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Vol. 5, No. 6 July 6, 2004 \$1.00 tax included

Events and exhibitions made for enormous Canada Day

by Jim Hampshire

From car buffs to kickboxing, the Lac du Bonnet Canada Day celebrations had it all. And while the scattered weekend showers were an annoyance, organizers report that all venues and exhibitions were well attended.

Many of the staged events got underway following the parade on Thursday afternoon when the Lac du Bonnet Community Centre played host to a vintage car show, featuring 50 classic automobiles spanning from the 1930's through to the 1970's. Of local note, Ken Lodge of Lac du Bonnet won Best GM product with his 1971 Pontiac GTO, while Dale Alstadt's 1964 Plymouth Fury modified drag car turned heads, especially when you consider he drove the 500 horsepower quarter-mile car to the venue.

One of the more unique antiques belonged to Phil Cyr of St. Georges, who stopped by with his 1942 Harley Davidson motorcycle, which didn't win

him any awards at the car show, but it was a popular exhibit just the same.

Organizers were pleased to note that several of the entries came in from out of town, indicating an steady increase of interest in the event. Whether it was a '32 Ford Coupe, or a '57 Edsel, highway miles are a rarity for these vehicles.

Miss Minnewawa

One of the great traditions during this celebration is the Miss Minnewawa Pageant, where young ladies, representing local organizations, come together onstage in a display of talent and beauty. This year five contestants wore gown and crown to compete for the title of Miss Minnewawa and represent Lac du Bonnet at functions and events over the next 12 months.

After a two-hour presentation of talents, Brenlee Nilsson representing Tanco won the right to wear the crown, while Ashley Catellier, Miss Pioneer Club and Lacie Johnson, Miss Lakers Ski Club were First and



Neil (the real deal) Boulette looks on in disbelief as he loses his match against Khan

Second Princess. The event was emceed this year by Li-

ons member Mel Mitchell. Miss Minnewawa 2003, Melanie Rollins was also on hand to pass on the title and the crown.

Kickboxing

The sport of kickboxing is alive and well in the region as more than 200 spectators turned out for this inaugural Canada Day event in Lac du Bonnet. The evening at the fights was coordinated by Razor Sharp Promotions from Pine Falls, which saw kickboxers come in from as far away as British Columbia.

Matches began around 6:00pm on Saturday evening, with some dangerous ladies squaring off in the squared circle.

One of the more interesting matches featured Neil (the real deal) Boulette facing Khan Vilaykoo. During the bout, Boulette had little trouble con-

taining Khan, as he outsize and out maneuvered his opponent over the three-round bout. In the end though, it was Khan who took the victory, leaving some audience members scratching their heads.

This is the first time kickboxing has been presented in Lac du Bonnet and judging by attendance, it could find a loyal following judging from the response.

In other matches Kevin Menderson won over Jesse (hong) Feet in a Muay Thai match, while Oralee Molberg stopped Jade Irwin in the Ladies Division.

The event, which lasted almost three hours, was over in plenty of time for the spectators to make their way to the Lac du Bonnet waterfront in time for the annual fireworks display.

LdB RCMP need your assistance

The Lac du Bonnet RCMP detachment would like your assistance in solving the following offences:

Sometime in the early morning of July 4th, 2004 several garages were broken into in the town of Lac du Bonnet and several items were stolen including a fish finder, small power tools and fishing equipment. Several vehicles also sustained damage by the windows being smashed.

A riding lawn mower was stolen from a residence on Tinsant Rd., in the RM of Lac du Bonnet, valued at \$2000.00 dollars during the early morning of July 4th, 2004. The lawn mower is described as a Green Kenmore.

A boat and motor were stolen from the shore of a residence along PTH 11 north of

Great Falls, MB. The boat is described as white with "inland Dory" written on the same.

A theft of building materials from a location on PTH 307 known as the old Sagkeeng Youth Treatment Centre. Items include several hundred feet of copper wire.

Several, Break, Enter and thefts have occurred in the RM of Alexander and Satellite Receivers and cards have been stolen. All have been Bell Express Vu systems. If you have any information on these offences or any information on the illegal use or programming or satellite systems please advise.

If you have any information on any of these or any other offences please contact Lac du Bonnet RCMP at 345-6311 or Crime Stoppers at 1-800-222-TIPS (8477).

Pineview Recreation hires summer students

Pineview Recreation Commission has hired three summer students to work with the organization.

There are Abbey Forsyth; This June I graduated from the Computer Analyst/Programmer program at Red River College. It was a 2 year program that was very fast paced and demanding. In this program I learnt to program in many different computer languages like PowerBuilder, Java and COBOL just to name a few. In this program we also took many business courses as well as basic accounting courses. I am, at present the Assistant Recreation Director for the area and am looking forward to applying these skills.

Lauren McMullen; I will be working for Pineview Recreation as a day camp worker. I am a recent graduate of the Child and Youth Care Program at Red River

College. I have spent the last two years working with children, youth and their families. I have gained a lot of knowledge and look forward to incorporating my skills to this job. I will be attending the University of Winnipeg in the fall to continue my education in the child care field. I look forward to meeting new people and working with children and youth from the community.

Dana Gauthier; I recently graduated from Powerview School and am planning to take the Health Information Technologist Course at Red River College in the fall. I enjoy working with children and am looking forward to my new summer job as a Day Camp Worker in the Pineview Recreation Association.

They have all started work this past week and are ready for a jam-packed summer.

Please see the Recreation Report on page 6 for a list of summer events.



Pineview Recreation Commission Summer Students
(left to right) Abbey Forsyth, Dana Gauthier and Lauren McMullen

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Royal Canadian Legion #164

Lac du Bonnet Legion Hall	Full House 49 numbers \$1500	Bonus Line - \$1,327.00 Star - 2,428.00
Specials 7:00 p.m.	Mini Loonie - 188.00	Lucky 7 - 1,075.00
Every Monday Evening	#1 Loonie - 94.00	Poker Flush - 150.00
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	Jackpot Sling - 4,264.00	Bonanza - 332.00

BINGO

Lakers Ski Club

Bonus Line - \$100.00	Star - 231.00
Loonie Pot - 357.00	Poker Flush - 17,599.00
Special "Y" - 82.00	Bonanza - 10,251.00

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Great Falls Tuesday Nite

BINGO

Great Falls Hall 7:30pm

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Lucky 7: 238.00
Letter Y: 317.00
Poker Flush: 9,091.00
Loonie Pot: \$577.00
Bonus Line: 702.00
Full House: \$26.00

In 51 numbers

BONANZA \$338

Lac du Bonnet Legion #164

WEEKLY ACTIVITIES

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

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

WEDNESDAY
Cribbage 7:00 p.m. - Lounge

THURSDAY
Darts 7:00 p.m. - Lounge

FRIDAY
Hingo 7:00 p.m. - Lounge

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

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Valerie Anderson

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Jim Hampshire

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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.

Parading under perfect conditions

by Jim Hampshire

If you were to ask any long-time resident of Lac du Bonnet, the term "Canada Day Parade" was a nickname for the nasty weather system that arrived like clockwork on July 1st, bringing with it rain with a 100 percent chance of showers.

Luckily, Canada Day did not fall on a weekend this year and sunny skies greeted the hundreds of spectators who waited patiently to enjoy one of the longest parade processions in the 40-plus year history of this event.

Due to an advertising error, spectators began lining the streets of Lac du Bonnet shortly after 11:00 Thursday morning, expecting an 11:30 start time. And although the parade was widely advertised

to begin at 11:30am, the mile-long procession didn't march off until the traditional 12:30pm start time. Of course once the crowd heard the familiar sound of pipes and drums in the distance, any anxious moments turned to laughter and applause as scores of floats and other humorous parade entries idled by.

Led by the RCMP and Lac du Bonnet Legion, more than 80 parade entries filed down PTH 502 and onto the streets of Lac du Bonnet under balmy conditions. Besides the many business floats, the parade included several invited dignitaries from the three levels of government. Both Federal MP Vic Toews and local MLA Gerald Hawranik were on hand to accept some good natured ribbing as they threw 'sucker' candies to the spectators from

their vehicles, while Mayor Paul Chapman and Reeve Don Halbert followed in convertibles.

This year the parade adopted an aboriginal theme, combining Native and Western cultures in a Canada Day celebration. Once all judging was complete, the Best Corporate Float award went to the Natural Resources, while the RM of Lac du Bonnet picked up the Best Theme Award.

In other categories, the Best Organization Award went to The Pioneer Club and the Best Commercial entry was awarded to Adrian Tire.

In the Non-Commercial category, the Lac du Bonnet Foodbank won top spot, while Pine Ridge Stables rode to a win in the Equestrian event.

Organizer Harold Ott said that while the parade was a success, he noted that business floats were down as compared to last year, when entries reach 100 participants.



Val Ogryzlo waves from the Pioneer Club float, which won the Best Organization Award

Although crowd estimates weren't readily available, organizers are confident the numbers easily tipped the two-

thousand mark. Ott would also extend his thanks for all who entered and attended this event.



Miss Minnewawa Pageant winner Brenlee Nilsson enjoyed the balmy conditions during the Canada Day parade in Lac du Bonnet



What is a party without a few buskers? Pan flute performers El India entertained pedestrians in Lac du Bonnet over the weekend



Always a popular event for the youngsters is the Midway which was set up from July 1st to 4th

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Staff Sergeant makes a great LDB ambassador

by Jim Hampshire

The Canada Day celebrations in Lac du Bonnet got some welcome publicity last Saturday, when the Winnipeg Free Press ran a lengthy feature that even had some organizers surprised.

The story, which ran in the second section of the Winnipeg daily, centered around the Lac du Bonnet Lions Club volunteers, and more specifically, Lions Club member and RCMP Staff Sergeant, Mel Mitchell.

"I had no idea they were running a story on the celebrations," Lions Club President Violet Enns Preston said when

told of the feature article. "That's good news because we can use all the help we can get."

In the article, written by Erin Madden, Mitchell is referred to as the man with many hats and many duties as a volunteer in Lac du Bonnet. As a Lions member, Mitchell spent most of the weekend with his club colleagues, overseeing the Canada Day weekend celebrations. If he wasn't helping with the food service, he could be seen in the traditional RCMP Red Serge uniform leading the annual parade. And when that came to a successful conclusion, he turned his attention to

the community centre stage, where he acted as emcee for the Miss Minnewawa Pageant. And when you further consider the time needed to set up and take down the many venues around town, the Staff Sergeant might want to consider taking some much needed vacation time this week.

Not surprisingly, Mitchell was back at his desk on Monday morning, sifting through the weekend reports piled on his desk.

"It was a busy weekend for the detachment members, that's for sure" Mitchell said while trying to downplay the Free Press article. "As far as the article goes, I was hoping the story would focus on the Lions Club as a whole, and it turned out that I received too much credit."

Being a modest person, Mitchell was a little reluctant to talk about the interview openly, even to his Lions Club colleagues - hence the surprise.

"I really didn't know the article would be published so fast," he explained. "As busy as we were, I thought I'd mention it to the Lions membership following the weekend."

And while the Free Press article does focus on the weekend festivities, columnist Erin Madden lists a number of accolades Mitchell has received as a volunteer, including the presentation of the Premier's Volunteer Service Award he received last year.

The article goes on to talk about Mitchell's involvement on local organizing committees and his work with the Masonic Lodge in Pine Falls. In the meantime, Mitchell continues to downplay his private life as a volunteer and is content to sift through the daily paperwork at

his detachment desk. As for his police reports, he says it was just another typical Canada Day long weekend.

"We had some liquor related offenses and some rowdy behavior," he noted. "But that comes with the territory when you hold a celebration of this magnitude."

The most serious offense, he added, was a broken window at the Royal Bank, which was a result of a scuffle.

"Aside of the property damage that no one likes to see, it was a fairly routine weekend," he concluded.



Staff Sergeant Mel Mitchell (right) joins Cst. Paul Human as they lead the annual Canada Day Parade in Lac du Bonnet

ECHOES FROM THE **Heart**

Keep Your Goals in Sight

When she looked ahead, Florence Chadwick saw nothing but a solid wall of fog. Her body was numb. She had been swimming for nearly sixteen hours.

Already she was the first woman to swim the English Channel in both directions. Now, at age 34, her goal was to become the first woman to swim from Catalina Island to the California coast. On that Fourth of July morning in 1952, the sea was like an ice bath and the fog was so dense she could hardly see her support boats. Sharks cruised toward her lone figure, only to be driven away by rifle shots. Against the frigid grip of the sea, she struggled on - hour after hour - while millions watched on national television.

Alongside Florence in one of the boats, her mother and her trainer offered encouragement. They told her it wasn't much farther. But all she could see was fog. They urged her not to quit. She never had... until then. With only a half mile to go, she asked to be pulled out. Still thawing her chilled body several hours later, she told a reporter, "Look, I'm not excusing myself, but if I could have seen land I might have made it." It was not fatigue or even the cold water that defeated her. It was the fog. She was unable to see her goal.

Two months later, she tried again. This time, despite the same dense fog, she swam with her faith intact and her goal clearly pictured in her mind. She knew that somewhere behind that fog was land and this time she made it! Florence Chadwick became the first woman to swim the Catalina Channel, eclipsing the men's record by two hours!

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Sunnywood Manor residents welcome new addition

On June 29th residents, family members and staff gathered to officially celebrate the opening of their new Patio/Arbor addition. The new addition was funded through the Pine Falls Foundation, and thanks was extended to all who helped support the Sunnywood Manor building project.

In the past residents were limited with respect to the outdoors. The Manor had a patio that was off the Solarium, however the majority of the residents could not access the patio because the ramp was not ideally safe when exiting.

Residents also had a small garden that was at the back of the Pine Falls Health Complex. This garden was not visible from their home, so therefore when a resident wanted to go to the garden, a staff member had to accompany them to ensure their safety at all times. This put limitations to the number of residents that could participate in gardening activities.

In reviewing the residents needs and the limitations, the work team decided to put forward a request to the Pine Falls Foundation in December 2001.

The focus was for the residents living in Sunnywood Manor and their families to have easier access to the simple pleasures thus providing the quality of life they deserve in their home.

The Patio/Arbor proposal consisted of renovations to the small existing uni-stone area outside the dining room on the south side of the building. The present uni-stone, which was part of the original construction, did not meet the needs of the current resident population. The patio consists of 425 square foot concrete pad, which is level with the patio door, allowing easy access for residents with wheelchairs and other walking aids. A large portion of the patio is now sheltered from the intense sunlight and heat with the wooden trellis, which also lends itself to the hanging plants and vines. Raised wooden planters, border on the exterior sides of the patio, provides opportunities for the residents to experience the enjoyment of gardening in the raised beds and also offering a sense of security from the edges of the patio.



Brigitte Budgell presents Chick Desautels, Representative of the Foundation with a plaque to be hung on the new patio

"The patio that was only a dream a few years ago has now become a reality. We all envisioned what this area would eventually look like when completed, but we did not imagine it would be so wonderful," said Brigitte Budgell, Care Team Manager. "Sunnywood Manor is very blessed to be part of such a generous and thoughtful community."

A plaque was present to the Pine Falls Foundation, and will be placed outside on the patio to commemorate the generous donation. The plaque's inscription reads: "While spending time in our garden, we wish you butterfly mornings and wildflower afternoons. Thank you to the Pine Falls Foundation and all who so generously donated, making this beautiful patio, "Our little peace of Heaven"



Residents of Sunnywood Manor can now sit in the shaded area of the newly built patio and enjoy the day

Black River First Nation

July 28-31

Treaty Days

www.black-river.ca

HIGHLIGHTS

- Golf Tournament
- Canoe Races
- Mud Bogging
- Stock Boat Races
- Baseball Tournament
- Strong Man/Woman
- PowWow
- Square Dancing
- Kids Races/Events
- Skeet Shoot
- And much more TBA

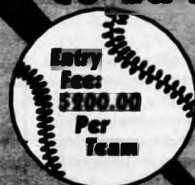
Contact Black River Band Office
Phone: 367-4411 Fax: 367-2000

3rd Annual Mud Bog

Saturday, July 31
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Les or BJ 367-9740
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St. Georges Farmer's Market

Hi! my name is Tara Berthelette and I am a summer student this year employed by the St. Georges Community Club to help out with numerous projects that will be taking place in the area. My main responsibilities this summer will be planning, organizing, and administering the Farmer's Markets in St. Georges, as well as running the Tea Room and Mini Golf at the St. Georges Beach and particularly with the Festival Châteauguay.

This summer we are planning to hold a Farmer's Market every second weekend from July until the end of August. Unfortunately, due to the

unpleasant weather, it took some time to schedule a successful Farmer's Market. However, the rain has seemed to slow and the sun has begun to peek through the clouds and we are hoping that things will continue to pick up. We will be holding the Farmer's Market on Sundays, every second weekend, beginning Sunday, July 4th. The Market will run on Sunday July 18th, August 1st, August 15th and August 29th from 10am until 2pm at McDougall Place, which is located directly across from the St. Georges Beach. We hope to see you all come out to support your local vendors.

We will also be opening up the Tea Room and the Mini Golf again this year at the St. Georges Beach. We have made some renovations in the Tea Room this spring, thanks to our handyman, Edgar Dubé, who has put a lot of hours into fixing it up. The Tea Room is much larger and brighter, as some walls have been removed, some windows added and some paint has been splashed onto the walls. The Tea Room will be serving tea, coffee and other thirst-quenching drinks, as well as sandwiches and desserts, so come on out and for a light lunch and a quick round of golf every

Wednesday to Sunday from 11am until 3pm throughout the summer.

This year we will also be holding the Festival Châteauguay on the beach at St. Georges on July 17th and 18th. On Saturday there will be a supper catered by Bostrom's and entertainment by Les Mocassins. Tickets will cost \$20 for an adult, \$10 for a student (age 6-17) / senior, and free for children under the age of 6; tickets are available at McDougall Place in St. Georges. On Sunday the KC's will begin the day with a pancake breakfast, while the Farmer's Market will be tak-

ing place @ Place McDougall across from the beach. Detailed itineraries will be available at your local business establishments featuring all of the planned activities for the weekend.

Anyone who has any questions concerning the events in St. Georges or who would like to volunteer to help with any of the events may contact us by telephone at 367-9970 or by email at cdc@winnipegriver.org. To book a table for the Farmer's Market, you may contact Tara Berthelette in the office @ 367-9970, at the beach @ 367-4767 or by email @ tberthel@cusb.ca.

Library Corner

Lac du Bonnet Regional Library



An author by any other name...is probably using a pseudonym. Pseudonyms (pronounced sood nims), or pen names, are one of the literary world's mysteries.

Samuel Clemens (the renowned author Mark Twain) delighted his readers with favorites like *The Adventures of Huckleberry Finn* and *Tom Sawyer*. Charles Lutwidge Dodgson (better known as Lewis Carroll) opened up our imaginations with *The Adventures of Alice in Wonderland*. Author Edward Alexander Crowley had up to 150 pseudonyms to his claim.

Why do authors use a pen name? Author, Sandra Brown (pen names - Laura Jordan, Rachel Ryan, and Erin St. Clair) states in a Q & A that she uses them because she is writing for several publishers at one time. William Sarabande (aka Joan Hamilton Cline) wrote under this pen name for eleven years before revealing her identity as a woman. The founder of Book Creations, Lyle Engel, whom Cline writes for, felt that Joan "did not write like a lady" and that her given name sounded as though it belonged to someone doing romance fiction. This was strictly a marketing strategy.

There are many pros and cons for an author to take up a pen name. Many use it to suit the type of genre they are writing. Some authors feel if the wrong pen name is chosen it pigeon holes them into a certain style of writing. Be sure and check out the internet.

Searching either pen names or pseudonyms is quite an eye opener!

Whether written under a pen name or a given name, here are a few new releases making their way to our shelves. Dean Koontz - *The Taking*; Stephen King - *Song of Susannah: Dark Tower VI*; Jayne Anne Krentz - *A Coral Kiss*; or under her pen name, Amanda Quick - *Mischief and Reckless*; Sandra Brown - *Tiger Prince*; Nora Roberts - *Lawless*; Joanna Trollope - *Brother & Sister*. Check out our display of authors and their pseudonyms.

Kids books have also been written under an array of pen names. The most famous is Dr. Seuss. His actual name is Theodor Seuss Geisel. Kids can check out his books and many others, this summer during our Summer Reading Program. Sign up today for lots of fun and activities every Tuesday at 10:30. Our regular storytime will continue on Thursday for our preschoolers. Enjoy your summer holidays, and we'd love to see you down at the library.

School is out! The election is over! We had a beautiful weekend to celebrate Canada's birthday! And now it's time for swimming lessons (if the water is warm enough), and baseball, skateboarding, golf and fishing (if you don't mind feeding a few mosquitoes)! If you don't want to get carried away by mosquitoes, bring the children to the library for our Summer Reading

program....and *Get Carried Away with Books!*

Once again we are inviting children (Kindergarten to Grade 5) to join us each Tuesday morning from 10:30 to 12:00 noon, for a fun-filled morning of activities! April Obirek is planning special stories, crafts and snacks that will leave you "buggy" about books! Parents, please register your children as soon as possible - our first session will be held on **Tuesday, July 13th!** April will hand out a complete schedule of the summer's activities on that date. Preschoolers will continue to enjoy their Storytime session each **Thursday morning at 10:30 am**. We also welcome Cheryl Kraeker as a Library Assistant for the summer, and she will be helping with the kid's programs as well.

Thank you to all who stopped by to purchase good-as-new books at our July 1st sidewalk sale! We do have used books for sale all year round - for reading at the beach or on that road trip they're a great alternative to borrowing a book that has a due date!

For internet use, for a quiet place to read, for a magazine or two, or for a place to keep the kids constructively busy for a few hours each week, please remember that the library is the place to be!

Pineview Recreation Commission

Recreation Re-Boot
Well... this year we have a summer program being offered. Lauren McMullen, Dana Gauthier and Abbey Forsyth are the candidates chosen for this year. They have all started work this past week and are ready for a jam-packed summer. They are excited about the upcoming event and hope to have a great turnout. The Recreation Office has done our part to make this a successful summer and it now in your hands. So, please register your child!!!

We are looking into holding a boat safety course for those who do not have their Pleasure Craft Operator Card. We are looking to have this course on July 24, 2004. If anyone is interested, please call the Recreation Office @ 367-9142. We need at least 10 people registered for this course to take place.

We have many events starting up in the next 2 weeks. These events are listed below.

- Pool Day on July 1, 2004 from 12pm to 4pm
- Swimming Lessons - Session #1 begins July 5, 2004
- Speed Swimming Clinic (FREE) on July 6, 2004 from 1pm to 3pm
- Teen Polo on July 6, 2004 & July 8, 2004 from 7pm to 9pm
- Baseball on July 7, 2004 from 1:00pm to 3:30pm
- Beach Volleyball on July 7, 2004 from 7pm to 9pm
- Card Making on July 8, 2004 from 10am to 12pm & 1pm to 3pm (if needed)
- Gym Day on July 9, 2004 from 10am-12pm (10yrs & under) and 1pm-3pm (11yrs & up)
- *Summer Camps and Activities scheduled for July & August, calendars sent home through the schools.
- *Please register as soon as possible by calling the Rec Office @ 367-9142



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Library Allard Happy Birthday Canada!!



On July 1st Canada celebrated its 137th year since Confederation.

Before 1982 Canada Day had been known as Dominion Day, First of July, Confederation Day, and July the First.

Canada Day celebrates the events that occurred on July 1, 1867, when the British North America Act created the Canadian federal government. The BNA Act proclaimed "one Dominion under the name of Canada," hence the original title of the holiday, "Dominion Day." Dominion Day was officially renamed "Canada Day" by an Act of Parliament on October 27, 1982. This change reflected the policy of successive governments to down play Canada's colonial origins.

Canada's national celebration is always observed on July 1, unless that date falls on a Sunday, in which case it is observed the following day.

If you're planning your summer vacation within Canada, Library Allard/Beaches Branch has many wonderful books on display about the fascinating places to visit. *Canada's Incredible Coasts* prepared by the National Geographic Society will take you on a pictorial journey from coast to coast. *Canada's National Parks* by R. D. Lawrence lists 29 national parks all

across Canada. If it's more of a guide you're looking for, *Canada: The Rough Guide* features accommodations, restaurants, nightlife listings, walking in the Rockies to canoeing in Manitoba to observing polar bears in Hudson Bay and whale-watching in northern Quebec. There is also a background on a vast range of social and historical topics. This is certainly the book *must-have* while planning your trip.

For those of us who stick close to home, *Scenic Secrets of Manitoba* by Bill Stilwell takes you in every direction so as not to miss one bit of Manitoba's beauty. This is a great guide: *Manitoba Colour Guide* with a special Winnipeg Section features historic sites, museums, parks, festivals, hiking, golfing, fishing, biking, shopping, accommodations & entertainment! If day hikes & town walking tours is what you're after *Manitoba Walks: Prairie Pathfinders & Winnipeg Walks: Prairie Pathfinders* will help you with your trek.

Don't forget we also have *The Cottager Magazine* which takes you on a different part of Manitoba & Northwestern Ontario every month and (one of my favorites) *Our Canada* is new to Library Allard and is filled with great

vacationing ideas from readers who have shared their own stories.

If we don't have it, we can get it for you - ask us about inter-library loan - we may be small but we have access to over one million titles!

Get Carried Away With Books is the theme for this year's summer reading program. We have hired Karen Green from Albert Beach as our Program Coordinator (Karen was with us last year and are thrilled to have her back) and Amanda Boulet from the St. Georges area as our friendly student librarian. Drop by either library to register your child - ages 5 and up.

Library Allard - St. Georges - Ecole Communautaire - 367-8443

Beaches Branch - Grand Marais - Walter Whyte School - 754-4007



What a blast

Lac du Bonnet Fire Department member Devon McMurren helped set up the annual fireworks display which featured 1,193 explosions, emitting from the 358 mortar cannons set up at the town dock Saturday evening.

Blades Bits

by Head Coach/GM,
Lyle Loewen



Southeast Blades @
Winnipeg Saints
Monday Sept. 13/04
(Exhibition)

For a complete schedule visit our website at www.bladeshockey.ca

The Blades are pleased to announce several more key player signings. Jason Shaw, who will be a key to Blades success, will be back for next season. We have signed two outstanding defencemen, Vince Sutherland and Neil Stevenson, both of whom are from Peguis, MB. Vince and Neil will be key additions to our blue line.

The Southeast Blades are pleased to announce their 2004/2005 season games. After having a really tough schedule last season, the upcoming season is looking a lot better. Here is the Blades Exhibition schedule. All games begin at 7:30 P.M.

Southeast Blades @
Winnipeg South Blues
Sunday Sept. 5/04
(Exhibition)

Southeast Blades @
Sleeker Steelers
Friday Sept. 10/04
(Exhibition)

Selkirk Steelers @
Southeast Blades
Saturday Sept. 11/04
(Exhibition)

Legion news



Royal Canadian Legion Lac du Bonnet Branch #164

submitted by Cde. Howard Richmond C.D.

The Legion Branch #164 salutes Melanie Rollins of the Lac du Bonnet Senior School on capturing the Frank Currie Memorial Award. Ms Rollins was presented the \$1000 award, given for scholastic and volunteering achievements by the Branch Youth & Seniors Committee Chairman, Cde. Rollie Grantham during the Grad Dinner on 26 June. Melanie will commence studies at the U of M this Fall.

Cde. Grantham also presented the Dorothy Waters Memorial Award for high school athletic achievement in both female and male categories. The awards went to Riva Karklin and Jamie Demyd. Congratulations to all 2004 grads.

The rains held off long enough on 13 June for the Branch's Annual Decoration Day Parade to take place without anyone getting soaked. Special thanks to all participants and attendees, especially Wpg

Police Pipe Band; Korean Vets Association; PPCLI Assoc; Canadian Peacekeepers Assoc; Hong Kong Veterans Assoc; Air Cadet 249 Sqn Beausejour and RC Legion Colour Partys from Sir Sam Steele Legion # 117 and of course, our own Branch Colour Party.

Following the parade, the Branch was presented with a certificate from George Peterson, President of the Manitoba Branch of The Hong Kong Veterans Association of Canada which paid tribute to Lac du Bonnet area residents who served with 1st Battalion Winnipeg Grenadiers, fought in the Battle of Hong Kong and were later Japanese POWs. The names listed are L/Cpl Raymond R. Sellers and Ptes Aubrey P. Flegg, Eric French, John E. James, Louis L. Specht and Leonard Watson.

Congratulations to FS Tracy Moir, 245 Sqn Beausejour Air Cadets on winning the R.C. Legion Medal at the Air Cadet Annual Awards Ban-

quet on 12 June which was attended by our Branch President, Cde Norm Rimmer who indicated how impressed he was with the Banquet and Inspection and also with the overall great youth involvement in the cadet program.

The Branch President would like to thank the members of the Ladies Auxiliary and Branch who formed up the work party on 22 June and conducted a major cleanup job in the Legion Hall. Thanks to Doreen, Ann, Sharron, Connie, Mae, Helen, Gladys, Art, Lloyd, Rollie, Emie, Dwayne, Brian and Ed.

Early Bird Membership renewals will start up in September. Cost this year is \$27.50 and remains five dollars cheaper that post November renewals.

The next General Meeting will be on the 21th September starting at 19:00 - note the new time which will follow for all subsequent General Meetings.

Take care this summer and we'll see you at the Branch.

Faith Perspective



by Pastor Jake Doell

Whose House Are You Building?

A successful building contractor was getting ready to retire. He asked his longtime supervisor, John to build him one more house. John had always done a good job for him. This house was to be quite special in design and would cost more than most homes in that particular town. The contractor would be away for six months and left John in charge of building this home.

As John was building the elaborate home, he thought to himself; "You know my boss has never given me an appropriate bonus for all the hard work I've done for him. I'll skimp on some of the building supplies and make myself some extra money." So instead of using the highest quality of material as his boss had instructed him to, he cut some corners and saved quite a bit of money which he pocketed for himself. By the time the boss returned, the house was finished and it looked very good. The contractor walked through the house with John and admired the good work John had done. The contractor stopped John as they were finished and said, "John you have been a faithful employee for me these past 30 years and I want to show you my appreciation for all the hard work you've done for me. Here are the keys for this home. It's all

yours, take it as a gift from me to you."

What a shock, what a shame! If only he had known he was building his own house, he would have done it so differently. Now he had to live in the home that he had built none too well. So it is with us. We build our lives in distracted ways, willing to put up with less than the best. Then with disgust we look at the situation we have created and realize we are now living in the house we have built.

When you look at your life, think of yourselves as a carpenter. Think about your life as the house you are building. Are you building wisely or are you cutting corners? This is the only life we will ever build, so use honesty, faithfulness and love as your building material. Someone once said; "Life is a do it yourself project." Jesus the carpenter from Nazareth, gave this advice on building your life; "All who listen to my instructions and follow them are wise, like the person who builds their house upon a rock...when the storm comes it will stand." Matthew 7:24-27. My friend, let me encourage you to build your life in such a way that it will not only stand the storms of life but that you may also enjoy the life you build.

WINGS OF POWER



by Kristen Dubé

Hello, I would like to introduce myself. My name is Kristen Dubé and I am the new Community Garden Worker for Wings of Power. I am looking forward to planting and watching the Community Garden grow. I am also excited to expand the program to include a composting project. If anyone is looking for the information we have gathered on composting it will be available through our lending library, weekly news articles and monthly newsletter. The

project will also serve as a demonstration site for community members interested in starting their own composts at home.

Other environmental projects planned for the summer are teaching some of the youth in the community simple woodworking skills to enable them to build birdhouses that could be donated to senior centres in the community as well as landscaping around the resource centre. We would like to start with some simple plantings of native plants and grasses.

Natural pest repelling plants are also being considered as an environmentally friendly alternative to pesticides. This Naturalization

Beautification Project will help create a friendlier and more welcoming look to our centre.

I look forward to keeping the community updated on our progress.

Manitoba Youth Job Centre

by Brent Stokes

Lac du Bonnet's Odd Job Squad continues to enjoy a very busy time, while things in Pinawa are just getting started. Here's a look at what's happening this week:

Flower Frenzy
The Lac du Bonnet deliveries were carried out by the Odd Job Squad on the morning of Friday, July 2nd. Two members of Pinawa's Odd Job Squad will be delivering the orders they collected on Wednesday, July 7th. Thanks to the Yellow Door and Rustic

Charms for their help with this event, as well as everyone who ordered.

Student Labour Raffles
The winners of Lac du Bonnet's Student Labour Raffle will soon be contacted by phone. Their names will also appear in this paper next week. Thank you to everyone who supported the Odd Job Squad. Pinawa's Odd Job Squad will be selling tickets from July 9-19. For just \$1, you could win 3 hours of free labour. At least one in every 25 tickets sold will win!

Hot Dog Day

Lac du Bonnet's Odd Job Squad will be helping Vic at his hot dog stand in front of Hometown Foods from 10am-1pm on Tuesday, July 6th. Stop by for a dog and a drink!

Strawberry Pick
Both Pinawa and Lac du Bonnet Odd Job Squads will be travelling to Sebright Farms near Beausejour on Thursday, July 8th for our annual strawberry pick. Prior to this, they will be going door-to-door to collect orders. If you have not been visited yet and you would like strawberries, please call 345-6916 today to ensure that we receive your order. The orders will be delivered that afternoon. If the picking date changes, we will do our best to notify you as soon as we know.

Kids of Steel
Come down to the Pinawa Pool to participate in or watch the Kids of Steel Triathlon on Saturday, July 10th at 9am. We'll be giving out lots of tattoos, stress balls, stickers, bookmarks and more!

New Hours
The Manitoba Youth Job Centre will be closed for the four remaining Fridays in July. Just a reminder that while Odd Job Squad events are taking place (except the Student Labour Raffles), the Manitoba Youth Job Centre will also be closed. Please feel free to call 345-6916 and leave a message. I'll return your call as soon as I can. If you would like to visit us in person, we're located at 40 Park Avenue, New Directions School in Lac du Bonnet. Our regular office hours are Monday-Thursday, 8am-4pm.

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Wanipigow School Graduating Class of 2004



Savannah Moneyas
Will be attending
University of Winnipg



Chris Moncias
Look at attending
Red River Community College



Edward Bushie



Kateri Phillips
Governor General Award.
Will be taking the next year off
to work.



Billy Smith
Will be attending Red River
Community College next
semester



Chantal Seymour
Alfred Favel Scholarship
Will be attending the University
of Manitoba



Chris Bushie
Looking at joining the RCMP

*Congratulations
to the
Class of
2004!*



Graduation



Congratulations
Graduates

from

The Parents
Teachers
Staff

Community Councillors
at Wanipigow School

2004

Winnipeg River RCMP Report

Report for the week of July 1st to July 4th, 2004



July 1:
LESTER BEACH - police responded to an emergency call where ambulance attendants were having difficulties with a patient requiring urgent care. The situation stabilised and the male was transported to hospital for treatment.
- a house fire was attended by police. No injuries were sustained in the blaze. Investigation continues.

FORT ALEXANDER - a unruly intoxicated female was removed from a residence.

The female was lodged in cells and released in the morning.

- a family dispute cause police to attend a residence however the situation was under control and no further action was necessary.

- a spousal assault in the early morning hours was reported. Police arrested 1 male who was charged accordingly.

- a custody matter was resolved when several children were returned to a residence after not being returned by one parent as the order indicated.

GRAND BEACH - a query to locate an individual to attend an urgent family matter was requested. Police managed to locate the female and relay the information as requested.

- police were contacted when a male began causing a disturbance at a local bar.

RM of ALEXANDER - a male called police after being approached by several males who were in an older model blue car for money. The man declined and quickly left the area on his ORV. No further incidents were reported on the matter.

LITTLE BLACK RIVER - police apprehended a male after he breached a court order. He was charged accordingly and released on a promise to appear in Powerview Court at a later date.

July 2:
FORT ALEXANDER - police are investigating an incident where a male was waving a hammer at a residence causing problems. Alcohol may have been involved in the incident.

- a 2 vehicle accident is still after investigation.

HIGHWAY 59 - single vehicle accident was reported

when a passing motorist witnessed the truck in the ditch with lights on. Investigation continues.

PINE FALLS - an intoxicated male was picked up from the roadway after staggering into traffic.

July 3:
GRAND BEACH - a request to assist Conservation officers at the local campground was actioned. Unruly campers were causing problems throughout the weekend.

TRAVERSE BAY - police were contacted when a male was causing problems and left a residence driving erratically.

GRAND MARAIS - a break, enter and theft was reported. Point of entry was the living room window. The cottage was rummaged through and items turned over. Investigation continues.

HILLSIDE BEACH - a report of shots being fired is still under investigation.

GRAND BEACH - police attended to a noise complaint in the area. The partygoers were advised to tone down the music and noise. No further call backs were received.

LAKESHORE HEIGHTS - a complaint of a loud party

continuing into the early morning hours was attended by police. The party was shut down by members and partygoers left and went home.

July 4:
FORT ALEXANDER - an emotionally disturbed female was located and transported by police to hospital for treatment.

POWerview - an impaired driver was apprehended and charged accordingly. In the early morning hours.

HIGHWAY 59 - police were advised of a possible impaired driver. The vehicle was located and observed to be wandering across the highway when police stopped it. 1 male was charged with impaired driving.

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.

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 Keimann, 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 268-7465 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 7:00 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 Thursdays 7:30 p.m. Lac du Bonnet District Health Centre, 89 McIntosh, Call Teri 345-8712

Lakeshore Al-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, lifetime 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, Hadashville.

Little Day Buddies Nursery School 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 Deell, church 345-1934, home 345-9746
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, 345-2908
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. Sandra Towhard 347-9528, church 345-2357
Sunday: 11:30 a.m. - worship; 11:30 a.m. - first and third Sunday of each month, holy eucharist.

Call us with your NEWS TIPS
The Echo 367-9468

Report from Legislature



by Gerald Hawranik,
M.L.A. Lac du Bonnet Constituency

Hells Angels Mega-Trial

Last week the Government's Hells Angels mega-trial evaporated. After spending more than \$2 Million of taxpayers' money to date, the Justice Minister (MacIntosh) disappointed all Manitobans by botching yet another trial.

It is now up to the Justice Minister to try to explain to Manitobans why he again failed them. This trial was mishandled from the beginning when the defence lawyers nearly had the case thrown out after demanding millions of dollars of taxpayers' dollars for the defence. I demanded that the Justice Minister investigate the assets of the Hells Angels so that taxpayers not be obligated to pay millions of dollars for their defence costs. I went so far as to introduce the Taxpayers Protection Legal Rep-

resentation Act which would prohibit members of the Hells Angels from receiving legal representation from lawyers who were paid from public money. To my surprise and amazement, NDP Members of the Legislature spoke against this Bill and they all voted against this Bill. My immediate thoughts were that they supported the public paying millions of dollars for high-priced private defence lawyers to defend the Hells Angels, organized crime. I could not help but remember that the Hells Angels established a chapter in Winnipeg in the year 2000, under this Justice Minister's watch, opened a retail store in Winnipeg shortly thereafter just down the street from the Justice Minister's Constituency Office, and then the Government awarded a company

associated with organized crime a towing contract paid for by government money.

Where are this Justice Minister's priorities? He states that we want to create a hostile environment for organized crime in Manitoba, but he turns around and supports organized crime by creating an environment to allow the Hells Angels to enter Manitoba, to open a retail store, and even gives Government contracts to them?

What we need from this Justice Minister is action, not talk! He is soft on crime!

If you have any questions regarding this article, or any other issues or concerns in the Constituency, please feel free to contact me at 268-4664, write to me at Box 430, Beausejour, MB, R0E 0C0, email me at gerald@geraldhawranik.com or visit my website at www.geraldhawranik.com.

The Town Crier

Events and information from The Echo



by Jim Hampshire

Now that we're firmly into the month of July, we are definitely optimistic that summer will soon follow. If it ever does we will be out and around the region, taking in all the outdoor events humanly possible. Or at least as many as our gas budget will allow.

As it turns out, we've already been asked to attend several upcoming events, many of which are summertime social gatherings and barbecues put on by clubs and organizations. First we should say that we always look forward to these functions with great anticipation, and not just because there's a good chance there will be beer involved. No sir, we enjoy attending because it gives us a chance to get out of the office and mingle. We love to mingle. But that's because mingling almost always occurs around a barbecue or a wet bar - both very worthy places to mingle.

During the next month the Echo Express will be stopping at several events, including the annual Pinawa Birthday celebrations, coming up in mid-July. For this shin-dig, Pinawa rolls out the red carpet over three days beginning Friday July 16, with an evening dance

under the bigtop tent featuring the Winnipeg dance band, "Your's Truly."

Saturday starts off at 11:00am with the annual birthday parade, followed by several events at the town beach, including the very popular Beach Volleyball Tournament. And while the adults (both young and old) make a few face-plants in the sand at the tournament, the kids will be well entertained at the beach, enjoying activities of their own. And besides a minimal entry fee for the volleyball tournament, the entire day at the beach is free for the whole family.

The Saturday celebrations continue well into the night with another social evening under the bigtop and a 30-minute fireworks display at the Marina, which just happens to be conveniently located smack dab in front of the beer garden. To wind it all up, Sunday brings one of the biggest outdoor craft sales seen in the entire region, where upwards of 50 vendors converge in the parking lot in front of the Pinawa Motor Inn. The entire weekend is well attended by local residents and a large visiting population as Pinawa is fast becoming famous for its hospitality.

And speaking of Sunday (July 18), the Echo Express

will sputter out of Pinawa with some reluctance and move on to the Lac du Bonnet Wildlife Barbecue for an afternoon of games and good fun. This is open to wildlife members and guests, and it serves as a summer smoker to help generate funds for the organization. If you'd like to attend in support of the association, we suggest you get chummy with a wildlife member and contact Peter Humble in Lac du Bonnet for more information.

Finally, we've been asked to extend an invitation for businesses and avid golfers around the region, to get ready for the first annual Rod Demoline Golf Tournament. So far, organizer Wes Martin says that the interest has been excellent considering the tournament doesn't take place until September, but your response would be welcome now.

Historically, this tournament was known as the Lac du Bonnet Community Centre Golf Challenge and has been a major fund raiser for the facility. The tournament has since been renamed to honour Lac du Bonnet Mayor Rod Demoline, who succumbed to cancer last year. As many people know, Rod worked tirelessly in support of the community centre, from the foundation up, and it is befitting that his name is syn-

onymous with this fund raising event from this year forward.

Right now, Wes Martin and the tournament organizers are looking for business sponsors to make this inaugural tournament a great success. The opportunity is there to sponsor a hole, or at the very least, send in a team for a fun day on the golf

course. For more information, give Wes a call at 345-9582.

That wraps up another week on the information front, and if you have a public function or fund raiser you'd like us to cover, just call the Echo office at 367-9468 and let us know when and where.

Thinking of your Estate Plan

by Steve Kulyk, of Kulyk Insurance and Financial Services

Thinking about death and putting off planning your estate - one is difficult and the other is very easy. Together, if they remain ignored, the two can combine to create a sticky situation for you and your beneficiaries.

Without careful planning, your estate may be tied up in the courts for months or even years. The government could end up collecting more taxes than is necessary. And, most importantly, how your legacy is disbursed may be decided for you.

Every Canadian adult - regardless of your financial situation - should have an up-to-date estate plan that outlines the following:

- Who is responsible for distributing your assets;
- who gets what and when they get it;
- who will take care of your children;
- who will manage any trust accounts; and
- who will make financial and medical decisions if you're incapacitated.

To take control of your estate, we suggest the following five steps:

1. Determine your estate planning goals.
2. Consider which estate planning tools fit your situation best.
3. Choose the people you would like to speak for you.
4. Start raising estate-planning issues with your family.
5. Keep your estate plan up to date.

Steve Kulyk is President of Kulyk Insurance and Financial Services. He can be reached at 367-9572 in St. Georges Mb. home of the St. Georges Voyageurs. Serving the area since 1995.

Low Income? Call our Subsidy Spay & Neuter Program Coordinator, Melissa @ 982-2038 today!

The Winnipeg Humane Society



Savannah, 93722

This absolutely wonderful dog needs a rural home in a Pitbull-friendly municipality. "Savvy" loves belly rubs & going for walks. She is very well trained and can sit, shake both paws, lay down & speak! Savannah would fit in well with almost anyone in any situation. Pitbulls can & do make wonderful, trustworthy family pets with the right owner. Adoption fee is only \$159.00!!



Peanut, 92289

I've been a wonderful ambassador on pet visits to hospitals & seniors' homes. I was surrendered on May 4 due to allergies in the home. Peanut uses his litterbox & likes to greet the cat room visitors! Come and visit Peanut & his pals! The "DAWG DAYS" of summer are here! Consider hosting a garage sale, bake sale or other event for the WHS! Call Natalie @ 982-3554 on how to register your event!!

If you or your family are interested in any of the listed animals here or others at the shelter, you can call us at 204-982-3551 or Fax 204-982-2047

WHAT'S IN THE Cupboard

Creamy Cappuccino Desert

Ingredients

Make 1 day or up to 1 week ahead of time.
Preparation time: 15 minutes.

- 8 oz. cream cheese
- 1 can sweetened condensed milk
- 1/2 cup chocolate syrup
- 1 tbsp. instant coffee powder
- 1 tbsp. hot water
- 1 1/2 cups thawed frozen whipped topping
- 1 prepared chocolate crumb crust - 6 oz.
- 1/4 cup chopped pecans, toasted
- Additional Chocolate syrup

Method:

Beat cream cheese in a large bowl on medium speed 2-3 minutes. Add condensed milk and 1/2 cup chocolate syrup, beat on low until well blended.

Dissolve coffee powder in hot water in a small bowl. Slowly add to cheese mixture. Fold in whipped topping. Spoon mixture onto crust. Sprinkle with pecans. Cover and freeze.

Let dessert stand in fridge for 10 minutes before serving, cut into wedges and drizzle with chocolate sauce - ENJOY!

Lac du Bonnet RCMP Report

Police Report for the period of June 25 to July 4th, 2004



On the 25th of June, a report was rec'd of under-age subjects operating Off-Road Vehicles on the roadway in the Lee River Falls/Leeshurland area of the R.M. of Lac du Bonnet.

On the 25th of June, a report was rec'd that a rear-end non-injury Motor Vehicle Accident had taken place on McArthur in the Town of Lac du Bonnet. Police attended and arrested the driver

of the vehicle which did the re-arranging, for Impaired Driving. The subject was subsequently released for Court.

On the 25th of June, a report was rec'd of an Intrusion Alarm at the Pinawa Secondary School. This was found to be a False Alarm.

On the 25th of June, a report was rec'd of a Motor Vehicle Accident at the Whitemouth Community Centre. The driver of one of the vehicles was suspected of being Impaired, however, a subsequent check by police found this to not be the case.

On the 26th of June, an underage-female was arrested in Pinawa for consuming alcohol and breaching a curfew. The subject was subsequently released for Court.

On the 26th of June, a report was rec'd that a shed was broken into at the seasonal campground at Big Whiteshell Lake in the Whiteshell Prov. Park. Camping and fishing equipment was stolen.

On the 26th of June, a report was rec'd that a fence was taken down and thrown onto the roof of a business on Park in the Town of Lac du Bonnet.

On the 26th of June, a report was rec'd of the theft of "Wood Duck Crescent" street sign, and the turning of a Stop Sign, in the R.M. of Lac du Bonnet.

On the 26th of June, a report was rec'd that an adult male was possibly going to a residence on Balsam Crescent in the Town of Lac du Bonnet to do damage to the residence.

On the 27th of June, a report was rec'd of a domestic disturbance at a location on Anderson in the R.M. of Alexander. Police investigated and arrested an intoxicated adult female, who was lodged to sober up and released for Court, on a charge of assaulting an adult male.

On the 27th of June, a report was rec'd of an Intrusion Alarm at Vanier Centre in Pinawa. Found to be a False Alarm.

On the 27th of June, a report was rec'd of bears at a location in Pinawa. This was passed to DNR.

On the 27th of June, an adult male was arrested for Care and Control of a Motor Vehicle while Impaired at a location near Wendigo Road and P.R. 313 in the R.M. of Lac du Bonnet. This subject was subsequently charged for Care and Control while over .08, and lodged to sober up. Released when sober for court, with vehicle impounded and license suspended.

On the 27th of June, a report was rec'd that 4 adult males and 2 under-age females were causing a disturbance on the Pinawa Golf Course, and consuming liquor not purchased from the Golf Club. Police attended and found that all had left. The vehicle in question was noted on P.R. 211 in the L.G.D. of Pinawa and when police at-

tempted to stop same, the driver accelerated away. This action caused a police chase which went south on P.T.H. #11, and west on P.T.H. #44, finally ending on Singbiel Road in the R.M. of Reynolds. All four males were arrested, and the driver was subsequently released for Court on a charge of Dangerous Driving, in addition to a number of Highway Traffic charges. He had been consuming, however, did not produce readings sufficiently high to charge him for Over .08. No damages ensued from the police chase.

On the 27th of June, a report was rec'd of an intoxicated adult male passed out in a licensed premises in Pinawa, with another intoxicated adult male passed out in a vehicle outside. Police attended and arrangements made for both subjects to obtain a room at the location in question.

On the 27th of June, a report was rec'd that a vehicle which was parked at the Town Dock in the Town of Lac du Bonnet had sustained damage from an unknown subject jumping on the roof.

On the 27th of June, a report was rec'd of a burned-out vehicle in the Reynolds Ponds near Hadashville. The plate number indicated that the vehicle was stolen from Wpg.

On the 27th of June, a report was rec'd of two overdue fisherman on Big Whiteshell Lake at Lone Island. The subjects in question subsequently returned safe and sound to Wpg.

On the 27th of June, a report was rec'd of a possible overdose via pills at Pinawa. The subject, an under-age male, was located and taken to the Pinawa Hospital, where he was checked over and released to his parents.

On the 28th of June, a report was rec'd of a vehicle smashed up against a rock face along P.T.H. #44 east of Rennie in the Whiteshell Prov. Park. No-one around nor in same.

The following constitutes the Police Report for Lac du Bonnet Detachment for the period of the 28th of June to the 5th of July:

On the 28th of June, a report was rec'd of damage to a lattice-work fence section at a business on Park Avenue in the Town of Lac du Bonnet.

On the 28th of June, a report was rec'd of theft from a location along P.R. 307 east of Seven Sisters in the R.M. of Whitemouth.

On the 28th of June, a 911 call was rec'd from a location on Walker Cove in Bonnet Oakes in the R.M. of Lac du Bonnet. Police and the ambulance attended and an adult female was transported to Pinawa Hospital.

On the 28th of June, a report was rec'd that vehicles were squealing tires at the junction of P.T.H. #11 and P.T.H. #44 in the

R.M. of Whitemouth. No license plate numbers were obtained, and a patrol by police did not locate any suspects.

On the 28th of June, a report was rec'd of careless vehicle operation, property damage and possible liquor consumption at the Pinawa Teen Centre. Police patrolled to the location and questioned those present at the time, however, no evidence was forthcoming with respect to offences.

On the 28th of June, a report was rec'd of a vehicle fire on P.T.H. #11 in the R.M. of Lac du Bonnet. This was determined to be a small fire which was quickly extinguished with minor damage.

On the 29th of June, a report was rec'd that two under-age males were causing problems at the Beach in the Town of Lac du Bonnet, and refusing to leave when told to by the Life-Guards. Police attended and both subjects departed without incident.

On the 29th of June, a report was rec'd that a small white purse was lost at an unknown location in Pinawa.

On the 30th of June, a report was rec'd that a Honda ATV was stolen from a location along P.T.H. #11 in the R.M. of Alexander. The ATV was subsequently located submerged in water in the Power-view area.

On the 30th of June, a report was rec'd of an Intrusion Alarm at the Lac du Bonnet Community Centre. This was found to be a False Alarm.

On the 30th of June, a report was rec'd from Pinawa that garbage was not being properly looked after, and was thus attracting bears. The caller in this matter was advised that this was not a police matter.

On the 1st of July, a report was rec'd that the gate on a pasture along Maple Creek Road in the R.M. of Lac du Bonnet was unlawfully opened overnight, and the cattle in the pasture got out.

On the 1st of July, a report was rec'd from Natural Resources that five subjects were intoxicated and causing problems at the Black Lake Campsite. Two of the subjects were arrested and lodged to sober up.

On the 1st of July, a report was rec'd from the Pinawa Bay area in the R.M. of Alexander that an adult female had departed from the location in a vehicle, and concern was expressed for her well-being. Police conducted a search of the area, but did not locate the vehicle in question. The subject eventually returned home, safe and sound.

On the 2nd of July, a report was rec'd of the attempted theft of items from a boat at Camp Nutimik in the Whiteshell Prov. Park. No suspects were identified.

See LAC DU BONNET/ page 15

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 10-71375: meets first Tuesday of the month. Chicken Chef, Powerview meeting room.
Prenatal classes: held regularly at Pine Falls. Please register with Gail 268-6106 or call your local public health nurse.

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

Pine Falls Health Auxilliary: 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, meal raffles held at Legion on Fridays 5:00 to 6:00 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
PA: meeting first Tuesday of each month at 7:00 p.m.

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

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

AA & Al-Anon - The Beaches family group, Thursday 8:00 p.m., Senior Scene, Victoria Beach, 1 Ateah Road, 756-8018 or 756-2101.
Happy Tots Day Care 367-2601, board meetings last Monday of each month 7:00 p.m. at the daycare
Sealer Scene Inc. #1 Ateah Rd., Victoria Beach. General meetings second Tuesday of the month, 756-6468 for more info.

Mental Health Support Group: meets second Wednesday of the month 7:00 p.m. Wings of Power office
Beaches HELP Centre (seniors service) 756-6471, Wednesday 1:00 to 4:00 p.m., Friday 10:00 a.m. to 1:00 p.m.

Powerview Parent Advisory Council: meets first Monday 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 5:30p.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.

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.
Weight Watchers: Effective October 8th Wednesdays at 4:45 weigh-in and at 5:30 Meetings

Winnipeg River Church Services

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

PINE FALLS UNITED CHURCH: Sunday service 11:00 a.m. Bob Rodger Minister Church 367-2633 or Cell 754-7220. Everyone Welcome Sunday School, September 7 at 11:00 am, everyone welcome.

PINE FALLS ANGLICAN CHURCH OF THE ADVENT: Ph 367-9520 Rector, the Rev. Sandra Tankard. 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, Scanterbury, on Hwy #59.

ST. MARGUERITE C. MISSION Pin Road - Traverse Bay, 11:30 a.m. Sunday closed annual 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.

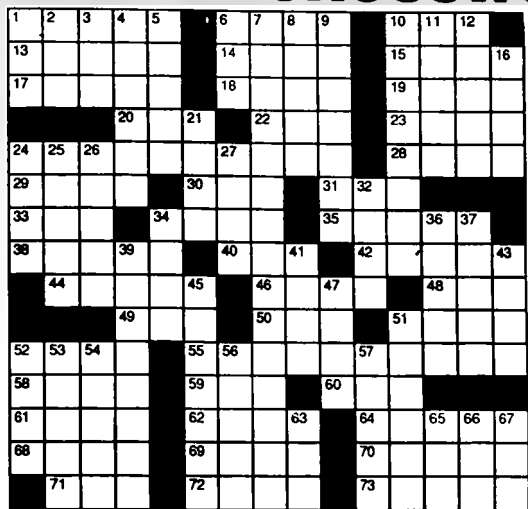
ST. THERESA R.C. MISSION 88 Glenvale Avenue, Grand Marais. Mass 12:00 noon first Sunday of November to last Sunday of April. May through October mass 10:00 a.m. Sunday.

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 Gowdy for information 367-2531.

WEEKLY CROSSWORD



33. It's a ____ (failure)
 34. ____-eyed
 35. ____ tee (achieve perfection, 3 wds.)
 38. Sweet ____ (nice smell)
 40. ____, N.Y.
 42. ____ node
 44. Political ____
 46. Great ____; abbr.
 48. E fa, E sol, ____
 49. ____ Cariou (actor)
 50. Children of ____ (swans)
 51. Actor Richard ____
 52. Atom ____
 55. Fail ____
 58. ____ Jannings
 59. ____ amuck
 60. "Able was I ____ I saw Elba"
 61. ____ Turner
 62. Paul ____
 64. ____ the draft
 68. "And ____ There Were None"
 70. Mortise and ____
 71. Joan of ____
 72. New York ____
 73. Sam ____ (golfer)

8. Wyatt, et al.
 9. "In the morning sow ____"
 10. Deleted expletive, with 5 Down
 11. Chick ____ of Jazz
 12. "____ pass go" (2 wds.)
 16. Corn ____
 21. ____ office
 24. ____ dollar (start the betting, 2 wds.)
 25. Writer ____ Hobson
 26. ____ / ____ (conjunctions)
 27. "____ Go Bragh"
 32. ____-ampere
 34. ____ advice
 36. Alpha ____
 37. "A man ____ a canal Panama" (2 wds)
 39. Voice of Bugs Bunny (full name)
 41. ____ cut
 43. ____ Aaron
 45. "Fire ____"
 47. Dies ____
 51. ____ o'clock
 52. Black ____
 53. ____, Nebraska
 54. "Dwelt a ____, forty-niner"
 56. "Home of the ____"
 57. Hart, et al
 63. "____ 'a my baby"
 65. "Peau D'____" (Demy film)
 66. ____ good deed (2 wds.)
 67. The ____

ACROSS

1. Rule of ____ (1956 film, 2 wds)
 6. Win ____ (take a tennis lead)
 10. A ____ E
 13. Painter's ____
 14. Jacob and ____
 15. Thrown for a ____
 17. ____ St. John
 18. "____ in the Night"
 19. Peter ____ (cartoonist)
 20. Yoko ____
 22. ____ and downs
 23. ____ sign
 24. Unrhymed poetry
 28. "Kiss me ____"
 29. Fleming, et al.
 30. ____ Onassis
 31. Adam and ____

Down

1. "____ and Sympathy"
 2. "Mary ____"
 3. Put to ____
 4. Water ____ (fruits)
 5. Draw a ____
 6. ____ king (2 wds)
 7. Linus: need

LAST WEEK'S ANSWERS



CRYPTIC PUZZLE



ZB XZCWDQ F RCGG SH ZCQ
 SRW CQ WSX FQ TSSJ FQ XZB RCGG SH
 F KCLZ KBGFXCMB.

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

WHEN THE BOARDING HOUSE BLEW UP,
 THE ROOMERS WERE REALLY FLYING

Weekly Echo Horoscopes



ARIES (Mar. 21 - April 20)
 This is not the day to be extravagant. You will have a blowup this week if your partner does things that you feel are not aboveboard. Your ideas are good and career moves can be realized. Your uncanny insight will help you make the right choices.



TAURUS (Apr. 21 - May 21)
 Don't avoid your true feelings. You will have to put those you live with in their place if they try to interfere with your work. You need to do your own thing and work on making yourself the best you can be. You will have a productive day if you organize yourself well at work.



GEMINI (May 22 - June 21)
 Large organizations may try to talk you out of your hard-earned cash. If you're looking to do something worthwhile, consider volunteer work. You can mix business with pleasure to get favorable results. You are best not to nag or criticize.



CANCER (June 22 - July 22)
 Opportunities to meet new lovers will evolve through your interaction with groups or fundraising functions. You will find that social activities will be enjoyable and will promote new connections. Be sure that you have all the facts before you take action. Make a point of working on yourself.



LEO (July 23 - Aug 22)
 Travel will turn out to be far more exciting than you imagined. Mingle with those who can further your goals. You can make extra cash by moonlighting. Avoid extravagance or risky financial schemes.



VIRGO (Aug 23 - Sept. 23)
 Your ability to be a self starter will help get things done and motivate others. Get involved in physical activities that will stimulate you. It's time you let your true feelings out. You may find that your boss is not delighted with your work lately.



LIBRA (Sept. 24 - Oct 23)
 Investments concerning your residence will be profitable. Opportunities to make advancements through good business sense are apparent. A second chance will result in good work. Your mind is on moneymaking ventures.



SCORPIO (Oct. 24 - Nov. 22)
 Get involved in groups that are creative in nature. Expect to have more people on your domestic scene. Focus on your domestic scene. Get together with friends or relatives. Don't overload your plate.

*This edition covers the week of
 July 5 to July 11*



SAGITTARIUS (Nov 23 - Dec 21)
 If you take on too much, you will find your self in martyrdom. You will find that you are able to clear up a number of small but important details. You will find that friends or relatives may not understand your needs. Don't hold yourself back because you think you're too old.



CAPRICORN (Dec 22 - Jan. 20)
 Do not travel unless absolutely necessary. Be careful. Do your own thing without drawing attention to it. You are best to do your research before taking on such a venture. Do something constructive outside.



AQUARIUS (Jan. 21 - Feb. 19)
 Underhandedness regarding legal matters or contracts must be counteracted. Don't let friends or relatives make you feel guilty if you're not able to attend one of their affairs. Courses dealing with psychology or health care will be of interest. Your high energy will help you through this rather hectic day.



PISCES (Feb. 20 - Mar. 20)
 You may have difficulty trying to get your mate to understand your position. Make sure that you have all the pertinent information before any reprisals or making any moves. Deception and doubts may surround your involvement with friends and relatives. Opportunities to meet new lovers will evolve through your interaction with groups or fundraising functions.

Echo Classifieds

For Rent
Office space for rent
 Above Pine Falls Post Office. c/w private washroom.
For sale: One hospital bed, \$300.00. For more information call Denis at 367-8651. TFN

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. MFN

For Sale
House for Sale, 13 Cedar Street, in Pine Falls, 3BR. Hardwood floors throughout, central air, large lot, beautiful yard, shed, new garage. Must see call 367-9708. 2x-2

Help Wanted
 Professional cook required at Tenny Boppers. Wages negotiable depending on experience/qualifications. Contact Sharon at 367-2530. 2x-2

For Sale
8x12 Storage Shed, 2 months old, all new material, shingled and stained on skids ready to move, \$1000.00, ask for Donna 367-9568. 1x-1

For Sale
For Sale 1999 Wild Wood Slide-out Camper. Mint condition with many extras, must see, asking \$21,000, Call 367-9568 or 367-9113, ask for Terry or Louise. 1x-1

Rooms and Suites for rent. Weekly and Monthly rates available. Hydro and satellite included, call Omer at 367-9991 or 367-4210. 20-7FN

For Sale
 Restonic Massaging adjustable head and foot bed with wireless remote, excellent condition, must sell, call Pine Pharmacy at 367-2517, ask for Keith.

For Rent
House for Rent. Located on Maple Creek Road. 1200 sq. ft., 2 Bedroom home, laundry room, full basement, attached garage, includes appliances, available Mid-July, \$400 per month, plus utilities, call work 367-5218 or home 345-8825. 2x-2

Card of thanks
 Thank you to everyone who supported the Sunnywood Manor Resident Council by purchasing raffle tickets. The raffle raised over \$1200.

The winners are:
1st prize - Ladies Gauntlets, donated by Jeannine Chevretils won by Auston Prowse.
2nd prize - Moccasins and backpack donated by Denise Allison, won by Jean Bourier.
3rd prize - Quillow and candle holder donated by Annette Vincent, won by Stephanie Coss.
4th prize - Oak Safe Table and candle lantern, donated by Robert Chevretils, won by Mary Joseph.

Thank you to Brenda Rose-Wiebe for the candle donations.

Anniversary
ZYTNYK Shirley & Michael
 July 1, 1978
 Happy 26th Anniversary Mom & Dad



Love Always
 Boo Boo & Ippa



"Our baby girl is now 3 years old!
 Happy Birthday Avery!
 Love, Mom, Dad, Dylan & Hunter




The family of Leon and Irene Coss would be delighted if you could attend the couple's **50th Wedding Anniversary** Yes.... their 50th!

There will be an open house tea on Saturday, July 31, 2004 at 2 o'clock in the afternoon until 6 o'clock in the evening. The tea will take place at the Christian Faith Fellowship Church in Pine Falls, Manitoba. Please no gifts; your presence is a special gift in itself. We look forward to seeing you there. For more information contact: Suzy Keenan: 204-367-2827, Richard Coss 204-367-8636 Leonard Coss 780-865-3266, or Lucille Olver 780-865-3497.

Watch for overhead wires

Recently a television photographer in Texas was electrocuted as he raised a news van's mobile broadcast tower into overhead electric lines. He was setting up for a live shot and raised the van's mast into the electric lines. Vehicle operators, including cameramen and reporters, farmers moving large equipment, construction workers and those moving recreational equipment and working on tall masts need to be aware of the danger of contacting overhead powerlines. Don't park vehicles with antennas or masts under power lines. Take the time to identify a safe location to park these types of vehicles.

Look up before raising the mast. Make sure to look up to see that the mast will not come close to power lines when raised. Remember the 10-Foot (3 metre) rule. Keep all masts, equipment and people at least 10 feet (3 metre) away from overhead power lines. Use a powerful lantern at night: a lantern helps you avoid any hazards, including seeing any downed power lines. Know what to do in an emergency: Stay in the van: If you are inside the van and the mast contacts a power line, stay inside and warn others to stay away. Do not leave the van unless told to do so by emergency personnel. The wheels are helping to insulate you and the vehicle from electric contact. If you must exit the van because it's on fire, you must be careful. Leap from the van with your feet together, and do not touch the van and the ground at the same time. Shuffle away keeping your feet together for about 20 feet. Downed power lines may still be energized. Do not touch or try to move them. Keep away and warn others to stay away. Contact 911 and Manitoba Hydro immediately. If satellite broadcast masts or other equipment should come in contact with overhead power lines, stay calm and call 911 and Manitoba Hydro at 204-474-4990.



North Eastman Health Association Inc.
TENDERS
 Hairdressing/Barbering Services
 Pine Falls - Sunnywood PCH

The North Eastman Health Association Inc. invites tenders to provide hairdressing and barbering services for the residents of Sunnywood Personal Care Home in Pine Falls for the year 2004/2005.

Information and tender forms are available at the Pine Falls Health Complex during regular office hours (8:00am to 4:00pm) Monday to Friday.

Closing date: 4:00pm July 16, 2004.

Lowest or any tender not necessarily accepted.

Please direct tender to:
 Ms. Brigitte Budgell, Care Team Manager
 Pine Falls Health Complex
 Box 2000
 Pine Falls, MB R0E 1M0

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

Friday, July 9
 Soup, sausages, macaroni and cheese, peas, rhubarb custard pie.

Monday, July 12
 Soup, shepherds pie, cherry cheese cake.

Wednesday, July 14
 Soup, tuna casserole, stir fry, cranberry muffins.

Lac du Bonnet RCMP Report

from page 12

On the 2nd of July, a report was rec'd of an injured deer at a residence in Pinawa. Police and DNR attended and the animal was dispatched.

On the 2nd of July, a report was rec'd of damage at the Black Bear Golf Course in the R.M. of Lac du Bonnet. Unknown subjects walked from north to south across the Golf Course over the course of this past Friday night or early Sat. morning, leaving beer cans and damaged flagpoles in their wake.

On the 2nd of July, a report was rec'd of a vehicle passing another on a solid line on P.R. 313 in the R.M. of Lac du Bonnet. The plate number was obtained and follow-up done with the driver as per the wishes of the complainant.

On the 2nd of July, police assisted DNR to remove a rotting deer carcass from the lawn of a residence in Elma. This had apparently been done as a birthday joke.

On the 2nd of July, a report was rec'd of a single-vehicle roll-over on P.T.H. #11 south of P.T.H. #44 in the R.M. of Whitemouth, with two subjects trapped inside. Police, ambulance and fire attended and the pair were removed to Beausejour Hospital where they were treated for minor injuries and released. Both were saved from more serious injury or death by the usage of seat belts.

On the 2nd of July, a report was rec'd that fireworks were set off on a vacant lot between two businesses on Park Avenue in the Town of Lac du Bonnet. The angle of trajectory meant that same narrowly missed hitting businesses in the area, as same were set off toward businesses, rather than over the water.

On the 2nd of July, a report was rec'd that an intoxicated adult male was causing a Breach of the Peace at a residence on Tepe in the R.M. of Lac du Bonnet. Police attended and arrested the subject, and lodged him to sober up.

On the 3rd of July, a report was rec'd from a licensed premises in the Town of Lac du Bonnet that matters were getting out of control due to the large influx into the premises after the closure of the Beer Garden. Police attended to keep the peace while the premises were closed and the crowd dispersed.

On the 3rd of July, a report was rec'd of intoxicated subjects throwing gasoline jerry cans onto a fire at Nutimik Lake in the Whiteshell Prov. Park. Police attended and the subjects in question were evicted from the Park, with one adult male arrested for Public Intoxication and held to sober up.

On the 3rd of July, a report was rec'd of an injury accident involving an Off-Road Vehicle in the Bonnet Oaks area of the R.M. of Lac du Bonnet. The adult male who was driving sustained minor injuries when the Off-Road Vehicle rolled over.

On the 3rd of July, a report was rec'd that a group of campers were causing a disturbance at White Lake in the Whiteshell Prov. Park. Police attended and assisted DNR with the eviction, which proceeded without further problems.

On the 3rd of July, a report was rec'd from Bereteton Lake that a video tape and photographs were being taken of subjects using their own dock. Alleged to be taken by a couple residing in the area.

On the 3rd of July, a report was rec'd that a residence on Dzioba Road in the R.M. of Lac du Bonnet was hit with a shotgun blast when no-one was at home.

On the 3rd of July, a report was rec'd from an adult male and an adult female that they were subject to an assault in the Beer Gardens in the Town of Lac du Bonnet on the night of the 1st of July.

On the 3rd of July, a report was rec'd of two females hung up in a boat on rocks at Eleanor Lake in the Whiteshell Prov. Park and requiring assistance. Both were subsequently retrieved from the difficulty.

On the 3rd of July, a report was rec'd of a black vehicle speeding in Seven Sisters. No plate number or description available.

On the 3rd of July, an underage female was found in the process of consuming liquor in the Town of Lac du Bonnet. She was arrested, lodged to sober up, and charged for Minor Consuming.

On the 3rd of July, a report was rec'd of a bear at a location on Village Crescent in the R.M. of Lac du Bonnet. Police attended and found all to be in order.

On the 3rd of July, a report was rec'd of an intrusion alarm at the McArthur Falls Generating Station. Police attended and found an insecure door.

On the 3rd of July, a report was rec'd that two subjects were involved in some type of altercation in the foyer of the Royal Bank on Park Avenue in the Town of Lac du Bonnet. This resulted in one of the subjects being pushed or falling through a front window, breaking same. The identity of one of the subjects was discovered, however, the identity of the second was not confirmed at the time. Security was maintained at the Bank until other arrangements could be made.

On the 3rd of July, a report was rec'd of a vehicle racing on

Inverness Falls Road in the Whiteshell Prov. Park. Matter passed to DNR to respond to.

On the 3rd of July, an intoxicated adult male was arrested for being drunk in a public place outside a licensed premises in the Town of Lac du Bonnet, and lodged to sober up.

On the 3rd of July, a report was rec'd from Security at the Beer Gardens in the Town of Lac du Bonnet of a possibly fake Driver's License seized from a subject.

On the 3rd of July, a report was rec'd of the theft of electrical cable and copper lines at the old Treatment Centre east of Seven Sisters in the R.M. of Whitemouth.

On the 3rd of July, a report was rec'd of partying going on and fireworks set off at a location on Anderson in the R.M. of Alexander.

On the 4th of July, a report was rec'd that 2 intoxicated adult males threw a firecracker into the Beer Gardens in the Town of Lac du Bonnet. Both were arrested and subsequently released to a sober person with a warning.

On the 4th of July, an underage male was arrested for Minor Consuming in the Town of Lac du Bonnet, and lodged to sober up. Charged accordingly.

On the 4th of July, a report was rec'd of a fight involving a group of people outside of a licensed premises in the Town of Lac du Bonnet, with knives apparently involved. Police attended and found that no fight or knives were present.

On the 4th of July, a report was rec'd of the theft of a purse from outside a portable toilet at the Beer Gardens in the Town of Lac du Bonnet. The purse was recovered the next morning, minus the ID and cell phone from same.

On the 4th of July, a report was rec'd that a dark-coloured vehicle was driving on Burrows in Pinawa with loud music blaring. Police patrolled, but did not locate such a vehicle.

On the 4th of July, a report was rec'd from Ash Street in the Town of Lac du Bonnet that the window on a vehicle was broken with a cinder block, and stereo stolen.

On the 4th of July, a report was rec'd of a break and enter to a garage at Park Manor in the Town of Lac du Bonnet, with nothing stolen, and of an attempted break and enter to a garage on Fifth Street.

On the 4th of July, a report was rec'd of a Craftsman Riding Lawn Mower stolen from a location on Tinnant Road in the R.M. of Lac du Bonnet.

On the 4th of July, a report was rec'd of an attempted break and enter to a garage on Mascanow Drive in the R.M. of Lac du Bonnet. Took place within the past week.

On the 4th of July, a report was rec'd of the license plates stolen from a vehicle parked at Old Pinawa in the R.M. of Lac du Bonnet.

On the 4th of July, a report was rec'd of an adult male requiring hospitalization under the Mental Health Act at a location in the R.M. of Lac du Bonnet. This subject would not submit

to a voluntary assessment, so was taken into custody under the Mental Health Act, and escorted to Selkirk.

On the 4th of July, a report was rec'd that the window was broken on a vehicle parked in a back lane in the Town of Lac du Bonnet.

On the 5th of July, a report was rec'd that the under-construction Wpg. River Resource Centre on Third Street was entered between Thursday night and Sat. Morning, and damage done to construction material and roof vents.

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