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River

Echo



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Little Black River to host bike-a-thon

by Val Anderson

On the weekend of June 8, 42 youth and adults of Little Black River will be participating in a 350 kilometre bike-a-thon. The bike-a-thon will be starting at Buffalo Point Reserve on June 8 and finish at Little Black River Reserve on June 10.

The purpose of this event is to raise money for youth recreation in the community. Allister Courchene is the recreational director in the community.

"The beginnings of creating youth recreation came out of a meeting between youth and community members back in 1999. There is a definite need

to have programs and activities after school that will promote not only sports but, music, art, drama, crafts, mentor programs, volunteerism, drug and alcohol awareness programs and other such things for the youth in our community. Our goal is to promote a better and healthier lifestyle for our youth," said Allister.

"The bike-a-thon is a good way to raise money, promote health, volunteerism, and bring our youth and adults together to share a common goal. The fact that there is such a need in the community for these types of programs and there is very little or no money to promote or implement these



Participants are gearing up for the bike-a-thon the weekend of June 8.

activities is very hard."

With the bike-a-thon just two weeks away the participants are in training and preparing for the journey. "The kids are really looking forward to their challenge," said

See BIKE/page 5

Task force to hire consultant We want our hospital back!

by Charles Norman

Dissatisfaction with the way North Eastman Health Association (NEHA) is running the Pine Falls Hospital into the ground is growing. It's getting more and more difficult to find a health professional to say anything good about them, and the hospital task force is looking at hiring a consultant to help them plan strategy. They haven't exactly given up on working with the NEHA administration, but they just don't think it will get them anywhere. They're looking for pressure points. They may not have to look very far.

There used to be two hospitals in Pine Falls, one owned by the mill to serve its employees and the other by Indian Affairs to meet Canada's treaty obligations to the first Nations. When Manitoba took over health administration for Indian Affairs the two hospitals were merged and the Government of Canada began making an-

nual contributions to Manitoba to cover the cost of medical services to Manitobans with treaty status.

The federal money goes into one medicare pot. The Government of Canada presumably expects Manitoba to provide medical services to everyone equally. They would expect that the people of Sagkeeng would get the same hospital services as those of Pinawa. They don't. Pinawa has a 20-bed hospital, and all of them are in use. Pine Falls has a 28, only 12 of them in use -- in spite of the fact that demands on the Pine Falls Hospital are higher than Pinawa and Beausejour combined.

NEHA claims that a province-wide, or even a nationwide shortage of nurses is the cause of the Pine Falls Hospital operating at 40% capacity.

The Health Sciences Centre is not running at 40% capacity, nor is the St. Boniface

Hospital. Pinawa is not, nor is Beausejour. Thompson is not, nor is Brandon. The nation-wide shortage seems to be especially acute in Pine Falls.

Some of the people served by the Pine Falls Hospital are beginning to wonder if NEHA's real objective is to run the hospital down until the only practical thing to do is to close it. They are suspicious that their actions to date would fit that objective.

The board, of course denies that anything remotely like that has ever come before them, but the board gets its information from the administration. They make decisions based on the information given them. A technical advisory committee to the board has never got off the ground so information from the hospital itself is restricted to patients observations. Thus the board makes decisions the administration wants. When the administration has done its worst, and

Entertainment centre proposed for Grand Beach area

by Charles Norman

A \$5 million entertainment centre is being proposed for the Grand Beach area, east of Highway 59, between Roads 101 and 102. A future development, phase three, may take place north of Road 102. The entrance would be off Road 102.

In a press release from the Grand Beach Entertainment Centre, company liaison consultant Sam Uskiw said the proposal would provide for a multi-purpose facility with campgrounds and facilities for staging music and other festi-

vals. He said the aim is to develop an area that can be enjoyed by everyone. The group is planning a country music and rock festival once a year, and will rent the facilities available to other groups, for Boy Scout Jamborees, other festivals etc.

Uskiw said the group would strive to become a major attraction of the Grand Beach area through its efforts to increase the economic benefit for non-profit groups, businesses, residents and municipal government.

See CENTRE/page 4

there is nothing left but to close an inefficient shell, then the board will be asked to endorse that decision.

Board members are appointed by the government in power. They are usually keen party workers and may be unlikely to embarrass the government when it comes to a conflict with local people.

One member of the task force said the problem lies with the setting up of regional health authorities and said the same process was introduced into Saskatchewan several years ago and is now in such a mess that the province is seeking ways to

get rid of their own health authorities. Another said that there are some real cost savings in the regional system, but "it is impossible to prevent favouritism". He was referring to the fact that Pinawa still has its 20 beds and the fact that NEHA headquarters are in Pinawa, and the administration lives there.

If NEHA wants to close down the Pine Falls Hospital there is probably nothing the people of Pine Falls can do about it, but we haven't yet heard from Sagkeeng, Little Black River, Hollow Water, Manigotagan or Bissett.

Salute to Henry Muhl at Powerview School's Spring Tea!



Henry Muhl enjoying the many presentations from the students and staff of Powerview School

he was entertained with comedy, songs, and tributes from students and staff alike. At times, there wasn't a dry eye in the house. Henry is a valued member of the school and community! Henry said it well in his ending speech to the crowd when he described both "happy" and "sad" feelings about the day. He is retiring this year and we will all miss him but we are left with wonderful memories of our experiences with Henry in our school.

Thursday May 10th was Henry's day and he enjoyed every minute of it. It was Powerview School's annual spring tea and the building was abuzz with activities and displays. Powerview School's head maintenance man was honoured throughout the school with pictures and poems drawn by his most ardent fans - the students of Powerview. "Hen-r-y the Great" had his own special chair set up in the gym where

There were regular classes for all students the day of the tea, and parents were invited to visit classes during an open house in the morning. Tea and dainties were served from 11:30 a.m. to 3:30 p.m. Ms. Hovorka's Grade 8 class did an excellent job serving and pouring this year. There was a special reserved table with sandwiches for Powerview School's volunteers - a big thank you goes out to the many people who help out all year long!

Various raffles and the silent auction sales were very successful this year. The winners of draws and games are posted in this month's Powerview School bulletin. Another wonderful job done

by Mlle Lambert's Grade 6 class who assisted with pitching, advising, selling, and bagging. Children enjoyed the white elephant sales, fish pond, and mini day care centre. The Spring Tea Commit-

tee would like to thank businesses, community members, and staff who donated items for the auctions and sales! You made the Ecole Powerview spring tea another great success!



Grade 3 students thanking Henry for the kindness and friendship that he has shown over the years to the staff and students at Powerview School.

Lac du Bonnet and Area Food Bank

Yes! This food bank is in the beginning planning stages. A steering committee of about 16 people met May 16, at the Lac du Bonnet Catholic Church and formed several committees with chairpeople in place. Cliff Zarecki, the founding member, representing the Lac du Bonnet Lions Club, chaired the meeting.

The next step for this steering committee is to tour the Beausejour and area food bank to see how they operate. We will then have a better idea of space needed, equipment needs etc.

The name of this food bank was discussed at great length. Should it be Lac du Bonnet

and Area or Winnipeg River Food Bank? Because it is to be located in the Town of Lac du Bonnet, the final decision was to have the name Lac du Bonnet and Area Food Bank. This does not mean it is only for Lac du Bonnet. All the communities of Pine Falls, Powerview, St Georges, Great Falls, Pinawa, Seven Sisters, and Whitemouth will hopefully stay involved and help with food donations and volunteers.

Volunteers are needed! Anyone who would like to volunteer to collect food items, donate equipment, work at the food bank please call Gil Godin at 345-8705.

Donations of food are

needed! Any church in the area, service organization, or individual that is willing to donate food items is very much appreciated. Again, please call Gil Godin at 345-8705.

I will keep you posted on the happenings of this newly formed food bank - Marilyn Zarecki at 345-8086.

<h1>BINGO</h1>																	
COMBINED ACCUMULATORS																	
<p>Bonanza starting value this week \$1056 IF WINN POT STARTS AT \$200 Add 50% of sales on Monday. If not won, carry over total plus 50% of sales to Wednesday. If not won, carry over total plus 50% of sales to Thursday.</p>	<p>Minnie Loonie starting value this week \$2019 IF WINN POT STARTS AT \$200 Add 30% of sales on Monday. If not won, carry over total plus 30% of sales to Thursday.</p>																
<p>Lucky 7 in 25 numbers \$2451 POT FINISHES AT 25 NUMBERS Add one if plus 30% of sales carry over on Monday. If not won, add one plus 30% of sales carry over to Thursday. IF WINN POT STARTS AT \$200 in 17 numbers or less</p>																	
<p>IN CASE OF DISCREPANCY, THE LATTER WILL PREVAIL. FOR UPDATES CALL 345-8625</p>																	
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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, Manitoba. Advertising and submission deadline is Friday at 3:00 p.m. prior to Tuesday's publication.

LdB Chamber's millennium project a reality

by Toni Bruneau

The Lac du Bonnet Chamber of Commerce's millennium project became a reality at an unveiling ceremony last Thursday, May 24. The gorgeous granite monuments erected on the outskirts of the Town of Lac du Bonnet were officially unveiled expressing pride and welcome to the area's visitors.

Chamber President Mel Molitowsky lead the proceedings at the celebration and thanked all responsible for their part in the realization of the welcome signs. The monuments will serve as an historical landmark of the area's heritage, historical significance and accomplished development.

Town of Lac du Bonnet Councillor Frank Wazny and Rural Municipality of Lac du Bonnet Reeve Dorothy Boznianin were in attendance and expressed congratulations and their gratitude for the opportunity to be involved in the project.

MLA Darren Praznik was also present at the ceremony. Praznik presented the Lac du Bonnet Chamber of Commerce with a plaque acknowledging their efforts.

MP Vic Toews forwarded a letter of acknowledgement praising the team's accomplishment.

Herb Gray Deputy Prime Minister and Minister responsible for the Millennium ini-



tiative also sent his regards to Chamber of Commerce and community of Lac du Bonnet. A reception at the Town of

Lac du Bonnet office followed the official unveiling.

The beauty of the granite stones will be enhanced as the

Agassiz Horticultural Society share their talents in the community once again. The society has a committee organized to design a landscaping plan of shrubs and perennials to serve as a natural backdrop of beautiful color.

This project's success is due to the cooperative efforts shared by the Lac du Bonnet Chamber of Commerce, Canada Millennium Partnership Program, the Town and RM of Lac du Bonnet, Tantalum Mining Corporation, Lac du Bonnet Knights of Columbus, Lac du Bonnet Lions Club, the Agassiz Horticultural Society, the business community and residents of Lac du Bonnet.

Charges laid in home invasion

Male victim shot when attempting to escape

The Powerview R.C.M.P. report that on May 26 at 3:00 a.m. they received a complaint of a home invasion at the townsite of Fort Alexander. Members attended to the scene and were advised that a number of young men had broken into an occupied house and were attempting to steal a stereo when they were confronted by the residents of the house. The fe-

male occupant retrieved a pellet rifle to try to scare off the intoxicated group but was overpowered and had the gun taken away from her. The pellet gun was then pointed at her head and the trigger pulled but the gun did not fire. The male occupant attempted to flee and was shot in the leg with the pellet gun. He was able to get out and get help and when he

returned the suspects fled.

When police patrolled the area looking for the suspects, a number of intoxicated young men were arrested fleeing the area, or were found hiding in the area. After obtaining statements from the victims and witness, only three of these are facing charges. The others were released without charges.

Police advise that one male

adult and two male young offenders were remanded in custody and are facing the following charges: break, enter and theft, robbery using a firearm, two counts of assault with a weapon, two counts of point firearm, and use a firearm in the commission of an offence. The investigation into this matter is continuing.

Lakeshore not the way it was

by Charles Norman

The east shore of Lake Winnipeg is a little different this week.

High north winds for several days last week resulted in a 'wind-set' of about three feet by last Wednesday. The lake, already high at an elevation of 714.7 feet above sea level, reached a height of 717.7 feet by the time the wind began to drop and veer to the west.

Manitoba Hydro operates Lake Winnipeg at a maximum 'wind-corrected' level of 715 feet. Above that they begin draining the lake into the Nelson River at the maximum rate. Thus, before the wind-set, the lake was already within a few inches of its

maximum operating level.

The lake was about the same level as the very damaging November 1997 storm that did a great deal of lakeshore damage. In that storm the wind on the peak day has higher and came from the west. Last Wednesday wind was from the northwest, and breakers were not quite as dramatic.

Nevertheless, the entire lakeshore from Grand Beach to Victoria Beach has been affected. Many areas have lost about five feet of shoreline property, most of it public re-

serve, some areas now have sandy beaches where they once had pebbles, and in some areas sandy beaches have been washed away.

Along the Winnipeg River, Catfish Creek was flooded, backing up close to a Sagkeeng home near the creek, and access to the fishing area close to the Pine Falls generating station was flooded. While the river was high, the wind direction was such that not a great deal of riverbank erosion occurred.

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THANK YOU!

A big thank you to everyone involved in the organizing of the Youth Retreat which was held May 11 to 13, at the Powerview School. Everyone who attended had a great time. The Holy Spirit worked wonders through the team of young adults, from the Catholic School of Evangelization (Saint Malo). It was a nice final touch for the youth preparing for the Sacrament of Confirmation. Special thanks and a big bouquet to all the members of the Retreat Team for coming down and offering us a wonderful retreat!

A very special thank you to the businesses and members of the community who donated food or made cash donations. Your generosity is greatly appreciated. Words of thanks to Paul Magnan and the school staff for allowing us to use the school facilities. Special thanks to Brenda for the use of her canteen. Also a special thank you to all who gave of their time and energy (especially the workers and all the cooks), and those who prayed for the success of the weekend. May God bless you and keep you all!!!

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Powerview School hosts coffee house and art show

submitted

Students and teachers at Powerview School are busy preparing for a coffee house and art show to take place this Thursday. The art show will open for public viewing at 10:00 a.m. and will remain open until the evening. The coffee house will begin at 6:30 p.m. Parents, grandparents and all community members are invited to come and enjoy this event.

The art show put on by high school students has been an annual event. This year it will include selected pieces completed by younger students as well as work produced in the Discovery Program. Works will include two-dimensional drawings and paintings as well

as three dimensional sculptures and carvings.

A hallway display will feature student work completed in industrial arts, home economics, drama, Francias enrichment and regular classrooms.

The doors open at 5:30 p.m. for public viewing of hallway displays and the art show. The coffee house will begin at 6:30 p.m. and will feature an award winning film produced by students from the school. The

film *Le sous-sol de sang* won the award for best picture in videography at the Festival des Videastes at St. Boniface May 16. Other award winning performances will be given through recitations, song and dance.

Community members will also be performing at the coffee house. No need to go to Winnipeg for great entertainment! You have it all here at Powerview School Thursday, May 31.



Students at Powerview School produced the award winning film *Le sous-sol de sang*. The film received an award for best picture in videography at the Festival des Videastes.

Centre proposed for Grand Beach area

continued from page 1

Some land is already owned by the organization, they are proposing to lease the balance

from the Rural Municipality of Alexander for \$40,000 per year - taxes included.

While the facility may alleviate pressure on public beaches by partying young people, especially on the May long weekend, not everyone is

in favour. A nearby resident is reported to be opposed to the proposal, and some cottagers have expressed reservations. A recent proposal to develop nature trails in the area has emerged although there are better locations for facilities of this type.

To hear residents and property owners concerns the RM of Alexander has called a public meeting for Saturday, June 16, at Walter Whyte School beginning at 1:30 p.m.

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UPCOMING EVENTS

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Rusty Ryan and the Great Imposters
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SATURDAY JUNE 16:

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TUESDAY, JUNE 19:

Hypnotist Tyson Pailey, starts at 7:00 p.m.
Cover charge.

SATURDAY, JULY 14:

Karaoke Night, starts at 7:00 p.m.

Located 36 Art Street, Powerview — Vendor and Bar Open 9:00 a.m. to 12:30 a.m.

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THURSDAY Ballet Night - Shows at 9:30, 10:30 & 11:30 p.m. — **FRIDAY** Pool Tournament - Starts at 8:00 p.m.

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.

Manigotogan metis heritage building established

by Val Anderson

The community of Manigotogan celebrated the official opening of the Manigotogan Metis Heritage Building this past Friday. This was a very special day for community members and the various groups who partnered with the community to establish the site.

The Manigotogan Metis Heritage Building was established because there was a great need for such a place in the community. They needed to have a location where the Manigotogan Local, community members, elders and youth could meet to discuss the issues that face them and their community. The centre's purpose will be to help foster the many aspects of

the Metis Culture through language, music, art, economical development, training and education.

Eileen Meade Chairperson for the Manigotogan Local a grassroots level of the Manitoba Metis Federation was the master of ceremonies. Eileen spoke of all the hard work the people of the community have put into the new heritage centre. "It's really nice to see a community work together and build a dream for themselves and the youth of tomorrow," said Eileen.

"The project coordinator Helen Thomas worked hard to ensure this new centre became a reality. The community worked with many partners in order to get the building completed. The Local

Management Board of the Southeast Region of the Manitoba Metis Federation put \$66,000 into the project. Manitoba Education and Training was also one of the supporting partners, they contributed \$41,000. The Manitoba Model Forest is also working in partnership with us. Without the support of our many partners and volunteers this project would never have been completed. We are very thankful to them all."

Dave Place of Manitoba Education and Training and Shirley Langan of the Local Management Board of the Southeast Region were given the honours of cutting the ribbon at the official ceremonies. The ribbon cutting ceremony

was followed by guests and community members being treated to refreshments and a light lunch. After lunch guest speakers spoke to the community and invited guests.

Oliver Boulette Assistant Deputy Minister of Northern and Indian Affairs, who was also born and raised in Manigotogan, praised the community members and their project partners for coming together to build a place that will enhance and preserve the Metis Culture.

"Fiddle music has a long history in Manigotogan. The music has now passed on to five generations and it is great to see the music alive in our youth today," said Boulette.

Guest speaker Denise Thomas, Vice-President of the Manitoba Metis Federation's Southeast Region said, "Partnerships are very important and I want to thank the many organization we have here today, also I want to extend thanks to the many vol-

unteers who have contributed to the new heritage building."

The mayor of Manigotogan, Gregg Wood spoke to invited guests and community members, "I want to express how thankful our community is that we were fortunate enough to get this one of a kind building. This building will serve many purposes, it will educate and bring our people together, it will promote our culture, it will give new avenues to our youth and welcome our elders."

The celebrations were brought to a close with the Frontier Fiddlers, a youth group from the area playing some of their favorite songs. The music that was performed by the group was dedicated to all the people who kept the music alive for all these years. Oliver Boulette played a song with one of the youth at the ceremonies much to the delight of the crowd.

Bike-a-thon hosted by Little Black River

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Allister. The committee that is putting on this event is still looking for more volunteers not only for this event but future ones as well. "We need volunteers to become more involved in their community, there are many ways in which

one can volunteer, you just have to be willing to lend your talents and become involved. We will be looking for parents that are interested in coaching various sports activities, and many other things such as craft making, music, cooking," said Allister. "It takes a whole community to

make good and positive things happen for everyone. The rewards for helping others are unending so lend your time."

If you would like to participate or volunteer please contact Allister Courchene at the Little Black River Band Office at 367-4411.

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Notre Dame du Laus Parish news

There will be a very important meeting/rehearsal for all the Confirmation candidates, their parents and sponsors, on Tuesday, May 29 at 7:00 p.m. at the Notre Dame du Laus Church in Powerview. It is important that all concerned attend.

The celebration of Confirmation will take place this

Sunday, June 3 at 7:00 p.m. at the church in Powerview. Pray for the 30 candidates who are to be confirmed.

Take note that due to the celebration of Confirmation on Sunday evening, there will be no Saturday 7:30 p.m. mass in Powerview June 2. Please advise others.

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BIG MEAT DRAW & CASH DRAW SATURDAY	
	

Pat Kemball head pro at California Course

Pat Kemball is the new head golf professional at The SCGA Member's Club in Murrieta California. The 18 hole championship golf course was designed by Robert Trent Jones Sr. in 1970. It boasts four par 5's and four par 3's, with a 586 yard 13th hole.

Pat Kemball was born and raised in Powerview. He is the son of Edward and Adrienne Kemball and

brother to Linda, Barry, Fritz, and George all of whom still reside in the area. Barry told the Echo that Pat's a good golfer because of his mother, who drove him to the course everyday to better his skills even though back then his dad figured it was probably a waste of time. Today however Dad, Mom and family are extremely proud of Pat's accomplishments.

Kemball was recently named to replace Clint Whitehill as the No. 1 golf guy at the Murrieta club. "Pat would have been a solid choice for this job anytime he applied," said general manger Tom Pinch.

Kemball had watched enough golf on television by the time he was 11 to know he loved the game. Of course, there wasn't a wide range of opportunities to play in Pine Falls.

But time away from his job at the town's mill was spent at the Pine Falls golf course (where some of the area's senior

players, including former champion Margaret Ford, made the handful of juniors at Pine Falls their projects). In the off season, you'd find Pat at golf pro Jerry Hollins' sports store. It was Hollins' contacts that helped 19 year old Kemball land a job at Blumberg Golf Club, a public course in Winnipeg, and soon at Pine Ridge, a private club.

Later, as a club manager and head professional at Carman Golf and Country Club, Kemball made his first visit to the California lower desert with a team competition. "Like anyone else, I thought California was great," Pat says now. Later, as head pro at Pine Ridge, some of his students were active in the Professional Golfers Career College, based at The SCGA Members' Club.

There he met then head pro Scott Mallory, and Brenda Inman, who was a member of the office staff. "When Scott got the job at Bear Creek (in 1999) I applied for the job," Kemball relates. "But any consideration was tempered by my citizenship status and PGA membership reciprocity issues."

Nothing slowed the budding romance however, and he and Brenda were married in November, 1999. Soon afterward he was promoted from teaching professional to general manager at the Practice Golf Center in Menifee.

When Whitehill's opportunity arose at Big Canyon,

Kemball resubmitted an application and was named to the job.

He recently completed the U.S. naturalization process and the third level of school for members in the PGA of America (after 14 years as a Canadian PGA member), clearing the way for his next hurdle - bring The SCGA Members' Club to the next level.

"I'd say it's a toss-up for me between teaching and the merchandising end of being a head professional," Pat says, but then allows that some of his most satisfying times in golf have been as an instructor.

"We had a very successful junior program in Manitoba," he recalls, "A lot of people in

the community volunteered and we had as many as 150 young people of all ages rotating through the various golf skills on our junior golf days."

Pat Kemball is a three time Manitoba PGA champion, five times named its Player of the Year. He finished fourth in the Canadian national championships for assistant professionals (1987) and professionals (1994). One of his students, Dale Goehring of Calgary, was the 1997 Canadian Amateur champion.

Pat Kemball, 36, now lives with his wife Brenda and her two children in the Temecula Hills area of Temecula, CA.

From a story by Mike Peck/FORE Magazine, Southern California Golf Association.



Pat Kemball formerly of Powerview is the new Head Golf Professional at the Southern California Golf Association Member's Club in Murrieta, CA.

Keep it simple

Golf tip of the week

Dale Mitchell, CPGA Golf Professional



Hi, How's the golf game going this week?

Here are a few things that I like to think about to help me get things straight on the course.

The first thing is always keep things simple. Don't try to over do it, just let things happen.

Keep it simple. Don't over

complicate things. Try to remember to let the club do the work for you.

Golf clubs are made different because each club has a specific job. Let the club do the work, not you. Don't over swing.

If you think about this your game will improve, you'll see!

Thanks, until next week. good golfing to all!

Bike-a-Thon

Starting at Buffalo Point Reserve
Approximately 350 kilometres to
Finish at Little Black River Reserve

JUNE 8, 9 & 10

Participants
Manitoba Indigenous Games Athletes,
Minor Hockey Players from Novice
Hockey Team and any other people who
are willing to help the youth and the
community of Little Black River.

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



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Leave a message or at home
367-2885

Kenora capacity reductions not to affect First Nation/Tembec

In a move that could impact the market for Pine Fall's newsprint, and the availability and price of wood, Abitibi Consolidated announced last week that it will be permanently reducing capacity at its Kenora mill.

No. 8 machine will be shut down permanently and two others will be idled, (No. 9 and No. 10), at least until fall. Prompted by market conditions and high energy costs the shutdowns will permanently reduce the company's newsprint capacity by 180,000 tonnes per year.

"We will be working to find economic ways to convert No. 9 machine to produce value-added paper instead of newsprint," said Denis Jean, Senior Vice President, Northern Newsprint operations. The closures complete a commitment to remove 400,000 tonnes of high-cost, excess newsprint capacity.

"It was a difficult but neces-

sary decision. With Kenora's high energy costs making it one of the highest cost operations in Canada we had to act," Jean said.

"At the same time, however, we recognize the impact that these changes will have on employees and the Kenora community at large. Over the coming weeks we'll be holding discussions with employees, unions and governments to investigate ways to reduce the impact of this decision."

Energy costs, electricity and natural gas, have rise 65% in the last 12 months in Kenora.

A total of 147 employees will be affected permanently and 333 will be temporarily laid off.

The capacity reductions in Kenora will not affect the availability of wood for the proposed First Nation/Tembec sawmill operation.

Six reasons to hire a student MYJC news



Sunita Mulpuru, MYJC Office Manager

Although the weather may not be cooperating, let's face it - it's time to start thinking about that dreaded yard work!

I'm not sure about everyone else, but when I think of yard work, I think awful mosquitoes, weeds in the garden, and those dandelions that just refuse to disappear. Sometimes it can be too much for one or two people to handle. This brings me to my next point... why not hire a student to help ease your troubles??

Hiring a student will not only help you, but it will give the student a valuable work experience and a chance to develop their skills. Here are the top six reasons why YOU should hire a student this summer!

#1: Students are enthusiastic and will get the job done for you!

#2: Many students are looking for employment this summer - so by hiring a student, you are helping the youth in our communities.

#3: Hiring students gives them a valuable work experience that they may carry with them into the future. It also gives students a chance to develop their skills.

#4: Hey, hiring a student means you won't have to look at the jungle grass growing in your backyard any longer!

#5: Students are great hard workers!

#6: Hiring a student to help out with your yard work will significantly reduce the number of mosquito bites you receive!

So there you have it - six perfectly good reasons for you to hire a student this summer. If you have any casual odd

jobs or regular full time employment opportunities available, please call the Manitoba Youth Job Centre to register your position today. We will do our best to find you a suitable student.

Please call Sunita at 345-6916, or stop by the MYJC office in New Directions School (40 Park Avenue, Lac du Bonnet). Our office hours are 8:30 a.m. to 4:30 p.m. Also, please feel free to call me if you have any questions or concerns.

One last note for students - it is never too late to register, so please fill out your registration form and return it to me or to your school office. If you don't have a form please give me a call. Thanks, and have a super week!

The Winnipeg River Echo

theecho@granite.mb.ca

How to take a pill

Cornerstone

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

Many people are under the impression that if you tilt your head back when swallowing a pill you'll clear a passage from your mouth into your esophagus. The truth is that this is the most dangerous way to take a pill, because it also allows the pill unguarded access to your trachea, where it can cut off your breathing - permanently. Tilting your head back is what the paramedics will do to open your airway after the pill goes down the wrong tube.

Here's what you need to know: The safest way to swallow a pill, with or without liquid, is to tilt your head FORWARD so that your chin almost touches your chest. That way the

pill cannot wind up travelling into your trachea. Also, you're far less likely to gag.

Another good rule to follow is *one pill at a time*. Everybody's rushing around, but a mouth full of pills is one of the

most dangerous ways to cut yourself some extra time. By the same token, you'd also be well advised to not take your pills while performing other activities such as driving your car. This may seem obvious, but we tend to forget such things when we're in a rush.

Source: Nutrition News Focus, June 21, 1999

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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



Recreation ramblings

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

I don't know about you, but whenever it rains outside in the summer, or the temperature drops below 15° C, I get pretty upset. Isn't summer supposed to be about lots of sun and outdoor activities? Unfortunately, the occasional rainy day does hit, and it can sometimes be difficult to entertain oneself (or one's antsy children). Here are a few suggestions for a fun-filled rainy day:

- Go for a walk, run or bike despite the water, and enjoy a long, hot shower when you get back. Small children will invariably enjoy checking out all the worms!

- Although I'm no expert, I've heard that fishing is better when it rains... maybe that's a good option. At least it will get rid of all the worms (see first suggestion)!

- Curl up with a good book,

a warm blanket, and a hot beverage.

- Get creative: through music, art, cooking/baking, handiwork (knitting, embroidery, darning all those socks with holes in them), crafts.

And of course, any of these activities can be undertaken with a friend or family member for greater enjoyment!

Play golf naturally

This is a five week course beginning in June at the Pinawa Golf Club. Learn the mental strategies used by top

golfers to play your best golf more consistently. Suitable for players of all levels.

Learn to row

Once again, the Pinawa Rowing Club is offering rowing lessons for all ages. Cost for six lessons can be put towards full membership fees once the course is completed. Contact Peter 753-2492, Tara 345-2572, or Karen 753-8265 for more information. Personal testimony from your intrepid assistant rec. director: I highly recommend this course, but

beware - they'll get you hooked!!

Pinawa Swim Lessons

The Pinawa Pool is offering lots of swimming lessons this summer to meet your needs. Regular Aquaquest Levels 1 to 12 will be happening in four two-week sessions beginning July 2. Bronze Medallion and Bronze Cross will be held June 4 to 15 from 7:15 to 9:00 p.m. Lifesavings will be held August 13 to 24. Registration forms for lessons can be picked up and dropped off at the Lac du Bonnet Town office or at the Recreation office at Lac du Bonnet Senior School).

Growing years - adolescents

by Mary Ann Haddad

The 'storm and stress' version of what adolescence is about, is not something new. Growing up sure brings a lot of changes, physically and emotionally. Adolescence can be a scary time, full anguish, decisions, rivalry, new emotions and trying to find the place that one belongs.

Where everything seemed reasonably smooth and comfortable is now the unknown and different. Relationships with - parents, friends, boys and girls, things begin to really change. Trying to determine priorities, who in control of making these decisions, new found independence and the responsibility that goes with this new found role.

What are some of these important issues during these years? Body image: boys and girls bodies are changing so rapidly, it can be quite overwhelming as well as exciting. The young person is developing a new sense of self. We know by looking around us the impact of the many factors that

contribute to the image and perception that one might have of themselves.

Identity, along with rapidly changing bodies, the adolescent is experimenting with a variety of identities. The most frequently asked question might be is "who am I, what is people expect of me, what's the big deal?" Relationships with parents are highly important to adolescents. This relationship can be unstable and highly conflictual or there can be gradual movement by the young person towards autonomy and independence. A certain degree of conflict about the appropriate degree of parental control of adolescent life is almost inevitable.

Peers plan an important role in this stage of growing up. Adolescence is a period when young people spend a lot of time talking and hanging out with each other. Peers provide the opportunity identities, social ideas and the nature of relationships. The ado-

lescent who rely on the peer group, rather than the family, for their main support are particularly vulnerable to peer pressure to engage in problem behaviours, such as smoking drinking or drugs.

Adolescents sexuality is a time subject to at times a high degree of experimentation and curiosity, as are other aspects of growing up through this age group. Healthy responsible teenage sexuality is not yet well understood and can take a variety of meanings.

What is needed for healthy development through this challenging time - a basic needs being met, a safe place to live, adequate food and nu-

trition, clothing, access to health and mental health services and education. Good communication with their parents along with parental guidance and supervision and still enjoying opportunities for independence.

What are the challenges during these growing years - substance and alcohol use, sexuality transmitted diseases, dating and relationships, loneliness and depression, making decisions, uncertain job prospects.

This is a time when a tremendous amount of energy, caring and love goes into being supportive as a parent and the uncertainty of "am I really being heard", not

WINGS OF POWER



knowing if you are doing the right thing. The more parents, teachers, family supports can give positive outlooks, role models the outcomes usually is one gratitude, if not immediate, it does come later as time moves on.

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One BIG Cat

Rodger Degagne, a former employee with AECL in Chalk River, may be embarking on a new career as Feline Breeder. Relaxing in his spacious home on the shores of the Ottawa River, Mr. Degagne recalls how 15 years ago he befriended two stray young cats on the old AECL research facility at Chalk River. The kittens had appeared in late summer and apparently had gotten under a security fence around

the old labs abandoned since the late 50's. With the help of his tuna sandwich, Mr Degagne was able to coax the kitties close enough so that he could pick them up.

A self described animal lover, he did not want to place the kittens in the local Human Society. In this largely rural area, cats of all stripes and ages largely go unwanted and are humanely disposed of after a few days. Later that

evening his wife Louise and their two children, Nicole and Kelly came to a family decision to keep the kittens which they named Lost and Found. Lost turned out to be female and Found a male.

When nature finally took its course, a litter of kittens was born 6 years later. One of the litter was a big white female with a unique black markings on her side and tail. Something about the kitten captured the hearts of the family and while her siblings eventually found homes elsewhere, Snowball stayed with the Degagne's.

While Lost and Found are no longer with us, their progeny live on.

In her 9 years Snowball's size has seemed to snowball. Put simply, Snowball is no ordinary cat, she measures 69 inches from nose to tail and weighs in at 87 lbs. She started out a big kitty and she just seemed to keep growing. She always meowed for more food and would climb up on the counter to eat food which I forgot to cover. Chicken is her favorite. "Once I left a cooked chicken on the table that I was going to use for a boat picnic, an hour later the

chicken was gone", Louise said.

We knew that snowball wasn't your average cat when the neighbor's German Shepherd ran yelping away from his first encounter with her. She just isn't afraid of any animals. After we found a half eaten raccoon out by the garage, we decided that maybe Snowball should be kept fenced in.

We soon discovered that while we can keep snowball in the yard, we couldn't keep raccoons from Snowball. At least it kept the food bills down. Rodger laughed "Like all female cats she is very territorial, but with us she is just a big ole kitten" he said.

So what does a 87 pound cat eat? Snowball goes through a about 3 lbs. of cat food a day, along with cooked chicken, supplemented with deer and moose that Rodger hunts in the fall. She likes Pike a lot, so I don't throw them back any more. Snowball often accompanies Rodger fishing on the Ottawa, eagerly peering over the side of the boat as soon as



his line goes tight. So what do the Degagne's attribute Snowball's size to?

Rodger says "Well, the vet thinks it could be her thyroid, but she isn't fat, she's just a real big cat. I think maybe her parents got into something at Chalk River that they shouldn't have".

The Echo contacted AECL in Chalk River, who stated they have never employed a Rodger Degagne. We then proceeded to contact another local paper who had taken the photo to be analyzed and discovered that the image of the cat is computer generated.

The moral of this story is to be careful of what you read on the internet, anything is possible.

Pine Falls Community Billboard

MMF 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: Tuesday: 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.

Silver Haven Club: 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 Polischuk, 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 Atch 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 day-care.

Senior Scene Inc. #1 Atch 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-Decker. 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 Rect., 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, Scantbury, on Hwy #59.

ST. MARGUERITE 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 88 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.

Journey to Istanbul



by George Bayly

In 1976, during a return trip to Salz-

burg in Austria, I decided to travel south to the Balkan countries of Yugoslavia, Albania, and Greece. The rail line followed the mountain slopes and in the valleys below, I saw picturesque villages perched on the river banks. Just past the village of Villach, we arrived at the Yugoslavian border station. The customs official opened the door of the compartment that I was sharing

with two Americans and handed back our passports. He smiled at me as he handed me my passport and said, "Canadian! Gratis!" I looked at the Visa which had been stamped into my passport and noticed the word "Gratis" beside it. There would be no fee for my visa. Then, to my amazement, he charged the Americans twenty dollars each for their visas. We stopped briefly at a service yard where the Austrian diesel engine was exchanged for a old steam powered locomotive and off we chugged to Ljubljana, arriving there just before midday.

An hour later, we were off again heading into the Croatian hinterland, following the Sava River until we reached Zagreb, where I would stay overnight. As I stepped from the train, I was immediately greeted by a man neatly attired in a business suit. He pointed at the acoustic guitar case that I was carrying, and asked me if I would like to sell my guitar. I declined and checked into the Hotel Omlidinski near the station.

In the morning, the journey continued along the Sava River in Serbia, through a bus

See JOURNEY/page 15

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FORETHOUGHT FUNERAL PLANNING

INDEPENDENT CANADIAN

Lac du Bonnet Slo-Pitch League Season openers



Tuesday, May 29

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

Thursday, June 31

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

Pineview Mixed Slo-pitch league schedule

TUESDAY, MAY 29

6:00 Fire vs. Desperados I
6:00 Diehards vs. Muskrats R
7:15 Mustangs vs. Bisons I
7:15 Pistols vs. Out of the Blue R

WEDNESDAY, MAY 30

6:00 Mohawks vs. Diamond Heads I
6:00 OPEN R
7:15 Diehards vs. Desperados I
7:15 OPEN R

THURSDAY, MAY 31

6:00 Pistols vs. Bisons I
6:00 Diehards vs. Diamond Heads R
7:15 Fire vs. Muskrats I
7:15 Mustangs vs. Out of the Blue R

TUESDAY, JUNE 5

6:00 Mohawks vs. Diehards I
6:00 Fire vs. Bisons R
7:15 Muskrats vs. Mustangs I
7:15 Desperados vs. Out of the Blue R

WEDNESDAY, JUNE 6

6:00 Pistols vs. Diehards I
6:00 OPEN R
7:15 Muskrats vs. Bisons I
7:15 Out of Blue vs. Diamond Heads R

We Need You!!

*Are you looking for extra manpower, but
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The Summer Work and Student Exchange Program is not only recruiting students from our area, but also local employers, businesses and organizations. As a host community, we need to place our 5 exchange students in a professional summer position.

Summer jobs subsidized as part of our program provide you with an opportunity to meet needs by creating positions you could not otherwise create.

So, if you need help getting an old or new project completed, or simply could use more people to keep things running for the summer, contact your local co-ordinator. Or go to www.summer-work.com and apply online.

This is a program of the council for Canadian Unity, supported by our local MP, Bev Desjarlais and sponsored by VIA Rail Canada. The federal government, as one of its youth initiatives also contributes to the program.

Vanessa James, Co-ordinator
Churchill Federal Riding 367-9204

LdB RCMP report



The following constitutes the police report for the Lac du Bonnet detachment for the period of May 22 to 24, 2001.

May 22: A report was received requesting BOLF, a missing emu on Riverland Road area in the RM of Lac du Bonnet. For information of members and request not to chase the bird.

Also on May 22, a report was received of break-ins to trailers belonging to a crushing company working at the Old Pinawa Dam site. Tools and keys were stolen. This incident is still under investigation.

A report was received of a set of keys (four keys on a ring) were missing. Unknown where the keys were misplaced.

May 23: A 14 foot Lund fishing boat with a 9.8 hp motor was found in the Keystone Heights area.

A cottage fire in the area of Block 1, Grey Owl Park completely destroyed the building.

May 24: A report was received, advising that over the weekend, weather permitting, there will be aerial spraying for worms conducted in the vicinity of the Lac du Bonnet airport and surrounding

areas. This was reported in case of complaints being called in to the police.

It was reported that a dog had been shot beside the road within town limits. The report was investigated and discovered to be unfounded.

Numerous reports have been received lately of accidents involving collisions with deer. It would be a good reminder for motorists to be extra cautious and vigilant when travelling at night.

Library Corner

Lac du Bonnet Regional Library

The May long weekend weather proved to us once again that we do live in Manitoba "If you don't like the weather, just wait a day or so." But we're still waiting... and since we planned to begin telling our readers about summer events, we will do so despite the weather.

SummerActive is a national promotion organized by Health Canada in partnerships with provinces, territories, non-government organizations and private-sector partners. It is designed to encourage and support inactive Canadians to take the first steps towards regular activity. What have you and your family planned for an active, fulfilling summer - besides mowing the lawn and caring for the garden and flowerbeds? Perhaps you would like to plan and register a special event for your community. For more information about SummerActive 2001, please visit their website at www.sumeractive.canoe.ca.

We will also have books and resources on display at the library to help you plan an active summer.

Our anniversary tea and open house is, however, the next big event on our library calendar. We hope you have made a note of the date and time (Thursday, May 31 from 4:30 to 7:00 p.m.) and plan to join us for this celebration. We will be displaying pictures, reports and other archival material highlighting the library's early beginnings and its progress through the years. Former librarian, Roz Burt, will be joining us, as will other former board and staff mem-

bers and past and present volunteers! Enjoy a cup of tea or coffee, a piece of cake and a bit of reminiscing!

Our summer reading program is now in the early planning stages. Our theme will be *Vacationing with Books*. When You're Reading Books. You're Going Places! This year's program focuses on vacationing in Manitoba through and with books. Weekly themes revolve

around Manitoba authors, animals, town tourist symbols, nature or conservation and vacationing or camping. We will have a complimentary camping pass good for one night of free camping in any available transient campsite in Manitoba's provincial parks. Your children will be eligible for this draw when they register for this year's reading program. More information will be available soon!

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Winnipeg River RCMP report



The following constitutes the Winnipeg River RCMP detachment report for the period of May 21 to 27.

May 21: A report was received of a spousal assault at Manigotogan. Members attended and everything was fine. No assault had occurred and the members departed.

A report was received of a break and enter to a residence near the Papertown. The culprit(s) apparently used the house to party in while the owner was away and then tried to eliminate any physical evidence by plugging the drains and flooding a large portion of the house. There was approximately \$20,000 to \$30,000 damage to the house and an undetermined amount of property and cash stolen.

A call was received of an intoxicated male trying to get on the bus. He was arrested and lodged to sober. A short while later when speaking to the victims of the above noted break and enter it became obvious that the property stolen was already at the detachment... with the intoxicated male. Charged with break, enter and theft as well as mischief over \$5,000 is Brian Knott (aka Brian Harper) of Island Lake.

A number of reports were received of vehicles being broken into and items stolen. These items included tools, cell phones and stereos.

May 22: A concerned citizen of Black River reported that an adult male was urinating in view of her children and requested he be spoken to about his actions.

Same was done and no charges were laid.

The next incident did not occur in the area but the offender was in the last press release from here. This individual was remanded in custody after pointing a replica handgun at motorists while travelling on Hwy #59. He was subsequently released by the courts in Winnipeg (the next day) and on this day entered a house in Winnipeg brandishing a knife and demanded the persons bicycle. The owner refused and chased him out of his house. While fleeing the accused ran into a truck and is resting uncomfortably in hospital with some broken ribs.

May 23: Police received a report of an impaired driver heading to Pine Falls from the north on Highway 304. Patrols of the highway failed to locate the vehicle.

A report was received of ATV's travelling on the roads in Traverse Bay. These vehicles were gone on arrival but patrols will be increased.

A call was received of a mischief to a house. Members attended to find that a youth in the house had flipped out and put holes in the walls. He was calmed down and explained what could happen to him. He didn't like the sound of jail so he agreed to behave himself. No charges were laid.

May 24: A call was received of an intoxicated male causing problems at a residence at Fort Alexander. Police attended and the caller decided it was easier for her to leave and she left.

A resident of Fort Alexander reports they had their tires slashed and window broken in their vehicle while at bingo. The police have while at the file is still

under investigation.

A report was received from Manigotogan of a person driving crazy throughout the community. The vehicle was stopped by the Hollow Water Police as well as the community constable from Seymourville. The driver was found to be intoxicated and was arrested for impaired driving. As he was being escorted to the police vehicle he pulled his arm free and fled into the bush. This individual is still at large and the police are asking the public's assistance in locating. Jason Herman Somers, age 25 of Wanipigow, who is being charged with driving while impaired and escape lawful custody.

A call was received of an intoxicated male sitting in front of a local establishment. Police located the suspect staggering along the highway. The individual was checked on the computers and it was determined there was a Canada-wide warrant for him from Vancouver Police Department. Rene Clarence Abraham was arrested on the strength of this warrant and transported to the remand centre where he will stay until he is escorted to British Columbia.

May 25: A call was received of a runaway foster child from the north shore. She was later located and returned home.

A number of tickets were issued for Highway Traffic Act infractions throughout the area this afternoon.

A burnt out vehicle was located in the bush at Fort Alexander. This vehicle was later reported stolen and the investigation is continuing.

May 26: A call was received of an intoxicated female tossing furniture around a house. Members attended and she was ar-

rested and brought to sober did not want charges.

A call was received of an intoxicated male disrupting a barbecue party. The individual was arrested for breach of probation and lodged until he was sober.

A report of a spousal assault was received. An intoxicated male was arrested for assault with a weapon and lodged to sober. He was released on conditions to have no contact with the victim.

A report of a break and enter was received from Black River. The culprits broke in and partied, helping themselves to food and then left. This file is still under investigation.

A resident of Powerview was arrested for impaired driving and charged for driving over .08 after blowing 170 mgs%. His licence was suspended and vehicle is impounded for 60 days.

May 27: A loud party was reported on The Rock. Same was located and the owners agreed to turn it down.

A male individual from Grand Marais reported he was assaulted with a 2x4 by three suspects. This investigation is still on going.

A female resident of the north shore advised she was assaulted by another woman on Friday. Once she got to the detachment to give a statement she changed her mind and did not want to proceed with charges.

A call was received of an intoxicated male causing problems at home. The mother wanted him out of the house. Members attended and found him walking along the highway. He was sober and it turned out the mother was drunk and causing the problems. He decided it was better he left and did so.

Lac du Bonnet Community Billboard

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

Pre-natal 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., LdB 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

LDB 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 Al-Anon Group Thursday 7:30 p.m. Lac du Bonnet District Health Centre, 89 McIntosh Call Teri 345-8712

Lakeshore Al-a-Teen Group begins November 2, 6:30 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 Inc. Call Pat at the Lac du Bonnet office, Health Centre at 345-1227 or 348-4610. Services: driver escort, life-line 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, Beausjour, 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

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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 Kollene Karlowky, church 345-8654, office 345-2919

Sunday: 11:00 a.m. - worship service

NOTRE DAME CATHOLIC CHURCH

Father Richard Maehera, 345-2900

Lac du Bonnet: 5:00 p.m. - Saturday mass; 11:00 a.m. Sunday mass

Pinawa (senior school): 9:15 a.m. - Sunday mass

ST. JOHN'S ANGLICAN CHURCH

Rev. Brian Rountree 367-8615, church 345-2357

Sunday: 11:30 a.m. - worship, 11:30 a.m. - first and third Sunday of each month, holy eucharist.

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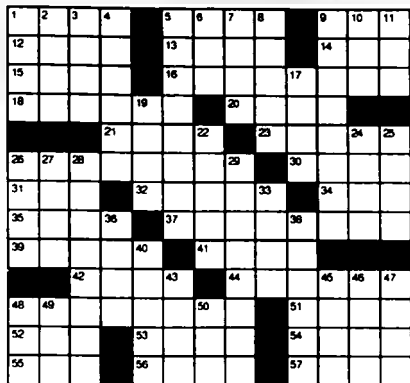
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WEEKLY CROSSWORD



ACROSS

- 1. Charts
- 5. Play participants
- 9. Gypsy husband
- 12. To the sheltered side
- 13. Arabian
- 14. Piece out
- 15. Irani money
- 16. Major baseball league
- 18. Pressure
- 20. Rescue
- 21. Chicken's home
- 23. Within the law
- 26. Renovates
- 30. Back of neck
- 31. Pub specialty
- 32. Beneath
- 34. Cozy room
- 35. Encircled
- 37. Imaginers
- 39. Epics
- 41. Wash
- 42. Greek region

- 44. Parking timers
- 48. Rehearse
- 51. Sincere
- 52. Greek region
- 53. Always
- 54. Claim against property
- 55. However
- 56. Without (Fr.)
- 57. Concludes
- 36. Powder ingredient
- 38. Stamina
- 40. Locations
- 43. Hindu deity
- 45. Ireland
- 46. Regretted
- 47. French commune
- 48. Layer
- 49. Fish eggs
- 50. Century (abbr.)

DOWN

- 1. Red planet
- 2. Landed
- 3. Bartlett
- 4. Choose
- 5. Examined military mail
- 6. Candlenut tree
- 7. Perches
- 9. Rebel
- 10. Turkish weight measure
- 11. Comic Brooks
- 17. Baking chamber
- 19. Anon
- 22. Necklace gem
- 24. Copier
- 25. Optical glass
- 26. Worn clothes
- 27. Charles Lamb's pseudonym
- 28. Rank above corporal
- 29. Steamships
- 33. Possess

LAST WEEK'S ANSWERS



CRYPTIC PUZZLE

"MNP UNE EN CZ TQHZRP VR
MNP WND'E GDNS SBZHZ MNP'HZ
UNVDU, CZTQPXZ MNP YVUBE
DN UZE EBZHZ."

- MNUV CZHHQ

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

"640K OUGHT TO BE ENOUGH FOR ANYBODY"
- BILL GATES
(1981)


WEEKLY ECHO HOROSCOPE

for the week of
May 28 to June 3


Aries - March 21 to April 20

 Play the waiting game. You will come out ahead by not rushing into situations. Get all the facts before making a decision. Time is on your side. A short trip could be valuable. Friends and family want to show support but may not know how. Be receptive.


Taurus - April 21 to May 21

 Help others when you can, but stand up for your rights and refuse to be walked on. Don't be afraid to offer opinions, you will be taken seriously. Avoid getting bogged down in small details. It's time for you to step back and look at the big picture.


Gemini - May 22 to June 21

 Family squabbles may intensify. Stay above the situation and work as a peacemaker. You'll know the right thing to say and the right time to say it. Your work situation cools down and leaves you in a stronger position. Don't forget health and exercise plans.


Cancer - June 22 to July 22

 Work and family issues are at center stage. Try to give both equal time, work toward a balance. Going to extremes isn't the best choice. Take time to rest and relax in order to be at your best. A quiet evening at home could work wonders for your outlook.


Leo - July 23 to August 23

 Conserve your energy, focus your efforts and don't spread yourself too thin. You work best now in the background, away from the limelight. Let others take the bows and the heat. Be aware that not all who agree with you are necessarily on your side.


Virgo - August 24 to September 22

 A young person seeks reassurance from you. Concerns over health will be resolved in your favor, but let others help you if needed. A night out on the town or special event could boost your self-esteem. Change what you can and don't worry about the rest.


Libra - September 23 to October 23

 Things could start getting hectic in your life. Be aware of what's going on around you—some of what takes place could be behind the scenes. Someone you thought was on your side may be straddling the fence. Accept people and situations as they are.


Scorpio - October 24 to November 22

 Take an honest look at yourself. Seeing yourself as others see you could keep you from becoming entangled in an unpleasant situation. Don't let your heart rule your head in work-related matters. Trust your instincts in dealing with friends and family.


Sagittarius - November 23 to December 21

 Professional pressures may be coming to a head, but issues may be resolved in your favor if you go with the flow and don't force things. Home, family and friends provide refuge. People will come to your support if you take a low-key attitude.


Capricorn - December 22 to January 20

 This is not a time to remember old hurts. Let bygones be bygones and move forward. Keeping an eye on the past keeps you from clearly seeing your goal. Someone is working behind the scenes for you. Be willing to accept an olive branch if it is extended.

Aquarius - January 21 to February 18

 Keeping a watchful eye now could head off future problems. Deal with small obstacles before they get bigger. Friends may have good ideas and suggestions but are apprehensive about your reaction. Stay calm, listen and be willing to take advice.

Pisces - February 19 to March 20

 Take time out for exercise and health. You'll have the energy for this and more. Take on more projects and plans, you'll be able to handle them. Be careful not to get too comfortable, even though things are going well. There could be trouble ahead.

Echo Classifieds

For Sale

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. 44-315

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. 49-34

For Sale - 1995 Truck Cap. Fits Dodge Dakota Extended Cab. \$250.00 OBO. Call Marc at 367-9284. 51-34

For Rent

Office space in Lac du Bonnet - Prime office space for rent, located in downtown Lac du Bonnet, phone 345-8294. 31-37B

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Help Wanted

Help Wanted - Part time hair-stylist needed for local salon. Send resume to Box 1606, Lac du Bonnet, MB. R0E 1A0. 51-37B

Bankruptcy

Bankruptcy Info-line - free, confidential. Call 1-800-463-8371. This is a community service offered by L.C. Taylor & Co. Ltd., Trustee in Bankruptcy. 31-1FN

Services

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Don & Irene Kemball are celebrating their **50th Anniversary** SATURDAY, JUNE 2

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The Winnipeg River Echo
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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 30

Soup, chicken/vegetable stir fry, rice, chocolate cake.

Friday, June 1

Salad, meat loaf, mashed potatoes, corn, tapioca pudding

Friday, June 4

Salad, stuffed pork chops, hashbrowns, green beans, fruit cocktail

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QUESTIONS? COMMENTS? CONCERNS?

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Card of Thanks

I would like to thank Dr. Niemand and Nurse Ryall for fixing my finger and face on Saturday at the hospital. Thank you is also extended to Wes, for bringing me home nad also to Lucy. Thank you to all who helped me in my time of need.

Bill Bryk

Many thanks for the surprise party held May 26 to celebrate our 40th wedding anniversary. It was just great!

We would really like to thank all those who ent cards, gifts and well wishes. It was wonderful that so many family members and friends were able to attend.

A special thanks to our daughter Colleen and family, our son Ian and family and our own Queen Mom who put together a wonderful party.

It was truly a memorable day in our lives and one we will cherish and remember for many, many years to come.

Once again thanks to everyone, we really appreciated it.

Jack and Sharon

The Winnipeg River Echo

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Journey to Istanbul

cont'd from page 10

colic setting of fields and small villages, dirt roads and horse-drawn hay wagons, and the occasional tractor. As I looked out the window, the word "peaceful" entered my mind.

Late in the day, the train pulled into Belgrade station not far from where the Sava flows into the Danube River. From the train, I had a good view of the confluence of the rivers and the bridges that spanned them. (These bridges were recently destroyed in Nato air strikes on Belgrade.) At the information booth, I asked directions to the International Hostel and after a fifteen minute ride on an electric tram along the Bulevar Marshal Tito, I arrived at the hostel. The girl at the reception told me that I was in luck as there was one bed left that day. I spent the next two days taking in the atmosphere of this socialist capital, in which there few neon signs or western style lighting which, in my view, made the night quite dingy. However, in the sunny days that I spent there, I found the parks and squares to be very pleasant.

My next destination was Sarajevo in Bosnia where the minarets of mosques highlighted the skyline. I remember walking across the bridge near the spot where the Archduke Ferdinand and his wife were assassinated in 1914, an act

which touched off World War I...I did not suspect, that years into the future, this quiet city would be ravaged by war and racial strife. On the way to Greece, I travelled to Dubrovnik on the Adriatic coast, then back to the main railway at Pristina, to Skopje, and finally to Thessalonika (Saloniki) in the province of Macedonia in Northern Greece.

Thessalonika, on the Bay of Salonika, boasts a pleasant seaside promenade with many good restaurants. Near the end of the promenade is the White Tower, constructed in the fifteenth century by the Phoenicians. Most of the ruins here, are Byzantine: baths, public buildings, and churches, but there is evidence of Roman and Turkish occupation of the city. The harbour is busy as it has been for centuries, as it is the second largest port in Greece. The hostel was located on a street called Aghios Nikolaos not far from the Archeological Museum, and right across the street from a take-out shop which served moussaka, souflaki, and donar kebobs. Some of my time was spent roaming the roads high above the city on ridges of pine, juniper, and thyme whose fragrance filled the air. The view of the city from those heights

was marvellous. One day I journeyed to Pella, several miles west of the city just over the Vardar River which flows out of the mountains of Albania. At Pella are the ruins of the capital built by King Philip II of Macedonia. It lies on the Via Egnatius, a Roman road which stretches from Istanbul through Thessalonika and to the Adriatic coast of Greece. In buildings which have been excavated, archeologists found huge mosaics, including one which shows Philip's son Alexander (the Great), hunting lions. I was impressed by the beauty of these ancient works of art.

While in Thessalonika, I made up my mind to travel to Istanbul, the ancient city which stands on the Bosphorus, a strait connecting the Black Sea and the Mediterranean Sea. As a boy, I was intrigued by the stories of the Sultans, the Blue Mosque, and the Golden Horn, and the legends surrounding them. Now was my chance to see them. First, I decided to go as far as Drama, a town about one third of the way to Istanbul. I bought some provisions, including two litres of water, and boarded the train at 7:00 a.m. Believe me, it was no express train, as I soon found out!

At first, the rail line goes north into the Doiran Mountains, reaches Lake Doiran on the Yugoslavian border, and then swings eastward along the southern shore of the lake to the foothills of the Kerkini Mountains which form a rugged border with Bulgaria. In this area, near a small village

station, I noticed a tall monument, an obelisk with two crouching lions at the base. I learned that it was in memory of soldiers of World War I who had no grave. On it are inscribed 2000 names including 900 men from Britain and the Commonwealth.

Continued next week

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Learn to light the barbecue safely

Summertime is barbecue time in Manitoba. Your grill has probably been called into action a few times already. Before starting it next time, give it a thorough check up so it continues to work efficiently through the season.

Inspect all the connections to make sure they are tight. To check for leaks, apply a mixture of soap and water to the hoses and gas cylinder head. Growing bubbles indicate a leak. Tighten the connections and replace defective parts. If parts need to be replaced, call a trained professional to do the job.

Before lighting the grill, remember to open the lid so gas can't build up under it. Use the automatic spark igniter or an electronic lighter designed for barbecues to light the unit. Never hold a match or cigarette lighter over the grill—the quick ignition is sure to cause serious burns.

Keep the barbecue a safe distance away from anything that can catch fire. If you are barbecuing on a deck, be sure the unit

is on solid footing and in no danger of tipping over.

Barbecuing with a gas grill is not recommended on apartment balconies. Toxic fumes, explosions and the possible spread of a fire put all tenants at risk. Never use a gas grill indoors.

When it's time to refill your tank, take it directly to the refill station and back. Keep the tank upright at all times and a window in the vehicle open. Check to make sure your tank is equipped with a safety plug and never store the tank in an enclosed area.

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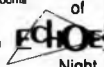
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