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Blues cruise on home ice

Series win against Beausejour sends Blues to the finals

by Jim Hampshire

Home ice is definitely where the heart is, and definitely where the offense is as the Blues have scored 16 goals in their last two home games to first, beat the Beausejour Stars 8-3 and advance to the SIHL finals, and secondly, to swat the Ashern Hornets 8-4 over the weekend to tie the final series at one game apiece.

After losing the series opener 8-5 in Ashern last Friday, the Blues brought Big Attitude to the Lac du Bonnet Arena on Sunday in order to send a personal message: "Not in our backyard, you don't."

The Blues opened the scoring in game two, when Cam Sokoloski took a pass from

Mike Grewinski and beating Ashern's Cam Funk five minutes into the game. Just 16 seconds later, Jamie Hickes bent the mesh and started what would be a run of four straight goals over the first two periods.

With a two-zip lead early in the first frame, the Blues would surrender a rare goal on the night at the midway point of the first, but then the Hickes line went back to work and pop in two more before the end of the period, giving Lac du Bonnet a 4-2 lead to start the second frame.

The second period started a little slow for the Blues, but even slower for the Ashern

See BLUES/page 3



Communities preparing for spring flooding

This was the site for many communities over the past few weeks, with crew members clearing ditches.

The Village of Powerview began clearing up ditches two weeks ago, thus ensuring the

culverts and ditches would be free flowing in time for the spring melt.

Lac du Bonnet has also been clearing their ditches and culverts.

Driver are asked to take extra

precautions when driving down streets, as visibility may be impaired by the high piles of snow along the streets.

Streets are also narrowed by the snow, so watch out for pedestrians,

New not good for struggling facility

by Jim Hampshire

The writing is on the wall but the question still remains: Will there be anyone around to wash it off?

The Lac du Bonnet Community Centre held its Annual General Meeting last Monday and the news couldn't be worse.

"Basically I told the other board members we should take the keys and lockup the place behind us when we leave because things have gotten that bad," Pioneer Club rep Brian Arnason said following the

meeting.

Last month Arnason, a retired accountant, was appointed by a special committee to look into the financial situation at the centre and help navigate the million dollar facility through some very rough waters. Despite every effort by the board and it's employees, the financial future of the facility does not look good.

"Basically the financial survival for the community centre hinged on a new loan agreement, and the RM is not willing to support any new agree-

ment and that's where things stand," Arnason reported.

The RM of Lac du Bonnet made headlines last month when it produced an independent financial report it had commissioned on it's own. The contents of that report indicated the centre was operating at a loss, which moved the RM to decline to sign off as a joint-guarantor on any new loan agreement. Meanwhile, The Town of Lac du Bonnet - also a guarantor on the current loan agreement - went on record to support the community centre board, which has some board

members perplexed on the recent actions by the municipality.

"Basically there's not a lot the board can do to save the place without the RM's support," Arnason said. "The situation is as such that something has to be done immediately or the place will close in a matter of days."

The situation is so bad in fact, no one was willing to step forward at the AGM to fill the board vacancies created by the departures of President Herman Bollenbach and Knights of Columbus rep Ed

Beaudette. As it stands, current Vice President Lois Byron will oversee the board, while Brian Arnason steps up to fill the vacant VP of Finance position.

And even though a special committee, led by Ken MacMaster, was recently established to help the current board find a viable solution regarding the financial woes, the stalemate between the RM and the centre spells an end to the concerted effort.

"There really isn't any time left for lengthy discussions," Arnason concluded. "We need action and we need it now."



ECHO MAIL Letters to the Editor

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Strengthen our industry

To the editor,
The reaction of the Minister of Transport to the collapse of Jetsgo is emblematic of the way this government deals with most problems: dither in response, blame the system and leave town so that the Parliamentary Secretary can field media calls.

It's difficult to look at the failure of Jetsgo as being due to anything less than the legacy of deregulation and the way

this government has handled the airlines system. All you need to do to start an airline these days is to lease some old planes, contract out the operations and start selling tickets on the internet. No need to prove that you have any cash on hand, or that you are viable.

Eight airlines in nine years have gone under in Canada. This will only get worse with Jean Lapierre's proposal for asymmetrical "open skies,"

which seems to have been written by the CEO of Air Canada. When the Minister says that he has the "support of the industry" he really means Robert Milton's support.

It is my view that to continue believing that competition is the prescription to the air industry's problems is to continue to falsely diagnose the problem. If competition was the answer then Canadian and Air Canada's competition battle that left one destroyed and the other severely weakened should have fixed the problem. The reality is that Canada is a relatively sparsely populated country with a huge geographic challenge.

The devolution of govern-

ment responsibility for transportation and security services has added to this challenge with airline passengers picking up the tab.

If we are to strengthen our air industry we need to regulate domestic capacity as we do on international routes. We must also insure that fees paid to the federal government for transportation costs go back into transportation services not

into general revenue.

But to be sure, as long as Minister Lapierre is around, we won't be seeing any improvement in the traveling conditions of Canadians.

Bev Desjarlais,

Bev Desjarlais is the Member of Parliament for the Churchill Riding and Transport Critic for the Federal New Democratic Party

Health services discussed at Winnipeg River Regional

Round Table meeting

Almost half of last week's Winnipeg River Regional Round Table meeting was taken up with problems associated with health delivery systems in Pine Falls.

NEHA CEO Jim Hayes told the Round Table that doctors with the Blue Water Medical clinic were frustrated with the call system and the amount of evening and weekend work and eventually decided to move on. NEHA has hired replacements on a contract basis.

Hayes disagreed with a suggestion that the clinic would be more stable if the doctors had a financial stake in the business. He said that being in private practice or on the payroll made little difference to the length of time a physician would stay. He said NEHA is "looking to having University of Manitoba graduates work in rural Manitoba for two or three years after they graduate." He said NEHA shares the concern that the new recruits are moving on. "We're doing what we can - working with nurses and others to take an attitude of respect." (To the doctors).

Hayes told the meeting that surgery had been stopped in Pine Falls and Pinawa and relocated to Beausejour, which is close enough to Winnipeg to allow for surgeons from Winnipeg to carry out the procedures. He also said that physicians could not afford the higher premiums for delivery of babies in a rural hospital, and that the province has said that Pine Falls is just a little too far from Winnipeg in case of emergency.

See HEALTH/page 6

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Blues cruise on home ice

Series win against Beausejour sends Blues to the finals

from front page

Hornets. Before the period was even two minutes old, the Blues found themselves in penalty trouble when Blues forward Jay Griffith took a five minute major (and the game) for hitting from behind. Despite the advantage, though, solid defence and netminder Shane Hintz kept the Hornets off the board during the powerplay. As it turned out, the Hickes line was soon back to work again to record the only goal of the second period by either team, giving the Blues a 5-2 lead at the second intermission.

In the third frame it was all Blues, and again the Hickes line was back to prove the first four goals weren't a fluke. This time it was Reggie Goodfellow who put the Blues up 6-2 early in the third, followed by a fifth encore by Jamie Hickes, to put the Blues ahead 7-2 midway into the final frame.

Each team traded goals to end the game but the contest clearly be-

longed to the hometown Blues who managed to jump a big hurdle in their quest to be the best in the league.

"This effort proved we can play with the best and beat the best on any given night," Blues coach Jeff Seigfried said following the game. "We came out of Ashern on Friday knowing we should have won that game and the guys sent a huge message here tonight."

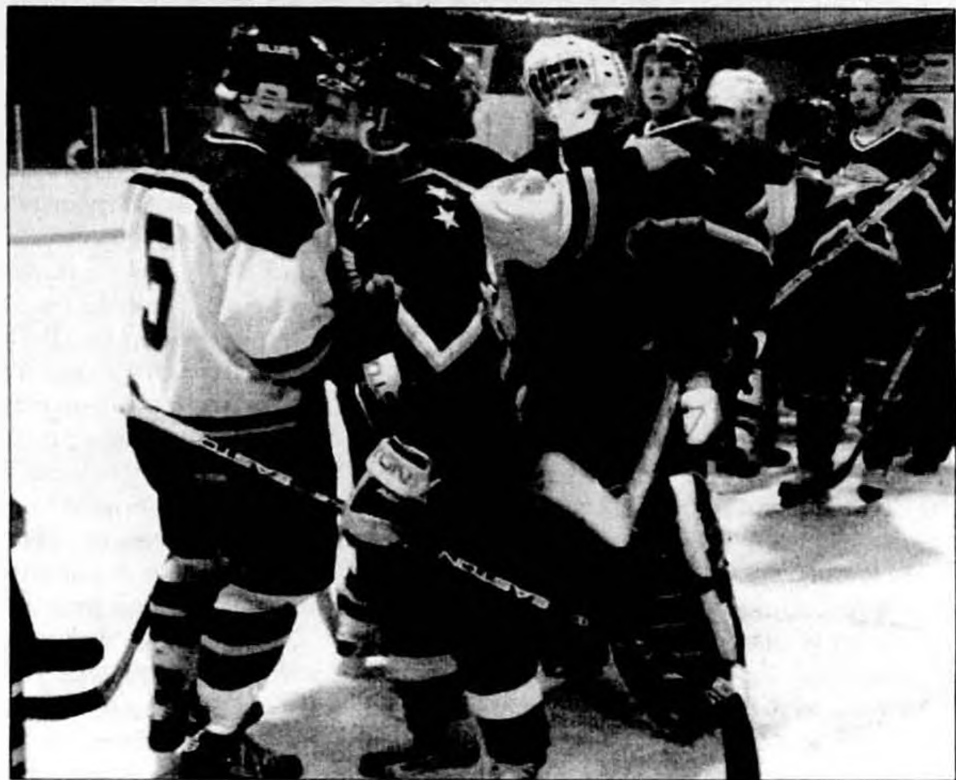
As lopsided as the win was, the Blues were acutely aware that Ashern was missing two of their premier players for the game, namely Lloyd Pelletier and Jedd Crumb. Seigfried said that this didn't go unnoticed in the dressing room and the team would have to take this latest momentum and add to it when the team returns to Ashern for game three on Friday.

"We've still got our work cut out for us and hopefully we can put it all together again in Ashern," he noted.

Most of the momentum Seigfried was referring to came from the

Beausejour series, where Lac du Bonnet beat the odds to win three straight in the best of five series to move on to the finals against Ashern. Down two games to none, the Blues stormed back to tie the series in Beausejour, and then win with a convincing 8-4 score back home in Lac du Bonnet on Tuesday of last week. In that game, the Blues and Stars entered the third period tied at three, but the Blues were able to put an exclamation point on the final period by scoring five times in the third, while surrendering only one goal to the Stars.

And as the team keeps winning on the ice, the Blues management reports the team is winning at the box office as well. Estimates for the final game against the



It was handshakes all around last Tuesday when the Lac du Bonnet Blues wrapped up game five of the SIHL semi-finals at home against the Beausejour Stars. The Blues have since moved on to the series finals against the Ashern Hornets and the series is currently deadlocked at one game apiece.

Beausejour Stars last night game against Ashern put the crowd numbers at around the 400 mark.

The next home game for the Blues will be this Saturday, Mar. 26, over the Easter long weekend.

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Manitoba Lotteries has embarked upon a vigorous new program of research and support initiatives to ensure that its Responsible Gaming Policy remains one of the most forward-thinking in North America.

The corporation will devote about \$10 million over the next five years to fund research into problem gambling and responsible gaming, and it has boosted planned spending on responsible gaming to about two per cent of net income. Total spending on responsible gaming in the next five years will reach \$27 million.

"It is a program that has become known for its very human approach and its openness," says Bev Mehmel, MLC's manager of Responsible Gaming. "By increasing our commitment to research and strengthening our partnership with the Addictions Foundation of Manitoba, we are confident we can make our programs more effective."

"The best programs are based on good research evidence, and the research will help us identify what is needed and what works."

The initiatives mean a substantial increase in program spending, from \$2.8 million in the year ending March 31st, 2005 to \$5.4 million in the next fiscal year.

The research will focus on six priority areas: social and economic impact of gambling; adolescent gambling and problem gambling; the relationship between mental health disorders and gambling addictions; best practices in prevention of gambling problems; aboriginal gambling and problem gambling, and research on the effectiveness of treatment and awareness programs.

Among the first research under the new program is a study already under way on the effectiveness of responsible gaming features in the new VLTs installed last summer.

"Our Responsible Gaming Information Centres at the Casinos of Winnipeg have been very effective in educating players about the nature of gambling, and in helping people who have gambling problems," says Bev. "But we recognize that some people run into trouble with VLTs, and we want to make sure we are able to help them, too."

The MLC is responsible for the management and operation of Club Regent and McPhillips Street Station Casinos, the Video Lottery Terminal (VLT) network, sales and distribution of Lottery products, Bingo paper, and Breakopen tickets.

Supporting our
communities



Cribbage comes calling

Provincial finals played in Lac du Bonnet over the weekend

by Jim Hampshire

For many, cribbage is a game usually played around the kitchen table, but for the elite few, cribbage is a passion some would travel 500 miles in order to compete at the tournament level. This was the case over the weekend when upwards of 100 of the best cribbage players in the province travelled to Lac du Bonnet to compete in the Legion's Provincial Command Crib Tournament.

The tournament, hosted this year by the Lac du Bonnet Legion, saw players come in as far away as Flin Flon and Thompson to the north, and from Thunder Bay Ontario to

the east.

"This is serious business," Lac du Bonnet Legion President Norm Rimmer said while taking a well deserved break in between games over the weekend. "Most every Legion has a cribbage club and the members compete inhouse to see who will go on to represent their branch in zone and district competitions."

Once players are able to win on the local level, Rimmer says the players then move on to compete provincially, which includes Northwestern Ontario when it comes to Legion matters.

"Our Provincial Command does in fact include the western parts of Ontario because

of the proximity to Manitoba," Rimmer explained. "When it comes to sporting events such as curling or Legion darts, these Ontario members regularly make the trip to Manitoba to compete."

More regularly to Lac du Bonnet would be a better way to say it as the local branch has hosted a number of provincial sporting events, as it pertains to Legion members, over the last five years. In 2000, the Lac du Bonnet Legion bid on, and won the right to hold the Legion Provincial Curling Championships at the local curling club, and a year later they hosted the Provincial Darts Championships at the branch.

"It's all part of being

proactive," Rimmer said. "We have great interest and participation in these events at our local Legion and it's good for our membership and our profile to go out and do the work to bid and host these events."



Over the last four decades, the Lac du Bonnet branch has grown from a small group that helped maintain the old community hall, to a thriving branch with over 400 members. Over the years the small community hall became Legion property, which was then renovated sev-

eral times to the point where it is today, which is an active clubhouse, complete with a lounge that operates six days a week.

As for the cribbage tournament this past weekend, we can report that Willie Wright of Selkirk won the singles competition on Saturday afternoon but information on further winners was not available as of press time.

The winners of the Lac du Bonnet tournament will go on to represent the Province in a national competition held in Sudbury Ontario later this year. Rimmer also pointed out that the event was a success due to the local businesses and both local councils who all help to sponsor the tournament.

*Wishing you
all the blessings of
Easter*

Vic Toews, MP
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Joe Paycheck (district sports chairman), Marie Wescott (crib singles runner up), Gord Walker (provincial sports chairman) and Willie Wright (crib singles winner)

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Brenda Broza (Pellier)

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 3 children, my toughest areas, my abs (which I gave up on) once again Della's machine's 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

The Nick rink wins the mixed

by Jim Hampshire

It was another successful bonspiel weekend in Lac du Bonnet, where 48 teams came from near and far to compete in the final club event of the season. On this occasion, the mixed teams hit the ice to open the bonspiel last Thursday evening, and after four days of curling it came down to the last end and the last rock in order to declare a winner.

In the First Event, the local curling club was well represented by two local entries in A-side and on B-side. The Nick Ogryzlo rink met the Schatkowsky crew in a nail biting final. After opening with a single, the Schatkowsky crew spent the most of the remaining ends playing the catch-up game after the Ogryzlo group took control, leading 5-2 by the fourth end. The Schatkowsky crew fought back in the fifth with a last rock double take-out to count two, setting the stage for a remarkable comeback.

After blanking the sixth, Ogryzlo took the hammer into the seventh end, only to see skip Wendell Schatkowsky stick a single on the button behind cover and steal his way to a 5-5 tie.

Again with the hammer, skip Nick Ogryzlo was able to turn the tables in the last end and bury

one on the 4 ft early, they they proceeded to set up a wall of guards in front of the house. After two unsuccessful raise take-outs, Schatkowsky turned his attention to a difficult delicate draw but came up a little heavy, prompting a handshake.

The win caps off a big year for the Ogryzlo group, who have already won mixed spiels in Whitemouth and Seven Sisters, with skip Nick also winning the Men's Bonspiel in Lac du Bonnet. And although the mixed spiel was the last major bonspiel in the region, the Ogryzlo group will be heading to Winnipeg later this month to compete in both, the Aboriginal Bonspiel, and the Manitoba Hydro Classic, an event the local rink has won in the past.

On the B-side back in Lac du Bonnet, the Trevor Loreth rink was throwing rocks with both hands as they were able to grab a commanding 8-1 lead on the Gene Lazaruk foursome by the third end. Much like the First Event, though, Lazaruk was able to battle back somewhat to make it interesting but handshakes were exchanged before the final end.

The C-side saw the Neil Armstrong rink defeat the Snowden entry 8-5 in another game that featured end-to-end ac-

tion. Armstrong battled his way to a tie in the fifth and was able to take the lead in six and hold on for the win.

Local curling club President, Gordon Karklin, said the weekend was enormous for the host club, with some draws spilling over to the Pinawa Curling Club on Saturday. The only draw back to the current draw system, he says, is the late 7:00pm start, scheduled for the finals on Sunday evening.

"So far there haven't been a lot of complaints by the out-of-town teams, which you'd think would be the case with a Sunday evening draw," Karklin reported. "But so far everyone seems to prefer the late finish rather than holding day-time draws on Friday."

The mixed spiel also hosted a banquet on Saturday evening at the community centre, catered by Drifter's Inn. As always, Karklin reports the event was well attended but the mild weekend did hamper one aspect of the weekend.

"The lounge didn't do as well as other years, likely because of the nice weather" Karklin said. "But when you sell out a bonspiel with 48 rinks, you have to say this weekend has been a huge success."

Up next, the Lac du Bonnet Curling Club will



Winners of the mixed bonspiel in Lac du Bonnet (l to r) Nick Ogryzlo, Val Ogryzlo, Don Hebert and Val Anderson

be hosting the annual RCMP Bonspiel this coming Saturday (Mar. 26), which raises funds for charities throughout the detachment region. And

although the bonspiel has a full field of teams, the local RCMP invites the public to drop in to watch and win, as there will be silent auctions and prizes.

The one-day event gets underway Saturday morning and continues through to Saturday evening.

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Health services discussed at Winnipeg River Regional Round Table meeting

from page 2

Hayes said that new doctors, arriving in Pine Falls, had to rent, on a month-to-month basis, homes that were up for sale, and would have to move out if the house was sold. He said that NEHA was prepared to work with the community with a view to purchasing homes for rental to physicians moving into the area. He said there are funds available - jointly managed by NEHA and a community organization that could be used to purchase the homes. They could then be rented out on a self-sustaining basis. "We're wide open to ways of working together," He said. "You've got to look at the cup that's half full and fill the other half."

The Round Table has forwarded an application, in conjunction with the Black River First Nation, to the First Nations Forestry Program for

funding for a feasibility study for a post secondary education training centre in the region. They have written to the Greyhound Bus Company urging them to maintain bus service to the community.

They are also pushing for inclusion of improvements to highway 304 in the Department of Highways budget. All engineering work has been done and all that is necessary is to fund the work and do it. The existing highway 11 is dangerous in winter, lives are being lost and the state of the road is having a negative effect on the development of the region.

The Winnipeg River Regional Round Table is one of several Round Tables throughout Manitoba. They are sponsored by the provincial government and bring together community stakeholders with an interest in the social and economic development of the community.

Powerview School family fun dance

The gym was the hub of activity Friday March 11th with its 2nd annual Family Fun Dance which was presented by Powerview School Parent Advisory Council. There were approximately 240 people from community who attended, many from our neighboring schools, an outer space themed evening. Powerview School mascot made a special appearance and judged the best Table Art. The kids enjoyed activities like Alien Ring Toss, the Limbo, the Chicken dance, Musical Stars and many other activities. Aidan Chilsom, kindergarten student from Powerview School won the door prize a telescope. We hope that Aidan is enjoying watching out for the planets in our night skies. PPAC would like to thank the Grade 1/2 French Immersion students who did a wonderful job on the solar system. The information they provided was very helpful for the Family Dance Quiz. We would like to thank the many volunteers who came out to help

make the evening a great success. It is their dedication to helping at our school that makes events like the Family Fun Dance possible. Powerview School PAC would also like to thank the following organizations for their generous donations to the dance; Chicken Chef, Chateau, Deals for Dollars, Pine Pharmacy, Rona, Power Falls Auto body, Wal-Mart, Sears, Zellers, and Toys 'r' Us. It is their donations to our dance that makes such an affordable night out with the kids.

Our next meeting will be

held on Monday, April 11th at 7p.m. in Powerview School. The focus of this meeting will be the proposed budget for our school. All indications point to a possible staffing reduction and the loss of up to six high school courses. This meeting is open to parents, as well as the community at large. We would like to remind you that your time and your voice do count and that this is a great avenue to express your ideas and thoughts. Please don't sit back and take your school for granted, solutions are found when many people come together to solve a problem.

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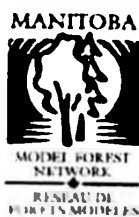
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CANADIAN INDEPENDENT

**Do you have a great project idea?
Find out how you can tap into resources
to bring the project alive!**



The Manitoba Model Forest Presents:

Eastern Manitoba Funding and Resources Forum

Learn about the organizations and programs available to help individuals, communities and community groups with projects in the Eastern Manitoba region.

Find out how to access funding and technical support in the following program areas:

- ▣ agriculture ▣ economic development
- ▣ heritage resources ▣ tourism ▣ recreation
- ▣ improvement and protection of the environment

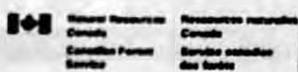
Information displays and organization representatives will be on hand to provide assistance and answer questions.

**Thursday, April 7, 2005
10 am. - 4 pm.
Great Falls Community Center
Great Falls, Manitoba**

Residents, communities, and community groups in eastern Manitoba are encouraged to bring their project ideas, submissions and questions to the Eastern Manitoba Funding and Resources Forum.

For additional information about the Forum, contact the coordinator:
Carissa Wieler, e-mail: carssa.wieler@shaw.ca Tel: (204) 668-1583

Or contact the Manitoba Model Forest offices.
Tel: 204-367-5232 Fax: 204-367-8897
P.O. Box 6500,
Pine Falls, Manitoba R0E 1M0



Easter Wishes

*Wishing everyone a
Peaceful and
Blessed
Easter Season*



**GERALD
HAWRANIK**

MLA, LAC DU BONNET

No time for winter blahs at Pine Falls School

Even though the winter weather seems relentless and it will be nice to see that first green blade of grass or hear that first robin, the winter months have quickly blown by at Pine Falls School.

We saw ourselves - students and staff alike, returning to school after the Christmas holidays remembering the tsunami victims and their families all around the world. Wondering how we could be so fortunate and, what could we do to help? Pine Falls students rallied in support of those most in need through a fundraising campaign called "Hands Over the Ocean".

Each student from grades K - 8 painted their hand and placed them on a banner. Each handprint was connected to another to eventually form a symbolic wave. The various colours of the hands symbolized the different nationalities of those affected and the wave represented the tsunami and the financial support and compassion the students and staff felt for those who lost their lives, homes and possessions.

In all \$1020.00

was raised in support of the Salvation Army's Tsunami Relief efforts. We want to thank all those who contributed in making our "Hands Over the Ocean" campaign a huge success.

We quickly moved into February and students and staff found themselves immersed into Manitoba's Reading Month and participating in activities centered on the theme, "Cultural Diversity".

Our librarian Ms. Filep, issued passports to all students in the school to record the stories and books they read. At different times throughout the month, you could find students reading in their pyjamas with teddy bears or the grade 5 teacher reading in the grade one class while the grade one teacher was reading in the grade 5 class. You could find students and staff enjoying 15 minutes of pleasure reading at different times throughout the day as we would "Stop Drop and Read". You could also find the Kindergarten students delivering mail throughout the school as part of their Post Office duties. You

could even find grandparents in the school reading to students.

Students in grades 4-8 were each challenged to read 25 cultural stories during the month. We learned lots about different cultures around the world. On Feb. 28 @ 3:30 forty-three students met their challenge!!! So... they enjoyed a 24 ft. long Super Sub lunch from Subway compliments of the Pine Falls Home and School.

We celebrated the last day of reading month with the performance "Rusty the Red Bear" by the grade 1 and 2 classes which was enjoyed by the whole school.

February was also the month grades 6-8 students had been waiting for since September. They were going on a two-day skiing trip to Giant's Ridge, Minnesota. Students saw it as no school for two days. Yippee!! They soon realized there were lots of things to learn at the ski hill and there could be just as much frustration learning to ski or snowboard for the first time as there could be in the classroom. And rules - ski hills have lots of rules to ensure everyone is safe and enjoy their experience! Everyone had a really great time!

March rolled in and we thought spring had arrived!! We were mis-



Jay Stoller with an African drum

taken of course but we had a guest in the school that brought a fresh, new activity for us to learn.

During the week of March 7th - March 11th we were privileged to have Mr. Jay Stoller visit our school as part of the "Artists in the School" Program. Jay worked with all grades (K-8) during the week, teaching African drumming and culture. On Friday, March 11th, we were able to present our new-found



The Grade five Class drumming

talents to the student body and parents. It was an educational and enjoyable week. We can't believe how much we

learned in such a short time! Wow - now it's the 4th week of March and we are looking forward to Spring Break.



Emily Barkhouse, Tara Ursel, Robin Stonebridge snowboarding at Giants Ridge



Grandparents reading (left to right) Denise Pelletier, Kasey Inkster, Brian Donnelly, Keenan Donnelly, Faye Donnelly, Eileen Robertson, Cailyn Kraynyk



Tsunami Relief Project

Having a baby?

Healthy Baby community programs provide support to pregnant women, new parents and their babies.

Having a baby changes your life. New babies can be demanding, especially for new parents. That's why the Healthy Baby community programs were developed.

Healthy Baby community programs are friendly, informal programs that provide you with support, information and resources before and after you have your baby.

Drop in to your local Healthy Baby group and you can:

- Ask questions about your pregnancy, your baby's development or parenting support
- Enjoy nutritious snacks, try new recipes and get information about nutrition and health
- Visit with other moms and dads and take part in activities with your baby

It's what's inside that counts

It's important to eat well to help you and your growing baby when you're pregnant. If you live in Manitoba, and your net family income is less than \$32,000 a year, you can receive a monthly Manitoba Prenatal Benefit cheque during your pregnancy to help you buy the healthy foods you need.

For more information

To learn more about the Healthy Baby program or to find out about locations of Healthy Baby groups, please call:

945-1301 (in Winnipeg)
1-888-848-0140 (outside Winnipeg)
945-1305 TDD (Telephone Device for the Deaf)
www.manitoba.ca/healthychild
or contact your local public health office



Preventing falls in seniors

submitted by Celesté Basson, Physiotherapist

More than one-third of Canada's elderly population (ages 65 and older) fall each year. It's estimated that 50 percent of those who fall will suffer moderate to severe injuries such as sprains, hip fractures, or head traumas that permanently reduce their mobility and independence. Direct health care costs relating to falls among seniors in Canada are estimated at \$1 billion every year. This accounts for 84 percent of injury-related admissions to hospital, 40 percent of all admissions to nursing homes, and a 10 percent increase in home-care services.

How can physiotherapy help?

More than 90 percent of incidents that result in injuries are predictable and preventable. Studies show that modifying the home and reducing hazards in the community can reduce the risk of falls by half. Impaired vision or mental functioning along with medications are other risk factors. A physiotherapist can help evaluate the home environment to identify objects that increase the risk of falling - loose rugs, slippery or uneven surfaces, unsecured cords and wires. Good lighting and well thought-out furniture arrangement can also help prevent unnecessary accidents.

Many seniors imprison themselves in their homes from a fear of falling. By doing this, they lose the physical benefits

of normal activities and may compromise balance and muscle strength, putting themselves at even greater risk of falling even at home.

The risk of falling in older adults can be reduced dramatically when specific exercises, activities and interventions are prescribed by a physiotherapist. A targeted physiotherapy treatment program can help maintain or regain strength, flexibility and endurance in a way that still feels safe and secure.

For example, a physiotherapist will assess a senior's physical status and provide appropriate recommendations or treatment. As part of the assessment the physiotherapist will review medical history and determine the senior's general physical condition, as

well as conduct a series of tests specifically designed to measure strength, flexibility, balance and gait (the way each person walks). After determining the primary limitation, a program of exercise and activities will be prescribed that focus on that area but with an overall goal of improving physical function and mobility.

If required, a physiotherapist may also use modalities to increase range of motion and musculoskeletal flexibility. These may include electrical stimulation, massage, hydrotherapy, heat, cold and ultrasound. In the event that poor balance is caused by damage to the inner ear, and there are additional symptoms such as vertigo dizziness, or nausea, a physiotherapist may also prescribe a vestibular rehabilita-

tion program that will correct the inner ear response to changes in position.

Tips for reducing the risk of falling:

Plant both feet securely on the ground before getting out of the car;


Wear a good pair of lace-up walking shoes that will support your feet and provide necessary cushioning for your joints; this will make walking safer and more comfortable. Avoid high heels, slippers, and open-toed sandals, which can cause you to trip;

Use aids for walking, balancing, hearing and seeing - view them as sources of strength to help you do things, not signs of weakness;

In winter, before taking the garbage out to the sidewalk,


See PREVENTING/page 15

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 INDEPENDENT CANADIAN

Easter Services...




Notre Dame du Laus Church (Powerview)

<u>March 24: Holy Thursday</u> 7:30pm Mass of the Lord's Supper 8:30pm Adoration until Midnight	<u>March 25: Good Friday</u> 10am Way of the Cross 3pm Passion of the Lord
<u>March 26: Holy Saturday</u> 2pm Blessing of Easter Foods & Garden Seed, 8pm Easter Vigil Mass	<u>March 27: Easter Sunday</u> 8am Resurrection of the Lord 10am Resurrection of the Lord

Our Lady of Mount Carmel Church (Stead)

March 27: Easter Sunday
12 noon Mass of the Resurrection of the Lord

Christ is Risen. Alleluia!




Pine Falls United Church & Church of the Advent

March 24:
Church of the Advent: Foot Washing, at 7pm

March 25: Good Friday
Joint Service United Church with Pine Falls Anglican Church of the Advent 7:00pm at Church of the Advent. The Solemnity of Good Friday

March 27: Easter Sunday
Church of the Advent: Sunday, 9am
United Church, Pre-Service Coffee at 10:15am. Service at 11am.



St. John's Church (Lac du Bonnet)


<u>March 24:</u> 4:30pm Foot Washing	<u>March 25:</u> 10am The Solemnity of Good Friday
<u>March 27: Easter Sunday, 11:30am</u>	

Lutheran Church of the Cross (Lac du Bonnet)

<u>March 25: Good Friday</u> Service begins at 11:00am	<u>March 27: Easter Sunday</u> Service begins at 11:00am
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Abundant Life Chapel (Lac du Bonnet)

<u>March 24:</u> 7:00pm Movie Showing "The Passion of the Christ"	<u>March 27: Easter Sunday</u> 8:30am Easter Breakfast
<u>March 25: Good Friday</u> Services at 10:30am	9:15am Sundry School 10:30am Easter Celebration Service



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Ol'Kings vs. Blue Bombers

submitted

An exciting game between the Ol'Kings and the Blue Bombers was held Saturday night March 12th at Pine Falls Arena. The game was a fundraiser for the Pine Falls Dancing Blades Figure Skating club. The game went down to the wire and in the end it was a tie. We also held a 50/50 draw, the winner was Kristen Durocher. We held a draw for a 5lb chocolate bar, the winner was Trinity Cyr. The skating club would like to thank the Blue Bombers who came out to help our club. They were very cooperative. We would like to send a great big thank you to Edgar "Chick" Desautels for all of his hard work, without him and the Ol'Kings we could not have done this. The Ol'King generosity extended further when disappointed by the lack of attendance donated a 100\$ to our club, a kind gesture that we

can not ignore. We must thank Kim and Laurie Wilson who helped us out with a donation to help feed the Bombers and who provided refreshments for the Ol'Kings. A thank you to Dancyt's for the donation of the 5lb Chocolate bar. We would also like to take some time to tell you that there is an Easter basket raffle in support of our club at the Pharmacy. We would like to thank the following establishments for the donation to the basket; Pine Pharmacy, Rona, Celebrations, The Quick Spa, The Pine Falls Shell, Midway, Through the Arbour and the Hair Shoppe.

Our club, despite our efforts to fundraise, is on the verge of extinction. We are in limbo as are many of the sports who rely on our rink. We urge the community to come out and support your local rink and clubs. Sometimes it's not always money that will help a situation out.

Library Corner

Lac du Bonnet Regional Library

We have books for every reason and for every season! Easter is a time of serious reflection, but also a time of celebration! Along with other seasonal favourites we recommend reading *No Wonder they Call Him the Savior* by Max Lucado and *The Purpose Driven Life* by Rick Warren.

Perhaps you've read Dan Brown's *Da Vinci Code*? This book raises many questions by the claims that are made. Darrell L. Bock, Ph. D, Research professor of New Testament studies at Dallas Theological Seminary writes *Breaking the Da Vinci Code* "to distinguish fictitious entertainment from genuine historical elements of Christian faith." "But be prepared", he warns, "There are some interesting—even—alarming—surprises along the way" as you discover the most important code of all."

A reminder also, for those who have not yet seen it, that *The Passion of the Christ*, the Mel Gibson movie, is available at the library in VHS. Check out our special display this week of inspirational reading, recipe and decorating ideas, and fun stories for the kids! Enjoy a great Easter weekend with friends & family!

Late-breaking news about February's *Battle of the Books*.... Our Team Won! Although many libraries reported less interest in the challenge this year, overall across the province statistics were up

by 2.89%. Our Team - Interlake & Eastman won with a 4.49% increase; Westman & Norman had a 2.6% increase; and Central & Parkland trailed with a 1.1% increase. Prizes to be announced.

Spring Break = great reading opportunities, kids! We have been saving an impressive number of new titles to introduce at this time.

Matt Christopher writes *Roller Hockey Rumble #3* in the eXtreme team series.

Gary Paulsen is back with another outrageous tale about extreme sports in *How Angel Peterson Got His Name!*

Mary-Kate & Ashley solve *The Case of the Dog Show Mystery*.

Anne Mazer tells us *The Best is Yet to Come* in the Amazing Days of Abby Hayes - Abby and Hannah need to find the perfect outfits for fifth-grade graduation!

Read #2 in the Dragons of Deltora series by Emily Rodda - *Shadowgate* (an ancient curse, seven mysterious dragons, and a race against time.)



Canadian author Deborah Ellis brings us another special story of children in parts of the world that are less fortunate. Royalties from her book will be donated to unicef. Read about an AIDS orphan from Malawi in *The Heaven Shop*.

Based on the hit TV series 7th Heaven, created by Brenda Hampton, we have *Wedding Memories* - "after a less-than-perfect start, Lucy had her perfect wedding. But who know that after the wedding ended, more Camden chaos would begin?"

City of Light, City of Dark, a story by AVI, will appeal to less avid readers as it is written in graphic novel or "comic book" style and features adventure and fantasy.

These are just a very few of the books awaiting your inspection in the junior and teen corner of the library. Get serious about reading - forget about school this week and pick up a book for a pleasurable read!

Concours d'art oratoire

Le Concours d'art oratoire is a public-speaking event sponsored by Canadian Parents for French which is aimed at stimulating the interest of English-speaking students in the learning of French and to reinforce the interest of Francophones in

learning their mother tongue.

Classroom and then school competition lead to the divisional and provincial event.

On March 17th the school competition was held at Ecole Powerview School. The winners will go to Beausejour on April 14th and then the provincial will be held on Saturday, May 7th at College St. Boniface.

Listed below are the successful candidates from the school competition.

Grades 3 & 4 French Immersion

1st place Ginette Berthelette - Moi

2nd place Elizabeth Paulson - Les livres

3rd place Jordan Beck - Ma chanteuse preferee

Grades 5 & 6 French Immersion

1st place - Cole Moreau - Le feu a la plage Victoria

2nd place - Stephanie McGhie - Garfield

3rd place - Kacey Gray - Le bison

Grades 7 & 8 French Immersion

1st place - Charlie Hawranik - Les personnes mayans

2nd place - Myles Whitford - Harry Potter

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MANITOBA MODEL FOREST INC.

COMMUNITY OPPORTUNITIES FUND



The Manitoba Model Forest supported by the Canadian Forest Service has established a fund to support local Model Forest area communities and organizations with projects that will improve local environment or socio-economic conditions. Preference will be given to projects involving youth.

A limited number of funding grants of up to \$10,000 will be awarded this spring.

Background information, eligibility criteria, and application forms are available from the Manitoba Model Forest.

Contact Bev Dubé at Tel 367-5232, fax 367-8897,
e-mail bdube@mb.sympatico.ca or

Rene Barker at 333-5136, email pogg@mts.net
or drop into our office in Pine Falls
Monday to Friday during working hours.

The deadline for applications is April 15, 2005 @ 12:00 Noon

Winnipeg River RCMP Report

The week of March 14th to March 20th, 2005



March 14
POWVIEW- a search for a male causing a distur-

bance at a residence had police patrol the area. Further information revealed the man

had left and no further problems were encountered.

March 15

O HANLEY- police recovered a vehicle that had been stolen from Winnipeg. The vehicle was towed and Winnipeg police services advised accordingly.

An emotionally disturbed youth was finally located after requests to locate the girl were made to police. The youth was safe and sound and returned home to family.

March 16

TRAVERSE BAY- police were able to recover a stolen snowmobile a short time later after the incident was reported.

March 18

BELAIR- a cabin fire caused police to attend and assist emergency response crews. Cause of the blaze was

still under investigation by the fire commissioners office at the time.

March 19

FORT ALEXANDER- a female causing a disturbance at a residence was dealt with by police. Alcohol was a factor in the incident.

Two youth were lodged in cells for their own safety and to prevent a further breach of peace after they were found wandering the highway intoxicated. Both were turned over to family members in the morning and issued tickets for minor consume alcohol.

March 20

POWVIEW- police attended a residence in search of an intoxicated male only to find the male had left the residence and a further patrol of the area could not locate him.

FORT ALEXANDER- a

complaint of a female yelling caused police to attend a residence for a possible spousal assault. Investigation continues on the incident.

SUMMARY:- RCMP also assisted other agencies & police in serving 7 sets of documents on individuals, attending 4 alarms to residences, issuing 3 con's under the highway traffic act and completing 5 traffic accident occurrence.

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

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

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

Beaches Library: Tues. 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 Auxiliary: meetings first Tuesday of every month 1:30 p.m.

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

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

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

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

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.

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

Village of Powerview: meets second Tuesday of each month.

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

AA & Al-Anon - The Beaches family group, Thursday 8:00 p.m., Senior Scene, Victoria Beach, 1 Ateah Road, 756-8018 or 756-2101.

Happy Tot's 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

Pine Falls Golden Leisure Club: Bridge 7:00pm Thursday, Canasta 1:00pm Friday, Whist 1:30pm Wednesday, Exercise 10:15am, Monday, Tuesday, Saturday, Cnb. 1st Monday of Month at 1:30pm

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. 367-2633 Everyone Welcome

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

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

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

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

TRINITY EVANGELICAL LUTHERAN CHURCH Thalberg, 1 mile east and 1 mile south of Junction #12 and #304 St. John's Evangelical Lutheran Church, Greenwald on Hwy. #12, 1/2 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 Pit 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.

Survivor's Hope Crisis Centre Inc.

PINAWA, MANITOBA...

In March Survivor's Hope Crisis Centre Inc. staff began offering workshops on sexual violence awareness to students at four Northeast Manitoba secondary schools. SADI (Sexual Assault Discussion Initiative) is a pilot project designed to offer educational opportunities on sexual violence awareness to secondary school students as well as service providers in the region. Under SADI, school workshops on topics related to sexual violence are being presented to selected groups in Senior 1 through 4 at participating schools in Sagkeeng, Powerview, Lac du Bonnet and Pinawa. SADI is an awareness initiative designed to address the root causes of sexual violence to bring about changes in beliefs and attitudes that contribute to sexual violence. "Sexual violence is an issue for all secondary school and university students," said Holly Parcey, Survivor's director, adding "only 6 to 10% of sexual assaults are reported to police.

With 77 reported in our region in 2003 we know there are hundreds of sexual assaults in the region every year." Some of the topics offered at the school workshops include: sexual harassment, healthy relationships, abusive relationships, dating violence, self esteem, respect and communication. The workshops run until the end of this school year.

The SADI workshops for service providers focus on understanding sexual assault, looking at best practices for supporting sexual assault survivors, and understanding the Sexual Assault Protocol for the region. Service providers currently participating in the pilot project include EMS, church groups, police and nurses. Any service providers or organizations within the NEHA boundaries interested in participating in the workshops can contact Survivor's Hope.

Funding to continue the initiative after the pilot project is completed is foremost on the minds of facilitators and board

members. Status of Women Canada has been the biggest funding organization to date. With funding drying up early in the fall the organization is gearing up to secure funding to continue SADI into its second school year. The organization hopes to expand the school workshops to include all secondary schools in the Sunrise, Whiteshell and Sagkeeng school divisions for the 2005-06 school year. The SADI school workshops are designed to bring information on sexual violence to students in each of the four senior years, with each year reinforcing and building on the information received the previous year. Education increases awareness and awareness increases safety.

For further information or to make a donation (and receive a tax receipt) please contact Holly Parcey at (204) 753-3150 or sarah@granite.mb.ca

Valerie G. Connell of VAL Communications helped prepare this news release.

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The Winnipeg River

Echo

Pineview Atom Girls Win Silver

During the weekend of March 12 and March 13, the Pineview Atom Girls hockey team traveled to Minnedosa to compete in the Female Atom "B" rural provincial playoffs. Some of the girls had suffered injuries prior to the tournament and missing from the line up were Randie Lemire and Madison Viznaugh; leaving the team with only goalie Emily Raymond and nine very determined skaters.

The girls started Saturday morning against Hamiota and handily disposed of them by a score of 6-2, much to the relief of a few very nervous coaches. Player of the game for Pineview was Kayla Breton with two goals and two assists. The girls had a two-hour break and then were back on the ice ready for whatever the rest of the tournament could throw at them. They met up with Melita next. Pineview absolutely destroyed Melita by a score of 10-1. Player of the game for Pineview was Jazlyn Johnston scoring four goals and one assist.

Following the Melita annihilation, the girls participated in the opening ceremonies and skills competition. Emily Raymond won the silver medal in the goal tending category, letting in one lone goal; Kayla Breton won the silver medal in the shooting competition, scoring on four out of six shots and hitting two goal posts.

After Saturday's games were

completed, the girls found themselves in second place, even though they had not lost a game. Sunday morning the girls faced the very strong home team of Minnedosa. A very determined Pineview Saints took to the ice and proceeded to chew up the strong Minnedosa team in front of the hometown crowd. When the game was over, Pineview had finished on top by a score of 4-1. Player of the game was goaltender Emily Raymond with some stellar goaltending; making key saves when called upon. The girls were headed to the finals.

The girls were up against the dominant team of Oakville in the finals. In a very action packed and physical game, the girls ended the first period with a 1-1 tie. After a mostly scoreless second period, Oakville was able to score with just over two minutes left on the clock; after the puck was dug out from under goalie Emily Raymond, after what seemed to be an eternity waiting for the officials to blow the whistle. The girls came out strong in the third period hitting a few goal posts, but the much larger Oakville bench proved to be a deciding factor as Oakville overcame Pineview by a score of 4-1. Player of the game for Pineview was Tenisha Kaminawaish with strong defensive playing throughout the game.

The community and the Eastern



Back row l to r: Bruce Johannson (coach), Madison Viznaugh, Kendra Osis, Jazlyn Johnston, Tenisha Kaminawaish, Ginette Berthelette, Joanne Raymond (coach); 2nd row: Kayla Breton, Renee Raymond, Dakota Bruyere, Breeze Johannson; Front row: Emily Raymond, Sabryna Johannson; Missing: Randie Lemire

region can very proud of how these girls represented the area on and off the ice. Coaches Bruce Johannson and Joanne Raymond were overheard commenting that they have never seen a team with more heart or that jelled together better than these girls. The team consisted of goal tender Emily Raymond; defense: Kendra Osis, Breeze Johannson, Tenisha Kaminawaish; one forward line of Da-

kota Bruyere, Kayla Breton, Sabryna Johannson; and another forward line of Rene Raymond, Jazlyn Johnston, Ginette Berthelette. Madison Viznaugh, unable to play because of an injury, ensured the girls were on the ice when needed by controlling the gate for them. Special thanks go to the stick boys for ensuring the girls' sticks were taped and at the arena for their games.

Report from Legislature



Report from Legislature by MLA, Gerald Hawranik

Budget 2005/06 - a missed opportunity

The recent Budget introduced by the Finance Minister, Greg Selinger, in the Legislature last week can best be described in one phrase - "a missed opportunity".

The Province is receiving historically high revenues this year, a total of \$525 Million more revenues than last year, largely due to greatly increased Federal Transfer Payments to the Province. This one-time increase in the base revenues available to the Province as a result of increased Federal Transfer Payments could have provided inflationary increases to all departments of government, and in addition could have taken the education tax off residential property and farmland for now and forever.

Instead of seizing this opportunity, the Finance Minister decided to fritter all that money away without providing any meaningful tax relief for Manitobans. Instead of putting more money in your pockets, the government has decided that they are the best judges as to where to best spend the money. I believe that much of the extra revenues should have gone back into your pockets by eliminating the school taxes on residential property and farmland. You could spend that extra money much more wisely than government would!

In spite of all this increased revenue, the Province will be increasing its debt

again this year. The debt is expected to be increased by another \$359 Million as a result of this budget in spite of the fact that the Finance Minister wants us to believe that he balanced the budget this year. There is an insatiable desire by the Minister of Finance to spend every nickel of the new revenues available to the Province this year, and then some. Not only is the Minister of Finance spending the \$525 Million of new revenues, but he is also spending an additional \$359 Million by borrowing that amount to ensure that enough funds are available to feed this government's insatiable desire to spend, spend, spend!

The total debt of the Province, including the debt of Manitoba Hydro, will climb to well over \$20 Billion this year. This is your mortgage, which must be paid back with interest, by you, your children and your grandchildren. Continuing to increase the debt in good economic times will only ensure that the Province of Manitoba remains a "have not" Province for a very long time!

If you have any questions regarding this article, or any other issues or concerns in the Constituency, please feel free to contact me at 268-4664, write to me at Box 430, Beausejour, MB, R0E 0C0, email me at gerald@geraldhawranik.com or visit my website at www.geraldhawranik.com.

The Winnipeg Humane Society

Low Income? Call our Subsidy Spay & Neuter Program Coordinator, Melissa @ 982-2038 today!

The WHS is in serious need of canned cat food; please drop off your donation to 5 Kent Street today!



Norway, 101907

This gem of a dog came in from Norway House as a stray with an old injury- a broken femur that was irreparable. Norway is the most resilient, most wonderful dog! She likes car rides, loves other dogs & even after having her leg amputated, runs & walks just fine! 3 years old, Norway deserves a great home with a really loving family. Her adoption fee is reduced by 25% and is only \$123.53! Includes all regular perks!



Magnus, 102601

Magnus came in to us as a stray old tom cat- a rarity, as stray cats rarely live to see their 3rd birthday. Magnus was found in the north end & has been blood tested NEGATIVE for FIV & FeLV! This sweet 7-year-old boy needs a fantastic retirement home where he doesn't have to worry about fending for himself anymore. Special senior kitty rate of \$59.00, includes all regular perks!

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

Lac du Bonnet RCMP Report

Report for the weeks of March 14th to March 20th, 2005



On the 14th of Mar., a report was rec'd of the theft of the lunch room cash box at the Pinawa Secondary School on the 18th of Feb.

On the 14th of Mar., a report was rec'd that a vehicle was in the ditch at the corner of P.R. 313 and 315 in the R.M. of Alexander. Police attended and found an adult male present who had been consuming liquor, however, insufficient evidence to proceed with an Impaired Driving investigation. Vehicle towed.

On the 15th of Mar., a re-

port was rec'd that an intoxicated adult male was causing a disturbance outside of a residence on Poplar Avenue in Great Falls. Police attended, arrested the male, and lodged him to sober up.

On the 15th of Mar., a report was rec'd of an Intrusion Alarm at a location off Riverland Road in the R.M. of Lac du Bonnet. Police attended and found same to be a False Alarm.

On the 15th of Mar., a report was rec'd that an underage male had been assaulted

by an adult male at the Orville Acres Arena in Pinawa. Took place on the 11th of March.

On the 17th of Mar., a report was rec'd of a 911 call from a location on Elsie in the R.M. of Lac du Bonnet. This was found to have been made in error.

On the 17th of Mar., a report was rec'd that a vehicle had been sitting in front of a business on Second Street in the Town of Lac du Bonnet for a number of days. Follow-up done with the Registered Owner, and arrangements made to have the vehicle removed.

On the 17th of Mar., a wedding band was turned in as found property. Same was

found on Park Avenue in the Town of Lac du Bonnet.

On the 17th of Mar., a report was rec'd that a vehicle was parked on a parking lot on Minnewawa in the Town of Lac du Bonnet since the Fishing Derby on the 12th of March. Same will be towed if not picked up by the Registered Owner.

On the 18th of Mar., a report was rec'd of the theft of gasoline from the Highways Yard on P.R. 317 in the R.M. of Lac du Bonnet.

On the 18th of Mar., a report was rec'd that an adult male was trespassing on the parking lot of the Lac du Bonnet Senior School after being told to stay off the property.

Police patrolled, however, the subject had departed.

On the 18th of Mar., a report was rec'd that a power line was down on P.T.H. #11 in the vicinity of Seven Sisters in the R.M. of Whitemouth. Police attended and did traffic control while the necessary repairs were effected.

On the 19th of Mar., a report was rec'd that a bag containing curling equipment was stolen from the rear of a truck while parked in downtown Lac du Bonnet on Friday evening.

On the 20th of Mar., a report was rec'd of damage to property at a location on Lee River Crescent in the R.M. of Lac du Bonnet.

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, Powerview meeting room

Prenatal classes: held regularly at Lac du Bonnet. Please register with Gail 268-7465 or call your local public health nurse

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

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

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

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

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

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

Horticultural Society meets second Tuesday of every month 7:00 p.m., LdB Senior School Home Ec Room. No meetings Jan, July, Aug. 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 Sealers Resource Council Inc. Call Pat at the Lac du Bonnet office, Health Centre at 345-1227. Services: driver escort, lifeline personal response system, friendly visitors, fee-for-service handy helpers.

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

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

Alzheimer Society Harald Huege, 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 345-8634

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

NOTRE DAME CATHOLIC CHURCH

Father Mirek Szymal, 345-2980

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.

Library Allard

The results are in for Battle of the Books. It was a tight race that saw the Interlake and Eastman Region (that's us) come out on top with a 4.49% increase in circulation for the month of February as compared to February of 2004. Westman and Norman Region placed second with a 2.6% increase and Central and Parkland came in with a 1.1% increase. Thanks to all of our patrons who continually support the libraries!! Prizes to be awarded at a later date.

Don't forget to keep the library on your list of "things to do" over Spring Break. This is a great place to come with the kids and spend some time reading together. We have a great selection of Easter books

out right now and also a few good movies that are Easter theme related such as "The Berenstain Bears Easter Surprise", "Bugs Bunny's Easter Favorites", and "The Great Easter Egg Hunt".

With Spring just around the corner you may be considering a possible landscaping change, tending to the Spring bulbs that will soon be rearing their pretty heads and/or getting ready to build that deck! We have books on display that will get you started on whatever your spring project may be. Spring cleaning? Check out *The Complete Home Organizer*; *Storage, Great Ideas for Organizing Every Room in Your Home*; *Ideas for Kitchen Storage*; or *Done in*



a Day Storage Solutions by Time Life Books.

Here is a quick list of some of the books we have just received: *Trans Canada Trail Manitoba - an official guide*; *The 2005 Prairie Garden - Featuring Lilies*; *Prairie Pathfinders - Winnipeg Walks (discovering Winnipeg on foot)*; *Digital Photography, hints, tips and techniques*; *A Store Like No Other - Eaton's of Winnipeg*; *Be Honest, You're Just Not That Into Him Either* by Ian Kerner, Ph.D.; *Sideways (from the Oscar nominated best film of 2005)* by Rex Pickett; *The Sad Truth About Happiness* by Anne Giardini - daughter of Carol Shields; Terry Goodkind's latest *Chainfire*; *Whiteout* by Ken Follett; *The Yuletide Bandit* written by Winnipeg's Mike McIntyre is the true story of Michael Symyk who went on a 7-year crime spree from Vancouver to Winnipeg and was later captured after a 12-hour standoff with Police at a Winnipeg brothel; and last, but surely not least, one of my favorite *Ladies Supernanny: How to get the best from your children* by Jo Frost.

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

Midwest
INSTALLATION GROUP

Your Bell ExpressVu Installation Experts

Marc Fenez
367-9133
marc@midwestinstallation.com

Midwest Installation Group is a dedicated network of professional dealers committed to Quality installations and excellent customer service. We are proud to offer a 90 day installation warranty, and all components installed have a one year parts and labour guarantee.

Offer subject to change, some conditions apply

api

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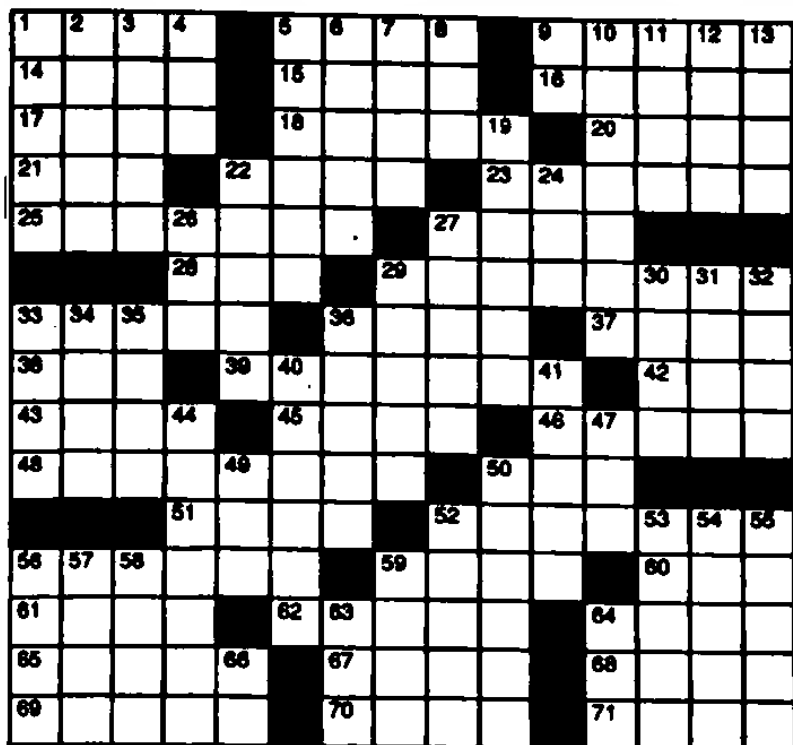
REMOTE CONTROLS AVAILABLE PACKAGE INSTALLATION

FREE- Basic Security System \$0

\$26.95/month monitoring
API ALARM - 36 month contract

Call for Details! Only \$99.00 INSTALLED

WEEKLY CROSSWORD



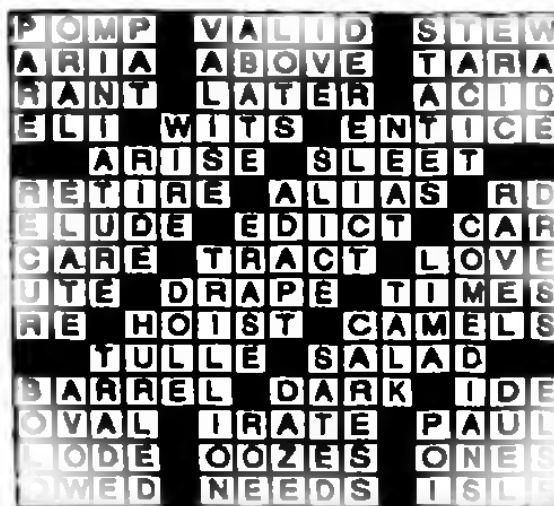
- 52 Accumulation of tasks
- 56 Ramble
- 59 Dispatched
- 60 Mouth (comb. fm.)
- 61 Come into sight
- 62 Fabric
- 64 Egg's shape
- 65 Rose oil
- 67 Leaf
- 68 Inform
- 69 Intended
- 70 Maturing agent
- 71 Playing card

- DOWN**
- 1 Toils
 - 2 Anew
 - 3 Trombone
 - 4 Clucker
 - 5 _____ Heights, Ohio
 - 6 Loest point
 - 7 Sound to attract attention
 - 8 The generation _____
 - 9 Manuscript
 - 10 Signifies
 - 11 Darling
 - 12 Female voice
 - 13 Proofreader's mark
 - 19 Kettledrum
 - 22 Form of trap shooting
 - 24 Sticky stuff
 - 26 Inclined
 - 27 Moses' brother
 - 29 Transcending (pref.)
 - 30 Detroit product
 - 31 Pleased
 - 32 French river
 - 33 Ricochet
 - 34 Loud ringing

- ACROSS**
- 1 Dry bed of a stream
 - 5 Protuberance
 - 9 King of Phrygia
 - 14 Girl watcher's look
 - 15 Sound of laughter
 - 16 Trout like fish
 - 17 April sight
 - 18 Expert
 - 20 Top of the head
 - 21 Tease
 - 22 Type of milk
 - 23 Luzon native
 - 25 Soft shoe
 - 27 Love (L.)
 - 28 Through
 - 29 Subversive destruction
 - 33 Grudge
 - 36 Luminous radiation
 - 37 Moro native
 - 38 Range of understanding
 - 39 Frog larva
 - 42 Salt
 - 43 Othello character
 - 45 Lacerated
 - 46 Type of electron tube
 - 48 Excess
 - 50 Coal holder
 - 51 Account

- 35 Bus Stop author
- 36 Reverse
- 40 Coral islands
- 41 Official proclamation
- 44 Footstool
- 47 India _____
- 49 Actor March
- 50 Pennant
- 52 Woolen fabric
- 53 Devotee
- 54 Papal cape
- 55 Gee
- 56 Bang
- 57 Lug
- 58 Roster
- 59 For men only
- 63 So. American river
- 64 Baseball's Mel _____
- 66 Football position

LAST WEEK'S ANSWERS



Did you know?

For every human being on earth, there are about 200 million insects.

The harmonica is the world's most popular instrument.

By the time they are 65 years old, most people have watched more than nine years worth of television.

The puck in ice hockey can travel at up to 118 mph (190 km/h).



CRYPTIC PUZZLE

BMC TZML VZQNZWC CL ZMBHRCQ
TZML HQCZLJQC.

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

TOO MANY COMMITTEES WASTE HOURS AND KEEP MINUTES.

Weekly Echo Horoscopes

ARIES (Mar. 21 - April 20)
You haven't been watching your spending habits and you may have been neglecting your duties. Your domestic scene could continue to be in an uproar this week. Do not expect others to do your work. Channel your efforts into achieving your goals.

TAURUS (Apr. 21 - May 21)
Travel will promote new romantic encounters and additional cultural knowledge. Deception in your home is evident. Don't beat around the bush. Double-check before you go out. You are best to ask questions if you aren't certain about issues that are confronting you.

GEMINI (May 22 - June 21)
Your talent will be recognized. Get out and have some fun. Don't get involved in other people's private doings. You won't have to look for the action.

CANCER (June 22 - July 22)
Investments that deal with property will be lucrative; however, upsets with family members may be likely. Don't share your dilemma with those you work with. Be sure not to reveal private information to the wrong individuals. Discuss your objectives with peers or lovers.

LEO (July 23 - Aug 22)
Think about your priorities. Dig deep to find out how costly a new venture will be before you sign on the dotted line. Don't give up what you have until you can be certain just what it is you're getting. Deception is evident around you.

VIRGO (Aug. 23 - Sept. 23)
You may want to make changes in your home environment. Get involved in groups that can offer intellectual stimulation. You need to spend less time daydreaming and more time accomplishing. Don't spend too much on products that promise amazing cosmetic results.

LIBRA (Sept. 24 - Oct. 23)
Organize your day to avoid any setbacks that might ignite temper flare-ups. You are best to avoid confrontations. Secret love affairs may be enticing; however, you must be prepared for the restraints that will follow. You will meet exciting new people through interest groups or functions that you attend with your children.

SCORPIO (Oct. 24 - Nov. 22)
Don't let them blame you. Don't lament to a friend about any grievance regarding your mate, or it may be hard to rectify your relationship. Compromise if you have to, to avoid verbal battles. Don't be too quick to judge others.

This edition covers the week of March 14 to March 20

SAGITTARIUS (Nov. 23 - Dec. 21)
Chronic health problems are likely to surface if you are keeping your problems locked up inside. You can enjoy short trips. Compromise may be necessary. Do something constructive outside.

CAPRICORN (Dec 22 - Jan 20)
Do not get involved in joint financial ventures. You must get out and mingle. Help with your aspirations is likely, and profits could follow. If they don't like the plan, suggest that they contribute a little.

AQUARIUS (Jan. 21 - Feb. 19)
Someone around you may not be trustworthy. Turn things around, make sure that they do their share. Business conducted in your own office will proceed smoothly. Refrain from arguing with your mate.

PISCES (Feb. 20 - Mar. 20)
Remain calm and you'll shine. Passion should be your goal. If you put your energy into physical outlets you will avoid confrontations. Your intellectual charm will entice mates who have common interests. You will have a tendency to exaggerate, which will lead to major confrontations with loved ones.

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 Sale by Owner
2 bedroom, full basement, partially furnished, large fenced in yard, 2 garages & 1 storage shed. Excellent Starter Home! **LOW PRICED, Must See!** Call 367-2708 for more information. 1-2

1996 Red Chevy 115 Pick-up, 4 wheel drive, extended cab, asking \$15,000, awesome truck but must sell, call 367-9522. TFN 7

Guitar Lessons available in Beausejour year round. Acoustic, electric, bass and classical. Phone Gail or Don at 268-0237 Cell, or 268-9007, if no answer, please leave a message. 2-1



In loving memory of Marg Pitre who passed away March 21, 2004

Everyday in some small way, memories of you come our way. Though absent you are always near, Still loved, still missed and very dear. No longer in our lives to share, but in our hearts you are always there.

Lovingly remembered and always missed, Marcel and family

In loving memory of our Dad and Grandpa, Babe Pachkowsky

Dear father (grandfather) you are not forgotten, Though on earth you are no more. Still in memory you are with us, As you always were before. Gone is the face we loved so dear, Silent is the face we loved to hear. Too far away for sight or speech, But not too far for thought to reach, Sweet to remember him once here, Who, though absent, is just as dear. Nothing can ever take away. The love a heart holds dear; Fond memories linger every day. Remembrance keeps him always near.

Always loved and missed, Cam, Cheryl, Stephanie, Brendan, Aaron Grant, Lori, Drake, Chase, Dez, Michelle, Kyle, Chad and Jeremy



Sanderson, Lenora (Norrie) Charity Mackay

Peacefully with her family by her side on March 20th, 2005 at Riverview Health Centre.

Survived by her children Chris, Mike (Christine), Steve (Peggy), Pat (Kelly). Grandchildren Lori (Grant), Sheena (Lawrence), Jen, Kyle and Tyler. Great grandchildren Drake and Chase and Special Friend Bob Doll.

She was predeceased by her husband Bill in 1986.

Mom was born in Toronto, Ontario, July 15th, 1920. She married Bill on January 5th, 1949. They moved to Pinawa in 1964 and then to Lee River, Lac du Bonnet 1969. Mom's real passion was her family and her children's friends who all loved her as a mom. She enjoyed croquet, bird watching, reading and watching baseball, especially the Toronto Blue Jays, whom she watched since their origin.

The family wishes to thank the staff at Pinawa Hospital and a special thanks to the staff at Riverview Health Centre who made Mom's last days comfortable.

In lieu of flowers donations may be made to the Winnipeg Humane Society.

UNDER THE PLANNING ACT WINNIPEG RIVER PLANNING DISTRICT NOTICE OF PUBLIC MEETING REGARDING ALTERATIONS TO BY-LAW 54-04

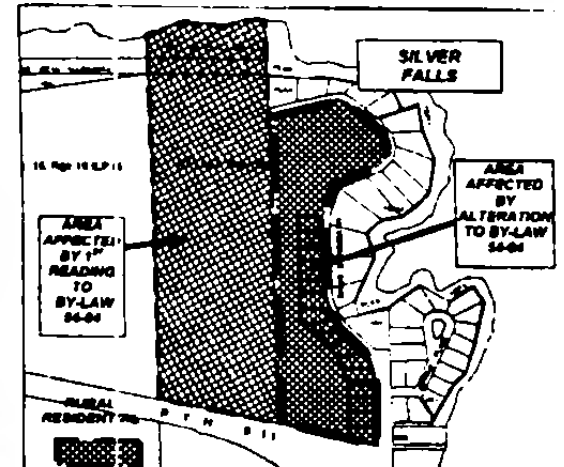
The Board of the Winnipeg River Planning District, under the authority of The Planning Act, will hold a PUBLIC MEETING, at The R.M. of Alexander Administration Offices, in St. Georges, Manitoba on the 19th day of April 2005, at 6:15 p.m., at which time and place the board will receive representations and objections, in any, from any persons who may wish to make same in respect of **Alterations to By-law No 54-04**, being a by-law to amend By-law 14/90, being The Winnipeg River Planning District Development Plan, as amended.

A copy of the above **By-law No 54-04**, with alterations, and supporting material may be inspected by any person between the hours of 8:30 a.m. and 4:30 p.m., Monday to Friday, at the office of the Winnipeg River Planning District located in the R.M. Of Alexander Administrative Offices, at St. Georges, Manitoba.

The general intent of the above noted alteration to by-law 54-04 amend Appendix "C" of the Winnipeg River Development Plan in order that the land described as follows;

Part of the E 1/2 of River Lot 1-18-10 and Block 4 Plan 15, 15424 lying west of Silverdale Drive (Also referred to as Silver Falls West)

As shown shaded and outlined by a heavy broken line on the sketch below, be hereby redesignated from "Natural Resource" to **"Rural Residential"**



Appendix "A"
Attached to By-law No. 54/04 of the Winnipeg River Planning District amending Appendix C, as amended of By-law 4/90 being The Winnipeg River Planning District Development Plan as amended.

Legend:

 Rural Residential Areas
 Limits of area affected

MANITOBA INTERGOVERNMENTAL AFFAIRS AND TRADE
Date: September 21, 2004
Doc. Number: 03-70-714

Ladies, Is your Bra Comfortable? Custome fitted Bra Clinic in Pine Falls, Thursday, March 24th. 200 Bra Sizes available 30AA-52KK. Breast Prosthesis and enhancers also available. For more information/Appointment call 1-800-254-3938.

Dufour Daycare
Licensed Family Home Day Care. After our own family time, to rejoice in the birth of our youngest daughter, we now have limited subsidized spaces available. Please contact Darren or Heather at 367-4598. 2x-1

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. 3x-11

Rooms and Suites for rent. Weekly and Monthly rates available. Hydro and satellite included, call Omer at 367-9991 or 367-4210. 26-TFN

Hairdresser or Barber wanted to work Saturdays or possibly evenings in popular, busy full service salon in Pine Falls, Manitoba. Call Shanna or Nancy at 367-2875. 4x-4

Contractors wanted to load, haul and unload 16 foot logs, phone 1-204-689-2261, Wabowden, Manitoba. 3x-2

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, March 23
Soup, chicken cutlets, rice, bean salad, fruit cocktail.

Friday, March 25
Soup, salmon patties, pasta salad, corn, spice cake.

Pine Falls 5 pin news

The Northeastern was won this year by a Pine Falls team of Jonathan Coss, Derek Anderson, Claire Sokoloski, Ron Pachkowsky and Corinne Pachkowsky.

Derek Anderson took men's high quad with a score of 858.

Nancy Breton took the ladies high single with a 296.

Week #16

The ladies high games were Nancy Breton 217, 205, Sharon Tremain 202.

The mens high games were Graham Gauthier 283, 225, Jerry Gauthier 279, 228, 214, Denten Normand 258, 225, Robert Mulholland 246, Todd Jesseau 236, Carl Palmquist 219, Rick Thomas 219, Brian W. Bruyere 213, Don Powell 211, Greg Gervais 209, Brian Bruyere 208, Ron

Pachkowsky 206, 202, Derek Anderson 200.

The male bowler of the week was Cheryl Hildebrand 187, who was 69 pins over her average.

The male bowler of the week was Graham Gauthier 283, 93 pins over his average.

The Legion Special was won by the Fire 3343.

High triple games were Jerry Gauthier 721, Denten Normand 659.

Week #17

The men's high games were Dwayne Duff 300, 202, Ron Pachkowsky 262, Jerry Gauthier 258, 242, 219, Todd Jesseau 253, 205, 200, Graham Gauthier 249, Derek Anderson 248, Jonathan Coss 243, 206, Ron Knott 244, Brian Bruyere 225, Denten Normand 211, 200.

The female bowler of the week was Rena Cure 198, who was 66 pins over her average.

The male bowler of the week was Dwayne Duff 300, which was 117 pins over his average.

The legion special was won by the Young Guns 3308.

High triple games were Jerry Guathier 677, 626, Ron Pachkowsky 644, Dwayne Duff 663, Graham Gauthier 616, Todd Jesseau 658.

Week #18

The ladies high games were Doris Kahle 222, Tracey Keenan 222, Nancy Breton 203, Corinne Pachkowsky 200.

The men's high games were Don Powell 285, 270, 235, Todd Jesseau 274, 264, Robert Mulholland 238, Greg Gervais 223, Mike Osis 222, Graham Gauthier 211, 207, Jerry

Gauthier 205, 204, Ron Knott 204.

The female bowler of the week was Tracey Keenan 222, 91 pins over her average.

The male bowler of the week was Mike Osis 222, which was 92 pins over his average.

The legion special was won by Richardson 3387.

High triple games were Don Powell 790, Todd Jesseau 729.

Week #19

The ladies high games were Kathleen Coss 214, Adeline Majeau 211, Mona Lessard 209.

The men's high games were Todd Jesseau 288, Don Powell 273, 241, 236, 234, 231, Denten Normand 269, 203, Dan Coss

250, 210, Dwayne Duff 244, 211, Lucas Berthelette 239, Derek Anderson 237, Brian W. Bruyere 236, Rick Thomas 233, Brian Bruyere 224, 200, Greg Gervais 216, 214, Lawrence Abraham 208, 206, Graham Gauthier 207.

The female bowler of the week was Adeline Majeau 211, which was 72 pins over her average.

The male bowler of the week was Rick Thomas 233, which was 89 pins over his average.

The legion special was won by Legion Special 3498.

High triple games were Don Powell 750, 650, Todd Jesseau 650, Denten Normand 649, Dan Coss 643, Greg Gervais 624, Brian Bruyere 601.

Preventing falls in seniors

from page 8

sprinkle kitty litter, an abrasive cleaner or salt and sand to the curb. It might also help to sprinkle some on the ground before getting out of the car.

Make sure the tips on canes and crutches are large and spiked for icy conditions;

Sit rather than stand while dressing;

Before you get up out of a chair or up from bed, wait 10 seconds before rising to your feet to prevent dizziness;

Install handrails and grab-bars in the bathrooms and stairways;

Make sure stairways are well lit. Install a night light at

the top of the stairs;

Concentrate on what you're doing while you're doing it, and move at a speed that feels comfortable;

Immediately wipe up any spills, especially on ceramic floors;

Avoid taking unnecessary risks like standing on furniture. Instead, use a sturdy stepladder, or better yet, ask for help;

Put everyday items on the bottom shelf;

Avoid hyper extending the neck. Extending the neck backwards can cut off circulation to the brain, causing a blackout or even stroke. When visiting the hairdresser, ask for

an extra towel roll for the back of your neck;

Manage medications properly and avoid consuming alcohol when taking medication;

Be mindful around pets. Feet can get caught in leashes dogs can knock you down or you can trip over the sleeping or wandering pet;

Slow down. Be conscious of risky situations and hazardous areas;

Remove reading glasses when walking;

Try to be physically active every day to improve posture, muscle strength and balance. Enroll in Tai Chi or an exercise program to improve flexibility;

Don't leave clutter on the stairs that can cause a fall;

Always keep one hand free when carrying things up and down the stairs so that you can hold on to the handrail; and

Have your vision and hearing checked regularly.

Talk to a Physiotherapist. Physiotherapists are university educated healthcare professionals who help people of all ages and lifestyles gain and maintain their desired level of active living and physical functioning. With their applied knowledge and understanding of the human body in action, physiotherapists are able to help you to increase mobility, relieve pain, build strength and improve balance and cardiovascular function. Physiotherapists not only treat injuries, they also teach you how to prevent the onset of pain or injury that can limit your activity.

TOWN OF POWERVUEW - PINE FALLS PUBLIC NOTICE

PUBLIC NOTICE is hereby given that the Town of Powerview - Pine Falls intends to conduct the following Pesticide Control Programs during 2005:

1. To control noxious weeds on public properties within the Town. The projected dates of the application will be from May 1, 2005 to October 29, 2005. The herbicides to be used include: Killlex / Par III / Daconil / Truban.

2. To control mosquitoes within the Town. The projected dates of the application will be from May 1, 2005 to October 29, 2005. The insecticides to be used include Malathion.

The public may send written submissions or objections within 15 days of the publication of this notice to the department below:


Manitoba Conservation
Pesticide Approvals
Suite 160, 123 Main Street
Winnipeg, Mb R3C 1A5



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marc@midwestinstallation.com

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Riv. 175 - 13 Thomas Rd. Phone: (204) 367-2494
Powerview, MB R0E 1P0 Fax: (204) 367-2648
E-mail: oakeslawcorporation@mts.net

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