



Tembec layoffs to come

by Charles Norman

Tembec is investigating the feasibility of building a chip mill at the Tembec site in Pine Falls or alternatively setting up an in-bush chip mill. If the company decides to follow either option the Pine Falls woodroom will close with the loss of about forty jobs.

The closing of the woodroom was originally an integral part of the TMP project. A TMP mill uses only wood chips. It was intended that the chips for the TMP refiners would come from a sawmill to be built on Sagkeeng land in partnership with eleven First Nations. The outside of the log, (not suitable for lumber), was to be cut into chips and delivered by conveyor from the sawmill to the new TMP mill. The sawmill and the newsprint mill would, together, have needed twice as much wood as the newsprint mill on its own. The extra wood was to come from the forest north of the Manigotagan River. It had been determined that the forest north to Island Lake could supply more than twice the wood required on a sustainable basis and there was talk of a third paper machine in Pine Falls plus another one or two sawmills on First Nation land further north. Up to a thousand jobs, at least 80% of them would have been jobs for members of First Nations on the East Side of Lake Winnipeg.

A provincial government East Side Lake Winnipeg Land Use Study changed all that. Set

up to look at the best use of the region, ostensibly taking into consideration the needs and objectives of all stakeholders, it turned out to be driven by a small environmentalist faction from Winnipeg. They have suggested that the entire region be turned into a World Heritage site like Stonehenge or the Galapagos Islands. A "World Heritage Site" is a United Nations designation and, while it is unlikely The East Side of the lake will get the designation, the process could take twenty or more years during which time nothing will happen.

At present the woodroom, built to supply stock to a groundwood and sulphite mill, (both of them replaced by the TMP mill), still debarks logs and cuts it into wood chips suitable for the TMP refiners. However most wood chips are purchased. Tembec is looking into shutting down the woodroom entirely and replacing the chips produced there either from a new on-site chip mill or with chips produced in the forest, with a net loss of about forty jobs. At the time of the construction of the TMP mill it was reported that purchasing chips from a Sagkeeng sawmill would save around three million dollars.

Tembec is hurting. Two weeks ago Tembec shares were trading at less than \$3.00, down from \$16.00 when Tembec purchased the Pine Falls mill. The two major reasons for the economic difficulties are the softwood lumber

SEE page 2 (TEMBEC)



Players were gun-ho to play the Slo-Pitch Nationals amid monsoon conditions in Lac du Bonnet over the weekend

Bathers step up to the plate

Baseball games more like aquatic sport in Lac du Bonnet Tournament

By Jim Hampshire

The umpire called for "batter up" but realistically he should have called for "bather up" when no less than twelve teams slogged through the bases at the annual Slo-Pitch Nationals, held at Huskie Park in Lac du Bonnet over the holiday weekend.

Like clockwork, rain began early Saturday morning to greet the players, with heavier wind-swept deluges throughout the afternoon. Undaunted though, teams from all over the region and Winnipeg splashed and slipped through the infield without schedule interruption.

"We let the out-of-town teams decide whether we should have a rain delay and everyone was ready and eager to play from the get go," organizer Connie Dancyt reported. "We had absolutely no

complaints and everyone had a great time."

Each team played a minimum of three games on the way to the play-off rounds on Sunday, and local teams did well against some very stiff competition from in and around the City of Winnipeg.

"Our own team (Lac du Bonnet's 'Better Than Jimmy' team) did pretty well until the A-Side semi final," Dancyt said, referring to her own entry, "And the French Connection (also from Lac du Bonnet) went all the way to the B-Side final."

In the end it was the One Bat and Two Balls team - a group with a severe equipment shortage from Winnipeg who faced the Better Than Griff entry from Beausejour in the A-Side showdown. Early on, the One bats team held the distinct advantage against the

Beausejour entry but let their guard down long enough to allow the Better than Griff guys and girls the opportunity to force extra innings.

After a tie in the sixth, the Greater than Griff group knocked in three runs to win in seven.

"We beat ourselves because we are really that good," kidded former Lac du Bonnet resident Jeff Hampshire, who played the field for the One Bats bunch. "We could have easily beat the Beausejour team on any given day but it was more challenging to see if we could beat ourselves."

Over on the B-Side diamond, the French Connection crew put up a good game but couldn't slide one by the Lockport Giants, who were

SEE Bathers step up pg. 4

BENEFIT BBQ



2 HOT DOGS,
2 DRINKS &
HOMEMADE SOUP

\$5.00

At Midway Foods (All proceeds to Little John Dubé)

SATURDAY, JUNE 11TH, 1:30-4:30pm

Have Lunch with us and Support a Great Cause! Special thanks to Midway Foods. Sponsored by the Knights of Columbus.

POKER
DERBY &
WALK-A-THON

\$5.00
A Card or
\$10.00 for
3 Cards!



ECHO MAIL
Letters to the Editor
 Email: theecho@mb.sympatico.ca
 Box 550 Pine Falls, MB, Ph: 367-9468 Fax: 367-9874
 Send your letters Box 550,
 or comments to: Pine Falls, MB R0E 1M0

Community Center needs constructive ideas

Dear Editor:
 Our community centre is a beautiful and unique building. It is presently valued at over 1.7 million dollars and currently owe 190 thousand. To put that in perspective, that amounts to about \$150 dollars per household based on approximately 1,500 homes in the Town and RM of Lac du Bonnet. The debt was much higher when the facility was erected more than five years ago.

A board of volunteer direc-

tors is elected or appointed each year at a public general meeting, and over the years, all boards have agreed that this facility cannot operate without a part time manager, as well as a bowling manager and cleaning staff.

This unique centre hosts numerous events each year, including various socials, weddings, funerals, bingos, graduations, numerous Christmas events, fund-raising events, dinners and banquets, so it is truly

a centre for our entire community.

It is easy for people not sitting on the board to tell the board how the facility should be run and to compare it with other town halls that in no way compare to our unique building. For example, the RM of Alexander runs a dump site with one full time employee while the RM of Lac du Bonnet operates its dump site with five employees. Why is that, you ask. There are legitimate reasons why each dump operates differently and I would not say each elected council is wrong, either way.

The same could be said for the Lac du Bonnet community centre. The different boards have employed the least amount of staff members needed to operate the facility and the current board continues to do so.

Our challenge is to find away to pay off the remaining debt, after which, I believe the centre can maintain itself with very little financial aid.

Since the centre's needs have been made public, we have received cash pledges totalling \$12,000 dollars from generous sources, including the local curling club. It has been further suggested by community members that the board

should host a final fund-raising drive to further reduce or eliminate the current altogether.

One constructive idea put forward is to use the assigned government revenues from the VLT profits, which are turned over to local governments each year. To date, the RM of Lac du Bonnet has received \$418,000 dollars over the years, averaging \$25 to \$40 thousand per year. Seeing as how the money is to be used for community improvements, some could be allocated to the centre without cost to the taxpayer.

This is not to be critical to the Town or RM as they have both contributed greatly to the centre, and as media reports

indicate, one local government still does.

This is an example of constructive ideas the community centre board needs right now, rather than bickering and finger pointing.

A public meeting has been called for Tuesday May 31 at 7:00pm at the community hall, where a vote by all residents will be taken as how to proceed.

I hope you will attend with your own constructive ideas and how you would like this board to proceed as we nearing our goal to eliminate the remaining debt.

Regards,
 Eugene Obirek

Tembec layoffs to come

Can't from pg 1

dispute with the United States. The US has illegally imposed punitive tariffs on the import of softwood lumber from Canada resulting in Canadian Sawmills barely able to operate at a break-even point. Many have closed down; Tembec recently announced the closure of two of their own sawmills. Be-

cause a large proportion of Tembec's revenue comes from softwood lumber exports this is having a major impact on Tembec's bottom line.

Another problem is the high value of the Canadian dollar. Almost all of Tembec's exports to the US are quoted in US dollars. The lower the Canadian dollar the more revenue for Tembec. A one-cent increase in the value of the Canadian dollar relative to the US dollar results in a reduction in before-tax revenue of \$1.6 million for the Pine Falls mill. Since the value of the dollar has risen from 65c to 82c in recent years the net effect pre-tax annual revenue reduction of 27 million dollars in Pine Falls alone.

The Pine Falls layoffs are not certain. The two studies have not been completed, and funding has not been allocated for implementation. If a decision to proceed is made it will not likely be made before early summer with construction completed early next year. Tembec employees have been aware of the possibility of these layoffs since the construction of the TMP mill.

Papertown Motor Inn
NITE
SHUTTLE BUS NOW AVAILABLE
SHUTTLE HOURS
 Maximum number of people shuttled at 1 time is 6. No smoking, food or beverages in shuttle.
 Shuttle will pick up until:
 11:30pm Monday - Saturday
 Shuttle Home will start:
 1:00am Monday - Wednesday
 2:00am Thursday - Saturday

1ST ANNUAL PAPERTOWN CUP CHARITY GOLF TOURNAMENT
 June 11th Pine Falls Golf Club
 call for details: 367-2261

Thursday Night Rib Night 1/2 Rack Ribs, Spud and Bud \$8.99	Friday Night Bud, Spud & Steak Select Brands of Beer \$2.50 all day \$2.75 Every Night \$7.99 Tax Included	Saturday Night Riblets Bud, Spud and Riblets \$7.99
---	--	---

Ladies Night is Back Starting May 12th
Win \$1000 Cash (Grand Prize Give Away 4P Weekend)

Allan Holm Agencies
 2nd Street and St. Arthur, Lac du Bonnet
 • Photo Drivers Licences • Insurance - All Types
 "No place like HOLM for all your INSURANCE needs"
HOURS:
 Monday to Friday 8:30 a.m. to 5:30 p.m.
 Saturday 9:00 a.m. to 4:00 p.m.
 An Independent Insurance Broker Covers You Best
autopac
 Bus. 345-8607 Res. 345-2377

KULYK INSURANCE AND FINANCIAL SERVICES
 2 McDougall Ave. (Behind Caisse Populaire) St. Georges, Manitoba
 • Life & Disability Insurance • Home & Commercial Insurance
 • Dental Plans • Financial/Retirement Planning
 • Estate Planning • Private Pensions • Investments/RRSPs
HOURS 9AM TO 5PM MONDAY TO FRIDAY EVENING APPOINTMENTS AVAILABLE! CALL 367-9872
STEPHEN KULYK/TAMMY KUNZ
 YOUR INSURANCE AND INVESTMENT SPECIALISTS
 EMAIL: steve@kulykfinancial.com
 Serving the area since 1995

Lakers Ski Club BINGO
 Bonus Line - \$644.00
 Star - 381.00
 Loonie Pot - 205.00
 Poker Flush - 20,994.00
 Special "Y" - 754.00
 Bonanza - 3,303.00
 Lot. Lic. 874
Every Thursday Evening 7:00pm
At the Lac du Bonnet Community Centre
FOR UPDATES CALL 345-8619

Lucky 7 \$1285
 POT PRIZES AT 25 BINGOS IF WIN POT STARTS AT 2500 IN 17 numbers or less
 Add one @ plus 30% of sales.
Loonie \$2,543
 IF WIN POT STARTS AT 2500

BINGO
FOR UPDATES CALL 345-6197
Royal Canadian Legion #164
 Lac du Bonnet Legion Hall
 Specials 7:00 p.m.
Every Monday Evening
 In Case of Discrepancy the Lotter will Prevail

Bonus Line - \$1,318.00	Star - 462.00
Lucky 7 - 968.00	Poker Flush - 2,416.00
Mini Loonie - 305.00	#1 Loonie - 68.00
#2 Loonie - 186.00	Jackpot Strip - 6,752.00
Bonanza - 352.00	

Great Falls Tuesday Nite BINGO
 Great Falls Hall 7:30pm
 Mini Loonie: 1190.00
 Lucky 7: 100.00
 Letter Y: 230.00
 Poker Flush: 12,278.00
 Loonie Pot: \$165.00
 Bonus Line: 2,308.00
 Full House: 650.00
 In 52 numbers
BONANZA \$574

Publisher Valerie Anderson	Writers Jim Hampshire Charles Norman	Production/Art Design Lori Pachkowsky	SUBSCRIPTIONS Local Rate: \$34.20 National & Urban Rate: \$39.90 Foreign Rate: \$102.60 (prices include PST & GST) 2nd class mail #1763687 (Postage paid in Pine Falls)	P.O. Box 550, Pine Falls, MB R0E 1M0 56 Art Street, Powerview, MB e-mail: theecho@mb.sympatico.ca Powerview Office Ph: 367-9468 Fax: 367-9974	The Winnipeg River Echo The Echo is an independent weekly newspaper published on Tuesdays in Pine Falls and Lac du Bonnet, Manitoba. Advertising and submission deadline is Friday at 3:00 p.m. prior to Tuesday's publication.
--------------------------------------	---	---	--	---	--

Curling Club Contributes Community Centre receives much needed donation, vote of confidence

By Jim Hampshire

The Lac du Bonnet Curling Club demonstrated some remarkable draw weight last week when it drew up a cheque in support of the Lac du Bonnet Community Centre following their Annual General Meeting last Monday.

Newly elected club president Vickie Short says the club executive wanted make the donation as a show of solidarity with the community centre board, especially after all the recent announcements by the RM, saying it was pulling its financial support to the centre.

"It wasn't a unanimous

decision but a big majority of the curling executive still supports the community centre board," Short said after presenting a cheque for \$5,000 to community centre board members. "We hope the public will follow our lead and support the board members also."

The sizable donation comes on the heels of another \$5,000 contribution, made by local resident Cam Neurenberg during a community centre board meeting earlier this month.

The public is invited to show support or voice concerns later this month on May 31 at a special public meeting to be held at the community centre.

Acting Board Chairperson, Lois Byron, reports that the community centre board voted to hold this special meeting to help clear the air regarding the recent controversy in the media, where the RM of Lac du Bonnet said it would pull all financial support to the centre if the board wouldn't bow to a list of recommendations, submitted by an independent committee, chaired by former MLA Ken MacMaster.

In the list of recommendations, the MacMaster committee called for the dismissal of at least one staff member, with the RM and Town of Lac du Bonnet picking up management duties at the centre.

Byron notes that while the board was receptive to any recommendations, some of the MacMaster suggestions came across as a list of demands, complete with an intimidation factor.

"Fire the staff and hand in your resignations doesn't sound like a well thought out recommendation to me," Byron said, referring to the 'clean house' approach by the MacMaster committee.



Curling Club representatives John Usackis and Vickie Short present community centre board members Lois Byron and Tara Tyles with a cheque of \$5,000.

"Some of our biggest critics helped to form this board and it's current constitution and we (the current board) are left to shoulder the blame when times get tough."

Byron says that staff dismissals are not practical, considering the unique activities offered by the local community centre and it is unfair to compare the facility with other community centres in the region.

"We have the bowling lanes and curling rink open for operation for seven months of the year and we need onsite management and maintenance to oversee our daily operations," she noted. "We looked at contracting out the janitorial services when the centre first opened and we found it was more expen-

sive than having an onsite employee."

Byron also says that the board is encouraged by the recent show of support, through monetary donations or even words of encouragement offered by residents. The board was further buoyed by the return of Eugene Obirek to the centre's board when he stepped up to replace Pioneer Club representative Brian Arnason, who reluctantly left due to health reasons.

"Eugene was one of the original board members and he lends a no-nonsense vocal approach," Byron remarked. "He knows the community well and he wasn't happy with the negative publicity heaped on board members and decided to come back

and do something about it."

Byron says she is equally buoyed by the support shown by the curling club, who have been along every step of the way during the brief history of the community centre. Vickie Short in particular, Byron says, was a founding member of the community centre and her support on behalf of the curling club is paramount.

"She knows the history of this place from day one," Byron explained. "If she is behind us this board must be doing something right."

Currently Byron reports that the centre is valued at 1.7 million dollars, with less than 190 thousand dollars left in outstanding debt.



SOUTHERN ABORIGINAL PRE-PLACEMENT TRAINING PROGRAM

POWER ELECTRICIAN TRAINEE/ POWER SUPPLY WORKER TRAINEE

Manitoba Hydro is currently seeking qualified aboriginals to train for a career as a Power Electrician Journeyman or Power Supply Worker.

Location: Southern Manitoba

As a Power Electrician Trainee, you will participate in a four-year apprenticeship program that includes on-the-job training, competency based trade schools and formal classes at Red River College. During your training, you will be stationed at various locations throughout the Province.

Start: \$1,005.48 BI-weekly
Range: \$1,005.48 - \$1,820.57 BI-weekly
(Journeyman Max: \$2,175.88 BI-weekly)

As a Power Supply Worker Trainee, you will participate in a six-year training program. This includes all training associated with the Power Electrician/Mechanical Journeyman Program. In addition, you will train to develop skills and techniques in control and regulation of all operating elements and auxiliaries used to generate and convert electrical energy in a power system. This will result in your receiving dual certification as a Power Electrician/Mechanical Journeyman and Station Operator.

Start: \$1,005.48 BI-weekly
Range: \$1,005.48 - \$1,820.57 BI-weekly
(Journeyman Max: \$2,414.11 BI-weekly)

To be considered:

- Minimum Grade XII education with Math 40S (Applied or Pre-Calculus), Physics 40S and English 40 or equivalent.
- Applicants who do not meet the required academics but have one of the following completed academic combinations (or equivalent) may be considered for the pre-placement program:
 - Math 40S (Applied Math or Pre-Calculus); Physics 40S or English 40.
- Capable of communicating effectively, both orally and in writing.
- Physically capable of performing all the duties of the position.
- Ability to work harmoniously with other employees.
- Possess a valid Province of Manitoba Driver's Licence.

You must also submit:

- a personal resume
- complete transcript of marks (high school or diploma);
- current driver record abstract
- proof of Aboriginal descent

These can be scanned and attached in your online registration or faxed to: 204-474-4868 referencing the Southern Aboriginal Pre-Placement Training Program Recruitment.

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

The selection process includes aptitude testing, panel interview, medical examination, and a one day Manitoba Hydro sponsored Skills Assessment and Trades Orientation program.

Interested applicants are requested to visit the Career Section of our website at www.hydro.mb.ca to "Register for e-Recruitment" and then apply online through "Search for Jobs". The deadline for applications is June 4, 2005.

MANITOBA HYDRO IS COMMITTED TO EMPLOYMENT EQUITY. ABORIGINAL PERSONS, WOMEN, MEMBERS OF VISIBLE MINORITY GROUPS, AND INDIVIDUALS WITH DISABILITIES ARE ENCOURAGED TO SELF-DECLARE IN THEIR COVERING LETTER.

You can apply at any of our eight Manitoba Hydro offices with an e-Recruitment kiosk or from a Community Access Site (library, school, community agency, etc.) located across the province. Contact Community Connections at 1-888-445-2555 for details regarding public access sites. A free e-mail account is available from Yahoo mail.

If you are unable to access any of the Community Access Sites, please contact our Employment Services Section at 477-7282 or 1-800-565-5200.

We thank all candidates for their interest, however, only those selected for an interview will be acknowledged.



Switch and Save

Choose Compact Fluorescent Light Bulbs

A Bright Way to Save Money, Energy and Time.

**BUY 1 GET 2
BUY More Get 4**

Switch and Save is back! When you buy one ENERGY STAR® qualified compact fluorescent light bulb (CFL), Manitoba Hydro will give you two 13-watt CFLs. Buy two or more and you will receive two 13-watt and two 23-watt compact fluorescent light bulbs.

You can get your complimentary CFLs at a Manitoba Hydro event location or from your nearest Manitoba Hydro office throughout the promotional period.

Visit our Web site at hydro.mb.ca for upcoming event locations, Manitoba Hydro office locations and complete details on this offer.



Offer valid from April 30 - May 31, 2005

Limit of 4 complimentary bulbs per household.

Manitoba Hydro is a Division of the Government and Official Mark.

Walk-a-thon update

In case you missed the 50 bright sunflower signs posted in the area, businesses and other available spots, the Walk-a-thon in support of a new area handivan is scheduled for this Sunday, May 29th at 12 noon. Pledge sheets are available at most businesses, both schools, and at the hospital or by calling 367-2394.

If you can't walk, please pledge another walker.

The route is for three, five, eight and ten kilometers. The longest walk (or run) will start at the arena side of the Powerview School at 12 noon. The

shorter walk will start in the back parking lot of the hospital. Both walks will finish in the Pine Falls Village Green where there will be refreshments for all participants. There will be water enroute and lots of encouragement. (In case of rain, we will do the shorter walk and food and refreshments will be held at the Pine Falls School Gym.

The Pine Falls Health Auxiliary and the Knights of Columbus encourage your support for this worthwhile community effort.

Many hands make light work!

Garage sales gallore

Wet weekend brings people indoors for deals

By Jim Hampshire

If you held a yard sale last Saturday, chances are it quickly turned into a garage sale as most residents were caught off guard by the unending precipitation this weekend.

Luckily there were two scheduled sales of the garage variety set up in Lac du Bonnet, which offered a little dry comfort for shoppers in a browsing mood. Unfortunately the day started out a little damp for the annual May Long Weekend Farmer's Market but garage sale displays were setup nearby, at the Lac du Bonnet Community Centre and at the Legion Hall that were fairly well attended, according to organizers.

"The crowds were actually quite good in spite of the weather," said Vic Popple, who helped organize the Legion sale. "I suppose people came into town to take in the Farmer's Market and eventually made their way into our sale."

According to community centre staff, \$458 dollars was raised in the community centre event, which was organized on a volunteer basis by staff members.

"It was a great response by the public and by those who donated the goods we put out for sale," Facilities Manager Michelle Demorest Voth reported this week. "We had staff members come in to oversee the sale and they deserve much of the credit."

According to Voth, the bowling lanes coordinator Allison Maki worked with Della Betker to organize the event, which garnered 100 percent profit for the centre.

"Everyone has taken a little heat around here lately and the public should know that these staff members come in on their own free time to help fund raise, and they ask nothing in return," she explained.

As expected though, crowds were down for the

Farmer's Market on Saturday, which led to a decision to re-open the market on Monday morning, when the weather was a little more cooperative.

As of press time, it isn't known how well vendors made out at the outdoor market but no less than eight market members were out for the second sale of the long weekend.

The market re-opens in front of the Lac du Bonnet arena grounds during the last weekend of June for its weekly summer Saturday morning run.

In a related item, the MS Society of Lac du Bonnet held a draw for a two-day getaway fishing trip to Thunderbird Lodge in Northern Manitoba. Lac du Bonnet Mayor and MS Society supporter Paul Chapman made the draw on Saturday, which saw Selkirk resident John Kowaluk win the big fishing excursion, while local resident, Brenda Rose-Wiebe won the subsidiary prize of a Canadian Tire Gift Card.

Change in Circuit Sitting Location for the Town of Powerview/Pine Falls

Please be advised that effective June 7th, 2005, court in the Town of Powerview/Pine Falls will no longer be held at the Powerview Arena, but rather will now be held at the Pine Falls Legion Hall, located on Damarachuk Street, Pine Falls.

Posters will be placed around the area, once they are received.

If you have any questions in regards to the above notice, please contact your local RCMP.

Bather's step up to the plate

about the only team sporting a traditional baseball team name.

Following the Sunday playdowns, the tournament teams were invited to take in the traditional May Long Weekend Blues' Bash at the community centre, and attend they did.

"Probably half of the competitors stayed over for the social evening," Dancyt said. "It's all part of the annual weekend and everybody had a great time."

In all, more than 400 turned out to salute the Lac du Bonnet Blues and their Championship season in the South Interlake Senior

League at the Sunday evening social, which always draws big crowds each year.

"Everyone had a great time and we hope for better weather next year," Dancyt concluded.

Officially 13 teams signed on for the annual Slo-Pitch National Tournament, but unfortunately one team had to be cut to help balance the schedule.

QUICK SPA

Monthly Memberships \$75.00 Reg Price

COST: \$5.00/10 minutes a piece or Try all 5 for only \$15.00

No Appointment necessary! Located in Pine Falls Strip Mall. Come down or call 367-9244

Open 6 Days a Week Monday to Friday 10am to 8pm Saturday 11am to 5pm



Come try out the:

- Full body Massage Chair
- ROM Machine
- Chinese Chi Machine
- Gazelle
- Ab Lounger

Get a full body workout in 10 minutes! Enjoy a full body massage. Feel Phenomenal!

May Special Membership \$60

(Any time during the Month of May)

QUICKSPA Client Testimonials...

After working out one month at Della's Quick Spa for 5 days a week and following the Dr. Phil program, I am sleeping much better, my energy has doubled and I feel 10 times better. I love it and it works!
I have lost an amazing 25 pounds. I have lost 6 1/2" on my waist, 4 1/2" on my legs, 3" on my arms, 2 1/2" on my chest. This is a total loss of 16 1/2". I feel great!

Rose Chevrelis

WOW - I Lost 50lbs, 24 inches!

It's incredible! I have lost 50 pounds in just 11 weeks. My friends and family have noticed the inches just melting away! I have lost 4" on my waist, and 6" on my chest, 3" on my hips and on my left thigh 6" and the right 5" for a total of 24 inches. I am still following a healthy diet and came faithfully to the spa everyday, 6 days a week. Della makes sure to get the best results. Della makes me feel like a new comer in the way she still supports and encourages me every step of the way. I feel so much more healthier now! I never thought in a million years that joining Della's Quick Spa would make you feel so phenomenal.

Brenda Broza (Pelletier)

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 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

Camping season begins in Manitoba

Park Fees to be Frozen: Conservation Minister

Manitobans and visitors will be able to enjoy the great outdoors as many provincial campgrounds open today. Conservation Minister Stan Struthers also announced there will be no increase in access or camping fees this season.

"Camping is a wonderful and relaxing pastime enjoyed by many Manitobans across the province. I encourage all Manitobans to visit a provincial park this season to take advantage of the great outdoors and the many amenities available at our parks and campsites," said Struthers.

As part of the provincial camping initiative, improvements completed for 2005 include the addition of electrical service to campsites at Gull Harbour at Hecla (29), New Nutimik in the Whiteshell (30), Stephenfield (87), Watchorn (22) and Blue Lakes in the Duck Mountains (36). In addition to the electrification, water service has also been installed on many sites at Stephenfield and Hecla.

This season, improvements are continuing at Adam Lake in Turtle Mountain, Blue Lakes, Falcon Beach, Falcon Lakeshore and New Nutimik in the Whiteshell, Rivers and Watchorn. Additionally, work is also beginning on the design of an environmentally-friendly 100-site campground at Tulabi Falls in Nopiming Provincial Park, with construction expected in 2006.

"The first phase of campsite upgrades was completed last fall and will offer more electrical and water-serviced sites to campers this season," said

Struthers. "We think campers will be very excited about these new improvements. Later this summer, the first phase of the camping lite program will open in New Nutimik Lake campground. This will provide a campsite complete with an on-site shelter (a yurt) that will give campers a memorable outdoor-recreation experience."

The minister also noted expanded regulations have been introduced to ensure all parks users can enjoy a safe and peaceful provincial park experience. Individuals may now be evicted from provincial parks for up to 21 days (from a previous maximum of 72 hours) for incidents involving rowdiness or disturbances. In addition, a ban of up to one year may be imposed in the event of a more serious or repeat offence.

"We will continue to review campground activities and needs in provincial parks," said Struthers. "Manitobans and visitors alike enjoy our summer months and provincial parks and it is incumbent on the province to take action to keep the park experience a very positive one."

Park vehicle permits are required and must be displayed at all times in provincial parks. Annual permits are \$20 and for shorter visits of up to three days, a \$5 casual permit is available.

For detailed information on campground opening dates and campground rules, go to <http://www.manitobaparks.com> or call toll free 1-800-214-6497 or 945-6784 in Winnipeg.

ECHOES
FROM THE

Heart

Run through the rain

A little girl had been shopping with her Mom in a department store. This beautiful, red-haired, freckle-faced image of innocence must have been about six years old.

It was pouring outside. The kind of rain that gushes over the top of rain gutters; so much in a hurry to hit the earth it has no time to flow down the spout. We all stood there under the awning or just inside the door of the store. We waited - some patiently, others irritated because nature messed up their hurried day.

I am always mesmerized by rainfall. I got lost in the sound and sight of the heavens washing away the dirt and dust of the world. Memories of running and splashing so carefree as a child came rushing in as a welcome reprieve from the worries of my day.

The little voice was so sweet as it broke the hypnotic trance we were all caught in. "Mom, let's run through the rain," she said.

"What?" Mom asked.

"Let's run through the rain!" the little girl repeated.

"No, honey. We'll wait until it slows down a bit," her mother replied.

This young child waited about another minute and repeated, "Mom, let's run through the rain."

"We'll get soaked if we do," her mother said.

"No, we won't, Mom. That's not what you said this morning," the young girl said as she tugged at her Mom's arm.

"This morning? When did I

say we could run through the rain and not get wet?"

"Don't you remember? When you were talking to Daddy about his cancer, you said, 'If God can get us through this, he can get us through anything!'"

The entire crowd stopped, dead silent. You couldn't hear anything but the rain. We all stood silently. No one came or left in the next few minutes.

The mother paused and thought for a moment about what she would say. Some would laugh it off and scold her for being silly; some might even ignore what was said. But this was a moment of affirmation in a young child's life. A time when innocent trust can be nurtured so that it will bloom into faith.

"Honey, you are absolutely right. Let's run through the rain. If God let's us get wet, well maybe we just needed washing," the mother said.

Then off they ran.

We all stood watching, smiling and laughing as they darted past the cars and yes, through the puddles. They held their shopping bags over their heads just in case. They got soaked. But they were followed by a few who screamed and laughed like children all the way to their cars. And yes, I ran too. And I got wet. I guess I needed washing.

Circumstances or people can take away your material possessions, they can take away your money, and they can take away your health. But no one can ever take away your precious memories. So, don't forget to make time and take the opportunities to make memories everyday.

To everything there is a season and a time to every purpose under heaven.



You are invited to attend the
Winnipeg River Brokenhead CFDC
ANNUAL GENERAL MEETING & AWARDS DINNER

Monday, June 6, 2005 at 6:00p.m.
Wilderness Edge Retreat & Conference Centre
32 Burrows Road, Pinawa

Dinner Tickets are \$20.00 each.
To reserve your tickets call Kandace at
345-2514 before May 27, 2005.

WALK-A-THON

Pine Falls Health Auxiliary & Knights of Columbus
Community Fund-raiser Walk-a-Thon

*Help us raise funds to assist
in the purchase of a new area Handivan*

May 29th



The Winnipeg River Senior Service is currently fundraising for this project

Papertown's 1st Annual Cup Charity Golf Tournament

The Papertown Cup is extending invitations to local and out of town organizations, businesses and sports enthusiasts, who are interested to come and participate in this prestigious annual event.

The tournament is designed to promote sports in the area and raise money for the Pine Falls Recreation Commission and other non-profit groups.

The event will take place on June 11th, at the Pine Falls Golf Club. Registration is at 11.30 am with a shotgun start to commence at 12 noon. There is an estimated finish time of 6pm. Awards and prizes will follow. All mixed teams are welcome. There will also be prizes for longest drive men's and women's, and closest to the pin. Money raised from the extra contests will be donated to the "Little John Dube Fund." The format for the game will be a modified Ryder Cup.

What is it? It's an alternative to a regular scramble. It creates a points based series of 3 games of match play, on a team basis to determine the winning team. There are 3 different 9 hole games. 1. Best Ball, 2. Alternate Shot, 3. Mini-scrabble.

"I have been trying to plan this for some time" said Laurent Raymond/Papertown. "Our community sports programs need extra assistance and we felt that we could give the time and effort it takes to make it a great annual event for our area and our PRC."

The cost for the tournament is \$40 and this includes your golf and lunch.

For more information, and to book your team, call Laurent at Papertown 367-2261 or the Pine Falls Golf Club Pro Shop.

Don't be disappointed, book early to ensure your spot. Will be based on a first paid entries.

Manitoba Youth Job Centre

by Brent Stokes

The summer of 2005 officially began for the Manitoba Youth Job Centre on Monday. A ribbon cutting took place at the annual open house. Mayor Paul Chapman and Reeve Don Halbert both expressed their appreciation for the program and the services it provides to their citizens' communities and the surrounding region.

Michelle Chudd, Kim Ogren and Lynn Patterson were on hand to represent the MYJC's sponsoring committee, the Winnipeg River Recreation District. Mayor Chapman is also the chair of the recreation board.

School Visits

A big thanks to Sagkeeng Junior High, Whitemouth School and Pinawa Secondary School for having me in to their Grade 7, 8 and Senior 1 classes. We talked about cover letters, resumes, MYJC services and employment laws and regulations.

In Pinawa, we kicked things up a notch and added some interview preparation tips into the mix, and played a game of Job Jeopardy, a quiz game that tested students' knowledge of the information they had just been presented. Everyone got in to the games, and the results varied with each classroom—some games were blowouts while the Grade 7 game was extremely heated, with the



Office manager Brent Stokes and Winnipeg River Recreation District board member Lynn Patterson officially open Lac du Bonnet's Manitoba Youth Job Centre for the summer while Reeve Halbert and Mayor Chapman look on.

tears separated by only a few points each.

Many students have taken registration cards home so that they can take advantage of the job referral services and Odd Job Squad events (for ages 12-16) that we offer. Anyone under 16 must have the top right corner of the front page signed by their parent/guardian. All students filling out the forms must sign it twice on the back page, once on the "signature" line, and once on the blank line near the bottom of the page. Without those signatures, I can't involve you in

our job search/Odd Job Squad programs.

Forms can be dropped off with the MYJC office, Whiteshell School office, Sagkeeng Grade 7 and 8 teachers, Pinawa Secondary guidance office, or at my home. Due to privacy laws, once I receive the form, the only people allowed to see it are myself and the student that completed the form.

Anyone who would like help with their registrations or job search can call me at 345-6916 or stop by the office in New Directions School at 40 Park Ave., Lac du Bonnet.

TRY YOUR DRUGSTORE *first*

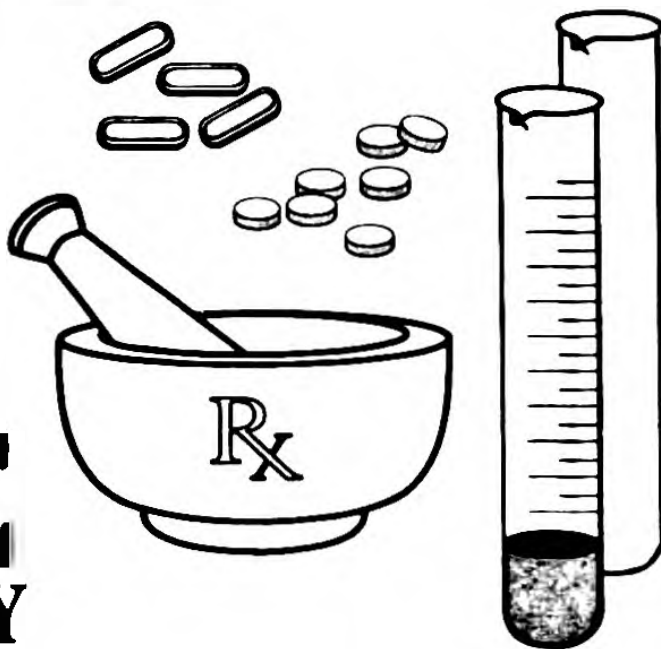
- Pharmaceuticals
- First Aid Supplies
- Hair Products
- Health & Beauty
- Stationary
- Greeting Cards
- Lottery Centre
- Gifts

PINE PHARMACY

Open Monday to Saturday, 9:30 a.m. to 5:30 p.m. — DISPENSARY

367-2611

367-2517



Bridal Shower

In honour of...

Lainee Gelinias

(Fiance of Tony Van Hoof)

Everyone Welcome!



Sunday, May 29th, 2005 at 1:00 pm
Chicken Chef (Powerview) Banquet Room

POWERFALLS AUTOBODY

Will be CLOSED
from May 22nd to June 13th

We are renovating and updating our equipment to better serve our customers. Our tentative opening will be June 14th. Thank you for understanding. Pat will still be around town. If you must contact him please call our home phone # at 367-2418. We appreciate your business and will be eager to serve you, June 13th.

Pat and Carrie Poloquin

A celebration for all families highlighting a family literacy partnership

Submitted by Monique Dubé

You may have heard the news or maybe even seen the posters for the celebration that was held on the 1st of May 2005. What was that all about you might have asked yourself... well let us tell you...

The event was an occasion to celebrate with your family! And in French as well! In the basement of the St-Georges parish and the St-Georges school, a sugar shack was taking place! There was a pancake breakfast, games, presentations and plays, no to mention lots of great door prizes! Vivianne and Mireille spent the afternoon making many kids happy by painting their faces in wonderful full masks. Other volunteers froze outside for a couple of hours while making maple toffee the traditional way with the snow and everything! The Knights of Columbus, St-Georges School, the St-Georges CEDC, Réseau

Communautaire, the pre-kindergartens, Powerview School, the Girl Guides and Pluri-elles (Manitoba) Inc. were just some of the groups and organizations that worked together in a collaborative effort to make this event a success! We had a great turn out we had! The families from St-Georges and the region came down to have some fun; we counted 69 kids and with the parents, grand-parents, aunts, uncles etc. we had over 250 people! Everyone had a good time and participated in the games as well as the presentations.

A special thank you to the Knights of Columbus for their delicious pancake breakfast. It wasn't only the pancakes that were good but there was also an excellent atmosphere. Also, a big thank you to the principal, the teachers and the students from Saint-Georges school who performed. There is a lot of talent in this school; music, poetry etc. BRAVO...

It would also have been impossible to organise this event without the invaluable help from the coordinating committee for this family literacy project. Pluri-elles knows where to find valuable people and we are very impressed with the participation and the wonderful dynamic of people that were present.

And what about this family literacy program ... what is it all about?

The community of Saint-Georges belongs to a pilot project started by Pluri-elles (Manitoba). When we speak of family literacy, we are talking about a program to help the adult in a child's life (whether it

be a mother, father, grand-parent or guardian) become the child's primary educator. This is not only to help the growth of the child's personal development but also for the adult to accompany their child throughout their academic experience. Not to mention, French is a great tool to have, especially when living in a bilingual country! (Close to 7 000 000 people are Francophones in Canada and that's with over 1 000 000 of us outside of Québec!).

In our community, initiatives and programs that recognize the importance of family literacy already exist and these programs are continuing to develop. Furthermore, the programs and services that are starting with Pluri-elles (Manitoba) Inc. are available for everyone - child, family and/or adult - no matter what level of French you are at or what you want to achieve with these classes.

Pluri-elles is very happy to be offering this in your community. For more information please contact us at 1-800-207-5874 or visit us at our website at www.pluri-elles.mb.ca.

Mona Dupuis, Project coordinator, Pluri-elles (Manitoba) inc..



Youth from the area were enjoying the craft tables above they were working with clay



Volunteers from the Knights of Columbus were on-hand and served up a great breakfast for everyone



This little tyke had fun getting her face painted by volunteers



Natalie Osis/volunteer was dishing out the iced maple syrup during the festivities



Youth from St. Georges School performed a number of plays and skits for all to enjoy.

Une fête de famille à Saint-Georges pour souligner le partenariat en alphabétisation familiale

Saviez-vous que le dimanche 1^{er} mai 2005, de 11 h à 15 h, a eu lieu un grand événement dans votre communauté ?

Saviez-vous que plusieurs partenaires se sont regroupés ensemble pour faire de cet événement un grand succès ? Et que les partenaires étaient Les Chevaliers de Colomb, l'École communautaire Saint-Georges, le CDC, Réseau communautaire, la prématernelle, l'École Powerview, les guides et Pluri-elles (Manitoba) inc.

Une Cabane à sucre a eu lieu à Saint-Georges au sous-sol de l'église et au gymnase de l'École communautaire Saint-Georges, le dimanche 1^{er} mai dernier. Il y avait au rendez-vous un déjeuner aux crêpes, des jeux, de la tire, des spectacles ainsi que des prix d'entrée.

Quel succès ! Les familles de Saint-Georges et d'ailleurs sont venues s'amuser. Nous avons compté 69 jeunes préscolaire et scolaire, des parents, des grands-parents, des oncles et des tantes... Pour un total d'environ 250 personnes. Tous se sont amusés et ont participé aux jeux et aux spectacles en famille.

Un merci spécial au Chevalier de Colomb pour le délicieux déjeuner aux crêpes. Ce n'est pas seulement les crêpes qui

étaient bonnes, mais nous avions une excellente atmosphère.

Un grand merci à la directrice Madame Vivianne Sarrasin-Lilke, aux professeurs et aux élèves de l'École communautaire Saint-Georges qui ont monté le spectacle. Il y a beaucoup de talent dans cette école; la musique, la poésie... etc. BRAVO... En plus du spectacle Vivianne et Mireille ont passé l'après-midi à rendre les enfants heureux en leur offrant de la peinture sur visage.

Il aurait été impossible d'organiser cet événement sans l'aide précieuse du comité de coordination du projet «Vers des partenariats communautaires rassembleurs» qui ont coordonné sur place les activités, la tire et j'en passe. Pluri-elles sait reconnaître des gens de valeurs et l'organisme fut très impressionné par la participation et le dynamisme des personnes présentes.

Ce fut tout un événement pour célébrer la famille ! Et en français !!

Pour terminer l'après-midi, Pluri-elles a offert des beaux prix d'entrée..

Et l'alphabétisation familiale...c'est quoi ?

Par l'alphabétisation familiale on comprend une démarche

pour aider l'adulte (mère, père, grands-parents, gardienne) à devenir premier éducateur de l'enfant afin de nourrir son développement global, de le soutenir dans son apprentissage, et de l'accompagner dans son épanouissement...et en français ! Le développement de l'alphabet commence dès la naissance de l'enfant.

La communauté de Saint-Georges fait partie d'un projet lancé par Pluri-elles. Des experts de votre communauté travaillent à développer des partenariats communautaires rassembleurs qui viendront alimenter les programmes en alphabétisation familiale existants.

Il existe, dans votre communauté, des initiatives et des programmes qui reconnaissent l'importance de l'alphabétisation familiale. Ces programmes améliorent la capacité des parents ou de l'adulte entourant l'enfant.

L'alphabétisation à St-Georges, j'y participe....

Pluri-elles est heureuse de l'offrir dans votre communauté



Faith Perspective Pro Tips

by Pastor Jake Doell

Facing your giants

When we think of giant killers, most of us would probably think of David killing Goliath. Goliath was that formidable giant (9 ft. tall), who intimidated the whole Israeli army with fear. Goliath was so successful that for 40 days no one stepped forward to challenge him. The visible giant was not their greatest enemy, it was the invisible giant of fear that defeated them. Then on the 40th day David comes along and sees the situation for himself. David a young lad of possibly 17 years of age seen the same giant that the rest of the Israeli army seen yet he came a different conclusion. Why? Because David the shepherd boy had met several formidable enemies while he was tending his father's sheep. He had learned that his faith in God had helped him to conquer the giant of fear within. (1 Samuel 17:37) David killed his giant because God was with him and he had taken giant killing lessons as a shepherd boy. Let me share with you four things that can help you slay the giants in your life:

1. Your Focus - Where do you focus when you see your giant? Do you look at your past failed attempts of destroying your giants? Every giant-killer I've met focused on something bigger than their giant. David focused on someone who was bigger than Goliath. David said to Goliath, "You come to me with a sword and spear, and with a javelin. But I come in

the name of the Lord of the armies of heaven and of Israel, the very God you have defied. Today the Lord will conquer you....." v.45

David made a conscious choice to put his focus on God and not on Goliath. Instead of telling God how big his giant was, David told Goliath how big his God was. Our giants all look huge to us, but when we look at God who is bigger than any of our giants we do not allow fear to paralyze us.

2. Your Faith - David had placed his faith in God as a young boy. "The Lord is my shepherd, I shall not want." (Psalm 23:1) He had experienced God's delivering power when he faced a bear and a lion attacking his sheep. Because God had given him strength to kill the bear and the lion single handedly, he now had the confidence that as he was facing Goliath, that God would also help him slay this giant. Faith in God must be nurtured with a daily relationship with God through His word and through prayer.

3. Standing up to Intimidation - Who intimidates you? Is it someone who bullies you? Is it someone who has authority over you? All of us feel intimidated by someone at sometime. I quote Dr. William Mitchell, "If we stand in self-pride, we'll fall. If we stand for something that is evil, the Lord will topple us over. If we stand for something that is right, the Lord stands with us

in certainty and strength." David stood up to Goliath because he knew beyond any shadow of doubt that God's will for Israel was that they be free from bondage to the Philistine giant so they could serve God without fear and intimidation.

4. Don't be a Quitter - Everyone who has succeeded at anything worth while has felt like quitting because "keeping on" is hard work. Being a champion is not determined during the game. Being a champion is determined on how hard you are willing to practise at the basics of the game. A baseball player with a batting average of .400 is a batting champion. But it also means that 6 out of 10 times he does not get on base. That's less than 50%, yet he doesn't quit. No successful person is successful a 100% of the time, but that doesn't give them a reason to quit. David did not defeat every giant he faced, yet he kept stepping up to the plate and facing another giant. He did not quit.

What giants are you facing today. Is a lost job, a broken marriage, our a health problem? Let me encourage you. God is bigger than your giant. He helped David defeat Goliath, and he will help you defeat your giant. Focus your faith on God, stand up to intimidation and by all means don't quit. If you are on God's team, his Son is the best coach anyone ever had and he'll help you overcome your giants.



Rob Hollins, CPGA Head Professional Pine Falls Golf Club



While golf can be a very rewarding game for those few individuals gifted with athletic ability, most golfers with a strong mental state of mind will always have success on the course.

This does not usually take much effort to accomplish. The main cause of "mental tension" is the standard practice of arriving at a golf course for a tee time without sufficient time to prepare for a game of golf. The following is an example:

A 5:00 tee time being booked has a group teeing off at 5:00. This means being ready to tee off 10 minutes before a tee time. Getting to the course and unloading clubs, changing shoes, purchasing a green fee, hitting balls to loosen up, practicing putting, a snack and/or a cool beverage (use your imagination as to what kind of beverage and how many), it all adds up to time that most people do not allow for themselves.

Give yourself a half hour at least before your tee time,

whether or not you plan on doing any of the above. This allows for less rushing around, which can stress you out and lead to, you guessed it, "mental tension".

Avoiding the rushing around allows you to be relaxed when beginning the round of golf, and can lessen the possibility of your first few shots being questionable in the quality department (crappy). If you play golf, you know that a first bad shot leads to a frustrating first hole more often than not, which can then continue on the following holes.

As well, most golf courses and their staff are more likely to look favorably on customers who don't show up five minutes late, and then ask for rentals, a meal, and the standard "When are we up?" question. If you are on time, see what kind of extra treatment you will receive.

To summarize, an extra half hour is the best enjoyment you will ever get in golf.

Advertising Deadline: FRIDAYS BY 3:00PM

The Winnipeg River **Echo**

North Winnipeg River Handivan
FUND-RAISER
JUNE 18th
 Great Falls Hall

Social

7:00pm to 10:00pm
 Old Time Fiddling & Dance

10:00pm to 1:00am
 Rock On with WOLF FM DJ's

TICKETS: \$10.00
 Call 367-9128
 for tickets
 or Cell: 345-3465

Win a Fly in Fishing Trip
 Blue Water Aviation has donated
 a 2 night trip for 4 people.
 DRAW TO BE MADE 12AM

SHUTTLE SERVICE AVAILABLE!
 Seniors shuttle to and from social....

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
 ALARM INC

Bell ExpressVu

REMOTE CONTROLS AVAILABLE PACKAGE INSTALLATION

FREE - Basic Security System
 \$26.95/month monitoring
 API ALARM - 36 month contract

FREE - installation

Call for Details! Only \$99.00 INSTALLED

Leading Economic Indicators “What’s Up With That”



by Steve Kulyk

Leading economic indicators are like road signs,

pointing to what lies ahead for the economy. We often read or hear about these signposts from so-called financial experts. But these pundits often seem to be out in the fast lane, zooming ahead while we scramble to figure out what was just said. Take a moment to slow down a bit, catch your breath, and understand exactly how these leading indicators will affect your retirement investments.

Consumer Price Index (CPI). This is the rate of inflation. The CPI measures the costs of basics like food, housing, transportation, apparel, medical care, and entertainment. A rising CPI signals higher inflation. When inflation is high, each dollar will buy fewer goods and services. Low inflation means more can be purchased by consumers.

Unemployment Rate. The monthly rise or fall in unemployment is an indicator of economic health. Lower unemployment is usually good news for the economy because more people are working and earning and spending money.

Job Growth. A strong increase in the number of new jobs indicates an expanding economy and tends to boost consumer confidence.

Consumer Confidence Index (CCI). The CCI reflects consumers’ perceptions about the economy and their spending plans. When consumers feel confident, they tend to spend and invest more of their money. However, when they are nervous, consumers tend to hold off on making major purchases.

Housing Starts. When housing starts are high, it means that there has been a lot of construction on new houses, condos, and apartment buildings. Low housing starts could indicate that the economy is slowing down.

Gross Domestic Product (GDP). The GDP measures the total value of all the finished goods and services produced within Canada. A flat or shrinking GDP suggests recession may lie ahead, while a rapidly growing GDP raises fears of inflation. Moderate growth, however, suggests a stable economy.

Reading the Signs

If the leading economic indicators suggest that the economy is slowing down, investors may become wary and decide to sell stocks and bonds. As a result, stock and bond prices may fall. When good economic times are indicated, investors buy stocks because they anticipate that consumers will spend money and corporate profits will rise. As a result, stock prices increase.

Unexpected Signs

Economic indicators are used to predict where the economy is headed. If an indicator comes out in line with market expectation, it causes no reaction. But when an indi-

cator’s results are unexpected, the financial markets may react in a contradictory way. For example, a low unemployment report is generally considered good news, but if investors fear that a tight job market will lead to higher salaries, higher prices, and inflation, the good news can become bad news. Fears of inflation could lead the Bank of Canada to raise interest rates, which lowers spending and leads to lower stock and bond prices. The effect of the economic indicators, then, will depend on the current financial context.

Follow Your Own Lead
The market’s reactions to

economic indicators are often short-lived. As a long-term retirement investor, you need to pay attention to your own investment roadmap and not get distracted by misleading signs. If you panic and turn back every time you see a different economic indicator, you will never reach your destination of a financially secure retirement. So shift into gear, move out of the slow lane, and get on with your journey.

Steve Kulyk is a financial advisor with Kulyk Insurance and Financial Services in St. Georges. He can be reached at 367-9572 or by email at steve@kulykfinancial.com.

Is your subscription due?
Drop in to our office
51 Art Street, Powerview
Phone 367-9468, Fax 367-9974
Box 550, Pine Falls, MB R0E 1M0
The Winnipeg River Echo



BLACK RIVER RECREATION PRESENTS THE....

4th Annual

BIKE-A-THON

From Buffalo Point Reserve to Black River Reserve

JUNE 10-12, 2005

FOR MORE INFORMATION CONTACT:

Allister Courchene at 367-4719 or Fax: 367-2000
Email: allistercourchene@black-river.ca

Pledge sheets are available at some local businesses or by calling Allister Courchene Working hard to support youth, and recreation within Black River



450 km

PINE PHARMACY
"Promoting Healthy Lifestyles"

Winnipeg River RCMP Report

Police report from the Winnipeg River RCMP Detachment (Powerview offices was unavailable at press time)

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. 9:00am to 12:00 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.

PAA: 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, Wednesday 8:00 p.m., Senior Scene, Victoria Beach, 1 Ateah Road, Barb 754-3173 or Alice 756-3933.

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

Pine Falls Golden Leisure Club: Bridge 7:00pm Thursday, Canasta 1:00pm Friday, Whist 1:30pm Wednesday, Exercise 10:15am, Monday, Tuesday, Saturday, Crb, 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 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 Pitt Road - Traverse Bay, 11:30 a.m. Sunday additional mass mid-June through Labour Day 7:30 p.m. Saturday. Closed November 1 to April 30th.

ST. ALEXANDER R.C. CHURCH located at Sagkeeng First Nations, Sunday mass 10:00 a.m.

ST. THERESA R.C. MISSION 88 Glenvale Avenue, Grand Marais. Mass 12:00 noon first Sunday of November to last Sunday of April. May through October mass 10:00 a.m. Sunday.

SAGKEENG CHRISTIAN FELLOWSHIP CHURCH - Lloyd Guimond (Pastor) Sagkeeng South Shore, service Thursday 7:30 p.m. and Sunday 2:00 p.m.

CHRIST CHURCH ANGLICAN - Sunday 2:30 p.m. at Hollow Water.

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

What is a Primary Health Care Centre?

NEHA Release

North Eastman Health Association has (5) five primary health care centres that house several different professional care providers. The Primary Health Care Centres (PHCC) are located in Beausejour, Lac du Bonnet Oakbank, Pine Falls and Whitemouth. These Centres are the one stop shop of health care where you can see a physician, or a nurse practitioner, a public health nurse, home care coordinator, mental health worker, dietitian, or social worker, depending on your family's needs. A few examples of why you may want to come to a primary health care centre would be:

1. appointment with a physician or nurse practitioner
2. child/adult immunizations
3. to speak to a coordinator about homecare services

4. to speak to a nurse about chronic illness

5. appointment with a mental health worker or a therapist/counselor

6. diet/nutrition counseling with a dietitian

7. you require travel health information

You may have an appointment with one or several of the professional staff that work out of our Centres. The Centres provide for a vast array of health services.

Although they provide a variety of services, the Centres do not provide emergency services. Emergencies are life-threatening conditions that may require special equipment and nurses that are trained for emergency care to assist you. Primary health care centres are not meant to care for people that need to be in emergency departments. Although

most of the time there is a physician in the centre, they do not have the equipment available to properly care for someone in an emergency situation. Emergency departments are located in Beausejour Hospital, Pinawa Hospital and Pine Falls Health Complex. If you are not sure if you should go to an emergency department or a health centre/physician's office you can call your family physician or call Health Links at 1-888-315-9257. Health Links has specially trained nurses that are able to answer health questions and help you decide if you need to go to an emergency department or a primary health care centre/your family physician's office. Remember that if you have an emergency problem you can also call your local ambulance service to transport you to the nearest Emergency Room.

Ankle Sprains

(Ouch! You've sprained your ankle)

submitted by Celesté Basson, PT

Ankle sprains are a common but painful injury that can happen in sports like running, soccer, basketball or volleyball, or simply by stepping unexpectedly onto an uneven surface.

The ankle joint is made up of three bones - the tibia, the fibula and the talus. The talus is held between the other bones primarily by ligaments. These ligaments are like thick elastic bands and they give the ankle stability. The muscles that move the ankle come from below the knee and are attached to bones in the foot by their tendons, which pass over the ankle joint.

When an ankle is sprained, the ligament has either been over stretched, partially torn or completely torn. Ankle sprains are classified as Grade Type I (mild), Grade Type II (medium), and Grade Type III (severe). Most ankle sprains cause injury to the ligaments on the outside of the ankle.

Initial treatment for all

sprains is rest, ice, compression and elevation (RICE), as soon as possible and for 72 hours after injury. The RICE method helps promote healing, decreases pain, and reduces swelling around the ankle joint. Mild sprains may only require an elastic bandage for compression, while the more severe sprains require a splint or a cast. Similarly, the severity of the injury will determine whether crutches are required and for how long. Most ankle sprains heal in three to eight weeks, but when the injury is more severe it will take longer to regain ankle stability.

Physiotherapy treatment can start very early after an injury. Rehabilitation techniques will help reduce the time that your ankle is painful and ankle movement is restricted so that you can get back to work and activity more quickly. Early treatment will reduce the swelling and pain, making it easier to walk. Even one treatment and appropriate advice can make a significant difference.

ence. The S.M.A.R.T. approach recommended by the Canadian Physiotherapy Association can assist early recovery and rehabilitation for most ankle sprains. S.M.A.R.T. is an acronym for Stretch, Move, Add it up, Reduce strain, Talk to a physiotherapist.

STRETCH
Stretching is an important part of the healing process. It helps:

Regain full movement, Increase circulation that aids the healing process:

Maintain muscle strength: and

Maintain soft tissue flexibility.

Stretches for the ankle concentrate primarily on the gastrocnemius and soleus muscles (calf) and the hamstrings (back of thigh), but include other muscle groups in the leg such as the quadriceps (front of thigh). Stretching should always be done in the 'pain free range' to get the most benefit. As you

See **ANKLE/page 15**

The Winnipeg River Echo

Community events and News call:

367-9468 or email us at theecho@mb.sympatico.ca

On Parliament Hill



Your voice in Ottawa
Vic Toews, MP for Provencher

Why call an election

With the passing of each day, there is new evidence of a massive vote-buying scheme in Quebec that saw taxpayers' dollars funneled into a Liberal Party network that controlled federal grants, contributions and contracts. This evidence of wrongdoing does not originate with outsiders, but rather with senior people inside the Quebec wing of the Liberal Party who were directly involved.

For example, the Gomery Commission heard that Jacques Corriveau, head of Pluridesign Canada and a well-connected Liberal received more than \$5.8 million camouflaged in false invoices. These invoices include fees for so-called events in places that do not exist, such as the Rimouski, Chicoutimi, Sherbrooke and Ste-Foy Olympic Stadiums. The inquiry also heard one example in which Mr. Corriveau received a 17% commission (approximately \$102,000) for

no work done on a \$600,000 contract.

Despite the confessions of senior Liberals directly involved, the Prime Minister refused to take any responsibility for the actions of the Liberal Party, telling Canadians in a nationally televised statement on April 21st, 2005, "only he [Gomery] can tell us what happened and who was responsible."

Unfortunately, the Prime Minister was misleading Canadians on this issue. Justice Gomery's Terms of Reference, which can be read in their entirety at www.gomery.ca, clearly state that, "the Commissioner...perform his duties without expressing any conclusion or recommendation regarding the civil or criminal liability of any person or organization." In fact, Gomery's recommendations are limited to those which would "prevent mismanagement of sponsorship programs or advertising

activities in the future."

Justice Gomery himself in his opening statement confirmed that "the Commission may not establish either criminal culpability or civil responsibility for sums of money lost or misspent...it does not have the capacity nor does it intend to do so."

The Prime Minister has led Canadians to expect that the Gomery report will tell them who was responsible for the problems first uncovered in the report of the independent Auditor General in February, 2003.

But according to the judge himself, he will be unable to make findings of responsibility related to the evidence that has now disclosed the details of money laundering, kickbacks, bribes, extortion, forgery and fraud.

Should Justice Gomery continue with his hearing? The Conservative Party believes that he should, even though the Terms of Reference established by the Prime Minister make it clear that he is not entitled to name names or assign responsibility. And an election will not interfere with Justice Gomery's right to complete his report now that almost all of the evidence has been heard.

At least an early election will put an end to the billion dollars a day in pre-election campaign promises that the Prime Minister is making in order to use your tax dollars to cover up the Sponsorship scandal.

Please feel free to contact my office if you have any concerns or issues you would like to discuss. You may contact me toll free at 1-866-333-1933 or at 204-326-9889 or in Lac du Bonnet at 204-345-9762. You may write me at 203-323 Main Street, Steinbach, MB R5G 1Z2, by fax at 204-346-9874 or by e-mail at toewsv1@mts.net

Library Allard

BLAST OFF 2005!! This is the theme for this summer's Summer Reading Program being held at Library Allard, with the support of the TD Bank Financial Group, the Toronto Public Library and Public Library Services in Brandon.

The theme is space exploration and was chosen for its universal appeal to children. The graphics that are being used on the posters and stickers were created by renowned illustrator about the importance of reading and its impact on literacy.

The programs anticipated start and end date are from July 4, 2005 - August 20, 2005. The program is for children between the ages of 5 & 12. There are crafts, reading activities of all kinds, indoor and outdoor activities. Membership with Library Allard is required, however, if the family chooses to purchase a summer membership, they can do so at a cost of \$5 for July & August. Parents will be asked to sign

up for a volunteer slot at their choosing as we are running the program with 1 student as opposed to 2 in previous years.

Drop by Library Allard to register your child the week of June 27, 2005.

While you are visiting the Library don't forget to check out our fabulous prizes for our Spring Raffle. This raffle consists of a 17" planter pot filled with gardening goodies for you, your deck and the garden. Draw date is June 30th!!

A few new books to mention: *The Everything Reflexology Book* will help you manipulate zones in the hands and feet to relieve stress, improve circulation and promote good health - by Valerie Voner, C.R.T., C.T.M., R.M.T. *A Random Act* by Cindi Brouaddus, sister-in-law to Dr. Phil McGraw is "an inspiring true story of fighting to survive and choosing to forgive"; James Patterson's latest *4th of July* is a breathtaking addition to one of the best-selling de-



TECTIVE series; *Blood Memory* by Greg Iles returns you to the haunting Southern landscape he knows so well with this magnificent psychological thriller rich in forensic detail and penetrating insight into the nature of evil; Benedict and Nancy Freedman's *Kathy Little Bird* is the story of one woman's attempt to make her mark on the world without losing herself; *The Sugar Camp Quilt* by Jennifer Chiaverini; Joseph Finders' newest *Company Man* and more!!

See you in the library, Library Allard - 367-8443 - Ecole Communautaire, St. Georges

Beaches Branch Library - 754-4007 - Walter Whyte School - Grand Marais

ADVERTISING DEADLINE IS FRIDAYS AT 3:00PM

Steeltown Insurance

We are independent - we work for you!

GENERAL INSURANCE
House, Farm, Commercial
Photo Drivers Licences • autopac
Blue Cross & Travel Insurance

OPEN: Mon. to Fri. 8:30 a.m. to 6:00 p.m.
Plus Saturday, 9:00 a.m. to 2:00 p.m.

482-9202
Toll free: 1-888-204-4656

NO CHARGE INSURANCE QUOTE

*Are you receiving all your discounts?
You may qualify for up to 65% discount*

318 Main Street - Selkirk, Manitoba



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

FUNDRAISER BANQUET

DINNER
\$25.00

Catered by Bostroms

Tickets Available from:
Norm & Susie 367-2836
Linda Nobiss 367-9477
Maunce Desautels 367-2549

LITTLE JOHN DUBE MEDICAL FUND
Powerview Church Basement
June 3rd, 2005 at 6:00pm

Live Entertainment
Silent Auction
Join the Fun!

Lac du Bonnet RCMP Report



Report for the weeks of May 16th to May 24th

The following constitutes the Police Report for Lac du Bonnet Detachment for the period of the 16th of May to the 24th of May:

On the 16th of May, a report was rec'd that a suspicious vehicle was observed near fuel tanks in the yard of a residence along Brookfield Road in the R.M. of Lac du Bonnet. The vehicle quickly left when detection was noted. Not known if gasoline had been stolen. Took place at 5:30 AM.

On the 16th of May, a report was rec'd that the Seven Sisters Curling Club had been broken into. The back doors

had been broken open, and unsuccessful attempts made to open a locked cabinet. Took place from Friday evening to Monday morning.

On the 17th of May, a Winnipeg Sun newspaper box was reported as found property behind a business in downtown Lac du Bonnet.

On the 17th of May, a report was rec'd of a break and enter to a cottage at White Lake in the Whiteshell Prov. Park, with a pellet rifle and beer reported stolen.

On the 17th of May, a report was rec'd that three vehicles sustained damage from

being "keyed" while parked on Athlone in Pinawa. Took place between 3:30 PM & 4:30 PM this date.

On the 18th of May, a report was rec'd of an Intrusion Alarm at the Resources building on P.R. #502 in the Town of Lac du Bonnet. Investigation revealed this to be a False Alarm.

On the 18th of May, a report was rec'd of a 911 call from a business on Park Avenue in the Town of Lac du Bonnet. Police attended and found that the call had been made in error.

On the 18th of May, a report was rec'd that two boat-houses were broken into at locations on Halliday Drive in the R.M. of Lac du Bonnet. This took place between the 27th of April and the 17th of May. Not known if anything was stolen, but a mess was made.

On the 18th of May, a report was rec'd of a break and enter to a cottage and a shed at location at Red Rock Lake in the Whiteshell Prov. Park. Not known if anything was stolen at the time of the report.

On the 18th of May, a report was rec'd that the cowl-ing from an Outboard Motor had been lost on P.R. 315 between Trapper's and P.R. 313 in the R.M. of Alexander.

On the 19th of May, a report was rec'd that two "House For Sale" signs were stolen from two locations in Pinawa.

On the 19th of May, a report was rec'd of an Intrusion Alarm at F.W. Gilbert School in Pinawa. Investigation revealed this to be a False Alarm.

On the 20th of May, a report was rec'd of an Intrusion Alarm at the old Sagkeeng Treatment Centre east of Seven Sisters in the R.M. of Whitemouth. Patrol made and found that this was a False Alarm.

On the 20th of May, a report was rec'd from a location in the Town of Lac du Bonnet that an adult male had fallen out of his wheelchair and needed assistance. Police attended and assisted the subject to get back into the chair.

On the 20th of May, a report was rec'd of two break and enters at locations at White Lake in the Whiteshell Prov. Park, with liquor stolen from one, and nothing from the other.

On the 20th of May, a report was rec'd of Off-Road Vehicles being operated illegally on Singbeil Road in the R.M. of Reynolds, and no helmets being worn.

On the 20th of May, police on patrol found under-age subjects with marijuana and liquor at the Pinawa Teen Centre. An under-age male and an under-age female were arrested and subsequently turned over to their parents.

On the 20th of May, an adult male reported receiving a threatening phone call at a location in Pinawa.

On the 21st of May, a report was rec'd of under-age subjects consuming liquor on Burrows near the Co-op Gas Bar in Pinawa. Police attended and the group scattered, however, an intoxicated adult male was found in a near-by business and arrested and lodged to sober up. Also charged for Open Liquor.

On the 21st of May, a report was rec'd that an adult male had damaged an ATM at a business in the Town of Lac du Bonnet.

On the 21st of May, a report was rec'd of a fire along CNR property at Elma in the R.M. of Whitemouth. Police attended but no fire could be detected.

On the 21st of May, a report was rec'd of a large hole in the roadway on P.R. 315 in Nopiming Prov. Park. Matter passed on to the Dept. Of Highways.

On the 21st of May, a report was rec'd that locks had been cut off sheds and storage rooms at Jessica Lake in the Whiteshell Prov. Park, but nothing appeared to have been stolen.

On the 21st of May, a report was rec'd of two under-age males with Off-Road Vehicles cutting down a tree in the public preserve along Mascanow in the R.M. of Lac du Bonnet. Police attended and found an under-age male cutting up a tree, but no Off-Road Vehicles present.

On the 21st of May, a report was rec'd that a 16' Mercury Roughneck boat and trailer were stolen from a location at Red Rock Lake in the Whiteshell Prov. Park, over the past 2 weeks to a month.

On the 22nd of May, a report was rec'd that shots from what sounded like a high-powered rifle had been heard along P.T.H. #11 in the R.M. of Lac du Bonnet in the area of the old camp-ground. Police patrolled the area, but could not locate anyone in the area.

On the 22nd of May, police on patrol had occasion to stop an Adult male driving on P.R. #502 in the R.M. of Lac du Bonnet. The subject was found to be under the influence,

and subsequently released for Court on a charge of Driving while over .08, with vehicle impounded and Licence suspended.

On the 22nd of May, a report was rec'd of Off-Road Vehicles being operated on Singbeil Road in the R.M. of Reynolds. Police patrolled the area, but did not locate any offenders.

On the 22nd of May, a report was rec'd of an attempted break and enter at a location at White Lake in the Whiteshell Prov. Park, but no entry had taken place.

On the 22nd of May, a report was rec'd of a break and enter at a location on Blueberry Rock Road in the R.M. of Lac du Bonnet, with a TV, DVD & chainsaw stolen.

On the 22nd of May, a report as rec'd of under-age subjects operating Off-Road Vehicles illegally on Poplar Avenue in Great Falls.

On the 22nd of May, a report was rec'd of noise at a camp-site at the Otter Falls campground in the Whiteshell Prov. Park. This was passed on to the Park Patrol.

On the 23rd of May, a report was rec'd of noise coming from a residence on Alexander Avenue in Pinawa. Police attended and found that a party was taking place, however, matters were quiet at the time that police attended. Warning issued to the person in control of the residence.

On the 23rd of May, a report was rec'd of a 911 call from a residence on James in Auglen Park in the R.M. of Alexander. Police attended and found that no offence had taken place, however, a disagreement was taking place between a father and under-age daughter, which police diffused at the time.

On the 23rd of May, a report was rec'd of an unregistered vehicle being operated in Pointe du Bois.

On the 23rd of May, a report was rec'd that an Off-Road Vehicle was being operated on Grey Crescent in Pinawa. Police patrolled, but no-one located.

On the 23rd of May, a report was rec'd of a domestic disturbance at a location on McArthur in the Town of Lac du Bonnet. Police attended and found that it was not a domestic dispute, but rather a mother and daughter arguing.

On the 23rd of May, a woman's ring was turned in as Found Property. Found at the Lac du Bonnet Ball Diamonds.

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 Ten 345-8712

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

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

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

Ladies A.A. Meetings Thursdays 1:00 p.m., 18 McDermot, Pinawa. Doreen 753-8357.

Battered Women's Crisis Line 1-800-362-3344.

Lac du Bonnet Health Centre Auxiliary meets fourth Thursday of the month, Health Centre 1:30 p.m.

Lac du Bonnet Wildlife Association temporarily meets at the call of the chair. Call Peter 345-6190 for information.

New to town? Drop in to the Craft Basket on Second Street and pick up your Welcome to Lac du Bonnet gift, courtesy of the Chamber of Commerce.

Two Rivers Seniors Resource Council Inc. Call Pat at the Lac du Bonnet office, Health Centre at 345-1227. 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, Hadasahville.

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 Daell, 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

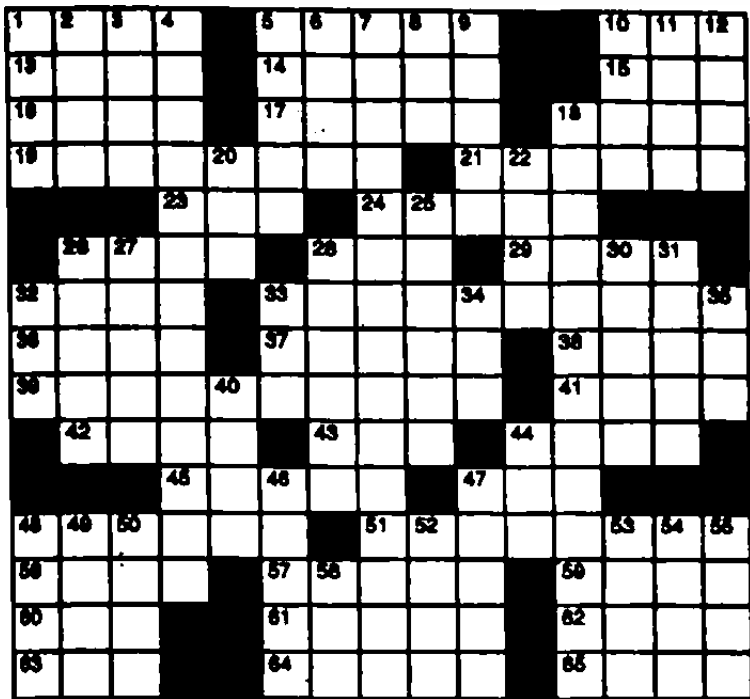
Father Mirek Szymal, 345-2900
Lac du Bonnet: 5:00 p.m. - Saturday mass; 11:00 a.m. Sunday mass

Pinawa (senior school): 9:15 a.m. - Sunday mass

ST. JOHN'S ANGLICAN CHURCH

Rev. Sandra Taskard 367-9528, church 345-2357
Sunday: 11:30 a.m. - worship; 11:30 a.m. - first and third Sunday of each month, holy eucharist.

WEEKLY CROSSWORD



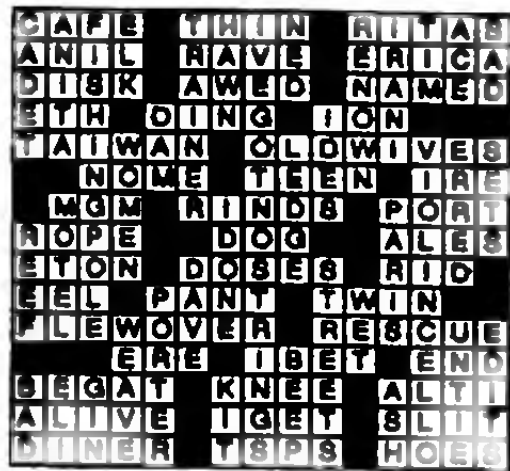
- ACROSS**
- 1 Lick ___ promise (2 wds.)
 - 5 Butter up the turkey
 - 10 Guido's note
 - 13 Ogle
 - 14 Liquid unit
 - 15 Mr. Van Winkle
 - 16 Part of QED
 - 17 "There is nothing like ___" (2 wds.)
 - 18 Labyrinth
 - 19 Evaluate
 - 21 Salad with a raw egg
 - 23 French soul
 - 24 Kama ___
 - 26 Penny
 - 28 Irish Sea isle
 - 29 Inner: prefix
 - 32 When I was ___ (2 wds.)
 - 33 Naysay
 - 36 Record, for a jockey
 - 37 Murphy of the movies
 - 38 TV horse
 - 39 Highway crossings
 - 41 Positive votes
 - 42 Of 10 down
 - 43 City ways (abbr.)

- 44 Org.
- 45 More precise
- 47 Tree residue?
- 48 Perfectly (3 wds.)
- 51 Hoosier
- 56 Biblical book
- 57 Ran a cloth over
- 59 Genoa ruler
- 60 Give ___ try (2 wds.)
- 61 French student
- 62 Butter substitute
- 63 Chaney of the movies
- 64 Also-ran
- 65 Ragged

- DOWN**
- 1 Actor Guinness
 - 2 Sleuth Wolfe
 - 3 Jimmy or Dizzy
 - 4 Handy one's pastime (3 wds.)
 - 5 Knife part
 - 6 Helper
 - 7 Flag (3 wds.)
 - 8 Pro ___
 - 9 Put up
 - 10 Periods of time
 - 11 Popular singer
 - 12 Rich Little, for one
 - 18 Tap dancer's song (4 wds.)
 - 20 Bank abbr.
 - 22 District
 - 25 Releases
 - 26 Critic Barnes
 - 27 Sedative
 - 28 Rich dessert
 - 30 Car needs

- 31 Body of water
- 32 Stir
- 33 Presidential monogram
- 34 Legal thing
- 35 Football scores (abbr.)
- 40 Ballet movement
- 44 ___ was saying... (2 wds.)
- 46 Staircase post
- 47 Snake
- 48 Pin the ___
- 49 Eight: prefix
- 50 ___ impasse (2 wdsL>.)
- 52 Snow, of a sort
- 53 ___ contendere
- 54 Teen-___
- 55 City light
- 58 Labor org.

LAST WEEK'S ANSWERS



CRYPTIC PUZZLE

BC DFG HJJ FKJ LMFGHNKP QNRRBLH
 SNTVBKW RNXVSNQPH, DFG NQJ
 TFFVBKW NL N QJXPBKW MNQJ TBKJ.

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

PEOPLE WITH COURAGE AND CHARACTER ALWAYS SEEM SINISTER TO THE REST.

Weekly Echo Horoscopes

This edition covers the week of May 23rd to May 29th

ARIES (Mar. 21 - April 20)
 A need to express yourself may come out in creative ways. You've been hurt before and could be again if you don't play hard to get. Help children with important projects. You can expect to have a problem with your lover. Don't put off the things that they have asked you to do.

TAURUS (Apr. 21 - May 21)
 Don't put limitations on yourself. Your emotions have been pulled out of shape and you need to do a little backtracking. Get involved in creative groups. You might find that the extra cash will come in handy when an opportunity to invest comes along.

GEMINI (May 22 - June 21)
 Your emotions are fluctuating, so be careful not to say things you'll regret. Mingle with those who have similar interests, and you should be able to start something. You need to sit back and enjoy. Overindulgence may cause conflicts.

CANCER (June 22 - July 22)
 You may not be able to help, but your support will be favorable. Be careful not to divulge secret information this week. Unexpected bills will leave you a little short. Romantic opportunities are evident.

LEO (July 23 - Aug 22)
 If you haven't planned a vacation, then at least try to get away for the weekend. Your charm and generosity will bring new friends and romantic opportunities. If you want to make your mark, try to get involved in projects that will bring you some glory. Assist a relative or good friend by setting of a budget for them.

VIRGO (Aug. 23 - Sept 23)
 Investments may be misrepresented this week. You may experience setbacks due to additional responsibilities with loved ones. Your personal life will be under the gun and you may want to avoid the questions your lover is going to want to ask you. Emotional deception is evident.

LIBRA (Sept. 24 - Oct 23)
 Your doubt could lead to insecurity. Children may be less than honest with you. You may have been too agreeable to someone who just wanted to use you. You can have an enjoyable time if you socialize with friends..

SCORPIO (Oct. 24 - Nov. 22)
 You can clear up important legalities and sign contracts this week. Self-deception is likely. Get domestic chores out of the way early. Minor accidents may occur if you don't concentrate on what you're doing.

SAGITTARIUS (Nov. 23 - Dec. 21)
 Go out with friends. You can discuss your intentions and ideas with your colleagues or friends this week. Problems with fire, gas, or oil may cause disruptions and annoyances. You are best to stick to yourself this week.

CAPRICORN (Dec 22 - Jan. 20)
 Over spending or unexpected bills could set you back. You can make favorable changes in your home environment. Physical limitations are possible if you aren't careful. You will expand your circle of friends if you join groups.

AQUARIUS (Jan. 21 - Feb. 19)
 Your emotions may be hard to control if your mate is forcing you to undergo drastic alterations in your relationship. You should feel a little more stable about your position; however, don't be surprised if a job offer comes your way. Home improvement projects will go well if you delegate work to all your family members. Your lover may disappoint you in such a way that estrangement will follow.

PISCES (Feb. 20 - Mar. 20)
 Don't let your health suffer because of worry. Talk to someone you trust. Visitors may relieve the tension. Look into some form of physical recreation. Use your better judgment before you sign up for a costly venture.

Echo Classifieds

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

Woodland Place/
DaleHaven Apartments, 1
- 2 bedroom apartments for
rent, utilities and parking in-
cluded, coin laundry, very
clean and well maintained, call
after 6:00 p.m. 367-4922.

1983 Oldsmobile, Delta 88,
186,000 miles, 4 door, not
safetied, \$1200, call 367-9133
or (204) 998-6698.

Saturday, May 28th, 9am to
5pm. 11 Sunrise Place, Silver
Falls, Manitoba. Electronics,
housewares, clothes, etc....

1985 Honda Shadow
1100cc, mint condition, asking
\$5500.00, call 367-2353.

Dauphin Country Fest 2005
Ticket, June 30th to July 3rd,
2005. Package includes: Res-
erved Campsite, Adult Admis-
sion: \$200.00, call 367-9120. 3A-1

Oak Laminate Flooring, at
2.70 sq. meters per box.
Cherry laminate flooring, 2
boxes at \$20.00 per box, call
367-9120. 3A-1

16 foot canoe (scanoe), with
2HP, 2 cylce engine. Canoe
like new, paddles included,
\$1100.00 call Phil Cyr at 367-
2643. 3A-1



Happy Birthday
Leah!
Still my
Snow Bunny at 40!
Love Denis, Annette,
and David



Ross (Papineau)

Pamela and Doug Ross are proud to announce
the birth of their son
Colton Rene Ross,
born May 15, 2005., Colton weighed 8lbs., 9 1/2 ozs.,
and was 21 1/4 inches long.
Proud 1st time grandparents are Ed and Karen Papineau,
grandparents Evelyn & Larry Ross.
Great-grandmother Annette Papineau.
Also proud uncle and aunts
Kirby and Joy Papineau and Tammy Ross.
Welcome to the world little puff. Special thanks to the
amazing doctors and nurses in the maternity ward at the
Health Sciences Centre.



**SUNRISE SCHOOL
DIVISION**

STAFF VACANCY

POSITION: Spare Cleaners

CURRENT LOCATION: Ecole Powerview School, Powerview, MB

DUTIES:

- All fire prevention and safety regulations must be followed.
- To do major cleaning during Summer and Christmas break.
- Ability to maintain confidentiality.
- Other related duties as assigned by the Custodian or Maintenance Manager.
- For more details contact Derrick Ryback, Maintenance Manager at 268-6528.

TIME EMPLOYED: Flexible

EFFECTIVE DATE: As soon as can be arranged.

QUALIFICATIONS: Must have minimum Grade 10 or equivalent, be familiar with the requirements of the W.H.M.I.S. Regulations, good communication skills, and be able to interact with students, staff and general public in a friendly and courteous manner.

SALARY: \$11.80 per hour (as per C.U.P.E.. 1618 Collective Agreement)

Interested candidates must apply with resume of related qualifications, experience and skills to the Assistant Superintendent - Human Resources:
Box 1206, 344-2nd Street North
Beausejour, Manitoba R0E 0C0
Phone: (204) 268-6530
Fax: (204) 268-6545
Email: diamoureux@sunrisesd.ca
On or before 3:30 p.m. **FRIDAY, MAY 27th, 2005**

It is a requirement for all new employees to provide a current Criminal Record Check and agree to a Child Abuse Registry Check. All applicants are welcome, however only candidates selected for interviews will be contacted.

Gull Lake Area, 4 Bedroom,
1500 sq. ft. Bungalow Quonset
40x60, Located on 158A, ad-
ditional 100A available. Owner
moving, will look at all offers.
Call Harold at Delta Real Es-
tate 204-253-7373. 3A-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. 3A-177A

Rooms and Suites for rent.
Weekly and Monthly rates
available. Hydro and satellite
included, call Omer at 367-
9991 or 367-4210. 3A-177A

PUBLIC NOTICE

**The Grand Marais Fire Department is currently
accepting applications for
Fire Fighters**

Applicants must reside in the Grand Marais Fire Departments "Fire District".

Applicants:

- Must be 18 years of age or older
- Must be medically and physically fit for Fire Fighting duties. A Doctors Certificate shall be provided
- Must be able to obtain a Class 4 Drivers License with "Air Brake Endorsement"
- Must be able to obtain CPR & First Aid
- Must be able to obtain Level 1 Firefighting Certification

Rate of pay is on a per call Basis, once training and hiring are complete.

Interested persons are asked to submit a resume to:

Grand Marais Fire Department
Box 28, Grand Marais, MB R0E 0T0

**Applications will be received for the above position until 6:00 p.m.,
June 13, 2005**

The Grand Marais Fire Department would like to thank all who apply and advise that only those selected for an interview will be further notified.

SILVER HAVEN MEAL PROGRAM

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

**Silver Haven at
367-4620**

Friday, May 27
Soup, seafood with wild rice (shrimp fricassee), beans Hawaiian delight.

Monday, May 30
Soup, salisbury steak, hashbrowns, spinach, peach cobbler.

Wednesday, June 1
Salad, roast turkey, stuffing, mashed potatoes, beans, fresh fruit.

Ankle Sprains -from page 10

gain range, you will be able to stretch further.

MOVE

The severity of the sprain will determine when you begin moving the joint. It is important to allow adequate healing time to regain the stability the ligaments provide. Avoid damaging the ankle further by doing too much too soon, whether it is exercise, standing or walking. Exercise programs for the injured ankle should progress gradually from range of motion and muscle strengthening in the pain free range to more demanding activities like exercises done while standing. The strengthening program should include exercises for the muscles that work with the damaged ligament(s) to give the joint additional support. When the sprain has healed enough to tolerate it, exercises done on a wobble board or on a mini-trampoline will help retrain balance.

ADD IT UP

When recovering from an injury, it is important to take into consideration the effect of the entire day's activities on the injured joint. If you have been doing a lot of walking on a given day, it may be wiser to do non-weight bearing aerobic work for the leg such as swim-

ming, pool running or stationary bike, as cardiovascular fitness is required no matter what sport caused the injury.

Plan your activities so you can build rest into your day. Make sure your rehabilitation program includes exercises that will help you regain your overall conditioning as well as those that are specific for the ankle. Remember to use RICE if you do overdo it on occasion!

REDUCE STRAIN

There are a number of things you can do to protect the injured ankle while it is healing and to minimize the risk of re-injury.

Wear high-top running shoes or a brace in your running shoes. These braces protect the ankle joint by blocking ankle movement in the direction of the sprain;

A physiotherapist can tape your ankle if this is required;

Gradually build your level of activity and sport to regain your pre-injury level of conditioning;

Expect some discomfort as you progress in your rehabilitation but learn to recognize our body's limits. Your ankle should not be sore and swollen for an extended period of time after exercise;

Avoid activities on slippery or uneven surfaces and in ar-

reas with poor lighting; and

Always warm up before exercise and include a cool down after every session.

TALK TO A PHYSIOTHERAPIST

A Physiotherapist will conduct a thorough assessment of your injured ankle and plan a rehabilitation program tailored to your level of activity that will help reduce swelling and pain, and promote healing and recovery. The program will include exercises that are important to improve the strength of the calf and ankle muscles. It may also include modalities such as ultrasound or interferential and education on how to prevent sprains in the future.

Physiotherapists are 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 a 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.

Le Musee de St-Georges Museum Is interested in Hiring a Student for the Summer Months for the position of Versatile Person

- To give guided tours to visitors upon request.
- Create exhibitions at the museum.
- Cleaning and grass cutting in the yard of the museum.
- Sorting and bagging of St. Georges Peas to sell as souvenirs.
- Possibly silk-screening of T-shirts.

Applicants must return to school full-time the upcoming academic year.

Must be between the ages of 15 and 30 inclusive.

Commencing June 20th, 2005 to September 3rd, 2005

40 hours a week at \$7.25 per hour.

Resume including references must be received no later than 2:00 p.m. Wednesday, June 15th, 2005.

Submit by mail to:

La Societe Historique de St-Georges
c/o Monique Hawranik
Box 104, Pine Falls, Manitoba R0E 1M0.

For more information contact Monique Hawranik
or Jean Dupont at 367-2082

NEWS TIPS? Call the Echo at 367-9468



Marc Fenez
367-9133

marc@midwestinstallation.com

Dispatch 866 745 7233
Box 659, Pine Falls, MB
R0E 1M0
www.midwestinstallation.com

Authorized Installations of Bell ExpressVu Satellite, API Alarm Inc. Security Systems, Camera and Access Systems Distributed Audio and Video Systems, and Structured Wiring Design and implementation.

The Winnipeg Humane Society

The WHS is seeking Satellite Adoption Centres! If you own/operate a business of any type, a pet supply store or a vet clinic, call Melinda @ 982-3552 if this interests you!



Echo, 98008

Echo is a wonderful older dog who was originally surrendered in Sept. 2004 when his owner entered a care home. The other dog he came in with was unfortunately euthanized for very poor health, so he also had to go through the loss of a good friend. He was adopted out in October 2004 & again returned to us in March 2005 as his owner moved. This poor fellow needs a loving, permanent & responsible home where he'll never have to worry about being homeless again. Echo walks wonderfully on leash & is a pleasure to be around; he simply wants to be loved & to have someone to love. As a large senior pooch, his fee is reduced to only \$17.12!



Joe, 103596

This handsome orange & white tabby cat was brought in all the way from Scantterbury, MB, when he was found as a stray in the middle of February. Already neutered & boosted, Joe needs a great owner in a home filled with love. Mention this ad & get \$10 off his adoption today only! Considering a pair? Adopt two adult cats and get the second for half price! Also, for a limited time, kittens 4-6 months of age are only \$101.00. Senior cats are also reduced, only \$59.00.

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



Rob Oakes
Sales Agent

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



Jon. O. Phillips RMT
Licensed Massage Therapist
CranioSacral Therapy Levels I & II
Remedial/Relaxation Massage Therapy
204-367-2141
at Through the Arbour, Pine Falls



**TRY YOUR
DRUGSTORE
first**

**PINE
PHARMACY**

Open Monday to Saturday
9:30 a.m. to 5:30 p.m.

367-2611
367-2517

Blue Water Physiotherapy

Phone 367-2537
Please call for an Appointment

- Work and Sports Injuries
- Neck and Back Pain
- Acupuncture
- Orthotics
- Manual Therapy

Located on Highway #11 in Powerview

Celesté Basson
B.Sc.(PT) CAFCI

QUICK SPA

Open 6 Days a Week
Monday - Thursday 9:00am - 9:00pm
Friday - Saturday 10:00am - 9:00pm

Come try out the:

- Full body Massage Chair
- ROM Machine
- Chinese Chi Machine
- Jacuzzi
- Air Lounger

Get a full body workout in 30 minutes!
Enjoy a full body massage, facial, manicure!

No Appointment necessary!
Located in Pine Falls Strip Mall
Come down or call 367-9244

LIBERTY TAX SERVICE

Sandi Duval
Franchise Owner
367-4244

INCOME TAX SERVICES

BOOKKEEPING SERVICES

2 McDougall Ave
St. Georges MB

BRYAN M. DAJEN
Denturist

Celebrating 20 years in business

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

ON-SITE LAB

37 Third St. S. Beausejour

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

OAKES LAW CORPORATION

Barrister, Solicitor, Notary Public
LAURIE A.E. OAKES, LL.B.

Box 175 - 11 Thomas Rd. Phone: (204) 367-2494
Powerview, MB R0E 1P0 Fax: (204) 367-2488
E-mail: oakeslawcorp@netnet.mb.ca

PREFERRED AREAS OF PRACTICE

- Civil Litigation
- Personal Injury/Slip & Fall Claims
- Autopac Claims
- Workers Compensation Board Claims
- Wrongful Dismissal
- Real Estate
- Wills and Estates

Call for a free initial consultation without obligation

WILL ALSO CONSIDER FEES BASED ON A PERCENTAGE OF YOUR SETTLEMENT.

◆ Reflexology
◆ Ear Candling
◆ Reiki

Janice Warren
10 Dupont Street, Powerview MB
367-9272

The Lakeview STEAKHOUSE

57 Park Avenue, Lac du Bonnet
Phone: 345-8661

PINE FALLS SERVICE CENTRE

Monday to Saturday
6:00 a.m. to 12:00 midnight
Sunday 8:00 a.m. to 12:00 midnight

SUBWAY

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

Kevin McDonald
LEVENE, TADMAN GUTKIN & GOLUB
Barristers & Solicitors

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

Powerview every Tuesday
at Powerview Agencies
1:00 to 7:00 p.m.

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

Esser Chiropractic Health Centre

Corner of PTH 11 and Church Street (beside Papineau Motors)

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

Phone 367-4858

No referral required Please call for appointment

Enjoy dual satellite reception.

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

Contact
Dave or Warren 367-2460

The shape of the future.

Great Falls Foods

Highway 11, Great Falls
367-2976

OPEN 7 DAYS A WEEK

Winter Hours:
Mon. - Thur. 8-6, Fri. - Sat. 8-8
Sun. 12-6

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

The House of Quality

DAVE'S NEW & USED FURNITURE
JVC, HOTPOINT, GE, BUNLER, SERTA BEDDING

"For the Best Quality New & Used Furniture & Appliances Call us First!"
367-2460
21 Art Street, Powerview
Mon to Fri 10 am - 5 pm Sat 10 am - 3 pm

Country Concepts FAMILY WEAR & Accessories

www.countryconcepts.ca
367-2248
Located at Pine Falls Post Office Building

MacDonald Brown
Rentals
Hillside Beach
756-8184

DR. ARNOLD ANDERSON

LAB ON SITE

Optometrist
Contact Lenses and Eyeglass Fittings

MANITOU LODGE PINE FALLS
367-2390

Monday - Friday 9:00 a.m. - 5:00 p.m.
Closed for lunch hour 12:30 - 1:30pm

Examinations done on Thursday

M&C Bruneau's
PC SERVICES

Microsoft Certified Professional Systems Engineer

HARDWARE DIAGNOSIS - HARDWARE UPGRADES - TROUBLE SHOOTING
SOFTWARE INSTALLATION - SYSTEM CONFIGURATION

Ph: 345-6876

Place your ad here!

Dr. Alan Grant DENTIST

Pine Falls Dental Clinic
36 Maple Street
(across from the Hospital)
367-4417
Tuesday, & Thursday
10:30am-6:00pm

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

Brush & Floss

DENIS LABOSSIERE
LAWYER

Every Second Tuesday
at St. Georges
Community Centre

CALL 925-1900
for appointment

Clark's Corner

DOMO Service Station
Convenience Store
Restaurant
Chester Fried Chicken

367-2238
Located at corner of Highways 11 and 304

Papertown Motor Inn
367-2261

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

Home of
ATE
Night Club

TWISTERS WATER PARK

1 Mile East of Pine Falls, Hwy 304 & 11

Broadlands Mall

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

Restaurant
Daily Specials
Open 6 am - 10 pm

367-4484

BIRCHWOOD MOTOR HOTEL

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

Traverse Bay
756-2596

OPEN YEAR ROUND

Manitou Lodge

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

367-2252 Wood Stone Baked

TAKE OUT PIZZA Thick Crust or The Classic Coachroom Crust

DAVID BULLMAN
GENERAL CONTRACTING
Commercial & Residential

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

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

DARREL J. TARRANT
CHARTERED ACCOUNTANT

Full Time office at Powerview Agencies, Highway 11
Ph. 367-9193, Fax 367-8616
New Lac du Bonnet Location,
11 Park Avenue, Lac du Bonnet (across from Royal Bank)
Wednesdays and by appointment. Ph. 345-9771

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

TURBO'S LANDSCAPING

- Mini Backhoe
- BobCat Work
- Landscaping
- Snow Clearing
- Tandem and 1 Ton Truck Available
- Rooftop Snow Removal
- Post Hole Drilling
- Brush & Lot Cleaning

Marc Pelletier PELLETIER ENTERPRISES
Box 146 St. Georges, MB R0E 1V0
Home (204) 367-4092
Cell (204) 345-3752