

# The Winnipeg River Echo

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December 3, 2002

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## Twelve vie for Merger Committee

by Charles Norman

Twelve Pine Falls' residents are seeking election to the seven positions on the Pine Falls Merger Committee. The Committee has been set up by Tembec to determine if a merger between Pine Falls and Powerview is possible. Nominations closed Thursday November 28, the list of candidates was circulated Sunday December 1. The vote will be held Friday December 6.

Those nominated include the entire membership of the former Advisory Committee, who originally refused to have anything to do with the new committee, and seven other residents.

All candidates that *The Echo* was able to reach said they were in favour of the merger.

Candidates are: Bill Borlase, Brian Ryall, Darrel Parisian Paul Pelland, and Glen Hibbert, from the Advisory Committee. Others are, Brad Robertson, Sean Kemball, Jack Shwaluk, Warren Kane, Mary Power, Alain Majeau and Glenn Logan.

Sean Kemball, Jack Shwaluk, Glenn Logan and Brad Robertson have no association with either Tembec or the former Advisory Committee. Sean Kemball has proven negotiating skills, honed during union teacher negotiations with the consolidated Sunrise School Division. Brad Robertson, who was an LDG of Alexander Administrator, is the only candidate with any real

municipal experience.

Glen Hibbert told *The Echo* that he is in favour of a merger with Powerview but wants to ensure that infrastructure concerns are dealt with in a timely fashion.

Brian Ryall said he believes in the benefits of the merger, but not at the expense of either side. "It's got to make sense." He said. "It's time we started negotiating and got this over with. It's going to take a lot of good faith on the part of Tembec, Powerview and the committee to bring this to fruition."

Jack Shwaluk said his ultimate goal is to ensure that the infrastructure is updated and Pine Falls' citizens continue to enjoy high quality services at a reasonable cost. "Our youth deserve the opportunity to work, raise a family, enjoy recreational facilities and be able to prosper to the same extents as their parents and grandparents." He said.

Brad Robertson also sees the benefits of the merger to the community. He said he sees his background in Municipal administration will be a useful asset in the negotiation process.

Sean Kemball said his vision is to unify the administration of Pine Falls and Powerview to ensure a prosperous, thriving future for all. He wants to ensure that the negotiation process is carried out in good faith and pledges to communicate openly with residents. He urges people to call him at 367-4957



## School's out, let's play

Some Powerview School students took advantage of Monday's inservice by heading to Muck Hill for some snowboarding. Muck Hill is a popular youth playground for sliding and snowboarding. It is located near the St. Georges Waste Disposal Grounds.

Above Chris Vincent clears one of the homemade runs on the hill.

any time to discuss the issues facing the committee. "Collectively we can generate a settlement where everyone wins and we are able move forward as one positive community." He said. "Let's build a community together."

Voters do not have to vote for a full slate of seven candidates. They can vote for any

number up to seven. By voting for less than seven, residents can avoid giving a vote to someone they would rather not get elected, but who, with that vote, goes on to defeat a candidate they really want to see on the committee.

Some people are already talking about "after the merger". Suggestions for the

use of revenue generated by the mill include an eighteen-hole golf course, a covered pool, fixing the ice of the Pine Falls curling rink and a community centre. Cooperation with the RM of Alexander on the establishment of an industrial park to attract industry and jobs for our young people is high on the list for many people.

### LdB Blues

### vs. Arborg Avalanche

Saturday, December 7

7:00pm

Lac du Bonnet Arena

### Southeast Blades

### vs. Wpg. South Blues

Friday, December 13

7:00pm



## ECHO MAIL:

Letters to the Editor

Email: theecho@mb.sympatico.ca

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Pine Falls, MB  
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Fax: 367-9974

# Reader wants Sean Kemball on negotiating team

It is a good thing that people of Pine Falls will have the opportunity to elect a merger committee to represent the views of the taxpayers I would like to see Pine Falls and Powerview merge. It makes good business sense to try and consolidate the towns and achieve some critical mass. It would be great to have a high voter turnout on December 6th when the residents of Pine Falls can go to the polls and elect a merger committee. On that note I would like to take this opportunity to throw my support behind Sean Kemball.

Sean Kemball certainly jumps off the page for several reasons. Sean is one of my peers, we grew up together in

town, and both have young families. I am confident that Sean has the best interests of the residents at heart and has no economic links to Tembec. He has a good head on his shoulders and will bring value to the merger process. I know with Sean on board there will be a high degree of accountability.

I am willing to bet some people in our communities are not aware of the level of Sean's experience, education, and commitment when it comes to community building. Sean has attained both a Bachelor of Education and a Bachelor of Arts from the University of Winnipeg. For the past three years, Sean has been a mem-

ber of the Agassiz/Sunrise School Division's Collective Bargaining Committee, negotiating teacher contracts. I have a great deal of respect for people like Sean who works in the school system helping our children grow, which is a huge job in itself.

Being around Sean, I can share that he is very committed and vocal with regards to unifying our two communities.

I am confident a merger with the Village of Powerview will become a reality if the right team is put in place. I know I want Sean on our team.

Stephen Kulyk,  
Resident

# Dogs running loose

Dear Editor:

If you live in the area of Dufour's trailer court or the surrounding area, you should be aware that there is a group of dogs that run at night. If you have children or are a dog owner, you should be very concerned.

Recently I was awakened at 5:30 in the morning by dogs fighting. There were 5 or 6 large dogs attacking a smaller one. A few nights later, my dog was nearly attacked while he was outside on his chain. It was fortunate that I was home to scare them away. If you are in the habit of letting your dog out at night and it is allowed to run free, I would ask that you consider the wisdom of this. Because of these dogs, I hesitate to walk after dark. Please tie up your dogs.

Yours truly,  
Terri Papineau

## We want to hear from you

Send us your letters, comments, opinions, news items, sports team updates, or organizational committees.

A community newspaper needs the support and input from the community to be a great newspaper.

Send us your information to

Box 550, Pine Falls, Manitoba  
R0E 1M0 or fax to: 204-367-9974. Or call to let us know when an event is happening, 367-9468.

The Winnipeg River **Echo**  
ADVERTISING DEADLINE FRIDAY 3:00 P.M.

**Lakers Ski Club**

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Bingo 7:00 p.m. - Hall

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**WEDNESDAY**  
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# BINGO

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In 53 numbers

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The Winnipeg River **Echo**

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

# Pine Falls annual Christmas craft sale

by V. Anderson

The Pine Falls 14th annual Christmas Craft sale was well attended at the Pine Falls School Gym. This years vendors offered a huge selection of crafts, jewelry, baking, toys, woodworking and handmade decorations for Christmas shoppers to choose from.

Organizer Dee Sparrow along with her vol-

unteers did a great job in bringing this years craft sale to the area once again.

Bernice Phillips shop owner, of Through the Arbour, which is located in downtown Pine Falls, was happy to be a part of this years craft show. "I have many artists works in my shop besides my own, we carry items such as pottery, glass works,

paintings, and all sorts of different art work. We only brought some of the things that we carry here today," said Phillips. "People have been steadily passing through here

all day and that's good." Craft maker Sally Hirst of Lac du Bonnet also participated at this years craft sale. Her tables were full of her designs and crafts and

shoppers were very please with her reasonable prices. "I can afford to keep my prices down, because I totally recycle. I save a lot of money using recycled

pieces of this and that and then turn around and make it into something creative," said Hirst. "I have been doing crafts for a long time, and I really enjoy it."



Bernice Phillips (right) owner of Through the Arbour, with Denise Fenez (left) had many fine items for sale



Sally Hirst of Lac du Bonnet displayed beautiful hand made crafts.



## Power Line Trainee

Manitoba Hydro is currently seeking qualified individuals to train for a career as a Power Line Journeyman.

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- possess a valid Class 5 Manitoba Driver's Licence and be eligible to upgrade;
- be capable of working at heights of nine meters to over 36.5 meters while on poles or towers;
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Interested applicants are requested to submit a personal resume, a complete transcript of high school marks and a current Driver abstract by December 13, 2002. A demonstrated ability to communicate in both official languages (English & French) would be an asset.

## Aboriginal Line Trades Pre-Placement Trainee

Aboriginal candidates who do not meet the above qualifications may be considered for our six month pre-placement program. Selected candidates will be provided educational assistance to upgrade to the minimum academic requirements and on-the-job training to gain acceptance into the Power Line Training Program. There is no guarantee of ongoing employment at the completion of the Power Line Pre-Placement Program.

Interested applicants are requested to submit a personal resume, a complete transcript of high school marks, a current Driver Abstract and proof of Aboriginal descent by December 13, 2002.

Send applications to:

Manitoba Hydro  
Competition No. 02/1053WRE  
Human Resources Services  
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Only those selected for further consideration will be contacted.



## Bev Desjarlais, MP Churchill Riding

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Cliff Rideout	\$25
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Wayne Gunning	\$1000
Mickey McGuire	\$100
Melissa Durocher	\$25
Rita Jacobsen	\$25

**\$2050**



## PREMIER GARY DOER

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Saturday, December 7, 2002  
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Please bring a non-perishable  
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Christmas Cheer Board.



# Pineview Pee Wee Hockey Tournament

by Donovan Fontaine/  
Coach Sagkeeng Hawks

This past weekend the Pineview Pee Wee hosted a hockey tournament. The tour-

namment was well organized and the hospitality (hostility according to Shack) was great.

Our boys and girls had a great time and played some

competitive hockey. I can't remember when Sagkeeng and Pineview played a game free of penalties. This must be a record. I was impressed with

the outcome. It is one that I would say was exemplary of fair play and friendship.

The championship game against Landmark was very entertaining and a delight to watch. It was a se saw battle where they scored and we scored. However, with four minutes left we scored the winner and we got another insurance goal late in the game. The final score was 8-6 and we were the Champs. Teamwork and a collective effort prevailed.

On a personal note I witnessed some great hockey this weekend including nice goals

and great saves. This weekend brought back some good memories (not that I ever scored any nice goals!). Rather, just my being in the Pine Falls rink and smelling the diesel, talking to Arnie while cutting a stick in the store room are positive recollections from my childhood. I am sure this weekend will be in our children's memories too.

On behalf of our boys and girls I say thanks to Mr. Brian Cyr and his better half for the invitation. Thanks to all the volunteers referees, coaches and especially the players.

# Lac du Bonnet Blues

by Bill Blueline

This past Saturday night the Lac du Bonnet Blues visited the Arborg Avalanche and made the two hours plus drive worth while by bring home two points with a 8-3 romping of the accommodating Avalanche.

Period scores were in the first 3-2, in the second 6-2, and in the third 8-3. Leading the Blues with three goals and two assists was Jayson Abraham. Not to be out done Devon Turner also got his hat trick, and one assist. Only out standing play by Jason Sutylor, the Arborg goal tender, prevented the score from escalating.

The Blues took 8 of 14 minor penalties, with just one dance number featuring Blues Griff, resulting in a draw.

On Sunday December 1, 2002 the Ashem Hornets were in Lac du Bonnet. There's not much to say about this one, except that the Blues put in a poor showing and registered

their first home loss of the season. Clint Lortaux's birthday celebration seemed to affect everyone except Clint.

Ashem's acquisition of the talents of Lloyd Pelletier payed off in spades as he single handedly hypnotized Blues defenders and registered 5 of the total 7 markers. Penalties were not a factor as Blues only

had 2 minors, not the regular norm.

Blues scorers were John Dancyt with 2, Kyle Stumler and Dwight Hirst with 1 each. Blues lose 7-4 in this game.

Come out and support your team at our next game: Blues vs Arborg Avalanche Saturday December 7, 2002 at 7:00 p.m. Hope to see you all there!!

# Southeast Blades player profiles

**Name:** Craig Lazaruk  
**Position:** Defence  
**Birthdate:** 06/12/84  
**Hometown:** Lorette, MB  
**Favourites:**  
**NHL Team:** Toronto  
**Hockey Player:** Mike Comrie  
**Food:** Purple People Eater Ice Cream  
**Movie:** Slapshot  
**Actor/Actress:** The Hanson  
**Brothers/Jennifer:** Aniston  
**Music Group:** Metallica  
**Song:** Eye of the Tiger



**Name:** Darcy Weasel Head  
**Position:** Centre  
**Birthdate:** Feb. 21, 1983  
**Hometown:** Blood Reserve, AB  
**Favourites:**  
**NHL Team:** Edmonton Oilers  
**Hockey Player:** Mario Lemieux and Pavel Bure  
**Food:** Pizza & Pepsi  
**Movie:** 8 Seconds  
**Actor/Actress:** Mel Gibson  
**Music Group:** Ludacris  
**Song:** Run us One



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# Girl Guides for Pineview area

The new local Girl Guides group "1st Pineview Girl Guides" who meet every week at the Powerview Parish were sworn in this past Monday and took their Guide Law oath. Under the direction of Guider Watling of Powerview the girls pledged the following: "The Guiding Law challenges me to: be honest and trustworthy, use my resources wisely, respect myself and others, recognize and use my talents and abilities, protect our common environment, live with courage and strength, and share in the sisterhood of Guiding." The girls were very proud they were now officially pledged into the 1st Pineview Girl Guides Club. They were also keen on achieving many badges, and together they were planning on how they could complete certain tasks and activities and how they could earn their badges.

The Girl Guides legacy began many years

ago, with Lord Robert Baden-Powell (known in Guiding and Scouting as "B-P"). Together with his sister Agnes in 1909, they began the first club. Agnes wrote the first handbook for Girl Guides. In it she gave girls good advice and information on many subjects, including camping. Agnes went on to set up a Girl Guide Headquarters in London, England. She always loved nature and loved to camp. Even in her old age she called herself the "grandmother of the Guides" Agnes died in 1945 at the age of 86.

Lord Robert Baden-Powell married Olave St. Clare Soames in 1912 and she became a leader. Olave turned her talents to Guiding and was elected Chief Commissioner. From that time on she dedicated her life, along with Lord Baden-Powell, to promoting the ideals of Guiding and Scouting. In 1930 Olave was named World Chief Guide. Everyone she

met was moved by the presence of this great woman, the quiet, real strength in her voice, the sincere warmth of her ever present smile. As she in turn seemed impressed by each girl and Guider she met. Olave was over 85 when she finally had to give up her travels. In 1977, at the age of 88 Lady Baden-Powell died peacefully in her sleep.



The First Pineview Guides, (left to right) Jasmine Clark, Guider - Lynn Watling, Kelsie Johnson, Annette Boulet, Macy Blatz, Megan Gould, and Jill Watling

## Library Corner Lac du Bonnet Regional Library



We didn't really need all that white fluffy stuff outside to remind us that Christmas is just around the corner... but it helps to set the mood for the season! The Christmas lights and displays around town are beautiful. Thanks to all who stopped at the library's table at the recent craft sale, and bought raffle tickets or good as new books. The prize for this year's raffle will be on display and tickets will remain on sale until our draw date of December 18th.

This Friday, December 6, we are hosting our annual Children's Christmas Bazaar from

3:00 p.m. to 5:30 p.m. to allow the youngsters of our community a chance to do their Christmas shopping for family members. Our volunteers will assist with the choosing, wrapping and labelling of gifts. Parents can enjoy a cup of coffee while they browse the great selection of books and magazines. As is fitting for the holiday spirit of giving, we also encourage everyone to bring a grocery item to contribute to the local Christmas Hamper Fund-just place it in the decorated box near the door in the foyer.

We are looking ahead to the new year and a few changes to our lending

policies as a result of the suggestions we received through our recent in-library survey. Patrons have been asking for more videos for a longer loan period. The new policy will allow for three videos per family for three days. Our membership information sheets are being revised pick up your copy soon.

Our collection of Christmas videos has come out of storage the season is short and your old favorites along with some new titles are on display.

If you don't have time for a lot of reading just now, do check out the magazines. Recipes,

crafts, decorating ideas, woodworking projects and interesting articles await you. In the December issue of Ladies Home Journal you can read about Christmas at the McCaugheys-the septuplet are now five years old. See the pictures of these beautiful children and find out a bit about each of them. There is further information about them on line.

Visit the library soon and stock up on holiday reading material. Regularly scheduled ours will be in effect except for closures on December 22 through to the 26th and December 29 and January 1, 2003.

### Christmas Place Mats for your Children to make

#### Materials:

- Scrap material (you sew together) to the size of a place mat
- permanent magic markers
- fabric paint
- paint brushes
- fabric glue
- fabric to cut out
- scissors
- templates of Christmas shapes - could be cookie cutters to trace
- glitter, sequins, ric-rac etc.
- your kids imagination



Your children can make Christmas place mats easily. Use sturdy scrap material sewn double, preferably a solid color. Provide each child with the materials above and let them go to it. You will be surprised at how creative they can be.



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# Pine Falls Five Pin Bowling League news

## Week one results:

The ladies high games were Nancy Breton with a score of 223, Nicole Lavoie with a score of 212. The men's high games were Mike Coss with a score of 236 and 202, Kelly Zacharias with a score of 235, Gerry Gauthier with a score of 229 and 208, Dan Coss with a score of 223, Lawrence Abraham with a score of 223, Derek Anderson with a score of 219 and 207, George Dodds with a score of 204, and Darryl Spence with a score of 200.

The female bowler of the week was Nancy Breton with a score of 223. The male bowler of the week was Mike Coss with a score of 236. The Legion Special was won by the team 4 men and a lady with a score of 2788. High triple games of the week was Mike Coss with a score of 617.

## Week two results:

The ladies high games were Diane Houston with a score of 249, Nancy Breton with a score of 203, and 200, and Shirley Adams with a score of 202. The men's high games were Jerry Gauthier with a score of 323, 207, and 200.

Sonny Bercier with a score of 237, Dan Coss 226, Lawrence Abraham 224, Derek Anderson 221, Dwayne Duff 215, and Graham Gauthier 206.

The female bowler of the week was Diane Houston with a score of 249, 101 pins over average. The male bowler of the week was Jerry Gauthier with a score of 323, 126 pins over average. The Legion Special was won by the team Gutterballs with a score of 3336. High triple games of the week was Jerry Gauthier with a 730.

## Week three results:

The ladies high games were Kathleen Coss with a score of 262, Wanda Berthelette with a score of 238, Roberta Laliberte with a score of 236, Carolyn Boisjoli with a score of 224, and 210, and Shirley Adams with a score of 211. The men's high games were Jerry Gauthier with a score of 245 and 209, Kirk Courchene with a score of 228, Romaine Berthelette 225, Lawrence Abraham 220, 219, 208, Darryl Spence 215, Dan Coss 210, and 204, George Dodds

209, Bob Hebert 209, Sonny Bercier with a score of 207.

The female bowler of the week was Kathleen Coss with a score of 262, which was 98 pins over average. The male bowler of the week was Romaine Berthelette with a score of 225 which was 62 pins over average. The Legion Special was won by the team Lane Jumpers with a score of 3344. High triple games for the week were, Lawrence Abraham 620, Jerry Gauthier 619, Kathleen Coss 605, and Daniel Coss 601.

## Week four results:

The ladies high games were Nancy Breton 214, Wanda Berthelette 210, 201, and Doris Kahle 207. The men's high games were, Lawrence Abraham with a score of 256, 221, 216, and 200, George Dodds 248, Richard Coss 246, and 202, Carl Palmquist 235, Graham Gauthier 225, Dwayne Duff 208, Jerry Gauthier 202, Sonny Bercier 200.

The female bowler of the week was Jenne Guimond with a 183 which is 52 pins over average. The male bowler of the week was George Dodds with a 248, which is 82 pins over average. The Legion Special was won by the team Barred Out with a score of 3245. High triple games were

Richard Coss with a score of 627, Lawrence Abraham 626, and Carl Palmquist with a score of 605.

## Week five results:

The ladies high games were Kathleen Coss with a score of 235, Nicole Lavoie 224, Lynn Sparrow 222, Sharon Mignon 212, Evelyn Dodds 206, and Diane Houston 200. The men's high games were, Lawrence Abraham 306, 218, Dan Coss 254, Kelly Zacharias, 253 & 27, Ron Knot 234, Sonny Bercier 223, Carl Palmquist 222, 203, Jerry Gauthier 218, Kirk Courchene 215, George Dodds 215 &

205, Albert Lamoureux 215, Graham Gauthier 212, Todd Jesseau 210, and Derek Anderson 200.

The female bowler of the week was Sharon Mignon with a score of 212, which is 67 pins over average. The male bowler of the week was Lawrence Abraham with a score of 212, which is 108 pins over average. The Legion Special was won by the team Broken Pins with a score of 3325. High triple games for the week were Lawrence Abraham with a 655, Kelly Zacharias 643, Carl Palmquist 618, Sonny Bercier 606.

# Rec Report

by Jay Seymour

## Coaching Clinic

Would you like to help children learn the game of hockey? Are you already coaching but need the necessary requirements to be behind the bench? This weekend, December 7th and 8th at the Pine Falls Curling Club Sports Bar there is a coaching level clinic. Clinic registration starts at 8:00 am on Saturday. To sign up just call the rec office.

## Youth Gym Night

Basketball, floor hockey, volleyball, dodge ball, and badminton are just a few ex-

amples of the activities you can do every Thursday night @ the Powerview School Gym. Students from Gr.8-12 are welcome and the time is from 7:30-9:30.

## Powerview '01 Cocks Tournament

Come out and support the Powerview '01 cocks when they host their annual recreational hockey tournament this weekend at the Powerview arena.

For all your recreation needs please call me at the rec office 367-9142 or email @ pineviewrec@hotmail.com

## SOBERING

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Gilles Lamoureux



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*Heartfelt thanks for the generous donations given to the Saint-Georges Parish Bazaar:*

Northern Stores, Bruneau Charolais Farm, Rose & Wilfred Chevrefils, Midway Foods, Dancys, Great Falls Foods, P & A Contracting, Caisse Lavendrye, Celebrations, Country Concepts, Papertown, Chevrefils Greenhouse, Deals for Dollars, Pine Pharmacy, Emmanuel & Georgie Bouvier, Donna Dupont, Mike & Maureen Bouvier, Jeanne Lavoie, Lucille Boulet, Paul & Elane Boulet, Dorren Pelletier, Diane Dube, René & Annette Papineau, Colette Bruneau, Elise Zalinski, Jeanne Dupont, Germaine Dupont, Maria Dupont, Pauline Bourgeois, Gilbert & Jill Papineau, M. le curé, Denis Boulet, Luc & Brenda Vincent, Eugénie Vincent, Gabrielle Vincent, Robert & Jeannine Chevrefils. Thanks also to those who donated for the bake sale, craft table, canteen, meat draw and sold tickets for the raffle. Your generosity and support are greatly appreciated.

**The Bazaar Committee**

# Birchwood

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Sunday  
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MONDAY - Canadian Tire Money is Par in the Bar & Pool Tourney  
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WEDNESDAY - Steak & Brew  
THURSDAY - Ribs, Meats Draw, Pool Tourney  
FRIDAY - Hot Wings

New Year's Eve Tickets Available!

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## SAFETY NOTICE

TEMPEC's Pine Falls Operation is seeking the assistance and cooperation of all people in the local communities who on occasion have entered onto company property to access people or services at the paper mill. It is our goal to provide for the safety of all people on site and in order to achieve that goal we have established safety standards for personal protective equipment.

**Effective November 1, 2002 safety eyewear and footwear is required by all visitors entering into the paper mill,** with the exception of spouses or vendors who are dropping off lunches for employees at the area provided at the front door of the mill. All other visitors must stop and sign in at the main office, attend a safety video to be aware of the safety rules, and be wearing safety glasses and footwear before entering into any area of the Pine Falls Operation.

We would like to thank you for your cooperation in helping us provide for a safe workplace for all employees and visitors.

**Tembec** PINE FALLS Operations

## Duck Lake Ski Club news

Winter has arrived...soon the mercury will be plummeting and hopefully there will be an abundance of the white stuff for all you avid skiers.

The club executive would like to inform the members and the public of a few changes and ambitions for the coming season.

There will be new signs put up at the entrance (near the hospital) and at the junctions of the trails. There will be upgrading to the chalet and a picnic table on site for members to enjoy. As you ski the forest trails enjoy the glorious winter air. If you need comfort as you ski the loops, there is a wood-burning stove and a new outhouse waiting for you at the chalet.

Doug Hanson says the trails

are ready for grooming. The trails have been cleared of fallen trees, summer growth, and the MTS trail cleared of new growth for a possible double track. A big thank you to Doug Hanson, Howard May, Butch Trehart, Brian Kotak, Jeff Whitford and anyone else who helped make the trails ready for several months of skiing.

The club could be more active and visible if the members are interested in children and family ski outings. Jeff Whitford will organize a few events in the new year if there is enough interest shown. There could be children races and weiner roasts, moonlight ski parties and family gatherings. The ski trails around the chalet site is ideal for these

types of functions.

Memberships are again available from Debbie Lagasse at Celebrations Unlimited in Pine Falls. Many thanks to her for this valuable service to our ski club. The cost for the season remains the same as in the past. The cost is \$15 for the first adult member of a family and \$10 for each additional adult. Children ski for free whether their parents have a membership or not. The ski club uses these fees to pay for fuel, maintenance of the groomer, government fees and all related expenditures.

We hope the coming season is a grand one and that you get out and enjoy the ski trails. Merry Christmas and a Happy New Year. See you on the trails.

## The seven teachings

by grade 4 students of Anicinabe Community School  
**Honesty**

by Faith Fontaine

I'm honest to my parents. I'm honest to my teacher. I'm honest to my friends. I'm honest to my classmates. I'm honest to myself. I'm honest by not lying. I'm honest by telling the truth. I'm honest by being nice. I'm honest by being kind. Honesty is carried by the Sabe (Bigfoot Spirit).

by Graywolf (Esther Courchene)

Honesty is telling the truth. Honesty is being nice and kind by sharing and being brave. Honesty is loving your family. Honesty is not telling any lies. Honesty is to respect one another. Honesty is caring and helping your elders.

by Chaney Swampy

Honesty is in a Bigfoot's body. Honesty is to tell the truth no matter what. You should be honest to yourself. My honesty is to be honest with my family and myself about telling the truth about feelings.

See THE SEVEN TEACHINGS/  
page 13

## NEWS TIPS?

Call the Echo 367-9468

### New Friends Community Mentorship Inc.

New Friends is a non-profit mentorship organization serving the communities of Lac du Bonnet since 1993 and Pinawa since 1999. Our wonderful Mentors come from Lac du Bonnet, Pinawa, Seven Sisters, Great Falls and Pine Falls. We would like to take this opportunity to thank those who make our program possible through in kind or cash donations.

Sunrise School Division (New Directions School), The Paper, Winnipeg River Echo, The Leader, Channel 12 - Pinawa, Ladies Auxiliary, Royal Canadian Legion - Lac du Bonnet, Tembec Paper Group, Mrs. L. Kinghorn, Lions Club - Lac du Bonnet, Lions Club - Pinawa, St. John's Anglican Women's League - Lac du Bonnet, Mrs. Lucci's Second Hand Store, Knights of Columbus - Lac du Bonnet, Royal Bank Foundation, Cassidy & Company, Casey's Restaurant, Chicken Chef Restaurant, Drifter's Restaurant, Lakeview Hotel, Subway Restaurant, Pinawa Motor Inn, Dollar Store - Lac du Bonnet, Pinawa CDC, Healthy Child Manitoba, Anonymous.

'Friends are quiet angels who lift us to our feet, when our wings have trouble remembering how to fly.'

Thank you again and a Peaceful Christmas to all.

### Want to Start Your Own Business!

#### Self-Employment Program

- You are presently receiving employment insurance
- (E.I.) benefits
- You have received E.I. benefits in the last 36 months
- You have received maternity or parental benefits in the last 60 months

If you are unemployed, and if any of these situations apply to you and you have a viable business idea, please join us for an information session

#### Self-Employment Assistance Program

Call to register for an information session! 345-8691

Delivered by Winnipeg River Brokenhead Community Futures Development Corporation

Funded entirely by Manitoba Education and Training



## Sagkeeng Anicinabe High School News

This is the final reminder of the Annual Christmas Feast being held in the high school on December 11. The school will be closed at 12:30 p.m. that day in order to prepare the gymnasium for the festivities. Everyone is welcome; espe-

cially those who want to share their talents with the crowd. The high school music and dance groups will both be performing.

The potential graduates are busily working towards raising enough money to put on a su-

per grad in 2003. Their latest endeavour is a wake-a-thon taking place in the high school gym on the night (and morning!) of December 6-7. Besides raising funds a lot of fun is sure to be had.

Girls basketball projected start date is Monday, December 9. There will be a varsity team and perhaps a junior varsity as well. Due to a lack of eligible boys there will be no boys varsity basketball team but there will be a boys junior varsity team. For the few varsity boys interested in playing they will be able to participate in exhibition games.

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2nd Street and McArthur, Lac du Bonnet

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**Res. 345-2377**

## Worldwide Candle Lighting

The 6th Annual Worldwide Candle Lighting will take place at 7:00pm in all time zones. Everyone in every time zone around the world is invited to light a candle in honour of all children who have died, that their light may always shine. As the candles go out in one time zone they are lit in the next, creating a wave of light that will encircle the globe. Please join us in this 24 hr. Memorial by lighting a candle, where ever you are at 7:00pm, December 8th.

December 8 at 7:00pm

## So What's Wings of Power Anyway?

Everywhere I go, I am asked this question. I always have a hard time answering it and usually respond... "Well, how long have you got?" Wings of Power is many different things and means something different to probably every person who walks through the door. For some it's that place you can donate clothes, for others it's a warm cup of coffee and a smiling face, for others a place to bring your kids to play, for others it's help filling out a form and for others it's a warm winter coat. We offer a range of services and programs focusing on early childhood and the family as a whole. We are a Family Resource Center. We have play groups, a second hand clothing store, a library, story and crafts, drop ins, a community garden, a free community internet site and much much more. We also support and participate in community events. But most importantly we are here to support families in any way that we are able. If you ask the question, please stop by and check it out for yourself.

We have also received a fax

from the North Pole. Mrs. Claus has faxed us back confirming that we will be getting an extra special visit for our Christmas party December 17<sup>th</sup>. We are also happy to say that the elves will be joining us too! They have a lot of fun activities for everyone to do here at Wings of Power. We hope that all of our little friends have been good this year. If you have any questions about our party, please call and we will do our best to answer them.

**Blue Water Mobile Prenatal Team**

The Prenatal Drop In will be on Thursday, November 28<sup>th</sup> from 11:00 - 1:00 PM. Please call Gerry at 367-8855 if you need a ride or have any questions.

**Healthy Holiday Tips**

The holidays can be such an exciting and fun time of year. Festive parties and special treats are on everyone's menu. But endless hours of shopping, worry about buying gifts, and a chocolate overdose can do a number on your nerves and leave you frazzled - not to mention frustrated and exhausted. How can you stay

healthy and happy through the hectic holidays? Check out this article to minimize your stress and make the season magical.

Running around trying to find gifts for everyone on your list is one of the most stressful parts of the season. If you're like me, you wait until the last minute to buy gifts. What could be more frustrating than standing in line the day before a holiday trying to get that perfect something? A great tip a friend gave me, order from the catalogue. No lines, crowds, or icy roads to contend with and it all will arrive in time of Christmas, if you order soon.

On top of that, you have other pressures to deal with, relatives from out of town staying in your home, and you think you feel a cold coming on. And with the hectic pace of parties and visiting, no wonder you feel a little freaked out. It's natural to feel overwhelmed at this time of year. Expectations are high and people often pressure themselves to do everything just right. Don't forget to take private time just for you to recharge your batteries. Take care of yourself by getting lots of sleep, exercise, and healthy

eats. The last thing you want is to get run down and sick during this time. Nothing is worse than missing out on fun because you're in bed with the flu.

Resist the temptation to put yourself on an unreasonable schedule. It's important to give yourself a break. Take time to remember the spiritual side of your family's holiday traditions. Don't forget to enjoy your family and friends - they're the greatest gifts you could ever receive!

Wings of Power will be hosting a Christmas party on December 17 from 1:30 - 3:30 PM. We will be having many activity stations the children can participate in including: cookie decorating, pictures with Santa, face painting, Christmas stories, card making and more. Everyone is welcome.

**CAP Corner**

Wings of Power and the Library Allard are offering a new program brought to their CAP sites in partnership with CAP-YI (Community Access Program Youth Initiative). This program offers an onsite assistant called the Community Coordinator. A Community



Coordinator is available at the sites to assist people with the internet and computer related technologies. The Community Coordinator will facilitate Cyber Camps on topics such as: building a website, creating a personal e-mail address, usage of software and digital equipment, and much more. CAP is an affordable and beneficial way for internet access to the public and community organizations. The CAP site at Wings of Power and the Library Allard will be hosting monthly activities and special themes held by the Community Coordinator. December's theme is "E-mail Santa". This is a fun activity for children of all ages. To register for a cyber camp please come and meet the Community Coordinator or call Tara or Crystal for more information at 367-9641. The hours of operation for the CAP site at Wings of Power are 10:00 AM - 12:00 PM and 1:00 PM - 4:00 PM Monday to Friday.

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# Recreation Ramblings

by Michelle Chudd, Recreation Director  
Winnipeg River Recreation District, 345-8816/753-2639  
Email: reccomm@granite.mb.ca

## RWB LdB satellite program notice

The December 7 classes will take place at Centennial School Gym in Lac du Bonnet. December 14 class will be back at our regular location - Lac du Bonnet Senior School Gym.

## Cardio-Kickboxing Class Update

In Pinawa at the Community Centre on Wednesdays from 6:15 - 7:15p.m. and Sunday nights from 5:30 - 6:30p.m. the gym and Lac du Bonnet on Monday nights from 6:00-7:00 p.m. at Centennial School gym until Dec. 18/02. Please note that Sunday, Dec. 8 class is Cancelled due to the Seniors Supper in Pinawa. Drop in fee.

## Winter Programs

Early registration for Winter Programs will be accepted December 16 and on. Please note that some programs have restrictions on number of participants so don't delay in register. The Winter Flyer will be out in late December with our fun and exciting "chilly choices" for getting active this winter. Programs to watch for include:

Cardio Kickboxing - Two nights in LdB being offered (Mondays and Fridays) commencing January 6 at Centennial Gym. Pinawa running Wednesdays, Jan. 8 and possibly Sundays again if numbers warrant.

Adult Hip Hop - Eddie and Melanie are ready, willing and able to teach you these Funky Dance moves commencing on Monday, January 6 at 7:00p.m. at Centennial School.

Kids Funky Hip Hop - Tuesdays, January 14 - March 19/03 at Centennial Gym.

Yoga - Tuesdays, January 14 at Gilbert Gym in Pinawa from 7:00-8:00p.m. running for 10 weeks.

Therapeutic Stretching - Thursdays, commencing on January 23 running for 10 weeks at LdB Senior School Gym from 7:00-8:00p.m.

WEDDINGS - ANNIVERSARIES - BANQUETS  
RETIREMENTS - MEETINGS, ETC.

at the **GREAT FALLS  
COMMUNITY HALL**

Contact Hall Manager 367-2998

## Notice of Elections Merger Committee

Notice is hereby given that a vote of electors of the Townsite of Pine Falls will be taken to elect (7) seven members to a "Merger Committee" from the duly nominated candidates.

GLENIN LOGAN	JACK SHMALUK
BRADLEY ROBERTSON	SEAN KEMBALL
PAUL PELLAND	GLENIN HIBBERT
BRIAN RYALL	DARRELL PARRISAN
BILL BORLASE	ALAIN MAJEAU
MARY POWER	WARREN KANE

The polls require to elect this 7 member merger committee will be held on **Friday the 6th day of December, 2002 from 8:00 a.m. in the forenoon until 9:00 p.m. in the afternoon at the Room #2 (next to the Townsite Pine Falls Administration office) at #1 Walnut Street in Pine Falls.**

## ADVANCE POLL - December 4th and 5th

For the purpose of accommodating persons who are qualified to vote and who have reason to believe that they will be absent or otherwise unable to attend their proper polling place on the day fixed for election, an advance polling place will be located at Room # 2 (next to the Townsite office) at # 1 Walnut Street. The poll will be open between 1:00 p.m. And 5:00 p.m. in the afternoon.

## APPLICATION TO VOTE BY MAIL

An elector who is unable to go in person to the polling place or advance poll for an election, may apply in writing to the CAO, Box 1200 Townsite of Pine Falls, MB ROE 1M0, no later than December 6th, 2002 to vote by mail.



Teddy Bear Picnic - Pique-nique des oursins

## Saint Georges School News

Recently, a number of animals showed up at school. First, there were teddy bears who had accepted the Kindergarten and Grade one students' invitation to a picnic. They feasted on a cake that was baked by the students. Then, they joined in a sing-along as the students sang "La danse de oursins". Later, they watched a play entitled "Bouton d'or et les trois ours" presented by the Grade one students. The teddy bears thanked their hosts by giving them warm bear hugs.

The Grade two and three students had an opportunity to bring their pets to school. There were cats, a dog and a

rabbit. Their owners had an opportunity to talk about the responsibilities involved in keeping a pet. Mostly, they shared how the pet had become an important member of their family. Maxi, the dog, showed off some of his talents. He even gave a ballet demonstration while dressed in his tutu.

### Nouvelles de l'école communautaire Saint-Georges

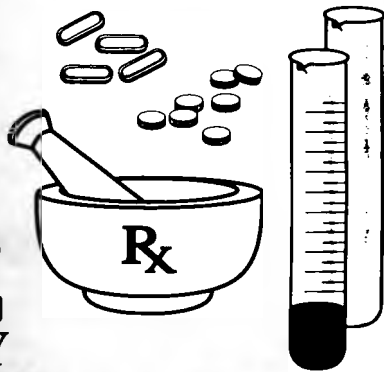
Tout récemment les animaux ont envahi notre école. Tout d'abord, les élèves de la maternelle et de la première année ont invité des oursins à un pique-nique. En préparation pour cette fête les élèves ont fait un gâteau. A la fête les

élèves ont chanté "La danse des oursins". Ensuite, les élèves de la première année ont présenté la pièce "Bouton d'or et les trois ours". Les oursins en peluche se sont bien amusés et ont remercié leurs hôtes en leur donnant de grosses caresses.

Les élèves de la deuxième et troisième année eux ont eu l'occasion de faire des présentations au sujet des animaux familiers. Il y avait des chats, un chien et un lapin. On a appris comment on s'en occupait. Surtout on a vu comment ces animaux deviennent de véritables compagnons. Maxi, le chien, a démontré ses talents. Il a même dansé du ballet.

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## PINE PHARMACY

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DISPENSARY

367-2611

367-2517

# Lac du Bonnet RCMP Report



The following constitutes the police report for the Lac du Bonnet detachment for the period of November 21, through to November 28, 2002.

November 21st: A report was received of an injury motor vehicle accident at the corner of the Maple Creek road and Landerville Road in the R.M. of Lac du Bonnet. Two subjects from one of the vehicles were taken to Pinawa Hospital for observation. The driver of the other vehicle was charged for Failing to Yield the Right of Way.

November 22nd: A report was received from Pinawa of a bag containing Post Office deposits going missing.

A report was received of an Intrusion Alarm at a business on Second Street in the Town of

Lac du Bonnet. Found to be a False Alarm.

November 23rd: A report was received from a location in the R.M. of Lac du Bonnet of an under-aged female baby-sitter stealing a camera from the residence where she was baby-sitting. Her father found the camera and took same back to the complainant.

November 24th: Two separate reports were received of noise from residence in Pinawa at two different locations. Police patrolled both areas in question, and could not locate any noise.

November 25th: A report was received of two children possible being at risk at a residence in the R.M. of La du Bonnet. Police patrolled to the residence in question and found all

to be in order.

November 26th: A report was received from a subject in Ste. Rita in the R.M. of Reynolds of having a box liner, tie down strap and jug of anti-freeze stolen from the truck, either at Ste. Rita or in Winnipeg.

November 27th: A counterfeit \$10.00 bill was turned in to police from a business in the Town of Lac du Bonnet. Found to be the same Serial number as ones which have been located

in Winnipeg.

A wallet was turned in to police which had been found on the Greyhound bus. Same was returned to its owner.

A report was received of an Intrusion Alarm at a location at Brereton Lake in the Whiteshell Provincial Park. Police attended and found same to be a False Alarm.

A report was received of a non injury motor vehicle accident involving a deer on Pr #214

in the R.M.

of Lac du Bonnet. Police attended to dispatch the deer, however, same got up and ran away in the woods.

A report was received of a subject bringing potential buyers of a snowmobile onto property in Auglen Park in the R.M. of Alexander when the owner of the property in question did not want subjects coming onto the premises.

## Economic Development

### Report from Legislature



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

Economic Development of Lac Du Bonnet Constituency is of paramount importance to me. Without economic development and without jobs and growth in our communities, we lose services such as education services and health services for our residents.

Lac Du Bonnet Constituency is really a reflection of the Province itself. We have rivers to generate hydro electric power, lakes for recreation and tourism, rich agricultural land for farming, minerals for mining and forests and peat for harvesting. We have all these resources, yet we have failed to grow substantially. Why is this? Well, we lost hundreds of jobs when Atomic Energy of Canada Limited decided to withdraw from Pinawa and the Air Force Base closed near Seddons Corner. It takes a great deal of time to replace lost jobs and all the municipalities are working diligently to create additional jobs within their Communities. I will work

hard for and with any community requiring help to replace aging infrastructure to attract additional business and industry and jobs.

There are many exciting developments in our Constituency that are worth noting and which will create additional jobs for our children, and I would just like to mention a few. Pinawa is pursuing a Laboratory to study Global Climate Change and I am working with the new Minister, Tim Sale to ensure that same becomes a reality. Beausejour and the R.M. of Brokenhead are pursuing an ethanol plant and I am assisting the ethanol committee to convince the government to approve a Beausejour/Brokenhead location. Pine Falls and Powerview is in the process of amalgamation which will greatly improve their ability to attract economic development and I am working with Tembec and the Councils to ensure an orderly and sensible amalgamation of

these 2 communities. The Town and the R.M. of Lac Du Bonnet is entering a new era of cooperation which will ensure that both communities are in a better position to attract economic development. Communities should not compete with one another but instead should cooperate in a regional approach. This is the only way we can compete for business, industry and jobs. The R.M. of Whitemouth recognizes that all leads for jobs ought to be pursued and that local businesses and entrepreneurs ought to be the best focus for job creation.

These are exciting times and surely these initiatives, if properly managed, will produce many new jobs for Lac Du Bonnet Constituency.

If you have any questions regarding this article, or any other issues or concerns in the Constituency, please feel free to contact me at 268-4664, write to me at P.O. Box 430, Beausejour, Manitoba, R0E 0C0, E-mail me at Gerald@Geraldhawranik.com. Or visit my website at www.geraldhawranik.com.

## 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 268-3168.

**PACE 7-1375:** meets first Tuesday of the month. Chicken Chef, Powerview meeting room.

**Sit and Be Fit exercise class:** Thursdays, Lac du Bonnet Pioneer Club, 1:00 p.m.

**Prenatal classes:** held regularly at Lac du Bonnet. Please register with Gail 268-6106 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 12:30 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 7:30 p.m. Legion Hall.

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

**Royal Canadian Legion Branch #164** general meetings third Tuesday of each month 7:30 p.m. Legion Hall. Horticultural Society meets second Tuesday of every month 7:00 p.m., Centennial School.

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

**Lakeshore Al-Anon Group** Thursday 7:30 p.m. Lac du Bonnet District Health Centre, 89 McInnis. 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 Mc Dermot, 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** Lac. Call Pat at the Lac du Bonnet office, Health Centre at 345-1227 or 348-4610. Services: driver escort, lifeline personal response system, friendly visitors, fee-for-service handy helpers.

**Pioneer Club** meets first Monday of month 9:30 a.m., Pioneer Club.

**RM of Lac du Bonnet Council** Meetings second Tuesday of each month 10:00 a.m. and fourth Tuesday of every month 6:00 p.m.

**Alzheimer Society** Theresa Conroy, Whitemouth 348-3505; Lac du Bonnet, Pine Falls, Victoria Beach, Pinawa, Beausejour, Whitemouth, Oakbank, Hadashville.

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

**Agassiz Horticultural Society** meeting every 2nd Tuesday of the month, except January, July & August. Centennial School, 7:00 p.m. All gardeners welcome.

## Lac du Bonnet Church Directory

### ABUNDANT LIFE CHAPEL

Pastor Jeff Andrews, church 345-2934, home 345-1950. Sunday: 10:30 a.m. morning worship (children's church during service); 7:00 p.m. hymn and prayer.

### LUTHERAN CHURCH OF THE CROSS

Church/office 345-8454. Sunday: 11:00 a.m. worship service.

### NOTRE DAME CATHOLIC CHURCH

Father Richard Machura, 345-2900. Lac du Bonnet: 5:00 p.m. - Saturday mass; 11:00 a.m. Sunday mass. Pinawa (senior school): 9:15 a.m. - Sunday mass.

### ST. JOHN'S ANGLICAN CHURCH

Rev. Brian Boustree, 367-8615, church 345-2357. Sunday: 11:30 a.m. - worship; 11:30 a.m. - first and third Sunday of each month, holy eucharist.

# Pine Falls in Lights 2002

Judging to take place Monday, December 13. Be sure to turn your lights on!

Light up your Life... Your home, your yard and your street... You are now a part of Pine Falls Christmas Lights Contest!

## Categories

- ★ Best Theme
- ★ Best Street
- ★ Original Creation or snow sculpture
- ★ Best Visual Effect
- ★ Best Business

Sno Prize for Children's best built snowman

# Winnipeg River RCMP Report



**November 25:**  
The Old Wannabee Cleaners at the Townsite of Fort Alexander was the victim of spray painted graffiti. A suspect has been identified.

A business on the North Shore of Fort Alexander was the victim of a Break, Enter and Theft. Cigarettes, Tobacco, Lighters and Rolling Papers were taken in the incident.

Police responded to a report of an assault on the South Shore of Fort Alexander. Investigation revealed no assault took place a verbal dispute had occurred and an individual returned to their residence to keep peace.

A complaint of nuisance phone calls on Little Black River had an officer speak to 2 youth who were responsible for the calls. Both youth were

spoken to accordingly.

**November 26:**  
A complaint of mischief to a residence on Fort Alexander is still under investigation. Xmas ornaments and a Clothes line were damaged in the incident.

A pale pink Hyundai car was the victim of a hit and run in the Northern Store parking lot at around 3:00 p.m. Any witness's to the incident are asked to contact Powerview RCMP.

**November 27:**  
A stolen vehicle from Winnipeg was recovered in Pow-

erview. A youth and an adult male were charged in the incident.

Police are investigating an accident involving a vehicle and an ATV at a parking lot in the RM of Alexander which occurred at around 03:45 pm. A male youth received minor injuries as a result of the incident.

**November 28:**  
A break and enter at a vacant house in the RM of Alexander was reported. Damages to the front door & frame.

A local Gas Station was

the victim of a gas and dash. A vehicle filled up

with gas and then left the station without payment.

**November 29:**  
In the early morning hours a resident in Hollow Water was the victim of a Break, Enter and theft of 2 vehicles in the early morning hours. 2 young offenders were apprehended in Selkirk in possession of one of the vehicles the other was found off Highway 59 and 304. Both young offenders are known to Police and have been charged accordingly. The investigation continues.

## 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 7-1375:** meets first Tuesday of the month. Chicken Chef. Powerview meeting room.

**Prenatal classes:** held regularly at Pine Falls. Please register with Gail 268-6106 or call your local public health nurse.

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

**Beaches Library:** Tuesday 1:00 to 5:00 p.m., Thursday 4:00 to 8:00 p.m., Saturday 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. 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 4:30 to 5:30 p.m.

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

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

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

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

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

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

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

**AA & Al-Anon - The Beaches:** family group, Thursday 8:00 p.m., Senior Scene, Victoria Beach, 1 Ateah Road 756-8018 or 756-5101.

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

**Senior Scene Inc. #1 Ateah Rd., Victoria Beach:** General meetings second Tuesday of the month, 756-6468 for more info.

**Mental Illness Support Group:** meets second Wednesday of the month 7:00 p.m. Wings of Power office.

**Beaches HELP Centre (seniors service):** 756-6471, Wednesday 1:00 to 4:00 p.m., Friday 10:00 a.m. to 1:00 p.m.

**Powerview Parent Advisory Council:** meets first Thursday of every month.

**Great Falls Hall workers - Tuesdays and Thursdays:** from 10:00 to 11:00 a.m.

**Pine Falls Library:** open 3:00 p.m. to 5:00 p.m. Monday and Thursday.

**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.

**Sunrise Ladies Ensemble:** meets every Thursday from 7:00 to 9:00 pm at the Pine Falls United Church.

Call The Echo 367-9468 to list your community event FREE OF CHARGE

## Winnipeg River Church Services

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

**PINE FALLS UNITED CHURCH:** Sunday service 11:00 a.m. Bonita E. Garret, Minister. Church 367-2633 or Cell 754-7220. Everyone Welcome Sunday School, September 8 at 11:00 am, everyone welcome.

**PINE FALLS ANGLICAN CHURCH OF THE ADYENI:** Ph. 367-8347. Rector, the Rev. Brian Rountree. Sunday Service at 9:00 a.m.

**ST. THERESA'S:** Masses at Notre Dame du Laus.

**ST. GEORGES:** Mass Sunday at 8:00 a.m. and 10:00 a.m.

**ST. JUDE'S ANGLICAN CHURCH:** Grand Marais, Holy Eucharist - second and fourth Sundays, 11:00 a.m. Morning prayer 11:00 a.m. - first, third and fifth Sundays.

**TRINITY EVANGELICAL LUTHERAN CHURCH:** Thalberg, 1 mile east and 1 mile south of Junction #12 and #304. St. John's Evangelical Lutheran Church, Greenwald on Hwy #12, 1 1/2 miles north of junction with #317. Sunday church school 10:00 a.m., worship 11:00 a.m. (alternate locations). For info call 635-2625 or 754-8682.

**CHRISTIAN FAITH FELLOWSHIP:** Bible study 7:30 p.m. Wednesday, church service 10:30 a.m. Sunday school 10:00 a.m.

**HOUSE OF PRAYER FULL GOSPEL:** 2:30 p.m. every Sunday, Scantebury, on Hwy. #59.

**ST. MARQUERITE 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. Gladly for information 367-2531.

## Now Hear This!

**SHAWN MILLER BC-HIS**

Licensed Hearing Instrument Specialist with 20+ years experience will be at the **PINE FALLS HOSPITAL** on Maple Street Pine Falls, Manitoba

**Thursday, December 19, 2002**

**HASTING HEARING CENTRES LTD.**

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## SILVER HAVEN MEAL PROGRAM

Open to all seniors 55 and over. You are welcome to bring a guest.

All meals are \$4.50. Meals are at 12:00 noon Mondays, Wednesdays and Fridays.

Your name must be put on the list the day before by calling

Silver Haven at 367-4620

**Wednesday, Dec. 4:**

Soup, pizza (cheese, bacon, tomato, mushrooms), orange cake.

**Friday, Dec. 6:**

Salad, roast pork, mashed potatoes, gravy and peas, hot fudge cake.

**Monday, Dec. 9:**

Soup, turkey pot pie, carrots, banana cream pie.

## CLARK'S CORNER DOMO

Highway 11 and 304, Powerview, Manitoba, Phone 367-2228

## NEW ICE CREAM CAKES

Preorder Cakes

\$15.99

Call Mel or Lin

367-8279

Strawberry Supreme  
Caramel Crunch  
Oreo Cookie Crumb Cake  
\$1.99/slice



**Too Busy to Cook  
Pick up Dinner to Go!**

9 Pcs. Chester Chicken Popcorn Chicken Wedges, Gravy, Macaroni Salad or Coleslaw Egg Rolls, Coks.

6 Pcs. Chicken Only \$6.99

**\$24.99**

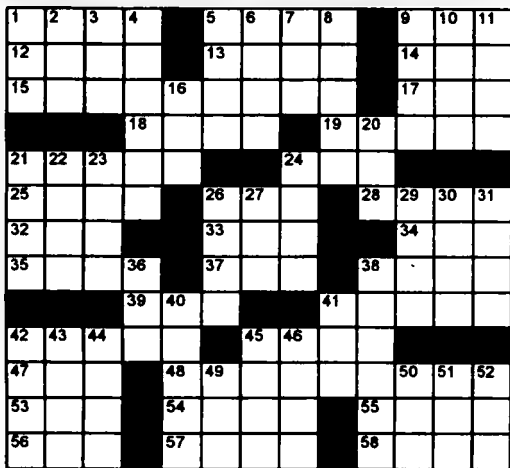


Also Introducing...  
**DOUBLE CHOCOLATE BROWNIE**

Warm homemade brownie, Ice cream, Chocolate Syrup, Nuts if preferred.

**\$2.49**

# WEEKLY CROSSWORD



**ACROSS**

- 1. "Of \_\_\_\_ I sing"
- 5. Downward (word stem)
- 9. Baby goat's call
- 12. Tropical tree
- 13. Swimming pool
- 14. Too
- 15. Forsaken

- 17. Japanese seaport
- 18. UN Atomic energy group
- 19. Spine-tingling
- 21. Unit of weight
- 24. Musical instrument (suff.)
- 25. Rose's fellow
- 26. Average sailing speed

- (acro.)
- 28. Spots
- 32. Erdu's chief god
- 33. German MP (abbr.)
- 34. Dentists' org. (abbr.)
- 35. \_\_\_\_ Major or Minor
- 37. Japanese volcano
- 38. Hall (Ger.)
- 39. Body measurement index (abbr.)
- 41. Uncultivated country
- 42. Debolt
- 45. Bookseller org. (abbr.)
- 47. Morindin
- 48. Salary stata (2 wds.)
- 53. "Will Ye \_\_\_\_ Come Back?"
- 54. Frog's cousin
- 55. Kiln for drying hops
- 56. British award (abbr.)
- 57. Enormous
- 58. Muslim ablution

- 5. \_\_\_\_ vera
- 6. Musical instrument of India
- 7. Lemon \_\_\_\_
- 8. Water-repellent cloth
- 9. Mother (comb. form)
- 10. Standardizers' org. (abbr.)
- 11. Two in music (2 wds.)
- 16. Do (Scot.)
- 20. Same (Rx abbr.)
- 21. Hawaiian island
- 22. Above (Ger.)
- 23. Island
- 24. Othello role
- 26. Measure
- 27. Passe (abbr.)
- 29. Narrow shoe width
- 30. False god
- 31. Traded
- 36. Roadside help (inits.)
- 38. Endangered swimmer
- 40. Welsh instrument
- 41. Isn't now
- 42. Beetle
- 43. River
- 44. Complexion
- 45. King of Amalek
- 46. English monk
- 49. Bird-watchers' org. (abbr.)
- 50. Athletes' org. (abbr.)
- 51. Hallucinatory drug (intis.)
- 52. WW II arena (inits.)

**LAST WEEK'S ANSWERS**



## CRYPTIC PUZZLE

B XCYQ DY WFC VGBQ DH YGW WFC  
 CYQ GR WFC VGBQ, JYSCHH LGJ RBDS WG  
 TBKC WFC WJVV.

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**

GIRLS ARE LIKE PIANOS, WHEN THEY'RE NOT UPRIGHT, THEY'RE GRAND.

## WEEKLY ECHO HOROSCOPE

for the week of Dec. 2 to Dec. 8

**ARIES (Mar. 21 - April 20)** You may get upset with peers or relatives. Take care of any paperwork concerning institutional or governmental agencies. Don't shy away from potential mates they want to introduce you to. Let them know what your intentions are.

**TAURUS (Apr. 21 - May 21)** Things may not be as harmonious as you would like with colleagues or employers this week. Things are looking up. You can make new connections through friends or relatives. Your best gains will come through helping others emotionally.

**GEMINI (May 22 - June 21)** Put all your energy into moneymaking ventures. You can find out important information if you listen to friends and relatives. Use your quick wit to win points with friends. Don't trust others with private information that could be used against you.

**CANCER (June 22 - July 22)** Try to get others to stand behind your good judgment. You will impress new friends and acquaintances with your intellectual wit. Get ready to do some fancy footwork when it comes to taking care of your financial situation. Try to find another time to present work or ideas this week.

**LEO (July 23 - Aug 22)** You can enjoy doing things that include children. You can meet potential new mates, but make sure that they aren't already committed to someone else. You can solidify your relationship (if you have one) if you plan a special evening with your mate. Don't be afraid of opposition; your suggestions are valid.

**VIRGO (Aug. 23 - Sept. 23)** A day out may satisfy the whole family. Use your high energy and dynamic approach to win favors from superiors. Romance could be exciting if you are spontaneous. A quiet restful day some day this week, just staying in bed or catching up on reading will be your best bet at revitalizing yourself.

**LIBRA (Sept. 24 - Oct. 23)** You will get out of shape easily if you don't keep on top of things. Someone you least expect may not have your best interests at heart. Don't make large purchases unless you have discussed your choices with your mate.

**SCORPIO (Oct. 24 - Nov. 22)** Try not to allow superiors or those in a higher position to take advantage of you. Unexpected events may be upsetting. You are best to get out of the house this week. You're likely to encounter new partners if you take short trips.

**SAGITTARIUS (Nov. 23 - Dec. 21)** This is a great day to mingle with people you would like to impress. You can look around for the right place and enlist some of your friends to help you move. Travel will be enjoyable but could be expensive. You may have been too agreeable to someone who just wanted to use you.

**CAPRICORN (Dec 22 - Jan. 20)** You may want to take a trip; however, before you do, make sure that your car is serviced properly. You can make money if you concentrate on producing services or goods that will make domestic chores easier. You need to get out and have some fun to reduce tension. Think twice before eating spicy foods; you may have problems with your stomach.

**AQUARIUS (Jan. 21 - Feb. 19)** Travel should open doors that lead to exciting new adventures. Uncertainty regarding your mate may emerge; reevaluate what you see in each other. Be extra careful with your valuables; loss and theft are evident this week. You will be extremely sentimental, and if pushed by others you may hold a lasting grudge.

**PISCES (Feb. 20 - Mar. 20)** If you haven't planned a vacation, then at least try to get away for the weekend. Things aren't as they appear. Real estate and joint financial ventures will be profitable. You can have a great time if you go out with the one you love.

# Echo Classifieds

## The seven teachings

from page 7

by Obe Courchene

The more honest you are, the bigger and stronger you will become. To know honesty is not lie to your parents and brothers and sisters. And don't lie to anyone. To know honesty is, if you don't be honest the weaker you will be.

by Whitewolf  
(Tara Beaulieu)

To know honesty you have to be truthful. To know honesty tell a grown-up when something bad happened to

you. To know honesty is to be strong to help someone. To know honesty you should not be ashamed of your fears. To know honesty is to not be shameful of how you look.

by Keri Buboire

Honesty is about not lying to your parents. Bigfoot has honesty in his body. Do not lie to your uncles, aunts, brothers and sisters. Do not lie to your teacher that you did your homework. Don't lie to your granny and grandpa. Don't lie to the Creator.

by Adam Courchene

To be honest is to be honest to your parents. To be honest is not to tell lies to your parents because your parents will want you to tell the truth to them. To be honest is not to tell lies to your teacher in school because teachers want you to tell the truth about your work. The more honest you are the bigger and stronger you will become.

by Laura Whitesell

Honesty is to always tell the truth. Honesty is to be nice and kind. Honesty is to be honest about your feelings. Honesty is to be kind and honest with your elders. Honesty is not to make big lies. Honesty is to respect one another. Honesty is to love and care for your family. Honesty is not to be scared but be brave. Honesty is to tell the truth about your feelings.

### Memoriam

**ANNIE CLARK**  
June 22, 1933 -  
December 6, 2001

Everything we do,  
Echoes with the laughter,  
And the voice of you.  
You are on every corner,  
Every turn and twist,  
Every old familiar spot,  
Whispers how you are missed.  
Nothing now seems true.  
Only that it was Heaven.  
Just to be with you.

Lovingly remembered by  
your family

Call the Winnipeg River Echo at  
367-9468 to have your ad appear in  
the Echo  
Classified Section

### Card of thanks

Knights of Columbus would like to thank all the ticket sellers who sold tickets for the 2002 Grey Cup, a bigger thank you for all the people who bought tickets and a special thank you to all ladies who helped with selling tickets. Congratulations to Steve Gogo who won the correct final prize.

### For Sale

**Hay for Sale** - Protect your septic system, hay for sale. Good for all types of insulation. \$1.00 each or \$2.50 delivered. Minimum of 10 bales, Pine Falls area. Call 367-8836 or 367-9284. 26-TFN

### OUTREACH WORKER (0.3 EFT)

Wings of Power is currently seeking a part-time (3 days/week) Outreach Worker to provide support to pregnant women and new mothers participating in the program offered by the Blue Water Mobile Prenatal Team. The Outreach Worker works in collaboration with other team members in the development of programs and resources. Home visiting throughout the Blue Water district is an integral part of the position and a valid driver's license and access to a vehicle are required. The ideal candidate will have strong interpersonal and communication skills and a non-judgemental, accepting attitude. Criminal Record Check and Child Abuse Registry Check are required.

Interested candidates can forward their resume to Geraldine Dandeneau, c/o Wings of Power, Box 66, Pine Falls, MB R0E 1M0 or call 367-8855 or 367-9784 (fax). Closing date for receiving applications is Monday, December 23, 2002.

### RED RIVER COLLEGE

OF APPLIED SCIENCES AND TECHNOLOGY

**Health Care Aide Training**  
coming to  
**Beausejour**  
beginning  
**February 17**

- Earn a Red River College Health Care Aide Certificate
- Full-time program
- Limited enrolment
- This program qualifies for a student loan. Employment Insurance and Income Assistance clients may be eligible for financial assistance.

### Bookkeeping and Small Business Office

**Training**  
coming to  
**Selkirk**  
beginning  
**January 27**

- This four-month program is designed to train you for employment in a Small business.
- You will also be qualified for entry-level positions in larger businesses.
- Receive training in computers, communication, bookkeeping, etc.

For more information on the above programs call:

**Red River College - Gimli Campus**  
1-204-642-5496

**1998 Mercury Grand Marquis LS**, 4 Door, fully loaded, leather. \$18,000.00, contact Allan at 345-8607 or 345-2377. 28-11

**Freezer** - Beaumont, 10.1 cubic foot upright, excellent condition. \$225.00, phone 367-2207 or 367-8383. 28-11

### Miscellaneous

**Bankruptcy Info-line** - free, confidential. Call 1-800-463-8371. This is a community service offered by L.C. Taylor & Co. Ltd., Trustee in Bankruptcy. 31-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, call after 6:00 p.m. 367-4922. 26-TFN

## UNDER THE PLANNING ACT NOTICE OF PUBLIC HEARING REGARDING BY-LAW 17/02

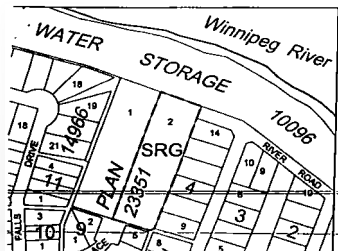
The Council of the Rural Municipality of Alexander under the authority of The Planning Act will hold a PUBLIC HEARING at the office of the Municipality at St. Georges, Manitoba on the 10th day of December, 2002 at 11:15 a.m., at which time and place the Council will receive representations and objections from any persons who wish to make them in respect of By-law No. 17/02 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.

(1) The general intent of By-law 17/02 of the Rural Municipality of Alexander is to amend Zoning By-Law Map 13-29 in order that that area described as follows:

Lot 2, Plan 23351 WLTO being part of the NW29-17-11 EPM

and as shown outlined by a heavy broken line on Appendix "A", attached hereto, presently zoned "RR2" Rural Residential Zone by hereby re-zoned to "SRG" General Seasonal Recreation Zone.



### APPENDIX "A"

Attached to By-law No. 17-02 of the Rural Municipality of Alexander Amending Zoning Map 13-29 of By-law No. 8/98 Being the Rural Municipality of Alexander Zoning By-law as amended.

**LEGEND:**  
SRG "SRG" General Seasonal Residential Zone  
Limits of area affected

Scale: 1"=2000'  
MAYNOR  
Municipal Affairs  
Dep. Tel: 463-9277

Rose-Marie Blanchette, Chief Administrative Officer  
Rural Municipality of Alexander

# Plastics and the microwave

## Cornerstone

Marilyn Zarecki, Home Economist  
Manitoba Agriculture and Food  
Beausejour, 268-6015, email: mzarecki@gov.mb.ca

Stories about the dangers of chemicals leaching from plastic into microwaved food have circulated for years. As a result, the U.S. Food and Drug Administration continues to receive inquiries from concerned consumers.

Consumers can be confident as they heat holiday meals or leftovers in the microwave that the FDA carefully reviews the substances used to make plastics designed for food use. These include microwave-safe plastic coverings that keep food from splattering and microwave-safe containers that hold frozen dinners. Even microwavable popcorn bags, which look like paper, actually contain a metalized plastic film that allows them to reach high temperatures so the corn can fully pop.

"It's true that substances used to make plastics can leach into food," says a consumer safety officer in the DFA's Center for Food Safety and Applied Nutrition. "But as part of the approval process, the FDA considers the amount of a substance expected to migrate into food and the toxicological concerns about the particular chemical."

One chemical called diethylhexyl adipate (DEHA) has received a lot of media attention. DEHA is a plasticizer, a substance added to some plastics to make them flexible. DEHA exposure may occur when eating certain foods wrapped in plastics, especially fatty foods such as meat and cheese. But the levels are very low. The levels of the plasticizer that might be consumed as a result of plastic film use

are well below the levels showing no toxic effect in animal studies.

Other claims have asserted that plastics contain dioxins, a group of contaminants labeled as a "likely human carcinogen" by the Environmental Protection Agency. "The FDA has seen no evidence that plastic containers or films contain dioxins and knows of no reason why they would."

Consumers should be sure to use any plastics for their intended purpose and in accordance with directions. If you don't find instructions for microwave use, you should use a different plate or container that you know is microwave-safe. Such containers are made to withstand high temperatures.

For example, carryout containers from restaurants and margarine tubs should not be used in the microwave. Inappropriate containers may melt or warp, which can in-

crease the likelihood of spills and burns. Also, discard containers that hold prepared microwavable meals after you use them because they are meant for one-time use.

Microwave-safe plastic wrap should be placed loosely over food so that steam can escape, and should not directly touch your food. Some plastic wraps have labels indicating that there should be a one-inch or greater space between the plastic and the food during mi-

crowave heating.

Always read directions, but generally, microwave-safe plastic wraps, wax paper, cooking bags, parchment paper, and white microwave-safe paper towels are safe to use. Covering food helps protect against contamination, keeps moisture in, and allows food to cook evenly. Never use plastic storage bags, grocery bags, newspapers, or aluminum foil in the microwave.

## BUSINESS DIRECTORY

**DOHENY**  
SECURITIES LIMITED  
**STEPHENA, KULYK**  
FINANCIAL ADVISOR  
**TAMMY E. KUNZ**  
ACCOUNT REPRESENTATIVE  
2 MCDUGALL AVE. BOX 219  
ST. GEORGES, MB ROE 1V0  
EMAIL: shk@mb.sympatico.ca  
PHONE: (204) 367-9572  
FAX: (204) 367-9068  
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