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121 runners tackle beaches half marathon

By Charles Norman

More than 250 runners and walkers showed up for the first Beaches Half Marathon last Saturday, July 28. 121 completed the half Marathon course of a little over 13 miles, (about 21 km), another 64 completed the ten km course, and the rest competed in a 10 km relay or walked a three km course with their pets.

The weather was perfect, at least in the morning for the 8:00 am start at Charlie Wall Park on Hillside Road, and there was a festive air amid the tents

Story/SEE marathon pg.2



Hot weather keeps Beaches busy

by Charles Norman

A few weeks ago rock stars were jetting around the world giving expensive concerts intending to save the planet by raising awareness of global warming. It seemed to work - a few days later it snowed in Rio de Janeiro for the first time in eighty years.

We were wrong - they did not do any good at all.

The sun is still beating down relentlessly out of a clear blue sky. Hot south winds are sweeping up from American deserts in Nevada and New Mexico bring temperatures that are warmer than our blood - and warming us rather than cooling us.

For those of us without air-

conditioning the only respite that can be got is to dunk ourselves in the lake - and stay there 'til the sun goes down - or we can parachute in on friends or relatives with air conditioning.

But the beaches seem to be the solution of choice. One hot long weekend recently it is said that more than a hundred thousand people made their way to Grand Beach. If this heat wave does not let up that record will be broken on the August long weekend.

Huge numbers drove to Grand Beach last Sunday, parking was almost impossible to find at Hillside Beach, everywhere there is a public beach there were boards of people.

The tiny beach on the Winnipeg River in St Georges had more than its share.

Weather forecasts from Environment Canada's Edmonton weather station, (the closest to Winnipeg) are noto-

riously unreliable, but they are calling for a couple of days in the high twenties later this week and then high thirties again for the weekend. If you want a parking spot at the beach get there early. If you can't find a

spot then there is always the next best solution - cooling yourself from the inside. There is nothing like a cold beer on a hot day.

I think I have a Molson's Dry in the fridge.....



St. Georges beach had many visitor's during our hot spell.

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121 runners tackle beaches half marathon

by Charles Norman
Con't from page 1

set up for registration, refreshments, tee shirts sales, etc. The Winnipeg radio station Hank FM playing country and light rock contributed to the festive atmosphere. The race got off to a rousing

start with Victoria Beach Police Chief Stuart MacPherson on the bagpipes. The race started at the top of the hill on hillside road, down the hill to hillside Beach Road then up and down hills through the Hillside Beach cottage commu-



David Juvonen took first place in the 1/2 marathon

10 km run, male; Martin Krowna, 39:26, first, Greg Stevenson, 40:53, second, and Riley Deblonde, 42:13 third.



Audrey Goertzen was the first woman to finish the 1/2 marathon

Susan Van Hull, 48:44, first, (and sixth overall), Brandy Moody, 51:19, second, and Jennifer Moss, 53:40. Susan Van Hull also finished first in her age category of 50 to 59.



Race Director, Natasha Jay congratulates Harry Schaap who completed the course in a wheelchair

nity. It was a grueling route. First place finisher, David Juvonen, who has been competing in long distance races for twenty-five years said the hills were a challenge and made it difficult to get into a rhythm. He completed the race in 1:19:25, seven and a half minutes ahead of second place finisher, Keith Bilous at 1:27:42. Darren Cote came in third at 1:31:31.

First woman at the finish line in Charlie Wall Park was Audrey Goertzen who came in eighth overall with a time of 1:38:05. Second was Marissa Harvey at 1:41:23, and third, Rebecca Tardiff at 1:42:44.

Deserving a special mention is Harry Schaap from Steinbach, who completed the half marathon in a wheelchair. His time was not recorded. He placed second in the Winnipeg Marathon on Father's Day, in the wheelchair category. After the race prizes were awarded and a buffet lunch was served at the Birchwood Hotel.

Other results

ECHO MAIL
Letters to the Editor
Email: theecho@mb.sympatico.ca
Box 550 Pine Falls, MB, Ph: 367-9468 Fax: 367-9974
Send your letters Box 550, or comments to: Pine Falls, MB R0E 1M0

Beautiful communities

I wanted to take the time to write this letter to the Echo in regards to the community. I would like to commend the people responsible for the beautiful flowers along the Hwy 11. Every time I visit I am reminded of why I like small communities so much. I have travelled here many times and I am always greeted by

friendly townsfolk. The small parks along the Hwy are great, the village green is a wonderful setting for a relaxing day. Just a letter to let you all know that your place on the map is appreciated by many who pass through your area. Darlene Cleutinx Winnipeg, Mb

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The Winnipeg River **Echo**
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Music festival a huge success

By Charles Norman

Glen Halgren, one of the organizers of the Victoria Beach Summer Winds Family Music Festival said "for a first time effort it was a huge success."

More than 700 people showed up, paying up to \$20:00 a ticket.

Volunteers worked Thursday, and Friday evenings until 10:30 or 11:00 pm and were back at work early Saturday morning to prepare for the day long event. There

was a line-up at opening time at 2:00 pm and people kept coming after that. Volunteers got a \$5:00 meal ticket but had to pay for their festival tickets.

Halgren said the kids activity tent was fantastic and the sound system worked perfectly. He said there was a wide variety of music. He was pleased with the way the community chipped in to make it happen. "I am quite proud of how we put this on". He said

lights decorated the area, and the canteen was decorated with old covers of old vinyl records. The Seniors Scene sold there famous perogies at the festival, and had sold out by mid afternoon.

Halgren said it would be up to the committee to decide if there was to be another festival next year.

Pictured right: The performer's "Little Black Dress" played to a crowd of 700 at the Summer Winds Festival held at Victoria Beach



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Manitoba

Forest fires erupt across dry northern Manitoba

Partial Evacuation of Tadoule Lake First Nation, South Indian Lake Fire Grows to Over 77,000 Hectares

Manitoba Conservation Fire Program reports dry conditions and lightning storms have resulted in more forest fires erupting in northern Manitoba.

A fire of approximately 500 hectares burning about 2.5 kilometres south of Tadoule Lake First Nation, located about 960 km north of Winnipeg, erupted late Monday. Community leaders, the Manitoba Association of Native Fire Fighters (MANFF) and Indian and Northern Affairs Canada (INAC) are evacuating a number of residents.

The fire south of South Indian Lake First Nation is now estimated at over 77,000 hectares in size. Scattered showers and a change in wind direction lessened the smoke over the community. However,

forecast high temperatures and a wind change could intensify the fire and smoke in the area. The precautionary evacuation continues for 369 people including the elderly, young children, people with respiratory issues and their care givers. The situation is being assessed daily by MANFF and INAC to determine if further evacuations are required. Provincial agencies will provide assistance if requested. South Indian Lake is approximately 850 km north of Winnipeg.

A fire about 11 km east of Lynn Lake near Hughes Lake has resulted in the evacuation of cottages. The Office of the Fire Commissioner has positioned sprinkler systems around an MTS tower and cottages and will remain in the northeast area to assist.

There are 51 fires burning in the province, 44 in the northeast region, five in the north-

west and two in the eastern region.

The public is advised to exercise caution when in forested regions as the northwest area of Manitoba is extremely dry and vulnerable to fire ignition. High temperatures, low relative humidity and drying conditions will continue over the weekend and into next week.

To date, Manitoba has reported 254 fires have burned 147,473 hectares. This is in comparison to the 20-year average of 354 fires and 328,500 hectares as of this date.

Open fires are prohibited from April 1 to Nov. 15 annually except under a burning permit or in approved fire pits such as campfire pits in provincial campsites.

Continued hot and dry weather also means the forest fire danger is on the rise in southern Manitoba and people in the area are urged to exercise caution in forested areas.

Library Allard

Just reminder...the library will be closed from August 7 - 11, 2007 for school construction. There are no books that will be DUE during this period and we ask that patrons DO NOT drop off their books while we are closed.

We are a little behind on cataloguing due to the temporary down-sizing of the library, however we are quickly catching up. Great new titles by authors such as James Patterson, John Sandford, Carla Neggers, Jeffery Deaver, Stuart Woods, Dean Koontz, Linda Lael Miller, & Margaret Atwood are ready for reading.

For our junior readers that have been reading Cornelia Funke's hilariously silly Ghosthunters series, we now have Ghosthunters and the Totally Moldy Baroness! & Ghosthunters and the Muddy Monster of Doom!

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



Hero Holiday

by Kelliann Kralka

"I just had the most amazing experience of my life" thanks to many of you in the community who supported my trip to the Dominican Republic with Absolute Leadership Development Inc. Hero Holiday Program.

As a student volunteer, I spent 2 weeks assisting with projects such as building a school, clinic and church from the ground up; digging the trenches for the foundation, moving cement blocks and mixing the cement by hand to plaster onto the concrete walls. That may not sound like much, but when all you have to work with is a pick axe and a shovel it's really not as easy as having a big tractor to do the work for you.

We also went to an orphanage where we fed and played with severely disabled youth abandoned by parents who could not look after them, I first felt helpless. It seemed cruel that those kids had to live that way; they looked in pain. Seeing the emotion in their eyes, and the smiles we brought to all

their faces, made it all worth it; I can't even explain that feeling of happiness. Something as simple as touch brought such joy...something we take for granted...it really brought to perspective how life is all by chance.

The hardest experience for me was visiting refugees from Haiti in the garbage dumps of Sosua where they live and work daily because to them that's better than living in their country. The language barrier made it very difficult to communicate, some of the things we wanted to say we just couldn't. One little boy who had orange hair from lack of nutrition couldn't even remember what his mom called him; this little boy had no name, he was an orphan who lived and worked at the dump. We helped search for plastic bottles which could earn only 4 pesos per bag. These people are making less than a dollar a day.

It opened my eyes to see how much that little bit of time that we

spent with the local people meant so much to them. When you are hugging a child who never gets to be hugged and they hold on so tight not wanting to let go...when they look into your eyes it all becomes

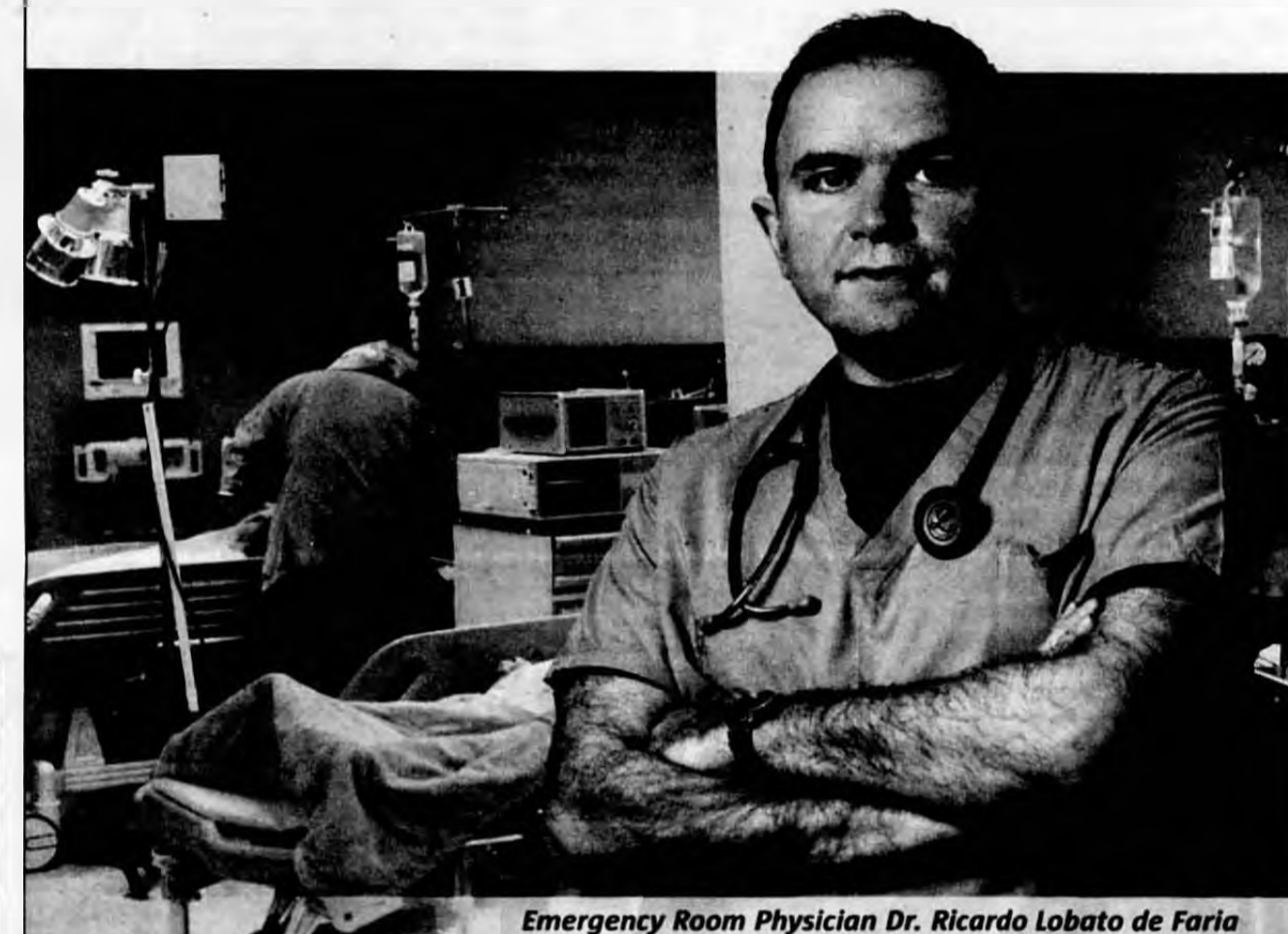
real. Someday maybe things will be different; there's always hope, it's what they live for.

There were 5 teams each consisting of about 25 teenagers and leaders sharing this experience,

really seeing poverty, assisting and trying to sort out the feelings of compassion and guilt. I recommend this working holiday for other teenagers who want to help be the change in someone's

life. There is still a long way to go... For more information and pictures about this trip and other missions, go to heroholiday.com

If it's an emergency, come to the ER.
If it's not, there may be better choices.



Emergency Room Physician Dr. Ricardo Lobato de Faria

Hospital emergency rooms are busy places. And patients with life-threatening emergencies are always treated first.

That means if you have a minor injury or illness, you may have to wait. If you're looking for a second opinion about a long-standing problem, the emergency room is not the best solution. And unless it's urgent, the ER can't get the test your doctor ordered completed any earlier.

- If you think it's an emergency, go to the ER.
- If it isn't an emergency (e.g. mild or chronic headache, back pain, minor cut or burn, sore throat, cold, possible sprain) go to your family doctor or local walk-in clinic. In Winnipeg, you may also visit the Misericordia Urgent Care Centre or the Pan Am Minor Injury Clinic.
- If you're not sure what's right for you, call Health Links-Info Santé and talk to a nurse anytime day or night.

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4P Festival

Entries for 2007 Parade

Please submit your parade entries/or inquiries to Alisha at 367-9970 4P Offices located at St. Georges McDougall Place
Parade Date: Sunday 12noon Sept 2nd
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The Rec. Office's summer calendar and Newsletter has been distributed to all the schools in the area. There are also some available at the office. For more information, or to register for summer activities, please call the Rec. Office at 367-9142. If you are interested in signing up for either of the craft classes, you are asked to please register in advance as we will need to know approximately how many are attending in order to purchase enough supplies. Please note the following changes:

Floor Hockey on Monday mornings will be held at Pine Falls School from 10:00-11:30 am.

Sailing School
 There will be a sailing school at St. Georges Beach from August 6-10 from 9:00 am to 3:00 pm. For more information, please contact Cheryl Gogo at 367-8499.

Swimming Lessons
 There will be swimming lessons at the Pine Falls Pool in August. There will be a session from August 13th to 24th. There is a limited number of spaces available and registration will be on a first come, first serve basis. For more information, please contact the Rec. Office at 367-9142.

For more information, please contact the Rec. Office.

Service Canada
 Maureen Bennett from Service Canada will be operating out of the Rec. Office for the months of July and August. She will be available July 25th, August 8th and August 22nd. Anyone needing information on Birth Certificates, Passports, Pensions, Social Insurance or Employment Insurance is welcome to drop by the Rec. Office to see Maureen. The Rec. Office is located in Pine Falls School (East entrance near the Pool).

Pine Falls Pool
 The Pine Falls pool is open for the summer. The pool will open at 1:00 pm daily and close at 8:00 pm. A detailed schedule will be posted at the pool and the Rec. Office. Pool hours are: Public Swim: Mon-Fri 1:00-7:00 pm and Sat/Sun: 1:00-4:00 pm and 5:00-7:00 pm. Family Swim: 7:00-8:00 pm daily. If there is enough interest we will have water polo on Tues and Wed nights from 6:00-7:00 pm.

Adult Rec. Soccer
 Anyone interested in playing rec. soccer is asked to show up at the Powerview field on Sundays at 3:00. For more information, contact the Rec. Office @ 367-9142.

There will be a beach volleyball club starting this summer. The club will meet every Wednesday from 7:00-9:00 pm at St. Georges Beach starting on June 13th. The club is open to anyone 13 years of age or older and the cost is \$5 per person. For more information or to register, call Ginette at 367-9970 or the Rec. Office at 367-9142.

Dragon Boating
 The Pine Falls Dragon Boat team meets every Sunday at 7:00 pm at St. Georges Beach for paddling practices. We are now looking for more men and women to join our team. Any adult (18 years of age and older) interested in paddling is asked to call Angie at 367-8327.

Helmet Safety Campaign
 Once again this year the PRC with help from the RCMP, local businesses, and the Town of Powerview-Pine Falls, will be running the helmet safety campaign. This event is designed to encourage kids of all ages to wear helmets when out riding bikes, roller blading or skateboarding. The campaign will run from mid-June until the end of August. There will be weekly prizes for eligible participants and a grand prize draw on Saturday, September 1st during the 4P Festival.

Sports Bar
 The Sports Bar is available for rentals. If you are looking for a place to hold your retirement party or birthday bash, just call Ruth at 367-9142 to book.

Rivers North Fitness Co-op
 The co-op membership fee is \$100. Fitness club memberships are \$250.00 for members and \$300.00 for non-members. For more info, contact Bev Dube @ 367-8064 or Linda Cyr @ 367-2382.

Public Libraries
 Please note that the Pine Falls Public Library will close for the summer on Thursday, June 28th and re-open after the Labour Day weekend. Anyone wishing to take out or return books to the library is asked to call Shirley at 367-8983.

Bibliothèque Allard Regional Library (367-8443), located in St-Georges School, is open the following hours:

Tuesday - 10:30 - 5:00,
 Wednesday & Thursday - 12:00 - 8:00, Friday - 12:00 - 5:00, Saturday - 10:30 - 4:00. Services offered are public internet access, photo-copy/fax/scan services, material in French & English, DVD's, VHS, 60 magazine titles, Inter-Library Loan (we have a collection of 28,000+ items, however, through Inter-Library Loan we have access to over a million titles) and many more. Membership is free to all ratepayers of the R. M. of Alexander, the Town of Powerview/Pine Falls, and the R. M. of Victoria Beach. We also have a Branch Library located in Walter Whyte School.

Miscellaneous
 If any groups in the area have an event or ongoing program they would like to promote, please contact the Rec. Office at 367-9142 and I will put it in my weekly column.

Wings of Power

Wiggle, Giggle and Munch, Storytime and More

By Michelle Berthelette
 Looking for something to do with your little ones this summer? In town visiting family? Babysitting the grandchildren? Come out and see the fun things there are to do at Wings of Power.

Wings of Power is running the Wiggle, Giggle and Munch program. The program is designed for toddlers and preschoolers and runs from 10 - 11:30 a.m. on Wednesdays. The facilitator leads everyone through games, songs, and physical activity. There is always a fun snack and a craft to take home. It is a drop-in program so please stop by and join us.

Come and join our summer student, Holly Ryall for Storytime Thursday afternoons at 2. She reads a story with the children and helps them make a craft. Children are also encouraged to sign out a few books to take home for the week. The lending library is open Monday to Friday, and children are welcome to stop in anytime to play and take out books.

Adults and children of all

ages are welcome to use our CAP site. We have 5 computers available for public use. Three computers have Internet access and printing is available at no charge. If you would like some help setting up an email account, doing an on-line search or preparing a resume, our CAP site technician Jesse Johnston, will be more than happy to help you. One of the computers is set up especially for young children. It has several children's games and does not have Internet access to ensure your child's safety. Jesse can help your little one to quickly learn their way around the computer while you enjoy a cup of coffee or browse our thrift store.

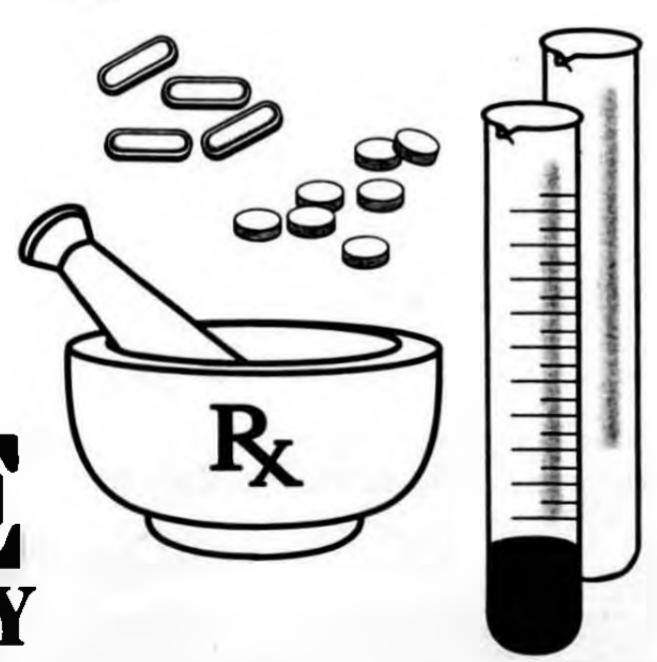
Picnic in the Park will be held in partnership with the Pineview Recreation Association, Friday, August 17 at the Village Green. The usual fun and games are being planned, along with a few new surprises. Bring your lawn chair or a blanket and join us for our annual community picnic. It is always a lot of fun for the whole family.

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To protect your health when temperatures are extremely high, remember to keep cool and use common sense. The following tips are important:
Drink Plenty of Fluids:
 During hot weather you will need to increase your fluid intake, regardless of your activity level. Don't wait until you're thirsty to drink. During heavy exercise in a hot environment, drink two to four glasses (16-32 ounces) of cool fluids each hour.
Warning: If your doctor generally limits the amount of fluid you drink or has you on water pills, ask how much you should drink while the weather is hot.
 Don't drink liquids that contain alcohol, caffeine or large amounts of sugar—these actually cause you to lose more body fluid. Also avoid very cold drinks, because they can cause stomach cramps.
Replace Salt and Minerals
 Heavy sweating removes salt and minerals from the body. These are necessary for your body and must be replaced. If you must exercise, drink two to four glasses of cool, non-alcoholic fluids each hour. A sports beverage can replace the salt and minerals you lose in sweat. However, if you are on a low-salt diet, talk with your doctor before drinking a sports beverage or taking salt tablets.
Wear Appropriate Clothing and Sunscreen
 Wear as little clothing as possible when you are at home. Choose lightweight, light-colored, loose-fitting clothing. Sunburn affects your body's ability to cool itself and causes a loss of body fluids. It also causes pain and damages the skin. If you must go outdoors, protect yourself from the sun by wearing a wide-brimmed hat (also keeps you cooler) along with sunglasses, and by putting on sunscreen of SPF 15.
Schedule Outdoor Activities Carefully
 If you must be outdoors, try to limit your outdoor activity to morning and evening hours. Try to rest often in shady areas so that your body's thermostat will have a chance to recover.
Pace Yourself
 If you are not accustomed to working or exercising in a hot environment, start slowly and pick up the pace gradually. If exertion in the heat makes your heart pound and leaves you gasping for breath, STOP all activity. Get into a cool area or at least into the shade, and rest, especially if you become lightheaded, confused, weak, or faint.
Stay Cool Indoors
 Stay indoors and, if at all possible, stay in an air-conditioned place. If your home does not have air conditioning, go to the shopping mall or public library—even a few hours spent in air conditioning can help your body stay cooler when you go back into the heat. Electric fans may provide comfort, but when the temperature is in the high 90s, fans will not prevent heat-related illness. Taking a cool shower or bath or moving to an air-conditioned place is a much better way to cool off. Use your stove and oven less to maintain a cooler temperature in your home.

energy-saving renovations.
 Go with natural furniture. When shopping for new furniture, select products made with sustainable materials such as bamboo and reclaimed wood. Choose products treated with a water-based varnish or stain, not VOCs.
 Avoid stain-repelling finishes that are frequently found on sofas, rugs, chairs, and mattresses.
Building a deck? Avoid woods treated with chromated copper arsenate (CCA). Non-treated wood will cost you more, but is a safer choice for you and your family. If you do choose treated wood, used AFM sealer to keep toxins from leaching out.
 Tip for the do-it-yourselfer. If you're handy and don't mind searching, you may be able to get your hands on recycled bricks and other materials from open building sites. Or look for a brick or rock recycler in your area. The savings can be substantial.

Eco-friendly paints. Many paints and paint strippers are now available solvent-free or with low levels of solvents. These usually cost more, but don't have the toxic fumes normally associated with paints.
When choosing indoor paints, opt for water- or clay-based paints with no VOCs.
Green flooring. If you want carpeting in certain rooms, use a water-based adhesive.
 While wood flooring is pricier than putting down carpet, it's durable and long lasting. New green flooring options include bamboo and cork (which can be harvested without damaging the tree), and reclaimed wood (from old buildings).
 If you're looking for flooring or tiling that be easily cleaned, marmoleum is a better option than vinyl flooring. Marmoleum is an all-natural linoleum made from linseed oil, pine resin, wood flour and ground limestone pigments. Durable ceramic tiles are another option.
 Did you know? You may be eligible for a 10% Canada Housing and Mortgage Corporation (CHMC) mortgage loan insurance premium refund when you use CMHC-insured financing to purchase an energy-efficient home or make

Landscaping. Choose low-maintenance shrubs, or opt for an eco-lawn that's composed of hardy grasses that don't need pesticides or much watering. You'll save on water, reseeding, and sod. Sedums, wildflowers, American Wisteria, and ornamental grasses are options.
Go solar. Solar heating can minimize your reliance on electricity and produces no harmful emissions. Energy from the sun is collected by solar panels and used to heat water, which is transferred to a storage tank. An electric water heater or one powered by fuel acts as a back-up for overcast days.
Solar collector panels can be mounted on any unobstructed roof, wall, or ground frame that faces between southeast and southwest.
 These are just some ideas for eco-friendly renovations. Greening your roof, for instance, is now primarily done by businesses and large buildings, but will no doubt become more accessible to homeowners. Innovation and financial incentives may even make it feasible for large numbers of homeowners to generate their own power and then sell excess power back to the grid.

Warning: If your doctor generally limits the amount of fluid you drink or has you on water pills, ask how much you should drink while the weather is hot.
 Don't drink liquids that contain alcohol, caffeine or large amounts of sugar—these actually cause you to lose more body fluid. Also avoid very cold drinks, because they can cause stomach cramps.
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 Heavy sweating removes salt and minerals from the body. These are necessary for your body and must be replaced. If you must exercise, drink two to four glasses of cool, non-alcoholic fluids each hour. A sports beverage can replace the salt and minerals you lose in sweat. However, if you are on a low-salt diet, talk with your doctor before drinking a sports beverage or taking salt tablets.
Wear Appropriate Clothing and Sunscreen
 Wear as little clothing as possible when you are at home. Choose lightweight, light-colored, loose-fitting clothing. Sunburn affects your body's ability to cool itself and causes a loss of body fluids. It also causes pain and damages the skin. If you must go outdoors, protect yourself from the sun by wearing a wide-brimmed hat (also keeps you cooler) along with sunglasses, and by putting on sunscreen of SPF 15.
Schedule Outdoor Activities Carefully
 If you must be outdoors, try to limit your outdoor activity to morning and evening hours. Try to rest often in shady areas so that your body's thermostat will have a chance to recover.
Pace Yourself
 If you are not accustomed to working or exercising in a hot environment, start slowly and pick up the pace gradually. If exertion in the heat makes your heart pound and leaves you gasping for breath, STOP all activity. Get into a cool area or at least into the shade, and rest, especially if you become lightheaded, confused, weak, or faint.
Stay Cool Indoors
 Stay indoors and, if at all possible, stay in an air-conditioned place. If your home does not have air conditioning, go to the shopping mall or public library—even a few hours spent in air conditioning can help your body stay cooler when you go back into the heat. Electric fans may provide comfort, but when the temperature is in the high 90s, fans will not prevent heat-related illness. Taking a cool shower or bath or moving to an air-conditioned place is a much better way to cool off. Use your stove and oven less to maintain a cooler temperature in your home.

4P MARKET SQUARE

Don't be disappointed
 book your space
 Call Alisha at 367-9970 or
acarlson07@hotmail.com

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Arts, Crafts, pottery, woodwork, photo's, jewelry,

Saturday & Sunday
 Powerview Arena
 September 1st & 2nd

Sagkeeng First Nation

TREATY DAYS

Come join the celebration
FESTIVALS...

Tuesday, July 31
Wednesday, August 1st

Children's Carnival
12:00pm & 5:00pm
at Sageeng Multiplex
Lots of Fun! Entry \$1.00

Penet Gun Shoot
Sagkeeng Arena Grounds
12:00 pm to 6:00pm

Monday, July 30th
Arrow & Loonie S
1:00pm

Sagkeeng Archery
Sagkeeng Archery Grounds
1:00pm

Donuts, Fishing, Walleye, Sunfish, Goldfish, God's Berry
9:00am to 4:00pm
\$12.00 entry fee

Call 367-4204
For more Details!

Faith Perspective

by Pastor Jake Doell

The Limitations of the Dollar

The dollar is sometimes called the "Almighty buck." Money does have power. It can buy you material things - houses, cars and land. It can buy you fame - Paris Hilton. It can buy you influence as in political campaigns. Yet there are limitations to what money can buy. Here is an article on, "What Money can't buy."

"A bed but not sleep - Books but not brains - Food but not an appetite - Cosmetics but not beauty - A house but not a home - Medicine but not health - Luxuries but not satisfaction - Entertainment but not happiness

A crucifix but not a Savior - A church pew but not heaven.

The truth is "the buck" is not Almighty. In fact it is quite limited.

A rich young man came to Christ one day and asked Him, "Good teacher, what must I do to inherit eternal life? Jesus answered, "You must not commit adultery; You must not murder; You must not steal; Do not give false testimony and honor your father and mother." The young man replied, "I've carefully kept all these commandments since I was young." When Jesus heard this He said to him, "You still lack one thing. Sell everything you have and give to the poor and you will have treasure in heaven. Then come follow me." (Luke 18:18-23)

The young man was like so many of us. He did many good things but he still lacked the most important thing in life - a personal relationship with

God through Christ. He was rich and his dependence was on his wealth. How do we know that? The Bible tells us that when he heard this he became very sad. There is nothing wrong with money and wealth in themselves, but money can very easily become

a personal "god." Money can not buy you a home in heaven. Only faith in Jesus Christ and His death and resurrection can assure us of heaven. Then you can use your money to help the poor and to support God's work and thereby store up treasure in heaven.

My friend don't depend on something that is as limited as "the buck." Put your trust in Christ and you will be richer than the richest person on planet earth. You will inherit the riches of God Himself and that is more than what the "buck" can buy.

Library Corner

Lac du Bonnet Regional Library



For those of you that have noticed some unusual activity outside the Library recently, do not be concerned. This, we assure you, is good activity. Kyle and our summer readers are getting themselves into character for this year's Lost Worlds theme. We held mini Olympic Games; transformed our friends into mummies (maybe not with the appropriate materials, but toilet tissue worked for us); and tried to "Walk Like an Egyptian" to some of the music selections chosen.

On Tuesday, July 17, we were fortunate enough to have a new book presented to us by Mrs. Hildebrand and her Kindergarten to Grade 5 students

from Springwell School. Thank you so much to Caleb, Tyler, Hadassah, Desiree, Brittany, Shannon and Elizabeth for sharing "Hoof did it?" with us. You did a great job and we thoroughly enjoyed your book. The illustrations are terrific. Our Early Literacy Computer is proving to be a very welcome addition to our Library. Thanks again to the Lions and Knights for making this very impressive learning tool possible for our children.

An author, very familiar to Lac du Bonnet residents, is returning to LdB for a family wedding. Taylor Smith, author of "Slim to None", "Random Acts", "Liar's Market", "Guilty by Silence" and others, has

kindly agreed to visit our Library the evening of August 9th. Please mark this date on your calendar. If you have any questions, stop by the Library. Lisa will be able to provide further details.

Several new titles have been added to our collection, as well as approximately twenty VHS movies. For those of you that enjoy Audio books, we just received a new rotation and they are all ready for circulation. Hope to see you soon.

Library Corner is also available at www.lacdubonnet.info/library.

SWIM LESSONS

There will be one (1) possibly two (2) sessions of Swim Lessons at Pine Falls Pool in August

SESSION 1: July 30th to August 10
SESSION 2: August 13 to August 24

There is limited space available in each level and registration will be on a first come first serve basis. Priority will be given to those who have taken lessons in the past.

The cost for lessons is:
\$63.600 for PRC Members
\$90.10 for Non-Members.
To Register, please call the Rec Office at:

367-9142



On Parliament Hill



Your voice in Ottawa
Vic Toewa, MP for Provencher

Helping to Reduce World Hunger

While Canadians largely continue to enjoy good jobs, a strong economy, and a high standard of living, unfortunately in many parts of the world, people still struggle to feed themselves and their families. But I know that especially here in southeastern Manitoba, there is a strong sense of humanitarianism and compassion for those less fortunate, and a desire to help developing countries and their people. I can assure you that the Conservative government shares this sentiment.

The Canadian International Development Agency (CIDA) is the key federal government body dedicated to delivering Canadian aid and assistance to other countries. The minister responsible for CIDA, José Verner, has done an outstanding job in focusing the work of

CIDA so that your tax dollars go to those most in need, in the most effective way possible.

Last week, I was proud to announce one of the ways in which we are joining a vital non-governmental organization in reducing world hunger. Minister Verner's parliamentary secretary, Ted Menzies, and I were near St. Malo to announce \$100 million in funds over the next five years to the Canadian Foodgrains Bank to reduce hunger and malnutrition in developing countries.

The Canadian Foodgrains Bank is a Winnipeg-based organization that helps provide food and development assistance to people in need on behalf of 15 Canadian church-based member agencies. It is Canada's primary non-governmental organization involved in food aid programming and a recognized centre of expertise in food aid and food security issues. It has helped provide over 989,000 metric tons of food in 83 countries.

The Conservative government is proud to partner with trusted organizations with a proven track record of success such as the Canadian Foodgrains Bank. The new funding to the Bank will be invested with local NGOs and in

close co-operation with national government ministries, UN agencies, local officials and community representatives. It will purchase and distribute Canadian and other food commodities; research and advocate for public policies on hunger; and engage Canadians on the causes of hunger and possible solutions.

I believe organizations like the Canadian Foodgrains Bank go to the very heart of Canadian values. Canadians are deeply concerned about the millions of people suffering from hunger and malnutrition globally. This year, our Government has increased its core funding to the Canadian Foodgrains Bank by \$4 million per year. And what is even more striking is that for every dollar provided, Canadians across the country are donating another 25 cents.

The accomplishments of the Canadian Foodgrains Bank and the contributions made by its supporters in both the rural and urban communities across the country serve as a reminder that Canadians are making a real difference in the world.

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 toews1@mts.net.



Hot New... RELEASES

300 DVD

Cast: Gerard Butler, Lena Headey, Dominic West, David Wenham, Vincent Regan, Rodrigo Santoro, Michael Fassbender
Rating: 18A



Hot Fuzz DVD

Cast: Simon Pegg, Nick Frost, Martin Freeman, Bill Nighy, Robert Popper, Joe Cornish, Chris Waitt
Rating: 14A



Firehouse Dog DVD

Cast: Josh Hutcherson, Bruce Greenwood, Bill Nunn, Scotch Ellis Loring, Mayte Garcia, Teddy Sears, Dash Mihok
Rating: PG



Lonely Hearts DVD

Cast: John Travolta, James Gandolfini, Jared Leto, Salma Hayek, Scott Caan, Laura Dern, Michael Gaston
Rating: 14A



Pathfinder DVD

Cast: Karl Urban, Russell Means, Moon Bloodgood, Jay Tavare, Clancy Brown, Nathaniel Arcand, Ralf Moeller
Rating: 18A



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55 plus - guest welcome Meals are served Monday, Wednesday & Fridays @ 11:30 a.m. - \$6.00 each. Your name must be in 24 hours prior to meal days. Take outs & special occasions welcome. Call Karin Loos Meal Coordinator 367-8808.

Wednesday, July 25

Stew with dumplings, salad, homemade rolls, dessert surprise

Friday, July 27

Garden Pasta Salad, barbecued smokies, dessert surprise.

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Winnipeg River RCMP Report



July 16:
RM ALEXANDER - police were called when a shed caught on fire at a residence. The fire was subsequently extinguished by the owner and no injuries were sustained.

FORT ALEXANDER - intervention with an assault of an adult by a female youth resulted in Child and Family Services being contacted. No charges were laid at the request of the complainant and the youth was removed from the residence and returned to a placement in Winnipeg.

HOLLOW WATER - a missing youth was located in Winnipeg.

July 17:
PINE FALLS - investigation continues into an incident of fraud. A prescription was altered to obtain Tylenol 3's.

July 18:
HOLLOW WATER - an incident of harassment has been documented by police should anything further develop from the verbal assault.

- police attended a motor vehicle accident where 2 females were injured and transported to local hospital. The driver of the second vehicle

sideswiped the stopped vehicle at an intersection and then fled the scene. Further information led police to charge 1 male with dangerous operation of a motor vehicle causing bodily harm and fail to remain at the scene of an accident. Investigation continues.

RM ALEXANDER - police were contacted and dispatched when a vehicle caught fire. Local fire dept at Grand Marais extinguished the blaze and the vehicle towed. Police continue to try and locate the owner of the SUV.

POWERSVIEW - a 1992 white and blue quad was stolen from a residence sometime overnight.

July 19:
FORT ALEXANDER - police intervened with a family dispute and checked up on the well being of a youth. The situation was resolved without further incident.

- a missing youth was located at a friends house after a bear in the front yard prevented them from leaving a residence and returning home.

HOLLOW WATER - several people were spoken to by police and warned after threats

were uttered in an ongoing dispute between 2 families.

POWERSVIEW - police received a complaint of missing laundry from a clothes line at a residence.

July 20:
POWERSVIEW - 2 men were arrested and charged after assaulting a staff member at a local bar. The pair were causing a disturbance inside the establishment and refused to leave when asked to do so.

RM OF ALEXANDER - police searched several areas for an emotionally disturbed female. The intoxicated woman left a residence scantily clothed and no shoes. Police could not locate the female but further information advised she may have fled to a boyfriend's residence. Investigation continues.

BLACK RIVER - a van was damaged and located in a ditch but contained no persons in the vehicle. Further information led police to locate 2 intoxicated passengers but no driver. The females were lodged in cells until sober and released. Investigation continues.

FORT ALEXANDER - in-

vestigation continues into a spousal assault. Police continue to try and locate a male whom is evading police. A warrant has been issued.

- mischief to a business occurred when 2 windows and a front door were broken.

- an intoxicated youth has been charged accordingly after injuring a dog. The youth kicked and stomped a puppy almost destroying the animal at a neighbors residence. Investigation continues.

July 21:
SEYMOURVILLE - police patrolled the area after reports of an impaired female driver in the vicinity. The vehicle and driver could not be located at this time.

POWERSVIEW - police attended to a local bar where a fight between 2 men had broken out. Upon arrival both suspects had fled the scene and further information found the altercation to be consensual between both parties.

FORT ALEXANDER - a stolen baja dirt bike was recovered.

- police located and arrested 1 male after he entered a home without permission, uttered threats and assaulted another male. The incident was the result of a property issue. Investigation continues. The man was on court conditions and remanded into custody to the Provincial Remand Center.

MANIGOTAGAN - a male and female have both been charged accordingly after false statements to police were issued and possession of stolen property in relation to numerous break and enters in the area. Investigation continues.

- investigation continues into the theft of a new \$35,000 boat from a boat house. The boat was recovered damaged when

culprits attempted to hot wire the unit but were unsuccessful. The boat was then located adrift across the river.

BELAIR - a break and enter to a cottage was reported to police. Culprits left a stereo outside and a childs bike in the yard nothing else was missing.

July 22:
MANIGOTAGAN - police attended a residence to remove an intoxicated unwanted guest but upon arrival found the man to be fast asleep. The complainant then agreed to let the man stay and leave in the morning.

- a domestic disturbance at a residence resulted in police intervening. The couple continue to have personal problems

and were advised to seek legal counsel after some personal property was destroyed. No further action was necessary by police.

- police patrolled this area, Seymourville and Hollow Water for 2 vehicles with possible impaired drivers. Both vehicles & drivers were not located in the incident.

RM OF ALEXANDER - a fire engulfed a forklift at a local sod farm. Emergency service personal and police attended the scene. The equipment was near a large fuel tank and crews quickly worked to ensure the fire did not spread to the tanks. Investigation continues.

HILLSIDE BEACH - a request for traffic control was actioned by police after numerous vehicles were parked congesting a drive through on a street.

PINE FALLS - investigation continues into the theft of a 14 ft green Aeroliner boat covered with a blue cover and a 9.9 hp Mercury motor on a trailer from a residence.

- police received a complaint of threats being uttered. Investigation continues.

FORT ALEXANDER - police attended to a vehicle fire with emergency crews. No one was in the vehicle at the time however further investigation found the vehicle had been stolen from a local business.

SUMMARY: Police also followed up on 3 false alarm(s) actioned 5 request(s) for assistance to other police services/service of legal documents, issued 3 tickets under the highway traffic/liquor acts, attended 0 incident (s) under the Coroners Act, charged 1 person(s) for impaired driving/refusal of breath test, lodged 3 person(s) under the intoxicated persons detention act, attended 2 noise complaints, processed 4 traffic accident reports and attended 2 false 911 call(s).

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

The Winnipeg Humane Society



Darth, 131869

Darth is a timid, quiet spayed female cat available for adoption from Best West St. James, 1150 St. James Street, 783-0952. Darth is a shy girl who doesn't do well in the hectic shelter environment and has been available for adoption since October 2006. Darth is best suited to a quiet, adults-only home. She will need time to settle into her new surroundings so her owner needs to be patient & allow her to do so at her own pace. Darth's adoption fee is \$48.06 and includes her spay, ear tattoo, vet exam, microchip, pet insurance & more!



Rusty, 143505

Rusty is one big, beautiful Golden Retriever mix! This big, goofy boy likes to play fetch! He hasn't had a lot of exposure to other dogs but is learning how to play with them. Rusty will do best in a home with cats or small animals. He knows how to sit & shake both paws! At ~4 years of age, he has boundless energy and love to give! Rusty is learning good manners and until then is best suited to kids 10yrs+. Rusty's adoption fee is \$159.00 and includes his neuter, vet exam, pet insurance, microchip and 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

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 10-713751 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 8:00 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. 10:00 a.m. to 2:00 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.

Castage Country Business Assoc.: meets first Monday of the month 7:00 p.m. October through May, phone 756-2596

Alcoholics Anonymous: Sunrise Group meetings every Monday, Wednesday and Friday 7:30 p.m. to 8:30 p.m., last Friday of the month open to the public, at St. Georges Catholic Church basement.

Pine Falls Legion: meetings held second Thursday of the month 7:30 p.m. Legion, meat raffles held at Legion on Fridays 5:00 to 6:00 p.m.

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

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

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

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

Town of Powerview - Pine Falls: Council meetings are the second Tuesday of each month at 7:00pm.

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 Scene, Victoria Beach, 1 Aitch Road. 754-3173

Happy Tots Day Care: 367-2601, board meetings last Monday of each

Winnipeg River Church Services

NOTRE DAME DU LAUS: Powerview - Saturday evening 7:30 p.m. (English), Sunday 10:00 a.m. (English), St. Jean 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 9:00am.

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, Scantisbury, 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: - Great Falls Community Centre/Hall, Christian Healing Services 7:00pm, Wednesdays, Minister: Isabelle Fiola (204) 367-2159.

Legion news



Lac du Bonnet Legion Branch #164
by Norm Rimmer, CD.

Since the last article the Legion has been very busy. The bi-annual Garage Sale was a successful venture, a lot of work but worth it. Next on the agenda was our annual Decoration Day Service and Parade. It was well attended, however, the number of people watching the parade on the streets were very few. A few of us attended the Provincial Command convention held in Winnipeg. The Canada Day weekend we took part in the parade and also the raft race which we won with the team of Fay Labelle as Captain and a crew of Toni Bruneau, Jeff Hampshire, and Dwayne Wickstrom. Congratulations on a job well done. The last of the local parades was the Pinawa Birthday parade which was well attended.

Decoration Day goes back to the late 1800s and early 1900s when communities would attend to their local cemeteries and decorate service personnel's graves with flowers and ribbons. This has not been done in most area since the end of the First World War. All services are held at cenotaphs even if the cenotaph is located in a cemetery; therefore a change of name would be more appropriate. Our first official Memorial Day Service and Parade will be held on June 8, 2008.

Our golf team of Darrel Popowich, Barry Vokey, Terry Tillett and Peter Friesen are on their way to the Provincial Championships being held in

Souris, Manitoba. Congratulations guys.

We are still hosting a Jam Session on the first Saturday of each month. Don't forget to watch each month for the date of the Steak & Spud Dinner and Dance. The new Branch By-Laws should be available for the members within the next week or so.

The next General Meeting for the Ladies Auxiliary will be held on Tuesday, Sept 4, 2007 starting at 7:30p.m. The Branch's next General Meeting will be held on Tuesday, Sept 18, 2007 starting at 7:00p.m.

The Branch is changing the name of the Decoration Day Service and Parade to the Memorial Day Service and Parade, as this is a more appropriate name for the day.

Advertise Your Garage/Yard Sales in the Echo
Call us at 367-9468

Lac du Bonnet Legion #164
WEEKLY ACTIVITIES

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

TUESDAY
Po Ke No 2:30 p.m.

WEDNESDAY
Pool 1:00pm Cribbage 7:00 p.m.
Darts 7:00 p.m.

FRIDAY
Bridge 1:00pm Bingo 7:00 p.m. Lounge

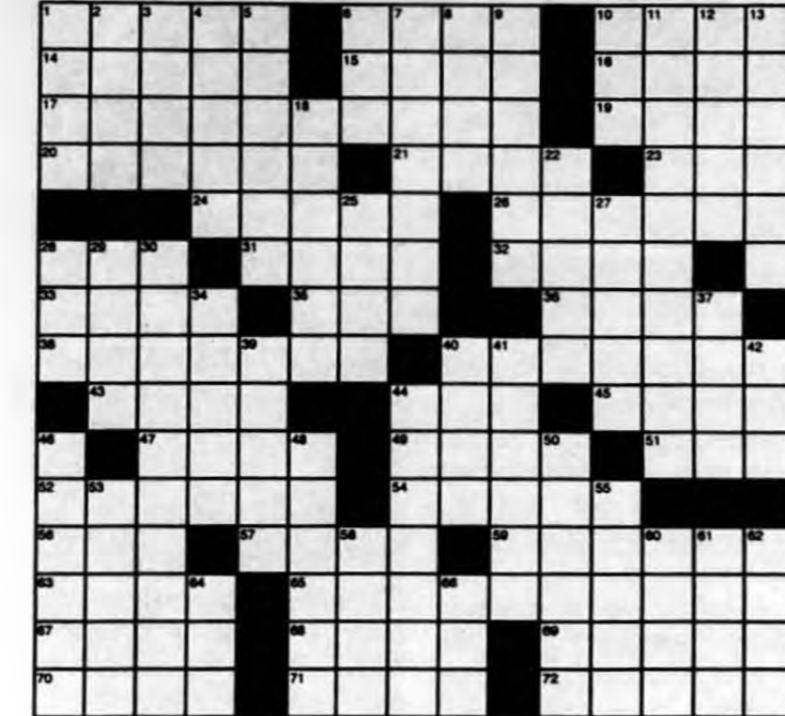
SATURDAY
Meal Draw 2:30 p.m.
1st Saturday of each Month - Jam Session

Open Monday to Saturday

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CANADIAN INDEPENDENT

WEEKLY CROSSWORD



- Across
- One who helps.
 - Block consisting of a thick piece of something.
 - Distance between the tips airplane wings.
 - Express a totally negative opinion of.
 - Crack in the flesh occasioned by cold.
 - Consequently.
 - Indecisive.
 - Layer of material covering something else.
 - Shaped like a loop.
 - Unskilled laborer.

- Down
- Village in Norway.
 - Middle Eastern republic.
 - Barriers across flowing water that obstruct the flow.
 - Meeting of a witch's coven.
 - Controlled movement of music in time.
 - Modern style of popular vocalized Jamaican music.
 - Flattened, cone-shaped marine mollusks.
 - Ernst, German physicist.
 - Farther along.
 - Ratio of the hypotenuse to the adjacent side of a right-angled triangle.
 - Having success.
 - Impure form of quartz.
 - Public official with the legal power to draw up and witness official documents.
 - Unit of geological time during which a system of rocks formed.
 - Klein, journalist.
 - Catch sight of.
 - Make a series of short clinking sounds.
 - Large deer with large antlers.
 - Undergo an emotional sensation.
 - Dark and gloomy.
 - Something deceptively attractive.
 - Numenistic deity worshipped by the ancient Basques.
 - Instruct to encourage intellectual improvement.
 - Violent throw.
 - Join the military.
 - Created by the Vala Aule in Tolkien's Middle-earth.
 - Particular red pigment.
 - Shake with seismic vibrations.
 - Small vessel that fits around the eye for the application of medication.
 - Novel by Clive Cussler.
 - Her, Tom Selleck film.
 - India strung instrument.
 - Panegyric funeral oration.
 - Sum of eight and one.
 - Outer garment for men in ancient Rome.
 - Single members of a group.
 - Name for the inhabitant of the realm of faerie.
 - Same.

LAST WEEK'S ANSWERS



CRYPTIC PUZZLE

CBWD BF G VHDGJ KBV LGMNGF,
JPHQR GCC JPD SGBMJ QM BJ
TXQ LGM.

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
BETWEEN TWO EVILS, I ALWAYS PICK THE ONE I NEVER TRIED BEFORE.

Weekly Echo Horoscopes

July 30th to August 4th, 2007

ARIES (Mar. 21- April 20)
It's time to reconnect with some of the people you used to know. Your domestic scene could continue to be in an uproar this week. Try to visit friends or relatives you don't get to see often. Spending too much time talking to friends or relatives could easily turn into a debate that could lead to estrangement.

TAURUS (Apr. 21- may 21)
Make changes regarding your friendships. You may want to take a look at the personal papers of elders in your family. Overindulgence will mean poor health. Put aside any decisions concerning your position at work.

GEMINI (May 22-June 21)
Communication must be open, precise, and honest. Any financial limitations will probably have to be dealt with on your own. You should spend your day trying to get things completed at work. You can utilize your versa tile mind and dazzle others with your speed and accuracy.

CANCER (June 22-July 22)
Ignore colleagues who appear to be going in circles. Have some fun, but draw the line if someone tries to fast talk their way into your heart. Romance could develop through social activities or short trips. Dazzle them with your intellectual conversation.

LEO (July 23-Aug 22)
Look into events that you might find interesting, and compromise by doing a few things that you both like to do. You may need the space, but you need the extra cash more. You will find it easy to learn and excel. Try to get out and socialize.

VIRGO (Aug. 23 -Sept. 23)
Sudden changes could result in estrangement's. Someone you least expect may not have your best interests at heart. Your doubt could lead to insecurity. Try not to hang out with coworkers if you wish to avoid problems later.

LIBRA (Sept. 24 -Oct. 23)
You haven't been totally honest with yourself and it's time to review your motives. Generosity will put you in the poorhouse. Too much work and no play will not only result in fatigue and frustration but also loneliness, too. Your involvement in sports or entertainment will lead to new romances.

SCORPIO (Oct. 24 - Nov. 22)
You will communicate easily and should be able to develop new friendships. You might find that delays will cause setbacks and upset. Avoid conflicts with in-laws or other family members. Try out for a local sports team such as volleyball, tennis, lawn bowling, or whatever interests you.

SAGITTARIUS (Nov. 23 -Dec. 21)
Don't get involved in joint ventures. It's time to consider putting money into long-term investments. Talk to your mate about a vacation and discuss the expectations of your relationship. Pleasure trips will be favorable and bring about romance.

CAPRICORN (Dec 22 - Jan. 20)
Difficulties with older females in your family may turn out to be quit trivial after all. Work quietly behind the scenes. You will accomplish the most in the work environment this week. You can get support from groups that you belong to if you're willing to step out on a limb and voice your opinions.

AQUARIUS (Jan. 21 -Feb. 19)
Resist any idle chatter. You will have excellent ideas for changing or renovating your home. Too much too fast will be the attitude surrounding your home environment. Get on with business.

PISCES (Feb. 20-Mar. 20)
You may not be that popular at home but you should be able to shine at social gatherings. Don't overindulge in anyway. Do not invest in ventures that only appear to be lucrative. Problems with your mate will develop if you don't let them have their way.

Lac du Bonnet RCMP Report

July 16:
A caller advised that someone on a bike was on his property without permission in the RM of Lac du Bonnet.
A complaint of campers at a wayside park in the RM of Lac du Bonnet was dealt with by asking them to move. Signs were posted no overnight camping.
A traffic stop resulted in a male being arrested for an outstanding warrant in Winnipeg. He was released on his spot.
July 17:
Police noted youths enter an old shed on someone

else's property. They were spoken to as to Trespassing and the parents were advised as well.
A caller from Pinawa reported a youth in a golf cart with a pellet gun driving around Pinawa. He was spoken to.
A caller from the RM of Lac du Bonnet reports some scrap metal material missing from his yard.
July 18:
A report was investigated and mediated with regards to an assault by a foster child on her foster parent.
A caller advised he tried to prevent his former girlfriend

who was believed to be intoxicated from driving and she did leave. Patrols of the RM of Lac du Bonnet failed to locate the vehicle.
July 19:
Police responded to a 911 and when they arrived at a resident in the RM of Lac du Bonnet they found an intoxicated woman, who had burned herself and fell down the stairs. An ambulance was called.
Several phone calls taken about people driving too fast on several roads in the RM of Lac du Bonnet.
A caller advised on 317 he lost a crate with tools and equipment he used for dirt biking.

A caller from the Cape Coppermine area advised someone had stolen his boat tank and hose from his boat.
A caller in the Whiteshell advised someone had stolen their kayak from their property.
Police located and notified someone in the RM of Lac du Bonnet of a family emergency.
A property owner was once again warned about loud music and interfering with others enjoyment in the Lee River area.
A caller advised of a possible impaired in the Seddon's area. Not located on a police patrol.
A caller contacted police to report a hit and run to her vehicle in Selkirk.
An anonymous caller called to complain about noisy boats going too fast in the Lee River area. Wanted a police presence.
A driver of a vehicle is to

be spoken with in regards to a reckless driving complaint in the Whiteshell.
A male was arrested on a domestic matter in the RM of Lac du Bonnet and released with conditions.
Police assisted the Dept. of Conservation with evicting someone from a campground in the Whiteshell. He was taken home by a friend.
July 21:
A male in Pinawa was lodged for his own safety after having being found intoxicated on the ground.
A caller reported a suspected impaired in the Whiteshell after a camper was stuck in a ditch. Police failed to find the camper on the spot where it was alleged to have occurred.
A caller reported a suspected impaired driver leaving a business in Lac du Bonnet. Police could not locate the vehicle.
A caller in Pinawa reported his Bug Zapper stolen.
A caller advised several quads were driving on the roads in Pinawa. They were gone when police patrolled the area.
A wallet was turned over to police after being found in Pinawa. Owner lives in Winnipeg and wallet to be returned.



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.
FACE 7-1375: meets first Tuesday of the month, Chicken Chef, Power-view meeting room.
Pre-natal classes: held regularly at Lac du Bonnet. Please register with Gal 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 367-8509.
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 AI-Anoa Group Thursday 7:30 p.m. Lac du Bonnet District Health Centre, 89 McIntosh Call Teri 345-8712.
Lakeshore AI-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 1-800-367-3344.
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 Corey Daly 268-4752, 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 Wednesday of the month, 7:00p.m., at St. John's Anglican Church Hall. 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 Mike Savva, 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.

Junior Kindergarten Program

4 Mornings a week at Pine Falls School
One time fee of \$25
Open to all children born in 2003

Pick up registration forms
At Wings of Power
For info call 367-9641

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Office/Retail Space for Rent/ 2 Bedroom Suite available August 1, 2007.
Not suitable for children, stove, fridge, washer/dryer, parking, \$600/month includes utilities. Main floor - approximately 900 square feet with private office, washroom and counter. Call Denis at 367-8651. 77N

WINTER GET-A-WAY in the Dominican - Rent my timeshare for top quality and savings. Call 756-2264 or email: danser@mts.net 78N

Problems with drug or alcohol addiction in a loved one? Don't know whom to turn to for help? Contact Drug Rehab Resource for a free confidential consultation to find the help you need. Call today 1-866-649-1594 or find out more at www.drugrehabresource.net. Don't wait

Looking for subsidized Day Care from September 2007 to end of June 2008. Child is 5 months old. Please call Tina Polischuk 367-9128 & leave message.

SILVER HAVEN MEAL PROGRAM

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 Denise 367-2374

Wednesday, August 1
Salad, roast pork, boiled cabbage, potatoes, bread pudding.

Friday, August 3
Soup, meatloaf, macaroni and cheese, peas, lemon pie.

Monday, August 6
August Long Weekend Holiday
No meals

Wanted to buy used 750 or 1000 gallon sewage holding tank, call Ed (204) 253-8130.

BEDROOM PLUS use of winterized cottage home in Belair all year. (Incl. TV, Ph, Alarm, drive snow clear. Owner away 6 mon.) Rent \$495 mon. to start Sept. Non-smoker only. Call 756-2264. 78N

Want to rent a trailer in Pine Falls, St. Georges, Silver Falls, or Great Falls area. Phone "Bubs" at 1-204-482-6171 82-1

House for Rent
3 bedroom, 1-1/2 bathroom house in Pine Falls, near hospital. Available by September 1st, appliances included. Call Rob @ 857-8024, or 612-9794.

EARN FROM HOME having opportunity with a franchise like biz at minimal investment. A company with a big difference and absolutely no risk! Call 756-2264. 82-1

To all my friends who made my 90th Birthday a very special day. I want to thank you. Also to thank everyone that helped in lots of ways. It was great to see you all.

Irene Ruse

Rooms and Suites for rent. Weekly and Monthly rates available. Hydro and satellite included, call Omer at 367-9991 or 367-4210. 82-1



Happy 25th Anniversary
Mom and Dad, wishing you many more together!
Love Amanda, Samantha, Darren & Aiden

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.

Selling a 2004 Honda, 90cc's. Mint condition. Perfect for a young child. Serious enquiries only. Call Brian at 367-2536 or after 6:00 pm at 367-4938.

May the Sacred Heart of Jesus and the Immaculate heart of Mary, be praised, adored and glorified throughout the world forever and ever. Amen. Say 6 times a day for 9 days and promise publication and your prayers will be answered no matter how impossible they may seem by the ninth day

Thank you to the following people and organizations for helping me achieve the opportunity to train in Brazil. Everything went great, and the experience was awesome. Wanda, Bonnie, Sherry, Robert Brenda, Deloris, Holly Grandma, the workers at Regent Bingo, Sagkeeng Child & Family Services, Sagkeeng VLT Committee, Anicinabe Community School, Fort Alexander Health Centre Inc., Chevrefils Greenhouse, Susie Chevrefils, and the Manitoba Aboriginal Sports and Recreation Council.
Chris Fontaine

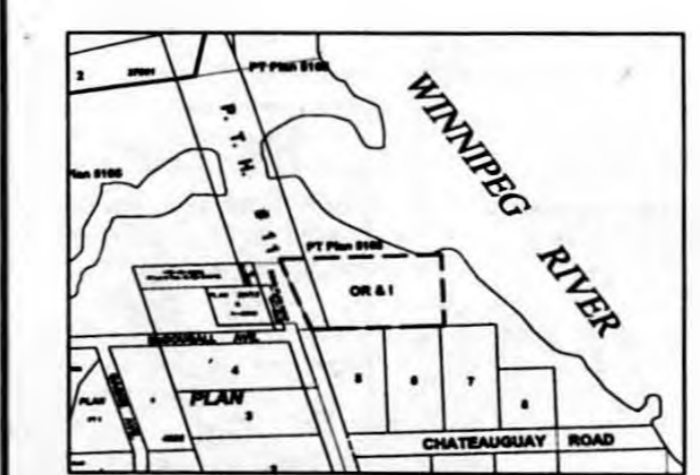
UNDER THE PLANNING ACT NOTICE OF PUBLIC HEARING REGARDING BY-LAW 1207

The Council of the Rural Municipality of Alexander under the authority of The Planning Act will hold a PUBLIC HEARING at the office of the Municipality at St. Georges, Manitoba on the 14th day of August, 2007 at 11:00 a.m., at which time and place the Council will receive representations and objections from any persons who wish to make them in respect of By-law No. 1207 to amend the R.M. of Alexander Zoning By-Law No. 08/98 as amended.

A copy of the above noted By-Law of the Rural Municipality of Alexander and supporting material may be inspected by any person during regular office hours from 8:30 a.m. to 4:30 p.m. Monday to Friday at the office of the Municipality at St. Georges, Manitoba.

That Appendix "A" Zoning Map No. 24-0, attached to and being part of the R.M. of Alexander Zoning By-law, is hereby further amended in order that the area generally described as follows:

Pl. R.L. 13, 18-10E
as more specifically shown outlined by a heavy broken line on Appendix "A", attached hereto, currently zoned "OS" Open Space Shoreland Zone be hereby re-zoned to "OR & I" Open Space, Recreational & Institutional Zone.



Appendix "A" Attached to By-law No. 1207 of the Rural Municipality of Alexander amending Appendix "A", as amended, of By-law 888 being the Rural Municipality of Alexander Zoning By-law as amended.

Legend:
OR & I "OR & I" Open Space, Recreational & Institutional Zone
--- Line of Original Area

Manitoba COMMUNITY DEVELOPMENT
One St. James Street
Winnipeg, MB R2X 1A6
June 16, 2007

Margaret Bonekamp, C.M.M.A.
Chief Administrative Officer

TOWN of POWERVIEW - PINE FALLS Permanent Part-time Municipal Clerk

The Town of Powerview-Pine Falls is now accepting applications for a permanent part-time Municipal Clerk. Hours of work will be from 10:00am to 2:00pm. Monday to Friday.

The applicant must be able to perform a wide variety of secretarial and administrative functions, with a focus on customer service skills. This is an entry level position but familiarity with the general municipal operations would be an asset.

Resumes will be received at the Town Office
Box 220 277 B Main Street
Powerview, Mb ROE 1P0
Fax 367-4747 Ph: 367-8483
powerview-pinefalls@mts.net

Until 4:00PM Friday August 10th, 2007
Only those candidates chosen for interview will be contacted.

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PINE FALLS SERVICE CENTRE
 Monday to Saturday
 6:00 a.m. to 12:00 midnight
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Celesté Basson
 B.ScPT, CAFCI
Stephanie Hampson
 BMR (PT)

Dr. A.H. Anderson & Dr. M.H. Anderson

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Physiotherapy Clinic

Jenny Terrio Baturin
 Physiotherapist
 • Ph: 754-8165
 • Fax: 754-2387
 • #9 Pine Street, Sunset Beach

Dr. Alan Grant - DENTIST
 Fort Alexander Dental Clinic (in the Fort Alexander Health Centre)
 Tuesday, Wednesday, Thursday 9:30am - 4:30pm
 Fridays 9:00am to 3:00pm
 Health Centre **367-2208**
 Direct Lines **367-4821**
367-4417

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 Corner of PTH 11 and Church Street (beside Papineau Motors)
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 • Blue Cross
 • Veteran's Affairs
 • Worker's Compensation
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Powerview/Pine Falls Dental Centre

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 Monday - Friday 9:30 a.m. to 4:30 p.m.
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Dr. David Kindrat
Dr. Drew Dear
Dr. Grishma Kapadia

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