

The  
Winnipeg  
River

# Echo



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## Mill celebrates TMP official opening

by Charles Norman

The biggest event in the history of Pine Falls since the opening of the newspaper mill in January 1927 is being celebrated on Friday.

The Tembec Paper Group - Pine Falls Operations, with the largest single investment in the history of the mill - 124.5 million dollars - has recently completed the construction of a thermal-mechanical pulp (TMP) mill that will assure the future of the mill - and the community it supports well into the twenty-first century. It represents the keeping of a commitment by Tembec CEO Frank Dittori when Tembec purchased the mill four years ago.

Eleven years ago the future of Pine Falls did not look anywhere near so bright - in fact it looked very bleak indeed.

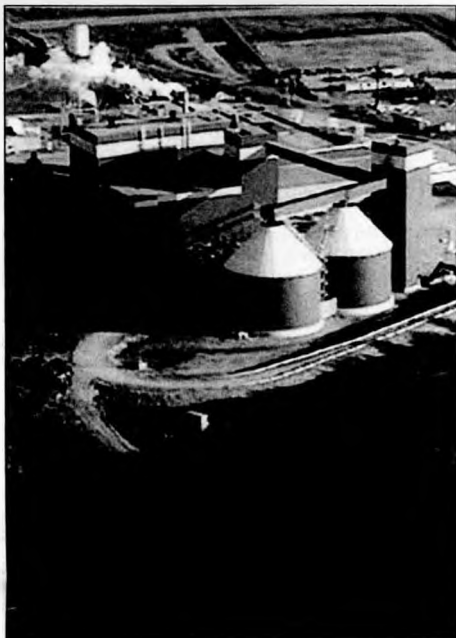
Abitibi Price, then the owners of the mill, had decided that the Pine Falls operation had no place in the long-term future of the company, and Abitibi CEO Bernd Koken had flown into Pine Falls to inform local management of the decision. To remain competitive the mill needed to convert to TMP pulping, needed a newsprint recycling mill and - by December 31 1994 - needed an effluent treatment plant to meet new federal government environmental regulations, but Abitibi was not prepared to make the necessary \$200 million investment. They would close the mill on 31 December 1994, but were open to offers from management and employees.

It took three years, but the money was raised to buy the mill and to build the recycle

mill and effluent treatment plant. As part of the financing package employees took a ten-percent pay cut and a five-year wage freeze in return for profit sharing and a 40% share of the company. The \$70 million investment required for the effluent treatment plant and recycle mill were repaid within two years but in spite of this it proved impossible to raise the capital needed for the TMP mill.

Because TMP pulping is essential to the long-term viability of the mill - and the whole community - it was decided to sell the mill to a company prepared to build a TMP mill. Tembec CEO Frank Dittori was the first approached, and a deal was forged which included a commitment for a TMP mill and

SEE/TMP Official Pg.2



Aerial view of Tembec's TMP Mill



Left to right: Paul McIntosh, Justina Bruchanski, Alana Alstadt and Patricia Enright joined many local talents in entertaining in the afternoon of Raquel's Day.

## A Day for Raquel

by Toni Bruneau

The family music festival held for Raquel Godin was a great success, with proceeds of \$45,000.

A Day for Raquel began in the afternoon Sunday, July 15 with entertainment and family fun under the big top at the Lac du Bonnet Arena. Over 600

people came to tap their toes to the talents of many local residents and show their support. Appreciation is extended to all entertainers for their support and participation. Donnie McDougall was also at the scene, signing autographs for those who purchased his newly released CD, with part

of the proceeds going to Raquel.

The family and friends of Raquel and Rob put together a first class event. The generosity of the organizers, countless volunteers, and all who attended is a testament to the unique community in which we live and the genuine individuals within it.

SEE/A Day for Raquel pg.3

## Stacey Bunn off to Japan

by Charles Norman

Stacey Bunn, of Sagkeeng, graduated with a Bachelor of Education from the University of Manitoba this year. Her first job will be teaching English to students in Japan.

She leaves for Japan from the Winnipeg International Airport at 11:05 on Saturday morning, but an emotional send-off was held for her in an upstairs room in the Sagkeeng Arena last Friday afternoon.

Stacey sat in an armchair. Surrounded by family and friends. A huge feast completely covering four tables awaited the fifty or so well-wishers many of whom commented on her success and wished her will in Japan.

One elder told her she was a good role model for the kids coming up. "They will know that anything is possible." He said. "They can aim as high as

they like." Another man said he'd been telling kids you can go anywhere in the world when you get a degree "and Stacey has proved that."

One after another people spoke, often with voices breaking, about how much they loved her and would miss her.

Her mother told her to "fly SEE/Stacey pg. 6



Stacey Bunn - Leaving for Japan on Saturday

# TMP Official Opening



\$100 million dollars for the mill. Tembec is a forest products conglomerate based in Montreal. \$40 million (almost all of it capital gains tax-free) was shared among the 500 employees.

Thermo-mechanical pulping uses huge (35,000HP) refiners to turn wood chips into a pulp suitable for the production of paper, a great deal of heat is developed, and used in the process. Hence the term

thermo-mechanical. The heat generated is used to generate steam, virtually eliminating the need for coal. (Until now about 100,000 tonnes a year). The two huge silos, 30m high and 30m in diameter at the rear of the mill are for chip storage.

Paper is made up of cellulose fibres. The longer the fibre, the stronger the paper. The advent of high-speed presses for the printing of newspapers

has created a demand for higher strength newsprint.

Until the introduction of TMP pulping Pine Falls used groundwood as its major source of pulp. It was produced in 4,000 HP grinders where the wood passed between six-foot diameter stones and is ground into a pulp. The pulp produced is inexpensive but has a short fibre length and hence a low strength. To compensate, higher strength chemical pulp is added. In Pine Falls the mill produced sulphite pulp, and purchased kraft pulp. Both of these are expensive, kraft pulp especially so.

Recently the mill has added recycled pulp, which reduced, but did not eliminate the need for chemical pulp. The cost of newsprint production was among the highest in Canada.

The evergreens of the forest which supply the wood for the Pine Falls Paper Company is a mix of jackpine and spruce in roughly equal proportions. Because of its high pitch content jackpine cannot be used for the production of sulphite pulp, and can only be used to a limited extent on the paper machines.

TMP pulp has a longer fibre length than groundwood and is strong enough to be used for newsprint without the addition of chemical pulp. Jackpine can also be used. In Pine Falls the new TMP mill will use jackpine and spruce in the same proportion as it grows in the forest.

The economics of a TMP mill are dramatically improved if it is built in conjunction with a sawmill. The wood chips for a TMP mill can come from the outside of the log, leaving the square interior portion available for higher value lumber. A joint venture agreement has been negotiated with eleven First Nations from the East and West of Lake Winnipeg. Providing environmental requirements can be met a sawmill will be built on land owned by the Sagkeeng First Nation, immediately west of the newsprint mill. It will cost about \$65 million and employ

325 people in the sawmill and in harvesting the additional wood required. The sawmill, and a forest management company, will be 50% owned by First Nations and 50% by Tembec. 100% ownership of the sawmill can be obtained by the eleven First Nations after five years of operation.

Tembec recently purchased a used paper machine in Finland for \$250 million. It will be located either in Spruce Falls or Pine Falls. The Tembec Board of directors will decide on the location at a September board meeting. It will depend on economics and availability of wood supply. If Pine Falls is chosen it will more than double the mill's newsprint current production 500 tonnes per day. To do that another TMP mill and another sawmill (possibly two) would be needed. The company does not have sufficient wood supply to feed an operation of this size and additional wood would need to come from further north. An all weather road would be needed to communities along the east shore of Lake Winnipeg, and as far north as Island Lake and God's Lake. Close to a thousand people, mostly from First Nations on the East Side of Lake Winnipeg would be employed in the industry.

The provincial government is carrying out a land use study before agreeing to any extension of logging in the area.

## BINGO

### COMBINED ACCUMULATORS

<p><b>Bonanza</b> starting value this week <b>\$5708</b> IF WIN POT STARTS AT \$200 Add 50% of sales on Monday If not won, carry over total plus 50% of sales to Wednesday. If not won, carry over total plus 50% of sales to Thursday. IN CASE OF DISCREPANCY, THE LATTER WILL PREVAIL <b>FOR UPDATES CALL 345-8825</b></p>	<p><b>Minnie Loonie</b> starting value this week <b>\$758</b> IF WIN POT STARTS AT \$200 Add 30% of sales on Monday. If not won, carry over total plus 30% of sales to Thursday. <small>* unless previously won</small></p>	<p><b>Lucky 7</b> starting value this week <b>\$4271</b> in 25 numbers POT PRESSES AT \$200 Add one if plus 30% of sales carry over on Monday. If not won, add one plus 30% of sales carry over to Thursday. IF WIN POT STARTS AT \$200 in 17 numbers or less</p>
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<p><b>Knights of Columbus</b> Lac du Bonnet Community Centre Specials 7:00 p.m. Lac. Lic. 504 Every Monday Evening <b>FOR UPDATES CALL 345-8619</b></p>	<p>Bonus Line - \$2821.00* Star - 320.00* Loonie Pot - 447.00* Toonie Pot - 579.00* Special "Y" - 442.00* Jackpot Strip - 283.00*</p>	<p><b>Lakara Ski Club</b> Lac du Bonnet Community Centre Specials 7:00 p.m. Every Thursday Evening Lac. Lic. 874 <b>FOR UPDATES CALL 345-6197</b></p>	<p>Bonus Line - \$2347.00 Star - 345.00 Loonie Pot - 702.00 Poker Flush - 6229.00 Special "Y" - 1112.00</p>
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<p><b>Royal Canadian Legion #164</b> Lac du Bonnet Legion Hall Specials 7:00 p.m. Every Wednesday Evening Lac. Lic. 483</p>	<p>Bonus Line - 125.00 Star - 465.00 Lucky 7 - 157.00 Poker Flush - 634.00 Mini Loonie - 305.00 #1 Loonie - 436.00 #2 Loonie - 1108.00 Jackpot Strip - 84.00</p>
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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.

# The Winnipeg River Echo

# A Day for Raquel



Raquel Godin's sister Wendy, expressed gratitude toward family, friends and the community of Lac du Bonnet on behalf of the Godin and Bruchanski families.

**From page 1**

Denis Godin, Raquel's father-in-law referred to the day as a celebration. "We're celebrating that Raquel pulled through this with a lot of heart," he said.

Denis expressed his gratitude to all in attendance. "All I have to say is this support, this extended family here, it's just overwhelming and it's just wonderful." He explained that something like this has always seemed to be "somebody else's problem", but now that it was their experience, the fact that everyone has "chose to help as opposed to look the other way" was just wonderful and valued by the entire family.

The sold out evening concert was an amazing success! All 1200 tickets were sold and the arena was packed with energy and enthusiasm as each act delivered a first class performance.

Raquel's sister Wendy addressed the crowd on behalf of Raquel, Rob and the family. She explained the rollercoaster of emotions the family had experienced and how they coped. "We quickly realized that there were so many people who cared for Rob and Raquel and all of us, and were ready to lend us their strength."

"On behalf of Raquel's family and the Godin family, we would like to thank our friends, our family and the entire Lac du Bonnet community for your continued support, and for today."

"Words are simply not enough to express our deepest appreciation," she said.

Raquel and Rob were unable to attend the celebration but sent a fax expressing their

gratitude. It read, "In my heart Lac du Bonnet will always be home. The beautiful trees, alfalfa fields, rushing water ways remind me of growing up in a place as close to heaven as there is." They explained the real reason Lac du Bonnet is so special to them — the love of family and friends they

ity shone through as Denis read the fax. "Sometimes in life, we are faced with challenges that are difficult to understand. These challenges test your strength, your spirit and your love. You are forced to make truly difficult decisions and put your life into perspective. While all these challenges are harder to face than any marathon or mountain, they also make you a better person. You appreciate the small things more, the smell of fresh air, the green grass, a warm summer day and the laughter of children. And you learn that nothing is as important as

family, friends and the people you care about. Raquel's life is not in danger anymore, and recovery is going well, although her journey is just beginning. She at home now and enthusiastic and excited to be able to walk and run again, "especially

share it with. "It's people and their sense of community spirit. We are overwhelmed to say the least, at this kind support being shown today." They said that words could not express their gratitude.

Raquel's glowing personal-



Burton Cummings received an original jersey from Glen Kettles with thanks for his participation in A Day For Raquel, on behalf of the Lac du Bonnet Ol' Blues.



Ron Lindgren (left) and Ray Struss contributed to the toe tapping atmosphere under the big top at the family music festival fundraiser held for Raquel July 15.

waltz with my dad and polka with my mom to his accordion."

Rob and Raquel are aware of the tough days ahead of them, but will forever be inspired by all the love and support shared by so many caring people.

If you were unable to attend A Day for Raquel and wish to make a contribution, there is an account set up at the Royal Bank of Canada in Lac du Bonnet, for donations. Proceeds will go toward buying Raquel "the best set of legs she can buy".

Note: Raquel, and her husband Rob Godin, who reside in Winnipeg, grew up and went

to school in Lac du Bonnet. Raquel was stricken with meningococcal meningitis early in April of this year. The family was told by doctors that Raquel was facing a one in ten chance of survival. Slowly, 72 hours from experiencing her first symptoms Raquel began to improve. She came through it, against the odds and is here with us today.

Complications however, included blood clots and loss of circulation to her hand and feet. 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 legs, just below the knee.



Lil Griffith and Betty Edkins were among the countless community members who volunteered their time and showed support during A Day for Raquel.

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# Old Pinawa Trail Day

by V. Anderson

This past Saturday celebrations took place at the Old Pinawa Heritage Park to commemorate the one year anniversary of the Trans Canada Trail.

The weather was hot and sunny for all who came out to enjoy the day. Organizer Michelle Chudd had many events and volunteers set up to make the one day celebrations fun, festive and informative.

There was a clinic for mountain biking that showed spectators the essentials of bike maintenance and repair. Jeff Derksen who is from Olympia Cycle & Ski in Winnipeg did bike tricks and bike demonstrations. Another clinic which was very popular was the fly fishing, this event had demonstrations on how to fly fish, and the proper baits and tackle one would need.

The kids had a great time at the Manitoba Youth Job Centre tent "Children's Twoonie

Tent" which was run by Sunita Mulpuru. The children did face painting, assorted crafts and they had a blast with the bubble makers and running around trying to catch all of them. They also were able to learn more about nature through various outdoor games. There were many other events that one could attend, organizer had clinics on hiking, birding, and trick kite flying.

People who attended were given guided tours through the historic town-site of the first Pinawa. There were also bike tours from Old Pinawa to the first footbridge and back along the Trans Canada Trail. A relay game took place and people who attended were encouraged to take a hike along the trails across the dam and try to locate the trivia questions and relay the question to the information booth. If one was successful in doing so they were entered into a prize draw.



Friends posed together for fun and a souvenir picture behind the Lac du Bonnet 4 Seasons Playground billboard at the Old Pinawa Trail Days.

During the afternoon the Amphitheatre area had various local artist playing music. Families and friends were able to gather at their leisure and sit

back and enjoy, the music and festivities. If you are interested in learning more about the Trans Canada Trail or the Old Pinawa Heritage Park

please contact Michelle Chudd at the Winnipeg River Recreation District at 753-2639 or 345-8816 or Email [recommm@granite.mb.ca](mailto:recommm@granite.mb.ca).



Bubble blowing toys were a delight for the children who ran around trying to catch them all.



Sunita Mulpuru (left) from the MYJC hosted the children's Toonie Tent this past weekend.

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**News Tips?** Call 367-9468 or 345-9896

**Thank You**

Tasty Treats owners and staff would like to thank the community for all their support on our One Year Anniversary and Grand Opening. Thank you to all the kids who came and enjoyed our fun for kids day!

**Jelly Bean Contest**  
Winner with 900 was **Steven Dorie**  
Actual Count was 921!

**Colouring Contest winners were:**  
★ Jessie Dube  
★ Alex Camere  
★ Joshua Harn

Thank you very much and we hope to see you again soon!  
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# Northern Lights Artist Show

by V. Anderson

This past weekend the Northern Lights Artists show was held in the Lac du Bonnet Community Centre. Organizer Nancy Lou Ateah who is a painter herself, coordinated the art show. There were 18 artists who came together to show or sell their work this past weekend. Most of the artists were from within the area. Some of the artwork that was on display ranged from pottery, sewing, painting, glass-works, woodcrafts, and unique household items.

There were a couple of new artist who attended the show this year. Diane St. Onge-Summers who is new to the area, she moved to Lac du Bonnet last year, was at the show with some of her work. Summers is a painter, her paintings are of scenery. "I

have been painting for many years, but I have been working on commissions for the past six years," said Summers.

Another new artist that was there showing her work was Nicole Nixon. Nixon is also new to the area. She has recently taken a job teaching at the Powerview High School where she teaches grades seven and eight. Nixon is also a painter, but uses unusual canvasses, some of her work is done on bear skins and buffalo skulls. These two artist have beautiful works and both are currently working on commissions.

The art show was attended by many, and the next one that will be offered is on August long weekend the 4th and 5th at the Victoria Beach Sports Club. If anyone is interested in joining the Northern Lights



Local artists Diane St-Onge-Summers (left) and Nicole Nixon display some of their paintings at the Northern Lights Artisans show in Lac du Bonnet last weekend

Artists Show, they should contact Nancy Lou Ateah at 756-3447. Also if anyone is interested in getting commissioned work they can also contact Nancy for a list of artist that might be available.

# Fifth Annual Sandman Triathlon

Submitted

The preparation for the fifth annual Sandman Triathlon to be held in la du Bonnet Sunday July 29 is well under way. The event has the full support of the Town of Lac du Bonnet and is being hosted by the lac du Bonnet Knights of Columbus, community Centre, and Youth Centre. An expected five hundred people will be directly involved in the days events including over one hundred and fifty competition participants.

The swim portion of the Triathlon will take place at Lakers Water ski Club in Lac du Bonnet, the cycle is an out and back on highway 11 south of La du Bonnet. The Standard Distance Triathlon starts at

8:30 a.m. and consists of a 1500 m swim, 40k bike, and a 10k run. The Sprint race starts at 9:30 a.m. and consists of a 750m swim, a 20k bike and a 5k run. The Tri-a-Tri starts at 10:00 a.m. with a 300m swim, a 10k bike and a 25k run. For more information about the Sandman Triathlon visit the website at [www.triathlon.mb.ca](http://www.triathlon.mb.ca). Same day sign ups are welcome.

Organizers have been busy gathering sponsors and volun-

teers. If interested in donating some of your time to help out with this community event, please contact Robin at 345-3803 or Suzanne at 345-2316.

It is great opportunity for the Town as, we are hoping to make this an annual event with all proceeds going towards the Youth Centre. It is wonderful to se a community working together with local youth in support of our Youth Centre. This makes for a success all around. See you there!




Fiddler's Green woodcrafts were one of the artisans at this year's Northern Lights Arts and Crafts show

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## JOHNNY DANGEROUSLY BAND

<p><b>DANCER WEDNESDAY</b></p> <p><b>BIG MEAT DRAW &amp; CASH DRAW SATURDAY</b></p>	<p style="text-align: center;">Dine In or Take Out</p> <div style="border: 1px solid black; padding: 2px; display: inline-block;"> <p style="margin: 0; font-weight: bold;">CHESTER FRED CHICKEN</p> </div>
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# ECHOES FROM THE Heart

The Song of Brothers Like any good mother, when Karen found out that another baby was on the way, she did what she could to help her 3-year-old son, Michael, prepare for a new sibling. They found out that the new baby was going to be a girl, and day after day, night after night, Michael sang

to his sister in Mommy's tummy. He was building a bond of love with his little sister before he even met her.

The pregnancy progressed normally for Karen. In time, the labor pains came. Soon it was every five minutes, every three, every minute. But serious complications arose dur-

ing delivery and Karen found herself in hours of labor. Would a C-section be required? Finally, after a long struggle, Michael's little sister was born. But she was in very serious condition. With a siren howling in the night, the ambulance rushed the infant to the neonatal intensive care unit at St. Mary's Hospital, Knoxville, Tennessee.

The days inched by. The little girl got worse. The pediatrician had to tell the parents there is very little hope. Be prepared for the worst. Karen and her husband contacted a local cemetery about a burial plot. They had fixed up a special room in their house for their new baby but now they found themselves having to plan for a funeral. Michael, however, kept begging his parents to let him see his sister. I want to sing to her, he kept saying.

Week two in intensive care looked as if a funeral would come before the week was over. Michael kept nagging about singing to his sister, but kids are never allowed in In-

tensive Care. Karen decided to take Michael whether they liked it or not. If he didn't see his sister right then, he may never see her alive. She dressed him in an oversized scrub suit and marched him into ICU. He looked like a walking laundry basket. The head nurse recognized him as a child and belatedly, "Get that kid out of here now. No children are allowed." The mother rose up strong in Karen, and the usually mild-mannered lady glared steely-eyed right into the head nurse's face, her lips a firm line. "He is not leaving until he sings to his sister" she stated. Then Karen towed Michael to his sister's bedside. He gazed at the tiny infant losing the battle to live. After a moment, he began to sing.

In the pure-hearted voice of a 3-year-old, Michael sang: "You are my sunshine, my only sunshine, you make me happy when skies are gray." Instantly the baby girl seemed to respond. The pulse rate began to calm down and become steady. "Keep on singing, Michael," encouraged Karen with tears in

her eyes. "You never know, dear, how much I love you, please don't take my sunshine away." As Michael sang to his sister, the baby's ragged, strained breathing became as smooth as a kitten's purr. "Keep on singing, sweet-heart." "The other night, dear, as I lay sleeping, I dreamed I held you in my arms". Michael's little sister began to relax as rest, healing rest, seemed to sweep over her. "Keep on singing, Michael." Tears had now conquered the face of the bossy head nurse. Karen glowed. "You are my sunshine, my only sunshine. Please don't take my sunshine away..."

The next day...the very next day...the little girl was well enough to go home.

Woman's Day Magazine called it The Miracle of a Brother's Song.

The medical staff just called it a miracle. Karen called it a miracle of God's love.

Never give up on the people you love. Love is so incredibly powerful.

Life is good. Have a Wonderful Day!

## Pine Falls Community Billboard

**Fort Alexander Health Centre:** Diabetes Clinic, 9:30 a.m. to 3:30 p.m. every Tuesday. Blood sugar check, nutritional counselling, phone 367-2208. **PACE 7-1375:** meets first Tuesday of the month, Chicken Chef, Powerview meeting room.

**MMF meeting:** Tuesday, May 29 at Mr. Pic's, 7:00 p.m.

**Prenatal classes:** held regularly at Pine Falls. Please register with Gail 268-6106 or call your local public health nurse.

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

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

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

**Silver Haven Club:** cribbage every fourth and fifth Monday, 1:30 p.m., whist every Thursday, 1:30 p.m.

**Pine Falls Health Auxiliary:** meetings first Tuesday of every month, 1:30 p.m.

**Cottage Country Business Assoc.:** meets first Monday of the month, 7:00 p.m. October through May, ph. 756-2596

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

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

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

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

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

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

**Village of Powerview:** meets second Tuesday of each month

**Wanipog River Senior Service Inc.** Coordinator Tina Polischuk, Pine Falls Health Complex, phone 367-9128, 9:00 a.m. to 3:00 p.m. Monday to Friday.

**Services:** transportation, home maintenance, foot care, volunteer help, info.

**Family Care Giver Support Group:** at the United Church, Pine Falls, last Thursday of the month, 7:00 p.m.

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

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

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

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

**Beaches HELP Centre (seniors service)** 756-6471, Wednesday 10:00 to 4:00 p.m., Friday 10:00 a.m. to 1:00 p.m.

**Powerview Parent Advisory Council:** meets first Thursday of every month.

**Great Falls Hall workers - Tuesdays** and Thursdays from 10:00 to 11:00 a.m. **Pine Falls Library** open 3:00 p.m. to 5:00 p.m. Monday and Thursday.

**Call The Echo 367-9468** to list your community event **FREE OF CHARGE**

## Winnipeg River Church Services

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

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

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

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

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

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

**TRINITY EVANGELICAL LUTHERAN CHURCH:** Thalberg, 1 mile east and 1 mile south of Junction #12 and #104. St. John's Evangelical Lutheran Church, Greenwald on Hwy #12, 1 1/2 miles north of junction with #317. Sunday church school 10:00 a.m., worship 11:00 a.m. (alternate locations) For info call 635-2625 or 754-8682.

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

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

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

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

**ST. THERESA, R.C. MISSION:** 88 Glendale Avenue, Grand Marais. Mass or community service 11:30 a.m. first Sunday of November to last Sunday of April. May through October mass 10:00 a.m. Sunday.

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

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

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

# Stacey Bunn off to Japan this Saturday

from page 1

as high as you can," and told everyone else how proud she was of her daughter, and how much she would miss her. Her grandmother said Stacey was "the first in our family to venture so far away. We're very proud of you. All our love goes with you - your uncles

and aunts as well as me." Her older sister, her voice breaking, told her to "teach people over there about us. I can see you're a proud Anishnabe woman - teach them about us.

Responding to her friends and relatives, Stacey said, "The love I've had here I'll carry with me - I'll carry Sagkeeng

with me. I want to show the kids of Sagkeeng that they can dream big - with an education they can go anywhere."

Stacey is going to Japan under the JET Program (Japanese Exchange Teachers) and will be teaching in Kanongi. She is studying Japanese, but says she is not fluent yet.



**CHRISTMAS**



**July 19-Aug. 6**

in the

**SUMMER**

at **Grandma's Craft Cabin**

Lot 19 Ateah Rd.  
Victoria Beach  
Phone 756-2689  
Closed Wednesdays

**Santa and his team of Alpacas will arrive Saturday, Aug. 4 at 11:30**

The  
Winnipeg  
River

**Echo**

Independently  
owned  
and operated

**QUESTIONS? COMMENTS? CONCERNS?**

Contact us at our office nearest you

**Powerview 367-9468 — Lac du Bonnet 345-9896**

# Library Allard Book Nook



As the summer rolls along, Camp Read-a-lot begins to grow with a number of children participating both in the reading program and the book bingo. Storytime has gone quite well, despite the small turnouts, while craft time is a success with the kids. There has been a large number of children participating in both of the age groups and they seem to enjoy the work they are doing. Last week, the children made their own wheelbarrow flower pots and filled them with tissue paper flowers and they also made their very own sailboats with corks and scraps of felt. Both of these crafts followed the theme of environmental week with the use of recycled materials collected by the lovely librarians. This week's theme was insects with plenty of books on display for many different ages. Tuesday's craft session

went very well with the children constructing moths and butterflies with construction paper and clothespins. The children had a great time practicing their artistic skills when decorating the wings of their insects. Thursday's craft session was a small turnout, but they did seem to have fun creating bumblebees and other bugs out of laminating film and construction paper. Each child had their own imaginative and unique way to decorate their bugs.

Not only do the children take delight in the summer program, but they also seem to appreciate the company of the two summer students at the library. The summer students have their hands full doing what they can to make the summer program a success. They help to organize the crafts sessions and storytime, as well as setting up the new

displays of books in the library. They are also responsible for the creation of Camp Read-a-lot, of course not without the help of the crafty librarians. The students are also here to lend a helping hand to the librarians and the clientele that come in to the library. They are both pleased to meet and greet the many patrons of Library Allard and they hope to be of help to the library and its cheerful patrons. If you are in the neighborhood, drop in to say hello and to see the work that is being done with the summer program.

"Hi", my name is Jean-François Albert. I'm participating in the summer student work exchange program 2001. I will be living here in Powerview at the Watling home for a period of six weeks. This summer I'm going to be

working at Library Allard in St-Georges and also at the Maskwa Project. My home town is in New-Brunswick (Caraquet), and so far I love my experience here in Powerview, Manitoba. I will practice my second language, English, and also meet some special people. At the library, it gives me a chance to talk with people, while at the Maskwa Project I can practice my carpenter skills!

"Hi, my name is Tara Berthelette and I will be working as a summer student here at Library Allard. I have the

opportunity this summer to work with the children participating in the summer program with the company of a wonderful staff. I also get to meet many new and friendly people while assisting in the library, as well as trying to help make Jean-François feel comfortable during his stay in Manitoba. I enjoy the environment at the library and it gives me the chance to try a new type of work. I am glad to be working here for the summer and I hope to do what I can to help keep everyone loving the library!"

## Unmasking the invisible with the truth behind the stigma

Eastman Mental Health Self-Help Service is a grass roots program with unique histories working together to deliver mental health services outlined in each of their mandates.

Anxiety Disorders Association of Manitoba, Canadian Mental Health Association, Manitoba Schizophrenia Society, and Mood Disorders Association of Manitoba provide education, support groups, resources and referrals in support of individuals with mental health concerns.

We believe everyone is entitled to a positive state of mental health.

We believe everyone has the right to fully participate in society.

We believe everyone has the right to be aware of all services available to them in their home community.

We believe in empowering

people suffering from the debilitating effects of mental illness to be actively involved in their recovery, setting the stage for a better quality of life.

Many people do not realize Eastman Mental Health Self-Help Service has existed for five years, and is not new to the area. This spring we received great support from the community mental health and public health programs in the community, and as part of an overall effort to improve access and to serve people in their home community, an Outreach Worker is available every Thursday from 10:00a.m. to 4:00p.m. at the Pine Falls Health Complex in the office across from the Lab and X-Ray. Feel free to drop in and talk with one of us.

Watch each week for a series of articles as each organization writes about different mental health topics in greater detail.

## Library Corner

### Lac du Bonnet Regional Library

"How will we get to the Beach?" This may be a question the children are asking at your house during these hot July days! But it is also the title of a lovely book that your children would enjoy! This is a guessing-game story for youngsters, and it really is a lot of fun! Roxanne wants to go to the beach on a hot summer day, only to find her car won't start. Of course there are so... many things she needs to take with her. "From bus to bicycle, from bicycle to skateboard, from skateboard to kayak, whenever Roxanne comes up with a new way to get to the beach she discovers she must leave something behind - and children will have great fun guessing just what's missing each time."

Our summer reading program is well underway - the children are enjoying Gemma's stories and crafts, and learning something new about Manitoba each week. On July 17 we held a draw for a one-night's free camping pass, courtesy of Parks Branch of Conservation. All who registered for the reading program were eligible for the draw. Our lucky winner was Jocelyn Plouffe. Congratulations, Jocelyn! We hope you and your family will have an opportunity to camp out in one of Manitoba's

campground's soon. At the end of July we will be drawing two names to win a Harry Potter backpack! As well, all who participate in the reading program will receive a goodie bag of prizes courtesy of Tourism and Parks Branch. Just a reminder, kids, that your poster entries for the contest sponsored by Travel Manitoba should be handed in to Gemma at the library by the end of July. Use your imagination and show us what Lac du Bonnet needs to attract even more summer visitors. Our very efficient student employees are helping us to process new books for the shelves. For the preschoolers we have a great new set of "Blackberry Farm" books. For Garfield fans we have "The Tenth Garfield Treasury". Our two new "Eye-to-Eye" books will

teach you all about insects and spiders, and snakes and lizards! Another great book about wildlife is called "deer, Moose, Elk and Caribou". In it you'll find out what they eat, where they live, how they give birth and raise their young, why they migrate and much more. "Crazy for Horses" is full of facts about various breeds of horses, and beautiful pictures of each one. "Optical Illusion Magic - Visual Tricks and Amusements" is a book by Michael A. Dispezio. Entertain yourself or impress your friends for hours. "There's only one thing you can be sure of when it comes to optical illusions: Appearances are deceiving!" Adults - don't feel left out! For your summertime reading enjoyment, our students are preparing a display of great new paperbacks. Be the first to check them out!

## NOTICE

### Village of Powerview Waterbills

Please note: The due date on recently issued waterbills is incorrect. The correct due date is August 17, 2001.

**J.M. Thevenot,**  
Administrator,  
Village of Powerview

## Birchwood

### BIRCHWOOD MOTOR HOTEL

Traverse Bay, 756-2598

MONDAY ..... STEAK NIGHT  
TUESDAY ..... PICKEREL NIGHT  
WEDNESDAY ..... PASTA NIGHT  
THURSDAY ..... CHICKEN NIGHT

**DINING ROOM...**  
Mon. to Thurs.  
9:00 a.m. to 8:00 p.m.  
Fri. & Sat. 9:00 a.m. to 9:00 p.m.  
Sun. 9:00 a.m. to 2:00 p.m.

**THE BAR...**  
Mon. to Thurs.  
11:00 a.m. to 1:00 a.m.  
Fri. & Sat. 11:00 a.m. to 2:00 a.m.  
Closed on Sunday

MONDAY - Canadian Tire Money is Par in the Bar  
TUESDAY - Karaoke & Birthday Draw  
WEDNESDAY - Steak & Brew  
THURSDAY - Ribs, Meat Draw, Pool Tourney  
FRIDAY - Hot Wings

**Girls Nite Out**  
**Oil Wrestling**  
Wednesday, July 25  
Show starts at 9pm

**Music DJ**  
July 26, 27 & 28  
Book Clubs with Musicians' Society  
Friday & Saturday in the Dining Room

ATM Banking  Licensed Family Dining Room  Beverage Room  
Cold Beer Vendor  Licensed Outdoor Patio  Sand Volleyball  
Horseshoe Pitch  Canada Select Recommended Accommodations  
Video Lotto Terminals  Basketball Court  Fax & Photocopy Services

## Ask your Pharmacist Straight Talk On Vitamins

"My daughter is stuffing the medicine cabinet with vitamins I've never heard of before. What's going on here?"

Your daughter is probably concerned about the adequacy of her diet. Many Canadians are. As a result, consumer demand for a wider variety of vitamin formulations has been jumping. Vitamin therapy has also become one of the liveliest medical specialities.

You can get your vitamins from a balanced diet or from manufactured vitamins. It's really up to you, but you need them every day.

Vitamin labels can be confusing. RNI means "recommended nutrient intake", RDA means "recommended dietary allowances". IU is the international unit of measurement and refers to vitamin strength.

Therapeutic doses of vitamins are used to treat certain deficiency states of diseases under a doctor's care. They can be several times the RNI, which is always a very low dose.

Supplemental doses of vita-

mins supplement the diet by providing further amount of vitamins (A,D,E and K).

Water-soluble vitamins must be supplied every day because they are not stored in the body. Excess amounts of water-soluble vitamins are passed out of the body in the urine. Excess amounts of fat-soluble vitamins are not passed out of the body. They are stored in liver and fatty tissues.

It is possible to take too much of a good thing. Fat-soluble vitamins, if taken in large quantities, and/or over a period of several years, can reach dangerous levels in the body. It is also possible to overdose on water-soluble vitamins. Vitamin C, for example, in doses greater than one gram per day can cause nausea, vomiting, and diarrhea in some people. Doses greater than four grams per day have resulted in kidney or bladder stones.

Overdose symptoms are many and diverse. Some are serious. As your pharmacist to tell you about any possible

side effects.

Minerals are not vitamins, but they also play an important role in normal body function. Some important ones are iron, calcium, magnesium, iodine, and potassium. Excessive mineral intake, too, can lead to overdose. For example, iron overdose is associated with such symptoms as nausea, vomiting, diarrhea and drowsiness.

Almost all vitamins and minerals are available in multivitamin combinations, as well as separately. A balanced multivitamin product may be the best initial choice for the family medicine cabinet. Individual vitamins can then be added prudently.

Consider cost factors when buying vitamins. On most labels, you'll find the words "natural" or "synthetic". Both are exactly the same chemically. Cost is the only difference.

If shelves of vitamins still confuse you, ask your pharmacist for advice. Questions about diet, health, and pocket-book are worth asking any day.



Summer Student Exchange Students from New Brunswick. (l-r) Jason Theriault, Frederick Mallet, Jean-Francois Albert, Veronique Cyr, and Veronique Langeigne

### Meet the summer exchange students from New Brunswick

Vanessa James, Coordinator, Summer Work - Student Exchange 367-9204

Congratulations to Greg Watling, Tracey Keenan, Allison Besel, and Heather Cottrell

These Students from the Churchill Federal Riding are well on their way to completing their role in the Summer Work - Student Exchange program. These students are literally going places!

On July 24<sup>th</sup>, we started our journey on VIA rail to Lennoxville Montreal. A conference held for 800 students, 150 co-ordinators and program workers all across Canada. The trip was very scenic and fun filled joining other students who started their travels from Vancouver. We had a stop in Toronto, and saw the CN Tower, Much Music and downtown Toronto. You may even see our 5 minutes of fame on "Speakers Corner". Once arriving at our dorm rooms at Bishop's University, we participated in workshops teaching us leadership, communication, role modeling and team building skills. Other activities were free time and a dance. This experience showed unity in the truest form, and in just a short time we all made friends, laughed and expressed our

farewells. Now our students are placed in New Brunswick, met their new families, started a job and made a strange place their new home for the summer. Good luck to everyone, we cannot wait to hear you exciting stories.

It's time to introduce our Francophone students, Veronique Cyr, Veronique Langeigne, Frederick Mallet, Jean Francois-Albert and Jason Theriault are visiting our community until August 14<sup>th</sup>.

Wings of Power, St. Georges Library Allard/Maskwa, LDB Youth Recreational Centre and LDB Regional Library will offer summer job placements to these students from New Brunswick. In exchange, employers in Francophone areas of New Brunswick will offer jobs to Greg Watling, Allison Besel, Heather Cottrell, and Tracey Keenan. This gives the students a mature environment that provides a unique opportunity to travel, work and improve their second language skills.

We have great students visiting us, if you have the chance to meet them, give them a warm welcome!

For more information on this cultural adventure, please visit our website at [www.summer-work.com](http://www.summer-work.com)

The  
Winnipeg  
River

# Echo

ADVERTISING DEADLINE  
FRIDAY 3:00 P.M.

## TRY YOUR DRUGSTORE *first*

- Pharmaceuticals
- First Aid Supplies
- Hair Products
- Health & Beauty
- Stationary
- Greeting Cards
- Lottery Centre
- Gifts

## PINE PHARMACY

Open Monday to Saturday, 9:30 a.m. to 5:30 p.m.

367-2611



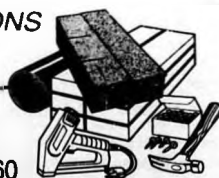
DISPENSARY

367-2517



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NORCO DISTRIBUTOR

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- ✓ RENOVATIONS
- ✓ REPAIRS



Gord Sokoloski  
Telephone 367-2660

# Winnipeg River RCMP report



FROM pg. 3

Members attended a truck fire at #304 and #59 investigation showed that the rear tires of the tractor trailer caught on fire. The driver made attempts to put out the fire as well tried to remove the tractor from the two trailer units. The driver was injured when one of the tires blew resulting in the driver being burned as well as receiving a broken hand and arm.

A van received broken windows while parked in Little Black River.

There was a Break and enter into a concession stand at Grand Beach.

Also, a break and enter into the CFS garage at Fort Alexander. Missing are a 5.5 HP Green lawnmower, fiesta BBQ and a weed eater.

Another break and enter at

Grizzly Bay in which an ATV was stolen.

There was a report of shots fired in the Belair properties area. Policed attended, but no one was located.

A report of a hit and run in Grand Beach. Police located the vehicle and three youths were charged with Highway Traffic and Liquor offences after being lodged till sober.

Police attended a call of screaming and a report from a female that someone was at her cabin with a gun and she believed she would be killed. Members arrested the caller for her own safety, as there was no one at the residence and she was highly intoxicated.

Report of a male and female fighting at Cat Fish Creek. Members attended but both subjects had departed.

A report of shorts fired on Belair Road. Members at-

tended and checks made as well as a search of a residence with negative results.

A report of stolen fire wood from the Grand Beach area.

Report of two cases involving threats uttered. Both are being investigated.

A report of assault and threats with a screw driver. Case is still under investigation.

A report of a stolen hitch from Donner Lake.

Report of an assault at a drinking party resulting in charges.

A report of a Break and Enter into a vehicle on Fort Alexan-

der. Report of a care fire near Bissett.

Police received a complaint of spousal assault and forcible confinement, investigation continues.

A report of a home invasion at Grand Marais where males broke in and assaulted the residents with pool cues and weights.

A purse was located in Powerview which is in the shape of an animal print. Can be retrieved at the RCMP detachment.

A report of two vehicles damaged while parked at Grand Beach.

A stolen vehicle was located in the Traverse Bay area. The vehicle was totally destroyed and was from the Winnipeg area.

A vehicle was broken into at Patricia Beach and the stereo was stolen.

A report of spousal assault resulting in one subject being treated at the Pine Falls Hospital.

## Recreation not just sports

### Recreation ramblings

by Robin Attas, Recreation Assistant

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

I've got a really exciting day camp coming up next week that everyone needs to know about. Drama at the Beach is happening July 30 to August 3 from 1:30 p.m. to 3:30 p.m. daily at the Lac du Bonnet beach next to the play structure (rain location: New Directions School). Children ages 6 to 12 are welcome to show up, paying \$2 daily for a variety of drama games and activities. Each day will touch on a different area of drama, including masks, improv, puppets, and storytelling-plus lots of fun games as well. If you have any questions about the camp, give me a call, or just show up down at the beach on July 30!

#### Sandman Triathlon

Don't forget about this ex-

citing event, happening this Sunday in Lac du Bonnet. Command central is the Lakers Ski Club, probably one of the best locations to watch some great athletes!

#### Preschool and adult swim lessons

Preschool lessons will be offered at the Pinawa Pool in the third session of lessons, July 30 to August 10. Adult lessons are available in either the third or fourth (August 13-24) sessions. Call the LGD of Pinawa to register: 753-5100.

#### Diving clinic

On August 11, an intro-to-diving clinic will be offered at the Pinawa Pool for kids and teens ages 5 to 19. The clinic will run from 10 a.m. to noon, with the potential for two classes should there be enough

registrants. This clinic costs a measly \$5 and is taught by the Manitoba Divers Association-these people have the skills! Register by August 3 at the Recreation Office.

#### Kayaking clinic

Another great clinic coming your way! On Sunday, August 12, learn the basics of kayaking at the Pinawa Sailing and Rowing Club with instructors from the Selkirk Kayaking Club. This clinic is open to anyone from 10 year olds to adults, so entire families can register if they're so inclined! The time of this event is from 1 - 3 p.m. and registration is \$15 per person. Be sure to get yours in soon, as I've already heard of several people eager to get in, and we have a maximum of 25 spaces available.

#### Tennis Lessons

The Pinawa Tennis Club is offering tennis lessons for adults every Tuesday and Thursday from 7 - 8 p.m. at the tennis courts. The cost is \$25 for 4 lessons. For more information or to register, call Dennis Chen at 753-5190 (w) or 753-8485 (h).

## Thank You....

It was a great honour to represent my communities as part of the Manitoba Ringette Championship held in Moncton, New Brunswick in April of 2001.



I was extremely overwhelmed by the support from the communities and the donations provided from

- Pine Pharmacy
- Royal Canadian Legion #64
- Papineau Motors Ltd.
- Dave's New & Used Furniture
- Vince Harbottle
- Norm & Helen Pachkowsky
- Knights of Columbus
- Jay-Elle's Year Round Art Work
- Rene's Septic Tank Service
- Royal Canadian Legion #64 (Ladies)
- Rural Municipality of Alexander
- Yvs Normandin Trucking Ltd.

- Eastman Ringette
- Hazel Lower
- Clark's Corner
- ESDA - Elite Athletic Assoc.
- Eastman Sports - OEU
- Pine Falls Physiotherapy
- Mr. Jesseau
- Winnipeg River Lions Club
- Blue Water Medical Group
- Tembec
- Henry's Towing
- Manitou Lodge
- The Winnipeg River Echo

I would like to thank the patrons that had participated in the fundraising draw at the Papertown and Rusty Nail. Also a special thanks to Marlene and Randy of the Rusty Nail with organizing Saturday Night Meat Draws.

*Thank you, I will always remember your generosity.  
D'Esberg Lower and family*

## 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

The Winnipeg River

## Echo

Your Community  
Your News

### NEWS TIPS

Phone

Lac du Bonnet 345-9896  
Powerview 367-9468

## LdB Recreation Fishing Team

submitted by coaches Pat Lennox and Pete McKenzie

The Lac du Bonnet, Tryhards are Bryce Lodge, Anthony Worona, Geoff Bordeleau, Keegan Sveinson, Adam Gorrie, Stephane Bordeleau, Matt Towers, Riley Pargeter.

This team completed another recreation fishing season the 23rd of June, with a successful day trip to Lockport,

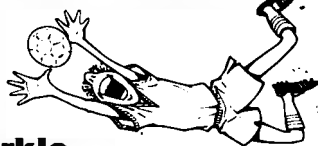
catfishing. Two master angler cats were caught by Anthony Worona measuring 89cm, and Bryce Lodge 90cm, a master angler carp was also caught by Adam Gorrie 86cm. And a number of goldeye were caught, everyone had fun.

The team was out fishing five times, approximately two in a half hours each outing. They caught a total of 33 fish that included four master an-

glers.

On June 16th, the team fished the Lee River and 15 fish were caught. Including a master angler perch by Stephane Bordeleau, 33cm.

We the coaches feel that these kids (fishermen) had a good time overall, and gained experience about - tackle, fish species, knot tying, different baits, and fishing in general. Good fishing.



## Soccer action

### Diamond Heads sparkle in Men's Soccer

The Men's Recreational Soccer League is in full swing. The local Pine Falls Diamond Heads team played a balanced attack beating the Powerview Varsity team 4-1 for their first win of the season last week. Diamond Heads continued their winning ways by defeating the defending champions, Powerview Pistols 8-1 on July 22. The game saw the Dia-

mond Heads dominate all aspects of the game and took the play to the Pistols. With their masterful counter attacks, the Diamond Heads penetrated the Pistols defence with ease and lead at half time 3-0. The second half was much like the first half with the Diamond Heads continuing their assault scoring five more times on a bewildered Pistols' keeper.

The league continues to accept players and or teams for this soccer season, so don't hesitate, register soon. No experience necessary.

The league is also seeking more referees (financially compensated). If interested, please contact the RCMP at 367-8728.

Next game is Sunday, July 29th, Powerview Field, Pistols versus Varsity.



## Golf tip of the week

Dale Mitchell, CPGA Golf Professional

### Tips to improve your short game

Well folks it's time to start thinking short game again and this week we're going to talk about the short short game.

When you have one of those little short shots just on the edge of the green usually you have two options.

First you want to check the lie of the ball if it's in real deep grass your only choice is probably the sandwedge. If the ball is sitting up in a good lie then you have several options to look for an you can use anything from a 4 iron to a wedge. Now if you have to hit a wedge just remember to shorten the back swing and accelerate through the shot, but always finish your swing, this may take some practice but once you learn how to hit this way it's a real fun shot. If you're going to use a flatter club and bump and run the shot you actually hit with a stroke similar to your putting stroke. The only thing to do is use your imagination and have fun with it. Well that's it for this week we'll see you next week.

By the way I'd like to congratulate Elwood Nicholson one of my members for making a hole in one on #6 at the Pine Falls club while participating in our senior mornings event on Fridays. Great shot Elwood keep up the good work congrats. By the way Men's nights every Monday is open to the public everybody is welcome, same thing goes for Ladies night on Wednesdays.

## Pineview Slo-pitch league standings

TEAM	G	W	L	Pts.
Muskrats	15	13	2	26
Fire	15	13	2	26
Out of the Blue	15	9	6	18
Desperados	16	9	7	18
Diamond Heads	14	7	7	14
Diehards	12	6	6	12
Mohawks	14	6	8	12
Mustangs	14	5	9	10
Bisons	14	2	12	4
Pistols	13	1	12	2

## Pineview Slo-pitch league schedule

### TUESDAY, JULY 24

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

### WEDNESDAY, JULY 25

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

### THURSDAY, JULY 26

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

### MONDAY, JULY 30

7:15 p.m.	Fire	vs.	Pistols	R
	Diehards	vs.	Mustangs	I

Play-offs begin Tuesday, July 31.

Please have team rosters handed in by Tuesday, July 31.

Please note: Players can only be on one roster.

## So You Want to be a Lifeguard

If you're interested in becoming a lifeguard, you probably already know the benefits. Higher wages, a great knowledge of public safety and first aid, getting to work with the public on a daily basis, knowing that you're making a direct difference in people's lives... the list goes on. But the path to becoming a lifeguard can be a confusing one, so read on to learn exactly what it takes.

After completing AquaQuest 12, there are two options depending on the individual's age. If the individual is under 13, he/she can enroll in Lifesaving's Rookie/Ranger/Star program to learn the basics of water rescue and first aid. If he or she is 13 or older, the path of pre-requisites and required courses begins with Bronze Medallion and Senior Resuscitation, offered in Pinawa annually in June. This course usually costs approximately \$80 with an additional fee for a manual. AquaLeader is also a good course to take at this stage, as it is a pre-requisite for Red Cross Water Safety Instructor. This course is also offered in Pinawa.

After these pre-requisites are met, the prospective lifeguard must take Bronze Cross. This course is offered in Pinawa at the same time as

Bronze Medallion and usually costs the same amount. CPR and Standard First Aid courses must also be taken, usually available from volunteers with the Pinawa Ambulance or Hospital.

At this point, with Bronze Cross, CPR, and Standard First Aid, individuals are legally allowed to guard a pool or beach; however, there are certain age restrictions. From 16 to 17 years of age, individuals are not allowed to guard by themselves; only at 17 does a lifeguard receive that right. Anyone under the age of 17 is not allowed to legally serve the function of a lifeguard.

If an individual wishes to become an instructor as well as a lifeguard, he or she must take Water Safety Instructor. This course allows individuals to teach AquaQuest levels 1-12, AquaTots, and AquaAdults. The cost is usually from \$150 to \$200 (including manuals) and the course can be taken at larger pools such as those in Selkirk or Winnipeg.

Two courses are available which, although not mandatory, allow individuals to further advance their skills and abilities. The National Lifeguard Service award (NLS) is an award which is used as the standard lifeguarding course

across Canada, allowing an individual to guard anywhere in the country. The Lifesaving Instructor course allows individuals to teach all Bronze level courses. Both of these courses are available from larger pools, and range in price from \$100 to \$200 (including manuals).

It may seem that the cost of these courses, and the time required to take them, is prohibitive to becoming a lifeguard. However, for each year of experience, a lifeguard can expect her/his wage to increase. Even the most inexperienced and minimally-qualified guard can expect to earn more than minimum wage, as long as they meet standard qualifications. In addition, re-certification fees for courses are substantially less than the initial costs-usually reaching a maximum of \$65. And finally, lifeguards are in such high demand, both in rural areas and in city pools, that an individual should have no trouble finding a summer (or even year-round) job.

If you or someone you know has any questions regarding lifeguard training, feel free to speak to any of the lifeguards down at the Pinawa Pool, or call the Recreation Office at 753-2639 or 345-8816.

# Lac du Bonnet RCMP detachment report



The following constitutes the Police Report for the Lac du Bonnet detachment for the period of the 12th of July to the 19th of July.

On the 13th of July, a report was received of an Intrusion Alarm at the Lac du Bonnet Youth Centre. Police attended to find that the same alarm had been set off by a subject working on the building.

On the 13th of July, a report was received from a residence on Marcus Drive in the R.M. of Lac du Bonnet of an adult male having returned to the location after previously being away and the occupant being fearful for her safety. Police attended and arrested the subject on the basis of a previous assault, and subsequently re-

leased him for a court appearance.

On the 14th of July, a report was received of two adult males causing a disturbance at a location in Pinawa and being told to leave. Concern that the driver may be impaired. Police patrolled Pinawa to locate a vehicle matching the description, however, did not locate.

On the 14th of July a report was received of a silver BMX being stolen out of a bike rack in downtown Lac du Bonnet.

On the 14th of July, a report was received of flowers being pulled out of a flower bed in downtown Lac du Bonnet.

On the 15th of July, a report was received of beer bot-

tlés being broken in the vicinity of the Town Dock in the Town of Lac du Bonnet. Police patrolled the area, however, did not come up with the culprits in question.

On the 15th of July, a report was received of the theft of fishing equipment from a boat in the Point du Bois area.

On the 15th of July, an adult male was arrested for Impaired Driving in Pinawa and subsequently charged for Driving while over .08, and Licence suspended and vehicle towed.

On the 15th of July, a report was received of an adult male trespassing on private property at a location in the R.M. of Lac du Bonnet.

On the 15th of July, a report was received of an abandoned vehicle at a business in the Town of Lac du Bonnet. Police had towed the vehicle.

On the 16th of July, a report

was received from a resident of Pinawa of having had the bumper on the subject's vehicle pushed in and up at some unknown time or location.

On the 16th of July, police on patrol in Pinawa came upon an accident involving an adult male on a bicycle, at which the Pinawa ambulance was in attendance. The subject had been startled by a dog, and fell off his bike, sustaining injuries which necessitated transfer to Winnipeg.

On the 16th of July, a report was received of a vehicle off the road on Zolondek Road in the R.M. of Lac du Bonnet. Police followed up with the R.O., who indicated that the driver had hit a soft spot and ended up in the ditch.

On the 17th of July, a report was received from a resident of Scott crescent in the Town of Lac du Bonnet of a possi-

ble entry to the house and theft of clothing and perfume.

On the 17th of July, a report was received from a residence in the R.M. of Lac du Bonnet of an under age male breaking items. Police attended and transported the subject to another location to stay, as his mother did not wish further action taken on the matter.

On the 17th of July, a licence was received of damage to a vehicle while parked at the Bird Lake camp ground in Nopiming Park. The passenger door handle and door lock were damaged.

On the 18th of July, a report was received of the theft of a hanging flower basket from the vicinity of PR #502 and Johnson in the Town of Lac du Bonnet.

## Lac du Bonnet Community Billboard

**PACE 7-1375:** meets first Tuesday of the month. Chicken Chef, Powersview 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 268-8116 or call your local public health nurse  
**Lac du Bonnet Lions Club** meets the first and third Monday of each month. 7:00 p.m. LAB Community Centre  
**Lac du Bonnet Regional Library** open Tues. and Thurs. 10:30 a.m. to 4:30 p.m. and 7:00 to 8:30 p.m. Wed. and Fri. noon to 4:30 p.m. Sat. 10:30 a.m. to 12:30 p.m., ph. 345-2653  
**Great Falls Women's Institute** meets first Wednesday each month 7:00 p.m. in Great Falls Hall Pat 367-2586, Leone 367-8569  
**Ladies' Auxiliary Royal Canadian Legion Branch #164** meets first Tuesday of each month 7:30 p.m. Legion Hall  
**LAB Committee on Family Violence and Abuse** meet 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 AF-Annex Group** Thursdays 7:30 p.m. Lac du Bonnet District Health Centre, 89 McIntosh. Call Teri 345-8712  
**Lakeshore AF-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 in 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, Whittemuth 348-3505 Lac du Bonnet, Pine Falls, Victoria Beach, Pinawa, Beauséjour, Whittemouth, 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 services). 7:00 p.m. hymn and prayer  
**LUTHERAN CHURCH OF THE CROSS**  
**Pastor Kolleen Karlowks, church 345-8654, office 345-2919**  
 Sunday 11:00 a.m. worship service  
**NOTRE DAME CATHOLIC CHURCH**  
**Father Richard Mackura, 345-2900**  
 Lac du Bonnet 5:00 p.m. Saturday mass, 11:00 a.m. Sunday mass  
 Pinawa (senior school) 9:15 a.m. Sunday mass  
**ST. JOHN'S ANGLICAN CHURCH**  
**Rev. Brian Rountree 367-8615, church 345-2357**  
 Sunday 11:30 a.m. - worship; 11:30 a.m. - first and third Sunday of each month, holy eucharist.

# It's the Law

by Gerald Hawranik, Q.C.

## Building a home

*Gerald C. Hawranik, Q.C. is a lawyer in Beauséjour 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, Beauséjour, MB R0E 0C0, ph. 268-6300*

Most people are comfortable purchasing an existing home. Some people, however, prefer to have a new home built for them. Special considerations must be taken into account when building a home.

There is no standard for a builder's contract that you will be asked to sign. It is therefore critical that you read the pro-

posed builder's contract to ensure that it includes everything that is expected. These contracts can be very involved and very complex and it is recommended that you consult with a lawyer prior to signing a builder's contract.

The purchase price to be paid under the builder's contract is usually paid in installments. Progress advances are normally provided by you or your lender as construction proceeds. In all cases, you should hold back 7.5% of each advance so that you are protected from builder's liens.

It is important to determine whether the price being quoted by the builder includes GST or

whether any credit or adjustment is being given to you for the GST New Housing Rebate. The rebate, provided by the Canadian Government, has many requirements so it is wise to discuss the availability of the rebate at an early time.

If the builder is registered under the New Home Warranty Program, the home will likely be covered under the program. The New Home Warranty Program provides some protection to you in some circumstances.

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.*

### 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 25**  
 Salad, ham, lazy perogy casserole, peas and carrots, fruit cocktail

**Friday, July 27**  
 Soup, roast turkey, stuffing, gravy, mashed potatoes, cabbage, pudding.

**Monday, July 30**  
 Soup, pork chops, baked potatoes, stir fry vegetables, cinnamon buns.

The  
Winnipeg  
River **Echo**

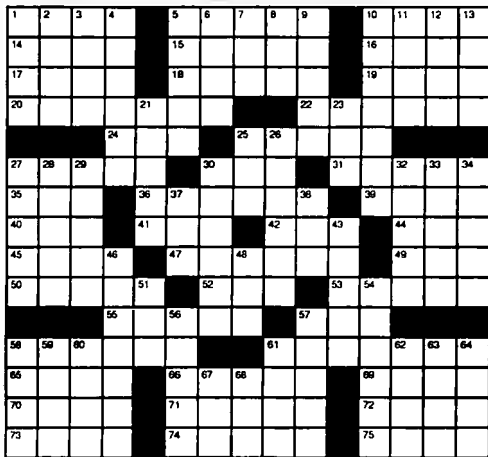
*Independently owned  
and operated*

**QUESTIONS?  
COMMENTS?  
CONCERNS?**

Contact our office  
nearest you

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

## WEEKLY CROSSWORD



### ACROSS

1. Talk impudently to
5. Draw up shoulders
10. Lofly
14. \_\_\_mater; school attended
15. Dwelling place
16. Woodwind instrument
17. Heavy hammer
18. Movie. "\_\_\_Gantry"
19. Melody
20. Betrothed
22. Be of importance
24. Came upon
25. Sew loosely
27. Queen \_\_\_Antionette
30. Chart of earth
31. Mistake

35. Historical period
36. Made points
39. Conserve
40. Trim by cutting
41. Hearing organ
42. Lawless crowd
44. By way of
45. Leave out
47. Give
49. Conclude
50. Consumer advocate  
Ralph \_\_\_
52. Male child
53. Hereditary units
55. Entitled
57. Attila, the \_\_\_
58. Return part of amount paid
61. Flapjack
65. Baking chamber
66. Caruso's voice
69. Spoken
70. Pork or veal
71. Call forth
72. Actress Moreno
73. Creative skills
74. Appraises
75. Paradise
6. Clutch
7. Alcoholic liquor
8. Employ
9. Bacteria
10. Stagger
11. Border on
12. Solitary
13. Sly look
21. Web-footed birds
23. Devoured
25. Soap piece
26. "Tarzan, the \_\_\_"
27. Cantaloupe
28. Fragrance
29. Swift
30. Gloomy
32. Large black bird
33. Sheeplike
34. Interprets writing
37. Ungentlemanly man or boy
38. Decimal point
43. Has started
46. Renters
48. Be very sleepy
51. Rodent
54. Audience demand for more
56. Rhythm in verse
57. Long-eared animals
58. Rome to Italians
59. Always
60. Pound
61. Jab
62. Dry and barren
63. "Kiss me \_\_\_"
64. Verve
67. Actress Gabor
68. In no manner

### LAST WEEK'S ANSWERS



## CRYPTIC PUZZLE

"NR DKS FVBC CK CJSTD  
SBAOJMCVBA MKWOCPNBZ, CJD CK  
UPVBZO NC."

- LSJC TOINM

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

LIFE IS AN IRRESISTIBLE DESIRE TO BE  
IRRESISTIBLY DESIRED.

- ROBERT FROST

## WEEKLY ECHO HOROSCOPE

for the week  
of July 23 to July 29

### Aries - March 21 to April 20



A strong vision empowers you with a deeper sense of mission. Your week may be highlighted by optimism and enthusiasm. The color of the sea, pale green, inspires and calms you during stressful evenings.



### Taurus - April 21 to May 21

Try to stay motivated even though the summertime slump has hit the workplace hard. Find a role model or be a mentor to a college student. You may benefit, both socially and professionally. Time is on your side.



### Gemini - May 22 to June 21

Don't let anyone talk you into doing something you do not want to. Be on the lookout for an invitation to a gala event; it will turn out to be fascinating. Wearing dark green, the color of nature and the earth, will make you stand out in a crowd.



### Cancer - June 22 to July 22

You may find horseback riding very exciting. Whether an accomplished equestrian or first-time rider, you are fascinated by the wind in your hair. Keep your eyes open for a good bargain.

### Leo - July 23 to August 23



A party with out-of-town guests is a welcome change from the mundane. Gossip is your weakness, but it could backfire. A creature to extremes in fashion, keep your receipts. The latest purchase does not reflect the inner you.



### Virgo - August 24 to September 22

Plan your purchases carefully this week. An unexpected emergency may find you strapped for cash. Verify and double-check details. A professional acquaintance may be pulling the wool over your eyes.



### Libra - September 23 to October 23

True happiness may be achieved if you commit to doing for others. Do not let a small mistake keep you frozen in fear. It has already been forgotten and forgiven by others. A movie could touch your heart.



### Scorpio - October 24 to November 22

Make a concerted effort to work together as part of a team. Family and friends are looking for gentle guidance, not pushiness, as they work out difficulties. There are no limits to your possibilities.

### Sagittarius - November 23 to December 21



Get in touch with your inner child. A walk or hike in the woods calms you after an emotional outburst with a loved one. Take baby steps toward the future. If you don't keep on moving forward, your goals could easily be derailed.



### Capricorn - December 22 to January 20

Your individual needs take center stage. Focus on your spiritual side; it has been sadly neglected. Find comfort in old rituals. Pay attention while traveling. You may find a new love among old buildings.



### Aquarius - January 21 to February 18

One-upmanship in a sports activity could lead to a chronic injury. Aim for endurance, not speed. Allow others to take control for once. It will make a loved one feel needed. Trust your heart.



### Pisces - February 19 to March 20

An action-packed week energizes you. Make the most of it. Your social life will soon dry up unless you learn not to be hung by the tongue. It may be time to splurge on a new look. Pay close attention to someone trying to make you look bad at work.

# 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.

**Miscellaneous** - Glass 5 piece set, end & coffee tables, \$200, 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. fireplace, \$250; call 367-2673 or 367-8604.

### For Sale

**House for Sale** - Pine Falls, 3 bedroom, 2 storey, central air, new electric furnace, fireplace, 2 car garage, new carpeting, across from school. Priced to sell, call 367-8994 or 367-5267.

**Motor Home for Sale** - GMC 1975 Aquarius, Sleeps 6, new curtains, mattress, can-o-p, 454 motor, \$6000 firm. Call Irene at 367-8689.

**House for Sale** - Marie Street, St. Georges, 3 bedrooms, new windows/doors, newly renovated upstairs, garage. Call 367-4656 or 367-2620.

### For Sale or Rent

**4 Bedroom, 2 washrooms,** central air, double garage, beautiful yard. Asking \$49,500, also available for Rent, call 367-8232.

### 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** - 2 Bedroom House, call Norm at 367-8232.

### Lost and Found

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

### 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.

### Music Lessons

August 7 to September 15, \$60.00, guitar (electric and acoustic), bass guitar, violin (fiddle & classical), mandolin. Regular lessons begin, September 17, Phone 268-0888 or 268-9007, Don.

**Call 367-9468 To Place your Ad!**

### 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.

### Card of Thanks

Words can not express how much we appreciated the great retirement party. Thank you to all the present employees and retired employees that have helped and supported me throughout my 36 years of employment in the steam plant. It was great working with everyone.

Thanks to "Wally and his boys" for the great music. Special thanks to Don McEllan for all the foot work.

Paul & Jeanette Doyle

### Help Wanted

### Help Wanted

### Help Wanted

Papertown Motor Inn is looking for full or part-time housekeeper, application should be made in person at the front desk. Please ask for the manager.

## SHORELINE REALTY

30 McArthur, Lac du Bonnet 345-8608  
Serving the area for 24 years



**Country Residence Riverfront View White Mud Falls Subdivision**

New 896 sq. ft. 2 BR house, basement partially finished with laundry room, roughed in rec room - third BR, central vac and plumbing for 3 piece bath, oak trim throughout, heat ventilation system, garden doors in LR, many items included, large lot overlooks Winnipeg River, area for dock. **A must see!**



**170 Foot Riverfront near Silver Falls Mobile Home Guest Cottage**

12 x 60 mobile, 2 BRs, 8 x 16 addition built on LR, attached 12 x 16 glassed sunroom, 2 air conditions, 4 room guest cottage, 24 x 26 garage with 11 x 22 addition, metal storage shed, includes older boat and motor plus several appliances. Year-round water line from river to pump house, chain link fence around property. **Check the lot and the birch trees!!** Only \$55,900

## VILLAGE OF POWERVUEW CONSTRUCTION TENDER

The Village of Powerview is now accepting Tenders to construct an addition to the Town Office building located at #32 - P.T.H. No. 11, Powerview, Manitoba.

Work under this contract involves an approximately 1200 square foot addition to the Town Office building. There are also some renovations to the existing building, a new HVAC system will be installed in the new addition, which will also service the existing building. New washrooms will meet existing codes for handicapped access. A plan of the addition along with a detailed description is now available for inspection during regular hours - Monday to Friday, 8:30 a.m. to 1:00 p.m. and 2:00 p.m. to 4:30 p.m.

Sealed tenders marked **TENDER - MUNICIPAL OFFICE** must be received not later than Friday, August 10, 2001 at 4:00 p.m. at the Village of Powerview Municipal Office located at #32, P.T.H. #11 in Powerview, Manitoba or addressed to J.M. Thevenot, Administrator, Village of Powerview, P.O. Box 220, Powerview, Manitoba R0E 1P0. For more information regarding this Tender, please contact J.M. Thevenot, (Administrator) at 367-8483.

The Village of Powerview reserves the right to cancel and re-issue this tender for any reason and shall incur no liability thereby nor shall the bidder have any legal recourse.

J.M. Thevenot  
Administrator  
Village of Powerview  
Box 220  
Powerview, Manitoba R0E 1P0

## Le Petit Soleil Mini School

Looking for a person who works well with children and is willing to work as part of a team. Part-time employment to work one on one with special needs.

For further information contact Lynn Chevretils at 367-8092.

Send resumes by August 10 to:  
Box 342,  
Powerview, MB  
R0E 1P0



## EMPLOYMENT OPPORTUNITY TO JOIN "TEAM EASTMAN"

EMPLOYMENT OPPORTUNITY  
MTS MANITOBA WINTER GAMES  
COORDINATOR FOR EASTMAN REGION

The Eastman Sport Development Association is currently looking for an enthusiastic individual for the position of Games Coordinator for the upcoming 2002 Eastman Regional Winter Games. This is a term position starting on September 4th, 2001 until April 5th, 2002 at 35 hours per week. This position is based out of Beausejour with travel throughout the Eastman region.

The successful candidate will be able to work independently, will be able to meet the public effectively, will work successfully with committees of volunteers, will have computer skills related to data base and word processing, will possess high organizational and communication skills, will be able to attend meetings, will be available to work flexible hours and will have knowledge and interest in sports. Applicants should possess a valid Manitoba drivers license and their own vehicle.

Wage: \$9.00/hr - \$10.00/hour.  
Interested individuals may apply by sending resumes to:

Eastman Sport Development Association  
Box 50, Beausejour, MB R0E 0C0

For further information please call 268-2172 or fax 268-6070  
(We thank all applicants for their interest, however only those selected for an interview will be contacted)

Closing Date is August 20, 2001, 4:30 p.m.



Requires Saturday Night Shift Driver

Class 1, 2, 3 or 4 License  
Phone Taxi # after 4pm  
345-4777

## The Winnipeg River Echo

### CLASSIFIEDS

REALTY - FOR SALE  
FOR RENT  
HELP WANTED  
CARDS OF THANKS  
IN MEMORIAM  
LOST & FOUND  
SERVICES  
EMPLOYMENT

**\$4.50**

for the first 25 words  
15¢ per additional word

Phone 345-9896  
or 367-9468  
**DEADLINE  
FRIDAY  
3:00 P.M.**

# Measuring up-being better than average

by Mary Ann Haddad

Over the past several weeks there have been articles on stress, managing our lives, making changes. Many surveys and studies arrive at statistics that reflex that many of us fall within the average or the "norm". Mary is the average woman in Canada, 38.6 years of age, married and has 1.5 children-one boy and one girl, weighs 145 pounds; Dave the husband is overweight for his size, they both earn average incomes ranging from 32, 500

form Mary and Dave earns 45,000. They have a six room house and have a mortgage in the \$80,000 bracket.

According to the average, Mary's risk for heart disease is one in three, one in nine odds of developing breast cancer and one in four risk of developing osteoporosis during her lifetime which is expected to be 77.5 years of age. How do you measure up to the average are you thinner or heavier; more importantly is the average health profile good

enough for you. In reviewing a few items, they are few painless changes in your lifestyle that can help to improve your odds against a host of ailments and maybe change your destiny. You may not only be the average woman - you'll be healthier. We can also pass some of these healthy lifestyles on to our family members.

Some of these changes that can make a difference: Breakfast is the meal most likely to be skipped. Skipping break-

fast can throw off your appetite control and may cause you to gain weight. In fact, many women do not regularly eat three meals a day. For a healthy change try to eat a couple of whole wheat crackers and a glass of juice. Orange juice provides you some of the much needed folic acid (essential for arteries and unborn babies) and purple grape juice gives you a heart healthy dose of antioxidants.

The average coffee drinker has three cups of coffee a day. Coffee drinking may not be all bad, moderate amount increases alertness and energy. This holds true until you exceed four cups a day. At this level there are some risks such as stomach irritation and increased loss of calcium through the urine, as well as sleeplessness. For a healthy change you can limit the caffeine and up your calcium, go heavy on the low-fat milk in your coffee or tea. Or try a small amount of espresso and have half the caffeine of regular brew per serving.

Work is the single biggest stressor for women. High job demands and feelings of little control to be unable to cause



change is the greatest reason for most workplace stress, which can lead to digestive problems, headaches, sleeplessness, irritability, reproductive problems and heart disease. Some stress can lead to high blood pressure, or hypertension, a silent killer, it gives very little early warning signs but can be a major factor for heart disease, stroke and diabetes.

For a healthy change try to make changes in daily schedule, if possible eliminate constant interruptions, determine the stress causing factors and attempt to address them if possible.

# Manitoba Farm Women's Conference

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

Women for All Seasons - Looking Back... Moving Forward is the theme for the 15th Annual Manitoba Farm Women's Conference scheduled for November 12 & 13, 2001, at the Westward Resort Hotel and Conference Centre (formerly Westward Village Inn) in Portage la Prairie.

"This is the only provincial gathering of farm women from across the province," explains Heather Brown, Chairperson for this year's Conference, "and we are excited to be able to celebrate the 15th anniversary of this conference, given that the life of most conferences is usually only about four to five years. It will be a time to reunite with old friends, make some new ones and learn a few things, as well."

conference's 15th anniversary, the committee is organizing a Photo Competition. The entry categories are "Women in Agriculture - At Work in Our Industry" and "Women at the Manitoba Farm Women's Conference - Sharing Special Memories". Contest deadline is August 31, and the first place winner receives a one-day conference registration package.

Also in celebration of 15 years of successful conferences, past chairpersons will be recognized for their contributions at the special Monday night banquet dinner.

Dr. Val Farmer, a highly rated keynote speaker at the very first conference 15 years ago, is back by popular demand. As the keynote speaker for this year's conference, Dr. Farmer will open the conference with a motivational and down-to-earth presentation on the challenges of farm and rural living.

Closing this year's conference will be Tim and Deanna Treadway. They will share their experiences as one of the couples who spent a year living the pioneer life for the Canadian documentary entitled *Pioneer Quest*.

This year's conference will also feature a tour of the McCain's Food Processing Plant. Registration for this tour will be limited, so participants need to register early.

In an effort to meet the vast and diverse interests of Manitoba farm women, this year's conference will include presentations on such topics as farm and family finances, e-commerce, alternative medicine and interior decorating.

Registration brochures will be available at all Manitoba Agriculture and Food offices in August.

For more information on this year's Manitoba Farm Women's Conference, contact me at 268-6015.

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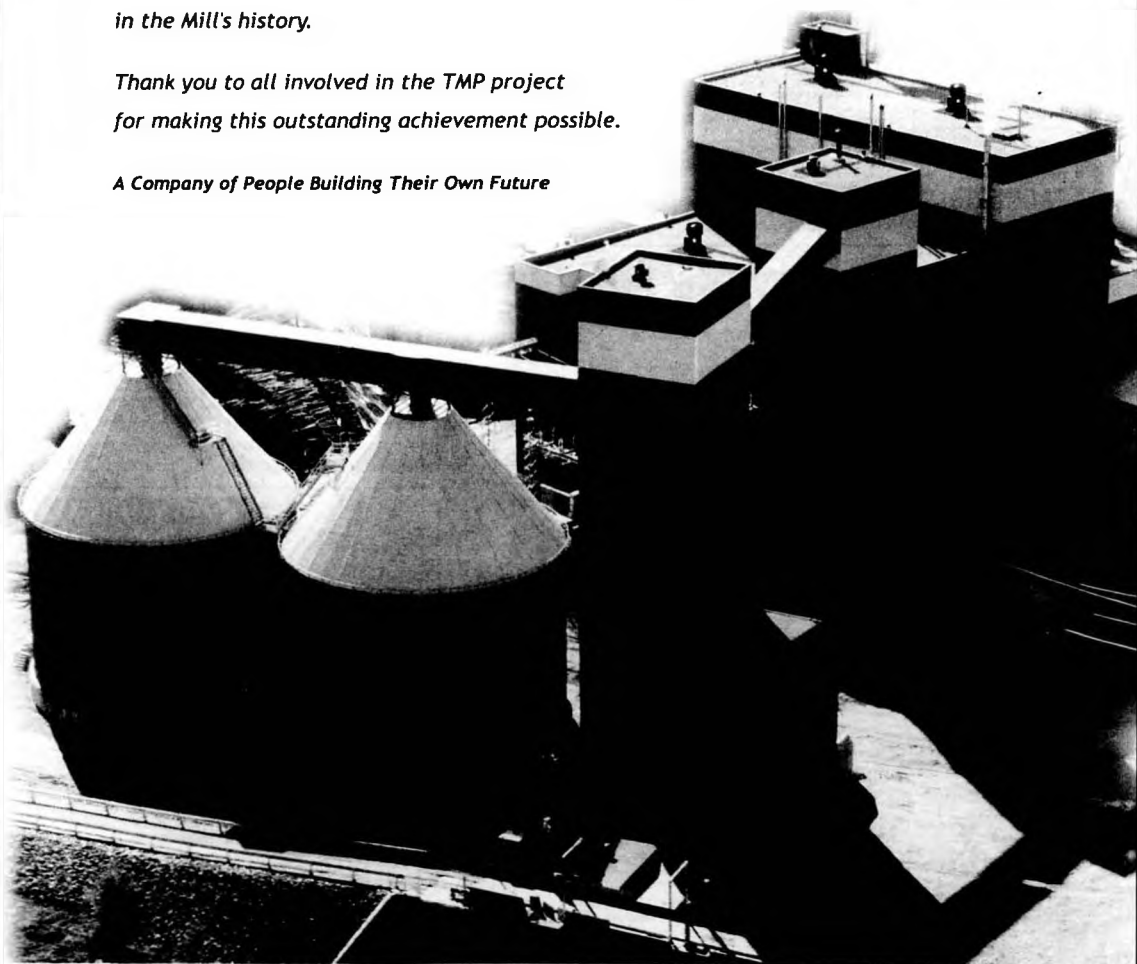


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