



The big curling question

Strong support needed to ensure new curling season in Pine Falls

By Jim Hampshire

Stand up and be counted is the message to all curlers in the Powerview-Pine Falls region this week as registration for the new curling season is set to take place this Thursday, Oct. 13. And if the count doesn't equal \$20,000 in registration fees, the PRC says there is no need to even turn on the ice-plant.

"If we don't get the numbers there will be no curling whatsoever," PRC director Ruth Barkhouse said this week. "There's really no one to blame, it's just a sign of the times."

Barkhouse reports that curling has been on a slide the last few years at the Pine Falls club and that has to turn around fast before the club will commit to making ice. Three years ago, Barkhouse reports that all leagues were up and running but the last two seasons has shown a marked decline, where there hasn't even been a Men's league. On the women's side, an overall decline has occurred although numbers last year were up a little from the year before.

What the PRC is looking for this year is at least 100 curlers willing to pay \$200 in registration fees for the season. According to numbers crunched at a curling meeting last Tuesday, a figure of \$20,000 in upfront registration fees will be enough to get the ice-plant up and running. Anything less means the club will remain shut.

"Basically the curling fees have gone up fifty-dollars over last years fees," Barkhouse re-

ported. "But that two-hundred dollar figure is for PRC members only. If you're not a member, the PRC dues are on top of that."

According to Barkhouse, the winter season PRC dues amount to \$128 dollars, but a deal is offered to new curling members to inject new life into the club.

In comparison, the Lac du Bonnet Curling Club charges \$140 dollars for single league registration and offers two leagues for \$180 dollars. It also should be noted that the Lac du Bonnet club is enjoying a marked upswing since moving to its new location at the local community centre six years ago. According to executive reports in Lac du Bonnet, all leagues are fast to fill up and the bonspiel action is constantly expanding to fit in new teams.

Back in Pine Falls the PRC is offering incentives for new curlers and said the subject was raised at the last meeting to turn over the bar to volunteers to help offset operating costs during the new season. This deal would see 75% of bar profits going against operating costs. It was not confirmed as to where the PRC stood with this idea.

In order to stand up and be counted this week, all interested curlers are asked to attend and register at the PRC office in Pine Falls. If curlers don't stand up, Barkhouse says there will be no settling into the hacks this season.



Ray Fawcett who was partnered with Rene Dube caught a whopping 13.34 lb Pickerel on Sunday of the St. Georges Voyageur's Walleye Tournament to garner a prize for big fish of the day.

Tournament time on the water

Perfect weather greets greenback anglers at Voyageur's event in Pine Falls

By Jim Hampshire

If last week's snowstorm was any indication of things to come, anglers heading out to the St. Georges Voyageurs Walleye tournament this past weekend were probably left wondering whether to bring along their bass boats, or possibly an ice fishing shack just in case. But like any early October snowstorm, the low pressure system soon scooted on by, leaving some warm autumn conditions over the weekend, and some darn good fishing as

it turned out.

"It was definitely one of the better years we've had for fish caught and for the weather conditions," organizer Dave Lagasse said following the event. "The wind was a bit of a problem on Saturday but the fish didn't seem to mind."

A bit of an understatement seeing as 1,455 pounds of Pickerel was weighed in over the two-day combined weight tournament. In fact 14 fish were brought in weighing in excess

of nine pounds, with the big fish of the day awards going to a 12.65 lb Walleye, caught by Arlene Sternot and Duane Hell on Saturday, and an even bigger 13.34 lb Pickerel, caught by the team of Rene Dube and Ray Fawcett on Sunday. Both fish garnered a prize of \$250 for each team, sponsored by Clark's Corner and Broadlands Mall.

Meanwhile the tournament

SEE/Tournament pg 4

Coffeeshop talk of the Town

New Rupert's Landing Mall complimented by new Cappaccino Bar

by Jim Hampshire

Brew it and they will come. At least that is what the new coffee shop owner in Pine Falls found out since opening T-Gee's Cappaccino Bar and Deli last week.

"It has been amazing," owner Tammy Gordon said, referring to the brisk business she has enjoyed since opening the doors last Tuesday. "I grew up in a company town and I know country town life and I feel right at home here."

Gorden was first introduced to Powerview-Pine Falls through baseball, where she would often visit the area to participate in tournaments. At the time she called Pinawa home but worked out a transfer with her employer, The Royal Bank of Canada, and was eager to move her children up #11 Hwy. to the Powerview-Pine Falls area.

"Basically I've always been a smalltown girl and it's a great environment to raise children," Gordon explained. "My kids have really settled in nicely here and the community has been very supportive with my new business."

Opening a coffee shop wasn't the reason Gordon made the move to the area. Basically, she says the opportunity presented itself one day and she decided to take a chance.

"It turned out that the mall owner was actively seeking

someone to open a coffee shop after an original deal fell through," she noted. "When I heard this, I knew right away I wanted to fill the vacancy."

Being a smalltown girl, Gorden looked to other businesses in the community for inventory, including Sunrise Bakery, to help stock baked goods to accent her coffee bar.

"We offer everything from bread and pasteries, to deli products," Gordon said. "Add to that our daily soup and sandwich specials - made daily by the way - and the public will find this is more than just a coffee shop."

But coffee is still on the menu, and it is a big coffee menu at that as T-Gee's offers the Starbuck's coffee line seven days a week. And besides a large coffee menu, T-Gee's also offers specialty breads and Rocky Mountain Chocolates along with a long line of pastry products, courtesy of Sunrise Bakery.

And keeping with community support, Gordon says she wants to use her wall space to display local art, not necessarily to sell or anything, but as a forum to showcase local talent. She says a gallery atmosphere would be ideal to accent the quiet settings of any coffee bar.

T-Gee's is open seven days a week, with some very expansive hours. Whether it's an early morning hockey game or a late-night bonspiel, you can find T-Gee's open for business.



T-Gee's Cappaccino Bar and Deli grand opening was held this past week at the new Rupert's Landing Mall located in downtown Pine Falls.

The shop hours are from Monday to Friday from 8:00am to 10:00pm, while the weekend hours go from 9:00am to 9:00pm on Saturday followed by a 9:00am to 8:00pm business day on Sundays.

So whether you're shopping at Dancyt's Foods, Celebrations Unlimited or Country Concepts at Rupert's Landing, you're invited to drop T-Gee's by for a cup of java and all the tasty trimmings that go with it.

You can also call and place your lunch or dinner order's by calling Tammy at 367-8433.

Drop by and see what's brewing at T-Gee's Cappaccino Bar and Deli.

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Wings of Power Celebrates Harvest Dinner & CPNP's 10th Anniversary

by Michelle Berthelette

Not wind nor rain, nor sleet nor snow would deter people from attending the 5th Annual Wings of Power Community Harvest Dinner. Despite the cold and the snow that Wednesday October 5th brought, Wings of Power was still bustling with over 60 people in attendance at its Harvest Dinner.

Music was once again provided by Alain Chevrefils and his fiddle, with Helmar Ostrom accompanying him on the guitar. Everyone was treated to an extra bit of entertainment when cousins Tiana Kidd and Tanesha Mead got up on stage and jiggled for us. Not to be outdone by her big sister, four year-old Tameika Kidd later got up and did a few jigs for us as well. It is wonderful to see traditions continuing with the younger generation.

Speaking of cultural

traditions, staff had plenty of help preparing our harvest this year. Verna Girard came in once again to make all the bannock for our event. Malic Berthelette and Tristan Clarke also volunteered their time and culinary abilities by preparing the wild rice for the event. Donna Frederick and Yvonne Chevrefils helped staff prepare pea soup. Gerry, our dietician and coordinator of the CPNP project, had plenty of help in the kitchen as Thomas Calvely volunteered an entire day and a half as a prep cook. Other volunteers for the day included Darla Breton, Cindy Morriseau and Alex Stevens, who were our scarecrow helpers and in charge of milk patrol; Courtney Berthelette, Jasmine Leferine, Kyle Schmautz and Desmond Smith. A big thank you to all of you.

This year along with

the regular themes of harvest, family and community, the 10th anniversary of the Canada Prenatal and Nutrition Program was celebrated. CPNP is a national program funded by the Public Health Agency of Canada and we are lucky to have one of their projects in our community. The Blue Water Mobile Prenatal Team, sponsored by Wings of Power, has been offering services since 2001. In that time over 200 women have accessed its program.

Winners of the Prizes were: Kristine Huebner - Muffin Magic; Valerie

Wesley - Hearty Italian; Brenda Morriseau - Souper Soup; Elsie Dorie - Cosy Casserole; and Larry Disbrowe won the hamper for the Gadget Game. Several smaller prizes were also given out during the evening by the "Got Milk" patrol, thanks to the generosity of the Dairy Farmers of Manitoba school milk program.

Harvest Dinner is the wrap-up event for our Community Garden and as such is sponsored in part by the Environmental Youth Core. This year's summer students, Steven Houston, Desmond Smith and Tristan Clarke did a



Junior volunteers, Cindy Morriseau and Alex Stevens pose with the harvest from this year's Community Garden. Missing - Darla Breton

good job of ensuring we had a garden and seeing that it was harvested. Anyone wanting carrots is welcome to stop in at


Wings of Power to pick some up, as there are still a few left. We look forward to another successful garden next year.



(Above): Taking advantage of the music and dancing up a storm at Harvest Dinner were cousins Tanesha Flett and Tiana Kidd



(Right): Joshua Mead poses after having his face painted as a scarecrow.




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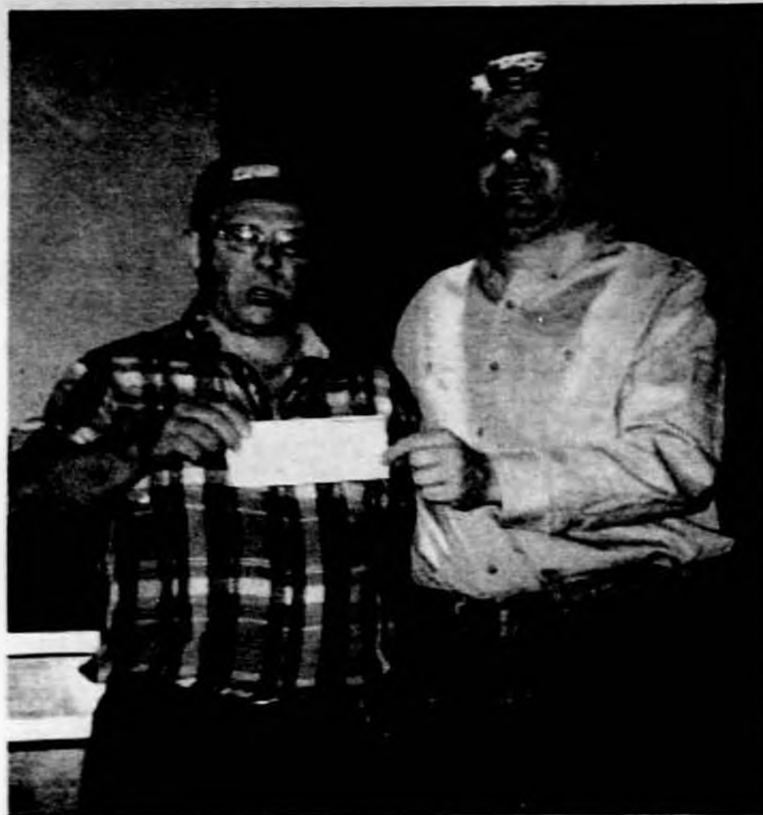
Tournament time on the water

Con't from page 1

winner award for most fish weighed went to the local team of Don Powell and Sean Papineau as they weighed in 46.08 lbs of Pickerel, picking up the \$7,000 dollar first prize money in the process. The second place winners also had some local flavour as Chad Drabyk invited his American friend, Dan Stier, to share in the \$3,500 second-place prize purse after they recorded 45.06 lbs of Pickerel, which was just over a pound shy of the winning team.

And speaking of local success, Lagasse was happy to report that the team of Brian and Monique Cyr won the mixed award as they weighed in 43.61 lbs to win \$2,400 in prize money, as well as a 12-foot Lund boat.

Cash and prizes were offered to the top 15 spots over



Winner's of this years St. Georges Voyageurs Walleye Tournament went to local team (L to R) Don Powell and Sean Papineau

the weekend and Lagasse notes that seven of the top 15 prizes were awarded to local anglers.

This year 83 boats took part in the event, which is up twelve teams from last year's total of 71 boats. Remarkably a good portion of the total this year made the drive from the states, with one long-distance team coming in from Calgary especially for the Voyageur's event.

"I know one team that made the drive from Colorado and they were here last year as well," Lagasse said. "I heard the team is staying on for the tournament this weekend (the Canadian Walleye Championships) so it's a good boost for the local economy."

In fact motel rooms were hard to find last week and this week will be no different as new teams come in for the CWC this weekend. And with all units booked solid for the twin fishing tournaments, many

anglers are looking to Lac du Bonnet and beyond to find lodging.

"I guess you can say it's good for the whole region," Lagasse noted. "We're just happy we had good weather and a good turnout."

As for the snowstorm last week, Lagasse says he wasn't really worried it would have any affect on entries. If anything, he says, the snowstorm probably helped to improve fishing.

"The north wind definitely helped bring in the fish," Lagasse concluded. "It helps to cool down the water and it helps to push the baitfish up into the river system, so everything timed out well."

The Canadian Walleye Championships are up next on the tournament calendar and last minute information on this weekend's event can be obtained by calling Kim Wilson at the Broadlands Mall.



Monique and Brian Cyr of Powerview were the best mixed fishing team over the weekend.



Chad Drabyk of Powerview was pleased to show some of the big fish being pulled from the local waters over the weekend.



(L to R) Chad Drabyk of Powerview was partnered with out-of-town friend Dan Stier and were good enough to capture 2nd place at this years tournament.

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Rose Chevrefils

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It's incredible! I have lost 50 pounds in just 11 weeks. My friends and family have noticed the inches just melting away. I have lost 4" on my waist, and 6" on my chest, 3" on my hips and on my left thigh 6" and the right 5" for a total of 24 inches. I am still following a healthy diet and came faithfully to the spa everyday, 6 days a week. Della makes sure to get the best results. Della makes me feel like a new comer in the way she still supports and encourages me every step of the way. I feel so much more healthier now! I never thought in a million years that joining Della's Quick Spa would make you feel so phenomenal.

Brenda Broza (Pelletier)

I've been working out regularly about 5 times a week doing a variety of activities to keep in shape. I've tried many different machines and have been a member at different clubs that had everything to offer. I got bored doing the usual ones, treadmill, bikes, climbers and then enjoyed running, biking, skiing and free weights. Although this routine served me well it didn't challenge me and I was at a stand still. When I walked into Della's spa I was skeptical that a little 10 minute workout on the R.O.M. And her other interesting machines would give me results because I usually worked much much longer than that, but WOW... I am impressed. I noticed a difference in my overall shape in just 2 weeks compared to the last 4 years of my regular exercise routine. I am working out less and getting an awesome workout. I have more energy and now am using my time more efficiently. After 3 children, my toughest areas, my abs (which I gave up on) once again Della's machine's are giving me results. I also don't have my usual side effects of exercise which used to halt my routine such as shin splints, sore back and muscles and joint pain. Thank you Della for taking my fitness to the next level.

Karen Moreau

October is Senior's and Elder's month

On October 4th the Victoria Beach Senior Scene hosted the 1st annual North Eastman Senior's & Elder's day celebration. The theme for Senior's & Elder's month is "Creating Connections". Over 160 seniors from North Eastman participated in the day's events.

The morning started with opening remarks/greetings from three of North Eastman's MLA's. The Senior's & Healthy Aging Secretariat, Jim Hamilton, brought greetings on behalf of the Minister Responsible for Senior's and read the proclamation. Then it was off for a brisk walk led by piper, Chris Flook from the Victoria Beach Police Department. When they returned from the walk everyone was treated to a demonstration of traditional grass dancing by John Hayden from Lac du Bonnet. After

lunch a "Salute to the Veteran's" was given by Bill Wilson as 2005 is the Year of the Veteran.

Everyone enjoyed a full afternoon of entertainment consisting of Mario Dupont playing the fiddle. Line dancing was demonstrated by the Senior Scene dancers followed by some good old fashion jigging and square dancing with the Red River Dance Troupe. The day ended with an interpretive nature walk. This event was the first of its kind in rural Manitoba. The Senior's & Healthy Aging Secretariat is using this event as a model to encourage other senior clubs and organizations in rural Manitoba to follow suit.

The North Eastman Services to Seniors Community Resource Coordinators look forward to planning next year's event.



Senior's and Elders Month was celebrated on October 4th at the Victoria Beach Senior Scene. This was the first annual for the North Eastman Senior's and Elders.

(Right) Piper, Chris Flook of the Victoria Beach Police led the senior's on a brisk walk around Victoria Beach.



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Faith Perspective

by Pastor Jake Doell

Thanksgiving and Generosity



All of us enjoy being on the receiving end of someone else's generosity. We love being around generous people who enjoy blessing others. One of the more recent examples of a generous life was that of Mother Theresa. She gave her life to the poor and the destitute so they might experience God's love in human form. Calvin Coolidge a former American president said this; "No person is ever honored for what they received. Honor has been the reward for what they gave." Generosity is not based on how much a person has. Sometimes I've heard people say that if they only had more, they would be more generous in helping others. It is hard for a person to be generous when they are not satisfied with what they have. Generosity is born out of a contented and thankful heart. John D. Rockefeller once said; "I have made millions, but they have brought me no true happiness." Why? He learned that content-

edness did not come until he became a generous person. If you're not content with a little, you won't suddenly be content with a lot. If you're not generous with a little you won't suddenly be generous with a lot.

In a certain town the story is told about an old man going door to door to sell some vegetables. Mrs. Smith purchased some of his vegetables because she felt sorry for this poor old man. To her chagrin, he returned a week later and introduced himself as Mr. Williams, the man who lived in a rundown shack down the road. As she took a closer look at him, she noticed that it was cataracts and not alcohol that glazed his eyes. On another visit, he shuffled into her house wearing two mismatched right foot shoes. Sitting down he would pull out his old harmonica and play an old gospel tune.

On one visit, he shared on how he had been blessed that morning: "The Lord is so good"

he said, "This morning as I came out of my shack, I found a bag full of shoes and clothing on my porch." "That's wonderful," Mrs. Smith replied, "I'm happy for you." "You know what is wonderful?" he asked, "Just yesterday I met some people that could really use them."

This thanksgiving let me suggest three ways that you can improve on your generosity:

1. Give something of real value to someone who has less than you. Do it anonymously if possible.
2. Invest some time in someone else's life to help them live up to their potential. ie. (Mentoring program)
3. Realize that giving is like sowing, you always reap more than you sow.

Let me encourage you with the words of our Lord Jesus Christ; "It is more blessed to give than to receive." (Acts 20:35)

Winnipeg River Rec District

"GET ACTIVE"

On October 16 between 11am and 2pm Mrs. Lucci's will be holding a community treasure hunt in Lac du Bonnet for their Family Fun Day. Pick up your clues at Elephant Park. Come out and enjoy a walk around town. Weather permitting. Rain/Snow date not available. Hope to see you there!

DODGE, DUCK, DIVE...

It's family Dodge ball... Dodge Ball in Lac du Bonnet runs on Thursdays from 6:30pm-7:30pm at Centennial School gym until December 8. Pinawa Dodge Ball starts on Tuesdays, 4 from 7:00pm - 8:00pm until the end of November at Gilbert School. All you need is a good pair of indoor shoes to drop in for a game. For more information call the Rec office.

SKIN CARE/MAKE UP SEMINAR

This is a great class for girls who are interested in applying makeup correctly and caring for their skin. Learn your skin type and what colours best suit you. Whether you have acne or you are losing your elasticity Jessica can teach how to treat your skin right. The seminar takes place on October 18 at 5:00pm at Pinawa Secondary School. For more information or to register contact the Rec office.

25TH ANNUAL CHRISTMAS CRAFT SALE

Mark Saturday, November 19 on your calendar and make a point of coming by the LdB Community Centre between 10am and 4pm to take in our

25th Christmas Craft Sale. This is the biggest craft sale in our area and boasts some wonderful items that you can get a jump start on your Christmas shopping!

LDB OFFICE PERMANENT RELOCATES

The LdB Rec office will now be permanently located in the Town Office. Our phone number remains the same - 345 8816.

Food Labelling Low Down

Join NEHA dieticians Kristen Ticknor & Melissa Zirk Fuerst for an interactive workshop to address the new food labelling system and how to read it. Wednesday October 26, 2005 1:00pm - 4:00pm at the Lac du Bonnet Health Centre - classroom or Thursday November 4, 2005 6:30pm - 9:30pm at the Pinawa Secondary School - Home Economics room. For more information or to register contact Karen at 345 1220.

PINAWA BADMINTON CLUB

This is a great way to dispel the winter blahs and get some great exercise at the same time! Ours is a recreational club open to all ages from 12 - 92. We play twice weekly at the Pinawa Community Centre gym. If you do not have a racket or know how to play, we can supply the equipment and show you how.

Registration and start up: October 4 and 5

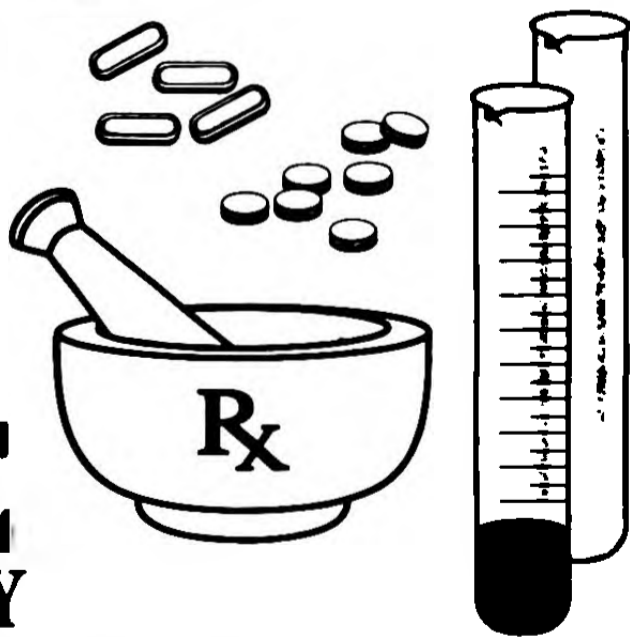
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Sagkeeng unity walk

The message was very clear and hundreds walked in unity during an orchestrated March for HELP (Helping Everyone Live Pure) which was held in Sagkeeng on September 21st.

Hundreds of students, staff, and community members joined in the march to show their support for working towards a drug free community. Students from the schools on both shores along with many others walked and joined together at the Sagkeeng Multiplex arena grounds to gather for a huge community feast which was so generously provided by many volunteers.

Patrick Bruyere, master of ceremonies, welcomed all and introduced a long line of speakers, including chief Linda Twoheart. "I want to ensure that we will bring in a by-law that will rid our community of sub-

stance abuse problems and help the people of our community overcome their addictions." said Chief Twoheart in her address. Grand Chief Chris Henderson, Southern Chiefs Organization, youth, elders, and concerned community members were all there to speak of the bad that comes out of substance abuse and that family and children were to come first, they were the priority, and the road to success.

Sagkeeng has been facing an ongoing problem of substance abuse within their community, not unlike other small communities, but the big difference is that Sagkeeng is taking charge of the problem. The formation of the March for HELP was aimed at bringing a message to everyone in the community Living Pure is the only way to a healthier

and better life and that drugs will not be tolerated within Sagkeeng.

Following the feast a petition was produced and community members gathered to sign and lend support for a new by-law to help combat the problem. The petition reads as: We the undersigned Sagkeeng Anicinabek Authorize and direct Chief and Council, as our elected leaders to combat the Substance Abuse that plaques our community by whatever means necessary including but not limited to personally



Food and volunteers were plentiful at the community feast, which was enjoyed by many.

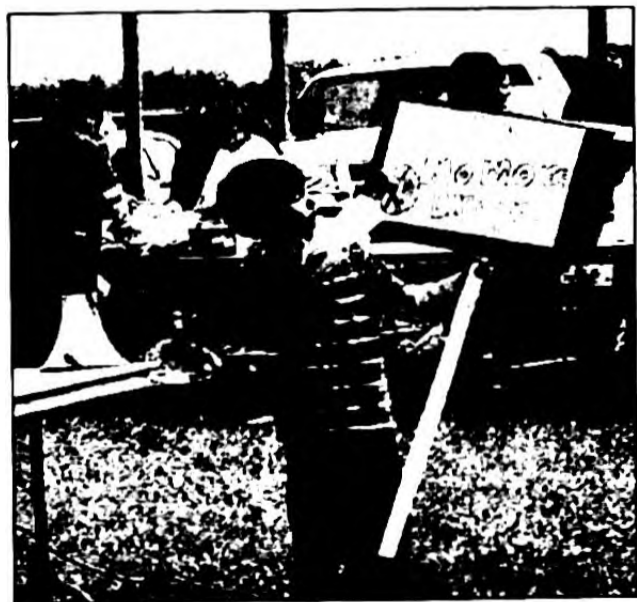
abstaining from drugs and alcohol use; advocating for preventive, recreational & healing programs; and minimizing the availability of drugs in Sagkeeng.

"Education and awareness is what we have to bring into our community, and today is one more step towards this," stated chief Twoheart. A special

thank you was also extended to all who contributed their time and generosity to making the March such a success for Sagkeeng.



Sagkeeng's Chief Linda Twoheart shown above officially signing the petition to the new by-law.



Students from both schools walked with signs that depicted the message that drugs were not wanted in their community.

Manitoba Hydro and Lake Winnipeg's water level

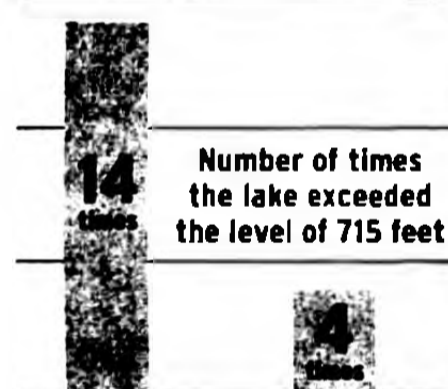
Dealing with high water levels

High precipitation amounts this spring and summer throughout the Lake Winnipeg basin created record levels in all three of the major rivers flowing into the lake. These conditions created an inflow into the lake that far exceeded its natural drainage capacity.

To deal with this, Manitoba Hydro's Jenpeg control structure has been operating at full capacity since January to help lower the lake's water level. Jenpeg, along with bypass channels and dikes on the Nelson River system, allows water to flow from Lake Winnipeg at a capacity far greater than would occur naturally.

By maximizing the outflow from the lake, Manitoba Hydro has managed to limit the increase in Lake Winnipeg's water level.

In fact, the additional channel capacity provided by Manitoba Hydro limited high water levels and kept Lake Winnipeg from rising even higher than it did.



Prior to regulation (29 years, 1947-1976) Post regulation (29 years, 1976-2005)

A commitment to Lake Winnipeg

Manitoba has experienced relatively dry weather since early August which has caused the water level in Lake Winnipeg to drop. Manitoba Hydro will continue to operate its outflow channels to further lower the water level and assist cottage owners and communities that surround the lake.

Manitoba Hydro has been regulating Lake Winnipeg water levels for power production for 29 years. We are committed to continuing to assist cottage owners and communities deal with high water levels. We also provide significant funding for research and other projects aimed at protecting and preserving the health of the lake.

To learn more about Manitoba Hydro's operations on Lake Winnipeg, please visit our website at www.hydro.mb.ca



Recreation Re-Boot!

Pineview Recreation Commission

Summer is over and the kids are back to school. Now is the time to start thinking about fall and winter recreational activities! A newsletter will be sent out in October outlining some of the programs available to kids and adults in the area over the winter months. If anyone is interested in organizing an activity this fall, call the Rec. Office at 367-9142 and I will advertise it in the Newsletter.

Curling

A meeting was held last Wednesday with the curlers. There was a good turnout of people interested in keeping the facility open. Participation has fallen off over the last few years resulting in lost revenue for the curling club. If the facility is to remain open, we need to increase our numbers significantly. It's up to you, the curlers in our community, to make sure our facility doesn't shut down. Show your support and sign up for the coming season. Call the Rec. Office to register a team or as an individual.

Minor Hockey

Minor hockey is about to start for another season. If you have registered your child for hockey you are required to pay PRC dues. Winter dues are \$128.00 and can be paid at the Rec. Office. These dues can be paid in one lump sum or in

the same installments, the same as minor hockey dues. You are also required to write a cheque for the canteen - if you do your canteen duty your cheque will be returned to you at the end of the year, if not it will be cashed. If you have any questions, call the Rec. Office at 367-9142.

Public Library

The Public Library, located in the high school end of Pine Falls School has re-opened for the fall. Hours of operation are Monday and Thursday from 3:00 p.m. - 4:30 p.m.

Creative Writing

Are you an adult (between the ages of 18 & 80) interested in improving your creative writing skills? We are trying to find a group of people (approx. 5-10) who may be interested in this course. It would be held on Monday evenings for ten weeks, at a cost of \$5.00/class. Anyone interested should call either Maurice Guimond at 367-2551 or the Rec. Office at 367-9142.

Recreational Hockey - Kids

Are you interested in playing hockey just for the fun and exercise? The Rec. Office is currently taking names of anyone who would like to play rec. hockey. If your child is interested, please contact the Rec. Office at 367-9142.



Health Corner

Ask your Primary Health Care Provider

Please forward health related questions to: Health Corner, Box 160, Whitemouth, R0E 2G0; phone: 348-7191 ext. 240; or Email: cmcintosh@neha.mb.ca. For more health information, visit the NEHA website: www.neha.mb.ca.

What are Anxiety Disorders?

Anxiety disorders are one of the most common mental health problems. Did you know that 10 - 25% of the population will suffer from an anxiety disorder at some time in their lives? Anxiety disorders carry significant personal and societal costs in terms of lost wages, decreased productivity, reduced quality of life and frequent use of health care services.

Treatments for anxiety disorders are highly effective. Cognitive behaviour therapy, medication, or combined approaches are the most effective. These treatment options are available in the North Eastman Region.

The major anxiety disorders include: post-traumatic stress disorder, obsessive compulsive disorder, specific phobias, social anxiety disorder, generalized anxiety disorder, and panic disorder.

Panic - everyone knows the feeling. Here's how Dr. John Walker, a Clinical Psychologist with the Anxiety Disorders Clinic at the St. Boniface Hospital, defines a

panic attack: You're driving your car and get lost in a day dream. Suddenly the car in front of you screeches to a halt. Because you're not paying attention, it takes you a few more seconds to react than it should. When you do, you panic. Your foot slams on the break and you lurch in your seat, coming to a stop two millimeters away from the car in front of you. That feeling you have, the feeling between reacting and stopping, is what it's like to experience a panic attack. But a real panic attack happens out of the blue, for no apparent reason, something which makes it all the more terrifying.

What are the symptoms of a panic attack? A panic attack consists of sudden jolts of intense fear or discomfort, accompanied by at least three of the following symptoms: shortness of breath or smothering sensations; dizziness, unsteady feelings of faintness; accelerated heart rate or palpitations; trembling or shaking; sweating; choking; nausea or abdominal pain; depersonalization - the feeling you're removed from your

own experience; numbness or tingling sensations; hot or cold flashes; fear of dying; fear of going crazy or losing control.

If you are experiencing these symptoms, it would be wise to see your doctor.

For more mental health information, education, peer and family support services, please contact the following Eastman Mental Health Self Help resource people:

Elsa Sydorko, Outreach Worker, Anxiety Disorders Association of Manitoba, 345-8511

Stephanie Loewen, Manitoba Schizophrenia Society, 371-0824

Gilbert Berg, Community Educator, Canadian Mental Health Association, 444-4691

Ron Dyck, Outreach Worker, Mood Disorders Association of Manitoba 326-3623.

This article was submitted by Elsa Sydorko, Anxiety Disorders Association of Manitoba, in support of National Mental Illness Awareness Week, October 3-8, 2005. Material adapted from Anxiety Disorders Association of Manitoba literature.

NEWS TIPS? 367-9468

CAREER TRAINING OPPORTUNITY

ST. JAMES-ASSINIBOIA CONTINUING EDUCATION

HEALTH CARE AID CERTIFICATION
Part-Time Evening \$2400

Academic Grade 12 or Equivalent Required
May be eligible for Student Loan and EI Funding
Course Location: Sagkeeng High School

Local Instructor: Lori Chartier

Tentative Start Date: October 2005

Job Placement Assistance Provided

Application forms can be picked up at Sagkeeng High School

For more information, contact Allen Courchene at 367-2243 or St. James Continuing Education 1-204-832-9637

Course offered dependent on final approvals from appropriate authorities.



REGISTRATION NIGHT

There will be a registration night on...

October 13, 2005 6:30pm to 9:00pm

At the Pineview Recreation Office located in Pine Falls School (use entrance by the pool.)

We will be registering for the following fall & winter courses:



- **DANCE** (Children 3-17 and Adults)
- **GUITAR LESSONS** (Beginner & Advanced)
- **CURLING** (Men's, Ladies, Mixed & Senior's)
- **RECREATIONAL HOCKEY**

Pre-registration is necessary and must include payment. If enough people do not register, the class will not be held.

For more information, contact the Rec. Office @367-9142.



Agriculture News

Brent Reid, Farm Production Advisor

Canadian Agricultural Skills Service

The CASS Program (not to be confused with CAIS) is designed to help farm families increase their income through skills development and training. The focus may be improving the farm business or seeking employment options. CASS has a number of components that include:

- **Assessment Services:** This helps identify your existing strengths, skills, prior learning and identify training options.

- **An Individual Learning Plan:** You can choose courses in areas such as farm business management, accounting, finance, on-farm food safety, sustainable farming practices, value-added processing, farm diversification and human resources management. You may also choose training courses that will prepare you for other types of employment. A consultant will help you identify training options, decide which courses or workshops would be most helpful, how much it will cost to carry out the plan and explain the benefits available through CASS.

- **Funding:** There is financial assistance to allow you to access formal training such as college programs and informal learning such as workshops and short courses. It is available for tuition, course materials and, if needed, costs beyond books and materials. These would include travel, meal allowances, accommodations away from home, dependent care, replacement labour, computer technical support and internet connection. Some costs that

are not covered include purchase of capital assets, training outside Canada, vehicle costs over and above mileage costs, wages or wage subsidy costs for the participant and start-up capital for alternate business development.

- **Support:** A consultant is available to help while you carry out the learning plan.

Eligibility:
A producer and their spouse or common-law partner are eligible to participate if you have been out of school for two years and are not currently receiving Employment Insurance benefits to support training and you meet one of the following:

You are an established producer, with gross farm sales of at least \$10,000 per year and a net family income of less than \$45,000 (three year average) OR

You own a 20% share of a farm corporation, cooperative or other farm group enterprise with \$10,000 annual gross farm sales OR

You are a beginning farmer which is defined as someone who intends to establish a farm, or has already owned/operated a farm for less than six years and has existing or projected gross annual farm sales of \$10,000 or more.

For more information on CASS in Manitoba call 1-866-668-2277 or check out the website through www.agr.gc.ca/ren/cass-sedca/index_e.php. The local co-ordinator is Linda Pleskach who can be reached at

Library Corner

Lac du Bonnet Regional Library

The weather was gorgeous! The food was delicious! The community spirit was very evident at our October 1st Fall Supper! So much of the credit goes to the Legion Ladies (and a couple of gentlemen) for cooking and serving up a most wonderful meal!

The first sitting was sold out, but we had room for a few more at the second sitting! Thanks to all who served, cleaned tables, cut pies and purchased tickets for this annual library fundraiser!

Thanksgiving weekend is being ushered in with a bit of

nasty weather, but all-in-all we have so much to be thankful for in Canada. Enjoy this weekend in the company of family and friends! Planning that thanksgiving dinner? The new magazines on our shelves feature such topics as "Thanksgiving Made Easy", "Thanksgiving Treats for vegetarian guests" and "Favorite Fall Flavors!"

A title with "local flavor" is *Stories Out of My Mouth* by Marium Frayne Dalton! This lovely lady and her daughter, Merrily, visited the library recently to show us the book that you have been hearing so much



about. At age 90 she has published her first book that describes her life experiences in this local area. Since she grew up in Lac du Bonnet, the memories of people and places that she shares will be of interest to many! This book is now ready for loan from the library. Copies can also be purchased locally at Canadian Gusto, or by contacting the author.

MP Report

by Bev Desjarlais, MP

No new money for Aboriginals: Liberals to reannounce last year's pledge

Thompson— In a cynical move, the Prime Minister will re-announce funding for aboriginal communities as an attempt to show action. However, documents show that not a dollar of the \$700 million announced last year for aboriginal health has been used, and that the housing money to be announced will come from the NDP budget deal. "The Prime Minister has made a habit of stalling on many issues, but to be so patronizing and to show

such total disregard with aboriginal communities is shocking" said Churchill Riding MP Bev Desjarlais.

The move was also denounced by AFN National Chief Phil Fontaine and the leader of the Metis National Council Clément Chartier. Documents also show that the government will back out of an agreement to keep health caring spending for aboriginals linked to inflation.

Bev Desjarlais says "Eve-

ryone knows that there are huge demands in aboriginal communities, for healthcare and housing. For the Liberals to back down on previous commitments, to delay action for over a year and rehash old announcements is unacceptable." She also pointed to the gains from the NDP's better balanced budget "this proves that without the NDP budget amendments, there would be no money set aside for aboriginal housing."

PINEVIEW RECREATION COMMISSION

ANNUAL GENERAL MEETING AND ELECTION OF OFFICERS

DATE: October 17th, 2005

TIME: 7:00pm

PLACE: Pine Falls Curling Club

Please make every effort to attend this meeting. The PRC depends on the community for input and volunteers. Without these things, we cannot sustain recreation and wellness to the extent we have enjoyed over the years.

Thank you
Pineview Recreation Commission


The Winnipeg River **Echo**

The Winnipeg River Echo publishes every Tuesday, deadlines for submissions and advertising is Friday's at 3:00 pm

Classifieds, for as low as \$5.00

Place your Announcements
Engagements, weddings, birthdays, anniversaries, births
Retirements, memorials, obituaries, personals, lost & found
Garage sales
House listings, and rentals
Cars, trucks, & bikes
Furniture, appliances
Boats, toys, clothing

Affordable advertising for all your needs!!



Winnipeg River RCMP Report

Report period from October 3rd to October 9th, 2005



October 3:
FORT ALEXANDER - a break, enter and theft occurred to a local store. A window was

smashed in the process. Investigation continues.

- a missing female youth was later located in Winnipeg.
- police attended a residence to remove an unwanted guest. Upon arrival the man had left the house and no further action was necessary.

October 4:
POWVIEW - police arrested 1 male after he breached court conditions. The man was remanded into custody and transported to Provincial Remand Centre.

October 5:
FORT ALEXANDER - a stolen vehicle was apprehended after a short pursuit and the driver charged with impaired driving. A male and female were also charged. Investigation continues into the incident.

October 6:
FORT ALEXANDER - a male youth was reported as missing after not returning to his residence. The youth was located later in the evening.

- police continues to investigate an assault on a male youth.

- a complaint of an assault in progress proved to be unfounded. Members attended a residence where a verbal argument only had occurred and the situation stabilized.

- police warned 1 female and advised another on obtaining a peace bond regarding an ongoing dispute between both

parties.

BEACONIA - police continue investigation into a theft of railway ties from a construction site at the train tracks.

RM OF ALEXANDER - a break, enter and theft at the RM Public Works garage is under investigation. Culprits stole some gas, a husqvarna chainsaw and 2 sets of 16 piece open end wrenches.

LOON STRAITS- police were contacted when 2 hunters failed to show up at their residence. Search and rescue efforts were about to commence when the 2 men appeared. Both had simply camped the night due weather conditions and were delayed.

October 7:
FORT ALEXANDER - police are still investigating a complaint of threats being uttered.

- a residence was attended by police after a complaint of a possible assault was made and a man was injured. Further information found the man had simply fallen and hit his head. He was treated for his injuries and no further police action was required.

RM OF ALEXANDER - a male was charged with breaching his probation order after he was found with open liquor in his vehicle.

- mischief and theft occurred to a piece of construction equipment a D7 cat

parked at a waste disposal site. Estimate of damages is approximately \$40,000.00 to the engine and transmission after debris from the site was put into both. Also stolen was a motorola radio. Investigation continues.

- investigation continues into an assault of a youth.

- police were called to a domestic dispute where charges were laid against a male and female involved in a spousal assault on each other.

HOLLOW WATER - an assault of a male youth is still under investigation.

PINE FALLS - 1 male was charged with impaired driving.

October 8:
HOLLOW WATER - 1 male has been charged after assaulting his spouse. Alcohol was involved in the incident. Investigation continues.

PELICAN HARBOUR - police were called to a complaint of trespassing but found that the male in question and equipment were at the cottage site by invitation of the owner. No further police action was necessary.

BLACK RIVER- 1 male was arrested and charged him accordingly after an assault occurred with the local band constable. The male was extremely intoxicated at the time.

RM OF ALEXANDER - a residence was attended by police after the man continued to cause problems. Upon arrival the situation was stabilised and no charges were laid in the incident. No further police action was necessary.

- police are still investigating a report of mischief after a vehicle tore up the grass and mud on the football field at a local school.

FORT ALEXANDER - police attended a residence after a male continued to cause problems attempting to fight a family member. Upon arrival the man produced a knife attempted to hurt a family member then later threatened himself. Police were able to stabilise the situation and arrested the male and charged him according. Investigation continues.

- 2 fisherman tested the cool waters when their boat capsized. Prior to search and rescue efforts by police both men

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 9:00am to 12:00 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.

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

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.

Village of Powerview: meets second Tuesday of each month.

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, Wednesday 8:00 p.m., Senior Scene, Victoria Beach, 1 Ateah Road, Barb 754-3173 or Alice 756-3933.

Happy Tots Day Care 367-2601, board meetings last Monday of each month 7:00 p.m. at the daycare. Sealer Scene Inc. #1 Ateah Rd., Victoria Beach. General meetings second Tuesday of the month, 756-6468 for more info.

Blue Water Support Group: meets every third Monday 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

Pine Falls Golden Leisure Club: Bridge 7:00pm Thursday, Canasta 1:00pm Friday, Whist 1:30pm Wednesday, Exercise 10:15am, Monday, Tuesday, Saturday, Crib, 1st Monday of Month at 1:30pm. Town Powerview-Pine Falls Recycle every Thursday 8:00am. Garbage Pick up - Powerview - Wednesdays 8:00am, Pine Falls Tuesdays & Fridays 8:00am

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 11:30 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.

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Gouging Canadians with Gas Tax

The U.S. is in the process of rebuilding after Hurricane Rita. However, many of the American fuel refineries are still closed and therefore the fuel industry is suffering from reduced oil production and lower gasoline supply levels than usual. If the reduced supply continues, Canadians will face even higher fuel costs over the course of the coming winter.

Given the dependency of Canadian homeowners on fossil fuel for motor vehicles and for home heating this is a serious challenge for many Canadians. This is especially true for those who are on lower fixed incomes or those businesses, including our farmers and truck drivers, who are already feeling the impact of high costs and an uncertain economic future.

It is self-evident that government must play an important role in ensuring that the negative economic and personal impact of soaring fuel prices must be minimized. Given the responsibility of government to participate in the development

of a solution, the emergency meeting to investigate the high price of gasoline and heating fuel called by some Liberal parliamentarians on September 22, appeared to be a step in the right direction. However, none of the ministers most closely concerned with this issue and able to implement any possible recommendations bothered to attend. Natural Resource Minister John Efford, Finance Minister Ralph Goodale, Transport Minister Jean Lapierre, and Environment Minister Stéphane Dion all reported that they could not attend the meeting.

As it became clear to the Liberal government that this issue was not simply going to go away, a few ill-considered and ineffective proposals have been floated by government ministers in an effort to convince Canadians that they are on the job.

One recycled suggestion is to institute a new rebate program like the political initiative quickly put together in advance of the general election in 2000. As many of us will recall this

program saw tens of millions of dollars misdirected into the hands of federal prisoners, students living at home or other individuals who did not pay any home heating bills.

The most notable suggestion apparently is to create a new bureaucracy, which as Industry Minister David Emerson stated would "ensure that we do put in place a mechanism for monitoring gas and home-heating fuel prices in the months ahead." Even if another agency is required for monitoring purposes, it is unclear how long it will take the government to set up the agency or how this new agency would help Canadians who are faced with the daunting challenge of high fuel prices.

It is clear from these initial suggestions that the federal government is at a loss as to how to deal with this crisis. And unfortunately the federal government is not prepared to take a step that is open to it and which would ensure that the harsh impact of fuel prices is softened. This alternative is to take the step of reducing existing federal gas taxes. While this measure cannot address international market factors that affect the price of fuel, it can help many of those most impacted by rising fuel costs. And there is an impact be-

cause every time gas prices rise one cent, it is now estimated that almost \$40 million goes into the coffers of the government.

In contrast, the Conservatives are calling for the elimination or reduction of a number of gas tax revenues. As Conservative Finance Critic Monte Solberg explained, "We're talking about the tax on tax, the GST on top of taxes and we're talking about the extra revenues that come in to the government as gas prices go up because there's GST collected on those extra revenues. That's what we're saying needs to come down so the government isn't profiting off the misery of drivers."

Unfortunately, Finance Min-

ister Ralph Goodale has flatly rejected this approach and continues to cast about for other alternatives. Canadians can only hope that our government's reliance on this newfound wealth extracted from taxpayers' pockets is not simply clouding the finance minister's better judgment.

Please feel free to contact my office if you have any concerns or issues you would like to discuss. You may contact me toll free at 1-866-333-1933 or at 204-326-9889 or in Lac du Bonnet at 204-345-9762. You may write me at 203-323 Main Street, Steinbach, MB R5G 1Z2, by fax at 204-346-9874 or by e-mail at toewsv1@mts.net

WHAT'S IN THE Cupboard

Easiest Brownies Ever

INGREDIENTS:

- 1 cup butter, softened
- 2 cups brown sugar
- 2 eggs
- 2 teaspoons vanilla extract
- 1 cup all-purpose flour
- 1 pinch salt
- 1 cup unsweetened cocoa powder
- 1 cup chopped walnuts (optional)

DIRECTIONS:

Preheat the oven to 350 degrees F (175 degrees C). Grease a 9x11 inch baking dish.

In a large bowl, mix the butter and brown sugar until smooth. Beat in the eggs one at a time, then stir in the vanilla extract. Mix in the flour, salt and cocoa powder just until moistened. Stir in the walnuts, if using. Spread the batter evenly into the prepared pan. Bake for 20 minutes in the preheated oven, or until the top is dry and the edges begin to pull away from the sides of the pan. Cool before cutting into squares.

The Winnipeg Humane Society

The WHS is seeking Satellite Adoption Centres! If you own/operate a business of any type, a pet supply store or a vet clinic, call Melinda @ 982-3552 if this interests you!



Belize, 110321

Belize is an awesome dog found in East Kildonan/Elmwood at the beginning of September. Typical of most Labs, Belize is an affectionate, intelligent goofball. She loves to play and horse around in the yard; she has yet to learn appropriate manners for a dog of her age but she is learning and enjoying it. \$159.00 adoption fee includes her spay, first vaccine, pet insurance and much, much more.

The Winnipeg Humane Society needs your old towels! We are also in need of non-clumping cat litter for in-shelter use. Drop off donations between 8am-8pm @ 5 Kent.

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



Giovanni, 109123

Gorgeous Gio is available for adoption at Tuxedo Animal Hospital, one of our Satellite Adoption Centres located throughout the city. Giovanni has been with us since July 12 when he was found in Osborne Village. He is FeLV & FIV negative, neutered and vaccinated. He is a really nice cat with a laid back personality; contact Tuxedo Animal Hospital to visit him; 488-1849.

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Lac du Bonnet RCMP Report

Report period from October 3rd to October 11th, 2005

On the 3rd of Oct., a report was rec'd that a vehicle had been damaged by a Hit and Run driver at a location on Johnson Avenue in the Town of Lac du Bonnet.

On the 3rd of Oct., a report was rec'd of the theft of a 21-speed Iron Horse Mountain Bike, dark grey in colour from the Lac du Bonnet Youth Centre. Took place on Saturday, the 1st of Oct., at approx. 6:00 PM.

On the 3rd of Oct., a report was rec'd of an Off-Road Vehicle being operated in the area

behind the Lac du Bonnet Youth Centre. Police attended and stopped the subject in question, issuing a warning at this time.

On the 3rd of Oct., a report was rec'd of two suspicious-looking adult males in the vicinity of a cottage on Erickson Lane in the R.M. of Lac du Bonnet. Police patrolled the area, however, the subjects were gone. No indication of a vehicle.

On the 4th of Oct., a report was rec'd that an unknown subject or subjects had been

rifling through an unlocked vehicle on Wells Bay in the R.M. of Whitemouth. Culprits in question departed the area via an unknown vehicle, and were not located by police. No description available.

On the 4th of Oct., a report was rec'd that a suspicious-looking truck was sitting along the shoulder of P.R. 307 west of Seven Sisters in the R.M. of Whitemouth, with 2 Personal Watercraft. Police attended and found that the Personal Watercraft and trailer were stolen from a location at Brereton Lake in the Whiteshell Prov. Park. An adult male was arrested with the vehicle. It was subsequently determined that the truck was stolen from another location at Brereton, and there

were a number of other stolen items in the truck. The adult male was charged with a number of offences, and escorted to the Remand Centre in custody.

On the 4th of Oct., a report was rec'd of a single-vehicle roll-over on P.R. #313 in the vicinity of the R.M. of Lac du Bonnet Transfer Station. Police subsequently attended and found that the single male driver had been taken to Pinawa Hospital with non life-threatening injuries. No doubt saved from more grievous injury via the usage of occupant restraints.

On the 4th of Oct., a report was rec'd of a window broken on a vehicle at a location on Alexander in Pinawa, with an attempt to interfere with the



ignition and start the vehicle.

On the 4th of Oct., a report was rec'd that unrestrained dogs at the corner of Fifth and McArthur in the Town of Lac du Bonnet had knocked two young children over on the 29th of Sept. Reported for information purposes at the time.

On the 4th of Oct., a report was rec'd from the office of the Chief Medical Examiner that an adult male had been brought to Pinawa Hospital on the 3rd of Oct., and was subsequently transported to Wpg., where he expired. Investigation subsequently revealed that the subject had been at a loca-

See LAC DU BONNET/ page 15

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 interview meeting room.

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.

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. 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 Harald Huege, 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.

Garden Club meeting every 2nd Tuesday of the month, 7:00pm, Lac du Bonnet Senior School Home Ec Room. No meetings January, July, August.

Report from Legislature



Report from Legislature by MLA, Gerald Hawranik

Devils Lake

The quality of our water should be a top political priority. Instead, it is being thrown around as a political football. There is only political rhetoric – no political substance! Our Premier has stated publicly that he is concerned about the quality of the water to be drained from Devils Lake, and he continually tries to impress on Manitobans that he means business, and is doing something. Instead what we see is political double talk without any substance and without any action.

Having lost the battle, our Premier states that now the

answer is to install a sand filter to stop microscopic biota from entering the Red River and Manitoba. A simple sand filter is all that is required?

Several of my colleagues visited Devils Lake recently, and saw what was really going on! The Premier never mentions that a half a months water from Devils Lake has already entered the Red River, and of course, Manitoba, without any treatment and without going through any filter – so how has this stopped biota and foreign species, and bacteria from entering Manitoba?

The Premier also never mentions that all sorts of Biota and even minnows are able to get through the so-called sand filter. If this is so, why is the Premier kicking up a lot of political fuss? Because its politics!

It's not reality, and the Premier wants us to believe that he has protected Manitoba water, when in fact he has not! How could you have succeeded to protect Manitoba water and Lake Winnipeg when a half a months water from Devils Lake went untreated into Manitoba, and when the so-called sand filter does not work!

This is politics at its best – or worst, depending on which way you look at it!

If you have any questions regarding this article, or any other issues or concerns in the Constituency, please feel free to contact me at 268-4664, write to me at Box 430, Beausejour, MB, R0E 0C0, email me at gerald@geraldhawranik.com or visit my website at www.geraldhawranik.com.

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 Szymal, 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.

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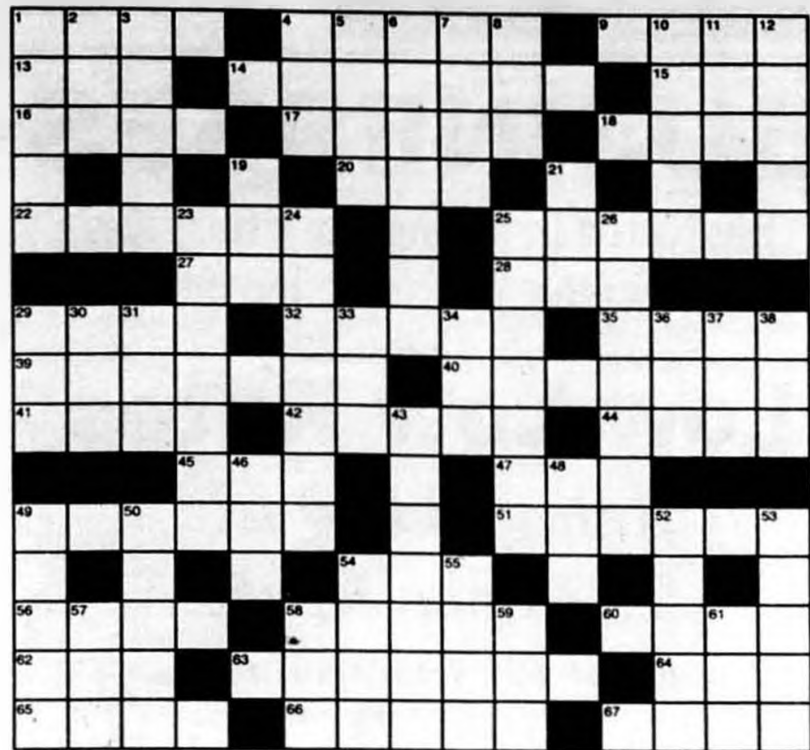
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WEEKLY CROSSWORD



- 1. Play in water.
- 4. Sacred text of Islam.
- 9. Earthenware cooking pot.
- 13. Hebrew judge and priest.
- 14. Ancient Greek goddess of agriculture.
- 15. Help.
- 16. Neils Henrik __, Norwegian mathematician.
- 17. Leg of lamb.
- 18. In bed.
- 20. Faucet.
- 22. Thrust out.
- 25. Franklin __, 14th U.S. president.
- 27. Cow's sound.
- 28. Departed quickly.
- 29. Third-largest Hawaiian island.
- 32. Take by force.
- 35. College division head.
- 39. Pecan-caramel candy.
- 40. Financial support to ex-spouse.
- 41. Detached portico.
- 42. Winged.
- 44. Jet black.
- 45. Bushy mass.
- 47. Romaine.
- 49. Citrus fruit inner rind.

- 51. Thick, woven Japanese mat.
- 54. Expression of surprise.
- 56. Boat paddles.
- 58. Move on all fours.
- 60. Musical symbol for pitch of notes.
- 62. Assemble or install.
- 63. Involving atomic weapons.
- 64. Metal-bearing rock.
- 65. Hickory or oak.
- 66. __ Cline, U.S. singer.
- 67. 8th month of the Jewish calendar.

- Down**
- 1. Interlace.
 - 2. Priest's linen vestment.
 - 3. Reduces caloric intake.
 - 4. Small cask.
 - 5. Fail to mention.
 - 6. Ensigns of royalty.
 - 7. On top of.
 - 8. Butterfly catcher.
 - 10. Productive activity.
 - 11. Recline.
 - 12. Become confused.
 - 19. Back.
 - 21. By way of.
 - 23. Try to equal.
 - 24. Violent whirlwind.
 - 25. Discourse publicly.
 - 26. Farthest.
 - 29. Ancient Roman goddess of plenty.
 - 30. Illustrations.
 - 31. Monetary unit of Vietnam.
 - 33. Snake-like fish.

- 34. Large container.
- 36. One billion years.
- 37. Whatever or whichever.
- 38. Ancient Greek goddess of the night.
- 43. Paving substance.
- 46. Room within a harem.
- 48. Cereal grass.
- 49. On the port side.
- 50. Freight boat.
- 52. Admixture.
- 53. Derive by reasoning.
- 54. Killer whale.
- 55. In debt to.
- 57. Circulation; publication.
- 58. Beverage container.
- 59. Set down.
- 61. Historical period.

LAST WEEK'S ANSWERS



Did you know?

THERE IS ENOUGH BRICK IN THE GREAT PYRAMID OF GIZEH TO BUILD A WALL 10 FEET HIGH AND 1 FOOT THICK AROUND THE ENTIRE BORDER OF FRANCE. THE ST. LOUIS GATEWAY ARCH IS NOT A PARABOL, AS MOST PEOPLE THINK. RATHER IT IS A HYPERBOLIC COSINE. THAT WAY IT IS MORE STABLE.



CRYPTIC PUZZLE

VCJGDSQBHN JFDKJ QFDJN KFD
RSN HDQ SNRZZL GSCNHTJ

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

WE CAN ONLY LEARN TO LOVE BY LOVING.

Weekly Echo Horoscopes

October 10 - October 16, 2005



ARIES (Mar. 21- April 20)
Don't let children or elders put demands on your time. Don't bang your head against a wall. Peers may not be on your side. Abrupt action will cause difficulties with relatives.



TAURUS (Apr. 21- May 21)
You will be able to work in fine detail and present the best possible proposal. Your high energy should be spent pleasing your mate. You could be disillusioned if you let relative in on your emotional thoughts. False information is likely if you listen to idle chatter or gossip.



GEMINI (May 22-June 21)
Family responsibilities are escalating. You're best not to get involved in joint financial ventures. Try to get others to stand behind your good judgment. This is a great day to beautify your living quarters or to entertain at home.



CANCER (June 22-July 22)
You will be able to dazzle others with your obvious charm and your outgoing nature. Family members may feel anxious if you make promises you don't deliver. Do not let others exhaust you financially. You would be best to work late in order to avoid such disharmony.



LEO (July 23-Aug 22)
Build on friendship rather than starting out in an intimate encounter. Don't overdo it. Get promises in writing or you will be disappointed. Don't let the moods of those you live with get you down.



VIRGO (Aug. 23 -Sept. 23)
Try not to let relatives or friends cause any friction with your mate. Your personal life will be disrupted if you have been too busy with business. Don't overspend to impress someone who interests you. Investments that deal with property will be lucrative; however, upsets with family members may be likely.



LIBRA (Sept. 24 -Oct. 23)
Your self esteem will come back if you take part in organizational functions that allow you to be in the lime light. Do not travel unless absolutely necessary. Be careful. Listen to a good friend who is truly looking out for your best interests. You may feel that someone at work is holding you back.



SCORPIO (Oct. 24 - Nov. 22)
Your professional attitude will not go unnoticed. Being there for a friend is worth more than you know. You are likely to be left alone if you aren't willing to bend just a little. You can make major gains professionally by completing projects on time.



SAGITTARIUS (Nov. 23 -Dec. 21)
Compromise if you wish to have any fun at all. You have so much to offer; open up and let your thoughts be known. You can learn valuable information if you listen and observe what others are doing and saying. Lovers may not be truthful.



CAPRICORN (Dec 22.- Jan. 20)
Friends may not understand your situation. Be careful what you consume this week. However, you should be concerned about what they want in return. Be careful of the groups you join or the people you associate with.



AQUARIUS (Jan. 21 -Feb. 19)
Don't let your health suffer because of worry. Talk to someone you trust. You can make money if you pursue your own business. Lack of funds may add stress to your already uncertain situation. This will not be the day to lend money to friends or family.



PISCES (Feb. 20-Mar. 20)
You will have no trouble getting things to fall into place. Alienation may be the result of a misunderstanding. Travel will be favorable. You will be able to work in fine detail and present the best possible proposal.

Echo Classifieds

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

Woodland Place/DaleHaven 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.

For Rent: 2 bedroom and 2 suite, Walking distance to Powerview School, call 204-488-1638.

3 Bedroom house in Powerview for rent. All appliances included, call 367-4549.

Martin Back Packer Acoustic guitar, comes with case. Best offer, call 367-8353.

Electric range stove, solid element, self-cleaning, immaculate condition \$190.00, Call Art at 367-8414.

SILVER HAVEN MEAL PROGRAM
Open to all seniors 55 and over. You are welcome to bring a guest. All meals are \$6.00. Meals are at 11:30 noon Mondays, Wednesdays and Fridays. Your name must be put on the list the day before by calling Silver Haven at 367-4620 or Bernice 367-8369

Friday, Oct. 14
Soup, ham, wild rice, brussel sprouts, pudding.

Monday, Oct. 17
Soup, spaghetti and meat balls, green beans, bread pudding.

Wednesday, Oct. 19
Soup, liver and onions, mashed potatoes, corn, cherry cheesecake.



House for Sale, 15 Church Street, Powerview, \$40,000. Includes 4 appliances, new fridge and shed, phone 367-8905.

1987 Honda Civic CRX 1500cc, 4 new pirrel tires, 191,000 k's, no safety, best offer, call 367-8353.

18 1/2 ft. 1971 FEE Camper, sleeps 6, 3 way fridge, 3 burner stove, furnace, shower in bathroom. Has new radial tires, comes with equalizer hitch, \$1500 OBO, call 367-8353.

1984 Peavy RockMaster guitar amplifier head with 4X12 enclosure, Vintage tube series, 135 watts of tube power, \$500 OBO, call 367-8353.

The Echo Classifieds feature low, low rates. Advertise your birth announcements, weddings, birthdays, engagements, anniversaries and memoriams for as low as \$5.00. Cost to run a photograph is an additional \$5.00. Call for more information 367-9468 or fax us at 367-9074.

Cooks. Cooks needed for Hotel San Antonio in Bissett, MB. Fax resumes to Jeannette Wynne at 204-277-5550.

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

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.

Lost Canon Powershot A80 Digital Camera, memory cards, and batteries at entrance to Powerview Municipal Dump on Highway 304 on Thursday, September 22. Serial number 9026A005(BA), silver and black shoulder case. Reward \$50 for its return. Phone James at 338-0038 in Winnipeg or email at jamf@mts.net

Prière au Sacré-Coeur
Que le Sacré-Coeur de Jésus soit loué, adoré et glorifié à travers le monde pour des siècles et des siècles, Amen.
Dies cette Prière six fois par jour pendant neuf jours et vos prières seront exaucées même si cela semble impossible. N'oubliez pas de remercier le Sacré-Coeur avec promesse de publication quand les faveurs seront obtenues. Remerciements au Sacré-Coeur pour faveur obtenue.

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Lac du Bonnet RCMP Report

from page 12

tion in the R.M. of Lac du Bonnet, and that his demise was due to an accident in the home in which he was involved.

On the 5th of Oct., a report was rec'd of an 8 year old female getting away from a residence on Alexander. It was subsequently reported that the subject was at another residence on Alexander, and her foster mother picked her up.

On the 5th of Oct., a report was rec'd that a fire extinguisher had been removed from its bracket in the Lac du Bonnet Senior School, discharged into the garbage hut, and then discarded.

On the 6th of Oct., a report was rec'd from an adult male that his foot had slipped off the brake, and he came into contact with a business in the Town of Lac du Bonnet. Traffic Accident Report completed.

On the 7th of Oct., a report was rec'd of a suspicious grey van in the vicinity of Dorothy Lake in the Whiteshell Provincial Park. Police patrols did not locate the vehicle in question, which had departed in an easterly direction.

On the 7th of Oct., a report was rec'd that an adult female had departed via vehicle from a residence in the R.M. of Lac du Bonnet, and concern expressed for her well-being. Police patrolled the area and checked possible locations where she may have gone, with no results. The subject subsequently returned to the residence and everything was in order.

On the 7th of Oct., a report was rec'd that a boat and a truck cap were damaged with an axe at a location along P.T.H. #11 in the R.M. of Lac du Bonnet.

On the 8th of Oct., a report was rec'd of a fight and disturbance in the lobby area of a business on First Street in the Town of Lac du Bonnet. Police attended and no fight was taking place, with no information forthcoming from those present on who had been fighting. One intoxicated adult male was taken into custody and lodged to sober up.

On the 8th of Oct., a report was rec'd that an adult male was at a residence on Poplar Avenue in Great Falls in contravention of court-imposed release conditions. Police attended, but did not find anyone home at the residence.

On the 8th of Oct., a report was rec'd that a boat had been broken into at the Pinawa Marina, and a number of items stolen, including a camp stove, binoculars, chair and flashlight.

On the 8th of Oct., a report was rec'd that a blue or grey-coloured vehicle was speeding on Poplar Avenue in Great Falls. Police patrolled the area, but did not locate this vehicle.

On the 8th of Oct., a report was rec'd that a Personal Watercraft with a cover on it had washed ashore at a location on Donker Drive in the R.M. of Lac du Bonnet.

On the 8th of Oct., a report was rec'd of an Intrusion Alarm at a location on MacKenzie Point Road in the R.M. of Lac du Bonnet. The keyholder attended the location

and confirmed that same was a False Alarm.

On the 9th of Oct., a vehicle was checked driving on Fifth Street in the Town of Lac du Bonnet and an adult female was charged for Open Liquor.

On the 9th of Oct., a report was rec'd that a 15 HP Johnson Outboard Motor had been stolen overnight from a boat which was on a trailer at a location at Jessica Lake in the Whiteshell Prov. Park.

On the 9th of Oct., a report was rec'd of an attempted break and enter to an apartment block on Alexander in Pinawa. Attempted entry via a window and via the front door.

On the 9th of Oct., a report was rec'd of a wallet having been found on Lee River Crescent in the R.M. of Lac du Bonnet. Police picked up the wallet from the finder, and made arrangements to get same back to the owner.

On the 9th of Oct., a report was rec'd that the remains of a poached bear were along P.R. #214 in the R.M. of Lac du Bonnet. Natural Resources were aware of this and dealt with it.

On the 10th of Oct., a report was rec'd that the front window was broken out of the store at Seddon's Corner. No-one noted in the area at the time. Took place at 6:15 A.M.

On the 10th of Oct., a report was rec'd that the front window was broken out of the a store in Seven Sisters. No-one noted in the area at the time. Took place at 6:45 A.M., and very likely linked to the earlier incident.

Winnipeg River RCMP Report

from page 10

A male driver in a vehicle was spinning tires on the roadway when a complaint was made. He continued to cause problems after police located and attempted speaking with him. The man was charged with mischief after continuing to disregard police and cause a disturbance.

October 9:
POWERTVIEW - police were called to a parking lot of a local business where a man had been assaulted. He was taken to local hospital for treatment. Investigation continues.

MANIGOTAGAN - a male youth was assaulted and suffered bruises to the head area. An 18 year old male has been charged with assault in the incident. Investigation continues.

- investigation continues into the careless use of a firearm.

FORT ALEXANDER - a complaint of a stolen auto was received. The vehicle was recovered a short time later. No charges were laid in the incident at the request of the owner - a male relative had taken the vehicle.

RM OF ALEXANDER

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.

POLICE also took 11 traffic accident reports, issued 14 tickets under the highway traffic & liquor control acts, attended 2 noise complaints, served 3 individuals with legal documents, lodged 5 persons in cells under intoxicated persons detention act and attended 3 false alarms.

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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