

The  
Winnipeg  
River

# Echo



comp.  
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Vol. 2, No. 24

November 6, 2001

\$1.00 tax included

## Long distance phone calls a thing of the past? High-speed Internet has arrived in Pine Falls and Powerview

by Charles Norman

For about \$40 or less internet users and subscribers to an MTS high-speed Digital Subscriber Line (DSL) will be able to talk to other users, anywhere in the world without long distance charges. But that is only the beginning.

Users will be able to download music and videos in seconds rather than minutes. High-density files, pro-

grams, photographs graphics etc. can be down loaded in minutes rather than hours. Even movies can be down loaded.

The service was introduced November 1 at a luncheon meeting at the Manitou Lodge. It is part of an MTS \$300 million "Next Generation Services infrastructure program" that will cover 85% of the province in the next few months.

A billion dollar federal government plan for high-speed internet access for the entire country - even the most remote parts - is on hold because of increased expenditures resulting from the war on terrorism.

By the rapid transfer of huge amounts of data in a very short time, the MTS initiative allows rural businesses to compete on equal terms in the global market.

Past President of the Manitoba Chamber of Commerce Larry McIntosh said, "This is an incredibly forward-looking investment decision and a tremendous boon to rural Manitoba."

"The new high-speed service will provide growth opportunities for local companies that need a higher bandwidth to expand their networks, market their products and services and conduct

businesses over the Internet," says David Rourke, Executive Vice-President of Operations, MTS Communications Inc.

"It also opens the door to the creation of entirely new Internet-orientated businesses. In effect, this high-speed initiative will allow local companies to compete head-on with major companies around the world."

*Lest We Forget*

*Next Sunday is Remembrance Day.*  
*Veterans who made the supreme sacrifice*  
*in two World Wars and the Korean*  
*Conflict will be honored at memorial services in the communities of*  
*Pine Falls and Lac du Bonnet.*

It is even more appropriate than usual that we should remember our fallen war heroes this Sunday. We are at war again and already more than 400 New York Firefighters have given their lives. More men and women will die before those who were killed in World War I by terror learn that they have been forgotten.

**Services Sunday, November 11**  
Pine Falls Cenotaph at 10:45 a.m.  
Royal Canadian Legion Hall in Lac du Bonnet at 10:30 a.m.,  
after which some service awards will be presented.

# Klassen collects grand prize

Susan Klassen recently won the Regional Cablesystems grand prize of a KVF Kawasaki all terrain vehicle which was presented to her at her home in Lac du Bonnet Thursday, November 1. Darryl Stotski of Regional Cablesystems made the official presentation of the unit to Klassen.

The prize is valued at approximately \$8,000. Klassen's name was drawn in a computer generated random selection of over 50,000 names of subscribers and general entrants.

The grand prize draw was the feature of a summer promotion throughout July and August. Regional teamed up with Canadian Kawasaki Motors to bring the promotion to residents in 320 com-

munities throughout western Canada.

Klassen and her family were thrilled with the win. She said her children and grandchildren will make great use of the new ATV.

Regional Cablesystems was also very happy with the prospect of a long time subscriber winning.

"It's really nice to see a long time, loyal customer win a prize like this, it sounds like Mrs. Klassen and her family will have a lot of fun with this new machine," said Fred Hosker, vice president and general manager of Regional Cablesystems Western Division.

"We are proud to be able to award such a great grand prize. Kawasaki has been super to work with on this pro-



Susan Klassen (l to r), with daughters Hildegard Obirek and husband Eugene, and Eveline Tagesen and husband Erik, accepts the grand prize in Regional Cablesystems summer promotion. Darryl Stotski presented the KVF Kawasaki Thursday, November 1.

motion."

Regional Cablesystems Inc. provides cable television services to non-metropolitan markets in British Columbia,

Alberta, Saskatchewan, Manitoba, Ontario, Quebec and Newfoundland.

# Group wants divided highway to Grand Beach

by Charles Norman

A group of beaches residents and business owners met Tuesday morning to begin a lobbying process to get Highway 59 twinned from south of the Brokenhead First Nation to Grand Beach Provincial Park.

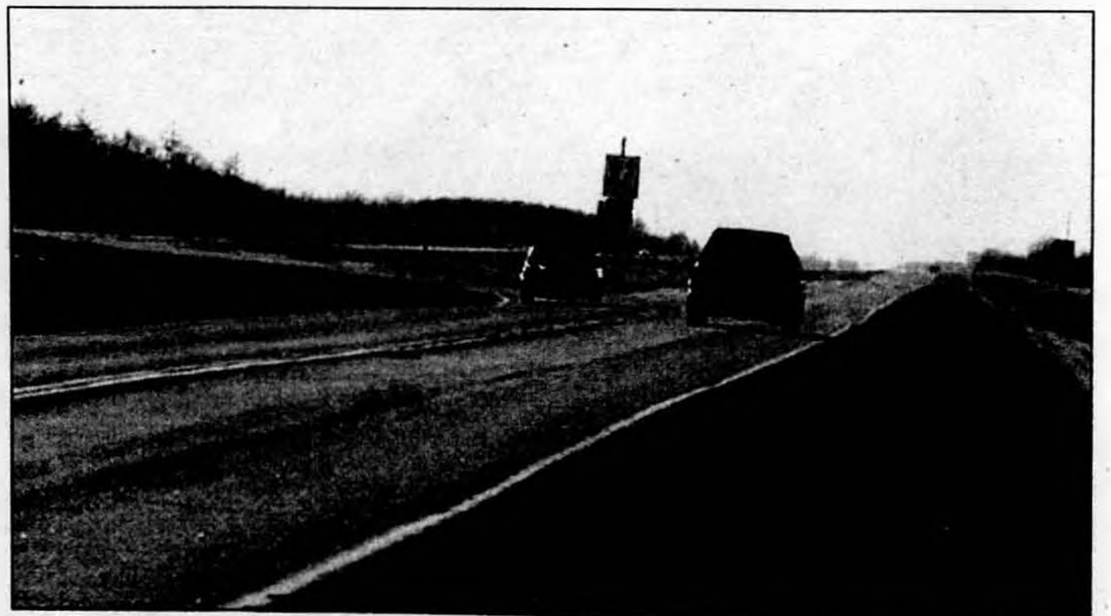
The meeting was organized by Ken Young, president

of the Traverse Bay Property Owners Association. Representatives of cottage associations, the new waterslide business in Grand Marais, other businesses, and the Brokenhead First Nation were at the meeting.

Brokenhead Chief Harvey Olsen, who sent a representative to the meeting, told

*The Echo* that the public perception the reserve has been holding up the extension of a divided highway to Grand Beach is simply not true. He said the community has always been concerned about safety and the land issue, but the leasing of land for the additional two lanes is ac-

See GROUP/page 6



A group in the beaches area want an extension of double lane on Highway 59 from south of the Brokenhead First Nation to Grand Beach Provincial Park

# BINGO

## COMBINED ACCUMULATORS

<p><b>Bonanza</b> starting value this week <b>\$2076</b> IF WIN POT STARTS AT \$800 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>\$200</b> IF WIN POT STARTS AT \$200 Add 30% of sales on Monday. If not won, carry over total plus 30% of sales to Thursday.</p>	<p><b>Lucky 7</b> in 25 numbers <b>\$1570</b> 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 \$200 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 Specials 7:00 p.m. Lot Lic. 584 Every Monday Evening</p>	<p>Bonus Line - \$790.00* Star - 1573.00* Loonie Pot - 81.00* Toonie Pot - 2422.00* Special "Y" - 111.00* Jackpot Strip - 229.00* Poker Flush - 379.00*</p>
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FOR UPDATES CALL 345-8619

<p><b>Lakers Ski Club</b> Lac du Bonnet Community Centre Specials 7:00 p.m. Every Thursday Evening Lot Lic. 874</p>	<p>Bonus Line - \$3533.00 Star - 234.00 Loonie Pot - 102.00 Poker Flush - 7403.00 Special "Y" - 227.00</p>
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FOR UPDATES CALL 345-6197

<p><b>Royal Canadian Legion #164</b> Lac du Bonnet Legion Hall Specials 7:00 p.m. Every Wednesday Evening Lot Lic. 463</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 - 3528.00 Jackpot Strip - 229.00</p>
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<p><b>Publisher</b> Valarie Anderson</p> <p><b>Sales/Production/Office Manager</b> Toni Bruneau</p> <p><b>Production/Art Design</b> Lori Pachkowsky</p>	<p><b>SUBSCRIPTIONS</b> Local Rate: \$34.20 National &amp; Urban Rate: \$39.90 Foreign Rate: \$102.60 (prices include PST &amp; GST)</p> <p style="font-size: small;">2nd class mail #1763687 (Postage paid in Pine Falls)</p>	<p>P.O. Box 550, Pine Falls, MB ROE 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</p> <h1 style="font-size: 2em;">Echo</h1> <p style="font-size: small;">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.</p>
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# Great Falls hosts first annual craft show

by Val Anderson

Hundreds of people pasted through the Great Falls community craft show this past weekend. There were approximately 25 vendors at this year's sale. Crafts on display ranged from wood carvings, knitting, Christmas decorations, stuffed animals, handbags, stained glass, baking, and pottery.

Debbie Bridges of Deer Country Crafts located in Lac du Bonnet was one of the many crafters who participated in Saturday's show. Bridges had many different crafts on display, one item that was of particular interest to customers were her scrubbies. These little scour pads are hand-made and made out of a sort of teflon fibre. The scrubbies are great for many different uses such as cleaning pots and pans, vegetables, stoves, counter tops, golf clubs, car windshields, etc. These scrubbies are great for people with arthritis as they give good results with very little effort.

"I sell hundreds of scrubbies a year, people just love them," said Bridges. The scrubbies sell for \$2.00 each. Another item Bridges had at the sale were beautiful 10-cup tea cozies. The tea cozy fits up to a 10 cup teapot. It has a remov-

able spice bag of whole cloves and crushed cinnamon stick in the bottom that give off a wonderful aroma. If you are interested in any crafts from Deer

Country Crafts you can call 345-6203.

Another popular display was the B & D Novelty Crafts that is owned by Bob and

Doreen Hill of Lac du Bonnet. They had many unique items for sale. On display were novelty items such as the can-man, toilet paper holders, and mind

teaser games. If you want to buy that one of a kind gift for that special someone you can contact the Hills at 345-1984.

See GREAT FALLS/page 7



Debbie Bridges of Deer Country Crafts, sells her popular Scrubbies to one of the many customers who attended this year's craft sale.

## Correction

An email address was printed incorrectly in the 'New CAP site open' article published in the October 30 issue of The Echo.

The correct email address is ldyke@merlin.mb.ca. We are sorry for any inconvenience this error may have caused.

## The Winnipeg River Echo

Your Community - Your News

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Powerview 367-9468

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[www.gov.mb.ca/health](http://www.gov.mb.ca/health)



# Blues begin 2001/02 SIHL campaign

## Split opening weekend

by Stu Evans

After sitting out the 2000/01 South Interlake Hockey League season last year due to lack of player interest, the Lac du Bonnet Blues placed the 'Open' sign on their dressing room door this past weekend to kick off their fifth SIHL campaign.

### Blues vs. Falcons

The Blues travelled to the Big Goose On A Stick.Com Arena on Friday night to open the season against the fiery Lundar Falcons. Now whenever these two teams meet, the referees usually earn their keep as these games tend to get a little physical. This game was no exception as there were more hacks and whacks than there would be at a feminist conference attended by Osama Bin Laden.

The Blues started things off rather quickly at 18:29 of the first when Dwight Hirst found

the back of the net past surprised netminder Wade Pluchinske. The Falcons had many chances to even things in the first but veteran Blues goaltender Donovan Henzel shut the door as he has done so many times in the past.

In the second period, John Dancyt made it 2-0 before the zamboni had left the ice, converting a Jay Usackis helper at 19:10. Hirst made it 3-0 on a power play goal at the 17:15 mark and the Blues appeared to be well on their way.

The Falcons kept pluggin' away and were finally rewarded with a power play goal at the midway point of the period when Captain Mark Desjarlais finally solved the Henzel riddle. Dancyt regained the Blues three goal lead with a zinger from the top of the circle with just over five minutes left in the frame. Less than a minute later, Desjarlais popped in another power play goal to cut the Blues lead down to 4-2 making things interest-

ing as the teams headed into their dressing rooms to prepare for the third.

The Falcons still pumped from their late goal in the second, carried that emotion with them early in the third as they responded with the next two goals to tie the game at 13:43. Any thought of a comeback win for the Lundar squad was erased 26 seconds later when Blues newcomer Mr. Waver put the Blues ahead for good at 13:17. Henzel stood on his head a few times to keep the Blues one goal margin but it was an inspired scrap between vet Sean Reynolds and Falcon Clint Miller that boosted up the locals to shut down any further Lundar offence. Dancyt sealed the deal with his third of the night on another top of the circle blast with just over a minute to go in the contest.

With his hat trick and the fact that it was his birthday after all, "J.D." gets the coveted Lunch Box Award with honorable mention going to Jay Usackis for his 'work horse' play behind the blue line.

### Head first crash

The Blues were obviously excited about the win but

everyone was reminded how potentially dangerous this sport can be when another Blues newcomer scared the hell out of everyone at the arena when he crashed head first into the boards in the Lundar end of the ice.

J. Hansen was exhibiting some fancy foot work as he flew into the Falcon zone when his feet got caught underneath him sending him ass over tea kettle into the boards. Hansen laid motionless on the ice for over an hour as officials waited for the ambulance to arrive. Hansen was finally taken to the Lundar hospital where it was determined that he had suffered a concussion and a bruised spine. He is expected to make a full recovery and is expected to be back in the line-up in the near future if the docs give him the green light.

### Blues vs. Mercs

The Blues hosted the Warren Mercurys in their home opener the following night in front of 100 faithful fans but were unable to send them home happy as they ended up at the wrong end of a 5-2 score.

The Mercs style of play has not changed much in the last ten years and this year's edition is using the same play book. They skate and skate and are very rarely out of a hockey game.

On this night the Blues stormed out of the gate first as they had done the previous night in Lundar. Kyle Stamler opened the scoring at 19:28 with helpers going to Hirst and Jean Guy Chagnon.

Warren responded 37 seconds later on the power play when Scott Corbet slid one past Blues tender Marcel Lamoureux to even things up. The Mercs took a 2-1 lead at the midway point of the period and hung on to same as the teams began the second frame.

In the second, the Mercs took a two goal lead at the 8:46 mark on a scramble goal by Albert Boonstra. Hirst responded just over a minute later when he pulled the puck out of a minor scrum at the Warren blue line, skated in wide and then fired a shot along the ice to the stickside of Mercs netminder Jason Manning to bring the Blues back within one.

Warren got another power play goal early in the third at 18:42 and to put this one to bed, scored another power play marker with 7:41 left.

The Blues will have to stay out of the penalty box of get better penalty killing if they hope to beat the Warrens of the league.

For his two point effort, Mr. Hirst takes home the Lunch Box Award.

The Blues were missing a number of key players due to injuries, suspensions and a birthday party?

This week the Blues host the reborn Ashern Hornets at the arena Saturday night at 7:30 p.m. in their only game of the weekend. The Blues invite you to attend their social after the game at the Lac du Bonnet Community Centre.

**Blues Action This Weekend**  
**Saturday, 7:30 p.m.**  
**Blues vs. Ashern Hornets**

# Name the Water Park Contest

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

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

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: \_\_\_\_\_

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# Lest we Forget

This Remembrance Day let us honor the men and women that have served our country in the past and that continue to serve today. Through their sacrifice we enjoy the freedom and prosperity of a strong nation.



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 Toll Free 1-866-333-1933



# Sagkeeng sees opening of Morrissette family store

by Val Anderson

Husband and wife team Brenda and Alvin Morrissette celebrated the opening of their new store in Sagkeeng on October 11. The new KLC's This & That store is located on Highway 11 just west of the Sagkeeng Multiplex Arena.

"The name has a special meaning to us. It is named after our three daughters Krissy, Laurie, and youngest Cindy," said Morrissette.

"We like to think of our store as a family business."

The Morrissettes had been working together for about a year on their business plans before opening and decided that the time was right for everyone to venture into a business of their own. Alvin worked at the Sagkeeng Fire Department before deciding to go into business for himself.

"I liked my job, but the opportunity to open the store was something that I really wanted to try. I still work as a volunteer at the fire department," he said.

Brenda, who works as secretary of the Roman Catholic Church in Sagkeeng, will remain at her present job and on her free time work at the store.

Their oldest daughter Krissy also works on weekends at the store and Laurie will be starting to work at the store part-time in the summer.

KLC's This & That offers a wide variety of items for their customers convenience. When shopping at the store patrons can find items from bedding, housewares, toy's, jewellery, seasonal supplies, gifts, cleaning supplies, snacks and drinks to used hockey and sports

equipment.

"To buy new sport equipment can be very costly and if your child is still growing and equip-

ment is outgrown every year, it is much more economical to go with used items," said Morrissette.

The new store is opened six days a week, Monday to Saturday from 9:00 a.m. to 5:00 p.m. The store also has interact serv-

ice for their customer convenience. If you have equipment that you no longer need, you can contact the store at 367-9625.



The Morrissettes celebrated the opening of their family business in Sagkeeng October 11. (l to r) front row - Krissy, Laurie and Cindy; back row - Brenda and Alvin.

**Advertising Deadline**  
**Friday, 3:00 p.m.**  
 Call The Echo at Powerview 367-9468  
 or Lac du Bonnet 345-9896

## Winter Youth Archery Classes

Winter Youth

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A Youth Development program for Archery is being offered in the Pine Falls area this winter.

Archery is a year round sport that can bring years of enjoyment. The duration of the program is ten weeks, and equipment will be provided if necessary.

**Girls and Boys**  
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Registration —  
**Thursday, November 8**  
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Registration Fee —  
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For more info contact  
 Tom at 367-8798 or  
 Allan at 367-6739

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# Why bother with a will? It's the Law

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, Beause-

jour, MB R0E 0C0, phone 268-6300.

There are many advantages to making a will. A will ensures that your intentions are respected. It saves costs to the estate and ensures that there is as little delay as possible in transferring your assets to your

by Gerald Hawranik, Q.C.

beneficiaries. A will allows you to pick your executor.

The executor is in charge of your funeral arrangements and your assets following your death, so you would want someone you can trust. A will allows you to pick your guardians of your minor children.

Without a will, any relative or friend can apply to be the guardian of your children. A will allows greater flexibility to provide for the needs of peo-

ple like minors or disabled person who might receive benefits from your estate over a number of years.

Without a will, your assets are distributed only to certain blood relatives as noted in the Intestate Succession Act. A bequest of property to organizations, charities, or to people who are not blood relatives, as well as the forgiveness of debts, can only be accomplished through a will.

It is never too late to make your will, but it is vitally im-

portant to make one.

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.*

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**BIG MEAT DRAW & CASH DRAW SATURDAY** CHESTER FRIED CHICKEN

continued from page 2

ceptable to him. The issue is important to the First Nation in view of their major economic development project - the casino and hotel resort complex.

Another major issue affecting the twinning of the highway is the proposed entertain-

ment complex on Highway 59 immediately south of the Grand Beach turn-off. An RM of Alexander by-law has approved the complex with some conditions attached. The RM of Victoria Beach has opposed the terms of the by-law and the Municipal Board is to hold a public hearing on the issue.

The hearing will be held in the offices of the RM of Alexander at St Georges. The date and time will be announced at a later date. It will be advertised in local newspapers. A detailed report of the Highway twinning meeting will be published in next week's issue of The Echo.

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# Great Falls hosts first annual craft show

continued from page 3

Creative wooden carvings were also being sold at this year's show. These carvings are done by John Kasian of Victoria Beach.

"I started doing this a while back and enjoy the work. I carve faces and designs out of bark or wood

found along the shorelines of our Manitoba lakes and rivers," said Kasian. These carvings make great gifts and can be seen by appointment at Tree Spirits in Victoria Beach by calling 756-2890.

New to the area is Kari McCluskey who resides in Grand Marais. McCluskey

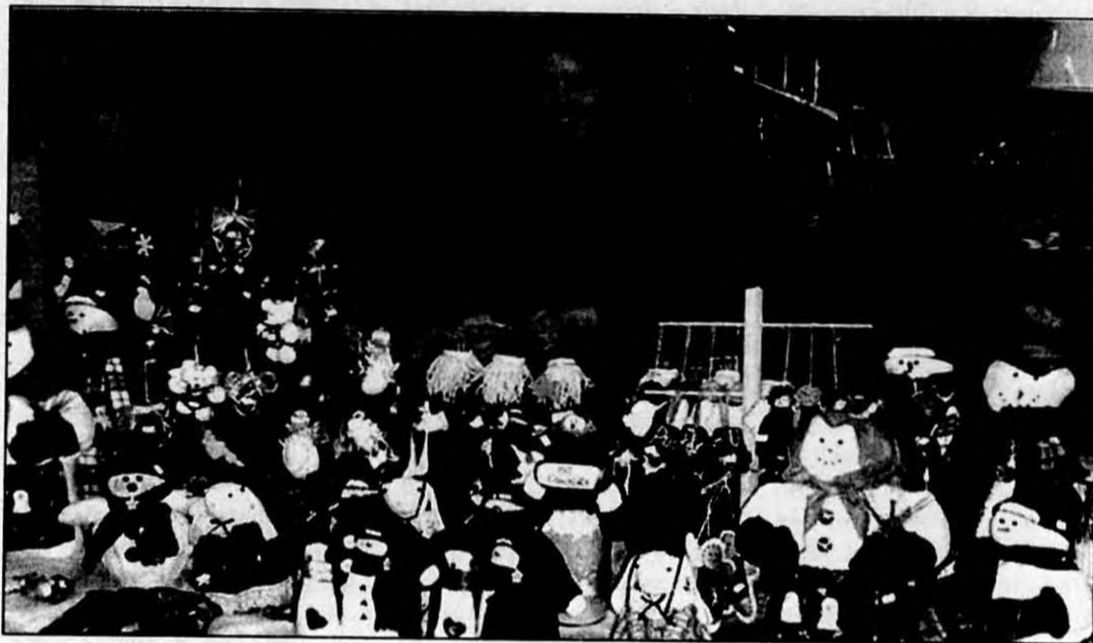
makes Christmas ornaments in all sizes and colours, from tree decorations to table and door arrangements.

"I started doing crafts as a hobby and I just started entering craft shows last year. This was my first time in Great Falls and the weekend went very well," said

McCluskey. Hand-n-Heart Decorations is based out of Grand Marais and customers can book an appointment by calling 754-3652.

The Great Falls Women's Institute ran the canteen this

year and the food and refreshments were enjoyed by all. This is the first annual craft show for Great Falls and organizers are looking forward to next year being even bigger and better.



Debbie McCluskey of Hand-n-Heart Decorations, new to the area, displayed her many creative Christmas decorations.

## Legion news Royal Canadian Legion Pine Falls Branch #64



by Sharon Mignon

Our early bird membership campaign is now in effect until November 30. Any members paying their Legion dues by this date will be entered in our early bird draw and the winner will have their dues refunded. If we can get 50% of our branch membership to pay their dues by this date, we will receive an early bird award from Command, so be sure and pay your dues by November 30. Branch dues are \$29.00 for regular members and \$24.00 for retired members. Ladies Auxiliary dues are now \$12.00 and an early bird draw is also held for members who pay their dues by November 30. Any "snow birds" please be sure to pay your dues before you head down south. All dues can be paid at our Legion clubrooms.

There will be a raffle draw November 16, for two tickets to the CFL eastern final game in Winnipeg. The raffle tickets are available in our clubrooms. Our Grey Cup party is on Sunday, November

25 starting at 2:00 p.m. Tickets are also available on a draw for a 32 inch television that will be drawn at our Grey Cup party.

Our Remembrance Day services will be held Sunday, November 11 at 11:00 a.m. at the Cenotaph in Pine Falls. Veterans, Legion members and any other person wanting to participate, are asked to form up for parade at 10:45 a.m. at the cenotaph. The Ladies Auxiliary will serve soup, sandwiches and coffee in the

clubrooms following the service. Please try to attend and give a few moments of your time to come out and remember all those who gave up their lives so we can live in freedom. This will also be a special time to remember all those who so tragically lost their lives on September 11 in the United States.

Branch general meeting is Thursday, November 8 at 7:30 p.m. and the Auxiliary meeting is on Thursday, November 15 at 7:30 p.m.

## Watch them soar! New Friends news

by Barbara Sabanski

Knowledge is not information, it's 'transformation'. That's what New Friends community mentorship is all about. When a caring adult is matched with a lonely child, much knowledge and sharing takes place. It does not happen quickly or smoothly. Work is required as in all relationships. Both the adult and child enter at the 'caterpillar stage'. They are only able to walk inches. As their friendship goes through a metamorphosis they achieve 'butterfly' status.

Then watch them soar!

When you make a decision to become a mentor three things happen: you help yourself, a child and your community. That's what good citizenship is all about. A commitment of three hours per week for a school year is what we require to become part of our organization. We have nine children on a waiting list - hoping for a person like you. Should you wish more details on how you can make a difference, please call 345-2867 or 753-2406.

## Powerview Ladies Auxiliary fall tea

The Powerview Notre Dame du Laus Parish Hall was bustling with activity Sunday, October 28. The fall tea has become a tradition for the parishioners and surrounding communities and the continued support and attendance is greatly appreciated. The tea raised over \$2500 for the auxiliary again this year. Half of these proceeds will be sent to the American Red Cross for the September 11 Fund.

Thank you to all the volunteers who worked very hard to make this happen, there are

too many to mention but you all know who you are. Many of the volunteers have been involved throughout the eighteen year history of this event. This year we received over 50 gifts donated for raffles and door prizes, along with the wonderful selection of baked goods, crafts, plants and stuff for the kids, not to mention the fabulous dainties served with coffee and tea. An outstanding and heart warming example of charity and generosity.

See you all next year.

## NEWS TIPS?

The  
Winnipeg  
River  
**Echo**

Phone 345-9896  
or 367-9468

Lac du Bonnet Legion #164



### WEEKLY ACTIVITIES

Open  
Monday to Saturday  
10:00 a.m. to 10:00 p.m.

**MONDAY**  
Table Top Curling 6:30 p.m. - Lounge

**TUESDAY**  
Cribbage 7:00 p.m. - Lounge

**WEDNESDAY**  
Po Ke No 2:30 p.m. - Lounge

Bingo 7:00 p.m. - Hall

**THURSDAY**  
Darts 7:00 p.m. - Lounge

**FRIDAY**  
Bingo 7:00 p.m. - Lounge

**SATURDAY**  
Meat Draw 2:30 p.m. - Lounge

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Julie & Harvey Giesbrecht

**FORETHOUGHT FUNERAL PLANNING**  
INDEPENDENT CANADIAN

# Healthy eating, making it happen

by Geraldine Dandeneau

Healthy eating! You know the importance of it, yet achieving it in your hectic everyday life seems impossible. Your day is taken up with pursuits that leave little time to plan, never mind prepare, wholesome meals for your family. You feel caught in a whirlwind of obligations that create a dependency on takeout, delivered and convenience foods (with a corresponding negative effect on your wallet).

If this is the situation you find yourself in, the following pointers should help get you

on track and make healthy eating not just a wish but a reality.

Plan: Eating well is more likely to happen if you've put some thought into what will be served at mealtimes. A meal plan for the upcoming week is the solution. It may surprise you to find out that it takes less time and energy (and a lot less frustration) to plan a week's worth of meals than it is to decide on the spot what to prepare for dinner (especially after a long day when you may be tired, hungry and don't have an answer for the question that everyone is asking... 'What's

for dinner?'

You have to buy groceries, so why not schedule 15 minutes (before you go grocery shopping) to decide what will be on the menu. Plan for upcoming activities/commitments (i.e., an evening sporting event or meeting will require a meal that is quick to prepare).

Your freezer may have just the answer for this meal-on-the-run. And keep in mind that to maintain the nutritional value and appeal of frozen foods, you want to use them up as soon as possible. Don't forget to include breakfast and lunch items in your planning

as well.

Once your meal has been completed and you've located the corresponding recipes, prepare your grocery list. Check the contents of your pantry and cupboards so you won't be short of the necessary ingredients. Keep a running list on your refrigerator to add items that you need or have used up during the week. You'll find that grocery shopping is easier too, now that you know exactly what you need.

Organize: Looking for meal ideas can be very daunting if you're faced with a box or drawer full of recipes. You know what recipe you want, you're just not sure of where it is. Gradually put some order into this chaos.

As you choose recipes for your meal plan, file them in an orderly fashion (i.e. chicken, beef, pasta, etc.). You will save time and avoid frustration the next time you want to make that same recipe.

If you've come across a recipe that you've had for years, but have never made... throw it away. The less paper you have to sort through, the easier it is to find what you're looking for.

If you've made any changes to your recipe (and are pleased with them), jot them down directly on the recipe. Don't expect your memory to be that reliable when weeks and perhaps even months pass before you repeat that same recipe. It's also a good idea to include helpful comments on the recipe such as the overall rating (great, good), how long it took to prepare, what side dishes went well with it, etc.

Share the responsibilities: Everyone wants to eat, so why is it that only one person (usually) has the burden of deciding on the menu and prepar-



ing it as well.

Now that you've decided in advance what meals are to be prepared, post the meal plan and the recipes and involve other family members. The first one home can then begin the task of starting dinner. The family may also want to contribute and have their say in the menu planning process now that they are actively involved in the preparation of the meal.

An added bonus just may be less grumbling about dinner now that it's become a group endeavour and not just the responsibility of one individual.

Healthy eating doesn't happen by chance. You shouldn't despair when things seem to be getting out of hand. With a little planning, organization and cooperation you too can fit a healthy diet into your busy schedule.

For more information on healthy eating, or if you, or someone you know, could benefit from the free prenatal services offered by the Blue Water Mobile Prenatal Team, contact us at 367-8855 or drop in at our location at Wings of Power, 39 Pine Street, Pine Falls. We provide free milk/juice, pre/postnatal information and support to expecting and new moms (up to 6 months postnatal) in their homes or at our Wings of Power location.

## Ask your Pharmacist Witches aren't the only ones with warts

Warts are easily spread either through person to person contact, or indirectly from actions such as walking barefoot in a public shower. They can even spread from one part of the body to another. Luckily, they are not usually a serious health hazard, and the two most common types of warts can usually be treated successfully with over-the-counter medications from your pharmacy.

Common warts usually appear on the hands, but can show up anywhere on the

body. They have a raised, rough surface. Plantar warts appear on the bottom of the feet. They are flat, look like calluses, and are often painful.

Medications that get rid of these two types of warts contain salicylic acid, which peels off the infected skin. Some products are painted on (they must be applied only to the wart and not to the surrounding skin because they may damage the skin), while others use a 'wart plaster', a bandage or other material that sticks to the skin.

These products should not be used on infected or reddened skin, or on moles or birthmarks, and should never be used by diabetics or people with poor blood circulation. As well, don't use them on warts that have hair growing from the, genital warts or warts that are on the face or inside the mouth. These types of warts need a doctor's visit to be sure of the proper therapy. Your doctor may also try other methods for getting rid of the wart, such as freezing it or removing it surgically.

**TRY YOUR DRUGSTORE** *first*

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

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

**PINE FALLS CURLING CLUB**

**LOOKING FOR A FUN NIGHT 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

# Part I, No. 5 General Hospital of the Royal Canadian Army Medical Corps 1939-1946

by George Bayly

*While much attention has been given to the regular fighting units of the Canadian Army in the campaigns of World War II, one branch of the Canadian Army has been somewhat forgotten - that is, the Royal Canadian Army Medical Corps, and all the men and women who served in it. This article is dedicated to them.*

After the outbreak of war in September of 1939, many doctors across Canada left their practices and joined the army, including my uncle, Dr. L.P. Lansdown, who left Pine Falls and went to Winnipeg to join the Royal Canadian Army Medical Corps (RCAMC) where one of its mobile units, No. 5 General Hospital, was being formed. By 1944 the RCAMC overseas had organized 20 of these mobile hospital units with supporting field ambulance units and casualty clearing stations. Another Pine Falls resident, Helen Hutchison (sister to Ray and Peter), joined the army medical corps as a nursing sister and also went overseas.

The Winnipeg Grenadiers had asked Lansdown to be their medical officer, but he declined as he wished to serve in the European theater of war. It was an important decision in light of what happened to the

Winnipeg Grenadiers at the fall of Hong Kong in 1940.

Dr. E.D.R. Bissett of Pine Falls joined the RCAMC later in the war.

Between November 24 and December 22, 1939, the Canadian Overseas Expeditionary Force, the first Canadian division, arrived in Britain. It had sailed from Halifax to the Clyde, disembarking in various ports near Glasgow, then travelling by train to Aldershot southwest of London. In early January, the Canadian government authorized the dispatch of ancillary troupes, and on January 30, a convoy consisting of the Empress of Australia which carried No. 1 Convalescent Depot, the Aquitania which carried No. 1 Advanced Depot Medical Stores, the Empress of Britain carrying No. 15 General Hospital, and the Monarch of Bermuda carrying No. 5 General Hospital, including Major L.P. Lansdown, set sail for Britain.

They disembarked in the Clyde on February 8 and travelled by train to Aldershot, bringing the number of RCAMC overseas personnel to a total of 113 officers and 1248 all other ranks. One medical officer with equipment travelled with every train to treat any illnesses or injuries which might occur en route. The most serious inci-

dent during the voyage to Britain was 200 cases of food poisoning aboard the Aquitania just prior to the disembarkation of Greenock.

After the arrival of No. 5 and No. 15 General Hospitals, the first units in Britain, the remainder followed over the next four years. By the end of 1942, there were six Canadian general hospitals operating in the UK: No. 1 at Horsham, No. 5 at Taplow, No. 7 at Marston Green, No. 8 at Aldershot, No. 14 at Horley and No. 15 at Bramshott. In addition there was an army neurological hospital at Basingstoke, a casualty clearing station at Pinewood and a Canadian plastic surgery unit at Park Prewett Hospital near Basingstoke.

Personnel from No. 5 and No. 15 were used to staff the Canadian Army reception centres and infectious diseases hospital at Aldershot. Fate played a major role in the wartime service of Major Lansdown. As the Canadian Red Cross Hospital at Taplow was not completed, No. 5 General Hospital was temporarily disbanded and its personnel dispersed to various duties. Lansdown was sent to Cupar near St. Andrews in Scotland. While he was there, Aldershot was bombed by the Luftwaffe and his quarters were destroyed, killing the medical

officer who had taken over his room.

Meanwhile, construction had started on the Canadian Red Cross Hospital at Taplow, near Maidenhead, on the estate of Lady Astor. Lord Astor had agreed to leave a part of his estate, Vliveden, to the Canadian Red Cross at the onset of World War I, and now a new hospital was being built on the

same site, with 600 beds expected to be available by April 1, 1940. However, the hospital was not ready until July 25 when No. 5 General Hospital took over the premises and the first patient was admitted. On July 16, in the presence of a distinguished gathering, R.B. Bennett of the Canadian Red Cross Society presented

See PART I/page 15

## 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 Atchae 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 Atchae 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**

## 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, Scantbury, 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.

# Toews to hold terrorism and security meetings

Provencher Member of Parliament, Vic Toews, will be giving Provencher residents a chance to speak out on issues of national security and Canada's involvement in the war against terrorism at two upcoming Town Hall meetings.

"Since September 11, our nation and others around the world have had to examine a number of issues related to national security, border security, criminal deportees, military preparedness and our role in the war against terrorism," Toews said. "All Canadians have a right to be heard on these important issues because they will have a strong impact on the future of our country. I look forward to hearing the views of Provencher resi-

dents."

Two town hall meetings have been planned with details as follows: Steinbach, November 12, Steinbach Legion 294 Lumber Avenue, 7:30 p.m.; Morris, November 15, Big M

Centre, stamped grounds, 7:30 p.m.

Toews, a member of the House of Commons National Security Committee, said all residents are welcome to attend and participate.

## SOBERING FUNERAL CHAPEL

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CANADIAN INDEPENDENT



# The legal protection of animals



## Your voice in Ottawa

Vic Toews, MP for Provencher

It is an understatement that the last few years have been difficult for our farming community. Commodity prices have been depressed, weather conditions have generally been unfavourable, and government farm support programs have not been effective in putting program money into the hands of farmers.

While the lack of government support itself has been very troublesome, there are steps that are being taken by

the federal Liberals that will raise additional concerns for our farming and food production communities. Chief among these concerns is the introduction of Bill C-15B, which consists of amendments to the Criminal Code dealing with animal cruelty.

Farmers and others who own animals abhor cruelty and oppose those who mistreat animals. However, C-15B goes far beyond taking the necessary steps to ensure that the criminal misuse of animals is punished. It is clear that these amendments are more than a

simple consolidation of existing animal cruelty sections. In fact, these amendments appear to be a step towards elevating the status of animals by emphasizing animal rights.

Farming organizations, food producers, the fashion industry and medical researchers have all expressed their concerns in presentations to the Justice Committee in the House of Commons. One concern is that the proposed definition of animals is so broad that it will extend legal protection to any animal that has "the capacity to feel pain". At the same time, the amendments diminish the legal protections afforded to farmers and other owners of animals who use those animals for legitimate, lawful and justified practices. While the Criminal Code currently provides an important protection to those who own and use animals, this new bill would move the provisions dealing with animals outside of the scope of that protection.

While the Minister of Jus-

tice continues to maintain that the intention of the bill is not to make substantive changes to the rights of the owners of animals, it is clear that if these provisions become law it would open up the possibility that farmers, sporting groups and scientific researchers will be unjustly prosecuted. The cost of defending an unjust prosecution, even if there is eventually a not guilty verdict, is a burden that many farmers cannot afford.

Some animal rights groups will certainly use this new legislation as a basis for inappropriate prosecutions. This animal rights agenda, and the use of the courts to advance that agenda, has been confirmed by a national animal rights group, whose director has been quoted as saying:

"...this is just the beginning.... The onus is on humane societies and other groups on the front lines to push this legislation to the limit, to test the parameters of this law and have the courage and the con-

viction to lay charges. That's what this is all about. Make no mistake about it."

While cruelty to animals cannot be tolerated, the criminal law should not be used as a tool by special interest groups to destroy the legitimate farming and related food production industry. To that end, I will continue to work with members of the Justice Committee reviewing the bill, including Liberal members who form the majority on the Committee, to ensure that the legitimate use of animals by farmers, sportsmen and medical researchers is protected against this radical animal rights agenda.

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 write me at Box 2470, Steinbach, MB R0A 2A0, by fax at 346-9874 or by e-mail at toewsvl@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, lifeline 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, Hadash-ville.

**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 345-1950  
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: reccomm@granite.mb.ca

**Winter activities:** What would you like to do this winter to become winter active? I am planning the winter programming guide as we speak so if you would like to see something offered please give me a call at 345 8816 or email to reccomm@granite.mb.ca.

**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!

**Step aerobics:** running Monday and Wednesday evenings from 7:00 to 8:00 p.m.

at the Lac du Bonnet Senior School gym. Drop in fee is available for the remainder of the program.

**Boxercise double time in the new year!** Do you want to boxercise twice a week? You can do so this January when we resume the next programming slate with boxercise running every Wednesday and Sunday evenings.

**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)!

## The Winnipeg River Echo

### Hours of Operation

100 First Street Lac du Bonnet 345-9896  
Tuesday to Friday 9:00 a.m. to 4:00 p.m.  
56 Art Street Powerview 367-9468  
Monday to Friday 9:00 a.m. to 4:00 p.m.

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

## NEWS TIPS?

Call The Echo  
367-9468  
or 345-9896

# Balancing demands for work and family

## Cornerstone

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

As more individuals are employed, the demands at work and the demands at home begin to pull upon family members. This can affect the quality of time at each location. Families try to balance the competing demands while maintaining skill in each area.

Work and family settings do have a built in potential for conflict. Employers expect the employee will con-

tribute at the best level possible to complete the tasks required. Families also have expectations of other family members. These expectations are not limited to the home or the workplace. They sometimes spill over on each other. When the demands increase and the time decreases, some adjustments need to be made to achieve a balance over time. When there are crises, it is easier to

determine whether work or family has the priority. More difficult are the on-going stresses of life and uncompleted tasks at home or work. Either or both can reach levels of stress on the individual's life.

The effects that work and family life have on each other is often called "spillover". Both positive and negative effects can be noticed. Successes at work reflect pleasure at home. A happy situation at home makes work more enjoyable. But *bad days* at home or work can result in a negative view of the other demands on

your life, and leave you exhausted. Sometimes there are "crossover effects" when one spouse is frustrated at work, brings that frustration home and results in additional stress for the entire family at home.

When both work and home are functioning effectively, the spillover can heap even more success and pleasure on the other area of life. At those times of balance, both the work and the home benefit from the increased energy.

Successful balancing includes recognizing the human resources available in the family and using what is needed to reach the desired goals. This means learning more about the individual, family, others and society. It includes keeping your physical health in good repair. It may mean redefining the situation, especially if we expect perfection at either place. Many will benefit by being more realistic and by sharing tasks needed at home or at work. Many families

need to lighten up on expectations for housework, and spend less time doing it.

Families have resources which contribute to balancing work and family life. A quality relationship between the members (spouses, children) helps greatly. Mutual involvement in housework and child care are important, and essential for many families. Recognizing outside sources of support and help, including hiring others to do some tasks, or adapting your work schedule, may help in the balance.

More families will feel competing demands on their time and energy, but with communication, a balance over time can be achieved. All need to recognize that a perfect balance will not occur, but the demands can be balanced in ways that meet the needs of the family and of the employer.

Source: Adapted from Stephen Duncan, *Balancing Work and Family*, Alabama Cooperative Extension Services, 1992.

# A room with a view

Two men, both seriously ill, occupied the same hospital room. One man was allowed to sit up in his bed for an hour each afternoon to help drain the fluid from his lungs. His bed was next to the room's only window.

The other man had to spend all his time flat on his back. The men talked for hours on end. They spoke of their wives and families, their homes, their jobs, their involvement in the military service, where they had been on vacation. And every afternoon when the man in the bed by the window could sit up, he would pass the time by describing to his roommate all the things he could see outside the window.

The man in the other bed began to live for those one-hour periods where his world would be broadened and enlivened by all the activity and

## ECHOES FROM THE Heart

color of the world outside.

The window overlooked a park with a lovely lake. Ducks and swans played on the water while children sailed their model boats. Young lovers walked arm in arm amidst flowers of every color of the rainbow. Grand old trees graced the landscape, and a fine view of the city skyline could be seen in the distance. As the man by the window described all this in exquisite detail, the man on the other side of the room would close his eyes and imagine the picturesque scene.

One warm afternoon the man by the window described a parade passing by. Although

the other man couldn't hear the band - he could see it in his mind's eye as the gentleman by the window portrayed it with descriptive words.

Days and weeks passed. One morning, the day nurse arrived to bring water for their baths only to find the lifeless body of the man by the window, who had died peacefully in his sleep. She was saddened and called the hospital attendants to take the body away.

As soon as it seemed appropriate, the other man asked if he could be moved next to the window. The nurse was happy to make the switch, and after making sure he was comfortable, she left him alone.

Slowly, painfully, he propped himself up on one elbow to take his first look at the world outside. Finally, he would have the joy of seeing it for himself. He strained to slowly turn to look out the window beside the bed. It faced a blank wall.

The man asked the nurse what could have compelled his deceased roommate who had described such wonderful things outside this window. The nurse responded that the man was blind and could not even see the wall. She said, "Perhaps he just wanted to encourage you."

### Epilogue...

There is tremendous happiness in making others happy, despite our own situations. Shared grief is half the sorrow, but happiness when shared, is doubled. If you want to feel rich, just count all of the things you have that money can't buy.

# Library Corner

## Lac du Bonnet Regional Library

This is the week we celebrate Canadian Children's Book Week! Plan to join us at the library Thursday, November 8 at 7:00 p.m. for our annual family story nite. While the activities are geared mostly for the kids, moms and dads will enjoy a thorough browse of our book displays, a cup of coffee and perhaps a visit with other library patrons. Make this a family occasion.

Read Canadian - we proudly display a maple leaf stick on the Canadian books in our library. Look for these symbols! Since our theme is *Uncover a Mystery* some of the authors we will be highlighting are Lawrence Gough, Anna Porter, Eric Wright, L.R. Wright, John Lawrence Reynolds, Gail Bowen, Howard Engel, Lyn Hamilton, Karen Dudley, Taylor Smith, Linda Hall, Joy Fielding, Peter Robinson and Clair Gabriel Marcus (published posthumously - her mystery begins at the family cottage at Grausdin Point at Lac du Bonnet).

For the kids we have Roy MacGregor (*The Screech Owls Series*), Brian Doyle, Joan Clark, Eric Wilson (*Tom Austen Mystery Series*), Sarah Gordon, Robert Sutherland,

Eric Walters, Linda Bailey (Stevie Diamond mysteries), and many, many more. We will have quite a few brand new books by Canadian authors ready for loan by November 8.

Hide and seek is the favorite mystery game of young children - Canadian picture books explore this theme in many different ways. Bring the preschoolers to family story nite to listen to some great stories!

"There is nothing quite so Canadian as hockey, and nothing quite so hockey as the relationship between Canadian hockey players and their fathers". Read more about it in *The Home Team - Fathers, Sons & Hockey* by Roy MacGregor. *Home Game - Hockey and Life in Canada* by Ken Dryden and Roy MacGregor "takes us all the way from street hockey to the showdowns between Canada and the Soviets". Lastly, we have *Kids' Hockey - the Parents' Guide* by Gary Agramam, M.D. "Written in a friendly style and loaded with tips and illustrations, *Kids' Hockey* will give you the knowledge and confidence you need to make you child's hockey experience rewarding and safe".

## 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

# Lac du Bonnet RCMP detachment report



The following constitutes the police report for Lac du Bonnet detachment for the period of October 26 to 31.

**October 26:** A report was received of an impaired driver on PTH driving east from Seddon's corner. Patrols of the various highways in the detachment area failed to locate same.

A report was received of an impaired driver possibly leaving Henderson Highway heading for Pinawa. Patrols by Beausejour and Lac du Bonnet detachments failed to locate a vehicle matching the description given.

**October 27:** A report was received of an intrusion alarm at a location on Anderson Driver. Found to be a false alarm.

A report was received of a purse having been forgotten at a business in Lac du Bonnet. When the owner returned a short time later, the purse was gone.

A report was received from an adult female resident of the RM of Lac du Bonnet of being contacted via phone by her estranged husband in contravention of a court order. The subject was contacted by police in accordance with the wishes of the complainant.

**October 28:** Beausejour detachment apprehended an adult male of impaired driving in the Lac du Bonnet detachment area. The subject subsequently refused the breathalyzer and was charged accordingly, and given a licence suspension and had his vehicle impounded.

A report was received from

Lac du Bonnet ambulance of being called to an intoxicated underage female who was outside the Lac du Bonnet detachment. The subject was taken to Pinawa Hospital due to having fallen. Investigation revealed she had been in an altercation with a number of other females.

A report was received of trees being cut down on Crown land along Fernwood Lane in the RM of Lac du Bonnet. Police attended and found that the subjects in question were in fact cutting up dead fall.

A report was received of an abandoned vehicle along PR 214 in the RM of Lac du Bonnet. Police had the vehicle towed.

A report was received of a number of youth walking on PR 214 north of Seddon's Corner and concern expressed for their safety due to wearing dark clothing. Police patrolled the area, but no youth located.

A report was received of a break and enter to a cottage at Crescent Bay in the RM of Lac du Bonnet. Unknown if anything missing.

A report was received of a number of subjects milling about on First Street in Lac du Bonnet subsequent to the dance letting out at the community centre.

**October 29:** A report was received of an intrusion alarm at a business in Pinawa. Police attended and found same to be a false alarm.

A report was received of a fire extinguisher having been unlawfully discharged at the Lac du Bonnet Senior School. No apparent witnesses or sus-

pects.

A report was received from a business in Pinawa of an intrusion alarm being activated. Police attended in company with the owner and found same to be a false alarm.

**October 30:** A report was received from a residence in the RM of Lac du Bonnet of a suicidal adult female. Police investigated the matter and found that no suicide had been intended, but the matter was a mix up between two subjects.

A report was received of damage to windows on a loader in a gravel pit on Pit Road in the RM of Lac du Bonnet.

A Nigerian scam letter was turned in to the police office. This was received via email at an office in the Town of Lac du Bonnet and wanted per-

sonal bank information in order to forward part of a large sum of money. The matter was forwarded to Phonebusters in Ontario.

A report was received of a rear passenger window having been broken on a vehicle parked behind a business in the Town of Lac du Bonnet.

A report was received of vandalism done to a rented sign outside of the Great Falls Hall.

A report was received of a vehicle parked in the same location on Park Avenue in the Town of Lac du Bonnet. Found to not be stolen and the RO is being followed up with.

A report was received of an insulation blower hose falling from the back of a truck, possibly along PR 520, PR 313 or PTH 11.

A report was received of a

prohibited driver driving in the Town of

Lac du Bonnet. The subject was stopped on PR 502 in the RM of Lac du Bonnet and found to be under the influence of alcohol. The adult female was subsequently charged with failing to provide a breath sample and prohibited driving, and her vehicle was seized for 90 days.

**October 31:** A report was received of gravel having been put into the oil filler pipe on a loader parked overnight in a gravel pit on Pit Road in the RM of Lac du Bonnet.

A report was received of a dog running out and nipping at the heels of a subject who walks along PTH 11 in the RM of Lac du Bonnet.

# Winnipeg River RCMP detachment report



The following constitutes the Winnipeg River RCMP detachment report for the period of October 26 to November 2.

**October 26:** Call received stating four fishermen had gone out October 22 and by October 26 still had not returned and families were concerned. Search and rescue were contacted. Fishermen were located at Fox Island. Due to high winds they had not returned as expected. All fishermen were fine.

A resident of Powerview arrived home at approximately midnight to find his ATV had been moved. It looked like culprit(s) had tried to steal it. Patrols were made immediately.

Saturday morning police received another call about an ATV from a resident on Beech Street. His 1998 red Honda, licence number 521L8, with a blade was stolen. This ATV was chained.

**October 27:** While members were on patrol, they noticed a vehicle, being driven by a male, cross over the centre line three times. Vehicle was stopped and driver was charged for impaired driving.

Report of a break and enter at a cottage on Martin Drive in Traverse Bay. A VCR and coffee table were stolen.

Call received stating gentleman was driving his vehicle on PR 304 near Hollow Water and his car caught on fire. Nobody was injured.

**October 28:** Report of four people smashed the back win-

dow of his vehicle while parked at Clifton Place at Traverse Bay. Culprits stole two sub woofers, two six by nine speakers, an amp and JVC deck.

Report of theft of ATV trailer from English Lake. It is a green home-made trailer, four by six foot with 13 inch rims.

A female called from the North Shore of Fort Alexander stating her common-law was assaulting her. Members attended, located, arrested and lodged him.

**October 29:** Call received from a resident of Holly Street in Pine Falls stating his vehicle had been stolen overnight from his driveway. All the doors were locked and both sets of keys were in the house. Description of vehicle is a 1994 black Jeep, licence BKP295.

Call received from a resident of Art Street in Powerview that her brown 1998 Dodge Ram truck was stolen, licence DBT946. All doors were locked.

While members were on patrol they noticed two ATVs racing down Art Street. Both drivers were apprehended and charged, ATVs were impounded.

**October 30:** There was an attempt break and enter at Clark's Corner. The suspect cut a screen window and tried to get in but the suspect ran away when the alarm went off.

Powerview RCMP assisted Pine Falls Child and Family Services in apprehending three

children from a home at Whitemud Falls.

Call received stating gentlemen lost 50 feet of white insulation hose somewhere between Lac du Bonnet and Powerview.

Complaint of a loud party at Hollow Water. Members attended and everyone left.

Two males caught in Pine Falls of possession of some eggs.

A resident from Dupont Street in Powerview reported his 1984 Honda Big Red 200E stolen for the third time this year. ATV was parked in the box of his pickup truck. No seat on ATV, no pull string, no key and tail light is missing.

**November 1:** A female caller stated she was being assaulted by her nephew. Members attended. The phone had been ripped off the wall. One male was stabbed in the arm. The nephew was cut on the hand. Both were taken to Pine Falls Hospital. Charges pending.

**November 2:** While on patrol in Grand Marais members noticed a vehicle going through Grand Marais at a high speed. The driver was topped and found to be impaired. Computer check also revealed he was wanted by Winnipeg Police Service.

If anyone has any information regarding these incidents please call Winnipeg River detachment at 367-2222 or if you wish to remain anonymous please call Crimestoppers at 1-800-782-8477.

## Powerview 2002

Powerview 2002 fundraising is now in full swing. Students from Powerview School had a fun opportunity to throw pies and eggs last Friday, at Constables Smith, Dinsdale, Hernandez,

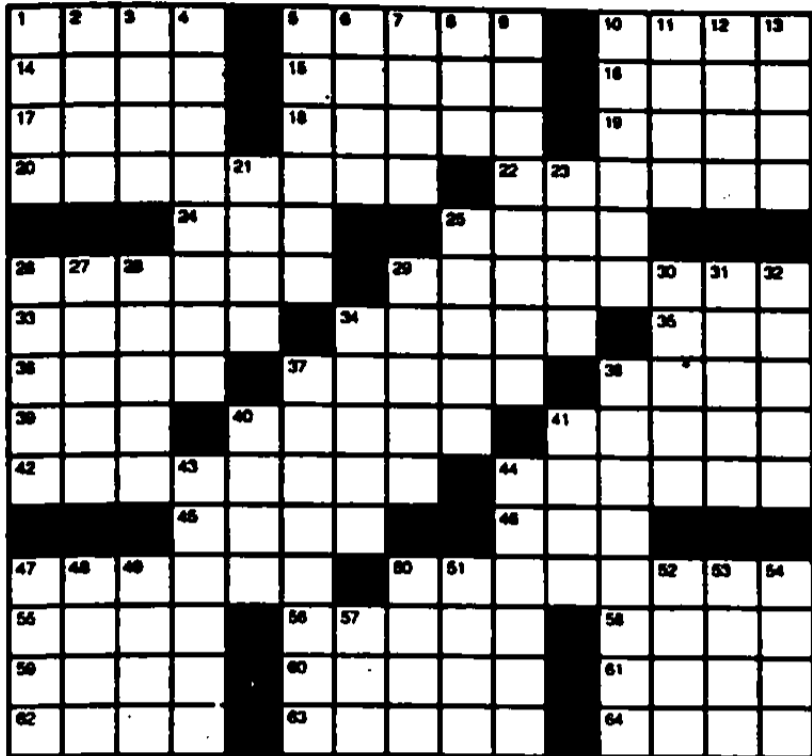
Boulette, Grunewald, Litke and Corporal Lower.

A grand total of \$157 was raised for Powerview 2002. Members will also be attending at Sagkeeng and Hollow Water schools.

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

The Winnipeg River  
**Echo** ADVERTISING DEADLINE  
 FRIDAY 3:00 P.M.

# WEEKLY CROSSWORD



**ACROSS**

- 1. Grating
- 5. Declare
- 10. Facts and figures
- 14. Went on horseback
- 15. Sites of earrings
- 16. Arab chieftain
- 17. On the summit of
- 18. Signs of the future

- 19. Rhythmic speech
- 20. Roared like a bull
- 22. Musical studies
- 24. First woman
- 25. Jagged stub
- 26. Volcano hole
- 29. Exudes
- 33. Ocean vessel
- 34. Piece of bedding

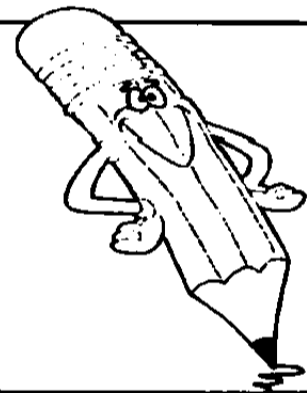
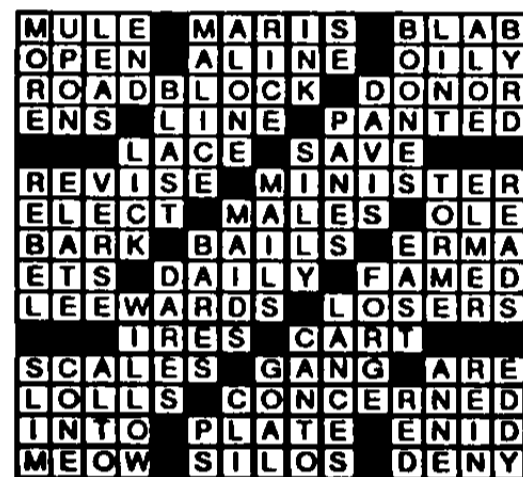
**DOWN**

- 1. Snatch
- 2. Mechanical routine
- 3. Heathen deity
- 4. Exhausted in resources
- 5. Not as fast
- 6. Heavy book
- 7. At rest
- 8. Decimal unit
- 9. Fragrant extracts

- 10. Flood
- 11. Among
- 12. Roofing stone
- 13. Skills
- 21. Above
- 23. Pleasantly sour
- 25. Kernels
- 26. Talons
- 27. Competitor
- 28. Aromatic herb
- 29. Diaphanous
- 30. Adolescents
- 31. Rub out
- 32. Cut-price events
- 34. Foot covers

- 37. Shabby
- 38. Deceives
- 40. Reach across
- 41. Move on wheels
- 43. Short business trip
- 44. Ogled
- 47. Narrow opening
- 48. Sleeveless garment
- 49. Baking chamber
- 50. Egg-shaped
- 51. Allot
- 52. Factual
- 53. Domesticate
- 54. Subsidies
- 57. Mined material

**LAST WEEK'S ANSWERS**



## CRYPTIC PUZZLE

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

"B ACSH JCEHKP EN NQGHQKH TMQ  
EN AMHCH JQC PQS TMHK MH'P  
CBAMHC LH BKPTMHCH HWNH."

-WHK THEK

**Last Week's Solution**

IN THE MIDDLE OF DIFFICULTY LIES OPPORTUNITY.

- ALBERT EINSTEIN

# WEEKLY ECHO HOROSCOPE

for the week of  
November 6 to November 11

**Aries - March 21 to April 20**

Creativity abounds in your ideas this week. That means this is a good time to tackle problems at home and with family that need a new and different approach. Family members will listen to you if you give them a new direction.



**Taurus - April 21 to May 21**

No matter what others say, you are heading in the right direction. Do not allow someone in authority to convince you differently. Stick to your guns, and you will find that you come out better than you or anyone else expected.



**Gemini - May 22 to June 21**

This is the week to think about forgetting and forgiving. One small step on your part may surprise you. Someone you thought was an enemy may turn out to be a staunch supporter. And all it will take is a little caring on your part.



**Cancer - June 22 to July 22**

Slow down. Stop running around in circles. Your best efforts at work are getting you nowhere, so stop wasting your energy. Don't forget that you promised a family member to devote some time to helping him/her.



**Leo - July 23 to August 23**

Don't jump the gun concerning an investment. A few days could mean a real eye-opener for you. It might be a good idea to share why you're hesitant with others who are interested in the potential money-making deal. Talk through the problems.



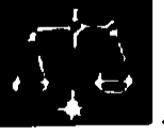
**Virgo - August 24 to September 22**

The first thing you need to do this week is get your life in order again. You have let things get out of control, and it's time you stood your ground. A reorganization of your plans and goals will give you a new and better outlook on life.



**Libra - September 23 to October 23**

Consider all the options before you make a decision to merge your finances. You want to be very careful and not make a hasty decision. You do have other choices; and no matter what you hear, they may end up being better for you in the end.



**Scorpio - October 24 to November 22**

Drama is the key word of your week. From morning to evening, work to home, life will be exciting. It's up to you how you will handle the events of the week. Just remember, help and support will come from a very unlikely source.



**Sagittarius - November 23 to December 21**

You and your partner will find yourselves on the same wavelength this week. The last few months have been kind of tough with each of you having your own interpretation of events. All that will change this week, so be open and understanding.



**Capricorn - December 22 to January 20**

You've introduced a new routine at work. Give it a chance to work because things will not run like clockwork right away. Your superiors will understand that this takes time, so don't worry that your innovative idea will be held against you.



**Aquarius - January 21 to February 18**

It may seem that someone close to you has betrayed your trust. Don't jump the gun and start blaming people. Give it some time to work out. Your work could suffer if you let a problem with a relative destroy your self-confidence.



**Pisces - February 19 to March 20**

If your partner is unwilling to make a commitment, don't be the first to throw in the towel. It could cause problems for you down the road. Plus, you have made more than enough compromises. Draw the line and don't go any further.



# Echo Classifieds

**1997 Arctic Cat ZR 440,** CanAm racer, only 297 miles, "nuts", 2001 leather arctic cat suit never worn, package deal, \$5985, call Peter at 268-1450. 24-17N

**Puppies to give away -** Adorable! Nine to choose from, ready this weekend, ph. 345-8724. 25-24

**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. 22-17N

**National Geographic -** December 2000 *National Geographic* with map, please call Sam Klippenstein at 367-8831. 24-14

**Newspaper carrier -** Powerview carrier wanted, call Brenda at 367-2193. 24-14

**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. 31-17N



**Happy 25th Anniversary**  
Gilles and Francyne Lamoureux  
Wishing you an eternity of love and happiness.

Love always,  
Annie, Brigitte, Craig, Martin, Kevin, Austin and Emily

**Is your subscription due?**  
Check your mailing label.



**Happy 25th Wedding Anniversary**  
Kathy and Brad Carriere  
November 6, 2001  
Love from your family

**JOSEPH MALO**  
November 6, 2000

In loving memory of our Dad and Papa, JOSEPH MALO, who left us suddenly one year ago today.

*God whispered softly in his ear, a voice that no one else could hear.*

*He touched him with gentle hands, for he had lived the life he planned.*

*We think of you in silence, your name we recall, but you are not here to answer, just your picture on the wall.*

*There is a bridge of memories from here to heaven above, that keeps you very close to us, as time goes by without you.*

*We pray that you know how much we cared that morning you left us. If memories and tears could build a stairway to heaven, we'd walk right up and bring you back home again.*

*With aching hearts we whisper low. God bless you Dad and Papa, we miss you so.*

Lovingly remembered and sadly missed,  
Della, Derrick, Nathan, and Jared



**JOSEPH MALO**  
In loving memory of my husband and best friend, JOSEPH MALO, who died November 6, 2000.

*As autumn ascends upon us today. I sit and wonder why you were taken all too soon. I remember when we made our vows to each other and to God and said 'till death do us part'.*

*Then came that morning when God took your hand in his and claimed you as his own, and left for me a big void in my heart that will never be filled.*

*Deep are the memories. Precious they will stay of the years we shared. No passing of time will take them away, as no passing of time will take my heart-ache away.*

*When I visit your resting place to pray and talk, no one knows how many times I've broken down and cried when I turn and leave you there.*

*I pray that when my time is through that God will take my hand and lead me straight to you, to join our hands and hearts again.*

Forever loved, sadly missed, your wife Bella

**JANET BOYER**  
In memory of JANET BOYER, who passed away November 1, 1996.

*It has been five years now since you left us. But it seems like only yesterday, that your life enriched everyone it touched.*

*Quietly today your memory we treasure. Miss you now, forgetting you never.*

*Today and tomorrow our whole lives through, We will always love and remember you.*

*Happy to meet, sorry to part. Happy to meet again one day.*

Remembered with love and sadly missed by, the Dankowski family

**JOSEPH MALO**  
In loving memory of our Pops, JOSEPH MALO who passed away November 6, 2000.

*November comes with deep regret. It has been one year since your untimely passing.*

*Not one day has passed when you have not been in our thoughts. We wait here on earth until we can meet again in heaven.*

*Pops, there are no words to describe our love and loneliness for you. Your beautiful memory is so strong.*

*Vigour, strength and love are only some of many attributes you carried. We wish with all our hearts that you were here today.*

*To some you may be forgotten, to others a part of the past.*

*But to your family who love and lost you. Your wonderful spirit helps us to cope.*

We miss you and love you dearly Pops, Roger, Jean, Lloyd and Linda

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

## THE LIQUOR CONTROL ACT

TAKE NOTICE that an application has been made by: FORT ALEXANDER WHALERS INC. of FORT ALEXANDER for PRIVATE CLUB LICENCE for the premises known as SLAPSHOTS situated at SAGKEENG FIRST NATION, FORT ALEXANDER, MANITOBA..

Under PRIVATE CLUB LICENCE for a club that is not an athletic or sports club and serves liquor without meals on Sunday, liquor may be served from:  
- 9:00 a.m. until 2:00 a.m. Monday to Saturday  
- 12:00 noon until 12:00 midnight on Sunday  
- 1:00 p.m. until 2:00 a.m. on Remembrance Day  
- Closed Good Friday, Easter Sunday and Christmas Day

FURTHER TAKE NOTICE that objections to this application should be made forthwith to the Liquor Control Commission, P.O. Box 1023, Winnipeg, Manitoba R3C 2X1, and no later than 14 days of the date of this public notice. An objector shall state the reasons for his objections. The applicant will be provided with a copy of any objection filed with the Commission.

All persons who file objections, and the municipality wherein the premises is situated shall be given notice by the Commission of the hearing and of the time and place so fixed and may at that time attend and state his objections.

## THE RURAL MUNICIPALITY OF LAC DU BONNET

### PUBLIC NOTICE

#### COUNCIL MEETING DATE CHANGE

NOTICE is hereby given that the regular council meetings of November 27 and December 25, 2001 are

**RESCHEDULED FOR**  
**November 20 and December 18,**  
**2001 at 6:00 p.m.**

Marlene Watson, Chief Administrative Officer  
Rural Municipality of Lac du Bonnet

The Winnipeg River

# Echo

Lac du Bonnet 345-9896  
Powerview 367-9468



**ROSS BROWN**

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 tears 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 know.*

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

# Part I, No. 5 General Hospital of the Royal Canadian Army Medical Corps 1939-1946

*continued from page 9*

Taplow Hospital to the Canadian Government represented by Vincent Massey.

The winter of 1940-41 was uneventful in military terms, but was a busy one for the medical service. That winter was more severe than usual, and because of widespread sickness, No. 5 and No. 15 Hospitals were full and could accept no more patients. The completion of No. 1 General Hospital at Marston Green near Birmingham relieved the situation.

In 1942, the biggest test for the Canadian Army Medical Service came as a result of the botched raid on Dieppe on August 19. No. 15 General Hospital evacuated 400 patients to No. 5 to accommodate some of the 600 casualties rescued from the beaches at Dieppe. Three hundred and fifty Canadians who were left behind, were evacuated and treated on German hospital trains along with 175 German casualties.

In January 1943 at the Casablanca Conference in Morocco, it was decided that an assault code-named *Husky*, would be carried out against Sicily. The Eighth Army under Field Marshal Montgomery would land on the Pachino Peninsula to the southern tip of the island, and the US Seventh Army under General Patton would land on the southeast shores in the Gulf of Gela. It was proposed that No. 5 General Hospital along with five British hospitals, would proceed to Sicily after the initial assault by the Allied Forces. In support, No. 15 would be sent to the mainland of North Africa in the vicinity of Philippeville on the Mediterranean coast of Algeria.

In preparation, No. 5 and No. 15 were unable to carry out much training required to fit them for field work after such a long period in a static role. The hospitals at Taplow

and Bramshott were temporarily closed until new hospital units arrived from Canada. No. 5 was warned of its pending departure on May 4, but No. 15 did not receive the information until May 24.

In June, several convoys left their berths in the Clyde and quietly slipped out to sea. From the June 19 on, the 'slow' assault convoys carrying transport and equipment needed for the assault on Sicily, the two general hospitals, the Convalescent Depot, and other non-combatant service units, were the first to depart. The 'fast' assault convoy, consisting of passenger liners converted to troop carriers, headed out to sea on June 28. Portions of the convoy destined for North Africa were detached en route. On the morning of July 9, off the southern coast of Malta, the fast assault convoy joined forces with that part of the slow assault convoy carrying transport and equipment needed for the invasion of Sicily. The landing of Canadian troops was a success as all objectives were captured before 7:00 a.m. and by 6:00 p.m. the Pachino airfield was in the hands of the Canadian First Brigade. By July 12, the towns of Ispica, Modica and Rugasa had all been taken. During the first five days, the battle casualties were light - only 200 Canadian and British, most of whom were evacuated over the beaches to a hospital ship. The Canadian First Division resumed its advance on July 14, and after a brisk encounter with German troops at Grammichele, entered Caltagirone on July 16. By July 19, the Canadians were on the road leading north from Valquarnera to Leonforte. Also, No. 5 General Hospital, including Major Lansdown, landed at Augusta, just north of Syracuse. From there, they went south to a British medical centre that had been established in an Italian mental cen-

tre on the outskirts of Syracuse. Because two-thirds of No. 5's equipment and stores were destroyed in a German Luftwaffe air raid on the harbor at Augusta, it was decided by the commander of army medical services to attach No. 5 to No. 15 British Casualty Clearing Station at the British Medical Centre. When the town of Leonforte was captured, a large store of enemy medical supplies were discovered and sent down to No. 5 General Hospital. On July 29, No. 5 began operating as an independent unit as it had become re-equipped from enemy stocks. By July 30, No. 5 was required to accept all admissions to the medical centre up to 4:00 p.m. to permit a British general hospital to relieve a British casualty clearing station. When admissions ceased, there were 450 patients in the hospital. By August 8, it reached a patient peak population of 650.

On August 10, the work of moving the hospital to Catania, further up the east coast of Sicily began. This

process, which involved 135 three-ton truck loads of equipment, stores and personnel, lasted for several days. The new site in a modern T.B. sanatorium, had been a German Luftwaffe Medical Centre since March of 1941. Before they left, the Germans had damaged the electric motors and before British troops arrived, the local inhabitants had thoroughly pillaged the premises. British Army engineers repaired the damage and No. 5 General Hospital opened on August 18 with the power supplied by a reconditioned German generator. About this time, Major Lansdown came into possession of a German autopsy knife which he kept as a souvenir and used at home in Canada for carving roasts, etc. To start with, there were 400 beds but by August 31, there were 800 beds available because of the use of tarpaulins over balconies and folding cots in hallways. The majority of admissions in August were malaria cases.

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