

The Winnipeg River Echo



Serving
 Pine Falls, Hammond
 Sagkeeng,
 St. Georges, Great Hall
 Lac du Bonnet,
 Boches,
 Little Black River,
 Manigotagan,
 and Bissett

Scraps Dept. June 24 04
 2001 Assiniboine Street
 Winnipeg, MB
 R3R 1L5

Vol. 4, No. 26 November 25, 2003 \$1.00 tax included

Negotiations on the horizon at Sunrise

By Jim Hampshire

Bus drivers at Sunrise School Division have given formal written notice that they are ready to begin contract negotiations with the school board early in the new year. The drivers and support workers of the now defunct Agassiz School Division spent much of last spring hammering out the current one-year contract, which will expire at the end of December. At that time, wage parity issues with other bus drivers in the newly formed Sunrise division were front and center during the negotiations, but a subsequent stalemate led to strike action by the drivers. The two week walkout only ended when the province stepped in with additional revenues to help settle the dispute.

This time around bus drivers from all corners of the Sunrise Division will be negotiating collectively for a new contract but early indications are, this could be a lengthy procedure.

"Basically we've given written notice that we would like to open negotiations but it's

up to the board to decide when we sit down at the table," local CUPE President Jackie Hampshire said last week. "There are a lot of contracts up for renewal around the province and we are in a wait-and-see position."

As it stands, 47 bus drivers from the former Agassiz division are represented by CUPE, while the amalgamated Springfield division drivers are represented by the United Food and Commercial Workers union. Before any negotiating takes place at the table, Hampshire says the all the Sunrise drivers must meld under one union.

"We are hoping to stay with CUPE, mainly because the union represents other support workers within the division," Hampshire explained. "It would be an advantage to have all support workers under one banner."

Once the drivers get organized, Hampshire says she is hoping that negotiations for a new agreement gets underway as soon as possible.



"It's going to be an interesting process and we're hoping it won't be a long one," she said. "There are a lot of different divisions going into negotiations next year because of the amalgamations, so there's no telling how long this might be drawn out."

As for any potential strike action, Hampshire wouldn't comment one way or the other. She says the union took a strong stance last spring to reach a three year wage parity agreement and adds that she is confident the school board will take the negotiations seriously.

"We did what we had to do last spring and it turned out we had overwhelming public support," she noted. "We would like nothing better than to reach an agreement that's fair for our membership and we hope we can do that quickly, without disruption."

Communication poor in consultation process

by Charles Norman

A series of three local meetings set up by the East Side Land Use Task Force to consult with local people were poorly advertised, poorly attended and added little to the debate on development of the east side of Lake Winnipeg.

However, from discussions with people who did attend

there was a common problem with all three meetings. The task force panel listened to people who, by and large had had no prior involvement in the process. They made little attempt to get into any debate on the issues, and they made little attempt to correct any misunderstandings.

Considering that most people who attended had had no prior involvement in the issues

there was little attempt to inform them. They were given a video and PowerPoint presentation that did little to educate them on the possible implications, positive or negative, of the development of the area.

The result was that, rather than informed opinion and reasoned arguments, the panel listened to people who spoke passionately, and often eloquently, about the wrongs of the past,

but heard very little that was relevant to the real issues behind the development of the region.

There was, however, one encouraging sign, in response to a question from Marylyn Courchene, at the Sagkeeng North Shore meeting it was announced that a committee of elders is being set up to take advantage of their wisdom and experience.

Those involved in the study process include government, industry, First Nations, (now including a committee of Elders), environmentalists and various other stakeholders. It is broad enough to ensure that the issues are examined thoroughly. It is unfortunate that consultation with the local people could not have been as well organized.

WE SERVE LAG BY FRONTIER, PINE FALLS, HAMMOND, SAGKEENG, ST. GEORGES, GREAT HALL, LAC DU BONNET, BOCHES, LITTLE BLACK RIVER, MANIGOTAGAN, AND BISSETT

PRE-CHRISTMAS EVENT

50%

Off all Now and save on Draperies, Vertical Blinds, Bedspreads, Shades & much more!

LET ONE OF OUR PROFESSIONAL DECORATORS SHOW YOU HOW AFFORDABLE IT CAN BE! FOR PERSONAL SERVICE & A FREE NO OBLIGATION IN-HOME CONSULTATION

CALL 785-1592

Blinds Drapery

...et Cetera

Order Now!



ECHO MAIL:
Letters to the Editor
Email: theecho@mb.sympatico.ca

Box 550
Pine Falls, MB
Ph: 367-9468
Fax: 367-9974

Protecting our rivers

Dear Editor:

Do you own river property in the R.M. of Lac du Bonnet? Are you concerned about the safety of your water and the continuing value of your property? If so, read on.

The Council of the R.M. of Lac du Bonnet has just reviewed its development plan and drafted an accompanying zoning bylaw. With considerable foresight, Council chose to use the development plan to keep Intensive Livestock Operations (ILOs) a reasonable distance from our waterways and residential developments. It did so by proposing bylaw 66-03 to amend the plan. (Notice of bylaw 66-03 was served in the local newspapers the last week in October/first week in November.)

Just in case you overlooked the public notice, here is what Council proposed:

PART I - Section 1.0, GENERAL INTRODUCTION

"to recognize the importance of the Winnipeg River system and its shorelines to the Lac du Bonnet Planning District, and preserve its value as a recreational resource and source of domestic water supply by encouraging environmentally responsible practices which will preserve and protect the health of these water bodies and their shorelines into the future."

PART II - Section 3.0, AGRICULTURAL AREAS, Subsection 3.3, POLICIES

Legitimate farming activity shall be encouraged in the municipality under suitable conditions. Crop spraying, intensive farming, livestock and poultry production, including manure spreading etc., are legitimate operations in the "Ag-

ricultural Areas", when practiced responsibly and according to "The Farming Practices Guidelines", published by Manitoba Agriculture and Food, and should be restricted only by public health regulations, environmental protection measures, except as further provided in Section 3.3.3"

SECTION 3.3.3
"The size and type of such operations shall be limited within a one-half mile distance around the Village of Lac du Bonnet and Fringe Area, Recreational Area, Rural Residential Areas, areas adjacent to the shorelines of the Winnipeg River, Lee River and Pinawa Channel, and existing residential development."

Realizing that water is the vital ingredient in a regional economy based on tourism, Council wisely decided to place a half mile buffer zone

of limited agricultural use along waterways and surrounding residential developments.

At the November 17 public hearing before the Planning Board, the Department of Agriculture presented a strongly worded letter objecting to limits on agriculture along the rivers. The gist of the Department's argument was that setback distances from ILOs to waterways were adequately covered in the Farm Practices Guidelines. Buffer zones were not only unnecessary, but were in fact contrary to provincial policy.

Are you aware that these Farm Practices Guidelines were written by Manitoba Agriculture in consultation with the hog industry? Input from those directly affected by the industry, namely the neighbours living beside the barns and lagoons, was not solicited.

Did you know that according to the guidelines an open pit hog manure lagoon can be located as close as 100m to the Winnipeg River? 100m from your well? 300m from a neighbour's house?

Ask us what happens to your property values when a mega hog operation pops up beside you.

Is it the business of the Department of Agriculture to stop the R.M. of Lac du Bonnet from protecting the Winnipeg River system from the ravages of agricultural pollution? Absolutely not!

You might wonder why the Department of Water Stew-

ardship did not send a letter commending our Council for efforts to avoid contamination of the river. Perhaps it's because the last time we heard Mr. Ashton speak (November 1/03 at the annual meeting of the Manitoba Cottage Owners Association), he was hotly defending the hog industry when questioned about its impact on water quality.

We cannot depend on the province to protect our water and our quality of life. We have to do it at the local level by showing support for our council. We urge you to attend the meeting of the Planning Board on December 22. Call the R.M. office for the time. Phone your councillor and discuss the issue. Only a strong contingent of ratepayers can convince Council that our rivers are more important than the Department of Agriculture's hog agenda. If you don't speak up, be prepared to live beside a hog barn.

Carol Clegg
Leon Clegg

BINGO
FOR UPDATES CALL 345-6197

Royal Canadian Legion #164	Bonus Line \$ 1,552.00
Lac du Bonnet	Star - 517.00
Legion Hall	Lucky 7 - 1,996.00
Specials 7:00 p.m.	Poker Flush - 1,021.00
Every Monday Evening	Mini Loonie - 205.00
Lot Lic. 453	#1 Loonie - 195.00
In Case of Discrepancy the Letter will Prevail	#2 Loonie - 5,063.00
	Jackpot Strip - 2,563.00
	Bonanza - 3,144.00

RON'S BACKHOE SERVICE

Septic Tanks & Fields
Waterlines - Driveways
Grey Water Pits - Holding Tanks
Sand - Gravel - Top Soil
Limestone

Phone anytime **345-8724**

Lakers Ski Club BINGO

Bonus Line - \$2,200.00	Lucky 7 \$290
Star - 371.00	POT FREEZER AT 25 NUMBERS
Loonie Pot - 287.00	IF WINN POT STARTS AT 2000
Poker Flush - 15,359.00	in 17 numbers or less
Special "Y" - 127.00	Add one # plus 30% of sales
Bonanza - 4,004.00	

Lot. Lic. 874
Every Thursday Evening 7:00pm
At the Lac du Bonnet Community Centre
FOR UPDATES CALL 345-8619

DAVIDSON INSTALLATIONS LTD FLOOR STORE

Our commitment is providing the best in quality products, workmanship & service... we guarantee it!

- Carpet and vinyl
- Laminate & Engineered wood

Visit our showroom
Highway 313 2 km east of Winnipeg River Bridge
Open Tues thru Sat 9:00-12:00
1:00-4:00, Closed Monday
Phone 345-8077

Great Falls Tuesday Nite BINGO
Great Falls Hall 7:30pm

Mini Loonie: \$208.00
Lucky 7: 210.00
Letter Y: 320.00
Poker Flush: 6,494.00
Loonie Pot: \$574.00
Bonus Line: 886.00
Full House: 625.00
in 55 numbers

BONANZA \$3,649

The Winnipeg River Echo
One Year Subscription
One Low Price
\$30.00
plus \$2.10 PST and \$2.10 GST

56 Art Street, Powerview
367-9468
or mail to:
Box 550, Pine Falls, MB R0E 1M0

Publisher
Valerie Anderson

Writers
Charles Norman,
Jim Hampshire

Production/Art/Design
Lori Pachkowsky
Jackie Frederick

SUBSCRIPTIONS
Local Rate: \$34.20
National & Urban Rate: \$39.90
Foreign Rate: \$102.60
(prices include PST & GST)

2nd class mail #1761667
(Postage paid in Pine Falls)

P.O. Box 550, Pine Falls, MB R0E 1M0
56 Art Street, Powerview, MB
e-mail: theecho@mb.sympatico.ca
Powerview Office Ph: 367-9468 Fax: 367-9974

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.

Strongquill's first show

by Charles Norman

Many new exhibitors will be at this year's Pine Falls Christmas Craft Sale.

Eleven year old Rachel Strongquill will be the youngest of many new exhibitors at the Annual Christmas Craft Show in the Pine Falls School Gym this Saturday.

Rachel draws, and paints dragons. Her mother, Donna Strongquill, says Rachel has always been interested in drawing. She began drawing dragons because her mother was interested and perhaps was inspired by Japanese animation on television.

"She does beautiful work," Donna said. "She makes them look life-like."

It's not only her mother who is impressed by her work. Dee Sparrow, who is organizing this year's craft show describes Rachel as "very talented."

"The detail is unbelievable. It looks like it's going to leap off the page. Even the skin looks real"



Rachel Strongquill after she broke her arm in a trampoline accident last summer. The cast is decorated with one of her favorite dragons

She said.

Rachel's dragons, only one of the new features at this year's show, are painted on twelve inch ceramic squares and sold with display stands.

This year's craft sale will be the biggest ever, with a total of more than forty tables. Of the new exhibitors Maggie Cederstrom from Sagkeeng will be selling flower arrangements; there will be three people selling jewelry, one of the

new; furniture, fresh bread and cabbage rolls will be new; Christie Sharp will be selling her artwork; and seventy-five-year old Verna Emberly from Lac du Bonnet will be selling copies of her new book about her cat "Scamp"

The Library Allard will be there with baked goods, and of course, Santa Clause will also be there, ready for picture-taking with the youngsters.

Hall closure averted in Great Falls

By Jim Hampshire

Residents in the Great Falls region can rest easy knowing that the community club will be staying open after all.

Earlier this month, the existing hall committee put out an SOS for new people to step forward and take on executive positions on the board. Had that not happened the hall and subsequent activities therein would close at the end of this month.

As it turns out people did respond at the club's annual meeting on November 7 as Nick Ogryzlo volunteered his services to oversee the weekly activities offered at the community hall. Up to this point some existing board members have worked with the fa-

cility for over twenty years, filling different positions to keep the hall open for weekly activities, including the bowling league and weekly bingo. Had no one stepped forward, there

was a real possibility that the facility would be sold back to Manitoba Hydro and contents offered for bid. Due to the response at the annual meeting, the possible sale of the complex was averted.

**INVITATION TO TENDER
PINE FALLS LIQUOR MART**

The Manitoba Liquor Control Commission (MLCC) invites tenders for the interior renovation of the Pine Falls Liquor Mart 17 Pine Street, Pine Falls, Manitoba.

Tender documents may be obtained on the payment of a \$100.00 deposit each, from Raymond S.C. Wan, Unit 10 - 1200 Waverly Street, Winnipeg, Manitoba R3T 0P4, phone (204) 287-8668 or fax (204) 287-8388. Deposits must be a certified cheque made payable to Raymond S.C. Wan Architect. Tender documents are available to general contractors only (maximum one set per bidder) any time after 2:00 p.m. CST, Monday, December 1, 2003. Sealed tenders will be received until 2:00 p.m. CST on Friday, December 12, 2003 at the offices of Raymond S.C. Wan Architect.

Each tender must be accompanied by a bid bond issued by an approved bid bonding company for not less than 10% of the tender sum. The successful tenderer will furnish a contract Performance Bond for 50% of the contract sum upon award of the contract.

The successful Contractor is required to commence the Pine Falls project no later than Monday, January 19, 2004 with a mandatory completion date of no later than Wednesday, March 10, 2004.

Deposits for plans and specifications will be released only on the return of documents in good condition within one week of tender closing.

The lowest or any tender will not necessarily be accepted.

Winnipeg River Auto Centre

"Locally Owned & Operated"

GREAT SELECTION OF USED VEHICLES

1999 SUNFIRE GT

5 Spd., A/C, Tilt, Cruise, CD

\$8995



1996 LUMINA

4 Dr., V6, Loaded

\$6950



1998 CONTOUR SE

4 Dr., 4 Cyl., Auto, A/C

\$8950



2000 CAVALIER

4 Dr., Auto, A/C, CD (2 to choose from)

\$9950



1996 STRATUS

4 Cyl., Loaded, Command Start

\$7950



2001 F150 XL

Supercab, V6, Auto, A/C., Tilt, C/C, CD

\$17950



Bank Financing
Extended Warranty
Life and Disability protection insurance

94 First Street, Lac du Bonnet

345-9733

You can't be serious



by Jim Hampshire

Another half-brained theory

According to a news release last week, Dr. Michael Phillips of Indianapolis has proven, with the aid of cutting edge radiological technology, that the male gender only uses half a brain when listening. In a related story, Mrs. Dr. Michael Phillips says this is nothing new as she has known this for years.

Hahaha, she didn't actually say that, but I bet a lot of other women have. Let's take the month of December, for example. Imagine the average wife, all curled up on the couch, comfy and warm, and she turns to her average husband and very subtly mentions that her big toe is sticking through her old ragged slippers. Now any intelligent husband would make a note of this and buy his wife a new pair of fuzzy slippers for Christmas, but because we only listen with half a brain, we buy nail polish so the wife's big

toe can be more attractive. At first this seems like a good idea, especially when you consider a husband with no brain would buy his wife a K-Tel Patty Stacker. In the end, though, the average wife still harps on about us listening with half a brain again and again. Or something like that because we're really not paying attention.

The point is, the male gender can now stand up and proudly say that, although we do make mistakes sometimes, we have undeniable scientific proof that it's not our fault. It's a genetic thing, and we sincerely believe that we deserve an immediate apology! Ahem, we're still waiting!

Okay, it doesn't look like we're going to get any apologies, but on the bright side, when our wives yell at us and say: "If only you'd listen with half a brain," we can now tell

them confidently: "We are!"

Another interesting aspect about this study by Dr. Michael Phillips is that he's also proven women listen with their entire brain, which, not surprisingly, is why women get all the good gossip. They can sit on the phone for hours and absorb every single word in complete order and then show some very remarkable memory ability by repeating the entire conversation to their husbands. "Did you know the town cobbler was seen leaving a motel, wearing a wrinkled brown suit with white socks, penny loafers and a thong, and Mrs. Goodbody came out fifteen minutes later with a fallen beehive, torn ny-

lons, and a red mini-skirt that clashed with her green pumps!"

Of course men like to gossip a little, as well, so we head over to the neighbor's garage with the little information our half brains can store and say something like, "Hey Frank. Did you know we have a town cobbler?"

And this half-brained theory doesn't only affect grown males, either. This newly discovered condition goes a long way to explain the odd behavior seen in male children. "What did I just tell you!" is what you often say to your teenaged son as he looks right passed you and focuses on the refrigera-

tor, and up until now you've assumed incorrectly that he's ignoring you. You see, in young males, the hunt for food takes up at least half of the natural brain capacity, so in reality, he can't hear you at all!

As a husband, and more importantly, as a member of the male community, I hope I've shed some light on this serious domestic problem, and as a bit of advice, I would like to ask all wives to stop dropping subtle hints concerning Christmas presents. Instead you might want to write down some preferred choices and thumbtack them to your husband's forehead. He's bound to find them sooner or later.

EMERALD
Carpet & Duct Cleaning
Powerful Truck Mounted Steam Cleaning For Carpet & Upholstery
 STATE OF THE ART TRUCK MOUNTED POWER BRUSHING & VACUUM SYSTEM FOR YOUR VENTILATION SYSTEM
 Grant Schmidt - Owner/Operator - 18 Years Experience
 Beausejour 268-3775

Concours de Décorations de Noël
Christmas Decorating Contest!!

Pour tous les résidents de la municipalité rural d'Alexandre/RM of Alexander residents only
 A l'extérieur seulement/exterior only
 Date limite pour s'inscrire: December 12 December 2003: deadline for entry
 Prix en argent/cash prizes:
 \$100.00 - le plus original / most original
 \$100.00 - le plus d'effort / most effort
 4 X \$25.00 - participation
 Inscrivez-vous pour 5,00\$ en remplissant un coupon disponible: \$5.00 per entry, register at:
 Inscrivez-vous pour 5,00\$ en remplissant un coupon disponible: \$5.00 per entry, register at:
 La caisse populaire La Vérendrye de Saint-Georges
 Bureau du réseau communautaire office (devant le bureau de poste-facing the post office: Place McDougall)
 Bureau de la municipalité rurale d'Alexandre/ RM of Alexander offices
 Prix remis le 22 décembre 22/ prize date: December 22, 2003
 Pour plus de renseignements / for more information call: 367-8268 or 367-9970

Allan Holm Agencies

AUTOPAC PHOTO LICENCES
 INSURANCE All Types
 HOURS: Monday to Friday 8:30 a.m. to 5:30 p.m. Saturday 9:00 a.m. to 4:00 p.m. 2nd Street and McArthur, Lac du Bonnet
 Bus. 345-8607 Res. 345-2377

No place like HOLM for all your INSURANCE needs!
 An Independent Insurance Broker Covers You Best.

Russell Funeral Homes Ltd. & Crematorium

Government Road Allowance #317, Lac du Bonnet
345-6051
 437 Park Avenue, Beausejour, 24 Hours
268-2263
 Toll Free 1-866-424-6271

Julie & Harvey Giesbrecht

FORETHOUGHT FUNERAL PLANNING
 INDEPENDENT CANADIAN

Trusting Creative Service Since 1941

Studio

HAS WORKED IN MOST AREAS, PUBLISHING, EDITORIAL, ADVERTISING, SPECIALIZING IN CARTOONS, ILLUSTRATIONS, CHARACTERS, CARICATURES, COMICS STRIP, COMICS BOOK, CARTOONS ANIMATION, LOGOS DESIGN

COLOUR AND BLACK WHITE ILLUSTRATIONS
 ps.studium@terra.com.br

For Cooler Rental & Water Delivery Call

Vandenberg's
COOL & PURE WATER

In Lac du Bonnet Call Roel- 345-2351 or 791-1928
 In Winnipeg Call Rob 222-1184 or 782-1585 Call Ron 667-8173 or 793-4893

St. Georges School News

The junior high students at our school have the opportunity to use the French language in a meaningful context when they take turns as disc jockeys at our very own radio station. A few years ago our school was equipped with all the electronics necessary to operate a radio station. Besides playing over the indoor sound system, there is also a speaker broadcasting music to the school yard during recess. Supervising teacher, Corinne St-Pierre, has a team of volunteer disc jockeys who take turns playing music and adding colourful commentary three times daily. Chelsea Nault, Megan Graham, Vanessa Robert, Katie Mysak and Andrew Race have all spent hours reviewing recordings by French speaking singers in order to present the most varied and entertaining programming possible. On November 18, the Grade four to senior one students went to the Pantages Theatre in order to attend a concert given by one such performer, Gabrielle Destroismaisons, a popular pop star in Québec. Presently, the school is looking at upgrading

the outdoor speaker system so that music can be broadcasted to the outer limits of our large school yard.

Nouvelles de l'école communautaire Saint-Georges

Depuis septembre, les élèves entendent de la musique française sur les ondes de notre propre poste de radio. Les animateurs de ces émissions sont nos élèves du secondaire. Chelsea Nault, Megan Graham, Vanessa Robert, Katie Mysak et Andrew Race prennent chacun leur tour à faire jouer une variété de sélections enregistrées par des artistes francophones tels Gabrielle Destroismaisons. Le 18 novembre les élèves de la quatrième année à secondaire un ont eu l'occasion d'assister à un concert offert par cette vedette originaire du Québec au théâtre Pantages. Madame Corinne St-Pierre est l'enseignante responsable du bon fonctionnement de notre radio scolaire. Elle prépare



Teacher Corinne St. Pierre and disc jockey Andrew Race. Corinne St. Pierre, enseignante, avec animateur Andrew Race.

l'horaire pour assurer une programmation trois fois par jour. La musique joue non seulement dans les couloirs

mais aussi dans la cour d'école grâce à un haut parleur placé à l'extérieur de l'école. Les élèves peuvent alors entendre

de la musique française lorsqu'ils s'amuse au plein air pendant les récréations.

Climate change and forests: making adaptation a reality

submitted

Forest managers, researchers, policy-makers, and community leaders from across Canada concluded a 2-day workshop aimed at understanding and developing climate change adaptation strategies. Eighty participants reviewed the state of climate change science; discussed the potential impacts on forest ecosystems; and explored risk management strategies aimed

at reducing the vulnerability of forests, forest industries, and forest-based communities to current and future climate.

The attendees agreed with recommendations of a recent report by the Standing Senate Committee on Agriculture and Forestry Committee that stresses the urgency of addressing climate change in order to continue to manage forests in a sustainable way. They identified the need for all

levels of government, the forest industry, and non-government organizations to collaborate in the development of adaptive strategies that will minimize the harm and maximize the benefits associated with a changing climate. Scientists and forest managers were encouraged to work together to ensure that the best climate science is brought to bear on issues such as the increased threat of forest fires, disease and insect outbreaks; and increased damage to forests due to extreme weather events.

The workshop was co-organized by the Manitoba Model Forest and the Canadian Climate Impacts and Adaptation Research Network (C-CIARN) Forest Sector. The Canadian Model Forest Program builds on partnerships locally, nationally, and internationally to generate new ideas and on-the-ground solutions to sustainable forest management issues. C-CIARN Forest fosters communication and collaboration between researchers and practitioners on forest and climate change impacts and adaptation issues.

For additional information contact:

Stan Kaczanowski, Manitoba Model Forest (204) 345-4291 (cell)

Greg McKinnon, C-CIARN Forest (780) 916-8154 (cell)

Winnipeg River Echo
Is your subscription due?
 Drop in to our office
 56 Art Street, Powerview
 Phone 367-9468, Fax 367-9974
 Box 550, Pine Falls, MB R0E 1M0
 Email: theecho@mb.sympatico.ca

We are independent - we work for you!
Steeltown Insurance
 GENERAL INSURANCE
 House, Farm, Commercial
 Photo Drivers Licences • **autopac**
 Blue Cross & Travel Insurance
OPEN: Mon. to Fri. 8:30 a.m. to 6:00 p.m.
 Plus Saturday, 9:00 a.m. to 2:00 p.m.
482-9202
 Toll free: 1-888-204-4656
NO CHARGE INSURANCE QUOTE
*Are you receiving all your discounts?
 You may qualify for up to 65% discount*
 318 Main Street - Selkirk, Manitoba

 Your Insurance Broker Understands
 Affiliated with the Whiteshell Agencies
 in Pinawa & Whitemouth, MB

Bev Desjarlais, MP
 Churchill Riding
Working For You
 CONSTITUENCY OFFICES
 105 - 55 Selkirk Avenue
 Thompson, MB R0N 0M5
 Tel: 204-677-1333
 Fax: 204-677-1339
 Monday to Friday
 8:00 a.m. to 4:00 p.m.
 Toll Free
1-888-260-2231
 28 Place McDougall, Box 178
 St. Georges, MB R0E 1V0
 Tel: 204-367-6150
 Fax: 204-367-6155
 Ottawa
1-613-992-3018
 Monday to Friday
 8:30 a.m. to 4:30 p.m.

SOBERING
FUNERAL
CHAPEL
*Our family
 serving your family*
 Doug & Marlene Sobering
 Steven Sobering
 Phone 24 Hours
 Manitoba Toll Free:
1-877-776-2220
CANADIAN INDEPENDENT

Southeast Blades Player Profiles

Dean Shade



Birthdate: January 13, 1983
Height: 6' 3"
Weight: 205 lbs.
Shot: Right
Position: BW
Last team played for: Hull Olympiques
Hometown: Blood Reserve
Favourite Movie: Sweetest Thing

Favourite NHL'er: Jarome Iginla
Favourite Food: Stew & Bannock
Favourite Music: Rap/Rock
Greatest Hockey Achievement: Playing Major Junior
What do you want for Christmas: Skates

Alan Nolan



Birthdate: 07/06/83
Height: 6'
Weight: 205 lbs.
Shot: Left
Position: LW
Last team played for: Toronto St. Michaels Majors (OHL)
Hometown: Garden River
Favourite Movie: Happy Gilmore

Favourite NHL'er: Todd Bertuzzi
Favourite Food: Chicken & Rice
Favourite Music: The Hip/ Pearl Jam
Greatest Hockey Achievement: Member of Team Indigenous
What do you want for Christmas: A new car

Midget Hockey News

by Jarret Pachkowsky

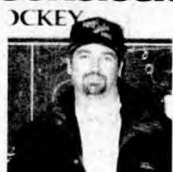
Hey Pine Sticks peeps! Hope you all had a great week! Our midget Hockey Club would once again like to point out the recent success of the Southeast Blades who were once again triumphant on Saturday Night, congratulations! The midget boys were back in action this past weekend on Sunday in a end to end battle against the Pinawa Panthers. The boys came out straggling, trying to pull themselves together but just could not come through which led to a very poor first period, and a 2 to 0 lead for Pinawa. Despite the first 25 minutes of poor hockey, our boys finally saw the light and were suddenly energized, when #9 Colin Cyr found the back of the net with a great slapshot into the top corner, assisted by #13 Glen Raymond and #7 Blaine Dube. Only 9 seconds later, without further delay, the boys rattled the mesh once again with another goal by #15 Jarret Pachkowsky off a great pass by #21 Patrick Brincheski. The boys were pumped, and 2 minutes later at 1:04 in the second period on a power play, our boys setup a great shot from the point by #7 Blaine Dube which seemed to find nothing but net, assisted by #12 Scott Sokoloski and #13 Glen Raymond. Hold on! the boys were not finished yet, before the end of the second with only

12 seconds left, #21 Patrick Brincheski tapped in a rebound off a shot by #20 Kyle Pachkowsky to give the Kings a 4 to 2 lead going into the third period. Only 1:30 into the third period the boys scored another goal by #4 Payton Richardson, assisted by #15 Jarret Pachkowsky. Only a few minutes later, the boys scored a beautiful tic tac toe goal by #4 Payton Richardson, assisted by #21 Patrick Brincheski and #15 Jarret Pachkowsky. On some "great" calls by the officials, to put our boys behind 2 players, Pinawa easily capitalized on the power play to make the score 6 to 3. Only four minutes later, shorthanded once again, Pinawa scored another goal to make the score 6 to 4, but that was as close as they would come with a final score of 6 to 4 in favor of your Paper Kings. The boys came out with another huge win, good boys!

The Boys are in a tournament this upcoming week in Springfield. We wish the best of luck to the boys and hope they can bring home the gold! Have a great week!

Coach Trevor Sokoloski

HOCKEY



Assistant Coach Claude Guimond



Assistant Coach Dennis Cyr



Customer Appreciation Day

Saturday November 29th
 10am - 4pm

In Store
 Specials!

Free Draw
 Christmas Wreath



Celebrations Unlimited

Pine Florist

The Winnipeg Humane Society



Hercules, 84239 This full grown cutie is a shorter dog who is lots of FUN! He was a stray from the North End and we would love very much to place him before the end of the month, due to the fact he has already been kennelled since September 20. He's been neutered and with the help of volunteers he is learning leash manners. Help Herc get home!

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



Nosey, 86145 Nosey is a special kitty looking for L-O-V-E! Found in the Crestview area, Nosey only has three legs! She had been previously spayed and despite our efforts her owner did not come forward for this amazing cat. Nosey's adoption fee is only \$48.06 including tax, so come fall in love with this furry feline!

Pine Falls 5 Pin news

Week #3

The ladies high games were Nancy Breton 214, Wanda Berthelette 213, Jeanette Doyle 209, Doris Kahle 200.

The men's high games were Carl Palmquist 278, Todd Jesseau 258, 212, 204, Dan Coss 240, Dwayne Duff 225, Kelly Zacharias 22, 201, Cory Doyle 208, Jason Sippola 207, George Dodds 205, Lawrence Abraham 204, Rob Desautels 202, Bob Hebert 201.

The female bowler of the week was Nancy Breton 213, who was 35 pins over her average.

The male bowler of the week was Carl Palmquist 278, who was 82 pins over his average.

The Legion Special was won by the Gutterballs 3316.

High Triple Games were Todd Jesseau 674.

Week #4

The ladies high games were Nicole Lavoie 230, 206, Doris Kahle 221, 209, Wanda Berthelette 209.

The men's high games were Todd Jesseau 290, 281, 268, Ron Knott 241, Graham Gauthier 232, Denten Normand 232, 210, Dan Coss 228, Jason Sippola 228, 201, Mike Coss 219, Anthony 210, Carl Palmquist 210, 201, Kirk Courchene 202, Dwayne Duff

200, Greg Gervais 200.

The female bowler of the week was Nicole Lavoie 230, who was 68 pins over his average.

The legion special was won by the 5 Men who bowled 3356.

High Triple Games were Todd Jesseau 839, Ron Knott 602.

Week #5

The ladies high games were Mona Lessard 210, Evelyn Dodds 207, Nancy Breton 206.

The men's high games were Dan Coss 323, 301, 175, Lawrence Abraham 301, 249, 229, 202, Graham Gauthier 248, 246, 202, Derek Anderson 231, 210, George Dodds 231, 219, Todd Jesseau 227, Jason Sippola 219, Mike Coss - 211, Kelly Zacharias - 200.

The female bowler of the week Heather Dufour 196, which was 63 pins over her average.

The male bowler of the week was Dan Coss 323, which was 123 over his average.

The legion special was won by the 5 Men who bowled 3651.

The High Triple Games were Dan Coss 799, Lawrence Abraham 715, George Dodds 639, Graham Gauthier 636, Derek Anderson 626.

A Student Perspective

by Jarret Pachkowsky

This past week was just another ordinary week, one of those slow, boring spans of 5 days. It seems as though everybody is getting bitten by a flu bug. There was a few events that took place this week.

On Wednesday at 2:00pm, the high school students from Powerview, Sagkeeng, and Pine Falls had a presentation on drugs and drinking and driving. At the beginning of the presentation the students seemed very hyper and did not want to listen. The presentation then moved on to a very graphic slide show which hushed the students very quickly. The slide show included some pictures of reality, and what will happen if you decide to drink and drive. You can ask any of the students that attended and ask them if they enjoyed seeing a corpse

in a vehicle that has been burned to death because he could not be pulled out of the vehicle. It was a very straight out presentation that seemed to get the students attention, and hopefully send a message that it can happen to you!

There was lots of junior high volleyball action this past week. The boys played Pine Falls on Monday at lunch and came out victorious. The girls and boys played after school on Monday against Sagkeeng

and all three teams played very well which lead to 3 victories in favor of Powerview.

The 2003/2004 Grad Class is now selling poinsettias and meat orders. The grads ask the community for your continuous generosity and support. If you have any questions regarding the purchase of poinsettias or meat orders please feel free to approach any grad member. Thank you and have yourself a great week!

**Your community Newspaper
News Tips Call the Winnipeg
River Echo
at 367-9468**

Thank You



WINNIPEG RIVER SENIORS SERVICE
367

Winner of the Winter Getaway is Rose Bodz (Centre). Rose is a Seniors Recreation Worker at Kin Place Personal Care Home. Cheque presented by Leo Fillion (left), and Tina Polischuk (right).

The board & staff of Winnipeg River Senior Service would like to thank the Communities for their support in our Winter Getaway fundraiser. It is vital to the "Services to Seniors Program" to have Continuous fundraising efforts.

"The purpose of the Winnipeg River Senior Services Inc. shall be to assist seniors and disabled persons of Pine Falls, Powerview, Silver Falls, Broadlands/Chevrefils District, St. Georges, Stead Region & Great Falls to continue living independently and with dignity at home for as long as possible; to identify any continually the needs of such persons and attempt to see that any short falls in resources and services are remedied.



*Christmas Craft Sale
15th Annual*

**November 29th
10:00 a.m. - 3:00 p.m.
Pine Falls School**

"Large selection
of gift ideas
for all the family"

For details call Dee at 367-8722

**Santa
is
coming
to
town!**



Recreation A faith perspective Ramblings Just for Mothers

Quick Recipes for kids and other info

Mrs. Lucci's has organized this one evening event for kids in partnership with North Eastman Health Authority on Tuesday, December 8/03 from 6:00 - 7:30pm at the LdB Health Centre Lobby with dietician Dale Komelson. It's Free! For more info contact Kristin at 345 9909.

Lac du Bonnet Junior Curling

The Lac du Bonnet Curling Club is trying to establish a Junior Curling League in LdB. The 2003/04 league will run on Sundays from 6-8pm from November to March. If anyone is interested please contact Mrs. Usackis at 345 2585 or 345 8712. Remember curling

is a fun lifetime sport!
Winter 2004

Winter is coming soon and so is the new line up of recreation opportunities in our area! If there is something that you would like to see offered in our area in Winter 2004 please call Kim at the Rec office at 345 8816 or 753 2639. Our new brochure will be out by the 2nd week of December.

Theatre
Interested in acting? Coming this January on Saturday's is acting for kids. Watch for our winter brochure for information or call the rec office to find out more! For those of you that were in PhAT camp this summer - our instructor is Dean!

by Pastor Jake Doell
A woman named Emily, renewing her driver's license at the public insurance office was asked by the desk clerk to state her occupation. She hesitated, uncertain how to classify herself. "What I mean is, 'explained the clerk, 'Do you have a job, or are you just a?'"

"Of course I have a job," snapped Emily. "I'm a mother".

"We don't list 'mother' as an occupation..." Housewife covers it," said the clerk emphatically.

I forgot all about her story until one day I found myself in the same situation, this tie at our own town hall. The clerk was obviously a career person, poised, efficient and possessed a high sounding title like, "Official Interrogator" or "Town Registrar" "What is your occupation?" he probed.

What made my say it, I don't know....? The words simply popped out. "I am a Research Associate in the field of Child Development and Human Relations."

The clerk paused, ball point frozen in midair, and looked up as though he had not heard right. I repeated the title slowly,

emphasizing the most significant words. Then I started with wonder as my pronouncement was written in bold black ink on the official questionnaire.

"Might I ask," said the clerk with new interest. "Just what do you do in your field?"

Coolly, without any trace of fluster in my voice, I heard myself reply, "I have a continuing program of research, (what mother doesn't!), in the laboratory and in the field, (normally I would have said Indoors and out) "I'm working for my Masters, (the whole blessed family), and already have four credits, (all daughters). Of course, the job is one of the most demanding in the humanities, (any mother care to disagree?) and I often work 16 hours a day, (24 is more like it) but the job is more challenging that most run of the mill careers and the rewards are more of a satisfaction rather than money."

There was an increasing note of respect in the clerks voice as he completed the form, stood up and personally ushered me to the door.

As I drove into our driveway, buoyed up by my glamorous new career, I was greeted by my lab assistants.... ages 13, 7 and 3. Upstairs I could hear our new experimental model, (a 6 month old baby), in the child developmental program, testing out her new vocal pattern. I felt triumphant! I had scored a beat on bureaucracy! And I had gone on the official record as someone more distinguished and indispensable to mankind than "just another mother."

To all you mothers who are reading this article let me encourage you. You have the most honourable vocation in all the world. God created you with a heart to love and nurture your children so that the future of our world would be shaped by your dedication to your family. God bless each one of you.

**Your community
Newspaper
The Winnipeg River
Echo
News Tips 367-9468**

**TRY YOUR
DRUGSTORE** *first*

- Pharmaceuticals
- First Aid Supplies
- Hair Products
- Health & Beauty
- Stationary
- Greeting Cards
- Lottery Centre
- Gifts



**PINE
PHARMACY**
Open Monday to Saturday, 9:30 a.m. to 5:30 p.m. — **DISPENSARY**
367-2611 **367-2517**

ECHOES FROM THE Heart

Heavens Grocery Store

As I was walking down life's highway many years ago I came upon a sign that read Heavens Grocery Store. When I got a little closer the doors swung open wide And when I came to myself I was standing inside.

I saw a host of angels. They were standing everywhere One handed me a basket and said "My child shop with care." Everything a human needed was in that grocery store And what you could not carry you could come back for more First I got some Patience. Love was in that same row. Further down was Understanding, you need that everywhere you go. I got a box or two of Wisdom and Faith a bag or two. And Charity of course I would need some of that too. I couldn't walk the Heavens Store if you all ever...

Strength and Courage to help me run this race. My basket was getting full but I remembered I needed Grace, And then I chose Salvation for Salvation was for free I tried to get enough of that to do for you and me. Then I started to the counter to pay my grocery bill, For I thought I had everything to do the Masters will. As I went up the aisle I saw Prayer and put that in. For I knew when I stepped outside I would run into sin. Peace and Joy were plentiful, the last things on the shelf. Song and Praise were hanging near so I just helped myself. Then I said to the angel "Now how much do I owe?" He smiled and said "Just take them everywhere you go." Again I asked "Really now, How much do I owe?" "My child" he said, "God paid your bill a long long time ago."

WINGS OF POWER

Our Nobody's Perfect parent group has met three times now and things are going great. It is wonderful to see parents coming out to share information, tips and ideas on parenting. With one another's support the group is learning and most of all, sharing in the many joys and frustrations of being successful parents. We have covered many subjects in our discussions already. One that came up recently was temper tantrums. The parents had many wonderful ideas on how to cope and help prevent these "not so pleasant" scenes. It appears that this is a topic that is visited over and over again by parents. I recently found the following article written by our former (and dearly missed) Project Leader, Crystal Rattai. I thought it would be nice to print it so everyone could share in some of the suggestions.

Temper Tantrums

We were having coffee at drop in the other day and the topic of temper tantrums came up. I noticed how helpless parents feel when their child is in

the throws of a temper tantrum, and it prompted me to check out what the experts have to say.

Avoiding Tantrums

Although some tantrums are inevitable, you can reduce the triggers or frustrations by using some of the following strategies:

1. Make sure your child's daily routine is followed as much as possible. Rest and meals are important to children.
2. Watch for other sources of frustration in her day. Try to remember what led up to previous explosions - accumulation of stress and anger.
3. Know your child's limits for stimulation to new events and people. If necessary, adapt or change your plans so that she doesn't feel out of control.

4. Use your sense of humor and your sense of play. You can sometimes avert a tantrum with a game or a diversion, and it relieves stress for you too.

5. Try not to "back her into a corner". There are times when you can give in, so choose your battles carefully. Try to show respect for her position in the situation.



6. Redirect your child's emotions by providing safe outlets. Children need to experience the extreme range of their emotions and vent their feelings and frustrations.

7. Watch for early warning signals - crankiness, fatigue or whining - so that you can redirect your child's energy.

8. Talk to your parenting partner about these prevention strategies so that you are a consistent team.

Managing a Tantrum

Keep it safe. Make sure that she doesn't hurt herself, you or an object. You may need to move your child to another place. Stay near your child. If she will let you, hold her securely in your arms to ensure her safety. Be gentle, compassionate and let her know your love and concern.

Do not let your child's behavior affect your behavior or make you angry. She trusts you and feels safe with you. Don't take your child's tantrum personally.

Listen and reflect back in words what you observe happening. For example, "I know you're feeling really mad right now, but we do have to leave the park." Explore alternatives to isolating your child. Tantrums can be scary, and she needs to feel your support.

Teach your child what are acceptable expressions of an-

ger in your family. For example, "It's ok to shout now, but not when we go into the store."

Let your child cry until the tantrum is over. It will end naturally. Children need to experience their full range of emotions and know that they can recover.

And remember tantrums are perfectly normal, they can happen anywhere, anytime over any issue. This is your child's way of growing into an independent human being.

The information was taken from an excellent resource book for parents called, "Teaching Your Child Positive Discipline" by Penny Shore. For more information or resources contact Wings of Power at 367-9641.

Library Corner

Lac du Bonnet Regional Library



The children's book that Lac du Bonnet is talking about is now on the shelves at the library. Thanks to Verna and Gord Emberley for donating a copy of their lovely book about Scamp! It's great to be able to highlight local talent like this - no doubt many copies of this title have already been sold in the community. Look for *The Adventures of Scamp* the next time you are in the library.

We have a couple of other children's books to bring to your attention during this holiday season. Phoebe Gilman was a well-loved Canadian children's author - she died in August, 2002 from cancer. "Her bright artwork and delightful stories have touched - and will continue to touch - many lives." *Jillian Jiggs and the Great Big Snow* is her last published

story - this is the 5th book in the Jillian Jiggs series. We have most of her other titles as well.

Check out *Sammiv's Tremendous Christmas Adventure*, illustrated by Daniel J. Hochstatter. This latter is a picture-puzzle book - "A shepherd boy describes how his family celebrates Christmas and recounts Bible stories about the birth of Jesus. The reader is challenged to find a lamb and other things in the illustrations."

Our new rotation of videos from Public Library Services is now ready for loan. Great family entertainment awaits you - some classics to look for are:

The Waltons episode entitled *The Townie*. "Is John-Boy ready for marriage? Guest star Sissy Spacek wants to know."

Watch *Alice's Adventures in Wonderland* - "Steve Allen wrote jolly, witty songs and more than a dozen Hollywood stars join in the wondrous fun. Alice is looking for a way home. And happy to be welcomed into yours."

"In the grand tradition of Disney entertainment comes the classic story of *Heidi*, the lovable orphan who enriches the life of everyone she meets....starring Jason Robards and Jane Seymour. *Heidi* will capture the heart of everyone in your family."

Just a reminder to mark your calendar for Friday, December 5th - bring the kids to the library to shop at our annual Children's Christmas Bazaar.

**Seasoned
Firewood for sale
cash & carry
or delivered
call 367-8892 or
367-2479
assorted sizes**

The
Winnipeg
River

Echo

Is your subscription due?

Renew by contacting
our office

56 Art Street, Powerview 367-9468
or mail to Box 550,
Pine Falls, Manitoba, R0E 1M0

**ONE YEAR
SUBSCRIPTION
ONE LOW
PRICE**

\$30.00

plus PST & GST

Lac du Bonnet RCMP Report



RCMP report for the week of November 14th to November 21st, 2003

On the 14th of Nov., a report was rec'd from an adult female in Whitemouth of receiving harassing telephone calls from an adult female in Winnipeg. Follow-up was done with the suspect as per the wishes of the complainant.

On the 14th of Nov., a report was rec'd of sexual interference involving two under-age females at a location in the Town of Lac du Bonnet this past summer.

On the 15th of Nov., a report was rec'd of a residen-

tial fire at a location on Rosehip Road in the R.M. of Lac du Bonnet. Determined to be a small chimney fire with minimal damage.

On the 15th of Nov., a report was rec'd of a dead deer on P.R. 317 in the R.M. of Lac du Bonnet and concern expressed that the carcass was a traffic hazard. Police attended and removed same.

On the 15th of Nov., a report was rec'd of a prank call having been rec'd at a residence in Pinawa in the middle of the night.

On the 15th of Nov., a report was rec'd from a resident of the Town of Lac du Bonnet of a hit and run to the subject's vehicle, but unknown where this may have taken place.

On the 15th of Nov., a report was rec'd of damage in progress to the shed beside the Ball Diamonds in the Town of Lac du Bonnet. Police attended and found 3 under-age subjects, one of whom admitted to removing shingles from the shed. The trio were sent on their way.

On the 15th of Nov., a report was rec'd of a suspicious vehicle sitting on a service road between Willis and Vanier off P.R. 211 in the L.G.D. of Pinawa. The vehicle was noted to contain 5 males, and same departed when approached by the complainant. Noted to be a local Pinawa plate.

On the 15th of Nov., a report was rec'd of the theft of a number of bicycles from a yard at a residence on Fifth Street in the Town of Lac du Bonnet. One of the bikes was found abandoned, and the following are still outstanding: a Men's Bianchi green and black, a boys Norco blue and white Mountain bike, a boys yellow and blue mountain bike, and a small red and black mountain bike.

On the 15th of Nov., a report was rec'd of rocks being thrown against the window of a residence on Landsdowne in Pinawa. No-one around when police patrolled the area.

On the 16th of Nov., a report was rec'd of an intoxi-

cated adult male threatening suicide at a location on Tepe Bay in the R.M. of Lac du Bonnet. Police attended and arrested the subject. Lodged to sober up and then seen by a Doctor.

On the 16th of Nov., a report was rec'd of an adult male driving an Off-Road Vehicle on the street in Whitemouth.

On the 16th of Nov., a report was rec'd of an adult male leaving a residence in the Town of Lac du Bonnet, and concern expressed for his well-being. Police patrolled in an effort to locate the subject, who subsequently returned home.

On the 16th of Nov., a report was rec'd of a 911 hang-up call from a location at White Mud Falls in the R.M. of Alexander. Police attended and found that same had been a false call, as all was in order.

On the 17th of Nov., a report was rec'd of a vehicle sitting along the side of P.R. 313 in the R.M. of Lac du Bonnet for 2 days. Police attended and the vehicle in question was gone.

On the 17th of Nov., a report was rec'd of Pinawa residents having been shopping at a location in the Town of Lac du Bonnet. When the subjects got home, they discovered a white box in their grocery bag which did not belong to them. Police were called and found that the box in question contained Teitley Tea ornaments.

On the 17th of Nov., a report was rec'd of a vehicle having been damaged by a hit and run driver while parked

overnight in the Town of Lac du Bonnet on the 1st of Oct.

On the 18th of Nov., a report was rec'd of a vehicle having been damaged while parked during the day at a location in downtown Lac du Bonnet.

On the 19th of Nov., a report was rec'd of an adult male having been assaulted by another adult male at a licensed premises in the Town of Lac du Bonnet.

On the 19th of Nov., a report was rec'd of the lock having been broken on the door of the River Hills Community Centre, and entry made. Nothing appeared to have been missing.

On the 20th of Nov., a report was rec'd of an under-age male not attending school in Pinawa, and no indication as to where he was. The subject subsequently turned up.

On the 20th of Nov., a report was rec'd of vehicles illegally driving from a back lane in the Town of Lac du Bonnet and over private property to drive over the curb and onto Third Street.

On the 20th of Nov., a report was received of subjects knocking on the window of an apartment on Burrows in Pinawa. Two under-age male voices were heard outside, but no indication as to identity. Police patrolled the area, but the culprits were not located.

On the 21st of Nov., a report was rec'd of an injured deer thrashing around on P.R. 211 near Pinawa. Police attended and dispatched the animal.

Lac du Bonnet Community Billboard

Health Concerns? Call 268-3235 to book your seat.
Cooking for better health: Lose weight, gain energy and prevent illness. Classes begin for every five people registered. Cindy Reimann, certified in nutrition, call 268-2168.
PACE 7-1375: meets first Tuesday of the month, Chicken Chef. Power interview 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 2:30 p.m., ph 345-2653.
Great Falls Women's Institute meets first Wednesday each month 7:00 p.m. Great Falls Hall Pat 367-2586, Leone 367-8569.
Ladies' Auxiliary Royal Canadian Legion Branch #164 meets first Tuesday of the month 7:30 p.m. Legion Hall.
LdB Committee on Family Violence and Abuse meets second Tuesday of every month 7:00 p.m. Contact person 345-2694.
Royal Canadian Legion Branch #164 general meetings third Tuesday of each month 7:30 p.m. Legion Hall.
Horticultural Society meets second Tuesday of every month 7:00 p.m., Centennial School.
St. John's ACW meets first Monday of every month 1:30 p.m., parish hall.
Lakeshore Al-Anon Group Thursday 7:30 p.m. Lac du Bonnet District Health Centre, 89 McIntosh, Call Teri 345-8712.
Lakeshore Al-a-Teen Group For further information, Phone Kathie 367-8237 (evenings), Vickie 345-6520 (days).

Town of Lac du Bonnet Council Meetings second and fourth Thursday of the month.
Lakeshore A.A. meetings every Sunday and Tuesday 8:00 p.m. at St. John's Anglican Church, 86 McArthur, Lac du Bonnet. Last Sunday of the month open to the public. Call Ted 345-2839, Ron 753-8403.
Ladies A.A. Meetings Thursdays 1:00 p.m., 18 McDermot, Pinawa Doreen 753-8357.
Battered Women's Crisis Line 1-800-362-3344.
Lac du Bonnet Health Centre Auxiliary meets fourth Thursday of the month, Health Centre 1:30 p.m.
Lac du Bonnet Wildlife Association temporarily meets at the call of the chair. Call Peter 345-6190 for information.
New to town? Drop in to the Craft Basket on Second Street and pick up your Welcome to Lac du Bonnet gift, courtesy of the Chamber of Commerce.
Two Rivers Seniors Resource Council Inc. Call Pat at the Lac du Bonnet office, Health Centre at 345-1227 or 348-4610. Services: driver escort, lifeline personal response system, friendly visitors, fee-for-service handy helpers.
Pioneer Club Meets first Monday of month 9:30 a.m., Pioneer Club.
R.M. 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 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

ABUNDANCE 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 Richard Macbarré, 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.

The
Winnipeg
River

Echo

Commercial Printing

- Letterheads
- Envelopes
- Business Cards
- Rubber Stamps
- Brochures
- Invoices
- Placemats
- Instant Printing
- Raffle Tickets
- Posters
- Social Tickets
- Flyers

Quality at
Competitive
Prices

**Call for a Quote on
all your Printing Needs!**

Advertising Deadline Friday at 3:00pm

New ice age around the corner

Lac du Bonnet Arena closer to opening

By Jim Hampshire

Better late than never is feeling around Lac du Bonnet these days as the Lac du Bonnet Arena is set to finally open in early December. Equipment breakdown, coupled with mild spells, have kept ice-makers second guessing when a usable ice surface would be ready. But thanks to the recent cold snap, the arena staff has a head start on flooding until the new equipment arrives, expected by the end of this

month.

The new piece of equipment, a chilling unit costing upwards of \$60,000, was manufactured in Toronto, which only added to the delay. In the meantime the staff at the arena are using the second compressor and the recent cold temperatures to make an ice base so the line painting process could begin.

"We are fortunate that the temperatures are cold enough

to make natural ice so we don't have to put too much stress on the second compressor," ice maker Al Abraham said over the weekend. "We are just waiting for the unit to arrive and then we'll lay down some hot floods over top when the chiller is operational."

Although the new equipment is scheduled to arrive on November 30, Abraham says the installation process could take anywhere from 3 to 5 days. Ide-

ally Abraham says that an inch and-a-half of ice is required before skaters can take to the surface and he is optimistic that he has enough of a base that the arena could open on the same day the installation is complete.

"We use the Zamboni to make the hot floods in order to temper the ice," he explained. "It helps to soften the ice and keeps it from chipping, which is often a problem with natural ice. Once the equipment is turned on, we only need three or four passes with the Zamboni and we're back in business."

Over the last month, Lac

du Bonnet minor hockey has used the Powerview Arena for practising purposes while the figure skaters found ice time at the newly named Orville Acres Arena in Pinawa. And although regional hockey schedules were amended to compensate for the ice problem in Lac du Bonnet, all local teams are looking forward to playing in front of a home crowd.

"There are a lot of people anxious to see the arena up and running and we are doing everything possible to be open on the first weekend in December," Abraham concluded

Pineview Peewee Girls

Last weekend in Kenora the Pineview Peewee Girls hockey team played in a tournament. It was to be a weekend the girl's will never forget. Returning to the tournament for the second time, the girls had sometime to improve last years record of (3-0), this was something that didn't sit with them very well.

They sent the message early in the weekend by winning 4-2, then followed it up with a 4-3 win in game two. It was clear to see that the girls were hungry and determined to prove a point. The message was clear with Pineview being the only unexpected team and first tournament in the standings with a

(3-0) record. So the table was set for Sunday's semi final game between Pineview and Dryden. But once again the girls came to play, and play they did with a big 4-0 shootout, but the score of the game did not reflect the game, had it not been for Tara Ursel's outstanding display of goal tending. The final score would have been different.

So with our girls sitting and waiting to see whom they would meet in the finals, it was easy to see that there were lots of empty tanks sitting in the dressing room. But once again the girls showed that they came here to finish the job. With Pineview set to play Emo in the

finals, it was Emo that came out with a big jump with a 2-0 lead by the Emo in the first period. But once again the girls found extra gas and fought back to pull within one goal (4-3) with one minute left in the game. goaltender Tara on the bench for an extra player. It was Emo that had to hang on for dear life and win 4-3.

We are all so proud of you girls, you all showed class, sportsmanship and heart. Remember girl's we were the youngest team there and beat some of the biggest girl's hockey program, congratulations on a well played tournament.

Your child - a spender or a saver

Cornerstone

Marilyn Zarecki, Home Economist
Manitoba Agriculture and Food, Housejour, 268-6015
e-mail: mzarecki@agr.gov.mb.ca

As a parent you are the main influence in determining whether your child becomes a spender or a saver. No matter what your child's age, start now to take steps to ensure that he will be able to handle the financial decisions in his future.

Tips to help parents provide a positive influence and help children master important financial skills:

- Give your child an allowance that is geared to his age and needs, with some additional money for saving and free spending.

- Allow your child to open a savings account and, as he gets older, a chequing account.

- Encourage your child to save towards specific purchases.

- Provide opportunities for a younger child to earn money.

- Involve your child in family discussions about money as he gets older.

- Teach your child that using debit cards is the same as using cash.

- Show your child how to make informed consumer choices when he is spending his saved money.

- Be a good example by using credit wisely.

- Support your child by encouraging him to give to charity or to others in need.

Family activities can make learning fun. They also demonstrate the financial concepts that are an essential part of money management. For example, set up a piggy bank to save for a family treat such as a weekend away camping, a trip to the zoo, or maybe a DVD player. Make sure that all family members contribute

a percentage of their earnings and see how quickly everyone gets into the fun of planning and saving to reach the desired goal.

Another idea is to have everyone involved in the purchasing of a "big ticket" item like a car. Everyone in the family helps to do the research on how to meet the needs and wants of the family. Participating in the comparison shopping, investigating credit sources and learning about contracts before making the purchase are all part of the learning.

Other opportunities to teach your child the skills necessary to be a good consumer and a savvy spender include back-to-school purchases or holiday giving. As your child moves from piggy bank savings to using credit, you will be a major influence on his ability to be a capable saver and wise spender. Make financial topics a regular part of family discussions and family goals will be easier to meet.

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

RCMP need your help

CRIME STOPPERS

On October 27th, 2003, Winnipeg River RCMP received a complaint of mischief to property over \$5000. The owner's of the property, Bluegrass Sod Farms, reported between October 24th, 2003, and October 27th, 2003 suspects attended the sod farms located on highway #304 and damaged two pieces of farm equipment. Police attended the scene and collected all available evidence. Police are requesting the assistance of the general public in identifying a suspect or suspects in the incident.

If you have information on this or any other unsolved crime, please contact the Winnipeg River Detachment at 367-2222 or by calling MANITOBA CRIME STOPPERS toll free at 1-800-782-8477. You will not have to give your name nor go to court and may be eligible for an award of up to \$2000.00.

If you have any information and want to remain anonymous to any of the above crimes, please call CRIMESTOPPERS at 1-800-222-8477 Crime Stoppers will pay up to \$2000.00 in cash for information leading to an arrest in this or any other unsolved crime in Manitoba. Callers never have to reveal their identity and Crime Stoppers does not subscribe to caller ID.

The Winnipeg River Echo

56 Art Street, Powerview
Phone 367-9468, Fax 367-9974

Monday to Friday
9:00 a.m. to 4:00 p.m.

Box 550, Pine Falls,
MB R0E 1M0

EMAIL
ADDRESS

theecho@mb.sympatico.ca

ADVERTISING DEADLINE
Fridays at 3:00pm

Winnipeg River RCMP Report

The report covers the periods of November 17th to November 23rd



ADVISORY: This week was Drug Awareness within the RCMP and local members gave several talks to various schools in the area.

November 17
POWERSVIEW - police took several reports of traffic acci-

dents and vandalism in the surrounding area. Wildlife, road conditions and mischief were factors in the accidents.

FORT ALEXANDER - a query to locate a missing youth was received. The youth did return several hours later and required no further police involvement

November 18
FORT ALEXANDER - a mentally unstable female required police assistance. The female was taken to Pine Falls Hospital for treatment and assessment and then lodged in cells for her own safety.

November 19
SEYMOURVILLE - police are investigating an incident where an assault & threats uttered. The altercation occurred between a male and female.

POWERSVIEW - a firearm was turned into RCMP for destruction. The gun was no longer wanted by the current owner.

November 20
LESTER BEACH - a loud noise complaint was dealt with. A male was spoken to by police in regards to loud music coming from his residence and agreed to keep the

tunes down.

FORT ALEXANDER - police removed a female from a residence. The female had been drinking and causing a disturbance. She was taken to nearby relatives to prevent a further breach of peace.

November 21
FORT ALEXANDER - a residence was attended by police to remove an intoxicated male who was causing a disturbance and fighting. He was lodged in cells until sober and released in the morning.

ST GEORGES - an attempted theft of a Honda ATV was reported. Culprits tampered with the ignition in the incident but they were not able to remove the machine from the premises.

TRAVERSE BAY - a break and enter occurred to a cottage. Nothing was taken in the incident. Access was gained through a back window.

LITTLE BLACK RIVER - a break, enter and theft occurred to a residence. The culprit gained access through a side window. Further information found a male youth was responsible. The property was returned that had been taken.

November 22
GRAND MARAIS - a break

and enter to a residence is still under investigation. Culprits kicked a door in to gain access.

HOLLOW WATER - a query to locate a missing female youth had band constables assist in locating her. The female was at a relatives house.

November 23
FORT ALEXANDER - a spousal assault occurred in the early morning hours. Police located the male involved in the incident and charged him accordingly.

An assault of a female was reported. Police are still investigating this incident.

HILLSIDE BEACH - 3 break, enter and thefts occurred in this area sometime during the past month. Police are still investigating these incidents.

Police request that if you have any information with any of the above noted incidents, or any other criminal matter, you are asked to call the Winnipeg River Detachment at 367-2222 or you can remain anonymous and call Crime Stoppers at 1-800-782-8477.

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, Powersview meeting room.

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

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

Beaches Library: Tues. 1:00 to 4:00 p.m., Thurs 4:00 to 8:00 p.m., Fri. 8:00 to 8:00 p.m. Sat. 11:00 a.m. to 3:00 p.m.

Knights of Columbus: meetings every second Tuesday of the month 7:30 p.m. Powersview 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 756-2556.

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.

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

Family Care Giver Support Group: at the United Church, Pine Falls, last Thursday of the month 7:00 p.m. **AA & Al-Anon - The Beaches family group,** Thursday 8:00 p.m., Senior Scene, Victoria Beach, 1 Ateah Road 756-8018 or 756-2101.

Happy 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 Health 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.

Powersview 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. **Weight Watchers Meeting -** Every Thursday - weigh in at 4:45 to 5:30pm. --call Dolores for info. at 367-2945 **Foster Homes** Open your heart and home to a foster child, foster homes needed in Pine Falls and surrounding area, call Debby at 268-6158.

Child Health Clinics - will be provided by area Public Health Nurse every Thursday afternoon at the Pine Falls Complex, Community Health Office assessments of babies (for child's) height, weight, infant nutrition, advice, immunizations (as necessary) and any other advice you may wish, please call 367-5406 for more info. **Weight Watchers:** Effective October 8th Wednesdays at 4:45 weigh-in and at 5:30 Meetings

Winnipeg River Church Services

NOTRE DAME DU LAUS: Powersview - 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. Bob Rodger Minister. Church 367-2633 or Cell 754-7220. Everyone Welcome. Sunday School, September 7 at 11:00 a.m., everyone welcome.

PINE FALLS ANGLICAN CHURCH OF THE ADVENT: Ph. 367-9520 Rector, the Rev. Sandra Tankard. Sunday Service at 9:00 a.m.

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

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

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

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

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

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

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

ST. ALEXANDER R.C. CHURCH located at 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.

Independent report confirms flaws in parole system



Your voice in Ottawa
Vic Toews, MP for Provencher

Provencher

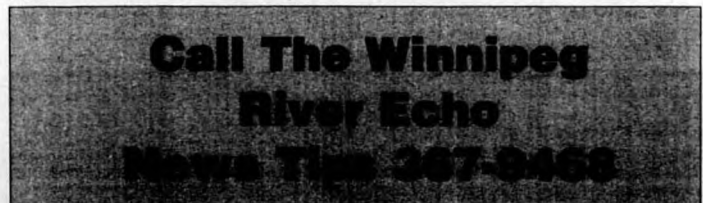
MP Vic Toews says that an independent report on Canada's parole system confirms Canadian Alliance charges that the parole system puts innocent victims at risk. The report, prepared for the National Parole Board by Simon Fraser University Professor Stephen Hart, identified several problems with the parole process, with a particular focus on the area of family violence.

"After all these years, the Liberal Government now has to finally admit that flaws in the parole system are putting innocent Canadians at an unacceptable risk. However, it is one thing to commission a report, and quite another to follow up on those problems. We haven't seen any commitment from Paul Martin that he intends to address these weaknesses in our justice system."

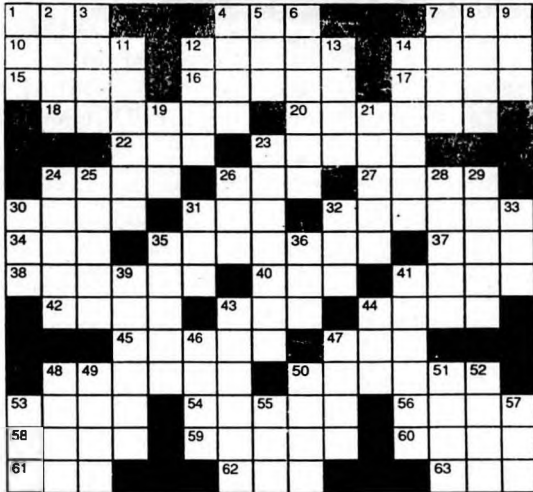
The report identified the a number of significant problems, including a failure to recognizes

violent tendencies in parolees; a lack of safety counselling for potential victims; a failure to inform potential victims of the offender's release; and a lack of information sharing between police and parole officers.

Toews emphasized that the Canadian Alliance continues to be committed to increasing input from the community, including victims of crime, in decisions for early release or parole, and will continue to persuade Paul Martin's Liberals to reform our failing parole system.



WEEKLY CROSSWORD



ACROSS

- 1. Cut off
- 4. Obtained
- 7. Skill
- 10. Wicked
- 12. Dazzling light
- 14. Reach across
- 15. Food shop
- 16. Allude
- 17. Penny
- 20. Horrified
- 22. Flap
- 23. Backless chair
- 24. Profound
- 26. Affirmative
- 27. Animal flesh
- 30. Change direction
- 31. Adult males
- 32. Study unit

- 34. Collection
- 35. Bullfighter
- 37. Male offspring
- 38. Bother
- 40. Label
- 41. Strike out
- 42. Medical fluids
- 43. Pea container
- 44. Favourites
- 45. Change
- 47. Distant
- 48. Lifted
- 50. Reach a destination
- 53. Sea bird
- 54. Waltz or ballet
- 56. Information
- 58. Writing fluids
- 59. Frozen rain
- 61. Sullivan, et al.
- 62. Emergency signal
- 63. Deer kin

- 21. Odyssey author
- 23. Congressman
- 24. Sand hills
- 25. Rub out
- 26. Still
- 28. Thing of value
- 29. Implements
- 30. Faucet
- 31. Blemish
- 32. Tree trunk section
- 33. Direction
- 35. Dinners
- 36. Pop
- 39. Instructs
- 41. Mock
- 43. Foot levers
- 44. Golf goal
- 46. Kennedy, et al.
- 47. Worry
- 48. Rip
- 49. Large sea vessels
- 50. High cards
- 51. Flower holder
- 52. And others
- 53. Make a knot
- 55. New
- 57. Arctic bird

LAST WEEK'S ANSWERS



Down

- 1. Guided
- 2. Above
- 3. Heap
- 4. Merriment
- 5. Lout
- 6. Surprise pleasure
- 7. Monkeys
- 8. Rave
- 9. Explosive
- 11. Pay attention
- 12. Beetle larva
- 13. Therefore
- 14. Weighing devices
- 19. Baseball hat



CRYPTIC PUZZLE

Z KMOD DX KMSE DQG XNTA SZHC Z
 OFDCMU XH JCZOT UGTTTCU DQGX
 NTA SD.

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

I THINK THEREFORE I'M SINGLE.

Weekly Echo Horoscopes



ARIES (Mar. 21- April 20)
 Take the time to help those less fortunate. Your involvement with groups will raise your self esteem. Be sure to keep communication open with those you live with. You may need a good friend to lean on.



TAURUS (Apr. 21- May 21)
 Don't believe everything you hear. People you live with will not be terribly happy with you regardless of what you do this week. Travel for business purposes may bring the highest returns.



GEMINI (May 22-June 21)
 Don't overspend on entertainment, on children, or make poor investments. Invite friends in for a visit. Your mate will enjoy helping out. Be sure to think twice before you say something that might hurt your partner's feelings.



CANCER (June 22-July 22)
 Don't let relatives make demands of you. Avoid conflicts with in-laws or other family members. Spend time getting to know each other. You can make personal changes that will enhance your appearance and bring you greater popularity.



LEO (July 23-Aug 22)
 You will do extremely well if you get involved in competitive activities this week. Your best results will come through business trips. Financial investments that deal with joint money can be extremely prosperous.



VIRGO (Aug. 23 -Sept. 23)
 Try to make amends by planning a nice dinner for two. Empty promises will cause confusion. You could experience unusual circumstances and meet eccentric individuals. Your emotions are soaring and if you don't get your way, look out world.



LIBRA (Sept. 24 -Oct. 23)
 Secret activity is evident. Be careful of disclosing personal information. You can expect opposition at work. Don't let your competition be privy to information that could be in incriminating. Take some time out.



SCORPIO (Oct. 24 - Nov. 22)
 Compromise if you have to, to avoid verbal battles. Your need to be in a leadership position will help you surpass any rivals you might encounter. Try to be tolerant of the moods of those around you. There might be one who is quite willing to take the credit for your work.

*This edition covers the week of
 November 22nd to November 29th*



SAGITTARIUS (Nov. 23 -Dec. 21)
 Children may be difficult to deal with. Don't get involved in uncertain financial ventures. You need to concentrate on the areas where you can make a difference. Travel opportunities must be taken advantage of. You should avoid getting involved in the personal problems of colleagues.



CAPRICORN (Dec 22.- Jan. 20)
 Go directly to the source if you want to know exactly what's been going on. Older family members may try to make demands that are impossible for you to handle. Dig deep, ferret out any hidden concerns before you sign your life away



AQUARIUS (Jan. 21 -Feb. 19)
 Travel may be confusing. You'll find it easy to deal with government agencies or large institutions. New projects may lead you into a dead end. Don't push your mate if you want to keep this union going.



PISCES (Feb. 20-Mar. 20)
 You must take care not to over exert yourself if involved in sports. Your love will not be willing to listen to your criticism. Go out and get some exercise.

Echo Classifieds

For Rent

Woodland Place/DaleHaven 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.

For Rent

Office space for rent Above Pine Falls Post Office, c/w private washroom. **For sale:** One hospital bed, \$300.00. For more information call Denis at 367-8651. TFN

Healthcare

Mark's Medi Wheel, 659 Park Avenue, Beausejour, MB. Mobility and home healthcare store serving the North Eastman Region. Sales, rentals, and service. Christmas Special \$100.00 off electric lift chair recliners. Now available - magnetic therapy products, great for gifts. Toll free 1-800-438-9301. 25-26

Miscellaneous

Bankruptcy Info-line - free, confidential. Call 1-800-463-8371. www.lctaylor.net This is a community service offered by L.C. Taylor & Co. Ltd., Trustee in Bankruptcy. 31- TFN

Accommodations

Rooms and Suites for rent. Weekly and Monthly rates available. Hydro and satellite included, call Omer at 367-9991 or 367-4210. 25

For Sale

Home for Sale: If you are living in a larger house in Pine Falls or surrounding area, and are looking to move to a smaller home with low taxes, hydro and maintenance I would be interested in a trade plus cash. Please call Roy at 367-2951 in the evenings. 26-27

Birthday



Happy Birthday Mom!
Love your family

Prayer Corner

May the Sacred Heart of Jesus and the Immaculate Heart of Mary be praised, adored, and glorified everyday throughout the world forever.

-Amen
Say six times a day for nine days and promise publication and your prayers will be answered no matter how impossible they may seem by the ninth day.

For Sale

Firewood for sale:
Seasoned firewood for sale. Cash and Carry or Delivered. Assorted sizes, and prices. Call 367-2479 or 367-8892. 25

Memoriam

Wayne Cowan
December 5, 2003

If tears could build a stairway and memories a lane, I'd walk right up to heaven and bring you home again.

Always loved, sadly missed, your wife Betty, Children and grandchildren

Card of thanks

A big thank you,
The Knights of Columbus would like to thank all ticket sellers who sold tickets for the 2003 Grey Cup. A bigger thank you for all the people who bought tickets and a special thank you to all the ladies who helped with selling tickets. Congratulations to Rita Morissette who won the correct final prize.

Card of thanks

Meegwetch

A sincere thank you to all the businesses who donated to our door prize which was drawn at the Black River First Nation, 1st annual Well Women's Day, November 19, 2003. The lucky winner was Lorenda Bird! The event was a great success, well attended by women of all ages. Thanks to all the health providers and presenters who shared their time and knowledge with us.

Black River Health Centre

Lost and Found

Found:

Approximately a one year old female tabby cat. She is white, tan, and black. This cat was found in the Pine Falls area. Please call 367-2764. This little female cat is very affectionate and needs a home. She was found about two weeks ago.

SILVER HAVEN MEAL PROGRAM

Open to all seniors 55 and over. You are welcome to bring a guest. All meals are \$4.50. Meals are at 12:00 noon Mondays, Wednesdays and Fridays. Your name must be put on the list the day before by calling

Silver Haven at 367-4620

Friday, Nov. 21

Soup, cabbage rolls, garlic sausage, peas, strawberry cheese cake.

Monday, Nov. 24

Soup, garlic bread, pizza (bacon & tomato), tapioca pudding.

Wednesday, Nov. 26

Soup, parmesan chicken, mashed potatoes, stir fry vegetables, ice cream.

Friday, Nov. 28

Coleslaw, roast pork with potatoes and carrots, celery, apple crisp.



Rob Oakes 345-4828
(204) 348-2955



PINE FALLS, 22 CEDAR ST.
Approx. 1072 SQ.FT. remodelled 2 Bdrm Bungalow is located only 2 blocks from school, shopping, golf, pool, park, and hospital. This home includes: finished basement (with a family room and additional bedroom), open floor design, hardwood floors, forced air electric heat, central air, dishwasher, microwave, & window coverings. This home also includes a 16x32 garage with an 8x16 workshop, and a large storage shed on a beautifully landscaped lot. **MUST BE SEEN!! \$88,000.00**



SILVER FALLS, 15 SUNRISE PL.
Approx. 980 SQ.FT. Bungalow on the Winnipeg River. This home also includes: fridge, built-in oven, counter-top stove, microwave, washer, dryer, pellet stove, large deck, large sunroom, & 28x18 garage.

WHAT A VIEW OF THE RIVER!



POPLAR ST. PINE FALLS
Approx. 1220 sq. ft. 1 1/2 storey home. This home includes: fridge, stove, washer, dryer, freezer, air conditioner. This renovated home also has a 24 x 26 garage and a large den.
GREAT RETIREMENT OR STARTER HOME! \$81,000.00

THE LIQUOR CONTROL ACT

TAKE NOTICE that an application has been made by: **DONNA LO & TONY LO of Pine Falls** For **DINING ROOM LICENCE** For the premises known as: **SONNY'S CHICKEN HOUSE & FINE CHINESE CUISINE**. Situated at: **8 MAPLE STREET, PINE FALLS, MANITOBA**. Under **DINING ROOM LICENCE** liquor may be served from 9:00am until 2:00am Monday to Saturday, 11:00am to 2:00am on Sunday, 12:00 noon until 2:00am on Good Friday and Remembrance Day.

FURTHER TAKE NOTICE that objections to this application should be made forthwith to the Liquor Control Commission, P.O. Box 1023, Winnipeg, Manitoba R3C 2X1, and no later than 14 days of the date of this public notice. An objector shall state the reasons for his objections. The applicant will be provided with a copy of any objection filed with the Commission.

All persons who file objections, and the municipality wherein the premises is situated shall be given notice by the Commission of the hearing and the time and place so fixed and may at that time attend and state his objections.

Sell Sell Sell
Call us at the Echo at 367-9468 for all your advertising needs!!!
Fax 367-9974

CLASSIFIED ADVERTISING
Low, Low Rates
Classified Ads starting at **\$5.00** for the first 25 words, .15 for each additional word. Photographs are an additional \$5.00. Call for details 367-9468.

PUMP HOUSE FOR SALE
New in 1998. 8 ft. By 8 ft. Fully insulated 2 by 6 construction. 1/4 inch plywood inside, metal roof and siding. Steel door and PVC window. 100 amp service wired 110 and 220 volt. Filter, fan, baseboard heaters, chlorinator, pressure tank and 3 one hp pumps c/w stainless steel fittings. System was for 11 homes but could be used for up to 20. \$6,000.00. For info. Phone Kelly at 367-2832.
HEAT TAPED WATER LINE
Also for sale one 1 1/4 inch heat taped water line approx. 380 ft. Long c/w 220 volt ground fault breaker and foot valve. \$3,000.00.

Rancher's Choice Beef Co-op Information Meeting

By: Terry J. Buss - Ag. Rep., Beausejour District Office.

We've had a number of calls through the office inquiring about the Rancher's Choice Beef Co-op. As you may recall, this is a producer led effort to get a cull cow slaughter facility set up here in Manitoba. The border closure to live cattle because of BSE has caused a backlog of animals here in Canada. And this backlog has not only been about feeders and finished animals. The U.S. is a large and profitable market for cull animals and especially cull cows. Without that American demand, cull prices have fallen substantially. Cattle slaughter and processing facilities in this province are limited in size relative to the number of cattle available. As well, most of these operations have focused on processing animals under 30 months of age to meet the demands of their established markets. This has meant that most cull cows in this province are being exported to other parts of Canada for slaughter and processing. Bottomline for the producer is that such distance to market has further reinforced low prices, inhibited access to what slaughter space is available and has significantly increased marketing costs due to increased transportation costs.

upgrades during your kitchen renovation

The drywall is ripped out, the appliances are in your living room and the countertops are gone. A kitchen renovation is the perfect time to make the changes that will add safety, efficiency and convenience to one of the most-used rooms in your home.

First off, take a good look at the wiring and consider installing split receptacles. These are dual electrical outlets with a separate electrical feed to the top and bottom receptacles. Split receptacles are handy for plugging in appliances that are large electrical users. Keep in mind that you'll need special circuits for the dishwasher, microwave, refrigerator and range. And consider adding ground fault circuit interrupters or GFCIs to your receptacles. They will automatically cut the flow if a leak is detected and prevent electrocution.

Next, add some insulation to the walls. This will keep heating and cooling costs down while making the room more comfortable and quiet. And an effective ventilation system

The Rancher's Choice Beef Co-op is now engaged with the Province of Manitoba in a feasibility study to see if establishing cull animal slaughter and processing facility in this province could alleviate the current situation.

For those interested in finding out more about this co-op, a meeting will be held at the Vita Hall on November 25, 2003 at 7 p.m. Dave Reykdal from the Rancher's Choice Beef Co-op will be in attendance. We have also been informed that Minister Rosann Wovchuk will be at the meeting. The minister has not yet had the opportunity to attend one of these venues.

For more information feel free to contact your local Manitoba Ag. District Office.

Septic/Sewage Workshop

When you live out in the country, be it on a farm or on an acreage some type, you inevitably have to deal with issues surrounding your septic system. Its not a pretty topic but it deserves our attention because it comes with serious consequences both with regards to proper system function and the changing environmental regulations that we all must comply with. To help out, the Red River North Chapter of the Red River Ba-

sin Commission will be holding a septic/sewage workshop on Saturday, December 6th at the Duerwood Conference Centre, 162 Main Street in Selkirk. Conference starts at 9 a.m. Subjects to be covered include some history as to how systems were constructed and managed in the past, an examination of the new regulations and their enforcement, a look at existing systems in use now, a look at new technologies becoming available and finally some perspective on what we need to do in the future in regards to septic and sewage management. The workshop costs \$75.00 which includes

breakfast, lunch and coffee breaks. For more information or to register, phone the Red River Basin Commission at 204-982-7250 or contact Harold

Taylor from the commission on his cell phone at 204-771-8071. Pamphlets about the conference are also available at our office.

BUSINESS DIRECTORY

SLEEPING WOLF
Larry's Clean-up, Lawn Care Service

For all year:
→ Car Customizing
→ Car Restoration
→ Car Detailing
→ Building/ Renovation Needs
→ Risk
→ House
→ Business/ Building Cleaning

Phone: 204-367-8504
Messages: 204-951-8396

EVERGREEN

Rob Oakes
Sales Agent

Sales Office:
Pine Falls, MB R0E 1M0
Phone: (204) 345-4828
Email: roboakes@gmts.net

Tom & Sandy's Appliance Repair

Sales and Service
Ph: 367-4849
PO Box 1185
Pine Falls, Mb

Linda's Hair Designs

✓ Tanning
✓ Manicures
✓ Ear Piercing
✓ Facial Waxing
✓ Silver Jewelry
✓ Hair & Nail Products

71 Second Street
Lac du Bonnet
345-8294

PLACE YOUR BUSINESS HERE

Call 367-9468
or fax 367-9974

SUBWAY
eat fresh.

Downtown Lac du Bonnet
Phone 345-6100
Open 7 days

KAY

INSURANCE AGENCIES LTD.
Robert D. (Bob) McKay
Business and Personal Insurance Planning
#1 Park Avenue, Lac du Bonnet
Residential, Commercial
Farm, Life, Disability
Investments
345-8196
Toll free: 1-888-345-8196

Windshield Replacement & Repair
All Your Auto Body Needs
Courtesy Cars

powerfalls AUTO BODY

Box 187
Powerview, MB
R0E 1R0
Phone 367-2677
Fax 367-2336

KULKY INSURANCE AND FINANCIAL SERVICES

STEPHEN A. KULKY
ACCOUNT REPRESENTATIVE
TAMMYE KUNZ
ACCOUNT REPRESENTATIVE

2 McDougall Ave. Box 219
St. Georges, MB R0E 1V0
EMAIL: skuly@kuly.com

PHONE: (204) 367-9572
FAX: (204) 367-9068
TOLL FREE: 1-888-665-0649
CELL PHONE: (204) 781-0991

Gilles Lamoureux

G's SEPTIC TANK CLEANING SERVICE
PORTABLE Toilet Rentals
P.O. Box 905, PINE FALLS, MANITOBA R0E 1M0
PHONE: 367-4706 CELL: 345-3835

Jen. C. Phillips RMT
Licensed Massage Therapist
CranioSacral Therapy Levels I & II
Herbal/Relaxation Massage Therapy
204-367-2141
at Through the Arbor, Pine Falls

Pine Falls Physiotherapy

• Acupuncture
• Back/neck pain
• Rehabilitation for Seniors
• Orthotics
• Sports, MVA and work injuries
• Home visits

Bill Wade

Phone: 204-367-4811
Fax: 204-367-2962

Doctor's referral not required
Direct billing to Blue Cross.
DVA, MPIC, WCB

Pine Falls Health Complex, 37 Maple Street
Box 932, Pine Falls, MB R0E 1M0

LINDA BOEL HAPKO
(204) 989-6900 (24 hr.)

Fax: (204) 257-6182
Toll Free: 1-866-989-4900
Email: linhapko@escape.ca
Lac du Bonnet, 345-0056
48 Park Avenue

ROYAL LEPAGE
Top producers Real Estate
ACCEPTABLY OWNED AND OPERATED. LICENSED
1540 St. Mary's Road
WPG, Manitoba R2M 5G9

NEWS TIPS?

Visit our office
56 Art Street Powerview
Phone 367-9468
thooche@mb.sympatico.ca
Box 550, Pine Falls, MB, R0E

Commercial Printing

- Letterheads
- Envelopes
- Business Cards
- Rubber Stamps
- Raffle Tickets
- Posters
- Social Tickets
- Flyers
- Brochures
- Invoices
- Placemats
- Instant Printing

Quality at Competitive Prices

The Winnipeg River **Echo**

Call for a Quote on all your Printing Needs!

completes an energy efficient kitchen. Installing an exhaust fan is a must. It will whisk away cooking odors and smoke and help keep the humidity in check.

Lighting is another important aspect of an efficient kitchen. Fluorescent lights are a good choice for task lighting over the sink or under the counter. And they are four times more efficient than incandescent lights. Choose cool white fluorescents that will not distort colours.

You may also want to purchase new appliances to complete your new kitchen. The cost could consume a large part of your renovation budget though. Just keep in mind that an appliance with more features will use more electricity. Once you've decided on style and features, compare the EnerGuide labels. Then choose the model that has the features you require and the lowest energy consumption. An energy efficient appliance will save you money in the long run.

Blue Water Physiotherapy

Box 418
Pine Falls, MB R0E 1M0
Phone: 367-2537

Call for an Appointment!

Located on Highway #11 in Powerview, Between Church Street and Art Street

Celesté Basson
B.SCIPT, CACF

Rusty Nail Tavern
Cold Beer Vendor

Located at the Powerview Hotel on Art Street, Powerview

367-4317

Rusty Spoon Diner
367-4895

TO BOOK THIS SPACE

CALL OUR OFFICE
Powerview
367-9468
theecho@ms.net

The **Echo**
Winnipeg River

BRYAN M. DAIEN
Denturist

Celebrating 15 years in business

Complete/Partial Dentures
Repairs while you wait
Relines (one hour)
Extractions/Restorations Arranged
SENIORS DISCOUNT

ON-SITE LAB
37 Third St. S. Beausejour

District Health Centre
Lac du Bonnet
2nd and 4th Tuesday of each month
268-3488

Sunrise Bakery

Powerview Lac du Bonnet

Edible Image CAKES

NEW

STORE HOURS
Tuesday to Friday
8:00 a.m. to 6:00 p.m.
Saturday
8:00 a.m. to 5:30 p.m.
367-8019
Lac du Bonnet
345-2593
Don't be disappointed
Order ahead

For All Your Grocery & Clothing Needs

PINE FALLS 367-2372

The Lakeview STEAKHOUSE

57 Park Avenue, Lac du Bonnet
Phone 345-8661

PINE FALLS SERVICE CENTRE

Monday to Saturday
8:00 a.m. to 12:00 midnight
Sunday 8:00 a.m. to 12:00 midnight

SUBWAY

Subway open 7 days a week
from 10:00 a.m. to 11:30 p.m.
367-8803

Kevin McDonald
LEVINE, LEVENE & TADMAN
Barristers & Solicitors

Lac du Bonnet every Tuesday
at Allan Holm Agencies
28 McArthur Avenue
11:00 a.m. to 1:00 p.m.

Powerview every Tuesday
at Powerview Agencies
3:00 to 7:00 p.m.

Lac du Bonnet 345-8479
Powerview 367-4455 8350
or Winnipeg 1-204-957-6403

Esser Chiropractic Health Centre
Corner of PTH 11 and Church Street (beside Papineau Motors)

- Autopac
- Blue Cross
- Veteran's Affairs
- Worker's Compensation

Phone 367-4858

No referral required Please call for appointment

Enjoy dual satellite reception.

Available at
DAVE'S NEW & USED FURNITURE
21 Art Street, Powerview, MB

Contact
Dave or Warren 367-2460

The shape of the future.

Great Falls Foods
Highway 11, Great Falls
367-2976
OPEN 7 DAYS A WEEK
Winter Hours
Mon. - Thur. 8-6, Fri. - Sat. 8-8
Sun. 12-6

Having a Social Function?
Call us to look after everything for you
Ask us about delivery

The House of Quality

DAVE'S NEW & USED FURNITURE
JVC - HOTPOINT - GE - BUNLER - SERTA BEDDING
& Appliances... Call us First!
367-2460
21 Art Street, Powerview
Mon to Fri. 10 am - 5 pm - Sat. 10 am - 3 pm

Country Concepts
Furniture, Home & Décor

367-2248
Located at Pine Falls Post Office Building

MacDonald Brown
Rentals
Hillside Beach
756-8184

DR. ARNOLD ANDERSON
LAB ON SITE

Optometrist
Contact Lenses and Eyeglass Fittings

MANITOU LODGE PINE FALLS
367-2390
Monday - Friday 9:00 a.m. - 5:00 p.m.
Closed for lunch hour 12:30 - 1:30pm
Examinations done on Thursday

TRY YOUR DRUGSTORE *first*

PINE PHARMACY
Open Monday to Saturday
9:30 a.m. to 5:30 p.m.
367-2611
DISPENSARY
367-2517

Dr. Alan Grant DENTIST

Pine Falls Dental Clinic
36 Maple Street (across from the hospital)
367-4417
Tuesday, & Thurs. 11am-7pm
Friday, 9:30am - 2:30pm
Mon. & Wed. Closed

Fort Alexander Dental Clinic
(in the Fort Alexander Health Centre)
367-2208
Monday & Wednesday 9:30am - 4:30pm
Tues, Thurs & Fri - Closed

DENIS LABOSSIÈRE
LAWYER

Every Second Tuesday
at St. Georges Community Centre

CALL 925-1900
for appointment

Clark's Corner
DOMO Service Station

Convenience Store
Restaurant
Chester Fried Chicken

367-2238
Located at corner of Highways 11 and 304

Papertown Motor Inn

Modern Rooms
Deluxe Jacuzzi Rooms
Licensed Family Dining Room
Banquet Facilities
VLTs, Beer Store

Home of **NITE** Night Club

367-2261
1 Mile East of Pine Falls, Hwy. 304 & 11

Broadlands Mall

Convenience Store/Gas
Movie Rentals
Open Daily 7 am - 11 pm

Restaurant
Daily Specials
Open 6 am - 10 pm

367-4484

BIRCHWOOD MOTOR HOTEL

- 16 Modern Units
- Hot tubs
- Dining Room
- Beverage Room
- Meeting Rooms
- Fully Licensed

Traverse Bay
756-2596

OPEN YEAR ROUND

Manitou Lodge

Coachroom Restaurant & Lounge
Open 7:00 a.m. to 10:00 p.m.

367-2252 Wood Stone Baked
TAKE OUT PIZZA Thick Crust or The Classic Coachroom Crust

DAVID BULLMAN
GENERAL CONTRACTING
Commercial & Residential

- New Home Construction
- Carpentry
- Concrete Work
- Window Replacement
- Vinyl Siding
- Aluminum Soffit & Facia
- Plumbing
- Roofing, etc.

"No Job Too Big or Small" **Over 30 Years Experience in Building Construction**
268-3465 or 367-2763

DARREL J. TARRANT
CHARTERED ACCOUNTANT

Full Time office at Powerview Agencies, Highway 11
Ph. 367-9193, Fax 367-8616

New location at Shoreline Realty
at McArthur Avenue and Second Street, Lac du Bonnet
Wednesdays and by appointment, Ph. 345-9771

Personal Income Tax Planning and Preparation
Corporate/Business Accounting
Financial Statements, Audits, Tax Planning and Compliance

The ECHO
Book this space for your Classifieds

Powerview Dental Centre
Hwy 11 - Municipal Building
Monday - Thursday 8:30 a.m. to 4:30 p.m.

Dr. Mark Karpa

Emergency Care
New patients welcome

367-2815

SHOUTH SHORE HARDWARE

OPEN
Monday to Friday
9:00am to 5:00pm
Saturday 10:00am to 5:00pm

LOCATION:
Old Boney's True Value
Hwy. 11, Sagkeeng First Nation
Ph. & Fax 367-8720