



New owner at The Winnipeg River Echo

The Winnipeg River Echo has changed hands. Next week Donald Norman will be at the helm.

Don Norman may be remembered by some Echo readers. Fifteen years ago, in May 1993 he published the first issue of the Pine Falls Community Voice. It had eight pages, and cost 50 cents. The front page story covered a major breakthrough in the negotiations for the purchase of the Pine Falls newsprint mill by local management and employees. Apart from working as a waiter to put himself through university it was his first job. *The Voice* was the first community newspaper in Manitoba to be fully paginated, i.e. typeset by computer using desk top publishing software.

A little over a year later Don moved to Beausejour to open the Brokenhead River Review, managing both *The Review* and *The Voice* from Beausejour. He later sold the Review and moved back to Winnipeg. Seven years ago, in May 2000, Val Anderson took ownership of the Voice assets, changed the name to *The Echo*, and started publishing at the end of

May.

Last year she moved to Winnipeg and has been commuting, on a part-time basis, to St Georges to continue publishing the paper. When she moved to Winnipeg she put the newspaper up for sale.

With a lot of help from Val, and a loan from the St Georges Community Development Corporation, Don Norman was able to take ownership this week.

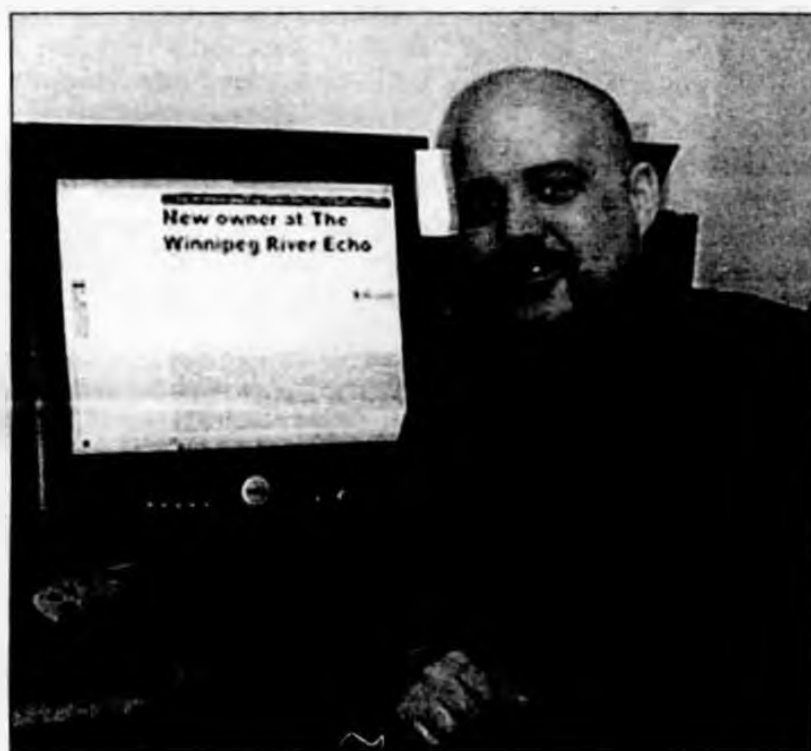
He plans to make some changes. There will be two full time people employed by the paper, himself and his father, Charles Norman who will be editing the publication. The office in St Georges will remain, but will be staffed five days a week. Regular office hours will be maintained and the office will be open for a minimum of six hours, from 10:00 am to 4:00 pm, Monday to Friday. The paper will take advantage of "direct-to-plate" publishing technology where the computer layout will be emailed to the printer in Steinbach. Delivery will be on Wednesday mornings.

The Echo will be present at all council meetings, (the RM

of Alexander, and the Town of Powerview/Pine Falls.) and will also cover court hearings on Wednesdays in Pine Falls. There will be regular interviews with Sagkeeng Chief Donovan Fontaine and regular articles on economic development in the area. The Echo will participate in the Chamber of Commerce and the Winnipeg River Round Table. There will be a feature on wildlife in the area in every issue, and regular comments on environmental issues. The Echo will be a vigilant watchdog on issues affecting justice and democracy.

Every effort will be made to provide adequate coverage of local sports news, but reports from coaches or others involved will continue to be needed. Don Norman said the help of the public making the paper aware of news items is essential.

The Paper will not be carrying news from Lac du Bonnet, but will be making every effort to cover news from Bissett, Hollow Water, Manigotagan, Black River, in addition to Great Falls, St Georges, Sagkeeng, Victoria



Beach, Traverse Bay, Belair and Grand Beach.

The front page will be redesigned so that readers can see at a glance what news items are carried inside. Beaches or Sagkeeng residents for example, will be able to see if there is a news story affecting their area before they purchase the paper.

Norman is hoping that all this will increase circulation, which he says is essential if The

Echo is to thrive and provide good news coverage of the area. He hopes that the public will respond well to a subscription campaign planned for February.

We look forward to being your local community newspaper and encourage you to bring forth your news for publication.

Next week's issue will feature a tribute to Val Anderson who has made a significant contribution to this community.

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I am a prisoner in my home

Open Letter to the Minister of Highways

The Victoria Beach Snowmobile Club's Groomer while grooming crosses my driveway. The snowmobiles fly across my driveway, racing down the ditch never stopping, never looking. They also drive into my yard and make half spins. I am afraid to leave my home in my car.

Where I live - is this not a residential area? When did it become a snowmobile trail? Who made it a snowmobile trail? Now in the summer it has become a quad and dirt bike trail as well.

There was a meeting at the end of my driveway on Friday the 11th with the RM of Alexander, Duncan Stokes from Snoman, a representative from the Dept of Highways, The Groomer Norm Brunel, and the President of the Snowmobile Club of Victoria

Beach. Nobody introduced himself or herself, nobody spoke to me, nobody told me of my rights. Why wasn't I informed? Do they think because I am 91 years old I am not able to understand?

But when the driveway was put in years ago I had to pay for the culverts and the gravel. I sure was notified then. I am told I can't have reflectors on my driveway - if you drive along any highway others have reflectors why can't I. Why am I being discriminated against, why is it nobody willing to help me but they are helping the groomer man.

When I leave home I first have to stop and check for snowmobiles and then I stop for traffic on Hwy 59. This is all done on the ice that the groomer and snowmobiles has built up. I either get stuck on the ice or slip off the driveway and get stuck. Even my son

with his 4-wheel drive truck has problems.

Why does there have to be four snowmobile trails - they fly in front of my home, they fly down Leon drive, they are going down the west side ditch and they go on the railway track. I know they need to get gas and liquor for their rides but why can't the trail be made on the West Side of 59 Hwy. Or the old railway bed so they cross the highway only once at the corner of Hwy's 59 and 11 where there are proper stop signs.

Besides making it dangerous for me to come out of my driveway - the ice builds up on the driveway 4 to 6 inches and has to be chopped out by hand. In the summer when I try to cut the grass on the edge of the driveway where now there are stones from the groomer and no more grass. I don't see the groomer here to help with this job. I don't see the R.M or Highways here to help even though Highways says it's their driveway.

This problem has been going on for the past 5 years and nobody will listen to me - If nobody comes to help me I will block the driveway - the First Nations can do it - I can do it. Take me to jail - I don't care - no one listens - no one cares.



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The **Winnipeg River Echo**

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.

Hockey Gold for Girls in Fargo, ND Tournament

On Jan 4-6, three local midget girl hockey players; Paige Roy, Lindsay Mysak and Katie Mysak, played on the gold medal team in the 19 and under division of the Fargo, North Dakota International Girls' Hockey Tournament.

The girls play with the Luxton Falcons in the Winnipeg Minor Hockey Midget Girls A1 League. In their pool at the tournament the Falcons won 3-2, 2-1 and then in the gold medal final defeated the

Big Sky Wild Cats from Bozeman Montana, 4-1.

During the tournament, team captain Katie Mysak had two goals and two assists, Lindsay Mysak had one goal and two assists and Paige Roy playing defense had one unassisted goal and one assist.

Since the Fargo Tournament the Falcons have won all their league games with the last three scores being 6-0, 5-0 and 5-1. Moving steadily from the basement to one of the top standing teams, a Midget Girls

City of Winnipeg Championship is well within the Falcons' reach.

The midget girls look forward to watching the Pineview Bantam Girls Hockey Provincial

play as the host team for this year's Bantam C Girls Hockey Provincial

Tournament at the Pine Falls Arena, March 7-9. Girls Rock Hockey!



(left to right) Katie Mysak, Paige Roy and Lindsay Mysak of the Luxton Falcons with their gold medals.

Under the Highway Traffic Act the Highway Traffic Board

Notice is hereby given that a hearing of the Highway Traffic Board will be held on **Tuesday, February 12, 2008** at 1:00 p.m. in Room 204-301 Weston Street, Winnipeg, Manitoba, R3E 3H4 Phone: 204-945-8912 and **Wednesday, February 13, 2008** at 9:30 a.m. in Room 88, Brandon Provincial Building, 340-9th Street, Brandon, Manitoba.

Speed Zones - Part IV - Sections 97 & 98 H.T.A.

001-SH - Manitoba Infrastructure and Transportation (Provincial Traffic Engineering Branch)

Consideration to be given to increase the speed limit from 100 km/h to 110 km/h on portions of P.T.H. No. 1 on the following sections of divided roadway:

- from the Saskatchewan boundary to Virden (approximately 44.0 km in length);
- from a point just east of the intersection of P.R. No. 464 (near Brandon) easterly to a point 3 km from the rail crossing just west of Carberry (approximately 10.75 km in length);
- from a point 3 km east of the rail crossing at Carberry easterly to a point 3 km west of P.T.H. No. 16 near Portage la Prairie (approximately 63.5 km in length);
- from a point just east of the intersection of P.T.H. No. 13 easterly to a point 3 km west of the intersection of P.R. No. 248 (approximately 15.8 km in length);
- from a point 3 km east of the intersection of P.R. No. 248 easterly to a point 3 km west of the at grade rail crossing near P.R. No. 334 (approximately 20.4 km in length).

075-SH - Manitoba Infrastructure and Transportation (Provincial Traffic Engineering Branch)

Consideration to be given to increase the speed limit from 100 km/h to 110 km/h on portions of P.T.H. No. 75 on the following sections of divided roadway:

- from a point south of the intersection of P.R. No. 210 southerly to a point 2 km south of the intersection of P.R. No. 330 (approximately 40.0 km in length);
- from a point just south of the south intersection of St. Jean Baptiste Access Road southerly to a point 150 m north of P.R. No. 243 (approximately 28.0 km in length).

The Highway Traffic Board will be prepared to consider all submissions, written or oral, on the above applications by contacting the Secretary prior to or at the hearing.

Iris Murrell, Secretary
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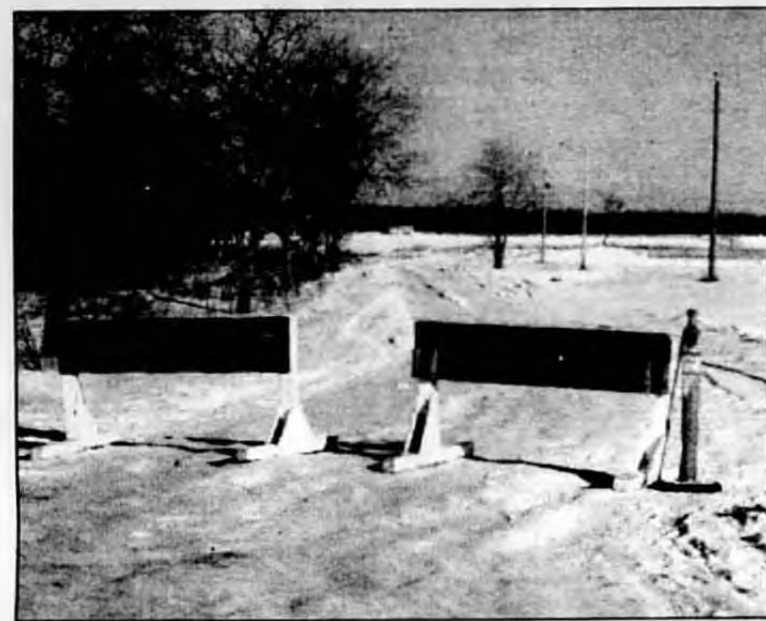
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For more information on these programs contact 1 888 MB HYDRO (1-888-624-9376) in Winnipeg 480-5900 or visit www.hydro.mb.ca.

Tragic accident on Sagkeeng ice bridge



Ice Bridge at Sagkeeng

By Charles Norman

At about noon last Thursday 34 year-old Trevor Bruyere was clearing snow on the ice bridge across the Winnipeg River close to the Sagkeeng Multiplex Arena. He was about half way across when his backhoe plunged through the ice.

Usually, by mid January the ice is thick enough to enable vehicles to cross the drive across safely, but an unusually mild winter has caused two problems. It has not been cold enough to generate an adequate thickness of ice and, because of the mild winter, and frost has not penetrated far

enough into the ground to slow down the flow of ground water into the river. High ground water flows, coupled with mild temperatures have kept the ice thin.

RCMP Staff Sergeant Len Hordik said the thin ice has, up to Monday afternoon, made it impossible to attempt to recover the body safely. He said that, in the vicinity of the accident there was a layer of good quality ice about five inches thick and another layer of poor quality ice five inches thick, separated by an air space of about two inches. Drilling through the ice has resulted in the two inch space being filled

with water. Sagkeeng Public Works have cleared snow upstream and the RCMP have been working with Manitoba Hydro to limit the flow of water through the Pine Falls Generating Station as much as possible. All this, coupled with the recent cold snap has resulted in ice about 12 inches thick, "although," Hordik says, "not all of it is good ice."

Sagkeeng public works personnel are freezing posts into the ice upstream of the accident so that divers from the RCMP underwater recovery unit can anchor themselves prior to diving.

The RCMP, using an underwater camera and fifty feet of cable have been able to locate the vehicle in 54 feet of water, but because of the short cable they were unable to see if the body was still in the vehicle. They planned to make another attempt Monday night or Tuesday morning with a longer cable. The RCMP have been trying to contact Tim Smyski, Highways Department ice road expert, to check the ice on the river prior to the involvement of the underwater recovery team.

Coalition Coordinator

North Eastman Parent-Child Coalition Bright Beginnings is seeking applications for a Coalition Coordinator. The successful applicant will be a highly motivated individual with leadership and partnership building skills, along with excellent communication and computer knowledge. The ability to work independently is required. The successful applicant will be knowledgeable of early childhood development with an interest in building capacity for families and children living in the North Eastman region. A vehicle and valid drivers license is required. This is a contract position ending December 2008.

Interested applicants are encouraged to submit a resume by Feb. 1, 2008 to:



Bright Beginnings Coalition
Box 664
Pinawa, MB R0E 1L0
or
email resume to:
gales@mts.net

Legion news



Pine Falls Branch #64

Since our last legion news, we are happy to report that all is well but we do need more people coming to our clubrooms. We have cut down our operating hours for the winter months. We are now open Tuesdays and Fridays only from 3:00pm to 10:00pm.

Our meat draw is still held each Friday from 5:00pm to 6:00pm. Our Friday suppers help us a lot and we sincerely thank our supporters and volunteers. On January 25th our supper will be serving Roast Beef. On February 8th it will be Roast Pork and on February 22nd we will be serving Chicken Parmesan. There are 30 tickets available for each supper at a cost of \$10.00 each.

The winners of our Early Bird draws were Fritz Kembal for the branch and Lillian Veilleux for the Ladies Auxiliary. We still have quite a few members who have not renewed their dues. Please do so as soon as possible. Stop in the clubrooms or mail in your

dues., Branch dues are \$38.50 for retired members and \$43.50 for regular and can be mailed to Box 329, Pine Falls. Ladies Auxiliary dues are \$15.00 and can be mailed to Box 366, Pine Falls. There will be no branch meeting in February as most of our executive is away on holidays. Our next scheduled branch meeting will be on Thursday, March 13th at 7:30pm, please attend.

We want to thank our members, friends and neighbours and drop-ins who are keeping Branch 64 alive. If you need to rent a place for anniversaries or parties, etc. our clubroom is available. We welcome you. Thank you all and we hope to see you at the Legion.

Lac du Bonnet Legion #164

WEEKLY ACTIVITIES

MONDAY
Table Top Curling 6:30 p.m. - Lounge
Bingo 7:00 p.m. - Hall

TUESDAY
Po Ke No 2:30 p.m.

WEDNESDAY
Pool 1:00pm Cribbage 7:00 p.m.

THURSDAY
Darts 7:00 p.m.

FRIDAY
Bridge 1:00pm Bingo 7:00 p.m. Lounge

SATURDAY
Meat Draw 2:30 p.m.
1st Saturday of each Month - Jam Session

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Canadian health care ranks near the bottom



Winnipeg - Manitoba Liberal Leader Dr. Jon Gerrard today highlighted the importance of improving patients' rights and pointed to Liberal Bill 220-The Right to Timely Access to Health Care act as being a crucial step in improving the overall health care system in Manitoba.

According to the Euro-Canada Consumer Index Report, released today by the

of health care in this province, it is the goal of the Manitoba Liberals to ensure that all Manitobans receive the best care possible when they need it."

The report emphasized that 'to date there is no province with a clearly enshrined right to timely and effective treatment that provides practical remedies, without which patient guarantees are meaningless. In this regard Canada falls well behind the great majority of European countries in

the index.'

"This report clearly indicates the importance of Bill 220 and I hope that the NDP will recognize the necessity of giving Manitobans a legal right to timely access to quality care, and that they will join Manitoba Liberals and support our bill," Dr. Gerrard said.

Bill 220 also gives patients the right to access information about their treatment, being made aware of all available treatment options and to access information on the quali-

fications of their attending health care practitioners.

Bill 220 reached first reading on December 4, 2007 and will be debated at second reading when the Manitoba Legislature reconvenes in the spring.

"While the comparison between Canada and Europe goes much deeper than just patients' rights, improving patients' rights in Manitoba and Canada is clearly a very important step we need to take to improve our health care system," Dr. Gerrard said.

Paper Kings Bounce Back

After winning seven straight games the Kings hosted Lorette on December 22. The boys were looking to keep their streak going and make it eight straight wins. There must have been a few paper machines down because Saturday night the boys came out flat! Lorette quickly filled the net to make the score at the end of the second period 5-1 in favor of the visiting team. Assistant coach Pachkowsky said the boys came out over-confident and in turn were on their heels allowing countless opportunities by

the strong Lorette team. However, the boys regrouped during intermission and came out flying in the third. The Kings did not waste anytime and within minutes had put a few pucks in the net to make the score 5-4. The Kings were pressing! Just as the machines got rolling we had a breakdown. The boys took a few penalties and as fast as they scored 3 goals, Lorette took over, and pulled away victorious with a final score of 8-4.

After the Christmas break, the boys knew they had to come

out and redeem themselves. They had the opportunity to do so in front of a home crowd on Wednesday January 9 when they faced Springfield. The boys came out hard and played some good hockey. One local fan who attended the game called it a "blow out" as the boys defeated Springfield 10-2 in the first of a best of 3 series in round one of the provincial playoffs. The Kings are on the road this weekend in what will be two very important regular season games if they hope to see some playoff action.

MIDGET ALL STAR GAME

Sunday, January 20

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12:00 NOON

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The deadline for applications is **January 26, 2008**. We thank you for your interest and will contact you if you are selected for an interview.

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Fun en francais a l'Ecole Powerview School

submitted
What a whirlwind of activities and projects undertaken by the immersion students at Ecole Powerview School...Casting!!! Fun and exciting things have been happening. Maternelle to grade 12 immersion students have been breathing, eating, learning and shar-

ing their joie de vivre en francais. From drama presentations, l'heure du conte, author studies of French books which inspired the students to create their own magical tree, a totally French bingo complete with charades and improv...our students know what joie de vivre is all about. The students wanted to share their talents and found opportunities to give back to the community. A monthly theme gave them an opportunity to contribute to the showcase in the foyer by the office. Their final touches greeted visitors and brought many to a stop to

observe the details behind the glass.

There was a true willingness on the part of the students to touch the community beyond their school walls. They wanted to communicate with the French speaking soldiers stationed in Afghanistan. Maternelle to grade 8 immersion students creatively found a variety of ways to express their appreciation for the sacrifices these brave men and women are making for their country, for the Afghan people and for us. Some students chose to make drawings that were magical, others wrote poetry that framed a dove, the bird of peace, while many students wrote letters that truly expressed their deepest feelings and values.

As Christmas approached another community outreach

was undertaken. There was a buzz of Christmas cheer...an army of French elves were busy cutting, pasting, drawing, making Christmas cards...there was the smell of icing, cookies and candies. When all was done, Foyer Chateauguay in St-Georges and Winnipeg River Manor in Powerview-Pine Falls each received a tall Christmas tree made of homemade sugar cookies and decorated with candies. Each tree was accompanied with their handmade cards full of best wishes.

Our students are having fun EN FRANCAIS! Stay tuned to find out what exciting activities and projects the immersion students will be undertaking for 2008. You better take your "ceinture fleche" (sash) out of the mothballs...I think I hear some toe tapping...



A display of cards and a handmade cookie tree which decorated the foyer's at Chateauguay St. Georges and the Winnipeg River Manor

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Winnipeg River RCMP Report

Reporting from December 17th to December 31st, 2007



December 17:
RM ALEXANDER - a female has been charged after physically assaulting another female at a residence. Several people broke up the altercation, but the suspect continued to verbally harass the victim when police were contacted. Investigation continues.

The woman was located, returned to hospital and turned over to family members.

December 20:
HOLLOW WATER - investigation continues into an incident of sexual interference. - a break, enter and theft at a residence was reported to police.

pushing match ensued resulting in the female attending local hospital for injuries to a hand. Investigation continues.

December 21:
PINE FALLS - police responded immediately when a suicidal male threatened an ex-spouse and fled the residence. The man was later located, taken for assessment to hospital and released to a family member.

December 24:
BLACK RIVER - police apprehended a male after an assault on his common law spouse. The man also had 4 outstanding warrants issued by Winnipeg Police Services and was remanded into custody to Provincial Remand Centre.

December 29:
FORT ALEXANDER - an incident of threats being uttered was referred to the peace bond process by police. The incident revolved around a family dispute.

December 25:
HOLLOW WATER - a stolen vehicle was recovered by the owner. Culpits in the early morning hours had stolen the truck from a driveway.

December 26:
FORT ALEXANDER - investigation continues into an assault of a female.

December 30:
FORT ALEXANDER - police attended to a residence where a male continued to be combative with guests. The man known to police was found to be in breach of court conditions and was taken into custody where he continued to be uncooperative with police resisting arrest. He was finally charged and transported to provincial remand center. No one was injured in the incident.

December 21:
PINE FALLS - police responded immediately when a suicidal male threatened an ex-spouse and fled the residence. The man was later located, taken for assessment to hospital and released to a family member.

December 25:
HOLLOW WATER - a stolen vehicle was recovered by the owner. Culpits in the early morning hours had stolen the truck from a driveway.

December 31:
PINE FALLS - investigation

December 18:
FORT ALEXANDER - a complaint of theft of clothing from a residence was reported to police. Investigation continues as a suspect was identified in the incident.

December 22:
FORT ALEXANDER - a warrant was executed on a male evading police. The man was charged with 2 counts of spousal assault of a female and 2 counts of breach of a probation order. He was remanded into custody to provincial remand center.

December 31:
PINE FALLS - investigation

December 19:
RM ALEXANDER - police were dispatched and additional manpower dispersed when a semi trailer slid off the highway en route to Pine Falls From Winnipeg. The unit was carrying a hazardous chemical, Sodium Hydrosulfite a reducing agent. Police contained traffic to the area until such time as the trailer was removed 24 hours later. The lone driver and occupant was not seriously injured and no product was spilt in the mishap. Canutech, CWS Logistics plus all assisting emergency response agencies were involved in the safe removal of the unit.

December 27:
HIGHWAY 11 - a snowmobile & vehicle accident resulted in 1 male being taken to local hospital for his injuries. The snowmobile collided into a parked vehicle on the shoulder of the highway. A passenger on the snowmobile was not injured in the incident. Investigation continues.

December 31:
PINE FALLS - investigation

December 22:
FORT ALEXANDER - a warrant was executed on a male evading police. The man was charged with 2 counts of spousal assault of a female and 2 counts of breach of a probation order. He was remanded into custody to provincial remand center.

December 28:
POWerview - police transported a male to local hospital for treatment of a head injury. The man was assaulted earlier in the evening by 2 unknown males. Investigation continues.

December 31:
PINE FALLS - investigation

December 23:
RM ALEXANDER - a male was charged with spousal assault after the estranged couple was in a heated argument outside a residence. A

December 28:
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December 31:
PINE FALLS - investigation

continues into an incident of threats being uttered. SUMMARY: Police also followed up on 4 false alarm(s) actioned 10 request(s) for assistance to other police services/service of legal documents, issued 3 ticket(s) under the highway traffic/liquor acts, attended 2 incident(s) under the Coroners Act, charged 1 person(s) for impaired driving/refusal of breath test, lodged 11 person(s) under the intoxicated persons detention act, attended 2 noise complaints, processed 17 traffic accident reports and transported 3 person(s) under the Mental Health Act to the appropriate facilities. Crime Stoppers will pay up to \$2000.00 in cash for information leading to an arrest in this or any other unsolved crime in Manitoba. Callers never have to reveal their identity and Crime Stoppers does not subscribe to caller ID.

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.

Lac du Bonnet RCMP Report



Monday, December 31st, 2007

At 9:21 AM there was a report of a suspicious vehicle parked in Lac du Bonnet. Checks of the vehicle found that all was fine.

At 12:17 PM there was a fire call in the RM of Whitemouth of a seasonal/recreational property. Fire was investigated and is not believed to be suspicious.

At 8:00 PM there was a false alarm at a business in the RM of Lac du Bonnet. Same was cancelled prior to attendance.

Tuesday, January 1st, 2008

At 1:28 AM there was a report of a disturbance outside of the Lac du Bonnet Community Center. One subject had been badly injured and required medical attention. Investigation is still under investigation. Lac du Bonnet RCMP is again asking for witnesses that may have seen the disturbance outside of the Community Center during this time.

At 1:46 AM there was a complaint of a disturbance at a business in Pinawa.

At 4:34 AM there was a report of a fight outside of a residence in Lac du Bonnet.

At 4:35 AM there was a complaint of a party at a residence in Lac du Bonnet.

At 4:44 AM there was a call of a disturbance at a hotel in Lac du Bonnet. A patrol was made and one subject was taken into custody for the night. No charges pending.

At 5:08 AM there was a report of a theft from outside a residence in Lac du Bonnet.

At 5:31 AM there was a complaint of a disturbance at a hotel in Lac du Bonnet.

At 8:21 AM there was a call of a family disturbance at a residence in Lac du Bonnet. A patrol was made to the scene. No charges are being considered.

At 11:00 AM there was a report of a spousal assault in the RM of Lac du Bonnet. One person was arrested and charges are pending in the matter.

At 12:01 PM there was a call of mischief to a residence in Lac du Bonnet. Matter is under investigation.

Wednesday, January 2nd, 2008

At 10:14 AM there was a report of a theft of canoe from a residence in the RM of Reynolds. Matter is under investigation.

Thursday, Jan. 3rd, 2008

At 1:37 PM there was a complaint of a person blocking their driveway with markers in the RM of Reynolds to prevent snowmobile traffic. Subject

was spoken to and same was removed.

At 5:56 PM there was a report of a possible traffic hazard on the highway near Pinawa. Something had been reported struck with a vehicle. A patrol was made and nothing was located on the highway.

At 8:13 PM there was a report of a mental health act at Pointe du Bois. One subject was taken into custody and taken to hospital for assessment and treatment.

At 10:14 PM there was a report of Uttering Threats in Pinawa. Subject wanted matter noted but no charges pursued.

At 11:58 PM there was a report of an injury accident in the RM of Whitemouth. Two occupants were taken to hospital with minor injuries resulting from the single vehicle roll over.

Friday, January 4th, 2008

At 9:35 AM there was a call of a damaged Free Press mailbox in the RM of Lac du Bonnet.

At 10:56 AM there was a complaint of Uttering Threats from the RM of Lac du Bonnet.

At 3:34 PM there was a report of theft of gas from Seven Sisters.

At 4:15 PM there was a report of a Break and Enter into a residence in the RM of Lac du Bonnet.

Saturday, January 5th, 2008

At 7:30 AM there was a call of a suspicious vehicle in Pinawa. The vehicle was checked and nothing suspicious was noted.

At 11:30 AM there was a call of a sudden death at a residence in the RM of Lac du Bonnet. A patrol was made and assistance in the investigation was given to the medical examiner.

At 12:30 AM there was a report of a loud party at a residence in the RM of Lac du Bonnet. A patrol was made but the residence was quiet upon attendance.

At 4:00 PM a check stop of snowmachines was conducted in the RM of Lac du Bonnet. No infractions were noted.

At 7:00 PM there was a report of a civil dispute over monies owed which was reported to the office. No police action was necessary.

At 7:20 PM there was a report of a sudden death in the RM of Whitemouth. A patrol was made and assistance given to the Medical Examiner in their investigation.

During the evening a snowmobile patrol was made

on local trail systems. No infractions were noted.

Sunday, January 6th, 2008

At 1:05 AM there was a single vehicle roll over in the RM of Alexander. No injuries in the accident.

At 1:50 AM there was a family disturbance at a residence in the RM of Reynolds. No criminal actions.

At 7:30 PM there was a report of a Break and Enter into a garage in the RM of Lac du Bonnet. Nothing was taken in the incident.

Christmas Hampers 2007 Wrap Up

This year we packed and delivered 56 hampers, one up from last year. These families receiving hampers included 82 children 6 to 12 years of age and of these, 42 were under the age of 5. There were also 25 teens.

During the days of sorting, packing and delivering we hear comments of "What a lot of good people help us, what would we do without them?" The truth of the matter is that we couldn't, and without your ongoing spirit of generosity, the Christmas hampers would not happen.

We have many people to thank: Mike and Brent Osis continued their annual donation of 10 turkeys, a very generous gift and one they have been giving for a long time.

Midway Foods along with their suppliers, gave us 75 boxes of oranges, perogies, bacon, cold cuts, a case of peanuts, cases of bread, cookies, and litres of milk.

We really appreciate such a wonderful contribution and our thanks go to the Robbs and to McDonald Consolidated, Freybe's Meats, Weston Bakeries - Dave McCaulder, I & P Distributing - Beatrice and McGavins, Schneider's Meats,



NEWS TIPS?
Call us at
367-9468

Pine Falls Health Auxiliary News

submitted: Anita Borlase President

Thanks to community support, we have had a series of successful community projects. The lucky winner of our Quilt Draw was Kathy Duff. Another quilt project is in the works. Our participation in the Christmas Craft Show was a great success. As well our gift cupboard in the hospital continues to do well and we are always looking for ideas and knitters.

Thanks to the Tretharts and our various fundraising projects and donations, we have purchased three TVs for the Pine Falls Hospital Dialysis unit. We recently donated \$11,000 for hospital and personal care home equipment along with \$2000 spent in the spring.

Our next project is a CPR/1st Aid course this winter if space is available. We are also working on a Wellness Day for the spring.

A special thanks to the community for your continued support.

Old Dutch Foods, Hostess/Frito Lay

Dave Lagasse joined in here and donated 25 boxes of oranges so every hamper got oranges and larger families received two.

Danny and Tanya Kemball and their staff at Chicken Chef organized and held a silent auction and gave us the proceeds of \$350.00.

Laurie and Kim Wilson donated six large bags of potatoes. And who can forget the Great Cereal Challenge again this year at the hospital. They collected 67 boxes of cereal - a real bonanza for us. Thanks to Yo for getting it going and to everyone who participated.

Maybe there are some other places where staff might decide to enter into the Challenge spirit?

Dancyt's Foods donated canned goods to the value of \$300.00

Children attending the Skate with Santa evening at the arena were asked to donate something to the hampers.

The Ladies Curling Club also collected a quantity of food supplies for us.

Donations of cash were received from the Royal Canadian Legion, local branch, and the Legion Auxiliary of the

branch as well; The Duck Lake Ski Club; The United Church; The Hair Shoppe; Powerview School Grade 1X class; Powerview Church Ladies Auxiliary; Powerview School staff social club; MGEU; the Royal Bank staff.

And many individuals. We thank all of you for your help.

The Knights of Columbus picked up the boxes of donated food items.

Members of the Fire Department and their Chief, Willie Kemball delivered the hampers locally and the RCMP again delivered them to the northern communities of Manigotogan, Seymourville, Hollow Water and Little Black River.

Our thanks to Tracy Sharpe who is our contact person at the Child and Family Services office; to the Powerview Catholic Church where we are allowed to use the basement space for storing, sorting and packing.

And, thanks to Val at the Echo office for always finding space for us.

A warm thank you to everyone who made warm mitts, hats, scarves and sweaters, and to everyone who donated food items, cash, and their time to come and sort and pack.

This is a good community to live in - we show so often that we are people who care, and share.

See you next year - we'll join together again next year to spread some Christmas spirit where we can.

Faith Perspective

by Pastor Jake Doell

More Inconvenient Truth

Some of you may have read Al Gore's book, "An Inconvenient Truth." It addresses the world wide issue of the pollution of our environment, namely, greenhouse gas emissions. According to Al Gore the effects of these emissions can only be reversed by a total change of lifestyle as we know it, hence the title "An Inconvenient Truth."

Well there is another book that gives us the "inconvenient truth." This book is the Bible and it's been a bestseller for 2000 years. The Author also happens to be the Creator of our planet. The inconvenient truth of the Bible also deals with a pollution problem of our planet - namely the pollution of the moral environment by sin.

The truth about this pollution is no more convenient than the truth of pollution of our natural environment. The effects are just as visible though - crime, war, poverty, sickness

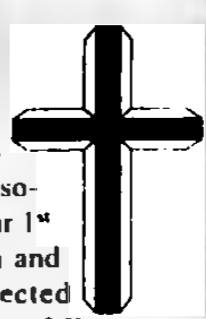
and disease and both are drastically affecting our way of life. Another similarity is that both types of pollution are caused by the carelessness of the human race. Also both truths are ignored by many people.

I am not an expert on the pollution of our natural environment and therefore will not comment on how to solve that dilemma. However I know that God created and placed humans on planet earth and gave them the charge to be responsible stewards, to care for and govern the earth. (Genesis 1:27&28) God also gave us the power of choice - to obey Him or to disobey Him. Obeying Him meant that the total environment would stay in its state of perfection, disobeying Him meant that the total environment would fall into a state of death and decay.

I'm glad that God provided a solution to the pollution predicament of our earth. He first of all addressed the moral pollution of sin by sending a redeemer, His Son, Jesus Christ. A redeemer is one who can restore something to its original state. You see the Bible tells us that all of creation is crying

out for a redeemer. The disobedience of our 1st parents, Adam and Eve had subjected all of creation to fall into death and decay. "All creation anticipates the day when it will join God's children in glorious freedom from death and decay. For we know that all of creation has been groaning as in the pains of childbirth right up to the present time." (Romans 8:21&22)

You see when humans are out of sync with their Creator they also fall out of sync with His creation. That's why God sent His Son to bring us back into a relationship with Himself, so that we can treat one another with respect and dignity as well as our natural environment. Yes the truth can be inconvenient but if heeded can restore that which has been lost. God also promised that the Redeemer will one day come and restore all of His creation to a perfect and happy state. "But we are looking forward to a new heaven and a new earth He promised, a world where all is right with God." (2 Peter 3:13)



Library Allard



HAPPY NEW YEAR! I hope that you all had a holiday season filled with joy and laughter and that the new year finds you well. If you're still stuck on making new years' resolutions - why not, "join the library". Membership is free to all & we are more than just books. We have DVD's, audio cassettes, VHS, internet access, photo-copying and more!

Canada Reads is a week long radio special that celebrates books and there certainly seems to be a distinct last-century feel to this Canada Reads lineup. One of the five books in the running for the annual competition dates from 1998, Nalo Hopkinson's science-fiction flavored novel *Brown Girl in the Ring*, where the setting is downtown, futuristic Toronto. The rich and the privileged have fled the city, barricading it behind roadblocks and leaving it to crumble. *From the Fifteenth District* by Mavis Gallant is set in Europe in the aftermath of the Second World War, the nine stories in this glittering 1978 collection reflect on human relationships in difficult times. *Icfields* by Thomas Wharton is an adventure story set amidst the stunning beauty of the Rockies. *King Leary* by Paul Quarrington is about

hockey great once hailed as the "King of the Ice" who is now tucked away in a small town nursing home, sharing a room with the cantankerous and alcoholic reported who chronicled his career. *Not Wanted on the Voyage* by Timothy Findley is a re-telling of one of the Bible's most memorable stories. Tune in to CBC Radio One from February 25 - 28, to hear the panelists make the case for why their favorite Canadian should be picked as the Canadian book to read in 2008 (once you've read them all, of course!)

Just a note to all of our patrons - please do not cut out articles or recipes from magazines that you borrow from the Libraries - we offer photocopying for only .25 per sheet. See you in the library, Bibliothèque Allard Regional Library - 367-8443 Beaches Library - 754-4007



Baked Omelette

Ingredients:

- 8 eggs
- 1 cup milk
- 1/2 teaspoon seasoning salt
- 3 ounces cooked ham, diced
- 1/4 cup red pepper
- 1/4 cup green pepper
- 1/2 cup shredded Cheddar cheese
- 1/2 cup shredded mozzarella cheese
- 1 tablespoon dried minced onion



Recipe Properties:

1. Preheat oven to 350 degrees F (175 degrees C). Grease one 8x8 inch casserole dish and set aside. 2. Beat together the eggs and milk. Add seasoning salt, ham, Cheddar cheese, Mozzarella cheese and minced onion. 3. Pour into casserole dish. 4. Bake uncovered at 350 degrees F (175 degrees C) for 40 to 45 minutes.

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, Jan. 23 Soup, ham, scalloped potatoes, brussel sprouts, lemon pie.

Friday, Jan. 25 Salad, Beef stroganoff, noodles, green beans, pudding.

Monday, Jan. 28 Salad, liver and onions, mashed potatoes, gravy, peas and carrots, chocolate cake.

Wednesday, Jan. 30 Soup, salisbury steak, rice, creamed corn, rhubarb crisp.

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 Fax: 204-367-8605
prarec2003@yahoo.ca

Winterfest
 Once again this year we will be holding Winterfest. The festival will run the weekend of February 21-24 and this year we have some new events planned. Some of the events include a snow sculpture contest and a cross country ski event planned for the Sunday afternoon. More information will be available later in the month.

Duck Lake Ski Trails
 The ski trails are up and running thanks to Howard May and his helpers. Trail maps can be found at the entrance by the

hospital. Please come out and enjoy one of Pine Falls hidden treasures!!! The night skiing is lots of fun too. Season memberships can be purchased at Celebrations for \$20/single or \$30/family. Anyone having old skis or boots they would like to donate is asked to contact Susan Gould at 367-8088. A family fun day is scheduled for February - more details to follow. For more information please contact Howard May @ 367-8846 or Karl Hutchison at 367-4543. Please remember - NO SNOWMOBILES ON THE SKI TRAILS!!! On behalf of the Duck Lake Ski Club, "please do not litter". Jan. 7th there were

Aero & Kitkat candy bar wrappers on the trail.

Muck Hill
 If anyone hasn't been there yet, the R.M. along with the Muck Hill Association has done some great things at the hill. There is lighting there now to allow for night activities and they have added close to 20 feet to the height of the hill. Bring the family out for an afternoon or evening of activity.

Snowboarding Lessons
 There will be two sessions of snowboarding lessons at Much Hill on Saturday, Jan. 26th. The first session will run from 9:00 am until noon and the second will run from 1:00 pm to 4:00 pm. The lessons are open to anyone 8 years of age and older and there is only room for 10 people per class so please register before January 22nd with Ginette at 367-9970. The lessons are FREE, but you must provide your own equipment.

55+ Exercise Classes
 Get together for walking and full body movement classes with Ginette in the St. Georges Church basement. This class runs every Monday Wednesday and Friday at 9:30 am.

Broomball
 There will be youth broomball at the Pine Falls Arena on Fridays from 7:00-8:00pm. For anyone aged 10-14. The cost is \$50.00. Depending

on the number of players, there may be an additional charge later in the year. Mandatory equipment includes helmets (with cages), gloves and shin pads (soccer shin pads will work). Anyone interested in signing up can call the Rec. Office at 367-9142.

Stamp Camp
 There will be a stamp camp held on Saturday, Feb. 2nd from 10:00 am to 4:00 pm at the Rec. Office. The camp will have instruction on techniques and how to stamp on different types of materials. The projects for this camp are a snow globe, decorated votive holder, stationery set and beaded pen, gift bag and matching tissue and a stamped candle. The cost for the camp is \$30 and you will only need to supply your own adhesive and scissors. Bring a lunch and a bag to take your projects home. The maximum number of people for the class is 12 and will be done on a first come first serve basis. For more info contact the Rec. Office at 367-9142 or Kelly at 635-2396.

Pine Falls Curling Club
 The league season starts on Monday, Nov. 5th. Men's league is on Mondays, Ladies on Wednesdays, Mixed on Fridays and drop-in curling is held on Thursday afternoons. Bonsor dates are as follows: Men's - Feb. 1st, 2nd & 3rd Ladies - Feb. 8th, 9th & 10th

Pine Falls Badminton Club
 The Pine Falls Badminton Club has started and will be running until Wednesday, April 30th. It will be held in Pine Falls School gym from 7:00-9:30 pm. The club is open to anyone 14 years or age or older. The cost

for the season is \$25/single or \$45/couple. For more information, contact Ginette Vincent at 367-9970 or Ruth at the Rec. Office at 367-9142.

Spring Shape-Up Boot Camp
 Natasha Joy will be holding a shape-up session on Saturday, Jan. 12th to Saturday, March 15th from 10:00 - 11:00 am. There will be a variety of classes including cardio and muscle conditioning - always something different!! The cost is \$60 (ten weeks) and a minimum of 10 people is required to run the course. To register, call the Rec. Office at 367-9142.

Personal Training Available
 Personal Training will be available by Appointment Only in the Powerview Arena Fitness Center on Saturdays from 11:30 to 2:30 until March 15th. Natasha Joy was Manitoba's Fitness Leader of the Year in 2006, and has a degree in Kinesiology & Applied Health, as well as numerous certifications and coaching designations. Call for program rates. Hourly only is \$35.

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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 For more health information visit the NEHA website: www.neha.mb.ca.

Winter Travel - Ice and Snow? Take it slow!

Winter travel calls for extra care even under normal weather conditions. Snow and ice on roadways can reduce tire traction, while vehicle exhaust and ice fog can reduce visibility. The best safety precaution to take during severe winter weather conditions is to avoid traveling at all. However, if you must drive, be prepared.

Precautions:
 Drive carefully. Avoid driving if a winter storm warning or blizzard warning has been issued for your area of travel. Respect road conditions. Prior to setting out, check local highway or road conditions hotlines.

Travel by daylight and with a companion if possible. When you are traveling alone, make sure someone knows which route you are taking, and your departure and arrival times. Be sure to notify them of your arrival to prevent an unnecessary search.

Keep the radio on, and listen for weather information and possible weather warnings.

Keep the gas tank full and the car in good running condition, properly serviced, with snow tires.

Carry your winter travel kit in your car at all times.

Turn back or seek refuge if conditions deteriorate. Don't be daring.
 Keep to main roads as much as possible.

Move your car off the roadway to avoid collisions with other vehicles. Do not attempt to walk for help. Many travelers have suffered hypothermia or frostbite.

Set out warning flares or other markers such as a bright cloth hung from the car window or aerial.

Car engines should be run for ten minutes each hour.

Check exhaust pipe frequently to ensure it is not becoming blocked with snow.

Keep fresh air inside the car by slightly opening a window and running the motor sparingly.

Use the dome light instead of headlights. Using headlights will run the battery down quickly.

Keep moving. Exercise hands, arms and legs to prevent frostbite.

Watch for traffic or search parties. Don't fall asleep.

Submitted by Carol Orvis, NEHA
 Source: Environment Canada

Use the dome light instead of headlights. Using headlights will run the battery down quickly.

Keep moving. Exercise hands, arms and legs to prevent frostbite.

Watch for traffic or search parties. Don't fall asleep.

Submitted by Carol Orvis, NEHA
 Source: Environment Canada

If Stranded:
 Don't panic.
 Stay with your car. You'll be sheltered and easier to find.

Library Corner



Lac du Bonnet Regional Library

Attention pre-school children, their parents and/or caregivers. At 10:45, every Thursday morning, the LdB Library hosts pre-school storytime. Attendance has been considerably lower lately and we here at the Library miss seeing the interaction amongst all our tiny, but very important patrons. New children's books are ordered regularly. Admission is free and everyone is welcome. Juice and a snack are provided. We hope to see you soon!!

A few of our new easy-readers include: Leon's Lucky Lunch-break by Mary Hoffman; Dora's Backpack, adapted by Sarah Willson; A Tiger Cub Grows Up by Joan Hewitt and What Will I Do If I Can't Tie My Shoe by Heidi Kilgras.

Canadian historian, Terry Copp, brings us Cinderella Army - a well-researched, authoritative account of the Canadians, specifically, the First Canadian Army, as it operated during the last nine months of the Second World War in Europe.

We have also acquired World War II: The Ultimate Collection - Honor & Glory (Vols. 1 thru 6) on DVD. This series is, for the most part, vintage B&W film footage and newsreels from the American perspective, but does include German, Japanese and British footage as well. Vol. 1 - The Air Force Story, Vol. 2 - The Great Generals Series, Vol. 3 - Hollywood Goes to War, Vol. 4 - Germany, Vol. 5 - Japan and Vol. 6 - Britain. Each volume is approximately 3-4 hrs of viewing time.

Our western readers may want to try Cavalry Man - Doom Weapon by Ed Gorman or Guns on the Border by Ralph Cotton. Other paperbacks available this week are: The Flood by Ian Rankin, The Endless Knot - A Joanne Kilbourn Mystery by Gail Bown, Train from Marietta by Dorothy Garlock and Susannah's Garden by Debbie Macomber.

Visit the Library website at www.library.lacdubonnet.info.

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.
USW 3-1375: meets third Thursday 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 5:00 p.m. and 7:00 to 8:30 p.m.; Wed. and Fri., noon - 5:00pm; Sat. 10:30 a.m. to 2:30 p.m., ph. 345-2653.

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

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

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

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

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

Lakeshore At-A-Teen Group For further information, Phone Kathie 367-8377 (evenings), Vickie 345-6520 (days).

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

Lakeshore A.A., meetings every Call Ted 345-2839, Ron 753-8403.

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 345-8154
 Sunday: 11:00 a.m. - worship service

NOTRE DAME CATHOLIC CHURCH
 Father Mirek Szymal, 345-9988
 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. John Giroux 367-9526, church 345-2357
 Sunday: 11:30 a.m. - worship; 11:30 a.m. - first and third Sunday of each month, holy eucharist.

The Winnipeg Humane Society



Cranberry, 152579
 Cranberry and 7 of her friends were surrendered to us in December because her owner was ill. Degus are curious and intelligent pets native to Chile. They prefer to live in groups for company - it keeps them happy and active to be with each other! We have a total of 9 degus to place. As a result we've temporarily lowered their fee to \$6.95 in an effort to place them quickly. Degus can live to be 8 years old+ so we ask adopters to make sure this is something they've thought about. If you're considering a degu, adopt, don't buy! See staff for more details on degus.

Lacey, 147278
 Lacey is a sweet girl who came in as a stray in November along with 4 small kittens who have all found homes. Lacey did well in foster care but hasn't had much luck in finding a home here. As a longterm cat, her adoption fee has been reduced to only \$39.50- fee includes her vet exam, spay, Rabies vaccine and more. Lacey has also tested negative for FIV & FeLV! Come & meet your new best friend!

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 45 Hurstway St.

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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NEWS TIPS?

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ENERGY CORNER

prepared by


Leaving for the Winter?

Winter is always a popular time for a vacation from the cold and snowy weather in Manitoba. However, unless your appliances go on vacation too, you likely will return home to an energy bill that is just as high as if you had never left.

But, luckily, there are steps that can be taken to avoid this scenario.

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

Another option is to install a device called a "winter watchman". It plugs into any outlet, and then a lamp gets plugged into it. The winter watchman is temperature sensitive, so if the room temperature drops below the set point, the lamp will turn on, and alert your neighbour. Some units can send messages via phone as well. Check your local hardware store or home center for devices available locally.

Unplug any electronic device or appliance that doesn't need to be on. Many of these items continue to draw electricity, even when they are not being used. The average home can have as many as 25 devices consuming electricity while you are away. Clocks, timers, auto on features, chargers and the extra frig all continue to work while you are away. Unplugging appliances also has the added bonus of preventing damage in case of a power surge.

Security is also very important to think about if you are leaving, whether it is for a weekend getaway, or a month's vacation. Be sure to give your house a lived-in look while you are away. Install a motion detector light outside, and use a timer on indoor lights. It is best to use a timer that can be set to a random pattern so that the lights are not turned off and on at exactly the same time every day.

If you are planning on being away for more than a few days, hire someone to shovel your walk, and always, no matter how long or short your trip is, have someone stop by to pick up your mail and newspaper.

On Parliament Hill



Your voice in Ottawa
Vic Toews, MP for Provencher

Winnipeg River Senior Services to receive \$25,000 in funding

Vic Toews congratulates groups receiving funding for seniors programs

(Steinbach) Vic Toews, Member of Parliament today congratulated several Provencher seniors' organizations on being selected to receive funding under the New Horizons for Seniors Program (NHSP).

"I'm pleased that the Government is supporting our seniors and encouraging them to

continue to share their skills, wisdom and experience to benefit others," said Toews.

"Because of the success of the NHSP, the Government of Canada has increased the budget of the program. This enables the NHSP to provide capital assistance for repairs to facilities and equipment related to existing seniors' programs, and to raise awareness of elder abuse across Canada."

Projects receiving funding are:

1. Club des Pionniers St-Jean Baptiste - \$15,146

2. Club Jolys Inc. - St. Pierre Jolys - \$12,200

3. Paradise Village Residents Association - Ste. Anne - \$7,900

4. Richer Young at Hearts Club Inc. - Richer - \$5,000

5. Services aux aines du Village de St. Pierre Jolys - \$20,850

6. Serving Seniors Inc. - Steinbach - \$4,450

7. Winnipeg River Senior Services Inc. - Pine Falls - \$25,000

The New Horizons for Seniors Program provides grants

to support community based projects that encourage seniors to contribute to their communities through active living.

Since its beginning, the New Horizons for Seniors Program has funded over 2,600 projects across Canada, inspiring seniors to bring their leadership, energy and skills to projects

that benefit our communities. "The Government has listened to seniors across Canada who have said they want to stay active and make differences in their communities. The funding announced yesterday will ensure that they are able to achieve those goals," Toews concluded.

Hot New... RELEASES



The Game Plan DVD

Cast: Dwayne "The Rock" Johnson, Madison Pettis, Kyra Sedgwick, Roselyn Sanchez, Morris Chestnut, Hayes MacArthur, Brian J. White
Rating: G



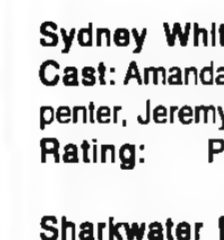
Saw IV DVD

Cast: Tobin Bell, Costas Mandylor, Scott Patterson, Betsy Russell, Lyriq Bent, Athena Karkanis, Justin Louis
Rating: 18A



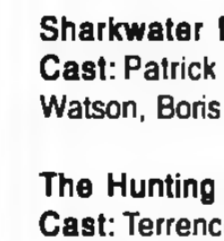
Reservation Road DVD

Cast: Joaquin Phoenix, Mark Ruffalo, Jennifer Connelly, Mira Sorvino, David Anzuelo, Armin Amiri, Antoni Corone
Rating: 14A



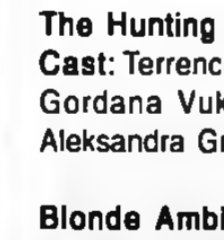
Sydney White DVD

Cast: Amanda Bynes, Sara Paxton, Matt Long, Jack Carpenter, Jeremy Howard, Crystal Hunt, Adam Hendershott
Rating: PG



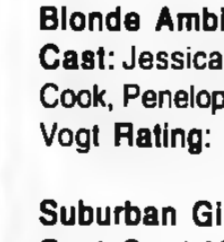
Sharkwater DVD

Cast: Patrick Moore, Erich Ritter, Rob Stewart, Paul Watson, Boris Worm
Rating: TBD



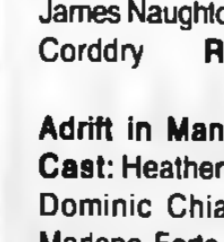
The Hunting Party DVD

Cast: Terrence Howard, Richard Gere, James Brolin, Gordana Vukres, Sanela Seleragic, Damir Saban, Aleksandra Grdic
Rating: 14A



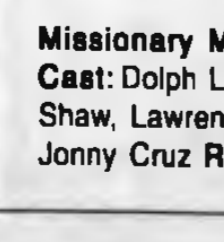
Blonde Ambition DVD

Cast: Jessica Simpson, Luke Wilson, Rachael Leigh Cook, Penelope Ann Miller, Andy Dick, Willie Nelson, Paul Vogt
Rating: PG



Suburban Girl DVD

Cast: Sarah Michelle Gellar, Alec Baldwin, Maggie Grace, James Naughton, Chris Carmack, Richard Dreyfuss, Nathan Cordry
Rating: TBD



Adrift in Manhattan DVD

Cast: Heather Graham, Victor Rasuk, William Baldwin, Dominic Chianese, Elizabeth Peña, Erika Michels, Mariene Forte
Rating: TBD



Missionary Man DVD

Cast: Dolph Lundgren, August Schellenberg, Morgana Shaw, Lawrence Varnado, John Cann, James Chalke, Jonny Cruz
Rating: TBD

Winnipeg River Rec Scene

For the Lac du Bonnet Area

Pole Walking Demonstration offered Tuesday January 22, 2008 at the Lutheran Church in Pinawa at 11:00 am - All ages welcome. To register call Pat at the Two Rivers Office 345-1227

Computer Training for Seniors and Digital Camera - For more information or to register call Pat Porth at the Two Rivers office 345-1227 - Minimum of 10 people required.

Traditional Painting Class

This Bob Ross Painting Class is being taught in Lac du Bonnet in the Art Room at the High School from 9:30 am to 3:00 pm on Saturday, January 26th. You will not only learn to paint, you will create your own beautiful pic-

ture called "Through the Window" that will be yours to take home. The picture is a winter scene full of snow and beautiful birch and spruce trees. No painting experience is needed. Call the Rec Office at 345-8816 to register.

Whiteshell Cross Country Ski Loppet

This annual event is quickly approaching and will be held in Pinawa on January 27th. For more information contact Don Ewing at 753-2577.

Volunteer Recruitment Seminar

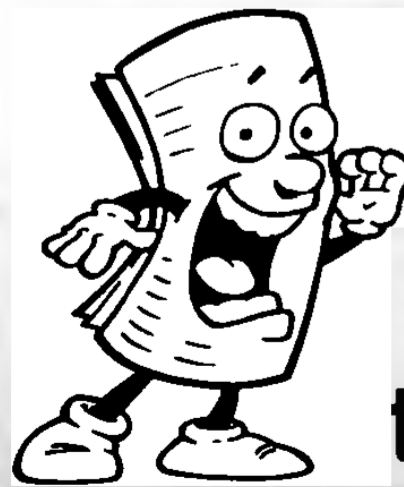
If you are part of an organization that struggles with attracting and retaining volunteers, then this workshop is for you! Learn about the current volunteer trends and helpful tips for recruiting volunteers for

your organization. This two hour session will be held on Monday, January 28th from 7-9 pm at the LdB Community Centre. There is no cost involved and refreshments will be served. Please let the Recreation Staff know if you will be attending by calling 345-8816.

Mood, Food and You

There is a strong connection between mood and foods that you eat. What dietary changes can you make to improve your mood and energy levels? Learn how to put this information into action that will work for you by attending this presentation on Tuesday, January 29th from 5-6 pm at the LdB Health Centre. There is a small fee of \$5 to attend. Please confirm your attendance with Kristen at 345-1230.

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Ask the Neighbourhood Mechanic



by Dave Redinger

I LOVE GPS...I have said it before, it's worth repeating. The GPS (Global Positioning System) The system consist of a series of 24 well-spaced satellites that orbit the Earth and make it possible for people with ground receivers to pinpoint their geographic location.

Recently the wife and I motored down to FLA in the new JEEP DIESEL. The truck was equipped with the latest in GPS unit -CHYSLER'S "MY GIG". The best feature of the unit is it's so easy to use. Some units are just too complicated. Designers seem to take great pains in making you work for the info, not the developers of MYGIG. The basis of using a GPS is having complete faith in the system. Many times I

have thought that is can't be the right way, but; the unit has always proved me wrong. There was that time though, when I ended up in New Jersey instead of Brooklyn on a rainy night. That was in my Crossfire. That GPS unit had a British Accent, we used to call it "Hatchback Hazel". I guess she got a little confused. The MY GIG unit has a good old Yankee accent and from the sound of her voice, this gal has been around the block a few times. I just can't understand why they use a woman's voice to relay the info. I think we respond better. When you get familiar with these units vacation trips become less stressful. No fighting with the wife because she can't read. No trying to find no existent road signs. All you have to do is watch traffic and listen to instructions. I can honestly say GPS has helped my relationship. The unit supplies other information such as distance left to travel and arrival time. All good stuff. One more thing. The GPS installation is owned and operated by the U.S. Department of Defence, but; is available for general use around the world.

I have a 1989 250 with an inline six 4.9. At part throttle very light load (cruising) the engine misses. The miss seems to react as if the air fuel mixture needs adjusting, the only thing is its fuel injected. Long story short I've replace the oxygen sensor and M.A.P. sensor. Not a lick of difference. Any ideas? Any Help appreciated.

Drivability issues are hard to solve without scanning the vehicle. In this instance I would (don't laugh) run the vehicle on an emissions machine. I would want to know what's coming out of the tailpipe. I'm sure you're going to see an extremely lean exhaust stream. This can be caused by anything from a defective or dirty EGR system to a plugged fuel filter. Either way we need a base line to work with. The easiest way to get this info is the emission test. Start there. Best advice is deal with an expert that has taken the time to invest in good up to date test equipment.

Pine Falls Community Billboard

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

LSW 3-1375: meets third Thursday of the month, Chicken Chef, Power-view meeting rooms.

Presental 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 4:30 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.

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

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

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

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

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

Happy Tots Day Care: 367-2601, board meetings last Monday of each month 7:00 p.m. at the daycare.

Sealor Scene Inc. #1 Atchah 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.

Sunrise School Division Kindergarten Registration and Grade 1 Beginners - For September 2008

Eligibility Requirement For Kindergarten: Children must be five (5) years of age on or before December 31, 2008. Grade 1: Children must be six (6) years of age on or before December 31, 2008. Children previously enrolled in Kindergarten classes DO NOT need to be re-registered.

Dates of Registration: Monday to Friday, January 21 to January 25, 2008
Mornings: 9:00am to 12:00 noon Afternoons: 1:00pm to 3:30pm.

Programs in Three (3) Languages Offered to all children beginning in Kindergarten or Grade 1 at the following centres:

Anola School	866-2962	English
Beausejour Early Years School	268-2664	English & French Imm Monday till 7:00pm
Centennial School	345-2462	English Tuesday till 7:00pm English & French Imm Tuesday till 8:00pm
Ecole Dugald School	853-7929	English
Gillis School	268-4353	English
Hazelinde School	755-2214	English
Oak Bank Elementary School	444-2473	English & English/Ukrainian Monday till 7:00pm
Pine Falls School	367-2254	English
Ecole Powerview School	367-2296	English & French Imm
Reynolds School	426-5559	English
Whitemouth School	348-2595	English
Grafton Colony School	268-2507	English
Greenwald Colony School	265-3522	English
Heartland Colony School	755-2342	English
Richland Colony School	866-3293	English
Springwell Colony School	345-6410	English
Whiteshell Colony School	348-7055	English

Note: Proof of age must be presented at time of registration. Birth Certificate would be preferred. However, if a birth certificate is unavailable, then a Baptismal Certificate will be accepted.

Entry into the French Immersion and English/Ukrainian Bilingual Programs is open to all children of Kindergarten and Grade 1 age who possess little or no knowledge of the French or Ukrainian Language but who wish to become bilingual by learning French or Ukrainian as a second language.

*Oakbank Elementary and Beausejour Early Years School will extend their hours on Monday, January 21st until 7:00 p.m. to accommodate parents who work during the day.

*Centennial School will extend their hours on Tuesday, January 22nd until 7:00 p.m. to accommodate parents who work during the day.

*Ecole Dugald School will extend their hours on Tuesday, January 22nd, until 8:00 p.m. to accommodate parents who work during the day.

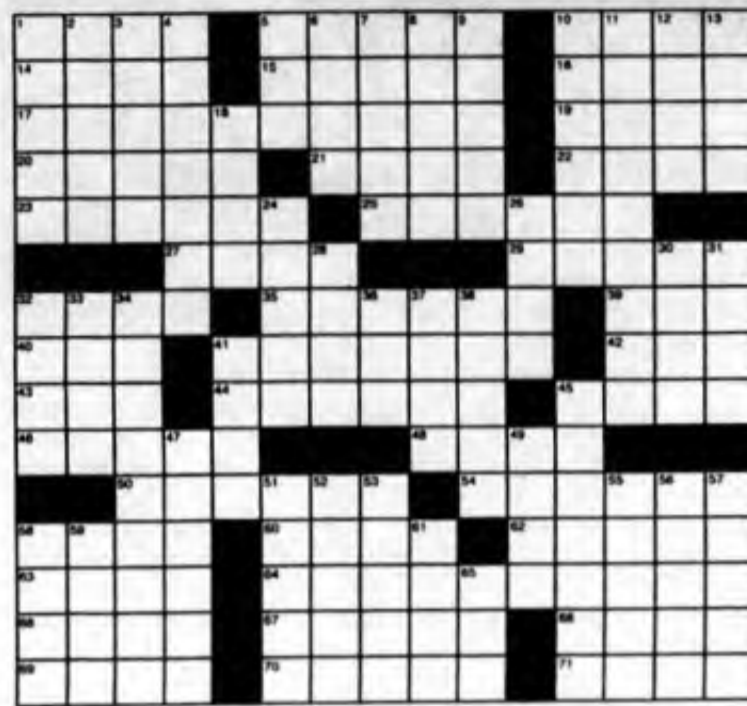
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WEEKLY CROSSWORD



45. Son of Zeus and Hera
46. Ascetic holy man.
48. People who have severe hearing impairments.
50. Anthropod limb.
54. Devices that make a loud warning noise.
58. Polynesian dance with rhythmic hip movements.
60. One of the Channel Islands in the English Channel.
62. Paul Adrien Maurice, Noble Prize winner in physics.
63. Growth regulating chemical-sprayed fruit trees, so the entire crop can be harvested at one time.
64. Being more than fifty.
66. Small hotels, usually in the countryside.
67. Silly.
68. City in Yemen.
69. Toward the end of a period.
70. Suggestive of the supernatural.
71. Furniture pieces made to fit close together.
11. Breathing device for administering long-term artificial respiration.
12. Single entities.
13. Word used to designate a unique entity.
18. Cause to become loose.
24. Express emotion.
26. Coarsely ground grain.
28. Urban district of southeast-central England.
30. Unbelievable story.
31. Farthest parts of something.
32. Property of something great in magnitude.
33. Subject of study.
34. Shrub of sandy woodlands and stream banks in the western U.S.
36. Persistent behavioral trait.
37. Sharp or biting to the taste.
38. Ridges on the outside of a horse collar.
41. Short pipe, as for connecting a water pipe with a meter.
45. Plate, major tectonic division of the Earth's crust.
47. Harsh, low sound.
49. Payments made by feudal vassals to their lord on special occasions.
51. Fiber from any of several tropical American plants used in making carpets or bagging.
52. Lake in the Sierra Nevada Mountains.
53. Mistaken opinion.
55. Destroy by slow consumption.
56. Nasal passages.
57. Small piece of paper dropped by the hares in the game of Hare and Hound.
58. Call out in order to greet.
59. Bone of the forearm on the side opposite the thumb.
61. Hat worn by members of the French Foreign Legion.
65. Look at carefully.

ACROSS

1. Lord of Upper Egypt.
5. Cradle of Texas liberty.
10. Lightest of the meson family of elementary particles.
14. Melodic subject of a musical composition.
15. Certainly not.
16. Grossnickle Hines, children's author and illustrator.
17. Having the form of the tongue.
19. Eldest son of Noah.
20. Greek physician.
21. Hollow building unit made of fired clay, shale or gypsum.
22. Problem requiring investigation.
23. Take one long step.
25. Of or pertaining to the skin.
27. Roof in the shape of a hemisphere.
29. Fill with high spirits.
32. Capital of Maldives in the center of the islands.
35. Member of the Ojiguanian people of southern Ontario.
39. Light brown.
40. Unit of metric land measure.
41. Have endured pain and hardship without showing one's feelings.
42. Not young.
43. Ocean.
44. Slender, painted piece of a substance used for marking.

DOWN

1. Early Christian prophet and missionary.
2. Formal proclamation.
3. Exact copy of a document.
4. Afflict with worry.
5. Tropical American bird.
6. On or toward the side of the body that is to the west when facing north.
7. Keep from happening.
8. Johnson, Jr., aka Troy Donahue.
9. Abalone found chiefly in the Channel Islands.
10. High-level computer programming language.

LAST WEEK'S ANSWERS



CRYPTIC PUZZLE

BXCWC DG HJKX LMCNGJWC BP QC RNSDCT
VWPH JGCMCGG ESPAMCTRC.

Each letter represents another letter in the alphabet. See if you can break the code to figure out the famous quotation

Last Week's Solution

IF YOU DRINK, DON'T DRIVE.
DON'T EVEN PUTT.

Weekly Echo Horoscopes January 21st to January 26th, 2008

- Travel for business purposes may bring the highest aspirations is likely, and profits could follow.
- ARIES** (Mar. 21- April 20)
You will find that unfinished projects at home will be most satisfying. Try out for a local sports team such as volleyball, tennis, lawn bowling, or whatever interests you. Your obviously unique way of doing things has caught the eye of someone in a higher position. Go to the top if you're being harassed or held back.
- TAURUS** (Apr. 21- May 21)
Don't blow situations out of proportion. You should be raising your self esteem and confidence in order to promote your work. Someone you live with will be quite unreasonable this week. You may be fortunate while traveling.
- GEMINI** (May 22-June 21)
You might have a problem hanging on to your money this week. You can mix business with pleasure to get favorable results. New hair, new outfit, new you. Your desire for excitement and adventure may be expensive.
- CANCER** (June 22-July 22)
You have to take hold of your life and make some crucial decisions. Travel will promote new romantic connections. You should try to elaborate on an idea you have regarding a product or service for the home.
- LEO** (July 23-Aug 22)
You are hest to avoid confrontations. You are ready to blow up and your stress level has gone into over drive. Your personal life will be under the gun and you may want to avoid the questions your lover is going to want to ask you. Be extra careful with your valuables; loss and theft are evident this week.
- VIRGO** (Aug. 23 -Sept. 23)
Get involved in groups that will help you meet established individuals. You have a lot to offer. Catch up on correspondence. Difficulties with older females in your family may turn out to be quit trivial after all.
- LIBRA** (Sept. 24 -Oct. 23)
It might be time to do some of those chores at home. You should be looking at ways to spoil yourself. Some situations may be blown out of proportion. Changes in your home environment may cause friction.
- SCORPIO** (Oct. 24 - Nov. 22)
Erratic behavior may confuse others, and mood swings may result in isolation. You can elaborate on your creative ideas and get involved in groups that relate to the arts. This is a great day to mingle with people you would like to impress. Help with your
- SAGITTARIUS** (Nov. 23 -Dec. 21)
You will find that social activities will lead you into passionate meetings. Be honest in your communication and don't lose your cool. You may find that someone you really cared for in the past has come back into your life. Lowered vitality could affect your work.
- CAPRICORN** (Dec. 22- Jan. 20)
Plans to make physical improvements may lead to psychological changes, too. Use your creative flair. Do not get into uncertain financial deals. Opportunities for new and exciting relationships will be yours if you get out and join groups.
- AQUARIUS** (Jan. 21 -Feb. 19)
Overindulgence will mean poor health. Children may be on your mind. You must consider yourself for a change. Be aware that a female you work with may be trying to hold you back.
- PISCES** (Feb. 20-Mar. 20)
You could come into extra cash. Travel and entertainment will be pleasurable. You will reap the benefits if you put money into upgrading your residence. You will have some problems with children, but if you are patient you will win their favor.

Echo Classifieds

Want to Rent

Want to rent a house or trailer in Pine Falls, St. Georges, Silver Falls, or Great Falls area. Phone "Bubs" at 1-204-482-6171.

Prière au Sacré-Coeur



Que le Sacré-Coeur de Jésus soit loué, adoré et glorifié à travers le monde pour des siècles et des siècles, Amen.

Dies cette Prière six fois par jour pendant neuf jours et vos prières seront exaucées même si cela semble impossible. N'oubliez pas de remercier le Sacré-Coeur avec promesse de publication quand les faveurs seront obtenues. Remerciements au Sacré-Coeur pour faveur obtenue.

For Rent

Office/Retail Space for Rent/ 2 Bedroom Suite available August 1, 2007. Not suitable for children, stove, fridge, washer/dryer, parking, \$600/month includes utilities. Main floor - approximately 900 square feet with private office, washroom and counter. Call Denis at 367-8651.

For Rent

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

For Sale

2 Bedroom Condo, Watson Place in Powerview, MB. Riverview with front deck, car port, appliances included. Contact Louise 367-8542 or Judy at 367-8825.

Birthday



Happy 1st Birthday Jersey!

Love always,
Mommy, Daddy & Alexis

Birthday

Happy 5th Birthday January 3rd to my grandchildren **Caleigh & Michael Guimond**

I love you babies from Gomma Wanda Fontaine

Advertising

The Echo Classifieds feature low, low rates. Advertise your for sale items old or new, birth announcements, weddings, birthdays, engagements, anniversaries, thank you's, greetings and best wishes, graduations, and memoriams for as low as \$5.00. Cost to run a photograph is an additional \$5.00. Call for more information 367-9468 or fax us at 367-9974. Our email address: theecho@mts.net

Do you want to improve your English and Math skills to prepare for entry into high school courses?

Empower Adult Education will offer Training beginning in February 2008.

Call Sheila Wesselius at 367-2495.

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Laundry Cleaning Tips and Laundry Hints

Blankets
Put 2 heaping tablespoons of borax and 1 pint of soft soap into a large tub of cold water. Make sure all is dissolved before putting in blankets. Let the blankets set in the water for about 9 hours. Next, rub and rinse. Do not wring out! Hang to dry! You can use this method with your machine or by hand. But, make sure you use delicate cycle. This method is also good for washing your woollens and flannels. Save a little money on your dry cleaning!

Leather and Suede Gloves
Did you know that a piece of stale bread will remove fresh spots on leather and suede gloves? Just rub the spots with the bread!

Hanging clothes on line
If you hang out clothes in the wintertime, wet your hands with vinegar and rub in before going outside. Be sure they are dry before going outdoors. This will prevent your hands from chapping. Putting cornstarch on your hands and rubbing in will help prevent your skin from splitting in the cold, dry air.

How to smooth velvet
Fill a sink with hot water. Take the velvet cloth and hold it over the sink, with the lining of the cloth next to the water. This will take a couple of minutes and the cloth should look as new. (P.S. Note: This works on real velvet.) I have not tried it on crushed or plush cloth.

Mildew
Make sure you have no wet or damp articles in the hamper or laundry basket. The items next to the wet article will get mildew. Dry wet clothing and linens before throwing in the hamper.

A remedy for those who threw the wet towels in the hamper!
Rub article with white vinegar and lemon juice (real or bottle is ok) Saturate the stain. Sprinkle salt on the area and scrub in. (use lots of salt) Place article in sun to dry. This may need a few treatments, but it works! (most of the time) Eventually, the mildew will come out, but you must be patient! I have used this treatment on cotton and other everyday material. I do not know how it would work on silk or other fine material) USE COMMON SENSE!
Dirty Work Clothes
Do you have someone in your house who has very dirty workclothes? Try adding 1/2 cup of Ammonia to the wash! The clothes will come out extra clean!

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