

COMMENT

Money Available for Road North

PAGE 4

EAST BEACHES NEWS:

Fun, Fellowship and Profit!

PAGE 8

FEATURE:

The Grebe

PAGE 9

\$1.00 tax included
January 28, 2009
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The Winnipeg River

Echo

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

Chief Fontaine Meets with Robert F. Kennedy Jr.



By Charles Norman

Sagkeeng Chief Donovan Fontaine met with Robert F. Kennedy Junior at Lake Louise, Alberta, Saturday 24 January. They discussed environmental issues and the United Nations Declaration of Aboriginal Rights. Fontaine described Kennedy as a strong supporter of the declaration, and said only four countries have failed to sign the declaration - Canada, the United States, Australia and New Zealand - the four countries with the highest proportion of aboriginal peoples.

Kennedy is the founder of The Waterkeepers' Alliance, an international, non-profit

organization with more than 200 active projects worldwide. Most of these projects are in the United States, (San Francisco Bay and Chesapeake Bay are two examples) but there are also associations in China, Russia, India, South America and Australia. There are four in Canada, in Nova Scotia, (the Bay of Fundy), in BC, (The Frazer River) and in Labrador and New Brunswick. Their purpose is to protect bodies of water from damage caused by industrial, agricultural and other contaminants entering the water body.

The Alliance has a staff of
Continued on page 7



A fire on Saturday afternoon gutted this garage in Grand Marais. There were no injuries.

Chimney Fire Destroys Garage

Laura Tuttle

Two alarm fire which engaged the East Beaches Fire and Rescue, the Victoria Beach Fire Department as well as the RCMP and the North East Health Association ambulance service created some tense moments on Saturday afternoon, January 24th, for neighbours and the new homeowners of 19 Grand

Marais Blvd. in Grand Marais. The fire started in the attic of the garage as result of a chimney fire. This is a reminder to all that when wood is used as fuel, the chimney must be regularly swept and cleaned.

Fire Chief Mark Sinclair says "It is our (EBFR) protocol to call out mutual aid to any structural fire we attend. If deemed unnecessary we will cancel the other

responding department. (However,) the more water and personnel the better it is. We have a standing agreement with all surrounding departments." In the end there were no injuries and no lives were lost and the fire was limited to the garage at this address. The structure was completely destroyed and flames narrowly missed a large motor home parked next to the structure.

Sagkeeng Water Treatment Plant Expansion

By Charles Norman

Sagkeeng has received \$100,000 for the redesign of the North Shore Water Treatment Plant.

The plant was built more than twenty years ago but

was not designed for the population it now serves. The capacity is not able to keep up with the expanded demand and there have been problems with low water pressure.

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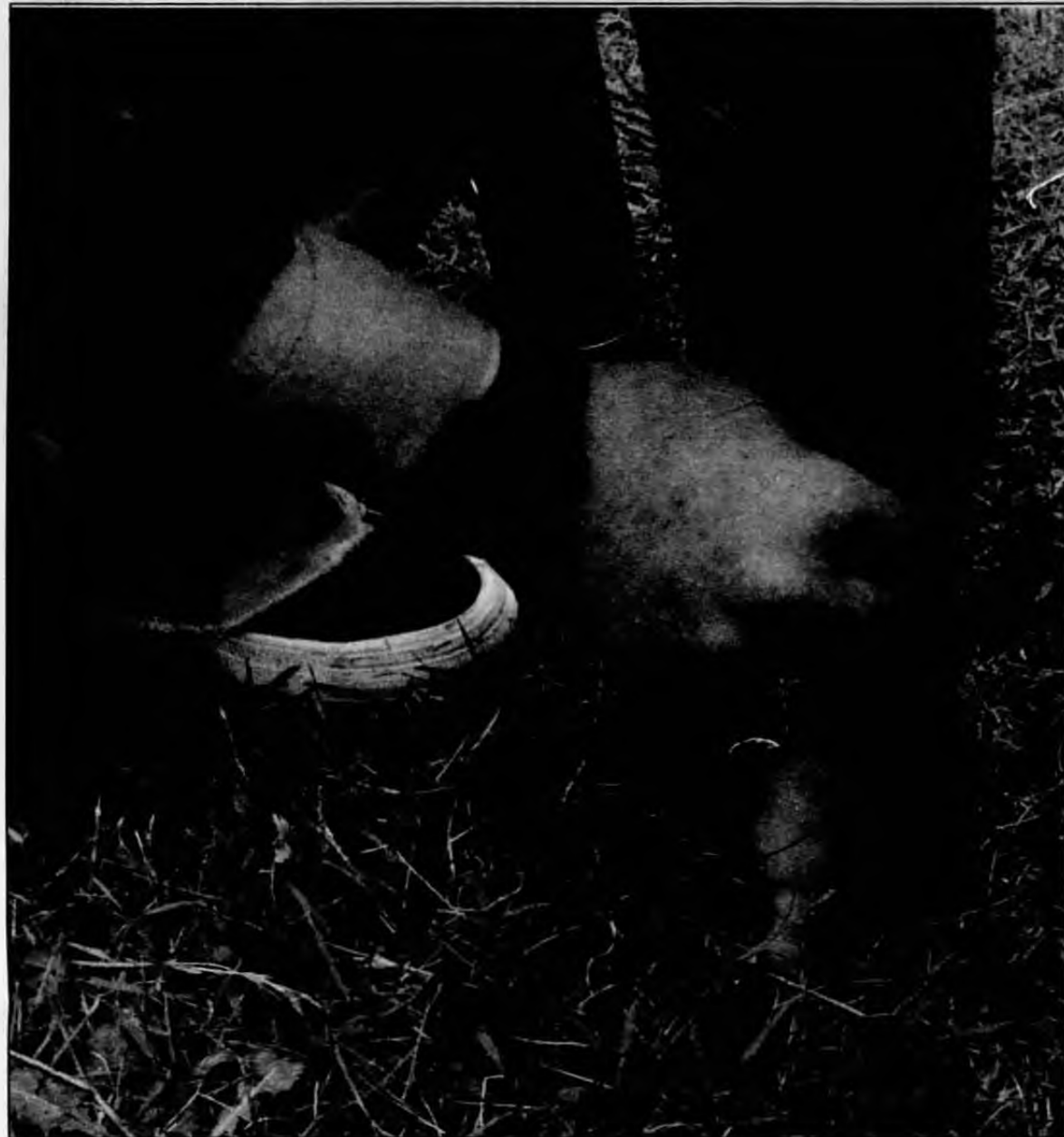
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Letters to the Editor

Canada's Forest Professionals Call for Investments in Green Infrastructure



Many of these forests are managed by private companies for timber and other forest products under standards set by provincial and territorial governments.

Over the past two decades federal, provincial and territorial governments have agreed to ensure that the use of our public forests is sustainable over the long term. With their commitment to Canada's National Forest Strategy, they declared their intention to ensure that all ecological processes that maintain forest health continue indefinitely. One opportunity to meet this commitment is by prompt and adequate regeneration of tree species in areas depleted by timber harvesting.

According to Canada's National Forest Database, the annual rate of 'assisted' regeneration over the past 10 years as a percent of area harvested was less than 50%. In other words, over half of the area harvested each year (some 50,000 hectares), is left to regenerate naturally. This is satisfactory when the area regenerates to the optimum amount of the desired species. However, when this is inadequate, well-structured tree planting programs need to be carried out.

Tree planting has the immediate benefits of providing employment across the country, particularly in small isolated communities, and stimulating local economies. The seedlings planted are publicly owned, and grow financially at compound rates of interest while providing ecological services such as locking in carbon from the atmosphere and filtering air and water. We have the necessary infrastructure to initiate effective and efficient planting programs at once.

The current debate over government spending to create jobs and stimulate the economy is an opportunity for governments at all levels to consider increasing assisted regeneration with tree planting programs on our public forests. Members of the Canadian Institute of Forestry/Institut forestier du Canada who work in and study our forests urge Canadians to contact their elected provincial, territorial and federal representatives and urge them to include a clear plan to strengthen forest regeneration in our public forests.

John F. Pineau
Executive Director /
Directeur général
Canadian Institute of
Forestry / Institut forestier
du Canada

Canada's forest professionals call for investments in green infrastructure Monday, January 26, 2009 - Mattawa, ON - Canada is one of the few countries in the world with large publicly owned forests.

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PUBLISHER
Don Norman

EDITOR
Charles Norman

LAYOUT AND DESIGN
Don Norman

ADVERTISING DESIGN
Lori Pachkowsky

SALES
Della Clark

CONTRIBUTORS
Charles Norman
Stuart Jansson
Caitlin Laird

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The Winnipeg River **Echo**

Box 40, St. Georges, Manitoba R0E 1V0
Place McDougall, St. Georges
email: theecho@mbs.net
Phone: 204-387-9488 - Fax: 204-387-9974



Powerview RCMP Press Report News January 19-24, 2009



2009/01/19
FORT ALEXANDER - 2 youth were taken to local hospital after a consensual fight escalated. Both youth were treated and released for non life threatening injuries. The pair were both spoken to by police accordingly, issued tickets for minor consume alcohol and parents/guardians notified. No further action was taken by police.

2008/01/20
FORT ALEXANDER - Police apprehended a male from a residence after complaints of a domestic problem in progress. Upon arrival an extremely intoxicated male was in violation of court conditions. The man was lodged in cells for his own safety, charged accordingly and later released.

2008/01/22
POWERVIEW - police patrolled Vincent Street after complaints were received of a suspicious male looking into vehicles. No one matching the description provided was apprehended at this time.

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BRYAN M. DAIEN, DENTURIST

report to police.
- a male was removed from a residence for being intoxicated and causing a disturbance. The man was transported by police to his home and no further problems arose.

2009/01/24
FORT ALEXANDER - investigation continues into the an incident of threats being uttered.

SUMMARY: Police also followed up on 3 false alarm(s) actioned 5 request(s) for assistance to other police services/service of legal documents, issued 2 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 3 person(s) under the intoxicated persons detention act, transported 3 person(s)

under the mental health act to the appropriate facilities, attended 1 noise complaint(s) and processed 7 traffic accident reports.

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

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Manitoba

Comment

Northern First Nations Left out in the Cold



Currently, without an all-weather road, the only access to northern Manitoba First Nation communities is by air or, for a few weeks a year, winter roads.

By Charles Norman
(Editors Note: This article is reprinted from an issue of the Echo in March 2007. We feel it is once again pertinent)

March 2 provincial government press release starts out; An unprecedented investment of \$4 billion and the province's first-ever, multi-year plan to renew Manitoba's highways was announced today by Infrastructure and Transportation Minister Ron Lemieux.

Missing from the "unprecedented" ten-year plan is any reference to any plans for building all-weather roads to First Nation communities north of Hollow Water. The need is becoming urgent. Last year the winter road system to St Theresa Point was unusable and all supplies had to be flown in. This included fuel oil, any needed building supplies or construction equipment - all at an astronomical cost. This year the winter road season was only two weeks long, and the Berens River First Nation had to threaten to close it to get the provincial government to allow pulpwood to be shipped from the Berens River to the Tembec newsprint mill. (They had wanted to ship higher weights to reduce fuel costs. The province said no. After the threatened blockade the province agreed to subsidize fuel costs.)

There are embryonic plans to develop an all-weather road system to northern communities but every inch is resisted by environmental groups and progress is painfully slow. The Rice River road to Bloodvein is almost complete. It needs about 11 km of road and two bridges, one over the Bloodvein and one over Longbody Creek. The project may be finished in two or three years. Bloodvein is on the way to all the other northern communities. The Bloodvein Community itself has access to the Manitoba highway system year round except for spring thaw and winter freeze-up.

The problem is not just the very high cost of getting essential supplies to these, already very poor, remote communities. There is a very high social cost being paid by members of these communities. In Pauingassi for example the leading cause of death is often teenage suicide. A recent documentary stated that more than 70% of adults are addicted to OxyContin, an opiate like morphine. Suicide and OxyContin are both ways out of a squalid and futureless life.

Other northern communities are not as bad, at least not yet, but poverty is an ever present fact - with little or no hope for any improvement.

About ten years ago there was a plan to end all this.

Eleven First Nations, in partnership with Tembec were to build two or three sawmills, (one of them in Sagkeeng). These sawmills would take the centre of pulpwood logs for lumber, about half. The other half would be used to make newsprint. The cost of production would be dramatically reduced at the mill, an additional TMP mill would be built to double production of newsprint.

The economics of these project were so good that even with the recent exorbitant US tariffs on softwood lumber, the project would have been viable.

Close to 1,000 new jobs would have been created, most of them for people in the northern communities. These would not be minimum wage jobs, but good paying \$50,000 a year jobs, in the forest or in the sawmill.

Roads to these communities and to the wood supply would obviously be needed. It was estimated to cost about \$100,000,000 and Paul Martin, then Minister of Finance, promised to pay two thirds of the cost. The provincial government was to be asked to provide the other \$33 million. (Less than one percent of Ron Lemieux' "Unprecedented" four billion dollar ten year plan).

It was a good plan. If it had gone ahead there is a good chance that Pauingassi would never have heard of OxyContin. All of those peo-

ple would have had a future to look forward to. Most of their social problems would have melted away.

But it was not to be. There was an election. The NDP got elected, and, in effect, ceded political control of a huge area of the province to a few Winnipeg environmental activists, most of who never moved outside the perimeter highway. The aboriginal people who lived there were consulted with and consulted with. They were misinformed and manipulated - and then ignored.

There are signs that that is

changing, and more attention is being paid to First Nations representatives, but the activists have not gone away. They can still delay and delay - and they will.

But eventually those roads will be built. The sawmills won't. That project, with its thousand jobs is toast.

We can only be sure of two things. One, that progress will be painfully slow because of environmental activism. The other is that more Pauingassi teenagers will die while the eco-freaks do their thing.

Action Needed Now Money Available for Road North

By Charles Norman

Yesterday's budget promised huge amounts of money for infrastructure programs across the country. There can be no better place for some of that money than for a road on the East side of Lake Winnipeg to northern communities up to St Theresa's Point.

There are more than twenty thousand people living in these communities most of them in Third World conditions. Calcium and Vitamin D deficiencies are common. Rickets - almost unknown in southern Manitoba is found in significant numbers at St. Theresa's Point. The high incidence of diabetes is thought to be the result of Vitamin D deficiency in the expectant mother. Vitamin D is produced by the body when exposed to sunlight. In northern winters there is simply not enough. The shortage is made up - throughout the developed world by the addition of vitamin D to milk. Milk has to be flown into St Theresa's Point. As a result it is much too expensive to find its way into the northern grocery cart. The same can be said of fruits and vegetables. In short it is practically impossible for most northern residents to afford a healthy diet.

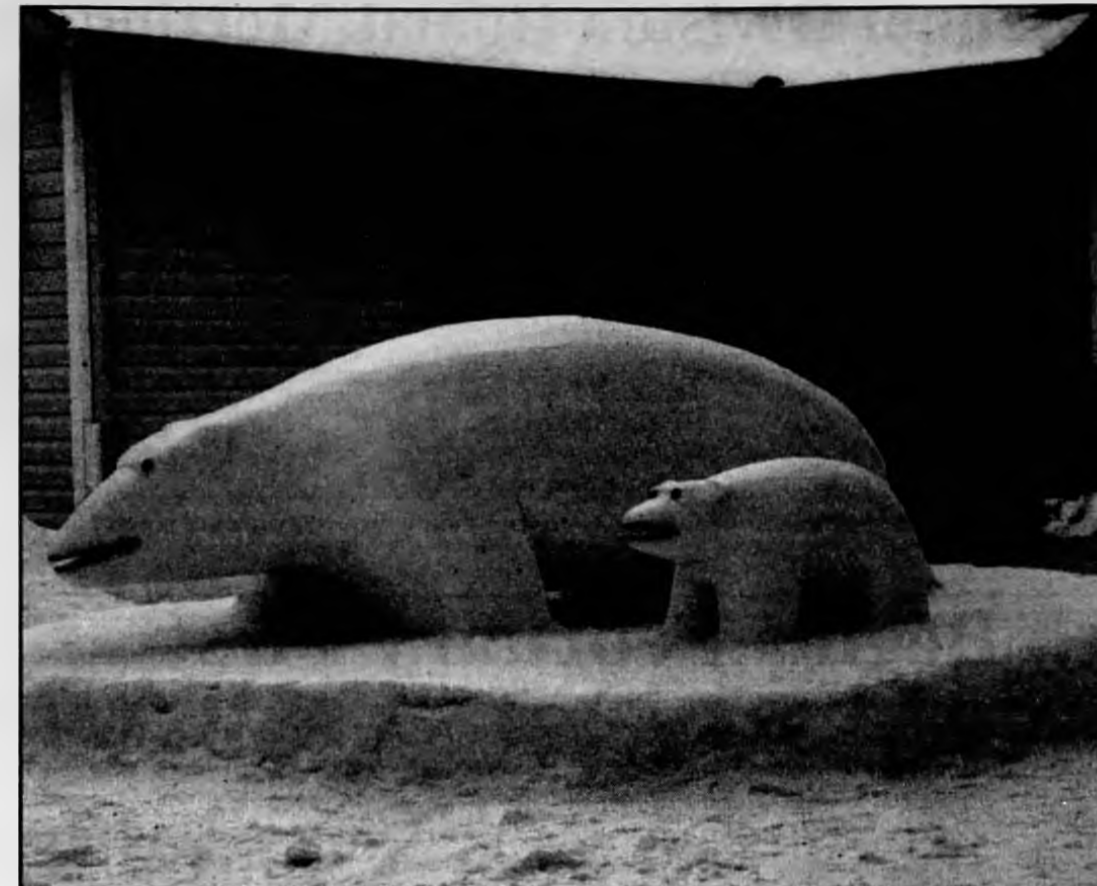
Health problems abound. There are even cases of tuberculosis in St Theresa's Point.

With the possible exception of TB all of this would be eliminated by building an all-weather road to those communities. A few years ago the Pine Falls Paper Company estimated the cost to be around 90 million dollars. Today it might cost 150 million. Building it would provide jobs for the people who live there and who would certainly recycle the money back into the general economy. It would also provide a lasting benefit to the social well-being and standard of living well into the future.

Nothing could represent money better spent than to build that road, but it won't get done unless it is asked for.

Sagkeeng Chief Donovan Fontaine, Powerview/Pine Falls Mayor, Ted Pichor, and RM of Alexander Reeve George Harbottle should - this week - write a joint letter to Vic Toews entreating him to give this project a high priority. Not only for the benefit of those who live in those communities but also for the benefits that it would bring to the local community by way of increased trade.

Comment



Polar Bears in Pine Falls

Once again, Pine Falls resident Gabe Boulet has created a snow masterpiece in his front yard. Readers may recall two years ago when the Echo featured the giant snow fort he created. This year his yard displays a giant polar bear and cub.

A Faith Perspective:

By Pastor Jake Doell

Gaining From Our Losses

Nobody enjoys losing. It is very evident when you watch the faces of the winning team and the losing team. That expression of jubilation versus that hollow look of defeat, says it all. The story is told of a chess champion who was very proud of his winning record. One day he entered a tournament against another excellent player. After the tournament his friend asked him of the result. He said, "In the first round I did not win. In the second round my opponent did not lose. In the final round I would have preferred a draw, but he did not."

Moses knew what it meant to lose. He grew up in the palace of the Egyptian Pharaoh. He received the best education of his day while he was being groomed to be the next successor to the throne. Moses had everything going for him. You could say he was winning "at life." One day he saw one of his Hebrew brothers being beat

by an Egyptian task master. Moses took matters in his own hand and when he was done there was a dead Egyptian underneath the sand. With a murder charge hanging over his head, Moses fled to the backside of the desert. He lost his cushy lifestyle with all its perks.

Instead he became a herder of sheep. (Exodus 2) From an heir to the throne to tending some smelly sheep - "O how the mighty have fallen."

What do you do when lose big time at the game of life? A common response is to throw a pity party. Regular attendees at those events are Woulda - Coulda - and Shoulda. Problem with them is they only encourage you to stay stuck in your past. "A failure is a person who blundered, but is not able to cash in on the experience."

- Elbert Hubbard. So how do we learn from our mistakes?

1.) Allow your failure to mature you. In our failures,

we must choose to either grow bitter or better. If we are willing to be honest with ourselves, failure can be a great teacher. Moses spent 40 years in the desert maturing from a very impatient person to one who learned to wait for God's timing.

2.) Allow your failure to develop perseverance.

All the winners I've known have failed many times. Colonel Saunders of Kentucky Fried Chicken fame failed many times and he was 60 years old when he finally did it right. One thing for sure, you'll never succeed by giving up and quitting. There is an old Latin proverb that says, "If there is no wind, row!"

Moses became a world famous leader, leading at least 1.5 million people on a 40 year desert trek to the land that God had promised them. Why? He learned how to take his past losses and turned them into gain. So can you. Failure is only final when you let it be.

Report From the Legislature



By Gerald Hawranik, MLA for Lac du Bonnet House Leader and the Critic for Advanced Education

Manitoba Hydro Construction

Manitoba Hydro is preparing to reconstruct the Hydro Generating Station in Pointe du Bois. A great deal of preparatory work is currently being conducted and the economic impact of all of this activity is already being felt in Pointe du Bois, Lac du Bonnet and Pinawa.

As the scale of operations increase, the economic impact will spread to Whitemouth, Beausejour, Powerview-Pine Falls and beyond. The cost of the project is expected to top 1 Billion dollars and much of the goods and services necessary for this project will be purchased in Northeastern Manitoba.

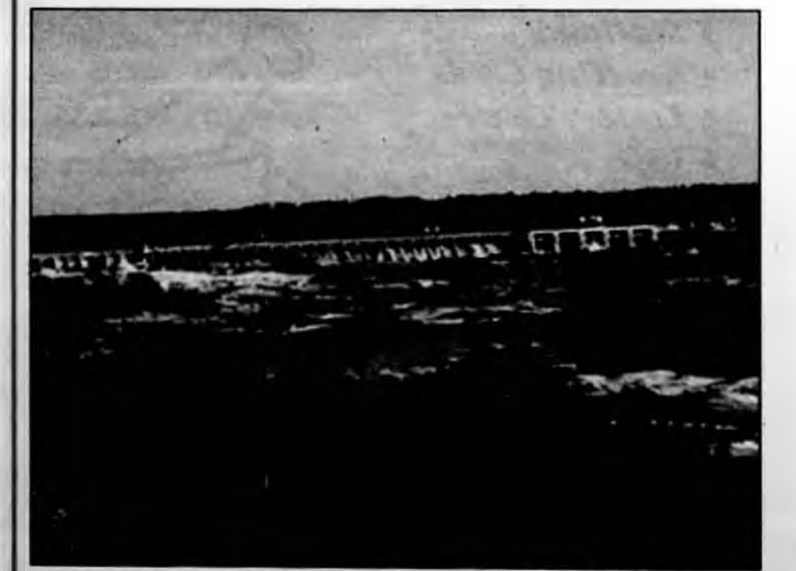
Manitoba Hydro has already called for proposals for meal and accommodation services for employees and contractors who will work at the site and last week I took the initiative to send a proposal call to as many accommodation and food services within the Lac du Bonnet Constituency, so that our local business could take advantage of this opportunity. If you did not receive a package of information from me, please call the con-

stituency office and I will send you one.

The reconstruction of the Pointe du Bois Hydro Generating Station is expected to employ at least 500 Construction, Engineering and other workers and is expected to last approximately 6 years. The reconstruction is a once in a lifetime opportunity to our businesses and our community and I hope that many of our businesses take advantage of this opportunity.

This is the largest and most costly infrastructure project ever undertaken in the history of Northeastern Manitoba and it will surely benefit Eastern Manitobans, particularly those in the Lac du Bonnet Constituency for generations to come through construction jobs, employment opportunities and training opportunities.

If you have any questions regarding this article, or any other issues or concerns in the Constituency, please feel free to contact me at 268-4664, write to me at Box 430, Beausejour, MB. R0E 0C0, email me at gerald@geraldhawranik.com or visit my website at www.geraldhawranik.com.



Point du Bois Generating Station (MB Hydro).

News

Highlights of the Sunrise School Division Board Meeting

Highlights of the Regular Board Meeting held on January 22, 2009 at Sunrise Education Centre

Business

The Board recognized and acknowledged that the Superintendent had been spending a considerable amount of his time and resources addressing emerging issues within

the Division this past semester, and that a fair evaluation was therefore not achievable in alignment with Policies BSR 5 and 6 at this point. As a result, Board approval was given to base the Superintendent's evaluation for 2008/2009 on overall job performance. This was unanimously approved by the Board.

The Board unanimously

confirmed that the Superintendent had successfully completed his qualifying period in Sunrise School Division.

The Board approved continuation for the pilot format for board meetings for the remainder of the 2008-2009 school year with all regular and discussion session meeting being open to the public.

The Board further approved rotating their board meetings once per month to various school locations throughout the months of February, March, April, May, September and October.

The Board approved the cheque register and Monitoring Report EL-5 (Financial Conditions and Activities) for the month of December.

The Board approved the presence of a senior administration designate at all negotiation meetings.

Conditional approval was given to the Ecole Powerview Safe Grad Committee to rent the Powerview School gymnasium for their safe grad event being held in June, 2009.

Library Lovers Month Begins February First

Library Lover's Month begins February 1st and runs throughout the month at Bibliotheque Allard Regional Library in St-Georges. This is a month long celebration of loving to read and loving your library. The Library will be hosting an author read evening with Anita Daher. Anita is a new resident of St-Georges, a teen/junior author that has donated 2 of her Junior Canadian Ranger series books to the library as well as one of her books from the

Orca Sports series. Anita was the recipient of the 2007 John Hirsch Award for Most Promising Writer and we are very excited to have her do a reading in the library. A date has not yet been set, so watch for posters, it will be announced soon! Anita also does workshops in creative writing for young readers, teens and adults, so if there is enough interest, let us know and we'll book a session. Great new reads added to the collection this month to date are:

Arctic Drift by Clive and Dirk Cussler, is said to be "filled with breathtaking suspense and audacious imagination."

Perri O'Shaughnessy's latest *Show No Fear* is part of the Nina Reilly thriller series (did you know that Perri O'Shaughnessy is the pen name for two sisters, Pamela and Mary O'Shaughnessy.)

Black Ops : A Presidential Agent Novel by W. E. B Griffin is the fifth in this bestselling thriller series

Inspirational fiction writer Karen Kinsbury's *This Side of Heaven* is a story of family secrets, broken relationships and a love strong enough to span a nation.

Running Hot by Jayne Anne Krentz will keep you reading well into the night using her special brand of romantic suspense with a touch of psychic thrills and sharp wit.

Treasure by Iris Johansen is her first historical romance in a decade. A few non-fiction reads to mention:

The Survivors Club : the Secrets and Science that Could Save Your Life by Ben Sherwood answers such questions as "Which is the safest seat on a plane?" "Where is the best place to have a heart attack?" "Why does religious observance add years to your life?" and many, many more interesting survival skills, accidents, and medical emergencies.

Aboriginal Traditions : Theory, Practice, Ethics, edited by Renee Hulan & Renate Eigenbrod is a book of essays of Indigenous traditions.



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

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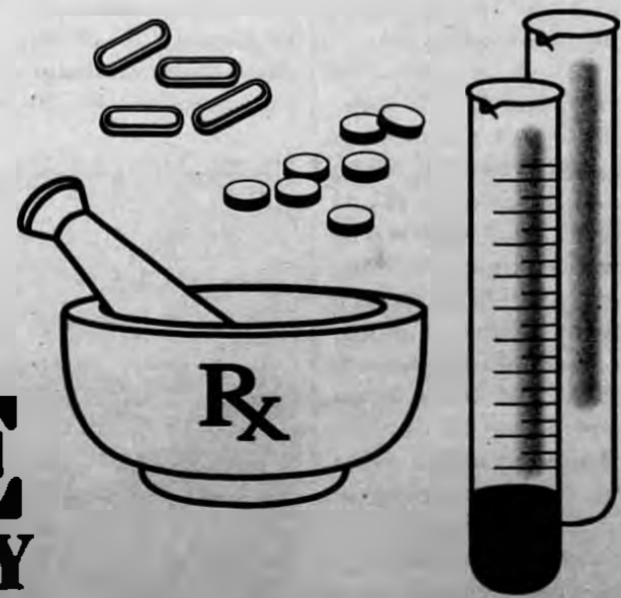
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News

Tembec takes Market-Related Downtime After Sudden and Drastic Drop in Global Pulp Demand

No further downtime announced for Tembec's newsprint mills

Tembec News Release

On Monday, Tembec announced a series of market-related shutdowns affecting one of its Canadian pulp mills, as well as the Company's three pulp mills in France. The shutdowns, ranging from two weeks to an indefinite idling, are a direct response to the global economic slowdown and the related impact on packaging and other pulp-consuming products.

In Canada, the high yield pulp mill located in Matane, Quebec which was expected to restart on January 31 will remain idled indefinitely. This extended shutdown will affect approximately 120 people.

In France, the paper pulp mills in Tarascon and Saint-Gaudens will each take four-week shutdowns starting February 8, and the specialty pulp mill in Tartas will begin a two-week shut on February 15. The Saint-Gaudens and Tarascon mills together employ roughly 550 people, and the Tartas mill, approximately 300.

Unlike earlier temporary shutdowns, these will affect both staff and hourly personnel. Employees at all affected sites have been informed of the Company's decision. "The aggressive actions announced today follow a review of current and forecast market conditions. We have made the decision to respond in a manner that represents the best approach to minimizing losses, managing cash and reducing inventories," said Jim Lopez, President and Chief Executive Officer. "We will obviously continue to monitor market conditions closely and will manage operating rates accordingly."

The hardwood high yield pulp mill in Matane produces 250,000 tonnes annually. The Tarascon softwood Kraft mill and the Saint-Gaudens hardwood Kraft mill produce

respectively 260,000 and 305,000 tonnes of pulp per year, and the Tartas specialty cellulose mill has an annual capacity of 155,000 tonnes.



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Continued from page 1

twenty who provide legal, scientific and organizational help to its member associations.

Chief Fontaine discussed with Kennedy the possibility of Sagkeeng setting up a waterkeepers organization for the Winnipeg River drainage basin.

Fontaine has also written to Powerview/Pine Falls requesting a meeting to discuss a range of issues of mutual concern and plans to set up a meeting with the RM, "so that we can move forward together."

East Beaches News

by Laura Tuttle

Fun, Fellowship and Profit...

What do the Seniors in Grand Marais do on a frigid Monday morning late in January? Some of them retreat to warmer climates while those left at home enjoy the camaraderie of a "perogie making bee." I discover they have been doing this for 20 years. The event is equally a fund raiser, and a great excuse to socialize. Bonnie Grace, Grand Marais Recreation Association (GMRA) Chairperson is manning the stove and tells me "We get together on Sunday to cook the potatoes, then today we mix the dough

and the filling for the finished product." Reg Thomas, who was in the kitchen working the dough with the expertise of an accomplished chef (which he is) said "We only get together when the supply gets low." What is low, I wondered? Betty Cross has the answer. "When we are down to about fifty-five dozen we get the group together. In the winter we have only about sixteen to eighteen volunteers while in the summer the number increases when our snowbirds return. Yesterday we cooked only fifty pounds (25 kilograms) potatoes

which will yield an average of about 135 dozen perogies. When all our volunteers are here we cook a hundred pounds (50 kilograms) of potatoes and turn out double the amount of today's product. We need that many because it is a popular product."

As she helps count and bag the finished product Betty says, "The recipe is a secret. Other groups have tried to get it out of us without success. I advise them that if they want good perogies, they will have to buy them from us." Then she lowers her voice and says, "I

will tell you, it has three different types of cheese mixed with the potatoes." It's a good thing no one is asking Alex Cross, committee chairperson of the GMRA Seniors about the "secret recipe"; he offered to sell it to me. I think he better talk to his wife!

North Star Hill Climbers Poker Derby...

Saturday, January 24th was cold but not cold enough to discourage the snowmobile enthusiasts from enjoying the local snowmobile club's annual Poker Derby. Checkpoints #1 and #5, located at the Sand Bar Motor Inn were busy from nine in the morning until the last card was drawn at five in the afternoon. Nearly 150 riders skidded along the 83 kilometre route that began with the winding path North along the CN trail to just beyond the Birchwood Hotel before heading East to catch the NorthStar Trail which then passes South through the beautiful woods of Belair Provincial Forest and near the waters of Jackfish Lake. The course continued almost to Stead, before curving over to Highway 59 and then connecting to the Reuben's Ridge trail which leads back to Grand Marais.

Riders reported the trails in great shape and the huts warm and toasty thanks to master groomer Ted Thomas and the volunteers who made certain there was plenty of wood in the warming huts along the way. A lot happens behind the scenes, not the least of which were the generous offers of local businesses toward the thirty-two prizes in the Silent Auction. Confusion might be the result without the efforts of Wilma Gunn, club treasurer who kept all the volunteers organized. Gunn, along with Eric Recksiedler and Rollie Riel, the NorthStar Hill Climbers president and vice-president plus a plethora of volunteers turned the event into the club's largest fund raiser of the year.

Anyone still wishing to donate a gift for the Silent Auction may do so by calling Lynn at 754-2161 or Rosalie at 754-8830. Curling information is available from Mabel at 754-3488 or Chris at 754-3058. It is not too late to volunteer your help so if you are interested, call Bonnie at 754-3240.

ment from Dwight Klatt & Glen Westburg & Guests. The Walter Whyte School Band will play at the opening ceremony and there is a Valentine Teen Dance in the W.W. School Gym at 8:00 p.m..

On Saturday there are both indoor and outdoor events. Features of the day are a sleigh ride, a fun spiel in the curling rink, tobogganing, skating and a cross country "Ski to Win". In the hall there will be a crib tournament at 11:00 a.m. and between 10:00 a.m. and 3:00 p.m. there are crafts & a fishpond; balloon sculpting; face painting; a bean bag toss plus a "Snappy & Inch" clown show for the kids. At 8:00 p.m. there is a dance featuring the Ted Longbottom Show & Old Time Dance Music by the Westburg Band.

From Friday through to Sunday there is a Silent Auction and various raffles, with the Silent Auction bids to be drawn on Sunday at 2:30 p.m.. Sunday morning at 9:00 there is a pancake breakfast. Throughout the weekend event the bar and canteen will be open with the exception of the Interfaith Service at noon on Sunday which features the Bells of Praise.

Anyone still wishing to donate a gift for the Silent Auction may do so by calling Lynn at 754-2161 or Rosalie at 754-8830. Curling information is available from Mabel at 754-3488 or Chris at 754-3058. It is not too late to volunteer your help so if you are interested, call Bonnie at 754-3240.



Betty Cross helps with the Grand Marais Recreation Association's "Perogie Making Bee"

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.

Meet with us and we can explain the many options available to you.

•We can come to your home.
•Service in French and English



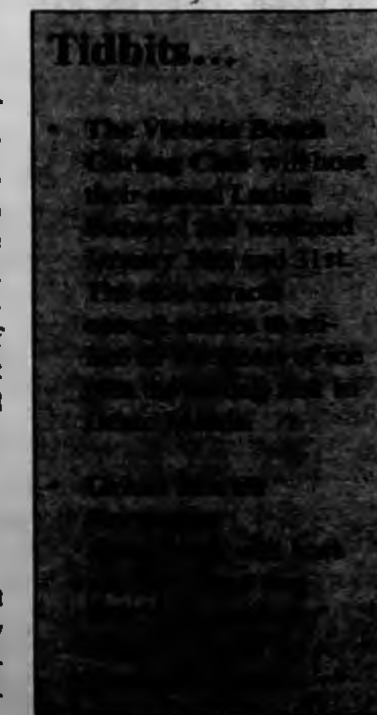
Harvey & Julie Giesbrecht Owners

Russell Funeral Home Ltd.

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(204) 268-2263 (24 HOURS) TOLL FREE 1-866-424-6271
Serving Southeastern Manitoba since 1941

The Grand Marais Family Festival is just around the corner...

The weekend event begins on Friday, February 6th at 7:00 p.m. with a bonfire followed by entertain-



Features

Cougars, Wolves and Wolverines

A natural history of the East Beaches and Winnipeg River



Red necked Grebe passing the weed in mating ritual

Grebes

By Charles Norman

There are five species of Grebe in Canada, Red necked, Horned, Eared, Western and Pied-billed grebe. All of them breed in Manitoba although the eared grebe is not known to nest east of the Red River and the Western Grebe is at the extreme eastern edge of its range.

The Writer has not seen a Western grebe in our immediate area - a pair were seen at the southern end of Netley Marsh in 2007, but in September that year a pair of Red-necked Grebes spent a great deal of time in and around the marina at Victoria Beach.

Grebes are excellent swimmers and divers. Where geese and ducks have down, grebes have short feathers vertical to the skin to trap air. They can fold these feathers closer to the body squeezing out the air and reducing buoyancy. By doing this they can slowly sink into the water without diving. Their feet are placed well back on their bodies and as a result they have trouble walking on land. They do not have

webbed feet but the toes are lobed to enable them to move rapidly in water, both on the surface and underwater.

The Western Grebe is more gregarious than the Red-necked Grebe and usually nests in large colonies but they like to nest away from people. This is probably why it can be found in Netley Marsh where access to extensive safe nesting grounds can be found. This article will deal mainly with the Red-necked Grebe, but we cannot leave the Western Grebe without commenting on their exquisite mating dance. The Western Grebe is a quite beautiful bird with a long graceful white neck. In the mating season they will rise up out of the water, and, with their necks outstretched, will run, as a pair, side by side, over the surface of the water for an extended distance. The dance is often repeated over a period of several days. The Red necked grebe is not nearly as demonstrative. They are noisy, with head shaking or lowering, and passing of weeds to each other. The ritual ends with what has been called a "penguin" dance where the pair raise the body upright "breast-to-breast". They



Western Grebe

Photo: Kevin Cole

mate for life.

Red-necked Grebes prefer to nest on large floating mats of vegetation not attached to the shore, and will normally stay more than 150 feet from other nesting pairs. Jackfish lake, with its extensive mats of floating vegetation is an ideal nesting site.

They lay four to five eggs in a nest largely consisting of vegetable matter from the floating vegetation. Both sexes share in incubation which takes three to four

weeks. As soon as they are hatched the young climb onto their parents back, the other dives for food with which to feed them. Both parents take turns in feeding the young.

They feed on small fish, amphibians and crustaceans, and will also pick insects off leaves. After breeding the adults moult and are flightless until it becomes time to migrate. The eggs and young are vulnerable to a range of predators. Racoons and other birds will take the eggs, and

pike and other carnivorous fish will take fledgling chicks.

The Red necked Grebe collect together for migration and migrate in large flocks, usually at night. Local grebes migrate to the West Coast. their winter plumage is a dull grey. On the coast, they move out to the relatively calm sea beyond the surf, or to river estuaries or bays preferring area less than fifty feet deep with a sandy or rocky bottom and patches of seaweed. They usually feed alone.

GROWING Opportunities

Hometown Manitoba

Building Community Pride in Rural and Northern Manitoba

Hometown Manitoba offers grants of up to \$5,000 for communities to improve outdoor public meeting places and green spaces, which now includes tree planting; and \$1,000 for enterprises to improve building exteriors in main street areas.

Hometown Manitoba helped build community pride by approving \$478,000 for over 260 projects in rural and northern Manitoba in 2008.

Applications for the 2009 Hometown Manitoba program are now available.

Visit manitoba.ca/agriculture/ri for an application form or you can pick up an application by contacting your local Manitoba Agriculture, Food and Rural Initiatives Growing Opportunities (GO) office or by calling 1-800-567-7334.

Deadline for applications is March 15, 2009.



Community

The Maligned Canada Goose

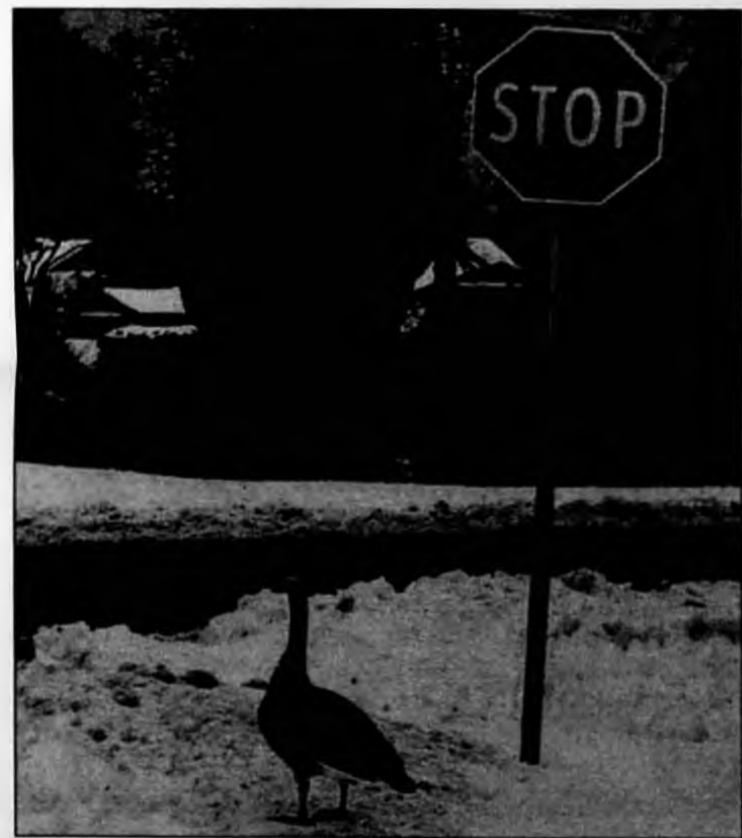
Our beautiful majestic Canada Geese has been the subject of a fair amount of annoyance to people across this land a well as a danger to the flying public both here and the United States. Due to their deposits on parks and golf club fairways they have, seemingly, delivered themselves into a position of the "not wanted". More recently now, after the unfortunate happenings in New York, this appears to be true.

Not so! Aside from the elegance in their strut and the added grandeur they furnish to our green spaces, they are loved both by children and

adults. And in particular, they are loved by goose hunting adults in glorious autumn, when the birds arrive in the thousands to call enticingly to the afflicted. I am one.

Geese do have a sense of what is right and at times follow the rules set down by municipalities and cities. You will notice in the accompanying picture that both feet are firmly attached to the ground, signifying a stop in adherence to the law. This picture was taken by my niece Carol McDonald in Victoria B.C. during their recent attempt to match us in snowy splendour.

Marcel Pitre



Health Corner

NEHA Ask your Primary Health Care Provider

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

Alzheimer's Disease

Alzheimer's disease is a progressive, degenerative, disease of the brain which causes thinking and memory to become seriously impaired. It is the most common form of Dementia. Dementia is a syndrome consisting of a number of symptoms that include loss of memory, judgment and reasoning, changes in mood, behavior and communication abilities.

The disease was first identified by Dr. Alois Alzheimer in 1906. He described the two hallmarks of the disease:

"Plaques," numerous tiny dense deposits scattered throughout the brain which become toxic to the brain cells at excessive levels.

"Tangles," which interfere with vital processes eventually choking off the living cells. When the brain cells degenerate and die, the brain markedly shrinks in some regions.

At this time, we do not yet know what causes Alzheimer's disease, or how to stop its progression. Researchers have discovered that Alzheimer's disease:

- is not a part of normal aging,

- affects both men and women,
- is more common in people as they age, as most people with the disease are over 65,
- is not caused by hardening of the arteries,
- is not caused by stress.

Scientist's are looking at three areas:

- **Family history**
For a few families there is a definite connection between family history and Alzheimer's disease. While for others, a family history of Alzheimer's disease puts them at a greater risk than someone with no family history. Though knowledge in this area is growing, the connection to heredity is not fully understood.
- **The External Environment**
The cause of Alzheimer's disease may be in our environment, perhaps something in the water, soil, or air.
- **The Internal Environment**
Alzheimer's disease may be caused by something

within the body. It could be a slow virus, an imbalance of chemicals, or a problem with the immune system.

Researchers today believe that there is no single cause of Alzheimer's disease. Instead, they believe it is caused by a combination of factors. There is still much that we don't know about the disease, but researchers continue to look for a cause.

Alzheimer's disease develops when the risk factors for the disease combine and reach a level that overwhelms the brain's ability to maintain and repair itself. So reducing as many of the risk factors that you can makes good sense. By making healthy lifestyle choices, you may be able to reduce your risk and improve your brain's ability to sustain long term health.

Living with Alzheimer's disease at any stage can be very challenging. Whether you are the person with the disease or someone who supports them, it is normal to feel a variety of emotions including grief and loss throughout all stages of the disease. It is important to acknowledge your feelings, care for yourself and seek the practical help and emotional support that you need.

The Alzheimer Society in your community can provide educational resources to help you learn more about the disease, referrals to help you access the practical support you need and the one-on-one group support, to help cope with the emotional impact of the disease. Contact your local Alzheimer Society or visit www.alzheimer.ca

Submitted by: Brigitte Budgell RN

Sports/Recreation

Mmmm, Homemade Banana Cream Pie This Weekend

The Victoria Beach Ladies Bonspiel is this weekend and what a weekend it will be. The theme for this year is 50's & 60's so make sure you dress the part. In addition to a great weekend of curling their is also a silent auction and the Saturday night dinner & skits. I myself will be MC for the evening and be prepared ladies because you are going to laugh so much you are going need depends!! The VB Merry Makers always have yummy homemade pies in the canteen for bonspiel season so bring the kids for a skate and come have a cup of coffee and piece of banana cream pie while you're at it. The Pine Falls Men's Bonspiel is also this weekend. You know we are really going to have to work on these bonspiel dates so that the communities can get involved in each other's bonspiel. Right now the way is stand everyone is hosting bonspiels on the same weekends. Wouldn't it be nice if the guys and gals from the surrounding communities could participate and support each other's events?

Unfortunately the Maskwa Club will not be able to host a poker derby for Winterfest because their annual Bissett run is that weekend, but do not fret a poker derby is scheduled for those of you wanting to ride. The Victoria Beach Snow Drifters annual Poker Derby is scheduled for Saturday, February 21 with a registration at the 1/2 way hut on the North Star Trail from 10 AM - 1 PM. Cards are \$10.00 or 3 for \$20.00 and the windup will be at the Birchwood Motor Hotel.

The Beaches Drama Club needs you to do some early spring-cleaning. They are looking for items to help create costumes and props. Items needed include: gold lame, white sheets, gold braid cording, metal buttons, old jackets or clothing made out of leather or vinyl, leather laces, gold beads, sheer drapes, belts/belt buckles, gemstones, sequins, broom handles and old sunglasses. I am not sure what lame is but if you have any of these items you can contact Angel Kraft 756-6426 or drop off at the Pineview Rec Office 367-9142.

There is no school scheduled for Friday January 30th at Walter Whyte and Ecole communautaire Saint-Georges, and no school Monday February 2nd at Ecole Powerview School.

Soccer season is going to be here before you know it. We are currently putting a board together for the North Eastman Soccer Association that include Powerview-Pine Falls, The Beaches, Little Black and Lac Du Bonnet. We are looking for your support and would like you to help organize the 2009 Soccer program. Please contact Debbie Phillips 367-9040 for more info or the rec office 367-9142.

I am currently putting information together to create a directory of information, clubs, organizations, non-profits groups, church groups, facilities, rental facilities and events for Powerview-Pine Falls and RM of Alexander. Please contact me with any information to help me out.

Have a great week!
Lori Vialoux
Rec Director for Pineview Rec Commission

WEDDINGS - ANNIVERSARIES - BANQUETS
RETIREMENTS - MEETINGS, ETC.

at the **GREAT FALLS COMMUNITY HALL**

Contact Hall Manager 367-2998

Manitoba Open Stick Curling Provincial Championship

This Weekend's Tournament will be the Final Year for Grand Marais to host event

Grand Marais, MB January 28, 2009 - The 5th Manitoba Open Stick Curling Provincial Championship, presented by Stick Curling Canada and Sure-Shot Sticks will once again be held at the Grand Marais Curling Centre, approximately one hour north of Winnipeg on the eastern shore of Lake Winnipeg. This will be the final year that Grand Marais will play host to this event with next years event scheduled to take place in Winnipeg. The seasons open championship will take place February 21 and 22, 2009 and is open to all who are interested in competing in the two-person version of

Stick Curling. The entry fee for this event is pegged at sixty dollars, with three games guaranteed and cash prizes awarded on a pay per win base. The entry cut-off date is, February 16, 2007.

This is the fourth time that the Grand Marais Recreation Centre has hosted this event. Last year, the brother duo of Chris and Ken Jensen from the host club, Grand Marais were victorious and will be back to defend their title at this year's championship. Also, competing will be 2007 champions also from Grand Marais as well a one half of the 2006 champs from Winnipeg's Fort Rouge CC. This year's competition will also see the event winners,

advance to the Canadian Open Stick Curling Championships, which will take place at Winnipeg's St. Vital Curling Club, in early April.

Stick Curling is one of the fastest growing winter sports in Canada. If you are interested in the game of curling but do not want to master the slide delivery, then this is the sport for you as the games are quick (usually 1 hour) and enjoyable.

For further information on the Manitoba Open Stick Curling Provincial Championship, you can contact Chris Jensen at (204)754-3058 or through email at: gjensen@mts.net

Having a baby?

Healthy Baby community programs provide support to pregnant women, new parents and their babies

Having a baby changes your life. New babies can be demanding, especially for new parents. That's why the Healthy Baby community programs were developed. Healthy Baby community programs are friendly, informal programs that provide you with support, information and resources before and after you have your baby

Drop in to your local Healthy Baby group and you can:

- Ask questions about your pregnancy, your baby's development or parenting support
- Enjoy nutritious snacks, try new recipes and get information about nutrition and health
- Visit with other moms and dads and take part in activities with your baby

It's what's inside that counts

It's important to eat well to help you and your growing baby when you're pregnant. If you live in Manitoba, and your net family income is less than \$32,000 a year, you can receive a monthly Manitoba Prenatal Benefit cheque during your pregnancy to help you buy the healthy foods you need.

For more information
To learn more about the Healthy Baby program or to find out about locations of Healthy Baby groups, please call:
945-1301 (in Winnipeg)
1-888-848-0140 (outside Winnipeg)
www.manitoba.ca/healthchild
or contact your local public health office



Manitoba

OPEN HOUSE

Please join us at our OPEN HOUSE

Tembec

TEMBECC FOREST RESOURCE MANAGEMENT GROUP PINE FALLS OPERATION

Coffee & Dainties will be served.

◆ To provide input towards the development of the draft 2009-2010 Operating and Renewal Plan.

DATES & LOCATIONS

Monday, February 2	Holiday Inn Airport West Winnipeg 7:00 p.m. - 9:00 p.m.
Wednesday, February 4	Lac du Bonnet Community Centre Lac du Bonnet 7:00 p.m. - 9:00 p.m.
Monday, February 9	Manitou Lodge Pine Falls 7:00 p.m. - 9:00 p.m.
Tuesday, February 10	Hollow Water Band Hall Hollow Water 7:00 p.m. - 9:00 p.m.
Wednesday, February 11	Bissett Community Hall Bissett 7:00 p.m. - 9:00 p.m.

RECREATION UPDATES

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

EXERCISE PROGRAMS

Family Fitness
Pine Falls School
Monday & Wednesday's
SESSION STARTING FEB 18TH
5:30 - 6:30 PM
Instructor: Kim Bonekamp
For youth ages 13+ with or without a family member.
Includes cardio, circuit training, strength & flexibility.
Need 10 confirmed registered to begin the class.
Contact Rec Office 367-9142

Fitness Class For Beginners
Pine Falls School
Mondays & Wednesdays
6:30 PM - 7:30 PM
NEW SESSION STARTING FEB 18TH
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
NEW SESSION STARTING FEB 18TH
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 INSTRUCTOR KIM BONEKAMP
Pine Falls School Gym
Monday's & Wednesday's
10:00 - 11:00 AM
NEW SESSION STARTING FEB 18TH
Instructor: Kim Bonekamps
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 inatasha@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 inatasha@mts.net
Total Body Workout
St. Georges School Gym
Monday & Wednesday's
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
Pine Falls School Gym
Monday, Tuesday, Wednesday & Thursday
6:30 AM - 7:30 AM @ Pine Falls School Gym
NEW SESSION STARTING FEB 17TH
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 & Friday
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 Mon, Wed, Thurs & Fri
10:15 - 10:45
Rivers North Fitness Co-op
The Fitness Co-op is now entering into its third year of operation.
All membership fees are due. The one time co-op membership fee remains at \$100.00 annual user fee and non-members \$300.00. For more info contact Bev Dube 367-8064 or Linda Cyr 367-2382

WINTER ACTIVITIES
Badminton
Pine Falls School Gym
Thursday & Sunday's
STARTING JAN 22ND
7:00 - 9:30 PM
An adult must accompany children.
For more info contact Ginette Vincent 367-8244

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 (Scars) and all membership monies go toward maintenance of the trail. For more info contact Howard May 367-8846.
Broomhall
Pine Falls Arena
For ages 12 & up
Friday evenings 7:30-8:30 PM
Cost: \$60.00 for the season
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.
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 dates.
For more info contact Dawn Nault 367-8419

Junior Curling League
Victoria Beach Sports Club
Thursday's
6:00 - 7:00 PM
For ages 8 - 15
\$25.00 per person
Slider & broom required (brooms available if needed)
For more info & registration contact Kim Mackelison 756-2984

Junior Curling
Pine Falls Curling Club
Tuesday's
6:30 - 8:00 PM
For ages 12 (born 1996) and older
Cost: \$50.00 per person
To register or for more information please contact Melinda 367-4682 or Fay 367-8968

Drop In Curling
Pine Falls Curling Club
Every Thursday @ 1:00 PM
Grand Marais Rec Centre
Every Wednesday @ 1:00 PM
Drop in curling is open to everyone.

ADULT LEAGUES
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
For more info contact Evelyn Dodda 367-8413 or Sharon Mignon 367-8376

SENIORS GOLDEN LEISURE CLUB
PINE FALLS
CASAATA
Wednesday & Friday's
1:00 PM
Cribbage
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

Pine Falls Curling Club
For more info contact Gloria Brody 367-2656, Melinda 367-4682 or Fay 367-8968
FOR ALL AGES
Archery
Pine Falls Fire Hall
Wednesdays from 4PM - 6PM
For registration contact Tom Paukovic 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

Pine Falls Golf Memberships
2009 Memberships forms are now available at the Pineview Rec Office.

Festivals & Events
Minor Hockey Tournaments
At Pine Falls Arena
Novice - February 6, 7 & 8

Bonspiele
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 20 - 22
VB Family Bonspiel, Victoria Beach Feb 27 & 28
Ice Breaker Mixed Cashspiel, Grand Marais Feb 27 - Mar 1
Pine Falls Mixed Bonspiel, Pine Falls March 13 - 15

Grand Marais Family Festival
8th Annual Walter Carvalh
February 5, 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

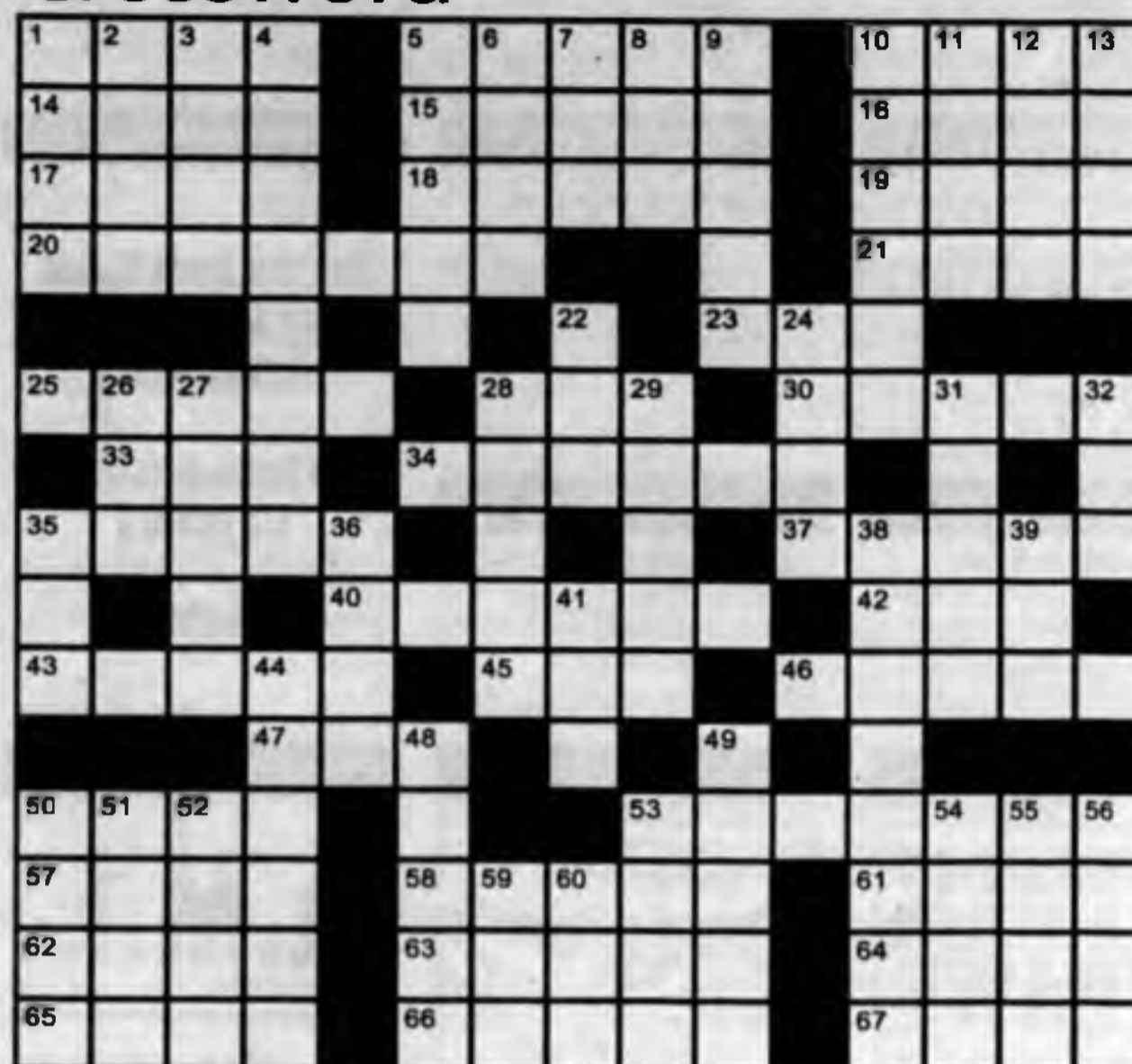
PUBLIC LIBRARIES
Bibliothèque Alard
Regional Library
St. Georges
Operation Hours
Tuesday 10:30 AM - 5:00 PM
Wednesday & Thursday 12:00 PM - 8:00 PM
Friday 12:00 PM - 5:00 PM
Saturday 10:00 AM - 2:00 PM
Internet Access Site

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

PINEVIEW RECREATION COMMISSION - Lori Vlaloux, 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

Crossword



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- Across
- 1. Grow dim
 - 5. Corkwood
 - 10. Hourglass contents
 - 14. Rev. Roberts
 - 15. Run ___ of (violate)
 - 16. Chills and fever
 - 17. Telegram
 - 18. Spiritual leader
 - 19. Prospector's find
 - 20. Listlessness
 - 21. Matured
 - 23. Doctrine
 - 25. Peculiar
 - 28. "___ humbug!"
 - 30. Swivel
 - 33. Bag
 - 34. "B" in FBI
 - 35. Rise up
 - 37. Designer's concern
 - 40. Mean
 - 42. Navigator's need
 - 43. Holy Scripture
 - 45. Epoch
 - 46. Grunge
 - 47. Ump's call
 - 50. Stylishness

- 53. Perfunctory
- 57. Halo, e.g.
- 58. Loathe
- 61. Length x width
- 62. Dart
- 63. Former
- 64. Genuine
- 65. "If all ___ fails..."
- 66. Overly sentimental
- 67. Yesteryear
- 22. Armed conflict
- 24. Potato
- 26. "It's no ___!"
- 27. Coffee company
- 28. Montana city
- 29. Reddish brown dye
- 31. Outspoken
- 32. Feather's partner
- 35. Poke fun
- 36. In ___ of
- 38. Envy
- 39. Prefer
- 41. Be mistaken
- 44. Pinpoint
- 48. Snares
- 49. Highly spiced dish
- 50. Bistro
- 51. Ship's frame
- 52. Colored eye part
- 53. Chicken cage
- 54. Chocolate cookie
- 55. Behind
- 56. Harvard rival
- 59. Lingerie item
- 60. Trendy

- Down
- 1. Poultry
 - 2. Diva's solo
 - 3. Mend
 - 4. Refinement
 - 5. Red ___
 - 6. Way, way off
 - 7. Slow pitch
 - 8. U-boat
 - 9. Accused's need
 - 10. Deli offering
 - 11. Highly excited
 - 12. Au naturel
 - 13. House title

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



AOL DVYK 'WVSPAPJZ' PZ KLYPCLK MYVT AOL
DVYK 'WVSF' TLHUPUN 'THUF', HUK AOL DVYK
'APJZ', TLHUPUN 'ISVVK ZBJRPUN WHYHPALZ'.
- SHYYF OHYKPTHU

Last Week's Solution

ECONOMICS IS EXTREMELY USEFUL AS A FORM OF EMPLOYMENT FOR ECONOMISTS JOHN KENNETH GALBRAITH

PINE FALLS ARENA SCHEDULE

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	INITIATOR	INITIATOR	3:30 - 5:15 Public Skate	3:30 - 5:15 Open Ice	3:30 - 5:15 Public Skate
5:15 - 8:00 Initiators Practica	5:15 - 8:15 Novice Practica	5:15 - 8:15 Open Ice	TOURNAMENT	TOURNAMENT	5:15 - 8:15 Initiators Practica	5:15 - 8:15 Novice Practica	5:15 - 8:00 Initiators Practica
8:15 - 7:15 Poomse Practica	8:15 - 7:15 Atom Game	8:15 - 7:15 Learn to Skate	↓	↓	8:15 - 7:15 Poomse Practica	8:15 - 7:15 Atom Practica	8:15 - 7:15 Poomse Practica
7:30 - 7:30 Midjet B Practica	7:30 - 8:30 Barium Girl Practica	7:30 - 8:30 Midjet B vs Springfield			7:30 - 8:30 Barium Boys Practica	7:30 - 8:30 Barium Girls Practica	7:30 - 7:30 Lazer Ladies Practica
	8:45 - 9:45 Old Kings Practica				8:45 - 9:45 Midjet A Practica	8:45 - 9:45 Old Kings Practica	
	10:00 - 11:00 Vanguard Practica						

Weekly Horoscopes

January 29 - February 4

ARIES (Mar. 21 - April 20) Disharmony in your relationship may cause minor ailments. Professionalism will be of utmost importance. You can gain approval, get kudos, and ask for help if you put a little heart into your speech or request. You may find that your boss is not delighted with your work lately.

TAURUS (Apr. 21 - May 21) You have been stagnating for some time now and you need a change of pace. Career changes may not be your choice right now, but in the long run they will be to your advantage. Don't bother trying to make someone you live with see your point of view. You'll meet new friends if you try new activities.

GEMINI (May 22 - June 21) You will enjoy events that lean toward theater, art, or music this week. You may have difficulties at an emotional level with mates. Your involvement in interest groups may bring you popularity. Take some time out.

CANCER (June 22 - July 22) Try not to be so demonstrative. Don't be too shy to promote your own interests. Love relationships will flourish. Property deals look good.

LEO (July 23 - Aug 22) Put in some extra hours and finish those careful jobs before you move on to some fun and games. Changes in your home will be positive. Property in vestments should pay off. Spend time with your lover this week. Your mate will appreciate your honesty.

VIRGO (Aug. 23 - Sept. 23) Finish those changes you've been talking about making to your residence. Romance is quite possible if you are willing to approach someone who interests you. You will have the discipline to make changes you feel are necessary. Invite friends over.

LIBRA (Sept. 24 - Oct. 23) A change in position could be better than you thought. You will enjoy the interaction with youngsters and take great pride in the projects you've completed. Be careful not to show your temper when dealing with the boss. Work quietly on your own.

SCORPIO (Oct. 24 - Nov. 22) You must be sure not to be frivolous, because as the saying goes, easy come, easy go. You need to keep the peace and you will have to bend in order to do so. Get involved in philosophic groups that will enlighten you. It's time to make professional changes.

SAGITARIUS (Nov. 23 - Dec 21) Don't let your health suffer because of abuse. Take work home but be sure to spend some time with your mate. You will have original ideas for ways to make extra money. Strengthen your position among your peers.

CAPRICORN (Dec 22 - Jan. 20) Remember that no one can walk through your door if there's someone standing in the doorway. Talk to your mate about a vacation and discuss the expectations of your relationship. You always seem to spend more than you make. Upheavals may occupy your day.

AQUARIUS (Jan. 21 - Feb. 19) You will have to put those you live with in their place if they try to interfere with your work. You can make some favorable changes to your looks. You need an outlet. You should feel a little more stable about your position; however, don't be surprised if a job offer comes your way.

PISCES (Feb. 20 - Mar. 20) Stay away from social unpleasantness. Difficulties may be encountered while traveling in foreign countries. Overexertion and negligence will be your worst enemies. Minor health problems could result through exhaustion.

Classifieds

Notices

TOWN OF POWERVUE-PINE FALLS
 P.O. Box 220, Powerview, MB R0E 1P0
 www.powerview-pinefalls.com mackler@mts.net
 Telephone: 204-367-8483 Fax: 204-367-4747

PUBLIC NOTICE

PUBLIC NOTICE is hereby given pursuant to Section 194 of the Municipal Act that the Auditors Financial Report, together with the related financial statements for the Town of Powerview-Pine Falls for the period ending December 31, 2007 have been deposited in the municipal office at 277B Main Street, Powerview and are available for inspection by any person or their agent Monday to Friday, 8:30 a.m. to 4:30 p.m. Any person, or their agent, at their own expense, may make a copy thereof or extracts there from.

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 Marlene Watson, *cmma*
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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. Sagaming Chief Donovan Fontaine has asked that three proposed developments, one of them on the Manoga River, be removed from the list claiming that they are on Sagkeeng's traditional territory. The province has agreed to withdraw them. The province has also had trouble reaching an agreement with Hollow Water.

Lots on Lake Winnipeg north of Manigonagan were scheduled to be drawn for last year, but the road staged a two-month blockade on provincial highways preventing existing cottages getting access to their property. The situation has still not been resolved.

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 water project 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 this hearing representatives of the project, for reasons of the project, for changes to 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 50km north to what a press release call "lands traditionally used by the Bunibonbee First Nation."

Planning will include:
1) The development of long-term land-use plans for

areas traditionally used by First Nations to ensure communities 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 resources

Continued on page 3

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