



The Winnipeg River Echo



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A Winnipeg family of four were stranded last week, on the rock just north of the Seven Sisters powerhouse (bottom left of this photo). They attempted to go fishing in the dangerous waters with a small inflatable dingy with a four horsepower motor, despite many signs of caution posted in the area.

'A bad place to be'

LdB Fire Department Captain Craig Hanton

by Toni Bruneau
"They should never have been there," is what Lac du Bonnet Fire Department Chief Lloyd Howe had to say about a Winnipeg family of four who were rescued after a fishing excursion turned bad. Hung Tran, 39, his wife Lieng Van 41, and two sons Minh Nguyen, 18 and Jinny Van, 9 were extremely lucky their outdoor adventure did not result in tragedy last Wednesday, July 4.
Howe said the boat was launched just north of the Manitoba Hydro powerhouse at Seven Sisters. It was de-

scribed as an inflatable Canadian Tire \$100 dingy - attached, a small four horsepower motor. The motor was unable to power the vessel which also carried coolers and fishing gear. In the turbulent waters the family became stranded on a rock between the generators and spillway a quarter mile from the dam. Tran admitted to being a fairly inexperienced operator.
He left his family in search of assistance and waded through waste high white water back toward the dam, ignoring signs of caution posted in the area.
See RESCUE/page 3

Family music fest' for Raquel



Raquel and Rob Godin

by Toni Bruneau
Big names in the music world will visit Lac du Bonnet this weekend in aid of raising funds for Raquel Godin. Raquel, who grew up and went to school in Lac du Bonnet, was stricken with meningococcal meningitis in early April of this year. Her case, unfortunately was classified as the most severe in Manitoba (see story on page 4 of this issue).
A music festival fundraiser has been planned for Sunday, July 15 and includes appearances by Donnie and Friends, including Donnie McDougall, (former resident of Lac du Bonnet) and Bill Wallace of The Guess Who. Donnie has released his own CD and will
See FAMILY/page 7



Sagkeeng Fire Department wins 1st

by Charles Norman
After coming in second to the Cross Lake First Nation five times in a row the Sagkeeng Fire Department has finally taken first place in the Manitoba Association of Native Firefighter's annual competition.
Twenty-four teams from all over Manitoba competed for a silver cup

and the chance to represent Manitoba in the national competition at New Brunswick in September this year. Still flush with victory, one of the Sagkeeng team members told *The Echo*, "We're going to bring back the national to Manitoba this year."
The competition was based on speed
See SAGKEENG/page 4
Winners of the Manitoba Association of Native Firefighter competition: (l to r) Stanley Dorie, Chris Edwards, Dominick Swampy, Bernie Morrisseau (captain) and Quinton Courchene. Missing is Roland Bruyere.

Powerview Metis Local celebrates

by V. Anderson

The Manitoba Metis Federation, Powerview Local celebrated, *Family and Fun* in the

spirit of Metis tradition. The Powerview Local executive, Jenine Scramstad, Doreen Fleury and Susie Chevrefils

coordinated a fun filled day for all who attended. The one day event was to help promote social wellness among community members and also ensure that traditional music and culture is kept alive within the Metis people.

There were over 400 people who gathered together to join in the celebrations this past Saturday.

"This was a real great day for everyone, it's really nice to see the children and their families having so much fun," said coordinator Chevrefils.

The official ceremonies took place in the morning with a great pancake breakfast that followed. There were 103 early birds who enjoyed breakfast.

Children's games were played throughout the day. Mary Ann Haddad, coordinator for Wings of Power, orchestrated the children's events with the help of Vanessa James and the exchange students from New Brunswick. The children played a pinata game that had them laughing with delight.

The kids were also given a hands-on experience of what the Pine Falls District Ambulance service does and what it would be like to be in an ambulance. The children were keen to listen and were very

curious about the inside of the rescue vehicle.

There were also informational booths and cultural displays set up.

Another highlight of the day was artist Randy Ducharme. Ducharme is a local artist who

resides at Wanipigow. He came to show some of his art work and perform demonstrations for those who were interested. Artist Ducharme had the children's undivided attention when he showed them how to make small pieces of



Opening ceremonies (l to r): Constable Roger Grouette, Elder Joyce Gus, Vice-president MMF Southeast Region Denise Thomas, Ed Ducharme, MMF executive Doreen Fleury, Jenine Scramstad and Susie Chevrefils.



The Stealers captured first place honors at the Metis Day slo-pitch tournament.



Oliver Boulette and his 12-year-old niece Jaylene Boulette entertain at Metis Heritage opening. Five generations of music have been passed along in the Boulette family.



Exchange student volunteers provided face painting for the kids and assisted with crafts.

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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.

Rescue at Seven Sisters

continued from page 1

of the danger. It is obvious that he would not have survived if he had lost his balance on the slippery rocks.

Manitoba Hydro employees spotted the family and Grant Hurst, who is also a firefighter with the Lac du Bonnet Fire Department, was notified. After brief consideration, it was decided unsafe to use Hydro's 16 foot aluminum boat for the rescue and the Lac du Bonnet Fire Department was called.

Craig Hanton, a captain of the Lac du Bonnet Fire Department, said experienced local people do fish in that area "when it's calm", but below the spillway with the size of boat they had, was a "bad place to be". Too

small of boat, too much equipment, too weak a motor, too many people, lots of water, strong currents and high winds were a combination for disaster.

"The flows around these dams right now is just incredible," Hanton said. "The wind was really bad that day and there is an awful lot of water coming through Seven Sisters." The water levels are above normal and the currents extremely turbulent, not to mention cold. If the family had been in the water however, hypothermia would not likely have been a risk.

"They would have drowned," Hanton said, despite the fact they were wearing lifejackets.

Hanton and firefighter Randy



Lac du Bonnet Fire Department Chief Lloyd Howe (left), Randy Betker, Captain Greg Short, Grant Hurst and Captain Craig Hanton with the department's Zodiac. This crew was instrumental in the water rescue last Wednesday. Missing is Deputy Fire Chief Louis David and Mike Motycka.

Betker were able to get to the wife and children with the department's rescue craft, a 13 foot Zodiac. The Zodiac, with a 15 horsepower motor, is specially designed for water rescue, con-

structed of three separate air-filled pontoons. It will fill up with water, but never go under.

Hanton and Betker also wore the department's exposure suits. They are a dry suit with a full boot, worn over clothing. It maintains body temperature, and at the same time, completely unsinkable.

Prior to this incident the Lac du Bonnet Fire Department has utilized their water rescue equip-

ment in training exercises only. This was their first water rescue. Fortunately for Hung Tran, it was a success.

The public is urged to use caution, especially in the vicinity of power dams. Water safety/boating safety courses are available in the Winnipeg River area. Most service stations carry travel magazines and boating safety brochures with agency contacts.

Boating accident claims life of Pointe du Bois man

The Lac du Bonnet RCMP detachment reports that three adult males were in a pleasure

craft in the vicinity of the Slave Falls generating station on the Winnipeg River at approxi-

mately 8:00 p.m. July 3. At this time, the three subjects fell out of their boat, which became swamped. Two of the subjects from the boat were rescued from the water by individuals who were on the dam, however, the third could not be located at the time.

David K. Blahitka, age 37, of Pointe du Bois was subsequently located, deceased in the area. Personal floatation devices were in the boat at the time, but not in use. Alcohol is believed to be a factor in the incident.



Signs posted on property surrounding hydro dams, warn of dangerous waters. The public is urged to use extreme caution while in these areas.



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'I'm just happy to be alive' Raquel Godin

by Toni Bruneau

Raquel Godin, who married Rob in August of 1998, is a young lady with a big heart, a big smile and a love for people, especially children. Their story is one of extraordinary courage and spirit that will inspire you. Raquel, who has chosen childcare as a career, is one of those people who has a natural warmth and ability to interact with children. Her uplifting smile and refreshing attitude is attractive to everyone and easily accepted by children.

Raquel had been employed for a year and a half, at a day

care in Winnipeg not far from their home. She loved her job and never missed a day until early April when she had called in sick.

Raquel was rushed to the Grace Hospital just 30 minutes after calling in to work describing flu like symptoms. Rob suggested visiting a doctor, but those flu like symptoms progressed so quickly and severely that she was unable to move. It was then that an ambulance was called.

Doctors worked quickly to figure out what was wrong, with suspicions of some kind of infection. Rob's suspicions

included meningitis, because of the number of cases in Winnipeg and the urgency of vaccinations being given to teenagers at the time.

Upon examination and samples of spinal fluids taken, it was all of 15 minutes before a sudden rash started to develop confirming the meningitis. Raquel was rushed to the Health Sciences Centre.

Her condition deteriorated at an amazing rate. It was only two short days from when she experienced flu like symptoms to where she was desperately clinging to life.

The bacteria in her blood attacked her organs and she was put on dialysis because her kidneys were failing. It was also necessary for her breathing to be assisted with a respirator. The doctors prognosis included a one in ten chance for survival. About 90% of patients with this illness would have died.

Slowly, after 72 hours and her family experiencing a dismal outlook, Raquel started to improve. She came through it, against the odds and survived.

Complications, however, involved the blood infection to

form clots, cutting off the circulation of blood to her extremities. Doctors were forced to amputate and Raquel lost part of her fingers on her left hand, four of her fingers on her right hand and both feet. Raquel, bravely said "at the time... it didn't matter. It had to be done". She was grateful to be alive.

Raquel has a very powerful will and enthusiasm. Her large family has been an excellent support system from day one. Raquel's mother, Terry Bruchanski of Lac du Bonnet, said she's had a lot of visitors when she need them there, which has helped her a lot.

Through it all Raquel has kept an positive attitude. "It's really nice to see her smile, and she was like that all the way through. She's always had such a big smile," Terry said.

The family has been taking turns visiting and caring for Raquel, in the hospital and now, since she returned home just over a week ago.

"We're just so glad she's still here with us because the more you hear about this disease, it just so serious and scary. She has her mind and her smile. It's still her,

it means a lot," said Terry. Complications can include the loss of sight, hearing and brain damage. Raquel has a healthy mind and her organs are healthy. Her kidney's have recovered fully and dialysis is no longer necessary.

Raquel and Rob's life now includes daily visits by a nurse to change bandages and soon, homecare will be necessary to help out every morning. Months of rehabilitation, which has begun, consists of exercise and getting ready for prosthetics. The expense for such prosthetics, just one finger alone is quite expensive, only guaranteed for a year, and may last up to five years depending on dependency.

They have a long road ahead of them, some of which is unknown, but they are grateful for all the community support and encouragement they have received.

Show your support this weekend and take in a day of great entertainment and family fun at the music festival fundraiser for Raquel. The event is planned for Sunday, July 15 (see story front page of this issue).



Raquel, here with her nephew Bradley, has a genuinely kind heart and loves children. So much, she has chosen a career in the child care field.

Sagkeeng Fire Department

continued from page 1

in accomplishing four tasks common to firefighting: rolling hose, donning breathing apparatus and fire fighting gear, changing cylinders and knocking down targets with fire hose. Also include was the old-time bucket brigade competition

where a helicopter firefighting bucket is emptied by a bucket brigade into a 45 gallon drum. The competition took place at the Winnipeg Fire Training Academy training grounds. It was followed by a banquet at the International Inn. The cost of the competition, and the cost of competing in the nationals is covered by the Manitoba Association of Native Firefighters.

In addition to the cup, the winning team, (all of them certified Level I firefighters), won black leather jackets with 'Manitoba Association of Native Firefighters' emblazoned on the back.

The six-member winning

team, Captain Bernie Morrisseau, and contestants Christian Edwards, Quinton Courchene, Stanley Dorie, Roland Bruyere and Dominick Swampy will be representing Manitoba at New Brunswick. Fire Chief Ron Guimond said the department has enough volunteers to ensure adequate fire protection for the community while they are away.

The team said they would like to dedicate the championship to Sagkeeng's first Fire Chief, Al Courchene who died about 16 years ago.

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Smokin' Jim's BBQ

Providing a taste adventure

by Toni Bruneau

The fact that people are always looking for the best is clear when it comes to tempting the taste buds and entertaining with fine cuisine! Especially this time of year when delving into the outdoor art of barbecuing.

Some folk are not of culinary adventure. Some may just want to escape into an atmosphere other than their own. Finding the best barbecue place to eat while on vacation or on a casual outing can sometimes lead to tragic disappointment. Look no further!

What Smokin' Jim's BBQ has to offer is unlikely to be duplicated. The experience of your favorite meal grilled to perfection on your backyard barbecue is just not the same.

Jim Beauchamp, owner and operator of Smokin' Jim's BBQ knows what real barbecue is all about. He says real barbecue is not cooked on a grill and certainly not in the oven with sauce and liquid smoke. Real barbecuing is a process, perfected by slow cooking, for a long period of time and at low temperatures. The distinct flavor of his savory specialties, comes from wood smoke and carefully timed heat.

At his restaurant on PR 307 at Seven Sisters built last October, Beauchamp uses authentic Texas style cookers. Two of his own models are portable and capable of cooking for up to 250 people at a time.

The cooker he uses in the restaurant, is one of only two in Canada. It is 255 cubic feet, weighs 4000 pounds and has produced over 1.7 million pounds of meat in the last 20 years. It is equipped with a gigantic rotisserie and Beauchamp uses oak or ash in the fire box.

With seating for 27, you can dine in, take out is also available. Beauchamp will also supply you with main course meats per pound, or complete catering services. He also provides custom smoking.

Smokin' Jim's BBQ is open Friday to Sunday, but if things go well Beauchamp hopes to open six days a week at the beginning of fishing season next year.

Cooking outdoors and entertaining started off as a hobby for Beauchamp, whether it was grilling a fork tender t-bone or producing a full fledged pig roast. This outdoor chef's real barbecue challenge began with a glimpse of a barbecue pit at a music festival many years ago, after which he decided to build his own.

"After a lot of trial and many errors," Beauchamp said, he has been able to produce a consistent, quality product. Smokin' Jim's BBQ yields some of the most mouthwatering and best fingerlickin' recipes in the area. The greatest part about Smokin' Jim's is you're totally free of the preparation and clean-up you'd ex-



Jim Beauchamp provides a real taste adventure at his new restaurant, Smokin' Jim's BBQ in Seven Sisters.

perience in your own back yard. This will leave more time for your guests, and you're sure to impress them with Jim's specialties.

The list of Beauchamp's taste adventures include sandwiches off the roast (beef, corned, beef, roast pork,

and sides of homemade coleslaw, potatoe salad and baked beans from scratch.

Be sure to drop in and check this place out. You can call for more information 348-3463 or visit his website www.smokinjimssbbq.com

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Since the enactment of the Canadian Charter of

Rights and Freedoms, Canadian courts have, on a number of occasions, ruled that individuals should not be forced to participate in activities that violate their religious and personal values. Yet, despite this movement toward religious freedom, many nurses in Canada are being forced to participate in activities that violate their personal conscience and in many cases their religious convictions.

Today in Canada, no legislation exists that protects nurses who do not wish to perform abortion procedures due to their personal convictions. In fact, many nurses have been denied employment, been denied promotion opportunities, or have been dismissed from their job, for refusing to participate in abortion procedures. Others, fearing the loss of their employment, have

simply suffered in silence and participated in abortion procedures despite their own personal convictions. Various attempts have been made to introduce legislation that would ensure health care professionals be given the right to refuse to participate in abortions without fear of losing their livelihood or position. The most recent bill was put forward in the House of Commons by Canadian Alliance MP, Maurice Vellacott. Unfortunately, despite the fact that this type of legislation is currently in place in 48 U.S. States, the federal Liberal government has been unwilling to extend this basic protection of human conscience to Canadian nurses.

Legislation is needed to provide protection and freedom of conscience for nurses. The Charter of Rights and Freedoms does not provide this protection because it only acts upon existing laws which are in violation of the Charter.

Because there are no specific laws behind this violation, the Charter cannot be relied upon. Human Rights Commissions are also not sufficient because they are reactive bodies. They only take action after a person feels their rights have been violated and would therefore not prevent a health care professional from losing their job for refusing to participate in an abortion. Legislation needs to be put into place to prevent intimidation of our health care professionals and to ensure freedom of conscience is respected.

The debate surrounding this particular bill is not about the issue of abortion itself, but rather about extending the freedom of conscience and religion that has been granted in so many areas, to health care professionals. Despite the often difficult hours and stressful working environment, most nurses enter the profession because of a desire to provide care and comfort. Many bring with them deeply held beliefs about the sanctity of life and its preservation. Forcing individuals to participate in procedures that are contrary to their personal conscience can have long lasting and traumatic effects.

Today in Canada, and throughout the world, there is a shortage of nurses. This shortage has placed a tremendous strain on the health care system. As a country, we need to take the steps that other nations have and ensure that those considering entering the nursing

profession can do so knowing they will not be forced to compromise their deeply held

values. Providing nurses with an ability to opt out of abortion procedures will provide them with the peace of mind and freedom of conscience needed to do their important work.

Please feel free to contact my office if you have any con-

cerns or issues you would like to discuss. You may contact me toll free at 1-866-333-1933 or at 204-326-9889. You may write me at Box 2470, Steinbach, MB R0A 2A0, by fax at 204-346-9874 or by e-mail at toewsvl@parl.gc.ca

It's the Law

by Gerald Hawranik, Q.C.

Boot camp

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. 268-6300.

A couple of years ago the government announced that it would establish boot camps in the province for youths who commit crimes. The very words 'boot camp' brought negative feelings. No one seemed to want to send youths to camps that appeared by name, to make youths do army drills and to live an army recruit's life. As a result, these boot camps never really became established, even though they may in fact have done a world of good to many youths.

While in South Dakota a few years ago, I had the opportunity to visit the Boys Ranch. The ranch was located near Sioux Falls and was an actual horse ranch. Boys who were convicted of various criminal offences were sent to this range

for varying periods of time for rehabilitation. It was very apparent that the boys who were there loved it. The ranch was equipped with full kitchen facilities, a school and counseling facilities. All of the boys had glowing reports for the program. After release from the ranch, research determined that less than 1% of the boys offended again.

It would be fantastic if the province would allow private ranches such as this as an alternative to locking up our youth in prisons, where their chances of rehabilitation are slim to none.

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.

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Powerview Metis Local celebrates

continued from page 2

soapstone carvings. The children were so excited about their own little creations, once they were finished their carving they were off and running to family members to proudly show them their works of art.

"We are very thankful to Mr. Ducharme for the giving of his time and talents. The children loved him," said Chevrefils.

Other festivities included outdoor music, provided by

Ken Fleury from Music King Entertainment. Karaoke artists were lining up to sing. The entertainers ranged from small children to adults who just wanted to come up and show their stuff, much to the delight of the crowd.

In the evening the crowd gathered inside the arena to listen and dance to the music of local artists Dan Polischuk, Richard Papineau, Eddie Courcelles, Gilles Boulet, Michelle Hansen, Kelly Palamer, Kristen

Kahle, and Bobby Knott.

"The entertainment is just great, these boys know how to play and sing," said one man in the audience.

"I love fiddle music, it just makes me feel good," said another.

"Fiddle music is a big part of our culture. It is very nice to see the music still being played today."

"This music has been passed down through many generations and it is important that the teaching re-

mains."

There was also a mixed softball tournament played at the Rupert and Industrial diamonds in Powerview. The Stealers, who had members from Little Black River, Sagleeng, Hollow Water and Winnipeg, came together to take first place. The Stealer's played the Powerview Fire in the finals and finished on top with a eight to seven victory.

There were lots of volun-

teer's who got together to help ensure that this day was a special one for all who attended.

Hats off to Heather Hanson who made the delicious bannock, Bobby Nault for his help in all the food preparations, Carol Smith for her efforts in fundraising, and finally to all the volunteer's young and old who came together to help out. Well done!

Family music fest' for Raquel

continued from page 1

be in attendance during the afternoon to sign autographs as well as performing in the evening. *Pushing Daisies* from Winnipeg and *Edgar*, two brothers from Vancouver up and coming in the music circle, have also been confirmed.

The day begins at 1:00 p.m. with local entertainment including Arnold Urban, Betty Dancyt, possibly Raquel's father Allan and aunt Brenda, the Kost family, Shawn Keith and his band *Gem Seed*, and *The Fallen Archies*, who performed Canada Day weekend. There will be something for everyone. Tickets are \$10, children free.

Under the big tent our local day care centre will be hosting children's activities such as face painting, a playdough station and games. The Boston Pizza mascot will be out and some great outdoor cookin' will be available, provided by the Lac du Bonnet Knights of Columbus. Refreshments in the beer garden will be available until 6:00 p.m. when they will begin setting up for the evening show.

As of Monday morning, 800 tickets have been sold for the arena entertainment and there are only 1200 being sold. You don't want to miss this event so get your tickets now, call Connie or Curtis Dancyt at 345-8859 or 345-2221. Doors open at 7:00 p.m. and music begins at 8:00 o'clock sharp. Tickets for the evening event are only \$30.

Connie Dancyt said she has a long list of vol-

unteers for the event and support has been incredible. If anyone would like to volunteer, make a donation or purchase tickets call Connie or

Curtis. There is also an account at the Royal Bank of Canada in Lac du Bonnet set up for donations.

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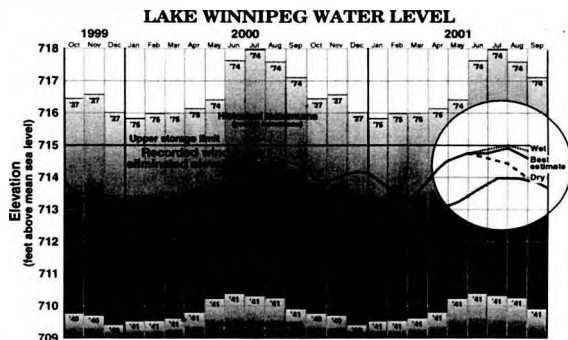
LAKE WINNIPEG WATER LEVEL INFORMATION

June 2001

The following information is provided by the Water Resources Branch, Province of Manitoba, and published by Manitoba Hydro as a courtesy to those interested in the outlook for water levels on the lake.

LAKE WINNIPEG LEVEL FORECAST

On June 15, the wind eliminated level of Lake Winnipeg was 714.8 feet and is expected to rise. The water level forecast below shows the history of water levels on Lake Winnipeg for the past two years, the monthly extremes that have occurred since 1913, and a range of future water levels for the next three months. The forecast shown "BEST ESTIMATE" will occur if present inflow trends continue. The remaining two forecasts show the range of possible levels given extreme wet or dry conditions. The lake's level is expected to peak in late July and then to decline during the following month. Of course, the lake's level may go up or down, depending on the precipitation.



LAKE WINNIPEG REGULATION

The outflow of Lake Winnipeg is regulated by Manitoba Hydro by a control structure at Jenpeg Generating Station on the Nelson River near the outlet of the lake. While the wind eliminated level of Lake Winnipeg is between 711 and 715 feet, Manitoba Hydro regulates the outflows from the lake as required for power production purposes. During periods when the wind eliminated water level is above 715 feet, Manitoba Hydro must operate the control structure at Jenpeg in such a manner to effect maximum outflow possible under the circumstances then prevailing until the water level of Lake Winnipeg recedes to 715 feet. During periods when the water level is below 711 feet, Manitoba Hydro must operate the control structure at Jenpeg as ordered by the Minister of Conservation. In addition to the control structure at Jenpeg, the Lake Winnipeg Regulation project included the removal of restrictions in existing channels and the excavation of new channels to improve outflow capacity from the lake. This work increased the maximum outflow capacity of the lake by up to 50 per cent, meaning that in high water periods or high electricity demand periods, more water can be passed out of the lake more quickly than prior to Lake Winnipeg Regulation. Therefore, extended high water periods and flooding around the lake are significantly reduced.

CONTACT:
Water Resources Branch
1577 Dublin Avenue
Winnipeg, MB R3E 3J5
Phone: 945-6397



Workplace Stress... Making Change

by Mary Ann Haddad
**Change:
getting started**

Taking a look at stress and the implications of stress, whether we believe it or not we are able to make a difference; we are able to make changes. No one says that this will be easy but we can start.

Today is the beginning of the rest of your life, and is as

good a time as any to make some changes. No one can force change upon you, it has to be something you want to do for yourself, like stopping smoking or biting your nails. But as the saying goes, 'There's nothing quite so powerful as an idea whose time has come'. Perhaps you might decide that, as from today you will

Making changes

- eliminate eating foods you know are not healthy;
- practice simple relaxation techniques and practice them regularly;
- jogging twice a week or another recreational activity;
- using words to express your feelings;
- tackle the problem of why other people leave the place in such a mess;
- explain to your spouse/partner that you want to change your job;
- ask for more help with housework;
- make more time for yourself;
- take up a hobby for personal enjoyment;
- seek help for a particular problem.

Whatever it is, *you* have

decided to make the change, *you* have taken responsibility for that aspect of your life, and *you* will make it succeed.

Start change in small steps, and in only one area of your life at a time. When you feel unsure or anxious about the decision you've made, ask yourself the following questions:

What's the worst thing that can happen?

How likely is it to happen?

What can I do to reduce the chance of it happening?

By thinking through any change you are much more likely to make a success of it. Define your goal in simple, active, positive words, as if you were saying them to a friend:

- I go jogging every day now



- My husband shares the washing up
 - I put aside some time for myself every day
 - I'll learn to play a guitar
 - Saying NO is becoming much easier
 - I have decided to look for a new job
- Imagine yourself living with this new goal. Tell yourself, 'I can do it'.

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Ask your Pharmacist Sweat it out!

When the temperature climbs and you're all hot and sweaty, remember - perspiration is good for you. It's the body's way of keeping cool. As the sweat evaporates into the air, it cools off the skin and body. That's why we feel more uncomfortable in humid weather; we're sweating more

but it's not going anywhere. Certain medications can lower the body's ability to sweat in hot weather, making it less able to regulate its own temperature. That could lead to problems like heat stroke and heat exhaustion. Drugs may also cause heat-related problems by increasing the

body's fluid loss, or by speeding up the body's metabolism.

If you're taking medications on a regular basis, ask your pharmacist if the medication will make you more sensitive to heat, and if you should take any precautions during a heat wave. For example, you may need to drink more fluids during hot weather (unless your doctor has restricted your fluid intake). You should also avoid

excessive exercise, and stay away from jacuzzi's or hot showers all year round.

Some examples of drugs that could cause a heat-related problem include diuretics (water pills), tricyclic antidepressants (such as amitriptyline or imipramine), beta-blockers (such as pro-

pranolol), and anticholinergic drugs (such as benztropine and scopolamine). Even laxatives, if overused, can lead to heat-related problems.

If you have any questions about your medication and heat problems - ask your pharmacist!

Lac du Bonnet and Area Food Bank news

A meeting of the food bank was held Wednesday, June 27.

Two donations of \$500 each have been received from the Lac Du Bonnet Catholic Women's League and from the United Steel Workers of America 7499.

The board of directors are: Grace Decterow, Barb Sabanski, Louis Bruneau, Eva Lussier, Marilyn Zarecki, Cliff Zarecki, Denis Godin, Gilberte Godin, Ches Carver, Joy Funk, Beverley Richmond, Ron

Wesa.

A freezer has been obtained. The Food Bank still requires an air conditioner.

Money jars will be placed in various business locations to collect donations. Appreciation is extended to everyone who donated a tin for the bin at the July 1 fireworks display.

Next meeting is scheduled for Wednesday, August 1 at 5:00 p.m. at the Catholic Church, Lac du Bonnet.

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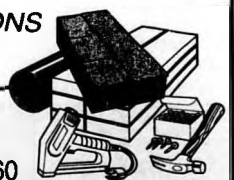
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Hire-A-Student Week a Great Success!!



MYJC news

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

Hire-A-Student Week has come to a close in Lac du Bonnet for the summer of 2001. We started our week with an ap-

pearance in the Lac du Bonnet Canada Day parade on Sunday, July 1. The weather was perfect and the parade proved to be a lot of fun! Following the parade, the odd job squad, Robin Attas from the recreation district, and myself held a special *Beach Activities* event

down at the Lac du Bonnet beach. Face painting, sand castle building, water balloon tosses, a three-legged race and tug-of-war were just a few of the events that ran all afternoon. The enthusiastic kids who participated in the games enjoyed themselves thoroughly... (however, my spirits were slightly dampened when I lost in the tug-of-war). The beach activities were a great success, and I hope this event is run next year as well.

Our third activity took place on July 4. The odd job squad and myself gathered at our local florist shops to assemble several bouquets of flowers. We spent

the morning delivering these bouquets to businesses all around town. We appreciate all the help with this event. Everyone had a great time. Our last event was the student labor raffle. Students went around town selling raffle tickets, with the prize being three hours of free labor. The winners will be contacted by phone this week.

Some of you may have noticed the odd job squad sporting special Manitoba Youth Job Centre hats during the parade and beach activities. These hats were made especially for the odd job squad by Agnes Frechette of Pinawa.

Recreation not just sports

Recreation ramblings

by Robin Attas, Recreation Assistant

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

As I write this, I'm looking forward to partaking in some fine recreation at the Winnipeg Folk Festival... and as you're reading this, you'll know if the site at Birds Hill Park suffered the same flooding (and mudding) rains as last year! Although I'm not getting paid to go to this festival (I keep hoping), it's a good illustration of the point that recreation is not just sports.

For anyone who's been paying attention to the offerings of the recreation district, even in this past year alone, this could be old news. The district has offered a myriad of non-sporting activities: cooking classes, creative movement, music for kids, watercolours, sign language, Christmas crafts, willow furniture... the list goes on.

Although in the summer months the focus here at the office seems to be more towards physical activity, I think this is due more to the beautiful warm weather that prevails, rather

than a particular mandate. After a long, cold winter, who wouldn't want to take advantage of the outdoors in some way - be it gardening, hiking, swimming, or running a triathlon. But if there's some non-sport event you feel we're neglecting in the summer months, let us know! I would be more than happy to organize clinics on things like creative writing and cooking if there's enough interest. All it takes is a phone call!

Three-on-three basketball

Don't forget about this great tournament happening this Thursday at Lakeside Park in Lac du Bonnet. Teams of three players ages 13 to 18 are encouraged to register beginning at 7:00 p.m., entry fee goes straight to the winner of the tournament. Hope to see you out there!

Triathloneed out? No Way!

Now that you've got the Kids of Steel and/or Free Spirit triathlons under your belt, give the Sandman a try (or tri-see here). Check it out July 29 in Lac du Bonnet.

Beach volleyball

If you're thinking of checking out Pinawa's Birthday celebrations July 13 to 15, be sure to stop by the beach on the afternoon of July 14 for some crazy beach volleyball action! A co-ed, four-on-four tournament gets underway at 1:00 p.m. sharp (register your team at 12:30 p.m.).

Old Pinawa Trail Day

I'll tell you more about this event next week, but suffice it to say that you should definitely keep July 21 open on your calendar for some fabulous activities out at the Pinawa Heritage Dam Provincial Park.

Preschool swim lessons

These will be offered at the Pinawa Pool in the third session of lessons, July 30 to August 10. Call the L.G.D. of Pinawa 753-5100 to register.

Library Allard Book Nook



The summer program has started up this past Thursday with vacationing as the first week's theme. Camp Read-a-lot is up and ready for the children to come out and join the fun! For the very first craft session the children decorated their very own picnic baskets; their hard work, talent and creativity was commendable! The children also got their book bingo sheets and the reading program has started up. Every time that a child reads a book, they get a cut-out of a tent, a canoe or another camping object on which their name is written; the cut-out is

then posted on different parts of the library walls. We are trying to encourage reading among the children and hopefully enough books are read so that we can create several campsites on the walls of the library. The summer is sure to be full of adventures and camping fun!

Next week is environmental week where the children will be making crafts that are made out of recycled material, as well as being linked to the environment in some way. Just a reminder that storytime will be Wednesdays from 1:00pm

to 1:30pm and that craft sessions will be every Tuesday and Thursday from 1:00pm to 2:00pm for ages 4 to 7 and from 3:00pm to 4:00pm for ages 8 and up. Also, the winner's name for the weekly prize is drawn every Saturday afternoon and the results will be posted in the next week's article of the Book Nook, as well as in the library. The winner for the last monthly draw was Tiffany Dupont. Stay tuned for more updates on the summer program.

Library Corner

Lac du Bonnet Regional Library

This is a great week to visit the library - it is the official beginning of summer activities at the library. We are pleased to introduce you to the student staff members whose faces will become familiar to you as you visit the library in July and August!

"Hello, my name is Veronique Lanteigne. I live in Caraguet, New Brunswick and I am participating in the student exchange program. I am staying with the Cottrell family and I will be working at the Lac du Bonnet Regional Library for six weeks. My reason for participating in the exchange program is to practise my second language, English, and to visit a new province. I am enjoying my job and the people I work with."

"Hi, my name is Cherlyn Sullivan and I am the new library assistant this summer. I had been volunteering at the library for quite a few years when I decided to apply for the page position in the fall. I enjoyed my experience so much that I applied for the summer position. I was so excited when I was given

the opportunity to work with the wonderful staff for a couple more months. I will be working behind the desk and I hope to see all of your faces in the library. See you soon!"

"My name is Gemma Gibb and this summer I will be working at the Lac du Bonnet Regional Library coordinating the summer reading program. This year's theme will be *Travel Manitoba - When you're reading books, you're going places!* I have some great ideas on this topic and plenty of crafts to do. So bring your children down to the library and register for the program as soon as possible! Our first activity club session was held Tuesday, July 10. Preschoolers storytime will be held every Thursday morning. See you there!"

As you can see, the library will be a busy place this summer! We look forward to helping you to find suitable summer reading material, including the latest bestsellers or Oprah titles, or some light reading for travelling of sitting on the beach.

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Winnipeg River RCMP report



The following constitutes the Winnipeg River RCMP report for the period of July 2 to July 8.

July 2: Police responded to a single motor vehicle accident on Highway 12 near Grand Marais. Several occupants were treated and released for non-life threatening injuries.

Police received a report of theft of a bank client card. In-

vestigation is still continuing.

July 3: Police received a report of vandalism to a vehicle at Fort Alexander. This investigation is still ongoing.

July 4: Police received a report of a female being assaulted. Police investigation in still continuing.

Police and ambulance responded to a residence at Fort Alexander. A male reported to be having respirator problems. Upon attendance police learned the male had been consuming liquor and was not responding to his friends. He was treated at the scene.

Police attended a domestic dispute at Fort Alexander. A male is facing domestic related assault charges and will be appearing at Powerview provincial court in August.

July 5: Police responded to an anonymous report of several males fighting on the boardwalk at Grand Marais. Upon attendance, police determined there was no fight. Several males were sent back to their hotel rooms without charges.

Police received a report of a theft of hubcaps from a parked vehicle at Powerview.

July 6: A female was taken into custody after she breached of her recognizance in Powerview.

Police responded to a burglary in progress on Balsam Bay Road near Grand Marais. A high speed police pursuit developed with a vehicle seen fleeing the area. The vehicle was ditched and the occupants fled. Efforts to apprehend occupants were unsuccessful.

Police are still investigating and charges are pending against two adult males.

July 7: Police received a call of attempted theft at Manitou Lodge.

Police responded to a loud party at Belair. Occupants at the home agreed to keep the peace.

July 8: Police are currently investigating two burglaries that occurred at Fort Alexander.

The first burglary, a male had entered the residence while the occupants were sleeping and was searching for money when the occupants awoke. The male fled prior to police arrival. Still under investigation.

The second burglary, a male was seen looking through a window attempting to gain entry. He was scared off by the occupants.

A male has been charged for a domestic assault that occurred at Fort Alexander. He will be appearing in provincial court in August.

Police responded to a loud party at Belair. Occupants at the home agreed to keep the peace.

THANK YOU

Powerview Metis Local would like to thank the following for their generous donations which helped make our Family Fun Day such a success.

Tembec Paper Co., Southeast Regional Metis Corporation, Southeast Regional Office, Dr. A.H. Anderson, Old Dutch, Schneiders, KUB, Pine Falls Physiotherapy, Dancys Foods, Chevrefils Forest Products, Ray Ann Transport, Sunrise Bakery, Winnipeg River Echo, Midway Foods, Country Concepts, Deals for Dollars, Pine Pharmacy, Avon - Donna Strongquill, Party-Lite - Carol Smith, Powerview Fabrics, Chicken Chef, Chevrefils Greenhouse, Royal Bank, Juan Kleyh, Papertown, Susie Chevrefils, Pop and Movie Shop, South Interlake Credit Union, Tasty Treats, Coachroom, E.R. Auto Service, Pine Falls Unisex Salon, Pine Falls Service Centre, Celebrations Unlimited, Caisse Populaire (St. Georges), St. Croix Cycle and Marine, Rusty Nail, Osis Building Supplies, Broadlands Mall, Sonny's Chicken House, Papineau Motors, Chateau Video, Joyce Gus - LdB Local.

We would also like to say a big thank you to all our volunteers for all the time and hard work they put into making this day such a success. Thank you very much for the evening entertainment of Dan Polischuk, Richard Papineau.

It's the little things that help the environment

Summer's leisure-time often allows us to be more aware of our environment and think about what we can do to take care of it. Here are some ways to do your part:

Recycle newspaper, plastics and cardboard and buy products made from recycled materials. Check the labels to see that you are purchasing recycled items.

Designate one day each week as a no-driving day. Take a walk, bike, car pool or take the bus instead - it's an environmental effort that can become a healthy habit for you. Who knows, the entire neighborhood may want to join you.

Before you buy a new refrigerator or dishwasher, check the EnerGuide label and choose the one with the best rating. Energy-efficient appliances reduce air pollution and save energy. You'll save money in long-term operating costs as well.

Plant a tree - one of the most visible actions you can perform for the environment. A single tree will help clean the air, shade our homes and provide living space for wildlife. Check into community programs that offer free trees to interested groups.

Take care of your indoor environment as well.

Organisms such as mold, mildew, bacteria and dust mites contribute to indoor environmental pollution. Frequent vacuuming, dusting and mopping can help.

Carbon monoxide is an odorless and colorless toxic gas with a reputation of being the silent killer. If you have appliances that burn gas, oil, wood, propane or kerosene at the cottage, remember they can emit carbon monoxide. A carbon monoxide detector will let your family know if levels inside the home are dangerously high.

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It's a four horse race

by I.N. Fielder

Just past the half way mark of the 2001 slo-pitch schedule it seems likely that the pennant will go to one of four teams.

Still hanging on to top rung is Southern Comfort in spite of a recent setback to Poppers 5-4. With an eight and two record SC leads the New Frenchmen and Submerged by one game. However the Submerged kids are two back in the loss column and have

played two more games.

Sitting just two games behind the leaders are the Poppers, with a six and four slate. The league's newest entry had a four game winning streak snapped last Thursday by Submerged in a 7-4 decision.

With an outside chance at the title is the A Stars entry (formerly DNR). Playing much improved ball lately the A Stars have wins over the New Frenchmen and Sub-

merged to their credit.

Who would believe that just a year ago Classics were leading the league and well on their way to the 2000 pennant? Falling on hard times the Classics are five games off the pace and well below .500 ball. But you can bet they'll be heard from in the playoffs.

Yet to win a game, the River Rats keep on ticking and every team above them hopes and prays that their first win won't

come against them on any given night.

Some really key games will be played out this week, especially Thursday when the New Frenchmen take on SC and Poppers. Filling out the evening A Stars will try to hand the Poppers and SC.

See you on the diamond!



Team	W	L	%	GBL
SComfort	8	2	.800	-
NFrenchmen	7	3	.700	1
Submerged	8	4	.667	1
Poppers	6	4	.600	2
A Stars	3	6	.333	4 1/2
Classics	4	8	.333	5
River Rats	0	9	.000	7 1/2

Canada Day parade winners

Corporate: first place Tanco, second place South Interlake Credit Union, third place Hydro.

Theme: first place Royal Bank, second place Bob Crouse and Co., third place Lac du Bonnet Legion Ladies Auxiliary.

Commercial: first place Environmental Options, second place Dianne's Dog Grooming, third place Granite

Internet.

Organization: first place Manitoba Trappers Association, second place Lee River Snow Riders, third place Agassiz Horticultural Society.

Unaffiliated: first place Rural Municipality of Lac du Bonnet, second place Oak Hammock Marsh, third place Town of Lac du Bonnet.

Equestrian: first place Spook, Lorette Sundstrom; Champagne and Colby, Darlene Lamoureux; Kraft

Basket, Albert Joseph.

Best comical: first place Sparkles the Clown, second place Lions Club Volunteer Clowns, third place Joe Cinada.

Antique tractors: first place Bernice Nowakowski 1930, Gary Grycki 201 Massey, Ron Galy McCormick Deering 1939.

Decorated bikes: first place Dylan Vogal, second place Rachel Oliver, third place Hilda Oliver.

Pineview Slo-pitch league standings

TEAM	G	W	L	Pts.
Muskrats	12	11	1	22
Fire	11	10	1	20
Diehards	10	6	4	12
Mohawks	11	6	5	12
Out of the Blue	11	6	5	12
Diamond Heads	13	6	7	12
Mustangs	10	5	5	10
Desperados	12	5	7	10
Pistols	11	1	10	2
Bisons	11	0	11	0

Pineview Slo-pitch league schedule

TUESDAY, JULY 10

6:00 p.m.	Mohawks vs. Pistols	Diamond Heads vs. Bisons	1 R
7:15 p.m.	Fire vs. Open	Mustangs	1

WEDNESDAY, JULY 11

6:00 p.m.	Muskrats vs. OPEN	Bisons	1 R
7:15 p.m.	Diehards vs. Mohawks	Desperados vs. Out of the Blue	1 R

THURSDAY, JULY 12

6:00 p.m.	Fire vs. Diehards	Muskrats vs. Diamond Heads	1 R
7:15 p.m.	Mustangs vs. Mohawks	Out of the Blue vs. Desperados	1 R

TUESDAY, JULY 17

6:00 p.m.	Diehards vs. Bisons	Mohawks vs. Diamond Heads	1 R
7:15 p.m.	Fire vs. Desperados	Pistols vs. Out of the Blue	1 R

This week on the diamond

TUESDAY, JULY 10

6:20 p.m.	#1 River Rats	at	Classics
7:40 p.m.	#1 Submerged	at	Classics

THURSDAY, JULY 12

6:20 p.m.	#1 New Frenchmen	at	Southern Comfort
	#2 A Stars	at	Poppers
7:40 p.m.	#1 Southern Comfort	at	A Stars
	#2 New Frenchmen	at	Poppers



Golf tip of the week

Dale Mitchell, CPGA Golf Professional

folks? Mine's finally coming together. Here's a few things to think about when you're out on the golf course if maybe things aren't going so well. First thing is not to be so hard on yourself, start rewarding yourself for those shots that might not be great but are alright none the less. If you happen to knock your second shot on the green, but it ends up a little further from the pin than you'd like, don't get upset about it, take the positive out of it at least your on the green with a birdie opportunity and

chances are your gonna make par. Remember always think positive and start thinking about the next shot don't dwell on the previous. Good luck with the game and we'll see you next week.

Just a note of congratulations to Ria Snell for winning the Pine Falls ladies open golf championship on Sunday. Rea Defeated Lynn Chevrefils on the second hole of a sudden death playoff. Congratulations goes to both competitors for a hard fought battle. Also on a good bit of fortune I would like to congratulate Guy "Tex" Bortase who recently had his first hole in one while on holidays in Pleasant Valley.

FORT ALEXANDER MEDICAL GROUP

Are pleased to announce that we are now able to provide the people of Pine Falls and Powerview an alternative to the current availability of Medical, Pharmaceutical and Dental Care. We are now able to accept all patients regardless of Treaty Status.

Located in the
Fort Alexander Health Centre
367-2208

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Winnipeg
River
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One Year
Subscription

One
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and \$2.10 GST

Contact our office
at 367-5100

100 First Street

Lac du Bonnet
345-9896

56 Art Street,

Powerview
367-9468

Box 550

Pine Falls, MB
R0E 1M0

theecho@granite.mb.ca

Lac du Bonnet RCMP detachment report



The following constitutes the police report for the Lac du Bonnet detachment for the period of June 28 to July 5.

June 28: A report was received of a possible arson at Great Falls. Police attended, but no damage noted.

A report was received of a suspicious vehicle on Sprucecland Drive. Same departed going south on PR 315.

A call was received from Pinawa Hospital of an adult female wanting to leave the hospital after checking in for alcohol treatment. Police attended and the subject wanted to leave, with no reason to hold her, she was given a ride home.

A report was received from Pinawa of an intoxicated adult male at a non-grad related party. Police attended and arrested the

subject and lodged him to sober up.

While on patrol in Pinawa, police came upon a single-vehicle accident where the driver had driven off the road. No injuries and vehicle was towed. Investigation continuing.

June 29: A report was received of an individual who had climbed up the MTS tower in Lac du Bonnet. Believed to be someone trespassing, however, police confirmed that it was in actual fact an MTS employee.

A report was received of a broken planter and broken glass at a business on Park in Lac du Bonnet. Done overnight.

A report was received from an adult female resident of the RM of Alexander of being sexually assaulted by an adult male at her residence earlier in the

week. As a result of the investigation, a resident of the RM of Lac du Bonnet was arrested and released for court.

A report was received from a resident in the RM of Lac du Bonnet of an adult female attending at her residence and uttering threats and causing a disturbance.

A report was received of an adult male from Seven Sisters rear-ending another vehicle on Third Street in Lac du Bonnet. He was known to the driver and departed, but it was reported that he smelled of liquor. Police patrolled in an attempt to locate him, however, were not successful.

A report was received of an adult male being assaulted by an adult female at the beer gardens at Lac du Bonnet.

June 30: A report was received from Elma of an intoxicated adult male causing a break of the peace at a residence. The subject was arrested and lodged to sober up.

A report was received of two intoxicated adult females and an intoxicated adult male causing a disturbance at a restaurant in Lac du Bonnet. No indication as to identity. Police attended, however, the trio had departed and were not located.

An adult male was found to have pen liquor at the corner of Park Avenue and Third Street in Lac du Bonnet.

An intrusion alarm was reported from a business at Whitemouth. Police attended and found that all was secure.

A report was received of a two-vehicle injury accident at the intersection of PR 313 and PR 502. Injuries turned out to be minor, and accident was due to a vehicle rear-ending another which was making a left turn.

July 1: A report was received of a noisy part at the compounds by the ball diamonds in Lac du Bonnet. Police attended and found three adult males partying. One of the subjects was arrested and charged for break of probation for consuming alcohol while

on probation not to.

A BMX bicycle and a set of rollerblades were found in the downtown area of Lac du Bonnet.

An adult male was noted to be in the beer gardens in Lac du Bonnet in contravention of a probation order. He was arrested and lodged, and charged for break of probation.

A report was received of the rear licence plate being stolen from a truck parked at Bird River.

A report was received of an adult male causing problems with security at the beer gardens. He was arrested and lodged to sober up.

Police observed a vehicle driving in Lac du Bonnet without headlights. The vehicle was stopped and an adult male from Winnipeg was found to be driving and was under the influence of liquor. He was arrested and subsequently charged for refusing the breathalyzer. His licence was suspended and the vehicle impounded.

A report was received of two bicycles having been taken from a garage on Cedar Street in Lac du Bonnet. One was yellow and the other red/grey.

A report was received of an intrusion alarm at a business in Lac du Bonnet. This was found to be false.

July 2: A report was received of a suspicious vehicle driving through Arnold's Co-op. Found to have a cottage in the area.

July 3: A request was received to locate a subject staying in the Bird River area. The address given was ten years old and lacked accuracy, however, the location in question was subsequently located and the message passed on.

A resident of Grouse Road reported that she believed someone was damaging the screen on the residence and had broken boards in the barn.

A report was received of a vehicle sitting at the Lee River Wayside Park with doors unlocked and a cell phone at same.

No one around it, however, a computer

check did not show anything outstanding on same.

A report was received of a locked vehicle being entered while parked at the Lac du Bonnet boat launch and a CD player and approximately 309 CDs stolen.

A report was received of a possible missing person from a residence on McArthur Avenue in the RM of Lac du Bonnet. Police attended and found no one at the residence, however, the subject was subsequently located safe and sound in the Town of Lac du Bonnet.

A report was received from Pinawa of the oil being drained out of the bottom end of an outboard motor at the Marina, and the motor seizing up.

A report was received from Slave Falls on the Winnipeg River of a boat being swamped and three adult males going into the water by the Winnipeg Hydro Generating Station. Two of the subjects were rescued, however, the third was not, and was subsequently pulled from the water deceased.

July 4: A report was received of two children and an adult female being stranded on rocks in the Winnipeg River in the vicinity of the PR 211 bridge. Police attended with the Lac du Bonnet Fire Department, who removed same with their Zodiac boat.

A report was received from the RM of Whitemouth tractor rolling into the ditch in the municipality. The driver was pinned by the leg but did free himself, and was taken to Pinawa Hospital for a check up.

A report was received of an intrusion alarm at a residence on Mascanow in the RM of Alexander. Police attended to find all secure.

Police responded to an alarm at the Credit Union in Pinawa, and found that it was a false alarm.

A report was received of the theft of an 18-speed bicycle from a location on Macgregor in Pinawa.

A report was received from Pinawa of the complainant's grandson being offered a bicycle for \$10 by an intoxicated adult male, and suspicion that it was stolen.

July 5: A request was received to attend at the Seddon's Corner area in the RM of Reynolds to provide assistance to the health inspector in his efforts to gain entry to a residence to do an inspection. Police attended to find that entrance had been made and the inspection carried out with no difficulty.

Lac du Bonnet Community Billboard

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

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

Practical 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 345-2666.

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 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 McDermott, 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, lifetime personal response system, friendly visitors, fee-for-service handy helpers, information volunteers.

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

RM of Lac du Bonnet Council Meetings second Tuesday of each month 10:00 a.m. and fourth Tuesday of every month 6:00 p.m.

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

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

To list your community event FREE OF CHARGE CALL 345-9896

Lac du Bonnet Church Directory

ABUNDANT LIFE CHAPEL

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

LUTHERAN CHURCH OF THE CROSS

Pastor Kalleen Karlowky, church 345-8454, office 345-2919
Sunday: 11:00 a.m. - worship service

NOTRE DAME CATHOLIC CHURCH

Father Richard Machura, 345-2900
Lac du Bonnet: 5:00 p.m. - Saturday mass; 11:00 a.m. Sunday mass

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

ST. JOHN'S ANGLICAN CHURCH

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

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 11

Soup, cream of turkey, mashed potatoes, green beans, apple pie.

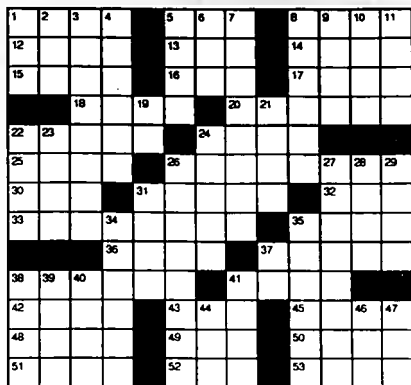
Friday, July 13

Salad, roast beef, yorkshire pudding, gravy, mashed potatoes, cauliflower, tapioca pudding.

Monday, July 16

Soup, roast chicken, mashed potatoes, dressing, gravy, carrots and celery, fruit.

WEEKLY CROSSWORD



ACROSS

- 1. Inactive
- 5. Swimmer's distance
- 8. Fast cars: hot_____
- 12. Midday
- 13. Miscalculate
- 14. Wicked
- 15. Nautical mile
- 16. Turn right
- 17. Window glass
- 18. Drinks slowly

- 20. Went by ship
- 22. Looks narrowly
- 24. Bridle strap
- 25. Lovers' locale
- 26. Thought about
- 30. Consume
- 31. Shipping box
- 32. Before
- 33. Interferes
- 35. _____ St. Vincent Millay
- 36. Consumes

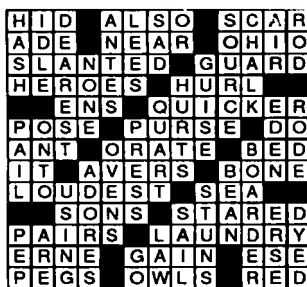
- 37. Beneath
- 38. Agree
- 41. Church projection
- 42. Dullard
- 43. Business abbreviation
- 45. Toward the middle
- 48. Fish story
- 49. Spike of corn
- 50. Lanky
- 51. Went fast
- 52. Bread or whiskey
- 53. Brink

DOWN

- 1. Printer's need
- 2. _____ Juan
- 3. Made less tight
- 4. Whole
- 5. Table parts
- 6. Exist
- 7. Gifts
- 8. Wish discontentedly
- 9. Face shape
- 10. Have a meal
- 11. Snow toy
- 19. Letter's addition (abbr.)
- 21. Assistant
- 22. Wine-coloured fruit
- 23. Luxury
- 24. Bellows
- 26. More beautiful
- 27. Blushed
- 28. Sea eagle
- 29. Loved one
- 31. Scot's extended family

- 34. Conveyed real estate
- 35. Store fodder
- 37. A higher level
- 38. Performs
- 39. Open-handed blow
- 40. Foot bottom
- 41. Land measure
- 44. Negative vote
- 46. Label
- 47. Single thing

LAST WEEK'S ANSWERS



CRYPTIC PUZZLE

"ABCD DBG AFHIL HGCIJ KGGLM
 NM OFHG IFPG CKL IGMM
 QCGHAFHP."
 - QGCHI RCNIGJ

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

Last Week's Solution

THE ONLY LIMITS ARE, AS ALWAYS, THOSE
 OF VISION.

- JAMES BROUGHTON

WEEKLY ECHO HOROSCOPE

for the week
 of July 9 to July 15

Aries - March 21 to April 20



Writing a letter to an older family member puts you in his/her good graces after a misunderstanding. Remain rational and cool at work. Focus on the clear, blue sky to help get you through workplace hassles.

Taurus - April 21 to May 21



Slow down practical Capricorn! Your stamina is waning. Ward off burnout at home or work by planning a vacation in September. Take your talents seriously. They could lead to a new career.

Gemini - May 22 to June 21



Those who want to get close to you are troubled by your independent nature. They may sense emotional coldness. Make a change and do something out of character. Try your hand at billiards. Above all, laugh.

Cancer - June 22 to July 22



Rekindle childhood memories. Go to a county fair and savor all the surroundings. Taking a breather will prepare you for a major project at work this fall. Friends will test your loyalty.

Leo - July 23 to August 23



Begin now to widen your social circle and by fall you may have cultivated a number of friends and new hobbies. Don't associate with negative thinkers. It upsets the Librais delicate balance. Volunteer for a cause you believe in.

Virgo - August 24 to September 22



Fiery Leo gets caught up in petty arguments this week. Instead of arguing about things you have no control over, step back and take a deep breath. Put aside pride as romance may come calling.

Libra - September 23 to October 23



Sunlight makes you aware of nature's wonders. Be aware that you, too, are always changing and growing. It is time for you to start seeing the bigger picture. It may be time to examine your spirituality.

Scorpio - October 24 to November 22



Angry outbursts will get you nowhere. Control your temper and think before you speak. Perhaps self-denial, like going a whole day without talking, will help you get your emotions and anger under control.

Sagittarius - November 23 to December 21



The musty smell of rain on hot pavement makes you introspective. What will tomorrow bring? Maintain your principles. The more you give, the more you may receive. Giving makes you feel unstoppable.

Capricorn - December 22 to January 20



Stay close to the people you love this week. Be willing to accept them for who they are. You will never be able to change them. Happiness may be achieved by finishing tasks long put off.

Aquarius - January 21 to February 18



Your mind is an untapped resource. Build self-esteem this week by affirming your goodness every morning. Learn to give and accept compliments graciously. Treat yourself to a massage.

Pisces - February 19 to March 20



Open yourself up to change. Try a new hobby, but don't let money slip through your fingers. Trust your psychic abilities. If you believe in yourself, others will, too. Music with intricate harmonies intrigues you this week.

Echo Classifieds

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. 40-1FN

Miscellaneous - Honda snowblower, 5 hp., VGC, \$350; 4 winter tires, new w/ studded tires w/ rims for Ford car, 215-65-15, \$500; couch and chair, good cond., extra cushions, \$400 OBO; small deep freezer, \$150; elec. fire-place, \$250; call 367-2673 or 367-8604. 7-1x

For Rent

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

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

Waterfront basement suite - Waterfront basement suite for rent, available August 1, 2001. No pets. For appt. ph. 345-2675. 6-2x

The Winnipeg River Echo CLASSIFIEDS
\$4.50 for the first 25 words - 15¢ per additional word

Miscellaneous

For those hidden treasures - Blue Water Antiques and Collectables, located behind Catch and Release Motel, half mile past dam. Open 10:00 a.m. to 5:00 p.m. Tuesday to Saturday, closed Sunday and Monday.

Wanted

Dzien Dobry! Dobryi Den! - Seeking either Polish or Ukrainian Tutor. If you are interested or know anyone who is interested in being paid to pass on his or her language, please contact Deron Bilous at 367-2537. 7-1x

Lost and Found

Keys lost: 1 set of keys lost on Sunday, June 24 at Manitou Lodge. Please call Cynthia 367-4817. 1FN

Services

Guaranteed Jewellery and Watch Repairs - guaranteed lowest prices, 100 First Street, Lac du Bonnet, phone 345-9451. 1FN

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

Congratulations



Allana Simard
Congratulations on graduating from the Educational Assistant Diploma Program, University of Winnipeg Continuing Education June 22, 2001.
Love Mom and family

Congratulations



Alaina Robb
Graduate Pinawa Secondary School, Thursday, June 28, 2001. Congratulations Alaina on graduating with honors and winning the Whiteshell School District Scholarship for Post Secondary Education. We are very proud of you.
Love Mom, Dad and David

Birthdays



"50"
and feeling younger than ever!
Happy Birthday Boys



Cobina Hardistry
Congratulations on graduating with a Grade 12 diploma from West Kildonan Collegiate June 26, 2001. We are very proud of you. We wish you all the best in your future endeavours.
Love Grandma Simard and family



Freeman Simard
Congratulations on completing your Bachelor of Arts degree at University of Winnipeg. Best of luck in the future.
Love Mom and family



Happy 18th Shanley
A young woman soon on her own. We know your compassionate personality will make one terrific nurse.
Luv ya! Dad, Mom, Kristin and Callie



Happy 21st Kristin
The sky is the limit and your dream will soon be a reality.
Luv ya! Dad, Mom, Shanley and Callie

ADVERTISING DEADLINE FRIDAY 3:00 P.M.

LAC DU BONNET RCMP DETACHMENT
AUXILIARY CONSTABLE POSITIONS

Lac du Bonnet detachment is seeking two individuals to become Auxiliary Constables, one at Lac du Bonnet and one at Whitemouth. These are voluntary positions, with training and uniform provided. Candidates are to possess the following:

- be a Canadian citizen over 18 years of age;
- be of good character;
- possess a valid driver's licence;
- possess a valid first aid/CPR certificate;
- be able to meet reliability and security clearances as required by the RCMP;
- be physically fit, and able to produce a physician's certificate to that effect;
- have no business or employment conflicts;
- reside in the Lac du Bonnet area for one position, and in the Whitemouth area for the other;
- be able to work a minimum of two shifts per month;
- possess a willingness to complete a Community Awareness Exercise during the first six months after being engaged.

Interested applicants are to provide a resume at Lac du Bonnet or at Whitemouth by July 20, 2001.
For further information, please contact S. Sgt. M. Mitchell at 345-6311.

The Powerview Dental Centre
Would like to welcome
Dr. Bryan Mateychuk
to the Practice

His office hours are:
Wed. & Thurs. - 9am - 6pm
Friday - 9am - 2pm

The Powerview Dental Centre
WILL BE CLOSED
for Holidays July 11-20

Dr. Karpa can be reached at 204-774-4501
July 11, 12, & 13

GEORGE M. GUIMOND CARE CENTRE INC.
requires immediately

ONE FULL-TIME LPN or RN and CASUAL LPN or RN

REQUIREMENTS:

- current active registration with MARN/MALPN
- work 12 hour shifts (days/nights)
- experience as charge nurse, an asset
- recent gerontological nursing, an asset

Interested persons, please contact:
Sharon Newton, Director of Nursing
George M. Guimond Care Centre Inc.
Box 308, Pine Falls, MB
ROE 1M0
Telephone 204-367-2445 Fax 204-367-8516
Please submit resumes by July 27, 2001

The Powerview Dental Centre

Is now accepting applications for a
Full-time or Part-time Dental Hygienist.
Please send resume to:
Box 266, Powerview, MB ROE 1P0

The Winnipeg River **Echo** Independently owned and operated

Powerview 367-9468 or Lac du Bonnet 345-9896

The Winnipeg River Echo
theecho@granite.mb.ca

Thank you to my sons and daughters-in-law for the lovely retirement part at the Legion, also for the beautiful rocker and cushion.

Thanks to all who attended and for the gifts and cards, flowers and all. The flowers will wither but the memories will last forever.

God bless you all.

Viv Berthelette

A heartfelt thank you for all who prayed for me during my recent illness.

Your prayers were answered. May God bless each and everyone of you.

Morris Berthelette

I would like to firstly thank the Lion's Club for hosting the Miss Minnewawa Pageant. The whole event was a great experience. Thank you to the Royal Bank of Canada for being my sponsor and also the cash donation which purchased my clothing for the special day.

A special thank you goes out to Joelle Lapointe and Danielle Keenan for their hard work and dedication to making the pageant a success. Your efforts and guidance are greatly appreciated.

Thank you to Perry Tetrault for the use of your awesome car; Ken Champagne for driving; Zach Brincheski for being co-pilot and Aunty Pat for ensuring we had tunes.

I would like to thank all of the fabulous businesses/clubs of our great town for the wonderful gifts donated to myself and all contestants. Your support in our community is exceptional.

Thank you to all my fellow contestants for sharing in everything we experienced together.

Lastly, thank you to all my family and friends for your support throughout the event and to the residents of Lac du Bonnet for the many congratulations I received. I am very proud to represent Lac du Bonnet as Miss Minnewawa over the next year.

Yours sincerely,
Michelle Hladki
Miss Minnewawa 2001

Auction Sale

For AL and BRIAN GOULD and BILL and JIM SARAPU LAC DU BONNET, MB

SATURDAY, JULY 14 - 10:00 AM

DIRECTIONS: 10 miles east of Lac du Bonnet on PR 313, then two miles north on PR 433 to driveway #232 (just past Black Bear Golf Course) watch for signs.

ORDER OF SALE: 10:00 a.m. to Noon - Household & Cabin Items:

* Selection of cabin and household items: new and used windows, doors, vanities, sinks, fans, fixtures, washers, dryers, stoves, toilets, sinks, hoses, septic tanks, shelving units, etc.

Noon to 1:00 p.m. - Shop Equipment and Tools: • 80 ton hyd press • (2) three-ton trolley jacks • Kal Mod 6000 engine analyzer • Valve seat grinding kit • De Walt 8" radial armsaw • Oil change trolley • Diehl 3pt shop fans • Electric drills • New filters and automotive supplies.

1:00 to 4:00 p.m. - Industrial, Farm Equipment and Vehicles:

• Galeon L 160 Grader w/snow blade, front axles and circle redone: only 50 hrs since engine rebuilt (Note: owner has requested one bid on grader) • 74 Case 780-CK backhoe (good working cond.) • 58 Cat D4 crawler w/hydr angle dozer, rebuilt main and pup engines • Rome 14' breaking disc • Sokol 20' In-axle gooseneck fladdeck • Hercules 6 cyl gas power unit w/winch (low hrs) • 8' x 12' fladdeck water trailer • 81 Chev 3/4 ton 4x4 w/350-V8, 4 spd • 80 Chev 1/2 ton w/350-V8, auto • 81 Class A Aristocrac 22' w/350-V8 auto (call close to sale day this item subject to prior sale) • 20' Vers 400 swather w/cab, double swath attachment, new tires • AC Gleaner C combine w/cab, PU and CH, Rice tires (shedded, field ready) • AC Gleaner C2 combine w/cab, PU and CH • Case 700 combine w/PU and CH (Shedded) • IH 403 combine PU and CH • Ford 8N tractor w/3pt • 72' hydr diamond harrow bar • 16' JD tandem disc • 18' JD 1800 discer w/S&F • 16' M.M. tandem disc • Westfield 7' x 36' auger w/ B&S motor • Allied 6' x 41' auger w/ B&S motor • 12' Case end wheel drill w/grass seed attach • NH manure spreader • 8' swath roller • Hoover potato harvester w/steel wheels • 3pt hitch equipment: potato digger, Ferguson plow, 8' cult, PTO saw mandrel, yard crane • Hyd. log splitter w/ 12hp Kohler • 10' land roller • (4) Water Pumps: gas motor driven 4", 2" and 1 1/2" • steel stock tank • Truck, farm and auto tires • Craftsman 15 1/2 hp garden tractor w/ bagger • Arctic Cat Panther 340 snowmobile • Several gas push mowers and chain saws • (3) Rototillers: 8hp, 5hp and 3 1/2 hp • 5hp B&S and Tecumseh engines • 2 wheeled trailer.

OWNERS PHONE NUMBER: Jim Sarapu 204-345-8300

*This is only a partial listing. Not responsible for errors in description. Subject to additions or deletions. GST and PST where applicable. **TERMS:** cash or cheque with 2 pcs. signed ID. For more info. or to receive a listing call:

FRASER AUCTION SERVICE 204-727-2001.

Fax: 204-729-9912 or check our

website www.techplus.com/fraserauction

KAY
INSURANCE AGENCIES LTD.
Robert D. (Bob) McKey
Business and Personal Insurance Planning
#1 Park Avenue, Lac du Bonnet
Residential, Commercial
Farm, Life, Disability
Investments
345-8196
Toll free: 1-888-345-8196

SUBWAY
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UNDER THE PLANNING ACT

NOTICE OF PUBLIC HEARING

REGARDING BY-LAW 06/01

The Council of the Rural Municipality of Alexander under the authority of The Planning Act will hold a PUBLIC HEARING at the office of the Municipality at St. Georges, Manitoba on the 24th day of July, 2001 at 11:00 a.m. at which time and place the Council will receive representations and objections from any persons who wish to make them in respect of By-law No. 06/01 to amend the R.M. of Alexander Zoning By-law No. 08/98 as amended.

A copy of the above noted By-law of the Rural Municipality of Alexander and supporting material may be inspected by any person during regular office hours from 8:30 a.m. to 4:30 p.m. Monday to Friday at the office of the Municipality at St. Georges, Manitoba.

The general intent of By-law 06/01 of the Rural Municipality of Alexander is to amend Zoning By-Law Map 7-30 in order that that area described as follows:

- (1) Lot 1, Plan 22597 WLTO being part of the NE 25-28-9 and SE 36-18-9EPM at present zoned 'RR2' Rural Residential Zone be rezoned to 'RG' General Seasonal Residential Zone.

and as shown outlined by a heavy broken line on Appendix "A" below.



APPENDIX "A"

Attached to By-law No. 06/01 of the Rural Municipality of Alexander Amending Zoning Map 7-30 of By-law No. 8/98 Being the Rural Municipality of Alexander Zoning By-law as amended.

LEGEND:
"RG" General Seasonal Residential Zone
Limits of area affected

Scale: 1"=400'
MANITOBA
Intergovernmental Affairs
Date: May 30, 2001
Dwg. No: 650-58-223

Rose-Marie Blanchette, Chief Administrative Officer
Rural Municipality of Alexander

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