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COMMENT

The
Climategate
Scandal

PAGE 4

HEALTH

New Hope for
MS Sufferers

PAGE 10

NATURE

Hibernation

PAGE 8

\$1⁰⁰

tax included

November 25, 2009

Volume 18, No. 27

The Winnipeg
River

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

Echo

Tembec Misjudged Mood of Employees

LEGISLATIVE LIBRARY

DEC 02 2009



Addictions Awareness Week Powow

The National Aboriginal Addictions Awareness Week, which ran from November 16 to 21 this year, ended with a Pow Wow in the Sagkeeng Mino Pimatziwin Family Treatment centre. Please see more photos and coverage on page 8.

By Charles Norman

By telling their employees to take a 35% cut and not even beginning to negotiate before locking them out on the day their contract expired, Tembec severely misjudged the impact would have on their employees.

At first there was some support for taking the necessary two months and then opting for binding arbitration as they can do under the Manitoba Labour Relations Act. But, after two months with no pay they began to feel a little differently.

Now, with the entire Canadian Forestry industry watching there is no way they are going to knuckle under to Tembec. Many of them will never go back to work for Tembec, some have already quit, others are taking temporary jobs, not until the mill goes back on line, and they can take their severance pay. If the mill re-opens they will quit.

Others will hold their noses and work for the few years they have to go until retirement.

It is possible that Tembec read the situation right knew the men would not knuckle under, they would keep the lockout going indefinitely and destroy the town. Either way they would show the rest of their employees that they could be really brutal. A 35% pay cut throughout their empire would save them \$200,000,000 per year - every year. It would be worth sacrificing a mill for.

But there is one other misjudgment that they made: They do not own the wood supply. They have a license for a few years, but after that it is extremely unlikely that they will be able to renew that license after the brutal treatment they have meted out to their Manitoba employees.

The forestry management license is roughly the same in other provinces. Quebec and Ontario are likely to refuse to renew licenses if they treat their employees in those provinces the way they have in Manitoba.

The unions may not win this fight, but it is absolutely certain that Tembec cannot win.

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Letters to the Editor

Let's Try to Get Along

It could have been a tremendous opportunity for Tembec and Sagkeeng at one point but alas, the negotiations failed. Yes it might be a possibility that Mr. Phil Fontaine could be silent partner but nevertheless, he is from our community and is a member from this community. He was groomed by the people to help Sagkeeng over the years when he was Chief and he did so with dignity and that dignity still remains. Regardless of the situation, we could look back over time

and see the relationship between Sagkeeng and the companies, since it's conception of 1926 with the first owner's.

We cannot pretend that the mill is not parked on Sagkeeng First Nation territory. The CNR was an unresolved issue, still to date, on passing through the reserve, no partnership deal, the Province always received the 'stumpage fee', no partnership deal. The fight is not with Tembec but with the Provincial government, currently they are smuggling

logs out to the Ainsworth Mill in Ontario and the larger logs are being taken to Swan Lake for lumber, yet the

Opposition Should Lay-off the Afghan War

For the life in me, I cannot understand the logic the opposition is using to harass the conservative officials, whenever they can find some sleazy reason in using intimidation, thusly using the Afghan war as a useless club, according to the Webster's dictionary, war is a state of open, and declared armed fighting between states or nations, or the act of science of warfare, a state of hostility, conflict or antagonism, and a struggle between opposing forces and a particular end. Now we come to the question of torture, using water like we witnessed on

Province charges our inherent right to self-government from purchasing cigarettes by Nation to Nation.

Sagkeeng had a vested interest in the logging, truck-

ing and administrative positions but again have lacked a larger scale of economic benefits. We understand we have been left

Continued next page

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November 28
Wicked Meat Draw
All proceeds are being donated to the
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Papertown Motor Inn

Thursday Bud, Spud & Rib Night \$8.99 Tax Included
Friday Bud, Spud & Steak Night \$8.99 Tax Included
Saturday Bud, Spud & Steak Night \$8.99 Tax Included

HAPPY HOUR Every Weekend 4:30-6:00pm

NITE No Cover Thursday

North Eastman Health Association's H1N1 Flu Shot Clinics
(Bring your Manitoba Health Card & wear a short sleeve shirt)

These clinics are for all residents of North Eastman who wish to receive the H1N1 Vaccine.
The unadjuvanted H1N1 Vaccine for pregnant women is available at these Clinics, or you may contact your Public Health Nurse.
Thank you for your patience and understanding during this time.

DATE	COMMUNITY	TIME	LOCATION
Monday November 30	Pine Falls	10:00 am to 2:00 pm	Pine Falls Health Complex Multipurpose Room
Thursday December 3	Pinawa	10:00 am to 2:00 pm	Pinawa Alliance Church
	Whitemouth	10:00 am to 2:00 pm	Whitemouth Community Centre

THE POWERVIEW LOCAL OF THE SOUTHEAST REGION METIS CORP.

IS HOLDING A BY-ELECTION ON THURSDAY NOV. 26 AT 7:00 AT THE CHICKEN CHEF.

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Letters to the Editor

Let's Try to Get Along (Continued)

Continued from page 2

behind in the capacity of economic growth and training. We would like to have enhanced the capacity of Sagkeeng First Nation to operate and participate fully in the forest based development opportunities and a decision making process. Also to advance in the institutional capacity at all levels of government and full support, participation in any or all forest based economy.

Jobs in the forest sector today could have accommodated a wide range of interests and activities with employment for all. Jobs could have included field work to science to high technology. Some examples of forest sector jobs could have been supported through Tembec Inc. are employment and training projects such as the following: Forest Coordination, Research Assistants, Forest Technicians, and the sharing of Heavy Equipment Operators but alas, only a few were groomed and can walk into the bank for \$100,000.00

Tembec has stated over the years that it recognizes Aboriginal Peoples ongoing historical use of the land and fact that such use is founded on distinctive traditions. The Company also stated that they would implement strategies based on consultation (verbal breach), education and again economic participation in forestry, as well as integration of traditional knowledge into forestry planning, to improve relations between the Company employees and Aboriginal communities.

Since a Treaty Land Entitlement is in the hands of the Federal Court, we may have the first right of refusal of all forestry activity on Sagkeeng's traditional territory, we could have had more employment opportunities via establishing a trucking association, an Advisory group, meaningful dialogue on all phases and established a forestry training program. My question being is how much wood has been harvested over 100 years off of Sagkeeng's Traditional Territory and volume? This

is a very sensitive issue, however, legal subject is in order, no consultations by the governments regarding this operation including cutting, road building, and silviculture activities. This is a legal obligation and is being chal-

lenged in the courts. Yes, it feels that this company is in the toilets but when will the doors become open for business. Might I mention the management (fat-cats) should have their wages cut first and foremost and sum-

marize this by saying that the 'ole boyz club' are fully comfortable without a worry for their Christmas gifts. All in all, Sagkeeng did try to negotiate but received an insult. Lastly, forest activities were to take into account the

views of communities and other forest users to ensure that forest resources are shared harmoniously, this again has not been transparent or respected. LETS TRY TO GET ALONG
Marilyn M. Courchene

If you have flu symptoms... Early treatment could be very important

Flu symptoms...

- Symptoms usually appear suddenly and can include cough and a fever, sore throat, muscle aches, joint pain, fatigue.
- You may sometimes feel sick to your stomach, vomit or have diarrhea. Elderly people, young children and people with lowered immunity may not have a fever. Some people do not have all of the usual symptoms.
- If your symptoms are mild and you aren't at increased risk for severe illness (see the list below) stay home, treat your fever and other symptoms, drink fluids, limit unnecessary contact with others and rest until you feel well enough to return to work or school. Monitor yourself or your child for persistent or worsening symptoms. Most Manitobans who became ill during the first wave of H1N1 did not need specific medical care or hospitalization.
- Unlike other flu seasons, people under 65 have been at greater risk for severe H1N1 illness than people who are older.

Contact your health care provider...

- If you have flu symptoms and you also have an increased risk for severe H1N1 illness, for example:
 - children under five
 - Aboriginal ancestry
 - disadvantaged populations (eg. homeless)
 - people living in remote or isolated areas
 - chronic medical condition
 - severe obesity
 - alcoholism
 - weakened immune system
 - pregnant women
- People 65 years and older and others who may be frail, have mobility problems or live alone may be at risk for severe illness from H1N1 and seasonal flu.
- If your flu symptoms persist or get worse (even if you don't have risks for severe illness).
- If you are concerned about your health - regardless of when you last saw your doctor.
- Early treatment including anti-viral medications (Tamiflu® or Relenza®) - ideally within 24 hours - may be very important. If you are not able to contact your health care provider for advice, you can call Health Links-Info Santé at 788-8200 or 1-888-315-9257.

Go for emergency medical help...

If you or a family member has any of the following symptoms, go directly to an emergency room, nursing station, or health care provider, or call 911.

- shortness of breath or difficulty breathing
- severe or worsening symptoms
- dehydration (eg. decreased urination, increased thirst)
- drowsiness or confusion
- fever in an infant under three months old

For more information about the flu, call Health Links-Info Santé at 788-8200 or 1-888-315-9257 or visit the flu website at manitoba.ca



Comment



Leaders from around the world will be meeting in Copenhagen in December to come up with a plan to save the world from a disastrous temperature increase. However, now the validity of that hypothesis has come under renewed scrutiny.

The "Climategate" Conspiracy Climate Scientists Bully Opposition, Rig Data

By Charles Norman

Last Friday, November 20th, the world learned a major climate change research organization had been fixing the data to show that climate change was happening, and was man-made. A whistleblower hacked into the University of East Anglia in the UK and released 3,000 documents and more than 1,000 emails, some of which indicated that scientists at the university were fudging the figures to prove their own view and were able to silence those with opposing views.

The United Nations, and governments around the world have been relying on these people and using their data to justify huge taxing and spending programs to alleviate the problem of global warming that these scientists say will destroy the earth. Leaders from around the world will be meeting in Copenhagen in December to come up with a plan to save

the world from a disastrous temperature increase over the next few years which they say will take place if we do not drastically cut back our consumption of fossil fuels and production of carbon dioxide.

The emails indicate that the scientists conspired to fudge the evidence on which this threatening disaster is based. To find that the whole global warming scare is almost certainly a scam should be enough to discredit these scientists and bar them from any publication of their work in the future.

But the first sentence in this article is not entirely true. It reads - "Last Friday, November 20th the world learned..... Wrong! The world did not learn anything of the sort, and therein lies the really frightening conspiracy. The press kept it quiet. Except for a very few newspapers, it was mostly ignored. Where it was covered at all it was to complain

about what a rotten thing it was to steal someone's email. Reading someone else's mail is unforgivable etc... etc.

Some are calling this the biggest scam of the twenty-first century. It is more than that - it is the biggest scam in the history of the entire world!

And the mainstream media is ignoring it.

They cannot be ignoring it because it is not a good story. The biggest scam in the history of the world is a very big story. The only other conclusion that we can come to is that all those reporters and editors out there are complicit in the cover-up of the scam.

While the scientists who wrote the emails may be involved in a scam for the research money, and their universities may join them in this for the rake-off they get from research funding, it seems that the scientists in question really believe in

their thesis and have an ideological basis for their beliefs.

In Copenhagen, an agreement was to be reached on carbon dioxide emissions and on penalties for exceeding those emissions. There was also supposed to be an agreement on transferring of funds to third world nations to help them meet reduction targets. The money raised, billions and billions of dollars was to be handed over to the United Nations, making the UN, in effect, a supra world government. We, and every other nation would be handing over part our sovereignty to the UN - and giving the UN the power to administer a transfer of wealth like no other in history.

The really frightening thing about the silence of the press on this issue is their complicity in this transfer of money, independence and freedom and their wholesale and united adherence to a left wing ideology.

Democracy and freedom require a free press. It is difficult to believe that we have a free press when they, almost all, agree that the greatest conspiracy in the history of the world is a good thing.

Please remember, for the last twelve years the world has been getting cooler - not warmer - and the concentration of carbon dioxide is still going up - convincingly demonstrating that the two are not related.

This has been difficult to write, because without a free press there is little hope for individual freedom. The universities, who are benefiting from this global warming scare, and who are powerful enough to rigidly ensure compliance to the current ideology (Forget academic freedom - it does not exist.), have produced a generation of reporters and editors with the same world view. They mostly willingly conform.

Those that do not, dare not disagree.

Read the emails below.

From Phil Jones, head of the Climatic Research Unit at East Anglia University, to Ray Bradley, Michael Mann, and Malcolm Hughes, three U.S. scientists who have produced the controversial "hockey-stick graphs" that purport to show rapidly increasing temperatures in recent decades. Nov. 16, 1999.

► "I've just completed Mike's Nature trick of adding in the real temps to each series for the last 20 years (i.e. from 1981 onwards) and from 1961 for Keith's to hide the decline."

From Kevin Trenberth, a lead author with the UN's Intergovernmental Panel on Climate Change, to Michael Mann, on Oct 12, 2009. The email, titled "BBC U-turn on climate," laments a BBC article that reversed its long-held position on man-made global warming.

► "The fact is that we can't account for the lack of warming at the moment and it is a travesty that we can't. ... Our observing system is inadequate."

From: Michael Mann, Oct 27, 2009

► "Perhaps we'll do a simple update to the Yamal post... As we all know, this isn't about truth at all, its about plausibly deniable accusations."

From: Edward Cook, June 4, 2003

► "I got a paper to review (submitted to the Journal of Agricultural, Biological, and Environmental Sciences), written by a Korean guy and someone from

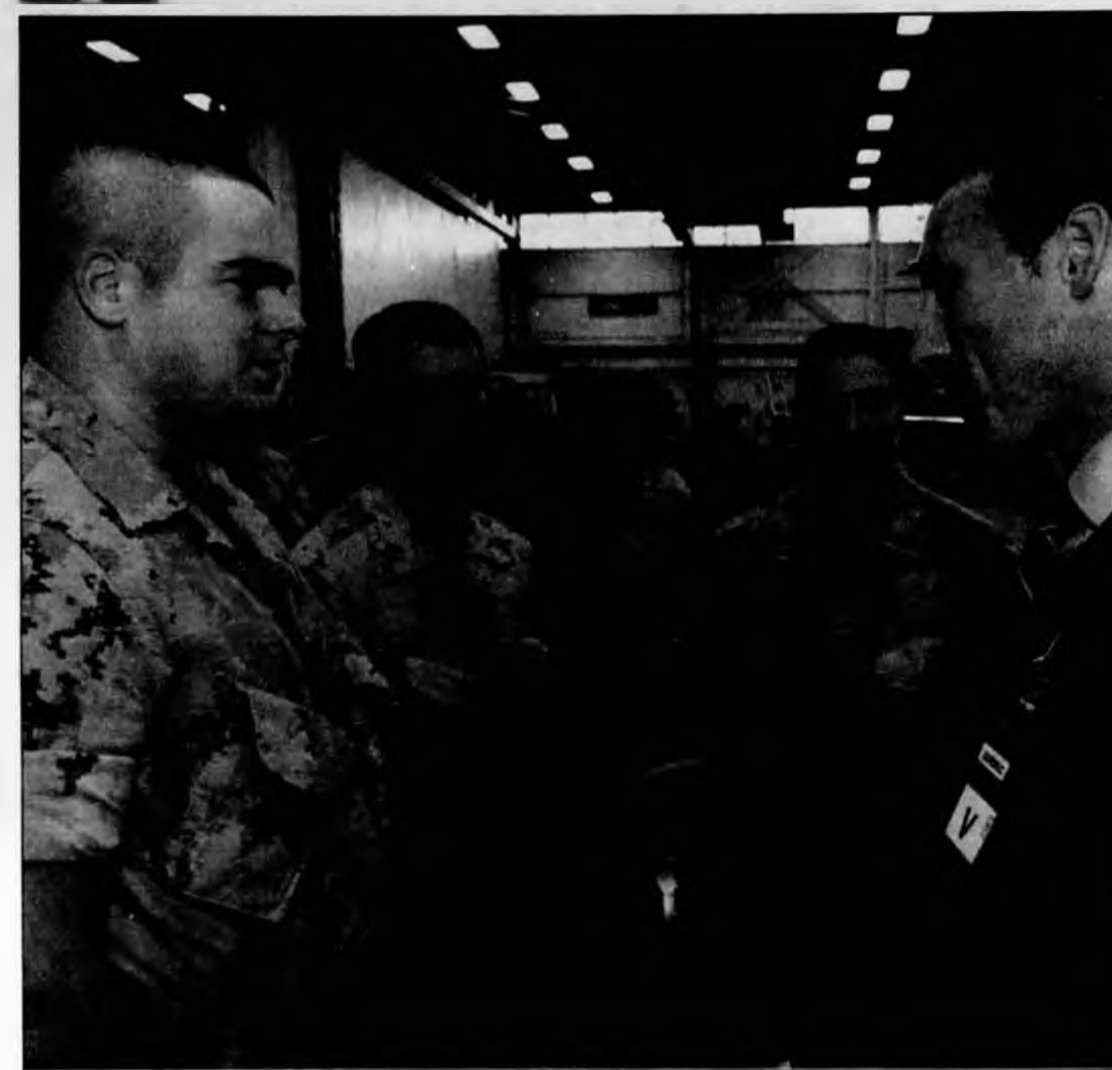
Continued on page 10

Comment



On Parliament Hill

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



Peter McKay meets with Candian troops en route to Afghanistan last year.

Standing Behind our Forces

Our brave Canadian Forces serving in Afghanistan are highly skilled, disciplined and courageous. They are providing security for our diplomats, aid workers and reconstruction teams who have made substantial progress in restoring infrastructure, training Afghan forces, and improving security for the Afghan people.

However, helping to rebuild a war-torn country after decades of conflict is not easy. The Taliban remain a threat. And our Canadian Forces are frequently in a position where they are required to capture, detain and hand over Taliban insurgents to the Afghanistani authorities.

Following a recent House of Commons committee appearance by Richard Colvin, there has been a lot of media attention on the issue of detainee transfers. To be clear, Mr. Colvin did not present any evidence that Canadian soldiers mistreated Taliban

prisoners. Any insinuation that our brave men and women acted dishonourably is an insult to the Canadian Forces.

We have been perfectly clear - when this government has been presented with credible evidence, we take appropriate action. This is why we instituted an enhanced arrangement with Afghanistan over two and half years ago. We replaced the inadequate prisoner transfer arrangement left by the previous government.

Mr. Colvin admitted that he never actually witnessed any acts of abuse. His information is from unnamed second-hand sources and Taliban-prisoners. These Taliban prisoners are instructed to lie and deceive allied forces.

When directly asked if he (Mr. Colvin) ever raised the issue of prisoner abuse with a Government minister in person, Colvin admitted he did not - despite having ample opportunity to do so. Further,

Mr. Colvin could not even say that the Taliban prisoners that he interviewed were in fact captured by Canadian troops. And it is important not to forget that during this period our troops were engaged in major combat operations - taking the fight to the Taliban enemy - including Operation Medusa where 12 Canadian soldiers lost their lives.

We have been fully transparent about the mission in Afghanistan. We were the first Government to hold a democratic vote in Parliament about the future of the mission - having now done so twice. This is in stark contrast to the previous government that never held a vote before sending Canadian troops to Afghanistan in 2002.

We have consistently provided information to Parliament through quarterly reports and we have provided thousands of documents to the federal court relating to the issue of transfer of Taliban prisoners.



Report From the Leg

Gerald Hawranik
MLA for Lac du Bonnet

Manitoba Hydro

Manitoba Hydro is a Crown Corporation that we all have come to depend on to be stable and to generate profits year after year to provide stability to our economy in this province. Over the last couple of months, our faith in Manitoba Hydro has been shaken, because the NDP has mismanaged Manitoba Hydro, the Crown Jewel of our Crown Corporations.

Manitoba Hydro is now in a very vulnerable economic position due to the mismanagement of this government. The cost of the new Manitoba Hydro building has escalated to more than double the original estimates, the cost of the Wuskwatim hydro generating station has also doubled, and the cost of the Bipole III, the new transmission line from the North is projected to perhaps double because of the decision of the NDP to build the line from a point almost directly North of Kenora, then West almost to the Saskatchewan border, and then East back to Winnipeg, rather than constructing the line on the East side of Lake Winnipeg directly South. The extra cost of the transmission line plus the cost of the loss of electricity on this longer route is expected to cost Manitobans more than \$1 Billion. Where will this money come from? That's easy to answer - it will come from you - from increased hydro rates which you will be forced to pay. The mismanagement of Manitoba Hydro will hit you in the pocketbook - and for generations to come!

The allegations made by the Manitoba Hydro whistleblower have made headlines in our news media for the last couple of months. What do we know about her? We know she is an expert in risk management. We know that she provided a report to Manitoba Hydro warning of possible blackouts and of possible insolvency and bankruptcy of our Crown Corporation because

Manitoba Hydro has not properly calculated possible losses in years of drought (which happens in Manitoba every couple of decades) and when there is a period of decreasing prices for electricity due to an economic downturn. All of this translates into increased risk for Manitoba Hydro, and as a result there is the potential for dramatically increased electricity rates for you, the consumer.

The NDP has asked the Auditor General of Manitoba to complete an audit of Manitoba Hydro's operations. On the surface, this may seem to be the right thing to do - but the Auditor General is in a conflict of interest and she should be referring the audit to an auditor from outside Manitoba to ensure that Manitobans are confident in the report. For your information, the Auditor was a member of the Finance Committee of Manitoba Hydro when the Whistleblower was gathering information about the risk assessment and preparing the report - as well all during this time, a member of the Auditor General's staff was attending the Manitoba Hydro board meetings. There is a clear conflict of interest here, and if the Auditor General will not excuse herself from the audit, then it is the obligation of our new Premier, Greg Selinger, to relieve her of this audit and appoint an auditor from outside Manitoba to do the job. If he hesitates or refuses to do this, then he is fine with the obvious conflict of interest and his only interest is in covering up the facts and whitewashing the audit results.

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

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Comment

Climategate Emails (continued)

Berkeley, that claims that the method of reconstruction that we use in denroclimatology (reverse regression) is wrong, biased, lousy, horrible, etc. ... If published as is, this paper could really do some damage ... It won't be easy to dismiss out of hand as the math appears to be correct theoretically (...). I am really sorry but I have to nag about that review — Confidentially I now need a hard and if required extensive case for rejecting."

From: Tom Wigley, Sep 27, 2009

► "So, if we could reduce the ocean blip by, say, 0.15 C, then this would be significant for the global mean — but we'd still have to explain the land blip. I've chosen 0.15 here deliberately. This still leaves an ocean blip, and I think one needs to have some form of ocean blip to explain the land blip (via either some common forcing, or ocean forcing land, or

vice versa, or all of these)."

From: Phil Jones, Feb 2, 2005

► "The two MMs [Canadian skeptics Steve McIntyre and Ross McKittrick] have been after the CRU station data for years. If they ever hear there is a Freedom of Information Act now in the UK, I think I'll delete the file rather than send to anyone."

From: Phil Jones, May 29, 2008

► "Can you delete any emails you may have had with Keith re AR4? Keith will do likewise. He's not in at the moment — minor family crisis. Can you also email Gene and get him to do the same? I don't have his new email address. We will be getting Caspar to do likewise."

From: Michael E. Mann, Mar 11, 2003

► "I think we have to stop considering Climate

Research as a legitimate peer-reviewed journal. Perhaps we should encourage our colleagues in the climate research community to no longer submit to, or cite papers in, this journal. We would also need to consider what we tell or request of our more reasonable colleagues who currently sit on the editorial board."

From: Tom Wigley, Apr 24, 2003

► "Mike's idea to get editorial board members to resign will probably not work — must get rid of von Storch too, otherwise holes will eventually fill up with people like Legates, Balling, Lindzen, Michaels, Singer, etc."

From: Phil Jones, July 5, 2005

► "If anything, I would like to see the climate change happen, so the science could be proved right, regardless of the consequences. This isn't being political, it is being selfish."

A Faith Perspective:

By Pastor Jake Doell

A Healthy Conscience

Good health is something everyone wants. In our youth we often take the gift of good health for granted. We feel we are invincible and abuse our bodies with drugs and alcohol and when we get older we suddenly realize that even wild oats produce a harvest in our life.

What about our conscience? Everybody has one. God gave us each a spiritual firewall to detect the virus of sin. I know that sin is not a popular concept in today's world because it tells us that each one of us is personally responsible for our choices and actions.

Your conscience is kind of like your heart. If it's healthy you can enjoy life. If it's not healthy it can cause you a lot of pain and can lead to death.

A good and healthy conscience will "stab us with pangs of guilt" when we choose to indulge in wrong practices such as lying. You tell a lie and your conscience begins to feel nauseas and very uneasy. What do you do? Ignore it and continue on like nothing happened? Well do you ignore the red light on your dashboard when you engine is low on oil?

Of course not it can lead to some serious damage to your engine. In a similar way ignoring the pangs of guilt from your conscience will lead to serious damage to your relationship with God. "Spiritual pain is caused by the conviction of sin. Freud was right when he discerned that guilt was the cause of most of the depression and neurosis afflicting the world. However he released more depression and a deeper neurosis upon the world when he began attacking the guilt instead of the cause of guilt — sin! If we remove the guilt before the sin is removed, it is like relieving a headache that is caused by brain cancer so that the tumor can grow undetected." — Rick Joyner

To remove our guilt we must come to God and confess to Him our sin. Confess simply means acknowledging to God what He already knows. God provided the perfect and only cure for our sin — the cross of Christ His Son. It does not only relieve the symptoms (headache) of sin but it surgically removes the root of the sin when God applies the shed blood of Christ to our guilty conscience.

Our conscience grows dull after many years of abuse, but the good news is that we can restore it to good health by re-calibrating it to the Word of God. "I have hidden Your Word in my heart (conscience) that I might not sin against You." Psalm 119:11 An ounce of prevention is worth a pound of cure.

A WORD OF THANKS from the ST. GEORGES PARISH

- A special thank you to all the businesses who continue to support us at our annual bazaar.
- To all the individuals who donated items, did some baking, donated their time and energy to make our annual fundraiser a huge success.
- To everyone for coming out and encouraging us. May God bless you all!

Remerciement de la Paroisse St. Georges

Un merci spécial à toutes les business qui continuent de supporter notre bazar annuel. Ainsi qu'à tous les individus qui ont donné des articles, de la pâtisserie, leur temps et énergie à faire de notre levée de fonds annuel un grand succès. Merci à tous d'être venu nous encourager. Que Dieu vous bénisse!

Community

Library in Victoria Beach

by Laura Tuttle

A comfortable chair beside a crackling fire, a mug of cocoa and a good book — is there any better way to spend a winter day at the Lake? As of November 25th residents of East Beaches will have library access two days a week at the new branch library that has opened in Victoria Beach. A grand opening was held on Saturday, November 21st with congratulations delivered by James Bezan, MP for

Selkirk/Interlake along with Reeve George Harbottle of Alexander, Mayor Steve Strang of St. Clements and Reeve Bill McDonald of Victoria Beach. These guest speakers along with a contingent of municipal counselors and school board representatives joined about 30 guests to celebrate the occasion. A luncheon was catered by the folks of the Senior Scene. Counsellor Bruce Morrison, a representative for Victoria Beach on the Library Board which head-

quarters in St. George says, "The idea for a branch library first came about as we talked about the new recreation facility that is being planned for the R.M. of Victoria Beach. In addition to other amenities we expect the center to feature a local library." For now you will find the library located in the lower level of the Senior Scene however when the Victoria Beach Community Centre opens in a couple of years, the library will have a permanent home at that location.

Patrons will currently have immediate access to about a thousand books at the Victoria Beach Branch Library. What is most exciting is that this little library is connected via the internet to the Public Library Services of Manitoba and therefore to many more thousands of books that are available for borrowing. With the exception of books that are new to the market you can order nearly any book of your choice and expect it to be delivered to the Victoria Beach Library within two or three days.

Keri Scurfield already manages the library at Walter Whyte School in Grand Marais on Tuesdays from 9:00 to 12:00; Thursdays from 4:00 to 8:00 and on Saturdays from 10:00 until 2:00. Now, she will also be on hand at the new Victoria Beach branch on Wednesdays from 11:00 to 4:00 and Fridays from 9:00 until 2:00. Library membership is free to residents of the three municipalities of the East Beaches. Non residents pay \$25.00 for a single

membership and Families pay \$45.00. If you reside within the R.M. of Alexander, St. Clements or Victoria Beach, you are con-

sidered a resident and therefore can now enjoy the availability of wonderful literature close to home.

Pine Falls Branch #64 Legion News

Greetings from Branch #64. It was great to have such a wonderful turnout for our Remembrance Day service and to enjoy such warm weather as we gathered at the cenotaph. Thanks to everyone who helped with the service.

Our Friday dinner schedule is roast beef on November 27th and spaghetti dinner on December 11th. We will be hosting a Grey Cup party on November 29th. It was decided to have a potluck supper at our party. Everyone attending is asked to bring something towards this tasty meal. There is a grey cup pool that is posted in our clubrooms and squares can be purchased at \$2.00 each with the total winnings being won on the individual quarters and the final score.

On Saturday, December 5th there will be our annual pre Christmas sale from 11:00 a.m. to 4:00 p.m. consisting of bake sale, Xmas raffle and craft tables. Proceeds from the Xmas raffle will be donated to the USW & Cope Family Program. If you want a table free of charge to set up your wares, contact Lyle Velie at 367-2339. Branch and auxiliary members are asked to have their baking at the Legion for 10:00 a.m. so it can be priced prior to the sale.

Thank you and we hope to see you at the Pine Falls Legion.

Our next general meeting is Thursday, December 10th at 7:30 p.m. The Ladies Auxiliary will meet at 7:00 p.m. the same evening. After the meeting our groups will join together for our Xmas party. Instead of bringing a \$10.00 gift for exchange, we are asking all persons attending this party, to bring \$10.00 worth of groceries that will be given to the USW & Cope food bank and also bring something towards a light lunch that will be served at our party. Please come out as your support is needed. As a Legion member it is important you attend our monthly meetings. It is only one hour of your time and it could mean so much.

Time is running out. Purchase your Early Bird membership before November 30th and save \$5.00. It also enters your name into the Early Bird refund draw held at our December Christmas party. Branch membership is \$35.00 till November 30th and then increases to \$40.00 on December 1st. The Ladies Auxiliary membership is \$15.00 and they also have an Early Bird refund draw at the party for their members who pay their dues before November 30th.

Nativity Scene Display at Library Allard

Library Allard is celebrating Christmas in a different way. For the two weeks between November 24th to December 05th the library is hosting a display of nativity scenes. There are thirty-six scenes to take you from present day childhood with a Fisher Price set to a handmade set from a childhood seventy years ago; a Bumpkins set and a Precious Memories set: sets from Mexico to Russia to Africa and more. All the displays are on loan from people in our community. Each has its own story and special memories. Thank you to everyone who has entrusted us with their treasures. Begin your Christmas celebrations by coming to see for yourself the diversity of international and local nativity scenes. The library is open Tuesdays 10:30 am to 5:00 pm, Wednesdays and Thursdays 12:00 noon to 8:00 pm, Fridays 12:00 noon to 5:00 pm, and Saturdays 10:00 am to 2:00 pm.

Each has its own story and special memories. Thank you to everyone who has entrusted us with their treasures. Begin your Christmas celebrations by coming to see for yourself the diversity of international and local nativity scenes. The library is open Tuesdays 10:30 am to 5:00 pm, Wednesdays and Thursdays 12:00 noon to 8:00 pm, Fridays 12:00 noon to 5:00 pm, and Saturdays 10:00 am to 2:00 pm.

Special Christmas "Tree of Lights"

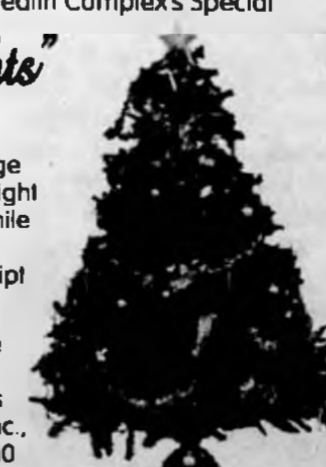
The Pine Falls District Health Care Foundation Inc. was created to support hospitals, personal care homes, ambulance services and other non-profit charitable, educational and cultural organizations. It is the mandate of the foundation to assist in maintaining and promoting the good health for all the residents served in this area. The work of the Foundation is accomplished through Donations from the community.

Honour the memory of a deceased loved one this Christmas season on the Pine Falls Health Complex's Special

"Tree of Lights"

This special tribute will enable interested persons to acknowledge their memories by purchasing a light (\$10.00 per name) on this tree, while providing donation funds for the foundation. A tax deductible receipt will be issued to all donors.

Interested person can contact the reception desk at the hospital or send their donations to: Pine Falls District Health Care Foundation Inc., Box 2000, Pine Falls, MB R0E 1M0



Volunteer Drivers Needed

Winnipeg River Senior Service is in need of Volunteer Drivers to take seniors to and from Appointments. This may also include out of town appointments.



If interested call WRSS at 367-9128



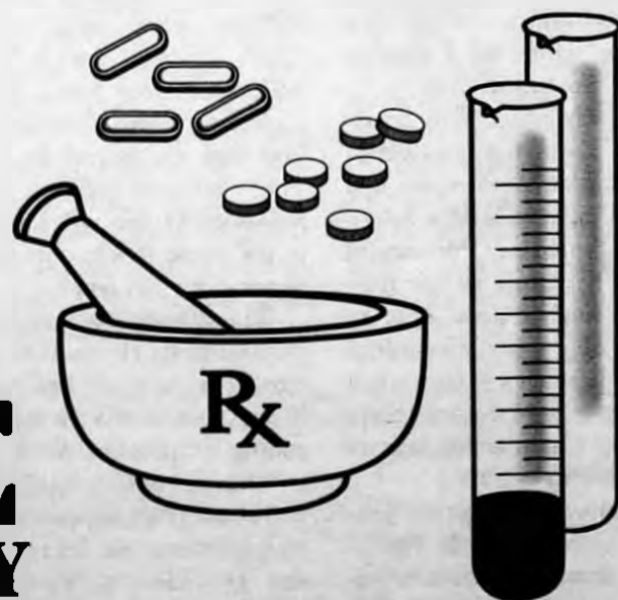
TRY YOUR DRUGSTORE *first*

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

PINE PHARMACY

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

367-2611



DISPENSARY

367-2517

Community



A selection of dancers at the Sagkeeng Addiction Awareness Week Powow. Top right is organizer, Lindsey Courchene.

Sagkeeng Closes Addictions Awareness Week with a Pow Wow

By Charles Norman
The National Aboriginal Addictions Awareness Week, which is always held in November, ran from November 16 to 21 this year. The week-long program ended this year with a Pow Wow in the Sagkeeng Mino Pimatziwin Family Treatment centre. (Mino Pimatziwin is Ojibway for The Good Life). About 100 dancers took part which ran

from 1:00 pm to 11:00 pm. The Pow Wow was organized by Lindsey Courchene. In operation since 2004, the centre is radically different from the Virginia Fontaine Centre which used to be located in the same building. It serves whole families rather than individual adults and offers a seven week live-in program based on the traditional seven teachings. The centre takes in four families at a time and

has a day care worker and teacher on staff to deal with the children's education needs. They also have a qualified nurse practitioner from the University of Manitoba. A mental health worker is available for those with mental health problems. The centre has a total staff of 35 full and part time workers. The seven teachings, is closely related to the seven-week program. The teachings; Respect, Truth, Love,

Honesty, Wisdom, Humility, and Courage are related to the seven weeks of the program, in the same order: Assessment, Addiction, Relationships, Feeling, Grieving, Self awareness and Relapse Prevention. Centre Director, Suzan Thomas, said they have six intakes a year, from Saskatchewan Manitoba and Ontario, and last year had an Inuit family from Coral Harbour.

She said there is a continuous evaluation process up to and including the time the family leaves, and the Intake Coordinator keeps in touch with the family for a year after they leave. She said their record of success is excellent. The centre will be holding an open-house at 4:00 pm on Thursday December 10th to coincide with the centres Annual General Meeting. All are welcome.

Flora and Fauna

Hibernation

By Charles Norman

Where do flies go in the wintertime?
Do they go to gay Paree?

When they've finished buzzing round our eggs and ham
When they've finished settling on our Ticklers Jam*

Do they fly like swallows every year,
To some distant far off clime?

Tell me, tell me
Where do flies go in the wintertime?

The above was a popular London music hall song a hundred years ago. The song has been forgotten now but English children still ask the question; "Where do flies go in the wintertime?"

The question, and some of the others about the missing wild life in winter, are only now being answered.

At least the composer of the song knew that swallows migrated to a "far off clime" The ancient Greeks believed that they hibernated.

In medieval England people believed, that during the night, a plant that looked a little like the head and neck of a goose was mysteriously transformed into a real goose.

It was once believed that many birds hibernated, Humming birds, for example were thought to hibernate, or migrate on the backs of geese because no one saw them go and could not imagine that such a tiny bird could fly such tremendous distances.

So far only one bird has been found to hibernate - the poor will. It was first observed in North Dakota by the Lewis and Clark expedition in 1804, but was only proven to breed there in 1988. The poor-will is similar to the whip-poor-will found locally and was once thought to be the same species.

With mammals and reptiles there is a huge variation in how these creatures deal with our aggressively cold winters. Blood temperatures of some mammals drop only a few degrees and others to below freezing. In reality it is

a deep sleep, deeper in some mammals than others. Reptiles use a completely different process that scientists call brumation. It is not a sleep, but a very slowed down rate of activity. They don't feed, but occasionally wake up to drink.

Locally, the black bear hibernates as soon as food becomes scarce in winter. (In some areas, where food is plentiful year round they may not hibernate at all.

In preparation for winter, the black bear consumes up to 40 lbs of berries and nuts in the fall in order to put on enough fat to last through the winter. They enter their den in October where their temperature drops a few degrees, their heart beat slows to about eight beats per minute, and they breathe every 45 seconds or so. In the female eggs fertilized in the spring, attach themselves to the uterus in November and begin to develop. Cubs are born in January, weighing about half a pound. The mother wakes to clean them and arranges herself and the cubs so that they can suckle. They emerge in April, when food is still sparse and continue to lose weight for a few weeks until vegetation begins to grow. The previous years cubs hibernate with their mother in their first year.

At the other extreme is

the Arctic ground squirrel, which is found around the arctic but not into Manitoba. It hibernates from September to late April. It lowers its body temperature from a summer temperature of 37 degrees Celsius to minus 3.0 degrees. It manages to do this without its blood freezing.

The leopard frog, common in our region, technically does not hibernate, but brumates, as does the turtle and the garter snake. In this state they cannot digest food, so must empty their gut beforehand or food in the gut will decay and kill the animal. They do not feed in winter but must occasionally waken to drink water.

The leopard frog's metabolism slows down to a point where food can be dispensed with for several months.

Respiration rate is also reduced and the frog is able to get enough oxygen to survive by taking it in through the skin. It can survive as long as the water does not freeze to the bottom.

The snapping turtle burrows in the bottom of a pond or lake, and takes in oxygen from the water through the membranes of its mouth and throat.

The same is true of garter snakes, which have to find a deep hole where they can get below the frost line. It has to be close to a source of water for that occasional winter drink.

There are uncounted species of insects and they have many different ways of dealing with cold weather, there are, for example, more than 700,000 species of bee-

tle, one of them, the lady bug hibernates in winter, under vegetation and snow. They will often choose homes and farm buildings to spend the winter.

And as for those pesky houseflies, they die when it gets cold. If they can keep warm they can keep on living, and a few of them always seem to manage to survive in nooks and crannies of our homes, but they do not have to. They lay their eggs on a suitable food source and the eggs hatch in the spring as soon as it is warm enough.

* Ticklers Jam was popular in England from 1877 to 1930. Cans of it were issued to soldiers in the trenches in World War I.



Health

New Hope for MS Sufferers

Jill Whitford, of St George, an MS sufferer, is excited about a new treatment that is being researched into a possible way to ameliorate the MS condition.

An Italian researcher has found that a blood circulation problem in the brain may cause the symptoms of MS. Jill Whitford wants to be one of those selected for testing.

"For 28 years I have kept myself in good shape waiting for this day" She said. "I'm so excited. It seems so close, but there is so much research still needed. I am disappointed that there will likely be no research carried out in Manitoba.

Canada is a world hot spot for MS" She said, "and Manitoba is a Canadian hot spot, yet there are no research programs being carried out in this province. She said she understands that Manitoba neurologists are meeting on Friday to discuss their possible involvement in the research, but says that if she cannot get accepted for testing in Manitoba she will try for another province or for the United States.

In any event she will be working to raise money for research into the treatment.

In a press release the MS Society of Canada recently announced that it will be requesting research grants for testing the treatment of the condition called chronic cerebrospinal venous insufficiency. (CCSVI)

The press release continued...

A recent study released by Dr. Paulo Zamboni, University of Ferrara, Italy, describes CCSVI as a disruption of blood flow in which the venous system is not able to efficiently remove blood from the central nervous system resulting in increased pressure in the veins of the brain and spinal cord which in turn results in damage to these areas.

"These early results are encouraging and show that this warrants more study," said Yves Savoie, MS Society President and CEO. "This is truly a new avenue to explore in MS research, and we want to be a part of furthering this investigation."

The MS Society of Canada will issue an invitation for research operating grant proposals on CCSVI related to multiple sclerosis from qualified investigators based in Canadian institutions. Proposals will be evaluated for their scientific merit and relevance to the field of MS.

The competition will open on December 9, 2009, and the deadline for applications will be January 22, 2010.

"There has been tremendous interest and excitement about this study from people with MS, supporters, volunteers and staff across the country. While we acknowledge that the concept of CCSVI as a cause of MS needs to be replicated and validated in larger well-designed studies, the Society looks forward to contributing

to this body of work," said Savoie.

While excited about the potential of the CCSVI study, the findings are preliminary. Thus the MS Society advises that while further research is underway people follow their physician's recommendations and continue their current course of therapies.

About multiple sclerosis and the Multiple Sclerosis Society of Canada

Multiple sclerosis is a chronic, often disabling disease of the brain and spinal cord. It is the most common neurological disease of young adults in Canada. Most people with MS are diagnosed between the ages of 15 and 40, and the unpredictable effects of MS last for the rest of their lives.

The Multiple Sclerosis Society of Canada is the only national volunteer health agency in Canada that funds MS research, provides services for people with MS and family members and conducts public education programs. Since its founding in 1948, the MS Society has worked to hasten the discovery of the cause, effective treatment and cure for MS. From basic laboratory research to the development of new treatments for people with MS, the MS Society's research program is making a difference in people's lives today.

The MS Society also provides services to people who have multiple sclerosis and family members through its seven division offices and more than 120 chapters. MS

Society volunteers and staff are also actively involved in educating health care professionals about MS and its treatment, in public awareness programs and in government relations and advocacy.

Overview
Chronic cerebrospinal venous insufficiency (CCSVI) Describes a hypothetical disruption of blood flow in which the venous system is not able to efficiently remove blood from the central nervous system resulting in increased pressure in the veins of the brain and spinal cord which in turn results in damage to

these areas. Recent reports have revived the idea of an association between inadequate venous drainage and multiple sclerosis.

The MS Society of Canada is aware of recent reports on the subject of CCSVI that may open up new avenues of research including new therapies for MS. While the early data shows promise, it is important to acknowledge that the concepts surrounding CCSVI and multiple sclerosis are still relatively new and requires replication and validation in much larger, well-designed scientific studies before they can be accepted as established.



EN SEMAINE 18H ET 23H
LE TÉLÉJOURNAL MANITOBA
AVEC MARIE CHRISTINE GAGNON

Community

Lac du Bonnet RCMP Report

Monday, November 16th

At 6:15 AM there was a call of a possible suicidal person at a residence in Lac du Bonnet. A patrol was made and the subject was found to be fine and in no danger.

Late entries from the weekend:

At 11:45 AM there was a report of Uttering Threats at a residence in the RM of Lac du Bonnet. Contact with the complainant found that the subject was reporting for information purposes only.

Tuesday, November 17th

At 7:40 AM there was a report of hunters on private property without permission in the RM of Lac du Bonnet. A family member called back later and advised that the hunters did have permission.

At 7:50 AM there was a report of a Break and Enter to a cabin located in the Nopiming Park.

At 12:25 PM there was a report of an abandoned vehicle in Elma. No criminal element and the owner advised they would move it.

Wednesday, November 18th

Nothing of press interest for this day.

Thursday, November 19th

At 9:05 AM there was a false alarm at a business in Whitemouth.

Friday, November 20th, 2009

At 3:21 PM there was a report of fraud from resident of the RM of Lac du Bonnet. Matter is under investigation.

At 3:55 PM there was a theft of some lumber from a cottage in the RM of Lac du Bonnet.

At 7:01 PM there was a report of an attempted Break and Enter to a residence in

Lac du Bonnet. Investigation learned that it was a legitimate repair person looking to gain access.

At 11:52 PM there was a report of a fire in the RM of Whitemouth. It was a controlled burn.

Saturday, November 21st, 2009

At 2:17 AM there was a report of a Break and Enter to a business in Elma.

At 3:57 AM there was a report of a suspicious phone call to a residence in the RM of Lac du Bonnet.

At 9:20 AM there was a false alarm to a residence in the RM of Lac du Bonnet.

At 2:33 PM there was a report of suspicious people in the LGD of Pinawa.

At 10:45 PM there was a report of uttering threats from a residence in the RM of Lac du Bonnet. Matter is under investigation.

Sunday, November 22nd

At 1:25 AM there was a report of a noisy party at a residence in the RM of Lac du Bonnet. Police attended and turned off the music.

At 1:30 PM there was a report of noisy quads having traveled by a house in Lac du Bonnet in the early morning hours.

At 4:16 PM there was a report of a missing person from Lac du Bonnet. The person was located shortly thereafter.

At 8:08 PM there was a report of a hunter getting stuck while hunting. The subject was located and assistance rendered.

At 8:20 PM there was a false alarm at a residence in the RM of Lac du Bonnet.

There were three charges laid under the Highway Traffic Act for various infractions.

WRMP Fundraiser

Winnipeg River Missionary Project (WRMP) is having their Pie Auction Fundraiser on Sunday, December 6, 2009 at the Notre Dame du Laus Hall at 11:00AM. Homemade soup and a taste of pie will be offered for lunch followed by the auction itself. Pies will be made by volunteers in the community over the weekend and then will be auctioned off to the highest bidder. It proves to be a lot of fun!! We hope to see everyone there!

WRMP is a not-for-profit, local initiative to bring support to the less fortunate within the Dominican Republic, notably in the San Jose de Ocoa region. All

monies raised will be used solely for material to construct homes, schools, etc. Our goal is to raise \$6,000 which is the cost of one house in San Jose de Ocoa.

If you are unable to attend our Pie Auction and would like to help us in this very important project, you may make a charitable donation to: Winnipeg River Missionary Project, Box 262, Pine Falls, MB R0E 1M0

Receipts will be issued via Amigos de L.U.I.S.

We still have room for about 3 or 4 more volunteers to join our group. If you are interested, please call Richard Chevretil at 485-5630 or Fr. James Gray at 367-2700. Thank you for all your support.

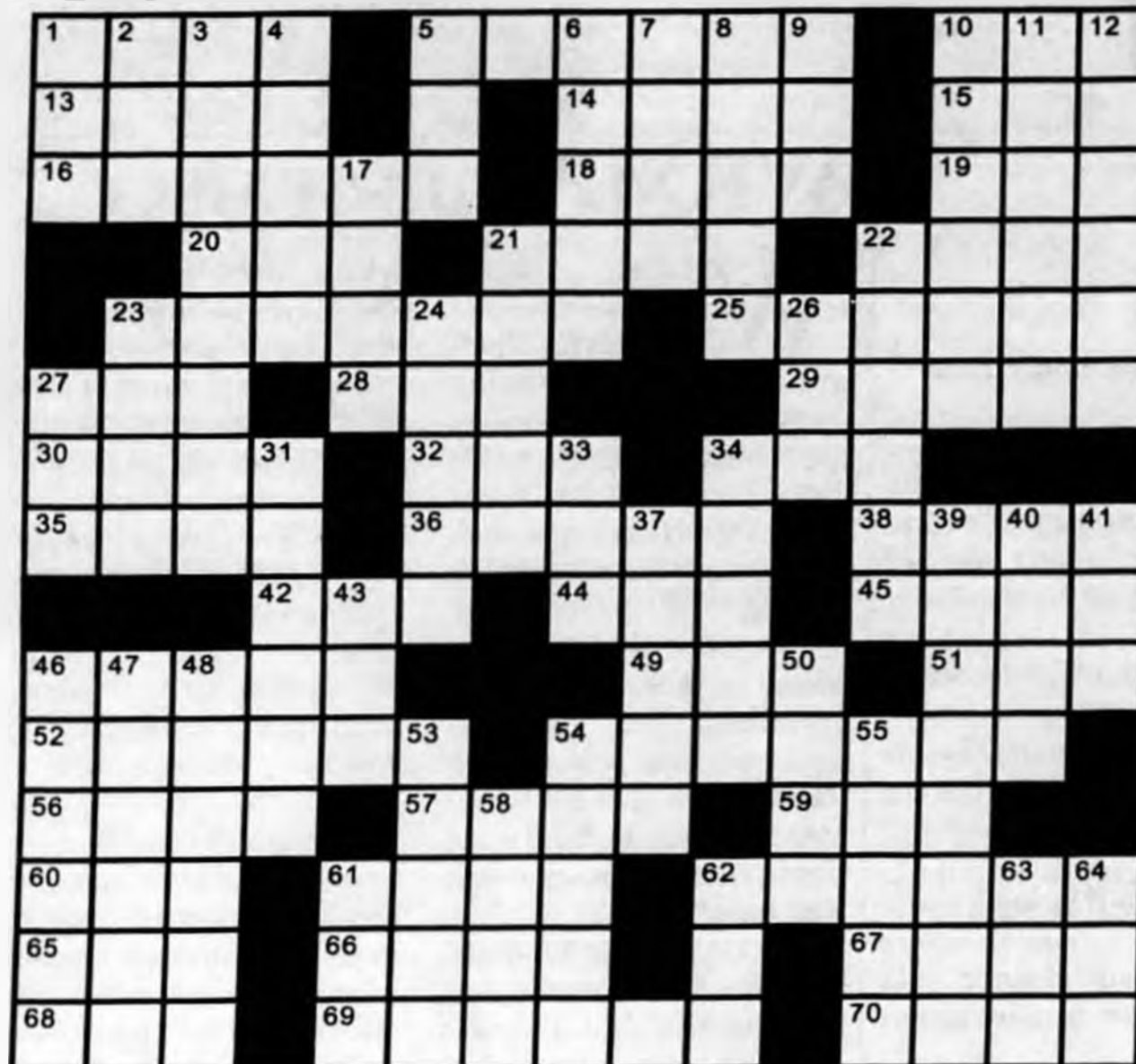
Premier Greg Selinger cordially invites you and your family to the annual **Legislative Building Open House**
Saturday, December 5, 2009
1:00 to 5:00 p.m.
Join Members of the Legislative Assembly in a celebration of Manitoba's festive traditions.
Please bring a non-perishable food item or an unwrapped toy for the Christmas Cheer Board.

Spare School Bus Drivers Required by Sunrise School Division
Sunrise School Division is inviting applications from individuals to apply for training opportunities to become Spare drivers for the Sunrise School Division.
• Applicants with Class 5 preferred, willing to train.
• Applicants must demonstrate the ability to deal effectively with students, parents and teachers.
• School Division will provide successful candidates with training required to complete their Class 2 license and the Bus Driver's training course.
We are specifically looking for spare bus drivers in all areas of the Division.
Application forms available at the: Sunrise School Division Transportation Department 851 Cedar Avenue, Oakbank, Manitoba
(Please attach Driver's Abstract to application form)
For further information contact: Transportation Department Phone: 444-2498 or 1-866-824-9545 Fax: 444-2552 Email: jbaker@sunrisesd.ca
Thank you to all applicants, but only those selected for an interview will be contacted. Requirement for all new employees is to provide a current Criminal Record Check and agree to a Child Abuse Registry check.

Denture Wearers WE SPECIALIZE IN HARD-TO-FIT CASES
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22 Years at our MAIN OFFICE: 268-3488 10 Years at our SATELLITE OFFICE: District Health Centre Lac du Bonnet
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ONYX Financial Group

Crossword



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- Across
- High-five, e.g.
 - Moving hurriedly
 - "Tarzan" extra
 - Au _____
 - "Aquarius" musical
 - Baseball stat
 - Down's opposite
 - Bad marks
 - "Baloney!"
 - Oolong, for one
 - Frenziedly
 - Supergarb
 - Communist Party member
 - Winter Olympic performer
 - _____ constrictor
 - Down with the flu
 - "Heartbeat" (Amy Grant hit)
 - Diva's solo
 - Black gold
 - Affirmative vote
 - Basil, e.g.
 - Nuclear weapon(hyph.)
 - Indian king
 - Lingerie item
 - Foot part
 - Down with the flu
 - Essential
 - Cowboy exhibition
 - Chum
 - Cabernet, e.g.

- Down
- Marienbad, for one
 - Anita Brookner's "Hotel du _____"
 - Type of missile(3wds.)
 - Intro
 - Have or possess
 - "Naughty you!"
 - _____ Bell
 - Connections
 - "... _____ he drove out of sight"
 - Freshen
 - Right
 - Diner
 - Hindu garment
 - Impromptu(2wds.)
 - Large dark enclosed space
 - Apple leftover
 - Luau greeting
 - Door opener
 - "_____ humbug!"
 - Mother superior
 - Auction unit
 - Perpendicular to the keel
 - Clean, as a spill(2wds.)
 - Type of exercise
 - Scoff
 - Put two and two together
 - Caviar
 - Railroad station porter
 - Baltimore ballplayer
 - Short knife
 - Hobble
 - Cattle farm
 - Monopoly purchase
 - Search for water
 - Weight of packaging
 - Filling station filler
 - "It's no _____!"
 - 40 winds
 - Arid

Solution



CRYPTIC PUZZLE

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

FTQDQ UE M FUPQ UZ FTQ MRRMUDE AR
 YQZ, ITUOT, FMWQZ MF FTQ RXAAP
 XQMPE AZ FA RADFGZQ-
 IUXXUY ETMWEBQMDQ

Last Week's Solution

COURAGE IS THE PRICE THAT LIFE
 EXACTS FOR GRANTING PEACE.
 -AMELIA EARHART

Weekly Horoscopes

- ARIES** (Mar. 21- April 20) Don't overdo it. Residential moves will be in your best interest. Your self esteem will benefit. Friends will be loyal and caring. Love could develop at social events that are work related.
- TAURUS** (Apr. 21- may 21) You can enjoy the company of others and come in contact with an ideal mate, if you get out and mingle. Don't trust coworkers with important or personal information. You can continue to make gains if you call a few people who can help you close an important deal. You may find that your generosity has been taken for granted.
- GEMINI** (May 22-June 21) Your creative input will be appreciated by your boss. Be careful not to come on too strongly. Do not expect too much from others. You're best to avoid disputes.
- CANCER** (June 22-July 22) You will enjoy lavish forms of entertainment and should consider making arrangements early. Don't be afraid to push your beliefs and attitudes. There'll be difficulties if you spend too much. Get them to pitch in, if you need help.
- LEO** (July 23-Aug 22) Try to ease any disappointment by making amends. Someone you work with may be emotional. Conflicts over joint finances are likely. Be sure to pay attention to your financial status.
- VIRGO** (Aug. 23 -Sept. 23) Opportunities to make advancements through good business sense are apparent. You might find that delays will cause setbacks and upset. Real estate investments will be profitable. Try to make amends by planning a nice dinner for two.
- LIBRA** (Sept. 24 -Oct. 23) Lay your cards on the table regarding your personal direction. You may be emotional and quick to judge others. Minor health problems may flare up if you haven't been taking care of yourself or have been burning the candle at both ends. Get rich quick schemes will not be successful.
- SCORPIO** (Oct. 24 - Nov. 22) You can prosper if you in vest in property or mutual funds. For best results get out of the office and do your job en route. You should be trying to clear up legal contracts that have been pending. Invite friends over.

- SAGITARIUS** (Nov. 23 -Dec. 21) Take care of any medical problems if they've been troubling you. Try not to be too emotional with those around you. Deal with in-laws this week. Sudden changes regarding your domestic scene are probable.
- CAPRICORN** (Dec 22- Jan. 20) Pleasure trips will be a form of healing for your emotional state of mind. You must take care not to over exert yourself if involved in sports. Your emotional attitude with respect to your status and direction in society may be unrealistic. Inharmonious situations at home may be extremely upsetting for you this week.
- AQUARIUS** (Jan. 21 -Feb. 19) Put in some extra hours and finish those careful jobs before you move on to some fun and games. If you're single, get out there and you'll meet someone new. Your intellectual charm will entice mates who have common interests. You need to look into new philosophies. s week.
- PISCES** Feb. 20-Mar. 20) Don't let your partner get away with spending too much of your money. Social activities that involve the whole family will be enjoyable. Compromise will be necessary. Be prepared to lose friends or alienate loved ones due to your stubborn nature lately.

2009 & 2010 Programs



Pineview Rec Office
 Located at:
 46 Pine Street
 Pine Falls, MB
 Phone 367-9142
 Fax 367-9142
 prarec2003@yahoo.ca
 Rec Director: Lori Vialoux

Promoting and Coordinating programs for RM of Alexander & Town of Powerview-Pine Falls

Fitness

Hill Walking Club
 Grand Marais Rec Hall, 80 Malinda Ave. Grand Marais
 Monday, Wednesday & Fridays 9 AM - Noon
 For more info contact Bonnie 754-3240

Pilates
 Pine Falls United Church, 5 Walnut St.
 Instructor: Cherie Croux
 Thursdays 5:30-6:30 PM
 Monthly Fee \$35.00. Drop in fee \$10.00
 For more info call 367-2537

Seniors Exercise
 Golden Leisure Club, 30 Pine St. Pine Falls
 Every Mon, Wed, Thurs & Fri 10:15 - 10:45 AM
 Contact Shirley Lavallee 367-8883

Fitness with Kim Bonekamp
 Pine Falls School Gym (side entrance)
 Kim Bonekamp 367-2107 kbonekamp@hotmail.com
 • Rise & Shine Fitness Class
 Mon, Tue, Wed & Thurs 6:30-7:30 AM
 \$50 Monthly Fee. Includes aerobics, circuits & boot camp training

• Strength for Seniors & Exercising with Arthritis
 Mondays & Wednesdays 10:00-11:00 AM.
 \$30 Monthly Fee
 Class includes walking, exercise ball, stretching & resistance
 Arthritis program is designed through PACE for people living with arthritis.

• Evening Fitness Classes
 Mon & Thurs 5:30-6:30 PM /\$30 Monthly Fee
 Start on the road to a healthier lifestyle improving your cardio, strength & flexibility.

Exercise with Natasha Joy
 Natasha Joy 756-3668 natasha@mts.net

• Body Sculpture
 Grand Marais Rec Centre, Grand Marais
 Mon & Thurs @ 3:00 PM/\$10 month or \$10 drop in.
 Moderate - High Intensity. Class is always different and modified for every level.

• Exercise For All Ages & Abilities
 Senior Scene, Victoria Beach
 10 Week Program \$70 per person
 Monday & Thursdays @ 8-8:45
 Active 50+ with bands, bodyweight & cardio
 Monday & Thursdays @ 10:45
 Chair exercises, light aerobics includes muscles & stretching

Total Body Workout
 St. Georges School Gym,
 Instructors: Nick Bonekamp & Paul Roberts
 Mondays & Wednesdays 7:00 PM - 8:30 PM
 \$20.00 per month/ Family plans available
 Kettlebells, stretching, skipping, rubber bands, circuits & ball work. Lose Weight & Feel Great! Call 367-2702 or 367-8018

Exercise Class
 St. Georges Church Basement
 Monday, Wednesday & Fridays
 9:30 AM - 10:30 AM
 5 step program with warm up & cardio
 For more info contact Ginette Vincent 367-8244 or Simone 367-8671

Square Dancing
 Senior Scene, Victoria Beach
 Instructors: Ted & Betty Kermoak
 Great cardio & strengthening, socialization & keeps your mind sharp! Mondays @ 2:00 PM
 Members \$7 per session/Non-Members \$8 per session
 For registration call Rod 756-3688

Line Dancing
 Senior Scene, Victoria Beach
 Everyone Welcome - Every Tuesday 10:00 AM
 Drop in fee for members \$2/non-members \$3.
 Call Rod 754-3688

Adult Volleyball Fun Night
 Water Whyte School, Hwy 59 Grand Marais
 Wednesday Evenings Starting January 6, 2010
 6:30 - 8:30 PM
 Get out and get active!
 For more info contact Brenda 754-3458

Pole Walking
 Senior Scene, Victoria Beach
 Monday, Wednesday & Fridays (outside) 9:00 AM

Youth Programs

Recreation Hockey
Fridays Starting December 4th
 Pine Falls Arena, 11 Elm St. Pine Falls
 6:30-7:30 PM
 For ages 10+. All equipment required, coaching & scrimmage
 hockey that does not require any traveling outside the
 community. If you would like to volunteer to help with this
 program or want more info call Lori 367-9142

Teen Game Night
 Library Allard, St. Georges
 Thursday, November 26 from 6:00-8:00 PM
 Snack will be provided.
 For more info call 367-8443

Youth Drop In
 Grand Marais Rec Centre, 90 Malinda
 Friday Evenings starting November 13th from 7-9 PM
 Pool table, ping pong, air hockey & Wii Game
 For more info contact Reg Thomas 754-2884

Ecole Communautaire St. Georges High School
Improv
 Wednesday, November 25th @ 1:00 PM
 Students from the St. Georges high school will be hosting a
 French improv with 2 additional French immersion schools.
 Public is welcome to watch the entertainment. For more info
 contact 367-4224

Dance
 Ecole Powerview School, 23 Vincent Ave
 Instructor: Heather Rudolph
18 Week Program
 Thursdays Starting November 19th - April 1
 Ballet - Ages 3 & 4 4:00-4:45 PM \$150.00
 Ballet/Jazz - Ages 5&6 5:00-6:00 PM \$195.00
 Jazz - Ages 7-9 - 6-10-7-10 PM \$195.00
 Jazz - Ages 10-12 7:20-8:20 PM \$195.00
 Jazz - Ages 13-18 8:30-9:30 PM \$195.00
 For registration call the Lori @ Rec Office 367-9142

Can Skates Program - 14 Week Program
 Pine Falls Arena, 11 Elm St. Pine Falls
Registration & Evaluation Wednesday Nov. 25th
Wednesday evening program starts December 2nd
 CanSkate is Skate Canada's learn-to-skate program designed
 for beginners in skating and figure skating. This program
 focuses on fun, participation and basic skill development.
 There are 8 levels that you will earn badges. Led by a Level 1
 Skate Canada Coach, Cheryl Gage.
 Payment Plans: Nov 25 \$57.00, Jan. 25 \$57.00, Feb. 22 \$56.65.
 Levels will include Can Skate Level 1-6
 To register call Lori @ Rec Office 367-9142

Minor Hockey
 Pine Falls Arena, 11 Elm St., Pine Falls
 For more info contact Natalie Lacuyer 367-9519, Jackie Proves
 367-8332, Ian Cyr 367-8084

Tumblers Gymnastics @ Pine Falls School Gym
 Kindergarten (ages 3-5) Wednesdays 4:15-5:00 PM
 Recreational (ages 6-11) Wednesdays 5:0-6:00 PM
 Pre-Competitive Mon. 4:15-5:15 PM & Wed 5:00-6:00 PM
 Competitive Mon 5:30-8:00 PM & Wed 6:00-8:00 PM
 For more info contact Audrey 367-4963 or Bonnie 367-4122

Youth Curling
 • Victoria Beach Sports Club
 Instructor: Kim Mackelison
 Dales & Time TBA
 For ages 8-15. Includes instruction on proper curling
 techniques & etiquette. For registration call Kim 756-2984

• Grand Marais Curling Club, Grand Marais
 Tuesday's evenings 6:30-8:30
 Ages 15-18. For info or registration call Rec Office 367-9142

First Lake Winnipeg Beavers & Cubs
 Water Whyte School, Grand Marais
 Leader: Carol Laling
 For children (male & female)
 Beavers: Kindergarten and Grade 2 & Cubs: Grade 3-5
 Program runs from October - May
 Games, crafts, music, the outdoors & spiritual fellowship.
 For more info contact Carol Laling 754-8232 or Sue 754-2541

Beaches Drama Club
 Victoria Beach Sports Club
 Director: Liz Jonkers
 Featuring the musical comedy "The Green Chili Rebellion of
 1899". To be performed in May 2010.
 Looking for sponsorship. For more info contact Angel 756-6428

Pine Falls Arena
 See Arena schedule for Open Ice (with sticks & pucks), and
 Public Skating (no sticks allowed). Helmets are mandatory
 when playing hockey. For more info contact Bruce Bauritt,
 Arena Manager 367-2702

Arts & Crafts

Water Color & Acrylic Painting Classes
 Senior Scene, 3 Ateah Rd., Victoria Beach
 Instructor: Nancy Lou Ateah
 Thursdays starting October 15th
 1:00-4:00 PM \$20.00 per class
 Follow along with painting demonstrations. Class include lots of
 individual help on new or started art work, drawing, color, theory,
 composition values & tricks of the trades.
 To register call Nancy 756-3447 or nlateah@granite.mb.ca

Painting Winter Scenes on a Glass Block Light
 Winnipeg River Manor, 34 Laura St., Powerview
 Instructor: Bernice & Kristine Phillips
 Sundays December 13th
 10:00 AM - 4:00 PM (Bring a lunch)
 \$45.00 includes all supplies. No experience necessary. To
 register 367-2141 or Rec Office 367-9142

Aroma Therapy Christmas Gifts From The Heart
 Winnipeg River Manor, 34 Laura St., Powerview
 Instructor: Bernice & Kristine Phillips
 Monday - December 7 from 7:00-9:00 PM
 \$40.00 includes all supplies. Location TBA
 Create your own Christmas scents for sprays, ornaments, diffusers
 & salts or scrubs. Register call 367-2141 or Rec Office 367-9142

Workshops & Events

Story Time
 Wings of Power, 39 Milan St., Pine Falls
 Wednesday, November 25th 6:30-7:30 PM
 Enjoy a family story time with the staff of Wings that includes
 snacks and a book for each child.

Annual Christmas Arts & Crafts Festival
 Pine Falls School, 3 Walnut St., Pine Falls
 Saturday, November 28, 2009 10:00 AM-4:00 PM
 Come and experience crafters & vendors from all over Manitoba.
 Plus pictures with Santa. For table bookings call Lori 367-9142.

Stead Christmas Craft Sale
 Stead Community Centre
 Saturday, November 28, 2009
 Call Irene Thompson 635-2297 for more info

Christmas Story Time
 Library Allard, Hwy 11, St. Georges
 Thursday, December 3, 2009 @ 6:30 PM
 Enjoy a family evening with the staff of Library Allard reading
 Christmas stories with hot cocoa & cookies. For info call 367-8443

Breakfast With Santa
 Wings Of Power, 39 Main St.
 Friday, December 4th 9:30-11:30
 Enjoy pancakes & sausages with the man in red

Pine Falls Legion Christmas Sale
 Saturday, December 5th 11:00 AM - 4:00 PM
 Crafts, Baking & Silent Auction tables
 For table rental call Lyle Belle 367-2339

Senior Scene Annual Christmas Tea & Bake Sale
 Saturday, December 5th 9:00 - 10:00 AM
 Children \$3/Adults \$5
 Come and enjoy a pancake breakfast with the jolly man in red.
 Silent Auction. For more info call 754-2240.

Breakfast With Santa
 Water Whyte School, Hwy 59 Grand Marais
 Saturday, December 12th 9:00 - 10:00 AM
 Children \$3/Adults \$5
 Come and enjoy a pancake breakfast with the jolly man in red.
 Silent Auction. For more info call 754-2240.

Community Children's Christmas Party
 Pine Falls Arena, 11 Elm St., Pine Falls
 Sunday, December 13th 1:00 - 4:00 PM
 A free fun filled day for children of all ages that will include skating,
 crafts, face painting, snacks and a special guest appearance. For
 more info Tammy Kunz or Karri Kuyk 367-9572

Winterfest & Muck Jam
 Powerview-Pine Falls & St. Georges
 February 19, 20 & 21, 2010
 Anyone interested in volunteering to help with this fun filled winter
 event please call Lori @ Pineview Rec Office 367-9142

Christmas Arts & Crafts Festival

This Saturday
November 28th
10:00 AM - 4:00 PM

Pine Falls School
 3 Walnut St., Pine Falls

Pictures with Santa
Noon - 2:00 PM

Crafters, Gift Ideas,
 Silent Auction, Baking,
 Kids Activities,
 Canteen

Arena Schedule			
WEDNESDAY Nov. 25 Open Ice 3:30-5:15	THURSDAY Nov. 26 Public Skate 3:30-5:15	FRIDAY Nov. 27 Public Skate 3:30-5:15 Open Ice 5:15-6:15	SATURDAY Nov. 28
SUNDAY Nov. 29	MONDAY Nov. 30 Open Ice 3:30-5:15	TUESDAY Dec. 1 Public Skate 3:30-5:15	WEDNESDAY Dec. 2 Open Ice 3:30-5:15

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

Woodland Place/Dale Haven Apartments, 1 - 2 bedroom apartments for rent, utilities and parking included, coin laundry, very clean and well maintained. Furnished, weekly and monthly rates also available, call after 6:00 p.m. 367-4922. TFN

3 Bedroom House for Rent in Powerview, all appliances, \$755.00 plus hydro, call 367-8846. 2x1

Tenders



REQUEST FOR QUOTATION NO. 034085
SUPPLY OF POTABLE WATER AT SEVEN SISTERS AND SLAVE FALLS GENERATING STATIONS

Sealed bids will be received at Manitoba Hydro, Purchasing Department, PO Box 1287, Winnipeg MB R3C 2Z1, or 620 Taylor Avenue, Winnipeg MB R3M 3T1. Request for Quotation copies can be obtained by contacting the indicated individual.

Copies will be available for perusal at the offices of Manitoba Hydro's Purchasing Department and at the site meeting.

SCOPE OF THE WORK
The Work shall consist in the supply of all labour, supervision, equipment, operator(s), materials, tools, plants, storage, travel/mileage, permits, licenses, fees, transportation and all operating costs necessary for the supply of Potable Water for Seven Sisters Generating Station and Slave Falls Generating Station from a source approved by the Department of Health for the period commencing December 1, 2009 to November 30, 2010.

A mandatory site visit is scheduled for November 25, 2009 at 09:00 hours. Attendance is required. Submissions will only be considered from bidders in attendance. All personnel attending this meeting are required to wear safety footwear and hard hat. Bidders will be required to provide their own hard hats and safety footwear while on the site. Failure to have both of the required safety items will be cause for refusal to allow the Bidders on site for the mandatory site visit. Please confirm attendance with Mr. D. (David) Lusier at 204-367-5134, Cell: 204-345-3574; Fax: 204-367-5119 or email dplussier@hydro.mb.ca.

A submission received from a Bidder who did not attend the site meeting will be rejected. Closing Date: 16:00 hours, Manitoba local time, November 27, 2009.

Contact: Ms. L. (Lucy) Bernhardt, Purchasing Department via Fax 204-474-4972 or email lberhardt@hydro.mb.ca to request plans. If fax or internet not available please telephone 204-360-3920.

Memoriam



In loving memory
Rikki Lauren Bruyere

It has been 3 years since Creator could not watch you suffer anymore, therefore he sent His Son to take you to His Home in Heaven, where there is no more suffering or pain, but only true love and happiness.

You are forever in our thoughts and prayers our baby girl, till we can hold you in our arms once again. We love you with all our heart and soul.

Your Mommy and Daddy & baby brother Connor, and Gramma Wanda Fontaine.

Congratulations



Congratulations Kayla McKay on graduating with honours from Northwest Law Enforcement Academy's 2 year Diploma Course. We are so proud of you.

Love always,
Mom, Dad & Sean

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345-3075 Driver

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277A Main Street, Powerview
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