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Sharpe set for a match of a lifetime

Canadian Middleweight Champ ready to show Britain who's Boss

by Jim Hampshire

In a surprising turn of events, Powerview's punching pride, Larry Sharpe, will be thrust onto the world's stage next month as he is signed to fight Scott Dann in Plymouth England for the vacant Commonwealth Middleweight Title.

Sharpe, not really expecting this title match so soon, was relatively calm when answering media questions this week. Besides the Echo's inquiries, he spoke to the Winnipeg Free Press over the last week in a media blitz leading up to the big fight in his boxing career.

"It was unexpected to say the least," Larry Sharpe said from his home in Powerview-Pine Falls. "Apparently a fighter from Ghana (Africa) backed out and I was next on the list."

Sharpe new he had a shot at a Commonwealth Title last summer, as well as a possible bout in Australia, but due to schedules and a local fight in Winnipeg in November, Sharpe was looking more toward next summer for a breakout bout overseas.

"Basically when it comes to training, the summer months would be a better time," Sharpe said after winning his bout with Darren Kenny in late November. "I've got a commitment with the school division, and training and road work is easier after the winter months."

Pretty much common logic given the weather conditions here in Manitoba, compared to points overseas, but when the opportunity presented itself, Sharpe says the offer was hard to turn down.

As for the school commitments at Powerview, Sharpe

reports that the Sunrise Division has given him a week off for his February 10th bout.

"The division has been really good to me and very supportive," Sharpe noted this week. "I wrote to the superintendent and got permission last week and I'm really looking forward to winning this fight."

If Sharpe does win, Kaching! According to media reports, the Razor will take home \$15,000 in United States currency for his bout in Britain. Not to mention he will stake claim to the number ten spot (currently held by Dann) on the World Middleweight rankings, which would make him a name fighter in Las Vegas and Atlantic City. Should he prove victorious, Sharpe will no doubt be entertaining offers from the gambling and gaming Meccas of North America, reportedly worth anywhere from \$600,000 to a cool million per pop.

Already the Winnipeg media is comparing Larry (Razor) Sharpe to Donny Lalonde, a light heavyweight fighter from Winnipeg whose claim to fame was knocking Sugar Ray Leonard on his ass in a bout in Las Vegas in 1988. Lalonde rose up the Canadian ranks to become the Canadian Light Heavyweight champion and ended up losing to Leonard at age 35, in a tenth-round TKO at Caesar's Palace, after which he immediately quit boxing has since retired to Vancouver Island, where he runs a housing construction company.

Sharpe, on the otherhand, is 31 years-old and already has a North American and World



Larry "Razor" Sharpe set to fight in Plymouth England for the Commonwealth Middleweight Title

Kick-Boxing title to his credit, which is a knockout punch on any fighter's resume'.

"I'm just worried about Feb. 10th," Sharpe said about his future. "He (Dann) doesn't think I'm prepared on such short notice, but I hope he prepared for me because I'm hungry and when I fought for the Canadian Middleweight title I was also hungry and you can be sure I'm not going to quit."

Since moving over from kick-boxing, Sharpe sports a record of 14 wins versus 2 losses with five knockouts in the boxing ranks, while Scott Dann sits at 23 wins and 2 losses with 16 knockouts.

When asked if the Britain's record was intimidating, Sharpe showed his game face. "He'd better knock me out early because I'm going to keep coming at him," he said with the confidence he earned as a kick-boxing champion.

Election 06

Two local incumbents win, one loses

by Charles Norman

Pre-election polls predicted two out of three results for local candidates in yesterday's federal election.

Provencher Polls had indicated that Vic Toews would win by a landslide - with 75% of the vote. They were close, but a little optimistic. He pulled in 25,198 votes for 66%, handily beating Liberal Wes Penner at 6,063, and NDP candidate Patrick O'Conner at 5258 votes.

Selkirk Interlake polls had given Conservative James Bezan a win with 47%. When the results were in he took 49% with 21,659 votes. High profile NDP candidate Ed Schreyer took 37%, up from a projected 34%. Liberal Bruce Benson ended up with only 10% of the vote on election night - down from a projected 14%

But pre-election polls were wrong in Churchill. Forecasts had given Niki Ashton a win

with 33%. Liberal television star Tina Keeper was projected to get 26%, and incumbent independent Bev Desjarlais 23%. At press time the latest results gave Keeper 10,159 votes and 41%, NDP Niki Ashton 20% and Bev Desjarlais 17%. It represented a liberal gain from the NDP. The Tory candidate was a poor fourth.

In all three constituencies the green party was also-ran with percentages in the low single digits.

Canadians went to the polls and it was predicted that the Conservative party would win the polls over the liberal government.

Canada wants a new government, one that will speak for the people, and work for the people. Canadians want a government that will work with integrity and keep their promises to the people who put them there.



MJHL

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LDB Women Rock!

Ladies bonspiel takes Lac du Bonnet by storm

by Jim Hampshire

Residents of Lac du Bonnet, hide your children and men-folk away cause the ladies come to play!

And the men-folk were wise to hide over the weekend when 32 teams flooded the ice at the Lac du Bonnet Curling Club, to take part in the annual Ladies Bonspiel this past weekend.

This year the bonspiel took on a more liberated look, female wise, with the theme being "Whoa-Man." And you wonder why the men-folk were hiding!

Actually one of the bonspiel's longtime matriarchs, Betty Dancyt, said the banquet affair was nothing out of the ordinary - when you fill the room with 170 frustrated wives.

"It was what you'd normally expect," the local lady of the ice lanes reported. "We all come here to have fun every year and this year was no different."

According to the only males afforded the opportunity to be anywhere near the banquet facilities, curling club volunteers said they felt a little out of place when the Saturday evening party began.

"You really don't want to know what's going on in there," volunteer Doug Monaster said after barely escaping with his life. "This stuff isn't fit to print but suffice it to say, the girls

are having a great time."

The banquet theme, dissing the male population, brought a wide variety of costumes and attitude attire. Overall costume winner, Carol Griffin of Lac du Bonnet, noted it was just another friendly poke at the male population.

"We had a really good time and you might have noticed, but we don't allow men at our banquet," she said coyly.

But back on the ice, the first event winner was none other than Lac du Bonnet's own Connie Dancyt rink, who skipped Maureen Smith, Karen Arseneault, and Kim Murray to a flawless performance over the weekend. Dancyt reports that she had some very tough competition throughout the weekend event, but managed to stay on the winning side to take the top prize.

"The biggest game for me was against Marlene Watson in the A-Side semi-finals," Connie Dancyt said following her win in the finals. "That was the hi-light of the bonspiel for me. It was a hard fought game and we love playing each other because you never know who will win."

Dancyt's Foods have been a major sponsor in the Ladies Event for several years and Connie has had her name engraved on the family-donated trophy before, in 2003. This year she beat out last year's



Curtis Dancyt presents this years Lac du Bonnet Ladies winning team Connie Dancyt, Maureen Smith, Karen Arseneault and Kim Murray.

event winner, Marilyn Romance from Winnipeg, in the main event to have the privi-

lege of seeing her name etched on the trophy one more time.

"It's been a wonderful weekend and we were lucky to win," Dancyt said modestly.

On the way to a perfect weekend, Dancyt outlasted the best in the field, including Powerview's Dodie Thomas, who Dancyt says, played one heck

of a game. In the final match against defending champ Marilyn Romance, Dancyt took an early lead and held on to blank the Winnipeg entry 8-zip after six ends, when the skips shook hands and retired to the club lounge.

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Women This Old House Rock

LdB Ladies Bonsel

from page 2

In the Second Event, it was Jill Leochko from Beausejour taking top spot while Val Kuefner from Springfield took the Third Event to round out the flight winners.

In a rare acknowledgement, Kim Arsenault from Pine Falls was offered a salute from organizers when it was discovered last week that an odd number of teams had entered.

"For some reason we stalled at 31 teams that were entered," emcee Marlene Watson told the gathering at the prize table. "Last Wednesday, with no advance warning, I called Kim Arsenault in Pine Falls and asked if she could enter a team and within two hours she called back and confirmed she could. And because she could, she filled the field of 32 teams and saved the organizers a lot of headaches in the process."

As it turned out, the Arsenault foursome finished fourth in the main event on short notice, which is a feather in their cap any way you look at it.

The Lac du Bonnet Curling Club is definitely the hub of major events this year as they get ready to host the Provincial Firefighters Bonsel in two weeks. Club volunteer and local firefighter, Greg Short, reports that 25 teams from all parts of the province will make their way to Lac du Bonnet on February 2nd through February 5th, with the winner of that bonsel going to Ottawa for the National title.

Two weeks later the curling club will be another hub of activity when the annual Men's Bonsel takes flight on February 16th to 19th which is already jammed packed with 48 entries.

Johnny Usackis "not skipping" at another chance to win the provincial curling title

By Jim Hampsblre

They could be called the grand-daddies of the grand aggregate or the Veterans of Valour Road, but by either name, Lac du Bonnet's famous curling duo of Johnny Usackis and Bob Lesko are intent on teaching some young pups a few old tricks as they make yet another bid to win the provincial curling title at the Safeway Select in Steinbach next month.

Usackis and Lesko will be joining Orest Meleschuk and skip Barry Fry in quest of the provincial title after the foursome won a Select birth in the Zone 2 playdowns in Lac du Bonnet on Jan. 15. The Fry foursome cruised through the playdowns

undefeated and went on to beat Murray Woodward from Ste. Anne 7-4 in the finals to win the Select spot.

As it stands, Usackis already holds the Manitoba record for most visits to the Provincial Championships by any skip but on this trip, he appears happy to be playing the front end and let Fry call the shots.

The Fry foursome will have all sorts of past brier experience to dip from as the team is loaded with championship skips, with Johnny Usackis first winning the provincial title in 1977, followed by Barry Fry in 1979. Johnny U hit the brier path once again when Orest Meleschuk

invited the Lac du Bonnet skip along for another championship ride in 1989. Lesko, who has also skipped numerous entries in club bonsel, will throw lead rocks at the Select with Usackis in the second position.

And while the Zone 2 champs have taken some ribbing about their age and experience - some around the club refer to them as "three skippers and a Gilligan" - this year's Safeway Select is loaded with past champions coming back for another moment of curling glory. Along with the Fry rink, past returning champions include Keith Fenton, Mark Lukowich, Doug Harrison, Dave

Smith, along with the younger breed of champs including Jeff Stoughton, Brent Scales and defending champion Randy Dutiaume.

More recently, both Usackis and Lesko were successful in their bid to become the Provincial Master's Champ when they teamed up with Richard Schroeder and skip Orest Meleschuk in 2002. The team went on to win the Canadian Master's Championships in Medicine Hat Alta. a month later, even though skip Orest Meleschuk bowed out due to illness.

The Safeway Select gets underway in Steinbach on February 8th to 12th.

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

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www.manitoba.ca/healthychild
or contact your local public health office



Blues Capture Top Spot

Lac du Bonnet plays remaining games as tune-up for playoffs

by Jim Hampshire

The Lac du Bonnet Blues have put a lock on top spot in the South Interlake Hockey League after beating their nearest rival, the Peguis Hawks, 6-2 at the Lac du Bonnet Arena this past Saturday evening. Although it was only a mathematical possibility but Peguis could have taken top spot by beating the Blues, and then moving forward to win their three remaining games. The Blues, however, would have had to lose all three of their remaining games against Beausejour, Stonewall and Gimli in order to lose top spot overall.

The Blues opened the scoring against Peguis Saturday evening, when Aaron Wold slapped one behind Hawk's goaltender Scott Cameron

early in the first. Darryl Crumb added to the Blues' lead minutes later before Jay Usackis got on the scoresheet, giving Lac du Bonnet a quick 3-0 lead. Peguis did come back to make the score 3-1 but Aaron Wold was at it again as he hit his second goal of the period to maintain the three-goal cushion. Peguis countered one more time before the end of the first frame but the 4-2 score was as close as Peguis would come.

Jay Seymour came out in the second and scored the only goal of the period, pushing the score to 5-2 while Jamie Hickes added one more in the third to end the game with a 6-2 victory for the Blues.

With the top spot locked up, the Blues will maintain home ice advantage throughout the

playoffs, which begin in a few short weeks.

Besides their regular league season, the Blues are coming off a series victory against the Mitchell Mohawks in provincial playdown action. Lac du Bonnet took the best two-out-of-three series in two straight games, winning first two weeks ago (10-2) at the local arena, and then winning again this past Tuesday in Mitchell by a score of 9-3.

Their next step in the provincial playdowns will take them to Foxwarren to play the North Central Hockey League leading Falcons, which doesn't sit too well with some of the Blues' personnel behind the bench.

"How is it that we have all these teams taking part in the provincials and we have to travel to the far side of the province to play in the second round," Blues' Trainer, Chuck Reynolds asked. "We are at the top of our league and the Falcons are at the top of their's... shouldn't we both play our own side of the province first and then meet in a final series?"

The Blues are also vocal about the scheduling afforded the Foxwarren Falcons, who have yet to complete their first series against Reston. By the rule book, teams have 30 days to play the three-game series, and so far it looks as though Foxwarren is dragging their feet somewhat.

"As far as we know, we won't be playing Foxwarren until some time in February, and that puts us in the middle of our playoff run in our own league," Reynolds explained. "We should be playing Foxwarren this week or next at the latest but so far it looks like it could be a few weeks before they (Foxwarren) get organized."

Reynolds suspects the team is stalling because they are missing some key players, possibly former NHL star Pat Falloon. According to provincial gamesheets, Foxwarren narrowly beat Reston 7-3 last

week, which is unusual considering the Falcons have no trouble running up scores of 16-0 against most teams in their league.

Back in the Blues' camp, Lac du Bonnet will be on the road Wednesday of this week when they visit Stonewall and will return to the Lac du Bonnet Arena one week later when they host the Beausejour Stars on Wednesday Feb. 1.

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Legion news



Lac du Bonnet Legion Branch #164

Submitted by: Cde Howard Richmond C.D.

On New Year's Day, the Branch hosted the annual Levee with the traditional moose milk and clam chowder that was enjoyed by all the 120 people in attendance. The highlight of the afternoon was the installation of the newly elected Branch Executive which included:

- President - Lloyd Jones
- Service Officer - Oscar Magnusson
- 1st Vice Pres - VicPoppo
- Honours / By laws - Otto Williams
- 2nd Vice Pres - Dwayne Wickstrom
- Membership - Beryl Savage
- 3rd Vice Pres - Bob Smith
- House / Grounds - Len Larson
- Sgt At Arms - Bob Hampshire
- Publicity - Howard Richmond
- Secretary - Marilyn Rimmer
- Past President - Norm Rimmer

The Legion Provincial Senior Curling Championships will be held in Lac du Bonnet between 20 - 24 February and

the District winning rink of Peter Humble, Doug Silvester, Randall Foubert and Fred Byron will be competing to represent the Command.

The Command Curling Banquet takes place that week on Thursday, 23 February. Enjoy the live music following cocktails at 18:00 and Dinner at 19:00. Tickets are \$20.

District Cribbage Playoffs will take place in Elmwood Legion on 28 January while the District Darts Playoffs will take place in the Branch on 11 / 12 February.

Join us on Saturday 4th February for a Jam Session starting at 19:00. It looks to be plenty of fun and chicken wings / fries will be available.

Branch President Lloyd Jones wishes to congratulate the Executive on their election to office and passes on all the best for a successful and safe 2006. Members are invited to drop in the Branch for friendly conversation anytime and if you are not yet a member, simply contact any member or the Branch office for information about joining this great organization.

ECHOES FROM THE Heart

The Stone Soup

Many years ago three soldiers, hungry and weary of battle, came upon a small village. The villagers, suffering a meager harvest and the many years of war, quickly hid what little they had to eat and met the three at the village square, wringing their hands and bemoaning the lack of anything to eat.

The soldiers spoke quietly among themselves and the first soldier then turned to the village elders. "Your tired fields have left you nothing to share, so we will share what little we have: the secret of how to make soup from stones."

Naturally the villagers were intrigued and soon a fire was put to the town's greatest kettle as the soldiers dropped in three smooth stones. "Now this will be a fine soup", said the second soldier; "but a pinch of salt and some parsley would

make it wonderful!" Up jumped a villager, crying "What luck! I've just remembered where some's been left!" And off she ran, returning with an apronful of parsley and a turnip. As the kettle boiled on, the memory of the village improved: soon barley, carrots, beef and cream had found their way into the great pot, and a cask of wine was rolled into the square as all sat down to feast.

They ate and danced and sang well into the night, refreshed by the feast and their new-found friends. In the morning the three soldiers awoke to find the entire village

standing before them. At their feet lay a satchel of the village's best breads and cheese. "You have given us the greatest of gifts: the secret of how to make soup from stones", said an elder, "and we shall never forget." The third soldier turned to the crowd, and said: "There is no secret, but this is certain: it is only by sharing that we may make a feast". And off the soldiers wandered, down the road.

Have an inspirational Story? Send it to the Echo. Email theecho@mts.net

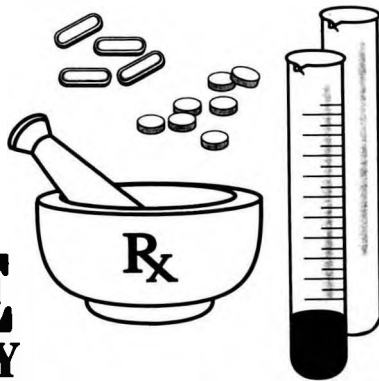
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North Eastman Health Association Board of Directors Call for Nominations

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 53rd 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/rha/rhadocs.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, PO 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.)

Terrorist Ducks and Free-Range Sleeper Cells?

by Rob Wallbridge

Terrorist ducks and free-range sleeper cells? It's an odd idea to imagine, yet this appears to be the way some governments are viewing wild birds and outdoor flocks of poultry in the wave of paranoia surrounding the H5N1 strain of avian influenza. In early November, the government of Quebec imposed strict new regulations governing poultry farming in the province. Chief among them was the requirement that all poultry be kept locked indoors, sealed away from any type of potential contact with wild birds. The intention is to protect the province's poultry industry and its export markets from the threat of avian flu. But is this response the right one?

This action not only impacts a large number of small farmers who are accustomed to letting their poultry free range, it also threatens the ability of certified organic producers to continue to raise their flocks according to organic standards and according to their customer's expectations.

There are broader concerns too, about the real source of the current strain of H5N1 avian flu, the true effectiveness of this "exposure avoidance" approach to dealing with the threat, and its impact on the poultry industry, farmers, consumers, and human health worldwide. Consider the following:

The traditional Asian farms and markets that are being blamed for the current problem have been in existence for 7,000 years.

Avian flu has been present for hundreds of years, and was first noticed to cause human

disease over 100 years ago. Even the H5N1 strain has been present since at least 1959. The current strain of highly pathogenic H5N1 flu is believed to have started in southern China in early 2003.

This area, like many parts of Southeast Asia is home to rapidly-expanding 'modern' intensive poultry production, as well as traditional farms and live-bird markets.

Our knowledge of viruses tells us that large, intensive livestock facilities are the perfect breeding ground for the emergence of highly-pathogenic, virulent strains: they house large numbers of birds in close quarters whose immune systems have been compromised by stress, poor living conditions, and feeds medicated with hormones and antibiotics. (Current biosecurity protocols may even aid in their emergence by selecting against strains that are easier to eliminate.)

This has already been demonstrated in North American poultry barns with the IBD virus which has become more virulent in the decades following the emergence of intensive operations. It has since spread around the world, despite culls, vaccines, quarantines, and all manner of biosecurity measures. (Research has linked the immune-weakening effects of IBD to recent outbreaks of H5N1 avian flu in Hong Kong.)

In contrast, in a 2002 avian flu outbreak in Virginia, all flocks within the "Hot Zone" were tested. While several confined flocks of all breeds and ages were infected, none of the backyard flocks were infected.

University tests have found lower bacterial contamination in pasture poultry: less than 4% of that in conventional poultry

Another study showed that heritage turkey breeds had better immune function, lower death rates, and more nutrients like vitamin C than industrial turkeys.

Several studies have recognized the nutritional benefits of pastured poultry products, especially related to essential fatty acids like omega-3 and CLA.

Taking these facts into account, we can reach the following conclusions:

There is reason to suspect that the current strain of H5N1 emerged from an intensive operation and then spread in areas where large numbers of birds and large human populations are in close contact (a situation that doesn't exist in Canada).

Previous experience (with poultry and swine diseases on the small-scale and BSE and foot and mouth disease on a tragic scale) tells us that this "exposure avoidance" approach to disease control is bound to fail sooner or later. As the old adage goes, "Nature always bats last."

There is evidence to suggest that either the genetics or the environment (or both) of properly cared-for outdoor flocks confers some resistance to avian flu, as well as providing nutritional benefits to those who consume "pastured poultry" products.

These conclusions suggest that the recent measures taken by the Quebec government are probably unnecessary, will be ineffective at best, and will be very likely highly counterpro-

ductive. A more effective strategy would be to focus on avoiding the mutation of the virus to its lethal form. This strategy would include:

Researching what factors make birds (and humans) healthier and less susceptible to flu viruses – a "health-building" rather than "exposure avoidance" approach

Working with farmers of all sizes and types of operations to build the health and strengthen the immune system of their birds.

Encouraging small, genetically-diverse flocks in order to reduce the risk of mutation and to preserve genetic material for future generations – this is the same strategy nature has successfully employed for thousands of years

Not only will these measures protect the health of our birds and our human population, they will also preserve and increase the quality and diversity of the poultry products available to

consumers. This in turn will benefit farmers and rural communities by reducing the concentration of market power that would otherwise accelerate – a problem made very clear by the BSE crisis and one that is plaguing the entire farm sector.

Let's hope that the Quebec government reconsiders its position, and that all governments across Canada work with the entire farm community to create a balanced, rational approach to this and other livestock disease concerns.

Rob Wallbridge was born and raised on a family farm in Ontario and obtained a Bachelor of Arts & Science Degree from McMaster University in 1995. He currently works as an organic agricultural consultant and operates a diversified certified organic farm near Shawville, Quebec with his wife and child.

MJHL News



The Southeast Blades slipped past the Winnipeg South Blues 3-2 last night.

Donavan Chief netted the third period game-winner and added an assist for the Blades, while Richard Lecuyer had a pair of assists. Cody Didychuk made 35-stops to earn the win.

Jason Gray and Kevin Clark had the game tied after 40 minutes for Winnipeg South. Brant Hilton stopped 22-shots in the contest.

Player of the week

The Manitoba Junior Hockey League Old Dutch Player of the Week for the week ending January 22, 2006 is goaltender Justin Harris of the Selkirk Steelers. The runner up is Southeast Blades' goalie Cody Didychuk.

Harris, 20 of Clondeboye, Manitoba, had a great week with a 1.33 goals against average in three wins for Selkirk. The veteran netminder has led the Steelers on their current five-game winning streak. Selkirk has also won eight of their last 10 contests to move into third place in the Addison Division with 62 points.

Didychuk, 19 of Petersfield, Manitoba, had a 2.33 goals against average and is a major reason the Blades won all

three of their games last week.

Schedule Change

The Southeast Blades have made the following venue changes to upcoming home games.

The game scheduled on January 26, 2006 versus the Neepawa Natives originally slated for Beausejour will now be played in Sagkeeng.

The game scheduled on February 1, 2006 versus the Winkler Flyers originally slated for Beausejour will now be played in Sagkeeng.

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Manitobans are asked to assist in seeking solutions for seniors who misuse alcohol and medications



Christine Polischuk, Winnipeg River Senior Service, call 367-9128

Partners Seeking Solutions with Seniors (PSSS) announces an online survey to get input from seniors regarding the use and misuse of alcohol and medications (both prescription and over the counter).

This survey is a follow up to a recent project of PSSS that found in Manitoba substance misuse and abuse problems among seniors are often hidden by those involved, unrecognized by an overburdened health care system and left unaddressed by others.¹

Canadian seniors purchase 45% of all prescription drugs sold even though they comprise only about 12% of the population.² This survey is part of a project funded by Canada Drug Strategy to identify the needs of seniors and to propose programming to address these issues. **We are seeking media assistance in getting out information about the survey.**

The survey will only take 10 minutes and while it is targeted towards seniors themselves, families, service providers, health care professionals and pharmacists are encouraged to complete the survey. The survey can be found at www.solutionsforseniors.cimnet.ca/

A 1-800 number is provided or answer and questions you may have or to complete the survey by telephone. The survey will run until March 12th 2006. Please participate your voice is important to finding solutions.

Background

Partners Seeking Solutions with Seniors (PSSS) is a coalition of over 60 stakeholders from across Manitoba – including older adults, self-help groups, health care professionals, seniors-serving agencies, addictions staff, government representatives, academics and pharmacists – who meet together regularly around issues of seniors and substance misuse and abuse.

PSSS was formed in 2001 in response to a request for Manitoba input into a three-year, national initiative called Seeking Solutions. Seeking Solutions was undertaken to raise knowledge levels and improve skill bases regarding seniors and alcohol use issues, foster positive attitudes and enhance resource/networking capacities of people who are in contact with seniors within their own local communities. Through this initiative, an interest emerged to expand upon the original mandate of PSSS and to take a more proactive

role in building a network of key stakeholders, with the ultimate goal of implementing a "seamless care" model of service to address the needs of seniors with substance misuse and abuse problems in Manitoba.

PSSS pursues the vision of a society where responsible substance use fosters health and wellness among older adults. In keeping with this vision, PSSS has made it a priority to encourage and utilize locally generated and evidence-based knowledge in order to:

- Promote responsible substance use in order to achieve/maintain maximum wellness among older adults;

- Facilitate and support a range of preventative, early intervention, treatment, and follow-up services related to substance misuse and abuse amongst older adults in Manitoba; and

- Promote the development of government systems and organizational policy in relation to responsible substance use among older adults.

In 2002, PSSS received funding (from the Population and Public Health Branch of Health Canada) to embark on a one-year project entitled Dependency Issues in Seniors. The primary focus of project activities was to gather information in order to develop a better understanding of the nature and scope of issues of substance misuse and abuse among seniors in Manitoba.

Building on the foundation established in Dependency Issues in Seniors this project, funded under the Canada Health Strategy has two goals:

1. Building on existing relationships, identify the needs of each community; facilitate the development of a community-based partnership and commitment to a short-term plan.

2. Focusing on Aboriginal, Multicultural, Francophone and rural communities; explore nature and scope of the substance use and misuse issue with an emphasis on the voice of seniors.

This survey will collect data that gives voice to seniors and their understanding and concerns about substance abuse. However, this survey is not limited to seniors themselves. Input is welcomed from all community members' especially family members and those to serve the needs of seniors.

¹ Dependency Issues in Seniors Project (PSSS 2004)

² Gander and District Continuing Care Program (1994)

Faith Perspective

by Pastor Jake Doell

More Than a Crutch!

I have never in my entire life had to be on crutches. I've never broken or even twisted an ankle. So when it comes to using crutches, I can't give you any hints or suggestions on how to maneuver with them. A number of years ago I was talking to a 3rd year student at Simon Fraser University in Vancouver, B.C. During our conversation he made the remark that Christianity was a crutch for people who were too weak to make it through life without some form of help. He said the whole idea of someone dying on a cross 2000 years ago was irrelevant for life in the 21st century. I shared with him that Jesus Christ was more than a crutch. He is life itself.

I told him that Jesus doesn't hand out crutches so we can hobble through life. He heals our brokenness so we can run and not just limp our way through life. You see I wasn't stumbling through life without Jesus; I was dead. Jesus didn't give me an aspirin; he healed me of spiritual cancer. He did

even better than that; he gave me a heart transplant. "What this means is that those who become Christians become new persons. They are not the same anymore, for the old life is gone. A new life has begun!" (2 Corinthians 5:17)

My friend if you have viewed Christianity as a crutch let me tell you it is far more than a mere crutch. You see if that's all faith is I wouldn't be a Christian either. A Christian is given the promise; "But those who wait on the Lord will find new strength. They will fly high on the wings like eagles. They will run and not grow weary. They will walk and not faint." (Isaiah 40:31) Let me encourage you to investigate the claims of Christ for yourself by reading through the Gospels in the New Testament. You will discover that all the people that came to Christ as invalids went away healed. They threw their crutches away, rose up and walked with a new found strength that made their crutches obsolete.

So if you by chance are using some form of a crutch to make it through life, come to Christ and he will help you to throw them away and give you the strength to run the race of life as a winner.

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Library Corner

What could the library offer to brighten up a January day? Well, we could mention a couple of new cookbooks - do some browsing and try a few new recipes?

The Fix-It and Forget It Cookbook: Feasting with your Slow Cooker by Dawn J. Ranck and Phyllis Pellman Good offers more than 800 recipes. We are told that "slow cookers are gentle with the food budget--less expensive ingredients flourish in their slow, moist heat.

Jehane Benoit's Encyclopedia of Cooking is a cookbook extra-ordinaire! Mmm!

And then...Eat, Shrink & Be Merry! with bestselling authors Janet & Greta Podleski! Who needs the recipes? They say that laughter is good medicine, so may we suggest you read the book for the puns and corny jokes? Who can resist chapters such as "Hey, Hey, We're the Munchiest!" and "A Sweet Carb Named Desire"? Or what about recipes such as "The Blah-Shank Redemption" or "Pie Caramba!"..."Taco

"bout delicious!"

It's crazy....but hey - it's January, and we need a change from normal!

Now to get serious about some great new books for kids! Learn about pet care for Guinea Pigs and Hamsters with Bobbie Kalman. Is your family ready for a pet? If you are serious about owning a pet you need to know what is involved in its care and feeding.

Crafty kids should check out a couple of new titles at the library: Holiday & Everyday Projects: Festive and Fun Creations; and Paper & Paint: Hands-On Crafts for Everyday Fun. Even the youngest children would enjoy making Snow People Paper Dolls! Spend some time getting creative with your child!

A healthy relationship with your teenager may require some creative communication skills. "After years of research, lecturing, and feedback, Adele Faber and Elaine Mazlish have developed an innovative approach to maintaining a candid, open, mutually respectful dialogue between



parents and teens" The result is a new book entitled How to Talk So Teens Will Listen & Listen So Teens Will Talk. Teens should also be checking out the special Teen Topics display at the back of the library - get information on the many issues that young people have to deal with on a daily basis.

We really do have something for everyone at the library - Preschooler Storytime every Thursday morning at 1:45am is a great introduction to books at an early age. If your child is ready to sit and listen, please join us. Remember that literacy is a family affair! January 27th is Family Literacy Day.

We checked the ABC Canada Literacy Foundation website and found some interesting information that we would like to share with you. Check our display for some great books and some helpful handouts!

Winnipeg River Recreation

SR. Jazz dance

It is not too late to join the Jazz dance class starting on Monday January 23. You don't need any dance experience to participate in this class. Call to register!

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

Hall Walking

Hall Walking at the Lac du

Bonnet Community Club, Tuesdays and Thursdays 1:00 P.M. to 2:00 P.M. must wear indoor shoes and only rubber wheeled walkers allowed. Everyone welcome! Please call Pat at Two Rivers to sign up 345-1227

2006 Whitheshell Ski Fest

This year with mark the 30th anniversary of the Manitoba Loppet. This year's loppet on Sunday, January 29 will also double as the Eastman Winter Games Cross Country Ski Qualifier. Race day registration will be accepted from 9am-10am at the Pinawa Club. The Whitheshell 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 Whitheshell Cross Country Ski Club at 753 8844 or email ceskipinawa@mts.net.

Cooking it up this March

I Can't Believe it's Vegan cooking 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 Cafe.

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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, meal raffles held at Legion on Friday 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 Sealer Service Inc.: Coordinator Tina Folsch, 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 Beches family group: Wednesday 8:00 p.m., Senior Scene, Victoria Beach, 1 Aieah 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 Sealer Scene Inc. #1 Aieah Rd., Victoria Beach. General meetings second Tuesday of the month, 756-6468 for more info.

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

Beches 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.

Bills/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 4:30 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 Leading 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: Thalbreg, 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 - Traverre 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 Goady for information 367-2531.

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

Powerview RCMP Report



Report covers period of January 16th to January 22nd, 2006

Reminder:
UPDATE: - a camera recovered by police reported in last weeks issue of the ECHO was returned to it's owner after the woman attended RCMP offices and identified it via serial numbers.

DID YOU KNOW? - Criminal record "pardon" application booklets are available at local Police agencies or by contacting a toll free number 1-800-874-2652 of the National Parole Board.

- Rental Unit contract /lease agreements in dispute are referred to the Manitoba Rentalsman for action and not a matter for RCMP or other Police agencies. Any formal proceedings are entered into a Civil court action and do not fall under the Criminal Code of Canada.

NEWS REPORT.

January 16:
FORT ALEXANDER - 2 assaults took place over the weekend. The first incident involving a spousal dispute. The second a youth was assaulted by a relative. Investigation continues into both incidents at this time.

January 17:
POWERVIEW - a male and female were observed to be having an argument on the street which was reported to police. Further information revealed the pair were on no contact orders and were in breach of court conditions. Both were arrested, charged accordingly and released to

appear in court at a later date.
- investigation continues into a complaint of possession of stolen goods.

FORT ALEXANDER - stolen vehicle was recovered and returned to its owner.

SEYMOURVILLE - a complaint of a stolen Panasonic camcorder (model pv-1511-k) was made to police. **January 18:**

FORT ALEXANDER - police attended a residence when a complaint of a family dispute in progress. Further investigation found no argument had transpired nor was there any physical evidence of an assault. The complaint was falsely reported by an unknown source.

- a break, enter and theft occurred at a residence where food and a dvd player were stolen.

HOLLOW WATER - a complaint of a disturbance at residence where a male attempted to assault a male relative was received. Police patrolled the area for the male suspect but could not locate him. No further action was requested.

RM of ALEXANDER - an emotionally disturbed female youth was taken to local hospital and further transported to Health Sciences Centre for treatment.

January 19:
PINE FALLS - an assault of a female was dealt with informally at the request of the complainant. A verbal warning was issued to the other

party by police and documented by police should anything further occur in future.

January 20:
POWERVIEW - police attended a local business to find a highly intoxicated male youth in breach of several court orders. The youth was remanded into custody and transported to the youth centre in Winnipeg.

SEYMOURVILLE - a male was locked out of a residence after a verbal spousal dispute. He was taken to a relatives for the evening. Investigation continues.

January 21:
FORT ALEXANDER - several youth were transported to their homes after causing a disturbance at one residence. The youth approached the home wanting to party with another male youth inside and refused to leave. Police attended and located the group escorting them home.

- police attended a residence due to a complaint of a male causing problems. The man was found to be in breach of several court orders, removed from the residence, charged accordingly and remanded into custody by police.

POWERVIEW - a male was located and arrested on a Canada Wide Warrant by police. The man was also in possession of a small quantity of "crack" cocaine. The male was remanded into custody and transported to Provincial

SEE/Police Story pg 11

The Winnipeg River Echo

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Ask the Neighbourhood Mechanic



by Dave Redinger

A century ago with the auto industry in it's infancy most motorists were men. Women were not considered "mechanical enough" to operate a motorized carriage (motor-car). Charles Kettering's invention changed all that. General Motor's new Cadillac division hired Charlie's company Dayton Engineering Laboratories (DELCO... still a division of GM) to develop the electric starter. This device opened the world of motoring to women. The electric starter freed the driver from having to hand-crank the engine. Interestingly, we still use the phrase "crank it over" today.

I have a 1989 Dodge 2000 GTX with a 2.0L SOHC engine (190,000 Kms). When the engine is started up cold, it goes into high idle for about 30 seconds then the idle will drop

down to about 700 rpm for 5 to 10 seconds and then go back into high idle again. It does this several times until the engine warms up and then it runs fine. Could it be EGR valve be my problem? Any assistance would be appreciated.

Harold
I'm assuming that this vehicle is fuel injected... you will have to have the computer scanned.... Pay attention to the coolant temperature on warm up. Sounds as if the car is not heating up fast enough and computer can't exit the warm up curve. Experience suggests the vehicle needs a cooling system inspection. Strong possibility a new thermostat is required.

I drive a 93 Honda which is still mechanically sound. The car needs to be refinished. While shopping around I'm being offered a variety of prices. The term single stage and two stage finishes is often used when describing the paint. What do these terms mean?

Sean

I wasn't sure so I asked my friend Mario over at Macco. Seems that the single stage finish is old technology. The pigment and the paint are mixed and applied in one spraying process. The two stage application is more complex. First the pigment is applied and then a coat of clear (the shine) is sprayed after the first coat has dried. The clear-coat seals in the colour and protects it. Two-stage is also easier to repair if damage and has a smoother finish. As with everything else paint has progressed. Three stage paint is now available (don't ask). Macco paints more cars than any one else in North America.

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"

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The Winnipeg Humane Society



Tonka, 111882

Tonka is part of a pair located at Petcaters 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 waaayy 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

Future of Agriculture at stake in election: NFU Youth Leaders

The current federal election could be pivotal in determining the direction that Canadian agricultural policy takes in the future, says Dave Lewington, Youth President of the National Farmers Union (NFU).

The NFU is a non-partisan farm organization that represents thousands of family farmers across Canada.

The four main political parties have laid out their agricultural platforms, and the NFU Youth President says while some proposals are positive, others could have a potentially devastating impact on young farmers.

Lewington said the farm income crisis is the biggest issue facing rural communities in this election. "Over the past year, we've seen many reports that suggest farmers need to have greater economic power in the marketplace," said Lewington. "It's clear that strengthening the Canadian Wheat Board and the supply-management systems are a key part of that solution." He said he was pleased to see the NDP, Green Party and Liberals express their support for these agencies, but expressed concern that the Con-

servatives' commitment to supply-management may be weak because of that party's pledge to eliminate the Canadian Wheat Board (CWB) single desk sales ability.

Nigel Weber, the NFU Youth Vice-President, said the loss of the CWB export monopoly would cost western Canadian farmers millions of dollars. "Young farmers need to see stability in supply management and producer marketing boards like the CWB in order to have confidence in the future of agriculture."

While all parties have pledged to mandate the use of ethanol in gasoline, Weber said there should be more debate about the advantages and disadvantages of ethanol. "Quite aside from whether ethanol is actually environment-friendly, the issue of whether farmers' gain at the farm gate rarely gets talked about," he said. "There won't be any benefit to Canadian farmers if our government has to use taxpayers' money to fund ethanol tax credits and help build ethanol plants that simply import cheap American corn."

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Lac du Bonnet RCMP Report

Report period from January 16th to January 21st, 2006



On the 16th of Jan., a report was rec'd of break and enters to two cottages on Orter Drive in the R.M. of Alexander. Liquor and gasoline stolen, food consumed and the heat was left on.

On the 16th of Jan., a report was rec'd of a vehicle travelling in the left lane while driving on P.T.H. #44 west from Seddon's Corner to Beausejour.

On the 16th of Jan., a report was rec'd of a possible domestic disturbance at an Apartment in Pinawa. Police attended and found that all was in order.

On the 16th of Jan., a report was rec'd that an adult male had threatened to damage property at a location along P.R. #214 in the R.M. of Lac du Bonnet.

On the 16th of Jan., a report was rec'd of a break and enter to a cottage on Ledin Road in the R.M. of Alexander. Took place at the end of October, with a T.V. & VCR stolen.

On the 17th of Jan., a report was rec'd of an intoxicated adult male sitting in a vehicle at a location along P.R.

#502 in the R.M. of Lac du Bonnet. Police attended to find that the subject was sitting in the complainant's vehicle, so he was taken home.

On the 17th of Jan., a report was rec'd that an adult male had assaulted an adult female a number of times at a location on Scott Crescent in the Town of Lac du Bonnet. Police arrested the subject, and escorted him in custody to the Remand Centre.

On the 17th of Jan., a report was rec'd of a blue Dodge driving on the sidewalk on First Street in the Town of Lac du Bonnet. Police patrolled the area, but did not locate the vehicle.

On the 17th of Jan., a report was rec'd of a cottage on fire at Nutimik Lake in the Whiteshell Prov. Park. The cottage was destroyed and the cause appears to be accidental.

On the 17th of Jan., a report was rec'd that an intoxicated adult male was causing problems at a residence on P.R. #502 in the R.M. of Lac du Bonnet. Police attended and arrested the subject and lodged him to sober up.

On the 18th of Jan., a report was rec'd of a chimney fire at a location on Butch Boulevard in the R.M. of Lac du Bonnet. Police attended and found that no damage had been caused.

On the 18th of Jan., a report was rec'd that a ring had been lost between Prawdwa and the owner's employment in Whitemouth.

On the 18th of Jan., a report was rec'd of a break and en-

ter to a cottage at Jessica Lake, with snowmobile tracks present.

On the 18th of Jan., a report was rec'd of an unwanted subject at a location along P.R. #502 in the R.M. of Lac du Bonnet. Police attended, however, the subject had departed.

On the 19th of Jan., a report was rec'd that the windshield had been broken on a vehicle parked adjacent to Flintstone Lake in Nopiming Prov. Park.

On the 19th of Jan., a report was rec'd of a break and enter to a cottage at Brereton Lake in the Whiteshell Prov. Park with liquor taken and windows broken. Took place since the 8th of Jan.

On the 20th of Jan., a report was rec'd that an adult female was sleeping in a vehicle in Whitemouth, and concern expressed that she may freeze. Police attended, woke the subject up, and turned her over to her husband.

On the 20th of Jan., a report was rec'd that a red wheelbarrow was stolen from a location in the Town of Lac du Bonnet.

On the 20th of Jan., a report was rec'd of a break and enter to a cottage at Brereton Lake in the Whiteshell Provincial Park. Entry was via a window, with nothing taken from the cottage, however, gasoline stolen from the yard. Snowmobile tracks present.

On the 20th of Jan., a report was rec'd of a break and enter to a work trailer at a location on Sprueland in the

R.M. of Alexander, with tools stolen. Took place since the 17th of Jan.

On the 20th of Jan., a report was rec'd that a number of snowmobiles were found on private property along the Lee River Road in the R.M. of Lac du Bonnet. Plate number obtained for one of the machines and a charge will be laid against the Registered Owner.

On the 20th of Jan., a report was rec'd that an adult male was outside a residence on Henderson in Whitemouth, and would not leave as he wanted to see an adult female who was in the residence. Police attended and the subject left the area, to spend the night in Beausejour.

On the 21st of Jan., a report was rec'd of a pick-up truck blocking a lane between 1st & 2nd Streets in the Town of Lac du Bonnet. Contact made with the Registered Owner and the truck was moved.

On the 21st of Jan., a report was rec'd that two adult males were drinking at a residence on Juno Road in the R.M. of Whitemouth. The complainant went to pick up her vehicle from the location and one of the subjects became verbally abusive to her, and she was concerned that one of the subjects would drive in his condition. Police attended the location and confirmed that both subjects would be staying at the location for the night.

On the 21st of Jan., a report was rec'd that snowmobiles

Lac du Bonnet Community Billboard

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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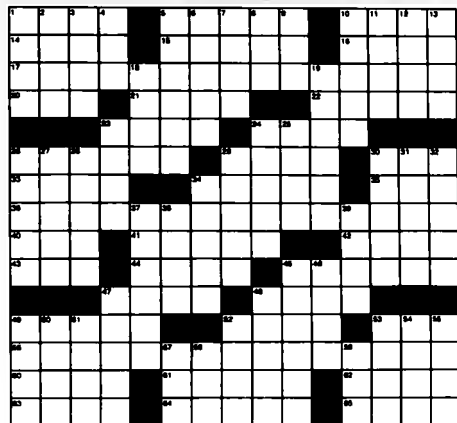
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WEEKLY CROSSWORD



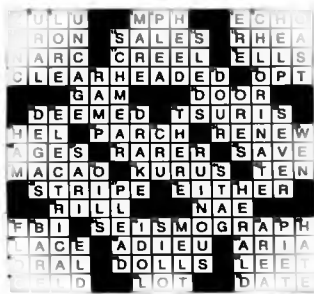
41. Republic in Southern Europe.
 42. Strip of film wound on a metal wheel.
 43. Be and remain in a particular state.
 44. _ Connors, Joe Mannix.
 45. Expressed by staring angrily.
 47. Go stealthily or furtively.
 48. Proposition player.
 49. Funny actions.
 52. Person with unusual powers of foresight.
 53. Fashionable hotel usually in a resort area.
 56. At the same time.
 60. Give direction to.
 61. Otherwise called.
 62. Having similar characteristics.
 63. Supplements with great effort.
 64. Act of continuing a conversational exchange.
 65. Wingless, blood-sucking parasitic insect noted for its ability to leap.

10. Don _ , first tennis player to win the Grand Slam in one year.
 11. Blue dye obtained from plants.
 12. Inflammatory disease involving the sebaceous glands of the skin.
 13. Sluggish.
 18. Vague notion.
 19. Disease caused by the tsetse fly.
 23. River in central England.
 24. Having warts.
 25. Declare positively.
 26. Strumpet.
 27. Former capital of North Vietnam.
 28. Any long, raised strip.
 29. Town in northeastern Illinois.
 30. Inexpensive, widely distributed circular of small size.
 31. Barrier constructed to contain the flow of water.
 32. Return on an investment.
 34. Move along a winding path.
37. People who can copy the sounds of others.
 38. Relating to the ear.
 39. Slang for "mouth."
 45. Effusively polite in a repellently insincere way.
 46. Pitiably in circumstances, especially through abandonment.
 47. Attends to.
 48. Flower leaf.
 49. Highest point of something.
 50. Interior angle formed by two meeting walls.
 51. Flat sheets of material used on floors and walls.
 52. Tool used for cutting sheet metal.
 53. Material on the Earth's surface on which plants can grow.
 54. Vomit.
 55. Toward the sea.
 57. Sailor.
 58. Kind of beer.
 59. Entangle hair.

- Across**
 1. Fixed sum usually paid annually for the right to collect all revenues from land.
 5. Greek goddess of seasons.
 10. General name for all Syrian gods.
 14. Plural of "ilium."
 15. In a slanting position.
 16. Uncanny.
 17. Nevertheless.
 20. Call a bet.
 21. Endure one's fate.
 22. Askew.
 23. Never.
24. Carry on a war.
 26. Any long object resembling a thin line.
 29. Extrusive or volcanic molten material.
 30. The _ , 1958 film starring David Hedison.
 33. Water falling in drops.
 34. Sea nymph said to lure sailors to their death.
 35. Garland of flowers worn around the neck.
 36. Not given to expression of emotion.
 40. Written record of messages sent or received.

- Down**
 1. Series of blades.
 2. Large genus of succulent plants of the family liliaceae.
 3. Any customary observance.
 4. Receptacle into which food is taken by swallowing.
 5. Feeling of dislike so strong that it demands action.
 6. Different from item already mentioned.
 7. Actor Don _ .
 8. High musical tone.
 9. Seventh letter of the Greek alphabet.

LAST WEEK'S ANSWERS



Each letter represents another letter in the alphabet. See if you can break the code to figure out the famous quotation.

Last Week's Solution
 TO ACCOMPLISH GREAT THINGS, WE MUST DREAM AS WELL AS ACT.



CRYPTIC PUZZLE

BC DZX EFBGH, EZG'K EFBLM.
 EZG'K MOMG NXKK.

Weekly Echo Horoscopes

January 22nd to January 28th, 2006

ARIES (Mar. 21 - April 20)
 Get involved in activities that will be fun for the whole family. Don't confide in anyone for the time being. You need to challenge yourself. You can dazzle members of the opposite sex with your quick wit and aggressive charm.

TAURUS (Apr. 21 - May 21)
 Take care of chores that have been hanging over your head. Don't hesitate to take short trips. You can meet new and exciting friends who will provide mental stimulation. They may cost you dearly.

GEMINI (May 22 - June 21)
 Be professional, and you will advance much more quickly. You could overreact to emotional situations regarding your relationship. You will learn a great deal from people with different cultural backgrounds. Minor accidents could occur if you don't take precautions.

CANCER (June 22 - July 22)
 Lay your cards on the table regarding your personal direction. You should channel your efforts into getting rid of bad habits. Take time to do some writing, whether it's correspondence, poetry, or keeping a journal. Try not to hang out with coworkers if you wish to avoid problems later.

LEO (July 23 - Aug. 22)
 Put all your energy into moneymaking ventures. Difficulties with your mate may lead to isolation. Children could cost you more than you can afford. Your attitude could be up and down like a yo-yo.

VIRGO (Aug. 23 - Sept. 23)
 You should be trying to clear up legal contracts that have been pending. Be careful not to show your temper when dealing with the boss. Proceed with caution if operating equipment or vehicles. Your tendency to dramatize may be a little much for your partner to take constantly.

LIBRA (Sept. 24 - Oct. 23)
 Travel will also entice you. You may be uncertain about some of your coworkers and your boss. You will have splendid suggestions for fund raising events. You will have no trouble getting things to fall into place.

SCORPIO (Oct. 24 - Nov. 22)
 Make changes to your living quarters that will please the whole family. You may find that purchases or entertainment could be expensive. You may feel that someone at work is holding you back. Don't be afraid to lay your cards on the table.

SAGITTARIUS (Nov. 23 - Dec. 21)
 Try not to let relatives or friends cause any friction with your mate. Hold on; your time will come. You will find good buys and you will lift your spirits. You've been in a rut and you need to do something that will help you break the pattern you've fallen into.

CAPRICORN (Dec. 22 - Jan. 20)
 You'll be prone to tears if your mate is harsh with you this week. Put aside any decisions concerning your position at work. Confusion could result when communicating with others. You may be frazzled this week.

AQUARIUS (Jan. 21 - Feb. 19)
 A new relationship can be yours if you get out with friends. Expect your workload to be heavy. Social events will be rewarding. You'll have problems with authority figures if you don't play by the rules.

PISCES (Feb. 20 - Mar. 20)
 Loved ones may be annoyed if they feel restricted. You can get the attention of important individuals but it might not be the time to get them to help or to back your ideas. New love connections can be made through group associations. Don't let children or elders put demands on your time.

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. TFW

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

House for Rent: 2 bedroom, 2 bathroom, 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. TFW

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 Bedroom, 2 bathroom, garage, 4 appliances, located in Great Falls, \$685/per month, includes utilities, call 367-4988 or 638-6099. 12-15h

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 compet once with and hunted with only a few times. Includes a Cobra Sight and Stableizer, Cobra Rest, New Hardtop Case and Quiver with 4 gold tip hunting arrows. Asking \$750 for the whole set up with case. Call 367-8883 or 367-5211, ask for Stephen or leave a message.

House for sale: Powerview location corner lot, 1 bedroom great starter home. call 367-8353.

Marin Back Packer Acoustic guitar, comes with case. Best offer. call 367-8353.

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Hills - McCuaig

Donald and Helen Hills are pleased to announce the engagement of their daughter Sheila Ann to John Cameron, son of Peter McCuaig. The wedding will take place in September 2006.

Bankruptcy Info-line - free, confidential. Call 1-800-463-8371. www.1ctaylor.net This is a community service offered by L.C. Taylor & Co. Ltd., Trustee in Bankruptcy. 14-17h

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Albert Martin Kunz

Unexpectedly on January 18th 2006, Bert Kunz of Powerview, MB passed away at his home with his loving wife by his side. Bert will be lovingly remembered and sadly missed by his wife of 25 years Tammy, and their son Nolan (Brooke), brothers Carl (Debbie), Laveme (Margaret), Eugene (Rachel), and his sisters Barb (Ron), Angeline (Albert), and Veronica, mother-in-law Lillian, brothers-in-laws David (Connie), Kelly (Andrea), sisters-in-law Gail (Mike), Debbie (Bill), and many nephews, nieces and friends. Bert was predeceased by his father Albert, his mother Josephine, two siblings Dominic and Teresa, brother-in-law Dennis, and his father-in-law, Bill.

Bert grew up fishing and guiding. His passion was spending time with his family and friends at their cabin at Wallace Lake. With the tunes cranked, the sauna heating up, and the briquettes ready, you can bet he was spending time teaching kids how to catch and clean those fresh walleyes, and then cleaning up their dads at crib and horseshoes. He truly enjoyed making people laugh and have a good time.

Bert was a strong volunteer. He was a dedicated hockey coach, and an active member of the Royal Canadian Legion, notably in their dart league.


A memorial service will be held on Saturday January 21 at 1:00 p.m. at the Notre Dame du Laus Roman Catholic Church in Powerview, MB with Rev. Fr. James Gray presiding. Interment will follow at the church cemetery.

In lieu of flowers, donations can be made in Bert's memory to the Heart and Stroke Foundation, 200 - 6 Donald Street, Winnipeg, MB R3L 0K6

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Location: Pine Falls School
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Duties: To supervise lunch rooms, classrooms, hallways, washrooms and playground ensuring that students behave responsibly and safely. To report any misbehaviours and injuries to the office. To promote school rules in a respectful manner.
Contact: Don Whitehill at 367-2254
Deadline for Application: Friday, January 27th, by 4:00pm.

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 Experienced drivers are invited to apply for the position of Spare School Bus Drivers for the Sunrise School Division.
 > Applicants with Class 1 or 2 licenses preferred, Class 5 applicants welcome.
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 > Successful candidates will be required to take the School Bus Driver's course and test and will be required to maintain their certificate.
 > A current First-Aide Certificate is a desirable qualification.
 Application forms available at the:
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 851 Cedar Avenue, Oakbank, Manitoba
 (Driver's Abstract will need to be attached to application form)
 For further information contact:
 Jim Wright, Transportation Manager
 Transportation Department
 Phone: 444-2498 or 1-866-824-9545
 Fax: 444-2552
 Email: jwright@sunrisesd.ca
 Thank you to all applicants, but only those selected for an interview will be contacted.
 Requirement for all new employees is to provide a current Criminal Record Check and agree to a Child Abuse Registry check.

Lac du Bonnet RCMP Report



from page 12

were illegally driving on sidewalks in Seven Sisters.

On the 21st of Jan., a report was rec'd that an abandoned vehicle was sitting at a location on Big Whiteshell Lake in the Whiteshell Prov. Park, and that its alarm was sounding, with no-one around it.

On the 22nd of Jan., an adult male from Wpg. was arrested at a location on First Street in the Town of Lac du Bonnet for being Disorderly in a Licenced Premises. Issued a Common Offence Notice and released.

On the 22nd of Jan., a report was rec'd from the location on Juno Road in the R.M. of Whitemouth which police

had previously attended that the two adult males had been involved in assaults on each other, and that one was now sleeping and would not leave. Police attended and determined that no charges were in order, however, the subject who would not leave was arrested for a Breach of the Peace and lodged to sober up.

On the 22nd of Jan., a report was rec'd that an adult male had been injured in a snowmobile Accident in the Nutimik area of the Whiteshell Prov. Park. Subject transported by ambulance to the Pinawa Hospital and then to Health Sciences Centre with a number of injuries.

Powerview RCMP REPORT

Con't from pg 10

Remand Centre in Winnipeg. HOLLOW WATER - investigation continues into a complaint of a breach of court conditions by a male.

January 22: RM of ALEXANDER - investigation continues into a motor vehicle accident. The vehicle reported as stolen previously appeared to have veered off a curve hitting a tree. 1 male was injured and transported to Health Sciences Centre in Winnipeg, a female also in the vehicle was treated locally at Pine Falls Hospital for her injuries.

- a white 100 gallon water poly plastic holding tank was stolen from a residence sometime around the 19th of January.

- investigation continues into the aggravated assault of a female the result of a spousal dispute. A male suspect was identified in the incident but could not be located by police at this time.

TRAVERSE BAY - a black 2006 Polaris 900 snowmobile was stolen while parked outside a local business.

POWERVIEW - a stolen camera was recovered at a local pawn shop. Investigation

continues. - a complaint of a suspicious person in the area was actually a youth who had broken down on the roadway with his vehicle. Police located the youth and the vehicle. No further action was necessary.

BLACK RIVER - a missing female was reported to police. It was believed the youth may have fled to Winnipeg. Police entered the female on the National Police Information Centre as a missing youth after attempts to locate her were unsuccessful.

SUMMARY: -police

charged 1 person for impaired driving/drive over 08 actioned 4 requests for assistance to other detachments and serving individuals with court documents, lodged 2 people under the intoxicated person detention act, processed 5 traffic accident reports and attended to 3 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 367-8728 or you can remain anonymous and call Crime Stoppers at 1-800-782-8477.

RURAL MUNICIPALITY OF ALEXANDER

SENIOR ELECTION OFFICIAL

Applications are being accepted for the position of Senior Election Official (S.E.O.) for the Rural Municipality of Alexander. The S.E.O is responsible for the overall municipal election process and must be able to interpret and understand all aspects of legislation pertaining to the municipal election process and provide consistent advice to his/her election officials and the general public.

The S.E.O. Shall

- appoint an assistant S.E.O. and other election officials as required
- establish and maintain the voters list
- give public notice of nominations
- receive and verify nominations
- establish and equip voting stations
- give public notice of elections
- print ballots
- oversee all aspects on election day
- perform all other duties as established in The Municipal Councils and School Boards Election Act
- be responsible to update and maintain the voters list and to conduct by-elections if required, in the years when a general election is not required.

The successful applicant must

- have computer experience
- have strong communication and interpersonal skills
- be willing to attend election training sessions.
- Management and previous election experience would be a definite asset.

Remuneration and mileage expense are to be determined. Reimbursement will be provided for office supplies and phone calls. Reimbursement will also be provided for meals on election day(s) and training sessions.

Written applications, including resumes, are to be submitted in ?a sealed envelope marked "Application: S.E.O." to

Margaret Bonekamp, C.A.O
Rural Municipality of Alexander
P.O. Box 100
St. Georges, MB R0E 1V0

Applications must be received no later than 4:00 p.m., February 10, 2006.
Only those selected for an interview will be contacted.

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PINE PHARMACY

Monday to Saturday
9 a.m. to 5:30 p.m.
367-2611
PHARMACY
367-2517

Blue Water Physiotherapy

Phone: 367-2537
Please call for an Appointment

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

Located on Highway #11 in Powerview
Celesté Basson
B.ScPT, CABC

QUICK GYM

Hours: Tues & Thurs 10:00 - 11:00
Mon, Wed, Fri, Sat, Sun 9:00 - 10:00

Memberships \$60.00

Come try out the:

- Full body Massage Chair
- DOM Machine
- Chinese Chi Machine
- Gazelle

Get a full body workout in 10 minutes! Enjoy a full body massage. Real Discount!

No Appointment necessary!
Located in Pine Falls Strip Mall
Come down or call 367-9243

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INCOME TAX SERVICES

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2 McDougall Ave.,
St. Georges, MB

BRYAN M. DAIE
Denturist

Celebrating 20 years in business

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

ON-SITE LAB

37 Third St. S., Beauséjour

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

OAKES LAW CORPORATION

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

Box 175 - 13 Thomas Rd. Phone: (204) 367-2494
Powerview, MB R0E 1P0 Fax: (204) 367-2648
Email: oakelawcorporation@mts.net

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Personal Injury/Slip & Fall Claims
Autopac Claims
Separation/Divorce
Real Estate
Wills and Estates

Call us for a free consultation
with no obligation.

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

◆ Reflexology
◆ Ear Candling
◆ Reiki

Janice Warren
10 Dugard Street, Powerview, MB
387-8272

The Lakeview STEAKHOUSE

57 Park Avenue, Lac du Bonnet
Phone 345-8881

PINE FALLS SERVICE CENTRE

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

SUBWAY

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

TO BOOK THIS SPACE
Call
367-9468

Esser Chiropractic Health Centre

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

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

Phone 367-4858

No referral required Please call for appointment

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21 Art Street, Powerview, MB

Contact
Dave or Warren 367-2460

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Highway 11, Great Falls
367-2976

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

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Call us to look after everything for you
Ask us about delivery

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Mon. to Fri. 10 am - 5 pm - Sat. 10 am - 3 pm

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MacDonald Brown
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Hillside Beach
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DR. ARNOLD ANDERSON

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and Eyeglass Fittings

MANITOU LODGE PINE FALLS
367-2390

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

Examinations done on Thursday

Alice's Footcare Service

Providing Certified Diabetic Footcare

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Towers Bay 756-3933
Pine Falls 367-2141 Email: Agrifid@mts.net

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Microsoft HARDWARE DIAGNOSIS, HARDWARE UPGRADES, TROUBLE SHOOTING, SOFTWARE INSTALLATION, SYSTEM CONFIGURATION

Professional Systems Engineer
Ph: 345-6876

Dr. Alan Grant DENTIST

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

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

TO BOOK THIS SPACE
Call
367-9468

Clark's Corner

DOMO Service Station
Convenience Store
Restaurant
Chester Fried Chicken

367-2238

Located at corner of Highways 11 and 304

Papertown Motor Inn

367-2261

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

Home of **NITE** Night Club

TWISTERS WATER PARK

1 Mile East of Pine Falls, Hwy. 304 & 11

Broadlands Mall

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Restaurant
Movie Rentals
Open Daily 7 am - 11 pm

Restaurant
Daily Specials
Open 6 am - 10 pm

367-4484

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

Traverse Bay
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Open 7:00 a.m. to 10:00 p.m.

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Wood Stone Baked
Thick Crust or The Classic Coachroom Crust

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Steinbach, MB R0G 1P1

Powerview Dental Centre

277A Main Street, Powerview
Hwy 11 - Municipal Building
Monday - Thursday 9:30 a.m. to 4:30 p.m.

Dr. Mark Karpa
Dr. David Kindrat
Dr. Drew Dear
Dr. Beth Cowie

Emergency Care
New patients welcome
367-2815

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- Landscaping
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Cell (204) 345-3752