

Little John has big friends

Rare disorder sparks massive fund raising efforts for local youth

by Jim Hampshire

It is often said that in a time of crisis, you find out who your friends really are. For Omer and Theresa Dube of Powerview, friends are numerous indeed as they have found out while facing a medical crisis of their own.

"The community has been so supportive and understanding, it is all very overwhelming," Theresa Dube said over the weekend. "So many people are working to raise funds to help us, I can't even keep track of the number of fund-raising events that have taken place for Little John so far."

The fund-raising efforts are in support of Omer and Theresa Dube's young son, Little John Dube, who is a seemingly normal six-year-old who only wants to participate in normal six-year-old activities. For him, life isn't about medical disorders that are too complicated to pronounce, nor does he seem overly aware that his young life could be cut

short without delicate surgery, or at the very least, extensive treatments.

Little John suffers from Schizencephaly, a brain disorder that is more difficult to understand than it is to spell. In common English, it is a rare brain development disorder which, in mild cases, causes partial paralysis and seizures but rarely affects intelligence. In severe cases, it is a crippling disorder, both physically and mentally, and it is very lethal.

"So far we've been told that life expectancy is between 10 and 21 years," Theresa Dube explained emotionally. "Our doctors said the best care and treatment is at the Mayo Clinic and our goal is to raise \$50,000 to pay for the examinations and hopefully some sort of surgery to correct the disorder."

Right now Dube says that the Winnipeg doctors are unable to offer much information other than textbook answers, but they do say that each case is different and the Mayo



Left to Right: Omer Dube, Little John, Theresa, Daniel and Stefan, missing is older sister Raya, who was away attending a sporting event.

Clinic is the medical leader in Schizencephaly research.

"At this point we just want answers," she said. "The worst part is not knowing what to expect and what can be done to reverse the disorder."

What Omer and Theresa Dube do know, however, is that

the family will have to spend at least five days in Rochester Minnesota while Little John is being tested. Little John's testing is slated for July 25th, 2005. Following that, the clinic doctors say there is a possibility for

corrective surgery or drug treatment.

Currently Little John is continuing forward with his young life as he attends school regularly, and even takes part in physical education classes with

See LITTLE/page 2



Pine Falls Ward Councillors (left to right) Jack Shwaluk, Willy Kemball, Rick Rusk and Paul Pelland were elected by acclamation on May 24th, 2005 to the Powerview-Pine Falls Town Council

Four councillors elected by acclamation

by Charles Norman

The new municipality of Powerview - Pine Falls now has a full slate of councillors. The new town came about as a result of the annexation of Pine Falls by Powerview, with one of the conditions of the annexation being that four councillors would be elected from Pine Falls to join the existing Mayor and four councillors of Powerview. When nominations closed for the election at 4:30 pm on May 24 only four candidates had filed nomination papers, as a result they were de-

clared elected by acclamation. They will serve until the next municipal elections in October next year.

The new councillors are: Willy Kemball, Paul Pelland, Rick Rusk, and Jack Shwaluk.

Councillor Bev Dube was pleased with the result. "I think we've got four good people. I'm looking forward to working with them in the future." She said.

Willy Kemball was born and raised in Powerview. He moved to Pine Falls in 1973

See FOUR/page 6

Firearms Amnesty

The Province of Manitoba has announced a general firearms amnesty for the month of June 2005. During June, members of the public are encouraged to make arrangements with the RCMP to turn in unwanted firearms and ammunition for destruction. This amnesty does not include firearms which have been used in the commission of a criminal offence, or are stolen.

Members of the public are not to bring firearms to the local Detachment. Arrangements are to be made with the local police for pick up of same.

If you have a firearm or firearms, or ammunition, which you no longer want, please contact your local RCMP office in the Lac du Bonnet Detachment area to arrange for pick-up: Lac du Bonnet 345-6311, Pinawa 753-2217 or Whitemouth 348-2835.

Little John has big friends

Rare disorder sparks massive fund raising efforts for local youth

a little help from his friends and school staff.

"The Powerview School has been very good helping him," Dube remarked. "They have assigned him a teacher's aid and he joins in normal everyday activities."

Meanwhile, fund-raising efforts continue to mount as financial support keeps coming in from all over the region. Recent events include a fundraiser in Manigotagan and an event a little closer to home, right at the Powerview school. This coming Friday, June 3rd, another event is scheduled to take place at the Powerview Catholic Church basement, featuring a supper, followed by a long list of entertainers to cap off the evening.

In a surprise announcement, the Dube family received an invitation from the Children's Make a Wish Foundation, where Little John invited to Disney World next winter.

"We were caught completely off guard by this invitation," Dube confided. "Apparently someone submitted Little John's name to the foundation and he was accepted."

Unfortunately, for the Dube

family, the invitation comes with mixed emotions. As appealing and welcome the trip may be, Theresa Dube says it also drives home the severity of Little John's condition.

"The Make a Wish Foundation researches each medical case and they only extend invitations to kids with little hope," she quietly explained. "It's a wonderful gesture but it also reminds us just how serious Little John's condition really is."

If you would like to help the Dube family, a Trust Fund has been set up at the Royal Bank in Pine Falls Account Number #5029871 and if you are out of town, you can use Transit Number #03647, or you could attend anyone of the number of fund-raisers scheduled in the coming months.

There is a Core Steering Committee who will meet regularly. They can provide information or assist with any fund-raising ideas you may have. Or if you would like to participate please feel free to contact one of the Core Steering Committee members.

Core Steering Committee:
Bob Norton 669-9267,
Lillian Meilleur 367-9105, Val Anderson 367-9468, Norman

Meade 669-5504, Robin Cyr 367-9049, Maurice Desautels 367-2549, Dave Lower 367-2078, Eileen Cadieux 367-9033, Audrey Roy 367-8622, Rheel Morissette 367-8439, Yves Normandin 367-2733.

Thank You...

Sean Kemball

Thank you for serving on the Pine Falls Merger Committee, the Unification Group and Transition Committee during the period which began in November of 2002 through to May, 2005.

Your dedication to the Unification of Powerview and Pine Falls is very much appreciated. The councillors from Ward 2 (Pine Falls) will now take over and put forth their best efforts to ensure that infrastructure concerns are addressed and the community moves forward now that municipal status has been attained.

Thank you again for the countless hours of hard work.

Pine Falls Merger Committee Members

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The Winnipeg River **Echo**

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

Winnipeg River Emergency Control District requires volunteers

The WRECD which is made up of five areas- Bird River, R.M... of Alexander, Powerview, Pine Falls, and the Beaches is in desperate need of volunteers. Should a disaster strike anywhere within our district (ie, fire, chemical/fuel spill, severe weather or flood), which may require partial or total evacuation, it would necessitate the activation of our Emergency Plan and Emergency Measures Team.

Our first responders to all emergencies- RCMP, Fire brigade and Ambulance crews would be utilized to their maximum, but there- in lies the problem, we only have so many to do so much. It would be incumbent upon citizens of our District to fill in the gaps. Yes, it is true that organizations such as the Red Cross, Salvation Army and other non government organizations would provide assistance, but that is exactly what it is- assistance. The majority of the responsibility lies within our own community. Should it become necessary to evacuate any area within our District, the remaining safe areas would have to act as

Hosts and to do this effectively, a number of volunteers would be required.

The Emergency Measures Team realizes that most people in our area are 'volunteered out', but should disaster strike, all other volunteered jobs would become moot until such time as the incident is remedied. Our volunteers would not be asked to commit themselves to a weekly or even monthly chore. All that would be required of our volunteers is that they receive some training then be willing to once a year be involved in an exercise relating to some type of disaster. The exercise may only involve that you report to a certain location and be briefed on your responsibilities. This need not be time consuming. There is no doubt in my mind that should disaster strike, everyone would volunteer to help in anyway possible, by volunteering now, you would know that would be required of you and how best you could help.

If you wish to volunteer, please call Mr. Edgar (Chick) Desautels at 367-2369 or Barry Kembal at 367-8857.



(Left to right) Tina Polischuk, WRSS CRC, Kathy Dugard - President WRSS, Ed Desautels - Knights of Columbus representative, Anita Borlase - Pine Falls Ladies Auxiliary President, Sarah Borlase, Linda Sequin - Ladies Auxiliary

Walk-a-thon raises \$2679 for area Handivan

In a joint fundraiser effort by the Pine Falls Knights of Columbus and the Pine Falls Health Auxiliary they raised a whopping \$2679.00 for the North Winnipeg River Area Handivan fundraising project. The Winnipeg River Senior Service is in the process of raising funds for a new community Handivan that is needed in the area.

Twenty three participants hit the pavement in the walk-a-thon on Sunday, May 29th in Pine Falls. Together with the KofC and PFHA their efforts contributed greatly to the handivan

project.

There are other fundraising efforts being held in the community for this worthy cause. There will

be a social held on June 18th at the Great Falls Hall. In another fundraising effort tickets are being sold for a two

night fly in fishing trip for four people. The draw will be made at the dance. For more information contact 367-9128.

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RM Pulls out of Important Meeting

Community Centre Public Forum Proves Unproductive: says Reeve

by Jim Hampshire

In a last minute letter sent to the ratepayers in the RM of Lac du Bonnet, Reeve Don Halbert says the RM council would not participate in a public forum meeting, initiated by the Lac du Bonnet Community Centre Board to help alleviate tensions in pursuit of a final solution to the financial questions surrounding the centre.

In the public letter dated May 30, the reeve states that "Council participation at a previous Community Centre Meeting proved unproductive," before going on to list the reasons why the RM has pulled its annual funding from the centre.

The public meeting, slated for Tuesday evening of this week, was called in part to squash rumour and innuendos surrounding the financial sta-

tus of the facility. And while the centre's acting Chairperson, Lois Byron says she isn't surprised by the RM's decision not to attend, she says the invitation remains open nonetheless.

"We weren't looking for a showdown or anything," she explained. "We just wanted to present a public forum where the community and RM residents could get the facts from all sides and the board would proceed from the input offered by the public."

The tensions between the RM and community centre board stem from the different business views by both parties. While the community centre board is looking to refinance the centre in order to lower bank payments, the RM would like to see expenditures cut, resulting in staff layoffs.

In the letter by the RM, it

blames the community centre board for running a deficit over the past three years, totalling \$105,000 dollars, and the RM wouldn't support the board's business decisions under those circumstances. Depending what the RM considers a deficit, Byron says the RM should make it public that the centre has been running a deficit since the doors opened. Even when RM councillor, Russ Preston, was Board Chairman.

"This is a public building like any other," Byron explained. "And it should receive funding from local government just like any other public building."

Byron points to other public buildings in Lac du Bonnet, currently receiving support from both the RM and Town. According to Byron, the local arena receives similar funding from local government while

the Library receives in excess of \$22,000 annually from the RM alone. Prior to pulling its funding from the community centre, the RM was contributing just over \$13,000 annually to the facility.

"There's no question the community centre needs financial help but we are making steady progress in our efforts to reduce the mortgage every year and I think it is unfair that the RM doesn't recognize that," Byron reasoned. "If the board was irresponsible in our financial duties as the RM claims, why is our outstanding debt decreasing each year?"

Byron concedes that the operating costs are a source of concern but a reduction in mortgage payments is all the centre needs to make its monthly bills and operate under a balanced budget.

"The bank says we have a good system in place but it just needs to be tweaked a little," Byron continued. "When the bank is on your side and is willing to help meet your fi-

ancial obligations, you must be doing something right."

In order for the mortgage payments to be reduced, the RM needs to sign on as a financial guarantor along with the Town of Lac du Bonnet. So far the Town supports the current board and their decisions, but it would take a signature from the RM to make the refinancing a reality.

"So far we have to carry on with a business as usual attitude without help from the RM and that's what this board is going to do," Byron noted. "We definitely would like the participation from the RM at the public meeting but it looks like that isn't going to happen."

"I'm sure the public has a lot of questions and we will carry on with the meeting and answer all concerns with or without the RM."

The public forum meeting will be held at 7:00pm on May 31 at the Lac du Bonnet Community Centre. On behalf of the board, Byron is asking for concerned residents to attend and offer their voice.

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 -Brenda Brown (Pulitzer)

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 machines are giving me results. I also don't have my usual side effects of exercise which used to halt my routine such as shin splints, sore back and muscles and joint pain. Thank you Della for taking my fitness to the next level.
 -Karen McQueen

Rose Chevrette

Manitoba Model Forest receives award

The Manitoba Model Forest held its annual youth symposium at Powerview School on May 20th.

Students from Hollow Water, Lac du Bonnet, and Powerview-Pine Falls participated. They were given tours of the NESDA Trail, Tembec Paper Mill. Students were also provided information from Manitoba Hydro, Manitoba Conservation and others regarding sustainable development for our forests.

Gary Raven of Hollow Water, who specializes in herbs and natural medicines, was delighted to have an opportunity to help educate the youth. "Our young people need to understand what is really available in our natural environment and its importance to keep the forest alive and well for all things to grow," he stated. "I could be in the schools full time, teaching this sort of thing,

there are thousands of healing herbs and medicines right in our back yards. Recognizing them and their usefulness to the human body is something anyone can benefit from".

The Manitoba Model Forest was also awarded a special presentation from the Manitoba Conservation. The award was given in recognition of Manitoba Models Forest involvement with the Fire Smart Program.

The new computer program (Red Zone) is designed to help ensure a complete area analysis is compiled and on-hand for fire prevention measures.

It will scale out the area and its contents, (ie) buildings, homes, roads, forests, and all the high risk fire areas for fire fighting and emergency response crews to utilize.

The program is currently being implemented in Victoria Beach, and it is hoped it will

be used in all communities in Manitoba.

Ken Lucko, Eastern Regional Wild Fire Prevention Officer of Manitoba Conservation and Stan Kazarowski of Lac du Bonnet Conservation presented Mike Waldran, General Manager of the Manitoba Model Forest with a plaque for their continuous involvement and dedication to sustainable development practices in forestry and their work in implementing and promoting the Fire Smart Program (Red Zone) in the Victoria Beach area.



Mike Waldran-General Manager of Manitoba Model Forest was presented a Plaque from Ken Lucko-Eastern Regional Wild Fire Prevention Officer and Stan Kazarowski-LdB Conservation Officer



Gary Raven of Hollow Water, brought herbs, roots and plants to help student understand what is really in the forest and how sustaining it for years to come will help everyone. Natural medicines are plentiful keeping it that way is what is needed.



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TOWN of POWERVIEW PINE FALLS

NOTICE is hereby given that the following duly nominated candidates have been acclaimed as Councillors representing Ward 2 Pine Falls:

- Wilfred A. Kamball
- Jean Paul Pelland
- John (Jack) W. Shwaluk
- Richard (Rick) L. Rusk

Dated at the Town of Powerview-Pine Falls, in the Province of Manitoba, this 25th day of May, 2005.

Valerie P. Irving
Returning Officer
Town of Powerview Pine Falls

Government commitment to seniors

The Government of Manitoba is distributing this news release on behalf of the Federal-Provincial-Territorial Ministers Responsible for Seniors.

Federal-Provincial-Territorial Ministers Responsible for Seniors share commitment to working together for seniors.

QUEBEC, Quebec, May 26, 2005 - Ministers Responsible for seniors met for two days in Québec City and reaffirmed their commitment to work together to continue preparing for the challenges and opportunities facing their governments and Canadian society as a result of our growing seniors' population.

Canada's population is changing. Today one in eight persons is over 65; in less than 20 years, that number will be one in five. As a result, the needs for health care, housing, and other social services will change in the coming years.

All governments are aware that work must be done to support Canada's seniors in the short and long term, and to value and promote the tremendous contribution seniors make to their families, communities and country. Ministers representing federal provincial and territorial governments play important roles as champions of seniors' issues in their respective jurisdictions. There is also an agreement among ministers as to the necessity of working together while respecting each other's areas of jurisdiction and priorities.

Canada's Minister of Social Development, Ken Dryden, co-chair of the meeting, expressed his satisfaction. "All the Ministers and officials arrived at the meeting with the intention of really moving forward the agenda for seniors. The issue demands it and we want to, and need to, respond. It will require creativity and commitment. Most importantly, it will require collaboration".

"The major demographic challenges we are now facing require us to take action to develop global solutions for the present and the future of our societies. Within this context, one of the options available to us is greater participation by seniors. We need to think creatively about how seniors can retain their rightful place in society and fully participate in its development", said Minister Carole Theberge, Quebec Minister of Family, Seniors and Status of Women, co-chair of the meeting.

"The spirit of co-operation by all governments regarding the well-being of seniors is moving to a new level, with enthusiasm. We are in the process of building a collaborative approach to bring greater focus to seniors' issues. Having made a lifetime of contributions to their families and communities, seniors deserve nothing less", Canada's Minister of State (Families and Caregivers) Tony Ianno said at the end of the meeting.

"I am impressed with the commitment of Ministers to work collaboratively on issues affecting seniors. This will facilitate the creation of new strategies and partnerships to achieve positive aging across and within jurisdictions", Minister Angus MacIsaac, Chair of the Seniors' Secretariat in Nova Scotia said at the conclusion of the meeting.

Ministers each recognized the importance of hearing from seniors, non-government organizations, advisory councils and committees, and other stakeholders. On Wednesday afternoon, Ministers took the opportunity to invite the Chairs of four seniors advisory councils and clearly heard the importance of listening to, valuing and respecting seniors.

At the meeting, Ministers

recognized what they had accomplished in the key areas of private residences, northern and remote communities, and informal caregiving. In particular, they acknowledged that the Framework for Planning for an Aging Population that has been developed can be used as a tool to guide their collective and individual efforts. This important work will continue.

Ministers also agreed to build on work on several issues: social isolation, the interaction of government programs, healthy aging, and safety and security, including prevention of abuse of older Canadians.

With a view to more focused and collaborative work, they asked their officials to launch work in three key areas: recognizing and promoting the role of seniors and elders in society;

accessing information and services in a culturally and linguistically sensitive and appropriate manner; and assessing diversity within the seniors' population and diverse needs of various stages in the aging process.

Seniors are the fastest-growing age group in Canada. This shift will have significant economic, social, and political implications. The opportunities stemming from a collaborative approach by federal, provincial, and territorial governments will help governments adapt to Canada's aging population and demographic changes.

Recognizing the importance of action, Ministers Responsible for Seniors will meet annually to discuss priority seniors' issues, share experiences and best practices, and seek opportunities for collaboration.

Four councillors elected by acclamation

from front page

and joined the Pine Falls Volunteer Fire Department in 1981. He has been Fire Chief since 1984. He has coached and refereed hockey for many years. Until the merger he ran the Pine Falls Public Works Department.

Paul Pelland was born in Powerview and went to school there, he joined the mill in 1969 and is now a machine tender.

He has been very active in the union, serving as president for three terms and as first vice president for many years. He introduced the mill's Family Assistance Program and worked with the program for 19 years. He was involved in the merger process from the first time it was proposed by Tembec President Frank Dottori in 1995. He served on the Advisory Council for three years and was subsequently appointed to the Merger Committee.

Rick Rusk was born in Swan River and moved to Pine Falls at the age of eighteen months. He went to the Pine Falls School, graduating with the class of '72. He has a Bachelor of Science degree from the University of Manitoba and graduated from the Red River Community College as an Electrical Technologist. He has been an electrician in the mill since August 1996, and is a volunteer fire fighter.

Jack Shwaluk was born in

Oakburn and went to school there. He has a bachelor of Science degree from the University of Manitoba. He taught School in Portage la Prairie for a while, was a private businessman for four years then returned to teaching at Sioux Narrows Ontario. He joined the Pine Falls School in 1991 and worked there and in Powerview for eight years ending his term there. He returned to Sioux Narrows for two years, retiring in 2002. During the amalgamation process he served on the Merger Committee and the Unification Committee. He has been active in volunteer work in the community.

All four new councillors said they wanted to thank Sean Kemball for the major contribution he made to the work of the Merger Committee. They said they are looking forward to building a viable and progressive future. "We have a great future here," Pelland said.

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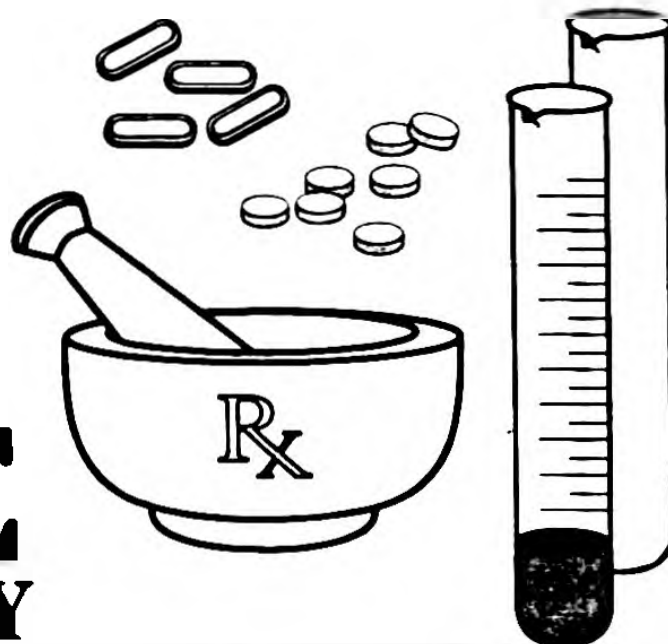
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CANADIAN INDEPENDENT

More than 1,800 children could be seriously injured while playing outdoors this summer

Safe Kids Canada recommends actions that could reduce these numbers by 40 per cent

Toronto, Ontario, May 30, 2005— Safe Kids Canada today unveiled new information showing that this June through August, 1,800 children could be

seriously injured and 50 could die from participating in the most popular summer activities – bicycle riding, swimming, walking and playing in play-

grounds. The good news from Safe Kids Canada is that at least 40 per cent of these injuries could be prevented by taking precautions.

erly fitting bicycle helmet should be worn on every ride.

Parents and caregivers also should keep children off the road until at least age 10, unless they are with an adult. To ride in traffic, children need to be able to pay attention to multiple factors at one time, including the speed of approaching traffic, road signs and balancing the bike. The mental and physical skills they need to ride safely in traffic do not start to develop until age 10. When children reach 10, they can begin to ride on the road but parents should ride with them to make sure they know how to cycle safely in traffic. Parents also should keep kids on quiet streets with lower speed limits.

"Research shows that the ability to juggle multiple pieces of information and make good, fast decisions develops gradually in kids sometime between



age 10 and 14," added Hewitt. "While many children have the coordination to ride a bicycle at age five or six, the ability to judge traffic safety risks develops much later."

Safe Kids Canada urges all provinces and territories to implement and support bike helmet legislation. Legislation makes it clear to the public that helmets are necessary. In jurisdictions with child bike helmet legislation, there are 25 per cent fewer head injuries from cycling than in provinces without.

See MORE/page 10

MJHL Draft

The Manitoba Junior Hockey League is excited to announce that the MJHL Draft will be held on Saturday, June 4, 2005.

This year's event will be the second draft held by the MJHL. The draft will be conducted in Pine Falls, MB as part of the League's Annual General Meeting weekend. Last June marked the first draft of 15 year old Manitoba players ever held by the MJHL. The MJHL Draft will be held in the afternoon of June 4 at the Manitou Lodge in Pine Falls, MB.

The details of the draft are as follows:

Each MJHL team is allowed to protect up to five (5) 15 year old players from their respective MJHL hockey zones. This list of automatically protected players has been submitted to the MJHL.

All Manitoba players whose birth date is in 1990 will be eligible for the MJHL Draft. The MJHL Draft will include a talent pool that is extremely deep for the 1990 birth year.

MJHL teams can draft any non-protected player from any zone in the province.

The Draft will consist of five (5) rounds with 1 pick per team per round.

MJHL teams are allowed to trade draft picks so the actual order of selection per round

may vary depending on whether draft pick deals have been negotiated.

On Draft day teams will be required to make their selection within one (1) minute, but will be allowed a four (4) minute time out if necessary.

Last year's Draft was completed in under two hours.

The order of selection for the MJHL Draft will be:

1. Southeast
2. Waywayseecappo
3. Swan Valley
4. Winnipeg Saints
5. Winkler
6. OCN
7. Dauphin
8. Winnipeg South Blues
9. Selkirk
10. Neepawa
11. Portage

All MJHL teams will be represented on Draft day with each General Manager, Coach and Scouting Director in attendance at the Draft. The MJHL website will provide up dates in the afternoon starting at approximately 2:00 p.m. as the draft unfolds on June 4. To stay right on top of the draft selections please log on to the MJHL website at www.mjhlhockey.ca

The Manitoba Junior Hockey League is committed to its continued objective of providing opportunities for the hockey and educational development of young Manitoba hockey players.

Ride Safe:

Tips for parents – Make sure kids wear a helmet; and keep them off the road until they're 10

Wearing a bicycle helmet reduces the risk of head injury by between 70 and 85 per cent in the event of a crash. Since most serious injuries and deaths are caused by head injuries, a prop-

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Faith Perspective Pro Tips

by Pastor Jake Doell

How To Benefit From Your Failures?

The question is not "Have you ever failed?" but "What do you do after you have failed?" It has been said that the only people who never fail are the ones who never try anything that involves a risk. Failure can do one of two things; it can either paralyze you or it can lift you to a higher level of success. The one thing I have observed about successful people is that they do not allow their failures to keep them down. Conrad Hilton of the Hilton hotel chain said; "Successful people keep moving. They make mistakes, but they don't quit." I want to encourage those of you who have experienced failure with the following four ways to benefit from your failures:

1. Don't lose your sense of humour.

Learn to laugh at yourself even in the tough times. We've all heard the old saying; "To err is human, but when you wear the eraser out ahead of the pencil your over doing it." Harry Neale, a professional hockey coach made the following observation; "Last season we couldn't win at home and we were losing on the road. My failure as a coach was that I couldn't think of anyplace else to play." Harry did not lose his sense of humour in the midst of a losing season. Hang on to your sense of humour, it will

help you find a way through the tough times.

2. Don't take your failure personally.

I experienced a business failure early in life. For a while I seen myself as a failure. Thank God for some good friends who came alongside and helped me to see that failure can be a stepping stone to better things. They helped me to see that failure is a good way to learn some of my limitations and to focus on my strengths.

Instead of saying, "I am a failure" say "I am learning from my mistakes and next time I will do it better." You see a baseball player who fails to get on base 6 times out of ten at bats is not a failure, he still has an on base percentage of .400. So learn to see your failure as a normal part of getting better at the game of life.

3. Learn from your failures.

Failure is only failure when you don't learn from your mistakes. One of my favorite people who overcame the greatest of odds to become the president of the USA was Abraham Lincoln. He failed to get a seat in Congress for many years inspite of many attempts to get elected. Yet today we remember the great success he had as the president who was instrumental in

abolishing slavery. The most important lesson Lincoln learned from his mistakes was to never say "I QUIT!" Friend, the only failure that can be fatal is failing to learn from your mistakes.

4. Be willing to change.

Don't blame others for your failure but be willing to change. Ask yourself "Why did I fail? not "Who is to blame?" People who blame others for their failures will often repeat them. The old saying "If you keep running into the same brick wall over and over again you need to find another road." The truth is "Until the pain of remaining the same becomes greater than the pain to change few people ever dare to change." Change is often necessary to overcome our failures. We must either change for the better or eventually we become bitter. The choice is ours.

My friend, let me encourage you if you have failed, get up, laugh at yourself and try again. With God's help we can be "Overcomers" and failure is but a stepping stone to better things ahead. Paul, the great apostle who took the gospel of Christ from Jerusalem into Europe inspite of some failed attempts said this; "For I can do everything God asks me to with the help of Christ who gives me strength and power." (Philippians 4:13)



Rob Hollins,
CPGA Head
Professional Pine
Falls Golf Club



Today's column is THE SECRET. Yes, the one secret that everyone is looking for, but can't quite figure out what it is. So, here we go.

Most golfers wear a golf glove on their non-dominant hand, right-handers on their left, left-handers on their right. But why?

If it is truly as we are all told, for better grip on our weaker hand, then why do we not use that weak hand only, to swing the golf club?

Most of us, if we truly thought about that one move that starts our golf swing, would say that our dominant (non-glove) hand is the hand that jerks the club away. When doing this, the club can no longer be in all the supposed positions that all the experts say it is supposed to be in, either at the top of our back swing, impact, or any other place that can be scrutinized. We then have to make multiple corrections in our swing motions to fix this one instinctive habit, which is to jerk the club away with our dominant hand.

The glove hand should be the "trigger" hand to start the

golf swing, and if done this way, allows for the dreaded "keep the left (or right) arm straight" to actually have a chance to happen naturally.

While this may not be a conventional theory on the golf swing, it is the only way an individual can correctly swing the golf club training tools that are the unanimously favored and most popular on the market today, *the medicus clubs*.

When these clubs are swung correctly, they stay in one piece, when swung incorrectly, they break down on the shaft at a hinge that is designed with the laws of physics in mind. High tech stuff.

This also explains fully what the advantage of a properly fitted golf glove really is. A stronger glove hand allows a better chance to swing the club properly. This is the true secret, and can be explained in full detail with a short demonstration anytime at the Pine Falls Golf Club by myself, at no charge.

When this part of the golf swing is corrected, everything else is a piece of cake.

Is your subscription due?

Drop in to our office

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North Eastman Health Association
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ANNUAL GENERAL MEETING 2005

The North Eastman Health Association Inc. is pleased to announce that it will be holding its Annual General Meetings on these dates in the following two communities.

Our guest speaker will be Dr. Pat Martens from the Manitoba Centre for Health Policy. Dr. Martens will present how RHAs need to focus on Population Health Needs Based Service Delivery.

Come and join us for Beef on a Bun at 6:15pm
Meeting will follow at 7:00pm

Tuesday, June 21st - Lac du Bonnet

Lac du Bonnet Community Centre
25 McArthur Avenue

Thursday, June 23rd - Oakbank

Senior Housing Complex - MultiPurpose Room
689 Main Street (Entrance by Pharmacy)

"Working together to create a health North Eastman"

Manitoba Youth Library Allard Job Centre

by Brent Stokes

Everyone has their "sure signs" that tell them summer is coming. Maybe it's the first time you can wear shorts without getting frostbite, the first time you can drink a slushie without getting weird looks, the first time you can go camping without your teeth chattering like maracas, or the first time everybody in your neighbourhood seems to be mowing their lawn at the exact same time.

If any of those are your sign, the Victoria Day long weekend must have seemed like an extremely enjoyable alternative to someone renting a plane and writing "summer is coming" in the sky.

And as summer approaches, another throng of students is about to be unleashed on the world, looking for work. Depending on what grade and school you're talking about, school ends in 4 or 5

weeks. Students are already putting up posters offering to work as a lawnmower or babysitter.

I have a huge list of high school and university students who registered with the government last month because they're looking to work in the North Eastman region this summer. That doesn't include the hundreds of junior high students I've talked to about the MYJC at area schools. The majority of them took home registration cards to fill out and get signed by their parents.

Speaking of visiting schools, my last visit will be to Powerview School this Friday. The MYJC will be closed during that time.

If you're looking to hire someone between the ages of 12 and 29, call the Manitoba Youth Job Centre at 345-6916 or stop by our office at 40 Park Ave., Lac du Bonnet.

Beaches Library located in Walter Whyte School is looking for volunteer(s) to do a summer reading program/story-time. Any interested persons can drop by the library and talk to our friendly librarian Tannis, or call at the number listed below.

Manitoba Public Insurance has given all Manitoba public libraries a free CD-Rom entitled *Virtual Driver - Are U Road Ready?* This new computer-based training program promotes safe driving techniques in a fun, interactive format that tests the users' road safety knowledge and skills. Manitoba Public Insurance hosted a media event on May 17th, 2005 to promote the release of this CD. This CD is now available in-house for the public to use. Students going for their drivers' test may want to view this CD for its' interactive activities based on the defensive driving theory.

A few new books to men-

tion that adorn our shelves: *Broken Prey* by John Sandford is said to be the scariest Prey novel yet!; *Countdown* by Iris Johansen picks up where the nail-biting tension of *Blind Alley* left off; daughter of Ruth and Billy Graham has written *In Every Pew Sits a Broken Heart: hope for the hurting* by Ruth Graham with a foreword by Billy Graham; *New Life After Divorce* by Bill Butterworth is new to our Inspirational section as well as *Taming Your Family Zoo: Six Weeks to Raising a Well-Mannered Child*; Beverly Lewis' continues with Abram's Daughters with *The Revelation*; Trace DePree's latest *Aprons on a Clothesline* talks about every day moments that can hold extraordinary surprises; Karen Kingsbury's latest *A Time to Dance: A Story of Reconciliation*.

For the teen/junior reader we have some new picks: 2 new graphic novels *Peach Girl*



& *Love Hina: Adrenalin Ride* is an x-treme sports novel by Pam Withers and Matt Christophers' *Snowboard Champ*; *The Kids Book of the Night Sky* is for all ages; 2 new *The Adventures of TinTin* also adorn our shelves as well as *The Kids' Guide to Zoo Animals*. We also have some great new children's books to check out.

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

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

ECHO Advertising Deadline: Fridays by 3:00pm



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PINE PHARMACY
"Promoting Healthy Lifestyles"

More than 1,800 children could be seriously injured while playing outdoors this summer

from page 7

Swim Safe:
Tips for parents - Surround

pool with a four-sided, four-foot high fence; and stay within arms reach of kids under five

Children under the age of five have the highest risk of drowning because they are attracted to water but don't understand the dangers. Most drownings of small children happen when they are playing near water, rather than swimming. They can slip into the water quickly and silently without adults being aware. The majority (70 per cent) of toddler and preschooler pool drownings could be prevented if all backyard pools were properly surrounded with a four-sided, four-foot-high fence and a self-latching gate. Parents should supervise children of all ages near any body of water, and stay within arms reach of children under five. For extra protection, kids can wear a life jacket near the water.

"I know first-hand that one minute can change your life forever," said Julie Rusciolli, mother of now four-year-old Rachel. "As the mother of a small child who nearly drowned when I left her side two years ago, I learned that if your child is not close enough to give them a hug, you are too far away."

Walk Safe:
Tips for parents - Keep kids off busy streets; and don't let kids under nine cross the street alone

The speed of a car makes a big difference to the level of injury. For example, a pedestrian hit by a car going 30 km/hr has a 10 per cent chance of being killed but this risk jumps to 80 per cent if the car is going 50 km/h. Parents should keep their children's walking routes restricted to quiet streets with lower speed limits. Lowering

speed in communities could prevent two-thirds (65 per cent) of pedestrian deaths and injuries.

It's also important to make sure that children under age nine cross the street with an adult or older child. Children younger than nine are not developmentally capable of making important decisions about traffic. They are easily distracted and lack a concrete sense of danger. For example, they can't judge critical road safety factors such as speed, distance or sound. As a result, they can't tell how fast a car is approaching or how far away it is. Starting when children are young, take practice walks together and make sure they know how to cross the street safely. Nine-year-olds should demonstrate to their parents that they can cross safely before being allowed to go alone.

Play safe:
Tips for parents - Use playgrounds with a deep, soft surface; and keep kids under five on equipment less than five feet (1.5 meters) high

Most playground injuries happen when children fall from high equipment onto a hard surface. Children are twice as likely to be seriously injured if they fall from equipment that is more than five feet high. Softer surfacing and lower equipment in playgrounds could prevent approximately half of playground injuries. Parents and caregivers should check for a deep soft surface under playground equipment and keep young children on lower equipment.

Today marks the launch of

Safe Kids Week 2005, which runs from May 30 to June 5. The campaign, Make It a Safe Kids Summer, is sponsored by Johnson & Johnson.

More information for parents on Summer Safety

Safe Kids Canada and Johnson & Johnson are offering a free Make It a Safe Kids Summer brochure which includes an injury prevention checklist. It is available in participating stores across the country that sell Johnson & Johnson products during Safe Kids Week, May 30 to June 5, 2005. For more information, visit www.safekidsCanada.ca or call Safe Kids Canada at 1-888-SAFE-TIPS.

Attention editors: A photo from the event - 50 silhouette cut-outs of children, representing the number of children who die each June through August while doing the most popular summer activities - will be available on the CP photo wire.

Spokespeople across Canada
Safe Kids Canada has local expert spokespeople in Toronto, Montreal, Calgary and Vancouver available for interviews. Also available is a family whose toddler nearly drowned when she was briefly left alone.

About Safe Kids Canada
Safe Kids Canada is the national injury prevention program of The Hospital for Sick Children. Johnson & Johnson is the North American Founding Sponsor and supports the annual Safe Kids Week campaigns.

Additional Sponsor:
CN, through their All Aboard for Safety program is a proud sponsor of Safe Kids Week 2005.

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, Crib. 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.

Rheumatoid Arthritis

Submitted by
Celesté Basson, PT

Rheumatoid Arthritis (RA) is a chronic disease that is characterized by an inflammation of the lining of the joints. While it can affect many joints in the body, RA most commonly affects the hands and feet. RA is also characterized by its symmetrical pattern - the same joints on both sides of the body become inflamed.

The Arthritis Society estimates that about 300,000 Canadians have RA. Although it can affect people of all ages, it most commonly develops between the ages of 25 and 50. Twice as many women than men will develop the disease.

While the cause of RA is unknown, the inflammation occurs when the body's own immune system fails to 'recognize' the soft tissue and tries to destroy it as if it were foreign matter. This process is continuous and results in damage

to cartilage, bones, tendons and ligaments. This in turn can lead to permanent joint deformity and significant disability. In some cases, there is damage to organs such as eyes, lungs or heart.

The onset of RA varies from a gradual increase in symptoms to a sudden, severe attack. Some people experience periodic flare-ups in symptoms while others are always in pain and the disease progresses over time.

Symptoms of Rheumatoid Arthritis

The Arthritis Society lists the following as early symptoms of RA:

Pain, swelling, heat or redness in a joint, usually the joints of the hands or feet;

Morning stiffness lasting longer than 30 minutes;

Pain in three or more joints;

Pain in a joint all night;

Pain in the same joints on both sides of the body;

Low energy and fatigue;
Possible fever and weight loss.

Treatment of Rheumatoid Arthritis

There is no cure for Rheumatoid Arthritis but there are effective ways to manage the symptoms and any resulting disabilities. Treatment of RA includes medicine, exercise, and education on joint protection and lifestyle changes. In some cases, surgery is required when joints are too severely damaged. Once the diagnosis of RA is made, a multidisciplinary healthcare team, including a family physician, rheumatologist, social worker, dietitian, occupational therapist and physiotherapist will work to find the most effective treatment plan for the individual. Drugs, such as non-steroidal anti-inflammatory drugs (NSAIDs), disease modifying anti-rheu-

See RHEUMATOID/page 15

On Parliament Hill



Your voice in Ottawa
Vic Toews, MP for Provencher

Democracy in the Balance

The events leading up to last week's vote of non-confidence in the House of Commons have done little to restore Canadians' faith in the federal Liberal Government, and have exposed the extraordinary lengths to which it is prepared to cling to power.

As Canadians watched the political horse-trading and scheming in Ottawa, the Liberal Party of Canada continued to demonstrate why it no longer has the moral authority to govern, despite managing to hang on to power by one vote.

A few weeks ago, Paul Martin's Liberals raided the treasury and struck a fiscally irresponsible deal with the NDP to buy support.

Then, despite repeated denials by Liberals that they were trying to lure Opposition MPs with Senate seats, diplo-

matic postings, and Cabinet appointments, it became clear that such deals were indeed being made after former Conservative leadership hopeful Belinda Stronach accepted a high-profile post in Martin's Liberal cabinet. In doing so, Ms. Stronach altered the balance of power in the House of Commons, allowing the Liberals to win the vote by one.

This week, media reports indicate that the Liberals are further abusing tax dollars in their frantic efforts to control the fallout of the sponsorship scandal. They have set up a "war room" using about a million dollars a year of public money to help them cope with the daily revelations of corruption from the Gomery Inquiry.

Justice Gomery has also complained that Liberal offi-

cial, trying to discredit the inquiry, have exaggerated its cost. Although the total cost of the actual inquiry is about \$32 million, according to Justice Gomery, government officials have told the media that it is costing departments another \$40 million to cover costs at four key departments, including the Privy Council Office.

In contrast, the Conservative Party has opposed Liberal corruption, it has held Paul Martin accountable for his reckless spending, and it has brought attention to the damage the Liberal Party has done to the face of federalism in Quebec.

The Conservative Party is offering a contrasting vision for Canada. Regardless of whether the Liberal Government is replaced this year or next year, we will continue to fight for a Canada that respects

the hard-earned dollars of taxpayers, protects the needs of families, and honours the democratic will of the voters.

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 toewsvl@mts.net

Report from Legislature



Report from Legislature
by MLA,
Gerald Hawranik

"Injustices"

There have been several injustices in our Courts over the last month that are worthy of reporting and which will outrage many of us. Among those include the sentence given to Andre Lahaie for killing his common law wife, Chery Zechel in November of 2003 in Lac du Bonnet. He had previously been convicted 3 times for assault - he had a record of violence. On May 3rd, he was given a 10 year sentence for killing his common law wife, but with time already

served since the murder, he will be eligible for parole in a mere 28 months. The sentence given to him was a joint recommendation between the Crown Prosecutor and the Defence Counsel. My question to Manitoba's Minister of Justice is how can he allow these soft and inappropriate sentence recommendations to come from his department time after time and day after day. The message this sends to women living in violent relationships is that they cannot rely on the justice system to provide them with protection. The Justice Minister has not put forward a policy in his department to instruct Crown Prosecutors to push for stricter sentences for domestic violence. Women in

the province should not be forced to live in fear because there is no real deterrence in our justice system. Whether it's the delay in proclaiming amendments to domestic violence laws in the province, non-enforcement of protection orders or disgusting sentences for acts of murder, this government is not protecting women in Manitoba.

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

Advertising Deadline:
FRIDAYS BY 3:00PM

The
Winnipeg
River

Echo

Call 367-9468

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!



Marvin #105334

Marvin is a wonderful, calm senior at the ripe old age of 9. Marvin was sent to a new home by his owner three years ago but it didn't work out and now he deserves a calm, quiet retirement home. He is very patient and loves to soak up all the attention he can get. If you are looking for a big cuddly bear Marvin is the dog for you! As a senior dog Marvin is only \$69 including tax and is ready to go home as soon as you are ready to get to know him. He would be a wonderful addition to the right home where he can become a part of the family.



Spike #93107

Spike has been here since January! He is a very cool, laid back, relaxed, and cuddly cat looking for a windowsill to sun on for the rest of his life. He had an owner once upon a time and deserves one again. Spike has a lot of living still left to do, he's still in his prime at just under two and a half years old. Right now he is being loved and looked after at the Best West on St. James just waiting for you to take him home. To help him out as much as we can his price has been reduced by 50%! Five months here is too long!



Gerry #105195

Gerry is a friendly little gerbil who came here in April. Gerbils are very energetic and playful. Gerry would make a good family pet, he's fun to watch for young and old. To sweeten the deal both gerbils and hamsters are one sale for \$6.95 for a limited time only. They are vet checked and have a two week health period if any problems crop up.

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

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Lac du Bonnet RCMP Report



Report for the weeks of May 24th to May 30th

On the 24th of May, a report was rec'd that BB rifles had been discharged at under-age subjects by other under-age subjects in Pinawa on the weekend, and that bicycles had been stolen from the complainant's residence overnight.

On the 24th of May, a report was rec'd that a work trailer at a crusher site one mile east of Seddon's Corner in the R.M. of Reynolds had been broken into. The door had been damaged and windows broken. Unknown if anything was stolen.

On the 24th of May, a re-

quest was rec'd to check on the well-being of an adult female at a location along Blueberry Rock Road in the R.M. of Lac du Bonnet. Police attended the location in question and found all to be in order.

On the 24th of May, a report was rec'd of a break-in to the Pinawa Rowing/Sailing Club. The glass on the front door was damaged.

Police have two gas cans which were turned in as Found Property at two different locations along the Lee River Road two weeks ago. Same no doubt stolen from the area and used

to fill a vehicle, early in the morning, and then discarded. The cans can be claimed at Lac du Bonnet Detachment.

On the 25th of May, a report was rec'd that a black plastic rifle case had been lost from a vehicle in the Lac du Bonnet area.

On the 25th of May, a report was rec'd of the attempted theft of a fuel tank from the crusher site along P.T.H. #44 east of Seddon's Corner in the R.M. of Reynolds.

On the 26th of May, a report was rec'd of a hit and run to a vehicle which had been parked at two different locations in the Town of Lac du Bonnet on the 21st of May.

On the 26th of May, a report was rec'd of a vehicle parked at the end of Sprucecland Drive in the R.M. of Alexander. Police obtained the name of the owner and follow-up done.

On the 26th of May, a report was rec'd of a hit and run to a vehicle parked on Third Street in the Town of Lac du Bonnet on the 22nd of May.

On the 26th of May, an adult male was checked driving on P.T.H. #11 in the R.M. of Lac du Bonnet. Found to have outstanding Warrants for Arrest from Lac du Bonnet, Oakbank and Wpg. Subject remanded into custody and escorted to the Remand Centre.

On the 27th of May, a report was rec'd that a boat at the Pinawa Marina had the tackle compartment & fish well broken into and the ignition partly turned. Also reported that the latch was broken on the door of a houseboat, and the door was open.

On the 27th of May, a report was rec'd that a white boat fender had been lost somewhere in the Pinawa area.

On the 27th of May, a report was rec'd of the theft of a white 10-speed "Fat Bay" Mountain bike from a residence along P.R. #502 in the R.M. of Lac du Bonnet.

On the 27th of May, a report was rec'd from an adult male that he had almost been hit by a vehicle while riding his bicycle on Vanier in Pinawa. Police did follow-up with the driver of the vehicle as per the wishes of the complainant.

On the 28th of May, a report was rec'd that threats were rec'd via telephone at a location at Ste. Rita in the R.M. of Reynolds.

On the 28th of May, a report was rec'd that a boat had been broken into at the Pinawa Marina between the 25th and 26th of May. Nothing major stolen.

On the 28th of May, a report was rec'd that a name sign was stolen from the end of a driveway at a location on Arlen

Drive in the R.M. of Lac du Bonnet.

On the 29th of May, a report was rec'd from Pinawa Hospital expressing concern for the well-being of an adult female who had been brought to the Hospital by the ambulance. The subject subsequently returned to her residence, however, no threats of suicide or harm to anyone. Determined that police action was not required in the matter.

On the 29th of May, a report was rec'd that the Transfer Station compound on P.R. # 214 in the R.M. of Lac du Bonnet had been entered and the axle and tires stolen from a trailer.

On the 29th of May, a report was rec'd that an adult male had escaped from Milner Ridge Correctional Centre. Police attended and tracked the subject with the Police Service Dog, who was called to the area, however, after some distance and time, the track was lost. Subject charged accordingly.

On the 30th of May, a report was rec'd that an under-age female had run away from her residence on Urban road in the R.M. of Lac du Bonnet. Subsequently located sleeping in bed with her sister.

Lac du Bonnet Community Billboard

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

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

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.

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

Lakeshore Al-Anon Group Thursday 7:30 p.m. Lac du Bonnet District Health Centre, 89 McIntosh. Call Teri 345-8712.

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

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

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

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

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

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

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

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

Two Rivers Seniors Resource Council Inc. Call Pat at the Lac du Bonnet office, Health Centre at 345-1227. Services: driver escort, lifeline personal response system, friendly visitors, fee-for-service handy helpers.

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

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

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

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

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

Lac du Bonnet Church Directory

ABUNDANT LIFE CHAPEL

Pastor Jake Doell, church 345-2934, home 345-9766

Sunday: 11:00 a.m. - morning worship; 6:30 p.m. - Upper Room.

LUTHERAN CHURCH OF THE CROSS

Church/office 345-8654

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

NOTRE DAME CATHOLIC CHURCH

Father Mirek Szybal, 345-2900

Lac du Bonnet: 5:00 p.m. - Saturday mass; 11:00 a.m. Sunday mass

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

ST. JOHN'S ANGLICAN CHURCH

Rev. Sandra Tankard 367-9520, church 345-2357

Sunday: 11:30 a.m. - worship; 11:30 a.m. - first and third Sunday of each month, holy eucharist.

Library Corner

Lac du Bonnet Regional Library



How will you be spending your summer holidays? If your plans include any travelling across Canada, may we suggest a stop at the library to take a look at the new travel brochures from each of the provinces? We also recommend that you take a look at our audio collection (cassettes and some CD's) for great listening enjoyment as the miles fly by!

Watch for our good-as-new book sale to begin at the library on June 21st, the first official day of summer! These bargain books are good enough to give away as gifts, or to keep for your own summertime reading.

Thank you to everyone who supported the library this

month by purchasing tickets for our Spring Draw. The draw will take place at our annual Spring Tea on Friday, May 27th - we will be able to announce our winners next week.

Take note that we are presently inviting applications for a student Librarian's Assistant for the summer months. Application deadline is June 4th. Check our ad or enquire at the library for more information.

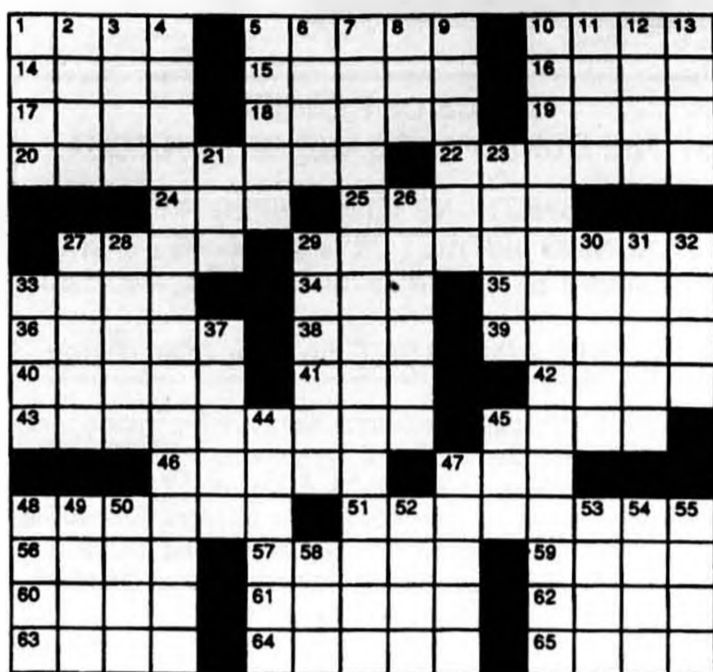
What's new in the world of books? Iris Johansen takes you to the edge of suspense in Countdown! (a forensics thriller). Mary Higgins Clark's riveting new thriller is entitled No Place Like Home. Bestselling author, Nicholas Sparks, has many patrons wait-

ing to read his newest novel True Believer! In paperback, we have two newer titles by Nora Roberts - Blue Dahlia and Devin and Shane: The MacKade Brothers! Sharon Sala (pseudonym Dinah McCall) writes Whippoorwill! Read The Power of One by Bryce Courtenay. Another daring exploit in 19th century Egypt, for those who enjoy a good mystery by Elizabeth Peters is The Hippopotamus Pool.

Have you heard of a good book lately? Recommend it to us.....and to your friends!

ADVERTISING DEADLINE:
Fridays by 3:00pm

WEEKLY CROSSWORD



ACROSS

- 1 Type of carpet
- 5 Stage whisper
- 10 Free ticket
- 14 Race driver _____
- 15 Lure
- 16 Satanic
- 17 Regarding (2 wds.)
- 18 _____ of Two Cities (2 wds.)
- 19 Number of players in baseball
- 20 Welles film, with The

(2 wds.)

- 22 Came to earth
- 24 Car fuel
- 25 Carpenter's needs
- 27 Last word in the Bible
- 29 Famed poet (2 wds.)
- 33 District
- 34 French summer
- 35 Please greatly
- 36 On the _____ of a dilemma
- 38 Mel, of baseball
- 39 One of the Perons
- 40 Type of acid
- 41 Bible book (abbr.)

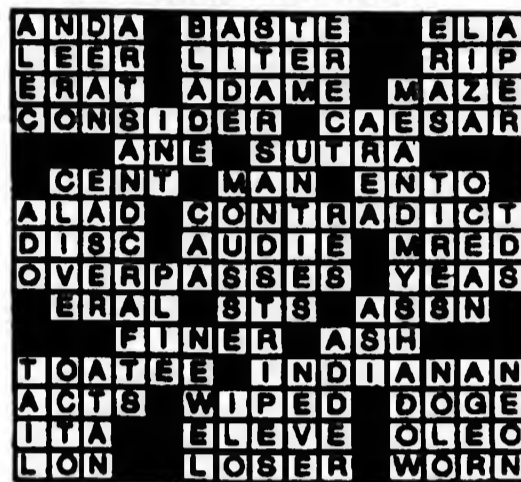
- 42 Damp, poetically
- 43 Bruce Wayne's car
- 45 Single units
- 46 Of the ear
- 47 Kimono sash
- 48 Cliff Robertson film
- 51 TV emcee (2 wds.)
- 56 Come to a stop
- 57 Musical note (hyph. wd.)
- 59 Johnson of Laugh in
- 60 Mormon state
- 61 Inexperienced
- 62 _____-Ellen
- 63 Actress Rowlands
- 64 One who climbs woody plants
- 65 Adam and Eve's garden

DOWN

- 1 Get lost
- 2 Corned beef _____
- 3 Height: prefix
- 4 The Washingtons (3 wds.)
- 5 Second president
- 6 _____ precedent (2 wds.)
- 7 Washington's claim (6 wds.)
- 8 Amer. money (abbr.)
- 9 Cornea protection
- 10 Washington address (wd. and abbr.)
- 11 Eager
- 12 _____ qua non
- 13 Wintry toy
- 21 Steely _____
- 23 Playwright Edward _____

- 26 "Blessed _____ pure in heart ..." (2 wds.)
- 27 Smell
- 28 Deserve
- 29 New Jersey town near NYC
- 30 Elevate
- 31 Preminger, and others
- 32 One of the tides
- 33 Moby Dick captain
- 37 Korean city
- 44 William Cullen _____
- 45 Goal (abbr.)
- 47 Playful mammal
- 48 Engine sound
- 49 Despise
- 50 Actor Alda
- 52 Fantastic review
- 53 TV talking horse
- 54 To be (Fr.)
- 55 O'Casey or Connery
- 58 Distant

LAST WEEK'S ANSWERS



Did you Know?

• At latitude 60 degrees South you can sail all the way around the world.

• The Saguaro Cactus found in the Southwestern United States doesn't grow branches until it is 75 years old.

• The average mouse pad is 8.75 inches by 7.5 inches.



CRYPTIC PUZZLE

PDM QBJN CVP CFMM PDH BX LQFPD
 MVPHBX BQG VBY PDM B HK NQRF
 SFHYM.

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

IF YOU SEE ONE THOUSAND RABBITS WALKING BACKWARDS, YOU ARE LOOKING AT A RECEDING HARE LINE.

Weekly Echo Horoscopes

This edition covers the week of May 30th to June 5th



ARIES (Mar. 21 - April 20)

Self-deception is likely. Observations will be far more productive. Don't get involved in idle chatter that will hurt your position. You are best to stick to yourself this week.

TAURUS (Apr. 21 - May 21)

Be sure to sidestep those who are eccentric or unpredictable. Travel for business or pleasure will be enlightening. Try to be reasonable. Don't allow colleagues to put unreasonable pressure on you.

GEMINI (May 22 - June 21)

They will not have the patience to wait for you to complete things that they've asked you to do. Tempers could boil if someone you work with has not been pulling their weight. Overindulgence will mean poor health. Don't blow situations out of proportion.

CANCER (June 22 - July 22)

Focus on what's important rather than spreading yourself too thin and accomplishing little. Accomplishment is yours if you direct yourself accordingly. Arguments with relatives may lead to a split in the family. You can deal with large institutions or government agencies successfully this week.



LEO (July 23 - Aug 22)

Your boss won't be too thrilled if you leave things unfinished. Don't overspend on items for your home. Hassles with female colleagues may lead to problems with your boss. Take part in stimulating debates that will allow you to show off your intelligence.

VIRGO (Aug. 23 - Sept. 23)

Your concern with older family members and those less fortunate than yourself will only add to your attractiveness. Make career changes that may increase your income. Adventure will result in added knowledge. Keep your eyes and ears alert for any evasive or deceptive statements.

LIBRA (Sept. 24 - Oct. 23)

You can get phenomenal returns if you present your ideas to those who can back your interests. Take time to deal with the concerns of children. You may want to take a trip; however, before you do, make sure that your car is serviced properly. Try out for a local sports team such as volleyball, tennis, lawn bowling, or whatever interests you.



SCORPIO (Oct. 24 - Nov. 22)

Get involved in groups that can offer intellectual stimulation. Set a limit on the amount you're willing to spend, and be sure to stick to it. Make plans that will take you to exotic destinations. For best results get out of the office and do your job en route.



SAGITTARIUS (Nov. 23 - Dec. 21)

Be discreet about any information you uncover. Question your mate if you must. You may want to take extra special care of your luggage if you are traveling this week. You may find that your family responsibilities are piling up.



CAPRICORN (Dec 22 - Jan. 20)

Losses are likely if you aren't careful where you leave your valuables. Your ability to stand out in a crowd will bring you the recognition you desire. Put your efforts into being creative. You can visit clients and make a big impression just by giving them some hands-on help.



AQUARIUS (Jan. 21 - Feb. 19)

Deep discussions may only lead to friction. Time to deal with institutional environments, government agencies, and matters of a private nature this week. You'll be an emotional basket case this week. Don't take any comments too seriously. You're not your usual self this week.



PISCES (Feb. 20 - Mar. 20)

Helping children may be rewarding and challenging. Your partner will blow situations out of proportion. Your creative ideas must be put to good use. Don't trust a deal that looks too good, or a lover who appears to have it all.

Echo Classifieds

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

For Rent
Woodland Place/ DaleHaven Apartments. 1 - 2 bedroom apartments for rent. utilities and parking included. coin laundry. very clean and well maintained. call after 6.00 p.m. 367-4922.

For Sale
Gull Lake Area. 4 Bedroom. 1500 sq. ft. Bungalow Quonset 40x60. Located on 158A, additional 100A available. Owner moving, will look at all offers. Call Harold at Delta Real Estate 204-253-7373. 2x2

For Sale
16 foot canoe (scanoe), with 2HP, 2 cycle engine. Canoe like new. paddles included. \$1100.00 call Phil Cyr at 367-2643. 2x2

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

For Sale
Dauphin Country Fest 2005 Ticket, June 30th to July 3rd, 2005. Package includes: Reserved Campsite, Adult Admission: \$200.00, call 367-9120. 3x2

For Sale
Oak Laminate Flooring, at 2.70 sq. meters per box. **Cherry laminate flooring,** 2 boxes at \$20.00 per box, call 367-9120. 3x2

For Sale
Roll Top Box Cover for GM pick-up truck. Used approximately 6-7 months. New \$1000, Sale \$500.

2001 Oldsmobile 7 Passenger van, loaded with leather interior, 103,000 kms, excellent condition, safetied.

Sofa and Love Seat - Green with beige strips, 2 recliner wing back chairs, green. Phone Jack Coote at 367-2468.

Help Wanted
 Full and Part-time Barenders wanted. Experience an asset, please send resume or apply in person. Ask for Ike at the North Star Hotel in Manigotagan, call 363-7283.

Help Wanted
 Osis Building Supplies Ltd. is looking for a full time sales clerk, please drop off resumes.

Accommodations
Rooms and Suites for rent. Weekly and Monthly rates available. Hydro and satellite included. call Omer at 367-9991 or 367-4210. 2x2

Miscellaneous
Bankruptcy Info-line - free, confidential. Call 1-800-463-8371. www.letaylor.net This is a community service offered by L.C. Taylor & Co. Ltd., Trustee in Bankruptcy. 2x2

EVERGREEN
 Rob Oakes 345-4828 (204 348-2955) www.evergreenrty.com



POWERVIEW, 55 LOUISE ST.
 Built in 1997 this 1232 sqft 3 bedroom, 2 bathroom bungalow is situated on a 85x100 lot. This home is close to all amenities including: school, shopping, golf and parks. This beautiful home includes a 24x16 gazebo, forced air, AC, woodstove and much more! CALL FOR MORE DETAILS! \$124,900.00



PINE FALLS, 12 POPLAR ST.
 Approx 1040 sqft. 2 bedroom, 2 bathroom home with attached garage. This home features; Fenced yard, fridge, stove, washer, dryer, sunroom, central air, air exchanger, dishwasher. BEAUTIFUL PROPERTY. CALL FOR MORE INFO!!

NOTICE OF HEARING BY THE MUNICIPAL BOARD OF MANITOBA
RE: OBJECTIONS TO WINNIPEG RIVER PLANNING DISTRICT DEVELOPMENT PLAN AMENDMENT BY-LAW NOS. 50/04, 51/04, AND 52/04 (MUNICIPAL BOARD FILE number 05B4-0002)

TAKE NOTICE that pursuant to Section 30(4)(b) of The Planning Act, R.S.M. 1987, cP80, the Minister of Intergovernmental Affairs and Trade has referred By-law Nos. 50/04, 51/04 and 52/04, together with a copy of the letters of objection to The Municipal Board. The Board will hold a public hearing on **Wednesday, June 15, 2005 at 10:00 a.m. in the Rural Municipality of Alexander Council Chambers, 104058 - PTH #11, St. Georges, Manitoba,** to consider the By-laws and the representations made by or on behalf of any person regarding the By-laws.

By-law Nos. 50/04, 51/04 and 52/04 propose to amend the Winnipeg River Planning District Development Plan By-law number 14/90, as amended.

The intent of By-law number 50/04 is to re-designate "Part of the SE 1/4 31-17-11 EPM and Part of the SW 1/4 32-17-11 EPM" from "Rural and Agricultural" to "Seasonal Recreational" as shown outlined by a heavy broken line on the map below:



The intent of By-law number 51/04 is to re-designate "Part River Lot 26, Twp. 18, Rge, 10 EPM" from "Rural and Agricultural" to "Seasonal Recreational" as shown outlined by a heavy broken line on the map below:



The intent of By-law number 52/04 is to re-designate "Part River Lot 38, Twp. 18, Rge, 10 EPM" from "Rural and Agricultural" to "Seasonal Recreational" as shown outlined by a heavy broken line on the map below:



The Municipalities that would be included or affected by the Development Plan Bylaw Nos. 50/04, 51/04 and 52/04 are: Rural Municipality of Alexander and Village of Powerview.

In addition, the Board requires that any party who intends to submit as evidence at the hearing any written material or other documents, shall file four (4) copies of that material with the Board and one (1) copy with the Planning District for public review, at least 10 working days prior to the hearing.

DATED at St. Georges, Manitoba this 26th day of April, 2005.
 Rose Gibbons Secretary
 The Municipal Board
 1144-363 Broadway
 Winnipeg, MB R3C 3N9
 Phone: (204) 945-4014
 Michele Stefaniuk Secretary-Treasurer
 Winnipeg River Planning District
 Box 70
 St. Georges, Manitoba R0E 1V0
 Phone: (204) 367-6170

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CLEANER WANTED
For weekly cleaning and other related duties at the Empower Education Centre
 Major cleaning to be done during the summer.
 Hourly Salary as per the Sunrise School Division.
 Must have completed Child Abuse Registry & Criminal Records Check.
 Please make applications to the attention of:
 Glen Brouwer
 Principal
 Empower Education Centre
 1 Oak Street, Pine Falls, MB
 Applications to be received by 12 noon,
 Wednesday, June 1, 2005

New pension legislation effective May 25 2005



by Steve Kulyk

There is new legislation in Manitoba now that provides more flexibility to people that have money in a LIF (Life Income Fund) or a LRIF (Life Retirement Income Fund). Provided that the individual is at least 55 years old, they may apply for a one-time transfer of up to 50% of the value of their plan into a RRIF (Registered Retirement Income Fund). The money that is now in the RRIF can be accessed

at any time, in any amount, which provides people what they have been asking for all along, more freedom. If the accountholder is married or common-law a transfer can only be made with the informed written consent of their partner. Note: An application for a prescribed transfer may only be made in respect to a LIF or LRIF that is locked-in under "The Pension Benefits Act of Manitoba".

If a person is currently receiving temporary income from their LRIF they may continue to do so up until the end of the year. After May 25

2005, new temporary income applicants will be declined (the form is actually not available anymore), as there is no need for temporary income when you can un-lock 50% of your plan.

One thing of course that is a concern is people outliving their pension income. With all this flexibility it is quite easy for someone to live beyond their means. We would encourage people to plan carefully to ensure that their money lasts as long as they do, bearing in mind the fact that they may want to enjoy more of their money when they are early into

their retirement and healthy, rather than later when they are older and may not require as much discretionary income.

This new legislation follows other provinces in allowing people more access to their money that they worked hard for, and that is a good thing. If you

have any questions or comments or would like to arrange for a meeting please feel free to contact Steve at 367-9572 or by email at steve@kulykfinancial.com.

10 years of helping people organize and plan their financial affairs.

Rheumatoid Arthritis

from page 10

matic drugs (DMARDS), steroids and the recently emerged biologics, have a major role in controlling inflammation and the disease process that occurs in RA.

Talk to a Physiotherapist

Physiotherapy has an important role in the management of all stages of RA, helping to prevent physical impairment and restore functional ability through the use of education, exercise, mobility aids, and therapeutic modalities. A Canadian Study of 117 people with RA demonstrated that patients who followed a home-based physiotherapy program were improved following treatment and the improvements

were maintained a year later. Physiotherapists can help reduce the pain and disability caused by RA. A physiotherapist will conduct a detailed assessment and prescribe a treatment plan that may include:

Specific therapeutic modalities or hydrotherapy;

A targeted exercise program that will improve or maintain joint mobility and help decrease joint pain by strengthening the muscles surrounding them; and

Recommendations for the use of assistive device such as mobility aids or splints to reduce unnecessary stress and pain.

The Pineview Recreation Commission Invites Summer Student applications For the position(s) Assistant Recreation Director & Day Camp Worker

The Pineview Recreation Commission is seeking professional, highly motivated individuals. The Assistant Recreation Director & Day Camp Worker will be working under the supervision of the Recreation Director. With the direction of the Rec Director they will help coordinate, organize & participate in programs & activities, assist in providing opportunities for residents in the communities, promote leadership & healthy living.

Assistant Rec Director. Qualifications:

- Ability & experience working with the public
- Strong leadership qualities
- Applicant must be coming from & returning to school
- Self-Motivated & strong organizational skills
- Valid drivers license would be an asset
- Experience of working with children & young adults
- Computer Skills
- Must be willing to work some evenings & weekends
- Manitoba Metis Card would also be an asset

Day Camp Worker. Qualifications:

- Ability & experience working with public
- Strong leadership qualities
- Self-Motivated, strong organization skills
- Experience working with children & young adults
- Valid drivers license
- Must be coming from & returning to school
- Must be willing to work some evenings & weekends

Resume including references, photo copied drivers license, Manitoba Metis Card, & proof of acceptance or returning to school must be received no later than 2:00 p.m. on Tuesday June 7th, 2005.

Submit by either:

Mail - Pineview Recreation Commission
Box 281 Powerview MB R0E 1P0,
Fax - (204) 367-8605, E-Mail -

For more information contact the Rec Office @ 367-9142

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