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## RCMP impounding off-road vehicles

by Charles Norman

The RCMP impounded five quads and a dirt bike in Traverse Bay last weekend. It took them all of two hours. They followed up by moving over to Hillside Beach where more vehicles were seized. This week they will be adding Lester Beach and Albert Beach to their campaign. They filled a trailer so quickly last weekend that they will be using a different, larger trailer on future campaigns.

The Powerview detachment of the RCMP is enforcing the RM of Alexander By-Law No. 07/06 which regulates the operation of off-road vehicles in the Municipality. The RCMP do not usually enforce municipal by-laws, but are involved in this particular by-law at the request of the municipality because the use of off-road vehicles has been resulting in numerous complaints.

RCMP Staff Sergeant Steve Saunders said he had discussed enforcement of this bylaw with the Crown Attorney and the entire council of the RM. He said they are not charging operators with violations of the by-law, they are merely impounding the vehicles for 30 days as is provided for in the by-law and the Municipal Act.

Violations are primarily in contravention of clause 3 of the by-law. It reads: "No person shall operate an off-road vehi-



Henry's Towing Compound is currently holding six dirt bikes and approximately eight quads.

cle upon any land within the territorial boundaries of the R.M. including public reserves, park areas, road allowances, public parking lots, playgrounds, pool areas and recreation areas." Operation on private property is permitted providing the driver has the

permission of the property owner.

"Recreation areas" includes beaches. It was at two local beaches that off-road vehicles were seized last weekend.

RM Reeve George Harbottle said the by-law was

the result of an outright disregard for public safety. "We put up signs." He said. "And they take them down - immediately." He said there were problems everywhere, Bird River, St. Georges, Albert Beach, Hillside Beach and Lester Beach.

Harbottle said the RM is a recreation community and that off-road vehicles are welcome - where they don't interfere with other people's enjoyment of their property. He said there are the sand pits, the North Star Trail and extensive crown lands available for off-road vehicles.

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# The sky really is falling down

## Visible from Edmonton and Winnipeg

by Charles Norman

News services from around the world are reporting that a group of climate scientists from the meteorology department of the University of East Anglia in Nazeing, Essex, England have discovered that the hole in the ozone layer is having consequences that until now no one dreamed of.

Leader of the group, Professor Jean Sacuavent said the problem is already noticeable from places close to the magnetic North Pole like Edmonton and Winnipeg, where observers are noticing that the sky is getting a little darker every day.

He says radiation from the sun, often called the solar wind, is continuously streaming past the earth. At the Magnetic North and South poles the earth's magnetic field concentrates this radiation, causing the Aurora Borealis, (northern lights.) around the magnetic North Pole, and the Aurora Australis around the magnetic South Pole. In effect, the solar wind is dragged down to earth by the earth's magnetic field, causing the spectacular display of dancing, crackling lights in the northern sky.

Professor Sacuavent said this is perfectly normal and to be expected - it has been happening for billions of years, "but," he said, "what is new - and alarming - is that because of the hole in the ozone layer, the solar wind, on its way to the magnetic pole, is drag-



The Northern Lights - the solar wind, which causes the Northern Lights, is dragging the sky down through the hole in the ozone layer, says British Scientist

ing the sky, down with it - through the hole in the ozone layer." Sacuavent, who is a member of the Royal Society, is applying to the British government for funding to study the phenomenon.

<p><b>Thursday</b></p> <p><b>Bud, Spud &amp; Rib Night</b></p> <p><b>\$8.99</b></p> <p><small>Tax Included</small></p>	<p><b>Friday</b></p> <p><b>Bud, Spud &amp; Steak Night</b></p> <p><b>\$7.99</b></p> <p><small>Tax Included</small></p>	<p><b>Saturday</b></p> <p><b>Bud, Spud &amp; Riblets Night</b></p> <p><b>\$7.99</b></p> <p><small>Tax Included</small></p>	 <p><b>HAPPY HOUR</b></p> <p>Every Weekend 4:30-10:00pm</p>
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Great Falls Hall 7:30pm

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367-9468

<p><b>Publisher</b> Valarie Anderson</p> <p><b>Writers</b> Jim Hampshire Charles Norman</p> <p><b>Production/Art Design</b> Lori Pachkowsky</p>	<p><b>SUBSCRIPTIONS</b></p> <p>Local Rate: \$34.20 National &amp; Urban Rate: \$39.90 Foreign Rate: \$102.60 <small>(prices include PST &amp; GST)</small></p> <p><small>2nd class mail #1763687 (Postage paid in Pine Falls)</small></p>	<p>P.O. Box 178, St. Georges, MB R0E 1V0 Place McDougall, St. Georges e-mail: theecho@mts.net</p> <p>Powerview Office Ph: 367-9468 Fax: 367-9974</p>	<p>The Winnipeg River <b>Echo</b></p> <p><small>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.</small></p>
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# Papertown Charity Golf Tournament a success

Approximately 60 golfers hit the fairways for the second annual Papertown Charity Golf Tournament held on Saturday, June 17th at the Pine Falls Golf Club.

The 27 hole tournament featured three separate rounds of play in a modified Ryder Cup Match Play.

Teams were divided and pitted against other groups for each round. The first 9 hole match was best ball. The first team to win five holes earned 1 point which would be added to the grand team total.

The second round pitted winners from the first round against each other

and losers against each other. This 9 hole round was alternate shot. Teams predetermined which player would hit off the even holes and the other the odd. Once again the team to win five holes first, earned 1 point.

The final 9 hole round was a mini texas scramble with unlimited drives

At the end of the 27 hole game two teams were tied with 5 points. The team of Leo Nolin, Paul Raymond, Les Grewinski and Claude Vincent and the team of Marc Nolin, Val Anderson, Denten Normand and Lori Pachkowsky.

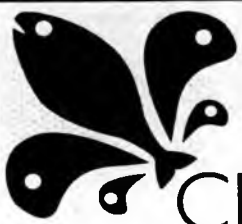
A putt off would de-

termine the winning team. In the putt off each player hit 3 balls and combined points. Denten Normand was the only player to sink a putt earning his team 10 points and sealing the victory.

The well organized event raised approximately \$550. The proceeds will be donated to Minor Hockey.

Organizer Laurent Raymond said it was a great day and everyone had fun. "It is a good way to raise funds for hockey and we have a lot of fun."

Raymond thanked everyone for participating and extended a huge thanks to all of the sponsors and staff at the Pine Falls Golf Club.



## Juliet, July 14th, 15th and 16th

# Festival Châteauguay

## Saint-Georges

### Vendredi, Friday

**Pickarel Fish Fry & Beer:**

5:00pm, A la Plage St. Georges Beach \$6.00. Everyone Welcome!



★ A Tribute to Johnny Cash ★

With/avec Marcel Soulodre  
A la plage St. Georges Beach sous la tente/under the tent

Tickets \$20.00 Billet en vente à la Caisse La Verendrye ou/or  
Tickets on sale at local stores

Friday, July 14th at 8:00pm



Museum/Musée  
OPEN/Ouvert  
July, 14, 15, 16  
9:30am-  
5:00pm

La Grande Tasse  
Tea House Open  
Ouvert  
10am to 6pm

### Samedi, Saturday

- 9:00am Catfish Tournament  
Rampe/Boat launch St. Georges \$20/person
- 9:00am Slopitch Tournament  
Terrain de l'école/school ground, \$125/team
- 10:30am Beach Volleyball  
à la plage/at the beach \$6/team
- 11:00am Scavenger Hunt  
Chasse au trésor  
départ de la plage/start at the beach \$1/person
- 1:00pm Crib Tournament/Tournoi  
Sous-sol de l'église/church basement \$5/person
- 1:00pm Sand Castle Contest/Concours  
A la plage/at the beach FREE
- 1:00pm Face Painting  
A la plage/at the beach FREE

Aussi/also open: 10am-5pm  
La Grande Tasse  
& Mini Putt - Beer Garden





Souper/Banquet

6:00pm at the Beach  
by Diane Thomas Catering

8:00pm  
Soiree spectacle Music  
Avec with Bandaline

\$20.00  
à la Caisse La Verendrye  
& Reseau communautaire

### Dimanche, Sunday

10am - Plage St. Georges Beach

- Pancake Breakfast
- Farmers Market
- Fundraising Yard Sale for Bibliothèque Allard Library
- Mini-choo choo train rides
- Travis the "Juggler"
- Demonstration by/par La Compagnie de La Verendrye Poste de l'Ouest 1er Bataillon de la Marine en Canada

11am - l'école St. Georges

- Slopitch tournament

12pm to 6pm - Beer Garden  
Plage St. Georges Beach

- 1:00 pm, Tournoi de fer à cheval/Horseshoe Tournament



Sunday, July 16th, 9:00am

Messe catholique (Eglise St. Georges)  
Catholic Service (St. Georges Church)

# Recreation Re-boot

3 Walnut Street,  
Pine Falls  
Ph: 204-367-9142  
Fax: 204-367-8605  
E-Mail:  
prarec2003@yahoo.ca

I would like to welcome Alisha Carlson to the office. Alisha is a summer student who will be running the summer programs this year.

## Summer Newsletter and Activities Calendar

A copy of the Pineview Recreation summer Newsletter and activities calendar was distributed to all K-8 students in Pine Falls School, Powerview School and St. Georges School. Please make note of any activities your child may be interested in and contact the Rec. Office or come out to registration nights on June 28<sup>th</sup> and 29<sup>th</sup>. If your child did not receive a copy of the Newsletter and calendar at school, there are copies available at the Rec. Office - just stop by and pick one up.

## Weekly Helmet Patrol Winners

This week's winners of the Helmet Safety Patrol are: David Boulet, Emily Barkhouse, Brady Osis, Mason Medeiros, Carter Medeiros and Jonah Medeiros. The winner of the weekly draw for a free movie rental from Chateau Video is: Brady Osis

I would like to thank the Town of Powerview/Pine Falls and the R. M. of Alexander for

their generous donations. Their support is appreciated. I would also like to thank the local businesses, Chateau Video, Pine Falls Service Centre, and Tasty Treats, for supporting me in this venture. Also the RCMP who are always very supportive of community events. Thank you everyone.

## Summer Registrations

Registration for summer activities will be held on Wednesday, June 28<sup>th</sup> and Thursday, June 29<sup>th</sup> at the Rec. Office in Pine Falls School. If you cannot make it out to registration night, please call the office at 367-9142 to register for any of the activities listed on the summer calendar.

## PhAT Camp

PhAT Camp will be held this year from July 31<sup>st</sup> to August 4<sup>th</sup> at Powerview School. There is an early bird rate for anyone who registers before July 1<sup>st</sup>. Space is limited, so please register early. Call the Rec. Office at 367-9142 to register.

## Summer Day Camps

We will be offering summer activities again this year for kids. There will be a Newsletter and summer calendar sent home with the kids before school ends. Some classes that you can register for are: Cooking class, Craft Camp (held every Wednesday during the summer) and our Treasure Hunt. Please call the Rec. Office at 367-9142 for more in-

formation.

## Baseball

The baseball league will be starting play this week. Registration is \$200 per team. Teams will be mixed with a maximum of 7 males on the team. We are accepting a limited number of teams this year as we are only using one field. For more information call Denton Norman @ 367- 5238 or 367-8647. You can also call the Rec. Office at 367-9142.

## Summer Safety Patrol

Pineview Recreation, in cooperation with the RCMP, will be doing a safety patrol this summer. The prime target will be bicycle helmet safety. There will be prizes awarded daily and there will be a grand prize draw on 4P weekend. The patrol will begin early in June to coincide with Safe Kids Week. Each day a "Spotter" will award a prize to anyone seen wearing a helmet. Every week the names of those who won a prize will be posted in the Echo. Besides the grand prize draw in September, there

will also be weekly prizes awarded from the names collected each week. This will be a fun program, but the emphasis is still on playing safe!!!

## Boater Safety Course

Anyone interested in taking a Boater Safety Course, or anyone who needs to be re-certified, is asked to call the Rec. Office as soon as possible. There is an instructor available to teach the course. Call the Rec. Office for more info.

## Adult Rec. Soccer

If anyone is interested in playing adult rec. soccer this summer they are asked to contact the Rec. Office at 367-9142. It will just be for fun and exercise. There will be no cost for this right now as we are just trying to see if we can get this off the ground.

## Lifeguards

The PRC is looking for anyone interested in lifeguarding this summer at the Pine Falls Pool. If you have completed your Nationals, or are interested in doing so, please contact the Rec. Office at 367-

9142.

## Miscellaneous

For public information, Maureen Bennet from the Government of Canada Programs and Services branch will be at the Rec. Office every second Wednesday during the summer months. Maureen will be there to assist anyone regarding things like Employment Insurance, Social Insurance, Passport information, etc. For more information you can call Maureen at 367-9142. She will be in Pine Falls on the following dates: June 14<sup>th</sup>, 28<sup>th</sup>, July 11<sup>th</sup>, 25<sup>th</sup>, August 9<sup>th</sup> and 23<sup>rd</sup>.

## Public Library

Please note that the Public Library, located in Pine Falls School, will be closed for the summer. It will re-open again after the Labour Day Weekend.

## Hall Rental

The Pine Falls Sports Bar is available for rental. The cost to rent the bar for an evening is just \$100.00 + GST (bar-tender included). Book now for your party!!

# Province reaches 1000th newly offered cottage lot in Spring 2006 draw

## More Manitobans Offered Chance At Summer Cottage Living With Largest offering Ever: Struthers

The province has fulfilled its commitment to offer 1,000 new cottage lots for purchase or lease with its largest draw ever, Conservation Minister Stan Struthers announced today.

"By achieving our commitment to offer 1,000 cottage lots, we are giving the most Manitobans ever a chance to fulfill their dreams of summer cottage living," Struthers said.

Manitobans have until July 21 to enter the fifth public draw to apply for the lease or purchase of the 797 lots-377 of which are located on waterfront property. The offering includes 371 newly offered lots.

The minister noted the cottaging program contributes significantly to the Manitoba economy.

"By opening these new properties to public use, the

cottaging program will generate \$86 million in investment in the province and continue to promote Manitoba's image as an affordable recreation destination," said Struthers, who added about one in eight Manitoban families owns a cottage.

Widely ranging in price at fair-market value, lots are located on Crown land and in provincial parks. In this draw, 730 cottage lots will be offered on Crown land and 67 are located in provincial parks. Provincial park lots are for lease only.

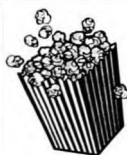
The fifth draw will be held Thursday, Aug. 10 starting at 9 a.m. The lot selection meetings will take place Sept. 17, with both events scheduled for the Canad Inns - Polo Park in Winnipeg. Applicants who were not selected in previous

draws are able to re-apply for the fifth draw, provided they meet eligibility requirements.

A \$100 payment is required with all application submissions. Unsuccessful applicants will have their money refunded in a cheque following the draw.

Details of the available lots and the draw are available at the spring 2006 cottage lot draw website at <http://www.gov.mb.ca/conservation/cottaging>. The site contains information and important dates regarding the application and draw process.

Information and application forms can also be obtained at all Manitoba Conservation offices, by telephone in Winnipeg at 945-6784, toll-free at 1-800-214-6497 or requests can be e-mailed to [cottaging@gov.mb.ca](mailto:cottaging@gov.mb.ca).



## Hot New.... RELEASES

### NEW RELEASES THIS WEEK:

#### Madec's Family Reunion

Cast: Maya Angelou, Lisa Arrindell Anderson, Henry Simmons, Bonis Kodjoe, Lynn Whitfield, Blair Underwood, Tyler Perry  
Rating: TBD

#### Ultraviolet

Cast: David Collier, William Fichtner, Ida Martin, Sebastian Andrieu, Nick Chinlund, Cameron Bright, Milla Jovovich  
Rating: PG

#### Failure To Launch

Cast: Kathy Bates, Terry Bradshaw, Bradley Cooper, Justin Bartha, Zooey Deschanel, Sarah Jessica Parker, Matthew McConaughey  
Rating: PG

#### Annapolis

Cast: McCaleb Burnett, Vicellous Shannon, Chi McBride, Donnie Wahlberg, Jordana Brewster, Tyrese Gibson, James Franco  
Rating: TBD



# NEWS TIPS?

Call us at 367-9468



# Community Spotlight

*Recognizing our volunteers*

## Ed "Chic" Desautels – Volunteer of the week

by Charles Norman

Ed "Chic" Desautels is another "retired" volunteer. He didn't stop work – he just stopped getting paid for it.

Chic was born in Vassar, Manitoba and went to school there and to St. Boniface College. At the age of 13 he moved to Pine Falls with his family and finished his academic education at Otterburn College. After graduating he worked in the mill for a few years, in the finishing room, the woodroom, and as a painters helper.

He then took auto body training at the Manitoba Institute of Technology, (Now Red River Community College) and worked in Winnipeg for ten years.

He returned to Powerview to take over Powerfalls

Autobody in partnership with Don Ogg. They ran the business for thirty years before selling to the present owner, Pat Peloquin

Ever since he returned to this community he has been active in volunteer work in the community. He has been very active in the church – he served for about twelve years as a church trustee, and has been choirmaster for many, many years. He has been heavily involved in the Knights of Columbus and served as Grand Knight for six years.

He coached minor hockey for about fifteen years, served as president of the Minor Hockey Association for five years, and coached hockey at other levels for a number of years. (He coached Bill Watson, who was drafted into

the NHL.)

Chic Desautels serves on several boards in the community. He is President of the Winnipeg River Manor and looks after building maintenance. He is an active board member at the Pine Falls Golf Course. He is also a director on the Pine Falls District Health Care Foundation. The Foundation provides funds for health needs in the community that might not otherwise get funded. The Foundation gave \$30,000 towards the purchase of the Handi-van for example.

Lately Chic Desautels has been very involved in the Emergency Measures Organization. He is currently on the board of the Winnipeg River Emergency Control District, and serves as Human Resources Social Director. The function of the EMO is to develop community preparedness for any major emergency that may occur. Flooding, and forest fires, are two examples of recent emergencies that have had to be dealt with locally. The EMO was not in operation at the time of the forest fire that resulted in the evacuation of the community of Manigotagan, but that is an example of the type of emergency that the EMO has to plan for and to ensure that facilities, supplies, and knowledgeable personnel are available to deal with the



emergency.

The EMO was in existence at the time of the July 1 flooding of Dinner Creek in Lester Beach last year. The Dinner Creek flood was caused by the accidental damming of the creek by an old railway embankment. Culverts under the embankment became blocked and the embankment became an unintended dam. When the embankment collapsed houses and vehicles were washed into Lake Winnipeg by the ensuing flood. EMO, which has to be prepared for the failure of a Hydro dam, for example, was presented with a mini-test of its preparedness.

The Winnipeg River Emergency Control District has a communications centre set up in the basement of the offices of the RM of Alexander. They are currently developing a program to deal with a major epi-

demical should an outbreak of bird flu occur. Chic said the organization needs back-up people in case key personal are absent – or are themselves victims and is having some difficulty in getting funding from municipal and provincial sources.

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### North Eastman Second Annual Seniors and Elders Day Celebration

Friday, October 13th, 2006  
Lac du Bonnet Community Centre

*Our theme a salute to the Pioneers in our Communities  
We encourage you to dress like a Pioneer.  
We will also be honouring the War Brides!*

**Lunch - Hot Meal  
Roast Beef**

**Entertainment  
Door Prizes**

Tickets are \$10.00 Advance Sales Only  
Contact Rose Beaudry - Stead 635-2196  
or Tina Polischuk - Pine Falls 367-9128  
or Pat Porth - Lac du Bonnet 345-1227

DEADLINE: September 15, 2006

# Report from Legislature



By Gerald Hawranik, MLA for Lac du Bonnet  
Official Opposition Finance Critic

## "Whistleblower protection"

It is essential that whistleblowers are protected otherwise no one would come forward to expose mismanagement, corruption, or even political interference. The NDP introduced Bill 34 in the Legislature a few weeks ago to protect those who blow the whistle on their employer. As a PC Caucus, we support the

principle of whistleblower protection, but our concern is to ensure that any proposed legislation has teeth. Bill 34 was poor legislation for a number of reasons. As Finance Critic, I introduced a number of amendments to strengthen protection for whistleblowers – but every amendment that I proposed was rejected by the

NDP majority.

I proposed that protection be given to whistleblowers who complain about mismanagement in government, and who complain about corruption in government, or who complain about political interference. The NDP majority turned down this amendment – and I wonder why!

I proposed that protection be given to whistleblowers who complain to Ministers of the Crown and other MLA's including opposition MLA's when complaints are made about mismanagement, corruption and political interference

in government. The NDP majority turned down this amendment, preferring to be able to fire employees who expose government mismanagement, corruption, or political interference!

I proposed an amendment to the Legislation to allow whistleblowers protection when alleging government mismanagement, corruption and political interference to the media, whether it be print, television or radio. The NDP majority defeated this amendment, preferring instead to muzzle whistleblowers who, go to the media!

Why would the NDP want to muzzle whistleblowers? The only logical explanation is that they have something to hide. Bringing in such toothless leg-

islation reveals that the NDP are afraid that the Civil Service will reveal more government scandals. It is also afraid that the facts in the Crocus scandal will be revealed. Bill 34 in its present form will not offer any protection to Crocus Whistleblowers who complain about government interference at the Crocus Investment Fund – and this will be extremely damaging to the NDP!

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

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The Winnipeg River **Echo**

## Winnipeg River Recreation

By: Michelle Chudd  
Ph: 345 8816 or 204-753 2639  
Email: [reccom@mts.net](mailto:reccom@mts.net)

### TBall and Soccer

Our Spring session of Tball and Soccer is drawing to a close. A huge Thank You to our volunteer Tball coach Barb Grawberger and Soccer coaches Brent Stokes and Viv Hayter for doing an outstanding job! And, thanks to the participants for taking part in this community program.

### Rhythmic Gymnastics Camp

The Winnipeg River Recreation District has added another fun camp to its summer line up! We will be holding a Rhythmic Gymnastics camp July 24-28, 2006

10:00AM-12:00PM at the Pinawa Community Centre, for girls ages 7-11. Learn basic rope, ball and hoop skills from a former member of the Canadian National team. Space is limited. For more information contact the Rec office.

### Physical Arts Training Camp

Super heroes are signing up in record numbers! Some of the classes are full (Cheer, Gymnastics, stage combat and improv) but there is still plenty of great classes to hone your super hero skills! Call the Rec office to register.

### Red Cross Swim Kids Program

At the Lac du Bonnet Town Dock. Here's your opportunity to have your child learn a valuable lifesaving skill. Learn to swim at the LdB Town Dock with our Red Cross swim program. The first session is

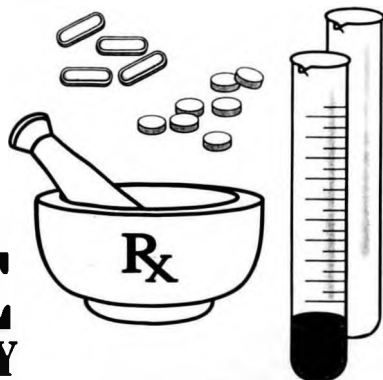
July 3-14, second session July 17-28 and the third session is July 31 - August 11. Registration forms available at the rec office. Class times are posted the Wednesday before each session.

### 2nd Annual Karate Camp

This camp runs August 14-18 at Centennial School in Lac du Bonnet. Run the gauntlet, break boards and learn judo rolls. New at the camp this year is stick fighting. Space is limited so don't wait to get your registration in.

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Local Instructor: Lori Charter

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For more information, contact Allan Courchene at 367-2243 or St. James Continuing Education 1-204-832-9637



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# Health Corner

**Ask your Primary Health Care Provider**  
 Please forward health related questions to: Health Corner, Box 160, Whitemouth, ROE 2G0; phone: 348-7191 ext. 240, or Email: [cmcintosh@neha.mb.ca](mailto:cmcintosh@neha.mb.ca). For more health information, visit the NEHA website: [www.neha.mb.ca](http://www.neha.mb.ca).

## Why is fibromyalgia such a difficult condition for people to understand?

Because individuals suffering from fibromyalgia often appear relatively healthy on the outside, they are often misunderstood by employers, family and friends. So, besides dealing with the pain and fatigue of fibromyalgia, they also have to expend considerable energy trying to convince others that their condition is real.

## So what is fibromyalgia?

Fibromyalgia is a chronic condition (a type of arthritis) characterized by widespread constant pain throughout the body, sleep disturbances, and abnormal exhaustion. This is a common condition, affecting about 3 in 100 Canadians, the majority being women. It usually occurs in people over age 50.

## What causes fibromyalgia?

The exact cause is not

known. In some people, fibromyalgia develops with no apparent cause. In others, the disease appears after: a traumatic experience such as an injury or surgery; an emotional trauma; a viral illness; or severe stress. Research is being done to identify the probable cause(s) of this condition.

## What are the warning signs of fibromyalgia?

- Stiffness, especially in the morning, and pain in muscles and joints all over the body
- Trouble sleeping at night, and a feeling of being very tired all the time
- Numbness in muscles and joints
- Poor memory and concentration
- Other warning signs may include depression, headaches, and pain in the jaw

## What treatments are available?

At this time, there is no cure for fibromyalgia. However, the

symptoms can be treated. Doctors may recommend:

- A referral to a specialist (rheumatologist)
- Regular low-impact exercise such as walking, bicycling, or swimming to reduce pain and stiffness
- Medication to reduce pain or treat depression
- Relaxation techniques to reduce stress and promote better sleep
- Application of heat to ease aching muscles

## To learn more about fibromyalgia

Check out credible websites such as [www.arthritis.ca](http://www.arthritis.ca) and [www.canadian-health-network.ca](http://www.canadian-health-network.ca)

Join an on-line discussion of fibromyalgia on The Arthritis Society website (see above)  
 Call The Arthritis Society toll-free at 1-800-321-1433

Sources: *The Arthritis Society and Canadian Health Network*  
 Submitted By: *Karen McDougall, Wellness Facilitator, NEHA*

# Faith Perspective

by Pastor Jake Doell

## Is There a Purpose to My Life?

We all need to ask ourselves this question if we want to come to a basic understanding of our own existence. Are we here by chance or is there a deeper purpose and meaning to this thing called LIFE? Some-time people refer to their life as a roller coaster ride, sometimes their up, sometimes their down. Others look at life as a card game, "you've got to play the hand you are dealt." How do you view your own life? Does it seem like a never ending cycle of, eat, work, sleep and occasionally some leisure? A number of years ago Kurt Vonnegut did a short depiction of life in a one act, one scene play lasting about a minute. The curtain slowly opens and all you see is a dark stage with a heap of twisted metal and other worthless items laying there in random order. The only sound you hear is that of a despairing wail that rises and falls as the curtain closes. Three words are spoken, "This is life!" Unfortunately this fatalistic view of life isn't only taken by older people who have grown disillusioned with life, but a lot of young people are adopting this as their evaluation of life.

Does life have meaning and purpose? Bertrand Russell a proclaimed atheist

Said, "Unless you assume a God, the question of life is meaningless." The Bible begins with this statement, "In the beginning God created the heavens and the earth." (Genesis 1:1) When we start from

the premise that God exists, it points not only to a master plan for creation but also a meaning and purpose for human beings which are the highest order in this creation. The Bible tells us in Proverbs 16:4: The Lord has made everything for his own purposes." In other words God created us to reflect His wisdom, His goodness and His character. From microscopic life under the microscope to the vastness of the starry heavens above, God created it all. Nothing is too small to escape God's attention and nothing is so big that it is beyond His control. If God created us for mere scientific experimentation, than life would be a "cruel joke" at best. The "good news" from God's word is that life is not an accident. You were created for God's purpose. "For everything, absolutely everything, above and below, visible and invisible, . . . everything got started in Him (God). (Colossians 1:16)

My friend if you are struggling with meaning and purpose to life, I challenge you to look to the one who created you, God. He has a wonderful plan for your life and it can be found in the operator's manual He left us - the Bible. God invites each one of us to come to Him in simple trust and faith and open our lives to receive Him. "Whoever accepts and trusts the Son gets in on everything, life complete and forever." (John 3:36) A very helpful book to further help you to investigate the claims of the Bible more fully is Rick Warren's New York Times bestseller, *The Purpose Driven Life*. He begins by answering the question, "What on earth am I here for? Yes there is a purpose to life and it is worth finding.

# The Winnipeg River Echo

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## Sunrise School Division



Sunrise Education Centre (344-2nd Street North, Beausejour)  
 Sunrise Business Centre (75-5th Street South, Beausejour)  
 Oakbank Bus Gargae (851 Cedar Avenue, Oakbank)

## Summer Hours

Monday to Thursday: 8:30am to 4:30pm  
 Commencing July 4th to August 25th, inclusive

### REMINDER:

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

# On Parliament Hill



**Your voice in Ottawa**  
Vlc Toews, MP for Provencher

## Getting Rid of the Long-gun Registry

If there is one issue I hear about more than any other as the MP for Provencher, and as Justice Minister, it's the wasteful, ineffective long-gun registry. Despite repeated condemnations of the program from the Auditor General, sustained opposition from law-abiding long-gun owners, and continued refusal by provincial governments to enforce it, the registry stands today as a testament to misguided Liberal policy.

I'm proud to say that, today, the registry could very well be on its last legs. On Monday in the House of Commons, Public Safety Minister Stockwell Day introduced legislation that, if passed, will repeal the requirement to register non-restricted long-guns. This came on the heels of the announcement last month of regulatory changes that created an amnesty for previously-licensed long gun owners, while reducing the Firearms Centre's budget and implementing fee

waivers and refunds for license renewals.

We were able to make those regulatory changes last month without a parliamentary vote, but the bill we've introduced is a different story. Since the requirement to register long guns was created by a vote in parliament, it requires another vote to get rid of it.

The spring session of parliament is expected to wrap up this week, so that vote is not likely to take place until the fall. Between then and now, I'll be working with all of my Conservative colleagues to convince members of the opposition that the time has come to scrap this boondoggle. Right now, in a minority parliament, we rely on support from the other parties to pass all of our legislation. But the opposition is making noises that this bill won't get their support.

I hope that Liberal, NDP and Bloc Quebecois MPs will get behind this government's commitment to effective gun

control that keeps guns out of the hands of criminals and doesn't target law-abiding gun owners, such as duck hunters and farmers. They certainly shouldn't be surprised by it. We've consistently voted against the long-gun registry in opposition and campaigned on a pledge to repeal it.

A program that we were told would cost \$2 million ballooned to more than a billion dollars. Serious concerns have been raised about the failure of the previous Liberal government to disclose the true costs to Parliament. Even more questions have been raised about the reliability of the data the registry actually contains. For Conservatives, this is a simple issue of keeping a promise, spending tax dollars effectively, and ensuring accountability. You can count on Conservative MPs to vote to repeal the registry.

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](mailto:toewsvl@mts.net)

# Library Corner



In the latest installment of the internationally bestselling, and beloved series, there is much excitement at the No. 1 Ladies' Detective Agency. The latest book in this series is *Blue Shoes and Happiness* by Alexander McCall Smith. Botswana detective, Precious Ramotswa, and her assistant detective, Grace Makutsi, must handle a series of dilemmas that arise. Ramotswa's unconventional philosophy for coming up with solutions to life's complicated problems pays off when she and her fashionable, shoe-loving assistant take time out to reflect — and go shopping.

*Dropped Threads 3: Beyond the Small Circle* is a collection of essays and short stories by thirty-five Canadian women at mid-life and beyond. These stories focus on personal discoveries that, for various reasons, need to be shared. "As it turns out, there are many dropped threads in our lives. Weave them together and you've got a tapestry."

In her book, *Down Came the Rain: My Journey Through Postpartum Depression*, Brooke Shields shares her story of how she battled a condition that is widely misunderstood, and overcame this obstacle to find great joy and happiness in her life as a new mother. This is an inspiring story that offers hope to the many women suffering from this illness, as well as their families.

Join the Quest for Heroes summer program at the library which starts on July 11<sup>th</sup>. The program takes place from Tuesday to Friday each week and will run for seven weeks. Registration is the first week in July.

Don't forget to drop by for our good-as-new book sale beginning on Tuesday, June 27<sup>th</sup>!

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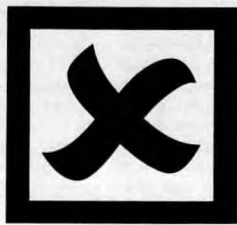
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# RE-ELECT



## Yvon Dumont

For President  
Manitoba Metis Federation



**Election Day: June 29, 2006**  
**Advance Polls: June 19 & 20, 2006**

Yvon was born in St. Laurent, Manitoba in 1951. He has been married for 32 years, and has three children. He has a solid history of working for the Metis community, where his political career began as far back as 1967 with the St. Laurent local.

Metis Club of Winnipeg	2004 - present
Winnipeg Metis Association	2000 -2004
Metis National Council, Governor of the Metis Nation	1999 - 2003
Louis Riel Institute	1999-2000
Lieutenant Governor of Manitoba	1993-1999
Metis National Council, President	1988-1993
Manitoba Metis Federation, President	1984-1993

***"Yvon Dumont is a proven dedicated leader & he represents equality of fairness for all Metis."***

*- Metis Provincial Elder Norman Chartrand*



### CONTACT INFORMATION

Campaign Office:  
100 Kirk Avenue, Winnipeg, Manitoba  
Phone: (204) 589-6502 Fax: (204) 589-6609  
Email: [campaign@yahoo.ca](mailto:campaign@yahoo.ca) www.yvondumontforpres



***"Yvon remains dedicated to the preservation and celebration of Metis heritage through music, art and dance"***

*- Metis Club of Winnipeg Elder Cyril Brazeau*

***"Unity is crucial, but in order to build unity we need to be accountable and transparent as an organization, to gain the trust of the people we represent."***

*- Yvon Dumont*

### Pine Falls Community Billboard

**Fort Alexander Health Centre:** Diabetes Clinic 9:30 a.m. to 3:30 p.m. every Tuesday. Blood sugar check, nutritional counselling, phone 367-2208.

**PACE 10-71375:** meets first Tuesday of the month. Chicken Chef, Powerview meeting room.

**Prenatal classes:** held regularly in your area. Please register with Gail 268-7465 or call your local public health nurse.

**Library Allard:** Tuesday: 10:30 a.m. to 5:00 p.m. Wednesday and Thursday 12:00 to 5:00 p.m. and 6:30 to 8:00 p.m. Friday 12:00 to 5:00 p.m. Saturday 10:30 a.m. to 4:00 p.m.

**Beaches Library:** Tues. 9:00am to 12:00 p.m., Thurs. 4:00 to 8:00 p.m., Sat. 11:00 a.m. to 3:00 p.m.

**Nights 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., what 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, meal raffles held at Legion on Fridays 5:00 to 6:00 p.m.

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

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

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

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

**Winnipeg River Senior Services 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.

**Village of Powerview:** meets second Tuesday of each month

**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,** Wednesday 8:00 p.m., Senior Scene, Victoria Beach, 1 Ateah Road Barb 754-3173 or Alice 756-3933

**Happy Tots Day Care** 367-2601.

### Winnipeg River Church Services

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

**PINE FALLS UNITED CHURCH:** Worship Service and Sunday School at 11:30 a.m. 367-2633. 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, Scantebury, on Hwy. #59.

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

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

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

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

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

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

**LIFE SKILLS CHURCH** - Christian Healing Services, Minister: Isabelle Fiola (204) 367-2359

## Ask the Neighbourhood Mechanic



by Dave Redinger

When I was growing up in the early fifty's I could recognize every car on the road. GM was the dominant car company. "Imports" were only bought by a few misguided individuals. Fifty years later GM is still the dominant car company (no matter what you hear in the press) and the imports have gained a well earned respect. So what has changed? Well, it seems the use of the word import is not quite correct. Car companies are no longer the national symbols they once were. Manufactures are true global citizens. Honda, Toyota, BMW, Mercedes, Hyundai, Nissan, to name a few, all built in North America. Ford Fusion, Dodge truck, Mexico. Chrysler Crossfire? Germany. Drivelines and other mechanical components? Who knows. To add to the confusion the Chinese are bring a completely new car line to the mix. The bottom line? After 45

years in the biz, even I have to put on my glasses to read the label.

Just a thought.

Do All-Wheel Drive vehicles typically require more labour for standard maintenance due to having extra parts? I'm considering a Honda CR-V as a compromise between spaciousness and fuel-consumption, but the complication of extra systems has me concerned.

Trevor

Surprisingly not a lot more maintenance is required on this type of vehicle. The mini sport utility vehicle is run as a fwd drive unit most of the time...Only in low traction conditions will the rear wheels kick in and then only till the front tires stop slipping...The next time you're looking at the Honda look at the difference in diameter between the front and rear axles it's quite remarkable.

I have a '97 Safari with a 4.3. This problem is a no start condition when the vehicle is

exposed to damp weather. Replaced to date - plugs, cap, rotor, plug wires, air filter, fuel filter, temp sending unit for the ECU, crank sensor. The fuel injectors have been flushed as well. The engine will almost start on one cyl. or two but if it does not catch then its all over until... you plug in the block heater. This problem has been ongoing for about a year and no one seems to be able to diagnose.

Paul

A classic high tension ignition issue. I notice you have not mentioned the coil in the parts list. Find a trigger bottle and fill it with water. Mist the engine while it is idling. This will recreate a damp weather condition and will help in the diagnosis. If your mechanic has a Vantage Scan tool he can isolate which cylinders are acting up. If you are attempting this repair by yourself, I think you've exhausted most of your options without using serious diagnostic equipment. See a pro.

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# Lac du Bonnet RCMP Report

## Report period from June 19th to June 26th, 2006



The following constitutes the Police Report for Lac du Bonnet Detachment for the period of the 19th of June to the 26th of June.

On the 19th of June, police received a call for assistance in the Whiteshell concerning a family member out of control after consuming an unknown substance. Later called to state everything was alright.

On the 19th of June police were advised of a stolen wallet from a truck parked in the Big Whiteshell Campground.

On the 19th of June, a parent spoke to police about vehicles in Lac du Bonnet not stopping at cross walks for children. Drivers are reminded that these are in most cases small children and may not know the rules. Please stop for the children to avoid a possible drastic result.

On the 19th of June a passer-by, noted a store door was not locked in Lac du Bonnet. Owner was contacted.

On the 19th of June it was reported to police a semi truck was travelling down the highway spilling its load. Department of Highways located the vehicle.

On the 20th of June police received a report of a stolen bike on PR 214.

On June 20th, police were advised that there had been several acts of vandalism in the Town of Whitemouth.

On the 21st of June it was reported that a digital camera, and a fishing rod were stolen from a boat at the Bird River boat launch.

On the 21st of June a worker at the Lac du Bonnet Youth Center reported the alarm panel had been torn off the wall.

On the 21st of June it was reported to police that a male was having Mental Health issues in the Pointe du Bois area. Police contacted the people and the complaint was unfounded.

On the 21st of June it was reported that a private vehicle was parked on the town dock. Police want to remind drivers that only emergency vehicles are allowed on the access road and the dock itself.

On the 21st of June a report was taken of shots being fired in the Ste Rita area. Police responded and dealt with the matter.

On the 22nd of June three reports of stolen bikes were taken. One in Pinawa and two in Lac du Bonnet.

On the 22nd of June it was reported that some youth in Lac du Bonnet had been knocking on some ones window late at night.

On the 23rd of June a report of a person having a stroke in the Whiteshell was taken and the ambulance was dispatched.

On the 23rd of June a report of a stolen bike was taken in Pinawa.

On the 23rd of June police responded to the Pinawa Pool after a complaint of assault was reported.

On the 23rd of June, two males were charged with open liquor in Pinawa after police noted them walking down the street.

On the 23rd of June police responded to shots being fired in the river in the Lac du Bonnet area. Apparently one adult and three youth may have been involved.

On the 24th of June a report was taken of a vehicle driving in Lac du Bonnet in an unsafe manner, police will be

speaking to the driver.

On the 24th of June two bikes were reported stolen in Lac du Bonnet.

On the 24th of June police responded to a loud party complaint in the Red Rock Laker area, and two others in the RM of Lac du Bonnet.

On the 25th of June police responded to a domestic, complaint which ended up being both parties yelling at each other. One party was taken to a different residence.

On the 25th of June it was reported to police that a 16 ft. Red lund boat and 25 Mercury outboard was reported stolen

in the Still Cove area.

On the 25th of June police were advised of a motor vehicle accident near Rennie. Injuries in the rollover were not serious.

On the 25th of June police responded to a domestic in Lac du Bonnet and one male was arrested and released later on no contact conditions and to appear in court at a later date.

Several accidents were reported over this period.

# Powerview RCMP Report



The Powerview RCMP Report was unavailable as of press time, Monday June 26th, 2006. Next week, a full report will be issued, and published in the Echo.

## The Winnipeg Humane Society



**Smokey, 119579**

Smokey is a very sweet half of a special pair of kitties awaiting adoption at one of our Satellite Adoption Centres, Petcetera on Regent Avenue. Smokey & her partner Snowflake are ~12 years old & have been waiting for a home for nearly 4 months! They're here because their owner was moving & couldn't take them. June is Adopt A Cat Month & we're desperate to keep this family together. Very special fee for both apply, \$34.24. Please call Petcetera for details, 661-0790!



**Snow, 118400**

Snow is a wonderful boy, as charming as he is handsome! Snow likes other cats & was doing very well as a barn cat in his last home when it was determined this sweetie is likely deaf- not a safe situation for a deaf cat! Snow enjoyed the other cat he was adopted with, but we need a safe, indoor home for this beauty. \$48.06 to adopt as a longterm deaf kitty. Includes neuter, vaccine, pet insurance & more!

Where every adoptable dog finds a home and cats get a second chance at life!



**The WHS needs your donations of canned cat food to help feed the many cats in our care. Drop off to 5 Kent Street.**

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

### TOWN OF LAC DU BONNET PUBLIC WORKS SUPERVISOR

The Council of the Town of Lac du Bonnet is currently seeking applications for the position of Public Works Supervisor. The successful applicant, reporting directly to the Chief Administrative Officer will be responsible for the overall management of the Public Works Department. The duties include but are not limited to water and wastewater distribution along with waste management functions. This individual to possess Water plant Certification Class I and must be willing to upgrade further.

This is a non-unionized position, salary dependent on qualifications and experience.

For a complete list of desired qualifications and job description, please contact the Town of Lac du Bonnet at (204) 345-8693 or: townidb@mts.net

Applications will be accepted by the undersigned until July 7, 2006 at 4:00 p.m.

We thank all candidates for their interest, however, only candidates selected for interviews will be contacted.

CAO Colleen, L. Johnson, Box 339, Lac du Bonnet, Manitoba, R0E 1A0, Fax (204)345-8694, or Email townidb@mts.net

**Echo News Tips  
Call 367-9468**

# ECHOES FROM THE Heart

## Crooked Little Smile

He was struggling to tie his shoes. I was struggling with whether I should help him I did. He was embarrassed, but grateful.

"I really appreciate your help," he said quietly. Never

looking directly at me, I thought perhaps he was uncomfortable with needing the help.

"It was nothing. I just thought it would be easier for me to reach it," I said. "You looked a little frustrated."

### 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. Power-view meeting room

**Prenatal classes:** held regularly at Lac du Bonnet. Please register with Gail 268-7465 or call your local public health nurse

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

**Lac du Bonnet Regional Library** open Tues. and Thurs. 10:30 a.m. to 4:30 p.m. and 7:00 to 8:30 p.m., Wed. and Fri. noon to 4:30 p.m., Sat. 10:30 a.m. to 2:30 p.m., ph 345-2653

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

**Ladies' Auxiliary Royal Canadian Legion Branch #164** meets first Tuesday of the month 7:00 p.m. Legion Hall

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

**Royal Canadian Legion Branch #164** general meetings third Tuesday of each month 7:30 p.m. Legion Hall

**St. John's ACW** meets first Monday of every month 1:30 p.m., parish hall

**Lakeshore At-Home Group** Thursday 7:30 p.m. Lac du Bonnet District Health Centre. 89 McIntosh Call Teri 345-8712

**Lakeshore At-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 Tad 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. 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** Harald Huege, Whitemouth 348-3505. Lac du Bonnet, Pine Falls, Victoria Beach, Pinawa, Beausejour, Whitemouth, Oakbank, Hadashville

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

**Garden Club** meeting every 2nd Tuesday of the month. 7:00 p.m. Lac du Bonnet Senior School Home Ec Room. No meetings January, July, August

**Canada Day Celebrations** June 30 to July 2, fireworks, wonder shows, parade, car show, beer gardens, baseball tournament, etc. visit [www.lacdubonnetlions.ca](http://www.lacdubonnetlions.ca), or call Violet 345-9291 for more info

### Lac du Bonnet Church Directory

**ABUNDANT LIFE CHAPEL**

**Pastor Jake Doell, church 345-2934, home 345-9766**  
Sunday: 11:00 a.m. - morning worship; 6:30 p.m. - Upper Room

**LUTHERAN CHURCH OF THE CROSS**

**Church/office 345-8654**

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

**NOTRE DAME CATHOLIC CHURCH**

**Father Miriel Szynal, 345-2980**

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 367-9520, church 345-2357**

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

"I guess you could say I was a little bent out of shape over it," he said.

I didn't know whether to laugh or not. He was crippled by something. His arms and legs were twisted terribly and his coordination to do what I would consider an easy task, lacked desperately.

I have met many people with "different abilities" who use humor openly as a way to ease the difficulty some people have with dealing with them.

I smiled and said, "I'm glad I could help."

He was an older gentleman, thinly built, white hair and the most incredible smile. His clothing was perfectly matched, very up to date and because of his condition, a little larger than they normally should be. I believe it was more comfortable and easier to manage in a larger size.

His spinal curvature was so bad that he was forced to look down most of the time. Except when he made a wise crack. He always managed to steal a glance looking up to see how you reacted to his comments. I believe he enjoyed doing that to people.

Still kneeling by his wheelchair, I felt comfortable there.

There was an awkward silence as we both waited for the other to continue the con-

versation. I waited because I wasn't sure he wanted to talk.

"Nice sneakers," he said.

"Thanks, no one ever complimented me on my sneakers before," I said.

"No one has the view of the world I do," he replied.

I laughed this time.

"So, tell me about the world as you see it," I said.

"Well, I can tell if someone is comfortable speaking with me or not. Most people can see it in another's eyes. I see it in their feet," he said.

"How can you tell by their feet?" I asked.

"People who are nervous keep fidgeting around, moving their feet, wiggling their toes. If they are impatient with me I see them tapping their foot. So I just let them go. I don't want to make people uncomfortable," he said.

"What about me? Was I uncomfortable?" I asked.

"No. I could see your compassion in your eyes. You see, you came down to my level. I was the one who was nervous," he said.

"Why?" I asked.

"I don't normally have someone looking in my eyes. Even my friends stand or sit when they speak to me," he said with a sigh.

"They have no idea what they are missing," I told him.

"This old crooked face of

mine is nothing to brag about," he said.

"But that smile. That smile is so big, I can't see anything else," I told him.

"Ah yes, my smile. I painted it on there just for me. Even though most people don't see it, it reminds me that things aren't as bad as they seem," he said.

"That's quite an attitude, my friend," I said.

"Well, I'm your friend now am I?" he asked.

"Yes, I consider everyone a friend until they prove me otherwise. Many have. I'd rather treat someone as a friend and keep them as one, then to treat them as a stranger and they remain so," I told him.

He smiled.

"Well, as I always say, "Things are always looking up in my life," he said.

There was a pause and we both started laughing.

"Hey, now I can sing that country song by Garth Brooks", I said.

He took a deep breath and asked, "Okay, I'll bite. What country song?"

I sang to him... "I've got friends in low places."

We both laughed until we had tears in our eyes. I don't know about him, mine were because he was such a blessing to me today.

## Bruschetta Duet Recipe

## WHAT'S IN THE Cupboard



### INGREDIENTS

- 8 tablespoons olive oil
- 2 teaspoons butter
- 3/4 pound mushrooms, chopped fine
- 3 cloves garlic, 2 minced, 1 smashed
- 1/4 teaspoon salt
- Fresh-ground black pepper
- 1/4 teaspoon dried sage
- 1 tablespoon chopped flat-leaf parsley, plus
- 1/3 cup lightly packed leaves
- 1/2 cup pitted green olives
- 1/2 teaspoon anchovy paste
- 1 1/2 teaspoons lemon juice

### RECIPE METHOD

In a large frying pan, heat 2 tablespoons of the oil with the butter over moderately high heat. Add the mushrooms, the minced garlic, the salt, 1/8 teaspoon pepper, and the sage. Cook, stirring occasionally, until the mushrooms are golden, 5 to 10 minutes. Stir in the chopped parsley. Remove from the heat.

In a blender or food processor, put the olives, parsley leaves, smashed garlic, anchovy paste, the remaining 6 tablespoons olive oil, the lemon juice, and 1/4 teaspoon pepper. Blend or process to a coarse puree.

Spread the mushroom mixture on eight of the bruschetta, and the tapenade on the rest.

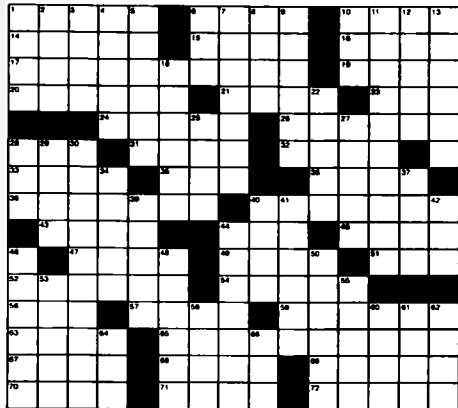
### VARIATIONS:

Bruschetta can be topped with endless combinations of ingredients. Some of our favorites to try:

- \*Chopped tomato and basil
- \*Diced roasted bell peppers with crumbled goat cheese
- \*Drained canned tuna and capers
- \*Strips of Parmigiano-Reggiano
- \*A split garlic clove rubbed over the toast, followed by a generous drizzle of olive oil

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# WEEKLY CROSSWORD



- Across
- Whole amount.
  - Epic.
  - Young oyster.
  - Penitence.
  - Put cargo on a ship.
  - German man.
  - Having two metals.
  - Irish language.
  - Odors.
  - Fitting reward.
  - Trick.
  - Hard external seed covering.
  - Stop flow of funds to.

- Earlier time.
- Boisterous, drunken merry-making.
- Acronym for English Language and Learning Support.
- Digs up with a hoe.
- Urge horses on.
- Passport endorsement
- Without preparation.
- Lands of the Western hemisphere.
- Mountain lake.
- Long time.
- Having jagged edges.
- Repair.

- Medieval wine.
- Mesh-like structure.
- Part of a tree growing upward.
- Hurtful tone of speech.
- Suitable.
- City in China.
- Calls forth.
- Nun's skull cap worn under a veil.
- Animal medicine.
- Worshipped statue.
- Wall, soprano.
- Relating to sound waves.
- Refuse to accept.
- Gods carried by a large vehicle.
- Wipe out.

- Down
- Bills.
  - Pertaining to the ear.
  - Large, scholarly book.
  - Concerning.
  - Written message.
  - Old English for "arm."
  - Webbed toes.
  - Garfield's canine friend.
  - Withdraw from.
  - Female.
  - Way of igniting an explosive.
  - Intentional burning of a building.
  - Popular tastes at a given time.

- Allot.
- Make a thorough search.
- Having a toe.
- Behave carelessly.
- Expression of surprise.
- Elevation of a ball hit into the air.
- Malicious attack.
- Tiny amount.
- Land measure.
- Attach to.
- Advanced in years.
- Barely adequate.
- Colony insect.
- Severe mental retardation.
- Not easily irritated.
- Worthless message.
- Gift of real property by will.
- Lyric poem.
- Contributor.
- Relating to aircraft.
- Japanese writing system.
- Ares sister.
- Groom.
- Change emotional state quickly.
- Last part.

### LAST WEEK'S ANSWERS



## CRYPTIC PUZZLE

BXCXW DQFRG HB QBHBQJHGX KLMXNG

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  
EVERY MILE IS TWO IN WINTER.

## Weekly Echo Horoscopes

June 26th to July 2nd, 2006



**ARIES (Mar. 21 - April 20)**  
Do not push your opinions or try to reform your emotional partner this week. Take time to explain your intentions to loved ones. You can spend a passionate evening with someone you cherish if you make your plans early. Sudden romantic connections may be short lived.



**TAURUS (Apr. 21 - May 21)**  
Compromise if you have to, to avoid verbal battles. Social activities will be satisfying. Arguments with relatives may lead to a split in the family. Avoid any confrontations with colleagues.



**GEMINI (May 22 - June 21)**  
You can dazzle members of the opposite sex with your quick wit and aggressive charm. Don't lament to a friend about any grievance regarding your mate, or it may be hard to rectify your relationship. You need to be active and spend time with friends you enjoy. Avoid disputes with family; their complaints can't change anything anyway.



**CANCER (June 22 - July 22)**  
You will enjoy interaction with others this week. Empty promises are evident. You should put your efforts into creative projects. You may find that someone you live with is not too happy, but you can't really do anything about that right now.



**LEO (July 23 - Aug 22)**  
Your ability to do detailed work will dazzle those who are less creative. Take care of yourself or you can expect to suffer from minor illness. You may not be happy if members of your family are not pulling their weight. You can't live your life for others.



**VIRGO (Aug. 23 - Sept. 23)**  
Don't overspend on friends or children. You like to stay busy and now is your chance to do just that. You may have a problem with coworkers if you try to tell them what to do. Concentrate on spending quality time with children.



**LIBRA (Sept. 24 - Oct. 23)**  
You are best not to say too much to colleagues. Emotional matters may not be easy for you to handle. You must not let others talk you into doing things that will probably limit you financially at a later date. Be careful disclosing information.



**SCORPIO (Oct. 24 - Nov. 22)**  
Enjoy taking courses or lecturing others. You might not be as reserved on an emotional level as you'd like. One of your female friends may try to disrupt your day. Stand up for your rights. Chances to express your ideas and beliefs can bring popularity as long as you're not arrogant.



**SAGITTARIUS (Nov. 23 - Dec. 21)**  
You may find yourself in a heated dispute with a friend if you try to change your mind. You may be experiencing emotional turmoil in regard to your mate. You can win if you're open and up front with your boss. Put your efforts into your work or money making ventures rather than your emotional life.



**CAPRICORN (Dec 22 - Jan 20)**  
Someone you work with may be trying to make you look bad. Relatives may be less than easy to deal with. You will get along well in social situations. Try to curb your bad habits.



**AQUARIUS (Jan. 21 - Feb. 19)**  
Visit friends or relatives you rarely see. Don't make accusations unless you are completely sure that you are correct. You will have excellent ideas for changing or renovating your home. Sudden romantic infatuations could lead to a significant and prosperous connection.



**PISCES (Feb. 20 - Mar. 20)**  
It's a good time to make changes to your living quarters that will give you more space. You need to do more things that you enjoy. Join a choir or a drama club. You may be considering moving to larger quarters. Limitations will set in if you haven't followed the rules.

# Echo Classifieds

**Office/Retail Space for Rent** Pine Falls Upstairs - approximately 200 square feet, comes with washroom. Main floor - approximately 900 square feet with private office, washroom and counter. Call Denis at 367-8651. TFN

**Woodland Place/Dale Haven Apartments**, 1 - 2 bedroom apartments for rent, utilities and parking included, coin laundry, very clean and well maintained. Furnished, weekly and monthly rates also available, call after 6:00 p.m. 367-4922.

**House for Rent:** 2 bedroom, 2 bathroom, 1200 sq.ft., comfy, over 1 acre on waterfront by Woody's Service Centre, in Lac du Bonnet. Quiet, private, electric forced air with woodstove and wood. Price reduced. Call 403-613-2402 or 345-2529 and leave a message. TFN

1984 Peavy RockMaster guitar amplifier head with 4X12 enclosure. Vintage tube series, 135 watts of tube power, \$500 OBO, call 367-8353.

**For Sale - Buckmaster 2000 Compound Bow.** In very good shape, only used to complete once with and hunted with only a few times. Includes a Cobra Sight and Stableizer, Cobra Rest, New Hardtop Case and Quiver with 4 gold tip hunting arrows. Asking \$750 for the whole set up with case. Call 367-8883 or 367-5211, ask for Stephen or leave a message.

**House for Sale - 15 Church, Powerview.** Small 2 bedroom, very nice lot, includes: washer/dryer, stove and a brand new fridge, hide a bed, blinds, window air conditioner, large shed with a cement floor. Price \$40,000.00. Phone Wayne Martin at 367-8905. 4x-3

**Bankruptcy Info-line - free, confidential.** Call 1-800-463-8371. [www.lctaylor.net](http://www.lctaylor.net) This is a community service offered by L.C. Taylor & Co. Ltd., Trustee in Bankruptcy. 34-179

**Rooms and Suites for rent.** Weekly and Monthly rates available. Hydro and satellite included, call Omer at 367-9991 or 367-4210. 28-179

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**Classifieds**  
Book this space and sell all of your old or new articles or household/garage gadgets and such. Only \$5.00, call 367-9468 to book your classifieds.

**For Sale**  
House for sale: Powerview location corner lot, 1 bedroom great starter home. call 367-8353.

**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.

**Multi-Family Yard Sale, Saturday, July 1, 9:00am to 4:00pm, 19 Betty St. Powerview**



**Prière au Sacré-Coeur**  
Que le Sacré-Coeur de Jésus soit loué, adoré et glorifié à travers le monde pour des siècles et des siècles, Amen.

Dies cette Prière six fois par jour pendant neuf jours et vos prières seront exaucées même si cela semble impossible. N'oubliez pas de remercier le Sacré-Coeur avec promesse de publication quand les faveurs seront obtenues. Remerciements au Sacré-Coeur pour faveur obtenue.

**Wanted to Rent**  
Small house or trailer in Pine Falls, Powerview or St. Georges area. Call Walter at 1-204-483-6171. 4x-3

**For Sale**  
Trailer for Sale: Powerview Trailer Court, Double wide House Trailer, 20'x60', 3 bedrooms and laundry room, comes with washer/dryer, fridge, stove and air conditioner, \$17,000.00 call 998-6698, leave a message. 116



**Missing You**  
Its been 20 years since you've been gone, It hasn't been very easy, I still often wonder, what happened that fateful night. What were you thinking, did you know the end was in sight? Did God come to you and say it was your time? And there you stood at the pearly gates in line, Looking down at us all in tears, And you wanted to come and calm all our fears, For now your in a place so beautiful, so clean, A place where God can be seen, It never thought this would happen in a million years, You come to me in my dreams at night, And when I awake, there are always tears, What would I do, if I could only hold you tight, And to again hear your laughter, Until we meet again, in the life ever after. We Love you and miss you more than you could ever imagine. Always in our hearts, and in our thoughts.

*Love Always,  
Omer, Lucille,  
Chantal, Chad, Dylan,  
Hunter, Avery,  
Jenelle, Jaime, Jada  
& Patrick*

## BUSINESSES

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# ENERGY CORNER

prepared by Manitoba Hydro

## Go fly a kite – but do it right

Brisk summer breezes are perfect for kites and kids. Kite flying is great fun for the whole family, but before you go fly a kite, make sure you do it right.

Start by picking a day that isn't too windy or too calm. Then head for an open field where your kids have plenty of room to run without getting close to power lines or trees. If your kite does get caught on a power line, just leave it where it is. Don't try to retrieve it. Call Manitoba Hydro and we'll take care of it.

When you are making or buying a kite, avoid any metallic materials. Take particular care to ensure that the tail of your kite is nothing but cloth. Mylar or metal kites can conduct electricity, which can pose a hazard if they come in contact with any electrical equipment or power lines.

The same thing goes for your kite string. Choose only perfectly dry cotton, linen or nylon string. Never use metallic thread, wire or wire reinforced strings which can conduct electricity. They can cause fire, injury or worse.

Remember never to fly your

kite in wet or stormy weather. Take care to stay away from streets and highways. Your children will be safer and the bright kite colours won't distract motorists and cause accidents.

It's great fun to fly a kite, especially when you take care to do it right.

## Choosing the right water heater

You don't miss your water until your well runs dry, according to the lyrics of a traditional old time song. That's how it goes with water heaters, too. You never think about them until they break down.

Before you miss your water heater, there are a few things to keep in mind when it comes time to replace it. The first thing to remember is that water heaters are relatively inexpensive to buy and install. However, when you consider the operating costs over ten years, you could end up paying up to seven times the purchase price just to keep it going. So, take time to look at different models. Many energy efficient models are available which can save you money

over the long term, and help the environment by using less energy.

What size water heater is best? That depends on several factors – the size of your family, the space you have available to install it, and the number of appliances that use hot water in your home. For example, if you have a whirlpool bath, a dishwasher and a heavy duty clothes washer, you are going to use more hot water.

As a rule of thumb, a 30-gallon (135 litre) water heater will best serve a two person household. For a family of three or four people, a 40-gallon (180 litre) tank will do the job. If you have five or six people in your home, you will probably need a 50-gallon (225 litre) tank to meet all your hot water needs.

Remember, it pays to be an informed consumer. Ask your plumber or heating contractor questions to find out which models are available and which ones are best suited to your needs.

## Tune up your air conditioning

As the mercury starts to peak, so does air conditioner use. It's time to make sure your air conditioner is performing at its peak.

No matter what model of air conditioner you have or plan to buy, you need to maintain it regularly. That starts with keeping the air filters clean. Standard filters need to be cleaned once a month. Some newer models should be cleaned every three to five

months. You should also check the vents to make sure that the air flow is not obstructed. For outdoor units, trim any surrounding shrubs and do not let any grass clippings blow into it.

If you have a room air conditioner, never use it with an extension cord. These units use a lot of energy. Extension cords are not designed to handle such a heavy load which makes them prone to overheating and a source of home fires. Your best bet is to have an electrician install a new outlet for your air conditioner.

When you are choosing a new air conditioner, look for Energy Star qualified models. They are about 10% more efficient than standard room air conditioner models, and about 20% more efficient than standard central air units. The energy efficiency of air conditioners is measured by a Seasonal Energy Efficiency Ratio (SEER). The higher the

number, the more efficient the unit. For example, a unit with a SEER of 10 costs about \$80 a year to operate, while a model with a SEER of 15 costs roughly \$55 a year to run.

Choose a room air conditioner that is exactly the size you need. If it's too small, it won't cool adequately on hot days. If it's too big, it may switch on and off without cooling your room uniformly or dehumidifying the space properly. Besides, it will use more energy and cost you more than you need.

Choosing the right model is important, but it is just as important to use your air conditioner wisely. Select the warmest thermostat setting that makes you comfortable – 25 degrees centigrade is recommended. Keep your blinds and curtains drawn to limit heat gain, and be sure to turn off all appliances and lights that generate heat.

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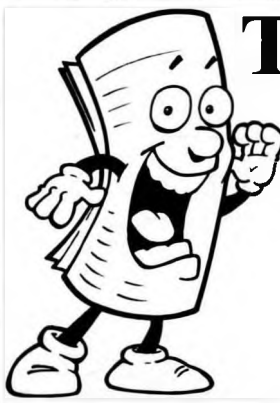
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