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Sombre day for remembrance day parade

by Charles Norman

Close to 200 people joined local veterans in the November 11 Remembrance Day Service at the Pine Falls Cenotaph last Sunday. It was a heavily overcast day, with a steady drizzle before the service began.

The weather matched the sombre mood of the participants, perhaps because we are again at war.

A detachment of six RCMP officers from the Powerview Detachment in their splendid Red Serge, marched on and took up positions at the cenotaph, four of them at the four corners with heads bowed.

Master Warrant Officer Paul Desrosiers as Master of Ceremonies, opened the service, followed by the Nation Anthem. Warrant Office Randy Thomas read "In Flanders Fields"

to a hushed crowd, and the flag was lowered while a recording of *The Last Post* was played. The usually bright colours of the Maple Leaf were dulled by heavy clouds overhead. At the same time the Legion Colour party lowered the legion's colours.

During the two minutes of silence the only sound was the occasional distant swishing of automobile tires on the wet pavement. After a recording of the lament and the



The Cenotaph during the last post while the flag is being lowered to half mast.

Reveille while the flag was raised, there was a scripture reading and prayers by Branch 64's Chaplain, Reverend John Giroux and a reading of Binyon's verse "They shall not grow old" concluding with the lines

"At the going down of the sun, and in the morning, We will remember them" The crowd repeating the last line - "We will Remember them"

The quiet continued during the laying of the wreaths, apart

from the announcement of the names of the contributors of the wreaths the only sound was again the distant sound of automobile tires on wet pavement. The sound reinforced, rather than detracted from, the

mood of the ceremony.

The very moving service ended with "God Save The Queen" and the participants were invited into the Legion Hall for refreshments as guests of Branch 64.

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Helen Norman thanks Cassels family

My granddaughter Kendra and I wish to express our gratefulness to the Cassels family of Lester Beach and East St. Paul for the assistance they gave us after we hit a deer on Highway 59 on Monday, November 5.

It happened in the early morning, at about 7:00 o'clock. It was dark, very windy and snowing. We were travelling at about 80 kmph because of the snow. A deer bounded across the median in front of us. There was no time to brake and we hit it dead centre. The air bags opened and we came to a stop. There was a smell of smoke, (probably from the air bags, but we did not know that then.) We got out of the car as quickly as possible and tried to flag down one of the passing vehicles - we were confused and in shock but otherwise not hurt. The car was totalled.

Within two minutes the Cassels, on their way home from their cottage at Lester Beach, stopped for us, and took charge. Dorothy Cassels noted her odometer reading so that we would be able to tell the towing company where the wrecked car was. (7 km north of Libau), they then took us to my daughters house in East St. Paul.

The Cassels quick response was a blessing that Kendra and I will remember forever.

Helen Norman

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Local reader requests more objectivity in Norman's reporting

Regarding the coverage of the meeting with Hon. Greg Selinger, Minister of Finance, methinks we were at different meetings. I distinctly recall seeing Odile Dubé, Ginette Vincent, Elise Zolinski, Romeo Bruneau, Edgar Dubé, Lucille Bruneau, W. Boonstra, D. James, D. Houghton, for starters! As for the claim that the balance of the audience was "government employees looking for a bigger share of the

Provincial pie for their particular bailiwick.", well my recollection of that is also different. Four people raised questions and were interested in: (1) time constraints placed on Aides in Personal Care Homes; (2) inadequate safety procedures and equipment at Milner Ridge; (3) Educational and Cultural Concerns; (4) thanks to the Minister for additional funding and regrets that it had been used for new administrative

positions. The Questionnaire was a list of various areas e.g. health, justice, environment, roads, education, clean water, social services, etc.... and the exercise was simply to prioritize them. This was an important meeting for the Eastern Region, was well attended with great participation. A more objective report would have been welcome.

Fran Thompson

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The **Winnipeg River Echo**

The Echo is an independent weekly newspaper published on Tuesdays in Pine Falls and Lac du Bonnet, Manitoba. Advertising and submission deadline is Friday at 3:00 p.m. prior to Tuesday's publication.

Remembrance Day Hazardous season begins for Highway 304

Almost 90 years ago, November 11th, the First World War came to an end. At eleven o'clock, one year later, a service was held. As King George the 5th spoke to his Commonwealth, he said, "The best thing you can give is two minutes of your time. Two minutes of your life." The moment of silence that we give every year on November 11th is very significant for many people. "Everything stops, and the quiet becomes noisy," expresses Mr. Whitford, a World War II veteran. This moment of silence gives us a chance to reflect and remember all those who fought to keep us safe.



James Whitford

James Whitford was growing up in England when the Second World War began. At the age of 18, he joined the Royal Navy. He did all kinds of jobs during his time in the military, but he was essentially a gunner.

Mr. Whitford's military experience did not change his opinion about war. "It was rotten under any circumstance," said the veteran. However, he agreed that World War II was necessary. "Somebody had

to stop a mad man." Being in the Navy did change Mr. Whitford as a person. He said that you can't live through a war without being changed. It helped him as an individual to see the needs of other people and understand their problems. During the war, Mr. Whitford acquired a high opinion of women's strength. It was the amazing strength of women, in particular his mother's resolve to keep her chil-

dren safe, that influenced him the most.

This year on November 11th, give two minutes of your time. Only two minutes of your busy life. Take that to remember that the people who died have eternal silence. Mr. Whitford said, "When you stop talking, you start to think."

by Charles Norman

Before very long icy conditions will be prevalent on Highway 304. The road is especially treacherous because there are no shoulders to speak of, and the road is narrow and winding. Winter conditions have been the cause of very many accidents and the occasional fatality.

In winter scarcely a week goes by without Henry's Towing pulling a car out of the ditch alongside one of the many treacherous curves.

The Department of Highways has begun a

preliminary design for a reconstruction of the road but it is not included in the ten-year plan of the department.

Prior to the last election, actually during the campaign itself, the NDP government announced a greatly expanded highways budget over the next ten years. It did not include any part of 304 but it did include twinning of Highway 59 all the way to Victoria Beach. It was difficult not to notice that Highway 59 is in NDP MLA Greg Dewar's riding. It was also difficult not to notice that when Highway 11

was repaved it stopped short at the border of Pine Falls and Sagkeeng, and difficult not to wonder if the reason was that Sagkeeng votes NDP and Pine Falls votes Tory.

Last year Lac du Bonnet MLA Gerald Hawranik collected a petition asking for an upgrading of the road. It was presented to the Minister of Highways in the Legislature, but there was no response from the Minister. Attempts were made to contact Mr. Hawranik last week to see if he was planning any further action. At press time we had not heard from him.

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Local resident Maria Dupont Recipient of Award of Excellence La Gerbe d'Art

On Saturday October 27, 2007, Maria Dupont received the provincial Award of Excellence for her dedicated years of service in the area of the cultural arts. The award was given by the Association Culturelle Franco-Manitobaine.

Numerous names were submitted along with a resume of participatory involvement of their community contributions. Maria Dupont was selected, chosen for the provincial award.

The following address was given by Odile Dube on behalf of the community.

Née in St-Georges, Maria has been involved in community work for many years. She has been and still remains a board member of numerous committees.

Over the years, initiated many projects and activities. Mentioning all of her contributions would take too long. To name a few would be appreciated by all: Le carnaval, les boîtes à chansons, old time dances, dinner theater, St-Georges Parish Centennial, Festival châteauguay are examples of her dedicated work. Maria was very active during all of these events. In her

younger days, she was like an ebony, and later she was like a silver thread gathering local residents and encouraging them to attend the festivities.

Maria has always been passionate at promoting the french language through education. She has endeavoured to transmit the traditional french values and customs.

Maria brings to our committee years of experience. Her advice has always been valued and appreciated. She is a very motivated individual who has the abilities to promote projects and carry them through. She encourage the younger one to participate in our community. Also, she has the shifl to delegate which has allowed the blossoming of local leaders. Maria is always appreciative of the work done by her colleagues and never fails to thank everyone for their efforts. She is our guiding light.

Maria is a source of inspiration. She is vibrant with energy and knows how to transmit her enthusiasm to members of our community and committees.

Maria, we would like to thank you for so many reasons; for having helped to preserve



Maria Dupont received the Provincial Award of Excellence on October 27th, 2007

our french culture and language in our small francophone community, for having spent countless hours volunteering your time and energy; for the years of service that you have given

to our communities. It is an honour for us to offer you le prix d'excellence: « La Gerbe d'Art » ce soir. Nous savons que tu l'accepteras avec

grande humilité. In her absence, Henri Dupont will accept the award on her behalf. Le Comité culturel Châteauguay

Pinawa Heart and Stroke canvasser saves the life of donor

Volunteer canvasser, Florence Vilks, is now known as 'the heart lady' in her local community of Pinawa.

The Heart and Stroke Foundation of Manitoba (HSFM) volunteer named the honorary title during last year's February canvass when she helped save a donor's life while knocking on doors.

"I can honestly say she saved my life," says annual donor, Geoff Knight. "She got me to the hospital quick enough and who knows what would have happened if I called the ambulance."

Knight had been experiencing feelings of indigestion since the day before. His arm started to tingle just as Vilks began filling out his donation receipt.

"He had just come in from shovelling and said he had been in pain for 15 minutes," says Vilks. "When he indicated that he felt 'pins and needles' in his arm, it occurred to us that he may be having a heart attack."

Vilks immediately offered to drive Knight to Pinawa hospital.

"She was upset but calm," says Knight. "She didn't panic. I could see she was very worried about what might happen to me as she drove me to the

hospital." Vilks accompanied Knight into his room and helped him take off his shoes before being asked to leave. When he got into the bed he started hyperventilating and soon passed out. Knight was given drugs to break up the clot and had to be resuscitated twice with a defibrillator.

Vilks waited in the hospital room until 5 p.m., at which time she drove Knight's car home and parked it in his driveway.

"She stayed around for quite a while to see that everything was ok. And she came around and saw me after I got home," says Knight.

Knight was taken to Winnipeg for triple by-pass surgery and six months later, he is still recovering.

"It takes a long time to heal. All I have now is a red line down the middle of my chest. I am 61. It goes to show that you don't know what is happening inside you," says Knight, who was generally healthy and active before the attack.

Today, Vilks says she knows more about heart attacks than ever before and realizes that it can happen to anyone, but she doesn't think of

herself as a hero. "It is actually the people in the hospital that saved his life, anyone would have taken him," says Vilks.

Knight's daughters would disagree. Soon after their father went into recovery they provided Vilks with a token of their appreciation. "They gave me a rock that is in the shape of a heart and thanked me for being there," says Vilks.

The homemaker and mother of three has been volunteering for HSFM for over ten years. When asked if she would do it again, she says she would. She is happy she was there with Knight at his time of need. "It is kind of ironic that I was there the day before and he had asked me to come back. I was there at the right place, at the right time. It goes to show that call backs are important; you could save someone's life."

The Heart and Stroke Foundation, a volunteer-based health charity, leads in eliminating heart disease and stroke and reducing their impact through the advancement of research and its application, the promotion of healthy living, and advocacy.

News Tips? Call 367-9468

Spirited Energy

56 MW of electrical energy spirited away by Doer's Daffy Detour

OPINION

by Charles Norman

For anyone wondering what the government's "Spirited Energy" slogan is all about the truth has been revealed.

Spirited Energy is the energy that will be spirited away by the west of Lake Winnipegosis route for the BiPole 3 Hydro Transmission line.

Manitoba Hydro's original intent was to use a shorter route east of Lake Winnipeg. The provincial government has told Manitoba Hydro to use a much longer route to the west of Lake Winnipegosis. In any transmission line some of the energy transmitted is wasted in the form of heat - the longer the line the more heat is generated and the more power is wasted.

The western route has been dubbed "Doe's Daffy Detour" by the provincial government in the Manitoba Legislature.

The power wasted by the longer route will result, indirectly, in roughly 250,000 tonnes of carbon dioxide being discharged into the atmosphere - every year.

That's the volume of greenhouse gases spewed into the air by 40,000 automobiles. The capital cost of the western route will be about \$400 million more than the alternative route on the east side of Lake Winnipeg. The value of the wasted energy is approximately 600 million dollars.

With a total additional cost in the order of a billion dollars, and indirectly causing 250,000 tonnes of Carbon Dioxide to be discharged into the atmosphere every year, it is not difficult to see why the opposition dubbed the western route Doe's Daffy Detour. If Daffy means not making any sense whatsoever, then Daffy is the right word here. And it is certainly Doe's project - no one else in Cabinet would have the authority to blow a billion dollars with the sole effect of unnecessarily pumping a quarter of a million tonnes of greenhouse gases into the atmosphere every year.

Where the numbers come from

The higher capital cost of \$400 million for the western route is not in dispute. What is questioned is the amount of energy wasted - and its value.

Dr. Ani Gole, an electrical engineering profes-

sor at the University of Manitoba has calculated that losses would be 56 MW more for the western route over the eastern route if the line is fully loaded. Since it will only be fully loaded at times of peak demand he says a reasonable number to use would be half that, i.e. 28 MW - every hour, every day, every year. If that 28MW was not wasted, i.e. if the eastern route is used, that power could be sold to North Dakota, who could use it to replace coal fired generators. Those generating stations would burn less coal - and produce 250,000 tonnes less of carbon dioxide. Professor Gole says that's about the same amount of carbon dioxide produced by 40,000 cars like his Honda Civic.

The value of the wasted energy depends on the price it can be sold for. A US marketer of electrical power, Midwest ISO, a US distributor of electrical energy, has said that the average value of any electrical energy lost would be about \$43.00 per MWh.

28 MW, day in and day out, for the life of the project, about fifty years is about 600 million dollars. (If the price does not increase over the next

fifty years.)

Why BiPole 3?

Manitoba Hydro has two high voltage direct current transmission lines bringing power from northern generating stations to the market in southern Manitoba and the United States. Both of these are in the Interlake. In theory one of these lines could supply the necessary power if the other failed for any reason. If both failed at the same time, especially in times of peak demand there would be severe cut backs of power in Winnipeg. Hydro wanted to install a standby line in the event of a failure of the other two lines. They were told not to worry, that the chance of anything happening to both lines at once was so remote as to be negligible. In 1996 a summer tornado took out both lines north of the Dorsey converter station. Luckily demand at the time was low and Hydro was able to replace the shortage with imported power from the United States.

Since then Hydro has been trying to organize a third transmission line. They have been constrained by the provincial government's land use study for east of Lake Winnipeg. Initially this was a ploy by environmentalists aimed at restricting the development of the forestry industry. They were successful. A project

that would have resulted in an expansion of the Pine Falls newsprint mill, the construction of three sawmills on northern reserves, up to a thousand high paying jobs for residents of the first nations in the area and an all weather road to each of those communities was killed. Because it was not able to take advantage of the increased efficiency offered by the expansion, the existing newsprint mill is in danger of closing.

One of the environmentalists tactics was to dream up the concept of a boreal forest World Heritage Site. It will never happen for a variety of reasons but once the idea was out there any thought of any development was impossible. This, of course, applied to Manitoba Hydro's proposed transmission line. Never, in a million years did any rational person think that this pre-tending World Heritage Site would prevent the use of a tiny, tiny portion of the area for a transmission line. But it has - hence Hydro's recent announcement that it would follow the west of Lake Winnipegosis route - at an extra cost of a billion dollars.

Next election will decide

Construction of the transmission line will not

begin before the next provincial election, in about three years. BiPole 3 will be a major election issue. Blowing away a billion dollars, spewing 12 million tonnes of carbon dioxide into the atmosphere, and condemning twenty thousand people to perpetual poverty are surely major election issues.

Tory leader Hugh McFadyen should write to Manitoba Hydro now, advising them that the western route will be scrapped after the next election and suggesting that, in order to minimize delays, they look at both options in the meantime. He should then begin the next election campaign - with Doe's Daffy Detour as the focal point of the campaign. He should hammer away at the waste of money, at the poverty of the people in the region, and at the environmental impact at every opportunity in the next three years. Doe's candidates will get sick of trying to justify their leaders daffy detour long before the election is called. Election workers will feel the same way, they will be less than enthusiastic workers by the campaign begins - and Gary Doe will have been nicknamed Daffy Doe by the electorate and the nickname will stick.

McFadyen should also announce that the phoney World Heritage Site will be scrapped and suggest to the United Nations that an appropriate site would be a part of the boreal forest where the indigenous people will not suffer. In Ontario or Quebec or Saskatchewan or Alberta, or Alaska, or Siberia - anywhere but here.

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Mon., Nov 19	9:30 am - 11:00 am	Slead - Community Centre	
Lac du Bonnet & Pinawa Areas			
Tue., Nov 20	1:00 pm - 7:00 pm	Pinawa Alliance Church	
Fri., Nov 23	9:30 am - 12:00 pm	Lac du Bonnet - Pioneer Club	
Fri., Nov 23	1:00 pm - 4:30 pm	Lac du Bonnet - Pioneer Club	
Beausejour/Brokenhead Area			
Thu., Nov 15	1:00 pm - 2:00 pm	Tyndall Manor	
Thu., Nov 15	3:00 pm - 4:00 pm	Garson Limestone Villa	
Wed., Nov 21	1:00 pm - 7:00 pm	Beausejour Brokenhead Rec Complex	
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Library Corner



Lac du Bonnet Regional Library

The Library will be closed on Remembrance Day, but we encourage you to come to the library ahead of time and borrow some books from our special display. Some of the new titles on display this year are: Skeena Aground by Isaac Unger and Whose War is It? by J.L. Granatstein, both Canadian authors. Also new to our shelves is The Third Reich - Day by Day by Christopher Ailsby.

We recently received our large print book rotation which included 100 new titles. These titles include adult fiction, non-fiction and biographies.

Canadian Children's Book Week is Nov. 17th to Nov. 24th, 2007. Every November, thousands of children and adults participate in activities held in every province and territory across the country. Our goal throughout this week is to highlight and encourage reading.

We will be hosting a pajama storytime evening on Thursday, Nov. 22. More details will be available in next week's Library Corner, or call Lisa at the Library.

Note: The Library website has been changed to www.library.lacdubonnet.info.

Doll Collection at Lac du Bonnet Regional Library

By Lisa Rand

Edna Peshke was born in Morden, Manitoba in 1920. She grew up on a farm where her mother made her rag dolls. She received her first "bought" doll from her brother. It was made of papier mache and when a rain storm came one



Edna Peshke with her doll collection which she donated to the Lac du Bonnet Library

day she forgot it outside and it turned to mush. Thus began her love of doll collecting followed by a passion for sewing and quilting.

Edna began collecting dolls approximately 30 years ago. She picked up most of them at garage sales and many were not clothed. So she began making dresses for them including slips, stockings, shoes and underwear. When asked if she had a favourite, she proclaimed she likes them all.

She believes her most valuable doll is a large baby doll dressed in a pink hat and dress circa 1930. Another doll which is quite valuable is a doll with a white blouse & purple skirt circa 1940. She has a variety of dolls in her collection including a pregnant doll, a Campbell Soup doll, various ethnic dolls,

and many more.

Edna recently moved from Winnipeg to Lac du Bonnet to be closer to her daughter, Bonnie Campbell. In her new residence she felt she no longer had room to hold her vast collection. Therefore, she donated it to the library. She wants others to enjoy them now.

"The library is not only important for children but it is important for seniors as well," Edna stated.

The Lac du Bonnet Regional Library would like to thank Edna for her generous donation of 120 dolls and display case. Some of her more unique dolls will be displayed on a rotating basis at the library. She has graciously consented to allow the library to sell the remainder as a

fundraiser for the library. Watch our Library Corner for the date of the upcoming Doll Sale. Edna's collection is a welcome addition to the library!



Edna Peshke stands beside a doll case with some of the dolls she donated.

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DATES & LOCATIONS

Monday, November 12	Lac du Bonnet Community Centre Lac du Bonnet 7:00 p.m. to 9:00 p.m.
Wednesday, November 14	Bissett Community Hall Bissett 7:00 p.m. - 9:00 p.m.
Tuesday, November 20	Seymourville Community Hall Seymourville 7:00 p.m. - 9:00 p.m.
Thursday, November 22	Sagkeeng Family Treatment Centre Sagkeeng 7:00 p.m. - 9:00 p.m.
Monday, November 26	Black River Community Hall Black River 2:30 p.m. - 5:00 p.m.

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2007 Music Award Nominee Comes to Eastman

by Marion Delaney

Nominated for the 2007 Canadian Folk Music Award in the Best Vocal Group Category, Tanglefoot is headed our way. On Friday, November 16, 2007, The Eastern Manitoba Concert Association Ltd (EMCA) presents the full-throttle music of this folk ensemble as its third concert for the season.

Tanglefoot is a five piece band which has wowed Canadian and international audiences for over two decades. Their music is passionate and cutting edge but at the same time remains true to the spirit of traditional folk music. Greg Quill of the Toronto Star described them as "A solid wall of musical energy, a full throated, multi-instrumental roar of exuberance and delight".

Tanglefoot has delighted audiences with their special brand of small town Canadiana, historical mythology, and folklore. Heard all over North America, Great Britain and even in the space shuttle Endeavor, this thunderous band has a reputation for spectacular vocal harmonies and rich instrumentation. With their sensitive songwriting and jubi-

lant musicianship, Tanglefoot brings to the stage some of the most memorable and heart-warming music you will ever hear.

The band was originally formed in the early '80s by three schoolteachers who wanted to make Canadian history come alive for their students. Over the years the band's size and personnel has evolved into the five piece ensemble of Steve Ritchie, Al Parrish, Terry Young, Bryan Weirmier and Sandra Swannell.

Steve Ritchie, with the group since 1988, plays rhythm guitar and provides vocals and clever banter.

Al Parrish became a member of Tanglefoot in 1994, bringing to the band his velvety vocals and a double bass nicknamed "The Beautiful Joe." He also holds the distinction of owning the band's brightest shirt.

Terry Young joined the ensemble in 1999. He plays a 1919 mandolin and his high tenor range adds to the harmony arrangements that are a defining component of Tanglefoot's appeal.

Bryan Weirmier, an award winning piano student, plays keyboard, guitar and is a talented songwriter. He has been with the band since 2002.

In 2006, Tanglefoot ceased to



be an all male ensemble with the addition of Sandra Swannell on violin and viola. She has a diverse musical portfolio from recording with Stompin Tom Connors to writing for string orchestra.

Tanglefoot's live stage show is undeniably energetic and uplifting. For further information about this group, check out www.tanglefootmusic.com. Tanglefoot's performance

will begin at 8 p.m. on Friday, Nov 16 at the Pinawa Community Centre, 20 Vanier Drive in Pinawa. For ticket information contact Cathy at 753-2767 or visit EMCA's website at <http://www.emcaconcerts.com>

Winnipeg River RCMP Report

Reporting from October 29th to November 2nd, 2007



October 29:
RM OF ALEXANDER - Police recovered a vehicle stolen from Winnipeg at a residence and charged 1 male. A second male youth was also apprehended by police. Investigation continues.

October 30:
FORT ALEXANDER - a missing septic tank was located. The incident was a result of a misunderstanding where the unit was to be moved and to be installed.

October 31:
FORT ALEXANDER - police were contacted when a bear refused to leave a yard and had attacked the residents dog. Upon arrival the bear had finally left the area. Conservation officers were advised of the incident.

October 31:
TRAVERSE BAY - a complaint of missing firewood was reported to police.

POWERVIEW - 4 tires and rims to a 1 ton truck were stolen in the early morning hours. - a complaint of assault against a youth is under investigation by police.

HOLLOW WATER - a report of mischief to the local school resulted in an exterior door window being smashed. Several youth were seen in the area at the time but police have no firm suspects.

FORT ALEXANDER - a fire extinguisher and licence

plate were stolen from a school bus parked at the high school on the North Shore.

- a 2 vehicle accident resulted in minor injuries. 1 male has been charged with impaired driving in the incident.

BISSETT - investigation continues into a complaint of threats being uttered.

RM OF ALEXANDER - a black duffel bag containing a change of clothing for an adult male, a pair of sneakers and 2 dvd's was located on Highway 304 and turned into RCMP.

November 1:
FORT ALEXANDER - police received 3 complaints of several youth fighting but upon attendance to the location the crowd had dispersed.

- police patrolled an area on the South Shore after a complaint of a possible impaired driver in the vicinity. The vehicle and driver could not be located which matched the description given to police. No further call backs were received in the incident.

HOLLOW WATER - a stolen vehicle was recovered damaged. Investigation continues.

November 2:

FORT ALEXANDER - police were contacted to assist child and family services when an apprehension of a child continued to be difficult. The matter was dealt with informally and no further police action was necessary.

- investigation continues into a break and enter of a residence.

PINE FALLS - a report of an abandoned vehicle was unfounded. The owner had broken down and had not been able to attend to remove it from the area.

November 3:
FORT ALEXANDER - police attended a residence after complaint of a male trying to fight with people, intoxicated and was now lying outside. The male up and left the area, no further police action was necessary.

November 4:
FORT ALEXANDER - 1 male was remanded into custody by police to Provincial Remand Center. The man was a house party and threatening to shoot an individual. He then got into an altercation with a 2nd man at the residence.

- investigation continues into a report of harassment.

MANIGOTAGAN - a complaint of theft of bicycle parts was made to police. Several parts were recovered. 2 youth were involved in the incident.

SUMMARY: Police also followed up on 1 false alarm(s) actioned 4 request(s) for assistance to other police services/service of legal documents, issued 1 ticket(s) under the highway traffic/liquor acts, attended 0 incident(s) under the Coroners Act, charged 1 person(s) for impaired driving/refusal of breath test, lodged 2 person(s) under the intoxicated persons detention act, attended 1 noise complaints, processed 6 traffic accident reports and transported 0 person(s) under the Mental Health Act to the appropriate facilities.

REMEMBER IF YOU HAVE ANY INFORMATION ON ANY CRIMINAL MATTER YOU CAN REMAIN ANONYMOUS AND CONTACT CRIME STOPPERS AT 1-800-782-8477 OR THE POWERVIEW RCMP AT 367-8728.

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Health Corner

Ask your Primary Health Care Provider
Please forward health related questions to: Health Corner, Box 1030 Lac du Bonnet, R0E 1A0 - Phone 345-8647; or Email: corvis@neha.mb.ca For more health information visit the NEHA website: www.neha.mb.ca

CPR Awareness

What is CPR?
CPR is Cardiopulmonary Resuscitation. It is a combination of chest compressions and ventilations which keeps oxygen-rich blood circulating throughout the body.

What is cardiac arrest?
Cardiac arrest occurs when the heart is no longer able to beat. Clinical death occurs at this time. Dependent upon how much heart muscle is damaged, it is reversible.

What causes cardiac arrest?
Cardiovascular disease is the most common cause of cardiac arrest. Other common

causes include:
Drowning
Suffocation
Certain Drugs
Severe chest injuries
Severe blood loss
Electrocution
Other heart diseases/abnormalities

What are the signs and symptoms of cardiac arrest?
Unconsciousness
No signs of normal breathing
No signs of circulation
Does CPR really work?
Survival rate decreases 7% to 10% with each minute there is delay. Defibrillation combined with CPR is the key treatment in more than 80% of all sudden cardiac arrest victims. Two minutes of CPR for unwitnessed cardiac arrest can

increase the chances of the AED (Automated External Defibrillator) detecting a shockable rhythm. The AED can deliver a shock to re-establish an effective rhythm. Quick defibrillation greatly increases chances of survival. What are the skills I will gain by taking a CPR course?
You will learn skills needed to recognize and respond to cardiovascular emergencies and choking for adults, children, and infants. A presentation on how to use an Automated External Defibrillator (and certification) is also provided with the course.

Submitted by Julie Veilleux, Certified CPR Instructor
Source: The Canadian Red Cross

Winnipeg River Rec Scene

For the Lac du Bonnet Area

UPCOMING NOVEMBER EVENTS
No matter your age or ability, there is something enjoyable for you to do in Pinawa or Lac du Bonnet. Winter sports are gearing up and fall programs are underway. Here are a few fall/winter activities that you could participate in...

UPCOMING CHRISTMAS CRAFT SALES - LdB
will be hosting their 27th Annual Christmas Craft & Gift Sale on Saturday, November 17 from 10am-4pm at the Community Centre. Contact the Rec Office at 345-8816 for more details. The Pinawa Winter Town Market will be held on December 1st at the Community Centre from 10:00am - 3:00pm. Call 753-5174 for more details.

CHRISTMAS TREE LIGHTING - The LdB Chamber of Commerce will be hosting the Annual Community Christmas Tree Lighting on Friday, November 23rd. Festivities include caroling with the elementary school children by the tree, a visit by Santa, and hot dogs and hot chocolate at the Community Centre. Providing there is snow on the ground there will be smooching races at 6:00 p.m. prior to the traditional festivities. This year there is a new tree location - next to the Community Centre. For more information call Kim at 345-8194.

POLICE OFFICERS BALL - The Police Officer's ball is an elegant evening celebrating the local staff of the Lac du Bonnet, Pinawa, and Whitemouth RCMP. The ball takes place November 24, 2007. Cocktails at 5:30pm, banquet at 6:45pm followed by a dance from 9:00pm to 1:00am. The attire is semi formal and the evening is for ages 18 and up. For more information call the Rec office at 345 8816.

Submitted By: Sharalyn Reulo, Recreation Director

Report from Legislature

By Gerald Hawranik, M.L.A. for Lac du Bonnet
Official Opposition Finance Critic

The Historic Highway #1 Act

After more than 2 1/2 years of attempting to convince the Government to recognize the historical significance of PTH #44 and the role it played in the movement of goods and settlers in the development of Manitoba as a Province and Canada as a Country, I am pleased to announce that my Private Members Legislation, entitled The Historic Highway

Eastern Canada, and as a result settlers and goods essential to the settlement and development of Manitoba and the rest of Canada traveled through our area. PTH #44, known in 1920 as PTH #1, served as part of the first Transcanada Highway system until 1956 when the "new" Transcanada Highway was completed South of #44 which proceeded through Hadashville and Richer on its way to Winnipeg. Before the new Transcanada Highway was constructed, PTH #44 was known as Highway #1. When

the new Transcanada Highway was constructed in 1956, our road became PTH #4 and finally in 1968 it became known as the present day Highway #44.

In 1920, our highway was little more than a bush road from the Ontario border, proceeding through West Hawk Lake, Rennie, Whitemouth, Seddons Corner, Beausejour, Tyndall, Garson and finally Lockport and Winnipeg. Sections of bog were crossed by a moss covered corduroy roadway. During the Depression, "relievers" and local people were employed to complete the highway, and by 1936, the highway was hard surfaced with asphalt. Most of the highway was constructed using horsedrawn equipment and manpower. During one mosquito infested summer in the 1930's, many of the horses came down with sleeping sickness. During the construction, an unmarked grave was discovered near West Hawk Lake in the Whitemouth Provincial Park marking the final resting place of one of our pioneers.

The recognition of PTH #44 as having historical significance to the settlement and development of Manitoba and Canada, will draw tourists off the existing Transcanada Highway into our beautiful area, and will only serve to enhance our businesses, and of course, employment in our area. Many tourists will also be encouraged to travel along the Laverendrye Trail, which also progresses through the Whitemouth Provincial Park and the communities of Lac du Bonnet, Pinawa, Powerview - Pine Falls and Sagkeeng First Nation.

The historical significance demands not only recognition for our area, it also demands an investment from Government in terms of adequate maintenance so that residents and tourists are assured that PTH #44 will be maintained to appropriate safety standards.

I acknowledge the support and encouragement I have had in respect of this Legislation from the Eastman Regional Development Corporation, The Eastern Manitoba Tourism Association and all the Municipalities through which PTH #44 goes.

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.

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CANADIAN INDEPENDENT

Faith Perspective

by Pastor Jake Doell

Confession - Is It Good?

If you have grown up attending a church, you may be somewhat familiar with "confession." Confession meant going to a priest/pastor and admitting with the words; "I have sinned....." Questions that are sometimes asked about confession are: "Is it necessary? If so what good does it do?" Confession is also a part of all 12 step programs such as Alcoholics Anonymous and Celebrate Recovery. Step 5 reads as follows: "We admitted to God, to ourselves and to another human being the exact nature of our wrongs."

Why is confession necessary? As long as we continue

to hide or deny our wrong doings, they hold us captive with guilt and shame. When we confess with our lips, we are agreeing with the truth. The Bible tells us in John 8:38; "The truth shall make you free."

Many people have tried to hide their sins. Perhaps a modern day example was the television evangelist, Jimmy Baker who went to prison for misappropriating finances.

If you want to read his full confession it is available in the book he wrote, "I WAS WRONG." As long as Jimmy denied his sin, it haunted him and landed him in prison. While he was serving his sentence, he came to his senses and realized the error of his ways. He confessed his sin to God and received forgiveness. When he came out of denial and confessed to his wrongdoings he

became a free man. O he still had to finish serving his prison term, but he was free from the guilt and shame that his sin brought with it.

What does confession do for the guilty one? The Bible tells us in 1 John 1:8&9; "If we say we have no sin, we are fooling ourselves and refusing to accept the truth. But if we confess our sins to Him (Christ) He is faithful to forgive us and cleanse us from every wrong." My friend, if you past wrongs have you trapped in guilt and shame, come to Christ and confess your sins to Him and He will forgive you and clean you up. Yes, confession is good for the soul. A truthful confession will set you free to enjoy life in spite of your past.

Pine Falls Pre-school

By: Kathie Duff

I hope November has a few more warmer days in store for us so we can still enjoy the beautiful Fall season. October 31 was such a cold end to such a beautiful month, I'm sure families still had fun trick or treating with their young children.

The month of October was a busy month for us having 2 special days which the children were excited about. At the beginning of October the children were busy making Horns of Plenty, Thankful Turkeys, Thanksgiving Dinners and talking about all the things they were thankful for. For Science we mixed colors and categorized Bears into different sizes and colors. The remainder of October we were busy making scary Halloween crafts and doing fun activities, songs and games. The Highlight was the Halloween parties where the children had special snacks donated by parents and their teacher, they also helped make some witches brew to drink. We played some fun games and had a Halloween Squish surprise which they had to feel with their hands (the look on their faces was priceless). Our parties ended by going trick or treating in our classroom and we watched some children's

Halloween movies. All the children seemed to enjoy themselves. The end of October we celebrated one of the children's birthdays and enjoyed some cake that their parent sent in.

During the month of November we will be talking about Numbers, Remembrance Day, Community Workers- you may see us out and about your neighbourhood visiting people who work in our community, Transportation and Christmas. Presently we are selling Epicure Triple Dip and I have heard it said it is a delicious product. If you support this fundraiser thank you again for supporting the children and our program, your support is GREATLY APPRECIATED!

Did you know that there are only 54 shopping days until Christmas!

I'd like to end by reminding everyone to remember all those who fought in the wars both past and present, the sacrifice these people made is something we should never forget. On November 11 I will remember my second cousin Trooper Mark Wilson 40th Canadian Soldier who died in October 2006 in Afghanistan.

Have a safe and Healthy November!

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Vic Toews, MP for Provencher

Protecting the Environment for Future Generations

A country as vast as Canada has natural beauty in every corner. From lakes and rivers to woodlands and prairies, right up to the far north, Canada is a land that offers a huge range of natural sights. They draw people from around the world, and Canadians are lucky to have them right in their backyards.

As a government, we have a responsibility to preserve that environmental heritage, so that Canadians can enjoy it with their families for years to come. Our Conservative government is committed to strong environmental stewardship, with real action to protect some of Canada's natural wonder.

Recently, one of those concrete measures was put forward as Prime Minister Stephen Harper announced the creation of Canada's newest National Marine Conservation Area (NMCA), taking in more than 10,000 square kilometres of Lake Superior, including the lakebed, islands and north

shorelands. It will become the largest freshwater marine protected area in the world. The product of a decade of planning and negotiations, this is an outstanding example of federal, provincial and First Nations cooperation.

National marine conservation areas are part of the Parks Canada family of protected areas. They consist of protected zones and cooperatively managed multiple-use areas where activities such as commercial fishing and shipping continue. Dumping, mining, oil and gas exploration and extraction are prohibited throughout these NMCAs.

In short, these areas protect the natural ecology of a region and create opportunities for visitors to experience these exceptional places and meet the Canadians who call them home. They protect the environment while preserving the livelihoods of local residents who work in marine industries such as commercial fishing, sport fishing and shipping.

The announcement "demonstrates just how much can be accomplished when talented and dedicated people and organizations pull together in pursuit of a worthy common goal," said the Prime Minister. "And there is no goal more worthy than the protection and preservation of Canada's natural environment."

Our recent Speech from the Throne spelled out our government's commitment to initiatives that will clean up and protect our environment. In addition to dealing with greenhouse gas emissions and the threat of climate change, we have expanded Nahanni National Park, and taken important steps to preserve the Great Bear Rainforest, Point Pleasant Park and Stanley Park.

As well, as we unveil our new infrastructure plan, we will invest in public transport and water treatment, and clean up contaminated sites. And we will have a new water strategy to help clean up our major lakes and oceans and to improve access to safe drinking water for First Nations.

Our Conservative government is proud to take all of these important measures to ensure a clean, safe, and naturally beautiful country for generations to come.

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



Hot New.... RELEASES

Ocean's Thirteen DVD

Cast: George Clooney, Brad Pitt, Matt Damon, Elliott Gould, Bernie Mac, Al Pacino, Don Cheadle

Rating: PG



Shrek the Third DVD

Cast: Mike Myers, Eddie Murphy, Cameron Diaz, Antonio Banderas, Julie Andrews, Rupert Everett, Eric Idle

Rating: G



Amazing Grace DVD

Cast: Ioan Gruffudd, Romola Garai, Benedict Cumberbatch, Albert Finney, Michael Gambon, Rufus Sewell, Youssou N'Dour

Rating: PG



Urban Justice DVD

Cast: Steven Seagal, Eddie Griffin, Carmen Serano, Cory Hart, Liezl Carstens, Kirk B. R. Woller, Mary Evans

Rating: 18A



La Vie en Rose (subtitled) DVD

Cast: Marion Cotillard, Sylvie Testud, Pascal Greggory, Emmanuelle Seigner, Jean-Paul Rouve, Gerard Depardieu, Clotilde Courau

Rating: 14A



Christmas Time in South Park DVD

Cast: Matt Stone, Mary Kay Bergman, Trey Parker

Rating: 14A



Taxi 4 (French original) DVD

Cast: Samy Naceri, Frédéric Diefenthal, Bernard Farcy, Emma Sjöberg, Edouard Montoute, Jean-Christophe Bouvet, Jean-Luc Couchard

Rating: TBD



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There will be an NCCP - Comp A coaching course held in Powerview on Saturday, Dec 8th 8:30 a.m. - 4:30 p.m. and Sunday, Dec 9th from 8:30 a.m. - 2:30 p.m. at Powerview School. The cost is \$65.00. Open to coaches in any sport except hockey which has its own coaching clinics. For more information contact the Rec. Office at 367-9142.

Let's Paint Together
Bernice Phillips will be offering two (2) painting classes in November. The first one on Nov. 17th will be a lighted glass block painted with acrylics. The cost for this project is \$45. The second class on Nov. 25th will be "Dressy Teddy Bear" done with acrylic on paper. The cost for this project will be \$35. Both classes will run from 10:00 am to 5:00 pm at the Rec. Office in Pine Falls School. Anyone interested is asked to pre-register at the Rec. Office or Through the Arbour. A downpayment is required as there are only 10 spaces available. Both of these projects will be on display at Through the

Arbour. For more info, call the Rec. Office at 367-9142 or Through the Arbour at 367-2141.

Hockey Equipment Drop-Off

The Broomball league is looking for some gently used equipment for players. If anyone has some hockey equipment they would like to donate, you are asked to drop it off at the Pine Falls Arena or the Rec. Office from Friday, Nov. 9th until Friday, Nov. 16th. Equipment requested is helmets, shin guards, elbow pads, and gloves. For more information, call the Rec. Office at 367-9142 or J.L. Papineau at 367-8570.

Broomhall

There will be youth broomball at the Pine Falls Arena on Fridays from 7:00-8:00pm. for anyone aged 10-14. The cost is \$50.00. Depending on the number of players, there may be an additional charge later in the year. Mandatory equipment includes helmets (with cages), gloves and shin pads (soccer shin pads will work). Anyone interested in signing up can call the Rec. Office at 367-9142.

There is also broomball for

anyone aged 15 and up at the arena on Fridays at 8:00. Come out and join the fun!!!

Self Defense Course

There will be a self defense course late November/early December. This will be a 6-hour session over the course of three Monday nights and will be taught by Trevor Enns. The cost is \$20.00. Registration is limited to 16 so please register early. Depending on the response to this program another one may be offered in the New Year. For more information, or to register, please call the Rec. Office at 367-9142.

Christmas Craft Fair

There will be a Christmas Craft Fair at the Pine Falls School Gym on Saturday, December 1st from 10:00 am to 4:00 pm. Canteen service will be provided. If you are interested in booking a table for this fair, please contact Ruth at the Rec. Office @ 367-9142. Space is filling up so please book your table early.

Pine Falls Badminton Club

The Pine Falls Badminton Club has started and will be running until Wednesday, April 30th. It will be held in Pine Falls

School gym from 7:00-9:30 pm. The club is open to anyone 14 years or age or older. The cost for the season is \$25/single or \$45/couple. For more information, contact Ginette Vincent at 367-9970 or Ruth at the Rec. Office at 367-9142.

Pine Falls Curling Club

The league season starts on Monday, Nov. 5th. Men's league is on Mondays, Ladies on Wednesdays, Mixed on Fridays and drop-in curling is held on Thursday afternoons.

Bonspiel dates are as follows: Men's - Feb. 1st, 2nd & 3rd Ladies - Feb. 8th, 9th & 10th

Card Making Classes

There will be several evening card making classes held at the Rec. Office this winter. The first class is full and no date has been set yet for the next one. If you are interested in attending one of these classes, please let Kelly or Ruth know as soon as possible. You will be making 10 cards (2 each of 5 different designs and includes envelopes) as well as learning different stamping techniques. The cost of the class is \$12 and you are required to bring your own adhesive (glue stick or 2-sided tape) and a trimmer or scissors. To register, call Kelly Murray at 635-2396 (evenings weekends) or the Rec. Office during the day at 367-9142.

Christmas Card Classes

There will be a class on Saturday, Nov. 17th from 9:00-5:00. The class will consist of 40 cards (4 cards of 10 different designs - envelopes). The cost is \$30 and you must pre-register. Space is filling up fast so early payment will ensure you a spot. You will be required to supply your own adhesive and scissors and bring a bag lunch. Drinks will be provided.

Rivers North Fitness Co-op

The co-op membership fee is \$100. Fitness club memberships are \$250.00 for members and \$300.00 for non-members. For more info, contact Bev Dube @ 367-8064 or Linda Cyr @ 367-2382.

Public Libraries

The Pine Falls Public Library, located in Pine Falls School, will re-open on September 4th from 1:30 - 3:30 pm. The library will operate every day from Monday to Friday. The library has a wide selection of books as well as some old newspapers and other articles. They also have internet access on site.

Bibliothèque Allard Regional Library (367-8443), located in St-Georges School, is open the following hours:

Tuesday - 10:30 - 5:00, Wednesday & Thursday - 12:00 - 8:00, Friday - 12:00 - 5:00, Saturday - 10:30 - 4:00. Services offered are public internet access, photo-copy/fax/scan services, material in French & English, DVD's, VHS, 60 magazine titles, Inter-Library Loan (we have a collection of 28,000+ items, however, through Inter-Library Loan we have access to over a million titles) and many more. Membership is free to all ratepayers of the R. M. of Alexander, the Town of Powerview Pine Falls, and the R. M. of Victoria Beach. We also have a Branch Library located in Walter Whyte School.

Miscellaneous

If any groups in the area have an event or ongoing program they would like to promote, please contact the Rec. Office at 367-9142 and I will put it in my weekly column.

The Winnipeg Humane Society



Pogo, 134913

Pogo is a ~4 year old neutered male available for adoption from his foster home. Pogo has an allergy to regular cat food so is on a special diet to control this- hypoallergenic food costs roughly what good quality cat food does. As a longterm cat, Pogo's adoption fee is \$48.06 and includes his neuter, vet exam, vaccine & more! Please contact the WHS Foster Department at 982-2049 or foster@humanesociety.mb.ca to make arrangements to visit Pogo!



Travis, 117273

Travis is a good boy used to living with other dogs and seems good with cats. Travis has not had the best of luck, having been in three homes and abandoned once- he deserves better! Travis is a smart and eager dog- he needs someone who will take him home, teach him good manners and love him forever. He's still learning right now so is best with kids 12 years+. Adoption fee includes neuter, vaccine, microchip, pet insurance & more!

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The WHS needs your donations of canned cat food to help feed the many cats in our care. Drop off to 5 Kent Street.

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

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Pine Falls Community Billboard

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

USW 3-1375: meets third Thursday of the month, Chicken Chef, Power-view meeting room.

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

Library Allard: Tuesday: 10:30 a.m. to 5:00 p.m. Wednesday and Thursday 12:00 to 8:00 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. 10:00 a.m. to 2:00 p.m.

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

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

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

Cottage Casatry 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.

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

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

Town of Powerview - Pine Falls: Council meetings are the second Tuesday of each month at 7:00pm

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

AA & Al-Anon - The Beaches family group: Thursdays 8:00 p.m., Senior Scene, Victoria Beach, 1 Aieah Road, 754-2173.

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

Sealer Scene Inc.: #1 Aieah Rd.

Victoria Beach: General meetings second Tuesday of the month, 756-6468 for more info.

Blue Water Support Group: meets every third Monday of the month 7:00 p.m., Pine Falls Health Complex.

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

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

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

Pine Falls Library open: 1:30 p.m. to 3:30 p.m. Monday to Friday, and Thursday evening 7:00pm to 8:00pm. Library is situated in the Pine Falls School, entrance facing pool.

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

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

Weight Watchers: Wednesdays at 4:45 weigh-in and at 5:30 Meetings Call Delores at 367-2945 or 345-3399 or 1-800-651-6000.

Pine Falls Golden Leisure Club: Bridge 7:00pm Mon. & Thurs., Canasta 1:00pm Friday, Whist 1:30pm Wednesday, Crib, 1st Monday of Month at 1:30pm Exercise Class, Mon., Wed., Thurs., Fri., 10:15am.

Town of Powerview-Pine Falls: Garbage Pick up every Wednesday, 8:00am, Recycle: Every Thursday, 8:00am

Overcomers Outreach meetings: www.overcomersoutreach.ca, weekly meeting Contact Isabelle (204) 367-2359

Parenting Support Group: Meets the first three Wednesdays of every month at Wings of Power, 11 30 a.m. - 1. Lunch and childminding are free, transportation also available. Call 367-9641

Family Learning Library: Open 10-12 and 1-4, Mon-Fri at Wings of Power.

Computer access: Wings of Power CAP site, Open 10-12 and 1-4, Mon-Fri.

Narcotics Anonymous meetings: every Tuesday, 7-8pm at the Sagleeng Multi-Purpose Building (south shore highway 11).

Kickboxing: Starting September 18th, 2007 at Powerview School, Tuesdays and Thursdays from 7:00pm to 8:30pm, contact Nick 367-2702 or Paul at 367-8018

Ask the Neighbourhood Mechanic



by Dave Redinger



Is there a difference in longevity between cars driven on the hwy for the majority of the time and cars that are city driven? How much life is left in a high mileage car? Great questions that I'm asked all the time. Let's investigate the effect of where you drive and the life expectancy of your car. Facts, engines and driveline components wear very little in use. When running everything is bathed in oil, minimizing metal contact and very little wear occurs. Most wear is created on start up. Especially that first start in the morning after all that oil has drained off and the moving parts are dry. This lack of lubricant is the greatest wear factor facing engines today. So are you to assume that using your car less is the best thing for it. No, cars are made to run. Bad things happen when they sit around. Things start to seize up, rotors and other components corrode, moisture gets into the electrics, batteries go dead. If you were to conclude that high mileage is not such a bad thing you would be partially right. Highway cars with high-mileage are the ideal. They run for long periods of time and most importantly dry out. Cars that

are city driven and have accumulated high mileage are the second worst bet going. The worst bet? Low mileage vehicle that spend their time in a stop and go commute. These cars never seem to properly warm. They suffer exhaust failures, premature lining wear and accelerated engine wear. Proof? Conversation with an engineer for the big three. Where do you do your most severe testing? Is it the desert, up north? Nope, New York City. Nothing ages a car faster than beating up and down Manhattan 24/7 in stop and go driving.

Buying a used car? Find out how it was used and when it was serviced. Don't be scared by high mileage. There are a lot of bargains out there with more than a few kilometres on them.

I listen to your show all the time. On July 17, 2007 I purchased a 2007 Jeep Patriot. I have recently discovered a very serious vibration problem! It occurs when a rear door window is opened (one or both, it does not matter) and the front door windows are closed. The vibration is serious enough, that, it will (may) cause the rear quarter windows to shatter and possibly the tailgate glass as well. It may even cause structural

damage to the body panels. At the time there was less than 2,000 KM on the odometer of my Patriot. When I called the selling dealer. I was told this was a "normal" condition for my Patriot caused by a "wind tunnel" effect. I would appreciate your comments on this problem. Response from Chrysler, this vibration problem a normal operation condition. Have you heard of this problem? Ken

I have heard of this issue. I have Chrysler Crossfire and it also buffets at speed when the driver's side is down. My wife actually covers her ears when this occurs. Most annoying. I solve my issue by lowering the passenger window just a crack. I have also experienced this condition on cars with sunroofs. The air enters the vehicle and can't escape. Excess pressure then has to back out the same way it came in. This is causes the rapid change in pressure. I agree this is a design issue. Let us know how you resolved this situation. Note: After answering Ken's letter I did some research. There are wind deflectors available in the aftermarket for other models that will help relieve some buffeting. As the Patriot is still early in it's life cycle it should not be too long before these become available.

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. John Giroux, Sunday Service at 9:00 a.m.

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

ST. GEORGES: Mass Sunday at 9:00am

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 6th Sundays

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

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

HOUSE OF PRAYER HILL 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 Sagleeng 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) Sagleeng 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: - Great Falls Community Centre/Hall, Christian Healing Services 7:00pm, Wednesdays, Minister: Isabelle Fiola (204) 367-2359.

Master MECHANIC

At Master Mechanic, you "talk to the mechanic."

Start a relationship with your Master Mechanic today!

Bazar annuel / Annual Bazaar

La Paroisse Saint Georges Parish

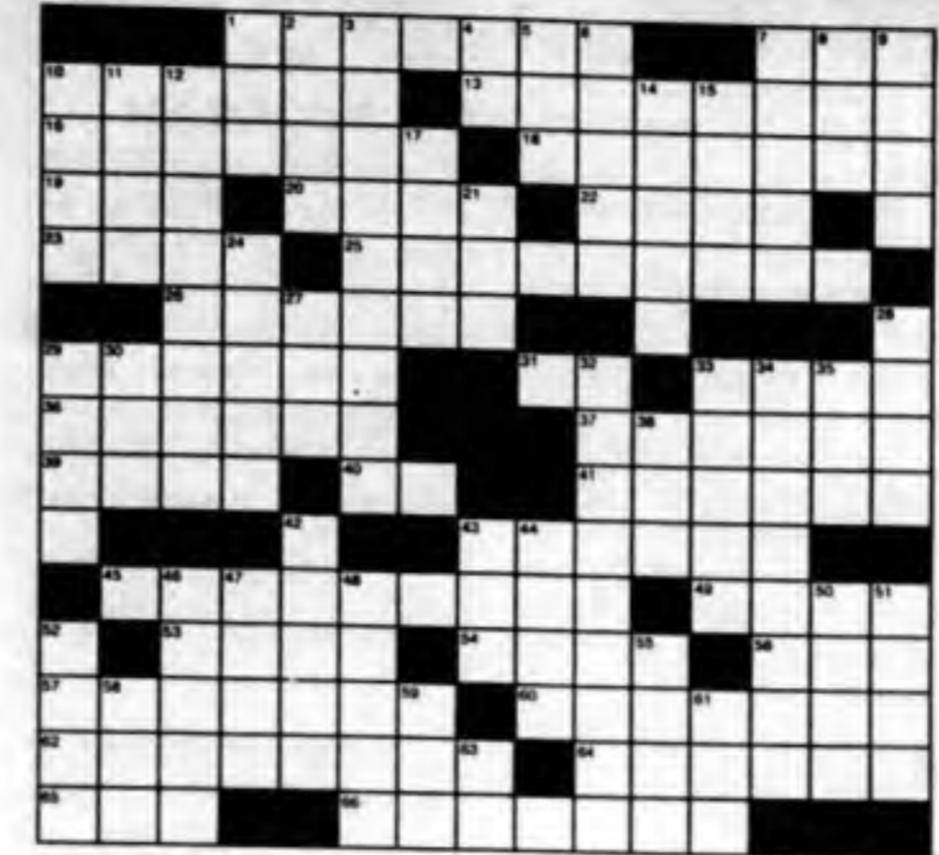
Samedi/Saturday, 24 novembre/November 24
2:00 p.m. to 4:00 p.m.

Au sous sol de l'église St. Georges Church Basement
samedi, 18 novembre 2006
2:00 h - 4:00 h
Sous-Sol de l'Église

Evene silencieux
vente de pâtisseries
artisanat
nombreux
trages et encore

Bake Sale
Craft Sale
Silent Auction
Meat Draw
& More

WEEKLY CROSSWORD



41. Dignified and somber in manner.
43. Caused distress to someone.
45. Hit song by the Supremes.
49. Probability that an event will occur.
53. Be in charge of.
54. Plural of "go."
56. Small hole in a needle.
57. Waitress or a waiter.
60. Make more attractive.
62. Chronic sleeplessness.
64. Written challenge to a duel.
65. Stupid person.
66. Most distant in any direction.

- DOWN**
1. Total a sum.
2. _ Gray, Colonel Wilma Deering on TV's Buck Rogers.
3. Large pasta tubes.
4. Used for expressing limit of movement.
5. _ Goldberg, Toronto-based folk performer.
6. Fellow-laborer of Paul during his first imprisonment in Rome.
7. 1999 film starring Ben Affleck.
8. Smallest whole number.
9. Put in order.
10. Morten _ , Norwegian singer.

- ACROSS**
1. Attracted.
7. Large European scaraboid beetle.
10. Long-haired breed of cat similar to a Persian.
13. Past due.
16. Slang for "wonderful."
18. Came out of hiding.
19. Rather than.
20. Number of members on a basketball team.
22. In this way.
23. Shaped mass of baked bread.

25. Sucrose obtained from sugar cane.
26. Town in Massachusetts.
29. Keyed instrument resembling a harpsichord.
31. Heraldic color for gold or yellow.
33. Rhythmic expression of feelings.
36. Honorary title for a wise man in India.
37. Make possible.
39. Acronym for Electronic Route Guidance System.
40. Currently fashionable.

11. Improvisational style instrumental trio.
12. Bright with steady but subdued shining.
14. Variety show with topical sketches, songs, dancing and comedians.
15. Something that is extremely boring.
17. Growl.
21. Final section.
24. Comes upon, as if by accident.
27. Garland of flowers worn around the neck.
28. Primeval Egyptian personification of air and breath.
29. Past tense of speed.
30. Standard number of strokes set for each hole on a golf course.
32. Place where one makes their home.
33. Of a lower intensity in color.
34. Willing to obey.
35. Common name for the Ulmaceae.
38. Not.
42. Equip with better weapons.
43. Domestic swine.
44. Plant used to treat burns and dry skin.
46. Writer of an ode.
47. Vote that blocks a decision.
48. Exact duplicate.
50. Groom.
51. Walk as if unable to control one's movement.
52. Large, hurried swallow.
55. Anything not genuine.
58. Black tropical American cuckoo.
59. Cancel.
61. Unit of metric land measure.
63. Used to indicate location.

LAST WEEK'S ANSWERS



CRYPTIC PUZZLE



CXXF BV DG BHJXKLDGL JDKL
XC D MDNDGPQF FBQL

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
HARD WORK NEVER KILLED ANYBODY, BUT WHY TAKE A CHANCE.

Weekly Echo Horoscopes November 13th to November 19th, 2007

ARIES (Mar. 21 - April 20)
If you're in the mood, go out and socialize, or get involved in sports activities. Nothing can be resolved if you don't want to talk about it. Mishaps due to preoccupation will be upsetting. Keep tabs on your spending.

TAURUS (Apr. 21 - May 21)
Don't forget that you've only heard one side of the story. Your mate may not have been honest with you. You will find that friends or relatives may not understand your needs. You should be able to make major career gains if you plan your intentions carefully.

GEMINI (May 22 - June 21)
Limitations will set in if you haven't followed the rules. This is a turning point. Social get-together will bring you in contact with intelligent new friends. You could be disillusioned if you let relative in on your emotional thoughts.

CANCER (June 22 - July 22)
You should be able to get involved in an interesting proposition this week. Read some books on self awareness. Your creative ideas will be put to good use if you dig in and do things around the house that will make your family happy. You may find acquaintances being deceptive.

LEO (July 23 - Aug 22)
Get the whole family involved in a worthwhile cause or cultural event. You should get involved with activities that can be enjoyed by both young and old alike. You must not allow them to force you to rush. Don't deny yourself this week.

VIRGO (Aug. 23 - Sept. 23)
Emotional up and downs have caused doubts in your personal life. Payoff all your debts before you go out and celebrate. Try to stay calm and do the best you can. Your lack of attention may have been a factor.

LIBRA (Sept. 24 - Oct. 23)
Get into some activities that will help you in making new friends. Don't be too quick to judge partners or those you work with. You mustn't give too much to your children. Your boss won't be too thrilled if you leave things unfinished.

SCORPIO (Oct. 24 - Nov. 22)
A residential move may be necessary to get a better job. Someone close to you may need help. Take care of the needs of elders in your family. Be cautious who you deal with financially.

SAGITTARIUS (Nov. 23 - Dec. 21)
Follow your gut feeling regarding your business ventures. Get together with those you find men tally stimulating. Don't lend to people who have given you negative vibes. You should focus on moneymaking matters and stay away from emotional disputes.

CAPRICORN (Dec 22 - Jan. 20)
Uncertainties about your living arrangements may be unnerving. Put some energy into getting back into shape. Listen to reason. Residential moves will be favorable. Look into physical activities that will help get rid of some of that tension you may be feeling.

AQUARIUS (Jan. 21 - Feb. 19)
Love can be yours if you get out and about. If you haven't planned a vacation, then at least try to get away for the weekend. Upheavals may occupy your day. Intellectual stimulation is what you are looking for.

PISCES (Feb. 20 - Mar. 20)
Travel and entertaining conversation will be informative and uplifting. Discover opportunities based on the individuals you mingle with this week. Don't get intimately involved with a coworker. Think about your priorities.

Lac du Bonnet RCMP Report

November 5:
A caller from the Brererton Lake area reported one of her security camera's were stolen in the early morning hours.
A caller from Lac du Bonnet reported harassing phone calls from her ex.
During a traffic stop in Pinawa a person was charged with open liquor and a small amount of cannabis was located as well.
A caller advised of a local lady in Lac du Bonnet driving too fast and is worried about children in the area, please are to speak to the offender.

A female caller in the RM of Lac du Bonnet reported repeated nuisance phone calls.
A caller from Pinawa advised, that after the Birthday Party in July for Pinawa a 100 ft. yellow extension cord went missing. If someone knows the whereabouts please contact the Pinawa Municipal Office.
November 6:
The Lac du Bonnet Detachment assisted Power-view with regards to an assault that occurred in Great Falls.
Winnipeg Police advised they had arrested a former resident on one of our warrants. The person was processed and released for a further court date.
Police responded to an injury accident on Highway 11 west of Pinawa, due to icy roads. Motorists are reminded that now the colder weather in upon us, and in the early morning the roads tend to be slippery to slow down and arrive alive.
November 7:
A caller from Whitemouth reported her garage had been broken into and an old Texaco sign was stolen. Anyone with information as to where the sign might be is requested to call the Police or Crime Stoppers.
A caller from the Whitemouth area reported his shed was broken into as a chainsaw, a woodsplitter and a generator were taken.
Police assisted Atomic Energy in Pinawa with a possible intruder on site which turned out to be false.
November 8:
A caller in Pinawa advised that someone threw a pumpkin in their house and damaged a fence around their garden.
A caller from Pinawa advised someone egged their house.
A Caller in Pinawa advised a pumpkin was thrown at her house.
Police responded to an injury accident near Bird River. The driver swerved to miss a deer. Wearing a seat belt prevented a serious injury from being worse.
A caller reported that a generator was stolen from the Pinawa dump site.
A caller advised his boat trailer was stolen from his cottage in the Pioneer Bay Camp Ground.
A caller advised in the RM of Lac du Bonnet her cottage had been broken into and was noticed when a neighbour went to check on same.
November 9:
A caller advised that a patron had fell through a door at a local establishment in Lac du Bonnet and had cut himself. EMS attended and he was taken to hospital.
A caller advised that at an establishment in Lac du Bonnet a male had left and was believed to be impaired. Police failed to locate person.
A caller advised he was receiving threats from a family member in Lac du Bonnet. The matter was discussed and due to the nature of the complaint they are dealing with it.

SILVER HAVEN MEAL PROGRAM

Open to all seniors 55 and over. You are welcome to bring a guest. All meals are \$5.00. 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 Denise 367-2374

Wednesday, Nov. 14
Soup, pickrel, rice, green beans, bread pudding.

Friday, Nov. 16
Salad, beef stew, tea biscuits, lemon pie.

Monday, Nov. 19
Soup, pork cutlets and mushroom sauce, roast potatoes, mixed veggies, cherry tart.

Echo Classifieds

ENERGY CORNER prepared by Manitoba Hydro

Power Smart* Appliance Program School Video Contest

If your school's home economics classroom is behind the times, Manitoba Hydro wants to help you cook up some energy savings. This September, home economics teachers throughout Manitoba received notice that Manitoba Hydro is running a contest to help them make their classrooms more energy efficient.

Students in grades seven and eight are invited to produce a 60 to 90 second video about using large home appliances in ways that are energy efficient. The contest is intended to complement existing Home Economics lesson plans by engaging students in a fun and educational activity. The ultimate goal is to encourage these future consumers to consider energy efficiency as an important factor in their buying decisions and their daily use of large appliances. The video should underscore the benefits energy efficiency has for the home owner, the community and the environment.

Many schools in the province have Home Economics appliances that are between 10 - 20 years old. The energy efficient appliances that will be awarded through this contest, will save a school anywhere from \$125 - \$165 per year in energy use. Over the life of these appliances, the savings can add up to over \$3000, and the environmental impact will be the equivalent of saving over 200 trees in one year.

Manitoba Hydro is partnering with Dufresne Furniture & Appliance stores, Dino's Appliance & Mattress Centre in Portage la Prairie, Sears in Swan River, and The Home Depot as contest sponsors and prize donors. The contest is open to all grade seven and eight students (in the 2007/2008 school year) attending schools throughout Manitoba.

Video entries will be accepted between October 1 and December 14, 2007. Full contest details and rules are available at www.hydro.mb.ca.

Sunrise School Division Participate in the Budget Process

The Sunrise School Division is currently developing its 2008/2009 Operating Budget. The Community: ratepayers, parents, members of the Greater Community are invited to share their educational priorities for the Division.

There are two ways to have your priorities considered:

1. Submit written suggestions on the upcoming budget to the Board of Trustees by no later than 4:00 p.m. On December 14, 2007 at the following address:

Sunrise School Division
75 Fifth Street South
Box 1206, Beausejour, MB R0E 0C0

OR

2. Attend a public input meeting on November 27, 2007 at the Sunrise Education Centre (former Beausejour Elementary School - 344, 2nd Street North, Beausejour) in the Multi-Purpose Room at 6:30 p.m.

Birth Announcement

ROSS (PAPINEAU)



Pamela and Doug Ross are pleased to announce the birth of their second child a boy (ASHTON LLOYD ROSS) a little baby brother for Colton, born on October 29, 2007, weighing 10lbs 2ozs at the Health Science Centre. Proud Grandparents are Karen and Edmond Papineau and Evelyn and Larry Ross. Great-Grandmother Annette Papineau and Great Grandfather Lloyd Campbell.

Birth Announcement



Patrick & Valerie are happy to announce the safe arrival of their daughter Sylvie Valerie Chantal Vincent born November 6, 2007 weighing 8 lbs 9 oz & measuring 21 inches long. She's beautiful, healthy & perfect! The family is thrilled and so glad she's finally here!

A special thank you to all those who assisted in any way during John's accident. We are very grateful.

Karin & John Loos

For Rent

Office/Retail Space for Rent/ 2 Bedroom Suite available August 1, 2007. Not suitable for children, stove, fridge, washer/dryer, parking. \$600/month includes utilities. Main floor - approximately 900 square feet with private office, washroom and counter. Call Denis at 367-8651. TRW

Birthday

80th Birthday Celebration in honour of: Mary Jane Simard Saturday November 17th at the Manigotogan Recreation Center at 5:00 p.m. Supper catered by Bostrom's \$12 per ticket. Live Band/ Contact Allana Simard at 363-7314.

Prayer to the Sacred Heart

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 and promise publication and your prayers will be answered no matter how impossible they may seem by the ninth day

Want to Rent

Want to rent a house or trailer in Pine Falls, St. Georges, Silver Falls, or Great Falls area. Phone "Bubs" at 1-204-482-6171 188-B

For Sale

- 40 x 60 quonset steel building 18' sliding door.
- 510 MF combine cab, chopper, very good condition, always shedded.
- V4 Wisconsin Engine.

For Rent

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

For Sale

- Leaf Cutter Bee Huts, call 367-8341. 36-2

For Sale

Hay for sale, call 367-8836. 26-2

For Sale

2002 Camry LE, 2.4 Litre, excellent condition, \$14,000 OBO, call 367-4549. 26-3

Health

Problems with drug or alcohol addiction in a loved one? Don't know whom to turn to for help? Contact Drug Rehab Resource for a free confidential consultation to find the help you need. Call today 1-866-649-1594 or find out more at www.drugrehabresource.net. Don't wait. 16m

Classifieds

Book this space and sell all of your old or new articles. Only \$5.00, call 367-9468 to book your classifieds or email us at theecho@mts.net or fax us your ad at 367-9974.

The Winnipeg River Echo

\$30.00
plus \$2.10 PST & \$1.80

Box 178, Place McDougall
St. Georges, Phone 367-9468
ROE 1V0 Fax 367-9974
Email: theecho@mts.net

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.
15W 3-1375: meets third Thursday of the month. Chicken Chef, Powerview 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 noon to 5:00 p.m.; Fri, noon - 6:00pm, Sat, 10:30 a.m. to 2:30 p.m., ph. 345-2653

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 Ter. 345-8712
Lakeshore Al-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

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. John Givens 367-9520, church 345-2357
Sunday: 11:30 a.m. - worship; 11:30 a.m. - first and third Sunday of each month, holy eucharist.

Seniors, Did You Know?

That the Winnipeg River Senior Services in Pine Falls offers the following...

- **Home Maintenance**
Help with caring for your home, inside/out.
- **Foot Care**
Professional Staff come to you home to provide basic footcare.
- **Transportation**
We offer handivan services or paid volunteers to drive you to shopping, appointments, etc.... The handivan must be booked in advance.
- **Friendly visiting**
Volunteers spend time with individuals who are lonely.
- **Red Cross Loans**
The Sick Room Equipment Loan Service provides wheelchairs, walkers, and canes to up to three months.
- **Victoria Lifeline**
When others can't be with you or your loved one, Victoria Lifeline is 24 hours. A one time installation charge and low monthly fee puts assistance just a push of a button away.
- **E.R.I.K.**
Emergency Response Information Kits contain pertinent information in case of an emergency. Call Tina at the Winnipeg River Senior Services 367-9128 for more information.

ST. GEORGES MEAL



55 plus - guest welcome Meals are served Monday, Wednesday & Fridays @ 11:30 a.m. - \$6.00 each. Your name must be in 24 hours prior to meal days. Take outs & special occasions welcome.

Wed., Nov. 14
French onion soup, bacon and cheese quiche, homestyle hashbrowns, vegetables, chocolate skor cake.

Friday, Nov. 16
Garden salad, hot turkey sandwich, mashed potatoes, vegetables, butter tart.

Monday, Nov. 19
Coleslaw, chicken stew and dumplings, vegetables, blueberry crumble cake.

HOTEL & RESTAURANT

PINE FALLS SERVICE CENTRE
 Monday to Saturday
 8:00 a.m. to 12:00 midnight
 Sunday 8:00 a.m. to 12:00 midnight

SUBWAY
 Subway open 7 days a week
 from 10:00 a.m. to 11:30 p.m.
367-8803

Papertown Motor Inn
 367-2261
 Deluxe Jacuzzi Rooms
 Licensed Family Dining Room
 Banquet Facilities
 VLTs, Beer Store
 Hot tub

Home of **NITE**
 Night Club
TWISTERS WATER PARK
 1 Mile East of Pine Falls, Hwy. 304 & 11

BIRCHWOOD MOTOR HOTEL
 - 16 Modern Units
 - Hot tubs
 - Dining Room
 - Beverage Room
 - Meeting Rooms
 - Fully Licensed

Traverse Bay
756-2596

OPEN YEAR ROUND

HAIR/SYLISTS

Streakers
 Hair Design

- Cutting & Styling
- Updos
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367-4417

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 Corner of PTH 11 and Church Street (beside Papineau Motors)

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- Blue Cross
- Veteran's Affairs
- Worker's Compensation

Phone 367-4858
 No referral required Please call for appointment