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(cont)

The
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 River

Echo

Vol. 4 # 6

Vol. 7, No. 7

July 1, 2003

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Music festival fun for a few

V. Anderson

Well the promoters may not have got the attendance they wanted, but the punk rock fans that made the weekend had a blast.

This past weekend the Grand Beach Entertainment Site, located on Hwy #59 and Rd #102 was open for business. The Paquin Entertainment group along with the Lester Beach Entertainment Group who leased the site, held their first Grand Rock Music Festival. The production groups were aiming for a minimum of approximately 4000 per day to attend, instead they got between 1500 and 2000 people.

Even though the numbers were down, it certainly didn't dampen the spirits of all who attended. "We had a blast, this place rocks" was the major response, from concert goers. "It has been a great festival so far, the bands, the mosh pits, the parties, we will be back next

year for sure" said one group of weekend campers. "We here to see the Dropkick Murphys, and Sum 41", said a young couple, who were there for the day.

The Grand Beach Entertainment Site, had everything to offer, the weekend camper right down to the security on horseback. The facility was fully equipped to handle a crowd of 20,000. The Entertainment site has large camping lots, that provide lots of shade, hundreds of washroom, showers, and lots of fresh water availability. The Amphitheatre is creatively designed also, and has many concession stands, that offer food, merchandise, liquor, and even a billiards lounge.

It is unfortunate that the first time out of the starting block, for the new concert site was not well attended, and that could be due to a number of things, but like any business,



the only thing that one can do is evaluate, regroup, and try again. Over all, it was a great place to be, it was a well run event, and festival goers did not want for anything while enjoying the weekend.

Sunshine surfaces for celebrations

By Jim Hampshire

A cool soggy Saturday gave-way to sunshine on Sunday as thousands flocked to the Canada Day weekend celebrations in Lac du Bonnet. The cool conditions on Saturday hampered attendance to several displays and events, including the Farmer's Market, which was held on Saturday morning. Attendance ballooned on Sunday with welcomed sunshine, just in time for the annual parade through downtown Lac du Bonnet. Although crowd estimates are not available, organizers believe this year's parade drew a record number of spectators along the parade route.

Following the parade, spectators were invited to take in an antique car show, held on the grounds of the community centre parking lot. Local racing enthusiast, Dale Altstadt

noted that the new location helped the show's overall attendance as compared to other years. He said the paved parking lot was easily accessible for the public, which reflected in the number of spectators who browsed the vintage car show. Altstadt went on to win the top prize in the Best Chrysler category, with his 1964 Plymouth Fury, which is a second generation family car first owned by his father. Another Lac du Bonnet resident, Ken Lodge, picked up the Best General Motors award with his 1969 Pontiac GTO entry.

Later in the evening, a modest crowd turned out for the wrestling card held at the Lac du Bonnet Arena, featuring five matches including a ladies bout. The main card saw local grappler Zack Mercury defeat the western Canadian champ



in a cage match which featured some high-flying antics, which kept spectators on the edge of their seats. By far, the biggest event of the weekend came at night fall, when the Lac du Bonnet Fire Department lit up the water- (cont on pg. 2)

Called to the Bar

by Charles Norman

Two young women, both graduates of Powerview School, were called to the Bar and formally accepted into the Law Society of Manitoba in a ceremony on Thursday, June 19.

Laurie (Dube) Oaks, who graduated from Powerview High School in 1997, and Erin Wilcott, who graduated in 1993, are now licensed to practise law in the province of Manitoba.

Laurie Oaks has wanted to be a lawyer almost all her life and entered the University of Manitoba with that in mind immediately after graduating from high school. She took a two-year course in Criminology prior to entering the Faculty of Law in 1999. She received her Bachelor of Laws degree in

2001 and articulated with the Irwin Law office in Dauphin Manitoba where she lives with her husband. She commuted to Winnipeg from Dauphin every Friday for thirty weeks to take articulating classes.

While in School in Powerview she was an active participant in gymnastics as a competitor and as a coach. She has set up her own law practise, the Oaks Law Corporation, in Dauphin.

Erin Wilcott took two years of Commercial Art at the Red River Community College and worked for a while before entering the University of Winnipeg taking a double major in Sociology, Criminal Law and Justice.

While at the University of Winnipeg she did volunteer work for the Manitoba Youth



(L to R) Erin Wilcott and Laurie (Dube) Oaks are both graduates from Powerview High School

Centre and the City of Winnipeg Police Department. She took the law degree from Dalhousie University in Hali-

fax, Nova Scotia, and worked as a summer student at the Winnipeg firm of Aikins Macaulay. After graduating

from Dalhousie she articulated with Aikins Macaulay and is now working in the litigation division of that company.

Sunshine surfaces for Lac du Bonnet celebrations

(con't from pg 1)

front with the widely renowned fire works display. This year, more than 300 cannons were pointed skyward for the half-hour display, which drew up-

wards of 30 thousand spectators. The annual display, arguably the largest in the province, is funded primarily through public donations.

While the entire weekend was considered a success by organizers, many visitors were surprised at the cancellation of the annual Miss Minnewawa Pageant. The event has been

a local tradition for nearly forty years and organizers say they look forward to its return again next year.

Despite the large volume of visitors throughout the celebra-

tions, Lac du Bonnet RCMP report a relatively quiet weekend, with only a few minor complaints to deal with. Members of the detachment were highly visible on foot and bike patrols each afternoon and evening but aside from a few incidences of intoxication, they report that crowds were well behaved.

BINGO

FOR UPDATES CALL 345-6197

<p>Royal Canadian Legion #164</p> <p>Lac du Bonnet Legion Hall</p> <p>Specials 7:00 p.m.</p> <p>Every Monday Evening</p> <p><small>In Case of Discrepancy the Latter will Prevail</small></p>	<table border="0" style="width: 100%;"> <tr> <td style="width: 50%;"> <p>BONUS LINE - \$345.00</p> <p>Star - 3361.00</p> <p>Lucky 7 - 420.00</p> <p>Police Flush - 818.00</p> <p>Mini Loonie - 1115.00</p> <p>#1 Loonie - 0.00</p> <p>#2 Loonie - 1180.00</p> <p>Jackpot Strip - 1480.00</p> <p>Bonanza - 1078.00</p> </td> <td style="width: 50%;"> <p>Full House 48 numbers \$1500</p> <p><small>Lot Lic. 874</small></p> </td> </tr> </table>	<p>BONUS LINE - \$345.00</p> <p>Star - 3361.00</p> <p>Lucky 7 - 420.00</p> <p>Police Flush - 818.00</p> <p>Mini Loonie - 1115.00</p> <p>#1 Loonie - 0.00</p> <p>#2 Loonie - 1180.00</p> <p>Jackpot Strip - 1480.00</p> <p>Bonanza - 1078.00</p>	<p>Full House 48 numbers \$1500</p> <p><small>Lot Lic. 874</small></p>
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Lot. Lic. 874

<p>Bonus Line - \$637.00</p> <p>Star - 221.00</p> <p>Loonie Pot - 123.00</p> <p>Poker Flush - 13,553.00</p> <p>Special "Y" - 209.00</p> <p>Bonanza - 8012.00</p>	<p>Lucky 7 \$6339</p> <p><small>PAY PRIZES AT 20 MINUTES IF WINNERS POT STARTS AT 6:00 IN 17 MINUTES OR LESS. Add one 8 plus 30% of odds.</small></p> <p>Mini Loonie \$1391</p> <p><small>IF WINNERS POT STARTS AT 6:00</small></p>
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At the Lac du Bonnet Community Centre

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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.

Sagkeeng Fire Department wins trophy

by Charles Norman

The Sagkeeng Fire Department has won the 2003 Regional Fire Fighters Competition for the second time. They won in 2001, and came a very close second to Norway House last year.

The annual event is sponsored by the Manitoba Association of Native Firefighters and is held at the site of Fort Garry Industries on Inkster Boulevard in Winnipeg. (Fort Garry Industries are manufacturers of fire trucks and other fire-fighting equipment).

The competition begins in a moving ceremony with an hon-

our song and all teams marching toward the drum, the stopping for a prayer. Thirty First Nations have fire departments eligible to compete but this year, because of the high numbers of forest fires in Northern Manitoba only twenty teams joined in the regional competition.

The competition consists of a variety of programs duplicating possible fire-fighting events. One of them, which the Sagkeeng team excelled at, involved a relay of the four team members donning self contained breathing apparatus,

crawling through a narrow tunnel and returning to the next team member who repeated the process. The Sagkeeng team had practiced this extensively, perhaps because Norway House had beaten them by thirteen seconds last year to win the trophy. This year, with a team time of three minutes five seconds Sagkeeng broke the record. Most teams completed the relay in around nine minutes.

Other events included duplicating replacing a burst hose, measuring the length of time taken to unroll a hose, knock down a target and re-roll the

hose, making sure that male threads of the hose connection were not exposed, and various other events.

The Sagkeeng team will be competing in the national event in Kelowna August 17 to August 23.

Empower Education Centre Graduates of 2003

As the 2002-2003 school year comes to an end Empower Education Centre staff once again say farewell to our Graduates. Education is a continuing lifelong process, and the students who pass through our doors strive to meet their educational goals. These goals are set out in many ways, whether it is a single high school credit, computer training, specialized creditation training, or aquring their Mature High School Diploma. Empower Adult Education opens it door to all of these opportunities...the Empower school staff would like to wish the following graduates best wishes & success for their future endeavours.

Kelly Caya resides in the Great Falls area and plans to further her education in a

Translator/Interpreter program.

Trista Demedeiros resides in Pine Falls area and plans to continue on in University within the next few years in an Education program.

Bertha Fontaine resides in the Pine Falls area and plans to further her education in the Aboriginal Interpreter program with Red River Community College.

Erin Nolin resides in the St George area and has completed her grade twelve as well as the Red River Community College Para Educator program in one year at Empower. Erin plans to pursue her career in Para Educator.

Chris Pelletier resides in the Great Falls area and plans to pursue a career in audio installations.

St-Georges Farmer's Market/Canada Day Bash

by Julie Chevrefills

Hi it's me again! On June 28, the Farmer's Market hosted a Canada Day Bash. The day was filled with activities such as volleyball games, a BBQ, and live entertainment by some of the young MMF fiddlers. At the Market you were able to find crafts, baking, african jewellery, handknit items, wooden lawn ornaments, trees and shrubs, etc... The next Farmer's Market will be held on July 12, 10 - 2 pm.

Also the minigolf and tea house (both located at Fort Bas-de-la-Riviere) opened its doors on Saturday. The minigolf is now open 7 days a week from 1:00 pm till 7:00 pm and the Tea House will be open seven days a week from 11 am till 2 pm.

As well, please e-mail, drop-off, mail or fax your favourite rhubarb, strawberry, blueberry,

strawberry, plum, chokecherry etc... recipes, as a cookbook will be published at the end of the season, featuring this summer's best recipes.

I am now helping run the minigolf and the tea house, so if you have any questions or would like to help out, contact me at 367-4767. Otherwise I can be contacted by fax at 367-9970 or by e-mail at julie@winnipegriver.org.

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Lac du Bonnet Legion #164

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MONDAY
Table Top Curling 6:30 p.m. - Lounge
Bingo 7:00 p.m. - Hall

TUESDAY
Cabbage 7:00 p.m. - Lounge

WEDNESDAY
Po Ke No 2:30 p.m. - Lounge

THURSDAY
Darts 7:00 p.m. - Lounge

FRIDAY
Bingo 7:00 p.m. - Lounge

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

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North Eastman Health Association Inc

Regional Scholarship Program

The North Eastman Health Association Inc. Board of Directors is very pleased to offer scholarships throughout our region in support of high school graduates pursuing a health related post secondary education. We feel that support of our youth is critical to the long-term success of health services and supporting regional graduates is critical to the success of the region as a whole.

The Association is granting one scholarship to each high school in the region for a total of six each year as a part of our commitment to the delivery of health services within the North Eastman Region. The successful graduates for the 2003 scholarships are:

Beausejour High School	Drew Jonathon Hawranik
Lac du Bonnet Senior School	Michelle Catherine Hladki
Pinawa High School	Adriana Corinna Cecilia Luke
Powerview High School	Remi Albert Dupont
Springfield Collegiate	Bonnie Lee Futros
Whitemouth High School	Johanna Valeska Rockenstein

We wish each and every graduate all the best in the coming year and every success in their chosen field of endeavor

Wanipigow Class of 2003

Wanipigow glows as nine grads take a bow

Hearts soared at Wanipigow School on June 18, 2003 as nine students walked onto stage and, symbolically at least, into their future. Their theme was Time of Our Life, and they had worked very hard for the past year to raise the funds for their big event. Blue and white balloons and silver stars decked the stage and auditorium. Family, friends, elders, and dignitaries watched on with pride.

It all began with prayer. Then Miss Farrah Meade sang "a capella" the beautiful, haunting "Remember Me This Way." Constable Gabe Simard, an alumnus of our school, addressed the grads, telling them that it will be tough out there, and they will be tempted to quit. "But take heart. Don't give up. You can do it."

The students received their diplomas as well as congratulations and generous gifts from our communities of Hollow Water, Seymourville, and Manigotagan. Then came the awards. Derek Boulette received M.L.A. Gerald Hawranik's Citizenship Award. Craig Hardisty received the Alfred Favel Memorial Scholarship acknowledging his high academic achievement and services to the community. Thomas Craig, and Furlon Barker divided up the top marks

honours.

The Governor General's award, presented each year to the graduating student with the highest average in all Senior 3 and Senior 4 courses, was won by Thomas Lavell. Thomas is interested in Video Games Design and will begin his Bachelor of Fine Arts (Honours) this Fall at the University of Manitoba. Thomas also won an \$1100 entrance award and the U of M's Chown Scholarship for top academic achievement.

Dean Williams, valedictorian extra-ordinary, gave enthusiastic remarks on behalf of the grads. He said he just loves this school and he knows everyone one in it! And he's going to miss it a lot. Even the teachers! Well, some of them at least.

The grads proceeded out into the sunshine to have their photos taken. everyone had a fantastic supper, catered by



(Left to right) Dean Williams, Courtney Smith, Thomas Lavell, Misty Young, Craig Hardisty, Memory Moneyas, Furlon Barker, Destiny Williams, Derek Boulette

Dianne and Bunny Bostrom. The graduates continued their celebration into the wee hours. Our principal, Mr. Bailey, perhaps said it best in his closing

remarks. "You all have 'extraordinary' coded within you, waiting to be released. Always remember that life is not measured by the breaths we take, but instead by the moments that take our breath away." Wanipigow School graduates of 2003, you took our breath away!



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SUMMER HOURS


Monday	8:30 to 4:30
Tuesday	8:30 to 4:30
Wednesday	8:30 to 4:30
Thursday	8:30 to 4:30

Reminder:

Transcripts are available at the at the school only. The Division office staff does not have access to transcripts.

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CANADIAN INDEPENDENT

Better Late Than Never

Lac du Bonnet Adult Learning centre salutes grads of 2003

By Jim Hampshire

More than 100 well-wishers were on hand to congratulate the graduates of New Directions School during a one hour ceremony in Lac du Bonnet last Monday evening. This year eight adult students of various ages were able to obtain their high school diplomas through the continuing education program, which is funded by the Sunrise School Division.

During the ceremonies, staff members and government officials spoke of the importance of achieving a high school diploma, no matter how late in life. Federal MP Vic Toews complimented the graduates for their persever-

ance and the work ethic needed to complete the necessary courses, with very little spare time.

"Let's not forget that these graduates have to work around a busy schedule, whether they are raising families or working to earn a living," the federal MP told the gathering. "It takes tremendous dedication to achieve a high school degree with the regular workload these people face in their everyday lives."

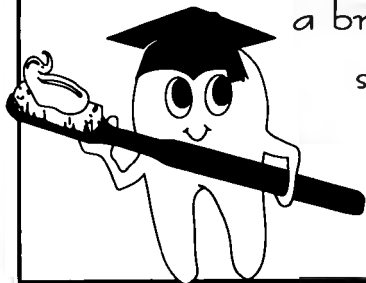
The graduates also took the opportunity to thank the teachers for their guidance and patience over the school year. Graduate Beatrice Holm noted that the teachers made every stu-



New Directions graduates include Diane Sauer, Paula Grewinski Greg St. Denis, Audrey Friesen, Judy van Nieuw Amerongen, and Beatrice Holm. Graduates Arminda Chapman and Jenna Fraser were unable to attend the ceremonies.

Congratulations Graduates

Wishing all the graduates a bright and successful future.



Powerview Dental

RCMP Need your help **CRIME STOPPERS**

The Winnipeg River Detachment along with Manitoba Crime Stoppers would like your assistance in solving the following:

On June 26th, 2003 the Winnipeg River Detachment RCMP received a complaint from the Wings of Power organization advising their digital camera was stolen. Officials advised police that during their open house on June 23th, 2003, that the Kodak camera was stolen. Stolen was a Kodak digital camera: model # DX4330.

Pawn shops in Powerview and Fort Alexander have been notified as well as pawn shops in Winnipeg. Should any person having information about the theft, the location of the camera or if any person has been approached to purchase a camera, please contact the local RCMP detachment at 367-2222 or Crime Stoppers.

Crime Stoppers will pay up to \$2000.00 in cash for information leading to an arrest in this or any other unsolved crime in Manitoba. Callers never have to reveal their identity and Crime Stoppers does not subscribe to caller ID. Call CRIME STOPPERS toll free at 1-800-222-TIPS(8477)

dent feel important and at ease over the course of the year while working at the New Directions school.

"We've all become such good friends," she said. "They made me feel as though I was the im-

portant one and that it really mattered that I be successful in my studies."

Staff members of New Directions also congratulated students already attending high school, but who also

took classes at the adult learning centre in order to gain extra credits towards their eventual graduation. New Directions also offers specialized courses, such as computer training and upgrading at their Park Avenue location.

Facts about

West Nile virus



West Nile virus is transmitted by mosquitoes. Most people who are bitten by an infected mosquito do not become ill, and for those who do, the symptoms are usually mild. In some cases, serious illness and death can occur.

Report dead crows and jays

Crows, and other birds in the crow family, are very susceptible to West Nile virus. Many die soon after becoming infected. You can help detect West Nile in your area by reporting dead crows, blue jays, magpies or ravens to Health Links:

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Outside Winnipeg, call toll-free **1-888-315-9257**

You'll get information about dead bird pick-up or disposal, and you'll be doing your part to identify the presence of infected mosquitoes in your area.

To learn more

For the most up-to-date information about West Nile virus, please visit our Web site: www.gov.mb.ca



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ECHOES FROM THE **H**Heart

Hope is a wonderful thing

If you can look at the sunset and smile, then you still have hope.

If you can find beauty in the colors of a small flower, then you still have hope.

If you can find pleasure in the movement of a butterfly, then you still have hope.

If the smile of a child can still warm your heart, then you still have hope.

If you can see the good in other people, then you still have hope.

If the rain breaking on a roof top can still lull you to sleep, then you still have hope.

If the sight of a rainbow still makes you stop and stare in wonder, then you still have hope.

If the soft fur of a favored pet still feels pleasant under your fingertips, then you still have hope.

If you meet new people with a trace of excitement and

optimism, then you still have hope.

If you give people the benefit of a doubt, then you still have hope.

If you still offer your hand in friendship to others that have touched your life, then you still have hope.

If receiving an unexpected card or letter still brings a pleasant surprise, then you still have hope.

If the suffering of others still fills your with pain and frustration, then you still have hope.

If you refuse to let a friendship die, or accept that it must end, then you still have hope.

If you look forward to a time or place of quiet and reflection, then you still have hope.

If you still buy the ornaments, put up the Christmas tree or cook the supper, then you still have hope.

If you can look to the past

and smile, then you still have hope.

If, when faced with the bad, when told everything is futile, you can still look up and end the conversation with the phrase... "yeah...BUT," then you still have hope.

Hope is such a marvelous thing.

It bends, it twists, it sometimes hides, but rarely does it

break.

It sustains us when nothing else can.

It gives us reason to continue and courage to move ahead, when we tell ourselves we'd rather give in.

Hope puts a smile on our face when the heart cannot manage.

Hope puts our feet on the path when our eyes cannot see it.

Hope moves us to act when our souls are confused of the direction.

Hope is a wonderful thing, something to be cherished and nurtured, and something that will refresh us in return.

And it can be found in each of us, and it can bring light into the darkest of places.

We have the ability to give hope to others, who have lost their way. Give them the idea, that there is indeed, a better day. Hope is seeing new ideas and ways, when all seems lost and gone.

NEVER LOSE HOPE!

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It takes the whole community to make this weekend a success!



You can't be serious Extending your vacation



by Jim Hampshire

Egad, it's July already! Of course, it all depends on how you look at it. You might be a pessimist, in which case you'd check the calendar and say something like, "Oh shoot, summer will soon be over." But then again, it's the optimist who says, "What the heck, at least there's no snow in the forecast.

The point is, there's still a few months of summer left and if you plan carefully, you can make those short eight weeks seem like an eternity. How? Pack up the entire family and visit your Aunt Edna, who, by the way, lives in Nebraska. Actually I have no idea where your Aunt Edna lives but the concept I just described is sure to make time stand still.

That's the beauty about summer vacations. You're given a few weeks off, so it

seems like a good idea to pack up the wife and kids and climb into a cramped mini van and then drive across the country. It's all part of the summer getaway experience, where you desperately need a change of scenery and where it's important to make good use of every waking vacation minute because there are so few. The best part is, by the third day you're just begging to go back to work, but no! You still have twelve vacation days left!

In theory, a nice leisurely drive through Canada's Parks is supposed to bring a vision of peace and serenity. "Hey kids, look up ahead!" offers the thoughtful father as he gestures to an oncoming landmark.

"That's Wheat Peak - the tallest mountain in Saskatchewan!"

"Ooooh, that's really neat!" reply the children in an interested manner.

Of course this scenario is just a theory. What really happens is quite different.

"Okay old man... this is how it's going to be," growls your nine year old son as he holds a cold, sharpened Popsicle to the back of your neck. "Either you stop at the next arcade or I drop this Popsicle down your shirt."

Maybe I'm exaggerating a little but don't you find it the

least bit curious that you're constantly asked to stop at every single service station along the way so the kids can use the restrooms, yet the wife always takes this opportunity to buy the kids ANOTHER BIG GULP COLA! You'd think someone would make the connection?

And it wouldn't be so bad if the kids would drink a little and put the container in the cupholders for a later refreshment. But no, the kids insist on holding the containers until they

doze off and by the end of the day your crushed velvet back seat has the same adhesive qualities as flypaper.

But that's the way it goes each summer as thousands of Canadians hit the road - often with their fists while sobbing uncontrollably - as families try to make the most of their vacations. Time literally stands still for these people, and a few short weeks can become an eternity.

Sadly, single people can't share in this experience, and for them summer passes in the blink of an eye. Mind you, they could stand in line at the Department of Motor Vehicles and try to renew their driver's license. That always seems like an eternity!

**Prairie Lacrosse League
Friday July 4th
Home Game
Sagkeeng
Ojibway vs
Falcons
Multiplex Arena
7:30 p.m.**

Want to Start Your Own Business!
Self-Employment Program

- You are presently receiving employment insurance (E.I.) benefits
- You have received E.I. benefits in the last 36 months
- You have received maternity or parental benefits in the last 60 months

If you are unemployed, and if any of these situations apply to you and you have a viable business idea, please call us for information

Self-Employment Assistance Program

Call for more information!

345-8691

Delivered by Winnipeg River Brokenhead Community Futures Development Corporation

Funded entirely by Manitoba Education and Training



RCMP Need your help

Manitoba Crime Stoppers in cooperation with the Lac du Bonnet RCMP, would like your assistance in solving the following offence:

Sometime between October 2002 and June 2003 a local business located at Guildemaster Lake Nopiming Provincial Park was victim to a theft. Stolen were two 16" Aluminium "Springbok" canoes and a 65 HP Continental aircraft engine with prop. The aircraft engine very unique as it was built in 1945 and has been modified by the owner. The Magneto has a extra hole in it and there is a

ring gear behind the propeller. The canoes 10" of the bow cut off with a hinge assembly mounted on each to fit harvesting equipment.

These stolen items were used for harvesting of wild rice. These items are integral to the business that was victim of the theft. The assailants had to have gained access to the business site by all-terrain vehicle and a trailer would have been needed to haul these items away.

If anyone has seen these items please contact Lac du Bonnet Detachment at (204) 345-6311 or Crime Stoppers.

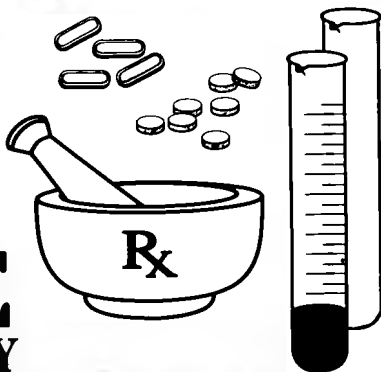
CRIME STOPPERS

Crime Stoppers will pay up to \$2000.00 in cash for information leading to an arrest in this or any other unsolved crime in Manitoba. Callers never have to reveal their identity and Crime Stoppers does not subscribe to caller ID.

Call CRIME STOPPERS toll free at 1-800-222-TIPS(8477) If you have any information and want to remain anonymous to any of the above crimes, please call CRIMESTOPPERS at 1-800-222-8477

TRY YOUR DRUGSTORE *first*

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



PINE PHARMACY

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

DISPENSARY

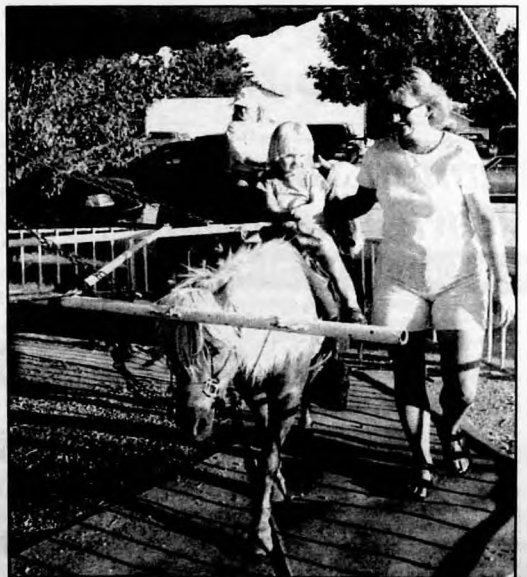
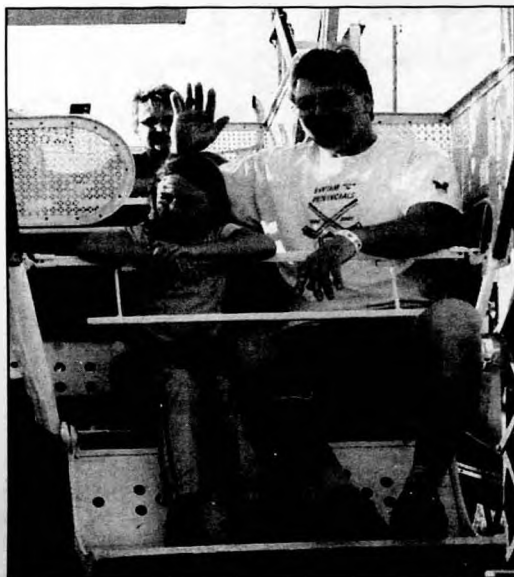
367-2611

367-2517

Lac du Bonnet lights up another Canada Day



The weather was perfect on Sunday as hundreds of spectators lined the streets of Lac du Bonnet to enjoy the annual Canada Day Parade. Children got to enjoy the carnival rides, while adults were able to take in the car show. Many baseball enthusiasts were entertained all weekend by some hard hitting baseball action. The Lac du Bonnet Canada Day weekend was capped off with a spectacular fireworks display, which had audiences ohhhing and ahhhhing at the finale fireworks display.



Lac du Bonnet Canada Day weekend



Local resident Zack Mercury found himself in a difficult situation at the wrestling card in Lac du Bonnet over the weekend



Lac du Bonnet resident wrestler Zack Mercury was able to win his bout on the wrestling card at the Canada Day celebrations at the



More wrestling: These lethal ladies wowed the crowd at the weekend wrestling match in Lac du Bonnet



The Lac du Bonnet Community Centre grounds was the site for the annual car show on Sunday. Above local resident and drag racer Dale Allstadt was awarded the best Chrysler plaque for his 1964 Plymouth Fury



This 1969 Pontiac GTO owned by resident Ken Lodge turned a few heads in Lac du Bonnet this past weekend as he picked up the Best GM Award at the annual car show



This years vintage Car show, was well attended, and spectator's got to see some magnificent vintage vehicles on display.

Lac du Bonnet RCMP Report

Lac du Bonnet Police Report for the periods of June 20 to June 27, 2003

June 20: A report was received of Off-Road Vehicles being operated illegally in the Auglen Park area of the R.M. of Alexander. Police patrolled the area and checked 5 such vehicles, but all were being operated legally at the time.

June 21: A report was received from the Lac du Bonnet Ambulance not being able to gain entry to a location on Park Ave. In the Town of Lac du Bonnet. The ambulance did get into the residence, and police attended subsequently in order to ensure that the premises were secure.

A report was received of a single-vehicle roll-over approx.

3 km west of Seddon's Corner along PTH # 44 in the R.M. of Lac du Bonnet. Police attended and found that the vehicle was totaled, but no-one around.

A report was received of a break and enter to a business in Pinawa, with chips and ice cream stolen.

A report was received of a break and enter and minor damage to a cottage at Brereton Lake in the Whiteshell Prov. Park. This has been taking place over a period of time, and a bottle of rye was taken in the latest incident.

A report was received of a single vehicle roll-over on PR 315, 3 miles north of the Bird

River Bridge. Three occupants were taken to Pinawa Hospital with non life-threatening injuries.

A request was received to locate subjects camping in the Whiteshell Prov. Park. Pass on a urgent family message.

A report was received of a green mountain bike having been stolen from a residence on Cameron in Pinawa.

A report was received from Urban Road of shots having been heard in the general area.

A report was received of an adult male possibly becoming violent at a residence on Southwood Bay in the R.M. of Lac du Bonnet. Police attended and found that no offence had taken place, and that both subjects at the residence were under the influence.

A report was received of overturned portable toilets in Pinawa.

A report was received of a window in a business in Pinawa having been broken with a beer bottle.

A report was received of an adult male having taken a vehicle without permission from a location on Scoot Crescent in the Town of Lac du Bonnet, driving while suspended. Police did extensive patrols of the area, but did not locate the vehicle in questions, which was later returned to the owner.

June 22: A report was received of an assault at the Community Centre in Pinawa involving two adult males.

A report was received of a suspicious male approaching a cottage at Brereton Lake in the Whiteshell Prov. Park, and running away when he realized that someone was watching him.

A report was received of Natural Resources having problems with 3 adult males at the Opapakaw campground. Police attended and arrested the 3 and held same. One was found to be on Probation, and the other on a Conditional Sentence from Winnipeg, involving House Arrests.

A report was received of 4 intoxicated adult subjects arriving at the Lac du Bonnet Grad and not being wanted at the location. Police attended and arrested the 3 adult males and one adult female and lodged same to sober up.

A report was received of an adult female having passed away at Bonny Vista Lodge in the Town of Lac du Bonnet. Police investigated revealed that same was due to natural causes.

A report was received of a window having been broken out of a van parked on Alexander Ave. in Pinawa.

A report was received of an Alarm at the Lac du Bonnet

Youth Centre. Found to be a False Alarm.

A report was received of a vehicle doing power turns in a field near Grant Road in the R.M. of Lac du Bonnet. Police patrolled, and the vehicle was gone, however, the complainant obtained the plate number and charges are pending.

June 23: A report was received of a boats speeding on the weekend on the Pinawa Channel in front of Lee Country Village.

A report was received of an attempted break and enter to a boathouse in the Whiteshell Prov. Park. Took place over the past week.

A report was received of a lost Digital Olympus camera between Winnipeg, and the Town of Lac du Bonnet.

A report was received of a taupe-colored metal deck chair having been stolen from a location on McArthur in the Town of Lac du Bonnet over the May long weekend, and of a bird bath at the same location having been moved overnight on the night of June 22nd.

A report was received of a suspicious person outside a business in Whitemouth. Police checked and found all to be in order.

A report was received of a group of youths throwing eggs at vehicles outside a business in Lac du Bonnet. Police patrolled the area, but no youths were located.

June 24: A report was received of an assault on an adult male by another adult male at the Milner Ridge Correctional Centre.

A report was received of a break and enter to the old school at the Hydro Townsite at Seven Sisters. Took place over the weekend, and nothing was stolen.

A report was received of an under-age female threatening suicide at Whitemouth. The subject was located by police and taken to Pinawa Hospital where the Winnipeg. Crisis Unit dealt with her.

A report was received from Pinawa of an under-age male yelling at another under-age male at the Beach, and the complainant wanting the subject spoken to.

A report was received to locate a subject working on a cottage in the R.M. of Alexander. Investigation revealed that the subject was fine and had returned home.

A report was received of an unreg. Off-Road vehicles on Laurilla Drive in the R.M. of Lac du Bonnet.

June 25: A report was of a vehicle spinning tires in a parking lot in the Town of Lac du Bonnet. The vehicle was gone when police patrolled.

A report was received of a vehicle proceeding west on PR 313 in the R.M. of Lac du Bon-

net being hit with gravel when the tail-gate of a gravel trailer accidentally opened.

A report was received of a possible domestic disturbance at a residence in Auglen Park in the R.M. of Alexander. Police attended and found that no offence had taken place.

A report was received from Pinawa of a subject having difficulty with a neighbor, and a threat having been made.

June 26: A report was received of a single-vehicle Motor Vehicle Accident at Big Creek in the Whiteshell Prov. Park. The vehicle went off PR 307, and became submerged in the creek, with the resulting death of an adult female passenger.

A report was received of vehicle speeding and failing to stop at stop signs on Park Ave. In the Town of Lac du Bonnet.

A report was received of a helicopter on a flight to Springer Lake not closing its flight plan. Contact was made with the Military at Springer Lake and it was found that, the helicopter had arrived.

A report was received of Off-Road Vehicles being operated illegally on Whiterest Road in the R.M. of Lac du Bonnet.

A report was received of a red vehicle being operated in a careless manner on PR 317 in the R.M. of Lac du Bonnet, and last seen going south of PTH # 11. The Lic. Plate given did not match the vehicle desc.

A report was received of an unlocked vehicle being entered while parked outside of a residence in the Town of Lac du Bonnet, and the theft of two registration, plus a cassette holder and a quantity of change.

A report was received of a gravel truck speeding and failing to top at stop signs in the Sheddons's Corner area.

A report was received of an intoxicated adult female assaulting an adult male at a residence on Lake Ave. In the Town of Lac du Bonnet. The subject in question was arrested, lodge to sober up, and released for Court.

June 27: A report was received of an Intrusion Alarm at Otter Falls in the Whiteshell Prov. Park. Police attended and found all to be secure.

A silver-colored Mountain Bike was turned in to the Detachment as Found Property. Same had been outside a business in Lac du Bonnet for a number of days.

A report was received coming into collision with a bear on PTH 44 north of Whitemouth in the R.M. of Whitemouth. The vehicle was damaged in accident and had to be towed. No injuries.

A report was received of a boat at the Town Dock in the Town of Lac du Bonnet taking youth tubing. It was reported that the youth in question were not wearing life jackets.

Lac du Bonnet Community Billboard

Health Concerns? Call 268-1235 to book your seat.

Cooking for better health: Lose weight, gain energy and prevent illness. Classes begin for every five people registered. Cindy Reimann, certified in nutrition, call 268-2168. PACE 7-1375; meets first Tuesday of the month, Chicken Chef, Power-view 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 2:30 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 the 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 A-a-Teen Group For further information, Phone Kathie 367-8237 (evenings), Vickie 345-6520 (days).

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, lifeline personal response system, friendly visitors, fee-for-service handy helpers.

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, Hadselville.

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.

Agassiz Horticultural Society meeting every 2nd Tuesday of the month, except January, July & August. Centennial School, 7:00 p.m. All gardeners welcome.

Lac du Bonnet Church Directory

ABUNDANT LIFE CHAPEL

Pastor Jake Doell, church 345-2934, home 345-9766

Sunday, 11:00 a.m. - morning worship; 6:30 p.m. - Upper Room.

LUTHERAN CHURCH OF THE CROSS

Church office 345-8654

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 Rowntree 367-8615, church 345-2357

Sunday, 11:30 a.m. - worship; 11:30 a.m. - first and third Sunday of each month, holy eucharist.

Recreation Scene

Winnipeg River Recreation District

by Michelle Chudd

Dance Camp (PhAT Camp)

All you want to do is dance? We have the camp for you! July 28 to August 1 you will be able to learn hip hop, funky jazz, kung fu, ballet, Hawaiian, creative movement, theatre and so much more in this week long camp for preschoolers up to teens. Girls AND boys will love this program as there is dance, martial arts and a drama component too. Call the rec office today to find out more info or to register or take look at our brochure for more details of this awesome camp for children of all ages! And for the curious folk PhAT stands for Physical Arts Training Camp. June 30 is our early bird registration deadline with discount prices. Notice: There was a misprint in the flyer for the schedule. The correct timetable is the one on the inside of the flyer the bigger "Camp Schedule" page. Register for PhAT camp and your name will be entered to win a copy of Harry Potter Order of the Phoenix. The draw will take place on the first day of the camp!

Pinawa soccer for adults
Every Wednesday evening at 6:30pm is the ever popular evening soccer for teens (grades 10, 11 and 12) and adults at the Pinawa high school soccer field.

No need to sign up - just come on by and play this weekly pick-up game of soccer.

LdB swim registration
The Rec office is now accepting registration for swim lessons at the Town Dock.

The session dates are as follows: Session 1 - July 7 - 18; Session 2 - July 21 - August 1 and Session 3 - August 4 to 15. Contact the Rec office at 345 8816 for more details. Forms available at the Rec office, Centennial School, Mrs. Lucci's and the Town Office. Class times will be posted the Wednesday before each session starts.

Bronze Medallion/Cross Update: Pinawa Pool will be offering these courses June 30 to July 11.

Pinawa swim registration: Contact the LGD of Pinawa at 753 5100

Camps from Mrs. Lucci's

July 7 - 10: For children ages 5 and 6 years from 9:30 - 11:30am at Memorial Park in LdB. Parents are asked to join their child in the first 20 minutes of fun.

July 21 - 24: For ages 3 and 4 from 9:30 - 11:30am at Memorial Park.

July 4 - 18: Fun in the Sun for children ages 5 to 10 years from 10am - 12noon at the Town Dock in LdB.

For more info or to register contact Mrs. Lucci's at 345 9909.

Pinawa swim registration forms can be picked up in the Lac du Bonnet Recreation Office

Are you thinking about participating in a triathlon?

The Rec. District is offering a swim/triathlon clinic. Swim Manitoba is coming July 22nd to show you what it takes to participate in a triathlon. If you are interested contact the Rec. office.

Time & Cost-To be an-

nounced.

Kayaking Clinic

The Selkirk Kayaking Club is coming on August 17th to do a three-hour clinic from 11:00AM - 2:00PM. If you are interested about Kayaking and would like more information contact the Rec Office.

Time & Cost-To be announced

Junior Tennis Camps

Pinawa Tennis Club will be offering a Junior Tennis Camp during the week of July 7 to 11 for ages 7 to 18 years. For more info or to register contact Dennis Chen at 753 8485.

Winnipeg River Recreation District call for more information:
345-8816/753-2839
recomm@granite.mb.ca

Manitoba Youth Job Centre

Hire-A-Student Weeks

kicked off in Lac du Bonnet over the weekend. 127 bouquets of carnations were delivered as part of this year's Flower Frenzy. The Odd Job Squad thanks everyone who purchased the flowers, as well as Carnation Corner Plus and the Yellow Door for their support.

Pinawa's first Odd Job Squad event will be held this Wednesday. Members of the Odd Job Squad will be distributing Pinawa Play Packs to the Whiteshell and Lac du Bonnet regions. The Play Packs, prepared by the Pinawa Community Development Corporation, are filled with great activity ideas and money-saving coupons for

Pinawa this summer.

Lac du Bonnet's Hire-A-Student Weeks continue with Hot Dog Day on Thursday, July 3rd in front of Hometown Foods. Stop by between 10am-2pm for a great lunch served up by your Odd Job Squad. The Lac du Bonnet crew will also be out at the Farmer's Market this Saturday morning, across the street from Subway.

To sign up for the Odd Job Squad, or are looking for part- or full-time work, call the Manitoba Youth Job Centre at 345-6916. We can also match employers and homeowners who have work to be done with the most qualified students.

Rec Report



by Jill Henderson
Recreation Director

Pulse on Participation

The pool will now be open at regular summer hours which are Monday-Saturday from 10:00am-9:00pm and Sunday from 12:00pm-9:00pm. There will be public swim from 10:00am-5:00 and from 5:30-7:00pm, with family swim from 7:00-8:00pm and adult swim from 8:00-9:00pm.

The aquasize classes will run Tuesday and Thursday from 8:00-9:00pm starting July 7, 2003. Everyone is welcome to attend.

Swim Registrations took place this week and went very well. We still have spots avail-

able. If you have not registered and would like to do so you can sign up at the pool Wednesday July 2, 2003 which will be the last day.

On Tuesday July 1, 2003 there will be a family fun day at the pool from 1:00-5:00pm. Everyone is welcome to attend. We will have games and prizes. Parents must accompany their children if under the age of 12.

I would like to run a day camp for children on Mondays, Wednesday and Fridays. In order to do I would need some volunteers to help

with the camp. If interested in volunteering please contact Jill @ 367-9142.

This summer there will be a lacrosse clinic for all. Please stay posted for the time and date.

I would also like to offer a first aid course but before I make the arrangements I need at least 12 people to sign up. If interested you can contact Jill @ 367-9142.

One final note is that I would like to start promoting our programs that we have to offer through the internet. If you would like to receive weekly updates by email please send your email address to pirec2003@yahoo.ca.

Pineview Skate Park

COME JOIN THE FUN!

Skate Park hours:
Tuesday and Thursday
6:30 p.m. to 8:30 p.m.

ALL YOUTH WELCOME!

(For further information contact Jill Henderson
Pineview Recreation Director at 367-9142)



(All skaters must have safety equipment on at all times in Park)

Winnipeg River RCMP Report

We regret to inform our readers that there will be no community police report from the Powerview Detachment.

The Winnipeg River RCMP Detachment/Powerview did not have police reports ready for this week or last week.

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, Chucken 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: Tues 1:00 to 4:00 p.m. Thurs 4:00 to 8:00 p.m., Fri 6:00 to 8:00 p.m. Sat 11:00 a.m. to 3:00 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 Senior Service Inc.** Coordinator Tina Polischuk, Pine Falls Health Complex, phone 367-9128, 9:00 a.m. to 3:00 p.m. Monday to Friday. Services: transportation, home maintenance, foot care, volunteer help, info! **Family Care Giver Support Groups:** 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. **Senior 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. **Weight Watchers Meeting:** Every Thursday - weigh in at 4:45 to 5:30 p.m., call Dolores for info. at 367-2945. **Foster Homes:** Open your heart and home to a foster child, foster homes needed in Pine Falls and surrounding area, call Debby at 268-6158.

Sunrise Ladies Ensemble: meets every Thursday from 7:00 to 9:00 p.m. at the Pine Falls United Church. **Child Health Clinics:** will be provided by area Public Health Nurse every Thursday afternoon at the Pine Falls Complex, Community Health Office assessments of babies (or child's) height, weight, infant nutrition, advice, immunizations (as necessary) and any other advice you may wish, please call 367-5406 for more info.

Bev Desjarlais MP Report - June 2003

In parliament this month

The Liberal government closed down Parliament early, for the summer recess, so there were only two weeks of Parliamentary debate in June. It was disappointing to me that they chose to shut down early. There are many important issues facing the country that they should have allowed Parliament to debate like: SARS; BSE (also known as mad cow disease); softwood lumber; and same-sex marriage.

Despite the early shut down, one important bill was passed and another was introduced before the Prime Minister shut things down. The House of Commons finally passed Bill C-24, the campaign finance reform bill, which will dramatically limit corporate and union financial donations to politicians. There was a lot of controversy about replacing corporate and union money with public subsidies for political parties. However, I think eliminating politicians' reliance on corporations and unions to fund their campaigns is good for democracy. It will greatly reduce the influence of corporations over the government.

June also saw the First Reading of Bill C-45, the corporate liability bill. If C-45 passes, it will finally make it possible to criminally charge corporations and their directors if they create or encourage working con-

ditions that cause death or injury to their employees or the public. I am proud that this bill came about because of my Private Member's Bill, C-284. Last year, my bill earned the endorsement of the Justice Committee and many MPs from all parties in the House of Commons. This forced the government to end eleven years of stalling and finally introduce Bill C-45. The challenge now is to make sure Bill C-45 passes in the fall. Many big corporations backing Liberal leadership candidate Paul Martin oppose Bill C-45, so there is a danger that Mr. Martin will kill the bill if it is not law before he becomes Prime Minister.

Also in June, the Business and Professional Women of Thompson paid tribute to long time member Marg Pronyk.

As I do every year, I have been taking part in as many school graduation ceremonies as possible. This year, I have been honoured to share in the celebrations of: the Faculty of Social Work in Thompson; '72 Memorial School in Oxford House; Sagkeeng Anicinabe High School; Norway House High School; Poplar River School; Joe A. Ross in the Opaskawic Cree Nation; and Margaret Barbour Collegiate Institute in The Pas. I enjoy these opportunities to share the communities' time of cel-

ebration. I wish all graduates the very best for a rewarding future of challenges, accomplishments, and lifelong learning. I also travelled to Snow Lake this month for the Grand Opening of the Community Resource Centre.

On June 21, National Aboriginal Day, we recognize the great history and on-going contributions of Canada's Aboriginal people. This year, I also call on Canadians to demand that the Liberal government pay tribute to our Aboriginal people in more than symbolic ways. I recently spoke in the House of Commons about the Liberal government's failure to live up to treaty promises, to provide opportunity and hope to aboriginal people. I also pointed out that the proposed first nations governance act would continue to impose misguided, made in Ottawa policies on aboriginal communities.

During the summer months, my staff and I will be travelling to many of the communities in this huge riding. It is important, when I am not in the House of Commons speaking on your behalf, that I have the chance to meet with people and hear your concerns. If there are federal government issues you discuss with me, please call and my staff will be happy schedule a meeting in my travel schedule.

Your voice in Ottawa

Vic Toews, MP for Provencher



Where Does Paul Martin Stand On Canada?

During his nine years as Finance Minister, Paul Martin was responsible for setting the rules that allowed his multi-million-dollar shipping interests to avoid paying tens of millions of dollars in taxes to the Canadian government. According to the CBC program "Disclosure", as Finance Minister, Mr. Martin left open tax loopholes that allowed companies to avoid paying taxes on profits made in the Barbados, where his company, CSL, has nine affiliates. This, despite the fact that in 1997, a panel of experts urged Martin to close the loopholes. That advice apparently fell on deaf ears.

Things don't appear to be changing. Mr. Martin's family company continues to structure its affairs to avoid paying taxes in Canada and avoid higher Canadian labour standards for the crews of ships. Now add shipbuilding to the list of things Paul

Martin's companies don't like to do in Canada.

Recently the former Finance Minister was touring and praising what should be a familiar place - a struggling shipyard in Levis, Quebec. However, it appears that he is more familiar with shipyards in China than those in his own country.

Mr. Martin's family enterprise, Canada Steamship Lines, builds ships at the Jiangnan Shipyard in Shanghai to the detriment of hard-working Canadians who face job loss at struggling shipyards in Canada. Mr. Martin's shipping conglomerate recently built the Sheila Ann, which was named after his wife, in Shanghai for the bargain basement price of \$45-million - money that could have gone

a long way to alleviate the plight of workers in Levis.

Mr. Martin claims to be a friend of the common man, and a staunch supporter of Canada; yet, whether it comes to paying taxes, applying Canada's labour laws or even supporting Canada's struggling shipbuilding industry, he turns his back on Canadians to make a quick buck.

So when Paul Martin says we have the best tax system in the world, Canadians are beginning to understand why he thinks it's so great. Too bad for the rest of us who actually pay our taxes to the Liberals in Ottawa.

Please feel free to contact my office if you have any concerns or issues you would like to discuss.

Winnipeg River Church Services

NOTRE DAME DU LAUS: Powerview - Saturday evening 7:30 p.m. (English), Sunday 10:00 a.m. (English); Sicad - Sunday 12:00 noon

PINE FALLS UNITED CHURCH: Sunday service 11:00 a.m. Bonita E. Garrett, Minister. Church 367-2633 or Cell 754-7220. Everyone Welcome. Sunday School, September 8 at 11:00 a.m., everyone welcome.

PINE FALLS ANGLICAN CHURCH OF THE ADVENT: Ph 367-8347. Rect. for 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. Closed additional mass mid-June through Labour Day 7:30 p.m. Saturday, December 1 to April 30th.

ST. ALEXANDER R.C. CHURCH: located at Sagkeeng First Nations, Sunday mass 10:00 a.m.

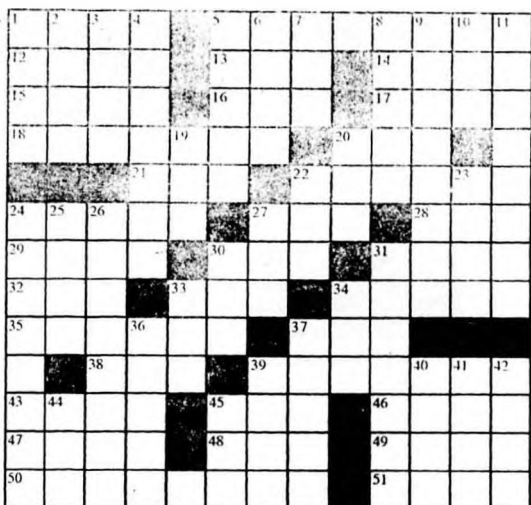
ST. THERESA R.C. MISSION: 88 Glenelva Avenue, Grand Marais, Mass 12:00 noon first Sunday of November to last Sunday of April. May through October mass 10:00 a.m. Sunday.

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.

WEEKLY CROSSWORD



- 22. Australian sheep dog
- 24. Mine prop
- 27. Meadow
- 28. A dynasty in China
- 29. Wife of Jacob
- 30. Bleat of a sheep
- 31. Booth
- 32. Curve
- 33. Tap gently
- 34. Church council
- 35. Intermittent water-course
- 37. Former weight for wool
- 38. Snakelike fish
- 39. Scorn
- 43. Very small quantity
- 45. Fish appendage
- 46. Doing nothing
- 47. Kernels
- 48. Prohibit
- 49. Monetary unit of Western Samoa
- 50. Ravenously
- 51. Formerly Down

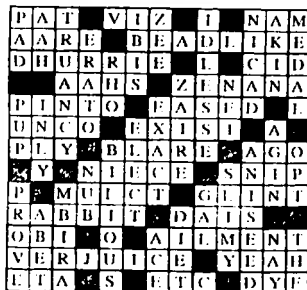
- 4. Prophetess of Isreal
- 5. Abyss
- 6. Lively
- 7. Portable bed
- 8. Standard of perfection
- 9. Printer's distinctive emblem
- 10. Entirely
- 19. Worthless piece of cloth
- 20. Affirmative reply
- 22. New Zealand parrot
- 23. The villain in Othello
- 24. Oblique
- 25. Republic in WS America
- 26. Swiss dish
- 27. Laboratory
- 30. Exclamation of contempt
- 31. High explosives
- 33. Indian dish
- 34. Distress signal
- 36. Contract
- 37. Containing in
- 39. Clock face
- 40. 6th month of the Jewish calendar
- 41. Evils
- 42. Trim
- 44. Belonging to us
- 45. Law enforcement agency

ACROSS

- 1. No longer living
- 5. Cyclic
- 12. River in central Switzerland
- 13. Monetary unit of Vietnam

- 12. Deal out sparingly
- 15. Child's bed
- 16. Illustrative craft
- 17. Old cloth measures
- 18. Express support
- 20. Legendary emperor of China
- 21. Male sheep

LAST WEEK'S ANSWERS



CRYPTIC PUZZLE

Z K B M B L C K W E V W E P I F X W A E V N R
Z D N G Z D R L J B.

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

NORMAL IS IN THE EYE OF THE BEHOLDER.

WEEKLY ECHO HOROSCOPE

for the week of June 30 to July 5

Aries - March 21 to April 20

Some time spent with that special someone should be your intent. Lunch, a long walk, or a quiet dinner will secure your position in the relationship. You have to confront matters or you could lose self esteem. Reevaluate your position and make decisions about your future goals.

Taurus - April 21 to May 21

Try to spend more time with children and relatives. Get back to basics and reevaluate what is important in life. You should want to feel good about yourself and your goals. Get involved in groups that are creative in nature. You may enjoy doing something musical for entertainment. Don't get involved in secret affairs or underhanded involvement's.

Gemini - May 22 to June 21

Avoid too much discourse with colleagues this week. Don't be critical or overly opinionated with dislikes; it could cause disapproval and unwanted opposition. Try to curb overindulgence this week. You can accomplish a lot if you direct your thoughts toward starting your own small business on the side.

Cancer - June 22 to July 22

You will be in a high cycle regarding work. Think about starting your own small business, but don't invest too much of your own money. Be innovative. You will have to control the way you feel. You may have to explain your actions to your family.

Leo - July 23 to August 23

Be sure to sidestep those who are eccentric or unpredictable. Do not get involved in joint financial ventures. Romance will develop through work related activities. You must steer clear of overindulgent individuals. You may not be in a position to make hasty decisions.

Virgo - August 24 to September 22

You may cause a fuss if you come on too strongly in public. Use discretion, especially if involved with someone from work. Secret intrigues could get you into trouble. Be honest in your communication and don't lose your cool if someone backs you into a corner. Take care of your personal needs. Attend to things that you should have done last week.

Libra - September 23 to October 23

Your lover may cost you financially. Put your energy into your work or moneymaking ventures rather than into your emotional life this week. Don't expect support from your mate. Sit back and observe, regardless of how hard that might be. Patience will be of utmost importance. Hidden matters are likely to surface.

Scorpio - October 24 to November 22

Don't fall for damaging rumors, and refuse to get involved in gossip. Consider the source before you believe what you hear. Your involvement in interest groups may bring you popularity.

Sagittarius - November 23 to December 21

You need to spend some time with individuals who have more experience than you. You can expect to have a problem with your lover. Don't put off the things that they have asked you to do.

Capricorn - December 22 to January 20

Be cautious while traveling; minor accidents are evident. Be precise in your communications to avoid any misunderstandings and arguments. You may feel a need to make changes to your legal documents. You can solidify your relationship if you plan a special evening with your mate.

Aquarius - January 21 to February 18

You can develop your creative talents if you take the time to practice your art. Don't be shy; show your abilities! Someone you work with could try to undermine you. Your lack of responsibility and attention has been a key issue in your relationship. Work diligently and you will get ahead this week.

Pisces - February 19 to March 20

Your greatest enjoyment will come through social activities and pleasure trips. Resist the temptation to gamble. Risks will not be profitable. Speak of your future goals, intentions, and commitments. Don't allow your personal problems to interfere with your professionalism.

Echo Classifieds

For Sale

Price Reduced
House for sale 3 Louise Street Powerview. \$82,900 Lot size 83X103. Very quiet area. Three bedroom bungalow, Main floor 1056 sq. ft., solid Oak kitchen, built in dish washer, built in over, Island with counter top elements, Sunken dining room, bath room with tub, large back entrance with closet. Full basement, large family room, wet bar, utility room, bathroom with shower. Large deck on back 24X16 with a 8X10 landing. Two driveways and an attached garage. For more information, please call Rheel at 367-8439

For Rent

Woodland Place/DaleHaven Apartments, 1 - 2 bedroom apartments for rent, utilities and parking included, coin laundry, very clean and well maintained, call after 6:00 p.m. 367-4922.

For Rent

House for rent in Powerview. All appliances included. House available August 1, 2003. Call 367-4549

For Rent or Sale

House for Sale or Rent by owner. 1200 sq. ft. 3 bedrooms, 1 bedroom hardwood. New hood range, new counter tops, oak cabinets. Bathroom with jet tub and new exhaust fan. F/A electric furnace, new carpet linoleum. and blinds, fridge and stove incl. Interior redone and new shingles in 2000. 24 x 36 garage/ 864 sq. ft. 67 x 330 lot. 4 Dupont, Powerview. 204-367-4645 883,500.

For Sale

House for Sale - by owner, 1248 sq. ft. bungalow, 1248 sq. ft. finished basement, 5BR, 3 baths, F/A electric furnace, HRV, Central Air, new carpet & Lino., Polar Windows, 26x26 double garage, 8x16 shed, beautifully treed yard, close to school, immaculate condition, F, S, D/W, Blinds included, 28 Louise Street, Powerview, call 204-367-8045.

For Sale

House for Sale-Beautiful Winnipeg River waterfront property for sale by owner. 175 feet of river frontage on one acre lot 2 km from the town of Lac du Bonnet. Park-like grounds with mature trees, shrubbery, flower gardens and private bay for beach or float plane. 1170 square foot bungalow with 3 bedrooms, 2 baths, finished basement and newer triple pane windows. Detached insulated garage, garden shed and greenhouse. Taxes for 2002 \$1,175.00. Price \$179,000. Phone 345-9677

Announcement

Lloyd's Barber Shop located in Lac du Bonnet, will be closed for holidays from June 28th to July 8th, 2003.

For Sale 1981 GMC Sierra Classic 305 4 bbl. p.w., p.d.l., p.b., p.s., s.r.w. Too many new parts to list. Asking \$4,000. Call 367-4645

For Sale



House for Sale - 1388 sq. ft. Split Level Home with 3 bedrooms, 2 baths, Island Kitchen with Lots of cupboard space, 2x6 walls with electric heat. Double attached insulated garage on 152 acres, approximately 1.5 acre yard, co-op water, near Great Falls, asking \$120,000, phone 367-9175.

For Sale

Husqvarna Chain Saw - Model # 362XP/372XP. Used one month. Paid \$700.00 and will sell for \$500.00. Inquiries can phone 367-2738

For Sale

Siara Scooter: Comes with 2 batteries, charger, flag, bell, and large reflector in the back, wire basket attached to front. In excellent condition. For more information please call 367-4589 or 167-2795. This scooter can be used both indoors and outdoors.

For Rent

Office space for rent Above Pine Falls Post Office. c/w private washroom. 2 Bedroom Apartment, available August 1, 2003. For more information call Denis at 367-8651.

Congratulations



Laine Lavallee

Congratulations Laine for working hard and achieving top student in grade 7, and making the honour roll at the Pine Falls School.

We love you.
Gramma & Grumpy

Casino

Casino summer getaway, Thief River Casino, July 21, 22, & 23, 2003 & 129.00. Also Warroad Day Trip July 9, 2003. For more information call 345-2664

For Rent

Three bedroom duplex on Main floor (over 1200 sq. ft.), Powerview area. No pets, available August 1, 2003. \$435 per month, plus utilities. References Required. For more information call 1 (204) 231-9403

For Rent or Sale

Three bedroom house with attached garage. Rent with option to buy asking \$30,000 or \$500 per month rent. Utilities not included. Call Marc at 367-4656.

Announcement



Chase Jordan Luke Pachkowsky

Parents, Grant, Lori and big brother Drake are proud to announce the arrival of Chase Jordan Luke Pachkowsky. Chase was born on May 31, 2003 at 12:38 a.m. at the St. Boniface Hospital, weighing 8lbs., 4 oz. Proud grandparents are Viv & Morris Berthelette, the late Babe Pachkowsky, Gail Meyers, and Tony Croucher. Special thanks is extended to Dr Van Rooyen for the prenatal care.

For Sale

1997 Mercury Sable. air/tilt/cruise, power windows, power door locks, AM/FM cassette. Call for more information: 367-2766.

Miscellaneous

Bankruptcy Info-line - free, confidential. Call 1-800-463-8371. www.lctaylor.net This is a community service offered by L.C. Taylor & Co. Ltd., Trustee in Bankruptcy.

Memorial

Ben Wolchuck

In loving memory of our husband, father and grandfather who passed away July 4, 1993. Deep in our hearts a memory is kept. For the one we love and will never forget. Each of us in our own special way, remember him with love today. Lovingly remembered and sadly missed by wife Pauline and Family

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Food safety tips for picnicking, hiking, and camping

You need to handle and prepare food safely, even when you are picnicking, hiking or camping. Follow these tips to keep food safe while you are having fun outdoors.

Keep hot foods hot and keep cold foods cold.

You cannot smell or taste viruses, bacteria and parasites that can make you sick. To prevent foodborne illness, you must cook food properly and store it at the right temperature. Hot food must be kept at or

above 60°C (140°F). Cold foods must be kept at or below 4°C (40°F).

Use a cooler with freezer packs to keep perishable food at or below 4°C (40°F).

Refrigerate or freeze food, if possible, the day before you pack it.

Wrap raw meat and poultry well and pack them under all other foods to keep their juices from dripping onto other food.

Put your cooler in the coolest part of your vehicle. Don't put

the cooler in the trunk if it is a hot day. Keep the cooler out of the sun and cover with a blanket or tarp at the camp site. Keep the lid of the cooler closed as much as you can.

Throw out all the perishable foods when the temperature can't be kept at or below 4°C (40°F).

Wash your hands and wash fresh food.

Wash your hands well with soap and hot water before you prepare and eat food. Wash your hands for at least 20 seconds. If you don't have soap and hot water, use disposable wipes or hand sanitizer lotion.

Keep raw foods away from cooked foods.

Keep ready-to-eat and cooked foods separate from unwashed and uncooked

foods. Raw food can contaminate other foods by touching them or dripping on them. Wash your hands and any utensils immediately after you touch raw meat, poultry or seafood.

When preparing foods, use one cutting board for raw foods like meat, poultry or seafood and a different cutting board for ready-to-eat or cooked foods.

Cooking
Use a food thermometer when you are cooking to check when the food is safe to eat.

Drinking Water.
Drink bottled water or tap water from a safe source.

Purify water from lakes or streams even if the water looks clean. Follow these steps:

Let suspended particles settle or strain the water through paper towels.

Bring the water to a rolling boil and continue to boil for 3-5 minutes. Boil it for 5-10 minutes if you are in the mountains or high hills.

You can also use water purification tablets and water filters. Follow the package directions.

The Canadian Food Inspection Agency (CFIA) is the Government of Canada's regulator for food safety, animal health and plant protection. Food safety and consumer protection are essential to the health of Canadians. At the CFIA, the safety of Canada's food supply is central to everything we do.

For more information on food safety, visit the Canadian Food Inspection Agency website at

www.inspection.gc.ca

Pineview Mixed Slo-pitch League

Last week in baseball, the Misfits played Out of the Blue, on Monday at Rupert with both teams tied for the last play-off spot in the league championship.

Out of the Blue came up with a big 27 to 14 win, to move into the forth and final play-off spot.

In the game between, Simply Sagkeeng and the Mustangs, at the Industrial Diamond, the Mustangs came up with the win.

At Rupert Park, the Powerview Fire playing with an all rookie outfield were mercied by the Die Hards, who are creeping up on the Fire for top spot in the league. The second lost in a row by the Powerview Fire, prompted rumours that the Fire are shopping, seldom seen Grant Pachkowsky around the league. When the Echo contacted the Powerview Fire management, they released information that Cheuky was on Maternity leave and not on the trading block.

Teams	Games	Wins	Losses	Pts
Fire	11	8	3	16
Die Hards	10	7	3	14
Mustangs	12	6	6	12
Out of the Blue	11	5	6	10
Misfits	11	4	7	8
Simply Sagkeeng	11	3	8	6

Wednesday July 2, 2003

7:00 - Misfits vs. Simply Sagkeeng - Rupert
7:00 - Die Hards vs. Mustangs - Industrial

Thursday July 3, 2003

7:00 - Fire vs. Out of the Blue - Rupert

Monday July 7th, 2003

7:00 - Die Hards vs. Out of the Blue - Rupert

7:00 - Misfits vs. Mustangs - Industrial

Tuesday July 8th, 2003

7:00 - Fire vs. Misfits - Rupert

7:00 - Out of the Blue vs. Simply Sagkeeng - Industrial

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

Wednesday, July 2

Soup, Chicken fingers, pasta salad, peas, rice pudding

Friday, July 4

Soup, spaghetti with meat sauce, brussel sprouts, cherry pie

Monday, June 23

Soup, seafood croissants, potato salad, apple spice cake

NEWS TIPS?

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