



Fitness Coop getting underway

by Charles Norman

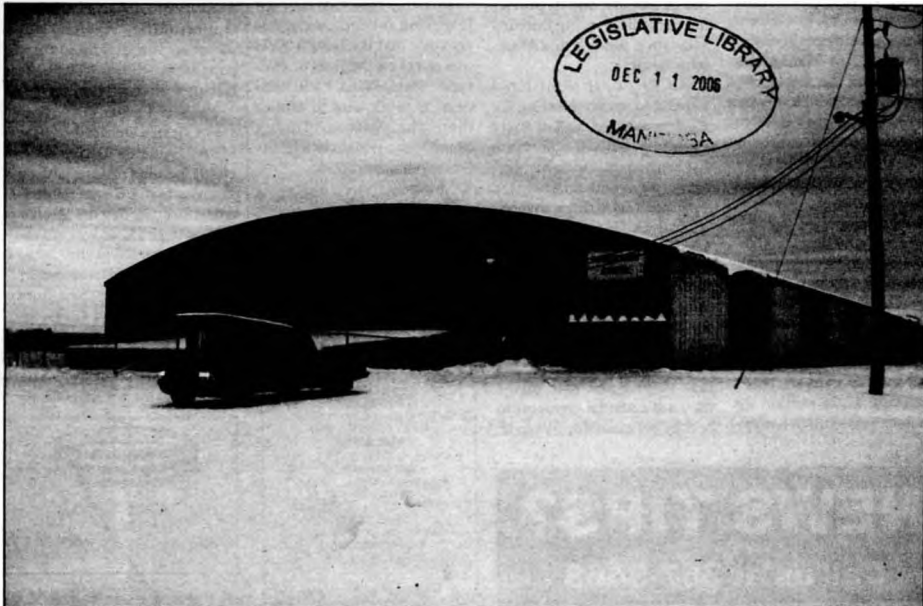
Twenty-four people showed up at a fitness coop organizational meeting November 13. Since then a twelve person executive has met twice.

The Coop, *Rivers North Fitness Coop*, will use the upstairs level of the Powerview Arena for exercise equipment, and the downstairs space for lockers and showers. The main floor may be used for an indoor exercise track.

A Coop membership fee of \$100 has been suggested, with an annual fee of \$200. An annual fee of \$250 has been proposed. The Coop is expecting to get at least 100 members.

There will be a card lock system and security cameras and members will be able to use the facility twenty-four hours a day. Some equipment is being donated and a committee is looking into leasing other exercise equipment. A survey has found that preferred items of equipment are treadmills, weights, elliptical bikes, stepers and bowflex machines.

Diane Dube, who initiated the project after seeing a Free Press report of a similar operation in Grandview, said the Coop is quite different from the Wellness Centre proposed for the Beaches. She pointed out that people in Pine Falls do not travel the 25 miles to Lac du Bonnet to use a similar facility, and likely would not travel 25 miles in the opposite direction to use exercise equipment at Traverse Bay.



Reverend Whitford to celebrate 50th Anniversary of Ordination

The Bishop of Keewatin and the Anglican Church of Canada invite people to a special service of thanksgiving celebrating the 50th Anniversary of the Ordination of The Reverend Canon James Whitford.

The celebration will take place on December 12th, 2006 at 4:30pm at St. John's Church in Lac du Bonnet. There will be a reception to follow.

Canon Whitford was Rector of the Anglican Church of the Advent in Pine Falls for many years.

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New government having a positive effect for Manitobans

To the editor:

Canada's New Government has been working hard to provide assistance to all Canadians, and as Regional Minister for Manitoba I have been actively involved in several files and have seen the investments that our government is making in the lives of Manitobans. More must be done, but Manitobans should know that in a few months the Conservative government has brought forward important measures that will positively impact their lives.

I have supported our government in providing the Manitoba government with an additional \$130.4 million to invest in public transit, affordable and aboriginal housing and post secondary education.

I was pleased when Canada's New Government chose to allocate \$2.25 million for Manitoba's bilingual communi-

ties and introduced Bill C-23 that extends minority French-language rights.

I have supported our government in allocating \$550 million in support for farm families in Canada, and in providing immediate spring flooding assistance funding for Manitoba farmers.

As Regional Minister, I worked to secure funding for the expansion of the Red River Floodway, after the previous Liberal government left Manitobans with an unsigned agreement with the province.

And as Canada's Justice Minister and Attorney General, I work hard every day to ensure all Manitobans can live in safety. Improving the safety of our communities is paramount to this government, and I'm sure we would all agree that safe streets and low crime rates are essential elements to healthy communities. When an

area is known to be safe, when it is home to a friendly and vibrant population, people feel confident about going there - whether to do business or to raise their families.

Canada's New Government is making investments in our province that is having a positive effect on the lives of everyday Manitobans. I will continue to work hard to ensure that the issues facing Manitobans remain as a priority for our government.

Sincerely,
The Honourable Vic Toews
Justice Minister and Attorney General of Canada

Patricia Fortier named Ambassador

Patricia Fortier, daughter of Edna Fortier of Pine Falls has been appointed Ambassador to the Dominican Republic. The Honourable Peter MacKay, Minister of Foreign Affairs and Minister of the Atlantic Canada Opportunities Agency, announced the diplomatic appointment.

Biographical notes

Patricia Fortier (BA Honours, Queen's University, 1978; MPA, Queen's University, 1979) headed transit policy planning for the City of Edmonton before entering the foreign service in 1983 and was immediately seconded to the Canadian International Development Agency (CIDA). She has served abroad with CIDA in Lusaka and Nairobi, and as an immigration officer in New Delhi. At headquarters she served with the United Nations

and Economic Relations with Developing Countries divisions. From 1992 to 1995, she took a leave of absence to work in Costa Rica as a consultant with the Inter-American Institute of Human Rights/Centre for Electoral Promotion and Assistance and Deputy Executive Director, Earth Council. In 1995, she returned to DFAIT and has since served as Director, Regional Security and Peacekeeping; Senior Advisor to the Organization of American States mission to Peru; and Minister-Counsellor (Political) at the Canadian Embassy in Washington, D.C. Most recently, Ms. Fortier has served as the Department's Weatherhead Fellow at Harvard University in Cambridge, Massachusetts. She is married to Paul Durand. Patricia Fortier succeeds Alvin Curling.

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<p>Publisher Valerie Anderson</p> <p>Writers Jim Hampshire Charles Norman</p> <p>Production/Art Design Lori Pachkowski</p>	<p>SUBSCRIPTIONS Local Rate: \$33.90 National & Urban Rate: \$45.20 Foreign Rate: \$113.00 (prices include PST & GST)</p> <p>2nd class mail #1761587 (Postage paid in Pine Falls)</p>	<p>P.O. Box 178, St. Georges, MB R0E 1V0 Place McDougall, St. Georges e-mail: theecho@mts.net Powerview Office Ph: 367-9468 Fax: 367-9974</p>	<p>The Winnipeg River Echo</p> <p><i>The Echo is an independent weekly newspaper published on Tuesdays in Pine Falls and Lac du Bonnet, Manitoba. Advertising and submission deadline is Friday at 3:00 p.m. prior to Tuesday's publication.</i></p>
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Cougars Wolves and Wolverines

A Natural History of the East Beaches and the Belair Forest

The Canada Lynx - and Snowshoe Hare

by Charles Norman

This is the fourth article of a series dealing with the wildlife in our area and our relation to it. This week's article features the Lynx - and its major food source, the Snowshoe Hare. We welcome your comments, personal observations and corrections if your experience differs from what you read here. Every year the series will be published in an annual, full colour, magazine. Your photographs are welcome.

It is impossible to write an article on the lynx without mentioning its major food source - the snowshoe hare. They are so interrelated that the numbers of both follow ten year cycles. Fur purchase records of the Hudson Bay Com-

pany show a direct relationship for more than 160 years, ever since 1845.

Snowshoe hares, often called jackrabbits, breed two to four times each summer, with litters of from three to seven. Obviously, if unchecked the population of hares would very soon overwhelm the food supply.

Enter the lynx. Lynx feed almost exclusively on the snowshoe hare, and will normally eat one every day or two - 250 to 300 per year. It could be expected that the population of hares and lynx would stabilize and a reasonable balance would be maintained, but it does not work that way.

The survival of young lynx depends on the food supply. If there

are few hares then less young lynx survive and the population drops. As the lynx population drops, the hare population increases, followed by the lynx, but much more rapidly. Soon there is an abundance of hares, and the lynx population explodes. Every ten years the lynx population overwhelms its prey, and the population of the hare plummets - Less lynx kittens survive, and the lynx population itself plummets - and the cycle begins all over again. The lynx is, of course, not the only predator of the snowshoe hare, some, at less than two weeks old, are killed by red squirrels and ground squirrels, for the older animals, coyotes, northern goshawk and the great gray owl are all predators. They are also subject to many viral, bacterial and parasitic diseases.



The one that got away - The Snowshoe Hare is much faster than the lynx. This dramatic picture shows the outstretched paw of the lynx in a desperate attempt to capture the Snowshoe Hare before its next bound takes it out of harms way.

The snowshoe hare is much faster than the lynx, and the Lynx normally has to lie in wait alongside the well-used snowshoe hare trail. If the lynx is not successful at the first bound the hare usually gets away.

The lynx breeds in February or March and (usually four) kittens are born in April or May.

Lynx are cautious creatures, and try to avoid con-

tact with people, but they are not rare in our area. RM of Alexander Councillor, Ed Forsyth saw one on the new Trans Canada Trail last year, but most people will have to settle for tracks in the snow. Helen Norman, of Belair came across a track two years ago where a lynx had ambushed a snowshoe hare and carried it off into the

hush. It appeared that the lynx had crept up on its prey and leapt about eight feet to make the kill.

If you have any comments on any part of this article, or on the behaviour of pelicans please call me at 756 3057 or email me at cnorman@granite.mb.ca

To be continued. Copyright by Charles Norman, 2006



The Lynx



The Snowshoe Hare

Breakfast with Santa
 Friday, December 8th
 Drop in anytime between 9:30am & 11:30am
 Free pictures with Santa!

Join the Circle of Care. Become a Foster Parent.
 Open your heart and your home and make a difference in a child's life.

Joe from Winnipeg

I'm Joe from Winnipeg.

I was thinking the other day about how sometimes it can be hard to be a kid and how from time to time some kids need foster parents to help them along.

And that got me thinking about the word "fostering".

In many Aboriginal languages there is no word for "fostering"... just words that mean we are all one family in this world.

But if fostering could be translated into my traditional language, I bet it would simply mean taking care of children, that we can all help each other within our traditional circle of care.

Join that circle. Become a foster parent.

I'm Joe from Winnipeg.

Meegwetch

For more information on how you can become a foster parent, please call 1-888-995-JOIN.

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Pine Falls Preschool

by Kathie Duff

Well by the looks of the outdoors I think it is safe to say Winter has arrived.

Some of the highlights for the month of November include

talking about Numbers and making rice numbers and number collages. We were closed on November 10 for Remembrance Day. November 13-17 we talked about Community Workers. We visited Mrs. Kotak in the Kindergarten room at Pine Falls School. We also visited Mr. Kotak in his lab and saw some very interesting things which the children still talk about at times. Kari Kulyk came in and explained to the children what a Dental Assistant does and showed the children the proper way to brush our teeth. We also visited with Mr. Kemball at the Fire Hall and had a great tour and watched a very informative video about safety around fire. On our visit at the R.C.M.P. station we had a great tour, we had our finger prints done and sat in a police car thanks to the female R.C.M.P. officer. The children were quite surprised to discover that there was someone in jail at the time of our visit who had broken the law.

November 20-24 we talked about Nutrition. A healthy snack was provided to the children each day and we had fun doing

food activities each day such as yogurt painting, celery and cheese whiz painting, spaghetti and cherrio art, food collage, cow puppets, putting cherrios on a straw and doing a taste test. During this week we welcomed 2 new children

and their families to our program. On November 26 we had a Bake Sale at the Pine Falls Golf Course. Thanks to all of those who bought baking in support of our preschool and the children sang some songs for the audience. November 27-December 1 we started making crafts for Christmas. We made holiday stars, foot and hand angels, cut and pasted holiday pictures, tissue paper trees and glitter angels. On November 30 the children visited Pineview Lodge and sang for the seniors. As a treat the children got to decorate cookies which they thought were quite tasty. They also got to decorate a ginger bread house while we were there.

December will be a very busy month for us as we will be making lots of crafts, making special gifts for the parents and practicing for our Christmas concert which will take place on December 15. Hopefully the big Jolly man will take time from his busy schedule to come visit the children on the 15 and bring them some presents. At the end of the morning some lucky person will be the winner of the \$100.00 fibro optic Christmas Tree which one of our parents kindly decorated. Thanks to all of you who have bought tickets to support this event it is greatly appreciated.

Our last day of preschool will be on Friday December 22 and will be closed for the Christmas Holidays until Monday January 8, 2007.

I'd like to end this letter by wishing everyone A VERY MERRY CHRISTMAS AND A VERY HAPPY NEW YEAR 2007!



Health Corner

Ask your Primary Health Care Provider

Please forward health related questions to: Health Corner, Box 1030 Lac du Bonnet, R0E 1A0 - Phone 345-8647; or Email: corvis@neha.mb.ca For more health information visit the NEHA website: www.neha.mb.ca.

Taking care of baby teeth Newborn to one year old

Did you Know?

You should wipe baby's gums with a clean soft baby cloth dampened with water, after feeding, or at least twice a day, especially before bedtime.

You should start brushing baby's teeth as soon as the first tooth arrives, using a soft infant toothbrush and water or baby toothpaste.

Toothpaste with fluoride should not be used on baby's teeth before they are one year

old.

Use a teething ring instead of a teething biscuit. Teething biscuits contain sugar.

Baby should be off the bottle around 6-8 months old, and offered a sippy cup or a regular cup, that you can help baby with, at meal and snack time.

Milk and non-sweetened fruit juices are very nutritional for babies, but they should NOT be available for babies to sip on all day long because they all contain sugar. These drinks

are best offered only at meal time and snack time.

Lift the baby's lip to check for signs of decay. You will see chalky white lines or brown stains right up around the gum line. If this is present, seek professional advice through your local dental office or health nurse.

Submitted by: Lynn Giesbrecht, Dental Therapist Community Facilitator, NEHA
Source: Healthy Smile Happy Child

MJHL News



The Southeast Blades have traded forward Cole Lillies to the Swan Valley Stampers for forward Tommy Thomas.

Lillies, 17, had a pair of goals and five assists in 25 games with the Blades.

Thomas, 19, scored six goals and added 11 helpers in 28 contests for the Stampers.

Swan Valley Stampers have ac-

quired defenseman Jeremie Houde from the Nanaimo Clippers of the British Columbia Hockey League for future considerations.

Houde, 18, had a point in 21 games with Nanaimo.

The Winkler Flyers have traded defenseman Tony Dom to the Port Hope Predators of the Ontario Provincial Junior Hockey League for future considerations.

Dom, 19, played in seven games with the Flyers.

All teams were required to have 25 players or less on their roster as of midnight last night (December 1st).

League Standings

Addison Division	
Wpg. South Blues	25 6
Selkirk Steelers	24 2
Wpg. Saints	16 15
Winkler Flyers	14 14
Southeast Blades	6 20

Sher-Wood Division	
Dauphin Kings	20 6
Neepawa Natives	20 10
Portage Terriers	15 10
Waywayseecappo	10 19
Swan Valley	7 21
OCN Blizzard	5 23

UPCOMING GAMES:

Friday, December 8, at 7:30pm
Southeast Blades at Swan Valley Stampers

Saturday, December 9, at 7:30pm
Southeast Blades at OCN Blizzard

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CANADIAN INDEPENDENT

Faith Perspective

by Pastor Jake Doell

Facing Your Future

Are you confident or concerned about your future? As Canadians we have always been a forward looking people.

This week we will look at the first mistake we often make in planning for the future. In the book of James 4:13 we read; "Look here, you who say, 'Tomorrow we are going to a certain town and will stay there a year. We will do business there and make a profit.'" This all sounds like a good plan. This guy has it all planned out. What's wrong with that?

The mistake is there is not a mention of God in

this entire business plan. He knew what he wanted to do but he did not check it out with God first. He had a wise plan but he forgot to include God. Alexander Solvintzen was asked what happened in Russia that brought about the ruinous Russian Revolution and he answered, "This is what happens when men forget God." James writes that it is very important to include God in our plans. It is sad when someone says they don't believe in God but it sadder still when someone says they believe in God but then lives like He doesn't exist.

What's the solution? Include God in your plans. James writes in 4:15, "Instead you ought to say, 'If it



is the Lord's will, we will live and do this and that." Although I do not subscribe to Murphy's law - "If things can go wrong they will", I do know that life can be pretty "if-ty" at times. Right in the middle of LIFE is IF. I don't know what's going to happen tomorrow, you don't either. I used to pray "Lord bless what I'm doing." Now I pray, "God help me to do what you are blessing." I have learned through painful experiences that making plans that leave out God usually leads to frustration and a whole

lot of fussing. I refer to these two tidbits of wisdom from the book of Proverbs 16:1 & 9; "We may make our plans, but God has the last word." "We should make plans - counting on God to direct us." Next week we will look at the second mistake we often make when we face our future.

Safety tips for winter walking



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

Walking is one of the best ways to keep fit but winter ice and snow can make walking a challenge. Just one bad fall on ice can have long-term effects such as injury or chronic pain.

1. Wear the right gear for winter safety

Choose winter boots that are sturdy and warm, with a thick non-tread sole and a low, wide heel.

Be careful of ice grippers on footwear, which can help you walk on hard packed snow and ice, but can become dangerously slippery on stone, tile and ceramic.

Use a cane to help with balance. Have it fitted to the right height for you, and attach an ice pick to the end of your cane.

Use a walker if you need extra support.

Wear a hip protector (a lightweight belt or pant with shields to guard the hips).

Wear bright colors or reflective clothing so you can be seen easily.

Wear a warm hat, scarf, and mittens or gloves to protect against heat loss.

2. Make sure your walking surfaces are safe

Keep entranceways and sidewalks clear of ice and snow (Contact your local Services to Seniors Coordinator for help with snow removal).

Carry a small bag of grit, sand or non-clumping cat litter in your jacket pocket or handbag, to sprinkle when you are confronted with icy sidewalks, steps, and bus stops.

Ask a passer-by to help you cross an icy surface.

3. Learn how to walk safely across a patch of

ice. Slow down, keep your body loose, and spread your feet to more than a foot apart. Bend your knees a bit. This will keep your center of gravity lower to the ground.

Take a small step, placing your whole foot down at once. Keep a wide base of support. You can drag your feet or shuffle them, as long as you place your whole foot down at once.

For more great tips and information, visit the Canadian Health (CHN) website at www.canadian-health-network.ca.

CHN is a national, bilingual health promotion program whose goal is to help Canadians find the information they're looking for on how to stay healthy and prevent disease.

Special Christmas "Tree of Lights"

The Pine Falls District Health Care Foundation Inc. was created to support hospitals, personal care homes, ambulance services and other non-profit charitable, educational and cultural organizations. It is the mandate of the foundation to assist in maintaining and promoting the good health for all the residents served in this area. The work of the Foundation is accomplished through donations from the community.

Honour the memory of a deceased loved one this Christmas season on the Pine Falls Health Complex's Special

"Tree of Lights"

This special tribute will enable interested persons to acknowledge their memories by purchasing a light (\$10.00 per name) on this tree, while providing donation funds for the foundation. A tax deductible receipt will be issued to all donors.

Interested person can contact the reception desk at the hospital or send their donations to The Pine Falls District Health Care Foundation Inc., Box 2000, Pine Falls, MB R0E 1M0



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Community economic development is more than just business expansion. It's about taking stock of the needs and resources in your area and coming up with plans to make the best use of your assets.

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- Assisting in the development of strategic plans
- Locating resources for diversification and value-added initiatives through programs such as Rural Economic Development Initiatives (REDI), the Young Entrepreneur Program (YEP), Hometown Manitoba, the Rural Entrepreneur Assistance (REA) program and the Community Enterprise Development (CED) Tax Credit Program
- Networking with other communities to find the various resources your community needs to achieve your goals

To find out more about how your local GO Centre team can help you keep your community growing, call them today or visit

manitoba.ca/agriculture.

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Recreation Re-boot

Pineview Recreation Commission, 367-9142

First Aid/CPR Training

There will be a First Aid/CPR course at Pine Falls School on January 13th and 14th from 9:00 a.m. – 4:00 p.m. The cost for the course is \$100 and a \$50 deposit is required before December 20th. There is limited space available so if you need to obtain your First Aid certificate please register early. You can register in person at the Rec. Office or call 367-9142.

Family Fun Skate with "Santa"

There will be a Family Fun Skate at Pine Falls Arena on December 15th from 4:00-8:00 p.m. There will be music, canteen specials and a visit from Santa. Admission is free, but we are asking everyone to bring a non-perishable food item to donate to the food hampers.

Badminton Tournament

There will be a badminton tournament for all members of the Pine Falls Badminton Club on Sunday, December 10th at Pine Falls School. This will be a "fun" tournament, so all members are encouraged to sign up.

Guitar Lessons

Guitar lessons will be starting on January 17th and running for 12 weeks. The instructor is Lawrence Patzer. There will be two classes – one for 10-12 year olds and another for 13-adult. The cost is \$220.00 (+GST). If you are interested, please register at the Rec. Office prior to December 22nd.

Archery

The Winnipeg River Bowhunters have started up for another year. Classes are held every Monday from 4:00 – 5:00 p.m. and again from 5:30 – 6:30 p.m. You are welcome to attend either class. For more information, or to register, call Tom Paukovic at 367-8798 or Alan Actimichuk at 367-8739.

Boxing/Kickboxing for Kids!!!

If you are between the ages of 8 and 14 and would like to learn how to box or kickbox, then we have the class for you!! We will offer this program beginning in January if there is enough interest. Dates, times will be determined later and the fees will be based on the number of kids participating. So if you are interested call the Rec. Office at 367-9142 to register.

Ladies Hockey

The ladies recreational

hockey team is looking for recruits. Come on out for some fun and exercise – and maybe teach the men a thing or two!!! The ladies skate every Wednesday evening at 8:30 p.m. To register, call Dawn Nault @ 367-8419 or the Rec. Office @ 367-9142.

Dance Classes

Dance classes will resume again in the New Year. They will begin on Wednesday, January 10th and run for 12 weeks. Times are as follows:

4:30 – 5:30 p.m. Ages 3 & 4

5:30 – 6:30 p.m. Ages 5-7
6:30 – 7:30 p.m. Ages 8-12
7:30 – 8:30 p.m. Ages 14 – adult

The cost for the class will be \$127.20 and can be paid in two (2) installments. Space is limited, so please register early by calling the Rec. Office at 367-9142.

Recreational Volleyball

We started a recreational volleyball league on Monday, Nov. 6th. The league runs on Monday nights from 7:00 – 9:00 p.m. at the Pine Falls School Gym. We have been having a great turnout so far!! If you are interested in playing or entering a team of six (6), call the

Rec. Office at 367-9142.

Pine Falls Arena

There will be public skating at Pine Falls arena every Monday, Wednesday, and Friday from 3:30 – 5:00 p.m. NO STICKS OR PUCKS are allowed on the ice during public skating. There will be open ice on Tuesdays and Thursdays at the same time and sticks and pucks will be allowed during open ice. HELMETS ARE MANDATORY DURING OPEN ICE. Weekend public skating and open ice times will vary with the times of minor hockey games, so please check with the arena for ice times on Saturday and Sunday.

Public Library

The Public Library, located in Pine Falls School operates Monday to Friday from 1:30p.m – 3:30p.m and Thursday evenings from 7:00p.m – 8:00p.m. Community Internet access is also available during these times. PLEASE NOTE that the Library will be closed for the holidays on Friday, December 22nd and will re-open again on Monday, January 8th.

Miscellaneous

If any groups in the area have an event or ongoing program they would like to promote, please contact the Rec. Office at 367-9142 and I will put it in my weekly column.

WHAT'S IN THE Cupboard



Christmas Yule Log

Ingredients

- 5 eggs
- 150g light brown sugar
- 75g plain flour
- 2 tbsp cocoa
- 25g butter, melted
- 465g jar Marachino cherries
- 200ml Double Cream
- 200g bar Waitrose Continental Plain Chocolate, broken into pieces
- 284ml Whipping Cream
- icing sugar, to dust



Instructions

Preheat the oven to 190°C, gas mark 5. Grease a 26cm x 35cm shallow Swiss roll tin or baking tray and line the base and sides with baking parchment. Place the eggs and sugar in a large bowl and beat with an electric whisk for 6-8 minutes until the mixture is pale, foamy and thick enough to leave a trail on the surface when the whisk beaters are lifted.

Sieve the flour and cocoa over the whisked mixture. Fold in, using a large metal spoon, cutting through the mixture until all traces of flour are gone. Mix in 2 tablespoons of hot water, then the melted butter, until thoroughly combined.

Pour the mixture into the tin, spreading evenly into the corners. Bake for about 15-20 minutes until the cake is firm to the touch. Remove from the oven and turn out, top-side down, onto a clean sheet of baking parchment. Then, after peeling off the used baking parchment from the base of the sponge, roll up the roulade, enclosing the clean paper. Leave to cool completely.

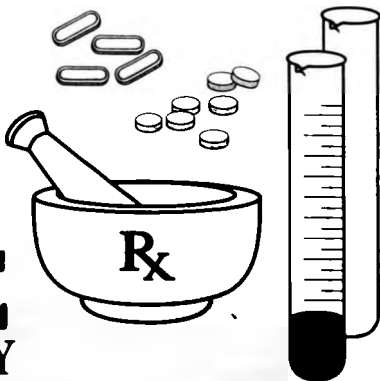
Drain the cherries and set aside, reserving the syrup. To make the ganache, pour the double cream into a heavy-based pan and heat gently until the cream is hot but not boiling, then add the chocolate. Remove from the heat and set aside for 2-3 minutes, stirring occasionally, until the chocolate has melted, then stir in 6 tablespoons of the reserved kirsch. Pour the ganache into a bowl and allow to cool, before chilling in the fridge for 1½-2 hours, stirring occasionally, until the mixture is cold and has thickened.

When the ganache is thick enough to hold its shape when stirred, whisk the whipping cream with 2 tablespoons of the reserved cherry syrup until it forms soft peaks. Unroll the roulade and spread the whipped cream to within 1cm of the edge. Scatter over the reserved cherries. Carefully roll up the roulade, lifting the paper with one hand and easing the sponge into a roll with the other hand. Slide onto a flat serving plate and discard the paper.

Spread the ganache evenly over the roulade with a palette knife, using the blade to create a 'bark' effect. Just before serving, decorate with bay leaves and fresh cranberries then dust lightly with icing sugar.

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A Mountain of Laundry

ECHOES FROM THE Heart

My husband and I became foster parents after we had been married for two years. Our first placement was two little boys, brothers, who we adopted after they were with us for eighteen months. When our boys were two and three, we were asked to take one and three-year-old sisters into our home. For the following two years we had our own little in-house, full-time daycare.

After the girls had been with us for about six months, I attempted to get involved in a Bible study group at our church. One thing or another always seemed to prevent me from attending. I was feeling a little discouraged, but I'd purchased devotional tapes and a study guide and thought I could keep up with the Bible study by myself at home.

One afternoon, after I'd put the children down for their naps, I tackled a mountain of laundry that had piled up on the sofa and needed folding. As I was folding, I began discussing my plight with the Lord. "You know, Lord, I've started attending this Bible study and I'm trying to find time for You and everything I need to do, but I just can't seem to find any time. I've tried getting up before daylight, but one of the kids always hears me and gets up

wanting my attention and by bedtime I'm exhausted. I guess I could do them during naptime, but that's the only time I have to get caught up with the housework...mainly the laundry. I seem to be able to keep up with most everything but this laundry! Well, I guess You know all about it. You gave me all of these little kids to care for and You know they need clean clothes to wear. You know how much work this takes and I know You understand."

The following Sunday my husband and I were sitting in Sunday School class waiting for the teacher to begin, when our family's adopted grandmother, Betty, came and sat down beside me. Betty is a widow who has raised five children. She's a wonderful woman who's always helping someone, and had personally blessed our family on many occasions, but I was totally unprepared for what she had to say on that particular day!

She leaned toward me and said, "I have a proposition for you."

My curiosity was aroused. "O.K., what is it?" I answered back.

She sweetly and softly replied, "I really think this is the Lord, but would you let me do your laundry?"

As I sat gaping at her with

my mouth hanging open, my mind was racing trying to think who could I have told about my laundry situation. I knew I hadn't mentioned it to anyone, not even my husband, Rodney. "Do you know how much laundry I have?" I whispered back as my eyes started to fill.

"Honey, I've raised five children and I know how much laundry you have," was her response. Then she continued, "You know, what you and your husband are doing raising these little children is wonderful, but I know it's hard work. I'm an old woman and I don't watch other people's children anymore, but I can do your laundry. You just have Rodney drop it off on his way to work, and pick it up on his way home. I'll wash it, dry it, iron it, fold it; whatever is needed."

Shame on me, because the whole time she was speaking, I was thinking, "Oh, Lord, not the underwear! I can't send our underwear to someone else to do!"

Betty was still talking, "Last week I noticed you up on the platform during praise and worship and you looked very tired. I was thinking about you all week and then I felt the Lord telling me to, 'Ask Ronni if she'll let you do her laundry,'" then she finished with, "Now, don't

you rob me of this blessing!" At the time I didn't know how to respond. Not wanting to hurt Betty's feelings, I let her know I would think about her offer. Even though I had poured out my heart about how difficult it was to keep up and how I missed my devotional time with Him, I was unprepared for God to actually do something about it. He had given me the task of caring for these little ones and I was a little put out that He'd taken me seriously when I said I was having trouble keeping up. So I thought, "If I just get a little more organized, I can take care of this myself."

As I walked in and surveyed the laundry room a couple of weeks later, I sagged against the washer. The mountain of laundry hadn't diminished a bit with my efforts to take care of things myself. As a matter of fact, it was now bigger than ever. "Well, Lord," I said, "I guess I could send everything but the underwear."

Very clearly, I heard that still small voice say, "When I ask you for your dirty laundry, I

want all of it, even the underwear."

That's when I broke. That mountain of laundry now represented the mountain of pride in my life. Who was I to look disdainfully on a gift offered in love?

As I picked up the phone my eyes were filling with tears and when I heard sweet little Betty's voice on the other end, my own voice shook as I said, "Betty, do you still want to help me with my laundry?"

My tears quickly turned to laughter at her ready response of, "Bring it on over, Honey, bring it on over!"

Our clothes were never cleaner, brighter, or less wrinkled than during the almost two years that Betty faithfully and lovingly did our laundry. Then when our little foster daughters were placed in their "forever home" through adoption, we both knew it was time for me to resume the task, and although she no longer does our laundry, our friendship remains strong. She laughed one day when I told her I wanted to be just like her when I grew up. I still do.

Holiday Madness

December 7th
KID'S NIGHT





LADIES NIGHT

December 14th

December 21st
MEN'S NIGHT



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December 24 - 10am to 4pm

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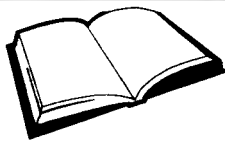
Sears

Please Note: These hours may vary between the businesses. Please check the schedules posted at your favourite shops to ensure that you will have time to do your shopping!

Library Corner Lac du Bonnet Regional Library

The library staff would like to thank the children who attended our annual Children's Bazaar on December 1st. The staff as well as the many volunteers enjoyed helping the children pick out gifts and wrap them up for family members to put under their Christmas tree.

We now have 40 new DVD's on our shelves. Some of the new titles for adults are: Die Another Day 007 starring Pierce Brosnan, The Thin Red Line starring Sean Penn and George Clooney, Windtalkers starring Nicolas Cage, Spy Game starring Robert Redford and Brad Pitt, and Snow Day starring Chris Elliott and Chevy Chase. For those who like classics, we have Gone with the Wind starring Clark Gable and Vivien Leigh, seven episodes of The Lucy Show starring Lucille Ball and ten epi-



sodes of the Best of the Beverly Hillbillies.

Five new DVD's for the children are: Hans Christian Andersen's "Thumbelina", "Kermit's Swamp Years", "Scooby-Doo", "Air Bud - World Pup" and Disney's 2006 film "Cars".

Have you got your tickets for the library's annual Christmas draw? The draw is a fundraiser which takes place on December 15th. The tickets are available at the library. Also, we still have a very good selection of good as new books which are great for gift giving.

Winnipeg River Recreation Scene

By: Sharalyn Reitlo, Recreation Director
Ph: 345 8816 or 753 2639
Email: reccom@mts.net

Don't let the weather stop you from walking **Everyone welcome!**
Clean shoes required.

Hall Walking is available in Lac du Bonnet at the following times...

-Monday to Friday (each weekday) from 7-8:30 a.m. at the Senior School

-Monday and Friday from 4-6 p.m. at the Senior School

-Community Centre on Tuesdays & Thursdays from 1:00 - 2:00 p.m.

Call Pat at 345-1227 or the Rec Office at 345-8816 for more information.

Hall Walking is available in Pinawa at the High School from Monday to Friday (weekdays) between 4:00 and 6:00 p.m. Call the Rec Office at 753-2639 for more information.

Sit and Be Fit Exercises

Are you looking for low im-

pact exercises to increase your strength and flexibility? Try the Sit and Be Fit program in the new year.

-Pinawa classes will be held on Tuesdays from 9-10 a.m. at the Pinawa Lutheran Church starting on January 9th.

-Lac du Bonnet classes will be held on Wednesdays from 9:30-10:30 a.m. at the Pioneer Club starting on January 10th.

Register by calling Pat at 345-1227.

It's SKI Time...

The snow is finally here, so it's time to start skiing! Enjoy the great cross country ski trails we have available around Pinawa and Lac du Bonnet. Kids... Join the Jack Rabbit program that runs on Sundays

from 1:30-3:30 p.m. in Pinawa. And we always need coaches... A Cross Country Coaching Clinic will be held in Pinawa on December 9-10. Contact Bruce Goodwin at 753-8393 for more information on these skiing opportunities.

2nd Annual Pinawa Winter Town Market

Come out and do some Christmas shopping on December 2 at the Pinawa Community Centre. A wide variety of homemade and commercial products will be available.

New Friends

The New Friends Mentorship program is looking for mentors for youth ages 6-17. If you are interested, call Robin at 345 6680.

NEWS TIPS?

Call us at 367-9468

Hot New... RELEASES

ON VIDEO NOVEMBER 28th

Pirates of the Caribbean: Dead Man's Chest
Cast: Johnny Depp, Orlando Bloom, Keira Knightley, Jack Davenport, Bill Nighy, Jonathan Pryce, Stellan Skarsgard
Rating: PG

Miami Vice
Cast: Colin Farrell, Jamie Foxx, Gong Li, Luis Tosar, Naomie Harris, Elizabeth Rodriguez, Ciaran Hinds
Rating: 14A

Beverly Hills Cop
Cast: Paul Soter, Erik Stolhanske, Cloris Leachman, Steve Lemme, Kevin Heffernan, Jay Chandrasekhar, M.C. Gainey
Rating: 18A

Pulse
Cast: Kristen Bell, Ian Somerhalder, Christina Milian, Rick Gonzalez, Jonathan Tucker, Samm Levine, Oclavia Spencer
Rating: 14A

How To Eat Fried Worms
Cast: Luke Benward, Hallie Kate Eisenberg, Adam Hicks, Austin Rogers, Alexander Gould, Ryan Malganni, James Rebhorn
Rating: G

Lies & Alibis
Cast: Steve Coogan, Rebecca Romijn, Selma Blair, Jon Polito, Deborah Kara Unger, Henry Rollins, Sam Elliott
Rating: 14A

Idlewild
Cast: Andre Benjamin, Anwan 'Big Boy' Patton, Paula Patton, Terrence Howard, Fazon Love, Cicely Tyson, Macy Gray
Rating: 14A

The Winnipeg Humane Society



Casey, 131015

Casey is a charming pup who loves other dogs! She is very exuberant & we're still working on her manners so right now she's best for kids 10yrs+ until she learns. She loves to play & run & is quite active but also settles well after exercise. Casey was found with another dog and while he was claimed by his owner, Casey was not. She needs a great home & has good family potential! Casey's adoption fee of \$159.00 includes her spay, heartworm test, vet exam, pet insurance & much more!



Princess, 126747

Found living under stairs in the north end in the middle of July, Princess was thin & nursing kittens and had a very large hernia which required repair. They were covered in fleas & desperately needed some TLC. Thankfully for our foster families, Princess was able to recover in a home setting. This very special, lucky kitty deserves a wonderful home. As a longterm cat, her adoption fee is reduced and is only \$48.06; includes her spay, microchip, 14-days after care & much 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

Less is more!

Some simple ways to increase the heat and reduce the smoke from your woodstove

Tex McLeod

It's a winter experience many Canadians would rather do without. You wake up, climb out of bed and when your foot touches the cold floor, you're suddenly wide awake.

For Canadians who own a woodstove, 'the cold floor wake up' can often mean frequent trips to the garage or woodshed for more wood. Here's how to reduce those trips, have a safer home and enjoy renewable wood heat.

Time to upgrade your woodstove

If you are in the market for a new woodstove, consider a new, advanced combustion EPA woodstove, insert or fire-place. For those of you who heat with older stoves - you owe it to yourself and your neighbours to upgrade your appliances.

With clean glass technology, which is an air circulation technology, you can enjoy a beautiful fire and make life easier by getting the same amount of heat while using one third less wood, resulting in one third fewer trips to the woodshed. By burning the smoke in the stove, substantial reductions in smoke leaving the chimney and creosote deposits are achieved. This translates into almost no smoke emissions - some homeowners have reported that their neighbours assume they've taken out their woodstoves after a changeout.

Older stoves can emit 40-80 grams of smoke per hour, but with newer advanced combustion EPA stoves, that number drops to 2-5 grams of smoke per hour - a reduction of up to 90%. If you are not sure about how much smoke your stove is releasing, take the chimney test. The next time you leave your house, look at your chimney. If there is black or gray smoke coming out of the stack, return inside to adjust the air inlets till you have cleaned up your stove emissions. Only then can you be confident that you are burning cleanly and safely.

What to burn

It's always important to take stock of what you're burning - burn only clean, seasoned wood (ideally cut, split and stored a year ahead). If you cut your own firewood, make sure to split it into pieces that are 4 - 6 inches in diameter (10-15



cm). This will expose more surface area to the flame, ensuring the wood will burn cleaner.

Make sure you store your wood outside, not in your home where it can contribute to excess moisture and mold problems. Keep the wood off the ground and cover it to keep snow, rain and other elements from seeping into the wood - a wood shed is ideal. Stack the wood, this will let air move through and help keep it dry.

Finally, always remember to avoid burning wet or green wood. Trying to light wet wood is a long process and produces cooler fires. As well, using wet wood means that creosote can coat your chimney and lead to dangerous chimney fires. Cool fires also often result in smoke entering the living area when you open the door.

Don't burn garbage - Put it where it belongs... in the trash!

When it comes to your discarded plastic, cardboard, magazines, plywood or pressure-treated wood, remember: Your woodstove is NOT a garbage incinerator. You may think you're doing your part by avoiding the local landfill, but when you burn garbage you're putting persistent toxic chemicals into the air. These chemicals don't break down and will settle into soil, vegetation and water.

According to Environment Canada, burning garbage is the fifth largest contributor to air-

borne toxins in the country! It's important then, to only burn clean, dry wood in your woodstove. You'll enjoy a cleaner, warmer fire and be satisfied with the knowledge that you're helping to keep the air clean.

These are just some of the many tips you should keep in mind as you gear up for another winter season. For more suggestions, please visit www.burnsmart.org for details on how to be a responsible woodstove owner.

Tex McLeod is Manager of the Hearth, Patio and Barbecue Association of Canada

On Parliament Hill



Your voice in Ottawa
Vic Toews, MP for Provencher

Reforming bail provisions for criminals who use guns

Gun violence on our streets must be curbed. It is high time to toughen the bail scheme. It is high time that Canadians stopped fearing gun violence.

Last week, Prime Minister Stephen Harper announced that Canada's New Government is delivering on another of its campaign commitments by introducing amendments to the Criminal Code to provide a "reverse onus" in bail hearings for offences involving firearms. The Prime Minister made the announcement in Toronto and was joined by Ontario's Liberal Premier, Dalton McGuinty, the Toronto's NDP Mayor, David Miller and Parliamentary Secretary to the Minister of Public Safety and Emergency Preparedness, Dave Mackenzie.

In my role as Minister of Justice, I was very happy to table bill C-35 in the House of Commons. As part of our commitment to tackle crime, we are moving forward on legislative changes that will make it harder for people charged with serious firearm offences to obtain bail.

'Reverse onus' is the cornerstone of these bail reforms. With this measure, those charged with serious gun crimes will have to demonstrate to the court why they should not stay in custody until their trial.

A 'reverse onus' currently applies in a small number of

cases, under this bill a reverse onus would also apply in the following cases:

- If the accused is under a weapons prohibition order and is charged with any serious weapons related offence; and
- If the accused is charged with firearm trafficking or smuggling.

These reforms will lower the risk that people charged with serious firearm offences may re-offend while out on bail. It will also reduce the risk that they may take flight to avoid facing trial for their original charges.

These reforms answer the call of provinces, territories and the law enforcement community for bail reform related to firearm offences. They also answer the call of all those who voted for the Conservative Party platform.

Canada's New Government will continue to implement the Conservative Party's election promises to tackle crime and reduce gun crimes.

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

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Pine Falls Community Billboard

Part 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.

Pre-natal 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. whilst every Thursday 1:30 p.m.

Pine Falls Health Auxiliary: meetings first Tuesday of every month 1:30 p.m.

Cottage Country Business Assoc.: meets first Monday of the month 7:00 p.m. October through May, phone 756-2596

Alcoholics Anonymous: Sunrise Group meetings every Monday, Wednesday and Friday 7:30 p.m. to 8:30 p.m., last Friday of the month open to the public, at St. Georges Catholic Church basement

Pine Falls Legion: meetings held second Thursday of the month 7:30 p.m. Legion, meat raffles held at Legion on Fridays 5:00 to 6:00 p.m.

Pine Falls Masonic Lodge #154: meets second Friday of every month, Pine Falls United Church, except January and February.

Badminton: Pine Falls School gym, Sunday and Wednesday nights 7:00 to 10:00 p.m.

Powerview garbage pickup: every Wednesday, recyclable pickup first and third Thursday of each month.

PAA: meeting first Tuesday of each month at 7:00 p.m.

Winnipeg River Senior Service Inc. Coordinator Tina Polischuk, Pine Falls Health Complex, phone 367-9128, 9:00 a.m. to 3:00 p.m. Monday to Friday. Services: transportation, home maintenance, foot care, volunteer help, info.

Village of Powerview: meets second Tuesday of each month.

Family Care Giver Support Group: at the United Church, Pine Falls, last Thursday of the month 7:00 p.m.

AA & Al-Anon - The Beaches family group: Thursdays 8:00 p.m., Senior Scene, Victoria Beach, 1 Ateah Road. 754-3173.

Happy Tot's Day Care: 367-2601, board meetings last Monday of each month 7:00 p.m. at the daycare.

Senior Scene Inc. #1 Ateah Rd., Victoria Beach: General meetings second Tuesday of the month, 756-6468 for more info.

Blue Water Support Group: meets every third Monday of the month 7:00 p.m. 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 1:30 p.m. to 3:30 p.m. Monday to Friday, and Thursday evening 7:00pm to 10:00pm. Library is situated in the Pine Falls School, entrance facing pool.

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 Tuesday 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 367-5406 for more info.

Weight Watchers: Wednesdays at 4:45 weigh-in and at 5:30 Meetings Call Delores at 367-2945 or 345-3399 or 1-800-651-6000.

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 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

Arrotics Anonymous meetings: every Tuesday, 7-8pm at the Sagleek Multi-Purpose Building (south shore highway 11).

Ask the Neighbourhood Mechanic



by Dave Redinger

The holiday season is here and you are going to hear a lot about "the evils of drinking and driving".

It's a sobering subject when you realize four people die each day in alcohol related deaths. If you find yourself over the limit here's two helpful hints that may save your life. First off, according to George Cooke of the Dominion of Canada General Insurance Company, operation "Red Nose" will be in effect. Call their number in your area and a volunteer will give you a safe ride home. These people are giving up their Christmas to help you and save lives at the same time. These folks and the countless volunteers like them deserve our praise and respect.

The second way home? Well, according to Brian Lawrie of Pointis (the traffic consultants), "Just call a tow truck". It may cost you more than a cab, but; you'll arrive

safely and have your car in the driveway, when you sober up.

When I take my car in for service the shop let's me use one of their cars for the day. I often wonder who's insurance is covering the car? If the answer is the shop's insurance do I have to sign something?

Paula

Well, I knew the answer to this one, but I checked with Nora Hohman of the Dominion just to make sure.

This lady is the V.P. of claims (that means she's smart). When you are driving a vehicle as a "replacement unit", your insurance is in effect, covering you and the car. The shop will ask if you have a valid driver's license and have you sign a work order. The same goes when you are on vacation, your policy should cover the rental car. Contact your broker to confirm this in effect on your policy. Ask for a 27 endorsement. Also make sure every driver that will be behind the

wheel is listed and covered.

Last week I answered a reader's snow tire question, Larry was kind enough to fill in the details.

Hi Dave, your last sentence re: installing four winter tires in heavy snow on FWD is misleading. The recommendation from Transport Canada and Canadian Insurance Bureau is to install four winter tires. The "rubber" compounds between winter tires versus others is dramatic. Winter tires greatly outperform others at lower ambient temperatures (7 Celsius and below.) These winter tires have a snowflake emblem on the sidewall that designates meets severe snow service requirements. Would you go skating with a Bauer on one foot and a gum boot on the other. (pretty harsh example). Like your articles and keep slugging.

Larry Hardy, U.K. Tire Stores Inc.

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 9:00am

ST. JUDE'S ANGLICAN CHURCH: Grand Marais, Holy Eucharist - second and fourth Sundays, 11:00 a.m. Morning prayer 11:00 a.m. - first, third and fifth Sundays.

TRINITY EVANGELICAL LUTHERAN CHURCH: Thalberg, 1 mile east and 1 mile south of Junction #12 and #304 - St. John's Evangelical Lutheran Church, Greenwald on Hwy. #12, 1 1/2 miles north of junction with #317 Sunday church school 10:00 a.m., worship 11:00 a.m. (alternate locations). For info, call 635-2625 or 754-8682

CHRISTIAN FAITH FELLOWSHIP - Bible study 7:30 p.m. Wednesday, church service 10:30 a.m. Sunday school 10:00 a.m.

HOUSE OF PRAYER FULL GOSPEL - 2:30 p.m. every Sunday, Scantebury, on Hwy. #59.

ST. MARGUERITE R.C. MISSION: Pitt Road - Traverse Bay, 11:30 a.m. Sunday additional mass mid-June through Labour Day 7:30 p.m. Saturday Closed November 1 to April 30th.

ST. ALEXANDER R.C. CHURCH: located at Sagleek 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) Sagleek 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

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Holiday Fire Safety tips

The December holiday season is a time of high fire risk and danger.

During the holiday season the incidence of fires and fire losses involving candles, home heating equipment, clothes dryers, and electrical sources increase significantly higher than these same categories for the rest of the year in Canada.

Christmas Tree

Ensure your artificial tree is "fire resistant."

Ensure your live tree is fresh and moist at all times. Cut the stalk at an angle and keep the tree well watered. Dropping needles indicate a dry, highly flammable tree.

Set up live artificial trees away from fireplaces, heaters, and other heat sources, and ensure it is not blocking an exit.

Decorations

Choose non-flammable decorations whenever possible.

Keep decorations, curtains, clothing and spray aerosol cans away from open flames or heat sources, such as lights, candles, heaters and fireplaces.

Lighting

Indoors or outdoors, use only lights that have been tested and labelled by a recognized testing agency such as the ULC or CSA.

Inspect holiday lights yearly for broken or cracked sockets, frayed or bare wires, or loose connections and throw out damaged sets.

Insuing extension cords, make sure they are rated for the intended use and in good condition.

Never use electric lights on a metallic tree. The tree can become charged with electricity from faulty lights, and a person touching a branch could be electrocuted.

Turn off all holiday lights when you got to bed or leave the house.

Outdoor electric lights and decorations should be plugged into circuits protected by ground fault circuit interrupters.

Christmas wrapping

Christmas wrapping and decorations can be highly combustible and should be kept

away from heat sources such as candles, lamps, fireplaces and wood burning stoves.

Gift wrap and boxes should be collected as soon as gifts are opened and discarded with the garbage or recycled when possible. Do not burn them in the fireplace.

Fireplace burning

Burn dry, well seasoned wood that has been split properly. Green wood is a major culprit in the creation of creosote.

Burn small, hot fires. A smouldering fire creates more smoke and smoke equals more creosote build up.

Never burn garbage or glossy paper. Plastic, coloured ink on magazines and wrappers produce harmful chemicals and creosote when burned.

Never burn treated wood. Particle board, plywood or any other painted or treated wood releases a toxic cloud of chemicals and can lead to creosote build up.

Always start your fire with newspaper and dry kindling, never gasoline, kerosene, char-

coal starter or a propane torch. A fire can get out of hand quickly with fuels other than wood.

Regularly remove ashes from the stove or fireplace. Store them outside in a covered metal container in a safe area away from the side of the house to avoid creating a fire hazard.

Ensure that flammable household items such as drapes, furniture, newspaper and books are far away from all heat sources.

Keep the stove doors or insert doors closed unless loading or stoking the live fire. Use a screen in front of the fireplace to keep sparks and embers in.

At least once a year have wood stoves or fireplaces and chimney cleaned and inspected by a professional.

Kitchen safety

Never leave cooking food on the stovetop unattended and keep a close eye on food cooking inside the oven.

Keep cooking areas clean and clear of combustibles.

Keep children and pets away from cooking areas by creating a one metre (three foot) free zone around the

stove. Turn pot candles inward so they cannot be pumped and children cannot grab them.

Wear short, close fitting or tightly rolled sleeves when cooking. Loose clothing can dangle onto stove burners and catch fire.

Always keep a potholder, oven mitt and lid handy. If a small grease fire starts in a pan put on an oven mitt and smother the flames by carefully sliding the lid over the pan. Turn off the burner. Do not remove the lid until it is completely cool.

Never pour water on a grease fire and never discharge a fire extinguisher onto a pan fire, as it can spray or shoot burning grease around the kitchen, actually spreading the fire.

If there is an oven fire, turn off the heat and keep the door closed to prevent flames from burning you and your clothing.

If there is a microwave fire, keep the door closed and unplug the microwave. Call the fire department and make sure to have the oven serviced before you use it again. Food cooking in a microwave can be dangerously hot. Remove lids or other coverings from microwave food carefully to prevent steam burns.



Great Christmas Gift

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* Price is for local delivery only!

The Winnipeg River **Echo**

Lac du Bonnet RCMP Report

This report covers the period from November 27th to December 3rd, 2006

Monday, November 27, 2006

At 9:10 PM there was a report of a subject operating a riding mower in the RM of Lac du Bonnet and he was a danger. A patrol was made and the subject was spoken to and advised that these riding habits were not acceptable.

Tuesday, November 28, 2006

At 11:20 AM there was a report of vandalism to a residence in the RM of Lac du Bonnet. Investigation continues

At 2:50 PM there was a report of damage to a vehicle in Pinawa. Once again the hood ornament was stolen. Investigation in a number of them continues with suspects.

At 5:44 PM there was a report of two dogs having been hit by a car on Hwy 44. A patrol was made and the dogs were gone.

At 7:00 PM there was a report of a theft of firewood from the RM of Lac du Bonnet.

Wednesday, November 29, 2006

There was nothing of press value to report on this day.

Thursday, November 30, 2006

There was nothing of press value to report on this day.

Friday, December 1, 2006

At 4:30 PM there was a report of a person trespassing on private property. Investigation continues into this matter.

Saturday, December 2, 2006

At 5:52 PM there was a report from Pointe du Bois of a mental health patient. Subject

voluntarily went to the hospital.

At 9:46 PM there was a report of another stolen hood ornament off a vehicle in Pinawa.

At 7:00 PM there was a report of a person walking in the RM of Lac du Bonnet. Subject concerned for their safety. The walker was located and was fine.

Sunday, December 3, 2006

At 1:53 AM there was a report of vandalism to a residence in Pinawa. Complainant reported but thought he knew who it was and would



attempt to look after himself first.

At 9:06 AM there was a report of an assault in Seven Sisters. Investigation into this matter is continuing.

At 1:05 PM there was a report of a snowmobile traveling across a yard in Lac du Bonnet. The culprit driver was advised this was unacceptable.

Lac du Bonnet Community Billboard

Health Concerns? Call 268-3235 to book your seat.
Cooking for better health: Lose weight, gain energy and prevent illness. Classes begin for every five people registered. Cindy Reimann, certified in nutrition, call 268-2168.
FACE 7-1375: meets first Tuesday of the month. Chicken Chef, Power-view meeting room.

Presatal classes: held regularly at Lac du Bonnet. Please register with Call 268-7463 or call your local public health nurse.

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

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

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

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

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

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

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

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

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

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

Lakeshore A.A. meetings every Sunday and Tuesday 8:00 p.m. at St.

John's Anglican Church, 86 McArthur, Lac du Bonnet. Last Sunday of the month open to the public. Call Ted 345-2839, Ron 753-8403.
Ladies A.A. Meetings Thursdays 1:00 p.m., 18 McDermot, Pinawa. Doreen 753-8357.
Battered Women's Crisis Line 1-800-362-3344.

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

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

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

Two Rivers Seniors Resource Council Lac. 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 Harold Huege, Whitemouth 348-3505. Lac du Bonnet, Pine Falls, Victoria Beach, Pinawa, Beausejour, Whitemouth, Oakbank, Hadsbville.

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

Gardea Club meeting every 2nd Wednesday of the month, 7:00pm, at St. John's Anglican Church Hall. No meetings January, July & August.

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

Lac du Bonnet Church Directory

ABUNDANT LIFE CHAPEL

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

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

LUTHERAN CHURCH OF THE CROSS

Church/office 345-8654

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

NOTRE DAME CATHOLIC CHURCH

Father Mike Szynal, 345-2908

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

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

ST JOHN'S ANGLICAN CHURCH

Rev. Sandra Tankard 367-9528, church 345-2357

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

Lighting Efficiency

Winter doesn't necessarily need to spell trouble for your wallet. With a few energy-wise lighting strategies put into place in your home, you need never know that it is the dark of winter outside.

Turn off the lights whenever you leave a room, even if it's just for a few minutes. Contrary to popular belief, a light uses more energy being left on continuously than if you turn it on and off.

Some free (or nearly free) lighting tips are:

Concentrate bright light only where you need it, instead of evenly lighting an entire room. Open the blinds when the sun is shining.

Replace bulbs that must be on all night with the lowest wattage possible, or switch to compact fluorescents (CFLs).

Decorate your home using lighter colours which will reflect light.

Keep light fixtures clean.

You can save even more money in the long run by making some investments now. For example, compact fluorescent light bulbs use about 75 per cent less electricity and can last up to 10 times (or four years) longer than regular incandescent bulbs. So, an investment of \$5 in a bulb may save you three times its cost (or \$15) in electricity. And this is just one bulb!

If you have outdoor lighting, you can install a motion sensor that only turns the lights on when someone walks by, and turns them off again automatically after a set amount of time, usually one to five minutes.

Dimmer switches are an-



other great way to save money. Turning lights down will save energy but if you are always dimming lights, you should consider using a lower wattage of

bulb. Follow these few simple ideas, and not only will your wallet be thanking you, but the environment, as well.

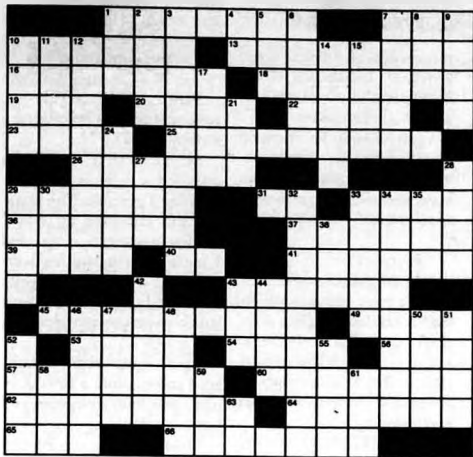
Seniors, Did You Know?

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 handivan services or paid volunteers to drive you to shopping, appointments, etc.... The handivan 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 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.

WEEKLY CROSSWORD



ACROSS

- 1. Attracted.
- 7. Large European scaraboid beetle.
- 10. Long-haired breed of cat similar to a Persian.
- 13. Past due.
- 16. Slang for "wonderful."
- 18. Came out of hiding.
- 19. Rather than.
- 20. Number of members on a basketball team.

- 22. In this way.
- 23. Shaped mass of baked bread.
- 25. Sucrose obtained from sugar cane.
- 26. Town in Massachusetts.
- 29. Keyed instrument resembling a harpsichord.
- 31. Heraldic color for gold or yellow.
- 33. Rhythmic expression of feelings.
- 36. Honorary title for a wise man

- in India.
- 37. Make possible.
- 39. Acronym for Electronic Route Guidance System.
- 40. Currently fashionable.
- 41. Dignified and somber in manner.
- 43. Caused distress to someone.
- 45. Hit song by the Supremes.
- 49. Probability that an event will occur.
- 53. Be in charge of.
- 54. Plural of "go."
- 56. Small hole in a needle.
- 57. Waitress or a waiter.
- 60. Make more attractive.
- 62. Chronic sleeplessness.
- 64. Written challenge to a duel.
- 65. Stupid person.
- 66. Most distant in any direction.

DOWN

- 1. Total a sum.
- 2. _ Gray, Colonel Wilma Deering on TV's Buck Rogers.
- 3. Large pasta tubes.
- 4. Used for expressing limit of movement.
- 5. _ Goldburg, Toronto-based folk performer.
- 6. Fellow-laborer of Paul during his first imprisonment in Rome.
- 7. 1999 film starring Ben Affleck.
- 8. Smallest whole number.
- 9. Put in order.
- 10. Morten _ , Norwegian

- singer.
- 11. Improvisational style instrumental trio.
- 12. Bright with steady but subdued shining.
- 14. Variety show with topical sketches, songs, dancing and comedians.
- 15. Something that is extremely boring.
- 17. Growl.
- 21. Final section.
- 24. Comes upon, as if by accident.
- 27. Garland of flowers worn around the neck.
- 28. Primeval Egyptian personification of air and breath.
- 29. Past tense of speed.
- 30. Standard number of strokes set for each hole on a golf course.
- 32. Place where one makes their home.
- 33. Of a lower intensity in color.
- 34. Willing to obey.
- 35. Common name for the Ulmaceae.
- 38. Not.
- 42. Equip with better weapons.
- 43. Domestic swine.
- 44. Plant used to treat burns and dry skin.
- 46. Writer of an ode.
- 47. Vote that blocks a decision.
- 48. Exact duplicate.
- 50. Groom.
- 51. Walk as if unable to control one's movement.
- 52. Large, hurried swallow.
- 58. Anything not genuine.
- 58. Black tropical American cuckoo.
- 59. Cancel.
- 61. Unit of metric land measure.
- 63. Used to indicate location.

LAST WEEK'S ANSWERS



CRYPTIC PUZZLE

CXXF BV DG BHJXKLDGL JKDL
XC D MDNDGPQF FBQL.

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

HARD WORK NEVER KILLED ANYBODY, BUT WHY TAKE A CHANCE.

Weekly Echo Horoscopes

December 3rd to December 9th



ARIES (Mar. 21-April 20)
You will be popular and will easily attract members of the opposite sex. Get involved in sports groups or hobbies that attract you. Catch up on overdue phone calls and correspondence. You can come up with solutions to the problems responsible for inefficiencies at work.



TAURUS (Apr. 21-May 21)
Spend time with friends or family. You may find that getting together with colleagues after hours will be worthwhile. Be prepared to counteract the damage that adversaries are about to create. Residential moves will be favorable, and larger quarters the most probable direction.



GEMINI (May 22-June 21)
Don't forget to let your mate know how much you care. Family outings or a quiet stroll through the park will lead to stimulating conversation and a closer bond. Take care of any dealings with government agencies. You can be sure that any dealing with large institutions should go well.



CANCER (June 22-July 22)
Pleasure trips will be most enjoyable and should lead to new and lasting friendships. You can solidify your relationship if you plan a special evening with your mate. You will do well if you mingle with the brass this week. You can change your living arrangements.



LEO (July 23-Aug 22)
You will enjoy travel and getting together with peers. Your added discipline will enable you to complete some of those unfinished projects. Do your own thing. Your outgoing nature might work against you this week.



VIRGO (Aug. 23-Sept. 23)
You will feel tired and rundown if you have allowed yourself to get into a financial mess. Try to stay calm and understand both sides of the situation. Romance is likely if you participate in unusual forms of entertainment. You can make gains if you look at long-term investments.



LIBRA (Sept. 24-Oct. 23)
Family outings should include visiting friends or relatives. Use your charm to get your own way. You don't owe anyone an explanation. Do your own thing, you need time to yourself. Do not push your opinions or try to reform your emotional partner this week.



SCORPIO (Oct. 24-Nov. 22)
Real estate investments will payoff. You must be careful not to trust just anyone. Your ability to be practical in business will help. It's time to reconnect with some of the people you used to know.



SAGITTARIUS (Nov. 23-Dec. 21)
Take care when dealing with older relatives. You can develop your creative talents if you take the time to practice your art. Interaction with colleagues will only be upsetting. Use your creative talent in order to accomplish your goals.



CAPRICORN (Dec 22 - Jan. 20)
A need to express yourself may come out in creative ways. You can make a difference if you offer your help at functions that involve children. Before you proceed be sure to talk your plans over with those they will affect. You are best to be discreet.



AQUARIUS (Jan. 21-Feb. 19)
Don't let your work and your personal life interfere with each other. Stop those bad habits. Communication will be the source of your knowledge and you must spend time with those who have more experience. Don't make large purchases unless you have discussed your choices with your mate.



PISCES (Feb. 20-Mar. 20)
Speak of your future goals, intentions, and commitments. Don't donate more than you can afford in order to impress others. Visitors may be likely to drop by. You can make extra cash by moonlighting.

Powerview RCMP Report

This report covers the period from November 27th to December 2nd



November 27:
POWERVIEW - investigation continues into a sexual assault.

FORT ALEXANDER - a theft of a vehicle proved to be unfounded. A relative had borrowed the vehicle and late returned the truck to its owner. N

charges were laid in the incident.

November 28:
PINE FALLS - an emotionally unstable female was located and returned to local hospital. The woman had wandered away from the facility earlier in the day.

FORT ALEXANDER - police attended outside a residence on the South Shore where a hydro transformer had been sparking and caught on fire. The local fire department and Manitoba Hydro were contacted quickly as the incident had left residents with no power.

MASKWA - a youth was apprehended by police from a group outing after he continued to cause problems and was spiraling out of control. Further information found the youth was in breach of several court orders and had an outstanding warrant. He was re-

manded into custody and returned to the Manitoba Youth Centre.

November 29:
- officers attended the multiplex arena to a complaint of a fight in progress. Further investigation found the fight to be consensual and no charges were laid in the incident. Restitution for some minor property damage was agreed to by both parties.

November 30:
FORT ALEXANDER - patrols near a residence on the south shore were made after complaints of suspicious person in the area. The resident heard a loud noise and the house being hit with an object then quickly called police. Police did not locate anyone in the vicinity however no further call backs were received.

- police attended a residence to remove a highly intoxicated female who was causing a dis-

turbance at a residence. Upon arrival the female had left the home peacefully and no further action was necessary.

- intervention in a custody issue resulted in a female being advised to obtain a peace bond and to seek an interim order through the court process.

December 1:
RM OF ALEXANDER - police were contacted to attend a residence where a report of an aggressive dog in the neighborhood. The owners were spoken to accordingly by police and no further action was necessary.

POWERVIEW - investigation continues into a complaint of sexual assault of a female youth.

BLACK RIVER - a break, enter and mischief was dealt with locally and informally. All parents of the youth and youth involved in the incident were spoken to accordingly. Restitution for the damages was agreed upon and no further action was required by police.

FORT ALEXANDER - a female was charged by police for an assault on another female. Further information found the woman also had outstanding warrants. Investigation continues.

December 2:

FORT ALEXANDER - police continue to investigate a spousal assault.

POWERVIEW - officers attended a fight in progress between 3 persons. The situation was stabilized by police. Further investigation revealed 1 male had outstanding warrants and was lodged in cells accordingly. He was released later on a promise to appear in Powerview Court.

- police recovered a damaged snowmobile a 1997 Arctic Cat ZR 600 EFI green and black in colour.

SUMMARY: - Police also actioned 2 request(s) for assistance to other detachments/service of legal documents, attended 3 false alarm(s), processed 3 traffic accident report(s), lodged 4 person(s) under the Intoxicated Person Detention Act, charged 0 person(s) for impaired driving/refusal of breath test, attended 1 noise complaint(s) and issued 1 ticket(s) under the liquor/highway traffic 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.

SILVER HAVEN MEAL PROGRAM

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

Silver Haven at
367-4620 or
Denise 367-2374

Wednesday, Dec. 6
Soup, roast beef and yorkshire pudding, potatoes and gravy, mixed vegetables, jello and shortbread.

Friday, Dec. 8
Coleslaw, pork cutlets, scalloped potatoes, peas, bread pudding.

Monday, Dec. 11
Soup, pancakes and sausages, upside down cake.

Wednesday, Dec. 13
Salad, ham, baked potato, carrots, rhubarb pie.

The Winnipeg River

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Phone 367-9468,
Fax 367-9974
Box 178, St. Georges, MB R0E 1V0
Email: theecho@mts.net

WEDDINGS - ANNIVERSARIES - BANQUETS
RETIREMENTS - MEETINGS, ETC.

at the **GREAT FALLS
COMMUNITY HALL**

Contact Hall Manager 367-2998

Affordable Advertising

The Echo CLASSIFIEDS

REALTY - FOR SALE - FOR RENT - WANTED - HELP WANTED - CARDS OF THANKS
IN MEMORIAMs - LOST AND FOUND - SERVICES - EMPLOYMENT OPPORTUNITIES

\$5.00
plus gst
Additional \$5.00 for photographs.

for the first 25 words
PLACE McDougall,
ST. GEORGES
367-9468

DEADLINE FOR
ADVERTISING
FRIDAYS BY
3:00PM

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. TFN

For Sale: Ready to move home, approximately 1500 sq. ft. must be moved. Contact Debbie for more details at 367-4477. 3a-2

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

Would like to rent a house or trailer in the Pine Falls - Powerview, St. Georges or Great Falls area. Please call Walter at 204-482-6171. 35-8

Prière au Sacré-Coeur



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.

Licensed Hair Dresser to work in new shop in Pine Falls area, call Vera at 345-4876. 36-1

Direct Support Worker - Casual Relief

Wings of Power is still looking for compassionate individuals to work with developmentally challenged adults. Program runs Monday - Friday, and hours fall within 8:45 a.m. to 4:30 p.m. Duties include following daily routine, transporting clients, mentorship and teaching basic life skills. Candidates must possess valid driver's license and have access to a vehicle. Successful candidates will be subject to Child Abuse and Criminal Record checks. 20-2

Rooms and Suites for rent. Weekly and Monthly rates available. Hydro and satellite included, call Omer at 367-9991 or 367-4210. 30 TFN

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

Book this space and sell all of your old or new articles or household/garage gadgets and such. Only \$5.00, call 367-9468 to book your classifieds.

UNDER THE MUNICIPAL ACT NOTICE OF PUBLIC HEARING REGARDING BY-LAW 14/06

THE RURAL MUNICIPALITY OF ALEXANDER

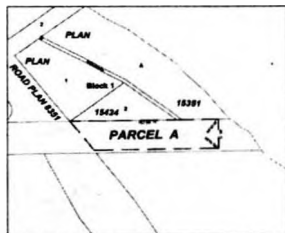
TAKE NOTICE that the Rural Municipality of Alexander has proposed an amendment of a by-law providing for the closing of the following Municipal Road Allowance:

1. All that portion of the government road allowance lying between Section 36, Township 17, Range 10 EPM and Section 1, Township 18, Range 10 EPM, and bounded as follows:

On the north by the northern limit of said government Road Allowance, on the south by a line drawn south of parallel with and perp. distant 89 feet from said northern limit, on the west by the straight production southeasterly of the northeasterly limit of Road Plan 8351 WLTO and on the east by a line drawn southerly, at right angles to said northern limit from a point on said northern limit distant easterly thereon 423.66 feet from said western limit.

As more specifically shown bounded by a dashed line on Appendix "A" attached here to, be closed; and

2. That in consideration of the sum of \$9,000.00 and in exchange for Title # 1227098 WPG, legally described as all that portion of North 33F in depth lying West of left bank of Winnipeg River as shown on township survey dated 1908 which lies East of East limit of RD 2546, and other good and valuable consideration all that portion of the road allowance shall be transferred to Vince Harbottle, excepting all mines and minerals, title to which shall remain in the Crown; and the Chief Administrative Officer is authorized and directed to do all acts and execute all documents required for the transfer.



Appendix A
R. M. of Alexander
Road Closing

A copy of the above By-law of the Rural Municipality of Alexander and supporting material may be inspected by any person during regular office hours at the office of the Municipality at St. Georges, Manitoba.

The Council of the Municipality will hold a PUBLIC HEARING at the office of the Municipality at St. Georges, Manitoba on December 12, 2006, at 11:00 a.m. to hear in person or by agent any person who claims that his land will be prejudicially affected by the by-law and who applies to be heard.

DATED at St. Georges, Manitoba this 20th day of November, 2006.

Call the Echo 367-9468 To place your Classified Ads!

North Eastman Health Association
North Eastman Health Association is the Regional Health Authority responsible for delivering and administering a broad spectrum of Health programs & Services to a population base of 40,000 during the winter and an estimated summer population of 80,000 including the Whiteshell, Winnipeg River and Eastern Beaches. Please visit our website for more information at www.neha.mb.ca

Current Employment Opportunities

Registered Nurses
Acute
F/T P/T Casual
Various Locations

Licensed Practical Nurses
Long Term Care
F/T P/T Casual
Various Locations

Health Care Aides
F/T P/T Casual
Various Locations

Recreation Workers - Casual
Various Locations

Qualifications: Activity Worker's certificate or equivalent preferred. Previous related experience is preferred.
Willing to train suitable candidates.

Interested applicants are invited to submit a resume and cover letter by **December 12, 2006** in confidence to: Human Resources Assistant, North Eastman Health Association, PO Box 338, Pinawa, MB, R0E 1L0, Fax: 204-753-2015. Email: hr@neha.mb.ca

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