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Vol. 8, No. 6 July 10th, 2007

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

Another successful Fun-Run

By Charles Norman

This year's east Beaches wellness Centre Fun Run Series got off to a good start with 63 entries. (The First run last year had only 30 entries). The run, 5 km in the Lester Beach community, began at the sports field on Pioneer Road, then downhill on First Street to Lester Boulevard, then along the boulevard with the Lake on the right to the grand Beach Park gate, then through the back roads and up the hill on Pioneer back to the sports field. There were 35 runners and 28 walkers, some with pets. Twelve children under 12 years old took part. First to complete the course was Keith Bilous in a time of 15:57, First female across the

finish line was Kim Bjorklund with a time of 21:55. The run is one of a series of three to raise funds for the East Beaches Recreation and Wellness Centre to be built at the intersection of Highways 59 and 11, across Highway 59 from the Traverse Bay Corner convenience store. This series, together with a four run series last year, a weekly evening golf tournament, socials and other fund raising activities are to raise the initial funding for what will be a ten million dollar facility. Major funding is expected to come from corporate, municipal and foundation sponsors, with substantial provincial and federal government contributions. Sod turning is expected to take place next



Fun-run participants raised awareness and money

Man charged with trafficking

On June 26th, 2007 at approximately 8:00 pm Powerview Royal Canadian Mounted Police were conducting Traffic Enforcement in the Rural Municipality of Alexander. Subsequent to a traffic violation, a weapon, a large amount of marijuana, and marijuana resin was seized. Charged is Steven Kenneth Whitehurst of Winnipeg. Whitehurst is facing charges of Possession of a Weapon Dangerous to the Public Peace and two counts of Possession of a Controlled Substance for the Purpose of Trafficking.

Fall and construction is expected to be completed by the end of 2009. Approximately half the cost of the project will be used in the construction of the Aquatic Centre, with a four lane swimming pool, hot tub, wading pool, water slide and steam room. The building will include a multipurpose gymnasium with provision for basketball and court sports, and a fitness facility with a walking track, weight rooms and cardio machines. Space will be made available for office and reception space for health professional. Future plans call for an imaging and diagnostic centre, (e.g. ultrasound and EMR imaging), an assisted living complex a long-term care home and outdoor sports facilities.

Winners Results for this Fun-Run were:
 Male overall; First, Keith Bilous, 15:57, Second Jeffrey Booth, 16:00, Third Jean-Pierre Gralet, 18:29.
 Female overall: First, Kim Bjorklund, 21:00, Second, Gail Johnstone, 21:24, Third, Dominique Druwe, 21:42
Winners by age group
 Male:
 Under 13, Andrew Juvonen, 21:55
 13 to 17, Allan Whiten, 20:09
 18 to 29, Jordan Bluhnil, 19:05
 30 to 39, Jeffrey Booth, 16:00
 40 to 49, Keith Bilous, 15:57
 50 to 59, Jan-Pierre Gralet, 18:29
 60 to 69, Leo Pantel, 48:20

Female:
 Under 13, Dominique Druwe, 21:42
 13 to 17, Lane Sokolowski, 24:45
 18 to 29, Kim Bjorklund, 21:00
 30 to 39, Shawna Krahn, 24:21
 40 to 49, Gail Johnstone, 21:24
 50 to 59, Debbie Morrow, 37:46
 60 to 69, Gina Roth, 21:48
 70 to 79, Joan Cline, 46:41
 Next week, Saturday July 14, there will be a Fun-Run at Grand Marais, and the following week, July 21, at hillside Beach. For more information contact Gloria Fillion at 756 2913.

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Canada's New Government helping forest communities build stable economies

Manitoba Model Forest (Pine Falls) to be one of 11 sites chosen

GREEN HILL, N.S. — Solving local challenges can lead to global solutions. That's the idea behind a new Forest Communities Program (FCP), announced by the Honourable Peter MacKay, Minister of Foreign Affairs and Minister of the Atlantic Canada Opportunities Agency, on behalf of the Honourable Gary Lunn, Minister of Natural Resources. The FCP is intended to help forest communities develop stable local economies as they deal with the impacts of economic challenges facing Canada's forest sector.

"We've learned from experience that the best solutions are often those developed by the local community," said Minister MacKay. "The Forest Communities Program is designed to foster collaborative community efforts to help communities take advantage of new economic opportunities from forest resources."

The new, \$25-million, five-year program will fund 11 FCP sites across Canada. Each year, the funding will support

community-level partnerships and national partnership activities and operations. Natural Resources Canada (NRCan) will negotiate funding terms and conditions with the 11 successful FCP applicants.

The FCP is based on the successes of Canada's Model Forest Program, which began in 1992 and ends this year. The FCP will encourage the development of knowledge, information tools and best practices to help forest communities meet the challenges of transition in the forest sector. The program will help communities to capitalize on emerging resource-based economic opportunities. The FCP will foster new approaches to accommodate competing land uses, establish demonstration projects for innovative forest management approaches and create community ventures based on new types of forest products. These solutions will be shared with other forest communities across Canada and internationally through the Canadian

Model Forest Network, the International Model Forest Network and similar organizations.

Forest Communities Program

Canada's forest sector and forest-dependent communities are facing unprecedented challenges. The forest sector is dealing with issues such as rising energy costs, a strong Canadian dollar, new international competition and reduced timber supplies. Communities that depend on the forest sector are feeling the cumulative impact of these challenges. The new Forest Communities Program (FCP) will help these communities develop the tools, approaches and strategies that they need to respond to the new challenges facing Canada's forest sector.

Local Solutions to Local Challenges

The FCP will encourage innovation. It will provide initial five-year funding to 11 forest-based community organizations across Canada to develop and share knowledge, tools and strategies to address transitional challenges and capitalize on emerging forest-based opportunities. Matched funding from other collaborating organizations is a requirement for FCP project funding under the program.

The FCP has four main objectives:

- develop new forest-based economic opportunities through collaboration with industry and other community stakeholders;
- facilitate capacity-building and engagement of communi-

ties to meet sector transition issues;

• promote and share integrated, multi-sectoral approaches to forestland management; and

• share best practices and information tools with forest communities across Canada and internationally.

Manitoba Model Forest (Pine Falls)

The Manitoba Model Forest is developing new partnerships with the forest industry, forest-based communities and the Assembly of Manitoba Chiefs. The Model Forest is seeking new opportunities for communities to participate in informed decision-making about landscape management and to develop alternative uses of forest resources.

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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.						



July 13th, 14th and 15th

Festival Châteauguay Saint-Georges



Museum
OPEN
July, 14, 15
9:30am-
5:00pm

Friday, July 13th

Fish Fry & Beer Gardens 5:30pm

A la plage St-Georges Beach

\$8.00 ou/or 2/\$15.00

Organisé par/Hosted by:

The Blue Water Chamber
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★ ELVIS THE COMBACK KING Friday 8pm

En vedette/starring Daylin James
A la plage St-Georges Beach
sous la tente/under the tent

Tickets \$20 Billet en vente à la Caisse La
Prairie ou/or Tickets on Sale at Local Stores.

Commandité/sponsored by:
Manitou Rapids Arts Council

La Grande Tasse

Open Saturday

10am to 4pm

Sunday

12pm to 7pm



Saturday, July 14th

- 9am Slowpitch Tournament (school grounds)
- 10am Catfish Tournament (Rampe/boat launch St. Georges)
- 11am Children's Miniature Boat Building Workshop/Face Painting ((4-8 ans/years old) à la plage/Beach)
- 12pm Boat Race (9-12 ans/years old)
- 1pm Crib/Whist Tournament (Church Basement)
- 1:30pm Sand Castle Building Contest à la plage/at the beach
- Beer Garden

6:00pm BBQ

A la plage St.Georges Beach
Sous la tente/under the tent
7pm - Soirée spectacle/Music



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*La Famille Rémillard

*le groupe

50 Plus Group

\$20.00, \$10.00 13 ans et moins
13 years old and under

Activités/Events à la plage St-Georges Beach Sunday, July 15th

- 10am Pancake Breakfast
Farmers Market, Bounce-a-roo
- 11am Slowpitch Tournament
School Grounds
- 12pm-7pm Beer Gardens
- 1pm Horseshoe Tournament
- 3pm Volleyball de plage/
Beach Volleyball



CATHOLIC SERVICE

Messe Catholique, Sunday, July 15th

St. Georges Church 9:00am

Family fun at Wings of Power

By Michelle Berthelette

Wow! I can't believe how quickly we have sprung into summer. It felt like winter would never end and now all of a sudden we are well into summer. How did spring get by us so quickly? Well they do say that time flies when you're having fun and we certainly have been having plenty of that at Wings of Power.

We helped run two babysitting courses...one in partnership with Eastman Child and Family Services up in Seymourville and another here in Pine Falls with the Rec Association. The Blue Water Prenatal Team also participated

in two Moms, Pops and Tots events up in Seymourville. Ginette completed another twelve week session of the Parenting and Literacy Skills program. Pictured are some of our other spring highlights.

Summer is promising to be just as fun. We are lucky to have two summer students working with us this summer. We have several activities planned over the next few weeks including Story and Craft days, gardening fun, our annual Picnic in the Park and new this summer - Wiggle, Giggle and Munch.

Wiggle, Giggle and Munch is a parent and toddler/preschooler program that focuses on physical fitness, fun and nutrition. It is a drop-in program so everyone is welcome. Meet us downstairs at Wings the following Wednesdays: July 11, 18, 25 & Aug. 1. If you can't make one week, don't worry, just join us for the ones you can. You won't want to miss the fun.

New trivia contest - We will be including a trivia question with each of our articles this summer. Just drop off your answer at Wings of Power for a chance to win our weekly prize. All the names will be entered for a grand prize that will be drawn at our annual Harvest Dinner in October.

This week's trivia question: What is the total number of people that completed this year's Mothers and Daughters In Touch program?



Six mother and daughter pairs completed the Mothers and Daughters in Touch program held throughout April and May. The groups studied many issues, all while celebrating their relationship. A Fathers and Daughters session was also well attended.



Our 4th Annual Safe Kids Day event was held at the end of June. This all day event was possible with the help of NEHA and the Pineview Rec Association. Pictured here is Wellness Facilitator Susan Spindler giving the kindergarten class a lesson on Sun Safety.



Our Junior Kindergarten graduation was held on Friday June 15. Graduating from the program this year were Gracie Palamer, George Bodley, Livia Moyses, Chloe Clarke, Tavia Caners, Madison Clarke, Zachary Fontaine, Ethan Fontaine. Teacher: Joanne Peacock.

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Bring in your coins today!
The change will do you good.

Fees collected during June 1 - August 31, 2007 for the SICU Pine Falls QuickChange service will be used to sponsor the 25th Anniversary of the 4P Festival.

www.sicu.mb.ca

South Interlake

Create Your Own Boat Challenge

Build a boat, see it float! On Saturday, July 14th, we are organizing a Boat Challenge during the Festival Châteauguay in Saint-Georges. This competition, for 9 to 12 years old, challenges the children to build their own boat using only the following materials - styrofoam,

duct tape, straws, toothpicks, plastic bags and cellophane. The rules and measurements state that 1) the boat must be made before the challenge, 2) it cannot surpass 50 cm in length, 3) it cannot surpass 20 cm in width, and 4) it must be able to float and hold 2 kg in weight for 10 seconds.

Bring your completed boats to the tent at Saint-Georges Beach at 12:00 noon.

The entry fee is \$1.00. Boats will be judged on creativity, respected rules/measurements and floatability. Prizes will be determined upon entry.

Créer votre Propre Bateau

Créez un bateau qui va dans l'eau ! Ce samedi, le 14 juillet, nous allons organiser un défi de construire un bateau pendant le Festival Châteauguay à Saint-Georges. Cette compétition, pour enfants 9 à 12 ans, te défie de bâtir ton propre bateau. Tu pourras utiliser ces matériaux seulement :

styromousse, ruban adhésif, pailles, cure-dents, sacs en plastiques/pellicule de plastiques. Les règlements et mesures indiquent que 1) ton bateau doit être créé avant le concours, 2) ton bateau ne doit pas dépasser 50 cm en longueur, 3) ton bateau ne doit pas dépasser 20 cm en largeur, et 4) ton

bateau doit flotter et soutenir une charge de 2 kg pour 10 seconds. Apportez ton bateau à la tente à la plage de Saint-Georges par midi. Le coût d'entrée est 1,00\$.

Les bateaux seront jugés d'après les critères de créativité, règlements et mesures respectés et flottabilité.

Public Safety Day in Victoria Beach

On Sunday July 15th, the Victoria Beach Fire Department (VBFD) will host an open house and public safety day. As cottage country is growing rapidly and busier than ever, the need for public safety and emergency services is expanding. We would like both our seasonal and permanent residents to be aware of the services we provide as well as to start thinking of ways to protect and prepare themselves should they find themselves in an emergency situation. We hope to achieve this goal through many means, one being Public Safety Day.

The day is slated to begin bright and early with a methamphetamine awareness presentation by Constable Brad Murray of the RCMP, followed by a vehicle extrication demon-

stration from the VBFD. Throughout the day VBFD members will present on a number of topics, including Home & Cottage Safety, Fire Extinguishers, Smoke Alarms, Fire Escape Plans, Ground Search and Rescue, and Fire & Emergency Safety for Children. Along with the scheduled presentations, information will be available from a number of other local and provincial service providers. The VBFD First Responders and Pine Falls Ambulance staff will be on hand doing Blood Pressure Checks, you can pick up an Emergency Response Information Kit from the H.E.L.P. Centre, enter to win a fully stocked 72 hour emergency kit from our local Emergency Man-

agement Organization, or challenge the Pleasure Craft Operator Card test at the Safe Boating Booth.

Manitoba Conservation's Bear Smart will be providing information on its program, as will Manitoba Hydro, the Canadian Coast Guard, the Office of the Fire Commissioner, and the Lake Winnipeg Foundation. Child Find Manitoba will be setting up an ID clinic, where for only \$5, children can have their photo and fingerprints taken for an ID card. Parents and children wishing to take part in a bicycle safety rodeo can bring their bikes and helmets, and of course the day would not be complete without a visit from SPARKY the Safety Dog! Everyone from Everywhere is welcome to attend Public Safety Day!

For more information log on to: www.victoriabeachfd.ca



SUMMER WINDS

Family Music Festival

Saturday, July 28th, 2007, 2pm to 1am
Victoria Beach Sports Field on Hwy. 59

Featuring...

<ul style="list-style-type: none"> ★ A Trane ★ Billy Joe Green ★ Family Secrets ★ Little Black Dress ★ Ted Longbottom ★ Sk8 Demos 	<ul style="list-style-type: none"> ★ Children's Activities ★ Tall Dark & Hammered ★ The Why Knott Band ★ X Status ★ Canteen & Craft Tables ★ Blue Guitar Raffle
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<p>ADVANCE TICKETS</p> <p>\$15.00 Per Person \$30.00 Family Pass (includes 2 children 13 & under)</p>	<p>AT THE DOOR</p> <p>\$20.00 Per Person \$40.00 Family Pass (includes 2 children 13 & under)</p>
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Public Safety Day: 10am to 4pm Bike Rodeo 12 noon to 3 pm

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Come for the Music - Stay for the Fun!

Log on to: www.summerwindfamilymusicfestival.com
For information on tickets, volunteer opportunities, and craft table rentals.

EXTERNAL REVIEW COMMITTEE

Share Your Views on Manitoba's Regional Health Authority System

The Manitoba government has established an independent external committee to review the province's regional health authority system. The goal of this review committee is to make recommendations to improve health care services for all Manitobans.

The external review committee consists of the following members:

- Dr. Jerry Gray, dean emeritus and senior scholar at the University of Manitoba's I.H. Asper School of Business
- Ms Shirley Delaquis, a recently retired nurse
- Mr. Tom Closson, the former president and chief executive officer of major hospitals in Ontario and a British Columbia health region

They are expected to achieve the following objectives:

- Examine the overall performance of the RHA system
- Identify areas where regional health authorities (RHAs) have shown innovation in improving patient care
- Recommend how best practices can be extended to all RHAs
- Ensure resources are focused on front-line patient care by reviewing administrative costs, including comparisons to other jurisdictions
- Examine how RHAs can increase their public accountability
- Identify ways to enhance community participation in regional decision making

Send your written submission

The review committee wants to hear what you have to say regarding Manitoba's RHAs and invites you to send a written submission related to topics within its mandate. You can send your submission by either post or e-mail.

Mailing address - RHA Review Committee, P.O. Box 48065 RPO Lakewood, Winnipeg, MB R2J 4A3

E-mail: rhareview@shaw.ca

Please send your written submission by **August 22, 2007.**

For more information

If you would like more information on the review committee's detailed terms of reference, please visit www.gov.mb.ca/health/rha/review.html

Any personal information, and personal health information, you provide to the review committee as part of the consultation is subject to *The Freedom of Information and Protection of Privacy Act* and *The Personal Health Information Act*. The information you provide will only be used to assist the review committee in carrying out its responsibilities. This will involve disclosure of the information to and between members of the review committee, persons providing administrative support, to other review participants, other interested parties and through various means, during and after the review process, including written reports. Your personal identity will not be disclosed without your consent. If you have any questions about the collection, use or disclosure of your personal information or personal health information, please contact the review committee coordinator at P.O. Box 48065 RPO Lakewood, Winnipeg MB R2J 4A3 or (204) 786-7347.

Manitoba 

Recreation Re-boot

Pineview Recreation Commission
Ph: 204-367-9142
Fax: 204-367-8605
E-Mail: prarec2003@yahoo.ca

The Rec. Office's summer calendar and Newsletter has been distributed to all the schools in the area. There are also some available at the office. For more information, or to register for summer activities, please call the Rec. Office at 367-9142. If you are interested in signing up for either of the craft classes, you are asked to please register in advance as we will need to know approximately how many are attending in order to purchase enough supplies. Please note the following changes:

Floor Hockey on Monday mornings will be held at Pine Falls School from 10:00-11:30 am.

There will be Beach volleyball at St. Georges Beach Tues, Wed and Thurs from 1:00-03:00 pm for kids and from 6:30-8:30 pm for adults. Everyone is welcome. There is no charge for this activity.

Festival Chateauguay
 Festival Chateauguay is scheduled for July 13,14&15 at St. Georges. There are lots of activities for the whole family. Come out and participate!!

Pine Falls Pool

The Pine Falls pool is open for the summer. The pool will open at 1:00 pm daily and close at 8:00 pm. A detailed schedule will be posted at the pool and the Rec. Office. Pool hours are: Public Swim: Mon-Fri 1:00-7:00 pm and Sat/Sun: 1:00-4:00 pm and 5:00-7:00 pm. Family Swim: 7:00-8:00 pm daily. If there is enough interest we will have water polo on Tues and Wed nights from 6:00-7:00 pm.

Ph.A.T. Camp

Once again this year X-Company will be here to host our annual Physical Arts Training Camp. This year the camp will run from July 16th to July 20th at Powerview School Gymnasium. There is an early-bird registration cost of \$132.50 until July 1st. After July 1st the cost will be \$159.00. The camp is open to anyone aged 6-17. There is a special "Discovery" class for kids aged 3-5. For more information, contact the Rec. Office @ 367-9142.

Adult Rec. Soccer

Anyone interested in playing adult soccer this year is asked to contact the Rec. Office at 367-9142. The cost will be \$25 for the season, which will run through the summer until the end of September. It will be a "fun" league, which means there will be no set teams. Teams will be selected

on the field. The league will run on Sunday nights at 7:00. The league will also be opened to high school students interested in playing as well.

Beach Volleyball

There will be a beach volleyball club starting this summer. The club will meet every Wednesday from 7:00-9:00 pm at St. Georges Beach starting on June 13th. The club is open to anyone 13 years of age or older and the cost is \$5 per person. For more information or to register, call Ginette at 367-9970 or the Rec. Office at 367-9142.

Dragon Boating

The Pine Falls Dragon Boat team meets every Sunday at 7:00 pm at St. Georges Beach for paddling practices. We are now looking for more men and women to join our team. Any adult (18 years of age and older) interested in paddling is asked to call Angie at 367-8327.

Helmet Safety Campaign

Once again this year the PRC with help from the RCMP, local businesses, and the Town of Powerview-Pine Falls, we will be running the helmet safety campaign. This event is designed to encourage kids of all ages to wear helmets when out riding bikes, roller blading or skateboarding. The campaign will run from mid-June until the end of August. There

will be weekly prizes for eligible participants and a grand prize draw on Saturday, September 1st during the 4P Festival.

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 Ruth at 367-9142 to book.

Rivers North Fitness Co-op

The co-op membership fee is \$100. Fitness club memberships are \$250.00 for members and \$300.00 for non-members. For more info, contact Bev Dube @ 367-8064 or Linda Cyr @ 367-2382.

Public Libraries

Please note that the Pine Falls Public Library will close for the summer on Thursday, June 28th and re-open after the Labour Day weekend. Anyone wishing to take out or return books to the library is asked to call Shirley at 367-8983.

Bibliotheque Allard Re-

gional Library (367-8443), located in St-Georges School, is open the following hours: Tuesday - 10:30 - 5:00, Wednesday & Thursday - 12:00 - 8:00, Friday - 12:00 - 5:00, Saturday - 10:30 - 4:00.

Services offered are public internet access, photo-copy/fax/scan services, material in French & English, DVD's, VHS, 60 magazine titles, Inter-Library Loan (we have a collection of 28,000+ items, however, through Inter-Library Loan we have access to over a million titles) and many more. Membership is free to all ratepayers of the R. M. of Alexander, the Town of Powerview/Pine Falls, and the R. M. of Victoria Beach. We also have a Branch Library located in Walter Whyte School.

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.

Arts & Crafts SALE

SATURDAY, JULY 14

SUNDAY, JULY 15

10:00 - 4:00
 VICTORIA BEACH SPORTS CLUB ON PINE RD.
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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 handiivan services or paid volunteers to drive you to shopping, appointments, etc.... The handiivan 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.

Donna Borkowsky Win 2007 Pine Falls Ladies Tournament

Submitted Pine Falls Golf Club.

After weeks of rain, the weatherman cooperated and the 2007 Pine Falls Ladies Golf Tournament was held on Sunday. The course was back in great shape and Donna Borkowsky of Beausejour won the annual event with an 87. She proudly walked away with a brand new Cleveland driver.

The flight winners were as follows: 1st Flight – Susan Lazaruk, Diane McMullen, Denise Kembal and Sylvia Berg. 2nd Flight – Marg Ford, Mary Malo, Helene Labelle and Georgette Kirkness. 3rd Flight – Edith Carter, Linda Kembal, Debbie Robson and Lynn Giesbrecht. 4th Flight – Shirley Atkinson, Marg Zack, Joyce Bryant and Val Busch.

All participants enjoyed the usual excellent food of Flo Garand and staff. Karl Hutchison and his greens staff worked very hard getting our course into fine shape after too much rain and Lenore Galvaga's pro shop staff put forward a great effort to ensure everything ran smoothly.

Tournament Chairperson Susan Lazaruk wishes to thank all ladies members who donated to the Silent Auction and to the male members who ran the Poker Derby and ball-spotted for the day. Also a big thanks to the Pine Falls Service Centre who generously donated the water bottles.

A reminder that the Club is now taking entries for the Men's 2007 Northeastern Golf Tournament on Saturday August 12. The first 144 paid entries will be eligible for the doorprize of a giant Taylormade Driver.

Library Allard

Summer reading program



1:00 – 3:00.

Please note the summer hours for the Beaches Library:

Tuesday 9:00 – 2:00
Wednesday 9:00 – 4:00
Thursday 1:00 – 8:00
Friday 1:00 – 8:00
Saturday 10:00 – 2:00

New Books and Authors

A fantastic assortment of Inspirational fiction has been catalogued for Library Allard. Many new authors to choose from and some favorites for those of you that read

this warm and inspiring genre.

Just a reminder that we will be closing Library Allard from August 7 – 11 for school construction. We have had a *volunteer request* posted in the Library to help with the moving & re-arranging of the Library for the month of July and have had an overwhelming response.

I would like to thank all of you who have written your name down to volunteer and will be calling soon!

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

WHAT'S IN THE Cupboard



Cold Lemon Chicken

Ingredients:

4 Tablespoons butter
6 Whole chicken breasts (skinned, halved, and boned)
1/2 Cup Vermouth (dry, white)
3/4 Cup lemon juice (freshly squeezed)
1/4 Teaspoon to 1/2 Teaspoon Salt
1/4 Teaspoon white pepper
1 1/2 Cups mayonnaise
Black olives
Italian parsley
Watercress

Melt butter in a skillet and sauté chicken until golden brown. Remove to a heavy casserole with cover. Add 1/3 cup lemon juice, salt and pepper to skillet and pour over chicken in casserole. Bake covered in a preheated 350 degree oven for 30 minutes or until just tender. Baste if necessary adding more Vermouth. When chicken is done remove to a large serving platter. Reduce sauce to 1/2 the amount and pour over chicken. Get it cool to room temperature. Then cover tightly overnight. Slowly add 1/4 cup lemon juice to the mayonnaise in a small bowl, whisking until smooth. Mask each piece of chicken with the lemon sauce and garnish with slices of black olives on top and Italian parsley. This can be done several hours before serving. One hour before serving set chicken out to come to room temperature. Just before serving, place generous amounts of watercress around edges of platter.

Serves 6.

**DON'T BE A
TARGET**

**YOU CAN PROTECT
YOURSELF FROM
WEST NILE VIRUS.**

- Reduce the time you spend outside between dusk and dawn.
- Apply an appropriate mosquito repellent.
- Wear light-colored, loose-fitting, long-sleeved clothing.
- Get rid of standing water around your home.
- Make sure your door and window screens - fit tightly and are free of holes.

Please visit our website at www.gov.mb.ca
or call Health Link - Info Santé at 788-8200
(In Winnipeg) or toll-free 1-800-345-9257.

Manitoba

Sagkeeng First Nation

TREATY DAYS

July 30th to August 5th, 2007

Come join the Celebration
FEATURING...

★ **POW WOW**

General Entry

At Sagkeeng Pow Wow Grounds

★ **Treaty Payments**

★ **Fireworks**

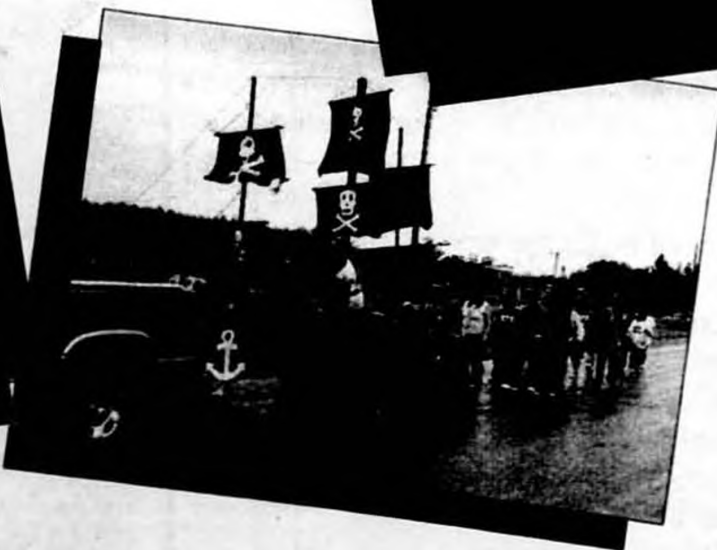
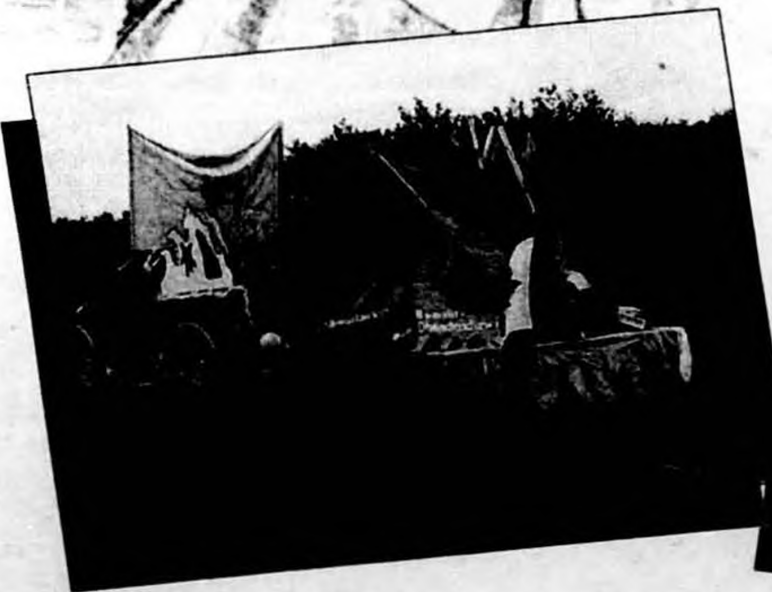
★ **Monster Bingo**

★ **Community FEAST**

Many More
Activities
Watch for full
Schedule of
Events!

★ **Slotpitch
Tournament**

★ **PARADE**



ECHOES FROM THE Heart

The Middle Wife

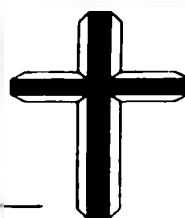
I've been teaching now for about fifteen years. I have two kids myself, but the best birth story I know is the one I saw in my own second-grade classroom a few years back. When I was a kid, I loved show-and-tell. So I always have a few sessions with my students. It helps them get over shyness and usually, show-and-tell is pretty tame. Kids bring in pet turtles, model airplanes, pictures of fish they catch, stuff like that. And I never, ever place any boundaries or limitations on them. If they want to lug it to school and talk about it, they're welcome. Well, one day this little girl, Erica, a very bright, very outgoing kid, takes her turn and waddles up to the front of the class with a pillow stuffed under her sweater. She holds up a snapshot of an infant. "This is Luke, my baby brother, and I'm going to tell you about his birthday. First, Mom and Dad made him as a symbol of their love, and then Dad put a seed in my Mom's stomach, and Luke grew

in there. He ate for nine months through an umbrella cord." She's standing there with her hands on the pillow, and I'm trying not to laugh and wishing I had my camcorder with me. The kids are watching her in amazement. "Then, about two Saturdays ago, my Mom starts saying and going, 'Oh, oh, oh!' Erica puts a hand behind her back and groans. "She walked around the house for, like an hour, 'Oh, oh, oh!' Now the kid's doing this hysterical duck walk, holding her back and groaning. "My Dad called the middle wife. She delivers babies, but she doesn't have a sign on the car like the Domino's man." "They got my Mom to lie down in bed like this." Then Erica lies down with her back against the wall. "And then, pop! My Mom had this bag of water she kept in there in case he got thirsty, and it just blew up and

spilled all over the bed, like pssshheew!" This kid has her legs spread and with her little hands are miming water flowing away. It was too much! "Then the middle wife starts saying 'push, push, and breathe, breathe.' They started counting, but never even got past ten. Then, all of a sudden, out comes my brother. He was covered in yucky stuff, they said it was from Mom's play-center!, so there must be lot of stuff inside there." Then Erica stood up, took a big theatrical bow and returned to her seat. I'm sure I applauded the loudest. Ever since then, if it's show-and-tell day, I bring my camcorder, just in case another Erica comes along.

Faith Perspective

by Pastor Jake Doell



Releasing your Regrets

All of us live with some regrets. Things that we did or didn't do often come to haunt us in the form of regrets. Regrets that are not dealt with often lead to some very serious consequences of depression and physical illness. I read an interesting article called 'REGRET City' which says it better than I can say:

"I had not really planned to take a trip this year, yet I found myself packing anyway. And off I went, dreading it. I was on another guilt trip.

I booked my reservation on Wish I Had airlines. I didn't check my bags - everyone carries their baggage on this airline - and had to drag it for what seemed like miles in the Regret City airport. And I could see that people from all over

the world were with me, limping along under the weight of bags they had packed themselves.

I caught a cab to Last Resort Hotel, the driver taking the whole trip backward, looking over his shoulder. And there I found the ballroom where my event would be held: The Annual Pity Party. As I checked in, I saw that all my old colleagues were on the guest list:

The Done family - Woulda, Coulda and Shoulda

Both of the Opportunities - Missed and Lost
All of the Yesterdays - there were too many to count, but all would have sad stories to share.

Shattered Dreams and Broken Promises would be there, too, along with their friends Don't Blame Me and Couldn't Help It.

And of course, hours and hours of entertainment would be provided by that renowned storyteller It's Their Fault.

AS I prepared to settle in for a really long night, I realized that one person had the power to send all these people home and break up the party: ME. All I had to do was to return to the present and welcome the new day.

Quickly, three things you must do to release yourself from Regret City:

1. Admit your guilt to God.
 2. Accept God's forgiveness
 3. Forgive yourself and focus on the future.
- Live your life without regret and guilt and you'll enjoy each new day and it challenges and opportunities.

Help protect our rivers and lakes.

CHOOSE TO KNOW HOW TO GROW

The choices we make in our daily lives can affect the health of our most precious resource - our water.

If each of us chooses to make a small change, like reducing or finding alternatives to the fertilizer we use on our lawn and garden, we would help minimize damage to our rivers and lakes.

There are plenty of other simple choices you can make, like using phosphate-free soap and detergent. Beginning this fall, the Manitoba government will be consulting with Manitobans about the best ways to restrict the use of phosphates and cosmetic fertilizers.

One person at a time, one drop at a time - the ripple effect can create a fresh wave of change.

Manitobans are seeing green

Make it your vision. See what else you can do at www.manitoba.ca

Manitoba

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The Winnipeg River **Echo**

Phone 367-9468,
Fax 367-9974
Box 178, St. Georges, MB

On Parliament Hill



Your voice in Ottawa
Vic Toews, MP for Provencher

Still Waiting to Protect our Children

When I was named Minister of Justice by Prime Minister Stephen Harper last year, I was given the mandate to introduce legislation that would strengthen our criminal justice system, and protect our communities. As many of my constituents know, this work has been a passion of mine for many years, in particular as it relates to protecting our most vulnerable citizens – our children.

So, before I left the Justice portfolio in the winter, I tabled a number of pieces of legislation that, if passed into law, would mean criminals being held accountable for their actions and safer streets and communities. And one of the bills of which I am most proud is Bill C-22, which would raise the age at which children can legally consent to sexual activity from 14 to 16. Raising this age is critical to protecting young people from sexual predators, especially over the internet, and since protection is at the heart of this bill, it shifts the terminology from “age of consent” to “age of protection” as well.

This is a common-sense measure, which enjoys the support of police, crime victims groups, and ordinary Canadian

moms and dads looking out for their kids. It is one way to try to eliminate the horror stories of sexual predators targeting Canadian kids as a direct result of our age of protection laws being more lenient than other jurisdictions, particularly in the US. It was a privilege to bring the bill forward and announce it alongside the likes of former Ottawa Police Chief Vince Bevan and Paul Gillespie, formerly of the world-renowned Toronto Police sex crimes unit.

We made that announcement in June of 2006 – almost one full year ago now. Before the House of Commons adjourned for the summer, MPs finally passed the bill over to the Senate for final approval. It has already been a long road for a relatively simple piece of legislation to become law, and the job isn't done yet.

In fact, along with many of my Conservative colleagues, I fear that C-22 may still have a rough ride ahead of it in the Senate. The Senate is dominated by the Liberal Party – the same Liberal Party that resisted a change of this nature for years while Conservatives fought for it in opposition. And given the Liberal Senate's

resistance to other important initiatives from the government, including those that would create much-needed reform in its own ranks, I'm not confident that C-22 will get the speedy passage it needs and deserves.

I hope I'm proven wrong. I would love to leave politics one day with the ability to say that I helped make this important change to protect our children. I hope the Senate comes to see it the same way, and does so quickly when we return to work later this year.

We need to get on with the job of protecting our young people, and give our police and prosecutors this tool to go after sexual predators. It's time to raise the age of protection from 14 to 16. The Senate needs to pass Bill C-22 as soon as possible this fall.

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



The ECHO

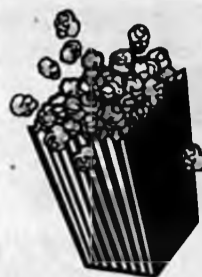
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St. Georges, MB
R0E 1V0



Hot New....

RELEASES



Journey to the End of the Night DVD

Cast: Brendan Fraser, Mos Def, Scott Glenn, Catalina Sandino Moreno, Matheus Nachtergaele, Alicia Braga, Gilson Adalberto Gomes
Rating:R



Driving Lessons DVD

Cast: Julie Walters, Rupert Grint, Laura Linney, Nicholas Farrell, Jim Norton, Michelle Duncan, Oliver Milburn
Rating: PG



Standing Still DVD

Cast: James Van Der Beek, Amy Adams, Mena Suvari, Xander Berkeley, Ethan Embry, Adam Garcia, Jon Abrahams
Rating: TBD



The Bothered Man DVD

Cast: Trond Fausa Aurvaag, Petronella Barker, Per Schaaning, Birgitte Larsen, Johannes Joner, Ellen Horn, Anders T. Andersen
Rating: TBD



Eden DVD

Cast: Josef Ostendorf, Charlotte Roche, Devid Striesow, Max Rüdinger, Leonie Stebb, Irene Kugler, Roeland Wiesnekker
Rating: TBD

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, July 11

Stuffed pork tenderloin, salad, homemade rolls, fruit trifle

Friday, July 13

Barbecued Chicken, macaroni salad, rolls, fruit salad, pudding.

Monday, July 16

Broccoli and cheese casserole, liver and onions, brownies.

Winnipeg River RCMP Report

EVENTS: The MPI Road Watch Program went into effect on Friday June 22, 2007. Police ticketed 7 people under the Highway Traffic act and issued 37 warnings. No alcohol related offences were incurred. All total police checked 635 vehicles.

June 18:

BLACK RIVER - an attempted break and enter to the adult education center resulted in the door being kicked in. The door frame received extensive damages. Access was not gained to the building. A suspect was seen in the area but could not be identified.

BISSETT - a vehicle was extensively damaged after a female took the vehicle without consent from a relative and rolled it in the ditch locally. The female youth has been charged accordingly.

HOLLOW WATER - police referred an ongoing dispute between 2 females to a peace bond after another confrontation occurred at a local business.

- a break and enter to a residence was reported to police. Culprits broke in a side door

and tracked mud throughout the place however nothing was taken in the incident.

- a highly intoxicated emotionally disturbed male was lodged in cells for his own safety. Family members were concerned the man had been on a drinking binge and taken some medication as well. The man was semi coherent and went with police willingly being released the following morning sober.

POWERVIEW - a golf bag and equipment was recovered by the owner after the items were stolen off his vehicle while parked at a ball game.

WALLACE LAKE - a red Honda 5000 x gas generator was stolen from a Natural Resources Station. Investigation continues into the incident.

June 19:

HOLLOW WATER - police assisted ambulance attendants in transporting a highly intoxicated male who had taken prescription medication as well. The man attempted to escape several times but was prevented by officers. He was taken to local hospital for treatment and returned to police

custody. The man was held in cells until sober and released the following day. No one was injured in the incident.

FORT ALEXANDER - a stolen auto was recovered later in the day near the Anglican Church with minimal damage.

June 20:

FORT ALEXANDER - a suspicious person reported to be causing a disturbance in the back yard of a residence turned out to be a four legged suspect. Police patrolled the area but could find no one in the vicinity other than signs that a bear had been around and left.

- a missing female was located in Winnipeg. Family members were concerned after they had not heard from the woman in several weeks.

BELAIR - a 2006 red Honda Rubicon TRX 500 was stolen from a shed along with 20 L of gas.

MANIGOTAGAN - Shots continued to be fired while a vehicle was in motion for several minutes on the main road and then crossing over to the south side road. Police patrolled the area extensively for the suspect vehicle and driver but

were unable to locate them at this time.. Investigation continues into the incident.

June 21:

FORT ALEXANDER - a male was transported by police to local hospital the result of an assault with a weapon. The man was later sent to Health Sciences Center for follow up. A female relative was located and charged by police later in the day. The woman was remanded into custody and sent to Provincial Remand Center. Investigation continues.

PINE FALLS - warrants were issued for witness's required in a court matter. The 2 persons were served subpoena's for a trial but did not show up at the trial date. The crown attorney then requested the court reset the matter until such time as the witness's could be located by police.

June 22:

FORT ALEXANDER - a complaint of assault is still under investigation by police. The male suspect involved punched the complainant in the face several times before fleeing the residence. Alcohol was involved in the incident.

- the Public Works office reported a Husquavarna circular saw stolen. The saw, used to cut steel piping etc... is valued at approximately a \$1,000.00

- police spoke to and warned 2 brothers in an incident involving threats being issued. Alcohol was a factor in the incident.

ST. GEORGES - an act of vandalism left one vehicle owner with a damaged roof to his van. The van was parked outside a garage when the incident occurred in the early morning hours. Culprits used a pickaroon to smash the top of the vehicle.

BELAIR - culprits spray painted a heavy equipment loader sometime overnight. The machine was parked on a side street at the time.

PINE FALLS - a suicidal male was transported from local hospital to Winnipeg's Health Science's Center for assessment.

June 23:

FORT ALEXANDER - 1 male has been charged after causing a disturbance and breaking a window at a house party.

- An act of vandalism was reported to police. Culprits threw a rock at the Multiplex



arena smashing the outside door window pane.

RM OF ALEXANDER - police were contacted and attended a property dispute. The matter was referred to civil action and no further involvement by police.

June 24:

POWERVIEW - a complaint of shots being fired was unfounded. Police patrolled the area but could not locate any suspicious activities. The noise was related to a scarifier for the bears.

HOLLOW WATER - an investigation into a break, enter and sexual interference continues.

- a collision involving 2 vehicles is still under investigation. Both drivers fled the scene at the time.

TRAVERSE BAY - a break, enter and theft to a trailer resulted in a TV being stolen. The owner was last at the residence a week ago. Damages to a door was also incurred.

PINE FALLS - a house party turned sour when a fight broke out and several people were pepper sprayed by a male suspect. Police were in the area at the time and immediately attended. Several were treated locally at hospital for their injuries. Investigation continues.

SUMMARY: Police also followed up on 5 false alarm(s) actioned 8 request(s) for assistance to other police services/service of legal documents, issued 3 tickets under the highway traffic/liquor acts, attended 0 incident (s) under the Coroners Act, charged 1 person(s) for impaired driving/refusal of breath test, lodged 7 person(s) under the intoxicated persons detention act, attended 3 noise complaints, processed 8 traffic accident reports and attended 2 false 911 call(s).

REMEMBER IF YOU HAVE ANY INFORMATION ON ANY CRIMINAL MATTER YOU CAN REMAIN ANONYMOUS AND CONTACT CRIME STOPPERS AT 1-800-782-8477 OR THE POWERVIEW RCMP AT 367-8728.

The Winnipeg Humane Society



Jasmine, 75629

Jasmine is a very sweet kitty whose owner purposefully let her loose. Thankfully she was taken in before anything bad happened. Jas is used to living with other cats but was a bit stressed in the shelter due to the constant activity. At 5.5 years old, Jasmine is who she is, so no surprises! As a longterm cat her fee is only \$48.06. She is available to adopt from Best West Pet Foods on Regent Avenue, 663-7553.



Daisy, 121497

This beautiful white German Shepherd needs a home- Daisy is incredibly smart & devoted as most Shepherds are, and desperately wants to please. Daisy has a pin in her leg from an old accident so requires a mostly-indoors home where she'll be spoiled & loved. At 6.5 years old, Daisy deserves a terrific life. She likes other dogs & cats. As a German Shepherd, Daisy has strong territorial tendencies and will make a super watchdog for her owner- as a result she's best for kids 12yrs+, only so she won't be too protective with younger kids' friends coming & going. \$159.00 adoption fee includes spay, vet exam, microchip, pet insurance & more! Daisy is a staff favourite! Insurance, microchip & more!

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

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

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



Pine Falls Community Billboard

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

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

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

Library Allard: Tuesday: 10:30 a.m. to 5:00 p.m. Wednesday and Thursday 12:00 to 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.

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

Winnipeg River Senior Service Inc. Coordinator Tina Polachuk, 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 Senior Scene Inc. #1 Ateah Rd., Victoria Beach. General meetings second Tuesday of the month, 756-6468 for more info.

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

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

Powerview Parent Advisory Council: meets first Monday of every month.

Great Falls Hall workers - Tuesdays and Thursdays from 10:00 to 11:00 a.m.

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

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

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

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

Pine Falls Golden Leisure Club: Bridge 7:00pm Mon. & Thurs., Canasta 1:00pm Friday, Whist 1:30pm Wednesday, Crib, 1st Monday of Month at 1:30pm.

Exercise Class, Mon., Wed., Thurs., Fri., 10:15am.

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

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

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

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

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

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

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 #104. St. John's Evangelical Lutheran Church, Greenwald on Hwy. #12, 1 1/2 miles north of junction with #317. Sunday church school 10:00 a.m., worship 11:00 a.m. (alternate locations). For info, call 635-2625 or 754-8682.

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

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

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

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

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

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

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

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

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

Ask the Neighbourhood Mechanic



by Dave Redinger

I have written about this subject before, it requires repeating. When buying gas at a self service station do you leave the keys in the car when you go inside? Don't! A lot of cars have been stolen while the owners were inside doing business. Many a high-end vehicle has found a new home in precisely this way. Think about it. The station is such a busy place. The thief just walks up to the car and drives away. Seems that guy's are the worst offenders when it comes to leaving the keys in the ignition. Most gals take the keys with them or use their credit card in the pump. Many women have the kids with them and don't like to leave them unsupervised. Maybe women are just more aware. I can only see this issue becoming worse as we start to use the prepaid pumps that are opening up and we will be forced to make more trips to the kiosk. After all, if it was such a great neigh-

bourhood, why the pre-pay? Buying gas?JUST LOCK THE THING UP.

Last week we had a question concerning Honda radios locking when the loose power. We received this letter from Maria

I really enjoy reading your column in 24 hours. Today, you gave some advice to someone whose radio/CD was locked after disconnecting the battery. I have a 2003 Honda Civic and a few months ago it happened to me. I just went to the closest Honda dealership and was told they will provide me with the number for around \$50. Well, in the era of Internet, I decided to research. I found somewhere that in older Honda cars while pressing 1 and 6 on the radio keypad (radio off) a code will be displayed. Well, my car was not 'older' but decided to try. Eureka!!! Two codes were displayed one after another (people have to be ready, have paper and pen handy because as I read it displays only twice for safety rea-

son). For example its looks like this: L123 U123. I took this code to Honda dealership and they gave me my radio code for free. I entered the code right away on the parking lot and after almost two months my radio was on. It's worth trying and I would appreciate if you shared this information in your column.

My wipers suddenly stopped working. They only work when the washer is depressed (and totally normal too) but not on Hi or Lo. I had a local Pontiac dealer to look at. He said "one of two causes" yet he would replace both: the wiper assembly cover (board) and "the switch". The switch is the expensive item since it is the multifunction switch. Total cost \$400 including labour. I need wipers !!

Ed I had the same problem with my Rivera (1997). I change the electronic control board ...However the problem turned out to be the wiper motor itself....My advice would be to get a second opinion.....

Master MECHANIC

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



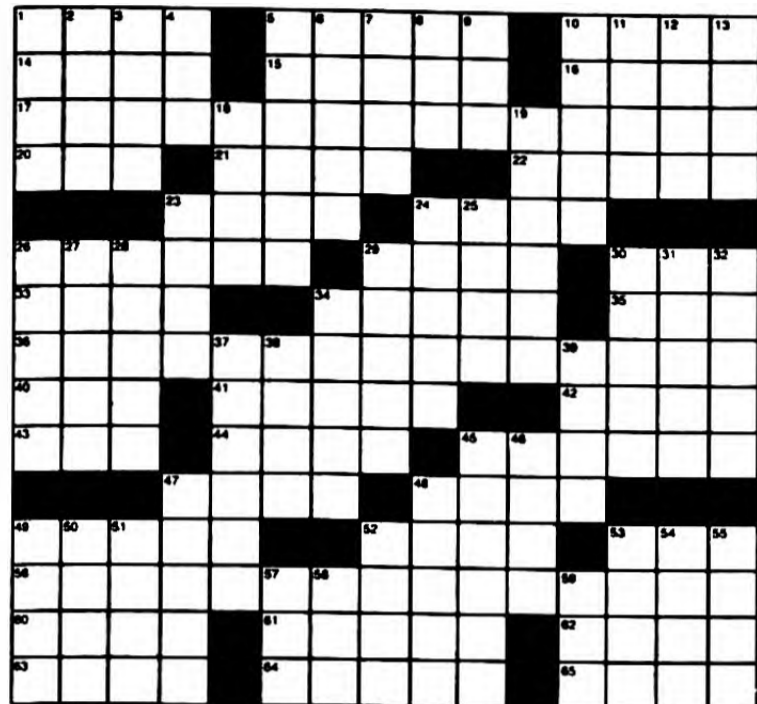
Sunrise School Division Board Meeting Schedule 2007/2008

- July 19, 2007
- August 23, 2007
- September 6, 2007
- September 20, 2007
- October 4, 2007
- October 18, 2007
- November 1, 2007
- November 15, 2007
- December 6, 2007
- December 20, 2007
- January 17, 2008
- February 7, 2008
- February 21, 2008
- March 6, 2008
- March 20, 2008
- April 17, 2008
- May 1, 2008
- May 15, 2008
- June 5, 2008
- June 19, 2008

*Please be advised all meeting locations are at the Sunrise Education Centre (MPR)

The Winnipeg River **Echo** HAS **MOVED** **NEW LOCATION** 2 Place McDougall in St. Georges 367-9468

WEEKLY CROSSWORD



Across
 1. Shape with a point at one end and a circular opening at the other.
 5. Improper.
 10. In addition.
 14. Leave out.
 15. Nigerian monetary unit.
 16. Habitation of wild animals.
 17. Divide into departments.
 20. Beings.
 21. Long-handled, short-bladed garden tools.
 22. Points where an orbit crosses a plane.

23. Open country, bearing grass, bushes or shrubs characteristic of parts of southern Africa.
 24. Stunned.
 26. Full expanse of facing pages in an opened book.
 29. Praise.
 30. Lizard.
 33. Acronym for Amateur Radio Emergency Services.
 34. Greater in excellence.
 35. Device on which a ball is placed for driving.
 36. Authority on history.

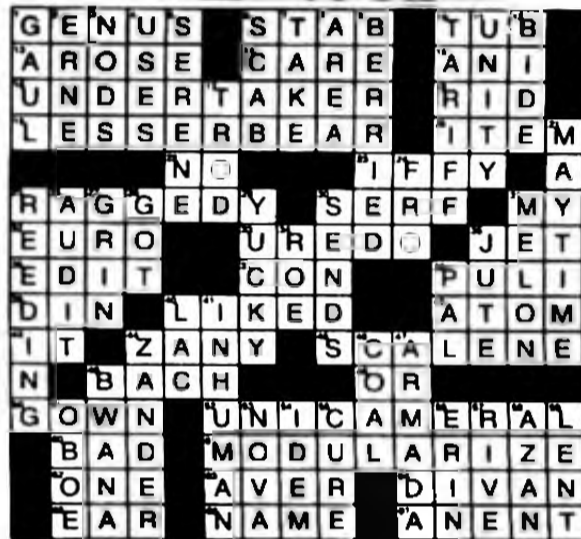
40. Fruity frozen dessert.
 41. Water birds of the family Anatidae.
 42. 1981 Warren Beatty film.
 43. Gamble.
 44. Categorized by importance.
 45. Husky, grating voice.
 47. European mignonette cultivated as a source of yellow dye.
 48. Tailless South American rodent.
 49. City where Robespierre was born.
 52. River in north central Switzerland.
 53. Place of business with exercise equipment.
 56. Occurring at the same time.
 60. Shed.
 61. Modify.
 62. Be fond of.
 63. Supplements with great effort.
 64. Loud music.
 65. "Spanish _" song by Herb Alpert and the Tijuana Brass.

Down
 1. Systematically arranged collection of regulations.
 2. The _, 1976 film starring Gregory Peck.
 3. Small drinks.
 4. Estimated time of arrival.
 5. Unbelievably wonderful.
 6. Christened.
 7. Tomorrow Never _, James

Bond film.
 8. Metal container with a spigot used for making and serving coffee.
 9. Chew and swallow food.
 10. Less costly metal mixed with a more valuable one.
 11. Set down according to plan.
 12. Any of several gooey substances usually made from glue and used as a glaze for porous materials.
 13. Rocks from which metal can be obtained.
 18. Saturn's sixth satellite.
 19. Long-haired cat.
 23. Give an absolute right to title.
 24. Sudden thrust with a sword.
 25. River in central Europe.
 26. Arabic for "friend."
 27. Cost.
 28. Set anew.

29. Small area set off by walls for special use.
 30. Colorless liquid used to put people to sleep.
 31. Nourishes.
 32. Brief and to the point.
 34. Cruel person.
 37. Female ogre.
 38. Not simulated.
 39. Earnestly request.
 45. Capital of Zimbabwe.
 46. Used for baking.
 47. Needs.
 48. Supply ready-to-eat food.
 49. Highest point.
 50. Deprive of by deceit.
 51. Vex.
 52. Pilaster at doorway side.
 53. Become dirty.
 54. Eject stomach contents through the mouth.
 55. In the direction of the sea.
 57. Restaurant bill.
 58. Whole quantity.
 59. 2003 Will Farrell movie.

LAST WEEK'S ANSWERS



CRYPTIC PUZZLE

B XCWD DQ DFFWG BQDW DCH DBF,
 DQJ BD XDKLM.


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


PEOPLE WANT ECONOMY AND THEY WILL PAY ANY PRICE TO GET IT.


Weekly Echo Horoscopes


July 9th to July 15th, 2007


ARIES (Mar. 21- April 20)

 Travel will result in new romantic attractions. Sudden changes could result in estrangement's. Be aware that a female you work with may be trying to hold you back. Relatives may play an important role in your social activities.


TAURUS (Apr. 21- May 21)

 Minor accidents could occur if you don't take precautions. Make sure to arrange in advance to spend quality time together. Your self esteem will benefit. Friends will be loyal and caring. There will be hidden matters that you may find disturbing.


GEMINI (May 22-June 21)

 You can get ready to celebrate your new direction. Encourage the youngsters in your family. Everything is moving quickly, just the way you like it. The knowledge you have will enhance your reputation.


CANCER (June 22-July 22)

 Seminars will provide you with knowledge and amusement. You have bent over backward trying to help them and now it's time to let them stand on their own two feet. Major moves will be emotional and not necessarily to your benefit. Do your job and don't ask for favors.


LEO (July 23-Aug 22)

 Your knowledge and good sense will help more than you think. Compromise may be necessary. Insincere gestures of friendliness may be misleading. Your bankbook will suffer and your restrictions will put a damper on your relationship.


VIRGO (Aug. 23 -Sept. 23)

 You can make money but not through harebrained schemes or gambling. Relatives will not agree with the way you are dealing with your personal problems. Avoid too much discourse with colleagues this week. Instant romance could be yours if you go out with friends.


LIBRA (Sept. 24 -Oct. 23)

 Pleasure trips will be most enjoyable and should lead to new and lasting friendships. Try to spend some time on your own. Your determination may make you a little overbearing when dealing with others. Your ability to converse with charm will entice someone you may have had an interest in for some time now.

SCORPIO (Oct. 24 - Nov. 22)

 Don't let children or elders put demands on your time. Avoid being intimately involved with clients or colleagues. Curb or cut out that bad habit you've been meaning to do something about. You may not be happy if members of your family are not pulling their weight.

SAGITTARIUS (Nov. 23 -Dec. 21)

 You might find it difficult to control your emotions. Put your efforts into job advancement. You may not have the same ideas when it comes to what you both enjoy. Social events will lead to a strong and stable relationship.

CAPRICORN (Dec 22.- Jan. 20)

 You need to fulfill your needs and present your talents. Don't be afraid to make additions to your house. You have the ability to motivate others. Make alternate plans just in case you need to make a career shift.

AQUARIUS (Jan. 21 -Feb. 19)

 Hold on; your time will come. You may have some difficulties with someone you live with. Get friends to help you with the preparations. Don't be too quick to react.

PISCES (Feb. 20-Mar. 20)

 Don't make large purchases unless you have discussed your choices with your mate. Overindulgence will mean poor health. You can make headway in the workforce if you put your mind to it. Take your time before making personal decisions.

Lac du Bonnet RCMP Report



Monday, June 25th, 2007
 At 8:42 AM there was a report of stranded boaters at Crowduck Lake. These had been located and assisted by a camp owner.
 At 9:30 AM there was a complaint of unsafe boating actions in the Pinawa Channel which had occurred on June 23rd.
 At 9:40 AM there was a report of someone living in their van at the Lac du Bonnet Boat Launch.
 At 2:02 PM there was a report of damage to the Pinawa Secondary School. File is under investigation.
 At 7:31 PM there was a report of an alarm going off at a

Lac du Bonnet business. The business owner had actually set it off.
Tuesday, June 26th, 2007
 At 9:16 PM there was a request to check on the well being of a subject in Whitemouth. Same was done and all was well.
Wednesday, June 27th, 2007
 At 5:50 AM there was an alarm at a residence in the RM of Lac du Bonnet. Same was false.
 At 8:30 AM there was a report of damage to a residence in Lac du Bonnet. A rock was thrown through a window overnight. Matter is being investi-

gated.
 At 10:50 AM there was a report of a broken window at the Lac du Bonnet Senior School which had occurred between 7:10 AM and 9:30 AM. A rock had been thrown through the window.
 At 12:14 PM there was a report of a theft of equipment in Pointe du Bois.
Thursday, June 28th, 2007
 At 1:22 AM there was a guitar reported stolen from a business in Lac du Bonnet.
 At 8:00 AM there was a report of vandalism to a vehicle in Lac du Bonnet. A windshield was smashed out by a rock. Investigation is continuing.
 At 10:00 AM there was a Protection Order sworn for a subject from Lac du Bonnet.
 At 7:30 PM there was a report of a theft of a Polaris Jetski from Lee River area.

of a subject intoxicated and causing problems downtown Lac du Bonnet. One subject was arrested and lodged in cells.
 At 8:00 AM there was a report of a theft of gas from the RM of Lac du Bonnet which occurred overnight.
 At 8:30 AM there was a report of a found tire and rim on PR 502.
 At 9:00 AM there was a report of a lost wallet in Lac du Bonnet.
 At 9:53 AM there was a report of arson to a Ste. Rita Metis Federation sign. Same is under investigation.
 At 10:21 PM one subject was located in Lac du Bonnet with open liquor and a quantity of Marijuana and Mushrooms. He was arrested and charges are pending for Possession of same.
 At 11:45 AM there was a report of a loud dirt bike in Lac du Bonnet. One subject was located and was warned of his actions.
 At 12:01 PM there was a report of a stolen gazebo from Pinawa Bay area.
 At 12:23 PM there was a report of an accident on Belluck Road. Single vehicle hit a deer.
 At 2:00 PM there was a report of an Impaired Driver on Highway 11. A patrol was made and vehicle was not located.
 At 4:15 PM there was a report of a found canoe in the RM of Lac du Bonnet.
 At 7:15 PM there was found property in Lac du Bonnet. Owner contacted to pick same up at the office.
 At 8:37 PM there was a report of Uttering Threats from the RM of Reynolds. Matter is being investigated.
 At 9:24 PM there was a report of a Mental Health Act at Pointe du Bois. A patrol was made and members assisting in transporting to Pinawa Hospital.
 At 11:01 PM there was a report of cattle loose on Highway 317. Unable to attend until later due to festivities in town. No cattle were seen then.
 At 11:39 PM there was a report of an Impaired driver in Whiteshell Provincial Park. A patrol could not locate the vehicle.
 At 11:45 PM there was a report of a domestic situation. No charges as only a verbal argument.
 At 11:57 PM there was a 911 call to the RM of Lac du Bonnet. A patrol was made but police were not required as no criminal offence had occurred.

charges pending.
 At 1:32 AM there was a report of an Impaired driver in the RM of Lac du Bonnet. A patrol did not locate the vehicle.
 At 2:36 AM there was a subject located in Lac du Bonnet and arrested for Intoxicated in a Public place. Charge of Open liquor was also laid.
 At 10:30 AM there was a report of vandalized news paper boxes and emergency numbers on Halliday Drive which had been run over with a vehicle.
 At 10:32 AM there was a report of a theft of quad from the RM of Lac du Bonnet. Same was found by owner in a bog.
 At 10:45 AM there was a report of an incomplete 911 call from the RM of Lac du Bonnet. Same was all fine.
 At 12:12 PM there was a report of a possible Impaired driver. Members were tied up and unable to find the vehicle.
 At 12:30 PM members attended parade in Lac du Bonnet.
 At 1:16 PM there was a report of a problem with a train in Rennie. Call back that the train was now operational and moving again.
 At 3:00 PM there was a report of an ATV driving on roads in the RM of Lac du Bonnet. A patrol could not locate the vehicle.
 At 6:30 PM there was a report of an Impaired driver in the RM of Lac du Bonnet. The vehicle was located and the driver was not intoxicated.
 At 8:33 PM there was a report of an Impaired driver on Hwy 317. Police found subject vehicle but the driver was not impaired.
 At 9:30 PM there was a report of a cyclist in Pinawa with a rifle. A patrol was made and the gun was a pellet gun. No charges to be laid.

Lac du Bonnet Community Billboard

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

Prenatal classes: held regularly at Lac du Bonnet. Please register with Gail 268-7465 or call your local public health nurse.
Lac du Bonnet Lions Club meets the first and third Monday of each month, 7:00 p.m., LdB Community Centre.
Lac du Bonnet Regional Library open Tues. and Thurs. 10:30 a.m. to 4:30 p.m. and 7:00 to 8:30 p.m.; Wed. and Fri. noon to 4:30 p.m.; Sat. 10:30 a.m. to 2:30 p.m., ph. 345-2653.
Great Falls Women's Institute meets first Wednesday each month 7:00 p.m. Great Falls Hall. Pat 367-2586, Leone 367-8569.
Ladies' Auxiliary Royal Canadian Legion Branch #164 meets first Tuesday of the month 7:00 p.m. Legion Hall.
LdB Committee on Family Violence and Abuse meets second Tuesday of every month 7:00 p.m. Contact person 345-2664.
Royal Canadian Legion Branch #164 general meetings third Tuesday of each month 7:30 p.m. Legion Hall.
St. John's ACW meets first Monday of every month 1:30 p.m., parish hall.
Lakeshore Al-Anon Group Thursday 7:30 p.m. Lac du Bonnet District Health Centre, 89 McIntosh. Call Teri 345-8712
Lakeshore Al-a-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, Hadaahville.
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 Milrek Szymal, 345-2900
 Lac du Bonnet: 5:00 p.m. - Saturday mass, 11:00 a.m. Sunday mass
 Pinawa (senior school): 9:15 a.m. - Sunday mass

ST. JOHN'S ANGLICAN CHURCH
 Rev. Sandra Taskard 367-9520, church 345-2357
 Sunday: 11:30 a.m. - worship; 11:30 a.m. - first and third Sunday of each month, holy eucharist.

Friday, June 29th, 2007
 At 8:55 AM there was a report of stolen property from a boat at Otter Falls.
 At 9:00 AM there was a report of a youth driving a motorized bike recklessly in town. Family was spoken to about same.
 At 10:35 AM there was a report of a found boat in the RM of Lac du Bonnet. Same had floated away from the neighbors.
 At 6:30 PM there was a report of a possible impaired driver in the RM of Lac du Bonnet. A patrol was made but the vehicle was not located.
 At 10:00 PM there was a vehicle stop which resulted in charges of Breach of Probation, Possession of Marijuana and other provincial charges.
 At 10:15 PM there was a report of an intoxicated male causing problems at the Fair. One person arrested and charged with possession of Marijuana and lodged.
 At 10:35 PM there was a subject arrested and lodged for Causing a Disturbance at the Fair in Lac du Bonnet.
 At 11:35 PM there was a report of suspicious noises from an area in Lac du Bonnet. A patrol found no activity in the area.
Saturday, June 30th, 2007
 At 12:01 AM there was a complaint of a loud party in Lee River area. Party was attended and subjects were warned.
 At 12:32 AM Police observed an intoxicated subject walking north on Highway 502 staggering into traffic. Arrangements were made for her to be picked up and taken home.
 At 2:21 AM there was a report of a subject intoxicated and causing problems downtown Lac du Bonnet. One subject was charged with Causing a Disturbance and was lodged.
 At 2:36 AM there was a call

of a subject intoxicated and causing problems downtown Lac du Bonnet. One subject was arrested and lodged in cells.
 At 8:00 AM there was a report of a theft of gas from the RM of Lac du Bonnet which occurred overnight.
 At 8:30 AM there was a report of a found tire and rim on PR 502.
 At 9:00 AM there was a report of a lost wallet in Lac du Bonnet.
 At 9:53 AM there was a report of arson to a Ste. Rita Metis Federation sign. Same is under investigation.
 At 10:21 PM one subject was located in Lac du Bonnet with open liquor and a quantity of Marijuana and Mushrooms. He was arrested and charges are pending for Possession of same.
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 At 9:24 PM there was a report of a Mental Health Act at Pointe du Bois. A patrol was made and members assisting in transporting to Pinawa Hospital.
 At 11:01 PM there was a report of cattle loose on Highway 317. Unable to attend until later due to festivities in town. No cattle were seen then.
 At 11:39 PM there was a report of an Impaired driver in Whiteshell Provincial Park. A patrol could not locate the vehicle.
 At 11:45 PM there was a report of a domestic situation. No charges as only a verbal argument.
 At 11:57 PM there was a 911 call to the RM of Lac du Bonnet. A patrol was made but police were not required as no criminal offence had occurred.
Sunday, July 1st, 2007
 At 1:30 AM There were a number of people intoxicated outside of the beer tent as it closed. There were a couple of fights which occurred and subjects lodged in cells with

charges pending.
 At 1:32 AM there was a report of an Impaired driver in the RM of Lac du Bonnet. A patrol did not locate the vehicle.
 At 2:36 AM there was a subject located in Lac du Bonnet and arrested for Intoxicated in a Public place. Charge of Open liquor was also laid.
 At 10:30 AM there was a report of vandalized news paper boxes and emergency numbers on Halliday Drive which had been run over with a vehicle.
 At 10:32 AM there was a report of a theft of quad from the RM of Lac du Bonnet. Same was found by owner in a bog.
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 At 8:33 PM there was a report of an Impaired driver on Hwy 317. Police found subject vehicle but the driver was not impaired.
 At 9:30 PM there was a report of a cyclist in Pinawa with a rifle. A patrol was made and the gun was a pellet gun. No charges to be laid.
Monday, July 2nd, 2007
 At 12:12 AM there was another fight outside of the beer tent in Lac du Bonnet. Two subjects were arrested with charges pending against one.
 At 2:54 AM there was a complaint of Uttering Threats in Lac du Bonnet. One subject was arrested with charges are pending in this matter.
 At 10:27 AM there was a dog found in Lac du Bonnet. Same is a terrier. If you lost this dog contact Lac du Bonnet Detachment.
 At 3:53 PM there was an alarm at the airport. Same was cancelled by keyholder prior to attendance.

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.

Beaches golf course Charity Golf Frolic. Friday, July 13th and Friday, July 20th. Costs is \$25.00. Play either 9 or 18. \$2.50 from entry goes to Manitoba Child Find and \$2.50 goes to the Manitoba Lung Association. Door prizes, BBQ, cash bar, select tee times, enter as mixed team or individual, call 754-8789. 24-2

WINTER GET-A-WAY in the Dominican - Rent my timeshare for top quality and savings. Call 756-2264 or email: danser@mts.net 16h

A house or trailer in Pine Falls, St. Georges, Great Falls or Silver Falls area, phone Walter at 1-204-482-6171. 11-4

Papertown Motor Inn requires a mature and motivated individual for a full-time position in the kitchen.. 20-17h

Wanted to buy used 750 or 1000 gallon sewage holding tank, call Ed (204) 253-8130.

May the Sacred Heart of Jesus and the Immaculate heart of Mary, be praised, adored and glorified throughout the world forever and ever. Amen. Say 6 times a day for 9 days and promise publication and your prayers will be answered no matter how impossible they may seem by the ninth day 20-17h

Rooms and Suites for rent. Weekly and Monthly rates available. Hydro and satellite included, call Omer at 367-9991 or 367-4210. 20-17h

For all your advertising needs
Call 367-9468
or fax 367-9974

Call
367-9468
or
email
367-9974



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. Please contact us for any Classified advertising questions at 367-9468.

SILVER HAVEN MEAL PROGRAM

Open to all seniors 55 and over. You are welcome to bring a guest. All meals are \$5.00. Meals are at 11:30 noon Mondays, Wednesdays and Fridays. Your name must be put on the list the day before by calling.

Silver Haven at
367-4620 or Denise
367-2374

Wednesday, July 11
Salad, chicken paprika,
noodles, cauliflower,
chocolate pudding.

Friday, July 13
Soup, quiche, salad &
fries, fruit and carrot cake.

Monday, July 16
Salad, ham, scalloped
potatoes, corn,
apple pie.



Cleaning Glass and Ceramic Cooking Surfaces

Have you recently purchased or thinking about purchasing a stove or cook top with glass or ceramic cooking surface? If you have this type of cook top you may be puzzled on how to clean it or keep it clean. If not, you may be scared to try something new. It just takes a little time to get use to cooking on them and cleaning is simple.

Some things that can cause problems cleaning glass-ceramic cooking surfaces are:

Not cleaning surface before first use. Clean with a cooktop cleaner and it will make cleaning in the future easier.

Pan bottoms are not clean and dry before use.

Cleaning is not done routinely. If spills are not removed and burn on, they are more difficult to remove. Some hints for cleaning include:

General cleaning and light soil: Use a clean dishcloth with soap and water or a nonabrasive cleaning powder. Rinse and dry. OR, apply a small amount of cooktop cleaner with a nonabrasive cloth. Buff with a dry cloth.

Crusty burned on soil: Use a single edge razor blade, place at a 30 degree angle and scrape off spot. Use extreme caution when using this method, so you don't scratch the surface. Clean remaining soils with cooktop cleaner.

Using incorrect cleaning products. Do not use abrasive cleaners such as cleansing powders, scouring pads, etc. They can scratch the surface. Do not use chemical based cleaning products containing chlorine bleach, ammonia or caustic agents. They can discolor the surface.

When selecting pots and pans to use on a glass-ceramic surface check the pan for bottom flatness. Pans should not extend more than 1-inch beyond the cooking area on a glass-ceramic cooking surface. On glass-ceramic surfaces a built-in temperature limiter will sense uneven heating when an oversized pan is used and lower the heat resulting in slow cooking. It is very important to read the instruction manual that comes with your stove or cooktop. Follow the recommend manufacturers instructions for use and cleaning.

TEMBEC ENTERPRISES INC. FOREST RESOURCE MANAGEMENT

PUBLIC NOTICE

NOTICE IS HEREBY GIVEN THAT TEMBEC WILL CONDUCT THE FOLLOWING ON FML01:

- 1) CHEMICAL SITE PREPARATION
- 2) CHEMICAL PLANTATION RELEASE

660 hectares on Tembec's Forest Management License 01 are identified for spraying from August to late September 2007 using the forest herbicide Vision? (glyphosate). Spraying will be done to control competing vegetation in areas that will be planted and in existing plantations.

The public may send written submissions or objections within 15 days of the publication of the notice to the department below.

MANITOBA CONSERVATION
PESTICIDE/ FERTILIZER APPROVALS
123 MAIN STREET, SUITE 160
WINNIPEG, MANITOBA
R3C 1A5

Town of Powerview Pine Falls PUBLIC NOTICE

Regarding Two Variance Applications

Public Notice is hereby given pursuant to subsection 162(2) of the Municipal Act that the Council of the Town of Powerview-Pine Falls has scheduled a Public Hearing at the Municipal Office on July 19th at 7:00pm at which time they will consider:

Two Variation Orders

Council will hear any person who wishes to make representation, ask any questions or register an objection to any of the above, as provided.

Questions regarding the Variation Order or review of the applications may be examined by any person during the regular office hours of the municipal office at 277 B Main Street.

K.P. Mellor
Chief Administrative Officer
Town of Powerview-Pine Falls

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Fridays 9:00am to 3:00pm



Health Centre **367-2208**
Direct Lines **367-4821**
367-4417

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- Fax: 754-2387
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Powerview/Pine Falls Dental Centre

277A Main Street, Powerview
Hwy 11 - Municipal Building
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Dr. David Kindrat
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