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NEWS

Clean Water  
for a Ugandan  
Village

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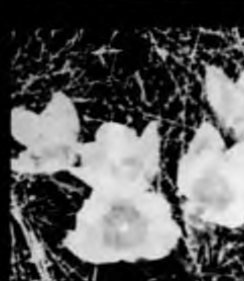
SPORTS

Pine Falls  
Mixed  
Bonspiel

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FEATURE:

The Manitoba  
Crocus



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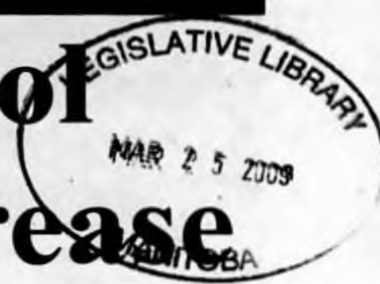
\$1.00 tax included  
March 18, 2009  
Volume 9, No. 48

The Winnipeg  
River

# Echo

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

## No School Tax Increase



### Sunrise Finalizes 0% Tax Increase - Will Collect Provincial Tax Incentive Grant

The Sunrise School Division Board of Trustees finalized the 2009-2010 budget effective March 5th. The budget remained unchanged from the draft budget presentation provided to the public on February 26th.

The mill rate is set at 24.170 mills, for a total budget of \$52,309,396 in operating expenditures, and \$759,684 transfers to capital accounts.

The special levy for 2009 to municipalities is set at \$24,988,566 for all municipalities.

In a press release, the

board noted the important role played by their senior administration team, "who diligently reviewed operations expenditures in several areas resulting in the ability for us to accept the tax incentive grant as offered by the Province." It went on to note that all programming remains intact, "translating into continuation and/or improvement of all existing services for your students."

For more information, visit the Sunrise School Division website at [www.sunrisd.ca](http://www.sunrisd.ca) and follow the link for 2009-2010 budget information.

### Powerview/Pine Falls Council to be Reduced

By Charles Norman

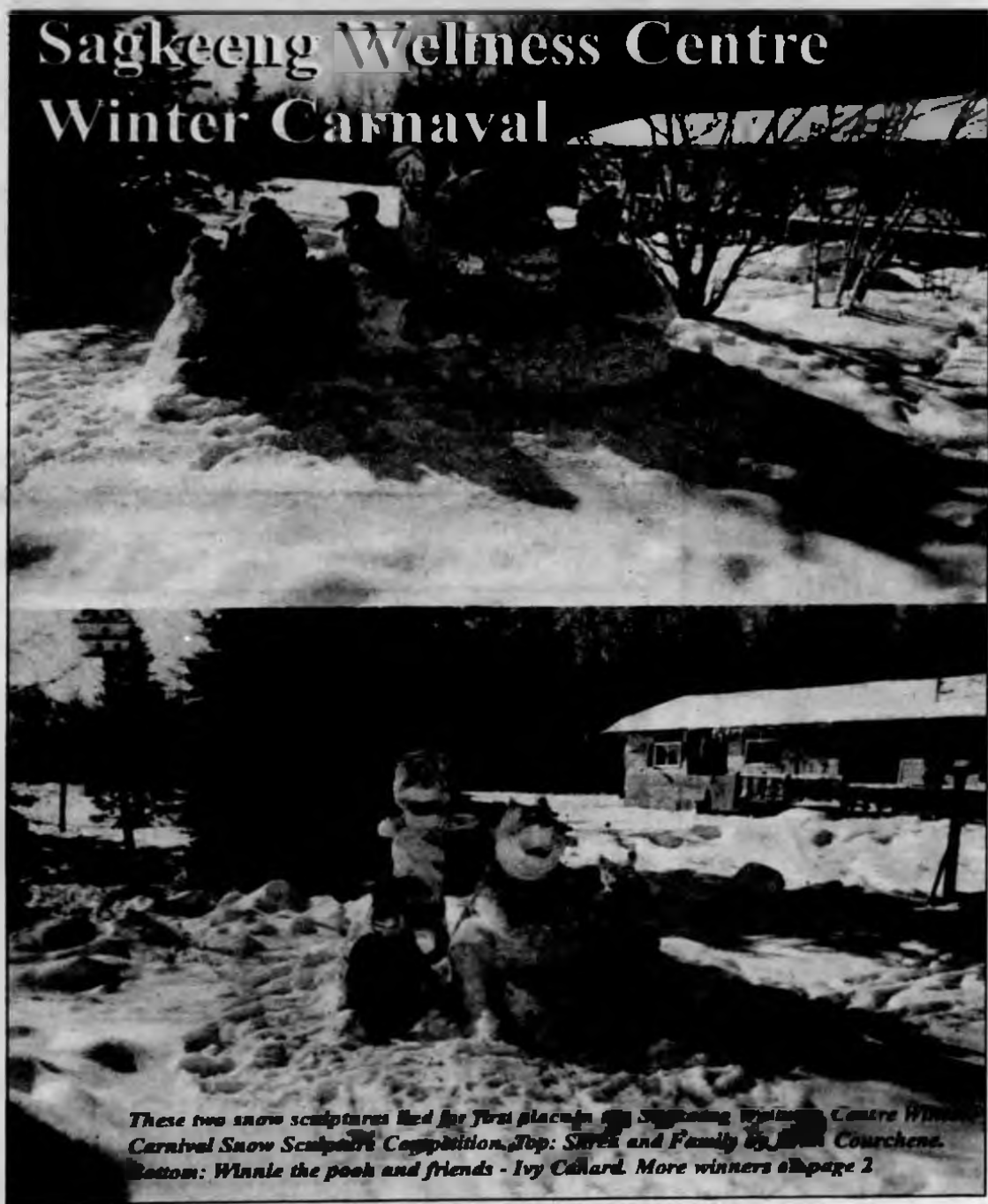
Powerview/ Pine Falls council passed first reading of a by-law to reduce the size of the council to five, at last Tuesday's regular meeting of council.

Currently there are three councillors from Ward 1 and three from Ward 2 with the Mayor elected at large.

The by-law reduces the council to two councillors

from each ward. The Mayor will continue to be elected at large, i.e. by voters in both wards.

The by-law will be given third and final reading at the regular meeting of council between 6:00 pm and 11:00 pm on Tuesday, April 14 when any interested people may make a representation, ask questions or register an objection.



These two snow sculptures tied for first place in the Sagkeeng Wellness Centre Winter Carnival Snow Sculpture Competition. Top: *Shrek and Family* by *John Courchene*. Bottom: *Winnie the pooh and friends* - *Ivy Cahard*. More winners on page 2

# yes you can!



Sunova invites nominations for several openings on our Board of Directors. Nomination packages are available at our branches or online.

Deadline for Nominations: Friday, March 27, 2009

[www.sunovacu.ca](http://www.sunovacu.ca)  
bank brighter.

## sunova

# News

## Winners of the Sagkeeng Wellness Centre Winter Carnaval Snow Sculpture Competition

Continued from page 1



2nd place - Norman Bruyere Polar bears, eskimo & Igloo above and top right.



3rd place - Shawn Girard Finding nemo & Shark

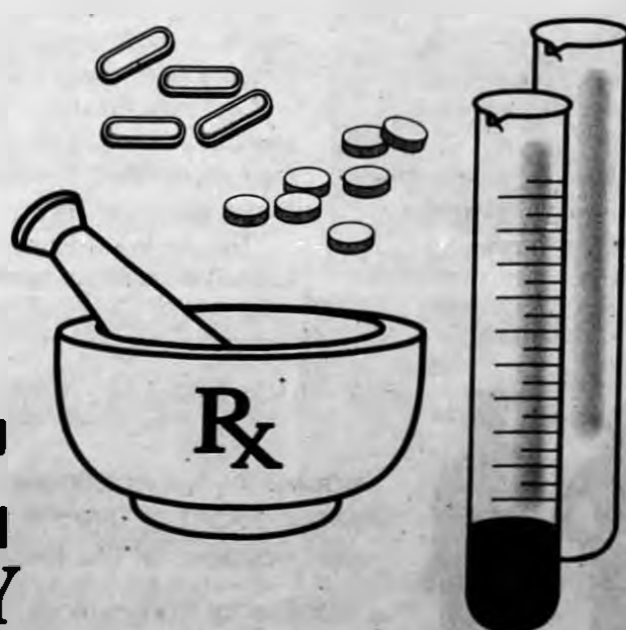
<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	
<b>Bud, Spud &amp; Rib Night</b>	<b>Bud, Spud &amp; Steak Night</b>	<b>Bud, Spud &amp; Steak Night</b>	
<b>\$8.99</b>	<b>\$8.99</b>	<b>\$8.99</b>	

**HAPPY HOUR**  
Every Weekend  
4:30-8:00pm

**NYE** **Papertown**  
Motor Inn

**TRY YOUR DRUGSTORE** *first*

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



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**WE SPECIALIZE IN HARD-TO-FIT CASES**  
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37-3rd St. S. Beausejour District Health Centre  
• Seniors Discounts • We honor all Dental Plans  
**BRYAN M. DAIEN, DENTURIST**

 **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.

# News



Trinity Cyr's well will help hundreds of African villagers to avoid disease.

## Clean Water for a Ugandan Village Student Raising Money for Well

**By Charles Norman**  
Just before Christmas 2007, Trinity Cyr's family received a World Vision catalogue in the mail. Reading it, Trinity, then eleven years old, discovered that every year, two million African children die from drinking water contaminated with water-borne diseases.

Her first reaction was to ask herself what she could do to help because that is her nature. She told The Echo that if someone needs help she feels sad unless she is helping them.

Then she heard of Ryan's Well. Ryan Hreljac, as a seven year-old, had heard of the same problem and decided, like Trinity, to do something about it. He had heard from somewhere that drilling a well costs \$70. He raised the \$70, then learned that a well would cost considerably more. He was not discouraged - he just carried on raising money. Now, ten years later, and seventeen years old, he has set up a foundation that has provided funds to drill wells to supply more than 600,000 people in Africa with clean, fresh water.

Trinity's first well was sunk in Uganda, Trinity decided that her first well would also be in Uganda, but she is under no illusions as to the cost.

Last year, Trinity, then eleven years old, wrote a speech, and presented her case to the Sunrise School Division School Board. The Board approved, and now the whole division is raising money for a well in Uganda.

In Powerview, students delivered phone books and were paid \$600 for doing so - all of it was donated to the well project. Trinity ordered bracelets from Sister Norma

of St Boniface College. The bracelets come from Peru and are sold for \$2.00 each. Trinity said she was amazed when they sold out almost immediately. The well project gets 50c for each bracelet, The Poor and Peace Ministry in Winnipeg gets 50c and the women in Peru who makes them gets a dollar.

Trinity also has "Uganda" tee shirts and tote bags for sale. Adult tee shirts are \$18.00, children's \$16.00, and tote bags are \$12.00. Call the school if you want to be in fashion this summer.

Trinity put it the other way round. "I'm really proud of the way everybody's coming together to help me." She said.  
She told The Echo that when the well is completed, it will be supplying water to a community of about four hundred people. As a result, they will avoid being exposed to the diseases caused by contaminated water.

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

### PUBLIC HEARING NOTICE

**Local Improvement Plan #5 and #6**  
Per Section 318 of the Municipal Act, notice is hereby given that a public hearing will be held at **8:00 am on Tuesday, April 14, 2009** in the Council Chambers of the Municipal Office located at #277B Main Street, Ward 1.

At this time Council and the Chief Administrative Officer will answer questions concerning two proposed local improvement plans as follows:

**Local Improvement Plan #5:**  
*Resurfacing Streets in Ward I and Storm Sewer Projects*  
Resurfacing of Desilet Lane and Dean Drive streets in Ward I, at an estimated cost of \$107,000.00 and the installation of storm sewers along Art Avenue and Vincent Avenue at an estimated cost of \$32,100.00. Borrowing in the amount of \$142,600.00 is required. Sunova Credit Union has agreed to issue the debenture with an interest rate of 7.2% fixed over a 15 year period. The annual payment of \$15,885 will be recovered through taxation, being a mill rate of 1.04 imposed on all properties in Ward I of the Municipality.

**Local Improvement Plan #6:**  
*Resurfacing Streets in Ward II*  
Resurfacing of Beech, Cedar and Birch Streets in Ward II, at an estimated cost of \$96,300.00. Borrowing in the amount of \$96,300.00 is required. Sunova Credit Union has agreed to issue the debenture with an interest rate of 7.2% fixed over a 15 year period. The annual payment of \$10,707.00 will be recovered through taxation, being a mill rate of 0.29 imposed on all properties in Ward II of the Municipality.

Copies of the Local Improvement Plans may be obtained Monday to Friday, between the hours of 8:30 am and 4:30 pm at the Municipal Office.

Every potential taxpayer may object to the plan by filing a notice of objection, by mail or in person, with the Chief Administrative Officer before the public hearing.

- The notice of objection must:
- state the name and address of the person making the objection;
  - identify the local improvement plan in respect of which the objection is made;
  - identify the business or property in respect of which the person is a potential taxpayer under the plan; and
  - state the grounds for the objection.

Mailing address of Town of Powerview-Pine Falls:  
Box 220 POWERVIEW MB R0E 1P0

Marlene Watson, cmma  
Chief Administrative Officer

Due to demand, the Winnipeg River Learning Centre will be offering an afternoon session of:

**Introduction to Business Computers**  
March 18, 2009 - April 16, 2009  
3 afternoons/week - 1:30 - 4:30 p.m.

This is the introductory course to the Winnipeg River Learning Centre Certificate in Business Computing

Register by calling: 367-2761  
Tuition: \$245.00  
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.



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

### PUBLIC NOTICE COMPOSITION OF COUNCIL

Per Section 79(4) of the Municipal Act, notice is hereby given that By-Law #50/09 being a by-law to establish the composition of council and provide for the election of councillors on the basis of wards will be given third and final reading at the regular meeting of council between 6:00 pm and 11:00 pm on Tuesday, April 14, 2009 in the Council Chambers of the Municipal Office located at #277B Main Street, Ward 1.

The general intent of Bylaw #50/09 is to maintain the ward system but to reduce the number of councillors from each ward to two members.

At this time Council and the Chief Administrative Officer will answer questions concerning By-Law #50/09. Copies of the by-law may be obtained Monday to Friday, between the hours of 8:30 am and 4:30 pm at the Municipal Office.

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

# Comment



## The Public's Right to Know

By Charles Norman

"The public's right to know" is a phrase often used by the press, especially the tabloids, to justify prying into the private lives of celebrities. It does not impress the public, not even those with a prurient interest in the peccadilloes of the rich and famous, but it sells newspapers and the "Public's right to know" is used to attempt to give some legitimacy to the practice.

Sometimes the public has absolutely no right to know. When one of Britain's Greatest Prime ministers, David Lloyd George, became Prime Minister and moved into 10 Downing Street he left his wife at home in Wales, and took his mistress with him to London. The press of the day completely ignored the issue. Today's press would have completely destroyed him.

Franklin Delano Roosevelt had been crippled by polio and went everywhere by wheelchair. The press chose not to print any photographs of him that showed the wheelchair. Today the press would have delighted in showing a great president as a cripple.

Today it is different. Bill Clinton's affair with Monika Lewinsky got front-page coverage, not just for a few days, but for month after month. It was completely irrelevant to his ability to do his job but opposition lawyers used it as a pretext to try to bring him down.

We could go on and on. Whether or not Princess Diana had an affair with a Guards officer was no one business but their own. The problem is, is that this yellow journalism has given a bad name to the press in general and provided an excuse for governments and their official at all levels of government to try to keep information from the press and thus from the public.

It is in the nature of people, especially those in government in any of its forms to try to avoid criticism. Since almost everything governments do is likely to be unpopular with somebody, the safest thing to do is to keep everything they do secret from everybody.

The problem is that secrecy breeds a lack of consideration for the people who are paying their wages at the very least, and at worst, to corruption and tyranny. No

matter how democratic the process of choosing a government, it cannot be democratic in practice if it is allowed to conceal from the public the details of its day-to-day operations.

For this reason, a free press is absolutely vital to the functioning of a democratic state. The fact that there are many journalists who do not take this responsibility seriously does not alter the fact that the public does indeed have a right to know what its governments is doing in its name and with its money.

There is a tendency in some places in local government to avoid criticism by being miserly with the flow of information to The Echo and thence to the public.

We have no intention of deliberately embarrassing anyone, nor do we wish to make enemies of anyone, but we take seriously our responsibility to our readers and to the public in general. The public is better served, and so are politicians and bureaucrats, with a free flow of information. The alternative is to leave us to do the job ourselves. WE might get the story wrong but we have to try.

## A Faith Perspective:

By Pastor Jake Doell



Nature is beginning to wake up from a long cold winters sleep. In the next few weeks we will see spring burst upon us in all its glorious beauty. New life will be evident everywhere we look. Spring is an awesome demonstration of God's power to bring back to life those things that died and shriveled up last fall.

The Word of God tells us, "For since the world was created, people have seen the earth and sky. Through everything God made, they can see His invisible qualities - His eternal power and divine nature." (Romans 1:20)

I want to share with you the following article written by Dr. Walter L. Wilson:

"An unbelieving person once said, 'I believe only what I understand; none of that 'mystery stuff' for me.'"

He was then asked to explain this problem: How is it possible for a black cow to eat green grass, which makes white milk and churns yellow butter? And consider the remarkable transformation that takes place when a caterpillar (an upholstered worm) encases itself in a homemade casket, and is changed into a beautiful butterfly. Its hair is changed to scales-a million per square inch; the many

legs of the caterpillar become the six legs of the butterfly; the yellow becomes the beautiful red; the crawling instinct becomes a flying instinct.

Or a handful of sand is deposited by the Lord in the heart of the earth. Great heat is applied from beneath and ponderous weight from above until, when it is found by man, it miraculously changed into a beautiful fiery opal.

Or, God takes a handful of black carbon, plants it deep in the bowels of the earth, treats it with heat from below, presses it with the rocks of the mountains above, and transforms it into a glorious diamond fit for a ruler's crown.

As God performs those wonderful miracles in nature, He also can transform the souls of men and women and children, and renew their hearts if they will only trust in Jesus Christ, the Lord of life. God knows how to regulate nature. Only the one Who made your brain and your heart can successfully guide them to a profitable end."

May the wonders of nature's spring encourage you to open your heart to allow God's springtime into your heart?



# Comment

## On Parliament Hill

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



## Ensuring Fair Wages for Women

Our Government respects the principle of equal pay for work of equal value. Our commitment to this fundamental right is why we introduced the Public Sector Equitable Compensation Act.

The facts are clear: the current pay equity system in the federal public service is broken. It is lengthy, costly and adversarial. Because our current process is complaint-based, these issues are only addressed as an afterthought when complaints are made.

As a result, women are forced to wait up to 20 years for compensation following gruelling and divisive court proceedings. In fact, many employees have already left the public service by the time, complaints are settled. Why is this happening? Because under the current system, federal public service employers and unions are not required to take pay equity issues into account when they engage in wage setting.

This is not fair to women. There is a better way.

Our approach will ensure employers and unions take pay equity into consideration every time they negotiate wages. It will be transparent.

It is time for employers

and unions to be jointly accountable for setting fair wages, for reporting publicly to employees and for sticking to the commitments they make at the bargaining table. We should be putting dollars in the hands of women and not into the hands of those directing costly and lengthy legal proceedings.

And others agree. The Federally Regulated Employers Transportation and communication (FETCO) organization recently told a parliamentary committee that the proposed legislation "makes sense" and both collective bargaining parties must be "responsible for implementing pay equity." Further, in 2004, a Liberal-appointed Task Force recommended that Parliament enact new stand-alone pay equity legislation. This is exactly what we are proposing to do.

Our legislation addresses the key recommendations of the 2004 report by setting out a proactive and collaborative system to ensure equal pay for work of equal value - it does not change human rights, it protects them.

And we are putting teeth in this legislation. Fines will be imposed on either

employers or unions who do not comply with their duty to ensure fair wages. As a further protection, employees will be able to resolve any disputes through the Public Service Labour Relations Board, an independent tribunal.

Pay equity legislation has been continually evolving since the first proactive legislation was introduced in Manitoba in 1986, followed by Ontario and Quebec. Our new federal model is an improvement over existing models. It goes a step further by truly integrating equitable compensation into the wage-setting process and ensuring continuous proactive action for years to come.

Women deserve fair pay rates now and every time their collective agreements are renewed. Not 20 years from now.

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 toewsv1@mts.net.

## Opposition Must Stop Blocking Help for Canadians

Our Economic Action Plan is a comprehensive plan designed to stimulate our economy, restore confidence, and support Canadian families during the current global economic recession.

The International Monetary Fund (IMF) has praised our Plan saying: "The IMF supports the strong fiscal package announced in January, which was large, timely, and well targeted, and it will buoy demand during the downturn."

Late last week, the Liberal dominated Senate finally got around to passing the main 2009 budget legislation, a critical first step to ensuring funding can start to flow to Canadians.

However, this passage was after weeks of delay by the opposition that prevented help from going to the people who need it and we still need the opposition to pass another bill to allow funding to flow to these vital budget initiatives.

Our Government wants to move quickly. We know we have to act because for our stimulus measures to have a real impact, they must be implemented as soon as possible.

And we must ensure that all spending is done in an accountable and transparent manner.

As the management board of the government, the Treasury Board Secretariat - my department - is playing a crucial role to ensure this

process is handled properly. That is, we not only get the funds flowing, but we do so responsibly. We are fast-tracking every aspect of the implementation process. We have put in place a number of measures that allow funding to flow quickly while maintaining appropriate oversight. These measures include a special \$3 billion fund for shovel-ready projects.

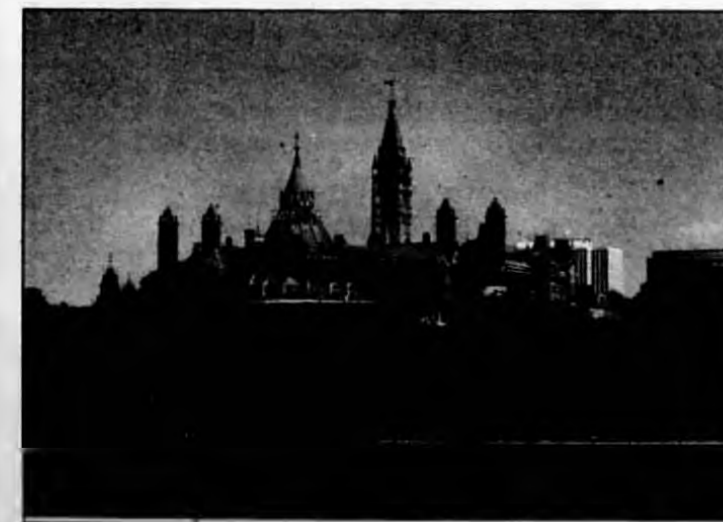
We are also streamlining review policies, where appropriate, to expedite approval processes. But rest assured, we are also ensuring proper accountability.

We are responding with unprecedented speed because we are in a global recession that has arrived with unprecedented speed. We are cutting bureaucratic red tape - but we need Parliament to cut its red tape too.

We cannot have the Opposition in Parliament replacing bureaucratic red tape with political red tape. We need to work together to ensure funding flows to those Canadians who deeply need it.

We hope that the opposition learns from their mistake, permanently ceases their obstruction of Canada's Economic Action Plan, and instead begins to offer constructive ideas for the economy.

Vic Toews, MP for Provencher and President of the Treasury Board



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# News

## Powerview Students Making Maple Syrup

By Charles Norman

Powerview School Teacher, Leitha Fraser, is organizing half a dozen or so Grade 9 students into a maple syrup production team.

The team will be tapping silver maple trees in Pine Falls, some of them on the lots of student's homes, others on Tamarack and Birch.

With a \$3,900 grant from the Manitoba Model Forest, eighteen cans and fifty or so spiles have been purchased. (A spile is the metal plug inserted into the tree to drain sap). Up to three spiles are inserted into the tree, depending on the size. 250 ml bottle have been purchased from New Brunswick and an evaporator has been borrowed from the Brokenhead First Nation.

Silver maple sap has a

lower concentration of sugar than the sugar maple of Quebec, where 75% of the world's maple syrup is produced. It takes 30 gallons of silver maple sap to produce one gallon of syrup. Each Spile will produce about seven gallons of sap, but this volume is very dependent on the weather at the time. Sap begins to run when the temperature is above freezing during the day and below freezing at night, and stops running when nighttime temperatures are above zero.

Mrs. Fraser cannot forecast very accurately what volume of syrup will be produced. She says the students involved will be the first to get a bottle. The whole school will then be treated to a pancake breakfast complete with the locally produced syrup. Any left over will be sold at \$10.00 a bottle.



## Winnipeg River Learning Centre Tapping Maple and Birch Trees for Fun or Profit

The sap will soon be flowing on Manitoba's Maple and Birch trees. If you have one or more of these magnificent trees on your property you can learn how to make your own syrup. The Winnipeg River Learning Centre is offering a workshop that will include tree identification and selection, tapping the tree, boiling off the sap, bottling and storing the syrup. Here are a few interesting facts about tapping trees and

maple syrup:

- A maple tree lasts at least 30 years and is 12 inches in diameter before it is tapped.
- As a tree increases in diameter more taps can be added, up to a maximum of four.
- Tapping does no permanent damage to the tree.
- Only 10% of the sap is collected each year.
- Each tap yields an average of 10 gallons of sap per season, yielding about one quart of syrup.
- Warm sunny days (above 40° F) and frosty nights are ideal for sap flow.
- The maple season may last 4 to 6 weeks, but sap flow is heaviest for 10 to 20 days.
- Sap flowing in high volumes is called a "run".
- The harvest season ends with the arrival of warm spring nights and early bud development in the trees.
- 30-50 gallons of sap are evaporated to make one gallon of syrup.
- Maple Syrup is boiled even further to produce Maple Cream, Sugar and Candy.

This workshop will be taught by Ken Fosty, Extension Officer for the Manitoba Forestry Association, held on March 26th from 6:00 - 7:00 p.m. at the learning centre, taps will be available for sale. Cost for this workshop is \$25 per participant. If you would like to participate in this workshop or learn about other upcoming workshops, please drop by the learning centre at #3 Walnut Street in Pine Falls or call 367-2761, mornings from 8:30 - 11:30 a.m.

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

**PUBLIC NOTICE**  
**2009 FINANCIAL PLAN**

Per Section 162 and 420 of the Municipal Act, notice is hereby given that a public hearing will be held at 6:00 pm on Tuesday, April 14, 2009 in the Council Chambers of the Municipal Office located at #277B Main Street, Ward 1.

At this time Council and the Chief Administrative Officer will answer questions concerning the 2009 Financial Plan. Copies of the plan may be obtained Monday to Friday, between the hours of 8:30 am and 4:30 pm at the Municipal Office.

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

**TOWN OF POWerview-PINE FALLS**  
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www.powerview-pinefalls.com council@mts.net  
Telephone: 204-367-8483 Fax: 204-367-4747

**ANNUAL PUBLIC NOTICE**  
**VOTERS LIST**

**Additions to the Voters List and/or Personal Security Protection Requests**

In accordance with Section 36 of *The Municipal Councils and School Boards Election Act (MCSBEA)*, the Town of Powerview-Pine Falls Voters List is open for changes or revisions.

Any person who is eligible to vote in municipal elections in the Local Authority of Powerview-Pine Falls can have his or her name added to the Voters List, or have any information about the voter on the Voters List corrected.

Any person can request to have his or her name and address obscured from the Voters List.

A person whose name has been obscured will receive a Personal Security Certificate and identification number. In a civic election, that person may only vote by Sealed Envelope Ballot and cannot vote in person at the regular or advance voting places.

To implement the above, a written request must be submitted to the Senior Election Official, in person, by e-mail, fax or mail to:

Town of Powerview-Pine Falls  
Box 220, POWerview MB R0E 1P0  
Phone: 367-8483 Fax: 367-4747  
Email: caopvpf@mts.net

The next General Election takes place in October, 2010.

Marilyn Watson,  
Chief Administrative Officer  
Acting Senior Election Official

# Sports

## Manitoba Stick Curling Championship

### The Stone-Pyper Run Roughshod

They came in teams of two, from all over but when the dust settled late last month at the Manitoba Stick Curling Championship, in Grand Marais, only one team stood above then all.

After 'zippling' through

their round-robin games at four wins with zero losses, including knocking off last years champions of Ken and Chris Jensen and two more straight victories in the championship. The duo of Garth Stone and Jim Pyper from the Wildewood Club

in Winnipeg came out on top and are victors of the Manitoba Stick Curling Championship.

In the championship round Stone/Pyper prevailed with victories over then undefeated, Neil Jackson and Frank Lodewyks of Grand Marais in the 1 versus 1 game and then in the final, proceeded to defeat Bob Seguin and Ken Lesosky of Pine Falls, in an extra end, by a score of 5-4.

In accepting their first championship over their long and storied curling career, Jim Pyper spoke eloquently about the great camaraderie both Garth and himself received and the atmosphere of the crowd in the viewing lounge.



left to right - Garth Stone, Jim Pyper (Wildewood Club)

As for the team of Seguin and Lesosky, it was another heartbreak loss for them in the final, having lost two previous championship finals in 2007 and 2005.

The other team advancing to the championship round in round-robin play was Don Conrad and Dudley Hill who hail from the host club Grand Marais.

In the consolation division for the teams not advancing to the championship round, Ernie Oliver and Marcel Lemaire curling out of Petersfield emerged

on top with a convincing 10-2 victory of Chris Jensen and Harvey Lacroix, who filled in for Ken Jensen.

In other news regarding Stick Curling, the Canadian "Open" Championship will take place at Winnipeg's, St. Vital CC from April 3-5 with an entry fee at \$70.00, to enter a team contact Ernie at 204-453-4991. Further to this, it was announced that next years 2010 version of the Manitoba Stick Curling Championship shall take place at the Fort Garry Curling Club in Winnipeg.

### LINE SCORES:

**Championship Final**  
Pyper & Stone - 3 0 0 1 0 0 1 = 5  
Lesosky & Seguin - 0 1 2 0 0 1 0 = 4

**Consolation Final**  
Jensen & Lacroix - 0 0 2 0 0 X = 2  
Lemaire & Oliver - 1 3 0 2 4 X = 10

## Fishing, Curling & Soccer. It's All Here!

What a busy weekend. The Pine Falls Mixed Bonspiel had 28 teams come out and enjoy the last weekend of curling. Congrats to Al & Naomi Harley and Ian & Shannon Earle for winning 1st in the first event! From what I hear it was a great weekend with lots of fun and great entertainment from the Division Slaves in the Sport Bar on Saturday evening. Even though I was sure that I was winning the flat screen television this weekend that the Pine Falls Curling Club raffles off each year, I did not! Yippee hooray for Robert Wilcox who's name was drawn (lucky bugger).

The Big Swampy Family Fishing Derby this weekend had a great turn out and great weather in Grand Marais. 184 holes were purchased and over 300 people attended. The three categories included Walleye, Perch and Northern Pike with a first place prize of \$316.00 in each category! Jean McDonald said that in addition to attendance from the Beaches area they had visitors from Selkirk, Arborg, Giroux, Ashern, Landmark and as far away as Grenfell, Saskatchewan and Fort McMurray, Alberta. There were 8 entries in the Chili Cook Off and Jan Smith took

1st place this year. I'm sure it was a gas!! The derby would not be successful without sponsors and high five to The Sand Bar Motor Inn, Century 21, DMD Electric, R.M. of St. Clements and the East Beaches Fire Department for your contributions to this annual event. Last on the list was the Victoria Beach Angel Classic Ladies Only Fishing Derby hosted by Angel Kraft. There were 15 purchased holes, lots of snacks on the ice and a potluck dinner to follow. The one and only fish was reeled in by Donna Koshelanyk winning the trophy and prize money for 2009.

Things coming up very fast include the East Beaches Soccer Meeting that has been changed from Wednesday March 18 to March 19 at the Pineview Rec Office at 6:00. Anyone interested in helping out and coaching is welcome to attend. Kelly Murray has a card making class this weekend in the Rec Office of Pine Falls School on Saturday, March 21 from 10:00 AM- 4:00 PM. The class includes guidance and supplies to create 21 different occasion cards for only \$32.00. To register call Kelly at 635-2396. I am in the process of organizing some events during spring

break and will send a notice through the school when everything is confirmed. If you are looking for something to do during spring break and would like to volunteer to help out give me a call 367-9142.

The location for the Interior Design Color Basic 101 Seminar on May 9 will

be held at Osis Building Supplies in Powerview. Tickets are available at Osis Building Supplies or Pineview Rec Office and are \$40.00 each. The seminar is limited to 24 people and would make a great Mother's Day treat, so pick up your tickets early. There will be a 6-week Introduction to

Creative Writing workshop at Library Allard in St. Georges with Donna Bcsel. The cost will be \$80.00 per person and dates are to be confirmed to start in April.

Happy spring to everyone & enjoy your week.

Lori Vialoux  
Pineview Rec Director

## ECOLE POWerview SCHOOL COURSE REGISTRATION

High School Students Registration for 2009-10 Courses:	Science 10F	Desktop Publishing 35S
IMMERSION COURSES GRADES 9-12:	ELA 11G	Art 30S
Education Physique 10F	Home Economics 10G	Relations in Business 30S
Education Physique 20F	Outdoor Ed 11G	Construction Tech 40G
Education Physique 30F	Creative Media 10G	Home Economics 40G
Education Physique 40F	Social Studies 10F	Physical Education 40S
Français 10F	Physical Education 10F	Law 40S
Français 20F	Home Economics 20G	ELA - Comprehensive Focus 40S
Français 30F	Woods 20G	Physics 40S
Français 40F	Geography 20F	Pre-Calculus Math 40S
Biologie 30S	Art 20G	Consumer Math 40S
Biologie 40S	Digital Pictures 25S	World Issues 40S
Sciences de la Nature 10F	Physical Education 20F	Chemistry 40S
Sciences de la Nature 20F	ELA 20F	ELA - Literary Focus 40S
Sciences Humaines 10G	Geography 20F	Physics 40S
Géographie 20F	Metals 20G	Art 40S
Histoire du Canada 30S	Pre-Calculus Math 20S	Drama 11G
Problem Mondieux 40S	Consumer Math 20S	Drama 20G
Méthématiques 10F	Science 20F	Drama 30S
Méthématiques: Pre-Calcul 20S	Print Comm 25S	Drama 40S
Réalisation de Films Numériques 25S	Biology 30S	Drama 40S
Médias Interactifs 35S	Animation 2D 35S	Dance 11G
Vie-Travail - Transition 40S	3D Modeling 35S	Dance 21G
GENERAL COURSES FOR GRADES 9 - 12:	Topics in Science 30S	Dance 31G
Info & Communication Tech 10F	ELA Comp 30S	Dance 41G
ELA 10F	Pre-Calculus Math 30S	Cultural Exploration SIP
Woods 10G	Broadcast Media 35S	Community Service SIP
Art 10G	History 30S	Life/Work Transition 40S
	Psychology 31G	THAT TIME OF YEAR AGAIN!
	Physical Education 30S	Kindergarten and Maternelle
	Consumer Math 30S	Registration has already occurred but you can still register at the office. Orientation will be held in May.
	Native Studies 31G	
	Chemistry 30S	
	Construction Tech 30G	
	Home Economics 30G	

# Sports

## Pine Falls Mixed Bonspiel

It was another great show for the last big bonspiel of the Season at the Pine Falls Curling club. Winners of the Main Event (left to right) were Al Harley (skip), Shannon Earl, Ian Earl, Naomi Harley. Second place in Main event were Wayne Rudd - skip, Norma Dupont, Butch Trehart and Karen Papineau. Winners of the B-side (left to right) Melinda Pluchinski, Laurent Raymond, Lori Pachkowski, Karl Hutchison (skip). Second place on the B-side were (left to right) Sarah Loche, Andrew Bonekamp, Kim Bonekamp, Jack Bonekamp (skip). First place in the C-side was Roy Mysak (skip), Felicia Wilcott, Robert Wilcott, Reina Mysak. We did not get pictures of the second place team on the C-Side, but they were: skip, Al Borody; 3rd, Gloria Borody; 2nd, Don MacLellan; lead, Linda MacLellan.

Robert Wilcott won the television being presented by Bill Lavallee. And Nathan Trehart and Courtney Turner looked splendid in their St. Patrick's day attire.



# Feature

## Cougars, Wolves and Anemones

### A Natural history of the East Beaches and Winnipeg River

#### Manitoba Crocus

By Charles Norman

Next Friday, March 20th is the first day of spring. Early signs of spring are the Canada goose, the Robin and, the subject of this week's feature, the Manitoba Crocus.

After a hard winter, and last winter was a hard one, there is nothing like hearing the honking of hundreds, or perhaps thousands, of geese flying north, to remind us that the winter is over and spring is on its way. In our home every door and window is opened wide to let in this most welcome sound of spring.

The arrival of the American Robin is another welcome sign, and the early

singing of the male robin to its mate on the nest an even more welcome sound.

But one of the earliest signs of spring comes quietly, without any sound, is our very first flower - the Manitoba Crocus.

A flight of geese arrived in Winnipeg last Monday, but the major migration will not happen until there is open water in areas like Oak Hammock Marsh. Robins will be a while, but the Crocus can be expected very soon.

Crocuses like sandy soil and there will be many of them in a few days on the west side of Traverse Bay Road close to Highway 11, and they can be found in many locations in the sandy

soil of the Belair Forest. At press time there were none, but by next week, given the milder weather in the forecast, they can be expected to be poking their heads through the soil.

Strictly speaking the Manitoba Crocus is not a crocus at all. It is an anemone. It was called a crocus by early European settlers because it looked like the crocuses of Europe - and it is not really a Manitoba flower. It is found throughout the Northern Hemisphere, but is not common in Europe. In North America it thrives from the Yukon to Mexico. Because of the nature of the soil, the Belair Forest is about as far north as it is found on this side of Lake Winnipeg. The Manitoba

Crocus so called because the provincial legislature designated it the Manitoba Provincial Flower in 1905. It is South Dakota's state flower. In the United States it is often called the Pascal Flower because it blooms around Easter time.

Not only is the Manitoba Crocus not a crocus and not an exclusively or even mainly a Manitoba flower, it does not have any petals. What appear to be petals are actually sepals, this is the name given to the green part of a bud that opens to reveal the petals.

The Manitoba Crocus is usually found on south facing slopes. Its flower is covered with hair to preserve heat and it is shaped so that the temperature inside the

flower can be 10 degrees Celsius warmer than outside. Leaves do not emerge until after the flower has died off. Seeds ripen in late summer and are equipped with feathery appendages that allow them to be transported by wind.

The plant has an extensive root system that has a symbiotic relationship with fungus in the soil. For this reason it is usually difficult to transplant and anyone wanting it to be the first plant in the garden is advised to harvest, or purchase, the seeds. It will be three years before the new plant flowers and then is likely to produce only a single flower, however, after another two years it may be producing twenty or thirty flowers.



# Community

## Wings of Power News

### Your Questions Answered & Your Chance to Win!!!

**By Debbie Lackman**  
 Do you know what happens at Wings of Power? Have you always wondered what goes on "there?" Do you know that we have FREE computer and internet access for the general public? Have you ever asked "What is Theresa House and how is it associated with Wings?" Or "What is the Helping Hands pro-

gram?" Do you wonder what kind of parenting programs are offered at Wings or if the programs are for all families? Did you know the store is open daily or that you can drop in anytime for coffee or a friendly conversation? Are you a "soon to be" or "new" parent who would like support or a group network? We've got all this, the rest of your answers and more! And

the best part is you can win just for stopping in to check us out. In fact, all you have to do is just fill out one of the ballots at Wings and you will be entered to win a prize from one of our local businesses. We've been making

changes at Wings of Power. Whether you've never been in to see us before, or you are a returning friend, stop in and see what we've been up to. It doesn't get any easier than that! So come on in, take a look around, and have your

questions answered. We're open Monday to Friday (10:00 to 4:00, closed from noon till 1:00). We're here to serve and support the Blue Water District and we're here for you!

## News from the Pine Falls Preschool

Another month has past and a new month is upon us. February was filled with lots of feelings due to our themes of emotions and Valentine's. The children did an excellent job labelling different kinds

of emotions and our Valentine's get-together was filled with lots of Valentine's cards. I'd like to thank all the children for the Valentine's cards and the gifts that I received. Also a big thank you to all the parents who

brought in yummy cupcakes for us to share. The last two weeks in February was spent talking about, singing about and doing crafts about space. We learnt a lot about our solar system, along with pretending to walk on the moon.

This month's themes are shapes and St. Patrick's day. We will be learning all about the different shapes and about the story behind St. Patrick's day.

Scholastic book orders are due on March 20th. Not only do you get good quality books for your child, but you help the preschool acquire free books for our library for all the children to enjoy.

Our latest fundraiser has begun, we will be selling Tupperware. Orders are due back on March 23/24th. If anyone is interested in purchasing some Tupperware, all our preschool children's parents will be happy to assist you. Just a reminder to everyone that we are a non-profit organization and we rely on the generosity of our community members for successful fundraisers. Thank you everyone in advance for your generosity.

Dates to remember:  
 M a r c h  
 8th.....Daylight saving time  
 March 17th.....St. Patrick's Day (wear green)  
 March 20th.....First day of Spring  
 March 30th to April 5th.....Spring Break (classes resume on April 6th)

The weather seems to be warming up a little, so I'd like to remind parents to start bringing proper outdoor wear for your child in case we go play outside.

Until next month,  
 Nancy Windsor



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

### POSTE PERMARENT POUR LE BUREAU

La ville de Powerview-Pinefalls est à la recherche d'un poste permanent pour le bureau.

Le poste est de 35 heures par semaine. L'expérience dans le domaine de la paie et être bilingue seraient des atouts. Les tâches comprennent, mais ne sont pas limitées, à la paie, au service à la clientèle, au traitement de texte, au classement, aux commandes, etc.

Les personnes intéressées sont invitées de soumettre leur curriculum vitae (y inclure votre éducation et vos expériences de travail) au bureau de la municipalité à CP 220, Powerview, MB R0E 1P0 ou au 277B rue Centrale, Powerview, entre les heures de 8h30 et 16h30 du lundi au vendredi. Si vous avez des questions, prière de



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 P.O. Box 220, Powerview, MB R0E 1P0  
 www.powerview-pinefalls.com muncinfo@mts.net  
 Telephone: 204-367-8483 Fax: 204-367-4747

### PERMANENT OFFICE POSITION

Applications are now being accepted for a Permanent Office Position with the Town of Powerview-Pine Falls.

The position offers thirty-five hours per week (35). Payroll experience would be considered an asset. Bilingualism would also be an asset. Duties to include but are not limited to payroll, customer service, general typing, filing, ordering supplies and stationery, etc.

Interested individuals are asked to submit a resume with a list of education and experience to the Municipal Office at Box 220, Powerview, MB R0E 1P0 or drop off at 277B Main Street, Powerview, between 8:30 am to 4:30 pm Monday to Friday. Questions may be directed to the Chief Administrative Officer Marlene Watson @ 367-8483, or email: caozvdf@mts.net

Closing date to receive applications is **March 31, 2009 at Noon**. Salary per the IUOE Local 987 Collective Agreement. The successful applicant will be required to submit a criminal record check.

**Stephen Kulyk**  
 Certified Financial Planner  
 2 McDougall Avenue St. Georges, MB  
 Telephone: (204) 367-9572 Toll Free: (888) 665-0649  
 www.stephenkulyk.ca

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### PUBLIC NOTICE CALL FOR OFFERS TO PURCHASE

#### SALE OF PROPERTY Lot 27 Plan 33570 fronting PTH #11

Council for the Town of Powerview-Pine Falls is providing notice of intention to sell Lot 27 of Plan 33570 fronting PTH #11.

**Property features:**  
 • Zoned "CC" Central Commercial Zone  
 • 3.32 acres  
 • accessible to water services and low pressure sewer services

Zoning text identifying permitted uses, and a map can be obtained at the Municipal Office between the hours of 8:30 a.m. and 4:30 p.m. Monday to Friday situated at 277B Main Street in Powerview, Manitoba.

Offers to purchase will be accepted until **Noon on Friday, April 10, 2009**, and must be in a sealed envelope marked "Lot 27" on the outside of the envelope. Sealed Offers will be opened at 6:30 p.m. during the regular meeting of Council scheduled for Tuesday, April 14, 2009.

A reserve bid of Fifty Thousand Dollars (\$50,000.00) will be submitted by the Town.

Inquiries may be directed to the Chief Administrative Officer, Town of Powerview-Pine Falls, Box 220, POWERVIEW MB R0E 1P0; phone: 367-8483; email: caozvdf@mts.net

# Sports/Recreation

## Health Corner

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

NEHA Ask your Primary Health Care Provider

### Colorectal Cancer Awareness

Colorectal cancer is the third most common cancer in Manitoba. In a year, over 800 men and women will be diagnosed with colorectal cancer and about 350 people will die from the disease. Most cases occur in people over the age of 50, but it is possible to develop the disease at an earlier age.

The colon and rectum make up the large intestine and are the last part of the digestive system. The food that you eat ends up in the large intestine. When entering the large intestine, water and some nutrients are used by the body to keep it healthy and working. Waste is left behind and passes through the rest of the large intestine before leaving the body. Most colorectal cancers start in the cells that line the inside of the colon or the rectum. These cancer cells begin to multiply out of control and form tumors.

Colorectal cancer is a disease that usually grows slowly, almost always arising from benign growths called adenomas, or polyps. If these growths are detected early and removed, the disease is very treatable, curable and even preventable. A screening test can detect changes in the colon that can be treated before the become cancer. Colorectal cancer screening means checking for the disease as a part of routine medical care when there are no symptoms present. It is recommended that men and women age 50 and over have a fecal occult blood test (FOBT) at least every 2 years. FOBT testing helps identify polyps before they become cancerous.

Colorectal cancer may not cause any signs or symptoms in its early stages because the lower abdomen has lots of room for a tumor to grow and expand. Symptoms often appear once the tumor causes bleeding or blocks the bowel. Possible symptoms may include: rec-

tal bleeding or any sign of blood after bowel movements (blood that is either bright red or very dark in the stool); or a persistent change in bowel habits such as, diarrhea or constipation for more than a few weeks, or feeling that the bowel does not empty completely, or stools that are narrower than usual; general abdomen discomfort associated with frequent gas pains, bloating, fullness or cramps; unexplained weight loss; feeling very tired; nausea or vomiting. Other health problems can cause some of the same symptoms. For example having blood in the stool doesn't always mean that you have cancer. Blood in your stool may come from the colon or from other parts of the digestive tract, such as stomach or anus. Testing is needed to make a diagnosis.

There is no single cause of colorectal cancer, but some factors appear to increase the risk of developing the disease: Age (Particularly after 50); polyps that are small growths on the inner wall of the colon or rectum; family history of colorectal cancer, especially if the relative (parent, sibling, child) developed colorectal cancer before the age of 45; having familial adenomatous polyposis (FAP) or hereditary nonpolyposis colon cancer (HNPCC); inflammatory bowel disease - Ulcerative colitis or Crohn's disease; high fat diet; alcohol consumption; smoking; physical inactivity; obesity; ethnic background - people of Ashkenazi (Eastern European Jewish) descent. Some people develop colorectal cancer without any of these risk factors.

Researchers are also looking at how diet affects the risk of developing colorectal cancer. A diet high in vegetables and fruit is known to lower risk. A diet high in fiber and low in animal fats also seems to decrease risk, but more research is necessary to be sure.

You can't change some of the risk factors for colorectal cancer, such as your age and your family's medical history. But, if you are worried

about your risk, current research tells us that by having a healthy lifestyle you may be able to change other factors. It is not always easy to make healthy choices and there is no guarantee that you won't develop colorectal cancer. But you will be doing what you can to reduce your risk.

#### Reduce your risk:

- Be physically active. Physical activity increases the rate at which the body's wastes pass through the colon. This reduces your exposure to cancer causing substances within the wastes.
- Maintain a healthy body weight. Being obese raises your risk of colorectal cancer.
- Eat a variety of healthy foods. Evidence is growing that what you eat affects your risk of developing colorectal cancer. Avoid eating processed meats (meat that is preserved by smoking, curing, salting or adding other chemical preservatives). Also, limit how much red meat you eat. Eat smaller portions of beef, pork and lamb and choose alternatives to meat such as dried beans or peas more often. It is also recommended to eat foods high in fiber. You can boost the fiber in your meals by eating breads, cereals, rice and pasta made from whole grains more often. Balancing your meals to include vegetables and fruit are also a good source of prevention. Another source to prevent the disease is garlic. Garlic belongs to the allium family of vegetables and there is evidence that it may reduce your risk. Finally, drink milk and it is likely the calcium in milk that helps reduce your risk, but other elements in milk may play a role. There is also some evidence that having enough vitamins and minerals such as calcium, vitamin D, selenium and in some cases folate, also helps reduce

- your risk.
- Limit how much alcohol you drink. Studies show that drinking even low amounts of alcohol increases your risk of colorectal cancer.
- Live smoke-free. Studies

have shown that smoking can cause colorectal cancer.  
**Submitted By: Laura Gmlterek**  
**Source: Canadian Cancer Society & CancerCare Manitoba.**

### Employment Opportunity

#### Government of Manitoba

Staff Nurse - 4 positions - NNI,  
 1 Regular, 3 Part Time Term (renewable), Manitoba Justice, Milner Ridge Correctional Centre, Beausejour  
 Advertisement No.: 20602  
 Salary Range: \$62,525 - \$73,711 per year  
 (\$29.96 - \$35.32 hourly)  
 Closing Date: Open until filled

This unique opportunity will be of interest to a dynamic and broadly-experienced nurse who would like to become a member of a professional medical unit that provides assessment and treatment to clients within a correctional environment.

Qualifications: Registration with the College of Registered Nurses or the College of Registered Psychiatric Nurses of Manitoba with related healthcare experience. Excellent teamwork/interpersonal skills to ensure a high standard of health care. Able to work independently and make decisions based on sound clinical assessment skills. Experience/ability providing health education on an individual and group basis. Experience in crisis intervention, emergencies and psychiatric services preferred. Experience in a similar environment, northern communities, emergency rooms, public health, psychiatric or community medical services, and experience/knowledge of communicable disease issues and addictions are assets. Knowledge of Aboriginal culture, traditions and spirituality will be considered an asset. The successful candidate will be subject to security checks including a Criminal Record Check and Child Abuse Registry Check.

Candidates who are qualified Licensed Practical Nurses may be considered at an under-fill level.

Please provide a photocopy of your Standard First Aid, Level C CPR and current College Registration.

Your cover letter and resume must clearly indicate how you meet the qualifications.

Duties: The staff nurse addresses acute and chronic health care needs of inmates including health stabilization. Provides nursing and treatment delivery including assessments, examinations, administering of medication and treatment of illness/injuries. This challenging and rewarding position provides a great opportunity for a unique and interesting career in nursing, and may lead to further career opportunities. As a member of the medical team, the incumbent must be able to work independently without direct supervision. Reasonable weekend and shift work is required. There is the possibility of additional shifts on an "as, if and when required basis" for part-time term positions.

A six month Eligibility list may be established.

Apply to:  
 Manitoba Justice  
 Human Resource Services  
 1130 - 405 Broadway  
 Winnipeg MB R3C 3L6  
 Fax: (204) 945-3764  
 Email: hrsjus@gov.mb.ca

We thank all who apply and advise that only those selected for further consideration will be contacted.

Employment Equity is a factor in selection. Applicants are requested to indicate in their covering letter or resume if they are from any of the following groups: women, Aboriginal, visible minorities and persons with disabilities.



## 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  
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 367-2282

### SPRING ACTIVITIES

**Lacrosse**  
Registration will be held  
March 18 & 19 @ 6-8PM  
March 23, 24, 25 @ 6-8PM  
At the Sagkeeng Arena  
Novice (9/10)  
PeeWee (11/12)  
Bantam (13/14)  
Midget (15/16)

### Card Making

Saturday, March 21  
Pine Falls School, Rec Office  
10:00 AM - 4:00 PM  
Create 21 different cards for \$32.00  
Supplies all included.  
To register call Kelly Murray 635-2396

### Interior Design 101

Osis Building Supplies,  
Powerview  
Saturday, May 9  
9:00 AM - 1:00 PM  
\$40.00 Per person  
Maximum of 24 participants.  
Purchase tickets at Osis Building Supplies  
367-367-9663 or Pineview Rec Office 367-9142.

### Introduction to Creative Writing

Library Allard, St. Georges  
\$80.00 per person  
Participants: 6 (minimum)-12 (maximum)  
Instructor: Donna Besel  
Dates to be confirmed.  
Do you like to write? Feel a need to express Yourself clearly? Find encouragement, fun and inspiration in a creative writing classes.  
To register contact Library Allard 367-8443 or Pineview Rec Office 367-9142

### Pine Falls Golf Memberships

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

### Swimming Program

Registration will be April 7th @ Pine Falls School.

### Soccer

Soccer Board Meeting  
Wednesday, March 19, 2009  
Pine Falls School, Rec Office  
6:00 PM  
To all interested in helping organize this years soccer program. Registration for soccer will be April 7th.

### Softball

Registration will be April 7th @ Pine Falls School

### Phat Camp

Registration will be April 7th @ Pine Falls School

### 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

### 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

#### SPRING BREAK

**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

### 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

### ADULT LEAGUES

**Adult Bowling League**  
Pine Falls Bowling Alley  
Tuesday's & Thursdays @ 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 & Thursdays @ 1 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

#### Writing Group

Every 4th Monday of the Month  
1:00 PM

#### 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.seniorsceneinc.com

### FOR ALL AGES

#### Hall Walking Club

Walter Whyte 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

Partyfest Apalooza  
March 19, 2009

### Powerview School Auditorium

Doors open 7:00 PM.  
\$5.00 Per person  
Featuring The Division Slaves, The Nasties, Proximity & Element 33

### Victoria Beach Kids Carnival

March 21th @ Elk Island  
10:00 AM - 4:30 PM  
Free to Members/\$5 Per Person Non Members  
Family Membership \$35.00  
Everyone Welcome. Kids events are outside and include 3 legged race, snow shoe race, egg & spoon, snow snake hunt, frozen fish toss plus kids poker derby & snow cross course. Burgers & dogs available all day. Hosted by the Victoria Beach Snowdrifters Snowmobile Club.

### Victoria Beach Drama Club

#### Presents

The Hysterical History of the Trojan War  
Victoria Beach Sports Club  
June 13, 2009  
\$30.00 Per person  
Includes a catered traditional Greek dinner.  
Cocktails 5:30PM/Dinner 6:00 PM  
Advance tickets only. For tickets call Tannis 756-3474

### 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

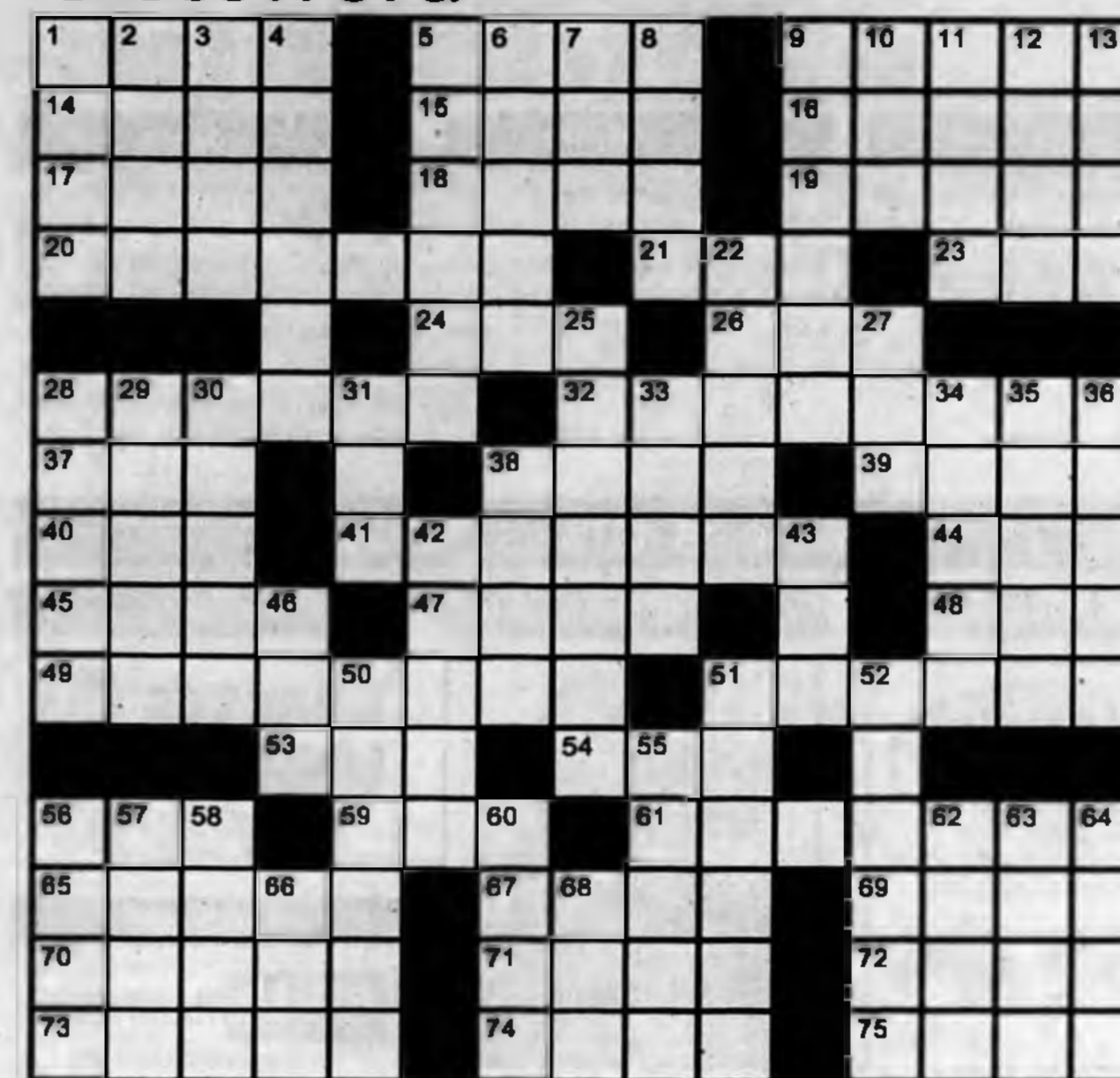
#### Beaches Library

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



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### Across

- Ponder
- Hourglass contents
- Erupt
- Summit
- Diva's solo
- Satire
- Kind of cheese
- Electrical unit
- Meddle

### Down

- Do
- Deuce
- Acorn tree
- Sphere
- Incarnation
- Mixed
- Top part of an apron
- Very dry, (wine)
- Adjutant

### Across

- Hearty brew
- Listlessness
- Egyptian boy king
- Blemish
- Debatable
- High card
- N. American larch
- Nook
- Affirmative
- Female sheep

- Epoch
- Cobra
- Infinite
- Nearby
- Bookie's quote
- Wight, for one
- Spring Month
- Child's building block
- Box lightly
- Impoverished
- Pitcher
- Ballyhoo

- Modern sing-along
- Lingerie item
- To the rear
- Pancho
- Crosswise, on deck
- Shoot for
- Legal action
- Giant
- Draw out
- Discourage
- Alliance
- Compile
- Self-importance
- Direction
- In truth
- Bleep out
- Really enjoy
- Golf tool
- Flair
- 1948 Hitchcock thriller
- Farm division
- North
- Catch sight of
- Openhanded blow
- Arid
- Assist
- Morning moisture

### Down

- Wise Men
- reflection
- Place to sit
- Magnitude
- Rescuer
- Bouquet
- Zilch
- Computer info
- Cafe
- Vase
- canal
- Falling flakes
- Misprint
- Charges

## Last Week's Answers



## CRYPTIC PUZZLE



UQFD NX BTWP YMFY DTZ JSOTD ITNSL KTW

STYMNSL

- JAFS JXFW

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

I LIKE PIGS. DOGS LOOK UP TO US. CATS LOOK DOWN ON US. PIGS TREAT US AS EQUALS. -SIR WINSTON CHURCHILL

## Weekly Horoscopes

March 5 - March 18, 2009

**ARIES** (Mar. 21 - April 20) Don't overload your plate. Family get-togethers will be interesting. Look into ways that you can make extra cash. You may want to get involved in some kind of creative group.

**TAURUS** (Apr. 21 - May 21) Moves or the possibility of having someone different living with you may be difficult at first. Be diplomatic but stern. Avoid boredom by being creative in your endeavors. You will do your best work on your own.

**GEMINI** (May 22 - June 21) Children's needs could be more costly than you anticipated. You can pick up information that will give you an edge. Taking on too much won't help the situation. Get involved in a competitive sport that will bring the challenges you thrive on.

**CANCER** (June 22 - July 22) It might be best not to spend your money on luxuries this week. Your personal partner may be less than willing to accommodate you this week. You can make reasonable bids on real estate or large items for your home. Plan to get out and do a bit of travel.

**LEO** (July 23 - Aug 22) You have more than enough on your plate already. Leave things as they are for the moment and focus on reaching your highest potential at work. Financial investments that deal with joint money can be extremely prosperous. You may want to take a trip; however, before you do, make sure that your car is serviced properly.

**VIRGO** (Aug. 23 - Sept. 23) You will find that uncertain individuals will want to draw you into joint ventures. Someone you live with may feel totally neglected. Your compassion will be appreciated more than you can imagine. Don't count on your friends to be loyal when it comes to doing things.

**LIBRA** (Sept. 24 - Oct. 23) You will inspire confidence in others. Travel will be favorable. Don't believe everything you hear. Talk about your intentions and confirm that you both feel the same way.

**SCORPIO** (Oct. 24 - Nov. 22) Don't upset elders in your family who don't understand your present situation. You will find the excitement gratifying. Curb or cut out that bad habit you've been meaning to do something about. Concentrate on your career and on making money.

**SAGITARIUS** (Nov. 23 - Dec 21) You can expect to have a passionate time if you go out with someone you are romantically interested in. Mingle with those who can help you get ahead. Opportunities will unfold; however, you must be willing to pay the price. Your pilgrimage may end up being fruitless.

**CAPRICORN** (Dec 22 - Jan. 20) Get involved in volunteer work that will bring you satisfaction, not an empty wallet. You can open up to your mate and let them know what you expect out of this relationship. Don't let domestic problems interfere with your objectives. Enjoy some socializing this week.

**AQUARIUS** (Jan. 21 - Feb. 19) Conflicts over joint finances are likely. Your tendency to vacillate will drive everyone crazy. In-laws or older individuals may give you a bit of a hard time this week. You will be emotional about family matters.

**PISCES** (Feb. 20 - Mar. 20) Avoid being overly opinionated or you will alienate friends. Your energetic nature and ability to initiate projects will add to your popularity. You are best to avoid confrontations. You will be full of energy and you need to find something constructive to do.

## SPRING/SUMMER REGISTRATION

APRIL 7<sup>TH</sup>  
PINE FALLS SCHOOL  
6-8PM

Registration and Information for:  
Soccer, Softball, Dance, Swimming,  
Baby Sitting Course, Phat Camp,  
2010 Pre-School Programs  
for more info contact  
Pineview Rec Office 367-9142

# Classifieds

**Card of thanks**  
The family of Greta Malo would like to extend a heartfelt thank you to everyone who expressed their sympathy by bringing food, cards, flowers and being with the family during this sorrowful time. Every gesture of kindness was greatly appreciated.

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

**Help Wanted**  
Part-time, summer staff wanted for Rapid Water Convenience Store. Please drop off resume at Place McDougall in St. Georges. 2wb-2 inv

**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

**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

**Clarks Corner**  
Cooking Position Available 10am-6pm 4 days per week Competitive wages Apply in person or email resume to ccorner@mts.net

**Business Classifieds**

**ATV/Motor Cycles**  
St. Croix Cycle  
ALL TERRAIN MOTORCYCLES & POWER PRODUCTS  
May 11  
367-2218

**Computer/Networking**  
GREAT WHYTE NORTH COMPUTER SERVICES  
367-2218

**Grocery**  
Dancy's FOODS  
367-2252

**Hardware**  
RONA HARDWARE  
367-2380

**Automotive**  
Custom Services  
345-6363

**Concrete/Excavating**  
A.M.L.  
345-8454

**Hotel/Restaurant**  
Manitou Lodge  
367-2261

**Hotel/Restaurant**  
Papertown Motor Inn  
367-2261

**Hotel/Restaurant**  
Pine Falls Service Centre  
367-8803

**Hotel/Restaurant**  
Broadlands Mall  
367-4484

**Hotel/Restaurant**  
Clark's Corner  
367-4411

**Hotel/Restaurant**  
Powerview Agencies  
367-4455

## Business Classifieds

**Automotive**  
powerfalls AUTO BODY  
367-2577

**Financial**  
Caisse  
367-8288

**Furniture**  
DAVE'S FURNITURE & APPLIANCES  
367-2460

**Gift Shop**  
Flora Treck  
756-8184

**Gift Shop**  
Veranda GIFT SHOP  
756-8184

**Computer Networking**  
MAC Business PC SERVICES  
345-6576

**Bakery**  
Sunrise Bakery  
367-8818

**Building Supplies**  
Rapid Water Deli  
367-2218

**Catering**  
Sunrise Bakery  
367-8818

**Insurance**  
Powerview Agencies  
367-4455

**Hotel/Restaurant**  
BIRCHWOOD MOTOR HOTEL  
756-2596

**Hotel/Restaurant**  
Clark's Corner  
367-4411

**Hotel/Restaurant**  
Powerview Agencies  
367-4455

**Hotel/Restaurant**  
Broadlands Mall  
367-4484

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Powerview Agencies  
367-4455

**Sunrise School Division STAFF VACANCY**

**POSITION:** 0.75 f.t.e. CLEANER (6 hours daily)

**CURRENT LOCATION:** Ecole Powerview School, Powerview MB

**DUTIES:**

- All fire prevention and safety regulations must be followed
- Ordering of supplies and materials through the Maintenance Manager
- To do major cleaning during Summer and Christmas break
- Other related duties as may be assigned by the Maintenance Manager
- Ability to maintain confidentiality

**TIME EMPLOYED:** 12 months/year, Monday to Friday (4:00-10:30 pm) except during school closures i.e. Spring Break, Summer Break, Christmas Break

**EFFECTIVE DATE:** As soon as can be arranged

**QUALIFICATIONS:** Must have minimum Grade 10 or equivalent, be familiar with the requirements of the W.H.M.I.S. Regulations, good communication skills, and be able to interact with students, staff and general public in a friendly and courteous manner.

For more information, please contact Mr. Derrick Ryback, Maintenance Manager at 268-6528.

**SALARY:** \$13.39/hr (as per C.U.P.E. 1618 Collective Agreement)

Interested candidates must apply with resume of related qualifications, experience and skills to:

Assistant Superintendent: People Services  
Box 1206, 344-2<sup>nd</sup> Street North  
Beausejour MB R0E 0C0  
Fax: (204) 268-6545  
Email: j.baker@sunrisesd.ca

on or before 3:30 p.m. Tuesday, March 31, 2009

It is a requirement for all new employees to provide a current Criminal Record Check and agree to a Child Abuse Registry Check. All applications are welcome; however, only candidates selected for interviews will be contacted.

**We Need Your Help...**

We want to provide more complete coverage of local sporting events. Please help us out by letting us know if there are any events you would like to see covered. Simply give us a call, send us a fax or drop us an email and we'll do our best to get out to cover your event!

**The Echo**  
20, St. Georges, Winnipeg, R0E 1V0  
Phone: 204-367-9488 • Fax: 204-367-9874

**The Echo**  
20, St. Georges, Winnipeg, R0E 1V0  
Phone: 204-367-9488 • Fax: 204-367-9874

# Classifieds

**Hotel/Restaurant** **Medical/Dental** **Medical/Dental** **Memorials** **Printing**

**The Lakeview STEAKHOUSE**  
57 Park Avenue, Lac du Bonnet, Phone 345-8881  
Every Friday & Saturday  
**Steak Dinner Special**  
CHINESE AVAILABLE  
Casey's MOTOR INN  
345-6294

**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**

**STEWARTS MEMORIALS**  
Lac du Bonnet 345-2644

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

**For All Your Printing Needs**

- Social Tickets
- Raffle Tickets
- Business Forms
- Wedding Invitations
- Envelopes
- Letterhead
- Cheques

**The Echo**  
Box 40, St. Georges, Manitoba R0E 1V0  
Place McDougall, St. Georges  
email: incho@mts.net  
Phone: 204-367-9488 • Fax: 204-367-9874

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

**DR. ARNOLD ANDERSON**  
LAB ON SITE  
Optometrist  
Contact Lenses and Eyeglass Fittings  
**MANITOU LODGE PINE FALLS**  
**367-2390**  
Monday - Friday 9:00 a.m. - 12:30 p.m.  
1:30 p.m. - 5:00 p.m.  
Closed Lunch Hou  
Examinations done on Thursday

**Blue Water Physiotherapy**  
Phone: 367-2537  
Please call for an Appointment

- Work and Sports Injuries
- Neck and Back Pain
- Acupuncture
- Orthotics
- Manual Therapy

Located on Highway #11 in Powerview  
**Celeste Basson**  
B.ScPT, C.AFC

**Pawn Shop**

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

**For the Best Rates for Long-term Advertising**

**The Echo Business Classifieds**  
**367-9488**

**Real Estate**

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

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

**Powerview Dental Centre**  
277A Main Street, Powerview  
Hwy. 11 - Municipal Building  
Monday - Friday 9:30 a.m. to 4:30 p.m.

**Dr. Mark Karga**  
**Dr. David Kindrat**  
**Dr. Drew Dear**  
**Dr. Beth Cowie**

Emergency Care  
New patients welcome  
**367-2815**

**Pharmacy**

**TRY YOUR DRUGSTORE first**

**PINE PHARMACY**  
Open Monday to Saturday 9:30 a.m. to 5:30 p.m.  
**367-2611**  
**DISPENSARY**  
**367-2517**

**Ateah Realty Ltd**  
Professional Service  
Professional Results  
Toll Free 1-866-755-5406  
Residential, Commercial, Industrial, Land  
Winnipeg, Manitoba  
204-756-3149  
www.ateahrealty.com

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

**For the Best Rates for Long-term Advertising**

**The Echo Business Directory**  
**367-9468**

**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

**Insulation**

**O'HANLEY INSULATORS**  
Blow In Cellulose Insulation  
Free Estimate Messages  
Call Charles 367-4411  
367-1578 Cell: 266-9193  
ohanley-insulators@hotmail.com

**Jon. O. Phillips, RMT**  
Registered Massage Therapist (MTAM)  
CLINIC LOCATIONS:  
*Through the Arbour* 188 Pine Street, Pine Falls (204) 867-2141  
*Revitalize Soul Spa* 225 Clondeboye Ave. Selkirk (204) 785-8922  
Direct billing available to Blue Cross & Great West Life

**For All your Real Estate Needs! CONTACT Century 21 Sun Country Realty**  
Our Real Estate Professionals Look forward to Working with You!  
Call 1-800-854-8148  
345-2121 / 268-2011  
Email c21sum@mts.net  
www.century21suncountry.com

**Insurance**

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

**Your Ad Here**

**Windows**

**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 showplace 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  
8c Stewart at  
**NISSBY WINDOW & DOOR**  
**1-800-582-5488**  
www.nissby.mb.ca

**Your Ad Here**

**Your Ad Here**

# TRY YOUR DRUGSTORE

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

# first

*This week's Special*  
**Encounter brand**  
**Allergy formula**

**\$2.99**

12-24s

Sale on March 16th to March 21st



# PINE PHARMACY

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

**DISPENSARY**

**367-2611**

**367-2517**