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# Canadian Walleye Championships Gets Big Coverage

## Pine Falls Pickerel tournament will air on American network in coming months

By Jim Hampshire

Whether you're a tournament trophy angler or a shoreline snag sniper, all would agree Pine Falls is the place to be during the month of October, when the greenback Pickerel run is in full swing on the waters of the Winnipeg River. Now, thanks to some fancy camera work, most of North America will tune in and see first-hand what all the local tournament fishing fuss is all about when the United States cable channel 'Adventures North' broadcasts footage of the Canadian Walleye Championships, held this past weekend on the Winnipeg River.

According to newly appointed tournament promoter, Lionel Roberts, the longtime greenback derby will beam into 30 million homes throughout the United States in the coming months.

"As it is, this tournament attracts some of the biggest names in professional sport fishing across North America," Roberts said from his Winnipeg office this week. "But once this tournament hits the sport fishing cable channel (Adventures North) it is going to be a big deal for the Powerview-Pine Falls region."

Roberts was actively recruited by the Canadian Walleye Championships (CWC) host, Kim Wilson, to help promote the event throughout the U.S. and Canada. Annually, Roberts works 17 different sport fishing tournaments in Ontario, Minnesota and Texas, and with his connections the Pine Falls region should be the destination of choice for the

biggest names in sport fishing for years to come.

"Kim has done a wonderful job over the years and I'm just here to help out," Roberts explained. "But with a little more publicity, we can put this tournament over the top and make it one of the biggest events for American sport fishermen."

For the second weekend in a row, a local Walleye tournament has produced catches - big catches - that have the regular American visitors clamouring to come back for more.

"I would say the weekend was very successful," Canadian Walleye Championship tournament host Kim Wilson said following the two-day event. "There were a lot of big fish caught, with the biggest being over 13 pounds."

And, for the second weekend in a row, the weather cooperated for the most part.

The CWC opened on Friday morning, when anglers were greeted with sunny skies and a bit of a brisk north wind. In total, 54 teams headed out onto the water below the Pine Falls Dam to kick off the first day of the tournament, and by late afternoon only two teams had returned to the boat launch, smelling of skunk. After the first day, the team of Bruce Westman and Jamie Gowdy led the way with a weigh-in of 23.08 lbs of pure greenback Pickerel. Coming in a close second was the local team of Tim Reitan and Pauline Vincent as they produced 22.72 lbs of Pick.

The first day lead by the Westman team was short



This year the Canadian Walleye Championships held kids fishing day on Wednesday last week, a total of 18 kids got the opportunity to spend the day on the Winnipeg River with the tournament pros, with great success as it turned out. As any parent will tell you, a day of fishing for any child is a successful day.

lived, however, when the American team of Mark Christianson and Harv Lueck came from the third-place position after day one and dropped an additional 18 lbs of Pickerel onto the scales to weigh-in a two-day total of 40.08 lbs to win the two-day tournament. As it turned out, the Reitan-Vincent team was able to hang onto second place overall and pick up the top prize in the mixed entry division.

"My hat is off to Pauline Vincent," promoter Lionel Roberts said. "She and her team mate went up against some of the biggest names in North American tournament fishing and this local lady from Pine Falls beat all but one team."

For her efforts, Pauline Vincent and Tim Reitan picked up \$6,500 in second-place prize money and an all-expense paid fishing trip to Caribou Lodge by being the top mixed team. The fishing trip is courtesy of Shaun Jackson's Adventure

Air in Lac du Bonnet.

This year the top team prize was \$13,000, which was presented to Christianson and Lueck, who also won the event in 2002. Next year organizers report that the tournament will top-off at 60 teams, and the newly appointed promoter says there will be no problem reaching that number.

"We've decided to put a ceiling on entries next year and any local teams had better make arrangements soon, before the event fills up," Roberts said.

As Roberts continues to work his own tournaments throughout Canada and the

U.S. next year, he says he will promote and fill the CWC in just a matter of a few months.

"We already have 33 teams signed for next year," Roberts reported. "And because we are limiting the number of entries at 60 teams, I have no doubt this event will be filled by May of next year."

Roberts also reports that the cable network, Adventures North, will be made available to Canadian subscribers sometime in November. Those who want to see a little hometown fishing at it's best are asked to contact their cable providers for more information.

## Daylight saving time ends October 30th

The end of daylight saving will be marked in Manitoba early in the morning of Sunday, Oct. 30 when clocks across the province will be set back one hour.

Under the Official Time Act, daylight saving time

takes effect the first Sunday in April and continues until the last Sunday in October.

This year, the precise time change occurs at 1:59 a.m. Sunday, Oct. 30 at which time clocks are set back to 1 a.m.



## ECHO MAIL Letters to the Editor

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## White Bear Rez or Sagkeeng?

I always thought that the White Bear Reserve was just a figment of one individual's overactive imagination and political aspirations. Many are aware that a current council member was involved in spearheading this absurd idea of breaking apart our community and creating the White Bear

Reserve. This same individual has been legally battling Sagkeeng for several months. This raises my first question. Is this individual politically representing and serving the fictional community of White Bear Rez or Sagkeeng?

There is a possibility that the Band can lose the case and

tens of thousands of dollars in settlement. A recent decision by an adjudicator was inconclusive although somewhat in the bands favour. The case may now go to a higher level given the history of this individual. I am confident Sagkeeng will have a positive outcome.

## Curlers get last chance

### Pine Falls registration gets one week extension in a last gasp effort

By Jim Hampshire

It wasn't a strong show of force but the fifty or so curlers who came out for registration in Pine Falls last week was reason enough to extend the registration process an extra week in case some local curlers, unaccounted for, have a change of heart.

PRC director Ruth Barkhouse reports that the curling club is halfway to their goal of signing 100 curlers for the upcoming season, and now that the chips are down, she hopes that the unaccounted curlers don't fold.

"The response from last week's registration wasn't enough to decide to make ice, but it was enough to give us some optimism," Barkhouse said this week. "Basically we know there are some people out there willing to sign on but haven't quite yet, and those are

the people we are looking for."

As a result of some initial interest, Barkhouse says that curling registrations will take place again on Wednesday (Oct. 19) of this week. Over the last week she has heard everything from 'why bother,' to mild enthusiasm, where some curlers would register in the event of growth over last year's leagues.

"After registration last week I couldn't go to the board and say we have enough curlers," Barkhouse cautioned. "But after the fifty registrations last Thursday, I think it's worth giving this another chance before we cancel the season."

Local curler and former curling club board member Steve Kulyk is in total agreement.

"This is a call to action," Kulyk said from his insurance office on Monday. "We are

more than half-way there, we can't stop now."

Kulyk spent time as curling club vice-president in the past and organized the mixed curling league over the last three years. This year he admits his plate is a little full to re-join the executive, but he says with full confidence he will be back out on the ice with renewed enthusiasm again this year.

"Before people will sign up they want to know there will be a healthy league," he said. "Basically people have to bite the bullet and keep the interest because it will be even more difficult to recover next year if we shut the doors now."

Kulyk knows the ups and downs of local curling better than anyone else. His mixed league numbers rose from ten teams three years ago, to twenty teams two years ago.

SEE/Curlers page 4

Some may feel this letter is politically driven. I couldn't agree more. This individual continues to disseminate propaganda and slanderous literature directed at past council including myself. A letter was recently circulated in the community and was written by this individual stating among other things, that I was voted out of office for impropriety. That is why I feel compelled to write this letter aside from my concern for Sagkeeng. Suing and/or litigation against the very community you are being paid to serve is impropriety if you ask me. A "breach of trust" is another good definition. Greek literature often debates self-interest versus civic virtue. I couldn't find a better example than the current situation in Sagkeeng.

I feel a resignation is in order for this self-serving individual. Wishful thinking aside, I am confident the proverbial "high-road" will not be taken by this individual. Therefore, it is incumbent on Chief and Council to intervene. What-

ever happened to quorum decisions and am I to believe one individual can dictate the political agenda. The last time I checked Sagkeeng was a democracy and it is the very reason why individuals like me can be voted out of office. I know there are some righteous council members who want to do the right thing. What about our "concerned citizens" groups where do they stand on this important issue? I recall sit-ins and roadblocks as forms of protest in the recent past. This is not happening now, not that I have ever condoned this type of action. I am just shocked at how deafening the silence is. I guess some people must pretend they just don't see anything morally wrong in this matter.

I don't have issues with people standing up for what they believe in. Anyone can go to court and challenge any injustice they feel has been committed against them. However, they should do it on their own time and expense.

Donavan Fontaine

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## Suicide Forum Comes to Lac du Bonnet Community Centre

Silence and shame shouldn't be the legacy left for families of suicide victims

By Jim Hampshire

Suicide is a silent killer that creeps up on many families, unannounced and definitely unexpected. In fact most all suicides go unreported in the media and obituary notices say even less about the ever expanding problem. For all families, there is a quiet shame that follows suicide, where many are left with questions they dare not ask, and a lingering stigma that also follows, where they feel they should shoulder most of the blame in privacy.

The North Eastern Health Association is about to put suicide front and center on November 4, when they co-sponsor a forum on the matter at the Lac du Bonnet Community Centre. Wellness Facilitator for NEHA, Caroline McIntosh, reports that the forum is an educational effort for everyone, from family survivors right through to members of the public who would like to learn more about early detection and treatments for the dark phenomenon.

"If suicide has happened to any member of your own family it has a traumatic effect and it is a big burden to carry through life," McIntosh explained. "There is so much guilt and blame that follows and people really need to talk about it and know they are not alone."

Here in Northeastern Manitoba, McIntosh reports that the suicide rate is almost double compared to provincial statistics. And while all residents of the province have to deal with the daily stress served up in everyday life, she notes that isolated communities are more vulnerable to suicide attempts, statistically speaking. In far reaching communities, studies have shown financial stress and a lack of self-worth are just some of the reasons people are moved to attempt to take their own lives. McIntosh says with a little education and open discussion, people will be more able to recognize early symptoms and can seek help for other individuals, or even them-

selves.

"Studies have shown that women are more likely to attempt suicide, by a margin of two-to-one over men," she noted. "But in most cases with women, it is a cry for help and many live to recover."

When it comes to the male population, studies reveal that more men do die from suicide in general but only because men hide their grief until it is too late for help.

The suicide forum on November 4 in Lac du Bonnet consists of six different sessions, beginning at 8:30am and winding up at 4:00 o'clock later in the afternoon. The sessions include discussions on life after suicide for family members and friends, and further discussions where people can become more aware in recognizing suicidal tendencies in others.

The forum is co-sponsored by the Lac du Bonnet Lions, the RM of Reynolds, the Whitemouth Health Auxiliary and NEHA just to name a few.

## Curlers get last chance

Con't from pg.2

Unfortunately last year it dropped back to ten teams and apathy began to creep back into the curling community.

"A couple of years we had a good junior program and the senior league was still pretty strong last year," he noted. "We can't close the doors on that, it would be a big disappointment

for the seniors."

The news of an extended registration was just what the doctor ordered, according to Kulyk. With some interest already being generated last week, he believes that a further response will follow.

"I think people are confident there will be curling this year, and that's a major factor before anyone commits to regis-

ter," he remarked. "There's no doubt there will be some hard work ahead but it will be worth it if we get past this year."

Curlers interested in joining the fifty or so players already committed can add their names to the league teams by dropping by the PRC office in Pine Falls on Wednesday evening this week.

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Brenda Broza (Peltier)

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

# You can't be serious



by Jim Hampshire

across my desk here at The Echo office and I

## Learning the write lessons

by Jim Hampshire  
A lot of mail comes

should state for the record that your letters are never ignored. Yes, we are very careful to open and check every single letter in case it might

contain money. But being in the newspaper business as long as I have - and I can proudly proclaim it has been several weeks at least - I have come across just about every question from our many readers, regarding the newspaper

industry. Everyday it's the same thing. Calls and letters come pouring in, with people asking everything from, 'is your fridge running,' right down to, 'would you like to change your long distance carrier?'

But the most recurring question, without question, has to do with writing skills. "How on earth," people always ask me, "does a moron like you manage to stay employed with the crap you write?"

Hahaha, wrong question obviously. That's what my mother used to ask me. Actually the most popular question coming my is, 'how can an individual develop writing skills, string together an impressive portfolio, and steal my job away?' Now because my job is to keep people properly informed, and because I am very secure in my job, I can answer that question in two parts. First: "What!" And secondly: "Go suck an egg!"

Seriously though, writing columns and articles is a demanding task, whereby you get to stay at home near your beer fridge and peck away on your computer all day. Wearing nothing but your underwear if you like. It's not that you have an of-

fice staff to offend or anything. And as long as the dog doesn't mind, who's the wiser?

But getting back to the serious task of writing an effective column, I find boxer shorts are most comfortable. Yes, it can be gruelling pounding out articles in the face of a definite deadline, which thankfully, my editor keeps moving further and further away. So far in fact, I understand next week's paper should be out on the shelves sometime just before Christmas. Actually we do have a definite deadline, and it can be intimidating to the writing process as that deadline looms over your head, like a guillotine, waiting to fall as the seconds tick away. Tick, tick, tick, goes the clock. Pick, pick, pick, goes your finger as it disappears into your left nostril, seemingly unaware that it could be better used peck, peck, pecking on the keyboard.

Luckily there is a writing exercise us journalists like to use from time to time, in order to ward off writer's block. Now this is a bit of a trade secret, but we're here to inform after all, so it's time I passed it on to the fledging new writers who might be reading. This writing exercise usually begins by jumping out of the chair and running around the room in circles, with arms flailing about, in a panic induced

flippin'-your-lid fit. Feel free to repeat if necessary. After total exhaustion, your mind should be free of all useless information - like that writing exercise, for instance - and you should be ready to begin the writing process.

Tick, tick, tick, goes the clock. Pick, pick, pick goes... well, you get the picture.

Of course when all else fails, the next step to writing an effective column or article is, pick a large target. Like the political arena, for example. If it's a slow news week you can always make fun of Jean Chretien's haircut (who cuts your hair, Jean? Beavers?). Unfortunately Chretien has retired from politics and that makes him old news. And as for Paul Martin, well he hasn't so much as choked even one protester so far in his short term as Prime Minister, so he isn't any fun. And now we're back to the writer's block and the looming deadline with the guillotine overtones. But what's the big deal, you have to say to yourself. If you think about it, any newspaper article is just the alphabet in random order, how hard can it be? And if that alphabetic order happens to come across as gibberish, well then, just tell your editor it's an article geared specifically to readers of Russian descent.

## Improved patient care

### Focus of renovations at Pinawa Hospital

PINAWA-Emergency and acute patient care will be improved by major renovations and the development of a community cancer program at Pinawa Hospital, Premier Gary Doer announced today.

"Rural Manitoba needs to have accessible and high-quality health care," said Doer. "The development of a local community cancer program, as well as the re-development of the hospital, will make sure area residents have access to better care sooner and closer to home in the years ahead."

The renovations to the hospital, which have been approved for tender, will include mechanical, electrical and functional upgrades to emergency, patient care and support areas as well as the development of space for a community cancer program.

"The renovation of the facility and the creation of a regional cancer program have been identified as priorities in the region's

strategic plan," said Bill Boonstra, board chair of the North Eastman Health Association. "We are pleased to be able to work with the province on this important project, which will improve access to health care and reduce travel requirements and costs for North Eastman residents."

The community cancer program will operate in conjunction with CancerCare Manitoba and will focus on prevention, early detection and screening, diagnosis and treatment, and rehabilitation. These services will be delivered by health professionals specially trained in oncology and will include the preparation and administration of chemotherapy.

Doer noted these services will build on the success in reducing wait times for cancer treatment in Manitoba.

"In the late 1990s, Manitobans had to wait six to seven weeks for cancer radiation treatment," said Doer.

"Since 1999, investments in new equipment, staff and programs have helped reduce that wait time to less than one week and we're pleased to partner with the regional health authorities to continue this important work."

"Our staff are looking forward to receiving the necessary training and equipment to prepare for the provision of cancer services in Pinawa," said Jim Hayes, chief executive officer of the North Eastman Health Association. "I want to be sure to thank the staff from the regional health authority and the Pinawa Hospital for their hard work and commitment to making this project a reality."

Renovations are scheduled to start next year and should be completed by the fall of 2006.

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# Faith Perspective

by Pastor Jake Doell

## Winning at Life

October is the month of the year where all true baseball fans get serious about "The Series." The six month baseball season comes to a climax as the playoffs for the world championship of baseball begins. Last year the Red Sox finally came through after an 81 year drought of not being the world's best baseball team. This was the year the Yankees were once again set to take it all, but they came up three runs short in their series against the LA Angels. You see in the game of baseball the goal is not only to get runners on the bases, but to get them across home plate. You may be good at getting runners on the bases but if no one gets a hit to bring the runner(s) across home plate you still won't win the game.

In many aspects life is similar to a baseball game. Just as in baseball every player gets a chance to step up to the plate and try and get on base. We all enter the "game of life" at birth. As we grow and mature through the "little leagues of life" we are preparing to enter

the "big leagues" of adulthood. We must practice our life skills to become better at the game of life. In baseball every player gets a chance to hit the ball in order to get on base. Without getting on base you will not score a run. In baseball no game ends in a scoreless tie, the team that gets the most runs across home plate, wins.

The Bible talks about us being a winner at the game of life. As a matter of fact the Bible even mentions baseball. In Genesis 1:1 "In the big inning....." well seriously it does mention how we can be more than just a player at life and be a winner.

You see God created us to be winners at life and not losers. You start by submitting your life to the coach, Jesus Christ. You see He is the only one who ever played the game of life perfectly. He is the only one who has crossed "home plate" successfully.

You see the "opposing coach" thought he had him out when Jesus was crucified on

the cross. But he was wrong because Jesus rose from the dead on the 3<sup>rd</sup> day just as the Bible said he would. (Psalm 16:10) Our coach has made it possible for us to be winners at life. Instead of being called out by our wrong choices, we allow our coach to implement his plan for winning the game. David, the king of Israel prayed, "God, teach me the lessons for living so I can stay on course." (Psalm 119:33) When the coach of the game of life has Himself successfully completed the game of life He can be trusted to make the right call in our lives for us to be winners too. My friend are you winning or losing at the game of life? If you are losing, let me strongly encourage enlisting Jesus Christ as your coach and He will instruct you to be a winner in this life and the life to come. If you need spiritual help call on a Bible believing church and listen to the instruction of God's Word to make you a winner at life.



# Joe Trio next up for EMCA

The Eastern Manitoba Concert Association serves up a classically humorous offering in the second concert of its 2005/2006 Program on Friday October 28 at the Pinawa Community Center, featuring Vancouver's *Joe Trio*.

The threesome of Allen Stiles on piano, Cameron Wilson on violin, and Charles Inkman on Cello, play a collection of classical, contemporary and popular pieces, most of which is arranged by themselves. Joe Trio is not your average piano trio, as they choose not to be neatly categorized. Instead, they strive for diversity, versatility and more than a little humour and unpredictability in their shows. The trio is not only virtuosos, they are fantastic performers that engage the audience in a way few classical musicians can. Highly witty, charming and tre-

mendously musical, Joe Trio leaves audiences with a new appreciation for classical music.

Classical, with a major twist, is perhaps a good way to sum up the Joe Trio experience. EMCA organizers are looking forward to a repeat of the excellent performance they staged in a previous concert in March of 1996.

For a different entertainment taste, take in Joe Trio at the EMCA concert in Pinawa on October 28 at 8:00 pm. Door tickets are \$20 for adults, \$18 for seniors, and \$10 for children and students under 18 years of age. To reserve tickets, call Cathy Harding at 753-2767. For series subscription details and to view all of the EMCA 2005/2006 concert series artists, check out the EMCA website at:

[www.granite.mb.ca/emca/home.html](http://www.granite.mb.ca/emca/home.html)

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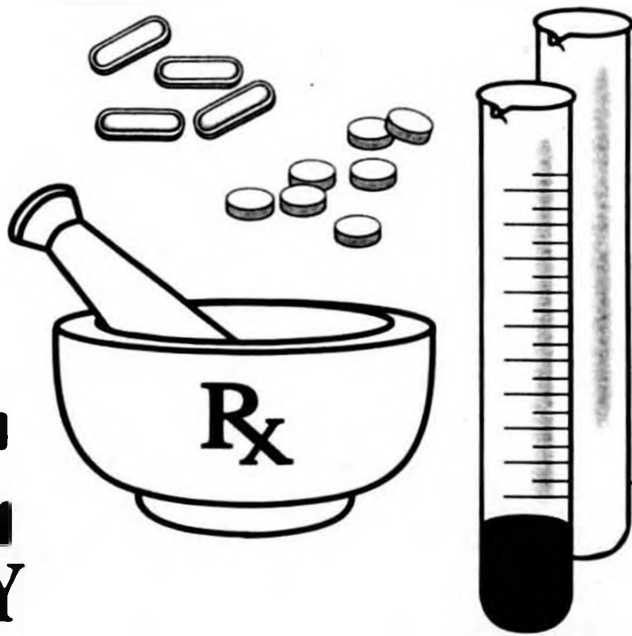
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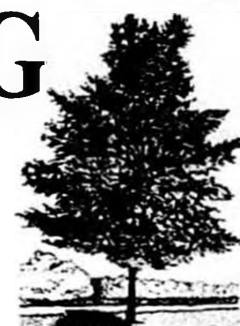
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CANADIAN INDEPENDENT

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For further information contact:  
Conference Coordinators:

**Darlene Robinson**  
(204)367-8740 Toll Free 1-877-367-8740  
OR

**Giselle Morrisseau**  
(204)943-6081 Toll Free 1-866-426-8551

Presented By:



## St. Georges School students tell the story of Sam McGee

### The making of Sam Mc Gee

by Jessica Pelletier

In St. Georges school the grades 4-8 studied a poem entitled "The cremation of Sam Mc Gee". Now Sam Mc Gee is a fictional character but the kids and some teachers have come to love him as if he were real. Sam Mc Gee could not have been possible without the most appreciated help from students that painted him with Madame S. Dubé. Teachers that helped us practice the poem and parents that put in a lot of time to make Sam Mc Gee out of "papier maché" Mr. And Mrs. Bergson that made the body, head, and arms. Mr. and Mrs. Westra that made the legs. Sam Mc Gee could not have come to life without all of these people. The students of St. Georges School would like to say thank you very much to everyone who helped in the cremation of "Sam Mc Gee". We cremated him at Madame Dubé's house. What a fantastic way to learn poetry!

### Sam McGee

by Jasmine Clark

Two weeks ago, our class started studying a poem called "The Cremation of Sam McGee". It is a poem about a fictitious man from Tennessee who went to the North to discover gold. But he soon learned that the cold was too much for him to take.

I thought about this and decided that he must have died of hyperthermia. If you look deep enough in the poem you can find a theme.

Should you always keep promises to your friends? We also discussed that sometimes promises have to be broken, like if they would hurt somebody if they weren't told.

Parents decided during a conference to help make Sam McGee out of "papier maché" and hay. Anji and Dale Bergson, Mr. And Mrs. Westra-Walls, Mr. And Mrs. Clark were a big help and we thank them.

Everyone sat around the fire roasting

marshmallows and wieners. The fire was hard to get started because of the wind.

After marshmallows were roasted and wieners were cooked, the kids played on the hay bales in Mme. Dubé's yard. We had a lot of fun jumping from one hay bale to the other and laughing together. We were all very careful so nobody hurt themselves.

We threw Sam McGee into the fire and watched him burn. For the first five minutes, Sam McGee proved to be extremely unflammable. Paul, Janel, Kalene and I took newspaper and lit him. Paul accidentally ripped one of his arms off at one point and it was hilarious!

I am very happy for the experience of Sam McGee's cremation. I had fun and I'm sure my fellow peers did too. Our class would like to thank everybody that helped make this an enjoyable event!

### The making of Sam Mc Gee

by Jessie Dubé

Yesterday, September 27<sup>th</sup> the grades 6 to 8 had a wonderful bonfire at Madame Odile Dubé's house. It was as if we were really with Sam McGee because the weather was very cold, dark and windy. We roasted marshmallows and some of us even made smores! Later on we put Sam McGee in the fire, and finally after half an hour he started burning. The children started chanting yelling "Burn, Burn, Burn" but unfortunately that didn't make him burn faster! Other than for the long wait of Sam McGee's cremation it was a great turn out! Our class would like to thank everyone that made this happen! Thank you very much, Madame Odile Dubé, without you none of this would have happened!

### The burning Of Sam McGee

by Nicole Rusk

I will be talking about Sam McGee's burning on that windy Monday night of September. Sam McGee is a character in

a poem that our class studied. In the poem, Sam made his friend promise to cremate him if he died. Sam did die and so his friend cremated him. That's why we made a celebration of Sam McGee's cremation!

Sam McGee was stuffed into the fire pit that was on top of a lawnmower. His arms were spread out and his bottom and legs were in the pit. It looked as if he was sitting on a chair and someone was buttoning his shirt.

Sam McGee didn't catch on fire right away. The paint on his stomach started to peel off first.

Everyone crowded around and sheltered him from the wild, strong wind. We chanted burn, broke off a hand and Paul, a grade eight student, broke off Sam McGee's right arm.

It seemed to take forever for him to burn, so Kalene, a student in grade six, took out rolls of paper from Sam's left arm and started them on fire. She placed them in front of Sam and with the help of the wind, his face and stomach burned. It would have taken a long time for his head and left arm to burn, so Paul pushed Sam's head into the fire with his foot and we shoved in his left arm.

After a while, Sam McGee was burned to ashes and everyone went home, stomachs full of marshmallows, smores and wieners.

### Sam McGee

by Vincent Clark

My classmates and I had a great time memorizing Sam McGee. After we read it Mme. Dubé told us that she was thinking of planning a bonfire; she asked us what we thought of the idea. We loved it!! The following paragraph will tell you all about it.

Jordan's mom, Sharon Westra and Cole's dad, Dale Bergson created out of "papier maché", "Sam McGee". The grades 4-8 painted him with all sorts of vividly beautiful colors such as red, yellow and orange. On the night of the bonfire my classmates and I recited the poem to the



St. Georges School students roast marshmallows during a bonfire on September 27<sup>th</sup>

Photo by Mathieu Arcand

audience. Later we lit the boiler fire and Sam didn't burn so we heaped the fire higher. Then we chanted: Burn, Burn, Burn until Sam was no more. It was awesome! What a great way to end the night! Mme. Dubé made learning poetry fun.

### The making of Sam McGee

by Tenisha Kaminawaish

The grades 6-8 have been studying the poem «The cremation of Sam McGee». Tuesday Sep-

tember 27<sup>th</sup>, we had a bonfire at our teacher's house. The bonfire had been organized by the staff and the parents. At the bonfire, we, the class 6-8 recited the poem. Next we ate hot-dogs and marshmallows. Then we cremated Sam McGee, it took forever to burn so the majority of us chanted BURN! BURN! After about 20-25 minutes Sam McGee was burned to ashes.

Next we went to the haybails, I was scared at first to jump across them

but then I got the hang of it and I was jumping all over with all of my friends.

Now I will tell you a little something about Sam McGee. Sam McGee was always cold, so he asked his friend to cremate him so that he wouldn't have to be cold all the time. He cremated him and after a while he was all burned to ashes.

The bonfire was great, the food was awesome and we all had a blast!

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Manitoba

# Recreation Re-Boot!

**Pineview Recreation Commission**

Ph: 204-367-9142  
Fax: 204-367-8605  
E - M a i l :  
prarec2003@yahoo.ca

### Curling

There was a registration night for curling last Thursday that resulted in approximately 55 people signing up to curl this coming season. What we need now are the people who said they would like to curl but haven't registered and the people who didn't bother to register because they assumed there would be no curling. Stand up and be counted!! We need you to make this happen.

### 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.

### 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, ROE 2G0; phone: 348-7191 ext. 240; or Email: [cmcintosh@neha.mb.ca](mailto:cmcintosh@neha.mb.ca). For more health information, visit the NEHA website: [www.neha.mb.ca](http://www.neha.mb.ca).

## Facing Suicide Head-on PART I

by **Stephanie Loewen, Outreach Worker for the Manitoba Schizophrenia Society.**

Every other day a Manitoban dies by suicide. More Manitobans are dying by choice than those unfortunate drivers and passengers who we read and hear about in the daily news. There is a silence surrounding suicide fueled by fear, helplessness, and shame, even though statistics show that most people think about committing suicide at some point in their lives.

The good news is that suicide does not have to be an issue to be feared or swept into a dark corner. First of all, we can all learn about the common warning signs of suicidal thoughts and intentions in another person. Secondly, help and hope are available for those who are struggling with the desire to die. Lastly, "suicide survivors" (friends and family members of an individual who has completed sui-

cide) are finding relief from their grief, shame, and disappointment through community support groups, educating themselves and others, and refusing to be silenced by the stigma and speaking out about suicide.

### Suicide is Rarely a Spur of the Moment Decision

In the days and hours before people commit suicide there are usually clues and warning signs. The strongest and most obvious signs are verbal. Examples of common statements are "I can't go on," "Nothing matters anymore," "There is nothing to live for." Such remarks should always be taken seriously.

Awareness of possible signs of suicidal thinking means that you can better recognize and help a person in need. The warning signs are usually a combination of physical, emotional and behavioral, while keeping in mind that these may be related to something besides suicidal intentions. The most concerning warning signs are such things as: making a will, "taking care of business" or putting affairs in order, threatening suicide,

hoarding pills, hiding weapons, describing methods for completing suicide and previous suicide attempts. Other warning signs that may indicate a person is thinking about suicide include: depression or isolation, reckless behaviour, drug or alcohol abuse, and suffering a major loss or life change.

If a person is suicidal, the more signs they display the higher the risk of suicide. Signaling behaviours include those that are outside of the normal range for the person, such as excessive crying, fighting, law-breaking, impulsiveness, self-mutilation, writing about death and suicide, previous suicidal behaviour, extremes of and/or changes in behaviour. Signaling physical changes may include: lack of energy, disturbed sleep patterns - sleeping too much or too little, loss of appetite, sudden weight gain or loss, increase in minor illnesses, change of sexual interest, sudden change in or lack of interest in appearance. Thoughts and emotions that may signal suicidal intentions are loneliness - lack of support from family and friends, rejection, deep sadness or guilt, anxiety and stress, helplessness, low self-worth, and hopelessness.

**WEDDINGS - ANNIVERSARIES - BANQUETS  
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AND ADVERTISING NEEDS.**

**CALL 367-9468**

# CURLERS

This is your last chance to stand up and be counted.

We had approximately 55 people sign up to curl at our Registration Night on October 13th. So we are going to try again.

**Wednesday, October 19,  
7:00pm - 8:30pm, The Rec. Office  
at Pine Falls School (Entrance by pool)**

If you cannot make it to register in person, then please call Ruth at the Rec. Office and register over the phone 367-9142  
Or call Gloria Borody at 367-2656.

**We are halfway towards reaching our goal.  
Please make the effort to register!**

# Library Allard Winnipeg River Recreation Scene

October 17<sup>th</sup> - 24<sup>th</sup> is Canadian Library Week. The idea is to dedicate a week to library and information services in Canada and was developed by provincial and territorial library partners from across the country to help raise public awareness of the valuable role that libraries play in local communities. Show your support of public libraries by becoming a member. Libraries are not just books, we also have an Internet access site for the public, movies, DVD's, magazines, audio books, and a wonderful selection of French material!



Out with turkey carving and in with pumpkin carving!! From costume making to decorating to baking those delicious scary Halloween treats for school parties, here is a list of books to get you started:

*Pumpkin Carving* is filled with templates to reproduce on that finely picked pumpkin; *Halloween* from The Best of Martha Stewart Living has delicious tricks and wicked treats for your scariest Halloween ever; *The Halloween Grab Bag* is a book of tricks and TREATS; *All New Crafts for Halloween* is packed with easy-to-make ideas for all the family; *Scary Scenes for Halloween* is filled with decoration and cookery; *Easy Halloween Costumes for Chil-*

*dren* is packed with 60 costumes for 3 - 12 year olds; *Face Painting and Fancy Dress...plus many, many more!* Don't forget to check out our children's fiction section for our spooky display of Halloween books!!

A new block of French movies has arrived and is ready for the borrowing as well as 25 new French large print books. New English videos and DVD's are on their way!

A few new arrivals to mention: *In Sunlight, in a Beautiful Garden* by Kathleen Cambor; *Vapor Trail* by Chuck Logan is said to be "Logan's best book yet: terrific action scenes, deep, multilayered characters and a plot that will keep your head spinning & the latest by Christopher Reich - *The First Billion* is a dynamite thriller.

See you in the library,  
Bibliotheque Allard Regional Library, St. Georges - 367-8443  
Beaches Branch Library, Grand Marais - 754-4007

**Recreation Scene**  
By: Michelle Chudd  
Ph: 345 8816 or 753 2639  
Email: [recom@mts.net](mailto:recom@mts.net)  
**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.

**Skin Care/Make up Seminar - Cancelled**

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 was scheduled to take place on October 18 at 5:00pm

at Pinawa Secondary School.  
**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 7:15pm - 8:15pm 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.

**25<sup>th</sup> 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 25<sup>th</sup> 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.

**Adults - Expand your horizons**

Now that the kids are back in school, why not upgrade your skills too? Do you need a high school diploma or a particular course to meet entrance requirements for that special job? By offering flexible attendance and teacher-led, self-paced study, New Directions School can give you the support and guidance to help "make it happen". Enroll today and get started on your future. Call Connie at 345 2867.

**Blueprint for Life**

Adults - are you looking for a career change and not sure what to do? The Blueprint for Life course will help you identify your occupation interests and viable career paths. As part of the career planning process students will develop a winning resume, interview skills and an Employment Portfolio. Enroll today. Call Connie at New Directions School 345 2867.

## NEWS TIPS?

Call 367-9468



North Eastman Suicide Awareness Committee presents.....

### The Ripple Effect

A Forum on Suicide Awareness In North Eastman

Friday, November 4, 2005, 8:30 am - 4:00 pm  
Lac du Bonnet Community Club  
25 McArthur Ave. Lac du Bonnet, MB

**Registration Fee**

Before October 28<sup>th</sup> - \$ 20.00 After October 28 - \$ 30.00.  
Registration Forms available at the Lac Du Bonnet Health Centre  
For more information please call Sandi @ (204) 345-1234

NESAC thanks the following sponsors:

- Addictions Foundation of Manitoba
- Assembly of Manitoba Chiefs
- Community and Youth Corrections Eastman Region
- IRHA Mental Health Crisis Services
- Klinik Community Health Centre
- Lac du Bonnet Lions
- North Eastman Health Association
- Manitoba Schizophrenia Society
- Pinawa Secondary School
- R.C.M.P.
- Rural Municipality of Reynolds
- Sunrise School Division
- Concerned individuals from the North Eastman Communities

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**Pine Falls Community Billboard**

**First Alexander Health Centre:** Diabetes Clinic 9:30 a.m. to 3:30 p.m. every Tuesday. Blood sugar check, nutritional counselling, phone 367-2268.

**FACE 14-71378:** meet first Tuesday of the month, Childrens Chief, Powerview meeting room.

**Personal change:** held regularly in your area. Please register with Gill 264-7443 or call your local public health nurse.

**Library Allards:** Tuesday: 10:30 a.m. to 5:00 p.m. Wednesday and Thursday 12:00 to 5:00 p.m. and 5:30 to 8:00 p.m. Friday 12:00 to 5:00 p.m. Saturday 10:30 a.m. to 5:00 p.m. Branches 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.

**Knight's of Columbus:** meetings every second Tuesday of the month 7:30 p.m. Fourways Church basement.

**Silver Haven Club:** bridge every fourth and 6th Monday 1:30 p.m., wine every Thursday 1:30 p.m.

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

**Choirage - Country Band:** Assist. meets first Monday of the month 7:00 p.m. October through May, phone 750-1496.

**Herobles Anonymous:** Support Group meetings every Monday, Wednesday and Friday 7:30 p.m. to 9:30 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. Legions, meet twice held at Legions on Fridays 8:00 to 9:00 p.m.

**Pine Falls Masonic Lodge #154:** meet second Friday of every month, Pine Falls United Church, except January and February.

**Madrilent:** 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.

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

**Winnipeg River Senior Service Inc.:** Coordinating Tom Polachuk, Pine Falls Health Complex, phone 352-3178, 9:00 a.m. to 3:00 p.m. Monday to Friday. Services: transportation, home maintenance, foot care, volunteer trip, info.

**Village of Powerview:** meets second Tuesday of each month.

**Waghty Care Center (Nanquet Group):** at the United Church, Pine Falls, first Thursday of the month 7:00 p.m.

**AA & AL-Anon - The Beaches family group:** Wednesday 8:00 p.m., Senior Centre, Victoria Beach, 1 Atash Road, Room 754-2172 or Alice 758-2493.

**Happy Tots Day Care:** 247-2601, board meetings last Monday of each month 7:00 p.m. at the daycare.

**Senior Centre Inc.:** 91 Atash Rd., Victoria Beach. General meetings second Tuesday of the month, 758-2493 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):** 758-2471, Wednesday 1:00 to 3:00 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 members:** 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.

**Wight Watchers Meeting:** Every Thursday - meet in at 4:45 to 5:30pm, call Debbie for info. at 267-2945.

**Foster Homes:** Open your heart and home to a foster child, foster homes needed in Pine Falls and surrounding area, call Debby at 269-6158.

**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 for child's height, weight, infant nutrition, advice, immunizations (as necessary) and any other advice you may wish, please call 267-5496 for more info.

**Waght Watchers:** Effective October 1st Wednesdays at 9:45 a.m. and at 8:30 Meetings.

**Pine Falls Golden Leisure Club:** Bridge 7:00pm Thursday, Canasta 1:00pm Friday, Whist 1:30pm Wednesday, Exercise 10:15am, Monday, Tuesday, Saturday, Cro, Sat Monday of Month at 1:30pm.

**Taxi Powerview-Pine Falls:** Recycle every Thursday 8:00am, Garbage Pick up - Powerview - Wednesdays 8:00am, Pine Falls Tuesdays & Fridays 8:00am.

**Overseas Outreach meetings:** 1:30 p.m. Wednesday, Location: 97-041 Maple Creek Rd. in front of the ester centre each sat. Contact Isabelle (204) 267-2459.

**The Ripple Effect:** A Forum on Suicide Awareness in North Westman will be held on Friday, November 4, 2005 at the Lac du Bonnet Community Centre. All North Westman community members are invited to attend. Pre-registration is required. For information, call Sandra at (204) 245-1234.

**Winnipeg River Church Services**

**NOUR DAME DE L'IM St. Powerview:** Saturday evening 7:30 pm (May-July), Sunday 10:00 a.m. (English), 12:00 noon.

**PINE FALLS UNITED CHURCH:** Worship Service and Sunday School at 11:30 a.m. - 367-2643. Everyone Welcome.

**PINE FALLS ANGLICAN CHURCH OF THE ADVENT:** Ph. 267-0920. Register the Rev. Sandra Eastford. Sunday Service at 9:00 a.m.

**ST. THERESA:** Masses at Notre Dame de L'Im.

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

**ST. JED'S ANGLICAN CHURCH:** Grand Mass, Holy Eucharist - second and fourth Sundays, 11:00 a.m. Morning prayer 11:00 a.m. - Greg, third and fifth Sundays.

**TRINITY EVANGELICAL LUTHERAN CHURCH:** Thalberg, 1 mile east and 1 mile south of Junction #12 and #204. St. John's Evangelical Lutheran Church, Greenwood on Hwy #12, 1/2 mile north of junction with #317. Sunday church school 10:00 a.m., worship 11:00 a.m. (alternate locations). For info, call 635-2629 or 754-4802.

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

**HOUSE OF PRAYER: BILL GOSPEL:** 2-24 p.m. every Sunday, Samaritans, on Hwy. 959.

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

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

**ST. THERESA R.C. MISSION:** 85 Glenvale Avenue, Grand Marais, Mass 7:00 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 1:00 p.m.

**CHRIST CHURCH ANGLICAN:** - Sunday 1:30 p.m. at Hutton Water.

**GRACE BAPTIST CHURCH:** - Bible study, Wednesday 7:30 p.m., call Pastor Todd. Contact for information 367-2531.

**LIFE SKILLS CHURCH:** - Christian Faith Healing Service, 7:30 p.m. Friday, Location: 97-041 Maple Creek Rd., Minister, Isabelle Fish (204) 267-2366.

# Winnipeg River RCMP Report



**Report period from October 10th to October 16th, 2005**

**October 10th**  
**HILLSIDE BEACH:** police were called to a spousal assault. Both parties were charged accordingly. Investigation continues.

**ST. GEORGES:** a complaint of a theft of a boat and motor from the shoreline at a residential property was made to police. The boat is described as a 1985 Airline, V Hull 14 ft re & white in colour.

**FORT ALEXANDER:** a break, enter & theft occurred to a back residence point of entry was a side window. Numerous items were taken in the incident. Investigation continues.

**HOLLOW WATER:** police attended a residence to a spousal dispute. A complaint of a possible assault had been reported. Upon arrival police found a verbal argument could be heard but no physical assault had occurred. The male spouse was driven to a relatives to prevent any further problems. Alcohol was involved in the incident.

**October 11th**  
**FORT ALEXANDER:** a call to remove an unwanted guest caused police to attend. A male and female were arguing and the dispute escalat-

ing. The situation was stabilised and a female was transported to a relatives to prevent a further breach of peace.

Police were in pursuit of a male who caused some mischief at a relatives when the man fled the scene. The man was again reported in the area and police attempted to locate him again only to have him flee again on foot. Investigation continues.

**HOLLOW WATER:** investigation continues into an assault of a youth by several other youths in an ongoing dispute.

Investigation continues into a report of fraud.

A complaint of a stolen vehicle was unfounded. The vehicle had been sold without a spouses knowledge. No further action was necessary.

**BLACK RIVER:** complaint of theft from a residence of a nintendo game cube, 3 games and Tylenol pills is still under investigation.

**October 12th**  
**FORT ALEXANDER:** police attended a residence after a call was received that a female was having problems with a male spouse. Upon arrival the man had already left the scene and no further prob-

lems were encountered. The couple had been going through a recent separation.

**VICTORIA BEACH:** assistance to local police in the matter of a impaired driver was given.

**FORT ALEXANDER:** attempts to locate an intoxicated male caused police to patrol the area. The male was not located however no further complaints were received.

**October 13th**  
**POWERVIEW:** an emotionally distraught female was transported to local hospital for treatment under the mental health act.

**FORT ALEXANDER:** a vehicle reported stolen was recovered a short distance away.

**PINE FALLS:** patrols of highway 11 were made after reports of kids throwing rocks at the chip trucks leaving the mill. The youth had left the scene prior to police arrival.

**RM OF ALEXANDER:** a complaint of threats being uttered is still under investigation.

**October 14th**  
**POWERVIEW:** 2 males both in breach of court conditions were charged accordingly. 1 male was released on a promise to appear in Powerview court. The other male was remanded into custody and transported to Provincial Remand Centre.

A complaint of fraud and theft is under investigation. Police were called when a male tried to cash a stolen cheque at a local business and then fled.

One male has been charged with impaired driving and breach of court conditions.

**PINE FALLS:** police assisted when an emotionally disturbed male left local hospital, returned and continued to be unstable. He was assessed accordingly and transported to Selkirk Mental Health facility for further treatment.

**October 15th**  
**FORT ALEXANDER:** a complaint of a fight in progress caused police to attend a residence. Both men had left the residence however 1 female was lodged for her own safety and released in the morning.

A complaint of threats being uttered caused police to attend a residence. Investigation continues.

See WINNIPEG/page 15

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# ECHOES FROM THE Heart

## Information Please

When I was quite young, my father had one of the first telephones in our neighborhood. I remember well the polished old case fastened to the wall. The shiny receiver hung on the side of the box. I was too little to reach the telephone, but used to listen with fascination when my mother used to talk to it. Then I discovered that somewhere inside the wonderful device lived an amazing person - her name was Information Please, and there was nothing she did not know. Information Please could supply anybody's number and the correct time.

My first personal experi-

ence with this genie-in-the-bottle came one day while my mother was visiting a neighbor. Amusing myself at the tool bench in the basement, I whacked my finger with a hammer. The pain was terrible, but there didn't seem to be any reason in crying because there was no one home to give sympathy. I walked around the house sucking my throbbing finger, finally arriving at the stairway - The telephone! Quickly I ran for the footstool in the parlor and dragged it to the landing. Climbing up I unhooked the receiver in the parlor and held it to my ear. Information Please I said into

the mouthpiece just above my head. A click or two and a small clear voice spoke into my ear. "Information." "I hurt my finger." "I waited into the phone. The tears came readily enough now that I had an audience. "Isn't your mother home?" came the question. "Nobody's home but me." I blubbered. "Are you bleeding?" "No," I replied. "I hit my finger with the hammer and it hurts." "Can you open your icebox?" she asked. I said I could. "Then chip off a little piece of ice and hold it to your finger." After that I called Information Please for everything. I asked her for help with my geography and she told me where Philadelphia was. She helped me with my math, and she told me my pet chipmunk I had caught in the park just the day before would eat fruits and nuts. And there was the time that Pety, our pet canary died. I called Information Please and told her the sad story. She listened, then said the usual things

grown-ups say to soothe a child. But I was unconsoled. Why is it that birds should sing so beautifully and bring joy to all families, only to end up as a heap of feathers, feet up on the bottom of a cage? She must have sensed my deep concern, for she said quietly, "Paul, always remember that there are other worlds to sing in." Somehow I felt better.

Another day I was on the telephone. "Information Please." "Information," said the now familiar voice. "How do you spell fix?" I asked. All this took place in a small town in the Pacific Northwest. Then when I was 9 years old, we moved across the country to Boston. I missed my friend very much. Information Please belonged in that old wooden box back home, and I somehow never thought of trying the tall, shiny new phone that sat on the hall table. Yet as I grew into my teens, the memories of those childhood conversations never really left me; often in moments of doubt and perplexity I would recall the serene sense of security I had then. I appreciated now how patient, understanding, and kind she was to have spent her time on a little boy.

A few years later, on my way West to college, my plane put down in Seattle. I had about half an hour or so between planes, and I spent 15 minutes or so on the phone with my sister, who lived there now. Then without thinking what I was

doing, I dialed my hometown operator and said, "Information Please." Miraculously, I heard again the small, clear voice I knew so well. "Information." I hadn't planned this but I heard myself saying, "Could you tell me please how to spell fix?" There was a long pause. Then came the soft spoken answer, "I guess that your finger must have healed by now. I laughed. "So it's really still you," I said. "I wonder if you have any idea how much you meant to me during that time." "I wonder," she said, "if you know how much your calls meant to me. I never had any children, and I used to look forward to your calls. I told her how often I had thought of her over the years and I asked if I could call her again when I came back to visit my sister. "Please do, just ask for Sally." Just three months later I was back in Seattle. A different voice answered Information Please, and I asked for Sally. "Are you a friend?" "Yes, a very old friend." "Then I'm sorry to have to tell you, Sally has been working part-time the last few years because she was sick. She died five weeks ago." But before I could hang up she said, "Wait a minute. Did you say your name was Paul?" "Yes." "Well, Sally left a message for you. She wrote it down. Here it is I'll read it. 'Tell him I still say there are other worlds to sing in. He'll know what I mean.'" I thanked her and hung up. I did know what Sally meant.

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Julia & Harvey Giesbrecht

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## 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!*



**Kitty, 111188**

Kitty is a sweet little cat found on Speers Road on August 28. Kitty seems to be OK with other cats and has been blood tested negative for FIV & FeLV viruses. Kitty is about 4.5 years old and can be a bit shy to start off. We'd love for Kitty to be "home" for Halloween! \$79.00 fee includes her blood test, spay, vaccine, pet insurance & much, much more!



**Levi, 109549**

Levi has a bit of a sad story; he and his 2 buddies were about to be abandoned when their owner left for BC, when a kind-hearted person took them in but was unable to place them into new homes. These dogs were badly neglected and needed a lot of help and TLC to be ready for adoption. Levi is an exceptionally smart dog who will likely be a fantastic watchdog; best for older kids. \$158.00 fee.

**We need non-clumping cat litter. Drop off donations to 5 Kent Street. Want to help financially? Call 982-2041.**

**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**

## WHAT'S IN THE Cupboard

### Creepy Witches Fingers

**INGREDIENTS:**


- 1 cup Butter, softened
- 1 cup icing sugar
- 1 Egg
- 1 tsp Almond extract
- 1 tsp Vanilla
- 2 2/3 cups Flour
- 1 tsp Baking powder
- 1 tsp Salt
- 3/4 cup Almonds, whole blanched
- 1 Tube red decorator gel (optional)

**DIRECTIONS:**

In bowl, beat together butter, sugar, egg, almond extract and vanilla. Beat in flour, baking soda, and salt. Cover and refrigerate 30 minutes. Working with one quarter of the dough at a time and keeping remainder refrigerated, roll heaping teaspoonful of dough into finger shape for each cookie. Press almond firmly into it and flatten. Squeeze in center to create knuckle shape. (Accompanying picture shows long, oval shape with bulge at center for knuckle; you pull it out rather than squeezing it in.) Using paring knife, make slashes in sevens; place in form knuckle.

Place on lightly greased baking sheet; bake in 325° (160C) oven for 20-25 minutes or until pale golden. Let cool for 3 minutes. Lift up almond, squeeze red decorating gel onto nail bed and press almond back in place, so gel oozes out from underneath. You can also make slashes in the finger and fill them with "blood."

Remove from baking sheet and list on racks. Repeat with remaining dough. Yield 15 dozen.



# Lac du Bonnet RCMP Report

Report period from October 11th to October 17th, 2005



On the 11<sup>th</sup> of Oct., a report was rec'd of the theft of a bank Client Card, Driver's Licence and Medical card from a jacket at a location on Scott Crescent in the Town of Lac du Bonnet.

On the 11<sup>th</sup> of Oct., a report was rec'd of a break and enter to a cottage at Brereton Lake in the Whiteshell Prov. Park. Unknown at the time what was stolen.

On the 11<sup>th</sup> of Oct., a report was rec'd of an underage subject operating an Off-Road Vehicle in the area behind the Lac du Bonnet Youth Centre.

Police located the subject and warned him re: his driving as per the wishes of the complainant.

On the 11<sup>th</sup> of Oct., a report was rec'd of a vehicle in the ditch along P.R. #307 in the Whiteshell Prov. Park. Police attended and located the adult male driver at Nutimik Lake. He had not been injured in the accident. The vehicle was towed and an Accident Report completed.

On the 12<sup>th</sup> of Oct., a report was rec'd of a pick-up and a tow truck racing on Pop-

lar Avenue in Great Falls. Police patrolled the area, however, the subjects were not located.

On the 13<sup>th</sup> of Oct., a report was rec'd of a break and enter to a storage shed at a residence on Belluk Road in the R.M. of Lac du Bonnet. Took place overnight, and gasoline was stolen.

On the 13<sup>th</sup> of Oct., a report was rec'd that a small blue cloth purse containing a quantity of cash had been lost in the Town of Lac du Bonnet.

On the 13<sup>th</sup> of Oct., a report was rec'd that an underage female was breaching the conditions of a Recognizance by having contact with an adult male in the vicinity of the corner of Fifth Street and McIntosh in the Town of Lac du Bonnet. Police patrolled to the area, and had the subject leave the area.

On the 13<sup>th</sup> of Oct., a report was rec'd that an underage male had left a residence on Leslie in the Town of Lac du Bonnet with a vehicle and no driver's licence. Police patrolled and found that the vehicle in question had subsequently returned to the residence in question.

On the 14<sup>th</sup> of Oct., a report was rec'd that a vehicle had been found on a fire guard road off P.T.H. #15 in the R.M. of Reynolds. Police attended and found that the vehicle was damaged and had been reported stolen from Winnipeg.

Same was towed from the location.

On the 14<sup>th</sup> of Oct., a report was rec'd of a 911 open-line call from a residence on Leaside Drive in the R.M. of Lac du Bonnet. Police attended and found that there was no-one at the location, which was secure.

On the 14<sup>th</sup> of Oct., a report was rec'd that a flute had been stolen from a locker at the Lac du Bonnet Senior School between 9:00 AM and noon on this date.

On the 14<sup>th</sup> of Oct., a report was rec'd that a hay bale had been set on fire at a location south-west of Elma in the R.M. of Whitemouth.

On the 15<sup>th</sup> of Oct., a report was rec'd of a set of lost wedding rings at an unknown location in the Lac du Bonnet area.

On the 15<sup>th</sup> of Oct., a request was rec'd to attend to a location on Elise Drive in the R.M. of Lac du Bonnet while a subject removed effects from the residence. Police attended and the removal went without incident.

On the 16<sup>th</sup> of Oct., a report was rec'd from the Mobile Crisis Unit that an adult male had called threatening to harm himself and/or property in the Whitemouth area. Police attended and did not locate the subject, however, did follow-up with his girl-friend who advised police that the subject

would not carry through on the threats.

On the 16<sup>th</sup> of Oct., a report was rec'd that a sparkler had been lit and left on the front doorstep of a residence on Prescott in Pinawa, doing some damage to carpet.

On the 16<sup>th</sup> of Oct., a report was rec'd of a two-vehicle Motor Vehicle Accident at the intersection of Minnewawa and P.T.H. #11 in the R.M. of Lac du Bonnet. Police attended and found that there were no injuries, however, the adult female driver of one of the involved vehicles was arrested for Impaired Driving. Subsequently lodged to sober up and released for court on a charge of Driving while over .08, with Licence suspended and vehicle impounded.

On the 16<sup>th</sup> of Oct., a request was rec'd to check on the well-being of an adult female at a location on Okramec in the R.M. of Lac du Bonnet. Police attended and found the subject at the residence and all in order. Advised her to call the complainant.

On the 17<sup>th</sup> of Oct., a report was rec'd of an Intrusion alarm at a business in the R.M. of Lac du Bonnet. Found to be a False Alarm.

## 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 Jeri 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

## 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.

## On Parliament Hill



Your voice in Ottawa  
 Vic Toews, MP for Provencher

Toews welcomes Service Canada Initiative to Southeast Manitoba

STEINBACH-Provencher MP Vic Toews was pleased to participate in the official launch of the Service Canada Centre at 321 Main Street in Steinbach today.

"Service Canada brings services and benefits offered by the Government of Canada together in a streamlined service delivery network," said Toews. "This initiative provides Canadians who use these services with one-step assistance by whatever means suits them best: phone, Internet, or mail. In addition, having this service through an office located in Steinbach is especially beneficial to the residents of southeastern Manitoba who wish to access these services in per-

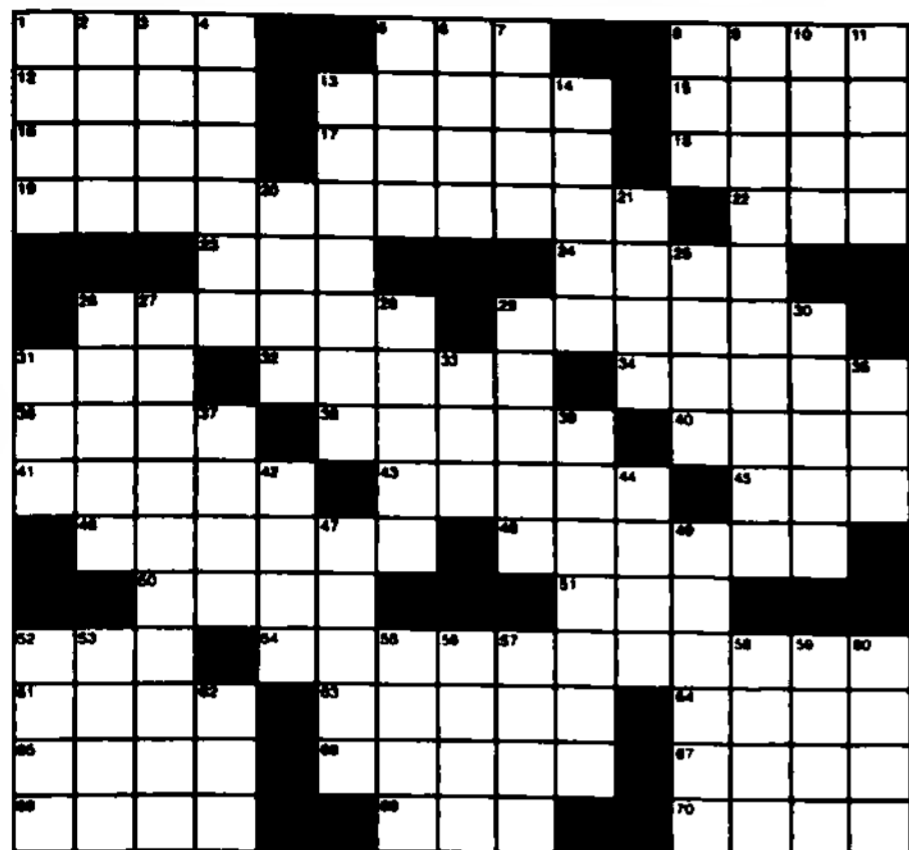
son."  
 Toews also encouraged the Government of Canada to continue developing partnerships wherever practicable with provincial and municipal government so that constituents might eventually be able to access services from all levels of government through a "single agency".

"One of the biggest concerns that people have in dealing with governments is not knowing which agency or even which level of government is responsible for providing certain information or delivering specific services," Toews noted. "While Service Canada is an important step forward in helping Canadians find their way through what sometimes

can be a confusing maze, it would be of tremendous assistance to provide a single window of access for all levels of government service. It is an idea that I helped implement while I served as the Minister of Labour in Manitoba and I remain committed to working with Canada's public service to achieve that goal."

Toews also stated that he would continue discussions with members of the public service to encourage the Government of Canada to locate a passport office in the City of Steinbach as a part of the Service Canada Centre, noting an increased demand for passports by residents of Provencher as American security initiatives may make a passport a necessary document for Canadians wishing to enter the United States in the near future.

# WEEKLY CROSSWORD



**Across**

- 1. Read hastily.
- 5. Carol \_\_, U.S. model.
- 8. Cattle dewlap.
- 12. \_\_ P. Hall, U.S. actress.
- 13. Groups of three.
- 15. Egg-shaped.
- 16. Roman numeral for eight.
- 17. Fred Flintstone's wife.
- 18. Small pieces.
- 19. Magician's word.
- 22. Filled layer cake.
- 23. \_\_ Juan DeMarco.
- 24. Vehicle.
- 26. Allot.
- 29. Consecrated oil.

- 31. Venomous snake.
- 32. \_\_ Helmsley, U.S. businesswoman.
- 34. Elaborate solo melodies.
- 36. Capital of Valais.
- 38. Makes a call.
- 40. Engrave with acid.
- 41. Shelley \_\_, U.S. TV writer.
- 43. Ledge.
- 45. Metal-bearing rock.
- 46. Small knot.
- 48. Lively Spanish dance.
- 50. Monetary unit of Uruguay.
- 51. Monetary unit of Brunei.
- 52. Sports cheer.
- 54. Form a guess.

- 61. Double-reeded instrument.
- 63. Chlorophyll-containing aquatic organisms.
- 64. Single thing.
- 65. Bruce or Laura.
- 66. Large-eyed lemur.
- 67. Kelly \_\_, U.S. actress.
- 68. Santa's vehicle.
- 69. Nine plus one.
- 70. Not west.

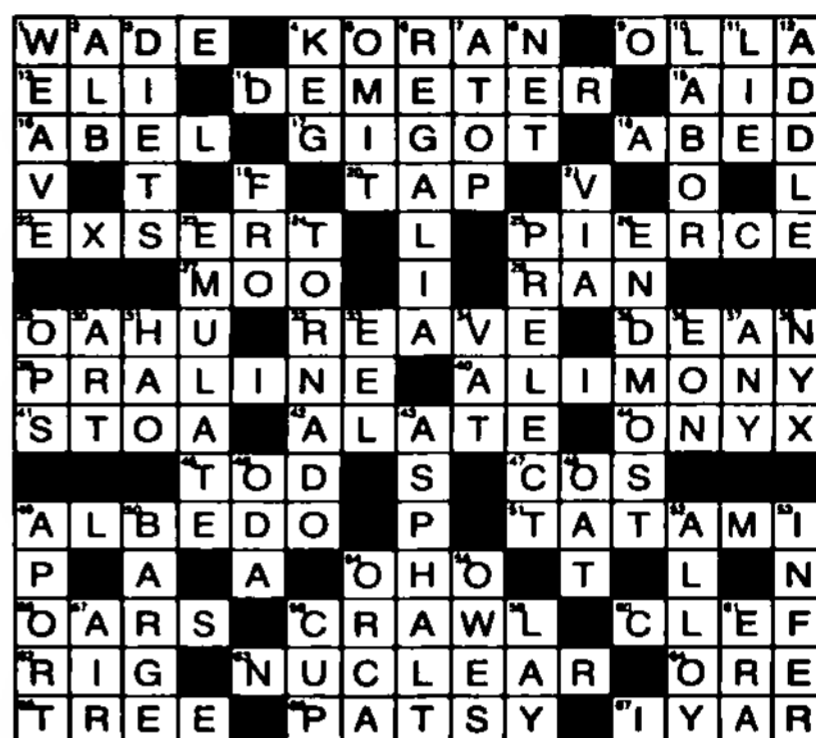
**Down**

- 1. The Destroyer in Hinduism.
- 2. Baby bed.
- 3. Prince, chieftain or governor.
- 4. Juvenile dragonflies.
- 5. Very dry.
- 6. Cazes or Garrett.
- 7. Burial chamber.
- 8. Employment post.
- 9. Insect organ by which eggs are laid.
- 10. Former silver coins of Latvia.
- 11. In addition.
- 13. Plucked an instrument.
- 14. \_\_ Jessica Parker, U.S. actress.
- 20. Gather in loops.
- 21. Mother of Dionysus' twins.
- 25. Make weary.
- 26. Of Asia.
- 27. Spore-bearing fungus hypha.
- 28. Harsh sounds.
- 29. George \_\_ Bingham, U.S. painter.
- 30. Very large in scale.

- 31. Inquire.
- 33. Informal no.
- 35. He Said, \_\_ Said.
- 37. Protuberance.
- 39. Splashes through water.
- 42. Luxurious.
- 44. Take flight.
- 47. Faithful.
- 49. Make certain.
- 52. Wands or staffs.

- 53. Cain's brother.
- 55. Secret plan.
- 56. Fairytale monster.
- 57. Thin tin plate.
- 58. South American freshwater dolphin.
- 59. Moves speedily.
- 60. French for "state or condition."
- 62. Finish.

**LAST WEEK'S ANSWERS**



**Did you know?**

A HIPPO CAN OPEN IT'S MOUTH WIDE ENOUGH TO FIT A 4 FOOT CHILD INSIDE

A HORSE HAS 35 SQUARE FEET OF SKIN. PENGUINS HAVE AN ORGAN ON THEIR FOREHEAD BETWEEN THE EYES THAT DESALINIZES WATER. IT CAN BE SEEN ONLY AS A SMALL HOLE.



## CRYPTIC PUZZLE

FPQQLFF DF QKPVRLB FMLLRLFR  
CW RHKFL MHK VLVNZ FPQQLB


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**


MISFORTUNE SHOWS THOSE WHO ARE NOT REALLY FRIENDS.


## Weekly Echo Horoscopes


October 16 - October 22, 2005


**ARIES** (Mar. 21- April 20)  
 Your interests could lead you down avenues you never realized existed. Talking to those you trust and respect will help you sort out any problems. It might be best to spend time fixing up your premises and making changes that will be appreciated.


**TAURUS** (Apr. 21- May 21)  
 You have been going through a period of change that has caused problems for you with your loved ones. You will be in the mood to socialize. You may find yourself caught in a triangle. You will be able to find the perfect outfit, and the greatest new accessory for your house.


**GEMINI** (May 22-June 21)  
 You can get a lot done if you get your hands on the right equipment. Try not to take everything so seriously. Residential moves will be in your best interest. Your depressed mood has been hard to shake.


**CANCER** (June 22-July 22)  
 They won't pay you back and you'll be upset. Any financial limitations will probably have to be dealt with on your own. You will take on too much if you aren't careful. Stick to basics. You can deal with large institutions or government agencies successfully this week.


**LEO** (July 23-Aug 22)  
 Relationships will form if you get out and do things that you enjoy. You may want to get a little extra rest. You are prone to infections and fevers. Tell them to get out of the mess they are in and then you'll consider getting together with them. Your ability to be a self starter will help get things done and motivate others.


**VIRGO** (Aug. 23 -Sept. 23)  
 Travel will entice you; however, a tendency to overspend is quite possible. Your personal life will be under the gun and you may want to avoid the questions your lover is going to want to ask you. Go over your finances and figure out a solid budget. You can make new connections if you play your cards right.


**LIBRA** (Sept. 24 -Oct. 23)  
 Plan events like camping or white water rafting. There's lots to be done and if you meet your deadline you'll be in your boss's good books. You can ask for favors or run your ideas by those who will be able to support your objectives. Your mate may not be too sure about your intentions.

**SCORPIO** (Oct. 24 - Nov. 22)  
 Put your efforts into making changes to your domestic scene. Don't let criticism upset you. Hassles will delay your plans. Plan events like camping or white water rafting. Romance and social activity will be a promising combination.

**SAGITTARIUS** (Nov. 23 -Dec. 21)  
 Difficulties will result if you have to deal with controversial groups this week. Rest and relaxation will be more favorable than you think. You need to keep everyone on your domestic scene too busy to complain. Your intellectual charm will win hearts and bring opportunities that you least expect.

**CAPRICORN**(Dec 22.- Jan. 20)  
 Physical activity will help defuse your frustration. Travel if it's needed to start the ball rolling. You may want to pull out some of those unfinished project you've got tucked away. You are likely to be left alone if you aren't willing to bend just a little.

**AQUARIUS** (Jan. 21 -Feb. 19)  
 Consider a trial separation if you and your mate just can't come to terms. Make plans to attend group discussions or get together with friends who like to talk as much as you do. Lowered vitality could affect your work. You will earn recognition for the work you are doing.

**PISCES** (Feb. 20-Mar. 20)  
 You should be able to get a lot done. Secret affairs will come back to haunt you. Set aside any decisions regarding your personal life this week. You can make profitable investments if you purchase an art object for your home.

# Echo Classifieds

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

**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.** 4x-4

**For Rent**  
 House for Rent: 2 bedroom, 2 bathroom, 1200 sq.ft., comfy, over 1 acre on waterfront by Woody's Service Centre, in Lac du Bonnet. Quiet, private, electric forced air with woodstove and wood. Price reduced. Call 403-613-2402 or 345-2529 and leave a message. TFN

**Classifieds**  
 Book this space and sell all of your old or new articles or household/garage gadgets and such. Only \$5.00, call 367-9468 to book your classifieds.

**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. 21**  
 Salad, turkey pot pie, jello.

**Monday, Oct. 24**  
 Roast beef, mashed potatoes, stuffing, peas, ice cream.

**Wednesday, Oct. 26**  
 Coleslaw, beef stew, tea biscuits, ribbon cake.



**For Sale**  
**House for Sale, 15 Church Street, Powerview, \$40,000. Includes 4 appliances, new fridge and shed, phone 367-8905.** 2x-2

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

**For Sale**  
 18 1/2 ft. 1971 EEE 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.

**For Sale**  
 House For Sale, 100 050 Hwy 11. 1732 sq.ft., 39.64 acres, 3 bedroom, 1 1/2 bath, living room, family room/sun room, sgle detached garage, implement shed, asking \$125,000. Call Trevor or Colette 367-9229.

**Looking to Rent**  
 An elderly gentleman is looking to rent a house by the end of October in the Powerview and surrounding area, contact Walter 204-482-6171. 4x-2

**Wanted to Buy**  
 Looking to buy old fishing Plugs and Lures. Call: 367-2764 2x-1

**Cooks.** Cooks needed for Hotel San Antonio in Bissett, MB. Fax resumes to Jeannette Wynne at 204-277-5550. 2x-2

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**Rooms and Suites for rent.** Weekly and Monthly rates available. Hydro and satellite included, call Omer at 367-9991 or 367-4210. 20 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. 34 TFN

**Lost**  
 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 Winipeg or email at jaml@mts.net

**Advertising**  
 The Echo Classifieds feature low, low rates. Advertise your for sale items old or new, birth announcements, weddings, birthdays, engagements, anniversaries, thank you's, greetings and best wishes, graduations, 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 367-9974. Our email address: theecho@mts.net

**For Sale**  
 Martin Back Packer Accoustic guitar, comes with case. Best offer. call 367-8353.

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

**Hay bales for septic \$2.00 each, phone 204-367-8836.**

**May the Sacred Heart of Jesus and the Immaculate heart of Mary, be praised, adored and glorified throughout the world forever and ever. Amen. Say 6 times a day for 9 days.**

**Prière au Sacré-Coeur**



**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.

**\*DEADLINE FOR ADVERTISING FRIDAYS BY 3:00PM\***

**TOWN of POWERVIEW PINE FALLS**

**PUBLIC NOTICE**

Please be advised that the Town of Powerview-Pine Falls intends to dismantle the small footbridge commonly known as the PAPERTOWN BRIDGE.

Signs will be posted. Please use caution in this area.

Thank you.

Town of Powerview-Pine Falls

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# ENERGY CORNER prepared by Manitoba Hydro

## Stay Safe at Work and Home

Have you ever taken a look around each day and realized it's the simple things that matter? The same is true when it comes to your safety. Many of the answers to our questions about safety lie in things we practice or see on a daily basis.

One important aspect of staying safe is your attitude and mindset. Whether you are at home or at work always take a positive approach to what you are doing. Make an effort to stay alert and to not fall into the trap of becoming reckless or too comfortable with whatever task you are performing. Your safety is ultimately your responsibility.

"We involve our employees in the (safety) decision making process. They identify any potential risks in their jobs and then develop a plan to lessen them," said Jeff Olsson, Safety Officer, Manitoba Hydro. "We also try to foster an environment where we celebrate reaching our safety goals."

"Good safety training at work goes home with an employee," said Olsson who has been a safety officer with Manitoba Hydro for the past 12 years. "If someone wears their safety shoes at work then they're more likely to wear them when they cut the lawn at home."

Taking care of your personal being is another important part of staying safe. Stay-

ing healthy lets you put your best effort into your job, instead of being distracted or fatigued by an illness. Maintaining a low-stress environment at home and work helps focus your energies while on the job. Try to block out whatever external problems you might be having in favour of producing your best possible work. It is also important to concentrate on the task at hand to avoid accidents, particularly in high-risk jobs.

The best way to stay safe and healthy is to consistently take the proper precautions before beginning a job. Use proper tools and ensure that someone has been informed of your whereabouts in case of an accident. Questions and concerns about your health should be directed to your physician and addressed at work if necessary.

### Give Your Furnace a Fall Checkup

With winter weather just about to blow in, now is a great time to have your furnace cleaned and serviced.

Attend to a few important items before you start up your furnace. Proper maintenance can help prevent poor performance or breakdowns during the

heating season. The easiest and most important thing you can do is change or clean the air filter regularly. Clogged filters can restrict airflow, which means additional work for your fan motor. This can result in temperature changes and air loss in the upper part of your home. Simply replace a disposable fibreglass filter or wash an electrostatic or electronic filter.

You should also listen for noises from your furnace. Squealing and rumbling can be the result of a loose fan mount or belt, which can lead to poor heat delivery. An old belt with severe cracks can also cause a clattering noise - check inside the V of the belt for signs of wear.

If you hear hissing or rushing near an air outlet register, it usually means the fan speed is too high for the duct system. It can also be caused by an obstruction in the ducts. Lower the fan speed to reduce the noise. And rumbling noises can result from dirty fan blades, which unbalances the fan and reduces airflow.

Hiring a professional to clean your furnace presents a convenient opportunity to have your furnace inspected. But be wary of scam artists who attempt to con you into purchasing a brand new heating system. If you do feel your furnace needs to be replaced, get several estimates from qualified contractors before you make a decision.

## Winnipeg River RCMP Report

from page 10

**POWERTVIEW**- vandalism occurred to a local business where airconditioning cages were crushed.

**HOLLOW WATER**- police continue to investigate a complaint of threats being uttered.

**RM OF ALEXANDER**- 1 male was charged with breaching court conditions after attending a residence when prohibited by court to do so.

**October 16th**  
**HOLLOW WATER**- a male was assaulted and threatened by 2 other males. Police charged 2 men in the incident. Investigation continues.

A spousal assault caused a male to be transported to local hospital. Investigation continues into the incident.

**POWERTVIEW**- a male has been charged after assaulting his spouse several times. The man was extremely intoxicated at the time. He was released on a recognizance with conditions and to appear in court at a later date.

Complaint of a suspicious and possibly stolen vehicle

proved to be invalid. A man had come out early in the am fishing and parked the vehicle. No further police action was necessary.

**MANIGOTAGAN**- investigation continues into an incident where a young male was assaulted by another male.

**FORT ALEXANDER**- police warned a male after an altercation with a female. No charges were laid at the request of the complainant.

**SUMMARY**- police also attended 6 false alarms, took 5 traffic accident reports, served 3 individuals with legal documents, attended 2 noise complaints and issued 6 tickets under the highway traffic act.

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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