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Opinion:
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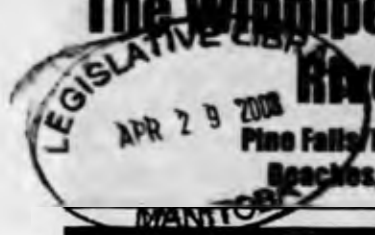
COMMUNITY:
 Chase Bilan's
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 April 23, 2008
 Volume 8, No. 43

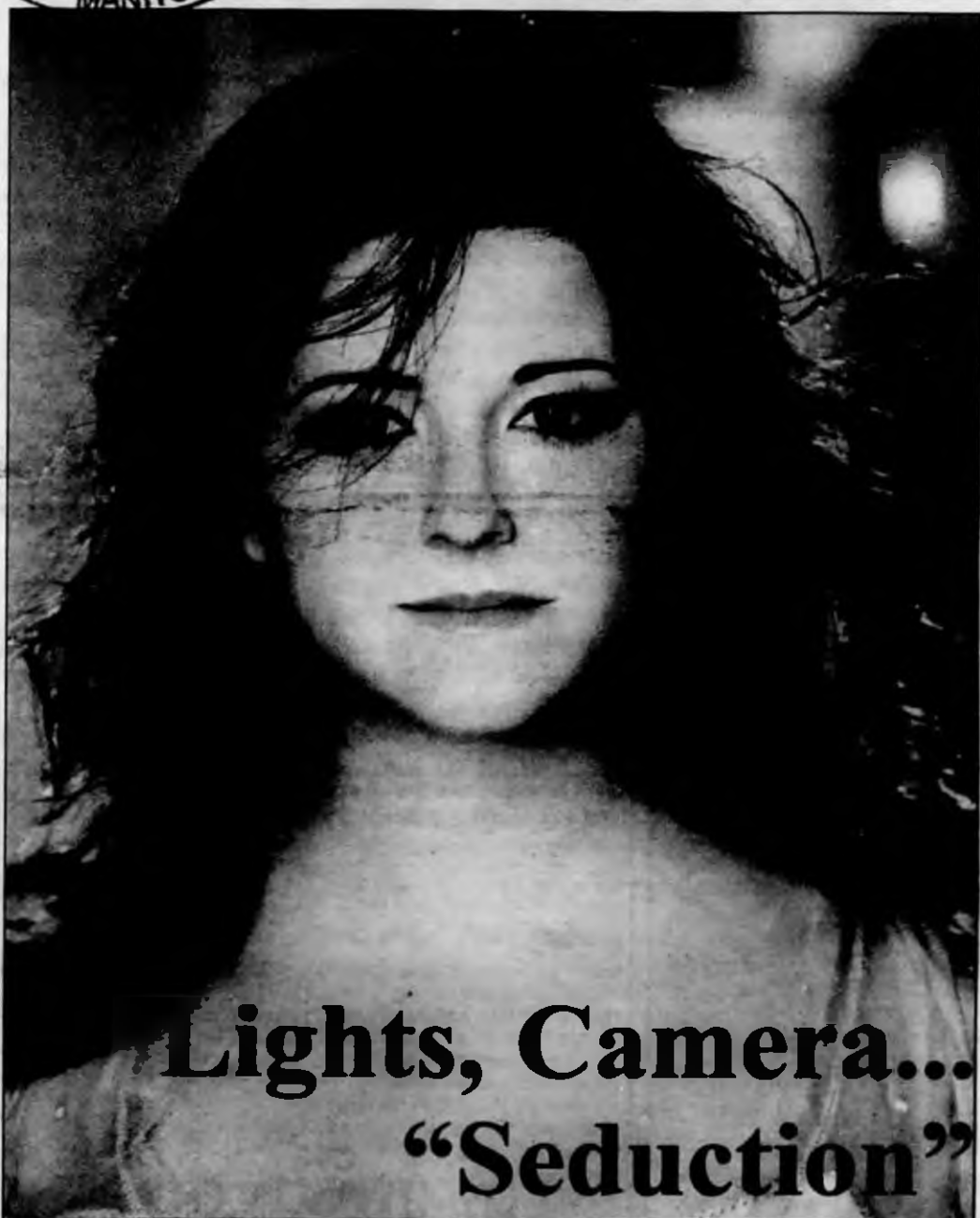
The Winnipeg
 River



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

Echo

New Residential Development at Parisian's Point



Lights, Camera...
 "Seduction"

St. Georges will be starring opposite Marie-Elaine Thibert for the French-language television show, "le Petit Seduction" in May. See the full article: St. Georges to Star in Movie, on page 3.

A proposal for a condominium development at Parisian's Point is just one of a whole range of exciting proposals for the future of Powerview Pine Falls.

A development corporation has been formed, "The Edgewater Development Corporation" to market and promote development of the community. A priority will be to establish an industrial park in the area to attract industry and provide jobs for our young people. A full time economic development officer may be hired.

The condo living is the wave of the future - especially for older people. Many of

whom go south for the winter. Parisian's Point has a spectacular view of the Winnipeg River, is close to a great golf course, close to a hospital, grocery store, the pharmacy and other services. It is considered to be a first class location for those looking for this type of living. The market is not dependent on the mill since prospective purchasers are likely to be retired. The Powerview-Pine Falls Council is open to offers from developers for the condominium project.

A more detailed coverage of the town's proposed options for development will be covered in next week's issue of The Echo.




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Letters to the Editor

Bissett Woman's Ordeal No Walk in the Park

Two years ago I appeared at our local clinic in northeastern Manitoba with a small lump on the arch of my foot that felt like a "stick" in my shoe. At that time the doctor on duty declared this is a ganglion cyst, a non-cancerous benign growth, not usually appearing on the bottom of the feet. He referred me to an orthopedic surgeon to see if excision is a possibility. I asked to see a podiatrist and was informed this would be non-productive.

While waiting for the orthopedic surgeon, I couldn't help but notice the sign for the Podiatrist right there in the same building. Again, why not the podiatrist?

The surgeon verified the information given by the local clinician. We had a chat about the ineffectiveness of surgery to eradicate this ganglion cyst (he names it ganglion) as the tissue if fibrous and responds badly to invasive methods. Do, nothing wait and see what happens. Don't worry, it is not cancer.

I go about my active life. I am retired but am a person of great ambition and energy when all is well. I am a hiker and have known to walk daily in my locale. Up the hills and down in the summer with my Labrador retriever. I

have a great interest in nature and have always endeavored to explore wherever I have lived. In the winter, we walk through the swamp and onto to the frozen lake. We swim in the summer, pedalling a short distance to the lake. I have everything I ever wanted in a place to live.

Times passes. There is no real pain or discomfort for some time. The ganglion's are beginning to multiply and are on both feet. I am taking notice of this. Concerned, I think of my options. I must return to the clinic but my doctor has decided he must leave the clinic. He is quite obviously upset and allows that he doesn't like this place. In conversation with two other patients of his we compare notes and surmise he is another victim of the emergency room overload. This is a time when it is noted that the pharmacy has asked me if my prescription has changed as this one is different from what I usually take? A phone call from the pharmacy to the doctor and it is taken care of. There will be at least 3 more of these unsettling occurrences over the span of the winter. The prescription has been obviously incorrect.

I am suddenly disabled at christmas time. The first

lump has swollen and has completely locked up function of the foot and I cannot walk. At all! A week spent off my feet with warm soaks and I can walk about for a short very time (15 mins). The depression that comes with it is profound. At the end of the three months I am sleeping around the clock and grieving heavily for mobility. I have lost good muscle tone and have gained unhealthy adipose tissue.

I make the appointment to see another new doctor at our clinic as suggest that a podiatrist would be a welcome at this point. Surely a doctor who has specialized in the care of the feet has seen this condition before and will know how to proceed correctly. I am informed that the podiatrist will not be able to help with this. I get a referral to an orthopedic surgeon and a rheumatologist.

(The radiologist has to ask if it is the left or right foot to be x-rayed. I say the left...he says...why did he mark it down as the right?, we both agree the left foot is the one really at issue and the left is x-rayed.)

Searching for information, I have been on the internet researching all manner of ganglion cyst and come upon more specific information.

This is called Plantar Fasciitis. Inflammation of the fascia due to irritation cause by bone spur of the heel. And then, able to isolate that the nodules or lumps is something uncommon on the bottom of the foot. This is called fibromatosis or Ledderhose disease. All of the doctors have made this observation that these nodules are not normally seen on the bottom of the foot and we must rule out rheumatoid arthritis as one of the symptoms is bilateral nodules. Ledderhose is actually a rare benign proliferative disease of uncertain outcome and subject to radical change. I learn this has been known to be difficult to control with drastic measures and conservative therapies are highly recommended. Such as custom orthotics, padding, ice, rest, soaks, anti-inflammatories, physiotherapy, acupuncture.

I have taken to bringing my husband along, as it has been noted that there is much trepidation in regards to proper "care" and two eye and ears more would be a better idea. We drive 5 hours through one of the worst blizzards of the winter and I am exhausted by the stress of pain and travelling in such inclement weather. And terrified of a visit with another

surgeon. It is the most uncomfortable visit I have had so far. It is obvious the doctor considers this a "waste of time" the diagnosis is quite clear. Plantar fasciitis. Okay. That confirms what I know. And the nodules? No real information at this time. He reiterates what has already been said, that surgery is invasive with this type of growth and often the results are counterproductive. He informs me with a laugh to not return to his office "unless I am tripping on it." (the growth).

The rheumatologist is a much more comforting individual and does his exam and we take more x-rays and bloodwork to determine if this is RA. He informs me that an MRI is in the works so we can see what is really happening with these nodules. I am to go home and if I choose to, pursue conservative measures in the meantime. This means another visit to our local clinic for a prescription for physiotherapy and custom orthotics. My husband and I go to see our doctor who initiated these referrals to request a prescription for physio and orthotics. He is having a very

Continued on page 5

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St. Georges to Star in Movie

By Charles Norman
They will be making an hour-long movie in St. Georges at the end of May and the village will be a star - The church, the museum, the beach... and the people of the community.

But they will be taking second billing to a star from Quebec, singer Marie-Elaine Thibert.

The movie will be made in French, for Radio Canada, by La Presse Tele. It is part of a series called La Petite Seduction which was originally inspired by a feature film called La Grande Seduction.

In the film a Quebec village with 150 people decided that they needed a doctor to move to their community, and that they needed a multi-national corporation to locate there to pay for it. They located a doctor and La Grand Seduction is about how they went about convincing the doctor to move to their community. (Seduction does not have the sexual connotation that it has in English, a better translation would be enticement).

They first determined the likes and dislikes of the doctor, then went about convinc-

ing him that they had everything he wanted. There was a lot of humour in the story in how they were torn between their need for a doctor and their consciences as they exaggerated or deliberately misled him on the merits of their community.

Because of the success of La Grand Seduction, a television series was developed based on it, with the difference being that a well-known star would be the one to be enticed.

St. Georges has chosen to "entice" Marie-Elaine Thibert to their community. She is little known outside Quebec and New Brunswick, but is very, very well known in Quebec.

She came to prominence by winning the Quebec equivalent of the American Idol, and since then she has released her first solo album, in April 2004, which reached triple platinum status so quickly that it was described as an unprecedented success. It was No. 1 in Canadian sales for two weeks.

In 2005 she got two Quebec awards - best album of the year, and best female singer, and a Juno award for Francophone album of the

year. A 2005 DVD achieved double platinum ranking.

The whole French speaking community has been invited to a meeting in the basement of the St. Georges Church at 12:30 next Saturday, April 26. Four people from La Presse Tele will be there to discuss ideas for the movie, and answer questions.



Marie-Elaine Thibert



Emergency Room May Close

By Charles Norman
The Emergency Room at the Pine Falls Hospital may be closed at times during the next week.

NEHA CEO Jim Hayes said NEHA has not yet been able to organize coverage for some periods during the next

week but he hopes that they will be successful in arranging coverage as they have been for the last two weeks.

Hayes said it was not possible to identify any particular days when emergency services would not be available.

MANITOBA BUDGET '08
OPPORTUNITY STABILITY

Budget 2008 builds on Manitoba's strong, stable economy and moves forward on Manitobans' priorities.

Manitoba's Growing Economy

- Manitoba's economy grew by 3% in 2007 - outpacing Canada for the second consecutive year.
- In 2007, Manitoba had the highest population increase in 25 years.
- Average weekly earnings grew 4.2% in 2007 - the highest increase in almost 20 years.
- Private investment grew 9.5% in 2007 and Manitoba will lead the country with a 22% jump in 2008.

More Opportunities for Young Manitobans

- The Tuition Fee Income Tax Rebate will provide post-secondary graduates who live and work in Manitoba with \$20 million in tax savings in 2008.
- Manitoba's student bursary program will increase by \$8 million over three years, doubling its support to \$16 million.
- More than \$100 million over the next two years for capital projects at Manitoba's post-secondary institutions.

Building Manitoba

- Funds are provided for the ongoing 10-year, \$4 billion plan to modernize Manitoba's highways and bridges - work is planned for 1,300 kilometres of roads this year alone.
- \$15 million for inspection, maintenance and rehabilitation of provincial bridges.
- Funds for preliminary work on an overpass at Highway 16 and the Trans-Canada Highway.

Continuing the Commitment to Health Care

- Investing \$7.2 million to educate and hire more doctors in Manitoba.
- New funding to train more nurses - increasing the number of training seats by 40.
- \$3 million for more nurses, health-care aides and allied health-care workers in personal care homes.
- \$18 million more for cancer screening to ensure earlier diagnosis and treatment.

Protecting our Water and Environment

- A multi-year funding plan to reduce greenhouse gas emissions.
- New resources for enhanced monitoring and inspection of septic systems as well as the monitoring and enforcement of manure spreading regulations.
- \$5.3 million for Conservation Districts.

The Bottom Line: Lower Taxes for Manitobans

- The Education Property Tax Credit increases to \$600 - saving Manitobans an additional \$24.5 million annually.
- A Primary Caregiver Tax Credit will provide eligible Manitobans with as much as \$1,020 in benefits annually.
- The basic personal exemption will increase by \$100 - reducing personal income tax for every taxpayer.
- The small business tax rate, already the lowest rate in the country, will be further reduced to 1% - saving Manitoba businesses an additional \$9.7 million a year.

To learn more about Budget 2008, please visit:
manitoba.ca

Or write to: Minister of Finance, © 2008, Room 11, Legislative Building, 450 Broadway, Winnipeg, Manitoba R3C 0Y1

Manitoba

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Comment



Greens are Luddites

By Charles Norman
Manitoba Liberal Party Leader Jon Gerrard is proposing a third route for BiPole III - under Lake Winnipeg. On the surface it appears to be a reasonable compromise - it is more expensive than the East Side route, but avoids the environmental controversy. It would be reasonable if the controversy was really about the environment, but it is not. An overhead transmission line will not do any noticeable harm to the environment. Its only negative effect will be to cause anguish to a few, very few, Winnipeg Greens as they canoe under it. The objective of the Greens, like the Luddites of the industrial revolution, is to prevent any development whatsoever. (The Luddites were a group of activists in England who went around breaking up machinery because it put people out of work. They did not have the

foresight to see that the machinery would increase the wealth of everyone). At a recent convention of board members of public utilities, two Winnipeg lawyers were overheard discussing northern development in Manitoba. They found themselves in mutual agreement that they could prevent any Hydro development in Northern Manitoba for the next twenty five years. Given this Luddite predisposition of the Greens, compromises are pointless, and the underwater route for BiPole III merely gives them another way to attack the development. No one knows what environmental effect an underwater direct current transmission line would have on Lake Winnipeg, but whatever the real effects, the Greens will make up anything they can think of and do what they are very good at - frighten people into thinking that it would be an absolute disaster and bring

about the end of the world the day after tomorrow at the very latest. Green organisations would get lots and lots of money from the public to save us from the underwater line. And lots and lots of academics would get lots and lots of money for themselves and their universities to show us the way to salvation. Gerrard's compromise would simply be an excuse for further delays. There will be no transmission line anywhere while the NDP is in power in Manitoba, (nor will there be a road to the communities on the east side of the lake in spite of NDP rhetoric). The line, (and the road), will be built on the east of the lake, after the NDP has been defeated. Hopefully it will be soon. They are letting their sillier people get their way, which is an indication that they are starting to believe that they are in power for ever. Howard Pawley and Bob Rae thought the same thing.

Avoid Mexico

By Charles Norman
After two years in a Mexico prison, held without trial for all of that time, Brenda Martin has been found guilty of "receiving illicit funds". There was no evidence against her, but she has been sentenced to five years in jail. She will be transferred to a Canadian prison and will be eligible for parole almost immediately. She would still be in a Mexican jail, and still be being held without trial, were it not for an Edmonton journalist who championed her cause. Apparently she was held because it was felt that she could lead her captors to the money made by her former employer in an internet scam. (she was his housekeeper). The money did not belong to her captors but that does not appear to have concerned them. Since the money involved was more than \$100 million the usual bribe to get her release would not have been adequate. After the issue became an

international embarrassment to the Mexican government they had no option but to find her guilty to save face - then to get her out of the country as quickly as possible and hope that everyone would forget about it. We should not forget about it. Canadians are murdered in Mexico and the local police do not seem to care. If there are no bribes involved, why should they? If you travel in Mexico, take lots of American \$20 bills. It is the standard price that motorists have to pay to Mexican police to avoid a fate like Brenda Martin. I will never go to Mexico, first because of the treatment to Brenda Martin, second because I do not like the risk of spending time in a Mexican jail, and third, because I know that I can not rely on the pathetic bureaucrats from Canada's Department of External Affairs to put themselves out, even a little bit, to provide even a modicum of protection.

Manitoba's Most Vulnerable Targetted by Pharmacare Tax-Grab

Gerald Hawranik
MLA for Lac du Bonnet
Since 2002, the NDP government has increased your Pharmacare deductibles by 34%. The 2008 budget tacked on another 5%. That's a hike many vulnerable Manitobans can't afford. For many, it will mean additional \$72 each year on top of what they already pay. While this may seem like pocket change to some, for seniors on a fixed income and low-income earners, it may be the difference between medicine for what ails them and putting food on the table - especially in rural Manitoba where the livestock industry is already struggling to make ends meet and where health care services are already less accessible than in larger urban centres. It's no secret the

Manitoba NDP has a spending addiction. Pharmacare is no exception where curiously, rates have increased in each of the last seven years. In a blatant effort to win votes, the only year without a Pharmacare hike was the 2007 election year. Bottom line is that offloading their financial mismanagement onto the backs of seniors is nothing more than another NDP tax grab. Progressive Conservatives believe unfairly targeting seniors and low-income earners is the wrong way to try to cover their costs. At a time of unprecedented handouts from Ottawa, the NDP should find another way to cover up their irresponsible spending habits, rather than nickel and dime our most vulnerable Manitobans to death.

Hydro Board Missed Boat on Underwater Transmission Line Board members should be interviewed and properly qualified for position: Gerrard

Manitoba Liberal Release
Manitoba Liberal Leader Dr. Jon Gerrard faulted the Premier, the Minister of Finance and the Manitoba Hydro Board for not looking into the under water hydro transmission line before deciding on a route along the west side of Lake Winnipegosis. Gerrard also called for overhaul of the secretive way in which board members are appointed public scrutiny or input and introduced a bill to ensure proper screening of board appointees. "The Premier has been appointing NDP political insiders to the Board of Manitoba Hydro when he should have been ensuring that the interests of all Manitobans were being met," Dr. Gerrard said. "It is incomprehensible that the cheaper, safer, shorter and

more environmental conscious option under the centre of Lake Winnipeg was overlooked." During the 2007 fall Legislative session Dr. Gerrard questioned Manitoba Hydro CEO Bob Brennan about the possibility of an under water line and was told simply that it was not feasible. Research by a retired geography professor John Ryan has proved otherwise. According to Ryan the approximate costs of the lake Winnipeg under water route is a total of \$1.9 billion and even after additional costs such as transportation of the cable is factored in, the overall cost is several hundred million less than the NDP proposed west side line. The underwater cable is also maintenance free and will yield greater savings over time.

The Liberal bill - Bill 207 - The Manitoba Hydro Amendment act, calls for all board appointees to be screened by a legislative all-party committee before being appointed. This screening process will allow legislators to question board appointees about their qualifications about their vision for Hydro and their views on important issues that impact Hydro. "There is no accountability when these important appointments are done behind closed doors," Dr. Gerrard said. "This bill would give board members the ability to stand up for the average Manitoban and answer questions about their vision for Manitoba's most important crown corporation and their knowledge of the hydroelectric power business and then to take progressive action to benefit all Manitobans."



On Parliament Hill
 Your Voice in Ottawa,
 Vic Toews, MP Provencher

Supporting our Manufacturing and Forestry Industries

For generations, the Canadian economy has been underpinned by the solid performance of our traditional industries. We have long been among the world's best in fields like agriculture, forestry and manufacturing. Today, our economy remains strong, even as we face some external challenges. Global uncertainty, volatile markets and a weaker US dollar are making things more difficult, in particular for Canadian manufacturing and forestry. Fortunately, our Conservative government saw some of the troubles on the horizon last fall. We took decisive, pre-emptive action in the 2007 Fall Economic Update and during Winter 2008 to lower taxes for people and businesses, pay down debt and provide targeted support to struggling communities. This year alone the federal government is injecting \$21 billion of stimulus into the Canadian economy as a result of all of our tax relief measures. As a share of the economy this is significantly greater than the stimulus package offered by the U.S., which is facing its own serious economic challenges. Our measures have put the Canadian economy on a solid footing for the months and years ahead. In fact, since 2006, our government has introduced tax reductions, the majority of them broad-based, that will result in over \$9 billion in tax relief specifically for manufacturers and processors by 2012-13. At the same time, some areas that depend heavily on one industry for their local economic well-being need special assistance. We are providing \$1 billion for the Community Development Trust to help provinces and territories assist one-industry towns facing major downturns, communities plagued by chronic high unemployment, or regions hit by layoffs across a range of sectors,

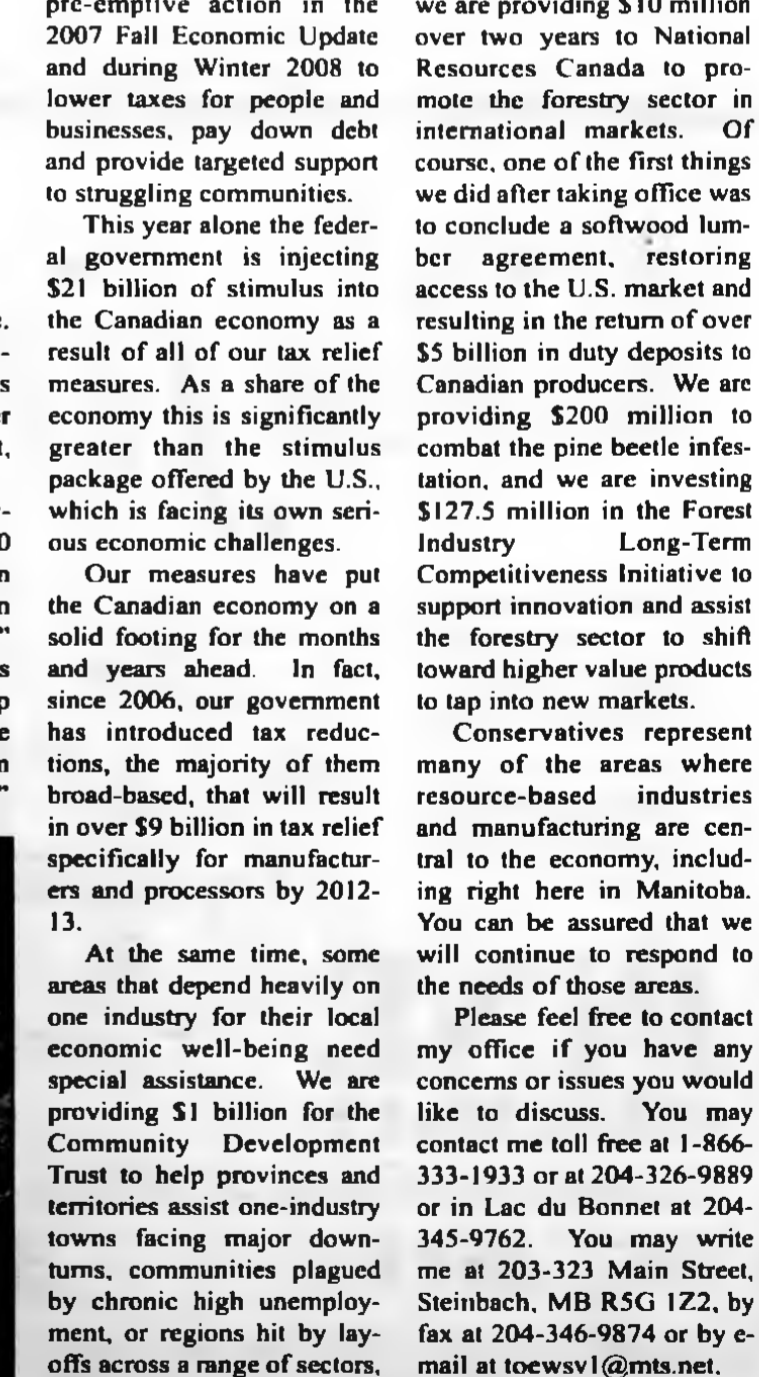
such as manufacturing and forestry. There are a whole other host of measures we have added to assist these sectors, from an accelerated capital cost allowance for investments in machinery and equipment; to a tax credit for employers who hire apprentices; to a \$1,000 grant for first and second year apprentices; to a Targeted Initiative for Older Workers, a federal-provincial employment program that provides a range of employment activities for unemployed older workers who live in vulnerable communities and helps them stay in the workforce. On forestry in particular, we are providing \$10 million over two years to National Resources Canada to promote the forestry sector in international markets. Of course, one of the first things we did after taking office was to conclude a softwood lumber agreement, restoring access to the U.S. market and resulting in the return of over \$5 billion in duty deposits to Canadian producers. We are providing \$200 million to combat the pine beetle infestation, and we are investing \$127.5 million in the Forest Industry Long-Term Competitiveness Initiative to support innovation and assist the forestry sector to shift toward higher value products to tap into new markets. Conservatives represent many of the areas where resource-based industries and manufacturing are central to the economy, including right here in Manitoba. You can be assured that we will continue to respond to the needs of those areas. Please feel free to contact my office if you have any concerns or issues you would like to discuss. You may contact me toll free at 1-866-333-1933 or at 204-326-9889 or in Lac du Bonnet at 204-345-9762. You may write me at 203-323 Main Street, Steinbach, MB R5G 1Z2, by fax at 204-346-9874 or by e-mail at toewsvl@mts.net.

NDP Should Be Red-Faced Over 'Green' Initiatives West side BiPole waste cancels miniscule GHG reduction plan

Manitoba Progressive Conservative Release
On International Earth Day, the NDP government should be ashamed of how low they've set the bar being all talk, little action on environmental initiatives. Premier Gary Doer and NDP Energy Minister Jim Rondeau are using all the right buzz words to appear to be friends with the environment, but behind the marketing smokescreen there is little in the way of meaningful measures to combat climate change or reduce GHG emissions, says Progressive Conservative Leader Hugh McFadyen. "Vowing to achieve five per cent of targets in three years and 95 per cent after the next election is all politics no substance," McFadyen said. "The NDP grab the headlines today and aren't accountable in the end, unless Manitobans re-elect them." In addition, McFadyen said if the NDP truly cared about the envi-

ronment, they'd reverse their daffiest decision to date. "If this government wanted to have a positive effect on the environment, they wouldn't build a west side line that leaks an obscene amount of power and cuts down thousands more trees, they would build on the east side of Lake Winnipeg as PCs and the experts have said all along," McFadyen said. The ability to displace 350,000 tonnes of GHGs is

missed on the west side. Doer's 2010 target of reducing GHGs by 100,000 tonnes could be met three times over just by building on the east, McFadyen said. "Instead, this NDP government is wasting 40 megawatts (MW) of clean energy building BiPole III on the longer west side route," McFadyen said. "There is still time for Doer to flip-flop and take action to ensure we leave a legacy to our children of clean water, air and land."



News

Breakfast Program Still Receiving Community Support

By Michelle Berthelette
The Powerview Parent's Advisory Council recently donated \$602 dollars to the Wings of Power Breakfast Program at Powerview School. The money was raised through a fundraising drive that asked all families that were able, to make a

donation to the program. Families and staff responded generously and raised enough funds to cover most of the costs for the month of April. Last fall the program was lucky enough to receive start up funds for the school year from the Paper Makers Golf Classic. The tourna-

ment raised \$375 for our Breakfast for Learning program. This winter we also received \$500 from the Voyageurs hockey team. The money was raised through their annual hockey tournament. The Manitoba Council for Child Nutrition granted the program \$3,500 in January for the program.

Wings of Power thanks all who so generously support the program.

The breakfast program is still a necessity and a comfort for many students at Powerview School. The universal access by all students, regardless of income, makes the program successful. There is no shame in

grabbing some milk and cereal for breakfast when you arrive at school. If you are hungry at lunch time or recess there are carrots and fruit to snack on. No one ever needs to go hungry at school.

After all, isn't that the least we can do for the children of our community?

Letter to the Editor

Continued from page 2

BAD day. He must leave immediately as he can. The abuse of the night emergency room calls is too much for a human being. He has nowhere to go yet, but he has tendered resignation. We are very aware that we have been seeing this too much lately. Too many good doctors are gone almost as soon as they arrive in this locale. They are people who will not tolerate the poor working conditions provided and will move on. As any sane person would do. It is also known that this

particular clinic serves communities from a large rural base which takes in a lot of territory. Our rural ambulance service is overloaded as a result of being an active member to some of these communities outside our very own. This is at the point where the young doctor alludes that "there are elements that do not pull their weight" in the emergency room dynamics...he is crushed under the emergency night load and then to be a physician on day-call as well

is too much. We talk about more community involvement in what appears to be a serious contributing factor to the emergency calls. Alcoholism/drug overdose, etc.. We are sympathetic as we have seen our local clinicians in pain with this situation before. And seen them leave abruptly too often. It seems they are human and their potential for making mistakes is greatly enhanced once they realize what an untenable position they are in with this current system. No win for everyone. We acknowledge his discomfort and conclude our business.

Through inquiries I find

two ladies who are making a very special custom orthotic and armed with the prescription and a good insurance policy which will reimburse us the majority of a \$400.00 outlay of cash. I have new information from my feet. They feel completely different and suddenly that difficult arch is supported and ahhhhh...help has arrived. The very next day, I am able to walk the required 1-3 hours and do some much needed housekeeping. At the end of the second day, it is apparent that the swelling and even the nodules are decreased in size and I am delighted. Set free from three months of anguish over my continuing deteriorating condition and able to participate in my life again. Gone also is the overwhelming depression that had me sleeping almost around the clock some days. Physiotherapy...the young lady assures me she has great success with plantar fasciitis, but has never seen this on the bottom of the foot. I educate her with what I have learned and ask her to do her own research as we will be working together on this for

awhile. She is enthusiastic, caring, and her massage and stretching has beneficial effects. I am feeling even better now. I am on the right track now and expect to improve as the days go by.

I am convinced if my request to see a podiatrist two years ago had been honored the outcome would have been different. The condition would have been addressed correctly and not progressed to a point where it has shown signs of being in an aggressive state which is much more difficult to control or expect successful conclusion to.

I am writing this letter after speaking with many who are aware of the existing problems in our small rural clinic and have decided rather than walk away from the issue...I choose to walk into it. This is my local clinic...it should be functioning properly to accommodate it's local populace with reassuring health care. And the doctors should not be leaving as soon as they arrive.

Sincerely,
Barrett Bilcowski
Bissett, Manitoba



PUBLIC NOTICE 2008 FINANCIAL PLAN

Per Section 162 and 420 of the Municipal Act, notice is hereby given that a public hearing will be held at 6:00 pm on Tuesday, May 13, 2008 in the Council Chambers of the Municipal Office located at #277B Main Street, Ward 1.

At this time Council and the Chief Administrative Officer will answer questions concerning the 2008 Financial Plan. Copies of the plan may be obtained Monday to Friday, between the hours of 8:30 am and 4:30 pm at the Municipal Office.

Any interested person may make a representation, ask questions or register an objection.

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367-2517



Health

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: 343-8647; or Email: corvis@neha.mb.ca. For more health information, please visit the NEHA website: www.neha.mb.ca.

How often should my immunization be reviewed?

Adults should talk to their Doctor or Public Health Nurse about whether they need certain vaccines. Important times to review your vaccines are:

- When you see a new Doctor
- If you are thinking of having children
- If you work with young children
- If you are a health care provider
- If you develop a chronic disease
- Before traveling
- If you are 65 or older
- At least every 10 years

Submitted by: Kari Lange
Immunization Coordinator
for NEHA

From information prepared by the Canadian Coalition for Immunization Awareness and Promotion 2005

Immunizations It's not Just for Kids!

Every adult has a reason to ask about immunizations. Immunization or vaccinations that you received as a child may need a booster. Your occupation, lifestyle, or medical condition may put you at greater risk of infections. You may be traveling to other countries, and need protection from diseases not normally seen in Canada. There are many good reasons to get more information on the most effective means of preventing disease.

Why do adults need immunizations?

Vaccine preventable diseases still circulate in our country. They are only kept under control if people are vaccinated against these diseases. Vaccines are not just for children. Many parents are careful about protecting their children with vaccines but forget about protecting themselves. Adults continue to need immunizations for several reasons:

Some vaccines do not provide lifelong protection.

In order to be protected against tetanus and diphtheria, all adults need a booster shot every 10 years. All adults should get the influenza vaccine each year, especially those with high risk conditions, the elderly and health care workers. Experience in other countries has shown that if large numbers of people do not keep their immunizations up-to-date, serious outbreaks of disease can occur.

Adults may need vaccines when they travel to other countries.

Most Canadians are not protected against diseases that do not exist in Canada. Before you travel to other parts of the world, you should find out what diseases you might be at risk for. To get current information on which vaccines are required or recommended for your travel, contact the Travel Health clinic. In the North Eastman Region this service

is out of Beausejour Health Centre you can call 268-7467 for enquiries or to book an appointment with a travel health nurse.

Some jobs or put people at risk that can be prevented by vaccines.

Health care workers, emergency responders, laboratory workers and students training for these jobs are at risk of exposure to communicable disease because of their contact with people who may carry disease. You're Doctor or Public Health Nurse can help you decide which immunization will be best for you.

Which immunizations do adults generally need?

Diphtheria and Tetanus: Adults need a tetanus-diphtheria booster shot every 10 years. They are combined into 1 shot. Tetanus (lock-jaw) is caused by a germ that lives in soil and causes painful tightening of the muscles, permanent damage, and death in about 3 out of 10

cases. Diphtheria is a contagious disease that causes a thick coating at the back of the throat, and can lead to breathing problems, heart failure and nerve damage. Immunization has greatly decreased this disease but remains essential to keep diphtheria under control.

Influenza: The flu is a serious respiratory disease, especially for older adults and anyone with certain health condition that may leave them vulnerable to complications from the flu. All adults should receive the flu vaccine if they are 65 years of age or older, and those who are less than 65 years of age who have underlying medical conditions. A new shot is needed each year, and is best to get it between October and mid-November.



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

NOTICE

Board of Directors - 2008/09

The Provincial government has recently announced the appointment of the 2008/2009 Board of Directors for the North Eastman Health Association.

- Margaret Mills, Chair - Pinawa
- Furion Barker - Hollow Water
- Dorothy Bozlanin - Lac du Bonnet
- Robert Carmichael - Beausejour
- Theresa Conroy - Whitemouth
- Steve Day - Beausejour
- Daniel Franklin - Beausejour
- Oral Johnston - Little Black River
- Karen Keel - Lac du Bonnet
- Boyd Kramble - Pinawa
- Donna MacDonald - Dugald
- Virginia Mathews - Lac du Bonnet
- Barbara Sabanski - Pinawa
- Harold Slaby - Hillside Beach
- Fran Thompson - St Georges

We welcome our three new members, Oral Johnston, Boyd Kramble and Harold Slaby.

A special thank you to our outgoing members Charle Dalrymple and Diane Kelly for their dedication and commitment to the Board.



North Eastman Health Association DISTRICT HEALTH ADVISORY COUNCIL Call for Nominations

The North Eastman Health Association is seeking applications for membership to the District Health Advisory Council.

In an advisory capacity, the District Health Advisory Council identifies local health needs and priorities and provides a community perspective on health issues.

You qualify if: You have an interest in health;
You are a resident of the District; and
You are not a health care provider who is working with the North Eastman Region.

The initial term of the appointment is for two years. Application forms are available through the NEHA Corporate Office:

North Eastman Health Association
24 Aberdeen Avenue / P.O. Box 339
Pinawa, MB R0E 1L0
Toll-free 1-877-753-2012

Nominations must be accompanied by the names, addresses and telephone numbers of three character references.

If you have any questions, please contact the NEHA Corporate Office at 204-753-2012.

Applications must be received by April 30th, 2008

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CANADIAN INDEPENDENT

Sports



ST. Norbert Celtics: Ella Greer, Jennifer Small, Shereen Rashwan, Megan Wiebe, Ashley Cherniak, Sawyer Marshall-Stanchuk, Breanne Nichol, Amanda Dulle, Alissa Lamirande, Codi Semchuk, Dawna Stott, Coaches Uzoma Asagwara, Scott Greer and manager Patti Greer.



Pinawa Panthers: Tyson Daymond, Dylan Betteridge, Trae Brooks, Drew Brooks, Ryan Flood, Alex Harding, Jacob Jansson, Ryan Karklin, James McAuley, Roderick McIntosh, Brady Musey, Gareth Senkow, Joe Yath and coach Merv Yath

Eastman Basketball Teams Selected For The 2008 PowerSmart Manitoba Games

Basketball teams from across the region competed this past weekend in Pinawa vying for the honor to represent

Eastman at the 2008 Powersmart Manitoba Summer Games.

Results: In the male category the Pinawa Panthers cap-

tured the gold medal in a very close match winning by two points against the Sprague Raiders, earning Sprague the silver medal.

In the female category the St. Norbert Celtics shot their way to gold against the Niverville Panthers.

Both the boys Pinawa

Panthers team and the girls St. Norbert Celtics team will represent Eastman at the 2008 Powersmart Manitoba Winter Games from August 11 - 17 in Carman, Manitoba. Best of luck, and welcome to Team Eastman!

Regional qualifiers for the remaining sports (Archery, Athletics, Beach Volleyball, Golf, Sailing, Swimming, Table Tennis and Triathlon) will be held throughout the month of June. For age groups, dates and locations please contact the Sport Manitoba - Eastman office at 268-2172 (toll free 1-866-774-2220) or visit the games website @ www.powersmartmanitobagames.ca.



Niverville Panthers: Brittney McCracken, Kira Fondse, Tineesha Funk, Heidi Giesbrecht, Shaylene Ginter, Katelyn Goertzen, Kathleen Klippenstein, Heather Neufeld and coach John Falk



Sprague Raiders: Joey Anderson, Mathew Brown, Andrew Brown, Joshua Henry, Joseph Henry, Thomas KaKayGeesick, Thomas KaKayGeesick, Cole Machej, Dorian McDonald, Ian Jr. O'Connor, Trey O'Conner, Alexander Paquette, coach Jared Baines and Cam Brown and manager Brent Boblinski



LOOK WHO'S 70!

Your slap shot might not be what it used to be, and your golf score might have a few more strokes than you'd like, but ... You're still #1 (and # 23) to us! We are very proud of you for all that you've given us and so many others in your lifetime. Enjoy your 70th birthday and many more to come!

With love - your family.

Shack hockey or golf stories can be sent by email to leanne@eastgrsource.com or mail, 1188 Fleet Ave, Wpg, MB R3M 1L8.



There he is!

Our apologies go out to Liam Chevretil for mistakenly reporting that he was missing from the Initiators team photo in last week's paper. While partially hidden, he was in fact in attendance. We have reprinted the photo and sincerely hope that Liam will forgive us.

Community

Jam Session at the Legion

By Phil Cyr

There were many firsts at the Royal Canadian Legion on Saturday, April 19th, 2008. The doors opened to an evening of vocals, music and dancing, something not done for some time at this facility. It was the first time entertainer Phil Pitre, whose stage name in Quebec is Claude Philippe, performed in Pine Falls. The first time the group consisting of drummer Ron Hanuschak, accordionist Fred Psock and guitarist Marcel Pitre played together in public with Phil. And it only took the first few numbers for this pianist-vocalist to wow the crowd! A most fitting result to a Legion benefit presented as a jam session, an easy going fun-filled evening of renditions from years ago and today.

member of the Eaton's Good Deed Club.

Some 60 years later he still performs in cabarets and musical events throughout eastern Canada. While on tour to promote his latest French-country CD, Phil stopped by Pine Falls last week to visit his Uncle Marcel and a few other musicians from the region. The opportunity came about to open the Legion for an evening of music and just plain fun, a "jam session". People showed up not knowing what to expect. Even the musicians had no idea. But what an evening it turned out to be. Songs of the 20s, 30s

40s and even the 50s, 80s and 90s were performed enticing folks to get up and dance. Phil, Ron, Fred and Marcel rang out tunes they hadn't played in years. As a matter of fact, they had never played them together...ever!

Everyone had a marvelous time. An evening like this hasn't happened in some years at the Legion. Phil wants to thank Phil Cyr, Norm Pachkowsky and all those who attended this impromptu affair. He hopes for a repeat one day soon and invites all to attend the next "jam session".

"Let's keep the Legion alive and well", says Pitre.



Six-year old Chase Bilan is battling biphenotypic Leukemia

Benefit Social for Chase Bilan

A little six-year-old boy called Chase was diagnosed with biphenotypic leukemia. Chase's treatments of chemotherapy are intense and ongoing. Chase's mother is Kim Tardiff who was born in Pine Falls, the daughter of Ovide Tardiff. We as a community and family would like to help Kim, spouse Brian Bilan and little Chase, by holding a fundraising

social on May 24th at the Great Falls Hall. If you as an individual or a business would like to help in any way possible for the Silent Auction, please contact the following people:

- Susie Tardiff
- Karen Papineau
- Norma Dupont
- Lynn Osis
- Darlene Cyr
- Shelly Tardiff
- Pauline Vincent.



Phil Pitre

Benefit Social for 6-Year-Old Chase Bilan

Son of Kim Tardiff and Brian Bilan

Date: May 24 Place: Great Falls Hall
Time: 8:00 Cost: \$10.00

Come out and support this worthy cause!



An impromptu jam session last Saturday, delighted all those in attendance at the Pine Falls Legion.



Summer Student Employment Opportunities

Applications are now being accepted for Summer Student Positions with the Town of Powerview-Pine Falls. Applicants must provide a Driver's Abstract as proof of holding a valid Drivers License. Proof of Metis status is also required for one position that is partially funded through a Manitoba Metis Federation Grant.

Please submit a personal resume, to include your earliest available start date, to the Municipal Office at Box 220, Powerview, MB R0E 1P0 or drop off at 277B Main Street, Powerview, between 8:30 am to 4:30 pm Monday to Friday.

Closing date for applications is May 2, 2008 at 4:00 pm.

For additional information please contact 367-2070

Want to Start Your Own Business!

Self-Employment Program

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

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

Self-Employment Program

Call for more information! 345-8691

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Restaurant: 367-4518

Faith

A Faith Perspective:

By Pastor Jake Doell

What About Your Past?

All of us have some history from our past. Chuck Swindoll shared a story about Chippie the parakeet that helps us put our past in its proper perspective:

"Chippie's problems began when the woman who owned him decided to clean the bottom of his cage with a vacuum cleaner. Just then the phone rings and she answers it and guess what, with a whoosh Chippie was gone.

The owner quickly turns off the vacuum, opens the bag and there was Chippie, stunned but still breathing. Seeing Chippie all covered with black dirt, she rushes him off to the bathtub, turns on the cold tap and proceeds to give Chippie a bath. Suddenly when she realizes that Chippie is shivering and turning blue, she grabs the blow dryer and gave him a warm blast of air to warm him up. Chuck finishes the story by saying, "Chippie doesn't sing much any more...."

We often are much like Chippie when we allow our past to determine how we live today. I am not making light of some of the tragic experiences you have from your past. Many of you have experienced some terrible tragedies in your lives. How

do we keep them from holding us hostage in the present?

The first step to overcoming our past is to acknowledge the pain that it causes you. You may have to step out of denial to do that. You can not overcome what you deny. Then ask God to help you grieve your loss. David, the greatest king Israel ever had said it this way, "My heart is breaking as I remember how it used to be... Why am I discouraged? Why is my heart so sad? I will put my hope in God." (Psalm 42:4&5)

Then we are ready to cross the next hurdle - forgiveness. Forgiving the person(s) who have hurt us, is where we need God's help. Jesus taught us to pray, "Forgive us as we forgive those who have hurt us." You see God forgives us as we forgive others. You say, "I can't forgive, it's not fair."

God empowers us to forgive when we receive His forgiveness for our sins. Only those who truly know God has forgiven them can offer genuine forgiveness to their offenders. We can choose to be like Chippie and never sing again or we can release our past God's way and enjoy life in spite of all its challenges

Dealing with the Painful Loss of a Loved One

By Anna Allen

I had to take a friend to the doctor today and as I sit here in the waiting room about to doze off I begin to write this article. By the way, why do waiting rooms in doctor's offices make people sleepy?

OK, let me get back on track. As I'm sitting here, I hear a lady behind me talking of her past depression. She mentions she felt so lonely after her dear husband passed away. In her own words, 'her whole world fell apart.' She said her husband handled everything in their marriage such as the money, bills and auto maintenance. After he passed away she became overwhelmed with all the finances and other responsibilities she now had to deal with, not to mention the fact that she was still mourning the death of her husband.

This conversation got me to thinking of how many people deal with the painful loss of a loved one.

Many times when a loved one passes, those left behind might not immediately feel the effects of that loss. It has not 'hit them' or 'sunk in' yet. Sometimes it takes a while for a person to react to the loss. Some may try to stay strong or hide their feelings in front of others. But when the funeral is over and the family and friends have returned to their homes, the person may break down. It finally sinks

in. Some sink into a depression so bad they close themselves off from the rest of the world. They take extra time off from work and even turn down invitations from family and friends.

Isolation and self-pity are never the answer. It's okay to mourn. Even people in Bible times mourned when they lost loved ones in death.

A few examples of this include:

- King David who was grief stricken when his son Absalon died (2Samuel 18:33)
- Abraham bewailed the loss of his dear wife, Sarah (Genesis 23:2)
- Even Jesus himself, who was a perfect man, 'gave way to tears' over the death of his friend Lazarus (John 11:35)

So this shows that there is a sadness when we lose a loved one to death.

Then thing is to not dwell on everything. Keep busy. Get involved in other things such as hobbies. Get your mind off the loss. The memories will always be there but

they don't have to be painful.

Another thing that can help you deal with your sorrow is Bible reading. God, being the loving God that he is, helps his people to endure the extreme sadness and grief that comes with bereavement. God's spirit helps us to have peace and faith in the wonderful future promised in his Word the Bible.

The Scriptures refer to God as 'the God of all comfort,' so we can be sure that he will give us the strength we need and not let us be overwhelmed by sad thoughts about our dead loved one.

Knowing all this should help us realize that we are not alone in experiencing the pain of our loss. Others have been through the same thing. In time, the pain will subside.

The world is not going to stop for our broken heart. Life will go on. Things WILL get better.

So knowing all of this and the fact that even the perfect man Jesus went through this as well, should help us to deal with the painful loss of a loved one.



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.

Plan Ahead

We can Help

It may be difficult to think about final arrangements, but more and more people are discovering that preplanning makes sense.

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Diversions

Cougars, Wolves and Wolverines

A natural history of the East Beaches and Winnipeg River

The Striped Skunk and the Badger



By Stu Jansson
Zone Chair,
Manitoba Trappers
Association

Over the past several weeks The Echo has featured several members of the weasel family or mustelidae; the wolverine, fisher, pine marten, otter, mink and ermine. There are two other weasels which occur in Manitoba. The badger, and perhaps the most maligned of all, the skunk, a.k.a. Peppy LePew.

Striped Skunk

Most animals have colors that allow them to blend in

with their environment, but skunks advertise their presence boldly. About the size of a house cat, they go about their nightly foraging with little apparent concern for activity around them. The contrasting black and white body with large plumed tail gives fair warning: "messing with me will not be a pleasant experience". Two glands at the base of the tail can store up to an ounce of the skunk's trademark aroma. They have total control over

discharge and direction of spray and it is used as a last resort defense. When confronted by danger a skunk will normally amble off at a leisurely pace. When cornered, pursued or surprised, a skunk will usually face its adversary, arch its back, raise the tail, stamp the ground with its front feet and shuffle backwards. If this fails to deter its pursuer the skunk will resort to spraying its oily musk up to 20 feet with deadly accuracy. Many dogs have experienced the painful temporary blinding results.

In the fall skunks fatten heavily on a diet of mainly insects, but which may include fruits, mice, frogs and carrion. They also concentrate on digging the large white grubs out of our lawns at this time.

The young often form communal dens of several animals to help reduce energy loss and they remain inactive from November until early March. The males emerge from the dens earlier than the females to go in search of mates. The young are born 2 to 2 1/2 months later and litters range from 5 to 9 kits. The young stay with the mother through most of the summer and gradually disperse in early fall.

The skunk is found throughout southern and central Manitoba; however it is rare to non-existent in the north. They are very common locally, the population cycling every four or five years.

The skunk is an important animal in controlling many insects and other pests. They are also a major predator of ground nesting birds, destroying nests and consuming the eggs. They can be a nuisance for honey producers as skunks will kill and eat many honey bees. The only major predator of the skunk is the great horned owl.

The skunk is the great horned owl's only major predator of the skunk is the great horned owl.

Two basis situations can occur with an infected animal: Aggressive - where any animal will show unnatural aggressiveness towards any other creature, abnormal amounts of saliva may be present and the animal may not be steady on its feet. Docile - active at the wrong time of day, showing no regard for its surroundings, unsteady travel, falling down for no apparent reason, lying still in an unprotected place, are all possible indicators.

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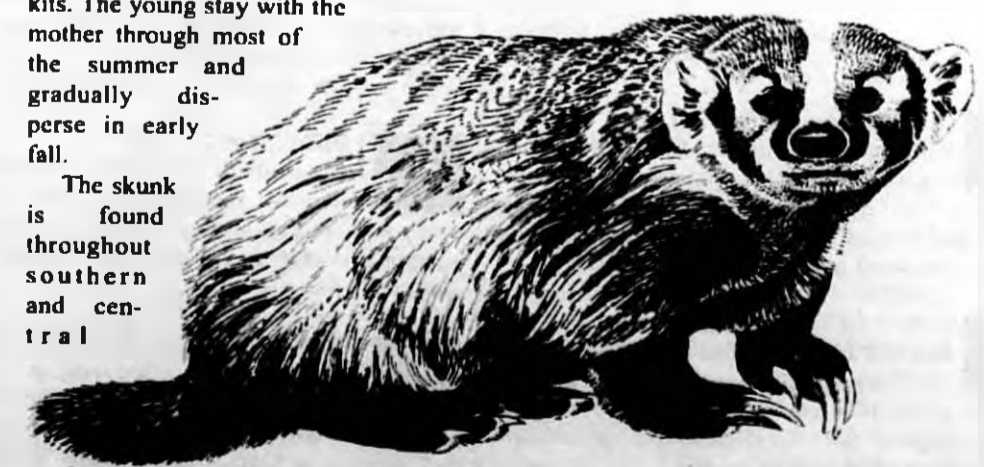
Aggressive - where any animal will show unnatural aggressiveness towards any other creature, abnormal amounts of saliva may be present and the animal may not be steady on its feet.

Docile - active at the wrong time of day, showing no regard for its surroundings, unsteady travel, falling down for no apparent reason, lying still in an unprotected place, are all possible indicators.

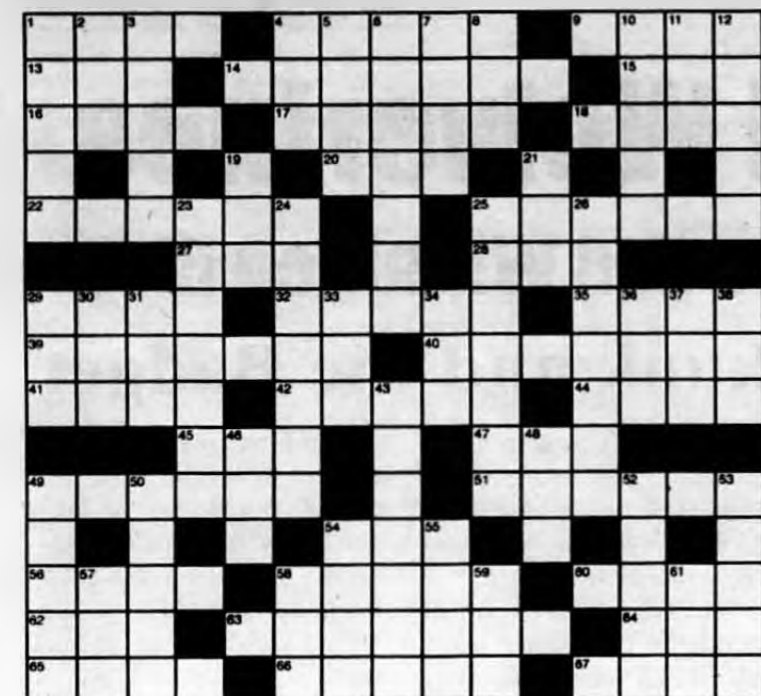
For obvious safety do not attempt to control a suspect animal, but do try to keep pets away if it can be done safely. If a person or a pet is bitten or exposed to a suspected rabid animal prompt medical attention is of utmost importance. As well, conservation authorities should be notified to attempt to collect the suspect animal for testing.

The Badger

The badger, a most interesting creature is a short, powerfully built digging machine. The extra long claws on its front feet enable the badger to quickly and easily dig out ground squirrels and gophers from their burrows. This carnivore also preys on rabbits, snakes, birds and occasionally carrion. Adults may weigh as much as 25 pounds and reach nearly two feet in length. The badgers coat is grey with a yellowish tinge, the face black with a white stripe from the nose to the crown, and the feet are black. Badgers den in tunnels they dig, the entrance marked by a large mound of earth that has been excavated. A nursery den can be as long as thirty feet, perhaps into a side hill. The dens and tunnels are similar to, but larger than the ones created by the much more common groundhog.



Weekly Crossword



Across
1. Official currency of Myanmar.
4. Ferreo Campineiro was a small railroad or an extended tramway line that linked the city of Campinas with the Cabras district.
9. Iroquois word meaning "great water."
13. Primary division of geologic time.
14. One who is in charge of an entertainer's business affairs.
15. South American wood sorrel cultivated for its edible tubers.
16. 1987 film starring Barbra Streisand.
17. Be entitles to something.
18. Purposes.
20. Computer network that spans a wider area than does a local area network.

22. Roofed passageway especially with shops on one or both sides.
25. Edible viscera of a butchered animal.
27. Acronym for "meters above bottom" in oceanography.
28. Small, round, green seed borne in pods and used as a vegetable.
29. Very rich European cake prepared with yeast dough.
32. Spread rumors.
39. One of the first manufactured fibers with a soft, crisp feel.
40. Wander from the point.
41. Point feature that undoes an undo.
42. Technique characteristic of an individual artist, period, movement or medium.

44. Chase, actress, playwright and novelist.
45. MacDonald, folk singer.
47. Third stage of behavioral processes in which artifacts are utilized.
49. Reproduction.
51. Primary coffee taste sensation created as salts in the coffee combine with sugars to increase overall sweetness.
54. Measure of importance.
56. Reil - aka "Gracious lady of surfing."
58. Invasion - six part mini-series by the BBC and the SciFi Channel.
60. Unproductive of success.
62. Oval body laid by domestic poultry and other birds.
63. Pertaining to pages.
64. Nonsense.
65. Lateen-rigged sailing vessel used by Arabs.
66. Native of the planet Remus on Star Trek.
67. Burden.

Down
1. Republic in Eastern Africa.
2. Pronoun referring to the person being addressed.
3. Harry - artist of Christian Cameos series.
4. First sign of the zodiac.
5. Once more.
6. Large black-and-white African stork.
7. Opposed to.
8. Period of time for which a property is leased.
10. Minor eighth-century Hebrew prophet.
11. Frozen part of a body of water.
12. British rock band originally formed in Manchester.

19. Tarbell, America's first great woman journalist.
21. Keen resentment.
23. Belonging to.
24. Period between high water and succeeding low water.
25. Most desirable possible under a restricted expression.
26. Garcia Marquez, 1992 Nobel Prize winner for literature.
29. Unable to be tagged in chasing games.
30. Drummond, comic strip character created by Eddie Rickenbacker.
31. Music behind the voice in an announcement.
33. Most common color for \$5 chips.
34. Constructed language arguably the second-most used international auxiliary language in the world.
36. Scaleless, snake-like fish.
37. Address a question to and expect an answer from.
38. North American republic containing 50 states.
43. Time between one event and another.
46. Roman mythology goddess of adolescence and remedy.
48. Smaller monetary unit of Western Samoa.
49. Made easier to bear.
50. T600, new car designed by Commuter Cars.
52. Get to know by heart.
53. Needs.
54. Phineas - most famous patient to have survived severe brain damage.
55. Mount - realm of Vulcan, God of fire.
57. Interjection of disgust.
58. Depression in casting that received a pin for aligning the pieces in a two-piece mold.
59. Dynasty, considered by the Chinese as one of the greatest periods in the entire history of China.
61. Promise to pay a debt.

Last Week's Answers



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

Last Week's Solution

A LARGE INCOME IS THE BEST RECIPE FOR HAPPINESS I EVER HEARD OF. - JANE AUSTEN

CRYPTIC PUZZLE



AXV'D PYPB, PYPB, CEFP GM -

NVXJRVXGH

Weekly Horoscopes April 24 to 30

ARIES (Mar. 21 - April 20)
Put your time and energy into travel, philosophy, and soul-searching. Your confidence will attract members of the opposite sex. Problems on the home front might be a little disconcerting; there could be opposition or temper tantrums.

TAURUS (Apr. 21 - May 21)
New hair, new outfit, new you. Your mate will be pushing you to do things that you really don't want to do. Don't try to twist things around so that they sound more enticing. Someone may not be thinking of your best interests.

GEMINI (May 22 - June 21)
Your magnetic personality will capture hearts. Try not to hesitate; act on your initial instincts. You'll find travel or involvement in large groups gratifying. Chances are you split up last time because you didn't want to make a commitment.

CANCER (June 22 - July 22)
You will feel compelled to do some traveling. Back off if you want to keep the relationship intact. If boredom has set in, find new and unique directions that offer interesting friendships. Be aware that minor accidents or injury may prevail if you are preoccupied.

LEO (July 23 - Aug. 22)
Be careful when dealing with female family members. Concern yourself with legal matters and formulating contracts. You can discuss your findings behind closed doors with your boss. Knowledge can be obtained through experience.

VIRGO (Aug. 23 - Sept. 23)
Listen to a good friend who is truly looking out for your best interests. You will be quite excitable this week. Opportunities to get together with people in powerful positions could help you get ahead. Time is money and you must be ready to take action in order to reach your highest potential.

LIBRA (Sept. 24 - Oct. 23)
New methods and innovative technology will make your job easier. Children could cost you more than you can afford. Be aware of any emotional deception. Do not sign legal contracts or documents this week.

SCORPIO (Oct. 24 - Nov. 22)
Your sensitivity toward those you love will capture their hearts. Try to curb your bad habits. You may find out that someone is trying to undermine you. Unexpected changes in friendships could occur.

SAGITTARIUS (Nov. 23 - Dec. 21)
Do your own thing and everything will settle down. Relatives will be cordial. Clear up domestic chores that have remained undone for some time. You may have difficulties at an emotional level with mates.

CAPRICORN (Dec. 22 - Jan. 20)
Your main concern will be to spend as little as possible of your own cash in the process. Use your energy wisely. Try to curb your bad habits. You will have to help family members sort out unfortunate difficulties.

AQUARIUS (Jan. 21 - Feb. 19)
If you haven't planned a vacation, then at least try to get away for the weekend. You can get the attention of important individuals but it might not be the time to get them to help. Your ability to organize and get everyone together enhances your popularity and brings interest from potential mates.

PISCES (Feb. 20 - Mar. 20)
Your partner could make you angry if they steal your thunder or embarrass you in front of others. Travel and communication will be lucrative for you. Don't make financial contributions in order to impress others.

Recreation!

Recreation Updates

For Powerview/Pine Falls, St. Georges & R.M. of Alexander

For those of you with children that have completed Level 10 in swimming but are not old enough (13 years of age) to register into the Bronze Medallion Level, Kristy Ann has decided to run a Bronze Star Level to keep the swimmers going. This level will only be offered once this summer from July 21 - August 1st. Please come to the Rec Office located in the Pine Falls School to fill out the registration forms.

Beach Volley Ball is an activity that people have shown interest in starting in St. Georges. If you would like to put a team together for a regular league give me a call. Festival Chateaugay has confirmed their dates for this year. Mark your calendar for July 18, 19 & 20. They are pleased to announce that Friday's musical evening has already been booked and will feature a young band - Route 47 - who has a strong link to a former resident Jackie Petrus. A very promising evening with songs from the 60's to the 90's.

I know this is probably a bit early but the Christmas Craft Fair is scheduled for November 22, 2008. If you or someone you know would like to feature their goods please call me to book a table. One final note: Safe Kinds Day has been postponed. Please watch for more info on new date.

That it for now - don't rake the lawn to hard and watch for those spring bulbs that will start poking up!

Line Dancing
Senior Scene, Victoria Beach Every Tuesday @ 10:00 AM A wonderful way to exercise your body and challenge your memory. For more info contact Judy 756-3132

ADULT Aerobics
Every Tuesday & Thursday September - June For more info contact Southida Sharpe 367-9797

Kickboxing
St. Georges School Tuesdays & Thursdays @ 7:00 PM - 8:30 PM Contact: Nick Bonekamp 367-2702 or Paul 367-8018

Running Club
Sundays at 2:00 Powerview Track For more info contact Southida Sharpe 367-9797

Boat Instructor Course
Lifesaving Society Manitoba Office 504-138 Portage Ave, Winnipeg Wednesday & Thursday - May 21 & 22 By September 15, 2009 anyone who operates any size motorized pleasure craft will need a Please Craft Operation Card. With many people to take the test there will be a huge demand for Boat Instructors over the next few years. Take advantage of the opportunity and become a Lifesaving Society Boat Instructor. For more information contact 956-2124. Deadline for registration is May 9, 2008

55+ Exercise Classes
Senior Scene, Victoria Beach Every Monday 10:00 AM - 11:00 AM Moderate intensity and modified for each individual. Included cardio, stretching, stretch & balance. Drop in fee \$5.00 per class For more info contact Natasha Joy 756-3868

S & S.M.L.L.E. Program
Senior Scene, Victoria Beach Wednesdays Walter Whyte School students & seniors having fun while learning together. If you would like to participate in this program please contact Dee Rickner 756-6471 for more info.

Pole Walking Demonstration
Senior Scene, Victoria Beach Pre-registration Required - Dee Rickner 756-6471 Monday April 28, 2008, 1PM Strengthen upper body & core muscles with pole walking. Helps reduce the weight & stress off hips, thighs, knees, ankles & feet.

Ballroom Dancing & Square Dancing
Senior Scene, Victoria Beach For more information contact Jill 756-2696

Pineview Recreation Commission - Lori Vialoux, Rec. Director

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

All day April 29 at both Pine Falls & Powerview Gym

Ready, Set, Grow
Pine Falls School - Elementary Entrance For all children born in 2003 & 2004

Thursday, April 24 2:30 - 6:30 pm
A free fun filled & very informative day for children and parents that will include hearing and vision testing, dental care information, physical & occupational therapists, healthy snack ideas, recreation information & registration, crafts & playtime. If you would like more information please contact Wings of Power 367-9641.

Softball
Ages 4 - 10 The Parmalat Learn to Play Program is designed to be a young person's introduction to the sport of softball. The emphasis is on Fun, Action and a Positive Atmosphere with a gradual introduction to non-stressful competition. This program is free of charge and the only equipment you have to bring is a glove. If you would like to register your child or require more information please contact Lori at the Pineview Rec Office 367-9142.

Physical Arts Training Camp
The Beaches Area (location to be announced) July 28, 29, 30, 31 & Aug 1 Pine Falls School August 5 - 8, 2008 Registration dates & rates will be announced.

Soccer - Winnipeg River Raptors
You still have until April 18th to registration at the Pine Falls Rec Office Located in the Pine Falls School - Poolside Entrance Ages 4 - 17 years For more info contact Ruth Barkhouse 367-9232 Or Lori at the Pineview Rec Office 367-9142

Soccer - East Beach Eagles
Walter Whyte School Ages 4 - 13 years League play to start the beginning of May Looking for coaches for Tykes & Mavericks To register contact Dave Juvonen 754-2386/2240 \$20 late fee for registrations after April 1, 2008

Swimming Lessons
Pineview Rec Office located in Pine Falls School - Poolside Entrance Stop in the office to register your children Monday - Friday 9 am - 4:30 am For more info contact Lori 367-9142

Children
Jump Rope For Heart May 15 at Ecole Powerview School Support your junior canvassers when they visit.

Badminton
Middle Years Tournament For grades 6, 7 & 8

Manitoba Games
Register your child to represent Eastern Manitoba is the 2008 Power Smart Manitoba Summer Games in Soccer, Golf, Archery, Athletics and more. What a great experience for kids to get involved and play and meet other kids in Manitoba. For more information on categories and age groups visit www.manitobagames.ca or visit the Pineview Rec Office for registration forms. Call Lori 367-9142

FOR ALL AGES Music Monday
May 5, 2008 Anniversary Park 12:00 noon Pack a picnic and come listen to Ecole Powerview School Band performing in the Anniversary Park in Powerview.

Community Band
Do you have an instrument "gathering dust" in your closet or have you always wanted to learn to play a band instrument? Its time to get a community band started for all ages. For more information contact Dorinda Watson 367-2296 work/367-8002 home.

For more info contact Natasha Joy 756-3868

Stretch Class
Walter Whyte School, Grand Marais Monday & Thursdays 7:30 PM - 8:00 PM For all ages \$20/10 classes For more info contact Natasha Joy 756-3868

Beaches Half Marathon
Hillside Beach Saturday July 26, 2008 Currently looking for volunteers to help with the day. Volunteers will receive a buffet meal and great gifts. Contact Natasha Joy 756-3868

Beaches Half Marathon
Hillside Beach Saturday July 26, 2008 Currently looking for volunteers to help with the day. Volunteers will receive a buffet meal and great gifts. Contact Natasha Joy 756-3868

Family Fitness Night
Walter Whyte School Every Wednesday 6:00 - 8:30 Games & fun for the whole family.

RIVERS NORTH FITNESS CO-OP Memberships
The Fitness Co-op is now entering into its second year of operation. All membership fees are due. The one time co-op membership fee remains at \$100.00 with members paying a \$250.00 annual user fee and non members \$300.00. For more info contact Bev Dube 367-8064 or Linda Cyr 367-2382

PUBLIC LIBRARIES Bibliotheque Allard Regional Library
Located in St. Georges School 367-8443 Operation Hours Tuesday 10:30 AM - 5:00 PM Wednesday & Thursday 12:00 PM - 8:00 PM Friday 12:00 PM - 5:00 PM Saturday 10:30 AM - 4:00 PM

Beaches Library
Located in Walter Whyte School 754-4007 Operation Hours Tuesday 9:00 AM - 12:00 PM Thursday 4:00 PM - 8:00 PM Saturday 10:00 PM - 2:00 PM

Pine Falls Library
Located in Pine Falls School Operation Hours Monday - Friday 1:00 PM - 3:00 PM

Summer Winds Music Festival
Victoria Beach Sports Field Saturday July 26, 2008 Looking for people to help organize the event and volunteers for the day. Contact Cathy & Glenn Halgren 756-8381/2662.

Walking Club
Interested in starting a walking club in The Beaches area. Contact Laurie Danwich 756-2665

Body Sculpting
Walter Whyte School, Grand Marais Monday & Thursdays 6:30 PM - 7:30 PM For ages 10 - fit seniors Moderate - High intensity. Class is always different and modified for every level. \$50/10 classes or \$10 drop in fee

Echo Classifieds

PSAs

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 Centre, 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 Ateach 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 Ateach 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 Centre.

PSAs

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

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

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

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

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

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

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

Pine Falls Golden Leisure Club: Bridge 7:00pm Mon. & Thurs., Canasta 1:00pm Friday, Whist 1:30pm Wednesday, Crib, 1st Monday of Month at 1:30pm. Exercise Class, Mon., Wed., Thurs., Fri., 10:15am.

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

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

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

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

Computer access: Wings of Power CAF 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).

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

Help Wanted

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

Manitou Lodge
Now Hiring. Part Time Position House Keeper. The person is required and able to clean hotel guest rooms, public areas, and laundry. Fill out application at front desk.

Manitou Lodge
Now Hiring. Office Position Must have accounts payable/receivable experience. Must have computer knowledge to complete other duties required. Drop off resume, or fill out application at front desk.

Help Wanted B&M Clearance Centre and Pawn Shop
We are looking for a part time worker. Call: 367-9113 for more information

Help Wanted
Pine Falls Golf Club Restaurant Kitchen and Dining staff. Must be 18+. Call 367-8525

Help Wanted
Casual cleaning personnel for apartment condition reports. 367-4922

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- A high-demand occupation
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For more info visit www.mpi.mb.ca or call (204) 632-6600 or 1-866-820-1317

Business For Sale
BUSINESS FOR SALE
Rusty Nail Tavern For Sale Call Marlene at 367-2398 TFN

Autos For Sale
1999 Cadillac DeVille
Loaded, Safetied 180,000km VG Shape. \$6,000. Call Denis at 367-8651.

For Sale
1998 Jayco Fifth Wheel 30.5 foot. Full slide out. Loaded. Excellent Condition. \$16,000. 367-8922.

Garage Sales

GIANT GARAGE SALE
Powerview Church Basement Saturday, May 3 9:00 A.M. - 4:00 P.M.
Lunch & Refreshments Available

Mobile Homes
1974 Mobile Home. 68x14. 2 Br., 1 bath. Double porch, new roof, new furnace, central air, fridge and stove included. To be moved. \$11,000 Call 367-8590

1974 Mobile home, 3 bedroom located in Powerview trailer court, lot rental \$118.83/month. New windows, new bath/shower. Available immediately. Fresh paint, new flooring, and cabinets. \$12,500. 338-8596

1997 Moduline 16x68 on lots 21 and 22, Currie Drive in Bissett, Manitoba. 3 br 1 bath, and large deck attached. With Central air and all appliances included. 1-204-232-4631 or 1-306-547-3145. Asking \$89,000

Misc. For Sale
For Sale
Bell & Howell Cube Slide Projector. Needs projection bulb. With a 39"x39" collapsible screen. \$150.00 OBO. 367-2005

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.

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. 18x24

Seniors Lunches

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

Friday April 25, 2008
Salad, Cranberry Chicken, mashed potatoes, corn, poor man's pudding

Monday April 28, 2008
Soup, pork Outlet, mushroom Sauce, roast potatoes, cauliflower, lemon square

Wednesday April 29, 2008
Coleslaw, Beef Pot Roast and Veggies, Blueberry Pie

Winnipeg River Seniors Service St. George Lunch Program

Friday, April 25
Potato Soup
Roast Pork
Macaroni & Cheese
Veg
Rice Pudding

Monday, April 28
Tossed Salad
Turkey Casserole
Veg
Coconut Cream Pie

Wed, April 30
Vegetable Soup
Swiss Steak
Mashed Potatoes
Veg
Butter Tarts

Garage Sales

Subway
Monday to Saturday 8:00 a.m. to 12:00 midnight
Sunday 8:00 a.m. to 12:00 midnight
367-8803

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

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- Hot tubs Traverse Bay
- Dining Room 756-2596
- Beverage Room
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Thurs. & Fri. 8am to 10pm
Sat. 10am-10pm, Sun. Closed
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WEEKEND FEATURING EVERY WEEKEND
Tuesday Nite Wing Nite & Draft Special

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Open 6 am - 10 pm
367-4484

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- Beverage Room
- Meeting Rooms
- Fully Licensed

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Fridays 9:00am to 3:00pm
Health Centre 367-2208
Direct Lines 367-4821
367-4417

Esser Chiropractic Health Centre
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• Worker's Compensation
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Revitalize Soul Spa 225 Clandeboye Ave, Selkirk (204) 785-8922
Direct billing available to Blue Cross & Great West Life

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