

NEWS:

LdB Musical Ride a Success

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Dion "Out in the Cold"

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The Canada Goose

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July 30, 2008
Volume 9, No. 09

The Winnipeg River

Echo

Pine Falls/Powerview, Sagkeeng, St. Georges, Great Falls, Beaches, Little Black River, Manigotagan and Bissett

RM Proceeding with Water Treatment Plant



RM press release

After receiving a report from consultants Roger Bouvier and Yves Sabourin, the council of the RM of Alexander has passed a resolution to proceed with the Regional Water Project in a three-year period starting in 2009 to facilitate additional sources of funding.

A local improvement district (LID) will be created to include all parcels of land

from Great Falls to St. Georges, and located on the river side of PTH 11 from St Georges to the Chevreffils district.

In order to make this project feasible, all buildable properties located within the district will contribute towards the capital costs of the project, which includes the water treatment plant and distribution lines. There will be no exceptions; every
Continued on page 3



Starting line of the Beaches Half Marathon

Perfect Weather, Rave Reviews For Beaches Half Marathon

By Charles Norman

It looks as if the Beaches Half Marathon organized by Natasha Smith will become a permanent feature of summer at the beaches.

In spite of a late spring and poor training weather 275 people showed up to compete in the half marathon and ten kilometre races. Runners came from all across Canada and some of the northern states of the US

- there was even one runner from as far away as England.

Eric Lairot from Ottawa said, "It was definitely the best race I have ever run. Great people, great course, great fun." Nicole Barrett from Campbell River said "it was a beautiful course - I finally saw some hills in Manitoba". Lori Anderson said "I loved the scenery and the volunteers were amazing."

The course is now recognised as a world class course and competing can qualify runners for the major races like the Boston Marathon. It is part of the Timex series where runners can build up points for competing in races across Canada. Timex awards prizes based on points earned.

It was 21 degrees and overcast at the start. Piper
Continued on page 8



Sunset at the Summer Winds Music Festival in Victoria Beach

Summer Winds Fest a Success

The 2nd annual Summer Winds Family Music Festival was a hit! With perfect weather, music & activities, over 800 festival go-ers contributed to the festival's

growing popularity. Saturday, July 26th, 2008 saw families, friends and community members of all ages fill the grounds of the Victoria Beach Sports Field.
Continued on page 2

sunova presents

lending lessons

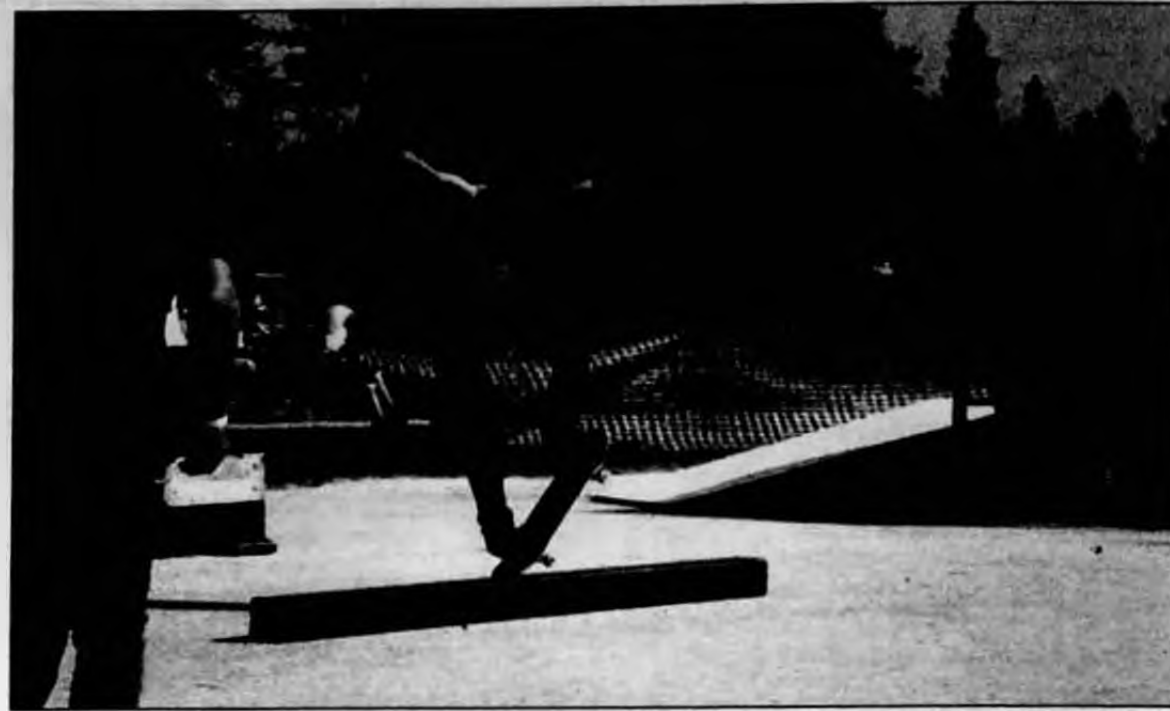
coming soon!

News

Volunteers are the Difference for VB Festival

Continued from page 1
 as a wide range of entertainers took to the stage in an all day, fun filled event to raise funds for the aging sports field and skate park, and future community centre. The festival continues to grow and evolve each year, this year the beer gardens were extended into the concert site while crafters and concessions also set up shop at the site. There was no doubt that the facilities were more inviting this year, as proceeds from last years festival have been put towards necessary upgrades at the sports field. Over the spring and summer, community members have volunteered their precious time to repair, repaint and revamp the place, job well done everyone!
 Thanks to the countless volunteers, organizers, and supporters the event once again was a huge success. A huge thank you goes to our

very talented local and not so local artists who graciously play at a discounted rate in support of the cause. We are not only blessed to have so much talent and expertise in the area, but also to have so many that give back, so selflessly. From the stars on stage, to the builders who constructed it, to the people behind the bar and the grills, to the face painters and SK8 entertainers, to the people who parked the cars, and the ones that coordinated it all - we could not have done it without you!!
Special thanks to this year's festival sponsors:
 Clifton Trainor Construction, DMD Electric, Rural Municipality of Alexander, Rural Municipality of Victoria Beach, South Beach Casino, The Cottager, The Winnipeg River Echo, Traverse Bay Corner, Walter Chomichuk



Skateboard demonstration



Dust Rhinos

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News



LdB Musical Ride a Success

A total of 2900 people of all ages were in attendance for the RCMP Musical Ride that on July 23 at Pine Rock Stables! In the afternoon the crowd enjoyed music from Paul McIntosh and his band, a dog show by Steve Diamond and the Diamond Disk Dogs, Aboriginal dancing by John Hayden, Cristina Caribou, Buffy Handel and her 8-year old daughter Rain, and a horse presentation by the youth riders of Pine Rock Stables. The Asham Stompers awed the large

crowd with a 45 minute pre-show where 10 adult dancers and a few young dancers performed high energy Metis clog dancing. The grand finale was the 30 minute presentation of the RCMP Musical Ride. A deep feeling of Canadian pride spread through the crowd as the 32 horses with their riders were led to the show site by their leader. John Usackis was on hand as the Guest of Honor to grant permission for the show to begin. The crowd enjoyed a wide variety of cavalry drills and forma-

tions performed by horses and riders including the popular carousel and the charge. Kristep McLean ended the show with the singing of O'Canada. The horses and riders took pictures and met with the crowd before exiting the show site. An event of this magnitude can only be successful with the support and effort of numerous people and organizations. A most sincere thanks to all our financial supporters, volunteers, organizers, entertainers and vendors.

Opt-out Clause Removed to Meet Municipal Board Objections

Continued from page 1
 buildable property will be required to contribute to the capital costs. All capital costs will be levied on a per-parcel basis. Potential taxpayers will have an opportunity to pre-pay these costs or to pay over a 20-year period. Final costs are not available at this time but additional information will be made available to all potential taxpayers at upcoming informational meetings. A copy of the consultants report is available at the municipal office for review. Additional information on the project will be released as made available

by the consultants. Anyone requiring additional information at this time may contact the consultants through the municipal office. The original proposal allowed some taxpayers within the proposed LID to opt out of the scheme. Because this led to unknown costs to taxpayers the Municipal Board denied the RM's application to proceed. The new proposal has been developed to meet Municipal Board objections. The Echo will be attempting to determine the effects of these changes on individual taxpayers and will be covering the subject in more detail in future issues of the paper

4P Festival Parade

Parade

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Comment



2008.07.29 16:00

The current low sunspot activity could cool things down on the planet.

Out in the Cold Time is Running out for Dion

By Charles Norman
According to Professor Tim Ball, the controversy over global warming is close to reaching a "Tipping Point" where the weight of scientists claiming the sun, and not people, is responsible for changes in the weather) will overcome those who claim the recent warming trend was man-made. These people have managed to lever huge amounts of money out of the public directly and indirectly via government funding of "save the world" schemes. Ball, who was the first climatologist in Canada to be awarded a PhD, says the world is going into a cooling period that could have easily been forecast from a knowledge of several hundred years of sunspot records. Sunspots produce increased radiation from the sun. When sunspot numbers are high there is increased radiation

from the sun and warmer temperatures on earth. The sunspot cycle is so regular that economists have noticed that the business cycle has a tendency to follow the 11-year sunspot cycle. Crops are better and the world more prosperous during periods of high sunspot activity. The problem is that the cycle is not absolutely constant. In the middle ages there was a warm period when the earth's surface was considerably warmer than it is now, and there was a cooler period, called the mini ice-age about 350 years ago when sunspot activity dropped to close to zero. We are now in the low part of the sunspot cycle, but solar activity is much lower than it ought to be and for the last few months there have been no sunspots at all. It is not a coincidence that we had the coldest winter in decades, and a very late

spring. It is not a coincidence that the daytime temperature has barely scraped 30 degrees. When people become aware that the world is getting colder, not warmer, and that the man caused global warming scam is, in fact, a scam, they are not likely to continue to take climate alarmists very seriously. This puts Dion in a difficult position. Polls indicate that the Liberals are neck and neck with the Tories. Because of the way the vote in Quebec is split, this indicates another Tory minority government. If Dion precipitates an election - and loses - he won't get another chance. His Party will dump him before he knows what has happened. On the other hand, if he waits for the cooling trend to make itself obvious his carbon tax is likely to get short shrift from the voters.

A Faith Perspective:



By Pastor Jake Doell

Give Up to Go Up!



Lee Iacocca in his days prior to taking over Chrysler.

Sacrifice is not a popular word in our modern vocabulary. It is a word that carries with it the idea of - "no pain, no gain." Many of you will remember Lee Iacocca who nearly 30 years ago demonstrated this concept to us through his own personal sacrifice. Chrysler's share of the automobile market had dropped to 8% and the company was headed for bankruptcy. Iacocca described the company as "having been run like a small grocery store, despite its size." Morale was very low and the products only reflected the overall state of the company. Being the president of the company Iacocca set an example for the rest of the company by reducing his salary to \$1 per year. He requested all the top executives to take a 10% salary cut. He asked for concessions from the unions and the banks that were involved with the company. In five years the company had turned around its abysmal

performance. It had turned a profit of just under a billion dollars and doubled its share of the market as well as pay off all its outstanding loans. What helped make all of this possible? Simply said, "The law of sacrifice - you have to give up to go up" - John Maxwell. Through out history those who were willing to make the big sacrifice were also the ones that were most likely to succeed. The Bible teaches us about sacrifice. David sacrificed his own safety to defeat Goliath. Nehemiah left his "cushy" job in the palace in Persia to go and rebuild the broken down walls of Jerusalem. God sent and sacrificed his own Son Jesus to die on a cruel cross so that you and I could have true freedom by believing in Him. What are you willing to give up helping your community to succeed; your job and your marriage to succeed? Remember the more you are willing to sacrifice the greater will be your joy in your success. You can do it and it's worth it.

Comment



On Parliament Hill
Your Voice in Ottawa, Vic Toews, MP Provencher

A Stronger Approach to Youth Crime

In 2003, the former Liberal government passed the Youth Criminal Justice Act (YCJA). It was intended as a replacement for the deeply flawed Young Offenders Act that enraged Canadians with its lax approach to young people who committed crimes and caused problems in their communities. Unfortunately, but perhaps not surprisingly, the Liberals missed a golden

opportunity in the YCJA to come up with a strong, concerted approach to hold young offenders accountable for their actions. One of the areas where the YCJA has been in its sentencing provisions. Specifically, it did not include the principles of denunciation and deterrence in the sentencing principles - the concepts that allow the courts to tell young offenders

that society does not accept their actions, and lets them send a signal to other youth that they will have serious consequences to face if they go down the same path. As a result, today our youth justice system is littered with examples of young criminals recycled in and out of courtrooms, re-offending and making their communities more dangerous, yet never facing any real consequences for their actions. The Conservative government knows that Canadians are demanding better, and deserve better. We're moving forward with some bold changes to the YCJA that will result in youth criminals being held accountable for their actions. Last fall, we put forward legislation that would add denunciation and deterrence into the YCJA's sentencing principles. This will be a particularly important change when it comes to

dealing with repeat or violent young offenders. Without it, the leeway would still exist for young offenders to continue receiving relatively lenient sentences, only to re-offend soon afterwards. In addition to changes to the sentencing principles, we are making changes that will give courts more flexibility in detaining youth before they reach the trial phase, especially in cases where releasing them could pose further risk to the community. It's no coincidence that provincial governments of all political stripes have been calling for changes like this for years. They are hearing the same calls for stronger measures from the people they represent that the Conservative government has been hearing. That's why I fail to understand why the federal opposition parties - in particular the Liberals and the NDP - seem so resistant to making the com-

mon-sense changes to the YCJA that are required to keep our communities safe. This fall, I hope they will begin to appreciate the importance of holding young offenders to account and support these changes. As Prime Minister Stephen Harper said recently, "We must send a message - and we will - that we hold young lawbreakers responsible for their behaviour. That is what we intend to do this coming session." I look forward to making these stronger youth justice laws a reality. Please feel free to contact my office if you have any concerns or issues you would like to discuss. You may contact me toll free at 1-866-333-1933 or at 204-326-9889 or in Lac du Bonnet at 204-345-9762. You may write me at 203-323 Main Street, Steinbach, MB R5G 1Z2, by fax at 204-346-9874 or by e-mail at toewsv1@mtns.net.

What's on the horizon? Protect yourself from severe weather.

Severe weather conditions often occur during Manitoba summers. Thunder, lightning, hail and even tornadoes can develop quickly and have the potential to be extremely dangerous.

That's why it's important for you to understand the risks created by severe summer weather and how you can protect yourself - weather or not.

Look for the signs
Hot and/or muggy days and warm nights indicate thunderstorms may be forming - so be prepared. Keep your eyes on the sky and watch for the possible development of storms.

Listen for the warnings
Environment Canada monitors the weather and issues severe weather warnings. Check your local television or radio station regularly during the summer to see if any severe weather is expected in your area. Purchasing a Weatheradio receiver would also give you 24-hour-a-day access to Environment Canada's weather watches and warnings.

Take shelter
When severe weather threatens, find shelter immediately. Do not follow storms in your car or attempt to take photographs. If you're indoors, take shelter in the basement. If there is no basement, find shelter in a small interior ground floor room away from windows. If you are in an office or apartment building, take shelter in an inner hallway or room, preferably in the basement. If you are caught outdoors, lie flat in a ditch or other low-lying area and cover your head.

Be prepared
Storms often strike quickly so it's important that you have a plan in place before severe weather hits. Prepare a "72 Hour" emergency kit - Your kit should include food, clothing, blankets, medication, bottled water and first aid and tool kits, as well as flashlights and a battery-powered radio - with extra batteries for both. You should have enough supplies in your kit to last 72 hours.

Reduce the hazards on your property - Trim rotting or dead branches and cut down dead trees on your property. You should also check the drainage around your house to reduce the possibility of basement flooding. Secure everything that might be blown around or torn loose. Flying objects such as garbage cans and lawn furniture can injure people.

Find out more
Learn more about how you can protect yourself from the dangers of severe summer weather at manitoba.ca

Manitoba

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Powerview RCMP Press Report

News July 14th to July 20th, 2008

ADVISORY:

The public is reminded not give out any personal information to phone solicitors, fund raisers etc. If you feel this is not a legitimate company or association please call Phone Busters at 1-888-495-8501. This also applies to mail scams and/ or email fraud.

A SHARP EYE!

Earlier in the week POWERVIEW RCMP received a copy of a Canada Wide Warrant on a female for a Parole Violation. Fellow Officer Cst. Simon HRIECH located the woman walking down the street in the area, confirmed identification and took the woman into custody. Edmonton Parole offices were advised accordingly and the female was returned to the Correctional Institute.

2008/07/21

POWERVIEW - Police assisted a female when an ex spouse continued to harass her. The woman fled to a neighbors and then police escorted her to her residence. The man was not located, and no charges were laid but a male is being sought by police to issue a warning accordingly.

- a protection order was issued by Selkirk court office after a verbal argument escalated between a male and a female youth. The complainant declined further charges in the incident.

MANIGOTAGAN - a window of a residence was vandalized with a pellet gun, culprits also damaged a door and frame in a separate incident. No suspects were seen in the area at this time. The incidents were documented accordingly.

- complaints of a danger-

ous driver on highway 304 north resulted in police attending this location after a witness advised the vehicle was now resting in a ditch. The older model red Nissan was not located by police after several searches of the area. No further call backs were received by police.

PINE FALLS - culprits again struck the pool area damaging a shroud sometime over the weekend.

- a vehicle was vandalized while parked in business lot. The owner was out of town at the time but was notified that police towed the vehicle to prevent more damage from occurring.

HILLSIDE BEACH - a complaint of theft resulted in a satellite dish being stolen off a residence.

BELAIR FOREST - police recovered a burnt chevy cavalier at a gravel pit in the area.

RM ALEXANDER - a matter of unattended youth at a residence was referred to child and family services for follow up by police.

- Police received a report of a vacant house again being vandalized with extensive damage.

2008/07/22

BLACK RIVER - a complaint of assault proved to be unfounded and a female was given a ride to a relatives to avoid a further breach of peace.

PINE FALLS - 2 shoplifting incidents at business's were reported to police. The culprits were caught on camera however. Investigation continues.

POWERVIEW - police attended a residence where a female was in breach of a court order by attending the home. Upon arrival police found the place locked up

and no sign of anyone about. No further action was necessary and no further call backs were received.

FORT ALEXANDER - a search for a missing emotionally disturbed female resulted in the woman being finally located by a family member and taken to local hospital for treatment.

2008/07/23

FORT ALEXANDER - an unknown male was located by police hiding in some bushes outside a residence. The man had been stabbed in an earlier altercation and was taken to local hospital for treatment. Investigation continues.

- While dealing with another matter police charged 1 male for breaching 2 court orders. He was released on a promise to appear in Powerview Court at a later date.

PINE FALLS - an incident of shoplifting at a local business was reported to police. The culprit was caught on video surveillance. Investigation continues.

2008/07/24

POWERVIEW - mischief around the area included a break in to a shed, garage and vandalism to a vacant building/office. Culprits stole several small items from the garage and broke windows on the building. Police have no suspects at this time.

BLACK RIVER - a complaint of 2 males assaulting each other resulted in police apprehending both men. One man was released when sober the other charged with breach of a recognizance and released with a promise to appear in Powerview court in September.

RM ALEXANDER - Police attended a complaint of shots being fired which was actually a series of fire works being set off in the area. No further complaints were received.

2008/07/25

RM ALEXANDER - a complaint of a vehicle leaving the scene of a fight in the parking lot of a local business resulted in police apprehending a vehicle on highway 11. The male passenger continued to be uncooperative with police and an altercation ensued with officers.

The man was finally taken into custody and charged accordingly. A small quantity of cocaine, crack cocaine and cash was also seized in the incident. Investigation continues.

- investigation continues into vandalism at a local business.

BLACK RIVER - police continue to investigate a complaint of assault and taking of an auto with out consent of the owner.

PINE FALLS - a break in to a shed resulted in a 5 gallon can of gasoline being stolen.

HOLLOW WATER - a break, enter and theft at a residence resulted in a small amount of cash, DVD's, a ghetto blaster and a cd player being stolen.

POWERVIEW - police patrolled highway 11 after complaints of a male lying in the roadway obstructing traffic and in fear for his safety.

The subject was not found by police after several searches of the ditch and roadway and no further complaints were made.

- police again attended a residence on Dupont street where a female required assistance with a ex spouse. The man was apprehended, taken into custody and transported to Provincial Remand Center in Winnipeg, facing several charges which include mischief, breach of a recognizance and assault cause bodily harm.

2008/07/26

FORT ALEXANDER - a complaint of assault with weapons dispatched officers to a residence on the north shore. Further investigation found a consensual fight escalated between 3 people. One was taken to local hospital for treatment for lacerations to the head. All 3 parties declined to lay charges on each other.

- investigation continues into an altercation where a vehicle was damaged and a female was assaulted.

PINE FALLS - investigation continues into a assault and robbery of a male.

- A suspect attempted to attack a male with knife and then attempted to run him over with a vehicle. Police are continuing to investigate the incident.

BLACK RIVER - police

were called out to a domestic dispute and upon arrival found that a verbal argument had gotten out of control. The situation was stabilized, no assault transpired and no further action by police was required.

RM ALEXANDER - a missing youth was returned to his guardian after being located at a friend's house. The youth had not been seen in several hours and needed to have his prescription for a medical condition.

2008/07/27

POWERVIEW - investigation continues into a mischief where a vehicle was damaged with rocks. The suspect had an altercation earlier in the evening with different persons and then proceeded to damage a vehicle.

RM ALEXANDER - a complaint was made of a male who kicked in the door of a residence, told the owner he was at the wrong house and then fled the scene. Investigation continues.

FORT ALEXANDER - a 2005 Jeep Cherokee was stolen from a residence. The vehicle has not been recovered at this time.

MANIGOTAGAN - 3 males have been charged and remanded into custody in connection with the following: mischief to a vehicle, break, enter, mischief and theft to 3 properties and break, enter, mischief and theft at a local church. The investigation continues.

SUMMARY: Police also followed up on 2 false alarms actioned 7 requests for assistance to other police services/service of legal documents, issued 2 tickets under the highway traffic/liquor acts, charged 2 person(s) for impaired driving/refusal of breath test, lodged 4 persons under the intoxicated persons detention act, attended 2 noise complaints, processed 7 traffic accident reports and transported 2 persons 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.

Community

Is this Familial?

"Mom, I'm bored..."

Wings of Power News

There is no need to hear that line anymore.

There are plenty of things going on for kids in the community this summer.

Wings of Power is offering activities for toddlers and preschoolers on Wednesday mornings from 9:30 to 11. Wiggle, Giggle and Munch is a free program offered in our community thanks to Bright Beginnings and Healthy Child Manitoba. The mornings offers rhymes, songs, movement and dance, crafts, a snack and lots of fun for children and parents alike. This week and next we will be meeting at the Village Green, weather permitting. Our backup location will remain the basement at Wings of Power.

Tuesday and Thursday afternoons, children 3-10 are invited to come with their parents to Wings of Power for "Fun with Josh and Jesse."

Joshua Laforte and Jesse Johnston are our summer students for this year and they have planned many afternoons of games and relays, crafts and other fun activities. They are very enthusiastic about the program they have developed and look forward to promoting the fun and importance of learning and physical activity. The fun starts at 1:30 and goes until approximately 3

p.m. Please come prepared, bring shoes you can run around in, and have sunblock and bug spray on because they will be going outside weather permitting.

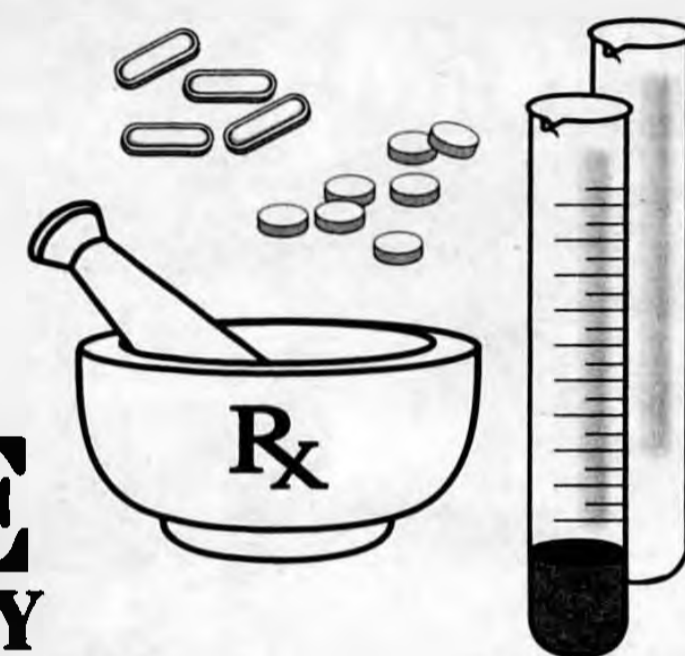
Families are always invited to drop-in weekdays from 10-12 or 1-4 to shop in the Nothing More Than a Quarter Store, use the computers in the CAP site, enjoy coffee, juice, snacks, play in the play area and or read or take out a book from our lending library.

For ideas about other things you can do in our community or the surrounding areas call Lori at the Rec office @ 367-9142. Most days there are several activities you can pick from, so take please take advantage of the wonderful opportunities offered in our community and make this a safe and fun summer your family will remember for a long time to come!



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PROTECT YOURSELF - PROTECT OUR WILDLIFE

Be Bear Smart

If you live, work or vacation in our province's great outdoors, you should know how to stay safe if you encounter a black bear.

Bears are Preparing for Hibernation

Manitoba's black bears are eating more as they prepare for hibernation. As they forage for natural foods such as maturing fruit and acorns, you might see more bears in the woods or near your home, cottage or campsite. Bears are attracted by the smell of food and their keen sense of smell often leads them into direct contact with people.

Follow these tips to help keep bears away:

- Never feed or approach a bear.
- Store all food in a secured container, structure or vehicle.
- Remove all birdfeeders from your property. Feed birds during the winter months only.
- If you have fruit trees, remove all ripened or fallen fruit early in the morning and before dusk to discourage scavenging bears.
- Double-bag garbage and place it in bear-resistant containers, or in a secured building.
- Don't burn your garbage. Bears may be attracted to the remains.
- Avoid composting food items, especially meat scraps, grease or oil.

- If you're out picking fruit or berries, remember - bears are attracted to these foods as well. Remain vigilant.
- When you're in bear country, be aware that bears are around, even if no recent problems or sightings have occurred.

For more information on what to do when you encounter a bear, please visit manitoba.ca/blackbear or call 1-800-214-6497 to order a copy of the BearSmart booklet or contact your local Manitoba Conservation office.

Communities or cottage associations wanting to host a FREE BearSmart workshop can call 204-945-7775.

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AUGUST 26th

Community

Local Wins Beaches Half Marathon

Stuart McPherson (and Victoria Beach Police Chief), sent the runners on their way with a rousing Scottish march as they streamed downhill from Charlie Wall Park towards Lakeshore road. In spite of the competi-

tion from across Canada and the United States it was a local runner, David Juvonen, from Grand Marais with a time of 1:18:36, finished nearly five minutes ahead of



David Juvonen, from Grand Marais finished first with a time of 1:18:36



Winner of the women's Half Marathon, and seventh overall, was Winnipegger Jackie Gee at 1:35:13

3 IN 15 CHANCES OF WINNING GREAT PRIZES JUST FOR RECYCLING

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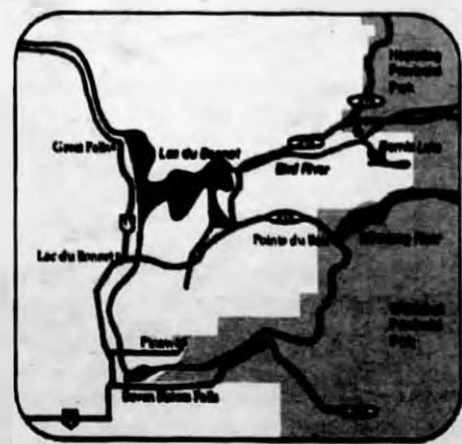
RECYCLE Used Oil Filters Containers

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Recycling stations at all Home Hardware stores. One entry per person. For more info call the National Recycling Hotline at 1-800-451-3039 or visit us online at www.recycling.com. One entry per person per year. Void where prohibited. All entries for that period.



Invites you to attend an **Open House** for information regarding the **Maskwa Nickel Project**



Mustang Minerals Corp. is undertaking an environmental assessment of the proposed Maskwa Nickel Project. This project would involve re-opening the Maskwa open pit mine located in Ripimong Park and processing the ore at a site south of the park.

Mustang and its environmental consultant team from Wardrop Engineering Inc. will be available at the open houses to provide information about the proposed project and obtain feedback.

Saturday, August 16, 2008
Bird River Fire Department
Hay 316
11 am - 4 pm

Monday, August 18, 2008
Lac du Bonnet Community Centre
25 McArthur Avenue
2 - 6 pm & 7 - 9 pm

* For more information please contact the Mustang Minerals office in Phoenix at (204) 763-8414.

second place Aldo Furlan of Winnipeg with a time of 1:23:19. Christopher Holmes of Winnipeg came in third at 1:25:04.

Winner of the women's Half Marathon, and seventh overall, was Winnipegger Jackie Gee at 1:35:13, second was Audrey Goertzen also from Winnipeg with a time of 1:37:03. Third, another Winnipeg runner was Lenore Johnstone at 1:41:16. In the middle of the pack, Kim and Jack Bonekamp from Pine Falls finished with a respectable time of 2:16:26.

Results for the 10KM races were: Men, Jason Redpath from Lockport at 35:41; Sam Zhou from Winnipeg at 37:05 and Harley Boles also of Winnipeg at 39:07.

The Women's 10 KM race winners were: Mary Stewart, from Winnipeg at 43:38, Nicole Barrett from Campbell River at 44:41, and Rebecca Tardiff of Winnipeg with a time of 48:05.

04 MAZDA 6 GT \$14990 \$124 B/W	07 CAMRY LE \$19990 \$165 B/W	00 VW BEETLE \$9995 \$84 B/W	05 OUTLANDER \$14990 \$124 B/W	05 MAZDA 3 GT \$16,990 \$140 B/W
04 ACCORD V6 \$15500 \$128 B/W	04 MAZDA 6 \$14700 \$122 B/W	04 MAZDA 6 GT \$13990 \$116 B/W	04 GR CHER LTD \$17990 \$148 B/W	03 TIBURON SE \$11990 \$99 B/W
03 MUSTANG SPT \$12990 \$107 B/W	07 MAGNUM SXT \$17990 \$148 B/W	07 CALIBER SE \$13990 \$116 B/W	07 PT CRUISER \$14990 \$124 B/W	03 TIBURON GT \$11990 \$99 B/W
06 SEBRING CON \$17990 \$148 B/W	07 300 TOURING \$19990 \$165 B/W	07 SEBRING TOUR \$17990 \$148 B/W	05 GR CARAVAN \$14990 \$124 B/W	03 NEON SX 2.0 \$8,990 \$76 B/W
04 RAM QUAD 4X4 \$17990 \$148 B/W	05 RAM SLT QUAD \$19990 \$165 B/W	04 RAM QUAD 4X4 \$15990 \$133 B/W	03 DURANGO RT \$12990 \$107 B/W	00 EXPLORER \$7990 \$68 B/W
03 SONOMA SLS \$10990 \$92 B/W	05 LIBERTY AWD \$14990 \$125 B/W	98 GR CHER LAR \$10990 \$92 B/W	06 DAKOTA CLUB \$16990 \$140 B/W	03 GR CARAVAN \$10990 \$92 B/W

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Features

Cougars, Wolves and Wolverines

A natural history of the East Beaches and Winnipeg River



The Canada Goose

By Charles Norman

The giant, or greater Canada Goose, Canada's largest bird, (it can weigh up to fifty percent more than the bald eagle), was thought to be extinct only fifty years ago. It was one of more than a dozen subspecies of the Canada goose, at least two of them are now extinct.

Until a few years ago there were thought to be eleven subspecies of the Canada Goose still in existence, ranging in size from 2.5 to 25 lbs, (1.1 to 11 kg), however, in 2004 four of

these were formally declared to be a separate species, they were named the cackling goose because their higher pitched honks sound more like a cackle than the honking we are mostly familiar with. The four cackling goose subspecies are smaller than the seven subspecies of the Canada goose.

Three of the Canada goose subspecies migrate through Manitoba, the lesser, the interior and the giant Canada goose. The giant Canada goose is now the most common on the Manitoba flyway, but the destruction of wetlands and over-harvesting had reduced numbers so low that it was thought to be extinct fifty years ago. Then a few populations were discovered in the early 1960s. Since then

conservation - especially conservation of wetlands has resulted in a huge growth in population. They mix well with people, even in heavily populated areas. They are common in parts of Winnipeg for example, and many breed in Grand Beach provincial park

The lesser Canada Goose nests in the Northwest Territories, northern BC, northern Alberta and north-west Manitoba. The interior nests around the southern shores of Hudson Bay, and the giant, or greater Canada Goose nests in northern states of the US and in the southern prairie provinces. It weighs in at anything between 6 to 11 kilograms (14 to 25 lbs), with a wing span of up to two metres, (more than six feet).

The Canada goose mates for life, but will find another mate if one of them dies. The female lays between four and ten cream coloured eggs a little under four inches long in nests close to water with a clear view so that the female can see approaching predators. Coyotes, foxes, turtles and larger predatory birds have to be watched for.

Nests are made out of reeds grass, leaves, twigs, bark, and moss. Down from the female's body is used to cover the eggs to keep them warm while the female is away from the nest. During incubation the female leaves the nest only briefly to feed, drink and bathe. While she is away the male, always fairly close by and watchful, returns to guard the nest.

The gosling hatch after 25

to 28 days of incubation using an egg tooth to break through the shell. They form a strong family unit and stay together for the first year. They breed at two or three years old, returning to the same area that they hatched.

They feed on land. Mostly grass in spring and summer, but they also eat a wide variety of leaves, stems, roots seeds and berries. In the fall when grain is plentiful they feed twice a day, but at other times of the year may feed for up to twelve hours per day. In any flock of feeding geese there are always a few sentries, with heads up, alert for any potential threats. At the approach of danger they take off with loud honking warning the rest of the flock which immediately follows suit.

Health and Wellness

Health Corner

Please forward health related questions to: Health Corner, Box 1030, Lac du Bonnet District Health Centre, phone: 345-8647, or Email corvis@neha.mb.ca. For more health information, Please, visit the NEHA website: www.neha.mb.ca

NEHA Ask your Primary Health Care Provider

Community Health Assessment 2008-2009

Submitted By: Kelly-Lynn Bekar

The North Eastman Health Association Inc. is excited to announce that our third Community Health Assessment (CHA) is underway. What is a CHA, why is the CHA process necessary, and how is the information for it collected?

This article is the first in a series of 3 articles that will begin to answer these questions, starting with

WHAT IS A COMMUNITY HEALTH ASSESSMENT?

Words such as ...mandated... multi-stepped process... identify health status... direct decision making... improve quality of life are all words that you may hear used when talking about the CHA process. The CHA is a process mandated by Manitoba Health and each of the 12 RHAs in Manitoba is required to complete a CHA every five years. Upon completion of the assessment process, Manitoba Health also requires that a summary of the CHA findings be submitted in the form of a Community Assessment document.

So what exactly is a Community Health Assessment? In technical terms there exists many definitions of what a CHA is, but in simple terms the CHA is exactly what it says it is - an assessment of the health of the community. An 18 month long multi-stepped process, the CHA provides an understanding of the overall health status of people in the region and provides direction for accountable and responsive future health planning. It provides the basis for discussion and action in addressing local health needs. By using the CHA to determine health needs and priorities it also assists in providing the information/rationale to acquire resources to plan and implement programs that are designed specifically to meet

the unique needs of individual communities. The ultimate goal of the CHA is in providing information that can be used to improve the health status and quality of life of community residents.

To learn more about why

the CHA is done, past successes, and how the process occurs, stay tuned for more articles that will address these topics in more detail. Until then the staff of NEHA wish you health and happiness.

Want to Start Your Own Business!

Self-Employment Program

- You are presently receiving employment insurance (E.I.) benefits
- You have received E.I. benefits in the last 36 months
- You have received maternity or parental benefits in the last 60 months

If you are unemployed, and if any of these situations apply to you and you have a viable business idea, please call us for information

Self-Employment Program Call for more information! 345-8691

Delivered by Community Futures Winnipeg River Community Futures Winnipeg River
Funding Provided by:
The Government of Canada Employment Insurance Account
The Province of Manitoba

East Beaches Fun Run

The third annual 5k Run or Walk along the fabulous eastern shore of Lake Winnipeg in support of the East Beaches Recreation and Wellness Centre will take place this season on Saturday, August 9, 2008.

This year Hillside Beach has been selected as the location where the fun run / walk will take place. The start / finish line will once again be located at Charlie Wall Park with the run itself following a route in the Hillside area. The event is open to all runners or walkers, with prizes in nine categories, from the ages of 13 and under to 80-89. There will also be prizes in both Adult and Children categories for the person with the most pledges as well as a poker derby for those who wish to participate in.

Same day event registration will take place starting at 8:30AM, with the actual event starting at 9:00AM for those walking and the runners taking off at 9:30AM. The cost for this event is \$20.00 for adults and \$15.00 for persons 17 years of age

and under. This fun run / walk event is accredited by the Manitoba Runners Association.

For more information regarding the East Beaches Fun Run / Walk, contact Race Director, Gloria Fillion at (204)791-8616 or email at luckyknows@hotmail.com. To pre-register or to see the site map, visit the Manitoba Runners' Association website: www.mraweb.ca

Bring your kids, your family, even your pet (leashed). Walk or run with your neighbours, get out and participate and have some fun.





4P Festival Jamboree

Looking for Home Grown Talent



- The jamboree will be held under the Big Tent Powerview School grounds a sound system will be provided.
- The music will start at 5pm along with the Chamber of Commerce Fish Fry.
- Spots are filling fast. This is your opportunity to show your community what you can do.

Anyone who is interested in performing at the Jamboree, please contact us at 4P Offices: 367-9970 to pre-register.

The 4P Festival invites you to join in on the celebrations!

Friday, August 29
Labour Day Weekend
4P Festival
Powerview School Grounds
5:00pm to 12:00am

4P MARKET SQUARE

Vendors

Arts, Crafts, pottery, woodwork, photo's, jewelry,

Don't be disappointed book your space
Call Caitlin at 367-9970 or caty77@hotmail.com

Saturday & Sunday
Powerview Arena
August 30th & 31st



Recreation Updates

For Powerview/Pine Falls, St. Georges & R.M. of Alexander

Can you believe that we have already reached the end of July and summer weather has just started? One good thing about this year is my flowers are looking decent because they are getting watered on a regular basis from the rain. You can always find the positive in everything I say!

Hollywood Physical Arts Training Camp starts August 5th at the Pine Falls School. Looking for a few more kids to sign up so give me a call to register. There was a mistake on the Pineview Rec Summer Program for August. On August 16 we are planning a Teen Pool Party not a Teen Dance - weather permitting of course. Look for posters going up soon. Picnic in the Park scheduled for August 15 is going to be amazing this year. We have live entertainments, games for kids & adults, face painting, balloons, a reading tent, car town plus loads of information from the Heart & Stroke Foundation. Smoking Cessation, Red Cross, Healthy Smile - Happy Child and Manitoba Conservation are bringing Smokey the Bear. Also to help promote health & wellness you can Walk a Mile (3 laps around the park) with prizes for participants. The day starts at Noon till 4:00 and a BBQ with Chicken & Hamburgers will be going all day.

For those of you with children ages 1 - 5 there is a great program every Wednesday from 9:30 - 11:00 am at Wing of Power. R-Time Play Time is a playgroup for children and parents to enjoy crafting, music & rhymes movement and healthy snacks. Call Michelle or Ginette 367-9641 for more info.

I am looking for some volunteers to help out with the relays & races and BBQ for Picnic in the Park. Anyone interested in helping out give me a call.

Don't forget that softball for ages 5 - 8 is every Tuesday morning from 9:00 am - 11:00 am and Thursday mornings 10:00 am - Noon for ages 9 - 14.

Oh by the way the Victoria Beach Summer Winds Festival was awesome!!

Lori Vialoux

367-9142 Pineview Rec Director

CHILDREN & Teens
Teen Pool Party
Saturday August 16th
Ages 13 - 17
8pm - Midnight
Members \$3.00 /Non Members \$5.00
Music, BBQ, Pool Games, Dancing

Summer Day Programs
Pine Falls & Powerview Schools
July & August
August 13 - Boys Only Day
10:00 AM - 4:00 PM
August 15 - Picnic in the Park
12:00 - 4:00
August 18 - Beach Fun Day at St. Georges Beach 1:00 - 5:00 PM
August 20 - Girls Only Day
10:00 AM - 4:00 PM
The calendar of events is available at the Pine Falls Pool. Cost for special day programs: \$5.00 per day, 3/\$10.00 or all for \$25.00. For more info contact Lori @ Pineview Rec Office 367-9142

Kids Golf Lessons
Pine Falls Golf Course
Every Wednesday 6:30 - 7:30
Shak (Glenn Hibbert) will be offering free lessons to kids of all ages. Contact the golf course 367-8463.

Mom & Tot Music Program
Pine Falls School
Thursdays July 17th - August 21st
6 week session \$90.00
1 to 3 years old - 10:00 to 11:00 am
4 & 5 year old - 11:00 am to Noon
A variety of music activities guided by Grace Dansereau a long time music educator for children. The program will include a variety of small instruments, movement, ball play and lots of singing.

Softball
► Level 1: Ages 5 & 6
► Level 2: Ages 7 & 8
Every Tuesday morning 9:00 AM-11:00 PM
Pine Falls School
Cost \$10.00 per child
Bring your own glove, hat & water

The Parmalat Learn to Play Program is designed to be a young person's introduction to the sport of softball. The emphasis is on Fun, Action and a Positive Atmosphere with a gradual introduction to non-stressful competition. To register contact Lori at Pineview Rec Office 367-9142

► Mixed Softball for ages 9 - 14
Every Thursday morning 10:00 AM - Noon
Pine Falls School
Cost \$10.00 per child
Bring your own glove, hat & water

Pineview Recreation Commission - Lori Vialoux, Rec. Director

Box 281 Powerview, MB. R0E 1P0 - 3 Walnut Street, Pine Falls
Ph: 204-367-9142 Fax: 204-367-8605 E-Mail: prarec2003@yahoo.ca

To register contact Lori at Pineview Rec Office 367-9142

Physical Arts Training Camp (PHat Camp)
► Pine Falls School
August 5, 6, 7 & 8, 2008
\$100.00/week or \$35.00/Day
Contact Pineview Rec Office for registration forms 367-9142.
Hop N Bop (ages 3-5) Daily
10:00 am - 10:45 am
\$40.00/week

Swimming Lessons
Pine Falls Pool
Next Session August 5-15
Duck Program (ages 6 - 15 months)
Level 1 - 10
Bronze Star (after completion of Level 10)
Bronze Medallion (ages 13+)
Bronze Cross (after completion of Bronze Medallion)
NLS Award Program (Life Guarding)
Spaces still available.
Contact Rec Office for programs & fees 367-9142

Junior Kindergarten
Wings of Power
September 2008 - June 2009
Registration is now available for children born in 2004. Cost is \$25.00 for supplies and there are no monthly fees. Space is limited to 10 children. Phone 367-9641

ADULT

Golf
► Ladies Golf Lessons
Grand Pines Golf Course
Every Wednesday in June & July @ 5:30 PM
\$10.00 Each Session
Lessons include: Instruction by CPGA Golf Pro Tome Betz. Golf clubs will be provided if needed.

► Ladies Open Tournament
Pine Falls Golf Course
Sunday July 13th
Shotgun at 10:00 am
Entry Fee \$35/Members \$40/Non Members
For registration contact Susan Lazaruk 367-2681 or Debbie Robson 367-2892

► Men's Night
Grand Pines Golf Course
Thursdays @ 2:00 PM
\$7.00 Entry Fee
Front nine scores count towards weekly event.
Prizes.
Book your time with golf shop 756-2345.

► Grand Pines Men's Club
Grand Pine Golf Course
\$50.00
Various events throughout the year will be posted in the golf shop. Be the next Club Champ!

► Junior & Family Golf Night
Grand Pine Golf Course
Every evening @ 8:00 PM
Excluding some tournament dates

Free For ages 16 & under
9 Holes
\$10.00 for adults playing with juniors
Juniors 12 years and under must be accompanied by an adult. Tee times will be on a walk on basis - tee times will not be reserved. Golf club with bags & balls will be provided subject to availability for Juniors. For more info contact 756-2345.

► East Beaches Wellness Center Fun Golf Night
Grand Pines Golf Course
Every Tuesday
Best Ball Scramble with Tee Off 6:00 PM
\$20.00 per person plus prizes
For more info contact Monty 754-3322

► Ladies & Couples Golf Night
Grand Pines Golf Course
Every night all year long!
6:00 PM
\$10.00 per person

Quilting
Seniors Scene, Victoria Beach
Every Thursday at 1:00 PM
Have an unfinished quilt at home or interested in learning how it's done - head over to the Seniors Scene and spend the afternoon with some delightful ladies. For more info contact Marlene 756-2752.

SENIORS
Dinner Dances
Senior Scene, Victoria Beach
August 16, September 20 & October 18
Phone 756-6468
www.seniorssceneinc.com

Line Dancing
Senior Scene, Victoria Beach
Every Tuesday @ 10:00 AM
Drop In Fee Members \$2.00
Non Members \$3.00
A wonderful way to exercise your body and challenge your memory.
For more info contact Judy 756-3132
www.seniorssceneinc.com

FOR ALL AGES

Aquasize
July & August
Monday, Wednesday & Friday 8-9 AM
Tuesday & Thursday 5-6 PM
5 Classes \$20.00 or \$5.00 Drop In
Register at Rec Office or Pool

Tennis Program
Starting Tuesday & Thursdays
August 5 - 28
Beginners, Intermediate & Advance
\$5.00 per lesson with minimum of 4 people per class
Registration required at Pineview Rec Office

Dog Obedience Information

Session
Wednesday July 30 @ 6:30 pm
Birchwood Motor Hotel Meeting Room
For more info contact Laura 756-3588

East Beaches Wellness Centre 5 K Fun Run
Charlie Wall Park, Hillside Beach
Saturday August 9, 2008
For more info contact Gloria Fillion 756-2913.

Festivals & Events

Picnic In The Park: Safe & Healthy Kids
Pine Falls Village Green
Friday August 15
Noon - 4:00 PM
A community picnic for families in the Blue Water Region to help promote Safe & Healthy Kids. The day will include information on healthy eating, physical activity, information on tobacco reduction, Red Cross, RCMP, Fire Department & Cancer Care. Children's games & relays. Walk a Mile & Smile, face painting, music & BBQ available. For more info contact Michelle at Wings of Power 367-9641.

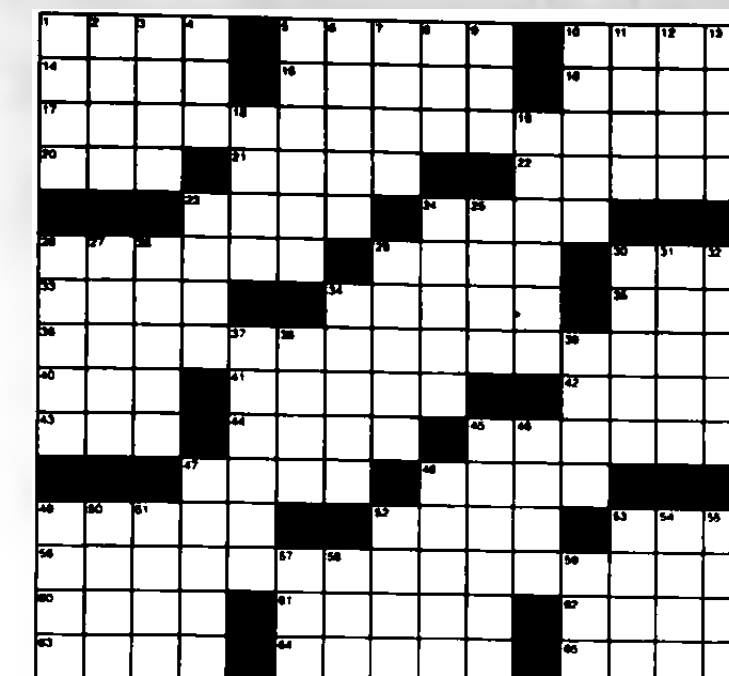
RIVERS NORTH FITNESS CO-OP
Memberships
The Fitness Co-op is now entering into its second year of operation. All membership fees are due. The one time co-op membership fee remains at \$100.00 with members paying a \$250.00 annual user fee and non-members \$300.00. For more info contact Bev Dube 367-8064 or Linda Cyr 367-2382

PUBLIC LIBRARIES
Bibliothèque Allard Regional Library
Located in St. Georges School 367-8443
Operation Hours
Tuesday 10:30 AM - 5:00 PM
Wednesday & Thursday 12:00 PM - 8:00 PM
Friday 12:00 PM - 5:00 PM
Saturday 10:30 AM - 4:00 PM

Beaches Library
Located in Walter Whyte School 754-4007
Operation Hours
Tuesday & Wednesday 9:00 AM - 3:00 PM
Thursday & Friday 1:00 PM - 8:00 PM
Saturday 10:00 PM - 2:00 PM
Summer reading program available for children ages 6+.
Contact Robin 754-4007 for more info.

Pine Falls Library
Located in Pine Falls School
Operation Hours
Monday - Friday 1:00 PM - 3:00 PM

Weekly Crossword



Across

- Uses all out to supplement with great effort.
- Woman about to get married.
- Of the wing.
- Two identical numbered cubes.
- Pertaining to the moon.
- Private area in a theater where a small group can watch the performance.
- Thickening and hardening of the artery walls by one of several diseases.
- Performing arts venue in Bury, Greater Manchester.
- Tiny detectable amount.
- Concerning.
- Comes to a finish.
- Boundary lines.
- Compact, sturdy and relatively thick in build.

- Father of Mendem.
- Opening between two sandbanks.
- Narrow port in rink, flanked by the stones of previous players.
- Go beyond.
- Nicholas, actor.
- Lack of understanding.
- Round, green seed that grows in a pod.
- Another name a person is known as.
- Establishments for travellers.
- Acronym for Enterprise Asset Management.
- Funeral lament sung with loud wailing.
- Gesture of respectful greeting from women.
- Not simulated.

- Large, flat, dark area on the moon.
- Common cord type consisting of three pitches built on alternative scale tones of a major scale.
- Small lake in high mountains.
- Seed of the cereal grass.
- Writer of history.
- Land measurement of 43,560 square feet.
- Acute viral disease marked by inflammation of nerve cells of the brain stem and spinal cord.
- Acronym for Emergency Airfield Landing System.
- Open fabrics of string woven together at regular intervals.
- Impose a fine on.
- Back side of the neck.

Down

- Mild, yellow Dutch cheese made in balls encased in a red covering.
- Playing clown in the wind.
- Not counterfeit.
- Cross-reference in a library catalog directing the user from an equivalent term to the preferred term.
- Expressing annoyance as an intensifier.
- Causes to deteriorate due to the action of water, air of acid.
- Member of the group of Quechuan peoples of highland Peru.
- Dried legume-like lentils.
- Plough.
- Album by Modern Talking.
- Allow to go out of sight.
- Variant of "against."
- Pause for relaxation.
- Iced area inside the boards on which the game of hockey is played.
- Food allowance for one day.
- Nymph who pined away for the love of Narcissus until nothing was left but her voice.
- Group of related sciences dealing with the logic of quantity and shape and arrangement.
- Where two things meet.
- Make off with other's belongings.
- Genus of small Lepidoptera.
- William of, philosopher.
- Unmarried woman.
- Momentary flash of light.
- Longest divisions of geologic time.
- Common aromatic Old World herb with bitter tasting, finely divided leaves.
- Small room with a polygonal bay window.
- Come to terms with successfully.
- Defendant's formal answer to criminal charges.
- Title used for a king by close confidants.
- Something promised as an incentive.
- 31st characteristic of Buddha.
- Charges per unit.
- 1978 film starring Anthony Hopkins.
- Used with "more" or "less" to compare numbers.
- Tony, bluesgrass guitarist.
- Acronym for Intelligence, Surveillance, Reconnaissance and Targeting.
- Sound of a large bell rung slowly at regular intervals.
- Acronym for Ranch Horse Association of America.
- Bark in a high-pitched tone.
- Irish language.
- Rate of Revolution of a motor.
- Written statement of a borrower's obligation to pay a debt.
- Son of Primus, the main protagonist on the TV series The Pirates of Dark Water.

Last Week's Answers



CRYPTIC PUZZLE



BCBEB FGG HJKLM FGKMB LN NLB HJKLMP
QBER STUJ - BFGHBE GKVVSFLL

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

NO ACT OF KINDNESS,
HOWEVER SMALL,
IS EVER WASTED - AESOP

Weekly Horoscopes July 17 to July 23

ARIES (Mar. 21 - April 20) You will need to do a lot of research if you wish to get to the bottom of things. Difficulties at an emotional level may be likely. Snap out of it. You need to put some trust in others.

TAURUS (Apr. 21 - May 21) Take care of chores that have been hanging over your head. Don't get involved in joint ventures. You will have the discipline to make changes you feel are necessary. This could be a difficult day to deal with coworkers.

GEMINI (May 22 - June 21) You may find it difficult to communicate with someone at work. Expect to have more people on your domestic scene. You must lay down ground rules so that you can complete a job. Secret affairs will only lead to heartache.

CANCER (June 22 - July 22) Back off if you want to keep the relationship intact. You will find that money could slip through your fingers. Some of that extra energy you have stored up might just be put to good use. Love can be yours if you get out and about.

LEO (July 23 - Aug 22) You will easily capture the interest of those you talk to. You may want to put everyone to work on a project that will keep them all too busy to complain. Be prepared to counteract the damage that adversaries are about to create. Try not to let relatives or friends cause any friction with your mate.

VIRGO (Aug. 23 - Sept. 23) Be careful to avoid wrong doings. Opportunities for romance are present. Your outgoing nature will win hearts. Get involved in sports groups or hobbies that attract you.

LIBRA (Sept. 24 - Oct. 23) Try not to get into disputes that will lead to estrangements. Unexpected visitors are likely. Be prepared to do your chores early. You can stabilize your financial situation if you make property investments. Your emotional partner may make you angry this week.

SCORPIO (Oct. 24 - Nov. 22) Keep your feelings to yourself if you want to avoid embarrassment. Restrictions may be difficult for you to live with, but try to do things by the book. Sign up for courses that will help you understand yourself better. Talk to those in a position of power about your intentions.

SAGITTARIUS (Nov. 23 - Dec. 21) A new relationship can be yours if you get out with friends. Put your efforts into physical fitness programs or competitive sports. Don't push your luck with authority figures. Look closely at motives and honesty in your personal encounters.

CAPRICORN (Dec 22 - Jan. 20) You may find that you're being used. Your involvement in interest groups may bring you popularity. Don't reveal information that is personal or confidential. Look into ways to make your home more comfortable.

AQUARIUS (Jan. 21 - Feb. 19) If you're in the mood, go out and socialize, or get involved in sports activities. Go out with friends. Don't be too hard on yourself. Don't be disappointed if you don't get your way emotionally.

PISCES (Feb. 20 - Mar. 20) Property purchases should be on your mind. Move forward if you want to turn your life around. Arguments with relatives may lead to a split in the family. Find a quiet spot where you can work diligently and stay out of the way.

Face to Face: Being Present at a Very Vulnerable Time

Submitted by Holly Parcey
 s the executive director for the regional sexual assault crisis centre I periodically share sexual assault statistics with readers to draw their attention to the issue of sexual violence in the region. Sometimes statistics just don't have meaning for people; the faces and stories are lost in numbers. Sometimes I think you need a story.

Some time ago I had an experience with a young woman that pulled me past the statistics and into a very tattered and broken life. As a crisis intervention worker I went into automatic: spoke the "lines", followed the "formula", and referred her onto other resources. All my words of encouragement and support barely penetrated the pain and betrayal she was experiencing. Could I convince her in a handful of minutes that healing would take time, that all was not lost, that her loved ones still needed her, that the man who had hurt her had no right to do so, that it wasn't her fault? I sat quietly for a moment watching her viciously pick at her fingernails, her knees bouncing up and down to some frantic inner rhythm.

So I took a deep breath, stepped beyond my prescribed role and spoke to her as a friend, a sister, and a mother. After our short time together, the young woman left for home a little less tearful and a little more secure - far from healed but surely headed in the right direction. I closed my eyes, clasped my hands, and steadied my knees. I reached for the box of inspirational quotes I keep, for just such moments, to find my strength, to clear my tears, after being made vulnerable by another woman's loss of faith. Did she understand that I meant to tell her...

"Healing is a matter of time, but it is sometimes also a matter of opportunity." Hippocrates; or

"You must do the thing you think you cannot do." Eleanor Roosevelt.

1/3 of women has experienced some form of sexualized violence that can be legally defined as sexual assault (Stats Canada). Imagine, one in three friends, family members, or co-workers. Sexual violence affects us all but without the stories we only have the numbers.

Sometimes I think you need a story.

Classifieds

For Sale
FOR SALE
 Lumber - Fir - used
 2x8x7' - 10 pieces;
 2x8x6' - 10 pieces;
 2x8x5' - 20 pieces.
 55¢/foot. Good Condition.
 367-2892

Wanted to Rent
 I want to rent a house or trailer in the St. Georges, Pine Falls or Great Falls Area. 1-204-482-6171

Help Wanted
La Prématernelle, Les P'tits Loups Inc de Saint-Georges
 est à la recherche d'un(e) aide-éducateur(trice)
 15 heures (5 matins) / semaine
 Exigences:
 Vouloir, et être capable de, travailler en français, auprès d'enfants âgés de 3 et 4 ans.
 Prieur d'envoyer votre curriculum vitae, à l'adresse suivante d'ici le 14 août:
 Les P'tits Loups Inc, C.P. 186, Saint-Georges, MB R0E 1V0, ou coleonoman@hotmail.com

Business For Sale
BUSINESS FOR SALE
 Rusty Nail Tavern For Sale
 Call Marlene at 367-239R TFN

Help Wanted
 Cook wanted for La Grande Tasse Call 367-997R TFN

Public Notices

NOTICE OF PUBLIC HEARING BY THE MUNICIPAL BOARD OF MANITOBA
 RE: TOWN OF POWERVUE - FALLS - BY LAW No.33/08 (MUNICIPAL BOARD FILE NO. 08E8-0037)

PUBLIC NOTICE is hereby given, under the provisions of The Municipal Act, S.M. 1996, c. 58 and The Municipal Board Act, R.S.M. 1987, c. M240, that The Municipal Board will hold a public hearing for the purpose of hearing the objections and any persons wishing to make representation respecting the approval of the proposed By-law. The public hearing will take place on **Thursday, August 14, 2008 at 6:30 p.m. and if required Friday, August 15, 2008, 10:00 a.m. at the Golden Leisure Club, 30 Pine Street (Ward 2), at Powerview-Pine Falls, Manitoba.**

The By-law proposes to construct a new workshop for the Public Works Department at an estimated cost of \$280,000.00. This project is to receive funding from the Town's Gas Tax Reserve Fund in the amount of \$50,000.00, and the balance of \$230,000.00 is to be financed by the issuance of Local Improvement Debentures.

A copy of the By-law is available for review at the Municipal Office and at The Municipal Board.

In addition, the Board requires that any party who intends to submit as evidence at the hearing any written material or other documents, shall file four (4) copies of that material with the Board and one (1) copy with the Municipality for public review, at least 10 working days prior to the hearing.

Dated at Powerview-Pine Falls, in Manitoba, this 18th day of July, 2008.

Rose Gibbons
 Secretary
 The Municipal Board
 1144-363 Broadway
 Winnipeg, MB R3C 3N9
 (204) 945-4014

Marlene Watson
 Chief Administrative Officer
 Town of Powerview-Pine Falls
 277B Main Street
 Box 220
 Powerview, MB R0E 1P0
 (204) 367-8483

Business Directory

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 Eight (8) homeowners in this area will be given the opportunity of having Climate Shield Premium Windows installed on their homes at a very reasonable cost.
 Your home can be a showplace in your neighbourhood and we will make it worth your while if we can use your home as one of our model showhomes.
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 For an appointment call Mr. Stewart at
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 www.nissby.mb.ca

WINNIPEG RIVER PLANNING DISTRICT
 104058 PTH 11 Phone: (204) 367-8392
 St. Georges MB R0E 1V0 Fax: (204) 367-9028
 building@malexander.com

UNDER THE AUTHORITY OF THE PLANNING ACT NOTICE OF PUBLIC HEARING REGARDING BY-LAW NO. 66/08

On the date and at the time and location shown below, a PUBLIC HEARING will be held pursuant to Section 40(1) to receive representations from any persons who wish to make them in respect to the following matter:

Being a By-law of the WINNIPEG RIVER PLANNING DISTRICT to adopt a Development Plan.

HEARING LOCATION: RM of Alexander Administration Office 104058 PTH 11

DATE & TIME: August 19th, 2008 at 4:30 p.m.

GENERAL INTENT OF BY-LAW 66/08: In part, the purpose of the development plan is to provide a consistent set of policies to serve as a guide for the planning district in making decisions related to the use and development of land.

AREA AFFECTED: All lands within the boundaries of the Rural Municipality of Alexander and the Town of Powerview-Pine Falls.

FOR INFORMATION CONTACT: Michele Stefanik 104058 PTH 11 367-8392 or 367-6170

A copy of the above proposal and supporting material may be inspected online at www.malexander.com, or at the location noted above (during office hours 8:30 - 4:30, Monday to Friday). Copies may be made and extracts taken therefrom, upon request.

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

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DOMO
 Under New Management
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Papertown Motor Inn
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 Deluxe Jacuzzi Rooms Home of NITE
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Twisters Water Park
 1 Mile East of Pine Falls, Hwy. 304 & 11

Broadlands Mall
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 Restaurant
 Daily Specials
 Open 6 am - 10 pm
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 - 18 Modern Units
 - Hot tubs
 - Dining Room
 - Traverse Bay Room
 - Beverage Room
 - Meeting Rooms
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OPEN YEAR ROUND
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Manitou Lodge
 Mon - Wed. 8am to 9pm
 Thurs. & Fri. 8am to 10pm
 Sat. 10am-10pm, Sun. Closed
367-2252
 Tuesday Nite Wing Nite & Draft Special

St. Georges Meals
 St. Georges Meal Program
 Wednesday, July 30
 Strawberry spinach salad, pork tenderloin, roasted potatoes, vegetables, fruit jello.
 Friday, Aug. 1
 Vegetable soup, mixed BBQ Grill, Potato Salad, Mixed vegetables, berries and ice cream.

Lakeview STEAKHOUSE
 57 Park Avenue, Lac du Bonnet
 Phone 345-8661

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 Saadi Duval
 Franchise Owner
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BOOKKEEPING SERVICES
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G's SEPTIC TANK CLEANING SERVICE
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 P.O. Box 905, PINE FALLS, MANITOBA R0E 1M0
 PHONE: 367-4706 CELL: 345-3635

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 Toll Free: 1-866-755-5406
 Box 70, Victoria Beach, MB R0E2C0
 email: melodie@ateahrealty.com
 www.ateahrealty.com

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 cell: 345-6363

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 Software Installation
 System Configuration
Ph: 345-6876

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367-2976
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 Store Hours:
 Mon-Thu 8am-8pm Fri 8am-8pm
 Sat 9am-8pm Sun 12 noon-6pm
 Having a Social Function?
 Call us to look after everything for you
 Ask us about delivery
The House of Quality

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 Open Monday to Saturday
 9:30 a.m. to 5:30 p.m.
367-2611
DISPENSARY
367-2517

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 Phone: 367-2537
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 •Work and Sports Injuries
 •Neck and Back Pain
 •Acupuncture
 •Orthotics
 •Manual Therapy
 •Pilates - Reformer Sessions
 Located on Highway #11 in Powerview

Celeste Basson
 B.Sc.(PT), C.A.P.C.
Stephanie Hampson,
 B.M.R.(PT)

Powerview/Pine Falls Dental Centre
 277A Main Street, Powerview
 Hwy. 11 - Municipal Building
 Monday - Friday 9:30 a.m. to 4:30 p.m.
Dr. Mark Karpa
Dr. David Kindrat
Dr. Drew Dear
Dr. Jackie Chun

Emergency Care
 New patients welcome
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Dr. A.H. Anderson & Dr. M.H. Anderson
LAB ON SITE
Optometrist
 Contact Lenses and Eyeglass Fittings
MANITOU LODGE PINE FALLS
367-2390
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 Examinations done on Mon. & Tues.

Bluewater District Transit
 For Bookings Call
 367-9128 Office
 345-3075 Driver

Dr. Alan Grant - DENTIST
 Fort Alexander Dental Clinic
 (in the Fort Alexander Health Centre)
 Tuesday, Wednesday, Thursday 9:30am - 4:30pm
 Fridays 9:00am to 3:00pm
367-4417


Esser Chiropractic Health Centre
 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

Jon. O. Phillips, RMT
 Registered Massage Therapist (MTAM)
CLINIC LOCATIONS:
Through the Arbour **Revitalize Soul Spa**
 188 Pine Street, Pine Falls (204) 367-2141
 225 Clarendon Ave., Salkirk (204) 785-8922
 Direct billing available to Blue Cross & Great West Life

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