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## Pilot Mound wins Legion Bonspiel

by Charles Norman

Lac du Bonnet Branch 164 of the Royal Canadian Legion hosted the Manitoba and North Western Command annual legion bonspiel last week.

Fifteen teams competed in the event which ran from Monday 19 February to Friday February 23.

The Bonspiel began with opening ceremonies at 2:00 pm on Monday. Teams were led onto the ice by Lac du Bonnet's junior curlers. With Piper Dave Murand, colour parties from the Ladies Auxiliary and the Lac du Bonnet branch were marched on to the ice by the Branch Sergeant-at-Arms Bob Hampshire. Melainie Schwab sang the National Anthem.

Branch President Vic Poppel and Command Vice President, Vic Johnson, both addressed opening remarks to the assembled curlers. Vic Johnson, in his role as Command Sports Chairman, threw the ceremonial first rock.

There was some great curling. The final of the regular event went down to the last rock. The winning team from Pilot Mound just barely beating the team from Gladstone. The winning team was skipped by C. R. MacCannell, Third was Jacqueline MacCannell, second, R. G. Ballantine, Lead, Desmond B. Gould.

The seniors event went to an extra end, with Dauphin winning the event over second place Gladstone. The winning



Senior's team was skipped by Peter Prokopowich, with J. M. Todoruk, Third, Doug Fisher, second, and W. K. Ready, lead. Legion rules now allow the use of sticks for seniors. This year a stick was used by only one curler - from a NW Ontario rink.

(Above) Vic Johnson throws the ceremonial first rock at the Opening Ceremonies of the Manitoba and North Western Command annual Legion Bonspiel last week.

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# An American in Pine Falls

**An American reporter was in town last week.**

by Charles Norman

Dateline Pine Falls, February 22.

"—Here on the edge of the silent and frozen northern tier of the earth, the fate of the world's climate is buried beneath the snow and locked in the still limbs of aspen trees."

That is the opening paragraph in Doug Struck's Washington Post Article last Thursday.

It's nice to feel important and to know that the future of the world is underneath our snow covered ground, but it is also more than a little bit scary. If the world really believes the future is here, in our forest,

then they are hardly likely to be able to resist telling us what to do with it.

Struck himself doesn't hesitate. We have to stop cutting down trees. Here is another quote -

"—loggers cut down old forests and replace them with young ones that will take decades of growth to absorb and store the same amount of carbon. As the released carbon rises, it adds to the belt of greenhouse gasses in the atmosphere, trapping even more heat, which causes more warming. Scientists call it a 'feedback loop.' others have a

more ominous term: the carbon time bomb."

That's what we're doing here - creating a carbon time bomb that is going to make the world hotter and hotter until —

But let's look at that quote again. "loggers cut down old forests — as the released carbon rises it adds to the greenhouse gasses etc. etc."

Someone should have told Mr Struck that when we cut down trees they don't mysteriously release their carbon to rise in the atmosphere, we use them to make newsprint so that newspapers like his own

can print his comments. They should also tell him that most people who read his newspaper throw it in the garbage after they have finished with it. From there it goes to the landfill where it is buried - along with the carbon it contains. Every newspaper buried in a landfill takes carbon out of the environment. Admittedly not all newspapers are sent to the dump. Some are recycled by environmentally irresponsible people. The recycled news-

print is shipped back to the mill, using vehicles powered by fossil fuel. Every recycled newspaper adds to the amount of carbon in the atmosphere. Thankfully it is only a small proportion.

People who live in the country have noticed that city-dwellers get a little soft in the head, but we cannot help but be a little surprised when they appear to believe that trees we cut down mysteriously disappear into the atmosphere.



**ECHO MAIL**  
Letters to the Editor

Email: theecho@mts.net

Send your letters or comments to:

Box 178, St. Georges

Ph: 367-9468

Fax: 367-9974

## Response to Charles Norman from Jerry Kraynyk

I read your response to my letter (The hard scientific facts on global warming). We each have our own opinions (that's normal), and I am still sticking to what I had said. This is a country of free speech, so why don't we let the people decide for themselves what the truth is. The internet is a good place

to start, after all, I don't know about everybody else, but I don't have any high profile scientists as friends. Let the people come to their own conclusions. I went to friends of science (the website) and did some reading. It's a nicely laid out site, but it did not impress me. My beliefs on climate

change stem way back to my college days. I am a graduate student of the Environmental sciences (from Keewatin Community College, now University of the North) as well. Like I said earlier, let's let the people decide.

Jerry Kraynyk



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The  
Winnipeg River  
**Echo**

# A convenient lie

by Charles Norman

Last Sunday Al Gore won an Oscar for his environmental documentary - *An Inconvenient Truth*. The Hollywood crowd gave him a standing ovation.

Why is that a story that should be covered by *The Echo*? Because environmentalists have done a huge amount of damage to this community - and especially to those communities north of here. And because the documentary itself unwittingly gives away the fact that the whole foundation of the of global warming hypothesis is an outrageous lie.

Environmental alarmists are telling us, over and over again, that increased levels of carbon dioxide in the atmosphere are causing increasing atmospheric temperatures, and that these increases in temperatures are going to be

the cause of catastrophic changes in the worlds climate.

Al Gore's documentary shows a graph of carbon dioxide levels over the last 650,000 years. Immediately below that graph he shows another graph, of global temperatures. There is an obvious correlation between the two.

Gore does not point out, however, what should have been obvious to him, and the other alarmists, that the two graphs actually show that global warming preceded increases in carbon dioxide levels in the atmosphere., not the other way around.

Superimposing the two graphs one on the other shows quite dramatically that global warming precedes CO2 levels quite dramatically - sometimes by several hundred

years.

These two superimposed graphs give the lie to the entire thesis of the alarmists. Increased levels of CO2 have never caused increased temperatures in the past and it is unreasonable to think that they will suddenly begin to do so now.

Gore also claims that CO2 levels are higher now than they have ever been. Analysing air in bubbles in arctic ice shows lower levels than have been measured in the atmosphere in the last few decades. He fails to mention that some of the carbon dioxide in those bubbles would have dissolved in the ice, thus giving an artificially low result. The truth is that there have been many occasions in the past when CO2 levels have been higher, sometimes much higher, than they are now.

Don't take my word

for this. Go to [www.friendsofscience.org](http://www.friendsofscience.org) There you will find a video where you can watch as the two curves are superimposed one on the other, showing conclusively that warming precedes increasing carbon dioxide levels.

Here is the frightening thing. It is impossible to believe that this was just a colossal mistake and not an outright lie. Someone must have noticed that those two curves proved the opposite of the environmentalists contention.. Hundreds of people saw those two graphs during the making of the documentary. *Someone* must have pointed out the contradiction. No one cared.

Why???

Al Gore has an obvious motive - to use the environmental movement as a springboard into the next presidential election. Others have similar motives. The American left also

sees it as a springboard to power. So does Stephan Dion. Others - followers of David Suzuki - let's call them Suzukians - are religious fanatics - worshippers of Mother Earth - with them it is a matter of faith. Facts are irrelevant.

What matters to us is that environmental fanatics have prevented the development of the forest north of us. They have prevented the building of an all-weather road to northern communities. They have prevented the building of three sawmills and the creation of a thousand jobs, most of them in northern communities. They have condemned people in these communities to continual poverty. They have ensured that there will be more years in the future when teenage suicide will be the leading cause of death in some of those communities because it is the only way out of a life with no future.

All of it for a lie.

We all care about the environment. When the employees took over the

mill the first thing we did was to stop dumping logs in the river - we actually did that the year before we formally took ownership. We built a waste water treatment plant. Tembec has won numerous awards from environmental organizations for its harvesting practices. We are all environmentalists. We live here.

This brings us to another problem resulting from this monstrous lie. When people discover that they have been lied to, and they will, they will tend to disbelieve anything they hear about environmental problems. It will be more difficult for those charged with the stewardship of our resources to do their job.

In the short term they will win. Al Gore will become President of the United States, and Stephan Dion will become Prime Minister of Canada. Hopefully they will settle for power and discover that it really is not necessary to bankrupt our two countries in trying to implement the Kyoto Accord.

## Provincial Hockey Tournament

Sagkeeng Minor Hockey is proud to announce, that the Sagkeeng Hawks Bantam Team will be hosting the 2007 Bantam "B" Provincial Tournament Friday, March 2 to Sunday March 4, right here at Sagkeeng Arena Multiplex. This tournament will feature eight other teams from across the province competing for the provincial banner and should be an action packed weekend of hockey.

**March 2nd to March 4th**  
**OPENING CEREMONIES AND**  
**SKILLS COMPETITION**

**Saturday, March 3rd at 1:00pm**

Prices for the weekend are as follows:

Weekend Passes:

Adults \$13.00 with program

Seniors/Students - \$8.00 with program

Daily Admission:

Adults \$5.00

Senior/Student \$3.00

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**Norbert Fontaine**  
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# Nutrition Nibbles

February has come and gone and so has our theme of I Love to Read. This month we will be celebrating nutrition month at Wings of Power. You may be wondering why we are making such a fuss over these two themes. Doesn't practically every month have some theme or cause tied to it? Literacy and Nutrition are two of the pillars upon which our mission at Wings of Power is based. The other two are parenting and community capacity building. So when we have the opportunity to showcase these pillars, especially when there are entire months dedicated to them, we do our best to tout their virtues.

This month I will be sharing some "Nutrition Nibbles" that are brought to you by Registered Dietitians of Dairy Farmers of Manitoba. This first one deals with grocery shopping.

**Are you Supermarket Savvy? Helpful & Healthy Shopping Tips**

**Eat before you shop!** If you shop on an empty stomach, you're more likely to buy foods that tempt you "at the

moment".

**Plan ahead!** Make a shopping list...it helps keep you focused on your family's needs. It's also easier to avoid temptations and impulse buying when you stick to a list.

**What's on your shopping list?** Think food groups first when you prepare your grocery list...it helps make sure you have lots of healthy options when planning meals and snacks for your family. Make a category on your list for each food group and put a few items from every group in your cart. The four food groups are: Vegetables and Fruit, Grain Products, Milk and Alternatives, Meat and Alternatives. They are easy to find if you "surf the perimeter".

**Surf the perimeter first!** Fill your cart with fresh fruits, veggies, whole grains, milk products and lean meats. These items are found around the perimeter of most stores. In the aisles, look for other healthy choices (e.g. rice, pasta, canned/frozen fruit & vegetables, canned or powdered milk, and legumes).



You'll also find selections of snacks and convenience foods (higher in fat, sugar and salt) in the aisles... travel to lease "isles" less often.

For more information on nutrition labeling, visit [www.healthyeatinginsotre.ca](http://www.healthyeatinginsotre.ca)

## 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, Feb. 21**  
Soup, salmon rice  
melange, potato pancake,  
pumpkin pie.

**Friday, Feb. 23**  
Coleslaw, ham, scalloped  
potatoes, green beans,  
belgium anise loaf cake.

**Monday, Feb. 26**  
Soup, chicken paprika,  
noodles, carrots,  
strawberry dessert.

**Wednesday, Feb. 28**  
Salad, liver and onions,  
potatoes, creole beans,  
impossible pie.

## Sunrise School Division ANNOUNCEMENT

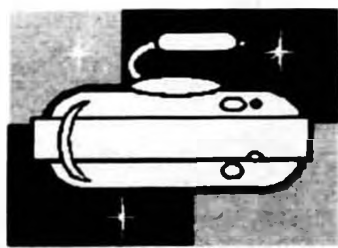


## PUBLIC MEETING

Sunrise School Division invites the Public/Municipalities/Parent Advisory Councils to attend:

**Draft Budget Presentation  
(2007/2008 School Year)**

Tuesday, February 27, 2007 at 6:30pm  
At Sunrise Education Centre  
(Former Beausejour Elementary School)  
Multi-Purpose Room in Beausejour, MB.



# PINE FALLS CURLING CLUB

## MIXED BONSPIEL

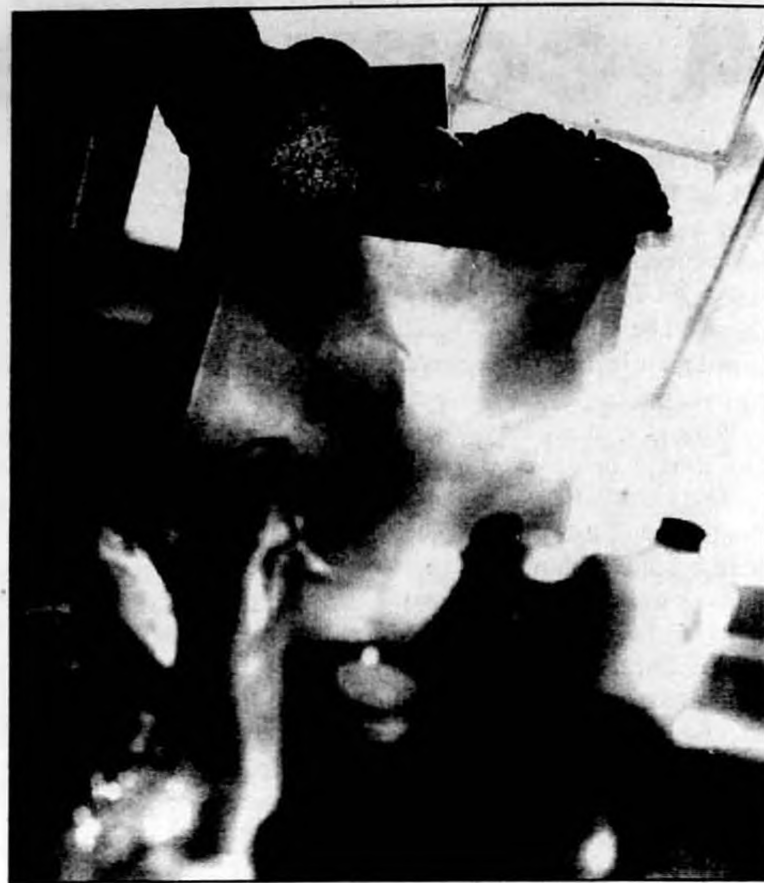
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**Entry:** \$140/Team

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## Seniors, Did You Know?

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



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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.

# My Brother John

by George Bayly

My brother, John Aubrey Lansdown Bayly, was born on May 27, 1934 into the family of Godfrey (Goff) and Beatrice (Sally) Bayly, a brother for Edith (Baba). Pine Falls was a wonderful place to live and grow where the coniferous forest and lakes of the Precambrian Shield are in your backyard. John enjoyed the camping holidays with his family usually somewhere along the Bear and Winnipeg Rivers. As a boy, John and friends like Derek Gretsinger of Jim Romano would hitchhike or ride their bikes to the cataracts at Pine Falls or Silver Falls to fish.

As a student at Pine Falls School, John demonstrated a natural artistic talent. His Grade 8 teacher, Tony Jorowski would show John's paintings and drawings to every class that passed through the room each year. After I entered the world in 1942, John was often asked to look after me and entertained me by inventing great games and activities. For example, when I was 6 years old, he constructed a stagecoach using my wagon as a frame. Every kid in town wanted to play on it. I can recall games of Hide and Seek in the dark in our house when cousin Pat Lansdown came to visit us. John was very fond of our Uncle Les and Aunt Anna and Ted and Pat and the Baylys and Lansdowns were close as Goff Bayly and Dr. Les Lansdown both arrived in Pine Falls in 1926 when the mill and town were being built. When John finished High School, Uncle Les offered to pay his way through University. John spent a great deal of time during the summer at the Lansdown family cottage on Lake Manitoba at St. Laurent. It had been established in 1910 by our grandparents Dr. and Mrs., G.H. Lansdown. Sometimes all our relatives were there, including Uncle Maurice Lansdown, Aunt Gwen, and cousin Allen.

John had many close friends throughout his high school years and I remember the gatherings

and parties at our house. When in Grade Eleven, some of John's friends were Alphonse Gebert, Derek Gretsinger, Jim Romano, Dave Stewart, Janice Thibedeau, Dot Pasaluko, Flo Souka, Bob Christie, Jim Dawson, Doug Legall, Ray Hutchison, Beryl Wilson, Anita Horvath, Don MacDonald, Fred Ford and Inez Dulake. At the 1950 High School Graduation, John gave the toast to the graduates which was responded to be Nesta McLeod who later married Ray Hutchison. John's creativity was evident in his work organizing the Doom Dance and writing a skit called "The House of Doom", all as a fund raiser for the high school basketball team. Of which John was a member. For the same event, John created a contest named "Who is Mr. X?" in which clues were given as to the identity of a mystery person. Contestants could buy a ballot on which to enter their guess. Mr. X turned out to be Groundwood Superintendent Fred Legall. At the dance, Tanners Trio, Janice Thibedeau, Dot Pasaluko and Anita Horvath entertained the crowd with song. The Pine Falls Basketball Club played teams from around the province including some high school teams from Winnipeg. I remember watching John's team play West Kildonan Collegiate which Pine Falls Collegiate won by a score of 39 to 32.

John was very proud of his family heritage and often stated how proud he was of our father's achievements in the field of Forestry as well as the achievements of our grandfather Dr. G.H. Lansdown as a pioneer in clinical surgery, of our Uncle Dr. Les Lansdown, a Director of the Provincial Pathology lab and a developer of the Manitoba Healthcare System, and our cousin Ted who was Chief Radiologist at Toronto General Hospital and Professor of Radiology at the University of Toronto.

At the same time we are all proud of John's accomplishments in the field of advertising in which he

became quite prominent in the retail business circles in Winnipeg. He started off in advertising by working for the Adelman family who ran Saan Stores and the North End Furniture Company. When the North End Furniture Company moved to Portage Avenue from Main Street, John devised the name NEFCO. In the meantime, he had married his first wife, Janice (Chatwin) and had two daughters Wendy and Brenda.

One sales promotion that he created was an event called "Captain Zero" a figure who would arrive at the downtown store by descending from the sky (actually the roof of the building) and bring promises of big savings on purchases that Saturday. The promotion was a huge success and John's career was off and running. Two years later John was hired by Eaton's as their Art Director in their Catalogue Department with 60 people working under him. In 1970, with wife Joanne (Farrell) and son John Jr. (Jack), he moved to Ottawa to work for Freedman's, a large department store down the street from the Parliament buildings. Freedman's was eventually bought out by The Bay and John worked for that company in Ottawa Toronto, and Winnipeg as Advertising Manager. (After high school, John had attended the University of Manitoba, but was not happy taking Fine Arts as he was more suited to Commercial Art. In 1951, he travelled to Edmonton where he worked for the Hudson's Bay Company and in the Advertising and Display Department. After several months, he returned to Pine Falls and worked for Abitibi in the Mill Stores and also the Lab. In the mid 50s, he began his advertising career in

Winnipeg) John ended his career in Winnipeg returning in 1982 to Hudson Bay House which later became the Northwest Company. After retiring he created his own advertising business working out of an office in his home in Windsor Park. He had purchased a top of the line computer, scanner, and photocopier and produced advertising brochures and flyers for various clients. In 1993, John remarried, his third wife being Mae Viisainen from Kenora. In 2001, he was invited on a two week trip to Australia by his old Pine Falls friend, Jim Romano and while there he visited our stepsister Beth who lives near Brisbane.

John enjoyed reading and talking about our ancestry and family history and often talked about the tales told to him by our grandfather, Dr. G.H. Lansdown, about his life in England and his experiences with the Canadian Army Medical Corps which went to Japan, Manchuria, and Siberia (Vladivostok) in 1919, as part of the British Expeditionary force which ostensibly was to aid the Bolsheviks who had taken control after the Russian Revolution in 1917. John loved his sailboat and the

peace and solitude of cruising Lake Winnipeg around Black Island and Hecla. His son John Jr. and I enjoyed a couple of excursions up the lake with him. For the big school reunion in 1983, John sailed up the Winnipeg River and moored his boat at Ray Hutchison's cabin across the river. John was well read particularly in history and philosophy and especially enjoyed reminiscing about the old days in Pine Falls and all the wonderful families and children who had come to start up the town in the late 1920s. In 2001, just upon returning from a trip to Brazil, he fell ill and months later was diagnosed with a rare blood cancer, Waldenstrom's macroglobulinaemia. The disease slowly took hold of him and sadly, on September 27, 2006, John passed away peacefully at St. Boniface Hospital. John was predeceased by his Mother Beatrice Elizabeth Bayly in 1949, father Godfrey (Goff) in 1985, his sister Edith Mary (Baba) Kolenuk in 1991, his Uncle Dr. Les Lansdown in 1971, and Aunt Ann Lansdown in


1986, Uncle Maurice Lansdown in 1978 and Aunt Gwen in 1982, his favourite Aunt, Aunt Mary Young (Lansdown) in 1994, cousin Pat Schneider (Lansdown) in 1997, cousin Dr. Allen M. Lansdown in 2001, nephew Richard Kolesnik in 1997, and Grandparents Dr. G. H. Lansdown in 1954 and his wife Edith Mary in 1939.

He will always be remembered by his surviving closest relatives: son, John Jr. (Jack), brother George (Joe), cousin Dr. Ted Lansdown, brother in law Irvin Kolesnik and nieces Brenda Miller, Jan Millar, nephew Michael Kolsnik Bayly. Also he leaves to mourn his third wife Mae Bayly and many old friends.

When John left our world, with him went a great talent. He was one with a great sense of humour, high intellect, and a most unique avant-garde lifestyle. I know that I miss him so much. I hope they allow pranks and practical jokes in that "kingdom beyond the pearly gates" Maybe they need a good skit writer.

- George (Joe) Bayly  
- January 26, 2007

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POWER SMART

# Faith Perspective

by Pastor Jake Doell

## Finding Peace In An Uptight World

Everyone wants to have peace of mind. Whether you are a mother who is trying to corral her kids or a business person facing the pressures of deadlines in an office, peace seems so far away. If we are truthful with ourselves we must admit that we all have more stress than peace. Yes stress is a very real fact of life in our modern world. Statistics tell us that we North Americans consume more than 30,000 lbs. of aspirins every day.

The Bible has a lot to say about stress: "A peaceful mind makes for a sound body, but runaway emotions corrode the bones." (Proverbs 14:30)

The Bible mentions three kinds of peace that we all need:

**Peace with God.** - All peace must begin with peace with God. Our sins have made us an enemy of God and not until we come in humble confession to God and receive His forgiveness by faith can we be at peace with God. (Colossians 1:21) God's word also tells us, "Therefore since we have been made right in God's sight by faith we have peace with God because of what Jesus Christ our Lord has done for us." (Romans 5:1)

**Emotional Peace.** This is the "peace of God." First of all we must have peace with God, that's spiritual peace. Then we qualify for the "peace of God." Colossians 3:15 says: "Let the peace of Christ rule in your

hearts, since..... you are called to peace." The Greek word translated



"rule" means umpire or referee. This verse says we are to allow the peace of God to be the referee in our lives. What does a referee do? He keeps the peace and makes sure the game is played according to the rules. You see without rules a game becomes chaotic and meaningless and so do our lives. So I encourage you to allow the "peace of God" to referee your life.

**Relational Peace.** When we have peace "with God" and the "peace of God" then we are able to truly be at peace with others. Romans 12:18 says, "If it is possible, as far as it depends on you, live at peace with everyone." For many of us our biggest problems are with people - the boss, family, and relatives. To live at peace with others, we need a forgiving attitude. Here is an interesting quote on forgiveness. "Being unwilling to forgive is like giving yourself poison and expecting the other person to die."

We all desperately need more peace in our lives. True lasting peace begins with "peace with God." If you have not accepted "God's peace treaty" signed at the "Old Rugged Cross" then do it now and it will help you find true inner peace and also peace with others.

[The principles of this article are adapted from Rick Warren's sermon series "Power to Change"]

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### Self-Employment Program

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Delivered by Winnipeg River Brokenhead Community Futures Development Corporation

Manitoba Advanced Education and Training



# Maskwa Poker Derby

Saturday, Feb. 17th, 2007 was Maskwa snowmobile club's annual Poker derby.

It was cool but much improved weather over the last couple weeks. We had a very good turn out with about 70 riders out on the derby route and an additional 30 or so hands bought by folks roaming in to buy silent auction tickets. The silent auction was once again outrageous thanks to Heather and

Marcel Chevretils and our local businesses. Thanks goes also to Mark Mchugh and Wendy Lavallee and her son Lane for checking at the 1/2 way shack, Jagger and Michelle Dupont for checking at the Chef and my daughter Haley for sitting with me all day at the Birchwood.

The derby is a tradition that has gone on for over 40 years. It is the hope of the club to continue this tradition, but it will not continue without the help of our volunteers. They work hard all year brushing trails, cutting fire wood, maintaining

the warm up shacks and signing the tails. We are always looking for more help so if you are interested in helping out or have some new ideas, come on out.

This is a very social event, some participants only ride on

this day out of the whole years. Others ride no matter what the weather. People come from all over just for this derby and that makes it all worth while. Everyone enjoys their day even if their poker hand does look more like a foot.

## WHAT'S IN THE Cupboard



### Easy Sausage Chowder

- 1 - 20 oz. package refrigerated shredded hashbrown potatoes
- 1 - 14 oz. can chicken broth
- 1 - 10 oz. package frozen kernal corn
- 2 cups milk
- 12 oz. smoked cooked turkey sausage - chopped
- 1/3 cup sliced green onions
- 1/4 tsp. ground black pepper
- 2 tbsp. fresh cilantro

#### METHOD:

In a dutch oven combine potatoes, broth, corn and 1/4 cup water. Bring just to boiling - reduce heat, cover and simmer about 10 minutes or just until potatoes are tender, stirring occasionally.

Using potato masher slightly mash potatoes. Stir in milk, sausage, green onion and pepper. Heat through, stir in cilantro.

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## Maskwa Poker Derby

This years lucky winners are as follows:

- 1st place Stewart Cambell \$432.50
- 2nd place HeatherChevretils \$259.50
- 3rd place Claude Papineau \$173.00

Winners of the door prize are as follows: )  
Donnie Fontaine - \$125.00 (donated PowerFalls Autobody)  
Dan Lavoie - hand held massager  
Cheryl Pachowsky - hat and shirt  
Mike Dupont - hat and tank bag

Winners of the silent auction are:

- Prize - 1 - Elaine Warren 7-man tent pkg.
- Prize - 2 - Nadine Roy Polans pkg.
- Prize - 3 - Justin Lavoie Air compressor/nailer pkg.
- Prize - 4 - Cheryl Pachowsky Snowboard pkg.
- Prize - 5 - Yolande Fenez \$100.00 cash pkg.
- Prize - 6 - Rick Mcleod Barbeque pkg.
- Prize - 7 - Bert Ruff 5 piece luggage set pkg.
- Prize - 8 - Tara Christenson 20"tv pkg.
- Prize - 9 - Fred Carlson 150 piece tool kit
- Prize - 10 - Bridgette Lavoie Coffee maker pkg
- Prize - 11 - Roberta Desautels Ice fishing pkg.
- Prize - 12 - Larry Mckay Birdbath pkg.
- Prize - 13 - Lorelei Bourgeois Surprise pkg.(Papertown nite stay)
- Prize - 14 - Stewart Campbell Polaris pkg.



Advertise in the Echo Classifieds Call 367-9468



# Recreation Re-boot

## Pineview Recreation Commission, 367-9142

The PRC would like to thank the Papertown Motor Inn for their generous donation to the PRC and Minor Hockey from the proceeds of the Carnival Splash held at the Papertown pool on Thursday, Feb. 15<sup>th</sup>.

## Curling Club News

The men had a fabulous 28-team bonspiel to celebrate 80 years. Congratulations to the winners. Hope you all come back again next year. The women, as always, had a super spiel! Congratulations to the winners. A big thank you goes out from the club to all the volunteers who made these bonspiels such a huge success. To date there aren't a lot of rinks signed up for the Mixed Bonspiel on March 16, 17 & 18<sup>th</sup>. There is still time to register - just call Melinda Pluchinski at 367-4682 for more information.

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 retirement party or birthday bash, just call Fay at 367-2296 to book.

## Arena Happenings

The Squirts are playing at the arena on Saturday, Feb. 24<sup>th</sup> @ noon and again on Sunday at 10:00 am. The Midget team will be facing Lorette on Saturday, Feb. 24<sup>th</sup> at 6:00.

There is 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.

## Cross Country Skiing

The Cross Country ski trails are now open. Memberships can be purchased at Celebrations Unlimited for \$20.00 single or \$30.00 for a family. For more information contact Howard May at 367-8846.

## Dance Class

Dance class will be held in the Multipurpose Room at Power-view School on Wednesdays beginning January 17<sup>th</sup>. The class will run for 12 weeks. The cost is \$127.20. Times are as follows: 3&4 year olds - 4:30 - 5:30; 5-7 - 5:30-6:30 and 8-12 - 6:30-7:30. If there is enough interest, we will have a class for teens and adults from 7:30-8:30.

## 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!!!

Classes began on Wednesday, February 7<sup>th</sup> from 6:00-7:00 at the gym in Pine Falls School. The class will run for 10 weeks at a cost of \$75.00. There is still space available, so if you would like to register, call the Rec. Office @ 367-9142.

## 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.

## Rivers North Fitness Co-op

The membership drive for the fitness co-op is in full swing. The co-op membership fee is \$100. Fitness club memberships are \$250.00 for members and \$300.00 for non-members. The club will open its doors on Thursday, March 1<sup>st</sup>. For more information, contact Bev Dube @ 367-8064 or Linda Cyr @ 367-2382.

## Recreational Volleyball

Volleyball is held in the gym at Pine Falls School every Monday night from 7:00-9:00. Everyone is welcome to come out for some fun and fitness!! For more information, contact the Rec. Office @ 367-9142.

## Badminton

Badminton is held every Sunday and Wednesday at Pine Falls School from 7:00-9:30. You can register for the season, or pay as you play. Open to anyone 14 years or age or older. Children under the age of 14 must be accompanied by an adult.

## Public Library

The Public Library, located in Pine Falls School operates Monday to Friday from 1:30p.m - 3:30p.m. Community Internet access is also available during these times.

## 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.

## The Manitoba Shelter Benefit

(Formerly known as SAFER/SAFFR)

Helping low-income families, seniors and persons with disabilities pay the rent

The Manitoba Shelter Benefit is a monthly benefit that helps low income seniors, families and persons with disabilities pay their rent. Created in 2006, the Manitoba Shelter Benefit replaced the Shelter Assistance for Elderly Renters (SAFER) and Shelter Assistance for Family Renters (SAFFR) programs.

### What's new

Renters under 55, who have a disability, have a spouse or common-law partner with a disability or, have an adult dependent with a disability living at home, may be eligible to receive the Manitoba Shelter Benefit.

### Who it's for

If you're not already receiving this benefit, it is available to the following renters living in private rental accommodations:

- single renters over 55
- couples where one person is over 55
- renters under 55 with one or more dependents under 18
- renters under 55, who have a disability, have a spouse or common-law partner with a disability or, have an adult dependent with a disability living at home

You may also be able to receive a benefit if you are living in private rental accommodations and you are a person with a disability who receives Employment and Income Assistance (EIA). You don't need to apply—EIA will let you know if you are eligible.

### How it works

If you live in private rental accommodation you may be eligible to receive a maximum monthly benefit of \$200. per month. However, the amount you receive is dependent on your total family income and your monthly rent.

You are not eligible to receive the Manitoba Shelter Benefit if you already rent your home from the Manitoba Housing Authority or if you already receive another type of housing benefit.

### For more information

To learn more about how the Manitoba Shelter Benefit can help you, please call:  
In Winnipeg: 945-2197  
Toll free: 1-877-587-6224  
TTY: 948-3698

You may also e-mail [provsvic@gov.mb.ca](mailto:provsvic@gov.mb.ca) or visit: [www.manitoba.ca/fs/housing](http://www.manitoba.ca/fs/housing).

# Please Give

## Help save lives.

## February is Heart Month

Give from the heart when a volunteer canvasser comes to your door and help fight the leading cause of death in Manitoba.

Above: Heart disease survivor Ethan Pappel, 2 years old

Contact:  
In Winnipeg: 949.2000  
In Brandon: 571.4080  
Toll-free: 1.888.473.4636  
[ask@heartandstroke.mb.ca](mailto:ask@heartandstroke.mb.ca)  
[heartandstroke.mb.ca](http://heartandstroke.mb.ca)



# Library Corner

## Lac du Bonnet Regional Library

Welcome your newborn child into this world with a name he or she can be proud of. "Baby Names for the New Generation" by Pamela Samuelson and Alby Montalbano is a comprehensive, multicultural guide to finding the perfect name. The book consists of beautiful and unusual names as well as strong traditional ones. Each name listed includes the proper pronunciation, meaning and origin as well as nicknames and variations.

"Complete Baby & Childcare" by Dr. Miriam Stoppard is everything you need to know for the first five

years. The book consists of the latest recommendations for day to day care, plus suggestions for enhancing your child's physical and emotional health from infancy to preschool. It also consists of detailed information on child development, including how boys and girls develop differently and how to adapt your care to their needs. There is also essential medical information included on childhood illnesses, first aid, and children with special needs.

Need more suggestions for "I Love to Read Month"? Emily Rodda's "Deltora Quest" novels are very popular with our junior readers. We



now have four more books to add to the series. There are also four more books in "Our Canadian Girl" series which are now available. Gordon Korman is a Canadian author there are six new adventures in the "on the run" series for our junior readers. There's never a dull moment when reading these books as they are full of mystery and adventure. They are on display at the library now so get reading!

# Library Allard

The Land of Magic,  
There's a wonderful  
land where I go by myself  
Without stirring out of  
my chair;  
I just take a book from the  
library shelf,  
Turn its pages, and presto!  
I'm there.



In that wonderful country  
of Yesterday,  
Where "to-morrow" is always the "now,"  
Where the good ship Adventure is spreading her sails,  
While the sea-foam breaks white at her Prow.  
Where the desert sands burn in the African Sun,  
Over the mountains and valleys where  
Strange rivers run,  
With hardy explorers I go.  
I share, too, in the magic of fairies and gnomes;  
I have followed the ways of the sea;  
I have studied the fish in their water homes,  
And the bird and the ant and the bee.  
I have followed the trail of the first pioneers  
Over prairie and mountain range;  
I have lived with their dangers and shared  
In their fears  
In a country so new and so strange.  
And then - just like magic - I'm high in the air  
In a glittering airplane!  
Swooping in bird-flight now here and now  
There -  
Up, up through clouds and the rain!  
O ship of adventure! Your sails are spread  
Wide  
As they fill with the winds of the West;  
Restless and swaying, you wait for the tide  
To bear you away on your quest.  
With you I will sail for a year and a day,  
To the world's most unreachable nooks,  
For there's nothing to hinder the traveler's  
Way  
Through the wonderful Country of Books!  
Edith D. Osborne

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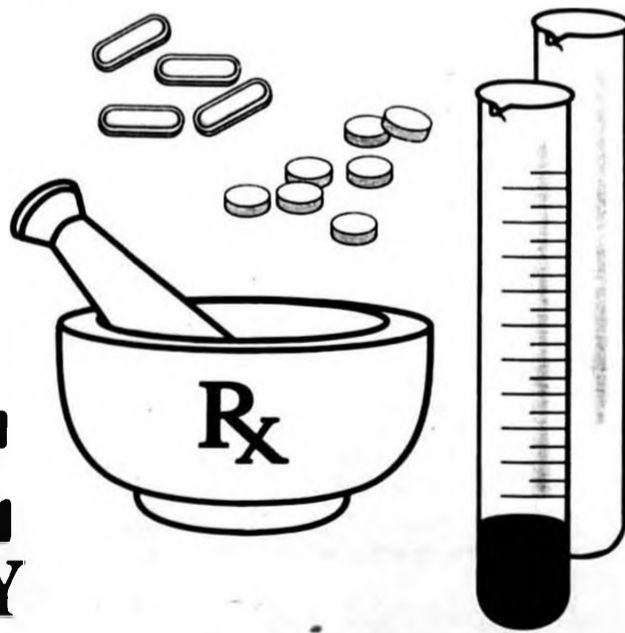
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## Report from Legislature



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

### Mismanaging the farming industry

The Farming Industry is one of the most important industries in our province. When the Farming Industry is doing well in Manitoba, our provincial economy does well, and when the Farming Industry is doing poorly, our provincial economy suffers. It is well known that our provincial economy follows the hills and valleys of the farming economy. The farm economy is often referred to as the backbone of the provincial economy. These principles seem lost on the NDP Government. The NDP have so badly mismanaged the farm economy in Manitoba that I am afraid that it will take years to recover.

Let's look at the mismanagement of the Cattle Industry. When the first case of BSE in Canada set back our Cattle Industry 31/2 years ago, the NDP stated they were committed to increasing the slaughter capacity in Manitoba to ensure that there was a market for Manitoba Beef. After 31/2 years of total mismanagement by the NDP, and millions of taxpayer's dollars, the slaughter capacity in Manitoba has not increased. Ranchers Choice finally gave up trying to establish a

new slaughter facility after more than 3 frustrating years dealing with our Provincial Government. In the meantime, new slaughter facilities in Alberta and Saskatchewan have been established, and again, Manitoba has been left behind.

Next, the Hog Industry was so badly mismanaged that the Olywest consortium is on the verge of giving up on Manitoba. More than 1,200 jobs were planned in Manitoba, all of which go up in smoke if the project collapses. The NDP created a great deal of uncertainty in the Hog Industry when it announced a moratorium on hog production capacity in Manitoba. Instead of targeting old and inefficient hog barns, it targeted new and environmentally approved barns. By announcing the moratorium, old barns needing upgrades were left alone yet new barns which meet all environmental guidelines were not permitted. Does this make sense?

The third strike was the NDP mismanagement of the Canadian Wheat Board issue. Instead of working with the Federal Government, which has sole authority over this issue, and developing acceptable questions to ask farmers about the future of the Canadian Wheat Board,

the NDP forged its own questions and interpreted its own results. What was the final result? The Federal Government held its own plebiscite, as it committed to do, and ignored the NDP vote, as it is entitled to do. The fact remains that the Federal Government has sole responsibility over the Canadian Wheat Board, and the NDP should have been working with the Federal Government, instead of trying to play cheap politics with this issue!

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.

## Winnipeg River Senior Service



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

Hi! I'm writing to inform you of some changes at the St George Meal Program. We are saying good bye to Lillian Meilleur. The board of directors would like to thank her for all her hard work & dedication towards our senior's. Welcome to Karin Loo's our new Cook Coordinator. Did you know that the meal program is open to anyone 55 plus from St. George & the surrounding communities. Karin will cater to special events such as birth-


days etc on meal days. Seniors are welcome to bring friends & family. Meals are also available for pick up by friends, family or a volunteer to seniors who are unable to leave their home. The menu will be posted in the Echo on a weekly basis. Food symbolizes man values inherent in our existence - the exercise of choice, control over one's life and culture. Many of the "good times" throughout life are associated with eating!

Independence, physical strength and well being are also related to healthy eating. And so is sound mental health which is enhanced by proper diet and through the opportunity to share time and conversation with others. Eating alone can have negative effects in that well balance meals may not be easy to prepare for just one person and appetite may be affected by loneliness. All of these reasons add up to the importance of a congregate meal.



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*Kimberley Dawn, media personality, entertainer, foster parent*

Being a foster parent is not an easy job. I know, because I am a foster parent. I also know that the personal satisfaction I get from being a foster parent far outweighs all my hard work.


Many people have come forward to be foster parents but many more are needed. About 85% of the kids who need foster care are Aboriginal. It's important that Aboriginal foster children are placed with Aboriginal foster parents whenever possible. But it's just as important that these kids simply have a foster home where they can be safe and loved.

Please open your heart and your home and make a difference in a child's life. Join the circle of care and become a foster parent.

Meegwetch

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

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## On Parliament Hill



**Your voice in Ottawa**  
Vic Toews, MP for Provencher

### Cutting Through Red Tape

The government has many ways to deliver critical services to Canadians. Some are administered directly by the government – things like Employment Insurance or Passports. At the same time, each year the government delivers nearly \$27 billion to Canadians through more than 800 grant and contribution programs.

Grant and contribution programs are cornerstones of the delivery of government programs to Canadians. These programs provide real benefits to people such as promoting physical activity and healthy eating to school children and providing employment programs for disabled Canadians. As part of the Federal Accountability Act, our government committed to reduce unnecessary red tape to make these programs work better for Canadians.

Over the years, groups that receive grants and contributions have been forced to deal with more forms, more reports, and more paperwork. In the end, that meant less time and effort was spent actually delivering results to Canadians. Our government wanted to find a way to fix that problem.

So, as part of the Federal Accountability Act Action Plan, we appointed a Blue Ribbon Panel to look into the entire system and give recommendations on how to clean it up. As President of the Treasury Board responsible for the Act, I released their report last week. And now, I'm leading the government's response to it.

The Blue Ribbon Panellists, Frances Lankin and Ian Clark, made it clear that time and money are being wasted administering rules and processes that add little to results and nothing to accountability. As the panel wrote in an article last week, "More rules do not make better rules. And no

amount of regulation will prevent all wrongdoing or prevent people from making mistakes."

Our government's response is to get back to first principles – delivering good programs to Canadians. Step one is for me, as Treasury Board President, to lead in the development of an action plan to reform the administration of grants and contributions, to ensure they deliver clear results in the most effective and efficient way possible within a sensible risk management framework.

My department, the Treasury Board Secretariat, will work with other government departments to look at how they manage their grants and contributions, and try to find ways to improve service and efficiency. Based on the results of this review, departments will develop their own action plans to streamline internal practices and reduce red tape.

In the end, real accountability is not just about filling out the right forms and reports. It's about making sure the programs we spend money on deliver what Canadians expect. In too many areas, that's not always the case. And dealing with the problem is a big job. The "web of rules" that is now in place did not spring up overnight. But as Mr. Clark said, "The fact that there is so much to be done should not lead to the conclusion that the task is simply too large or too difficult to undertake. Rather, it should lead to the conviction that it is time to begin."

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

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## Ask the Neighbourhood Mechanic



by Dave Redinger

On my radio show we have a segment we refer to as the "auto glossary". Today's word is "telematics". Telematics is the term that industry has coined to describe a new series of wireless devices that are available for use in today's vehicles. Good examples are GM's Onstar. Onstar is wireless service that monitors your position by GPS and supplies a series of helpful services such as unlocking your doors, transmitting your cell phone calls and calling for assistance when required. On board navigation systems are also referred to as telematics. The most universal of the telematic products is the use of 'Bluetooth'. Currently it is used to relay your cell phone to the car's sound system. The next level, look for this technology to actually operate the various accessories in the vehicle. First step in the process, the sound system. By utilizing the current technology engineers have successfully

operated video and audio components in high end installations. Greatly reducing the need to wire the system. The benefits are many, less complicated installs and less chance of mechanical failure. The final result of telematics. vehicle systems that can be service rapidly if they actually require any service at all. Telematics is the hottest word in Motown today.

I have a 1990 Oldsmobile Eighty Eight Royal that starts great in the warmer months but during the winter months doesn't. If I don't plug in the block heater the vehicle seems to flood. Basically what I do to start the engine is hold the ignition on until the engine starts. This sometimes takes up to a minute. Any suggestions?

When the temperature dips a car's battery reserves are low. Sometimes less than 50% of it's available power. Under these conditions the ignition system must be in perfect condition. These vehicles had

a reputation for weak ignition coils. Have the ignition system tested by a qualified tech. Never crank an engine for more than 10 seconds at a time. The starter may over heat and fail.

I have a 94 Honda Accord and for some reason the car will shut off will I'm driving. If I turn off the car and go back to restart in about 5 minutes, it will turn on. I took it to a mechanic and he says that the relay needs to be changed. Can you me give advice on what you may think of this problem.

Sharon

Your tech is correct. This type of failure is electrical in nature. Your model is known for having issues with the PMFI relay. This relay powers the injection system and just wears out over the years. When in the shop have them check the ignition switch assembly. Some Hondas had problems in this area. By the way watch the number keys you hang from the ignition switch. All that weight swing back and forth just wears out the lock.

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CANADIAN INDEPENDENT

# Winnipeg River Recreation Scene

By: Sharalyn Reitto, Recreation Director  
 Ph: 345 8816 or 753 2639  
 Email: [reccom@mts.net](mailto:reccom@mts.net)

## Did you Know?

Did you know that Lac du Bonnet and Pinawa both received grants through the Manitoba in *motion* initiative? Each community will be receiving \$1,500 to assist in planning and awareness raising efforts for increased participation in physical activity. Busy lifestyles and today's technology (i.e. video games, computers and TV) are two big barriers that exist in making participation in regular physical activity difficult. The Manitoba in *motion* funding will assist our communities in becoming more aware of the benefits of being active and with efforts to reduce some of the barriers that exist to stop us from being active.

Weekly Feature – Community Recreation Planning Update

Community meetings were held in mid February in both Lac du Bonnet and Pinawa to discuss the present and future of recreation from a broad community perspective. Some

reoccurring themes surfaced at both meetings. Here are the highlights...

-We (our community) have a lot going for us in recreation – programs, volunteer groups, private recreation services, facilities and outdoor venues for recreation (i.e. trails, parks, the river, etc.).

-We want to see more people enjoying community recreation programs, facilities, and outdoor recreation opportunities.

-We want to see more active families and people of all ages.

-We struggle with declining volunteers and participants for recreation programs.

-We see the value in developing partnerships amongst our recreation groups.

-We see the value in working towards a collective future by identifying community recreation priorities and setting strategic goals.

So now what?

We need to work towards identifying those priorities, issues, and strategic goals for

each community. In order to do this effectively, we need input from all community members and groups that are interested in sport, recreation, leisure, and culture. The WRRD will continue with gathering information and data. Steering committees will be formed in each community that will analyze the data and from that analysis, work to develop community vision statements, value statements, priorities, issues and goals. Once these have been determined at a broader community level, they will be given to all our recreation groups. We will ask each recreation groups to determine actions they can do to help meet the greater community goals that have been set. We are also looking at developing Community Recreation Alliances in both Pinawa and LdB that would determine actions that recreation groups could partner on such as program scheduling, promotion, volunteer recruitment, training and recognition, etc.

The WRRD is taking a lead role in the planning process because we see the value in planning for the future and in working in partnership. It is

important to know that we are not developing a plan just for the WRRD, but for recreation in our communities as a whole. This includes the numerous recreation groups, volunteers, instructors, coaches, schools, daycares, etc. We all work in our own environment and often don't stop to think about what we all have in common – strengths, challenges, issues. That's what we want to find out so we can maximize our strengths and resources to ad-

dress our issues and priorities. By identifying these things, our recreation groups, the WRRD being one of many, will be able to determine actions that will help meet the broader community goals.

Please get involved by giving us any input or ideas you have throughout the data collection stage or being part of your local steering committee. Please contact the Rec Office to get or give more information.



## Hot New... RELEASES

### The Prestige DVD

Cast: Hugh Jackman, Christian Bale, Michael Caine, Scarlett Johansson, David Bowie, Piper Perabo, Andy Serkis  
 Rating: PG

### Babel DVD

Cast: Brad Pitt, Cate Blanchett, Gael Garcia Bernal, Kôji Yakusho, Adriana Barraza, Rinko Kikuchi, Peter Wight  
 Rating: 14A

### Man of the Year DVD

Cast: Robin Williams, Christopher Walken, Laura Linney, Lewis Black, Jeff Goldblum, Tina Fey, David Alpay  
 Rating: PG

### Trailer Park Boys: The Movie DVD

Cast: Robb Wells, John Paul Tremblay, Mike Smith, Cory Bowles, Michael Jackson, John Dunsworth, Patrick Roach  
 Rating: 14A

### Flushed Away DVD

Cast: Hugh Jackman, Kate Winslet, Ian McKellan, Jean Reno, Bill Nighy, Andy Serkis, Shane Richie  
 Rating: G

### Open Water 2: Adrift DVD

Cast: Susan May Pratt, Richard Speight Jr., Niklaus Lange, Ali Hillis, Cameron Richardson, Eric Dane, Wolfgang Raach  
 Rating: TBD

### Keeping Mum DVD

Cast: Rowan Atkinson, Kristin Scott Thomas, Maggie Smith, Patrick Swayze, Tamsin Egerton, Toby Parkes, Liz Smith  
 Rating: TBD

### For Your Consideration DVD

Cast: Catherine O'Hara, Stephen Rannazzisi, Ed Begley Jr., Eugene Levy, Harry Shearer, Christopher Moynihan, Christopher Guest  
 Rating: PG

### Walking Tall: The Payback DVD

Cast: Kevin Sorbo, Yvette Nipar, A.J. Buckley, Gail Cronauer, Bentley Mitchum, Haley Ramm, Jennifer Sipes  
 Rating: 14A

### Shut Up and Sing DVD

Cast: Natalie Maines, Emily Robison, Martie Maguire, Rick Rubin, George W. Bush, Simon Renshaw, Adrian Pasdar  
 Rating: 14A

### Crossover DVD

Cast: Anthony Mackie, Wesley Jonathan, Wayne Brady, Kristen Wilson, Little JJ, Gavin J. Behrman, Tamer Werfali  
 Rating: PG

## The Winnipeg Humane Society



127123, Chase

Looking for a fabulous dog who has proved himself in his foster home? Chase is a terrific dog who showed very stressed here- thank goodness for foster homes! He loves other dogs, is kennel trained, knows his commands & listens very well. He's even good for having his nails trimmed! At ~4.5 years old and ~50 pounds, Chase is going to be a fabulous addition to any family with older kids. As a longterm dog (he's been in our care since August 2006) his adoption fee is a steal at \$88.06- still includes his neuter, microchip, vet exam, pet insurance & much more! To arrange a visit or for more info, please call our Foster Department at 982-2049 or [foster@humanesociety.mb.ca](mailto:foster@humanesociety.mb.ca)!



Samuel, 135339

Samuel was found in a no-pets-policy housing complex in the Weston area. Without identification we were unable to trace him back to an owner so he stayed here for adoption. About 3 years old, Sam is a friendly and affectionate cat who enjoys spending time with people who visit him. As an added bonus, he is also FIV & FeLV negative!

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

### Pine Falls Community Billboard

**First Alexander Health Centre:** Diabetes Clinic 9:30 a.m. to 1:30 p.m. every Tuesday. Blood sugar check, nutritional counselling, phone 247-1394.

**PACE 18-31174:** meets first Tuesday of the month, Chicken Chef, Powerview meeting room.

**Practical classes:** held regularly in your area. Please register with Gail 247-1444 or call your local public health nurse.

**Library Allards:** Tuesday 10:30 a.m. to 1:00 p.m., Wednesday and Thursday 12:00 to 2:00 p.m. and 4:30 to 6:00 p.m., Friday 11:00 to 1:00 p.m., Saturday 10:30 a.m. to 4:00 p.m.

**Beaches Library:** Tues. 9:00am to 12:00 pm, Thurs. 4:00 to 6:00 p.m., Sat. 11:00 a.m. to 1:00 p.m.

**Nights of Columbus:** meetings every second Tuesday of the month 7:30 p.m. Powerview Church basement.

**St. George's Club:** cribbage every fourth and fifth Monday 1:30 p.m., which every Thursday 1:30 p.m.

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

**Cowboys Country Business Assoc.:** meets first Monday of the month 7:00 p.m. October through May, phone 247-2899.

**Alcoholics Anonymous:** Sunday Group meetings every Sunday, Wednesday and Friday 7:30 p.m. to 8:30 a.m., last Friday of the month open to the public, at St. George's Catholic Church basement.

**Pine Falls Ladies:** meetings held second Thursday of the month 7:30 p.m. Luncheon, meal, raffles held at Legion on Friday 5:00 to 6:00 p.m.

**Pine Falls Masocole Lodge 4041:** 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.

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

**Winnipeg River Senior Service Inc.:** Coordinator: Tom Polinski, Pine Falls Health Complex, phone 247-9126. 9:00 a.m. to 1:00 p.m. Monday to Friday. Services: transportation, home maintenance, foot care, volunteer help, info.

**Town of Powerview - Pine Falls Council:** meetings are the second Tuesday of each month at 7:00pm.

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

**AA & A2-Areas:** The Beaches family group, Thursdays 8:00 p.m., Senior Scene, Victoria Beach, 1 Atank Road 754-3172.

**Happy Tots Day Care:** 247-2601, board meetings last Monday of each month 7:00 p.m. at the daycare.

### Winnipeg River Church Services

**NOTRE DAME DE 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. 247-2633. Everyone Welcome.

**PINE FALLS ANGLICAN CHURCH OF THE ADVENT:** Ph. 247-9420. Pastor, the Rev. Sandra Tankard, Sunday Service at 9:00 a.m.

**ST. THERESA'S:** Masses at Notre Dame de Laus.

**ST. GEORGE'S:** Mass Sunday at 9:00am.

**ST. JUNE'S ANGLICAN CHURCH:** Grand Mass, Holy Eucharist - second and fourth Sundays, 11:00 a.m. Morning prayer 11:00 a.m. - 3rd, 4th and 5th Sundays.

**TRINITY EVANGELICAL LUTHERAN CHURCH:** Thelberg, 1 mile east and 1 mile south of Junction #12 and #301. St. John's Evangelical Lutheran Church, Greenwood on Hwy. #13, 1/2 mile north of junction with #117. Sunday church school 10:00 a.m., worship 11:00 a.m. (alternate locations). For info call 535-2625 or 754-2422.

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

**HOUSE OF PRAYER FULL GOSPEL:** 7:30 p.m. every Sunday, Spenserbury, on Hwy. #59.

**ST. MARGUERITE R.C. MISSION:** Pat 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 BROTHERHOOD 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 Grady for information 247-2511.

**LIFE SKILLS CHURCH:** - Christian Healing Services, Minister: Isabelle Fols (204) 247-2349

# Powerview RCMP Report

This report covers the period from February 19th to 23rd

**REMINDER:** The RCMP Memorial Hockey Tournament being held March 9<sup>th</sup> to 11<sup>th</sup>. Come out and join the fun starting with opening ceremonies at 07:00 p.m. at the Pine Falls arena. Games commence at 07:30 p.m. at Pine Falls and Sagkeeng Multiplex Arenas. Silent auction prizes as well as a 33 cc motorized Randit Scooter and Winnipeg Blue Bombers Running Back "Charles Roberts" autographed football jersey. All proceeds donated to the Slain Officers Peace Fund and Local Charity. See you there!

**February 19:**  
**SEYMOURVILLE - mischief:** A vehicle was reported to police. Culprits smashed a vehicle window and stole several CDs.

**HILLSIDE BEACH:** Police were called to a possible house fire. Victoria Beach Police were in attendance advising that a chimney fire had filled the place with

smoke. The local fire department attended. No injuries were sustained in the incident.

**FORTALEXANDER:** A complaint of a theft of a laptop computer from a local school was made to police. The unit was recovered however investigation into the incident.

investigation continues into an incident of unlawfully entering a dwelling. The matter revolved around an unsettled custody issue.

an assault between 2 female youth was dealt with informally and both parties and parents spoken to by police. No further action was requested or taken involving the matter.

**BLACK RIVER:** A lone male escaped a house fire that engulfed an entire home and destroyed it. The man received minor injuries as a result. The Fire Commissioner's office was con-

tacted regarding the incident.

**February 20:**  
**POWERVIEW:** an incident of threats being uttered was reported to police. The matter was documented should anything further develop in the future.

**RM OF ALEXANDER:** police assisted in locating a female after a complaint of unattended animals at a residence was made.

**February 22:**  
**FORTALEXANDER:** Police located a male youth at a relative's residence after he was in violation of court conditions. The youth was attempting to escape from a rear window when police locate him. He was arrested, charged accordingly and transported to the Manitoba Youth Center.

A male has been charged for assault cause bodily harm. The man assaulted 2 females at a residence. Alcohol was involved in the incident.

**TRAVERSE BAY:** a single snowmobile accident resulted in an injured driver. Traffic was temporarily interrupted on highway 59 near the scene. Alcohol was not a factor in the incident.

**February 23:**  
**POWERVIEW:** an attempted theft of a minivan is still under investigation.

**February 24:**  
**FORTALEXANDER:** a complaint of harassing phone calls was dealt with informally with a female youth being spoken to by police.

a stolen vehicle was recovered with some damages.

**HOLLOW WATER:** a stolen vehicle was recovered in Elwoodville. 2 youth and an adult were located in the vehicle at the time. Investigation continues.

**February 25:**  
**HIGHWAY 304 NORTH:** an unregistered vehicle stuck in a ditch was towed to the local compound. Investigation continues.

a stolen vehicle was recovered damaged in a ditch by Sandy River and towed.

**MANIGOTAGAN:** investigation continues into an assault of a male. Alcohol was involved in the incident.

**FORTALEXANDER:** police intervened when an ex couple continued to have problems and an argument was escalating. The situation was stabilized and 1 male was escorted off the property in his vehicle. No further action was necessary by police.

**SUMMARY:** Police also followed up on 5 false alarms, actioned 7 request(s) for assistance to other police agencies/services, of legal documents, processed 4 traffic accident report(s), lodged 0 person(s) under the intoxicated persons detention act, charged 0 person(s) for impaired driving/refusal of breath test, issued 1 noise complaint(s), issued 4 ticket(s) under the liquor/highway control acts and attended to 0 incident(s) under the Coroners 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 RCMP AT 247-8724.**

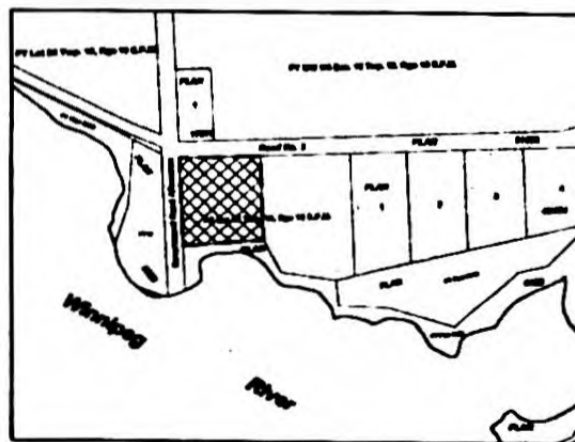
## UNDER THE PLANNING ACT NOTICE OF PUBLIC HEARING REGARDING BY-LAW 60/07

The Board of the Winnipeg River Planning District under the authority of the Planning Act will hold a PUBLIC HEARING at the R.M. of Alexander Administration Office, on March 26<sup>th</sup>, 2007 at 6:15 P.M. at which time and place the Board will receive representations from any persons who wish to make them in respect of the following amendment to By-Law No. 14/96 as amended, and known as the Winnipeg River Planning District Development Plan as amended. A copy of the following amendment 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 Winnipeg River Planning District located in the R.M. of Alexander Administration Building in St. Georges, Manitoba. Copies may be made and extracts taken therefrom, upon request. For additional information please contact Michele Stefanuk, Secretary-Treasurer, Winnipeg River Planning District, Phone: (204) 367-4170.

1. Appendix "C", being Part of the Winnipeg River Planning District Development Plan Map as amended, is hereby further amended so that the area generally described as follows:

PL. R.L. 27, Township 18, Range 10 EPM

as is more specifically shown outlined by a heavy broken line on Appendix "A", attached hereto, presently designated "Rural and Agricultural" be hereby re-designated "Rural Residential".

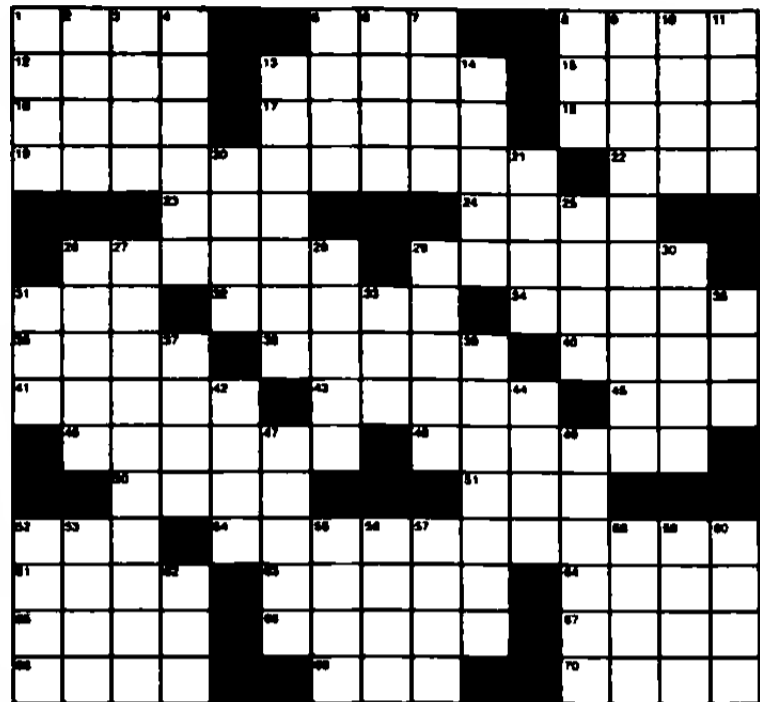


**Appendix "A"**  
Attached to By-law No. 60/07 of the Winnipeg River Planning District amending Appendix C, as amended, of By-law 14/96 being the Winnipeg River Planning District Development Plan As amended.

**Legend:**  
--- Rural Residential Area  
--- Lands of area affected

**MANITOBA INFORMATION SERVICES**  
Sag. No. 888-76-170

# WEEKLY CROSSWORD



- Across**
- Withstand attempts at.
  - Shy, 2000 movie starring Liam Neeson.
  - 1973 film directed by Wolfgang Peterson.
  - Capital of Samoa.
  - Containers for holding flowers.
  - Line along the side wall of a building formed by the intersection of the plane of the roof and plane of the wall.
  - Macdonald, Canadian born actor.
  - Eliminated from the body.
  - Christopher \_\_, architect and designer.
  - Molding diverse ideas into one.
  - Species of antelope in southern Africa.
  - System of chronological notation reckoned from a given date.
  - Genius \_\_, protective spirit of a place in Roman mythology.
  - Intensity of color.
  - Acronym for Linking Education and America Reads to National Service.
  - Knightly honor.
  - City in Connecticut.
  - Small freshwater fish of the

- carp family.
- Kristen \_\_ star of Veronica Mars.
  - Comes close to.
  - Roll into a ball.
  - Give a false impression.
  - With lance in hand.
  - Unwell.
  - Vast plains in the central and southern part of the Argentine Republic in South America.
  - Breakfast food prepared from grain.
  - Noisy disturbance.
  - Old plural of "eye."
  - 21st letter of the Greek alphabet.
  - Oil obtained from the livers of cod and similar fishes.
  - Unit of time equal to one billion years.
  - Brother's or sister's daughter.
  - Body of persons organized for the advancement of a cause.
  - In agreement with the fact.
  - Lower section of the roof forming an overhang.
  - Openings through mountains.
  - Irish language.
  - Helmet.
  - Anything \_\_, 2003 directed by Woody Allen.

- DOWN**
- Cook, stand-up comedian.
  - Epic poetry.
  - Evolution of light and heat in the combustion of bodies.
  - Complain peevishly.
  - Doddering.
  - Acronym for United States Employment Service.
  - Old English unit of quantity equal to three.
  - Create clothes with cloth.
  - Latin for "things in the margin."
  - Closed structure for cooking food.
  - Latin for "knee."
  - Thick, spongy integument covering the aerial roots of epiphytic orchids.
  - Vertical batten in the framework of a flat.
  - Egg on.
  - Natural dark brown to black graphite-like material used as fuel.
  - Crocodile.
  - Move very slowly and steadily.
  - Formidably difficult.
  - Spaces set aside for a particular purpose.
  - Poem accompanied by a musical instrument.
  - Kind of oar.
  - Flow away from land.
  - Plaster slab on which wet clay is left to lose sufficient moisture

- to make it plastic.
- Goddess of the dead and queen of the underworld.
- Limousine.
- Small cases in which objects fit.
- Film with a large dramatic scope.
- Rigging stand that sits on the floor that can lift a bar of lights up to a certain height.
- Solitarly.
- Make furious.
- Skin of a calf's head.
- Equivalent to the English mister.
- Slang for a "person's face."
- Coffin House, the Grand Central Station of the Underground Railroad.
- Covered with icing.
- Examination conducted by word of mouth.
- Small demons.
- Reduction of a disease's symptoms.
- Used to indicate the maiden or family name of a married woman.

### LAST WEEK'S ANSWERS



## CRYPTIC PUZZLE

QBR CT DQFCHJ TGKLRMCHJ GNR GP  
HGRMCHJ QHW TLXXCHF CR.

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

LIFE'S GREATEST HAPPINESS IS TO BE CONVINCED WE ARE LOVED.

## Weekly Echo Horoscopes

February 26th to March 4th, 2007



**ARIES (Mar. 21 - April 20)**

This could be a serious relationship. Don't waste this exciting day by sitting at home. If you can include them in your plans, do so. You may find that family members may not be too easy to get along with.

**TAURUS (Apr. 21 - May 21)**

It's time to make professional changes. New relationships will surface through work related events. Look into alternatives that would better suit both your needs. Your intellectual charm will win hearts and bring opportunities that you least expect.

**GEMINI (May 22 - June 21)**

Don't spend too much on products that promise amazing cosmetic results. Don't blame others for your own stubbornness. Plan some family outings. Communication will be the source of your knowledge and you must be sure to spend time with those who have more experience.

**CANCER (June 22 - July 22)**

You will need to do a lot of research if you wish to get to the bottom of things. Be supportive in order to avoid confrontations. Your emotional stability may influence the changes taking place in your personal life. You might have a problem hanging on to your money this week.



**LEO (July 23 - Aug 22)**

You could experience delays in shipments or mail, and should be careful while traveling. You will have a great deal of insight when dealing with others. Your mate may be distressed if you refuse to make a commitment. Uncertainty regarding your direction is likely.



**VIRGO (Aug. 23 - Sept. 23)**

You may find that others do not do things the way you want; however, if the job gets done, let it pass. Get down to business and do the work yourself. Trips will be exciting. Try to iron out any friction over money with your mate or conflicts could prevail.

**LIBRA (Sept. 24 - Oct. 23)**



Finish overdue paperwork and catch up on letter writing and reading. Be careful disclosing information. You must get out and mingle. You need to be careful not to make promises that you can't fulfill.

**SCORPIO (Oct. 24 - Nov. 22)**



You can get into weight loss programs or go out and change your image with a new look in clothing, hairstyle, and attitude. You may have difficulties at an emotional level with mates. You can come up with ways of earning extra cash. Now is a good time to ask for favors.

**SAGITTARIUS (Nov. 23 - Dec. 21)**



You are best to concentrate on your professional endeavors. Your talent will be recognized. You need to keep everyone on your domestic scene too busy to complain. You can win points with children if you take the time to show interest in their accomplishments.

**CAPRICORN (Dec 22 - Jan. 20)**



Romance can surface if you get into some of those fitness programs you've been putting off. Accommodate others but not before you do your own thing. Do the proper safety checks before you go out. Don't forget family obligations. Join humanitarian groups and let your leadership ability take over.

**AQUARIUS (Jan. 21 - Feb. 19)**



You will enjoy interaction with others this week. Plan a day of enjoyment with them. This is a turning point. You need to keep busy doing things that you both enjoy.

**PISCES (Feb. 20 - Mar. 20)**



Don't offer to pay for others. You should be traveling to that exotic destination you've been dreaming about. Enlist coworkers in order to get the job done on time. You're not your usual self this week.

# Lac du Bonnet RCMP Report

This report covers the period from February 19th to February 25th, 2007

**Monday, February 19, 2007**

At 4:17 PM there was a report of a theft of bike from Lac du Bonnet.

**Tuesday, February 20, 2007**

At 1:00 PM there was a request to check on the well being of a subject in the RM of Alexander. A patrol was made and the subject was found to be fine.

**Wednesday, February 21, 2007**

At 11:50 AM there was a call of a motorcycle driving in the snowstorm in the RM of Whitemouth. Patrol could not locate the motorcycle. Yikes.

**Thursday, February 22, 2007**

**Friday, February 23, 2007**

At 7:45 PM there was a call to check on the well being of a person in Pinawa. A check revealed that the subject was fine.

At 9:00 PM there was a complaint of harassing phone calls in the RM of Lac du Bonnet. Matter is being investigated.

**Saturday, February 24, 2007**

At 9:15 AM there was a report of a snowmobiler driving in an erratic manner in Lac du Bonnet. A patrol found the out who the youth was an matter was handled informally by parents and police.

**Sunday, February 25th, 2007**

At 2:50 AM there was a spousal assault in Lac du Bonnet. One male was taken into custody and charged.

At 12:43 AM there was a report of damage to a window at the Senior School. If anyone has any information on this incident they could call Crimestoppers of the local detachment.

At 1:39 PM there was a report of two snowmobiles driving quickly and then stopping at a cabin the RM of Alexander. It turns out that they were requested to check on the cabin by the owner.

In the afternoon a number of checks were done of snowmachines in Pinawa. There were no infractions noted from the snowmachines.

At 10:00 PM there was a call of a theft of a Polaris X600 snowmachine from the Rennie Hotel. Unknown where the sled went.

At 10:54 PM on snowmobile patrol a number of people were found drinking at Alf's Hut on the Snoring Trail. Seven charges were issued for liquor offences. There were a number of sleds checked which were all legal.



**Sunday, February 25th, 2007**

At 2:00 PM there was a report of an Attempted B&E in Whitemouth. No entry was gained but the door jam was damaged.

Over the week there were also four Highway Traffic Act charges, numerous alarms and with the snow a number of accidents. The detachment continued to increase their monitoring of snowmobile traffic with three patrols made in this regard.

## Lac du Bonnet Community Billboard

**Weight Concern?** - Call 249-3229 to book your seat. **Cooking for better health:** Lose weight, gain energy and prevent illness. Classes begin for every five people registered. Cindy Bonnum, certified in nutrition, call 249-2165. **PACE 7-1379:** meets first Tuesday of the month, Chuckie Chief, Power-view meeting room.

**Prevental classes** held regularly at Lac du Bonnet. Please register with Gail 249-2468 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. 249-2493.

**Great Falls Women's Institute** meets first Wednesday each month 7:00 p.m. Great Falls Hall, P.O. Box 2580, Leane 247-8369.

**Ladies' Auxiliary Royal Canadian Legion Branch 2164** 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 249-2468.

**Royal Canadian Legion Branch 2164** general meetings third Tuesday of each month 7:30 p.m. Legion Hall.

**St. John's A.W.** meets first Monday of every month 7:30 p.m. parish hall.

**Lakeshore All-ages Group** Thursday 7:30 p.m. Lac du Bonnet District Health Centre, 29 McIntosh. Call Teri 249-2712.

**Lakeshore All-Ages Group For** further information, phone Kaitie 249-2227 (evenings), Vickie 249-4520 (days).

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

**Lakeshore A.A.** meetings every Sunday and Tuesday 7:00 p.m. at St.

**John's Anglican Church, 34** McArthur, Lac du Bonnet. Last Sunday of the month open to the public. Call Ted 249-2826, Ron 249-2409. **Ladies A.A. Meetings** Thursdays 7:00 p.m. 18 McDermot, Pinawa. Doreen 249-2197. **Battered Women's Crisis Line** 1-800-262-2244.

**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 club. Call Peter 249-6109 for information.

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

**Two Bloor's Seniors Resource** Council Inc. Call Pat at the Lac du Bonnet office, Health Centre at 249-1227. Services: driver escort, lifeline personal response system, friendly visitors, fee-for-service handy helpers.

**Planner Club** meets first Monday of month 9:30 a.m., Planner Club.

**RM of Lac du Bonnet Council** Meetings second Tuesday of each month 10:00 a.m. and fourth Tuesday of every month 4:00 p.m.

**Rehabilitator Society** Carry Duty 249-2757, Lac du Bonnet, Doug Falls, Victoria, Bracklin, Pizarro, Beaujeu, Whitemouth, Oakbank, Madawaska.

**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 249-2979.

**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, wander show, parade, car show, beer garden, baseball tournament, etc. Visit www.lacdubonnet.com, or call Vickie 249-2221 for more info.

## Lac du Bonnet Church Directory

**ABUNDANT LIFE CHAPEL**  
Pastor Jake Deek, church 249-2014, home 249-9756  
Sunday 11:00 a.m. - morning worship, 4:30 p.m. - Upper Room.

**LUTHERAN CHURCH OF THE CROSS**  
Church/office 249-2654  
Sunday: 11:00 a.m. - worship service

**NOTRE DAME CATHOLIC CHURCH**  
Pastor Mikek Bryson, 249-2960  
Lac du Bonnet: 8:00 p.m. - Saturday mass; 11:00 a.m. Sunday mass  
Pinawa (senior school): 9:15 a.m. - Sunday mass

**ST. JOHN'S ANGLICAN CHURCH**  
Rev. Sandra Taskard 249-2826, church 249-2257  
Sunday: 11:30 a.m. - worship, 11:30 a.m. - first and third Sunday of each month, holy eucharist.

# ENERGY CORNER

prepared by  
Manitoba Hydro

## Give your Appliances a Winter Vacation

Winter is always a popular time for a vacation from the cold and snowy weather in Manitoba. However, unless your appliances go on vacation too, you may return home to an energy bill that is nearly as high as when you are at home. Luckily, there are steps that can be taken to avoid this scenario.

Set your thermostat at 13 C or 55 F. This is low enough to save you money, but high enough that your water pipes won't freeze and burst. If you are going to be away for several weeks, you may want to consider asking a neighbour to check your house every so often to ensure that your heating system continues to run.

There are a number of temperature sensitive devices on the market that will alert a designated telephone number or light up a lamp for someone

who is checking your home, if the temperature drops below a set point. Check with your local hardware store or home center for more details.

If you have an automatic thermostat, be sure to familiarize yourself with reprogramming it for vacation long before departure and check it carefully when you leave. An incorrectly programmed thermostat can be a disaster as it obediently heats your house through a cold spell. Some thermostats have a special vacation setting that, once programmed, simply requires a flick of the switch. Others take more time and effort.

Unplug any electronic device or appliance that doesn't need to be on. Many electronic devices continue to draw electricity, even when they are not being used. Although most of

these items use very small amounts of electricity individually, the dozen or more of these in most homes can add up to significant energy use. Unplugging clocks and appliances has the added bonus of preventing damage in case of a power surge.

Don't forget the hot tub and water bed. Even a slight reduction in temperature will contribute to savings but if you are counting on a nice warm soak in the hot tub or crawling straight into bed on your return, keep in mind that both of these conveniences do require a few hours to come back up to the set temperature.

Do a quick inspection of bedrooms to ensure that any electric blankets have been switched off before leaving your home. Enjoy your holiday!

# The Winnipeg River

Box 178, St. Georges ROE 1V0  
Place McDougall  
Phone 367-9468  
Fax 367-9974

**\$30.00**  
plus \$2.10 PST & \$1.80

# Echo Classifieds

**Office/Retail Space for Rent Pine Falls** - 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

**House for Sale/or Rent**, 1 1/2 storey. 3.25 acres, call 367-8232 or 345-4307. TFN

**Rooms and Suites for rent.** Weekly and Monthly rates available. Hydro and satellite included, call Omer at 367-9991 or 367-4210. 36 TFN

**Bankruptcy Info-line** - free, confidential. Call 1-800-463-8371. [www.lctaylor.net](http://www.lctaylor.net) This is a community service offered by L.C. Taylor & Co. Ltd., Trustee in Bankruptcy. 34 TFN

**House/Cabin For Sale**, 36x25', to be moved upon purchase, call 367-2536 or after 6:00pm 367-4938. 23-2

**Need your roof done?** Call Marc 998-6698 or Baker at 367-8939.

**Card of thanks**  
We would like to thank all of our friends, neighbours, and family for all the phone calls, flowers, pizzas, casseroles, dainties and grocery hampers. To Father Gray, The Choir, Sunnywood Manor Staff, Ladies Auxiliary - Lunch, and Santo's Pizza.

The Blatz and Wayne Thomas families

**Card of thanks**  
I would like to thank all my family, friends and co-workers for their well wishes at my retirement party on February 23 at the Legion. It was greatly appreciated.

Richard Fenez

The Echo Classifieds feature low, low rates. Advertise your birth announcements, weddings, birthdays, engagements, anniversaries and memoriams for as low as \$5.00. Cost to run a photograph is an additional \$5.00.

**House For rent**, 3 bedroom, 1-1/2 bathroom house in Pine Falls, near hospital. Available at beginning of March, washer, dryer, fridge and stove included. For more info, please call Rob @ 367-4653 or 612-9794. 15-5

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

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.

**Call the Echo at 367-9468 to place your Classified Ad or Email: [theecho@mts.net](mailto:theecho@mts.net)**

## VOLUNTEER NEEDED

Winnipeg River Senior Service is in need of a volunteer treasurer. Some accounting experience is necessary. This position requires only a few hours per month with biweekly payroll. The Board of Directors meets the last Monday of every second month excluding June, July & August. All board of Directors must live in the catchment area outlined below.

Or mission is to assist seniors and persons with disability of Pine Falls, Powerview, Silver falls, Broadlands / Chevrefills District, Whitemud / Leisure Falls, St George, Stead and Great Falls. To continue to living independently and with dignity at home as long as possible; to identify continually the needs of such persons and attempt to see that any shortfalls in resources and services are remedied.

Come sit on our board & help serve our communities. If you have a interest in this position please call:  
Andrea Gaffray 367-8067  
Office 367-9128

### Notice

## Spring Road Restrictions 2007

### Order #1 Released

Each year, the pavement on our provincial highways is weakened by the spring thaw.

To reduce damage to our roads, reduced allowable vehicle weights will be applied to certain provincial highways between March 18 and May 31, 2007.

Changes made to last year's Spring Road Restrictions will affect transportation in various regions of the province. Motor carriers and businesses should review the list of restricted highways early and plan their spring time activities based on the new restrictions.

To find out how the 2007 Spring Road Restrictions will affect you, please check the following sources:

- [www.gov.mb.ca/tgs/transreg/compreg/spring-restrict](http://www.gov.mb.ca/tgs/transreg/compreg/spring-restrict)
- fax poll: (204) 945-6499
- Compliance and Regulatory Services at (204) 945-3961 or (204) 945-3890
- Manitoba Infrastructure and Transportation regional offices and weigh stations



# 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  
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ST. GEORGES  
367-9468

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

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 Phone: 367-2537  
 Please call for an Appointment  
 •Work and Sports Injuries  
 •Neck and Back Pain  
 •Acupuncture  
 •Orthotics  
 •Manual Therapy  
 •Pilates - Reformer Sessions  
 Located on Highway #11 in Powerview  
**Celesté Basson**  
 B.ScPT, CAFCI  
**Stephanie Hampson,**  
 BMR (PT)

To Book  
 this Space  
 call 367-9468

Gilles Lamoureux  
**G's SEPTIC TANK CLEANING SERVICE**  
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 PHONE: 367-4708 CELL: 345-3835

Windsheild Replacement & Repair  
 All Your Autobody Needs  
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**BRYAN M. DAIEN**  
**Denturist**  
 Celebrating 20 years in business  
 Complete/Partial Dentures  
 Repairs while you wait  
 Relines (one hour)  
 Extractions/Restorations Arranged  
 SENIORS DISCOUNT  
**ON-SITE LAB**  
 37 Third St. S. Beausejour  
 District Health Centre  
 Lac du Bonnet  
 2nd and 4th Tuesday of each month  
**268-3488**

Business Directory  
 Ad starting as low as  
**\$3.75**  
 per week  
 Call 367-9468 to inquire.

◆ Reflexology  
 ◆ Ear Candling  
 ◆ Reiki  
 Janica Warren  
 10 Dupont Street, Powerview, MB  
**367-8272**

**The Lakeview STEAKHOUSE**  
 57 Park Avenue, Lac du Bonnet  
 Phone 345-8661


**YOUR DRUGSTORE**  
*first*  
**PINE PHARMACY**  
 Monday to Saturday  
 9 a.m. to 5:30 p.m.  
**367-2611**  
**PHARMACY DISPENSARY**  
**367-2517**

MacDonald Brown  
**Rentals**  
**Hillside Beach**  
**756-8184**

**Dr. A.H. Anderson & Dr. M.H. Anderson**  
**LAB ON SITE**  
**Optometrist**  
 Contact Lenses and Eyeglass Fittings  
**MANITOU LODGE PINE FALLS**  
**367-2390**  
 Tuesday - Friday 9:00 a.m. - 5:00 p.m.  
 Closed for lunch hour 12:30 - 1:30pm  
*Examinations done on Thursday*

**Alice's Footcare Service**  
 Providing Certified Diabetic Footcare  
 Blue Cross DVA Coverage  
 Call for an Appointment!  
 Traverse Bay 756-3933  
 Pine Falls 367-2141 Email: Agardai@mts.net

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 COMPUTER REPAIRS & MAINTENANCE  
 Microsoft Certified Professional Systems Engineer  
 •HARDWARE DIAGNOSIS •HARDWARE UPGRADES •TROUBLE SHOOTING  
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**Dr. Alan Grant - DENTIST**  
 Fort Alexander Dental Clinic (in the Fort Alexander Health Centre)  
 Tuesday, Wednesday, Thursday 9:30am - 4:30pm  
 Fridays 9:00am to 3:00pm  
  
 Health Centre **367-2208**  
 Direct Lines **367-4821**  
**367-4417**

**PINE FALLS SERVICE CENTRE**  
 Monday to Saturday 6:00 a.m. to 12:00 midnight  
 Sunday 8:00 a.m. to 12:00 midnight  
**SUBWAY**  
 Subway open 7 days a week from 10:00 a.m. to 11:30 p.m.  
**367-8803**

**Clark's Corner**  
 DOMO Service Station  
 Convenience Store  
 Chester Fried Chicken  
**367-2238**  
 Located at corner of Highways 11 and 304

**Papertown**  
 367-2261 **Motor Inn**  
 Deluxe Jacuzzi Rooms  
 Licensed Family Dining Room  
 Banquet Facilities  
 VLTs, Beer Store  
 Hot tub  
 Home of **NITE**  
 Night Club  
**TWISTERS WATER PARK**  
 1 Mile East of Pine Falls, Hwy. 304 & 11

**Broadlands Mall**  
 Convenience Store/Gas  
 Movie Rentals  
 Open Daily 7 am - 11 pm  
 Restaurant  
 Daily Specials  
 Open 6 am - 10 pm  
**367-4484**

**Esser Chiropractic Health Centre**  
 Corner of PTH 11 and Church Street (beside Papineau Motors)  
 ◆ Autopac  
 ◆ Blue Cross  
 ◆ Veteran's Affairs  
 ◆ Worker's Compensation  
**Phone 367-4858**  
 No referral required Please call for appointment

Enjoy dual satellite reception.  
 Available at  
**DAVE'S NEW & USED FURNITURE**  
 21 Art Street, Powerview, MB  
 Contact **Dave or Warren 367-2460**  
 The shape of the future.

**BIRCHWOOD MOTOR HOTEL**  
 - 16 Modern Units  
 - Hot tubs  
 - Dining Room  
 - Beverage Room  
 - Meeting Rooms  
 - Fully Licensed  
 Traverse Bay **756-2596**  
**OPEN YEAR ROUND**

**Manitou Lodge**  
 Mon.-Wed. 8am to 9pm  
 Thurs. & Fri. 8am to 10pm  
 Sat. 10am-10pm, Sun. Closed  
**367-2252**  
 WEEKEND FEATURES EVERY WEEKEND  
 Tuesday Nite Wing Nite & Draft Special


**Bluewater District Transit**  
  
 For Bookings Call  
 367-9128 Office  
 345-3075 Driver

**Century 21 Sun Country Realty**  
**Rob Oakes**  
 Sales Agent  
 Ph. 204-345-2121  
 1-800-854-8148  
 Email: roboakes@mts.net  
 www.century21suncountry.ca

**Great Falls Foods**  
 Highway 11, Great Falls  
**367-2976**  
**OPEN 7 DAYS A WEEK**  
 Store Hours:  
 Mon. - Thur. 8-6, Fri. - 8-7  
 Sat. 9-7 Sun. 12-5  
 Having a Social Function?  
 Call us to look after everything for you  
 Ask us about delivery  
**The House of Quality**

**DAVE'S FURNITURE & APPLIANCES**  
 JVC - HOTPOINT - GE - BUNLER - SERTA BEDDING  
 "For the Best Quality New & Used Furniture & Appliances... Call us First!"  
**367-2460**  
 21 Art Street, Powerview  
 Mon. to Fri. 10 am - 5 pm - Sat. 10 am - 3 pm

**Country Concepts FAMILY WEAR & Accessories**  
 www.countryconcepts.ca  
**367-2248**  
 Located at 19 Pine Street, Pine Falls

**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**

This Space is Gathering Dust!  
  
 Call to place your Ad!  
 The Echo 367-9468

**Jon. O. Phillips RMT**  
 Licensed Massage Therapist  
 CranioSacral Therapy Levels I & II  
 Remedial/Restoration Massage Therapy  
**204-367-2141**  
 at Through the Arbour, Pine Falls

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 Cell (204) 485-1912  
**VINCE MAREK**  
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 NEW PHONE NUMBER  
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 Hair Design  
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 By Appointment Only!  
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