



The Winnipeg River Echo

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Serving... Pine Falls, Powerview, Sagkeeng, St. Georges, Great Falls, Lac du Bonnet, Beches, Little Black River, Manigotagan and Bisset



Lester Beach Fire shows the water bomber approaching the fire to make a drop and fire foam on the trees from previous drops.

Skill and luck save Lester Beach

By Charles Norman

A combination of firefighting skill and pure luck prevented a Lester Beach wildfire from getting out of control last Wednesday afternoon.

Very hot, and very, very dry weather for several days had set up the conditions for a major forest fire all across eastern Manitoba. Fires were burning out of control in the North.

Off-road travel had been banned in an area east of Lake Winnipeg and Highway 12, from the US border to Berens River.

But, until Wednesday afternoon The Beaches had escaped.

Then, a little before three pm twelve year old Kade Ross from Alberta, heard a "crackling" sound. He alerted his

Mother Loa and they went to investigate.

They found the underbrush in the forest alongside Lorne Avenue was burning - flames were still quite low - about six inches - but there was no question as to the danger. The cottage they were staying in had no telephone so Loa Ross

See **LESTER BEACH** Story Page 8

Festival Chateauguay fun for all

A weekend packed with fun, sun, hot weather and good times. That was the goal for the Festival Chateauguay organizers and they achieved that with flying colours.

The weekend had a list of events that was fun for the whole family. Friday nights Pickerel Fish Fry was very popular and approximately 300

See page 2 **FESTIVAL**



Roland Gagne of La Compagnie de La Verendrye Poste de l'Ouest 1er Bataillon de la Marine en Canada showed this youngster how food was prepared in the old days

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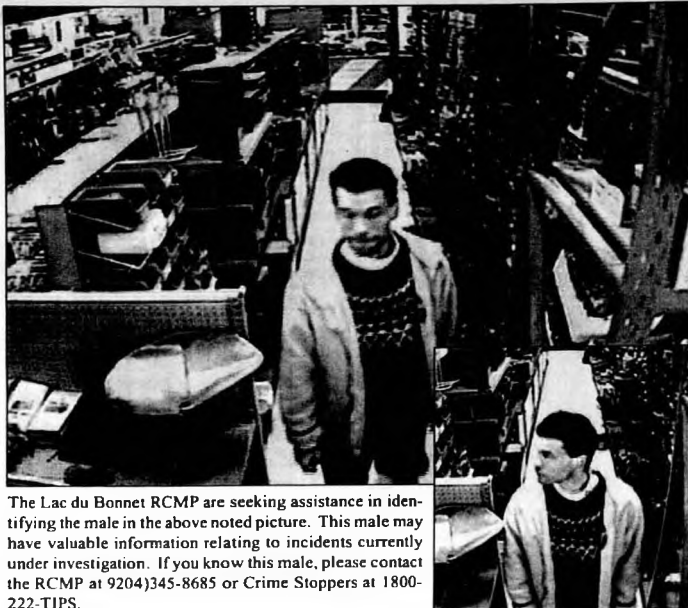
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Do you recognize this man? Festival Chateauguay



The Lac du Bonnet RCMP are seeking assistance in identifying the male in the above noted picture. This male may have valuable information relating to incidents currently under investigation. If you know this male, please contact the RCMP at 9204)345-8685 or Crime Stoppers at 1800-222-TIPS.

Continued from pg 1

people came down to sample the fresh fish that was prepared by the Blue Water Chamber of Commerce.

The evening entertainment "Tribute to Johnny Cash" performed by Marcel Soulodre was a toe-tapping, sing along good time and families and friends partied together late into the night.

Saturdays activities began at 9:00 am with a full day of events. The cat fish derby was won by Kurt Wilcot with a weigh-in of 7.14lbs, 2nd was Guy Bruneau with a weigh-in of 6.14 lbs. and 3rd went to Giles Raymond with his weigh-in of 6.2 lbs. Meanwhile over at the Cribbage and Whist tournaments the winners were for crib were, Adrian Kemball, and Rose Tardiff, 2nd was Rene and May Malo, 3rd was Butch Bouthillier and Maria Dupont. In whist was 1st. Antoinette Vincent, 2nd was Katherine Dupont, and 3rd was

Paul Boulet.

Saturday offered a whole list of fun things to do. Kids enjoyed getting their faces painted, competing in the Sand Castle building contests playing mini golf, and cooling off by running, splashing and playing in the warm waters at the beach.

The evening offered a great meal served by Diane Thomas Catering and was followed by music and comic entertainment performed by Bandaline. Sundays itinerary was also fun for the whole family. Festival goes to shop at the farmers market which had about 10 vendors selling art, crafts and baking. The St. Georges Library volunteers held a rummage sale within the tent and special thanks is extended to the RCMP Powerview Detachment for their donation of bikes and other goodies.

An interesting venue that was offered over the weekend was

See page 3 FESTIVAL

The Winnipeg River **Echo**



NEWS TIPS 367-9468

The Echo wants to hear from you!

If you have an interesting story, sports stats, group or organization information, contact us and let us know!

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Bud, Spud & Rib Night

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The Winnipeg River **Echo**

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Festival Chateauguay

Continued from pg 2

the demonstrations that were held by the La Compagnie de La Verendrye Poste de L'Ouest 1er Batalillon de la Marine en Canada. Visitors got the see how life was for our men of honour many many years ago.

The slo-pitch tournament was won by the Bouvier family team who beat out Black River.

Manitou Rapid Arts Council Board member Diane Dube said "Over all the weekend was a huge success and this was largely due the all of volunteers and festival coordinator Ginette Vincent's hard work and dedication to making this weekend another great festival to remember."



The beach was perfect for cooling off and relaxing under the sun.



Winners of the Slopitch Tournament was the Bouvier Team



(left to right) Board of Directors - Manitou Rapids Arts Council, Fran Thompson, (musicians), Diane Dubé, Entertainer - Marcel Soulodre, Vic Toews and his wife, Sandy Duval, Odile Dubé and her nephew Fern



Slopitch Tournament Runners-up was the Black River Team



La Compagnie de La Verendrye Poste de l'Ouest 1er Bataillon de la Marine en Canada



Bandline performs at the Saturday Night Supper in the tent



Mini choo choo train rides



St. Georges Flea Market

Used bookstore opens in Traverse Bay

By Charles Norman

Traverse Bay Resident Wendy Bowcott has opened a used bookstore in the Windmill next door to the Traverse Bay Restaurant on Saffie Road.

2,500 books are on display, and another 1,500 are in storage, all genres are represented, romance, science fiction, mystery, suspense and some non-

fiction, especially biographies.

The store, Beatrice Butterfly Books is open from 4:00 pm to 9:00 pm in summer. Winter hours have yet to be decided. The store sells and trades used books. Currently a used book retailing at, say, \$20 can be traded for a \$5 book in the store.

Beatrice Butterfly Books has an association with a Winnipeg used bookstore and books not available here can sometimes be obtained through the Winnipeg store.

Wendy Bowcott is a psychic reader. Tarot Card and psychic readings will be available by appointment.

Recreation Re-boot

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

The PRC would like to thank Subway for donating booths, garbage can and high chair to the arena. These items will be put to good use over the winter and we are very appreciative of the donation. Once again, thank you to Kim and Art at Subway.

Aquasize
There will be an Aquasize class starting on Thursday, July 20th. The classes will be on Thursdays from 6:00 - 7:00 p.m. and on Sundays from Noon-1:00 p.m. and will run until August 30th. The cost is \$5.30 per class for PRC members and \$7.42 per class for Non-Members. For more information, or to sign up, please call the Rec. Office at 367-9142.

Pine Falls Pool
Pine Falls Pool is open for the summer. The hours of operation are: 1:00 p.m. - 7:00 p.m. daily for Public Swim and 7:00 p.m. - 8:00 p.m. daily for Family Swim. Weekend times are 1:00 - 4:00 and 5:00 - 7:00 for Public Swim and 7:00 - 8:00

for Family Swim. Non-member rates for the pool are \$3.00/day each person, or \$10.00/day for a family of 4. Family Swim rates are \$5.00/family of 4 + \$2.00 for each additional person.

Please Note: Proper swimwear must be worn at all times - NO t-shirts or shorts. All children under the age of 8 MUST be accompanied by an adult. Babies and toddlers who are NOT toilet trained must wear a special swim diaper in both the big pool as well as the wading pool.

Summer Newsletter and Activities Calendar

Coming up this week on our activities calendar - There will be a craft camp on Wednesday, July 19th from 1:00 - 03:30 at the Pine Falls Arena. The cost is \$10.00. Cooking Day on Thursday, July 20th at Pine Falls Arena Noon - 2:00 p.m., and Field Activity Day at Powerview School on Friday, July 21st from 10:00 - 2:00. PLEASE bring a lunch!! We will have games and races with prizes being awarded at the end of the day. Cost for this is \$5.00/child.

Weekly Helmet Patrol Winners

Last week's winners of the Helmet Safety Patrol were: David Boulet and Austin Lemire. The winner of last week's weekly prize of a \$5 gift certificate from Deals for Dollars was David Boulet.

This week's winners of the Helmet Safety Patrol are: Cole Pluchinsky, Troy Kemball, Shaye Kemball, Emily Barkhouse, Brenden Carlson and Hannah Amison. The winner of this week's weekly prize of a free movie rental from Chateau Video is: Hannah Amison. Congratulations!!

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

PhAT Camp
PhAT Camp will be held this year from July 31st to August 4th at Powerview School. There is an early bird rate for anyone who registers before July 1st. Space is limited, so



Proprietor of Beatrice Butterfly Books, Wendy Bowcott with sons Dylan 7 and Jesse 4 in the new used book store on Saffie Road in Traverse Bay

please register early. Call the Rec. Office at 367-9142 to register.

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.

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 14th, 28th, July 12th, 26th, August 9th and 23rd.

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 (bartender included). Book now for your party!!

The Winnipeg River **Echo**

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Quality at Competitive Prices

Johnny Cash fans enjoyed the show

by Jasmine Clark and Annette Boulet

On July 14th, 2006 as an activity for Chateau weekend in Saint-Georges, Manitoba, the Manitou Rapids Arts Council organized a special concert for the community. For six months, the council struggled to get a Johnny Cash impersonator and their band to come and do a concert. The man that

they hired to be the Johnny Cash impersonator was a man named Marcel Souloudre. Him and his band are very talented musicians and the crowd of three hundred and fifty enjoyed them tremendously.

Marcel Souloudre has been performing with his Johnny Cash performance band for about three and a half years. A Manitoba native, he was

born in the city of Winnipeg. From a young age, he had a passion for music. Marcel would spend countless hours listening to the music on the radio and discovered a whole new world. The Beatles were his favourite musical group as a child. They inspired him to become a musician. He is a very talented vocalist, guitarist, bassist and pianist with great stage presence. Marcel connects very well with the crowd and puts on an interesting show for everybody. However, there are three other people in his band. There is a guitarist, a bassist and a drummer. Marcel also plays the guitar in

his performances. His band are all very talented musicians as well. The group has travelled to places like Calgary, the United States of America and even across the Atlantic Ocean to France! Marcel speaks French as well as English although the rest of the band does not.

The group made us laugh a lot with their jokes and stories. Personally, I think that the funniest part of the night was when Marcel told us that he believes he was conceived to the song "The Ballad of a Teenage Queen". Everyone was basically rolling on the floor laughing. He made the whole

performance interesting and hilarious throughout.

Bringing out the Johnny Cash band to the community was really a special event that could not have been made possible without the help of the Manitou Arts Council, five extremely dedicated people and the Chateauguay committee. Also, with the help of over 100 volunteers and local businesses that helped out. They lent a hand by giving generous donations and helping with ticket sales. Without them, the concert wouldn't have been possible. They deserve to be thanked for all of their hard work and dedication.



Marcel Souloudre performs Johnny Cash songs under the tent in St. Georges on Friday night

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Understanding your partner's money personality



by Steve Kulyk

It is an interesting dynamic of couplehood: most

people choose a partner whose "money personality" is exactly the opposite of their own—and, says Olivia Mellan, a money psychology specialist, if they don't, they will actually create each other's opposite over time.

Mellan, president of Olivia Mellan & Associates Inc. in Washington D.C., has years of experience in money conflict resolution. She says two people in a relationship will always drift towards opposite money personalities, taking on different roles.

"For example, a spender will marry a saver," she says. "And if two spenders marry, one will gravitate towards the role of super-spender while the other

will learn to hoard."

Similarly, a money worrier will choose a money avoider—or if both people begin as worriers, over time one of them will lapse into avoidance while the other worries even more.

In her book, *Money Harmony: Resolving Money Conflicts in Your Life and Relationships*, Mellan describes a variety of money opposites. Some of the most common types are:

- * Spenders who choose hoarders
- * Worriers who choose avoiders
- * Planners who choose dreamers
- * Mergers who choose separatists

Mergers, she says, are usually men, who are motivated by romance to pursue as much union as possible—so they want one joint bank account. Women are more likely to be the separatists, insisting on managing some of their own funds. Mellan says this stems from gender-specific relationship challenges: for men, it is difficult to merge, and money is one place where they can; and for women, preserving a healthy degree of autonomy in the midst of intimacy is the challenge.

Mellan's book offers a 20-question quiz to help you determine your money personality and that of your spouse, with suggestions for resolving conflicts. Her quiz is not available online, but you can find another one here: <http://myvesta.org/tests/moneypersonality/default.htm>. Another interesting description of common money styles is at <http://www.howmuchisenough.ca/>

attitude/index.asp, the website belonging to Diane McCurdy, author of *How Much is Enough? Balancing Today's Needs with Tomorrow's Retirement Goals*.

Peaceful compromise is possible

When two opposites marry, or after two similar personalities marry and then disperse to their opposing camps, a power struggle phase ensues, says Mellan. "This is where people lock in and attack each other."

To thaw relations and make some progress, says Mellan, both partners need to acknowledge what they envy or appreciate about the other person's money style. This is challenging for many couples because most people are afraid of the consequences.

"For instance, a hoarder will worry that if he voices appreciation for something about the spender's style, they'll start spending even more. A spender would worry that the hoarder will respond by trying harder to control spending."

She prescribes doing "one action each week" that's more like your partner's style, and monitoring your progress.

And it's a great idea, she says, for some couples to see a financial planner for a complete "financial physical."

This information has been provided by Stephen Kulyk, Director of Wealth Planning for the ONYX Financial Group Ltd. He also is the principle of Kulyk Insurance and Financial Services Ltd. He can be reached at his office in St. Georges by phone at 367-9572, or by email at steve@onyxfinancial.ca. Serving the community since 1995.



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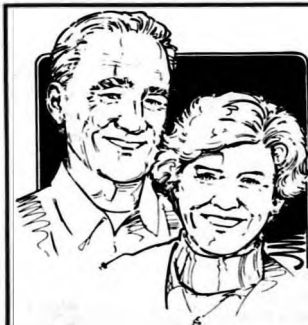
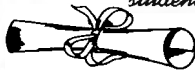
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WANIPIGOW SCHOOL GRADUATES

Congratulations Graduates! You were excellent students and positive role models for all students at our school. You will be missed very much. You are indeed great leaders of tomorrow and we wish you all the best in your future studies.



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

North Eastman Second Annual *Seniors and Elders Day Celebration*

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

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367-9468

Library Corner

Golf in the Comic Strips by Howard Ziehm with a "fore" word by Bob Hope is a "collection of comic strips tracing the sport of golf, golfers and golf humor as depicted in newspapers and magazines from throughout the 20th century."

A federal judge is murdered in his home together with the body of his mistress. It first looks like a simple case of a wife's jealousy but an investigation reveals that the judge had powerful enemies. Wyatt Hunt, a self-employed P.I., becomes involved in the case when his friend becomes the

lead suspect in the murder. The legal thriller *The Hunt Club* by John Lescoart is a novel that you will find hard to put down.

A man walks into a bar and tells a story to Detective Superintendent Jury over a glass of wine and over a number of days. Is the man winding him up, or is the story true? *The Old Wine Shades* by Martha Grimes is the latest in the Richard Jury mystery series.

In 1987, Kaye Gibbons published *Ellen Foster*, the remarkable story of an orphan who struggles to claim her own identity in a violent and chaotic



world. We now have the sequel - "The Life all Around Me by Ellen Foster". In her new novel, Gibbons continues Ellen Foster's story as an adolescent, who is trying, through writing, to make a unique and lasting place for herself. In this story she again draws us into her life and makes us fall in love with her all over again.

We still have a good selection of used, good-as-new books and magazines for sale so please drop by and see us.



Random Vandalism acts causing concern

Vandals in the Pine Falls area overturned at least three of the town's planter pots. Two were seen dumped near the Legion and one at the Village Green. Garbage bins were also emptied near the Playstructure. This is just one of the acts of vandalism that is becoming an ongoing concern in the area. Graffiti on local businesses, setting garbage and newspaper bins on fire are also random acts of vandalism. If you or anyone you know may have information in regards to the above mentioned incidents please contact your local authorities, Powerview RCMP Detachment at 367-2222.

Library Allard

REMINDER:

The Town of Powerview/Pine Falls has entered into library establishment with the existing Allard Regional Library in St-Georges. This means for all residents of this area that library membership fees are now waived thus offering access to the programs and resources that our Library has.

A large assortment of books have been arriving for juniors, teens & adults. For juniors & teens we have Gordon Kormans' *Born to Rock: Skybreaker* by Kenneth Opele; *Blobheads* by Paul Stewart & Chris Riddell; and many more!

For adults we have *Jerusalem Inn* by Martha Grimes; *Vendetta* by Fern Michaels and

by ever-popular Robert K. Tanenbaum, the crime fiction page-turner entitled *Hoax*. Our newest Non-fiction title is *The Last Post: Tragedy in Alberta: How the Deaths of Four Alberta RCMP Officers Will Not Be Forgotten* by Gloria Cherneski-Miller. This insightful book gives answers to some of the questions of why this tragedy occurred and looks at the many issues involved politically and judicially. This book is available for you to loan at our Library, however, if you do wish to purchase your own copy please do so as \$1.00 from every copy sold goes to the "Always Remembered Memorial Fund".

Our summer program is underway with this year's theme being *Quest for Heroes*



All children ages 5-14 are welcome to attend. Our schedule of weekly activities is: Tuesday - Reading Bingo Day; Wednesday - Outdoor/Indoor activities and Book Club Time (evening); Thursday - Crafts and Movie Night (evening); and Friday - Creative Writing Day. Please call 367-8443 for times and to register, or simply stop by the Library.

See you in the library. Bibliotheque Allard Regional Library - 367-8443 Beaches Branch Library - 754-4007

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NEWS TIPS?

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Seniors, Did You Know?

That the Winnipeg River Senior Services in Pine Falls offers the following...

- Home Maintenance
Help with caring for your home, inside/out.
- Foot Care
Professional Staff come to you home to provide basic footcare.
- Transportation
We offer handivan services or paid volunteers to drive you to shopping, appointments, etc.... The handivan must be booked in advance.
- Friendly visiting
Volunteers spend time with individuals who are lonely.
- Red Cross Loans
The Sick Room Equipment Loan Service provides wheelchairs, walkers, and canes up to three months.
- Victoria Lifeline
When others can't be with you or your loved one, Victoria Lifeline is 24 hours. A one time installation charge and low monthly fee puts assistance just a push of a button away.
- E.R.I.K.
Emergency Response Information Kits contain pertinent information in case of an emergency.

Call Tina at the Winnipeg River Senior Services 367-9128 for more information.

Faith Perspective

by Pastor Jake Doell

Light vs. Darkness

Each day is made up of light and darkness. Light is power. The following story demonstrates the power of light:

"A merchant wanted to determine which of his two sons was more worthy of inheriting his business. So he gave each one a coin and told them, "Take this money and go and buy something that will fill this house." In a hurry the older son went to the market and discovered that the cheapest and bulkiest thing he could buy was straw. So he bought as much straw as his coin would buy. Arriving at home he found that he didn't have enough straw to cover the floor.

The younger son realized that his father had entrusted him with an intricate task and it would require some shrewdness and forethought. After thinking about the importance of his commission he went and purchased as many candles as his coin would buy. These he took home and lit one candle in each room of the house, so that the light they gave filled the house. The happy father said to his younger son, "To you I give my business. You have shown true wisdom."

Nearly 2000 years ago Jesus Christ said, "I am the light of the world. If you follow me you won't be stumbling through the darkness because

you will have light that leads you to life." (John 8:12) As in the natural realm so it is in the spiritual realm.

There is a kingdom of darkness and a kingdom of light. The trilogy of the Lord of the Rings was a fascinating story of the conflict between the forces of darkness against the forces of light. In the spiritual realm the kingdom of darkness is ruled over by Satan. The kingdom of light is ruled by Jesus Christ who is the "true light of the world."

Every person on planet earth is a citizen of either kingdom. The Bible tells us that we are all born into the kingdom of darkness - "For though your hearts were once full of darkness, now you are full of light from the Lord." (Ephesians 5:8) The good news of the gospel of Christ is that by faith in Christ and his death on the cross for us, we can become citizens of the kingdom of light. Nicodemus, a very religious church man was told by Christ that he could not enter the kingdom of God unless he was "born again" (John 3:3). So how can you be born again? Very simple, you must recognize that you are lost in the kingdom of darkness. You must realize that Christ is the only true light that can lead you out of this darkness. When you put your faith and trust in Him, he will forgive you of all your sins and transfer you into His kingdom of light. My friend, let me encourage you to leave the kingdom of darkness and ask Christ to make you a citizen of his kingdom of light.

Skill and luck save Lester Beach

LESTER BEACH STORY
Continued from pg 1

ran to the cottage closest to the fire to warn them and call 911 - no one was home - she tried the next cottage - still no one. On the fourth try she called on Craig McGinnis who was home. The call was made. Back at the scene of the fire the flames were now 6 feet high and the floor of the forest was a raging inferno.

At about the same time two water bombers and a spotter plane were returning to their Gimli base after fighting a fire at Black Lake in Nopoming Park. The pilot of one of the bombers noticed the fire and notified the Conservation Department's Lac du Bonnet Fire Control Centre. That was the first stroke of luck. The second was that the two bombers still had fuel on board. They were directed to tackle the

Lester Beach fire. The third stroke of luck was the fact that the lake was calm and the bombers could load up with water from the lake. Because it was so close, turn around time was reduced, and more bombing runs could be made in a shorter time.

In the meantime two water bombers had been scrambled from Gimli. They arrived almost as soon as the two returning from Black Lake. The four bombers made a total of 32 water drops.

Forest fires are brought under control by firefighters on the ground. Water bombers help but the fire can only be controlled from the ground. The Conservation Department sent a helicopter from Pine Falls with an Initial Attack Crew who set up a pump with about 2000 feet of hose from a small slough. The Victoria Beach and Grand Marais Fire

Departments, together with the Pine Falls crew, and the water bombers, were able to bring the fire under control without the need for additional help from other fire departments.

Another stroke of luck was the fact that there was very little wind. Given the weather conditions if there had been high south winds, and if Kade Ross had not heard the "crackling" and investigated, and if the water bombers had not been returning from Black Lake at that particular time, then it could have been a very different story.

The East Beaches is made up of what Foresters call an "over mature forest". The normal life cycle of the boreal forest includes burning. There has been no major fire in the region for a very long time. It is past due.



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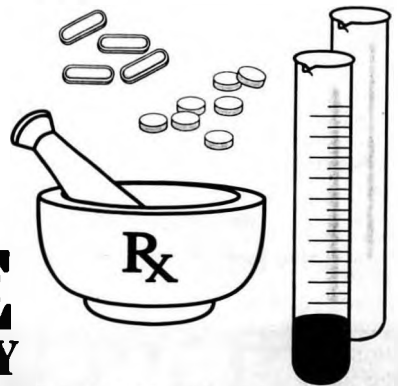
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Manitoba Youth Job Centre

Brent Stokes

Anyone who's stopped in to businesses in Lac du Bonnet since the long weekend may have noticed the Odd Job Squad's efforts to make them look a little more festive with bouquets of red and white carnations purchased from local florists. Jolene Shoup, Matt Smith, Donald Morin, Ryan Karklin, Tom Ingham, Austyn Goodwin, Jordan Yanchak and Glen Lussier turned piles of flowers, leaves, flags and pins into 126 beautiful bundles, before delivering each to its rightful owner.

Kids of Steel

Over 100 youngsters gathered on the front lawn of the Pinawa Pool last weekend to swim, bike and run in the town's annual triathlon for kids. James Macdonald volunteered to spend his Saturday morning making stress balloons for athletes, their families and friends. It's always a thrill, not just to get a gift, but also to choose

what colours it is, and then watch as it's created just for you. After seeing how their squishy toys were made, some athletes decided they'd try their hand at making their own. Thanks to everyone who made a sand run for us, our great helpers who made extra balloons and Northern for their produce bags.

Student Labour Raffles

Pinawa's Odd Job Squad is selling labour raffle tickets until July 17. For just a loonie, you could win three hours of free labour. At least one in every 25 tickets is guaranteed to win.

Regional Meeting

The Manitoba Youth Job Centre will be closed Monday, July 24 for a regional meeting in St-Pierre-Jolys.

If you have any questions about any of these events, want to participate in them, or want to hire a student for full-time, part-time or casual work, please call 345-6916 or stop by



James Macdonald (sitting) makes stress balloons for the Kids of Steel crowd, some of who were eager to try creating them on their own. About 100 of the personal gifts were taken home as a memento of the day.

the Manitoba Youth Job Centre in New Directions School, 40 Park Ave., Lac du Bonnet.



Odd Job Squad members hard at work on the Flower Frenzy assembly line. Seven students put together and delivered 126 bouquets of red and white carnations prior to the Canada Day weekend. (Jolene Shoup, Donald Morin, Jordan Yanchak, Matt Smith, Austyn Goodwin, Tom Ingham. Not pictured: Glen Lussier)



Odd Job Squad members ready to roll at the Canada Day parade in Lac du Bonnet (Brady Musey, Taylor Byrnes, Tom Ingham, Jolene Shoup, Matt Smith, Devin Shauman). The girl in the pink is Taylor's friend & not registered with us. I forgot to get her name.

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Tsotsi **Cast:** Nambitha Mpumliwana, Benny Moshe, Jerry Mofokeng, Percy Matsemela, Israel Makoe, Mothusi Magano, Presley Chweneyagae **Rating:** 14A

Beowulf & Grendel **Cast:** Gerard Butler, Stellan Skarsgard, Sarah Polley, Ingvar Eggert Sigurdsson, Tony Curran, Mark Lewis, Martin Delaney **Rating:** TBD

Edison Force **Cast:** Morgan Freeman, Kevin Spacey, Justin Timberlake, LL Cool J, Dylan McDermott, Cary Elwes, Piper Perabo **Rating:** 14A

Road House 2: Last Call **Cast:** Crystal Flynn, Jake Busey, Johnathon Schaech **Rating:** 18A

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.

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.

Bedminster: 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 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.

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: Thursdays 8:00 p.m., Senior Centre, Victoria Beach, 1 Aitach Road 754-3173.

Happy Tots Day Care: 367-2601, board meetings last Monday of each month 7:00 p.m. at the daycare.

Senior Scene Inc.: 41 Aitach Rd., Victoria Beach. General meetings second Tuesday of the month, 756-6468 for more info.

Blue Water Support Group: meets every third Monday of the month 7:00 p.m. Pine Falls Health Complex.

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 2:00 p.m. to 3:30 p.m. Monday and Thursday. Library is situated in the Pine Falls School, entrance facing pool.

Weight Watchers Meeting: Every Thursday - weigh in at 4:45 to 5:30pm, --call Dolores for info. at 367-2945.

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

Child Health Clinics - will be provided by area Public Health Nurse every Thursday afternoon at the Pine Falls Complex, Community Health Office.

Assessments of babies (or child's) height, weight, infant nutrition, advice, immunizations (as necessary) and any other advice you may wish, please call 367-5406 for more info.

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

Pine Falls Golden Leisure Club: Bridge 7:00pm Mon & Thurs, Tennis 1:00pm Friday, Whist 1:30pm Wednesday, Crib, 1st Monday of Month at 1:30pm Exercise Class, Mon, Wed, Thurs, Fri, 10:15am.

Town Powerview-Pine Falls Recycle: every Thursday 8:00am, Garbage Pick up - Powerview - Wednesdays 8:00am, Pine Falls Tuesdays & Fridays 8:00am.

Overcamers Outreach meetings: www.overcamersoutreach.ca, weekly meeting Contact Isabelle (204) 367-2359.

Parenting Support Group: Meets the first three Wednesdays of every month at Wings of Power, 11:30 a.m. Lunch and childminding are free, transportation also available. Call 367-9641.

Family Lending Library: Open 10-12 and 1-4, Mon-Fri at Wings of Power.

Computer access: Wings of Power CAP site, Open 10-12 and 1-4, Mon-Fri.

Narcotics Anonymous meetings: every Tuesday, 7-9pm at the Sagkeeng Multi-Purpose Building (south shore highway 11).

Ask the Neighbourhood Mechanic



by Dave Redinger

One of the biggest issues facing the motoring public today is paying to maintain the all high tech stuff which has become the norm in modern cars. I always say "don't buy a car that will own you". The following is a short list of what maintenance costs you can expect (listed by country):

- German = very very very expensive, Italian = very very expensive (with attitude), Sweden = very expensive, Japanese = expensive, French = made of unobtainium, Korean = who knows, Canadian/American = kinda expensive. Just a thought.
- I have 1994 Thunderbird V8. The check engine light is on and says I need an EGR. How long will the car run be-

fore I have to replace that? Or could it be something else in connection with that?
Diana

The service engine light is a warning indicator. The engine management computer has detected a failure or a sensor that has gone out of range. The car's injection system will no longer adjust to environment and the vehicle is running on back up. Long term driving in this condition will damage the car. Have the unit scanned a repair the problem. Do not pass go, you might not get there.

I read your column and I find your tips very helpful. I am a first time car owner and don't really know much about cars. I bought a 1998 Chevrolet Malibu about two years ago. After six months, the ABS light started to go on

and off. I had it checked and was told everything is ok, BUT, it's still there. Every time I see that light it keeps nagging me. Can you give me your insights on what's wrong with this car?
Cecilia

I HATE ABS! Every car I own I disconnect the system. ABS (Antilock Braking System) came to us out of the aircraft industry. It essentially allows the car to steer while under heavy braking. This is done by cycling the brakes when the tires are on the verge of skidding. In the real world they may have the effect of lengthening the distance it takes to stop. So if the ABS doesn't work I wouldn't be too upset. ABS lights come when the system is not functioning, that's true, BUT...it may be a low fluid level, burned bulb, or a bad sensor. A scan should diagnose this issue easily.

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Open to all seniors 55 and over. You are welcome to bring a guest. All meals are \$5.00. Meals are at 11:30 noon Mondays, Wednesdays and Fridays. Your name must be put on the list the day before by calling

Silver Haven at 367-4620 or Bernice 367-8369

Friday, July 21
Salad, liver and onions, mashed potatoes, celery and carrots, tapioca pudding.

Monday, July 24
Coleslaw, meatloaf, oven roast potatoes, purple cabbage, sex in a pan.

Wednesday, July 26
Soup, sausages, macaroni and cheese, green beans, cherry cheese cake.

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, Scantoberbury, 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

Powerview RCMP Report

This report covers the period from June 30th to July 9th, 2006



July 10:
PINE FALLS - a complaint of mischief is still under investigation by police.

FORT ALEXANDER - police attended to a complaint of shots being fired. A suspect nor any further shots were noted in the area and no further complaints were received by police.

- a spousal assault is still under investigation by police. A male attempted to choke a female in the incident.

- an emotionally disturbed female was transported to local hospital for treatment after attempting to step in front of a vehicle.

- a female has been charged with theft of prescription drugs which was stolen from a relative.

July 11:
RM OF ALEXANDER - concerns for the safety of several children had police attend a residence. The complainant believed the children may be alone however police found them safely with a babysitter.

FORT ALEXANDER - a complaint of a disturbance sent police to a residence to find the call was false. The resident at the home had been asleep and the call a prank.

July 12:
RM OF ALEXANDER - police attended a location to assist a male who had been assaulted by 3 males in an unknown vehicle. The man was transported to local hospital for treatment. Investigation continues into the incident.

FORT ALEXANDER - a disruptive and intoxicated male was removed from a residence and returned to the safety of cells to prevent a further breach of peace. No charges were laid in the incident and the man released once sober.

July 13:
FORT ALEXANDER - a male and female were both charged by police with assaulting each other in an escalated argument.

- a male was taken into cus-

tody after breaching a court order and causing a disturbance at a resident. The man was charged accordingly and transported to Provincial Remand Center.

- police attended a residence with a female as a safety precaution to collect personal belongings. The woman had left her spouse recently and was afraid for her safety.

HOLLOW WATER - police assisted child and family services with apprehension of several children from a home.

LESTER BEACH - police assisted conservation and Grand Marais Detachment after a fire threatened the community. Passing water bombers were able to douse the fire

and no evacuation was necessary.

TRAVERSE BAY - investigation continues into a complaint of threats being uttered.

July 14:
PINE FALLS - an ongoing dispute between 2 neighbors was settled informally after police spoke to both parties accordingly.

FORT ALEXANDER - 2 youth were apprehended and charged after committing a break, enter and theft at a local garage and tracked down by the owner. The youth had stolen 2 firearms but they were recovered shortly after. The pair also broke into a residence and a vehicle at 2 other locations. Investigation continues.

HOLLOW WATER - police attended a residence after a female attempted to gain access and was causing a disturbance with an ex boyfriend. The woman had left the area upon police arrival and no charges were laid in the incident.

July 15:
PINE FALLS - a complaint of dangerous driving resulted in a semi driver trying to avoid and intoxicated male on the road. The man was located and escorted home. No further police action was necessary.

FORT ALEXANDER - a female was remanded in to custody after breaching a recognizance. The highly intoxi-


cated female was at a residence causing a disturbance and would not leave when police arrived.

- a female has been charged by police with assault, mischief and property damage. Investigation continues into the incident.

- police responded to a residence where an intoxicated female began trashing the home. The female had left the residence prior to police arrival. Investigation continues.

ST GEORGES - police assisted in gaining access to an apartment for ambulance crews when a senior female

See POWERVIEW/pg 15



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Lac du Bonnet RCMP Report

Report period from July 10th to July 16th, 2006



July 10:
It was reported to police that a person in Lac du Bonnet sold their car and now the person is driving around without changing the plates. Police wish to remind people that the plates have to be removed and turned in when providing a bill of sale.
It was reported to police that a boat house in Breton Lake had been slept in while the owners were not home.
It was reported to police that over the weekend, the Hydro Compound just outside of Pinawa had been entered and a quantity of copper wire stolen. Police are working with

Hydro Security to resolve this.
July 11:
A caller reported a group of youths acting suspicious behind the pump house in Pinawa.
July 12:
A woman called concerning her common law in the RM of Lac du Bonnet. No assault had taken place and he went to a relatives for the night.
A caller reported vandalism to a sign at the Granite Hills Golf Course. The sign had been spray painted.
Manitoba Hydro in Pointe du Bois reported a copper wire theft. Police are continuing investigation.

A youth was reported missing from a camp in the Whiteshell Provincial Park. He returned on his own a short time later.
A caller advised that children on a dock next door to her were making too much noise.
A caller reported his vehicle broken into while at the Lone Island parking lot. A CD player was stolen.
A caller asked police to check on the welfare of a friend who missed a call in at a prearranged time. He was found to be fine.
A caller complained that her neighbour had his dog off a leash at his dock taking the dog for a swim, in the Whiteshell Provincial Park.
A caller complained that her neighbours were being too noisy in the Whiteshell Provincial Park.
A caller advised that an unknown male knocked on her door looking for someone in the RM of Lac du Bonnet.
July 13:
A caller advised police that a neighbour while fishing from

his dock in the Whiteshell Provincial Park, tried to assault her with the fishing lure as he was casting too close to her while she was swimming.
A call was taken about a fire in Whiteshell Provincial Park. DNR were hanging same and police presence was not required.
A vehicle fire was reported on Park Avenue in Lac du Bonnet. The fire was not suspicious.
A person reported a vehicle was driving around with two suspicious males in Pointe du Bois.
July 14:
A person called about a boat being driven too close to shore in the Whiteshell Provincial Park.
July 15:
Two males were charged with open liquor in Pinawa after being located walking down a street.
A person was arrested at the Pinawa Days Beer tent for causing a disturbance. He was released later.
A caller in the Whiteshell Provincial Park complained

about a neighbours alarm going off. There was no break and enter and took some time for police to track the owner.
A caller advised of three youth walking in Lac du Bonnet with open beer. Police located the subjects.
Two males were arrested for being intoxicated in Pinawa and later turned over to a relative.
July 16:
A caller in the Whiteshell Provincial Park contacted police for a neighbour yelling obscenities at her from his dock.
A caller advised that while on Lee River Road three youth were throwing rocks and one broke his windshield. Police attempted to locate the youth but didn't but are continuing their investigation.
A caller reported his cabin broken into on Riverland Rd sometime in the last week. Liquor, rifles and a DVD/VCR combo were taken.
There were numerous accidents and a false alarms reported during this period.

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 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. 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, Whittemouth 348-3505; Lac du Bonnet, Pine Falls, Victoria Beach, Pinawa, Beausjour, Whittemouth, 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, 7:00pm, 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.lacdubonnetions.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 Mirek Szymal, 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 367-9520, church 345-2357
Sunday: 11:30 a.m. - worship; 11:30 a.m. - first and third Sunday of each month, holy eucharist.

On Parliament Hill



Your voice in Ottawa
Vic Toews, MP for Provencher

Protecting our Environment

Last month, Natural Resources Minister Gary Lunn announced that our new government would be contributing \$250 million over five years to begin cleanup of Atomic Energy of Canada Limited (AECL) sites, including the Whiteshell nuclear facility in Pinawa. At the time, I wrote about how this was a prime example of the Conservative commitment to environmental programs that will clean up our air, land water and energy.

It was in the same vein that Environment Minister Rona Ambrose announced funding for 101 environmental projects in communities across Canada this week. The program is called the EcoAction Community Funding Program, and it's dedicated to local action aimed at reducing pollution, improving air and water quality, and protecting wildlife and natural habitat.

This isn't some multi-billion dollar scheme developed by bureaucrats at a bargaining table. And it's not about buy-

ing hot-air credits from other countries with the tax dollars from Canadian families. Under the previous Liberal government, there was a lot of talk and promises about environmental action. Our new government is focused on real environmental protection.

The 101 projects announced by Minister Ambrose will assist local, non-profit organizations with activities that result in cleaner air, reductions in greenhouse gas emissions, cleaner water, and the protection of habitat and species at risk at the community level. Canadians in these communities will see environmental improvements in their own backyards.

It's refreshing to see this kind of tangible environmental action in every part of the country, led by a minister with a clear understanding of how important these issues are to the health and quality of life of Canadians.

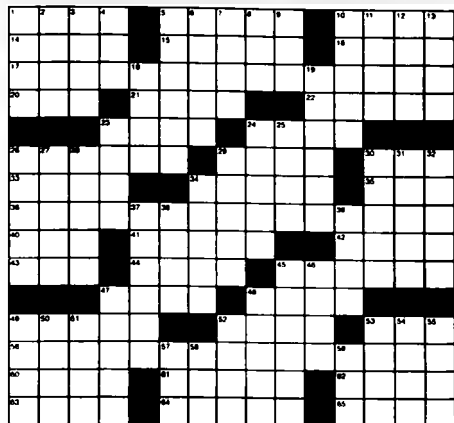
"This government wants to ensure Canadians across the

country have the opportunity to become directly involved in taking concrete action in their communities, whether it is reintroducing birds to Pacific islands, keeping invasive plants away from Saskatchewan, cleaning beaches in Newfoundland or installing solar panels in Nova Scotia," said Minister Ambrose. "Through EcoAction, Canadians can make a difference - to the benefit of both their community and the environment."

Real environmental protection will continue to be a priority for the Conservative government. Through programs like EcoAction, we are building a strong environmental infrastructure that will allow individuals and organizations to contribute at a local level, and result in genuine, positive progress for Canadian communities and families.

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 toewsv1@mts.net

WEEKLY CROSSWORD



- Anatidae.
 42. 1981 Warren Beatty film.
 43. Gamble.
 44. Categorized by importance.
 45. Husky, grating voice.
 47. European mignonette cultivated as a source of yellow dye.
 48. Tailless South American rodent.
 49. City where Robespierre was born.
 52. River in north central Switzerland.
 53. Place of business with exercise equipment.
 56. Occurring at the same time.
 60. Shed.
 61. Modify.
 62. Be fond of.
 63. Supplements with great effort.
 64. Loud music.
 65. "Spanish ..." song by Herb Alpert and the Tijuana Brass.

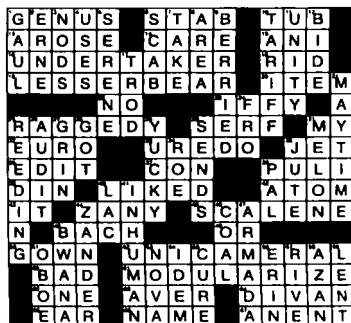
- coffee.
 9. Chew and swallow food.
 10. Less costly metal mixed with a more valuable one.
 11. Set down according to plan.
 12. Any of several gooey substances usually made from glue and used as a glaze for porous materials.
 13. Rocks from which metal can be obtained.
 18. Saturn's sixth satellite.
 19. Long-haired cat.
 23. Give an absolute right to title.
 24. Sudden thrust with a sword.
 25. River in central Europe.
 26. Arabic for "friend."
 27. Cost.
 28. Set anew.
 29. Small area set off by walls for special use.
 30. Colorless liquid used to put people to sleep.
 31. Nourishes.
 32. Brief and to the point.
 34. Cruel person.
 37. Female ogre.
 38. Not simulated.
 39. Earnestly request.
 45. Capital of Zimbabwe.
 46. Used for baking.
 47. Needs.
 48. Supply ready-to-eat food.
 49. Highest point.
 50. Deprive of by deceit.
 51. Vex.
 52. Pilaster at doorway side.
 53. Become dirty.
 54. Eject stomach contents through the mouth.
 55. In the direction of the sea.
 57. Restaurant bill.
 58. Whole quantity.
 59. 2003 Will Farrell movie.

- Across
 1. Shape with a point at one end and a circular opening at the other.
 5. Improper.
 10. In addition.
 14. Leave out.
 15. Nigerian monetary unit.
 16. Habitation of wild animals.
 17. Divide into departments.
 20. Beings.
 21. Long-handled, short-bladed garden tools.
 22. Points where an orbit crosses a plane.
 23. Open country, bearing

- grass, bushes or shrubs characteristic of parts of southern Africa.
 24. Stunned.
 26. Full expanse of facing pages in an opened book.
 29. Praise.
 30. Lizard.
 33. Acronym for Amateur Radio Emergency Services.
 34. Greater in excellence.
 35. Device on which a ball is placed for driving.
 36. Authority on history.
 40. Fruity frozen dessert.
 41. Water birds of the family

- Down
 1. Systematically arranged collection of regulations.
 2. The ..., 1976 film starring Gregory Peck.
 3. Small drinks.
 4. Estimated time of arrival.
 5. Unbelievably wonderful.
 6. Christened.
 7. Tomorrow Never ..., James Bond film.
 8. Metal container with a spigot used for making and serving

LAST WEEK'S ANSWERS



Each letter represents another letter in the alphabet. See if you can break the code to figure out the famous quotation

CRYPTIC PUZZLE

B XCWD DQ DFFWG BQDW DCH DBF.
 DQI BD XDKLM.

Last Week's Solution

PEOPLE WANT ECONOMY AND THEY WILL PAY ANY PRICE TO GET IT.

Weekly Echo Horoscopes

July 17th to July 23rd, 2006

ARIES (Mar. 21-April 20)
 Opportunities to get together with friends will be enlightening and entertaining. You will find that joint ventures could easily turn out to be dead end projects. Be very careful while in transit or while traveling in foreign countries. Don't expect anything for nothing and you won't be disappointed.

TAURUS (Apr. 21-May 21)
 This will not be the day to start new business ventures or make drastic changes in your career. Try not to make waves. You can make financial deals that will bring you extra cash. You may find that depression is causing you to feel lonely and insecure.

GEMINI (May 22-June 21)
 Don't be alarmed. Over spending or unexpected bills could set you back. You must make them stand on their own two feet regardless of how much you want to make things better for them. Limitation could set in if you've been spending too much.
CANCER (June 22-July 22)

You will have difficulties spreading yourself between your work and your home. Don't get involved in secret affairs or underhanded involvement's. Residential changes, renovations, or moves are likely to disrupt your routine. Problems with gas, oil, or water in your home may disrupt your routine.

LEO (July 23-Aug 22)
 You can get a promotion if you put in a little extra detail. Be confident in your endeavors and others will believe in your efforts. You will be able to make financial gains. Don't let your personal dilemmas interfere with your goals.

VIRGO (Aug. 23-Sept. 23)
 Rewards for past good deeds will be yours. Stick to travel or do things in conjunction with groups. Your lover may disappoint you in such a way that estrangement will follow. You will be accident prone if you aren't careful this week.

LIBRA (Sept. 24-Oct. 23)
 You can offer your help to others but back off if they appear to be offended by your persistence. You may not be able to help, but your support will be favorable. You may have the energy to clear up that mound of paperwork facing you. There might be one who is quite willing to take the credit for your work.

SCORPIO (Oct. 24-Nov. 22)
 Rewards for past good deeds will be yours. Don't let the erratic behavior of someone you live with interfere with your professional performance. Don't push your luck with authority. Do a little extra work at home.

SAGITTARIUS (Nov. 23-Dec. 21)
 You'll have amazing ideas, but superiors may try to block your attempts at implementing them. Get involved in activities that will bring you knowledge about foreign land, philosophies, or cultures. Don't trust coworkers with important or personal information. Get domestic chores out of the way early.
CAPRICORN (Dec 22-Jan. 20)

Extend an invitation to clients you enjoy spending time with. Be careful if a friend asks you for advice. You can avoid hassles by sticking to your work and refusing to get involved in gossip or idle chatter. You may want to have a heart-to-heart talk with a close and trusted friend.

AQUARIUS (Jan. 21-Feb. 19)
 A quiet restful day just staying in bed or catching up on reading will be your best bet. Your partner may be somewhat irritable this week. The answers can only come from within. Resist any idle chatter.
PISCES (Feb. 20-Mar. 20)

You need to spend less time daydreaming and more time accomplishing. Your emotional life may be up in the air if your mate has been going through a change of heart. You can find solutions if you are willing to communicate. You can accomplish a lot if you direct your thoughts toward starting your own small business on the side.

Echo Classifieds

For Rent

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

For Rent

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.

For Rent

House for Rent: 2 bedroom, 2 bathroom, 1200 sq.ft., comfy, over 1 acre on waterfront by Woodys 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

For Sale

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

For Sale

2005, 16 ft. X 80 ft. manufactured home on 1.05 acres of treed water-view property. Located in the Powerview area. Lots of oak cupboards, large living room, 2 full bathrooms, 3 bedrooms. Asking \$99,900, call 367-9831 4x3

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. M TFN

Accommodations

Rooms and Suites for rent. Weekly and Monthly rates available. Hydro and satellite included, call Omer at 367-9991 or 367-4210. 6x19x

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Lake front cottage for rent, Albert Beach, fully equipped, screened in porch facing beach, \$600/week, call 253-7351. 2x-1

Wanted to Rent

Small house or trailer in Pine Falls, Powerview or St. Georges area. Call Walter at 1-204-482-6171. 4x-2

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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.



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Kitten to giveaway to a good family home. Seven weeks old, litter trained, female. Need to give away as soon as possible. If not taken within one week, it will have to be taken to the Humane Society, please call 367-4578.

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THE RURAL MUNICIPALITY OF ALEXANDER CALL FOR TENDERS

FOR THE SALE OF RM PROPERTY

The Rural Municipality of Alexander is hereby calling for tenders for the sale of RM properties listed below. Specifications may be obtained between the hours of 8:30 a.m. - 4:30 p.m. Monday to Friday from the Administrative Office situated at 104058 P.T.H #11.

The property is subject to the reserve bid as shown below and the listed parcels of land will be sold as a unit and not individually.

All tenders must be submitted individually in sealed envelopes and the outside of the envelope must be marked "SALE OF RM PROPERTY TENDER" and also state the "Legal Description".

Deadline for tenders: Monday, July 31, 2006 @ 4:00 p.m.

Tenders will be opened Thursday, August 3, 2006 @ 10:30 a.m.

ROLL #	LEGAL DESCRIPTION			RESERVE BID
	Section	Township	Range	
64900	SW ¼ 20	17	11 EPM	26,000
62550	NW ¼ 17	17	11 EPM	13,800
62600	SW ¼ 17	17	11 EPM	15,000
58750	SW ¼ and W ¼ 8	17	11 EPM	33,900

Submit Tenders to:

Margaret Bonekamp, Chief Administrative Officer
Box 100, St. Georges MB R0E 1V0

Spread Your Wings September 2006 Program

Spread Your Wings is accepting applications for the September 2006 intake.

Spread Your Wings is an individualized client focused program to assist youth and young adults aged 16-29 years to experience success in reaching their personal goals.

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- Work Experience
- Skill Enhancement
- Skill Development
- Personal Growth
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- Supportive Guidance

We will run weekly workshops such as; resume building, monthly budgeting, time management, employment responsibilities and life skills. Through the program you will develop the broad range of skills, knowledge and work experience you will need to participate in the job market.

Spread Your Wings is a program offered by Wings of Power and is funded by Services Canada and Education, Citizenship and Youth MB4 Youth Division. You can reach us at 367-2492, 367-9641 or E-mail us at spreadyourwings@mts.net

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Depression Reality Check:

Serious, common disease needs treatment, but too many patients discontinue their medication too soon

Depression is a significant health issue in Canada, and experts say the high proportion of patients who discontinue their treatment too early is alarming. Now, doctors are looking at new ways to work with their patients to help them achieve treatment success.

Depression affects nearly five per cent – or approximately 1.6 million – of adolescent and adult Canadians, which is nearly as many as are affected by diabetes or heart disease. Its impact can also be felt in terms of its cost; depression is responsible for over \$3 billion in direct medical costs, the third-highest source of direct health-care costs in the country. The World Health Organization (WHO) predicts that in 15 years, depression will be the leading cause of disability in high-income countries, such as Canada.

Like other serious diseases, depression can – and should – be treated. But the reality of depression treatment is aston-

ishing – half of patients being treated for depression quit taking their medicine within three months. This, despite Canadian medical guidelines which recommend antidepressant medication treatment for eight to 12 weeks to treat the acute phase of the disease, plus maintenance therapy of six months or longer to prevent relapse. This recommended treatment approach has significant impact; in fact, one study, published in the prestigious medical journal *The Lancet*, estimated that staying on antidepressant medication for the prescribed period can reduce the risk of becoming depressed again in the future by 70 per cent.

Why patients stop taking antidepressants

"People stop taking their depression medicines for a variety of reasons," said Dr. Roger S. McIntyre, Associate Professor of Psychiatry and Pharmacology, University of Toronto and Head, Mood Disorders Psychopharmacology Unit, University Health Network in Toronto. "Once they start to feel better, some patients may assume that they do

not need their medication any longer, so they stop taking it. They don't understand that their condition may rebound in the absence of medication – especially if they have environmental stresses with which to deal."

For many patients, such side effects as sexual dysfunction, weight gain and sleepiness lead to discontinuing treatment too early. The fact that patients may be experiencing relief from their depression symptoms when these side effects start to kick in compounds their impact even further.

For example, studies show that up to 86 per cent of patients who take the popular selective serotonin receptor antagonists (SSRIs) experience sexual dysfunction (low libido, inability to orgasm), versus 14 per cent who take bupropion. To further complicate things, sexual dysfunction is a discussion subject that people don't like to initiate with their doctor; so while it is an extremely common side effect, it is vastly underreported. In one study, just 14 per cent of

patients spontaneously reported sexual dysfunction to their doctors, but when questioned directly about whether they were experiencing it, 58 per cent said they were.

"For a person who is already dealing with depressive symptoms, these kinds of side effects can be very troubling indeed," said Dr. McIntyre. "Unless these issues are addressed adequately, it may mean the difference for someone continuing their treatment or deciding to quit."

Increasingly, doctors are looking to find new treatment options that may reduce certain side effects so that people stay on their medicines and hopefully provide the desired result.

"We know that we have good medicines available; we just need patients to stick to their therapy long enough for them to be effective," said Dr. McIntyre. "That's why we are continually asking ourselves, 'How we can make it easier for patients to complete their full course of treatment?' New medicines, such as once-daily,

extended-release bupropion (Wellbutrin® XL) that are effective but have a lower incidence of certain side effects are helping to address this challenge."

Achieving real-world success

The paradox that physicians face is that there are a number of agents that have been classified as "first-line" in Canadian treatment guidelines, because clinical trials have shown that they work. But achieving that level of effectiveness relies on the patient adhering to their antidepressant treatment.

"It really is important to recognize that depression is a serious medical condition," said Dr. McIntyre. "Patients and physicians must work together to commit themselves to a treatment plan that is going to help the patient become well over the short term, as well as the longer term. With a mutual goal in mind, a firm commitment to seeing it through, the tools to treat depression effectively, and the willingness to make changes together if necessary, patients and doctors will achieve success."

Powerview RCMP Report

fell and injured her leg.
RM OF ALEXANDER - investigation continues into an incident of harassing phone calls.

POWERVIEW - a complaint of assault causing bodily harm to a male is still under investigation.

July 16:
BLACK RIVER - investigation continues into a double assault, assault with a weapon and threats being uttered involving 3 males.

FORT ALEXANDER - police continue to investigate a complaint of threats issued to a female by another female.
- a theft of a ford bronco

was reported to police.
ST GEORGES - a patrol of the area surrounding a local business was made by police after a complaint of a suspicious person in the area. No one was located after a search of the area.

TRAVERSE BAY - reports of break and enters to 3 sheds and a pumphouse was made to police. A gerry can of gas was stolen from 1 location, 4 fishing rods and 3 tackle boxes from another location with 3 cans of gas from the third location.

SEYMOURVILLE - 1 male was arrested and charged with mischief after an incident involving damage to window.

The man was intoxicated at the time of the incident.

SUMMARY - Police also actioned 5 requests for assistance to other detachments/service of legal documents, attended 4 false alarms, processed 3 traffic accident reports, lodged 5 people under the Intoxicated Person Detention Act, charged 1 person for impaired driving/refusal of breath test and attended 1 noise complaint.

Remember if you have any information on any criminal matter you can remain anonymous and contact Crime Stoppers at 1-800-782-8477 or the Powerview Detachment at 367-8728.

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