

The  
Winnipeg  
River

# Echo



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Winnipeg, MB  
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Vol. 2, No. 23

Tuesday, October 30, 2001

\$1.00 tax included

## Happy Halloween!

Inside this issue....  
Halloween Games, Treats & Crafts Ideas

## Museum will preserve Sagkeeng's history

by V. Anderson

The Sagkeeng Cultural Education Centre Museum's grand opening was held Monday, October 29. Garry Courchene, the centre's director, along with board member's, elders and community member's, gathered together to celebrate this long awaited event.

"We have been working on this project for the past four years. It is very nice to see this day arrive. It was a lot of hard

work, a lot of frustration, a lot of pain, a lot of happiness that went into this centre. It wasn't only myself, I had board members support me, and a community support me. Without the community I would not be here today. They helped me look at this project with an open mind, not a negative mind," said Courchene.

The Sagkeeng Cultural Education Centre Museum is located at the Sagkeeng Arena Multiplex. The education cen-

tre is run by Garry Courchene and three board of directors, Wayne Courchene, Joseph Land (elder) and Nellie Abraham (elder).

The museum is an inviting place, that has many interesting artifacts. Some of the pieces found at the museum were collected back from the Museum of Man and Nature in Winnipeg.

"Some of the artifacts date back to about 5000 years ago," said Courchene. Some of the artifacts that are on display date back to when the Northwest Company began trading with the people of Sagkeeng. Incased are beautifully crafted traditional head dresses, jingle dresses, bead works and buffalo skull paintings. The rustic walls are a back drop for many old pictures of families and individuals from the community. Some of the pictures have still not been identified and the director is looking to the elders of Sagkeeng to help in doing this.

Part of the funding for the museum has come from the Aboriginal Healing Foundation. Their mission is to encourage and support Aboriginal people in building and reinforcing sustainable healing processes that address the legacy of abuse in the residential school system, including



Traditional head dress and carving display at Sagkeeng Cultural Education Centre's Museum.



Traditional clothing artifacts are just some of the items you will see at the Cultural Museum.

intergenerational impacts. An entire area in the Sagkeeng Cultural Education Centre is sectioned just for this.

The history shows that the school was built as early as 1906 and many people from all around the northern areas had attended the school. Pictures of young people dressed in

school uniforms line the walls. It is an important part of history, one that has changed and impacted the ways of aboriginal people.

The residential school that was built in Sagkeeng did not close until 1969, and was demolished in 1970.

See MUSEUM/page 7

# Shwaluk wins PF season opener

The Pine Falls Halloween mixed bonspiel was held this past weekend. There were 16 teams entered in this years three event 'spiel. Cash prizes were given out at this years event.

Top spot went to the rink of Jack Shwaluk skip, Tanya

Earle third, Jeff Oakes second, and Mickey Kein lead, who beat out Allen Earle skip, Shannon Gauthier third, Ian Earle second, and Vanessa James lead. Rumour has it they were all in a hurry to leave because of a side bet that had the loser of the two above teams buying dinner at The Keg in Winnipeg. The B Event was won by the Nick Ogrzylo's foursome including Valarie Anderson third, Ron Knott second, and Lori Pachkowsky lead who defeated Vic Dupont skip, Susan Dugard third, Bill Windsor second, and Denyse Smith lead in a seven to three victory. C Event was captured by Rob McMullen skip, Derna Watson third, Scott Surgenor second,

and Vanessa Watson lead who played a solid game to win over the Lou Charbonneau team of Dee Lavigne third, Gilles Fisette second, and Wendy Lavallee lead.

Music and karaoke was provided by Michelle Hansen and Kelly Palmer. The food was

catered by Sonny's Chicken House and the hot wings were a big hit with everyone. The bonspiel was enjoyed by all and the curling was great all weekend. Saturday night saw some scary costumes and some very wet skips, who competed in a Halloween bobbing for

apples contest. Skip Grant Dugard was the winner and he managed to win his team some great prizes. The Ninja Turtles won the pumpkin race with one giant leap to squeak by and win. Also the Bonekamp rink won for best costume.

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A Event winners (l to r): Mickey Kein, Jeff Oakes, Tanya Earle and Skip Jack Shwaluk.



B Event winners (l to r): Lori Pachkowsky, Ron Knott, Val Anderson and Skip Nick Ogrzylo.



C Event winners (l to r): Vanessa Watson, Scott Surgenor, Derna Watson and Skip Rob McMullen.

**BINGO**

**COMBINED ACCUMULATORS**

<p><b>Bonanza</b> starting value this week <b>\$1734</b></p> <p>IF WIN POT STARTS AT \$2000 Add 50% of sales on Monday. If not won, carry over total plus 50% of sales to Wednesday. If not won, carry over total plus 50% of sales to Thursday.</p>	<p><b>Minnie Loonie</b> starting value this week <b>\$1835</b></p> <p>IF WIN POT STARTS AT \$2000 Add 30% of sales on Monday. If not won, carry over total plus 30% of sales to Thursday.</p>	<p><b>Lucky 7</b> starting value this week <b>\$1376</b> in 25 numbers</p> <p>POT PRIZES AT 25 NUMBERS Add one # plus 30% of sales carry over on Monday. If not won, add one # plus 30% of sales carry over to Thursday. IF WIN POT STARTS AT \$2000 in 17 numbers or less</p>
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IN CASE OF DISCREPANCY, THE LATTER WILL PREVAIL.  
FOR UPDATES CALL 345-8825

<p><b>Knights of Columbus</b> Lac du Bonnet Community Centre Speciale 7:00 p.m. Lot Lic 884 Every Monday Evening</p>	<p>Bonus Line - \$740.00* Star - 1519.00* Loonie Pot - Toonie Pot - 2322.00* Special "Y" - 62.00* Jackpot Strip - 180.00* Poker Flush - 334.00*</p>
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FOR UPDATES CALL 345-8619

<p><b>Lakers Ski Club</b> Lac du Bonnet Community Centre Speciale 7:00 p.m. Every Thursday Evening Lot Lic 874</p>	<p>Bonus Line - \$3463.00 Star - 180.00 Loonie Pot - 69-80 Poker Flush - 7334.00 Special "Y" - 159.00</p>
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FOR UPDATES CALL 345-6197

<p><b>Royal Canadian Legion #164</b> Lac du Bonnet Legion Hall Speciale 7:00 p.m. Every Wednesday Evening Lot Lic 483</p>	<p>Bonus Line - \$ 525.00 Star - 1157.00 Lucky 7 - 1000.00 Poker Flush - 332.00 Mini Loonie - 647.00 #1 Loonie - 228.00 #2 Loonie - 3526.00 Jackpot Strip - 229.00</p>
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<p>Publisher Valarie Anderson</p> <p>Sales/Production/ Office Manager Toni Bruncau</p> <p>Production/Art Design Lori Pachkowsky</p>	<p><b>SUBSCRIPTIONS</b></p> <p>Local Rate: \$34.20 National &amp; Urban Rate: \$39.90 Foreign Rate: \$102.60 (prices include PST &amp; GST)</p> <p>2nd class mail #1761687 (Postage paid in Pine Falls)</p>	<p>P.O. Box 550, Pine Falls, MB R0E 1M0 56 Art Street, Powerview, MB e-mail: theecho@granite.mb.ca</p> <p>Powerview Office Ph: 367-9468 Fax: 367-9974 Lac du Bonnet Office Ph: 345-9896 Fax 345-0004</p>	<p>The Winnipeg River <b>Echo</b></p> <p><i>The Echo is an independent weekly newspaper published on Tuesdays in Pine Falls and Lac du Bonnet, Manitoba. Advertising and submission deadline is Friday at 3:00 p.m. prior to Tuesday's publication.</i></p>
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# Powerview School creates a mural

submitted

Ecole Powerview School has been undertaking an amazing project, to create a mural representing its student body and the surrounding communities. This mural is unique because it's more than a painting on a wall, it is three-dimensional, made of paper maché to incorporate the significance of paper in our communities.

This project is being facilitated by professional artist, Stan Taniwa. Stan was born in

British Columbia and grew up in northern Ontario. Stan has his work in galleries across Canada and has been represented in art magazines across the world. He presently resides in Eden, Manitoba.

Stan's experience and expertise has sparked the creativity and talents in all the students working on the mural.

The students come from the high school art program and the talent development program. Their artistic handiwork

will be forever displayed in this mural.

The mural will be hung in the gymnasium and will be officially 'unveiled' at the first coffee house, Thursday, November 8. All community members are welcome. Parents, friends, artists or curious onlookers are also invited to stop in at the school to check out the work in progress.

The mural truly represents our area and all of us!



Stan Taniwa works with children at Powerview School, creating a mural representing the area.



Stan Taniwa shares his talents with students in the art and talent development programs at Powerview School.

## Christmas

Admission \$1.00  
Children Under 10 FREE

# Craft Sale



**SATURDAY**  
**NOV. 3**

10:00 a.m. to  
4:00 p.m.  
Great Falls Hall

**Crafts**  
**WI Canteen**  
**Silent Auction**  
**Bake Table - Cook Books & more!**

## PINE FALLS CURLING CLUB

LOOKING FOR A FUN WINTER OUT? Ladies Wednesday Night Curling is the place for you! No experience necessary! Starts Wednesday, November 7.

For individual/team registrations call **Claudette McLeod 367-8512** or **Bonnie Borlase 367-4122**

**OR TO REGISTER FOR Juniors, Men's, Skins or Mixed**

Monday Junior Curling call Lori Chartier 367-8945  
Tuesday Night Men's Curling call Ed Gaffray 367-4283  
Thursday Night Skin's League call Ed Gaffray 367-4283  
Friday Night Mixed League call Brad Murray 367-4820

The Winnipeg River

Your Community  
Your News

# Echo

**NEWS TIPS**

Lac du Bonnet 345-9896  
Powerview 367-9468

### Living Outside of Winnipeg?

## YOUR ELECTRICITY BILLS ARE GOING DOWN

The Government of Manitoba has made a commitment to provide all Manitobans with the same low electricity rate for the same type of service.

To meet this goal, **Manitoba Hydro** is lowering the electricity rates of customers outside the city of Winnipeg to rates applied to Winnipeg customers. This measure is expected to save Manitobans an estimated \$14.4 million a year.


Effective November 1, 2001, residential customers in cities, towns and villages outside Winnipeg (Manitoba Hydro Zone 2) will see their annual bill lowered \$32; for rural customers (Zone 3) the annual reduction is \$121. (General Service Small and Medium customers will also see rate reductions).

This marks the fifth consecutive year without an increase in **Manitoba Hydro** electricity rates - we offer you among the lowest rates in North America.

Typical Savings Each Month	Zone 2 (Cities, Towns and Villages)	Zone 3 (Rural)
<b>Residential 750 kW.h/month</b> (without electric heat)		
Before Nov. 1	48.73	56.15
After Nov. 1	46.04	46.04
<b>Residential 2000 kW.h/month</b> (with electric heat)		
Before Nov. 1	113.23	120.65
After Nov. 1	110.54	110.54

For more information, please call our toll-free number at 1-888-MBHYDRO.

\*Reductions may not apply to some customers in diesel generation communities.



# Halloween Treats...

## Pumpkin Cookies

**You Need:**  
 2/3 cups margarine or butter  
 4 cups powdered sugar  
 2 tbsp milk  
 1 tsp vanilla  
 orange food color (or mix red and yellow)  
 roll of premade sugar cookie dough



Roll out cookie dough on floured surface. Cut out cookies in pumpkin shapes. Bake cookies according to package directions. Cool completely. With mixer, beat margarine to soften. Add powdered sugar, milk and vanilla. Stir in coloring to get desired shade of orange. Frost cookies, decorate as desired. Makes approx. 2 cups of frosting.

## Witches' Hats



**You Need:**  
 Bugles brand snack  
 spreadable cheese  
 round crackers

This is a quick and simple snack. Spread your favorite cheese on crackers. Top each cracker off with a bugle to complete the effect. Make plenty, they go fast!

## Name the Water Park Contest

Win a 2 Night Stay!  
 Be the 1st  
 person down  
 the waterslide!

Colour the following  
 and submit your choice  
 of name in the space  
 provided below!



Winner will be contacted by phone  
 and logo will be published in The Echo.  
 Entry Deadline: November 20, 2001.

### Name the Water Park:

Name: \_\_\_\_\_

Ph #: \_\_\_\_\_ Age: \_\_\_\_\_

Drop off entries at front desk or mail to:

**Papertown**  
 Motor Inn Box 599, Pine Falls, MB ROE 1M0

## New CAP site open

New Directions Schools is the newest Community Access Program (CAP) site in Lac du Bonnet. Public internet and email access is available Monday to Thursday 1:00 to 4:00 p.m., Monday and Wednesday evenings 6:30 to 9:00 p.m. and Saturday 10:00 a.m. to 1:00 p.m.

Assistance will also be available to community members who wish to develop their own web pages.

In the coming months we will be offering training sessions to assist beginners with basic computer, email and internet use. We welcome suggestions from the public on training sessions they would be interested in. If there is enough demand, we will try to accommodate these suggestions.

The Community Access Program enables New Directions School to provide access to the incredible information sources and technology the internet has to offer. User can access online resources from various levels of government, gain exposure to important technology that will help meet today's and tomorrow's demanding employment needs and communicate with people from around the world.

The Youth Employment Project is an opportunity for sites funded through CAP to receive funding for a youth to work in the CAP site for various terms throughout the year. This fall, Leah Dyke is the youth employee for our community working under the supervision of Glen Brouwer and with the guidance of a provincial management team. It is my job to market the CAP site in our community and to people of surrounding communities that do not have a site. As well I will be offering training to the public regarding basic computing skills and application of the internet.

For further information contact Leah Dyke, Fall 2001 CAP Centre administrator. 345-2867, email ldyke@merline.mb.ca.

## OPEN HOUSE

Please join us



TEMBEC PAPER GROUP  
 PINE FALLS OPERATION

- ◆ Input to the development of a Draft 2002 Operating and Renewal Plan
- ◆ Input to the development of a Draft 2003 -2005 Interim Forest Stewardship Plan
- ◆ A Joint Venture Partnership with local First Nations in the development of a Forest Stewardship Company and a Sawmill Company.

### DATES & LOCATIONS: Coffee and Dainties will be served

Monday, November 5	Seymourville Community Hall Seymourville, 7:00 p.m. - 9:00 p.m.
Tuesday, November 13	Manitou Lodge Pine Falls 7:00 p.m. - 9:00 p.m.
Wednesday, November 14	Lac du Bonnet Community Hall Lac du Bonnet 7:00 p.m. - 9:00 p.m.
Thursday, November 15	Place Louis Riel Winnipeg 7:00 p.m. - 9:00 p.m.
Monday, November 19	Riverton Community Hall Riverton 7:00 p.m. - 9:00 p.m.
Tuesday, November 20	Ukrainian National Home Fisher Branch 7:00 p.m. - 9:00 p.m.
Wednesday, November 21	Gypsumville Memorial Hall Gypsumville 7:00 p.m. - 9:00 p.m.
Thursday, November 22	Bissett Community Hall Bissett 7:00 p.m. - 9:00 p.m.

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# Co-op Ed Raffle date extended

submitted

The Sagkeeng Anicinabe High School Co-operative Education program would like to inform community members of Sagkeeng, Pine Falls, and Powerview that the truck raffle date has been moved to November 30, 2001. We apologize for any confusion relating to the changing of this date, however the Co-operative Education program needs this additional time to ensure that the program has sufficient funds to cover the operational costs that the program incurred in the restoration of the vehicle that we are raffling off.

The program has now been in operation for over the previous four years with some impressive results. Its first completed project was a 1992 GMC Sierra during the 1997-1998 academic school year, which I am sure that many still see driving around the surrounding community. The students who have worked on the vehicles work within a lo-

cation adjacent to the main building of the high school and work under the supervision of a certified and qualified body technician.

We can assure you that the vehicle we are drawing is of comparable quality to a vehicle that you may find at a dealership or from a private sale, as our students have put in a considerable amount of work into restoring the 1993 F250 4X4 that you have seen around the community at various locations. Should anyone have any additional concerns or questions please don't hesitate to contact the high school at 367-2243.

Again we would like to apologize for any inconvenience that may have occurred due to our moving the date of this draw. As I can assure you that we are just as eager to announce the winner of this draw, as are ticket holders.

Sincerely,  
Sagkeeng Anicinabe  
High School  
Co-operative  
Education Program



Before (above) and after (below) shots of Sagkeeng Anicinabe High School Co-operative Education Program's project.



**RUSTY NAIL TAVERN**

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**Halloween PARTY!**

**WEDNESDAY, OCTOBER 31**  
BAND: LAWRENCE PATZER & GENERAL LEE  
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## Remembrance Day Sunday, November 11, 2001

Remembrance Day is not a holiday, but a day of commemoration to honour, observe, and reflect on the contributions made by Manitobans and Canadians during wars and international conflicts.

### Retail Business Hours

Retailers and members of the public are advised of the following:

- All retail businesses in Manitoba, except those specifically designated in The Remembrance Day Act, must remain closed between the hours of 9:00 a.m. and 1:00 p.m.
- In addition, in Winnipeg and municipalities that have adopted a liberalized Sunday shopping by-law, retail stores that normally operate with more than four people, including the owner, may operate on Sunday, November 11, **ONLY** between the hours of **1:00 p.m. and 6:00 p.m.**

### FOR FURTHER INFORMATION:

The Employment Standards Branch  
945-3352 (Winnipeg)  
1-800-821-4307 (Toll Free outside Winnipeg)  
[www.gov.mb.ca/labour/standards](http://www.gov.mb.ca/labour/standards)

Manitoba  
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Immigration  
Employment Standards



**ADVERTISING DEADLINE FRIDAY 3:00 P.M.**

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Powerview Phone 367-9468, Fax 367-9974

# Distributing estates through wills Legion news

## It's the Law

by Gerald Hawranik, Q.C.

Gerald C. Hawranik is a lawyer in Beausejour with 20 years of extensive experience in most areas of law. It's The Law will be published in each issue of The Echo. If you would like to know more about any legal topic, please write to Gerald at Box 880, Beausejour, MB R0E 0C0, phone 268-6300.

Are you one of those people who have put off preparing a will because you feel that writing down your wishes will shorten your life? Contrary to what you may think, writing a will does not result in a premature death!

Yet many people find it difficult to think about preparing a will, let alone talking about it.

A will is the cornerstone document of an estate plan and has two main functions. The first function is to appoint an executor to administer and to distribute your estate.

The executor is sometimes called a trustee. The second function is to document how your assets are to be distributed to your beneficiaries.

Having a will makes settling your estate more straightforward and less expensive than if you die without a will.

Through a will, you can:

- appoint an executor to look after administering and distributing your estate;
- assign specific powers to your executor;
- specify how you want your estate managed and distributed after your death;

- decide who gets your money and other assets;
- indicate your choice of guardian for your children and establish a trust for any assets to be held for them until they are older;
- distribute your assets in such a way as to minimize your final income taxes;
- implement strategies to reduce income taxes that are not possible without a will.

A will is a signed legal document that can be revised and updated as often as necessary. The instructions in your will come into effect only on your death. Until then, the instructions have no effect.

If you have any questions about the information appearing in this article, or any other legal question, please call me for a free initial consultation.

*This article is intended to provide general information and not to advise anyone on what he or she should do in a particular situation. The facts of each case are important, and usually affect the way in which the law is applied. When you have a legal problem, it is best to consult a lawyer.*

## Royal Canadian Legion Lac du Bonnet Branch #164

by Cde. Norm Rimmer, CD

Have you renewed your membership yet? If not, you only have until November 30 to take advantage of the early bird saving. If you know anyone who would like to join the legion bring them down and fill in an application form. If you are not a member and would like to be, drop into the Legion and ask for an application.

The Veteran's Dinner and Dance will be held Saturday, November 10 with cocktails at 5:30 p.m. and dinner at 6:00 p.m. Anyone wishing to attend may purchase their tickets from the bar. Veterans can pick up their tickets for the evening at the bar as well. See advertisement on this page for details.

Remembrance Day service will be held Sunday, November 11 commencing at 10:30 a.m. at the Legion hall. After the service some awards will be presented. Poppies will be available November 2. See advertisement on this page for details.

The Legion will again this year be holding a Grey Cup party November 25. We will

have two or three extra television sets on in the lounge. A supper will be served for those who get hungry during the game and you can pay for it when it is served. Don't forget to buy your Grey Cup tickets. They are available from several members or at the bar.

If any resident of the area is going to be home alone on Christmas Day you will be welcomed at the Legion for a full course turkey dinner. The branch and ladies auxiliary will again be putting on our annual Christmas dinner for individuals or couples who will be spending the day alone. There is no need to be alone on Christmas Day so come out to the Legion and spend the time with some of your friends and enjoy yourself, remember you DO NOT have to be a member.

The steak and spud nights were a great success due to all the support of those who attended. Marilyn and I hope it can be done again in the spring.

Upcoming general meeting for the ladies auxiliary is November 6, and for the branch it is November 20.

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MOTOR INN  
This Weekend

**CHASE**  
FRIDAY & SATURDAY - NOVEMBER 2 & 3  
THURSDAY - DJ DYNAMIC SOUND

DANCER WEDNESDAY  
BIG MEAT DRAW & CASH DRAW SATURDAY  
Dine In or Take Out  
CHESTERFIELD CHICKEN

**Royal Canadian Legion Lac du Bonnet Branch #164**  
**Remembrance Day Service - November 11**  
Starts 10:30 a.m. at the Legion Hall

**Royal Canadian Legion Lac du Bonnet Branch #164**  
**Veterans Dinner SATURDAY, NOVEMBER 10**  
Cocktails 5:00 p.m., Supper 6:30 p.m.  
**Guest Speaker**  
Brian Wilson — President of Manitoba Northwest Command  
**Music by Jesse James**  
Veterans No Charge Members and Guests \$10.00  
Pick up tickets at Legion Lounge before November 8

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367-9468 or 345-9896

# Museum will preserve Sagkeeng's history

continued from page 1

"This cultural centre will provide an educational experience that the children will benefit from, knowing where their roots come from. It will

help them understand where their parents and grandparents went to school, seeing the residential schools and how they actually looked can only benefit the children and help them

understand their history," said Randy Courchene, principal of Sagkeeng Junior High School.

"Our kids need to understand how the residential schools were run back then, compared to how the school system is today."

The centre's director is looking to members of the community who would be interested in helping with the museum.

"We are looking for people who want to share in the his-

tory of Sagkeeng and its people. This can be done in many ways, from helping identify some of the pictures we have and they may also have items that they would like preserved in the museum," said Courchene.

"The Sagkeeng Cultural Centre and Museum is a very important part of the community. This centre will help en-

sure that the history of our people and their culture will not be forgotten."

The centre is open from 9:00 a.m. to 4:00 p.m. Monday to Thursday and Friday from 9:00 to 12:00 noon. If you are interested in visiting the centre or want further information you can reach Garry Courchene, director at 367-2129.



Creative paintings done by Sagkeeng artists are popular attractions featured at the Sagkeeng Cultural Education Centre Museum.

# Halloween Safety...

Wear light colored costumes to be visible in the dark. Add reflectors to your costume.

Make sure costumes aren't too long (to avoid tripping). Use makeup or facepaints (instead of a mask). Use non-toxic and hypoallergenic facepaints. Secure hats (to keep out of eyes).

Carry a flashlight. Make sure all costume accessories are safe and flexible (no sharp or pointy edges).

Walk on the sidewalk and cross only at corners or crosswalks. Trick or treat only in familiar areas. Walk do not run.

Keep costumes away from pumpkins lit with candles.

Go with Mom or Dad or a Buddy (never go alone). Never go into a home or apartment

building without an adult. Only trick or treat houses with outdoor lights on.

Never get into a stranger's car.

Set a specific time for children to be home. Make sure children wear a watch.

Give children money to phone home if needed.

Children should wait until they get home before eating candy. Parents should thoroughly check all candy and discard any questionable pieces (many police agencies offer free x-raying of candy on Halloween).

Be careful \* Be smart \* Be safe!

**Bev Desjarlais, MP**  
Churchill Riding  
**Working For You**

— CONSTITUENCY OFFICES —

105 - 55 Selkirk Avenue Thompson, MB R8N 0M5 Tel: 204-677-1333 Fax: 204-677-1339	Toll Free 1-888-260-2231	2B Place McDougall, Box 178 St. Georges, MB R0E 1V0 Tel: 204-367-6150 Fax: 204-367-6155
Monday to Friday 8:00 a.m. to 4:00 p.m.	Ottawa 1-613-992-3018	Monday to Thursday 8:00 a.m. to 4:00 p.m.

**Powerview Dental Centre**

Would like to appologize for any inconvenience to our patients during construction of the dental office.

Hours will remain as Scheduled!

**Proposed Changes to The Local Authorities Election Act for Non-Resident Electors**

**We Want to Hear from You**

The Province of Manitoba is seeking input from Manitobans as the government considers changing the rules for non-resident electors in municipal elections under The Local Authorities Election Act. In Manitoba, any individual who is a resident in a municipality or owns property in the municipality may vote in municipal elections. No changes are being proposed for electors who are residents of the municipality.

In the 1998 municipal elections, the Court found that an election offence was committed when an interest in land was transferred to individuals to qualify them to vote.

To prevent similar situations, a range of options — from limiting the number of non-resident electors per property who are eligible to vote in municipal elections, to strengthening the authority of election officials to remove ineligible electors from the list of electors — are being examined.

A consultation paper is available on our website at [www.gov.mb.ca/ia](http://www.gov.mb.ca/ia) or at the address listed below.

Please submit your comments by Nov. 17, 2001 to:  
Manitoba Intergovernmental Affairs  
508-800 Portage Ave., Winnipeg, MB R3G 0N4  
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## What's happening at Wings

by Mary Ann Haddad

Well, as we might have expected it at any time, the inevitable is here... winter has definitely come sliding in the backdoor full blast. We have been very busy getting ready, bringing out the winter seasonal wear items, sorting and organizing clothing that comes in every day. This takes a tremendous amount of work by volunteers and staff to keep things in order.

Nothing More Than 25¢ Store has been able to meet the needs of many people, young and old. Through the generous donations, we have a great selection of clothing for fall and winter outerwear for all. We

would like to take this opportunity to say thank you to everyone who, through their generosity, has helped to make a difference with their donations.

**Call for volunteers:** If you have some free time and you would be interested in helping by volunteering just an hour or so whenever it is convenient we welcome your time. Please call Mary Ann at 367-9641.

**Nobody's Perfect:** sessions are being offered, register now. Nobody's Perfect is a supportive parenting program to help parents take a look at day to day issues and build positive parenting skills. This is a five week program and will begin

Thursday, November 1, 10:00 to 11:30 a.m. Child care and transportation will be available if needed. For more information call Tara at 367-9641 or June at 367-2601.

**Stay and Play:** for moms and kids on Tuesday and Thursday from 1:30 to 4:00 p.m. Stay and Play has been a busy time for children with story time, activities and snack. A Halloween Fun Party is planned for the children Wednesday, October 31 from 1:30 to 4:00 p.m. You are invited to bring your youngster and drop in for the fun.

**Prenatal drop-in:** Friday afternoon at 1:30 p.m. This Friday there will be a cooking

circle. For more information on the program activities and support call the Blue Water Mobile Prenatal Team, Gerry or Crystal at 367-8855.

**Story time:** Wings of Power and Library Allard are having a story time Wednesday afternoons from 1:30 to 2:30 p.m. at the library. There will be a story reader during story time. Every second Wednesday the next being November 2, Tara Fontaine, outreach worker for Wings, will be the visiting story reader. Bring your child for a time of story and rhymes.

**Crafts for Christmas:** If you would like to have an opportunity to make simple and



inexpensive gifts and craft items for Christmas, we have the time for you. If you are interested, please call Mary Ann at 367-9641 for more information.

## Ask your Pharmacist Headaches

Almost everyone experiences headaches occasionally. They may occur during viral illness such as colds or influenza. The most common type of headache is referred to as 'tension-type headache' (not due to tension). It is usually mild to moderate in intensity, with a pressing or tightening quality. Pain is felt on both sides of the head or across the forehead sometimes tightness is felt in the shoulders and back of the neck. Physical ac-

tivity does not worsen the pain (unlike migraine) and nausea is absent. The pain usually disappears by itself or with the help of over-the-counter pain relievers (such as ASA, acetaminophen, ibuprofen), or with rest and relaxation. The headache may last from minutes to days. Some patients may develop chronic tension-type headaches (more than 13 days per month for many months), which can be debilitating. These headaches may

evolve from migraine or may be medication-induced.

Migraine differs from tension-type headaches: it usually occurs on one side of the head (sometimes both), is moderate to severe in intensity, has a pulsating or throbbing quality and is worsened by physical activity. Other symptoms such as nausea and vomiting or sensitivity to light and sound are also present. Although simple pain relievers may be useful for milder attacks, prescription medication is often needed.

Other less common types of headaches include cluster

headaches, sinus headaches and medication-induced headaches. Cluster headaches affect about one percent of the population (mostly men aged 20 to 40 years). Headaches are extremely severe, usually last from 30 to 45 minutes, may occur daily or up to eight times daily for weeks or months (cluster period), sometimes they are chronic. Other symptoms such as eye redness/tearing, nasal congestion or running nose (on same side as headache) are also present. Medication that works quickly is needed. Breathing pure oxygen from a tank may be helpful. Preventative medication is often prescribed.

Sinus headache occurs only in people who have a sinus infection. Many people who think they have sinus headaches are actually suffering from migraine or another type of headache. These headaches are managed by treating the sinus infection with antibiotics, decongestants are also used for symptom treatment until the antibiotics cure the infection.

Medication-induced headache is a phenomenon that occurs only in migraine sufferers. Use of pain relievers on three or more days per

week for several months can result in chronic daily or almost daily headaches (symptoms resemble a tension-type headache). It is usually present on awakening and worsens as medication wears off. Then more medication is taken and a vicious cycle occurs. The only way to break the cycle is to stop taking the pain relievers. This should be done under a doctor's supervision.

Fortunately, most headaches are not due to life-threatening problems such as a brain tumor (usually other symptoms are present first if there is a brain tumor). Some types of headaches may be cause for concern. If a very severe headache comes on suddenly (first or 'worst' headache experienced), you should go to the emergency department without delay. An emergency department visit is also warranted if symptoms such as fever, stiff neck, drowsiness, confusion, seizures, or a general feeling of weakness are also present. Any patient who experiences a new or unusual type of headache or a change in pattern of previous headaches should seek medical attention.

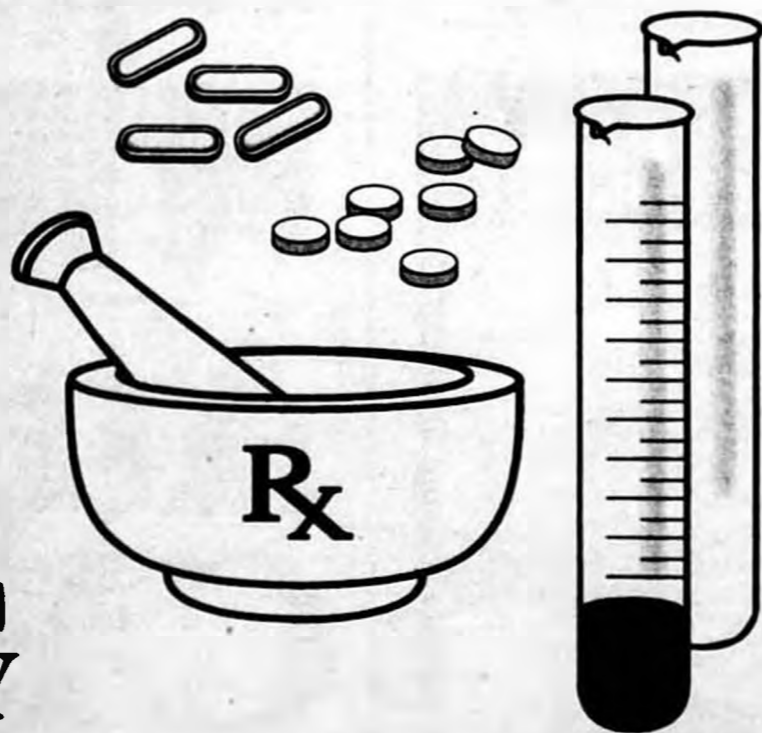
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CANADIAN INDEPENDENT

# Grace at McDonalds...

I am a mother of three (ages 14, 12, and three) and have recently completed my college degree.

The last class I had to take was sociology. The teacher was absolutely inspiring with the qualities that I wish every human being had been graced with.

Her last project of the term was called *Smile*. The class was asked to go out and smile at three people and document their reactions. I am a very friendly person and always smile at everyone and say hello anyway, so, I thought this would be a piece of cake, literally.

Soon after we were assigned the project, my husband, youngest son, and I went out to McDonald's one crisp March morning. It was just our way of sharing special play time with our son.

We were standing in line, waiting to be served, when all of a sudden everyone around us began to back away, and then even my husband did. I did not move an inch... an overwhelming feeling of panic

welled up inside of me as I turned to see why they had moved. As I turned around I smelled a horrible 'dirty body' smell, and there standing behind me were two poor homeless men.

As I looked down at the short gentleman, close to me, he was 'smiling'. His beautiful sky blue eyes were full of God's light as he searched for acceptance. He said, "Good day" as he counted the few coins he had been clutching. The second man fumbled with his hands as he stood behind his friend. I realized the second man was mentally deficient and the blue eyed gentleman was his salvation.

I held my tears as I stood there with them. The young lady at the counter asked him what they wanted. He said, "Coffee is all Miss" because that was all they could afford. If they wanted to sit in the restaurant and warm up, they had to buy something. He just wanted to be warm.

Then I really felt it - the compulsion was so great I almost reached out and em-

braced the little man with the blue eyes.

That is when I noticed all eyes in the restaurant were set on me, judging my every action. I smiled and asked the young lady behind the counter to give me two more breakfast meals on a separate tray. I then walked around the corner to the table that the men had chosen as resting spot. I put the tray on the table and laid my hand on the blue-eyed gentleman's cold hand. He looked up at me, with tears in his eyes, and said, "Thank you."

I leaned over, began to pat his hand and said, "I did not do this for you. God is here working through me to give you hope." I started to cry as I walked away to join my husband and son.

When I sat down my husband smiled at me and said, "That is why God gave you to me, Honey. To give me hope."

We held hands for a moment and at that time we knew that only because of the grace that we had been given were we able to give. We are not church goers, but we are be-

# ECHOES FROM THE Heart

lievers. That day showed me the pure light of God's sweet love.

I returned to college, on the last evening of class, with this story in hand. I turned in my project and the instructor read it. Then she looked up at me and asked, "Can I share this?"

I slowly nodded as she got the attention of the class. She began to read and that is when I knew that we as human be-

ings and being part of God, share this need to heal people and be healed.

In my own way I had touched the people at McDonald's, my husband, son, instructor, and every soul that shared the classroom on the last night I spent as a college student. I graduated with one of the biggest lessons I would ever learn: unconditional acceptance.

## Pine Falls Community Billboard

**Fort Alexander Health Centre:** Diabetes Clinic 9:30 a.m. to 3:30 p.m. every Tuesday. Blood sugar check, nutritional counselling, phone 367-2208.

**PACE 7-1375:** meets first Tuesday of the month. Chicken Chef, Powerview meeting room.

**Prenatal classes:** held regularly at Pine Falls. Please register with Gail 268-6106 or call your local public health nurse.

**Library Allard:** Tuesday: 10:30 a.m. to 5:00 p.m. Wednesday and Thursday 1:00 to 5:00 p.m. and 6:30 to 8:00 p.m. Friday 1:00 to 5:00 p.m. Saturday 10:30 a.m. to 4:00 p.m.

**Beaches Library:** Tuesday 1:00 to 5:00 p.m., Thursday 4:00 to 8:00 p.m., Saturday 10:00 a.m. to 2:00 p.m.

**Knights of Columbus:** meetings every second Tuesday of the month 7:30 p.m. Powerview Church basement.

**Silver Haven Club:** cribbage every fourth and fifth Monday 1:30 p.m., whist every Thursday 1:30 p.m.

**Pine Falls Health Auxiliary:** meetings first Tuesday of every month 1:30 p.m.

**Cottage Country Business Assoc.:** meets first Monday of the month 7:00 p.m. October through May, phone 756-2596

**Alcoholics Anonymous:** Sunrise Group meetings every Monday, Wednesday and Friday 7:30 p.m. to 8:30 p.m., last Friday of the month open to the public, at St. Georges Catholic Church basement.

**Pine Falls Legion:** meetings held second Thursday of the month 7:30 p.m. Legion, meat raffles held at Legion on Fridays 4:30 to 5:30 p.m.

**Pine Falls Masonic Lodge #154:** meets second Friday of every month, Pine Falls United Church, except January and February.

**Badminton:** Pine Falls School gym, Sunday and Wednesday nights 7:00 to 10:00 p.m.

**Powerview garbage pickup** every Wednesday, recyclable pickup first and third Thursday of each month.

**PAA:** meeting first Tuesday of each month at 7:00 p.m.

**Village of Powerview:** meets second Tuesday of each month.

**Winnipeg River Senior Service Inc.** Coordinator Tina Polischuk, Pine Falls Health Complex, phone 367-9128, 9:00 a.m. to 3:00 p.m. Monday to Friday.

Services: transportation, home maintenance, foot care, volunteer help, info.

**Family Care Giver Support Group:** at the United Church, Pine Falls, last Thursday of the month 7:00 p.m.

**AA & Al-Anon - The Beaches family group,** Thursday 8:00 p.m., Senior Scene, Victoria Beach, 1 Ateah Road, 756-8018 or 756-2101.

**Happy Tots Day Care** 367-2601, board meetings last Monday of each month 7:00 p.m. at the daycare.

**Senior Scene Inc. #1 Ateah Rd.,** Victoria Beach. General meetings second Tuesday of the month, 756-6468 for more info.

**Mental Illness Support Group:** meets second Wednesday of the month 7:00 p.m. Wings of Power office.

**Beaches HELP Centre** (seniors service) 756-6471, Wednesday 1:00 to 4:00 p.m., Friday 10:00 a.m. to 1:00 p.m.

**Powerview Parent Advisory Council:** meets first Thursday of every month.

**Great Falls Hall workers - Tuesdays and Thursdays** from 10:00 to 11:00 a.m.

**Pine Falls Library** open 3:00 p.m. to 5:00 p.m. Monday and Thursday.

**Call The Echo 367-9468 to list your community event FREE OF CHARGE**

# Pine Falls five pin bowling league news

submitted by Janelle Carlson Week #1

Ladies high games: Evelyn Dodds 229, Nancy Breton 222, Heather Adams 219, Wanda Berthelette 215 and 203, Donna Boyer 209, Sharon Tremain 203.

Men's high games: Jerry Gauthier 267, 255, 242, 238 and 215, Todd Jesseau 253 and 210, George Dodds 246, Jon Coss 237, Roy Carlson 224 and 206, Pete Richardson 210, Albert Lamoureux 208, Darryl Spence 206 and 204, Dwayne Duff 206.

Female bowler of the week was Evelyn Dodds for her game of 229.

Male bowler of the week was Jerry Gauthier for his game of 267.

The Legion Special was won by the Gutter Balls for their total of 2654.

This week's high triples were: Jerry Gauthier 686 and 669, Todd Jesseau 629, Roy Carlson 605 and Nancy Breton 601.

Week #2

Ladies high games: Kathleen Coss 236, Donna Boyer 224, Doris Kahle 220 and 218, Jeannine Lavalee

214, Jenifer Guimond 212, Wanda Berthelette 203, Lisa Blatz 202.

Men's high games: Todd Jesseau 275, Lawrence Abraham 273 and 227, Jerry Gauthier 259, 230 and 202, Albert Lamoureux 238, Carl Palmquist 232, Derrick Anderson 226, Bill Lavalee 219, Pete Richardson 217 and 212, Greg Gervais 208, 205 and 202, Roy Carlson 204.

Female bowler of the week: Jennifer Guimond for her

game of 212 which was 108 pins over average.

Male bowler of the week was Lawrence Abraham for his game of 273 which was 114 pins over average.

The Legion Special was won by the Richardson team for their total of 3442.

This week's high triple games were: Jerry Gauthier 691, Lawrence Abraham 682, Doris Kahle 634, Carl Palmquist 621, Todd Jesseau 619 and Greg Gervais 615.

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## Winnipeg River Church Services

- NOTRE DAME DU LAUS:** Powerview - Saturday evening 7:30 p.m. (English). Sunday 10:00 a.m. (English); Stead - Sunday 12:00 noon.
- PINE FALLS UNITED CHURCH:** Sunday service 11:00 a.m. Bonita E. Garrett, Minister. Church 367-2633 or Cell 754-7220. Everyone Welcome
- PINE FALLS ANGLICAN CHURCH OF THE ADVENT:** Ph. 367-8347 Rector, the Rev. Brian Rountree. Sunday Service at 9:00 a.m.
- ST. THERESA'S:** Masses at Notre Dame du Laus.
- ST. GEORGES:** Mass Sunday at 8:00 a.m. and 10:00 a.m.
- ST. JUDE'S ANGLICAN CHURCH** Grand Marais. Holy Eucharist - second and fourth Sundays, 11:00 a.m. Morning prayer 11:00 a.m. - first, third and fifth Sundays.
- TRINITY EVANGELICAL LUTHERAN CHURCH** Thalberg, 1 mile east and 1 mile south of Junction #12 and #304. St. John's Evangelical Lutheran Church, Greenwald on Hwy. #12, 1 1/2 miles north of junction with #317. Sunday church school 10:00 a.m., worship 11:00 a.m. (alternate locations). For info. call 635-2625 or 754-8682.
- CHRISTIAN FAITH FELLOWSHIP** - Bible study 7:30 p.m. Wednesday, church service 10:30 a.m. Sunday school 10:00 a.m.
- HOUSE OF PRAYER FULL GOSPEL** - 2:30 p.m. every Sunday, Scanterbury, on Hwy. #59.
- ST. MARGUERITE R.C. MISSION** Pitt Road - Traverse Bay, 11:30 a.m. Sunday additional mass mid-June through Labour Day 7:30 p.m. Saturday. Closed November 1 to April 30th.
- ST. ALEXANDER R.C. CHURCH** located at Sagkeeng First Nations. Sunday mass 10:30 a.m.
- ST. THERESA R.C. MISSION** 88 Glendale Avenue, Grand Marais. Mass or community service 11:30 a.m. first Sunday of November to last Sunday of April. May through October mass 10:00 a.m. Sunday.
- SAGKEENG CHRISTIAN FELLOWSHIP CHURCH** - Lloyd Guimond (Pastor) Sagkeeng South Shore, service Thursday 7:30 p.m. and Sunday 2:00 p.m.
- CHRIST CHURCH ANGLICAN** - Sunday 2:30 p.m. at Hollow Water.
- GRACE BAPTIST CHURCH** - Bible study, Wednesday 7:30 p.m., call Pastor Todd Goudy for information 367-2531.

# Parliament Responds to Terrorism



## Your voice in Ottawa

Vic Toews, MP for Provencher

For years before the terrorist events of September 11th, the Canadian Alliance, and its predecessor, the Reform Party, warned the Liberal government to take the threat of international terrorism more seriously. It was not only the Canadian Alliance that sounded this alarm. The Canadian Security Intelligence Service and the RCMP also warned the Prime Minister and his Cabinet, noting that Canada was being used by almost fifty terrorist groups as a place to plan and raise money

for international violence. However, despite the warnings provided, government Ministers failed to take the necessary action. For example, when the Canadian Alliance called upon the Minister of Immigration, Elinor Caplan, to take steps to identify people who arrive in Canada without proper documentation in order to ensure that they were not affiliated with terrorist organizations, the Minister simply dismissed the concern as being "anti-immigrant". In another case, two government Ministers, Paul Martin and Maria Minna, even attended a fundraising dinner for an or-

ganization that had been identified by Canada's diplomatic service as a fundraising front for the Tamil Tigers Terrorist group.

Since the terrorist attacks on the World Trade Center and the Pentagon in Washington, D.C., Parliament has properly focused its attention on ensuring that Canada has the legislation and programs in place to protect Canadians. Ministers who previously rejected Canadian Alliance suggestions on how to strengthen Canadian security and eliminate the criminal abuse of our refugee and immigration system, have now adopted many of those suggestions in the recent anti-terrorism legislation tabled in the House of Commons.

At the same time, perhaps more than any other party, the Canadian Alliance has shown support for the difficult decisions that the Prime Minister has had to make in response to the threat of terrorism. While the Canadian Alliance will continue to offer suggestions on how to improve upon those decisions or will continue to voice legitimate concerns about some of the legislative provisions introduced by the government, I believe that the people of Provencher want the members of the Official Opposition to work with the government to address the security needs of Canadians.

As your Member of Parliament I am presently working on the Justice Committee reviewing the new anti-terrorism introduced by the Minister of Justice. In addition, I recently had the honour of being ap-

pointed to the twelve-member, all-party National Security Committee that will oversee the operations of Canada's intelligence operations. In that role I will work with other members of the Committee to ensure that our intelligence gathering agencies are being properly scrutinized, and that taxpayers receive value for the money being spent on these agencies.

I believe that now is a time for all political leaders to minimize "blame fixing" and the "name calling" that often characterizes our parliamentary debate. While the horrific events of September 11th acted as a "wake-up" call to our government, now is not a time to point

out its past failures. We now have an opportunity to put into place the legislation and the programs that will strengthen our country and which will create the framework that can serve as a basis for a lasting and peaceful resolution of this current conflict. That is an opportunity we should not squander.

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 326-9889. You may also contact me through my website at [www.victoews.com](http://www.victoews.com) or contact me by mail Box 2470, Steinbach, MB R0A 2A0, by fax at 346-9874 or by e-mail at [toews1@mts.net](mailto:toews1@mts.net).

## Lac du Bonnet Community Billboard

PACE 7-1375: meets first Tuesday of the month, Chicken Chef, Powerview meeting room.

Sit and Be Fit exercise class: Thursdays, Lac du Bonnet Pioneer Club, 1:00 p.m.

Prenatal classes: held regularly at Lac du Bonnet. Please register with Gail 268-6106 or call your local public health nurse.

Lac du Bonnet Lions Club meets the first and third Monday of each month, 7:00 p.m., LdB Community Centre.

Lac du Bonnet Regional Library open Tues. and Thurs. 10:30 a.m. to 4:30 p.m. and 7:00 to 8:30 p.m.; Wed. and Fri. noon to 4:30 p.m.; Sat. 10:30 a.m. to 12:30 p.m., ph. 345-2653.

Great Falls Women's Institute meets first Wednesday each month 7:00 p.m. Great Falls Hall. Pat 367-2586, Leone 367-8569.

Ladies' Auxiliary Royal Canadian Legion Branch #164 meets first Tuesday of each month 7:30 p.m. Legion Hall.

LdB Committee on Family Violence and Abuse meets second Tuesday of every month 7:00 p.m. Contact person 345-2664.

Royal Canadian Legion Branch #164 general meetings third Tuesday of each month 7:30 p.m. Legion Hall. Horticultural Society meets second Tuesday of every month 7:00 p.m., Centennial School.

St. John's ACW meets first Monday of every month 1:30 p.m., parish hall. Lakeshore Al-Anon Group Thursday 7:30 p.m. Lac du Bonnet District Health Centre, 89 McIntosh. Call Teri 345-8712.

Lakeshore Al-a-Teen Group Thursdays, 6:30 p.m. at Lac du Bonnet Youth Centre (McArthur Avenue). Phone Kathie 367-8237, Vickie 345-6520.

Town of Lac du Bonnet Council Meetings second and fourth Thursday of the month.

Lakeshore A.A. meetings every Sunday and Tuesday 8:00 p.m. at St. John's Anglican Church, 86 McArthur, Lac du Bonnet. Last Sunday of the month open to the public. Call Ted 345-2839, Ron 753-8403.

Ladies A.A. Meetings Thursdays 1:00 p.m., 18 McDermot, Pinawa. Doreen 753-8357.

Battered Women's Crisis Line 1-800-362-3344.

Lac du Bonnet Health Centre Auxiliary meets fourth Thursday of the month, Health Centre 1:30 p.m.

Lac du Bonnet Wildlife Association temporarily meets at the call of the chair. Call Peter 345-6190 for information.

New to town? Drop in to the Craft Basket on Second Street and pick up your Welcome to Lac du Bonnet gift, courtesy of the Chamber of Commerce.

Two Rivers Seniors Resource Council Inc. Call Pat at the Lac du Bonnet office, Health Centre at 345-1227 or 348-4610. Services: driver escort, life-line personal response system, friendly visitors, fee-for-service handy helpers.

Pioneer Club Meets first Monday of month 9:30 a.m., Pioneer Club. RM of Lac du Bonnet Council Meetings second Tuesday of each month 10:00 a.m. and fourth Tuesday of every month 6:00 p.m.

Alzheimer Society Theresa Conroy, Whitemouth 348-3505; Lac du Bonnet, Pine Falls, Victoria Beach, Pinawa, Beausejour, Whitemouth, Oakbank, Hadashville.

Little Day Buddies Nursery School Tuesdays, Wednesdays and Fridays 9:00 a.m. to 12:00 noon, 12:30 to 3:30 p.m., Lac du Bonnet Community Centre. Janice 345-8979.

To list your community event FREE OF CHARGE CALL 345-9896

## Lac du Bonnet Church Directory

### ABUNDANT LIFE CHAPEL

Pastor Jeff Andrews, church 345-2934, home 345-1958  
Sunday: 10:30 a.m. morning worship (children's church during service); 7:00 p.m. hymn and prayer.

### LUTHERAN CHURCH OF THE CROSS

Church 345-8654, office 345-2919

Sunday: 11:00 a.m. - worship service

### NOTRE DAME CATHOLIC CHURCH

Father Richard Machura, 345-2900

Lac du Bonnet: 5:00 p.m. - Saturday mass; 11:00 a.m. Sunday mass

Pinawa (senior school): 9:15 a.m. - Sunday mass

### ST. JOHN'S ANGLICAN CHURCH

Rev. Brian Rountree 367-8615, church 345-2357

Sunday: 11:30 a.m. - worship; 11:30 a.m. - first and third Sunday of each month, holy eucharist.

## The rec scene

by Michelle Chudd, Recreation Director  
Winnipeg River Recreation District, 345-8816  
Email: [recomm@granite.mb.ca](mailto:recomm@granite.mb.ca)

**Craft Sale:** 21st annual Christmas craft sale coming soon! Saturday, November 17 from 10:00 a.m. to 4:00 p.m. at the Lac du Bonnet Community Centre. The homemade food kitchen returns for a third straight year!!! Start and finish your Christmas shopping under one roof and in town - 50 vendors with a variety of crafters (ceramics, candles, baking, chocolates, woodwork, Christmas ornaments)!

**Bring a Friend Day, next dance class:** This past weekend our local dancers had their class at the Royal Winnipeg Ballet in Winnipeg! I sure hope it was fun! A reminder

to all dancers that this Saturday is Bring a Friend Day. Your friend does not have to have the exact dance clothing - they may come in sweats/tights and a t-shirt.

**Hallwalking:** Are you finding it a little too chilly to walk outside? Don't like walking in the evenings when it is so dark out? I have the place for you! Every Monday to Friday from 4:30 to 8:30 p.m. there is hallwalking in the Lac du Bonnet Senior School hallways. No need to sign up - just drop on by! School closed on Halloween night.

**Dance classes:** We've finished off our third dance class this past Saturday and there is still room for more registrations - please call the rec office at 345-8816 or 753 2639. This program is for boys and girls ages four years and up. Children, teens and adults too! Courses include: pre-ballet, ballet and jazz classes. Classes are one hour in length, 50% of the registration fee is due November 10. The lessons include: creative movement at 10:00 to 10:45 a.m., pre-ballet from 11:00 a.m. to 12:00 noon, ballet from 12:00



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New Directions School - Lac du Bonnet	345-2867
Empower Adult Education - Pine Falls	367-2495

## NEWS TIPS?

Call The Echo  
367-9468  
or 345-9896

# What about the children? Lac du Bonnet and Area Food Bank minutes

submitted by Julia Krahn  
Outreach Worker, Manitoba Schizophrenia Society, Eastman Region

Often when we hear of services offered to the families of those with mental illness, the services are geared toward educating and supporting adults. What about the children? Are they not just as affected by mental illness in the family as the adults? Some would argue that children don't know what really is going on, or that there would be little understanding. Unfortunately these misconceptions actually make the situation

more difficult for the children. Children are quite sensitive to the situations and feelings of others and have the ability to sense much more than adults give them credit for.

In many cases, children with a parent or a sibling with a mental illness feels as though they have in some way caused the illness, which of course is untrue. Children will often feel shame, anger, confusion and guilt in regards to their family situation, and not know how to handle the negative feelings going on inside. Talking with the child who has a family member with a mental illness

about these feelings is a huge help, as well as demonstrates to the child that it is okay to talk about feelings, and not keep them hidden inside. This will inevitably translate into other situations in life, as talking about feelings is not an automatic function, but rather a learned behavior.

After all this, what is the answer? Well, there is a group that is being held periodically in Winnipeg for children with a parent or a sibling with a mental illness, called *Name That Feeling*. This group uses interactive learning activities, discussion, crafts and games to help children join together in developing healthy attitudes and coping skills. The group covers topics such as identifying and communicating feelings, understanding mental illness and its treatment, as well as how to deal with stigma, self-care, and self-esteem.

This service is not limited to urban children. If you are the parent of, or know of a child going through this type of family situation please call Julia Krahn at 444-2793 to inquire about the possibility of a group such as this starting up in your area. If a group is not starting in your area in the near future we will do what we can to provide support and education on a one-on-one basis in or near your community.

A discussion regarding the incorporation of the food bank took place as well as obtaining a tax receipt number. We are anxious to issue tax receipts to those people who donate over \$25 and to the businesses, corporations and municipalities who have so generously supported the food bank.

Thank you advertisements have been placed in *The Paper*, *The Leader* and *The Echo* thanking those who donated money and food before October 9, 2001.

It was decided thank you ads would be placed in the papers every three months thanking everyone who donates between now and December.

Terry Fisher and Aline Preston will share the duties of volunteer co-ordinator for the food bank. If you wish to

volunteer please call either lady. Several families have received food already.

## New ruling

As of November 15, 2001 the following rules apply: Once every two weeks (between the 1st and 15th of the month) clients may receive four day's supply of food for each family member.

Once every two weeks (between the 16th and 31st of the month) clients may receive four day's supply of food for each family member.

In total this results in eight day's supply of food per month per family.

## Grand Opening

The date has been set for Saturday, December 1 from 12:00 noon to 4:00 p.m. Ribbon cutting will take place at 2:00 p.m. Coffee and tea will be served and everyone is welcome.

## Library Corner

### Lac du Bonnet Regional Library

Read and vote for your favorite Canadian book! All young people in Grades 5 to 8 who have read or heard read at least three titles from the list of this year's nominees can vote. Talk to your teacher or librarian about casting your ballot - the deadline is April 8, 2002.

The following is a list of titles which have been nominated for this *Manitoba Young Readers' Choice Award*: *The Breadwinner* by Deborah Ellis; *Men of Stone* by Gayle Friesen; *The Grave* by James Heneghan; *Raspberry House Blue* by Linda Holeman; *Topher* by Anita Horrocks; *Ghost Boy* by Iain Lawrence; *Rebecca* by Carol Matas; *Charlie Wilcox* by Sharon E. McKay; *The Secret Under My Skin* by Janet McNaughton; *Shut-Out!* by Camilla Reghelini Rivers; *After*

*Hamelin* by Bill Richardson; *A River Apart* by Robert Sutherland; *No Cafes in Narnia* by Nikki Tate; *Frog Face and the Three Boys* by Don Trembath; *Frances* by W.D. Valgardson; *Rebound* by Eric Walters; *The Boy in the Burning House* by Tim Wynne-Jones; *White Lily* by Ting-xing Ye.

The 2001 winner, Kenneth Oppel for his book *Sunwing* will be presented with the award at a ceremony during *I Love to Read Month* in February 2002.

The above titles and many more books by Canadian authors will be on display at our family story nite November 8. Join us at 7:00 p.m. for stories, games and activities... and snacks! Moms, dads - bring the whole family to a fun evening at the library! Help us to *Uncover a Mystery...* or two!

## Dr. Alan Grant & Staff at the FORT ALEXANDER DENTAL CLINIC

Are pleased to announce that we are now able to provide the residents of The Beaches, Pine Falls, Powerview and surrounding areas with Dental Services. Please come check out our state of the art facility which is ready to accept new patients, regardless of treaty status.

Located in the  
Fort Alexander Health Centre  
367-2208

## Advertising Deadline Friday, 3:00 p.m.

Call The Echo at Powerview 367-9468  
or Lac du Bonnet 345-9896

# \$133

## New Car Payments



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**S**  
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— Credit Union Limited —

www.sicu.mb.ca

# Manitoba Farm Women's Conference

## Cornerstone

**Marilyn Zarecki, Home Economist**  
Manitoba Agriculture and Food, Beausejour, 268-6015  
e-mail: mzarecki@agr.gov.mb.ca

This year's conference is being held in Portage la Prairie, back where the first one was held in 1986!

"We would like to extend an invitation to all farm and rural women in Manitoba to attend this year's conference," says Heather Brown, farm woman from the Portage la Prairie area and this year's steering committee chair.

"You'll enjoy meeting other farm women and listening to a line-up of excellent speakers. It's also a time to reunite with old friends and make some new ones. Come,

join in the fun and learning of this year's conference!"

Two very well known keynote speakers include Deanna and Tim Treadway. You may remember these two from History Television's *Pioneer Quest*. They will share their experiences as one of the couples who spent a year living the pioneer life.

Also, Dr. Val Farmer, the keynote for the very first MFWC, 15 years ago, is back. As a clinical psychologist, he is involved in counselling farm families around issues such as marriage problems, family conflict in fam-

ily operations and farm stress. He will address the topic, *When Marriage and Farming Clash*.

In celebration of 15 years of successful conferences, past chairpersons will be recognized for their contributions at the special Monday night banquet dinner.

The conference will also feature a tour of the McCain's food processing plant. Registration for this tour will be limited, so participants need to register early.

In an effort to meet the vast and diverse interests of Manitoba farm women, the conference will include presentations on such topics as farm and family finances, e-commerce, alternative medi-

cine and interior decorating.

For more information on this year's Manitoba Farm Women's Conference, or a registration brochure, contact me at 268-6015.

**Women and money seminar:** A Financial Seminar Exclusively for Women Tuesday, November 20, 2001, 7:00 to 9:00 p.m., Costume Museum of Canada, Dugald (formerly the Dugald Costume Museum).

There are a variety of factors to consider before investing money. Personal factors such as income, age now, age when planning to retire and tax situation will determine your choices.

A written investment/retirement plan is absolutely necessary. This will help you

determine the investment risk you are willing to assume. Every person's situation is unique!

This financial seminar (exclusively for women) will cover the basics of sound investment decisions and a detailed discussion on RRSPs and RESPs.

Other investment opportunities will be discussed by Petar Pjovic from BMO Nesbitt Burns.

A complimentary wine and cheese reception will follow the presentation to allow for an informal discussion and question and answer period, as well as interaction among participants. Please call Loretta at 444-4119 to register. I hope to see you there. It should be fun!

## Lac du Bonnet RCMP detachment report

The following constitutes the police report for the Lac du Bonnet detachment for the period of October 19 to 26.

**October 19:** A report was received of the theft of a red mountain bike from the rear of a business on Second Street in Lac du Bonnet.

A report was received of two vehicles being on fire at a location near the intersection of PR 313 and 315. Fires appear suspicious in origin.

**October 20:** A report was received of a loud party at a residence on Brock in Pinawa. Police attended and had the music turned down.

A report was received of a propane leak from a tank behind a business in Lac du Bonnet. The downtown area including First and Second Streets were shut down and the hazard dealt with. Investigation revealed that a vehicle was used to run into a garbage container which knocked over the propane tank causing it to leak. An adult male has been charged accordingly.

A report was received of a group of youths walking along Mascanow Drive when a car drove too close to them causing them to jump off the road. The driver was identi-

fied and follow up done.

Police observed an underage male driving impudently in Lac du Bonnet. The subject was found to be under the influence however, his reading on the breathalyzer was not enough for a charge. He was issued a 24-hour suspension and was charged with driving imprudently.

A report was received from the Town of Lac du Bonnet of two under age females going missing from their residences. It was subsequently learned that both girls had been located and were returned home.

A report was received of an adult male trespassing at night at a residence in Great Falls and in contravention of a protection order. The subject was subsequently arrested and charged accordingly.

A report was received of a green Dodge Caravan being operated from Winnipeg to Lac du Bonnet area by an impaired driver. Patrols failed to locate the vehicle in question.

A report was received of an adult male on a street threatening others with a brick. The subject was apparently intoxicated and no in-

dications of identity. Police attended the area, however, the subject was gone.

**October 21:** A report was received from a residence at Great Falls of receiving nuisance phone calls, believed to be from an underage male.

**October 22:** A report was received of an intrusion alarm at a business in Whitemouth. Police attended and found it to be false.

A report was received of people on the roof of a residence on Leslie Avenue. Police attended and non one around the residence nor on the roof.

A report was received of a hold up alarm being activated at a business in the RM of Lac du Bonnet. Police attended and found that same had been set off in error.

A report was received of the theft of a deposit bag from the Lac du Bonnet Youth Centre. The same of \$30 was found to be missing.

A report was received of an adult male being at a residence in Lac du Bonnet in contravention of a court or-

der and undertaking. Police attended and located the subject in the residence, arrested him and released him for court.

**October 23:** A report was received of a hold up alarm at a business in the RM of Lac du Bonnet. Police attended and determined that same had been set off in error.

A report was received of damage to a key pad on the gate opening, washout hose and electrical switches at the lagoon in the RM of Lac du Bonnet.

A report was received of damage to windows on a loader parked in a gravel pit on Pit Road.

**October 24:** A report was received of a single vehicle roll over accident on PTH 11. One adult male was ejected from the vehicle and sustained broken bones.

A report was received of an intrusion alarm at a business in the RM of Lac du Bonnet. Police determined that this was false.

A report was received of

three unknown subjects throwing snow balls at a residence in Lac du Bonnet. Police patrolled but did not locate the subjects.

A report was received of a grey or blue two-door vehicle doing power turns on a street in Lac du Bonnet.

**October 25:** A report was received of a vehicle abandoned in the travelled portion of PR 214 creating a traffic hazard. Police had the vehicle in question towed.

**October 26:** A report was received from a location on McArthur Avenue of an adult male possibly going to commit suicide at a residence. Police attended and found that in fact no suicide was going to be attempted.

A report was received from Pinawa that an adult male was quite late in getting home from work. Police located the subject still at work and it was determined that he was fine.



## Winnipeg River RCMP detachment report

The following is the police report of the Winnipeg River RCMP detachment for the period of October 19 to 26.

One report of assault occurred through the week with one female subject being charged.

One break and enter re-

ported.

One impaired driver was charged and one 24-hour suspension issued.

One stolen vehicle reported by the Grand Marais detachment but was recovered in Selkirk.

Numerous complaints of

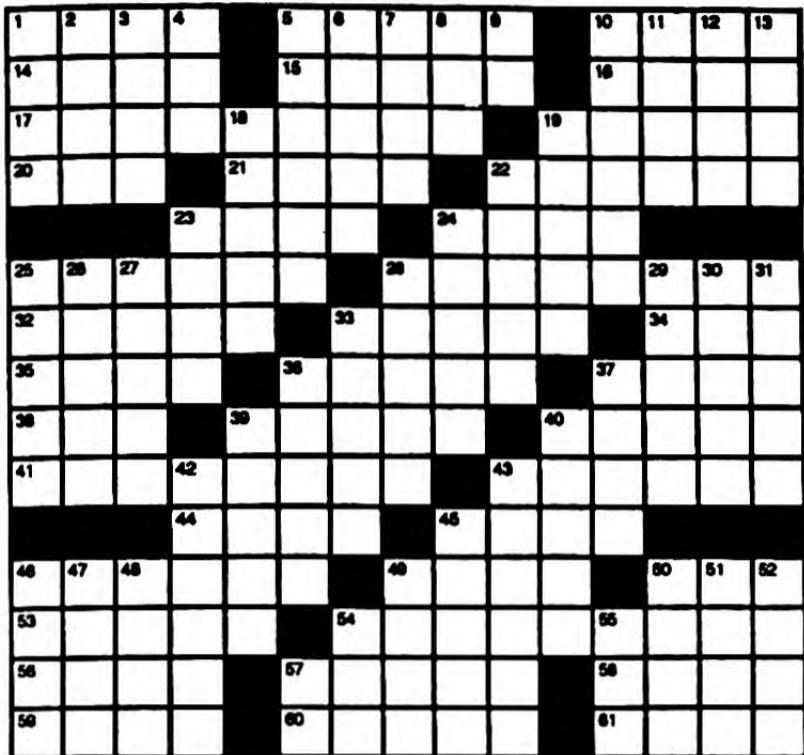
intoxicated individuals who were lodged until sober and then released.

Remember if you see a crime happen and wish to remain anonymous please call Crime Stoppers at 1-800-782-8477.



CALL  
**CRIME STOPPERS**  
 1-800-782-8477

# WEEKLY CROSSWORD



**ACROSS**

- 1. Farm animal
- 5. Baseball's Roger \_\_\_\_\_
- 10. Tattle
- 14. Ajar
- 15. Put in a row
- 16. Greasy
- 17. Highway barrier
- 19. Giver
- 20. Printers measures
- 21. Mark
- 22. Gasp
- 23. Tighten shoestrings
- 24. Economize
- 25. Amend
- 28. Clergyman
- 32. Choose by ballot
- 33. Men

- 34. Matador's cheer
- 35. Tree's protection
- 36. Bucket handles
- 37. Author Bombeck
- 38. And (Lat., pl.)
- 39. Every 24 hours
- 40. Well-known
- 41. Opposite of windwards
- 43. They come in last
- 44. Angers
- 45. Wagon
- 46. Dieter's aids
- 49. Motorcyclists group
- 50. "There \_\_\_\_\_ such things"
- 53. Lounges
- 54. Cared about
- 56. Within
- 57. Dish
- 58. Oklahoma city
- 59. Cat's cry
- 60. Grain storage areas
- 61. Contradict

- 11. Ravelings
- 12. Medicinal plant
- 13. American explorer
- 18. Use explosives
- 19. Actress Bette \_\_\_\_\_
- 22. Window parts
- 23. Salt deposit
- 24. Ridiculous
- 25. Resist authority
- 26. Delight
- 27. Poetry
- 28. Sends a letter
- 29. Singer Mel \_\_\_\_\_
- 30. "\_\_\_\_\_ Gantry"
- 31. Peruses
- 33. Servants
- 36. Uncovers

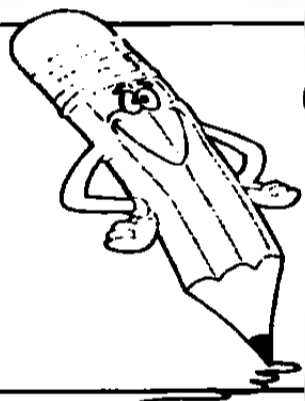
- 37. Toward the Atlantic
- 39. Challenges
- 40. Valley \_\_\_\_\_, PA
- 42. Weeping \_\_\_\_\_ tree
- 43. Spears
- 45. Chapter
- 46. Slender
- 47. Geometric figure
- 48. Choir voice
- 49. Aim
- 50. English princess
- 51. Guide for "Dobbins"
- 52. Whirlpool
- 54. 151, to Nero
- 55. Flag colour
- 57. Letter afterthought (abbr.)

**LAST WEEK'S ANSWERS**



**DOWN**

- 1. Additional
- 2. "Wish \_\_\_\_\_ a star"
- 3. Meadows
- 4. Finale
- 5. Ill-will
- 6. By myself
- 7. Cereal grain
- 8. Writing fluid
- 9. Vane direction
- 10. Pat and Debbie



## CRYPTIC PUZZLE

"AE HKB WATTZB CG TAGGAFDZHJ  
ZABL CVVCQHDEAHJ."

-XZSBQH BAEHBAE

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**

EVEN IF YOU'RE ON THE RIGHT TRACK,  
YOU'LL GET RUN OVER IF YOU JUST  
SIT THERE..

- MARK TWAIN

# WEEKLY ECHO HOROSCOPE

for the week of  
October 29 to November 5

**Aries - March 21 to April 20**

This may not be the week to make changes at home.



What may seem like a great idea right now will lose steam, and it won't end up being such a great idea. Some financial concerns will creep up this week. Face them head on.

**Taurus - April 21 to May 21**

Discretion is very important when it comes to financial situations this week. Someone may be eavesdropping, which could ruin some possibilities for you. Breathe some fresh life into your routine. Go out for lunch with friends one day.



**Gemini - May 22 to June 21**

Your high hopes concerning a potentially romantic relationship may be premature. Don't let it get you down. It could be that the relationship will work out in the end—it will just take more time than you have given it.



**Cancer - June 22 to July 22**

Use your tactful attitude and listen to both sides in an annoying situation at work. It will soon become clear that neither side is all right or all wrong. Don't lose your patience; work with them to understand that the problem can be worked out.



**Leo - July 23 to August 23**

You don't need other people's approval to accomplish your goals. You know your own strengths and weaknesses better than anyone else. Capitalize on those strengths. Then take your weak areas and try to improve upon them.



**Virgo - August 24 to September 22**

Others may have the facts wrong. Do what you can to pretend you haven't noticed. It's better to do that than get involved in a long, drawn-out argument over who's right and who's wrong. They will come around at a later date.



**Libra - September 23 to October 23**

It's your week. Make the most of it. Enjoy some special attention from a very special person in your life. The attention will do a lot to boost your self-confidence. Why not plan something extra-special for you and a friend to celebrate?



**Scorpio - October 24 to November 22**

Don't wait any longer. Schedule some time off now, before it's too late to take a favorite family day off. Beware of an acquaintance who may be up to no good. It might not be a good time to promote that relationship. It's better to stay clear of it.



**Sagittarius - November 23 to December 21**

This week, it's important that you listen to others. You've had a tendency to be a talker and not listen too well. It's important that you change your tune and open your ears. You won't be able to avoid upheaval at work for much longer.



**Capricorn - December 22 to January 20**

No one has the power to restrain you or prevent you from reaching your goals. If someone is trying to block you, change course. Attack your goals from a new direction, work on your self-confidence, and you'll be on your way.



**Aquarius - January 21 to February 18**

Relationships with friends and neighbors may be strained. It's up to you to keep the lines of communication open and try to fix any problems you can. Your key phrase this week is first things first. Keep it in mind when you get very busy.



**Pisces - February 19 to March 20**

Watch out for a friend you thought was a true friend and confidant. Concerning a matter at work, you may have to repeat yourself because you haven't been too clear. Try not to lose your patience because it wouldn't look good to others.



## Echo Classifieds

**Porch/deck** - Insulated 10x16 porch and treated wood deck with benches, both to be attached to mobile home, \$1000 OBO, call 367-4330. 22-1FN

**Fishing lures** - make your own one piece wooden, trolling and casting lures and save big \$\$\$, Test proven. Send a self-addressed stamped envelope to Box 39007 - 1025 McPhillips Street, Winnipeg, Manitoba R2X 3B3. 22-2A

**Suite for rent** - in Powerview, if interested please call for details 367-4875. 23-1A

**For Sale or Rent**  
**In Powerview** - rent to own: commercial residential property. Spacious 3 bdrm. home with business in front. House has been repainted inside and out, hardwood floors in living room and kitchen. Large treed lot. For more info call Marlene 367-2398. 23-1FN

**Bankruptcy Info-line** - free, confidential. Call 1-800-463-8371. This is a community service offered by L.C. Taylor & Co. Ltd., Trustee in Bankruptcy.

### Happy 85th Birthday

**Grace Huhn**  
 In honor of her 85th birthday, a **Come-and-Go Tea** will be held from 2:00 to 4:00 p.m. **Saturday, November 3, 2001** in the lounge of Pineview Lodge, Pine Falls, Manitoba. Your presence is her gift. We look forward to having you share Grace's special day with our family.

### Is your subscription due?

Visit our office nearest you  
**Lac du Bonnet 345-9896**  
**Powerview 367-9468**

**The Winnipeg River Echo**



### In loving memory of Ross George Brown

*It's been a year since God called you home, we remember it like it was yesterday.*

*There was no time to say goodbye, or tell you how much we love you.*

*We miss you so much. Our hearts are full of sorrow.*

*We have only to look at your picture, the tears start to flow again.*

*We have our memories of our times together, that can't be taken away.*

*But we'd give just about anything for yesterday and you.*

*You'd be so proud of the boys, they try hard to be the men of the house now.*

*When I'm feeling sad they are such great comfort.*

*Please watch over us, be our guardian angel until we meet again. In our Father's house.*

*We love and miss you more each day. Be at peace, Ross.*

*If teams could build a stairway, and memories were a lane.*

*We would walk right up to heaven to bring you home again.*

*No farewell words were spoken, no time to say goodbye.*

*You were gone before we knew it, and only God knows why.*

*Our hearts still ache in sadness.*

*And secret tears still flow. What it meant to lose you, no one will ever now.*

Remembering you with love, every waking moment of every day,  
 Sharon,  
 Jody and Justin

In loving memory of **Ross George Brown**  
 November 19, 1949 -  
 November 4, 2000

*We didn't know that morning what sorrow the day would bring.*

*The bitter grief and shock severe to part with the one we loved so dear.*

*No time to bid a last farewell, no chance to say goodbye.*

*You were gone before we knew it, and only God knows why.*

*It broke our hearts to lose you, but you did not go alone.*

*For part of us went with you the day God called you home.*

*Although your smile is gone forever, and your hand we cannot touch.*

*We will never lose the memory of the one we loved so much.*

*We hold you close within our hearts and there you will remain.*

*To be with us throughout our lives until we meet again.*

Forever in our hearts  
 Mom, Rick, Randy, Lori,  
 Shawn and families

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 R0E 1M0

theecho@granite.mb.ca

Email Us [theecho@granite.mb.ca](mailto:theecho@granite.mb.ca)

**North Eastman Health Association Inc.**  
*Association de santé du Nord-Est inc.*  
**NOTICE**

### ANNUAL GENERAL MEETING 2001

The North Eastman Health Association Inc. is pleased to announce that it will be holding its Annual General Meeting in the following two communities beginning at 7:00 p.m.

**NOVEMBER 19 - BEAUSEJOUR**

Brokenhead River Rec Complex

**NOVEMBER 21 - PINE FALLS**

Manitou Lodge

#### The Agenda is as follows:

Chairman's Opening Remarks

**Keynote Speaker: Ms. Bev Ann Murray**  
 Manitoba Health Director of Strategic Initiatives  
 Primary Health Care

Annual Report Highlights  
 Audited Financial Statement  
 Question / Answer Period  
 Adjournment

The North Eastman Health Association Inc. is pleased to be holding its Annual General Meeting in two communities as we have made a commitment to allow you our stakeholders, a better opportunity to attend.

**We look forward to seeing you at one of the meetings.**

*"Working together towards a healthy North Eastman"*

## MEETING

PINEVIEW RECREATION ASSOCIATION

**Tuesday, November 6**

7:00 p.m. at the Sports Room

**ELECTION OF OFFICERS**

The Winnipeg River **Echo**

CLASSIFIEDS

**\$4.50** for the first 25 words  
 15¢ per additional word

**DEADLINE FRIDAY 3:00 P.M.**

56 Art Street Powerview

**Phone 367-9468, Fax 367-9974**  
 Corner of First Street and McArthur Avenue,  
 Lac du Bonnet

**Phone 345-9896, Fax 345-0004**  
 Box 550, Pine Falls, MB R0E 1M0

# Halloween Games, Treats & Crafts

## Spooky Surprise Box

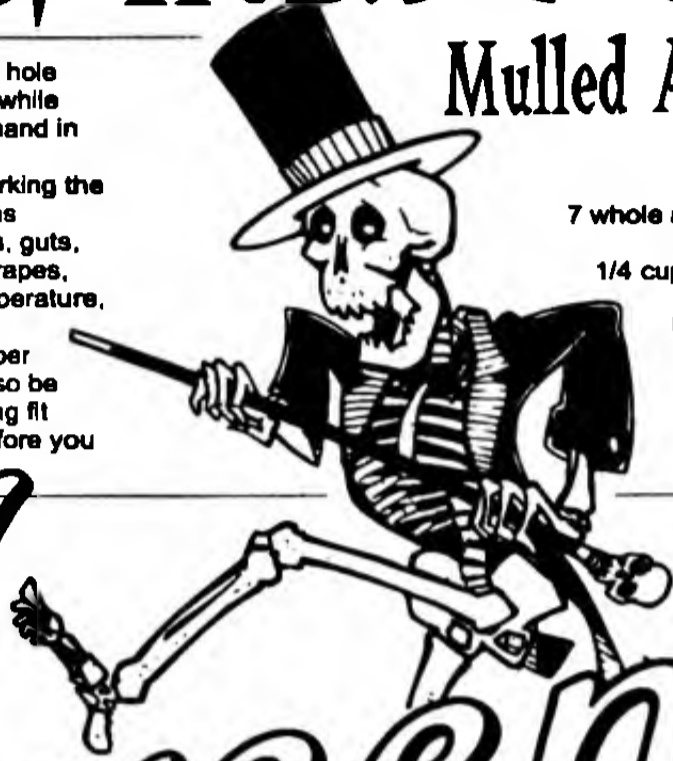
**YOU NEED:**  
medium size cardboard box  
paint, paper, glitter and other decorating materials  
warm grapes, wet spaghetti, sticks, jello, plastic spiders, bugs, etc.  
Cut a hole in the side of the box, about two to three inches and another four to five inches on the opposite end. Decorate the box any way you wish.

One person stands at the larger hole opening exchanging 'surprises' while players take turns putting their hand in the smaller opening.  
As they go along the person working the box refers to the scary objects as skeleton bones, eyeballs, brains, guts, spiders or bugs (sticks, warm grapes, wet spaghetti, jello at room temperature, plastic bugs).  
Make sure to have plenty of paper towels on hand if using jello. Also be sure that the bowls you are using fit through the holes of the box before you start the game.

## Mulled Apple Cider

**YOU NEED:**  
1 quart apple cider  
7 whole allspice, 7 whole cloves  
1 cinnamon stick  
1/4 cup brown sugar (packed)

Pour all ingredients into large saucepan. Slowly heat to a boil. Remove from heat and strain. Serve hot.



# Happy Halloween!

## Ghostly Wreaths

**YOU NEED:** heavy cardboard; dark blue, white and black paint; dry milkweed pods; sharp scissors; tacky glue; two garbage bag wire ties. Optional: Halloween ribbon; construction paper; glitter.  
**STEP ONE:** This is a step mom or dad might want to do. Cut a wreath form from heavy cardboard. The size of the wreath is optional. Punch two holes about an inch down from the top of the wreath and about one inch apart. Twist the garbage bag ties together to make one tie. Thread this through the holes in the wreath.

Twist the ends together at the backside of the wreath to form a loop to hang your wreath. **STEP TWO:** Paint the wreath form dark blue. Remember to paint the inside and outside edges. Let the wreath dry. **STEP THREE:** Take the seeds out of the milkweed pods if you haven't done so already. Paint the milkweed pods white. Let the pods dry. With the black paint, paint eyes on the pods. Let dry. **STEP FOUR:** Arrange the ghosts on the wreath. Glue into place.

## Bobbing for Donuts

**YOU NEED:** string; donuts with holes (powdered or plain work best)  
Gently tie a string onto a donut. Hang the donut by the string. Players then take turns holding their hands behind their backs while trying to bite their hanging donut. Add scary music and blindfolds.

# Let the Children Be



author unknown

'Twas Halloween night  
and all through the sky,  
The clouds hid the moon as  
the bats glided by.  
I was dressed all in white  
in my mama's old sheet,  
Walking with friends down  
the ghost-haunted street.  
All the kids were dressed in  
bright costumed array,  
While flashlights and street  
lights guided our way.  
We giggled and laughed as  
we hurried to each door,  
Ringing or knocking, then  
laughing some more.

There were pumpkins  
aglow and skeletons  
dangling,  
Scarecrows and shadows  
and silver chains clang-  
ing.  
Grownups in masked faces  
opened doors in greeting.  
As we stood with our bags  
and waited for treating.  
Some people say that we  
should not have this  
night,  
That too many kids are  
harmed by the sights or  
the fright -

But it's the one time a year  
when we can pretend to  
be  
Someone else for a while,  
not you - not even me.  
Let them celebrate now, as  
the bats glide on by,  
For childhood is brief, like  
the blink of an eye.  
Listen to their laughter  
and let the children be  
Someone else for a while,  
not you and not even me.

## SILVER HAVEN MEAL PROGRAM

Open to all seniors 55 and over. You are welcome to bring a guest. All meals are \$4.50. Meals are at 12:00 noon Mondays, Wednesdays and Fridays. Your name must be put on the list the day before by calling Silver Haven at 367-4620 or Bernice at 367-8369

Wednesday, October 31: Soup, salisbury steak, hash browns, carrots and celery, cookies.  
Friday, November 2: Coleslaw, sausages, macaroni and cheese, broccoli, chocolate cake.  
Monday, November 5: Soup, roast pork, mashed potatoes, gravy, peas and carrots, ice cream.

## BUSINESS DIRECTORY

### SUBWAY

88 Third Street, Lac du Bonnet  
Phone 345-8100  
OPEN 9 a.m.-11 p.m. DAILY  
Open till 1 a.m. on Weekends

### Jen C. Phillips RMT

Licensed Massage Therapist  
CranoSacral Therapy Levels I & II  
Remedial/Relaxation Massage Therapy  
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at Sunflower Health & Wellness, Pine Falls

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