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Serials Clerk: June 24/05

Vol. 5, No. 22

November 2, 2004

\$1.00 tax included

Trick or Treat



Pine Falls home owners Brian and Neila Ryall went all out this year with decorating their home with many scary delights for all the little witches, goblins and ghosts. They were prepared with over 350 bags of goodies for the children. Their Halloween display attracted droves of children and parents from throughout the area. Hats off to the Ryalls for their great sense of festive community spirit.

**Lac du Bonnet Blues
vs. Gimli Wolves
Saturday, Nov. 6,
7:30pm LdB Arena**

**Southeast Blades
vs. Winnipeg Saints
Tuesday, Nov. 2,
7:30pm Sagkeeng Arena**



ECHO MAIL:

Letters to the Editor
Email: theecho@mb.sympatico.ca

Box 550
Pine Falls, MB
Ph: 367-9468
Fax: 367-9974

Open Letter to Gerald Hawranik, MLA

Dear Gerald:

Re: Pine Falls Municipal Board Hearings

Since October 23, 2002 you have been very silent on the ongoing Pine Falls situation. I have wondered why you consistently ignored requests from Pine Falls residents for help when the Advisory Council was highhandedly removed by Tembec, and also when a Pine Falls citizens group begged for your help when innocent citizens were being pilloried by our friendly corporate masters. You did nothing.

I have attempted to talk to you but you have avoided me. I have a number of questions for you to answer and I will raise them publicly and I hope you have the political courage to answer them clearly.

Were you aware that The Village of Powerview was

promised The Town of Pine Falls by Darren Praznik, our former Conservative MLA and also by Fern Pitre and Al Wingate.. Henry Ostrowski, Mayor of Powerview has made this statement. As Darren's successor and fellow Conservative, did you support this and is that why you have been so silent on this sorry affair?

Are you afraid that by speaking out in support of the people of Pine Falls, you will seriously alienate the voters of Powerview? Is that why you have been silent?

Were you aware of the very serious Environmental Orders placed upon Tembec and quietly extended until December 31, 2004? These orders will cost Tembec millions unless they can get a deal through by that time and quietly pass these very serious liabilities on to the backs of the Pine Falls taxpay-

ers alone. How can any political party and government allow such blatant irresponsible corporate behavior?

Does your party know the truth about all of this and because of previous Conservative government policies has chosen to remain silent?

Because Tembec is such a large employer and politically connected in this province, does a cruel corporate agenda take precedence over the long term interests of the citizens of our small town.

Mr. Hawranik, I and the voters of Pine Falls are waiting for your answers.

Yours truly,
Bill Borlase,
Long Time
Conservative Supporter

Tembec employees make donation

The Pine Falls Health Complex received a generous donation from the organizers of the Ross Brown Memorial Fishing derby and Tembec Paper Group.

Monies raised through the fishing derby went towards the purchase of a Theraglide chair and a beautiful hand crafted lamp for the Sunnywood Manor.

Also purchased was a wheelchair for the dialysis unit in the hospital. Brigitte Budgell, Care Team Manager thanked Tembec and its employees on behalf of NEHA for the generous donations.

A plaque commemorating the donation will be affixed to the items to promote awareness for their generosity to the facility.



Donation of Thera-Glide Chair, and hand crafted Wooden Lamp, sitting in chair, Annette Vincent/NEHA staff worker, left to right, Celena Frayne/NEHA Staff worker, Brigitte Budgell/NEHA, Sunnywood Manor Care Team Manager, Gary Schewe/Ross Brown Memorial Fishing Derby Organizer/Tembec, Marc Fountain/Ross Brown Memorial Fishing Derby Organizer/Tembec, and Dan Boyer/Tembec-Pine Falls Operations Manager



Donation of Wheelchair-Diabetes Unit of the Pine Falls Health Complex, front row Left to Right, Brigitte Budgell/NEHA, Donna Vellieux/NEHA, Linda MacLelland/NEHA, back row, Marc Fountain/Tembec, Gary Schewe/Tembec, and Dan Boyer/Tembec

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IF WINN POT STARTS AT \$200

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Full House 49 numbers \$1500

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Mini Loonie - 1,356.00
#1 Loonie - 0.00
#2 Loonie - 2,554.00
Jackpot Strip - 5,315.00
Bonanza - 1,970.00

Great Falls Tuesday Nite BINGO

Great Falls Hall 7:30pm

Mini Loonie: 188.00
Lucky 7: 444.00
Letter Y: 278.00
Poker Flush: 10,347.00

Loonie Pot: \$1,798.00
Bonus Line: 607.00
Full House: 575.00
in 53 numbers

BONANZA \$1151

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Metis Federation sets sights on courtroom

by Jim Hampshire

The Manitoba Metis Federation says they are ready to go to court and they are loaded for bear, deer, geese - whatever. Just as long as a hunting license isn't required.

The clash between the Manitoba Metis Federation and the Doer government over Metis hunting rights hit new heights last week when MMF President, David Chartrand, announced he is considering legal action in order to settle the issue once and for all.

His announcement came after MMF member, Will Goodon, was charged last Tuesday with hunting without a proper license. Goodon, a resident of Turtle Mountain, is the first Metis Federation member to be charged with a hunting violation since the Federation issued 300 new Harvester Cards to some of its members last month. According to reports, Goodon deliberately took a duck he had shot to local conservation officials in Turtle Mountain last month, in a bid to

challenge the government's position on Metis hunting rights. Subsequently, conservation officers confiscated the duck and Gooden's gun before deciding to lay charges last week.

"Our advice all the way through is they should come to us and buy a license so there is not the confusion out

there created by harvester cards which do not have a legal right," said Conservation Minister Stan Struthers, adding that the province does not recognize the cards because the negotiations are ongoing.

Meanwhile, MMF President David Chartrand is adamant that the Metis Federation

had an oral agreement with the province concerning the same special hunting privileges enjoyed by treaty aboriginals.

"The government of Manitoba has clearly betrayed not only the Metis people, but all the people of Manitoba," Chartrand told the media last week. "Maybe it will be the day that the resistance of

1885 will come back to this province, where we will give our lives to defend our people."

The ongoing scuffle with the province stems from a Supreme Court decision in Ontario, where Metis people near Sault Ste. Marie were granted special hunting privileges in September of last year. Since then

Chartrand has led a media campaign to bring those same hunting rights to Metis Federation members in Manitoba.

Goodon says is set to appear in court on December 10 with the full support of the Manitoba Metis Federation. In the meantime, he maintains he will continue to hunt without a license regardless of the outcome.

Bring a buddy

Staying in shape or trying to lose weight is not an easy thing to do for most people.

However, having someone to workout with is one way to stay motivated and makes exercising that much easier say the experts.

Owner of the Quickspa, which is located in downtown Pine Falls Plaza, Della Vincent-Clark agrees. "We have introduced what we call the Quickspa Buddy system."

The new buddy system allows for friends to partner up to purchase their monthly memberships together at a reduced rate. Under the buddy system customers can get a monthly membership at a

cost of \$150 for both. A regular membership costs \$100 per person.

Another thing that is new at the Quickspa is the Ab-Lounger. The Ab-Lounger is used to work on a specific area of your body. The unique thing about this piece of equipment is that it is designed to give maximum results without giving the user excessive stress on their back and neck.

"The Ab-Lounger is great" said Clark. "I have had back problems for many years and I can use this piece of equipment with ease. I just love it and I know our customers will also. Our ob-

jective at the Quickspa is to get people to exercise daily and enjoy a healthier lifestyle. This process of staying in shape or losing weight should not be painful but enjoyable and we think we have come up with a way to give our customers just that."

The Quickspa hours of operation are 10:00 am. to 10:00 pm, Monday to Saturday. If you would like further information, call Quickspa at 367-9244 or drop by and see what's new. This may be your most successful one stop health shop.



Della Vincent-Clark demonstrates the new Ab-Lounger added to the Quickspa

Watch out for wildlife crossing

Expect the unexpected

With Fall upon us, deer, moose, bear and other critters are more likely to cross your path.

Colliding with a wild animal can be catastrophic. You and your family could be seriously hurt and your car could be wrecked.

The greatest risk is at night, when you're 30 times more likely to hit a wild animal than in daytime.

Here's the big picture: in 2003, there were about 10,000 crashes with wild animals in Manitoba, costing about \$20 million in property damage and injuries.



Tips to help keep you safe:

Slow down

- especially at dawn, dusk and at night
- when you see deer crossing signs

Watch carefully

- scan the roadside for animals
- keep your eyes peeled, especially at night and in early morning
- use your high beams at night but remember to dim them for traffic coming the other way

If an animal crosses...

- dim your headlights—your brights may cause the animal to freeze on the road
- slow down and blow your horn to scare the animal away
- avoid swerving—you may lose control or collide with oncoming traffic
- brake hard only if other traffic isn't following you closely

If you hit an animal...

- don't touch it—it may hurt you
- move your car off the road and call the police or have someone call for you

And remember: wearing your seatbelt is one of the best ways to prevent injury in any collision.



**Manitoba
Public Insurance**

Knockin' and Rockin' helps food bank

by Jim Hampshire

A little rockin' and a little knockin' went a long way in helping the Lac du Bonnet Food Bank last week, when some local youth groups went on a one-day blitz in aid of the food bank.

The youth centre, in conjunction with the New Friends Mentorship program, went door to door throughout Lac du Bonnet last Wednesday afternoon, collecting non-perishable canned food items for the food bank. Once the canvassing for cans was complete, all members of the younger generation were invited to the Lac du Bonnet Community Centre for a little can-kickin' music, courtesy of recording artists, The Dying Effect.

According to the youth centre director, Cheryl Larson, the

food drive and concert paid big dividends even though it was a bit of a rush to organize.

"It all happened rather suddenly," Larson said from her youth centre office. "We knew Robin Law was planning a food drive with the mentorship group and Pastor Schwab (Abundant Life) was planning a concert, so we put it all together for one big event."

After doing the math, Larson reports that 605 pounds of food and \$232.00 in monetary donations were gathered by the local youth groups during the drive.

"The kids really got behind this and made it work," Larson noted. "They really deserve all the credit."

Besides the door to door campaign, food items were also accepted at the local community centre before the con-

cert, which did well to help the overall totals."

"The community centre board really came to the rescue in such short notice," Larson noted. "We needed a place to stage the concert and they liked what we were doing and donated the big hall for the evening."

The band, which performs religious music with heavy metal overtones, was joined by folk artist Lois Mullen for the twin bill performance. And although attendance fell short of the one hundred mark, Larson is confident that the "Food Drive Boogie" will become an annual event.

"You have to remember it was staged on a school night and on a hockey practise night over at the arena, so all in all, I think we did pretty well," she concluded. "Add to that it was our aim to help the food bank in the first place and we are proud to say the kids did very well."

2005 community place program

Applications for the 2005 Community Places Program will be available in January, providing an early launch to next year's program, Culture, Heritage and Tourism Minister Eric Robinson announced today.

"By making the program applications available in January rather than March, communities can finalize their plans and make arrangements with the construction industry before the busy building season begins," said Robinson. "By processing the applications for funding early, we can help communities establish their priorities and finalize their budgets before contractors become

too heavily booked with other projects."

The Community Places Program helps non-profit organizations to improve the quality of living within their communities. The program provides funding support for the upgrading, construction or acquisition of sustainable buildings and other facilities that provide lasting, long-term benefits to community residents.

Eligible projects can now receive up to 50 per cent of the first \$15,000 of total project costs and up to one-third of costs over that amount. The maximum grant is \$50,000.

The deadline for submitting applications will be February

and approvals will be announced by early spring.

In 2004, the provincial government invested \$2.5 million in Community Places grants to support 227 neighbourhood construction projects.

Community Places staff is available to assist with the development of project plans. Potential applicants are advised to contact program staff to begin the planning process as soon as possible.

More information on the Community Places Program is available at Manitoba Culture, Heritage and Tourism regional offices or the Community Places Program office in Winnipeg. To reach Community Places program staff, call 945-0502 or (toll free) 1-800-894-3777. The e-mail address is mcpp@gov.mb.ca and the web site is located at <http://www.gov.mb.ca/chc/grants>.

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Bazaar
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 Saturday, November 20
 2:00 p.m. to 4:00 p.m.
 Church Basement
 Bake Sale
 Craft Sale
 Silent Auction
 Raffle, Meat Draw
 Door Prizes!

Lac du Bonnet Legion #164
WEEKLY
ACTIVITIES
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 10:00 a.m. to 10:00 p.m.
MONDAY
 Table Top Curling 6:30 p.m. - Lounge
 Bingo 7:00 p.m. - Hall
TUESDAY
 Po Ke No 2:30 p.m. - Lounge
WEDNESDAY
 Cribbage 7:00 p.m. - Lounge
THURSDAY
 Darts 7:00 p.m. - Lounge
FRIDAY
 Bingo 7:00 p.m. - Lounge
SATURDAY
 Meat Draw 2:30 p.m. - Lounge
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Powerview School Spirit Week

Mme. McMullen's Grade 1 & 2 French Class at Powerview School celebrated the first day of Spirit Week. Monday's theme was Pajama day. Students from K-12 had a week of fun filled events planned. Please see next week's Echo for full coverage on Powerview School's Spirit Week.

2004 Xmas Hamper Campaign Underway

The 2004 Organizational Meeting of the Lac du Bonnet and District Christmas Hamper Committee recently took place at the Lac du Bonnet Town Office.

Representatives of various community organizations met in order to plan the up-coming Christmas Hamper campaign. Bob BRUNEAU was elected as Chairperson, Mel MITCHELL was elected to continue on as Secretary, and Emily KONOPETSKI was elected as Treasurer. Sharon SVEINSON stepped down as Chairperson, and Verna EMBERLEY stepped down as Treasurer, and the Committee thanks both for their hard work and dedication.

It was noted that the Committee assembled 64 Hampers for Xmas 2003. These Hampers served 107 adults and 94 children, and it is anticipated that at least as many Hampers will be required for 2004. There is always a need in the community, and the Hamper Committee attempts to address this need by providing Hampers to those who otherwise might go without.

The procedure which was implemented in 1999 to ascertain those who are in need of a Hamper will continue again this year. Anyone who feels that they are in need of a Hamper, or who knows of someone who should receive a Hamper, will be required to complete an Application Form. These Forms are available at the Lac du Bonnet Town Office, the R.M. of Lac du Bonnet Office, Mrs. Lucci's, the Lac du Bonnet Health Centre and Great Falls Foods. The completed Application Forms can be mailed to the Lac du Bonnet Xmas Hamper Committee, P.O. Box 351, Lac du Bonnet, or dropped off at the Lac du Bonnet Town Office. The deadline for receipt of same is Friday, the 13th of December.

The Hamper Committee wishes to encourage all individuals, businesses and organizations in the community to consider a donation to the cause. Collection cans for spare change will be in a variety of locations by the 3rd week of November. Collection boxes for food or other items will be at the usual locations. Instead of a gift exchange at a Xmas Party, why not consider a donation from the group to the Hamper Committee? Any and all donations will be gratefully received. A sincere thank you to those groups and individuals who have already donated.

For further information on any aspect of the Xmas Hamper campaign, or to arrange drop-off of donated items, please contact Bob BRUNEAU at 345-8802. Monetary donations can be mailed to Emily KONOPETSKI, P.O. Box 1051, Lac du Bonnet, or dropped off at 163 Scott Crescent, Lac du Bonnet.

Library Allard



Library Allard/Beaches Branch would like to remind all citizens to remember those who have fallen for our freedom. Please make a donation for a Poppy, which is an international symbol for more than 117,000 Canadians who have died in the service of the Country, either in the Military, the Merchant Navy, or other war time agencies which supported the war effort. The Poppy Campaign is designed to raise funds for needy Canadian ex service members and their dependents as well as Commonwealth Veterans.

The staff at Library Allard was able to get in touch with Santa Claus and invite him to visit the children within our communities!! Santa will be at the 16th Annual Christmas Gift & Bake Sale being held at Pine Falls School on November 27th. The sale is from 10:00 AM - 3:00 PM, however, Santa will be a little late (this is his busy time of year, checking his lists and all)...Santa will be making his appearance around 11:00 AM...with bells on. You don't want to miss this! This is a great opportunity to have your child(ren) photographed with Santa and ensure he has you on his "nice" list. Polaroid with card & candy cane - \$5.00, visits are FREE!

Library Allard/Beaches Branch will once again be asking our loyal Patrons for donations in the way of baking for the Christmas Gift & Bake Sale. Our table this year will

have fresh local baking, canvas book bags, St. Georges & Chevretils Farms Organic Peas. Drop by either library or call for more information.

A few noteworthy titles to mention that have just arrived: Mary Higgins Clark's biography *Kitchen Privileges* is "a look at the life of a daughter, a mother and a writer who has touched millions". Graphic Classics *Edgar Allan Poe & Mark Twain*. If you're cooking for 1 or 2 and trying to be creative *Straight A's College Cookbook* by Karen Wokes has recipes for more than just the college student. *125 Best Chocolate Chip Recipes: From Cookies, to Cakes, Muffins & More* by Julie

Hasson will surely please chocolate lovers! Many, many more on the way!!


Donations of books/magazines have been arriving daily, these donations and their value to us is greatly appreciated. Thank-you to all for your generosity.

See you in the library,
Library Allard - 367-8443 -
Ecole Communautaire, St. Georges


Beaches Branch Library -
754-4007 - Walter Whyte
School - Grand Marais

OPEN HOUSE

Please join us at our
OPEN HOUSE



TEMBEC INDUSTRIES INC.
FOREST RESOURCE
MANAGEMENT
GROUP
PINE FALLS OPERATIONS



Coffee & Dainties
will be served.

◆ Input to the Draft 2005 Operating and Renewal Plan

DATES & LOCATIONS

Monday, November 15	Manitou Lodge Pine Falls 7:00 p.m. - 9:00 p.m.
Tuesday, November 16	Lac du Bonnet Community Centre Lac du Bonnet 7:00 p.m. to 9:00 p.m.
Wednesday, November 17	Bissett Community Hall Bissett 7:00 p.m. - 9:00 p.m.
Monday, November 22	Place Louis Riel Winnipeg 7:00 p.m. - 9:00 p.m.
Tuesday, November 23	Seymourville Community Hall Seymourville 7:00pm to 9:00pm

Faith Perspective

by Pastor Jake Doell

What about your Conscience?

"Let your conscience be your guide." Have you ever said that? How reliable is our conscience? Questions like these need to be asked? Our conscience is like a compass, if the compass is faulty you will quickly get off course. The following little story helps to illustrate this point:

"A man was filing his tax return and as he was listing all his income, he remembered that the previous year he had purposely left out \$4000.00 of his income. Now his conscience was reminding him of it. He wrestled with the thought of remitting the extra \$1000.00 tax that he owed the

government. He came to a compromise. He mailed in \$500.00 and attached a note which read, "I cheated on my taxes last year, here is \$500.00, if I still can't sleep I will send you the rest."

Edgar Allan Poe in "The Telltale Heart" tells the story of a murderer, who after going to bed, couldn't sleep because he kept hearing the heartbeat of his victim. He really didn't hear the victim's heart but the beating of his own heart and it kept him awake. The guilt of his crime was heavy on his conscience and would not give him peace until he confessed the crime.

How do we deal with a guilty conscience? Counsellors who listen to the stories of people who struggle in coping with emotional issues realize that we cannot escape the fact of guilt. Sometimes our conscience can become damaged or faulty. When we disregard

the "voice of our conscience" it gradually loses its power to give moral direction to our lives. You may be struggling with a damaged and hurting conscience and wondering, "How do I get my conscience fixed?"

The good news is that Jesus Christ came to heal broken and wounded hearts. He gives this invitation, "Come to me, all who are weary and burdened and I will give you rest." Matthew 11:28 I know He can heal the broken hearted because he healed this writers heart when I came to Him

and asked Him to forgive me and give me a brand new start on life. He gave me the power to forgive those who had hurt me and in forgiving them my own conscience was healed. Our conscience can be our best friend when we allow Jesus Christ to be the one who guides and directs our lives.



MJHL News

MJHL Trade Transactions

The Swan Valley Stampeders of the Manitoba Junior Hockey League (MJHL) have acquired the Hockey Canada playing rights of 20 year old Defenseman Simon McCusker of Thompson, MB from the Flin Flon Bombers of the SJHL for Future Considerations.

The Southeast Blades of the Manitoba Junior Hockey League (MJHL) have acquired the Hockey Canada playing rights of 18 year old Forward Brendan Young of Winnipeg, MB from the Humboldt Broncos of the SJHL for Future Considerations.

The OCN Blizzard of the Manitoba Junior Hockey League (MJHL) have acquired the Hockey Canada playing rights of 20 year old Defenseman David Moncur of Burnaby, BC from the Langley Hornets of the BCHL for Future Considerations.

The Portage Terriers of the Manitoba Junior Hockey League (MJHL) have traded the MJHL list rights of 19 year old Defenseman Paul Wallmann of Souris, MB to the OCN Blizzard of the MJHL



for Future Considerations.

The Winnipeg South Blues of the Manitoba Junior Hockey League (MJHL) have traded the MJHL list rights of 19 year old Goaltender Keegan Reimer of Vancouver, BC to the Waywayseecappo Wolverines of the MJHL for Future Considerations.

The Waywayseecappo Wolverines of the Manitoba Junior Hockey League (MJHL) have traded the Hockey Canada playing rights of 20 year old Forward John Naturkach of Brandon, MB and Future Considerations to the Dauphin Kings of the MJHL for 18 year old Defenseman Geoff Davison of Carberry, MB.

The OCN Blizzard of the Manitoba Junior Hockey League (MJHL) have traded the Hockey Canada playing rights of 20 year old Defenseman David Moncur of Burnaby, BC to the Surrey Eagles of the BCHL for 20 year old Forward Aaron Hareuther of Prince George, BC.

How to set financial goals

A successful four-step method



by Steve Kulyk

Setting financial goals is an important part of financial planning. A list of tangible, realistic goals can serve as a roadmap, providing you with an easy way of knowing exactly where you are and where you're headed financially. Many investors have a vague understanding of what their financial goals are. That's better than no goals at all, but the best way to ensure lasting financial success is to follow a formal process to make sure

your financial goals are fully understood and met. To demonstrate how simple that process can be, here's a four-step method that many successful investors use.

1. Make a "dream" list

The first step is to make a list of your financial goals and aspirations. What do you envision your life to be like in a year, five years, ten years, or more? At this point, don't concern yourself with how you'll achieve these goals—simply make a list.

2. Evaluate and refine

Next, you'll want to go back and refine your goals. Try to be as concrete as possible. Ask yourself: when do you

want to achieve this goal? How much will it take to achieve it? How much progress have you made toward achieving this goal? What action can you take

See HOW TO/page 15

Pictures with
Santa
Library Allard has
Invited Santa Claus
To be at the Pine Falls Annual
Christmas Gift & Bake Sale
Visits are FREE
Polonoid w/card \$5.00
Make a Great Gift!

Saturday, Nov. 3, 2004
10am to 3pm
(Santa arrives at 11am)
Pine Falls School Gym

TRY YOUR DRUGSTORE *first*

- *Pharmaceuticals*
- *First Aid Supplies*
- *Hair Products*
- *Health & Beauty*
- *Stationary*
- *Greeting Cards*
- *Lottery Centre*
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Canadian surprises himself with bracket victory at BIR



Don Hebert, Lac du Bonnet, Manitoba, blazed down Brainerd International Raceway Sunday during a final elimination round of the bracket races for the American Snowmobiler Super Sled Shoot Out. Hebert, in his first year of asphalt racing, won the final. Photo from: Brainerd Dispatch/Clint Wood

Recreation Re-Boot!

Volunteers are essential in a community and very valuable for our area. Our arena canteens depend solely on volunteers to work and yes the time of year has come again. I encourage everyone that is involved with canteen duties to contact the rec office if you are UNABLE to work your shifts and would like your canteen bond cashed. The schedule will be posted at the Pine Falls Arena/Curling Rink and Powerview Arena and again we thank everyone for their dedication in working together for another year. Tembec is another valuable contributor to the Pineview Recreation Commission and should be acknowledged for their generous donations year after year, summer and winter.

TAI CHI;

We would like to offer a Tai Chi program over the winter months if we have enough interest. We would offer 2 Instruction classes in different locations to accommodate the travel issue. A powerview location has already been obtained for an a.m. class and we will try to accom-

modate another location and time.

For more information call the Rec Office @367-9142

KUNG FU after school;

Something physical, fun and creative to do after school, come and explore your combat talents of Kung Fu (emphasis on non-violent conflict resolution) taught by X-Company. For registration or information call the Rec Office @367-9142

HOCKEY COACHING & SAFETY CLINICS;

If anyone missed these clinics contact hockey Manitoba for other scheduled clinics held in other communities. Phone #1-204-925-5755 or email www.hockeymanitoba.mb.ca

MUSIC;

Interested in learning or perfecting your fiddling talents; lessons are now being offered. Classes will start Monday November 1 @ Powerview School, 5:00-6:00. Fiddles will be provided along with professional instruction, sponsored by Manitoba Metis Federation, for the first 10 people to

register so don't be disappointed call Lori Chartier @367-8945

Dancing;

The chance of a lifetime to discover dance, learn the Fox Trot, 2 Step, Rumba and more. Join in the Dance Extravaganza on Thursday Nov. 4 @7:00 pm at the Pine Falls Legion. Free dance classes all evening and no partner necessary.

If you are interested in Curling this year Contact Jackie Prowse @ 367-8332 & she will be able to help you with any question that need to be answered.

By Clint Wood

Canadian Don Hebert's intent this weekend at the American Snowmobiler Super Shoot-Out at Brainerd International Raceway was just to test his 2003 Yamaha RX1 Yamaha in exhibition runs.

But the first-year asphalt snowmobiler racer from Lac du Bonnet, Manitoba, was among the 27 racers participating in Sunday's the "last racer standing."

The event, which was being held for the first time at BIR, was slated for Saturday but rain postponed it.

Hebert won the bracket racing elimination rounds despite not having the fastest sled. The winner was determined by whoever reached the finish line first despite some racers having head starts.

Racers chose their own dial in elapsed times, making sure they didn't go faster (this is called a break out) or red light (start before the green light).

Jim Moore, Casper, Wyo., in his 2000 Ski Doo Mach Z won the true shoot out. He took out Anoka's Ron Bray, 8.837 to 9.148, also on a Ski Doo. "Consistency and reaction time counts big time and don't red light," Hebert said were the keys to bracket racing.

Hebert said he clicked off his best reaction time in his final round win.

He said racing against modified sleds, including some with nitrous systems, is "nerve wracking."

"You're waiting for them to come by you," he said.

Hebert said his opponent was reeling him in the final round despite Hebert's nearly perfect reaction time of .02.

"He had a slower light," Hebert said. "I forced him to break out basically."

For Moore, he said he saved his best run for the last. He noted that his sled was "brand new" (the engine was only in it for the last two and a half months).

Moore said earlier in every round, he was having traction problems with his 1,710 cc sled. He said he and Bray were even at the start.

One of his team members noted that Bray

started loosening up at the 80-foot mark and that's when Moore took the lead for good.

Moore's career best ET is 8.79 and top speed is 153 mph.

Posting the fastest speed for the event was Asphalt Stevie from Gaylord, Michigan. In one of his three test runs, he blazed down the strip at 157.36 mph in his 1,400 cc sled with a nitrous system.

The quickest sled for the event was Chris Peterson of Casper, Wyo., with a pass at 8.656 seconds on his modified 1,400 cc Arctic Cat. This was the third-year racer's career best.

Peterson, whose career-fastest speed is 154 mph, and Moore also were racing out of the Wahl Bros. racing stable of Greenbush.

"They helped us out a lot this weekend," Moore said.



Don Hebert, Lac du Bonnet, Manitoba, blazed down Brainerd International Raceway Sunday during a final elimination round of the bracket races for the American Snowmobiler Super Sled Shoot Out. Hebert, in his first year of asphalt racing, won the final. Photo from: Brainerd Dispatch/Clint Wood

Manitoba Public Insurance is committed to providing quality customer service and leads the way in creating a safe driving environment for Manitobans. We are seeking individuals to fill part-time positions in our High School Driver Education Program.

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E-mail: highschool@mpi.mb.ca
Telephone: 985-7574
Toll-free: 1-800-267-9926

Employment Information 0004-1

Driver Education Instructors (Part-time positions)

Qualified candidates require:

- Proven driving experience with Class 5 vehicles, and clean driving record;
- Driver instructor permit or willing to acquire certification;
- Excellent interpersonal and training skills; and,
- Teaching certification or training experience is an asset.

Work Location:

- Part-time evening positions are available in Powerview or surrounding area within 16 km.

Manitoba Public Insurance will gladly assist in arranging training for these contract positions.



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Pine Falls Pre School news

by Kathie Duff

Well the children are wondering by the weather if this is Spring or Fall with all the Rain,Rain and MORE RAIN. Reminds me of how it looks after all the snow has melted when winter ends and the buds start growing on the trees. We need sun also to cheer everyone up as these wet dreary

days are sure long.

Here at Pine Falls Pre-School we have a Busy and fun October month. October 4-8 we talked about Thanksgiving and all the special ways in which we celebrate with our loved ones. The children made a Horn of Plenty, Turkey Handprints and Stuffed Turkeys which they took home to decorate their tables with.

October 11-29 We talked about all the things you can do to make Halloween Safe and Fun. The Children made Spider Webs, Halloween Masks, Foot Ghosts,Rice Jack o Lanterns,Halloween Bags,Bats Paper Pumpkins, Ghost Wind Socks, Milk Jug Pumpkin Centerpiece. Science activities the completed during the month of October included; Kleenex

Ghost, Cornstarch Magic, Bubble Fun, an experiment using pencils,a bag and water. The highlight of the month came on October 28 and 29 when we had our Halloween parties and the children got to go Trick or Treating in the classroom receiving treats sent by parents for all the children's friends. We also received treats from Joyce Hamilton at the Pine Falls Townsite Office which they greatly enjoyed.

On Thursday November 28 we were invited to Pineview Lodge for Juice and cookies. The Senior Ladies greeted the children in witches hats and enjoyed the Halloween songs which the children sang for them and they received treats upon departure for a job well done. It was an enjoyable pleasure to go for a visit with the Seniors.

We continue our parties by

having special snacks and making Witches Brew donated by one of our parents and myself. At the conclusion of our party we made popcorn and had drinks and enjoyed a Halloween Movie which one of our parents donated for our party enjoyment. With all the excitement in the air I'm sure our preschoolers will be sure to have a spooky, fun Halloween Night.

I will leave you with our Themes for the Month of November which will include; Numbers, Community Workers and Transportation. We will be closed on Thursday November 11 for Remembrance Day.

If you are curious about our 3 and 4 year old programs please come on by Pine Falls School and check us out or phone 367-8082 Monday -Friday I'd be more than happy to tell you about our terrific program.

Library Corner

Lac du Bonnet Regional Library



The library shelves are looking very neat and tidy, thanks to a wonderful group of volunteers who spent a day with us working on this tedious but necessary shelf-read project! When books are in their proper place, it makes our job much easier!

This is it - *Canadian Children's Book Week!* We look forward to our annual Family Night - Tuesday, Nov. 2nd from 6:30 to 8:00pm - and hope that your family is planning to join us for fun & games & snacks! Throughout the month of November we are hosting the "Canadian Children's Book Tour of Canada". Passports have been distributed through the school, and children are encouraged to read at least 8 library books written by Cana-

dian authors (look for the Maple Leaf sticker) and be eligible for prizes and a "Family Fun Pack Draw" at the end of November! Don't miss this great opportunity to learn more about our country and the people who have written about it!

Heather has also been very busy planning ways to help people in our community learn more about the Internet and what it has to offer! She is offering several Tuesday evening (7:00 to 8:00pm) information sessions as follows:

Career Cruising Information Night - Nov. 9 (Register by Nov. 5th)

Setting up Free E-Mail Accounts - Nov. 23 (Register by Nov 19th)

Word Processing - Jan. 11, 2005 (Register by Jan 7th)

Scanning Pictures - Feb 1, 2005 (Register by Jan. 28th)

She assures us that learning these basics is not as difficult as it may seem. Because the library is a Community Access Site, free internet access is available, first-come-first-serve or by appointment. All of the above workshops are free, but we do ask that you register by the deadline shown. On your next visit to the library, please pick up an information brochure from Heather. She invites your questions, comments, and suggestions as to how she can be of assistance throughout her term of employment!

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FORETHOUGHT FUNERAL PLANNING
 INDEPENDENT CANADIAN

Lac du Bonnet and Area Food Bank news

The Lac du Bonnet Craft Sale is fast approaching on Saturday November 13, 2004. The Food Bank will have a food box at the craft sale in the Lac du Bonnet Legion (Farmer's Market area). Food donations are very much appreciated, so please bring along a "tin for the bin" and drop it in the box. Again, the top 10 items for the food donations include pasta, cereal, tinned fruit, stew, meat, beans, tuna/salmon, pasta sauce, potatoes, peanut butter.

There will be a \$1.00/ticket raffle of a lovely hand quilted table runner at the Food Bank table. Also, gift boxed candles will be on sale for \$10.00

Food drives will be a priority this year. Since we did not get the vegetable donations from gardens this year, the shelves are emptying fast.



Operation Christmas Child

Abundant Life Chapel
90 4th Street
Lac du Bonnet, Mb

Collection week November 8th to 13th
Tues & Wed 10:00 am to 5:00 pm, Thurs. Closed
Fri: 10:00 am to 8:00 pm, Sat. 10:00 am to 3:00 pm



Do you have it in your heart to give? Want to make a difference in a child's life. Come join with others, give the gift of love.

Contact Donna Boulanger
345-8719
Abundant Life Chapel
345-8719

ECHOES FROM THE Heart

T-Bone Steak and Yellow roses

Here's to T-bone steaks, yellow roses and friendship. READ THIS!!!! and then reread it. Especially the last part...

I walked into the grocery store not particularly interested in buying groceries. I wasn't hungry. The pain of losing my husband of 70 years was still too raw. And this grocery store held so many sweet memories.

He often came with me and almost every time he'd pretend to go off and look for something special. I knew what he was up to. I'd always spot him walking down the aisle with the three yellow roses in his hands. He knew I loved yellow roses.

With a heart filled with grief,

I only wanted to buy my few items and leave, but even grocery shopping was different since he had passed on.

Shopping for one took time, a little more thought than it had for two. Standing by the meat, I searched for the perfect small steak and remembered how he had loved his steak.

Suddenly a woman came beside me. She was blonde, slim and lovely in a soft green pantsuit. I watched as she picked up a large pack of T-bones, dropped them in her basket, hesitated, and then put them back..

She turned to go and once

again reached for the pack of steaks. She saw me watching her and she smiled. "My husband loves T-bones, but honestly, at these prices, I don't know." I swallowed the emotion down my throat and met her pale blue eyes. "My husband passed away eight days ago," I told her.

Glancing at the package in her hands, I fought to control the tremble in my voice. "Buy him the steaks. And cherish every moment you have together."

She shook her head and I saw the emotion in her eyes as she placed the package in her basket and wheeled away.

I turned and pushed my cart across the length of the store to the dairy products. There I stood, trying to decide which

size milk I should buy. Quart, I finally decided and moved on to the ice cream. If nothing else, I could always fix myself an ice cream cone. I placed the ice cream in my cart and looked down the aisle toward the front. I saw first the green suit, and then recognized the pretty lady coming towards me. In her arms she carried a package. On her face was the brightest smile I had ever seen. I would swear a soft halo encircled her blonde hair as she kept walking toward me, her eyes holding mine.

As she came closer, I saw what she held and tears began misting in my eyes.

"These are for you," she said and placed three beautiful long stemmed yellow roses in my arms. "When you go

through the line, they will know these are paid for..." She leaned over and placed a gentle kiss on my cheek, then smiled again.

I wanted to tell her what she'd done, what the roses meant, but still unable to speak. I watched as she walked away as tears clouded my vision.

I looked down at the beautiful roses nestled in the green tissue wrapping and found it almost unreal. How did she know? Suddenly the answer seemed so clear. I wasn't alone. Oh, you haven't forgotten me, have you? I whispered, with tears in my eyes. He was still with me, and she was his angel.

Every day be thankful for what you have and who you are.

Winnipeg River Emergency Control District requires volunteers

The WRECD which is made up of five areas - Bird River, R.M. of Alexander, Powerview, Pine Falls and the Beaches is in desperate need of volunteers. Should a disaster strike anywhere within our district (ie. fire, chemical/fuel spill, severe weather or flood), which may require partial or total evacuation, it would necessitate the activation of our

Emergency Plan and Emergency Measures Team.

Our first responders to all emergencies - the RCMP, Fire brigade and Ambulance crews would be utilized to their maximum, but there-in lies the problem, we only have so many to do so much. It would be incumbent upon the citizens of our District to fill in the gaps. Yes, it is true that organizations


such as the Red Cross, Salvation Army and other non-government organizations would provide assistance, but that is exactly what it is - assistance. The majority of the responsibility lies within our own community. Should it become necessary to evacuate any area within our District, the remaining safe areas would have to act as Hosts and to do this effectively, a number of volunteers would be required.

The Emergency Measures Team realizes that most people in our area are 'volunteered out', but should disaster strike, all other volunteered jobs would become moot until such time as the incident is remedied. Our volunteers would not be asked to commit themselves to a weekly or even monthly chore. All that would be required of our volunteers is that they receive some training then be willing to once a year be involved in an exercise relating to some type of disaster. The exercise may only involve that you report to a certain location and be briefed on your responsibilities. This need not be time consuming. There is no doubt in my mind that should disaster strike, everyone would volunteer to help in anyway possible, by volunteering now, you would know what would be required of you and how best you could help.

If you wish to volunteer, please call Mr. Edgar (Chick) Desautels at 367-2369 or Barry Kemball at 367-8857.

Winnipeg River Echo
Is your subscription due?
 Drop in to our office
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CALL 1-888 2 DONATE
 for more information or to book an appointment
www.bloodservices.ca

Basic Requirement for Blood Donation

Identification:	Full name and signature, or full name and Photograph required.
Age:	Between 17th and 71st birthday (regular donor), or between 17th and 61st birthday (first time donor).
Weight:	At least 50 kg (110 lbs.)
Frequency of Donation:	Minimum interval between blood donations is 56 days.
Health:	You must be in generally good health and feeling well. You should have had something to eat and adequate sleep. You must also meet hemoglobin (iron) requirements (test done at clinic).
Screening:	At the time of donation, you will be asked a number of questions to determine your eligibility.

Wait before donating:


- Until the day after treatment if you have had dental treatment for cleaning or filling. For extraction, root canal or dental surgery, you must wait 72 hours, provided you have fully recovered.
- Until you have fully recovered, if you have a cold, flu or sore throat.
- Until 12 months have passed, if you have had ear or body piercings or tattoos.

Donating Blood. A safe procedure.

Donating blood does not put a risk for disease. All needles are sterile, used only once and are discarded. The usual blood collection, a "unit", is about half a litre or one pint. Your body soon replaces all of the blood you donate.

The above eligibility requirements were accurate at the time of printing. Eligibility requirements are subject to change. For complete eligibility requirements, please contact Canadian Blood Services by calling 1-888-2-DONATE (1-888-236-6283).

When completing the donor questionnaire, remember to answer all questions truthfully and that to make a false statement is a serious matter and could harm others.



Winnipeg River RCMP Report



GENERAL: Update - Police were able to recover numerous items from several break and enters in the Long Lake and Bissett area. Further investigation by police accounted for 5 males to date being charged in the incidents.

GRAND MARAIS - reports of suspicious activity involving the movement of a building in the late evening hours caused police to attend. The building was being moved to avoid traffic as well as an equipment breakdown.

reported to police was connected to another incident from several months ago. No charges were laid as the matter was dealt with informally with restitution. A youth was involved in the incidents.

SEYMOURVILLE - a male in breach of court conditions caused some problems at a residence. Investigation continues.

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 10-71375: meets first Tuesday of the month, Chicken Chef, Powerview meeting room.

Prenatal classes: held regularly in your area. Please register with Gail 268-7465 or call your local public health nurse.

Library Allard: Tuesday: 10:30 a.m. to 5:00 p.m. Wednesday and Thursday 12:00 to 5:00 p.m. and 6:30 to 8:00 p.m. Friday 12:00 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., 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 7:30 p.m. Legion, meat raffles held at Legion on Fridays 5:00 to 6:00 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.

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

Village of Powerview: meets second Tuesday of each month.

Winnipeg River Senior Service Inc.: Coordinator Tina Polischuk, Pine Falls Health Complex, phone 367-9128, 9:00 a.m. to 3:00 p.m. Monday to Friday. Services: transportation, home maintenance, foot care, volunteer help, info.

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

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

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

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

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

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

Powerview Parent Advisory Council: meets first Monday 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: Worship Service and Sunday School at 11:00 a.m. 367-2633. 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, Scantebury, on Hwy #59

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

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

October 26:
FORT ALEXANDER - a query to locate a female youth in the area was requested. Numerous attempts were made by police however the female could not be located.

HOLLOW WATER - investigation continues into an assault with a weapon.

BELAIR - police recovered an abandoned yellow ford futura in this area.

PINE FALLS - a missing youth was located by police after she had wandered away from family members.

October 27:
FORT ALEXANDER - assistance was requested in recovering property from a residence. Police were able to obtain the items in question and return them to their rightful owner.

BALSAM BAY - a report of suspicious activities involving a vehicle resulted in negative results. The vehicle could not be located after patrols were made.

HOLLOW WATER - a request to locate a missing youth resulted in police locating the female. She was returned home to parents.

October 28:
POWERVERVIEW - a male was charged with breaching a court order and uttering threats after contacting an ex spouse.

GRAND MARAIS - an attempted break and enter was made to a summer residence. Culprits did not gain access to the home and damage was minimal. A local business reported the incident after a service vehicle noticed a door left open.

PINE FALLS - police are investigating counterfeit currency that was received at a local financial institution.

MANIGOTAGAN - a theft

HOLLOW WATER - a domestic disturbance caused police to attend a residence. However the male spouse had left the home and no further problems were encountered.

October 29:
FORT ALEXANDER - police attended a residence when a male walked in to home uninvited in the early morning hours looking for a female. Investigation continues on the incident.

- police were called when a bear tried to gain access to a house by entering the porch area. No one was injured in the incident.

- an intoxicated female was responsible for some damage to a window at a residence when police were called to that residence for assistance.

- an assault of a female is still under investigation.

HILLSIDE BEACH - a vehicle fire was attended by police. No one was hurt in the incident which appears to have been caused by a mechanical problem with the vehicle.

BLACK RIVER - police were called when an emotionally disturbed male youth attempted suicide. Family members transported the male quickly to hospital for treatment.

POWERVERVIEW - a theft from a local business was reported to police. Investigation continues into the shoplifting incident.

October 30:
GRAND MARAIS - an intoxicated male caused a disturbance at a local business. Police were called to attend to remove the man from the premises.

FORT ALEXANDER - a call to police came in where 4 youth were observed drinking outside a residence and causing a disturbance.

- a vehicle was recovered a short distance from this location in the ditch with visible damage. The auto had been stolen earlier in the day from Hollow Water.

MANIGOTAGAN - a vehicle was taken without the owners consent in the early morning hours by a youth and adult male. Investigation continues.

ST GEORGES - a male and a female were reportedly walking down the highway intoxicated weaving into traffic. Police patrolled the area but the subjects had already received a ride prior to police arrival.

- a complaint of threats being uttered by disturbing phone calls was reported to police.

POWERVERVIEW - an attempted break and enter was made to a residence. Access was not gained but a door was broken in the incident.

HOLLOW WATER - a spousal disturbance at a residence is still under investigation. A window was damaged in the incident.

October 31:
POWERVERVIEW - a complaint of nuisance calls to a residence was made. The caller dialled a wrong number in the incident, and leaving messages.

FORT ALEXANDER - police attended a domestic dispute. Investigation continues into this matter.

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.

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Blues bounce Peguis in opener

By Jim Hampshire

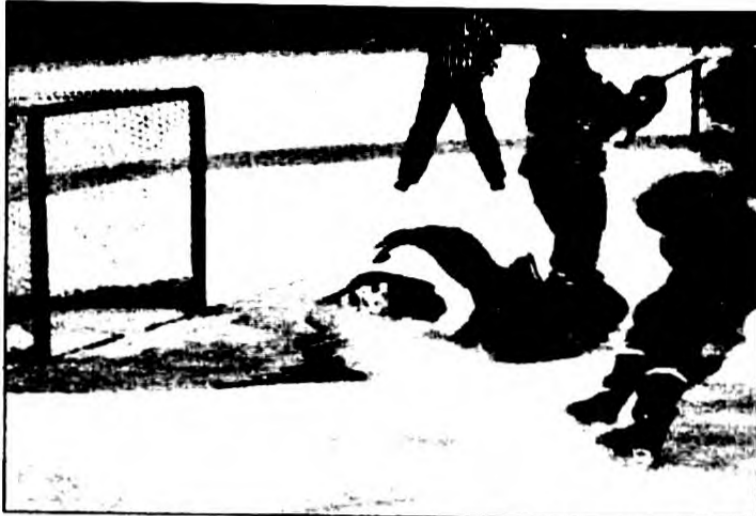
If the game last Friday was any indication, the Lac du Bonnet Blues should spend most of this senior league season in the penthouse of the South Interlake Hockey League.

After a slow start, where the Blues spent nearly half the game shaking off the rust of a rather moist summer, the Lac du Bonnet squad was able to come from a 3 to 1 deficit in the early stages of the second period, to take the lead and hold on for a 6 to 5 victory in their home opener.

The game started slow for both teams, potting a goal each in the first period. By the mid-way point of the second, the Peguis Hawks were able to take a commanding 3 to 1 lead. Undaunted, the Blues stormed back to tie the game with second period goals by Reggie Goodfellow and Aaron Wold but Peguis was able to regain the lead late in the second frame, taking a 4 to 3 lead to the dressing room. Apparently the home team was able to regroup during the second intermission as the third period belonged to the Blues, who seemingly scored at will to win when the chips were down.

Penalties also played a big part in the game, with the Peguis players visiting the sin bin 15 times, compared to the 10 infractions by the Lac du Bonnet squad.

The big scorers of the night



Lac du Bonnet netminder Shane Hintz faced a lot of rubber in the Blues home opener last Friday.

included Reggie Goodfellow and Aaron Wold, who both had two markers for the Blues, while Dwight Hirst and Jay Seymour had one goal apiece. The Peguis Hawks were sparked by a pair of goals from Mike Spence, while Jeff Southerland, Ron Sinclair and Greg Daniels picked up singles in a losing effort.

The Peguis Hawks took Lac du Bonnet to five games in a semi-final league playoff last spring, before the Blues moved on to the finals with the Ashern Hornets. Based on the results this past weekend, the Blues look like playoff contenders again this year, with most of last year's squad returning for the 2005 season.

Goalie Shane Hintz, returning with the Blues again this year, had a remarkable outing, stopping numerous two-on-ones and a clear cut breakaway in the third frame. Al-

though the shots on goal were not available at press time, the Blues netminder had a busy outing in the home opener.

The Lac du Bonnet squad was scheduled to play in Beausejour the following night, but some questions were raised when the Stars cancelled at the last minute. Officially, the game was cancelled due to a scheduling problem but insiders say that the Beausejour Stars are having trouble icing a team this year. According to an anonymous source, the Stars will be back on the ice in a few weeks, while the schedule has been altered to accommodate the stutter starting Stars.

Next Saturday (Nov. 6) the Blues host the newly formed Gimli Wolves. Game time is at 7:30 and free coffee and donuts are available, courtesy of Lionel Laurin and Chateau Roofing of Winnipeg.

Did you know that November is Osteoporosis month?



Christine Polischuk, Winnipeg River Senior Service, call 367-9128

Osteoporosis affects 1 in 6 women over the age of 65. About 40% will have an osteoporotic fracture during their lifetime. Osteoporosis affects 1 in 8 men over the age of 50 & that more men will suffer an osteoporotic hip fracture then will have prostate cancer. Osteoporosis is not part of the normal aging any more so then heart disease, cancer or stroke. The majority of osteoporotic fractures can be prevented through appropriate pharmacological, diet and lifestyle management. **Bone Up On Osteoporosis.** Springfield Services to Seniors have joined together with other community service groups to sponsor a day long workshop Thursday, November 25th at the Dugald Community Club. All men & Women in the North Eastman region are welcome to attend. The sessions will provide crucial nutritional and lifestyle information as well as discuss the medical management of the disease. The cost is \$10.00 lunch included.

- AGENDA**
 9:00 - Registration
 9:30 - Overview of Osteoporosis
 10:15 Break - Tia Chi with Susanne LeCarc
 11:00 Nutrition to beat the Silent Thief - Lisa Oliver, Community Dietitian
 12:00 Lunch to Beat the Silent Thief
 1:00 Medical Management of Osteoporosis - Lori Clemente Nurse Practitioner
 1:45 Exercise to Beat the Silent Thief - Patrice Turenne Physiotherapist
 2:30 Question panel & wrap up.

I will be attending this workshop. If you would like to attend & need a ride I have room for 3 people in my car. Restriction deadline is November 12th & the forms may be picked up at the office. A pair of prescription glasses were found in the parking lot of the shell in a Kenneth Cole case. You may claim them by calling me at the office with a description.

The Winnipeg Humane Society

Low Income? Call our Subsidy Spay & Neuter Program Coordinator, Melissa @ 982-2038 today!



Dreya is a wonderful girl who likes the company of other dogs. Initially a stray from Route 90, Dreya is a happy & playful full grown dog. She listens very well to her handler & is expected to make a welcome addition to nearly any home. All of our adoptable adult dogs undergo a behavior evaluation by our full time Behavior Specialist! \$159.00 fee incl. a health exam, 6 weeks free pet insurance & much, much more!



May is a good little girl who was abandoned by her previous owner; thankfully, the landlord took care of her until we assumed responsibility. May is spayed & vaccinated. She's a cuddly gal who enjoys sitting on your lap & visiting. Only ~10 months of age, May is still a 'kitten' at heart and deserves a second chance at life! \$79.00 adoption fee includes a microchip, spay & much more!

The WHS has a new website, visit us at www.winnipeghumanesociety.ca

If you or your family are interested in any of the listed animals here or others at the shelter, you can call us at 204-982-3551 or Fax 204-982-2047

Papertown Motor Inn

NITE
BAR

Every Friday starting November 5

5oz AAA Sirloin Baked Potato and a Cool One

\$7.99

★ Bud ★
Spud & Steak Night



Lac du Bonnet RCMP Report

Police Report for the period of October 25 to November 1



On the 25th of Oct., a report was rec'd of cruelty to a dog at a location at Ste. Rita in the R.M. of Reynolds.

On the 25th of Oct., a report was rec'd of an Intrusion Alarm at a business in Whitemouth. This was found to be a False Alarm.

On the 25th of Oct., a report was rec'd of a suspicious vehicle in the Still Cove area in the R.M. of Alexander. Police patrolled the area, but did not locate the vehicle in question.

On the 26th of Oct., a vehi-

cle was noted to be driving in an erratic manner on P.R. 502 in the R.M. of Lac du Bonnet. Police stopped the vehicle and arrested the adult male driver for Impaired Driving. Subsequently lodged to sober up and released for Court, with the customary License suspension and vehicle impoundment.

On the 26th of Oct., a report was rec'd of an Intrusion Alarm at a location at Jessica Lake in the Whiteshell Prov. Park. Police attended and ascertained that this was a False Alarm.

On the 26th of Oct., a report was rec'd of a construction trailer blocking P.R. #433 on the way to Cape Coppermine. Police attended and found that same had become stuck, and was in the process of being removed.

On the 27th of Oct., a report was rec'd that a diamond ring was lost by a resident of Elma, at an unknown location between Elma and Winnipeg.

On the 27th of Oct., a report was rec'd of the theft of a new mattress from a trailer outside a residence on Brookside Way in the R.M. of Lac du Bonnet. Took place on the 10th of Oct.

On the 27th of Oct., a report was rec'd that an unknown subject had illegally opened the gate at a location in the R.M. of Whitemouth, which allowed a number of boars to escape.

On the 28th of Oct., a report was rec'd that an adult female had been taken to the Pinawa Hospital and was acting in an irrational manner. Police attended and subsequently escorted the subject to the Selkirk Mental Health Centre, where she was admitted for an examination.

On the 28th of Oct., a report was rec'd from a location on Willis Drive in Pinawa that an adult female had been going uninvited into the rooms which subjects had rented. A watch had been stolen, which was handled in-house. On this date, the subject had gained access to the premises and it was noted that a number of aprons were missing.

On the 28th of Oct., a report was rec'd of concern for the well-being of an under-age female from Hadashville who is attending school in Whitemouth. Follow-up was done with the subject's mother, and it appeared that that all was in order. Info passed to Falcon Beach Detachment for any necessary follow-up.

On the 29th of Oct., a report was rec'd of what sounded like a shotgun being discharged in the area of Osprey Crescent in the R.M. of Lac du Bonnet, and it was felt that pellets may have hit the residence. Police patrolled to the scene, but could not see that pellets had struck the building, and a patrol of the area did not locate any suspects.

On the 29th of Oct., a report was rec'd that an Off-Road Vehicle was driving illegally on Poplar Avenue in Great Falls. Prior to police attendance, the complainant called to advise that same was gone, with no indication of who the driver was.

On the 30th of Oct., a report was rec'd of a number of under-age subjects consuming liquor and causing a disturbance, proceeding from Grey Crescent to Burrows in Pinawa. Police patrolled the area, including areas frequented by youth, but did not locate members of this group.

On the 30th of Oct., a report was rec'd of an under-age male calling a residence at all hours of the day and night, and wanting to speak to the complainant's daughter.

On the 30th of Oct., a re-

port was rec'd of damage to a fence behind a business in down-town Lac du Bonnet, with beer bottles scattered around. Appeared to be from patrons from a licensed premises.

On the 30th of Oct., a report was rec'd of the theft of a Honda Quad and a SkiDoo Safari from a location along P.R. #317 in the R.M. of Lac du Bonnet.

On the 31st of Oct., a report was rec'd that an adult female had been assaulted by another adult female outside a licensed premises in the Town of Lac du Bonnet. The complainant in the matter subsequently decided that further police action was not req'd.

On the 31st of Oct., a report was rec'd that a tan-coloured Madza van had driven across a lawn at a location on Lake Avenue in the Town of Lac du Bonnet. Police on patrol did not locate a vehicle matching this description.

On the 31st of Oct., a report was rec'd that an egg had been thrown at a residence on Lake Avenue in the Town of Lac du Bonnet. Three under-age males found to be responsible, and taken home to their parents.

On the 31st of Oct., a report was rec'd from Pinawa that older youth had been trying to steal candy from younger ones, and were apparently in the vicinity of the Orville Acres Arena when the call was rec'd.

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, Power-erview 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 268-7465 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 7:00 p.m. Legion Hall.

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

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

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

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

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

Lakeshore Al-a-Teen Group 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 753-8357.

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

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

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

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

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

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

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

Alzheimer Society Theresa Conroy, Whitemouth 348-3505; Lac du Bonnet, Pine Falls, Victoria Beach, Pinawa, Beausejour, Whitemouth, Oakbank, 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 Mirek Szybal, 345-2900
Lac du Bonnet: 5:00 p.m. - Saturday mass; 11:00 a.m. Sunday mass
Pinawa (senior school): 9:15 a.m. - Sunday mass

ST. JOHN'S ANGLICAN CHURCH

Rev. 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.

Pine Falls Curling Club \$\$\$\$\$\$\$\$\$\$

CASH SPIEL

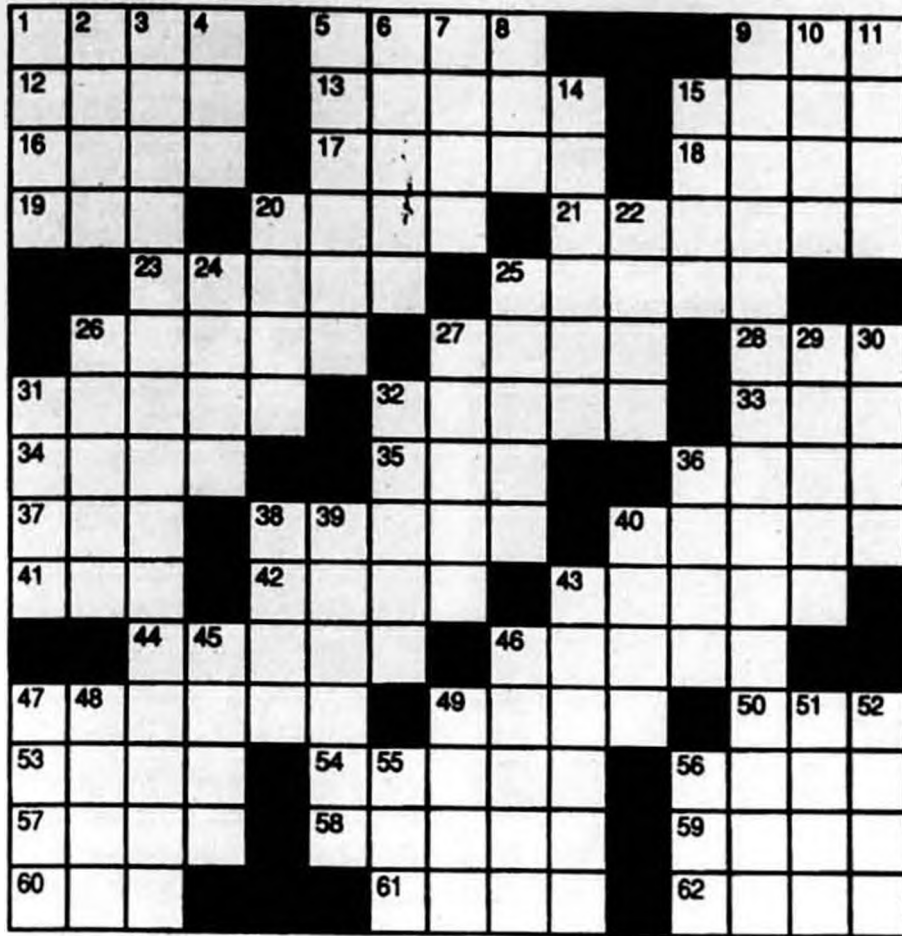
MIXED BONSPIEL - NOV. 5-7, 2004

Lunch Provided
Progressive
Cash Pay-out

\$140.00 per team

Contact
Jackie Prowse at 367-8332

WEEKLY CROSSWORD



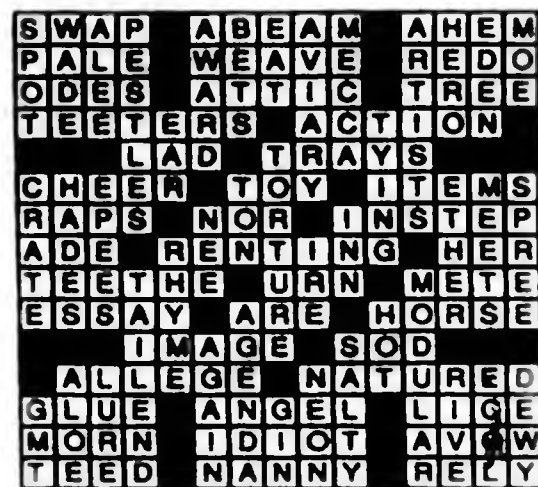
- ACROSS**
- 1. Johann Sebastian
 - 5. Set of two
 - 9. Distant
 - 12. Dull pain
 - 13. Poisonous snake
 - 15. Cotton bundle
 - 16. Smile
 - 17. Sifter
 - 18. British college
 - 19. Unit of time (abbr.)
 - 20. Potato
 - 21. Ran quickly
 - 23. Airborne toys
 - 25. Rich cake
 - 26. Majestic
 - 27. Canvas shelter

- 28. Prepare flax
- 31. Contributor
- 32. Hair of lions
- 33. Monkey
- 34. Scent
- 35. Bullring cheer
- 36. Dagger
- 37. Above (poet.)
- 38. Astir
- 40. Fops
- 41. Decay
- 42. Maize
- 43. Shapes
- 44. Rich soil
- 46. "_____ and Juliet"
- 47. Moker
- 49. Distance measure
- 50. Definite article
- 53. Baking chamber
- 54. Tendency
- 56. Herring
- 57. Barrels
- 58. Equine
- 59. In this place
- 60. Electrical unit
- 61. Ale
- 62. Ireland

- Down**
- 1. Sacks
 - 2. Land measure
 - 3. What came first, the _____? (4 wds.)
 - 4. Female fowl
 - 5. Delicate color

- 6. Goodbye (Sp.)
- 7. Notion
- 8. Preacher (abbr.)
- 9. Set of parents (3 wds.)
- 10. Medicinal herb
- 11. Tear
- 14. Redecorated
- 15. Finest
- 20. Nighttime twinkler
- 22. Skills
- 24. Russian man's name
- 25. Principle
- 26. Cowboy show
- 27. Bird claw
- 29. Fencing swords
- 30. Golf gadgets
- 31. Entrance
- 32. Marshy wastelands
- 36. Certain
- 38. Highest point
- 39. Quarter
- 40. Round roof
- 43. Paper holder
- 45. Footed vases
- 46. Wash soap out
- 47. Gag
- 48. Always
- 49. Simple
- 51. Mata _____
- 52. Eve's garden
- 55. Steal
- 56. That woman

LAST WEEK'S ANSWERS



CRYPTIC PUZZLE

BXCWC DV FG GQH LMC
 BXCWC DV, LV BXCWC
 LQNLOV NLV, PQVB OGG.

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

THERE IS NO OLD AGE. THERE IS, AS THERE ALWAYS WAS, JUST YOU.

Weekly Echo Horoscopes

ARIES (Mar. 21 - April 20)



Take some time out. Problems with your partner are apparent. You must deal with an emotional problem with your loved one that you have been avoiding for some time now. Don't upset elders in your family who don't understand your present situation.

TAURUS (Apr. 21 - May 21)



Consider making pleasure trips or participating in entertainment that will require energy. Someone you care about may not be too well. Your trendy style and unique way of doing things will entice new acquaintances. Your determination and stamina will make your work look less and effortless.

GEMINI (May 22 - June 21)



Opportunities to get involved in investment groups will payoff. Don't push your luck with your boss. Residential moves should be considered carefully. Don't bang your head against a wall.

CANCER (June 22 - July 22)



Invest wisely. Your personal life could have you tied up in knots. Get involved in creative projects that could turn into moneymaking ventures. Get ready to discover love, passion, and the desire to enjoy all that life has to offer. Your added discipline will help you complete the impossible at work.

LEO (July 23 - Aug 22)



You can make changes to your living quarters that should please family members. You will be able to make favorable changes in your living quarters. Try to get every one involved; it will help bring you closer together. You need to clear up some important personal documents before the end of the year.

VIRGO (Aug. 23 - Sept. 23)



Travel will turn out to be far more exciting than you imagined. You will be up and down emotionally. Creative endeavors will give you somewhat of an outlet. Relatives will be happy that you dropped by.

LIBRA (Sept. 24 - Oct. 23)



Think about your priorities. Instant romance could be yours if you go out with friends. You are best to avoid such unsavory circumstances, especially if you're in a group situation. You may want to have a heart-to-heart talk with a close and trusted friend.



SCORPIO (Oct. 24 - Nov. 22)

Your positive attitude and intellectual outlook will draw others to you. Your temper may get the better of you if a colleague has tried to ruin your reputation. Short trips may be tiring but rewarding. You should be promoting your ideas.

This edition covers the week of November 7 to November 13

SAGITTARIUS (Nov. 23 - Dec. 21)



Try not to say the wrong thing at the wrong time. Overindulgence may cause conflicts. Ideas may sound good, but be careful if people are just looking for hand-outs. Get out and experience the spice of life.

CAPRICORN (Dec 22 - Jan. 20)



Your creative ability will surface, giving you good ideas for ways of making money. Someone may be trying to take advantage of you. Be wary of those who have overly strong convictions. Opportunities to get involved in investment groups will payoff.

AQUARIUS (Jan. 21 - Feb. 19)



Don't avoid situations that may deteriorate; try to mend them. Check your personal papers and make sure everything is in order. Ease the anguish by offering assistance. Get busy trying to make more money.

PISCES (Feb. 20 - Mar. 20)



Groups you belong to will not only enjoy your company, but they will also share your interests. Don't be too eager to start any debates. Your interest in religion and philosophy may lead you to specific destinations. Visit friends or relatives you don't get to see very often.

Echo Classifieds

Office space for rent
Above Pine Falls Post Office. c/w private washroom. For more information call Denis at 367-8651. TFN

Newer 3 bedroom house for rent in Powerview. All appliances included. Serious inquiries only, must have rental references. Call after 6:00 p.m. at 367-4922. TFN

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. TFN

For Sale: Double wide trailer in St. Georges, very private, great location. 1440 sq. ft. - 4 bedrooms, 2 full baths, attached garage, deck, washer/dryer, fridge and stove and dishwasher. Please call 367-4502 or 367-8523. TFN

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



Apartments for Sale- Income producing property, 7 suites, Four 2 bedroom suites, and three 1 bedroom suites. Coin operated laundry, newly renovated decks, located in the town of Powerview, good investment, \$285,000 OBO, Estate Sale, Call 367-4137 or 367-4922. TFN

The Winnipeg River Echo Classifieds. Starting at \$5.00 for the first 25 words. 15 cents for each additional word. Call 367-9468 to place your for sale, for rent, garage sale ads.

Ross George Brown
November 19, 1949 -
November 4, 2000

Gone are the days we used to share
but in our hearts you're always there
A special son, a special brother
someone we love and can't replace
Never selfish, always kind
these are the memories you left behind.

*Miss You.
Mom and family*

November 6, 2000
November 6, 2004.
In loving memory of my
Husband Joseph Malo



Four years ago today you left us, like a whisper in the morning wind. Only silence telling us that you were gone. Signs of Peace written on your face. What to do? What to say? How to cope? I say a prayer for you all the time and I know God hears me. I feel the answer in my heart, Although He spoke no words. I asked that He'd be near you and hold you close in all things great and small. But it was for his loving care. I prayed for the most. Like a miracle the clouds broke and a light shone through in the sunshine. I knew that you found Peace and rest with our heavenly father.

*Until we are together again,
Missed by your wife and
best friend, children and
grandchildren,
Bella, Roger, Della, Lloyd,
Nathan, Jared.*



Just a little note of thanks for being all you could be and more. For treating us with more than we all deserve. An amazing husband. A wonderful father. Not to mention a funny uncle and brother. But best of all you managed to be the most perfect, talented and loving grandpa. Even though your gone now, our love for you will continue to grow stronger. You will always hold that special place in all our hearts. We'll miss you Peper.

Love Ashley, and Brooke

**Call us with
your news -
367-9468**

Notice of Sale of Lands for Arrears for Taxes Rural Municipality of Alexander

Pursuant to subsection 367(7) of the Municipal Act, notice is hereby given that, unless the tax arrears for the designated year of 2003 and costs in respect of the hereinafter described properties are paid in full to the municipality prior to the commencement of the auction, the municipality will, on the 18th day of November 2004, at the office of the Rural Municipality of Alexander, at 104058 PTH 11, in St. Georges, Manitoba, at the hour of 2:00 p.m., proceed to sell by public auction the following described properties:

Roll Number	Description	Assessed Value	Amount of Arrears And Costs
23600	Lot 8 Block 2 Plan 19380	800	651.29
51900	Lot 1 Plan 16796	6900	1927.85
70555	Lot 9 Block 4 Plan 11553	11200	671.10
72109	Lot 8 Block 9 Plan 13598	9100	1493.07
72110	Lot 9 Block 9 Plan 13598	4900	1110.05
72120	Lot 9 Block 10 Plan 13598	11300	1221.44
109300	Lot 4 Plan 3594 EX W 80F perp depth Ex E 140F perp depth	85500	4140.00
123300	Parcel 4 Plan 8052	32600	924.42
153434	Lot 9 Block 3 Plan 15161	6900	764.73
162467	Lot 3 Block 3 Plan 18804	12900	1248.72
219874	Lot 13 Block 1 Plan 14223	7700	1171.93
219888	Lot 3 Block 2 Plan 14223	6000	804.82
219939	Lot 1 Block 7 Plan 14223	7400	1122.48
230302	Lot 4 Block 7 Plan 12948	29600	1132.86
230379	Lot 10 Block 2 Plan 14030	7100	1668.03
281460	Lot 6 Block 2 Plan 22589	38500	1797.14

The purchaser of property at a tax sale auction will be responsible for the current year's taxes.
The tax sale is subject to the following terms and conditions:
All purchasers will be required to make payment by cash or certified cheque at the time of sale.
Reserve bids will be announced at 2:00 p.m. on the day of the auction. Purchasers are to be aware of liability for ownership from the time of purchase.

Dated this 27th day of October, 2004
Margaret Bonekamp
Chief Administrative Officer

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

Friday, November 5
Soup, chicken legs, macaroni and cheese, peas, strawberry cheese cake.

Monday, November 8
Soup, garlic bread, pizza (bacon, tomato), tapioca pudding.

Wednesday, Nov. 10
Soup, parmesan chicken, rice, stir fry vegetables, ice cream.

Echo CLASSIFIEDS

**\$5.00
for the first
25 words
15¢ per
Additional
Word
Photo's
\$5.00**

**Call our office
367-9468
Fax 367-9974**

REALTY, FOR SALE
FOR RENT, WANTED
HELP WANTED,
CARDS OF THANKS,
IN MEMORIAMS,
LOST and FOUND
SERVICES,
EMPLOYMENT,
WEDDING ANNOUNCE-
MENTS, ENGAGEMENT
ANNOUNCEMENTS,
BIRTHDAY GREETINGS,
ANNIVERSARY
ANNOUNCEMENTS

email us at
theecho@mb.sympatico.ca
Echo Classifieds are af-
fordable. Need to sell
something. Place you
classifieds here

Be aware of the potential for Carbon Monoxide poisoning

With the heating season in full swing, the risk of carbon monoxide poisoning in your home may rise. That bad headache, dizziness, vomiting and nausea may not be the flu. It could be the first stages of carbon monoxide poisoning.

Carbon monoxide (CO) is a colourless, odourless gas that is released when fuels such as heating oil, gasoline, diesel, propane, kerosene, natural gas and wood burn without enough oxygen. A faulty appliance,



clogged chimney and inadequate venting can all contribute to dangerously high levels of carbon monoxide.

Stale or stuffy air, water condensation on windows, a backdraft from the fireplace or a pilot light that keeps going out

may indicate the presence of carbon monoxide. If you suspect carbon monoxide poisoning, open all doors and windows in your house and get everyone out immediately. Then call Manitoba Hydro for an emergency inspection.

Everyone who may have been exposed to carbon monoxide must get medical attention.

Install a carbon monoxide detector on each level of your home. A warning sounds when low levels are detected and a full alarm will sound when there are higher, dangerous levels in the home. All new detectors have a reset button,

which enable a homeowner to do a follow-up test.

A 17-minute video entitled *Safeguarding Your Home Against Carbon Monoxide* is available for loan from Manitoba Hydro. Contact an Education Coordinator at Manitoba Hydro for more information or to borrow a copy.

How to set financial goals

A successful four-step method

from page 6

to make this goal a reality? Revise each goal until you're left with a simple sentence that clarifies what you're trying to achieve, by when, and a plan of action for achieving it.

3. Categorize and rank
Now, divide your list of goals into three categories: short term (goals you want to achieve within 1-3 years), medium term (3-7 years) or long term (7 years or more). Within each of those categories, rank your goals according to your personal priorities.

4. Review annually
Throughout the year, you'll achieve some goals and make progress on others. In the same period of time, your personal circumstances and your financial situation may change, making adjustments to other goals

necessary. For this reason, it's important to review your "dream" list of goals (and the relative rankings of those goals) annually.

Examples of goal setting
To give you an idea of how to structure goals properly, review the following samples:

Short term:
Emergency fund: By the end of 2004, we'll have established an emergency fund consisting of the equivalent of six months of living expenses. Action: Use bonus cheque from last month.

Tax planning: By November 2004, we'll have hired a professional to assist us with our tax planning. Action: In August, we'll ask friends and family for recommendations.

Medium term:
Vacation property: By 2010, we want to have purchased a vacation property. Action: We

have \$10,000 saved for a down payment now, and would like to save another \$5,000 per year for the next five years. We'll start looking for a property in the winter of 2009.

Long term:
Children's education: By 2014, we want to save enough to assist in the funding of our children's university education. Action: Starting September 2004, we will put aside \$2,000 per year.

Conclusion
Goals can be difficult to achieve if you're not clear about them and don't have a plan. If you're having trouble defining your goals or acting on them, consult with your financial advisor. He or she will be able to help you construct a viable financial strategy for making your goals a reality.

BUSINESS DIRECTORY

SLEEPING WOLF
Auto Detailing & Restoration

- Car Customizing
- Car Restoration
- Car Detailing
- Building/Renovation Needs (also)
- House
- Business/Building Cleaning

Phone: 204-367-8504
Messages: 204-951-8396

EVERGREEN

Rob Oakes
Sales Agent

Sales Office:
Pine Falls, MB R0E 1M0
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