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COMMENT

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\$1.00 tax included  
April 22, 2009  
Volume 2, No. 45  
**The Winnipeg  
River**

# Echo

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

## 500 Show Up at Lac du Bonnet Water Supply Meeting

By Charles Norman

More than five hundred people showed up at a meeting in the Lac du Bonnet Community Centre to hear an Ontario engineer, Robert Walton, talk about how Oxford County, 150 km west of Toronto, had merged 19 different water systems and nine wastewater treatment systems under one organization serving 76,000 people.

The Meeting was organized by Ted Mathers of Lac du Bonnet who feels strongly that having four or five water delivery systems in the Pine Falls to Whitemouth area is not financially sustainable. He believes that the lowest "lifecycle cost" system would be one using the existing La du Bonnet water treatment plant with pipelines from Lac du Bonnet to Whitemouth and Pine Falls.

Walton described how Oxford County had been given responsibility for the water and sewage of the local communities within the county, and how they had begun to coordinate sewer and water delivery for the 19 coops and municipalities in the region before the Walkerton tragedy, and how that tragedy had given additional impetus to the amalgamation.

Walton made an excellent

case for the coordination of a variety of different systems, from a simple system with a well delivering untreated water to a few homes to water supply systems for towns, e.g. Woodstock, within the county. He discussed costing, capital and operating costs and how to incorporate those into the determination of local billing rates.

In essence he made a very good case for the amalgamation of community water and sewage systems into one.

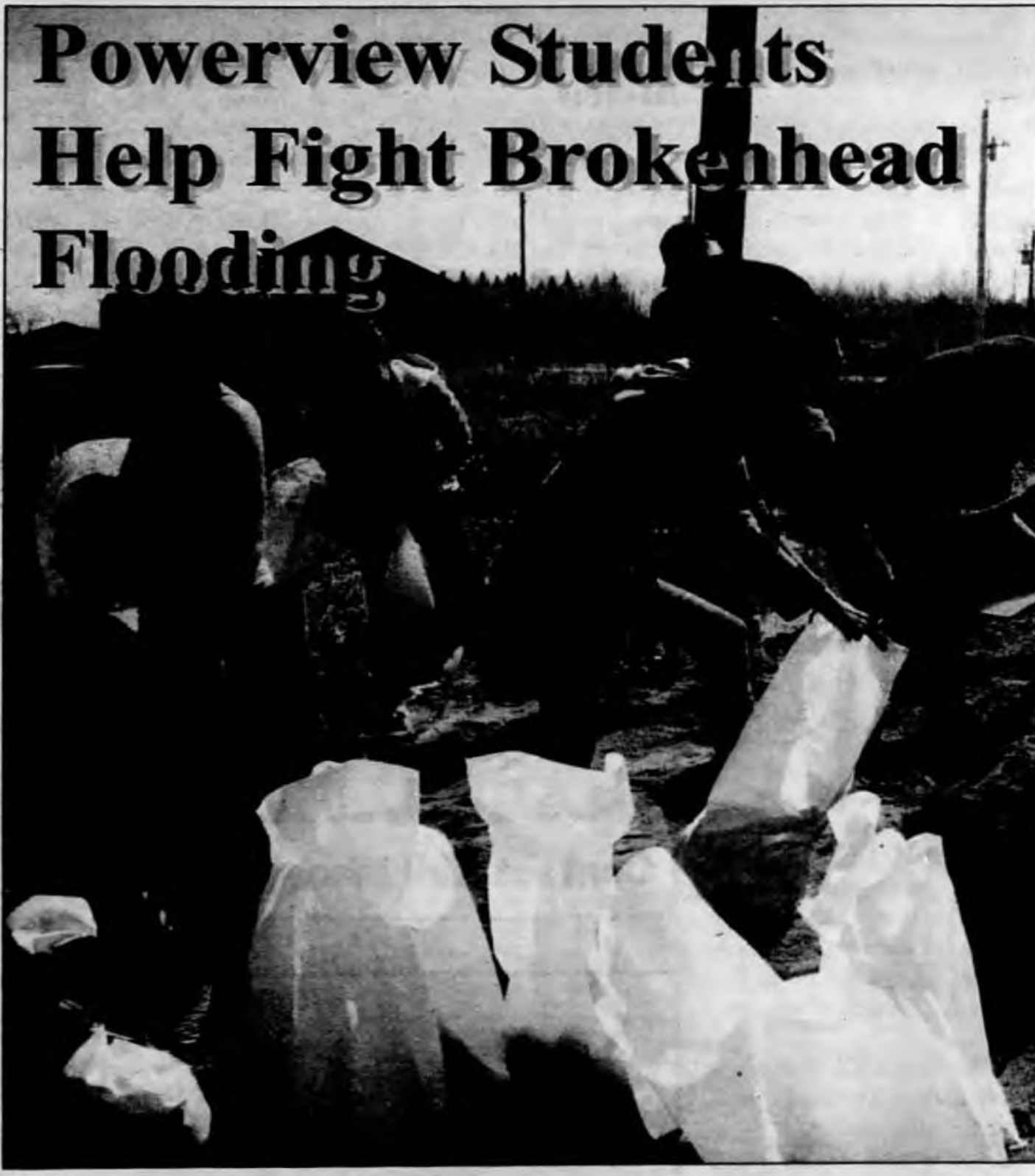
However, there are several differences between Oxford County Ontario, and the Whitemouth- Pine Falls region in Manitoba.

Oxford County had the authority to unify the multiplicity of systems to start with. There is no organization responsible for the forming of a coordinated system in the five municipalities in this area.

All water supplies in Oxford County were groundwater, supplied by wells. None of them used surface water. While some of their well water systems required treatment, none of them required the level of treatment required by river water.

The area was substantially smaller than this area, 500,000 acres, about 80 square miles, and served

Continued on page 3



A busload of eager high school students contributed to citizenship goals last week when they helped the flood effort by sandbagging in the Brokenhead area. The sandbagging effort is part of a larger initiative with the goal of educating students on the importance of citizenship the "larger community." For more on this, please see page 6.



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# Powerview RCMP Press Report

## NEWS REPORT April 10th to April 19th, 2009

**REMINDER:** Powerview Detachment does not issue incident numbers to complainants for the loss/theft of prescription drugs.

2009/04/10

**POWERVIEW** - investigation continues into a report of a youth being assaulted. Child and Family Service was also contacted in the incident.

**HILLSIDE BEACH** - Police responded to a complaint of youth with a firearm on the roadside. Upon arrival police did not locate anyone matching the description or any firearms left behind in the vicinity.

**FORT ALEXANDER** - a residence was attended by police when an emotionally unstable male began throwing items in the home. Upon arrival the situation had stabilized and the man was leaving the premises. No charges were laid in the incident.

2009/04/11

**WALLACE LAKE** - police attended to multiple break, enter and thefts at cottage's in this area. Approximately 9 properties were entered and numerous items taken. Investigation continues.

**BELAIR** - 3 cottages were attended by police due to break and enters. Investigation continues.

**STEAD** - an overdue traveller was located and the family advised by police.

2009/04/12

**HOLLOW WATER** - 1 male was remanded into custody by police and transported to Provincial Remand Center. The man was charged with a spousal assault and also had outstanding warrants. Investigations continue.

**FORT ALEXANDER** - a female youth was treated for a minor injury at local hospital and released. The youth was assaulted by an adult relative in the incident. Investigation continues.

2009/04/13

**FORT ALEXANDER** - a spousal assault resulted in 1 male being apprehended and charges laid by police. Alcohol was involved in the incident.

2009/04/14

**PINE FALLS** - police intervened and verbally warned a male for making continuous phone calls to an ex spouse. Both parties were advised to seek legal counsel regarding a custody issue of the children.

- a complaint of a vehicle being taken without the owners consent was made to police. The vehicle was recovered but involved in a motor vehicle accident in the interim. Investigation continues.

2009/04/15

**RM ALEXANDER** - a residence was entered and a female assaulted by an ex spouse. The man was not located by police and remains at large. Investigations continue.

- police also contacted Transportation Services due to a complaint of flood water on Highway 59 near 11.

2009/04/16

**FORT ALEXANDER** - intervention in a domestic matter was made by police to keep the peace and reduce any further problems. Child and Family Services were contacted and assisted. Both parties involved were also referred to legal counsel.

- police continue to investigate a sexual assault of a youth.

2009/04/17

**304 HIGHWAY NORTH** - an extremely intoxicated male was apprehended and lodged in cells until sober. The man had been wandering down the highway and setting small brush fires off the shoulders. No charges were laid in the incident and a Transportation Services crew extinguished all of the fires while they were in the area.

2009/04/17

**BLACK RIVER** - a spousal assault resulted in 1 male being finally located by police and charged accordingly. The male was later transported to Provincial Remand Center in Winnipeg. A female was taken to hospital by the local band constable and later released.

**MANIGOTAGAN** - a break, enter and theft at a residence resulted in several bottles of alcohol taken. A suspect was identified in the incident. Investigation continues.

**RM ALEXANDER** - investigation continues into threats being uttered.

**PINE FALLS** - an underage youth was returned to a relatives' by police after accidentally being locked out of a residence.

2009/04/18

**FORT ALEXANDER** - a missing youth has not yet been located by police. The youth is suspected to be at a relatives in the vicinity.

**BELAIR** - a break, enter and theft at a shed resulted in a green 2006 Polaris Sportsman ATV being stolen.

2009/04/19

**TRAVERSE BAY** - police attended again 3 break, enter and thefts at 3 cottages on Martin Drive.

**FORT ALEXANDER** - investigations continues into 3 assaults. Minor injuries were sustained in all 3.

- a complaint of threats being uttered remains under investigation. The incident was the result of a previous assault.

**SUMMARY:**

- Police also attended to:**  
 6 False 911 calls  
 8 Alarms  
 2 Assistance to other Police Agencies/Service of Documents  
 6 Common Offence Notices (HTA/Liquor)  
 1 Coroners Act  
 1 Impaired Driving/Refusal of Breathalyzer  
 7 Intoxicated Persons Detention Act/Disturb Peace  
 3 Mental Health Act Transport  
 3 Noise By Laws/Complaints  
 10 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.**

**WEDDINGS - ANNIVERSARIES - BANQUETS  
 RETIREMENTS - MEETINGS, ETC.**  
 at the **GREAT FALLS COMMUNITY HALL**  
 Contact Hall Manager 367-2998

**TOWN OF POWERVIEW - PINE FALLS**  
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 Telephone: 204-367-8483  
 munic@pwv.net  
 Fax: 204-367-4747  
 www.powerview-pinefalls.com

**PUBLIC NOTICE**  
 PUBLIC NOTICE is hereby given that the Town of Powerview - Pine Falls intends to conduct the following Pesticide Control Program during 2009:  
 1) To control noxious weeds on public properties within the Town. The projected dates of the application will be from June 30th, 2009 to October 1st, 2009. The herbicides to be used include: Killex/Parl/Daoconi/Truben.  
 2) To control mosquitoes within the Town. The projected dates of the application will be from June 30th, 2009 to October 1st, 2009. The insecticides to be used include Malathion.  
 The public may send written submissions or objections within 15 days of the publication of this notice to the department below  
 Manitoba Conservation  
 Pesticide Approvals  
 Suite 180, 123 Main Street  
 Winnipeg, MB. R3C 1A5

<b>Thursday</b> Bud, Spud & Rib Night <b>\$8.99</b>	<b>Friday</b> Bud, Spud & Steak Night <b>\$8.99</b>	<b>Saturday</b> Bud, Spud & Steak Night <b>\$8.99</b>	<b>Band</b> This Weekend April 23, 24, 25 <b>HAPPY HOUR</b> Every Weekend 4:30-5:30
<b>NITE</b>			

**Papert**

# News



## Lucy's Beauty Shop Celebrates Thirty Years in Business



Lucy Courchene

By Charles Norman

On April 26 1979, Lucy Courchene opened Lucy's Beauty Shop in the Sagkeeng town site. On Sunday this week she will have been in business for thirty years. Only four other Sagkeeng businesses have been in business longer.

Lucy Fontaine, now married to John Henderson, attended the Sagkeeng Residential School, (which she hated), then studied hairdressing at the Pollock Beauty School in Winnipeg. She graduated in 1973 and worked with Pollock for two and a half years. She then moved to Pine Falls and worked in the Pine Plaza for Dolly McMullen and Helen Poitras for three years.

She then decided to open her own business. She borrowed \$10,000 from the Department of Indian Affairs, and opened Lucy's Beauty Shop operating from her home in the Sagkeeng

town site. After buying all the necessary equipment for a beauty parlour she started up with only \$300 in the bank. Her first customer was a friend she had grown up with, Virginia Courchene, who had a haircut and paid \$9.00 for it.

Since that time she has had health problems and another job, but has kept on going with the hairdressing business. She moved to her new home, across from the Personal Care Home in 1990 which is the current location of her business.

Soon after she contracted Bell's Palsy, a temporary paralysis of facial muscles on one side of the face. She kept on working and took a course on counselling for solvent abuse. In 1994 she graduated

from the course and began counselling at the Virginia Fontaine Solvent Abuse Centre. She worked there for two years, keeping the hairdressing business in operation at the same time. "I enjoyed counselling immensely, but I did not like what was going on there, so I quit." (A misappropriation of funds scandal at the Centre came to light during a federal election a few years ago).

In 2002 her husband John was laid off from the Tembec Woods Department, and she had a heart attack. After triple by-pass surgery and being off work for four months, she returned to work and is still at it.

Now 61, she is not seriously looking at retirement any time soon.



Robert Walton

## Despite Public Interest, Regional Water Supply Faces an Uphill Battle

Continued from page 1

76,000 people. The geographical area, and the treatment process made it easier to develop a combined system, than would be the case here, but, most important, an administration structure was already in place before they started.

Ted Mathers was asked by The Echo, that, in view of the fact that Pine Falls fought tooth and nail for four years resisting amalgamation with Powerview, that two municipalities on the other side of the lake (the town and RM of Gimli) took ten years to amalgamate in spite of the fact that there was no opposition, how long did he think it would take to get the five municipalities together in this region.

He replied that, given a councillor from each and a facilitator, that it would take about an hour.

He was basing his comment on these councillors being presented with his version of the life-cycle costing of the various alternative in

this region, which would demonstrate that the most economically sustainable option would be a Lac du Bonnet treatment plant with pipelines to the various municipalities.

Mather's analysis used historical costs and historical inflation rates to forecast future costs. He came up with a series of figures that showed future costs in the billions of dollars. It was a difficult analysis to follow for most of those present at the meeting.

Walton was asked to come to Lac du Bonnet, by an engineer from the Water Services Board, who suggested to him that there is a need for local people to get together to form a regional system.

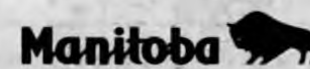
The number of people at the meeting, in excess of 500 showed that there is a considerable interest in the various communities in a regional system. To date no one seems to have suggested that funding be obtained to determine the benefits and costs of a regional system.

### EMPLOYMENT STANDARDS

**Manitoba's minimum wage is increasing**

On May 1, 2009, it will rise to \$8.75 per hour

For more information contact us at 945-3352, toll-free at 1-800-821-4307, or on the internet at [www.manitoba.ca/labour/standards/](http://www.manitoba.ca/labour/standards/)



# Comment



## Abitibi Bankruptcy: What it Means for Us

By Charles Norman

Since learning that AbitibiBowater has filed for bankruptcy protection in the United States and Canada, The Echo has tried to find out what this will mean to Pine Falls.

The answer appears to be that it is too early to tell.

There are only three possible answers:

- It could be good for Pine Falls;
- It could be bad for Pine Falls; or
- It won't make any difference to Pine Falls.

It should be remembered that Abitibi went bankrupt in the 1930's. The mill was shut down for two years, Abitibi recovered, the mill was reopened and Abitibi went on, with mergers and acquisitions, to become the biggest newsprint producer in the world, with control of 43% of the North American newsprint market. So bankruptcy does not mean the end of the company and the creditors selling what they can to get as much of their money back as they can. It could mean that the company will emerge with debt under con-

trol and in a much stronger and more competitive position - with all their newsprint mills in production.

That would be bad news for Pine Falls because the internet has taken so much advertising from newspapers that newspapers are going out of business, some are publishing only web versions, and all of them need less newsprint. Some newsprint mills will have to close down.

This is not just a regular downturn in the economy which we will recover from. There has been a permanent reduction in the demand for newsprint. Some mills will have to close perhaps 25% of them, perhaps more. If Abitibi emerges from their current crisis stronger than before it will be bad news for everyone else.

On the other hand, the courts, or the court appointed receiver could decide that the best thing for Abitibi is to get out of the newsprint business, close down all their newsprint mills and sell the paper machines to China or India, where the market is growing.

That would be good news

for Pine Falls and might secure the position of the Tembec mill for a long time to come.

Or they could operate Abitibi Bowater in much the same way as now, with creditors keeping the business going and taking what they can get from any surplus - letting the least competitive newsprint producers fall by the wayside, be they Abitibi mills or not.

The problem is that no one knows whether the effect of the internet has stabilized, or whether it will continue to usurp the market for advertising, and hence the market for newsprint, or even if advertisers will discover that advertising in newspapers was better after all. The current recession is clouding any analysis of the an eventual stabilized market for newsprint.

This is not just 500 words of "on the one hand - on the other hand" - The bankruptcy of Abitibi represents a change in the newsprint environment. We can hope that it is good for us and bad for Abitibi. Before the announcement the future looked bad for everyone.

## A Faith Perspective:

By Pastor Jake Doell

### Where Did We Come From?



Sir Isaac Newton

The debate whether all that is, came into being by mere chance or by special creation of a master designer is still going on today. The other day I read an interesting article about Sir Isaac Newton and his view on this matter.

"Sir Isaac Newton had a replica of our solar system made in miniature for his office. In the centre was the sun with all the planets revolving around it. Another scientist came into Newton's study one day and exclaimed, "My what an exquisite thing this is. Who made it?" "Nobody" replied Newton to the inquirer who was not a believer. The other scientist said, "You must think I'm a fool, of course somebody made it!"

Laying his book aside Newton arose and laid a hand on his friend's shoulder and said, "This thing is but a puny imitation of a much larger and grander system, whose laws you and I know, and I'm not able to convince you that this mere toy is without a designer and maker, yet you profess that the great original from which the design is taken has come into being without either designer or maker. Now tell me by what sort of reasoning do you reach such a conflicting conclusion?"

The creation account in

the Bible tells us in Genesis 1:26; "Then God said Let us make human beings in our image to be like ourselves." And in Gen. 2:7; "Then the Lord God formed the man from the dust of the ground. He breathed the breath of life into the man's nostrils and man became a living being."

I don't know about you, but I find great comfort and purpose knowing that I am here on earth not by mere chance but by God's special purpose. What amazes me is that God created us with the power of choice. He could have created us like the many of the animals that live by instinct like the geese that migrate south every October.

The evolution theory gives us the process by which all that exists has evolved from a single cell. Two questions: "Where did that first cell come from?" and "Where did God come from?" Science cannot give us an answer for that first cell, neither can it tell us where God came from. The Bible tells us that God is eternal and that He always existed in other words He is self-existent. This conclusion can not be accepted by mere human reasoning, but it can be accepted by faith. "And it is impossible to please God without faith. Anyone who wants to come to Him must believe that He exists and that He rewards those who diligently seek Him." (Hebrews 11:6) The most amazing thing of all is that this Creator God calls all of us into a personal relationship through His Son, Jesus Christ. Yes, God created us for the special purpose living forever and knowing our Creator as a personal friend.

# Comment

## On Parliament Hill

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

## Michael Ignatieff Wants to Raise Your Taxes

Canadians have been waiting for a sign — any sign — of what policies Liberal Leader Michael Ignatieff supports or believes in. Now, at least, we know where he stands on the issue of your money: he's going to raise your taxes.

In keeping with his personal philosophy of being a "tax and spend Liberal," Mr. Ignatieff recently told a gathering of Ontario business leaders that he would probably have to raise taxes.

Going back as far as 1991, Mr. Ignatieff has been pushing this Carbon Tax that would hike the price of fuel, groceries and everything else Canadians buy. In the last Liberal leadership race, Mr. Ignatieff first introduced the idea and even took credit for it when Stéphane Dion made it part of the Liberal election platform.

Now Mr. Ignatieff has his

MP David McGuinty keeping the Liberal idea warm until Mr. Ignatieff can win power. Mr. McGuinty is quietly saying that the Liberals stand by the idea of a Carbon Tax and that it will likely be a part of their policy plans. After all, it was the head of Mr. Ignatieff's War Room, Warren Kinsella, who bluntly said that the Liberals shouldn't talk about the Carbon Tax; they should just win power and then implement it anyway.

In addition to his Carbon Tax schemes, Mr. Ignatieff is refusing to rule out hiking the GST. Why doesn't Mr. Ignatieff understand that ordinary hardworking Canadians need real answers from their leaders?

Canadian families can count on Prime Minister Stephen Harper and our Conservative government. We have been consistent in

our actions to cut the tax burden on hardworking families. We've taken action to put criminals in jails — where they belong. And we've worked to broker global solutions among world leaders to the economic difficulties facing all of us.

The Conservative government stands up for you, and is taking action to help strengthen our economy in challenging times. Michael Ignatieff and the Liberals still don't understand what Canadians are looking for.

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.



HMCS Winnipeg

## David Eaglestick in Action Again

By Charles Norman

David Eaglestick, a Boatswain from Sagkeeng who is aboard the Canadian Frigate HMCS Winnipeg has been in action again.

Late Saturday, April 18th, HMCS Winnipeg foiled a pirate attack on a Norwegian oil tanker.

The Canadian Frigate was on the scene first after the 80,000 tonne Norwegian vessel, MV Front Ardenne signalled she was under attack. A US ship, the Halyburton and a British Supply ship also responded.

The pirates, who were armed with assault rifles fled in their skiff as the Winnipeg approached. The Winnipeg's helicopter fired several warn-

ing shots at the fleeing pirates, who threw their weapons overboard, but otherwise was ignored by the pirates.

With all lights out, the Winnipeg pursued the skiff during the night and sent a boarding party aboard in the morning. They seized a rocket propelled grenade, interrogated the captives and released them.

Canadian ships cannot hold piracy suspects unless they have a attacked a Canadian vessel or Canadian citizens.

I think it's safe to say that we are all proud of that a young man from within our community is playing a role in this important mission to keep the seas free of pirates.

## More Than Just an Inconvenience

Manitoba Liberal Caucus  
Manitobans suffering and losing their jobs because they can't get timely access to care: Gerrard

Manitoba Liberal Leader Dr. Jon Gerrard questioned why the government has failed to ensure timely access to physicians and specialists.

"John Milne lost his job because he couldn't get adequate treatment for his simple condition. I ask the Minister, when is she going to do her job properly so that people don't lose theirs," asked Gerrard.

Since the fall of 2002, Mr. Milne has been actively searching for a family doctor to keep his psoriasis from worsening and interfering with his job. As the condition progressed, he received inadequate treatment without the care of a family

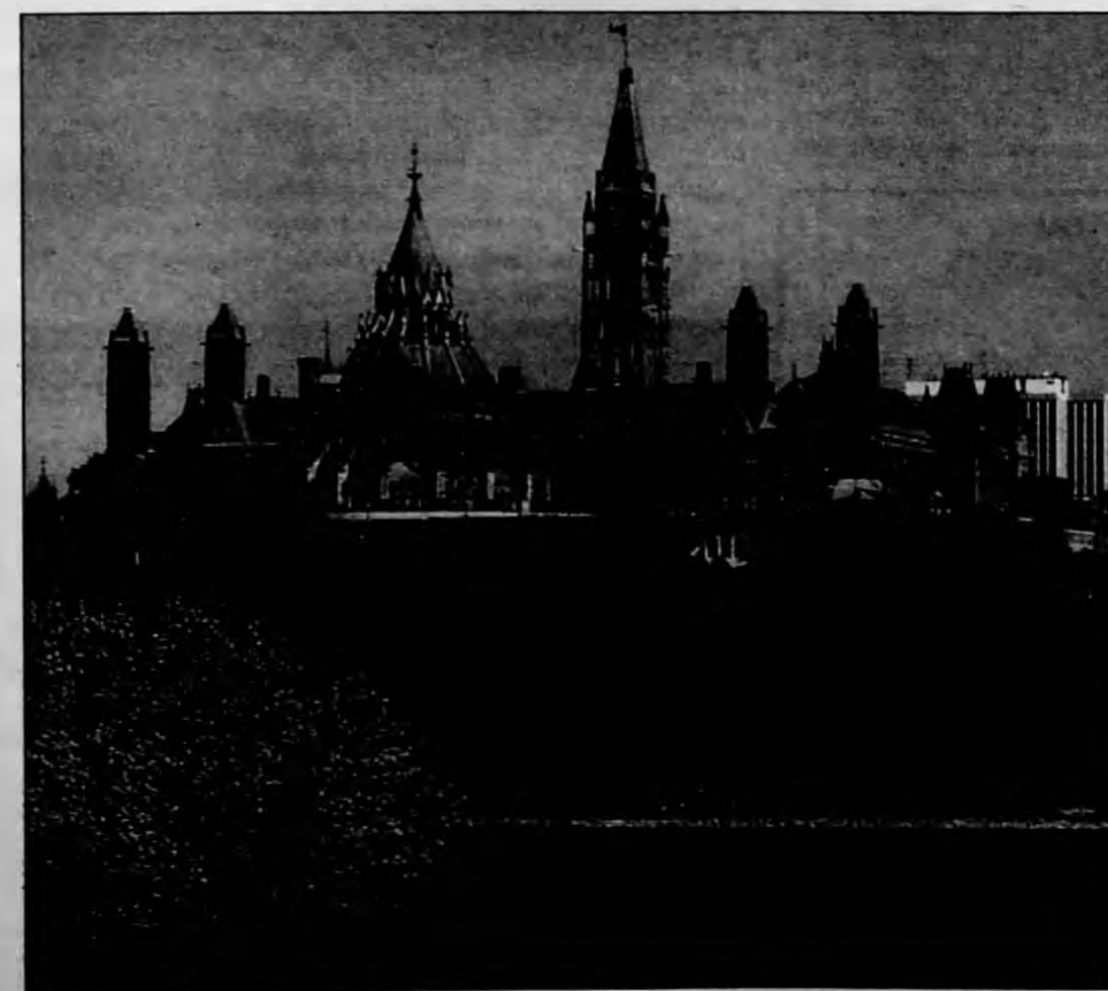
physician.

When he finally found a family doctor, that doctor had to delay treatment for six more months, pending availability of a specialist. Because the system failed to prevent a worsening of Mr. Milne's simple and perfectly treatable condition, he lost his job.

"When will the Minister realize that waiting months and years for routine healthcare is not good enough? Why has she so badly failed to ensure that Manitobans like John Milne get access to a family physician?"

According to a 2003 survey, nearly 60% of Manitobans reported having problems accessing a family physician.

"Will the Minister fix the system, or will she step down and leave the job to someone who can?"



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# News



Maternelle and Grade One students make the clay bowls for the Empty Bowls event.

## Empty Bowls Soup Dinner Raises Funds and Awareness

Powerview School hosted an Empty Bowls soup dinner on April 15th to raise funds for the

homeless and to educate students and the larger community about hunger issues, especially among children

here in Canada. Empty Bowls is a nationally recognized event and this is the second time such an event has been held at Powerview School. This year the event was spearheaded by Shannon Campbell, elementary school teacher.

A meal of soup and bannock buns, made by home economics classes, was served up to members of the school and community by diligent Grade two to five hosts. Elementary students also learned business skills

while running a very profitable silent auction. In addition, ceramic soup bowls made by students were "sold" to parents and members of the community who made donations to help alleviate hunger.

Almost one thousand dollars was raised and sent to The Ladybug Foundation started by Winnipeg student, Hannah Taylor. When students look at the bowls that

they made, they will be reminded that some children, through circumstances beyond their control, may go to sleep hungry at night.

A busload of eager high school students also contributed to citizenship goals last week when they helped the flood effort by sandbagging in the Brokenhead area. Powerview students are learning that they are all citizens of a much larger world.



Hard work at the soup line!

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BRYAN M. DAIEN, DENTURIST

# News

## Local Woman Entrepreneur Declared Finalist in Provincial Awards

Victoria Beach/East Beaches, MB - The Women Business Owners of Manitoba (WBOM) are proud to announce, Melodie Ateah, Ateah Realty Ltd., has been declared among 20 Finalists in the 2009 Woman Entrepreneur of the Year Awards! This annual gala event puts the spotlight on the successes and achievements of women entrepreneurs in Manitoba. The dinner, to be MC'd by Marilee Caruso of CTV, will take place at the Fairmont Winnipeg on Thursday, May 21st. The finalists' names are public, however the winners are not revealed until the evening itself.

This year's 20 finalists come from across the province, and represent businesses as diverse as an animal hospital in Winnipeg, a learning centre in Brandon, a food drive-in from Treheme and of course, Melodie Ateah, Ateah Realty.

Melodie Ateah received her realtors license in September 2005 and followed her dream, launching her brokerage firm Ateah Realty Ltd., serving the eastern beaches of Lake Winnipeg, in Feb 2008. Ateah Realty has grown, contributing to the local economy, now employing a staff of five. They have just recently moved into new office space at Dockside Marina, located on Highway 59 in the East Beaches / Victoria Beach area.

"Manitoba is rich with women entrepreneurs whose stories are inspiring," said Yvonne Thompson, President of WBOM and Principal Consultant at Change Innovators Inc. "Anyone in business knows how tough it can be to keep that entrepreneurial spirit alive when the bills are mounting and the challenges exceed the triumphs - but when you believe in your business, in the vision you're

realizing, your passion fuels your strength to carry on. The Woman Entrepreneur of the Year Award is an exceptional evening of celebration and fun that recognizes outstanding achievements by women in business in our province."

Women represent a growing economic force in Canada:

Women entrepreneurs are one of the fastest growing segments of the Canadian economy: 4 out of 5 businesses are started by women; between 1991 and 2001, women's self-employment increased by 43%.

The 821,000+ women entrepreneurs in Canada annually contribute in excess of \$18 billion to the economy.

The number of women-owned businesses that focus on manufacturing, construction, transportation and communications is growing rapidly.

Tickets for the Woman Entrepreneur of the Year



Melodie Ateah

Award dinner are \$90 plus GST and are available online at [www.wbom.ca](http://www.wbom.ca) or by calling 775-7981. A full listing of finalists is available online at [www.wbom.ca](http://www.wbom.ca).

CDPI Conference  
May 14, 2009  
École Powerview School  
8:30 am - 3:15 pm  
FREE - Lunch Included  
To Register Call 367-5401  
No later than May 1

Living Like Champions

Preventing Chronic Disease in Blue Water

Today's youth is the first generation to have a lower life expectancy than their parents.

- Together we can do something about it... But we must ACT NOW!
- Understanding Chronic Disease
- 2008 Youth Health Survey Results
- Healthy Living Presentations / Community Discussion

Did you know?

4 out of 10 of your family & friends will develop a Chronic Disease...

Guest Speakers: Dr. Jane Gillis; Myrtam Duke, RN; & Trevor Fortkahn, R.D.

Keynote: Troy Westwood  
Former long time member of the Blue Bombers & Aboriginal award-winning singer/songwriter, Troy believes strongly that no matter how difficult our environment, we all have the power within us to make the right decisions to live a positive, healthy lifestyle.

Win a Nintendo Wii

Must be in attendance to win

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# Sports

## Let's Get Active People!!

It's not too late to sign up for the North Eastman Soccer Association program. This league includes the Town of Powerview-Pine Falls, St. Georges, The Beaches, Little Black River, Lac du Bonnet and we are hoping for some teams from Sagkeeng. The goal is to start playing the week before the May Long Wkd depending on weather and field conditions. Schedules teams and coaches will be confirmed by May 4th. A few practices will be organized at the Powerview School Gym to get the kids warmed up for the season. If you are interested in coaching, assistant coaching, managing or getting on board with NESA

please call Lori at the Rec Office 367-9142.

The Introduction to Creative Writing course is scheduled to start this Thursday at the Bibliotheque Allard Library in St. Georges from 6-8 PM. We need 6 people to register and we are a little shy of that number. All types of writing are welcome including poetry, essays, short stories, articles, memoirs, travel writing, songs and home journals are encouraged. The cost is \$80.00 per person and the course runs for 6 weeks. Please contact the library 367-8443, Rec Office 367-9142 for registration.

There are a limited number of tickets available for

the Interior Design Seminar scheduled for May 9th at Osis Building Supplies. It's going to be a great morning full of designing ideas and colors for 2009. Bring your own pictures and fabrics for suggestions. Reserve your tickets at Osis Building Supplies 367-9663 or Pineview Rec Office 367-9142.

The Victoria Beach

Drama Club is now selling tickets for the Hysterical History of the Trojan War scheduled for June 13th at the Victoria Beach Sports Club. This dinner theatre and will be catering an authentic Greek meal (no plate throwing please). For tickets please contact Tannis at 756-3474.

Kim Bonekamp has a last chance before summer workout programs scheduled to start May 4-June 25 at the Pine Falls School Gym. This

includes the Rise N Shine, Seniors, Arthritis and Evening Programs. Please note that the family & beginners program will be combined for this last session and will run from 5:30-6:30 PM. Get on the healthy track before summer!

A big THANK-YOU goes out to Sunova Credit Union and their generous donation to Winterfest this past February.

Lori Vialoux  
Pineview Rec Director

## Northeastern Bowling Tournament

On Saturday, March 28th, Pine Falls hosted the annual Northeastern Bowling tournament. This tournament started in 1961 and involved

various teams competing from Pine Falls, Powerview, St. Georges, Beausejour, Great Falls, Selkirk and Stonewall. Forty-eight years later we are still competing, however, the teams have now come down to involve only leagues from Pine Falls-Powerview area, Beausejour and Lac du Bonnet.

At one time bowling was a major fun sport in our area but like everything else it has dwindled over the past years. We keep hoping that this will turn around and more people will get involved. At this year's Northeastern tournament we had 65 bowlers competing from the various leagues. Our Pine Falls #1 team came in with their score of 4076 to win the tournament. The team members included Kathleen Coss, Mike Coss, Jonathon Coss, Evelyn Dodds and Dwayne Duff. The runner-up team Lac du Bonnet #1 scored 3907 and their members were Phil Boase, Mars Law, Bruce Nelson, Trina Clarke and Shirley Anderson.

Ladies high single game went to Kathleen Coss 274 and men's high single game went to Beausejour's Brad

Lowry 307. The ladies high quad was won by Lac du Bonnet's Trina Clarke 982 and the men's high quad was won by Beausejour's Phil Binnicki 788. Cash prizes were given to the winners. Next year's tournament will be hosted by Lac du Bonnet.

There were some good scores in this tournament. Mars Law 245, Trina Clarke 305, Dwayne Duff 269 and Victor Lussier 245. Quad scores including Kathleen Coss 961, Len Bellin 781, Dwayne Duff 767, and Victor Lussier 756. In this tournament you cannot win both individual categories. The scratch figure used was 1000 and there was no limit to handicap. The banquet was held at the Pine Falls Legion and all the bowlers enjoyed a delicious meal from Bostrom's Catering. Any of our Pine Falls-Powerview league bowlers are reminded that our bowling windup is Thursday, May 7th. Tickets are \$15.00 each and must be purchased by May 1st and are available from Jerry Gauthier, Evelyn Dodds, or Sharon Mignon. The banquet is being held at the Pine Falls Legion.

# Feature

## Cougars, Wolves and Wolverines

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

#### The American Robin

By Charles Norman

Officially it has been spring for more than four weeks. The first geese arrived at Oak Hammock Marsh on March 15th, but they were just a little bit early. The Red River has flooded, which is a sure sign of spring, if not a very welcome one, but the very best heralds of spring are the robins.

They do not arrive before the frost is out of the ground - or at least the surface has thawed - because their major source of food are earthworms which they pull from the ground early in the morning. The phrase - The early bird catches the worm, was first applied to the European

robin which also feeds on earthworms, and has a similar colouring to the American robin. Early American settlers named the American bird after the European robin because of these two characteristics although it is not closely related. The American robin is larger, but not as plump as its European counterpart.

As a herald of spring the American Robin does its job splendidly. As the dawn breaks, or even a little before, it can be heard in the trees serenading us with its cheerful song - all the more cheerful because it is telling us that spring is finally here.

The cheerful little bird is all the more welcome after a

gruelling winter like the last.

If you're lucky you might catch them in the mating ritual, where the male and female, with beaks wide open, singing at the tops of their voices, approach each other and touch beaks.

Later, when the female is on the nest, keeping absolutely still so as to not draw attention to predators, the male, from a nearby branch, sings to her continuously, from dawn until dusk. The singing mostly stops after the first clutch of eggs hatch, but will continue again while the female is back on the nest for with a second clutch of four eggs usually in the familiar robins egg blue colour.

The robin is one species that has not been affected by habitat loss, in fact it has

adapted quite well to people. Its song can be heard first thing in the morning in city gardens, farmland, or country cottage lots.

The American robin is actually a thrush, at a little over 6 inches long, the largest thrush in North America. In addition to its rust coloured breast it has a black head with white eye rings, yellow bill, black and white striped throat and a grey back. The two sexes are alike but the male is often more colourful than the male.

The female chooses the site and builds the nest, sometimes with the help of the male. She needs help. She takes about six days to build the nest, and someone has counted her making 180 trips a day during the nest building time.

The nest is cup-shaped of mud mixed with grass, sometimes with bits of paper, string or cloth. She works the mud into place with her feet and bill and moulds it with her body.

Depending on the weather the first clutch of eggs is laid in late April or early May. Incubation starts after the last egg is laid and continues for twelve days. When the eggs hatch the male stops singing. The nestling period lasts for about two weeks and the fledglings are independent of their parents after four weeks.

A second clutch is laid, often before the young from the first are fully fledged. Then the male takes over the care of the young while the female incubates the second clutch. In southern Canada there may be three clutches of four eggs each laid in a single year. The young are fed 30 to 40 times per day.

The expectation of life for a young robin is very short. It has been estimated that only 25% survive to the November of their first year. Adults usually live only two years, so the two or three clutches a year are needed to maintain the population.

Robins have numerous predators. In our neighbourhood crows are the most prevalent, although any predator can be a threat. Crows seem to know when fledglings are about to hatch and hang around the neighbourhood waiting for a chance to pounce. Perhaps this is the reason that the male stops sing as soon as the eggs hatch, but it could be that the crows are smart enough to know that the male singing his heart out means there is a nest nearby. (Crows are very intelligent birds)

Almost everyone has seen a robin pulling an earthworm from the ground, but the major part of its diet is fruit - especially in the fall. Robins have been known to stay all year in parts of southern Canada if there is an abundant fruit crop.



#### UNDER THE PLANNING ACT NOTICE OF PUBLIC HEARING REGARDING BY-LAW 02/09

The Council of the Rural Municipality of Alexander under the authority of The Planning Act will hold a PUBLIC HEARING at the office of the Municipality at St. Georges, Manitoba on the 13th day of May, 2009 at 11:00 a.m., at which time and place the Council will receive representations and objections from any persons who wish to make them in respect of By-law No. 02/09 to amend the R.M. of Alexander Zoning By-law No. 08/98 as amended.

A copy of the above noted By-Law of the Rural Municipality of Alexander and supporting material may be inspected by any person during regular office hours from 8:30 a.m. to 4:30 p.m. Monday to Friday at the office of the Municipality at St. Georges, Manitoba.

That Appendix A, Zoning Map No. 7-29 attached to and being part of the Rural Municipality of Alexander Zoning By-law as amended, is hereby further amended so that the area generally described as follows:

Pt. of River Lot 45-18-10EPM

as is more specifically shown outlined on Appendix "A", attached hereto, presently zoned RMHP Residential Mobile Home Park Zone be hereby re-zoned SRG General Seasonal Recreational Zone.

- AND -

That Appendix B, Zoning Map No. 7-20 attached to and being part of the Rural Municipality of Alexander Zoning By-law as amended, is hereby further amended so that the area generally described as follows:

Parcel A, Plan 45792 as Pt. of River Lot 44-18-10EPM

as is more specifically shown outlined on Appendix "B", attached hereto, presently zoned A80 General Agricultural Zone be hereby re-zoned SRG General Seasonal Recreational Zone.



Appendix "A"  
Submitted by: By-law No. 02/09  
of the Rural Municipality of Alexander  
amending Appendix A, Map 7-29 of By-law 02/09  
being the Rural Municipality of Alexander Zoning By-law  
as amended



Appendix "B"  
Submitted by: By-law No. 02/09  
of the Rural Municipality of Alexander  
amending Appendix B, Map 7-20 of By-law 02/09  
being the Rural Municipality of Alexander Zoning By-law  
as amended

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CANADIAN INDEPENDENT

# Community



The East Beaches Wellness Centre public forum

## Sticks and Stones or Healthy Bones

By Laura Tuttle

The Directors and the single staff member of the East Beaches Wellness Coalition knew they had their work cut out for them before they called a public forum to invite feedback on two tentative locations for a Wellness Facility. Organizers hastily (happily), added more chairs for seating as over 150 East Beaches residents streamed into the auditorium at Walter Whyte School on the afternoon of Saturday, April 18th. Although the crowd was larger than anticipated, the Coalition team were still well prepared for the meeting. Also to their credit, these volunteers maintained a professional and objective demeanour in the face of a sometimes belligerent crowd.

Rob Shura and Dennis

Wasylyniuk, Directors with the Coalition, began the meeting with a Power Point presentation that outlined the results of six years of research into the viability, potential costs and future sustainability of a Wellness Centre for East Beaches. Over the last six years, they have conducted and sponsored feasibility studies, prepared a draft of the facility footprint and worked very hard to find the funding and support needed to push the project from concept to a place on the map. Reality puts the price tag of a first class facility in the neighbourhood of six million dollars. However, it was not only money but also the question of neighbourhood that was a hot item.

Did the East Beaches community (one entity) want to locate a Wellness Facility

at Traverse Bay corner at the junction Hwy 59 and Hwy 11 or at the same site of the Destination Grand Marais project that has already begun? With careful representation of considerations and actualities of both locations, and without bias, the Coalition laid bare the obvious advantages of the Grand Marais site. As a stakeholder in the Grand Marais project, the Wellness Coalition would maintain their autonomy while tapping into existing infrastructure such as parking, sewer & water, geothermal heat, shared food and exercise facilities plus the support of the R.M. of St. Clements and the likelihood of ongoing maintenance and management of these fundamental elements.

Unfortunately, it appeared that the logistics of the project were ignored. Speakers who stepped up to the microphone or who called out questions and opinions from their seats created a blatant situation of North Beaches versus South Beaches. To put it bluntly, emotion, sentiment and old wounds ruled the topic of the day. Some residents of the North want it at Traverse Bay - period, end of story.

When the forum opened for questions from the audience, six or seven persons strongly voiced their vote for a Traverse Bay site. They based their decision on the original intent of the coalition to host the building there plus their personal proximity

to that location. It is certainly understandable to want convenience, however that was not really the issue at stake.

One resident from south of Grand Marais boldly walked to the front of the room and said, "Look you guys, for years this committee has worked hard to build a Wellness Centre in Traverse Bay. Without the financial support we are being offered, it might not happen. So far, money has not been forthcoming and now we have a chance of both funding and support if we locate in Grand Marais. Personally, I would like this thing built before I die."

A few "hecklers" from the gathering called the financial support of the R.M. "a bribe" while others tried to goad the Directors into taking a position on where the facility should be located. President of the Board, Roberta Carriere spoke from her heart when she said "On a personal note it would be a longer drive for me to get to a Wellness Centre in Grand Marais but the location is really up to the membership. I promise that no matter where people vote to place the facility, I will work very hard to make it happen".

Toward the end of the hour-long diatribe that sounded very "me - me - me", Bonnie Grace - President of the Grand Marais Recreation Association reminded the crowd to look at the big pic-

ture. "The building of the Wellness Centre is a prime example of how our East Beaches area can come together for the common good. More than just a place, the Wellness Centre - wherever it is built, will provide communities along the Lake with the opportunity to dispel the "us" against "them" attitude and work together as "We". We have done it before and we can do it again."

Perhaps the most telling comment came from the last speaker, Carol Danwich, who is one of the Directors of the Coalition and a long time resident of Traverse Bay. "For me, a Wellness Centre at Traverse Bay corner would mean that I could walk to it. It might take me five minutes to get there. However the Wellness centre needs government money and political clout. I want to say thanks to the RM of St Clements for being a visionary."

Members of the East Beaches Recreation and Wellness Association have until April 22nd to mail their numbered ballots in order to cast a vote for either the Grand Marais or Traverse Bay location. Non-members attending the information forum were invited to write their opinions or concerns on sheets provided. The Coalition will be counting the votes and preparing notice of the verdict within the next week. Lets hope that folks voted with their head and not just their heart.

## Centre de la Petite Enfance et de la Famille (CPEF) de Saint-Georges

Cordially invites you to their first Health Forum which will be held on Wednesday, April 29th, from 9:00am to 3:00pm.

Who is invited: The communities of Saint-Georges and Powerview/Pine Falls (pre-schoolers, students, parents, families and seniors). The Health Forum will be held at École communautaire Saint-Georges gym from 9:00am to 11:45am and 1:00pm to 3:00pm.

How the Day will be Spent: Once you arrive in the gym please take the necessary time to visit our 16 kiosks which can be valuable information to you and your families on health

issues, security, education, counseling, 233-ALLO and Canada Services. For the children who were born in 2005 and who live within the community you are invited to the Health Forum for kids. This program will address to only the pre-school children and their parents where you will meet with a nurse and speech therapist. The nurse will work on the global development of your child and the speech therapist will work with language issues. It is necessary to set up an appointment by calling Michelle A.M. Ruest, coordinator for the CPEF at 367-4830 before April 27th. (The appointment takes about an hour). A small gift will be

given to each child after the testing. The CPEF will be making a few draws and refreshments will be served... so come on down.

Festival du Livre will also be present for those who would like to purchase a few books. This event will be held in Mrs. Marie-Paule Germain classroom.

Centre de la petite enfance et de la famille (CPEF) de Saint-Georges vous invite à sa première Foire (Health Forum) qui se déroulera Mercredi, le 29 avril 2009 de 9h00 - 15h00.

Que Est Invité: Les communautés de Saint-Georges et Powerview/Pine Falls (le pré-scolaire, les élèves, parents, familles et les aînés). Le

lieu est au gymnase de l'École communautaire de Saint-Georges de 9h00-11h45 et de 13h00-15h00.

Comment Ca Se Passe: Lorsque vous arrivez au gymnase et par la suite rendez vous à chacun des 16 kiosques ou vous pourrez recueillir de l'information sur la santé, la sécurité, l'éducation, counseling, 233-ALLO et Services Canada. Pour les enfants nés en 2005 qui demeurent dans la communauté sont invitées à la foire de la petite enfance. Ce programme de dépistage s'adresse seulement aux enfants d'âge préscolaire et leurs parents ou vous rencontrerez une infirmière et un orthophoniste. L'infirmière

vérifiera son développement global et l'orthophoniste vérifiera son développement langagier. Il est nécessaire de fixer un rendez-vous pour votre enfant en appelant Michelle A.M. Ruest, coordinatrice du CPEF au 367-4830 avant le 27 avril 2009. Le rendez-vous est environ 60 minutes. Un petit cadeau sera remis à chaque enfant après le dépistage. Le CPEF offrira un gouter et des triages alors venez en grand nombre.

Le Festival du Livre sera présent pour l'achat de livres dans la classe de Mme Marie-Paule Germain.

# Community

## Epidemic proportions!

### What am I?

- In 2000 an estimated 150 million people had this?
- In 2025 an estimated 350 million people will have this?
- Adults use to only get me but now some children have me?

I am... Type 2 Diabetes. Although experts predict that the number of people with diabetes will continue to increase, it is important to know that 30 to 60% of new diagnosis could be prevented according to Clinical practice guidelines for the prevention

and management of people with diabetes released this past fall.

What is type 2 diabetes? When someone has type 2 diabetes the body does not produce enough insulin or does not use insulin properly. Insulin is a hormone produced in the body that allows carbohydrate (otherwise known as sugar) to enter the body's cells. Carbohydrate is the cells main source of energy. We get carbohydrates from many sources including: milk; grains and fruits. About half of our energy eaten in a day should

come from carbohydrates. If our body does not produce enough insulin or can not use insulin, sugar stays in the blood thus causing an increase in your blood sugar.

Someone who has type 2 diabetes has either:

- A fasting blood sugar of 7.0 mmol/L or higher, or
- Elevated blood sugar taken anytime of the day higher than 11 with symptoms of elevated blood sugar. These symptoms can include frequent thirst, frequently urinating and unexplained weight loss.

If you think you may have diabetes ask your doctor to check your blood sugar.

Prevention of type 2 diabetes

There are many risk factors for type 2 diabetes. Some risk factors you can not change such as: being over 40 years of age; high risk ethnic background or having a strong family history of diabetes. But there are things that you can keep in check to keep yourself healthy and lower your risk. These include:

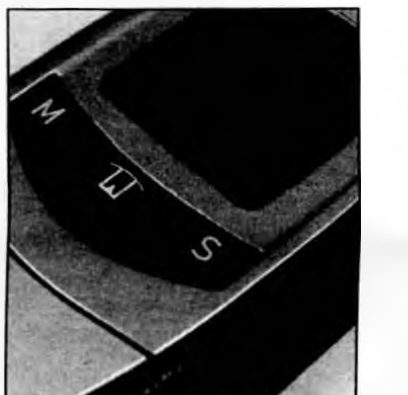
- Kick start your metabolism with breakfast and keep your metabolism going through the day by spacing your meals 4-6 hours apart.
- Eat your veggies like your Mom said. Vegetables, fruit and whole grain products are great sources of fibre and have many health benefits.
- Portion your plate so that 1/2 your plate is vegetables, a 1/4 of it is starchy foods (grains, potato, pasta, and rice) and 1/4 of it is protein (lean meat, poultry, and fish). Complete your meal with a cup of milk and a small fruit.
- Choose low fat food choices such as lean meats and low fat dairy products as well as using low fat cooking methods such as barbecuing and baking.
- Snacks are great. Make them lower in fat and a source of fibre (2 grams or more).
- Drink at least 6 to 8 cups of water per day.
- Get 30 to 60 minutes of moderate activity a day (if you have been inactive

or you have high blood pressure or a heart problems, speak with your doctor before starting any physical activity program).

For more tips on a healthy lifestyle or diabetes, check out the following web sites: Dietitians of Canada at [www.dietitians.ca](http://www.dietitians.ca) or North Eastman Health Association at [www.ncha-diabeteseducation.ca](http://www.ncha-diabeteseducation.ca)

If you have diabetes, make sure you see your nurse and dietitian every year for your annual diabetes check up. They will review your diabetes care and provide you with new information on how you can control your diabetes.

Submitted by: Trevor Forkheim, Clinical/Community Dietitian



## 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](http://www.neha.mb.ca)

### Current Employment Opportunities

Licensed Practical Nurse  
1.0 FTE (Maternity LOA Term ending June 17, 2010)  
Beausejour Hospital

#### Qualifications:

- Current active registration with the College of Licensed Practical Nurses of Manitoba (CLPNM) and a member in good standing.
- Physical Assessment course required.
- Intravenous starts course required.
- Current certification in Cardiopulmonary Resuscitation.

Registered Nurse - Long Term Care - 1.0 FTE  
Whitemouth District Health Centre  
Registered Nurse - Acute Care - 1.0 FTE  
Pine Falls Health Complex

#### Qualifications:

- Active registration with College of Registered Nurses of Manitoba (CRNM) and a member in good standing.
- Current certification in Cardiopulmonary Resuscitation.
- Certificate in A.C.L.S. and T.N.C.C. preferred.
- Additional courses in Gerontology is an asset for Long Term Care

New Nursing Graduates willing to relocate to rural Manitoba can apply to the Nurses Recruitment and Retention Fund for a grant in the amount of \$4,000.00.

If eligible, nurses can also apply to the Nurses Recruitment and Retention Fund for Personal Care Home Grant in the amount of \$2,000.00

Relocation Assistance may also be available.

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.

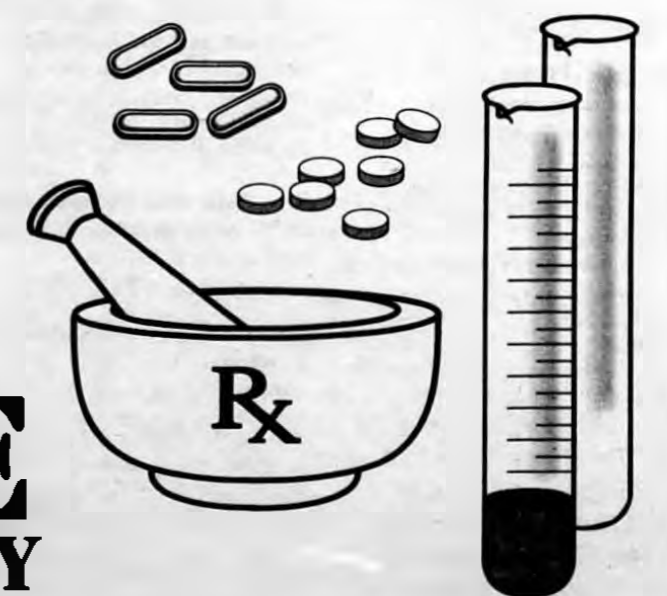
Interested applicants are invited to submit a résumé and cover letter by April 28, 2009 in confidence to the address below. We thank all applicants for their interest. However, only those candidates being considered for an interview will be contacted.

Human Resources Assistant  
North Eastman Health Association Inc.  
Box 339, Pinawa, MB, R0E 1L0  
Fax: (204) 753-2015  
Email: [hr@neha.mb.ca](mailto:hr@neha.mb.ca)

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## PINE PHARMACY

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367-2611

367-2517

# Community

## 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

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

### Family & Beginners Fitness

Last Chance Before Summer  
 Pine Falls School Gym  
 Monday & Wednesday's  
 5:30 - 6:30 PM  
 \$60.00/Adult \$40.00/Student  
 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

**Arthritis Exercise Program**  
 Last Chance Before Summer  
 Pine Falls School Gym  
 Monday's & Wednesday's  
 11:15 AM - Noon  
 \$60.00 per person  
 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  
 \$60.00 per person  
 Instructor: Kim Bonekamp  
 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  
 Thursdays 7:00 - 8:00 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

Last Chance Before Summer  
 Pine Falls School Gym  
 Monday, Tuesday, Wednesday & Thursday  
 6:30 AM - 7:30 AM @ Pine Falls School Gym  
 \$80.00 per person  
 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

### SPRING ACTIVITIES

**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

Bibliothèque Allard Library, St. Georges  
 \$80.00 per person  
 Participants: 6 (minimum)-12 (maximum)  
 Instructor: Donna Besel  
 April 23-June 4  
 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 Bibliothèque Allard Library 367-8443 or Pineview Rec Office 367-9142

### Pine Falls Golf Memberships

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

### Pine Falls Swimming Program

Session 1: July 6-17  
 Session 2: July 20-31  
 Session 3: August 3-14  
 Duck (Parent & Child Program), Sea Turtle, Salamander, Sunfish, Red Cross Levels 1-10  
 For registration and fees contact Rec Office 367-9142

### Soccer

North Eastman Soccer Association

Late Fee of \$5 after April 20  
 Beaches & Pineview team forms available at Pineview Rec Office, Pine Falls School  
 Tykes \$40.00 (Born 2005/04/03)  
 Sprokts \$45.00 (Born 2002/01)  
 Mavericks \$50.00 (Born 2000/99)  
 13 & Under \$60.00 (Born 1998/97)  
 16 & Under \$60.00 (Born 1996/95/95)  
 This is a free for all ages. For more info contact Ginette Vincent 367-8244 or 367-9970

### Softball

Powerview-Pine Falls, St. Georges  
 R.M. of Alexander  
 Registration at Rec Office \$10.00 per child  
 Starting in May

### PHat Camp

Physical Arts Training Camp  
 Victoria Beach: July 27-31  
 Powerview- Pine Falls: August 10-14  
 Registration forms and prices will be available next week. This year's theme is Way of the Young Legends. Programs include: music video, ninja skool, break-dance, Film kombat, hip hop, Hawaiian, mask, kung fu, samurai way, Extreme dance combat, cheer, fashionfilez, improv, film making, And choreography.  
 For more info contact 367-9142

### Hop n Bop Program

Ages 3-5  
 Victoria Beach: July 27-31  
 Powerview-Pine Falls: August 10-14  
 Monday - Friday 10:00AM - 10:45AM  
 Funky, fun, energetic class ideal for both boys & girls. The class is designed with creative & fun elements teaching kids a better sense of body awareness, coordination, memory and rhythm using a wide range of both popular and world music.

### CHILDREN & TEENS

Hip Hop & Jazz Dance  
 Pine Falls School Gym  
 Tuesday's & Thursday's  
 Instructor: Alisha Carlson  
 Kids Program Ages 3-4 \$15.00  
 Kids Program Ages 5-7 \$15.00  
 Kids Program Ages 9-11 \$25.00  
 Youth Program Ages 12+ \$25.00

### Adult Program \$25.00

For registration & fees contact 367-9142

### Babysitter Safety Training

Ecole Powerview School  
 Walter Whyte School  
 June 12 & 19th  
 Ages 12+(or turning 12 in 2009)  
 4:00 PM - 9:00 PM  
 \$25.00 per student  
 Karrie Kettle, Powerview School 367-2296  
 Bea Henderson, Walter Whyte 754-2240  
 Lori Vialoux, Pineview Rec 367-9142

### 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

New Session Starting May 2  
 Pine Falls School Gym  
 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

### SENIORS

**GOLDEN LEISURE CLUB**  
 PINE FALLS  
**Canasta**  
 Wednesday & Friday's  
 1:00 PM  
**Cribbage**  
 Every first Monday of the month  
 1:00 PM  
**Garage Sale**  
 Thursday, April 23rd

### SENIORS SCENE

**WRITING GROUP**  
 VICTORIA BEACH  
 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.seniorssceneinc.com

### FOR ALL AGES

**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

**Walter Whyte School Drama Production of Wizard of Oz**  
 Limited advance tickets available for Wednesday April 29th Show Advance & door tickets available for Thursday April 30th Show  
 Doors open at 6:30 PM  
 Show starts at 7:00 PM Sharp  
 Please contact 754-2440

### Wine Tasting Evening

Pine Falls School Gym  
 Friday, May 29th  
 Over 55 different wines to sample as well as breads & cheeses as well as a silent auction. Tickets are \$25.00 each and available at Wings of Power 367-9641 or Pine Falls Liquor Mart 367-2965  
 Money raised for this event will be put toward the Wings Of Power Breakfast for Learning Program.

### 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

### 3rd Annual Beaches 1/2 Marathon & 1/4 Marathon

July 25th  
 Located in Hillside Beach starting at 8:00 AM  
 For more info contact 756-3868  
 Email: inatasha@mts.net  
 Register online: www.events.runningroom.com

### 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

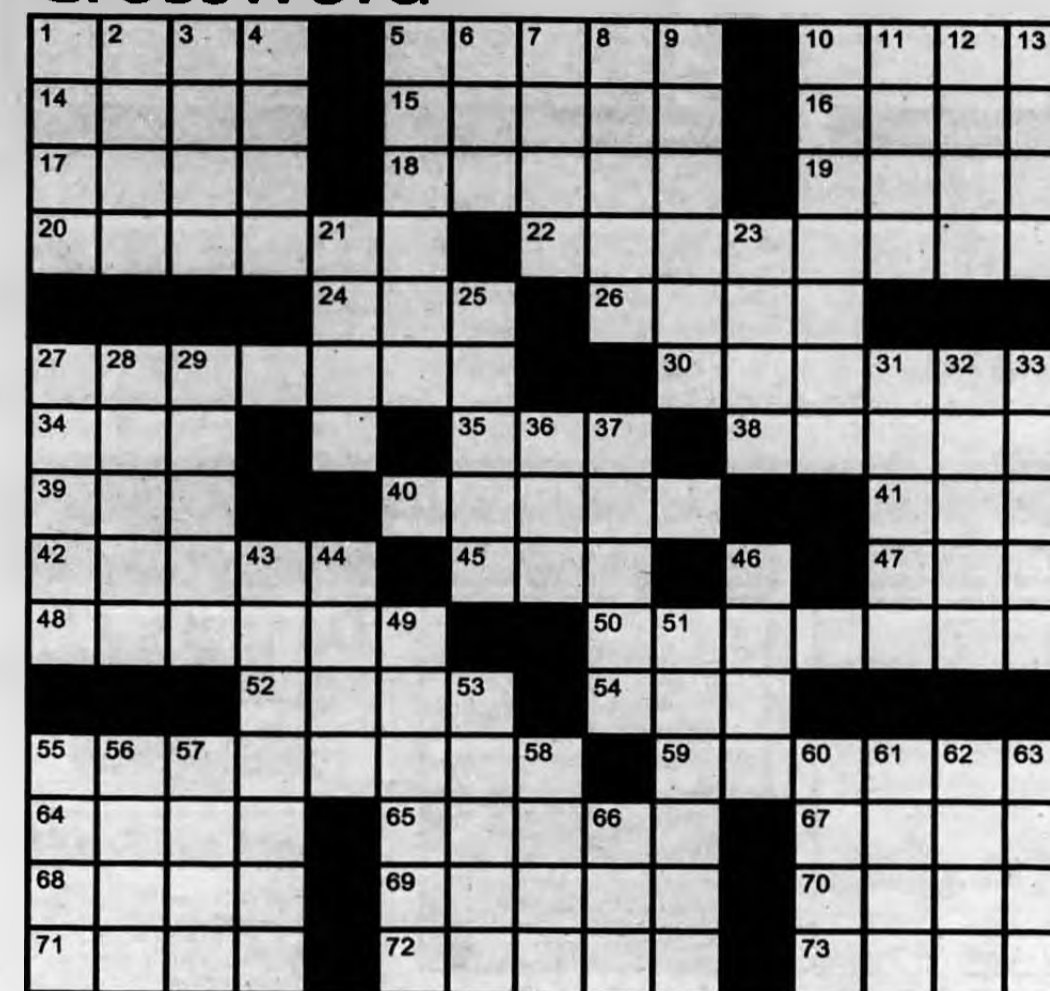
### Beaches Library

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

- Microsoft product
- Impact sound
- 15th of March
- Woodwind instrument
- Fuzzy skinned fruit
- Carbonized fuel
- Genuine
- Harden
- "If all \_\_\_ fails..."

### Down

- Countless
- Physically challenged
- Pasture
- Desperate
- Ship's warning signal
- Religious lecture
- Before
- Of a thing
- Open-mouthed
- Yoga class need

### Across

- Common
- Modern
- Complete reversal (hyph.)
- Recede
- Wrath
- Echo
- Rational
- Former Italian currency
- The day before

- Organic compound
- Able to be eaten
- Litter's littlest
- Willow twig
- "Yes, \_\_\_"
- Arborist's concern
- Beg
- Against
- Sow
- Begin (hyph)
- Convene
- vera
- Length x width
- Liquorice-flavoured seeds
- Thighbone
- Give a speech
- Arise (2 wds)
- Frenzied
- "La Bohème," e.g.
- Post for handrail
- Vat
- Expensive fur
- Associated
- Hammer's target
- Matured
- Soldiers collectively
- Exaggerate
- Bridal path
- \_\_\_ and sciences
- Entice
- Midleg
- Restricting food intake
- Muslim holy man
- Curse
- Tardy
- Expel
- Dine

### Down

- Invasive computer program
- Comply with
- Bellow
- Kosher
- Arachnid
- Ballpoint, e.g.
- Glorify
- Bitter
- Lengthy academic paper
- Type of lettuce
- Barbie
- Allay
- Sleigh

### Last Week's Answers



## CRYPTIC PUZZLE



AE VPM DSRJ VDDR JDG AF K, JDG VMSY VD  
 FMM MWMUJ TUDZRMK KF K SKAR  
 - KZUKPKS SKFRDH

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

DEMOCRACY IS A PROCESS BY WHICH THE PEOPLE ARE FREE TO CHOOSE THE MAN WHO WILL GET THE BLAME.  
 -LAURENCE PETER

## Weekly Horoscopes

April 23 - April 29, 2009

**ARIES** (Mar. 21 - April 20) Travel will lead you in new directions. Face any emotional problems head-on to avoid situations getting out of hand. You may need a physical outlet that will help you relieve your tension. Put your efforts into being creative.

**TAURUS** (Apr. 21 - May 21) Don't let the erratic behavior of someone you live with interfere with your professional performance. Opportunities for travel must be carefully considered. Your energy will be high. There could be disappointment regarding investments.

**GEMINI** (May 22 - June 21) Take time to catch up on gossip and make plans to do a little adventure travel. You will be able to get along well with colleagues. You may have ignored or neglected your mate lately. Take time to do some writing, whether it's correspondence, poetry, or keeping a journal.

**CANCER** (June 22 - July 22) You need to refrain from being the generous one in the group. You should teach children some of your unique creative talents. You should visit a friend or relative who hasn't been feeling up to par. Emotional disputes will only end in sorrow.

**LEO** (July 23 - Aug 22) You should visit a friend or relative who hasn't been well. Pleasure trips will be most enjoyable and should lead to new and lasting friendships. Channel your energy into decorating or household chores. You may be sensitive concerning friends and their situations.

**VIRGO** (Aug. 23 - Sept. 23) You need more space for the whole family. Pamper yourself this week. You can get your point across if you don't beat around the bush. Empty promises will cause confusion.

**LIBRA** (Sept. 24 - Oct. 23) Everything is moving quickly, just the way you like it. Do not borrow or lend money or belongings to friends or relatives if you wish to avoid any hassles. Either way, you're up for a passionate encounter with someone special. You will be able to pick up on future trends if you keep your eyes peeled for unique ideas.

**SCORPIO** (Oct. 24 - Nov. 22) Your emotional life may be up in the air if your mate has been going through a change of heart. Put financial speculation with family members or friends on the back burner for now. You will feel tired and rundown if you have allowed yourself to get into a financial mess. You can make money through your creative efforts.

**SAGITARIUS** (Nov. 23 - Dec 21) Having your own business is a good idea. Visit friends you don't get to see that often. Do not reveal personal information to those you feel may be untrustworthy. You are able to make changes in your home that will be favorable to all involved.

**CAPRICORN** (Dec 22 - Jan. 20) You can accomplish the most if you travel for business purposes. A change of attitude has probably disrupted your home environment. Look after financial transactions this week. Don't take your frustrations out on loved ones.

**AQUARIUS** (Jan. 21 - Feb. 19) Your outgoing charm and obvious talent will be admired. Your compassion will be appreciated more than you can imagine. Secret enemies may be holding a grudge that you're not even aware of. You will have excellent ideas for changing or renovating your home.

**PISCES** (Feb. 20 - Mar. 20) Don't let relatives stand in the way of your personal plans. Look into alternate means of supporting your financial burdens. Your temper could be short if someone criticizes your efforts. Secret information will be eye opening.

# Classifieds

## For Sale



1999 Ford S/C 4x4  
4 Doors, new tires, good condition, approximately 220 kms, \$5500, call 1-204-482-6171.

## Advertising

The Echo Classifieds  
\$5.50 for first 25 words  
15¢ for each additional word.  
\$5.00 each per photograph.  
Fx: 367-9974. theecho@mts.net

## Help Wanted

**HELP WANTED**  
Birchwood Motor Hotel  
Year-round positions available for cook, waitress and bartender. Call Jack or Karen at 756-2596



**EMPLOYMENT OPPORTUNITY / OFFRE D'EMPLOI**  
Job Title: Library Clerk  
Salary Range: starting at \$9.00 (depending on qualifications)  
Hours: 10 hours weekly

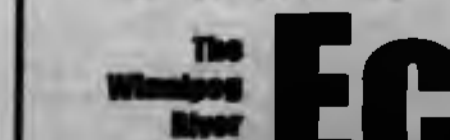
**SKILLS:**  
• Bilingual French / English (preferred)  
• Good communication and interpersonal skills  
• Computer experience is required  
• Physical ability to lift 15 kg or 35 lbs. is essential

Please send résumé to Personnel Committee, Bibliothèque Allard Library on or before April 27, 2009.

Bibliothèque Allard est à la recherche d'un commis selon les habiletés requises ci-haut.

## 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!



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

## Help Wanted

**Trades Instructor (Food Services) - TM**  
Advertisement Number: 20998. Additional Information: Part-Time Term position. Business Area/Branch: Manitoba Justice, Milner Ridge Correctional Centre, City/Town: Milner Ridge, MB. Salary Range: \$25.83 to \$30.44 per hour. Closing Date: April 28, 2009.

**Qualifications:**  
Completion of a recognized food services diploma/certificate and related experience in commercial cooking or equivalent combination of education, training and experience. Demonstrated experience/knowledge in food preparation, storage, sanitation and safety, portion control, menu planning/analysis, requisitioning, issuing and ordering supplies. Demonstrated experience training/instructing others and proven communication, organization, judgment, decision-making and interpersonal skills. Demonstrated experience modeling and maintaining a respectful workplace is necessary. Knowledge of Aboriginal culture, traditions and spirituality will be considered an asset. A current and valid Standard First Aid/CPR level "C", medical fitness report which addresses both physical and mental ability to do the job, and internal security checks including a Criminal Record and Child Abuse Registry Check are required. A satisfactory attendance record will be a factor in the selection process. Your cover letter and resumé must clearly indicate how you meet the qualifications.

**Duties:**  
This position is responsible for providing supervision and training to offenders while ensuring that meals are prepared in a safe/secure environment. Other duties involve food quality/quantity control, ordering and supply management, sanitation hygiene and food storage.

**Note:**  
This part-time position is an entry-level Trades Instructor position (Food Services) within Manitoba Corrections. Regular (permanent) full-time positions are subsequently filled with first consideration from the part-time pool. If you would like further clarification on this position - including probable hours available - please call 204.945.2776.

"We thank all who apply and advise that only those selected for further consideration will be contacted."  
Apply to:  
Manitoba Justice  
Human Resource Services  
1130 - 405 Broadway  
Winnipeg MB R3C 3L6  
Fax: 204.945.3764  
Email: hrtsius@joc.mb.ca  
Employment Equity is a factor in selection. Applicants are requested to indicate in their covering letter or resumé if they are from any of the following groups: Women, Aboriginal People, Visible Minorities or Persons With Disabilities.

## Garage Sale

**Multi Family Garage Sale,**  
April 25. Right off Highway #11 in between Clark's Corner and St. Georges.

Put your advertising dollars to good use. Place an ad in the Echo Classifieds

## 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

## 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

## Business Classifieds

### ATV/Motor Cycles

**St. Croix Cycle**  
ALL TERRAIN MOTORCYCLES & POWER PRODUCTS  
May 11  
367-2219

### Computer/Networking

**GREAT WHYTE NORTH COMPUTER SERVICES**  
Jim Whyte  
204.367.2970  
jwhyte@whytenorth.ca  
www.whytetech.com

### Grocery

**Dancy's FOODS**  
2300 STREET  
LAC DU BONNET  
204-345-2221

### Automotive

**Lac du Bonnet Custom Services**  
MB Heavy Equipment Safety Station  
345-6363  
cell: 345-3636

### Concrete/Excavating

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

### Power/Falls

**powerfalls AUTO BODY**  
Box 187  
Powerview, MB  
R0E 1P0  
Phone: 367-2677  
Fax: 367-2336

### Financial

**Caisse**  
A better way to bank  
367-8288  
www.caisse.biz

### Bakery

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

### Furniture

**DAVE'S FURNITURE & APPLIANCES**  
"For the Best Quality New & Used Furniture & Appliances... Call us First!"  
367-9480  
21 St. George, Powerview  
Mon. to Fri. 10 am - 5 pm - Sat. 10 am - 3 pm

### Building Supplies

**Supply**  
367-4484

### Gift Shop

**plum creek Gift Shop**  
Closed Until April 11, 2009  
Phone: 756-9555

### Catering

**RAPID WATER DELI CONVENIENCE**  
PIZZA  
WATER REFILLS  
MOVIE RENTALS  
Located in McDougall Place, St. Georges

### Restaurant

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

### Computer/Networking

**M&C Bruneau's PC SERVICES**  
345-6876

### CLARK'S CORNER

**CLARK'S CORNER**  
Tackle & Outdoors Store  
Live Bait  
Diesel Fuel  
367-4484

### Your Ad Here

# Classifieds

## Hotel/Restaurant

**The Lakeview STEAKHOUSE**  
57 Park Avenue, Lac du Bonnet, Phone 345-9881  
Every Friday & Saturday  
Steak Dinner Specials  
CHINESE AVAILABLE  
Live Entertainment  
Country Bands  
345-6294

## Medical/Dental

**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

## Medical/Dental

**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 Tuesdays

## Memorials

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

## Printing

**For All Your Printing Needs**  
• Social Tickets  
• Raffle Tickets  
• Business Forms  
• Wedding Invitations  
• Envelopes  
• Letterhead  
• Cheques

## Manitou Lodge

**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

**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 Tuesdays

## Blue Water Physiotherapy

**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  
8 St. PTL, CAFCO

## Papertown Motor Inn

**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

## Bluewater District Transit

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

## Powerview/Pine Falls Dental Centre

**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

## PINE FALLS SERVICE CENTRE

**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

## Insulation

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

## Esser Chiropractic Health Centre

**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

## Insurance

**POWerview AGENCIES**  
367-4455  
Autopac

## Jon. O. Phillips, RMT

**Jon. O. Phillips, RMT**  
Registered Massage Therapist (MTAM)  
CLINIC LOCATIONS:  
Through the Arbour Revitalize Soul Spa  
18B Pine Street, Pine Falls (204) 367-9341  
225 Clendeboye Ave. Selkirk (204) 765-8922  
Direct Billing Available to Blue Cross & Great West Life

## Your Ad Here

## Dan's Painting

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

## The Echo

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

## CASH IN A FLASH PAWN

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

## Real Estate

**Ateah Realty Ltd**  
Professional Service  
Professional Results  
Toll Free 1-866-755-5406

## Pharmacy

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

## For All your Real Estate Needs!

**CONTACT Century 21**  
Our Real Estate Professionals Look forward to Working with You!  
Call 1-800-854-8148  
345-2121 / 268-2011  
Email: c21sum@mts.net

## Septic

**Gilles Lamoureux G's SEPTIC TANK CLEANING SERVICE**  
Portable Toilet Rentals  
P.O. Box 406, PINE FALLS, MANITOBA R0E 1A6  
PHONE: 367-4708 CELL: 345-9838

## 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.  
This innovative product has captured the interest of homeowners throughout the province who want to know if this will be the last time they will replace their windows. Climate Shield Premium windows come with TerraGuard Space Systems as well as SecurPlus and are Energy Star Rated. It will make your home more energy efficient and save up to 30% on your fuel bill.  
Ask about low monthly payments through Hydro.  
For an appointment call  
Mr. Blomert of  
WINDOW & DOOR  
1-800-582-5488  
www.window.ca

