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Fallen Officers Memorial Tournament

By Charles Norman

RCMP Sergeant Doug Ashton opened this year's memorial tournament with a tribute to those officers who died in the line of duty and to the two members of the Powerview Detachment who died while on active service.

Speaking in the Pine Falls arena he said: "Twenty-one years ago this week, on March 6, 1986, Special Constable Rob Thomas and constable Guilford were checking a suspicious vehicle at a local gas station in Powerview, when the driver of the vehicle opened fire on them with a rifle. Cst. Guilford was seriously injured. Rob was killed in the line of duty. Rob spent a very brief time in Powerview, but was quick to meet friends and establish excellent relations within the communities.

"This Memorial Hockey tournament has been held in his memory giving us an opportunity to formally express our appreciation and dedication for the police and peace officers like Rob who make the ultimate, tragic sacrifice while serving to keep our communities safe.

"This year we have expanded our tournament to remember other officers who have passed away while serving the Powerview detachment. More recently we have seen numerous other officers killed while protecting our communities from the violent members of our society. All across Canada communities hold memorials for officers that fall, most recently in places like Spiritwood, Saskatchewan and Meyerthorpe, Alberta.

"Constable Dennis



Opening Ceremonies for the Rob Thomas Memorial Hockey Tournament. Corporal Gabe Boulette dropping the ceremonial puck in honour of S/Cst. Rob Thomas. Paul Gauthier (left) faces off against Joel Lamoureux (right).

Stronquill served the communities in the Pine Falls Powerview area for 14 years just prior to his death. Our community also felt a great sense of loss when Constable Dennis Stronquill was killed in the line of duty in the Russell area in 2001.

"Staff Sergeant Gordon Adam Liebrecht joined the RCMP on March 17, 1966. He

was posted to numerous communities around Manitoba during his service and in 1992, he was promoted to the rank of Staff Sergeant and posted to Powerview.

"Upon his arrival as the detachment commander in Powerview, S/Sgt Liebrecht continued to recognize and support this annual Memorial Hockey Tournament in the memory of

Cst Rob Thomas. In October 2000 he was Diagnosed with colon cancer. He died on November 29, 2001. He and his family had served in Powerview for 9 years.

"Staff/Sergeant Brian John Lynch was born and raised in St John, New Brunswick. He joined the RCMP on June 21, 1975 at the age of 19 and began his six month training in

Regina. Brian served in numerous communities across Manitoba and in July 200 Brian and Barb transferred to Powerview where he became the detachment commander. On August 2, 2006 he passed away at the age of 50 after a lengthy fight with cancer. He

See RCMP Story page 3

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MTS Allstream to expand wireless coverage throughout Manitoba in 2007

Also brings high speed wireless data service to 33 more communities across the province

Winnipeg, MB, March 7, 2007 – MTS Allstream Inc. ("MTS Allstream") wireless customers in rural Manitoba can look forward to another year of significant coverage and service improvements after the company today announced plans to expand its digital wireless coverage along Highway 6 and to 20 more rural areas in 2007.

"No company is more committed than MTS Allstream to expanding wireless network coverage throughout rural Manitoba," said Kelvin Shepherd, President Consumer Markets, MTS Allstream. "This year alone, we will be investing approximately \$15 million to provide digital wireless coverage and high speed wireless data service for customers across the province."

Already providing digital cellular coverage to 97% of Manitoba's population, MTS Allstream's 2007 construction plans will see 30 new digital cellular sites added to the expansive network:

In Northern Manitoba, 12 new sites will provide complete digital coverage along Highway 6 from Ashern to Thompson. MTS Allstream already offers extensive coverage of Manitoba's highways and the Highway 6 expansion will further improve the company's highway coverage in the province.

In the Interlake region, nine new sites in the areas of Riverton, Hecla, Ames, Peguis, Fisher Branch, Amaranth,

Chemawawin / Easterville, Grand Beach, and Victoria Beach will provide increased wireless coverage for the region.

In Southern Manitoba, two new sites in the areas of La Broquerie and Vita will provide increased wireless coverage for the region.

In Western Manitoba, five new sites in the areas of Southport, Sidney, Oak Lake, Clear Lake, and Assessippi Provincial Park will provide increased wireless coverage for the region.

In the Whiteshell region, two new sites in the areas of West Hawk Lake and Bird Lake will provide increased wireless coverage for the region.

In the Lake of the Woods area, the Clearwater Bay / Deception Bay area will also see increased wireless coverage.

The 2007 wireless network expansion plans will provide more wireless coverage in cottage country, camping and resort areas, and other popular Manitoba vacation spots.

In addition, MTS Allstream will be improving the speed of their wireless data network across the province, rolling out high speed EVDO wireless data service to the following 33 communities in 2007: Thompson, Flin Flon, and The Pas, Morden, Winkler, Selkirk, Steinbach, Oakbank, St. Andrew's, Lorette, Ste. Adolphe, Ste. Anne, and Anola, Portage La Prairie,

Minnedosa, Neepawa, Dauphin, Onanole, and Clear Lake, Gimli, Ames, Winnipeg Beach, Grand Beach, Victoria Beach, Belair, and Pine Falls, Lac Du Bonnet, Bird Lake, Jessica Lake, Falcon Lake, West Hawk Lake, Otter Falls, and Deception Bay / Clearwater Bay.

MTS Allstream customers in these areas will soon enjoy five times faster wireless email, downloads, web browsing, gaming, streaming audio, and streaming video on their EVDO-enabled wireless devices. With a data cable or PC Card, customers will also be able to get high speed Internet access on their laptop using the wireless network.

"We are committed to bringing advanced communications services to as many customers as possible," said Shepherd. "These plans will give our wireless and high speed wireless data services an even bigger and stronger footprint across the province, further strengthening our position as Manitoba's leading communications provider."

The wireless network expansion and improvements started in February and should be complete by the end of the year.

About MTS Allstream MTS Allstream Inc. is one of Canada's leading national communication solutions providers, delivering innovative products and services through its Consumer Markets and Enterprise Solutions divisions.

Our Consumer Markets division serves small business customers nationally and residential customers in Manitoba with a full suite of wireline voice, high-speed Internet and data, next generation wireless, digital television, security and alarm monitoring services. Our Enterprise Solutions division provides national business customers with a world-class portfolio of IP-based connectivity, managed network services, and professional services. MTS Allstream's extensive national broadband fibre optic network spans more than 24,300 kilometres, and provides international connections through strategic partnerships and interconnection agreements with other international service providers. The Company markets its consumer products and services in Manitoba under the MTS Brand, and its enterprise products and services nationally under the Allstream brand. MTS Allstream is a subsidiary of Manitoba Telecom Services Inc. whose common shares are listed on The Toronto Stock Exchange (trading symbol: MBT). For more information, please visit:

www.mtsallstream.com. MTS Allstream 2007 Wireless Network Expansion Plans Digital Wireless (Cellular) Service Expansion in 2007

Northern Manitoba, Highway 6 from Ashern to Thompson (12 sites), Interlake Area, Riverton area, Hecla area, Ames area, Peguis area, Fisher Branch area, Amaranth area,

Grand Beach area, Victoria Beach area, Chemawawin / Easterville area, Southern Manitoba, La Broquerie area, Vita area, Western Manitoba, Southport area, Sidney area, Oak Lake area, Clear Lake area, Assessippi Provincial Park area, Whiteshell Area, West Hawk Lake area, Bird Lake area, Winnipeg Area, Southdale / Windsor Park area, River Park South area, Eaglemere area.

High Speed Wireless Data (EVDO) Service Expansion in 2007

Northern Manitoba, Thompson area, Flin Flon area, The Pas area, Interlake Area, Winnipeg Beach area, Gimli area, Ames area, Grand Beach area, Belair area, Victoria Beach area, Pine Falls area, Southern Manitoba, Morden area, Winkler area, Selkirk area, St. Andrew's area, Oakbank area, Steinbach area, Lorette area, Ste. Adolphe area, Ste. Anne area, Anola area, Western Manitoba, Portage La Prairie area, Dauphin area, Minnedosa area, Neepawa area, Onanole area, Clear Lake area, Whiteshell Area, Falcon Lake area, Bird Lake area, West Hawk Lake area, Lac Du Bonnet area, Jessica Lake area, Otter Falls area, Deception Bay / Clearwater Bay area.

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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.

The
Winnipeg
River **Echo**

RCMP Memorial Tournament

Con't from pg 1

served for 31 years with the Royal Canadian Mounted Police.

"All of these members understood the value of officers maintaining strong community relationships throughout their service. Together, we can dedicate this year's tournament to the memory of these officers who gave so greatly of themselves to make the world a better place."

After Sergeant Ashton finished speaking Amazing Grace was played in honour of the four officers.

The opening ceremonies were completed by the dropping of specially made memorial pucks.

Michael Lynch dropped the memorial puck in honour of his father S/Sgt. Brian Lynch.

Joey Strongquill, dropped the puck in honour of his father Dennis Strongquill.

Corporal Gabe Boulette dropped the puck in honour of Special Constable Rob Thomas.

Deanna Liebrecht

dropped the puck in honour of her father-in law Gord Liebrecht.

Winners of the Women's Tournament, played in the Sagkeeng Arena, were the Winnipeg Dev-

ils. Winners of the Men's Tournament were the Powerview Old-timers who beat the Lorette Renegades 3 - 1 in the Pine Falls arena.



Cpl. Gabe Boulette holds a handcrafted award that was presented to the winning teams.



Sgt. Doug Ashton (left) and Cpl. Gabe Boulette(right) present Powerview Old Timers Captain - Rodney Liebrecht with the winners trophy.



Sgt. Doug Ashton (left) and Cpl. Gabe Boulette(right) present the Lorette Renegades with the runner-up trophy



Joey Strongquill with his children drops the ceremonial puck in honour of his father, Dennis Strongquill



Hockey Action during the men's final. Most of the action was in Lorette Renegades territory. They lost 3-1 to the Powerview Old Timers

Protect Manitoba's Water and Save Money

Find out about the advantages of using a holding tank to manage your wastewater

Water is Manitoba's most precious natural resource. Our province's lakes, rivers and streams provide us with drinking water, offer unlimited recreational opportunities and help generate the power we need for our homes and businesses.

A wastewater holding tank may be the best solution for your new home, cottage, or business or for upgrading or replacing your present wastewater system.

What is a Holding Tank?

Holding tanks are large, single compartment, watertight vessels, usually constructed of concrete, fiberglass or polyethylene built to CSA standards. They provide short-term storage of untreated wastewater and are an ideal alternative to septic systems. They are simple to install and can even be installed above ground. They are mandatory in some areas.

Protecting Manitoba's Water Supply

Holding tanks are an ideal alternative to septic fields because they prevent wastewater from draining into the soil. This is especially true in areas with thin or shallow soil, sand, bedrock, clay, sloping and restricted lot sizes. Used properly, pump-out systems like holding tanks provide the highest level of environmental protection.

Saving You Money

Holding tanks will also save you money because installation and maintenance is much less costly compared to septic systems, disposal fields and treatment systems.

For More Information

To learn more about holding tanks, please contact Manitoba Conservation at 204-945-2970 or visit us at www.gov.mb.ca/conservation/envprograms/wastewater/index.html





Linda Hagedorn with the 2006 Manitoba First Nation Business Woman of the year award.

Black River businesswoman gets entrepreneur award

By Charles Norman

Linda Hagedorn, of Black River was awarded the 2006 Manitoba First Nations Businesswoman of the year award last summer. It seems to have been a well-kept secret. The Winnipeg Free Press covered the story three weeks ago. The CBC picked it up and broadcast it the following week and that was how *The Echo* got to hear about it. The award is made by the Tribal Council Investment Group.

Linda and her husband Luke

own a convenience store in Black River. They began by selling chips and drinks from their front porch, then, as they added more products to the business they found that the business was occupying more and more of the living room. They brought two extensions from neighbours and added these to the side of their house so that they could re-occupy their home.

The business continued to grow and is now at a point where more space is needed.

The couple plan to buy a mobile home and turn the existing home into a convenience store.

Visiting their store, which employs four full-time and three part-time people, including son Jason, it is easy to see why the business is so successful. Not only does it provide a badly needed service, but it is done in a friendly and positive way. The store is a fun place to visit, and some locals often drop in for a cup of coffee in one of the two booths.

The store sells frozen and processed meats, vegetables and a variety of canned and processed foods in addition to the standard convenience store fare. Some hardware items are also available. (Gloves sold very well this year). The Hagedorn's don't provide cooked meals but you can get a can of hot soup, and some microwave items.

It's a good place to buy gas. Diesel and regular gas are sold - gas at about six cents a litre lower than gas stations in Powerview.

The whole enterprise was built without one penny of borrowing. It was completely financed with the couples own savings, although the diesel and gas tanks are being paid for out of fuel sales.



Gymnastics news

The gymnastics season is coming to a close and we are planning to end it with a bang. Our club is planning a showcase that will highlight the work that we have been doing this year. We have planned it for Tuesday March 20th, 2007. All levels of our club will be participating. If you have ever wondered what we do at gymnastics Tuesday March 20th is the place to be. We will be having light refreshments and a silent auction. Come out and support our athletes.

I would like to apologize to Hailey Fontaine, as I got her name wrong in last week's paper. I would also like to tell you that our competitive gymnasts will be in Steinbach on Saturday March 17th, 2007. It is there last regular season competition. The time for this competition has changed and it now starts at 5 p.m.

Sunrise School Division ANNOUNCEMENT



Please be advised
The Regular Board Meeting of
Sunrise School Division
Scheduled for Thursday, March 15

Has been Cancelled and rescheduled to:
Thursday, March 22, 2007 at 7:30pm
At the Sunrise Education Centre (MPR)
344 Second Street North, Beausejour, MB

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University Credit Course at Sagkeeng High School

By Charles Norman

University of Winnipeg President Dr. Lloyd Axworthy visited the Sagkeeng Anicinabe High School last Thursday to recognize and support the development of high school courses in First Nations Law and the Treaties. He spoke of the University's programs in First Nations self government, aboriginal law, and aboriginal science. With him was Professor Larry Chartrand, director of the Aboriginal Governance program and Kevin Chief, Leader of the Innovative Learning Centre. Perhaps the highlight of the afternoon was a comment by Professor Chartrand. In response to a question from a teacher at the school, he promised to look at setting up an introductory course in aboriginal self government in Sagkeeng. It was the last question there was time for before Dr. Axworthy had to leave for a flight to Nigeria.

The program called for lunch at 11:30, and an assembly from 12:30 to 2:00 pm, but Dr. Axworthy arrived an hour and a quarter late. It resulted in the assembly being cut short, with several students questions still unanswered.

But it was a great afternoon. Lunch was catered by this year's graduating class. Two huge turkeys were roasted the night before the event, with volunteers working until 4:00 am. In addition to turkey with all the trimmings was a choice of two excellent deserts, strawberry shortcake and lemon meringue pie. The lemon meringue pie was cooked by Winola Canard who was a student at the high school and now does custom baking. Her pie does her school credit.

Dr. Axworthy's tardiness turned out to be a benefit. It provided an opportunity to talk to Sagkeeng Elders, Victor and Jeanette Courchene and John A. Courchene on the need for high school courses in First Nations Law and the Treaties.

John Courchene pointed out that the treaties were not with Canada, but with Britain, actually with Queen Victoria. He also wondered how the treaties, signed in the 1800's, could possibly be valid in view of the fact that the parties to the treaties spoke different languages and could not properly understand each other.

After the opening of the assembly with a drum song, School Principal, Alan Courchene introduced the three U of W guests and spoke briefly of the history of the courses at the school. He said that a previous principal, Ruth Norton, had developed the courses with Sagkeeng lawyer, Myles Courchene. Three of Ruth Norton's sons, Kelly Fontaine, Craig Charbonneau Fontaine, and Charles Fontaine were also involved in the development of the courses.

Lloyd Axworthy told the assembled high school students that the University of Winnipeg wants to work together with Sagkeeng "so that we can develop a real partnership to open some windows to produce a continuing commitment to education." He said the university planned to establish a bachelors degree in Aboriginal Science "using regular science and the great wisdom of the aboriginal people." He said the university plans to set up a credit program where students from grade six and up, who meet certain academic targets, can earn up to \$4,000 in credits towards the cost of their education.

Professor Chartrand said

the university has an aboriginal governance program in place. He said the first class graduated last year, a four year degree is available and a master's degree is planned.

Chartrand talked of a new kind of warrior. One who understood that the relationship between the government and the first nations is still pretty much a colonial one. He said the new kind of warrior would use education as a weapon, towards an understanding of the various aspects of government, finance, infrastructure etc. "No other university is working harder towards aboriginal governance." He said.

After the speeches the assembly was opened to questions from the floor. "Richard Guimond asked why the government does not share revenue from the resources from treaty and ancestral lands.

Axworthy said we have a sad history - the government signed the treaties, but Canada has not lived up to them. He said there is no political will for sharing resources. The only way to get it is to have a highly educated group of aboriginal people. "you are living in a most exciting time." He said. "But you need the education to take advantage of the opportunities.

Jessie Laforte asked Axworthy what he thought ought to be done to give First Nations enough power and land to lift their communities out of poverty. Axworthy said a much higher level of self government is needed "which is why we have the self government program"

In response to a final question from the floor - "Why not bring university courses to the rez." Professor Chartrand said, to an enthusiastic round of applause, that he would be happy to arrange for an introductory course in self government in Sagkeeng.

By this time it was 2:15, and Axworthy was already fifteen minutes past the time he was scheduled to leave to catch his plane to Nigeria. After a closing song and thanks from the Principal the meeting closed and Dr. Axworthy left for Nigeria.



Lloyd Axworthy recommending UofW's Aboriginal Governance program to Sagkeeng Students



Professor, Larry Chartrand said he would be happy to arrange for a University level introductory course in Self Government in Sagkeeng.

Powerview RCMP would like to thank the following for their kind donations towards the RCMP Memorial Hockey Tournament Supper...

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| Dancy's Foods | David Kemball |
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Powerview RCMP thanks the following sponsors and volunteers for the help in putting on the 2007 Powerview Police Memorial Tournament....

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Pine Falls School D.A.R.E. Program Graduates

On March 1st, 2007 the Pine Falls School grade 3 class graduated from the D.A.R.E (Drug Abuse Resistance Education) program at Pine Falls School. Cst. Marianne COULIBALY wished to thank all who helped with D.A.R.E program and a huge thank you to the Grade 3 class for their participation. CONGRATULATIONS D.A.R.E KIDS!!!!

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Lac du Bonnet Regional Library

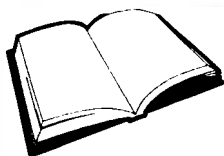
Washington, D. C. has a two-hundred-year-old secret... "The Book of Fate" by Brad Meltzer grabs the reader's attention with its fast moving plot which includes political corruption, Masonic secrets and an intricate code invented by Thomas Jefferson. If you like suspense and mystery you'll love this book.

New to our shelves is "The Complete Guitar Course" by accomplished musician Tom Fleming. He breaks down the basics into 20 interlocking step-by-step lessons. Some of the

lessons taught are: how to choose the right guitar for you, how to build chords and master simple melodies and how to tune, change strings and keep your guitar in shape.

For children Usborne Beginners presents "Caterpillars and Butterflies". This book is part of an exciting new series for children who are beginning to read on their own. The easy to read text has been specially written with the help of a reading expert.

We have seven more new DVD's on our shelves. For



children we have "All About Astronauts & Cowboys" and "Might Machines at the Race Track!" Three biographies that are now available are "Karol: A Man Who Became Pope", "Prairie Giant: The Tommy Douglas Story" and "Mother Teresa". Also available now is Walt Disney's "Pirates of the Caribbean: The Curse of the Black Pearl".

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Recreation Re-boot

Pineview Recreation Commission, 367-9142

Recreational Volleyball
Volleyball is now finished for the year. Thank you to everyone who came out on Monday nights. See you again next year.

Recreational Basketball
There will be recreational basketball in the Pine Falls School gym on Mondays from 7:00-9:00 beginning on Monday, March 19th. Everyone is welcome to attend. Admission is FREE!!!

Curling Club News
The Mixed Bonspiel will be held on March 16, 17 & 18th. So far they have 24 teams registered. If you would like to enter a team, please contact Melinda Pluchinski at 367-4682. A big thank you to everyone who helped make our season a huge success. Let's do it bigger and better next year!!!

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 hockey season is quickly winding down. Most of the minor hockey teams are finished for the year. The Midget team is still in the playoffs. Both girls teams will be participating in Provincials the weekend of March 16, 17 & 18th. The Peewee girls are in Minnedosa and the Midget

girls are in Elkhorn. Good luck to both teams!!!

The arena will be closed for the season on Monday, March 19th. Thank you to all the hockey team who participated this year, both Minor Hockey and the adult recreational teams. Also thanks to Paul Robert for organizing broomball on Friday nights. Next season we will be trying to set up a league.

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.

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.

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. For more information, contact Bev Dube @ 367-8064 or Linda Cyr @ 367-2382.

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.

Faith Perspective

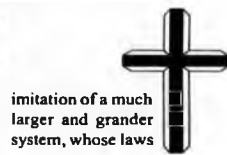
by Pastor Jake Doell

Where Did We Come From?

The debate whether all that is, came into being by mere chance or by special creation of a master designer is still going on today. The other day I read an interesting article about Sir Isaac Newton and his view on this matter.

"Sir Isaac Newton had a replica of our solar system made in miniature for his office. In the centre was the sun with all the planets revolving around it. Another scientist came into Newton's study one day and exclaimed, "My what an exquisite thing this is. Who made it?" "Nobody" replied Newton to the inquirer who was not a believer. The other scientist said, "You must think I'm a fool, of course somebody made it!"

Laying his book aside Newton arose and laid a hand on his friend's shoulder and said, "This thing is but a puny



imitation of a much larger and grander system, whose laws

you and I know, and I'm not able to convince you that this mere toy is without a designer and maker, yet you profess that the great original from which the design is taken has come into being without either designer or maker. Now tell me by what sort of reasoning do you reach such a conflicting conclusion?"

The creation account in the Bible tells us in Genesis 1:26; "Then God said Let us make human beings in our image to be like ourselves." And in Gen. 2:7; "Then the Lord God formed the man from the dust of the ground. He breathed the breath of life into the mans nostrils and man became a living being."

I don't know about you, but I find great comfort and purpose knowing that I am here on earth not by mere chance but by God's special purpose. What amazes me is that God created us with the power of choice. He could have created us like the many of the animals that live by instinct like the geese that migrate south every October. The evolution theory gives us the process by which all that exists has evolved from a single cell. Two questions: "Where did that first cell come from?" and "Where did God come from?" Science cannot give us an answer for that first cell, neither can it tell us where God came from. The Bible tells us that God is eternal and that He always existed in other words He is self-existent. This conclusion can not be accepted by mere human reasoning, but it can be accepted by faith. "And it is impossible to please God without faith. Anyone who wants to come to Him must believe that He exists and that He rewards those who diligently seek Him." (Hebrews 11:6) The most amazing thing of all is that this Creator God calls all of us into a personal relationship through His Son, Jesus Christ. Yes, God created us for the special purpose living forever and knowing our Creator as a personal friend.

HOUSEHOLD Hints

To Remove Odors
From Ice Box, Cupboard Or Pantry
Fill a dish with boiling water and drop in a piece of charcoal.

To Remove Onion Odor
To remove the odor of onions from saucepans in which they have been cooked, put sal soda [baking soda], fill with water, and let it stand on the stove until it boils; then wash in hot suds, and rinse well.

To Remove Bad Smells
Articles of clothing, or of any other character, which have become impregnated with bad-smelling substances, will be freed from them by burying for a day or two in the ground. Wrap up lightly before burying.

To Wash Glassware
Use a little ammonia in dishwater when washing glassware; it will make it sparkle like cut glass.

Confused About Fats?

- monounsaturated
- saturated
- polyunsaturated
- trans

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In Brandon: 571.4080
Toll-free: 1.888.473.4636

Lac du Bonnet and Pinawa Junior Curlers wind it up

42 Junior Curlers grades 5-7 from LdB and Pinawa united in Pinawa last Sunday, March 4th to wind up a successful curling season! Six teams from LdB and five teams from Pinawa had a few hours of fun curling followed by a pizza party and prize draws held at the Pinawa Curling Club. A big thank-you goes out to all the kids that were involved in junior curling this year and all the parents and coaches who helped with running both programs. We had 24 juniors registered for the season in Pinawa and 30 in LdB. Organizers hope that interest in curling continues to grow and that we'll see even greater registration numbers when Junior Curling starts up again in November.



Brianne Fiebelkorn - LdB



Jordan Daymond - Pinawa

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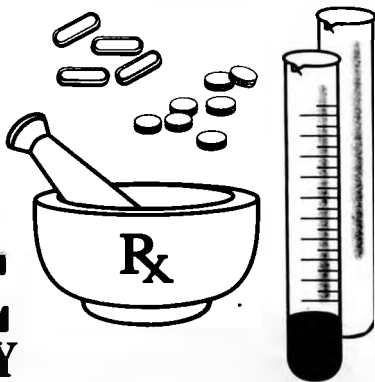
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Colleen Lemire (South Interlake Credit Union) presents a cheque to Denise Cyr and Melinda Pluchinski, Powerview School Playground Committee

Powerview School Playground Committee receives donation

The Playground Committee would like to thank the South Interlake Credit Union for their generous donation of \$3,000.

This contribution is a huge step towards the first stage of

the playground which is scheduled to begin this summer. Completion of Phase 1 is tentatively scheduled for September 2007. What a way for the kids to begin their first day at

school. How exciting!

A big thank you goes out to everyone who has contributed through volunteering and donations. The playground would not be possible without your support.

Library Allard

\$400,000 IN FUNDING ANNOUNCED FOR LIBRARY ALLARD...

Intergovernmental Affairs Minister Steve Ashton announced on March 6th that \$400,000 would be granted to Allard Library from the Building Manitoba Fund. This announcement is part of a \$6.3-million funding commitment for municipal libraries and recreation facilities in rural and northern Manitoba. The funds will be used by the R. M. of Alexander to construct the new 3,500-square-foot library in St-Georges.

A great assortment of new books has arrived and is ready for reading: For those of you planning a trip south, we have Frommer's Travel Guides on Hawaii 2007, Mexico 2007 & the Caribbean 2007. Other hot off the press releases by authors such as Danielle Steel, Linda Holzman, Catherine Coulter, Deepak Chopra, Susan Wiggs, and Lisa Unger. Kathleen O'Neal Gears' The First North American Series book #14 - People of the Moon is ready for check-out.

Canadian author Vincent Lam, winner of the 2006



Scrab

Giller Prize has written Bloodletting & Miraculous Cures and is a "collection of mature and intricate stories connected through the relationships that develop among a group of young doctors as they move from the challenges of med school to the intense world of emergency rooms, evac missions, and terrifying new viruses."

The Book of Negroes by Lawrence Hill is a terrifying story of slavery. This book is said to have "masterfully transformed a neglected corner of history into a brilliantly imagined and engaging piece of historical fiction." These are just a few of the new books that we have in the library.

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

Beaches Library - 754-4007



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Seniors, Did You Know?

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



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

On Parliament Hill



Your voice In Ottawa
Vic Toews, MP for Provencher

Getting Things Done for Seniors

Today's seniors are active, vibrant and engaged in their communities. They are also the fastest-growing population in the country, and the Conservative government wants seniors to be able to use their skills and experience to help make a difference. So I was pleased to participate in the announcement of a new program this week called New Horizons for Seniors. The program supports projects led by seniors by providing funding of up to \$25,000. It encourages seniors to lead activities that will benefit other seniors, vulnerable groups, and the communities where they live.

This is an important new investment in Canada's seniors, and has significant funding to match it. Human Resources Minister Monte Solberg and Secretary of State for Seniors Senator Marjory LeBreton confirmed national funding of almost \$14 million for 775 New Horizons for Seniors Program projects across Canada. Here in Manitoba, the announcement means that nearly \$600,000 will flow to 50 projects that will help seniors participate in and lead activities within their communities.

This chance to participate, contribute, and connect with people of all ages and walks of life is really what the New Horizons for Seniors program is all about. For example, the announcement I made took place in Winnipeg, at the St. James-Assiniboine Senior Centre. The Centre will benefit from New Horizons for Seniors funding of \$10,000. This funding will go toward the community cooking club for seniors project, which will reduce the risk of isolation of seniors, build a sense of community belonging, and encourage seniors' volunteerism.

This is, of course, just one example. In other communities across Canada, New Horizons for Seniors projects include one in which seniors help students with their homework in an after-school project; and a telephone network, organized

by seniors, to reach out to home-bound seniors.

We know that seniors have much to give back to Canada. That's why our government is so committed to giving back to them, and improving their quality of life. We recently announced that we would increase the pension income credit from \$1000 per year to \$2000 per year. This will put almost \$900 million more in the hands of our seniors over the next two years. And we are working to raise the amount eligible for the age credit by \$1000 to \$5066.

To help low-income seniors, we are proposing a new tax relief measure to reduce overall family taxes by allowing seniors to transfer their eligible pension income to the lower-earning spouse, beginning in the 2007 tax year. And, we are bringing forward legislation to make it easier for seniors to apply for, and receive, the Guaranteed Income Supplement.

I would encourage everyone to get involved in the New Horizons for Seniors initiative. Think about how you can contribute to your community. Talk to others in your organization about a project idea. If you are not already part of an organization, you could set up a group to apply or you could approach an existing organization with your idea and partner with them. You could become a volunteer in a New Horizons for Seniors Program project that has already been funded in your community. You can get all the information you need by calling toll-free: 1-800-277-9914, or on the web at: www.hrsdc.gc.ca.

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

Ask the Neighbourhood Mechanic



by Dave Redinger

How far will big cities go in the fight to turn green? London England has gone to extreme of banning the private car from an over congested downtown area. To enter the city's core drivers are subjected to an 8 pound levy (approximately 20 Dollars). The charge must be paid by 10 am the next day or fines are levied. These guys aren't fooling around. The "controlled area" is in effect from 8:30am to 6:30pm Monday to Saturday. London's lord mayor feels this solution so successful that he has just announced the expansion of the controlled area last month. The result? The city's core is free of private vehicles save the many delivery trucks that ply their trade. The rest of the traffic is made up of Buses and Taxi cabs. The real victims here are the shops and merchants that need the private traffic and the associated business. Only time will tell if this

draconian solution will work. The people of London get to voice their opinion soon. There is an election for lord mayor in the near future. One has to wonder, is there is a ban on cars in North American cities in our future?

I purchased a new Honda Odyssey in Feb.2005. There has been a problem with the passenger side electric sliding door not being tight. It has been adjusted 5 different times but it still rattles & bangs on rough roads. Why can this problem not be fixed? The last time Honda Canada gave advice but the problem is still there. Thanks for any advice you may have.

I haven't heard of any problems with the power sliding door other than a minor freezing issue. If the unit has been adjusted so many time and is still not satisfactory is there a possibility that the noise is not the door but may be an other component. Get the tech to ride in the back when you take the car in for service. Honda



builds a good product and should be tight when driven

I have a problem with my minivan's heater recently. It seems that it takes more or less 30 minutes before hot air comes out. I know there is a problem because it used to heat up within 5 minutes. I researched on this problem on the internet and it looks like that the HEATER CORE is the culprit. There is a leak on the floor under the passenger's seat. Is this really the problem?

Your problem does sound as if the heater system is leaking. However I can't remember when I have replaced one recently. Have a technician pressure test the system and diagnose the lack of heat. Possibility of a cracked hose or faulty "o" ring. Some reasons for lack of heat? plugged heater core, faulty water valve, low coolant level, faulty water pump, leaking heat gasket, faulty radiator etc..... As you can see you need to see a pro. Cooling system failures will eventually lead to engine failure.

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400,000 in funding announced for Bibliotheque Allard Regional Library

Building Manitoba Fund Supports \$6.3 Million For Rural Recreation and Library Projects Across Manitoba. Intergovernmental Affairs Minister Steve Ashton announced \$400,000 for the Allard Library in the RM of Alexander and \$600,000 for the Selkirk-St. Andrews-St. Clements regional library. The announcement is part of a \$6.3-million funding commitment under the Building Manitoba Fund for municipal library and recreation facilities in rural and northern Manitoba which will be announced over the next few weeks.

The RM of St. Alexander will use the funds to construct a new 3,500-square-foot library in the community of St. Georges and a new regional library will be built in Selkirk to Leadership in Energy and Environmental Design (LEED) standards.

"As part of a more than \$600-million multi-year commitment, this is a one-of-a-kind in Canada income and fuel tax sharing fund," said Ashton. "These two libraries will benefit significantly from today's funding announcement," said Education, Citizenship and Youth Minister Peter

Bjornson. "The residents of Selkirk, St. Andrews and St. Clements will be better served by an enhanced and LEED-standard library while the new St. Georges library will house the current collection and provide additional space for increased adult and children's programming."

The new land site location for the Allard library is hoped to be where the old Bouvier General store used to be on hwy #11 in St. Georges, Manitoba.

Committee member Diane Dube stated that the estimated project costs for the new li-

brary would be approximately \$610,000. But that was based on estimates of 2 years ago, so the costs could exceed this amount.

The project was developed out of a need to relocate the Library. It currently exists in the St. Georges School, however, due to changes in educational programming the library has to be relocated. The Library has been in operation since 1983. The project was developed in December of 2005 and in March of 2006 the Rural Municipality of Alexander committed to the project.

To date there have been many contributors: R.M. of Alexander \$150,00, Casse Populaire \$20,000, Thomas Sill Foundation \$15,000, MB Community Service Council \$20,000, St. Georges Community Club \$10,000, MB Rapids Arts Council \$2,000 and local fundraising to date Sandbag tournaments \$450, local donations \$1,801.15, 4P Fundraising \$482, Sisters of the Holy Rock \$2,199.23, Knights of Columbus \$700 and the Fall fundraiser supper \$2,857.

"We have had a lot of help with this project and our Architect Don Courtnage of Winnipeg was instrumental in helping us achieve our goals," said Dube. "There is still a lot of work ahead of us before we can open the doors, but committee members along with

staff are excited about the new home for the library."

The 2006 provincial budget established a new Municipal Recreation and Library Fund for communities in rural and northern Manitoba as part of the Building Manitoba Fund, providing \$7.4 million in provincial funding over the next two years for recreation and library facility projects in rural and northern Manitoba. Through the Building Manitoba Fund, municipalities receive a share of provincial income and fuel taxes - revenues that grow with the economy - to support their infrastructure and service delivery needs.

The Municipal Recreation and Library Fund is being administered through existing provincial grants programs: Community Places and the Municipal Rural Infrastructure Fund. Eligible projects include construction/improvements to recreation and wellness facilities such as libraries, recreation centres, community halls, parks, arenas and pools. Last December, the province announced \$1.1 million in funding from the Building Manitoba Fund for the upgrade and development of computers in rural and northern public libraries. With today's announcement, the full \$7.4 million has been committed for recreation and library facilities across Manitoba.

Agassiz Garden Club news

by Karen Johnson

The February meeting of the Agassiz Garden Club had a report from the Manitoba Horticultural Association Meeting along with a successful seed exchange and answered many gardening questions from both members and non-members. Our Wednesday March 14 meeting will still be in the af-

ternoon, at 1:30 p.m. at St. John's Anglican Church in Lac du Bonnet. Meetings will revert to their usual 7 p.m. time in April. Our speaker at the March meeting will be Ken Fosty from the Manitoba Forestry Association. He will speak on "Making Your Own Maple Syrup", how to tap our native Manitoba maple trees and process the sap into syrup

and sugar. This is a program which men should be interested in and we encourage them to come out and enjoy the talk and goodies. The Club will put on a workshop on Sunday, April 15, from 1-4 p.m. at the Pioneer Club. It will feature garden crafts such as decoupage flower pots. There will be more information at our March and April meetings.

The Winnipeg Humane Society



Dexter, 130702

Dexter is a wonderful, gentle & active older dog with us far too long. Dexter is a Labrador Retriever mix, roughly 9 years old and quite active. He was surrendered to us in October due to allergies in his home. Through no fault of his own, he's stuck around for 5 months- too long for any dog, much less one used to a quiet family setting. Dexter desperately needs a home, and soon- we cannot provide the comforts of home he deserves. He's well mannered & housebroken. Dex likes other dogs. This photo does him no justice! If you or someone you know may be interested in our sweet Dexter, please come and visit him- you'll both be happy you did! \$69.00 adoption fee as a senior dog- includes vet exam, microchip, pet insurance & more!



Top Cat, 134832

Another longterm lovely! Top Cat is a West K. native, having been found on Kingsbury Avenue- he came in a little on the thin side with a chipped tooth. He's been a very good boy since coming into us in the beginning of January. Top Cat has been neutered, checked over by a vet and is very adoptable! As a longterm resident, his adoption fee is only \$48.06 and includes pet insurance, microchip, 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



Hot New.... RELEASES

007: Casino Royale DVD

Cast: Daniel Craig, Eva Green, Mads Mikkelsen, Judi Dench, Jeffrey Wright, Giancarlo Giannini, Caterina Murino

Rating: 14A



The Holiday DVD

Cast: Cameron Diaz, Kate Winslet, Jude Law, Jack Black, Eli Wallach, Edward Burns, Rufus Sewell

Rating: PG



Harsh Times DVD

Cast: Christian Bale, Freddy Rodriguez, Eva Longoria, Kenneth Choi, Tammy Trull, Terry Crews, Robert Dahey

Rating: TBD



Lovewrecked DVD

Cast: Amanda Bynes, Chris Carmack, Jonathan Bennett, Jamie-Lynn DiScala, Susan Duerden, Fred Willard, Jackie Long

Rating: PG

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.

FACE 16-71375: meets first Tuesday of the month, Chicken Chef, Powerview meeting room.

Presatal classes: held regularly in your area. Please register with Gail 268-7463 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 8:00 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. 10:00 a.m. to 2:00 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 Sealer 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 Giver Support Group: at the United Church, Pine Falls, last Thursday of the month 7:00 p.m.

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

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

month 7:00 p.m. at the daycare **Sealer 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., 10:15am.

Town of 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 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, 1½ 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, Scantbury, 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 March 5th to March 11th



March 5:
BLACK RIVER - culprits accessed a residence and stole an x box and several games. A suspect was identified and investigation continues.

March 6:
FORT ALEXANDER - police attended to a family dispute however no physical injuries occurred. All parties were spoken to by police and no charges were made in the incident.

PINE FALLS - a vehicle was vandalized at a local parking lot where culprits damaged the rear of the car, the trunk and a spoiler.

LESTER BEACH - a complaint of mischief was made to police after a cottage owner returned to find his picture window contained a hole from a firearm and a rubber bullet on the living room floor.

March 7:
FORT ALEXANDER - a break and enter to residence resulted in approximately \$260.00 of groceries stolen.

BLACK RIVER - a trio of youth and their parents were spoken to by police at length after 1 female youth pulled a knife on 2 other youth. The trio were all 12 years of age or under and cannot be charged under the youth criminal justice act.

March 8:
POWERVERVIEW - investigation continues into a break, enter and assault of a female at a residence.

PINE FALLS - an incident

of threats being uttered causing physical harm is still under investigation.

RM OF ALEXANDER - a stolen minivan was recovered and returned to it's owner with no damages.

March 9:
HOLLOW WATER - a commercial fishing scale was stolen from the local fish shed. The scale is worth approximately \$2,000.00. A padlock was removed from the building and access was gained.

SEYMOURVILLE - a break, enter and theft occurred to residence. Investigation continues into the incident where 2 suspects were identified.

FORT ALEXANDER - investigation continues into an incident of forgery.

- police attended a residence to remove an unwanted intoxicated male. Further investigation found the man had an outstanding warrant. The warrant was executed and the man remained in cells until sober and released on a promise to appear with a pending court date.

- intervention in a domestic dispute caused police to attend a residence. The situation was stabilized and no further action was necessary.

POWERVERVIEW - a male again breached his probation order and continued to cause problems at local business. The man was removed from the premises and remanded into custody pending a court date.

March 10:
HOLLOW WATER - investigation continues by police where a male has failed to comply with court conditions.

RM OF ALEXANDER - police were contacted to locate a missing female youth who had not returned from a friend's residence.

WANIPIGOW - 2 break and enters to cottages were reported to police.

SEYMOURVILLE - an assault of a female youth is still under investigation.

POWERVERVIEW - a male was remanded into custody after the man assaulted his female spouse. Investigation continues into the incident.

March 11:
PINE FALLS - a break and enter to the local golf course occurred in the early morning hours. Nothing was taken in the incident.

FORT ALEXANDER - police patrolled the area and the ice road for an emotionally distraught female. Police were advised later that the woman was located.

BISSETT - a 2005 Polaris Fusion 900 (black with red accents) snowmobile was stolen off of a truck while parked at a local business.

POWERVERVIEW - investigation continues into a spousal assault. 1 male has been charged in the incidents.

SUMMARY: Police also followed up on 2 false alarms, actioned 7 request(s) for assistance to other police agencies/services of legal documents, processed 5 traffic accident report(s), lodged 6 person(s) under the intoxicated persons detention act, charged 0 person(s) for impaired driving/refusal of breath test, attended 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 POWERVERVIEW RCMP AT 367-8728.

ST. GEORGES MEAL PROGRAM

55 plus - guest welcome

Meals are served Monday, Wednesday & Fridays @ 11:30 a.m. - \$6.00 each. Your name must be in 24 hours prior to meal days. Take outs & special occasions welcome. Call Karin Loos Meal Coordinator Meal Coordinator 367-8808

Wednesday March 14
 Ham & wild rice quiche, home made buns, salad & dessert surprise

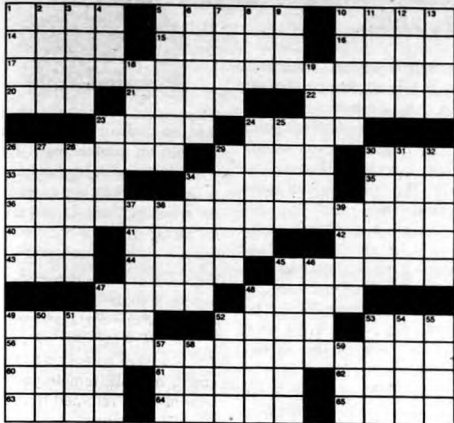
Friday March 16th
 Soup, spaghetti, garlic toast, salad & cheese cake.

Monday March 19th
 soup, open face hot roast beef sandwich, french fries & raison pie

Wednesday March 21
 Soup, chicken stirfry, rice & dessert surprise

Friday March 23rd
 Soup, beef rolls, baked potato & butter cream torte

WEEKLY CROSSWORD



36. Not given to open expression of emotion.
 40. Meet John __, 1941 film starring Gary Cooper.
 41. Cause to be embarrassed
 42. Advance to the __, 1964 film starring Glenn Ford.
 43. Entity
 44. Ellen DeGeneres in Finding Nemo
 45. Umbrella
 47. Production shut down.
 48. Verbalization that encourages one to attempt something.
 49. Genetically identical organism.
 52. Exit the cave.
 53. Large Japanese carp.
 56. Doctrine that the highest moral obligation is to improve human welfare.
 60. Opposed to.
 61. Who __ Wins, 1982 film starring Lewis Collins.
 62. __ podrida, stew of highly seasoned meat and vegetables.
 63. Anatomical network, as of veins, arteries or nerves.
 64. Rotund.
 65. Ordinance, especially one in force in Anglo-Saxon England.

6. AKA paunch.
 7. Essential mineral.
 8. __ Williams, the Green Hornet.
 9. __ Bunch Helbert, whitewater open canoe rodeo world champion.
 10. Framework of timber covered with boards to support rubbish.
 11. Any of several related languages of the Celts in Ireland and Scotland.
 12. Long, thin snakelike fishes.
 13. Black __, two-man musical group
 18. Spread negative information about.
 19. Ocean hydrozoa polyp that forms colonies that resemble moss on rocks.
 23. Transfer of ownership for a price.
 24. __ Hudson, musician in The Band.
 25. Of the wing.
 26. Study piece that focuses on a particular technical problem.
 27. Member of so-called noble or inert gases.
 28. Voice of James Woods in Disney's animated Tarzan.
 29. Dirty and disorderly.
 30. __ College, fifth-oldest of Oxford's colleges.
 31. Marked by snow.
 32. Lynn __, author of multicultural romance and suspense novels.
 34. Strings stretched across the lower head of a snare drum.
 37. Russell __, author.
 38. Greek silver coin.
 39. Past tense of "tread."
 45. Break into small pieces for food preparation.
 46. Roman Catholic tribunal.
 47. Lacking sense.
 48. Reads carefully and attentively.
 49. Rene __, French poet.
 50. Racing sled for one or two people.
 51. Pass over.
 52. One of a kind.
 53. Unit of measure prefix meaning one thousand.
 54. Capital of Norway.
 55. Leader of prayers in a mosque.
 57. Artificial language that is a revision and simplification of Esperanto.
 58. Bill.
 59. Move the head in greeting.

ACROSS

1. Short, dramatic presentation.
 5. Series of plays a team puts together in an attempt to score.
 10. Feature of a car stereo in which the radio will find a requested station.
 14. African falcon of genus *Aquila*.
 15. Characteristic of farming.
 16. Connect graph with no circuits.
 17. Without the due formalities.
 20. Exclamation.
 21. Seaport in Yemen.
 22. Hallow with the sign of the

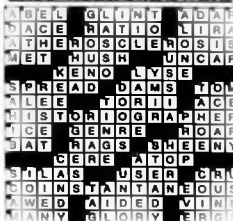
cross.

23. Character indicating a relation between quantities.
 24. Name given to Celtic inhabitant of Scotland, Ireland and the Isle of Man.
 26. Breathe out.
 29. Large, usually enclosed shopping area.
 30. Studio __, one of the first anthology TV programs.
 33. Aquatic fowl of the genus *Anas*.
 34. Caravansary in eastern countries.
 35. Outer circular edge of a wheel to which the tire is attached.

DOWN

1. Aka boatswain.
 2. __ Diamond, singer and songwriter.
 3. Strong urge to do something.
 4. Fitting used to branch a side pipe off a pipeline.
 5. Iron frame with a fine net attached used in collecting animals living at the bottom of the sea.

LAST WEEK'S ANSWERS



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

IF ONLY WE'D STOP TRYING TO BE HAPPY WE COULD HAVE A PRETTY GOOD LIFE.



CRYPTIC PUZZLE

DBXVCF QG GQXHF K LMPFF RKF BL
 SVQPT GVVQBMB.

Weekly Echo Horoscopes

March 12th to March 18th, 2007



ARIES (Mar. 21 - April 20)

Romance can develop; however, it will most probably be short-lived. People you live with will not be terribly happy with you regardless of what you do this week. You will be relentless when it comes to getting yourself back into shape. Luck is with you, regardless of the financial venture.



TAURUS (Apr. 21 - May 21)

Travel will be on your mind; however, be careful and proceed with caution as minor accidents will cause delays. Get involved in volunteer work that will bring you satisfaction, not an empty wallet. Lovers will be less than accommodating, and decisions regarding personal direction a necessity.



GEMINI (May 22 - June 21)

Try to make your lover understand that you need to do things with your friends. Disappointments are likely if your mate embarrasses you in front of friends. You will be able to pick up on future trends if you keep your eyes peeled for unique ideas.

CANCER (June 22 - July 22)

Problems with large corporations or institutions are apparent. You can expect opposition from family as well as colleagues. Think twice before you pursue an unrealistic endeavor. Family members may want you at home, when your heart is telling you to spend time with someone you recently met.



LEO (July 23 - Aug 22)

You will have a childlike approach this week, big hearted and full of spunk. Love could develop with someone of a different cultural background. You'll be able to break bad habits if you put your mind to it. Put something away in case of an emergency.



VIRGO (Aug. 23 - Sept. 23)

Be careful; you may say something you'll regret later. You will be extremely sentimental, and if pushed by others you may hold a lasting grudge. Try to calm down and listen to your partner's complaints. Compromise may be necessary. Don't forget to read the fine print.



LIBRA (Sept. 24 - Oct. 23)

Don't let your emotional upset interfere with your professional objectives. Stop telling others about your problems. New methods and innovative technology will make your job far easier than you anticipated. You can become obsessed with detail and must be sure to divide your time appropriately.



SCORPIO (Oct. 24 - Nov. 22)

You will easily blow situations out of proportion. Be cautious when dealing with coworkers. Situations you can't change should be forgotten for the present. Depression may result if you don't get to do things your own way.



SAGITTARIUS (Nov. 23 - Dec. 21)

Don't evade issues or twist the truth around. You need a change of pace. Trips will be more than adventurous. Accommodate others but not before you do your own thing. Do the proper safety checks before you go out.



CAPRICORN (Dec. 22 - Jan. 20)

Depression may result if you don't get to do things your own way. You'll feel much better when your slate is clean again. You can enjoy doing things that include children. You may find your nights sleepless due to bad dreams.



AQUARIUS (Jan. 21 - Feb. 19)

Your diplomacy will be of utmost importance this week. Try to satisfy both of your needs. Expect to have more people on your domestic scene. The personal problems you may be having are interfering with your productivity.



PISCES (Feb. 20 - Mar. 20)

Be careful not to reveal private information. Escapist tendencies may lead to over-indulgence. You may experience setbacks due to additional responsibilities with loved ones. Unpredictable events will disrupt your routine.

Lac du Bonnet RCMP Report

This report covers the period from February 26th to March 5th, 2007



On the 26th of February it was reported to police that a vehicle was left on PTH 15 and was posing a hazard for traffic and snow clearing. Police would like to remind motorists that if you have to leave your vehicle on the shoulder for any reason to pull off the roadway as far as you can. It is also a good idea to notify police where you have left your vehicle, when you plan on picking it up and whether or not you have notified a two company.

On the 27th of February, an abandoned snowmobile was reported in the Whiteshell

Park. The owner was contacted and would pick same up as it broke down.

On the 27th of February, a report was taken of a possible hit and run in Lac du Bonnet. The issue was rectified and both parties reported.

On the 27th of February, a caller advised of a possible intoxicated person walking across the boat launch outside of Lac du Bonnet. Police checked and it was just a person out for a walk.

On the 1st of March, a person reported he lost his wallet while in B.C.

On the 1st of March, a caller in the RM of Lac du Bonnet identified several snow mobiles crossing her field that is posted "No trespassing". Police are investigating as to whether charges will be laid. Snowmobiler's are reminded that under the Off Road Vehicle Act, you cannot operate on private property.

On the 1st of March it was reported to police that a person was assaulted by a co-worker at an establishment in Pinawa, several weeks earlier. Was reported for information only.

On the 2nd of March a per-

son reported she lost her purse with her cell phone and digital camera in same.

On the 3rd of March police investigated a snowmobile fatality in the RM of Lac du Bonnet. The matter is still under investigation.

On the 5th of March a caller in Pinawa advised to two large black dogs running loose.

On the 5th of March a caller advised that her emblem on her Volks Jetta was stolen while her car was at the Lac du Bonnet arena.

On the 5th of March a person came to our detachment for fingerprinting and it was found

that he had an outstanding warrant another unit. He was processed accordingly.

Several tickets were issued for speeding, open liquor, un-registered vehicles and no licenses, and no snow passed on snow mobiles.

People with Ice Shacks on the Winnipeg River are reminded that in this area, the shacks must be off the ice and on private property by March 31st, unless Dept. of Conservation issues an order to take them off earlier.

Lac du Bonnet Community Billboard

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Lac du Bonnet Church Directory

ABUNDANT LIFE CHAPEL

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

LUTHERAN CHURCH OF THE CROSS

Church/office 345-8654

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

NOTRE DAME CATHOLIC CHURCH

Father Mirek Szynal, 345-2900

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

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

ST. JOHN'S ANGLICAN CHURCH

Rev. Sandra Tankard 367-9520, church 345-2357

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

Spring Break Ideas

Are you counting the days until spring break is over, and your children can return to school? Manitoba has plenty to offer in way of activities. A trip to the Manitoba Electrical Museum or the Royal Manitoba Winter Fair may be just what you need to entertain rambunctious children.

The Manitoba Electrical Museum and Education Centre can be found at 680 Harrow Street in Winnipeg. Guided tours are available, but are by appointment only. Please call (204) 477-7905 to arrange for

your own tour.

For a drop-in visit, times are Monday to Thursday, 1:00 p.m. to 4:00 p.m.

The museum is a volunteer organization, and tours are provided by retired members of Manitoba Hydro or the electrical industry.

Within the museum, six main themes portray the story of electricity in Manitoba from the 1870s to the present, as well as a view into the future. On the lower level, a discovery area with electrical safety exhibits and seasonal exhibits are displayed.

The Royal Manitoba Winter Fair in Brandon is celebrating

its 100th anniversary this year, and many exciting events will be taking place. The fair runs from March 26 to March 31 and gates open at 11:00 a.m.

The Royal Manitoba Winter Fair is one of Canada's largest agricultural events, and features over 300 commercial exhibit spaces in the Keystone Centre. As well as exhibits, there are also equestrian competitions, bison displays, a cattle show and sale, pig and calf scrambles, and Super Dogs, just to name a few of the events.

This spring break, get your children out of the house, and visit some of the attractions that Manitoba has to offer.

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

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. 16r-7

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

We would like to thank our neighbours and friends for all the phone calls, meals, cards, donations, masses and flowers. Thank to Father Gray and the choir for the beautiful service, also to the Ladies who served a wonderful lunch. Thank you to the staff at Sunnywood Manor for caring for our mother.



Roses are Red,
Violets are Blue,
My beautiful Summer,
Is about to turn Two!!

On March 13th
Happy 2nd Birthday
Babygirl!

Love Mommy

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

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

The family of Mathilda Smith

Sonny's Chicken House and Fine Chinese Cuisine requires experienced cooks for full and part time positions and Dish-washers for Part-time positions. If interested, please call Donna at 367-4448. 4a-2



Look who's 18
on March 18th!
Our Little Curty!

Have a great birthday.
Love from your family

Rooms and Suites for rent. Weekly and Monthly rates available. Hydro and satellite included, call Omer at 367-9991 or 367-4210. 26-27N

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. 24-27N

Sky Dancer Casino - Bus Trip. Saturday, March 24th, Sunday, March 25th and Monday, March 26th, Limited Seats, phone 340-2664 or 268-1831.



Puppies to Give Away

One male puppy with blue eyes and one female puppy with brown eyes to give away to a good home. Please call 367-1707. Very cute and loving.

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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, March 14
Salad, roast beef, gravy, yorkshire, roasted potatoes, broccoli, pudding.

Friday, March 16
Soup, salisbury steak, mashed potatoes, peas and carrots, apple pie.

Monday, March 19
Coleslaw, chicken breasts, noodles, cream corn, upside down cake.

Wednesday, March 21
Soup, swiss steak, french fries, waxed beans, rice pudding.

Blue Water Physiotherapy
 Phone: 367-2537
 Please call for an Appointment
 •Work and Sports Injuries
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 367-4417

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