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Echo

LEGISLATIVE CLERK
AUG 06 2004
MANITOBA

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200 Vaughan Street
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comp

Vol. 5, No. 10

August 3, 2004

\$1.00 tax included



Sagkeeng celebrates Treaty Days

A huge crowd was on hand to watch the traditional dance at the PowWow Grand Entry held on Sunday in Fort Alexander. See more on Treaty Days on page 5.

Bears getting bolder

Yogi and Boo-Boo not to be toyed with

by Jim Hampshire

The number of bear sightings in Eastern Manitoba this summer is on the rise, and the problem could get worse according to Conservation officials.

So far this year Conservation has received more than 50 reports of bears sightings, where the animals have been of a particular nuisance. One of the most active areas has been in the Town of Pinawa, where bears roam freely through the streets in the evening hours scavenging for food in neighbourhood garbage cans. One close encounter last month resulted in a bear breaking through a wooden garage door in search of a cache of garbage bags left inside for safe keeping during overnight hours.

Normally bears will become more visible in late August when neighborhood fruit trees begin to ripen. At this time the male bears are also actively searching for a mate, which only adds to the movement of the bear population and the subsequent increase in sightings.

Conservation officials report the unusual early season onslaught by bears can be blamed on the late growing season this spring, compounded by the large insect populations found in dense bush. In another close encounter, Park officials at Bird Lake were forced to put a bear down two weeks ago as it was displaying unusually bold behavior in the campground.

See BEARS/page 2

Hydro rate change

Effective August 1, 2004

Manitoba Hydro has received approval from the Public Utilities Board of Manitoba (PUB) for an increase in its Primary Gas rate to 25.87¢ per cubic metre, effective August 1, 2004. Hydro's former Primary Gas rate, established May 1, 2004, was 24.93¢ per cubic metre. In addition, the PUB has approved the removal of temporary rate adjustments to Hydro's Supplemental Gas, Transportation and Distribution rates that were set to expire on July 31, 2004. Based on the approved Primary Gas, Supplemental Gas, Transportation and Distribution Rates, the combined bill impact for the typical residential customer is an increase of 2.3% or \$30 on an annual basis. The combined annualized adjustment for the Large General Service and higher volume customers would range from a decrease of 0.7%

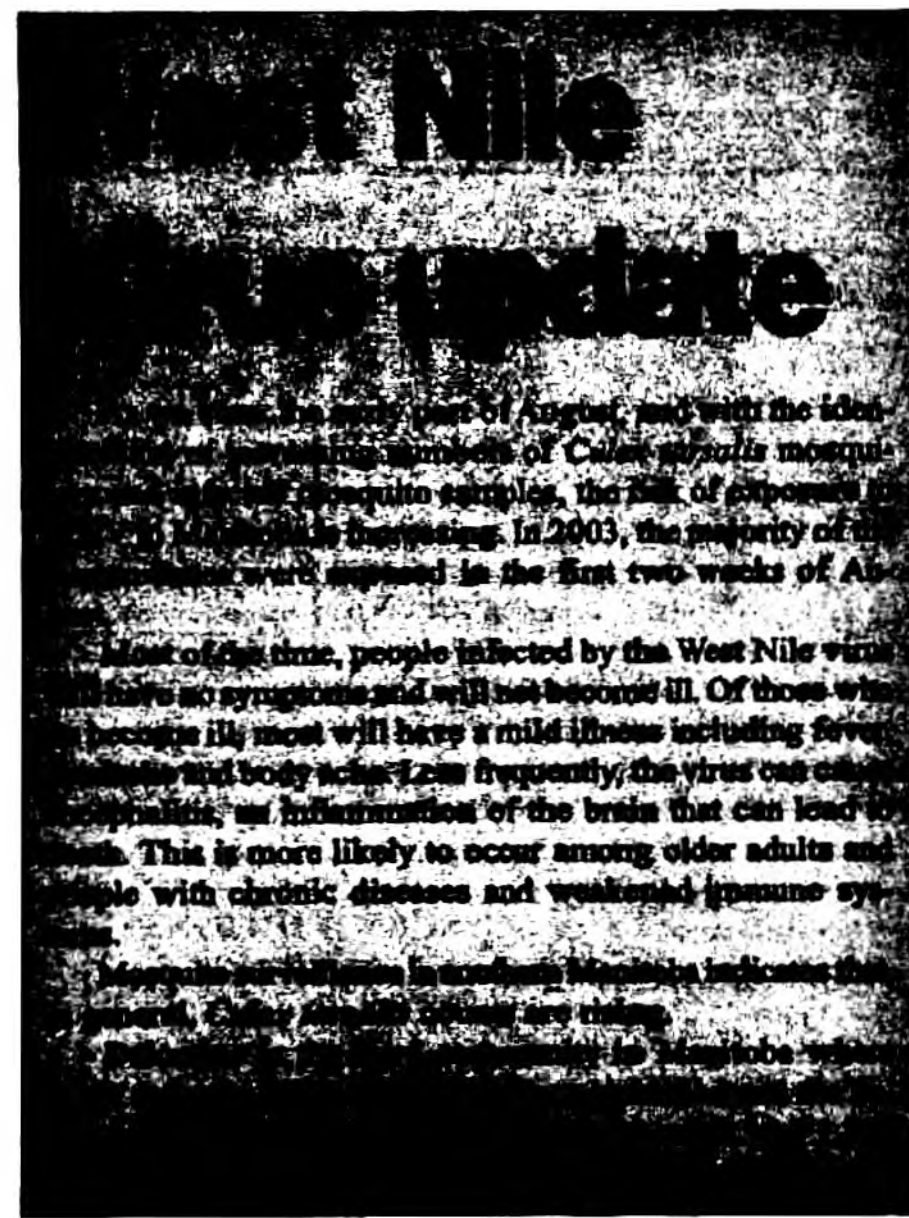
to an increase of 3.7% depending on the rate class, consumption, and proportion of Primary and Supplemental Gas supplied.

Primary Gas rates are updated each quarter (November 1, February 1, May 1, and August 1) according to the "forward price" or the forecasted cost of Primary Gas supplies for the next 12 months. Essentially, Hydro's rate will change every three months, depending on market conditions. When the market price of natural gas goes up or down, Hydro adjusts its Primary Gas rate each quarter accordingly. Quarterly adjustments help reduce the risk of large, one-time adjustments to the customer.

Hydro purchases Primary Gas from producers in Alberta and transports it to Manitoba through the TransCanada Pipeline network. Natural gas is a North American commodity and as a result, its price varies depending on supply and demand factors. The price that Hydro

pays for its Primary Gas supply is passed directly on to customers without any markup. As a result, the utility does not make any profit on the sale of Primary Gas. Hydro attempts to lessen the impacts of volatile natural gas prices on its customers through the use of derivative instruments, gas storage, and deferral accounts as well as the quarterly adjustment of natural gas rates. Hydro also provides customers with the option of enrolling in the equal payment plan which allows for the smoothing of natural gas energy bills.

Reducing natural gas consumption is the best means for customers to reduce their annual gas bill. This can be achieved by using more efficient natural gas appliances and increasing the energy efficiency of buildings. For more help and information with respect to improving your energy efficiency, contact your local Manitoba Hydro office.



Bears getting bolder

from front page

According to Conservation officials, the bold actions are a direct result of the lack of early season vegetation due to the cool rainy conditions this spring.

In order to discourage potential bear activity, Conservation Manitoba recommends that you keep weekly garbage bags in the house until pick-up day, or until they can be transferred to the designated dump site.

Other recommendations suggest the removal of all food sources around the yard, including bird-feeders and any fallen fruit that collects under crab-apple trees or berry bushes.

Barbecue grills should also be cleaned regularly and stored indoors.

Conservation officials also caution against approaching bears for any reason, especially

for photography purposes, which is so often the case.

Children of all ages should also be educated on what to do in case of an encounter, which is to remain calm and avoid eye contact while backing away slowly. Bears are most active in the evening hours, often before sunset, and a distant dog bark can often serve as warning that a bear is in the vicinity.

In most cases, bears are more interested in garbage or food odors when they encroach on property, and will likely pay little attention to people unless they pose a threat. The best method to avoid an encounter would be to keep in touch with neighbors in town or at the cottage. Bears often cover the same trail nightly and communication with others in the area is the best defence system.



These garage doors were not a deterrent to a bear in Pinawa in July. What was described as a large female broke through in search of garbage bags stored in the detached garage

West Nile Virus update

from front page

for the week of July 18, 2004.

Killarney was the first community identified with infected WNV mosquitoes and the average one-night *Culex tarsalis* CDC trap count has increased to 459 for the week of July 18, 2004.

Public health orders calling for adult mosquito control in Deloraine and Killarney were issued today by Health Minister Dave Chomiak to reduce the risk of WNV in those areas.

Infected mosquitoes were also identified in West St. Paul last week but *Culex tarsalis* counts have dropped to 186 in a sample collected earlier this week.

It is anticipated WNV will be detected in mosquito samples in additional communities over the next few weeks. Testing of mosquitoes for West Nile virus is ongoing.

Aggressive larviciding is occurring in a number of communities in southern Manitoba including West St. Paul, Deloraine and Killarney through the province's cost-sharing program.

Culex tarsalis counts and infection rates are being closely monitored. The public will be notified if any further

adult mosquito control activities are planned.

For information on malathion, including the recommended precautions during spraying, please see Health Canada's fact sheet at: http://www.hc-sc.gc.ca/pmra-arla/english/pdf/fact/fs_malathione.pdf.

At this time, it is important to consider taking personal protective precautions against mosquitoes and reduce standing water around your home.

To reduce the risk of West Nile virus infection, Manitobans can protect themselves against mosquito bites. This includes: wearing light-coloured, loose-fitting clothing with long sleeves and long pants; using mosquito repellent containing DEET; reducing the amount of time spent outdoors during peak mosquito hours between dusk and dawn; and keeping mosquitoes out of indoor spaces by checking door and window screens to make sure they fit tightly and are free of holes.

Manitobans can reduce the number of mosquitoes by emptying standing water that may collect in backyards, old tires, children's toys, pet bowls, wading pools or stagnant ponds, eaves troughs, under flower-pots, etc.

At this time, the provincial WNV corvid surveillance program has established the presence of West Nile virus throughout southern Manitoba. Therefore, no further birds will be picked up in southern Manitoba.

Birds from the NORMAN Regional Health Authority, the Burntwood Regional Health Authority and the Churchill Regional Health Authority will continue to be accepted for WNV testing to establish the presence of WNV in those areas.

As of today, 338 birds have been submitted for testing for West Nile virus in Manitoba with 16 testing positive. The bird surveillance program began May 5.

Public awareness for personal protection and reduction of water sources are being enhanced through the government's WNV website, a WNV pamphlet and radio, television and newspaper advertising.

Public information about West Nile virus is available by calling Health Links-Info Santé at 788-8200 in Winnipeg or toll-free at 1-888-315-9257. Additional information is available on the Manitoba Health website at: <http://www.gov.mb.ca/health/wnv>, which is updated with surveillance data weekly.

BINGO

FOR UPDATES CALL 345-6197

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Lac du Bonnet Legion Hall	Star - 2,682.00
Specials 7:00 p.m.	Lucky 7 - .00
Every Monday Evening	Poker Flush - 365.00
In Case of Discrepancy the Latter will Prevail	Mini Loonie - 457.00
	#1 Loonie - 473.00
	#2 Loonie - 530.00
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	Bonanza - 729.00

BINGO

FOR UPDATES CALL 345-8619

Lakers Ski Club	Bonus Line - \$226.00
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At the Lac du Bonnet Community Centre	Poker Flush - 17,989.00
	Special "Y" - 86.00
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The Winnipeg River

Echo

The Echo is an independent weekly newspaper published on Tuesdays in Pine Falls and Lac du Bonnet, Manitoba. Advertising and submission deadline is Friday at 3:00 p.m. prior to Tuesday's publication.

New CO-OP store completed

Out with the old and into the new

by Jim Hampshire

There's really nothing new about a gas station heist but when the entire building disappears overnight, it might raise a few questions.

Fortunately for residents in Lac du Bonnet, the hasty heist of the Tangle Ridge CO-OP building was all part of a well planned transition as the demolition made way for the opening of the new CO-OP convenience store, constructed directly behind the old location.

On Tuesday of last week, Arsenaull Trucking (and demolition experts) tore into the old corner landmark on Minnewawa

Street in rapid fashion, and before you could say 'filler up' the doors were open and CO-OP was back in business in their new digs.

According to the lease operators, the transition couldn't have been smoother.

"As it turned out we were only closed for two days last week (Monday and Tuesday) while the demolition crews worked to remove the old convenience store," Bev Nally said this week. "It went well and we were able to open on Wednesday with the least possible disruption for patrons."

And while the initial transition went well, more improvements are on the way. During the month of August, Nally reports that a second set of gas pumps will be installed and an overhead canopy will be erected to cover the gas pump islands. Once that is complete, the entire frontage will be paved in time for the grand opening, expected sometime in September.

Once inside, patrons will notice that although the surroundings are new, the Tangle Ridge CO-OP will offer the same familiar services with noted improvements. As always, the new store will continue to offer movie



With the old structure out of the way, Tangle Ridge CO-OP was able to reopen for business in less than 48 hours.

rentals and a host of convenience store products, but they have also expanded the coffee counter to include a variety of blends, including hot and cold Cappuccino. The convenience store will

also compliment the new carwash and laundromat currently under construction, adjacent to the CO-OP gas bar. Construction on the second building is expected to be complete by

the September grand opening.

The original Tangle Ridge building was built in 1964 by Walter Hapko and was known locally as Walter's Shell for the following decades.



Arsenaull Trucking made the old Tangle Ridge building disappear in rapid fashion last week as the CO-OP convenience store moved into its new location just a few feet away.

Facts about

West Nile virus



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

Reduce your risk

Manitobans are at greatest risk of being bitten by a West Nile virus-infected mosquito in mid-July, August and September. You can reduce your risk of being bitten by:

- reducing the time you spend outdoors between dusk and dawn when mosquitoes are most active;
- wearing light-coloured, loose-fitting, long-sleeved shirts and long pants when you are outside;
- applying insect repellent containing DEET; and
- checking that your door and window screens fit tightly and are free of holes

To reduce the places around your home where *Culex* mosquitoes may lay their eggs, eliminate unnecessary standing water by:

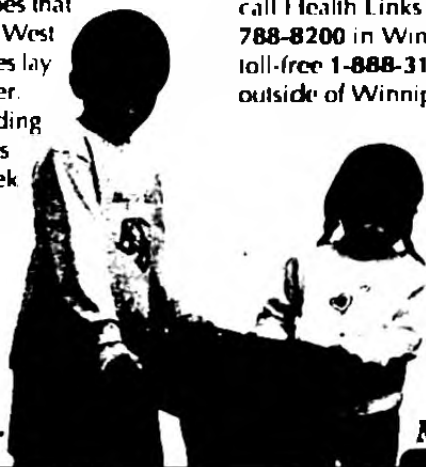
- regularly cleaning and emptying your eavestroughs, pool covers, etc.;
- cleaning and emptying your bird baths weekly;
- ensuring that openings in rain barrels are covered with mosquito screening or tightly sealed around the downspout; and
- making sure your yard is clear of children's toys, pet bowls, old tires or other debris that collect water.

Reduce standing water - reduce mosquitoes

The fewer *Culex* mosquitoes that hatch, the lower the risk of West Nile virus. *Culex* mosquitoes lay their eggs in standing water. Mosquito eggs left in standing water, even small amounts allowed to stand for a week or more, can develop into adult mosquitoes.

To learn more

For the most up-to-date information, please visit our website at www.gov.mb.ca or call Health Links - Info Sante at 788-8200 in Winnipeg or toll-free 1-888-315-9257 outside of Winnipeg.



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Sagkeeng celebrates Treaty Days

Sagkeeng community members and friends celebrated seven days of community spirit, tradition and family.

The week long ceremonies were well attended and saw many participants come together. Organizer Sean Roche said he was happy with the turnout of participants but hopes next year to have even more. "Thanks to all the participants and volunteers who came out. Treaty Days is about communities celebrating unity and we have much to celebrate" said Roche.

Guitar Wars volunteer Chris Edwards was happy to see eleven contestants participate in this event. "It's nice to see young musicians come out and participate and we hope to have even more next year so start practicing now" said Edwards.

Community gatherings such as the Pow Wow Grand Entry and the community barbecues were very well attended.

Winners of the many treaty days events are as follows:

Canoe Races

Mixed:

- 1st Place: Ron Guimond and Sharon Bruyere.
- 2nd Place: Sean Roche and Cheryl Gerard.
- 3rd Place: Harold Dorie

and Linda Dorie.

Mens:

- 1st Place: Ron Guimond and Darren Guimond
- 2nd Place: Sean Roche and Wayne Bruyere.

Womens:

- 1st Place: Cheryl Gerard and Cora Morgan
- 2nd Place: Sharon Bruyere and Ursula Bruyere.
- 3rd Place: Sharon Courchene and Alice Swampy.

Guitar Wars

Winners of the 15 and Under Guitar Wars were:

- 1st Place: Larry Guimond Jr.
- 2nd Place: Haley Courchene.
- 3rd Place: Brennan Courchene

16 and Under:

- 1st Place: Ryan Mazerelle
- 2nd Place: Chris Guimond
- 3rd Place: Derek Cook

There were eleven contestants entered in the Guitar Wars Competition. Winners in each category received an Acoustic/Electric Guitar. Second and Third Place winners were awarded guitar accessories.

Karaoke Contest

Winners of the Karaoke Contest were:

Adult:

- 1st Place: Cindy Desjarlais
- 2nd Place Tie: Adam Courchene and Billy Bruyere.
- First Place winners received \$500.00 cash.

Youth:



Boxing Main Event Richie Goosehead (left) defeated Collin Courchene in the Heavy Weight Competition

- 1st Place: Anda Seymour
 - 2nd Place: Megan Courchene
 - 3rd Place: Kristin Schacht
- First Place was awarded a Karaoke Machine. Second Place was awarded \$50.00 and Third Place was awarded \$30.00

Iron Man Competition

Consisted of swimming 500m, biking 12km and running 5km.

Mens:

- 1st Place: Sean Roche
- 2nd Place: Jeremiah Sinclair

- 3rd Place: Wilfred Bull Swampy

Womens:

- 1st Place: Cora Morgan
 - 2nd Place: Alice Swampy
 - 3rd Place: Maya Bruyere
- Youth Boys:
- 1st Place: Dakota Guimond
 - 2nd Place: Andrew Bruyere

- 3rd Place: Jarred Guimond
- Youth Girls:

- 1st Place: Alana Olaney
- 2nd Place: Chennelle Fontaine.
- 3rd Place: Shawna Olaney

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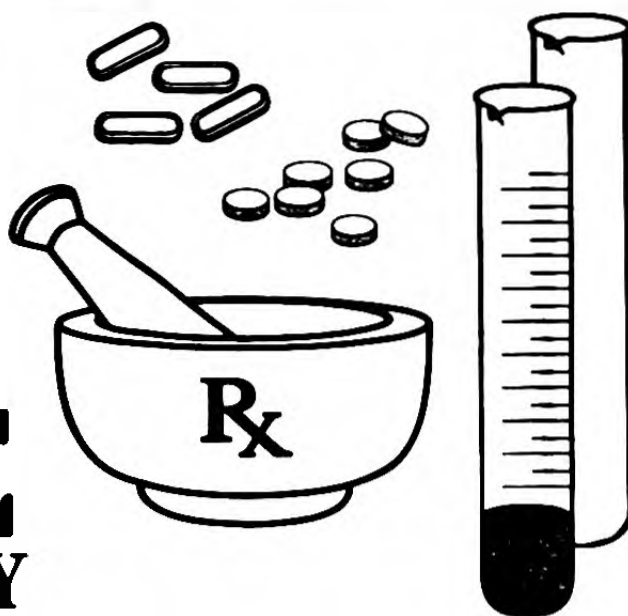
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All Ice times will be in the daytime between 12:00pm to 6:00pm. All participants will receive a schedule of ice times. (Please report 45 mins. Prior to your ice time)

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Sagkeeng celebrates Treaty Days

15 & Under:
 1st Place: Andrew Bruyere
 2nd Place: Dane Courchene
 3rd Place: Jason Courchene
Girls 15 & Under:
 1st Place: Alana Olaney
 2nd Place: Cadance Sutherland
 3rd Place: Asheley Sinclair
Mens 10K
 1st Place: Jerry Sinclair
 2nd Place: Sean Roche
 3rd Place: Robert Twoheart
Womens 16& up:
 1st Place: Tessa Henderson
 2nd Place: Whitney Henderson

2nd Place: Dakota Lavoie
 3rd Place: Wesley Fontaine
Bike Races
 From Traverse Bay to Sagkeeng Arena.
Mens:
 1st Place: Dan Bunn
 2nd Place: Wilfred Bull
Swampy
 3rd Place: Harley Courchene.
Womens:
 1st Place: Bev Couchene
 2nd Place: Tessa Henderson
 3rd Place: Whitney Henderson

Courchene
 2nd Place: Tanya Courchene
 3rd Place: Leona Courchene
Youth:
 1st Place: Jessica Lavallee
 2nd Place: Kayla Lavallee
 3rd Place: Carson Robinson

clothing, teeth whitening, etc... The two winners made their debut at the community bonfire much to the crowd's delight.

Guimond, Adam Bruyere and Anthony Bruyere. They received cash prizes.

Archery

Adult:
 1st Place: Dax Henderson
 2nd Place: Satch Swampy
 3rd Place: Nicole Lavoie
Youth:
 1st Place: Dalton Lavoie

Jigging

Mens:
 1st Place: Denis Chartrand
 2nd Place: Wilfred Bunn
 3rd Place: Mr. Prince
Womens:
 1st Place: Helena

Baseball

Nine teams entered this year's tournament the winners were: Anglican Church team who defeated the Sagkeeng VLTs. They earned bragging rights for the year.

Dare Factor

Sagkeeng's Dare Factor had over 30 participants enter and compete. Participants had to eat raw eggs and worms in cod liver oil. They were also required to transfer rotten fish heads from one tub to another using only their mouths. They had to eat extreme spicy hot sauce. They were asked to lie in a plexiglass coffin and were covered in worms to which they had to remain in for 2 minutes. For the final event they had to enter the coffin once again and lie down with hundreds of garden snakes.

Extreme Makeover

Chosen for an extreme makeover were Perry Bruyere and Nina Fontaine Ellis. The recipients were given a complete makeover. They received pedicures, manicures, facials,

Parade

Winner of the parade was the George M. Guimond Care Centre Float which was featured on the front page of last week's Echo.

Hats off to all the volunteers who came together to help make this event such a success. Your contributions are the true meaning of community spirit.



Jamie Grealan one of the contestants in the Treaty Days Karaoke Competition sang Janis Joplin's "Bobby McGee"



Chris Guimond won second place in the Guitar Wars competition



Patrick Bird (right) defeated Neil Armstrong (left) in the Boxing Lightweight Division



A Traditional Dancer from Ontario who took part in the PowWow Grand Entry



Megan Courchene won 2nd in the Youth category singing "Daddy's Hand"



Adam Courchene won 2nd place in Adult Category singing "Unchained Melody"

Under the Big Tent Jamboree

Come join the festivities and share in celebrating with family, friends & neighbours!

🎵 Music Starts at 5:00pm
 🎵 Admission \$5.00/Adult
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 🎵 Children under 12 Free

The 4P festival invites you to join in on the celebrations!

Friday, September 3
Labour Day Weekend
4P Festival
 Powerview Arena Grounds
 5:00pm to 12:00am

All proceeds to 4P Festival

Triathlon set to take the streets



Phillip Chabot, a past winner of the Lac du Bonnet Triathlon, returns to the staging area after a 40km bike ride. More than 200 Athletes are expected to be out on the streets this Sunday and motorists are asked to exercise caution

Motorists are asked to use caution this weekend

by Jim Hampshire

Motorists in and around Lac du Bonnet are asked to exercise a little extra caution this weekend as more than 200 athletes will be out on the roadways in force on Sunday morning, taking part in the fourth annual Lac du Bonnet Triathlon.

According to organizers, several local arteries will be in use, including a good portion of PTH 502, and Hwy. 11, from Woody's Corner south to PTH 214. A partial closure of Park Ave. in the town of Lac du Bonnet is also in effect through the morning hours of Aug. 8.

The triathlon begins at 8:30am at the staging area on the Lakers Ski Club grounds,

where competitors will kick off the gruelling three-leg endurance race with a 2.5 km swim before hitting the highway for a 40 km bike ride. During the cycling event, athletes will leave the staging area and travel east on PTH 502 as far as Woody's Corner before turning onto Hwy. 11 and heading southward towards the junction of PTH 214, more commonly known as the Milner Ridge Road. The cyclists will then turn and retrace the route back to the staging area. This process is repeated twice, which will have a significant impact on highway speeds as the sheer volume of cyclists narrows the traffic lanes normally available to cars. In order to alleviate the obvious dangers, organizers say they will have more than 100 volunteers out on the designated routes to work traffic control.

The designated race route through the Town of Lac du Bonnet will also see a high volume of athletes, this time on foot as participants begin the third and final leg of the endurance competition. At this point, the competitors will begin the 10 km run from the staging area, and follow the route along Park Ave. towards Leslie Park. And because this route

is used for both, the triathlon and duathlon competitors, part of Park Ave. will be closed to vehicle traffic on Sunday morning due to the high volume of athletes.

Meanwhile anyone interested in participating is asked to log onto the Triathlon Manitoba website for registration details. Deadline for entry is August 5 of this week.

Recreation Re-Boot!

Summer programs are in full swing so check the calendar for weekly activities that are going on!!!!

Boat safety course is on August 16, 2004 from 5:30pm to 9:30pm. If you would like to take this course and receive your Pleasure Craft Operator Card, I would ask you to call the Rec Office @ 367-9142 A.S.A.P. We need at least 10 people to register for this course to take place.

There is still room for registering in the Ph.A.T Camp held on August 9 - 13 and to end this exciting week we will be having an Hawaii Luau @ St. George Beach on Friday evening August 13th with a "Pig Roast Dinner" Everyone Welcome!!!!

The events that are taking place in the next 2 weeks are listed below.

Youth:
Swimming Lessons - Ses-

sion #3 begins August 2, 2004 (If interested there will be Session #4 beginning August 16)

Teen Polo - Tuesdays & Thursdays 7pm to 9pm @ Pine Falls Pool

Lacross - Wednesday July 28 @Powerview School
Beach Volleyball - Wednesdays 7pm to 9pm @St.Georges Beach

Gym Day on every Friday from 10am-12pm(10yrs & under) and 1pm-3pm(11yrs & up)

Cooking Classes/Sports Days and fun activities going on all through August, check the calendar for you preferred activity!!!!

* Memory Lane - Party of Friends craft class. Book a craft class of your choice with Dee Sparrow @ 367-4707. *

* Please register as soon as possible for ANY activities by calling the Rec Office @ 367-9142. *

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Junior "A" Hockey Club

4P Family fishing derby

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the The Echo or
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WINGS OF POWER

Keep your child safe this summer

by Michelle Berthelette

Did you know that injuries are the number one cause of death and disability among children? Safe Kids Canada is dedicated to ensuring that you have the information you need to help keep your kids healthy, safe and happy. The following information was obtained from their website

Don't Leave Kids in Hot Cars - We may all know that this can be dangerous, but did you know that it can take as little as 10 - 20 minutes on a typical Canadian summer day for the temperature inside your vehicle to reach 50° C (122° F)? This could lead to heat stress, dehydration or even shock. Within 40 minutes it could get hot enough for your child to die. Infants are even more susceptible.

To keep children safe in

cars this summer, Safe Kids Canada recommends:

- Never leave a child alone in a car—even with the windows down.

- Always lock car doors and trunks and keep keys out of children's reach. Your child or someone else's child could get into the car and get trapped.

- Ensure all children leave the car when you have reached your destination. Remember to remove sleeping infants and children in car seats.

- If your car has been parked outside on a hot day, make sure the car seat and seat belts are not too hot before buckling your children in the car.

- Carry plenty of water or other fluids when travelling with children to prevent them from dehydrating.



Backyard Safety - About one in every five playground injuries happens at home. Preschoolers (1 - 4 year olds) are more likely to get hurt at home than older children, and swings are involved in about half of all home playground injuries.

- Make sure play equipment is age appropriate. If a child cannot reach the equipment and use it himself, than it is probably not safe for him to use.

- Swing seats should be made of soft material such as rubber or canvas. Many injuries occur when children are hit with a hard swing seat.

- Equipment should be firmly anchored in the ground.

- There should be no points that can catch children's

clothing. Children have died from strangulation when clothing or ropes they were playing with became entangled in high equipment. Check particularly at the top of slides, S-hooks on swings, the joints of climbers, and nearby fencing. Remove drawstrings from children's clothing; use neck warmers instead of scarves in cold weather; do not let children wear bike helmets while climbing; and ensure that children do not tie ropes to climbing equipment.

Water Safety - Did you know that the most common causes of drowning are boating, recreational, and bathtub drowning? Death rates were higher among 1-4 year-olds (toddlers) and 15-19 year-olds.

- Always supervise children in, on and around water (in the bathtub, swimming pool, or lake). Supervision is the best way to prevent drowning.

- Keep large pails and wading pools away from play areas. Toddlers can drown in a few inches of water. Always supervise young children at water play.

- Backyard swimming pools should be surrounded on four sides with a fence that is at least 4 feet tall. The fence should have a self-closing, self-latching gate.

- Make sure everyone wears a personal flotation device (PFD) or life jacket while swimming in deep water or boating.

- All children should be taught how to swim by certified swimming instructors.

For more information on children's safety issues check out www.safekidscanada.ca. It could save the life of someone very precious.

Reminders: Parenting Support Group is this Wednesday, July 28, 11:30 a.m. - 1p.m. This week's topic - Travelling with Kids. You are welcome to come check out some neat ideas, have a light lunch and make a handy travel toy with your child.

Prenatal and Postnatal Drop-ins have been suspended for the next two weeks. The next dates will be: Postnatal - Tuesday, August 10 & Prenatal - Thursday, August 12.

Papertown Motor Inn

EMPLOYMENT

Is now accepting Applications for the following positions:

Serving Personnel for both the Beverage Room & Dining Room.

Apply in person at the front desk. Applicants must be available to start work on August 15, 2004.

Billet Families Needed

If you are looking for something to do during this long cold winter then this is for you.

Get involved by welcoming a Junior "A" Hockey player, ages 17 to 20 years of age from across Canada or U.S., into your home as part of your family and share an enriching year. This will not only be educational and exciting, you will also make a friend for life.

For more information, please call: Lyle Loewen at (204) 367-2630 or Brigitte Delaquis at (204) 367-8961



Library Corner

Lac du Bonnet Regional Library



The statistics are great - new memberships daily, more people using the internet, a lot of books, magazines and videos being checked out, and terrific attendance at our children's programs! It all adds up to a busy summer at the library. Did you know that if you are a visitor to the area for the summer months you can purchase a temporary (3 month) membership? Don't miss out on a great way to spend leisure time - borrow books from the library and read, read, read!

We introduce a couple of fun read for the kids: *Smelly Socks* by Robert Munsch - "Tina loves her brand new socks so much, she's never, ever going to take them off! But when her wonderful socks start to get smelly, her friends have to take action...."

What are YOU so Grumpy About? by Ron Lichtenheld..... "There are lots of excuses for being a grump, and this book is full of 'em. But in this book, the things that make you grumpy can actually be funny." Have fun with this one!

Get buggy over books in keeping with our summer reading theme. Read (or sing) *I*

Know an Old Lady Who Swallowed a Fly retold and Illustrated by Nadine Bernard Westcott.

Keep the kids entertained with new nonsense songs sung to the tune of old favourites! In *Take me out of the bathtub and other silly dilly songs*, Alan Katz guarantees laughs with his "kooky collection" including titles such as "I'm so Carsick (to the tune of Oh, Susanna) and "I've Been Cleaning Up My Bedroom (to the tune of I've Been Working on the Railroad".

Fireflies in the Night by Judy Hawes teaches us that these "lightning bugs" are really beetles. "All beetles have two sets of wings and so do fireflies. When they rest, they fold their hard front wings on top of their soft back wings. Young fireflies do not have wings at all. For their first year or two they live in the ground, just like young beetles." Did you know that fireflies always shine brighter in warm weather? Youngsters will enjoy learning about fireflies and perhaps going on a firefly hunt?

What else is new? *Hana's Suitcase* by Karen Levine is a remarkable true story that is

now an international bestseller loved by readers of all ages! "In March 2000, a suitcase arrived at a children's Holocaust education center in Tokyo, Japan. On the outside, in white paint, were these words: *Hana Brady, May 16, 1931*, and *Waisenkind* - the German word for orphan." Discover the story of Hana and her family, whose happy life in a small Czech town was turned upside down by the invasion of the Nazis.

Look for these bestselling titles for adults: *Reckless Abandon* by Stuart Woods; *Elixir* by Davis Bunn; *Killer Smile* by Lisa Scottoline; and *The Things We Do for Love* by Kristin Hannah!

Read the royal biography *Once Upon a Time: Behind the Fairy Tale of Princess Grace and Prince Rainier* by Randy Taraborrelli.

And finally - "from sports and science to food and fashion, politics and pets, *Guinness World Records 2004* lets you be a witness to the most impressive—and outlandish—achievements recorded around the globe."

Manitoba Youth Job Centre

by Brent Stokes

Pinawa was partying away from the 16th to the 18th, and the Odd Job Squad was pleased to be involved in the celebrations. Saturday morning before the parade, Matt Randell ran the parade hospitality centre. The hospitality centre provides those in the parade with last-minute float-repairing materials, refreshments, washrooms, and the ever-popular Pinawa birthday balloons. Clay Litke, Miguel Young and Richard Koroll volunteered to help the PCDC inflate all those balloons you saw during the parade.

After the parade, residents and visitors headed down to the beach for some lunch and games. This year, for the first time ever, the Manitoba Youth Job Centre ran the beach volleyball tournament. This event has been organized for years by the Winnipeg River Rec

District, and has attracted quite a group of regulars judging by some comments at registration. In the heat of the day, Trent Krupka and Clay Litke called the games and Amanda Symchuk managed the scoreboard and tournament brackets.

That evening, with the fireworks ready to go, the Odd Job Squad brought out the barbecue for the 2nd straight year and served up some hot dogs for a late-night snack. Miguel Young fed the hungry crowd from our usual spot at Willis Drive and the Rowing Club Road. Thanks to Bobby Hannah for all the advertising you did for this event.

On Sunday, Jesse Kaminski kept the large crowd of street market goers cooled down with ice cold pop, iced tea and water. He also brought stickers, tattoos, bookmarks and balloons from the Manitoba

Youth Job Centre to give away. Come check us out at the next street market on Sunday, August 1st.

A big thanks to everyone who supported all of these events!

The Civic holiday means that there are just a few days left in the summer. Our doors close on Friday, August 6 at 4pm. We'll be back at the beginning of May to help students, youth, employers and homeowners connect! A big thanks to everyone who helped make this summer such a success: Winnipeg River Rec District, Pinawa Community Development Corporation, Northern, Hometown Foods, The Yellow Door, Baking by Dawn, this newspaper, the staff and students of New Directions, Angela Arthur, Sebright Farms, Nik Froese and the Inghams. I had a blast!

Here's our last look at the Odd Job Squad for the summer:

Strawberry Pick

After two weeks of waiting, the strawberries were finally ready to show themselves. Jon Phillips, Darren Lussier, Travis Lehmann, Mack Lange, Marc Jenvenne, Justin Lussier, Mat Weiwei, Deidter Stadnyk, Geoff Bordeleau, Tim Hanton, Micah Bergen, Trent Krupka, Miguel Young, Clay Litke, Jesse Kaminski, and Matt Randell traveled to Sebright Farms near Beausejour where we met up with the Beausejour and Oakbank Odd Job Squads and picked the field clean. Pinawa and Lac du Bonnet's Odd Job Squad combined to pick over 100 pails of strawberries, but unfortunately it wasn't enough to fill all of the orders we'd taken. Some of the strawberries couldn't stand all the sun exposure they

got during the 30C days we had earlier that week and actually sunburned! Since the MYJC is closing so soon, we are unable to organize another strawberry pick. Please accept our apologies for this.

Street Market

Brittney Murray, Matt Randell, Kaitlin Reimer and Matt Reimer helped set-up and take down the final Pinawa Street Market for the summer. At the Manitoba Youth Job Centre table Mike Reimer was selling pop and giving away stickers, tattoos, bookmarks, pins and balloons.

The Odd Job Squad thanks everyone who supported them at their various events throughout the summer, and all the parents for their generous offers to drive to the Strawberry Pick.

The MYJC is open Tuesday-Friday this week from 8am-4pm. You can also phone us at 345-6916.

About Life Insurance

by Steve Kulyk

It's difficult to imagine needing personal life insurance while you're young and in good health. But if something should happen to you, it can help your loved ones. Life insurance can also help you pay for your children's education, as well as for your own retirement.

Life insurance can help you pay for your children's education, as well as for your own retirement. Life insurance can help you pay for your children's education, as well as for your own retirement.

ECHOES FROM THE Heart

The Yellow shirt

The baggy yellow shirt had long sleeves, four extra-large pockets trimmed in black thread and snaps up the front. It was faded from years of wear, but still in decent shape. I found it in 1963 when I was home from college on Christmas break, rummaging through bags of clothes Mom intended to give away. "You're not taking that old thing, are you?" Mom said when she saw me packing the yellow shirt. "I wore that when I was pregnant with your brother in 1954!"

"It's just the thing to wear over my clothes during art class, Mom. Thanks!" I slipped it into my suitcase before she could object.

The yellow shirt became a part of my college wardrobe. I loved it. After graduation, I wore the shirt the day I moved into my new apartment and on Saturday mornings when I cleaned.

The next year, I married. When I became pregnant, I wore the yellow shirt during big-belly days. I missed Mom and the rest of my family, since we were in Colorado and they were in Illinois. But that

shirt helped. I smiled, remembering that Mother had worn it when she was pregnant, 15 years earlier. That Christmas, mindful of the warm feelings the shirt had given me, I patched one elbow, wrapped it in holiday paper and sent it to Mom. When Mom wrote to thank me for her "real" gifts, she said the yellow shirt was lovely. She never mentioned it again.

The next year, my husband, daughter and I stopped at Mom and Dad's to pick up some furniture. Days later, when we uncrated the kitchen table, I noticed something yellow taped to its bottom. The shirt! And so the pattern was set.

On our next visit home, I secretly placed the shirt under Mom and Dad's mattress. I don't know how long it took for her to find it, but almost two years passed before I discovered it under the base of our living-room floor lamp. The yellow shirt was just what I needed now while refinishing furniture. The walnut stains added character.

In 1975 my husband and I divorced. With my three chil-

dren, prepared to move back to Illinois. As I packed, a deep depression overtook me. I wondered if I could make it on my own. I wondered if I would find a job. I paged through the Bible, looking for comfort. In Ephesians, I read, "So use every piece of God's armor to resist the enemy whenever he attacks, and when it is all over, you will be standing up."

I tried to picture myself wearing God's armor, but all I saw was the stained yellow shirt. Slowly, it dawned on me. Wasn't my mother's love a piece of God's armor? My courage was renewed.

Unpacking in our new home, I knew I had to get the shirt back to Mother. The next time I visited her, I tucked it in her bottom dresser drawer.

Meanwhile, I found a good job at a radio station. A year later I discovered the yellow shirt hidden in a rag bag in my cleaning closet. Something new had been added. Embroidered in bright green across the breast pocket were the words "I BELONG TO PAT."

See ECHOES/next page

Faith Perspective

by Pastor Jake Doell



How To Jump Start A Good Mood

"Rainy days and Mondays always get me down." So crooned the Carpenters in 1971, capturing the sentiment of mood for many people. Here are some reasons why Monday has gotten a bad rap; Adolf Hitler was appointed chancellor of Germany on a Monday; the Titanic sank on a Monday; the atomic bomb was dropped on Hiroshima on a Monday. Mondays have a reputation for affecting peoples moods. Often we refer to Monday as "blue Monday" because of a downswing in our emotional state. Every one gets down at times, but the good news is that we don't have to stay that way. Here are some proven ways to "jump start" a good mood.

1. **Borrow some sunshine.** - Get around happy people and get out from under the clouds. Don't let someone else's bad

mood rain on your mood.

Both good and bad moods are contagious. If you surround yourself with people who are enjoying life, it will help you have a positive mood too.

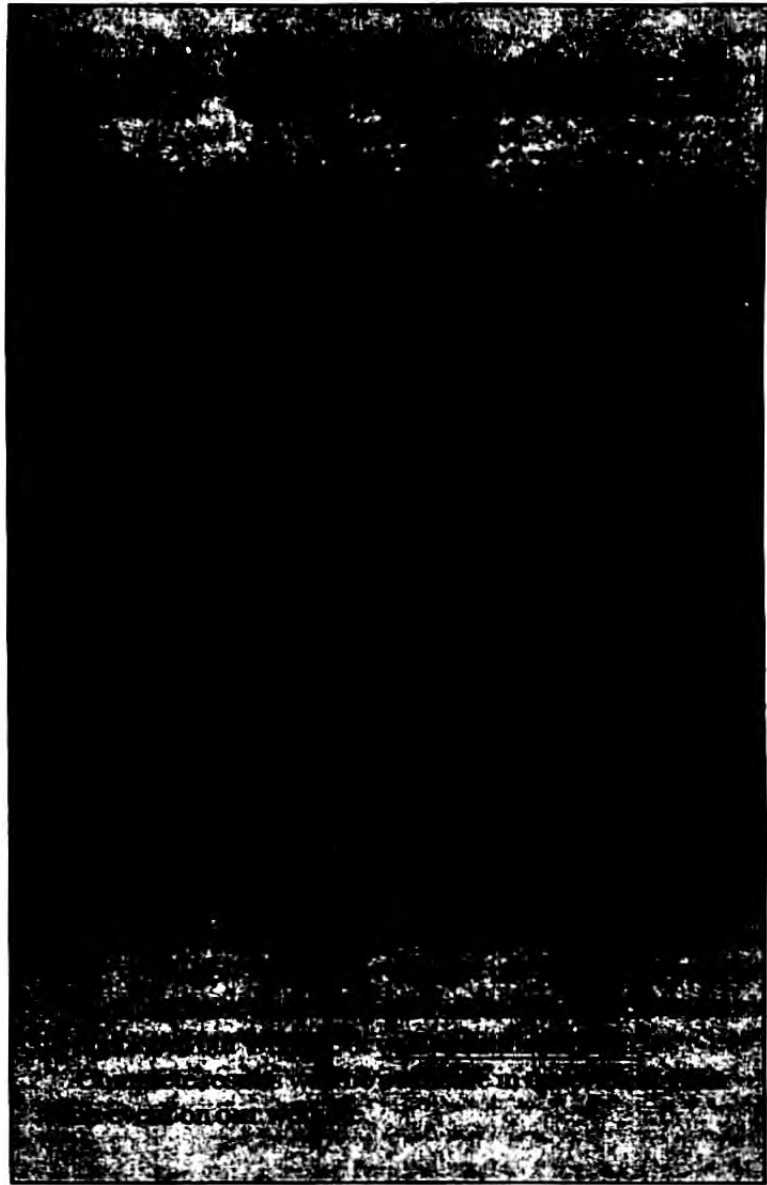
2. **Do something for some one else.** Dr. Witkin a psychologist made this statement; "It is almost impossible to be bogged down with negative feelings when you are busy helping some one else. When we focus on making other people happy, that happiness bounces back and envelops us."

3. **Laugh your way through difficulties.** Studies from a team of psychologists from Indiana University indicate that not only do emotions cause facial expressions, but facial expressions generate emotions. Actors were asked to mimic facial expressions that had nothing to do with how they

were feeling. During the performance their heart rate rose and fell to coincide with their expressions. They theorized that the facial muscles sent this message to the brain; "Get a load of this smile, I'm ready to be happy now and the brain produces the emotion to fit your face."

4. **Practise a strong faith in God.** Paul the Apostle of faith wrote these words in Romans 12:11-13. "Keep your spiritual fervor, serving the Lord. Be joyful in hope, patient in affliction (troubles), faithful in prayer. Share with God's people who are in need. Practise hospitality."

My friend, Jesus Christ came to give us Life Everlasting, when we place our faith in Him. He also promised to give us Joy as we follow Him. Mondays can be "Good mood" days when we focus on God and help others.



ECHOES FROM THE Heart

from previous page

Not to be outdone, I got out my own embroidery materials and added an apostrophe and seven more letters. Now the shirt proudly proclaimed, "I BELONG TO PAT'S MOTHER." But I didn't stop there. I zig-zagged all the frayed seams, then had a friend mail the shirt in a fancy box to Mom from Arlington, VA. We enclosed an official looking letter from "The Institute for the Destitute," announcing that she was the recipient of an award for good deeds. I would have given anything to see Mom's face when she opened the box. But, of course, she never mentioned it.

Two years later, in 1978, I remarried. The day of our wedding, Harold and I put our car in a friend's garage to avoid practical jokers. After the wedding, while my husband drove us to our honeymoon suite, I reached for a pillow in the car to rest my head. It felt lumpy. I unzipped the case and found, wrapped in wedding paper, the yellow shirt. Inside a pocket was a note: "Read John 14:27-29. I

love you both, Mother."

That night I paged through the Bible in a hotel room and found the verses: "I am leaving you with a gift: peace of mind and heart. And the peace I give isn't fragile like the peace the world gives. So don't be troubled or afraid. Remember what I told you: I am going away, but I will come back to you again. If you really love me, you will be very happy for me, for now I can go to the Father, who is greater than I am. I have told you these things before they happen so that when they do, you will believe in me."

The shirt was Mother's final gift. She had known for three months that she had terminal Lou Gehrig's disease. Mother died the following year at age 57.

I was tempted to send the yellow shirt with her to her grave. But I'm glad I didn't, because it is a vivid reminder of the love-filled game she and I played for 16 years. Besides, my older daughter is in college now, majoring in art. And every art student needs a baggy yellow shirt with big pockets.

Summer Seduction

Part Two

by Holly Parcey

In part one of Summer Seduction we looked at the Hollywood notion of seduction. When does seduction become sexual assault? Almost everyone would agree that sexual assault is defined as sexual activity without consent. What we often have difficulty with is the definition of consent and how it is elicited. Submission does not mean consent.

A legal sexual act requires that both persons agree to have sex. Ask the question and get an explicit "YES" before carrying on. There are a number of instances, though, when consent cannot be given:

when one person submits because the other person used threats or force against them or a third party

consent was gained by

- lying
- a person is under the influence of drugs or alcohol
- a person is a blood relative
- one person is under 12 years of age
- one person is less than 14 years of age and the other person is more than two years older
- one person is 14 to 17 years of age and the older partner is in a position of trust or authority

Coercive and manipulative behaviour can be obvious or subtle. If you need to be "seduced" or coerced into recognizing your own sexual desires then you aren't ready for sexual activity with this partner at this time. If you need to "seduce" your partner to over-

come their reluctance or ambivalence towards sexual activity then examine your own behaviour and respect your partner's need to withdraw from sexual activity at this time. If you aren't clear on where this is going then be direct! Ask the question! Get an explicit "YES" or "NO" and respect that response. And be aware of the circumstances under which consent cannot be given. **Submission does not mean consent.**

If you have been sexually assaulted please go to your local hospital where you will receive the support you need; call 1-888-292-7565 for sexual assault crisis phone support (24/7); or 1-204-753-3150 (business hours) for a list of local support services. Check out www.survivors-hope.ca for more information.

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Val at 367-9468**

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You can't be serious



by Jim Hampshire

A tents situation

Every summer, usually around this time of year, I get 'the camping bug.' Normally you'd think that this means 'I get a strong desire to go camping. Hahaha. On the contrary, 'the camping bug' can be defined - at least in my books anyway - as 'a strong desire to go to the bathroom and throw up.'

This is because I've already returned from a camping trip

and the experience can only be described as 'not quite as good as last year's disaster.' Please allow me to expand. (Thank you. Now please allow me to contract).

When fathers plan a week-end camping trip, they are always determined to include the children. Partly because the real life experience can have enormous benefits as they grow older, but mostly because

the wife makes them. The wife, on the otherhand, stays warm and safe at home, where she can be close to her blender and her lantern lit patio. And where she can finally spend some quality time perfecting her pina colada recipes. But that's okay because fathers and sons need this time away from home to bond, and in my opinion, wives need the mid-summer break away from their house-bound children. But that's not to say the wife's pina colada recipe couldn't use some work, anyway.

Now whenever fathers and sons begin to pack for a camping trip, there's always an optimistic quality in the air. The family works together in unison, itemizing every need and detail, ensuring that they won't forget the little things like they did last year when they drove away and left the tent on the garage floor. Right beside the sleeping bags, as it turned out.

This year would be different, though. This time the tent and sleeping bags were first and foremost on the list. After

all, fathers and sons don't make the same mistake twice. Instead, they make different ones.

As we began our trip last weekend, the optimistic quality that we once shared began to fade somewhat when it was discovered, about two hours down the road, that our food cooler lacked a critical item. That would be 'the food'. It seems that the perishables (ie real meat, wholesome grain bread, hot dogs, condiments and beer) would sustain better if left in the fridge at home.

"At least this year we have sleeping bags and we won't have to cover ourselves with our laundry," I said trying to lighten the situation.

The receding optimistic quality soon turned to a collective mutiny. "No HOTDOGS?" came the cry from the youth crew. I managed to extinguish that fire with a visit to an isolated general store which, to their credit, did sell hot dog wieners and buns. However, their 'real meat' department had been pillaged by an earlier group of campers and their selection was reduced to 'beef jerky.' Undaunted, I was able to buy the last six-pack in the

region and we continued on our way.

After our 'first little setback,' the mood began to brighten as we approached the campground.

"Totally AWESOME!" came the shouts from the youth crew as they surveyed the camp sites and the neighboring shoreline.

Our long trek was over and I pulled up to one of the campground's most sought after monuments - The Out-house!

"What's that," questioned my unknowing youth crew. "A cabin?"

Little did they know (or want to know) that this was, in fact, their bathroom for the next three days.

"Where's the bathtub and shower? How does it FLUSH? What's that horrible stench?"

Judging by the rapid-fire tone in their questions, I knew this would truly be one of the longest weekends of the summer. And I couldn't help but ponder: How does mother manage to get out of this ordeal, year after year?

NEXT WEEK: THE TENT-SHUN BUILDS!

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 Call 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 Thursday 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, 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, Whittemouth 348-3505
Lac du Bonnet, Pine Falls, Victoria Beach, Pinawa, Beausejour, Whittemouth, Oakbank, Hadashville

Little Day Bubbles 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 Daell, church 345-2934, home 345-9766

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

LUTHERAN CHURCH OF THE CROSS

Church/office 345-8654

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

NOTRE DAME CATHOLIC CHURCH

Father Richard Machura, 345-2900

Lac du Bonnet: 5:00 p.m. - Saturday mass; 11:00 a.m. Sunday mass

Pinawa (senior school): 9:15 a.m. - Sunday mass

ST. JOHN'S ANGLICAN CHURCH

Rev. Sandra Tankard 367-9528, church 345-2357

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

Winnipeg River RCMP Report

The Winnipeg River RCMP, Powerview Detachment police report was unavailable at press time. Regular police report will resume next week.



About Life Insurance

from page 8

money necessary to enable your fellow shareholders or partners to buy you out when you're ready to retire.

Choosing the Right Policy

Choosing the right policy can be a confusing process. To help you sort through your options, we suggest that you speak with a professional financial advisor. He or she will have the expertise to help you choose the products and company that best meets your needs.

Some questions you should ask yourself are:

- Will the policy meet my current needs?
- Will the policy provide the flexibility to meet my future needs?
- What does the policy cost - both current and expected lifetime costs?
- Is the provider established and financially strong?

• Will the company back its guarantees?

There are two life insurance categories for you to choose from: term and permanent insurance. Both can be tailored to meet your financial needs.

Term Life Insurance

If you're looking for basic insurance coverage for a specific period of time, term insurance is a good place to start. It's a cost-effective and simple plan, with some flexibility to adapt to your long-term goals. We can offer a number of term life insurance solutions to help you protect your financial interests and estate needs. Over time, your needs may change. Our term life insurance can evolve with your needs by providing options to lengthen your coverage period or even to transfer to a permanent life insurance solution.

Permanent Life Insurance

If your financial objectives

include more than basic insurance coverage, you may benefit from this option's added investment potential. Permanent insurance solutions allow you to insure against the unexpected while increasing the value of your investment over time. Our plans are flexible; we can tailor the level of investment potential and insurance coverage to meet your personal financial goals. You can also select a plan that gradually minimizes insurance coverage so you can maximize your policy's investment potential.

If you have specific questions on life insurance, or any other financial matters feel free to call our office in St. Georges at 367-9572.

Steve Kulyk is a licensed insurance agent and president of Kulyk Insurance and Financial Services. Serving the local area since 1995.

On Parliament Hill



Your voice in Ottawa
Vic Toews, MP for Provencher

Threats will not ensure access to Health Care

A federal government response to an Access to Information request has disclosed further problems with spending by the Department of Public Works. This new information dealt with files created after new improved guidelines governing the handling of government contracts were to

have been implemented. Government officials had expected the review to show significant improvements but the review has in fact found almost no improvements - investigators could not even locate about five per cent of the files chosen for examination.

This news comes at a time

when the federal Liberals are promising to make improvements to Canada's ailing health care services. After years of Paul Martin's cuts to provincial health care, most provinces are no longer able to operate within the federal government's framework. Yet, former NDP premier of British Columbia and current Health Minister, Ujjal Dosanj,

has now warned the provinces that they must continue to implement the federal government's agenda when it comes to health care if they expect to receive the federal assistance necessary to keep health care afloat.

As demonstrated by this new review of federal spending in the Public Works Department, the federal Liberal government is still unable to take care of its own responsibilities. Perhaps if the federal government were more concerned about how it spent tax dollars on its own programs it could make more money available to the provinces in order to deliver health care services without resorting to threats.

Only with long term, stable

health care, and full, non-confrontational cooperation with the provinces, as proposed by the Conservative Party, can health care in this country be properly delivered. More threats from the federal Health Minister to withhold health care funding will not increase accessibility to medical services in Canada.

Please feel free to contact my office if you have any concerns or issues you would like to discuss. You may contact me toll free at 1-866-333-1933 or at 204-326-9889 or in Lac du Bonnet at 204-345-9762. You may write me at 203-323 Main Street, Steinbach, MB R5G 1Z2, by fax at 204-346-9874 or by e-mail at toewsvl@mts.net

Pineview Mixed Slo-Pitch League

	G	W	L	Pts
Fire	25	22	3	44
Diehards	25	15	10	30
Misfits	25	14	11	28
As If	23	13	10	26
Out of the Blue	22	13	9	26
Hot & Heavy	22	10	12	20
Angels	22	6	16	12
Ugh	24	2	22	4

Tuesday, August 3

6:00pm	Fire vs. As If	R
7:15pm	Fire vs. Out of the Blue	R
7:00pm	Hot n Heavy vs. Ugh	I

Wednesday, August 4

7:00pm	Out of the Blue vs. Hot n' Heavy	I
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Thursday, August 5

6:00pm	Fire vs Misfits	R
7:15pm	Ugh vs Misfits	R
7:00pm	Diehards vs Hot n' Heavy	I

Library Allard

Library Allard's Children's Summer Program is still running strong! There are only three weeks left, but the kids keep joining up and taking part in crafts, outdoor play, and movie nights. This past week, the children made "chia pet" ants using nylon stockings, garden soil, peat moss and grass seed. They decorated their ants with pipe-cleaner legs and antennae and google eyes. Hopefully the ants will "sprout" sometime soon! We also went to the St Georges Museum for a scavenger hunt, finding out neat facts about the

St. Georges area. Many thanks to Nicole Boulet for hosting our afternoon at the museum.

This week, the kids will be cooking up a storm making "bug" treats. They will also be making sock puppet bugs that demonstrate how some bugs transform from one shape to another. Children are also invited to join us for outdoor fun and games on Thursdays from 1:00 to 3:00 PM. Craft days are Wednesday and Friday from 1:00 to 3:00 PM, and Reading Bugo (Bingo) is on Tuesdays from 1:00 to 3:00 PM. And don't forget to come to movie night, on Wednesday evenings at 6:15 PM for free popcorn!

New children are always welcome to join us at anytime! Just a reminder for summer residents that memberships are available to you for July & August for \$5/family.

New books just in:
#1 best-selling author James Patterson tugs at your heart with *Sam's Letters to Jennifer*; *The Art of Mending* by Elizabeth Berg is a compelling story of siblings and family secrets, love and forgiveness; Dean Koontz has done it again, we have two of his latest novels, *By the Light of the Moon* and *The Taking* - both of these books are filled with suspense and thrills that will keep you reading well into the wee hours of the morning; even though the author is not familiar, the story intrigued me - *I'm Not Scared* by Niccolò Ammaniti is a story about a boy that upon exploring an abandoned farm house discovers a secret so momentous,



so terrible, that he dare not tell anyone, this is a masterpiece of coming of age; a compelling portrait of losing one's innocence and a powerful reflection on the complexities and compromises inherent in growing up.

For those seeking non-fiction: *SuperFoods Rx: fourteen foods that will change your life* by Steven Pratt, M. D.; *Belonging: A Book for the Questioning Catholic Today* by Lucinda Vardey; *Diabetes A to Z: What you need to know about diabetes - simply put* by the American Diabetes Association; *A History of the Wife* by Marilyn Yalom; *Canadian Living's Best Vegetarian Dishes*; *How to Draw Celtic Knotwork: A Practical Handbook* by Andy Sloss; and *The Spirit of the Whale: Legend, History, Conservation* by Jane Billingham.

Don't forget we also have an internet access site; DVD's & VHS; photo-copying, faxing, & printing services. If we don't have a book you're looking for, we can inter-library loan it for you! We may be small, but we have access to over a million titles. WOW!

Library Allard - St. Georges - 367-8443
Beaches Branch - Grand Marais - 754-4007

The Winnipeg Humane Society

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



93396 Cat Erina

Pretty momma cat was found in Lundar, MB with her kittens. After a stint in foster care, Cat Erina as we've named her, is back to find herself a new home. Did you know our adoption fee includes a vet exam, vaccine(s), Rabies for adults and the spay/neuter, among other services? Cat Erina has been with us since the end of June. \$79.00+ tax.



94150 Mister

This Golden Oldie likes the company of our Daycamp Kids & has been a great ambassador for us on many visits. Mister seems to like other dogs & is vaccinated against Rabies. Mister is a typical Shepherd - a bit reserved initially but very warm & affectionate once he meets you. An excellent companion for a person on their golden years, too! \$69.00 adoption fee.

The WHS would sincerely appreciate donations of Kong toys, colored bandannas, squeaky toys & canned cat food. Thank You!

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

NEWS TIPS?
Call 367-9468

Lac du Bonnet RCMP Report

Police Report for the period of July 31st to August 2nd, 2004



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

of August: On the 26th of July, the adult male who had his truck impounded on the 25th of July at-

tended at the Lac du Bonnet Detachment to retrieve same. At that time he was arrested for Possession of marijuana and, at the time, was found to have cocaine on his person. He was released for Court on both charges.

On the 26th of July, a report was rec'd of the theft of a stereo Public Address system from a location in Pinawa. This item was found to have been pawned at a Pawn Shop in Wpg.

On the 27th of July, a report was rec'd of a lost infant's life jacket in Pinawa between the beach area and Prescott.

On the 27th of July, a report was rec'd of possible gunshots in the White Lake area of the Whiteshell Prov. Park. Police patrolled the area extensively, but could not locate the source of this, nor confirm if shots had, in fact, been fired.

On the 28th of July, a report was rec'd that the rear win-

dow was broken out of a vehicle parked at Tulabi Falls in Nopiming Prov. Park. This took place between the 19th of July and the 24th of July.

On the 28th of July, a request was rec'd from Natural Resources to assist with an eviction at Otter Falls in the Whiteshell Prov. Park. Police attended and the eviction was completed without incident.

On the 28th of July, a report was rec'd of a cow on P.R. 307 between the Hydro Sub-station and P.T.H. #11 in the R.M. of Whitemouth. Police patrolled the area, however, no cow was located.

On the 29th of July, a report was rec'd of an Intrusion Alarm at the Lac du Bonnet Youth Centre. Police attended and found all secure.

On the 29th of July, a report was rec'd of a break and enter to the Wpg. River Resource Centre location under construction on Third Street in the Town of Lac du Bonnet, with damage done to the dry-wall which was being installed. Took place overnight.

On the 29th of July, a report was rec'd that a side mirror was broken off a vehicle parked overnight at a location on First Street in the Town of Lac du Bonnet.

On the 29th of July, a report was rec'd from a residence at Ste. Rita in the R.M. of Reynolds that two storage sheds were broken into while the property-owner was away.

On the 29th of July, a report was rec'd that a propane tank and a coleman lantern were stolen from a location on an island in the Wpg. River in the R.M. of Lac du Bonnet. Took place sometime during June.

On the 29th of July, a request was rec'd to check the Lac du Bonnet Airport for an overdue aircraft. The aircraft in question was subsequently located elsewhere.

On the 29th of July, a report was rec'd of a number of males throwing rocks at each other on Park Avenue in the Town of Lac du Bonnet. Police patrolled the area, however, the subjects had departed.

On the 30th of July, a report was rec'd from a financial institution in the Town of Lac du Bonnet that a counterfeit \$20.00 was found in the deposit from a local business.

On the 30th of July, a report was rec'd that youths were forced to swim naked and drink water containing leeches at a

camp in the Whiteshell Prov. Park.

On the 31st of July, a report was rec'd of a noisy party at a location on Scott Crescent in the Town of Lac du Bonnet. Police attended and had the gathering quieted down.

On the 31st of July, a report was rec'd of a 911 call from a residence on Brookside Way in the R.M. of Lac du Bonnet. Police attended and found that no call was made. Telephone problems believed to be the cause of the call.

On the 31st of July, a report was rec'd of a domestic dispute along P.T.H. #11 in the vicinity of P.R. 408 in the R.M. of Whitemouth. Police attended to find that no assault had taken place, however, a dispute had taken place between an adult male and an adult female. The intoxicated adult female had done considerable damage to the vehicle of the male, and she was arrested and lodged to sober up. Released for court.

On the 31st of July, a report was rec'd involving a dispute between neighbours at Betula Lake in the Whiteshell Prov. Park. No offence had taken place.

On the 31st of July, a report was rec'd that Off-Road Vehicles were operated on the roadway in Grey Owl Park in the R.M. of Lac du Bonnet, and that the drivers were not wearing helmets. Police patrolled the area and found the Off-Road Vehicles in question at the owner's residence, where follow-up was done with the owner.

On the 31st of July, a report was rec'd that a number of hang-up telephone calls were rec'd at a residence on Bruneau Road in the R.M. of Lac du Bonnet.

On the 31st of July, a report was rec'd that red Firebird was operated in a careless manner in the Bird River area of the R.M. of Alexander.

On the 31st of July, a report was rec'd that two adult males were causing problems at a rented room at a premises in the Town of Lac du Bonnet. Police attended and the pair departed without incident.

On the 31st of July, a report was rec'd of shots fired in the vicinity of the Poplar Bay Campground in the R.M. of

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.

FACE 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., 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 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.

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 Tot's Day Care 367-2601, board meetings last Monday of each month 7:00 p.m. at the daycare. **Senior Sees 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 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 5:30 p.m. - call Dolores for info at 367-2945.

Foster Homes: Open your heart and home to a foster child, foster homes needed in Pine Falls and surrounding area, call Debby at 268-6158.

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

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

PINE FALLS UNITED CHURCH: NO SERVICES DURING AUGUST. SERVICES RESUME SEPT. 5/04 Sunday service 11:00 a.m. Minister Church 367-2633. Everyone Welcome. Sunday School, September 7 at 11:00 a.m., 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, Scantbury, 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 Sagteeng 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.

SAGTEENG CHRISTIAN FELLOWSHIP CHURCH - Lloyd Guimond (Pastor) Sagteeng 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.

Crime Stoppers in cooperation with the Winnipeg River RCMP would like your assistance in solving the following offence:

RCMP need your help

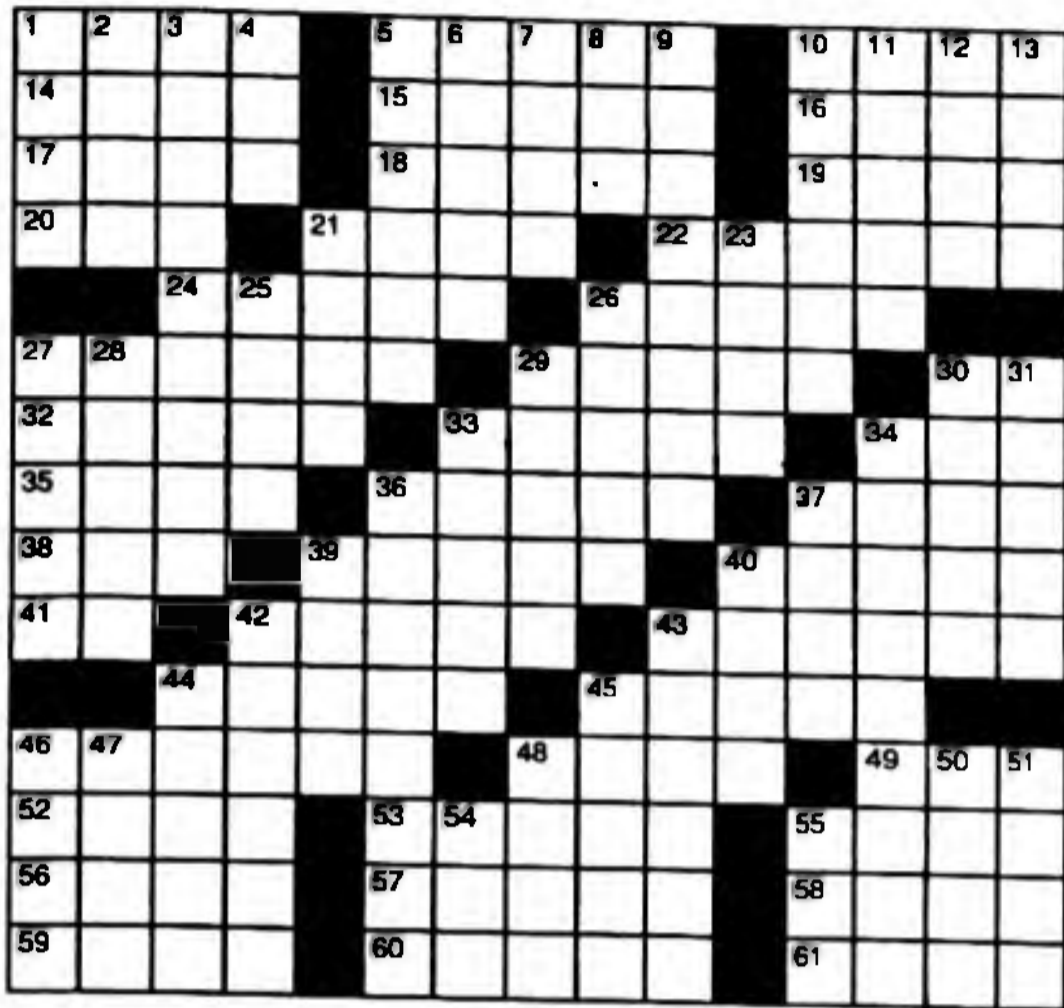
On July 27, 2004 at approximately 3:45 a.m. the Powerview RCMP detachment received a report of a fire in a field off of the Broadlands Road, situated in the RM of Alexander, MB. Police attended to find 368 large round hay bales on fire. It is quite apparent that these bales were intentionally set on fire. The value of the loss is estimated at between \$7300 and \$9000.

If you have information on this or any other crime, please contact the Winnipeg River Detachment at 367-2222 or Manitoba Crime Stoppers at 1-800-782-8477.

CRIME STOPPERS

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

WEEKLY CROSSWORD



ACROSS

- 1. Plunge into
- 5. Be uncertain
- 10. Shut with noise
- 14. Baking receptacle
- 15. Mistake
- 16. Want and expect
- 17. Repair
- 18. S. American dance
- 19. Fills with reverence

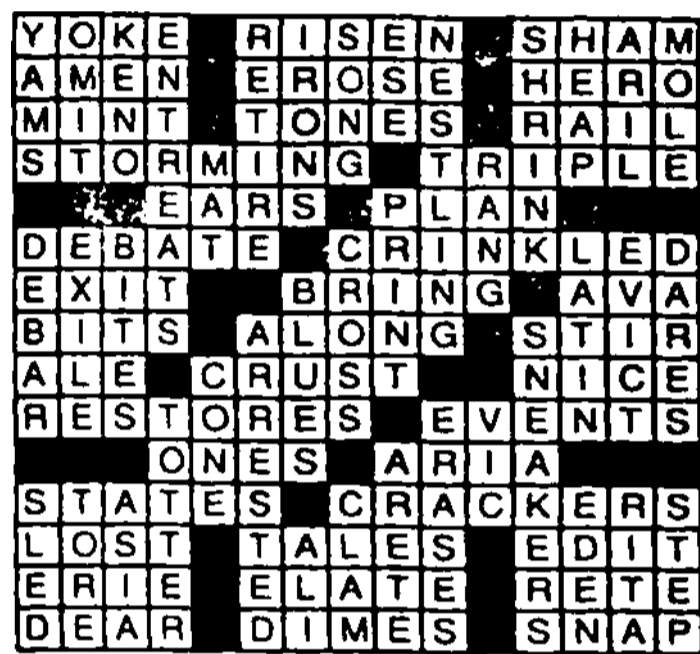
- 20. Superlative suffix
- 21. New York football team
- 22. Documents
- 24. Accustom to trouble
- 26. Striped cat
- 27. Eagle's claws
- 29. Walked back and forth
- 30. Road (abbr.)
- 32. Make very happy
- 33. _____ dressing

Down

- 1. Rounded roof
- 2. Carrier and _____
- 3. Circulate air
- 4. Conclusion
- 5. Discourages from doing
- 6. Make formal speech
- 7. Large coffee pots
- 8. Small marsh
- 9. Very hot
- 10. Formed

- 11. Reduce in height
- 12. Imitator
- 13. Untidy condition
- 21. Sixth month
- 23. Ripened
- 25. Memo
- 26. Stories
- 27. Concise
- 28. Foreigner
- 29. Surfaced with concrete
- 30. Cooking stove
- 31. Clothe
- 33. VII
- 34. Hidden
- 36. Pale purple
- 37. Increase
- 39. Ridge on corduroy
- 40. Broad smile
- 42. Go back
- 43. Addressed God
- 44. Refuge
- 45. Knife part
- 46. Glasgow native
- 47. Possess
- 48. Story line
- 50. Venture
- 51. Not enclosed
- 54. Period of time
- 55. Woman mentioned

LAST WEEK'S ANSWERS



CRYPTIC PUZZLE

BXCWDFVWQCV GRP'Q HWVQ
HRPJ RP QXC KBC.

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

PRISONERS HOPE THEY GET MEASLES SO THEY WILL BREAK OUT.

Weekly Echo Horoscopes

ARIES (Mar. 21-April 20)



Entertainment could cost you more than you expect. You can ask for favors or run your ideas by those who will be able to support your objectives. Evasion is likely if you aren't direct about your feelings. Try to calm down and listen to your partner's complaints. Compromise may be necessary.

TAURUS (Apr. 21-May 21)



Don't agree to make any of those cosmetic alterations you've been considering. Be sure to question any detail that you feel could leave you in a precarious position at a later date. They won't pay you back and you'll be upset. You will be in the mood for competition, and your ability to lead a group will bring you popularity.

GEMINI (May 22-June 21)



Compromise will be necessary. Your social activity should be conducive to finding love. Business trips will be more productive than trying to fight the red tape facing you. You could lose a good friend because of it.

CANCER (June 22-July 22)



Tone down and put some of that hard earned cash into a safe, long-term investment. Your ideas can be put into action. It would be in your best interest to stay away from any intimate involvement with a client or coworker. Take care of any medical problems if they've been troubling you.

LEO (July 23-Aug 22)



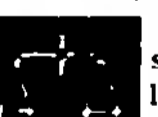
Let them know what your intentions are. This will not be the day to lend money to friends or family. Make any necessary changes to your insurance policy. Sudden changes will occur through communications with friends or in-laws.

VIRGO (Aug. 23-Sept. 23)



Deception will play an important factor in relationships. Think of changes to your home that will please and add to everyone's comfort. You may want to get involved in financial investments presented to you. Difficulties with your mate may lead to isolation.

LIBRA (Sept. 24-Oct. 23)



You will have difficulties spreading yourself between your work and your home. Your lover may feel rejected. Trouble could be brewing at home. Your emotional partner will push all the right buttons this week.

SCORPIO (Oct. 24-Nov. 22)



Put your energy into learning new skills or picking up valuable information. Do not expect too much from others. The talk you have may be eye-opening with regard to your present situation. Talk to someone with experience about budgets or consolidating debts.

This edition covers the week of August 2 to August 8

SAGITTARIUS (Nov. 23-Dec. 21)



Put your energy into self-improvement programs that promise to make you into a better you. Although it does look promising, be careful not to overextend yourself or you will lose in the long run. Expect temper tantrums on the home front if you haven't been letting someone have their way. Your versatile mind and common sense will allow you to come up with various solutions.

CAPRICORN (Dec 22.- Jan. 20)



Sooner or later your partner will have had enough. Plan a nice evening for two. You can make new connections through friends or relatives. You can make some money if you get involved in a conservative financial prospect that is presented to you.

AQUARIUS (Jan. 21-Feb. 19)



Eliminate situations that are no longer to your advantage. Coworkers may not be completely honest with you; try not to rely on help from others. Your emotional partner may make you angry this week. Your stubbornness coupled with your mate's jealousy don't make for a favorable time.

PISCES (Feb. 20-Mar. 20)



Job changes are in order. Go for interviews or send out resumes. It will be all around you. You can receive recognition for the work you've done. Avoid any petty ego confrontations; they could lead to estrangement if you aren't careful.

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*

For Sale
 For Sale: Double wide trailer in St. Georges, very private, great location. 1440 sq. ft. - 4 bedrooms, 2 full baths, attached garage, deck, washer/dryer, fridge and stove and dishwasher. Please call 367-4502 or 367-8523. *4x2*

Advertising
 The Echo Classifieds feature low, low rates. Advertise your birth announcements, weddings, birthdays, engagements, anniversaries and memoriams for as low as \$5.00. Cost to run a photograph is an additional \$5.00. Call for more information 367-9468 or fax us at 367-9974.

Echo
 The Winnipeg River
Echo
CLASSIFIEDS
\$4.50
 for the first 25 words
 15¢ per additional word
DEADLINE
FRIDAY 3:00 P.M.

Babysitting
 Need a babysitter? Willing to baby-sit any age Monday to Friday, mother of 3 (ages 7, 5 & 3) smoke free house, located in Powerview. If interested call Chantal @ 367-4461. *5x1*

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. *34-TFN*

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

EVERGREEN
 Rob Oakes 345-4828
 (204 348-2955)



STEAD RD.
 80 ACRES with approx. 930 SQ FT, treed yard, 3 bedrooms (4th in basement), Appliances (fridge, deep freeze, stove, washer, dryer), Double Attached Garage, Breezeway, Recent renovations, \$97,000.00.
 15 minutes to beaches, commuting distance to Winnipeg, gardens, flower bed, 10 acres fenced pasture, private rural setting.

Keeping an Eye on the Aphids

by Terry J. Buss - Ag. Rep., Beausejour District Office.

As of late, I've spent a lot of time out in cereal and canaryseed fields observing the cereal aphids. It is usually around this stage of crop development that we become the most concerned about this pest although above threshold numbers on the crop earlier in its development can economically damaging as well. Here are a few tips for effective aphid hunting.

Check with U.S.A - Aphids feeding on small grains overwinter in the south and move into Manitoba on south winds each year. Checking out what's happening in North Dakota is a good way to get some feel for potential problems. According to the North Dakota State University Crop and Pest Report from July 8th, cereal aphid levels remain low with only 25% of stems showing any aphids at all. If they are having fewer problems down south, then we may have fewer problems up here. Last year, North Dakota levels were high, and so were ours.

Do Scouting Right - Aphid panic can be a real problem. The classic scenario is that only the margins of the field and especially those areas close to the yard which have shelterbelt trees around them are checked. Aphids are observed and spraying begins. Unfortunately a few steps further into the field may have revealed that spraying was a waste of

time and money. Not only that, natural predators such as ladybird beetles, hover fly larvae, lacewings and other parasites, which could have kept a below threshold population of aphids in check, were also destroyed. Field margin areas should not be sampled as numbers here are bound to be high relative to the rest of the field. For proper scouting 20 stems in each of 5 areas should be checked. Counts should be at least 50 paces apart. The average number of aphids per plant should be calculated. One trick to finding these pests is to cut off the stems to be sampled close to the ground and then hit them sharply against a stiff piece of white paper or a white colored pan. The aphids become dislodged and easier to count. Depending on the species they may be found on the head and/or in the stem and leaves.

Timing and Thresholds Matter - Scouting should begin in July and continue until the cereal or canaryseed heads reach the soft dough stage. At that point, the aphids can no longer lower yield potential. I have found that canaryseed heads seem particularly attractive to aphids when they enter the milk stage and you really have to dissect the head to find them. When aphids attack seedheads, they basically try and suck them dry meaning there is little milk left to form soft dough and eventually kernels. Low yields and small or shriveled kernels can result. As far as economic

thresholds go, in cereals 12 to 15 aphids per stem is the accepted standard. In canaryseed the threshold is 10 to 20 aphids on 50% of the stems.

2004 Corn Field Day

This year the Manitoba Corn Growers' Association will be holding its field day on Thursday August 12th from 11:00 a.m. to 3:00 p.m. The tour will be located 2 miles east of Carman on Highway 3, across from the Buzza Research Centre. There will be a barbecue lunch from 12:00 to 1:00 p.m. Attendees are asked to bring their own lawnchairs. Speakers from our department will cover the following topics:

- Herbicide Control Options for Corn Producers - Kim Brown, Weed Specialist
 - Corn Disease Issues - Philip Northover, Plant Pathologist
 - Corn Fertility - John Heard, Soil Fertility Specialist
 - What are the Chances my Corn is Going to Make It? - Andy Nadler, GIS Specialist
 - Alternative Strategies for Grain Corn - Melinda German, Beef Cow/Calf Specialist
- Those interested are asked to pre-register by contacting Marina at (204) 745-5660.

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, August 6
 Coleslaw, Salisbury steak, mashed potatoes, carrots and celery, pudding.

Monday, August 9
 Soup, lasagna, garlic bread, celery and carrots, chocolate cake.

Wednesday, August 11
 Salad, pork chops and mushrooms, peas and carrots, pudding.

EMPLOYMENT OPPORTUNITY

The Pine Falls Pre-School requires a permanent Director for their 18 space nursery school program. Applicants must have ECE II classification (or willing to attain ECE II classification) and current first aid & CPR. Previous Director experience is an asset. Duties include administration requirements, staff/program supervision/scheduling, Parent/Board/Staff relations and working with children. Candidates must have strong leadership and interpersonal skills, energetic, organized, creative and flexible. Wages negotiable upon qualifications.

Please forward resume with minimum 2 references to:
 Pine Falls Pre-School Co-op Inc.
 Attn: Board of Directors
 Box 580, Pine Falls, MB R0E 1M0
 Deadline: August 6, 2004
 Only those selected will be contacted.

PUBLIC NOTICE
RURAL MUNICIPALITY OF ALEXANDER

PUBLIC NOTICE is hereby given that pursuant to Section 194 of the Municipal Act, that the Municipal Auditor's financial report together with the related financial statements for the 2003 fiscal year, have been deposited in the office of the administrator of the Rural Municipality of Alexander and are available for inspection by any person or his agent between the hours of 8:30 a.m. and 4:30 p.m., Monday to Friday, both inclusive.

AND THAT any person or his agent at his own expense may make a copy thereof of extracts therefrom.

DATED at St. Georges in Manitoba, this 29th day of July, 2004.

Margaret Bonekamp
 Chief Administrative Officer
 R.M. of Alexander

Lac du Bonnet RCMP Report

from page 12

Alexander. Police attended to find that fireworks were set off.

On the 31st of July, a report was rec'd from Brereton Lake in the Whiteshell Prov. Park that a flare was thrown into the bushes by the complainant's vehicle. The only description available of the culprit was a silver-coloured Honda.

On the 1st of August, a report was rec'd that an intoxicated adult male was passed out on the street in Whitemouth. Police patrolled the area, however, the subject was gone.

On the 1st of August, a report was rec'd of noise at a residence on Cauchon in Pinawa. Police attended to find that the home-owner had denied entry to a group from a party, and this resulted in noise at the time. All was quiet when police attended.

On the 1st of August, a report was rec'd of a vehicle on its side along P.R. 214 in the R.M. of Lac du Bonnet. Police attended and found that no-one was present. The vehicle was towed, and contact made with the Registered Owner.

On the 1st of August, a report was rec'd that street signs & Crime Watch signs were pulled up in Auglen Park in the R.M. of Alexander. No indication as to who was responsible for this.

On the 1st of August, a report was rec'd from a location on Pine in the R.M. of Lac du Bonnet that two subjects who were staying at the residence had departed the area with the

vehicle belonging to the home-owner. Same had no permission to depart with the vehicle, which was reported as stolen.

On the 1st of August, a report was rec'd that an unidentified adult male had asked an under-age female if she wanted to have sex with him, as she biked with others past the Nutimik Lake Campground in the Whiteshell Prov. Park.

On the 1st of August, a report was rec'd that an adult female was bitten by a dog at a dock along the Lee River in the R.M. of Lac du Bonnet. The health authorities were involved in the matter and the victim and owner of the dog knew each other.

On the 1st of August, a report was rec'd that two subjects on bicycles were forced off the roadway by an under-age male driving a vehicle in the vicinity of the southshore pumphouse at Brereton Lake in the Whiteshell Prov. Park.

On the 1st of August, a report was rec'd of a possibly Impaired Driver in the Tall Timber area of the R.M. of Alexander driving a red sports car. It was subsequently reported that the vehicle in question was at a cottage on Beaver in the R.M. of Alexander.

On the 1st of August, a report was rec'd that an adult female was assaulted by an adult male at a residence on Alice Way in the R.M. of Alexander. Police attended and arrested the adult male, and subsequently released him for Court.

On the 1st of August, a report was rec'd that a red sports car was operated carelessly on Beaver in the R.M. of Alexan-

der. Police were tied up at the time and could not attend to this.

On the 1st of August, a report was rec'd of under-age subjects consuming alcohol and doing drugs in the vicinity of the Pinawa Teen Centre. Police patrolled to the location, however, no-one was present.

On the 2nd of August, a report was rec'd that subjects in Wpg. were not able to reach a subject by phone at a location at Jessica lake in the Whiteshell Prov. Park. Police had Natural Resources check on the subject and found that all was in order.

On the 2nd of August, a report was rec'd of a single-vehicle Motor Vehicle Accident along P.R. 307 near Dorothy Lake in the Whiteshell Prov. Park. The adult female driver was taken to Pinawa Hospital with non life-threatening injuries.

On the 2nd of August, a report was rec'd that a red Norco Cherokee bicycle was taken from the area of the Town Dock in the Town of Lac du Bonnet. The description of a suspect was provided, however, police patrols did not locate anyone matching this description nor find anyone with the noted bicycle.

On the 2nd of August, a report was rec'd from a business in the R.M. of Lac du Bonnet that an employee was suspected of stealing from the business.

On the 2nd of August, a report was rec'd of a single-vehicle roll-over at Jessica Lake in the Whiteshell Prov. Park. No-one was present at the ve-

hicle, which was towed.

On the 2nd of August, a report was rec'd from a resident of Pinawa that the complainant's vehicle was vandalized while parked overnight at a location in Beausejour.

On the 2nd of August, a report was rec'd that an unlicensed Off-Road Vehicle, blue in colour, was found in Hazel Creek off P.T.H. in the Ste. Rita vicinity of the R.M. of Reynolds. Item to be towed out of the water and owner-

ship verified.

On the 2nd of August, a report was rec'd of an Intrusion alarm at a business on McArthur in the Town of Lac du Bonnet. This was found to be a False Alarm.

On the 2nd of August, a report was rec'd of a single-vehicle Motor Vehicle Accident on P.R. 307 between White Lake and Brereton in the Whiteshell Prov. Park. The two occupants rec'd minor injuries.

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