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# NDP wins election but local Tories make gains

by Charles Norman

The Progressive Conservative vote increased in all three of the constituencies covered by The Winnipeg River Echo in last Tuesday's provincial election.

All three incumbents were re-elected. In Lac du Bonnet, PC MLA Gerald Hawranik was re-elected with an increased majority. His share of the vote increased from 4,380 to 4,864 - an increase of 484 votes. The Liberal candidate, Chris Gmitteric increased his party's vote by 315 - from 290 to 605. But the NDP lost ground. NDP flag bearer, Patrick O'Conner got 2,767 votes - down from 3,875 four years ago. As a result Hawranik's margin increased from 505 to 2,097. The drop in the NDP vote may have been caused, at least in part, by the fact that O'Conner was late getting started and his campaign never seemed to catch fire.

In Selkirk, Greg Dewar's margin was a little smaller than it was four years ago. In 2003 he won by 1,642 votes, this year by 1,427 - a drop of 215, but the big loser was the Liberal party. Their vote, 1,469 in

2003, dropped to 704 this year. The PC candidate, high school teacher Gord Dehn, increased his party's share of the vote from 1,257 to 2950.

But in Rupertsland the drop in NDP support, and the corresponding increase in the Tory vote was dramatic. Eric Robertson retained the seat, but saw his margin drop from 2,041 in 2003, to only 802 this time around. His vote went from 2,203 to 2,074 - small decrease of 129, but the real story was the dramatic increase in support for the PC Candidate. In 2003, the PC candidate came third, picking up only 152 votes, to the liberal 162. This year David Harper, the PC candidate collected 1,702 votes. Voter turnout increased from 28% to 35%.

Eric Robinson's margin was the smallest of any NDP candidate. It would seem that the Tories will target the riding in the next provincial election as a potential gain from the NDP.

The aboriginal vote is usually solid for the NDP. In northern Manitoba the NDP gets about 70% of the vote, so a drop in Rupertsland from 86% to 58% is significant. Rupertsland is a very big riding and issues will vary across



Gerald Hawranik (right) at his campaign headquarters watching as results were being called in.  
 Photo Courtesy of 'The Clipper'

the constituency, but Liberal candidate Earl Fontaine told the Echo that he was hearing complaints that the NDP had done nothing for them, and that the NDP was taking First Nation's votes for granted. The riding presents the NDP with a ma-

job problem. First Nation communities on the east side of Lake Winnipeg want a road to their communities, and economic development. Environmentalists want to see it maintained as a pristine wilderness. It appears difficult for the

NDP to maintain support of both these pressure groups in this riding. The NDP is an uneasy coalition of Labour, environmentalists and First Nations. Rupertsland's election result could be a sign that that coalition is beginning to crack.

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# Pine Falls School Celebrating 80 Years of Memories

Have you wondered what the fabled basement of Pine Falls School looks like? Or what treasures this gracious old school holds? Well, now is your opportunity to uncover the mysteries.

On June 15, Pine Falls School is holding a Wine and Cheese Evening to celebrate 80 years of memories. The evening will include tours of the basement, a wide array of memorabilia, a multi-media presentation, mini-video clips of activities past and present, and time to share stories with friends, colleagues, former classmates, and community members over food and refreshments. All are invited to attend.

The evening will begin with the tolling of the old school bell at 7:00 p.m. sharp. A formal presentation will take place at 8:00 in the gym, and the rest of the evening will be for the community to enjoy.

For those of you who have, at some point in time, started your day at an assembly in the foyer of Pine Falls School, this evening is definitely for you. Join us for the "Last Assembly" on June 15 from 7:00 to 10:00 p.m. Pine Falls School may be closing at the end of this year, but the memories will always live on.

If you have any questions about the festivities or have cherished pictures and memorabilia that you would like to share and display, please contact the school at 367-2245.



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# Million dollars slated for Pine Falls roads

by Charles Norman

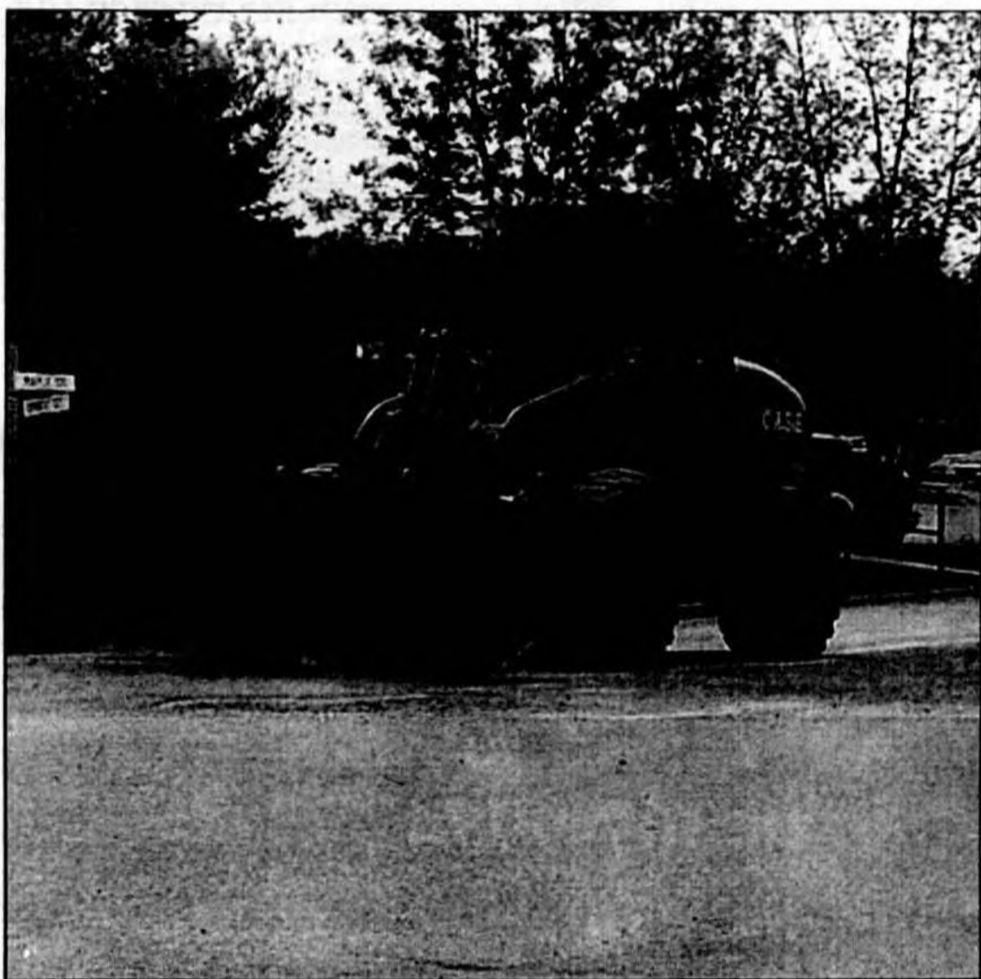
The town of Powerview-Pine Falls has budgeted a million dollars for the repair of roads in Pine Falls.

Installation of storm sewers to replace the combined sanitary and storm system was installed last year. The previous system did not have the capacity to handle large flows of storm water after a heavy rain or during spring run-off, resulting in flooded basements in low-lying areas. The new system is working well, but repaving of Pine Falls streets still has to be completed.

The Municipality plans to begin

paving in August or September after excavated back-fill has had time to settle. They plan to call for tenders in mid-June.

The price of asphalt has increased in line with the price of crude oil, and Manitoba contractors are busy. Both of these are likely to cause an increase in prices quoted by contractors for the repaving of Pine Falls' roads, as a result the municipality will not know how much of the repaving can be completed for the budgeted amount until tenders have been received. Repaving of Maple Street has the priority.



Work being done on Maple Street on Monday morning

# New CAO for Powerview-Pine Falls

by Charles Norman

Karen Mellor, a graduate of both the Universities of Toronto and British Columbia, took over as Chief Administrative Officer for the Town of Powerview-Pine Falls on May 14.

She is from British Columbia, but went to high school and university in Toronto. She graduated from the University of Toronto with a degree in Urban and Economic Geography, and later got a certificate in Municipal Administration from the University of British Columbia.

She worked in northern Manitoba until about fifteen years ago. Most recently she worked as CAO in Lillooet for three years, and in Penticton and Kelowna as Director of Planning, and Director of special projects.

She says she moved here because of the more



The new Chief Administrative Officer for the Town of Powerview-Pine Falls, Karen Mellor

relaxed pace of life and lower cost of living. There has been a large influx of people into the Penticton area resulting in changes to the way of life and an increase in the cost of living. "It's not the way it was." She said. She also has family close by - a brother in Lac du Bonnet,

a sister in Winnipeg along with several nieces and nephews.

She said she looks forward to working with council in coming up with a vision for the future and a plan to move forward. "We have to work together as one community." She said.

## Compassionate Assistance for Manitobans with Hepatitis C

You may also apply as the representative for the estate of an individual who died of hepatitis C after contracting the virus from blood or blood products received in Manitoba during the period covered by the Manitoba program.

### WHAT IF I BECAME INFECTED BETWEEN 1986 AND 1990?

A separate compensation program administered by the federal government, covers eligible Manitobans infected with the hepatitis C virus between 1986 and 1990. The Manitoba government also contributes to the federally administered program, and is committed to providing the best possible care and treatment for anyone suffering from hepatitis C.

- ▶ Did you receive blood or blood products that exposed you to hepatitis C?
- ▶ If so, you may be eligible for a one-time assistance payment of \$10,000 through the Manitoba Hepatitis C Assistance Program (MHCAP).

### WHO QUALIFIES FOR THIS PAYMENT?

To qualify for this assistance, you must have contracted hepatitis C before January 1, 1986 or between July 1, 1990 and September 28, 1998:

- directly, as a result of a blood transfusion or the administration of blood products in Manitoba; or
- indirectly, from a spouse, partner or parent who contracted the disease from a blood transfusion or blood products.

- Hepatitis C is an infection of the liver that is transmitted through the blood.
- People may carry the virus for many years without any symptoms.
- Canada's blood supply is now routinely tested for the hepatitis C virus.

### CONTACT MANITOBA HEALTH:

- for more information;
- to obtain an application package;
- to get help in filling out your application form; and
- if you have any other questions about MHCAP.

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# Public Health spring/summer reminders

Manitoba Health is reminding Manitobans about precautions that can be taken to reduce the risk of infectious diseases that occur primarily in spring and summer.

**E. coli infection ('hamburger disease')**

'Hamburger disease' results from infection with a specific strain of E. coli bacteria. The most commonly reported source of this infection in Manitoba is contaminated ground beef that has been improperly handled or prepared. Other potential sources of this infection can include contaminated well water. Symptoms start from two to 10 days after exposure and most commonly include watery diarrhea that may become bloody. There may also be cramps, vomiting and mild fever. More severe cases can result in kidney failure or death.

To reduce the risk of illness, proper food-handling precautions should be taken to avoid exposure to undercooked ground beef or other foods or items that have been in contact with raw meat or sources of E. coli. It is important to thoroughly wash all utensils, dishes, cutting boards and countertops that have come in contact with raw meat; cook ground beef until it is well done; refrigerate or freeze meat as soon as possible after buying and always wash hands after handling raw meat.

To minimize the risk of illnesses that can be caused by contaminated water, all well users should check that their well is safe from sources of contamination. In addition,

testing should be carried out regularly.

### Blastomycosis

Blastomycosis is an infection caused by a fungus found in acidic, moist soil primarily in areas around the Great Lakes including the area around Kenora in northern Ontario. Infection can occur by breathing in the fungus or by getting it on a scrape or cut. Symptoms can include cough, muscle aches, joint pain, fever, chills, tiredness or skin infections and often appear gradually weeks or months after exposure. It is not a common disease, which can make diagnosis difficult. If left undiagnosed or untreated, blastomycosis can be fatal. It is not passed by animals to humans or from person to person. It can be effectively treated with specific anti-fungal medication.

Although there is little evidence of effectiveness, people can take precautions including wearing gloves and other protective clothing, and using a dust mask when working in areas where the fungus may exist.

### Rabies

Rabies is a virus carried in the saliva (spit) of an infected animal. Rabies is spread when infected animal saliva gets beneath the skin or on the mucous membranes such as the lining of the mouth, nose or eyes. Wild animals that are most likely to carry rabies include bats, skunks, raccoons and foxes. Domestic animals, particularly dogs and cats, can get rabies from contact with infected animals.

Vaccination and rabies im-

mune globulin can prevent the development of rabies which is otherwise usually fatal. Individuals who have been bitten by animals should see their health-care provider or contact Health Links-Info Santé for advice on wound care and rabies risk. Manitobans can reduce the risk of rabies by vaccinating pets and avoiding handling wildlife.

### Hantavirus

Hantavirus infection is a rare viral disease which can be fatal. There have been three cases reported in Manitoba since 1999, the most recent reported this spring. Hantavirus can occur when people inhale an air-borne virus found in deer mice droppings, urine and saliva. Symptoms usually develop a few weeks after exposure. Initial symptoms are flu-like including fever, muscle aches and abdominal pain, which can be followed by shortness of breath.

People can take precautions to prevent exposure to dust from mice droppings. These can include rodent-proofing buildings and taking precautions during cleanup of areas that may be contaminated; airing out enclosed areas as much

as possible; wearing gloves and masks, and washing hands during cleanup; dampening areas contaminated with rodent droppings with bleach disinfectant and removing droppings with a damp mop or cloth.

### Lyme disease

Lyme disease is a bacterial infection transmitted by the bite of an infected blacklegged (deer) tick. Most species of ticks found in Manitoba, including the common American dog (wood) tick, are not effective transmitters of Lyme disease. Lyme disease has been found in ticks in the southeast part of the province, but deer ticks can be carried by birds and distributed to other areas. Lyme disease usually starts with flu-like symptoms such as headache, fever and muscle aches and many people will develop a ring-like rash days to weeks after exposure. Lyme disease can be treated with antibiotics, but may leave the patient with chronic symptoms.

Manitobans can protect themselves from Lyme disease by taking precautions in order to avoid contact with deer ticks such as avoiding tall-grass tick habitats along trail margins and

in wooded areas; wearing long pants and shirts, and tucking shirts into pants and pants into socks; using repellents containing DEET on clothing and exposed skin and inspecting themselves, children and pets for ticks as soon as an area is left that may have ticks. If a tick is found, removal of the tick within the first 24 hours can significantly reduce the risk of infection.

### West Nile virus

Manitoba Health issued a reminder about West Nile virus on May 10. More information on West Nile virus is available at <http://www.gov.mb.ca/health/wnv>.

Further information on blastomycosis, hantavirus, Lyme disease and rabies is available from local public health offices or from Manitoba Health fact sheets available at <http://www.gov.mb.ca/health/publichealth/cdc/factsheets.html>. Information on hamburger disease is available at <http://www.gov.mb.ca/health/publichealth/cmoh/ecolifs.html>.

For additional information, Manitobans can also phone Health Links-Info Santé at 788-8200 or toll-free at 1-888-315-9257.

## NEWS TIPS?

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# Pine Falls Pre-school news

The Spring season is upon us with all kinds of mixed weather but the wonderful thing about it is that everything is growing and it is so nice to see all the leaves on the trees and the grass growing.

I'd like to start by telling you about a Cancellation to our Fun Literacy and Learning Night with Bookmates on Thursday May 31 in our Classroom. Due to circumstances beyond our control we had to cancel this night. I will keep you posted if there will be another night in the future that we can reschedule this event.

The Month of May was a fun and busy month for the preschoolers April 30 - May 11 we talked about Mother's and the special things they do for us in our lives. They children were busy making gifts for their loved ones which they gave to them on Thursday May 10 and Friday May 11 at our concert and Mother's Day Tea. The chil-

dren did a great job performing and it was so great to have all the Mom's there to enjoy this special morning. At the end everyone got to enjoy refreshments and yummy snacks donated by the parents. We also celebrated one of the preschoolers birthdays on May 11 and the 3 year olds went to Pineview Lodge and made a special finger painting craft with the Seniors for their Mom's so it made these days that much more special.

May 14-18 was Bugs and Insects Week. The children made foot butterflies, finger puppet bees, coffee filter butterflies and they looked at some play bugs using magnifying glasses.

May 21 We were CLOSED for Victoria Day!

May 22-25 We had some visits with the preschoolers pets during Pet Week This week the preschoolers made feathery birds, tissue paper turtles, construction paper cats and

waterpainted fish.

May 28-June 1 Letter Week. During this week the preschoolers will make Alphabet Books, Rice Letters, Alphabet Soup Bowls, Chalk Letters and Playdough Letters. Putting emphasis on Literacy throughout the entire school year and incorporating the Letterland Program into our daily activities I'm sure this will be an exciting week for all the preschoolers.

Only 2 weeks left and Pine Falls Preschool Year will end another School Year. We have 2 special events coming up, Pre-registration will take place on Tuesday, June 12. Wednesday June 13 will be Graduation for the 4 year olds and Thursday June 14 will be the Year End Celebration for the 3 year olds. June 15 will be the last day for the 4 year olds and the last school day for this school year.

I'd like to end by wishing everyone a wonderful Spring!!!!

# Manitoba Hydro Bonds and Builder Bonds interest rates announced

Manitoba Finance has announced the interest rates for Manitoba Hydro Bonds Series 10, which are now on sale.

Rates on Manitoba Hydro Bonds, Series 10:

The interest rate for the five-year floating rate bond has been set for the initial year at 4.1 per cent. The bonds will pay interest on an annual basis and will be redeemable annually. The interest rate on the bonds will be reset annually.

The interest rate for the three-year fixed rate bond has been set at 4.4 per cent. The bonds will pay interest on an annual basis and will not be redeemable prior to maturity.

The interest rate for the five-year fixed rate

bond has been set at 4.45 per cent. Purchasers can choose either annual or compound interest and the bonds will not be redeemable prior to maturity.

Rates on outstanding floating rate bonds:

The interest rate for all outstanding floating rate bonds, which are adjustable and redeemable annually, has been set at 4.1 per cent effective June 15.

Builder Bonds Series 8, three-year fixed rate bonds, as well as Hydro Bond Series 8, five-year fixed rate bonds mature on June 15 and may be redeemed by direct deposit.

Builder Bonds Series 7, 8 and 9 floating rate

bonds may be redeemed without penalty for their full principal amount plus interest annually during the redemption periods, by providing written notice to the registrar at 1-800-429-6634 (Computershare), on or before June 11.

Hydro Bond Series 9 floating rate bonds may be redeemed without penalty for their full principal amount plus interest annually during the redemption periods, by providing written notice to the registrar or by calling the registrar at 1-888-262-4168 (CIBC Mellon Trust), on or before June 11.

For further information please call the toll-free bond line at 1-800-565-0350.

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Ask your financial adviser which bond is best for you.

Hydro Bonds are available for as little as \$100 at participating banks, credit unions, caisses populaires, trust companies or investment dealers throughout Manitoba. For more information on Hydro Bonds Series X or previous issues of either Hydro Bonds or Builder Bonds, please call 1-800-565-0350 or visit manitoba.ca.

Manitoba 

# On Parliament Hill



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## Mobilizing Science and Technology to Canada's Advantage

To maintain our international competitiveness and strengthen our economy at home, Canada must become a leader in research and development. It is only with a more modern economy that we can ensure that families and workers continue to enjoy good jobs and higher living standards.

As a country, we must invest wisely to enhance our science and technology strengths while addressing challenges like health, the environment, and the competitive use of natural resources.

Our government is tackling this issue head-on. Last week, Prime Minister Stephen Harper launched a new science and technology strategy for Canada. It will harness public and private resources, creating a business climate where innovation and discovery are encouraged and rewarded. It will foster an Entrepreneurial Advantage, a Knowledge Advantage, and a People Advantage.

Science and technology cannot thrive in a modern global economy without active participation by all involved. So

our government will play its role, along with business and the academic community. Our strategy brings all of these groups together.

For businesses, we will foster an environment that promotes investment in research, technologies, and skilled workers.

For universities, colleges, and research institutions, we will sustain our commitments to research and to training the next generation of researchers and innovators.

For all Canadians, we will be accountable for delivering results. We understand how discoveries in science and technology can build educational and professional opportunities, greater prosperity, and healthier communities.

Any strategy of this kind has to be focused on some key areas for it to be effective. If we wish to build Canada into a world leader in research and development, we must prioritize. In our strategy, we have identified four areas in particular where Canada will move to the front of the pack internationally: environmental

science and technologies; natural resources and energy; health and related life sciences and technologies; and information and communications technologies.

Finance Minister Jim Flaherty attended the launch of the strategy in Waterloo, Ontario – a Canadian city that is already world-renowned for its science and technology sector, where Research in Motion developed the famous Blackberry device. Minister Flaherty's message in the strategy says it all: "This is a forward-looking strategy that will result in lasting benefits for all Canadians. It will help provide individuals, families, and communities with a cleaner and safer environment, better medicines and health care, stronger research and educational opportunities, greater prosperity, and wider horizons for our children's dreams."

You can read about Mobilizing Science and Technology to Canada's Advantage at [www.ic.gc.ca](http://www.ic.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](mailto:toewsv1@mts.net).

## WHAT'S IN THE Cupboard



### Baked Meatballs

- 2 eggs
- 1 cup oats
- 1 cup onions
- 1/2 tsp pepper
- 3 lbs. hamburger
- 1 12 oz can evaporated milk
- 1 cup bread crumbs
- 1 1/2 tsp salt
- 1/2 tsp garlic powder

Mix and make into 1 1/2 inch balls. Put in a 9x13 pan and bake at 375 degrees for 30 minutes uncovered.

### Meatball Sauce:

- 2 cups ketchup
- 1/2 cup onions
- 1/2 tsp garlic powder
- 2 tablespoons liquid smoke
- 1 1/2 cups brown sugar

Drain grease from baked meatballs. Pour sauce over meatballs and bake an additional 20 minutes at 375 degrees uncovered.

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# TNR - Trap, Neuter, Release

## Part II

Old Jake of Jake's Pumping didn't want to make it out in such a blizzard so he sent his helper. Harold had to stay the night because the storm worsened. But he did work magic with my pipes.

That night Harold drained my system like it was never drained before.

Six months later Harold bought the business from Old Jake and his proposal to me was "You do know how to do books don't you?" My "Yes. Yes. YES!!!" was probably heard all the way around the world. It wasn't until later that I found out about that stupid book with all the columns and lines and numbers. I thought he had been in tune with my burning desire to carve out my immortality with the written word. Mrs. Pringle does the books for Harold now creating yet another unnecessary expense. Something Harold will never let me forget. "Tracey! Don't you get it? If you would do the books I could pay you a salary, claim you on my taxes as an employee and

have all that money sitting in my bank account. Geez Trace you have no sense at all." I get so I could just about throw up at all the times Harold tells me I don't know how to manage the finances of a household or I spend too much money on shoes or why we are buying so much cat food. But when you come right down to it he is my husband and he does take good care of my pipes.

That's why I'm here now in the Spencer garden. Not because Harold takes such good care of my pipes but because Mr. Donald T. Spencer told Harold about the feral cats living under his cottage. The Spencers are Harold's customers. High paying customers with an army of friends and connections. Keeping the Spencers' pipes serviced is in Harold's best interests and ultimately mine. Mrs. Donald T. Spencer apparently wanted her loving husband to get rid of the cats because they were eating her flowers. Please! Cats don't eat flowers. It's the deer. We have all had our flowers

decimated by the ever increasing population of deer. And so what. The flowers like it, They grow back in abundance. But Harold says that the Mr. Donald T. felt that that cats were devaluing his property so he would be taking it upon himself to get rid of them.

He is in the city now. Buying poison. This is my only opportunity to catch the cats.

Catching cats needs time. You need to befriend them. You need to gain their trust. Then you need to be very fast and very strong to jam their writhing bodies into kennels to transport them to a vet who is willing to perform surgery on feral cats.

I know all this from experience....

"Tracey. How long have you been feeding that cat under my shed?"

"Cat? Shed?" I'm frozen with fear.

"You know you're just encouraging it to come around."

"But if she doesn't eat Harold she'll die."

"Would that be so bad?"

"Harold! It's the middle of winter for God's sake. She

was probably lost by one of the summer cottagers. She can't fend for herself!"

That's how it all started with me and this business. Five years ago Momma cat arrived on the scene. The Spring following Harold's discovery Momma brought me four beautiful kittens. Emma, Tommy, Boris and Nadia.

It took a great amount of skill to hide them from Harold. It was very difficult to convince him that all 4 offspring were the one and same cat under the shed. It was the grocery bill that tipped him off. Damn that Harold. He's so efficient when it comes to money.

"Tracey! You can't keep them all. How will it look? People will talk about me being married to a crazy cat woman. Tracey it's just not good for the business."

"But Harold, I'm not really keeping them. I'm just feeding them. They are feral cats I can't get near them." Which is true. Feral cats are extremely wary. It is next to impossible to have contact with them, at least that is what I read.

"Somebody is going to shoot them Tracey. You have got to do something."

"Patience Harold. Patience." I bargained for a year. He gave me six months. Within that six months Black Jack, Stripes, Abbey, Stella,

Tuxedo, Cali, Fluffy, Sambo arrived. And Clem, everybody's Dad came to stay. I also read that a female goes into heat starting at the age of 6 months and twice a year from then on. She will produce 6 fetuses in one pregnancy. If she is female she will have kittens. No question.

The literature also stated that it is impossible to catch a feral cat without a trap.

"That's it Tracey. If you don't stop this proliferation I will cut your spending allowance in half." OOPS! Apparently Harold's patience had run out.

Fortunately I have lots of the stuff. Patience that is. At every feeding I sat within viewing distance of the cats gradually positioning myself closer and closer to their feeding station until I was literally on top of them. The next step was to cautiously touch each one letting the touching develop into stroking until I was finally able to pick up Emma who learned to love the attention

The appointment made, the food placed at the station, Emma stroked, picked up and kenneled I had begun the first TNR. It was that simple.

To be continued....  
Please see Part III  
in next week's  
Echo

## The Winnipeg Humane Society



Copper, 130480

Copper is a friendly, active and high energy 1.5 year-old Chesapeake Bay Retriever mix. Copper came in from Cross Lake, MB. in October with an old fracture to his right femur- he needed surgery. Thankfully our veterinary clinic was able to perform the surgery and sent Copper to a foster home to recover. Sometimes his leg causes Copper some grief but he gets around on it pretty well. Copper likes to play & fetch and likes other dogs. Copper needs a loving home with kids 12years+ as he can get a bit excited as he's still learning manners & self-control. \$88.06 adoption fee includes vet exam, neuter, tattoo, microchip & 6 weeks of pet insurance!



Mooch, 138115

The picture of health & happiness, 5 year-old Mooch was surrendered to us with another cat in March as their owner was not able to care for them. Mooch is used to living with another cat & expected to do well in her next home. Our vet recommends Mooch be fed a mostly-canned cat food diet to keep her urine healthy. This fancy female is available for adoption- her \$79.00 adoption fee includes her spay, vet exam, microchip, pet insurance & more!

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



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

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

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# Faith Perspective

by Pastor  
Jake Doell

## How To Benefit From Your Failures

The question is not "Have you ever failed?" but "What do you do after you've failed?" It has been said that the only people who never fail are the ones who never try anything that involves a risk. Failure can do one of two things; it can either paralyze you or it can lift you to a higher level of success. The one thing I've observed about successful people is that they do not allow their failures to keep them down. Many discoveries have come from what seemed to be an obvious mistake. I want to encourage those of you who have experienced failure with the following three ways to benefit from that failure:

Do not lose your sense of humor. Learn to laugh at yourself even in the tough times. "It ain't a disgrace to fall but to lie and grunt is." Harry Neale, a professional hockey

coach made the following observation: "Last season we couldn't win at home and we were losing on the road. My failure as a coach was that I couldn't think of anywhere else to play." Harry did not lose his sense of humor in the midst of a losing season. Hang on to your sense of humor; it will help you find a way through your tough times.

Do not take your failure personally. I experienced a business failure earlier in life and for a while I saw myself as a failure. I thank God for some good friends who came along side and helped me to see that failure can be a stepping stone to better things. They helped me to see that failure is a good way to learn some of my limitations and to focus on my strengths. Instead of saying, "I'm a failure" say "I'm learning from my mistakes and next time I will do better." A baseball player with a batting average of .400 (a hit 4 out of 10 times) is not a failure but an above average hitter. Learn to see your failure as a normal part of getting better at the game of life.

Do be willing to change. Don't blame others for your failure but be willing to change. Ask yourself, "Why did I fail?" not "Who is to



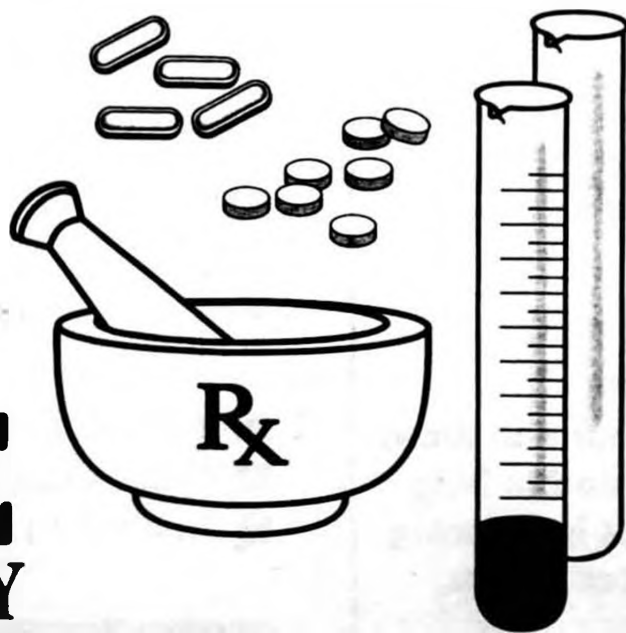
blame?" People who blame others for their failures often repeat them. The truth is that until the pain of remaining the same becomes greater than the pain to change, few people ever dare to change. The discomfort of change is the price we must be willing to pay to overcome our failures.

My friend, let me encourage you if you have failed to get up and laugh at yourself and try again. With God's help we can be over comers. Paul, the great apostle who took the gospel of Christ from Jerusalem to Europe in spite of some failed attempts said this; "For I can do everything God asks me to with the help of Christ who gives me the strength and power." (Philippians 4:13)

**Advertising Deadline: Fridays by 3:00pm**

## TRY YOUR DRUGSTORE *first*

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- *Health & Beauty*
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- *Greeting Cards*
- *Lottery Centre*
- *Gifts*



# PINE PHARMACY

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

367-2611

DISPENSARY

367-2517

## HOUSEHOLD Hints

### Glass shower doors and mirrors

Use non-streaking cleaning products for best results. Items to have on-hand are glass cleaner, glass and multi-surface cleaner, and tub/tile/sink cleaner for heavily soiled shower doors.

Shower cleaning products available today are helpful in keeping water stains and soap film at a minimum if used faithfully and according to directions.

### Vitreous china toilet bowls

Interiors are susceptible to the buildup of hard water deposits. Use a long-handled toilet brush to clean the rim holes and as far into the trap as possible. A pumice stone can be used to clean hard water marks from the bowl. These products will help in cleaning this area - toilet bowl cleaner, in-tank (continuous) cleaner will maintain the freshness of the bowl everyday. NOTE: Don't mix different types of toilet bowl cleaners together. Do not use toilet bowl cleaner to clean any surface other than the inside of the toilet bowl.

For the exterior of the bowl that can be scratched use a non-abrasive, all-purpose cleaner and a disinfectant cleaner.

### Plastic toilet seats

Avoid abrasive cleaners that may scratch these surfaces. Thoroughly rinse and dry hinge areas and bumpers.

## 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.



## Health Corner

**Ask your Primary Health Care Provider**  
 Please forward health related questions to: Health Corner, Box 1030 Lac du Bonnet, R0E 1A0 - Phone 345-8647; or Email: [corvis@neha.mb.ca](mailto:corvis@neha.mb.ca) For more health information visit the NEHA website: [www.neha.mb.ca](http://www.neha.mb.ca).

# Library Corner

## Lac du Bonnet Regional Library

### Splash Into Safety

Child Drowning in Canada  
 Drowning is the second leading cause of death to Canadian children under the age of 14.

An estimated 58 children age 14 and under drown every year in Canada, while another 140 are hospitalized for near-drowning. This is equal to about two elementary school classrooms of children dying each year.

#### Do you have any type of pool in your yard?

If you answered YES, you need a fence around your pool!

A Provincial Regulation states that: a fence standing 4'11" must enclose the pool area and have only a lockable gated opening for access. The fencing should be smooth as to not allow the ability to climb it and close to the ground so a child cannot crawl underneath.

(Manitoba Building Code: 10.1.2.1. Enclosures)

#### What works in Drowning Prevention? Pool Fencing

The only passive prevention strategy that has been shown to significantly reduce drowning in backyard pools is isolation/four-sided fencing.<sup>13</sup> Researchers estimate that proper fencing around pools could prevent at least 7 out of 10 drowning incidents in private swim-

ming pools for children under age five. <sup>13</sup>Bierens JJLM. *Handbook on Drowning*. Springer: Germany, 2006. p. 9

Inflatable pools must be surrounded by a 4 sided fence.

#### Other Safety Tips around pools, water and boats:

1. **Actively Supervise:** 42 per cent of all children under the age of 14 who drowned in the past 10 years did not have an adult watching them. Whether it's a bathtub, a home pool, a lake or a river make sure you stay within sight and reach of children at all times. Avoid talking on the phone or reading a book when your children are in, on or around water. Even children who can swim need adult supervision. Children can drown quickly and silently in inches of water and in just a few seconds.

2. **Get Trained:** Adults must know how to react in an emergency situation. Learn to swim or have an experienced adult swimmer supervise children in, on or around water. Caregivers who are weak swimmers should take swimming lessons, and should learn First Aid and CPR before assuming the role of supervisor.

3. **Create Barriers:** Children should not be able to get to a pool or any water hazard directly from the house. A four-

sided pool fence with a self-closing, self-latching gate can prevent up to 7 out of 10 drownings in children under the age of five. Installing a 1.2 m (4 ft) high four-sided fence with self-closing, self-latching gate around the pool can keep young children safely away from the pool. If your property has natural water hazards (lakes, ponds, streams, rivers etc.) or even decorative water features you should fence off a separate space for children to play in which will keep them safely away from the water.

4. **Use Lifejackets:** Put young children and weak swimmers in lifejackets or Personal Floatation Devices (PFDs) when in, on or around water. Children should never be left without adult supervision even if they are wearing a lifejacket or PFD.

5. **Teach Kids To Swim:** Parent and tot swimming classes are fun for the family, and they help educate parents on how to keep toddlers safe around water. By age five, children are ready to be enrolled in swimming lessons. But remember, swimming lessons are not enough. You need to put in place all of these layers of protection to keep your child safe in, on or around water.

Submitted by Bonnie Stefansson, Wellness Facilitator, NEHA

Well it looks like summer is here. Thanks to our local Horticultural Ladies for bringing in the first blooms of the season to brighten up the Library for us. Be sure to check our gardening section for your summer planting projects.



For those Junior readers who enjoy the "Our Canadian Girl" series, we now have new Ellen, Izzie, Elizabeth and Angelique books. Junior non-fiction titles include the "National Geographic Picture Atlas of Our World"; "Mexico - Faces and Places" by Mary Berendes; "Zimbabwe" by Barbara and Stillman Rogers; "Egyptian Mythology" by Aude Gros de Beler; "The Usborne Complete Book of Riding & Pony Care" and "Ducks & Waterfowl" by Marcus Schneck.

Adult non-fiction titles new to the Library include "Navigating Canada's

Health Care - A User Guide to Getting the Care you Need" by Michael Decter and Francesca Grosso; "Flue The Pandemic and You - A Canadian Guide" by Drs. Vincent Lam and Colin Lee and "How to Fight Cancer & Win" by William L. Fischer.

The Spring Tea is just around the corner (May 30<sup>th</sup>) and once again our "Friends of the Library" have donated some great gifts for the Raffle. Don't miss out on the draw and the opportunity to help us wish Albena a very fond farewell and many healthy and happy retirement years.

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North Eastman Health Association  
 Association de santé du Nord-Est Inc.

## ANNUAL GENERAL MEETING 2007

**Tuesday, June 19th - Oakbank**  
 Senior Housing Complex - Multipurpose Room  
 689 Main Street, Oakbank

**Tuesday, June 21st - Pinawa**  
 NEHA Corporate Office - Board Room  
 WB Lewis Business Centre, 24 Aberdeen

**Our Featured Guest Speaker:**  
*The Honourable Kerri Irvin-Ross*  
 Minister of Healthy Living

Come join us for a Complimentary Supper at 6:15 p.m.

Meeting will follow at 7:00 p.m.

*"Working together to create a healthy North Eastman"*

## Lac du Bonnet Manitoba Youth Job Centre Open for Business

by Matthew Gelley

The Lac du Bonnet Manitoba Youth Job Centre is open once again for the summer! Centres across Manitoba are in their 32nd year of successfully supporting youth employment in Manitoba. The Manitoba Youth Job Centre (MYJC) is sponsored by Manitoba Education, Citizenship and Youth in partnership with J.U.S.T Training, and serves the communities of Whitemouth, Powerview/Pine Falls, Pinawa, Lac du Bonnet, Grand Beach, and the Whiteshell.

My name is Matt Gelley and I am the Lac du Bonnet and area MYJC Office Manager for the summer of 2007. I am going into my 3rd year of study at the University of Winnipeg and I am very excited to be back in the community.

The MYJC is designed to meet the employment needs of students and youth, as well as the needs of employers who have vacant positions to fill, by offering a free referral service to those who wish to hire an eager, hard-working young person. Employers of all types – business, household, farm, construction, etc. – can take advantage of the free services the Centre provides. Only the most qualified candidates are referred, and the employer always has the final hiring decision.

We encourage students and youth over the age of 12 to register with our office. If you are seeking full-time, part-time, or casual employment, need help with your resume, or want to expand your job search or interview skills, just drop by and we will be happy to work with you.

I am looking forward to a great summer in our communities. If you have any questions or employment needs, please feel free to call 345-6916 or to stop by the MYJC office at 4 Park Ave. from 8:30-12:30 and 1:15-4:30 Monday to Friday. You may also reach the centre my e-mailing us at [ldbmyjc@hotmail.com](mailto:ldbmyjc@hotmail.com). I hope to hear from you soon!

## Ask the Neighbourhood Mechanic



by Dave Redinger

When it's trade-in time we often hear the term "Blue Book value". The "Blue Book" is an appraisal guide pegging the market value of your car. Used by banks and other financial institutions as a guide, the book is filled with extremely powerful information. Powerful enough to make or break your deal. In 1918 the Kelly Kar Company, based in Los Angeles, was in the business of selling used cars. Les Kelly began to circulate lists to others in the industry as to what he was willing to pay for inventory. This list quickly became a trusted standard among the area banks and dealers. The idea caught on, and as they say, the rest is history. It wasn't until 1926 that Les first published "Kelly Blue Book". Available on the internet Kelly has grown to become North America's largest appraiser service. Oddly enough we don't use the "Blue Book" in

Canada. We use the "Black Book". The used car market is so volatile that a monthly national publication is just not current enough. The "Canadian Black Book" services our industry.

So what's your ride worth? That's easy. What ever someone is willing to pay of it.

I am faced with a problem. When the fuel tank is full my car runs smoothly, but when the tank is down to a quarter full something happens. I have to press on the gas pedal really hard to make it move. The vehicle moves as if the engine isn't getting gas. When the tank is full there is no problem. I asked my mechanic, who had looked after my car, about the problem, but they have no idea why this is happening. I am hoping you can help me.

Lawrence

From your brief description, the problem seem to be back in the tank. When the car is

acting up loosen the gas cap and try it again. If the issue is resolved then the problem is related to the tank not breathing. In ether case I would think about changing the shop you are dealing with. This type of failure requires that some quality time is spent with your car and obviously that is not happening.....

I really enjoy your column. I try to do as much maintenance as I can on my car. I'd like to change the automatic transmission fluid in our 2002 Volvo C60 and I wonder if I have to use Volvo fluid or can I substitute with a name brand

Volvo doesn't make oil they buy it just like you do. Look for the spec TIV. Transmission fluids have varying specifications. The wrong fluid will lead to transmission failure. That's why Volvo is supplying their branded fluids to avoid confusion. However; any good jobber can supply this information as it's readily available.

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### 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 367-8808.

**Wednesday, May 30**  
Orange Ginger Stir Fry, Noodles, Blueberry Scones

**Friday, June 1**  
Meatballs and mushroom gravy, potatoes, salad, fruit medley.

**Monday, June 4th**  
Grilled Chicken Caesar Salad, garlic toast, rice pudding.

**Wednesday, June 6th**  
Barbecue Pork Steak, baked potato, strawberry angel food cake.

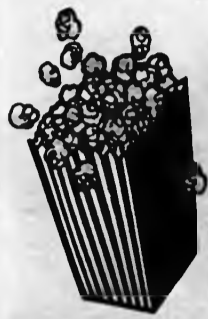
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## Hot New.... RELEASES

### Hannibal Rising DVD

**Cast:** Gaspard Ulliel, Gong Li, Rhys Ifans, Kevin McKidd, Ivan Marevich, Dominic West, Aaron Thomas  
**Rating:** 18A

This is the story of the monster Hannibal Lecter's formative years. These experiences as a child and young adult led to his

remarkable contribution to the fields of medicine, music, painting and forensics. The child Hannibal survives the horrors of the Eastern Front and escapes the grim Soviet aftermath to find refuge in France with the widow of his uncle, mysterious and beautiful Japanese descended from Lady Murasaki Shikibu, author of the Tale of Genji. Her kind and wise attentions help him understand his unbearable recollections of the war.

### Half Past Dead 2 DVD

**Cast:** Bill Goldberg, Kurupt ., Angell Conwell, Robert Madrid, Joe Perez, Alona Tal, Morocco Omari

**Rating:** 18A

An inmate hoping for parole from a violent penitentiary finds himself caught in the middle of two rival gangs fighting for control of the prison. He forms a shaky alliance with a gang leader who is wrongly blamed for a jailhouse killing. They find they must work together in order to stay alive and to save their loved ones, who are trapped in the prison lock-down.

### Sneak PEEKS.... New Releases June 5

Norbit  
The Messengers  
First Born  
Dark Blue Almost  
Black  
Family Law  
The Derby Stallion

This  
Space  
is  
Gathering  
Dust!

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# ECHOES FROM THE Heart

## Pappy

Pappy was a pleasant-looking old fellow. He had the whitest hair which he kept neatly cut and combed. His eyes were blue, though faded with age, and they seemed to emit a warmth from within. His face was quite drawn, but when he smiled, even his wrinkles seemed to soften and smile with him. He had a talent for whistling and did so happily each day as he dusted and swept his pawnshop; even so, he had a secret sadness, but everyone who knew him respected and adored him.

Most of Pappy's customers returned for their goods, and he did not do much business, but he did not mind. To him, the shop was not a livelihood as much as a welcome pastime.

There was a room in the back of his shop where he spent time tinkering with a menagerie of his own precious items. He referred to this back room as "memory hall." In it were pocket watches, clocks, and electric trains. There were miniature steam engines and antique toys made of wood, tin, or cast iron, and there were various other obsolete trinkets as well.

Spending time in memory hall delighted him as he recalled many treasured moments from his past. He handled each item with care, and sometimes he would close his eyes and reminisce about his own past as a switchman. It was a typical day at the shop. Outside, the sun illuminated the clear sky, and a slight wind passed through the door. Whenever the weather was this nice, Pappy kept the inner door open. He enjoyed the fresh air — almost as much as the distinctive smell of antiques and old engine oil.

As he was polishing his newly restored lantern, he heard the tinkling of his bell on the shop door. The bell, which produced a uniquely charming resound, had been in Pappy's family for over a hundred years. He cherished it dearly and enjoyed sharing its song

with all who came to his shop. Although the bell hung on the inside of the main door, Pappy had strung a wire to the screen door so that it would ring whether the inner door was open or not. Prompted by the bell, he left memory hall to greet his customer.

At first, he did not see her. Her shiny, soft curls barely topped the counter. "And how can I help you, little lady?" Pappy's voice was jovial. "Hello, sir." The little girl spoke almost in a whisper. She was dainty. Bashful. Innocent. She looked at Pappy with her big brown eyes, then slowly scanned the room in search of something special. Shyly she told him, "I'd like to buy a present, sir." "Well, let's see," Pappy said, "who is this present for?" "My grandpa. It's for my grandpa. But I don't know what to get." Pappy began to make suggestions. "How about a pocket watch? It's in good condition. I fixed it myself," he said proudly.

The little girl didn't answer. She had walked to the doorway and put her small hand on the door. She wiggled the door gently to ring the bell. Pappy's face seemed to glow as he saw her smiling with excitement. "This is just right," the little girl bubbled. "Momma says grandpa loves music." Just then, Pappy's expression changed. Fearful of breaking the little girl's heart, he told her, "I'm sorry, missy. That's not for sale. Maybe your grandpa would like this little radio." The little girl looked at the radio, lowered her head, and sadly sighed, "No, I don't think so." In an effort to help her understand, Pappy told her the story of how the bell had been in his family for so many years, and that was why he didn't want to sell it. The little girl looked up at him, and with a giant tear in her eye, sweetly said, "I guess I understand. Thank you, anyway." Suddenly, Pappy thought of how the rest of the family was all gone now, except for his estranged daughter whom he had not seen in nearly a decade. Why not, he thought. Why not pass it on to someone who will share it with a loved one? God only knows where it will end up anyway. "Wait... little lady." Pappy spoke just as the little

girl was going out the door — just as he was hearing his bell ring for the last time. "I've decided to sell the bell. Here's a hanky. Blow your nose." The little girl began to clap her hands. "Oh, thank you, sir. Grandpa will be so happy."

"Okay, little lady. Okay." Pappy felt good about helping the child; he knew, however, he would miss the bell. "You must promise to take good care of the bell for your grandpa — and for me, too, okay?" He carefully placed the bell in a brown paper bag. "Oh, I promise," said the little girl. Then, she suddenly became very still and quiet. There was something she had forgotten to ask. She looked up at Pappy with great concern, and again almost in a whisper, asked, "How much will it cost?" "Well, let's see. How much have you got to spend?" Pappy asked with a grin. The child pulled a small coin purse from her pocket then reached up and emptied two dollars and forty-seven cents onto the counter. After briefly questioning his own sanity, Pappy said, "Little lady, this is your lucky day. That bell costs exactly two dollars and forty-seven cents."

Later that evening as Pappy prepared to close up shop, he found himself thinking about his bell. Already he had decided not to put up another one. He thought about the child and wondered if her grandpa liked his gift. Surely he would cherish anything from such a precious grandchild.

At that moment, just as he was going to turn off the light in memory hall, Pappy thought he heard his bell. Again, he questioned his sanity; he turned toward the door, and there stood the little girl. She was ringing the bell and smiling sweetly.

Pappy was puzzled as he strolled toward the small child. "What's this, little lady? Have you changed your mind?" "No," she grinned. "Momma says it's for you."

Before Pappy had time to say another word, the child's mother stepped into the doorway, and choking back a tear, she gently said, "Hello, Dad." The little girl tugged on her grandpa's shirttail. "Here, Grandpa. Here's your hanky. Blow your nose."

**Pine Falls Community Billboard**

**Fast Alexander Health Centre:** Diabetes Clinic 9:30 a.m. to 3:00 p.m. every Tuesday. Blood sugar checks, nutritional counselling, phone 367-2209.

**PACE 16-7137:** meets first Tuesday of the month, Chicken Cakes, Powerview meeting room.

**Parental classes:** held regularly in your area. Please register with Gail 265-7455 or call your local public health nurse.

**Library Affairs:** Tuesday 10:30 a.m. to 1:00 p.m. Wednesday and Thursday 12:00 to 3:00 p.m. and 6:30 to 9:00 p.m. Friday 12:00 to 1:00 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 6:00 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:** Chris cabbage every fourth and fifth Monday 1:30 p.m., wine every Thursday 1:30 p.m.

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

**Cottage Country Institute:** Assoc. meets first Monday of the month 1:00 p.m. October through May, phone 756-2596.

**Alcoholics Anonymous:** Support Group meetings every Monday, Wednesday and Friday 1:30 p.m. to 3:30 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. Legions, meet after held at Legion on Friday 6:00 to 6:00 p.m.

**Pine Falls Masonic Lodge #156:** meets second Friday of every month, Pine Falls United Church, except January and February.

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

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

**Winnipeg River Senior Services Inc. Coordinator:** Tina Potuchak, Pine Falls Health Complex, phone 367-0121, 9:00 a.m. to 3:00 p.m. Monday to Friday. Services: transportation, home maintenance, foot care, volunteer help, etc.

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

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

**A.A. & A.S. Annis - The Beaches:** family group, Thursdays 8:00 p.m., Senior Centre, Victoria Beach, 1 A. Leah Road. 264-3173.

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

month 7:00 p.m. at the Agave.

**Senior Centre Inc. 41 A. Leah Rd., Victoria Beach:** General meetings second Tuesday of the month, 756-6466 for more info.

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

**Beaches H.H.P. 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 1:00pm to 1:00pm. Library is situated in the Pine Falls School, entrance facing post.

**Foster Homes:** Open your heart and home to a foster child, foster homes needed in Pine Falls and surrounding area, call Debby at 266-6152.

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

**Weight Watchers:** Wednesdays at 6:30 weigh-in and at 8:30 Meetings Call Deborah at 367-2049 or 367-1309 or 1-800-667-6006.

**Pine Falls Golden Labourers Club:** Bridge 7:00pm Mon. & Thurs., Canasta 1:00pm Friday, Whist 1:30pm Wednesday, Golf, 1st Monday of Month at 1:30pm, Entree Club, Mon., Wed., Thurs., Fri., 10:00am.

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

**Overseas Outreach:** meetings www.overseasoutreach.ca, weekly meeting Contact Isabelle (204) 367-2359

**Parenting Support Group:** Meets the first three Wednesdays of every month at Wings of Power, 1:30 p.m. - 3 Lunch and childminding on free, transportation also available. Call 367-0661

**Family Lending Library:** Open 10:15 and 1-4, Mon-Fri at Wings of Power.

**Computer access:** Wings of Power CAF unit, Open 10:15 and 1-4, Mon-Fri.

**Non-profit Anonymous:** meetings every Tuesday, 7:30pm 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), Steac - Sunday 12:00 noon.

**PINE FALLS UNITED CHURCH:** Worship Services and Sunday School at 11:30 a.m. 367-2632. Everyone Welcome.

**PINE FALLS ANGLICAN CHURCH OF THE ADVENT:** Ph. 367-0529 Rector, the Rev. Sandra Tardore, 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 Mass, Holy Eucharist - second and fourth Sundays, 11:00 a.m. Morning prayer 10:00 a.m. - first, third and fifth Sundays.

**TRINITY EVANGELICAL LUTHERAN CHURCH:** Thelberg, 1 mile east and 1 mile south of Junction 412 and 4004, St. Job's Evangelical Lutheran Church, Greenwald on Hwy 412, 1/4 mile north of junction, with a 111. Sunday church school 10:00 a.m., worship 11:00 a.m. (alternate locations). For info call 654-7424 or 754-3433.

**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:** 7:30 p.m. every Sunday, Scamlerbury, on Hwy. 456.

**ST. MARCERITE R.C. MISSION:** Pot Road - Traverse Bay, 10:30 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:** 81 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 Gaudy for information 367-2531.

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

# Lac du Bonnet RCMP Report



Report for the week of May 22nd to May 27th, 2007

**Tuesday, May 22nd, 2007**

At 4:58 AM there was a report from the RM of Lac du Bonnet of a disturbance at a residence. A patrol was made and the two subjects had a disagreement which was sorted out. There was no criminal matter and it was sorted out.

At 9:05 AM there was a report of a hang up 911 call from a residence in the RM of Reynolds. A patrol was made and there was a problem with the phone line reported. No problems at the residence.

At 11:25 AM there was a report of a smashed truck window in the RM of Lac du Bonnet.

At 12:55 PM there was a false alarm at Dorothy Lake.

At 7:10 PM there was a report of an unknown substance washing up on the beach at Nutimik Beach. Matter was referred to Manitoba Conservation.

At 8:19 PM there was a report of a missing dog in Whitemouth in the evening we got a call of same.

**Wednesday, May 23rd, 2007**

At 10:35 AM a call was received of a vehicle being parked on private property and blocking traffic in the RM of Whitemouth. The complainant was told that if it was causing problems they could tow same.

At 10:20 AM there was a call of a possible break in at a residence in the RM of Lac du Bonnet.

At 1:30 PM there was a report of a possible Mental Health Act in the RM of Reynolds. A patrol was made and things seemed fine.

At 1:50 PM there was a request to notify next of kin of a death in the family in the RM of Reynolds. A patrol was

made and the notification was done.

At 9:36 PM there was a call of an Assault which had occurred over the weekend in the Whitchell Provincial Park. Investigation continues.

**Thursday, May 24th, 2007**

At 1:36 PM there was a hang up 911 call from a business in Lac du Bonnet. A patrol was made and the call was a false alarm.

At 1:57 PM there was a call of a cow in the RM of Lac du Bonnet. A patrol was made and the cow had apparently found it's way back home.

At 3:10 PM there was a call of a disturbance in Lac du Bonnet. A patrol was made and the culprits had left and the complaint wanted nothing further done.

At 8:14 PM there was a report of a suspicious truck in the Whitchell Provincial Park.

At 9:08 PM there was a report of a theft of dog from the RM of Lac du Bonnet. The dog was returned and nothing further was wanted done by the complainant.

**Friday, May 25th, 2007**

At 11:00 AM there was a call of disturbing phone calls overnight. Investigation revealed that it was kids calling from Florida making prank calls.

At 11:10 AM there was a report of dead livestock in the RM of Reynolds. Unsure if done by wolves, coyotes or dogs.

At 9:04 PM there was a call of youth jumping through the windows of the church being constructed in Pinawa. Upon patrol no youth were found but an adult who was curious and looking around. The person was warned of Trespassing and told to leave.

**Saturday, May 26th, 2007**

At 3:16 AM there was a

911 call from a residence in the RM of Reynolds. Members attended and while dealing with the call discovered a Marijuana grow operation. A search warrant was executed which resulted in the seizure of nearly 400 plants. Charges are pending against two occupants of the house for Cultivation of Marijuana.

At 12:25 PM there was a custody matter in the RM of Whitemouth reported. Matter was to be resolved between lawyers.

At 3:10 PM there was a call of a family disturbance in the RM of Lac du Bonnet. Matter was turned over to Child and Family Services.

At 7:03 PM there was a report of a Break and Enter into a residence in the RM of Lac du Bonnet.

At 7:25 PM there was a call of an Assault with a Weapon in Pinawa.

At 7:30 PM while responding to another call a Marijuana grow was discovered in the RM of Lac du Bonnet. A search warrant was executed and 15 plants were seized along with grow equipment. Charges are pending against two RM of Lac du Bonnet residents.

At 10:30 PM a subject came to the Lac du Bonnet Detachment to discuss family situation. Subject was given information about protection orders.

**Sunday May 27th, 2007**

At 12:41 PM there was a call of Uttering Threats reported from the RM of Lac du Bonnet.

At 4:14 PM there was a call of a person driving a dirt bike without helmet and possibly drinking in the RM of Lac du Bonnet. A patrol was made and the subject was not located.

# The Winnipeg River Echo

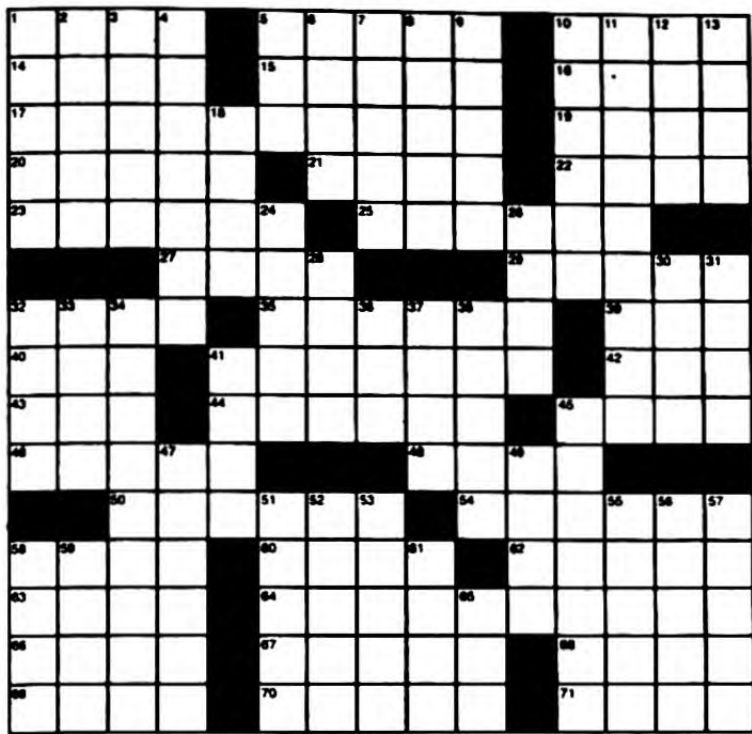
**\$30.00**

plus \$2.10 PST & \$1.80

Box 178, Place McDougall  
St. Georges Phone 367-9468  
R0E 1V0 Fax 367-9974

Email: [theecho@mts.net](mailto:theecho@mts.net)

# WEEKLY CROSSWORD



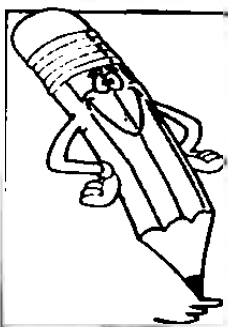
- 41. Stream of beta particles.
- 42. Old.
- 43. Seed nearing spike of grass.
- 44. Operating toward peace.
- 45. Taro with small, purplish tubers.
- 46. Military trainee.
- 48. Roger, artist.
- 50. Deep ravines.
- 54. British military police.
- 58. Three.
- 60. Blue green.
- 62. Osmond matriarch.
- 63. Defraud.
- 64. Latin for "of its own kind."
- 66. Small ornamental case.
- 67. Taken into the mouth for consumption.
- 68. Go off hastily.
- 69. Alliterate.
- 70. Nikola, animal behaviorist.
- 71. Old variant of "sancho."

- 8. Oherm, actress.
- 9. Inflow, as of water.
- 10. Eloquent public speaker.
- 11. Style of English architecture most common during the period (1250-1380).
- 12. Woman of refinement.
- 13. Transportation over snow.
- 18. Match between two national teams.
- 24. Potato.
- 26. Raven, singer.
- 28. Intense dislike.
- 30. Cease to operate.
- 31. Difficulty.
- 32. Secret look.
- 33. Involving the mouth.
- 34. Reprehensible.
- 36. Expel.
- 37. Dry.
- 38. Species of Colubrid snakes.
- 41. Wooden frame for carrying dead bodies.
- 45. Love, 1981 film.
- 47. Bookmaker.
- 49. 1,000 million years.
- 51. Shapeless matter.
- 52. Equivalent to.
- 53. Matching set of furniture.
- 55. Around.
- 56. Instrument to birds.
- 57. Insects harmful to crops.
- 58. Branched structure to hang things on.
- 59. Roster.
- 61. Old.
- 65. Finnish.

- Across**
- 1. Dunes.
  - 5. Rager, novelist.
  - 10. Ratio of probability.
  - 14. Chieftan.
  - 15. Time long past.
  - 16. Old small, silver Spanish coin.
  - 17. People who express negative opinions.
  - 19. Highest point.
  - 20. Type of chalcedony quartz.
  - 21. Christmas period.
  - 22. Having toes.
  - 23. Racially intolerant.
  - 25. Falling star.
  - 27. Beehive state.
  - 29. Preliminary design sketch.
  - 32. Metrical composition.
  - 35. Sleeveless tunic.
  - 39. Excessive degree.
  - 40. CGS unit of work.

- Down**
- 1. Prevent from happening.
  - 2. Ending of a series.
  - 3. Bush with sweet-smelling flowers.
  - 4. Radioactive isotope of hydrogen.
  - 5. Negation.
  - 6. Sheedy, actress.
  - 7. Concert hall.

### LAST WEEK'S ANSWERS



## CRYPTIC PUZZLE

CBX DWEVC WG RHWCJCFWVK FK CBIC  
 WVX LIV HKX JWCEXMK NWMFK  
 CW CX FVKHSCFVT

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

TO LOVE DEEPLY IN ONE DIRECTION MAKES US MORE LOVING IN ALL OTHERS.

## Weekly Echo Horoscopes

May 20th to May 26th, 2007

**ARIES** (Mar. 21 - April 20)  
 Your mate will appreciate your honesty. You have so much to offer; open up and let your thoughts be known. If you've taken on a lot of work, be sure to leave some time for yourself and family. Social events will be plentiful.

**TAURUS** (Apr. 21 - May 21)  
 You will not impress others by being foolishly generous. Opportunities to get ahead are evident. Look for professional guidance if it will help unite the family. Changes in your domestic scene are evident.

**GEMINI** (May 22 - June 21)  
 You will have splendid suggestions for fund raising events. Your boss may not be in the best of moods this week. Don't let the erratic behavior of someone you live with interfere with your professional performance. You need to distance yourself from the situation for a little while first.

**CANCER** (June 22 - July 22)  
 Avoid friction with your mate. Try to avoid serious discussions with loved ones. Travel for business or pleasure will be enlightening. Involvement in groups will be favorable and lead to valuable information.

**LEO** (July 23 - Aug. 22)  
 You are likely to be left alone if you aren't willing to bend just a little. Real estate investments will be profitable. You need to spend some time getting to know this person all over again. Expect some fun.

**VIRGO** (Aug. 23 - Sept. 23)  
 Opportunities for new partnerships will develop through the organizations you encounter. Get busy putting your place in order. You may be upset if someone has borrowed something that belongs to you. There may be opportunities to attend social functions that are linked to work.

**LIBRA** (Sept. 24 - Oct. 23)  
 Travel could bring you the adventure and excitement you require. Don't let relatives stand in the way of your personal plans. The existing problems must be dealt with one way or another. Be firm when dealing with matters pertaining to your environment.

**SCORPIO** (Oct. 24 - Nov. 22)  
 You should avoid getting involved in the personal problems of colleagues. Promote your ideas now. A need to be in love may fool you. Social get-togethers will bring you in contact with intelligent new friends.

**SAGITTARIUS** (Nov. 23 - Dec. 21)  
 You may find yourself in an uncomfortable situation if you have overloaded your plate unintentionally. Be prepared to have relatives or close friends introduce you to new and exciting individuals. Realize that you don't have to do everything yourself. Ferret out information that will hold them responsible.

**CAPRICORN** (Dec. 22 - Jan. 20)  
 Self-deception about relationships is a problem. Keep your feet on the ground, if you can. You will be in the mood for competition, and your ability to lead a group will bring you popularity. Your creative ideas must be put to good use.

**AQUARIUS** (Jan. 21 - Feb. 19)  
 You are best not to confront situations that deal with in-laws or relatives. Your emotional partner will push the right buttons this week. Check your personal papers and make sure everything is in order. You can accomplish a lot if you deal with other people's money or possessions this week.

**PISCES** (Feb. 20 - Mar. 20)  
 Don't sign up for too many extra activities or you'll have trouble fulfilling your obligations. Take time to deal with authority figures or government agencies. Be considerate and avoid being overly opinionated, or argument will ensue. Chance is: you could get stuck with a colleague's job unexpectedly.

## Want to Start Your Own Business!

### Self-Employment Program

- You are presently receiving employment insurance (E.I.) benefits
- You have received E.I. benefits in the last 36 months
- You have received maternity or parental benefits in the last 60 months

*If you are unemployed, and if any of these situations apply to you and you have a viable business idea, please call us for information*

### Self-Employment Program

Call for more information! **345-8691**

Delivered by Winnipeg River Brokenhead Community Futures Development Corporation

Manitoba  
Advanced  
Education  
and Training



## 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, Powerview 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-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.lacdubonnetthons.ca](http://www.lacdubonnetthons.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 Szydal, 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.

# Harper's Summer Job Flip-Flop

**Thompson Citizen**  
by Tina Keeper,  
MP for Churchill

As summer approaches, more and more community programs across the country are learning the harsh truth - that the Conservative government has abandoned them with a repackaged and reduced summer jobs program.

Programs that have existed for years across the Churchill riding won't be able to run this

year - and many students will be robbed of valuable employment opportunities.

Some provinces are trying to come to the rescue of some of these programs and the Conservative government was embarrassed into a partial flip-flop, promising to restore some of the funding.

We're not talking about large corporations either. We're talking about small community

groups that depend on government support to hire students - support they have enjoyed every summer until the Conservative government took it away.

In sharp contrast, Liberal Leader Stéphane Dion has committed to fully restoring the program and we have called for full restoration of cut funding.

# ENERGY CORNER

prepared by  
Manitoba Hydro

## Electricity and Water

Summer is the season for swimming, boating and working around the yard - in short, being around water. Awareness of the potential electrical hazards that exist around water can prevent deaths and injuries.

Use outlet covers on outdoor receptacles especially those near water

When working around water, ground fault circuit interrupters (GFCIs) should be used to help prevent electrocutions and electrical shock injuries. Portable GFCIs can be purchased cheaply and

are easily installed

Keep cords and electrical devices away from pools

Never handle electrical items when they are wet

Electrical devices such as circuit breakers, fuses, GFCIs, receptacles, plugs and switches can malfunction when water and silt get inside. Replace any that have been submerged.

If using a wet/dry vacuum or a pressure washer, make sure that you have read and are following the manufacturer's instructions to avoid electric

shock.

When on the water in a sailboat, be sure that you are aware of how tall the mast is. Sailboats often have masts of 30 feet or more, which are dangerous when they come into contact with overhead powerlines. Stay at least 10 feet away from overhead lines when sailing.

Power cord connections should never be allowed to get wet

Enjoy being around water this summer - but be sure that you keep electrical safety in mind.

## Is your subscription due?



**Check your mailing label!**

Call us now to renew  
**367-9468**

**theecho@mts.net**

# 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

**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.

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

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



Looks like Goldie is now an Oldie!  
Happy 50th Birthday!  
June 4th

(The Three Bears)

**Wanted to Rent**  
A House or trailer in Pine Falls, St. Georges, Great Falls, or Silver Falls area. Phone Walter at 1-204-482-6171. SA-S

**For Rent**  
House for rent, call 367-4549.

**Advertise Here, Call 367-9468**

**Foundation Repairs**  
Abalon - Serving Manitoba since 1970, Foundation Repairs. Will be in Pine Falls on Friday, June 1, 2007. To book an appointment for an estimate, contact Sheila at 1-204-783-2500 (call collect).

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

**For Sale**  
12 HP Craftsman 38" Riding yard tractor, electric start and catchers. Also 27" Magnavox TV and Inglis Washer & Dryer, call 367-9580.

**Is your subscription Due? Check your mailing label!**

**EVERGREEN**  
Rob Oakes 345-4828 (204 348-2955) [www.evergreenrty.com](http://www.evergreenrty.com)



**55 Louise St Powerview**  
Approx 1182 sqft 3 bedroom, 2 bathroom bungalow located on a quiet street in Powerview. Features of this home are; fully finished basement with family room and 4th bedroom, central air, new flooring throughout, large 22 x 14 attached gazebo. Much Much More! Shows AAA! Call Rob Oakes for more info!!



**MUST BE SOLD,** price reduced, low 50's. Prime location on Cherry Street in Pine Falls 1168 sq ft, 1-1/2 storey 3 bdrm, full bsmt, updated, FAE furnace, hrdwd floors, priced to sell. Contact Len Wilke toll free 1(877) 250-6500 Wilke & Co Real Estate Services.

**TOWN of POWERVIEW PINE FALLS**  
**Summer Student Employment Opportunities**  
Applications are being accepted for Summer Student Positions with the Town of Powerview-Pine Falls. Applicants must possess a valid Drivers License and have Metis status as this is a Manitoba Metis Federation Grant Position.  
Please send a personal resume to the Municipal Office at Box 220, Powerview, MB R0E 1P0 or drop off at 277B Main Street between 8:30 am to 4:30 pm Monday to Friday. Closing date is June 15th, 2007 at 4:00pm.

**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, June 1** Salad, beef stew, bread, rhubarb pie.  
**Monday, June 4** Soup, liver and onions, mashed potatoes, broccoli, blanc mange, cookie.  
**Wednesday, June 6** Soup, lasagna, mixed vegetables, date cake

## Affordable Advertising

## The Echo CLASSIFIEDS

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

**\$5.00**

plus gst

Additional \$5.00 for photographs.

for the first 25 words  
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ST. GEORGES  
367-9468

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

**Blue Water Physiotherapy**

Phone: 367-2537  
Please call for an Appointment

- Work and Sports Injuries
- Neck and Back Pain
- Osteoporosis
- Orthotics
- Manual Therapy
- Pilates - Reformers Sessions

Located on Highway 811 in Powerview

**Celeste Basson**  
B.ScPT, C.AFC

**Stephanie Hampson**  
BMR (PT)

**340-5600**

- ✓ Residential
- ✓ Commercial
- ✓ Service
- ✓ Maintenance

**GREIG CUTHBERT**  
Journeyman Electrical Contractor - Licensed & Insured  
Serving Pine Falls & Area

**Gilles Lamoureux**

**Q's SEPTIC TANK CLEANING SERVICE**  
Portable Toilet Rentals

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Hwy. 11 - Municipal Building  
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