

Rivers North Fitness Co-op

The Winnipeg River Echo ran a front page story last week in regards to the possibility of a new co-op fitness centre for the area.

The fitness co-op meeting that was held on November 13th had thirty two people in attendance. Eight more than was originally reported.

Since the story ran there has been both positive and a few negative comments or feedback.

First, let it be stated that "no one at the meeting stated that no one would drive 25 miles to go to a fitness centre" said Diane Dubé. "In fact members of my family have used the Lac du Bonnet facility many times."

The proposed co-op will require a minimum of one hundred members and to date approximately 40 members have shown interest or commitment and many more have told the Echo that they would be interested in supporting this type of card lock co-operative fitness centre.

Many believe that a fitness centre in the immediate area would be much more attractive to a member, especially to those who cannot or do not like



Use caution on icy road conditions

This sunfire was on of two vehicles involved in a head-on collision on Highway 11, about 1/4 mile west of Pine Falls, at about 10:30 am Monday, December 11, the other vehicle, a Minivan was towed away soon after the accident. There were four occupants in the two vehicles. They were all taken to the Pine Falls hospital and treated for non life-threatening injuries. The cause of the accident is under investigation. Alcohol is not believed to be a factor. Police advised motor vehiclists to use caution on poor road conditions.

to travel.

An informational sheet was sent home via students to get feedback from the community as to the possibilities of new members signing up and the types of equipment that would be desired and other needs members may want within the facility.

If you would like further information please call 367-9970.

Worona Brothers closes its doors after 45 years

After 45 years of business the Lac du Bonnet landmark Worona Brothers Limited will be closing its business.

The owners will be retiring on December 31st.

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Jo-Ann Waytowich is coming to town

by Charles Norman

The amazing thing about Jo-Ann Waytowich is that you is that you have probably never heard of her. This in spite of the fact that a musical play, written by her, broke all records at her home town theatre in Thunder Bay - in competition with all-time greats like George Bernard Shaw, William Shakespeare, Ibsen and the like. The play, and others by her, have been performed in theatres across Canada, always to rave reviews.

That first play, I Can Sing (Can't I), a musical comedy, was written as a university honours project.

Jo-Anne had been a sociologist for fifteen years when she decided to return to her first love - music, and enrolled in the music program in Lakehead University, majoring in Voice.

Her mother says that Jo-Anne started to sing before she could talk. She got a recording of the Sound of Music as a gift and played it over and

over again until the needle on the old-fashioned gramophone was so worn that it needed four quarters to hold it down. She performed before make-believe audiences using a vacuum cleaner hose as a microphone. Before starting school she was entertaining the entire countryside from the top of a haystack near her home town of Shoal Lake, (about 60 miles from Brandon.) She went to school in Boissevain for six years then in Brandon for another six. She studied sociology at the

Lakehead, and settled there.

That first play "I Can Sing, (can't I)" was put on ten years ago. The theatre's Artistic Director was nervous. "I'm taking a really big risk on you." He said. He put her play on in January - the worst time slot.

As it turned out the play outlasted every other one, not just that year, but any year. They had to hire additional box office workers to take care of the demand.

The musical comedy featured only one character,

Ivanka, played by Jo-Anne Waytowich herself.

The musical to be performed here has two characters, Ivanka, and her cousin Ihor, played by Guy Gibson.

She says the characters are created from people she has known and that everyone will recognize. She promised a lot of laughs.

She will be here January 23.



Jo-Ann Waytowich

Manitou Rapids Arts Council and Ivanka Productions Presents...

An Evening of Comedy
Ivanka Chews the Fat!

January, 23rd, 2006, at 7:30pm
 Powerview School, Tickets \$15.00

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 Charles Norman

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The
 Winnipeg River
Echo

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

Pineview Atom Tournament a Huge Success

by Ian Cyr

Eight teams participated in the Atom Hockey Tournament held on Dec 1st, 2nd and 3rd at the Pine Falls Arena. Participating in the Tournament were, 2 Kenora teams, 2 Springfield (Oakbank) teams, LacDuBonnet, Garson, Beausejour and of course Pineview.

Winners of the A-Division were the Kenora Norcom Lynx they defeated the

Pineview Saints 4-3 in a very fast pace and very thrilling game to watch and be part of.

Winners of the B-Division were the Lac Du Bonnet Lightning they defeated the Kenora Hall Flyers with a score of 6-3.

Winners of the C-Division were the Springfield Blue team they defeated the other Springfield White team by a score of 7-4.



Atom Tournament Winners - The Kenora Lynx



B Division Winners - Lac du Bonnet Lightning

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or comments to: Pine Falls, MB R0E 1M0

On behalf of the players and parents of the Norcom Lynx Atom team from Kenora, I would like to extend our appreciation to those who helped organize the Pineview Atom hockey tournament held in Pine Falls on Dec 1st-3rd. Ian Cyr and the organizing committee did a very thorough job and it was noticed and appreciated by all involved.

In particular, we were especially impressed by the sportsmanship and hard work displayed by the Pineview Saints in the A-Final. Both teams in that final played all their players and the game was

fast and clean from start to finish. We particularly appreciated the applause our own players received at the end of the game from the hometown crowd. Our kids were very proud of their accomplishment and left the rink with a memory of hockey they will never forget. It was a great atmosphere for hockey that weekend and it spoke well for the many people from the Pine Falls area that came out and supported these young players over the weekend. Thank you.

Rob Neil
 Norcom Lynx Coach
 Kenora

I would like to thank the following for making the Tournament a huge success.

- Pineview Atom parents,
- Midway Foods, Dancyl Foods,
- Osis Building Supplies,
- Southeast Blades, Santos
- Pizza, Daves Furniture &
- Appliance, Rusty Nail Tavern,
- Clarks Corner, Papertown
- Motor Inn, Chicken Chef,
- Plum Creek, Power Falls
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- Country Concepts, Chateau
- Video, Caisse Populaire,
- South Interlake Credit Union,
- Royal Bank, Weston Bakery,
- Through the Arbour, Subway,
- Pine Falls Service Centre,
- Tembec Paper Group, The
- Dollar Store, RONA
- Hardware, Pine Pharmacy,
- Johnson Diversey, Gille
- Lamoureux Express Courier

Also a big thank-you to Adam Houston and all the timekeepers.
 Referees: Bryan Whitford, Charlie Hawranik, Katie Mysak, Myles Whitford, Graham Carello, Cole Wark.
 There were lots of compliments on the Refereeing, job well done.



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Community Spotlight

Recognizing our volunteers

"Tons of rewards for hockey parents"

by Charles Norman

Mike Raymond told The Echo that there are, "Tons of rewards for hockey parents. It's an opportunity to get involved with your kids - all the travel, all the time spent, all worthwhile."

Mike Raymond is certainly involved. He has been on the board of directors of the Pineview Minor Hockey League for more than eight years, first as Vice President, then, for the last seven years as President.

He said he got involved when his son Glen moved up from Squirts to Novice, (at that

time the Novice league was for kids of 8-9 years old. It is now for 7-8 year-olds.) His two daughters, Ashly and Emily also played for Pineview. Emily now plays for the Pee wee girls team.

He said the league used to run teams in six categories, at least one team in each, sometimes two. They now have seven local division teams and one regional team, with 105 to 110 players. The club now has two girls hockey teams, Pee wee and Midget; both of them are doing very well.

In a sense he is following in his father's footsteps. "Dad,

(Rene Raymond) was involved when we were kids." He said. He remembers traveling with his father to different towns for tournaments, and billeting in the homes of the local people. "It was lots of fun." He said.

But he is not planning to run for president next year. He said he will serve on the board for one more year as Past President, then step down. "We have a great board - I'm sure they will do well." He said. "We have a lot of very dedicated younger parents who will carry minor hockey into the future."

Raymond said it is great to see the towns step up and



Mike Raymond

maintain the arena buildings - they need work - and in the future we must work towards new dressing rooms, boards and glass. Expect our youth

to be competitive on the ice and we should also be competitive with the facility that we invite our visiting teams to play in.

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Great Falls Tuesday Nite December 12th, 2006

HAMPER BINGO

Great Falls Hall 7:30pm

1 Ticket per item (Maximum 10 tickets)

Please no baked or home canned goods accepted!

Draws to be made at intermission

Half of the donations will go to Pine Falls and half to Lac du Bonnet.

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4P Festival Thank You

The 4P Festival Committee would like to thank the

Tembec Pine Falls Division
United Steelworkers Union
for their donation of \$841.04 toward the
Childrens Activites
held in the Village Green.

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
ROE 1M0

Faith Perspective

by Pastor Jake Doell

One Day At A Time

The second mistake we often make about the future is how we face our tomorrows. Taking tomorrow for granted or assuming I have the rest of my life can be presumptuous. The Bible tells us in the book of James 4:14-16 - "How do you know what will happen tomorrow? For your life is like the morning fog - it's here for a little while and then it's gone. What you ought to say is, 'If the Lord wants us to, we will live and do this or that.' Otherwise you will be boasting about your own plans, and all such boasting is evil."

There are two reasons why it's foolish to presume about tomorrow;

1.) Life is unpredictable. None of know for sure what tomorrow might bring. Job security is uncertain. One visit to the doctor can change our whole outlook on the future.

2.) Life is brief. We are just like the morning fog - in a few short moments it is gone. The time from "hot wheels to wheelchair" goes very fast. Don't take tomorrow for granted.

"Come each one cries... Let us drink our fill of wine/beer. And tomorrow will be like today, or even better." I used to talk like that. Life's great, let's party..... Then I hit a major

roadblock and I came to the conclusion that only God knows what lies ahead. So



what's the solution? Matthew 6:34 - "So don't be anxious about tomorrow... God will take care of tomorrow too. Live one day at a time."

Kris Kristofferson wrote a song "One day at a Time."

"Lord do you remember when you walked among men,

Well Jesus you know it's worse now than then

It's pushing and shoving, bending my mind.

So lord for my sake teach me to take one day at a time,

One day at a time sweet Jesus that's all I'm asking of you

Just give me the strength to do every day what I have to do,

For yesterdays gone sweet Jesus and tomorrow may never be mine

So help me I pray, show me the way, one day at a time.

Writers - Kris Kristofferson, Marijohn Wilkin

All we have is today, not next week, not next month only today. The words of King David sum it up this way, "Lord my days are in your hand." Include God in your planning and live one day at a time.

Pine Falls Health Auxiliary News

Submitted by PF Health Auxiliary, Anita Borlase - President

The big winner in the Quilt raffle was Cathy Gauthier. She won a king size quilt, shams, and bed skirt. Thanks to all who participated. Cathy won a similar prize ten years ago.

The Auxiliary has had a busy year supporting worthy community health projects. We awarded two \$500 Bursaries to worthy graduates Courtney Berthelette and Mathieu Thevenot. Both are enrolled in pre-medical university programs.

We assisted financially with The Salute to Seniors held on

October 12. We also purchased a new TV for the hospital patient lounge and are also currently purchasing equipment for the Physiotherapy department in the hospital.

A successful Women's Wellness Day was held October 23rd at the hospital. This activity has been ongoing for a number of years with the support of the Pine Falls Health Foundation.

Our 4P Bake Sale was a great success. We provided dainties for the Sunnywood Memorial Evening held December 4th. We are currently considering another CPR Course for January or February as last year's course was

well received. We are also always happy to receive material for the children's quilts we make for the ambulance. We also appreciate support of our hospital gift cupboard.

A special thanks to Claudette and Butch Trethear for their volunteer maintenance of the drink machine in the hospital. They have been quietly doing this for years. All of these activities require volunteer physical and financial support and we wish to thank all those who have helped us in our community health efforts.

We wish a Merry Christmas to all hospital and medical staff and community volunteers.

Ambulance costs to be covered for travel between health care facilities

NEHA Release

As of November 15th, 2006 the Province of Manitoba will cover all costs associated with ambulance transports for eligible Manitobans between designated health care facilities.

Emergency or primary ambulance transportation costs are not eligible under this program and will remain the responsibility of the individual receiving transportation serv-

ices. These costs may be covered by third party insurance such as Blue Cross, Liberty Health, Great West Life, etc.

Eligibility criteria for ambulance transfers are as follows:

The client is a resident of Manitoba and has a valid Manitoba Health card;

The client medically requires transportation by ambulance as determined by a physician, and

The client is being transferred between designated health care facilities for diagnostic tests or treatment, or from a higher level of care to another facility closer to home for rehabilitation or recovery.

For further information please contact Jay Ferens, Emergency Medical Services Manager at 1-204-753-3105 or NEHA Corporate Office at 1-877-753-2012.

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The Pine Falls District Health Care Foundation Inc.
"Tree of Lights" Donations

Donated By: Alice & James Jackson

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Bill Roslyn, Pauline Wolchuk, Ben Wolchuk
Joe Reichart, Reichart family, Guy family
Our families
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Kathleen Tardiff
Wilbur (Gibb) Monkman
Morris Berthelette
Dolores Cyr, Howard Cyr, Angele Cyr

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.

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 Kidall

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. The volleyball will run until December 18th and resume again after Christmas on January 8th.

Curling

There is a drop-in curling league every Thursday afternoon beginning at 1:00 p.m.

The fee is \$5/game. Everyone is welcome.

Sports Bar

The Sports Bar is available for rentals. If you are looking for a place to hold your Christmas party, retirement party of birthday bash, just call Fay at 367-2296 to book.

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.

Western Canadian Team Championships - Badminton

U16/U14 Tryouts
December 15-17, 2006
Cost: \$15

Interested athletes must register with the Manitoba Badminton Association of field by 1:00 December 13th.

You may register either by e-mail to: badminton@shawbiz.ca or call toll free 1-888-243-0890. This year's tournament will be held in Vancouver, BC from January 5-7, 2007 at a cost of \$500.

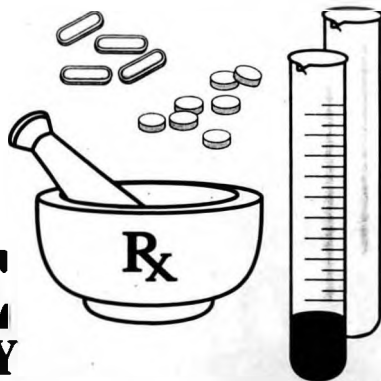
The Manitobal association will be selecting 8 athletes to represent Manitoba U16 (Born in 1991 or more recently) 2 boys & 2 girls

U14 (Born in 1993 or more recently) 2 boys & 2 girls.

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WHAT'S IN THE Cupboard



Mixed Greens with Pan Grilled Portobello Mushrooms
(Serves 8)

- 1/2 cup balsamic vinegar
- 1/2 cup vegetable broth
- 1 tablespoon olive oil
- 2 tablespoons water
- 2 cloves roasted garlic, crushed
- 4 portobello mushrooms
- 4 cups romaine lettuce, leaves torn
- 2 cups radicchio, leaves torn
- 2 cups endive, leaves torn
- salt and pepper to taste

Clean mushrooms, removing stems, and set aside. Whisk together balsamic vinegar and next 4 ingredients. Add half of vinegar mixture to a large skillet and heat until mixture starts to simmer. Add mushrooms, tops down. Cover, reduce heat to medium and cook 3 minutes. Turn mushrooms and cook an additional 4 to 5 minutes, until tender. Combine romaine lettuce and next 3 ingredients in a large bowl. Add remaining vinegar mixture, toss well. Divide lettuce equally between eight salad plates. Slice mushrooms and divide equally between eight plates. Add salt and pepper to taste. Serve immediately.



Christmas a time for sharing

This is exactly what a group of volunteers from the Powerview Catholic church Nortre Dame Du Laus has planned for December 25th. Will you be spending christmas alone? If so this group of dedicated group of volunteers will be providing a christmas dinner with all the trimmings between 1-5 to be held in the church basement. Transportation will be available between Greatfalls, Pine Falls & broadlands at no charge for those who need a ride. please call the handivan at 345-3075 to make arrangements for pick-up.

Library Corner

Lac du Bonnet Regional Library

If you are a Stephen King fan, be sure to put your name on the reserve list for "Lisey's Story". With his latest book, King proves he's still the master of supernatural suspense.



The third book in the bestselling and beloved adventures of Isabel Dalhousie is now ready for our shelves. In "The Right Attitude to Rain" by Alexander McCall Smith, we are allowed a peep into Isabel Dalhousie's personal life for the first time. Isabel is a clever, wealthy and good-looking philosopher, living a quiet life in Edinburgh as an editor. Isabel loves a bit of interfering and most of her attention is focused on people nearest to her. A house party in the country helps to resolve...or does it complicate...a growing personal relationship between Isabel and a younger man?

Thousands of children have learned to read with the successful phonics-based Letterland books simply because children love the characters and the beautifully illustrated books. "Alphabet of

Rhymes" contains twenty-six original rhymes, one for each letter of the alphabet. "Alphabet Adventures" contains twelve action-packed scenes featuring every one of the twenty-six Letterland characters. "Alphabet Tales" is presented in lively comic strip style. There is an illustration for almost every sentence, helping beginner readers to develop their own valuable reading skills.

We now have two more new DVD's on our shelves. For the adults we have "The Da Vinci Code" starring Tom Hanks and for children of all ages we now have "Over the Hedge".

Please note that the library will be closed December 23rd to the 26th and January 1st and 2nd.

Holiday Madnress

LADIES NIGHT

December 14th

MEN'S NIGHT

December 21st

Dec. 18-22
Open til 8:00pm

December 23 -
Open til 6pm
December 24 -
10am to 4pm

PINE FALLS SERVICE CENTRE

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SUBWAY

RONA Hardware

Through the Arbour & Arts and Wellness Gallery

Located in Pine Plaza, Pine Falls Email: jphillip@granite.mb.ca

Celebrations Unlimited

Sears

367-9010

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 Allard

Canada Year Book 2006

The 2006 Canada Year Book has been released and is ready for reading. This reliable almanac that was first published just prior to Confederation in 1867 has a well-earned reputation. Everything you read in the Canada Year Book is accurate and objective because it is published by Statistics Canada. A few of the topics you'll find are education, health, population, trade, environment, business, personal finance, arts and culture, labour... and many more. The Canada Year Book is clear, simple to use and relevant to a wide range of learning levels and interests.

With Christmas just around the corner and the chilly days that have settled in a Christmas themed novel may be what you are looking for. We have



a seasonal display of adult novels by such authors as Debbie Macomber, Carol Higgins Clark, John Grisham, Richard Paul Evans, David Baldacci and many more. Children's, juniors & teen Christmas books are also on display. A great assortment of craft, decorating & baking books all centered around preparing for the Christmas are all on display for your ease of choice.

See you in the library, Bibliotheque Allard Regional Library - 367-8443
Beaches Library - 754-4007

Winnipeg River Recreation Scene

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

The Winnipeg River Recreation District is gearing up to help fight the winter blues by offering a wide range of recreation, leisure, and fitness programs for all ages. Programs will be held in Pinawa and Lac du Bonnet. Kids can look forward to dance classes, a Kids Game Day, cheer/mat gymnastics and adults can look forward to include a wide variety of fitness classes, cooking and drawing classes. Watch for our brochure that in your mailbox around mid December for more details, or drop by the Rec Office to pick up a copy.

Skate with Santa!

It's not everyday you get to see Santa on skates! Come to the arena in Pinawa on Friday, December 15th from 6:45-8:45 p.m. for some fun and exercise with the big guy himself. Free admission, free hot chocolate, and goody bags for

the kids.

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 impact 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. Contact Bruce Goodwin at 753-8393 for more information.



Hot New.... RELEASES

ON VIDEO NOVEMBER 28th

Talladega Nights: The Ballad of Ricky Bobby DVD
Cast: Will Ferrell, John C. Reilly, Michael Clarke Duncan, Leslie Bibb, Sacha Baron Cohen, Gary Cole, Greg Germann
Rating: 14A

The Devil Wears Prada DVD
Cast: Meryl Streep, Anne Hathaway, Emily Blunt, Stanley Tucci, Adnan Grenier, Tracie Thoms, Simon Baker
Rating: PG

World Trade Center DVD
Cast: Nicolas Cage, Maria Bello, Michael Pena, Maggie Gyllenhaal, Jay Hernandez, Armando Riesco, Donna Murphy
Rating: PG

Material Girls DVD
Cast: Hilary Duff, Haylie Duff, Anjelica Huston, Brent Spiner, Lukas Haas, Joanne Baron, Natalie Lander
Rating: PG

Barnyard DVD
Cast: Kevin James, Courteney Cox, Sam Elliott, Danny Glover, Wanda Sykes, Andie MacDowell, David Koechner
Rating: PG

Mozart and the Whale DVD
Cast: Josh Hartnett, Radha Mitchell, Gary Cole, Allen Evangelista, Sheila Kelley, Erica Leerhsen, John Carroll Lynch
Rating: PG

The Winnipeg Humane Society



Shiloh, 130609

Shiloh is a highly intelligent Shepherd seeking a home where she has a job to do, she is one smart dog! 3.5 years of age, she was surrendered due to her owner being unable to provide adequate conditions for her. She has many working-dog characteristics- she is very loyal & always seeking her next cue. She has a history of being good with other dogs & cats & is best suited to someone who has time for this girl. Shiloh bonds quickly & needs a 'forever home'. \$159.00 adoption fee includes her spay, microchip, tattoo, pet insurance & more!!



Snowball & Baby, 132174, 105497

Looking to grow your family? Help is on the way in the form of Snowball & Baby! Abandoned in a suite with another cat, these two fine felines are very bonded & love each other a lot- we'd be thrilled if they were able to be adopted together, as they've been through so much already! Special fee of \$96.12 includes both spays, microchips, tattoos, vet exams, 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

This Holiday Season, lose a few kilos and still drink all the eggnog you want

The holiday season is supposed to be about peace, joy and goodwill but for many Canadians, it is expensive, stressful and generates huge amounts of pre and post Boxing Day waste.

During the year, Canadians generate more waste per capita than any other country in the world, with a significant increase during the holiday season.

Earth Day Canada, through its EcoAction Teams Program is encouraging all Canadians to consider the environment in their holiday planning.

If all Canadians reused paper and gift bags for just three items, we would save enough paper to cover 45,000 hockey rinks. And if every family produced one less kilogram of waste during the holidays, we would produce 34,000 tonnes less garbage. Little efforts translate into huge savings.

In the coming weeks, commit to greener celebrations and trim your holiday WASTEline.

Gifts from the kitchen—for little gifts, give edible items such as homemade cookies, cakes, or nuts and dried fruit in reusable containers like jars

or pottery.

Give 'em green!—For the person who has everything, support a cause they believe in and make a donation in their name. Donate to Earth Day Canada, buy an acre of rain-forest, Adopt-a-Tree, an animal or its habitat and more. Find your organization of choice at <http://www.ecoactionteams.ca/resources/links.cfm>.

Give quality, not quantity in a gift of presence—Give a certificate for time spent together such as regular visits to an outdoor skating rink, theatre, movie, or lunch dates. Create memorable moments with this year's gifts.

Green decorating—When decorating, use materials that can be composted, such as popcorn and cranberry garlands for the tree, homemade wreaths of pinecones, evergreen branches and berries.

Green hosting—If you have a big group coming over and not enough plates, bowls or cutlery, ask a friend to bring an extra set over or rent dishes from a party rental company. Refuse to use "disposables" that take more than 100 years

to break down.

Light up the holidays—If you are considering buying new holiday lights, buy LED (Light Emitting Diode) lights as they use about 99 per cent less energy than regular holiday bulbs. Reduce the number of old technology lights you put up and if you are sticking with regular lights, use the strands with smaller bulbs because they use less energy and are less of a fire hazard.

The gifts that keep giving—Give memberships to a gym, art class or recreational activity for a gift that keeps giving throughout the year.

Keepin' it green—This New Year's make a green resolution and keep it. For example, resolve to walk more and take the car less often.

Wrapping it up—Get creative and reuse gift bags, ribbons or bows. Use the comics from the newspaper or tins and pottery to wrap edible items. If you decide to buy wrapping paper, make sure that it is recycled post-consumer content.

Holidays with a conscience—Consider organic, local and fair trade items when choosing gifts. Nowadays, it is easier to find socially and environmentally friendly chocolate, coffee, clothing, stationary and more. Visit our website for ideas at <http://www.ecoactionteams.ca/resources/links.cfm>.

Peace, Joy and Goodwill—Give the gift of time by volunteering at a local organization or by making a donation. This season, join the estimated 12 million volunteers who contribute an estimated 1.4% to Canada's GDP throughout the year.

Share the wealth—Plan your menu and meal portions to avoid drowning in leftovers. Ask guests to come prepared with reusable containers so they can bring home extras. Also try calling the local food bank—some are equipped to

accept perishables such as breads and meats.

For more information on how Earth Day Canada and the EcoAction Teams Program can help you to live greener all year long, contact Ida Mak at ecoactionteams@earthday.ca.

Earth Day Canada (EDC) is a national, not-for-profit environmental organization that

operates throughout the year to improve the state of the environment by motivating and encouraging Canadians to take positive environmental action within their communities. EDC is a registered charity #13195 1378RR0001.

For more information about Earth Day Canada's programs visit www.earthday.ca.

Report from Legislature



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

Business Leaders speak out

Last week, the Winnipeg Chamber of Commerce released the results of their business leader's survey which confirmed that Manitoba continues to fall behind and that Manitoba is not competitive with other provinces. Manitoba is becoming more and more insignificant as each day goes by. The survey revealed that the anti-business environment in Manitoba is growing almost as fast as young Manitobans are leaving in search of hope and opportunity elsewhere. We have never seen such an exodus of young people from Manitoba as we have in 2005, when Statistics Canada reported that 9,880 more people left Manitoba to other provinces than came to Manitoba from other provinces. This doesn't come as a surprise to most constituents, because I hear every day from those who are concerned about our young people leaving for British Columbia, Alberta, Ontario, and even Saskatchewan! We all know someone who has left—our nieces, nephews, brothers,

sisters, cousins, and friends! Only 3 out of 10 Manitoba businesses rated the NDP government positively. A resounding 93% of business owners believe that the NDP has failed to create opportunities for young Manitobans, which has resulted in the mass exodus of people out of our Province.

The business leaders have been calling for meaningful tax relief both for individual taxpayers on a personal level, and for businesses. While every other province in Canada is moving ahead with tax cuts and policies that encourage growth, Manitoba remains the highest taxed province West of Quebec. We have the highest taxes, but the worst roads!

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.

Sunrise School Division
Kindergarten Registration
and Grade 1 Beginners - For September 2007

Eligibility Requirement For

Kindergarten: Children must be five (5) years of age on or before December 31, 2007
Grade 1: Children must be six (6) years of age on or before December 31, 2007. Children previously enrolled in Kindergarten classes DO NOT need to be re-registered.

Dates of Registration: Monday to Friday, January 22 to January 26, 2007
Mornings: 9:00am to 12:00 noon Afternoons: 1:00pm to 3:30pm.

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

Andia School	866-2962	English
Beausejour Early Years School	268-2664	English & French Imm.
Centennial School	345-2462	English
Ecole Dugald School	853-7929	English & French Imm.
Giffa School	268-4353	English
Hazelinde School	755-2214	English
		(M, Tu, Th, F, 8:30-11:30am)
Oak Bank Elementary School	444-2473	English & English/Ukrainian
Pine Falls School	367-2254	English
Ecole Powerview School	367-2296	English & French Imm.
Reynolds School	426-5559	English
Whitemouth School	348-2595	English
Grafton Colony School	268-2507	English
Greenwald Colony School	265-3522	English
Heartland Colony School	755-2342	English
Richland Colony School	866-3293	English
Springwell Colony School	345-6410	English
Whiteshell Colony School	348-7055	English

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

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

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- Flyers

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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.

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.

AAA: 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 Tots Day Care 367-2601, board meetings last Monday of each month 7:00 p.m. at the daycare.

Sauler Scene Inc. 61 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 8:00pm. 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 (or child's) height, weight, infant nutrition, advice, immunizations (as necessary) and any other advice you may wish, please call 367-5406 for more info.

Weight Watchers: 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) 367-2159

Parenting Support Group Meets the first three Wednesdays of every month at Wings of Power, 11:30 a.m. - 1. Lunch and childminding are free, transportation also available. Call 367-9641

Family Lending Library: Open 10:12 and 1-4, Mon-Fri at Wings of Power.

Computer access: Wings of Power CAP site, Open 10:12 and 1-4, Mon-Fri.

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

Ask the Neighbourhood Mechanic



by Dave Redinger

New cars are LOW maintenance not NO maintenance. It's true that they don't build them like they used to. They build them better. However, to achieve the high level of reliability that has become the norm in the industry today, they build them complicated. Don't avoid regular scheduled maintenance on your car. Remember in this part of the country use the "severe service" schedule. Change your oil every 5000kms or 4 month. (no matter how far you drive). Oil changes are the best thing you can do for your engine. The oil in your car works really hard, it cleans, cools and lubricates the driveline. Unfortunately, side of the road is not a good place to discover your warranty has expired, due to lack of maintenance.

We have a 1996 Plymouth

Voyager. The problem is that when we start off it coughs and moves with lots of jerking. When we pump in gas, it doesn't move immediately. We have to accelerate hard just move off. To engage reverse it takes a few seconds, but, eventually does go in. Could you give me an indication of what the problem might be?

Andy
What you are describing sounds an awful. I think your transmission has failed. Definitely get your truck to a competent mechanic and have him diagnose the driveline. If the transmission has in fact failed, you will have to decide either to repair the unit or seek a replacement vehicle. This vehicle may be a write-off as the cost of a rebuild will be in the 2000-2500 dollar range close to the value of the vehicle.

My daughter has a 1997 Chevy Cavalier. One of the

dash lights, the ABS light is lit. She took it to a garage once to get it fixed and they told her that it was just a wire. The light went out for a bit, but, it's back on again. If it was a wire and they fixed it, it should have stayed fixed. I really do not believe what they were saying. I think they just took her money and that's it. I told her to go back to them but she didn't. Is it ok to leave the light or should she get it fixed?

Pam
The ABS light is monitoring the Antilock Braking System. When this light is lit the ABS system is not functioning. That means the vehicle could skid on surfaces with low traction when braking. I would suggest you go back to the tech you dealt with originally and have the system scanned. These types of vehicles have problems with the "wheel sensors" as the age. I'm sure the shop will adjust your invoice and get it right this time.

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, Scantierbury, on Hwy. #59

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

ST. ALEXANDER R.C. CHURCH located at Sagkeeng First Nations Sunday mass 10:00 a.m.

ST. THERESA R.C. MISSION 88 Glenvale Avenue, Grand Marais Mass 12:00 noon first Sunday of November to last Sunday of April. May through October mass 10:00 a.m. Sunday.

SAGKEENG CHRISTIAN FELLOWSHIP CHURCH - Lloyd Guimond (Pastor) Sagkeeng South Shore, service Thursday 7:30 p.m. and Sunday 2:00 p.m.

CHRIST CHURCH ANGLICAN - Sunday 2:30 p.m. at Hollow Water

GRACE BAPTIST CHURCH - Bible study, Wednesday 7:30 p.m., call Pastor Todd Goudy for information 367-2531.

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Vic Toews, MP for Provencher

New Liberal Leader Stéphane Dion's environmental record is all talk but no action

Last Saturday in Montreal, Liberals from around the country chose Stéphane Dion as their new leader. To his credit, Mr. Dion fought a hard campaign. He can be congratulated for coming from so far behind to win the leadership, since about 80% of Liberals did not have him as their first choice for the job.

Unfortunately for Canadians, Mr. Dion's leadership victory is a step back instead of a step forward. Mr. Dion was a major player in the Jean Chrétien and Paul Martin failed Liberal governments. He was at the cabinet table when the Liberals were frantically hiding the extent of the sponsorship scandal from Canadian taxpayers.

Hardworking Canadians who pay their taxes and expect efficient and respectful govern-

ment spending will not forget the Liberal record of scandal.

Mr. Dion is also one of the only politicians in Canada that still denies the existence of a fiscal imbalance between the federal government and provinces – the situation in which provinces, who are called upon to deliver most core government services, struggle to make ends meet, while the federal government enjoys large surpluses. On this, Mr. Dion is even at odds with his own party, which passed a resolution recognizing the fiscal imbalance. The Conservative government is committed to resolving this issue within our mandate.

In an attempt to deflect from his close association with the failed Liberal record, Dion is now trying to portray himself as a champion of the environ-

ment. But Canadians won't be duped, because the Liberal record on the environment is as bad as it is on ethics and accountability – and Dion served as Environment Minister.

In his first Question Period appearance in the House of Commons as the Leader of the Official Opposition, the new Liberal Leader didn't even ask a single question on the environment. Why? Maybe it is because he knows that his record is weak at best. Liberal governments, including the one in which he served as Environment Minister, stood by as greenhouse gas emissions in Canada rose by 34.6%. This is far greater than even the American increase over the same period of about 15%, which they achieved without ratifying the Kyoto Accord. During his leadership campaign, Dion himself admitted that a future Liberal govern-

ment would be unable to meet its Kyoto commitment of reducing greenhouse gas emissions below 1990 levels.

Canadians should also be reminded that under the Liberal watch, Canada's air quality dropped to 27 out of 29 nations in the OECD rankings.

The Dion-Liberal record on the environment is one of all talk, no action. In fact, the Commissioner of the Environment and Sustainable Development concluded the Liberal government was "not up to the task" of managing climate change.

I am proud to serve in a government that takes the environment seriously. My colleague, Minister Rona Ambrose, is working hard with all stakeholders to improve air quality and fight pollution. We've introduced Canada's first Clean Air Act, which includes mandatory limits on pollution, not voluntary ones, and

realistic targets to reduce greenhouse gases.

Canada's New Government will continue to offer concrete measures to make sure that we leave our country's environment in good shape for our children and our grandchildren.

Now is a time for action, not empty rhetoric. I hope that Mr. Dion will come clean about his failed environmental record and work with the government in the months to come to accomplish real improvements on air quality and pollution.

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 toews1@mts.net



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The Winnipeg River Echo



Lac du Bonnet RCMP Report

This report covers the period from December 4th to December 11th, 2006



December 4:
A caller from Elma reported that he thought on December 1st he heard shots around his residence. On the 4th he noticed his yard light had been shot out.

A caller advised he heard shots around Landerville Rd in the RM of Lac du Bonnet at 8:30 pm at night. They saw an unknown vehicle take off in the direction of Great Falls.

December 5:
A bizarre call was taken at one of the local Health Cen-

tres. Police later on determined who the caller was. It dealt with a family dispute in the Whiteshell area.

December 6:
A caller advised her vehicle was vandalized outside her residence on Scott Cres., Lac du Bonnet.

A female in the Whiteshell Provincial Park was escorted to Pinawa Hospital after a suicide attempt.

A male caller from Seven Sisters called about unwelcome guests at his residence.

They left and they were later warned by police to stay away from the home.

The Lac du Bonnet police assisted CFS in a child apprehension in Lac du Bonnet.

December 7:
A caller contacted police about a possible fire at the Lac du Bonnet Youth Center. Cause was a faulty breaker, which filled the building with smoke, and caused a short term closure.

Police were contacted by CFS concerning a possible child abuse in Lac du Bonnet after a disclosure was made, there was no abuse founded at this point.

December 8:

A caller advised a grader/truck while passing her dumped sand/gravel on her van in the area of Ste. Rita on Hwy. 15. Matter is being looked into.

A licence plate that was found in the gravel pits at Seddon's Corner was turned into police.

Police checked on the welfare of a person in Pinawa. Her husband was trying to contact her and she had not turned on her cell phone.

December 9:
A report of a possible impaired driver was taken in Lac du Bonnet, due to the actions of the driver. Police located two possible vehicles being operated by youth, and neither

were impaired but spoken to. Police arrested a male in the RM of Lac du Bonnet for a reported domestic.

December 10:
A caller advised of a hit and run to her vehicle while at work in Lac du Bonnet.

Police attended a residence in the RM of Lac du Bonnet to provide assistance to deal with a youth.

December 11:
There were numerous speeding tickets and stop sign tickets issued over the last week.

Lac du Bonnet Community Billboard

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

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

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

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

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

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

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

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

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

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

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

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

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

John's Anglican Church, 86 McArthur, Lac du Bonnet. Last Sunday of the month open to the public. Call Ted 345-2839, Ron 753-8403.

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

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

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

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

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

Two Rivers Seniors Resource Council Inc. Call Pat at the Lac du Bonnet office, Health Centre at 345-1227. Services: driver escort, 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 Corey Daly 268-4752, Lac du Bonnet, Pine Falls, Victoria Beach, Pinawa, Beausjour, Whitemouth, Oakbank, Hadseshville.

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 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 Mike Doell, church 345-2934, home 345-9766
Sunday: 11:00 a.m. - morning worship; 6:30 p.m. - Upper Room.

LUTHERAN CHURCH OF THE CROSS
Church/office 345-8654
Sunday: 11:00 a.m. - worship service

NOTRE DAME CATHOLIC CHURCH
Father Mirek Szymal, 345-2900
Lac du Bonnet: 5:00 p.m. - Saturday mass; 11:00 a.m. Sunday mass
Pinawa (senior school): 9:15 a.m. - Sunday mass

ST. JOHN'S ANGLICAN CHURCH
Rev. Sandra Tankard 367-9570, church 345-2357
Sunday: 11:30 a.m. - worship; 11:30 a.m. - first and third Sunday of each month, holy eucharist.

Holiday cords

Extension cords, with their ability to allow electrical devices to be plugged anywhere in a room, regardless of where the outlets are, can be extremely useful things to have. But like all things useful, they need to be used correctly, or they can become dangerous. Improperly used extension cords can cause shocks and fires.

Always use the right cord for the job. Larger appliances and power tools need cords with grounded three pronged plugs or with polarized plugs (one blade slightly wider). Both of these features reduce the risk of shock. Use the cord with the right amount of insulation for the job, and know the difference between cords. A general rule to consider is that flat cords should be limited to indoor use and light duty, while round cords are for appliances and heavier duty. However special heavy-duty extension cords should be used for high wattage items in the home. Never use extension cords for air conditioners, freezers and portable space heaters.

Always look for a certification label from an independent safety testing lab on the package. There should also be a permanently attached label on the product itself on the cord near the plug. For power strips and surge protectors, the underside of the casing should contain the manufacturer's name and the testing lab certification.

Make sure that when using extension cords outside that they have been specifically designed for outside use to prevent against shock. Never

cover any part of an extension cord with rugs or other objects while it is in use. If the cord is covered, heat can't escape, and fire could result. If a cord feels hot to the touch, unplug it and throw it away immediately. Replace cracked or worn cords; do not try to fix them,

and do not use extension cords to replace inadequate home wiring. Extension cords were designed to be used on a temporary basis, and only when necessary.

Seniors, Did You Know?

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

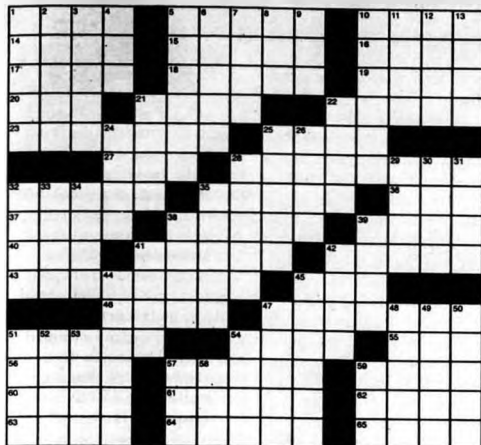


- **Home Maintenance**
Help with caring for your home, inside/out.
- **Foot Care**
Professional Staff come to you home to provide basic footcare.
- **Transportation**
We offer handivan services or paid volunteers to drive you to shopping, appointments, etc.... The handivan must be booked in advance.
- **Friendly visiting**
Volunteers spend time with individuals who are lonely.
- **Red Cross Loans**
The Sick Room Equipment Loan Service provides wheelchairs, walkers, and canes 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.

WEEKLY CROSSWORD



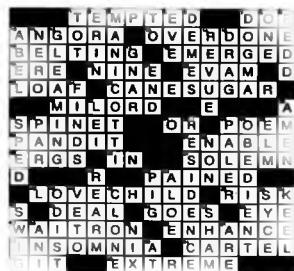
- ACROSS**
- Accept possession of.
 - Imposingly fashionable and elegant.
 - Bare, sandy tract near the sea.
 - Smell.
 - Lofty nest of a bird of prey.
 - At any time.
 - Inactive.
 - Venomous cobra-like snake of Africa.
 - Wolfe, character created by Rex Stout.
 - Droop.
 - Lively.
 - Discovers something.

- With accuracy.
- Wingless, blood-sucking parasite insect.
- Ang __, director of The Hulk.
- Resembling a root.
- Poisonous substance produced by animals.
- Very light brown.
- South American wood sorrel.
- Follow commands.
- Put an end to an activity.
- Hit with a heavy slapping blow.
- Excessively.
- Quick to perceive.
- Occasions when food is eaten.

- Shaped like a sword blade.
 - Small bed for a young child.
 - Shrewd when dealing with others.
 - Figure of a man used as a supporting column.
 - Richard Chevallieu's character on Gene Roddenberry's Earth: Final Conflict.
 - Apply gold leaf.
 - The Lady __, 1941 film starring Barbara Stanwyck.
 - Length times width.
 - Circular coral island surrounding a body of water in the ocean.
 - Small pond where fish are kept for the table.
 - Position in which the bar is above the platform but below the knees.
 - British for "police car."
 - Saucy.
 - Swing around.
 - Hand tool used to round and compact the edges of wet concrete.
 - Products of human creativity.
- DOWN**
- Raise or lift.
 - Large, desert-dwelling antelope.
 - Longest river in Europe.
 - Rather than.
 - Subgroup of a population.
 - Tired of something.
 - Body of persons organized for the advancement of a cause.
 - Writing point of a pen.
 - Large, brownish-green New Zealand parrot.
 - Preventing an adversary from gaining information.
 - Without an irregularity.
 - Subset of geek.
 - Greek god of love.
 - Term commonly used for the uninflected part of a word.
 - Elaborate party.
 - Thick, heavy earth that is soft when wet and hard when dry.
 - Force onto another.
 - Balcony consisting of the forward section of a theater mezzanine.
 - Arm again.
 - 29th state of the union.
 - Abbreviation for kilocalorie.
 - Food.
 - Formal expression of opinion.
 - Very dark black.
 - Acronym for New England Over Shoes.
 - Smelling of beer.

- Object that acts as a hindrance.
- Any bristle-like organ.
- From a great distance.
- Matrix for casting metal.
- Period of time during which glaciers covered a large part of the Earth's surface.
- Lowermost portion of a structure partly below ground level.
- Accent mark placed over "n" in Spanish words.
- Organization of rhythm in time.
- Not secret.
- Type of salamanders.
- Exclamations of pleasure.
- Mountain range in Russia.
- Latin for "knee."
- Percussion instrument consisting of a metal plate struck with a soft, hooded drumstick.
- Primate with a short tail.
- Williams, science fiction/fantasy author.
- Mineral springs health resort.

LAST WEEK'S ANSWERS



CRYPTIC PUZZLE

CXBDF, BXGDH JH KLMDFXBJLM,
NXHHLB PQFB XHRSLMT.

-KXFG BCXJH

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

FOOD IS AN IMPORTANT PART OF A BALANCED DIET.

Weekly Echo Horoscopes

December 10th to December 16th



ARIES (Mar. 21-April 20)
Be careful not to come on too strongly. Your own small business on the side could ease your financial stress. Although it does look promising, be careful not to overextend yourself or you will lose in the long run. Difficulties will result if you have to deal with controversial groups this week.



TAURUS (Apr. 21-may 21)
Get back into the swing of things. You must act quickly. Opportunities for new friendships are apparent. Travel will promote new romantic encounters and additional cultural knowledge.



GEMINI (May 22-June 21)
Invite friends in for a visit. Try not to push your philosophies on others. Travel for business will not only bring you valuable information but also profits as well. You can make drastic changes in your professional direction this week.



CANCER (June 22-July 22)
Go out with friends or family. Help children complete projects they're having difficulty with. You can continue to make gains if you call a few people who can help you close an important deal. Sudden trips will take you by surprise.



LEO (July 23-Aug 22)
You can enjoy social events and meet new potential mates; however, avoid being lavish. Catch up on your correspondence and reading. Try to slow down, and take another look. All your energy should be directed into moneymaking opportunities.



VIRGO (Aug. 23-Sept. 23)
Let your lover know what your personal intentions are. Travel and communications will not run as smoothly as you had hoped. You're likely to encounter new partners if you take short trips. You will have no trouble getting things to fall into place.



LIBRA (Sept. 24-Oct. 23)
The knowledge you have will enhance your reputation. Better still, take your mate and let them foot the bill. You can pick up additional responsibility that will lead to higher wages and a better position. Be aware that minor accidents or injury may prevail if you are preoccupied.



SCORPIO (Oct. 24 - Nov. 22)
You'll find it difficult to control your emotions. You've been hurt before and could be again if you don't play hard to get. Things are looking good for you, so open your eyes and get to it. Strengthen your position among your peers.



SAGITTARIUS (Nov. 23-Dec. 21)
Avoid lending money or belongings to friends. Tone down and put some of that hard earned cash into a safe, long-term investment. Arguments may flare up in your home. Invite friends in for a visit.



CAPRICORN (Dec. 22-Jan. 20)
You should focus on moneymaking matters and stay away from emotional disputes. Don't offer to pay for others. You can accomplish a lot if you direct your thoughts toward starting your own small business on the side. Sudden trips may take you by surprise; try to include your mate, mixing business with pleasure.



AQUARIUS (Jan. 21-Feb. 19)
This is a great day to beautify your living quarters or to entertain at home. Think of starting a new business or emotional partnership. You need some help this week. Try to bend but by no means should you give in completely.



PISCES (Feb. 20-Mar. 20)
Don't be too quick to respond to a plea for help. You won't have much time for your mate this week. Find out if they have other commitments. You will also encounter individuals who can help you further your goals.

Powerview RCMP Report



This report covers the period from December 4th to December 11th, 2006

December 4:
PINE FALLS - sometime overnight culprits broke into a shed and stole a 2000 Honda TRX 350 ATV.

-a 2003 Polaris Edge snow machine was recovered and returned to its owner.

BISSETT - a 270 Winchester Rifle with the scope, gun clip and shells were stolen from a break and enter at a residence.

FORT ALEXANDER - Police drove an intoxicated male home to his residence and released him to the custody of a relative.

December 5:
FORT ALEXANDER - a female was threatened with assault while inside a vehicle. The male identified in the incident was later charged accordingly by police. Investigation continues.

- an emotionally unstable female was transported to hospital in Winnipeg for further treatment.

- investigation continues into

a complaint of mischief.

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

December 6:
POWERVIEW - a complaint of harassing phone calls is still under investigation.

FORT ALEXANDER - police took a complaint of mischief to a vehicle. No charges were laid in the incident.

December 7:
POWERVIEW - police responded to a domestic dispute where a female had been assaulted. A male has been charged for assault and taking a vehicle without consent.

- a male was charged for fail to comply with a court order after he continued to contact an ex spouse. A no contact order was in effect at the time.

December 8:
POWERVIEW - investigation continues into an assault of a female. The incident occurred in the early morning hours in a parking lot outside a local business.

- a male in breach of court conditions has been charged by police. The man failed to keep the peace and be of good behavior when he got into a physical argument with another man.

December 9:
TRAVERSE BAY - police intervened when a male refused to pay a cab fare to the taxi driver. The dispute was dealt with informally rpayment was made and no further action was necessary.

PINE FALLS - mischief to a lawn ornament was reported to police. Further investigation led police to a youth. The owner, youth and his parents agreed to deal with the matter via a work program for the youth to pay for damages.

FORT ALEXANDER - a male has been charged with assault and fail to comply with a court order. The man got into an altercation with another man at a residence and then left the scene. Police continue to investigate.

HOLLOW WATER - police attended to a complaint where several people invaded a residence and assaulted 3 women. A threat with a knife was issued before the group fled. The women sustained non life threatening injuries.

- a second home invasion left a male with an injury to his face but no weapons were used in the incident

Further information found both incidents related and investigation continues by police.

December 10:
POWERVIEW - a male was removed from a local hotel after he continued to give staff some problems and became belligerent. The man

was given a ride home by police and verbally warned.

- a blue 1999 polaris snowmachine was stolen overnight from a residence.

RM OF ALEXANDER - a break and enter to a residence occurred where a front door had been kicked in. Nothing was stolen from the residence in the incident.

FORT ALEXANDER - a 1991 grey ford aerostar van was stolen from a residence

SUMMARY: - Police also actioned 4 request(s) for assistance to other detachments/ service of legal documents, attended 4 false alarm(s), proc-

essed 3 traffic accident report(s), lodged 3 person(s) under the Intoxicated Person Detention Act, charged 0 person(s) for impaired driving/refusal of breath test, attended 2 noise complaint(s) and issued 2 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.

The Winnipeg River Echo

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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. 31-3

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 TPN

Card of thanks

We would like to express our gratitude to all of you who sent cards, food, and flowers to the house in our time of sorrow. Your kind words and prayers will never be forgotten. Thank you to Dr. Shabash and nursing staff at the Pine Falls Health Complex. A special thank you to the ambulance attendants for their quick response. Thank you to Father Gray, the servers, the choir, and the Ladies Auxiliary for the lovely lunch. Your kindness and generosity shall forever be remembered.

Thank you,
Lillian Kemball & family

Obituary



Mr. Richard Kemball, aged 68 years, of Powerview, Mb, dearly beloved husband of Lillian (nee Lamoureux) passed away suddenly on Sunday, November 19, 2006 at the Pine Falls Health Complex. He will be sadly missed and lovingly remembered by his wife Lillian; one son Craig (Alice) and four daughters, Anita Vincent, Janet Sawchyn, Brenda Vincent (Luc) and Donna Dupont (Gerry); his grandchildren, Melissa Harding (Chris), Pamela Kemball (Mike), Cory Vincent, Natalie Vincent (Darren), Jennifer Sawchyn, Joy Sawchyn (Nick), Marc Vincent (Jan), Jocelyn Vincent, Laurent Vincent, Christopher Dupont (Aimee), Steven Dupont, Tiffany Dupont; 17 great-grandchildren, two brothers, Fred and Arthur; four sisters, Mary Vincent, Therese Wilcott, Dorothy Bremner, and Hilda Moore; also many nieces and nephews. he was predeceased by his parents Cuthbert and Amy Kemball; five brothers, Wilfred, Ernest, Albert, Edward and Donald and one sister Margaret Pereux.

Memorial Mass was held on Wednesday, November 22, at 1:00pm at the Notre Dame du Laus Roman Catholic Church, Powerview, MB with Rev. Fr. James Gray presiding. In lieu of flowers, donations in his memory may be made to the Heart and Stroke Foundation, 200-6 Donald Street, Winnipeg, Mb R3L 0K6. God gave us a perfect husband, Father and grandfather who has touched our lives in so many ways. We will cherish his memory forever.

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

Licensed Hair Dresser to work in new shop in Pine Falls area. call Vera at 345-4876. 31-2

Classifieds

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.

May the Sacred Heart of Jesus and the Immaculate heart of Mary, be praised, adored and glorified throughout the world forever and ever. Amen.

Help wanted for the following positions: Cooks, servers, housekeeping and DJ, please contact Verna or Karen at 756-4569. 21-1

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

Friday, Dec. 15
Soup, liver meatloaf, wild rice, broccoli and tomatoes, pecan pie.

Monday, Dec. 18
Potato salad, variety of cold meat, pasta salad, and bean salad, rice pudding.

Wednesday, Dec. 20
Soup, salisbury steak, hashbrown potatoes, peas, coconut square.

Say 6 times a day for 9 days and promise publication and your prayers will be answered no matter how impossible they may seem by the ninth day.

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Email: theecho@mts.net

To place your Classified Ad call the Echo at 367-9468

UNDER THE PLANNING ACT NOTICE OF PUBLIC HEARING REGARDING BY-LAW 16/06

The Council of the Rural Municipality of Alexander under the authority of The Planning Act will hold a PUBLIC HEARING at the office of the Municipality at St. Georges, Manitoba on the 10th day of January, 2007 at 11:00 a.m., at which time and place the Council will receive representations and objections from any persons who wish to make them in respect of By-law No. 16/06 to amend the R.M. of Alexander Zoning By-Law No. 08/98 as amended.

A copy of the above noted By-Law of the Rural Municipality of Alexander and supporting material may be inspected by any person during regular office hours from 8:30 a.m. to 4:30 p.m. Monday to Friday at the office of the Municipality at St. Georges, Manitoba.
(1)Section 9.3.2. -- "OS" Open Space Shoreland Zone Use and Bulk Table

Section 9.3.2, Table XIV is hereby amended by deleting the following permitted use:

"Boathouse when accessory to an adjoining permitted use and not exceeding 578 sq. ft. in area",

and replacing it with the following:

"Boathouse when accessory to an adjoining permitted use and not exceeding 768 sq. ft. in area", and not exceeding 24 ft. in width.

Margaret Bonekamp, C.M.M.A.
Chief Administrative Officer

PUBLIC NOTICE

CHRISTMAS SEASON OPERATING HOURS RURAL MUNICIPALITY OF ALEXANDER

THE Public is hereby advised that the R.M. of Alexander Municipal Office will be closed from 4:30 p.m. December 22nd, 2006 to 8:30 a.m. January 2, 2007.

Margaret Bonekamp, C.M.M.A.
Chief Administrative Officer
R.M. of Alexander

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Stephanie Hampson,
BMR (PT)

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Gilles Lamoureux

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345-3075 Driver

Powerview Dental Centre

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

Dr. Mark Karpa
Dr. David Kindrat
Dr. Drew Dear
Dr. Grishma Kapadia

Emergency Care
New patients welcome

367-2815

Dr. Alan Grant DENTIST

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

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

PINE FALLS SERVICE CENTRE

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

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367-8803

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367-2238

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