

Community

Sagkeeng Juniro High Science Fair

PAGE 6

WINTERFEST

Special Section Coverage of the Weekend's Events

PAGES 7-9

FEATURE:

The Wite-Mud Sleigh Reborn

Serials Clerk, 214-1000
Legislative Library of Manitoba
Room 100 - 200 Vaughan Street
Winnipeg, MB R3C 1T5



\$1.00 tax included
February 25, 2009
Volume 9, No. 37
The Winnipeg River

Echo

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

Sagkeeng Election: 43 Candidates Six Vie for Chief;

By Charles Norman

Five candidates are challenging Donovan Fontaine for the position of Chief of the Sagkeeng First Nation. The five include Linda Twoheart who has previously served as Chief. Other candidates for Chief are Gerald Courchene, Randy Courchene, Derek Fontaine and Wayne Mann.

A total of 37 people were nominated for Council. Of the four existing councillors, Miles Courchene resigned earlier and is not seeking re-election. The other three existing councillors, Johnish Courchene, Reinie Courchene, and Joe Daniels are all candidates for re-election.

As reported in last week's Echo those candidates who

are working for Sagkeeng will have to take an unpaid leave of absence until April 1st. The Election takes place on Tuesday, March 31st.

Following are the names of candidates followed by the list of candidates for Chief along with their nominators and seconders.

Candidates for council

Kenneth Alexander, Larry Boubard, Andrew Richard Bruyere, Karen Bruyere, Richard Charles Bruyere, Ryan J Bruyere, Ruben Bunn, Daniel Chrusch, Basil Courchene, Caren Courchene, Charles Courchene, Donald Courchene, Dylan Joseph Courchene, Gary Courchene, Harlow

Continued on page 2



The Winter's Best at Winterfest 2009

Festival attendees pose, holding an Olympic torch in front of the new Muck Hill sign. Full coverage pages 8-9

Learning Centre awarded \$183,000

By Charles Norman

The Winnipeg River Learning Centre has been awarded \$183,272 by Winnipeg River Community Futures to cover the costs of setting up an Electrical Trades training program.

The funds will allow the Learning Centre to purchase the tools, equipment and supplies required to begin delivery of a Red River College Electrical Certificate Program in which successful graduates

will complete their Level 1 Apprenticeship training.

Powerview-Pine Falls Councillor Bev Dube, Chair of the Winnipeg Round Table, which sponsored the Learning Centre, said Manitoba Hydro has a need for graduates from the program and there are enough people in the area to fill program spaces. She said there is a huge backlog of applicants for the program at the Winnipeg Campus of the Red River College.

investment opportunities are ripe for the picking at Sunova.

Invest in an RRSP or Tax Free Savings Account (TFSA). Either way, it's a sweet deal!

www.sunovacu.ca **SUNOVA** bank brighter.

Letters/News

Muck Hill a Hit

To the Echo,
I am writing you this letter in hope to express our thanks to all the people involved in the Muck Hill Snow Boarding Jam last Saturday. Our family attended this event and enjoyed every minute of the day. This was an amazing example of the communities

working together to create an amazing day of activities for the children of the surrounding communities. The R.M. of Alexander, the Rec. Committee and the local business really pulled together for this event. Our citizens should be proud of the way Muck Hill and the newly named Alexander

park have developed into a wonderful place for our children and youth to play.

The Muck Hill Jam was a great event with the kids enjoying the hill, the jumps and testing all of their skills. The organizers did a great job making the jumps organizing the food and drinks, prizes and the warm fire. Richard May and a group of young adults and youth did such a good job with the jumps and the many hours of prep work for the event. The kids are very grateful for all the work that these volunteers did. They encouraged the kids to have fun, test their limits and try new things. The crowd applauded a wipe out as much as a great run, which encouraged the kids to get up and try again. For a small community this event was a huge success. A great big applause for those involved.

Special thanks to the R.M. of Alexander for their investment into the Hill, Richard May and his group of volunteers, Lori and the Rec. Committee, Steve and Kari Kulyk for the food and Hot Chocolate, The Shell, the Anderson's family, and

Power Falls Autobody for all the drinks, Cpl. Boulette for coming out with the Olympic torch and the many parents for keeping the fire going and the cheers loud.

Carrie Peloquin and Family

Sagkeeng Election from p. 1

Courchene, Johnish
Courchene, Norbert
Courchene, Norman (Bozo)
Courchene, Reinie
Courchene, Steve
Courchene, Joe Daniels,
Leslie Dorie Sr., Chris
Guimond, Lloyd Guimond,
Paul Guimond, Tanya

Candidate for Chief
Gerald Courchene
Randy Courchene
Derek Fontaine
Donovan Fontaine
Wayne Mann
Linda Twoheart

Guimond, Zelma Guimond,
Earl Fontaine, Marissa
Fontaine, Ronald J Fontaine,
Derrick (Shimo) Henderson,
Ghislain Levesque, Larry
Morrisseau, Lyle
Morrisseau, Darryl (Sweep)
Spence, Bradley Twoheart,
Randy Twoheart.

Nominator and Seconder
Paul Daniels, Kathleen Fontaine
Karen Bruyere, Lionel Spence
George Courchene, Eric Courchene
Davina Lafond, Paul Guimond
Stanley Henderson, Myles Twoheart
Lillian Spence, Andrew Bruyere

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

at the **GREAT FALLS
COMMUNITY HALL**

Contact Hall Manager 367-2998

Want to Start Your Own Business!

Self-Employment Program

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

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

Self-Employment Program Call for more information!
345-8691

Delivered by **Community Futures** Winnipeg River **Community Futures** Winnipeg River

Funding Provided by:
The Government of Canada Employment Insurance Account
The Province of Manitoba

Denture Wearers

WE SPECIALIZE IN HARD-TO-FIT CASES

DAIEN DENTURE CLINIC

22 Years at our MAIN OFFICE: 268-3488 10 Years at our SATELLITE OFFICE: District Health Centre Lac du Bonnet

37-3rd St. S. Beausjour
• Seniors Discounts
• We honor all Dental Plans

BRYAN M. DAIEN, DENTURIST

Stephen Kulyk
Certified Financial Planner

2 McDougall Avenue St. Georges, MB

Telephone: (204) 367-9572 Toll Free: (888) 666-0000

Retirement • Estate Planning • Insurance • Investments

ONYX
Financial Group

Thursday Bud, Spud & Rib Night \$8.99	Friday Bud, Spud & Steak Night \$8.99	Saturday Bud, Spud & Steak Night \$8.99	 HAPPY HOUR Every Weekend 4:30-8:00pm
---	---	---	--

NITE Papertown Motor Inn

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.

437 PARK AVENUE, BEALISEJOUR
(204) 268-2263 (24 HOURS) TOLL FREE 1-866-424-6271
Serving Southeastern Manitoba since 1941



Powerview RCMP Press Report

February 16 - February 22, 2009

UPDATES: - Powerview Detachment renovations are complete and it is moving time again for members and staff as we vacate the trailers and return to our renovated facility and should be fully operational by February 28, 2009. 2009/02/16

FORT ALEXANDER - a female attended local hospital as the result of a spousal assault. Police attempted to locate a male but were unsuccessful at the time. The man attended the Powerview detachment later in the week and was charged accordingly. The investigation continues.

- a missing female youth was not located by police. The female was last known to be in the company of a male acquaintance.

PINE FALLS - 3 suspects were caught on camera at a local business for shoplifting. Investigation continues. 2009/02/17

FORT ALEXANDER - police were called to a complaint of assault but upon arrival found an intoxicated female. No evidence of an assault had transpired. A sober occupant of the house put the woman to bed and no other action was requested from police. 2009/02/18

PINE FALLS - investigation continues into a complaint of shoplifting at a local business. 2009/02/19

RM ALEXANDER - police were contacted to intervene in a domestic dispute. A verbal argument had only occurred and a male resident left the house shortly thereafter. No further action was requested. Counseling/legal services were recommended to the pair. 2009/02/20

TRAVERSE BAY - a reported break and enter to a cottage proved to be false. Construction on the unit resulted in patio doors being left open. The building was secured and no other calls were made to police.

RM ALEXANDER - police recovered an abandoned snowmobile stuck on a sled trail. Investigation continues.

- a complaint of a possible impaired driver resulted in a patrol by police. The vehicle

and driver in question were not located in the vicinity. No further calls were dispatched. 2009/02/21

FORT ALEXANDER - A patrol of the south shore by police was made after complaints of an impaired driver. Investigation continues into

the incident.

2009/02/22

LONG LAKE - a break, enter and theft at a cottage location was reported to police.

SUMMARY: Police also followed up on 3 false alarms actioned 3 requests for assis-

tance to other police services/service of legal documents, issued 5 tickets under the highway traffic/liquor acts, lodged 5 persons under the intoxicated persons detention act, transported 3 persons under the mental health act to the appropriate

facilities, and processed 4 traffic accident reports.

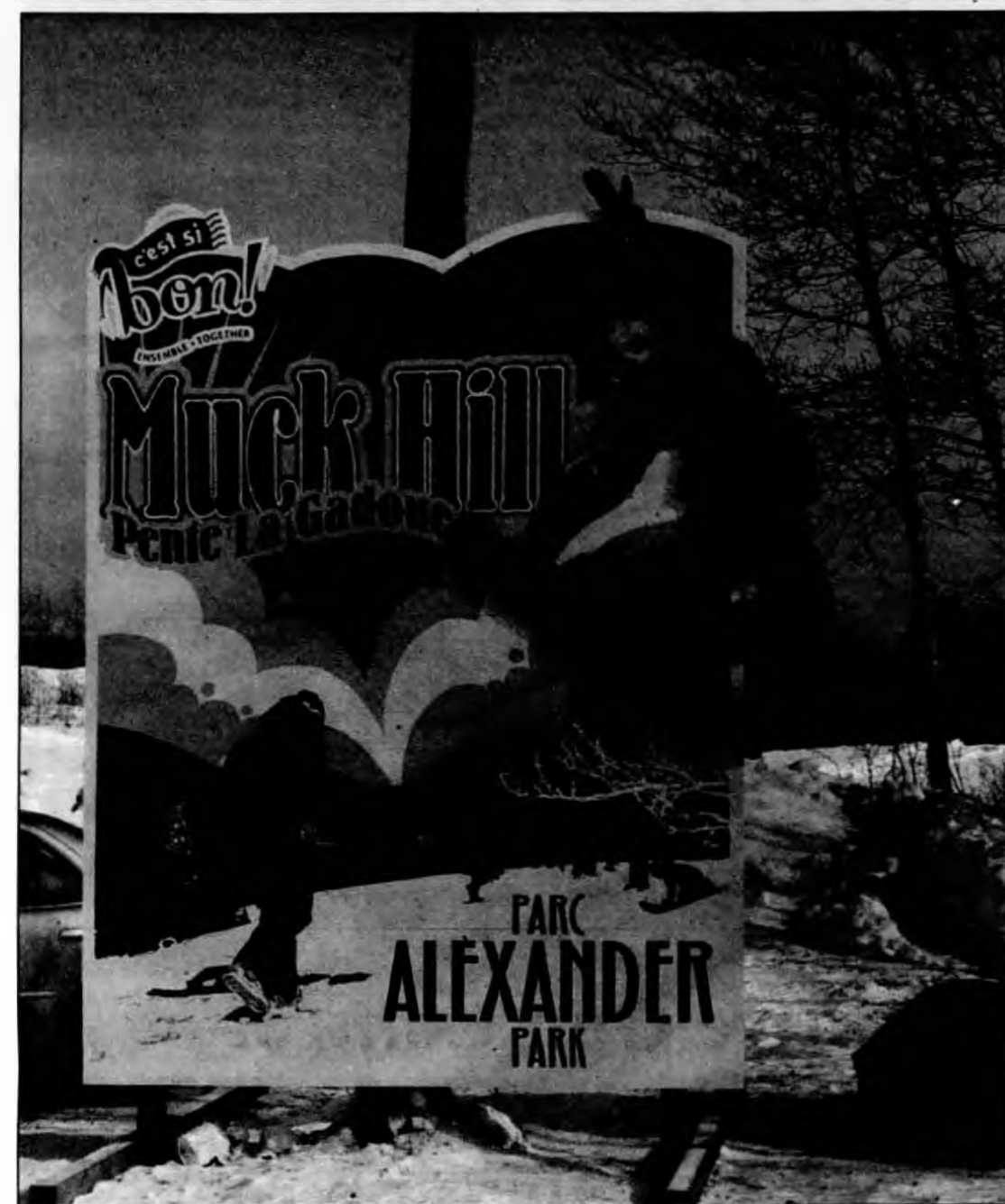
Remember if you have any information on any criminal matter you can remain anonymous and contact Crime Stoppers at 1-800-782-8477 or the Powerview RCMP at 367-8728.

Funk's TOYOTA STEINBACH 1-800-498-7806 "It's worth the trip!" TOYOTA make things better

OPEN 8AM - 9PM MON-THURS, FRI-SAT TILL 6PM

2007 TOYOTA TUNDRA DCAB 4X4 AT, air, PWG, cruise, 6 passenger, low package. Stk. #J8-144. Dr. #0370 FUNK'S TOYOTA 1-800-498-7806 www.funks.toyota.ca	2005 TOYOTA RAV 4 ALL WHEEL DRIVE Air, cruise, PWG, leather seats, alloy wheels, fog lights, privacy glass plus much more! Stk. #J8-140. Dr. #0370 FUNK'S TOYOTA 1-800-498-7806 www.funks.toyota.ca	2004 TOYOTA SIENNA CE 7 PASSENGER AT, dual airheat, power group plus more. Stk. #J8-142. Dr. #0370 FUNK'S TOYOTA 1-800-498-7806 www.funks.toyota.ca	2008 4RUNNER'S \$3500 GAS CARD / DISCOUNT Plus Funk's Wrap up the Year Savings. Dr. #0370 FUNK'S TOYOTA 1-800-498-7806 www.funks.toyota.ca
2004 TOYOTA TUNDRA ACCESS CAB LIMITED EDITION 4X4 4.7L V8, AT, air, PWG, leather seats, alloy wheels, running boards plus so much more! Stk. #J8-143. Dr. #0370 FUNK'S TOYOTA 1-800-498-7806 www.funks.toyota.ca	2004 HYUNDAI SANTA FE GLS AT, air, leather seats, panorama sunroof, PWG, alloy wheels, privacy glass plus more. Stk. #J8-159. Dr. #0370 FUNK'S TOYOTA 1-800-498-7806 www.funks.toyota.ca	2005 MAZDA TRIBUTE SUV AT, air, cruise, PWG, alloy wheels, fog lights plus more! ASK. #J8-34. Dr. #0370 FUNK'S TOYOTA 1-800-498-7806 www.funks.toyota.ca	2008 SOLARA CONVERTIBLE \$3000 Rebate! Last one in stock! Dr. #0370 FUNK'S TOYOTA 1-800-498-7806 www.funks.toyota.ca
2003 JEEP LIBERTY LIMITED 4X4 Very well equipped. Check it out! Stk. #J8-96. Dr. #0370 FUNK'S TOYOTA 1-800-498-7806 www.funks.toyota.ca	2004 CHEVY COLORADO LS XTRA CAB AT, air, cruise, power group, alloy wheels, privacy glass, spray in floor plus more! Stk. #J8-127. Dr. #0370 FUNK'S TOYOTA 1-800-498-7806 www.funks.toyota.ca	2007 TOYOTA COROLLA CE \$15,888 OBO Sedan, AT, dual air bags, am/fm CD plus more. 5 to choose from. Stk. #J8-127. Dr. #0370 FUNK'S TOYOTA 1-800-498-7806 www.funks.toyota.ca	2008 SIENNA VANS \$2500 REBATE / GAS CARD Your Year end Savings are here! Dr. #0370 FUNK'S TOYOTA 1-800-498-7806 www.funks.toyota.ca
2002 VW JETTA GLS 1.8 TURBO AT, air, PWG, cruise, alloy wheels, sunroof plus more! Stk. #J8-300A. Dr. #0370 FUNK'S TOYOTA 1-800-498-7806 www.funks.toyota.ca	2004 MAZDA 3 GT 5 SPEED Air, cruise, PWG, alloy wheels, sunroof plus more! Stk. #J8-355A. Dr. #0370 FUNK'S TOYOTA 1-800-498-7806 www.funks.toyota.ca	2007 TOYOTA CAMRY HYBRID Very well equipped, cloth seats plus more. Stk. #J8-648A. Dr. #0370 FUNK'S TOYOTA 1-800-498-7806 www.funks.toyota.ca	2008 TACOMA'S \$3000 REBATE Wrap up the Year! Dr. #0370 FUNK'S TOYOTA 1-800-498-7806 www.funks.toyota.ca
2006 TOYOTA AVALON XLS LOW KMS Luxuriously equipped including Navigation system. Stk. #J8-132. Dr. #0370 FUNK'S TOYOTA 1-800-498-7806 www.funks.toyota.ca	2005 NISSAN ALTIMA 2.5L AT, PWG, cruise, alloy wheels plus more for you! Stk. #J8-32. Dr. #0370 FUNK'S TOYOTA 1-800-498-7806 www.funks.toyota.ca	2005 FORD FOCUS SE POWER GROUP Air, cruise, sunroof, alloy wheels, leather seats plus more! Stk. #J8-73. Dr. #0370 FUNK'S TOYOTA 1-800-498-7806 www.funks.toyota.ca	2008 AVALON \$5000 REBATE Loaded with Luxury. Dr. #0370 FUNK'S TOYOTA 1-800-498-7806 www.funks.toyota.ca
2005 TOYOTA COROLLA CE PROVEN RELIABILITY Sedan, great fuel economy. Stk. #J8-91. Dr. #0370 FUNK'S TOYOTA 1-800-498-7806 www.funks.toyota.ca	2003 DODGE DAKOTA QUAD CAB 4X4 Very well equipped and minty shape! Stk. #J8-130B. Dr. #0370 FUNK'S TOYOTA 1-800-498-7806 www.funks.toyota.ca	2008 TOYOTA YARIS \$15,999 OBO Sedan, AT, air, am/fm CD plus more. Stk. #J8-139. Dr. #0370 FUNK'S TOYOTA 1-800-498-7806 www.funks.toyota.ca	2008 FJ CRUISER \$5000 REBATE R U born to have fun? Dr. #0370 FUNK'S TOYOTA 1-800-498-7806 www.funks.toyota.ca

Comment



A Festival to be Proud Of

By Charles Norman
Residents of Pine Falls, Powerview, St George and surrounding communities put aside cares of the past and concerns for the future and celebrated the present last weekend. A jam-packed weekend with something for everybody, but especially the kids, had the whole community involved. The community spirit that was so evident in the year I arrived in Pine Falls, (1987), was back. Everyone had a great time. From the bonfire and awesome fireworks on the vil-

lage green on Friday evening, to the Family Bonsel on Sunday, and Everything in between, it was a great celebration of winter. Who cares if it has been the coldest winter in years? We can take it and still have fun - lots of it. A weekend festival like this does not happen by accident. It does not happen because there are lots of volunteers, it does not happen because the whole program is well organized - it happens because just about everyone joins in the spirit of the celebration - and that makes it a genuine communi-

ty event worth remembering. But it could not have happened without the volunteers, the many, many volunteers who gave their time and enthusiasm without stinting. It could not have happened without the participation of the whole community, and all the volunteers, but it all took someone to bring it together - and Lori Vialoux, Pineview Recreation Commission director, did just that. She made it look easy, which is a mark of lots and lots of hard work. She deserves a vote of thanks from the whole community.

A Faith Perspective:

By Pastor Jake Doell

Are You the Real Thing?



Once again its Oscar time in Hollywood and those who have given the best performances will be awarded this coveted prize. Those who have acted out a real or fictitious story are all hoping that one of those "Oscars" will come their way.

Yet we must realize that what we are watching is only a reenactment of a life or an event or a totally fictitious story. We are living in a day when technology can make us believe something is real, when it isn't. (i.e. Animation movies.)

Allow me to take this to a more personal level. How often do we put on an act in our own lives, presenting ourselves as someone who we are not? I've seen quite a few resumes over the years and some of them seemed "superhuman." It wasn't the real thing. Remember when Coca Cola had an advertising slogan that said, "It's the real thing." Do we live real lives or are we busy acting out what we would like others to see?

God created each one of us as unique individual beings. Of the entire 6 billion plus people on planet earth there is only one you. So it only makes good sense - Be You!

When people of faith live inconsistently with what the Bible teaches it is called hypocrisy. Nothing made Jesus angrier than when religious people weren't real. In Matthew 23:16-18, "You say if someone makes a promise with his fingers crossed, that's nothing, but if someone swears on a Bible that's serious. What ignorance!

Does the leather on the Bible carry more weight than the skin on your hands? And what about this trivia, "If you shake hands on a promise that's nothing but if you raise your hand that God is your witness, that serious?" (From the Message)

Being real isn't always easy. Sometimes it's easier to act something out than to be who we really are. Being real means confessing when we are wrong and not being arrogant when we are right. The apostle Paul prayed "that our faith may be genuine." (1 Peter 1:7) As we follow Jesus He will help us to be real and genuine in all that we say and do. He still is the "real thing." Someday He will hand out awards to those who lived a genuine life of faith. These will not be for the "best actor/actresses" but for those who lived the real thing.



Comment

Report From the Legislature



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

Rural Hospitals

Emergency departments in our rural hospitals are under stress. They have been so for years, but the mainstream Winnipeg media has not noticed, until the failure of the emergency department at the Health Sciences Centre in the case of Brian Sinclair who died in the Emergency Room while waiting 34 hours for treatment. Unfortunately, our rural emergency departments are no stranger to neglect under this government. One only has to recall when the Powerview - Pine Falls Hospital emergency department was shut down over the Christmas season a few years ago, or when the Virden Hospital emergency department was shut down for months. These are only two examples of neglect by this government!

This government goes out of its way to listen to what the Winnipeg Regional Health Authority has to say, while at the same time ignoring what happens in rural Regional Health Authorities. This government is clearly not concerned about what happens outside the Perimeter Highway, and it's obvious to all of us who live, work and raise our families outside of Winnipeg. This bias does not only happen in health care, it happens in every government department, including the environment. Take as an example, the response of the government in making it difficult for rural residents who are faced with complying with regulations relating to septic fields or farmers who are

faced with complying with regulations relating to drainage works or fertilizer application, as compared to how this government deals with the City of Winnipeg, which dumps thousands of gallons of raw sewage into the Red River and of course, Lake Winnipeg, when we receive a larger-than-average rainfall in Winnipeg. This government is quick to condemn our rural residents and farmers, yet quick to forgive the City of Winnipeg.

The Winnipeg Regional Health Authority has the "ear" of this government - and that is particularly disturbing for rural Manitoba, especially after reading the minutes of the WRHA's meeting of September 23, 2008. To quote directly from the minutes, "the rural population is changing and some of the rural hospitals are no longer sustainable." Knowing that this government has been listening to the WHRA is extremely troubling when the WRHA seems to be intent to close rural hospitals! I assure all my constituents that I will not permit any of our hospitals to close, and in fact I will be advocating for another hospital in our constituency!

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

On Parliament Hill

Your Voice in Ottawa, Vic Toews, MP for Provencher and President of the Treasury Board



Effective Gun Control Versus Ineffective, Expensive long-gun registry

Our Government has never supported the ineffective and expensive long-gun registry brought in by the former Liberal government.

However, given our current minority Government situation, it is an unfortunate fact that we need the support of other political parties to eliminate it.

The long-gun registry was not designed to keep firearms out of the hands of dangerous people. As all of the law-abiding firearms owners in this riding know, in order to legally acquire a firearm, stringent security and background checks must take place first. It is only after a firearm is legally acquired that it can be registered. If a dangerous person doesn't work because it targets the wrong people.

In an effort to start shifting the focus back to targeting criminals, as part of our Tackling Violent Crime Act we brought in tougher mandatory jail time for serious gun crimes and new bail provisions which require

streamline the Firearms Act. The changes will improve efficiency while still providing our police with all the information they need for effective law enforcement.

Firearms owners will still require licensing, background checks, continuous eligibility, references and safety training.

The bill will also invite the Auditor General to conduct a public safety test on all gun control measures every five years.

In short, this bill will make the changes needed so that we target criminals, not law-abiding hunters and farmers. We need to make public safety the top priority of our country's gun control laws. The long-gun registry doesn't work because it targets the wrong people.

Mike Canade
Executive Assistant to Vic Toews MP
8-227 Main St
Steinbach, Mb R5G-1Y7
Tel (204) 3269889
Fax (204) 3469874
Toews7@parl.gc.ca

those accused of serious gun crimes to show why they shouldn't be kept in jail while awaiting trial.

Rest assured that we will be urging the opposition to support effective gun control that targets criminals and dangerous people, instead of continuing to support the ineffective and expensive long-gun registry.

Please feel free to contact my office if you have any concerns or issues you would like to discuss. You may contact me toll free at 1-866-333-1933 or at 204-326-9889 or in Lac du Bonnet at 204-345-9762. You may write me at 8-227 Main Street, Steinbach, MB R5G 1Y7, by fax at 204-346-9874 or by e-mail at toews7@mts.net.

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

SUBSCRIPTIONS
Local Rate: \$33.60
National & Urban Rate: \$44.80
Foreign Rate: \$112.50
Prices include GST & PST
2nd Class Mail # 1763687
(Postage paid in St. Georges, MB)

The
Winnipeg
River
Echo

Box 40, St. Georges, Manitoba R0E 1V0
Place McDougall, St. Georges
email: theecho@mts.net
Phone: 204-367-9468 • Fax: 204-367-9974

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



News



Winners of the Sagkeeng Junior High 5th Annual Science Fair

Sagkeeng Jr. High Science Fair

The Sagkeeng Jr. High School held our 5th Annual Science Fair on Wednesday, February 18, 2009. There were a total of 46 projects submitted from the grades 4-8 students, and everyone did an excellent job! Thanks to the four judges - Pam Guimond, Lorna Chippeway, Carol Fontaine, and Lori Chartier-

Courchene - who came out to help judge the many wonderful projects. The judges picked the top twelve projects from among the forty-six projects.

Congratulations to the top twelve project winners. This year the top three projects from four science categories were chosen. 1) Physical science category: 1st Gordon Parisian and Kateri Fontaine (Gold), 2nd Gillian Mazerolle (Planetarium), 3rd Peyton Sabiston and Kale Swampy (Colorful Candy). 2) Environmental science category: 1st Noodin Richard and Abby-Lynn Courchene (Clearcutting), 2nd Tim Coyne (The effects of Nuclear Weapons), 3rd Aundrea Swampy and Bev St. Croix (Waste Management). 3) Life science category: 1st Payton

Morrisseau and Sage Trout (Impetigo), 2nd Dallas and Cory Courchene (Metis culture), 3rd Sarah Bruyere and Elize Fontaine (FAS). 4) General science category: 1st Santana Hourie and Ashley Courchene (Electricity), 2nd Angele and Pauline Guimond (Traditional Medicine), and 3rd Chantel Henderson (Salmonella). Way to go!

These twelve projects will be entered into the Regional First Nations Science Fair, which is being held by the Manitoba First Nations Education Resource Center (MFNERC) in Winnipeg on March 11th and 12th. The science fair is open to students in Grades 4-12 in First Nation schools from across Manitoba. Each school is allowed to enter 12 projects per school. This will be our fifth year participating in the fair. Last year, we had two projects win in this regional competition. We are very proud of those students - Brandon Courchene, Cody Guimond, Vince O' Laney, and Julian Chippeway! They went on to compete in the nationals in Ottawa and one team (Brandon and Cody) placed third and received bronze! You guys have inspired other students to work hard and to believe that they too can make it to the nationals.

This will be the 7th Annual MFNERC Science Fair. When they first began there were only 8 First Nation schools from across Manitoba that participated with 40 projects and 80 students attending. In recent years the participation has grown tremendously, with over 21 First Nation schools submitting over 180 projects and more than 270 students attending. There are many budding scientists in our First Nation schools! The Sagkeeng Junior High School would like to thank the science fair committee, the teachers, and parents for helping to make this science fair a success. We would like to congratulate all the students who submitted a project. They all worked very hard. Well done! For the lucky winners, we want to wish them luck at the regional science fair in March. We're proud of each one of you!



1st General - Santana Hourie & Ashley Courchene



2nd General - Pauline & Angele Guimond



3rd General - Chantel Henderson



1st Environmental - Abby-Lynn Courchene & Noodin Richard



2nd Environmental - Tim Coyne



3rd Environmental - Bev St. Croix & Aundrea Swampy



1st Life - Payton Morrisseau & Sage Trout



2nd Life - Dallas & Cory Courchene



3rd Life - Sarah Bruyere & Elize Fontaine



1st Physical - Kateri Fontaine & Gordon Parisian



2nd Physical - Gillian Mazerolle



3rd Physical - Kale Swampy & Peyton Sabiston

Winterfest 2009



Swimming at the Papertown Pool

Kicking it off at the Papertown Pool

By Peter Kastner

This year's Winterfest kicked off with a great afternoon for all families and children at the Papertown Pool, for only \$3 a person you were able to use the pool and slide your children had the opportunity to splash, splash and play with other kids.

The carnival splash took place on Thursday February 20th from 3pm until 7pm and many parents and their kids showed up for this great

Event, the atmosphere was great and the children (and some parents, while others relaxed around the pool) had so much fun in the pool and especially with the slide.

All the happy faces made wonder if it wouldn't be possible to have an open pool every two weeks during the cold winter time, paying a fee of \$3 per person?

Having said that, I want to thank the Papertown Motel for this Event, it was such a great day for my wife and son which have been at the pool with their friends and they had such an amazing afternoon and I'll never forget the sparkling in my

son's eyes when I was talking to him about his day, that made me happy and as a father you can't ask for more

Family Day at Village Green

By Peter Kastner

On Friday February 21st 2009 it was time to go the Village Green in Pine Falls for an afternoon of games, fun, sleigh rides and to meet other people.

The Family day was an awesome experience for everybody, the children where playing all afternoon long and everybody enjoyed some Hot Chocolate and Marshmallows to fight the cold (it got a bit chilly towards the late afternoon)

But I think that the most popular attraction was the sleigh rides, it seemed like so much fun and everybody enjoyed it a lot, all afternoon long children took one ride after another and this is what we came for, making our children happy and having a good time.

The day was so good and the Village Green Activities so interesting that even a TV

Crew from Winnipeg came to Pine Falls to film this Event (which was shown on the News the same Night) and to Top everything off, the day finished with a very nice display of fireworks, overall it was a superb day at the Village Green and unfortunately we will have to wait another year for the next Winterfest in Pine Falls.

4th annual Muck Hill Jam at Alexander Park

It was the first time that I went to the Muck Hill Jam and I was very impressed with all the work

that had been done. I talked to Richard (who started the Muck Hill Jam four years ago together with Nolan) and he told me that he, Nick and Mike were working on the Hill on Friday for 13 hours and on Saturday morning before the actual Jam took place to prepare the course, to fill up some holes and to make sure that everybody has as much fun as possible - A Job well done and thank you for that!!

At 10:30, the Jam was to start but there was still some work to do and everybody at the Hill helped our three guys to get everything done in a reasonable time while others where cutting wood at the Parking Lot for the



Preparing Muck Hill

SOBERING FUNERAL CHAPEL

Our family serving your family

Doug & Marlene Sobering
Steven Sobering

Phone 24 Hours
Manitoba Toll Free:
1-877-776-2220

CANADIAN INDEPENDENT

SAGKEENG FIRST NATION MEMBERS

The Sagkeeng Post Secondary Education Program is accepting applications for **POST SECONDARY SPONSORSHIP** For the 2009-2010 academic year.

Deadline for applications is April 15, 2009.

For information please call Norma (extension 229) or Franklin (extension 243) at 1-204-367-2287 or call toll free 1-800-201-3505.

TRY YOUR DRUGSTORE first

- Pharmaceuticals
- First Aid Supplies
- Hair Products
- Health & Beauty
- Stationary
- Greeting Cards
- Lottery Centre
- Gifts

PINE PHARMACY

Open Monday to Saturday, 9:30 a.m. to 5:30 p.m. — DISPENSARY

367-2611 367-2517

Winterfest 2009



Warming up at the bonfire after Muck Jam

Bonfire, preparing Hot Chocolate and Hot Dogs to feed everybody.

This was the spirit I was looking for and hopefully it will continue like this in many ways. After all the work it didn't take long for the first people to get up to the Hill on their Snowboards (well, I wasn't one of them, I would probably break my legs if I rode down a hill on a snowboard or skis) and they all had so much fun for hours and hours, it just didn't seem to stop and hundreds of people have been at Muck Hill that day.

Alexander Park the new Home of Muck Hill

But it wasn't only the Snowboarding, there was so much more going on Muck Hill that day, early in the morning Muck Hill has become a new home, the Alexander Park.

The first thought was to rename the Hill but the youth said that Muck Hill was known as Muck Hill and so it was decided to name the Park. Now, in order to come up with the name there has been a contest and John McMullen of Saint-Georges was the Lucky Winner. Not just was the Park named after



John McMullen (carrying the torch here) won the Name the Park Competition. He was awarded \$250 for his efforts.

Parking Lot, Lights and twice Muck Hill's height has been increased) it will not stop here. One of the next projects is a proper shelter for all Muck Hill users and more to come in the future.

Even the Olympic Torch came to visit us

Muck Hill once was an Idea of the youth and has now become a popular destination for our community, for young and old and it is a proof that if we work together as a community we can make things happen, Alexander Park is such a great project that even the Olympic Torch came to visit us. It wasn't (as was reported in the Echo) the 2010 Olympic torch for the Vancouver games, it was however an official torch from the 2006 games in Torino, Italy. The Olympic Torch was displayed for a few hours and many people got to hold it and their picture taken. The design for the official Vancouver Olympic torch was only revealed on February 12. They will begin producing the 12,000 copies they will need for all the relay runners over the next month or so.

his Idea, he also won a nice \$250. Congratulations John!! During the Ceremony, a very nice Sign of Alexander Park was revealed (thanks to the RM of Alexander, Wings of Power and others) and we have been told that even though over \$ 50 000 have been invested thus far (



Wayne Babych of the Winnipeg Jets Alumni Team

23 skiers show up for poker derby

Risk sunny weather and excellent skiing conditions, a bonfire and complimentary smokies and munchies all combined to make last weekend cross country skiing poker derby a great event.

Winners were:

First - Pat Arsenault with three Aces and a King. - \$132.50

Second - Tammy Kunz with three Aces and an Eight. - \$79.50

Third - Colleen Boulet - three Jacks - \$59.00

Hockey Fans Enjoy Jets Fun Tournament.

A good crowd showed up to watch the Jets Alumni, with a roster of twelve players, (including five from the National Deaf Team), take on three local

teams in three periods.

First up was the Pineview Saints Bantam Girls team. They played hard but couldn't match the Jets for speed. Nevertheless they managed to put the puck into the Jets net twice. The period ended with a score of 6 - 2 for the Jets.

The Powerview Old Timers held them to a draw, 1-1 at the end of the second period.

But in the third period the Jets really took off and trounced the Pine Falls Ol' Kings 9-1.

The crowd thoroughly enjoyed the whole event - and so did the players.

The Jets roster included Rick Loeb #11, Mike Ford #3, Jim Benzlock #12, Doug Smith #17, Joey Smallwood #18, and Wayne Babych #20. National Deaf Team players on the roster were; Tyler Platt #1, Hubert Demers #21, Scott Nelson #33, Brett McLaren #13, and Gerard McDonald Assistant coach for the National Deaf Team.



Powerview Old-Timers lone score against the Winnipeg Jets Alumni Team.

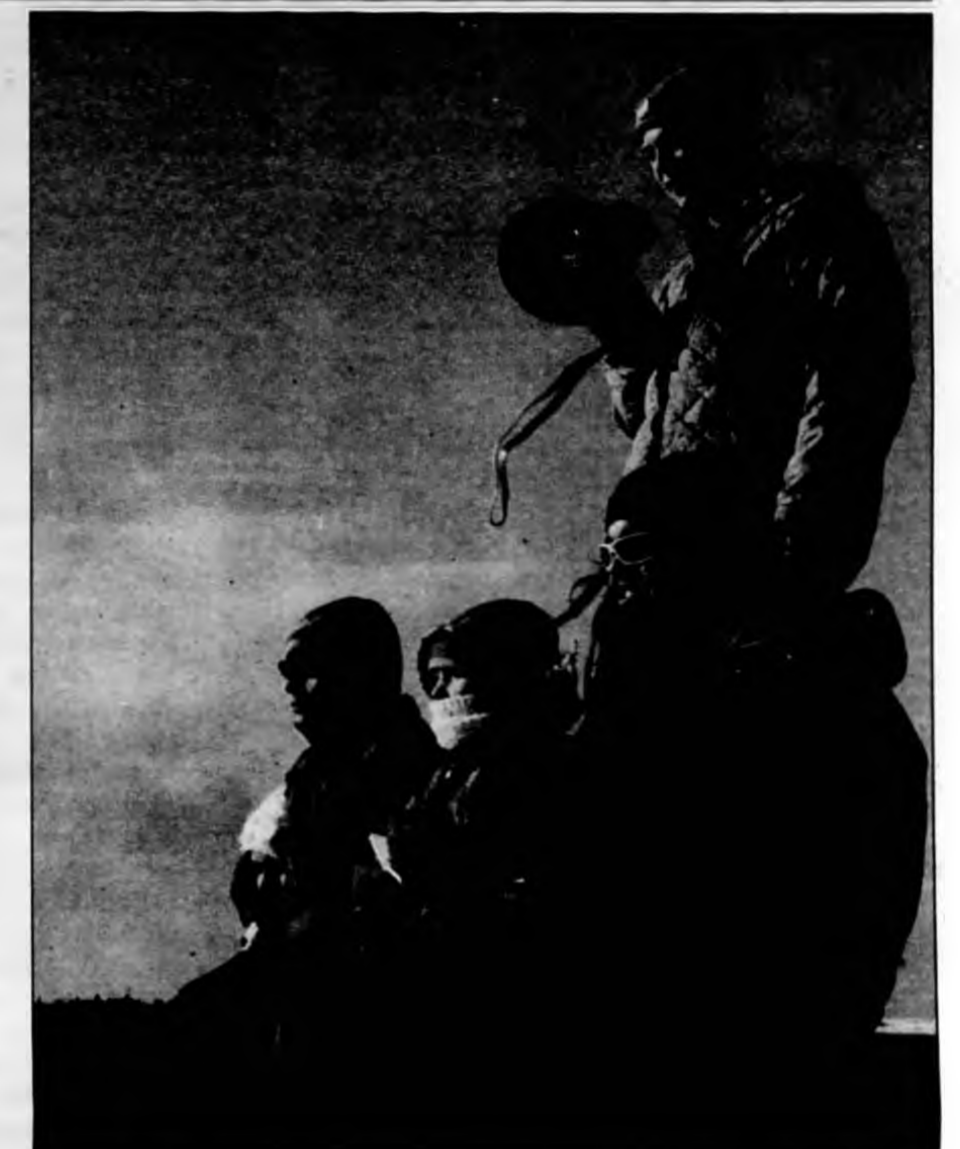
Winterfest 2009



Even the little-ones getting into the sport of it all!



Snowboarder on Muck Hill



Payton Richardson atop Muck Hill with a Megaphone



Sleigh rides at the Village Green



A-Side winners of the Family Funspiel: Sydney, Bonnie, Guy and Sarah Borlase



B-Side winners of the Family Funspiel: Grant, Lori, Drake & Chase Pachkowsky and Kyle Cure

Community

Health Corner

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

Food For Thought

Food! Where would we be without it? It is so much a part of our social fabric. Every time we get together with family and friends it is generally around food and beverage. Family and friends influence the way we eat. There are the traditional foods of the many cultures we represent. And it all looks so good ... just tempting us to taste. Then there is the way in which we get together to eat those foods. Do we sit at the table and savor our food or are we gulping on the run?

We do need to eat to keep our bodies healthy and to give us the energy to be active. But as Canadians we face many different and sometimes conflicting messages about food everyday. Not only that, but our busy lifestyles mean we have less time to shop for food, prepare meals and eat with our families. We are relying more and more on pre-prepared food and meals outside the home. It is estimated that one in three meals is eaten outside the home.

media's incessant message about looking good, being model thin, staying young forever and this diet ... this diet pill ... this diet drink ... this diet ... diet ... diet will give you all the friends, a wonderful career and put you at the top of the world. How are we supposed to know what healthy eating is? Well the answer is quite simple, forget all the fad diets and stick with Canada's Food Guide. This wonderful tool helps you choose the type of food and portions you need to eat so you can stay healthy and provide your body with the proper nutrients it needs for the energy you need to be the best you can be. The guide encourages choices lower in fat, sugar and salt.

March is nutrition month. This year's promotion is focused on nutrition and healthy eating for an active lifestyle. Using the balanced

approach of Canada's Food Guide will ensure you get enough energy to get you through your day and your physical activities. There is no need for the expense of energy drinks and protein supplements. Having a balance of the Guide's four food groups and enough fluids, will keep energized and hydrated. Water is important not only to refresh you but to replace the water lost through sweating when physically active. Whether you're revving up for your first 5km run or wanting some straight talk about nutrition for physical activity, Registered Dietitians are your most trusted source for food and healthy eating advice. More information can be found at http://www.dietitians.ca/public/content/eat_well_live_well/english/nutritionmonth/index.asp

Canada's Food Guide is the sensible solution. Most important it is FREE. It is available at <http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php> or see your local community health dietitian, primary

healthcare nurse or wellness facilitator to get your copy. Choose healthy, be healthy the sensible way.

Information from Healthy Together Now: Chronic Disease Prevention Initiative; Eating Well with Canada's Food Guide
Submitted by: Susan Spindler

Wings of Power: Invite to Drop In

By Debbie Lackman
If you haven't had a chance to stop by Wings of Power (39 Pine Street, Pine Falls) in the last few months, now is the perfect time. My name is Debbie Lackman and I am the new Executive Director of Wings of Power. Not only am I new to the Wings of Power family resource center, but also relatively new to the town and I would love the opportunity to meet you. After many dedicated years as Executive Director, Michelle Berthelette has moved on to a new role in the community and I am attempting to take on my new endeavor with the help of the wonderful staff at "Wings".

Growing up just a short drive from Pine Falls in the RM of Brokenhead, I am happy to now be making this wonderful community my permanent home. For the past seven years I have been running a daycare in Winnipeg's core area and while I greatly enjoyed my time there and the people I met, small town rural life has always been where I belong. It is my pleasure to be serving the Blue Water District in this new capacity.

Wings of Power is home to many fantastic programs and opportunities. We are currently working on the development of our spring program and hope to see many of you in attendance at our upcoming events. In the meantime, come down for a cup of coffee or a shopping trip through our "Nothing More Than a Quarter Store". Our hours are 10:00 am to 4:00 pm (closed for lunch over the noon hour). We'd love to see you!

Feature

White Mud Falls Sleigh – Reborn

On the prairies, on a large acreage farm a French Canadian family was seeking a living off the land.

Flora (nee Vincent) and Oscar Dubé had been married in 1928 in the small town of St-Georges. The beginning of their married life has been sadly inflicted with a devastating tragedy.

Flora had been carrying her baby for nearly seven months when she suddenly observed that the somersaults in her tummy were no longer happening. Placing her hand gently on her swollen stomach, she could no longer feel any movement. As babies' rate of death at the time was still quite high, Flora immediately started to worry. Impossible, she thought as yesterday her precious first born was causing a raucous in its water-filled basin environment.

After a few days, she shared her doubts with her husband. She had not shared her worry hoping that she was wrong. Also this was and would always be Flora's way - not worry her husband or anyone else for nothing. Flora's nature was always a of a fuss manner as to not upset anyone.

A visit to the doctor soon

confirmed their worst fear. The baby was no longer alive. Advice by the doctor was almost as shocking. Flora should not have children in the future as her life would be in danger.

As the young couple sadly left the hospital, quiet sobbing could be heard. Flora thoughts were on her baby. What did it look like? Would it have had clear striking blue eyes like her husband's? Would the baby's hair have been dark curls like her own hair? Her heart was breaking but not a word did she say to Oscar.

Oscar thoughts although filled with sorrow were of a different nature-his wife could die if she had any more babies. But the church forbade stopping conception. Also, survival on the farm was often dependent on having a large family in order to survive. How does one eventually own a large farm without the help of sons? His heart also cried with pain as he remembered how they had talked about having a big family, God willing. How their household would be filled with joy. Yes, everyone would have to work hard but in the evening, there would be laughter, singing along with Flora as she played the

organ or accordion accompanied by her mouth organ.

Pensive were they as they entered their small home that suddenly seemed so empty. Silence filled the humble abode for many days. With the silence came an acceptance of their fate. Another kind of faith also filled their souls. It was one longed preached by the Roman Catholic Church- one of acceptance of the will of God- A la volonte du bon Dieu.

Having heard the devastating news, the St-Georges parish priest soon visited the young couple. His advice was of a different nature. Go & multiply was the word in the bible. And so they did....

The first three years after Father Caron's visit saw the births of a son and two daughters - Fernand, Lucie, Armand. The dreadful silence that had invaded the homestead was a faint memory. The hustle and bustle of raising a family was now priority.

Over the years, Frieda, Roger, Leon, and and Henry were born. The parents were blessed as all children were healthy.

After the Second World War, times were hard in Canada. Living on the farm, next to forest and the Winnipeg River, however allowed the family to never be in want of food. Five other children now shared in the routine of daily living: Marie, Gilles, Edgar, Normand, Marcel. The Lord (Le bon Dieu) had answered Oscar and Flora's prayers. Boisterous boys & girls were they and Oscar was strict as was the custom of the day. But not once did he ever strike one of them. Respect was the order of the day. They observed the commandment of honouring their parents (tu honoras ton pere et ta mere) Not one of them ever remember uttering a word of ill-respect towards their parents.

The family was brought up to work hard. Hunting, fishing, running barefoot to get the cows, gardening, picking wild berries were all of the children's responsibilities.



Isabella Johnson enjoys a fun filled day of sledding at Muck Hill on Valentine's Day

ties. Working hard was a essential but they found time to sing and play. Making their own toys with little material was a challenge but their mechanical & creative minds enabled them have many hours of fun and games.

In January 2009, six members of the family were gathered to celebrate one of the boys 65 birthday. Reminiscing as usual brought much laughter. The subject of their wood sleigh came up. Remembering how they would slide down the steep hill towards the river, dodging trees brought about an idea. Why not make them to show to the grand-children. A few days later the four boys were in the garage making the Mudd Falls Sleighs. They even tried them down a not so steep hill - they worked.

Last week, boys and girls from St-Georges school went sliding down Muck Hill. Some of the sleighs had been decorated by the grand-children. Fun was had by all.

Only one regret. The family does not have a single picture of their sandy beach that became their sliding hill

in the winter. If anyone would have such a picture please contact Edgar Dube at 367-8540.

Also if the readers have stories of homemade games or play from long ago & would like to share them that would be great.

Not included How TO Make the Sleigh



One of the Ecole St. Georges students using a newly constructed "Mudd Falls Sled"

North Eastman Health Association



is the Regional Health Authority responsible for planning, coordinating and delivering the full continuum of health services in North Eastman Manitoba to approximately 40,000 residents during the winter, and an estimated summer population of 80,000, including the Whiteshell, Winnipeg River and Eastern Beaches. Please visit our Website for more information at www.neha.mb.ca

Registered Nurse - Dialysis 0.45 FTE - Pine Falls

Qualifications

- Active registration with The College of Registered Nurses of Manitoba (CRNM) and a member in good standing.
- Bachelor of Nursing Degree preferred.
- Minimum two years recent acute care experience (medical/surgical), within the last four years or one year experience in the field of Renal nursing. Other combination of education and work experience may be considered.
- Successful completion or willing to complete the Renal Education Program.
- Excellent IV skills: including strong skills in venipuncture, intravenous medication administration, admixture, trouble-shooting, and pump operation
- Current certification in Cardiopulmonary Resuscitation.
- Current certification in ACLS.

Families First - Home Visitor 1.0 FTE Indefinite Term - Pine Falls

Qualifications

- Grade 12, GED or other acceptable training.
- Experience working successfully with young children (0-5) and their families.
- Basic knowledge of early childhood growth and development.
- Ability to work with families who live in "vulnerable" situations.
- A valid driver's license and vehicle are required.
- An understanding of aboriginal customs, traditions and values is an asset

We are committed to a workforce that is reflective of the communities we serve, and actively recruit people with diverse backgrounds experiences and perspectives to ensure services are delivered in a culturally sensitive manner.

Interested applicants are invited to submit a resumé and cover letter by March 10, 2009 in confidence to: Human Resources Assistant, PO Box 339, Pinawa, MB, R0E 1L0, Fax: 204-753-2015, Email: hr@neha.mb.ca

We thank all applicants for their interest. However, only those candidates being considered for an interview will be contacted.

North Eastman Health Association



is the Regional Health Authority responsible for planning, coordinating and delivering the full continuum of health services in North Eastman Manitoba to approximately 40,000 residents during the winter, and an estimated summer population of 80,000, including the Whiteshell, Winnipeg River and Eastern Beaches. Please visit our Website for more information at www.neha.mb.ca

Nursing Student Summer Employment Opportunity

Are you a 3rd or 4th year Nursing Student looking for full-time summer employment?

The North Eastman Health Association is offering a unique opportunity for nursing students to obtain research and hands on experience in a 18 week employment opportunity.

Part-time and Casual Health Care Aide positions are also available throughout our region.

Qualifications:

- Completion of 2 Year BN studies
- Resident of the North Eastman Health Association Region
- Excellent communication skills required
- Experience in conducting surveys and research projects an asset

We are committed to a workforce that is reflective of the communities we serve, and actively recruit people with diverse backgrounds experiences and perspectives to ensure services are delivered in a culturally sensitive manner.

Interested applicants are invited to submit a resumé and cover letter by March 4, 2009 in confidence to: Human Resources Assistant, North Eastman Health Association Inc., Box 339, Pinawa, MB, R0E 1L0, Fax: 204-753-2015, Email: hr@neha.mb.ca

We thank all applicants for their interest. However, only those candidates being considered for an interview will be contacted.

MASKWA SNOWMOBILE CLUB Poker Derby 2009

Saturday, March 7

The Maskwa Executive would like to extend an invitation to all members and adjoining clubs to join us for our poker Derby. Our route will be:

Chicken Chef/Maskwa/29 Shack/Maskwa/Chicken Chef

Registration - Chicken Chef or Birchwood Hotel from 9:00 a.m. to 1:00 P.M. with all hands in by 4:00 at either registration facility.

\$10.00 per hand / 3 for \$20.00
1st prize: 25%
2nd Prize 15%
3rd Prize 10%

Silent Auction at Chicken Chef tickets 25 for \$10.00

Maskwa memberships available

Presentation/Draws @ Chicken Chef @ 4:30 p.m.

For more information contact: Mike Vincent 367-4770



RECREATION UPDATES

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

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

EXERCISE PROGRAMS

Family Fitness
 Pine Falls School
 Monday & Wednesday's
 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
 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
 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

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 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
 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 for 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 Coop
 \$100.00 membership
 \$250.00 annual user fee with membership
 \$300.00 annual user fee without membership
 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 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+
 For more info 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 6-7 PM
 For ages 8 - 15
 For more info & registration contact Kim Mackelson 756-2984

Junior Curling
 Pine Falls Curling Club
 Tuesday's 6:30-8PM
 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.

Pine Falls Curling Club
 For more info contact Gloria Brody 367-2656 Melinda 367-4682 or Fay 367-8968.
 For more info on 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 & ARTS
Guitar Lessons
 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
 Thursday's & Saturday's
 Age: 12+
 Cost: \$30.00
 Production of "The Hysterical History of the Trojan War"
 Directed by Liz Jonkers.
 Looking for lots of adult help. Contact Angel Kraff 756-6426 or Liz Jokers 756-8446

Adult Band
 Powerview School Band Room
 6:00 PM
 For those who have an instrument or for those who want to learn to play. 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 Sue 754-2541

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 Dodds 367-8413 or Sharon Mignon 367-8376
Seniors Bowling League
 Pine Falls Bowling Alley
 Tuesday's & Thursday's @ 1:00 PM
 For more information contact Gerry Gauthier 367-8798

SENIORS
GOLDEN LEISURE CLUB
PINE FALLS
Canasta
 Wednesday & Friday's
 1:00 PM
Cribbage
 Every first Monday of the month
 1:00 PM

SENIORS SCENE
VICTORIA BEACH
Advance Line Dancing
 Every Tuesday @ 10:00 AM
Quilting
 Every Thursday 10:00 AM - 3:00 PM
Carpet Bowling
 Every Friday @ 1:30 PM
 For more info contact Judy 756-3132
 www.seniorssceneinc.com

FOR ALL AGES
Pole Walking
 Senior Scene, Victoria Beach
 Monday's, Wednesday's & Friday's
 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
 Wednesday's 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 info contact Bonnie 754-3240

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

Festivals & Events
Bonspiels
 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

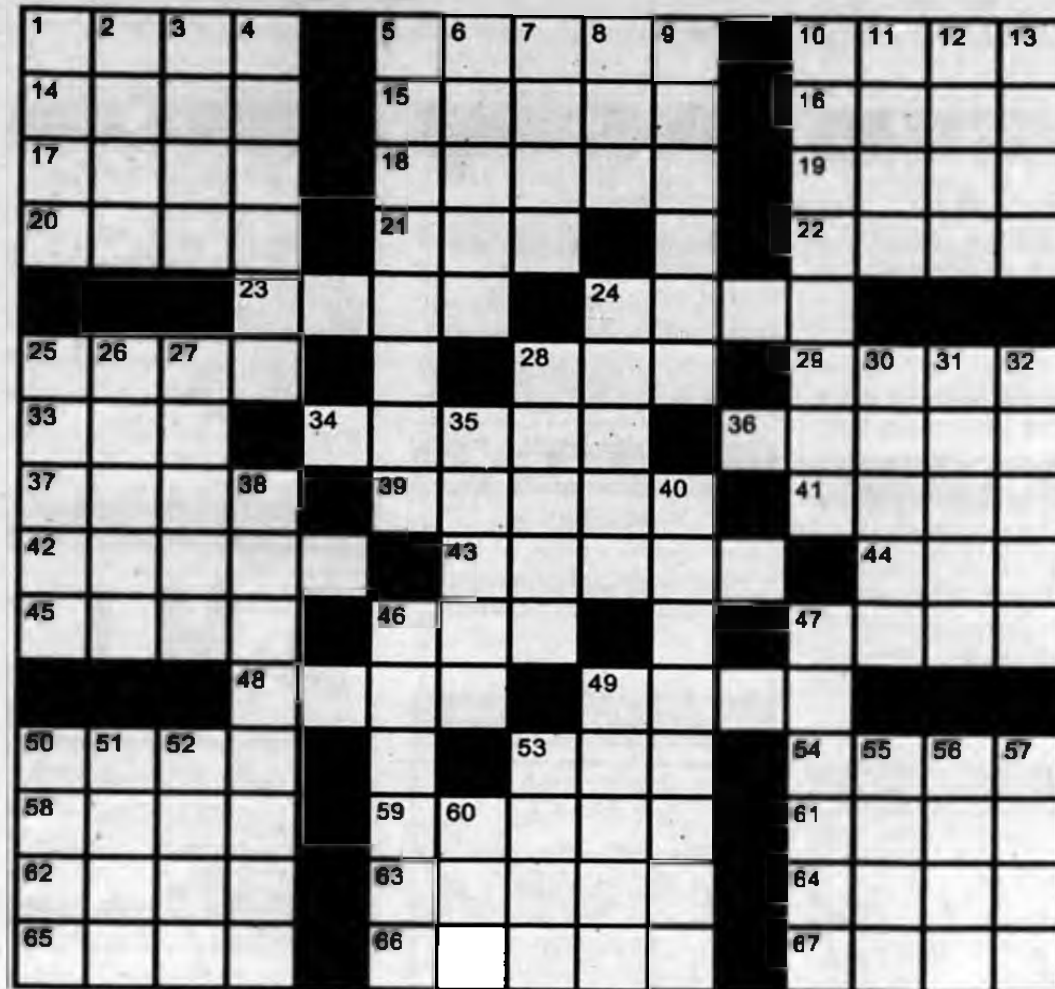
Victoria Beach Kids Carnival
 March 14th @ Elk Island
 Hosted by the Victoria Beach Snowdrifters Snowmobile Club.

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

Crossword



Copyright © PuzPuz Puzzles 2008

Across

1. Against
5. Wooden pole
10. Bookie's quote
14. Robe
15. Came alive
16. Water vessel
17. Axis of
18. Widely known
19. Smidgen

Down

20. Heroic tale
21. Lie
22. Cafeteria carrier
23. Sharpening stone
24. Bill of fare
25. ___ and sciences
28. Scottish cap
29. Eager
33. Spelling contest
34. Burger topper

Across

36. Saltwater
37. Teen affliction
39. Fund
41. Eastern discipline
42. Lifted
43. Transport
44. Auction unit
45. Perfect
46. ___ wire
47. Course



CRYPTIC PUZZLE

K NKMA SKHV. FRHV NRRM XS WR XV. ECWV
 NRRM FRZQ RQ XV. SKHV WUACW XV CV ATXC
 NV. - VKU ZKQVWRQ EGXUEGKNN

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

Last Week's Solution

WHEN A MAN IS WRAPPED UP IN HIMSELF HE MAKES A PRETTY SMALL PACKAGE - JOHN RUSKIN

Weekly Horoscopes

February 26 - March 4, 2009

ARIES (Mar. 21- April 20) Rid yourself of that which is old and no longer of use. Insurance pay outs, tax rebates, or just plain luck. Don't say things that could be damaging later on. Cut loose. You can count on getting a pat on the back for your efforts.

TAURUS (Apr. 21- may 21) Don't let friends or relatives make you feel guilty if you're not able to attend one of their affairs. Be sure to find out all you can before you commit to anything. Deceit around you is evident. You should focus on moneymaking matters and stay away from emotional disputes.

GEMINI (May 22-June 21) Family outings or a quiet stroll through the park will lead to stimulating conversation and a closer bond. Work quietly on your own and you will forge ahead. Unrealistic promises will only get you in trouble. Problems with your partner could be reaching a high level of concern.

CANCER (June 22-July 22) Try not to say the wrong thing at the wrong time. Organize your day to avoid any setbacks that might ignite temper flare-ups. You can get support from groups that you belong to if you're willing to step out on a limb and voice your opinions. You are likely to be left alone if you aren't willing to bend just a little.

LEO (July 23-Aug 22) Romance may be likely if you travel. Passion is inevitable and commitments can be made during the heat of the night. This is a great day for a family outing or just a drive. Your ability to charm others will put you in the limelight at social functions

VIRGO (Aug. 23 -Sept. 23) It's time you let your true feelings out. You will communicate easily and should be able to develop new friendships. Residential moves should be considered carefully. Your mate will appreciate your honesty.

LIBRA (Sept. 24 -Oct. 23) Put in some extra hours and finish those careful jobs before you move on to some fun and games. Use your head and do things to your liking. You are best to avoid such unsavory circumstances, especially if you're in a group situation. You may get upset with peers or relatives.

SCORPIO (Oct. 24 - Nov. 22) You are best to move quickly and to get in good with the boss. You may attract attention if you get out socially. Joint ventures might prove to be unfavorable. Empty promises and a lack of cash may put a damper on your plans.

SAGITARIUS (Nov. 23 - Dec 21) Don't hesitate to present your unique ideas. Don't let jealous friends put you down, making you

insecure about your capabilities. You need to be active and spend time with friends you enjoy. It's a good time to make changes to your living quarters that will give you more space.

CAPRICORN (Dec 22- Jan. 20) You can enhance your cash flow if you pick up additional skills. Take time to find out if anyone has a better suggestion before you make arrangements for the whole family. Don't let your emotions interfere with completing your chores. You can receive recognition for the work you've done.

AQUARIUS (Jan. 21 -Feb. 19) Unexpected visitors will be a welcome surprise. There's lots to be done and if you meet your deadline you'll be in your boss's good books. You should get involved in competitive sports this week. Opportunities for financial gains through investments and games of chance are likely.

PISCES (Feb. 20-Mar. 20) Spend time with friends and relatives. Travel for pleasure. Don't volunteer private information about yourself unless you're prepared to be talked about behind your back. Go on business trips if at all possible. Opportunities to make money may interfere with your personal plans.

Last Week's Answers

C	A	P	S	I	D	L	E	B	L	A	B		
E	R	R	C	R	O	O	N	C	R	A	N	E	
L	O	O	S	E	E	N	D	S	L	A	T	T	E
E	M	U	N	E	U	R	O	H	E	R			
B	A	D	T	A	D	E	A	S	I				
S	E	W	E	R	M	E	A	G	E	R			
O	R	B	D	A	T	E	D	R	O	V	E		
N	A	I	L	Y	E	M	E	N	N	O	E	L	
U	N	T	I	L	R	I	V	A	L	D	R	Y	
S	T	E	R	E	O	T	I	M	E	R			
A	W	R	Y	L	E	E	M	O	B				
S	A	C	D	E	A	L	W	A	L	L			
C	O	R	A	L	C	A	S	T	A	S	I	D	E
U	N	I	F	I	C	H	I	K	E	R	Z	E	E
D	E	B	T	H	R	I	E	D	E	N	D		

Classifieds

Congratulations



You did it!
Congratulations Lyle on receiving your Journeyman's Diesel Mechanics Certificate. Way to go! We're so proud of you.

Mom & Dad



Happy First Birthday
Noah Fontaine
Feb 24th, 2009
Love, Mom, Dad, Wesley, Faith, Tyler Robby and Jacob

Hair Salon

Who's Next Hair Salon
Has moved to 238 Manitoba Avenue, Selkirk. Opening Soon, please call 785-9984 and ask for Carmen.

Also needed one more Hair Dresser, call Carmen at 785-9984.

Travel

Trip to Shooting Star Casino
May 8-10, 2009. \$150. Buss will have a Pine Falls pick-up. Limited Seating. Call 363-7314 for details.

Training

An Introduction to Business Computers

March 11, 2009 - April 9, 2009
3 nights/week - 5:30 - 8:30 p.m.
This is the introductory course to the Winnipeg River Learning Centre Certificate in Business Computing.
Tuition: \$245.00

Register by calling: 367-2761
or by coming to the

Winnipeg River Learning Centre

#3 Walnut Street
Pine Falls, MB R0E 1M0
Email: wrlc@mts.net
Monday - Friday, 8:30 a.m. - 11:30 a.m.

Help Wanted

Title: Cook
Terms of Employment: Permanent, Full-Time, On Call, Shift, Overtime, Weekends, Day, Evening
Salary: \$12.00 hourly, for 40 Hours per week. Gratuities
Anticipated Start Date: As soon as possible
Location: Beausejour and Area, Manitoba (4 vacancies)
Skill Requirements:
Education: Not required
Credentials (certificates, licences, memberships, courses, etc.):
Food Safe Certificate
Experience: 3 - 6 Years
Languages: Not applicable
Cook Categories: Cook (general)
Work Setting: Restaurant, Hotel
Cuisine Specialties: Canadian, International, Italian
Food Preparation Specializations:
Bakery goods and desserts, stocks soups and sauces, eggs and dairy, cold kitchen (salads, appetizers, sandwiches), cereals, grains and pastes, vegetables, fruits, nuts and mushrooms, meat, poultry, pasta, fish, seafood, pizza
Types of Meals/Food Prepared:
Short orders, breakfasts, lunches dinners, banquets, buffet, full course meals.
Specific Skills: Prepare and cook full course meals, prepare and cook individual dishes and foods, plan menus, ensure quality of food and determine size of food portions. Work with minimal supervision, prepare dishes for customers with food allergies or intolerances, clean kitchens and food service areas. Train staff in preparation, cooking and handling of food. Supervise kitchen staff and helpers. Work with specialized cooking equipment (deep fryer, etc.). Clean kitchen and other areas, wash dishes, organize and manage buffets and banquets, manage kitchen operations
Work Location Information: Staff accommodation available. Rural community
Essential Skills: reading text, oral communication, working with others, problem solving, decision making, critical thinking, job task planning and organizing, Significant use of memory, finding information, continuous learning
Employer: PAPERTOWN HOLDINGS LTD.
How to Apply:
By Mail:
34 Walleys Lane
Powerview-Pine Falls, MB R0E 1M0
In person between 9:00 and 17:00:
34 Walleys Lane
Powerview - Pine Falls, Manitoba R0E 1M0
By Fax: (204) 367-4202
By E-mail: mlodge@mts.net
Business Profile: the business is a fine-dining (breakfast, lunch and dinner) licensed restaurant and a hotel with 49 rooms providing accommodations. It also has beverage rooms of 200 capacity with pool and water slide.

Help Wanted

Papertown Motor Inn
requires mature, motivated housekeeping staff. Apply in Person at the Papertown Motor Inn.
TFN

P.S.A.

World Day of Prayer
Friday, March 6th, 2009 at 7:00pm. Church of the Advent (Anglican), 2 Holly St., Pine Falls. Coordinated by Women's Interchurch council of Canada. Everyone Welcome.

Painter

Dan's Painting
Serving Winnipeg River area
FREE ESTIMATES
204-572-6282

Pawn Shop

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

Hardware

RONA HARDWARE
For all your Hardware Needs
OPEN: Mon. to Sat. 9am to 6pm
Pine Falls 367-2380

Building Supplies

OSK BUILDING SUPPLIES
Lac du Bonnet 345-2644

Home Renovation

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

For Rent

WoodlandPlace/DaleHaven
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. TFN

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 TFN

ATV/Motor Cycles

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

Gift Shop

Plum Creek Gift Shop
Open Friday, Saturday, Sunday 12pm - 5pm
Phone: 786-5555

Insurance

POWerview AGENCIES
367-4455
of the co-operators autopac

Financial

Caisse
A better way to bank
367-6288
www.caisse.biz

Memorials

STEWARTS 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.
Your home can be a showpiece in your neighbourhood and we will make it worth your while if we can use your home as one of our model showhomes.
Ask about low monthly payments through Hydro.
For an appointment call
MISSY WINDOOR & DOOR
1-800-582-5488
www.missy.biz

House for Sale

House for Sale in Pine Falls
Located at #7 Birch Street, Pine Falls. Ideal single or couple house, newer windows, well insulated, finished basement, new carpets, all appliances, 2 bath, deck, detached garage, 367-8695. 4x-3

Concrete/Excavating

A.M.L.
AL MEISNER LTD
REDI-MIX CONCRETE
EXCAVATING
AGGREGATES
345-8454

Computer/Networking

WHYTE NORTH
COMPUTER SERVICES
We do it All!
204-382-2976
www.prsystems.ca

Bakery

Sunrise Bakery
Watch for our Coffee Shop Opening Soon!
367-8018

Catering

RAPID WATER DELI
CONVENIENCE
PIZZA WATER REFILLS MOVIE RENTALS
21 Art Street, Powerview
Mon. to Fri. 10 am - 6 pm - Sat. 10 am - 3 pm

Grocery

Dancy's FOODS
THIRD STREET, 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.
Your home can be a showpiece in your neighbourhood and we will make it worth your while if we can use your home as one of our model showhomes.
Ask about low monthly payments through Hydro.
For an appointment call
MISSY WINDOOR & DOOR
1-800-582-5488
www.missy.biz

HOTEL & RESTAURANT

PINE FALLS SERVICE CENTRE
Monday to Saturday
6:00 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

REAL ESTATE

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
www.century21suncountry.com

MEDICAL SERVICES

Blue Water Physiotherapy
Phone: 367-2537
Please call for an Appointment
•Work and Sports Injuries
•Neck and Back Pain
•Chiropractic
•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

Celeste Basson
R.S.M.T. C.M.C.
Stephanie Hampson,
M.B.R. (PT)

Dr. A.H. Anderson & Dr. M.H. Anderson

LAB ON SITE

Optometrist
Contact Lenses and Eyeglass Fittings

MANITOU 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.

Bluelwater District Transit

For Bookings Call
367-9128 Office
345-3075 Driver

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

Emergency Care
New patients welcome
367-2815

Place Your Business Here
367-4968

Dr. Alan Grant - DENTIST
Fort Alexander Dental Clinic
(in the Fort Alexander Health Centre)
Tuesday, Wednesday, Thursday
9:30am - 4:30pm
Closed Mondays and Fridays

Health Centre **367-2208**
Direct Line **367-4417**

Esser Chiropractic Health Centre
Corner of PTH 11 and Church Street (beside Papineau Motors)

• Autopac
• Blue Cross
• Veteran's Affairs
• Worker's Compensation
Phone 367-4858
No referral required Please call for appointment

Jon. O. Phillips, RMT
Registered Massage Therapist (MTAM)

CLINIC LOCATIONS:
Through the Arbour **Revitalize Soul Spa**
188 Pine Street, Pine Falls (204) 367-2141
225 Clondeboye Ave, Selkirk (204) 785-8922
Direct billing available to Blue Cross & Great West Life

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

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

COMPUTERS
M&C Bruneau's PC SERVICES
SOFTWARE REPAIRS & MAINTENANCE
Microsoft Certified
Professional
Engineer
Hardware Diagnostics - Hardware Upgrades - The Best Pricing
Software Installation
System Configuration
Ph: 345-6876

Your Ad Here

FURNITURE
DAVE'S FURNITURE & APPLIANCES
"For the Best Quality New & Used Furniture & Appliances. Call us First!"
204-7-2460
21 Art Street, Powerview
Mon. to Fri. 10 am - 6 pm - Sat. 10 am - 3 pm

GIFT SHOP
Veranda GIFT SHOP
Gifts • Antiques • Collectibles
756-8184

YOUR AD HERE

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

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

The Lakeview STEAKHOUSE
57 Park Avenue, Lac du Bonnet, Phone 345-8881
Every Friday & Saturday
Steak Dinner Specials
CHINESE Available
Live Entertainment
Friday & Saturday
Country Bands
345-6294

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

SEPTIC
Gilles Lamoureux
G's SEPTIC TANK CLEANING SERVICE
Portables Toilet Rentals
P.O. Box 905, PINE FALLS, MANITOBA R0E 1M0
PHONE: 367-4708 CELL: 346-3838

ELECTRIC
340-5600
GREG CUTHBERT
Journeyman Electrical Contractor - Licensed & Insured
Serving Pine Falls & Area

Your Ad Here

Ateah Realty Ltd
Professional Service
Professional Results
Toll Free
1-866-755-5406
204-756-3149
www.aateahrealty.com

AUTOMOTIVE
Welding/Replacement & Repair
All Your Autobody Needs
Country Care
powerfalls AUTO BODY
345-1877
R0E 1P0
Phone 367-2577
Fax 367-2538

Custom Services
MB Heavy Equipment Safety Station
345-6363
cell: 345-3636

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

PHARMACY
TRY YOUR DRUGSTORE
first PHARMACY
Open Monday to Saturday
9:30 a.m. to 5:30 p.m.
367-2611
367-2517

PHARMACY

Your Ad Here

Goods From the Woods

Forest Based Entrepreneurial Business Opportunities in Eastern Manitoba



Are you interested in learning about opportunities to start a business or expand your business and selling berries, mushrooms, crafts and other products made from plants growing in the woods? Are you interested in learning more about harvesting these plants yourself?

If your answer is YES please join us for one of the following FBE workshops:

- March 3 Lac Seul Head Onway First Nation Historic Village (east of Lac Seul, 100m off of HWY 69)
- March 4 Winnipeg River First Nation Band Hall
- March 6 Lac Seul First Nation Band Hall
- March 7 Winnipeg River Learning Centre, former Pine Falls Band Hall
- March 9 Honey Lake First Nation Band Hall

All workshops run from 8:30am to 12:00pm.

We have a great line-up of speakers from Manitoba and beyond who will share their knowledge on how to collect these products for personal use or for sale. Workshops include:

- Harvesting from the woods: foods, crafts, and more
- Identifying and harvesting wild mushrooms
- Tapping the Maple
- Making maple products
- Growing mushrooms
- And More!

Wild ha...

Off...

rought...