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RCMP Alert Program underway

by Jim Hampshire
With the Christmas Holidays fast approaching, motorists are reminded that the RCMP roadside checks are just around the corner. Possibly the next corner.
The Christmas Alert Program, which began on Dec. 6 and runs through the first week of January, has proven to be a successful deterrent in keeping impaired motorists off the roads as the rate of driver suspensions continues to drop each year. Lac du Bonnet RCMP Staff Sgt. Mel Mitchell also points to tougher legislation as one reason, but says the roadside checks are the biggest

deterrent.
"The number of impaired charges has dropped consistently over the years," Sgt. Mitchell reported, "And that's mainly due to high visibility by the RCMP and the regular check stops around the region."
So far since Dec. 6, Mitchell says the ALERT Checkstop Program has been out around the area but information on the number of vehicles stopped wasn't readily available.
"I can say for sure that no impaired charges have been laid over the last week, so that
See RCMP/page 5

Another successful Christmas Parade



Great Crowd to Grand Marshes
"Twenty-two bands turned out for the Second Annual Eastern Beaches South Coast parade last Saturday, and more than 400 people showed up to watch them file through from the Grand Marais Fire Hall to the Recreational Hall.
See ANOTHER/page 5

Sled heads welcome new snow

by Jim Hampshire
While some people weren't thrilled to see the little blizzard over the weekend, the sled heads in the region were doing cartwheels across the snow as the white stuff finally began piling up.
The 24-hour storm, known as an Alberta clipper, was expected to spread rain showers over southern Manitoba through most of Saturday. But due to lower than expected temperatures, the rain showers were replaced by heavy snow flurries, accompanied by some

very strong winds. As a result, the snow mobile trail systems in the region received some welcome accumulations.
"We've been out on all the trails and they're in pretty good condition," Snopals President Jim Selby said earlier this week. "The only problem is, we likely won't be able to get the groomer out before Christmas."
Selby points to the lack of really cold weather as the main reason trails will remain ungroomed for the foreseeable future. Apparently, according

to Selby, there is only six inches of ice covering most waterways in the area, including the swamps and marshes incorporated in the local trails. Before the groomer can cross any ice surface, Selby says there has to be at least 15 inches of ice covering any water surface before it is deemed safe.
"This year we are seeing a lot more water along the trails," Selby explained. "Basically we had a lot more rain over this past summer and we're seeing a lot more beavers this year and that is backing up the water

everywhere."
Considering that November 2004 was the sixth mildest on record over the last 100 years, Selby isn't optimistic December will provide the necessary deep freeze needed for the trails to be groomed before the Christmas Holidays. In fact, according to Environment Canada, this coming weekend could see temperatures rise well above the freezing mark as a moist low pressure system brings rain for Saturday and Sunday.
"Right now we are concern-

trating on brushing back the trails and removing a lot of deadfall from this past summer," Selby said. "The trails are very usable but they are still fairly bumpy and a lot of caution is required." The Eastman Snopals would also like to remind trail users that Snow Passes are mandatory and available at selected service stations and sporting good stores around the region. By picking up a pass, you are helping to finance the development and continued maintenance of the trails in the Eastman region.

Southeast Blades vs. Winnipeg South Blues
Wed., Dec. 22nd
7:30pm Sagkeeng Arena Multiplex

Tembec annual Christmas party

Tembec Paper Group held their annual Christmas party last Sunday from 12:00 noon to 3:00pm at the Pine Falls School.

There was once again a variety of activities for the children to take part in. They were able to decorate cookies and gingerbread men. There were craft tables where children and parents could relax and make a variety of Christmas ornaments. There was the ever popular jumping house and a huge inflatable slide. Also on hand was a balloonist cater-

ing to every child's balloon animal and sword need. At 2:00pm everyone was treated to a special magic show.

Hot dogs, drink and chips were also available and of course what would a Christmas party be without Santa who was on hand to pose for pictures and hear all the good boys and girls Christmas wishes.

Organizers once again did a fabulous job with the event, which was enjoyed by all who attended.



Children were able to have a variety of Christmas themes, characters etc... painting on their faces



Children and parents were able to make Christmas tree ornaments



A Balloonist was busy making dogs, cats, swords, etc... for all the children



Santa heard from all the good boys and girls

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Mini Loonie: 388.00
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Loonie Pot \$328.00
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The **Winnipeg River Echo**

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

Powerview Auto Supplies is moving

Kevin Champagne, who opened Powerview Auto Supplies At the Corner of Highway 11 and Art Street in Powerview in January 1991, is building a new, 4,200 sq. ft. store at the corner of Highways 11 and 304, kitty corner from Clarks.

The new store will have about 40% more floor space that will allow for more showroom and storage space. The store will also have better access for delivery trucks. At his present location Powerview

Auto Supplies can only handle one delivery truck at a time. This is especially important for equipment and supplies for logging industry equipment.

In addition to better truck access, and more retail space the new location will also have room for expansion. At present access to the new building is from Highway 11. Champagne is negotiating with the necessary officials for access from Highway 304.

The new building is scheduled for opening in February next year. As now 50% of Powerview Auto's business will be to the automotive industry and 50% to "everything else".

Powerview Auto is the local dealer for Husqvarna ATVs. It is an AutoValue store.



The new Powerview Auto Supply building under construction on Highway 11 & 304

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The Winnipeg River **Echo**

Outstanding volunteer contribution to community economic development honoured

WINNIPEG, Manitoba - The Honourable Stephen Owen, Minister of Western Economic Diversification and Minister of State (Sport) is pleased to announce that Mr. Paul Chapman, board member of the Winnipeg River Brokenhead Community Futures Development Corporation, is the recipient of the 2004 Minister's Award for Excellence in CFDC Volunteerism.

The award is sponsored by

Western Economic Diversification Canada (WD) and recognizes the outstanding contribution of an individual in furthering the Community Futures (CF) program, a community economic development initiative delivered in Manitoba by 16 Community Futures Development Corporations (CFDCs).

"The success of the Community Futures program depends on the community volunteers who set the direction of their own local organizations. This grassroots approach is the cornerstone of building sustainable communities," said Minister Owen. "Mr. Chapman is an outstanding individual who is making his community a priority, investing his time, energy and expertise in its future. I would like to congratulate him on his remarkable commitment."

Mr. Chapman, who is also Mayor of Lac du Bonnet, was instrumental in bringing the Community Futures program to the Eastman region through the establishment of Winnipeg River Brokenhead CFDC. He has held various executive positions on the board, including chair. He is a founding member of Community Futures Partners of Manitoba, the association representing Manitoba's CFDCs, and has represented his region on that board of directors since its inception, at times serving as chair and vice-chair.

Mr. Chapman has also served as Manitoba's representative on the board of the Pan-West Community Futures Network. Throughout his involvement with Community Futures, Mr. Chapman has provided strong and stable leadership and effectively represented the CF program in Manitoba and across Western Canada.

"On behalf of the many volunteers and staff members in the Community Futures program, I am extremely pleased with the opportunity provided by this award to recognize the impressive and unwavering commitment of our volunteers," said Robert Annis, Chair of Community Futures Partners of Manitoba. "Mr. Chapman, throughout his years of dedicated service, has been a true champion of the CF program and he is greatly deserving of this award."

CFDCs assist rural communities to develop and implement innovative strategies for strengthening local economies. They accomplish this by delivering a variety of services, including local strategic economic planning, advisory services to businesses, loans to small businesses, and services targeted to youth and entrepreneurs with disabilities. They also support research and feasibility studies and the implementation of community economic development projects.

At the core of their work is a firm belief that local decision-making is key to developing economic potential and ensuring sustainable growth in communities.

Since 1995, Western Canada's 90 CFDCs have provided over 14,000 loans to entrepreneurs living in rural and northern communities across the four western provinces. Worth a total of just over \$367 million, the loans have leveraged an additional \$570 million from other sources. Over 44,000 jobs have been created and maintained during the same time period. In Manitoba, over 1,800 loans valued at \$42.5 million have created and maintained over 6,000 jobs.

Administered by local volunteer boards, CFDCs are part of WD's Western Canada Business Service Network. Other members of the Network include: Women's Enterprise Initiative organizations, Francophone Economic Development Organizations, and Canada Business Service Centres.

Western Economic Diversification Canada (WD) is a department of the Government of Canada that works in partnership with the provinces, industry associations and communities to stimulate and encourage diversification of the western economy, as well as to represent the interests of the West in Ottawa.

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Enrollment night for first Pineview Girl Guides

submitted

The 1st Pineview Girl Guides were pleased to welcome their newest members in an Enrollment Ceremony held December 7th in the Power-view Catholic Church basement.

Each of the five girls - Jennifer Bourgeois, Cassandra Gammon, Samantha Gammon, Shelby Henderson and Julie Papineau were presented in turn by their Patrol Leader to Responsible Guider Lynn Walling during a candlelight ceremony. After reciting the Girl Guide Promise, each girl received the Girl Guide pin and

membership into the sisterhood of the Girl Guides of Canada organization.

In order to be accepted into the Guiding movement, the girls each have to perform a number of tasks, including knot tying, learning Guiding History, the Motto, Guide Promise, acceptance of the Law and Promise into their life.

Guide Promise

I promise to do my best,
To be true to myself, my faith and Canada,
To help others
And accept the Guiding Law
Several Interest Badges

were presented to individual girls during the ceremony. These are badges that the girls are able to work on during their own time. There are 75 badges available ranging from the Aviation Badge to the Writers Badge, with many different interests covered in between. Interest badges presented during Enrollment included Pet Keeper, Child Care and Collector. Also, all the girls in the Unit worked during our meetings this fall to achieve their level for the Community Badge and they were presented with this badge on Enrollment Night.

The pinning and badge presentations were followed by a rousing rendition of the Girl Guide Law Rap Song by the entire unit, after which the second year girls, who are working towards their Hostess Badges, served refreshments.

The girls are looking forward to the wind-up Christmas Party on December 14th. We will then be having a break until after Christmas. In the new year, the girls will continue to work on badges as a Unit and individually, look forward to learning new games and songs, and will continue to learn and develop new skills such as teamwork, co-operation, lead-



The Pineview Girl Guides look forward to a new year of learning new skills, and working with Guide leaders.



ership and goal setting. We'll be touching on areas such as fire safety, first aid, camping, drama, and life skills, and of course, a whole lot of fun.

Guider Leah Boulet has taken the responsibility this year and last, to do all the hours of planning it takes to run a truly exciting three level Guiding program. Naomi Henderson has volunteered to assist Lynn and Leah with the group work every week, and some of the mothers aid our

unit by keeping the financial records, organizing crafts, snacks, and offering to drive us to weekend excursions or provide a place where we can learn many outdoor activities.

We welcome our new sister Guide Unit in Sagkeeng to our joint Guide Area of Pine Ridge. They have started off the year with a resounding success and we hope to share some cooperative Guiding activities with them as the year progresses.

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After working out at the Quick Spa for just 2 weeks, I'm in a way better mood all the time. I've lost an inch on my waist and an inch on my thighs. I'm more energetic and find that I'm sleeping better every night. I find myself looking forward to coming back for more.
- Cheryl Pichor

Hi, I would just like to tell you about the benefits of using the QuickSpa. I'm a diabetic and in just 2 weeks my blood sugar dropped from 17 double digits to just 6 (nearly normal), this in turn has given me better vision. I have way more energy, and my clothes are already fitting more comfortably. The staff has been awesome with their support with the hours open to suit a full time hard working busy woman.
- Sonja Shernie

I've been working out regularly about 5 times a week doing a variety of activities to keep in shape. I've tried many different machines and have been a member at different clubs that had everything to offer. I got bored doing the usual ones, treadmill, bikes, climbers and then enjoyed running, biking, skiing and free weights. Although this routine served me well it didn't challenge me and I was at a stand still. When I walked into Della's spa I was skeptical that a little 10 minute workout on the R.O.M. And her other interesting machines would give me results because I usually worked much much longer than that, but WOW... I am impressed. I noticed a difference in my overall shape in just 2 weeks compared to the last 4 years of my regular exercise routine. I am working out less and getting an awesome workout. I have more energy and now am using my time more efficiently. After 1 children my toughest areas, my abs (which I gave up on) once again Della's machines are giving me results. I also don't have my usual side effects of exercise which used to halt my routine such as shin splints, sore back and muscles and joint pain. Thank you Della for taking my fitness to the next level.
- Karen Moreau

Another successful Christmas Parade

from front page

The parade got underway at about ten past twelve after surviving near-blizzard conditions. High winds and heavy snow brought visibility down to almost zero just prior to the beginning of the parade, but the snow stopped and, although the wind remained very blustery it did not dampen the spirits of those who turned out to

watch.

After the parade the 400 people jammed into the Rec. Hall for hot chocolate and coffee, chili, hot dogs and chips. Seventy children had their pictures taken with Santa. In the Hall were about ten craft tables where Christmas gifts could be purchased.

Tara Thomas, wife of the Parade organizer Tom Thomas, said everyone had an ab-

solutely fabulous time. "It was fantastic." She said. A full box of food items was collected for the Christmas Hamper program

There are very many "First Annual" events that never make it to a "Second Annual" event, but by the time the "Third Annual" event comes it has already become an annual tradition. The Eastern Beaches were so pleased with the Second Annual Santa Claus Parade that they are already planning the third. An Eastern Beaches tradition has been born.



Jacinda Szabolcsi on the Fast Cuts Lawn Care float, waves enthusiastically to The Echo photographer.

Here Comes the Lac du Bonnet a Huge Success

The Winnipeg River Echo... for all of the... Judge... was published...

The students... a dog barking when there should have been a gun shot, and a goat sound when a dog should have barked.

Teachers Denise Borisse and Tanya Mangan who were instructing the course were very proud of these students and will miss their graduating senior drama students, Holly Ryan, Chantel Bernabeve and Ashley Lavore. Ashley was responsible for all the hair and makeup. She did a wonderful job transforming our cast into seniors, boys into girls and girls into boys.

The cast and their teachers would like to say thank you to the parents for supporting the class, all those who attended the play and everyone who helped with costumes, props, the set and tickets. We couldn't have done it without your support.

from front page

would be good news as far as this detachment is concerned," he said.

The Staff Sgt. is also quick to point out that the Designated Driver is becoming more common around Lac du Bonnet and says that's the best option on any occasion.

"The best idea would be to plan an evening out with transportation in mind," he advised. "Whether you use the taxi service or have someone from home drop you off and pick you up, it will be a less stressful evening for all those concerned."

Although the Lac du Bon-

net Detachment underwent personnel cuts over the last few years, Sgt. Mitchell reports that a full compliment of officers will be out checking motorists over the next three or four weeks and he strongly recommends that motorists think

when they drink.

"The best planned evening out includes a safe ride home and we would consider our check stop campaign a complete success if we didn't have to hand out any suspensions whatsoever."

NEWS TIPS? Call the Echo at 367-9468

RCMP Alert Program underway

The Pine Falls District Health Care Foundation Inc.
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TOYS TOYS TOYS
 A big big thank you to all who donated...

A big thank you to all the good people who generously donated toys for needy kids. The drive will continue until December 20th. If you would like to donate they can be dropped off at Glenn Hibbert's 2 Beech St., Pine Falls or phone 367-8982. Just place toys in the breezeway or the garage side door.

Knights of Columbus
 Merry Christmas to all!

Recreation Re-Boot!

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Christmas Concerts are happening this week so come out and enjoy the little talents, you'll be guaranteed to a great night of entertainment. Our weather is becoming more like winter as we know it but if you like to stay warm while walking, Powerview School has opened its hallways once again starting at 4:00 pm. every weekday (school is closed during Xmas break)

During the week of Dec 20 activities for all ages will be offered at Pine Falls arena; schedule can also be viewed at the arena.

Mon. Dec 20
10:30 - 12:00 Public Skating
1:00-2:00 Shinny Hockey
11yrs & under
2:00-3:00 Shinny Hockey
12yrs & over
Tues. Dec 21
11:00-12:00 Ball Hockey
11yrs & under
1:00-2:30 Ball Hockey 12 yrs & up
3:00-4:30 Public Skating
Wed. Dec 22
10:30-12:00 Skating with Santa
12:00-1:00 Lunch with Amic
1:00-2:00 Power Skating
11yrs & under
2:30-3:30 Power Skating
12yrs & up

**Volunteers needed: Canteen needs volunteers that could work during these events; if anyone is able to

work during the day your hours will be applied to your canteen duty.

Kung Fu/Xtreme Combat/Hip Hop after school;

Something physical, fun and creative to do after school, come and explore your combat talents of Kung Fu (emphasis on non-violent conflict resolution) brought to you by X-Company and Pineview Recreation Commission. A program will be offered in April for approx. 10 weeks if there is enough interest. For registration or information call the Rec Office @367-9142

Music;
Guitar lessons will be offered for another 10 week session for people 12 years & over starting January 11, opportunity will be given to students already in the program first. Another beginner class may be offered if enough interest. Cost is \$165.00, register by calling the Rec office @ 367-9142

Winter Carnival - Feb. 18, 19 & 20/ 2005;

Plans are in the works for winter fun activities for all ages all weekend long. A list of activities and events will be posted at the rec office so if anyone or organization is interested in participating in co-hosting an event call the office. Posters will be up in the New Year.

Legion news



Submitted by Cde. Howard Richmond, Lac du Bonnet Branch #164

The Annual Legion Christmas Dinner will be served at 17:00 on 25 December in the Legion Hall. Anyone in the local area spending Christmas alone is welcome to join others for a traditional Christmas Dinner. Just register in the Lounge anytime prior to 18 December. The dinner is gratis and Legion membership is not required, however, voluntary donations will be graciously accepted.

Congratulations to the following Grey Cup Raffle winners:

1st Qtr. Rene Paquette LdB, Reverse Chad Degagne- Wpg.
2nd Qtr. Dwayne Wickstrom - LdB, Reverse Lloyd Dreger - Pinawa, 3rd Qtr. G. Burke - Wpg, Reverse Peter Friesen - LdB, Final Lloyd Jones - LdB, Reverse Gladys Urban - LdB

Tickets for the New Years Eve Dance are on sale in the Lounge at a cost of \$10. Dress is casual and a light snack will be served. Come in ring in 2005 starting at 20:00, 31 Dec 04.

Branch Reps for Zone Darts on 11 Dec are B. Hampshire, B. Williams and D.

Wickstrom in singles while pairs will include D. Wickstrom / A. Savage, B. Hampshire / N. Rimmer and E. Kraus / W. Buechel. In addition, three 4 player teams will compete in the teams event.

Branch Reps in District Cribbage slated for 19 Feb 05 will be Isabella Larson (Singles) and Wilf McTavish / Irene Steveson and Al Gould / Peter Michael in doubles. In addition, three 4 player teams will compete in the teams event.

Legion Curling District Play-offs are slated for 8 / 9 January 2005 in Lac du Bonnet. The Regular event will feature Terry Tillet, Bill Toews, Dwayne Wickstrom, Dennis Pidirney and Don Rivais (Spare) representing the Branch.

The Seniors will be represented by Fred Byron, Randal Foubert, Peter Humble, Richard Schroeder and Doug Silvester (Spare).

The final Branch General Meeting of 2004 will start at 19:00 on 14 December

The Branch Executive and members wish everyone a Merry Christmas and a great 2005.

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Pine Falls Pre-School

by Kathy Duff

I guess we can tell by looking outside that Winter is here and the chore of dressing and undressing our children for the COLD WEATHER.

Highlights for November, include;

November 1-5 we talked about Numbers. We made coloured rice numbers, sponge painted numbers, coloured numbers using chalk, made a number collage classroom, in the Gym or in the washroom. Our science this week was using a plastic scale and weighing the toy bears to see who would tip the scale first, this activity helps to reinforce counting skills.

November 8-12 we talked about Community Workers. During the week we visited the Kindergarten Class and we got to see what Mrs. Kotak does with her students. We visited Kristen Kembell's Hairdressing shop and got glitter hairspray sprayed in their hair. Mrs. Monique Cyr took our Pre-School children for a ride on the Pine Falls School Bus and talked to the children about safety rules. Thursday November 11 we were closed for Remembrance Day. Friday we went to Pine Falls Post Office and Mrs. Kleyh gave us a tour of the Pine Falls Post Office.

November 15-19 We talked about Transportation and all the different ways to travel (in the

air, on the water on tracks and on roads). This week the children also got to visit the R.C.M.P. station and Mr McLeod gave us a tour on the station and Mr. McLeod treated us to cookies and doughnuts. It was a busy, time to speak with the children. Thank you to everyone who took the time to speak with the children, they came back and had many conversations about all of their visits. Our science this week was to see what things found in our classroom Sink or Float in water.

November 22- December 17 Our theme is CHRISTMAS and the children have been busy making decorations to decorate our classroom for this exciting day. The children are also busy making their special Surprise to share with their loved ones on Christmas day. We are also busy practising for our Christmas Concert which will take place on Thursday December 16 at 10:15 A.M. in our classroom followed by SURPRISE visit from the jolly man himself and some refreshments and goodies to eat. The children are Sooooo Excited waiting for this special day and we are busy counting the sleeps till Christmas.

Please think of us after the holiday season and save your used Christmas Cards, Bows, Ribbons, Wrapping Paper, Old Calendars, they make excellent Craft items. We also appreciate Christmas Decorations, Garland etc. (Nothing GLASS PLEASE).

Please feel free to contact me if you wish to know more about our program I can be reached at 367-8082 Monday-Friday 8:30 A.M. - 12:30 P.M.

Our last day of Pre-School will be Friday December 17, 2004. Pre-School will begin again on Monday January 3, 2005.

I'd like to end by wishing one and all a very Merry Christmas and the happiest of New Year 2005.

Faith Perspective

by Pastor Jake Doell

An Old Fashioned Christmas!

Whatever happened to an "old fashioned Christmas?" It seems as if the 21st century celebration of Christmas has evolved into a "fancy - schmancy" ordeal instead of joyous celebration of the birth of our Savior, Jesus Christ. Gone are the days where each person was happy to receive a plain ordinary pair of socks or a sweater. Now if there isn't the latest gadget or electronic toy, the joy of Christmas for many is "down the tube. The stores are busier than ever selling all the "hottest" gift items and yet most people are stressed to the limit along with their credit card. What has happened to a simple celebration together with family and friends of the birth of Jesus Christ?

I realize that this did not happen overnight. As affluence

has increased in our nation, we have replaced "relationship" with things and "gadgets that supposedly were to make life easier. Yet have they? Many of us wanted our children to have more than we had when we grew up. We now build bigger houses and bigger garages to store all that "stuff" in. Then when spring rolls around many of those "hot Christmas" items show up at garage sales for a fraction of the price that was paid for them just a few months ago. Folks I'm not against buying gifts for family and friends, but I think it's a waste of time and money when I'm pressured to buy someone a gift because they expect it or worse demand it. I heard a youngster in a department store demanding that mom buy them the "latest video game" for just a mere \$250.00. I notice also that the list for whom you shop has lengthened by quite a bit, now some pets receive more elaborate gifts than many people do.

When I look at the first Christmas 2000 years ago, it was God giving his one and only Son to be born in a cattle man-

ger. God wrapped His gift in simple strips of cloth and sent Him to Bethlehem to be born in a stable. The



only light was the star over Bethlehem. (Luke ch.2) The only music was a choir of angels singing to the shepherds. Yet this simple story of God becoming a man being has had more influence on world history than any other story. The celebration of Christ's birth should not be centered on what we add to it but by what God did for the human family by becoming one of us. John 3:16 sums up the Christmas story better than I can; "For God so loved the world that he gave His one and only Son, that whoever believes in Him should not perish but have everlasting life." Christmas began with Christ as the focal point and when we keep Him there. Friends, God's gift to you this Christmas is greater than any gift you will give or receive.

Library Corner

Lac du Bonnet Regional Library



"Oh what fun it is to ..." watch the children enjoy picking out that special gift for mom, dad, brother and sister. Many gifts went home with the children who came to the Children's Christmas Bazaar last week. The kids spent considerable time labelling and decorating each package! Interacting with the "talking Christmas Tree" was great fun - thanks, Eleanor, for the loan! There are, however, still quite a few gift items left and we are opening our Bazaar to the public - if you are in need of a few stocking stuffers, check out the selection at the library! Our Christmas Draw takes place on December 17th - tickets will be available until then. Thanks to Heather's artistic talents, the library is looking very "Christmassy". Despite doing

various extra tasks for us, she will always find time to help you with computer questions!

A visit to the library will give you opportunity to pick out some great reading material for the holidays as well. Remember to bring a grocery item for the Christmas Hamper box when you come. Also take note that any overdue fines that you pay from December 7 to 18 will be contributed to this fund - thanks for helping to make the season a little brighter for everyone!

A few new books to read to the children this holiday season: Little Porcupine's Christmas by Joseph Slate. The Christmas Bear by Nathaele Vogel. The Chanukkah Tree by Eric A. Kimmel. Pippin the Christmas Pig by Jean Little.

Some new hardcover fiction

for those rare moments of relaxation: The Falls by Joyce Carol Oates, Light on Snow by Anita Shreve, The Priest by Francine Rivers, Distant Images by Audrey Howard, Cooking for Harry by Kay-Marie James.

You may have been waiting for Farley Mowat's No Man's River. "Mowat's vivid descriptions and careful storytelling bring the northern frontier to life as well as any fictional account, yet the characters are real and the adversities loom large. As a result, the quiet, sad fates that meet many of Mowat's friends - both natives and pioneers - will have a lasting effect on readers."

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Two Babies in a Manger MJHL News

In 1994, two Americans answered an invitation from the Russian Department of Education to teach morals and ethics (based on biblical principles) in the public schools. They were invited to teach at prisons, businesses, the fire and police departments and a large orphanage. About 100 boys and girls, who had been abandoned, abused, and left in the care of a government-run program were in the orphanage.

They relate the following story in their own words: It was nearing the holiday season, 1994, time for our orphans to hear, for the first time, the traditional story of Christmas. We told them about Mary and Joseph arriving in Bethlehem. Finding no room in the inn, the couple went to a stable, where the baby Jesus was born and placed in a manger. Throughout the story, the children and orphanage staff sat in amazement as they listened. Some sat on the edges of their stools, trying to grasp every word.

Completing the story, we gave the children three small pieces of cardboard to make a crude manger. Each child was given a small paper square, cut from yellow napkins I had brought with me. No colored paper was available in the city. Following instructions, the children tore the paper and carefully laid strips in the manger for straw. Small squares of flannel [cut from a worn-out nightgown an American lady was throwing away as she left Russia], were used for the baby's blanket.

A doll-like baby was cut from tan felt we had brought from the United States. The orphans were busy assembling their manger as I walked around them to see if they

ECHOES FROM THE Heart

needed any help. All went well until I got to one table where little Misha sat. He looked to be about 6-years-old and had finished his project. As I looked at the little boy's manger, was started to see not one, but two babies in the manger. Quickly, I called for the translator to ask the lad why there were two babies in the manger.

Crossing his arms in front of him and looking at this completed manger scene, the child began to repeat the story very seriously. For such a young boy, who had only heard the Christmas story once, he related the happenings accurately — until he came to the part where Mary put the baby Jesus in the manger. Then Misha started to ad-lib. He made up his own ending to the story as he said, "And when Mary laid the baby in the manger, Jesus looked at me and asked me if I had a place to stay.

I told him I have no mamma and I have no papa, so I don't have any place to stay. Then Jesus told me I could stay with Him. But I told him I couldn't, because I didn't have a gift to give Him like everybody else did. But I wanted to stay with Jesus so much, so I thought about what I had that maybe I could use for a gift. I thought maybe if I kept Him warm, that would be a good gift. "So I asked Jesus, 'If I keep you warm, will that be a good enough gift?' And Jesus told me, 'If you keep Me

warm, that will be the best gift anybody ever gave Me.'

So I got into the manger, and then Jesus looked at me and He told me I could stay with Him — for always." As little Misha finished his story, his eyes brimmed full of tears that splashed down his little cheeks. Putting his hand over his face, his head dropped to the table and his shoulders shook as he sobbed and sobbed. The little orphan had found someone who would never abandon nor abuse him, someone who would stay with him — for always!

And the Americans? They had learned the lesson they had come there to teach — that it is not what you have in your life, but WHO you have in your life that really counts. We all should give thanks for the people that "keep us warm" in life; and for all of God's many blessings to us: freedom from want, life, love, togetherness, and for the enduring love of Jesus Christ, the one person who keeps us warm and safe for always.

MJHL Trade Transaction

The Selkirk Steelers of the Manitoba Junior Hockey League (MJHL) have traded the Hockey Canada playing rights of 19 year old Defenseman, Mike Revell of Surrey, BC to the OCN Blizzard of the MJHL for Future Considerations.

The Waywayseccappo Wolverines of the Manitoba Junior Hockey League (MJHL) have traded the Hockey Canada playing rights of 19 year old Goaltender, Jonathan Trout of Cross Lake, MB to the Quesnel Millionaires of the BCHL for Future Considerations.

The Waywayseccappo Wolverines of the Manitoba Junior Hockey League (MJHL) have acquired the Hockey Canada playing rights of 18 year old Forward, Jonathan Motuz of Minnedosa, MB from the Southeast Blades of the MJHL for Future Considerations.

The Waywayseccappo Wolverines of the Manitoba Junior Hockey League (MJHL) have acquired the Hockey Canada playing rights of 18 year old Defenseman, Colin Laforge of Barrie, ON from the Newmarket Hurricanes of the OPJHL for Future Considerations.

MJHL Suspension

The Manitoba Junior Hockey League (MJHL) has



announced the following suspension:

As a result of receiving his 5th Ten Misconduct Penalty this season, player Marty Bilodeau of the Waywayseccappo Wolverines is suspended for One game.

As a result of receiving his 5th Ten Misconduct Penalty this season, player Brian Fergusson of the Winkler Flyers is suspended for One game.

The Manitoba Junior Hockey League (MJHL) has announced the following suspension:

As a result of receiving a penalty for Leaving the Player's Bench to enter an altercation in the game on December 3, 2004 versus the Swan Valley Stampede, player Steven Sleep of the Selkirk Steelers is suspended for Five games.

Old Dutch/MJHL player of week is 18 year old Forward, IAN LOWE of the Swan Valley Stampede. LOWE produced 9 points in 4 games during the week including 5 goals and 4 assists.

The Winnipeg River Echo

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'Tis' the Season Not to feel Stressed!

Come for a relaxing cup of coffee and we'll unpack some thoughts about stress and the holidays...



WHEN: Tuesday, December 14th
WHERE: 2:00pm at the Golden Leisure Club, 30 Pine St. Pine Falls
4:00pm at the St. Georges Parish, 17 Baie Caron S. St. Georges
COST: Free
Call Tina Polischuk at 367-9128 or Harold Huege at 348-3505

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You can't be serious



by Jim Hampshire

by Jim Hampshire

With the holiday season just around the corner, residents from far and wide can be seen bustling and bumping, and jostling and grumping throughout the shopping malls around Winnipeg. Yes, Christmas is just around the corner and like the song says, "It's the most wonderful time of the year!" Mind you that song was probably written by a wealthy toy manufacturer, and let's not forget that a lot can be said about the summer holiday season also.

But far be it from me to scrooge your holiday mood, in fact today's column might help brighten even the biggest humbuggers as I offer my own personal pointers to help you plan a perfect Christmas season.

Now as we head into December, many local businesses will be planning traditional office parties, and as you all know, these affairs can often be a little awkward or slow to get off the ground. That doesn't always have to be the case and here's a little ice-breaker I like to employ each time I organize our own office

party.

First you write an invitation to all co-workers and management personnel and instruct them to bring a gift with no name card on it. Now sometime during that first awkward hour of the party - long before you open the bar or serve the party snacks - you gather all the guests into one room and tell them to go home. When they're all gone you can open the presents.

Another great Christmas tradition deals with entertaining guests in your own home. Naturally you'd like the evening to be perfect, and you can impress your friends with traditional homemade eggnog by following these simple instructions, courtesy of the Martha Stewart Cookbook, who by the way, won't be using it this year.

First you'll need 2 dozen eggs, 2 cups of sugar, 2 quarts of whole milk and a quart of rum.

Step one: Separate the eggs and beat the egg yolks together with the sugar until creamy.

Step two: Whip the egg whites to the same consistency and fold together with the egg yolk mixture.

Step three: Pour the mixture

into a very large serving bowl and sprinkle nutmeg on top.

Step four: Put your right foot in and take your right foot out. You put your right foot in and you shake it all about.

Step five: I only inserted step four because I hate raw eggs and at this point I just go into the living room and drink the rum.

The last bit of Christmas advice this week deals with the family Christmas tree and all the fun and adventure of locating that perfect pine. This is one Christmas tradition I refuse to skimp on and I won't be taken in by the big city Christmas tree vendor, who will often try to sell you a brown naked bush that is more likely a member of the tumbleweed family.

You can actually save yourself a lot of time and money if you plan ahead before actually searching for that fabled fir - keeping in mind that you shouldn't wander onto the neighbors property with a hatchet in the middle of the night.

A smart woodsman will always keep an eye open for a potential Christmas tree long before the snowfalls. The woodsman always knows that autumn is especially ideal for this purpose as the forest trees

have lost their leaves, which helps to expose and identify fir trees as you drive along the highways. But then again the smart woodsman is a big show-off who can operate a big noisy chainsaw with amputating abilities. I prefer using safer equipment when cutting down my tree, like a jack-knife or, perhaps, the bumper of my car. That's why I always wait for a big snowfall before searching for my tree. I figure I'm going to be in the ditch anyway. I might as well see what I can knock over on the way in. Not only is this method safe, but it's also fast and efficient. And it only costs 10 extra bucks to get the tow truck driver to strap it to the hood of his vehicle so the process won't scratch the paint on your car.

I hope these pointers will help to enlighten your holidays this year. And if by chance I see you at one of my own Christmas gatherings, I should remind you to stay away from the egg nog.

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Tips of the Trade



by Steve Kulyk

1. Contribute to your RRSP.

You have until March 1, 2005 to make a contribution to your

RRSP that will entitle you to a deduction on your 2004 tax return. Make that contribution sooner rather than later in order to get your money working for you inside the RRSP as soon as possible. Even if you're not

sure which investments to buy yet, contribute to your RRSP and "park" the cash there until you've made a decision about what to invest in.

2. Don't eat yellow snow (mom's advice from the 70's and it has served me well).

3. For investment accounts. Trigger accrued losses before year end. If you have realized capital gains this year, or in one of the three prior years consider selling any investments that have dropped in value in order to apply the capital loss against those capital gains. Capital losses must be used to offset gains in the current year first, but excess losses can then be carried back up to three years or forward indefinitely.

4. Make sure your kids are dressed up in 75 pounds of

clothes and look like the "Michelin Man" so that after 5 minutes of waddling around and sweating, trying to operate their little shovels with 3 pairs of mitts on, they decide they would rather go inside and watch a movie.

5. Review the makeup of your portfolio. Consider the type of income, if any, you earned on your portfolio outside of your RRSP or RRRIF this year. If you earned interest income, which is highly taxed, consider restructuring your portfolio so that it is more tax efficient in 2005.

6. Don't lick the flagpole at the post-office, or the railing at the arena no matter how much they dare you to (Who hasn't seen that scenario played out).

7. Withdraw funds in a low-income year. Does it ever make sense to withdraw money from an RRSP or RRRIF before you need the money? If you have little or no other

income this year, you may be able to make a withdrawal from the plan before year end and pay little or no tax on the withdrawal. It could make sense to do this when you are willing to invest that money outside the RRSP or RRRIF once it's withdrawn, or when you need the money to meet certain living expenses.

8. Buy cheap extension cords because you know at some point this winter you'll be ripping it out of the wall and dragging it behind your car in front of all your friends and neighbors.

Take care and have a great Christmas.

Steve Kulyk is a Financial Advisor with Kulyk Insurance and Financial Services. His office is located in St. Georges Mb. He can be reached at 367-9572 or at steve@kulykfinancial.com.

Pine Falls Community Billboard

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

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

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

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

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

Knights of Columbus: meetings every second Tuesday of the month 7:30 p.m. Powerview Church basement.

Silver Haven Club: cribbage every fourth and fifth Monday 1:30 p.m., whist every Thursday 1:30 p.m.

Pine Falls Health Auxiliaries: meetings first Tuesday of every month 1:30 p.m.

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

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

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

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

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

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

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

Village of Powerview: meets second Tuesday of each month.

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

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.

Blue Water Support Group: meets every third Monday of the month 7:00 p.m. Wings of Power office.

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

Powerview Parent Advisory Council: meets first Monday 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 (or child's) height, weight, infant nutrition, advice, immunizations (as necessary) and any other advice you may wish, please call 367-5406 for more info.

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

Winnipeg River Church Services

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

PINE FALLS UNITED CHURCH: Worship Service and Sunday School at 11:00 a.m. 367-2613 Everyone Welcome

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

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

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

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

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

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

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

ST. MARGUERITE R.C. MISSION Pin 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 Glenavale 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.

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

Minister outlines response to East side report

Meets with newly formed East side First Nations Council

Conservation Minister Stan Struthers announced this morning at the first meeting of the newly formed East Side First Nations Council the province has already taken action on recommendations in the East Side Round Table Report and will begin immediately on many others.

The recommendations were contained in the East Side Round Table (ESRT) report that was the culmination of 80 meetings with First Nations and others communities on the east side of Lake Winnipeg.

The province has already announced its support for the nomination of a UNESCO World Heritage Site on the east side. In addition, it accepted the immediate formation of the East Side First Nations Council (ESFNC).

The 21-member ESFNC will work with the province on next steps and is comprised of a representative from each of the 16 First Nations on the east side, a Métis representative and four representatives from industry and non-First Nations communities.

The province has also begun work on a protocol of agreement with First Nations on the east side of Lake Winnipeg. The protocol builds on a memorandum of understanding signed between the province and 13 First Nations on the east side. The protocol is intended to ensure that com-

munities are fully involved in a government-to-government relationship in future decisions regarding the east side of the lake.

"The population of the east side of Lake Winnipeg is 96 per cent First Nations and contains one of the largest untouched boreal forests in North America. Too many times in the past, First Nations people have had no say in decisions directly affecting their communities and the boreal forest in which they live," said Struthers. "We want to ensure that we develop a new relationship so that communities do have a say in the future of the area."

In addition, the province announced to the ESFNC its intention to move forward on the following recommendations:

- examine options on special designations and/or planning boards for the entire area,
- examine options on special designations for burial and sacred Aboriginal sites,
- advance work on ecotourism opportunities for the east side through the Aboriginal Tourism Strategy,
- support sustainable community economic development opportunities,
- seek partnerships with the federal government and outside agencies for community land-use planning,
- work with the Boreal Framework Initiative and the NSFNC on a balanced vision for boreal forest protection,
- move forward on the

implementation of the 2000 Mining and Minerals Guidelines,

• support licensing of the extension of the existing Rice River Road to the Bloodvein First Nation, and

• review trapping policies and lodge allocation policies on the east side.

The minister also noted that recommendations in the report relating to Bi-Pole III were sent to Manitoba Hydro and the utility is currently reviewing alternate routing options.

Other recommendations in the report are being studied and will be part of protocol discussions and overall discussions with the newly established ESFNC.

"We are pleased the province is taking these recommendations seriously and acting swiftly on them," said Ed Wood, associate chair of ESRT. "First Nations and communities on the east side are committed to maintaining the environment and boreal forest while ensuring the needs of people living there are met. Working government-to-government with the province will ensure the best possible solutions are found."

The minister noted that, since taking office the province has tripled the winter road budget, invested in airport improvements, expanded health services and renounced its 50 per cent interest in mineral development activities on reserve lands in support of the east side and other First Nations communities.

On Parliament Hill



Your voice in Ottawa
Vic Toews, MP for Provencher

Decision to fire Commissioners violates human rights

Supreme Court does not rule on Same-Sex Marriage

OTTAWA - Provencher MP and Conservative Justice Critic Vic Toews says that today's Supreme Court ruling on the same-sex reference case has cleared the way for the Manitoba Government to rescind a directive issued by the province's Vital Statistics Agency ordering marriage commissioners in the province to marry same-sex couples or resign.

"In light of this decision, it is now clear that the directive by the Manitoba government to force marriage commissioners

to perform same-sex marriage ceremonies is not required by the Charter of Rights and Freedoms," said Toews. "As a consequence, it is also clear that the Government of Manitoba is in violation of not only the religious freedoms enshrined by the Charter, but also in violation of the provisions of Manitoba's Human Rights Code."

The judgment of the Supreme Court of Canada delivered today has left the decision of whether to legalize same-sex marriage up to Parliament. No legislation has yet been passed by Parliament in that

respect. Furthermore, the Court declined to answer the question of whether the traditional definition of marriage violates the Canadian Charter of Rights and Freedoms.

Toews had previously asked the Justice Minister and the Manitoba Human Rights Commission to review the directive in order to protect the rights of religion and conscience of Manitoba marriage commissioners. "I trust that the NDP government will consider this development in terms of its policy to terminate these public officials on the basis of their religious convictions."

Library Allard



It's that time of year when time is precious during the Christmas rush! Baking, shopping, thinking of what to write in all those Christmas cards, Christmas staff parties & Christmas concerts... Don't forget to take time out of your busy schedule for yourself and curl up with a good book! We have just what you're looking for...

Jeffery Deaver's latest *Twisted* is a collection of stories by the author himself; Nora Roberts newest Trilogy *In The Garden* is on our shelves, we have #1 *Blue Dahlia*; Nicholas Sparks will sweep you away with his latest romance *Nights in Rodanthe*;

V. C. Andrews fans will love her latest Gemini series, we have #1 - *Celeste* & #2 - *Black Cat*; more from the No. 1 Ladies Detective Agency by Alexander McCall Smith - *The Kalahari Typing School for Men* is now in paperback; *Angry Wives Eating Bon Bons* by Lorna Landvik is a national bestseller and said to be "highly entertaining"; the conclusion to Nora Roberts Key Trilogy, *Key of Valor* is hot on our shelves; #12 in the continuing novels of Prehistoric North America *People of the Raven* by Kathleen O'Neal Gear, Janet Chapman's *Loving the Highlander*, *Charming the Highlander*, & *Wedding the High-*

lander will woo your romantic heart! Debbie Macomber's *When Christmas Comes* is a delightful romantic comedy. Jude Deveraux's series *Forever, Always, Forever and Always* is ready for borrowing!!

Non-fiction readers will love Patti Davis' *The Long Goodbye*, Patti Davis writes about losing her father, Ronald Reagan, to Alzheimer's; *The Top 10 of Everything 2005* by Russell Ash is always an interesting read; *Secrets of Slow Cooking* is filled with yummy recipes (with pictures too!)

Our Christmas draw will be December 21st, good luck to all of you! There are still tickets available for these fabulous prizes.

See you in the library,
Library Allard Christmas Hours -

December 23rd open 12:00 - 5:00, closed for the evening,
December 24th - 25th - Closed;

December 30th, open 12:00 - 5:00, closed for the evening,
December 31st - January 1st - Closed.

Library Allard - 367-8443 - Ecole Communautaire, St. Georges
Beaches Branch Library - 754-4007 - Walter Whyte School - Grand Marais

Winnipeg River RCMP Report



The Winnipeg River Police Report for the week of December 6th to 14th was unavailable at press time. Please check next week's edition for full details.

The Winnipeg Humane Society

Low Income? Call our Subsidy Spay & Neuter Program Coordinator, Melissa @ 982-2638 today!

Thank you to everyone who responded to our plea to adopt cats on December 2, 2004. With your help, 200 cats found loving, permanent homes!



Sequoia, 61487

Sequoia needs your help! This gorgeous pooch needs a home. Sequoia is an active girl who needs an owner who will keep her busy; running, walking, fetch. She has come a long way & matured quite a bit. Sequoia likes the company of other dogs. Not in a position to adopt right now? Tell your friends about Sequoia & how this wonderful girl needs a wonderful home! \$159.00 includes spay, microchip, pet insurance & more!



Rabi, 101009

We have lots of rabbits available for adoption! Over 10 rabbits are waiting wonderful homes..... our \$39.00 adoption fee includes a vet exam, 14 days of vet care, spay or neuter & ear tattoo! Did you know that rabbits require 2 hours of daily exercise outside their cage? They are smart little critters who need owners who understand their physical & emotional needs. Adopt 2 and get the second rabbit for 1/2 price!!

The WHS has a new website, visit us at
www.winnipeghumanesociety.ca

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

WHAT'S IN THE Cupboard

Three Cheese Rotini Bake

Ingredients

- 8 oz. uncooked rainbow rotini spirals
- 3 tbsp. margarine or butter
- 1 garlic clove, minced
- 1/4 flour
- 1/4 tsp. pepper
- 2 cups milk
- 4 oz. (1 cup) shredded cheese
- 4 oz (1 cup) mozzarella
- 1 oz. Blue Cheese

Method:

Cook rotini as directed, drain. Meanwhile melt margarine in saucepan over medium heat, add garlic, cook and stir for 60 seconds, add flour and pepper, cook and stir until bubbly, gradually add milk stirring constantly until boiled and thick. Remove from heat. Reserve 1 tbsp. of each cheese. Add remaining cheese to sauce and stir until melted. Add rotini to sauce, stir gently, pour into coated casserole dish, sprinkle with reserved cheese bake at 350 for 20 - 25 minutes.

Lac du Bonnet RCMP Report

Police Report for the period of December 6th to December 12th, 2004

The following constitutes the Police Report for Lac du Bonnet Detachment for the period of the 6th of December to the 13th of December:

On the 6th of Dec., a report was rec'd that the Whitemouth Curling Club had been broken into, with 3 under-age subjects having been caught inside the premises on Sunday afternoon. Subjects had a fire going, and had thrown water and cocoa onto the ice surface.

On the 6th of Dec., a report was rec'd of an Intrusion alarm at a business on Second Street

in the Town of Lac du Bonnet. Found to be a False Alarm.

On the 6th of Dec., a report was rec'd of a red truck with three subjects in same driving around Sunset Bay in the R.M. of Alexander in a suspicious manner. Took place last week.

On the 6th of Dec., a report was rec'd of a 911 hang-up call from a location on Lake Avenue in the Town of Lac du Bonnet. Police attended and determined that this was due to a domestic dispute between an adult male and an adult female. No offence had taken

place and one subject departed the residence.

On the 7th of Dec., a report was rec'd of an attempted stabbing at a residence on Poplar Ave. in Great Falls. Police attended and found two intoxicated adult males, but determined that no attempted stabbing had taken place. The complainant in the matter was given a ride to his residence.

On the 7th of Dec., a report was rec'd of a motor vehicle accident on Railway Ave. in Whitemouth on the 18th of Nov., with minor injuries to an adult male.

On the 7th of Dec., a report was rec'd of the theft of an outboard motor, boat canopy, an in-dash canopy and 2 pedestal seats from a boat stored at a location at Eleanor Lake in the Whiteshell Prov. Park. Took place between the 30th of Sept., and the 28th of Nov.

On the 8th of Dec., a report was rec'd of snowmobiles being operated illegally on Willis Drive in Pinawa.

On the 8th of Dec., a report was rec'd that an adult male had been found deceased at his residence in River Hills in the R.M. of Whitemouth. Police attended and determined that the matter was due to natural

causes.

On the 9th of Dec., a report was rec'd of an attempted stabbing at a residence on Poplar Ave. in Great Falls. Police attended and found two intoxicated adult males, but determined that no attempted stabbing had taken place. The complainant in the matter was given a ride to his residence.

On the 9th of Dec., a report was rec'd of a 911 call from a pay-phone on First Street in the Town of Lac du Bonnet. This was determined to be a hoax call.

On the 9th of Dec., a report was rec'd of an assault on an under-age male by another under-age male while both were walking to meet the school bus at Ste. Rita in the R.M. of Reynolds. This took place on the 8th of Dec. The victim was taken to the Health Sciences Centre for surgery.

On the 10th of Dec., a report was rec'd of a break and enter to the Whitemouth Museum. The front door had been kicked in and, at the time of reporting, it was not known if anything was stolen.

On the 10th of Dec., a re-

port was rec'd of an Intrusion Alarm at the Whiteshell Centre in Pinawa. Police attended and found that same was a False Alarm.

On the 11th of Dec., a report was rec'd of an adult male collapsing in a vehicle on P.T.H. #44 in the vicinity of Rennie. The subject was taken to Beausejour Hospital and found to be deceased. Appeared to be due to natural causes.

On the 11th of Dec., a report was rec'd of an Intrusion Alarm at a location south of P.T.H. #44 in the R.M. of Reynolds. Police attended and found this to be a False Alarm.

On the 12th of Dec., a report was rec'd of snowmobiles being operated on the Lee River in the R.M. of Lac du Bonnet and concern expressed for the safety of the subjects in question.

On the 12th of Dec., a report was rec'd from an adult female of her 3 year old son being with her ex-boy-friend at Ste. Rita in the R.M. of Reynolds. The matter was subsequently resolved by the parents of the male in question.

Lac du Bonnet Community Billboard

Health Concerns? Call 268-3235 to book your seat.

Cooking for better health. Lose weight, gain energy and prevent illness. Classes begin for every five people registered. Cindy Reimann, certified in nutrition, call 268-2168. **PACE 7-1375:** meets first Tuesday of the month. Chicken Chef. Power-view meeting room.

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 268-7465 or call your local public health nurse.

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

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

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

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

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

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

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

Lakeshore At-a-Teen Group For further information, Phone Kathie 367-8237 (evenings), Vickie 345-6520 (days).

Town of Lac du Bonnet Council Meetings second and fourth Thursday of the month.

Lakeshore A.A. meetings every Sunday and Tuesday 8:00 p.m. at St. John's Anglican Church, 86 McArthur. Lac du Bonnet Last Sunday of the month open to the public. Call Ted 345-2839, Ron 753-8403.

Ladies A.A. Meetings Thursdays 1:00 p.m., 18 McDermot, Pinawa. Dureen 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.

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

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

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

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

Lac du Bonnet Church Directory

ABUNDANT LIFE CHAPEL

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

LUTHERAN CHURCH OF THE CROSS

Church office 345-8654

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

NOTRE DAME CATHOLIC CHURCH

Father Mirek Szybal, 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.

Agricultural News

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

Oat Growers Meeting

On Thursday, December 9th an information meeting for Oat Growers will be held in the Curling Club Lounge at the Sun Gro Centre in Beausejour. This meeting is open to all oat producers and is being sponsored by the Prairie Oat Growers Association (POGA) with generous assistance from the Agassiz Soil and Crop Improvement Association (ASCI). The meeting will

start at 9:30 a.m. and run until approximately 3:00 p.m. Topics and Speakers will include:

- Oat Varieties - Jennifer Mitchell-Fetch, AAFC Winnipeg
- Fusarium in Oats - Andy Tekauz, AAFC Winnipeg
- Food Quality & Health: The Future of Oats - Nancy Ames, AAFC Winnipeg
- The Prairie Oat Growers Association - Al Loyns and Bill Wilton
- The USA Oat Market - Staff from AAFC Winnipeg
- Forward Pricing Oats - Brenda Anderson, Agricore

United

- HACCP & the Oat Market - Dennis Galbraith, CanOat

- Oat Fertility - Terry J. Buss, Ag Rep.

Please note that admission is \$10.00 per person payable at the door. Lunch will be served. If you are planning to attend this meeting, please pre-register at the Beausejour District Office by calling 268-6094.

Crop and Swine Production Information Seminar

See AGRICULTURAL/ page 15

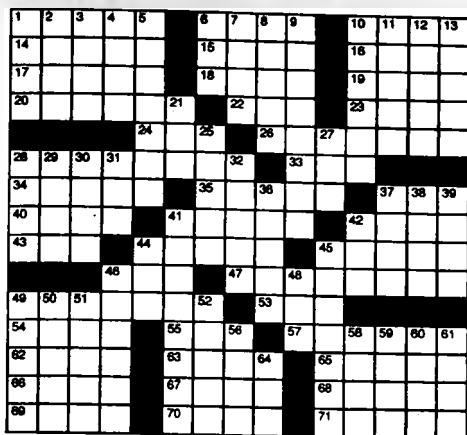
Commercial Printing

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

Quality at Competitive Prices

NEWS TIPS?
Call the Echo at 367-9468

WEEKLY CROSSWORD



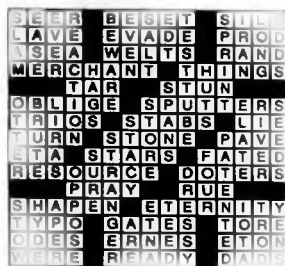
- ACROSS**
- 1 Not now
 - 6 At a distance
 - 10 Health resorts
 - 14 Popeye's lady
 - 15 Travelled as a passenger
 - 16 Opening
 - 17 Fork prongs
 - 18 Cupid
 - 19 Nautical below
 - 20 Begins
 - 22 Sooner than (poet.)
 - 23 Weathercock
 - 24 Lubricant
 - 26 Went in
 - 28 Newsperson
 - 33 Weight measures
 - 34 Make amends
 - 35 Legal tender
 - 37 Sleeping room furniture
 - 40 Strong wind
 - 41 What the model did
 - 42 Lower price offer
 - 43 Building wing
 - 44 Walking sticks
 - 45 Perceive
 - 46 Damage
 - 47 Dared quickly
 - 49 Sidewise

- 53 Incite to attack
- 54 Arabian Sea gulf
- 55 Excavate
- 57 Be on guard
- 62 Money certificate
- 63 Separate thing
- 65 Goliath's slayer
- 66 Woodwind instrument
- 67 Scorch
- 68 Select group
- 69 Pull apart
- 70 Goes astray
- 71 Type of automobile

- Down**
- 1 Building sites
 - 2 Came to earth
 - 3 Singer Turner
 - 4 At any time
 - 5 Re-establish
 - 6 Plural of is
 - 7 Golf cry
 - 8 Like very much
 - 9 Felt offended
 - 10 Without whiskers
 - 11 Of Arctic regions
 - 12 By one's self
 - 13 Worked with stitches
 - 21 Be seated
 - 25 Automobile turned sour
 - 27 Plaything
 - 28 Uncontrolled anger
 - 29 And others (Lat.)
 - 30 Take and register votes
 - 31 Not quite two
 - 32 Thorny bush flowers
 - 36 Baby birds' homes
 - 37 Money lender

- 38 Otherwise
- 39 Act
- 41 Place of great beauty
- 42 Large body of water
- 44 Automobile
- 45 Withdraws
- 46 Repaired
- 48 Arched bove
- 49 Work
- 50 Sun dried brick
- 51 Fits into a mortise
- 52 Metric quart
- 56 Toothed wheel
- 58 Ridge
- 59 Enthusiastic
- 60 Actress Hayworth
- 61 Biblical garden
- 64 Married Lady

LAST WEEK'S ANSWERS

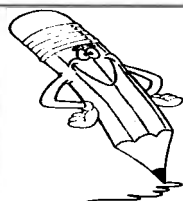


Did you Know?

- Of all American police officers killed in the line of duty in the past ten years, how many were shot with their own guns: (a) 17%; (b) 27%; or (c) 37%?
- Your hands are covered with Christmas tree sap. What should you do? (a) Shake hands with as many people as possible; (b) pet the cat thoroughly; or (c) rub your hands with mayonnaise and wipe with a paper towel.
- You just weighed every animal on earth. Which group weighed the most: (a) elephants; (b) earthworms; or (c) cockroaches?

ANSWERS

1. 17% 2. No actually works 3. Found for pound, earthworms make up about 50% of all animal life



CRYPTIC PUZZLE





KDHNTFHNK FT FK WQYG TD
 QPDFG TWN WQXXFJNKK DL
 DTWNYK





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





TO FEAR LOVE IS TO FEAR LIFE. AND THOSE WHO FEAR LIFE ARE ALREADY THREE PARTS DEAD

Weekly Echo Horoscopes

- ARIES (Mar. 21 - April 20)**
 Your creative ideas must be put to good use. Be sure to cover all the necessary groundwork before signing binding contracts. You will meet new romantic partners through the company you keep. Be careful; your ideas are good but make sure that you're realistic and start off on solid ground.
- TAURUS (Apr. 21 - May 21)**
 If it can make you extra cash, it will be even better. You may want to make changes that will turn your entertainment room into a real family affair. You will find that valuable knowledge can be gained if you are willing to listen. Be sure to spend time helping children with projects that are too difficult for them to accomplish alone.
- GEMINI (May 22 - June 21)**
 Changes at home will be necessary. You have worked hard and the paycheck is now. You can make adjustments in your domestic scene this week. Visit friends or relatives you rarely see.
- CANCER (June 22 - July 22)**
 Sentimental feelings may make it difficult to get much done at work. You can learn from those who have had similar experiences. You will feel tired and run-down if you have allowed yourself to get into a financial mess. Physical activity will help defuse your frustration.

- LEO (July 23 - Aug 23)**
 Opportunities to get involved in self-improvement projects will be rewarding. Your home environment may be volatile if precautions aren't taken. You may find yourself in an emotional fix if you interfere in other people's problems. It's time to reevaluate your motives.
- VIRGO (Aug. 23 - Sept. 23)**
 Plan a nice evening for two. Leave things as they are for the moment and focus on reaching your highest potential at work. You may want to make drastic changes concerning your personal partner. Do your chores and get on with the things you enjoy doing.
- LIBRA (Sept. 24 - Oct. 23)**
 Your unique contribution to the organization will enhance your reputation. You will take on too much if you aren't careful. Stick to basics. Don't let others bully you into agreeing with them. Be willing to listen, but don't be fooled.
- SCORPIO (Oct. 24 - Nov. 22)**
 Deception may cause disputes you can do without. Problems with gas, oil, or water in your home may disrupt your routine. You could be misinterpreted if you're not careful. Romantic opportunities will be plentiful if you go out with friends.

This edition covers the week of December 13th to December 19th

- SAGITTARIUS (Nov. 23 - Dec. 21)**
 A passionate encounter with your mate should help alleviate that pent-up energy. Don't let someone take the credit for a job you did. Get involved in philosophical groups that will enlighten you. You are best to avoid confrontations.
- CAPRICORN (Dec 22 - Jan. 20)**
 You may have the energy to clear up that mound of paperwork facing you. Don't let your personal dilemmas interfere with your goals. Children could cost you more than you can afford. Your stubborn nature will backfire if you give your mate an ultimatum.
- AQUARIUS (Jan. 21 - Feb. 19)**
 Your talent will be recognized. Don't jump as quickly as you usually do. Don't be too eager to buy things for those who really don't deserve it; situations could easily get blown out of proportion if you have made unreasonable promises.
- PISCES (Feb. 20 - Mar. 20)**
 Don't count on your friends to be loyal when it comes to doing things. Controversial subjects should be avoided at all costs. Your emotional stability may influence the changes taking place in your personal life. Don't be too quick to judge partners or those you work with.

Echo Classifieds

Office space for rent
Above Pine Falls Post Office. c/w private washroom. For more information call Denis at 367-8651. TFN



For Rent
Newer 3 bedroom house for rent in Powerview. All appliances included. Serious inquiries only, must have rental references. Call after 6:00 p.m. at 367-4922. ifn

Apartments for Sale- Income producing property, 7 suites, Five 2 bedroom suites, and two 1 bedroom suites. Coin operated laundry, newly renovated decks, located in the town of Powerview, good investment, \$240,000 (correction) OBO, Estate Sale. Call 367-4137 or 367-4922. 13-TFN

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.

Lost & Found
Turkey - reward offered. Have you seen my turkey. Last seen at the Rusty Nail, weight 12 lbs, height 12 inches, could not obtain eye colour head missing. Please call Max 1-800-turkey.

Rooms and Suites for rent. Weekly and Monthly rates available. Hydro and satellite included, call Omer at 367-9991 or 367-4210. 36-TFN

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. 34-TFN

Miscellaneous
Santa for Hire - Call 340-0149.

Music Lessons
"Music lessons (Fiddle and Guitar) available in Powerview on Monday nights starting January 10, 2005. Contact Don at (204) 268-9007 or cell - (204) 268-0237". 43-1

Advertising
The Echo Classifieds feature low, low rates. Advertise your birth announcements, weddings, birthdays, engagements, anniversaries and memoriams for as low as \$5.00. Cost to run a photograph is an additional \$5.00. Call for more information 367-9468 or fax us at 367-9974.

Babysitting Course
Tuesday, January 4, 2005 Start date at Powerview School, from 7:00pm to 9:00pm. Cost: \$30.00 per student. As spots fill up very quickly. Only "The first paid 25 students will be accepted." Hurry and get your forms in. Due Date: December 24th, Friday. This enables me time to get supplies and manuals needed for the course. Classes are every Tuesday for six weeks. Make payments to Mandy Dankowski (Coordinator), Box 783, Pine Falls, MB R0E 1M0, 367-8494 leave a message, or drop off at 6 Cedar St. If you have any questions or concerns please feel free to call me. I will return all calls as soon as possible.

John "Jake" Richardson
John "Jake" Richardson died peacefully on Tuesday, December 7, 2004 at the age of 75 years. He was predeceased by his beloved wife Margaret and his parents Henry and Mary. Left to mourn are his children, Judy (Ray), Cindy (David) and Bill (Debbie); his grandchildren, Dayle, Miles and Garrett; his brother-in-law Donald MacLellan, Linda and family.



Jake was the second eldest of thirteen siblings; left behind are Lillian, Betty, Joyce, Frances, Diane, Ann, Catherine, Patsy, Joan, Brian, Donald and Peter; as well as numerous nephews and nieces. Jake was born January 30, 1929 and raised in Pine Falls, MB. As he went to school in Pine Falls, he started working part time in 1945 and in 1947, he took his apprenticeship in the Machine Shop at the Pine Falls Paper Mill. He finished his apprenticeship in 1951 and continued to work in the Mill until his retirement. He married his wife Margaret and they raised their three children in Pine Falls. From the 1950's to the 1960's, Jake served in the Canadian Army Reserves and became a Sergeant. The "Senator", as he was affectionately called by his fellow legion members, was a diamond in the rough with a huge heart of gold. He will be greatly missed by his very loyal friends and family.

A celebration of Jake's life will be held on Saturday, December 11 at 2:00 p.m. at the Pine Falls United Church with Rev. Ken Anstie officiating. Eulogy will be made by his son-in-law David Trueman. Lunch will be served immediately following the service, provided for by the Legion Ladies Auxiliary. In lieu of flowers, donations may be made to the Royal Canadian Legion Branch #64, Box 329, Pine Falls, MB R0E 1M0.

SOBERING FUNERAL CHAPEL
& CREMATORIUM, Beauséjour
268-3510 or MB Toll Free 1-877-776-2220.

**UNDER THE PLANNING ACT
NOTICE OF PUBLIC HEARING
REGARDING BY-LAW 17/04**

The Council of the Rural Municipality of Alexander under the authority of The Planning Act will hold a PUBLIC HEARING at the office of the Municipality at St. Georges, Manitoba on the 12th day of January, 2005 at 11:00 a.m., at which time and place the Council will receive representations and objections from any persons who wish to make them in respect of By-law No 17/04 to amend the R.M. of Alexander Zoning By-Law No 08/98 as amended.

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

(1) The general intent of By-law 17/04 of the Rural Municipality of Alexander is to amend Zoning By-Law Map No 2-36 of Appendix A in order that the area described as follows:

Lot 12, Block 1, Plan 14964 in Part of the SW ¼ of Section 36, Township 19, Range 7EPM

And shown outlined by a heavy broken line on Appendix "A", attached hereto, presently zoned "Rr5" Rural Residential Zone be rezoned to "RR5" Rural Residential Zone.

Appendix "A"
Attached to By-law No. 17/04 of the Rural Municipality of Alexander amending Appendix Map 2-36 of By-law 8/98 Being the Rural Municipality of Alexander Zoning By-law as amended.

Legend:
RR2 "RR2" Rural Residential Zone
--- Limits of area affected

MANITOBA
INTERGOVERNMENTAL AFFAIRS
Date: October 26, 2004
Dep. Number 600-58-138

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River
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Powerview!

**SILVER HAVEN
MEAL
PROGRAM**

Open to all seniors 55 and over. You are welcome to bring a guest. All meals are \$4.50. Meals are at 12:00 noon Mondays, Wednesdays and Fridays. Your name must be put on the list the day before by calling **Silver Haven at 367-4620**

Wednesday, December 15
Salad, Chicken cutlets, potato salad, brussell sprouts, Jello

Monday, December 20
Soup, turkey pot pie, strawberry short cake.

Wednesday, December 22
Soup, sweet and sour meatballs, rice, carrots and celery, ice cream.

Friday, December 24
Closed for Christmas
Merry Christmas

**PUBLIC NOTICE
CHRISTMAS SEASON OPERATING HOURS
RURAL MUNICIPALITY OF ALEXANDER**

THE Public is hereby advised that the R.M. of Alexander Municipal Office will be closed from 12:00p.m. December 24th, 2004 8:30 a.m. January 3, 2005.

Margaret Bonekamp
Chief Administrative Officer
R.M. of Alexander

Diabetes and Chronic disease prevention initiative announced

Need Identified to Address Chronic Disease Illness in Manitoba

Manitoba is tackling chronic disease illness head on with a new prevention initiative, the provincial government announced today.

As noted in the speech from the throne, chronic disease is a major cause of illness, disability and death in Manitoba, especially among First Nations. As a result, the provincial government today revealed a Chronic Disease Prevention Initiative.

The initiative was announced today by Health Minister Tim Sale and Healthy Living Minister Theresa Oswald.

"Thousands of Manitobans

suffer from one or more chronic diseases such as diabetes, congestive heart failure, asthma, high blood pressure and liver disease," said Sale. "It's time to raise awareness of the impact of chronic disease by putting in place an integrated approach to addressing chronic disease prevention and management in Manitoba."

"Lifestyle factors, such as physical activity, healthy eating and not smoking, can greatly reduce the risk of developing chronic diseases like cancer, cardiovascular disease, diabetes, kidney disease, lung disease and others," said Oswald. "If action isn't taken soon, we can expect more people to suffer from these conditions, resulting in increased demands on our

health system."

The Chronic Disease Prevention Initiative (CDPI) expands on and strengthens a number of chronic disease programs already underway in the province. It supports and assists government and community activities that address the common risk factors that lead to chronic disease.

This community-driven initiative is undertaken by Manitoba Health and related departments and the Alliance for Prevention of Chronic Diseases which is made up of the Canadian Diabetes Association, Manitoba/Nunavut Region; Canadian Cancer Society; CancerCare Manitoba; Heart and Stroke Foundation of Manitoba; Kidney Foundation

of Canada; the Manitoba Lung Association; Regional Health Authorities; and the regional office of the Public Health Agency of Canada.

Other programs, services and supports that build on and enhance CDPI include:

- the Regional Diabetes Program,
- the Renal Health Outreach Program,
- the Western Health Information Collaborative/Chronic Disease Management Initiative,
- chronic disease monitoring and surveillance, and
- the Healthy Living Resource/Institute.

Sale noted a systematic and comprehensive approach to dealing with chronic diseases has been shown to improve the quality of chronic disease prevention, education, care, research and support. This approach requires preventing dis-

ease, early detection and modification of the course of disease and optimizing the outcomes.

"Many First Nations people are struggling daily with chronic disease and every effort should be made to improve health outcomes for these individuals, their families and the communities in which they live," said Chief Lorne Cochrane of the Assembly of Manitoba Chiefs.

"When large amounts of health care dollars are being spent to treat chronic diseases, we must begin to focus more on effective prevention and management," said Sale. "We need to implement policies and programs to create supportive environments that promote healthy behaviours as well as educate Manitobans on the importance of healthy eating, physical activity and smoke-free living."

Agricultural news

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On Friday December 10th from 9:30-3:30 a Crop and Swine Production Information Seminar will be held at the Curling Rink in Dugald. In the morning, David James will be presenting the Results of the 2004 Crop Variety Trials at James Farms. Bruce Brolley will do a recap of Soybean Production in 2004 and David Kaminski will talk about Crop Diseases of Importance in 2004.

In the afternoon, Straw Based Hog Production will be discussed. David Rourke who operates Ag-Quest, a crop research company, runs a grain farm and recently added 18 hoop structures to raise hogs in Minto. He will explain why he diversified into livestock instead of expanding his other

operations. Peter Blawatt, Farm Management Specialist with MAFRI, will talk about profitability in each sector from farrow to finish plus do some comparisons with grain production. John Maltman, Regional Swine Specialist, will tie it all together and discuss how the whole straw based system works.

MAFRI is pleased to have the morning session and lunch sponsored by James Farms and the afternoon sponsored by the Oak Bank Credit Union.

The Farmland School Tax Rebate

The Manitoba government has cut school taxes on farmland by 33%. This commitment to reduce farmland

school taxes was originally scheduled for 2005. The government is speeding up the program to help support the rural economy and provide farm families with immediate tax relief. If you own farmland in Manitoba and you paid your 2004 property taxes, you are eligible for the rebate. Your farmland does not currently have to be in cultivation or used for grazing to be eligible for the rebate. The rebate applies only to the farmland portion of your school taxes and does not apply to residences or buildings on your farmland.

To apply for the rebate, download an application form for the Manitoba government website (www.manitoba.ca), call 1-866-Manitoba (1-866-626-4682) or pick one up from your local agricultural office.

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