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# Bev Desjarlais leaves NDP

## Churchill MP loses nomination to Niki Ashton



Bev Desjarlais

by Jim Hampshire

Federal MP Bev Desjarlais did something not seen since the days of the late Provencher MP David Ifody - where she voted against her own party policy and lost favor. In Ifody's case, he voted against the gun registry law and was banished to the back benches in 1999 during his second term in office. For Desjarlais, she opposed party policy on the same-sex vote back in June, and she says as a result, she lost the NDP nomination early last week, forcing her to sit as an independent MP in the next federal election.

"I did hear that I did have good support throughout the riding," Desjarlais following the caucus nomination. "And individuals want to have the oppor-

tunity to keep voting for me so I will run as an independent."

Picking up the nomination was a very giddy 23-year-old Niki Ashton, a recent U of M grad and daughter of longtime NDP Minister Steve Ashton, who has been in place as the MLA for Thompson since 1981. Despite her very young age, many political pundits believe Niki Ashton will garner enough votes to split the NDP electorate with those loyal to Desjarlais, making it possible for a Liberal candidate to win the riding. So far the Liberals have no one in place in the riding since Ron Evans left the party after the last election. But the word is the feds are looking for a high profile candidate to ensure victory.

In 2004, Desjarlais was able to hang onto the riding, but just barely with a margin of 1,000 votes over Evans. And because Desjarlais has served as MP for Churchill over three consecutive terms, she remains upbeat and believes she could be just as successful as an independent house member. The nomination loss also means that the federal NDP party has one less seat in the House of Commons - down to

See BEV/page 3



Southeast Blades and community members working together to enhance the visibility of the Blades and contribute to the betterment of the communities.

# Southeast Blades moving up in standings and community profile

by Jim Hampshire

The Southeast Blades are holding their own in the Manitoba Major Junior Hockey League and they are making big moves to raise their profile off the ice around the Power-view-Pine Falls region.

Last Saturday night the club held a fund-raising event prior

to their game on home ice against Waywayseecappo, which booster club chairman Dan Nault said was very successful.

"The club raised \$640 on Saturday, which will partly go towards the hockey club," Nault said from his Tembec office this week. "We're also

looking to give some of the funds we raise over the year back to the community and we're currently looking at different areas where this money can best be used at this time."

Nault says the focus is on raising the team profile locally and fund-raising for local charities. See SOUTHEAST/page 3

Stay Safe  
 this  
 Halloween

The Winnipeg River  
**Echo**

# Pine Falls Curling Club update

The Pine Falls Curling Club (P.F.C.C.) members and the Pineview Recreation Commission (P.R.C.) have had 2 meetings over the last few weeks trying to work towards reaching a solution on how we can open the Pine Falls Curling Club this upcoming season.

An agreement in principle was reached between the two parties, which would share revenues from the Sports Bar (located in the lounge upstairs of the Pine Falls Curling Club's). The Curling Club members would run the Sports Bar with volunteer labor in return for splitting the profits. The curling club would receive 75% of the profits, which would go towards paying operating costs. P.R.C. would receive the remaining 25%.

Our profits from the sport's bar is seen as a large step toward being able to save the curling club, but it by no means guarantees anything. The parties agreed to delay starting of the ice plant, which will also reduce our annual operating costs.

The delay should save us

about \$7,600, which is a huge savings, but at what cost? Our curling season is shortened by one month. How do we compensate? Do we play 2 nights a week? Can everyone commit to 2 nights a week? If there are not enough teams to run independent leagues for men or women's, would teams play in a coed type of setup? Would running our league like this just cost us more teams? What rate should people have to pay to play in a shortened season? What is the status of the mixed league?

These are questions that must be answered soon, or we will lose the opportunity to have a season, and the battle to save the club. Once a facility or club closes, it is extremely difficult to re-open it, so we may lose curling in our community forever.

We currently have a group of around 75 people who have signed up to curl. We are asking everyone who has shown an interest to try and convince a friend or two to join us. We can make this work if we are willing to work together.

On Wednesday, Nov. 2<sup>nd</sup>, a General Meeting will be held at 7 p.m. at the Pine Falls Curling Club Lounge. At this meeting we will need to elect an executive and come up with a business plan. The business plan will be presented to the P.R.C. on November 10<sup>th</sup>. We will need to prove to the P.R.C. that we have enough members and potential enough revenue for them to commit to starting and running the facility for the upcoming year. We will need to recruit enough people to volunteer for various duties that we used to pay people for such as bartending.

It won't be easy by any means, but it is possible. We are lucky to have such a great facility at our disposal and it would be a dam shame and a kick in the groin to the whole community to see another of our facilities "idled".

If any one has fundraising ideas, or thoughts on how to form our league, we are looking for ideas and they would be greatly appreciated. Please come to our meeting and help save our curl-

ing club.

If any one has any questions, Ruth Barkhouse at the Recreation Office has been working very hard in helping us

and can answer any questions you may have. She can be reached at 367-9142 Monday to Friday from 8:00 am to 4:00 pm.



## ECHO MAIL

**Letters to the Editor**

Email: [theecho@mb.sympatico.ca](mailto:theecho@mb.sympatico.ca)

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

**Send your letters Box 550, or comments to: Pine Falls, MB ROE 1M0**

## Appeal to all Citizens in the Blue Water area

The Pineview Recreation Commission is having serious financial problems. Money collected for membership dues is down significantly over the last several years for example from 2003 to 2005 down 19,000 dollars.

We need help, we are asking everyone in the Blue Water area for donations or re-join the Pineview Recreation Commission with monthly dues.

Dues or donations may be paid to the Pineview Recreation commission office (Pine Falls School-door facing pool)

or phone 367-9142 or submit to Box 281 Powerview, Mb ROE 1P0.

Remember folks, although we may no longer be using the recreational facilities ourselves, we have in the past and our children still do. "Our children are our biggest asset lets keep them off the street."

We appeal to all Seniors and non-PRC members.

Let's show some community spirit!

Thank you  
Shack Hibbert  
(A Senior)

Pineview Recreation Commission

# GENERAL MEETING

Wednesday, November 2nd  
7:00pm Pine Falls Curling Club

## Halloween Bash

Saturday, October 29

\$400 in cash prizes!

- Best single
- Best Group
- Best Couple
- Best Original



| Thursday                                                              | Friday                                                                  | Saturday                                                                  |
|-----------------------------------------------------------------------|-------------------------------------------------------------------------|---------------------------------------------------------------------------|
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Every Monday Evening  
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Everyone Welcome!

Great Falls Tuesday Nite

## BINGO

Great Falls Hall 7:30pm

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|                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                                                                     |
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| <p style="font-size: x-small; margin: 0;"><b>Publisher</b><br/>Valerie Anderson</p> <p style="font-size: x-small; margin: 0;"><b>Writers</b><br/>Jim Hampshire<br/>Charles Norman</p> <p style="font-size: x-small; margin: 0;"><b>Production/Art Design</b><br/>Lori Pachkowsky</p> | <p style="font-size: x-small; margin: 0;"><b>SUBSCRIPTIONS</b></p> <p style="font-size: x-small; margin: 0;">Local Rate: \$34.20<br/>National &amp; Urban Rate: \$39.90<br/>Foreign Rate: \$102.60<br/>(prices include PST &amp; GST)</p> <p style="font-size: x-small; margin: 0;">2nd class mail #1763687<br/>(Postage paid in Pine Falls)</p> | <p style="font-size: x-small; margin: 0;">P.O. Box 550, Pine Falls, MB ROE 1M0<br/>51 Art Street, Powerview, MB<br/>e-mail: <a href="mailto:theecho@mts.net">theecho@mts.net</a></p> <p style="font-size: x-small; margin: 0;">Powerview Office Ph: 367-9468 Fax: 367-9974</p> | <p style="font-size: x-small; margin: 0;">The<br/>Winnipeg<br/>River</p> <h1 style="margin: 0;">Echo</h1> <p style="font-size: x-small; margin: 0;">The Echo is an independent weekly newspaper published on Tuesdays in Pine Falls and Lac du Bonnet, Manitoba.<br/>Advertising and submission deadline is Friday at 3:00 p.m. prior to Tuesday's publication.</p> |
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# Southeast Blades moving up in standings and community profile

from front page

ties is high on the list. Besides raising money, members of the hockey club are expected to be very visible over the next several months, helping out where ever the players can. Even shovelling snow. But meanwhile, in these times of good weather, the team is looking to raise game attendance as well as the team profile.

"These players are very fine young men," Jill Papineau said. "We are very fortunate to have this team in our community and very fortunate to have this calibre of hockey right here in our backyard."

Papineau works in the promotion department of the Southeast Blades. Not only does she work to promote the

team, she also lodges two Blade players at her home.

"This is my first year with the team and the level of play is very surprising," Papineau noted. "I'd rather watch this team than go to the city and watch professional hockey."

One of Papineau's recent duties was to help organize last weekend's silent auction. Admittedly, she said it was her first effort with any sports organization, but thanks to local businesses and organizations, her first effort was a great success.

"It was the first time I tried anything like that and I really didn't know what to expect," she said referring to the auction. "But there was such a large outpouring of support, from both, businesses and individuals, it was a wonderful

experience for our fund-raising committee."

Now she says her focus will be getting more people into the stands at home games.

"I think the people who come out game after game are seeing an evolution of sorts," Papineau remarked. "They see how the players have matured and they see the team coming together, where they are getting better as the season goes on."

Last Saturday in Sagkeeng, Papineau noticed some empty seats around the arena, but with a little effort and more promotion, she is confident the team will do well at the box office as the team continues to hit the win column.

"It's our job to get the community behind this team, but I



think we can do that if we get the team behind the community," she concluded. "We're definitely going to get the team out into the community this season and we hope the community will respond in return."

Be sure to watch the Echo for upcoming home games at

the Sagkeeng Arena. And while you're at it, watch for the players as they go forward and mingle with your community. There is a partnership to be built and you can bet the team promotions department will be hard at work this hockey season to make that happen.

## Bev Desjarlais leaves NDP

from front page

18 seats from the 19 elected seats the party held over the last year. Seeing as how the NDP backed the Liberals in the non-confidence vote last spring, Desjarlais now wields some impressive independent power as how she might vote on any future confidence motions. NDP leader Jack Layton downplayed the loss in the media last week, saying the situation doesn't necessarily weaken the NDP's ability to try to call the shots in a minority parliament.

"You essentially have to deal with these things when they happen and it is up to our caucus now to press ahead with trying to push the government into action," Layton said. "I don't believe the material balance changes in any significant way in the house. The fact of the matter is that for the Liberals to carry on, it is a lot easier for them to do so with the support of the NDP irrespective of what has happened here."

Bev Desjarlais is in Ottawa and was unavailable for an extended interview as of press time this week.

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# Remembering your roots

## Patricia Beach commemorates past with plaque dedication to school

by Jim Hampshire

While many small towns across the province court new industry and subdivisions, residents of Patricia Beach are looking back with surprise at the historical role their little Hamlet played in the greater scheme of things.

"It's hard to believe now but we had quite a thriving community here 75 years ago," longtime resident Marcella Vezina said, explaining the historical significance Patricia Beach offers to the region. "The townsite was settled quite by chance and before you knew it, we had thirty homesteads here and even a general store no one knows about today."

As Vezina explains it, what is now Patricia Beach started as a settlement by descendants of Hudson Bay fur trading employees. As far as the records show, the townsite sprung up around 1920, when Henry George Thomas purchased a parcel of land along with his brother Robert. It turned out to be a pretty good purchase as several families from different ethnic backgrounds moved into the neighborhood, or what would eventually become the neighborhood.

"Many of the original pioneers were either Metis or Scottish, and there was some

come over from France and I believe one British family," Vezina reported. "At that time it was known as Stoney Point but it wasn't long before they all got together and built a one-room school and then more people came to settle."

In fact the one-room school was built in 1926 and was in use until 1966, when it was converted to a make shift community centre. The school has since been torn down, but this historical adventure recently undertaken by Vezina and her heritage committee began when the group wanted to commemorate the little school by erecting a monument on the school property. On October 13 of this month, the group invited some government dignitaries and some old school staff to join in on the commemorative process and a little more history was unearthed when some of the original teachers dropped by to share a few stories during the unveiling.

"We had three teachers come in for the unveiling and they had some interesting stories to tell," Vezina continued. "Of course they were well into their eighties but they remembered the community well."

Apparently, according to shared stories, some of the first teachers arrived at Stoney Point School, not knowing what to expect. After all, this was rugged country and bore no

resemblance to the prairie landscapes these teachers were accustomed to.

"Apparently some of the teachers were quite frightened at what they saw when they arrived," Vezina chuckled. "I imagine it was pretty rugged but some of the teachers called it down right scary."

But as time past, the teachers found the region quite civilized and more homesteads followed. By 1950 records reveal that a gentleman by the name of George Allen bought a parcel of land nearest to the waterfront, and wouldn't you know it, he had a daughter named Patricia.

"That's how it became known as Patricia Beach," Vezina said. "This gentleman named the beach frontage after his daughter and it stuck after all these years."

The name Patricia Beach became the popular choice, so much so that the building committee for a new community centre, erected in 1978, decided to go with the flow and name the new hall after the more familiar Patricia Beach monicker.

"Everybody knew this place as Patricia Beach although

Stoney Point was the name of record," Vezina explained. "Seeing as how everyone called it that anyway, we named the new community hall after Patricia Beach so not to confuse people coming in from other locations."

And the historical fact-finding mission by Vezina and her committee doesn't stop there. Now the group is working to draw up maps of the original homesteads, and include names of the original owners. Not an easy task, granted, but one worthy of a group of people who are determined to find their roots, no matter how deep they have to dig.

"By the time me and Doc (husband Orville Vezina) moved here, things were pretty much the way they are today," she said. "And so many new people are moving in each year, I think it's important we look back and see how this community got started in the first place."

The Vezina family first moved to Patricia Beach in 1970, and were active in the community ever since. Husband Doc Vezina worked over the years to organize local hockey and baseball, and if you

hadn't noticed, the Vezina name is quite popular in hockey circles.

"Yes, George Vezina was a relative," Marcella Vezina conceded, referring to the famous Toronto maple Leaf goalie of lore, "And everyone in our family was active in community sports as you would expect and even music, as you might not expect."

Together, Doc and Marcella Vezina still perform in a family band at functions and events around the beach region. And besides music and historical research, the 65-year-old grandmother and great-grandmother still finds time to pen a column for a local publication, works on the Model Forest Board, works for the Manitoba Classification Film Board and is in line for a position at Child Family Services - that is when she isn't at home baking cookies for her extended family.

Maybe Patricia Beach has lost it's only school and general store. And maybe those old homesteads might be hard to find at the department of land titles, but when people like Marcella Vezina go to work, your community heritage won't be lost for long.

Advertising Deadline: Fridays 3pm

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Rose Chevrellis

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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 3" 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 Brazz (Pellier)

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, bike, climber and then enjoyed running, hiking, 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 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 Morrau

## Pineview Recreation Commission receives community support



PRC President Paul Magnan (left) accepts a cheque for \$2000.00 from Chic Desautels on behalf of the Knights of Columbus



Casey Worona of Worona Ford (left) presents Paul Magnan of the PRC with a cheque for \$300.00

Businesses and organizations from the area made monetary donations to the Pineview Recreation Commission in an effort to help support the organization in dealing with its debts and operating costs.

The Pineview Ringette, Pine Falls Knights of Columbus, Blue Water Chamber of Commerce and Casey Worona of Worona Ford in Lac du Bonnet met with Paul Magnan/ President of the Pineview Recreation Commission this past Monday to present the PRC with much needed money.

"We have been shown more and more community support and we appreciate all who have contributed their time and money to help offset the debt of the organization and work towards a healthier community for everyone to enjoy," said Paul Magnan.

The next PRC meeting

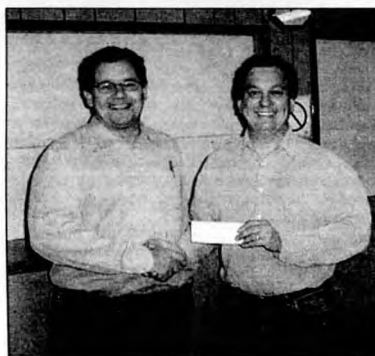


Above: Joanne Raymond (centre) and Dawn Nault (right) present PRC President, Paul Magnan with a cheque for \$2559.34 on behalf of Pineview Ringette.

will be held on November 21st.

There will also be a general curling meeting to be held on Wednesday November 2nd at 7:00 pm at the Pine Falls Curling Club.

For more information or if you are interested in knowing more about the PRC you can contact Ruth Barkhouse/PRC Director at 367-9142.



Paul Magnan - President PRC accepts a cheque for \$500.00 from Mike Raymond (right) on behalf of the Blue Water Chamber of Commerce


### Seniors, Do you need to get Ready for Winter?



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# ECHOES FROM THE Heart

## A story to live by

My brother-in-law opened the bottom drawer of my sister's bureau and lifted out a tissue-wrapped package. "This," he said, "is not a slip. This is lingerie." He discarded the tissue and handed me the slip. It was exquisite; silk, handmade and trimmed with a cobweb of lace. The price tag with an astronomical figure on it was still attached. "Jan bought this the first time we went to New York, at least 8 or 9 years ago. She never wore it. She was saving it for a special occasion. Well, I guess this is the occasion." He took the slip from me and put it on the bed with the other clothes we were taking to the mortician. His hands lingered on the soft material for a moment, then he slammed the drawer shut and turned to me. "Don't ever save anything for a special occasion. Every day you're alive is a special occasion."

I remembered those words through the funeral and the days that followed when I helped him and my niece attend to all the sad chores that follow an unexpected death. I thought about them on the plane returning to California from the Midwestern town

where my sister's family lives. I thought about all the things that she hadn't seen or heard or done. I thought about the things that she had done without realizing that they were special. I'm still thinking about his words, and they've changed my life.

I'm reading more and dusting less. I'm sitting on the deck and admiring the view without fussing about the weeds in the garden.

I'm spending more time with my family and friends and less time in committee meetings. Whenever possible, life should be a pattern of experience to savor, not endure. I'm trying to recognize these moments now and cherish them.

I'm not "saving" anything; we use our good china and crystal for every special event such as losing a pound, getting the sink unstopped, the first camellia blossom.

I wear my good blazer to the market if I feel like it. My theory is if I look prosperous, I can shell out \$28.49 for one small bag of groceries without wincing.

I'm not saving my good perfume for special parties; clerks in hardware stores and tellers

in banks have noses that function as well as my party-going friends'.

"Someday" and "one of these days" are losing their grip on my vocabulary. If it's worth seeing or hearing or doing, I want to see and hear and do it now. I'm not sure what my sister would have done had she known that she wouldn't be here for the tomorrow we all take for granted.

It's those little things left undone that would make me angry if I knew that my hours were limited. Angry because I put off seeing good friends whom I was going to get in touch with-someday. Angry because I hadn't written certain letters that I intended to write-one of these days. Angry and sorry that I didn't tell my husband and daughter often enough how much I truly love them.

I'm trying very hard not to put off, hold back, or save anything that would add laughter and luster to our lives. And every morning when I open my eyes, I tell myself that it is special. Every day, every minute, every breath truly is... a gift from God.

# Pine Falls Pre-School

by Kathie Duff

I'd like to start by welcoming all returning children and their families as well as all those new children and their families to another exciting year at Pine Falls Pre-School. The month of September was a special one as the children got acquainted with their friends and they worked on their special books. We also made some crafts pertaining to the fall season (leaf prints, fall trees, nature collages) and our science pertained to mixing colors and tornadoes. We also celebrated one birthday this month as one of the children turned three.

The month of October we began by talking about all the

things we are thankful for and made crafts (thankful turkeys, horns of plenty and Thanksgiving dinner) which help the children understand this special occasion. The remainder of October will be exciting as the children prepare scary and spooky crafts and science ideas in preparation for this fun night. We have one birthday in October as one of the children will turn four. Happy Birthday! We still have three year old and four year old spots available so if you are interested you may contact me at 367-8082 Monday to Friday between 0830 am and 1230 pm or come on by and I'd be happy to show you around!

Have a fun and spooky Halloween.

# Faith Perspective



by Pastor Jake Doell

## God Speaks

God speaks to us in many ways. He speaks primarily through His written word, the

Bible. Some time ago some "God Speak" billboards were drawing attention in Arizona. Here are some of the variations of the billboards that were posted:

"Let's meet at my house Sunday before the game." - God

"Come over and bring the kids." - God

"What part of 'Thou Shalt Not...' didn't you understand?" - God

"Loved the wedding, invite me to the marriage." - God

"Need directions?" - God

"My way is the highway!" - God

"Will the road you're on get you to my place?" - God

"Follow me." - God

"That 'love thy Neighbor' thing....I meant it." - God

"We need to talk." - God

"You think it's hot here?" - God

"Have you read my #1 best seller? There will be a rest." - God

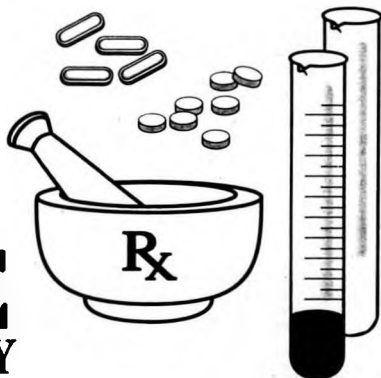
"Do you have any idea where your going?" - God

"Don't make me come down there." - God

God desires to speak to each one of us on a personal basis. Read his "bestseller" the Bible and he will say things to you that will encourage you to follow Him more closely.

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### Self-Employment Program

Call for more information!

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# Library Corner Recreation

The 2005 Manitoba Young Readers' Choice Award ceremony was held on October 14th and the winning title as voted for by young Manitoba students from Grades 5-8 was..... Waiting for Sarah by James Henneghan and Bruce McBay.

The new list of nominated titles for 2006 is now available! Visit the library and check out the books on display! Pick up a ballot form - All young people in Grades 5-8 who have read or heard read at least 3 titles from the list can vote. Fill in the ballot and return it to your teacher or librarian who will forward the totals for each book on the ballot form by Wednesday, April 12, 2006. What a great opportunity for the kids who love to read.....and hopefully, an en-

couragement for those more reluctant readers!

The Canadian Children's Book Centre has declared October 29 to November 5, 2005 as Canadian Children's Book Week. This year's theme is simply Read Canada's Best - books that have been honoured for their excellence in writing, illustration and book design. Many have received major national awards. We will be displaying many of "Canada's Best" books for children during this special week! You are also welcome to visit the website at [www.bookcentre.ca](http://www.bookcentre.ca) for more information.

Our display of Halloween books is also quite impressive! Costumes are so readily available in the stores, but moms and kids can easily get crea-



tive and make their own costumes with a few ideas from our books! So....."pull up a broom and read a Spooktacular book!"

Our large-print readers will be happy to know that a new selection of books has been received from Public Library Services. We have a good assortment of westerns and mysteries. Look for titles such as Passenger to Frankfurt by Agatha Christie; Forget Me Not by Susan Bowden; Cut and Run by Jeff Abbott; Next of Kin by Stan Barstow; and Mrs. Pargeter's Point of Honour by Simon Brett. Be good to your eyes - read large-print!

## Recreation Re-Boot!

Pineview Recreation Commission

### Curling

We have about 80 curlers signed on for this season. The curling club will be having a meeting on Wednesday, November 2<sup>nd</sup> to elect an executive and formulate a business plan. Let's show our support and attend the meeting.

### 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.

### Dance

Dance classes will begin on

Wednesday, October 26<sup>th</sup> at the Curling Club (upstairs). There will be four (4) age categories: 03&4 will be from 4:30-5:30; 5&6 from 5:30-6:30; 7-9 from 6:30-7:30 and 14 - adult from 7:30-9:00. The Cost is \$50.00 for 6 weeks for the younger groups and \$75.00 for the 14-adult group. If you have not registered yet, you may do so on Wednesday at the Curling Club.

### 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.

## Reading Workshop

The Manitou Rapids Arts Council in cooperation with Ecole communautaire Saint-Georges are pleased to announce the following reading workshop:

A novel from *The Chronicles of Narnia: The Magician's Nephew*

Using a thematic approach to reading, students will interpret text through discussion, viewing, music and drama. This workshop will allow students to enjoy reading in a small group setting, expanding their creativity by exploring their imagination and artistry will be a key focus. The movie is soon to be released.

Clientele: Grade 4 to 8 students Location: Ecole communautaire Saint-Georges Registration: Oct. 31, 2005 3:30 - 4:30 at Ecole communautaire Saint-Georges. First come, first serve.

Start Date: Nov. 7, 2005 Time: 4:00 - 5:00

Cost: \$20 (includes purchase of books) If student has book, cost is \$8 Duration: 10 weeks - Nov. 7, 14, 21, 28 Dec. 5, Jan. 9, 16, 23, 30 Instructor: Odile Dubé and other resource people.

A Saturday performance will conclude the program. Invited guests will include Katrina VanHumberck. Katrina

is a drama major student from the University of Manitoba and also a music drama/teacher in the Saint James School Division. She has performed at the Centennial Concert Hall and was the lead singer for the musical *The Messiah* at Calvary Temple.

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# Halloween

## Costume Craziiness!



Coming up with the coolest Halloween costume ever is kinda like trying to score a 100% on the toughest math test: impossible. Every time you think you've figured out the perfect thing to be, you think about it a little bit more and it turns out not so perfect. And even if it is perfect, trying to then actually figure out what to WEAR as the costume is really hard. It's crazy! Well, get this: Halloween costumes haven't always been this complicated. Like everything else in the world, the more advanced we become, the more complicated things are. Costumes are not so simple anymore. What does this mean? Read on!

Okay, first of all: why do we dress up in the first place? Well, mostly because the tradition of

Halloween goes way back. It started as an ancient ritual dealing with the spirits of people who had died during the year. Back in the old days, people thought that the spirits of these people would come back to earth one night each year: October 31st! So, people tried to trick the spirits by dressing up in costumes so that they could be seen as someone else. Their celebration of Halloween was really not so much a celebration at all, it was much more superstition and that sorta thing that made them want to put on costumes. The tradition of Halloween finally made it to America in 1840 when some Irish immigrants came over to America. Halloween gradually became a very fun night for kids and candy, and now has

See HALLOWEEN/page 15



# 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 II

### I Think That My Friend is Suicidal - What Can I Do?

1. Take your friend seriously, especially if there is a history of self-harming behaviour and suicide attempts.

2. Remember suicidal behaviour is a cry for help. There is a part of the person that wants to live!

3. LISTEN! Give your friend every opportunity to unburden their troubles and vent feelings. You do not need to say a lot as there are no magic words. If you are concerned, your voice and manner will show it. Offer your friend relief from being alone with their pain; let them know you are glad they turned to you. Offer patience, sympathy, and acceptance. Avoid arguments, judgment, criticizing, and advice giving.

4. Ask them directly: "Are you having thoughts of sui-

cide?" Experts agree that there is no evidence to support the myth that talking about suicide will put the idea into someone's head and increase the likelihood of an attempt. Ask whether they have made any plans. The more detailed and accessible the method of suicide, the higher the risk.

5. Contract a safe plan with your friend where they agree to not harm themselves for an established period of time, until they can access further resources. Disable the suicide plan if possible. Provide comfort through listening and a commitment for continued support. Link them to their trusted family and friends for support. Link them to professional help, such as a Community Mental Health worker through NEHA.

6. Do not promise to keep their suicidal thoughts/feelings a secret.

7. Do not leave the person alone if they are acutely suicidal and you cannot contract with them to stay safe. Contact the Mobile Crisis Unit toll free at 1-866-427-8628 or local Police.

### Be Prepared!

The North Eastman Suicide Awareness Committee (NESAC) is hosting a regional event, *The Ripple Effect: A Forum on Suicide Awareness in North Eastman*, which will take place on Friday, November 4, 2005 from 8:30am - 4:00pm at the Lac du Bonnet Community Centre in Lac du Bonnet. All North Eastman community members are invited to attend. Pre-registration with \$20 fee (includes lunch) is required before October 28, 2005. To register, please send your name, address, phone number and cheque (payable to NEHA) to the Lac du Bonnet Health Centre at Box 1030 Lac du Bonnet, MB, R0E 1A0. For more information, please call Sandi at (204) 345-1234.

Applied Suicide Intervention Skills Training, a two-day program offered through NEHA Mental Health Services, provides education about suicide and skills to help a friend, coworker, or family member who is suicidal. Contact Lorel Fierheller at 444-6118 for more information.

## The Winnipeg River Echo

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## The Winnipeg River Echo

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# Safety First On Halloween



Halloween is a fun time for kids and parents alike. You can make sure it's a safe Halloween for your children by remembering these simple safety tips:

- Send your children to trick-or-treat early, while there's still some daylight. Make sure they have a working flashlight to use at night.
- Have your children travel in groups with an accompanying adult.
- Turn on outside lights to welcome trick-or-treaters to your house.
- Reflective material sewn into costumes can be a lifesaver.
- Masks can obscure vision. Exercise a bit of creativity and use nontoxic makeup instead.
- Check all treats before they're eaten. For even more safety, throw out fruit and any candy that isn't wrapped.

Have a happy and safe Halloween!

## The Winnipeg River ECHO

# Breaking Ineffective Patterns

by Betsy Mann

Part of parenting is preparing children to take responsibility for themselves. In the beginning, you know your newborn can't get food, stay clean or calm herself on her own, so you do it for her. You do, however, expect her to be able to do all those things for herself by the time she's a young adult. You have all those years to gradually transfer the responsibility to her. Usually the process goes fairly smoothly, but sometimes parents can get stuck in patterns that undermine their effectiveness and their children.

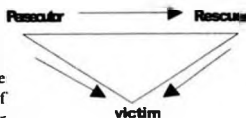
## Victim, Persecutor, Rescuer

At first, parents willingly look after the needs of their infant. But when the child gets older, they can start to feel like the victim of those needs. One day, under pressure, they explode and become the persecutor. It's as if they're angry at the child for being so demanding. Then, being caring parents at the heart, they feel guilty for losing patience. To compensate, they become a friendly rescuer, ready to take on the full job and more. But soon they start feeling like a victim again, and the exhausting cycle repeats itself.

Here's an example. When your child starts school, you start making school lunches for him. After several years, this becomes part of your routine, maybe by the time your son is nine, you begin to think he's old enough to make his own lunch. But in the end it's faster to do it yourself. Then one busy

morning, you slap together a sandwich and he says, "I don't want to eat that again." His remark sets off the bomb of resentment that had been ticking away: "well then, you can make your own lunch from now on!" But he's never learned how and there's no time now, so he leaves with a half-empty lunch bag. At noon you start feeling guilty about being so harsh. So on the way home, you pick up some of his favorite cookies for the next day's lunch. You don't ask him to make his lunches after all... until the next time you feel overloaded and explode again.

This is the triangle that many parents travel when they do things for their children are able to do for themselves!



## Getting off the triangle

The clue to getting off the triangle is to realize that children don't learn a complicated task all at once. You can help them succeed by breaking each job into small, manageable parts. Then you can move along the skill building line: Demonstrate, help/teach, Remind/coach, act as a consultant.

Let's take school lunches as an example:

**\*DEMONSTRATE-** At first, let him watch you make

his sandwich.

**\*HELP/TEACH-** Let him put the sandwich into the lunch bag and choose a fruit; later, he can make the sandwich from the ingredients you set out.

**\*REMIND/COACH-** Now he's able to take over more of the job, limit your part to a few reminders and occasional question that coach him to make healthy choices.

**\*ACT AS A CONSULTANT-** Consultants provide useful information, based on their experience: "A ripe peach is best placed in a container before in the lunch bag."

## Long-term results

This skill building process can be applied to a wide variety of situation. It takes more time than just doing the job yourself, and you will have to accept that results will not be perfect at first. However, over the long term, you end up with more capable, confident

children and a more relaxed and harmonious relationship.

## Which responsibilities?

If you find yourself on the victim-Persecutor-Rescuer triangle, ask yourself what skills you need to teach your children so that they can take responsibility for themselves. The particular responsibility you choose to transfer will depend on a number of factors:

**\*YOUR FAMILY'S VALUE-** What do you think it is important for your children to learn to do for themselves?

**\*THE WAY YOU ORGANIZE YOUR HOUSEHOLD-** School lunches are just an example. In your family, it might work best if one person does all the lunches. You can choose other jobs for your children to take on.

**\*YOUR CHILD'S ABILITIES-** Each child is unique. Build on their strengths when deciding what jobs to give them and at what age.



**\*REALISTIC EXPECTATIONS-** You may find yourself overwhelmed by your children's need when they are still too young to fill those needs for themselves. Be realistic. Don't try to shift responsibilities to them too early. Ask for help from other adults.

The preceding article was reprinted with permission from FRP Canada, 707 Cooper St., Ottawa ON K2P 0G5, 1-866-637-7226, www.frp.ca

Transactional analyst Stephen Karpman called this the "drama triangle." You can read more about it in *Scripts People Live* by Claude Steiner and *Born to Win* by Muriel James

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**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.

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

**Prenatal classes:** held regularly in your area. Please register with Call 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 Haves 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

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

**Winnipeg River Senior Service Inc.:** Coordinator Tina Polychuk, 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.

**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. THERESAS:** 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, 1/4 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.

**LIFE SKILLS CHURCH:** - Christian Faith Healing Service, 7:30 p.m. Friday, Location: 97-061 Maple Creek Rd., Minister Isabelle Fiola (204) 367-2359

# Winnipeg River RCMP Report



**Report period from October 17th to October 23rd, 2005**

**October 17:**  
**FORT ALEXANDER** - a theft of id and prescription medication was reported to police.  
 - vandalism to a vehicle at a school parking lot was reported to police. Tires were punctured in the incident. Further information found this has occurred to other vehicles. Police noted the matter should any further information come forward.

**October 18:**  
**MANIGOTAGAN** - a complaint of mischief was made to police where minor damage was done to a summer residence. A front window was hit placing a small hole similar to a pellet gun being fired.  
 - a property dispute was attended by police at Ayers Cove and Pelican Harbour. Both owners were spoken to by police and advised this was a civil matter.

**RM OF ALEXANDER** - a vehicle had not been returned to a male after he lent it to a friend. Police contacted the other male to return the vehicle or face charges. No further action was necessary.

**HOLLOW WATER** - police were contacted when an assault occurred at a social evening. Investigation continues into the incident.

**October 19:**  
**FORT ALEXANDER** - a residence was damaged and trashed while the owner was away for 2 months. Police noted the damage for insurance purposes.  
 - a complaint of an assault to a youth is still under investigation.

**RM OF ALEXANDER**  
 - several signs property of Transportation Services (Highways Department) were located on Maskwa Road. Police contacted local offices of Transportation Services to return them.

**October 20:**  
**PINE FALLS** - an emotionally disturbed female was located and returned to local hospital by police after leaving the facility earlier in the day.  
**MANIGOTAGAN** - a 20 foot wooden fishing yaul (white) was reported stolen from a cottage residence. The owner had parked the boat in storage until he returned from working out of province and returned to find it gone. A 90 horsepower 4 stroke Honda motor was also taken along with a metal trailer.

**October 21:**  
**FORT ALEXANDER** - a complaint of missing cash is still under investigation.

**October 22:**  
**MANIGOTAGAN** - an anonymous complaint of a male being assaulted and threatened with a gun was received by police. Further investigation could not locate a victim or culprits involved in the incident. Police noted the matter should anything further come forward.

**FORT ALEXANDER** - an unwanted guest at residence causing a disturbance was received by police. Upon arrival the male relative had left finally and no further police action was necessary.  
 - police patrolled an area on the south shore after a complaint of a male causing problems and issuing threats. The male was not located after police searched the vicinity.  
 - 1 male has been charged after he was found to be in breach of court conditions.  
 - assistance to local ambulance attendants was required when a situation to treat a male was getting hampered by interference of a relative. Police attended and the situation stabilized, the male was transported to local hospital for treatment.

**RM OF ALEXANDER**  
 - police attended an accident where a male was out of the vehicle injured. He was taken to local hospital for treatment and admitted. Investigation continues.

**October 23:**  
**LAKESHORE HEIGHTS** - a matter was referred to conservation officers when a report was received of tree felling in an unauthorized area.  
**TRAVERSE BAY** - a complaint was made of a suspicious vehicle in the vicinity. Police patrolled the area but could not locate a vehicle matching the description.

**MANIGOTAGAN** - police attended to a local hotel when a complaint of an assault on the owner was made. Police found the incident was unfounded, a prank call and no further police action was necessary.

**FORT ALEXANDER** - a complaint of an assault on a male was dealt with informally. The incident proved to be consensual. No further police action was necessary.  
 - police are still investigating a report of shoplifting at a local business.  
 - an altercation between 2 females was dealt with, with warnings being given to both parties involved by police.

**SUMMARY:** - Police also attended to 3 false alarms, 1 noise complaint, took 4 traffic accident reports, issued 4 tickets under the highway traffic and liquor control acts and served 3 individuals with legal documents.  
 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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# On Parliament Hill



**Your voice in Ottawa**  
Vic Toews, MP for Provencher

## Toews' Motion Addresses RCMP Shortage in Rural Communities Municipal officials take policing concerns to Ottawa

OTTAWA – Today, three municipal officials from rural Manitoba testified before a parliamentary committee to communicate their concerns about the effects that decreased police resources are having in their communities. The House of Commons Justice Committee called the Mayor of Morris, Barrie Stevenson, the Mayor of Ritchot, Bob Stefaniuk, and RM of Tache Councillor Jeff Norman, in response to a motion tabled by Provencher MP Vic Toews last spring in response to the closure of the RCMP Highway Patrol Unit in Morris, Manitoba.

"Manitoba front-line police officers are facing a work load up to three times greater than the national average; this is completely unacceptable," said Toews. "The federal Liberal government has consistently failed to live up to its commitments to public safety and to

the police who are working tirelessly in difficult circumstances to keep our communities and roads safe."

The municipal officials pointed specifically to reduced visibility of police presence, as well as increased response times – in some cases, up to an hour to respond to a traffic accident as serious impediments to community safety. "Crime levels are on the rise in rural communities as well, particularly property crime and illegal drug manufacturing; these criminals know that the chance of actually getting caught in a smaller community is much lower than in a better-policed urban centre," explained Toews.

"Although the RCMP Commissioner has denied that any detachments are being shut down, there have been continual vacancies and retirements which have led to redeployments of personnel out

of smaller communities. At the same times, these officers are not being replaced; they are simply being shuffled around. The building may still be there, but it doesn't do any good if there aren't any officers in it," Toews stated.

"Furthermore, while the Minister of Public Safety, Anne McLellan continues to insist that the federal government is meeting all of its obligations in respect of RCMP policing in Manitoba, testimony from the RCMP today made it clear that the federal government is unable to fill the substantial number of vacancies in the currently approved RCMP positions in the province. It is time for the Minister to quit denying the critical shortage of RCMP officers in the province and take responsibility for her failure to have sufficient officers in place to meet the demands of public safety," Toews concluded.



Vic Toews, Barrie Stevenson, Bob Stefaniuk, and Jeff Norman

## WHAT'S IN THE Cupboard

### Mutilated Main Dishes

Cut slices of meatloaf with a bat-shaped cookie cutter, and serve with bat's blood (ketchup).

Spaghetti and meatballs takes on a whole new 'life' when you announce it as nightcrawlers and eyeballs.

Chicken strips can easily become witch fingers when served with slime sauce (ranch dressing dyed green) for dipping.

Stuffed pasta shells have an awful appeal when you call them Snail Shells stuffed with Rat Spleens.

Good side dishes include steamed maggots (rice), rotting teeth (corn) and lizard tongues (carrot sticks).

For a less nauseating but still festive meal, scrape out small pumpkins and use them as individual serving bowls for black bean, split pea, or pumpkin soup.

**Advertising Deadline:**  
Fridays by 3:00pm

## 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. \$159.00 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**

**Advertising Deadline:**  
**FRIDAYS BY 3:00PM**

The Winnipeg River **Echo**

**Call us with your NEWS TIPS 367-9468**

# Lac du Bonnet RCMP Report

Report period from October 17th to October 24th, 2005



On the 17<sup>th</sup> of Oct., a report was rec'd that the rear window of a pick-up truck parked at the Dorothy Lake boat-launch in the Whiteshell Prov. Park was broken by a rock thrown at it by an unknown subject. Took place on Sunday, the 16<sup>th</sup> of Oct.

On the 17<sup>th</sup> of Oct., a report was rec'd from a subject in Pinawa that obscene/harassing phone calls were being rec'd from a subject in the Lloydminster, Sask., area.

On the 17<sup>th</sup> of Oct., a report was rec'd that mischief was done to a trailer on prop-

erty in the Ste. Rita area of the R.M. of Reynolds. The grassed area at the trailer was also damaged by vehicles.

On the 17<sup>th</sup> of Oct., a report was rec'd that a vehicle had been scratched while parked at a business in the Town of Lac du Bonnet. Took place on the 1<sup>st</sup> of Oct.

On the 17<sup>th</sup> of Oct., a report was rec'd of smoke coming from the area behind the Pinawa Teen Centre. Police checked the area in question and no-one present and no fire.

On the 18<sup>th</sup> of Oct., a report was rec'd of a vehicle being operated too slowly on

P.R. #313 in the R.M. of Alexander, and speeding up when being passed.

On the 18<sup>th</sup> of Oct., a report was rec'd that an underage male was going to pick up a supply of marijuana for consumption by a number of subjects in Pinawa. Police did follow-up with the subject and his mother, however, no marijuana was located.

On the 18<sup>th</sup> of Oct., a report was rec'd that a vehicle had been "keyed" while parked at a location in Elma in the R.M. of Whitemouth. Took place on the 13<sup>th</sup> of Oct.

On the 18<sup>th</sup> of Oct., a report was rec'd of a suspicious adult male in a tan-coloured van in the Town of Lac du Bonnet. Police patrolled the Town and area, but did not locate the van in question.

On the 19<sup>th</sup> of Oct., a report was rec'd of a 911 call to a location on Edward Crescent in the R.M. of Lac du Bonnet as an adult male was having medical difficulties. Police and the ambulance attended and the subject accompanied the ambulance to Pinawa Hospital.

On the 19<sup>th</sup> of Oct., a report was rec'd that a group of under-age males may be damaging the Town Dock, as one was observed with a 2x4. Police attended and the group had departed, but no damage found to the Dock.

On the 20<sup>th</sup> of Oct., a report was rec'd of gravel trucks being operated at excessive speeds on P.R. #433 in the R.M. of Lac du Bonnet. Patrols to be made and radar enforcement undertaken.

On the 21<sup>st</sup> of Oct., a report was rec'd of a number of cat-

tle out on the roadway on Maple Creek Road in the R.M. of Alexander. Police patrolled, however, the cattle were all back in the fence.

On the 21<sup>st</sup> of Oct., a report was rec'd that an adult male has been illegally cutting and removing wood from private property at a location along P.R. #214 in the R.M. of Lac du Bonnet.

On the 21<sup>st</sup> of Oct., a report was rec'd that a smouldering cardboard box had been found in the garbage shed behind a business on Second Street in the Town of Lac du Bonnet. Three under-age males were seen running from the area.

On the 22<sup>nd</sup> of Oct., a report was rec'd that an adult male had passed away at a location in Sunset Bay in the R.M. of Alexander. Police and the ambulance attended, and the investigation revealed that the subject's demise was due to natural causes.

On the 22<sup>nd</sup> of Oct., police on patrol found a vehicle parked in a driveway at a location along P.T.H. #11 in the R.M. of Lac du Bonnet. Same contained an intoxicated adult male, who claimed that someone else had been driving and had gone in search of gasoline. The subject was arrested and lodged to sober up, and charged for Illegal Possession of Liquor, and vehicle towed from the driveway.

On the 22<sup>nd</sup> of Oct., a report was rec'd of a suspicious vehicle and possible theft of an old vehicle at a location at Riverland and Anderson in the R.M. of Lac du Bonnet. Investigation revealed that the subjects in question had rec'd permission to remove the ve-

hicle in question for restoration. On the 22<sup>nd</sup> of Oct., a report was rec'd of a possible break and enter to a location on Southwood Bay in the R.M. of Lac du Bonnet. Investigation revealed that it was in fact a friend of the owner, and that there had been no offence.

On the 23<sup>rd</sup> of Oct., a report was rec'd of a cottage on fire along P.T.H. #11 in the R.M. of Lac du Bonnet. Investigation revealed that an old structure was being burned.

On the 23<sup>rd</sup> of Oct., a report was rec'd of an intrusion alarm at a financial institution on Park in the Town of Lac du Bonnet. Police attended and found same to be a False alarm.

On the 23<sup>rd</sup> of Oct., police checked a suspicious vehicle on P.T.H. #11 in the R.M. of Lac du Bonnet, and found that same contained an adult male and an adult female who had both been reported missing from Alberta. Neither were committing any offence, and the subjects' respective parents were advised as to their location.

On the 23<sup>rd</sup> of Oct., a report was rec'd of a break and enter to a cottage at Bird Lake in Nopiming Provincial Park.

On the 23<sup>rd</sup> of Oct., a report was rec'd of a break and enter to the Elma Community Centre, with 6 bottles of beer stolen.

On the 23<sup>rd</sup> of Oct., a 911 call was rec'd from a location on Lake Avenue in the Town of Lac du Bonnet. Investigation revealed that a mother and daughter were involved in an argument, but that no offence had been committed.

## 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-view 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.

**R.M. 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 Szayal, 345-2900

Lac du Bonnet: 5:00 p.m. - Saturday mass; 11:00 a.m. Sunday mass

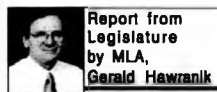
Pinawa (senior school): 9:15 a.m. - Sunday mass

### 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.

## Report from Legislature



Report from Legislature by MLA, Gerald Hawranik

### "Highest Taxes in Canada"

Manitoba has been dubbed as the "Murder Capital of Canada" and deservedly so, because in many years there are more murders in Manitoba per Capita than in any other Province in Canada.

Manitoba has now earned the distinction of being the "Tax Capital of Canada". A Manitoba family of 4, earning \$30,000 per year pays more income tax than that same family in any other Province in Canada. A family of 4, earn-

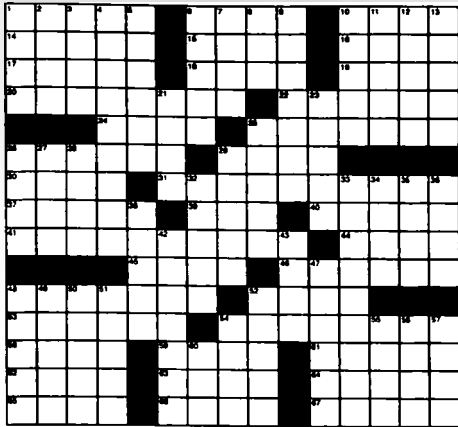
ing \$60,000 per year also pays more income tax in Manitoba than in any other Province. Being the highest taxed Province in Canada is not what we should strive for. High taxes drive our young people out of the Province. I know of many of our young people who are leaving Manitoba to work in Alberta, the Province with the lowest income taxes in Canada. High taxes drive our children out of Manitoba, drives out investment and our entrepreneurs, and it is difficult to get them to return. Incentives must be in place to keep our young entrepreneurs in Manitoba. One of the first steps is to reduce income taxes. Make our Province competitive with respect to taxation. We do not need to make Manitoba the lowest taxed province in Canada, but we cannot af-

ford to make Manitoba the highest taxed. In order to be competitive, Manitoba needs to be in the mid-range of taxation, not in the highest taxed position.

Let's stop driving our young people out of Manitoba. Let's make Manitoba more competitive by lowering taxes in line with most other Canadian provinces. If we can't do it now when the world economy is doing well - when can we do 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.

# WEEKLY CROSSWORD



- Across
- Advance; proceed.
  - Love at First
  - Move toward.
  - Italian for "love."
  - Jacob's twin.
  - Expression of doubt.
  - Pityriasis, a skin disorder.
  - Highly self-satisfied.
  - Clothes.
  - Foot-operated pedals.
  - Come into view.
  - Edible part.
  - Licorice-flavored spice.
  - Flight of steps.
  - Destroy.
  - Light in color.
  - Working out.
  - Rub out.
  - Historical period.
  - Spanish for "sir."
  - Below bass.
  - Against.
  - Yemen seaport.
  - Armor plate hanging from the fauld.
  - beetle or elephant.
  - Large grain bin.
  - Ride at full speed.

- Weirdness.
- Length times width.
- Korbut, Russian gymnast.
- About.
- Talk wildly.
- Fly high.
- John, British actor.
- Type of butter fat.
- Stops.
- Banded chalcid.

- Down
- Trading center.
  - Cupid.
  - Pinkish red.
  - Softest, smoothest.
  - Exhaust manifold.
  - Hem in.
  - Distinctive doctrines.
  - 19th letter of the Greek alphabet.
  - Having good inherited characteristics.
  - Boxlike enclosures.
  - Michael, U.S. actor.
  - Blend.
  - Envelope; enclose.
  - Give off coherent light.
  - Items reduced in size.
  - Invisible radiations.
  - Detailed description.
  - Luau ingredient.
  - Alda or Thicke.
  - Showed again.
  - Small, three-masted vessel.
  - Food flavoring.
  - Small hotels.
  - Short, informal letter.

- True.
- Muse of love poetry.
- Fatty.
- Excite.
- Keys or Silverstone.
- Seaweed gelatinlike products.
- Isaac's mother.
- Graff, U.S. actress.
- Carnivorous plant name.
- Makes callous.
- Mild oath.
- Bombeck, U.S. writer.
- Go off quickly.
- Sound; healthy.
- Chaney, U.S. actor.

## LAST WEEK'S ANSWERS



## Did you know?

THERE ARE COFFEE FLAVOURED PEZ BANANAS DO NOT GROW ON TREES, BUT ON RHIZOMES THE AVERAGE EAR OF CORN HAS 800 KERNELS ARRANGED IN 16 ROWS IT TAKES ABOUT 1/2 A GALLON OF WATER TO COOK MACARONI AND 1/2 A GALLON OF WATER TO CLEAN THE POT

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

SUCCESS IS COUNTED SWEETEST BY THOSE WHO NEVER SUCCEEDED.



## CRYPTIC PUZZLE

MCTFVBS QPPQ BCP HPPW HNB  
BCP MTDQP

## Weekly Echo Horoscopes

October 23 - October 29, 2005



ARIES (Mar. 21 - April 20)

Look into ways that you can make extra cash. Arguments could prevail. Don't agree to make any of those cosmetic alterations you've been considering. Do some research if you want to find information that you can apply against the opposition you face.



TAURUS (Apr. 21 - May 21)

Think about your budget before booking a trip. Avoid too much discourse with colleagues this week. You like to stay busy and now is your chance to do just that. You may think gifts will win their heart, but it could add stress from lack of funds.



GEMINI (May 22 - June 21)

Do not hesitate to help elders with legal documents that are too confusing for them. Try to be reasonable. You could be disillusioned if you let relative in on your emotional thoughts. You will find that valuable knowledge can be gained if you are willing to listen.



CANCER (June 22 - July 22)

Renovations or purchases made for your home will pay off. Try to be precise in your communications. Problems on the home front might be a little disconcerting. Use your better judgment before you sign up for a costly venture.



LEO (July 23 - Aug. 22)

Travel will be on your mind, but you should be sure that you've got all your work up-to-date. You can win if you're open and up front with your boss. Disruptions may set you back, but you're strong, and in the end the choices you make will be favorable. You may find acquaintances being deceptive.



VIRGO (Aug. 23 - Sept. 23)

Don't get involved in idle chatter that will hurt your position. Don't force your opinions on friends or relatives unless you are prepared to lose their favor. Try to be considerate in your personal obligations. You're apt to make a move or experience changes at home.



LIBRA (Sept. 24 - Oct. 23)

Interaction with colleagues will only be upsetting. Avoid letting family get involved in your personal life. You can't help everyone. Be cautious while traveling; minor accidents are evident.



SCORPIO (Oct. 24 - Nov. 22)

Partners may try to argue with you; however, you must stand your ground. Trips should be your choice. You won't get the reaction you want from your mate this week. You can look around for the right place and enlist some of your friends to help you move.

SAGITTARIUS (Nov. 23 - Dec. 21)



You may experience financial loss if you don't use good judgment. Try to join groups of interest such as ballroom dance classes or perhaps an internet organization. Be sure to question any detail that you feel could leave you in a precarious position at a later date. It might be best to work on your own; if possible, do your job out of your home this week.



CAPRICORN (Dec. 22 - Jan. 20)

Don't let anyone take credit for a job you did. Exaggeration or deception coupled with overindulgence might be a problem. It may be a disappointing day emotionally. You may need help with your financial situation.



AQUARIUS (Jan. 21 - Feb. 19)

Do not travel unless absolutely necessary. Be careful. You could be your own worst enemy if you overreact to something you're told. Make changes to your home that will be pleasing to everyone involved. Try to understand both sides of the issue before taking sides.



PISCES (Feb. 20 - Mar. 20)

Someone may try to damage your reputation. You must be careful not to reveal secrets or get involved in gossip. You don't need to pay out in order to have fun. You can purchase items that will enhance your appearance.

# 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

**For Rent**

**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.

**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

**For Sale**

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

**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. 28**  
Salad, seafood and pasta, carrots and peas, chocolate pudding.

**Monday, Oct. 31**  
Soup, shepherds pie, tapioca pudding.

**Wednesday, Nov. 2**  
Hot turkey sandwiches, mashed potatoes, broccoli, pie.

**Friday, Nov. 4**  
Soup, mandarin chicken, noodles, carrots, blueberry muffins.

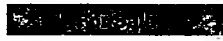
**For Sale**



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

**For Sale**

**House for sale:** Powerview location corner lot, 1 bedroom great starter home. call 367-8353.



**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. 3x-2

**For Sale**

**Hay bales for septic \$2.00 each,** phone 204-367-8836. 1m

**For Sale**

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

**Rooms and Suites for rent.**

Weekly and Monthly rates available. Hydro and satellite included, call Omer at 367-9991 or 367-4210. 30 TFN

**Miscellaneous**

**Bankruptcy Info-line - free, confidential.** Call 1-800-463-8371. www.lctaylor.net This is a community service offered by L.C. Taylor & Co. Ltd., Trustee in Bankruptcy. 34 TFN

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

**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-3

**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

**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.

**Advertising Deadline: Friday at 3pm**

**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

Valerie Pirving  
Chief Administrative Officer



**Request for Pricing SNOW CLEARING**

Sealed bids will be received by the undersigned until 12:00 noon local time on Monday, October 31, 2005 for snow clearing at the Pine Falls Health Center, Lac du Bonnet PCH & Health Center and Whitemouth Health Center.

Proposals from the bidder must specify:

- Hourly rate of clearing (inclusive of operator & equipment).
- Hourly rate of cost for hauling away if required, should be no hauling away.
- Evidence of current liability insurance coverage - include copy of supporting documentation.
- Type of equipment to be used, indicating size of loader, skidsteer, and dump truck.
- List of three references is required if possible.
- Back-up equipment available.
- Written guarantee of emergency clearing.

Recommend to pick up Specifications by contacting the undersigned. The lowest or any bid may not necessarily be accepted.

North Eastman Health Association Inc.  
Cathy Minnis, Materials Services Manager  
C/O East Gate Lodge PCH  
646 James Avenue  
Box 1690, Beausejour, MB R0E 0C0  
Phone: 268-7404 Fax: 268-3525

## Affordable Advertising

# The Winnipeg River Echo CLASSIFIEDS

REALTY - FOR SALE - FOR RENT - WANTED - HELP WANTED - CARDS OF THANKS  
IN MEMORIAMS - LOST AND FOUND - SERVICES - EMPLOYMENT OPPORTUNITIES

**\$5.00** for the first 25 words  
15¢ per additional word

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

**51 ART STREET, POWERVIEW 367-9468**

# Halloween

## Costume Craze!

from page 8

really nothing to do with spirits coming back to earth! It's just a good time!

So, naturally, when the whole dressing-up thing started, these people didn't just walk down to their closest store and pick up a spooky mask and a cape and then call it good. Nope. They had to be much more inventive! They probably made masks out of different papers and materials they had around. Some people

probably darkened their faces with ashes or burnt cork, others may have borrowed clothes from someone else. They did what they could to be someone else for a night! Even when our parents were kids, they didn't have all the stuff we have to dress up with, so you know they had to be inventive as well! Maybe that's why costumes like vampires, witches and mummies are so popular! They are easy to do with things that you can make or find

around your house!

But, let's face it, not many people want to settle for just a plain old vampire or a plain old witch these days, huh? Instead, we all wanna be Buffy the Vampire Slayer or at least something like that. Now we've got fancy masks and crazy clothes to wear, and really, you can basically find a costume out there for just about anything you want to be! We've got special make-up for creating bloody cuts, black eyes, zombie-like complexions...we are living in a VERY high-tech Halloween age! There are ENTIRE companies based on this one season! Companies who make really professional looking costumes that you can rent for



special occasions...they've got catalogs and websites and everything else! There are soooo many possibilities! Then, there are the people who have actually made jobs out of coming up with ideas of things to do at Halloween. Like, ideas for parties and different fun Halloween foods!

So, why a feed your brain on the new ways of celebrat-

ing an old holiday? Basically to let you all know that Halloween hasn't always been the way it is now. Also to let you know that back in the old days people came up with costumes simply by hunting around the house and seeing what they could turn into a costume! Think of how much easier the holiday would be now if that's how everyone came up with their costumes!

# Agriculture News

Brent Reid, Farm Production Advisor

## Grain Marketing Meeting

If prices for commodities such as grain are for the most part set by supply and demand, then in a year where we had the worst crop on record, why are prices so low? We are in a global market and what happens here has very little bearing. If you want a better understanding then plan on attending an information meeting on November 2, 2005 from 9:30-11:30 at the Sungro Center in Beausejour. David Drozd of Ag-Chieve will be speaking on the "Psychology of the Grain Market" and will deal with The Forces Driving Prices, The 2005 Grain Market Outlook and Beneficial Grain Marketing Strategies.

Talbot and Associates will also be doing a presentation on "Receiving the Maximum Benefits from the CAIS Program".

A third topic will be a presentation by MAFRI on the Environmental Farm Plan program and how you can access up to \$30,000 to make improvements on your farm to benefit or protect the environment and at the same time improve your operation.

For more information or to register for this free meeting please call David or Joy at Ag-Chieve at 255-5789.

## Beef Meetings

Things are a lot more upbeat in the cattle business this fall

but there is a lot of lost ground to make up so it is critical that beef producers continue to control costs on the expense side and take advantage of selling opportunities on the income side. We hope to offer you some suggestions at and upcoming beef meeting. Heather Froebe, Livestock Specialist with MAFRI will be talking about "Using Alternate Feeds" and will cover things like screening pellets, screenings, straw, forage grass seed straw, other low quality forages and grain. All of these things can be used with certain classes of animals and rations need to be balanced.

Terry King, Business Development Specialist with MAFRI, will be giving a Market Outlook and will be discussing Strategies for the Beef Producer to Enter or Exit the Business.

For your convenience this meeting is being offered at two locations. It will be held on Wednesday, November 2<sup>nd</sup> at the hall in Hadashville and at the SunGro Center in Beausejour on Wednesday, November 16<sup>th</sup>. Both meetings start at 7:00 PM. Please call the MAFRI office in Dugald at 853-5170 for more information.

Another option for you is a meeting to be held on Wednesday, November 9<sup>th</sup> at the East Selkirk Recreation Centre.

Start time is 7:00 p.m. The topics include:

Beef Market Outlook plus Strategies for the Beef Producer to Enter or Exit the Business, Terry King, Business Development Specialist, MAFRI

Feeding Strategies for the Beef Herd and Getting the Best out of This Years Feed, Dr. John Popp, Business Development Specialist - Livestock, MAFRI

Herd and Cow Health and Calf Conditioning, Dr. Terry Whiting, D.V.M. and Dr. Glen Duizer, D.V.M. Veterinary Services, MAFRI

For more information about the Selkirk meeting please call Michael Sykes, MAFRI at 785-5012

## Reminder

There is still room for more producers at the Environmental Farm Plan Workshops with Workshop 1 being held on November 9<sup>th</sup> at the SunGro Center in Beausejour from 1:00-4:00 pm and at the Costume Museum of Canada in Dugald from 7:00-10:00 pm. Workshop 2 will be held at the same locations on November 23<sup>rd</sup> at the same times.

Please register before October 28<sup>th</sup> as we need to order aerial photos of your farm for the workshop. You can contact MAFRI in Dugald at 853-5170 or Beausejour at 268-6094.

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