

The
Winnipeg
River

Echo

Vol. 2, No. 25

November 13, 2001

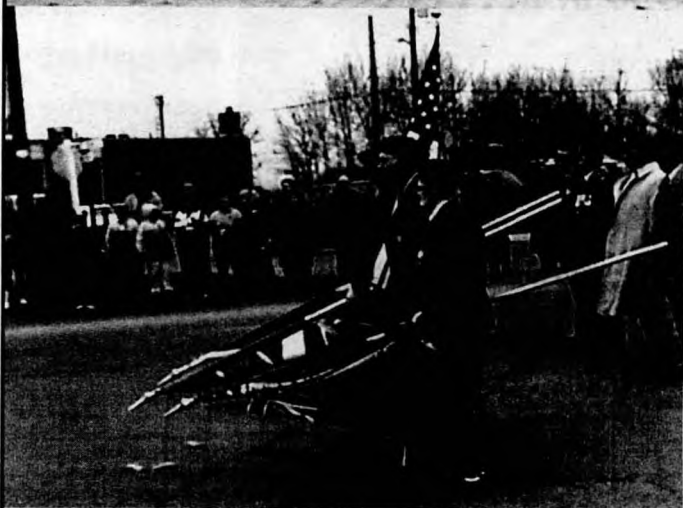
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RCMP officers in Red Serge at the beginning of the Remembrance Day Service this past Sunday.



American flag (vertical) at the Remembrance Day Service at Pine Falls Cenotaph.

American flag at Remembrance Day parade

by Charles Norman

A larger crowd than usual turned out for the Royal Canadian Legion Remembrance Day parade at the Pine Falls cenotaph Sunday November 11. The turnout may have been influenced by the exceptionally mild weather for November 11, or by the events of September 11 and the fact that Canada is again at war.

Different this year was the incorporation of the Ameri-

can flag in the ceremony, in remembrance of those who died in New York, Washington and Philadelphia. The parade Marshal told the crowd that it was probably a one-time thing and explained that while Canadians lower the flag in honour of our war dead this is not the custom in the United States, hence the US flag remained upright while the Canadian and Legion flags were lowered during the ceremony.

Lac du Bonnet's Royal Canadian Legion lead communities in tribute

Remembrance Day services last week honored members who served, and celebrated the lives of those who gave the ultimate sacrifice, in the battle for our country's freedom.

Royal Canadian Legion Lac du Bonnet Branch #164 and the Lac du Bonnet Legion Ladies Auxiliary participated in services held at the Lac du Bonnet Personal Care Home Thursday, November 8, and for students at Lac du Bonnet Senior School and Centennial School Friday, November 9, as well as at the Legion Sunday, November 11. Services were also held for Pinawa Second-

ary School and Whitemouth Personal Care Home last week.

A veterans' dinner was hosted by the Royal Canadian Legion Lac du Bonnet Branch #164 and Lac du Bonnet Legion Ladies Auxiliary Saturday night, November 10 which was very well attended.

Brian Wilson, President of the Manitoba Northwestern Provincial Ontario Command was in attendance as guest speaker. He spoke of the Legion and quoted Jean Chretien from a letter received by Branch #164.

"At the eleventh hour of the

eleventh day of the eleventh month, Canadians pause in their daily routines to remember with gratitude those who served our country proudly in times of war, and to reflect upon the values for which they fought - peace, freedom and democracy.

"In the First and Second World Wars, the Korean and Gulf Wars, Canadians persevered in the knowledge that their cause was just, their purpose was clear, and the ideals and values for which they fought were worthy of the many scars of battle. Today,

See LEGION/page 2



President of the Manitoba Northwestern Provincial Command Brian Wilson, attended the Lac du Bonnet Legion Veteran's dinner and dance as guest speaker.

Twinning 59 not likely in near future

by Charles Norman

An informational meeting at the West Beach Restaurant in Grand Marais to discuss the twinning of Highway 59 was not given very much encouragement by Department of Highways officials.

They were told that the province does not have a design for a divided highway - obviously a first step, and that, while there have been tentative agreements on land through the Brokenhead Reserve, nothing has been finalized yet. They were also told that, while weekend traffic volumes are quite significant, especially on long weekends, they are not as high as some other two-lane highways where there are no plans for twinning. The average daily traffic volume on Highway 59 is 3,800 with a peak of 8,500 on the July weekend. Other two lane high-

ways average 10,000 or more per day.

Ken Young, president of the Alexander Sustainable Development Association opened the meeting by tabling letters of support from 13 cottage owner associations. He outlined some of the traffic problems expected from new developments along the highway; these included the Brokenhead casino, the entertainment complex planned for south of the Grand Beach turn-off, and the water slide currently under construction at Grand Beach. He said safety was a major concern and his association did not want to wait until a family of four or five had been killed before action was taken.

The group agreed to take their case to the Selkirk MLA, Greg Dewar, and ask for his support at the political level.

Kitten needs a home

by Charles Norman

This little kitten wants desperately to be a domestic cat. It was born in the wild in the early spring under a cottage in Belair. Residents discovered the mother during the winter and made sure she had enough to eat but lost contact with her in the spring. This kitten is pre-

sumed to be one of the litter.

About three weeks ago the kitten appeared on the deck of the Norman home mewing pitifully, for all the world looking as if it was trying to find its mother. It did not find its mother, but it did discover that the Normans were good for a saucer of milk.

It came back the next day, and the next, lately, as the weather got colder it has started to spend the night huddled close the Norman's screen door for warmth. It tries to get into the house every time the door is opened.

The problem is not that the Norman's are hard hearted, but that there are family members allergic to cats and they cannot give the kitten a home.

Domestic cats can survive a Canadian winter outside but almost always lose the tips of their ears and the end of their tails to frostbite.

Call 756-3057 if you have a home for this timid, frightened, but affectionate kitten.



This little kitten needs a home.

Pine Falls Hospital re-opens beds

by Charles Norman

The North Eastman Health Association has announced that it has completed its recruiting campaign for acute-care nurses. Four new nurses, two from the Philippines, one from England and one from Winnipeg, have been recruited the Pine Falls Health Complex.

Effective Tuesday, November 13 - 18 beds, including two Hi-Care beds plus two observation beds were open. Beds in Y wing remain closed for the time being. The hospital will also be delivering babies with a low-risk of complications.

Judy Coleman, NEHA Acute Care Director told *The Echo* that the hospital would be up to its full compliment of 28 beds next January when a new shift schedule becomes operational. There are no plans to re-open the operating theatre.

A nation-wide shortage of nurses contributed to difficulties in staffing of the hospital for the last two or three years, resulting in the 28 bed hospital operating with 12 beds, a little over 40% capacity.

NEWS TIPS?

The Winnipeg River **Echo**

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| FOR UPDATES CALL 345-6197 | | |
| <p>Royal Canadian Legion #164 Bonus Line - \$ 572.00 Lac du Bonnet Star - * Legion Hall Full House - 1087.00 Speciale 7:00 p.m. 49 numbers - 378.00 Every Wednesday Evening Lot Lic 453 Mini Loonie - 708.00 Poker Flush - 307.00 Poker Strip - 3754.00</p> | | |

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The Winnipeg River **Echo**

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.

Legion leads communities in tribute

continued from page 1

we remember the many who did not return, as well as those whose lives were forever changed the experience of war.

"Events in recent weeks have reminded us of the importance of staying on guard to protect our values and way of life. On this day of remembrance, as we pause to pay silent tribute to the valour of those who served so bravely on the battlefields and as we vow

never to forget their sacrifice, let us also remember those who are current serving abroad to continue to protect the peace and freedoms we hold dear. Inspired by the example of those thousands of Canadians who laid down their lives in the struggle for justice, I know that they will be equal to this challenge as well."

Among the awards presented that evening was a Peace Keeping Medal, re-



Royal Canadian Legion Lac du Bonnet Branch #163 choir participated in Remembrance Day services last week with hymns honoring the fallen.



Past President of Branch #164, Ed Bell (left), presents Third Vice-president Mowie Richmond with a Peace Keeping Medal for his service with the United Nations Emergency Force in Egypt, Israel and Lebanon.



Long-time branch member Al Campbell presents a print entitled D-Day, to the Royal Canadian Legion Lac du Bonnet Branch #164. President Vic Poppel accepts on behalf of the branch.



Ladies Auxiliary President Ann Okrainec (right), presents Branch #164 President Vic Poppel with a cheque for \$3,000.

ceived by Howie Richmond. Past President Ed Bell had the honor of decorating Richmond for serving with the United Nations Emergency Force in Egypt, Israel and Lebanon back in the '70s.

Long-time Lac du Bonnet Legion member and past-president Al Campbell attended the celebration. Campbell brought with him a framed color print by Captain Orville Fisher entitled *D-Day: Bernières Sur Mer, Normandy 6 June 1944*. The artwork, very dear to him, was passed down

through his family and Campbell presented it to the Legion with fond memories. It will be hung in the Legion lounge.

Legion Ladies Auxiliary President Ann Okrainec ex-

pressed gratitude for the close relationship shared between the Auxiliary and the Branch. Okrainec presented Branch President Vic Poppel with a donation of \$3,000, acknowledging their history.

Bazaar & Craft Sale
 St. Georges Parish Hall
 Saturday
 November 24
 2:00 p.m. to 4:00 p.m.
 Bake Sale
 Craft Sale
 Silent Auction
 Raffle, Door Prizes

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 ★ Jams & Jellies
 ★ Woodworking
 and many other crafty items and gift giving ideas
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**Advertising Deadline
 Friday, 3:00 p.m.**

What makes a hospital great?

What makes a hospital great? Its the people of course. I have lived 16 years in Manitoba, 29 years in Saskatchewan and approximately a year and a half in southern Ontario. I have spent a fair amount of time in various hospitals and had a pleasure of meeting some of the finest people working and supporting the hospital at Pine Falls, Manitoba.

The pleasant staff, all the way from the cleaning personnel, nursing staff, doctors and home care people, were so friendly. Let's not forget the folks who drive the ambulances

and look after people in the first moments of great stress.

All these fine individuals did the best they could under all circumstances. I watched them deal with emergencies and then madly run back to try and catch up to regular duties. I heard them answer phones late at night. Counsel worried, concerned and sometimes distraught people with problems, and once again try to catch up with their regular duties.

And the food... wow! I have never seen such good hospital food. It looked good and tasted even better.

I wish to take time to thank these fine people and the town of Pine Falls.

Yes, money for health services is scarce. Yes, there is a shortage of doctors and nurses. Think not about what you do NOT have, but think about what you do have.

I currently live in southern Ontario where people have lived three or more years without having a GP. It's almost impossible to get a second opinion, you are lucky to get the first opinion. Coming from the west, I was shocked by the extreme shortages of doctors and nurses.

ECHO MAIL:

Letters to the Editor

Box 550 Pine Falls, MB Ph: 367-9468 or 345-9896 Fax: 367-9974 or 345-0004

Look around and see what you have. People who try very hard to help individuals and families in very tough circumstances. People who work hard, yet take time to give someone a smile or a squeeze of the hand. People who help make the patient's family feel comfortable and welcome. Hard working men and women who work in a

very stressful work place... and do the best they can, for you and me. When people are good and kind, it is because they are caring people.

I always say "when you are looking for good people, you will find them" - well I found many of such people in Pine Falls. I thank each and every one of you from the bottom of my heart.

Michal Lee

Don't let them win! Get involved!

I read with interest, Vic Toews' article in the November 6 edition of *The Echo* regarding *The legal protection of animals*. It is something I have known about for some time, through my membership in other organizations that are dedicated to outdoor heritage protection through legislation.

While no one wishes to see any animal suffer needlessly, the wording in Bill C-15B is so broad that it will give the radical animal rights movement legal tools that will enable them to further their agendas of ending hunting and sports fishing, not to mention driving farmers and others who depend on ani-

mals for their livelihood, bankrupt, through endless legal proceedings.

And, make no mistake, these activists will do their utmost to accomplish that. They have lots of money from their various fundraising efforts that misinform, lie and appeal to the emotions of mainly urban individuals who have lost their rural roots. They mistakenly believe that we who hunt, fish or farm are some kind of monsters who enjoy inflicting pain on animals. Now, the federal Liberals are going to give them the legal tools to help them "get us"!

I would urge hunters and fishermen to join your local wildlife federations, and farm-

ers to get involved with farming organizations. And, above all, write or call your government representatives and express your concerns, politely, about this dangerous legislation.

If allowed to pass "as is" there are going to be very serious consequences down the road for us. You have already seen what type of people are involved in the animal rights movement, with the recent campaign against milk, targeting school children, and the past successful campaign that decimated the east coast seal hunt.

You may also recall a few years ago when disabled children were taken fishing on the Red River in Winnipeg, and animal rightsists demonstrated against that effort, saying the fish were being hurt.

These activists are dedicated, and so much we be, in return. Do not let them win! Get involved!

Laird Crawford,
Pine Falls

A day to remember

by Kayla Nagazina,
age 12

*Families are worrying
Soldiers are suffering
Bombs and grenades
This is a day to remember
Suffering, sorrow, pain
The children of war
Forgotten, helpless, weak
This is a day to remember*

*There are wars being fought
Trenches filled with death
Watching others die
This is a day to remember*

*Veterans of war
Will never forget their comrades
That fought and died
This is a day to remember*

*The gift of love they gave
for you and me
That's why we remember.*

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Entry Deadline: November 20, 2001.

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Manitoba Addictions Awareness Week

November 18 to 24
Fast Facts on Addictions

Alcohol: Alcohol is the most frequently used drug by adult clients of the Addictions Foundation of Manitoba.

- Over 80% of high school students have tried alcohol - over two thirds started use as

early as age 14 (AFM).

- Overall, 16 to 24-year-old drivers are more likely to get involved in alcohol-related crashes than are older drivers. Specifically, they are two times more likely than 25 to 34-year-olds and five times more likely than drivers age 35 years and older to be involved in an alcohol-related crash

(MPT).

Ecstasy: Ecstasy (MDMA) causes an increase in blood pressure, heart rate, and an irregular heart beat. It can cause headaches, nausea and loss of appetite.

- Psychological effects include an increase in sense of euphoria and energy, alertness and sexual arousal; increased

tension and restlessness, resulting in hyperactivity and an inability to focus.

- The long-term effects of Ecstasy include impaired memory, depression and anxiety.

- 5.5% of male high school students and 3.1% of female students have tried Ecstasy (AFM).

- As with most 'street drugs', what is sold as Ecstasy may not be or may have other drugs included such as LSD.

- Some people are more likely to have overdose reactions to Ecstasy (MPHA).

Marijuana: Marijuana smoke affects heart rate and blood pressure, increasing the risk of premature stroke and heart attacks.

- Marijuana (cannabis) is the most frequently used drug besides alcohol or nicotine. About 40% of high school students have used marijuana in the past year (AFM).

Steroids: There is significant anabolic steroid use by Canadian youth, which can cause many health problems such as infertility, liver and heart disease (CCES).

Problem gambling: The majority of youth have tried gambling - 8% are at risk and 3% have problems (AFM).

- Most problem gambling clients report difficulties with family, being in debt, and depression as a result of gambling (AFM).

- About half of problem gamblers spend more than 40% of their income on gambling (AFM).

Smoking: Youth are the highest risk group for starting tobacco use (MLA).

- Tobacco smoke endangers children's health, causing pneumonia, bronchitis and other health problems (WHO).

- Second-hand smoke is a cancer-causing agent for which there is no known safe level of exposure (EPA).

Medication: Medication misuse by seniors can cause memory loss, poor coordination and vision problems (MPHA).

KEY: Addictions Foundation of Manitoba - AFM; Canadian Centre for Ethics in Sport - CCE; Manitoba Lung Association - MLA; Manitoba Pharmaceutical Association - MPA; Manitoba Public Insurance - MPI; U.S. Environmental Protection Agency - EPA; World Health Organization - WHO

Planning for Pine Falls celebration 2002

by George (Joe) Bayly

Celebration 2002 is still in the planning stages but progress is being made in that area. For example, the committee is planning to produce a video with photographs and commentary by several senior citizens from the district and sold, at no profit, during the proposed celebration July 28 to August 4, 2002. Committee chairperson Iris Rountree, tells me that Glen Hibbert has kindly volunteered to travel the area video-taping the sen-

ior citizens. Also, the OI' Kings Hockey Club has offered to put on the dance. The committee is very appreciative of this kind of support. In the future, more volunteers will be needed to help develop and run the various activities.

This event is not a Pine Falls School Homecoming as in 1983. It is for anyone in the entire area from the Beaches to the Falls who, in the past 75 years, has worked, lived and attended school in the district. Of course, many of the

original pioneer residents of the area are no longer with us, but many of their descendants live in the Winnipeg River area, in other areas of Manitoba, and throughout Canada.

There will be a committee meeting in Winnipeg, November 25, to further discuss plans already made (please note that the Christmas card enclosures are available at the town-site office). Suggestions and support from the public will be appreciated. Please contact Iris Rountree at 367-8954.

Aliens seen over Oakbank

Eastman Sport Development Association

Reports of aliens seen flying in Oakbank turned out to be shuttlecocks, those feathery birdies used in badminton. Athletes are busy flicking and smashing shuttlecocks in gymnasiums all over the Eastman Region as they prepare for the 2002 MTS Eastman Regional Winter Games.

Badminton is one of eight sports to be contested in the RM of Springfield January 18 to 20 and 26. Four other sports will be held in Steinbach, and the RM of East St. Paul.

Athletes will flock to the Springfield Middle School in Oakbank to compete in singles, doubles and mixed doubles in junior (15 to 18 years) and adult (19 and over).

Registration forms are available at recreation offices throughout the Eastman Region, at Eastman Sport Development in Beausejour, or by downloading from the Games website at www.mts.manitobagames.mb.ca.

The registration fees help to pay for the cost of gymnasium time and officials. Registration deadline is December 21.

Winners in each age category advance to the MTS 2002 Manitoba Winter Games

in The Pas March 6 to 10. The provincial registration fee includes Team Eastman fleece vests, travel to The Pas, meals and accommodations in the athlete's village.

With 10,000 athletes, coaches, officials and volunteers in the seven Regional Games competitions, the 2002 MTS Manitoba Winter Games

will be the largest multi-sport event in the province in 2002.

For more information contact Louise Malo, Eastman Region Games coordinator, toll free 1-888-836-8029, fax 268-6070 or email at esdagames@hotmail.com. Join Team Eastman and capture the spirit of the Games.



2002 EASTMAN REGIONAL WINTER GAMES

RM of Springfield, Steinbach and RM of East St. Paul
JANUARY 18 to 20 & 26, 2002

Registration Fee: \$15 — Deadline December 21, 2001

For more information contact
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www.mtsmanitobagames.mb.ca
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Blues news

Blues sting the Hornets



by Stu Evans
The Lac du Bonnet Blues

won their second game of this young SIHL season with a 5-2 victory over the visiting Ashern Hornets this past Friday night at the Lac du Bonnet Arena. This game was an end to ender that remained tight until the final minutes of the second period. Ashern pressed often but the Blues goal tender Donovan Henzel was their to answer the bell the many times he was called.

Ashern scored the first goal of the game late in the first period when Jeremy Arns got one past Henzel at the 3:34 mark. The Blues were not able to answer the call until the 12:05 point of the second when Sean Reynolds jumped on a rebound in a scramble in front of Ashern goalie, Kent McPherson. That goal ignited Reynolds and his line mates Rod Waver and Jay Griffith who as a unit were flying all over the ice. The Hornets got into some penalty trouble with just over two minutes left in the second frame and the Blues jumped on it.

With a five on three powerplay in their favour, Griffith grabbed the loose puck off of a face off in the Hornets's end, wheeled into the slot and lifted a backhand over McPherson's stick side shoulder at 2:14. Then 28 seconds later, Dwight Hirst put the Blues up three to one when he banged in a rebound as a result of a shot from the point finding its way through. Ashern to their credit fought back to make it a one goal game when veteran defenceman Brad Miner floated one in from the blueline that Henzel later confessed to simply "missing it" with just 40 seconds left in the period. In the third period, Reynolds line continued to buzz the Ashern net while the Hornets seemed to ease off in the skating department. The Blues took advantage of that by scoring two quick goals at 7:11 and at 9:02 on goals by Griffith and Brendan Arsenal. The Blues sealed the door shut from there to preserve the win. Reynolds ended up with a four point night but his speedy linemate Waver gets the coveted Lunch Box award for his constant hustle and play making

throughout the game.

The Blues are supposed to play the Lake Man Eagles this Saturday night but that game may be in jeopardy depending on what happens this Thursday night at a league meeting. For those of you not familiar with the history of the Eagles, it goes something like this. The Eagles were accepted into the league back in 1997 and were thrown out of the league in 1998 when it was deemed that they were playing with illegal players and bringing in some semipro players and paying a select few up to \$300.00 per game. This year they wanted back in on the condition that their team would consist of players from their area. They presented the league with an initial roster which was to be finalized by the end of October. That roster was never sent in and when the team began play the roster was filled in with "hired help" from outside of their area. Basically it was the same team that was ousted back in 1998. A couple of teams have told the league that they will refuse to play the Eagles if they are allowed to play so the league and President Chuck Reynolds have a few issues that they have to work out this week. The Eagles have responded with a "so what" attitude and are planning on having their lawyer attend the meeting. I will keep you posted on the most unfortunate development.

Southeast Blades coaches comments

Four wins at this point is very discouraging. Our goal for this season is 20 wins so we are a little bit behind schedule.

In our defense, the month of October has been a tough one. We have played nine of the 12 games on the road and faced some of the top teams in the league. Hopefully we can get our act together for November because we play some of the weaker teams, and put together a string of some more wins.

To say the start to this season's point total has been a disappointment is an understatement. In my yearly plan I gave this team two months to learn our systems and learn how to play with one another. We are coming to the end of our grace period.

Since August 29 I think we have made leaps and bounds as a team. Our defensive system has shown some very positive signs. We will continue to work on it and improve our goals against average which isn't what it should be. Offensively we are in the middle of the pack in the goals for category. We have been scoring the goals, but allowing way too many.

The specialty teams can get better and we are currently working towards this.

On the personnel issue we have added some good players that have really strengthened the club. Laddy Trel came from Selkirk via a trade and has produced extremely well with Remi Gosselin and Tony Colombo adding some work ethic and speed to that line.

Injuries haven't helped us this early in the season. Colin Tetrault and Ryan Hester, two veterans, have been out since the beginning. We miss Colin's leadership and Ryan's work ethic and flashy play. Josh Pawluk was a key acquisition and has brought to the table leadership and some goal production but on the down side suffered a shoulder injury last weekend up north and will be out for up to four weeks.

We are a good team wait-

ing to find itself. A few more wins under our belt will raise our confidence and move us up in the league standings. We play three home games this week against Neepawa November 13, the South Blues November 16, and our rivals, the Waywayseecapo Wolverines, November 17. We have a great opportunity to win all three of these games.

I would like to congratulate Jamie Mousseau, Nathan Santo, Damian Saunders, Remi Gosselin, and Tony Colombo on being invited to the Viking Cup try-outs in Dauphin on the November 18 and 19. These players have been the backbone on this team and deserve this great opportunity. A big thank you goes out to our sponsors and our fans.

Southeast Blades

| | GP | G | A | Pts | PM |
|--------------------|----|----|----|-----|-----|
| Colombo, Tony | 22 | 13 | 14 | 27 | 6 |
| Gosselin, Remi | 22 | 6 | 12 | 18 | 24 |
| Trel, Laddy | 23 | 8 | 16 | 48 | |
| Larocque, Kelvin | 22 | 5 | 8 | 13 | 23 |
| Saunders, Damian | 21 | 8 | 4 | 12 | 105 |
| Mousseau, Jamie | 21 | 3 | 7 | 10 | 58 |
| Pawluk, Josh | 15 | 6 | 3 | 8 | 6 |
| Weaslehead, Darcy | 16 | 3 | 4 | 7 | 31 |
| Cochrane, Aaron | 22 | 3 | 6 | 7 | 70 |
| Courchene, Cory | 17 | 2 | 4 | 6 | 42 |
| Santo, Nathan | 19 | 0 | 5 | 5 | 21 |
| Buors, Todd | 14 | 1 | 3 | 4 | 68 |
| Savikataaq, Jamie | 10 | 2 | 0 | 2 | 13 |
| Dicks, Frank | 8 | 1 | 1 | 2 | 19 |
| Ewing, Joey | 10 | 1 | 1 | 2 | 19 |
| Beaulieu, Blaine | 13 | 1 | 1 | 2 | 21 |
| Tetrault, Colin | 3 | 0 | 2 | 2 | 2 |
| Chippeway, Sean | 7 | 0 | 2 | 2 | 0 |
| Canard, George | 11 | 0 | 2 | 0 | 0 |
| Flammond, Dallas | 16 | 0 | 2 | 2 | 52 |
| Tootoesis, Regan | 7 | 1 | 0 | 1 | 14 |
| Buily, Jason | 3 | 0 | 1 | 1 | 11 |
| Pashe, Marty | 10 | 0 | 1 | 1 | 12 |
| Lund, Ross | 12 | 0 | 1 | 1 | 38 |
| Saunders, Barry | 14 | 0 | 1 | 1 | 12 |
| Rublin, Jason | 22 | 0 | 1 | 1 | 75 |
| Vitt, Jason | 1 | 0 | 0 | 0 | 0 |
| Monkman, Clint | 1 | 0 | 0 | 0 | 0 |
| Borowy, John | 1 | 0 | 0 | 0 | 0 |
| Tanguay, Cory | 1 | 0 | 0 | 0 | 0 |
| Thage, Nolan | 1 | 0 | 0 | 0 | 0 |
| Mulan, Chris | 1 | 0 | 0 | 0 | 0 |
| Pawluk, Jaymes | 1 | 0 | 0 | 0 | 0 |
| Nicholas, Donovan | 4 | 0 | 0 | 0 | 0 |
| Grey, Mike | 4 | 0 | 0 | 0 | 0 |
| Perreault, Brandon | 4 | 0 | 0 | 0 | 0 |
| Mitchell, Tyler | 4 | 0 | 0 | 0 | 0 |
| Monkman, Carl | 12 | 0 | 0 | 0 | 0 |
| Germain, Nickolus | 19 | 0 | 0 | 0 | 0 |

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Christmas hampers 2001

Ultimate success in the hands of community

Large decorated boxes will soon be out in a number of locations in our communities. Churches in Pine Falls, Powerview and St. Georges; Powerview School, Pine Falls School and stores in the community are all collection points.

We are often asked for suggestions about just what to put into these boxes. Just keep in mind that the hamper is to contain makings for Christmas dinner plus some staples for use in the long month of January. Canned fruit and vegetables, salmon, tuna, canned ham, peanut butter, jam, baby foods, baby cereals, sugar free fruit and jam, regular teas and coffees are all most welcome.

Each year we do try to make the point - it's a special time of the year, so lets not fill these hampers with macaroni and spaghetti. Another reminder - dented or discolored cans are discarded and we do not include home canned items.

If you prefer to make a cash donation, this is welcome too and will be used to buy food items to fill out our list of what every hamper should contain.

If your group is planning a

Christmas party, why not consider donating your gift dollars to the hamper fund. Not many of us want or need these not so funny or useful \$5 or \$10 gifts, but this money would go a long way in buying food to put into needy homes. And it reflects what the spirit of Christmas really is.

This committee may do the planning, but the ultimate success of the whole thing is in the hands of the community. The ongoing help we receive from

organizations like the Knights of Columbus, the Pine Falls Fire Department and the local detachment of the RCMP, plus the generosity and the desire of our community to bring Christmas into homes where help is badly needed, is the key to it all.

The donation boxes will be picked up December 20. Packing and delivery will be done December 21.

Families needing a Christmas hamper should call Community Services at 367-5401.

Community Volleyball

New to Powerview/Pine Falls community is Powerview School Athletic Council's first annual community volleyball tournament. On Saturday, November 24, the community is encouraged to participate in the tournament to promote sports in the area and be active!

Anyone age 16-years-old and up, is eligible. Get your



six-player team together and have a great time. For more information call Jenny Hall at Powerview School.

Cost of long gun registry \$650 million and counting

Toews calls for end to Liberal broken promises

Vic Toews, MP for Provencher, recently responded to the government spending estimates for the long gun registry released last week by the Auditor General of Canada. The estimates revealed that the government has spent \$149.2 million on the long-gun registry so far this year. Although the gov-

ernment had originally estimated an expense of approximately \$35 million for this fiscal year they have now added an additional \$114.4 million for 2001-02, bringing the total cost of implementing this ineffective program to 684.6 million since 1995.

"This is just one more example of how this Liberal government has broken their promises to Canadians," said Toews.

"On July 19, 1999 Justice Minister Anne McLellan assured us that 'user fees will cover the entire cost of the program'. On February 16, 1995 then-Justice Minister Allan Rock said in Parliament that the cost of implementing universal registration over the next five years would be \$85 million. But we now know that the long gun registry has already cost Canadians over half a billion dollars, and will continue to cost 100 million more every additional year."

"It is clear that the cost of this registry is out of proportion to any real benefits it may provide," added Toews. He maintained that Bill C-68 should be replaced with cost-effective firearms legislation that encourages responsible, safe use of firearms, keeps guns out of the hands of crimi-

nals, and ensures that the penalties for disobeying the law are sufficient to deter people from committing a firearms related crime.

"At a time when police officers should be taking steps to address the very real dangers of terrorism and organized crime, the federal government should admit that the estimated \$1 billion it will spend on the

ineffective long-gun registry over the next ten years will not protect ordinary Canadians from becoming victims of dangerous criminals. It is not too late for the Liberals to repeal Bill C-68 and use the money it would save to help our police and community organizations fight real criminals," concluded Toews.

It's the Law

by Gerald Hawranik, Q.C.

Condominiums

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.

The word condominium is a legal term. It defines a specific form of ownership. The concept of condominium involves cooperation and sharing. The cooperating and sharing involves a written agreement or contract. The agreement defines the rights of ownership and the obligation of each condo owner. The agreement settles who owns the land, who maintains the shared plumbing, wiring, heating systems, and the roof, it settles parking issues and property taxes, and decides who mows the lawn and shovels snow. It is normally a very complex agreement.

We tend to think that condominiums are a modern form of ownership. In reality this form of ownership has existed in various forms for thousands of years. In simplified form, the conventional definition of condominium includes "individual ownership of one unit within a multi-unit property, with an interest in land and other elements owned in common with the owners". It implies cooperation for the mutual advantage of the individual members of the group.

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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Special Christmas "Tree of Lights"

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

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

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

Interested person can contact the reception desk at the hospital or send their donations to
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Choosing your Battles

by Mary Ann Haddad

Saying 'no' when necessary and 'yes' when possible, can make life with kids a lot more fun. If you have ever stopped and tallied the actual number of times you say no in a given day, the result might be pretty depressing. Obviously you can't say yes for every off-the-wall request your child might make. But if you don't yes to some of them, you run the risk

of being called "The Abominable No Man".

There are times one might begin to feel as if you are policing everything - what shows the kids watch, how much junk food they eat, what they wear and on it goes. You can't fight about everything or being a parent just wouldn't be any fun. Life can quickly become a series of nonstop power struggles. Most likely your

ongoing resistance only spurs your child to come up with even more inventive requests.

On the other hand if there is no attempt to set some basic standard or expectation (i.e. regular bedtime, balance diet or acceptable manners), you may end up with an undisciplined child and a chaotic household. The challenge is knowing when to be flexible and to feel comfortable in that

by saying yes "just this once", will it set a precedent that you'll forever regret? By breaking your own rules, how can you expect your child to obey them?

Although it may seem easier - and more consistent - to say no across the board, it's actually a lot harder and more loving, to say yes once in awhile. Parents who are able to choose their battles wisely seem to have one thing in common - confidence in their own judgment. Saying no when they have to and yes when they are able to, makes for everyone's day to go more smoothly, making family life a lot more joyful and easier.

How do you determine which principles to defend and when to go along with your child? You can consider the following five questions.

Is this going to cause irrevocable physical or psychological damage or is it just something that bugs you? Fighting or taking issue with everything can be an endless series of emotionally draining and unproductive arguments.

Are you caught up in a power struggle for no real good reason? If you are emotionally upset and your anger seems out of proportion to the situation, asking yourself if you have picked the right battle.

If you go along with your child, how are you going to feel about it tomorrow or next week? Thinking about the long-term consequences may help you determine the importance of the issue.

Do you have a compelling reason to deny this request? If you don't you might risk losing credibility or end up yelling because you don't know what else to do. If you do have a valid rationale, it will soon become evident. An example might be when you have been



asking your child to wear a hat and mitts once they see the weather they can tell for themselves.

Are you or your child just too fatigued at the moment to get into a lesson? There may be times when it's okay to let your child to have the first, last and may be the only word on an issue without creating a battle.

Ultimately, picking your battles is much less exhausting than upholding the rules at all times. Consistency can be a real trap for parents, if this is the constant focus you might overlook creative solutions that would be really helpful to the family. A little leeway will also help teach a child to be flexible; you may also discover that you may gain more cooperation from your child. They will feel understood and also helps build self-confidence as opportunities are made for a feeling of contributing and making choices.

Reminders

Nobody's Perfect Thursday morning 10:00 to 11:30 a.m.

Stay and Play Tuesday and Thursday afternoon 1:30 to 4:00 p.m.

Mom's prenatal group Friday afternoons 1:30 to 3:30 p.m.

Children's reading hours Wednesday afternoon at Library Allard 1:30 to 2:30 p.m.

Ask your Pharmacist

Helpful hints for people on inhalation therapies

For a variety of reasons such as air pollution, smoking, occupational diseases, etc. some people are having trouble breathing. One of the first therapies a doctor may elect to use is a drug that is inhaled into the lungs. There are many different inhalers made by different manufacturers. It is important to check with your pharmacist about the specifics of the inhaler you receive. Some inhalers are meant for occasional use (i.e. when you have difficulty) others are of limited value used occasionally and are best used regularly (i.e. so many times a day, every day). If you find you are using your 'occasional use' medicine more often than normal this suggests your condition is not under control and you

should consult with your doctor. Also, if you are experiencing an increase in problems even though you are taking your chronic use medicine regularly it would be wise to check with your doctor.

The common inhalers involve a small aerosol canister (i.e. Ventolin, APO-Salvent, NOVO-Solvent, Alrovent, etc.). Shake the unit well before using. Tilt the head back. Take a deep breath out then in. When breathing in activate the inhaler. Hold the breath then relax. This constitutes one puff. If two puffs are to be taken wait 30 seconds then repeat the procedure. Some inhalers involve inhaling a dry powder (i.e. Ventodisk, Beclodisk, Plumicort, etc.). These products do not need to

be shaken before using.

Certain anti-inflammatory inhalers (i.e. Beclovent, Pulmacort, Vanceric, etc.) can cause a thrush infection in the mouth. Rinsing your mouth after use would help prevent this infection.

Some people have problems coordinating the inhaler or getting the full amount of medicine into the lungs. 'Holding' chambers are available to help. These can come with masks for either children or adults.

When you get your prescription, review the directions for proper, effective use of inhalers with the pharmacist. These medicines will be of limited use when not taken properly or when the medicine doesn't reach the area that needs it the most.

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Gryphon Trio headed for Pinawa

by Brent Stokes

Local fans of classical music are in for a treat as the Gryphon Trio is set to perform at the next concert in the EMCA series.

The trio, called "one of Canada's most premier chamber groups" by *Classical Music Magazine*, consists of Annalee Patipatanakoon (violin), Roman Borys (cello) and Jamie Parker (piano).

An extremely busy touring schedule of Canada, the United States and Europe has definitely paid off, earning the trio international acclaim and constant re-engagements.

With over 20 new works commissioned, the Gryphon Trio's current new works initiatives involve working with award-winning Canadian writers David Adams Richards and Michael Redhill. *Constantinople*, a multimedia project produced by the Trio, was very well received by audiences as well as critics, and will continue to evolve this season.

The project will be performed for the first time overseas during the 2002/03 season. The trio has received Juno Award nominations for their recordings of the Haydn piano trios and the Mendelssohn/Dvorak piano trios. Watch for a recording of the Medelssohn/Lalo piano trios as well as a collection of outstanding commissioned works to be released sometime this season.

Gryphon Trio performances can be heard regularly on CBC and have also been broadcast on Radio France, RTBF (Belgium), Radio Bremen and Hessischer Rundfunk (Germany) in Europe. The Gryphon Trio will perform Friday, November 16 at the Pinawa Community Center. For ticket information contact Cathy Harding 753-2767.



ECHOES FROM THE Heart Civility

As I walked up the sidewalk toward the university, I noticed a lone bike rider struggling up the steep grade. Suddenly, the chain slipped and the rider lost momentum and began to roll backwards. She caught herself in time to avoid a spill and I watched her climb off and slump down next to the bike. As I got closer I could tell that she was crying.

"Tough break," I thought as I glanced at my watch and noticed that I only had five minutes until my first class. I quickly picked up my pace and started up that same hill.

As I walked, I remembered the time as a kid when I was trying to fix my first flat tire on my bike. Even though he was in a suit and leaving for work, my neighbor saw me and came over to help me fix the tire.

After a few more steps I turned and walked back to reward the woman who was now struggling to wipe away her tears.

"Can I help?" I asked as I approached.

"Know anything about stupid bikes?" she replied.

I looked the situation over and was quickly able to return the chain to its proper position.

"Looks like this was tangled in the sprocket," I said holding up the greasy remains of a weed. A slight smile cracked through her tear streaked face.

"Thanks for helping me," she said as her smile began to grow.

"No problem," I replied as I turned and started back up the hill.

Even with grease on my hands, the uphill walk seemed easier with the joy of actually helping to make someone's day a little brighter. It was worth being a few minutes late.

"The values we live by are worth more when we pass them on...."

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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 268-6116 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:** scribeage 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, lost care, volunteer help info
- Family Care Giver Support Group:** at the United Church, Pine Falls, last Thursday of the month 7:00 p.m.
- A.A. & Al-Anon - The Beaches:** Family group, Thursday 8:00 p.m., Senior Scene, Victoria Beach, 1 Alchah Road, 756-8018 or 756-2111
- Happy Tots Day Care:** 367-2601 board meetings last Monday of each month 7:00 p.m. at the daycare
- Senior Scene Inc. #1:** Alchah 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

Winnipeg River Church Services

- NOIRE DAME DU LAUS:** Powerview - Saturday evening 7:30 p.m. (English), Sunday 10:00 a.m. (English), Stend - Sunday 12:00 noon
- PINE FALLS UNITED CHURCH:** Sunday service 11:00 a.m. Bonnie E. Garrett, Minister, Church 367-2633 or Cell 754-2220, Everyone Welcome
- PINE FALLS ANGLICAN CHURCH OF THE ADVENT:** Ph. 367-0347 Rector, the Rev. Brian Routinree, 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:** Thalgberg, 1 mile east and 1 mile south of Junction #12 and #104 St. John's Evangelical Lutheran Church, Greenwald on Hwy #12, 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, Scantierbury, on Hwy #59
- ST. MARGUERITE R.C. MISSION:** Pit 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 #8:** 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.

The Globalization of Terror



Your voice in Ottawa

Vic Toews, MP for Provencher

In the past, terrorism was viewed as the special interest of countries that had a particular problem within their own territory. The problems of Northern Ireland, the Basque region of Spain, the Italian violence of the 70s and the 80s, and the German anarchist groups, for example, were seen by most people in North America as specific law and order problems to be dealt with

by the police authorities in those countries.

With the terrorist attacks of September 11 has come the realization that the world has crossed a terrible watershed. The attack on the World Trade Center is the largest individual act of mass terrorism by any group in the history of modern terrorism. More people were killed in that terrorist attack than have been killed in 35 years of terrorism in all of Western Europe. As one expert

recently stated, terrorists have passed the point where they simply want "a lot of people watching, not a lot of people dead".

It is not only the magnitude of the World Trade Centre attack that sets this terrorist act apart. It is also clear that these terrorists would have no second thoughts about the use of weapons of mass destruction. In testimony before the Justice Committee of the House of Commons, a renowned British expert, Professor Paul Wilkinson, Chairman of the University of St. Andrews Center for the Study of Terrorism and Political Violence, had this to say about the new face of terrorism that emerged on September 11:

We have crossed the threshold... into the era of mass terrorism and we see a group which is actually hell-bent upon killing large numbers of people. In the information we already have

about the acts carried out by the bin Laden al-Qaeda network, we can certainly see the danger that if they had access to a means of dispersing chemical, nuclear or biological weapons, there is no reason to think that they would be in any way deterred from doing it by any moral constraints.

Professor Wilkinson continued in his testimony to warn Canadians that it is a mistake to view the present military action in Afghanistan as the sole means of ending the threat from these terrorists. While killing or capturing bin Laden may in fact seriously disrupt and weaken his terrorist organization, it does not mean that the Americans and their allies will end the threat. Rather, as Professor Wilkinson observed:

[As long as]... the tentacles of the network which we're now discovering through the belated intensive

efforts of intelligence agencies and police in so many countries, is spread over at least two dozen countries, including Canada, then there is a continuing danger of further attacks.

In response to the questions I asked the professor, he noted that it would be unwise for Canadians to assume that the international effort against terrorism could be dealt with in a period of a few years. It was for that reason that he urged Members of Parliament to enact strong anti-terrorist legislation that would provide Canadian police and security agencies with the appropriate ongoing legal authority to continue to deal with this serious threat.

In keeping with the view that the threat of international terrorism will be with us for a long period of time, the Prime Minister has recently stated that he is opposed to a "sunset clause" in the anti-terrorist legislation. Such a clause, if included in the legislation, would end this legislation on a specific date in the future. Instead, the Prime Minister maintained that a review of the legislation by the Justice Committee in a few years would be sufficient.

While I agree with the Prime Minister that a sunset clause could have serious negative ramifications on the extensive police investigations that must be carried out, I am concerned that review provisions in the legislation may not be a sufficient check on the broad police powers granted by the legislation. There are cases in which legislation that should have been reviewed by law more than six years ago has still not been reviewed.

In the weeks and months to come, this anti-terrorist legislation and the Canadian response to this global threat will continue to be the focus of much of my work as the Canadian Alliance Justice Critic and your Member of Parliament. Your participation in the town hall meetings on November 12 and 15 in Steinbach and Morris respectively, as well as any comments forwarded directly to my office, will be of great assistance to me. You may contact me through my website at www.victoews.com, by e-mail at toewsv1@mts.net, toll free at 1-866-333-1933 or at 326-9889, at my Altona office at 324-9709 or in my Lac du Bonnet office at 345-9762. You may also write to me at Box 2470, Steinbach, MB R0A 2A0, or fax me at 204-346-9874.

Lac du Bonnet Community Billboard

Lac du Bonnet Pioneer Club Bake Sale: Saturday, November 24, 10:00 a.m. to 12:00 noon.

Community Access Program: Learn how to use email - Saturday, November 24, 10:30 a.m. to 1:00 p.m., New Directions School, 40 Park Avenue, Lac du Bonnet. For more info call 345-2867.

Community Access Program: Make your own Christmas cards, December 1 or 8, 10:30 a.m. to 1:00 p.m., New Directions School, 40 Park Avenue, Lac du Bonnet. For more info call 345-2867. 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 the 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 Ter 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 345-1950. 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 345-8454, office 345-1919. Sunday: 11:00 a.m. - worship service.

NOTRE DAME CATHOLIC CHURCH

Father Richard Macchura, 345-1900. 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 Rastree 347-8415, church 345-2357. Sunday: 11:30 a.m. - worship, 11:30 a.m. - first and third Sunday of each month, holy eucharist.

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

The Winnipeg River Echo

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\$4.50 for the first 25 words 15c 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

Be active - your way, every day, for life... physical activity for older adults take note!

by Michelle Chudd, Recreation Director
Winnipeg River Recreation District, 345-8816
Email: reccomm@granite.mb.ca

First off - age is no barrier! Anyone, any age, can be physically active. Secondly, scientists have proven that being active reduces the risk of: heart disease, falls and injuries, obesity, high blood pressure, adult-onset diabetes, os-

teoporosis, stroke, depression, colon cancer and premature death.

So what does that mean? Heck, it's good for you. And finally - being physically active has benefits! Not only is it fun, but it is a great way to

meet new people, feel more relaxed and sleep better (and I know that there are some people out there that are up in the middle of the night). So what can you do to get started?

- Build physical activity into your daily routine.
- Do the activities you are doing now, more often.
- Walk wherever and whenever you can.

- Start slowly with easy stretching.
- Find activities that you enjoy.
- Try out one of the rec programs offered in town.

And just in case you doubt my research... the source for this article was *Canada's Physical Activity Guide* (just like *Canada's Food Guide*).

Royal Winnipeg Ballet Notice: No ballet classes on Sat-

urday, November 17. Make up class at the end.

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)!

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 by!

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.

Kitchen to market - is a food business in your future?

Cornerstone

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

After having recently attended several of the local craft shows, I thought it was time to remind entrepreneurs of a fabulous resource in my office, the *Kitchen to Market Kit* or *Blue Box*.

This food product and business package development package contains over 80 resources to help entrepreneurs research a potential food related business idea.

Both potential and established value-added food business entrepreneurs will greatly increase their chance of success by accessing and using information in the 'Box'. The time and cost to research an idea will be minimized because the resources are organized into one easy to use box.

All kinds of information on starting a food business, including specific contacts and toll free numbers on everything from food labelling and testing the market, to finance pro-

grams and business development, are allocated in this one box.

If you haven't had a look inside Manitoba Agriculture and Food's Blue Box, it is definitely the time to do so. Here is a look at five of the resources:

Manitoba Agriculture and Food's video *Kitchen to Market: What You Need to Know* captures the innovative approaches that seven Manitoba food businesses took to site location, packaging, distribution, organizing their business and food safety. The Food Development Centre's *Bringing Ideas to Market!* video gives an excellent overview of the centre's commitment to assisting agri-food businesses and its technical capabilities in food processing.

Entrepreneur's Technical Guide to Food Product Development and Manufacture is a resource from the Manitoba Food Processors Association,

has specific information on how to get your food products onto Manitoba grocery store shelves. A must read.

What the Turn of the Century Will Mean to your Computer Programs... And *Your Bottom Line*, the title of this brochure is self-explanatory.

The Sanitation Code for Canada's Foodservice Industry: Want to learn more about how basic HACPP principles can be implemented in your food business? This booklet will do it.

"How to Start..." *Factsheet Series* is a series of ten two-page factsheets on how to start a gift basket service, a bed and breakfast, etc. If unsure of just what direction to go with your food related business idea, these factsheets provide a brief, but accurate, profile of ten different businesses.

If you haven't seen this kit and would like to borrow it, it is available from my office for a two week loan period. Call me at 268-6015 to make arrangements.

Library Corner

Lac du Bonnet Regional Library



It is simply no mystery to us why the library is a popular place - thank you so much to everyone who joined us for the family story night on November 8. We hope you enjoyed the stories, activities and great selection of books by Canadian authors. Here's a riddle for the kids: What is the biggest building in the world? Answer: The library because it has the most stories!

Some of the new books that we introduced for our story night are: *Gold Rush Fever* by Barbara Greenwood. This is a story of the Klondike, 1898 - stories, information and activities bring history to life.

The Kids Winter Cottage Book by Jane Drake and Ann Love is the official book of wintertime. In it you'll find outdoor fun, snow sports, winter crafts, indoor games, fire-side stories, recipes and more!

A new series for junior readers is called *Our Canadian Girl!* - meet Emily from Victoria, Rachel from Nova Scotia, and Penelope from Halifax. The girls come from different places and times in

Canadian history, and each of them meets some ordinary - and extraordinary - challenges in her day-to-day life.

Eric Walters' latest thrilling adventure for teens is entitled *Northern Exposures*. Kevin Spreckmeester can't believe it's not a practical joke. He's just won a photograph contest he doesn't even remember entering and his winning photo was the result of a weird shutter glitch - not the amazing talent that the judges seem to think he possesses. What's even more bizarre is that the prize is a five-day trip to Churchill, Manitoba, to photograph polar bears with a renowned wildlife photographer.

A Dylan Maples adventure for junior readers is *Bone Beds of the Badlands* by Shane Peacock - another Canadian author. "Dylan and his best friends Terry, the Bomb and Rhett have won first place in the National Science Fair for their amazing mechanical T-rex. The prize - a parent-free trip to one of the coolest places on earth - the badlands of Alberta, home to ancient dino-

saur remains and a landscape that looks like the surface of an alien planet".

Become familiar with the many Canadian authors - their books are easily identified at the library by the red maple leaf sticker!

Remembrance Day was observed on a Sunday this year. A timely reading suggestion for this occasion would be *Women of the War Years: Stories of Determination and Indomitable Courage* by Orpha E. Galloway of Gladstone, Manitoba (2000). We appreciate this recent donation to the library by the Legion Ladies Auxiliary of Lac du Bonnet.

Do you have photos of a Canadian who died in war that you would like to preserve for future generations? ...or wartime letters and postcards that you would like to share with others? Check out the website www.virtualmemorial.gc.ca to find out how you can help build the Canadian Virtual War Memorial. We have beautiful bookmarks to commemorate Veterans' Week, November 5 to 11. Pick one up the next time you visit the library!

Want to Start Your Own Business!

Self-Employment Program

- You are presently receiving employment insurance (E.I.) benefits
- You have received E.I. benefits in the last 36 months
- You have received maternity or parental benefits in the last 60 months

If you are unemployed, and if any of these situations apply to you and you have a viable business idea, please join us for an information session.

Self-Employment Assistance Program

Call to register for an information session! 345-8691

Delivered by Winnipeg River Brokenhead Community Futures Development Corporation

Funded entirely by Manitoba Education and Training



Coping - the good and bad

by Dawn Sawatsky,
Anxiety Disorders
Association of Manitoba,
Eastman Region

Have you ever stopped to think about how you cope with difficult situations? What do you think about when you hear the word 'cope'? Some may view coping as 'just getting by', while others think of coping as an effective way of reducing stress and anxiety. Good coping strategies work in the

short and long term and leave you feeling in control of a situation. Bad coping strategies on the other hand don't work and are harmful which then leads to low self-esteem. Paying attention to the way you breathe, relaxing your body, self-talk, distraction, cleaning the house, getting fresh air, taking a bath, watching television, reading a book, talking with a doctor, psychologist, friend or relative, taking prescription

medication, inflicting pain or injuring yourself, using alcohol or street drugs, leaving or not facing a situation when you are uncomfortable are examples of both good and bad coping strategies.

As the world continues to evolve, many of its demands create more of a load on each of us. For many people, the most difficult word to form is the word 'no'. This can be all consuming at times, when all of a sudden you find

yourself so over committed that you cannot possibly imagine how you will ever be able to fit in time for yourself. This is often when bad coping strategies develop. It is at times like this that you may have to actually 'carve' some 'me time' so that healthy coping techniques can be helpful in reducing anxiety and stress levels.

Some immediate ways one can begin a good coping strategy to relax is by introducing

relaxed breathing and deep muscle relaxation into your daily routine. Anxiety levels are lowered naturally when done five to twenty minutes, one to three times a day. Written directions are available and may be requested free of charge from the Anxiety Disorders Association of Manitoba. Please call Dawn at 444-2660 or e-mail adamcestman@mts.net to ask for instructions to be sent to you.

Lac du Bonnet RCMP detachment report



The following constitutes the police report for Lac du Bonnet detachment for the period of October 31 to November 8.

October 31: A vehicle was checked in Lac du Bonnet and found to contain open liquor. An adult male passenger was charged accordingly.

A report was received of a store in Lac du Bonnet having eggs thrown on it. An underage male was identified as the culprit and the subject attended and cleaned up the mess he had caused.

A report was received of off road vehicles being operated illegally on the roadways in the River Hills area of the RM of Whitemouth.

A set of two GMC keys were turned in at the detachment.

November 1: A report was received of the theft of a bowl of chocolate bars from outside a residence on Elm

Street in the Town of Lac du Bonnet.

A report was received of an apparently disoriented adult male at a residence on Blueberry Rock Road in the RM of Lac du Bonnet. It was subsequently learned that he had been staying at a neighboring residence.

A report was received of a hit and run to a vehicle, which had been parked in the downtown area of Lac du Bonnet and on Balsam Crescent.

November 2: A report was received from a residence on Bilan Road in the RM of Lac du Bonnet of a vehicle having driven across the lawn on two occasions.

A check of a vehicle on McArthur Avenue in the Town of Lac du Bonnet revealed open liquor. An adult male was charged accordingly.

November 3: A report was received of a truck on PR 315 with three males who

were drinking beer and possibly poaching deer. The vehicle in question was subsequently stopped on PR 313 in the RM of Lac du Bonnet. No liquor was found, and the subjects were in lawful possession of a deer.

A report was received of three eggs being thrown at a truck in the downtown area of Lac du Bonnet. Under age male subject identified as being responsible and follow up being done.

A report was received of an adult male having escaped from the Milner Ridge Correctional Centre. The subject was arrested the next day by Winnipeg Police Service and taken to the Remand Centre.

November 4: A report was received of an intoxicated adult female at a residence on Edward Crescent in the RM of Lac du Bonnet, and the subject would not leave. Police attended and took the subject to her father's for the night.

A report was received from a residence on McArthur in the Town of Lac du Bonnet of being hit with eggs in the last two days while the property owner was away.

A request was received to accompany an adult female to her residence on PR 502 in

the RM of Lac du Bonnet in order to keep the peace while she picked up some personal effects.

November 5: A report was received of an adult male driving in the RM of Lac du Bonnet with no drivers licence. Police patrolled and apprehended the subject for driving while suspended. He was charged accordingly and the vehicle was impounded.

A report was received from Centennial School of a window being broken over the course of the weekend by having a log thrown through it.

A South African scam email was turned in to the detachment by a resident of the RM of Lac du Bonnet. The email was looking for a front person to facilitate the investment of millions of dollars. Same forwarded to Phonebusters in Ontario.

A report was received of a 16 foot aluminum canoe with 'Red Rock' written in black on both sides having been stolen from the canoe rack at the old marina in Pinawa.

A report was received of a vehicle being driven in a careless manner by an underage female in the Town of Lac du Bonnet.

November 6: A report was received from a resident of

the Town of Lac du Bonnet of two vehicles speeding in the town. Police patrolled and utilized radar, however, did not locate the vehicles in question.

A report was received from the owner of a lost dog that the dog in question was possibly at a premises in the RM of Alexander. Police attended and checked the premises, but no dog was present.

November 7: A report was received of fallow deer causing a potential hazard on Wendigo Road in the RM of Lac du Bonnet.

A report was received of a vehicle being operated carelessly on Kara Court in the Town of Lac du Bonnet. Police located the suspect and warned him as per the wishes of the complainant.

A report was received of the back stair railing being damaged at the Lac du Bonnet Youth Centre over this past weekend.

A report was received from the Whitemouth area of a white van having driven into a yard and then departed when the complainant's son yelled at the occupants. No indication as to make or licence number.

A report was received of a bear up a tree along PR 502 in the RM of Lac du Bonnet. Matter referred to DNR.

A report was received of a vehicle having slid off the road on PTH 11 right by the Town of Lac du Bonnet. Police attended and found there were no damages or injuries.

November 8: A request was received from Child and Family Services in Pine Falls to accompany a worker to the White Mud Falls Area to keep the peace during the apprehension of a child. Police attended and the apprehension was carried out.

CALL
CRIME STOPPERS
 1-800-782-8477

The Winnipeg River **Echo**

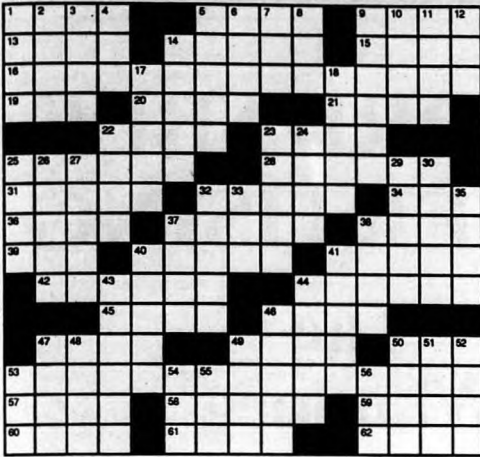
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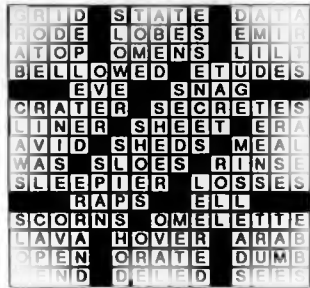


- 34. Boy
- 36. On highest point
- 37. Domineering
- 38. City in Nevada
- 39. Lair
- 40. Jittery
- 41. Freight
- 42. Following first
- 44. Good-natured teasing
- 45. Producer
- _____Preminger
- 46. Financial institution
- 47. Fountain confection
- 49. Sedan or coupe
- 50. Before (pref.)
- 53. Avoiding extremes (4 wrds.)
- 57. Object of worship
- 58. Subside
- 59. Seaweed (sing.)
- 60. Dried up (poet.)
- 61. Wheel cushion
- 62. Abound
- 10. Mortgage
- 11. Just fair (2 wrds.)
- 12. Pullfight shout (Sp.)
- 14. Walk on
- 17. Higher in place
- 18. Easily reached
- 22. Footfall
- 23. Stop
- 24. Singer Williams
- 25. Pleased
- 26. Appraises
- 27. Make amends
- 29. Watchful
- 30. Cooking stove
- 32. Musical movement
- 33. Curvy letter
- 35. Hinged opening
- 37. Twisted
- 38. Official grade
- 40. Whole amount
- 41. Light boat
- 43. Treated tenderly
- 44. Wash
- 46. Steep hill on plain
- 47. Flank
- 48. Smell
- 49. At a distance (poet.)
- 50. Warsaw native
- 51. Uncontrolled anger
- 52. Mild yellow cheese
- 53. Wrongly
- 54. Devour
- 55. Japanese sash
- 56. Rodent

- ACROSS**
- 1. Celebration
 - 5. Father
 - 9. Likewise
 - 13. Spoken
 - 14. Slender candle
 - 15. Musical instrument
 - 16. Specific dairy food (2 wrds.)
 - 19. Small moist bit
 - 20. Equal
 - 21. River in Italy
 - 22. Mineral springs
 - 23. Metal containers
 - 25. Ground into shreds
 - 28. Make beloved
 - 31. After some time
 - 32. Prepared

- DOWN**
- 1. Precious metal
 - 2. Operatic air
 - 3. Young sheep
 - 4. Priest's white robe
 - 5. Leaves in book
 - 6. Imitator
 - 7. For each
 - 8. Circle part
 - 9. Not willing

LAST WEEK'S ANSWERS



CRYPTIC PUZZLE

"WG'Q NHJB SGGWGJKX THG NHJB
SCGWGJKX OEWFE KXGBVWTXQ
NHJB SAGWGJKX WT AWLX."

-JTZTHOT

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

A TRUE FRIEND IS SOMEONE WHO IS
THERE FOR YOU WHEN HE'D RATHER
BE ANYWHERE ELSE.

-LEN WEIN

WEEKLY ECHO HOROSCOPE

for the week of
November 12 to November 18

Aries - March 21 to April 20

Great news! You may have won over some doubters. Your idea is great, but more importantly, your attitude has really shown bright, even to those few non-believers. You don't want to be smug over your accomplishment; enjoy it quietly.



Taurus - April 21 to May 21

Slow down and stop trying to do everything at once. The way you're going, you're not really accomplishing that much, and you're exasperating everyone around you. Make a list of what you need to get done, start at the top and work through it.



Gemini - May 22 to June 21

Feeling drained? It's probably because there has been so much emotional strain concerning a personal relationship of yours. Maybe it's time to start over. A fresh look at the situation may help you evaluate the good and the bad.



Cancer - June 22 to July 22

You try to always give others the benefit of the doubt, but you may find in the next few days someone is not worthy of that. Don't take it personally, but it's time you opened your eyes and got wise to what has been going on all along.



Leo - July 23 to August 23

Maybe it's time to be more objective about a situation that has come up concerning a relative. You shouldn't make judgment calls, especially because you don't know the whole story. You could be a big influence on older relatives.



Virgo - August 24 to September 22

Stick to your guns! Don't let your friends push you into something you really don't want. You may be surprised how your outlook on life changes once you really stand up for yourself and what you believe in. Others will notice the change, too.



Libra - September 23 to October 23

You're finding that a relationship is just not working out. Don't try to bluff the other person into believing it is just to avoid a confrontation. Instead, face the truth and present the problems to the other person. Make up your mind to get out!



Scorpio - October 24 to November 22

Try not to let business problems involving loved ones cloud your judgment. You can make the arrangement work, even if it doesn't seem like it today. Look beyond now and plan for the future. Most of all, try genuinely working together.



Sagittarius - November 23 to December 21

It's time you realized that taking advantage of a good friend is not a good idea. Stand on your own two feet for a change. Some people are getting tired of your antics. Maybe it's time you started looking for some new friends.



Capricorn - December 22 to January 20

A disagreement between you and your partner could mean a real problem on the home front. This could be the perfect time for you to practice what you're always preaching. Don't forget an important anniversary early next week.



Aquarius - January 21 to February 18

Taking too much for granted? It's time to stop and reevaluate what you're doing and what you expect in return. Listen to a friend who has a great idea about your time away from work. After all, a little time away will make a big difference.



Pisces - February 19 to March 20

Ignore criticism this week. You have a lot to accomplish, so you cannot get bogged down with others' negativity. Keep to the ideas you had, you will come out well toward the end of the week. Give yourself a party in celebration.



Echo Classifieds

For Sale

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.

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.

House for sale or rent - 2 bedroom house for rent or sale in the Powerview area. Call 367-8232.

For Rent

Suite for Rent - In Powerview. If interested please call for details 367-4875.

To Give Away

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

Miscellaneous

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.

Business Opportunity

Business opportunity - Well established lawn maintenance spray business. Large customer base. For more information call 345-9193.

Card of Thanks

We thank the Lac du Bonnet Children's Centre for the invitation to share their Thanksgiving turkey dinner on October 2.

It was fun to join the children in the playroom afterwards too. This was our third successful monthly exchange visit.

The Lac du Bonnet Health Centre Adult Day Program

FOR AFFORDABLE ADVERTISING

The Winnipeg River Echo

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56 Art Street Powerview

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Lac du Bonnet

Phone 345-9896, Fax 345-0004

Write to: Box 550, Pine Falls, MB R0E 1M0

Email: theecho@granite.mb.ca



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

NOTICE

ANNUAL GENERAL MEETING 2001 *Assemblée Générale Annuelle*

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.

L'Association de sante de Nord-Est inc. est heureuse d'annoncer que son assemblée générale annuelle aura lieu a 19 h dans les deux communautés suivants.

NOVEMBER 19 - BEAUSEJOUR

Brokenhead River Rec Complex

NOVEMBER 21 - PINE FALLS

Manitou Lodge

The Meeting will be conducted in English only.

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.

À l'Association de sante du Nord-Est inc. nous sommes heureux de tenir notre assemblée générale annuelle dans deux communautés puisque nous nous sommes engagés a faciliter votre participation à cet événement.

We look forward to seeing you at one of the meetings.
Nous espérons vous voir à l'une de nos réunions.

"Working together towards a healthy North Eastman"
"Travailler ensemble pour créer une région Nord-Est en Santé"

Part 2, No. 5 General Hospital of the RCMAC - WW II

by Geo. Bayly

On September 2, during a German air raid on Catania harbour, an anti-aircraft shell fell and exploded on the roof of No. 5 Hospital. That particular roof area was used as a mess hall for the British nursing sisters, who arrived with No. 5 GH. The shell exploded ten feet from the tables, wounding 12 sisters who required immediate surgery.

The first Canadian nurses arrived in Italy in November of 1943, many on board the ill-fated "Santa Elena", which, along with two other ships, were sunk by torpedo bombers of the German Luftwaffe. 99 nursing sisters were rescued from lifeboats and taken on board escorting destroyers.

During the Sicilian campaign, No. 5 General Hospital and ancillary personnel endured many hardships. The menace of malaria added to the work of all ranks and long narrow single roads made casualty evacuation so difficult that hospitals had to be moved as far forward as possible within the sound of heavy gunfire and exposed to Luftwaffe attacks. Casualty clearing stations, field dressing stations, and field surgical units were often set up ahead of gun sites and often under observation by the enemy.

No. 15 General Hospital had been established on July 11 at El Arouch, 21 miles inland from Philippeville in an area which reached 100 degrees in the hot season and where poor drainage in the rainy season caused the spread of a malignant form of malaria. In one day, 220 Canadians, mostly malaria convalescents, were transferred to No. 15 from No. 5 General Hospital by hospital ship.

On August 23, 1943, the Winnipeg Free Press ran an article by war correspondent Ross Munro with the headline saying, "Canadians Operate Hospital In Sicily" It began with the words "Somewhere in Sicily, Aug. 13 - For more than two weeks, a Canadian General Hospital has been operating in the heat of a base area with 18 doctors and 55 nurses treating Canadian wounded and sick coming back from the front. This hospital is the first one to reach Sicily, landing July 19"

The article went on to list the personnel, most of them from Manitoba: Majors C.K. Bleeks, S.A. Boyd, C.W. Clark, N.L. Elvin, C.B. Schoemperlein, and A. Tanner, all from Winnipeg, and Major L.P. Lansdown from Pine Falls. Other doctors included Majors F. Bonnell from Vancouver, L.S. Croll, Saskatoon, A. Rumball, Brandon, and Capt. J.T. Gemmell, Assiniboia, Man., C.C. Hennenberg, Flin Flon, and Capt. J.H. Fitzgerald who was the padre. The matron of No. 5 Hospital was Major Agnes McLeod of Edmonton and the assistant Matron was Lieut. Elva Honey of Binscarth, Man. The

rest of the nursing sisters hailed from all parts of the western provinces.

A front page headline in the Winnipeg Free Press of July 30, 1943 boasted: "Princess Pats Capture Leonforte" and Ross Munro's story went on to say, "The Princess Patricia's Canadian light Infantry, composed mostly of men from Manitoba, stormed into battle-torn Leonforte July 22, and ousted the last Germans. Today the Canadians are in sight of towering Mount Etna, around which are strung the last defensive positions of the enemy on Sicily." Ross Munro also told of the bravery of the medical sections, especially the stretcher bearers, who evacuated casualties for hours under intense machine gun fire and shelling.

While in Sicily, Major Lansdown and the other officers received a directive which ordered them to wear sidearms as there was apparently a danger from the Mafia presence on the island.

On September 3, 1943, the Eighth Army of British and Canadian Divisions crossed the Strait of Messina on to the toe of the Italian peninsula. On September 8, the U.S. Fifth Army and one British Corps began landings in the Gulf of Salerno south of Naples. The long struggle for the conquest was undertaken when the British First Division and 5 U.S. Battalions landed on beaches around the port of Anzio. During the first half of September, all the medical equipment and stores lost by enemy action had been replaced by the U.K., so No. 5 General Hospital expanded to 900 beds. By the end of November, 7100 patients had been admitted, mostly British, Americans, and Canadians, but every Allied contingent was represented. No. 15 General Hospital at El Arouch continued to serve as a base hospital for the reception and treatment of Canadian sick and wounded. The Canadian hospital ship, the "Lady Nelson" transported Canadians, when they were able to be moved, to the hospitals in England.

At the end of November, No. 1 and 14 General Hospitals had already arrived in Italy. No. 1 opened on December 1 at Andria on the Adriatic coast, about 30 miles north of Bari. No. 14 General Hospital, en route to Italy on the "Santa Elena", was almost lost when the ship was badly damaged by enemy aircraft. The sinking ship was abandoned but most of the medical officers and other ranks were rescued from lifeboats and rafts. In spite of this event, No. 14 General Hospital opened December 5 at Caserta, a town 15 miles inland from Naples as all of its ordinance and medical equipment had arrived safely by cargo ship.

Starting on January 24, 1944, No. 5 General Hospital began the

move to Andria after landing at Bari. Transport was by truck convoy to Andria 30 miles further north where it opened as a tented hospital on February 4 in the vicinity of No. 1 General Hospital which had opened there during December. No. 15 General Hospital opened at Casera, near No. 14 G.H. on the following day, February 5. Canadian battle casualties were admitted directly to the Andria group of Canadian hospitals, then to the Caserta group by ambulance train for the purpose of evacuation to the U.K. On May 6, 1944, No. 5 G.H. was moved to Cancello, just east of Naples, not far from Pompeii. While Major Lansdown was in the Naples area, he met the Mayor of Naples who gave him a book on the city of Rome.

Once again, fate intervened, changing Major Lansdown's role in the war. While jumping from a landing craft, which was pitching in a rough sea off-shore a beach in the vicinity of Naples, he suffered a freak accident. He must have landed on rocks just below the water, and in so doing, fractured the bones in both heels. After a period of convalescence at Caserta, he was transferred back to the U.K., where he rejoined the staff at the Canadian Red Cross Hospital at Taplow on the estate of Lady Astor.

When Taplow was completed in 1940, it was considered by leading army medical authorities, to be one of the finest military hospitals of its type. The hospital, constructed by the Red Cross at a cost of \$1,000,000, consisted of 41 hut building made of steel, concrete, and asphalt, was centrally heated, and had glassed-in sun rooms in each ward. The wards were furnished with maple furniture, comfortable spring-mattress beds and scarlet blankets.

Attached to the hospital was the research laboratory with modern equipment. The labora-

tory was established to study rare as well as ordinary conditions brought on by war. Soon after his return to the hospital at Taplow, Major Lansdown became the Director of the Research Laboratory and remained at that post until the hospital was closed in 1945.

After Major Lansdown's departure from No. 5 General Hospital, it was moved two more times before the war's end. On July 25, it moved to Rome until March 25, 1945, when it went to Turnhout in the Netherlands, where it remained until the end of the war. In May, 1946, 6 years and 9 months after Canada had declared war, and almost 2 years after the invasion of Normandy, the last Canadian troops withdrew from the soil of Germany.

Both Ddr. Lansdown and Dr. Bissett returned to Pine Falls after the war. Helen Hutchinson came home to Pine Falls as well and soon after became the Matron at the Pine Falls Hospital, a post she held for many years. After the war, she married Gordie McCracken. As the Pine Falls Hospital did not have a technologist at the time, Dr. Lansdown did all his own lab work (He had done post-graduate studies in bacteriology and microbiology during the depression). Many of the Lab Technologists who served under Major Lansdown at the Red Cross Hospital in England became section heads at the Deer Lodge Veteran's Hospital in Winnipeg. In 1947, Dr. Lansdown left Pine

Falls to become the Medical Director of the Swan Valley Health unit in Swan River, Man. In 1949, Dr. Lansdown was appointed Pathologist at the Provincial Laboratory at the Winnipeg General Hospital (later the Health Sciences Centre), appointed Assistant Director of Laboratories in 1953, and in 1956, he was appointed Director, a post he held until 1965. A photographic portrait of him, in his military uniform, hangs in the Board Room in the Provincial Laboratory at the Health Sciences Centre in Winnipeg.

Now we are approaching the 58th anniversary of the D-Day invasion of Normandy on June 6, 1944. It is interesting to note that from that day forward, all newspapers covered the "new front" and the progress of the Canadian army and the Allies in Italy was barely mentioned again. However, Canadian troops engaged in bitter struggles such as the taking of Ortona and it was the Canadians who cleared the road to Rome. The Canadian Army was not allowed to enter Rome ahead of the U.S. Army even though they had driven off all German Panzer units and cleared the way into the city. There is a new video available now from the War Amps called "A War of Their Own", which covers all of the units of the Canadian army in Italy and their huge accomplishments, including those of the men and women who served in the Medical Corps.

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