

The Winnipeg River

Echo



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cont

Vol. 4, No. 22 October 28, 2003

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Traverse Bay beach ruined by break waters

by Charles Norman

Dean Gould, Chairman of the Lake Winnipeg Shoreline Erosion Technical Committee, in an interview with The Echo yesterday, said three shoreline erosion protection projects, using three different engineering consultants are in the design stage.

The three projects, one of them in Traverse Bay, the other two on the other side of the lake at Winnipeg Beach and Hnaua will be on public property so that the public can easily follow the project's progress.

The Lake Winnipeg Shoreline Erosion Technical Committee, along with a stakeholder's advisory committee, was set up about four years ago after a severe November storm, coinciding with high lake levels caused major damage to lakeshore properties. The work of the committee has resulted in the March 2001 Conservation Department publication of "The

Shoreline Management Handbook"

The Shoreline Erosion Technical Committee will continue to play a role in the management of Lake Winnipeg's Shoreline. Plans are underway for permits from municipal governments to be required prior to any construction work on the shoreline. The committee is intended to be a "one-stop-shop" for advice to municipalities on the approval of permits. Since the provincial Department of Conservation, and the Federal Department of Fisheries and Oceans both have a stake in the process they are both represented on the committee. Some shoreline projects, for example boulder break waters (the technical name is groins) projecting into the lake, for example, are a hazard to navigation and as such are in contravention of the Navigable Waters Act. Gould said he did not know why the act was not enforced in the



Three erosion protection projects, are in the design stages. One in Traverse Bay, Winnipeg Beach and Hnaua

past. They are not likely to be approved in the future. Gould said, "People in Traverse Bay have put in a lot of groins and ruined a whole beach."

Gould said Gabions, rocks enclosed in a wire mesh cage, are ok, but will need permits

in the future. He said there are some design issues that the public should be aware of. Gabions work by dissipating the force of a wave in the rock inside the gabion. They are placed at high water level, and not in the lake itself.

Public meetings and workshops dealing with aspects of shoreline erosion are planned for communities around the lake next year.

Search called off for missing man

Lac du Bonnet RCMP suspend search for lost fisherman

By Jim Hampshire

After more than two weeks of combing the waters and in front of Poplar Bay, the Lac du Bonnet RCMP have officially called off the search for a Winnipeg resident, believed to have drowned while fishing in the area.

Richard Cushnie, age 51, went missing from his family cottage at Poplar Bay on the

morning of Oct. 9 and RCMP were notified when another cottager found Cushnie's boat capsized and drifting offshore.

Staff Sergeant Mel Mitchell of the Lac du Bonnet detachment reports that all efforts were made to locate the missing man, but the decision was made to suspend the search operations last week.

"At this point we can only say that the individual drowned by misfortune and that it was

decided to call off the search," Mitchell said earlier this week. "We have searched by air and by boat since October 9 and we haven't found any signs in the water or on the shoreline."

The Lac du Bonnet RCMP worked with the Bird River Fire Department during the search and recovery operation, but they say they have exhausted all resources.

The colder water temperatures definitely play into the

situation," Mitchell explained. "We've out at first on every day searching by helicopter and by boat in the days following the incident and we've been out several times through last week. But it is possible this individual won't surface until next spring."

The RCMP say they couldn't pinpoint the exact location of the mishap, saying the boat might have drifted before it was located and towed to

Tall Timber Lodge by another cottager.

"There weren't any eye witnesses so we can't ascertain a definite location," Mitchell reported. "We covered a very large area from the air and the Bird River Fire Department an enormous number of hours, assisting by boat. We can only do so much before it becomes futile."

EEK EEK!
BOO!
GRRR!
AHHH!

From The
Winnipeg
River
Echo

Deals on Wheels

Winnipeg River Auto Sales opens in Lac du Bonnet

By Jim Hampshire

Buying a new car can be an expensive ordeal for anyone, especially when you consider that some makes and models can cost as much as a decent home. And when you further consider that new cars can lose 25% of their value once you roll off the lot, it's little wonder why car-buyers are looking back a couple of years when they shop for their next family sedan. Area resident Ray Vosper knows this and that is why he has opened his barely-used car operation on First Street in Lac du Bonnet.

"Car manufacturers are making vehicles that last a lot longer than they used to," Vosper said from his car lot at Augustine's Garage in Lac du Bonnet. "Basically more people are saving a lot of money when buying a vehicle that is a year or two old and these cars are still in showroom condition. Who wouldn't want to save ten or twenty thousand dollars?"

Vosper says he was looking to set up used car business in the area, in conjunction with a reconditioned car operation in Winnipeg. The semi-retired Lee River resident noted that the Lac du Bonnet consumers

could use a little more local selection when it came to auto sales and Augustine's Garage provided their car lot for his new venture.

"I approached Tony Augustine about this idea and he immediately thought it would be good for all concerned," Vosper offered. "I have a working arrangement with West Perimeter Auto Sales and we wasted no time moving some cars in last week."

Although Vosper says he plans to keep an inventory of 25 cars on his lot, he adds that he has immediate access to 75 additional used vehicles in Winnipeg, which he can tap into at anytime. And although most cars in stock come from auctions or Winnipeg car dealers who don't have room to display the newer trade-ins, Vosper explains that the cars are carefully looked at before he will put them on his lot.

"First of all we only stock cars up to five years old and you can tell by the low mileage and overall condition that they are worth taking on," he explained. "But before they go to the lot, they are carefully detailed and inspected by mechanics so they are fully



Winnipeg River Auto Sales has just opened for business at Augustines Garage on 1st street in Lac du Bonnet.

safety'd before they are sold."

So far Vosper reports that people have been very receptive to his new business as he has made a few sales before he could even hang a sign on the door. He points out that his Winnipeg River Auto Sales operation offers extended warranties besides the standard 90-day coverage, but he says his new customers are surprised to find that he also offers life and disability insur-

ance, much like any bank.

"We deal with all banks and we can help with financing," he noted. "When you combine that with low prices and our warrantee packages, the customer is getting the same service for a fraction of the price at any dealership."

And while Vosper's front office overlooks Worona's Brothers Ford dealership, he says there is room for a little competition in the region.

"I have known the Worona Brothers operation for a long time," Vosper said. "And I think Earl (Worona) will be the first to say this is a great opportunity for both car lots. Now car buyers won't have to go out of town for more selection because, between both businesses, there will be a deal to be found and we can ultimately help each other by keeping the average consumer interested at the local level."

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The Winnipeg River **Echo**

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Local youth receive achievement awards

Thursday, October 23rd was a spectacular night at the Winnipeg Convention Center. The Manitoba Aboriginal Youth Achievement Awards for 2003 recognized 14 youth from all corners of the province. It was the 10th anniversary for these awards.

There were 1416 people in attendance at this prestigious banquet. The evening commenced with the Grand Entry. There were many dignitaries in attendance. A delicious meal was enjoyed by all.

During the evening, a commemorative video was shown to celebrate the past ten years of the Manitoba Aboriginal Youth Achievement Awards. This gave them the opportunity to showcase all the past winners.

Following the video, the awards were given to the deserving recipients.

It was impressive to see all that had been accomplished by these recipients. Two local brothers, Daniel and Remi Dupont were amongst the 14 youth who received an award. Daniel was recognized in the Artistic Visual category. Remi received his award in the Community Volunteer Junior category. They had been nominated by Mr. Paul Magnan, principal of Ecole Powerview School. Awards were also given in the following categories, Academic, Athletic, Cultural, Personal Achievement, Employment in a Traditional Field, Business/Entrepreneurial and Artistic Performance. Each recipient was given a glass trophy and a blanket. In his acceptance speech, Daniel thanked God for giving him the gifts that he has received



(Left to right) Daniel Dupont, Paul Magnan, Principal at Ecole Powerview School and Remi Dupont

and the ability to share them with others. Remi spoke of how he finds great joy in servant leadership, helping others. His pride of his Metis roots shone through.

During the evening the Summerbear Dancers, Red Sun Singers, Call to the Future Hoop Dancers, Sweetgrass Road Singers and Duck Bay Square Dancers enter-

tained young and old. The evening closed up with the Honor Song.

The award winners as well as all the youth who had been nominated for these awards are an in-

spiration to us and a testimony of the accomplishments of our future community leaders.

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WINGS OF POWER Citizens on Patrol Program

Bits and Bites

by Michelle Berthelette



October seems to have swept through as quickly as the autumn wind. I cannot believe it is almost over. The children however are quite happy though, because that means that Halloween is finally here. To join in on the fun, we are having a Halloween Drop In from 10 - Noon, on October 31st. Parents are invited to drop in with their little ones (in costumes if you'd like) and check out our parent/child centres. Crafts and games will be set out for you to do with your child. There will be snacks and maybe even a treat or two! It should be a lot of fun.

Just another reminder for those interested, Nobody's Perfect starts next week, November 5th. There is no such thing as a perfect parent. We all do our best and can only keep trying to improve. If you are the parent of a child between the ages of 0 and 5, and are interested in meeting with other parents to share and

learn more about parenting, please call Michelle @ 367-9641 to register. The program will run every Wednesday from 11:30 - 1 for six to eight weeks. Child minding will be offered for children over 1 and rides can also be arranged if needed.

Coming up for the month of November - There will be a 3 & 4-year-old Wellness Day. It will be held in the multipurpose room at Ecole Powerview School on Monday November 17th, from 10 a.m. to 3 p.m. All parents and guardians of 3 and 4 year olds are welcome to drop in with their children. There will be several professionals on hand to give you advice. Fine and gross motor skills, vision and hearing screening and advice and information on language development and dental hygiene will be available. This is an excellent opportunity to get access to several services at once. Please make sure not to miss it.

submitted by C.J. (Carl) Dinsdale, Cst.

The Powerview Community Office of the Winnipeg River RCMP Detachment has recently been approached by a resident of Pine Falls with an interest in forming a C.O.P.P. or Citizens on Patrol Program for the communities of Pine Falls, Powerview and surrounding areas. For those readers not aware of the program, it is simply a group of residents who volunteer their time to patrol their own communities in order to sometimes detect, but most times prevent, crime. This program is an excellent way for communities to take ownership of their homes back from would be criminals and is fully supported by the RCMP and Manitoba Public Insurance, who both provide assistance and resources in running the program. The biggest challenge to operating a C.O.P.P. is getting a volunteer commitment from enough people to make the program viable, the more volunteers the less time each person is going to have to commit each month. One of the pitfalls of these programs is that once they begin, interest may drop off because volunteers get bored with patrolling and not seeing anything. Ironically this is the biggest sign of the program being successful, the fact that crimes are not being committed because they are out there. Once a volunteer base is established, MPI and the RCMP will provide some basic training to volunteers and some basic equipment, then it's left to the local organizers to run. Before venturing into the program here, the RCMP would like to

get an idea about how much interest there is in this type of venture and are therefore requesting that anyone who would be interested in participating contact the Powerview Community Office and leave your name. Interested people can call 367-8728, Monday to Friday 8:00am to 4:00pm and leave your name, contact number and what community you live in so we can establish if there is enough support to begin organizing a local C.O.P.P.

Our course any other readers in a local community policed by the Winnipeg River Detachment who have an interest in this type of program are welcome to call as well. This is an excellent program that is supported by statistics in having been extremely successful in other communities it was been established in.

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Churches save the day

By Charles Norman

The Pine Falls Annual Christmas Craft Sale almost didn't happen this year.

Every year a very popular Christmas Craft Sale has been held in the Pine Falls School Gym. Lately it has been organized by Dee Sparrow, who, for the last three years or so, has had difficulties in arranging for folding tables for the exhibitors.

The only local organization with enough folding tables is the PRA. The PRA, after a major volunteer effort, repaired all the tables, resolved not to rent them out to other local organizations, presumably to postpone the need for another table-repairing work-fest.

Dee Sparrow gave up trying to get the PRA to change its policy earlier this month. She had no option but to cancel the Craft Show.

However, the local United and Anglican churches do have a few tables, not enough to fill the Pine Falls School Gym, but enough to put on a sale. Joyce and Christie Sharp, after arranging for the tables to be moved by the Kick-Boxing Club to minimize damage, were able to convince the two churches to make their tables available.

The Annual Pine Falls Christmas Craft Sale will be held in the Pine Falls School Gym on November 29 as originally scheduled.

Razor Still Sharpe After Year Off

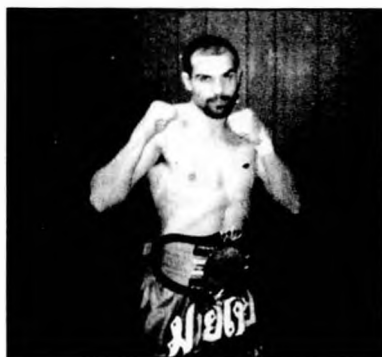
Larry "Razor" Sharpe won the IKF North American Super middle-weight title on October 26th, 2002 in Casper Wyoming. He announced at that time that he would be retiring from kickboxing unless a World Title fight was on the line. A couple months ago promoter Raul Hernandez of Mexico City contacted Sharpe about a world title match in Mexico, so Sharpe began training kickboxing again.

Since retiring from kickboxing, six times World Champion Duke Roufus was after Sharpe to fight his number one student "Battling" Ben Dauk. Sharpe agreed to fight Dauk as a comeback fight before heading to Mexico.

This past weekend Larry "Razor" Sharpe and "Battling" Ben Dauk squared off in the ring. Dauk stepped into the ring an undefeated fighter, both as an amateur and as a professional. Dauk was the US National Champ six years in a row before turning pro in 2003, and won 3

straight fights by K.O. Sharpe stepped into the ring with a perfect professional record as well 8-0, not to mention the IKF and WKA North American Super middle weight titles to his credit. Somebody's 0 had to go.

The bell rang for round one; Dauk threw a front kick, which, Sharpe side-stepped while throwing an overhand left punch. It landed square on the Americans jaw sending him to the canvas, shocking all in attendance including Dauk and his trainer Duke Roufus. "Battling" Ben regained his feet, but Sharpe went in for the kill. A couple punches later and Dauk was on the Canvas for the second time. "Battling" Ben regained his feet, but Sharpe would put him down two more times in the first round, before the fight was called. Sharpe would earn a 1st round Knock-out and ISKA North American Super MiddleWeight Title. After the fight Sharpe was pleased at how well his game plan worked. Sharpe, a heavy puncher had planned to counter



Larry "Razor" Sharpe won the IKF North American Super Middleweight title this past weekend

the hard kicks of his opponent, by throwing a hard left as he kicked. "I saw it in my head over and over, before the fight, and it was like Déjà vu when I landed that first big punch that probably decided the fight. I saw him crumple to the ground. I looked at his face and I knew he was in great trouble. I'm glad that I won by a convincing knockout, but at the same time you would like to get tested more and push yourself. Also people didn't get to see how

good of an opponent I had. He made one mistake and he paid the price which is a risk when fighting at an elite level."

The win secures Sharpe's place as the best Super middle weight in North America, as he now holds North American Titles in all 3 major sanctioning bodies the WKA, IKF, and ISKA.

Sharpe is currently for a plane ticket or contact to confirm the World Title shot in Mexico City, tentatively booked for early December.

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Midget Hockey News

by Jarret Pachkowsky

Are the Paper Kings back? No but the Pine Falls/Sagkeeng area have joined to form a midget hockey club. The midget hockey club are using the Paper Kings uniforms and are very proud to represent our local area. The boys are well equipped and hope to be successful and have a great season. The boys are lead by Trevor Sokoloski (coach), Denis Cyr (ass. coach), Claude Guimond (ass coach), Jack Bonekamp and Fay Berthelette (co-managers), and Ron Pachkowsky (trainer).

This past weekend on Saturday October 25th the boys commenced their season in Fort Frances, Ontario. The boys played very well. In the first period the Fort Frances Canadians started off the scoring with a goal scored by #2 Zach Halwachs, assisted by #27 Danny Chapman. In the second period The Canadians came out with another goal scored by #9 Kevin Plett, assisted by #16 Elijah Smith. Shortly after, our boys finally answered back with a goal scored by #4 Payton Richardson, assisted by #8 Alex Corello. In the third

period the Canadians came out once again with the first goal scored by #15 Brian Vargas, assisted by #10 Scott Howarth. The Ontario boys shortly wedged in another to make the score 4 to 1 scored by #17 Brett Myers, unassisted. Our boys finally regrouped, and at 4:02 in the third period hit the back of the net, this time scored by #9 Colin Cyr, assisted by #6 Emry Guimond. The boys had a few more good chances but the buzzer went and the game had ended in a 4-2 loss to the Fort Frances Canadians. The boys are in town

next weekend for a Saturday, Sunday double header. On Saturday November 1st the boys are playing the Steinbach Millers at 4:00pm at the Pine Falls arena. The boys are also in action on Sunday November 2nd in town to play the Southern Steelers at 4:00pm at the Pine Falls Arena.

The boys would like our community to get involved and show your support by attending our home games, we must have support to be successful! Looking forward to seeing you all there! Have a great week!

Southeast Blades Player Profiles

Lyle McKay



Birthdate: April 21, 1984
Height: 6'1 1/2"
Weight: 170 lbs.
Shot: Right
Position: Defense
Last team played for: Southeast Blades
Hometown: Fisher River First Nation
Favourite Movie: Scarface
Favourite NHL'er: Rob Blake
Favourite Food: Pizza
Favourite Music: Hip Hop/Rap
Greatest hockey achievement: Winnipeg the Addison Division last year
What do you want for Christmas: My 2 Front Teeth

Aaron Courchene



Birthdate: October 8, 1983
Height: 5'9"
Weight: 170 lbs.
Shot: Left
Position: Defense
Last team played for: Southeast Blades
Hometown: Fisher River First Nation
Favourite Movie: Dazed & Confused
Favourite NHL'er: Adam Foote
Favourite Food: Pizza Pops
Favourite Music: All Kinds
Greatest Hockey Achievement: Winning Addison Division
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Library Corner



Lac du Bonnet Regional Library

Hi, my name is Heather, and I am the C.A.P. student at the Lac du Bonnet Library. C.A.P. is the community access program that offers free internet access to the public in local places like the library and Mrs. Lucci's and the WRB Community Futures Development Corporation. The internet is a great resource with many opportunities and has something that appeals to people of all ages. Whether you're doing research for a project or keeping in touch with friends throughout the world, the internet is an endless source of information and entertainment.

Feel free to drop by or book time on one of the computers in the library. If you've always wanted to use the internet, but weren't sure what it was

all about, I'm here to help you. I can help you set up an e-mail account and show you the basics of the internet and soon you'll be on your way. The world is just a click away. Hope to see you soon.

The library is always a good place to visit! November 1-8 is **Canadian Children's Book Week**. This year the theme is *Families and Friends*, and the Canadian Children's Book Centre assists us in selecting appropriate theme-related books to display for this occasion. They also distribute a free book to every Grade One student across Canada. This year, the Grade Ones will receive a copy of *The Girl Who Hated Books*, written by Manjusha Pawagi, illustrated by Leanne Franson and published by Second

Story Press. This annual book giveaway is generously sponsored by TD Bank Financial Group. Children in Grades 2 to 6 are also being encouraged to participate in a writing contest. Just write a story or poem about family or friendship, with a maximum of 2000 words, and send your entry to the book centre in Toronto before December 1, 2003. Contact the library if you would like more information.

Help us celebrate Book Week by joining us at the library for our Annual Family Night on **Thursday, November 6th, from 6:30 to 8:00pm** for some family fun. Participate in a variety of board games suitable for young and old alike. Check out the book displays and visit with friends from the community! Refreshments will be available.

Legion news

Pine Falls Legion Branch #64

submitted by Sharon Mignon

Due to Halloween being held on Friday, October 31st, we will hold our meat raffles and birthday draw on Thursday, October 30th. Meat raffles start at 5:00p.m. Our entertainment committee is having a Halloween Party on Friday, October 31st starting at 8:00 p.m. There will be a prize for the best costume for those who wish to participate.

Our Early Bird campaign for Legion memberships is now in effect. Any Branch or Auxiliary members paying their dues before November 30th will be entered into a draw. One name will be

picked for the Branch and one for the Auxiliary members. These winners will have their 2004 dues refunded. Dues for the Branch are \$34.00 for regular and \$29.00 for retired members. Auxiliary dues are \$12.00. These can be paid at our Legion clubrooms. Application forms are also available in our clubrooms for anyone who is interested in becoming a Branch or Auxiliary member.

Remembrance Day services will be held on Tuesday, November 11th at 11:00 a.m. at the Pine Falls Cenotaph. The Ladies Auxiliary will serve soup, sandwiches and coffee in the clubrooms after the services. Please



try to attend and give a few moments of your time to come out and remember all those who gave up their lives so we can live in freedom.

Our next branch general meeting is on Thursday, November 13th at 7:30 p.m. at which time elections will be held for Treasurer, 2nd Vice, Secretary and Membership positions. The Auxiliary general meeting is on Thursday, November 20th at 7:30 p.m. and elections will also be held for the various positions.

The Winnipeg River
Echo

QUESTIONS? COMMENTS? CONCERNS?

Contact us at our office.
Powerview 367-9468, 56 Art Street
Box 550, Pine Falls, MB R0E 1M0
Email us at - theecho@mb.sympatico.ca

Village of Powerview and Pine Falls Merger Committee

October 23, 2003:

The Village of Powerview and the Pine Falls Merger Committee have reached an agreement in principle on a counter proposal. Terms will be submitted to Tembec Paper Group upon legal review in the near future.

The Village of Powerview and the Pine Falls Merger Committee would like to thank the community for its patience and continued support.



Through Manitoba Women's Institute, women from their homes in rural Manitoba can make a world of difference locally, nationally and globally.

For more information contact:
Manitoba Women's Institute

Phone: 204/945-8976
Fax: 204-945-6134
www.gov.mb.ca/agriculture/organizations/wi/index.html

flu season

shot
to the flu!

And protect with a too.

Your annual flu shot is **free** if you are:

- age 65 or older,
- chronically ill, or
- a health care worker.

One pneumonia shot gives you a lifetime of protection – it's free if you are 65 or older, or chronically ill.

For more information, contact your public health nurse, doctor, pharmacist, or call Health Links (toll-free) at 1-888-315-9257 or in Winnipeg at 788-8200.

www.gov.mb.ca



Recreation Ramblings

by Michelle Chudd, Recreation Director
Winnipeg River Recreation District 345-8816/753-2639
Email: reccomm@granite.mb.ca

Our next programming season

I don't like to skip seasons but... we have to get busy planning and advertising our Winter session of activities. If there is something that you would like to see offered in our area in Winter 2004 please call Kim at the Rec office at 345 8816 or 753 2639.

An evening of Wines

Not sure how to match up your wines with you food? Ever hosted a dinner party and had trouble figuring out what the majority of people would like? Kenaston Wine Market will answer those questions on October 28. In the Secondary School Home EC room in Pinawa. Call the rec office to sign up today!

Fitness Leaders Theory course

Interested in fitness training? Want to lead a fitness class? How about being a personal trainer? This is the course for you in this Provincial certification program. This certification course is being offered in our area on

November 14 - 16 at LdB Senior School. Call the rec office for details.

Annual Christmas Craft sale

It is not too early to plan for the biggest craft sale in town. Mark Saturday, November 15 on your calendars and come on down to the LdB Community Centre from 10am to 4pm and take in oodles of vendors with some awesome craft and baking items and so much more!

Toy sale

Mrs. Lucci's will be holding their annual Toy Sale on Saturday, November 15. If you would like to book a table contact Kristen at 345 9909.

Infant Massage

Mrs. Lucci's is offering infant massage. For more information contact Kristen at 345 9909.

Theatre

Interested in acting? Coming this January on Saturday's, acting for kids. Watch for our winter brochure for more information

A Students Perspective

by Jarret Pachkowsky

This past week started off with a lecture from some local RCMP officers about the smoking area which the high school students use in the front of the school. The officers just simply made it clear that students that continue to block traffic, litter, strike passing vehicles, and trespass on private property, that they will be charged. This issue has been a growing problem since the beginning of the school year and the local constables are sick and tired of the complaints from local residents and will begin to charge the students.

On Monday evening the boys and girls high school volleyball teams hosted the Winnipegow teams. The girls played first and were defeated in four games of a best of five

series. The boys played excellent but unfortunately came up short in the fifth and final game when Winnipegow defeated our boys 15-12. The boys said "It was to close, we'll get them next time around". On Wednesday both teams were back in action in the rather small town of Pinawa. The girls played first and defeated the Pinawa girls in 5 games. The girls all played very well and made us proud. The girls all contributed to the win, the captain Jenna MacLellan came out with some huge plays for the girls and is very proud of the girls. Congratulations girls on the big win! The boys game however was a rather different story. The first game the boys were defeated 25 to 5. Although the boys got mopped up by the well equipped

Pinawa team, they regrouped and just improved as the night progressed and lost 25 to 19 in the second game, and 25 to 22 in the third game.

Wacky Wednesday for K-3 students was well attended. The students seemed to be having fun, running, smiling, and laughing. We encourage more students to attend. The Discovery program for students in grade 5-8 has also commenced and is looking to be successful.

The grads are putting on spirit week this week and encourage the students from K-12 to participate, because how fun is school if there is no school spirit. The grad hope to have lots of participation from all grades and hope to make it a fun and exciting week!

Halloween Safety

Everyone knows Halloween is supposed to be fun. The one way to ensure that it's just that is to follow some simple safety tips. It all comes down to common sense from both parents and kids, so here's a common-sense guide:

- Walk on sidewalks, not in the street.
- Look both ways before crossing the street.
- Cross the street only at corners.
- Don't hide or cross the street between parked cars.
- Plan your route and share it with your family. If possible,

- have an adult go with you.
- Visit homes that have the porch light on.
- Accept your treats at the door and never go into a stranger's house.
- Throw out anything that appears tampered with, homemade foods, or home-packaged foods unless you are certain of the source.
- Inspect fruit closely and take away treats that may not be age-appropriate.
- Young children may choke on things like hard candy or peanuts.
- Costumes should not have trailing material or tails long enough to cause falls.
- Use face paint rather than masks or things

- that will cover the eyes.
- Wear light-colored or reflective-type clothing so you are more visible.
- Carry a flashlight to light your way.
- Keep away from open fires and candles.
- Be sure all parts of the costume are labeled flame retardant.
- Pointed objects such as swords and devils' forks should be made of soft material.
- If your child wears a mask instead of make-up on their face, double check that the eye holes are large enough to see through clearly.
- Children should wear sturdy shoes and temperature appropriate clothing underneath their costumes.

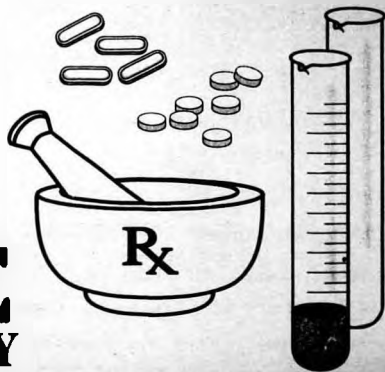
TRY YOUR DRUGSTORE *first*

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

PINE PHARMACY

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

367-2611



DISPENSARY

367-2517

INFLUENZA 2003 CLINICS

Pine Falls & Area Clinics

Wed., Oct. 15th	9:30am - 2:00pm	Victoria Beach Sports Club
Sat., Oct. 18th	9:30am - 11:30pm	Pine Falls Golden Leisure Club
	1:00pm - 4:00pm	Pine Falls Health Centre (Multipurpose Room)
Tue., Oct. 21st	1:00pm - 2:00pm	Pine Falls Pineview Manor
Tue., Oct. 28th	11:30am - 1:30pm	Seymourville Health Office
	11:30am - 1:30pm	Marigotagan Health
	3:00pm - 4:00pm	Bissett Health Centre
Mon., Nov. 3	10:30am - 12:00pm	Powerview Winnipeg River Manor
	2:00pm - 3:00pm	St. Georges Chataaugay Manor
Tue., Nov. 4	11:30am - 1:00pm	Slead Community Centre
Wed., Nov. 5	9:00am - 4:00pm	Pine Falls Health Centre (Itinerant Office)
Wed., Nov. 12	9:00am - 12:00pm	Pine Falls Health Centre (Itinerant Office)

Lac du Bonnet & Pinawa Clinics

Thur., Oct. 16	9:00am - 1:00pm	LdB Pioneer Club
	2:30pm - 4:30pm	LdB Health Centre Public Health
Wed., Oct. 22	9:30am - 12:00pm	
	1:00pm - 3:30pm	Pinawa Hospital Public Health
Thur., Oct. 23	9:30am - 12:00pm	
	1:00pm - 3:30pm	LdB Health Centre Public Health
Sat., Nov. 1	9:00am - 12:00pm	LdB Health Centre Public Health
	2:00pm - 6:00pm	Pinawa Hospital Public Health
Sat. Nov. 8	11:00am - 3:00pm	LdB Ingham's Pharmacy



North Eastman Health Association

HALLOWEEN

ROASTED PUMPKIN SEEDS

Nothing tastes better than fresh roasted pumpkin seeds! Why throw them away when in just a few minutes you can have them baking in the oven, scenting your home with the wonderful smell of autumn!

Preparation

Find a nice pumpkin. Now, cut the top open and get that pumpkin!

To roast your pumpkin seeds, do not wash them first! Washing removes all the natural flavor. Instead, remove the seeds from the strings and place a single layer on a cookie sheet. Try and make an even layer, the less they lay on each other, the better they can bake. Add salt to taste and bake at 250° until dry, stirring occasionally. Bake for about 15 to 30 minutes or until the start to turn a very light gold.

Sweet & Spicy Pumpkin Seeds

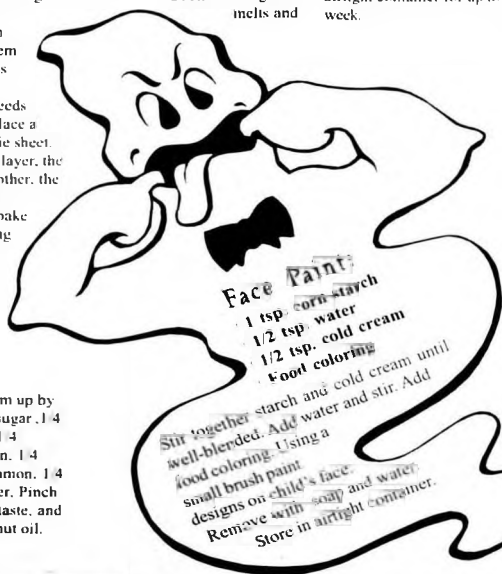
You can also spice them up by mixing 5 tablespoons sugar, 1/4 teaspoon coarse salt, 1/4 teaspoon ground cumin, 1/4 teaspoon ground cinnamon, 1/4 teaspoon ground ginger, Pinch cayenne pepper or to taste, and 1 1/2 tablespoons peanut oil.

Prepare seeds as above but line the cookie sheet with parchment paper. In a medium bowl combine 3 tablespoons of the sugar and the salt, cumin, cinnamon, ginger, and cayenne. Heat peanut oil in a large nonstick skillet over high heat. Add pumpkin seeds (after baked) and 2 tablespoons sugar. Cook until sugar melts and

the pumpkin seeds begin to caramelize, about 45 to 60 seconds. Transfer to bowl with spices and stir well to coat. Let cool.

Storage & Serving

Set bowls of these around for parties so they never last long but you can store them in an airtight container for up to 1 week.



SHRUNKEN APPLE HEADS

- Large red or golden delicious apple
- 1/3 cup lemon juice
- 1 tbsp. salt
- Whole cloves
- Rice
- Bottle cap



Peel apple and coat with mixture of lemon juice and salt. With a potato peeler, knife, or pumpkin carver

carve out eye sockets, nose, mouth and ears. Stick whole cloves where eyes should be and rice where teeth should be. Sit apple on top of bottle cap. Place on a drying rack in a warm, dry place for about 2 weeks. Shape the face as it shrinks and hardens. Once dry, insert a strong wire to form body and add clothes if desired or other accessories.

CAT TREAT CUP

Use a tin can to make a treat cup that looks like a cat.

Materials Needed:

- Tin Can
- Paint
- Tacky Glue
- Black Paper
- 2 Wiggle Eyes



Instructions:

Paint the outside of the tin can black. Using black construction paper, cut out a tail shape and 2 ear shapes. You can also cut 2 smaller ear shapes out of pink paper. Paint a mouth, nose, and whiskers on one side of your can and add the wiggle eyes (you can also paint on eyes if you like). Glue the ear shapes to the top inside edge of the cup. Once the face has dried, glue one end of the tail on the opposite side of the can. Let the glue dry before you move it around! Fill your cat can with treats for Halloween! (Be very careful for sharp edges!)



Trick or Treat!!!

Lac du Bonnet RCMP Report



The following constitutes the Police Report for Lac du Bonnet Detachment for the period of the 17th of Oct. to the 24th of Oct:

On the 17th of Oct., a report was rec'd of a truck having lost a load of gravel on P.R. 315 in the R.M. of Alexander near Coca-Cola Falls. Police and the Dept. of Highways attended and had same removed.

On the 18th of Oct., a report was rec'd of a vehicle having a window broken out by a stone while parked in an alley in the Town of Lac du Bonnet.

On the 18th of Oct., a re-

port was rec'd of a residence having been broken into, and an attempted break and enter to a second one. The owner of the second residence chased the vehicle in question out of Pinawa and obtained a plate number. Four subjects were subsequently arrested for these and other property-related offences in Pinawa.

On the 18th of Oct., a report was rec'd of a window having been broken out of a vehicle while parked overnight in Pinawa.

On the 18th of Oct., a report was rec'd of a break and enter to a residence in the R.M.

of Lac du Bonnet on the west side of the Town of Lac du Bonnet. Unknown if anything missing.

On the 18th of Oct., a report was rec'd from Whitemouth of an adult male calling a residence in contravention of a Court Order.

On the 19th of Oct., a report was rec'd of an Intrusion Alarm at the Pinawa Secondary School. This was found to be a False Alarm.

On the 19th of Oct., a report was rec'd of suspicious vehicles between the Pinawa Arena and the Pinawa Secondary School. This was investigated and it was found that same had a legitimate reason for being where they were.

On the 19th of Oct., a report was rec'd of 2 chain link fence gates having been stolen from a location in the R.M. of Lac du Bonnet just to the west of the junction of P.T.H. 11 and P.T.H. 44.

On the 20th of Oct., a report was rec'd of a gas tank and fuel line having been stolen from a boat docked at the Pinawa Rowing Club. Took place over the course of the last week.

On the 20th of Oct., a report was rec'd of hunters trespassing on private property off Fatima Road in the R.M. of Lac du Bonnet. The complainant subsequently reported that this had been a misunderstanding.

On the 20th of Oct., a report was rec'd of an under-age male barricading himself in his bedroom at a residence in Pinawa. Police attended and arrested the subject under the Mental Health Act and escorted him to the Health Sciences Centre.

On the 20th of April, a report was rec'd of a vehicle having been stolen from a location in Pinawa. The vehicle was subsequently recovered in

Whitemouth, and an adult male, under-age male, and two under-age females were taken into custody. Through investigation it was determined that the under-age male would be charged for the offence.

On the 20th of Oct., a report was rec'd of a domestic disturbance at a location at the Wendigo Trailer Court in the R.M. of Lac du Bonnet. An adult male was charged with assault, and an adult female was charged with Assault with a Weapon and Dangerous Driving and taken into custody.

On the 20th of Oct., a report was rec'd of unknown subjects knocking on a door at a location in Pinawa and then running away when the door was answered.

On the 20th of Oct., a report was rec'd from Natural Resources of a suspicious vehicle on Contour Road in the R.M. of Reynolds. Police attended and checked the vehicle and the four adult male occupants, but did not detect any offence.

On the 21st of Oct., a report was rec'd of a gravel truck almost running another vehicle off the road on the gravel portion of P.R. 433 in the R.M. of Lac du Bonnet. The complainant wanted the owner of the company followed up with.

On the 21st of Oct., a report was rec'd of an Intrusion Alarm at a location in the Pinawa Mall. Police investigated and found same to be a False Alarm.

On the 23rd of Oct., a report was rec'd of an under-age male missing from his residence in the Town of Lac du Bonnet. The subject had gone to Wpg. and was to have been back home on Tuesday. The police commenced an investigation into the subject's possi-

ble whereabouts, however, he returned to Lac du Bonnet after the report was made.

On the 23rd of Oct., a report was rec'd of a possibly stolen canoe on a property off Cat Tail Drive in the R.M. of Alexander. Investigation confirmed that the canoe in question belonged to the owners of the property in question.

On the 24th of Oct., a report was rec'd of an Intrusion Alarm at the Natural Resources bldg. on P.R. 502 in the Town of Lac du Bonnet. This was found to be a False Alarm.

On the 24th of Oct., a report was rec'd of an intoxicated adult male being at a location on Cedar Street in the Town of Lac du Bonnet and the owner of the residence not wanting him there. The subject was taken to his sister's and dropped off for the night.

On the 24th of Oct., a report was rec'd of the "Lots for Sale" sign being destroyed at Kara Court in the Town of Lac du Bonnet.

On the 24th of Oct., a report was rec'd of vandalism having been done to a trailer which is used for a Parade float in the Town of Lac du Bonnet.

On the 24th of Oct., a report was rec'd of an Intrusion Alarm at a location on Dobals Road in the R.M. of Lac du Bonnet. Police attended and found that this was a False Alarm, as the owners of same were in fact present.

On the 24th of Oct., a report was rec'd that a vehicle stopped on McArthur in the Town of Lac du Bonnet and asked a girl who was walking along McArthur if she wanted a ride. The girl declined and continued on her way. Unknown at this time what the intent of the offer was.

Lac du Bonnet Community Billboard

Health Concerns? Call 268-3235 to book your seat.

Cooking for better health: Lose weight, gain energy and prevent illness. Classes begin for every five people registered. Cindy Reimann, certified in nutrition, call 268-2168. **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 2:30 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 345-2864.

Royal Canadian Legion Branch #164 general meetings third Tuesday of each month 7:30 p.m. Legion Hall.

Horticultural Society meets second Tuesday of every month 7:00 p.m., Centennial School.

St. John's ACW meets first Monday of every month 1:30 p.m., parish hall.

Lakeshore Al-Anon Group Thursday 7:30 p.m. Lac du Bonnet District Health Centre, 89 McIntosh, Call Teri 345-8712.

Lakeshore Al-a-Teen Group For further information, Phone Kathie 367-8237 (evenings) . Vickie 345-6520 (days).

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 353-8357.

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

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

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

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

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

Pioneer Club meets first Monday of month 9:30 a.m., Pioneer Club.

RM of Lac du Bonnet Council Meetings second Tuesday of each month 10:00 a.m. and fourth Tuesday of every month 6:00 p.m.

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

Little Day Buddies Nursery School 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.

Agassiz Horticultural Society meeting every 2nd Tuesday of the month, except January, July & August, Centennial School, 7:00 p.m. All gardeners welcome.

Lac du Bonnet Church Directory

ABUNDANT LIFE CHAPEL

Pastor Jake Doell, church 345-2934, home 345-9766

Sunday: 11:00 a.m. - morning worship; 6:30 p.m. - Upper Room.

LUTHERAN CHURCH OF THE CROSS

Church office 345-8654

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

NOTRE-DAME CATHOLIC CHURCH

Father Richard Machura, 345-2908

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. Sandra Tankard 367-9520, church 345-2357

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

THANK YOU FOR ALL Y OUR SUPPORT

I would like to thank Neil Boulette for all that he has done the last two years. He's been there early mornings and late nights, holding pads for me to kick, knee, and punch. He's always been there to motivate me, and to push me to greater heights. He's been in my corner whether it was in Calgary, Winnipeg, or Wyoming to help me to victory. Thanks Neil for your support and friendship!

Razor

The Rural Municipality of Lac du Bonnet

The year in Review

A year has passed since municipal elections were held throughout Manitoba. For the Council of the Rural Municipality of Lac du Bonnet, the past twelve months have been nothing less than a whirlwind of activity as they strive to bring about meaningful change in the municipality and meet the expectations of its ratepayers.

"The R.M. of Lac du Bonnet Council has been extremely busy during the past year addressing issues on a variety of fronts", said Don Halbert, Municipal Reeve. "I am extremely proud of Council and our staff's efforts during the past year as they have embarked on the task of confronting issues ranging from municipal planning, improved communications and relations with ratepayers and other municipal stakeholders, land use policy, sewer and water, drainage, service delivery improvements, economic development, health care, municipal amalgamation and taxation", added Halbert.

Critical to the municipality's accomplishments was the development and implementation of a comprehensive Strategic Plan. The plan identifies Council's priorities for their four-year term of office and provides a "road map" for taking the municipality into the future.

"Although we have had a

successful year, we are not about to rest on our laurels. There is still a tremendous amount of work to be done by Council and staff as we strive towards our mission of making the Rural Municipality of Lac du Bonnet the best Manitoba community in which to live, play and carry on business", stated Halbert.

The following is a list of tasks undertaken and/or completed by the R.M. of Lac du Bonnet Council during 2003:

- Developed and implemented Municipal Strategic Plan.

- Enhanced communications with ratepayers by:
 - the acquisition of the lacdubonnet.com website;

- 2 council meetings being held in Seddons Corner annually;

- 1 council meeting being planned for Winnipeg during the winter, thus giving cottagers access to their Council;

- the issuance of periodic press releases keeping ratepayers aware of ongoing developments.

- Facilitated the delivery of the municipality's financial services to various banking institutions.

- Recruited a new By-Law Enforcement Officer to meet the municipality's by-law enforcement needs.

- Increased funding to the municipality's road maintenance and reconstruction re-

- serve.
 - Created a hospital reserve fund, which will, over time, represent the municipality's contribution towards constructing a new regional hospital.

- Acquired and implemented a new municipal financial software program for administrative staff.

- Explored the feasibility and related costs of using computer technology to reduce the amount of paper required for Council meetings.

- In cooperation with the Town of Lac du Bonnet, committed staff time and financial resources to promote Lac du Bonnet at the 2-day Discover Manitoba exhibition held at the Winnipeg Convention Centre.

- Negotiated water services agreement with Town of Lac du Bonnet.

- Presently negotiating a sewer agreement with Town of Lac du Bonnet.

- Establishment of a joint committee with the Town of Lac du Bonnet to examine economic development potential and amalgamation of the two jurisdictions.

- Worked extensively with Granite Hill Golf Course Developers to ensure provincial agency cooperation on subdivision approval process.

- In cooperation with the Town of Lac du Bonnet and the Whiteshell Community Adjustment Fund, extended sewer and water services to the rural areas lying west of PTH#

11 and Minnewawa Street.

- Applied and received a \$10,000.00 grant from Manitoba Model Forest to commence development of "Halliday Park" on the corner of Provincial Road #502 and Halliday Drive.

- Made application to Manitoba Hydro for further development of Halliday Park under the Forest Enhancement Program.

- In conjunction with the Town of Lac du Bonnet and the provincial Community Places Program, funded much needed roof repairs to the Lac du Bonnet Arena.

- Commissioned a study to examine the feasibility and costs associated with providing sewer and water services to businesses and residences in the municipality, situated on the fringe of the town.

- Made application to the Canada/Manitoba Infrastructure Program for funding towards the delivery of sewer and water services to businesses and residences in the municipality, located on the fringe of the town.

- Developed and adopted a strict policy and procedure for contracting for services by and on behalf of the municipality.

- Lobbied and continue to lobby the provincial government to implement a program of taxation reform, thereby removing education funding from property taxes.

- In cooperation with the Town of Lac du Bonnet, hired

a Health Consultant to prepare a report that will be presented to the NEHA Board of Directors offering factual data in support of siting a new regional hospital in Lac du Bonnet.

- Completed drainage works in conjunction with the Stead Glenmoor Water Management Coop.

- Actively assessing the benefits and related costs of joining a Conservation District.

- Completed a comparative analysis of all municipal mill rates throughout Manitoba.

- In conjunction with the Lac du Bonnet Planning District and Town of Lac du Bonnet, initiated the process for having "approving authority" for subdivision applications transferred from Manitoba Intergovernmental Affairs to the Planning District, which in turn will create an administrative position locally and offer one stop service to developers that have, to date, been required to travel to Beausejour.

- Gave first reading to a Zoning By-Law, which will prescribe land use policy within the Rural Municipality of Lac du Bonnet.

- Acquired approval from the Province of Manitoba, Highway Traffic Board, to impose a 50-km/h speed limit on all subdivision roads in the municipality.

- Questions regarding the preceding information should be directed to Don Halbert at 345-2882 (residence) or 268-5163

RCMP Need your help

Manitoba Crime Stoppers in cooperation with the Lac du Bonnet RCMP would like your assistance in solving the following offence:

Vandalism Report

On the 25th day of October 2003 at 8:00a.m., Powerview RCMP received a report of damage to the RM of Alexander car, parked at the RM office in St. Georges.

Police attended and found that the car had a broken rear passenger side window and had in fact been the subject of an attempted theft. There was also damage to the driver's side door and the ignition, obviously at the hands of an inexperienced car thief. The public phone located in the parking lot of the RM office was also vandalized in an apparent attempt to get the change box.

Surveillance video shows that the culprit(s) began the crime at 6:05 AM and didn't leave the scene until around 6:57AM, after turning on the car's hazard lights in the attempt to steal it. Continuous traffic was noted to be driving by on PTH 11 as this event took place, so police are hoping there are potential witnesses out there.

If anyone recalls seeing anything in relation to this incident, police are requesting they call the Powerview RCMP Detachment, or if they remain to wish anonymous, Crime Stoppers can be called as well. Crime Stoppers does not subscribe to call display and callers never have to reveal their identity when providing infor-

mation. Information received by Crime Stoppers that leads to the arrest of anyone responsible for crime in Manitoba makes the caller eligible for a cash reward of up to \$200. This is a pointless crime that we are all going to pay for in the end, either as tax payers or as MPIC rate payers, unless police can gather enough evidence to identify the culprit(S).

Warn your Children:

On Friday, October 24th, 2003 it was reported to Lac du Bonnet RCMP a young girl was approached by two unknown males in a blue car. They asked the girl if she

wanted a ride. She emphatically said "NO!" and ran away to safety. This occurred in Lac du Bonnet, MB. Members of the Lac du Bonnet RCMP patrolled the area, but the suspicious blue car was never found.

Current events in the media act as a good reminder to parents to ensure their children know what to do if they are ever approached by strangers.

Children everywhere should know: If you are unsure of any person that approaches you can say "NO!" and get away from them. Find a safe place to go where you know an adult or parent.

Report what happened to your closest police detachment.



If you have any information and want to remain anonymous to any of the above crimes, please call CRIMESTOPPERS at 1-800-222-8477. Crime Stoppers will pay up to \$2000.00 in cash for information leading to an arrest in this or any other unsolved crime in Manitoba. Callers never have to reveal their identity and Crime Stoppers does not subscribe to caller ID.

Winnipeg River RCMP Report

The report covers the periods of October 20th through to October 26th, 2003



October 20:

Traverse Bay- a cottage owner reported a break, enter

& theft. 3 sheds & the cottage were accessed. Numerous smaller items were taken the owner did not have a com-

plete list for police at this time.

Powerview- sometime during the week thieves stole a Honda Foreman ATV green in colour with 27" black water tires. The ATV was parked at a residence.

Pine Falls- a male was arrested, charged and lodged in cells after he breached a court order. The male was attempting to get into a residence when police found him.

Fort Alexander- an on ice incident at a local hockey game involved police to investigate the matter.

R.M. of Alexander- complaints of a possible impaired driver led police to an abandoned vehicle. No persons were in and around the vehicle.

October 21:

R.M. of Alexander- a single vehicle rollover occurred when a driver tried to avoid livestock on the roadway. No one was seriously injured in the incident.

Police were contacted when a runaway youth could not be located. The female youth was located late in the evening by a parent.

Manitogagan- a domestic dispute had police attend a residence to prevent any further problems. Upon arrival the male had already left the home and no further police action was required.

Fort Alexander- police arrested a male breaching a court order by attending a residence. The male was intoxicated, was lodged in cells and charged accordingly.

October 22:

St. Georges- an intoxicated male was lodged in cells for his own safety after he was observed to be wavering down the highway into traffic. He was released in the morning when sober.

Manitogagan- a domestic altercation was reported to police. Investigation continues into the incident.

October 23:

Fort Alexander- police were alerted when a family member became concerned over a mentally unstable male. The male was intoxicated and had left a residence with a weapon. The man was located a short time later and lodged in cells for his own safety. He was also taken to Hospital for assessment.

A family misunderstanding was reported for information only to police. An incident

involving alcohol was noted.

A domestic situation required police to attend while an ex spouse removed belongs from a residence. No problems arose and no further police action was necessary. Police attended for safety & security reasons.

Powerview- a threatening incident outside a local school had Police intervene. The youth, parents and school were spoken to and it was noted by police should anything further arise of the situation.

Powerview RCMP assisted Winnipeg Police Services in locating a male on an outstanding Warrant of Arrest.

R.M. of Alexander- police assisted a parent when a male youth would not cooperate with family. The male youth was spoken to and the situation stabilized. The youth returned home with his parent.

Advisory: A busy weekend for the Powerview and Grand Marais RCMP. Numerous false alarms, intoxicated persons and vehicle damages also were reported. We also remind the public to use caution when driving. Winter road conditions are upon us so slow down or do not go out on the highways at all if possible in severe weather conditions.

Fort Alexander- police were called to attend a spousal assault. A couple got into a brief argument when the situation escalated. Weapons were not involved in the incident.

R.M. of Alexander- a male subject with outstanding warrants was seen on Highway 304 hitchhiking. Police patrolled the area but could not locate the male.

A break and enter of a residence was reported. Nothing appeared to be stolen from the home. Culprits entered by prying open the door.

Powerview- one youth was located after police were asked to attend a vacant house. There was concern for the safety of the kids playing in the house as it had been in disrepair. The youth was spoken to accordingly.

October 25

Fort Alexander- an unwanted guest who was causing problems at a residence had police attend a to remove him. Upon police arrival the male subject had gone to sleep and the situation was stabilized.

A spousal assault had police arrest 1 male. He was located, charged accordingly and transported to the Winnipeg Remand Centre. The male had been on a court order and breached those conditions as well.

Police also attended for security reasons at the local arena where a propane leak had local fire departments on scene. The propane company had been contacted and the situation was well under control.

St. Georges- a complaint of an attempted theft of a vehicle was received. Police quickly located the damaged vehicle. The window had been smashed, steering column & ignition had been tampered with. An investigation continues.

Powerview- police are investigating an assault which occurred outside a building in a parking lot. A male alleges that he was attacked by 2 other males.

October 26

Powerview- police removed an intoxicated male in the area and lodged him in cells for his own safety. Further information revealed that the male had been in an argument earlier in the evening and had damaged a vehicle. Police continue to investigate.

R.M. of Alexander- police had a local check stop program in place. One driver was charged for impaired driving.

Hollow Water- police are investigating a traffic accident in this area. Alcohol was involved in the incident. A female in the vehicle had to be extricated with the jaws of life. Both people in the vehicle were treated and taken to Pine Falls Hospital. Both were later released suffering from lacerations.

Police request that if you have any information with any of the above noted incidents, or any other criminal matter, you are asked to call the Winnipeg River Detachment at 367-2222 or you can remain anonymous and call Crime Stoppers at 1-800-782-8477.

Pine Falls Community Billboard

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

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

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

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

Beaches Library: Tues 1:00 to 4:00 p.m., Thurs 4:00 to 8:00 p.m., Fri 6:00 to 8:00 p.m. Sat 11:00 a.m. to 3:00 p.m.

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

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

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

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

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

Pine Falls Legion: meetings held second Thursday of the month 7:00 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 Pulischuk, Pine Falls Health Complex, phone 367-9128, 9:00 a.m. to 3:00 p.m. Monday to Friday. Services: transportation, home maintenance, foot care, volunteer help, info.

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

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

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

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

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

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

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

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

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

Weight Watchers Meeting: Every Thursday - weigh in at 4:45 to 5:30pm. --call Dolores for info, at 367-2945.

Foster Homes Open your heart and home to a foster child, foster homes needed in Pine Falls and surrounding area, call Debby at 268-6158

Child Health Clinics - will be provided by area Public Health Nurse every Thursday afternoon at the Pine Falls Complex, Community Health Office assessments of babies (or child's) height, weight, infant nutrition, advice, immunizations (as necessary) and any other advice you may wish, please call 367-5406 for more info

Weight Watchers: Effective October 8th Wednesdays at 4:45 weigh-in and at 5:30 Meetings

Winnipeg River Church Services

NOTRE DAME DU LAUS: Powerview - Saturday evening 7:30 p.m. (English), Sunday 10:00 a.m. (English); Stead - Sunday 12:00 noon

PINE FALLS UNITED CHURCH: Sunday service 11:00 a.m. Bob Rodger Minister, Church 367-2633 or Cell 754-7220. Everyone Welcome. Sunday School, September 7 at 11:00 a.m., everyone welcome.

PINE FALLS ANGLICAN CHURCH OF THE ADVENT: Ph 367-9520 Rector, the Rev. Sandra Tankard. Sunday Service at 9:00 a.m.

ST. THERESA'S: Masses at Notre Dame du Laus

ST. GEORGES: Mass Sunday at 8:00 a.m. and 10:00 a.m.

ST. JUDE'S ANGLICAN CHURCH Grand Marais, Holy Eucharist - second and fourth Sundays, 11:00 a.m. Morning prayer 11:00 a.m. - first, third and fifth Sundays.

TRINITY EVANGELICAL LUTHERAN CHURCH Thalberg, 1 mile east and 1 mile south of Junction #12 and #304. St. John's Evangelical Lutheran Church, Greenwald on Hwy. #12, 1 1/2 miles north of junction with #317. Sunday church school 10:00 a.m., worship 11:00 a.m. (alternate locations) For info, call 635-2625 or 754-8682.

CHRISTIAN FAITH FELLOWSHIP - Bible study 7:30 p.m. Wednesday, church service 10:30 a.m. Sunday school 10:00 a.m.

HOUSE OF PRAYER FULL GOSPEL - 2:30 p.m. every Sunday, Canterbury, on Hwy. #59.

ST. MARGUERITE C. MISSION Pitt Road - Traverse Bay, 11:30 a.m. Sunday additional mass mid-June through Labour Day 7:30 p.m. Saturday. Closed November 1 to April 30th.

ST. ALEXANDER, R.C. CHURCH located at Sagkeeng First Nations Sunday mass 10:00 a.m.

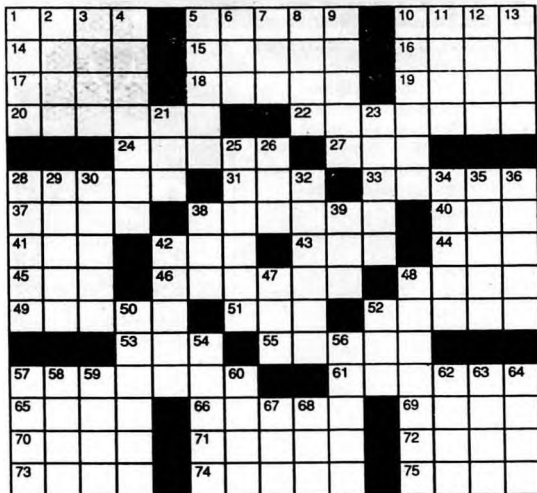
ST. THERESA, R.C. MISSION 88 Glenvale Avenue, Grand Marais Mass 12:00 noon first Sunday of November to last Sunday of April. May through October mass 10:00 a.m. Sunday.

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.

WEEKLY CROSSWORD



- 41. Farewell
 - 42. Young dog
 - 43. Staff
 - 44. Highest note
 - 45. Years in a decade
 - 46. Street sign
 - 48. Formal dance
 - 49. Narrow wooden strips
 - 51. Place
 - 52. Untrue
 - 53. Bright color
 - 55. Put off
 - 57. Marching expositions
 - 61. Worshipped
 - 65. Employed
 - 66. Drills
 - 69. Central point
 - 70. Column of people
 - 71. Reflections
 - 72. Equally balanced
 - 73. Young boys
 - 74. Adult male singer
 - 75. Camping shelter
- 50. Professions
 - 52. Crazy
 - 54. What is owing
 - 56. Intense beam
 - 57. Tow
 - 58. Continent
 - 59. Pull apart
 - 60. Unspecified amount
 - 62. Wander
 - 63. Biblical garden
 - 64. Fender nick
 - 67. Jogged
 - 68. Self-esteem

- ACROSS
- 1. Clothed
 - 5. Thirteen to nineteen
 - 10. Fathers
 - 14. Opening
 - 15. Blackbird
 - 16. Object of worship
 - 17. Aid in wrong doing
 - 18. Angry
 - 19. African river
 - 20. Show being offended
 - 22. Inclined
 - 24. Bird food
 - 27. Recline
 - 28. Shipping container
 - 31. Knock
 - 33. Falls in droplets
 - 37. Boat paddles
 - 38. Type of literary work
 - 40. Tiny spot

LAST WEEK'S ANSWERS



- Down
- 1. Burn slightly
 - 2. Fleshy part of ear
 - 3. Fermented drinks
 - 4. Dislikes
 - 5. Lacking originality
 - 6. Corn on the cob
 - 7. Actress Gabor
 - 8. Earns after taxes
 - 9. Clever
 - 10. Evening meal
 - 11. Mine entrance



CRYPTIC PUZZLE

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

BLXZM OJBZWQK XP KBC FQUHNQ Y
 CB XZ HQQ IHNUN BLXZM PBJ KBCJ
 NUQP.

Last Week's Solution

TAKEN OUT OF CONTEXT I MUST SEEM SO STRANGE.

WEEKLY ECHO

ARIES (Mar. 21- April 20)
 Social activity should be on your agenda this week. You need to distance yourself from the situation for a little while first. Be aware that joint financial ventures could fall apart.

TAURUS (Apr. 21- may 21)
 Don't do something silly just to get back at your mate. Be aware that you don't get anything for nothing. Do not borrow or lend money or belongings to friends or relatives if you wish to avoid any hassles.

GEMINI (May 22-June 21)
 Keep your feelings to yourself if you want to avoid embarrassment. Don't give in too quickly. Go out with friends or family. Digestive disorders will be a result of family squabbles.

CANCER (June 22-July 22)
 Frustrations and limitations could cause anxiety this week. Difficulties with older females in your family may turn out to be quit trivial after all. You will be overly sensitive this week. You can pick up some overtime this week.

HOROSCOPE

LEO (July 23-Aug 22)
 Come to your own conclusions rather than taking the word of someone else. Don't put limitations on yourself. Too much too fast will be the attitude surrounding your home environment. You may win favors if you present your ideas and include your family.

VIRGO (Aug. 23 -Sept. 23)
 Don't hold yourself back because you think you're too old. You will find your personal partner this week. Don't play on your partner's emotions. You have a lot to offer.

LIBRA (Sept. 24 -Oct. 23)
 Limitations on the home front can be expected if you have been restricting your mate's freedom. You may find your self a bit frazzled if you allow someone to goad you into an unsavory debate. Romantic opportunities will be plentiful if you go out with friends.

SCORPIO (Oct. 24 - Nov. 22)
 Your pursuits may end up being fruit less. Don't let the cat out of the bag. Secret activity is evident. Property deals will pay big dividends.

for the week of Oct 26th - Nov 1st

SAGITTARIUS (Nov. 23 -Dec. 21)
 You must not lead someone on or show interest in them for the wrong reasons. You will be a bit of a spend-thrift this week. Your doubt could lead to insecurity. Do not travel unless absolutely necessary. Be careful.

CAPRICORN (Dec 22.- Jan. 20)
 Physical work or exercise should be part of your schedule. Romance will be yours if you get out and do things in large groups. You may find that someone you live with is not too happy, but you can't really do anything about that right now.

AQUARIUS (Jan. 21 -Feb. 19)
 Club memberships or donations could be expensive and prove unnecessary. Reevaluate your position and make decisions about your future goals. You will be able to get along well with colleagues.

PISCES (Feb. 20-Mar. 20)
 Residential moves look hectic and sudden changes in your life are likely. You will make new friends through physical activities. This will not be the best day to initiate change. You are best to concentrate on work.

Echo Classifieds

For Sale

Hay Bales for Sale:
Protect your septic system. Hay bales make the best insulation. \$1.00 each.
Phone 367-8836 or 345-3260 Broadlands.

PLACE YOUR CLASSIFIEDS HERE.
CALL THE ECHO AT 367-9468.



Rob Oakes 345-4828
(204) 348-2955



PINE FALLS, 22 CEDAR ST.
1072 SQ. FT. Beautifully remodelled 2 Bdrm Bungalow is located only 2 blocks from school, shopping, golf, pool, park, & hospital. This totally remodelled home includes: finished basement (with 3rd bedroom), open floor design, hardwood floors, forced air electric heat, central air, dishwasher, microwave, & window coverings. This home also includes a 16x32 garage with an 8x16 workshop, and a large storage shed on a beautifully landscaped lot. **MUST BE SEEN!!**

ST. GEORGES 1480 sq. Ft. Three bedroom bungalow overlooking the Winnipeg River. This home includes: fridge, stove, central air, whirlpool bath, new hardwood flooring, & large 10x40 deck, electric forced air, woodstove, garage, storage shed, recent renovations. **PRICE REDUCED \$85,000.**



SILVER FALLS - 1570 SQ. FT.
3 Bdrm Waterfront home on the Winnipeg River (361.1 ft. of frontage). This home features: 1-3pce Bath & 1-2pce Bath, electric forced air heat, 1060 sq. ft. of deck space, 24x14 fully insulated garage (2x6 constructed), 296 sq. ft. dock, large storage shed, raised gardens, & recent renovations **GORGEOUS VIEW OF WINNIPEG RIVER!!**

GRAND PINES GOLF COURSE - Nicely treed 58 acre corner lot with access to #5 hole. This lot has year round water and is close to the beach, boat launch, and store. **GOLFERS PARADISE! GREAT INVESTMENT \$15,900.**

WHITEMUD FALLS - huge double lot, with year round water and sewer. **AFFORDABLE BUILDING LOT \$15,000.**

For Sale

Pool Table: 4 x 8 ft. pool table with 2 sets of balls and cues. \$300.00 phone 367-9175.

Freezer: 23 cu. ft. Moffat chest freezer. \$200 phone 367-9175.

For Sale

For Sale or Rent: 2 Bedroom with appliances. Must sell, priced reduced.
Call 367-8232

For Sale

Windows: 1 slider (40" x 41.5"), 1 picture tri-unit (43.5"x48") Good for cottage, garage or workshop. Call 367-9580.

For Rent

House for sale: Located in the Powerview area. Four bedroom bungalow, with garage, fenced back yard, finished basement, 2 baths, recently renovated large kitchen. Asking price \$95,000.00. For more information call 367-4662 or 367-9113.

For Rent

Office space for rent
Above Pine Falls Post Office. c/w private washroom.
For sale: One hospital bed. \$300.00. For more information call Denis at 367-8651.

NOTICE OF TENDER

Manitoba Conservation
Separate and sealed tenders, marked as below, will be received by the undersigned up to 12:00 Noon prevailing Winnipeg time, November 7, 2003 at:

Manitoba Conservation, Box 389, Pine Falls, Manitoba, R0E 1M0
Attn: Chris Atkin (204) 367-2481
EA#269: To supply all equipment, material, and labor for the construction of a New Warehouse at the Pine Falls Fire Base yard.

Tenders must be marked: Pine Falls Fire Base - New Warehouse.

Contract documents may be obtained at the Manitoba Conservation Office in Lac du Bonnet or Pine Falls.

The lowest or any tender not necessarily accepted. The successful bidder will be required to produce satisfactory evidence that he has sufficient equipment on hand to enable him to perform this work within the time limits and in accordance with the specifications.

Fax copies not accepted. The following information MUST be included with the tender package:

- Workers Compensation Board Confirmation number.
- \$2,000,000 minimum Insurance Coverage.



Wanted

Honda 3 Wheeler, phone 488-1638, leave a message.

Accommodations

Rooms and Suites for rent. Weekly and Monthly rates available. Hydro and satellite included, call Omer at 367-9991 or 367-4210.

For Rent

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

Thank You

The Pineview Recreation Association would like to thank everyone who volunteered their time to help whether it was for painting, fixing chairs and tables or helping with the pool. Your help is greatly appreciated.

Sharon Brown, Arnie Honkey, Annette Cheverfils, Coleen Cheverfils, Mike Oman, Ronald Cheverfils, David Kemball, Nellie Oman, Wendy Ursel, Doug Ursel, Doug Hanson, Pat Enright, Gilles Papineau, Lynn Cheverfils, Beau, Kevin Oman, Justin Kemball, Gerald Pelletier, Aggie Hebert, Bernice Kraulka, Tanya Earl, Shannon Gauthier, Andre Lafrenier, Janice Thevenot, Matthew Thevenot, Missy Thevenot, Steven Dupont, Denise Allison, Fritz Kemball, Tony Moss, Mr. Zimmer, Mrs. Zimmer, Ron Head, Robert Lavioe, Nicole Boulet, Bob Durocher, Chad Lavoie, Scott Zimmer, Erica Head, Heidi Klipenstein, Stephanie Dudka, Miss Neidemyer, Bryan Rodych, Carol Baker, Tom Allison, Peggy Mc Mullen, Bridget Durocher, Kristen Durocher, Lionel Vincent, Joanne and Dave Lower, Norm Fenez, Jenna Maclellan, Marc Vincent, Jocelyn Vincent, Jolene Trethart, Jeff Ryall, Willy Kemball.

Miscellaneous

Bankruptcy Info-line - free, confidential. Call 1-800-463-8371. www.lctaylor.net

This is a community service offered by L.C. Taylor & Co. Ltd., Trustee in Bankruptcy.

Announcement

Robin Faye and Lynn Perrin will be joining the wellness team at "Through the Arbour" in Pine Falls on a part time basis. Robin has 18 years experience and currently operates Dragonfly Scent-Free Bodywork and Massage Therapy in Winnipeg. Lynn Graduated from Professional Institute of Massage Therapy in 2000, and practises in Beausejour, Winnipeg and Lac du Bonnet. Call 367-2141 to book appointments with either of them.

Help Wanted

We are currently hiring class 1 & 3 drivers that have dump experience. Work is all in the Lac du Bonnet area. Please phone 204-345-8454.

Prayer Corner

May the Sacred Heart of Jesus and the Immaculate Heart of Mary be praised, adored, and glorified everyday throughout the world forever.

-Amen
Say six times a day for nine days and promise publication and your prayers will be answered no matter how impossible they may seem by the ninth day.

Birthday Greeting

Happy Birthday to a wonderful Peper and also great Peper. Wishing you love and joy on your special Day!

Love,
Jacqueline, Brittany, and Lexi

Memoriam



In loving memory of Doris Illadki, born May 2, 1938 passed away Nov. 2, 2001

God looked around his garden, and foun an empty space. He then looked down upon the earth, and saw your tired face. He put His arms around you, and lifted you to rest. God's garden must be beautiful, because He only takes the best. He knew that you were suffering, He knew that you were in pain, He knew the hills was getting rough, and the roads were too hard to climb. So He closed your weary eyelids and whispered "Peace be thine" It broke my heart to lose you, but you did not go alone. For part of me went with you. The day God called your home. Forever in my heart. We love you and miss you more every day.

Your loving husband Bill, daughters; Lorraine, Susan and Karen; grandchildren; Adam, Ryan and Cassandra

Marcel Vincent

In loving memory of our dear husband and father. Leaves and flowers may wither. The golden sun may set. But the hearts that love you dearly are the ones that won't forget. Forever in our hearts.
Anita, Cory, Natalie, Darren

In loving memory of Marcel Vincent

Loving memories never die. As years roll on and days go by. In our hearts your memory is kept, of one we love and will never forget.

Sadly missed,
Richard, Lil and family

PUBLIC NOTICE

MEETING RESCHEDULED

Notice is hereby given that the regularly scheduled meeting of Tuesday, November 11, 2003 is hereby rescheduled to Monday, November 10, 2003.

COUNCIL
VILLAGE OF POWerview
Powerview, Manitoba

It pays to advertise. Call the Echo to book your next classified ad at 367-9468

Hockey season underway

Lac du Bonnet Midgets open with a narrow defeat

By Jim Hampshire

Although they were listed as the home team on the game sheet, the Whiteshell Wolverines Midget squad couldn't overcome a boisterous crowd at the Pinawa Arena as they dropped their season opener 3-2 against the Pinawa Panthers. And while all the Lac du Bonnet hockey teams face a tough road schedule over the next number of weeks, Wolverine coach Elgin Smith says he isn't about to use the lack of home ice as an excuse to lose.

"Yes, if we want to play hockey this year, we have to play the first month on the road," Smith said, referring to the equipment breakdown at the Lac du Bonnet Arena. "But at the same time if we're going to win we have to give it our best effort regardless of the circumstances."

All the Lac du Bonnet hockey teams playing the first month of the season on the road, due to a problem with the artificial ice machine at the local arena, but as Smith explains, the players are taking the extra travel in stride.

"It can be a little tough practising twice a week at the Powerview Arena, and then playing the bulk of our home games at the Pinawa Arena," Smith said following the game on Saturday. "But the kids also understand that it's better than the alternative of not playing hockey at all."

The Lac du Bonnet Midget squad went into Pinawa over



The Lac du Bonnet Midget squad was in Pinawa to face off against the Panthers on Saturday night

the weekend under some very tough circumstances as they travelled with only 11 players, which included two goal tenders. Smith reports that three players weren't able to make the trip to Pinawa on Saturday but despite the obvious handicap, the team battled to keep the score tied until the last minute of the game.

"The players did well coping with all the extra ice time tonight," Smith said in the locker room. "Everyone on the team had to double shift and they responded well with the extra work."

Any hopes of a comeback in the last minute of the game were dashed when Lac du Bonnet took a penalty to snuff out a Pinawa breakaway.

"We had a player in the box

and we still had an excellent scoring chance in the dying seconds of the third period," Smith pointed out. "This team spent the entire night on the ice and still generated a good scoring chance while shorthanded. That shows a lot of character and we'll come back stronger with a couple of additional players."

Smith says that the Wolverines are still actively searching for more players and added that it is not too late to register.

The next Lac du Bonnet Midget game will be this Saturday evening at the Pinawa Arena, when they play host to Fort Frances.

SILVER HAVEN MEAL PROGRAM

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

Wednesday, Oct. 29
 Coleslaw, roast turkey, stuffing, mashed potatoes, carrots and peas, pudding.

Friday, Oct. 31
 Soup, swedish meat balls with rice, green beans, fruit torte.

Monday, Nov. 3
 Soup, turkey pot pie, ribbon cake.

BUSINESS DIRECTORY

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- Car Detailing
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 Messages: 204-951-8396

EVERGREEN

Rob Oakes
 Sales Agent

Sales Office:
 Pine Falls, MB R0E 1M0
 Phone: (204) 345-4828
 Email: roboakes@mts.net

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