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March 5, 2008
Volume 8, No. 38

The Winnipeg River

Pine Falls/Powerview, Sagkeong, St. Georges, Great Falls,
Beaches, Little Black River, Manigotagan and Bissett

Echo



Tembec Refinancing

A proposal to convert Tembec's Long term debt to equity has been approved by the courts and all but one of the company's major creditors.

The successful refinancing will have a positive effect on the viability of the company and on the security of the local newsprint mill.

The Echo is attempting to

provide an analysis of the effect of this on the Pine Falls mill and on the local economy but it is proving difficult to get any information other than generalities provided to the media.

We will keep on trying and hopefully will have a better idea of the local effect and implications by the next issue of The Echo.



Snowboarder at Muck Hill

Photos (front page and inside) by Payton Richardson

Fun at Muck Hill

By Charles Norman

No one can claim that the kids taking part in the activities at Muck Hill last weekend were not getting enough exercise. Some of them were there from noon till close to midnight, and for every trip, by snowboard or toboggan, down hill they had to walk back up.

At times there were as many as sixty youngsters making use of the hill and organisers believed that as many as a hundred took part over the two day event.

The event was organised by four snowboarders, Nolan Kunz, Richard May, Payton Richardson and Jonathon Anderson who arrived at about noon on Friday and worked until

midnight setting up the event.

There were numerous prizes for the many events and points were awarded for attempting, even if the result was a wipe out.

Parents arriving to pick up their kids often left without them. Some of them, the kids, stayed until after 11:00 pm.

It was fun for the kids,
See Muck Hill page 3

Winnipeg River Learning Centre Correction

In last week's Echo, we inadvertently referred to the Winnipeg River Learning Centre as the Pine Falls Learning Centre. We apologize for the mistake

once again offer our enthusiastic congratulations to the people who worked so hard to make this endeavour come to fruition.

The Winnipeg River Echo



The former Pine Falls School now houses the Winnipeg River Learning Centre

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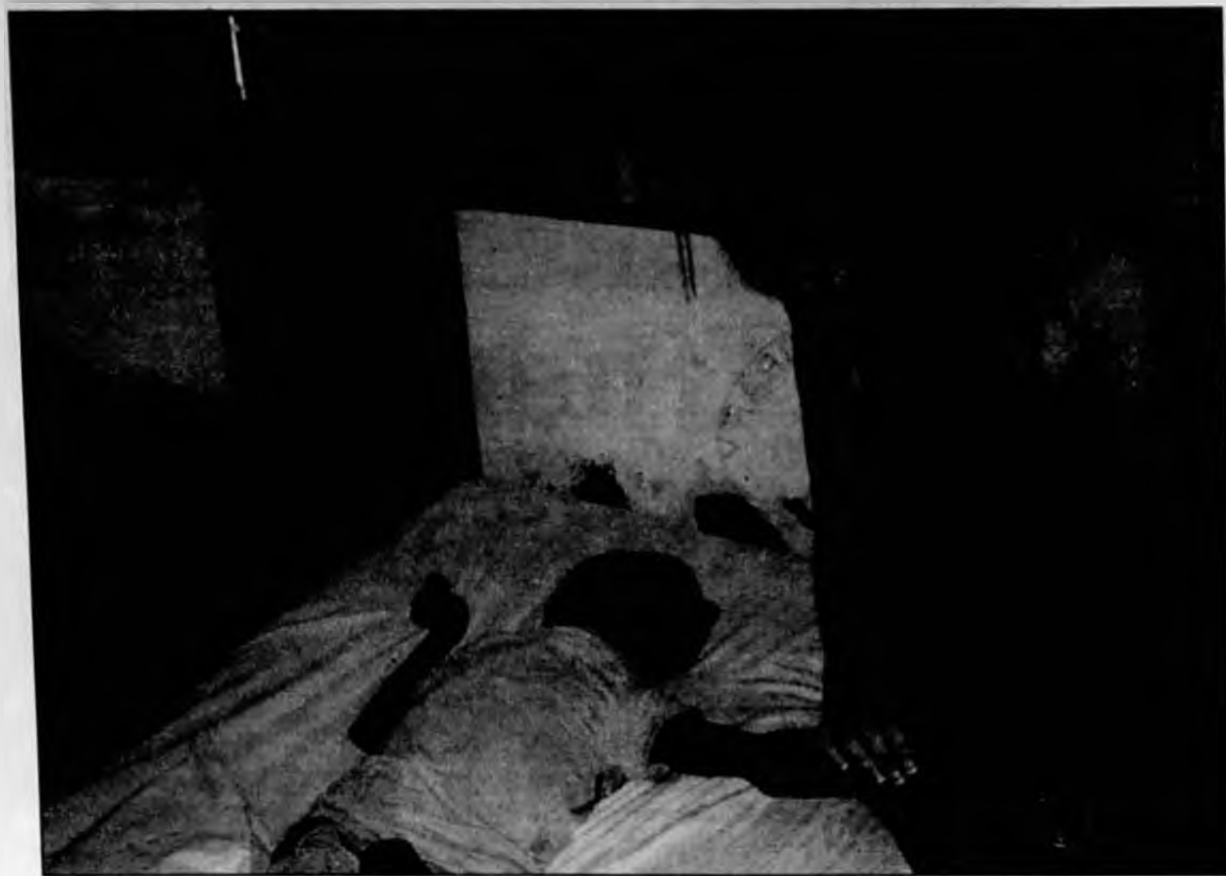
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Kelliann Kralka in the Dominican Republic last year

Local Woman Going to Zambia with Habitat for Humanity

As some of you may know I travelled to Sosua, Dominican Republic last year with an organization called Absolute Leadership

Development. I was there for two weeks building a school and a clinic, visiting an orphanage, and spending time with people who lived

and worked in a nearby dump. It opened my eyes to see how much the little bit of time that we spent with the local people meant so much

to them. When you are hugging a child who never gets to be hugged, they hold on so tight not wanting to let go; when they look into your eyes it all becomes real. Poverty is not something that can be put to an end over night, but slowly over time if we all contribute a little bit there is hope.

This year I knew I wanted to do it all again, the hard part was deciding where to go. I started researching Africa and learned that Zambia remains one of the least developed nations in the world. Unemployment and poverty are widespread and two thirds of the population lives on less than a dollar a day. I am going to Zambia in May with Habitat for Humanity and will be working with a team of sixteen adults; our project is to build two homes in the three weeks that we are there. We will also be spending time in the communities playing with the kids, going to church, and helping out with various jobs and activities.

Unlike last year, the facilities we will be staying at often do not have electricity,

plumbing or running water and we will be sleeping underneath mosquito nets on top of bed mats. To most people that doesn't sound very appealing, but to me it's all worth it in the end. To see the happiness we bring to the communities, and just knowing that we are making a difference in someone else's life is such an unexplainable feeling.

The cost involved in participating in a volunteer program like this is just over four thousand dollars; which includes building supplies, a donation, as well as air fare. I am having the "Build a Home-Build a Dream" fundraising social on April 5th at the Great Falls Hall to raise money and would greatly appreciate it if you would come out to support me. For tickets contact myself at 340-5657, Kelvin Kralka at 367-9219 or RONA at 367-2380. Also any donations above twenty dollars are tax refundable, and if you would like to know more about this organization please check out their website. <http://habitat.ca/>
Kelliann Kralka

Powerview French Immersion Program a Big Success?

This is in response to last week's article claiming that Ecole Powerview School's French Immersion Program is a big success. There is absolutely

no doubt in my mind that benefit anyone, especially young people. However, I think the focus must change from recruiting, to keeping

their French students in the program. As a former French immersion student, I know that a large number of students decide not to stay in the French program, most leav-

ing in high school. After many years in the program they decide to leave due to the challenge they face in their last years.

This challenge is obtaining all the courses they need to get accepted into university or college, while also taking the necessary French credits they need to graduate with a French immersion certificate. I have seen it time and time again that French immersion students get the short end of the stick. They are faced with the reality of either missing out on an English course, or missing out on a French credit that they need to obtain their French immersion certificate. It only gets better. There

are in fact students who have to take certain courses (English) on their own time through correspondence because a French course that they needed was scheduled in the same time block. The icing on the cake is that for some students, they needed both. This makes it that much more difficult on the immersion students, not to mention all the years they have put in to obtain that french certificate. This scenario is one of many in the past few years that I have witnessed and have seen no signs of improvement. I think its time we ask ourselves when "Ecole" went missing from Ecole Powerview School?



Powerview School

PUBLISHER
 Don Norman
EDITOR
 Charles Norman
LAYOUT AND DESIGN
 Don Norman

SUBSCRIPTIONS
 Local Rate: \$33.60
 National & Urban Rate: \$44.80
 Foreign Rate: \$112.50
 Prices include GST & PST

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The Echo is an independent weekly newspaper published on Wednesdays in Pine Falls, Manitoba. Advertising and submission deadline is Friday at 3:00 p.m. prior to Wednesday's publication.

The Winnipeg River Echo

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News

New Matrimonial Property Rights Legislation on Reserves

News Release

OTTAWA - The Honourable Vic Toews, President of the Treasury Board and Member of Parliament for Provencher, welcomed the announcement by the Honourable Chuck Strahl, Minister of Indian Affairs and Northern Development and Federal Interlocutor for Métis and Non-Status Indians, and the Honourable Josée Verner, Minister of Canadian Heritage, Status of Women and Official Languages, to introduce legislation to resolve the long-standing issue of on-reserve matrimonial real property.

"With the introduction of the Family Homes on Reserves and Matrimonial Interests or Rights Act, our

Government is taking concrete, practical action to fill an intolerable, inexcusable legislative gap that has existed for far too long," said Minister Toews. "Our Conservative government is moving to provide basic rights to on-reserve individuals to protect them and their children in the event a relationship breaks down - rights that off-reserve Canadians enjoy everyday."

This important new legislation will afford protections to women and children living on-reserve that are similar to those now available to women and children living elsewhere. With this legislation, the Government is striving to achieve two practical goals: 1) to establish a federal regime that will ensure

that matrimonial real property rights and remedies are available to on-reserve residents; and, 2) to provide a mechanism for First Nations to develop their own community-specific laws.

Toews called upon Liberal Indian Affairs and Northern Development critic Anita Neville, and all other opposition MP's to support this important initiative to entrench this basic legal right for First Nations women and children.

"Our Government is following up on its commitment to enhance the quality of life of First Nations people by providing them with rights and remedies similar to those enjoyed by other Canadians," concluded Toews.



Muck Hill Park Changing Name

Continued from page 1

and fun for the organisers. One adult described it as a fabulous weekend.

There is a competition underway for a name for the new park were Muck Hill is located. No one is suggest-

ing that the name of the hill itself - Muck Hill - should be changed, (it's too popular with the youngsters), but the RM is looking for a name for the park with a little different image.



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Comment

Oil Riches or Breathable Air?



I'm inside with David Suzuki, a member of The Order of Canada. He was chosen as the most outstanding living Canadian in 2004. I would not disagree with either of these designations!

I thank you for printing my reply, and I apologize for any grammatical errors in this and my previous rebuttal. I find that I am too busy to devote as much time as I would like to make this a more readable and better organized piece. I also must confess that I haven't spent the time to research the info that has been cited by you (albeit without references), or to recall and cite where I've heard, read or viewed the facts supporting my point of view.

However Charles, I think you have been conned by the biggest snow job ever. The tobacco industry said that smoking cigarettes is good for your health, your digestion, for relaxation and that it helped with the war effort. They knowingly produced cigarettes that were more addictive, and more poisonous to a gullible public. They poured millions of advertising dollars into making them look cool, especially to the young and hip, thereby hooking a young crowd that eventually became known as the baby boomers (the largest consumer market ever, well, until the Chinese came online anyway). The tobacco giants have since been fined and some jailed for these criminal acts (at least I hope some had to serve time!)

Here is another quote from David Suzuki's speech at McGill University: "[The human brain] invented an idea called 'the future.' The future doesn't exist; the only thing that exists is now and what we can remember from the past," Suzuki said. "We are the only animal that realized that we can affect

the future with what we do today. If we look ahead, we can see where the dangers lie; we can see where the opportunities are. We can deliberately act today to avoid the dangers and exploit the opportunities."

It therefore behooves us to stick our heads in the sand and ignore the signals that we are receiving regarding the shape of the planet we live on.

It is my belief that the actions of the tobacco industry in the past reflect exactly what we are going through now with the oil industry. I think it is foolish and misleading to suggest that there are more research dollars on the environment side of the debate than on industries side! How could anyone ever think that the Suzuki Foundation has more money for advertising or for misleading research data than Exxon, or Mobile Oil or the rest of that greedy crowd! The big money is still, as always, trying to hide the truth with misdirection and biased research. If it wasn't for public media outlets such as "CBC" and "PBS" there would be virtually no information forthcoming on the effects of pollution on this earth. The big money controls the media. There is probably no bigger money than the oil industry. They want us to go merrily on our polluting ways guzzling as much gas and oil as possible. A perceived shortage is even in their interests as they get to drive the price up, thereby selling less for more profits.

David Suzuki is a person who is not swayed by oil money. I am sure if you look deeper into the funding of the scientists that are trying to discredit the work being done in the field of climate change, that they are funded by big industry. Further, I

have read of many cases where money for university research is cut off because the results were not what the industry wanted. I.e. your jobs and grant money is only secure as long as the research results fall in line with the funding corporations objectives. It is people like David Suzuki, who do not depend on industry money, who are able to voice concern on the direction this planet is headed. I will not debate the global warming issue as I am not a scientist (and please don't bring up grade 6 science again, Charles), and it is a red herring anyway. The effect of pollution is world wide. Jet fuel residue is being found in the breast milk of Inuit women! The specific issue of focus is moot; we are poisoning ourselves, the earth, and all its inhabitants. If global warming doesn't get us, cancer will (and it is!), or an asteroid, but that is another story.

Whose side are you on? This may be a very important point in this debate. Do you support the multi-national industries that are only interested in increasing profits and share value, or do you side with the people who are trying to clean up this mess that now exists? President Bush represents oil money. Al Gore does not. A tiny hole in a piece of paper (maybe 2, the now infamous "chad") decided whether the US would be in for some changes. Well, I think the incumbent and the big money backing him "swayed" the count in favour of the almighty oil dollar.

Ultimately, as has not been quoted often enough, "The most important place environmentally is right where you are now standing" (paraphrased, unknown source). This is where you have some control, and if enough people accept this premise and act upon it, it will get better. David Suzuki's Nature Challenge addresses that very issue. What are you doing to reduce your impact on this fragile environment we all live in?

Check this out: www.davidsuzuki.org/NatureChallenge/
Jon Phillips responding to Charles Norman's editorial

Jon Phillips responding to Charles Norman's editorial

On Parliament Hill

Your Voice in Ottawa,
Vic Toews, MP Provencher

Delivering Responsible Economic Leadership

Every February brings all kinds of speculation and rumour about the federal budget. This year was no different in that respect, although the economic circumstances facing Canada meant that when Finance Minister Jim Flaherty delivered the third budget of the Conservative government, he had a clear responsibility to be prudent, balanced and focused in the way we manage tax dollars.

Any downturn in the economy south of the border in the United States is always going to have an effect on the Canadian economy. That was the reality that Minister Flaherty faced in preparing this budget. But fortunately, even before this budget was introduced, the Conservative government prepared for this US slowdown. We took decisive, pre-emptive action in the 2007 Fall Economic Update and during this winter to lower taxes for people and businesses, pay down debt and provide targeted support to troubled industries. This represents a substantial stimulus for the Canadian economy which will, when coupled with our strong economic fundamentals, help us through uncertain times.

Some industries are facing more difficult times than others. In particular, Canadian manufacturers have been coping with a stronger Canadian dollar against the US greenback, and other challenges. To help manufacturers and other industries, our new budget is extending the capital cost allowance for new manufacturing equipment, establishing a \$250 million Automotive Innovation Fund to help automakers meet the challenges of the future and extending support for older workers.

These are the types of investments that a government needs to make when the times call for a steady economic hand. We've also made certain that other groups that could face economic challenges. For seniors, particularly those on fixed incomes, we have

increased the amount of income from the Guaranteed Income Supplement (GIS) that can be earned tax-free, from \$500 to \$3500. And for farmers, we have also allocated \$72 million over two years to farm programs and to improve access to \$3.3 billion in potential cash advances to Canadian farmers.

Manitoba in particular is a big winner with Budget 2008. Manitoba will receive \$42 million over three years through the Community Development Trust to support efforts to help vulnerable communities adjust to global economic uncertainty, \$18 million over two years through the Public Transit Capital Trust 2008, \$69 million for infrastructure initiatives, \$18 million for labour market training, \$12.1 million through the Cull Breeding Swine Program to alleviate financial pressures faced by the Canadian hog industry, and \$31 million as Manitoba's share of the Clean Air and Climate Change Trust, the HPV Immunization Trust and Patient Wait Times Guarantee Trust.

We are providing \$15 million to Manitoba to hire new front line police officers over the next five years. Budget 2008 also provides funding to preserve and protect the environment, and \$110 million to support those with mental health issues, which will include a pilot project in Winnipeg to help address the needs of those who are homeless and suffering from mental illness. And of course, as a result of restoring fiscal balance in previous Conservative budgets, Manitoba will receive \$3.4 billion in 2008-09 in various federal transfers, an increase of \$354 million from last year, or almost 12 per cent.

I'm proud of the third consecutive balanced budget from this Conservative government. It is balanced, focused and prudent, that pays down debt and keeps taxes low. I look forward to it passing through Parliament so that Manitobans can enjoy its benefits.

A Regional Water Supply System?

By Charles Norman

When George Harbottle was elected as Reeve of the RM of Alexander, one of the first projects he undertook was to improve the quality of water to residents of the municipality who live along the Winnipeg River. The project was given impetus by the Walkerton, Ontario

tragedy where more than a thousand people became ill and seven people died as a result of a contaminated water supply.

Following the Walkerton incident, the water supply to North Battleford, Saskatchewan became contaminated, many people contracted gastro-intestinal diseases, but no one died.

Since that time provincial governments across the country have established more stringent treatment and monitoring standards. The fact that not one of the water distribution systems on the Winnipeg River in the RM is in compliance with new Manitoba regulations demonstrates that Harbottle's assessment of priorities was

well founded.

Because infrastructure funding for sewer and water projects was more easily available for regional systems the RM had, by March 2001, managed to get expressions of interest from Powerview, Tembec, and Sagkeeng.

Since then they have made an application for funding every year, but never made the cut until last year when funding of four million dollars was made available under the federal/provincial infrastructure agreement.

In June 2006, the Town of Powerview- Pine Falls, by resolution, voted to commit to the RM's water treatment system. The vote was eight to zero in favour. Tembec has told them that their present source of water, from the Tembec water treatment plant, will not be available after 2012.

However, it seems that the Town council was not serious about the commitment. The town is now looking at alternatives to joining the RM of Alexander's water supply system. No one has publicly discussed what alternatives they are looking at, but it is rumoured that one alternative is to purchase Tembec's water treatment plant.

The Town should be very careful

First the mill is not likely to view a change of ownership of the plant favourably if the 100 gallons a minute they need is going to cost them more than it does now - which is very little. The town

could get themselves into a long term agreement to supply water at less than the cost to the municipality. (one cost that the town would have but the mill does not, is the provision of a full time qualified operator - the Tembec treatment plant is currently managed by Waste Water Treatment plant personnel.)

Second, twenty-five years ago, a report by one of Winnipeg's top water treatment consulting engineers told Abitibi Price that an expenditure of \$2 million would be needed to bring the plant up to the standards existing at the time. Since that time about \$700,000 has been spent on the plant. More would be needed.

Third, the Tembec plant does not have ultraviolet disinfection, which is the only effective way of dealing with spores of cryptosporidium and giardia, (beaver fever) These organisms are present in small quantities in the Winnipeg river. They cause gastro-intestinal diseases which can cause severe dehydration and can be fatal to the very young and the elderly if they are not properly treated.

Currently Manitoba regulations do not require ultraviolet radiation of domestic water supplies, but new regulations are being introduced every year.

Construction costs in Manitoba are increasing rapidly. Powerview-Pine Falls will almost certainly decide to join the RM project. The longer they delay the more it will cost.



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Protecting & Managing Manitoba's Future

News



EMCA's Bring a Tin for the Bin Concert

By Fiona McDonald

Grab your passport and prepare yourself for the trip of a lifetime as the Montreal Guitar Trio land in Pinawa to sweep you off on a whistle-stop world tour. This guitar trio, hailed by CBC as "the hottest guitar ensemble in Canada," and the Eastern Manitoba Concert Association Ltd. (EMCA) want to take you around the globe in an evening.

Before you get ready to buckle your seatbelts, though, EMCA asks that you pack a 'tin for the bin' for our food drive to support our local food banks. World hunger is often thought about but we forget that there are people in our own communities who are in need of some support. As we approach Easter, help us to help our

local communities. Bring non-perishable food items with you and enjoy a whirlwind musical tour with the Montreal Guitar Trio.

Formed in 1998 at the University of Montréal by three award-winning musicians, the Montreal Guitar Trio have established themselves as a force of musical rejuvenation and cross-pollination, earning acclaim from critics and audiences alike.

Klauss Ross, Bergsträßer Anzeiger, Germany writes, "Their debut in Germany was one of the most unforgettable events in the festival's history, both artistically and programme-wise.... The audience applauded and didn't quieten down until the event organizer had promised to engage the Montreal Guitar Trio again next year...". Glenn Levesque, Marc

Morin and Sebastien Dufour bring a unique, eclectic mix of styles and blend them into a passionate, virtuosic performance infused with a sense of humour. From their native Quebec traditions through the steamy South American rhythms, to the emotive musical influences of the Balkans and exotic Oriental melodies, their innovative, unique musical style will take you wherever you dream of visiting.

To enjoy the adventures of a world trip from the comfort of Eastern Manitoba, join EMCA and the Montreal Guitar Trio at the Pinawa Community Centre, 20 Vanier Drive at 8 p.m. on Friday 14th March. For ticket information contact Cathy at 753-2767 or visit EMCA's website at <http://www.emca-concerts.com>. Don't forget, bring a tin for the bin!

Pineview Lodge to get Activity Coordinator

By Charles Norman

Grace Honke, who works for the NEHA Home Care Program, was at the Pineview Lodge last week to tell the residents that NEHA will be hiring a part time worker to coordinate social activities for the residents of the lodge. He or she will work 18 hours a week which will include some time every second Saturday.

Pineview Lodge is a fifty-five plus apartment building. It is subsidized by Manitoba Housing but all tenants live in their own apartments and take care of themselves.

In 2004 the provincial government started an "Ageing in Place Program". The theory is that seniors who are active are more likely to remain independent and in their own homes longer, and thus not needing to move to a personal care home or

other form of assisted living. Funding has been approved to cover the costs of the Handi-van for trips to points of interest, (to see the ice sculptures at the festival du Voyageur was suggested). A small budget of \$50 per month for supplies has been approved.

Grace Honke said NEHA was very very pleased to be able to announce that someone would be hired to coordinate Pine View Lodge activities. "He or she will work with the you to find out what kind of program you would like," she told tenants assembled in the lounge. She said the worker could work with groups or with individuals in exercise programs and could teach residents to retrain their balance, and would also organise the occasional party.

After the presentation Honke served cake and coffee to the residents present.

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Powerview RCMP Press Report

News February 25 to March 2008

2008/02/25

POWERVIEW - Police assisted with a custody issue and noted an incident with an estranged couple should any future problems arise. The complainant advised that they were in the process of an interim order and peace bond.

A complaint of theft of prescription pills was made to police. The woman's purse was ransacked at a social event in the incident.

2008/02/26

POWERVIEW - 1 male has been charged, taken into custody and transported to Provincial Remand Center. The man had physically assaulted his pregnant spouse in the incident. The investigation continues.

SILVER FALLS - A black and orange 2006 arctic cat snowmobile was stolen in the early morning hours.

HOLLOW WATER - Culprits broke into a residence damaging a door, frame and ransacking the house. Nothing was stolen in the incident.

2008/02/28

FORT ALEXANDER - A

female was charged in breach of her probation order. The woman did not comply with all court conditions and report accordingly to probation services. She was remanded into custody and transported to Provincial Remand Center.

- Investigation continues into youth harassment.

POWERVIEW - An arctic cat snowmobile was stolen from a residence on Betty Street.

BLACK RIVER - a couple were both charged with assault after investigation by police. Alcohol was involved in both instances. The pair were released on promises to appear court at a later date, with conditions to have no contact with each other.

RM ALEXANDER - Investigation continues into a reported theft.

2008/02/29
POWERVIEW - Provincial Remand Center was contacted by police when an inmate continued to attempt to contact an ex spouse in this jurisdiction. The incident was dealt with accordingly in Winnipeg.

2008/03/01

POWERVIEW - Investigation continues into an assault of a female. The woman was treated at local hospital after the incident.

FORT ALEXANDER - Police continue to look for a male in regards to an assault of another male.

2008/03/02

FORT ALEXANDER - An assault of a female resulted in medical attention at the

local hospital. A male involved in the incident has not been located by police at this time. Investigation continues.

MANIGOTAGAN - A family dispute was dealt with informally by police and the situation was stabilized.

SUMMARY: Police also followed up on 2 false alarms; actioned 5 requests for assistance to other police services/service of legal docu-

ments; issued 5 tickets under the highway traffic/liquor acts; charged 3 persons for impaired driving/refusal of breath test; lodged 3 persons under the intoxicated persons detention act; attended 1 noise complaint; and processed 9 traffic accident reports.

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.

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Find out more

To find out more about how Manitoba's Tuition Fee Income Tax Rebate can help you put money in your pocket as you put down roots in Manitoba, please visit manitoba.ca

Manitoba

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Sports...

Bantam Girls "C" Provincials

The Pineview Bantam Girls hockey team will be hosting "C" Provincials in Pine Falls March 7, 8 & 9th. There is a total of seven teams from across the province participating in this tournament. They include Carman,

Holland, Minnedosa, Dauphin, Springfield and Cross Lake. The games begin on Friday at 3:00 pm with opening ceremonies scheduled for 6:30 pm on Friday. The round robin continues on Saturday and the finals will be played on Sunday with

Consolation final at 1:00, the Bronze medal game at 3:00 and the Gold medal match at 5:00. Everyone is welcome to come out and cheer on our girls. There will be an admission charge at the door.

Good luck to all the teams!!

Game Schedule Pine Falls, MB March 7-9, 2008

Pool A		Pool B		
A1	Springfield	B1	Pineview	
A2	Dauphin	B2	Minnedosa	
A3	Holland	B3	Carman	
A4	Cross Lake			

FRIDAY, MARCH 7th				
Game #1	3:00 p.m.	Springfield vs. Holland	(A1 vs. A3)	
Game #2	4:45 p.m.	Pineview vs. Carman	(B1 vs B3)	
	6:30 p.m.	Opening Ceremonies		
Game #3	8:00 p.m.	Dauphin vs. Cross Lake	(A2 vs A4)	

SATURDAY, MARCH 8th				
Game #4	9:00 a.m.	Carman vs. Minnedosa	(B3 vs B2)	
Game #5	11:00 a.m.	Cross Lake vs. Springfield	(A4 vs. A1)	
Game #6	1:00 p.m.	Minnedosa vs. Pineview	(B2 vs. B1)	
Game #7	3:00 p.m.	Holland vs. Dauphin	(A3 vs. A2)	
Game #8	6:00 p.m.	Consolation Semi-Final		
		6th place vs. 7th place		

SUNDAY, MARCH 9th				
Game #9	9:00 a.m.	1st vs. 4th		
Game #10	11:00 a.m.	2nd vs. 3rd		
Game #11	1:00 p.m.	Consolation Final		
		5th Place vs. winner Game 8		
Game #12	3:00 p.m.	Bronze Final		
Game #13	5:00 p.m.	Championship Final		



The future starts now.

On February 29, 2008, Tembec successfully completed the recapitalization of the Company. We are extremely grateful to our employees, customers, suppliers and the communities in which we operate for their unwavering support of this initiative.

During the last two years, we focused on improving operating performance. Through the combined efforts of management and employees, operations that were not competitive were addressed and some difficult yet necessary decisions were made.

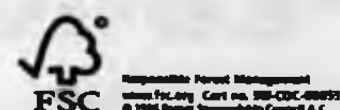
Moving forward with a secure financial footing and solid stakeholder support, Tembec will continue to concentrate on generating superior operating and financial performance while remaining the global leader in sustainable forest management practices.

We look to the future with great confidence.


James Lopez
President and Chief Executive Officer



Tembec is the global leader in the sustainable management of the forest



Recreation Re-Boot!

Pineview Recreation Commission

Box 281 Powerview, MB. R0E 1P0 - 3 Walnut Street, Pine Falls Ph: 204-367-9142 Fax: 204-367-8605 E-Mail: prarec2003@yahoo.ca



Muck Hill

Photos by Payton Richardson

Free to Seniors

Learn more about new exercises you can do at home or in groups. Prevent strain, disease and increase your ability to perform activities of daily living. Call Natasha at 367-9142 for info.

Try out the Gym!

There will be a trial of the Rivers North Fitness center (in the Powerview Arena) running every Tuesday in February from 5:15 to 6:15. This will consist of a circuit weight training class with instruction for a cost of \$14 for the remainder of the classes. This class is open to both members and non-members. Call 367-9142 or 756-3868 to register.

Firat Aid Training Course

A standard first aid training course will run 8 am to 4 pm on February 16th and 17th in the Pine Falls School. Come out and get your certification! Cost is \$130 and includes training on AED devices. To register call 367-8989 or 367-9142.

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 24th. We will start at 2:00 at the hospital, and continue with smokies and hot chocolate at the chalet at 4:00. Play the poker run! Each hand can be pur-

chased for \$5 with 100% payout. Register at the Pine Falls Liquor Mart. 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".

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.

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 broom-ball 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.

There is also broomball for anyone aged 15 and up at the arena on Fridays at 8:00. Come out and join the fun!!!

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 Continues

Natasha Joy will be continuing boot camp until 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 \$6 per class if paid in advance for the remainder of the session, or \$10 drop in. 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.

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

A reminder that internet access is available at the library. For more information please call 367-8983.

Bibliothèque Allard

Regional 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, photocopy/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.

Growing Minds... Growing Opportunities

Become an Early Childhood Educator

The time is right for you to consider becoming an Early Childhood Educator (ECE). Here's why:

- **Tuition Support** - the Manitoba government's tuition support program provides you with a forgivable loan of up to \$4,000 to help you pay your first-year tuition fees when you enroll in a Manitoba college in 2008.
- **Increased provincial funding** - more funding to non-profit centres means you can expect to start your career earning between \$29,000 to \$32,000 a year when you graduate with a two year diploma.
- **Career advancement** - more families than ever before are seeking high quality child care. This creates more opportunities for your career to grow and develop.



To find out more about how you can pursue a career as an ECE, please contact:

Child Care Information Services
945-0776 (in Winnipeg)
1-888-213-4754 (toll-free) or visit
Careers in Childcare at
manitoba.ca/childcare



Community

Community Directory

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.

USW 3-1375: meets third Thursday 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.

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 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 child-minding 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), Klockboxing St. Georges School, Tuesdays and Thursdays from 7:00pm to 8:30pm, contact Nick 367-2702 or Paul at 367-8018.

A Faith Perspective:

By Pastor Jake Doell

Try A Little Kindness

Some of you may remember Glen Campbell's song "Try a little kindness." It's always nice to be on the receiving end of an act of kindness but it is even better to give kindness to others. I'd like to share a short little poem on kindness by an anonymous writer:

If You Were Busy Being Kind

If you were busy being kind, before you knew it, you would soon find You'd soon

forget to think twas true That someone was unkind to you. - If you were busy being glad, and cheering people who are sad, Although your heart might ache a bit, You'd soon forget to notice it.

-If you were busy being good, and doing the best you could, You'd not have time to blame some man Who's doing just the best he can. - If you were busy doing right, you'd find yourself to busy quite To criticize your neighbor long Because he's busy



doing wrong.

My experience has been if you want kindness give kindness to others. I'm reminded of an old Chinese proverb that says: "Man stand for long time with mouth open before roast duck fly in." In other words don't expect to harvest a crop that you haven't planted. When you plant seeds of kindness you will reap kindness. When Dwight L. Moody was in New York one time, he was helped considerably by R.K. Remington. When Moody was leaving on the train, he grasped his friends hand and said: "If you ever come to Chicago, call one me and I will try and return your kindness." In reply, Mr. Remington said to Moody: "Don't wait for me; do it to the first person that comes along."

Being kind to people also carries a risk of being misunderstood. Sometimes people wonder, "What do they expect in return?" Yes it is true that kindness can be misused as a ploy to put the "squeeze on you" for something in return. True kindness does not hold its hand expecting something in return. The Good Samaritan helped a total stranger because he cared about people not because he wanted his name in the headlines of the local "Samaritan Post."

Take some time each day to speak a word of kindness or go and help someone that cannot return your act of kindness. When you are driving your car: "Drive towards others as you would have them drive towards you. It is still true that when you are good to others you are best towards yourself. Try a little kindness and see how it will brighten someone else's day and also your own.

Winnipeg River Church Services

NOTRE DAME DU LAUS: Powerview - Saturday evening 7:30 p.m. (English), Sunday 10:00 a.m. (English); Stead - Sunday 12:00 noon. World Day of Prayer - Friday, March 7 at 7:00 p.m.

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. John Giroux. Sunday Service at 9:00 a.m.

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

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

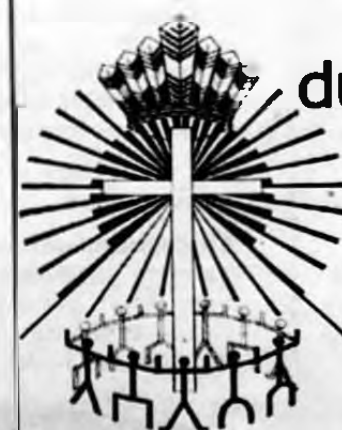
ST. JUDE'S ANGLICAN CHURCH Grand Marais, Holy Eucharist - second and fourth Sundays, 11:00 a.m. Morning prayer 11:00 a.m. - first, third and fifth Sundays.

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

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

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

Celebrate Guyanai
World Day of Prayer 2008
Friday, March 7th, 7:00 p.m.
Notre Dame
du Laus Church



Powerview
Everyone Welcome
Please join us
Service written by the women of Guyana



Health Corner: Ask your Primary Health Care Provider

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

Spotlight on Food and Nutrition



YOU: Staying Young by Michael F. Roizen, M.D. & Mehmet C. Oz, M.D. is an owner's manual for extending YOUR warranty. This book talks about how you can slow down the process of aging by not slowing down by age 40 (or so) & stop the thinking that it's just "all going to fall apart anyway". This book will teach you how to prevent your body and mind from aging badly and is filled with tips, tools, visual and verbal metaphors to bring the science to life.

We have three fantastic poetry books by Winnipeg author Catherine Hunter, Necessary Crimes, Latent Heat & Exposed. As well, we have Hunters' novel In the First Early Days of My Death. This book is said to be an "elegant little novel built on the Chinese legend that those who die violently remain in spirit in the place of death until their life's business is completed". The story is based in Winnipeg.

The private writings of the "Saint of Calutta", Mother Teresa has been compiled and edited by Father Brian Kolodiejchuk, M.C. who knew Mother Teresa for 20-years and is the postulator for her cause for sainthood and director of the Mother Teresa Center. Mother Teresa: Come Be My Light brings together letters she wrote to her spiritual advisors over decades.

Other great reads by authors such as Susan Wiggs, Andrew M Greeley, Jayne Ann Krentz, Kay Hooper, Karen Harper, James Grippando, & Debbie Macomber are ready for check-out.

See you in the library,

**Bibliothèque Allard
Regional Library 367-8443
Beaches Library 754-4007**

March is Nutrition Month! Dietitians of Canada's theme for 2008 is: "Spotlight on Food and Nutrition. Dietitians Top 10 Points...what you need to know". The following are the selected Top 10 key messages for taking action to eat healthier, be more active, and feel great:

1. Want to feel your best? Eat well and get physical! Wise food choices and daily physical activity play an important role in reducing your risk of chronic diseases such as obesity, type 2 diabetes, heart disease, some cancers, and osteoporosis.
2. Benefit from balance-challenge and support family members to achieve and maintain healthy weights.
3. Quality counts - whether at home, school, work or play, keep healthy food choices top of mind! We all want the biggest bang for our

back so why not choose the very best food! Your body needs more than 50 nutrients every day to keep it working its best and energized for a long time

4. Give your food portions a makeover - tune in to moderation in serving sizes. Use www.EATracker.ca - from Dietitians of Canada, to compare the portion sizes and amounts of food you eat to what you need for your age and gender.
5. Colour your world with vegetables and fruit! Try seasonal, colourful vegetables and fruit - simmer some squash, carve up some cantaloupe, pick up a pepper, or bite on some berries!
6. Be a savvy shopper - get the nutrition facts on foods from the label. Learn more about label reading. Visit a virtual grocery store at www.healthyeatingisinstore.ca
7. Make meal time a family

affair! When children are involved in wise food shopping and meal preparation, they learn skills that set the stage for their future health.

8. Healthy eating is more than a flash in the pan - it's a lifetime commitment. Food fads come and go, but staying the course using Canada's Food Guide as your cornerstone for healthy eating will help you meet your needs for life.
9. Make "www.dietitians.ca/ eatwell" your "go to" place for trusted nutrition information and fun healthy eating ideas!
10. Have a food or nutrition question? Ask a Registered Dietitian! For more information contact your local NEHA Community Dietitian.

Look for Nutrition Month activities in your area!

Source: Dietitians of Canada Factsheet "Spotlight on Food and Nutrition" 2008
Submitted by
Kristen Tleknor

Manitoba Arts and Culture Week - March 8-15, 2008

How do you feel about the arts and cultural activities in your community? The purpose of Manitoba Arts & Culture Week is to celebrate and promote what you have. In the history of your community, there will have been artists, performers, dancers and/or writers that were started on their careers due to experiences and opportunities they had growing up. Community events such as Winter Carnival in Little Black River, the 4P Festival in Pine Falls and Treaty Days in Fort Alexander grow the culture of a community. The library, and school and rec centre arts programs help to make the community a good place to live. The occasional live performance during the year in a community facility adds to the cultural options. This Week consider what you do have and start talking about what you would like to have in your community.

We all know individuals in a community that work hard to get things started - such as organizing a festival, setting up a cultural centre or

rising star in your community on their career path in the arts!

The Kick-off to 2008 Manitoba Arts & Culture Week is on March 7th at noon in the Winnipeg Art Gallery. Everyone is welcome to this special event. Work by Manitoba artists will be on exhibit and performers include George Bear from Brokenhead, Six

Croces from St. Boniface, Kelvin Girls Ensemble, and more.

Want to know what is happening elsewhere this Week in Manitoba? Go to the Events section of You will find listings of the range of events that are scheduled for March 7-15 in communities throughout Manitoba, like the Chateaugay - Festival de l'humour at the

Papertown Motor Inn in Powerview. Post your event if it's not already listed. Got Art?

2008 Manitoba Arts & Culture Week is supported by Manitoba Arts Council, Winnipeg Arts Council, and organized by provincial arts organizations. Sponsors are CBC Manitoba, Manitoba Lotteries Association and Outlook Financial.

Manitoba Arts & Culture Week
march 8-15 2008
got art?

8 au 15 mars 2008
prenez part aux arts!

www.mbarisculture.ca

Manitoba Arts & Culture Week is gratefully made possible by these sponsors:

Manitoba Arts Council
COUNCIL DES ARTS DE WINNIPEG
WINNIPEG ARTS COUNCIL
89.3
CBC
Canwest Foundation

Features

Cougars, Wolves and Wolverines

A natural history of the East Boaches and Winnipeg River



More on the Beaver

By Charles Norman
The last article on the beaver touched on the fact that the beaver had once been hunted to near extinction in Washington and Oregon. It should be pointed out that this was not the result of over trapping - people who trap for a living are normally very good conservationists. It was the result of a deliberate policy by the Hudson's Bay Company.

When the border between Canada and the United States had been established at the 49th parallel, The Hudson's Bay had to move out of the area and close its operation in Vancouver, Washington. When they did, they made sure there was no beaver left for their American competition.

The beaver is generally considered to be ungainly and slow on land, but when necessary they can move quite quickly. Though escape from predators to the

safety of the pond is preferable, they can be very aggressive when cornered. This is when the surprising speed and strength, coupled with sharp teeth, can inflict serious injury on anyone who dares to confront "Bucky". The beaver is noted as a strong swimmer, both on the surface and underwater, and when alarmed it can move through the water at speeds up to 4 mph. (7 Kmph). It sees as well underwater as above. Its eyes have a transparent membrane which can be drawn over the eyes to protect them while diving. Its nostrils and ears can also be closed when underwater.

The hind feet are quite large, with five blunt-clawed toes which are fully webbed, the smaller forepaws are held close to the body while swimming, the tail, up to a foot in length, is used as a rudder while swimming, as a counterweight while walking, and as a prop when seated.

and the constant gnawing that a beaver does is required to keep the teeth sharp and of suitable length.

Lodges are built as islands behind a dam, or on the shore of a waterway. They are built from the bottom up and the living space is gnawed out from underneath, leaving a floor about four inches above the water line. Using their forepaws beavers plaster the inside and outside of the lodge with mud which dries to a strength that no predator can break through.

A dam is built when it is necessary to raise the level of the water so that the beaver can exit from the lodge underwater as well as to provide adequate water depth for the winter feed stock. Two exits are built so that the beaver can leave from one should a predator find its way into the other. Beavers feed on bark, especially poplar in this area. Saplings and branches are stored underwater where they are accessible from the lodge.

The beaver is matriarchal. While they mate for life, if a male dies, the female will take another mate in the following season. The new mate moves into the lodge. However if the female dies the lodge is abandoned and the male seeks out another female in another lodge, or mates with a young female and builds a new lodge. Beavers can live up to twelve years and cut down more than two hundred trees a year.

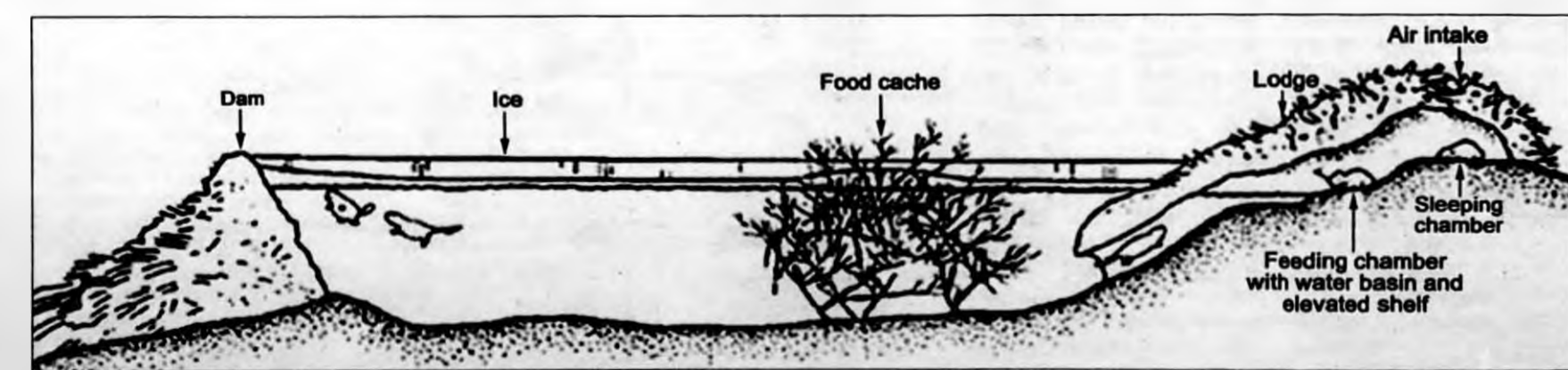
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In the early years beaver fur was used primarily for felt for the manufacture of felt hats and other goods. The pelts of greatest demand were the ones which had

been worn for some time as this removed the guard hairs and the underwool became matted. These pelts produced the finest quality of felting pelts for the industry. Another part of the felting process involved the use of the metal mercury. Mercury, as we now know, is quite poisonous, having serious effect on the brain. Extended exposure to the workers in the felt hat industry created the term "mad as a hatter" and also the "Mad Hatter" of Alice in Wonderland.

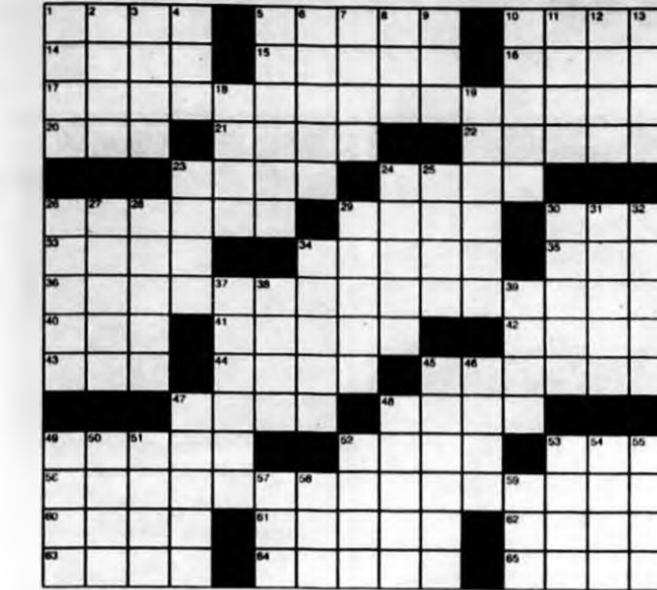
Today the beaver pelt is used in its natural state as well as sheared or plucked, which are more elegant treatments of the luxurious underwool. These are then dyed in many colours or patterns resulting in strikingly beautiful and warm fur garments.

Through its ability to alter the landscape, the beaver is extremely valuable to the survival of many species within its range, especially in the Boreal Forest. Providing wetlands for aquatic species, the abandoned ponds become meadows where Great Grey Owls hunt for mice and new young growth becomes browse for moose and rabbits.

Due to over-harvesting and diseases the trapping season for beaver in Manitoba was closed for many years in the 1930's and '40's to allow for the population to recover. Today, with careful management the beaver has rebounded to levels never seen before. In many areas, beaver numbers have become somewhat of a problem for various human activities, from farming to recreation and transportation. Manitoba trappers currently harvest about 20,000 beavers per year.



Weekly Crossword



- Across**
1. Taffy (Clarence) J. ... first American to carry the flag in the opening ceremonies of the Winter Olympics.
5. Tiny, quick flash of light.
10. Sixth month of the civil year, the 12th month of the ecclesiastic year in the Jewish calendar.
14. Small European freshwater fish with a slender bluish-green body.
15. Proportion of one value to another, related value.
16. Italian coin equivalent in value to the French franc.
17. Stage of arteriosclerosis involving fatty deposits inside the arterial walls.
20. Past participle of "meet".
21. Fall silent.
22. Remove one's head covering as a sign of deference.
23. Game in which numbered balls are drawn at random and players cover the corresponding numbers on their cards.
24. Cause disintegration of a compound.
26. Part of a TV program taken up by unplanned material.
29. Walls built across a river to stop the flow and collect water.
30. (Thomas) Hyer, boxer.
33. Away from the direction of the wind.
34. ... Monetti, Teen Titan aka Argent.
35. ... Bailey, member of the Hockey Hall of Fame.
36. Person who is an authority on history and studies and writes about it.
40. Slang for "diamonds."
- Down**
1. Berry composer.
2. Lower, especially in amount.
3. Natural.
4. Sammy ... first diver to win two gold medals in the Olympic platform diving event.
5. Surface smoothed by abrasion.
6. Rope with a running noose used to catch horses.
7. Skin irritation marked by pruritus.
8. Zero.
9. One of the small members which form the extremity of the foot.
10. Lacking companionship.
11. Generic term used in computing to distinguish read only digital storage media from those that are rewritable.
12. 1987 film directed by Robert Altman and Bruce Beresford.
13. Coarse file used for shaping materials.
18. Mother of the gods in Greek mythology.
19. The ... House, novel by John LeCarré.
23. Young guinea fowl.
24. Slang for "excellent".
25. Primordial giant of the progenitor of a race of frost giants in Norse mythology.
26. Formerly a term of respect for important white Europeans in colonial India.
27. General anatomical nomenclature for a ridge or fold.
28. Entire section of a book which has become detached and glued back in place.
29. The ... of Perception, novel by Aldous Huxley.
30. ... Natural Forest, straddling the crest of the Sierra Nevada Mountains in northern California.
31. ... Park, 2002 film starring Kenneth Hughes.
32. The ... Widow, 1934 film starring Gregory Hines.

- Down**
1. Berry composer.
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3. Natural.
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5. Surface smoothed by abrasion.
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Last Week's Answers

DEFFY GUN SMOG
APIA VASES LEAVE
NORM EGEST WREN
ESEMPLASTIC GNU
ERA LOBI
CHROMA LEARNS
ERE DERBY LOACH
BELL NEARS CLUE
BELLIE ATILLY ILL
PAMPAS CEREAL
COLE EREN
PHI CODLIVER OIL
AEON NIECE ARMY
TRUE LEAVES GAPS
ERSE LID ELSIE

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

CRYPTIC PUZZLE

AB CD EFF GHDJ KAF CD
EFF GHDJ EF GB LCMN -

PQRBD QSBTQMNVB

Last Week's Solution

IF FORTY MILLION PEOPLE HAVE A WRONG OPINION IT'S STILL A WRONG OPINION - ANATOLE FRANCE

Weekly Horoscopes

March 5 to March 12

ARIES (Mar. 21 - April 20)
Travel will be on your mind, but you should be sure that you've got all your work up-to-date. Romance could develop through social activities or short trips. You will be inclined to make unwise investment choices. You will learn a great deal from people with different cultural backgrounds.

TAURUS (Apr. 21 - May 21)
You will meet new romantic partners if you get involved in seminars or travel. Get involved in creative groups. You will meet new romantic partners if you get involved in seminars or travel. You can pick up information that will give you an edge.

GEMINI (May 22 - June 21)
Don't let others try to create unwarranted guilt if you can't meet their demands. You may be more emotional than usual. You will easily blow situations out of proportion. You will have excellent ideas for changing or renovating your home.

CANCER (June 22 - July 22)
Promote your ideas now. Confusion could result when communicating with others. You are best to keep your cash in a safe place. Your financial situation may be draining and it's time to make some serious changes.

LEO (July 23 - Aug 22)
You need to spend time with friends and family. Take a second look; difficulties with appliances, water, or electricity in your home may be evident. Obstacles may stand in your way where career and success are concerned. Use your creative talent in order to accomplish your goals.

VIRGO (Aug. 23 - Sept. 23)
Be discreet about any information you uncover. Find ways to make extra cash. Start making things or reusing rather than buying ready made. Try to convince a good friend to take a holiday with you. A new relationship can be yours if you get out with friends.

LIBRA (Sept. 24 - Oct. 23)
Don't be alarmed. There's lots to be done and if you meet your deadline you'll be in your boss's good books. Limitations will set in if you haven't followed the rules. Avoid any intimate involvement's with coworkers or employers.

SCORPIO (Oct. 24 - Nov. 22)
Your competitive nature will enable you to win any contest you enter. Children may be difficult to handle. Your irritability may drive your loved ones crazy. You should get involved with activities that can be enjoyed by both young and old alike.

SAGITTARIUS (Nov. 23 - Dec. 21)
Your high energy will help you through this rather hectic day. Opportunities for travel must be carefully considered. You're ready to take action and take over. Sudden romantic infatuations could lead to a significant and prosperous connection.

CAPRICORN (Dec 22 - Jan. 20)
Do your work at home, if you can. Someone may be trying to make you look bad. Travel will be in your best interest regardless of whether it is business or pleasure. Your need to obtain additional details will lead you into strange topics of conversation. Don't be too quick to blame others for your bad mood.

AQUARIUS (Jan. 21 - Feb. 19)
Social activity with friends and relatives will be most successful. Deep discussions may only lead to friction. You will earn recognition for the work you are doing. You will have a little more energy than usual.

PISCES (Feb. 20 - Mar. 20)
Jealous coworkers may try to sabotage your attempts to get ahead. Take time to reevaluate your motives regarding friendships. You will be in the doghouse if you are being. Your high energy will enable you to take the role of leader in group functions.

Echo Classifieds

Business For Sale

Rusty Nail Tavern For Sale
Call Marlene
at 367-2398

Former T Gee's cafe.
Located in Rupert's landing.
Turn key operation. 770 SF.
All equipment in store. Need
good operator for this coffee
and deli sandwich bar.
Email: georges@mcrc.ca or
call 1-204-480-0141

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 count-
er. Call Denis at 367-8651.
TFN

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 Rent

House for Rent, 3 bedroom,
1-1/2 bathroom home in
Pine Falls, near hospital.
Available beginning of April
(or earlier), washer, dryer,
fridge, and stove included.
Call Rob @ 612-9794 or
857-8024 for more info.

Help Wanted

Papertown Motor Inn
requires mature, motivated
full and part-time workers in
all housekeeping, din-
ingroom service, bar service
and kitchen. Apply in Person
at the Papertown Motor Inn.
TFN

Help Wanted

Dishwasher and Cook
Apply in Person
Sonny's Chicken House

Want to Rent

Want to rent a house or trailer
in Pine Falls, St. Georges,
Silver Falls, or Great Falls
area. Please call: 1-204-482-
6171. 24x-11

5 Puppies

6 weeks old.
2 Black female
1 Grey female
1 Blonde female
1 grey and black and brown
Small dogs
367-1707

The Echo Classifieds

\$5.50 for first 25 words, 15¢
for each additional word.
\$5.00 each per photograph.
Call for more information
367-9468 or fax us at 367-
9947. theecho@mts.net

Happy Birthday



Virginia St. Croix
March 10, 2008
Happy 90th Birthday!!!

May God grant you
always...
A sunbeam to warm you.
A moonbeam to charm you.
A sheltering angel,
So nothing can harm you.

With Love from your
Family!

Pets



Macho 151241

Macho is an incredible cat who was found stray on Church Avenue in November- for some reason, this handsome fellow keeps getting passed over for adoption. Macho is about 3 years old, very friendly and sociable as most Tom cats are and when he purrs has a very loud "motor"! This big guy is negative for FIV and FeLV, blood diseases cats can get from going outdoors. Macho is a staff favorite and a hit with the teens at our Roots & Shoots educational program- he will make a great addition to almost any family. Adopt as a longtimer for \$39.50!



Bo 152812

Bo is a complete sweetheart who simply doesn't fare well in the hectic shelter environment- this boy is used to the comforts of home & family! Bo, a Flat Coated Retriever mix, is one of those really smart and sensitive dogs we receive all-too-often who become stressed and anxious here. He needs to be adopted soon for his own mental health. When out of his kennel/room, Bo is a very low-key, laid back and well-mannered doggy who has great manners and listens well- does he sound like someone you're looking for? As he can be a timid boy, we suggest he's best for kids 12yrs+; we know he'll make a terrific companion for his new family.

Thinking of an Easter bunny for someone you know this Easter? Think twice! Rabbits are too often acquired on a whim and end up surrendered to shelters nation-wide; they are the third most surrendered pet to North American shelters. If you want more information on rabbits as pets, visit us or log onto www.rabbit.org to get the information you need to make an informed decision. The WHS saw a 56% increase in the number of rabbits admitted between 2003 to 2007! If you're unsure about being able to commit to a living creature who can live up to 10 years, this year say Make Mine Chocolate™!

Chantal Young
Adoption Coordinator
The Winnipeg Humane Society
45 Hurst Way
Winnipeg, MB R3T 0R3
T: 204 982 3558
F: 204.982.3550
E: chantaly@humanesociety.mb.ca
www.winnipeghumaneociety.ca

*Saving just one dog won't
change the world...
but it surely will change the
world for that one dog.*

PSA's

Silver Haven Lunch Menu

Open to all seniors 55 and up. You are welcome to bring a guest. All meals are \$5.00. Meals are at 11:30 am on Mondays, Wednesdays and Fridays. Your name must be put on the list the day before by calling Silver Haven at 367-4620 or by calling Denise at 367-2374

Wednesday March 5
Soup, Hot beef sandwich, fries, green beans, lemon pie

Friday March 7
Soup, salmon loaf, scalloped potatoes, corn, pudding

Monday, March 10
Salad, liver & onions, mashed potatoes, gravy, carrots, fruit crisp

Wednesday, March 12
Soup, roast chicken, stuffing, gravy roast potatoes, carrots, strawberry short-cake.

HOTEL & RESTAURANT

PINE FALLS SERVICE CENTRE
Monday to Saturday
8:00 a.m. to 12:00 midnight
Sunday 8:00 a.m. to 12:00 midnight
SUBWAY
Subway open 7 days a week
from 10:00 a.m. to 11:30 p.m.
367-8803

CLARK'S CORNER
Tackle & Outdoors Store
Live Bait
Dress Foot
DOMO
JUMP TO THE PUMP

Papertown Motor Inn
367-2261
Deluxe Jacuzzi Rooms
Licensed Family Dining Room
Banquet Facilities
V.I.T., Beer Store
Hot tub
NITE
Night Club
WATER PARK
1 Mile East of Pine Falls, Hwy. 304 & 11

Broadlands Mall
Convenience Store/Gas
Movie Rentals
Open Daily 7 am - 11 pm
Restaurant
Daily Specials
Open 6 am - 10 pm
367-4484

BIRCHWOOD MOTOR HOTEL
- 16 Modern Units
- Hot tubs
- Dining Room
- Beverage Room
- Meeting Rooms
- Fully Licensed
Traverse Bay
756-2596
OPEN YEAR ROUND

Manitou Lodge
Mon - Wed. 8am to 9pm
Thurs. & Fri. 8am to 10pm
Sat. 10am-10pm, Sun. Closed
367-2252
Tuesday Nite
Wing Nite &
Draft Special
EVERY WEEKEND

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Streakers
Hair Design
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Monday to Saturday
By Appointment Only
Call Roberta Laliberté
367-4083

The Lakeview STEAKHOUSE
57 Park Avenue, Lac du Bonnet
Phone 345-8661

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LIBERTY TAX SERVICE
Sundi Duval
From 1000 (Thru)
367-4244
INCOME TAX SERVICES
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2 McDougall Ave
St. Georges, MB

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DAVE'S FURNITURE & APPLIANCES
For the Best Quality New & Used Furniture & Appliances. Call Us First!
367-2460
21 Art Street, Powerview
Mon to Fri 10 am - 5 pm; Sat. 10 am - 4 pm

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G's SEPTIC TANK CLEANING SERVICE
Gilles Lamoureux
P.O. Box 905, PINE FALLS, MANITOBA R0B1B0
PHONE: 367-4706 CELL: 345-3635

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MacDonald Brown Rentals
Hillside Beach
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OPEN 7 DAYS A WEEK
Store Hours:
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Having a Social Function?
Call us to look after everything for you
Ask us about delivery
The House of Quality

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TRY YOUR DRUGSTORE
first
Open Monday to Saturday
9:30 a.m. to 5:30 p.m.
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DISPENSARY
367-2517

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Blue Water Physiotherapy
Phone 367-2537
Please call for an Appointment
• Work and Sports Injuries
• Neck and Back Pain
• Acupuncture
• Orthotics
• Manual Therapy
• Pilates - Reformer Sessions
Located on Highway #11 in Powerview

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Celebrating 20 years in business
Complete/Partial Dentures
Repairs while you wait
Relines (one hour)
Extractions/Restorations Arranged
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Stephanie Hampson,
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Closed for lunch hour
12:30 - 1:30pm
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277A Main Street, Powerview
Hwy 11 - Municipal Building
Monday - Friday 9:30 a.m. to 4:30 p.m.
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Dr. David Kindrat
Dr. Drew Dear
Dr. Grishma Kapadia
Emergency Care
New patients welcome
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Fort Alexander Dental Clinic
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Direct Lines 367-4821
367-4417

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The Winnipeg River

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