



The
Winnipeg
River

Echo

Vol. 2, No. 11

Tuesday, August 7, 2001

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June 24 01

Sagkeeng Treaty Days winds down with a colorful display

by Charles Norman

Sagkeeng celebrated the signing of Treaty No. 1 on August 1, 130 years ago (1871) with a five-day event beginning with a parade on Wednesday, August 1, and ending with an impressive \$2,000 fireworks display Sunday evening.

Constable Stronquill, in Red Serge represented the RCMP in the parade, which included floats from Sagkeeng Child and Family Services, the Katrina Rae Day Care, the George M Guimond Care centre, Teeny Boppers, Natural Resources (Smokey the Bear) and many others. The parade ended at the Arena and was followed by a traditional pipe ceremony and a community feast in the Arena.

While Treaty Payments were being made, (Five dollars for every band member), three marathon races and bike races filled the afternoon. In the evening Eagle & Hawk, Don Burnstick and George Leach entertained the crowd in the Arena. Winner of the William Prince Memorial Marathon was Jeremiah Sinclair who completed the thirteen-mile distance in 1 hr. 22 min. Sean Roche and John Hawranik came in four minutes later only a few seconds apart. The Men's race began at the Sagkeeng High School parking lot on the North Shore and ended at the Multiplex Arena. The women's and boys' marathon started at the Child and Family Services office on the North Shore and

ended at the arena - a distance of ten miles. Winners in the women's event were: Tara Courchene, First, Hillary Morrisseau, second, and Shannon Bird, Third. Only two boys entered the boy's marathon, William Twoheart came in first and Stephen Bruyere second.

Thursday was kicked off with a fund raising Pancake

Ross and Darrin Stephenson.

First Flight results, with score of 75, 76, and 77, and prizes of \$600, \$400, and \$200, were: Keith and Gabriel Boulet from Manigotagan, first, Trevor Bird and Russell Spence from Little Black River, second, and David Bruyere and Ernie Blackbird, third.

Second Flight result, for



Sagkeeng Jingle Dress Dancers performed one of the many traditional dances at the Sagkeeng Treaty Days.

fashion show in the afternoon and dancing to the C-weed band in the Arena in the evening.

Friday opened with another pancake breakfast hosted by the Katrina Rae Day Care Centre, and more children's activities put on by Sagkeeng CFS.

There was an hilarious wrestling exhibition in the late afternoon followed by a boxing tournament in the evening.

Twenty-six heavyweight boxers took part in a round-robin amateur tournament. Sagkeeng's Owen Bruyere was the overall winner. In the Band



A Fancy Shawl Dance was in keeping with tradition and practiced by young members of Sagkeeng First Nations.

Breakfast put on by the Katrina Rae Day Care Centre, followed by a golf tournament at Grand Pines Golf Course.

The golf course was a two-man team even with the player's best shot being the starting point for the next shot. Winners of the First Division, with a total score of 65, were Kelvin Redsky and Alex Medicine from Ontario. They shared a \$600 first prize.

Second, for a prize of \$400 with a score of 66 were Jessie and Mervin Spence from Sandy Bay. Third, for \$200, with a score of 67 were Terry

similar prizes with scores of 83 each, with order decided on count back, were: Pasho Guimond and Irwin Bruyere first, Jerry Houle and Justin Courchene, second, and Ian and Derek Bushie, third.

While the golf tournament was being decided, there was more bike riding at the Arena and Sagkeeng Child and Family Services put on face painting and other children's activities followed by a barbecue at the Arena, with more children's activities after lunch hosted by the Katrina Rae Day Care Centre.

There was an excellent teen



One of the participants in the William Prince Memorial Marathon was greeted with an ice-cold bottle water from one of the many enthusiastic volunteers.

SEE/TREATY DAYS page 4

Schmangy Fest in honour of Raquel

by: V. Anderson

On Friday, August 10 there will be a fund-raiser benefit in honour of Raquel Godin. The fund-raiser event will be held in the Pine Falls Arena.

Organizer's Donna Strongquill and Leighann Boyes are working together along with many other volunteers in order to help raise funds and show support for Raquel and her family. "When

we heard of Raquel's plight our hearts went out to her and her family. I run the Tiny Steps Day Care and all of us here felt a special bond and a need to reach out and contribute something for Raquel. We seen what her community of Lac du Bonnet did for her and thought our communities would like to help also. We contacted Curtis Dancyt to get some input on our event and Curtis was most

helpful." said Strongquill. "We have a lot of entertainers coming out for this special event and we hope that the people from the immediate and surrounding communities all come out to show their support"

Some of the entertainers that are coming out are the rock bands, Vedanta, who are from Edmonton, Red Seed, from Winnipeg, and also The Pumps, who are from Winnipeg. Lou "Blue" Petrovitch, guitar player for The Pumps is from the Pine Falls area and is really looking forward to playing in his home town. There is also a rumour that members of the Winnipeg Blue Bombers will be attending.

The social event will take place on August 10, from 8:00 p.m. to 1:00 a.m. at the Pine Falls Arena and tickets are being sold at a number of local businesses or you can contact Donna or Leighann at 367-4589 or 367-9901 for further information. If you want to volunteer your time for this event contact either coordinator at the above numbers.

There will also be a wrap-up party the next day for all the volunteers who participated in the fund-raiser. Be sure to keep this Friday open on your calendar's and come out to show your support and enjoy the great music and festivities.

Local man to represent Canada in Shuffleboard competition



Gladys and Roger Nault of Silver Falls will be participating in the 21st World International Shuffleboard Tournament Gold Coast, Australia on August 18-28, 2001.

Roger and Gladys Nault of Silver Falls are leaving for Australia on August 16; Roger Nault is to join a twelve man Canadian team in the 21st World International Shuffleboard Tournament Gold Coast Australia. (This is the deck shuffleboard game, as seen on the Love Boat, not the game played in the local pub.)

Roger earned his place on the Canadian team by placing first in the Texas Championships this year, and placing third last year. He was also top point scorer this year. There was over fifty applications of Canadian players, the selection committee consisted of ten board members and they had a very hard time selecting the top twelve Canadian players. Gladys is an alternative for the Canadian women's team. Roger and Gladys also play mixed and over the years have won many competitions. Roger said he curled a lot here in past years - before going south in winter - and feels that

helped his style. While in Texas, from late October to mid April, Roger and his wife play six days per week. "The competition is very good, and one almost has to play full-time in order to compete at this level." said Roger.

Roger has designed his own shuffle board cue and likes to have the wheel version cue instead of the straight plastic bottom. "I used the wheel's off a sliding patio door, which helps lend weight to the shuffling cue. This helps control the cue better, because wind can move the cue and cause inaccuracy. Once I completed the cue it took a lot of practice to get used to the new weight." said Roger. "Both my wife and I love the game and are looking forward to representing Canada. I feel very good, and believe that our Canadian Team can bring home the gold."

The competition begins August 18 and runs for ten days, several members of the Canadian team along with Roger and Gladys will be taking another ten days to tour Australia (including the Great Barrier Reef) and New Zealand. Teams from Canada, the United States, Japan, Brazil and Australia will be competing for the championship.

Results of the competition will be posted day-by-day on the competition website at www.homestead.com/texssa/.



(left to right) Donna Strongquill and Leighann Boyes are working together to coordinate Schmangy Fest fund-raiser.

BINGO

COMBINED ACCUMULATORS

Bonanza starting value this week \$7437 <small>IF WINN POT STAKES AT 0000 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.</small>	Minnie Loonie starting value this week \$539 <small>IF WINN POT STAKES AT 0000 Add 50% of sales on Monday. If not won, carry over total plus 50% of sales to Thursday.</small>	Lucky 7 in 21 numbers \$4939 <small>PUT PRIZES AT 00000000 Add one & plus 30% of sales carry over on Monday. If not won, add one & plus 30% of sales carry over to Thursday. IF WINN POT STAKES AT 0000 in 17 numbers or less</small>
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IN CASE OF DISCREPANCY, THE LATTER WILL PREVAIL.

FOR UPDATES CALL 345-8825

Knights of Columbus Lac du Bonnet Community Centre Specials 7:00 p.m. <small>Lot 10 001</small> Every Monday Evening	<table style="width: 100%; border-collapse: collapse;"> <tr><td>Bonus Line - \$67.00*</td></tr> <tr><td>Star - 787.00*</td></tr> <tr><td>Loonie Pot - 740.00*</td></tr> <tr><td>Toonie Pot - 692.00*</td></tr> <tr><td>Special "Y" - 624.00*</td></tr> <tr><td>Jackpot Strip - 165.00*</td></tr> <tr><td>Poker Flush - 430.00*</td></tr> </table>	Bonus Line - \$67.00*	Star - 787.00*	Loonie Pot - 740.00*	Toonie Pot - 692.00*	Special "Y" - 624.00*	Jackpot Strip - 165.00*	Poker Flush - 430.00*
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Special "Y" - 624.00*								
Jackpot Strip - 165.00*								
Poker Flush - 430.00*								

FOR UPDATES CALL 345-8619

Lakers Ski Club Lac du Bonnet Community Centre Specials 7:00 p.m. Every Thursday Evening <small>Lot 10 001</small>	<table style="width: 100%; border-collapse: collapse;"> <tr><td>Bonus Line - \$2347.00</td></tr> <tr><td>Star - 346.00</td></tr> <tr><td>Loonie Pot - 702.00</td></tr> <tr><td>Poker Flush - 6228.00</td></tr> <tr><td>Special "Y" - 1112.00</td></tr> </table>	Bonus Line - \$2347.00	Star - 346.00	Loonie Pot - 702.00	Poker Flush - 6228.00	Special "Y" - 1112.00
Bonus Line - \$2347.00						
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Loonie Pot - 702.00						
Poker Flush - 6228.00						
Special "Y" - 1112.00						

FOR UPDATES CALL 345-6197

Royal Canadian Legion #164 Lac du Bonnet Legion Hall Specials 7:00 p.m. Every Wednesday Evening <small>Lot 10 001</small>	<table style="width: 100%; border-collapse: collapse;"> <tr><td>Bonus Line - \$-</td></tr> <tr><td>Star - 568.00</td></tr> <tr><td>Lucky 7 - 273.00</td></tr> <tr><td>Poker Flush - 740.00</td></tr> <tr><td>Mini Loonie - -</td></tr> <tr><td>#1 Loonie - 618.00</td></tr> <tr><td>#2 Loonie - 1424.00</td></tr> <tr><td>Jackpot Strip - 188.00</td></tr> </table>	Bonus Line - \$-	Star - 568.00	Lucky 7 - 273.00	Poker Flush - 740.00	Mini Loonie - -	#1 Loonie - 618.00	#2 Loonie - 1424.00	Jackpot Strip - 188.00
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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.

Victoria Beach Arts & Crafts Show

by: V. Anderson

This past weekend the Northern Lights Artisans Arts and Crafts held their ninth annual arts show. There were over 22 vendors that participated this year. Artist come from many different areas of Manitoba to exhibit and sell their work. Everyone is juried

who applies to come to the sales to ensure that they meet the criteria of quality, variety and creativity. In order to keep the crafts fresh they always include new crafts every year. Local artist Claudia Chomichuk who owns and operates The Purple Pelican from her home at Hillside

Beach was at this years show. She is a local artist who has been working with stained glass and other material for many years. This is the first year she has participated in Northern Lights Artisans Arts and Crafts show. She creates various items such as candle holders, fruit dishes, lawn and

plant ornaments sun catchers, etc. Chomichuk does commissioned work and has created many specific designs for her

customers. She can be reached at (204) 756-6476 or claudiac@escape.ca, one can

SEE/ARTS & CRAFTS page 7



Claudia Chomichuk, owner operator of the Purple Pelican, was one of the local artisans who participated in this year's Northern Lights Artisan Arts and Crafts Show.

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Sagkeeng Regional Campus
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Academic Calendar Year 2001-2002
The Academic Calendar for Sagkeeng Regional Campus Year 2001-2002 will be an eight credit high school diploma. The Sagkeeng Regional Campus' eight credit high school diploma program is a combination of on-line Department of Education Mature Student courses, community initiated courses and school initiated courses. The combination of department of Education courses, community initiated courses and school initiated courses will allow the Mature students to achieve a high school diploma which will be awarded by the Manitoba Department of Education.

Application for the Academic Year must be in by August 24, 2001.

The following is a list of courses Sagkeeng Regional Campus is prepared to offer.

- InformNet - Software Application
- InformNet - Pre-Calculus Mathematics
- InformNet - English Language Arts
- Aboriginal Law
- Anishnabaymoda
- Understanding and Industry - First Nations Tourism
- Stone Masonry
- Contemporary Issues
- Adult Education - Adult Upgrading
- Literary Development Workshops

Mature students should apply immediately at Sagkeeng Regional Campus. A mature student is a person who is 21 years of age and over. You may apply by completing both an InformNet and a Sagkeeng Regional Campus application form. Persons applying must submit a \$10.00 application fee.

You are eligible to apply if you are a member of any First Nation.

You are eligible to apply if you are currently receiving social assistance.

All fees must be paid to Sagkeeng Regional Campus.
Apply now, space is limited

Sagkeeng Treaty Days

CRIME STOPPERS

Crime of the Week

FROM page 1

Treaty Days was an opportunity to bring fellowship to the community and to make new friends. The traditional Powwow was a spectacular event with Drum Groups from Peguis First Nations, Winnipeg, and Sagkeeng. The traditional dances that were performed were enjoyed by all who attended. There were many food concessions available on site and the food was delicious. Volunteer's worked tirelessly in order to make this year's celebration a great success for everyone.

Saturday evening saw the tough "Iron Man Contest" which consisted of swimming, biking and a running competition. The course began with a 250 m swim at the North Shore Beach. Men biked to the CFS office, (about 12.6 km), then ran to the High School, another 3.6 km. Women biked to the High School (9.5 km) then ran another km at the school. The men's event was won by Gerry Sinclair, Sean Roche was second and Doug McLeod came in third. Winners in the Women's event were: Shannon Bird first, Marie Fontaine, second



Sagkeeng's Iron Man Competition had 16 competitors striving to be Number One.

and Jan Fontaine third.

The evening ended with Karaoke and the market square in the Band Hall. Susan Guimond, who organized the Market Square, said she was disappointed in the turn out and hoped to get the Market

Square into the Arena next year.

Sunday began with Mud-bogging. Winners of the 35 in and above event were Jim Steele (\$800) and Kevin Wilson (\$600), both from Peguis. Winners of the 35 in

and below were Ed Bore (\$600) from St. Laurent, and Wayne Thomas (\$400) from Selkirk. Robert Becker from Winnipeg won the 33 in and under category for \$400 with Sagkeeng's Warren Hunter placing second for \$200.

Thirty canoes entered the Sunday afternoon canoe races. Sheldon Courchene and Ron Guimond won the men's. Ron and Gloria Guimond won the Mixed, and Elsie Dorie and Nancy Bruyere won the women's event. All races crossed the river, beginning and ending at the site of the winter road near the Pow Wow grounds.

A teen dance to Much Music in the Band Hall and

SEE/TREATY DAYS page 7



(left to right) Daphnie Courchene, Marie Fontaine, Sharon Courchene, Lisa Bird, Jen Fontaine and Crissy Fontaine took part in Sagkeeng's Iron Woman's Competition.

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Residents of Pine Falls

Between August 14 and 18, the judging committee will be out in the community making their annual rounds to select the winners for each of the Beautification Categories.

Awards are based on the general appearance. The use of flowers, shrubs, & plants, innovation and curb appeal.



Winnipeg River RCMP report

Due to Monday being a holiday, the Winnipeg River RCMP report will not be submitted until the next issue of *The Winnipeg River Echo*.

If you have any information in respect to these offences, please contact Manitoba Crimestoppers or the Lac Du Bonnet RCMP at (204) 345-6311.

WEDDINGS - ANNIVERSARIES - BANQUETS
RETIREMENTS - MEETINGS, ETC.

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Lac du Bonnet RCMP detachment report



The following constitutes the Police Report for Lac Du Bonnet Detachment for the period of the 26th of July to the 3rd of August:

On the 26th of July, a report was rec'd of 2 Off-Road vehicles being operated on the roadway in Auglen Park in the R.M. of Lac Du Bonnet. No plate numbers were obtained. Subsequent patrols did not locate any offenders on the roadways.

On the 27th of July, a report was rec'd of what sounded like rocks being thrown by unknown persons in the vicinity of the Town Dock in the Town of Lac Du Bonnet. Police patrolled via foot, but no-one was in the area, and no damage could be noted.

On the 27th of July, a report was rec'd of an Intrusion Alarm at a residence in Pinawa. Police attended in company with the key-holder and found all to be secure.

On the 27th of July, a report was rec'd of a break and enter to a cottage at Bird Lake in Nopiming Park, with a phone and food stolen, and a mess made inside.

On the 27th of July, a report was rec'd of a stolen Dealer Plate from a vehicle in the Town of Lac Du Bonnet.

On the 27th of July, a report was rec'd of an Imprudent Driver in Pinawa. Police patrolled, but the vehicle had departed.

On the 28th of July, a report was rec'd of loud music from a location on 5th St. in the Town of Lac Du Bonnet. Police attended and found that 3 adult males had departed the location via Taxi, which ended the loud music.

On the 28th of July, a report was rec'd of an Intrusion Alarm at a business in the R.M. of Lac Du Bonnet. Police attended and found that the cat had set it off.

On the 28th of July, a report was rec'd from Great Falls of two females going from door to door claiming that their cousin had been abducted. Police attended but could not confirm that anything had taken place.

On the 28th of July, police attended to a report of a vehicle in the ditch near Elma. The adult male driver was found to be under the influence and was arrested for Impaired Driving. Subsequently released for Court on a charge of Driving while Over .08, with Licence suspended and vehicle impounded.

On the 28th of July, police located an adult male in care

and control of a vehicle on PTH #11 in the Lac Du Bonnet area. Subsequently charged for Care and Control while Over .08, and Licence suspended and vehicle impounded.

On the 29th of July, a report was rec'd of noisy subjects on Tweedsmuir in Pinawa. Police patrolled the area, but no-one was located.

On the 29th of July, a report was rec'd of subjects illegally consuming liquor in various public areas of a building in Pinawa. Police attended and had the subjects go to their rooms.

On the 29th of July, a report was rec'd of noise at a cottage on Klassen Drive in the R.M. of Lac Du Bonnet. Police attended and had the music turned down.

On the 29th of July, a report was rec'd of two tanks of gasoline being siphoned from a vehicle while parked on Alexander in Pinawa.

On the 29th of July, a report was rec'd from Wpg. Child and Family Services of a possible problem at a residence in Pinawa. Police patrolled as per the request of Child and Family Services to find that everything appeared to be fine.

On the 29th of July, a report was rec'd of a single-vehicle

injury accident at PR 520 & 211 in the L.G.D. of Pinawa. One adult male was hospitalized and transported to Wpg. with what turned out to be a concussion.

On the 30th of July, a report was rec'd of 3 overdue adult males who were on a fishing trip on Tooth Lake in Nopiming Park. The subjects

contacted the complainant later in the morning as they had been delayed in getting out of the fishing area.

On the 30th of July, a report was rec'd of a loaded rail car

SEE/LDB POLICE page 9

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Manitoba

Arranging your mortgage It's the Law

by Gerald Hawranik, Q.C.

Gerald C. Hawranik, Q.C. is a lawyer in Beausejour with 20 years of extensive experience in most areas of law. 'It's The Law' will be published in each issue of The Winnipeg River Echo. If you would like to know more about any legal topic, please write to Gerald at Box 880, Beausejour, MB R0E 0C0, ph. 268-6300.

Many people confuse pre-approval with pre-qualification. During the process known as pre-qualification, the lender asks questions and then issues you a letter stating how much money you can borrow. This pre-qualification is next to meaningless. It only indicates how much money you can borrow, it does not indicate whether in fact you can

borrow that much money to purchase a specific property. It is dangerous, therefore, to submit offers to purchase without conditions on financing after only being pre-qualified. If you do, and the lender does not approve the mortgage, you could lose your deposit, and even worse, you could be sued by the seller for the full purchase price.

The pre-approval process is a full approval. It involves not only pre-qualifying you for the amount of money to be lent to you, but it also involves an appraisal of the property you are purchasing, and your lawyer's title search. The pre-approval also requires verification of your employment income and your downpayment. Once you are pre-approved, then you are a cash buyer, and

this gives you more negotiating power with the seller.

Don't choose a lender just because they offer the lowest rate. The lowest rate does not always give you the best conditions and privileges in your mortgage. Examples include early renewal and pre-payment privileges, portability of your mortgage, penalties on early payout and others.

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.

Library Corner Lac du Bonnet Regional Library

The library is a great place to visit - especially on Tuesday and Thursday mornings! Our Summer Reading Program is keeping the kids' interest as we move into week 5. We have explored Manitoba Books and authors, the various Manitoba Town symbols such as the large mosquito in Komamo, the catfish of Selkirk, and many more... We have learned fascinating facts about Manitoba animals (and made a mask of our favourite furry critters). We talked about Manitoba birds when we made an origami bird mobile to take home. All too soon we will be hosting our wind-up for the summer! Tuesday, August 14th at 10:30 a.m. is the date that has been set for this fun event. Gemma will be telling kids more about it shortly.

Since our reading program began, the 27 children registered have read over 126 books. Great job! At last week's session a special draw was made for 2 Harry Potter

backpacks! Our luck winners were Krysty Sullivan and Tom Ingham! Congratulations! Both of these young people are avid readers and have participated in each session of our reading program.. Way to go!

With the help of our student workers we are making great headway this summer into putting new books on the shelves - especially for the children, juniors and teens! At the same time we are "weeding" the collection to make room for new material. We appreciate your help kids - tell us what you like to read, and which authors and series to keep current. We have several new Star Wars books, a few new "Animators", more "Screech Owl" titles by Roy MacGregor, mystery stories by Eric Wallers, and more titles in the "Thoroughbred" series by Joanna Campbell. So many new books to enjoy, and just another month of summer holidays. Read for the fun of it.

Lac du Bonnet Legion #164

WEEKLY ACTIVITIES

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

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TUESDAY
Cribbage 7:00 p.m. - Lounge

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

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

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Class Reunion Announcement

Attention all 1956, 1957 & 1958
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A dinner banquet and social evening for the 1956, 57 & 58 graduates of Lorette Centre Collegiate Institute will be held in Lorette on August 25, 2001. All undergrads for those years are also cordially invited!

For tickets and more information please contact:
Marie at (204) 878-2277 or Lucianna at (204) 422-5535

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

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Arts & Crafts Show Sagkeeng Treaty Days

FROM page 3
also visit her home studio by appointment.

Another unique display was from the Clear Energy Glass Studio, artists Jolanta and Zbigniew Sokalaski brought out many wonderful creations for this years showing. Jolanta's exposure to art was amplified during the years she spent at the High School of Fine Arts, followed by the Academy of Fine Arts. Drawing, painting, sculpture, basic graphic design, ceramics, glass, composition and arrangement were her main objects of study. She obtained a Master's Degree in Fine Arts, specializing in Glass Design. "The versatility of my education has challenged me to work

with different media, however, glass remains my favourite discipline." said Sokalaski "My major intent is to show invisible energy, which is embodied in clear material. This in turn tells me to design my objects as they are: open, radiating compositions..." To contact the Clear Energy Glass Studio call (204) 334-0352 or psikus@pangea.ca or go to their web site at www.zeta-media.com/sokalaski/.

This year was once again another great success and coordinator Nancy-Lou Ateah did a great job. There will be another craft show slated for September. So if your in the neighbourhood drop by and visit their Christmas in September show.

FROM page 4
under category for \$400 with Sagkeeng's Warren Hunter placing second for \$200.

Thirty canoes entered the Sunday afternoon canoe races. Sheldon Courcbene and Ron Guimond won the men's. Ron and Gloria Guimond won the

Mixed, and Elsie Doric and Nancy Bruyere won the women's event. All races crossed the river, beginning and ending at the site of the winter road near the Pow Wow grounds.

A teen Dance to Much Music in the Band Hall and Fireworks wrapped up a great five-day event.



Chelsae Harry of Sagkeeng enjoys children's face painting activities..

(inset) Roland Bruyere wins Heavy Weight Championship.

PHOTOS BY CHRISTIAN EDWARDS



Roland Bruyere vs Chris Courcbene in a well fought bout. Large crowds attended this event to show support for their favourite fighter.



Folk Art Painting done by Tracey Pruden of Clondeboye, MB.

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367-2208

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 Chevreuil at 367-8092.
Send resumes by August 10 to: Box 342, Powerview, MB ROE 1P0

Le Petit Soleil Mini-School ANNUAL GENERAL MEETING & REGISTRATION
August 21st, 2001 - 6:30 p.m. in Pine Falls School, High School Entrance
• Please bring your Manitoba Health Numbers
• Payment required upon registration
For more information contact Chrissy @ 367-9480 or Lynn @ 367-8092
We offer a fun, structured program for 3 and 4 year old children. The 3 year old program (turning 3 by Dec. 31, 2001) - Tuesday and Thursday mornings - \$52.00/month. The 4 year old program (turning 4 by Dec. 31, 2001) - Monday, Wednesday and Friday mornings - \$72.00/month.

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Lac du Bonnet 345-9896
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Mental Health Association - Understanding Anger

Submitted by:
Gilbert Berg - Community Educator - Canadian Mental Health Association

Anger is a common, natural, human emotion that can have a range of intensity from mild irritation to intense rage. Anger can motivate us to act decisively to bring about change, to escape a dangerous situation or to defend our-

selves when we are attacked. However when anger runs out of control it can become destructive and hurtful to others and ourselves. Learning to control anger as opposed to letting it control us is the key.

To help us learn to control this powerful emotion it will help us to know what are some things that create a propensity for destructive anger. One fac-

tor may be a cultural/societal belief that anger is a negative emotion whose expression is inappropriate. Hence, these people do not learn to channel anger constructively. Instead they may sulk, retreat within themselves, and become chronically irritable or even physically ill. These people do not throw things or make holes in walls but are no less angry

than those who show it in more spectacular ways.

Research also suggests that family history can help set the stage for unhealthy expressions of anger. Families that are disruptive, chaotic and unskilled in expressing true feelings are fertile soil for the development of destructive anger.

These are possible explanations and do not mean that we have no recourse to begin to change destructive patterns. They serve only to help us understand ourselves, and perhaps point in the direction of a strategy that can help to control our anger.

Here are some of the strategies:

1. Ask the question, "How important is this issue in the overall scheme of things?" Perhaps you can let it go.

2. Another question: "What might the other person have been thinking when they did/said that?" Do you understand that person? They may have intended no ill will.

3. State clearly, honestly what your feelings are, without attacking the other person. Use statements that

begin with, "I get angry when you _____." Take responsibility for your anger; no one else can make you angry. It is responds that you choose.

4. Remember that you cannot change the other person; you can change only yourself.

5. Say what it is you want and be willing to negotiate.

6. Also, state plainly what your boundaries are. These are your non-negotiable, your high priority items.

7. Say what it is that you will do. These are not the things done to get even, but simply things that you believe you need to do to maintain your own personal integrity and to make the relationship better.

8. Allow the other person the freedom to be who they are and to do what they believe they need to do.

If you would like additional information, resources or support regarding anger issues you may contact Gilbert Berg, Community Educator, Canadian Mental Health Association at 444-4691 in Oakbank, or 367-5417 in Pine Falls on Thursdays.

Ask your Pharmacist Witches aren't the only ones with warts

Warts are easily spread either through person-to-person contact, or indirectly from actions such as walking barefoot in a public shower. They can even spread from one part of the body to another. Luckily, they are not usually a serious health hazard, and the two most common types of warts can usually be treated successfully with over-the-counter medications from your pharmacy.

Common warts usually appear on the hands, but can show up anywhere on the

body. They have a raised, rough surface. Plantar warts appear on the bottom of the feet. They are flat, look like calluses, and are often painful.

Medications that get rid of these two types of warts contain salicylic acid, which peels off the infected skin. Some products are painted on (they must be applied only to the wart and not to the surrounding skin because they may damage the skin), while others use a "wart plaster", a bandage or other material that sticks to the skin.

These products should not be used on infected or reddened skin, or on moles or birthmarks, and should never be used by diabetics or people with poor blood circulation. As well, don't use them on warts that have hair growing from them, genital warts, or warts that are on the face or inside the mouth. These types of warts need a doctor's visit to be sure of the proper therapy. Your doctor may also try other methods for getting rid of the wart, such as freezing it or removing it surgically.

QUESTIONS? COMMENTS? CONCERNS?

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 Powerview 367-9468 — Lac du Bonnet 345-9896

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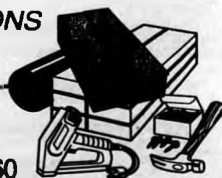
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Gord Sokoloski
 Telephone 367-2660

Lac du Bonnet RCMP detachment report



FROM page 5

having a seal cut off same and the loading spout placed into it, to make it appear as though the car was still being loaded, at Molson in the R.M. of Reynolds.

On the 30th of July, a request was rec'd to contact a resident of the Town of Lac Du Bonnet and pass on an urgent family message. The subject was located & the message passed on.

On the 30th of July, a report was rec'd of an adult male speeding in Pinawa. The subject was located and warned re: his driving habits as per the wishes of the caller.

On the 30th of July, a report was rec'd from Molson in the R.M. of Reynolds of a vehicle

parked near the tracks, and possibly impeding train traffic. Police attended to the location, however, the vehicle was gone.

On the 31st of July, a report was rec'd of noise at the Otter Falls Campground in the Whiteshell Prov. Park. Police attended, however, the source of the noise could not be determined, and no identification as to where the caller was located.

On the 31st of July, a report was rec'd of a person possibly trespassing in a yard on Grouse Road in the R.M. of Lac Du Bonnet. Police attended and checked the yard, but no-one present.

On the 31st of July, a report was rec'd of a vehicle

which appeared to have been in an accident sitting on the side of PR 315 just past the Tanco turn-off. Investigation revealed that the vehicle had in fact been involved in a single-vehicle accident, and the driver completed a Traffic Accident Report in Wpg.

On the 31st of July, a report was rec'd of a vehicle having been involved in a Motor Vehicle Accident on PR 314 in Nopiming Park, and the subsequently driving off the road in the Wallace Lake area. Same had been towed out, and was being driven to Lac Du Bonnet by what was believed to be an Impaired Driver. Police stopped the vehicle and found the driver to be under the influence. He was subsequently charged for Driving while over .08, had his Licence suspended and the vehicle impounded.

On the 31st of July, a report was rec'd from the GMC On Star dispatch centre of an emergency transmission from a vehicle which was believed to be at the corner of PTH #12 and P.R. 317. Beausejour det.

attended to the area, but no vehicle could be located.

On the 31st of July, a request was rec'd to attend at a location on Marcus Drive in the R.M. of Lac Du Bonnet to check on the condition of an adult male, as concern had been expressed for his safety. Police attended at the location and found all to be in order.

On the 31st of July, a report was rec'd of a break and enter to a business in the downtown area of Lac Du Bonnet. A mess was made inside and some product was consumed.

On the 1st of August, a report was rec'd of a suspicious person outside a residence in Pinawa. Police patrolled to the location, however, it was determined that the caller's daughter knew the subject in question.

On the 1st of August, a report was rec'd to locate a subject in the Elma area & pass on an urgent family message. Police attended to the location, and determined that the subject and family were away, so the request was forwarded to

Steinbach Detachment to contact the subject where she was staying.

On the 1st of August, a report was rec'd of an Emergency marker having been stolen from a driveway on Lettonia Lane in the R.M. of Lac Du Bonnet.

On the 2nd of August, a report was rec'd of the Pine Falls Ambulance bringing an air crash victim from Bissett to be flown from Lac Du Bonnet Airport, with a request to meet the Ambulance and escort to the Airport. This was done.

On the 2nd of August, a report was rec'd of two hanging baskets having the flowers damaged in downtown Lac Du Bonnet.

On the 2nd of August, a report was rec'd of a bison herd having escaped from their fence and being in the gravel pit area off PR 214 in the R.M. of Lac Du Bonnet.

Lac du Bonnet Community Billboard

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

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

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

Lac du Bonnet Lions Club meets the first and third Monday of each month, 7:00 p.m., LdB Community Centre.

Lac du Bonnet Regional Library open Tues and Thurs 10:30 a.m. to 4:30 p.m. and 7:00 to 8:30 p.m.; Wed. and Fri. noon to 4:30 p.m.; Sat. 10:30 a.m. to 12:30 p.m., ph. 345-2653.

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

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

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

Royal Canadian Legion Branch #164 general meetings third Tuesday of each month 7:30 p.m. Legion Hall. Horticultural Society meets second Tuesday of every month 7:00 p.m., Centennial School.

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

Lakeshore All-Ages 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 753-8401.

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

Battered Women's Crisis Line 1-800-362-3144.

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

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

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

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

Pioneer Club meets first Monday of month 9:30 a.m., Pioneer Club RM of Lac du Bonnet Council Meetings second Tuesday of each month 10:00 a.m. and fourth Tuesday of every month 6:00 p.m.

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

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 345-1958
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 Kathleen Karloway, church 345-8654, office 345-2919

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

NOTRE DAME CATHOLIC CHURCH

Pastor Richard Machera, 345-2988

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.

Even though I eat well, should I take vitamin and mineral supplements?

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

We need many essential vitamins and minerals every day. Nature provides the right combinations and amounts of vitamins, minerals and other protective substances (e.g. phytochemicals) in food! If you are generally healthy and eating according to Canada's Food Guide to Healthy Eating, there is no need for vitamin and mineral supplements.

Many foods readily available in grocery stores have been fortified with nutrients. For example, orange juice with added calcium and calcium fortified soy beverages are new ways of adding calcium to the diet. Fortification of white flour and pasta products contributes folic acid to the diet.

If you think you may need a vitamin or mineral supplement, talk to your registered dietitian, doctor or pharmacist, especially if you are taking any medications. Specific individuals may need vitamin and mineral supplements:

- vegetarians and ve-

- gans/strict vegetarians, who eat no animal products, may need vitamin B₁₂, vitamin D, iron, calcium, zinc and DHA (docosahexanoic acid) supplements;

- people with food allergies may need supplements to provide the nutrients found in the foods they are unable to eat;

- women who are planning to become pregnant need a folic acid supplement;

- pregnant women need iron supplements in the last two trimesters and may need a prenatal supplement throughout the pregnancy;

- infants who are exclusively breastfed need a vitamin D supplement until their diet can provide it;

- older adults may need various supplements depending on their diets;

- individuals recovering from surgery or who have specific medical conditions may require specific supplements.

Taking unnecessary supplements can upset your body's nutrient balance. For example, taking too much zinc interferes with both copper and iron absorption. Exces-

sive intakes of calcium may reduce the absorption of manganese, zinc and iron. Toxic levels of nutrients are more likely to be reached when you are taking supplements instead of food.

Vitamin and mineral supplements do not provide energy or fibre and should not be insurance for a poor diet.

Some foods have active substances, which provide health benefits beyond basic nutrients. There are no recommendations for how much and of which foods we should be eating. Instead of taking pills and capsules, enjoy a variety of foods from Canada's Food Guide to Healthy Eating. With pills and capsules, the active substance(s) may not work the same way as when you eat the whole food.

Healthy eating helps you get the most out of life. Healthy eating is the key to looking good, feeling great and being your best for friends and family, both at work and at play.

* Source: *Make Sense of the Food You Eat - A Resource Manual for Dietitians* - produced by Dietitians of Canada.

MYJC Centre Closes for Summer 2001



MYJC news

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

August is already here, and with it comes the closing of the Manitoba Youth Job center (MYJC) for the summer of 2001. Our official last day of operation will be Friday, August 10th.

The MYJC program, which is run by Manitoba Education Training and Youth, has been providing a free matching and referral service to employers in Lac du Bonnet and the surrounding area for the past three months. This program has been extremely successful this summer, and this is directly due to the residents and employers in this area. This year, we have seen a great increase in the number of job orders registered with the center, as well as an increase in the number of student placements

in casual and full-time work. For this, I send out a huge thank-you to all the businesses and local residents! By hiring students this summer, you have given them a valuable work experience that they may carry with them into the future...you are greatly helping the youth in our communities!

A thank-you is also due to the students in this area who took the initiative to register with the center. I commend all of you for your enthusiasm in attempting to find summer employment this year. I would also like to thank all the students who participated on the odd job squad as well. I personally had a lot of fun in our events, and I hope you did too. While we are on the topic of

odd job squad, thank-you to the all the local residents and businesses who bought labor raffle tickets and flower bouquets. Thanks is also due to Carnations Corner Plus and The Yellow Door for their help with our flower frenzy event. For those students who found employment opportunities through referrals from the MYJC, I hope you had a great experience this summer. I also encourage all junior high and high school students to register again when the center opens next summer!

In the continuing list of thanks, I must make special mention of my wonderful sponsoring committee, the Winnipeg River Recreation District. Michelle Chudd (Director) and Robin Attas (Special Events Coordinator) were so incredibly friendly, helpful and supportive of the MYJC. I enjoyed working with both of them! I would also like to express my thanks to the staff

at New Directions School. They provided me with a great office and computer access as well. The staff at this school is so helpful and friendly and I am very lucky to be working around such great people!

Last, but not least, I would

like to thank The Echo for printing my articles and pictures in the paper. I hope you enjoyed the weekly MYJC articles, and I'm sure they will be back for your reading pleasure in the summer of 2002! Enjoy the rest of the summer!

Volunteer Appreciation Conference Coming Your Way!

In honour of North Eastman's plethora of volunteers, and in honour of the United Nations' Year of the Volunteer, the Winnipeg River Recreation District is proud and pleased to present a special volunteer appreciation night on Tuesday, September 11 from 6:00 to 9:30 p.m. at the Lac du Bonnet Community Centre.

Central to this conference will be two presentations by respected private consultant Barb Gemmell. Ms. Gemmell is a specialist in the area of volunteers, and will be giving presentations on volunteer burnout, recruitment, and retention. However, no recognition event could be complete without food and entertainment, and

this evening is no exception. Expect to see a mixture of local and Winnipeg-based talent (specific acts will be announced soon) as well as plenty of great snack food-both healthy and deliciously unhealthy (cake!).

Most community groups should have received an invitation to this conference in late June, instructing them to register their members for this event. However, if your group did not receive one, or if you'd like to register right away, please call Michelle Chudd at the Recreation Office at 345-8816 or 753-2639.

Advance registration is preferred, but any walk-up participants will be welcomed with open arms.

Breast is Best (But can I do it?)

by Geraldine Dandeneau, R.D.

Breast is best! We've had our suspicions all along and research has finally confirmed what many parents have been

saying for years—breast milk is indeed the gold standard when it comes to feeding babies..

Not only is it ideally suited to the infant, but the other health benefits it bestows (immune

factors, reduced risk for diabetes, less allergies, ear aches, digestive upsets, etc.) can never be duplicated in a bottle. Given the many advantages associated with breastfeeding, it is surprising that so many new parents are hesitant (even apprehensive) to take up this very natural, time-honoured method of infant feeding. Many new moms doubt their ability to produce sufficient milk to feed their babies, yet others worry that breastfeeding will tie them down to the point of being housebound. To alleviate some of these concerns we've selected a few of the most common questions/issues expressed by new parents as they make that very important decision of what to feed their newborn.

Will my baby get enough milk? It is easy to determine how much milk a baby is drinking when bottle-fed simply by checking the level of milk remaining in the bottle. The breast, however, has no such outward indicators and this inability to actually see the amount of milk that baby is drinking explains why this issue is a major concern for new moms. There are however specific signs that parents can look for to ease their minds and satisfy them that mom's breast milk is plentiful.

The most obvious of them is weight gain. Babies cannot thrive without adequate nutrition. If baby is gaining at a rate of 5-7 ounces a week for the first 3 months, it is safe to say that sufficient breast milk is being produced. (Typically, babies lose weight during the first week. They should regain their birth weight by 2-3 weeks of age.) Breastfed babies should be nursing 8-12 times a day and, by about one week, they should have at least 6 heavy, wet diapers and at least 2 dirty diapers (soft, yellow, possibly seedy) each day. Keep in mind that as babies get older (after their first month), the frequency of their bowel movements may decrease, sometimes to only once a week. Mom should also be aware of changes to her breasts that indicate that her baby is feeding well. In the early stages of breastfeeding she will notice that her breasts feel full prior to nursing and soften after the feeding. This can be expected to change, however, once breastfeeding has been well established. The fullness may not seem as evident, but fear not, this is normal and to be expected and does not indicate a decrease in milk supply. Milk production is a very efficient system that works on the principle of supply and demand. It is the sucking of the infant at

the breast that stimulates the production of milk. To ensure a supply of milk that corresponds with your baby's need for milk, it is important to nurse on demand, letting your baby be the guide. There will be times when baby wants to feed more frequently and you may feel that you're nursing continuously. This could be due to hot weather (water is not necessary for baby), or baby is going through a growth spurt. Typically, growth spurts occur at 2-3 weeks, 6 weeks and 3 months. So anticipate them and be prepared to nurse more often for a few days!

Can the size of my breasts affect my ability to produce milk? Breasts (and for that matter nipples) come in a variety of shapes and sizes. It is not the size that determines how much milk a mom produces. Small breasts are well



SEE/WINGS page 15

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Lac du Bonnet Office Phone 345-9896 Fax 345-8804
Powerview Office Phone 367-9468 Fax 367-9974

Wings of Power - Breast is Best

FROM page 10

equipped with all the milk-producing glands needed to produce the quality and quantity of milk babies demand. The important thing for successful breastfeeding is not the size of the breast but rather early and frequent nursing.

I've heard that breastfeeding can be painful? Though some tenderness may be expected in the first few days, breastfeeding should not hurt and contrary to some myths, you do not have to "toughen up" your nipples during pregnancy to prepare them

for the rigours of breastfeeding. Getting it right at the start may take some practice as mom and baby learn the ins and outs of the breastfeeding ritual. Ensuring that baby is latched on and positioned properly are vital for successful breastfeeding without discomfort. Before offering the breast, make sure baby's mouth is open wide and quickly, but gently, pull baby towards the breast. The chin and the nose of the baby should be touching the breast (don't worry, baby can still breathe). This will ensure the

baby is sucking on the breast and not just the nipple (a sure way to cause soreness). Alternating positions should also help to avoid soreness. Positioning the baby tummy to tummy with mom will also facilitate a proper latch.

A woman's body prepares itself throughout pregnancy for the eventual feeding of her child. Parents should not regard breastfeeding with anxiety and fear, but rather as the natural follow-up to the events leading to the birth of their baby. Breastfeeding is a very portable activity. Moms need

not be housebound with their little ones. Breastfeeding can be done so discreetly that on-lookers are not even aware that it is taking place. Breast milk can also be expressed and given to baby when mom is elsewhere. It is a rare instance when a woman cannot breastfeed and nothing can equal the satisfaction derived from knowing you are giving your child the very best start in life. Breast is best and **YES, YOU CAN DO IT!**

For more information on breastfeeding or if you are interested in knowing more

about the free prenatal services offered by the Blue Water Mobile Prenatal Team, contact us at 367-8855. If you are interested in preparing your own baby food, a "Grind and Dine" workshop will be held on Wednesday, August 15th, from 11:00-1:00 at Wings of Power, 39 Pine Street. Join us for a demonstration, light snack and we'll include a baby food grinder and recipe booklet as well.

Call 367-8855 or 367-9641 to register or for more information. There is no fee for this workshop.

Recreation not just sports

Recreation ramblings

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

Thank you so much to my drama helpers April and Sarah for making the Lac du Bonnet Drama at the Beach program

run so smoothly. The three of us had a blast with the hoards of kids who showed up, playing games, inventing stories,

making puppets and masks, and just having fun! The idea of running a drop-in camp rather than one where pre-registration is required seemed to draw more people, and I'm sure it was a whole lot easier for parents! If you think that drop-in clinics are the way to go, why not drop us a line and tell us? Or perhaps you'd prefer to register-either way, we'd love to hear from you.

Just a side note on drama-if you happen to be playing with your kids and want to incorporate some dramatic elements into a game, it's simple! Adding something as easy as a funny walk into a game of tag gets kids thinking about the way their bodies can move and the different characters they create. Try it-you may have a future Hollywood actor/actress living with you!!

Diving Clinic

A reminder to those registered for diving to get your payment in to the Recreation Office as soon as possible-no payments will be accepted on the day of the clinic. Mail a cheque to the Winnipeg River Recreation District (Box 852 in Lac du Bonnet) or drop it off at either Recreation Office or at the Town Office-but be sure to let the employees know it's for us, not them!!

Kayaking Clinic

This is the very last chance to register for kayaking. I need to report our final numbers to the instructor by Wednesday, August 8, so if you're still interested in attending, please get your name and the \$15 registration fee to me before then. The clinic runs on Sunday,

August 12 from 1 to 3 p.m. at the Pinawa Sailing and Rowing Club.

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).

Swim Lessons

The Pinawa Pool still has one more session of lessons from August 13 to 24. In addition to the regular AquaQuest levels 1-12, two lifeguarding courses will be offered if there is enough interest. Lifesaving's Rookie/Ranger/Star is for anyone interested in rescue and first aid, and the

course has no pre-requisites. Aqualader is the pre-requisite for Red Cross Water Safety Instructor, the course which allows you to teach all AquaQuest levels. Finally, adult lessons will be offered in the evenings for anyone who always wanted to know how to swim, but never had the chance-until now! Call the L.G.D. of Pinawa for more information or to register: 753-5100.

Rec Soccer

A fun and crazy game of soccer is happening every Wednesday night at 7 p.m. on the Pinawa Secondary School soccer field. Lots of fun for teens and adults-but do wear bug spray; they're vicious out there (the bugs, not the humans!).

Pineview Slo-pitch league standings

A Side TEAM	G	W	I	L	Pts.
Muskrats	18	16		2	32
Fire	18	16		2	32
Dichards	18	11		7	22
Desperados	18	10	1	7	21
Diamond Heads	18	9	1	8	19
B Side					
Out of the Blue	18	9		9	18
Mustangs	18	8		10	16
Mohawks	18	7	1	11	15
Bisons	18	2	1	15	5
Pistols	18	1		17	2

Round Robin A and B to eliminate 1 team from A	7:15	Bisons vs Mustangs	1
Tuesday, August 7	7:15	Muskrats vs Desperados	R
6:00 Open	Tuesday, August 14		
6:00 Fire vs Desperados	6:00	Fire vs Diamond Heads	I
7:15 Out of the Blue vs Bisons	6:00	Open	R
7:15 Mustangs vs Mohawks	7:15	Open	I
Wednesday, August 8	7:15	Die Hards vs Muskrats	R
6:00 Diamond Heads vs Die Hards	Wednesday, August 15		
6:00 Open	6:00	Pistols vs Bisons	I
7:15 Diamond Heads vs Desperados	6:00	Open	R
7:15 Open	7:15	Mohawks vs Out of the Blue	I
Thursday, August 9	7:15	Die Hards vs Desperados	R
6:00 Muskrats vs Diamond Heads	Thursday, August 16		
6:00 Mohawks vs Bisons	6:00	Playoffs Begin	I
7:15 Fire vs Die Hards	League champions and B side Round Robin		
7:15 Pistols vs Out of the Blue	A	Muskrats 13	Fire 7
Monday, August 13	B	Mustangs 9	Pistols 7
6:00 Mohawks vs Pistols	B	Mustangs 4	Out of the Blue 2
6:00 Open	R		



Golf tip of the week

Dale Mitchell, CPGA Golf Professional

Tips for recording your score

This week I hate to say it but it's time to talk a little about the rules. Unfortunately most golfers make the rules up as they go along to suit their own needs and then when they do play a tournament they find out the hard way what the actual rules are. Now obviously there are too many rules to get into in a short column like this but I'm going to touch on the most common.

Out of bounds, whether it's over a fence or just over the white stakes, you must play the second ball from the original place you hit the first one out of bounds with one penalty stroke. Now here's the way to count it properly. The first shot is over the fence so it's a one stroke penalty so just say to yourself it's two to come back and you are now hitting three. The most common mistakes are that people go and drop a ball at the point in which the ball went over the fence which of course is wrong and if you do that in a tournament you would be disqualified, because you played the ball from the wrong spot and nobody wants that. As you can see I could go on about rules forever so if you're not sure, play two balls and get a ruling from your local CPGA Golf Professional.

That's enough for this week we'll talk to you next week about something not as boring. By the way look forward to some interesting Men's Nights coming up at the club as well as a few more couples' nights.

Rural Roads

By Paul Allen

Dead tired: lack of sleep can be fatal behind the wheel. Rolling down the window or turning up the radio isn't enough.

Everyone at one time or another has experienced the effects of fatigue: distraction, loss of alertness and an impaired ability to perform tasks requiring attention. Now, this may not be hazardous if you're experiencing fatigue on a

beach at Club Med but it can be dangerous - even fatal - when you're driving.

On average, 155 fatigued drivers are involved in crashes each year in this province. Between 1991 and 1996, drowsy driving proved fatal for 23 Manitobans.

There is considerable debate about the actual scope of the problem of crashes due to sleepiness or fatigue. Current

estimates are based on police recording, which may not always be accurate because there is no way of testing whether a driver is impaired due to fatigue.

Dead tired

Fatigue related crashes tend to occur more often on highways and roadways where speed limits are higher. Add to that a sleeping driver with no opportunity to attempt a corrective manoeuvre and you can see why these crashes so often result in death or serious injury.

While Manitoba crash data reveals that those most at risk for sleeping behind the wheel are young people under the age of 25, fatigue can affect anyone at any time. Young people, commercial drivers, people with medical conditions or undiagnosed sleep disorders, vacation and business travelers and shift workers are at particular risk. As well, drivers who are sleep deprived, take medication that increases sleepiness, drink alcohol, or drive alone or on long, rural roads are also susceptible to fatigue-related crashes.

In a random telephone survey conducted on behalf of Manitoba Public Insurance last summer, 63 per cent of drivers reported having driven drowsy within the previous year - up 10 per cent from the

number who reported driving drowsy in 1998. Over 2 per cent of respondents said that drowsiness or falling asleep at the wheel had resulted in an accident.

Sleep not voluntary

Think you can force yourself to stay awake? Think again. Sleep is not voluntary. If you're drowsy, you can fall asleep and never even know it. And you can't tell how long you've been asleep. When you're driving, being asleep for even a few seconds can kill you or someone else.

Turning up the radio and opening the windows aren't going to work for more than a minute or two. Coffee can be a short-term stimulant, but it only prevents sleepiness for a half hour or so, and it doesn't work at all if you're a regular coffee drinker.

So, what can you do to avoid becoming over tired on the road? Get plenty of rest before you head out. Bring a friend to talk to and share the driving. It's also a good idea to stretch your legs and get some fresh air every couple of hours. And lastly, use cruise control sparingly, since it can make you feel more like you're guiding your favourite chair down Route 66 than really driving.

The next time you're driving and find that you can't stop

yawning and you don't remember the scenery you just drove past, pull over and rest. You're fatigued - impaired - and you're dangerous. Remember, though, that it's illegal to park on highway shoulders, so you'll have to find somewhere else safe (and preferably well lit) to stop and nap.

For more information about how fatigue can impact workplace and road safety, the presentation Shift Work and Drowsy Driving is available on MPI's Web site at www.mpi.mb.ca/english/road_safety/awareness.html <http://www.mpi.mb.ca/english/road_safety/awareness.html>. This presentation, reproduced with permission from the National Highway Traffic Safety Administration, provides tips on how to get home safely, dispels myths about how to stay awake, and offers advice on how to sleep better.

Paul Allen is Road Safety Manager for Manitoba Public Insurance. He would like to hear from you. His e-mail address is pallen@mpi.mb.ca and his mailing address is Room 824, 234 Donald Street, Box 6300, Winnipeg, MB R3C 4A4.

For more information about road safety, visit MPI's Web site at www.mpi.mb.ca <<http://www.mpi.mb.ca>>

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.
Pre-natal 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., whilst every Thursday, 1:30 p.m.
Pine Falls Health Auxiliary: meetings first Tuesday of every month, 1:30 p.m.
Collage 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, meal raffles held at Legion on Fridays 4:30 to 5:30 p.m.
Pine Falls Masonic Lodge #154: meets second Friday of every month. Pine Falls United Church except January and

February.
Badminton: Pine Falls School gym, Sunday and Wednesday nights, 7:00 to 10:00 p.m.
Powerview garbage pickup: every Wednesday, recyclable pickup first and third Thursday of each month.
P.A.A.: meeting first Tuesday of each month at 7:00 p.m.
Village of Powerview: meets second Tuesday of each month.

Winnipeg River Senior Service Inc. Coordinator Tina Polischuk, Pine Falls Health Complex, phone 367-9128, 9:00 a.m. to 3:00 p.m. Monday to Friday. Services: transportation, home maintenance, foot care, volunteer help, into 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 Alcah Road 756-8018 or 756-2101.
Happy Tots Day Care - 367-2601, heard meetings last Monday of each month 7:00 p.m. at the daycare.

Senior Scene Inc. #1 Alcah Rd., Victoria Beach General meetings second Tuesday of the month, 756-6468 for more info.
Mental Illness Support Group: meets second Wednesday of the month 7:00 p.m. Wings of Power office.

Beaches HELP Centre (seniors service) 756-6471, Wednesday 1:00 to 4:00 p.m., Friday 10:00 a.m. to 1:00 p.m.
Powerview Parent Advisory Council: meets first Thursday of every month.
Great Falls Hall workers - Tuesdays and Thursdays from 10:00 to 11:00 a.m.
Pine Falls Library open 3:00 p.m. to 5:00 p.m. Monday and Thursday.

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

Winnipeg River Church Services

NOTRE DAME DU LAUS: Powerview - Sunday evening 7:30 p.m. (English). Sunday 8:30 p.m. (French), 10:30 a.m. (English); Stead - Saturday 5:00 p.m.
PINE FALLS UNITED CHURCH: Sunday service Sunday school 11:00 a.m. Rev. Jack Ballantine-Dickson. Office hours: Tuesday to Friday 10:00 a.m. to 12:00 noon, ph. 367-2633.

PINE FALLS ANGLICAN CHURCH OF THE ADVENT: Ph. 367-8347. Rector, the Rev. Brian Rountree. Sunday Service at 9:00 a.m.
ST. THERESA'S: Masses at Notre Dame du Laus.

ST. GEORGES: Mass Sunday at 8:00 a.m. and 10:00 a.m.
ST. JUDE'S ANGLICAN CHURCH: Grand Marais, Holy Eucharist - second and fourth Sundays, 11:00 a.m. Morning prayer 11:00 a.m. - first, third and fifth Sundays.

TRINITY EVANGELICAL LUTHERAN CHURCH: Thalberg, 1 mile east and 1 mile south of Junction #12 and #304. St. John's Evangelical Lutheran Church, Greenwald on Hwy. #12, 1½ 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. ALEXANDER R.C. CHURCH: located at Sagleeng First Nations. Sunday mass 10:30 a.m.
ST. THERESA R.C. MISSION: 88 Glendale Avenue, Grand Marais. Mass or community service 11:30 a.m. first Sunday of November to last Sunday of April. May through October mass 10:00 a.m. Sunday.

SAGKEENG CHRISTIAN FELLOWSHIP CHURCH - Lloyd Guimond (Pastor) Sagleeng 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.

ECHOES FROM THE Heart Information Please

When I was quite young, my father had one of the first telephones in our neighborhood. I remember well the polished old case fastened to the wall. The shiny receiver hung on the side of the box. I was too little to reach the telephone, but used to listen with fascination when my mother talked to it. Then I discovered that somewhere inside the wonderful device

lived an amazing person—her name was "Information, Please" and there was nothing she did not know. "Information, Please" could supply anybody's number and the correct time.

My first personal experience with this genie-in-the-bottle came one day while my mother was visiting a neighbor. Amusing myself at the tool bench in the base-

ment, I whacked my finger with a hammer. The pain was terrible but there didn't seem to be any reason in crying because there was no one home to give sympathy.

I walked around the house sucking my throbbing finger, finally arriving at the stairway. The telephone! Quickly, I ran for the footstool in the parlor and dragged it to the landing. Climbing up, I unhooked the receiver in the parlor and held it to my ear.

"Information, Please," I said into the mouthpiece just above my head. A click or two and a small clear voice spoke into my ear, "Information."

"I hurt my finger," I wailed into the phone. The tears came readily enough now that I had an audience.

"Isn't your mother home?" came the question. "Nobody's home but me." I blubbered.

"Are you bleeding?" the voice asked.

"No," I replied. "I hit my finger with the hammer and it hurts."

"Can you open your ice-box?" she asked. I said I could.

"Then chip off a little piece of ice and hold it to your fin-

SEE/ECHOES page 15

SILVER HAVEN MEAL PROGRAM

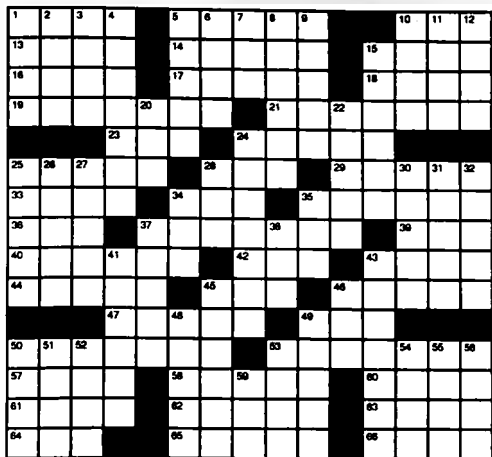
Open to all seniors 55 and over. You are welcome to bring a guest. All meals are \$4.50. Meals are at 12:00 noon Mondays, Wednesdays and Fridays. Your name must be put on the list the day before by calling Silver Haven at 367-4620 or Bernice at 367-8369

Wednesday, August 1
Salad, meat loaf, mushroom bake, hashbrowns, jello

Friday, August 3
Soup, six layer casserole, strawberry short cake.

Monday, August 6
Soup, barbecued pork chops, red cabbage, mashed potatoes, apple crisp.

WEEKLY CROSSWORD

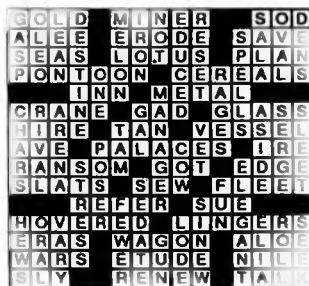


- | | | |
|---------------------------|--------------------------|------------------------|
| 36. Preeminent in quality | 14. Eminent | 38. At the apex |
| 37. Shallow dish | 17. Upright | 40. Overlay |
| 38. Enthusiastic | 18. African antelope | 41. Keen |
| 39. Supplement | 22. Not as much | 43. Change one's ways |
| 40. Female students | 23. Narrow wooden strips | 44. Student group |
| 41. Martin or McQueen | 24. Mistakes | 46. Routine task |
| 42. Mistakes | 25. Calendar reading | 47. Surrender formally |
| 44. Selected ones | 26. Call forth | 48. Dollar bills |
| 45. Days before holidays | 27. Diminish gradually | 49. Fellow |
| 46. Applaud | 29. Roof edges | 50. Cease to move |
| 47. Deal with | 30. Operate an auto | 51. Lessen pain |
| 49. Burn slightly | 32. Ask divine favor for | 52. Fermented drinks |
| 50. Soap Opera (2 words) | 33. Boy | 53. Opening |
| 53. Arabian Sea gulf | 35. Biblical garden | 54. Creative work |
| 57. Raises | 37. Tiny opening | 55. Meadow |
| 58. Raises | | 56. Lyricist Gershwin |
| 59. Fragrant flower | | |
| 60. Nuisance | | |
| 61. Adhesive strip | | |
| 62. Large monkeys | | |

DOWN

- Reflection of sound
- Burden
- Painful
- Extrasensory perception
- Refuge
- ___Office
- Singer Tillis
- Building wing
- On the other side
- Mischievous children
- Flying toy
- Greek E

LAST WEEK'S ANSWERS



ACROSS

- | | |
|---------------------------|-----------------------|
| 1. Otherwise | 19. Lyric poem |
| 5. Dwelling | 20. Stagger about |
| 9. Bicycle | 21. Be defeated |
| 13. Dove sounds | 22. Not much fat |
| 14. Judges' mallet | 23. Extend over |
| 15. Send forth | 25. Uncover |
| 16. Jeannie C. Riley song | 28. Brought to ground |
| | 31. Hold fast |
| | 32. Tasteless |
| | 34. Plural of is |



CRYPTIC PUZZLE

"XM CTL RBB K AKDWHKYTD, XJR ZLPE JTT SKJB.

- RXO IKZBR YTSWRZXJE

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

THINK BIG THOUGHTS BUT RELISH SMALL PLEASURES.

- H. JACKSON BROWN, JR.

WEEKLY ECHO HOROSCOPE

for the week of August 6 to August 12

Aries - March 21 to April 20



Stop operating out of fear! You have the knowledge and ability to turn a potential conflict into a celebration. Break away from the tendency to worry and fret about details. Slow and steady will help you win the race.

Taurus - April 21 to May 21



Don't give up on the new project at work even though it got off to a rocky start. Working hard and being responsible will help you stand out in the crowd. Your charisma could even win over the most stubborn critic.

Gemini - May 22 to June 21



Be prepared for a potentially dangerous situation. If you're thinking about making a life or career change, start poring over college catalogs. This may be the best time for you to go back to school. Rekindle dormant dreams.

Cancer - June 22 to July 22



Add drama to your everyday life with things as simple as makeup or jewelry. The change may uplift your attitude. Make time to spend with a friend who has always been there for you. He/she really needs a shoulder to cry on.

Leo - July 23 to August 23



People are noticing a new you. You approach every new task energized, positive and motivated. Take time during the weekend to satisfy your own personal needs, wants and wishes. A huckster may try to take advantage of your generous nature.

Virgo - August 24 to September 22



Try to keep emotions in check this week if you have just begun a new relationship. Too much contact may be smothering. Your career is invigorating. You thrive on positive feedback. Don't forget the people that helped you along the way.

Libra - September 23 to October 23



Something you depend on daily needs prompt attention. Take a break and schedule a doctor's appointment. A warm smile and sense of humor help keep you on track this week. Motivational books or tapes could help you see the bigger picture.

Scorpio - October 24 to November 22



Work and home life may become a battlefield. Pick only one fight to champion. The effort you make at remaining in control could be rewarded in the long run. Be honest with yourself and end a negative relationship.

Sagittarius - November 23 to December 21



That quick comeback at the office may have first been thought of as funny. Now it may come back to haunt you. Apologize. Take control of your own destiny. Romance is looking for you.

Capricorn - December 22 to January 20



Beginning a new project at home has you excited. Adhere tightly to the schedule, or it may be costly. Breathe deeply when confronted by an adversary. His/her bark is worse than the bite. Staying cool could score points with the boss.

Aquarius - January 21 to February 18



Take a step back and think. Is this the direction you really want to pursue? If so, go for it. Any doubts you have will be proven false. Your intuition is right. Familiarity breeds contentment in a relationship.

Pisces - February 19 to March 20



Private time is important this week. Make a date with your spouse or partner for some adult time. Try to be more disciplined when it comes to setting personal health routines. A modern dance or ballet class is worth a try.

Echo Classifieds

UNDER THE PLANNING ACT NOTICE OF PUBLIC HEARING REGARDING BY-LAW 07/01

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 15th day of August, 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. 07/01 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 07/01 of the Rural Municipality of Alexander is to amend R.M. of Alexander Zoning By-Law 8/98 as amended as follows:

1. DEFINITIONS

Section 1.2 Definitions is hereby amended by adding a definition respecting *Temporary Building Use or Structure* to mean a removable building, use or structure permitted on a temporary basis during construction.

2. GENERAL REGULATIONS APPLYING TO ALL ZONES

Section 3.3 Temporary Buildings and Uses is hereby amended by adding that a Temporary accommodation shall be limited to a travel trailer as defined by By-Law 8/98 and shall not be used as temporary accommodation unless it complies with the Manitoba Building Code for residential purposes and that temporary buildings, uses and structures must be constructed, erected and/or replaced in such a manner that they can be removed upon completion of construction.

3. ADMINISTRATION

Section 2.14 Fee Schedule is amended by amending the fee for:

Conditional Use Order at: \$250.00 each plus disbursements
Variation Order at: \$250.00 each plus disbursements

4. RESOURCE DEVELOPMENT ZONE-APPLYING TO ALL RD ZONES

Section 10.3.2, Table XVI "RD" Resource Development Zone Use and Bulk Table is amended by deleting the conditional use "Race Tracks" and all applicable requirements and by adding the following conditional use and bulk regulations:

Home Occupations; Outdoor Entertainment Facility such as, but not limited to Outdoor concert, Music festival and theatre site; Race Tracks for horses, automobiles, motorcycles, snowmobiles and other motorized vehicles.

5. GENERAL AGRICULTURAL ZONE-APPLYING TO ALL A-80 ZONES

Section 11.3.2, Table XVII "A80" General Agricultural Zone Use and Bulk Table is amended by deleting the conditional use "Race Tracks" and all applicable requirements and by adding the following conditional use and bulk regulations:

Home Occupations; Outdoor Entertainment Facility such as, but not limited to Outdoor concert, Music festival and theatre site; Horse Race Tracks; Race Tracks for automobiles, motorcycles, snowmobiles and other motorized vehicles.

6. LIMITED AGRICULTURAL ZONE-APPLYING TO ALL A-40 ZONES

Section 11.3.2, Table XVII "A40" Limited Agricultural Zone Use and Bulk Table is amended by adding the following conditional use and bulk regulations:

Outdoor Entertainment Facility such as, but not limited to Outdoor concert, Music festival and theatre site; Horse Race Tracks; Race Tracks for automobiles, motorcycles, snowmobiles and other motorized vehicles.

7. Area affected for parts 1, 2, and 3 above shall be all of the R.M. of Alexander. Area affected for parts 4, 5, and 6 above shall be all lands currently zoned "RD" Resource Development Zone, "A80" Zone General Agricultural Zone and "A40" Limited Agricultural Zone.

1974 mobile home - 14 x 60, includes attached porch, wood electric furnace, fridge, stove, dishwasher, washer and dryer. All new windows and rear residential door, new cupboards, two airconditioners and set of bunkbeds. \$11,000, call 367-2088. 49-17N

For Sale - Glass 5 piece set, end and coffee tables \$200.00; 4 winter tires, new w/studded tires w/rims for Ford car, 215-65-15, \$500.00; electric fireplace \$250.00, call 367-2673 or 367-8604. 11-4x

Multi-Household Yard Sale - Saturday, August 11, 9:00 a.m. - 1:00 p.m. weather permitting. Bruncau's Spruce Bluff, 1 km South of St. Georges Hwy. #11. 11-1x

TRADESMAN - TRH, Manitoba Conservation Lac du Bonnet/Operations - Eastern Lac du Bonnet. Advertisement No. 6260. Salary \$12.15 to \$14.23 per hour. Closing Date: August 16, 2001.

Qualifications: Applicant must possess a minimum: Must have some general carpentry experience. Formal training or participation in an apprenticeship program would be an asset. Must have a working knowledge of the operation and maintenance of a wide variety of wood working equipment, power tools, hand tools and methods of the carpentry trade. Must have the ability to read blueprints, organize projects, make estimates, and order material for renovations and construction projects. Must have a valid, minimum class 5 Manitoba driver's licence. Some supervisory experience would be an asset. First aid and CPR certification would be an asset.

Duties: Reporting to the Parks Work Supervisor, the incumbent would conduct general maintenance and light construction in the Lac du Bonnet District. The incumbent may be required to work in other districts or job sites. Duties may include: maintenance of existing park infrastructure, general clean-up, landscaping, new construction projects, reading blueprints, constructing signs, painting, shingling, cement work, renovations and minor repairs to plumbing. The incumbent may be responsible for directing other staff at the district maintenance yard or at a variety of work sites throughout the district. The incumbent will be required to operate equipment and machinery in a safe manner and identify equipment in need of repair. The incumbent will be required to keep and maintain records, i.e. inventory records, time sheets, expense accounts, mileage reports.

"We thank all who apply and advise that only those selected for further consideration will be contacted."

Apply in Writing to: Manitoba Conservation Box 850, Lac du Bonnet, Manitoba R0E 1A0. Fax: (204) 345-1409.

Employment Equity is a factor in selection. Applicants are requested to indicate in their covering letter or resume if they are from any of the following groups: women, aboriginal people, visible minorities and persons with disabilities.

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.

House for Sale - Marie Street, St. Georges, 3 bedrooms, new windows/doors, newly renovated upstairs, garage. Call 367-4656 or 367-2620. 9-3x

Gravel Trailer - For Sale, Belly dump gravel trailer, call 345-8042. 10-2x

Motor Home - Motor Home for sale, low mileage motor, good condition, roof needs some repair, asking \$3500 as is. Phone 345-2485. 10-1x

2 Polaris Watercraft and Trailer. Comes with covers and life jackets - \$9,000. Alumacraft boat and trailer with 40 hp motor - \$5,000. 16 ft. flat deck - \$1,500. Call Carrie or Lloyd 345-8933. 10-1x

Motor Home - 1976 - 25' Itasca Winnabago Motor Home, excellent condition. Upholstery and drapes. Jen. set, furnace, 3-piece bath, \$9,000 OBO. Call 756-3468. 11-1x



Godin - Lussier David and Debbie Lussier are happy to announce the engagement of their daughter Kristie to Chris, son of Denis and Gil Godin. A May 2002 Wedding is planned.

Bridal Shower

You are invited to attend a Bridal Shower in honour of

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Sunday, August 19, 2001

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Pine Falls

Card of thanks

I would like to thank everyone for being so thoughtful during and after the death of my husband, Murray.

Frances Manson

Rural Municipality of Alexander PUBLIC NOTICE

Regarding a Local Improvement Plan

PUBLIC NOTICE is hereby given pursuant to subsection 318 of The Municipal Act that the Council of the Rural Municipality of Alexander has scheduled a public hearing at the R.M. of Alexander located at St. Georges, Manitoba on the 29th day of August, 2001, at 7:00 p.m. Council will hear any potential taxpayer who wishes to make a representation, ask questions or register an objection to the following Local Improvement Plan.

Potential taxpayers wishing to object to the Local Improvement Plan must file a notice of objection, by mail at P.O. Box 100, St. Georges, Manitoba, R0E 1V0 or in person, with the Chief Administrative Officer at the R.M. of Alexander Municipal Office located at #16 on Highway #11 in St. Georges, Manitoba, no later than the 29th day of August, 2001, at 7:00 p.m. A notice of objection must contain the name and address of the person filing the objection, identify the property in respect of which the operation is filed and state the grounds of the objection.

The Local Improvement Plan will involve the construction of the Great Falls Lagoon.

Copies of the Local Improvement Plan are available for review and may be examined by potential taxpayers during the regular office hours of the Municipality at the office of the Municipality at St. Georges, Manitoba.

Rose-Marie Blanchette
Chief Administrative Officer
R.M. of Alexander

Echo Classifieds

Warroad Day Trips

August 15, September 12, October 10, and November 7. Cost \$25.00, Rebate \$21.00, Total Cost \$4.00.

Warroad Night Trips

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Cost \$25.00, Rebate \$30.00 American.

Shooting Star Trips

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Phone 345-2664 for details.

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.

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. 7-4s

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. 8-4s

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-TPN

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Echoes from the Heart - Information Please

FROM page 12

ger," said the voice.

After that, I called "Information, Please" for everything. I asked her for help with my geography and she told me where Philadelphia was. She helped me with my math. She told me my pet chipmunk, that I had caught in the park just the day before, would eat fruit and nuts.

Then, there was the time Petey, our pet canary died. I called "Information, Please" and told her the sad story. She listened, then said the usual things grown-ups say to soothe a child, but I was inconsolable. I asked her, "Why is it that birds should sing so beautifully and bring joy to all families, only to end up as a heap of feathers on the bottom of a cage?"

She must have sensed my deep concern, for she said quietly, "Paul, always remember that there are other worlds to sing in." Somehow I felt better.

Another day I was on the telephone. "Information, Please." "Information," said the now familiar voice. "How do you spell fix?" I asked.

All this took place in a small town in the Pacific Northwest. When I was nine years old, we moved across the country to Boston. I missed my friend very much. "Information, Please" belonged in that old wooden box back home, and I somehow never thought of trying the tall, shiny new phone that sat on the table in the hall.

As I grew into my teens, the memories of those childhood conversations never really left me. Often, in moments of doubt and perplexity I would recall the serene sense of security I had then. I appreciated now how patient, understanding, and kind she was to have spent her time on a little boy.

A few years later, on my way west to college, my plane put down in Seattle. I had about half an hour or so between planes. I spent 15 min-

utes on the phone with my sister, who lived there now. Then without thinking what I was doing, I dialed my hometown operator and said, "Information, Please." Miraculously, I heard the small, clear voice I knew so well, "Information." I hadn't planned this but I heard myself saying, "Could you please tell me how to spell fix?"

There was a long pause. Then came the soft-spoken answer, "I guess your finger must have healed by now." I laughed. "So it's really still you," I said. "I wonder if you have any idea how much you meant to me during that time?" "I wonder," she said, "if you know how much your calls meant to me? I never had any children, and I used to look forward to your calls." I told her how often I had thought of her over the years and I asked if I could call her again when I came back to visit my sister.

"Please do," she said. "Just ask for Sally."

Three months later I was back in Seattle. A different voice answered, "Information." I asked for Sally. "Are you a friend?" she asked. "Yes, a very old friend," I answered. "I'm sorry to have to tell you this," she said. "Sally has been working part-time the last few years because she was sick. She died five weeks ago." Before I could hang up she said, "Wait a minute. Did

you say your name was Paul?" "Yes," I replied. "Well, Sally left a message for you. She wrote it down in case you called. Let me read it to you." The note said, "Tell him I still say there are other worlds to sing in. He'll know what I mean." I thanked her and hung up. I knew what Sally meant.

Never underestimate the impression you may make on others. Whose life have you touched today?

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