: Prenatal vitamins are available only from your pharmacist, so Just Ask. You will not find these vitamins on the shelf with the other vitamin and mineral products.

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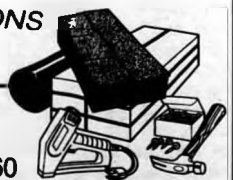
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Recreation ramblings

by Robin Attas, Recreation Assistant
Winnipeg River Recreation District, 753-2639/345 8816
Email: reccomm@granite.mb.ca

There's so many different events and announcements this week that I barely have room to write a column! But if you think things are busy recreation-wise right now... wait until you see

what I have planned for summer!
Lac du Bonnet Recreational Fishing League

This provincial league is now

up and running for the second year in Lac du Bonnet. Thanks to the Lac du Bonnet Wildlife Association for once again sponsoring this program.

LdB Soccer

Unfortunately, registrations for this program are now closed.

For those children who are registered, we would like to strongly suggest that you wear shin pads to prevent injury. The league runs Tuesdays and Thursdays from 6:00 to 7:00 p.m. at Centennial School fields - weather dependent of course!!

Swimming and lifeguarding

Swim registration has begun for courses offered at the Pinawa Pool. We're still looking for Lac du Bonnet lifeguards - if you or anyone you know has the neces-

sary qualifications (Red Cross Water Safety Instructor, CPR, First Aid, and Bronze Cross minimum, at least 17 years of age), contact us as soon as possible! Please!!!

Arts Council mtg.

Anyone who's a professional artist (of any kind - music, drama, dance, drawing, etc.) or serious amateur, is welcome to attend a meeting with representatives from the Manitoba Arts Council. The meeting will be in Pinawa Thursday, May 24 at 7:00 p.m. in the home economics room at Pinawa Secondary School. Call the rec office for more information.

When God made moms

ECHOES FROM THE

Heart

By the time the Lord made mothers, he was into his sixth day of working overtime. An angel appeared and said, "Why are you spending so much time on this one?"

The Lord answered and said, "Have you seen the spec sheet on her? She has to be completely washable, but not plastic; have 200 moveable parts, all replaceable; run on black coffee and leftovers; have a lap that can hold three children at one time and that disappears when she stands up; have a kiss that can cure anything from a scraped knee to a broken heart; and six pairs of hands."

The angel was astounded at the requirements for this one. "Six pairs of hands! No way!" said the angel.

The Lord replied, "Oh, it's not the hands that are the problem, it's the three pairs of eyes that mothers must have."

"And that's just on the standard model?" the angel asked.

The Lord nodded in agreement. "Yep, one pair of eyes

are to see through the closed door as she asks her children what they are doing, even though she already knows. Another pair in the back of her head are to see what she needs to know even though no one thinks she can and the third pair are here in the front of her head. They are for looking at an errant child and saying that she understands and loves him or her without even saying a single word."

The angel tried to stop the Lord. "This is too much work for one day. Wait until tomorrow to finish."

"But I can't," the Lord protested. "I am so close to finishing this creation that is so close to my own heart. She already heals herself when she is sick AND can feed a family of six on a pound of hamburger AND can get a nine-year-old to stand in the shower."

The angel moved closer and touched the woman. "But you have made her so soft, Lord."

"She is soft," the Lord agreed, "but I have also made

her tough. You have no idea what she can endure or accomplish."

"Will she be able to think?" asked the angel.

The Lord replied, "Not only will she be able to think, she will be able to reason and negotiate."

The angel then noticed something and reached out and touched the woman's cheek. "Oops, it looks like you have a leak with this model. I told you that you were trying to put too much into this one."

"That's not a leak," the Lord objected. "That's a tear!"

"What's a tear for?" the angel asked.

The Lord said, "The tear is her way of expressing her joy, her sorrow, her disappointment, her pain, her loneliness, her grief and her pride."

The angel was impressed. "You are a genius, Lord. You thought of everything. WOMEN are truly amazing."

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Lac du Bonnet RCMP report



The following constitutes the Lac du Bonnet RCMP report for the period of May 7 to 17.

May 7: A report was received from a school bus driver of a vehicle passing school buses stopped at the Lac du Bonnet Senior School.

A report was received of a truck catching fire while being operated on PR 520. Police attended with the fire depart-

ment and ascertained that there were no injuries.

May 9: A report was received from Pinawa from an adult female being threatened by an adult male over business dealings. The matter was resolved informally.

A report was received of a Lac du Bonnet grad ring being set down and left on the bathroom counter of a restaurant. When the owner returned

later, the ring was gone.

A report was received of an underage male beating a dog at a residence in Great Falls. Complainant wanted the parent of the male spoken to and advised of actions of her son.

A report was received of two unknown youth at the door of a residence in Pinawa. Same departed when the occupant of the residence returned.

A report was received of a single vehicle roll over on PR 435. The driver was the single occupant, received only minor bumps and bruises.

May 10: A report was received of golf clubs, bag and cart falling out of the back of a truck between Riverland Road and Marion Parks Road. All items were gone when the owner retraced his route.

A report was received of a school bus backing up on First Street in the Town of Lac du Bonnet due to the presence of a truck unloading freight, and in the process backing into a vehicle which was behind the bus on the street.

The police received a complaint of a new ten-spoked bicycle having been stolen from outside a residence in Pinawa.

Police received a complaint that a cottage had been damaged by having been shot with bird shot from a shotgun.

Police received a request to do a school talk at the Centennial School in Lac du Bonnet. This talk was given to 30 students on boat safety.

Police responded to a complaint of a driver going through a stop sign at Highway 214 and 11. The driver was located and warned about the incident.

May 11: Police were asked to intervene in a neighbor dispute over possible threats made in Great Falls. The intervention was successful and no charges were required.

May 12: Police received a report of a possible poisoning of dog in Lac du Bonnet. Investigation is continuing into this matter.

Police received a complaint of annoying phone calls.

Police assisted a man who had fallen in Lac du Bonnet by taking him to Pinawa Hospital.

May 13: Police were called to a two vehicle accident with no injuries on Highway 317. An accident report was taken.

Police received a report of an individual who was assaulted at Great Falls Hall, while at a social event there. This matter is currently under investigation.

Police received a complaint that some vandalism had occurred at Casey's Motor Inn in

Lac du Bonnet and this matter is under investigation.

Police received a complaint of an assault. This matter is under investigation.

Police received a complaint that a youth was riding a dirt bike on the streets of Great Falls. A patrol was made but the youth was not located.

A complaint was received of an erratic driver in Lac du Bonnet. A patrol was made and the suspect was issued a traffic ticket.

May 14: Police received a report of a non injury motor vehicle accident involving a vehicle and a deer on Highway 214.

Police received a complaint of gun shots having been heard from Minnewawa Street in Lac du Bonnet. A patrol was made but no one was located.

An alarm call was activated at South Interlake Credit Union. It turned out to be a false alarm.

The police received a complaint about a nuisance letter that was in Lac du Bonnet.

May 15: Police received a request to deal with loud music / noise from stereos in Pinawa. A press release was issued that all future complaints of noise by-law infractions will be dealt with by way of charges.

May 16: Police received a report that some youths were vandalizing bicycles at Centennial School. Police attended by the youths were gone on arrival. Investigation is continuing.

Police responded to a residential alarm call near Whitemouth. The alarm turned out to be false.

Police were called to an intrusion alarm at the Lac du Bonnet Curling rink, which turned out to be a false alarm.

A lost hunter who using his head and his own resources called for assistance on a cell phone. Police arranged for a local resident to attend to the stranded hunter by boat and brought him back to Pointe du Bois.

Police were called to a motor vehicle accident involving a car and a pregnant deer. The driver of the car assisted by a passer-by delivered the baby deer by C section. However before any further assistance could be rendered to the baby deer, it also died.

May 17: Police were called to attend an alarm call at the Lac du Bonnet Youth Centre. Police attended and no sign of entry was detected.

Police received a request to speak to a youth about inappropriate comments in a public place.

Pine Falls Community Billboard

NMFP meeting: Tuesday, May 29 at Mr. Pic's, 7:00 p.m.
Prenatal classes: held regularly at Pine Falls. Please register with Gail 268-6106 or call your local public health nurse.

Library Allard: 10:30 a.m. to 5:00 p.m. Wednesday and Thursday 1:00 to 5:00 p.m. and 6:30 to 8:00 p.m. Friday 1:00 to 5:00 p.m. Saturday 10:30 a.m. to 4:00 p.m.

Beaches Library: Tuesday 1:00 to 5:00 p.m., Thursday 4:00 to 8:00 p.m., Saturday 10:00 a.m. to 2:00 p.m.

Knights of Columbus: meetings every second Tuesday of the month 7:30 p.m. Powerview Church basement.

Powerview Church: cribbage every fourth and fifth Monday, 1:30 p.m., whist every Thursday, 1:30 p.m. **Winnipeg River W.I.:** meetings third Tuesday of every month, 7:00 p.m. Library Allard, St. Georges.

Pine Falls Health Auxiliary: meetings first Tuesday of every month, 1:30 p.m. **Cottage Country Business Assoc.:** meets first Monday of the month, 7:00 p.m. October through May, ph. 756-2596.

Alcoholics Anonymous: - Sunrise Group meetings every Monday, Wednesday and Friday 7:30 p.m. to 8:30 p.m., last Friday of the month open to the public, located at St. Georges Catholic Church basement.

Pine Falls Legion: meetings held second Thursday of the month 7:30 p.m. Legion, meat raffles held at Legion on Fridays 4:30 to 5:30 p.m.

Pine Falls Masonic Lodge #154: meets second Friday of every month, Pine Falls United Church except January and February.

Badminton: Pine Falls School gym, Sunday and Wednesday nights, 7:00 to 10:00 p.m.

Powerview garbage pickup: every Wednesday, recyclable pickup first and third Thursday of each month.

P.A.A.: meeting first Tuesday of each month at 7:00 p.m.

Village of Powerview: meets second Tuesday of each month **Winnipeg River Senior Service Inc.** Coordinator Tina Pohschuk, Pine Falls Health Complex, phone 367-9128, 9:00 a.m. to 3:00 p.m. Monday to Friday.

Services: transportation, home maintenance, foot care, volunteer help, info. **Family Care Giver Support Group:** at the United Church, Pine Falls, last Thursday of the month, 7:00 p.m.

AA & Al-Anon: - The Beaches family group, Thursday 8:00 p.m., Senior Scene, Victoria Beach, 1 Ateah Road, 756-8018 or 756-2101.

Happy Tots Day Care: - 367-2601, board meetings last Monday of each month 7:00 p.m. at the daycare.

Senior Scene Inc. #1 Ateah Rd., Victoria Beach: General meetings second Tuesday of the month, 756-6468 for more info.

Mental Illness Support Group: meets second Wednesday of the month 7:00 p.m. Wings of Power office.

Beaches Help Centre: - 756-6471, Wednesday 1:00 to 4:00 p.m., Friday 10:00 a.m. to 1:00 p.m.

Powerview Parent Advisory Council: meets first Thursday of every month **Great Falls Hall workers:** Tuesdays and Thursdays from 10:00 to 11:00 a.m. **Pine Falls Library:** open 3:00 p.m. to 5:00 p.m. Monday and Thursday.

Call The Echo 367-9468

to list your community event FREE OF CHARGE

Winnipeg River Church Services

NOTRE DAME DU LAUS: Powerview - Saturday evening 7:30 p.m. (English), Sunday 8:30 p.m. (French), 10:30 a.m. (English), Stead - Saturday 5:00 p.m.

PINE FALLS UNITED CHURCH: Sunday service Sunday school 11:00 a.m. Rev. Jack Ballantine-Dickson Office hours: Tuesday to Friday 10:00 a.m. to 12:00 noon, ph. 367-2633.

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

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

ST. GEORGES: Mass Sunday at 8:00 a.m. and 10:00 a.m.

ST. JUDE'S ANGLICAN CHURCH: Grand Marais, Holy Eucharist - second and fourth Sundays, 11:00 a.m. Morning prayer 11:00 a.m. - first, third and fifth Sundays.

TRINITY EVANGELICAL LUTHERAN CHURCH: Thalberg, 1 mile east and 1 mile south of Junction #12 and #304. St. John's Evangelical Lutheran Church, Greenwald on Hwy. #12, 1 1/2 miles north of junction with #317. Sunday church school 10:00 a.m., worship 11:00 a.m. (alternate locations) For info. call 635-2625 or 754-8682.

CHRISTIAN FAITH FELLOWSHIP: - Bible study 7:30 p.m. Wednesday, church service 10:30 a.m. Sunday school 10:00 a.m.

HOUSE OF PRAYER FULL GOSPEL: - 2:30 p.m. every Sunday, Scantebury, on Hwy. #59.

ST. MARCELLE R.C. MISSION: Pitt Road - Traverse Bay, 11:30 a.m. Sunday additional mass mid-June through Labour Day 7:30 p.m. Saturday. Closed November 1 to April 30th.

ST. ALEXANDER R.C. CHURCH: located at Sagkeeng First Nations. Sunday mass 10:30 a.m.

ST. THERESA, R.C. MISSION: #8 Glendale Avenue, Grand Marais. Mass or community service 11:30 a.m. first Sunday of November to last Sunday of April. May through October mass 10:00 a.m. Sunday.

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

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

GRACE BAPTIST CHURCH: - Bible study, Wednesday 7:30 p.m., call Pastor Todd Goudy for information 367-2531.

SILVER HAVEN MEAL PROGRAM

Open to all seniors 55 and over. You are welcome to bring a guest. All meals are \$4.50. Meals are at 12:00 noon Mondays, Wednesdays and Fridays. Your name must be put on the list the day before by calling Silver Haven at 367-4620 or Bernice at 367-8369.

Wednesday, May 23

Salad, Salisbury steak, mashed potatoes, brussel sprouts, butterscotch cherry cheese cake

Friday, May 25

Coleslaw, roast turkey, mashed potatoes, peas and carrots, stuffing, gravy, pudding

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Rain delays season openers



Due to dampness last week, the Lac du Bonnet Slo-Pitch League was forced to postpone season openers. Hopefully the weather will cooperate tonight and allow us to begin another great season of slo-pitch in Lac du Bonnet.

Congratulations to the Cat's Meow who hosted another successful May long tournament this past weekend!

Tuesday, May 15

6:20 p.m.
New Frenchmen at Submerged Southern Comfort at Classics 7:40 p.m.

Southern Comfort at New Frenchmen

Thursday, May 17

6:20 p.m.
Poppers at River Rats
A Stars at Poppers

Pineview Slo-pitch League

On the diamond

Wednesday, May 23

6:00 p.m.
Fire vs. Pistols (R)
Mohawks vs. Bisons (I)
7:15 p.m.
Out of the Blue vs. Diehards (R)
Pat's Team vs. Diamond Heads (I)

Thursday, May 24

6:00 p.m.
Muskrats vs. Diehards (R)
Mohawks vs. Pistols (I)
7:15 p.m.
Slammers vs. Bisons (R)
Fire vs. Pat's Team (I)

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FRIDAY 3:00 P.M.

Agassiz Horticultural Society news

by Carol Clegg

A warm sunny day brought out all the bargain hunting gardeners to the Agassiz Horticultural Society's Mother's Day plant and bake sale at the Pioneer Club. There was a great selection of plants and all the shoppers should have gone home happy. Some special items were donated by members. As usual, the bake sale goodies were snapped up in a few minutes.

The regular meeting was held Tuesday, May 8. A members only plant exchange organized by the meeting committee,

Connie Grantham and Ellen L'Abbe, preceded the meeting. Mr. James Stewart of Transcona was the guest speaker. He explained the judging standards for exhibiting vegetables and demonstrated how to prepare a number of vegetables for the show.

The business meeting dealt with a number of the society's summer projects. Donna Wold reported that the landscaping of the new town signs will be done later in the summer when the site has been prepared. Donations are forthcoming of crushed rock, soil, and labour to prepare the site. She will let members know

when she needs perennials and shrubs and helps to plant them. The society is presently waiting to hear if the Lac du Bonnet Community Club will have more flower borders for us to plant.

The committee for the July 1 float is Joan Wells, Connie Grantham, Grace Hrychany, and Carol Clegg. Billie Butchart, Jackie Chestnut, and Ollie Gorrie are making up a new lily show program ready for the June meeting. The lily show is in conjunction with the July 22 *Waltz Through the Flower Garden Tour*. Once again the Lac du Bonnet library

will be decorated with floral designs during the summer compliments of all the society's flower arrangers.

Carol Clegg reported on the organizational meeting for the Food Bank and suggested that members with extra garden space grow a row of winter storage vegetables.

The Junior Garden Club's first meeting was May 2. New gardeners in the club are Malindy Stogran, Steven Hampshire, Taylor Worona, and Taylor Byrnes. Leslie Stebelko and Barb Payne are the leaders. Juniors received gladiolus from the Gladiolus and Dahlia Society and cantaloupe seed, carrot

seed, and banana potatoes for special projects.

Carol Clegg attended the Manitoba Horticultural Association board of directors meeting in Neepawa in April. She noted that board members are already busy organizing next year's convention in Steinbach. The provincial slide and print competition categories have been revised and are available from Carol. Photographers should look at the categories before they go out with the camera this summer.

Dorothy Kerr is in charge of the June 12 meeting. She will demonstrate how to make a garden angel and tomato cage planter.

You can make a difference... follow these farm safety rules!

Cornerstone

Marilyn Zarecki, Home Economist
Manitoba Agriculture and Food, Beausejour, 268-6015
e-mail: mzarecki@agr.gov.mb.ca

- Have designated safe areas for play in the yard "Never Play Here" stickers
- Obey the rule "one seat, one rider"
- Don't allow children to drive a machine or handle farming equipment before they're ready.
- Riders of all-terrain vehicles should wear a helmet.
- Don't allow children to play around grain trucks and augers during unloading.
- Don't allow children to peek over the edge to see what's in the pit.
- Make sure grain augers, combines and swathers have shielded drive mechanisms.
- Do not let children play around grain stored in grain bins or truck boxes (they can drown in grain).
- Do not let young children ride horses unsupervised.

- Keep all chemicals in a locked storage shed.
- Keep informed about safety and health regulations and precautions.
- Check all equipment and facilities regularly for hazards and correct them.
- Be prepared for all emergencies - medical, accident, fire and weather.
- Have a safety meeting with the family. It's important for everyone to know safety policies and emergency procedures.
- Have warning signs posted on storage rooms for chemicals and veterinary supplies.
- Make sure manure pits are covered with sturdy grates or locked covers to prevent entry.
- Discuss the dangers of playing near farm animals on your farm (i.e. cows with young, bulls, sows).

- Turn all farm machinery off when operation is completed. Each family member should know how to shut off all pieces of machinery in emergency situations.
 - Remove all keys from farm machinery.
 - Have slow moving vehicle (SMV) signs in place on machinery.
 - Do not allow children to play with idle machinery
 - Use seat belts.
 - Leave any equipment that might fall, such as front-end loaders, in the down position.
 - When self-propelled machinery is parked, brakes should be locked and keys removed from the ignition.
 - Always leave a tractor PTO in neutral.
 - Maintain machinery in good repair, particularly protective shields, ROPS and seat belts.
 - Place fixed ladders out of reach, or fit with a special barrier; store portable ladders away from danger areas.
- GOOD LUCK!

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Winnipeg River RCMP report



The following constitutes the Winnipeg River RCMP detachment report for the period of May 15 to 21.

May 15: A house fire at on the north shore was reported. Police attended and the house was destroyed. After interviewing the occupants and a witness it was determined that a hay bale had been set on fire earlier that evening and had not been completely put out. This smouldered and then caught the house on fire. The owner of the house was sleeping at the time of the fire but all were able to get out without any injuries.

A male subject called the office to advise that a friend of his panned his weed eater. The investigation is continuing.

The Fort Alexander Health

Centre requested police attend and escort a male patient to the city for an assessment under the Mental Health Act.

Three separate reports were received of nuisance and harassing phone calls. All were advised of the *57 process in logging calls and a couple of people were warned to stop.

A call was received from the Hillside Beach area from a woman advising her daughter had assaulted her. She was spoken to and didn't want charges. The suspect was also spoken to and told to stop these actions.

May 16: A report was received of a large fire behind a cottage at Hillside Beach. Members attended and the fire was small and under control.

The Pine Falls Service Cen-

tre reported receiving a bad cheque from a male individual. Investigation shows that account doesn't exist and the suspect who is well known for these actions is being sought after by police.

A report of an impaired driver on the north shore was received. A patrol of the area was negative.

A caller advised that somebody tried to steal her sons boat near the multiplex in Sagkeeng.

A report was received of kids drinking in front of a hotel in Powerview. A patrol was made and they had already fled the area.

May 18: A vehicle was pulled over on Highway 11 for a HTA infraction. The driver had no licence and was charged. A strong odour of marihuana was coming from the vehicle and all subjects were arrested for same. A search uncovered six grams of marihuana and the suspects were charged accordingly.

A report of gun shots was received in Powerview. It turned out to be fireworks.

May 19: Police members arrested and lodged an unknown male who was very combative towards police and highly intoxicated.

A vehicle leaving a party at Curries Landing was stopped and the driver was charged with driving with no licence, no registration and open liquor. Two youths were charged with minor consume alcohol.

A report was received of two brothers fighting on the south shore. Both were arrested as they were intoxicated. One of the two was on a recognizance to abstain and was charged accordingly.

A complaint was received of careless use of firearms on the Rice River Road. Members attended and located four males from Winnipeg. A total of eight firearms were seized, along with a machete, a large quantity of ammunition and some marihuana. All were released for court in Powerview.

A female resident of the north shore was reportedly causing problems at her fathers house. Police attended and arrested her on an outstanding warrant for arrest. She was also on an undertaking to abstain from alcohol and she was intoxicated. She was charged accordingly and remanded in custody to the Winnipeg Remand Centre.

A report was received of a male individual pointing a handgun at other vehicles while travelling up Highway 59 and then onto Highway 11. This individual was wearing a bandana over his face at the time of the incident. Police stopped the vehicle in question and arrested the individual who was in possession of replica handgun. He was also remanded in custody.

A report was received of gun shots in the Traverse Bay area. Members attended and arrested a male subject for careless use of a firearm as well as possession of prohibited weapons. This individual was found to be prohibited from possessing firearms and was also remanded in custody. He was intoxicated at the time he was firing the guns off.

May 20: A female driver was stopped for impaired driving. She provided samples of breath and registered reading of 110 and 100 mg%. She was charged accordingly.

Police were called to a fight in Manigotogan where a woman was punched in the nose. Her husband feared for her safety. Members attended and all was fine. No charges were requested.

Two bicycles were reported stolen from a residence on Holly Street in Pine Falls.

A report of mischief was made from the Powerview Trailer Court. Damaged were two cars and a trailer.

A vehicle was reported stolen from Fort Alexander. The vehicle turned up in Winnipeg. Winnipeg Police Service advised that it was involved in an accident and the driver was impaired. Numerous charges have been laid against the driver and passenger in the vehicle.

Police were called to a domestic dispute at Hollow Water where a female threw a TV at a male individual who then in turn proceeded to beat up his brother-in-law and wife. Charges are pending on a number of people.

Police attended to a loud party complaint at Billy Goat Estates in Traverse Bay and shut same down as this had been going on for most of the weekend.

Over and above all that has been listed in this press release the members responded to numerous reports of intoxicated people stumbling along the highways, numerous traffic tickets were issued as well as a number of false alarms reported. A great deal of open liquor was seized from vehicles en route into provincial campgrounds as there was a liquor ban on and same poured out in front of the unhappy campers.

Lac du Bonnet Community Billboard

Sit and Be Fit exercise class: Thursdays, Lac du Bonnet Pioneer Club, 1:00 p.m.

Prenatal classes: held regularly at Lac du Bonnet. Please register with Gail 268-6106 or call your local public health nurse.

Lac du Bonnet Lions Club meets the first and third Monday of each month, 7:00 p.m., LaB Community Centre
Lac du Bonnet Regional Library open Tues and Thurs 10:30 a.m. to 4:30 p.m. and 7:00 to 8:30 p.m.; Wed and Fri noon to 4:30 p.m.; Sat. 10:30 a.m. to 12:30 p.m.; ph. 345-2653.

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

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

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

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

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

St. John's ACW meets first Monday of every month 1:30 p.m., parish hall
Lakeshore At-Ation Group Thursday 7:30 p.m. Lac du Bonnet District Health Centre, 89 McIntosh Call Teri 345-8712.

Lakeshore At-a-Teen Group begins November 2, 8:30 p.m. at Lac du Bonnet Youth Centre (McArthur Avenue). Phone Kathie 367-8237, Vickie 345-6520.

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

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

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

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

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

Lac du Bonnet Wildlife Association temporarily meets at the call of the chair Call Peter 345-6190 for information.

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

Two Rivers Seniors Resource Council Lac du Bonnet office, Health Centre 345-1227 or 348-4610, Pat Services, driver escort, lifeline personal response system, friendly visitors, fee-for-service handy helpers, information volunteers.

Pioneer Club Meets first Monday of month 9:30 a.m., Pioneer Club.

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.

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

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

TO LIST YOUR COMMUNITY EVENT FREE OF CHARGE, CALL 345-9896

Lac du Bonnet Church Directory

ABUNDANT LIFE CHAPEL

Pastor Jeff Andrews, church 345-2934, home 345-1950
Sunday 10:30 a.m. - morning worship (children's church during service); 7:00 p.m. - hymn and prayer.

LUTHERAN CHURCH OF THE CROSS

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

NOTRE DAME CATHOLIC CHURCH

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

ST. JOHN'S ANGLICAN CHURCH

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

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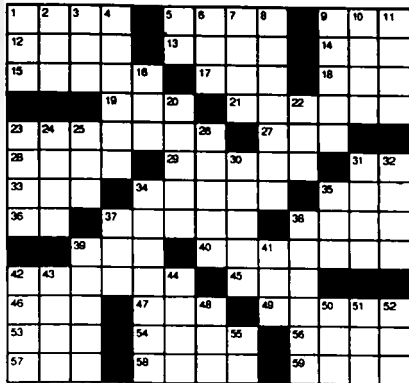
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WEEKLY CROSSWORD



39. Elongated fish
 40. Scoffed
 42. Shoulder wraps
 45. Weaken
 46. _____ Vegas
 47. Under obligation
 49. Hurried
 53. Portland's State (abbr.)
 54. Scolds constantly
 56. Govern
 57. Tie the knot
 58. Prevent
 59. Reveal

32. Matured
 34. Liquid measures
 35. Distant
 37. Church bench
 38. Go
 39. Facilitated
 41. Hearing organ
 42. Tortoise-like
 43. Long-eared animal
 44. Hit an insect
 48. Conceit
 50. Stage signal
 51. Building wing
 52. Wilmington's State (abbr.)
 55. Shore patrol

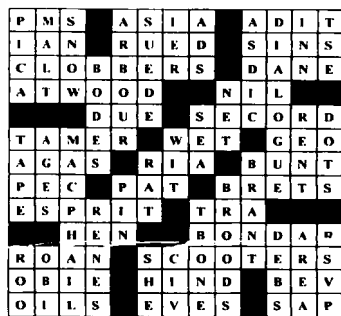
DOWN

1. Low light
 2. Uproar
 3. Deteriorate
 4. Runs away to marry
 5. Great (abbr.)
 6. Anger
 7. Of lower rank
 8. Hate
 9. Participate
 10. Ireland
 11. Imitated
 16. Knock
 20. Shouts
 22. First-rate
 23. Polaris
 24. Superman's girlfriend
 25. Football player
 26. Plant parts
 30. Baking chambers
 31. Memorandum

ACROSS

1. To challenge
 5. Cover with gold
 9. Adriatic _____
 12. Graven image
 13. Forest plant
 14. _____ horray!
 15. Engine
 17. 19th letter
 18. Common verb
 19. Remit
 21. Used frugally
 23. Pullman car
 27. _____ cream
 28. Basks in the sun
 29. Not confined
 31. No account (abbr.)
 33. Also
 34. Hand covering
 35. London weather word
 36. Reference (abbr.)
 37. Glue
 38. Calendar day

LAST WEEK'S ANSWERS



CRYPTIC PUZZLE

"640T RFYAC CR GN NQRFYA BRJ
 ZQLGRSL"

- GKDD YZCNA (1981)

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

Last Week's Solution

"THE BACKBONE OF SURPRISE IS FUSING
 SPEED WITH SECRECY."

- VON CLAUSEWITZ
 (1780 - 1831)

WEEKLY ECHO HOROSCOPE

for the week of
 May 21 to 27

Aries - March 21 to April 20

Others may make a quick change of plans but being aware of the possibility makes you more adaptable. You'll bend instead of breaking. You may be expecting too much from others, so make sure your expectations are in line with reality.



Taurus - April 21 to May 21

Don't be too determined to have your own way. Compromise makes you feel better and gets better results. Friends and family seek your advice. Stick to the facts and work to keep your opinions in check. A low-key approach helps.



Gemini - May 22 to June 21

Creativity and domestic arrangements are equally on your mind. You're able to create opportunities for yourself and others. What appears to be the best now may cause problems in the future. Romance is in the air, but you may have to make the first move.



Cancer - June 22 to July 22

Now is the perfect time to take stock of your interests. Events could force you to see things as they really are, not as you want them to be. You may feel overwhelmed and underappreciated. Recognize this and realize now is the time to splurge.



Leo - July 23 to August 23

Solve problems with the direct approach. Your energy level is high, and you feel in control. Others look to you to take charge and show the way. Ask questions and really listen to the answers. You may just get some support from an unexpected source.



Virgo - August 24 to September 22

Don't let people take advantage of you. Speak up and demand what is rightfully yours. A decision needs to be made, and you're the one to make it. The result may not please everyone but you'll feel better. Keep an eye on budgets and finances.



Libra - September 23 to October 23

Your frustration increases as it seems others are working to keep you from achieving your goals. Step back and regroup. Trying to see things from others' perspective keeps things peaceful and accomplishes what you desire. Don't forget to study the fine print.



Scorpio - October 24 to November 22

Finances are very important. Be conservative and make sure you're getting value and quality. Steer clear of arguments and controversy. Now is a good time to focus on what is really important. Others want to help. Talk things over and be receptive.



Sagittarius - November 23 to December 21

Work to keep your personal and professional life in balance. Now may not be the time to make any major decisions or take radical action. Caution is the key. A long-distance communication lifts your spirits. Friends and family rally to your side.



Capricorn - December 22 to January 20

Change could be on the horizon. Get advice from people you respect before jumping into things. The future appears bright, but dark clouds could be lurking. Keep your sense of humor and you can handle anything. A small gift or luxury helps cheer you up.



Aquarius - January 21 to February 18

Roadblocks force you to be flexible. Be willing to move in a new direction. Seeing a situation from another point of view gives you a more balanced picture. Take your time and make the right decision. You'll find that others are surprised by your insight.



Pisces - February 19 to March 20

Now is the time to be tactful and diplomatic. You may be challenged but make sure to get your point across to those in authority. Take time to visualize what you really want and then go after it. A friend or partner wants to spend some quality time with you.



Echo Classifieds

For Sale

Riverfront property - well treed Winnipeg River front lot, last in subdivision. Direct access to Highway 11, 10 miles south of Pine Falls, \$36,000, ph. 488-7144. 46-4x

1974 mobile home - 14 x 60, includes attached porch, wood electric furnace, fridge, stove, dishwasher. All new windows and rear residential door, new cupboards, two airconditioners and set of bunkbeds. \$11,000, call 367-2088. 46-2x

Aluminum boat - 12 ft. aluminum boat, exc. cond., no leaks, brand name Bluefinn, cushion bench seats including Evinrude motor 9.8 hp., also in exc. cond., priced to sell at only \$1375, phone Bill at 669-2767. 44-7FN

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House for sale - 16 Maple Street, Pine Falls. MUST SEE!! 2 storey house, double garage, fenced back yard, approximately 1500 sq. ft. of living space, 3 bedrooms, 1 1/2 baths, finished rec room, fire place in living room. Lots of closets. Beautiful corner lot. Price reduced! To view call 367-9187. 40-3x

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PROJECT CONSULTANT

The Red River Michil Woman's Council Inc., require a project consultant for a five month renewable term. Salary to be negotiated. Office located at Lac du Bonnet, Manitoba. **Qualifications:** Must be a Metis Woman. Ability to travel throughout Manitoba. Valid Class V license and have dependable vehicle. Good oral and written communication skills. Ability to facilitate workshops. Community development and capacity building experience. Computer skills an asset. Knowledge of Metis Culture, history and issues facing Metis women. Proposal writing skills and budgeting skills.

Objective of Project: The organization will undertake a capacity building project to broaden the membership base and organizational development to solidify the structure of the organization.

Please send resume by May 30, 2001 to:

Joyce Gus
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Wishing you a Happy 65th Birthday Mom!

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Highlights concert

continued from page 1
her exhibition of talent.

Tantalum Mining Corporation presented the junior speech award for *Hello My Name is Dracula* by Mercedes Fountain of Powerview.

The duo of Dael Nilsson and Lauren Andrews received the highest instrumental award from the Agassiz Horticultural Society and Allan Holm Agencies for *Tallis Canon* and *J'ai du Bon Tabac*.

Prior to the festival students were able to submit their own artwork to be displayed on the program covers at the festival. Joelle Lapointe won first, Krysty Sullivan second and Charmaine Galbraith, all of Lac du Bonnet, won third place.

Spectators were then treated to Megan Leochko, a student of Beausejour, when she performed *Aria*. Megan received two marks in the popular piano category and was presented the award by the Rural Municipality of Lac du Bonnet.

A Grade 3 dance group from Centennial School followed Megan's performance with *Frere Jacques*.

Laura Vanstone of Lac du Bonnet received a senior voice scholarship from Ingham Pharmacy for singing *Do You Sleep* by Lisa Loeb.

A Pinawa student, Rachel Guenther brought the audience's attention back to the piano bench with *Eccosaise*, which won her the junior piano award.

An amazing display of memory and spoken poetry by Jolene Trethart of Powerview was rewarded with a senior speech scholarship. This scholarship was presented by Jolene's grandmother on behalf of the Lac du Bonnet Pioneer Club.

Samantha Hrynyk and Courtney Jordan performed *Spanish Dance* by G. Hengeveld which was rewarded with a piano duet award presented by Ingham Pharmacy and Melnick Mot-

tors. *Cotton Eyed Joe* set the stage for Riva Karklin and Katherine Labelle's gymnastic performance. Sobering Funeral Chapel and Video TV presented them with the award for

highest mark in dance. To end the program of a very entertaining evening Cheryln Sullivan, Melanie Rollins and Kendra Ulrich sang *Lift Thine Eyes* by Mendelssohn.

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deidre_alexander@ca.ml.com

Bring Safety to the Cottage this Season

After a long winter, cottage season is finally upon us. It's time to take advantage of every moment the season has to offer. Don't let a moment of carelessness turn a beautiful experience into a tragedy. Instead, keep safety in mind during work and play.

When installing a television antenna, be sure there's no chance of coming into contact with an overhead power line while you are on the roof. Keep ladders and poles away from low hanging lines.

An antenna can be a source of danger if it is erected close to an electric transmission or distribution line. Make sure to install an antenna far enough from power lines that it cannot fall across the line during a summer storm. An antenna on the line will result in a risk of electrocution for those in the cottage or anyone in the vicinity. The whole distribution circuit may be put out of commission, with great inconvenience to all those affected.

When using power tools outside, be sure you aren't standing near a puddle or on wet ground. It's a good idea to

have a ground fault circuit interrupter installed in the outdoor outlet, which will protect you against electrocution. Check to make sure your extension cords are rated for outdoor use and are in good condition.

Inside the cottage, inspect all electric appliances and equipment at the beginning of the season-four-legged visitors may have chewed through cords. Repair or replace damaged parts and have the appliances inspected by an electrician. Many cottages have a limited 50 Amp service: if the breakers are tripping, it may be time for a wiring upgrade. Contact a qualified electrician for an estimate.

When the chores are done, choose a spot for a campfire that's far from overhead power lines. The heat could damage the line and cause a widespread outage. More importantly, electricity could travel through the hot air and smoke creating a shock hazard on the ground.

For more information on cottage safety, visit your nearest Manitoba Hydro office.

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