

The
Winnipeg
River

Echo



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Vol. 2, No. 12

Tuesday, August 14, 2001

\$1.00 tax included

Another great year for Steadfest

by V. Anderson

Twenty four teams showed up for this year's men's and ladies slo-pitch tournament at Stead this past weekend.

"We had teams from all over, they came from Winnipeg, Little Black River, Sagkeeng, Powerview, Beausejour, and Lac du Bonnet. It was a great weekend," said co-organizer Mark Otto. The winners of the men's A-side this year were defending champion's, the Beausejour Spinctor's who defeated Fez and the lost sheep.

B-side was won by Beausejour's Razmataz who defeated the Beausejour INC. (models incorporated).

C-side saw the Lac du Bonnet Ringers beat out the Sagkeeng Cool Dozen.

In the women's finals A-side went to Winnipeg's Spank Me team who defeated Tootsie's of Sagkeeng.

B-side was won by Winnipeg's B.O.S. who defeated the Pitz team of Winnipeg.

This is Steadfest's 15th year of baseball celebrations and once again fun was had by all who attended. Whether they were hard and fast ball players or Steadfest fan's everyone was into the spirit

of game. There were approximately 400 people at the tournament.

"This is a real family fun tournament. We had about 60 campers for the weekend," said co-organizer Pete Gerbrand.

The tournament is held at the community club and also on Leeander Zirk's farm property. Zirk and his wife have donated their land for the use of Steadfest for the last 15 years and with their help and the help of many volunteers the annual tournament has become a tradition.

"I have been coming here for at least ten years and I have always had a great time camping and playing ball," said one enthusiastic player as his team cheered in agreement.

The weather was perfect for camping and spending the day outdoors. People could smell delicious barbecued burger's and hotdogs all over the grounds. The stead burger has become almost as famous as the baseball and one could tell by the continuous stream of people at the food concession stand and all the satisfied customers. Hat's off to the food organizers Allen



The Lac du Bonnet Ringers took top spot in the C Event last weekend at Steadfest.

Rach and Beverly Radchuk and the many volunteer cook's. Your efforts were greatly appreciated. The beer garden offered shade, refreshments and entertainment for all.

This year the duck mobile did not make its usual appearance, but promised that next year the float and duck mobile that boasts a hot tub and lounge area would be even bigger and better next year.

Jeremy Coss showing great form as he takes his pitch to land a double during a game at Steadfest last weekend.



Cat's Meow

See results of the Cat's national competition August long weekend in Newfoundland, next week's Echo

Nespor supplies Lac du Bonnet's history

by Charles Norman

More than 200 years ago explorer and fur trader Sir Alexander McKenzie established Lac du Bonnet house, a North West Company trading post, on the shore of the lake.

The trading post had disappeared by the time Vivian Nespor's grandfather, Lars Boman, arrived in 1920. He and his wife homesteaded in what became Newcombe, on the East side of the Winnipeg River and built a sawmill. The

family home, and summer kitchen, were built of slabs from the outside of logs that had been used for making planks.

Both the homestead and the site of Lac du Bonnet House were flooded when the McArthur Falls Generating Station was built. The family moved into the Town of Lac du Bonnet, 408 Lake Avenue. They took the summer kitchen with them.

Ten years ago, when Vivian

Nespor decided the community needed a museum, the summer kitchen, because of its history and log cabin appearance, seemed the logical choice for a building. She called the museum Lac du Bonnet House after Sir Alexander McKenzie's trading post.

It did not take long to fill the museum with historical artifacts from the community (mostly from the area of the Rural Municipality and Town of Lac du Bonnet). Included is a 150-year-old table, and a rocking chair, a wedding present, given to Mr. and Mrs. Charlie Fores by the minister who married them. The Fores family homesteaded in 1897 in Lac du Bonnet after travelling by train to Whitemouth and rafting down the Winnipeg River to Lac du Bonnet where they decided to settle.

The museum has an excellent collection of old photographs from the region including a photo album from the 1800s that tells the story of the original Swedish settlers.

With all this immersion in the history of the region Mrs. Nespor began to get a little fed up with people saying they had nothing in Lac du Bonnet. She went to Fairways Tours to promote the idea of bus tours to



Dustin Jones assists in signing to guests on one of Vivian Nespor's tours.

the area. They were not encouraging, but two years ago set up a *Mystery Tour* the idea being that a mystery tour would get more attention than a Lac du Bonnet tour.

It worked. Nespor meets the bus at Seddon's Corner, takes the tourists to Milner Ridge, the Old Pinawa Dam, the Lac

du Bonnet Airport, the Trans Canada Trail, Pinawa's swinging bridge and more. She says the tours are proving to be quite successful.

One of Nespor's tours this year was from the Winnipeg area and when she boarded the bus she was unaware that the

See HISTORY/page 8



Dustin Jones assists in signing on one of Vivian Nespor's tours.

4P walk or run poker derby

submitted

The third annual walk or run poker derby held 4P weekend will be Monday, September 3. Registration for the five or ten kilometre routes is done at the Powerview School between 10:00 a.m. and 12:00 noon.

Proceeds from the derby will go to a local youth organization called the Soggy Bot-

tom Boys. The Soggy Bottom Boys are a group of 38 youths whose ages range from nine to 23. They are a motocross club that race throughout the summer in southern Manitoba. The group intends to build a motocross track just south of Highway 11 and 304. The track will allow youths in the northeastern region to participate in the exciting sport of motocross.

BINGO

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starting value this week

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Lucky 7

in 25 numbers

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Every Thursday Evening

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Great Falls Recreation Association working for a stronger community

by V. Anderson

The Great Falls District Recreation Association has been working hard in an effort to keep their town active, clean and community oriented.

The board of director's - president Lillian Tepleski, vice-president Michelle Fiebelkorn, 2nd vice-president Brenda Boriskewich, treasurer Walter Tokar, secretary Pat Hueston, hall manager Mark McHugh and many volunteer's - have been working together to act as a community club to plan and organize seasonal events and milestones of their community. They also pride themselves in offering the young people of the area a place to go for recreational activities year round. Another purpose is to manage the community hall that has been a meeting place for many years for people from Lac du Bonnet to the Beaches. It is a place for people to celebrate a birth, a wedding, a retirement and to hold socials to raise money for a variety of causes. Most people of this area have been to the hall for one celebration or another over the years and it has certainly become a landmark for the area.

In 1963 Manitoba Hydro constructed the community hall to provide a recreation facility for the residents to use, run, enjoy, and generally improve the quality of life in what was then a relatively isolated area. In the 1980s, Manitoba Hydro decided that its core business was the production and sale of electricity and that it should divest itself of fringe enterprises. All the residences in Great Falls were owned by and rented from Hydro. The townsite was put up for sale, first to the employees, and then to the public. The hall, which had all the operating costs and maintenance provided by Hydro but was run by the community, was sold to the community as of January 1, 1997.

Since the transfer of ownership the recreation group has



Some of Great Falls District Recreation Association's board members (l to r): Mark McHugh, Heather Softley, Pat Hueston, Walter Tokar, Leone Pommer, Grenda Gaetz, Marianne Tokar.

been doing well. However, they have had to upgrade the building to fire regulation standards and this took a lot of the reserve money out of their funds.

The community puts on a many events throughout the year and this is costly. Some of the community activities offered are the Red Cross swim program, Earth Day activities, annual children's Christmas parties, Summer

Sports Day, bicycle safety programs, senior hall walking, teen dances, youth and senior bowling, back to school corn roast, games/recreation room, hockey, baseball, and soccer. Other community efforts have also been ongoing like the community clean-up and beautification program.

One of the fund-raising areas that has been contributing to the hall is the Tuesday night bingo. Tuesday night bingo is

The bingo pots are competitive as they are in other communities and the number of games played in a night is 24.

Money raised by Tuesday bingo nights is used to pay for the hydro and telephone at the community hall. Some of the proceeds also go towards ensuring that community events are there for all to enjoy. Over the last few years the Great Falls Recreation Association has contributed to the Lac du Bonnet and Pine Falls Christmas hamper funds with contributions of food items and cash donations of \$250 per community. The association has also donated money to the Powerview School breakfast club and yearbook committee.

Many good things can come out of people working together and the association hopes that with your support their fund-raising efforts can contribute to a healthy and productive lifestyle for all.

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a fun night that is enjoyed by all who attend, however, due to poor attendance lately the question is being asked if they can continue to run this bingo. If you would like to enjoy a night out with your friends and support a good cause, mark Tuesday night bingo at Great Falls Hall on your calendar.

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A rendez-vous with Razor Sharpe

by Southida Sharpe

Local kick boxers Larry Sharpe, Joey Strongquill, and Paul Robert put their strength and training to the test July 20 at the Rendez-Vous in Winnipeg.

Paul Robert was the first to enter the ring. He faced 21-year-old Paul Dyck from Sik Tai in Winnipeg. Paul went down from a head kick during the first round but bounced back and dropped his opponent with a left hook in the second round. The bout went the distance but Paul Robert lost a close decision. He performed very well in his first ever fight.

Joey 'The Chief' Strongquill faced Bart Curtis the instructor from Brandon Sik Tai Kickboxing. Joey came out hard with his hands and rocked his opponent several times in the first two rounds. Joey and Bart fought a close fight but it was Joey who clearly landed the cleaner, harder punches and kicks. Bart decided to hold onto Joey to throw knees for the third round of the fight to escape punish-

ment. The crowd was surprised when Joey suffered a split decision loss and answered with loud boos.

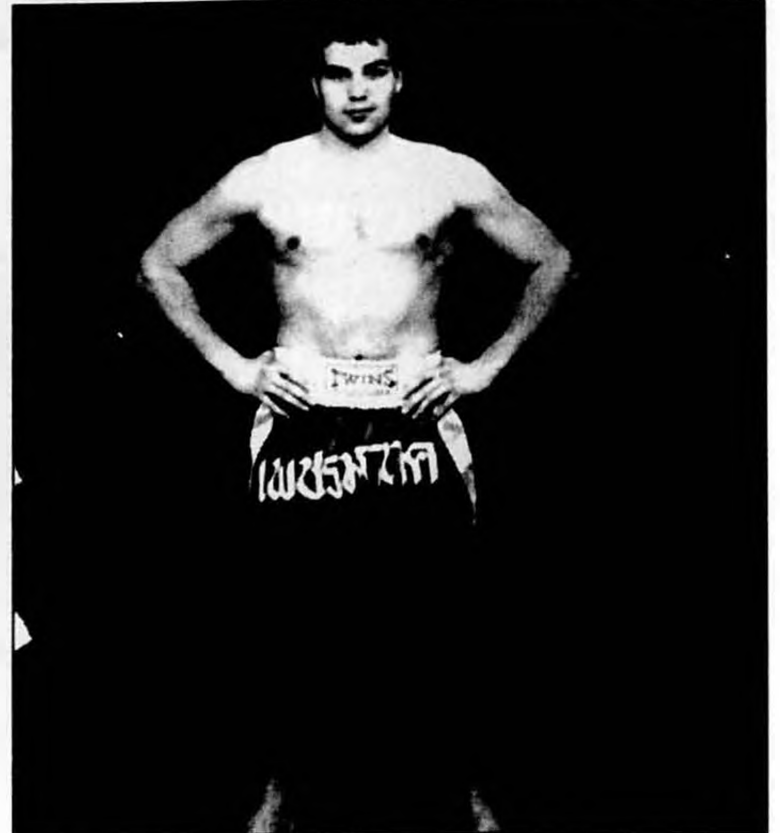
Larry 'Razor' Sharpe's fourth pro fight was against kickboxing veteran Dave Zuniga. Both competitors landed hard kicks, knees, and punches through the first three rounds. Early in the fourth round Sharpe caught Zuniga with a head kick, which backed him up into the ropes. He followed up with a hard kick to the ribs which dropped Zuniga's hands. Sharpe jumped on this opportunity and landed a big left hook that rocked his opponent. This was then followed by a combination of hooks and uppercuts that sent Zuniga to the canvas for over a minute. This was Sharpe's hardest test to this date but he scored his fourth knock out in as many pro fights. Look for more updates on Larry 'Razor' Sharpe's fights. The next fight is set for August 16 in Toronto which will be covered by TSN.

The Pine Falls Muay Thai

Kickboxing Club has been running successfully for the last two years. It has already put on three kickboxing cards. Larry Sharpe, the founder and instructor of the Pine Falls Muay Thai Kickboxing, believes the upcoming event scheduled for September 1 at the Pine Falls arena during the 4P weekend will be the best fight card yet. There will be five local competitors on the September 1 card as well as other feature bouts.

The semi-main event is a title defense for Jackie Robinson of Triumph kickboxing who is currently the WKA Featherweight Champ. She will be pitted against Sara Stock of Sik Tai. Domingo Zuniga the current WKA Super-Middleweight Canadian Champ is also scheduled to fight.

The main event will feature two of Manitoba's finest professional fighters, if not the best. Mark Bourgeois rated number four, by the IKF and who recently won the 2000 Survivor Toughman Competi-



Larry Sharpe, founder and instructor of the Pine Falls Muay Thai Kickboxing Club

tion will fight Dave Zuniga, a former Lightweight Champ (1996) and a Golden Gloves Champ (1999) and earned a spot on Canada's National Team in 1998.

The town has shown great enthusiasm for the sport of kickboxing. The September 1 card will no doubt be a spectacular event. Come and support the local kickboxers.

History of the Pine Falls trap shoot

Winnipeg River Wildlife Association

by Gord Sokoloski

Did you know that back in 1962 Don Munroe and Stan Oakes were instrumental in starting the formal trap shoot. The first year the location was in the newly cleared Pine Falls lagoon area. Then in 1964 a formal club was formed with Bill Maclead as the first president. The trap grounds were set up across the highway from

what was then the shamrock on the present Tasty Treats site. This site was made available by the paper company. It is well suited to the needs of the club in that it faces north and has easy access and proper distances of clearance for the rules of safety for a trap shoot site.

Henry LaFrance built the first ground level trap hut with a mechanical clay pigeon thrower installed. During the 1980s a new in ground trap house was built and in the mid 1990s an electric thrower was purchased and installed.

Over the years many people have worked to support the club, people like Charlie Niedermayer and all the shooters who come out. The association is affiliated with the Manitoba Wildlife Federation and your support through memberships and participation is welcome and is needed to support programs like the

Brown Pheasant Release Program, that was carried on for years in the Broadlands area. Also the dock facilities and parking area at the rock is maintained by the club.

Each year the club also gives some of the proceeds made at the trap shoot on the 4P weekend to the 4P Festival committee to help with their expenses.

The trap club has put on this event every year since the 4P Festival was inaugurated. This year the format will be the same as before. Qualifications are on Thursday and Friday from 6:30 to 9:00 p.m., and elimination rounds Saturday from 1:00 to 4:00 p.m. on the 4P weekend August 30 to September 2. There is a minimal fee for registration and shells for each 25 shots fired. A minimum of two rounds (50 shots) elimination.

Thanks to the wonderful sponsorship by all the local

businesses there are prizes for all entrants. Come out and enjoy participating or watching some fine competition.

The Winnipeg River

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Separation agreements and estates It's the Law

by Gerald Hawranik, Q.C.

Gerald C. Hawranik 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 Echo. If you would like to know more about any legal topic, please write to Gerald at Box 880, Beausejour, MB R0E 0C0, phone 268-6300.

George and Virginia (fictitious names) had been married for 15 years. They did not have children. Virginia had made a

will specifying that George was the sole beneficiary of her estate. Unfortunately, they could not get along and decided to separate. They did not get a divorce. After separation, they remained cordial toward each other, and you might say they remained friends. Although George and Virginia signed separation papers, which gave up legal rights and claims against each other, that

in itself did not invalidate Virginia's will.

Virginia passed away nearly three years after separating from George. Virginia had not made a new will after separation, and the will that she had made had left everything to George. Virginia's brother and sister thought they were the rightful heirs, so they contested the validity of the will. The court ruled the Virginia's last will leaving everything to George was valid, even though the will was prepared and signed before she separated

from her husband. The court ruled that because Virginia did not change her will after separation, Virginia still intended that George inherit her estate. If that was not her wish, she would have designated someone else as a beneficiary by making a new will.

This factual story demonstrates the importance of knowing when a will is valid and when it is not, and how complex that determination can be. Whenever a person goes through changes in personal circumstances, whether it be sepa-

ration, divorce or remarriage, they need to check with a lawyer to determine who it will affect their estate plan.

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.

Winnipeg River RCMP detachment report

August 4: Police received a report of a theft of two bicycles from Louis Reil Drive.

Police received a report of a domestic dispute in Manigotogan.

Police received a report of an impaired driver at Fort Alexander, suspect was charged.

A report was received of an overdue sail boat on Lake Winnipeg, as a result police along with the Victoria Beach Emergency Team dispatched two boats. Police later learned that the boaters had beached there boat on Ironwood Point area and were safe.

Police received a report of a heated argument between family in the RM of Alexander. Police attended but everything had already calmed down.

Police received a report of an intoxicated male on the south shore of Fort Alexander banging at complainants door.

Police attended and complainant decide to keep the intoxicated subject for the night.

Police received a report of a domestic assault in Manigotogan, as a result one male was arrested and held in custody pending investigation, as a result he is charged with assaulting his wife.

Police received a report of two females fighting with another female at Fort Alexander, as a result the two females were arrested and released and ordered to have no contact or communication with the victim.

A report was received of an intoxicated male by dam at Powerview, the subject was arrested and lodged overnight.

Police received a report of intoxicated subjects at the Little Black River beach, police attended and the subjects were gone on arrival.

A report was received of an

unregistered motor vehicle being driven on the north shore in Fort Alexander. A patrol of the area was made but was unable to locate vehicle.

Police received a report of an assault in Little Black River, one male was arrested and lodged. Person was charged with assault.

A report was received of a youth running away from her guardian at Fort Alexander.

Police received a report of an assault at Bissett, two subjects were brought to Pine Falls Hospital and were treated and released, two adult male subjects are being charged with assault.

A report of an IPDA at a local restaurant, one male was arrested and lodged overnight.

A warrant of arrest was executed by Victoria Beach Police, subject was released on a promise to appear.

Police received a report of

a hit and run at Grand Marais, vehicle and driver was located later with injuries to his head and was taken to Pine Falls Hospital and was released, later provided breath sample and is being charged with hit and run and impaired driving.

A bicycle was found in Pine Falls, same was placed in our detachment compound, no one has yet to claim this bicycle.

A report of sexual assault was received from Hollow Water, male subject arrested and was remanded to the Winnipeg Remand Centre.

August 5: Police received a report of theft at Grand Marais, one male was arrested and lodged.

Police received a report of assault in Bissett.

Police received a report of a break and enter at Hillside Beach.

A report of a male subject being shot in the leg in Little

Black River with non-life threatening injury, transported by Pine Falls Ambulance and was admitted. One male subject was arrested and charged with firearm offences.

August 6: Police received a call, it turned out to be a false alarm at the Pine Falls School.

Police received a report of a break and enter at Hillside Beach.

Police received a report of a domestic dispute at Bissett.

August 7: Police received a report of threats being made against a male in Hollow Water.

Police received a call loud party complaint in Grand Beach.

Report of an unwanted female guest in Powerview, police attended and complainant

See WINNIPEG /page 15



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I get to wonderin'

Ride a motorcycle and discover whose who in the rules of laws governing the highway and towns etc.

Sometimes people in towns walk in the middle of the road and look back at you daringly. They give you *the look*. I feel like reminding them that they could use either of the two sidewalks along the roadway. Vehicles cut you off. Bicycles, too, are travelling the highway and can be a real risk, especially when the sun is low in the west. All of these factors make driving a motorized vehicle very nerve-wracking.

I fear for the children whom I see travelling on bicycles on the highway. Some appear to have no regard for the rules of the road. They often travel together on both sides of the highway. Sometimes one will suddenly try to cross over the road as if they were daring the vehicle to hit them. There has already been accidents on Highways 11 and 14 at Clark's Corner. It is recommended that all vehicles take great caution around this intersection. Perhaps a caution light could be installed there to make things safe. The once bright white lines dividing the section of highway are faded and need to be repainted.

The new surfacing that was applied on the highway last year is a poor excuse for highway projects. It seems to be the worst between Powerview and Great Falls. It can be quite difficult to keep your speed up in these areas especially while it is raining. The ruts hold all the water in preventing proper drainage. The water level can be up to 5 inches deep in there. This is caused, so they say, by the rain during its application. Also, while driving this section of highway you must dodge pea gravel to protect your windshield and paint job. Imagine the difficulty a motorcycle driver would have travelling Highway 11 to the 59 from Pines Falls through Fort Alexander. I shudder to think of the cracks in the road.

Sometimes I get to wonderin'. Does the superintendent of highways for this area, who lives at the Beaches, drive with his eyes closed? Perhaps he should try driving a motorcycle or a bicycle for closer inspection.

While I'm on the topic of highway law let me ask what exactly some people think they are doing at the crosswalk at the Northern store. I've seen people running across there,

hitting the button and just carelessly running across. People think... it's just like your mom told you. Look both ways before crossing the road! Sometimes the police must see these daredevil walkers but I guess they cannot do much from the inside of their vehicle.

As I am a motorcyclist from way back, I know the great dangers of riding. I wonder why we are often challenged by those we share the roadway with. This letter to the editor has been prompted by the recent accident involving Billy Johnston and a person on a bicycle. Get Well Bill.


Phil Cyr

Sincere thanks

I would like to express my sincere thanks for allowing me to place weekly MYJC articles in The Echo. These articles have been my best method of promotion for the centre, and they have reached a wide audience over the summer months. This year, we saw an increase in the number of job orders placed with the centre, as well as an increase in the number of student placements made (full time and casual). Your support has directly helped us achieve this.

I really appreciate all of your help this summer. Thanks again!

Sincerely,
Sunita Mulpuru
Office Manager 2001
Manitoba Youth Job Centre



ECHO MAIL:

Letters to the Editor

Box 550 Ph: 367-9468 or 345-9896
Pine Falls, MB Fax: 367-9974 or 345-0004

Yikes! Look who's calling the kettle black

Re. "Pro-gun lobby reveals ties to NRA" (August 10), what's the big deal? If eminent American researchers made breakthrough cures for cancer, aids and heart disease, would it make common sense for Canadians to benefit from their research?

Not according to anti gun, anti freedom lobbyist Wendy Cukier, President, Coalition for Gun Control. She misleads Canadians by claiming that the Coalition "uncovered" on the Canadian Firearms Digest, connections between the Canadian Institute for Legislative Action and the National Rifle Association. Since Digest postings have been communicated openly to the public for years, Cukier eventually stumbled onto the obvious.

When Canada and Japan initiated secretive United Nations meetings in Cairo (1996) to disarm all world civilians of their legally owned firearms, members of the USA and Australian delegations were present and confirmed that truth. Canada is the world role model. At the UN conference in Buenos Aires (1998), the NRA and other attending delegations provided conclusive proof of the Canadian agenda to ban all civilian guns.

The NRA is the most powerful firearms organization in the world. It spends more money on firearms education and safety than the US govern-

ment. Politicians rank the quality and reliability of information emanating from the NRA, second only to that of the US Library of Congress. Project Exile and Eddy the Eagle are just 2 highly successful NRA programs to reduce crime and improve public safety.

The NRA wealth of research shows many factors that reduce crime and save lives: 1) more police officers on the street, 2) high arrest and conviction rates, 3) stiff mandatory penalties, 4) certainty of sentencing, 5) mandatory jail time for using a gun in the commission of a crime, 5) right to carry laws for citizen self-protection, 6) civilian ownership of firearms. Does it make common sense for Canadians to benefit from these peer reviewed scientific truths? Not according to Ms. Cukier.

She has umbilical chord ties to Handgun Control Incorporated in the USA. This is the anti gun Sarah Brady Bunch that is trying to ban firearms and circumvent the American Constitution. Many inflated and distorted firearms statistics from the Coalition are traceable to HCI.

Cukier just returned from the UN civilian disarmament talks in New York City where President Bush declared that the USA would not endorse any proposals that would interfere with the rights and freedoms of legitimate gun owners. Kudos for Dubya! This drove a wooden stake straight through the heart of Cukier and the 200+ non-elected, non-governmental organizations (NGOs) that are attempting to circumvent democratic processes internationally.

Look who's calling the kettle black!

Al Dorans Professor
Director of Operations
Canadian Institute for
Legislative Action

Allan Holm Agencies

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It might be too late...

ECHOES FROM THE **H** Heart

The hospital was unusually quiet that bleak January evening, quiet and still like the air before a storm. I stood in the nurses' station on the seventh floor and glanced at the clock.

It was 9:00 p.m. I threw a stethoscope around my neck and headed for Room 712, last room on the hall. Room 712 had a new patient. Mr. Williams. A man all alone. A man strangely silent about his family.

As I entered the room, Mr. Williams looked up eagerly, but drooped his eyes when he saw it was only me, his nurse. I pressed the stethoscope over his chest and listened. Strong, slow, even beating. Just what I wanted to hear. There seemed little indication he had suffered a slight heart attack a few hours earlier.

He looked up from his starched white bed. "Nurse, would you," he hesitated, tears filling his eyes. Once before he had started to ask me a question, but changed his mind. I touched his hand, waiting. He brushed away a tear.

"Would you call my daughter? Tell her I've had a heart attack. A slight one. You see, I live alone and she is the only family I have."

His respiration suddenly speeded up. I turned his nasal oxygen up to eight litres a minute.

"Of course I'll call her," I said, studying his face. He gripped the sheets and pulled himself forward, his face tense

with urgency.

"Will you call her right away - as soon as you can?" He was breathing fast - too fast.

"I'll call her the very first thing," I said, patting his shoulder. I flipped off the light. He closed his eyes, such young blue eyes in his 50-year-old face. Room 712 was dark except for a faint night light under the sink. Oxygen gurgled in the green tubes above his bed. Reluctant to leave, I moved through the shadowy silence to the window. The panes were cold. Below a foggy mist curled through the hospital parking lot.

"Nurse," he called, "could you get me a pencil and paper?" I dug a scrap of yellow paper and a pen from my pocket and set it on the bedside table. I walked back to the nurses' station and sat in a squeaky swivel chair by the phone. Mr. Williams' daughter was listed on his chart as the next of kin. I got her number from information and dialled. Her soft voice answered.

"Janie, this is Sue Kidd, a registered nurse at the hospital. I'm calling about your fa-

ther. He was admitted tonight with a slight heart attack and ..."

"No!" she screamed into the phone, startling me. "He's not dying is he?"

"His condition is stable at the moment," I said, trying hard to sound convincing. Silence. I bit my lip. "You must not let him die!" she said. Her voice was so utterly compelling that my hand trembled on the phone. "He is getting the very best care."

"But you don't understand," she pleaded. "My daddy and I haven't spoken. On my 21st birthday, we had a fight over my boyfriend. I ran out of the house. I... I haven't been back. All these months I've wanted to go to him for forgiveness. The last thing I said to him was, 'I hate you.'"

Her voice cracked and I heard her heave great agonizing sobs. I sat, listening, tears burning my eyes. A father and a daughter, so lost to each other. Then I was thinking of my own father, many miles away. It has been so long since I had said, "I love you."

As Janie struggled to control her tears, I breathed a prayer. "Please God, let this daughter find forgiveness."

"I'm coming. Now! I'll be there in 30 minutes," she said.

Click. She had hung up. I tried to busy myself with a stack of charts on the desk. I couldn't concentrate. Room

712; I knew I had to get back to 712.

I hurried down the hall nearly in a run. I opened the door. Mr. Williams lay unmoving. I reached for his pulse. There was none.

"Code 99, Room 712. Code 99, Stat." The alert was shooting through the hospital within seconds after I called the switchboard through the intercom by the bed. Mr. Williams had a cardiac arrest. With lightning speed I levelled the bed and bent over his mouth, breathing air into his lungs (twice). I positioned my hands over his chest and compressed. One, two, three. I tried to count.

At 15 I moved back to his mouth and breathed as deeply as I could. Where was help? Again I compressed and breathed, compressed and... He could not die!

"Oh God," I prayed. "His daughter is coming! Don't let it end this way."

The door burst open. Doctors and nurses poured into the room pushing emergency equipment. A doctor took over the manual compression of the heart. A tube was inserted through his mouth as an airway. Nurses plunged syringes of medicine into the intravenous tubing. I connected the heart monitor. Nothing. Not a beat. My own heart pounded.

"God, don't let it end like this. Not in bitterness and ha-

tred. His daughter is coming. Let her find peace."

"Stand back," cried a doctor. I handed him the paddles for the electrical shock to the heart. He placed them on Mr. Williams's chest. Over and over we tried. But nothing. No response. Mr. Williams was dead. A nurse unplugged the oxygen. The gurgling stopped. One by one they left, grim and silent.

How could this happen? How? I stood by his bed, stunned. A cold wind rattled the window, pelting the panes with snow. Outside - everywhere - seemed a bed of blackness, cold and dark. How could I face his daughter?

When I left the room, I saw her against a wall by a water fountain. A doctor who had been inside 712 only moments before stood at her side, talking to her, gripping her elbow. Then he moved on, leaving her slumped against the wall. Such pathetic hurt reflected from her face. Such wounded eyes. She knew.

The doctor had told her that her father was gone. I took her hand and led her into the nurses' lounge. We sat on little green stools, neither saying a word. She stared straight ahead at a pharmaceutical calendar, glass-faced, almost breakable-looking.

"Janie, I'm so, so sorry," I said. It was pitifully inadequate.

"I never hated him, you know. I loved him," she said. God, please help her, I thought.

See IT MIGHT BE/page 15

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News Tips?

Home canning essentials History tours

Cornerstone

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

The air we breathe and all foods in their natural state contain microorganisms, such as molds, yeast and bacteria as well as enzymes. Food spoils when enzyme, mold, yeast and bacterial growth is not controlled. Proper, safe home canning procedures control the growth of spoilage microorganisms allowing us to keep food beyond its normal storage period.

Home canning is a simple procedure that applies heat to food in a closed glass jar to interrupt the natural decaying that would otherwise take place.

Use only the best, top

quality ingredients. Preserve fruits and vegetables at their peak of ripeness.

Heat process

ALL home canned foods
High Acid Foods in a Boiling Water Canner
Low Acid Foods in a Pressure Canner

Follow manufacturer's directions regarding preparation of mason jars and lids.

Fill hot jar with prepared recipes, leaving recommended headspace. Remove air bubbles by sliding a nonmetallic utensil between food and glass and pressing gently on food to release trapped air.

Wipe jar rim and threads

with a clean, damp cloth removing any stickiness. Center hot SNAP Lid on jar.

Apply screw band just until fingertip tight; i.e. apply band securely using your fingertips-not the full force of your hand or an added utensil. **Do NOT overtighten.**

After processing, remove jars from canner and set upright on a towel in a draft-free place. Do NOT retighten screw bands or check for seal while jars are hot.

Cool processed jars upright, undisturbed for 24 hours.

After 24 hours, check seals. *Sealed lids curve downward and do not move when pressed.* (Reprocess or refrigerate any unsealed jars.) For all sealed jars, remove screw bands; wipe and dry bands and jars. Store screw bands separately or replace loosely on jars, as desired.

Label and store jars in a cool, dark place. For best quality, use home canned foods within one year.

continued from page 2

group was hearing impaired. "I was prepared for the charter but was unaware that the group was hearing impaired, I was left wondering how I could overcome this communication barrier. I called the Town of Lac du Bonnet and they were most helpful. The office gave me a number of a young man in the community who had just recently finished a sign language course. Dustin Jones who is 15 and works

part time at Dancyt's Foods in Lac du Bonnet was a great help. He not only volunteered his time but he spent the whole day with us and made what could have been a hard day for all, a great day. Everyone in the group just loved him, and I am most thankful to this young gentleman for his kind deed," said Nespor.

If you are interested in the Lac du Bonnet tour or visiting Lac du Bonnet House, call Vivian Nespor at 345-2775.



Nespor's tours include a visit to the swinging bridge at Pinawa.

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What does washing your hands have to do with staying off the common cold? Lots!

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get into your system whenever you rub your eyes, nose or mouth with hands that have germs on them.

The clean-hands habit is especially important for children, who often pick up infections from other kids at daycare or school. Researchers in Montreal found that proper hand-washing reduced the spread of respiratory problems in children by more than half, and almost 75 per cent for diarrhea cases.

Here are some tips on how to properly wash your hands:

- wet your hands under running water, and scrub with soap for at least 15 seconds
- rinse your hands under running water for a count of five
- dry your hands with a clean towel (that isn't shared with others).

It is especially important to wash your hands whenever there's a chance you may have picked up germs or could transmit them to others, as in the following instances:

- before touching, preparing, serving, or eating a meal
- after changing a child's diaper or using the restroom
- after touching any public surface (telephone, door handle, handrails)
- after playing with or touching an animal
- after caring for a sick person

If after these precautions you still contact a cold - talk to your pharmacist before selecting an over-the-counter remedy.

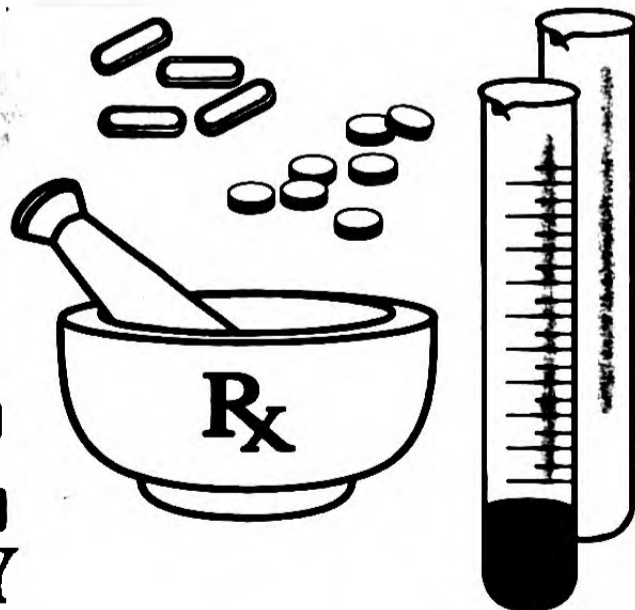
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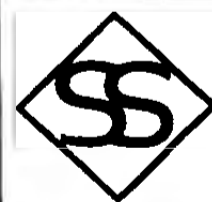
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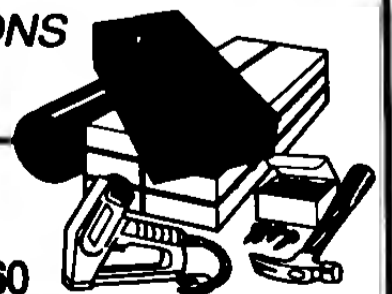
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Lac du Bonnet RCMP detachment report



The following constitutes the police report for Lac du Bonnet detachment for the period of August 3 to 9:

August 3: A report was rec'd of a boat being operated in a reckless manner at the mouth of the Bird River. Police patrolled the area, but no boat matching the given description was located.

A report was rec'd of a van hitting a bear along PTH 11 in the vicinity of Peterson Cres. in the RM of Lac du Bonnet. Bear was killed at the scene and pulled to the side of the roadway.

August 4: A report was rec'd from DNR at Big Whiteshell Lake in the Whiteshell Provincial Park of two adult males being intoxi-

cated and causing problems. Both were arrested and lodged to sober up.

A report was rec'd of the theft of a green bicycle from a garage at a residence along PTH 11 in the RM of Lac du Bonnet.

A report was rec'd of an adult male selling marijuana out of a vehicle in Pinawa. The vehicle was subsequently stopped in the Town of Lac du Bonnet and an adult male was arrested and charged for possession of marijuana.

A report was rec'd of five adults at the Pinawa beach who may have been under the influence of alcohol and concern was expressed for their well being. Police attended and found one adult male un-

der the influence and this subject was taken home by a sober adult.

A report was rec'd of a van having been stolen from a residence along PTH 11 north in the RM of Lac du Bonnet. The van in question was subsequently located by Winnipeg Police Service in Wpg. with the ignition stripped.

A report was rec'd of threats from an adult male at Great Falls towards another adult male. Investigation revealed that no threats had been made or received.

A report was rec'd of an Intrusion Alarm at a business in the Town of Lac du Bonnet. Police attended and found that the same was a false alarm.

A report was rec'd of an intrusion alarm at a location in the Town of Lac du Bonnet. Police attended and found that a new cleaning person was not familiar with the alarm.

A report was rec'd of a missing person at the Bird River area of the RM of Alexander. It was subsequently determined that the person in question had gone to another residence and was fine.

A report was rec'd of a nine-year-old male missing from a location along the Lee River in

the RM of Lac du Bonnet. Police attended and initiated a search, the subject being found at a neighbour's after an hour of looking.

A report was rec'd of an off-road vehicle accident at Pointe du Bois. The adult male operator sustained a broken leg and was taken to Pinawa Hospital for treatment.

A report was rec'd of noise from a location on the Bird River in the RM of Alexander. Police attended and had the amplifier turned down.

A report was rec'd of a noisy party at a location along PTH 11 in the RM of Lac du Bonnet. Police attended after attending to a different complaint and found that the occupants had gone to bed. Same were woken up and warned re: consequences of violating noise law.

A report was rec'd of a noise and partying from a hotel room in the Town of Lac du Bonnet. Police attended and found the room occupied by four underage females with underage males present. The males were sent on their way.

A report was rec'd of two underage females walking along PR 214 in the RM of Lac du Bonnet. Police patrolled,

however, no one located along the roadway.

August 5: A report was rec'd of bison on PR 214 and in the ditch. Patrol made, but none along the road.

A report was rec'd of a bear in a yard on Connaught in Pinawa and DNR could not be contacted. Police patrolled the location, however, the bear had departed.

A report was rec'd of subjects unlawfully camping on Hydro property at Pointe du Bois. The subjects departed prior to police attendance.

A report was rec'd of noise from a cottage on the Bird River in the RM of Alexander. Police checked at the cottage in question and found the occupants had been in bed and no noise was detected.

A report was rec'd from Grouse Road in the RM of Lac du Bonnet of horses being scared out of a corral and running over to the highway.

August 6: A report was rec'd of an intoxicated male coming to a residence on Scott Crescent and demanding money. The subject departed
SEE/RCMP Page 15

Lac du Bonnet Community Billboard

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

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

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

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

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

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

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

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

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

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

Lakeshore Al-a-Teen Group Thursdays, 6:30 p.m. at Lac du Bonnet Youth Centre (McArthur Avenue). Phone Kathie 367-8237, Vickie 345-6520.

Town of Lac du Bonnet Council Meetings second and fourth Thursday of the month.

Lakeshore A.A. meetings every Sunday and Tuesday 8:00 p.m. at St. John's Anglican Church, 86 McArthur, Lac du Bonnet. Last Sunday of the month open to the public. Call Ted 345-2839, Ron 753-8403.

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

Battered Women's Crisis Line 1-800-362-3344.

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

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

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

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

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

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

Alzheimer Society Theresa Conroy, Whitemouth 348-3505: Lac du Bonnet, Pine Falls, Victoria Beach, Pinawa, Beausejour, Whitemouth, 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 345-1950
Sunday: 10:30 a.m. - morning worship (children's church during service); 7:00 p.m. - hymn and prayer.

LUTHERAN CHURCH OF THE CROSS

Pastor Kellom Karlewsky, church 345-8654, office 345-2919
Sunday: 11:00 a.m. - worship service

NOTRE DAME CATHOLIC CHURCH

Father Richard Machura, 345-2900
Lac du Bonnet: 5:00 p.m. - Saturday mass; 11:00 a.m. Sunday mass
Pinawa (senior school): 9:15 a.m. - Sunday mass

ST. JOHN'S ANGLICAN CHURCH

Rev. Brian 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.

Understanding depression

submitted by the Eastman Mental Health Self-Help Service

Like diabetes and heart disease, depression is a serious medical condition. Because so little has been understood about depression, for many years people suffering with this condition were blamed and stigmatized for their illness. More recently, however, scientific research has contributed significantly to our understanding. Depression, like other mental illness, is biological in nature and effects the functions of the brain. The good news is that depression can be treated and most people with the disorder improve significantly. Hopefully, the availability of treatment and a better understanding of depression as a biological disorder will lessen the stigma and encourage those who suffer to seek help.

It is estimated that approximately ten percent of the population will suffer from some form of depressive illness at some point in life. One out of every five women and one in 15 men will suffer clinical depression in their lifetime. More than half of those who experience an initial episode will later have future episodes. Sometimes as frequently

as once or twice a year. If left untreated, the episodes can be lengthy and severe and tend to increase over time. These episodes can lead to suicide which is a leading cause of death in our society. However, depression is treatable. Early detection, accurate diagnosis, and the decision to seek medical treatment are important factors.

Depression involves disturbances in mood, ability to concentrate, changes in sleep patterns, energy level and activity, changes in appetite and weight as well as social behavior. It is important to understand depression is a biologically based disorder of the brain rather than as a personal weakness. Although certain groups are more susceptible, depression can develop in anyone at any age and manifest symptoms in individual ways. The depressed person will experience a profoundly sad or irritable mood, lasting at least two weeks and accompanied by other symptoms. Frequently, there are feelings of hopelessness, worthlessness, sadness, emptiness, or guilt. Often these feelings are unrelated to events happening in the person's life at the time.

When these symptoms are present at a severe level for an extended period of time, the depressed person becomes so discouraged and hopeless that death seems preferable to life.

Society never questions the need for special treatment and time to recuperate for persons encountering a heart attack, diabetes, or a host of other medical conditions. However, it is assumed that the depressed individual should be able to "pull himself up by the bootstraps". In fact, the depressed person is no more able to treat his own disorder - or overcome his condition by sheer willpower than is a person with heart disease or diabetes.

When the symptoms of depression occur and persist, interfering with the ordinary functioning of everyday life, professional help is needed. If you're experiencing the symptoms of depression, do not hesitate to seek and contact help. There is no shame in depression.

The Winnipeg River Echo

theecho@granite.mb.ca

We have poor motivational skills

Recreation ramblings

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

I've been thinking recently about motivations for physical activity. Basic bodily motivations (sleep, eat) are easy to explain biologically, but what motivates people to fill their time in specific ways?

It seems that most people are fairly motivated to go to school or work every day, whether or not they enjoy what they're doing. Motivation to relax or laze is also pretty standard - it doesn't take much

effort to plunk yourself down in front of a television. But, as a society, it seems that our motivation to engage in regular physical activity is at a new low, with recent statistics on overweight Canadians telling a sorry tale.

Obviously, a great number of Canadians are having a hard time finding the motivation to get active. Publishing depressing statistics doesn't seem to be motivating people to re-

verse them - I suppose most people read them and decide they don't apply. What other motivations could be used?

Some people love the thrill of competition and the feeling of pride at individual or team achievement. For these people, perhaps entering in competitions related to specific sports would provide the motivation to train every day - or at least get active every day. Others could choose the feeling of joy at completing a particularly difficult run or bike route, seeing a loon during a morning canoe or row, or assiting on a great play in a game of soccer as motivation.

I personally find that, although I may not always want to get out and get active, once I'm there I rarely have a bad time.

So perhaps the real problem in society today is not that we're overweight and don't care, it's that we have poor motivation skills. Maybe we all just need someone to yell at us to get off that couch and get outside!!

Volunteer appreciation night

The rec district is hosting a volunteer appreciaiton night at the Lac du Bonnet Community Centre September 11 from 6:00 to 9:30 p.m. Along with speaker Barb Gemmell, expect appearances from local politicians, entertainers, and of course, free food! Although

we'd prefer you register in advance by calling us and leaving your name. All volunteers who show up on the evening will be welcome. Hope to see you there!

Terry Fox run

If you're interested in assisting in any way with this year's activities, give the rec office a call. We're always eager to accept helping hands in the quest to raise funds for cancer research.

Fall Programming

If there's anything you want to see happen this fall, give myself or Michelle a call! We're currently in the process of planning our fall brochure, and suggestions for activities are always welcome. Don't be shy!

Library Allard Book Nook



The summer program is continuing to go very well with this week's theme as *Animals*.

For crafts the kids made animal masks out of paper plates. They picked their favorite animal to create on their mask and attached the ends with strings, we even took a picture of all the kids with their masks on.

We made animals on a roll which proved to be successful. The children created their own cows and pigs with bright colours and wonderful patterns. We had very good participation from the kids and they seemed to have tons of fun.

For story time we read to seven kids about five different baby animals including the tiger, the polar bear, the elephant, the panda and the gorilla. They seemed very interested in the stories, especially

in the story about Franklin and his baby sister which followed the baby animal stories.

If anybody has any baby food jars (any size) and would like to donate them for our craft session, please contact the library at 367-8443 or just come on over and drop them off.

The winner of the weekly draw was Jessica Chartier and the big monthly winner for the complimentary park pass was Kachina Barnard.

To add to the fun, the book bingo is going very well; a lot of kids have completed their sheets and are starting a new and second sheet. Also, each time the children read a book they can have a cut-out to put up on the wall. The front desk is full all around with tents, trees and leaves with the many of the kid's names.

This past week's theme was *Fun at the Beach* with a very small display of beach books. The turnout for storytime was quite disappointing this Wednesday. Hopefully next week will be a better turnout because we're planning on telling ghost stories around the man-made campfire. Well, in contrast from storytime, the crafts were a blast.

On Tuesday, the children made their very own beach treasure boxes. There were bright colors and imaginative patterns all over their boxes; the children were excited to get to the beach to fill their treasure boxes up with tons of different things like rocks, shells and sand.

On Thursday, the kids created a Beach in a Jar. This was done with different layers of sand spread with all different sorts of seashells with a cute little seashell lid. The older group painted the lids of their jars with several different

colors and even made little designs on it. There was a great turnout for the Thursday craft, and it was a craft that they all seemed to love.

The children did a wonderful job picking out matching colors and designs for their jar. It was terrific to see them so enthused and to see the many hidden talents of so many different children.

The winner of last week's draw was Nicole Rusk who took home an inflatable key chain and a Kinder Egg. Next week will be the last week for craft sessions and for storytime and the theme will be *Fishing and Hiking*.

The summer program will soon be coming to an end so we encourage all those in-

cluded in the book bingo to come on in and wrap it up by the end of the week.

This past week did have its sad moment though when the library had to say goodbye to Jean-François, our talented and hard-working summer exchange student.

This weekend he will be returning home to New-Brunswick with memories of an exciting new experience. To send him off we had a little party with a book shaped cake and presents with the staff and some of the patrons.

We would like to wish him farewell and the best of luck in the future; we hope he's enjoyed his stay in Manitoba and maybe he will come back and visit again someday.

AP Festival

Skatepark

We are looking for volunteers to contribute to the youth of our community to come forth and help construct a Skateboard Facility.

Please Call 367-9468

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Visit our office nearest you

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The Winnipeg River Echo

Golf tip of the week

Dale Mitchell, CPGA Golf Professional

Remember to repair your divots

Well folks I hope the golf game has been good this week. This week's tip isn't so much a tip as it is more in the lines of golf course etiquette.

One of the most frustrating things is you show up to a beautiful golf course and after two or three holes you start to notice ball marks on the greens and divots in the fairways. This is something that shouldn't happen it only takes a few seconds to repair a ball mark on the green. If a ball mark is repaired with in 15 minutes that mark will heal in 24 hours. If it is not fixed it take 15 days. So, it's pretty simple people, fix your ball marks. The golf course is yours to use not abuse, take care of it and be proud that you have the nicest greens around. The same thing when you take a divot in the fairway it only takes a few seconds to go pick up that hunk of grass and put it back. That piece of grass will actually grow back just like sod and you won't know it was there in four or five days. So I'd like everybody to do their share to keep their golf course looking good.

I wish you good golfing and good greens and we'll see you next week.

Winnipeg River RCMP detachment report



See WINNIPEG /page 15 did not answer the door. Pine Falls Hospital reported a male subject leaving without being treated for injury. Police received a report of an eight foot sailboat falling off a trailer, should a sailboat

be found between Winnipeg and Powerview, please call our detachment.

Police received a report of a theft of bicycles at Fort Alexander, one was recovered and one was not located as of yet.

Police received a request from the Winnipeg Police Service to arrest a male at Fort Alexander, police checked residence and subject has gone back to Winnipeg.

August 8: A report of a theft of a Honda three-wheeler, later same was located on Lamoureux Lane.

Police received a report of another Honda three-wheeler stolen from the Powerview area.

August 9: Male subject arrested IPDA and while being searched marijuana was found on his person.

Police received a report of an assault at Grand Marais.

False alarm at Fort Alexander.

Police received a report of an assault at Fort Alexander.

August 10: Police received a report of an intoxicated male, subject was located and lodged overnight.

Winnipeg Police Service requested assistance in locating a male they have an arrest warrant at Fort Alexander.

Male subject arrested for impaired driving in Manigotogan. Passenger was lodged in cell, person was too intoxicated to care for himself.

Police received a report of a reckless driver in Traverse Bay area.

Police received a report of a bear in a yard. Department of Natural Resources was advised.

August 11: Police attended to a report of child custody in Seymourville.

Police received a report of a dead bear on the road on Highway 59 near Grand Marais.

Police received a report of a bear inside a fenced in cottage and could not get out, Department of Natural Resources was advised.

Police received a call of people yelling and screaming at Art and Betty Street in Powerview.

Police received a report of someone breaking beer bottles on Vincent Street.

Police received a report of sexual Assault at Fort Alexander, matter is still under investigation.

Police received a report of uttering threats and assault with a weapon at Fort Alexander, the matter is still under investigation.

Police received a report of a dog attacking and biting a subject at Fort Alexander.

Police received a report of a break and enter to tents in Wanipigow Lake, items located and returned.

Police received a report of a domestic assault, one male was arrested and lodged.

Pineview Slo-pitch league standings

Last week's round robin results

A Side

Fire	9	Desperados	8
Die Hards	9	Diamond Heads	8
Diamond Heads	19	Desperados	8
Diamond Heads	16	Muskrats	12
Die Hards	14	Fire	1

B Side

Mustangs	14	Mohawks	4
Out of the Blue	7	Bisons	0
Mohawks	7	Bisons	0

A Side

B Side

Team	W	L	Pts	Team	W	L	Pts
Die Hards	2	0	4	Mustangs	3	0	6
Diamond Heads	2	1	4	Mohawks	1	1	2
Muskrats	1	1	2	Out of the Blue	1	1	2
Fire	1	2	2	Pistols	0	1	0
Desperados	0	2	0	Bisons	0	2	0

Round robin standings as of August 10

Elimination round robin A and B to eliminate one team from A

Monday, August 13

6:00 Mohawks vs Pistols	1
6:00 Open	R
7:15 Bisons vs Mustangs	1
7:15 Muskrats vs Desperados	R

Tuesday, August 14

6:00 Fire vs Diamond Heads	1
6:00 Open	R
7:15 Open	1
7:15 Die Hards vs Muskrats	R

Wednesday, August 15

6:00 Pistols vs Bisons	1
6:00 Open	R
7:15 Mohawks vs Out of the Blue	1
7:15 Die Hards vs Desperados	R

PLAYOFFS BEGIN THURSDAY, AUGUST 16

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Lac du Bonnet Slo-pitch League



League standings as of August 10

Team	W	L	%	GB
Southern Comfort	13	5	.722	-
Submerged	12	6	.667	1
Poppers	11	7	.611	2
New Frenchmen	10	8	.556	3
Classics	9	9	.500	4
A Stars	5	13	.278	8
River Rats	3	15	.167	10

See you on the diamond!

First Playoff Round (best of three)

TUESDAY, AUGUST 14

6:20 p.m. #1 River Rats	at Submerged
#2 A Stars	at Poppers
7:40 p.m. #1 Classics	at NFrenchmen
#2 Poppers	at AStars

THURSDAY, AUGUST 16

6:20 p.m. #1 Submerged	at River Rats
#2 NFrenchmen	at Classics
7:40 p.m. #1 3rd Games if Necessary	
#2 3rd Games if Necessary	

TUESDAY, AUGUST 21

6:30 p.m. #1 4A at 1A	
#2 3A at 2A	

WEDNESDAY, AUGUST 22

6:30 p.m. #1 3B at 2B	
Sudden Death	

THURSDAY, AUGUST 23

6:30 p.m. #1 2A at 3A	
#2 1A at 4A	

MONDAY, AUGUST 27

3rd games A Side if necessary

TUESDAY, AUGUST 28

6:30 p.m. #1 A Final game 1	
#2 B Final game 1	

WEDNESDAY, AUGUST 29

6:30 p.m. #1 A Final game 2	
#2 B Final game 2	

THURSDAY, AUGUST 30 3rd games if necessary

theecho@granite.mb.ca

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Your mood is one of the most important factors in parenting?

by Mary Ann Haddad

I came across an interesting article that I felt is important to share with you. The essence of the message was that after several years of raising children, reading articles and getting advice from experts, came the realization that the key to being a good parent is being in a good mood.

When we are crabby or upset, we are quick to anger;

make snap judgements that are often wrong. Recognizing that we probably fan the flames of conflict rather than dousing them, saying things that I shouldn't and waste energy on pointless arguments. Not being able to think straight about difficult issues and feeling defeated by child rearing, by making what seems to be an endless cycle of mistakes. It is pretty difficult to find humour in the day when things appear to be doom and gloom.

When on occasion one might feel right with the world, you might be able to deal with just about anything your children might throw at you. When things are more positive, you will find you probably have patience to no end, able to make good judgements, a sense of humour and emotional energy. You will find the ability to respond well to the child's good behaviour and usually have the right reaction when there actions are less than amusing. Being able to capitalize on the teachable moments and being able to be resourceful, helpful, and fun. I am sure we have all had these moments and can make comparisons quickly.

Think about the parenting advice we often hear - don't sweat the small stuff, catch them being good, use logical consequences, try not to get too involved in sibling squabbles - the ideas make sense. But when you're in a black mood there is no small stuff, you can't think logically, your children are never good, and you're drawn to sibling squabbles like a bee to honey. How many times have you decreed

some heavy discipline, only to later admit that it had more to do with how you felt that day rather than the actual act of misbehaviour.

If only we could get away from all parental duties and obligations when we're in a bad mood. We cannot of course. So, in the absence of *happy pills* for parents, what do we do? There are no quick fixes but here are a few ideas to keep in mind. For one thing, we need to help our partner and allow our partners to help us. WE need to develop an awareness of each other's stress levels and weak moments and learn how to bail one another out. You could say something like "I'll deal with this situation. You go and chill out for a while and take a break." It is all about being receptive to giving and receiving help.

Being able to acknowledge our own shortcomings or weaknesses, accepting that we are not always at our best, and becoming more aware of when our fuse is getting short is a trick we should all develop. Listen to your brain when it is warning you. Often we are compelled to deal with the crisis in the moment, and sure, if someone's safety is threatened we must. But sometimes the broader behavioural issue can wait.

There is another side to this issue. If the warning light is going off all the time, we may need help. There is a difference between "I'm having a bad day" or "My child is going through this annoying stage," and major issues like "How will I pay the rent?" or "I feel bad about myself a lot."

The point is sometimes the best thing we can do for ourselves and our kids is to deal with the personal stuff right away so we can get back to being the parents we all hope to be.

We probably need to think more about our moods. Learn what affects them and how to control them. When we feel lousy we react without thinking and tie ourselves into knots looking for the perfect way to handle our children. Maybe we should ask ourselves, "What can I do to put myself in a better frame of mind and mood," more often. When we're in a good mood, we make better parents.

A huge thank-you to the communities in supporting the car wash on Saturday at Wood's Garage. The fundraiser was put on by the local exchange students with the proceeds going in support of the kids summer fun program for activity expenses.

The students managed to raise \$100. It was their contribution to the community in support of National Volunteers Day being acknowledged nation wide.

Gym night for kids at Powerview School Monday nights 6:00 to 9:00 p.m.

Grind and Dine: If you are interested in learning to prepare your own baby food a Grind and Dine workshop will be held Wednesday, August 15 from 11:00 a.m. to 1:00 p.m. at Wings of Power, 39 Pine Street. Join us for a demonstration, light snack and a baby food grinder and recipe booklet. Call 367-8855 or 367-9641 to register or for more information.

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.

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

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

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

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

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

Pine Falls Health Auxiliary: meetings first Tuesday of every month 1:30 p.m. **Cottage Country Business Assoc.:** meets first Monday of the month 7:00 p.m. October through May, phone 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, at St. Georges Catholic Church basement.

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

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

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

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

PAA: meeting first Tuesday of each month at 7:00 p.m.

Village of Powerview: meets second Tuesday of each month.

Winnipeg River Sealer Service Inc. Coordinator Tina Polischuk, Pine Falls Health Complex, phone 367-9128, 9:00 a.m. to 3:00 p.m. Monday to Friday. Services: transportation, home maintenance, foot care, volunteer help, info.

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

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

Happy Tots Day Care 367-2601, board meetings last Monday of each month 7:00 p.m. at the daycare **Sealer Scene Inc. #1 Ateah 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 D'LAUS: Powerview - Saturday evening 7:30 p.m. (English), Sunday 8:30 p.m. (French), 10:30 a.m. (English); Stead - Saturday 5:00 p.m.

PINE FALLS UNITED CHURCH: Sunday service Sunday school 11:00 a.m. Rev. Jack Ballantine-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, 1 1/2 miles north of junction with #317. Sunday church school 10:00 a.m., worship 11:00 a.m. (alternate locations). For info. call 635-2625 or 754-8682.

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

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

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

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

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

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

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

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

Library Corner

Lac du Bonnet Regional Library

Wow! Has this summer ever gone by fast... as has the summer reading program! This year's wind-up will come along on August 14. I have some really fun activities planned for the wind-up and I hope they will be as exciting and entertaining as last year's.

Everyone can join in and participate. This year we won't be having the wind-up outside. We are going to try and keep it as cool as possible, and keep everyone indoors for comfort purposes. Most of the games will be indoor games, although the theme is *Manitoba Vacationing*.

We will be having some interesting snacks and hopefully

lots of fun. The session should run from 10:30 a.m. to 12:00 noon, which gives us lots of time to try out the different activities I have arranged. I hope everyone who signed up for the summer reading program can make it down to the Library August 14 for some fun, games, and tasty treats.

That reminds me... we have a couple of new children's videos waiting to hit the shelves. *Toy Story 2* is the classic sequel to *Toy Story*. This movie is an incredible sequel that is actually as good as the first movie. *Toy Story 2* keeps it's original cast and adds a few new fun and interesting characters.

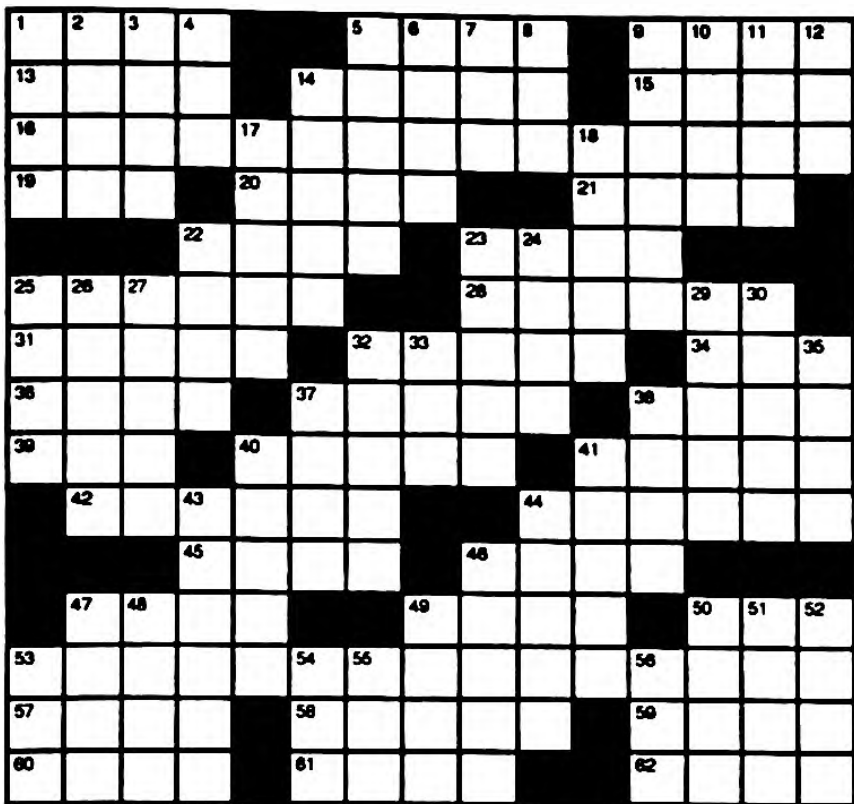
The next movie is *Dinosaur*. A great movie for the whole family and guaranteed to be lots of fun.

The Little Mermaid 2 is also a sequel. This movie is full of fun, excitement, and lots of laughs under the sea. It is well animated and includes many catchy songs. Sure to keep you humming along.

Mighty Machines: In The City is a good movie for anyone who likes the might machines and enjoys watching them in action.

Those are just a few of the seven new movies we have here at the library. If any of the four that I have mentioned interest you then be sure to make a trip down to the library and look in the children's video section to see which ones are available.

WEEKLY CROSSWORD



- | | | |
|------------------------|-------------------------|----------------------------|
| 36. Go to the polls | another | 40. Of arctic regions |
| 37. Thaws | 17. Pay for one's lunch | 41. Luster |
| 38. State positively | 18. Talks small talk | 43. Leased |
| 39. Supplement | 22. At this place | 44. Type of automobile |
| 40. French capital | 23. Takes a break | 46. Mosquito attacks |
| 41. Throwing weapon | 24. Dollar bills | 47. Shakespearean king |
| 42. Mistakes | 25. Wander | 48. Against |
| 44. Oyster containers | 26. Call forth | 49. Requests |
| 45. Otherwise | 27. ___ Rabbit | 50. Ashy |
| 46. Honey makers | 29. Entangle | 51. ___ Stanley Gardner |
| 47. Actress Turner | 30. Take illegally | 52. First man |
| 49. Assistant | 32. Song part | 53. The Confederacy (abbr) |
| 50. Legume | 33. ___ Baba | 54. The whole extent |
| 53. Time zone (2 wds.) | 35. Goes astray | 55. Recline |
| 57. Satisfy completely | 37. Red Planet | 56. ___ Moines, Iowa |
| 58. Compare | 38. Large monkeys | |
| 59. Singer Fitzgerald | | |
| 60. Dry | | |
| 61. Not as much | | |
| 62. Appear | | |

ACROSS

- | | |
|------------------------|-----------------------|
| 1. Time periods | 19. Observe |
| 5. Vagrant | 20. Stagger about |
| 9. Cult | 21. Back part of foot |
| 13. Strong wind | 22. Egg layers |
| 14. Broadcasted | 23. Wander |
| 15. Algonquin Indian | 25. Do again |
| 16. Grandchild's child | 28. Goes in |
| | 31. Done openly |
| | 32. Flower containers |
| | 34. Dined |

DOWN

1. ___ Benedict
2. Scarce
3. Leeward
4. Large body of water
5. Employs
6. Verbal
7. Big ___ of London
8. Strange
9. Deceitful plot
10. Great Lake
11. Battery compartment
12. Senator Kennedy
14. One who acts for

LAST WEEK'S ANSWERS

The Echo apologizes for last week's crossword which was unsolvable.

The questions did not match the box.

We will be focusing extra attention on our crosswords, and hope that our readers will continue to enjoy them.

Once again, we apologize, and good luck with this week's crossword.



CRYPTIC PUZZLE

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

"JX TJL HMFRJN HMNI
HMFRJN VXNI"

Last Week's Solution

IF YOU SEE A BANDWAGON, IT'S MUCH TOO LATE..

- SIR JAMES GOLDSMITH

WEEKLY ECHO HOROSCOPE

for the week of August 13 to 19

Aries - March 21 to April 20



Cut your "to do" list down this week. You may be too distracted by changes at work to give your full attention to at-home duties. During downtime, allow yourself to daydream. Convert those dreams to goals!

Taurus - April 21 to May 21



Push the envelope and you could find extraordinary advances at your fingertips. Don't give up. Your values are changing. Seek out relationships with people as committed as you are. Clear your head of the old way of thinking.

Gemini - May 22 to June 21



Spending time and money on your education is one of the best ways to improve your status in life. Do not fizzle out on this commitment. Remaining focused is difficult; avoid being impulsive. Meditation may calm first-day-of-school jitters.

Cancer - June 22 to July 22



A new experience could bring you so much closer to a young person. The scenario is highlighted by your natural sense of timing and good luck. Cut back on time spent with those who zap your energy. It is time to get back down to business.

Leo - July 23 to August 23



If you're feeling frustrated and drained by a friendship, get out. You have given but not received. It's hard to remain loyal when your needs are not being met. Re-examine family ties, but not those that bind.

Virgo - August 24 to September 22



Sheer will power and enthusiasm may get you over a personal crisis on the 15th. Don't allow the crisis to make you unproductive at work. A work relationship may be over. Part amicably and avoid the temptation to gossip.

Libra - September 23 to October 23



Your unique point of view has coworkers flocking to you for advice. Weigh your words carefully. If you look for the best in people, you will find it. Take care of tasks that seem to slip to the bottom of your priority list.

Scorpio - October 24 to November 22



Don't think twice about changing your course. Sleep deprivation could cause you to doubt your decision-making. Once you make up your mind, sleep comes easier. Keep mum on a real estate deal. An elderly relative may try to change your mind.

Sagittarius - November 23 to December 21



An obsession with your physical appearance is getting out of control. Seek professional help and ask for a second opinion. Don't let minor frustrations at home stop you. Mesmerize yourself by gazing at the stars. It could bring solace.

Capricorn - December 22 to January 20



Avoid caffeine this week; you are wired enough as it is. You can't be in two places at the same time. Start setting educational goals for yourself, as well as a young person in your life. Setting a good example is what counts.

Aquarius - January 21 to February 18



Comic relief is welcomed at work when tension escalates this week. You keep things in perspective, even when it seems like you're in the middle of a three-ring circus. The financial tide may turn against you.

Pisces - February 19 to March 20



Ask yourself why the negativity. Examining childhood memories may give today's problems perspective. Do not allow others to walk all over you. Stand up for yourself. Continue working on your self-esteem. You are almost there.

Echo Classifieds

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. TFN

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. 11-44

For Sale - 8 ft. staircase, 35 oak spindals and railing; 5 ft. and 6 ft. claw tubs, baseboard heaters, interior doors, ceiling fan, new shower stall, call 367-8537. 12-14

Motor Home - low mileage motor, good condition, roof needs some repair, asking \$3500 as is, phone 345-2485 12-14

Motor Home - 1976 - 25 ft. Itasca Winnabego, exc. cond., upholstery and drapes, jen. set, furnace, 3 pce. bath, asking \$9000 OBO, ph. 756-3468. 12-14

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

House for Rent/Sale - 2 bedroom house for rent or sale, call Norm at 367-8232. 12-14

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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- TFN

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Rural Municipality of Alexander PUBLIC NOTICE

REGARDING 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

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

QUESTIONS? COMMENTS? CONCERNS?

Contact us at our office nearest you
Powerview 367-9468, Lac du Bonnet 345-9896



Ashley Kovari

In loving memory of our darling daughter Ashley Dawn Kovari, who sadly left us on August 18, 2000.

*A cluster of beautiful memories
Sprayed with a million tears
Wishing God had spared you
But for a few more years.
Thanks for the years you gave us
And for the happy times we shared,
We only pray that when you left us
You knew how much we cared.
Our family chain is broken,
And nothing seems the same,
But as God calls us one by one,
Our chain will link again.
Loving you and missing you
each and every day.
Mom and Dad*

Ashley Kovari

In loving memory of our daughter, granddaughter, niece, cousin and friend Ashley who passed away, August 18, 2000.

*Deep in our hearts your memory is kept,
To love cherish and never forget.
Our only wish is that you could still be here with us.
One year since you left this earth.
One year since you're eyes was closed for the last time.
One year of heartache and sorrow.
One year of tears and confusion.
One year without touching and hugging you.
We miss you when we visit your mommy and daddy.
We miss you sitting at the table.
We miss your beautiful smile.
We miss your laugh.
We miss your wisdom, the courage.
We miss buying your favourite treats.
We even miss your mood changes.
We miss you at our family gatherings.
We will remember your beautiful face.
We will remember your giving nature.
We will remember your hopes and dreams.
We will remember your thoughtfulness.
We will remember how you fought hard to stay.
We will remember the first time you gave us a hug.
We will remember the last time you said, "I love you."
In God's care you rest in peace till we meet again.*

Love, the family



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Your News

NEWS TIPS

Lac du Bonnet 345-9896
Powerview 367-9468

In loving memory of our precious niece
Ashley Dawn Kovari
who passed away
August 18, 2000



*In tears we saw you sinking,
We watched you fade away.
You suffered much in silence,
You fought so hard to stay.
You faced your task with courage,
Your spirit did not bend,
But still you kept on fighting,
Until the very end.
God saw you getting tired,
And a cure was not to be,
So He put His arms around you,
And whispered "come with me".
So when we saw you sleeping,
So peaceful free from pain,
We could not wish you back,
To suffer that again.
Our family chain is broken,
and nothing seems the same,
As God calls us one by one.
Our chain will link again.*

Missing you always,
Loving you forever,
All our love,
Uncle Neil, Aunty Tracey
and Ashlee



Happy Birthday

Mary Vincent
who is celebrating her
87th birthday
August 14, 2001

Wishing you the best of health
and happiness

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DEADLINE
FRIDAY
3:00 P.M.

It might be too late...

continued from page 7

Suddenly she whirled toward me. "I want to see him."

My first thought was, Why put yourself through more pain? Seeing him will only make it worse. But I got up and wrapped my arm around her. We walked slowly down the corridor to 712. Outside the door I squeezed her hand, wishing she would change her mind about going inside. She pushed open the door.

We moved to the bed, huddled together, taking small steps in unison. Janie leaned over the bed and buried her face in the sheets. I tried not to look at her at this sad, sad good-bye. I backed against the bedside table. My hand fell upon a scrap

of yellow paper. I picked it up.

It read: My dearest Janie, I forgive you. I pray you will also forgive me. I know that you love me. I love you to Daddy.

The note was shaking in my hands as I thrust it toward Janie.

She read it once. Then twice. Her tormented face grew radiant. Peace began to glisten in her eyes. She hugged the scrap of paper to her breast.

"Thank You, God," I whispered, looking up at the window. A few crystal stars blinked

through the blackness. A snowflake hit the window and melted away, gone forever. Life seemed as fragile as a snowflake on the window. But thank You, God, that relationships, sometimes fragile as snowflakes, can be mended together again - but

there is not a moment to spare. I crept from the room and hurried to the phone. I would call my father. I would say, "I love you."

P.S. I think it would be a wonderful idea for each of us to take a minute of our busy day and tell people that are special to us that we love them... before it's too late! Don't you?

— Author Unknown

LdB RCMP detachment report

from page 9

prior to police attendance.

A report was rec'd of an off-road vehicle running into a vehicle on Spruceland in the RM of Alexander. The driver of the off-road vehicle departed the scene prior to exchanging any particulars with the driver of the vehicle, and no indication of identity.

A report was rec'd of dangerous and reckless operation of a personal watercraft in the Coca-Cola Falls area of the RM of Alexander. Police patrolled the area, but did not locate the subject in question.

A report was rec'd of an injury accident on PTH 11 one kilometre south of Great Falls in the RM of Alexander. The accident involved a bicycle and a motorcycle. The driver of the motorcycle sustaining non life-threatening injuries and being transported to Pine Falls Hospital via ambulance.

A report was rec'd of a single-vehicle roll-over on Tinant Road in the RM of Lac du Bonnet. The vehicle in question swerved to avoid a deer.

An adult male was arrested for impaired driving on PTH 11 in the RM of White-mouth. Subsequently charged for driving while over .08 and breach of probation. Licence suspended and vehicle impounded.

August 7: A yellow and red Super Cycle was turned in as found property after having been found on PR 502 in the RM of Lac du Bonnet.

On the 7th of August, a report was rec'd of a hold-up alarm at a business in the RM of Lac du Bonnet. Police attended to find that same had been set off by accident.

A report was rec'd of an adult male outside the Scott Apts. in the Town of Lac du Bonnet with a cut wrist. Police and the ambulance attended and the subject was transported to Pinawa and then to Health Sciences Centre in non life-threatening condition.

A report was rec'd from the Still Cove area of subjects trespassing on a vacant lot to reach the water.

A report was rec'd of a hanging flower basket being vandalized on Minnewawa in the Town of Lac du Bonnet.

A report was rec'd of a vehicle being upside down in the ditch along PR 315 five kilometres from the Bird River Bridge. Police attended to find noone inside or around the vehicle, which was determined to have been rented by a subject from Ontario.

August 8: A report was rec'd of an under-age female attempting to sell marijuana to another female at a camp on Bird River

Subject was taken from the camp by the police and turned over to the Child and Family Services.

A report was rec'd from Pinawa of a pick-up truck failing to stop at stop signs.

A report was rec'd from a location on Gauer Road of a vehicle sustaining damage to two tires from screws. Felt to be deliberate act.

August 9: A report was rec'd of a non-injury motor vehicle accident involving a vehicle and a deer on PTH 11 near Great Falls. Police attended, however, the deer deceased and had been moved off the roadway.

A report was rec'd of a personal watercraft floating in the

Winnipeg River out from the Lac du Bonnet town dock. Police patrolled via personal watercraft, however, did not locate same, but the owner of same subsequently located it.

A report was rec'd of a nine foot aluminum boat being located half-submerged in the Winnipeg River at the McArthur Falls forebay. No indication as to whom it belongs to.

A report was rec'd of a floating swimming dock having broken loose or been moved by the wind further out into the Pinawa Channel in the vicinity of Bonnet Oaks South.



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