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Sub-division construction begins

By Charles Norman

After years in the planning, work on a new St Georges sub-division is underway. An official sod-turning ceremony kicked off the project at noon Tuesday, January 10.

The sub-division is located on a triangular shaped piece of land on the Winnipeg River, close to the St. Georges beach and immediately downstream of Omar Vincent Creek.

Forty-one lots have been surveyed, seven of them with river frontage.

Prices vary from \$16,000 for back lots up to \$62,000 for waterfront lots.

Pre-selling will begin within the next two weeks.

Lots will be available for construction in the spring.



Left to right: Maurice McCarthy-CDEM, Diane Dubé-CDC, George Harbottle-R.M. of Alexander, Edgar Désautels-KC, Don Courtnage-Architect, Barry Hedgecock-Developer for Cedar Creek Homes

Election 06 Pine Falls School gets division look-see

By Charles Norman

If public opinion polls are to be believed it appears that all three of the federal ridings in our area will remain in possession of the political party holding them prior to the election.

In Churchill, New Democrat, Niki Ashton, seems likely to take the seat. Incumbent Bev. Desjarlais is in second place and Liberal candidate, television star Tina Keeper appears likely to take third place. Conservative Nazir Ahmed, Green Party Jeff Fountain and another independent Brad Bodnar are likely to be also rans. Current NDP MP Bev Desjarlais failed to take the NDP nomination after voting against gay marriage in the last session of parliament. Polling predictions could be upset by voter turnout on Election Day.

In Provencher Vic Toews, who took the seat in 2004 by three times the vote of his nearest opponent, appears safe. The liberal candidate is Wes Penner

and Patrick O'Connor carries the NDP banner. The green Party is represented by Janine Gibson.

In Selkirk Interlake Tory incumbent James Bezan is being challenged by Ed Schreyer. Schreyer, Previously Governor General and Manitoba Premier, is attempting to take the seat for the New Democratic Party. He is reported to be taking substantial votes away from the Liberals, but Bezan's support is said to be holding. Based on the previous election the liberal vote would have to drop to less than that of the green party for the NDP to take the seat. Representing the Liberal Party is Bruce Benson. Thomas Goodman is the Green party candidate.

Anthony Barendregt is again representing the Christian Heritage Party, and Duncan Geisler is running as an independent.

Ad hoc committee takes findings to Sunrise board meeting this week

By Jim Hampshire

The future of the Pine Falls School will be decided by June this year, according to committee chair, Jamie McMullen.

McMullen reported last week that the ad hoc committee will have one more meeting incamera on January 18, before taking their findings to the regular Sunrise School Division meeting on the following day.

To sum up, McMullen says that he is pleased with the last public ad hoc meeting in December, where public attendance doubled from the prior public meeting. And because the trustees on the committee saw a rise in public concern, they say the school might have a fighting chance.

"When you see the public interest, obviously you have to weigh any decision very carefully," McMullen said. "We

don't know quite yet what will be on the Sunrise agenda (Thur. this week) but the school board will examine the potential closure very carefully."

McMullen reports that the next step in the division process is to put the school issue under review for closure. But before the final bell tolls, McMullen says there will be numerous public meetings to further discuss the final outcome.

"By putting the school under board review for closure doesn't mean any decision has been made yet," McMullen explained. "What it essentially means is the Sunrise School Division will officially get involved to weigh all facts and look at all options," McMullen continued. "Basically it means we have taken the recommendations to the next step."

While McMullen and the other ad hoc committee mem-

bers can't officially comment on the incamera meeting coming this week, McMullen does say that keeping the Pine Falls School open could be an important benefit in the future.

"We really don't want to shoot ourselves in the foot here," McMullen said. "If Tembec opens the sawmill sometime down the road, or if any new industry or growth comes to this region, the decision to keep the school open would have been the smart choice when we look back."

So far, the ad hoc committee has collected several ideas from the public meetings over the last few months, including an option where the Pine Falls School could be leased or purchased to keep the doors open for both students, and the general public for recreational use.

McMullen expects more public meetings will take place in Pine Falls beginning sometime in February.

ECHO MAIL
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or comments to: Pine Falls, MB R0E 1M0

Leaders needed who have vision

Dear Editor:

Canadians go to the polls in less than two weeks. We need to elect leaders who have a vision of what a sustainable Canada could look like. We need to elect leaders who will govern on behalf of all Canadians.

We need leaders who do not see Canada merely as a US branch plant. We need leaders who can integrate economic, environmental and social goals into sustainable policies that will benefit all Canadians and restore our reputation in our own country and around the world as a caring, compassionate nation.

Not only do we need leaders with a vision of a sustainable Canada, we need leaders who will develop policies to help us move toward our vision. The Canadian Institute for Environmental Law and Policy (CIELAP), recently published a report entitled Sustainable Development in Canada: 2005 Update in which we outlined five priorities where the federal government could start - if sustainability is our vision. These are:

* policies to encourage

all Canadians from all sectors to meet the obligations of the Kyoto Agreement

* policies to address childhood poverty and deprivation, including early education and daycare

* policies to help cities address issues of public transit and environmental infrastructure

* policies to 'green' Canadian innovation and competitiveness

* policies to address homelessness in Canada.

Why not ask your candidate what he or she proposes to do to address any one of the above priorities. It is only when we begin to understand what a sustainable society could be and commit to moving towards that vision that we will be able to address issues such as gun violence and terrorism.

CIELAP's questions for the candidates focus on sustainability, water, energy and innovation and are on our website at www.cielap.org.

Canadians deserve politicians with such a vision.

Anne Mitchell, Executive Director, CIELAP

Powerview-PineFalls not in NEHA's long range plans

Dear Editor:

I received a copy of the North Eastman Pulse in the mail last week. Being a resident of the Pine Falls/Powerview area what was stated in this publication had me in a slow boil.

What was stated in their strategic plan does not include us. This is outrageous. The cancer care unit is going to Pinawa Hospital and Primary health care units to Beausejour

and Oakbank and nothing to Powerview/Pine Falls.

The executive of North Eastman Health Association should be held accountable. Look at all the people who have health problems in our area and North Eastman Health Association has forgotten us.

There is no one from Pine Falls/Powerview on the Board of Directors, there is one from

St. Georges and only one from Sagkeeng. Our hospital serves from Great Falls to Bissett, through to the Beaches. We have to be recognized. Citizens of the area, please do something. Our MLA is Gerald Hawranik. We are being treated as second class citizens.

A concerned citizen,
 Glenn Hibbert

Community Places, working with community building partners

Each year, applications for the Community Places Program will be available in November. The deadline for submitting applications is February 15 and approvals are announced in the spring.

The Community Places Program provides funding and planning assistance to non-profit community organizations for facility construction, upgrading, expansion or acquisition projects. Eligible projects are those which provide sustainable recreation and wellness benefits to communities.

Non-profit community organizations can apply to the Program for up to 50% of the first \$15,000 of project costs

and up to 1/3 of project costs over that amount. The maximum grant is \$50,000.

Applications are available in the Program office in Winnipeg, in the regional offices of Culture, Heritage and Tourism or on our Website at www.gov.mb.ca/chc/grants.

If your community organization is planning a project please contact us as soon as possible to discuss your project

and to arrange for application materials.

Community Places Program
 3rd Floor - 213 Notre Dame Ave.
 Winnipeg MB R3B 1N3

Ph: 945-0502 / 1-800-894-3777

Fax: 948-2086

E-mail: mcpp@gov.mb.ca

January 19, 20, 21

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BONANZA \$1,276

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Government orders restrictions to Meth making ingredients

Move of single-source Pseudoephedrine products behind pharmacy counters key component of crystal meth strategy

Healthy Living Minister Theresa Oswald today reminded Manitobans 17 single-source pseudoephedrine products will be sold exclusively behind the pharmacy counters at Manitoba drug stores starting Jan. 15 as part of Manitoba's strategy to restrict the supply of crystal meth.

"I want to thank pharmacists and non-pharmacy retailers for being responsible in helping the Manitoba government restrict the sale of these products so they are used for their legitimate purpose and aren't used for the production of crystal meth," Oswald said.

The minister said the Manitoba Pharmaceutical Association regulation restricting the sale of the products will be in effect Jan. 15.

This was the final step

of a phased-in process resulting in the permanent movement of these products:

*Single-source pseudoephedrine was classified as a drug under the Pharmaceutical Act by a regulation passed by the government Nov. 30.

*Letters were sent to non-pharmacy retailers informing them of the regulatory change and informing them that they must complete the process of pulling these products off the shelves by Jan. 15.

*The Manitoba Pharmaceutical Association voted in favour of its own regulatory change Jan. 5 to keep single-source products behind the counter of pharmacies and informing pharmacists of the change.

The restriction in the sale of single-source pseudoephedrine products is one of a series of actions taken since Manitoba's crystal meth strategy was announced in October. They include:

*a public education campaign alerting Manitobans to the devastating impact of crystal meth,

*an investment of \$6.7 million over the next three years in new mental health and addictions services providing additional capacity and front-line supports to help deal with mental health and addictions in Manitoba including the use of meth,

*the development of a brochure and changes to the Prescribed Spraying Equipment and Controlled Products Regulation alerting Manitoba farmers to the theft and use of anhydrous ammonia in the production of meth, and

*the establishment of a drug court that requires non-violent offenders addicted to meth and other drugs to receive intensive treatment to break the cycle of addiction.

New library for St Georges

By Charles Norman

The St Georges School is attracting more and more students resulting in a need for more classroom space. Because of this the Allard Library, now located in the St. Georges School building, has been told that the space now occupied by the library is needed to accommodate the additional students, and that the library will have to vacate the premises by the end of June to allow for renovations in time for the beginning of the new school year.

Since there is no alternative rental space, the Library Board has determined that the only practical option is to construct a new building to house the library. Trailers may be set up in the interim to provide temporary accommodation.

Six possible locations were examined, all of them with the availability of high-speed Internet services. Historical significance, accessibility and visibility were also taken into consideration. The Board has chosen the site of the old Bouvier Store, on the southwest side of Highway 11, between the Place McDougall and the RM office, directly across from Chateauguay. It is a large site with rock outcrops. It will provide a park-like setting for the

new library.

Library Board Chairman Bob Kovachik presented the proposal to The RM of Alexander Council Tuesday afternoon and to the Powerview/Pine Falls Council Tuesday evening. He said the estimated cost of the project is around \$500,000, and asked the RM to consider contributing \$250,000. The response, (to the \$250,000 request), was less than overwhelming enthusiasm. Reeve Harbottle pointed out the municipality already had heavy financial commitments for a new fire hall on Fey Road, and another in the

Bird River area. He also said that the provision of clean drinking water to residents along the Winnipeg River was another high priority. However, he promised that council would look into it before the next meeting.

Powerview/Pine Falls were impressed by the caliber of the presentation but did not have an opportunity to discuss their participation at the meeting. One councillor said that it was about time the town joined in a regional library. Any capital injection by the town was not discussed. The proposal is on the agenda for next month's council meeting.

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Blues keep winning

Lac du Bonnet maintains perfect record and the lead in SIHL standings

By Jim Hampshire

Based on their performance over the last week, there is a real chance the Lac du Bonnet Blues could go through the entire hockey season without suffering a defeat. This revelation, although being somewhat of a no-brainer, comes after a busy week for the defending senior league champions, where they knocked around their closest division rival in Peguis at their own rink, kicked a little butt at the provincial level outside of the SIHL, and then hosted and beat the best players in the league in a see-saw battle at the annual SIHL All-Star game this past Sunday evening at the Lac du Bonnet Arena. With these kinds of results - three convincing wins in five days - you can expect the Blues might be a little pumped to serve up a perfect season.

The busy week of winning started last Wednesday evening when the Blues played host to Mitchell Manitoba in the Provincial Playdowns - a province-wide senior league hockey tournament of sorts where two-out-of-three wins moves you up the ladder to play another victorious opponent. If Wednesday's game is any indication, where Lac du Bonnet stomped Mitchell 10-2, the Blues will likely move on this week to play the Foxwarren Falcons after a mandatory visit to

Mitchell, Tuesday of this week, to lay on another thrashing.

Following the Wednesday win against Mitchell, the Blues moved on to Peguis to face the second-place Hawks Saturday night at the Dog Creek Arena. And while the Peguis rink might be referred to as the dog pound, it was the Blues who wielded a tight leash on the night. After Peguis opened the scoring early in the first (bad dog!), the Blues were able to take command after Aaron Wold tied the score with the helpers going to Gord McLeod and Dwight Hirst. From there, the Goodfellas Mob Line took hold of the choke collar when Jay Seymour put the Blues ahead to stay at the mid-way point of the first frame. Tyler Tease then went to work, picking up an unassisted effort to end the first period.

Coming out with a 3-1 lead, the Blues opened the scoring in the second frame when Dwight Hirst made no mistake in giving Blues' goaltender Jason Leroy his third assist on the season, which oddly enough, puts him ahead of several league defencemen in the overall points race. Peguis came back with a goal of their own to round out the second period scoring, but the respectable 4-2 score was a close as Peguis would get. Lac du Bonnet came out in the third and lambasted the Hawks for five unanswered goals before

Peguis could come back and score their final counter, making it a 9-3 final.

The Mob Line had two in the third, from Goodfellow and Hickes, then it was Justin Edwards turn unassisted before Aaron Wold and Jay Griffith planted one each in the five goal run. Jason Leroy picked up the win in net as well as an assist, which proves anyone is a scoring threat on this team.

The Blues had little time to cool down over the weekend as they were back at the Lac du Bonnet Arena to host the annual All-Star game. This contest, which pits the best players in the league on one side of the ice, is showcased each year in the defending champ's rink. Trouble with this game, the best players in the league are the defending champs Lac du Bonnet Blues, but the visiting All-Stars did give the hometown Blues some interesting moments. Like the fact that they opened the scoring with two quick goals, for example. It took awhile, but the Blues finally figured out that this wasn't any ordinary exhibition game. Once that was decided, the Blues came storming back with Dwight Hirst, Gord McLeod and Reggie Goodfellow each bending the twine to give the Lac du Bonnet crowd something to cheer about.

The first period closed af-

ter Andrew McPherson replied for the All-Stars, locking the teams at a 3-3 tie going into the dressing rooms.

Once again the All-Stars gave the Blues something to think about when Troy Kennedy opened the scoring in the second frame. And once again the Blues decided to hit the after-burners. This time it was Jay Seymour, Jamie Hickes and Reggie Goodfellow with their finger on the Nitros Oxide button, pushing the score to 6-4 as the All-Stars stepped back to let the dust settle.

The third period saw the Blues move further ahead when Reggie Goodfellow collected yet another hat trick on the season, moving the score to 7-4 before the All-Stars came back for a couple more to make for an exciting finish.

With a minute to go and

down 7-6, the All-Stars pulled their goalie Wade Pluchinski and put on a little pressure, but it was Jason Leroy who stood on his head before Dwight Hirst could hit the empty net to keep the Blues' 16 game winning streak alive (19 if you count the pre-season). Both Shane Hintz and Leroy shared equal time in the net to pick up the win.

With just one more win - specifically against Peguis this coming Saturday evening at the Lac du Bonnet Arena - the Blues' will lock up first place in the SIHL overall, and retain home-ice advantage throughout their entire play-off run. And of course a perfect season is in their sights and not entirely out of the question, as well.

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Blues could enter exciting series

Foxwarren Falcons flying high with former NHLer Pat Falloon

By Jim Hampshire

Depending whether the Lac du Bonnet Blues can sweep Mitchell in Provincial playdowns this week (Tues.), the Blues could be facing a tougher opponent in the Foxwarren Falcons, not to mention their former NHL scoring machine - a first-round draft pick named Pat Falloon.

Those who follow the NHL closely might remember Falloon as the number two NHL draft pick overall in 1991 by the expansion San Jose Sharks. And they only reason he was picked second overall, according to hockey experts, is because Eric Lindros was eligible and taken first overall.

Falloon went on to play five seasons with the Sharks before being traded to the Philadelphia Flyers, where he spent three seasons scoring a mitt full of goals. He also spent time with

Ottawa, Edmonton and Pittsburgh before signing with Davos, a Swiss team in the European leagues.

As a rookie with the Sharks, Falloon posted an impressive 22 goals and added 56 assists in his first year but tailed off the scoresheet, mostly due to injury. At the end of his NHL career Falloon accumulated 143 goals and 179 assists over twelve seasons.

Since joining the Foxwarren Falcons in the 2001/2002 season, Falloon has led the western Manitoba team to four consecutive North Central Hockey League championships, a span where the Falcons have yet to lose a regular season or a play-off game. Currently the Falcons sit atop of their league with 15 wins and 0 losses, and remarkably, the

Falloon's goals for and goals against compare to the Lac du Bonnet Blues, with the Falcons having a slight edge.

As of this week, the Falcons sport 138 goals for and 35 goals against. The Blues, on the other hand, have 138 goals for and 49 goals against after 14 league games.

But whether Lac du Bonnet faces Foxwarren and Falloon in the next step of the Provincial playdowns is anybody's guess. First, the Blues have to get past Mitchell this week (stop laughing), and Foxwarren has to actually lose two games in their first playdown series. Now, given that Foxwarren hasn't lost a single hockey game in over five years, it's pretty much a lock that Lac du Bonnet will face their toughest opponent this season. Could they actually win? It isn't quite that cut and

dried, according to Blues' Manager Curtis Dancyt.

"Yes the Falcons are probably the best in the province," Dancyt said in anticipation of the coming series. "But apparently Falloon and a couple of their top guys are committed to play in the Allan Cup (Canadian Senior Championships this spring) and they aren't allowed to play in the provincials if they signed on to play in the National Championships."

In fact, Pat Falloon has a bit of history with the Allan Cup in the past, as he helped Ile Des Chenes capture the national trophy three years ago. Now whether Falloon has committed again with Ile Des Chenes might make or break the Blues' chances of advancing further in the provincials.

If by chance the Blues' move past Foxwarren - with or without Falloon - they would

then play the next best in the final series in playdowns.

"We need to win against Mitchell this week, and then beat our next opponent to make it to the finals," Dancyt explained. "If it's Foxwarren and they have Falloon, then it will be quite a series."

Yes, if they have Falloon it will be quite a series. If they beat Falloon it will be quite a feat. One that will be remembered for a long, long time.

Providing the Blues move past Mitchell this week (I said quit laughing!), Lac du Bonnet will square off with Foxwarren sometime after January 26. Because the Provincials playdowns are outside of regular league play, teams have one month to schedule and play the best-two-out-of-three game series around regular league games.

Pine Falls Christmas Hamper Thank You

This year we packed and delivered 64 hampers. This is one less than last year. We found that donations of both money and goods were down considerably from previous years. We do depend on community support to get these hampers out. We did have generous support from many of the same people who have always been there for us, and our grateful thanks go out to:

Don and Lori Robb who once again joined forces with several of their suppliers to donate 70 boxes of oranges, 70 loaves of bread, 70 packages of assorted cold cuts and bacon. Thank you to Weston's, McDonald's Consolidated, Schneider's and Freybe's the suppliers who gave so generously, and to the Robb's who are our idea of Christmas people. Osis Building Supplies continued their annual practice of donating 10 turkeys. Mike and Brent have been generous to us for many years - many thanks once again. Twenty one Tembec employees donated their 'company gift' of a turkey. Tembec Paper Group donated 10 turkeys. Broadlands Mall - several bags of potatoes. RONA - mitts and gloves. Donations of cash were received from: Pine Falls Masonic Lodge #154 A.F. & A.M. Manitoba Hydro, Pine Falls Division. Powerview Church Ladies Auxiliary. Great Falls Recreation Association. The Hair Shoppe.

Women of the Brightstone Hutterite Colony sent us handmade quilts. The Knights of Columbus members picked up boxes of donated food items from stores, schools, and churches.

Our good friends who are always there for us from the Pine Falls Volunteer Fire Department once again delivered hampers to many, many homes.

This year they had help from members of the Southeast Blades, who along with Bob Nault offered their helping hands. It is always heartwarming to see people willing to give volunteer time to a worthwhile cause.

The RCMP delivered the hampers going north to Manigotogan, Seymourville and Bissett. This is a huge help to us.

Thank you too to:
All who donated food items, cash, or knitted mitts, hats and scarves.
To Tracy Sharpe who was our contact person at the Community Health Office
To the Powerview Catholic church for allowing us space in the basement for storing, sorting and packing

To all the volunteers who sorted and packed.

And as we close the book on 2005, our wish to all is for health and happiness in 2006. We will be back at the same spot in December 2006, and we hope that you will find it in your heart to help us spread the Christmas spirit again then.

The Pine Falls District Health Care Foundation Inc.

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ANNOUNCEMENT

Reg Black, Broker of Century 21 Sun Country Realty is pleased to announce that Rob Oakes has become a part of the Century 21 Sun Country Realty Team!



345-2121

1 Park Avenue, Lac du Bonnet
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Rob, has been in the real estate industry for a couple of years, primarily serving buyers & sellers in the Pine Falls/ Powerview, Lac du Bonnet and surrounding areas. Rob & his wife Lisa live near St. Georges and are long time residents of the northeast area.

Rob looks forward to serving his past & present clients and welcomes you to call or drop in for any real estate needs.

RRSPs and Pensions

RRSPs - Registered Retirement Savings Plan

An RRSP is a tax-sheltered investment plan that people use to accumulate money for retirement. The RRSP is the plan, the investments are the components inside the plan. The investments inside the plan can be as simple as a term deposit, or a G.I.C. (Guaranteed Investment Certificate), or it could be a mutual fund, or even stocks and bonds. There are actually all kinds of different investments that can be put into your RRSP. There are two types of RRSP plans, an Individual RRSP and a Spousal RRSP. We will discuss the differences in future articles.

RPP - Registered Pension Plan

Chances are that if you have a pension at your place of employment, there are monies being put aside by your employer and yourself for your retirement. These monies are similar to an RRSP but they are called an RPP (Registered Pension Plan). Once again, similar to RRSPs, RPPs have investments inside of them. They have to follow specific rules that have been created by the Manitoba Pension Commission. There will be more information on this in future articles.

Taxation

When you retire and start spending your RPP and RRSP monies, you are taxed on the amount that you take out as regular income. That being said, the more you pull out of your pension and your RRSP's,

the more tax that you will have to pay.

Planning

It is important to be aware of how taxes are structured for your retirement so that you can create a financial plan with a focus on "tax minimization". It can and usually involves retaining the services of a competent financial advisor, preferably one with several years of experience along with a strong education in financial planning. These are the people that help you organize and plan your financial affairs. They provide you education on your financial situation, they map out your financial plan with their computer software, identify potential hurdles, and provide you with the information you need to make a well-informed decision. You are the decision maker, the advisor is the educator. It is important to remember that as you are ultimately responsible for the decisions that you make, good or bad. It is your money, good or bad. We are going to be submitting articles all year to try and help bring value to your planning process.

Next Week, Registered Plans and Income Splitting. How it can help reduce your tax burden.

This information is general in nature and has been provided by Steve Kulyk, president of Kulyk Insurance and Financial Services Ltd. His office is located in St. Georges. He can be reached at 367-9572 or steve@kulyk.financial.com

ECHOES FROM THE Heart

Old West Justice

A man in the Old West was being tried for stealing a horse.

You need to remember that stealing a horse in the Old West was a very grave and serious offense. A person could be hanged if found guilty of such a deed.

It so happened that the man whose horse had been stolen had always made it a point to get the best of any person with whom he had any dealings. He had never tried to do anything good for anyone other than himself. Consequently, the man whose horse had been stolen didn't have a single friend in the entire town. The case was tried and presented to the jury.

The evidence against the accused man was pretty strong. After about thirty minutes of deliberation, the jury returned to the court chambers.

"Gentlemen of the jury, have you reached a verdict?" The judge asked. The chairman of the jury stood up, "Yes we have, your honor," he replied.

"What is your verdict?" inquired the judge.

There were a few moments of silence and then the chairman spoke, "We find the defendant not guilty if he will return the horse."

After the judge had silenced the laughter in the courtroom, he admonished the jury, "I cannot accept that verdict. You will have to retire until you reach another verdict," said the judge. The jury went back into their room to deliberate toward another verdict. No member of the jury had any particular liking for the man whose horse had been stolen. At one time or another he had gotten the best of each of them. About an hour passed before the jury could reach another verdict. They re-entered the courtroom. They took their place in the jury box and the courtroom grew silent.

"Gentlemen of the jury," began the judge, "have you reached a verdict?" The chairman of the jury stood up.

"Yes we have, your honor," he replied, "What is your ver-

dict?" asked the judge.

The courtroom was totally silent. You could have heard a pin drop. Everyone eagerly awaited the verdict. The chairman read the decision reached by the twelve good men, tried and true.

"We find the defendant not guilty, and he can keep the horse!"

The courtroom burst into laughter!

Moral of the story: If you spend your life trying to take advantage of others, never caring about them in any way except what you can get from them or what they can do for you, you will end up a loser, like the man who lost his horse.

If you desire a friend, then be a friend. If you desire for other people to help you, then help other people. If you desire justice at the hands of others, then practice justice toward them.

Regardless of what you may think, the old Biblical admonition is true. We do reap what we sow.

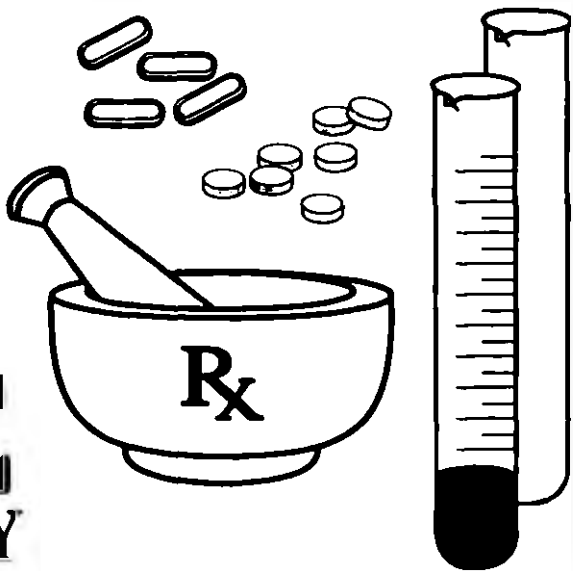
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Sunrise School Division

Kindergarten Registration and Grade 1 Beginning - For September 2006



Eligibility Requirement For

Kindergarten: Children must be five (5) years of age on or before December 31, 2006.

Grade 1: Children must be six (6) years of age on or before December 31, 2006. Children previously enrolled in Kindergarten classes DO NOT need to be re-registered.

Dates of Registration: Monday to Friday, January 23 to January 27, 2006. Mornings: 9:00am to 12:00 noon. Afternoons: 1:00pm to 3:30pm.

Programs in Three (3) Languages Offered to all children beginning in Kindergarten or Grade 1 at the following centres:

Anok School	864-2962	English
Beausejour Early Years School	268-2664	English / French Imm.
Centennial School	345-2462	English
École Dugald School	853-7929	English / French Imm.
Gale School	264-4358	English
Hazelridge School	754-2114	English
Oak Bank Elementary School	444-2473	English / English/Ukrainian
Paw Falls School	367-2254	English
École Powerview School	367-2296	English / French Imm.
Reynolds School	426-5559	English
Whitemouth School	348-2594	English
Griffon Colony School	268-2507	English
Greenwald Colony School	265-3522	English
Heartan Colony School	755-2342	English
Richland Colony School	866-3293	English
Springwell Colony School	345-6110	English
Whiteshell Colony School	348-7055	English

Note: Proof of age must be presented at time of registration. Birth Certificates would be preferred. However, if a birth certificate is unavailable, then a Baptismal Certificate will be accepted.

Parents are invited to attend a French Immersion informational evening on Wednesday, January 11, 2006 at 7:00pm at École Powerview School and Beausejour Early Years School, and on Thursday, January 12, 2006 at 7:00pm at École Dugald School and Beausejour Early Years School.

Entry into the French Immersion and English/Ukrainian Bilingual Programs is open to all children of Kindergarten and Grade 1 age who possess little or no knowledge of the French or Ukrainian language but who wish to become bilingual by learning French or Ukrainian as a second language.

MJHL News



Rioux moved to Southeast

Winnipeg, Manitoba -- The Selkirk Steelers have traded forward Eddie Rioux to the Southeast Blades for future considerations.

Rioux, 18 of Winnipeg, Manitoba, had three goals and six assists in 26 games for Selkirk this season, before requesting a trade.

Trade news

The Southeast Blades have traded defenseman Jermaine Ataliese to the Thunder Bay Bulldogs for future considerations.

Ataliese, 20 of Fort Frances, Ontario, has split the season with Waywayseecappo, OCN and Southeast. He has scored three goals and eight assists in 36 games this year.

While the trade deadline was Tuesday, January 10, 2006 at midnight, these two players had 48 hours to clear waivers, which is why the transactions couldn't be finalized until this morning.

Game News

The Southeast Blades travel to Winnipeg for a matinee with the Saints today. Winnipeg suffered a 2-1 overtime loss last night against the Blues to fall out of first place in the Addison Division.

The Blades can move into sole possession of the final playoff spot in the crossover with a win today. They are one point back of the Portage Terriers. The game is being played at the Notre Dame Recreational Centre. Game time is 4:30 P.M.

The Waywayseecappo Wolverines conclude a two-game road trip in Winnipeg against the Blues tonight. Last night Wayway fell 4-0 in Selkirk and have lost their last three contests.

Winnipeg South is on top of the MJHL after beating the Winnipeg Saints 2-1 in overtime last night. The Blues have won four in a row. Game time is 7:30 P.M.

Maskwa Newsletter

by Ian Cyr

After a very long year of tractor/groomer breakdowns we are happy to announce that the tractor/groomer has been sold to a group from Red Lake, Ontario. We have had the tractor/groomer for sale since December of 04 with only a few inquiries. So for the Maskwa Club it was a nice Christmas present to say the least.

There is a lot of confusion, not only around town but for snowmobilers from far and wide as to why we sold the tractor/groomer and why we are not replacing it. To make a long story short, it is the way the Eastern Region allocation of Snofund money is distributed. The allocation favours the clubs that sell a lot of passes and has an average amount of kilometres to groom. For example, a club that sells 100 more passes than us, and has the same amount of groomed trails would get about \$7,000 more. So you see it was a very good business decision to get out while we still have a club. So whatever happens from here on in with the way the Eastern Region allocates the funding, the Maskwa will not feel the effect as much if we had a large groomer to operate or try and sell.

The Club is still a Club. The Victoria Beach Sno-Drifters are going to groom from the Northstar trail to the Powerview. Mooswa a club from Beausejour is grooming the MacIntosh from Red Deer to Powerview. Lee River is grooming the Carlson trail to the Clubhouse and also to the 29th shack on the north side of the Wpg. River. We are still going to maintain our shelters and do the brushing and signing. The three clubs will add the mileage to their funding allocation formula for next year's monies. Bird Lake club on the other hand has been given back their trail from the 25th jet to Bird Lake (Moose trail), we will not be signing or brushing this trail. So after it is all said and done, that leaves the Maskwa club with only 60km of trail that did not get picked up. From Powerview to 25th Moose trail jet via O'Vincent trail (24th). The Maskwa Club have not decided at this time if we are going to groom this small piece of trail with the Alpine, but I think with the strong amount of volunteers and 40 years of pride, this trail will not be closed for long.

The MacIntosh has been groomed once by Mooswa, but

they are waiting for cold weather to come again. Last Thursday, Victoria Beach came with just the machine to fill holes and they are expected to bring the groomer out on Saturday. As far as the North side is concerned Lee River can not get across Lake LacDuBonnet, so no trails anywhere on the Northside of the river have been groomed yet.

The trail behind Pine Falls is open, but please use CAUTION in this area, there are still some mud clumps sticking up in some spots. Hopefully with the snow we got last Wednesday will have buried the clumps.

A new outhouse for the 1/4 way shack to the beach has been built, thanks to Omer Vincent, Jules Fontaine, Melvin Vincent, Marcel Roy and Rene Dube. Losen you will be impressed. Once again the washroom is equipped with a wood stove. Women sledders from all over the world have complimented us on our heated washrooms at all of our shelters.

Important dates coming up are the Derby on February 18th, we are trying something new this year. We are holding the Derby at a local business. If all goes well we will be rotating businesses from year to year. So check point 1 and 5 will be at the Chicken Chef this year. So you don't have to own a sled, just show up at the Chicken Chef and purchase your cards as well as try your luck at the giant silent auction table that Marcel and Heather Chevreffils have put together. Also once we get some grooming done we will be planning our weekly trips to the Hoe Down (Stead) and Birchwood for supper on Thursdays.

Hope to see you on the trails!



Country/Folk Concert

Coffee & Dainties

Featuring....

Darcia Senft & James Hickerson

January 26, 2006
7:30pm Pine Falls Legion

Tickets \$10.00 Each

Tickets may be purchased at local stores or by calling Angie/Ginette at 367-9970.



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Health Corner

Ask your Primary Health Care Provider

Please forward health related questions to: Health Corner, Box 160, Whitemouth, ROE 2G0; phone: 348-7191 ext. 240; or Email: cmcintosh@neha.mb.ca. For more health information, visit the NEHA website: www.neha.mb.ca.

Prenatal Nutrition

Proper nutrition is important at all ages and stages of our lives. What is so special about prenatal nutrition is it concerns two people – mother and baby. It's important for mom to choose healthy foods so that she is supporting the growth and development of her baby, but it also makes her feel good too!

Pregnant women can use Canada's Food Guide to Healthy Eating to choose healthy options in all four food groups. The focus is on nutrient dense food, providing all the extra essential nutrients needed for a growing baby, but not in a lot of extra calories. Only 100 extra calories a day are needed in the first trimester (equals an extra glass of milk or a large banana), and

only 300 extra calories a day are needed in the second and third trimesters (equals an extra tuna sandwich with slice of cheese or a homemade bran muffin with yogurt and small fruit).

Nutrients that are particularly important during pregnancy include iron, calcium, vitamin D and folic acid. In what foods are these found? **Iron** rich sources include red meat, enriched breads and cereals, and legumes (dried beans, peas and lentils). **Vitamin D** is found in milk, salmon, eggs and some yogurts (some yogurts are now fortified with Vitamin D – check the label to be sure). **Folic acid** can be found in green leafy vegetables, orange juice, bananas and legumes. Different **Calcium** sources include milk, calcium fortified beverages (some orange juices and soy milks are fortified with calcium) yogurt,

cheese, sardines, tofu made with calcium, figs and almonds. Choosing these foods often, along with taking a prenatal vitamin supplement, will help to meet these higher nutrient needs.

Healthy Child Manitoba offers free milk coupons to women who attend programs while pregnant and up until their baby is 6 months old. A monthly prenatal benefit (based on income) is also offered to ensure healthy eating in pregnancy.

If you are interested in learning more about your pregnancy come to Healthy Baby! Call Shelley at 345-0285 for more information. Prenatal classes are also available. Register for prenatal classes as soon as possible! To register call Gail at 268-7465 or contact your local

Public Health Nurse.

The Duck Lake Ski Club (Pine Falls) and Mountain Equipment Co-op Present ...

Glide, Stick, and Stay Dry: An Informative Evening of Learning about Cross Country Skiing Ski Waxes and Clothing

Have you ever wanted to know what all those crazy colors of ski waxes are for? What are the best waxes to use for fresh, dry snow versus granular snow versus slush? How do you stay warm without sweating up a storm while you ski?

The Duck Lake Ski Club has teamed up with Mountain

Equipment Coop (Winnipeg), one of Canada's leading outdoor supply companies, to provide a fun and informative Ski Wax and Clothing Clinic for cross country skiers of all levels and ages. Come out and learn the art of ski wax selection and how to apply them to your skis. We'll also discuss how to dress properly, including the choice of the most appropriate clothing fibers, so that you stay warm and dry on your next skiing outing.

Everyone is welcome to attend, from Lac du Bonnet to the Beaches, and every trail in between!

Where? Pine Falls United Church Hall, 5 Walnut Street, Pine Falls

When? Thursday January 19, 2006. 7:00 – 8:30 PM

How Much? FREE !! Refreshments will be provided! For more information, contact Brian Kotak (367-2753).

Faith Perspective

by Pastor Jake Doell

What About Integrity?

'Tis the season to listen to an endless stream of promises coming from our politicians.

All hope they will have a chance to get elected and prove themselves in their service to their constituents. Listening to the leadership debate the other night I could not help wondering whether some of the forthcoming promises had a longer shelf life than the carton of milk that I had purchased that day, which is less than two weeks. A promise is only as good as the integrity of the person/organization that is making the promise.

What is integrity? The dictionary defines integrity as follows: "honesty; soundness; unbroken condition. Therefore integrity is a character issue. Let's put it this way; "It means, say what you mean and mean what you say." The Bible says it this way; "Let your yes be yes and you no be no." (James 5:12) Integrity refers to the consistency of character that matches words and action as well as values and behavior. Rick Warren makes this quote about integrity; "Integrity is that coherence of character that presents a single face to the world. What you see is what you get."

Personal integrity requires that a person is credible, believable and trustworthy. Without these qualities others will not take you seriously. I know of only one person that was able to keep all the promises they made and that was Jesus

Christ. "Teacher," they said "we know you are a man of integrity and that you teach the way of God in accordance with the truth." (Matthew 22:16) Why were they able to say this about Him? You see Jesus had made the promise that He would rise again on the 3rd day after He died. (Matthew 27:40) By rising from the dead on the 3rd day He proved Himself as a man of integrity able to keep promises even the seemingly impossible one of His resurrection. My friends when we look to other human beings, they will at some point fail us, but Jesus Christ will never let you down and He is able to keep every promise He made. More important than how or for whom you vote in this upcoming election is the question; "How will you vote in regards to Jesus Christ – Yes or No. A yes vote will give you heavenly benefits for the rest of your life now and for the hereafter.

NEWS TIPS?

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Glide, Stick and Stay Dry

An informative evening of learning about Cross Country Skiing, Ski Waxes and Clothing

Pine Falls United Church,
5 Walnut Street, Pine Falls
Thursday, January 19th, 2006
from 7:00 pm to 8:30 pm

Refreshments will be provided! For more information contact Brian Kotak at 367-2753. Cost is FREE! Everyone Welcome!



Recreation Re-Boot!

Pineview Recreation Commission

I hope everyone had a safe and happy Christmas holiday. The weather certainly has been ideal for lots of outdoor activities.

Guitar Lessons

Guitar lessons will start Monday, January 23, 2006 at 6:30 p.m. at Powerview School and will run for 1 hour. The class will continue for approximately 20 weeks and the cost is \$240.00 + GST for the full session. Registration will be at Powerview School on Monday January 23rd at 6:00 p.m. Full payment or post-dated

monthly payments will be accepted.

Dance Class

Dance class for kids and adults will begin on Wednesday, January 18th. The first class for 3&4 year olds will begin at 4:30 p.m. and run until 5:30. 5&6 year olds will run from 5:30-6:30 and 7-9 year olds will be from 6:30-7:30. The Teen/Adult class will run from 6:30-9:00. The cost for the session is \$160.00+GST for kids aged 03-9 and \$240.00+GST for teens and adults. These classes can be

Public Skating/Open Ice

There is public skating and open ice during the week and on weekends. Please check with the arena for days and times. The cost to non-PRC members is \$2.00 each or \$5.00 per family. NO sticks or pucks are allowed on the ice during public skate. All children under 16 should wear a helmet. During open ice helmets are mandatory because of the use of sticks and pucks. Anyone not wearing a helmet will not be allowed on the ice.

Public Library

The Public Library, located in the high school end of Pine Falls School has re-opened for the fall. Hours of operation are Monday and Thursday from 3:00 p.m. - 4:30 p.m.

Winnipeg River Recreation

Get power smart and power up at the Eastman Regional games

Our communities of LdB and Pinawa are hosting the Eastman Regional Games for 4 sports involved in the Manitoba Winter Games. Our big weekend is January 27-29. Kicking it off on the Friday Night at the LdB Sports Arena is the Male Pee Wee Hockey. We have a full draw with 8 teams participating. The Saturday will see Female Hockey at Orville Acres Arena in Pinawa and Five Pin Bowling at the LdB Bowling Lanes. Sunday, January 29 the Cross Country Ski event will take place starting from the Pinawa Club. Sign up as a participant, volunteer OR be a spectator! Don't miss out on a chance to participate in Manitoba's Largest Ongoing Multi-Sport Event that is taking place from March 6-12, 2006 in Beausejour, Manitoba. For more information call: 268-2172 or toll free 1-866-774-2220 (ext 6). or Visit the Power Smart Manitoba Games website at: www.powersmartmanitobagames.ca

2006 Whiteshell ski fest

This year with mark the 30th anniversary of the Manitoba Lopet. This year's lopet on Sunday, January 29 will also double as the Eastman Winter Games Cross Country Ski Qualifier. Race day registra-

tion will be accepted from 9am-10am at the Pinawa Club. The Whiteshell Cross Country Ski Club is planning an action packed weekend of fun to commemorate this milestone. On Saturday, January 28 there will be Ski Clinics, Guided Ski Tours, Atom and Pee Wee Ski Races (contact Susan Barnett at 753 8239) and a Banquet to finish off the day. For more info contact the Whiteshell Cross Country Ski Club at 753 8844 or email ccskipinawa@mts.net.

Cold Snap attack - Winter Rec Programs

Registrations still be accepted for Aqua Fitness, Karate, Cardio Kickboxing, Body Sculpting, Cardio Sculpt, Yoga and Stress stretch ball. Classes starting the week of January 16; Xtalent, Pilates, Creative Movement, Introductory to Dance, Jr. Jazz and Sr. Jazz. Some programs have space limitations so do not delay and register today! For more information or to register, contact the Winnipeg River Recreation District at 345 8816 or 753 2639 or email us at reecom@mts.net

Cooking it up this March I Can't Believe it's Vegancooking class on Wednesday, March 15 from 6-9pm at Pinawa Secondary School Home Ec Room and Venturesome Vegetarian Cooking on Wednesday, March 22 from 6-9pm in LdB at Mrs. Lucci's Café.


Guitar Lessons

January 23rd to June 12th
Mondays at 6:30pm
Powerview School
\$12.00 per class plus gst

Must have your own guitar!

The class will run for approximately 20 weeks. Registration will be at Powerview School on Monday, January 23rd at 6:00pm. Payment can be made in full or in monthly installments.

For more information, please contact the Rec Office at 367-9142.





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St. Georges Voyageurs
1 Day Tournament
10:00am to 3:00pm
All Manitoba Rules Apply!

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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.
Town Powerview-Pine Falls: Recycle every Thursday 8:00am, Garbage Pick up - Powerview - Wednesdays 8:00am, Pine Falls Tuesdays & Fridays 8:00am
Overcomers Outreach meetings www.overcomersoutreach.ca, weekly meeting Contact: Isabelle (204) 367-2359
Parenting Support Group: Meets the first three Wednesdays of every month at Wings of Power, 11:30 a.m. - 1. Lunch and childminding are free, transportation also available. Call 367-9641.
Family Lending Library: Open 10-12 and 1-4, Mon-Fri at Wings of Power.
Computer access: Wings of Power CAP site, Open 10-12 and 1-4, Mon-Fri.
Narcotics Anonymous meetings every Tuesday, 7-8pm at the Sagkeeng Multi-Purpose Building (south shore highway 11).

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 11:30 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.
LIFE SKILLS CHURCH - Christian Healing Services, Minister: Isabelle Fiola (204) 367-2359

Powerview RCMP Report



Report covers period of January 1st to January 15, 2006

PRESS REPORT WINNIPEG RIVER DETACHMENT

REMINDER:- Winter Road Conditions may be obtained by contacting the following toll free number - 1-877-627-6237.

ADVISORY:- Lost- a "west" folding loading ramp (silver aluminum) fell off a pickup on the morning of January 12th, 2006. The route of travel was the end of Broadlands Road north to 304, 304 to 11 and 11 up to Silver Falls. Anyone who happens to recover the ramp is asked to drop it off at Powerview RCMP office.

DID YOU KNOW?- In Manitoba Traffic Accidents are reportable to police by law within 7 days in person in the following circumstances

- a) - in the event of an injury.
- b) - a single vehicle accident where damages are over \$1,000.00.
- c) - a multiple vehicle accident where damages are over \$1,000.00 combined.
- d) - hit and run (fail to stop or remain at the scene) type of vehicle accident.
- e) - any accident involving wildlife or domestic animals.
- f) - any accident involving a pedestrian.

In the above circumstances a traffic accident report must be completed by the driver of the vehicle at that time at any RCMP detachment or applicable police agency in your area. Please ensure you bring your

drivers licence and registration.

NOTE vehicle accidents on private property are not reportable to Police.

January 1
HOLLOW WATER- a complaint of mischief was dealt with by the local band constable for RCMP due to an extremely busy New Years. The matter did not require any further police action.

A female was transported to health sciences centre for injuries sustained in an aggravated spousal assault. The male then assaulted the local band constable after an attempt to apprehend him but police finally managed to arrest the male later in the day. A weapon was involved in the assault to the woman. The man was taken into custody, charged accordingly and transported to provincial remand centre. Investigation continues.

FORT ALEXANDER- a complaint of a suspicious vehicle parked on a roadway caused police to attend and observed the vehicle had contents which might appeal to would be thieves. Just prior to the vehicle being towed owners arrived removing the vehicle.

Police removed a male after a domestic verbal argument at a residence occurred. Alcohol was involved in the incident. The male known to police was lodged in cells until sober and released the next morning. No charges were laid in the incident.

An assault and uttering of

threats involving 2 males is still under investigation.

BLACK RIVER- police attended a single vehicle rollover where 1 male was deceased and a female was transported to hospital. Investigation continues. A press release was issued with updated information.

BERESFORD LAKE- police received a request to locate a female regarding an urgent family matter.

January 2
BLACK RIVER- a spousal dispute resulted in 1 male being charged for breaching a court order. The female was transported to relatives in another community.

HOLLOW WATER- investigation continues into an assault of a male.

HILLSIDE BEACH- a suspicious snowmobile parked in a lot overnight was found to have broken down and the owner returning to pick up the unit.


FORT ALEXANDER- a female thought to be the victim of an assault was found to be stable. Further investigation found a dispute had occurred but no serious injuries sustained nor were further charges pursued by both parties.

Police transported 1 male to a relatives to prevent a further problems at a residence.

LONG LAKE- a 1988 Polaris snowmobile sport 340 was stolen from a cottage lot sometime prior to Christmas.

January 3
FORT ALEXANDER- SEE/Police Story pg 11


DANCE CLASS



Dance classes will begin on Wednesday, January 18 and will run approximately 20 weeks. The Class times are:

3 & 4 Year Olds	4:30pm to 5:30pm
5 & 6 Year Olds	5:30pm to 6:30pm
7 to 9 Year Olds	6:30pm to 7:30pm
Teen & Adult	7:30pm to 9:00pm

Classes are at Pine Falls Curling Club (upstairs)
 Cost: \$160 for 3-9 year olds
 \$240 for Teen and Adult
 Payment can be made in monthly installments



Registration will be January 18 at the Curling Club prior to the start of classes. If you have any questions contact the Rec Office at 367-9142

Ask the Neighbourhood Mechanic



by Dave Redinger

Now that gas pricing has levelled off it's time to review your automotive budget. Ya right!

I have never met anyone who actually budgeted for car repairs let alone maintenance. Take a serious look at how you maintain your car. I'll let you in on a secret ... "it's cold outside"

Standing on side of the road in the cold and dark is not the best way to meet people.

I got an exhaust question for you. The exhaust pipe of my 1995 Jetta is covered in black soot. Is this a problem? I heard it could be due to my car burning too much oil (which re-

cently seems to be the case. I have to top up my oil quite a bit after a long drive). Is this a cause for the black exhaust?

Jill
Cars should not emit smoke. Exhaust gases should be invisible. Black smoke is not a sign of oil burning, oil burns blue. Black smoke is a sign of an engine that has an injection problem. This condition referred to as running rich will cause an increase in oil consumption. This type of repair is complicated, but; definitely necessary.

I am not a high mileage driver and I'm looking to by a small used car from 2001 to 2004, like a Hyundai or any 4 cylinder car. I am looking for a standard transmission. What is the best value for my money?

Stan
I hate to burst your bubble but there are no good deals in the sector you are describing. With higher fuel costs everybody is looking at this sector so be prepared to pay. However; if you are not a high mileage driver there is a lot of product available in the midsize market...I would be looking at the North American brands. Good value and quality. If you have to purchase in this market the quality of all brands is very consistent.

Dave Redinger a mechanic with over 40 yrs of experience operates his shop "DOCTOR H HONDA SPECIALISTS in Toronto for the last 25 yrs. Dave can be heard every Saturday morning at 9:00 on "THE NEIGHBOURHOOD MECHANIC" on AM740

Powerview RCMP REPORT

Con't from page 10

while on a routine patrol a vehicle was stopped and a male was issued a ticket for impudent driving and an unauthorized firearm removed from his vehicle. The firearm was seized until the owner can produce valid license's to possess the gun.

Police attended a residence to remove 2 unwanted males. Further information found the complainant did not reside there and was escorted home. Alcohol was involved in the incident.

DONNER LAKE- police took complaints of 2 incidents of theft where gas was stolen from a vehicle while parked. In the second incident involving the same vehicle thieves also took approximately \$500.00 worth of items from the vehicle which included hockey equipment, a towing strap etc..

BELAIR- a cottage was broken into sometime over the Christmas season and a stereo removed. Point of entry was a back window which was damaged in the incident.

RM of ALEXANDER- investigation continues into a complaint of sexual assault.

January 4
HILLSIDE BEACH- police patrolled an area after a report of a suspicious snowmobile left in the ditch. The machine could not be located by police after a thorough search.

FORT ALEXANDER- a

male wanted on an outstanding warrant from Selkirk detachment was apprehended at a house party after police were contacted to remove an unwanted guest. The man was taken into custody and transported to provincial remand centre.

A report of a possible spousal assault at a residence resulted in a male being taken into custody. Further information found the male to have an outstanding warrant and no spousal assault had occurred. The man was released on a promise to appear in court at a later date.

January 5
POWERVIEW- a break, enter and theft occurred at a local business. A front window smashed on the door was point of entry. Culprits stole a few candy bars but left hastily and everything else intact.

A stolen minivan was recovered on the north shore of Fort Alexander. The vehicle was returned to it's owner after preliminary investigation was completed by police.

HOLLOW WATER- investigation continues into a sexual assault of a youth.

FORT ALEXANDER- police responded to a residence to prevent a further breach of peace as the result of an ongoing neighbours dispute.

January 6

SEE/Police Story pg 15

Molyslip products. Beat the high cost of fuel and increase engine performance
Available at Canadian Tire and Home Hardware
Other locations: 1 800 880 MOLY www.molyslip.com

The Winnipeg Humane Society



Tonka, 111882

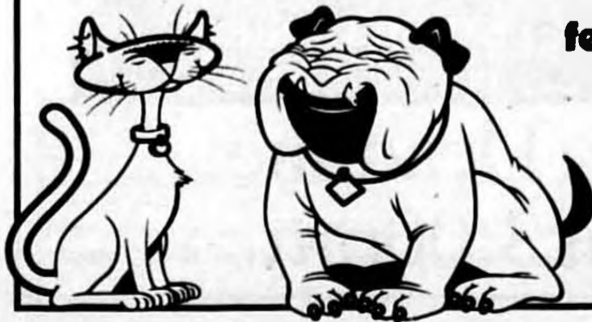
Tonka is part of a pair located at Petcetera on Leila Avenue, one of our 'satellite adoption centres'. Because Tonka & Jasmine have been with so for so long, since September 13, we are prepared to separate these two great pals for the sake of getting into the home they should be. Tonka is roughly 4.5 years old and Jasmine is about 8 years. We would still place both together if the right owner comes forward. \$65.00 for the pair, or \$65 each- they just need homes!!



Carisma, 113587

Carisma is a very sweet and friendly mature cat of roughly 5 years who was found in North Kildonan waaay back in October. She was not claimed despite being clean and well fed. Carisma has a tiny little notch in her ear, making her eligible for our tongue-in-cheek "Scratch & Dent"/ frostbite special- \$10.00 off her adoption fee of \$79.00 which includes spay, tattoo, microchip, pet insurance & more.

Where every adoptable dog finds a home and cats get a second chance at life!



The WHS needs your donations of canned cat food to help feed the many cats in our care. Drop off to 5 Kent Street.

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 period from January 9th to January 16th, 2006



On the 9th of Jan., a report was rec'd from a gas station in the R.M. of Lac du Bonnet that an adult male in a black vehicle drove away from the pumps without paying for gasoline which he obtained. No plate number or indication as to where the vehicle went.

On the 9th of Jan., a report was rec'd from a location at Brereton Lake in the Whiteshell Prov. Park that someone had broken into the cottage and appeared to have stayed a number of days. The culprit(s) had used the cottage-owner's

snowmobile. ATV tracks noted at the scene.

On the 10th of Jan., a report was rec'd of the attempted theft of gasoline from a tank at a business along P.T.H. #11 in the R.M. of Whitemouth. Took place overnight on the 8th of Jan.

On the 10th of Jan., a report was rec'd of an injured deer behind a residence on Hunter in Pinawa which appeared to have been hit by a vehicle. Natural Resources notified and attended to dispatch same.

On the 10th of Jan., a report was rec'd that a cottage on Purvis Road in the R.M. of Lac du Bonnet had been entered via an unlocked door. Nothing taken, but noted that a vehicle had become stuck at the location.

On the 10th of Jan., a report was rec'd that a vehicle which had been stolen from Winnipeg was outside a cottage on Rockland Road in the R.M. of Alexander, and that an adult male had been noted at the cottage. Police attended, subsequently gained entry, and arrested the adult male. He was charged for Autho Theft and the Break and Enter into the cottage, and escorted to the Remand Centre in custody.

On the 10th of Jan., a report was rec'd of a break and enter to the Seven Sisters Curling Club.

On the 10th of Jan., a report was rec'd of an Intrusion Alarm at a business at Elma. Found to be a False Alarm.

On the 11th of Jan., a report was rec'd of an Intrusion Alarm from the back door of a business on 2nd Street in the Town of Lac du Bonnet. Police attended and found no tracks in the fresh snow, and all was secure.

On the 11th of Jan., a report was rec'd of an adult male missing from his residence on the Maple Creek Road in the R.M. of Lac du Bonnet. Believed to have gone to Wpg. on the 28th of Dec. Police initiated an investigation, however, the subject returned home on the 12th of Jan.

On the 12th of Jan., a report was rec'd of an adult male breaching a Court Order by contacting a location in Pinawa. Police investigation revealed that no offence had taken place.

On the 12th of Jan., a report was rec'd that a locked storage shed had been broken into at a location on Spruceland in the R.M. of Alexander and a 2006 Polaris Snowmobile stolen. A Polaris ATV which had been stolen from Falcon Lake was left behind at the scene. Took place since the 8th of Jan.

On the 13th of Jan., a report was rec'd that a rock had been thrown through the window of a truck parked overnight at the Pointe du Bois Generating Station.

On the 13th of Jan., a report was rec'd that the lights were being turned on in a vehicle parked at the Lac du Bonnet Senior School, and that the owner of the vehicle's residence had been egged, with a red laser shone through the windows at night, on 3rd Street in the Town of Lac du Bonnet.

On the 13th of Jan., a request was rec'd from the Wpg. Police Service to attend to Pointe du Bois to arrest an adult male on the strength of an outstanding Warrant to Arrest.

On the 13th of Jan., a report was rec'd of a break and enter to a cottage at Jessica Lake in the Whiteshell Prov. Park, with nothing stolen. Took place since the 1st of January.

On the 14th of Jan., a report was rec'd of a Motor Vehicle Accident involving a pedestrian on P.R. #211 near Pinawa. Police attended and found that, rather than a pedestrian, this matter involved an adult male jumping from a moving vehicle. Those in the vehicle had tried to prevent him from doing this. The subject sustained non life-threatening injuries, and was taken

to Pinawa Hospital, where he was kept in overnight for observation.

On the 14th of Jan., a report was rec'd of a 911 call from a location near Poplar Bay in the R.M. of Alexander. Investigation revealed that this was a child playing with the phone.

On the 14th of Jan., a report was rec'd of a break and enter to a cottage on Red Dog Trail in the R.M. of Alexander, with a small quantity of gasoline stolen.

On the 14th of Jan., a report was rec'd of a 911 hang-up call from a location on Alexander in Pinawa. Police follow-up revealed that all was in order.

On the 14th of Jan., a request was rec'd from CAA to assist in locating a vehicle which needed assistance. Police located the vehicle in the Rennie area of the R.M. of Reynolds, however, no-one present.

On the 15th of Jan., an adult male was observed stealing a number of items from a garage at a location at Betula Lake in the Whiteshell Prov. Park. This subject was tracked down and arrested and lodged to sober up.

On the 15th of Jan., a report was rec'd of a break and enter to the Elma Community Centre, with a window broken and liquor stolen.

On the 15th of Jan., a report was rec'd of the theft of propane from a commercial establishment at Seddon's Corner, with the propane cage found broken. Took place overnight on the 10th of Jan.

On the 15th of Jan., a report was rec'd of a 2-vehicle Motor Vehicle Accident at the corner of McArthur and Minnewawa in the Town of Lac du Bonnet. No injuries, and one adult male charged for Failing to Yield the Right-of-Way.

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.
FACE 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 pm 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, 7:00pm, Lac du Bonnet Senior School Home Ec Room. No meetings January, July, August.

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 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 367-9520, church 345-2357
 Sunday: 11:30 a.m. - worship; 11:30 a.m. - first and third Sunday of each month, holy eucharist.

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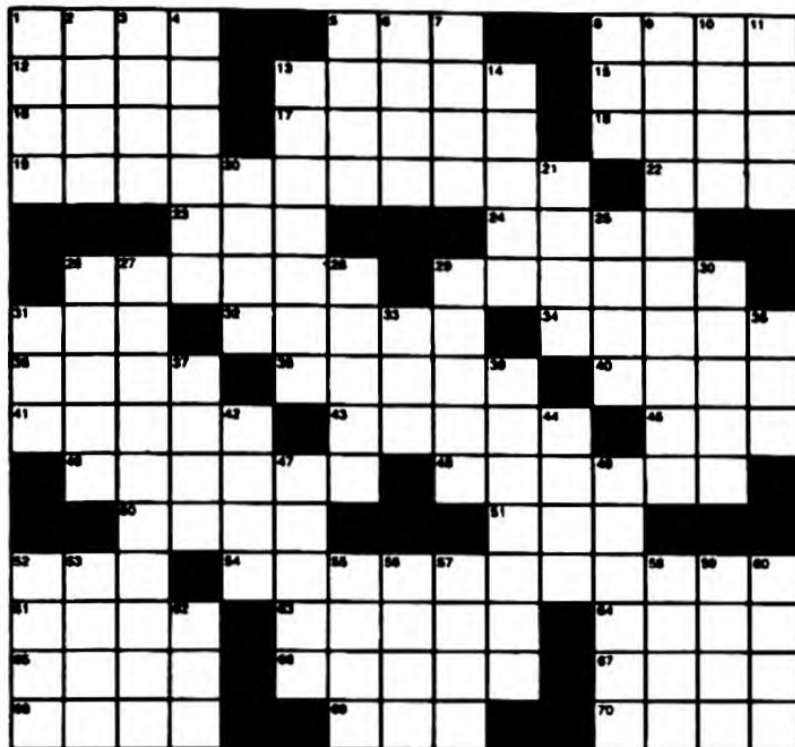
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WEEKLY CROSSWORD



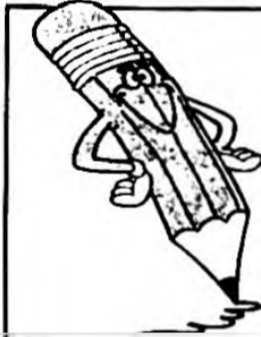
38. Having lower density.
40. Bring into safety.
41. Special administrative region of China.
43. Monetary unit of Turkey.
45. Being one more than nine.
46. V-shaped sleeve badge indicating military rank and service.
48. One or the other.
50. Small stream.
51. No.
52. Federal law enforcement agency.
54. Instrument used for detecting earthquakes.
51. Add a dash of liquor to.
55. Farewell.
56. Elaborate song for a solo voice.
59. Using speech rather than writing.
66. Living ABC TV show in the mid-'90s.
67. Special annual court in which the lords of a certain manor had jurisdiction over local disputes.
68. Deprive of anything exceptional.
69. Unofficial association of people.
76. Specified day of the month.
- Down**
1. Called "yellow bronze" by the Iron Age people.
2. River in Russia.
3. Knowledge gained through tradition.
4. Set free from confinement.

5. Dark region of considerable extent on the moon's surface.
6. Earnest appeal.
7. Pay close attention to.
8. Before.
9. Treat with chlorine.
10. Give assistance to.
11. Kill to dry hops.
13. Whole, totality of a scheme.
14. Light wooden frames on runners used to coast over snow.
20. Sloping surface used to move from one elevation to another.
21. Formidable in appearance.
24. Rocks from which metal can be obtained.
26. French painter and sculptor.
27. Concerned with electricity.
28. Alfred, American singer, actor and director.
29. Adverb referring to a place.
36. Cut off from the whole.
31. Exaggerate.

33. French vineyard.
35. Large, crowded city.
37. Finnish form of "Sarah."
38. Extremely harmful.
42. Acronym for Organic Ionic Liquid Solvent.
44. Adult male deer.
47. Request earnestly.
49. One that gives a sign of something to come.
52. Whip.
53. Operating a business without adequate insurance.
55. Image used as an object of worship.
56. Storage pit.
57. Change from solid to liquid, usually by heat.
58. Particular walk of life.
59. One who chatters.
60. Have great aversion to.
62. Old age.

- Across**
7. Dawn, movie starring Burt Lancaster.
5. Abbreviation for Master of Public Health.
8. Reflected wave received by radar.
12. Great hardness.
13. Special disposal of goods at lowered prices.
15. Caroline, Aunt Hilda on Sabrina, the Teenage Witch.
16. Slang for narcotics officer.
17. Wicker basket used by anglers for carrying fish.
18. Right angle bends in a pipe.
19. Having a clear, orderly mind.
22. Make a choice.
23. Slang for "leg."
24. Movable structure used to close off an entrance.
26. Had as an opinion.
29. Trouble.
31. Norse goddess of death and the underworld.
32. To become thirsty.
34. Give a new look to.
36. Middle period from A.D. 47 to 1453 in European history.

LAST WEEK'S ANSWERS



CRYPTIC PUZZLE

ZP MDDPSQGPKO EBFMZ ZOPYEK,
IF SJKZ UBFMS MK IFGG MK
MDZ


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


INCOME TAX RETURNS ARE THE MOST IMAGINATIVE FICTION BEING WRITTEN TODAY.


Weekly Echo Horoscopes


January 16 to January 21, 2006


ARIES (Mar. 21- April 20)
 Be honest in your communication and don't lose your cool. Family outings should include visiting friends or relatives. Someone you live with will be quite unreasonable this week. Residential moves will be in your best interest.

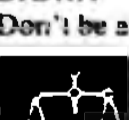
TAURUS (Apr. 21- May 21)
 You should get out and enjoy social events where you are likely to meet new potential mates; however, don't over spend. Confronting a situation will only result in indignation and misunderstandings. Residential moves look hectic and sudden changes in your life are likely.


GEMINI (May 22-June 21)
 Take a look at the possibilities of starting a small part time business with friends or relatives. Emotionally, things may not run so smoothly. Secret affairs may be brought out in the open. Try to stay calm and do the best you can.


CANCER (June 22-July 22)
 Your partner will blow situations out of proportion. Take the whole family and make it an enjoyable outing. Put your energy into behind the scenes activities. Be careful not to sign your time or your cash away


LEO (July 23-Aug. 22)
 Sudden changes will occur through communications with friends or in-laws. Question your mate if you must. Changes are you split up the last time because you didn't really want to make a commitment. Travel in pursuit of pleasure and knowledge.


VIRGO (Aug. 23 -Sept. 23)
 You may have difficulties with in-laws or family members. Observations will be far more productive. Social activity should be on your agenda this week. Involvement in fitness clubs will be conducive to engaging romantic connections.


LIBRA (Sept. 24 -Oct. 23)
 Don't be afraid of opposition; your suggestions are valid. Outdoor sports events should entice you. Don't let your health suffer because of worry. Talk to someone you trust. You can make new friends if you get involved in group activities.

SCORPIO (Oct. 24 - Nov. 22)
 You could make extra cash through creative hobbies. You can make the most headway if you put in some overtime. Try not to attempt to do something unless you are fully intent on following through with the plans. Do something special for them.

SAGITTARIUS (Nov. 23 -Dec. 21)
 Your ideas are right on the mark and your work commendable. Don't be afraid to talk to close friends or relatives about pressing personal problems. You can invest in profitable ventures. You will do best to entertain those you wish to close deals with.

CAPRICORN (Dec. 22- Jan. 20)
 Strengthen your position among your peers. Be fair, not colorful. Coworkers may not be giving you all the pertinent information. If you have to deal with large institutions, be careful not to make waves.

AQUARIUS (Jan. 21 -Feb. 19)
 Help with your aspirations is likely, and profits could follow. Express your interest if you want the relationship to progress. Do you really want to start something with someone you can't reason with? New relationships will surface through work related events.

PISCES (Feb. 20-Mar. 20)
 Make plans to meet again in the near future. You will be looking for creative ways to make a little extra cash. Your changing philosophies may lead you into new circles and open doors that will give you a unique outlook on life. Go out with friends or family

Echo Classifieds

Office/Retail Space for Rent Pine Falls Upstairs - approximately 200 square feet, comes with washroom. Main floor - approximately 900 square feet with private office, washroom and counter. Call Denis at 367-8651. *77N*

Woodland Place/Dale Haven 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.

House for Rent: 2 bedrooms, 2 bathrooms, 1200 sq. ft., comfy, over 1 acre on waterfront by Woody's Service Centre, in Lac du Bonnet. Quiet, private, electric forced air with woodstove and wood. Price reduced. Call 403-613-2402 or 345-2529 and leave a message. *78N*

SILVER HAVEN MEAL PROGRAM

Open to all seniors 55 and over. You are welcome to bring a guest. All meals are \$5.00. Meals are at 11:30 noon Mondays, Wednesdays and Fridays. Your name must be put on the list the day before by calling **Silver Haven at 367-4620 or Bernice 367-8369**

Wednesday, Jan. 11
soup, spaghetti and meat sauce, corn, gingerbread cake.

Friday, Jan. 13
Salad, chicken cutlets, rice, stir fry vegetables, jello.

Monday, Jan. 16
Roast beef, mashed potatoes, mixed beans, fruit cocktail.

Wednesday, Jan. 18
Liver and onions, mashed potatoes, carrots, chocolate cake.

Friday, Jan. 20
Pancakes and sausages, with strawberries and jello.

One bedroom apartment for rent in St. Georges, with fridge and stove, damage deposit \$210, rent \$415. Also two bedroom apartment with fridge and stove, washer and dryer, damage deposit \$210, rent \$435. Both available immediately. Call 367-2026 or 367-8232.

3 Bedrooms, 2 bathrooms, garage, 4 appliances, located in Great Falls, \$685/per month, include utilities, call 367-4988 or 638-6099. *78-08N*

1984 Peavy RockMaster guitar amplifier head with 4x12 enclosure. Vintage tube series, 135 watts of tube power, \$500 OBO, call 367-8353.

For Sale - Buckmaster 2000 Compound Bow. In very good shape, only used to compete once with and hunted with only a few times. Includes a Cobra Sight and Stabilizer, Cobra Rest, New Hardtop Case and Quiver with 4 gold tip hunting arrows. Asking \$750 for the whole set up with case. Call 367-8383 or 367-5211, ask for Stephen or leave a message.

1993 Chevrolet Corsica LT, 3.1L, V6, 4dr., CD detach face, PW, PL, ABS, AT, tilt, cruise, only 193,000 kms, asking \$2000.00 obo, Call 367-4267 after 4:00pm.

Classifieds are affordable in the Echo, it pays to place your ads

Sunrise School Division SCHOOL BUSES

Sunrise School Division will accept sealed bids for the sale of surplus school buses: (1986 - 66 pass., 1987 - 66 pass., 1987 - 48 pass. Wheelchair ramp, 1988 - 72 pass., 1989 - 66 pass., 1991 - 66 pass.) Vehicles will be sold as is. Highest bid not necessarily accepted. Information and bid forms for these vehicles can be obtained by contacting Jim Wright, Transportation Manager or Wallace Klos, Shop Foreman at 444-2498. Bid forms will also be available at the bus garage at 95 - 5th Street South in Beausejour, and from Sunrise School Division website www.sunrisesd.ca under Purchasing Department.

Sealed bids will be accepted by Fran King, Purchasing Agent (268-6631) at 75-5th Street South, Beausejour, MB, R0E 0C0, until 4:00 p.m. January 27, 2006.

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Energy Corner

Do yourself and your family a favour: keep that New Year's resolution you made to buy carbon monoxide alarms and then be sure to install them in your home. Making good on that promise could save a life. Carbon monoxide (CO) is a colourless, odourless gas that is produced when wood and fossil fuels like natural gas or coal burn without enough oxygen. If a natural gas furnace isn't burning properly incomplete combustion could occur and carbon monoxide gas may be released. Exposure to carbon monoxide gas initially causes flu-like symptoms such as headache, dizziness and nausea, and can result in death.

Buy only carbon monoxide alarms that bear the seal of an approved certification. This label indicates that the equipment was manufactured according to Canadian safety standards. Carbon monoxide alarms should be used only as a backup to, but not as a replacement for proper use and maintenance of your fuel-burning equipment and appliances. Follow these tips to keep carbon monoxide out of your home:

- Keep all external vents clean.
- Never idle a vehicle or any

- gasoline-powered equipment in an attached garage.
- Never operate a barbecue, camp stove or lantern in your home or garage.
- Keep the blower (fan) compartment door on your furnace properly closed.
- Keep the area around your furnace open and clear, allowing for proper air circulation, which your furnace needs to work properly. (If your furnace room has a door, always keep it open to help air circulation.)
- Be aware of signs of carbon monoxide in your home: stuffy, stale, or smelly air; excessive condensation on your windows; sootling around a fireplace, chimney or other fuel-burning equipment; backdrafting of your fuel-burning equipment; a yellow burner flame on your furnace's pilot light instead of the normal clear, blue flame; a furnace pilot light that keeps going out; a burning or strange odour in your home.
- If you experience any of these signs, open the windows and doors in your home and then leave immediately. Phone Manitoba Hydro from a neighbour's home to arrange for an emergency inspection.

North Eastman Health Association Board of Directors Call for Nominations

NEHA is the Regional Health Authority responsible for planning, delivering, and administering a broad spectrum of Health Programs and Services to a multi-cultural population base of approximately 40,000 residents. North Eastman is geographically diverse, extending east to the Ontario border, north of the 50th parallel, west to Lake Winnipeg and south slightly beyond the Trans-Canada Highway.

Mission: The North Eastman Health Association strives to promote effective, equitable, accessible, integrated, responsive and cost efficient health programs and services to meet the needs of our population.

Vision: Working together to empower individuals, families, and communities to pursue optimum health through healthy lifestyles.

A number of board member positions become vacant on April 1, 2006. In accordance with the Regional Health Authority Act, the Minister of Health will appoint directors to fill these vacancies.

Any resident of the North Eastman Region may nominate a person or persons, including him or herself for the board of the North Eastman Health Association. The board members will be selected from nominations received from individuals interested in improving health for Manitobans, and who are prepared to make the time commitment required of a director of the board. The appointments will represent a board cross-section of interest, experience and expertise. Geographic representation will also be considered.

Information regarding qualifications, general responsibilities of board members, and the nomination form for appointment are available at the North Eastman Health Association Corporate Office.

Nomination forms are also available on the Manitoba Health Website www.gov.mb.ca/health/nha/nhadocs.html.

Submission deadline is January 31, 2006. Completed and signed nomination forms can be forwarded to the North Eastman Health Association Corporate Office, W.B. Lewis Business Centre, 24 Aberdeen Avenue, P.O. Box 339, Pinawa, MB R0E 1L0 or directly to the Minister of Health. (A resume, CV or any additional information should be submitted with this form.)

Powerview RCMP REPORT

Con't from pg 11

RM OF ALEXANDER- a stolen vehicle from Winnipeg was recovered on highway 104 south just short of the tracks in the ditch. The owner was notified and the vehicle towed to Winnipeg.

FORT ALEXANDER- a report of a suspicious person outside a residence banging on the building caused police to patrol the area. A thorough search made by police could not locate a suspect and no further calls were received.

Investigation continues into a breach of court conditions by 2 males.

HOLLOW WATER- police were called in the early morning hours after a female had been sexually assaulted. Further information resulted in a male being arrested and charged accordingly. Investigation continues.

GRAND MARAIS- RCMP in Powerview assisted members from Winnipeg RCMP on a search warrant of a house for illegal weapons and firearms. Numerous items were seized in the search. A full press release was later issued.

January 7
PINE FALLS- local hospital staff were assisted when 2 emotionally disturbed females walked away from treatment. 1 female was located and returned for assessment and further transported to Health Sciences Centre. The second female was not located at the time and was documented as missing. A third matter of an emotionally disturbed male was actioned when he was transported to Winnipeg by police for treatment.

BERESFORD LAKE- Police a fatal snowmobile accident involving a youth was attended by police. A further update was made via a press release on the incident.

January 8
FORT ALEXANDER- 1 male was charged for breaching an undertaking after he was located consuming alcohol at a residence. The male was on strict conditions to abstain.

PINE FALLS- 3 local business's were victims of mischief when owners arrived to find all 3 buildings had been spray painted at some point during the early morning hours. Several residences were victimized as well.

Police assisted with an emotionally unstable female after she had consumed numerous pills and transported to local hospital for treatment.

FORT ALEXANDER- a missing youth was located af-

ter he failed to return to foster care.

A male and female were arrested and charged accordingly after causing a disturbance being belligerent with police and highly intoxicated. The pair were both in breach of court conditions and charged accordingly.

January 9
PINE FALLS- Culprits stole several street decorations overnight. Decorations were located on Hydro Poles near the hospital. The shell station and Danco's foods.

FORT ALEXANDER- a vehicle was stolen in the early morning hours and recovered in a ditch in the area later in the morning.

BISSETT- a lumber company had several outbuilding broken into and a husquavarna chainsaw stolen.

January 10
FORT ALEXANDER- police attended to a residence when an house guest continued to cause problems. Upon arrival the man had calmed down and advised police he was going to sleep. No further action was necessary and no further calls were received on the matter.

HOLLOW WATER- a fight between 2 males was reported to police. Investigation continues into the assaults.

January 11
POWERVIEW- a stolen vehicle was recovered and police were able to identify 2 suspects in connection with the incident. Charges have been laid as the investigation continues.

A vehicle was rummaged through in the early morning hours.

A garage was broken into and liquor stolen in the incident.

FORT ALEXANDER- a search warrant was executed on a residence for trafficking of crack cocaine. Police were successful and further updated press release was issued.

Two youth were located hiding in a ditch near a residence. The youth were being sought by police in connection with mischief charges.

January 12
PINE FALLS- a female was taken to hospital after having an allergic reaction to pills she had consumed. Police attended as it was believed the female was originally suicidal. Further information found this to be unfounded. The pills were purchased for pleasure use from an unknown source. No further action was required by police.

A complaint of a suspicious vehicle and person hanging around the Mill location was dealt with by police. The man was a document server trying to locate an individual for legal purposes. Police warned the man for being on private property without permission.

BLACK RIVER- a female youth was sexually assaulted by a male. The same male earlier assaulted another male threatening him at knife point. Police later located the man responsible who was arrested, charged accordingly, and transported to provincial remand centre. Further information found the man also had several outstanding warrants. Investigation continues in to both incidents.

POWERVIEW- investigation continues into a complaint of harassment and mischief.

A green arctic cat 340 snowmobile was recovered by police.

January 13
BLACK RIVER- investigation continues into an assault of a female youth who was taken to local hospital for injuries. Another female youth was identified in the altercation.

TRAVERSE LAKE- a complaint of an abandoned vehicle was unfounded as the owner had simply parked the vehicle for the winter.

January 14
PINE FALLS- an emotionally disturbed female was taken to local hospital after an attempted suicide. No further police action was necessary as a relative remained with the female.

POWERVIEW- a digital powershot canon camera was turned into police.

Investigation continues into a reported sexual assault.

FORT ALEXANDER- a grinder was located after it was stolen in late November of 2005 from a garage.

Police attended a residence after receiving complaints of an intoxicated male getting out of control. The man was on strict conditions and breaching 3 court orders. He was remanded into custody and transported to provincial remand centre.

January 15
FORT ALEXANDER- police attended a residence responding to a complaint of an assault. Further information found the fight consensual between 2 male relatives. No further police action was necessary.

Intervention into a verbal domestic dispute was made by

police when a complaint of an assault in progress was dispatched. Upon attendance police found no physical assault had occurred however a male was given a ride to a relatives until the situation calmed down. No further police action was necessary.

POWERVIEW/PINE FALLS- reports of vehicles being rummaged through by culprits were made to police. In all instances the vehicles were left unlocked. This is the 3rd time in the past 4 weeks that numerous vehicles have been targeted. Small change and items were taken. Police urge owners to lock all vehicles prior to retiring for the evening, do not leave any valuables in the vehicle and to im-

mediately call if any suspicious noise, person or vehicle is in your area.

SUMMARY: - police charged 3 people for impaired driving/drive over .08 actioned 15 requests for assistance to other detachments and serving individuals with court documents, lodged 13 people under the intoxicated person detention act, processed 12 traffic accident reports and attended to 14 false alarms.

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

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