

The Winnipeg River

Echo



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85 pound Sturgeon caught in the Wpg River

by V. Anderson

What started out as a relaxing evening of fishing, turned out to be a true challenge of man against beast. Friends, Gary Mysak, Pete Lachiver, and Leon Bouvier had been fishing on the Winnipeg River for about a half hour and had caught three nice walleye, then all of a sudden Lachiver's rod bent over and he said he had another one on. Bouvier looked over and at the bend of the rod and said "now that is a real fish". Then as sturgeon do, it came up to the surface fairly quickly and decided it didn't like what it saw, and that is when the fun began. It made

a screaming run for the bottom and the fight was on. After a half hour of chasing it around with the boat, and a bit of coaching from Bouvier and Mysak, Lachiver finally got it up to the surface again. Where upon they realized the net was going to be useless, so Bouvier grabbed it by the upper body and Mysak grabbed it by the tail and slowly lifted the fish into the boat.

The guys did a length and girth measurement so the fish could be recorded for the master angler program or as a possible Manitoba record. The fish measured 5'8" in length



L.R. Leon Bouvier of Blue Waters Inn & Guide Service and Pete Lachiver were pretty excited when they pulled this one out of the Winnipeg River



L-R Gary Mysak and Pete Lachiver proudly hold up the big sturgeon to ensure they had proof of the one they let go

and had a 30" girth, and weighed in at 80 lbs on a uncertified scale. Bouvier who is owner of the Blue Waters Inn & Guide Service here in Pine Falls, said, "This is the fourth Sturgeon in my boat this year and this is the biggest fresh water fish that I have seen come out of this area so far." "We were all pretty excited and Pete even did a little jig."

Bouvier also added that after a half an hour of reviving, the fish was released successfully. Bouvier says that the fishing has been good so far this year, and although, it is the height of the summer, the fish-

ing is still very good. You have to work a little harder to catch the Walleyes but the small mouths and the northern and other species are being caught quite easily along the Winnipeg River, both above and below the Powerview Dam. The spring season was excellent for greenbacks, and real strong run of white bass, with lots of large master anglers caught.

Looking ahead at the fall season for the greenbacks, hopefully after three poor runs we might be in for an upswing for the fall run because there was a lot of nice post spawn greenbacks caught this spring.

Merger committee reports

by Charles Norman

The Pine Falls/Powerview merger committee held a public meeting Thursday July 17 to allow residents to question the two consulting firms who have been working with local representatives to determine parameters for the proposed merger. Municipal consultant R.I.B. Consulting have come to the conclusion that the merger is viable in that cost of services to both Powerview and Pine Falls will be reduced.

The meeting was chaired by Jack Shwaluk of Pine Falls and Danny Gelinas Deputy Mayor

of Powerview.

Opening the meeting Danny Gelinas said Tembec had made an offer to the committee, presumably outlining the cash and other considerations they would contribute to the merger. He was not prepared to discuss the offer, but did say that the committee was preparing a counter-offer to be presented to the company on August 20. "Hopefully we'll have something for you in early September." He said.

Outlining the rules for the meeting he said only questions

to the consultants relevant to their reports would be allowed. These reports had been circulated two both communities about a week prior to the meeting.

Close to seventy people showed up for the meeting and they did not stay within the rules for very long. The prevailing mood seemed to be "make Tembec pay," and many questions posed to the consultants were variations on this theme, and were outside th consultants terms of reference. The fact that, under the

scenario outline by R.I.B, taxes would lower in both Pine Falls and Powerview, but marginally higher in Pine Falls than Powerview did not sit well with residents of Pine Falls. Powerview residents did not seem to mind.

One major point, however, did relate to the terms of the engineering firm Wardrop Engineering. Brian Ryall asked why Pine Falls water distribution system was listed as a medium, not a high priority item when breaks are frequent and it had already been announced that water pressure in the sys-

tem has been reduced to reduce the risk of further breaks in the system. Wardrop's representative Jim Stibbart was not able to give a convincing reply to the question. He avoided saying that a seventy-five year old cast iron water distribution system was past its useful life, but did acknowledge that the carrying capacity of the system would be reduced by corrosion within the pipe. The possible impact of corrosion and the lower pressure on fire protection was not discussed.



ECHO MAIL
Letters to the Editor
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Federal Elections Boundary changes

As the member of Parliament for Provencher I strongly support the new federal election boundary changes in the area north of Provencher. However, Charles Norman's article regarding the changes overlooked one crucial detail: the new boundaries will only take effect for the purposes of the next federal election if the next election is called after June, 2004. Any election called prior to that time would take place under the present boundaries. Powerview, Pine Falls and St. Georges would remain in Churchill Riding for the purposes of any election called prior to July, 2004.

Although I have been sending regular correspondence and news letters to the residents of the areas of Churchill that will eventually be part of Provencher, those areas may remain in Churchill for the purposes of the next election because Paul Martin, the Liberal

leadership frontrunner, has given strong indications that he will call the election under the old boundaries. Calling an early election would serve the interests of the Liberal Party for two reasons: it would deprive areas of Western Canada of additional seats where Liberal support is weak and it may assist Mr. Martin in being able to avoid dealing with the stalling economy as an election issue. So much for Mr. Martin's statements that he will bring real democratic reform to a government that he guided for almost nine years before he chose to sit on the sidelines to avoid the fallout of policies like the C 68 gun registry which he supported by signing a billion dollars worth of cheques drawn on the tax payers' account.

Sincerely,

Vic Toews, MP Provencher Riding.

Giving credit where credit is due

In last week's edition of The Echo it erroneously stated that I was responsible for the creation of the Pine Falls & District Tourism Interpretive Centre.

Where I was privileged to participate in the opening ceremonies, the idea first origi-

nated last fall through the previous Advisory Council and was driven by Pine Falls, CAO Angela Enright. It came to fruition as a result of the hard work and efforts of the Pine Falls Townsite administration and public works staff, and many, many volunteers. Many

thanks to all of you.

If you haven't had the opportunity to drop by the Centre yet, I would welcome you to do so. It's a great place to bring visitors to the area and its of interest to all the local folks as well

Judy Habing

Pine Falls Mid-summer Jr. Golf

submitted

Chad Fraser shot a sparkling 73 to win the Pine Falls Mid-summer Junior Golf Tournament. The 17 year old from Grand Beach posted 9 hole scores of 37 and 36. He was followed closely with a 75 by 16 year old Faron Harvey of Winnipeg and a 77 by 16 year old Morgan Campbell of Winnipeg.

Will Pepler of Winnipeg who is 12 shot the best 9 hole round with a 41. Bradley Hainstien who is 11, and comes from Richmond B.C. had a respectable 48. The youngest participant, 7 year old Jordan Beck from Pine Falls had a very fine 9 hole round of 90.

Each of the participants was treated to dinner and a pick at the prizes. The winners for of the putting contest were: 7-11



Winner's of the putting contest at the Pine Falls Mid-summer Juniors Golf Tournament

years Miles Whitford, 12-15 years Graeme Carello, and 16-18 years, was Christy Bruneau.

Golf clinics by professional Al Scott will be held at Pine Falls on Tuesday July 29th, and

August 5th at 6:00 pm. Call proshop for details.

Thanks to all of the participants and volunteers.

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The **Winnipeg River Echo**

Paddling making a come back at Wanipigow and Black River

By Charles Norman

Canoeists from Wanipigow and Black River are beginning to re-establish this area as a major force in the sport. The Wanipigow/Black River Paddling club did very well at the Western Canadian Championships hosted Wanipigow July 12 - 14, then went on to collect twenty two medals at the Manitoba Aboriginal event last weekend. Three Manitoban paddlers leave Tuesday, July 22 for the National Indigenous competition in Kamloops, British Columbia.

The Western Canadian Championships awarded \$4,300 in prize money in races ranging from youngsters eleven and under paddling for

6 km to adults competing in the Marathon class for 30 km.

Spectators found that the best place to watch the race was from the bridge over the Wanipigow River. Here competitors landed upstream of the bridge, hoisted their canoe onto their shoulders, taking less than two seconds for the whole process, then portaging across the bridge to the accompaniment of the voices and drums of an honour song. Paddlers said they were very moved by the experience of hearing the song as they approached the bridge. One of them said it gave him goose bumps.

Steve Van Vlaenderen, who did not compete, paddled his kayak alongside racers during

the two-day event to raise awareness of arthritis and the need for funding for arthritis research. This year he plans to paddle more than 3,000 km raising money for arthritis research. Races will vary from 25 km to the 740 km Yukon River Quest.

After the very successful meet at Wanipigow the Wanipigow/Black River Club competed in the Manitoba Indigenous Games in Brandon. It was a very hot weekend, with 37 people being overcome by the heat. (six of them were hospitalized), but in spite of the heat the club came back with twenty-two medals, four gold, seven silver and eleven bronze.

Two young people from



Start of the 16 year-old six km event at Wanipigow July 5. They have just left the start line

Black River did especially well. (including gold) in several categories. Many local paddlers Desmond and Delvina placed in the first three of their categories. Abrahams picked up medals

Pine Falls Muay Thai Shocks Dragonboat Racers

Submitted

This past weekend Pine Falls Maury Thai and Kickboxing entered a team in the Charity Dragonboat races at the Forks in Winnipeg. After only two grueling practices the new team took on the 5 time returning champions in the three day competition.

The team consisted of 20 hard paddlers, a drummer and a steer man, all working together on a 30 foot boat to travel a distance of 500 meters.

The first day the nervous Pine Falls team placed third after two veteran teams with 2 minutes and 9 seconds. It was a team best and yet the team was not satisfied with its start.

Looking to do better on Saturday morning Pine Falls went up against the defending champions and six year veterans the MTS Dragon Power Team.

It was a great race and Pine Falls improved their time by 2

seconds edging out the MTS Dragon Power Team. The team was overwhelmed to have place first. MTS Dragon Power could not believe it either. In the second race of the day the MTS Dragon Power Team was looking to climb back on top but Pine Falls proved their last victory was not by chance and finished first again with a time of 2 minutes and 8 seconds. Pine Falls now on top, felt the weekend could be theirs.

Sunday, day 3 of the competitions Pine Falls emerged as the favourites for the "A" side finals. The MTS Dragon Power team had other plans, as they made big changes to their team. With six Dragonboats on the river the

final race would determine the winners for the event. When the horn sounded to start the race the MTS Dragon Power took an early lead. Pine Falls Muay Thai came on strong at the halfway mark and caught the MTS boat down on the home stretch.

With victory insight Pine Falls began to paddle their hearts out but this caused them to fall out of unison which is the key to winning. The more experienced MTS Dragon Power Team kept their smooth rhythm and squeaked out a victory over Pine Falls.

"We signed up to support the Charities, Cancer Care Manitoba, Kidsport and the Rainbow Society and to have fun. We never expected to do so



The Pine Falls Muay Thai and Kickboxing participated at the Charity Dragonboat races.

well and to finish second after only two practices was a great accomplishment.

The Pine Falls Dragon Team

plans to continue their charity drive and look forward to upcoming events. So look for us again.

The Winnipeg River **Echo**

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Events and information from The Echo

Last weekend the Echo Express was in Pinawa for the birthday celebrations, and let me begin by saying this wasn't your typical birthday party, where everyone hides behind the sofa and yells 'happy birthday' when Pinawa walks through the front door. No sir, Pinawa is a pretty fair sized town and I doubt it would fit through your typical front door.

In any case, the weekend was a bit of a blur for many out-of-town visitors as there was almost too much to see and do. Besides the back-to-back dances on Friday and Saturday, literally hundreds of people took in the region's biggest beach party which featured the annual beach volleyball tournament, along with other games and events for the entire family. All free, I might add. No line-ups at the ticket counter and no budget concerns for mom and dad.

Saturday also featured the annual parade, followed by live entertainment under the big-top for most of the afternoon, which was welcome relief for those who wanted to escape the scorching sun and enjoy a few suds. Once again, all this with absolutely no admission fees. Of course the best was yet to come later Saturday evening when Pinawa lit the proverbial candles, which

turned out to be a twenty-minute fireworks display. This year they set up the mortars along the shoreline, as they normally do, but for added effect they lit off a barrage of rockets on an island situated directly in front of the harbour. Nice effect, if I do say so myself.

Sunday continued with live entertainment and a public market for a good portion of the afternoon. Unfortunately the skies opened up by mid-afternoon and the market was cut short as high winds and torrential rain whipped through town. By all accounts, attendance at all events was up considerably and I expect more than a few people are sporting new tans.

And speaking of beaches and water sports, I was able to drop in at the Lakers Ski Club in Lac du Bonnet last week and picked up a little info. Of course the club is up and running again this year and boat driver Chris Dejardins invites all snowboard dudes to come out and cut a wake across the water. Wake boarding has taken over the waterski world and the Lakers Ski Club has the expertise and equipment to get you up and ripping wakes in no time. Sure, you might be skipping across the water on your butt the first few times but



Pinawa resident Harry Backer takes the cake... along the parade route during the weekend celebrations in Pinawa

the wake board is nearly the size of a sheet of plywood, so how hard can it be? The club offers individual rides and group packages if you can only spend the odd day. Just drop by the clubhouse and go for a tow.

Sticking with the ski club, you might notice a lot of activity there this coming Sunday. As you might have read, the Lac du Bonnet Triathlon will be stationed at the Lakers location as an estimated 200 athletes will swim, bike and run way too far for this cowboy. Yes, it's fun to watch but I can't even run to the bathroom anymore. Mind you, my right knee is currently being held

together with duct tape but that's another story. This story is about the men and women, young and old, who don't have any duct taped joints, and who can run from here to Winnipeg and back before I can even find my car keys. If you can do that, you might want to call the

local chapter of the Knights of Columbus - Denis Godin, to be exact - and test your endurance against some of the best in the province. And besides, the Echo Express will be on hand if you need a lift back to town.

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On July 9th, 2003 the Winnipeg River RCMP received a report of a boat missing from the Traverse Bay area. The boat is described as a 16 foot aluminum boat with a 25 horsepower Mercury motor attached. It is reddish brown in color.

If you have seen this boat adrift or have knowledge of its whereabouts, please contact the Winnipeg River RCMP at 367-2222 or your nearest detachment.

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Research lab suffers another letdown Progress in softwood lumber dispute

By Jim Hampshire

The future of the Underground Research Lab near Lac du Bonnet just grew a little dimmer when Atomic Energy of Canada Limited turned down an employee bid to take over the facility for privatization. The employee bid was made possible by a Treasury Board Provision which allows the workers to submit a proposal in event of closure by AECL.

Industry and Trade Minister, MaryAnn Mihychuk received a letter in late June from AECL CEO Robert Van Adel, rejecting the employee's bid. In the letter, Van Adel said he didn't believe the facility could survive in the private sector and that imminent closure would occur in September.

"The business case for the URL in any potential commercial scenario is not robust enough to support a private company as a viable going concern," Van Adel wrote.

Van Adel did indicate that AECL was willing to handover the research lab, and the annual operating costs, to the province in September if the NDP is willing to pick up the enormous budget.

"AECL is willing to transfer ownership of the URL to Manitoba effective September 2003," Van Adel stated. "However, should the province not be interested in assuming ownership, AECL will close the URL effective September 2003."

In the meantime Mihychuk is still working with a government committee in order to find an alternate use for the research lab. One scenario would see the facility turned into a training centre for the mining industry, which the URL is already suited for as it contains a network of deep tunnels. It was also reported that the province will be meeting with officials from Ontario Power Generation, the company that recently pulled a lucrative contract from the URL which led to the announced closure in February. Since that announcement, most of the 48 employees have been laid off or have received their lay-off notices. Since this latest rejection by AECL, URI Branch Manager Neil Chandler has resigned in frustration and has been replaced with acting manager Paul Thompson.

by Charles Norman

The decision by the US Department of Commerce to impose an eight percent "anti-dumping tariff on Canadian softwood has been found to be "flawed" by the dispute panel of the North American Free Trade Agreement.

However the 200 page document, on weather or not the duty should be allowed or not, only requires that the US Department of Commerce issue a new determination within 60 days. The duty is based on the claim, by the US forestry industry, that Canadian sawmills sell lumber in the US at below market prices in Canada. (The practice is called dumping and many countries have rules to protect their industry from dumping by other countries).

"The NAFTA panel found the decision to be flawed on 14 separate issues, including the

fundamental issues of price comparisons and costs," John Allen, President of the BC Lumber Trade Council said. "This decision further weakens the case of the American lumber industry in their endless mission to destroy the Canadian Industry."

The Canadian Industry has also been hit with a 19% tariff because the US industry claims that Canadian stumpage rates do not reflect a fair market value and are therefore a subsidy that is not allowed under NAFTA.

Federal and provincial governments have challenged the ruling at the World Trade Organization and NAFTA. Tembec and some other Canadian forest product companies have filed multi-million dollar lawsuits against the US government.

Canadian companies and

governments are confident that the final decision on these tariffs will be in Canada's favour, but it appears that a the US industry will be able to delay the final decision for at least another year. Resolution of the dispute is expected by the end of 2004 or early 2005.

In Pine Falls the decision will have a major impact. A \$50 million sawmill employing close to 150 mostly aboriginal people, and jointly owned by eleven First Nations and Tembec, is on hold pending the decision. Also on hold is the installation of a third paper machine in Pine Falls, another sawmill at Berens River and an all-weather road to First Nation Communities on the east side of Lake Winnipeg as far as St Theresa Point and possibly God's Lake. Close to 1,000 high paying jobs are at stake.

St. Georges Farmer's Market Bumbleberry Season

By: Julie Chevreffils

It's time for picking. Strawberries, raspberries and blueberries are all ready. This weekend, the Farmer's Market will be featuring different crafts, baking, handknit items and a fresh berries. We will also be having live entertainment and a BBQ at noon and throughout the afternoon. So come out, look around, have a bite to eat and listen to some good ol' time music. Be sure to come out and join us.

A special guest, Mar

Desmet, will be joining us. She will be displaying her exquisite paintings. Her pieces of art are created using ink, sticks and water. However she also uses watercolour and fine pens. Having attended the University of Manitoba, she has attained a BFA honours and degree in education. Her work can be seen in various places across the world, but mainly in North America. If you'd like to see her work, after the Farmer's Market you can visit her studio at 7 Pine, Victoria Beach.

Please call her at 756-8896, to make sure she is there.

Being bumbleberry season, we are still looking for more recipes, so that at the end of the summer we can publish a cookbook. Whether they be for muffins, cakes, pies, puddings or even cookies, email, fax or drop off your much-loved recipes. If you have any questions or would like to join us, you can contact me by phone (367-4767), e-mail (julie@winnipegriver.org), drop-off (St-Georges mini-golf & Tea House), or fax (367-9970).

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Massage Therapy You can't be serious

Jon O. Phillips, (Rem MT)

Health Care or a Luxury for the Affluent

The image of the movie star, a towel covering the derriere, while a "masseur" karate chops the "kinks" out of her neck, may come to mind for many people. Also, you may see advertisements about a mineral water spa, charging \$150 plus, per night, and up to \$120 for each "massage" treatment, while the staff fawn over all who pay the price. These concepts have been perpetuated by the media, leading many people to believe that massage therapy is only for the rich and famous. Although these situations do exist, they are the exception, not the rule. Massage therapists in Canada work out of clinics, often in conjunction with physiotherapists or chiropractors, while many others chose to work on their own, or with other massage therapists. You will also find them working with athletes, both amateur and professional, and many teams have massage therapists on staff. Registered Massage Therapists (RMT's or Rem MT's), must successfully complete at least 2200 hours of training at a recognized college before they can be accredited. In some provinces, provincial health care may pay part of the cost, and many health care insurance providers recognize the benefit of massage therapy and offer coverage for these services in their packages.

There is much to be said about the relaxing effect of massage therapy on the body. It is usually this aspect of massage that most people are aware of. Allowing the body to get to a greater state of relaxation can be the beginning of the healing process. But did you know that massage therapists are also trained in musculoskeletal assessment, including injury and postural assessment? Massage therapists are also trained in pathology,

physiology and anatomy. They do not diagnose medical conditions, but do have a basic understanding of medical health. This gives them the knowledge to understand when a client must see a qualified health care practitioner, such as their doctor, for more serious conditions. A registered massage therapist will complete an assessment on your first visit to determine the best course of action to take to help you feel better. A treatment plan will be agreed upon, which will start to bring about the corrections that will help to restore balance to your body. Advice on exercise, stretching, and changes to normal habits may reduce problems such as "that pain between your shoulder blades", lumbago (lower back pain), lateral epicondylitis (tennis elbow), and many other nagging conditions.

Health and wellness are achieved from within. The massage therapist, and other health care providers can give your body the tools and the advice to help you start on the road to recovery. So, for relaxation and stress relief, or for reducing the pain caused by injury, or poor posture (possibly due to working habits), a massage therapist may be the person you need to see, to help you get balance (and relief) back to your system and maybe even to your life!

"For instant relief, try slowing down!" Lily Tomlin

Watch this space for more information on specific conditions that massage therapy is well suited to help correct. Jon O. Phillips, (Rem MT) works out of "Through the Arbour" at 18 Pine Street, Pine Falls. Call 367-2141 to book an appointment, or for more information.



by Jim Hampshire

Because the August long weekend is fast approaching, and because I've run out of other topics to make fun of, I thought it might be appropriate to discuss some of the possible hazards you might face as you venture out on a typical camping weekend.

First it's important to note that I'm a skilled outdoorsman. I've been outdoors many times and I'm very skilled at it. Just last weekend I spent several hours outdoors cutting the grass and next week I plan to go out and rake it. As far as being a skilled woodsman, a skill that demands that you actually leave the yard, I will refer you to Smokey The Bear instead. I assume, if Smokey is real, that he spends a lot of time in the woods, making up captions which are printed on camping brochures. Who could forget the most popular Smokey slogan, that one that

made him famous.

"Smokey the Bear says: I look stupid in this Ranger hat. And these overalls keep riding up - get them off me."

Of course that's technically not the slogan which made Smokey famous, but I bet that's what he'd say if he could talk... and then he'd probably eat the idiot that made him wear that silly hat and outfit.

Actually it was Smokey the Bear that says: "Don't play with matches." This is good advice for the weekend camper, especially since the invention of the disposable lighter. Matches get wet and are clumsy to use in high wind conditions. However, no matter what you use to light your campfire, a person must always exercise caution. On any given day you couldn't light your backyard coal barbecue with three gallons of gas and a stick of dynamite, yet some goober could toss a cigarette butt out of a car window and burn down a soggy forest the size of Wyoming.

What does this tell you? Well, first, I have a suspicion that coal is actually made out of black asbestos, and secondly, it would be a good idea to phone ahead if you are travelling to Wyoming anytime soon, just to make sure.

Actually, conditions are surprisingly dry despite some downpours over the last week, so the chances of starting a successful campfire this weekend are good. The problem is, keeping that campfire in the safe confines of your fire pit. I've known people who carefully ration firewood all winter long, yet this same person will pull deadfall out of the forest with a four-by-four so he can make a bonfire on a hot summer afternoon.

Whether you're camping or out at the cottage, most vacationers turn to watersports for fun and recreation. Yes, there's nothing like an afternoon on the lake, especially when you have a boat and a towrope. This combination can lead to hours of fun when you consider all the water toys available on the market today. Actually it's getting to a point where some people have a hard time deciding what to drag across the lake first. That's really not important because whatever you drag behind your boat will likely have a youngster attached to it, and that is what's really important. When towing a tube or any other whip missile, it's always a good idea to have a couple of spotters in the boat - one to watch the tube and another to spot floating debris, such as driftwood. Floating debris, combined with high speed, can launch a normally happy youngster into orbit.

The whole idea behind a weekend vacation is rest and relaxation, not panic and trauma. And it would also be a good idea to remember what else Smokey the Bear says: "Why on earth would they dress me up in pants when I don't have an opposing thumb to operate the zipper?"

Rec Report



by Jill Henderson
Recreation Director

Pulse on Participation

Swim lessons are now over so the pool will resume to its regular hours. Monday to Friday public swim is from 10:00am to 7:00pm and family swim from 7:00pm to 8:00pm and adult swim from 8:00-9:00pm. The weekend hours are the same except that the pool closes from 5-6pm for a supper break.

We will have another family fun day at the pool on Saturday August 9, 2003. There will be having BBQ and games and prizes for the kids. Everyone is welcome to attend and take part in the fun.

Now that the swim lessons are over there will be a day camp for children with games, sports, arts and crafts and

movie days. The day camp will operate on Tuesdays and Thursdays. From July 24 - August 28. The hours are children aged 4-7 from 10:00am to 12:00pm and children ages 8-11 from 1:00pm to 3:00pm. There is no cost to attend everyone is welcome. The skate park will be open on Tuesdays and Thursday from 6:30pm to 9:30pm. Everyone is welcome to attend. There is a small charge to come and use the facility for PRA members its 3.00 and for non PRA members it is 5.00. Please remember that you will not be allowed to skateboard in the skate park with out a helmet. Our new supervisor for the skate park is Daniel Kent.



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FORETHOUGHT FUNERAL PLANNING

INDEPENDENT CANADIAN

Pineview Mixed Slo-pitch League

On Sunday July 13, Out of the Blue were 30 - 29 winners over the Mustangs. On Tuesday Simply Sagkeeng were winners over the Mustangs, and followed that with their third win of the week over Out of the Blue on Wednesday.

The Fire had two easy wins last week, game one was a no show by Out of the Blue on Tuesday and the Mustangs were a no show on Thursday.

The Die Hards had a win against the Misfits to hold top spot in the League on Wednesday.

Beginning the last quarter of the schedule the Mustangs, Misfits, Out of the Blue and Simply Sagkeeng will be battling right down to the last games, to determine which two of the four will be joining the Fire and Die Hards in the League Championship Playoffs.

Teams	Games	Wins	Loses	Pts
Die Hards	17	13	4	26
Fire	16	12	4	24
Misfits	17	7	10	14
Mustangs	18	7	11	14
Simply Sagkeeng	18	7	11	14
Out of the Blue	18	6	12	12

Monday July 21, 2003

7:00 - Misfits vs Mustangs - Rupert

Tuesday July 22, 2003

7:00 - Fire vs Die Hards - Rupert

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

Wednesday July 23, 2003

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

7:00 - Misfits vs Simply Sagkeeng - Industrial

Thursday July 24, 2003

7:00 - Mustangs vs Out of the Blue - Rupert

7:00 - Fire vs Misfits - Industrial

Monday July 28, 2003

7:00 - Die Hards vs Misfits - Rupert

7:00 - Mustangs vs Simply Sagkeeng - Industrial

Agricultural News

By: Terry J. Buss - Ag. Rep., Beausejour

ASCIA's Annual Tour and Plant Disease Workshop

July is the month for tours and the Agassiz Soil and Crop Improvement Association (ASCIA) will be hosting its annual tour on Thursday, July 24th. A major part of this tour will be a Disease Workshop. David Kaminski, Manitoba Ag and Food Plant Pathologist will lead a half-day session focusing on the identification and control of diseases in cereals and other crops. The workshop will also include fungicide and equipment displays with company reps on hand to present product information and answer questions. Other stops on the full day tour will include a soybean variety trial, a demonstration of manure application for forages and more. Mark your calendar and keep an eye on this column and your mail for more details.

Glenlea Long-Term Crop Rotation Tour

This crop rotation study is entering its twelfth year of operation and is the brainchild of Dr. Martin Entz of the University of Manitoba. It allows us to compare different cropping systems including the use of organic techniques. Because

this study has been going on for so long it creates the opportunity for objective comparisons of different farming systems. If you are thinking of a switch into organic production, this tour is for you. The tour will take place on July 23rd from 1:00 to 3:00 p.m. at the University of Manitoba farm in Glenlea, MB. For further information and specific directions to the site phone Allison @ 745-6236.

Manitoba Pulse Growers' Soybean Clinic and Annual Pulse Crop Tour

The Manitoba Pulse Growers' (MPGA) are holding two events in July. For those interested in soybeans, the MPGA is holding a Soybean Clinic on Wednesday, July 23rd. This event is the premiere Soybean event of the summer and will certainly be a forum where the concerns of new and experienced growers can be addressed. The clinic will start at 1:00 p.m. and will be held at the MPGA Soybean Demonstration Site. Signs at the corner of Hwy 75 and PR 247 will guide you to the site. Besides this clinic, the MPGA is also hosting its Annual Pulse Tour on Wednesday, July 30th. This tour will start at the Morden Research Station at 9:30 a.m. Topics to be covered in the morning include pea and bean

breeding, pathology, agronomy and soybean varieties. After lunch the tour will move the U of M Carman Campus for a pulse diagnostic school starting at 1:30 p.m. For more information on either of these tours, please call Nancy Penner @ 745-6488 or Bruce Brolley @ 745-5667.

2003 Corn Agronomy Field Day

The Manitoba Corn Grower's Association will be hosting their 2003 Field Day on Thursday, July 24th @ 1:00 p.m. Tour location is 2 miles East of Carman on Hwy 3, across from the Buzza Research Centre. Topics to be covered include:

Corn Fertility
Narrow Row Spacing Trials
New Herbicide Control Options

European Corn Borer - Monitoring & Scouting
Corn Diseases
Hybrid Evaluations

A BBQ supper will follow the field day the tour cost is \$5.00 which covers tour booklets, tour refreshments and the BBQ supper. Tour organizers ask that you pre-register by calling Marina @ 204-745-5660 (email: mchabbert@gov.mb.ca). For program questions please call Pam @ 204-745-5676 (e m a i l : pderocquig@gov.mb.ca.)

Winnipeg River Echo

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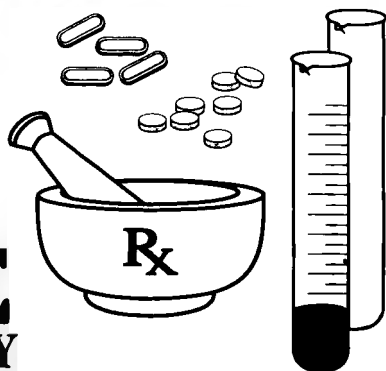
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Little Black River

Monday
July 21, 2003
 2nd Annual Golf Tournament
 Grand Pines Golf Course,
 Info Sheldon Kent

Tuesday
July 22, 2003
 Elections Chief/Council
 4 on 4 Co-ed Skill Challenge
 Band Hall ball Diamond
 Entry 40/per team
 12:00pm to 7:00pm

Wednesday
July 23, 2003
 Bike Decorating Contest
 10:00am Band Hall
 Cribbage Tournament Band Hall
 Singles \$10/player, \$25/Team
 1:00pm to 6:00pm

Thursday July 24, 2003

9:00am-5:00pm- **Treaty Payment**- Band office.
 10:00am-8:00pm-**Youth Co-ed 5&5 orthodox Ball Tournament& Skills Competition**- Ages 8-12 yrs old, Entry fee \$100/Team.
 12:00pm-3:00pm-**Community Barbecue**- Band Hall.
 5:00pm-**Mini Monster Bingo**- Band Hall Bingo Committee.
 5:00pm-10:00pm-**PingPong/Pool Tournament**- Recreation Center.

Saturday July 26, 2003

9:00am-11:00am- **Pancake Breakfast**- Band Hall, \$4/plate.
 9:00am-8:30pm- **Slo-Pitch Tournament**- Entry Fee \$175/Team, Guaranteed Prizes.
 10:00am-3:00pm-**Archery**- Band Hall
 10:00am- **Obstacle Course**- Band Hall. Ball Diamond. Entry Fee, cash prizes.
 12:00pm-4:00pm- **Square Dance Jamboree**- Band Hall.
 12:00pm- Registration for mud bogging.
 3:00pm-6:00pm- **Mud Bogging**- Morgan Ramsey's lot.

Treaty Days

Friday July 25, 2003

10:00am-7:00pm- **Community Games**- Free Admission, Cash Prizes.
 12:00pm- **Horseshoe Tournament**- Band Hall, Alfred Bird.
 5:00pm-**Skeet Shooting**- McPherson's Store.
 7:30-11:00pm-**Youth Dance**- School Gym, Admission 13& over \$3, 12& under \$2, Music by Kelvin Fontaine.

Sunday July 27, 2003

9:00am-11:00am- **Pancake Breakfast**.
 9:00am - **Slo-Pitch Tournament**.
 10:00am - **Ironman Triathlon**- Beach, Entry Fee\$25/person, male or female.
 12:00pm-3:00pm- **Fishing Derby**- Rapid Area.
 2:00pm-5:00pm- **Strong Man& Woman Contest**- Fire Hall.
 2:00pm-4:00pm- **Greased Pole**- Band Hall.
 6:00pm-6:15pm- **Kiddie Scramble**- Band Hall.
 6:30pm-6:45pm- **Grocery Scramble**.
 7:00pm-9:30pm- **Canoe Races**- Old Dock Area.
 10:15pm - **Fire Works**- Band Hall.

Wishing Little Black River First Nation and Sagkeeng First Nation All the Best during Treaty Days....

Tembec

PHARMACY



Thursday July 24th

Morning

9:00 am **Treaty Payments** - Arena
Boat Tours begin - Arena
MNR Lake Sturgeon Display
 10:00 am **Golf Tournament** - Grand Pines
 2 man Best Ball \$75.00 entry fee
 (Hole-in-one - win a truck)
 Register on site or call Pat Bruyere 367-2129
 11:00 am **Parade**
Memorial Honor Song & Plaque Presentation to Strongquill Family

Afternoon

1:00 pm **Community Pot Luck Feast** - Arena grounds
 1:30 - 2:30 pm **SCFS Scrambles** - Arena grounds.
 Baby Crawl
 Kids Scrambles
 5+ years, 6-10 years, 11-17 years
 Women's Scrambles - Arena grounds
 18-49 years, 50+ years
 1:30 pm **Men's Horseshoe Tournament**-North Shore Ball Diamonds \$10.00/team. Register on site with Lloyd and Alvin
 2:00 pm **Pole Climbing Contest** - Arena grounds
 2:00-4:00 pm **SETS Kids Activities** - Arena grounds
 5:00-7:00 pm **Riding Lawn Mower Race**
 Contact Paul 367-2129 or register on site 1/2 hour before race
 7:00 pm **Community Drum Feast-Pow Wow Site**
Gospel Nondenominational Service - Arena grounds

Saturday July 26th

Morning

9:00 am **Boat Tours** - Arena
 10:00 am - 3:00 pm **Flea Market** - Big top tent-Arena grounds
 Contact Band office
 10:00 am - 12:00 pm **SETS Kids Activities**-Arena grounds
 11:00 am **Kids/Youth Bike Races** - Sagkeeng Jr. High Track
 Cash/merchandise prizes, register on site \$5.00
 11:00 am **Iron Man Competition** - Location TBA
 Contact Sean Roche 367-2290 or register at the Fire Hall 9:30 am

Afternoon

12:00 pm **Pow Wow Registration** - Arena grounds
Teeumes Fish Fry
 1:00 pm **Grand Entry** - Arena grounds
 1:00 - 7:00 pm **Hole-in-One Contest** - Arena grounds
 2:00 pm **Pole Climbing Contest** - Arena
 2:00 - 5:00 pm **Bannock Bake Off**
 \$5.00 to register on site Andrea Gerrard-Dorie - Arena
 4:00- 6:00 pm **Fire Department Canoe Races** - Arena
 \$20.00 canoe registration call 367-2290
 4:00 - 6:00 pm **Jammin in Sagkeeng Rehearsals** - Arena
 Contact Les Dorie 367-8080/8740
 7:00pm - 12:00 am **Jammin in Sagkeeng Show** - Arena

Friday July 25th

Morning

9:00 am **Treaty Payments** - Arena
Boat Tours - Arena
MNR Lake Sturgeon Display
Teeumes Pancake Breakfast
 10:00-12:00 pm **SETS Kids Activities**-Areana grounds
 11:00-3:00 pm **SCFS Sagkeeng Idol** - Arena
 Register on site or call 367-2215

Afternoon

1:00-4:00 pm **SETS Pageant-Alcare Gym**
 (Sewing Program Fashion Show)
 2:00 pm **Pole Climbing Contest** - Arena
 1:00-4:00 pm **Carpentry Lumberjack Challenge** -Arena grounds
 Contact Les Dorie 367-8080/8740
 3:00 pm **Social Department Grocery Scramble**
 1:00-7:00 pm **Hole-in-One**
 Register on site with Sheldon Fontaine
 6:00 pm **Pow Wow Registration**-Arena grounds
 7:00 pm **Grand Entry**-Arena grounds
Lacrosse Play-off game - Arena

Sunday July 27th

Morning

9:00 am **Boat Tours** - Arena
 10:00-12:00 pm **SETS Kids Activities**-Arena grounds
 11:00pm **Sacred Run** (High School to Arena)
 Darlene at 367-8080/8740

Afternoon

12:00 pm **Pow Wow Registration** - Arena grounds
 12:00 - 4:00 pm **Fishing Derby** (register at Arena)
 12:00 pm **Mud Bogging** - Maurice Laforte's \$35 registration fee
 1:00 pm **Grand Entry** - Location TBA
 1:00 - 4:00 pm **Hole-in-One Finals**
 6:00 pm **Marathon Race** \$20 registration fee
 Contact Sean Roche 367-2290 or register at fire hall at 4:00 pm
Fire Works Display Sunday Evening

*Wishing Sagkeeng First Nation and
 Little Black River First Nation
 All the Best during Treaty Days*

Tembec

Lac du Bonnet RCMP Report

Lac du Bonnet Police Report for the periods of July 12 to July 18, 2003

July 11 A report was received of three males lurking around a Girls Camp at Brereton Lake in the Whiteshell Prov. Park early in the AM. No desc was available, however, bathing suits and other items were found scattered along the roadway to the camp.

A report was received of an inmate at Milner Ridge Correctional Centre threatening to take his son out of CFS custody once he is released from custody.

A report was received from

Auglen Park in the R.M. of Alexander of an adult male harassing another male.

A report was received of littering being done on P.R. 313 in the R.M. of Lac du Bonnet. The complainant wanted the Registered Owner spoken to.

A report was received from Rock Bay Road of an intoxicated adult male wanting to fight with another male who had just arrived at the cottage. Police attended and found that this involved a dispute over an outside light.

A report was received that

liquor had been consumed at the Pinawa soccer field, with beer bottles left behind by the culprits.

July 12 A report was received of a dog barking through the evening at a location on Anderson Road in the R.M. of Alexander.

A report was received of a fight in progress at Nutimik Lake Camp ground. Police attended and found disagreement over noise from camp site.

A report was received of theft & trespassing on private property in the River Hills area of the R.M. of Whitemouth.

A report was received of careless operation of watercraft and pulling skiers without spotters on Brereton Lake in the south beach area.

An 18' Bayliner was found to have drifted to shore in the Sunset Bay area of the R.M. of Alexander. The owner of same was subsequently identified.

A report was received of a vehicle speeding on Lake and Park in the Town of Lac du Bonnet. Police patrolled the area, but no vehicles noted.

A 911 call was received from a location on Lake in the Town of Lac du Bonnet. Police investigated revealed this to be an unfounded call.

A report was received of an Off Road vehicle being operated on Riverland Road in the R.M. of Lac du Bonnet. Police patrols did not locate.

A report was received of a house trailer in Ste. Rita in the R.M. of Reynolds being hit with paint balls from a paint ball gun.

July 13 A report was received of an unwanted adult male who would not leave a location at Sunset Bay in the R.M. of Alexander. Police attended and found that the friends of the subject were looking after him, after collecting him from a ditch where he had fell while intoxicated.

A police vehicle being operated in the R.M. of Lac du Bonnet on PTH #11 came into contact with a bear, causing the demise of the bear and damage to the vehicle.

A report was received of entry to a screen veranda at a location in Sunset Bay in the R.M. of Alexander. Nothing stolen.

A report was received from Winnipeg Police Service that an adult female may be missing from a residence in the R.M.

of Lac du Bonnet. Police attended and found that no one was at the subject's residence. The subject who had app, reported this to WPS advised that it was in fact not he who had called.

A report was received of a single vehicle roll over in the Auglen Park area of the R.M. of Alexander, and reported theft of an off-road vehicle. Associated to this were other reports of vehicles and cottages being entered by an intoxicated group of subjects. Police recovered a 1984 dirt bike.

A report was received of careless driving in Pinawa. The driver was identified and follow up was done as per the wishes of the comp.

A report was received of an Intrusion Alarm at a business in the Town of Lac du Bonnet. Found to be a false alarm.

A report was received of a tree down on the power line on PTH #44, 1 km west of PTH #11, in the R.M. of Whitemouth.

A report was received of two adult males walking on P.R. 214 in the R.M. of Lac du Bonnet. Concern was expressed as one of the males had been released from custody at Milner Ridge Correctional Centre two days previously. Police patrolled 214, but no one was walking along same.

A report was received of two under age males hanging around the Lac du Bonnet Senior School. Police patrolled, identified the pair, and sent them on their way.

A report was received of a garage door open, change taken from a vehicle, and empty bottles on the lawn, at a location in Sunset Bay in the R.M. of Alexander.

July 14 A report was received of vehicle on fire on the Hydro line 1 km west of Ste. Rita in the R.M. of Reynolds. Police attended and contacted the registered owner, who did not realize at the time that the vehicle was missing. Stolen from location in Winnipeg.

A report was received of a vehicle driving in ditches along Anderson Road in the R.M. of Alexander, and damaging same. Took place on the weekend.

A request was received to locate subjects camping at Talabi Falls Campground, and pass on an urgent family messages.

A report was received of a vehicle which was parked on Arberdeen in Pinawa having a window broken.

A report was received of a black Firebird spinning tires in the Town of Lac du Bonnet. Follow up was done with the father of the subject who was believed to be driving.

A request was received to contact subject's at a location on Marcus Drive in the R.M. of Lac du Bonnet, and pass on an urgent family message.

A report was received of three vehicles having been entered at a location on Aspen in the Sunset Bay in the R.M. of Alexander. This took place on the weekend, and involved a quantity of change having been stolen.

A report was received of Off-Road Vehicles being illegally operated on Tinant Road in the R.M. of Lac du Bonnet. Police patrolled the area, but did not locate the offenders.

A report was received of a number of under-age subjects going into the area across from Vanier and Willingdon in Pinawa, and carrying a case of beer. This was reported sometime after the fact, and when police checked the area, the subjects were gone.

July 15 A report was received of a red canoe being half-submerged in the water at Jessica Lake in the Whiteshell Prov. Park.

A report was received of a hit and run to a vehicle parked in downtown Lac du Bonnet during the recent fireworks.

A report was received of a vehicle parked on an old mining road in the Davidson Lake area in Nopiming Prov. Park, a concern expressed that something may have happened to the driver. Follow up with the Registered Owner's wife revealed that the subject was picking berries in the area.

A report was received of youth swearing at an adult female after she drove out from behind a business in the town of Lac du Bonnet. Follow up done with the subject's in question as per the wishes of the complainant.

July 16 A report was received that an under age male was drinking at a location in Great Falls, and that the subject's mother broke a window on the residence in question when looking for him. He was

See pg 12 Police Report

Lac du Bonnet Community Billboard

Health Concerns? Call 268-3235 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, 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 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 Al-a-Tree 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, Beausjour, Whitemouth, Oakbank, Hadashville.

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

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

WINGS OF POWER

What You Didn't Know About Wings of Power



By Crystal Rattai

Wings of Power just had our 5th year anniversary party. Five years in this community! We have continued to grow in size and number of participants, staff, services and programming. Over the course of five years we have expanded from a staff of one person to a staff of seven dedicated individuals. We evolved from using one room in Powerview School to a facility in the community with a store, a library, computers for community use, a garden, children's play areas, and space to run quality programming.

Over the course of our five years we have provided service to 46, 145 people! From June of 2002 to June of 2003 our second hand clothing store has seen 1464 shoppers. That is on average 122 people per month. Last year 266 people donated items to our clothing store. That is on average 22 donations per month. Fifteen families participated in our Junior Kindergarten program. We

made 232 contacts with women for prenatal care over the course of a year. Now these are just numbers and although numbers can be impressive, it's really the individual families, relationships and close connections built in the community that excite me.

Our Breakfast Program has run in both Powerview School (for four years) and Pine Falls School (for one year). It provides fruits, vegetables, milk and snacks to children in the community. The kids love it! Approximately 120 cases of apples, 245 cases of bananas, 105 cases of oranges, 175 cases of baby carrots, and 245 cases of milk are ordered and supplied for the children by Wings of Power. The program is run strictly through the help of dedicated volunteers! People committed to supporting the education and nutritional needs of children.

Through our prenatal programs and the Breakfast Programs we have managed to

supply the community with approximately 7536 liters of milk this past year. We have also provided approximately 720 tins of orange juice to the families in our prenatal program.

Here is a list of our programming and services offered: Breakfast Program, Junior Kindergarten, playgroups and drop in, The Blue Water Mobile Prenatal Team, Community Access Program. Nothing is More Than a Quarter Store, Family Craft Night, Lending Library, Nobody's Perfect Parenting classes, Bookmates Rock 'n Read, Community Garden, theme presentations, special events, outreach, advocacy and support for families. For more information on these programs please call Andrea or Michelle at 367-9641 or better yet stop in at 39 Pine Street, Pine Falls... the big white church beside the fire hall!

Manitoba Youth Job Centre

Brent Stokes

Hire-A-Student week came to Pinawa from July 13th-20th. Throughout the week the Odd Job Squad ran a Student Labour Raffle. Just as in Lac du Bonnet and Great Falls, tickets were sold for \$1 each. For every book of 25 tickets sold, a winner will be declared. The grand prize: 3 hours of free labour. Not bad for a buck. Winners will be contacted by phone shortly, and announced in this column next week. Good luck, and thanks to everyone who bought tickets!

On July 15th Mike Parcey, Alex Popple, Kaitlin Reimer and Kirk Vilks held our annual Cookie Sale. Armed with 36 dozen cookies, Mike, Alex, Kaitlin and Kirk went door to door until every last cookie was sold. Thank you Pinawa once again for your generous support.

The Odd Job Squad was also greatly involved in the Pinawa Birthday weekend. To help kick off Pinawa's 40th Birthday, the Odd Job Squad entered a float in the parade. The theme this year was "The Groovy '60s" as Pinawa was "born" in 1963. The Odd Job Squad dressed in '60s attire, made their way down Burrows

in a very '60s looking car.

Not far behind was Jobber the Hire-A-Student beaver! Jobber enjoyed his inaugural appearance in the parade, and was pleased to see so many smiling faces along the way. Jobber thanks Brent Henschell from the Norhern for giving him water before the parade, and to Ashley Edwards, Brandy Evenden and Bill Evenden from RRR Realty for the pre-parade freezie. Thanks also to Keith Reid, Kim Gordon, Peter Baumgartner, and the many spectators who doused Jobber along the parade route.

That evening, Mike Parcey manned a hot dog stand during some of the best fireworks Pinawa has ever seen. To close off the Birthday Weekend, Stacie Hanna booked a table during Pinawa's first Street Market of the summer. She sold watermelon and pop to the hot (and sometimes drenched) bargain hunters. The Odd Job Squad will return to the next Street Market, August 10th. Thanks to everyone who supported Mike and Stacie.

If you'd like to place a job order, call Brent at 345-6916.

Recreation Ramblings

by Michelle Chudd, Recreation Director
Winnipeg River Recreation District, 345-8816/753-2639
Email: recomm@granite.mb.ca

Dance Camp (PhAT Camp)! Adults too!

Camp starts next week so do not delay and sign up today for a great camp that runs from July 28th - August 1st at LdB Senior School. Sign up for a whole week or a single class. Classes include Hip Hop, Kung Fu, theatre, and much, much more! Have you wanted to try Pilates? Sign up for the single class and try Pilates for the whole week! 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. Sign up for the entire week or for a single class! 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! 345 8816 or 753 2639

Swim/Triathlon Clinic Cancelled!

LdB Swim Registration

There is one final session remaining on the 2003 swim season that has room for registrations for swim lessons at the Town Dock. The session date - Session 3 - August 4th

15. Contact the Rec office at 345 8816 for more details. Forms available at the Rec office, Mrs. Lucci's and the Town Office. Class times will be posted the Wednesday before EACH session starts. Call 345 8816 to register

Camps from Mrs. Lucci's
For ages 3 and 4 from 9:30 - 11:30am at Memorial Park.

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

Kayaking Clinic
The Selkirk Kayaking Club is coming on August 17th to do a three-hour clinic from 11:00AM - 2:00PM in LdB. If you are interested about

Kayaking and would like more information contact the Rec Office. Cost-To be announced. Call 345 8816 or 753 2639

Archery Clinic

The Recreation office is putting on an archery clinic. The clinic will run from 1:00 PM - 3:00PM at the Pinawa Secondary School on August 20th and is open to everyone ages 8 and up. All equipment will be provided. For more information call the Rec office. Sponsored by Sport Manitoba Eastman Region. Call 345 8816 or 753 2639

Aquatic day

Would you like to learn about speed swimming, diving

and synchronized swimming? An Aquatic day is just what you are looking for. The clinic runs for three hours from 9:00am - 12:00 PM on August 23rd at the Pinawa pool. For more information call the Rec office! Call 753 2639 or 345 8816

Registration Nights

Summer has just started but fall is just around the corner. All clubs and groups running activities in the fall can call the Rec office for a table on registration night.

Lac du Bonnet - Friday September 5th 6:00pm - 8:00pm

Pinawa - Monday September 8th at 6:30pm at Gilbert School

4P MARKET SQUARE

BOOK YOUR TABLES FOR THE 4P MARKET SQUARE

Contact Valarie at 367-9468 or Jackie 367-9468



Winnipeg River RCMP Report

This report covers the period of July 14, to 17th, 2003

July 13 Traverse Bay - property damage was sustained to a boat parked at the local dock. The complainant reported large rocks being thrown inside the boat while it

was docked which occurred on more than one occasion.

Fort Alexander - a male returned home to find another male in a vehicle sitting in his yard. Police were called after

the homeowner was assaulted by the male in the vehicle. Alcohol was a factor in the incident as the investigation continues.

RM of Alexander - police were called to a single ATV accident off Belair Road. 2 females were taken to Hospital. I sustained a broken leg in the incident. Driver inexperience of the ATV appears to have been the cause. Investigation continues.

July 14 Elk Island - a complaint of a stolen canoe was received. A couple had gone blueberry picking and returned to find the canoe gone. The canoe is a 17 foot Fibreglass Brigden 73, yellow in colour with 2 paddles.

Hollow Water - Police responded to a spousal assault. The female had been assaulted by her boyfriend several times during the evening before fleeing. Band Constables had located the male suspect in some bushes when RCMP arrived he was arrested and escorted

to the Detachment. Investigation continues.

July 15 Grand Marais - Police took a complaint of vandalism after a homeowner awoke to find several holes in her front window.

Little Black River - police are investigating a complaint of threats being uttered by several youth.

July 16 Fort Alexander - an ATV was recovered and 1 youth has been charged as a result of a theft which was reported to police.

A female was charged for driving disqualified as police who were on a routine patrol observed a suspect vehicle and female driving.

Balsam Harbour - a theft and property damage occurred when an anchor was stolen from 1 boat and hurled through another boat while docked. Police continue to investigate.

Lester Beach - police apprehended & charged 2 males after a call of a Break and Enter in progress was re-

ceived. 4 cottages were victimized and numerous items recovered in the incident. Investigation continues.

July 17 Powerview - police had 2 reports of stolen bicycles - no serial numbers were provided - they are described as 2 mens mtn bikes 1 purple 18 speed and 1 red one, no speed identified.

Police are investigating a spousal assault. The male suspect fled the scene and police are continuing their search for him.

Fort Alexander - a complaint of theft of tools & household items is still under investigation. Several suspects have been identified at this time.

Police request that if you have any information with any of the above noted incidents, or any other criminal matter, you are asked to call the Winnipeg River Detachment at 367-2222 or you can remain anonymous and call Crime Stoppers at 1-800-782-8477.

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 Allards: 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 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
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 5:30pm. -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.

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.

Winnipeg River Church Services

NOTRE DAME DU LAUS: Powerview - Saturday evening 7:30 p.m. (English), Sunday 10:00 a.m. (English), St. Paul - 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. 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 635-2623 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 10:00 a.m.

ST. THERESA R.C. MISSION: 88 Glenvale 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.

Lac du Bonnet RCMP Report

con't from pg 10

not at the residence.

A report was received from a store owner in the Town of Lac du Bonnet of internal thefts from the till by suspected employees.

A report was received of the theft of a 9.9 Mercury Outboard Motor from a boat parked at a cottage on Blue Heron in the R.M. of Lac du Bonnet.

A request was received to locate an adult female camping at Nutimik Lake in the Whiteshell Prov. Park, and pass on an urgent family message.

A report was received of a suspicious vehicle in the ditch along P.R. 211 in the L.G.D. of Pinawa. Police attended, however, same was gone.

A report was received of the theft of 6, 2x6's, 12' in length, from a residence on Fifth Street in the Town of Lac du Bonnet.

A report was received of possible child abuse at the Brereton Lake Campground in the Whiteshell Prov. Park. Police attended and investigated the matter and determined that it was unfounded.

July 17 A report was received that two subjects were not at their cottage at Brereton Lake in the Whiteshell Prov.

Park. Their dogs were inside, and it was felt that something may have happened to the subjects. Police attended the location, and the subjects returned to the cottage some five minutes later.

A report was received of a subject from the Town of Lac du Bonnet requiring apprehension under the Mental Health Act, and transportation to the Selkirk Mental Health Facility for an examination. This apprehension was made and the subject was transported to Selkirk.

A report was received from Winnipeg. Police Services of an outstanding warrant for a resident of the R.M. of Whitemouth.

A report was received of mischief to an advertising sign along Burrows in Pinawa.

A report was received of the theft of two bicycles, a grey CCM and a green BMX from two different locations in the Town of Lac du Bonnet.

A report was received of a cordless portable telephone having been found at the corner of Burrows Landsdowne in Pinawa.

A report was received of an adult male having escaped from Milner Ridge Correctional Centre in the R.M. of

Lac du Bonnet. This was some what after the fact, and police patrols of the area did not locate the subjects.

A request was received to check on the well being of two residence along P.R. 214 in the R.M. of Lac du Bonnet who could not be reached through the fan out system put into action after an escape from the Correctional Centre. Police checked both residences and found all to be in order.

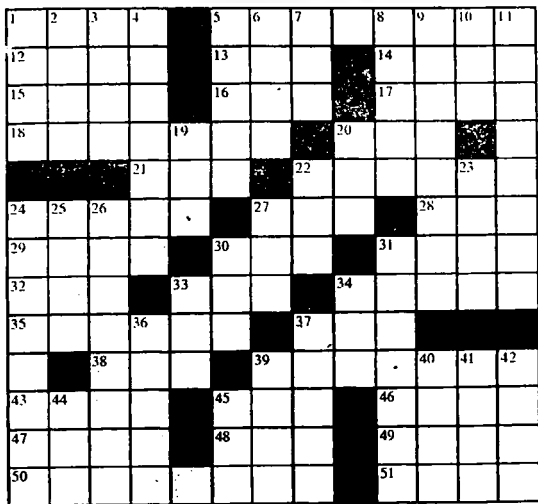
July 18 A report was received of a vehicle in the ditch along P.R. 40 in the R.M. of Whitemouth, with no one around same.

A report was received of a possibly impaired driver on a dead end cottage road at Pointe du Bois. Police attended and stopped the subject driving on PR 313 near Pointe du Bois, but did not find him to be under the influence of anything.

A report was received of a vehicle blocking two other at the parking lot in Pinawa.

A report was received of an adult male and adult female arguing at a location in the Tall Timber area of the R.M. of Alexander. No offences had been committed, and police attended to mediate the dispute.

WEEKLY CROSSWORD



ACROSS

- 1. Ship's company
- 5. Member of a sodality
- 12. River in central Switzerland
- 13. To endure
- 14. 6th month of the Jewish calendar

- 15. Clock face
- 16. Contend
- 17. Goatskin bag for holding wine
- 18. Reduce to slavery
- 20. Jelly
- 21. Move through the air
- 22. Seaport in N France

- 24. Nerd
- 27. To hit a ball high
- 28. Male cat
- 29. Toward the month
- 30. Taxicab
- 31. Abominable snowman
- 32. Sparse fluid
- 33. Partially opened flower
- 34. Unit of weight in gemstones
- 35. Coin
- 37. Sailor
- 38. Fairy queen
- 39. Until
- 43. Augury
- 45. Adult male
- 46. Capital of Yemen
- 47. Completed
- 48. Favor of
- 49. Japanese wooden clog
- 50. Turkish saber
- 51. The Orient

- 5. Common sense
- 6. Off-Broadway theater award
- 7. Coloring material
- 8. Trademark
- 9. Worship of idols
- 10. Posed
- 11. Dispatch
- 19. Long-sleeved linen vestment
- 20. Chatter
- 22. Male swan
- 23. Very small quantity
- 24. Drudge
- 25. Enclose in
- 26. Convenience
- 27. Child
- 30. Stimulus
- 31. Measurement
- 33. Front part
- 34. Metal container
- 36. Capital of
- 37. Join secure
- 39. Monterey Yugoslavia
- 40. Notion
- 41. Devices for
- 42. Midge
- 44. Extinct flight
- 45. Miles per hour

LAST WEEK'S ANSWERS



CRYPTIC PUZZLE

FOUZM TBJZQVE UI EJK GVZXXNZ OK
 F UZ XVV HXNZN FOUZM IJB EJKBN
 ZVI.

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

UNFORTUNATELY, SOMETIMES PEOPLE DON'T HEAR YOU UNTIL YOU SCREAM.

WEEKLY ECHO HOROSCOPE

for the week of July 20, to July 26

ARIES (Mar. 21- April 20)
 Travel and social activity will bring about interesting talks, not to mention contacts. Confusion at an emotional level will cause you to make wrong decisions concerning your personal life. Take care of chores that have been hanging over your head. You should be in business for yourself.

TAURUS (Apr. 21- may 21)
 Turn your present relationship around or start a new one. Things may not be as they sound. You can have a working relationship with children if you exercise patience and understanding of the dilemmas they face. Your suggestions for fund raising events will be well received.

GEMINI (May 22-June 21)
 Make changes that will enhance your appearance and entice potential partners. Unpredictable events will disrupt your routine. Sports, physical fitness programs, exercise in general will make you feel better and show some pretty quick results. Travel should be on your agenda.

CANCER (June 22-July 22)
 Your partner could make you angry if they steal your thunder or embarrass you in front of others. You need more time to think this whole situation through. Business partnerships should turn out to be quite lucrative. Changes regarding family members will set you off.

LEO (July 23-Aug 22)
 Think twice before you pursue an unrealistic endeavor. You have your own family to consider as well. Go after your professional goals. Pleasure trips will turn out to be better than anticipated. Your honesty will not only win you points but also respect.

VIRGO (Aug. 23 -Sept. 23)
 Your charm will attract someone special. Don't count on your friends to be loyal when it comes to doing things. Travel and educational pursuits may help alleviate the stress you have been feeling. Go with the flow and don't let the unsettled atmosphere get on your nerves.

LIBRA (Sept. 24 -Oct. 23)
 Kick your shoes off and relax. Look into family outings or projects. Be discreet and don't present your ideas until you're certain that they're foolproof. You may exaggerate your emotional situation.

SCORPIO (Oct. 24 - Nov. 22)
 You can make excellent purchases this week. Romantic encounters are evident through travel or educational pursuits. You might just as well let others do their own thing. Your interests could lead you down avenues you never realized existed.

SAGITTARIUS (Nov. 23 -Dec. 21)
 A romantic dinner, followed by a quiet evening with the one who is enticing you, should be most satisfying. Pleasure trips will be most enjoyable if you take them with that special person in your life. Set a limit on the amount you're willing to spend, and be sure to stick to it. You could find yourself left with someone's dirty laundry.

CAPRICORN (Dec 22- Jan. 20)
 Romantic encounters are evident through travel or educational pursuits. Calm down and take a step back. Control your anger. Think twice before you speak.

AQUARIUS (Jan. 21 -Feb. 19)
 If they're really interested, they'll wait. Make sure to arrange in advance to spend quality time together. You can make amends by taking them somewhere special. Some relatives will be extremely perplexing.

PISCES (Feb. 20-Mar. 20)
 Don't tell others of your plans. Sooner or later your partner will have had enough of the latest argument and make up. You can come into money that you don't necessarily work for. Unpredictable events will disrupt your routine.

Echo Classifieds

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 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

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.

For Sale



1144 sq. ft. double lot, spacious 3 bedroom bungalow, completely remodeled (1999). **Price reduced \$75,000.** House features, central vac, new windows, carpets, cupboards, all new appliances, fridge, stove, washer/dryer, dishwasher. Corner of Art St. & Laura St., call 367-4922.

For Rent

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

CLASSIFIED ADVERTISING
Low, Low Rates
 Classified Ads starting at
\$5.00
 for the first 25 words,
 .15 for each additional
 word. Photographs are an
 additional \$5.00
 Call for details 367-9468.

For Rent

House for rent in Powerview. Close to Powerview School. Available immediately contact: 204-488-1638

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 \$83,500.

For Sale

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



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 Rent



Powerview Arena - Downstairs Social Function	\$500.00/Night
Powerview Arena - Upstairs Social Function	\$300.00/Night
Pine Falls Arena / Washrooms	\$700.00/Night
Curling Club - Sports Bar	\$200.00/Night
Sports Bar and Ice Sheds	\$250.00/Night
Meetings and Private Functions	\$150.00
Swimming Pool	\$50.00/Hour

Contact the Pineview Recreation Office at 367-9142 Ask for Jill

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

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.

Memoriam

Annette Cyr
 July 16th, 1912
 May 26th, 1994
 No time on earth is long enough to share with those we love or to prepare our hearts for goodbyes. Thinking of you on your Birthday and wishing you were here to share this special day.
 Forever in our hearts
 Your loving Family

Obituary



Anne Flora Cyr (nee MacLellan)
 September 1, 1939 to July 15, 2003

On July 15, at the Pine Falls Health Complex at the age of 63, Annie left us to join her sweet angel, Audrey Belle. Anne is survived by her husband Gerald of 46 years and 4 sons, Barry (Marilyn), Denis (Wendy), Ian (Denise), Brian (Monique) and brother Donny (Linda). Her spirit will live on through her grandchildren, Deanna, Erica, Colin, Kyle, Kelsie, Cody, Amber, Connor and Nolan. Anne will be greatly missed by her brother-in-law, Jake Richardson, numerous nieces and nephews and special friends Jackie and Patsy. Anne was predeceased by her infant daughter (Audrey Belle), father (John), mother (Isabel), stepfather (Ed Lundin), brother (Dougall) and sister (Margaret). Anne was born in Kamsack, Saskatchewan. She moved to Pine Falls as a teenager and married Gerald on September 14, 1957. She was a lifelong employee at the Pine Falls Health Complex until her retirement in 1994 as Director of Support Services. Mom was the cornerstone of her family. She was always there to help out her boys and offer advice in her trademark 'matter-of-fact' way. Her boys were her life, through the highs and lows that life brings we always knew we could rely on her. Mom's assertive personality and sure-of-herself attitude are visible in the actions of her grandchildren, whom she loved dearly and were her pride and joy. Grandma we will continue to make you proud for years to come, we will always miss you but we are happy you are finally at peace. You spent your life on Earth with us, now you can spend eternity with Audrey. We love you. Special thanks to Dr. van Rooyen, the wonderful nurses and staff at the Pine Falls Health Complex and especially to Patsy for being there for Mom. In lieu of flowers, donations may be made to the Pine Falls United Church. Service was held at the Pine Falls United Church on Saturday July 19 @ 11:00am.

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 23
 Salad, beef stroganoff, noodles, celery and cauliflower, ice cream
Friday, July 25
 Soup, sausages, macaroni and cheese, peas, rhubarb custard pie
Monday, July 28
 Salad, roast beef, mashed potatoes, gravy, peas and carrots, cherry cheese cake

Library Corner - Lac du Bonnet Regional Library

(For the week of July 21/03)
 Summer reading can be exciting - just ask the kids who are coming to the library for our summer programs. We are off to a great start - Storytime is held every Thursday at 10:30am. Tuesday morning's activity club is geared for children in Grades 1 - 5. Fairy tales, puppets, snacks, prizes, and crafts make up this year's summer reading program. Kids.....you can help us Catch the Dragon by the Tale by reading as many books as possible! Follow the footprints on the wall to see the progress you are making. Read 10 books and we will display a "dragon-paw" with your name on it. As well you will be eligible for prizes and draws!

The library is a busy place in the summer - many new

books are hitting the shelves, the internet computers are constantly in use, the children's area is humming with activity, and we are working to keep up with the demands for inter-library loans and other behind-the-scenes library tasks.

Besides the latest Harry Potter title, we have a great selection of new books for kids! Finding books to read for prizes is made easy with the following titles to choose from: "Mess Pets" by Jill McElmurry; "Whatever you Do. Don't Go Near That Canoe!" by Julie Lawson; "How do Dinosaurs Say Good Night?" and "How do Dinosaurs Get Well Soon?" by Jane Yolen; "That Makes Me Mad!" by Steven Kroll; and "Marsupial Sue" and "The Remarkable Farkle McBride"

by John Lithgow.....among many others.

Adults are in for a few treats as well - some of the newest titles include the "Shopaholic" series by Sophie Kinsella, a few favourites by J.D. Robb, Kristin Hannah, and Jack Higgins. Non-fiction titles to look for include "Dropped Threads 2" edited by Carol Shields and Marjorie Anderson, and a biography of Lance Armstrong: Winner of the Tour de France, Cancer Survivor, Husband, Father, Son & Human Being. A terrific new source of answers to all your medical questions can be found in our Reference section - the "Mayo Clinic Family Health Book".

The library is just the "coolest" place to visit in the summer. Check your e-mail,

pick up some light reading material, research a more serious subject, read a magazine or two and drop off the kids for a morning of reading activity fun!

Lac du Bonnet Regional Li-

brary
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Sumertime vegetable garden

Summer is the time for fresh vegetables. The season is all too short, so enjoy them while you can! In fact, last night I had my first taste of new baby carrots, green and yellow beans and potatoes fresh from the garden.

Carrots are a pleasant complement to almost any main dish. Carrots are delicious raw, glazed and sauced or combined with other vegetables. New Manitoba carrots brighten up any dinner menu with their incomparable flavour. Look for those that are firm, fresh in appearance, smooth, well-shaped and of good colour. The vegetable crisper of the refrigerator keeps carrots fresh and crunchy. Carrots are a good source of Vitamin A in addition to being low in calories and high in the antioxidant beta carotene.

Following are 2 breakfast ideas using carrots!

Fresh Carrot Potato Pancakes

- 1 1/2 cups cooked mashed fresh carrots
- 2 tablespoons fine dry bread crumbs
- 1 cup cooked mashed fresh potatoes

- 1 egg yolk
- 2 tablespoons butter or margarine
- Salt and pepper
- 1/4 cup grated Parmesan Cheese
- Flour
- 1/4 cup snipped fresh parsley

Vegetable oil
 Thoroughly mix together carrots, potatoes, butter or margarine, Parmesan cheese, parsley, bread crumbs and egg yolk. Season to taste with salt and pepper. Shape into 8 patties. Dust each patty lightly with flour. Sauté in a small amount of heated vegetable oil over medium heat, until browned on both sides. Yield: 4 servings

Carrot Apricot Scones
 Start your morning with the sunny flavor of this mildly spiced scone.

- 2 cups all-purpose flour
- 2 tsp granulated sugar
- 2 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp salt
- 1/4 tsp cinnamon
- Pinch ground nutmeg
- 1/4 cup cold butter, cubed
- 1 cup grated carrot
- 1/2 cup slivered dried apricots

1 cup buttermilk
 In bowl, whisk together flour, sugar, baking powder, baking soda, salt, cinnamon and nutmeg. Using pastry blender or 2 knives, cut in butter until in coarse crumbs. Stir in carrots and apricots. Using fork, stir in all but 2 tbsp (25 ml) of the buttermilk to make soft slightly sticky dough. Turn out onto floured surface; knead gently 10 times. Pat out into 9 x 6 inch (23 x 15 cm) rectangle about 1 inch (2.5 cm) thick; cut into 12 pieces. Place on ungreased baking sheet; brush tops with remaining buttermilk. Bake in centre of 425°F (220°C) oven for 12 to 15 minutes or until golden. Makes 12 scones.

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