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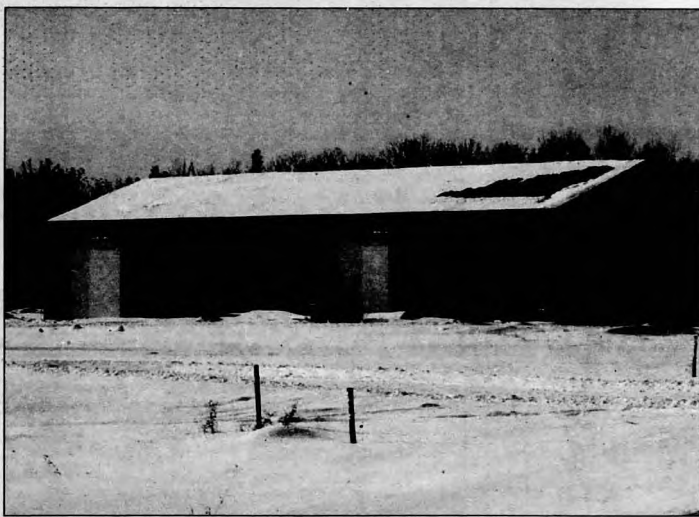
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**The Winnipeg  
River**

# Echo

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

## Friday Last Day for Water Treatment Plant Submission



*The Powerview/Pine Falls Public Works building on DuPont is nearing completion.*

## Public Works building Scheduled for Late February Occupation

**By Charles Norman**  
The Powerview/Pine Falls Public Works building on DuPont is nearing completion.

The outside shell of the building has been erected on a grade beam, insulation inside the building is complete, sewer and water connections have been made,

and temporary heating is in place. Hydro connections will be hooked up by the end of this week and electric furnaces should be operating by the end of next week.

Two weeks have been allowed for drying prior to preparation of the floor. Gravel, insulation and rein-

forcing steel should be in place in six to eight weeks, when the concrete floor will be poured. When the floor has cured inside offices will be erected and the building ready for occupancy by the end of February.

The building is projected to be within its budgeted cost of \$280,000.

**Charles Norman**

The RM of Alexander's proposed water treatment plant has been submitted to the Municipal Board for approval. Anyone wishing to make submissions to the board has to do so by Friday, January 9.

One concern being expressed is that many people believe they will have to pay for the project many years before they get connected to the new water supply system. It is not true. There has been a great deal of discussion on this project, much of it misinformed, some of it resulted from genuine misunderstanding, and some of it resulting from less than perfect communications

from the municipality.

The project is to be implemented in three phases.

Phase one consists of the water treatment plant itself with connections to 244 users (From Clark's Corner to St. Georges). It will cost \$2,950,000 after grants from federal and provincial programs and Manitoba Hydro.

Phase two includes pipelines to Great Falls and across the dam at the Pine Falls Generating station. Costs after provincial funding will be \$2,360,000.

Phase three includes connections to property in Leisure Falls, Bracken Falls and other smaller connections. After provincial fund-

## Another Tembec Forest gets Forest Stewardship Certification

**By Charles Norman**

Tembec announced three weeks ago that the company has received Forest Stewardship Council (FSC) certification for its 873,000 hectare forest operation in Chetwynd British Columbia

FSC certification is an international certification based on ten principles designed to ensure that environmental, community, worker and industry needs

are met and that long-term forest management plans are maintained.

The program is supported by the World Wildlife Fund, the Sierra Club of Canada, Greenpeace, the Rainforest alliance, the Canadian Boreal Forest Initiative, the National Aboriginal Forestry Association and the Pulp, Paper and Woodworkers of Canada.

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# Letters to the Editor

## Reader Calls for Transparency for RM WTP

In response to the letter by Mr. Bork in December 10, 2008 issue of the Echo. Bravo Mr. Bork! It's about time someone spoke up and asked some very pertinent questions. If the R.M. Councilors

had polled or surveyed the "Potential Rate Payers" in the first place they would have released they would have received a sounds NO to the proposed Water Treatment Plant (think of they money the R.M. would save if they had just asked).

If the R.M. Councilors had not been so secretive in regards to meetings (open meetings in the morning closed meetings in the afternoon) and telling "potential rate payers" one thank and others another there might not have been so much confusion over the water proposal. I tried getting the minutes off the internet but they were seldom up to date. If the R.M. councilors had actually done their homework and had made a few very inexpensive phone calls, maybe they could have come up with a few different options for the proposed water and all people from Chevrefils to Great Falls would have safe

water we could all afford. If the R.M. Councilors had properly informed all the people who walked in the door at the official hearing that the form presented at the door needed to be filled out by everyone (this was the official vote ballet) and not just a form to fill out if you wanted to stand up and present that evening. For most of us we have never attended a public hearing before so we are not sure what the procedure is unless informed.

I could continue on with this if if questions, but the bottom line is - open, honest and informed communication about the proposed water project is all we are asking for.

Again Mr. Bork thank you for speaking up. Permanent or seasonal residents we are all affected equally.  
T. McGhie  
A concerned taxpayer of the R.M. of Alexander

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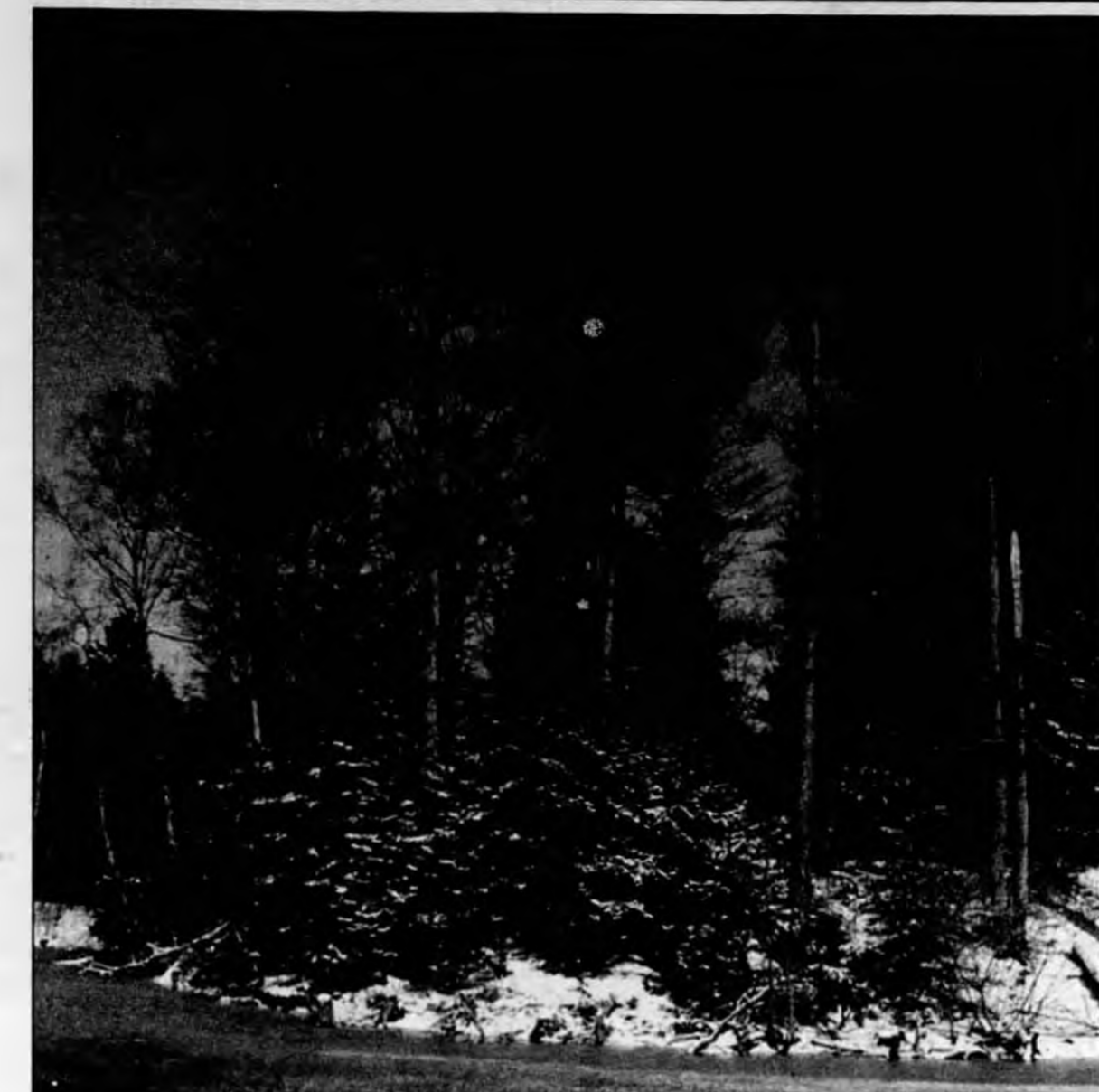
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# News



## 27 Million Hectares Certified in Canada

Continued from page 1 products, lumber and other forestry products often require that their purchases have FSC certification.

Twenty-seven million hectares of Canadian forests have been certified, of which more than 12 million hectares, (50,000 square miles) are managed by Tembec. Next on the list is Alberta Pacific Forest Industries, with 5.5 million hectares followed by Domtar with 2.3 million hectares. No Abitibi forests have received FSC certification. Tembec's forestry operations in Manitoba were certified in 2007. Certification in Canada represents 25% of world-wide certification.

Dennis Rounsville, President of Tembec's Forest Products Group said, "Achieving FSC certification is the culmination of months of hard work and represents a well-deserved recognition of the efforts of our BC and Chetwynd teams. It is a further demonstration of the Company's commitment to seek third-party FSC certification for its forest operations and to a continuous improvement of forest management and partnership development including with local First Nations"

*Plan Ahead*

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## Project Could Die with Municipal Board

Continued from page 1 ing it will cost \$1,332,000.

There are a total of 829 properties affected by the proposal. All of their owners will have to pay for the first two phases, ie \$5,310,000 or \$5,800 for each of the 829 users. Payment will not be due until 2010 and can be paid for over a period of twenty years, (roughly \$570 per year beginning in 2012.

Phase three covers 345 properties, and will cost about \$3,900 each or \$390 per year over twenty years. Payment will begin in 2013.

Phase three is the most controversial, it covers Leisure Falls and Bracken Falls where property owners will pay \$570 per year beginning in 2012, and \$960 per year beginning in 2013. Property assessments in these developments are currently less than \$1,000.

The reason for dividing the project into three phases is to maximize the possibility of obtaining more infrastructure funding. If this is obtained costs will be reduced for everyone. If Leisure Falls and Bracken Fall property owners are successful in getting their properties removed from the Local Improvement District costs will increase. If the Municipal Board allows these property owners to opt out of the project the Board may determine that the project funding is sufficiently different from the existing proposal. If that happens the infrastructure grant will go to someone else, probably killing the project.

Costs to property owners who are members of a water supply co-op will probably be substantially less than the above figures. Most of them have accumulated substantial reserves by keeping their costs below the amount billed.

**WEDDINGS • ANNIVERSARIES • BANQUETS**  
**RETIREMENTS • MEETINGS, ETC.**

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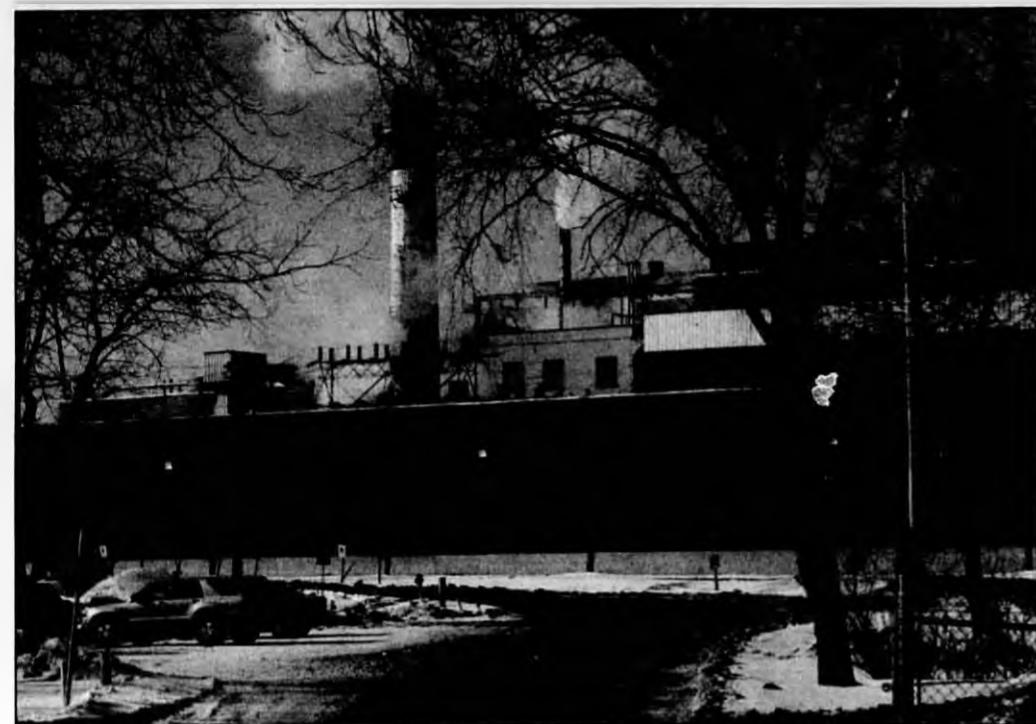
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# Comment



## A New Year's Resolution: Plan for the Worst

By Charles Norman

The mill's two-week Christmas shutdown should be a wake-up call to our two municipalities and businesses in the area. The mill may not always be here.

The mill has had periodic shutdowns before - in the recession in the early nineties the mill was on a four day week. It was part of an attempt by Abitibi-Price to reduce the availability of newsprint and thus maintain a price that could be sustained.

This shutdown was different. Tembec is not a big enough player in the newsprint market to have a significant effect on availability. While the timing of the shutdown saved triple time for statutory holidays, overall shutting down for two weeks raised the cost of production. The shutdown was caused by a reduction in the market for newsprint.

In 1994 the US economy improved, business advertising increased and the market for newsprint recovered. The US economy will recover from its latest glitch, probably fairly quickly, and businesses will again increase their advertising budgets, but not all of that increase will get to newspapers. More and more advertising is following the on-line editions of national newspaper - less

advertising in print editions of newspapers means less newsprint.

A great deal of advertising will not be effective on-line. There will always be newspapers - but they will not be as heavy. The massive Sunday edition of the New York Times will be lighter, as will all of the big city newspapers. The market will stabilize at a lower level than we have been used to. The problem is that we do not know where the market will stabilize - we only know that we are not there yet.

We also know that some newsprint mills will shut down permanently - those with the highest cost of production will go first. Since we do not know where the market for newsprint will bottom out, we do not know if our mill will survive or not.

The mill might survive, but then again it might not. It is not good planning to bury our heads in the sand and hope the problem will go away. It is good planning to look at what we've got if the worst happens and look at what we can do with it.

A great industrial park If Tembec shuts down the mill it will not necessarily be a disaster for everyone who works in the mill but we'll get to that later. Tembec may try to find a buyer for it. They will not likely be suc-

cessful and will sell it piece-by-piece. The Chinese will arrive to take apart the paper machines and TMP mill for shipment to China.

What they will leave behind will be a really great industrial park, with sewer and water, all the electrical power anyone could want, and good road and rail access. Tembec will be happy to turn over the buildings to the municipality to avoid future tax bills. The municipality should insist that they leave behind the overhead cranes in the machine room as part of the deal - they could be a great selling point in finding an industrial tenant.

We also have a highly skilled workforce available - another good selling point.

In view of the provincial government's attitude to the forest it is not a good idea to have any long-term plans for the use of forest products on any major scale. It is probably premature to speculate on what industries could be attracted, but we should know that soon so that if we need to we can begin approaching likely industries to sell them on moving into this community.

All of this should be an early priority for the newly incorporated Edgewater Development Corporation.

There are two other possi-

bilities that can be developed regardless of what happens to the mill. The first is cottage development. As the baby-boomers retire more and more of them will sell their Winnipeg homes and move to the beaches. Servicing those people will require construction companies - already in short supply at the lake - and the myriad of other services that people need.

Pine Falls is already virtually a retirement community. The community can build on this, more winter recreation facilities suitable for seniors are needed, the new primary care centre will help, but what is needed most, not just for seniors, but for everyone that lives here and in the surrounding communities, is a decent medical clinic and a properly staffed hospital. While the birth rate among Pine Falls and Powerview's aging population is not high, there are roughly 100 babies a year born to mothers of Sagkeeng.

An obstetrician and a paediatrician should be available at least one day a week and the Pine Falls hospital should again be delivering babies. None of this will happen if it is left to NEHA, in fact it has been left to NEHA too long, and the deterioration in the delivery of health services to the region is getting worse, not better. It is a situation that has to be resolved before there can be any talk of economic development. The RM of Alexander has already indicated that it is prepared to look at taking a pro-active position in making this happen. It is a priority - and another job for the Edgewater Economic Development Corporation.

One of the services that can be made available is the construction of homes. These can be either on-site or factory-built. If the mill is closed down it would provide a first-class facility for the construction of factory-built homes, but it is a development that can, and should, go ahead no matter what happens to the mill. There is funding available to forestry industry towns to help overcome some of the problems happening to those communities. Those funds should be used to establish an industrial park - another job for the

Edgewater Development Corporation.

And while we are talking about help for single industry towns, and while the federal government is talking about spending massive amounts on infrastructure we should be lobbying the federal government for funds to build a road on the east side of Lake Winnipeg, to St Theresa Point or to God's Lake. It would put money in the pockets of the people who live there and improve the standard of living for the thousands of resident who are currently living there in third world conditions.

The provincial government has said that it intends to build a road to those communities. The environmentalists have indicated that they will do everything in their power to stop it. The provincial government will listen to the environmentalists and not to the Ojibway and Cree who desperately need road access to their communities. The federal government providing the funding could call the NDP's bluff and force them to build that road. The road would make access to the south available to the people of the north. Some of them would shop here, if only to buy gas on the way to the city. It could result in a major shopping centre - another job for the Edgewater Development Corporation. Except that lobby for the road north should begin now. A meeting between local government official and Treasury Board President Vic Toews should be arranged within the next week or ten days.

All of this, if it is successful will not solve the problems of the people working at the mill - especially the younger workers. Many mill employees are reasonably close to retirement and can take early retirement without too much of a penalty, others have many years of service and will get substantial severance pay packages, but younger families, unless alternatives are found for them quickly, will have to leave town to find work, with all the gut wrenching pain of having to leave family and friends behind.

The recent shutdown should be a wake up call. The time to start planning is now



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

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Second, the investment income, including capital gains, earned in the plan will be exempt from any tax, even when withdrawn;

Third, Canadians can withdraw from the account at any time without restriction. Better yet, there are no restrictions on what they can save for; and

Finally, the full amount of withdrawals may be re-contributed to their Tax-Free Savings Account in the future, to ensure no loss in a person's total savings room.

While an RRSP is primarily designed for retirement, a TFSA is like an RRSP for everything else in your life. It is a powerful incentive to save. Whether you are a young person saving for your first car or first home, a senior citizen stretching your retirement savings further or a parent setting aside money for a special project.

Canadians can set aside up to \$5000 every year in a variety of savings options and never pay tax on the income earned or on withdrawals. This gives Canadians more flexibility than ever in saving for the

future, whether they are saving for the short or long term and regardless of their tax rates.

We want to help Canadians better meet their savings goals. We believe that within the next 15 to 20 years, 90 per cent of Canadians will hold all of their financial assets in tax-efficient savings vehicles, either through existing tax-deferred plans or this new savings account.

Further, the income earned within a TFSA and withdrawals from the account will have no effect on eligibility for Federal income-tested benefits or credits, such as the Canada Child Tax Benefit, the goods and services tax credit, Old Age Security, or the Guaranteed Income Supplement.

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It is also important to note that:

Unused TFSA annual contribution room is carried forward and accumulates into future years;

The full amount of withdrawals can be put back into the TFSA in future years;

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TFSA assets can generally be transferred to a spouse or common-law partner upon death.

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## MP Report

Niki Ashton, MP Churchill

### Economy was the Dominant issue of 2008

In looking back at 2008 it is clear the economy will be seen as the dominant issue of the year.

At the beginning of the year there seemed to be no end in sight to the growth that we have seen in recent years. By the end of the year we were into a world wide recession and financial crisis.

Here in Northern Manitoba the downturn in the economy was clearly having an impact during 2008. The fact is however that we were dealing with economic challenges well before the current recession. The forestry industry has been dealing with major challenges for many years. Many northern communities have been faced with high rates of unemployment

for decades.

The economy was clearly the dominant issue politically. It is now obvious why the government chose to ignore its fixed election law in the Fall. They knew that the economy was headed into recession and wanted to precipitate an early election. At the end of the year the dominant issue became the government's lack of a response to the economic crisis. The proposed coalition and the prorogation that followed all flowed from the issue of the economy.

The Federal election itself was a major development in 2008. Here in Northern Manitoba I was honoured to be elected as MP for Churchill. I made it my top priority to speak out for our

region in Parliament. I also made the commitment to continue to visit throughout the riding. Churchill is one of the largest constituencies in Canada but that is no excuse not to visit. Last year I was able to visit virtually every community often more than once. I will continue to do the same in 2009.

As I look ahead to 2009 it is clear we face uncertain times. As MP I will be working hard to speak out for northern families and communities.

In the meantime as 2008 draws to a close I would like to thank you for the honour of representing our region in Parliament. All the best over the holiday season. Happy New Year!

### Reforming the Senate



The Senate Chamber in Ottawa

In a speech last month to Conservative Party delegates in Winnipeg, Prime Minister Stephen Harper stated that our Government has tried, and will continue to try, to reform the Senate. He also made it clear that our Government will no longer allow the Red Chamber to be controlled by Senators appointed by a defeated Liberal government. If Senators are to be appointed, they will be appointed by the Government of the people of Canada elected.

A few weeks ago, the Prime Minister followed through on his commitment and filed the vacant Senate seats. There has been much discussion and debate about this decision. There are some very important facts that are worth repeating.

We strongly believe that as long as the Senate exists in its present form, Senate vacancies should be filled by the government that Canadians elected, not the government that Canadians rejected. Conservatives have been

duced it and reintroduced it because it was repeatedly stalled and blocked by the Liberals, both in the House of Commons and the Senate.

Unfortunately, the only thing Canadians have bore witness to when it comes to Senate reform is the opposition clinging to their entitlements.

Given this situation, we were faced with a choice. Should we, as the duly elected Government, appoint Senators who can help us with our agenda of Senate reform, or do we allow Senators to be appointed by a potential separatist coalition? Faced with this, our choice was clear. Make no mistake, we remain firmly committed to Senate Reform. Our repeated attempts to introduce legislation to reform the senate clearly demonstrate this commitment.

These new Senators are good people who will serve the government that Canadians elected. They will further our agenda - already having agreed to support our measures on eight year term limits and other Senate reform legislation.

Making this decision was the best solution under the current circumstances. We want to get on with the job of reforming the Senate. If the Opposition does not like these appointments they should stop blocking and pass our Senate reform legislation.

Our Government followed through with our promises and introduced Senate reform legislation. In fact, we intro-

duced it and reintroduced it because it was repeatedly stalled and blocked by the Liberals, both in the House of Commons and the Senate.

Vic Toews  
MP for Provencher and



## Powerview RCMP Press Report News December

**EVENT:** - The memorial police hockey tournament will be held March 6-8, 2009. For more details please contact Cpl. Gabe Boulette at 367-8728.

**2008/12/15**  
**POWERVIEW** - a female youth was verbally warned by police for making false allegations of assault. The guardian in the event was also notified as well as Child and Family Services.

**2008/12/16**  
**FORT ALEXANDER** - police transported a youth safely to a relatives due to the cold elements.

- a verbal dispute between 3 persons resulted in police advising them of the peace bond process. All parties were spoken to by police and the situation stabilized.

**2008/12/17**  
**FORT ALEXANDER** - a missing youth was returned to family members by police.  
**BLACK RIVER** - an assault of a female by another female was dealt with informally via the peace bond process.

**2008/12/18**  
**POWERVIEW** - police attended a residence to a complaint of a male causing a disturbance but upon arrival found the man had fled and no further problems were encountered.

**HOLLOW WATER** - investigation continues by police into an assault of a female.

**FORT ALEXANDER** - a complaint of prescription medication being stolen from a residence was made to police.

**2008/12/19**  
**FORT ALEXANDER** - a male entered a residence, caused mischief for a relative then assaulted another male who was sleeping. Then man then fled the scene. Police located the man later and charged him accordingly. He will appear in Powerview Court at a later date.

- a missing female youth was located by police at a relatives and returned to her legal guardian.

**RM ALEXANDER** - police patrolled a portion of highway 11 and 59 after

complaints of a suspicious man seen in the area. No one matching the description provided was located nor were there any other complaints.

**2008/12/20**  
**POWERVIEW** - Alcohol was involved in an incident of threats being uttered. 1 man was spoken to and warned by police for making a false allegation. A second man was also spoken to. No further action was necessary. - police attended a residence after a complaint of a disturbance in progress but upon arrival found the place in darkness and all occupants asleep. A prank call to police had been made.

**2008/12/21**  
**POWERVIEW** - investigation into a complaint of a stolen vehicle was found to be false. A domestic dispute resulted in a male leaving in the duly owned car.

**FORT ALEXANDER** - Investigation continues into an assault cause bodily harm to a male.

**MANIGOTAGAN** - police attended a residence where a male continued to fight with people at a house party. The man was lodged until sober and no charges were laid at the request of the complainants.

**2008/12/23**  
**RM ALEXANDER** - police attended a residence to check on the well being of a male. The man was located safe and sound and the complainant notified accordingly.

**BLACK RIVER** - an incident with a weapon caused 2 people to be treated for their injuries by emergency personnel. A male was later taken into custody by police, charged accordingly and released with a pending court date. Investigation continues into the incidents.

**POWERVIEW** - police continue to try and locate a male after he attempted choking his common law spouse. The man fled the scene and a warrant has now been issued. Investigation continues.

**2008/12/24**  
**RM ALEXANDER** - police patrolled highway 11 after complaints of a male lying in the roadway. The

man was not located by police and no further calls were received.

**FORT ALEXANDER** - a male was removed from a residence and driven to a relatives to prevent further problems from occurring at the home. Alcohol was involved in the incident.

**2008/12/25**  
**FORT ALEXANDER** - police attended a residence on the North Shore twice after complaints of an assault and a disturbance. Police arrived but found the suspect had left the home. A short time later police were again called to attend after the woman returned. A female has been charged by police. Investigation continues.

**RM ALEXANDER** - a vehicle fire attended by police ignited due to mechanical problems. The vehicle was eventually towed off the shoulder of highway 304.

**2008/12/26**  
**FORT ALEXANDER** - investigation continues into a spousal assault.

**2008/12/27**  
**POWERVIEW** - a vehicle taken without the owners consent was located and returned to the owner. No charges were laid in the incident at the request of the complainant.

- 5 attempted thefts of vehicles resulted in broken ignitions and damaged locks etc.. Culpripts also stole another vehicle but it was located in the area later in the day. Police have no suspects or witness's at this time.

**PINE FALLS** - a male was taken to local hospital for treatment of cuts to his face. The intoxicated male had been causing problems at a house party and had injured himself in the process. The man was later lodged in cells for his own safety and released in the morning when sober.

**2008/12/28**  
**FORT ALEXANDER** - 1 male was charged for spousal assault of a female and forcible confinement. Investigation continues.

**POWERVIEW** - police attended a residence to remove an unwanted male but the man had already fled

the scene. No further action was requested.

**2008/12/29**  
**HOLLOW WATER** - an attempted theft of a vehicle resulted in a damaged ignition.

**PINE FALLS** - a vehicle hit and damaged a window at a local business. The vehicle then left the scene. Investigation continues.

**MANIGOTAGAN** - a male was charged with uttering threats. All firearms were seized from the man in the interim. He was issued a promise to appear in Powerview Court at a later date.

- a family argument escalated into a punching match but was dealt with informally by police. One female was taken to a relatives to prevent further disturbances within the home. No further action was necessary once the situation stabilized.

**POWERVIEW** - an extremely intoxicated male attempted to enter a residence but was at the wrong home. The man however was taken into custody and lodged until sober. Investigation continues.

**2008/12/30**  
**HOLLOW WATER** - police were dispatched to a residence where a male had been causing a disturbance at a former spouses residence. The man indicated verbal threats with a knife but did not have a weapon at the time. Upon arrival he became belligerent with police. The situation was stabilized and the man transported to cells for everyone's safety. Alcohol was involved in the incident. No charges were laid at the request of the complainant and the man was released the following day when sober.

**RM ALEXANDER** - an overdue snowmobiler was located by police. The young woman was due back in Winnipeg the previous day and family became concerned. Police located a vehicle and the woman advising her to contact her family immediately.

**FORT ALEXANDER** - police attended a residence twice during the evening after a family member at the home was causing problems.

The intoxicated man was warned for making false allegations regarding an assault, he was also removed and driven to his residence to prevent further breach of peace.

**2008/12/31**  
**POWERVIEW** - an extremely intoxicated male was removed from a residence and transported to cells to sober up. However further checks by police found the man to be in breach of a conditional sentence order and he was taken into custody then transported to Provincial Remand Center to await a court date.

**FORT ALEXANDER** - prescription drugs, tobacco and a phone charger were stolen from a jacket pocket at a residence. A possible suspect was identified in the incident.

- an assault of a female in a spousal assault is still under investigation. The woman received several blows to the head and facial area but did not get medical attention. The male suspect fled the scene and police could not locate him hence a warrant was issued for his arrest.

**SUMMARY:** Police also followed up on 9 false alarm(s) actioned 6 request(s) for assistance to other police services/service of legal documents, issued 3 ticket(s) under the highway traffic/liquor acts, attended 0 incident (s) under the Coroners Act, charged 1 person(s) for impaired driving/refusal of breath test, lodged 11 person(s) under the intoxicated persons detention act, transported 3 person(s) under the mental health act to the appropriate facilities, attended 2 noise complaint(s) and processed 19 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 POW-ERVIEW RCMP AT 367-8728.**

## News

### Lac Du Bonnet Police Report 09-01-05

**Monday, December 29th, 2008**

**A**t 12:52 AM there was a report of a stolen generator from a property in the RM of Whittemouth. Generator had been taken by some kids and

was found and recovered.

At 6:15 AM there was a false alarm to a business in Whittemouth.

At 12:15 PM there was a report of snowmobilers traveling over private property in the Lee River area. Lac du

Bonnet RCMP wants to advise everyone that private property is to be respected and not traveled upon and disregard to private property can result in charges.

**Tuesday, December 30th, 2008**

At 9:22 PM there was an anonymous complaint of an impaired driver in Pinawa. Vehicle was located but not being operated.

**Wednesday, December 31st, 2008**

At 1:00 PM there was a report of a motor vehicle collision in the Nopiming Provincial Park. No injuries resulted in the two vehicle collision. Matter is under investigation.

**Thursday, January 1st, 2009**

At 12:01 AM there was a report of a domestic at a residence in the RM of Lac du Bonnet. A patrol was made

and there was an argument but nothing criminal.

At 4:43 AM there was a disturbance at a residence in Pinawa. A patrol was made and no criminal actions had occurred.

At 6:30 AM there was another call of a disturbance at a residence in Pinawa and one subject was arrested and lodged for Breach of Peace.

At 12:38 PM there was a report of damage to the Elf snowmobile warm up shack. Matter is under investigation.

**Friday, January 2nd, 2009**

At 10:15 AM there was a report of unauthorized use of Paypal. Matter being investigated by Paypal and the credit card company.

At 1:45 PM there was a report of snowmobilers traveling over private property in the Lee River area. Owner of the sled warned of consequences as per request of land owner.

**Saturday, January 3rd, 2009**

At 3:51 PM there was a two vehicle collision in the RM of Whittemouth. Charges pending against one of the drivers. No injuries resulted from the collision.

At 6:21 PM there was a report of a sexual assault in Lac du Bonnet which had occurred in November in Lac du Bonnet. Matter is under investigation.

**Sunday, January 4th, 2009**

At 1:15 PM there was a report of snowmobilers traveling over private property in the Lee River area. Owners of the sleds warned of consequences as per request of land owner.

There were 6 charges and a written warning issued under the Highway Traffic Act for various infractions over the week.

### Pine Falls Preschool January Newsletter

I would like to start off by welcoming back all the children and their families. I hope that everyone had a wonderful and safe Christmas holiday.

The weeks leading up to the Christmas concert was filled with excitement and fun. We worked on Christmas crafts and practiced our songs. The concert was a great success with a wonderful turn out of family and friends. The children did a wonderful job of entertaining us all. Although some were very nervous, they all performed wonderfully. A big thank you to all that donated snacks for all to eat.

The winners of the raffle that was drawn at our Christmas concert were: 1st prize (nintendo DS with game) was Lynette Anderson, 2nd prize (Leapster learning system with game) was Aggie Hiebert, and 3rd prize (Vtech kids digital camera) was Brent Sokoloski. CONGRATS! and thank you to everyone who bought tickets...better luck next time.

January's themes include numbers, colours and nutri-

tion. Our nutrition theme will be the last week of the month and we will be focusing on the food groups and the differences between healthy and non-healthy foods, therefore the preschool will be providing snack for that week to demonstrate the food group or food that we are exploring.

There are a few birthdays in January and therefore I'd like to wish a belated birthday to Brooklyn who turned 3 on the 1st, and Caden who turned 5 on the 4th. And also to Halle who will be turning 3 on the 24th. HAPPY BIRTHDAY!!!!

I would also like to welcome to our Board of Directors the following parents: Trista Brown (president), Erica Druzynk (vice-president), Kathleen Coss (secretary), and Christa Lucas (member at large). Stephanie Kemball is still our treasurer and she is doing a wonderful job. Our next board meeting will be Monday, January 26th at 6:00pm in the classroom, just a reminder that all parents are welcomed to attend.

**Nancy Windsor, Director  
Pine Falls Preschool**

## SOBERING FUNERAL CHAPEL

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CANADIAN INDEPENDENT

### Electrician Journeymen

Manitoba Hydro is a leader among energy companies in North America, recognized for providing highly reliable service and exceptional customer satisfaction. Join our team of Manitoba's best as we continue to build a company that supports innovation, commitment and customer service.

We have employment opportunities for highly motivated Construction Electrician Journeymen to join the Electrical Construction Department in Winnipeg, Manitoba. The successful applicants will work at various sites throughout the province installing "High & Low" voltage equipment, control systems and associated apparatus in Generating, HVDC and Terminal Stations.

Applicants will possess a Grade 12 Diploma and a Manitoba Certificate of Qualification as a Journeyman Electrician and a valid Manitoba Department of Labour Journeyman Electrician's Licence with a minimum of one year related experience. You will be required to travel throughout the province and be away from home for periods of time.

Interested applicants are requested to visit the Careers Section of our website at [www.hydro.mb.ca](http://www.hydro.mb.ca) to "Register to Apply Online". Once registered, you can log in to your Candidate Personal Page, "Search for Jobs" and apply. All applications must include a personal resume, Grade 12 diploma and proof of qualification as a Journeyman Electrician. Incomplete applications may not be considered.

The deadline for applications is January 19, 2009. We thank you for your interest and will contact you if you are selected for an interview.

Manitoba Hydro offers a competitive salary and benefits package and working conditions that provide for a balanced approach to work, family life and community, including a nine day work cycle.



# Features

## Cougars, Wolves and Wolverines A natural history of the East Beaches and Winnipeg River



### Woodland Caribou We Have Our Own Reindeer

By Charles Norman

We have our own reindeer, not in our own backyard, but close enough. The extreme south of the present range of the woodland caribou is north of the Wanipigow River, about 40 miles north of Pine Falls.

The reindeer of northern Europe, the Barren Land caribou, and the woodland caribou are all the same species. They have been divided into two groups: the familiar reindeer Santa reindeer and the Barren-land caribou are separate sub-species of the same group, the tundra reindeer. The woodland caribou is one of three sub-species of the second group, the woodland reindeer.

Santa having his sleigh pulled by eight reindeer is not too fanciful. At one time a regular Alaskan mail deliv-

ery used a sleigh pulled by Barren Land caribou.

The southern range of the woodland caribou has been moving steadily northwards. In the nineteenth century they were found in forested land in northern Minnesota, and two hundred years ago Elk Island was named Ile la Beche (Elk Island) by a French fur trader who mistook the caribou for elk. Elk are not believed to have existed in this region.

By the middle of the twentieth century the southern limit of their range had moved north to the Wanipigow River and are not very often seen that far south. On the east side of Lake Winnipeg their numbers are few and they are considered a threatened species, but they exist in substantial numbers in Quebec and Labrador.

Caribou survive the winter by storing fat during the

summer and feeding on Lichen in Winter. In summer they browse on aspen and other deciduous trees and bushes on lower land with lakes and swamps. In winter they migrate to rocky, exposed areas where snow cover is light so that they can easily reach the lichen underneath. The caribou name is said to come from the Mi'kmac word xalibu, meaning "the one who paws" (Federal government publication) or "snow shoveller" (Manitoba Model Forest publication).

The difference between summer and winter feeding is the cause of the extensive migrations of the barren land caribou, migration of the woodland caribou is much less because the two sources of food are often found in close proximity to each other. Migrations may cover about fifty miles or the herd may stay in the same general area throughout the year.

In the fall the caribou grows a double-layered coat with a thick undercoat and an outer layer of hollow guard

hairs to minimize heat loss in winter. Its muzzle is furred and its ears and tail are short for the same reason. It has wide hooves to provide support on snow and to help in clearing snow cover to get access to lichen.

Mating takes place in the fall. Most females are three years old before breeding but up to twenty-five percent of two-year olds may breed. After seven to eight month gestation a single calf is born, between mid May to early July. They weigh about twelve pounds. Birthing often takes place on an island where they can easily take to the water to escape predators.

For the first three weeks they can digest only milk, but can then begin to browse on whatever is available. The calves are extremely vulnerable to predators. The main predator is the timber wolf but they can be taken by bears, lynx and wolverines. Fifty to ninety percent of calves can be taken by predators.

Another danger is the brainworm. The brainworm

is a parasite carried by the white-tailed deer. The deer carry the parasite but are not harmed by it. They transmit it to caribou via a small snail which feeds on deer droppings. The snail which can be inadvertently eaten by the caribou. Brainworm disease is fatal to the caribou.

The brainworm may be an explanation of the change in the range of the woodland caribou. The white-tailed deer has been increasing its range from the time of European settlement in North America when it was found only in Virginia. The range of the white-tailed deer has expanded with the opening of land for agriculture.



Range of the Woodland Caribou

# East Beaches News

by Laura Tuttle



January 5, 2009

The sunsets at the Lake are always terrific but for the last two weeks they have been phenomenal. As the old year closed and the new one opened the evening sky was either a blaze of colour followed by starlight or an ever falling gauze of snow. On Sunday afternoon a neighbour who lives just three or four blocks down the lake, phoned to report a rainbow immediately over his home. I hurried out to look but could see only blue sky overhead. Then I looked just above the horizon to a huge and colourful sun-dog glowing in the Western sky. It was easy to imagine a rainbow and a pot of gold mixed in with all kinds of good fortune for 2009. I predict a good year.

Also notable is the amount of snow in our yard! Lately my husband has spent two or three hours at least twice a week, pushing out our driveway and that of the neighbours. As my Mum says "It is hard to imagine global warming!" Christmas evening there was a rumble strong enough to shake a few houses in our cottage subdivision as Lake Winnipeg spit out a huge pressure crack. On Boxing Day you could see a fissure that runs the gamut from Beaconia and as far north past Grand Marais as far as the eye can see. Our young grandson was fishing with his father and actually tumbled in! He arrived wet, but safe and sound at our place where we had a huge tub of warm water waiting for him. His new nickname is "Patrick The Ice-Boy". I think an angel must have been looking out for him.

There are just a few Tidbits for January. With about half of our usual population either in Mexico, Florida or Texas - there are just a few of us left to appreciate the wonders of a Canadian winter. Here goes...

- At the Seniors Scene in Victoria Beach a weekly schedule of events resumes. Sundays are for exercise class; Tuesday is Line Dancing; Wednesday drop in for coffee; Thursday make a



quilt and then go square dancing; come back Friday for carpet bowling and bingo. Don't forget to get a ticket for the Pot Luck Dinner and Dance on January 17th. The next general meeting is Tuesday, January 13/09. For any or all information you can call the H.E.L.P. Centre at 756-6471 and the current co-ordinator can direct you to the correct resource.

and gifts, and to the volunteers who delivered 28 Christmas hampers to families in need in the East Beaches area. It is bonspiel time in Grand Marais. The Men's Cash Spiel begins January 16th. The Ladies Bonspiel is on January 31st. There will be more bonspiels in February. Information is available from Grand Marais curling co-ordinator - Chris Jensen at 754-3058.

The skating rink at the Grand Marais Recreation Centre is fully operational. There is a need for

club will host their annual Poker Derby on January 24th. Checkpoint #1 is the Sandbar Hotel though you can begin at any of the five checkpoints including the Birchwood Hotel. There will be a Silent Auction and great cash prizes for those contestants with the top poker hands. You can call me if you need more information.

Respectfully submitted  
...Laura Tuttle, 754-2224

## Did You Know There is a Public Library Located in Walter Whyte School?

Hi! I'm Keri Scurfield and I am the Librarian at Bibliothèque Allard Regional Library - Beaches Branch. We are located in Walter Whyte School just off of Highway #59 on Jackfish Lake Road, Grand Marais. Our hours of operation are Tuesdays 9:00 am - 12:00 noon, Thursdays 4:00 pm - 8:00 pm and Saturdays 10:00 am - 2:00 pm. Memberships for adults and children are FREE of charge to anyone who is a resident of the R.M. of Alexander, the R.M. of Victoria Beach and the R.M. of Grand Marais.

Townsite of Powerview-Pine Falls. We may be small, but by Inter-Library Loan we have access to over a million titles, just ask me if the book you are looking for is NOT on our shelves. We have a public internet access site which is FREE of charge. Need to send a Fax, only .50¢ a sheet, photocopying and printing only .25¢ a sheet. We have many different materials you can browse or borrow, Adult, Junior and Teen, fiction and non-fiction in French and English, magazines and local newspapers, videos and DVD's, Wonders and Science Fiction collection, Audio-books and LARGE PRINT books for the print disabled. Members may borrow up to 20 books per family for a 3-week lending period. Magazines and videos have a 1-week lending period. DVD's are a weekly rental, with a \$1.00 charge and \$1.00 per day for overdue DVD's. I can renew most library materials for an extended 3-week period by phone, Email or coming in and seeing me. I can also put a hold on most library material that is currently checked out so that you will be the next one to

read it. If you have any suggestions please talk to me. Allard Regional Library is governed by a board comprised of members from all areas. Your local representative is interested in your suggestions. We also have used books for sale, so if you're headed somewhere hot for the winter and need some books to take with you, come and check them out. Please come down and check out our library, I would love to meet you.

Keri Scurfield  
1-384-754-4887  
kscurl@library.ca

# Sports/Wellness



## Pine Falls Golf Club News

Most local golfers are not playing these days. However they are probably dreaming of green golf links in southern climes. Some will be lucky enough to actually play in those southern dreamlands this winter.

The volunteer board of directors is still busy planning for the next season. We completed a locker room project this fall and our carts are now indoors. Our greens keeper Karl Hutchison is

coming back as is Lenore in the pro shop. Also it is Christmas very soon. Have you thought about giving a golf membership to your loved one?

After many years there is a slight increase in club dues next year. However if your membership is paid in full by February 15, 2009 you will save the GST of 5%. Even if you are not giving a gift you can still save the GST by paying you dues by February 15.

Membership forms are

available at the local Rec office or call Bill at 367-2394. Automatic bank or credit union monthly withdrawal is available. You could also use your Visa and gain the saving.

Hard packed snow and ice seriously damages the greens. We ask that snow machiners please stay off the course this winter so we all can enjoy the course next spring. In the meantime, the Golf Club wishes a Merry Christmas to everyone. Enjoy the winter.

## Healthy Resolutions for 2009

Happy New Years Everyone and lets take on 2009 with a charge! If you made your new years resolution to focus on becoming healthy you are in luck. There are several exercise programs to get you on the right track. Kim Bonekamp has many new sessions starting including the Rise & Shine exercise program Monday to Thursdays, Beginners Exercise Program Monday & Wednesdays, and Seniors Exercise Program Monday & Wednesdays and the Arthritis Exercise Programs Monday & Wednesdays. Natasha Joy has some exercise programs starting in the beaches area including Body Sculpture that can be modified for moderate to a high intensity workout every Monday and Thursday and the 50 Plus Exercise at the Senior Scene Monday's and Friday's. Natasha is also interested in

having a 5-week boot camp in January so if you are interested give her a call 756-3868. Nick Bonekamp & Paul Roberts have their Total Body Workout Program Monday & Wednesdays and on Monday, Wednesday & Fridays in the St. Georges Church Basement GINETTE VINCENT has a low to moderate intensity exercise program. All of these programs are available to people of all age, capabilities and catering to all time schedules. Don't forget there is also the Rivers North Fitness Coop that you can become a member of and its open 24 hours for you to use. There you will find a large variety of work out equipment including elliptical, tread mills, stationary bikes, shoulder & leg press, 4 station jungle gym plus various weights and bench presses. Weight Watchers meeting are every Wednesday from 5:30 - 6:00 PM at the Pine

Falls United Church. Make 2009 the year to focus on you and your health. For more details on times and location see the Recreation Updates section of the paper.

The Duck Lake Ski Club advises that the trails are groomed and are in good condition. Now that this cold spell is breaking wax up your skis and enjoy some fresh air and nature. You can access the trails from the Pine Falls Hospital parking lot. You can purchase single memberships \$20 or family memberships \$30 at Celebrations Unlimited (Sears). There will be a ski clinic on Saturday, January 17th at the Pine Falls United Church with class information, technique, waxing and apparel. You will also be hitting the trails so bring your skis. The ski club will also be organizing a cross-country ski poker derby for the Winterfest weekend February 19-22.

## Creating a Wellness Vision

Are you excited about your exercise routine? Are you satisfied with the state of your health? Do you have dreams for your health, family or job that you want to pursue? If your schedule and life have caused you to put ambitions on hold now is the time to take action. It's a New Year!

**Why Have a Vision**  
Why create a big-picture vision? Goals rarely fail because of a lack of commitment or enthusiasm. They die for lack of a compelling vision with a plan designed to achieve it. With a vision, you imagine an outcome that you then make come to life through the goals you set. A goal that is not tied to some kind of vision will often just "float out there" with a vague sense of importance. It takes 3 months to form a habit. Once a habit is formed you will most likely maintain it long term. It goes without saying that this would pertain to healthy eating, exercise and a complete sense of balance in your life.

**Creating a Vision**  
Some examples of visions : a year from now I will be more fit and more well rounded in my exercise program. : a year from now I will have spent quality time being active with my family : a year from now I will be a person who makes good health a priority in my life

**Setting Goals**  
In order to fulfill this vision you must set goals for yourself and take them day by day. By setting unrealistic goals, you may be setting yourself up for failure. It all takes time and patience. Find what motivates you.

: Do you want to feel better, look better, be stronger or have more energy.

: You must motivate yourself to change. Feel good about yourself and believe that you are truly worth the effort.

: Take a Risk- Enlist the support of others. Join the gym, fitness classes or weight loss group

Whatever you do, have fun, work hard...it will truly be worth the effort!

**REMEMBER:**  
Most of life is lived on the journey...not at the destination. Enjoy it every step of the way.

**Kim Bonekamp**  
Fitness Instructor

For more information contact Howard May 367-8846.

Those who have resolutions to dust off that instrument you once played or to start a band, your prayers have been answered. Meet at the Powerview School on Jan. 9th at 6:00 pm in room 28 (band room) to get things started. For more info contact Dorinda Watson 367-2296.

Muck hill is well covered with snow and looking for sliders and snowboarders and there are lights on for evening participants. The Pine Falls Arena schedules public skating and open ice almost every day of the week. Check up on days and times by picking up the Echo every week for the arena schedule or contact the rec office 367-9142 or arena 367-2703. The Grand Marais and Victoria Beach outside rinks are available anytime for you to get a skate or have a game of scrub hockey with your friends. Recreation

hockey in both Grand Marais and Victoria Beach will be starting in the next couple of weeks. Information will be sent through Walter Whyte School.

Winterfest is coming up February 19, 20, 21 & 22. If you or a group is interested in carving a snow sculpture for the festival please give me a call to set you up with a mound of snow to work with. I will also be looking for volunteers to help with the weekend so give me a call and I will get a list going.

If you have any information about events or a new program please give me a call to add the information to recreation updates.

Till then, have a great week.

**Lori Vialoux**  
Pineview Rec Director  
284-367-9142  
Fax 204-367-9605  
prarec2003@yahoo.ca

# Health

## Resolving to Eat Healthier for the New Year

A commitment to healthier eating is always near the top of the list of popular New Year's resolutions. Not surprisingly, it's also one of the hardest vows to keep. While intentions are good, willpower can waver after the first few days. An eating strategy that includes cooking dishes that are lower in fat yet rich in flavour and nutrients can help keep you motivated.

"Sometimes we need to be reminded that healthy eating doesn't mean we have to sacrifice taste and flavour," says Kimberly Green, registered dietitian with Pork Marketing Canada. She suggests keeping your New Year's enthusiasm for healthy eating alive throughout the year by using these mouth-watering ways to add flavour while maintaining low fat:

- **Choose Lean:** All fresh trimmed pork cuts, except ribs, are "extra-lean" (7.5% fat or less).
- **Give It A Trim:** Trim visible fat from meat.
- **Rack It Up:** Grill, broil or roast on a rack so any fat can naturally drip away.
- **Add Flavour:** Create marinades from citrus juices, vinegars, low fat salad dressings or soy sauce.
- **Give It A Rub:** Zesty herbs and spices add taste without calories and fat.
- **Pair Wisely:** Pair pork with seasonal fruits and vegetables to tantalize the taste buds.

• **Portion Control:** One serving of meat is about the size of a deck of cards.

### Choose Lean Protein

Canada's Food Guide recommends that Canadian adults eat two to three servings per day from the meat and alternatives food group, and that they choose leaner meats, like pork, more often. "Pork is one of the leanest protein choices available. Tenderloin has essentially the same amount of fat and cholesterol as a boneless, skinless chicken breast," says Green. In fact, there are 10 common cuts of pork including roasts, chops, loins and steaks that have only six grams of fat or less per 100g serving. Including fresh Canadian pork into your healthy lifestyle has never been easier thanks to a new label that now identifies "Canadian Pork" in participating grocery stores.

Start the New Year off right by serving Pork Cassoulet, a flavourful and nutritious pork dish full of lean protein and dietary fibre. Try serving this dish with fresh bread and a side salad. For more healthy and flavourful pork recipes visit [www.put-porkonyourfork.com](http://www.put-porkonyourfork.com).

### Pork Cassoulet

Yield: serves 8  
Cooking Time: 1 hr and 15 min  
Preparation Time: 10 min



[subhead] Ingredients

2 lbs (1 kg) Canadian Pork loin or sirloin roast, boneless  
1 Tbsp (15 mL) vegetable oil  
Salt and pepper  
1 large onion, chopped  
2 garlic cloves, minced  
3 cups (750 ml) cranberry juice cocktail  
2 (19 oz/540 mL) cans white kidney beans, drained and rinsed  
2 Tbsp (25 mL) tomato paste  
1 Tbsp (15 mL) dry mustard  
1/2 tsp (3 mL) thyme  
1 bay leaf  
1 cup (250 mL) fresh/frozen cranberries, chopped (optional)  
Fresh parsley, chopped  
[subhead] Cooking Instructions

Cut Pork into 3/4 inch (2 cm) cubes. In large Dutch oven

over medium heat, heat oil. Season Pork cubes with salt and pepper and brown. Transfer to a plate, and set aside. Brown onions and garlic until soft, then add cranberry cocktail. Stir to scrape up browned bits; bring to a boil and simmer for 5 - 7 minutes to reduce liquid.

In a small bowl, mix together tomato paste, mustard, and thyme. Add to onion and garlic mixture in Dutch oven, along with Pork, white beans

and the bay leaf. Cover and bake in a 350°F (180°C) oven for 30 minutes. Remove from oven and stir in cranberries, if using. Return to oven and bake 30 minutes longer.

Top with fresh parsley and serve with French bread. Funding for this project was provided in part by Agriculture and Agri-Food Canada through the Agricultural Adaptation Council's CanAdvance Program.

**Woodland Caribou**

**Attention Snowmobilers**

The Ontario Government approved the management plan for Woodland Caribou Provincial Park in June of 2007. Under the approved management plan, snowmobiling will be phased out of the original area of Woodland Caribou Park over the next 10 years. This phase-out strategy will allow the park to comply with the approved provincial policy for wilderness class parks.

The management plan includes a provision for "temporary access zones" for areas of the park known to be used by residents of Manitoba. These areas permit snowmobile access from Manitoba for two years ending on March 31, 2009, after which snowmobiling will be prohibited. This provision allows snowmobile use of the park from Manitoba only for the areas specified in the plan. Day use permits are required for Woodland Caribou Provincial Park and can be obtained by contacting the Ontario Parks office in Red Lake. Grooming of snowmobile trails is not permitted in any form.

For further information please contact Doug O'More, Park Superintendent during normal business hours at:

Woodland Caribou Provincial Park  
Box 5003  
Red Lake, ON P0V 2B0  
Tel.: 807-727-1329  
E-mail: [woodland.caribou.mn@ontario.ca](mailto:woodland.caribou.mn@ontario.ca)

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Ontario

# Recreation Updates

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

## EXERCISE PROGRAMS

**Fitness Class For Beginners**  
NEW SESSION STARTING JANUARY 5  
Pine Falls School  
Mondays & Wednesdays  
6:30 PM - 7:30 PM  
January 5 - 21 for \$20  
Instructor: Kim Bonekamp  
Start on the road to a healthier lifestyle improving your cardio, strength & flexibility. For registration contact Kim Bonekamp 367-2107 email kbonekamp@hotmail.com or Rec Office 367-9142.

**Arthritis Exercise Program**  
Pine Falls School Gym  
Every Monday's & Wednesday's  
11:15 AM - Noon  
Instructor: Kim Bonekamp  
This program is designed through PACE for people living with arthritis. There is no charge for this program. For more info contact Kim @ 367-2107

**Strength For Seniors**  
NEW CLASS STARTING WITH KIM BONEKAMP  
Pine Falls School Gym  
Monday's & Wednesday's  
10:00 - 11:00 AM  
Instructor: Kim Bonekamp's  
Free program open to all seniors 55+. Class includes walking, exercise ball, stretching & resistance. For more info contact Kim 367-2107

**50 Plus Exercise Class**  
Senior Scene, Victoria Beach  
Monday's 9:30 - 10:30 AM  
Friday's 10:00 - 11:00 AM  
Instructor: Natasha Joy  
Monthly fee of \$5.00 per class  
Program includes a lower intensity workout that includes cardio, muscle & stretching.  
Need a minimum of 10 people to get started. To register call Natasha 756-3868 or email natasha@mts.net

**Body Sculpture**  
Walter Whyte School, Grand Marais  
Jan 12 - Feb 12  
Instructor: Natasha Joy  
Monday's & Thursday's  
6:30 - 7:30 PM  
10 classes for \$60.00  
Moderate - High intensity. Class is always different and modified for every level.  
Need a minimum of 10 people for the class. To register contact Natasha 756-3868 or email natasha@mts.net

**Total Body Workout**  
St. Georges School Gym  
Monday & Wednesdays  
7:00 PM - 8:30 PM  
Instructors: Nick Bonekamp & Paul Roberts  
\$20.00 per month/ Family plans available  
Kickboxing (with or without pads), Stretching, Skipping.

Rubber Bands, Circuits & Felt Pads  
Loose Weight & Feel Great!  
Contact Nick 367-2702 or Paul 367-8018

**Rise & Shine Fitness Class**  
NEW PROGRAM STARTING JANUARY 5  
Pine Falls School Gym  
Monday, Tuesday, Wednesday & Thursday  
6:30 AM - 7:30 AM @ Pine Falls School Gym  
Jan 5 - 22 \$30.00  
Instructor: Kim Bonekamp  
Program includes aerobics, circuits & boot camp training  
To register call the Pineview Rec office 367-9142 or Kim Bonekamp 367-2107 or email kbonekamp@hotmail.com

**Exercise Class**  
St. Georges Church Basement  
Monday, Wednesday & Fridays  
9:30 AM - 10:30 AM  
5 step program with warm up & cardio  
This is a free program for people of all ages. For more info contact Ginette Vincent 367-8244 or 367-9970

**Seniors Exercise**  
Golden Leisure Club, Pine Falls  
Every Monday - Friday  
10:15 - 10:45

**Rivers North Fitness Coop**  
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

**WINTER Activities**  
Duck Lake Ski Club  
Pine Falls  
Single Membership \$20.00  
Family Membership \$30.00  
Groomed trail starts from the Pine Falls Hospital. Memberships can be purchased at Celebrations Unlimited (Sears) and all membership monies go toward maintenance of the trail. For more info contact Howard May 367-8846.

**Broomball**  
Pine Falls Arena  
For ages 12 & up  
Friday evenings 7:30-8:30 PM  
Cost: \$60.00  
For more info call J.L. Papineau 367-8570

**Pine Falls Skating Program**  
Pine Falls Arena  
Friday's 6:15 - 7:15 PM  
Ages 3+  
Helmet (hockey or bike), Skates (figure or hockey) and mittens required.

## 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

For Program costs and information contact Lori 367-9142 or Cheryl Gogo 367-8499

**Recreation Hockey**  
Pine Falls Arena, Victoria Beach Sports Club & Grand Marais Rec Centre  
January, February & March  
Days & times to be confirmed  
Ages 8+  
Equipment needed: Skates, Helmet & hockey stick  
Program will include coaching & general skills plus scrimmages. Looking for volunteers to help coach this program.  
For more info contact Lori 367-9142

**Lazer Ladies Hockey**  
Pine Falls Arena  
Every 2nd Wednesday  
7:30-8:30 PM  
Check arena schedule for scheduled dates.  
For more info contact Dawn Nault 367-8419

**Junior Curling League**  
Victoria Beach Sports Club  
For ages 8 - 15  
\$25.00 per person  
Slider & broom required (brooms available if needed)  
For more info & registration contact Kim Mackelson 756-2984

**Junior Curling**  
Pine Falls Curling Club  
For ages 12 (born 1996) and older  
6 week program every Tuesday starting November 11th  
Cost: \$50.00 per person  
To register or for more information please contact Melinda 367-4682 or Fay 367-8968

**Pine Falls Curling Club**  
For more info contact Gloria Brody 367-2656 Melinda 367-4682 or Fay 367-8968.

**Drop In curling contact Bob Seguin 367-8344**  
Victoria Beach Sports Club  
For more info or team registration contact Tracey 756-3742 or Cathy 756-2662  
Grand Marais Recreation Association  
For more info contact Chris Jensen evenings 754-3058 or email gcjensen@mts.net

**MUSIC & DRAMA**  
Guitar Lessons  
Starting in January  
Beginners & Intermediate  
Ages 10+  
Sponsored by the Southeast Regional Metis Corporation  
Free program. Limited space is available. To register contact the Pineview Rec Office 367-9142

**Beaches Drama Club**  
Registration: January 8th 6-8PM  
Location: Saffie's Store  
Age: 12+  
Cost: \$30.00

**Roles: 10 Adult Speaking, 10 Youth Speaking, Unlimited Extras**  
Production of "The Hysterical History of the Trojan War"  
Directed by Liz Jonkers. Looking for lots of adult help. For more info Contact Angel Kraft 756-6426 or Liz Jonkers 756-8446

**Adult Band**  
Powerview School  
Room 28 (Band Room)  
Start Date: January 9th  
6:00 PM  
Everyone Welcome! For more info contact Dorinda Watson 367-2296.

**CHILDREN & TEENS**  
First Lake Winnipeg Beavers  
Walter Whyte School  
Monday's 3:30 - 5:00 PM  
Ages 3-5 (Male & Female)  
October - May  
Games, crafts, music, the outdoors & spiritual fellowship.  
For more info contact Carol Laing 754-6232 or Suc 754-2541

**Adult Leagues**  
Bowling League  
Pine Falls Bowling Lanes  
7:30 - 9:30 PM  
For more info contact Evelyn Dodds 367-8413 or Sharon Mignon 367-8376

**Darts**  
Branch 64 Darts @ Royal Canadian Legion  
Pine Falls  
Tuesday Nights 7:00 PM  
For more information contact Jackie Prowse 367-8332

**Adult Bowling League**  
Pine Falls Bowling Alley  
Tuesday's & Thursday's @ 7:30 PM

**Seniors Bowling League**  
Pine Falls Bowling Alley  
Tuesday's & Thursday's @ 1:00 PM  
For more information contact Gerry Gauthier 367-8798

**SENIORS**  
Canasta  
Golden Leisure Club, Pine Falls  
Wednesday & Friday's  
1:00 PM

**CRIBBAGE**  
Golden Leisure Club, Pine Falls  
Every first Monday of the month  
1:00 PM

**SENIORS SCENE, VICTORIA BEACH**  
Beginners Line Dancing  
Every Tuesday @ 9:30 AM  
Advance Line Dancing  
Every Tuesday @ 11:00 AM  
Drop In Fee Members \$2.00 Non Members \$3.00  
A wonderful way to exercise your body and challenge your memory. For more info contact Judy 756-3132  
www.seniorsceneinc.com  
Stained Glass & Ceramics  
Every Thursday @ 9:30 AM  
Quilting  
Every Thursday 10:00 AM - 3:00 PM  
Square Dancing  
Every Thursday 3-5 PM  
\$7.00 Per Person  
Carpet Bowling  
Every Friday @ 1:30 PM  
SATURDAY'S

**FOR ALL AGES**  
Pole Walking  
Senior Scene, Victoria Beach  
Mondays, Wednesdays & Fridays  
9:00 - 10:00 AM  
\$2.00 Drop in fee  
Poles available for lending. For more info contact Angie Glowa 756-2068.

**Archery**  
Pine Falls Fire Hall  
Restarting January 7  
Wednesdays from 4PM - 6PM  
For registration contact Tom Paukovic 367-367-8798

**Bean Bag Club**  
Grand Marais Rec Centre  
For more information contact Jean MacDonald 754-3989.

**Hall Walking Club**  
Grand Marais Rec Centre  
Monday, Wednesday & Friday  
9:00 AM - Noon  
For more information on inside walking club contact Bonnie 754-3240

**Festivals & Events**  
Cross Country Ski Clinic  
Saturday, January 17  
The Duck Lake Ski Club will be hosting a ski clinic with a professional  
From Bikes & Beyond that will include technique, waxing and apparel. BYO skis.  
For more info contact Howard May 367-8846.

**Minor Hockey Tournaments**  
At Pine Falls Arena  
Initiators - January 24 & 25  
Novice - February 13, 14 & 15

**Bonspiels**  
Sand Bar Mixed Bonspiel, Grand Marais Jan 9 - 11  
H. Lacroix Men's Cashspiel, Grand Marais Jan 16 - 18  
Birchwood Mixed Bonspiel, Victoria Beach Jan 23 - 25  
Victoria Beach Ladies, Victoria Beach Jan 30-Feb 1  
Pine Falls Mens, Pine Falls Jan 30 - Feb 1  
Pine Falls Ladies, Pine Falls Feb 13 - 15  
Victoria Beach Mens, Victoria Beach Feb 13 - 15  
MB Open Stick Curling Championship, Grand Marais Feb 20 - 22  
VB Fireman's Bonspiel, Victoria Beach Feb 27 & 28  
VB Family Bonspiel, Victoria Beach Feb 27 & 28  
Ice Breaker Mixed Cashspiel, Grand Marais Feb 27 - Mar 1

**Grand Marais Family Festival**  
8th Annual Winter Carnival  
February 6, 7 & 8  
Grand Marais Recreation Center  
Kids activities, live entertainment, sleight rides, arts & crafts, Pancake breakfast, raffles and much more.  
For more info contact Bonnie 754-3240

**WINTERfest**  
February 19, 20, 21 & 22  
Powerview-Pine Falls & St. Georges  
Family swim night, bonfire & fireworks, snowboarding & sliding, Cross country ski poker derby, family bonspiel & more.  
If you are interested in volunteering or contributing please contact Lori @ Pineview Rec Office 367-9142

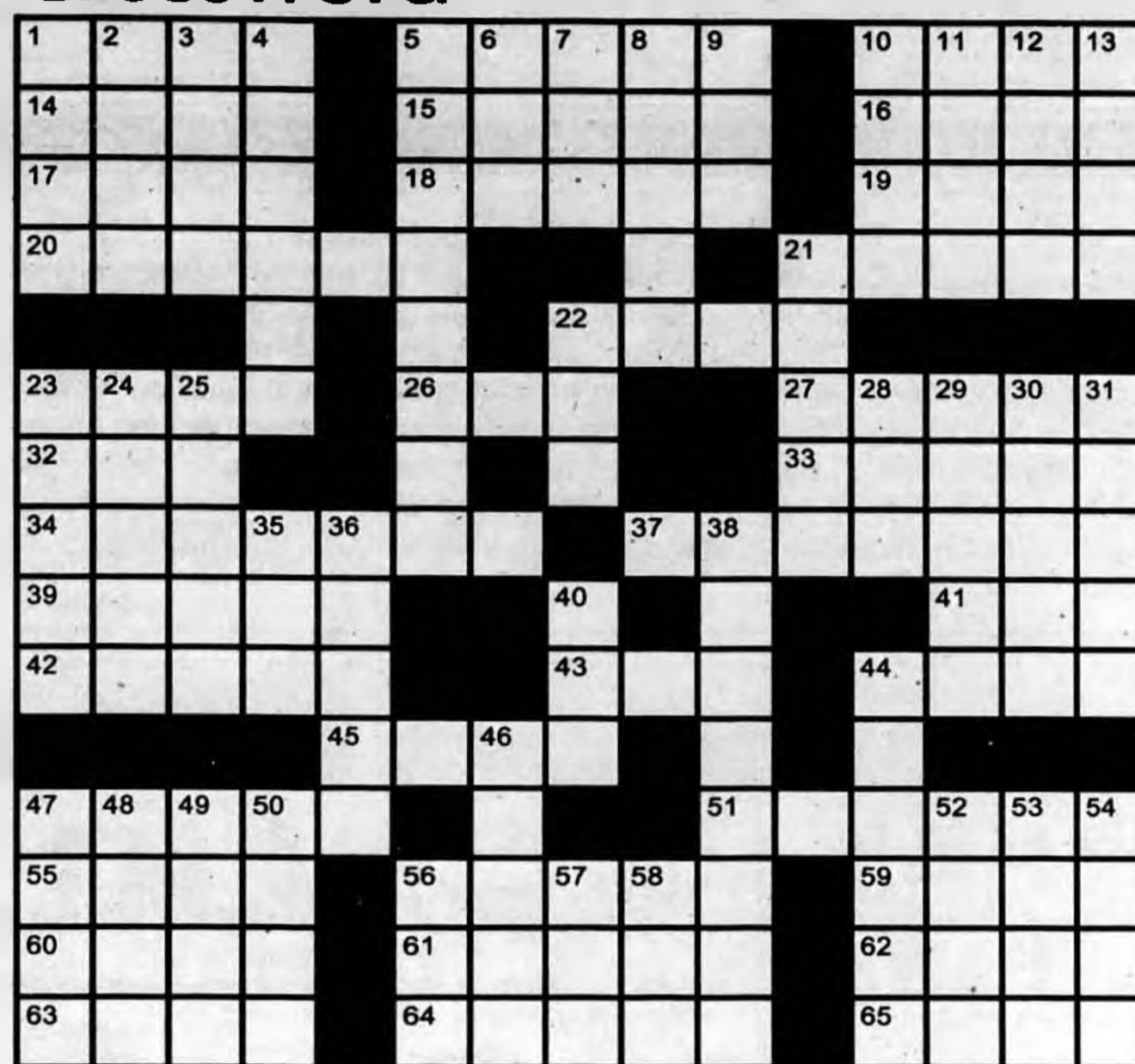
**PUBLIC LIBRARIES**  
Bibliothèque Allard Regional Library  
St. Georges  
Operation Hours  
Tuesday 10:30 AM - 5:00 PM  
Wednesday & Thursday 12:00 PM - 8:00 PM  
Friday 12:00 PM - 5:00 PM  
Saturday 10:00 AM - 2:00 PM  
Internet Access Site

**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  
Internet Access Site

**Pine Falls Library**  
Located in Pine Falls School 367-8983  
Open Monday - Friday  
1:00 PM - 3:00 PM  
Internet Access Site

WED	THUR	FRI	SAT	SUN	MON	TUE	WED
3:30 - 5:15 Public Skate	3:30 - 5:15 Open Ice	3:30 - 5:15 Public Skate	11:15 - 12:45 Novice vs Stambach	12:00 - 2:00 Public Skate	3:30 - 5:15 Public Skate	3:30 - 5:15 Open Ice	3:30 - 5:15 Public Skate
5:15 - 6:00 Initiator Practice	5:15 - 6:15 Novice Practice	5:15 - 6:15 Open Ice	3:30 - 5:30 Public Skate	2:15 - 3:45 Passive vs St. Anne	5:15 - 6:15 Initiator Practice	5:15 - 6:15 Novice Practice	5:15 - 6:00 Initiator Practice
6:15 - 7:15 Passive Practice	6:15 - 7:15 Learn to Skate	6:15 - 7:15 Learn to Skate	5:30 - 7:30 Open Ice	4:00 - 5:30 Barlem C vs Springfield	6:15 - 7:15 Passive Practice	6:15 - 7:15 Atom Practice	6:15 - 7:15 Passive Practice
7:30 - 7:30 Midjet B Practice	7:30 - 8:30 Barlem Girl Practice	7:30 - 9:00 Midjet B vs Niverville	8:00 - 9:30 PV Off Timers vs Hazelridge	7:30 - 8:30 Laflorens Practice	7:30 - 8:30 Barlem Boys Practice	7:30 - 8:30 Barlem Girls Practice	7:30 - 7:30 Lanz Ladies Practice
8:45 - 9:45 Lull Ovens Practice	8:45 - 9:45 Old Kings Practice			8:45 - 9:45 Midjet A Practice	8:45 - 9:45 Midjet A Practice	8:45 - 9:45 OR Kings Practice	8:45 - 8:45 Lull Ovens Practice
	10:00 - 11:00 Voyagers Practice						

# Crossword



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### Across

- Mascara site
- Spiritual leader
- School formal
- Chocolate cookie
- A.k.a.
- Topnotch (hyph.)
- Duration
- Jeans material

### In addition

- Hunting expedition
- Mexican condiment
- Quantity of paper
- Hurt
- A negative
- Delete
- Male child
- Hearing-related

### Supervise

- Framework for climbing plants
- Regenerate
- Be seated
- Barter
- Bag
- Give up
- Gambler's cubes

- Orange container
- Lash out at
- Wish or desire
- Oasis
- Toothpaste holder
- Wild goat
- Frosting
- Divya's solo
- Following
- Window covering
- Coarse file
- Besmirch
- "The Catcher in the \_\_\_"
- Cancel
- Nightclub charge
- African doglike mammal
- Carpet
- Got up
- Pre-entree course
- Uplift
- Cincy player
- Stockholm native
- Convert
- "It's no \_\_\_!"
- Equal status in a film
- Team manager
- Goatee site
- Gown
- Crown
- Student's book
- Halo, e.g.
- Wading bird
- Jump
- Master's Voice
- Through
- Finish

### Down

- Plenty
- Length x width
- Helot
- Respectful deference
- Glow
- Hearty brew
- Container
- Gaming table cloth
- Doctrine
- Mama's partner
- Throw, as dice
- Burden
- Arizona city

## 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



## CRYPTIC PUZZLE

CKHC FA CMG PTKHP LJ QKPFTR K DLFTC  
NFCMLSC QKPFTR KT GTGQV  
- FAKKH TGNCLT

**Last Week's Solution**  
IF YOU BELIEVE EVERYTHING YOU READ, BETTER NOT READ  
- JAPANESE PROVERB

# Weekly Horoscopes January 8 - January 14

**ARIES (Mar. 21 - April 20)** Socializing will be more than just entertaining. Stop those bad habits. Don't agree to make any of those cosmetic alterations you've been considering. Try to be tolerant of the moods of those around you.

**TAURUS (Apr. 21 - May 21)** Get promises in writing or you will be disappointed. Take a look at the possibilities of starting a small part time business with friends or relatives. Property investments, insurance, taxes, or inheritance should bring you financial gains. You should look into a healthier diet.

**GEMINI (May 22 - June 21)** You're not your usual self this week. You will need to take a look at the renovations that are necessary and try to find the cheapest way to get things done. Extravagance will be a problem. Added knowledge will give you the edge when dealing with peers.

**CANCER (June 22 - July 22)** Get out and enjoy some entertainment. Get involved in jobs that require creative input. You can win points with both peers and superiors. Your charisma will no doubt attract a lot of attention. Get back into a routine that promises a better looking, more aware individual.

**LEO (July 23 - Aug 22)** Look into joining groups that can give you hands-on advice about business. You can bet that someone in a higher position is watching to see how busy you are. Sooner or later your partner will have had enough. Don't let your mate talk you into going somewhere you'd rather not go.

**VIRGO (Aug. 23 - Sept. 23)** Travel may change your attitudes with regard to your philosophy. Be careful not to exaggerate when interacting with your lover. Deceit with coworkers is apparent. You must deal with an emotional problem with your loved one that you have been avoiding for some time now.

**LIBRA (Sept. 24 - Oct. 23)** Use your obvious talent to work with detail and you can come up with something great. Listen to a good friend who is truly looking out for your best interests. A little sponge hockey or other outdoor sports should be on your agenda. Try to be reasonable.

**SCORPIO (Oct. 24 - Nov. 22)** Get motivated and follow up on some self-improvement resolutions. You can't do everything on your own. Sign up for courses that will bring you more skills. Too much work and no play will not only result in fatigue and frustration but also loneliness, too.

**SAGITARIUS (Nov. 23 - Dec 21)** Plan to get together with someone special later in the day. You must be extremely careful not to let relatives or friends interfere in your personal life. Try to enlist the support of your coworkers first. Spend time getting to know each other.

**CAPRICORN (Dec 22 - Jan. 20)** Plan to get together with someone special later in the day. You must be extremely careful not to let relatives or friends interfere in your personal life. Try to enlist the support of your coworkers first. Spend time getting to know each other.

**AQUARIUS (Jan. 21 - Feb. 19)** Do not get upset about situations you cannot change. You can mix business with pleasure to get favorable results. Your high energy, original ideas, and excellent memory will aid your accomplishments. You may not have the same ideas when it comes to what you both enjoy.

**PISCES (Feb. 20 - Mar. 20)** Career changes may not be your choice right now, but in the long run they will be to your advantage. You need some rest. You can prosper if you in vest in property or mutual funds. Hold your temper and refrain from doing anything that might cause injury.

# Classifieds

## Obituary



**ISABELLA (BELLA) BRUNEAU**

January 2, 1927 - January 5, 2009

After a brief illness, Isabella passed away peacefully at the Pine Falls Hospital on Monday, January 5, 2009 with her family by her side.

Isabella leaves to mourn her loving husband Trefle of 44 years, two daughters Vicki (Ron) and Andrea, two brothers William (Bill) and Edward, two sisters Jean and Carol Ann, many grandchildren and great grandchildren.

She was predeceased by her first husband Frank Courchene, daughter Sharon, mother Sarah, father Alfred, step-father Jacob (Jack), two brothers Albert and Stanford and a sister Esther.

Isabella was a quiet person with a happy attitude and a ready smile.

A big thank-you to the staff at the Pine Falls Hospital for the good care given to Isabella during her stay there.

Funeral mass will be celebrated on Thursday, January 8 at 11:00 a.m. at the St. Georges Roman Catholic Church with Rev. Fr. Dominique La Fleur officiating. Prayers will be said at 10:30 a.m. prior to the mass. The service will terminate at the church and a private family burial will be held at a later date.

In lieu of flowers, donations may be made to the Alzheimer's Society, 10 - 120 Donald Street, Winnipeg, MB R3C 4G2.

**SOBERING FUNERAL CHAPEL & CREMATORIUM.**  
Beausjour  
268-3510 or MB toll free 1-877-776-2220

## Birthday



**Lordy, Lordy... Look who's ... ty**

Love Your Family.

## In Memoriam



**Joyce M. Day**

In loving memory of my dear wife, mother, grandmother and great grandmother who passed away January 10, 2007.

Just as you were, you will always stay loved and remembered everyday.

Your presence we miss, your memory we treasure, loving you always forgetting you never.

Sadly missed by your husband Hap, your sons & family, grandchildren and great grandchildren.

## 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. TPN

## Wanted to Rent

**Wanted to Rent**  
I want to rent a house or trailer in the Pine Falls, St. Georges or Great Falls area. 1-204-482-6171 TPN

## Advertising

**The Echo Classifieds**  
\$5.50 for first 25 words, 15¢ for each additional word. \$5.00 each per photograph. Fax: 367-9947. theecho@mts.net

## Card of Thanks

**Thank You Manitoba Model Forest**  
The Seymourville Community Council would like to take this opportunity to say thank you to the Manitoba Model Forest Inc., Pine Falls Office, for the financial contribution from the Community's Opportunity Fund towards our Community's Clean Up Project. The financial assistance helped our community start the task of cleaning areas within our boundary that was unfortunately used as dumping grounds. We hope to eventually restore all areas as close to their natural state as possible and monitor these areas closely in the hopes that all area residents alike will use the Regional Waste Disposal Site.

*Editor's note: The above ad appeared in the December 10 edition of the Echo, but contained typos that were the sole responsibility of the Echo. Our apologies to the Seymourville Community Council.*

## Pawn Shop

**CASH IN A FLASH PAWN**  
Located on the corner of Art Ave. and Hwy. 11 in Powerview  
**367-4537**

## Convenience Store

**RAPID WATER DELI CONVENIENCE**  
Business Hours: Mon - Fri 8am - 6pm, Sat & Sun 9am - 5pm, Call 367-2282  
Located in McDougall Plaza, St. Georges

## Hardware

**RONA HARDWARE**  
For all your Hardware Needs  
OPEN: Mon. to Sat. 9am to 6pm  
Color Matching & Laminating Service  
Pine Falls 367-2380

## Building Supplies

**OSK BUILDING SUPPLIES**  
2101 Main Street, Powerview

## Your Ad Here

**STEWART'S MEMORIALS**  
Lac du Bonnet 345-2644

## Home Renovation

**O'HANLEY INSULATORS**  
Blow In Cellulose Insulation  
Free Estimate Message 367-4411  
Call Charles 367-1578 Cell: 268-9193  
ohanley-insulators@hotmail.com

## ATV/Motor Cycles

**St. Croix Cycle**  
ALL TERRAIN MOTORCYCLES & POWER PRODUCTS  
Hwy. 11  
**367-2218**

## Gift Shop

**Plum Creek Gift Shop**  
Open Friday, Saturday, Sunday 12pm - 5pm  
Hwy. 11  
Phone: 754-5555 Open: Dawn Skidmore

## Insurance

**POWerview AGENCIES**  
367-4455  
the co-operative autopac

## Financial

**Caisse**  
A better way to bank  
367-8268  
www.caisse.biz

## Memorials

**STEWART'S MEMORIALS**  
Lac du Bonnet 345-2644

## Home Renovation

**WANTED 8 HOMES THAT NEED NEW WINDOWS**  
Eight (8) homeowners in this area will be given the opportunity of having Climate Shield Premium Windows installed on their homes at a very reasonable cost.  
This lifetime product has captured the interest of homeowners throughout the province who want to know if this will be the last time they will replace their windows. Climate Shield Premium Windows come with TempSmart Space System as well as SecurPlus and are Energy Star Rated. It will make your home more energy efficient and save up to 20% on your fuel bill.  
Ask about low monthly payments through Hydro  
For an appointment call  
Mr. Stewart at  
**8ISBY WINDOW & DOOR**  
1-800-582-5488  
www.8isby.mb.ca

## Concrete/Excavating

**A.M.L. AL MEISNER LTD**  
•RED-MIX CONCRETE  
•EXCAVATING  
•AGGREGATES  
**345-8454**

## Computer/Networking

**GREAT WHYTE NORTH COMPUTER SERVICES**  
Jim Whyte  
204.567.2970  
www.greatwhitenorth.ca

## Bakery

**Sunrise Bakery**  
Watch for our Coffee Shop Opening Soon!  
367-9019

## Grocery

**Dancyt's FOODS**  
2101 Main Street, Powerview  
204-345-5221

## Home Renovation

**Dancyt's FOODS**  
2101 Main Street, Powerview  
204-345-5221

## Home Renovation

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Eight (8) homeowners in this area will be given the opportunity of having Climate Shield Premium Windows installed on their homes at a very reasonable cost.  
This lifetime product has captured the interest of homeowners throughout the province who want to know if this will be the last time they will replace their windows. Climate Shield Premium Windows come with TempSmart Space System as well as SecurPlus and are Energy Star Rated. It will make your home more energy efficient and save up to 20% on your fuel bill.  
Ask about low monthly payments through Hydro  
For an appointment call  
Mr. Stewart at  
**8ISBY WINDOW & DOOR**  
1-800-582-5488  
www.8isby.mb.ca

# HOTEL & RESTAURANT REAL ESTATE MEDICAL SERVICES

**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  
Diesel Fuel  
**DOMO**  
JUMP TO THE PUMP

**For All your Real Estate Needs! CONTACT**  
Our Real Estate Professionals Look forward to Working with You!  
Call 1-800-854-8148  
345-2121 / 268-2011  
Email: c21sun@mts.net

**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

**For the Best Rates for Long-term Advertising**  
**The Echo Business Directory**  
**367-9468**

**Papertown Motor Inn**  
367-2261  
Deluxe Jacuzzi Rooms  
Licensed Family Dining Room  
Banquet Facilities  
VLTs, Beer Store  
Hot tub  
Home of NTE  
Night Club  
**TWISTERS 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**

**AUTOMOTIVE**  
Windshield Replacement & Repair  
All Your Auto Body Needs  
Courtesy Care  
**powerfalls AUTO BODY**  
Box 187  
Powerview, MB  
R0E 1P0  
Phone 367-2877  
Fax 367-2336

**Celeste Basson**  
B.ScPT, CACF  
**Stephanie Hampson,**  
BMR (PT)

**Dr. A.H. Anderson & Dr. M.H. Anderson**  
**LAB ON SITE**  
Optometrist  
Contact Lenses and Eyeglass Fittings  
**MANTOU LODGE PINE FALLS**  
**367-2390**  
Monday - Friday, 9:00am to 5:00pm  
Closed for lunch hour 12:30 - 1:30pm  
Examinations done on Mon. & Tues.

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

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

**WINE SUPPLIES**  
**Trudell's Wine Supplies**  
WINE & BEER SUPPLIES TO BREW YOUR OWN  
Dess Trudell  
Owner/Manager  
**367-8403**  
Located Across from Powerview School  
23 Vincent Ave.  
Box 681, Pine Falls, MB

**Powerview/Pine Falls Dental Centre**  
277A Main Street, Powerview  
Hwy. 11 - Municipal Building  
Monday - Friday 9:30 a.m. to 4:30 p.m.  
**Dr. Mark Karpa**  
**Dr. David Kindrat**  
**Dr. Drew Dear**  
**Dr. Jackie Chun**

**Bluewater District Transit**  
For Bookings Call  
367-9128 Office  
345-3075 Driver

**COMPUTERS**  
**M&C Bruneau's PC SERVICES**  
Hardware Diagnostics - Hardware Upgrades - Troubleshooting  
Software Installation - System Configuration  
Microsoft Certified Professional Systems Engineer  
Ph: 345-8876

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

**Place Your Business Here**  
**367-4968**

**Place Your Business Here**  
**367-4968**

**Place Your Business Here**  
**367-4968**

**Your Ad Here**

**INCOME TAX**  
**LIBERTY TAX SERVICE**  
Sandi Duval  
Franchise Owner  
**367-4244**  
INCOME TAX SERVICES  
BOOKKEEPING SERVICES  
2 McDougall Ave.  
St. Georges, MB

**GROCERY**  
**Great Falls Foods**  
Highway 11, Great Falls  
**367-2976**  
OPEN 7 DAYS A WEEK  
Store Hours:  
Mon. - Thur. 8-8, Fri. - 8-7  
Sat. 9-7, Sun. 12-5  
Having a Social Function?  
Call us to look after everything for you  
Ask us about delivery  
**The House of Quality**

**Place Your Business Here**  
**367-4968**

**Place Your Business Here**  
**367-4968**

**FURNITURE**  
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## Cottage Lot Draw Postponed

By Charles Norman  
Cottage lot draws that should have been held this fall have been postponed. The provincial government promised to make 1000 lots available during the last election campaign. Selkirk Chief District Forester has said that three

proposed developments, one of them on the Masqua River, he removed from the list claiming that they are on Selkirk's traditional territory. The province has agreed to withdraw them. The province has also had trouble reaching an agreement with Hollow Water.

## RM Water Supply By-law Gets First Reading

By Charles Norman  
A by-law authorizing the expenditure and borrowing of money for the RM of Alexander's regional water project received first reading at the municipality's regular meeting on Tuesday December 9. First reading of the by-law is a necessary step before sending the project to the Municipal Board for approval. The Board will almost certainly decide to call a public hearing in the new year. At that hearing representatives can be made for the project or for rejection of the project or for approval. Owners of property in Leisure Falls and

## Province to Legislate East Side Lake Winnipeg Planning Will kill any prospect of OSB mill: George Harbottle

By Charles Norman  
The Provincial government plans to introduce legislation to establish an east side planning area.

The area covers an area from Lake Winnipeg to the Ontario border and from the Winnipeg River 500m north to what a press release call "lands traditionally used by First Nations."

Planning will include:  
1) The development of long-term land-use plans for areas traditionally used by First Nations to ensure commitment and government have a solid base of information, including traditional knowledge, upon which to make land use decisions.  
2) The establishment of three or four regional resource management boards to ensure First Nations and government representatives are able to review and provide advice when resource-  
Continued on page 3

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