



Vol. 7, No. 36

March 6th, 2007

\$1.00 tax included

Serving... Pine Falls Powerview, Sagkeeng, St. Georges, Great Falls, Lac du Bonnet, Beaches, Little Black River, Manigotagan and Bissett

Highway 59 to be twinned to Victoria Beach

by Charles Norman

The provincial government has announced plans to extend the divided highway section of Highway 59 all the way to Victoria Beach.

The project is part of a ten-year, four billion dollar, program to improve roads throughout the province.

Over the next five years they will spend \$62 million completing the twinning of the Trans Canada Highway in the West of the province and \$83 million on improving Highway 75 from Winnipeg to the US border. Work will also be carried out on PTH 2, 3, 6, 8, 9 10, 63 and 68 and PR 373 and 374.

The schedule for Highway fifty-nine provides for paving 8.5 kilometres of the north-bound lanes between PTH 4 and PR 417 this year. Also to be completed this year is the rehabilitation of the overpass at PTH 44.

This year and next year the province will be purchasing land from the Brokenhead Ojibway First Nation for the divided highway right-of-way.

In 2009 the Department will begin the twinning of the seven kilometre section through the Brokenhead Ojibway First Nation, and will build a new bridge over the Brokenhead River. The twinning through the re-



This section of Highway 59, alongside the hillside lagoon will probably be the last to be twinned, perhaps in 2017

serve will be completed in 2010.

No schedule has been an-

nounced for the twinning of the highway from the Ojibway First Nation to Grand Beach,

Highway 11, or Victoria Beach, except that it is included in the ten year plan.



Carrie Kettles demonstrates some of the training that can be done of the universal gym.

Rivers North Fitness Co-op

by V. Anderson

The doors will soon be opened to the new Rivers North Fitness Co-op thanks to all the hard work of some good people.

The equipment is onsite and the only thing they are waiting on is the door keylock system to be put in place. Once that is done (which is expected to be done within a week.) it will be all systems go for the members.

The Rivers North Fitness Co-op is set up at the Power-

view Arena on the upper level. The new Co-op has \$35,000 of brand new machinery, there are treadmills, elliptical trainers, weights, benches, rowing machines, and a universal gym.

"We have had so many people come out to help, it has just been great., it has been a real community effort" said Bev Dube. A special thank you is extended to Alain Desloges and his helpers for all the work they did with the arena.

The Co-op organizing com-

See story page 3

LIB INSURANCE

2nd Street and McArthur,
Lac du Bonnet

NO CHARGE INSURANCE QUOTE

• Photo Drivers Licences
• autopac • Insurance - All Types

OPEN: Mon. to Fri. 8:30 a.m. to 5:30 p.m.
Plus Saturday, 9:00 a.m. to 4:00 p.m.

We are independent - we work for you!

345-8607

Toll free: 1-888-345-8196
Res: 204-753-2674



An Independent Insurance Broker
Covers You Best.

Northern First Nations left out in the cold



Opinion

by Charles Norman

A March 2 provincial government press release starts out: An unprecedented investment of \$4 billion and the province's first-ever, multi-year plan to renew Manitoba's highways was announced today by Infrastructure and Transportation Minister Ron Lemieux.

Missing from the "unprecedented" ten-year plan is any reference to any plans for building all-weather roads to First Nation communities north of Hollow Water. The need is becoming urgent. Last year the winter road system to St Theresa Point was unusable and all supplies had to be flown in. This included fuel oil, any needed building supplies or construction equipment - all at an astronomical cost. This year the winter road season was only two weeks long, and the Berens River First Nation had to threaten to close it to get the provincial government to allow pulpwood to be shipped from the Berens River to the Tembec newsprint mill. (They had wanted to ship higher weights to reduce fuel costs. The province said no. After the threatened blockade the province agreed to subsidize fuel costs.)

There are embryonic plans to develop an all-weather road system to northern communities but every inch is resisted by environmental groups and progress is painfully slow. The Rice River road to Bloodvein is almost complete. It needs

about 11 km of road and two bridges, one over the Bloodvein and one over Longbody Creek. The project may be finished in two or three years. Bloodvein is on the way to all the other northern communities. The Bloodvein Community itself has access to the Manitoba highway system year round except for spring thaw and winter freeze-up.

The problem is not just the very high cost of getting essential supplies to these, already very poor, remote communities. There is a very high social cost being paid by members of these communities. In Pauingassi for example the leading cause of death is often teenage suicide. A recent documentary stated that more than 70% of adults are addicted to OxyContin, an opiate like morphine. Suicide and OxyContin are both ways out of a squalid and futureless life.

Other northern communities are not as bad, at least not yet, but poverty is an ever present fact - with little or no hope for any improvement.

About ten years ago there was a plan to end all this. Eleven First Nations, in partnership with Tembec were to build two or three sawmills, (one of them in Sagkeeng). These sawmills would take the centre of pulpwood logs for lumber, about half. The other half would be used to make newsprint. The cost of production would be dramatically reduced at the mill, an additional TMP mill would be built to double production of newsprint.

The economics of these projects were so good that even

with the recent exorbitant US tariffs on softwood lumber, the project would have been viable.

Close to 1,000 new jobs would have been created, most of them for people in the northern communities. These would not be minimum wage jobs, but good paying \$50,000 a year jobs, in the forest or in the sawmill.

Roads to these communities and to the wood supply would obviously be needed. It was estimated to cost about \$100,000,000 and Paul Martin, then Minister of Finance, promised to pay two thirds of the cost. The provincial government was to be asked to provide the other \$33 million. (Less than one percent of Ron Lemieux' "Unprecedented" four billion dollar ten year plan).

It was a good plan. If it had gone ahead there is a good chance that Pauingassi would never have heard of OxyContin. All of those people would have had a future to look forward to. Most of their social problems would have melted away.

But it was not to be. There was an election. The NDP got elected, and, in effect, ceded political control of a huge area of the province to a few Winnipeg environmental activists, most of who never moved outside the perimeter highway. The aboriginal people who lived there were consulted with and consulted with. They were misinformed and manipulated - and then ignored.

There are signs that that is changing, and more attention is being paid to First Nations representatives, but the activists

have not gone away. They can still delay and delay - and they will.

But eventually those roads will be built. The sawmills won't. That project, with its thousand jobs is toast.

We can only be sure of two things. One, that progress will be painfully slow because of environmental activism. The other is that more Pauingassi teenagers will die while the eco-freaks do their thing.



A typical winter road



ONYX FINANCIAL GROUP

2 McDougall Ave. (Behind Caisse Populaire) St. Georges, Manitoba

STEPHEN KULYK
EMAIL: steve@onyxfinancial.ca
Serving the area since 1995

- Pension/Group Benefits
- RRSPs/Personal Insurance
- Retirement Planning

CALL 367-9572

March 8, 9, 10

Juke Box Heroes

NITE

No Cover Thursday
No Cover Before 10pm
Friday & Saturday

Papertown Motor Inn

Thursday Bud, Spud & Rib Night	\$8.99 <small>Tax Included</small>
Friday Bud, Spud & Steak Night	\$7.99 <small>Tax Included</small>
Saturday Bud, Spud & Riblet Night	\$7.99 <small>Tax Included</small>

HAPPY HOUR Every Weekend 4:30-8:00pm

BINGO
Royal Canadian Legion #164
Lac du Bonnet
Legion Hall, at 7:00pm

Every Monday Evening
ACCUMULATIVE JACKPOTS
Everyone Welcome!

Great Falls Tuesday Nite
BINGO
Great Falls Hall 7:30pm

There will be **NO BINGO** for the Months of January, February & March

Bingo will resume **April 3rd**

<p>Publisher Valerie Anderson</p> <p>Writers Jim Hampshire Charles Norman</p> <p>Production/Art Design Lori Pachkowsky</p>	<p>SUBSCRIPTIONS Local Rate: \$33.90 National & Urban Rate: \$45.20 Foreign Rate: \$113.00 <small>(prices include PST & GST)</small></p> <p><small>2nd class mail #1763687 (Postage paid in Pine Falls)</small></p>	<p>P.O. Box 178, St. Georges, MB R0E 1V0 Place McDougall, St. Georges e-mail: theecho@mts.net</p> <p>Powerview Office Ph: 367-9468 Fax: 367-9974</p>	<p>The Winnipeg River Echo</p> <p><small>The Echo is an independent weekly newspaper published on Tuesdays in Pine Falls and Lac du Bonnet, Manitoba. Advertising and submission deadline is Friday at 3:00 p.m. prior to Tuesday's publication.</small></p>
---	--	--	---

Rivers North Fitness Co-op

Continued from page 1

Committee is made up of the following: Linda Cyr, Bev Dube, Carrie Kettles, Diane Dube, Yvette Gelinas, Dorinda Watson, Chantal Watson, Jennifer Lidgett, Cheryl Pichor, Paul Robert, Janelle Carlson, and Evelyn Dodds.

The new fitness Co-op currently has 80 members and organizers are hoping that number will grow. The group needs approximately 130 members to cover all start up costs.

Once people get a chance to see how it all works and how convenient it all is to get into shape, it is hoped that more members will join. Stats indicate that 10% of the local population will utilize the gym and with those numbers there is a very good chance that the gym will expand the amount of machinery that

is available to its members.

The organizers have many great ideas for the gym, they plan to offer personal trainers, pilate classes, senior fitness classes and much more.

The security system will allow members to

come and go as they please with access to the fitness Co-op 24 hours a day. It will have a card lock system that will allow over 2000 users access and a camera system which will monitor its members and will keep statistics as to times and



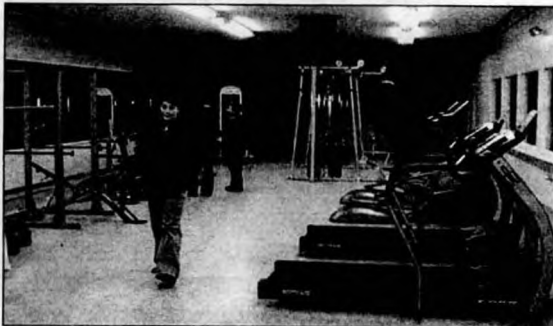
usage.

If you want to join the Rivers North Fitness Co-op just call Linda Cyr, at 367-2382 or Bev Dube at 367-8064 or call Ruth Barkhouse at the Rec office at 367-9142. Mem-

bership are very affordable. Information packages can be picked up at the Town offices, the LGD of Alexander, and the Recreation offices.

With summer just around the corner don't

you think it is time for you to get fit, keep fit and live that healthy lifestyle you have always been talking about. Join today, its easy, and its fun.



Fifty-seven vie for position on new Sagkeeng council

by Charles Norman

Eleven candidates are challenging Linda Twoheart for Chief, including Marissa Fontaine, who is completing her first term on council. The other three councillors, John Courchene, Earle Fontaine, and Myles Courchene, are seeking re-election. They are being challenged by a total of forty-four other candidates for council.

Voting will take place on March 29, and ballot counting on March 30. South Shore residents can vote in the Gym of the Sagkeeng Treatment Centre. On the North Shore polls will be

open in the Anishinabe Community School. Mail-in ballots are being mailed to off-reserve band members.

Candidates for chief, in alphabetical order, are: Larry Boubard, Andrew R. Bruyere, Erick J. Bunn, Donald Courchene, Harlow Patrick Courchene, Randy Courchene, Donovan Fontaine, Marissa Fontaine, Lloyd Eugene Guimond, Fabian Morrisseau, Henry Swampy, Joan Linda Twoheart.

Candidates for council are:

Kenneth Alexander, Andrew R. Bruyere, Charles Bruyere, Karen J. Bruyere, Lawrence Bruyere, Toni L. Bruyere, Ruben Bunn, Eugene Garry Cook, Charles Louis Courchene, David Courchene, Erin Lenore Courchene, John Courchene, Jordan L. Courchene, Marilyn Courchene, Morris (Keesh) Courchene, Myles Courchene, Reinie Dion Courchene, Joe Daniels, Leslie Dorie, Brian R. Fontaine, Carl Fontaine, Earl Fontaine, Rennie Fontaine, Sheldon Fontaine, Barry Guimond, Brad (Baz) Guimond, Kirk Guimond, Norbert Guimond, Paul A. Guimond, Derrick Henderson, Elgin Chris Laforde, Marjorie (Bird) Laforde, Carey Lavadier, Alvin (Smiley) Morrisseau, Robert Lesley Morrisseau, Donovan Earl Morrisseau, Thornton O'Laney, Hector Prince, Bernalda (Bernice) Robinson, Cory Seymour, Donna Sinclair, Darryl Spence, David Swampy, Wilfred Swampy, Philip Starr, Earl Twoheart, Randy Twoheart.

Hire Education. Higher Savings.

Co-Operative Education Tax Credit

in Manitoba

Find the right employees for your business

The Co-operative Education Tax Credit (CETC) can help you recruit and retain the young workers you need to build your bottom line.

The CETC allows you to recruit qualified students in participating university and college co-op education programs for on-the-job training. This allows you to groom these students, evaluate their potential as full-time employees and earn tax credits all at the same time.

Who is eligible?

Most Manitoba employers are now eligible. This includes private companies, co-operatives, Crown Corporations, municipally-owned businesses, not-for-profit organizations, and even unincorporated employers.

Earn Tax Credits

You can participate in the CETC program in two ways:

- **Students** - Hire co-op education students for 10 or more consecutive weeks and you may be eligible for a CETC equal to 10 per cent of each student's salary and wages (net of government assistance) up to \$1,000 per placement.
- **Graduates** - Hire one or more recent co-op education graduates and you may be eligible to receive a Co-op Grad Hiring Incentive (COGHI) equal to 5 per cent of the new employee's net wages and salary in each of the first two full years of employment to a maximum of \$2,500 for each year.

For More Information:

To learn more about how the CETC can help you attract and retain the qualified young employees you need to build your bottom line, please visit manitoba.ca.

MANITOBA means BUSINESS

Manitoba
spirited energy

Manitoba 

Big Game Hunting Season Draws

• Elk • Moose • Landowner Elk

Applications for draw licences to hunt elk and moose will be available in early March at most Manitoba Conservation offices.

Applicants are reminded a non-refundable application fee of \$6.93 (includes G.S.T.) per hunter is required. Please read the application inserts for details on seasons and information on application requirements.

Completed applications **MUST BE RECEIVED NO LATER THAN 4:30 PM THURSDAY, APRIL 5, 2007**

by the Licensing Section
Box 66 - 200
Saulteaux Crescent
Winnipeg, MB
R3J 3W3
For more information call
204-945-1396.

Protecting & Managing Manitoba 

ECHOES FROM THE Heart

The Daffodil Principle Plant One Today...

by Jaroldeen Asplund Edwards
Several times my daughter had telephoned to say, "Mother, you must come to see the daffodils before they are over."
I wanted to go, but it was a two-hour drive from Laguna to Lake Arrowhead "I will come next Tuesday", I promised a little reluctantly on her third call.

Next Tuesday dawned cold and rainy. Still, I had promised, and reluctantly I drove there. When I finally walked into Carolyn's house I was welcomed by the joyful sounds of happy children. I delightedly hugged and greeted my grandchildren.

"Forget the daffodils, Carolyn! The road is invisible

in these clouds and fog, and there is nothing in the world except you and these children that I want to see badly enough to drive another inch!"

My daughter smiled calmly and said, "We drive in this all the time, Mother."

"Well, you won't get me back on the road until it clears, and then I'm heading for home!" I assured her.

"I was hoping you'd take me over to the garage to pick up my car."

"How far will we have to drive?"

"Oh... just a few blocks," Carolyn said. "But I'll drive. I'm used to this."

After several minutes, I had to ask, "Where are we going?"

This isn't the way to the garage!"

"We're going to my garage the long way," Carolyn smiled, "by way of the daffodils."

"Carolyn," I said sternly, "please turn around."

"It's all right, Mother, I promise. You will never forgive yourself if you miss this experience."

After about twenty minutes, we turned onto a small gravel road and I saw a small church. On the far side of the church, I saw a hand lettered sign with an arrow that read, "Daffodil Garden." We got out of the car, each took a child's hand, and I followed Carolyn down the path. Then, as we turned a corner, I looked up and gasped...

Before me lay the most glorious sight. It looked as though someone had taken a great vat of gold and poured it over the mountain peak and its surrounding slopes. The flowers were planted in majestic, swirling patterns, great ribbons and swaths of deep orange, creamy white, lemon yellow, salmon pink, and saffron and butter yellow. Each different colored variety was planted in large groups so that it swirled and flowed like its own river with its own unique hue.

There were five acres of flowers.

"Who did this?" I asked Carolyn.

"Just one woman," Carolyn answered. "She lives on the property. That's her home."

Carolyn pointed to a well kept A-frame house, small and modestly sitting in the midst of all that glory. We walked up to the house.

On the patio, we saw a poster. "Answers to the Questions I Know You Are Asking" was the headline. The first answer was a simple one. "50,000 bulbs," it read. The

second answer was, "One at a time, by one woman. Two hands, two feet, and one brain." The third answer was, "Began in 1958."

For me, that moment was a life-changing experience. I thought of this woman whom I had never met, who, more than forty years before, had begun, one bulb at a time, to bring her vision of beauty and joy to an obscure mountaintop.

Planting one bulb at a time, year after year, this unknown woman had forever changed the world in which she lived. One day at a time, she had created something of extraordinary magnificence, beauty, and inspiration.

The principle her daffodil garden taught is one of the greatest principles of celebration. That is, learning to move toward our goals and desires one step at a time — often just one baby-step at a time — and learning to love the doing, learning to use the accumulation of time. When we multiply tiny pieces of time with small increments of daily effort, we too will find we can accomplish magnificent things. We can change the world.

"It makes me sad in a way," I admitted to Carolyn. "What might I have accomplished if I had thought of a wonderful goal thirty-five or forty years ago and had worked away at it 'one bulb at a time' through all those years? Just think what I might have been able to achieve!"

My daughter summed up the message of the day in her usual direct way.

"Start tomorrow," she said. She was right. It's so pointless to think of the lost hours of yesterdays. The way to make learning a lesson of celebration instead of a cause for regret is to only ask, "How can I put this to use today?"

March is Nutrition Month

March is nutrition month and Heart and Stroke Foundation of Manitoba (HSFM) Nutrition Managers are reminding people to cook healthy meals that include the right kinds of dietary fats.

"There's a lot of confusion about the different types of fats," says Lora Montebruno-Myco, Nutrition Manager for the Heart and Stroke Foundation of Manitoba. "All fats are calorie-heavy, so even the healthier ones should be used in moderation — but, some fats are definitely better choices than others."

Fats fall into four basic groups — monounsaturated, polyunsaturated, saturated and trans.

"You need a certain amount of fat in your diet for healthy functioning," says Christine Houde, Nutrition Manager for HSFM. "But, not all fats are created equal. The healthier fats are monounsaturated and polyunsaturated, while the un-

healthier ones are saturated and trans fats."

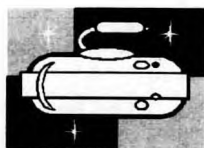
Monounsaturated fats have been shown to improve blood cholesterol levels and are found in things like olive oil, canola oil, avocados, almonds and pistachios.

Polyunsaturated fats can help the body get rid of newly formed cholesterol. One type of polyunsaturated fat is omega-3, which can also lower triglycerides, a type of blood fat linked to heart disease. Some sources of omega-3 fat are cold-water fish such as mackerel, trout, tuna and salmon, as well as canola and soybean oils, omega-3 eggs, and flaxseed. Another type of polyunsaturated fat is omega-6. It helps lower LDL cholesterol, but in large amounts it's thought to also lower the good HDL cholesterol. Eat it in moderation. It's found in safflower, sunflower and corn oils, non-hydrogenated margarine and sunflower seeds. It is also in

many prepared meals.

Saturated fats can raise LDL cholesterol. Foods high in saturated fat include fatty meats, full-fat dairy products, butter, lard, coconut oil, palm oil and palm kernel oil.

Trans fat raises LDL cholesterol and also lowers HDL (good) cholesterol. Try to stay away from products that list "vegetable oil shortening" or "partially hydrogenated" oil in the ingredients. Trans fat is found in partially hydrogenated margarines, deep-fried foods from fast-food outlets (fries, doughnuts), and many packaged crackers, cookies and commercially baked products. Heart-healthy recipes, high in fiber and low in cholesterol, salt, and fat, can be found by visiting www.heartandstroke.mb.ca. These recipes include the newly developed "Dinners in a Dash" — meals which take under 30 minutes to prepare and come with a complete shopping list.



PINE FALLS CURLING CLUB

MIXED BONSPIEL

DATE: March 16-18, 2007

Entry: \$140/Team

Contact: Melinda Pluchinski 367-4682

Fay Berthelette 367-8968

Enter your Team!



BUSINESSES

Interested in seeing your business appear in the Winnipeg River Echo Business Directory?

Low Low Rates

Rates as low as

\$3.75/per week,

call for more information

367-9468

or Email:

theecho@mts.net



The Eastman PeeWee Allstar Away Team - which included six Pineview Players - Ian Magnan, Brenden Carlson, Danny Adams, Ryan Wark, Lee Gaffray and Trey Blatz.

Six Pineview Peewee's selected for All-Star team

On Saturday Feb 24th, six selected players and Tom Wark (coach) from our Pineview PEEWEE "C" team, went to Niverville to play in the 2007 Eastman PeeWee All-Star Games. Our selected players were: Trey Blatz (#3), Brenden Carlson(#6), Ian Magnan (#19), Danny Adams(#4), Ryan Wark(#17),

and our goalie Lee Gaffray(#20). Our players had lots of fun, they started off with a group picture taken as shown, and represented the AWAY team with Springfield, Pineview, Niverville/ St. Agathe, Mitchell and Rat River players on their team. The HOME team was composed of players from

Steinbach White and Blue, Iles Des Chenes, Lorette and Sagkeeng. It was an exciting game to watch, as the AWAY team scored the last 17 seconds to tie the game up. The players all recieved a t-shirt, hotdog and drinks.

Congratulations to Trey Blatz who was chosen as the #1 All Star, and awarded a medal!



Trey Blatz moments after receiving the #1 All Star award in Niverville.

March is Nutrition Month

Confused about Fats? Get the Facts.

Learn to make better food choices at heartandstroke.mb.ca

For more information:
In Winnipeg: 949.2000
In Brandon: 571.4080
Toll-free: 1.888.473.4636



HEART & STROKE FOUNDATION OF MANITOBA

Finding answers. For life.

The Winnipeg River

Is your subscription due?

Check your mailing label!

\$30.00

plus \$2.10 PST & \$1.80 GST



Phone 367-9468,
Fax 367-9974

Box 178, St. Georges, MB R0E 1V0
Email: theecho@mts.net

Faith Perspective

by Pastor Jake Doell

Resurrection of Jesus - Fact or Fiction?

It's not quite Easter yet, but the media this past week made an amazing announcement which if it can be proven would do away with the Easter message once and for all. Monday, Feb. 26 the Winnipeg Free Press ran an article entitled "Jesus' Tomb Believed Found." It opens with the following statement, "A Canadian filmmaker claims he has found ossuaries or limestone tombs, that in all likelihood contained the remains of Jesus, his mother Mary, his wife Mary Magdalene and most shockingly - their son Judah."

The question of the validity of Jesus Christ's resurrection will not go away. Why? It is a supernatural event and therefore can only be believed by "faith." It is beyond natural scientific law that someone could actually come back to life after having experienced death which is common to the whole human family. Even those who were eyewitnesses to Jesus appearance after His three day stay in a tomb struggled with the fact of the resurrection. Thomas who had not been there when Jesus appeared to the other disciples would not believe until he had seen and touched Him with his own eyes and hands. Then when Jesus appeared again He said to Thomas, the doubter, "Reach your finger here and look at my hands and reach your hand here and put it in my side. Do not be unbelieving, but

believing." And Thomas answered and said to Him, "My Lord and My God!" Jesus said to Him, "Thomas you have believed because you have seen me, but blessed are those who have not seen and yet believed." (John 20:27-29) Thomas was like so many of us, he had to experience the risen Christ before he would believe.

I like what Dr. John Montgomery says about the resurrection: "Note that when the disciples of Jesus proclaimed the resurrection, they did so as eyewitnesses and they did so while people were still alive who had contact with the events they spoke of. In AD 56 Paul wrote that over 500 people had seen the risen Christ and that most of them were still alive. (1 Corinthians 15:6 and onward). It passes the bounds of credibility that the early Christians could have manufactured such a tale and then preached it among those who might easily have refuted it simply by producing the body of Jesus."

The recent find of a tomb with the inscription of Jesus name is interesting, but the name of Jesus was as common then as the name Joshua was several years ago. I encourage you to watch the upcoming film "The lost tomb of Jesus" and then read the Bible account of Jesus crucifixion and resurrection in the four Gospels - Matthew, Mark, Luke and John. Oh and more thing, pray that the resurrected Jesus make himself real to you as He did to Thomas and He will.



Health Corner

Ask your Primary Health Care Provider

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

METHAMPHETAMINE

(Crystal Meth)

What is it?

Methamphetamine, more commonly known as crystal meth, is a powerful stimulant and highly addictive drug that increases the user's energy and alertness. Other street names include meth, crystal, ice, crank, chalk, tina, jib, and speed. The drug can be smoked, snorted, swallowed or injected. Abusers can become addicted quickly, needing higher doses and more often.

What's in it?

It is often made in illegal labs from inexpensive over-the-counter ingredients. Ingredients include cold pills, iodine flakes or crystal, hydrochloric acid, nail polish remover, camp stove fuel, lithium from batteries, fertilizer, red phosphorous, and drain cleaner. You don't even want a lot of these ingredients in your house, let alone in your body! The production of one pound of crystal meth creates 5 to 7 pounds of toxic waste.

What are the Effects on the Body?

The person experiences a short yet intense "rush" and excitement when the drug is initially administered. Following this, they may experience decreased appetite, dry mouth

and trouble speaking, sick to the stomach and throwing up, increased wakefulness, increased energy, increased heart rate and irregular heart beat, and increased blood pressure which could lead to stroke. Other effects may include irritability, anxiety, insomnia, confusion, tremors, convulsions, rapid eye movements, flushed and clammy skin, uncoordinated movements, and trouble breathing. Long term effects may include chronic depression, sores on the body, malnutrition, paranoia, hallucination, memory loss, psychosis, severe dental problems and even death.

What are some of the Signs of a Problem?

Those using crystal meth will display both emotional and physical indicators. You may see depression, mood swings, aggression and violence. Physically you may see weight loss, skin conditions such as welts or acne, unexplained injuries and exhaustion or appearing run down or ill. In social situations they may lose interest in regular activities and hobbies, make changes in their peer groups, have unexplained accidents and legal problems. At school or work there may be attendance issues, inability

to concentrate, cognitive changes and a general lack of interest.

Parenting for Prevention

The most important thing parents can do is talk with your kids about substances. Make family policies that help kids make healthy choices and lead by example. Team up with other parents and trust your instincts. Know community resources that can help. For more information on this or any other substance call Addictions Foundation of Manitoba at 268-6166 or toll free 1-866-638-2561. Information is also available through AFM library at 1-800-638-2568 or library@afm.mb.ca or at www.afm.mb.ca.

Source: Addictions Foundation of Manitoba

Lac du Bonnet Legion #164

WEEKLY ACTIVITIES
 Opens Monday to Saturday 10:00 a.m. to 10:00 p.m.

MONDAY
 Table Top Curling 6:30 p.m. - Lounge
 Bingo 7:00 p.m. - Hall
TUESDAY
 Po Ke No 2:30 p.m. - Lounge
WEDNESDAY
 Cribbage 7:00 p.m. - Lounge
THURSDAY
 Darts 7:00 p.m. - Lounge
FRIDAY
 Bingo 7:00 p.m. - Lounge
SATURDAY
 Meat Draw 2:30 p.m. - Lounge

Happy Hour Every Day
 All Members & Guests Welcome

NEWS TIPS?
 Call us at 367-9468

SOBERING FUNERAL CHAPEL
 Our family serving your family
 Doug & Marlene Sobering
 Steven Sobering
 Phone 24 Hours
 Manitoba Toll Free:
 1-877-776-2220
 CANADIAN INDEPENDENT

This Space is Gathering Dust!

Call to place your Ad!
 The Echo 367-9468

Advertise in the Echo Classifieds
 Call 367-9468

GARAGE SALE

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. 15th.

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 & 18th. 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. 24th @ noon and again on Sunday at 10:00 am. The Midget team will be facing Lorette on Saturday, Feb. 24th 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 Powerview School on Wednesdays beginning January 17th. 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 7th 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 1st. 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.

Pine Falls Preschool

by: Kathie Duff

We have been very busy over the last 2 months at our preschool. We started off January having a Show and Tell Week. Every day the children brought in an item to show to their friends at circletime and this week we did fun and tasty crafts. We also talked about Winter Recreation, Arnie was kind enough to open the Arena for the preschoolers so they could come and skate. Thanks to the parents who helped supervise both the skating at the Arena and the sliding we did behind the United Church. The cold didn't stop us from having a GREAT TIME! At the end of January we had 2 special guests Mr. Alain Chevretils who came in and played his Violin and his Mandolin to the children's enjoyment. Mrs. Kotak came in and played her guitar and a recorder and a tenor recorder both musicians were very enjoyable and the children and I had a great time listening and dancing to their music. In January we celebrated 2 birthdays. During the month of February we were busy making Valentine cards

for parents and valentine holders for our party. We talked about space and learned some information about each planet. The last week in February we talked about Shapes and tried to find different kinds of shapes during our travels through Pine Falls School. I'm sure the Month of March will be just as busy as the children await the arrival of the Leprechaun to see if they can catch him. As we await the arrival of Spring we are hoping to plan a Literacy Fun Night for parents and preschool children with an organization from Winnipeg. Watch for posters around town on the date and time. We hope to also make someone's Spring a bit richer and bring a new meaning to Friday the 13th. On Friday April 13 the winner will win \$1000. Thank you to those who are supporting this fundraiser. There are still spots available so feel free to contact us at 367-8082 please leave a message. Only 22 days until Spring arrives (MARCH 21). I'd like to end by wishing everyone a very Happy Saint Patrick's Day!

HOUSEHOLD Hints



To Ventilate a Room

Place a pitcher of cold water on a table in your room and it will absorb all the gasses with which the room is filled from the respiration of those eating or sleeping in the room. Very few realize how important such purification is for the health of the family, or, indeed, understand or realize that there can be any impurity in the rooms; yet in a few hours a pitcher or pail of cold water - the colder the more effective - will make the air of a room pure, but the water will be entirely unfit for use.

Confused About Fats?

- monounsaturated
- saturated
- polyunsaturated
- trans

Get the Facts.

March is Nutrition Month.
Learn to make better food choices at
heartandstroke.mb.ca

For more information:
In Winnipeg: 949.2000
In Brandon: 571.4080
Toll-free: 1.888.473.4636



HEART & STROKE FOUNDATION OF MANITOBA
Finding answers. For life.

Echo

One Year
Subscription
One Low Price

\$30.00

plus \$2.10 PST and \$2.10 GST

367-9468
or mail to:
Box 178
St. Georges,
R0E 1V0

Call 367-9468
Fax: 367-9974

EMAIL:
theecho@mts.net

Library Corner

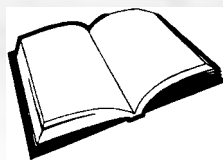
Lac du Bonnet Regional Library

Manitoba in motion is a provincial strategy to help all Manitobans make physical activity a part of their daily lives. The vision is to help Manitobans strive to become healthier by increasing physical activity in the province by 10 per cent by the year 2010. One of the first steps to get in better shape is motivation. Drop by the library to see our display and pick out some videos and older books as well as new ones and get ready to get motivated and "in motion"!

Get on the road to true Fitness and pick up "ProBodX: Proper Body Exercise". ProBodX is a fitness and conditioning program that safely builds and tones muscles while increasing strength, speed and flexibility. The workout, done in specific order, is designed to engage each muscle in preparation for the next exercise. This program maximizes simple equipment such as exercise balls, slant boards, and light hand weights combined with an eating plan.

Another book new to our shelves is Prevention Health Books "Fat to Firm at Any Age". This book helps you discover your true weight-loss needs and delves into exercise as well as how to achieve a revved-up metabolism that torches calories. There is even a section of the book that helps with wardrobe tricks on how to look a few pounds slimmer.

"Winning Weight Training for Girls" explains the effects of weight training and provides guidelines on how to start a weight-training program. The book includes over one hundred photographs demonstrating exercise and techniques and a chapter on nutrition and sup-



plements. To help you get started we have three videos in the "Buns

of Steel" series and "Jane Fonda's Lower Body Solution". Jane Fonda's workout includes a 35 minute low-impact aerobics section for fat burning and a 25 minute one-on-one floor routine for shaping and toning all major muscle groups of the lower body. Get motivated and pick up an exercise video at the library!

Library Allard

WE ARE THE WEATHER MAKERS by Tim Flannery (with a foreword by David Suzuki) is the #1 national bestseller on global warming. This book takes you on an in-depth look at how we are changing the climate and what it means for life on earth. Tim Flannery is a writer-scientist, explorer and conservationist. His bestselling books include the ecological histories of both Australia and North America. **WE ARE THE WEATHER MAKERS** has been adapted for young adult readers as well and both libraries, Beaches & Allard, have a copy for adults and teen/junior readers. Flannery says that "global warming is real and it will affect all of us. From desertification to rising ocean levels, from killer storms to wildlife extinction, we're already seeing the effects of human activity on the planet's



ecosystem." This book's "clear explanations and practical suggestions bring an issue of monumental significance down to the individual level, making us aware of how everyday activities contribute to climate change and what we can do, personally and collectively, to work against this urgent crisis." This is a must read for all!

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



SAGKEENG EDUCATION AUTHORITY

Is currently accepting applications for **POST SECONDARY SPONSORSHIP**

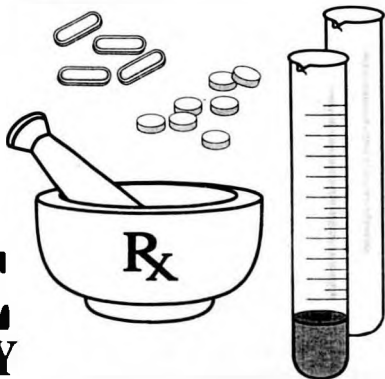
For the 2007-2008 academic year.

Deadline for applications is April 15, 2007.

For information please call Norma (extension 238) or Franklin (extension 237) at 1-204-367-2287 or call toll free 1-800-201-3505 Fax number is 1-204-367-4315.

TRY YOUR DRUGSTORE *first*

- **Pharmaceuticals**
- **First Aid Supplies**
- **Hair Products**
- **Health & Beauty**
- **Stationary**
- **Greeting Cards**
- **Lottery Centre**
- **Gifts**



PINE PHARMACY

Open Monday to Saturday, 9:30 a.m. to 5:30 p.m. ——— **DISPENSARY**

367-2611

367-2517

Seniors, Did You Know?

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

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



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

12 Gymnast Compete in Gimli

Sunday March 4th, eleven anxious girls and one boy traveled to Gimli Manitoba to compete in gymnastics. There were many participants and a large crowd to encourage all the kids who came to the competition. Our girls competed on four apparatus beam, floor, vault and bars. The girls did a great job on all the apparatus. Our one boy competitor competed on floor, vault, High bar, and pommel, he did a good job. Congratulations to all of our gymnasts. Our competitive gymnast have one more regular season competition that they are competing in at Steinbach on Saturday March 17th at 11:30 a.m. If you miss the kids in Steinbach, our end of season showcase will be held in Powerview School on March 20th 6 p.m. where you will get to see the whole gymnastics club perform.



Back Row: L to R - Jennifer Bourgeois, Alex Stevens, Sydney Borlase, Courtney Curé, Blaze Sammons, Destiny Seymour. Front Row: L to R - Hailey Guimond, Jordan Sippola, Alyssa Chevrefils, Austin Spiers, Karinne Osis, Mackenzie Stronquill

ST. GEORGES MEAL PROGRAM



Open to all seniors 55 & over, you are welcome to bring a guest. Birthday's, All meals are served 11:00 noon Monday, Wednesday & Friday. Meals are \$6.00. Your name must be in 24 hours prior to meal days.

Karen Loos Meal Coordinator 367-8808

Wednesday March 7

Pork hock with sauerkraut, potatoes & apple crisp

Friday March 9

Meat loaf, mashed potatoes, tomato sauce, asparagus & plum cake

Monday March 12

Breaded porkchops oven style, potatoe puffs, caesar salad, cauliflower with cheese & rhubarb cake.

Wednesday March 14

Ham & wildrice quiche, homemade buns, salad & Dessert surprise

Heart & Stroke Foundation warns public about fraudulent collection agency

March 2, 2007 -- The Heart and Stroke Foundation of Manitoba (HSFM) would like to alert the public that a fraudulent collection agency is contacting people, claiming to represent HSFM and is seeking apparent "money owed" for pledges and donations.

The Foundation has alerted Winnipeg police and Phone Busters about the reported incidents. The company is calling itself "J.D Collections" and is claiming, over the phone, that the individual has made an unhonoured pledge to a Heart and Stroke Foundation event in past years and that J.D. Collections is calling to collect the money.

"The Heart and Stroke Foundation has never heard of this company and is not currently using any type of collection services for donor pledges,

"says Daye Irving, Director of Fund Development for the HSFM.

The Foundation asks the public to call Phone Busters (1-888-495-8501) if they receive a call from J. D. Collections, or any other collection agency, making suspicious claims of collecting for the Heart and Stroke Foundation. The Heart and Stroke Foundation office can be reached at 949-2000 or toll-free 1-888-473-4636.

HSFM volunteers canvass homes throughout Heart Month in February and wear a volunteer button bearing the HSFM logo and the current year. Canvassers also have Heart and Stroke receipt books with receipt numbers and the Foundation's charitable registration number.

Other volunteer fundraisers, including event participants and

third-party fundraisers, will have appropriate HSFM materials or signage while fundraising (i.e. a pledge form or banner with HSFM logo).

To ensure that donations go to the Heart and Stroke Foundation of Manitoba, donors should write a cheque made payable to the Heart and Stroke Foundation of Manitoba. Donations can also be made over the phone or mailed to 6 Donald Street, Winnipeg, Manitoba R3L0K6.

If you are unsure about the validity of a fundraiser, please contact the Heart and Stroke Foundation of Manitoba or your local police department prior to making a donation. The Heart and Stroke Foundation relies on the generosity of Manitobans and extends its thanks to all those who support its mission.

The Winnipeg River Echo

YOUR COMMUNITY NEWSPAPER

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

CALL 367-9468

The Winnipeg River Echo

One Year Subscription One Low Price

Your Community Newspaper

Box 550, Pine Falls, MB R0E 1M0

\$30.00
plus \$2.10 PST &
\$2.10 GST

Phone 367-9468 -
Fax 367-9974
EMAIL ADDRESS
theecho@mts.net

On Parliament Hill



Your voice in Ottawa
Vic Toews, MP for Provencher

New Development Assistance for Afghanistan

I'm immensely proud of the work that Canadian men and women are doing in Afghanistan. Our government has stood squarely behind them as they make significant progress in improving the lives of the people of Afghanistan, in a dangerous part of the country. Through a concerted, multi-lateral, multi-faceted effort, Canada is helping to build a secure, democratic and economically viable Afghan state.

Thanks to the efforts of the brave men and women of the Canadian Forces, the fragile peace that reigns over most of the Afghanistan has now been extended to the Kandahar region. It is now time to consolidate those gains on the ground and use them to advance reconstruction.

That's why Prime Minister Stephen Harper announced a substantial boost in the redevelopment aid that Canada is offering. He put forth up to \$200 million in new aid and development funding to be disbursed this year and next on top of Canada's annual allocation of \$100 million to development activities in Afghanistan. It will flow to five priority areas: governance and development (\$120 million); counter-narcotics (\$30 million); policing (\$20 million); de-mining (\$20 million); and road construction (\$10 million).

This is the type of activity that makes a real difference. The funding will support proven Afghan national programs. In the rural areas, it will promote development and encourage members of communities to involve themselves in which projects go forward and how they are designed. It will pay the salaries of teachers, health workers and police to ensure

that basic government services are provided. And it will provide small loans to help the Afghani people start small businesses that will help support their families and build their communities.

Through our participation in the UN-sanctioned security mission in Afghanistan, we are not just furthering Afghanistan's interests; we're serving Canada's national interests too, as global security hinges on our success. If we fail in Afghanistan, if the country relapses into anarchy and once again becomes a haven for extremists and terrorists, the world will be more dangerous.

We mustn't forget that security is a necessary precondition for reconstruction. Were it not for the success of NATO and Afghan troops in beating back Taliban forces, our government would not have been able to make these much-needed investments in Afghanistan's future. I'm confident that as Canadian men and women continue to engage in both security and development operations in Afghanistan, we will continue to see compelling results.

As the Prime Minister said, "Taken together, the projects funded by today's announcement will help build the peaceful, stable, democratic country the long-suffering Afghan people deserve."

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.

The Winnipeg River **Echo**
Is your
Subscription due?
Check your mailing label!

Ask the Neighbourhood Mechanic



by Dave Radinger

Henry Leland is a name you may not be familiar with. In the early 1900's in the Detroit Auditorium Henry pulled three of his new Cadillacs onto the stage. His crew proceeded to completely dismantle all three cars. Members of the audience were asked to mix up the parts. At the end of the day the three Cadillacs drove off the stage. Up till that moment this feat was unheard. Cars were basically hand made and parts were unique and not interchangeable. Leland developed the "interchange concept" from his experience in the arms industry. Interchange lead to the development of the modern production line. Each piece was an exact copy of the next. Leland sold his concept to friend and sometime benefactor Henry Ford. This eventually lead to the development of Ford's famous Model T's production line. So what happened to Henry Leland? Well;

Cadillac eventually was purchased from him by Durant and became part of New General Motors Company. Leland with support of the Ford Corporation started to build the ultimate luxury car, the one that he had always wanted to build. He named it after his favorite president, Lincoln.

I have a 1997 Toyota Corolla. The garage tells me a strut on the rear passenger side is gone and the driver side is going. They tell me I have to replace all 4 front and back. Is this true?

Lois
Yes and no, how's that for an answer. Struts are the industry moniker for the combination shock absorber and spring assembly. This system is used as the suspension component in many modern chassis designs. Struts should be changed in pairs. This allows the vehicle to remain in balance. As the vehicle is over 10 years on the road I would replace all four. The vehicle will handle better. The real

decision here is that you are keeping your car for the foreseeable future as this type of repair is a sizable investment. Toyota is a good brand and should be well worth the repair.

I have a 1992 Dodge Spirit in reasonably good condition with 186,000 kms. I have had several instances requiring the changing of the Oxygen Sensor. The gentlemen who have been responsible for servicing the vehicle are at a loss to account for the repeated necessity to change the sensor. Can you help?

I personally don't think the oxygen sensor is defective...Oxygen sensor codes can be generated for several reasons. Lean operation conditions are the primary cause of a low O2 reading. Look for a plugged fuel filter, plugged or defective egr system, defective throttle body, or a simple vacuum leak. Anti-freeze leaking into the combustion process can also damage the sensor...In short have the techs spend more quality time with your car before swapping out parts

Master MECHANIC

At Master Mechanic, you "talk to the mechanic".



The Winnipeg River **Echo**
CLASSIFIEDS
\$5.00
for the first 25 words
15¢ per additional word.
\$5.00 for a photograph.
DEADLINE
FRIDAY
3:00 P.M.
Call us at 367-9468 or
fax to: 367-9974
Email:
theecho@mts.net

Have you Heard???

A Board Certified Hearing Instrument Specialist (BC-HIS) from
HASTINGS HEARING CENTRES LTD.
Visits
PINE FALLS HOSPITAL and
PINAWA ALLIANCE CHURCH
"Once a Month"
"Your Hearing is our Concern"
HASTINGS HEARING CENTRES LTD.
SERVING MANITOBANS FOR OVER 40 YEARS!
•Specializing in Digital Hearing Instruments.
•Hearing Testing, Musician and Noise Plugs.
•Service to all Makes and Models.
•Home Visits Available -60 day trial
To Arrange an Appointment Call Toll Free:
1-800-782-0078
For more info on
Products, Clinics and Services
www.hastingshearing.com

WINNIPEG 943-6561	BRANDON 727-3429	WINKLER 331-1561	PLP 1-800-782-0078	CARMAN 1-800-782-0078
380 GRAHAM AVE SW Corner	800 ROSSER AVE The Town Centre	CRUCIUS MALL 370 MAIN ST.	Harmon Prior Centre 40 Royal Rd. R.	47 Ed Bellair Drive Active Living Centre

Report from Legislature



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

"CROCUS"

It's now clear that the NDP had responsibility for the Crocus scandal and for the losses suffered by more than 33,000 Manitobans who put their hard earned money, and even retirement funds into Crocus.

In 2000, Greg Selinger, Manitoba's Finance Minister, prepared a written Briefing Note and made a presentation to members of the NDP Cabinet, including the Premier. The Briefing Note indicated that Crocus managers had only recently realized that there would be a liquidity problem in Crocus and that liquidity problem could arise over the next few years. What is liquidity? It's cash that is required to redeem shares in Crocus. You, as an investor, would certainly not put money into an investment unless at the end of the investment period you would get at least part of it back. This is what was happening at Crocus. Crocus did not have the money to pay back investors when the

investment matured. Think of it in these terms - would you put money into an investment or account at your Credit Union or your Bank if you knew that the money or even part of the money would not be returned? Crocus management warned the NDP and Greg Selinger about this liquidity problem in 2000 that Crocus was facing a cash crunch and may not be able to pay investors who wanted out. What did Greg Selinger and the NDP do with this information? Absolutely nothing!

Did Greg Selinger and the NDP have a duty to warn unsuspecting Crocus investors? You bet they did! Greg Selinger's presentation to the NDP Cabinet, including the Premier indicated that the majority of the thousands of Manitobans who invested in Crocus were neither wealthy nor sophisticated investors. The presentation further stated that "Crocus has not done what its Prospectus says it will do, which is to arrange its in-

vestment portfolio so that funds are made available through liquidation of investments to fulfill requests for redemption."

As a potential investor in Crocus, if you knew what the Finance Minister, the Premier and the rest of the NDP Cabinet knew in 2000 about the state of Crocus would you have continued to purchase shares in Crocus? If you knew that Crocus was having trouble to raise enough cash to pay back the value of your shares when you wanted to sell them, would you have invested in Crocus? If you knew that Crocus had not done what its investment Prospectus has publicly said it would do, would you have continued to put money into Crocus, or would you have even considered purchasing shares in Crocus?

Greg Selinger, the Premier and the entire NDP Cabinet failed to disclose information that Crocus was having problems. Instead, the Premier, the Finance Minister, and all their Cabinet colleagues continued to trumpet the strength of Crocus until late 2004 when the Crocus fund collapsed. The

message sent to all Manitobans by the NDP was that it was safe to invest in Crocus, yet the NDP knew full well that Crocus was having problems. The NDP enticed thousands of Manitobans to pour more money into Crocus and hoped that the Problem would disappear on its own. As a result, more than 33,000 Crocus shareholders lost more than \$60 Million.

That's why we have demanded that the Finance Min-

ister resign. He had a moral and a legal duty to protect Manitoba investors - and he failed miserably in that duty!

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.

NEWS TIPS?

Call us at 367-9468



Hot New.... RELEASES

Borat: Cultural Learnings of America for Make Benefit Glorious Nation of Kazakhstan DVD
Cast: Sacha Baron Cohen, Ken Davitian, Luenell
Rating: 14A

Fast Food Nation DVD
Cast: Wilmer Valderrama, Catalina Sandino Moreno, Greg Kinnear, Luis Guzman, Kris Kristofferson, Ethan Hawke, Patricia Arquette
Rating: 14A

Let's Go To Prison DVD
Cast: Dax Shepard, Will Arnett, Chi McBride, David Koechner, Dylan Baker, Michael Shannon, Miguel Nino

A Guide To Recognizing Your Saints DVD
Cast: Robert Downey Jr., Rosario Dawson, Shia LaBeouf, Chazz Palminteri, Dianne Wiest, Channing Tatum, Eric Roberts
Rating: 14A

Confetti DVD
Cast: Selina Cadell, Jimmy Carr, Olivia Colman, Ron Cook, Julia Davis, Vincent Franklin, Martin Freeman
Rating: 14A

Song for a Raggy Boy DVD
Cast: Aidan Quinn, Iain Glen, Marc Warren, Dudley Sutton, Alan Devlin, Stuart Graham, John Travers
Rating: 14A

Decoys: The Second Seduction DVD
Cast: Kim Poirier, Tobin Bell, Corey Sevier, Tyler Johnston, Brad Goddard, Sam Easton, Kailin See
Rating: 14A

COMING SOON

March 13
007: Casino Royale
The Holiday
Harsh Times
Lovewrecked

March 20
Blood Diamond
Rockey Balboa
Eragon
Everyone's Hero
The Nativity Story
Flight of Fury
Dukes of Hazzard 2:
The Beginning
Return of the Living
Dead 5: Rave
To the Grave

The Winnipeg Humane Society



Magnum, 133318

Magnum is a highly intelligent, very focused dog who needs an active owner to keep up to him! This beautiful Lab is very stressed in our kennel area- too loud & chaotic for such a quiet boy- and desperately needs out of here! Magnum is a really good boy in the office area, likes to chew his rawhides & play with people. Labs are generally very family-friendly, water loving & affectionate dogs. Magnum is best suited to kids aged 12 years+ as he can be very exuberant. As a longterm dog (in our care since Nov. 27!), his adoption fee is only \$88.06 and includes his neuter, vet exam, microchip & much more!



Uno, 135911

Uno is a strikingly handsome, friendly boy who was surrendered in January with another cat when his guardian was shipped off to the army- a good choice if you have another cat at home already! At only ~1.5 years old, Uno is a very young cat with a great purrsonality! His adoption fee of \$79.00 includes his neuter, vet exam, microchip, 6 weeks of pet insurance, vaccine & more!!

Where every adoptable dog finds a home
and cats get a second chance at life!

**The WHS needs your donations
of canned cat food to help
feed the many cats in our care.
Drop off to 5 Kent Street.**

If you or your family are interested in any of the listed animals here or others at the shelter, you can call us at 204-982-3551 or Fax 204-982-2047



Pine Falls Community Billboard

Fort Alexander Health Centre: Diabetes Clinic 9:30 a.m. to 3:30 p.m. every Tuesday. Blood sugar check, nutritional counselling, phone 367-2208.

PACE 10-71375: meets first Tuesday of the month, Chicken Chef, Powerview meeting room.

Prenatal classes: held regularly in your area. Please register with Gail 268-7465 or call your local public health nurse.

Library Allard: Tuesday: 10:30 a.m. to 5:00 p.m. Wednesday and Thursday 12:00 to 5:00 p.m. and 6:30 to 8:00 p.m. Friday 12:00 to 5:00 p.m. Saturday 10:30 a.m. to 4:00 p.m.

Beaches Library: Tues. 9:00am to 12:00 p.m., Thurs. 4:00 to 8:00 p.m., Sat. 11:00 a.m. to 3:00 p.m. **Knights of Columbus:** meetings every second Tuesday of the month 7:30 p.m. Powerview Church basement.

Silver Haven Club: cribbage every fourth and fifth Monday 1:30 p.m., whist every Thursday 1:30 p.m.

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

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

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

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

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

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

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

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

Town of Powerview - Pine Falls: Council meetings are the second Tuesday of each month at 7:00pm. **Family Care - Give Support Group:** at the United Church, Pine Falls, last Thursday of the month 7:00 p.m.

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

Happy Tots Day Care 367-2601, board meetings last Monday of each

month 7:00 p.m. at the daycare **Senior Scene Inc. #1 Ateah Rd.,** Victoria Beach. General meetings second Tuesday of the month, 756-6468 for more info.

Blue Water Support Group: meets every third Monday of the month 7:00 p.m. Pine Falls Health Complex.

Beaches HELP Centre (seniors service) 756-6471, Wednesday 1:00 to 4:00 p.m., Friday 10:00 a.m. to 1:00 p.m.

Powerview Parent Advisory Council: meets first Monday of every month. **Great Falls Hall workers -** Tuesdays and Thursdays from 10:00 to 11:00 a.m.

Pine Falls Library open 1:30 p.m. to 3:30 p.m. Monday to Friday, and Thursday evening 7:00pm to 8:00pm. Library is situated in the Pine Falls School, entrance facing pool.

Foster Homes Open your heart and home to a foster child, foster homes needed in Pine Falls and surrounding area, call Debby at 268-6158.

Child Health Clinics - will be provided by area Public Health Nurse every Tuesday afternoon at the Pine Falls Complex, Community Health Office assessments of babies (or child's) height, weight, infant nutrition, advice, immunizations (as necessary) and any other advice you may wish, please call 367-5406 for more info.

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

Pine Falls Golden Leisure Club: Bridge 7:00pm Mon. & Thurs., Canasta 1:00pm Friday, Whist 1:30pm Wednesday, Crib, 1st Monday of Month at 1:30pm. Exercise Class, Mon., Wed., Thurs., Fri., 11:15am.

Town Powerview-Pine Falls: Garbage Pick up every Wednesday 8:00am, Recycle: Every Thursday, 8:00am

Overcomers Outreach meetings www.overcomersoutreach.ca, weekly meeting Contact: Isabelle (204) 367-2359

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

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

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

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

Winnipeg River Church Services

NOTRE DAME DU LAUS: Powerview - Saturday evening 7:30 p.m. (English), Sunday 10:00 a.m. (English), Stead - Sunday 12:00 noon.

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

PINE FALLS ANGLICAN CHURCH OF THE ADVENT: Ph. 367-9520 Rector, the Rev. Sandra Tankard. Sunday Service at 9:00 a.m.

ST. THERESA'S: Masses at Notre Dame du Laus.

ST. GEORGES: Mass Sunday at 9:00am.

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

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

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

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

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

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

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

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

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

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

LIFE SKILLS CHURCH - Great Falls Community Centre/Hall, Christian Healing Services 7:00pm, Wednesdays, Minister: Isabelle Fiola (204) 367-2359.

Powerview RCMP Report

This report covers the period from February 26th to March 4th



REMINDER: The RCMP Memorial Hockey Tournament being held March 9th to 11th. 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 Bandit Scooter and Winnipeg Blue Bombers Running Back "Charles Roberts" autographed football jersey. All proceeds donated to the Stain Officers Peace Fund and Local Charity. See you there!

February 26:

FORT ALEXANDER - an incident at a local school was referred to school authorities and no criminal charges by police.

HOLLOW WATER - 1 female was charged with assault after she punched another female in the facial area. The woman was treated at local hospital and released. Investigation continues.

police intervened when a previous situation with an estranged couple continued to involve a custody issue with their 4 children. The incident was dealt with accordingly and informally by police.

POWVIEW - a complaint of harassing phone calls was documented by police should anything further arise from the isolated incident.

February 27:

304 HIGHWAY NORTH - the local paper mill reported theft of wood from 2 stockpiled areas just off 304 highway. Culprits stole 8 foot lengths of precut wood from the sites. Investigation continues.

BLACK RIVER - a complaint of harassment involving several youth is still under investigation.

February 28:

BELAIR - police intervened when a civil dispute escalated over a property and contract issue. The situation was stabilized and no further police action necessary.

RM OF ALEXANDER - an emotionally disturbed female youth was dealt with by police. The youth was referred to the mobile crisis unit for follow up treatment.

March 1:

HOLLOW WATER - an intoxicated male was removed from a residence after he continued to cause problems for his spouse and proceeded to smash items in the home. The man was lodged in cells overnight until sober but no charges were laid at the request of the complainant.

1 female was charged with breach of a recognizance. The woman was in breach after a no contact order was not complied with.

FORT ALEXANDER - a break, enter and theft at a local restaurant resulted in approximately \$1,800.00 in cash stolen. Culprits accessed the premises through a roof top vent. Investigation continues into the incident.

March 2:

POWVIEW - an anonymous tip helped police locating a male wanted on several outstanding warrants. The man was also being sought in connection with several assaults which occurred earlier this year. The man was remanded into custody and transported to the Provincial Remand Center.

RM OF ALEXANDER - 1 man has been charged with assault of a youth. The incident remains under investigation.

FORT ALEXANDER - police approached what they thought was an abandoned vehicle to find a male youth asleep in the back seat. Further inquiries found the male to be in breach of several court conditions.

March 3:

RM OF ALEXANDER - a residence was attended by police when an emotionally unstable female threatened suicide. Ambulance services was on scene and the female went without further incident to local hospital for treatment and assessment.

POWVIEW - a vehicle was observed by police speeding through a stop sign and then proceeded to a residence at the same rate of speed. The male driver was charged accordingly with dangerous operation of a motor vehicle.

March 4:

FORT ALEXANDER -

Police responded to a fail to comply with a probation order. 1 male youth was arrested for breach of curfew and a no contact order with a second youth. Investigation continues.

1 male was arrested and charged accordingly with spousal assault. He was remanded into custody to await a court date.

an emotionally disturbed male was transported to local hospital for treatment following a suicide attempt. The mobile crisis unit attended to deal with the situation accordingly.

POWVIEW - a complaint of a disturbance at a local hotel was made where a lone male continued to be disruptive. The man continued to uncooperative with police assaulting 1 officer and resisting arrest. The man was finally apprehended by police and also to be in breach of a probation order. He was remanded into custody and transported to the Provincial Remand Center. Investigation continues.

SUMMARY: Police also followed up on 3 false alarms, actioned 2 request(s) for assistance to other police agencies/services of legal documents, processed 6 traffic accident report(s), lodged 2 person(s) under the intoxicated persons detention act, charged 0 person(s) for impaired driving/refusal of breath test, attended 2 noise complaint(s), issued 3 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 POWVIEW RCMP AT 367-8728.

NEWS TIPS? CALL 367-9468

Winnipeg River Recreation Scene

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

Weekly Feature - Upcoming Children's Programming

The WRRD has been working on increasing recreation programming for children. We have a bunch of exciting opportunities coming up....

-Mad Science Kids Day - Friday, March 23 from 9:00-3:30 at the LdB Community Centre

-Jam Can Curling - Monday, March 26 from 9:00-6:00 at the arena in Pinawa

-Junior Acting Classes -

Wednesdays from April 11 to June 13 in Pinawa. Ages 7-9 class runs from 4:30-5:30 and ages 10-12 class runs from 5:30-6:30.

-5th Annual PhAT Camp in LdB from July 9-13.

If your child is interested in these programs, please call the Rec Office to get more information.

Watch for these programs and others in our Spring Recreation Brochure coming to a mailbox near you soon.

Lac du Bonnet Community Billboard

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Two Rivers Seniors Resource Council Inc. Call Pat at the Lac du Bonnet office, Health Centre at 345-1227. Services: driver escort, lifeline personal response system, friendly visitors, fee-for-service handy helpers.

Pioneers Club Meets first Monday of month 9:30 a.m., Pioneer Club.

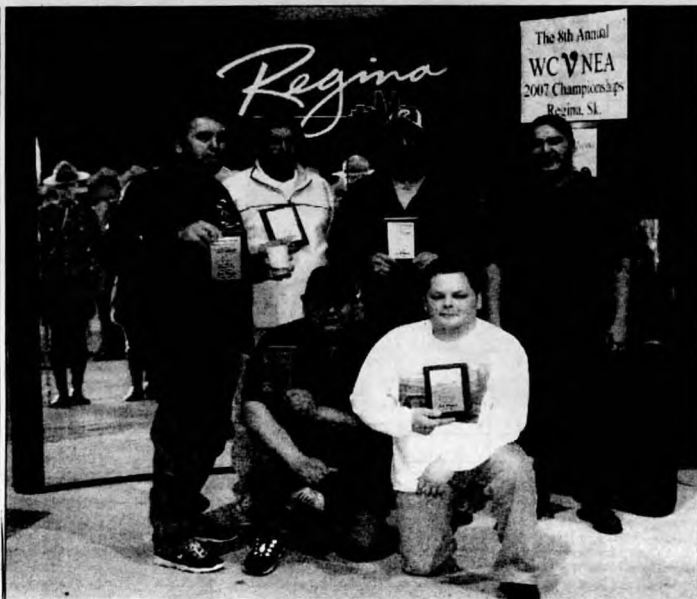
RM of Lac du Bonnet Council Meetings second Tuesday of each month 10:00 a.m. and fourth Tuesday of every month 6:00 p.m.

Alzheimer Society Corey Daly 268-4752, Lac du Bonnet, Pine Falls, Victoria Beach, Pinawa, Beauséjour, Whitemouth, Oakbank, Hadsaville.

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

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

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



CONGRATULATIONS TO THE "WILD TURKEY SHOOTERS" POOL TEAM WINNING 1st PLACE & UNDEFEATED AT THE CANADIAN VNEA 8 BALL POOL CHAMPIONSHIPS HELD IN REGINA, SASKATCHEWAN (FEB 16-19, 2007).
TEAMMATES: CAREY LAVADIER, FABIAN BUNN, RICK ABRAHAM, TONY DANKOWSKI, DARRYL SINCLAIR & WILLARD HOULE
WAY TO GOGUYS!!

ENERGY CORNER

prepared by Manitoba Hydro

Book the Contractor Beware Program

As an employer, we know that your employees' safety is a major concern, and that you want to do everything possible to create awareness and a safe work environment - for everyone.

Booking the Contractor Beware program from Manitoba Hydro will help you to achieve this goal. It will remind your employees to be safe - this spring, and always.

Contractor Beware is an in-house program from Manitoba Hydro that is available on loan to companies who want to provide their employees with instructions for working safely around power lines. It is a

safety kit, available at no cost, and is a valuable resource for job site safety information. The kit includes:

- A videotape or DVD on electrical hazards and how to work safely around power lines
- Copies of the accompanying booklet
- Safety poster
- Facilitator's guide
- Evaluation form

This program is meant to reinforce the simple but sometimes overlooked message of staying safe while on the job. It contains tips on how to conduct a pre-job briefing to locate power lines which may be in the work area, poles and guy

wires, as well as instructions on how to mark a safety boundary on the ground for overhead power lines. The "Call Before you Dig" message is also emphasized, as is the importance of having a spotter on site to keep equipment and workers at safe distance away from overhead power lines. The booklet includes an important section on what to do if equipment comes into contact with a power line.

Contact your local district office, or your area Public Safety and Education coordinator for information on how to obtain materials.

Lac du Bonnet Church Directory

ABUNDANT LIFE CHAPEL
Pastor Jake Doell, church 345-2934, home 345-9766
Sunday: 11:00 a.m. - morning worship; 6:30 p.m. - Upper Room.

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

NOTRE DAME CATHOLIC CHURCH
Father Mirak Sayal, 345-2988
Lac du Bonnet: 5:00 p.m. - Saturday mass; 11:00 a.m. Sunday mass
Pinawa (senior school): 9:15 a.m. - Sunday mass

ST. JOHN'S ANGLICAN CHURCH
Rev. Sandra Taskard 367-9528, church 345-2357
Sunday: 11:30 a.m. - worship; 11:30 a.m. - first and third Sunday of each month, holy eucharist.

The Winnipeg River

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

Box 178,
St. Georges
ROE 1V0

Place McDougall
Phone 367-9468
Fax 367-9974

Echo Classifieds

Office/Retail Space for Rent

Pine Falls Upstairs - approximately 200 square feet, comes with washroom. Main floor - approximately 900 square feet with private office, washroom and counter. Call Denis at 367-8651. TFN

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

1993 Polaris XLT-2-up seat reverse. \$2,000 call 367-2476 2X-1

WoodlandPlace/DaleHaven 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.

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. 156-6

For Sale

House/Cabin For Sale, 36x25', to be moved upon purchase, call 367-2536 or after 6:00 p.m. 367-4939. 2x-1

Rooms and Suites for rent. Weekly and Monthly rates available. Hydro and satellite included, call Omer at 367-9991 or 367-4210. 26-175

Bankruptcy Info-line - free, confidential. Call 1-800-463-8371. www.lctaylor.net This is a community service offered by L.C. Taylor & Co. Ltd., Trustee in Bankruptcy. 34-174

Card of thanks

We would like to express our sincere gratitude to relatives and friends for their kindness and sympathy during the loss of our dear mother Cecilia. Thank you for the prayers, cards, food, phone calls and visits received. Special thanks to Fr. James Gray, altar servers and the choir for the beautiful Mass. Thank you to the parish ladies who provided and served the delicious lunch.

Cecilia Knott family

Congratulations



Congratulations Trey on your #1 All Star Medal!!! Your hard work, dedication and sportsmanship paid off! We are VERY proud!!!

Love Mom, Dad, and sisters Macey and Tiana.

Sonny's Chicken House and Fine Chinese Cuisine requires experienced cooks for full and part time positions and Dishwashers for Part-time positions. If interested, please call Donna at 367-4448. 4x-1

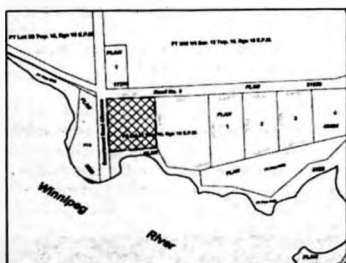
UNDER THE PLANNING ACT NOTICE OF PUBLIC HEARING REGARDING BY-LAW 60/07

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 20th, 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. 14/90 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 Stefaniuk, Secretary-Treasurer, Winnipeg River Planning District, Phone (204) 367-6170.

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:

Pt. 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 14/90
being the Winnipeg River Planning District Development Plan
As amended.

Legend:
Rural Residential Area
Limits of area affected

Map No. 60-17-175

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

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

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

Thank you,
Charles, Katherine
& Ethan Wingate

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 an interest in this position please call:
Andrea Gaffray 367-8067
Office 367-9128

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

Friday, March 2
Salad, beef stew and tea biscuits, rhubarb crisp.

Monday, March 5
Soup, Roast chicken, stuffing, mashed potatoes, peas, lemon pie.

Wednesday, March 7
Soup, ham, scalloped potatoes, cauliflower, blueberry pudding.

Friday, March 9
Salad, Lasagna, Cabbage and carrots, cherry tarts.

Blue Water Physiotherapy

Phone: 367-2537

Please call for an Appointment

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

Located on Highway #11 in Powerview

Celeste Basson
B.ScPT, C.A.P.C.

Stephanie Hampson,
BMR (PT)

To Book
this Space
call 367-9468

Gilles Lamoureux

G's SEPTIC TANK CLEANING SERVICE

Professional Toilet Repairs

P.O. Box 805, PINE FALLS, MANITOBA R0E 1M0
PHONE: 367-4708 CELL: 346-3836

Windsheild Replacement & Repair
All Your AutoBody Needs
Courtesy Care

powerfalls AUTO BODY

Box 187
Powerview, MB
R0E 1P0

Phone 367-2677
Fax 367-2334

LIBERTY TAX SERVICE

Sandi Duval
Treasurer/Owner
367-4244

INCOME TAX SERVICES

BOOKKEEPING SERVICES

2 McDougall Ave.
St. Georges, MB

BRYAN M. DAIEN
Denturist

Celebrating 20 years in business

Complete/Partial Dentures
Repairs while you wait
Realines (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

Janice Warren
10 Dupont Street, Powerview, MB
367-9272

The Lakeview STEAKHOUSE

57 Park Avenue, Lac du Bonnet
Phone 345-8661

YOUR FIRST

INE PHARMACY

Monday to Saturday
8 a.m. to 5:30 p.m.

367-2611

PHARMACY

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

Call for an Appointment!
Traverse Bay 756-3933
Pine Falls 367-2411 Email: Agard@aol.com

M&C Bruneau's PC SERVICES

Microsoft Certified Professional Systems Engineer

HARDWARE DIAGNOSIS - HARDWARE UPGRADES - TROUBLE SHOOTING - SOFTWARE INSTALLATION - SYSTEM CONFIGURATION

Ph: 345-6876

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

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 - BURLER - 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

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

SUBWAY

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

367-8803

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

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
1-800-854-4148
Email: rob.oakes@mts.net
www.century21suncountry.ca

This Space is Gathering Dust!

Call to place your Ad!
The Echo 367-9468

Jon. O. Phillips RMT

Licensed Massage Therapist

Craniofacial Therapy Levels 1 & 2
Herbal/Reiki/Relaxation Massage Therapy

204-367-2141
at Through the Arbor, Pine Falls

CLR

Certified Computer Repair

268 Main Street
Pine Falls, MB R0E 1P0
Ph: (204) 482-5268
Fax: (204) 482-4410
Cell: (204) 482-9112

VINCE MAREK
Computer Technician
www.marekcomputer.ca

Bed and Breakfast B&B PFISHER

Denise Fenez
NEW PHONE NUMBER
367-2374
email: dfenez@mts.net

Streaker's

Hair Design

- Cutting & Styling
- Upsdos
- Colors &perms
- Facial Waxing

Monday to Saturday
By Appointment Only
Call Roberta Laliberté
367-4095