

# Sagkeeng history 'vital for future generations'



Phil Fontaine addresses Sagkeeng Child and Family Services AGM "I speak as proudly as I can about Sagkeeng".

by Charles Norman  
Addressing the first annual general meeting of Sagkeeng Child and Family Services since Sagkeeng took over control from the province; Phil Fontaine said that it is "vital for future generations to know our history in as much detail as possible".  
Referring to some of the struggles the community has had recently he said, "I speak as proudly as I can about Sagkeeng. No doubt some of the decisions we've taken as a community have not been very healthy, but there is absolutely no reason why we can't regain our position, not just in the

province, but Canada-wide."  
"The idea behind asserting greater authority over our community was to start with our schools," He said.  
"In 1973 we took over education and made history and language a priority. Our Sagkeeng people ought to know about this place Sagkeeng. Through history we develop the kind of pride that is so essential to a healthy community."  
Fontaine said Sagkeeng has always been in the forefront.  
"Sagkeeng was the first to take over education in the country, and was the first (in 1967) in the country to set up a

treatment centre. We should be proud of these developments."  
"There is absolutely no reason to hang our heads — each one of us can be proud of the contributions that have been made."  
Chief Gary Swampy pointed out that Sagkeeng's Child and Family Services was formed in 1976. "Before that our children across Canada were put in non-native homes — often outside the country."  
"As a community we must come together as one — especially for our children," He said.  
"It takes a community to raise a child. We need volun-

teers — especially to work with children. There are many, many volunteers, but many more are needed."  
Executive Director Lois Thomas said that effective May 1, Sagkeeng Child and Family Services became a legal, mandated agency under the Child and Family Services Act of Manitoba, as a result the agency is able to negotiate with the province for its own funding base. In keeping with the Aboriginal Justice Inquiry/child welfare initiative, the agency will also be able to take care of Sagkeeng Children in care but living off reserve.

Eventually all Sagkeeng children in Manitoba will come under the jurisdiction of Sagkeeng Child and Family Services.  
In a very moving ceremony, in recognition of her previous work, and in acknowledgement of the huge task she has undertaken, Lois Thomas was presented with an eagle feather "to help her spirit soar like an eagle when she was feeling down". She brushed away tears during the honour song, tried to make a speech of thanks afterwards, but voice breaking, she gave up. "Megwetch, thank you, thank you very much," She said.

## Miss Minnewawa Michelle Hladki

Michelle Hladki wins the title of Miss Minnewawa 2001. Hladki was crowned Miss Minnewawa this past Sunday at the Lac du Bonnet July 1, celebrations. Miss Minnewawa 2000, Katrina Dancyt presented the crown to winner Michelle Hladki and wished her much success. Hladki was joined by Shannon Smith who won the title of Princess and Miss Congeniality, was won by Charmaine Galbraith.  
The Miss Minnewawa Page-

ant was organized by two local girls Joelle Lapointe and Daniel Keenan. Their joined efforts helped ensure that the pageant was indeed going to be a part of the Lac du Bonnet Canada Day celebrations. Their efforts were very much appreciated by the sponsors, parents, friends, and family who attended the pageant.  
This year the pageant had six contestants entered. Jennifer Janisch, Miss Knights of Columbus, Shannon Smith, Miss Lac du Bonnet Pioneer



Miss Minnewawa 2001 Michelle Hladki (centre), Princess Shannon Smith (left) and Miss Congeniality Germaine Galbraith.

Club, Sheena Shura, Miss Tanco Mines, Brandi Nickel, Miss Glenn Howard Inn, Charmaine Galbraith, Miss Lac du Bonnet Curling Club and Michelle Hladki, Miss Royal Bank.  
The contestants began their day with a brunch with the judges, this part of the compe-

tion allows the judges to meet with the girls and have a chance to speak with them in a casual setting.  
With approximately 250 people in attendance the girls began the show. The contestants were nervous and excited about representing their sponsors and being a part of the Lac

du Bonnet Canada Day annual celebrations. The first part of the competition was the formal wear and the girls looked beautiful dressed in their finest and took to the stage with flair and style. The contestants then went on to speak about their sponsors and the

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# Little Black River youth make the trip

by V. Anderson

The Little Black River bike-a-thon was a real success, thanks to all the sponsors, volunteers, and community support. This was the first year for the bike-a-thon. The 350 kilometre event began at Buffalo Point and finished at Little Black River, with 28 riders participating June 8 to 10. The community bike-a-thon raised approximately \$5,800 through local business support and sponsors.

"The money that is raised will go towards community youth programs and work-



Participants of Little Black River's bike-a-thon.

shops," said Allister Courchene, community recreation director.

"The overall success of the event was extraordinary as this was a youth helping youth, helping the community. As we united for this event, it was wonderful seeing our community share in a common goal and support our riders in the three day bike-a-thon. There is already talk of having this as an annual event."

The journey began in Buffalo Point where the hosts gave the bike group free camping and treated them with a warm hearty breakfast before their departure. The group travelled

through many small towns and through Steinbach.

"We got lot's of community support from the good people of Steinbach. Various businesses and small local merchant's made contributions to our cause and the friendly people gave the riders the thumbs up sign and friendly waves of support. The kids really enjoyed this part of the trip," said Courchene.

Amy Courchene who is eight years of age had the honors of being the youngest rider in the group. The oldest member of the riding group was Felix Abraham who is 55 years young.

Volunteers involved in this event ranged from chaperones, drivers, food preps, RCMP escorts, first aids attendants, support riders (Pine Falls and Little Black River) and lots of fans. Acknowledge for his outstanding efforts was Kevin Abraham (youth). Abraham did an excellent job in leading the younger youth when lead

master Allister Courchene was unable to. Steven Harry was the driver of the front pilot vehicle. Harry drove for 28 hours at speeds of 35 kilometres per hour. Charlie Black, councillor continues to help the group with financial assistance on an ongoing basis. There were many other volunteers who helped in this endeavour and a big bouquet to all of you. Your volunteerism is very much appreciated by all who participated.

"The best time for all the riders was the homecoming at both the highway and the community hall in Little Black River. As we went around the last curve going into Little Black River, there was a crowd of our community members waving signs and cheering us on as we made our way to the community hall. There we were met by another group of people waving signs, honking their horns and cheering us on to our final destination. This was certainly a big self-esteem builder for the youth who have participated in this event. Some of the riders felt like heroes returning home from what they had accomplished. It was a great day for our community," said Courchene.

The riders who participated were: Desmond

Abraham 11, Kelly Daniels 13, Felix Abraham 55, Toby Daniels 10, Kevin Abraham 19, Scott Harry 15, Linda Abraham 16, Jocelyn Hagedorn 19, Sandy Abraham 12, Nina Hardisty 14, Angel Bird, 13, Christopher Mann 15, Dustin Bird 10, Keith Mann 17, Jonathan Bird 20, Clarence Moor 21, Jeremy Bird 10, Bertha Sayer 36, Nathaniel Bird 12, Eric Sayer 16, Nicholas Bird 6, Jocy Sayer 15, Byan Bird 16, Percy Raven 17 yrs, Ali Courchene ten, Ashley Thickfoot ten, Amy Courchene eight and Allister Courchene 37.

"We look forward to having another bike-a-thon next year and know that the monies raised by the community will help contribute to youth initiatives in our area. One of our long range goals is to have a youth community centre established in Little Black River. This centre and the many program we are implementing in our community will help promote a better and healthier lifestyle for our youth," said Courchene.

"One program has already begun, preparing for the Manitoba Indigenous Summer Games. This program is on nutrition and health and is geared towards athletes and other interested youth and community members. There is also a Mad Science Competition slated for August. This program is designed to bring out the creativity in our youth and enable a hands on approach for our young inventor's."

"We are very appreciative of all the support we have received from all the communities. May our paths cross again next year or sooner."

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The **Echo**  
Winnipeg River

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 Canada Day celebrations

by Toni Bruneau

Lac du Bonnet is known to be brilliant when it comes to the Canada Day celebrations, and this year's success validated that fact for thousands of residents and visitors. The Lac du Bonnet Lions Club can take greatly deserved bow for their efforts, along with many other community groups and individuals who contributed to this victory.

All of the proceeds from the Lions Club weekend, after countless volunteer hours, are returned to the community.

The fulfilled weekend started Friday night with good company and great entertainment by The Fallen Archies in the big tent.

A pancake breakfast, farmers market, ball tournament, the big tent with The Fallen Archies and a huge arena dance were held Saturday.

Sunday's jam packed agenda included more pancakes, an antique car show, parade, the Miss Minnewawa pageant, children's beach activities, the flying club brunch, spectacular fireworks, and a whole lot more!

## Wrestling

One highlight of the weekend was the newly acquired wrestling entertainment brought to us by Top Rope Champion Wrestling (TRCW) in Winnipeg.

What made this event such a success is the popularity of main event challenger and Lac du Bonnet homeboy, Zach Mercury (aka Darren Sarapu).

The evening included top notch wrestling action and the hilarious energy the smaller sort. But when it was time for the main event, the crowd went wild at the announcement of Zach!

Sarapu has been training since February of 2000 and has now participated in 23 events with TRCW.

"Amazing," is what Sarapu had to say about the support of the hometown crowd. And equally amazing, was his performance.

Sarapu explained that they are used to performing in front of crowds of around 100 people in Winnipeg, usually at the Chalmers Community Club and Palladium. As time passed and the arena filled to over 500, the adrenaline was flowing and all the wrestlers were really pumped. Sarapu said it's the crowd's involvement that really makes the show.

## Ball tourney

Although the famed Frenchmen have called it quits in league play this year, they've still got what it takes to host yet another successful tourney. This past weekend marked their thirteenth slo-pitch tournament held Canada

Day weekend by the Frenchmen.

The tourney continues to attract first class competition, who consistently clean up against our locals in the A Event.

This year Worth Mooses picked up a cheque for \$550 and bags when they defeated Family Ties in the A Event fi-

nal. Family Ties received \$450 and shirts for their efforts.

Muskrats and Mecos were third and fourth respectively.

The B Side final was a close match against Prime Time, a pick up team from the Pine Falls/Powerview area and Little Black River's Out of the Blue, who came out on top of this one. Bags and \$250 went

to first place, \$200 and shirts to second. Northern Lights and the Poppers came in third and fourth, respectively.

A total of \$500 in proceeds from this year's tournament will benefit Raquel Godin, Godin, a former resident of Lac du Bonnet, was stricken with meningitis this past win-

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Zach Mercury (aka Darren Sarapu) was the challenger of the main event at Sunday night's wrestling entertainment. Here he looks to be in a bit of trouble but Lac du Bonnet fans let them know who their favorite was and Zach came back, and managed a three count to take the championship.



Out of the Blue from Little Black River were B Side champions at this year's Canada Day slo-pitch tournament run by the Frantic Frenchmen.



Prime Time beat out the Poppers to make it to the B Side final. Prime Time collected second place, \$200 and shirts, after losing to Out of the Blue.

## Compassionate Assistance for Manitobans with Hepatitis C

You may also apply as the representative for the estate of an individual who died of hepatitis C, after contracting the virus from blood or blood products received in Manitoba during the period covered by the Manitoba program.

### WHAT IF I BECAME INFECTED BETWEEN 1986 AND 1990?

A separate compensation program administered by the federal government, covers eligible Manitobans infected with the hepatitis C virus between 1986 and 1990. The Manitoba government also contributes to the federally administered program, and is committed to providing the best possible care and treatment for anyone suffering from hepatitis C.

- ▶ Did you receive blood or blood products that exposed you to hepatitis C?
- ▶ If so, you may be eligible for a one-time assistance payment of \$10,000 through the Manitoba Hepatitis C Assistance Program (MHCAP).

### WHO QUALIFIES FOR THIS PAYMENT?

To qualify for this assistance, you must have contracted hepatitis C before January 1, 1986 or between July 1, 1990 and September 28, 1998:

- directly, as a result of a blood transfusion or the administration of blood products in Manitoba; or
- indirectly, from a spouse, partner or parent who contracted the disease from a blood transfusion or blood products.

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.

### CONTACT MANITOBA HEALTH:

- for more information;
- to obtain an application package;
- to get help in filling out your application form; and
- if you have any other questions about MHCAP.

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# Awards Day at Lac du Bonnet Senior School

by Toni Bruneau

Awards Day Thursday, June 28 marked the end of the 2000-2001 academic school year for students of Lac du Bonnet Senior School.

## Grade 7

School honor roll (75-84%): Jacob Bakke, Chrissy Boulanger, Celia Gauthier, Nicole Kachur, Amber Mann, Kyle Myskiw, Sara Smith, Kelsi Smith-Young, Megan Softley, Vanesa Vankooten, Melissa Wold, Anthony Worona.

Principal's honor roll (85-100%): Rebecca Boyer, Lauren Canning, Karen Cottrell, Jennifer Kulikowsky, Kurtis Ulrich.

## Highest marks

**Kurtis Ulrich:** 7A language arts, social studies, art.

**Karen Cottrell:** 7B language arts, social studies, art.

**Lauren Canning:** 7A math, science, computer, band.

**Jennifer Kulikowsky:** 7B computer, industrial arts.

**Kyle Myskiw:** 7B math.

**Becky Boyer:** 7B science.

**Sara Smith:** 7A industrial arts.

**Anthony Worona:** phys. ed.

**Melissa Wold:** phys. ed., LdBSS general proficiency award for academic excel-

lence: **Lauren Canning, Karen Cottrell.**

## Grade 8

School honor roll (75-84%): Samantha Bonekamp, T.C. Brotherston, Tina Difronzo, Kara Grewinski, Timothy Halbert, Chantel Kunzie, Grant Lacey, Randi Maguire, Brenless Nilsson, James Shand, Nick Voth.

Principal's honor roll (85-100%): Lacie Johnson, Lisa Smith, Trevor Strong.

## Highest marks

**Nick Voth:** 8A language arts, math, science.

**Trevor Strong:** 8B language arts, math, science, phys. ed.

**Tina Difronzo:** 8A social studies, computer, industrial arts, Royal Canadian Legion Ladies Auxiliary #164 outstanding student award.

**Lisa Smith:** phys. ed., Knights of Columbus award for academic excellence.

**T.C. Brotherston:** 8B social studies.

**Randi Maguire:** 8B computer.

**Lacie Johnson:** 8B industrial arts.

**Samantha Bonekamp and Jennifer Waddell:** 8A art.

**Chantel Kunzie:** 8B art.

Student parliament outstanding athlete awards:

**Trevor Strong, Melissa Wold.**

## Senior 1

School honor roll (75-84%): Jonathan Babiak, Patrick Brincheski, Wade Chomokovski, Joshua Enns, Riva Karklin, Dawn Lamoureux, Alison Neiser, Rebecca Oakes, Kim Richardson, Victor Shegelski, Amy Wesa.

Principal's honor roll (85-100%): Deena Barrett, Katherine Labelle, Melanie Rollins, Cheryl Sullivan, Kendra Ulrich.

## Highest marks

**Kendra Ulrich:** language arts, science, social studies, futures in business, Agassiz School Division's award for excellence.

**Deena Barrett:** math, science, social studies.

**Katherine Labelle:** math, art.

**Melanie Rollins:** language arts, art, Lion's Club general proficiency award.

**Becky Oakes:** math.

**Brad Maxwell:** language arts.

**Mickie-Lynn Chapman:** science.

**Cheryl Sullivan:** phys. ed., Josh Enns phys. ed.

**Amy Wesa:** art.

**Victor Shegelski:** art.

**Dawn Lamoureux:** skills for independent living.

## Senior 2

School honor roll (75-84%): Ali Alstadt, Kyle Ameson, Tyler Brincheski, Cale David, Jason David, Melodie Devlin-Joyal, Michelle Hladki, Todd Hurst, Carolyn Larson, Matthew

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Jessica Pedruchny and Brian Fergusson were presented with Student Parliament Outstanding Freshman Athlete Awards, by 2000/2001 School Prime Minister Joanna Kaptein (centre).



Jodie Lussier receives the Lac du Bonnet Senior School Staff Award for Mathematics 30S and English 30S, from Principal Stephen David.



Tina Difronzo accepts the Royal Canadian Legion Ladies Auxiliary Outstanding Student Award from Jackie Hampshire.

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# New Directions graduation



New Directions Graduates of 2001 (l to r): Vesna Lavoie, Kim McCaLder, Kim Tompkin, Florian Becker, Chris Clark, Karen Button, Jim Hamilton, Heather Ross, Tori Abercrombie, Patrick Allard, Jared Bremner, Chris Dancy (Brent Charles missing).

The New Directions School graduation, held at the Lutheran Church June 25, celebrated not only individual achievement but also a success story in education.

Each of the graduates is someone who has conquered the odds, reached goals and realized dreams. Completing their requirements for graduation were Tori Abercrombie, Patrick Allard, Florian Becker, Jared Bremner, Karen Button, Brent Charles, Christopher Clark, Christopher Dancy, James Hamilton, Vesna Lavoie, Kimberly McCaLder, Heather Ross, and Kimberlee Tompkin. Maureen Nicolson also received a certificate for completing the Office Technology Program.

Best wishes and congratulatory messages from The Agassiz School Division Board of Trustees, were expressed by Anita Desrosiers. She encouraged everyone present to "make a difference".

New Directions teachers

Shaney Redford and Edith Olson addressed the graduates on a philosophy of life in a unique PowerPoint presentation, integrated with personal digital photographs of the graduates. Although the message of their speech was personally directed at the graduates, it was also a "life message" for the family and friends present. They encouraged us all to "be patient, be openminded, smile often, savor special moments and have confidence in life".

Barry Vokey, of JUST Training Corporation, congratulated the graduates. This organization had been in partnership with New Directions School since its inception, enabling those on EI to gain further training for re-entry into the work force. Nine of the graduates this year were EI clients.

Agassiz School Division Superintendent Waldo Klassen encouraged the graduates to make a difference, follow their dreams and continue to suc-

ceed. Vic Toews, MP for Provencher, congratulated the graduates on their achievement. He assured them that it is possible to accomplish whatever they may set out to do and that "can't" is a word that should be forgotten.

Karen Button, speaking on behalf of the graduates, reflected on her stay at New Directions

School. She spoke of the difficult task of returning to school, the positive experiences and the unfailing support of the staff of New Directions.

This past school year has seen the largest enrollment at New Directions School since its beginning in 1991. The school offers high school credits, a Science, Trades and Technology Internship Program, an Office Technology Certificate Program and a

Technology Lab.

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# It's the Law

## Being pushy about death

by Gerald Hawranik, Q.C.

*Gerald C. Hawranik, Q.C. is a lawyer in Beausejour with 20 years of extensive experience in most areas of law. 'It's The Law' will be published in each issue of The Winnipeg River Echo. If you would like to know more about any legal topic, please write to Gerald at Box 880, Beausejour, MB R0E 0C0, ph. 269-6300.*

'Hi, Mom! How's it going? It's been ages since I called, but I haven't forgotten about you. In fact, it is about time we dealt with your estate. I want your jewelry and we can auction off the rest. If we sell everything now, we will save taxes. You should really move into a nursing home. I can use the money from the sale of your home to buy the motorhome I always wanted. I've also asked the funeral director to call you about your funeral, which you can

pay for now, so I don't have to. Bye!'

We all know someone capable of such a phone call. The thing is, most of us wouldn't dream about bringing up the subject of estate planning with a family member, because we may sound like that! No one wants to talk about death so we convince ourselves that we have unlimited time to plan for taxes, buy life insurance and sign our wills and powers of attorney. However, failing to deal with death can cause as much heartache as being pushy about it.

Whether the state is your own, or a parent's, speaking and planning your estate can take a load off everyone's mind, it can save money and it can reduce heartache and confusion when the inevitable happens. The trick is figuring

out how to bring up the subject. The biggest mistake a parent can make is not explaining to their children why they did something a certain way - they should spell it out, or call a family meeting. Many times people want to hide the issues because they don't want to deal with it because they anticipate problems. You have a much better chance to resolve disputes in a less expensive manner before death than after. If there are problems after death, family members will consult legal experts and the expenses will come out of the estate.

If you have any questions about the information appearing in this article, or any other legal question, please call me for a free initial consultation.

*This article is intended to provide general information and not to advise anyone on what he or she should do in a particular situation. The facts of each case are important and usually affect the way in which the law is applied. When you have a legal problem, it is best to consult a lawyer.*

# Taxpayers take another look



**ECHO MAIL:**  
**Letters to the Editor**  
 Box 550 Ph: 367-9468 or 345-9896  
 Pine Falls, MB Fax: 367-9974 or 345-0004

## Opposed of cure wastewater treatment lagoon file 4629.00

Owner of Dufour Trailer Park and Dufour wastewater treatment lagoon Environment Act licence 840.00. This wastewater lagoon was approved by Environmental officials and engineering at the time of installation in 1987.

At this time in 1987 we were told by the LGD of Alexander and Manitoba Environment that our existing lagoon for the trailer court was no longer sufficient where it was located; as a result it had to be relocated to a better site or a fine of \$10,000 per year would commence. With properly planned procedures, we took action to work along with local co-op, Chevrefils District. However when costs were exceeding co-op's budget we were told we were on our own.

LGD of Alexander were only concerned about us having proper permits and not to share any costs in the event of a private wastewater treatment lagoon. As a result this put the co-op at as well.

The existing wastewater lagoon is capable to meet the needs of - 350 people and has been already engineered for future expansion to accommodate the entire co-op. Dufour Trailer Court and ex-

isting businesses.

Due to the cost to Dufour, we could not provide the full construction of the wastewater treatment lagoon thus a secondary cell was constructed full size and the primary cell was only constructed to one third of size.

If a new wastewater treatment lagoon should be constructed, I feel this should continue on the existing engineered and approved lagoon site. Roads, forcemain, discharge line and plumbing within the wastewater lagoon are already done.

What is our problem to expand on existing site:

I foresee a large cost to taxpayers, trailer court residents and local businesses. This will result in closing down my existing 50 lot trailer court, surrounding residents and businesses. The Chevrefils co-op is in need of a larger wastewater treatment lagoon to accommodate everyone and future growth in the community.

I have suggested to the RM of Alexander and co-op verbally to increase the lagoon size to accommodate their needs. However, only if Dufour Trailer Court would have no expenses to the expansion, construction or any sur charges after the construction has been completed.

Thank you.  
Robert Dufour

Taxpayers who oppose of cure wastewater treatment lagoon file 4629.00. I would like to see a meeting take place with the RM of Alexander and Residents who would be affected by this.

# Pick the right greenery

## Landscaping around power lines

When trees grow into overhead power lines, public safety can be a concern. A tree that comes into contact with a power line can be energized, creating a hazard for people at ground level. Children who climb trees near power lines are in danger of serious shock.

Removal of tall trees in contact with lines can be expensive and extremely hazardous. The trees need to be trimmed by qualified Manitoba Hydro employees, an expense that adds up to thousands of dollars a year throughout the province.

To prevent hazards, prop-

erty owners are encouraged to plant greenery that will not cause a problem in the future. Poplar, willow, maple, evergreens and ash are all species that when planted under power lines will eventually need trimming and maintenance.

Shrubs, which grow to a variety of heights but stay clear of power lines, are a much better choice. Planting a low-growing hedge will also attract attention to the shrubs and away from the overhead power lines.

For shelterbelt planting on farmyards, start with a row of low-growing shrubs closest to

the power line. Place this row about two metres (six feet) from the centre point of the power line. The next row can be a fast-growing species such as willow or poplar. It should be about five metres (15 feet) from the power line. This two-row system will provide growing room for the fast-growing trees without the danger of making contacting with the lines.

Pick up a booklet from Manitoba Hydro that offers tips on where to plant near power lines and what species to choose.

## Sagkeeng Child and Family Services Inc.

# "Seeking Resources"

*We need foster families, who can provide temporary or long-term culturally appropriate resources for Sagkeeng First Nation children who are presently in care. These children have many emotional or other special needs, which require stable and qualified adults to care for them.*

*If you are interested in opening your home, please contact Sagkeeng Child and Family Services Inc.*

Rhonda Houston  
(204) 367-2215,  
Box 700  
Pine Falls, Manitoba  
R0E 1M0

Theresa Bunn  
(204) 949-1649,  
1948 Main Street,  
Winnipeg, Manitoba  
R2V 2B4



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## Awards Day at Lac du Bonnet Senior School



Paul Julien presents Lisa Smith with the Knights of Columbus Award for Academic Excellence.



Melissa Wold and Trevor Strong receive Student Parliament Outstanding Middle Years Athlete Awards from 2000/2001 Prime Minister Joanna Kaptein.

### Senior 3

School honor roll (75-84%): Katrina Dancyt, Stephen Halbert, Vanessa Melquist, Benj Osis, Sheena Shura, Laura Vanstone.

Principal's honor roll (85-100%): Allison Besel, Jodie Lussier.

### Highest marks

Jodie Lussier: math, chemistry, phys. ed., drama, Lac du Bonnet Senior School staff award for math and english, Agassiz School Division award for excellence.

Ursula Hrysiu: language arts, history, computer science. Adam Lamoureux phys. ed. Sheena Shura woods, art. Katrina Dancyt Drama. Melissa Arseniuk media. Allison Besel home ec.

### Senior 4

School honor roll (75-84%): Nick Byskal, David Dooley, Ashley Fergusson, Charmaine Galbraith, Lisa Hiebert, Joanna Kaptein, Danielle Keenan, Tammie Loreth, Lisa McKinnon, Shanley Tectaert, Ashley Wold.

Principal's honor roll (85-

100%): Melissa Arseniuk, Gloria Brincheski, Michelle Kulikowski, Joelle Lapointe, Gary Lussier, Andrea Nickel, Cecile Ode, Morgan Schinkel, Trisha Tease.

### Drama

Drama awards were presented to: Gloria Brincheski, Trisha Tease, Ashley Wold, Katrina Dancyt, Lisa Hiebert, Heather Cottrell, Melanie

Rollins, Andrea Nickel, Morgan Schinkel, Gary Lussier, Kyle Neufeld, David Dooley, Joanna Kaptein, Ali Alstadt, Danielle Keenan, Jodie Lussier and Dustin Jones.

### Appreciation

Certificates of appreciation were also presented to Fred Meads, Nancy Kulchyski, Lynette Ulrich and Arlene Rollins.

## Farewell

Powerview School staff say goodbye



Eunice Cyr and Principal Paul Magnan.

In an informal setting staff got together on the last day of school to say goodbye to some staff members, greet the new, and recognize some long service.

Recognized for her many years of teaching dedication was Eunice Cyr. Cyr retires this year after 32 years of working in the educational field. Co-worker Penny Blatz presented Cyr with a lovely farewell gift on behalf of all the staff and had everyone laughing together as they reminisced. In response Cyr said, "I love the place, this school has great staff, thank you all so much".

Also retiring after 28 years of service is Henry Muhl.

"I have had many good times and some bad, but I will only remember the good. I will miss everyone so much," said Muhl. Staff had good stories to tell of their favorite janitor. Muhl had some enjoyable stories to share with staff.

"I wonder who will be getting up now at 5:00 a.m. to answer those false alarm calls," said Muhl as he amusingly looked at Principal Paul Magnan.

Other staff who were recognized for long years of service were teachers Claire Lemire, 10 years and Rita Boulet, 20 years. Farewells and best wishes were also extended to teachers Candace David who is transferring to the Greenwald School. Daniel Kent who was working in resources will be leaving Powerview to pursue his Bachelor of Education this fall. Teacher Linda Rowbottom who



Henry The Great bids a final farewell to everyone on his last day of work at Powerview School.

resides in Lac du Bonnet will be transferring to the Lac du Bonnet Senior School. Shops teacher Rod Augustin will be leaving the school this year. Augustin is moving to Saskatchewan. Don Whitehill who taught Social Studies will be going on to take the principal position at the Pine Falls School.

New staff members who will be joining the school will be Carolyn Roy. Roy will be teaching French Emerson Grades 2 and 3. Replacing Rod Augustin in the Shops class will be Derrick Vigni. Two local girls will also be joining the staff at Powerview. Kelly Bruchanski who is from Lac du Bonnet will be teaching high school Mathematics. Marney Tardiff who graduated from Powerview School five years ago will now be teaching Social Studies. Also coming back to Powerview to take on the High School Resource position will be Lori Bryksa.

continued from page 4

Walker, Robin Woodman.

Principal's honor roll (85-100%): Heather Cottrell, Alex Dancyt, Ursula Hrysiu, Darcie McKinnon, Kyle Neufeld, Laura Nilsson, Jessica Pedruchny, Laura Smith, Shannon Smith.

### Highest marks

Ursula Hrysiu: math, phys. ed./health, Lion's Club award for math and English, Agassiz School Division's award for excellence.

Laura Smith: language arts, woods, art.

Shannon Smith: math, phys. ed./health, Royal Canadian Legion award.

Kendra Ulrich: business, band.

Heather Cottrell: phys. ed./health, drama.

Darcie McKinnon phys. ed./health, life skills.

Matthew Walker, math. Alex Dancyt science.

Kyle Neufeld, geography. Laura Nilsson phys. ed./health.

Cherlyn Sullivan band. Jason David media.

Dustin Jones American Sign Language.

Student parliament outstanding freshman athlete awards: Jessica Pedruchny and Brian Fergusson.

## UNIQUE HOST FAMILY OPPORTUNITIES

Have you ever wanted to experience another culture first hand or travel to another country without ever leaving your own home?

Canada World Youth is actively seeking families interested in hosting two 17 to 22-year-old participants, one from a region in Canada and one from either Poland or Ukraine.

### FOR MORE INFORMATION

please contact Deron Bilous, Project Supervisor

367-2578 or 367-2537

deron\_cwy@yahoo.ca

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The Winnipeg River Echo

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## The Happy Tots Place

by Kathy Duff

Finally summer's here along with the nice weather. The children here at The Happy Tots Place have been anxiously waiting to wear their bathing suits for sprinkler and pool season.

June was a month of many celebrations. Father's Day was a special week as the children painted some abstract art and gave it to their dads, grandpa's, along with a special Hammer Card which they worked very hard to create.

Our Graduation on June 15 was a huge success we had six children from our center graduate (see June 19 Echo for a picture and write up). This month we also had two children who had birthdays.

With the nice weather we have been going on nature hikes with the children. We

stopped to look at the view along the way or to collect some flowers, grasses or anything of interest. The children are always on the look out for any animals such as bears. We discussed with the children earlier in spring about animals that wake up during the spring season so they are also curious of what we may find along our walk.

June has also been a popular science month for us outdoors. The children are observing the tent caterpillars as they climb around the center's building, play structure and toys and the children are quite interested in the various stages of its life cycle. First, the caterpillar, now cocoon, and soon moth stage. They have been busy trying to collect some caterpillars in a bug jar to

watch the outcome as they move from stage to stage.

We will be talking about camping soon and bringing in camping articles for the children to play with as well as talking about other events that take place during summer.

Before I close, I will leave a reminder that if you are thinking about registering your child, please contact Iris at 367-2601 to book a spot.

I'll leave with our themes over the summer months. July 2 to 6 *Insects*, July 9 to 13 *Oceans*, July 16 to 20 *Zoo*, July 23 to 27 *Bubbles*, July 30 to August 3 *Circus*, August 6 to 10 *Space*, August 13 to 17 *Disney*, August 20 to 24 *Health*, August 27 to 31 *Me, Myself, and I*.

Have a great summer season. See you all in the fall.

## Centennial School update

Another school year has come to an end. We wanted to advise parents of a few final details.

1) The school supply lists are posted on our website in case the one you received with your report card gets lost over the summer. The address of this website is [agassizsd.mb.ca/centennial](http://agassizsd.mb.ca/centennial). The Grade 7 supply list is included as well as a copy of our handbook for 2001-2002 school year.

2) We would like to say goodbye to the following teachers who are leaving Centennial: Mrs. Cassidy, Mrs.

Baranowski, Mrs. Macmillan, Mrs. Reimer and Mrs. Postnicks. Good luck in your new endeavors.

3) We would like to say welcome to our new staff members: Miss Andrea Maxwell, Miss Naomi Johnson, Mrs. Maureen Klein, Mr. David Ogren, and Mr. Allan Stevenson.

4) The school will be open for new registrations and inquiries Monday, August 20.

5) Teachers are attending an in-service Monday, August 27.

6) Students return to school Tuesday, August 28.

The Winnipeg River **Echo**

Lac du Bonnet 345-9896  
Powerview 367-9468  
[theecho@granite.mb.ca](mailto:theecho@granite.mb.ca)

## Ask your Pharmacist

### Insect Bits and Stings

Some insects, like mosquitos, but you because they are feeding on your blood. Others, like bees and wasps, sting you in defence.

The swelling, redness and itching of stings and bites is the body's allergic reaction to either the substances excreted into a bite by a feeding insect, or the venom sac and venom of a stinging insect. People

who have not been exposed to insect bits and stings, for example, young children, tend to have very noticeable allergic reactions. Avoiding bites and stings is better than having to treat them.

Don't wear strong perfumes, they attract insects. Cover up well - long sleeves, pants tucked into socks, mosquito netting over baby car-

riages. Avoid clover fields, and early evening. If you are worried about ticks, do a tick check of all your skin surface once you go indoors.

Insect repellents contain varying amounts of toluene something insects do not like. The toluene forms a vapour surrounding the application site to deter insects.

Diethyl toluene (or DEET)

is commonly used to insect repellents. Researches have looked at how much toluene is needed to be effective and it appears that a 50% concentration is sufficient. More important is applying the repellent early enough - before going out doors, applying enough of it and reapplying it after swimming or sweating. Wind, rain, and time will also remove the repellent.

Toluenes are toxic if swallowed and should be stored safely out of reach of children. They should not be applied near eyes, mucous membranes are broken skin because of potential skin irritation and absorption by the body. Extensive and aggressive application on children has produced slurred speech, staggering gait, agitation and tremors. However, products containing less than 50% toluene are considered safe and effective if used appropriately.

Citronella based repellents,

including citronella plants, provide short term protection from mosquitoes. Citronella candles and snudges make use of this repellent, but the smoke generated by the black flies. Permethrin is an insecticide applied as a spray to clothing to deter ticks.

Some products are touted as insect repellents - Avon's Skin So Soft, oral vitamin B1 or thiamine. However, no evidence supports their effectiveness. Insecticides meant for yard, garden and house, kill insects on contact, are toxic and should never be applied as repellents.

Applying repellents to clothing is an alternative but remember to test the fabric for possible damage. Some campers add a few drops of a DEET repellent in the rinse cycle when washing their camp clothes. Check both your washing machine instructions and your fabric before doing this.

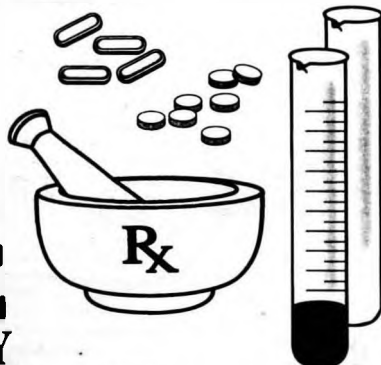
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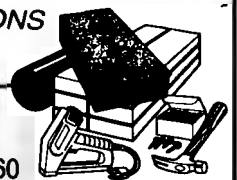
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# What's happening

## Recreation ramblings

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

Coming up July 12 in Lac du Bonnet is a stellar three-on-three basketball tournament! Beginning at 7:00 p.m. at Lakeside Park. I plan to host a great event for players in Grades 7 to 12. Each team will consist of three players (guys, gals, or mixed). Once all the teams are registered, the tournament begins!

Of course, no tournament

could be complete without a prize, and this one is no exception. The winner of the B-side final takes 25% of all registration fees, while the winner of the A-side final takes the remaining 75%. In the event that we don't have enough teams to run a B-side, the final winner will take all registration fees as their prize. I hope to see you out on the courts!

**Tennis Camp:** This annual camp takes place July 3 to 5 in Pinawa and is for kids ages seven and up. Contact Dennis Chen for more information 753-5190.

**Triathlons:** There are three great triathlons happening this summer in our area for you to take part in (or just watch). Pinawa hosts a Kids of Steel Triathlon July 7. The following day, July 8, is the Pinawa Free Spirit Triathlon. Lac du Bonnet hosts the Sandman Triathlon July 28. A great way to get physically fit!

# Hire Student Week is here



## MYJC news

Sunita Mulpuru, MYJC Office Manager  
Lac du Bonnet, 345-6916

Wow, what a busy week for the Manitoba Youth Job Centre! Currently, the job centre's odd job squad is in the midst of their Hire-A-Student Week, with two major events still remaining. The Odd Job Squad will be assembling and delivering fresh bouquets of flowers to the local businesses who placed an order July 4.

Our last event is the student labor raffle. Students will be coming around to local residents all week selling labor raffle tickets. The coveted

prize is three hours of free labor from the student who sold the ticket... so buy your tickets today! The draws for the winners will be made on Monday, July 9.

### Attention Employers

Just a quick reminder for all the employers and residents out there... students are now finished with school for the year and they are available to work for you! Please call the center if you have any employment opportunities for stu-

dents. This can include casual work or even full-time employment. Call 345-6916 for more information.

### Resumes

At the Manitoba Youth Job Centre office we have quite a bit of information on preparing resumes, and also on interview skills and job search techniques. If anyone is in need of help with a resume or with an upcoming interview, please give me a call and we can arrange to meet. There is also a resource table in the MYJC office filled with all sorts of employment information. Feel free to stop by and check it out!

Have an excellent week!

# Library Allard Book Nook

Starting up again this year is Library Allard's summer program. "When you're reading books, you're going places!" will be the theme for this summer. This includes a summer reading program following the theme *Camp Read-A-Lot*, along with the Manitoba Vacationing Book Bingo. This involves a bingo sheet filled with several categories that is handed out to the children at the beginning of the summer. The children are to read a book from each category until the sheet is filled out completely. There will be a small prize given to all children that complete their entire bingo sheet, as well as a weekly draw for a small prize

awarded to any child who puts their name into the draw. Keep your eyes open towards the end of July where there will be a monthly draw awarding a park pass to the winner of the draw, compliments of Travel Manitoba; this draw will be made July 31.

The summer program will also feature new displays of books to match each theme, along with two craft sessions per week that focus on different themes each week. These sessions will be held every Tuesday and Thursday from 1:00 p.m. to 2:00 p.m. for ages four to seven and from 3:00 p.m. to 4:00 p.m. for ages eight and up. In addition to the craft session, there will be a



storytime for all ages held Wednesdays from 1:00 p.m. to 1:30 p.m. that also focus on the weekly theme. All activities are held at the library, located within École St-Georges. Feel free to come as often as you like. The summer program will begin next week, Thursday, July 5 with the very first craft session. The theme for next week will be vacationing. There will be a display of books set up attached to the theme and the craft will be linked to the theme as the children will make their own camping gear. Get ready for a summer full of camping adventures!

# Library Corner

## Lac du Bonnet Regional Library

The summer holidays have begun! Have you planned a vacation? Perhaps this is the year you will do some sightseeing in our very own province. There really is quite a lot to see! Our summer reading program can take you where you want to go... our theme is *When You're Reading Books, You're Going Places!* Our focus will be on vacationing in Manitoba through and with books! Who would want to vacation anywhere without a book or two on hand?

Quite a few children have already signed up for our summer reading program and we are hoping that your family will enquire about it this week. Every child who registers for the program will be eligible to win a complimentary camping pass courtesy of Parks Branch of Conservation. This pass entitles the bearer to one night of free camping in any available transient campsite in Manitoba's Provincial Parks. Perhaps this would be a new experience for your family.

Travel Manitoba is sponsoring a young tourist dreams poster contest which children will be encouraged to enter! Besides being eligible to win prizes, the children will be able to view their posters on the Internet.

Tourism and Parks Branch of Conservation are also providing pictures to color, bookmarks and a variety of prizes!

We anticipate that this will be

a great summer reading program. Join us for stories, quizzes, games, crafts, some Internet stuff, draws, a poster contest... and oh yes, did we mention snacks?

As a bonus to all the fun you will have at our activity club each week, you will also be improving your reading skills. Boys and girls — we need your help! Paul the Polar Bear lives on the ice at Hudson Bay near Churchill, Manitoba. The more books our summer reading club reads, the longer the ice will stay on the Arctic Ocean at Hudson Bay. Can we read 2001 books this summer? When you sign up for the reading program we will give you a reading log, and we will help you to record the books that you read. Read any book that you like to earn one centimetre of ice for Paul. Read a book by a Manitoba author and earn two centimetres of ice for Paul. We'll be able to check a website on the Internet to see the ice flow grow! All the reading clubs in Manitoba will be part of this adventure!

Don't feel left out... if you have not already done so, please contact the library this week to register for our summer reading program. It runs July 10 to August 14. Children in Grades 1 to 5 join us Tuesday at 10:30 a.m. for the weekly activity club, and preschoolers join us on Thursday at 10:30 a.m. for storytime. If you have any questions, please call the library at 345-2653.

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*The Canada Day parade was again a great success at Lac du Bonnet. It seems it gets bigger and better every year. Children loved the clowns and scattered the streets collecting goodies. See more photos page 14.*



## Breastfeeding – back to the basics

by Geraldine Dandeneau

The birth of a baby brings with it a number of worries and concerns for the new parents, not the least of which is how to feed this latest addition to the family. This decision is probably the single most important choice parents will make for their new baby. As a result, it must not be made lightly. An informed decision will weigh all of the factors and favour the choice that best suits the needs and situation of the individual family. Parents are encouraged to seek out information on infant feeding methods and base their decision ultimately on what will be the very best for their baby.

The last decades have seen a shift in infant feeding practices with bottle feeding taking over as the norm. Many new moms today have never had occasion to witness breastfeeding within their own family or social circles and this lack of familiarity has tended to shroud breastfeeding with mystery, misunderstanding and misinformation. We are, however, seeing a resurgence in the rates of breastfeeding as more parents are realizing (and mounting evidence is confirming) the many benefits of breast milk to the health of the newborn. Parents are also beginning to realize that, contrary to popular belief, formula has not been (and never can be) formulated to be equivalent to breast milk. It is not 'just as good' as the real thing (breast

milk)!

Breast milk is easy to digest, protects against infection and allergies, aids in the development of the infant's immune system and may even give some protection against diabetes and sudden infant death syndrome (SIDS). It is tailor-made for babies, to the point that its nutritional composition alters to meet the changing needs of the growing infant. Breast milk is always safe, fresh and at just the right temperature. If these weren't reasons enough, it also offers a number of advantages to moms and dads. Breast milk is free, always available at a moment's notice and environmentally friendly. There is no need to boil water, sterilize bottles or mix formula. Night feedings are simplified since mom (or dad) isn't required to leave the comfort of a warm bed and head towards the kitchen to heat formula for a baby who waits (not always patiently) for the anticipated bottle. And as icing on the cake, the frequent close physical relationship between mom and baby fosters a strong emotional bond between parent and child.

As with any new activity, breastfeeding may take some getting used to. Given the limited exposure most new moms have had to breastfeeding situations, it should come as no surprise that a period of learning is warranted, and this follows for both mom and baby. The basic action of putting baby to

breast may be a breeze for some. For others, the proper "latching" of the baby to the breast may not come as easy. This attachment of the baby to the breast is the cornerstone of successful breastfeeding and if not done properly can lead to the development of problems often associated with breastfeeding (e.g., sore nipples). The best way to avoid these problems is through knowledge. Find out all you can about breastfeeding before the baby is born and, very importantly, get support. Is there a lactation consultant in your area who can answer your questions and/or check your technique? Do you know other breastfeeding moms who can share their experiences with you? Have you discussed your concerns with your doctor or public health nurse? Correcting problems with latching and ensuring that the baby's body is properly positioned are simple steps that can transform a frustrating situation into a satisfying, enriching experience with long-term health implications for both you and your baby. Don't hesitate to ask for help and give yourself and your baby the necessary time to "get it right" – it will be well worth it!

If you have any questions regarding breastfeeding, contact The Blue Water Mobile Prenatal Team. This program, funded by Health Canada and sponsored by Wings of Power, provides support to moms throughout their pregnancy and during

those critical first six months after the birth of the baby. The services we provide include (to name a few) free milk/juice/supplements, pre/postnatal information, cooking/shopping tips, recipes, etc. We strive to create an informal, supportive, caring and fun environment, and all our services are free of charge. We will also visit moms in their homes, if that is what they prefer. If you, or someone you know, could benefit from these services, please contact us at 367-8855 or drop in at our location at Wings of Power, 39 Pine Street, Pine Falls. We would be happy to answer any questions you may have. If you are in the area and need a spot to breastfeed your child, feel free to drop in at Wings of Power. We can provide a comfortable, relaxing area for you to breastfeed and change your baby.

### Wings Update

Spring and summer cleaning has brought in a generous number of donations to the Nothing More than 25 Store with a high volume of shoppers and visitors coming in.

We have a few new initiatives happening, first being the upcoming new four year pre-kindergarten program with registration being taken. The program will be starting in September and run out of Powerview School. For more information you can contact Crystal.

The community garden planning and getting planted



was exciting to get off the ground – get into the ground, along with planning for the community kitchen. The support, interest and plan donations were greatly appreciated. If you are interested in finding out more about the garden or the kitchen please call Mary Ann.

The CPNP – BlueWater Mobile Prenatal Team has been making weekly visits to moms and families in the Manigotagan, Seymourville and Pine Falls area. There were two focus groups held for the purpose of determining the needs of moms in the area of prenatal services. The input will be used for future planning of services and delivery of the program.

Look to see fun and summer activities being offered at Wings through the summer. A schedule will be posted shortly. For any information on the items mentioned please do not hesitate to call 367-9641.

# Pineview Mixed Slo-pitch League

by Denten Normand  
League President

The first half of the Pineview Mixed Slo-pitch season has come to an end and the second half is under way. At the end of the regular season on Thursday, July 26 the top five teams will compete for the 2001 league championship. The bottom five teams will

compete for the B side championship.

The top five teams will play a round robin over a two week period to eliminate one team. In case of a tie between two or three teams for the worst record, the teams with the worst plus-minus will be eliminated. Wins or losses by the teams in the round robin

will not count in the point standing. A team holds their seeded spot after the regular season, throughout the playoffs. If the third place team is the one to be eliminated then the first place team would play the fifth place team and the second place team would play the fourth place team in two best

of five semi-finals.

In the round robin a toss of the coin will determine who bats first or last. If a team chooses last bat and wins the game in the last inning and still has outs left, the game is over. The only time a team can win by more than one run on last bats, is when a homerun is hit to win the game with runners

on base. A maximum of plus ten or minus ten is the highest a team can score, regardless of the score.

It will be the same format for the five bottom teams competing for the B side championship.

The semi finals are best of five starting August 13 and both finals are best of three beginning Monday, August 27.

# Canada Day celebrations

continued from 3

ter and is dealing with recovery from complications of such.

## Car show

The Lac du Bonnet Lions Club once again, sponsored a successful antique car show held this past Canada Day weekend. Held at the Natural Resources grounds, this year's show attracted about 50 vehicles, owners and many buffs.

Winners of this year's viewer's choice were: Ken Lodge of Lac du Bonnet, Best GM '69 GTO; Dale Hiscock of Lac du Bonnet, Best Ford - 1940 Ford; Dale Alstadt of Lac du

Bonnet, Best Chrysler - 1964 Plymouth Fury; by popular demand Joe and Joyce Sawchuk of Lac du Bonnet - 1959 Volkswagen Bug; and Terry Koreluk of La Salle for furthest distance travelled - 1947 Buick Rag Top. (The Echo apologizes, but due to camera malfunction, photos are not available as of press time).

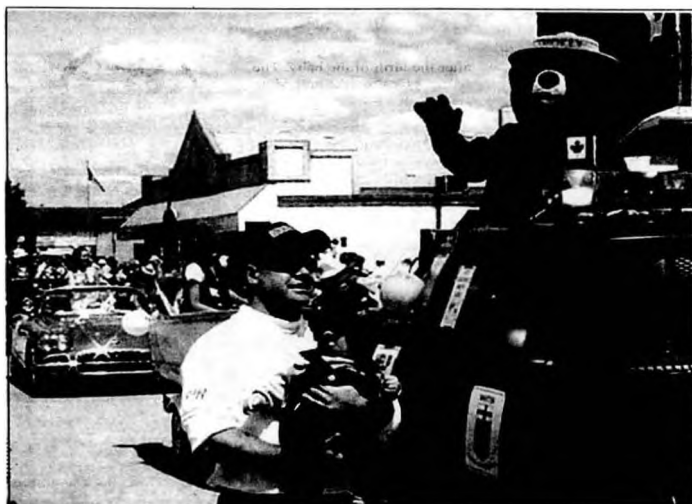
## Fireworks

The lights of watercraft dotted the river and thousands of men, women and children flooded to the streets of Lac du Bonnet eagerly awaiting the famous

fireworks display.

Over 15 miles of wire connect the 370 shells electronically fired, within a time period of approximately 25 minutes. It actually takes months for the Lac du Bonnet Fire Department to prepare for the light show with shell selection and purchases. The cooperative choreography of David Lussier, Danny Blowers and most of the Fire Department members made this year's show a truly grand experience.

Some of this year's blasts reached brilliant heights of 1000 feet, costing up to \$2,000 each.



Grant Pachowsky and his son Drake, of Pine Falls, check out the Canada Day parade, after saying hello to Smokey Bear.

## Pineview Slo-pitch league standings

TEAM	G	W	L	Pts.
Fire	9	9	0	18
Muskrats	9	8	1	16
Diehards	9	6	3	12
Mohawks	9	5	4	10
Mustangs	9	5	4	10
Out of the Blue	8	4	4	8
Desperados	9	4	5	8
Diamond Heads	9	3	6	6
Pistols	9	1	8	2
Bisons	10	0	10	0

## Pineview Slo-pitch league schedule

### TUESDAY, JULY 3

6:00 p.m.	Muskrats	vs.	Diamond Heads	I
	OPEN			R
7:15 p.m.	Mohawks	vs.	Pistols	I
	Fire	vs.	Out of the Blue	R

### WEDNESDAY, JULY 4

6:00 p.m.	OPEN			I
	Desperados	vs.	Diamond Heads	R
7:15 p.m.	Pistols	vs.	Out of the Blue	I
	Diehards	vs.	Mustangs	R

### THURSDAY, JULY 5

6:00 p.m.	Fire	vs.	Desperados	I
	OPEN			
7:15 p.m.	Diehards	vs.	Muskrats	I
	OPEN			R

### TUESDAY, JULY 10

6:00 p.m.	Mohawks	vs.	Diamond Heads	I
	Pistols	vs.	Bisons	R
7:15 p.m.	Fire	vs.	Mustangs	I
	OPEN			

WEDDINGS - ANNIVERSARIES - BANQUETS  
RETIREMENTS - MEETINGS, ETC.

at the **GREAT FALLS**  
**COMMUNITY HALL**

Contact Hall Manager 367-2998

### RENTAL FEES:

\$400 plus bartending \$117 = \$517 (\$250 damage deposit)

**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, July 4**  
Salad, pizza (ham & pineapple) carrot cake with cream cheese icing.

**Friday, July 6**  
Coleslaw, turkey pot pie, baked beans, jello.

Lac du Bonnet Legion #164

**WEEKLY ACTIVITIES**

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

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

**TUESDAY**  
Cribbage 7:00 p.m. - Lounge

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

**THURSDAY**  
Darts 7:00 p.m. - Lounge

**FRIDAY**  
Bingo 7:00 p.m. - Lounge

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

Happy Hour Every Day  
All Members & Guests Welcome

**Golf tip of the week**

Dale Mitchell, CPGA Golf Professional

We'll re- your stance and you might be finally into amazed at the results. the thick of If the impact position of the summer and the golf game is doing pretty well, but you're still having a little bit of trouble now and then. You find you self trying to make some small adjustments to your game and it's just not working well. Most people start to move the ball further back in their stance which is usually the wrong direction try moving it a little more forward in

If the ball is just slightly moved, even as little as a quarter of an inch, it can make all the difference in the end results. Give it a try sometime and see if it helps you. I'll see you next week with another tip. By the way our ladies open tourney is coming up July 8. For more information contact the Pro Shop at 367-8463.

# Lac du Bonnet RCMP detachment report



The following constitutes the Lac du Bonnet RCMP detachment police report for the period of June 21 to 28.

**June 21:** A report was received of a dog barking all evening at a location on Scott Crescent in Lac du Bonnet. Police attended and had the owner bring the dog in.

**June 22:** A report was received of mischief to flower pots and garbage cans being turned over in Lac du Bonnet overnight.

A report was received of a fight in progress outside a residence on Scott Crescent in Lac du Bonnet. Police attended and found that the two adult males had departed. Both were identified and follow up was done with each.

A report was received from

a subject residing in the Molson area of having two threatening telephone messages left on his answering machine.

A report was received from Meadows Drive of off road vehicles being operated illegally. Police patrolled the area, but did not locate any offenders.

A report was received from the Tall Timber area of break and enters to three cottages. In one of the break and enters a VCR, liquor, tools and food were stolen.

**June 23:** A report was received of three suspicious motorcycles having been seen on Landerville Road. Police patrolled the area, however the motorcycles were not located.

A report was received of an intrusion alarm at a garage at a location on Riverside Crescent

in Lac du Bonnet. Found to be a false alarm.

A report was received of an adult female hitting an adult male with a beer bottle at a residence at Great Falls. The victim required medical attention as a result.

A report was received from a location on McKay Loop at Still Cove of a broken window, a lock cut off a shed and a key broken off in a lock.

A report was received of aircraft taking off from the Winnipeg River and buzzing the complainant's residence in the morning.

A report was received of an unlocked van having been rifled through while parked at a location on Lake Avenue. Nothing stolen.

**June 24:** A report was received of a vehicle having been driven onto a lawn and causing damage. The driver was identified and restitution is being pursued in lieu of court action.

A report was received from Pinawa of damage being done to the passenger side lock of a vehicle parked at the Pinawa Hospital.

A report was received of noise being made at a residence on Scott Crescent. Police attended and found four subjects having a fire. Same were told to keep the noise down.

A report was received of a vehicle speeding and being driven carelessly in Pinawa. The only description was a dark-colored vehicle. Police patrolled but no vehicle was located.

A report was received of a panic alarm sounding at Bonny Vista Lodge. Investigation revealed that same had been set off accidentally.

A request was received from a crisis worker to accompany her to a location on Kronberg Trail. Police attended with the worker, and an adult female voluntarily went for an assessment.

A report was received from a local gas station of two males purchasing gasoline and then not having sufficient funds to pay for same.

A report was received of loud music from an unknown location on Edward Crescent. Police attended and found that the music had been shut down prior to police attendance, and there was no indication as to where it had been coming from.

A report was received of a green or black Mustang squealing tires on McArthur Avenue. No plate number was obtained. Police patrolled but did not locate a vehicle matching the description.

**June 26:** A report was received of an Ontario vehicle hitting a deer on Highway 11 and being disabled at the side of the road. Police attended and obtain a traffic accident report. The vehicle was subsequently towed to Kenora.

A report was received of a Nokia 252 cell phone being lost at an unknown location.

A report was received of an underage male being caught looking into a garage at a residence on Elm Street.

**June 27:** A report was received of a group of subjects talking and making noise in the vicinity of the town dock in Lac du Bonnet. Police attended and had the group disperse and go their ways.

A report was received from a location on Leslie Avenue of an adult male threatening to kill the complainant's dog and trying to run over same.

A report was received of two vehicles speeding in Lac du Bonnet and not stopping at a stop sign. A licence plate number was obtained for one, and the driver was charged accordingly.

A report was received of an off road vehicle accident at Auglen Park. The driver sustained a broken leg and was transported to hospital in Winnipeg.

**June 28:** A report was received of vandalism to the town washroom and playground equipment at the town dock.

A report was received of a vehicle being damaged from a hit and run while parked at the Pinawa Hospital.

A report was received of a possible theft from a senior citizen by a subject who has power of attorney for the subject in question.

A request was received from Winnipeg Child and Family Services to assist in the apprehension of two youth from a residence in Lac du Bonnet. Police attended and provided assistance as required.

## Lac du Bonnet Community Billboard

**PACE 7-1375:** meets first Tuesday of the month, Chicken Chef, Powerview meeting room

**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 268-8106 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** Thursdays 7:30 p.m. Lac du Bonnet District Health Centre, 89 McIntosh Call Teri 345-8712.

**Lakeshore Al-A Teen Group** Thursdays, 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 348-1505 Lac du Bonnet, Pine Falls, Victoria Beach, Pinawa, Beauséjour, 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 Kolleen Karlosky, church 345-8454, office 345-2919  
 Sunday: 11:00 a.m. - worship service

**NOTRE DAME CATHOLIC CHURCH**  
 Father Richard Macbarré, 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 Bannister 367-8615, church 345-2357  
 Sunday: 11:30 a.m. - worship; 11:30 a.m. - first and third Sunday of each month, holy eucharist.

# Don't underestimate

Diane, a young university student, was home for the summer. She had gone to visit some friends one evening and time passed quickly as each shared their various experiences of the past year. She ended up staying longer than planned, and had to walk home alone. She wasn't afraid because it was a small town and she lived only a few blocks away.

As she walked along under the tall elm trees, Diane asked "God" to keep her safe from harm and danger. When she reached the alley, which was a short cut to her house, she decided to take it, however, halfway down the alley she noticed a man standing at the end as though he were waiting for her. She became uneasy and began to pray, asking for "God's" protection. Instantly a comforting feeling of quietness and security wrapped around her, she felt as though someone was walking with her.

## ECHOES FROM THE

# Heart

When she reached the end of the alley, she walked right past the man and arrived home safely. The following day, she read in the newspaper that a young girl had been raped in the same alley, just 20 minutes after she had been there. Feeling overwhelmed by this tragedy and the fact that it could have been her, she began to weep.

Thanking the Lord for her safety and to help this young woman, she decided to go to the police station. She felt she could recognize the man, so she told them her story. The police asked her if she would be willing to look at a lineup to see if she could identify him. She agreed and immediately pointed out the man she had

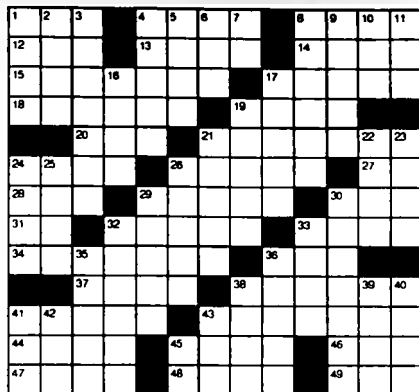
seen in the alley the night before.

When the man was told he had been identified, he immediately broke down and confessed. The officer thanked Diane for her bravery and asked if there was anything they could do for her. She asked if they would ask the man one question. Diane was curious as to why he had not attacked her.

When the policeman asked him, he answered, "Because she wasn't alone. She had two tall men walking on either side of her."

Moral of the story...  
 Don't underestimate the power of Prayer - Gives ya goosebumps doesn't it!

## WEEKLY CROSSWORD



- 34. Noisiest
- 36. Being \_\_\_\_\_
- 37. Male children
- 38. Gazed intently
- 41. Twos
- 43. Clothes to be cleaned
- 44. Sea eagle
- 45. Profit
- 46. East-southeast (abbr.)
- 47. Wooden nails
- 48. Night birds
- 49. Scarlet
- 30. Paying guest
- 32. Worships
- 36. Knocks senseless
- 38. Go by ship
- 39. Scottish Gaelic
- 40. Tinted
- 41. Energy
- 42. Come as you \_\_\_\_\_
- 43. Congressional concern
- 45. Green traffic signal

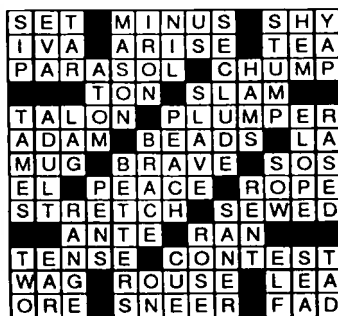
### DOWN

- 1. Minceed meat dish
- 2. Not employed
- 3. Most expensive
- 4. Feeds the kitty
- 5. Dregs
- 6. Down-hearted
- 7. Either
- 8. Origin
- 9. Blackboard accessory
- 10. Atmosphere
- 11. Actor Taylor
- 16. Not any
- 17. External appearance
- 19. Injuries
- 21. One fourth of a gallon
- 22. Genesis garden
- 23. Went by bus
- 24. Bucket
- 25. Upon
- 26. Newsmen
- 29. Baking chambers

### ACROSS

- 1. Concealed
- 4. Too
- 8. Mark of a wound
- 12. Fruit drink
- 13. Close by
- 14. Buckeye State
- 15. Sloped
- 17. Sentry
- 18. Medal winners
- 19. Throw
- 20. Naval officer (abbr.)
- 21. Speedier
- 24. Sit for picture
- 26. Pocketbook
- 27. Accomplish
- 28. mall insect
- 29. Make a speech
- 30. Cot
- 31. That thing
- 32. Affirms positively
- 33. Clean a fish

### LAST WEEK'S ANSWERS



## CRYPTIC PUZZLE

"FVR BAXD XPVPGF CER. CG CXUCDG,  
FVBGR BT KPGPBA.

- NCVRG MEBLSVFBA

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

HISTORY. SIR, WILL LIE AS USUAL.

- GEORGE  
BURNARD SHAW

## WEEKLY ECHO HOROSCOPE

for the week  
of July 2 to July 8

### Aries - March 21 to April 20



Foreign films and classical music take you out of the summer sun and help combat physical stress. Pay special attention to children. They are looking for attention and praise this week not criticism.

### Taurus - April 21 to May 21



Play up your wild, dramatic side, but think before you act, even if admirers want an encore. Scheduling downtime is a must. Pay special attention to recurring thoughts about getting back to the basics, especially on the 7th.

### Gemini - May 22 to June 21



Scare away legal monsters with your surefootedness and thorough research. Those who saw you as conservative and cautious are awed by your spirit. Remain cool. Keep your emotions in check until you do your homework.

### Cancer - June 22 to July 22



An adventurous spirit may be too much for even eccentric friends to handle. They want summertime relaxation. You want to conquer the world. Watch how you express your opinions. They may be misinterpreted by those closest to you.

### Leo - July 23 to August 23



Step out on faith and jump right into a cycle of success, particularly in real estate. Pressure may have you stressed out, especially on the 7th. Find a new way to relax. A long swim could help clear your mind and relieve anxiety.

### Virgo - August 24 to September 22



You find peace in observing nature this week. Speak out. Share your opinions with others. You have a lot more in common than you originally thought. You are prone to a back injury this week. Use good sense in lifting a heavy object.

### Libra - September 23 to October 23



The highly organized Virgo travels extensively this week, both for work and play. Pay special attention to personal grooming on the 5th. When you least expect it, a huge professional opportunity will come your way.

### Scorpio - October 24 to November 22



Your generosity is put to the test on Wednesday. If you have the time, patience and money, help out family members. With determination and fortitude, you can help those less fortunate. Your deeds will not go unnoticed.

### Sagittarius - November 23 to December 21



Become a person of value. Stand up for what's right at work even though it may be unpopular. Learn to put your foot down when people are unreasonable. True friends will stand by you during this difficult time.

### Capricorn - December 22 to January 20



Exploring your past may help you face the future. Look for a tranquil place to daydream about romance. Emerald green grass beckons. Give in. Take a blanket and a journal, and recapture childhood dreams on paper.

### Aquarius - January 21 to February 18



Committed Taurus is hard at work while coworkers are enjoying summer vacations. Do not allow jealousy to get the best of you. This is your time to shine. Diligence and attention to detail may be rewarded.

### Pisces - February 19 to March 20



It's time to come up with a master plan and figure out your career goals. Fight the urge to procrastinate. Working on small projects around the house, especially in the garden, will help give you a sense of purpose. Trust your instincts.

## Echo Classifieds

### For Sale

**Boat for sale:** Voyageur 14 ft., 33 hp. Johnson motor w/ trailer, excellent condition, asking \$1000, phone 367-8311. 412

**Mobile Home** - 1978 - 14 x 68 ft. mobile home, fridge stove, electric furnace, central air. Open kitchen and living room area. Ready to move. Has axles and tires. Call 345-8008. 5-24pd

**Apt. dryer/dishwasher:** Apartment size clothes dryer (like new). Plug in to ordinary outlet, asking \$200; portable dishwasher, very good cond., asking \$275. Both are Whirlpool, ph. 756-6847. 611

### For Sale

**1974 mobile home** - 14 x 60, includes attached porch, wood electric furnace, fridge, stove, dishwasher, washer and dryer. All new windows and rear residential door, new cupboards, two airconditioners and set of bunkbeds. \$11,000, call 367-2088. 49-1FN

### Help Wanted

**Czeceae!! Dobryi den!!:** Canada World Youth project supervisor seeking tutors. If you speak either Polish or Ukrainian and are interested in spending a few hours per week passing on your language, please contact Deron Bilous at 367-2537. 611

### For Sale

**Mobile home/bunkhouse:** 52 x 10' older unit in need of some repair, great for cabin at lake or whatever, has to go, only \$2,400. Ph. 697-4166 or 227-8060. 411

### 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

### Garage Sale

**Garage/Moving Sale** - All sorts of miscellaneous items, household, yard, tools, toys, etc., 3 Holly Street, Pine Falls, Saturday, July 7, at 9:00 a.m. Rain or Shine. 6-1x

### For Rent

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

**Apartment for Rent** - One and two bedroom apartments for rent, includes fridge, stove, utilities and parking. Coin laundry available. Very clean and well maintained, phone after 6:00 pm 367-4922. 5-2x

**House for Rent** - 4 Bedrooms, 2 washrooms, please call 367-8232. 6-2x

### Services

**Guaranteed Jewellery and Watch Repairs:** guaranteed lowest prices, 100 First Street, Lac du Bonnet, phone 345-9451. 11x

### Thank You

The family of the late Wanda Pacak would like to express our appreciation to all our friends for your support and caring during this most difficult time.

We would also like to thank Father Chartier and the ladies for the lunch, and the choir and Sunrise Singers and Notre Dame du Laus Church. As well as Dr. Niemand and the staff at Pine Falls Hospital.

### Memoriam

In memory of **Ben Wolchuk - July 4, 1993**  
In loving memory:  
They say time heals all sorrow and helps us to forget.  
But the time so far has proven how much we miss him yet.  
Loved and always remembered.  
wife Pauline and family.

## ADVERTISING DEADLINE FRIDAY 3:00 P.M.



Michelle Hladki

## Miss Minnewawa

*continued from page 1*  
many contributions that the sponsors make to the community and how proud they were to be representing those businesses and organizations. The speeches were followed by a summer wear fashion show. Then the time came for the talent part of the contest. The girls performed a variety of acts from singing, dancing, drama performance, Canada Day speech and display (bilingual), to art works. The audience loved the show and all the girls should be proud of a job well done.

"All of the girls did very well and it was a very hard job

to decide, all the contestant were winners here today" said judge Scott Radley. The Miss Minnewawa contest was a fun time for all who attended and their were many supporters of family and friends who gathered for the girls to give them encouragement and praise for their efforts. Hats off to organizers Joelle Lapointe and Daniel Keenan and to the many businesses that donated gifts. Your contributions helped make the Miss Minnewawa Pageant the success that it was.

*New to the Lac du Bonnet Canada Day celebrations was wrestling entertainment provided by Top Rope Championship Wrestling.*

The Winnipeg River **Echo**

Lac du Bonnet 345-9896  
Powerview 367-9468  
theecho@granite.mb.ca



*A parade is not a parade without the clowns! Everyone, big and small, short and tall, seemed to be enjoying themselves at the Lac du Bonnet parade.*



# Journey to Istanbul



by George Bayly

continued from previous issue May 29

The train snaked its way through the mountains to the town of Rodhopolis and the Strymon River valley. At a railway bridge, I saw the site of the ancient silver mines of the Macedonian kings. The train ran through cotton fields along the banks of the river until we reached the town of Serrai where there was a brief stop. As we continued on, the train followed an erratic course, sometimes going north, then suddenly veering straight south, but eventually we arrived at Drama at 3:30 p.m. I checked into a pension near the station and then walked to the bus station in the town centre. I had stopped in Drama so that I could visit the historical battle site and ruins at Philippi. Buses departed for Philippi every twenty minutes and it wasn't long before I arrived at the gate into the site. After the assassination of Julius Caesar in 44 B.C., Brutus and Cassius fled to the east with legions that were loyal to them. Emperor Octavian and Mark Anthony pursued them and the two great armies confronted each other on the plain of Philippi. Octavian's legions were victorious and Brutus and Cassius committed suicide.

At this site, I visited the museum with its numerous artifacts and the many Roman, Greek, Byzantine, and Egyptian ruins scattered throughout the area. A highlight was an Egyptian temple to the god Isis. At 2:00 p.m. the next afternoon, I bought a ticket and waited at the station for the arrival of the Istanbul train. It arrived on time at the scheduled time of 2:30 p.m., and off we went again toward Turkey. There was a brief stop at the town of Xanthé, and then at the Aegean seacoast town of Alexandroupolis, named after Alexander the Great. We were now very close to the Turkish Frontier and the mouth of

the Maritsa River, but much to my surprise, we turned north and followed the river for 150 kilometres until we reached the city of Edirne in the northwest corner of Turkey where the boundaries of Greece, Bulgaria, and Turkey meet. At Edirne, the Maritsa River is the border between Greece and Turkey. The crossing was most interesting. Halfway across the bridge, our passenger cars were uncoupled and shunted to the middle of the bridge where they were recoupled to a Turkish steam engine. We gradually picked up speed, and as we headed to the Turkish side, I walked to the back of the passenger car and opened the door. I was immediately blinded by the steam locomotive's light, while smoke and cinders blew into the car. I slammed the door shut and returned to my seat. When we stopped at the Turkish passport and customs control, two Iraqis who were riding in my compartment had to pay seventy-five dollars American for custom duties on clothing that they had purchased in Paris. I later learned that the shunting of our car to the middle of the bridge was part of an on-going dispute between Greece and Turkey over offshore oil rights in the Aegean Sea.

Finally, at 8:00 o'clock in the morning, the Sea of Marmara came into view and a short time later, we began to follow the old city walls facing the Bosphorus. Twenty minutes later, the old steam engine, huffing and puffing, pulled us into the Istanbul station. At last, I arrived in the Byzantium, later known as Constantinople, when Emperor Constantine moved the capital of the Roman empire there in 330 A.D. As I disembarked from the train, I noticed another train arriving at the next platform. No sooner had it stopped than hundreds of soldiers spilled from the train on to the platform and formed up into ranks. I stepped out of the station into a main square and down at the foot of a sloping street, I saw the Galata Bridge which spans the Golden Horn. As I walked toward the bridge, the long columns of soldiers marched past me toward the Golden Horn. In the days prior to my arrival, there had been student riots in which one student was killed and this created a great deal of student unrest for about a week. However, during my stay in Istanbul, I found no evidence of that unrest probably because the riots had been

quelled. I began to look for accommodation and soon found a room at the Hotel Gungor in Sultanamet Square where I met some travellers from Paris. I was exhausted from the long train journey, but as I was too excited to sleep, I set off on my first explorations of the city.

On the first day, I came to understand the meaning of the expression "breath-taking". With map in hand, I set off in search of the Blue Mosque. I walked southeast from the hotel and at the top of a sloping street, I saw the Turkish Parliament building draped with huge Turkish flags with their crescent and star symbols. I turned the corner and beheld a magical sight before me. For a moment, I was unable to breathe as I saw rising in the distance before me, the domes and minarets of the Great Blue Mosque. It lived up to my expectations in every way. I approached it, passing the ancient Roman Hippodrome next to it. Because of its popularity, non-Muslims are allowed to enter the mosque. I removed my shoes as is the custom, and entered the great prayer hall under the huge dome. The floors were covered with beautiful Turkish carpets and magnificent designs and carvings were illuminated by immense chandeliers suspended from the ceiling.

Not far from the Blue Mosque is the sprawling Palace of the Sultans, the "Topkapi" with its courtyards, ornate windows, the Harem, and the turrets, all standing behind its fortress walls looking over the Sea of Marmara, or the Marmara Denizi, as the Turks call it. Nearby is a smaller palace which Suleyman the Magnificent, founder of the Ottoman Empire, had built for Roxelana, his favorite wife. During the following days, I visited many historic sites, including the Grand Bazaar with its hundreds of market stalls, and the fish market beside the Galata Bridge. The Golden Horn, which is an inlet of the Sea of Marmara, is known to the Turks as the "Halic". Across the bridge on the northern side of the Golden Horn, you can see the Galata Tower rising high above other buildings in a hilly part of the city known as Karako. Further north, along the shore of the Bosphorus, the strait separating European Turkey from Asian Turkey, is the modern city where you find a few western-style shops and hotels like the Hilton.

The city of Uskadar, or Scutari, on the Asian side of Bosphorus, is linked to the European side by a huge suspension bridge. Scutari was an important British base during the Crimean War. Rather than cross to the Asian side on the bridge, I took a ferry from the Galata Bridge ferry terminal and about a half hour later, I arrived on the continent of Asia Minor.

On another day, I walked across the Galata Bridge and climbed the steep streets to the Galata Tower and found, from that point, a marvellous view of the old city on the western side of the Golden Horn, with its mystical skyline pierced by dozens of domes and minarets.

I reserved an afternoon to tour the Hagia Sophia, formerly the great Church of Santa Sophia. On entering the immense building, I found a guided tour in English and tagged along to listen to the commentary. The Hagia Sophia was ordered built by the Roman Emperor Justinian II in 532 A.D. It is renowned for its high central dome with an elaborate framework of vaulted ceilings, ornate marble veneers, and many magnificent mosaics depicting religious scenes, many of which have just recently been uncovered. When

Constantinople fell to the Ottoman Turks in 1453, the Hagia Sophia was converted to a mosque, and since 1935, it has served as a museum. In my opinion, it is truly one of the world's greatest monuments.

Istanbul, an intriguing city, has a rich history which began in 500 B.C. when the Persians under Darius II conquered the city which was then controlled by the Greeks. In 1204 and 1205, it fell to the armies of the Crusaders on their way to the Holy Land, and then finally in 1453, fell to the conquering Turks. At the approach of the Turkish armies in 1453, hundreds of Greek scholars fled to Western Europe, carrying with them priceless manuscripts of the Greek classics, and in so doing, gave impetus to the revival of learning.

After one week in Istanbul, I returned by train to Thessalonika, and from there continued my travels through Greece, heading south to Athens, and eventually to the Island of Crete. That is another story. In closing this travel adventure, I will quote the ancient philosopher, St. Augustine, who said: "The world is a book and those that do not travel, read only one page."

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