



Beaches Wellness Centre Annual General Meeting set for May 27

By Charles Norman

The Wellness centre Coalition has made progress on several fronts since its inception four years ago. The major step forward has been the securing of land at the intersection of Highways 11 and 59 for the construction of the facility. Two years of the last four has been used up by the painfully slow process in transferring provincially owned land to the RM of Alexander so that the RM

could, in turn, transfer the land to the Wellness centre.

The Coalition has finalized a constitution, completed a business plan, had preliminary drawings prepared, elected a board of directors and obtained charitable status, (another long process). The Coalition can now issue tax receipts for donations.

The centre will be built on See WELLNESS/Story/pg 5



The new East Beaches Wellness Complex will be built on land located at Highways 59 and 11.

Attention Pocket Bike Owners and Operators

Press Release

Over the past week or so the number of calls in relation to these mini motorcycles or POCKETBIKES has increased in the Town of Powerview-Pine Falls.

A call has been made to MPI and the Motor Vehicle Branch and a press release from them is forthcoming, but for now this office wishes to advise all owners and operators of these Pocketbikes, that it is unlawful to operate these bikes on any highway, street or road within the Province of Manitoba as they are not registerable under the Highway Traffic Act.

Noise complaints will be investigated under the Municipal by-laws for the different areas in the detachment.

Any further complaints could result in charges being laid and the bikes being seized and impounded.

If you have any questions, please contact your local police or RCMP Detachment.

New OSB mill planned

by Charles Norman

Vancouver - based Ainsworth Lumber Company has announced that it has signed an agreement with the provincial government to build a \$250 million OSB (Oriented Strand Board) mill "northeast of Winnipeg"

The location of the mill has not been finalized but it will be in an area with access to a supply of aspen, abundant cooling water and with rail access. It is to be built in conjunction with the First Nation Forestry Partnership. No Firm dates have been established for the beginning of construction.

The First Nation Forestry

Partnership Limited, FFPL is made up of thirteen First Nations in the region. Brokenhead and Sagkeeng are members. Black River and Hollow Water are not. In addition to an equity participation in the project, First Nation band members will have priority for some of the 350 jobs expected to be created by the project. There will also be an additional 250 indirect jobs created.

OSB is a plywood substitute, often referred to as chipboard. It is made up of hardwood, aspen or birch chips with the cellulose fibers in-line (oriented). Chips are fused with resin to create a consistently strong material. Joists and beams can

also made of the material, which can be stronger than dimension lumber.

Agreements with First Nations still have to be finalized, and environmental hearings will probably be required before Ainsworth can begin placing orders for equipment. Ainsworth has stated that it has a new plant in New York, and an upgrade in Minnesota to complete before allocating funds to any new projects, however Jocelyn Baker, of the Sustainable Forestry Unit, Manitoba Conservation, hopes that the plant will be in operation in three years or so.

See NEW OSB/next page

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New OSB mill planned

from front page

Thirteen years ago, Marc Guimond, Diane Dube and Rhea Snell put together a feasibility study on the construction of an OSB mill in the area. They were able to interest Ainsworth in the idea, but Fern Pitre, then Pine Falls Paper Company CEO, refused to countenance another logging company on their Forestry Management Licence Area.

The First Nations Forestry Limited Partnership is an outgrowth of a similar partnership

proposed between Tembec and First Nations for the construction of jointly owned sawmill in the area. That proposal, developed by Paul Barnard, had the potential to make possible a third paper machine at the mill, three sawmills, and up to a thousand jobs with a payroll in the order of \$50 million. The softwood lumber dispute killed that proposal. Tembec does not appear to be in a position to rekindle the project in the near future. (Paul Barnard recently moved to the Boeing Aircraft Company in Winnipeg.)

Adult Day Program 20th Anniversary



Last Thursday the Pineview Lodge Adult Day Program celebrated its 20th anniversary with singing, speeches and a birthday cake.

The program is credited with enabling seniors to remain independent for at least two years longer than would otherwise be the case.

The Pine Falls program was the first in rural Manitoba.

While the need was recognized, the program needed a sponsor. Mary Power, one of the founders of the program happened to be talking to some members of the Manitou Rapids Arts Council who were enthusiastic about the idea. While outside their usual areas of interest the Arts Council was happy to act as sponsor, the provincial government accepted the sponsorship and the program got underway. The official opening took place in

April 1986 with the Minister of Health and the local MLA present. It was the first Adult Day Program to be located in a community setting, i.e. in the Pineview Lodge.

Mary Power was in Calgary for the birth of her new grandson, but sent greetings to the celebration. She said that, like all volunteer organizations, "we're indebted to our volunteers who give of their time for the well-being of seniors."

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\$60,000 for Powerview Student

TD Canada Trust Scholarship for Community Leadership recognizes outstanding young leader from Powerview - Mario Dupont

Enthusiasm for music, family, community and Métis youth today earned Powerview student Mario Dupont a TD Canada Trust Scholarship for Community Leadership valued at \$60,000. The scholarship, one of Canada's most prestigious, celebrates community leadership and academic excellence among students.

Mario, a student at École Powerview School, was among 20 high-school students from across Canada recognized at a ceremony in Toronto earlier today for their diverse accomplishments in communities across Canada and on the global stage. After learning to play the fiddle and receiving a scholarship to a music

camp in the United States, Mario established lunch-hour fiddle lessons for students in grades one to five.

Mario has received the National Métis Youth Role Model Award and the Manitoba Aboriginal Youth Achievement Award for Artistic Performance for his fiddling. He is dedicated to sharing his passion for music with his community so that future generations will enjoy this unique aspect of the Métis culture. A recognized public speaker, Mario is a peer counselor and tutor, and is active in the arts, his parish and track and field.

Selected from more than 3,500 applicants by a jury of prominent Ca-

nadian Senators, business professionals and past winners, Mario will receive full post-secondary tuition, \$5,000 a year toward living expenses and an offer of summer employment at TD Canada Trust for up to four years – a total value of up to \$60,000.

"Mario is a wonderful role model and exceptional example of Canada's future leaders," says Tim Hockey, Co-Chair, TD Canada Trust. "His initiative, commitment and dedication have and will continue to make a real difference to our communities. TD is proud to recognize and support his continued studies, career development and community involvement."

Demonstrating a passion for issues of local, national and global concern, the achievements of the 2006 recipients include chairing a UN student conference on human rights, fighting child poverty, tackling self-esteem issues, founding Canada's first student-produced film festival and creating an AIDS awareness team – all while demonstrating consistent academic excellence. The winners hail from British Columbia, Alberta, Saskatchewan, Manitoba, Ontario, Quebec, Nova Scotia, and Newfoundland and Labrador.

"These individuals are an inspiration to everyone, and demonstrate the real difference perseverance, determination and action can make in a community," said June Callwood, renowned author, journalist, and social activist, and the keynote speaker at the awards presentation earlier today. "They are a shining example of the difference one person can make – regardless of age."

TD Canada Trust will donate more than \$1 million to the scholarship recipients, part of its commitment to youth education that will total more than \$2.5 million in 2006.



Mario Dupont (right) voluntarily teaches fiddle to Powerview School students from grades one to five during lunch hour

About the TD Canada Trust Scholarship for Community Leadership Program

The TD Canada Trust Scholarship for Community Leadership is open to

all students in their final year of high school, and who will be attending post-secondary school during the following year.

Applications for 2007 will be available as of

September 1, 2006 at TD Canada Trust branches, high school and CEGEP guidance offices and online at www.tdcanadatrust.com/scholarship.

The shutters are off, the water is turned on, the cottage has been opened up.

PHYSIO AT THE BEACH
is now open for the 2006 season. Jenny is looking forward to another summer of providing physiotherapy to former & new patients from her cabin near Grand Marais.

Physio at the Beach is located at:
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Manitoba Building for the Future

Powerview School Spring Tea

Music was the theme to this year's Spring Tea at Powerview School.

The beautifully decorated gym was the perfect setting for an entertainment filled afternoon on Wednesday, May 10th.

Parents, teachers and guests were treated to a fantastic show where students performed a variety of acts which included singing, recorder performances, jigging, dancing, and fiddle playing.

In addition to the entertainment there was a huge silent auction table with 60 prizes, as well as separate draws for cakes and a grocery prize. There was also a bake table where yummy desserts could be purchased.

Tea participants were also able to

try their luck at the guessing jars and fish pond. If you so desired you could also have your face painted to a musical theme.

Volunteers were on hand to watch little ones in the play area so parents could relax and enjoy the show.

Powerview School staff, students, parents, and volunteers once again hosted a very successful and fun filled Spring tea. We look forward to next year.



Dance performance with scarves



Guessing Jars



Fish Pond



Play/Daycare area



Face Painting



Powerview School Jiggers



Bake Sale Table



Students performed songs with recorders



Powerview School students singing



Community Spotlight

Recognizing our volunteers

Ken Young – Full time volunteer

By Charles Norman

Ken Young was born and raised in Winnipeg. He graduated from Tech Voc, and started work as a sales rep for Hugh's Owens selling Engineering and architectural supplies. He owned the Winnipeg outlet for four years, and then sold it back to Hugh's Owens. He bought a cottage in

Traverse Bay in 1977, and became a permanent Beaches resident six years ago.

He was not involved in volunteering of any sort in Winnipeg, he said he was too busy, but he has certainly made up for it in the six years he has been living here.

He first got involved to fight a proposed hog barn in the

stead area. The proposed barn was to be located in an area drained by Catfish Creek, which empties into Traverse Bay.

He formed the Alexander Sustainable Development Association to fight the hog barn proposal and was instrumental in bringing enough pressure to bear on RM councillors to ensure that the proposal was defeated. Since that time the RM has enacted a by-law restricting hog numbers to a level that will allow conventional hog farms but not the huge hog barns found in many areas in southern Manitoba.

Ken Young formed the local Citizens on Patrol and using the Alexander Sustainable Development Association as a starting point, began work, with other members of the Association, on the development of a Wellness Centre for the region. He attends almost every meeting of the Rural Municipality of Manitoba to keep himself informed of what is happening in the municipality, in enough time to organize resistance if another project like the hog barn materializes.

The wellness centre has



Ken Young an active volunteer within the Beaches area

now been incorporated into the East Beaches Wellness Coalition Inc. and the Alexander Sustainable Development Association has been wound up.

Young is a member of the Lake Winnipeg Consortium, a University of Manitoba led research project keeping tabs on the health of Lake Winnipeg.

Young said that you know when you start a project like this that it is not going to happen overnight. He talked of the long drawn-out process that took two years to get the twenty acres for the Wellness Centre transferred from the province, and the fact that it

took three applications before their charitable status was approved. He said Senator Sharon Carstairs, who has a cottage at Victoria Beach, was very helpful in the Coalition finally getting its charitable status.

Ken Young is now working virtually full time on the Wellness Centre. "It's a long drawn-out process," he said, but we have the support of the municipalities in the area. He hopes for a sod-turning ceremony next May, and a Grand Opening by June 2007.

Wellness Annual General Meeting

Con't from page 1

twenty acres of land behind, (west of) the Hydro sub-station at the intersection of Hwy's 59 and 11. It will include fitness equipment, recreation and leisure pools, a gymnasium, a walking/running track, community gathering spaces and offices for health professionals.

At the AGM will be a display of preliminary drawings, information on fund raising activities, and a membership ta-

ble. Door prizes donated by local businesses will be awarded.

Officers are: Ken Young, Chair; Elmer Blanchard Vice Chair; D Rickner, Treasurer; Claudette Saborin, Secretary; Diane Ateah, Fundraising Chair; Isabel Brunel Public Relations. Other directors – Carol Danwich, Roberta Carriere and Monty Vialoux.

The AGM will be held at the Walter Whyte School at 1:00 pm on Saturday May 27.



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PINE PHARMACY
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Cough CPR – home alone hoax

In last week's Echo, an article was submitted on "How to Survive a Heart Attack when alone". Since publication the Echo has been contacted by the Heart and Stroke Foundation of Manitoba who has recently had several inquiries from people. The article recommended that people who think they are having a heart attack should cough long and deeply and frequently. The message says this will improve circulation of the blood to the heart and thus you will keep yourself alive until the emergency services arrive.

This article claims to originate from the ViaHealth Rochester General Hospital in New York State. That is not true. The Hospital says it can find no article even resembling this in a search of the last 20 years of their publications. (<http://www.viahealth.org>)

Both The Mended Hearts Inc., a support organization for heart patients, and the American Heart Association have said that this information should not be forwarded or used by anyone.

This article has been circulated several times before over the last several years. The Echo along with the Heart and Stroke Foundation would like to refute this erroneous message.

So what should you do if you are alone and think you are experiencing the symptoms of a heart attack? Dr. Tony Graham, a Heart and Stroke Foundation spokesperson and cardiologist, recommends the following:

Immediately dial 9-1-1. Don't bother calling your family doctor. Speed is essential and that's what the emer-

gency services are there to provide.

If you have a history of angina and you have chest pains that are not relieved by nitroglycerine taken three times over the course of 15 or 20 minutes, again, dial 9-1-1 or get someone to take you to a hospital.

If you have no contraindication to using ASA (i.e. Aspirin®), chew and swallow one 325 mg tablet or 2 children's 80 mg tablets while you are waiting for the ambulance. DO NOT use Acetaminophen (i.e. Tylenol®) or Ibuprofen (i.e. Advil® or Motrin®) instead of ASA.

The Heart and Stroke Foundation of Canada does not endorse "cough CPR," a coughing procedure widely publicized on the Internet and does not teach this as a part of the core curriculum in any course.

RCMP advise Road Safety Week May 16-22

RELEASE

Lac du Bonnet RCMP would like to advise everyone that May 16 to May 22 will mark Canada Road Safety Week, a National campaign to make Canada's roads the safest in the world. This special week is a police initiative designed to remind people that an essential part of the enforcement job is to save lives and reduce injuries on our roadways. Educating the public in safe driving practices is a priority. The focus will be on behaviours that put drivers, passengers and other road users. Most at risk: impaired driving, seat belt use, and inattention at intersections.

All enforcement agencies across the country will be participating in this event.

Lac du Bonnet Detachment in conjunction with Pinawa and Whitemouth Community offices will be conducting random check stops and monitoring motorists for these offences.

Our primary goal is education rather than enforcement. Our local motorists are reminded that a conviction for impaired operation of either a motor vehicle, vessel or all terrain vehicle for first offence is a minimum one year prohibition and fine. Also the current fine for failure to wear a seatbelt is \$235.00 and failure to stop at a sign is \$160.00.

Although these are the main focus points for road safety week if there is another violation i.e. speeding, these will be enforced.

This week has been strategically chosen as it is the first "summer long weekend". More people using the roadways and it has been shown that as a result of the main focus points there are more collisions.

Lac du Bonnet would like to wish everyone a safe and enjoyable summer and do our part in keeping the Road Safety Vision of 2010 a reality.



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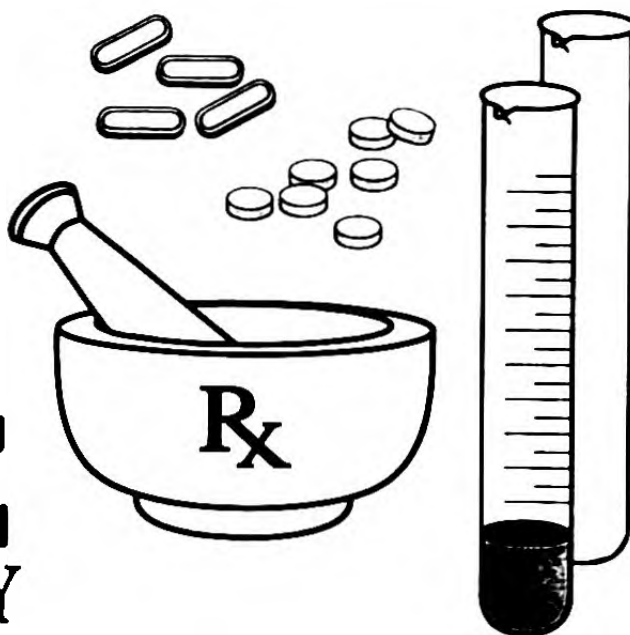
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Please be advised
The Regular Board Meeting of
Sunrise School Division
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has been relocated to
Oakbank Elementary School
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Heard the Rumours?

Come and see the facts!
You are invited to the

Annual General Meeting
East Beaches Recreation
Wellness Complex
Saturday, May 27th, 2006
time: 1:00pm
Walter Whyte School

Open to the Public |

Winnipeg River Recreation

By: Michelle Chudd
Ph: 345 8816 or 753 2639
Email: reccom@mts.net

PhAT Camp NEWS FLASH!!!!

PhAT Camp is filling up fast!! The Cheer class is full and Gymnastics has only one spot left. There are still plenty of great classes to participate in but don't wait get to the Rec office and sign up today!

Spring Schwing

TBall is running in Lac du Bonnet on Tuesdays at 6:30 in Centennial School field and Soccer is running in Pinawa on Wednesdays at 6:00. These programs both run until the end of June so there is still plenty of time to get out and Play!

Adult Soccer is running on Thursdays 6:30-8:00pm in Pinawa. Drop in for a game!
Red Cross kids Swim Program

At the Lac du Bonnet Town Dock

We are now taking registration for the 2006 Swim Program. The first session is

July 3-14, second session July 17-28 and the third session is July 31 - August 11.

2nd Annual Karate Camp

This camp runs August 14-18 at Centennial School. Run the gauntlet, break boards and learn judo rolls. New at the camp this year is stick fighting. Space is limited so don't

wait to get your registration in.
Agassiz Garden Club

The Agassiz Garden Club is having a Plant & Bake Sale May 20, 2006 10am - 2pm at the Lac du Bonnet Community Centre. For information call Dorothy Kerr at 345 8186

Agassiz Junior Garden Club

Kid's love to grow things and that's what the Agassiz Junior Garden club is all about. Children ages 6 and up grow a kid sized garden and participate in garden related Projects, outings and the flower show. Meetings are monthly during the growing season and membership is free. To join the club call Carol at 345 8419

Calling all War Brides



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

On February 8, 2006 Premier Gary Doer announced that Manitoba proclaimed 2006 "The Year of the War Bride", marking the 60th anniversary of war brides coming to Canada.

The term war bride refers to foreign women who met and married Canadian servicemen serving in the Second World War and who immigrated to

Canada to start a new life with their husbands. Nearly 45,000 women married Canadian servicemen with 93% of these women coming from the United Kingdom.

These women were determined to build a new life in Canada regardless of the challenges they faced. On October 13, 2006 the Seniors' & Elders' Day Committee in-

tends to honour these ladies for their commitment and contributions they have made to our community.

Winnipeg River Senior Services along with Two Rivers Senior Service will be hosting a Senior's and Elders day at the Lac du Bonnet Community Club on October 13, 2006. We are expecting 300 seniors from all areas of North Eastman to attend. The day will consist of loads of entertainment, singing, dancing, etc... with information and craft displays. Please submit name of any war brides you know so we can honour these special ladies at the seniors and elders day.

Pine Falls & surrounding area contact Tina Polischuk at 367-9128, Lac du Bonnet and area contact Pat Porth at 345-1227, Whitemouth and area contact Tina Norberg at 348-4610.

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Faith Perspective



by Pastor Jake Doell

Facing Your Giants

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

1. Your Focus - Where do you focus when you see your giant? Do you look at your past failed attempts of destroying your giants? Every giant-killer I've met focused on something bigger than their giant. David focused on someone who was bigger than Goliath. David said to Goliath, "You come to me with a sword and spear, and with a javelin. But I come in the name of the Lord of the armies of heaven and of Israel, the very God you have defied. Today the Lord will conquer you...." v.45

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

2. Your Faith - David had placed his faith in God as a young boy. "The Lord is my shepherd, I shall not want." (Psalm 23:1) He had experienced God's delivering power when he faced a bear and a lion attacking his sheep. Be-

cause God had given him strength to kill the bear and the lion single handedly, he now had the confidence that as he was facing Goliath, that God would also help him slay this giant. Faith in God must be nurtured with a daily relationship with God through His word and through prayer.

3. Standing up to Intimidation - Who intimidates you? Is it someone who bullies you? Is it someone who has authority over you? All of us feel intimidated by someone at sometime. I quote Dr. William Mitchell, "If we stand in self-pride, we'll fall. If we stand for something that is evil, the Lord will topple us over. If we stand for something that is right, the Lord stands with us in certainty and strength." David stood up to Goliath because he knew beyond any shadow of doubt that God's will for Israel was that they be free from bondage to the Philistine giant so they could serve God without fear and intimidation.

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

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

Public Notice

Pine Falls External Fill Line Closure

Please be advised that the external fill line at the Pine Falls drinking water facility will be permanently closed as of June 1st, 2006. If you have further questions, or wish to be advised of an alternative fill station, please contact Margie Bonekamp of the Rural Municipality of Alexander at the address indicated below.

Rural Municipality of Alexander
Box 100
St. Georges, Manitoba
R0E 1V0

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Powerview RCMP Report

Report from May 8 to 14, 2006



May 8:
POWERVIEW - culprits cut the fence and broke into the local Hydro Compound attempting to steal a truck but were unsuccessful. Thieves however made off with a \$500.00 work tool called a hot stick and some scrap copper.

FORT ALEXANDER - an incident of threats being uttered was reported to police. Police spoke to both parties involved. The matter was dealt with by way of a peace bond.

PINE FALLS - a previous dispute between 2 females resulted in police referring the women for peace bonds after both women had made complaints.

May 9:
POWERVIEW - a query to locate a missing youth was actioned. The youth was found and returned to parents without further police involvement.

- investigation continues into an assault. A male youth was treated at local hospital for injuries sustained in the attack.

- police took a report of a vacant house being vandalized and a window broken.

- an emotionally disturbed female was transported by police and treated at local hospital.

HOLLOW WATER - investigation continues into an act of mischief where a male damaged a wall at a residence.

FORT ALEXANDER - a family dispute resulted in police involvement when a male threatened another male with a weapon. Investigation continues into the incident.

BLACK RIVER - police charged a male in a spousal assault. The female was taken to local hospital for treatment and released.

May 10:
FORT ALEXANDER - a complaint of harassing phone calls was investigated by police. Further information found a male youth responsible for the calls. The boy and his parents were spoken to by police accordingly. No charges were laid in the incident.

BLACK RIVER - investigation continues into a report of an abandoned vehicle.

May 11:
MANIGOTAGAN - a floe trailer with 2 Yamaha Snowmachines was stolen while parked at a local business. The incident occurred sometime during the last 3 weeks. The snow machines are described as a 1999 Yamaha bravo blue in color and a 1999 Yamaha venture red in color.

POWERVIEW - police attended a residence when a male youth could not be controlled and commenced breaking things in the home. Investigation continues into the incident.

FORT ALEXANDER - investigation continues into an assault involving youth. 1 male youth was charged with possession of a weapon in a related incident.

RM of ALEXANDER - police and conservation officers were called out when a wandering moose refused to leave an area. Conservation officers were able to lead the moose out of the vicinity. No further police action was necessary in this case.

May 12:
PINE FALLS - police transported an emotionally disturbed male from local hospital to Winnipeg for further treatment.

- a complaint of theft of cash

is still under investigation.

FORT ALEXANDER - a complaint of a male causing problems at a local business caused police to attend. The male involved had already left the place upon arrival but police located the male later and spoke with him accordingly. No further action was necessary.

POWERVIEW - investigation continues into a complaint several incidents of harassment.

May 13:
POWERVIEW - a complaint of mischief lead police to find 1 male in breach of court conditions. The man also had an outstanding warrant from Winnipeg Police Services.

FORT ALEXANDER - police recovered a stolen vehicle with extensive damages in the area. The registered owner was notified by police and the vehicle towed. Investigation continues.

- a complaint of indecent exposure caused police to patrol the vicinity on the south shore. None of the subjects or vehicle matching the description was located by police and no further call backs were received.

- a male was treated at local hospital for injuries to the face and a broken nose the result of an aggravated assault by another male. Alcohol was involved in the incident. Investigation continues.

May 14:
HILLSIDE BEACH - police were contacted regarding 3 suspicious persons parked at a boat dock. Police found no vehicle or persons at the location matching the description and no indication of a break and enter in the area.

POWERVIEW - police located an intoxicated male at a picnic site. Further investiga-

tion found the male to be carrying a makeshift weapon. The item was seized and the male charged accordingly.

FORT ALEXANDER - investigation continues into a sexual assault of a female.

- charges were laid against a female in an assault with a weapon. Police continue to investigate.

- police continue to investigate a severe vandalism to vehicle. Extensive damages were incurred when the vehicle was left after breaking down on the roadway. The owner returned to find the vehicle had been trashed.

PINE FALLS - a garage door was tampered with at a residence. The owner was away at the time and police could not confirm whether a break, enter and theft occurred.

SUMMARY: - Police also actioned 8 requests for assistance to other detachments/service of legal documents, charged 1 person(s) for impaired driving, lodged 4 persons under the intoxicated person detention act., attended 6 false alarms, processed 2 traffic accident reports and issued 10 tickets under the Highway Traffic/Liquor Control Act.

Remember if you have any information on any criminal matter you can remain anonymous and contact Crime Stoppers at 1-800-782-8477 or the Powerview Detachment at 367-8728.

Coaching Manitoba Bursary Application Deadline Extended

The application deadline for the Coaching Manitoba Bursary has been extended to **Friday, May 19th 4:30pm**. Four bursaries of \$500 each will be awarded to one male student and one female student from the Winnipeg region and one male and one female from rural Manitoba who have demonstrated a commitment to coaching in Manitoba. Students who are, or will be, enrolled in the upcoming school term in a post-secondary institution and are currently coaching for a school, club or community centre are invited to submit an application. Information and application forms are available at www.coachingmanitoba.ca.

For more information, contact Jaime Hickson, Coach Education Coordinator at (204) 925-5913

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367-9468

***DEADLINE FOR
ADVERTISING
FRIDAYS BY
3:00PM**

Blue Water Chamber of Commerce

Press Release

The local Chamber of Commerce is comprised of area businesses interested in fostering an entrepreneurial spirit to increase economic growth in the Blue Water region.

We get together once a month to discuss items of interest, items of concern, items that would require lobbying Government to help enhance the success of our area. We work on areas of tourism, (4 seasons), shop local ideas, road improvement, water way safety and more. We are always looking for input and encourage any business in the area to come out to a meeting and see how the Chamber can be of service.

Recently the Blue Water Chamber of Commerce held its Annual General Meeting. We have some new faces on the Executive and some new members.

Representing Powerview:

Mr. Dave Lagasse - Dave's New & Used Furniture

Representing Pine Falls: Ms. Nancy Karl - The Hair Shoppe

Representing RM of Alexander: vacant position

Treasurer: Mr. Kelvin Kralka - Rona Hardware

President: Ms. Lori Robb - Midway Foods

Past President: Mr. Mike Raymond Papertown

We hope to have full representation of the Bluewater District by years end. We are still looking forward interested business people from Sagkeeng First Nation, Great Falls, and St. Georges.

Be sure to look in the local paper every month to see what we are up to. Our meeting for May is Tuesday May 16th at 7:30 p.m. at the Chamber Offices located at 2 Place McDougal (behind the Caisse) in St. Georges.

Recreation Re-boot

3 Walnut Street, Pine Falls
Ph: 204-367-9142
Fax: 204-367-8605
E-Mail: prarec2003@yahoo.ca

For public information, Maureen Bennet from the Government of Canada Programs and Services branch will be at Empower School every second Wednesday. Maureen will be there to assist anyone regarding things like Employment Insurance, Social Insurance, Passport information, etc. For more information you can call Maureen at 367-2495. She will be in Pine Falls on the following dates: May 3rd, May 17th, May 31st, and June 14th.

Summer Safety Patrol

Pineview Recreation, in co-operation with the RCMP, will be doing a safety patrol this summer. The prime target will be bicycle helmet safety. There will be prizes awarded daily and there will be a grand prize draw on 4P weekend. The patrol will begin early in June to coincide with Safe Kids Week. Each day a "Spotter" will award a prize to anyone seen wearing a helmet. Every week the names of those who won a prize will be posted in the Echo. Besides the grand prize draw in September, there will also be weekly prizes awarded from the names collected each week. This will be a fun program, but the emphasis is still on playing safe!!!

Safe Kids Day

Wings of Power along with the Recreation Commission and NEHA will be hosting the 3rd Annual Safe Kids Day at Pine Falls Arena on Wednesday, May 31st. The purpose of this event is to teach kids about being safe in different environments. There will be displays and presentations by the Pine Falls Fire Department, RCMP,

Manitoba Conservation, and the Red Cross. Kids in grades Kindergarten to 4 are the target group and will attend as a school group. However, any parents with young children are encouraged to come out and take part in the day's activities.

Boater Safety Course

Anyone interested in taking a Boater Safety Course, or anyone who needs to be recertified, is asked to call the Rec. Office as soon as possible. I am also looking for anyone interested in taking the Instructor course. The cost of the course is \$75 and will be held in Winnipeg on Sunday, June 4th. Interested persons must be 16 years of age and have a Pleasure Craft Operator card. For more information call the Rec. Office at 367-9142.

Soccer

Soccer has started for the season. Thank you to everyone who volunteered to coach again this year and a big welcome to our new coaches!! I hope everyone has fun.

Lifeguards

The PRC is looking for anyone interested in lifeguarding this summer at the Pine Falls Pool. If you have completed your Nationals, or are interested in doing so, please contact the Rec. Office at 367-9142.

Babysitting Course

There will be another babysitting course in May for anyone who missed the April session. The dates for the course are May 31, June 7, 12 and 14. Call the Rec. Office to register.

Public Library

The Pine Falls Public Library has changed their hours. They are now operating on Mondays and Thursdays from 2:00 - 3:30. The library does not have Internet access.

Hall Rental


The Pine Falls Sports Bar is available for rental. The cost to rent the bar for an evening is just \$100.00 + GST (bartender included). Book now for your party!!

Farmer's Market
Marché de Fermiers

-CRAFTS
-FRUITS & VEGETABLES
(starting in mid July)
-PLANTS -BAKED GOODS
AND MORE.....

Located at **St. Georges Beach** **Sunday, May 21**
10:00am to 2:00pm


Junior Golf Lessons



Pine Falls Golf Club will be holding Junior Golf Lessons on Tuesday nights.


Starting Tuesday, May 23

Those interested can contact the Golf Shop at 367-8463 for more information.



WHAT'S IN THE

Cupboard



Springtime Vegetable Stew

<p>1/2 lb trimmed artichokes 3 tb olive oil 2 ts minced garlic 4 tb chopped fresh parsley 1 c shelled peas, blanched for 1 minute 1/2 lb baby carrots, parboiled for 5 minutes 1/2 lb mushrooms, sauteed in olive oil, sliced</p>	<p>1/2 lb asparagus tips, blanched for 2 minutes 1/2 lb new potatoes, parboiled 7 minutes 1/2 lb pearl onions, parboiled 4 minutes; peeled 2 c vegetable broth salt and freshly ground pepper to taste chopped parsley or basil for garnish</p>
---	---

Fill a medium saucepan with lightly salted water and bring to a boil. Meanwhile, having ready a bowl of water to which you have added lemon juice.

Working with 1 artichoke at a time, cut off the stem even with the base. Remove all the leaves until you reach the pale green heart. Pare away the dark green area from the base. Cut the artichoke in half and scoop out and discard the choke. Cut the tender heart lengthwise into quarters. Drop into the lemon water. When all the artichokes are trimmed, drain and add to the boiling water. Parboil for 5 minutes and drain.

Warm the olive oil in a large saute pan over medium heat. add the garlic and parsley, and stir for a minute or two. Add the artichokes, peas, carrots, mushrooms, asparagus, potatoes, pearl onions and enough vegetable broth to moisten. Bring to a simmer and cook uncovered until all the vegetables are tender, about 10 minutes.

Adjust seasonings with salt and pepper.

May add a little sugar for flavor balance.

Transfer to a warmed serving dish. Garnish with a little chopped parsley or basil.

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.

PA: 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 & A2-Anon - The Beaches family group, Wednesday 8:00 p.m., Senior Scene, Victoria Beach, 1 Ateah Road, Barb 754-3173 or Alice 756-2533.

Happy Tots Day Care 367-2601.

board meetings last Monday of each month 7:00 p.m. at the Jaycare

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. Pine Falls Health Complex.

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 2:00 p.m. to 3:30 p.m. Monday and Thursday. Library is situated in the Pine Falls School, entrance facing pool.

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 (for child's) height, weight, infant nutrition, advice, immunizations (as necessary) and any other advice you may wish, please call 367-3406 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 Mon. & Thurs., Canasta 1:00pm Friday, Whist 1:30pm Wednesday, Crib, 1st Monday of Month at 1:30pm. Exercise Class, Mon., Wed., Thurs., Fri., 10:15am.

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, Non-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.

FINE FALLS UNITED CHURCH: Worship Service and Sunday School at 11:30 a.m. 367-2633. Everyone Welcome.

FINE 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, 11:20 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

Ask the Neighbourhood Mechanic



by Dave Redinger

Recently, we were on a trip to Carlisle, Pennsylvania. Driving down I became increasingly aware of a new trend in the purchase of gas. "Prepaying" for your purchase. Personally I find this insulting. I'm assuming there should be a certain amount of trust between buyer and seller. However, I asked the attendant why they were enforcing this policy. Seems with the increase in gas prices, people were just helping themselves, driving off sans payment. They even have a term for these thieves... "gas and dash". If you are a victim of this type of theft contact: ACLAIM @1 800 461 0461. They go after the vehicle owner. Just a thought.

I have a 2004 Honda Civic Si with 58950 kilometers. For the past 3 months, when I ap-

ply the brakes, I would hear and feel an intermittent click coming from the brake pedal. This noise would come from the inside of the car. The Assistant Manager told me that the noise is the brake switch. It's an indication that the brakes needs lubrication and readjustment or to completely replace the pads. The pads are still 3/4 "thick. The warranty on the car is 60,000 kms or 3 years. I've had 2 domestic cars and this is the first time I've come across this.

Rory
Unfortunately I haven't heard the noise that you are describing so it's hard to be accurate. However, I don't buy what he manger is telling you. The thickness of the pads should not make a difference in the height of the brake pedal unless the brakes are seized. I would be looking at the linkage at the master-cyl and checking adjustments inside the car. Better still go back

ask for a second opinion. Possibly the service manager might have a look at this one. He's usually the best tech in the shop.

My Focus wagon has a long lasting problem for more than six months. There is a strange sound from the left-rear wheel. It is spinning related in terms of frequency, and sounds like di..di.. Any idea where it is exactly from?

Rex
Noises in cars have signatures...If the noise is repetitive then the origins are from rotation. As the Focus is a front wheel driver the only things back there that rotate are the wheel bearings and various brake components. If the noise changes when you apply the brakes that's where I would focus (sorry could help myself) my attention. Look for a dragging pad or shoe. Rust build up could also be an issue. Car repairs=Rocket science.

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Lac du Bonnet RCMP Report

Report period from May 8th to May 15th, 2006



On the 8th of May, a report was rec'd from a financial institution in the Town of Lac du Bonnet that a counterfeit \$20.00 bill had been rec'd in the deposit from a local business.

On the 9th of May, a report was rec'd of an on-going problem with Off-Road Vehicles being driven illegally on the roadway on Osprey Crescent and in the Cape Coppermine area.

On the 9th of May, a report was rec'd that an adult male had escaped from Milner Ridge Correctional Centre. Police patrolled the area, but did not locate the subject, who was subsequently arrested in Winnipeg on the 10th of May.

On the 10th of May, a report was rec'd that the fence had been cut on the Manitoba Hydro compound in the Town of Lac du Bonnet, and that a quantity of copper wire was stolen. This took place between Friday night and Tuesday morning.

On the 10th of May, a report was rec'd of an Intrusion alarm at a business in Elma in the R.M. of Whitemouth. Found to be a False Alarm.

On the 10th of May, a report

was rec'd that the fence had been cut on the Manitoba Hydro compound at Pinawa, and that a quantity of copper wire had been stolen. This took place between Thursday afternoon and Monday morning.

On the 10th of May, a report was rec'd that an adult female had been yelling at another adult female at the Whitemouth Health Centre. Reported for info.

On the 10th of May, a report was rec'd of an Intrusion Alarm at a location on Powell Drive in the R.M. of Lac du Bonnet. Found to be a False Alarm.

On the 10th of May, a report was rec'd that 2 gates which Manitoba Hydro had installed on the Trans-Canada Trail had been damaged by a vehicle, and garbage had been dumped along the Trail. This took place at the gate in the Crescent Bay area of the R.M. of Lac du Bonnet, and at the gate north of McArthur Falls in the R.M. of Alexander.

On the 11th of May, a report was rec'd of an Intrusion Alarm at a location at Eleanor Lake in the Whiteshell Provincial Park. Found to be a False Alarm.

On the 11th of May, a report was rec'd of a counterfeit \$20.00 bill at a financial institution in the Town of Lac du Bonnet.

On the 11th of May, a report was rec'd that shots had been fired in the vicinity of Ducharme Road South in Ste. Rita in the R.M. of Reynolds. Police patrolled the area extensively, but could not locate the source of the shots.

On the 12th of May, a report was rec'd that an adult

male was in the Town of Lac du Bonnet in contravention of Bail conditions which had been imposed upon him by the Courts. Police located the subject and determined at the time that the most efficient resolution of the matter would be for the subject to be immediately taken to Winnipeg by the subject with whom he was residing, and not to return to Lac du Bonnet unless the Bail was varied.

On the 12th of May, a report

was rec'd of unregistered trailers being pulled from Seven Sisters to a location in the Whiteshell Prov. Park. Follow-up done with the suspect.

On the 12th of May, a request was rec'd to locate 2 subjects at Black Lake in Nopiming Prov. Park and pass

See LAC DU BONNET/ page 15

Report from Legislature



By Gerald Hawranik, MLA for Lac du Bonnet Official Opposition Finance Critic

Highway PTH 11

The tenders were received by the Government to improve PTH #11 and the lowest tender was a \$3,353,000 bid. Almost \$3.5 million will be spent to asphalt PTH #11 from Powerview-Pinefalls / Sagkeeng all the way to PTH #59. All this is good news because improvements to access our com-

munities must be made from all directions. Improved roads in and out of Powerview-Pinefalls / Sagkeeng are essential to ensure the safety of residents and visitors, and to ensure that industry, businesses and jobs locate in the Powerview-Pinefalls / Sagkeeng area. I was disappointed, however, to learn that only patching will take place on Highway 11 within the Town of Powerview-Pinefalls this year. Apparently, the geotechnical study at the creek and the engineering plans for Highway 11 inside the Town have not yet been completed. The good news, however, is that I have received assurances that Highway 11 within the Town will be reconstructed, including a re-design of the intersection at #11 and #304, and a correction of the slumping at the creek. It will be subject to a separate contract and tender at some time in the future after all the

designs are complete and negotiations are completed with the Town regarding issues related to pedestrian walkways, parking and curbing.

While I am disappointed that the reconstruction of PTH #11 did not go as far as originally thought, I am elated that almost \$3.5 million will be spent on road construction in our communities to improve access.

I will continue to push the Provincial Government to complete the project through the Town of Powerview - Pinefalls, and then to work on PR #304.

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

The Winnipeg Humane Society



Bishop, 109060

Bishop was brought in by his owner for not being good with the children in the home. He is a shy, housebroken, well behaved dog who listens well. He's not a large dog, ~55 pounds and walks well on a leash. Bishop loves people & is good with other dogs. He is quite shy so we're recommending a home with kids 15yrs+ for him, and that his next owner able to work on his shyness. As a long term dog, his adoption fee is half off, only \$88.06 and includes pet insurance, microchip, vet exam & more! Visit him & other pets for adoption @ Petcetera on Leila Avenue, 339-7135!



Gabriel, 119991

Gabriel was abandoned in Whitemouth, MB and brought to us in March. He was very matted & uncared for and was a very hungry boy when he got here. He's been up for adoption for sometime now & we're pushing hard for him to find a good home. Gabriel handled well for out vets & we know he's going to do great in a home setting. \$48.06 as he's been here so long, includes neuter, vaccine, 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

The Winnipeg River Echo

YOUR COMMUNITY NEWSPAPER CALL WITH YOUR NEWS TIPS, COMMUNITY EVENTS, AND ADVERTISING NEEDS.

CALL 367-9468

On Parliament Hill



Your voice in Ottawa
Vic Toews, MP for Provencher

Delivering on Commitments in the New Budget

Last week in Ottawa, Finance Minister Jim Flaherty introduced the first Conservative budget in more than a decade, and it was a real pleasure to see the needs and concerns of Manitobans addressed in it. Regardless of age or income level, the new budget will provide real tax relief to Canadi-

ans, to the tune of \$20 billion over the next two years. That's real money, back in the pockets of those who know how to spend it best.

It was a refreshing change, after years of Liberal over-taxation, to see such a shift in focus. As Minister Flaherty

said in his budget speech, "For every new tax dollar we spend, this government is returning two tax dollars to hard-working Canadians."

The budget will reduce the GST by one point, from 7% to 6%. It will create a new \$1000 Canada Employment Credit, giving every Canadian a break on what it costs to work. And, the amount that all Canadians can earn without paying federal income tax will be increased. In total, there are 29 separate reductions in areas where the government collects revenue.

But this budget is about more than cutting taxes. It's about using the money more effectively, focusing on priorities.

I've spoken with so many parents in this area who support and are looking forward to the government helping

them with the cost of raising children. Instead of shuffling money from politician to politician, our budget helps parents directly through the Universal Child Care Benefit, which provides all families with \$1,200 a year for each child under six years old, in addition to their Child Tax Benefit payment. Especially for parents in rural areas, this is real help. The Liberal child care plan failed them, because even if it did create more daycare spaces, they simply wouldn't have been practical or even accessible to people who live outside of big cities.

The budget delivers for farmers, who had been left out in the cold by so many Liberal budgets. The government is providing \$1.5 billion in agricultural support for this year.

The government has committed to tackling crime – and provided \$161 million in the budget for 1,000 new RCMP officers and federal prosecu-

tors.

There are many more highlights in the budget for Manitobans and all Canadians. Health care, infrastructure, seniors, and students were all addressed with significant funds and innovative solutions, which will deliver real results.

As Minister Flaherty said, "The budget is balanced, spending is focused, and taxes will go down for all Canadians." And, most importantly, I believe the budget demonstrates the new government's commitment to doing what it said it would do. I encourage everyone to read more about it at www.fin.gc.ca.

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

Lac du Bonnet Community Billboard

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

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

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

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

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

Great Falls Women's Institute meets first Wednesday each month 7:00 p.m. Great Falls Hall, Pat 367-2586, Leone 367-8369.

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-Home Group For further information, Phone Kathie 367-8237 (evenings), Vickie 345-6320 (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 1:50 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, Beausjour, 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.

Canada Day Celebrations - June 30 to July 2, fireworks, wonder shows, parade, car show, beer garden, baseball tournament, etc... visit www.lacdubonnetlions.ca, or call Violet 345-9291 for more info.

Conservation Minister Kicks off 2006 Camping Season

The province is set to open 5,800 sites in Manitoba's provincial park campgrounds that feature a variety of outdoor experiences and services, Conservation Minister Stan Struthers announced today.

"Manitoba offers campers everything from wilderness experiences in remote regions of the province to fully-serviced lots which can be booked through the improved parks reservation service," said Struthers. "Our new reservation service is a great example of our commitment to creating great outdoor experiences."

To date, 13,865 bookings have been made for campsites through the new, made-in-Manitoba service since the system launched in April. Improvements to the system included a more flexible search capability, more detailed campground maps and a more user-friendly display of available sites that makes it easier than ever to book a campsite in Manitoba's parks.

Improved technology that includes wireless and satellite communications is providing

the busiest campgrounds with real-time access to the reservation system. Faster check-in times with better information about the availability of sites and the ability to make reservations at other campgrounds are just a few of the benefits.

The new system is also able to handle more routine tasks such as printing park permits and tracking inventory information. This means staff are doing less paper work and are spending more time managing campgrounds.

Twenty-four more yurts will be ready in early summer at Spruce Woods, Asessippi, Clearwater and Bakers Narrows provincial parks. A yurt is a permanent fabric-walled hut-shaped structure with windows, an opening skylight, lockable doors, a heater and lighting. The yurts also feature rustic log furniture including a bunk bed, futon, table, chairs and a small storage cabinet. The first 10 yurts went into service at New Nutimik campground last year summer and have been very

popular.

A campground electrification program across the province has added approximately 350 electrical sites to Stephenfield, Hecla, Duck Mountain, Paint Lake and Whiteshell provincial parks. The program continues with another 120 campsites targeted for improvement.

Washroom upgrades have been made at Blue Lake in Duck Mountain Provincial Park. Additional washroom and shower construction will be underway this summer at Birds Hill, New Nutimik and West Hawk Lake in Whiteshell Provincial Park and at Watchorn and Bakers Narrows provincial parks. Work continues on the surveying and initial construction of an environmentally-friendly 100-site campground at Tulabi Falls in Nopiming Provincial Park.

To book a site, call toll-free 1-888-4U2-CAMP; in Winnipeg, dial 948-3333; or visit the website at <http://www.manitobaparks.com> and follow the links to camping.

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

The Winnipeg River

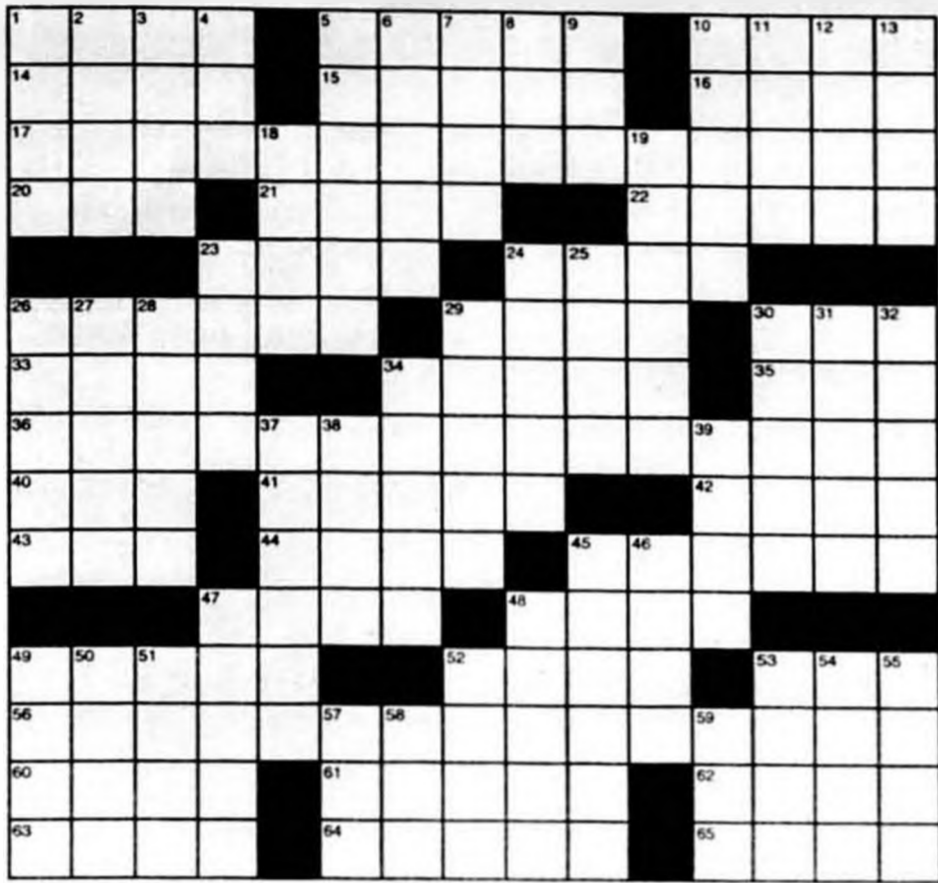
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WEEKLY CROSSWORD



Across

- 1. Fruit-filled tart.
- 5. Long frill in bodice front of.
- 10. Tame parrot.
- 14. Wrinkle.
- 15. Avoid blame.
- 16. Trojan War site.
- 17. Shown by example.
- 20. DiBiase, wrestler.
- 21. Molded mass of bread.
- 22. Telephone.
- 23. Bottle tops.
- 24. Forming viscous threads.
- 26. Intelligent.
- 29. Matter ejected.
- 30. Cut with blower.
- 33. of the Dogmen.
- 34. Shin bone.
- 35. Mae Brown, Ghost character.
- 36. Hardening of the arteries.
- 40. Laughing.
- 41. Not asleep.
- 42. Dissenting clique.

- 43. Longest division of geological time.
- 44. Hip term for "cool."
- 45. Make public.
- 47. Last three fingers of the sword hand.
- 48. Command against.
- 49. Period of rule.
- 52. Knee.
- 53. Sheep's cry.
- 56. Strong attachment to ecclesiastical usages.
- 60. Wearisome.
- 61. Main blood vessel.
- 62. Leeward side.
- 63. Airborne particulate matter.
- 64. Fifth son of Jopheth.
- 65. Koontz, writer.

Down

- 1. Express discomfort.
- 2. Luxury.
- 3. Old.
- 4. Vietnam.
- 5. Old, unreliable vehicle.
- 6. Assumed name.
- 7. Yeager, actor.
- 8. Broad sash worn with a kimono.
- 9. Local, habitual face twitching.
- 10. Precisely meaningful.
- 11. Potpourri.
- 12. National emblem of

- Great Britain.
- 13. Diane, actress.
- 18. Definite purpose.
- 19. Come into existence.
- 23. Command.
- 24. Russian money.
- 25. Person from Oklahoma.
- 26. Expanded leaf portion.
- 27. Quotient of two similar quantities.
- 28. Deathly pale.
- 29. Fussy about food.
- 30. Eighth century Hebrew prophet.
- 31. Authoritative proclamation.
- 32. Squander.
- 34. Powerful businesspeople.
- 37. Deep narrow, steep-sided valley.
- 38. Indebted for.
- 39. Capital of Norway.
- 45. Pertaining to dentine.
- 46. Small case for toilet articles.
- 47. Sheath over shoelace end.
- 48. Chaste.
- 49. Volkert, Merle Haggard guitarist.
- 50. Very light brown.
- 51. Decorates with frosting.
- 52. Mode of dress.
- 53. Ill manor.
- 54. In the direction of the sea.
- 55. So be it.
- 57. Past tense of "sit."
- 58. Informal debt instrument.
- 59. Bounder.

LAST WEEK'S ANSWERS



CRYPTIC PUZZLE

TXFFXBS: X DXQVCVXK BXKHSQ - GSBSMXFCS
 XFYJM XL CXKBS XWH PVLS XL X
 RXW'L ZSXH

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

REALISM HAS NO MORE TO DO WITH REALITY THAN ANYTHING ELSE.

Weekly Echo Horoscopes

May 15th to May 21st, 2006

ARIES (Mar. 21- April 20)
 Think about starting your own small business. You will have to check your cash flow before you decide to indulge in hobbies or entertainment that may be beyond your budget. Do not blow situations out of proportion. Get involved in groups that will help you meet established individuals.

TAURUS (Apr. 21- May 21)
 Difficulties at an emotional level may be likely. Your involvement in groups will be favorable for meeting new and exciting individuals. Get back to basics and reevaluate what is important in life. Discuss your objectives with partners or peers.

GEMINI (May 22-June 21)
 Overindulgence could cause problems for you with your loved ones. Take care when dealing with older relatives. Investments are best left alone this week. Love could develop at social events that are work related.

CANCER (June 22-July 22)
 You are exceptional at presenting your ideas. You may find that depression is causing you to feel lonely and insecure. Family outings or a quiet stroll through the park will lead to stimulating conversation and a closer bond. Expect to experience a sudden reversal of fortune.

LEO (July 23-Aug 22)
 You can expect to have a passionate time if you go out with someone you are romantically interested in. Romance will develop through work related activities.

Make sure that you have all the pertinent facts before taking action. Children may cause limitations.

VIRGO (Aug. 23 -Sept. 23)
 Physical activity will help defuse your frustration. Opportunities for travel and communication are evident. You will do best to entertain those you wish to close deals with. Discord could be unnerving.

LIBRA (Sept. 24 -Oct. 23)
 Problems with skin, bones, or teeth may mess up your schedule. Time to deal with institutional environments, government agencies, and matters of a private nature this week. Friends may not understand your situation. You may be torn between two possibilities. This has left you in a confused and uncertain state.

SCORPIO (Oct. 24 - Nov. 22)
 Residential moves look hectic and sudden changes in your life are likely. Your self esteem will come back if you take part in organizational functions that allow you to be in the lime light. You could be cornered, so be prepared to tell the truth.

You'll have problems with authority figures if you don't play by the rules.

SAGITTARIUS (Nov. 23 -Dec 21)
 Mingle with those who can help you get ahead. Your own small business on the side sounds pretty lucrative. Visitors are likely to drop by and chances are, they may even stay a little longer than you want them to. Don't overreact if your partner has a poor attitude.

CAPRICORN (Dec 22.- Jan. 20)
 You're eager to learn. Spend a quiet day with the one you love. Social evenings at your place will be highly successful. Do not lend money to friends, or contribute more than necessary to groups unworthy of your cash.

AQUARIUS (Jan. 21 -Feb. 19)
 You should be setting up interviews or sending out your resume this week. If you've taken on a lot of work, be sure to leave some time for yourself and family. You should follow through on educational endeavors you have wanted to pursue for some time. Communication will be the source of your knowledge and you must be sure to spend time with those who have more experience.

PISCES (Feb. 20-Mar 20)
 Channel your energy into passionate interludes with your lover. Question your mate if you must. Take your time before making personal decisions. Use your added discipline to get what you want.

Echo Classifieds

For Rent
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. TFN

For Rent
Woodland Place/Dale Haven Apartments, 1 - 2 bedroom apartments for rent, utilities and parking included, coin laundry, very clean and well maintained. Furnished, weekly and monthly rates also available, call after 6:00 p.m. 367-4922.

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

For Sale
 1984 Peavy RockMaster guitar amplifier head with 4X12 enclosure. Vintage tube series, 135 watts of tube power, \$500 OBO, call 367-8353.

For Sale
 For Sale - Buckmaster 2000 Compound Bow. In very good shape, only used to complete 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 367-8883 or 367-5211, ask for Stephen or leave a message.

Accommodations
Rooms and Suites for rent. Weekly and Monthly rates available. Hydro and satellite included, call Omer at 367-9991 or 367-4210. 28 TFN

For Rent
 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. TFN

For Sale
 Trailer for Sale: Powerview Trailer Court, Double wide Hosue Trailer, 20'x60', 3 bedrooms and laundry room, comes with washer/dryer, fridge, stove and air conditioner, \$17,000.00 call 998-6698, leave a message. TFN

Miscellaneous
Bankruptcy Info-line - free, confidential. Call 1-800-463-8371. www.lctaylor.net This is a community service offered by L.C. Taylor & Co. Ltd., Trustee in Bankruptcy. 34 TFN

For Sale
 7 adult life jackets. 3 large, 3 small, 1 medium, \$25.00 each. Also fibreglass 14 foot canoe with oars \$150.00, call 754-8478. 23-1

Help Wanted
Full Time Yard Help, must have valid drivers license. Drop off resume at Osis Building Supplies, Powerview.

Advertising
 The Echo Classifieds feature low, low rates. Advertise your for sale items old or new, birth announcements, weddings, birthdays, engagements, anniversaries, thank you's, greetings and best wishes, graduations, and memoriams for as low as \$5.00. Cost to run a photograph is an additional \$5.00. Call for more information 367-9468 or fax us at 367-9974. Our email address: theecho@mts.net

Arts & Crafts Sale
Sun Country Arts & Crafts Inc.
Exhibition & Yard Sale Friday, May 20 at Belair Field (Off Hwy. 59 on Belair Rd), 10AM to 2PM. Table Rentals call 756-8896



Prière au Sacré-Coeur
 Que le Sacré-Coeur de Jésus soit loué, adoré et glorifié à travers le monde pour des siècles et des siècles, Amen.

Dies cette Prière six fois par jour pendant neuf jours et vos prières seront exaucées même si cela semble impossible. N'oubliez pas de remercier le Sacré-Coeur avec promesse de publication quand les faveurs seront obtenues. Remerciements au Sacré-Coeur pour faveur obtenue.

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Please submit letter of application and resume to:

Margaret Bonekamp, Chief Administrative Officer
 R.M. of Alexander
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Or drop off at Administration Office - 104058 PTH 11, St. Georges, MB.

Closing date: June 12, 2006 at 4:30 p.m.

Seniors, Did You Know?

That the Winnipeg River Senior Services in Pine Falls offers the following...

- Home Maintenance
 Help with caring for your home, inside/out.
- Foot Care
 Professional Staff come to you home to provide basic footcare.
- Transportation
 We offer handiivan services or paid volunteers to drive you to shopping, appointments, etc.... The handiivan must be booked in advance.
- Friendly visiting
 Volunteers spend time with individuals who are lonely.
- Red Cross Loans
 The Sick Room Equipment Loan Service provides wheelchairs, walkers, and canes for up to three months.
- Victoria Lifeline
 When others can't be with you or your loved one, Victoria Lifeline is 24 hours. A one time installation charge and low monthly fee puts assistance just a push of a button away.
- E.R.I.K.
 Emergency Response Information Kits contain pertinent information in case of an emergency.

Call Tina at the Winnipeg River Senior Services 367-9128 for more information.

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Lac du Bonnet RCMP Report

Report period from May 1st to May 8th, 2006

from page 11

on an urgent family message. Subjects located with the assistance of Natural Resources and message passed on by Resources.

On the 12th of May, a report was rec'd of a green Chev SUV proceeding eastbound on P.T.H. #44 in the R.M. of Reynolds, with beer bottles

being thrown from the vehicle. Police patrolled, but the vehicle in question was not located.

On the 12th of May, a report was rec'd that an adult male and an under-age male from a School group were lost on the Mantario Trail in the vicinity of the North Shore of Big Whiteshell Lake in the Whiteshell Prov. Park. The subjects were located cold and

wet in the evening and were brought to Lac du Bonnet Detachment, where they were picked up by family members.

On the 13th of May, a report was rec'd that Off-Road Vehicles were being operated illegally on Singbeil Road in the R.M. of Reynolds.

On the 13th of May, a report was rec'd that a fibreglass canoe had been on the shore of

Black Lake in Nopiming Prov. Park since the 10th of May. No indication as to owner.

On the 13th of May, a report was rec'd that a vehicle had caught fire while being operated on P.T.H. #44 in the R.M. of Reynolds. Fire Dept. attended and extinguished the fire. No injuries.

On the 13th of May, a report was rec'd that a Standard Poodle had been found in the yard of a residence in the R.M. of Whitesmouth. No indication who the dog belonged to.

On the 13th of May, a report was rec'd that two under-age subjects were throwing stones at the picture window of a residence on Alexander in Pinawa.

On the 13th of May, a report was rec'd of an Intrusion Alarm at a location in Auglen Park in the R.M. of Alexander. Determined to be a False Alarm.

On the 14th of May, police on patrol located an open case of beer in a vehicle on P.R. #406 in the R.M. of



Whitemouth. Same poured out at the scene by the vehicle driver.

On the 14th of May, a request was rec'd to assist Oakbank Detachment in locating a subject with a mailing address at Seddon's Corner. Determined to reside in the Hadashville area.

On the 14th of May, a report was rec'd of an under-age male foster child who had run away from his foster home in Pinawa being located at another location in Pinawa. Police attended and returned the subject to his foster home.

On the 14th of May, a report was rec'd of an Intrusion alarm at a business premises in Rennie in the R.M. of Reynolds. Determined to be a False Alarm.

Bear Safety Tips

Toronto/Ontario/News Release, May.02 / CCNMatthews/

- As summer quickly approaches, more people are heading to the cottage, camping or hiking for some fun in the sun. While all these activities create lasting summer memories, they also run the risk of encountering a bear. With the recent death of a 28 year-old Whitehorse man by a grizzly bear, The World Society for the Protection of Animals (WSPA) wants the public to consider these important bear safety tips.

Bear attacks are uncommon. Bears generally prefer to avoid people. Each bear is an individual that will react differently to situations. At the end

of April bears are coming out of hibernation, nurturing themselves for the mating season which will begin at the end of May. The information that follows will give you some basics on how to avoid an encounter:

1. Be prepared! Learn as much as you can about bears before venturing into bear country.

2. Stay alert! Watch ahead for bears and bear signs.

3. Try not to surprise a bear. If a bear hears you coming, it will usually avoid you. Warn bears of your presence by talking loudly or singing.

4. Never feed a bear, either intentionally or unintentionally by being careless with your garbage or food scraps.

5. Hike during daylight hours in as large a group as possible and stick together.

6. Keep all dogs on a leash and under control. Dogs may be helpful in detecting bears but they may also agitate bears or lead them back to you.

7. Carry red pepper bear spray or another deterrent and know how to use it

For more Bear Safe tips, including information on how to deal with bear encounters or attacks, see www.wspa.ca/bearsafe.html.

World Society for the Protection of Animals (WSPA) visions is a world where animal welfare matters and animal cruelty ends.

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Phone 345-8661

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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

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- ◆ Veteran's Affairs
- ◆ Worker's Compensation

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