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NEWS:
 Saffie's Celebrates 75 Years
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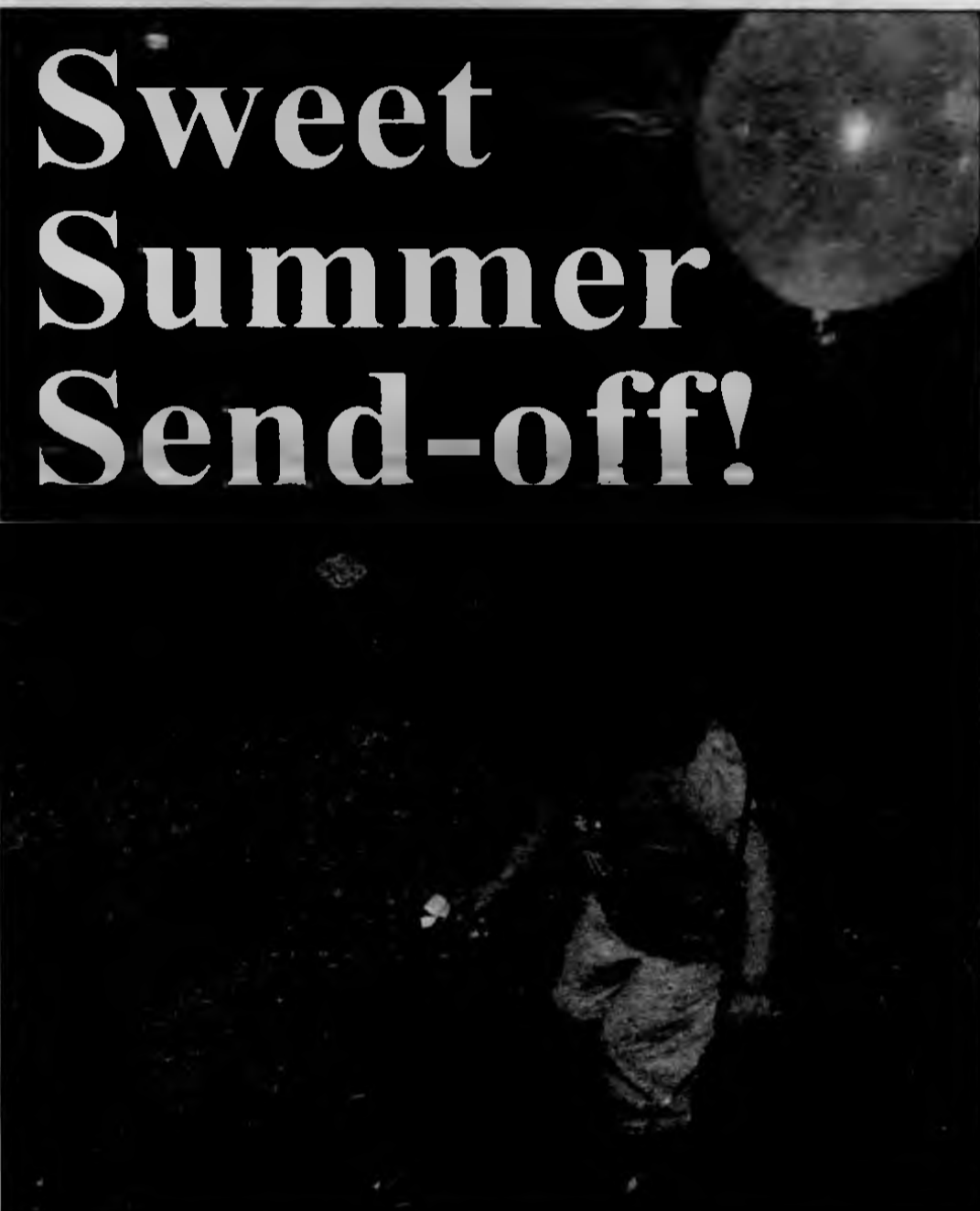
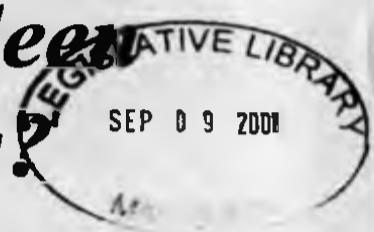
SPORTS:
 Vanessa Watson Takes PF Ladies Open
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 The Red-Winged Black Bird
 PAGE 11

\$1.00 tax included
 September 3, 2008
 Volume 9, No. 14
The Winnipeg River
 Pine Falls/Powerview, Sagkeeng, St. Georges, Great Falls, Beches, Little Black River, Manigotagan and Bissett

Echo

Have You Seen These Guys? Powerview RCMP Most Wanted



Spectators enjoy candy toss at Sunday's 4P Parade. See full coverage on pages 8 and 9.



Submitted by
 Powerview RCMP
 Anyone with any information on these offenders is asked to contact the Powerview RCMP, any other police agency or Manitoba Crime-Stoppers at 1-800-782-8477. All calls remain anonymous.



Curtis Lee Boulette
 DOB - 1976/10/13
 Parole Violator- Canada Wide Warrant
 2 violations of parole conditions




Bradley Dwayne Courchene
 DOB - 1979/11/15
 Warrants - Powerview Detachment
 Assault With Weapon
 Winnipeg Police Services



Jimmie Dylan Courchene
 DOB - 1982/07/13
 Warrant - Powerview Detachment
 Assault with Weapon

See also Police Report p. 6



loans more comfortable than a Rider fan in a mullet.

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Letters to the Editor

More Troubles with NEHA



Waiting room at the Pine Falls Clinic

My husband, John Bilcowski, and myself have really enjoyed your paper this year. You published my first letter To Whom It May Concern "Did I mention I asked to see a podiatrist?" I have had more adverse care than not. John and I are both so grateful you have taken on the task of investigating this issue. I have tried to include NEHA (Judy Coleman) in getting solutions to our health care and this has been adversarial and stressful. Also, I tried to engage our legislator, Gerald Hawranik in this. He did come for a meeting on my porch a month ago (our EMT and the nurse from the Rice Lake Goldmine) and we talked

about these outrageous goings on and we have heard nothing since. This is more of what actually occurred to me at Pine Falls Clinic. Thursday, the fifteen of May, I had a physio lab appt. for 8:30 am. I arrived on time and was taken inside the lab at 9:30 a.m. I had fasted since 6:30 the previous night. First EKG in my life. The technician asked me to change into the hospital gown and then did the x-ray and then asked me to lie down on a cold metal surface where he very quickly, and almost noiselessly slapped some disks over my upper torso. I was uncomfortable and shifted my position a bit just as he left the room. He

then shouted from the other room to breathe and hold it and I did. I went into the change room, put my clothes on and he hailed to me as I was leaving to come back and I did and he handed me the x-ray (said something about changes since the last one) and to go IMMEDIATELY downstairs for the doctor to see. I went down to clinic and the girls at the front desk informed my husband and myself that there was no way we could see the doctor now. And I said, but the tech said to come right down and make sure the doctor see's this x-ray and the lady said no way again...the doctor has a procedure and it is obvious the clinic is jammed packed full too. She tells us to go out to breakfast and to come back at ten. At ten my husband had an appt for himself with the doctor and we did just that. We both went into the doctors office and we first addressed the x-ray issue...at which point I see the doctor sneaking a peak at the EKG paper and it dawns on me...something is amiss with my EKG. He studies it and then looks at me and says reassuringly that my EKG is suggesting I am having a heart attack or about to, but that I do not appear to

be having a heart attack, he is quite sure I am not, but please to go upstairs and admit myself for observation. About four hours he tells me. I go upstairs, now very upset and panic sets in...I see a familiar face, a patient named Fran whom I have chatted with before and I sit down next to her as I am feeling shaky. And, the front desk gets this arranged and there I go into the emergency bed. I am very stressed and hyperventilating at this point and just trying to stay calm. Soon, a young lady appears who is very professional and very careful about the placement of these leads, taking her time. Completely different treatment than the other lead placing, which appeared haphazard and hurried after this second performance. I sail through this EKG with flying colors and just glad to go home, reassured that it is an EKG error and not a heart attack. I share my story with my two sisters who are veterans of emergency and critical care nursing and they tell me I should never leave an emergency room without a diagnosis as well as a copy of EKG and blood test results taken at that time. And that it should be followed up by a cardiologists exam. I do not have high blood pressure, diabetes, or any other indications of heart disease or I

would certainly be more alarmed by this occurrence.

Information you should have regarding your situation is not forthcoming at this clinic. I had an MRI on April 26 of 2008 regards the Ledderhose disease, which has four stages. Since, I have heard nothing. Dr. Shabash, whom I asked to follow this up is gone now. I have no idea if he was able to accomplish a bridge to that information I would like to have or not. He admitted that he would be unable to properly interpret these findings, as his information is limited in this regard. And he wonders, the doctor who ordered this MRI, Corey Baillie, a rheumatologist, should be able to discuss this with me and why didn't he? I am to manage my own disease once again. No one to advise me about the high critical creatinine kinase they discovered during the routine blood work for the physical. A high critical is warning that the kidneys are overloaded due to the plantar fasciitis activity and ledderhose. This should be monitored. Who do I talk to about any of these things? I don't trust ANY of the doctors at the clinic currently. I could choose to go elsewhere. But where? I see there is no real substantive help for my ledderhose, therapies that are still in trials are being offered only in the more progressive Canadian cities and in the U.S. The trials for collagenase therapy, which looks very good, is still about three years away from being accomplished. I heard something briefly on the news about a "Superboard" in Alberta

Continued next page

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The Saffie's Name Celebrates 75 Years

By Charles Norman

Close to 500 people showed up to celebrate the seventy-fifth anniversary of the opening of the Saffie's general store on Saffie Road in Victoria Beach last weekend. From 3:00 to 10:00 pm on Saturday, three live bands: Latitude and Longitude from St Boniface, Prairie Jewels from Winnipeg and Albert Keich from Victoria Beach entertained the come-and-go crowd. Hot dogs and soft

drinks were served.

The original store was opened by Curly Saffie in 1933, shortly after another local store had burned down. A hut on the property was removed and Curly built the log cabin with logs provided by local people.

The store was added to regularly throughout its life until two years ago when the store was completely rebuilt by the Bourassa family. Curly Saffie was born in Lebanon, close to the Syrian

border, in 1888, and came to Canada in 1912. He and his wife had three children, Leonard, Arlene and Ginette. Leonard's daughter Doris Deckos and her husband Alex were at the celebration and unveiled a bench to mark the occasion. The bench was donated by Charles Brunette

who said he "Wanted to do something for them" (The Saffies)

Dave Henderson, who was born and raised in Victoria Beach, recalled fond memories of Curly and his generosity. He said he had a great time at the celebration. "I had a ball," He said. "The food was

good and the bands were excellent." The food he was referring to was the contest with 14 different desserts and 16 different jams entered.

There was also a pie eating contest. (Banana Cream Pies supplied by Brad Einfeld) a watermelon eating contest, and horseshoes.



Continued from page 2

which has fired top heavy management and replaced it with a system that can bring current therapies and better care to those that reside in that province. How far behind is Manitoba and why? How much more of badly managed health care going downhill steadily? Should not we be following the lead of the more progressive communities?

I mentioned that there had been a number of times during the past winter when I would have to go and see the current doctor at the clinic for estrogen and celebrex, two prescriptions that I have had in place for some time. It was alarming how often the doctor's got this wrong. And while standing at the pharmacy it seems easy to believe that all is safe with your medications as the pharmacist will call over to the clinic and all is arranged neatly once again. And while standing and waiting I have observed other's with their frustrations over the medication that has been prescribed incorrectly for them.

The last time I was given a prescription it changed my life. No one caught it but myself. Three days into taking a prescription for the drug ciprofloxacin, I realized I was in terrible danger of becoming more injured by the drug than the help I was to benefit from it. For a bladder infection...I am 58 yrs,

almost 59 years old., have severe arthritis in wrists, hands and as well have developed plantar fasciitis and ledderhose disease. As a result of the fasciitis and ledderhose there is ongoing breakdown of tissues and lots of pain when it is reactive. It was brought to my attention that the one alarming number on the lab bloodwork has to do with high critical creatinine kinase. Which tells you how your kidneys are functioning. My kidneys are under some duress as a result of the toxic by-products of muscle/tendon activity with the plantar fasciitis and ledderhose. This should be monitored. I have learned that all of these issues I have had been exacerbated by this drug given for the bladder infection. As a matter of sad fact, the third day on this medication, my wrists, which were bombarded with shooting pains, suddenly developed a nodule on the right wrist. I can only surmise as a result of the drug since the nodule appearing on the wrist appeared in conjunction with severe pain in that specific area (as well as in all my joints-sharp pain that is new to me). The drug is leaving my body slowly and as the days pass, the tendon pains are lessening but still very troubling. The drug will not exit as fast as it would for someone who does have my conditions. And this of course, impacts the creati-

nine levels. And then, when it comes right down to it...the stress and concern over lasting damage from this drug has been enormous. I feel damaged by my health care providers. It appears the wrist nodule is the beginning of another phase of the Ledderhose disease, appearing on the hands and wrist and called Dupuytren's disease of contracture. Dupuytren's and Ledderhose are the same disease... Dupuytren's is on the hands and Ledderhose on the feet.

I am sure that if the doctor had paused a moment to think or if he knew more about this drug, he would not have prescribed it for me. You would wonder why a doctor who has been treating you for these conditions would prescribe such a thing for you?

Does the doctor look at the chart when prescribing your medicine? Does the pharmacist understand fully that he perhaps prescribing a toxic drug? I remember standing at the pharmacy and asking what about the side effects? The young man pulled out his small handheld computer and proceeded to list a long list of things, the one that caught my attention was the warning about muscle/joint pain. I said "I already have enough muscle related pain." At which point he said this would be a rare occurrence. He answered the telephone as it had been ring-

ing and I left and went home. I wish I had pursued it further. Is it because the FDA just three days ago decided to send the letter to the doctors, pharmacies and requiring the BLACK box warning? Are all of these factors against the patient? My sister in Virginia (who graduated with all the top honors that John's Hopkins had to offer) so long ago is a veteran nurse and tells me her pharmacist friend tells "everybody knows cipro will aggravate plantar fasciitis." I should mention my sister in Virginia is now retired from nursing and has another job which puts her in charge of developing and maintaining software for CPOE in her New England area. Computer Physician Ordered System. This is a technology which will warn the physician about a drug if it is contraindicated for a patient and if the doctor overrides this, the pharmacy

will receive a warning. Two warnings in place to ensure safety to the patient. This is working well in other areas. This is a system which has been shown to be instrumental in dramatically reducing medication errors which we all know is a distressing subject in the news reports and also in our own personal lives.

There is in the news from Alberta a "Superboard" created to elevate health care for the province's patients which should be a guiding light for us in Manitoba. They have managed to fire top-heavy management and are implementing current technologies that are far from what we experience here in our province. I thought this was universal health care...the same for all? What if anything can we do to change this?
 Sincerely,
 Barrett Bilcowski

Attention
Physiotherapy Patients

Jenny Terrio Baturin of Physio at the Beach would like to announce that she will be expanding her hours of operation during the next several months. This will be done in order to accommodate patients from the Pine Falls area while Blue Water Physiotherapy is temporarily closed. Jenny will make every effort to meet the physio needs of her patients and she will remain open later into the fall if necessary to complete a course of therapy.

Please call 756-8165 to book an appointment.

Comment



Election Will be a Good Thing

By Charles Norman

There are those who say that Stephen Harper should stick to his new election law and not call an election until after the four years are up, thus leaving it up to Stephen Dion to decide when to precipitate an election. Stephen Dion is one of those who think that only he should decide when Canada should go to the polls. His logic is a little difficult to follow, but then Stephen Dion's logic is always a little difficult to follow.

The fact is that Harper will be doing Canada a tremendous favour by calling an election. He may not get the majority that any govern-

ment prefers, but it is almost certain that he will at least form a minority government again.

But this will not leave everything as before. The Liberal Party constitution calls for a leadership review at the convention following an election defeat. Stéphane Dion will almost certainly be defeated in that review. With his defeat his "Green Shift" and Carbon Tax will go the way of the dodo - much to the relief of many in his own party.

Thus by calling an election now and not waiting for some freakish chance election in which Dion could win, Harper will be doing

everyone a favour by ridding Canada of the threat of an environmental strategy that would destroy Canada's economy.

There is no shred of evidence that anything we do can influence the weather, but even if there was, no matter what Canada does it will have only a minuscule effect compared with that of China and India - it is certainly not worth destroying the economy.

Dion believes that, by showing the lead, China will follow. China, of course, will not. They know that it is the sun that controls the weather, and that people cannot - not even the Chinese.



Report From the Legislature



By Gerald Hawranik,
MLA for Lac du Bonnet
Critic for Justice and the
House Leader



Manitoba Financial Mismanagement

Saskatchewan recently announced that it will pay down its debt by nearly 30%. Saskatchewan is prudently managing its finances to reduce debt, to reduce interest payments on its debt, and to improve services because interest payments are reduced.

In Manitoba, this NDP government chooses not to follow a responsible path. Instead of using some of the \$3.6 Billion in transfer payments from Ottawa to reduce debt, the NDP increased Manitoba's debt by more than \$500 Million. The economic climate across this country has been good for the last 8 years at least, and during these good times, many provincial governments have been using excess revenues to pay down their debts. Not so in Manitoba which has seen increases in debt over this period of time. When will the NDP get with the program and decrease debt? Considering the NDP's actions over the last 8 years, the answer is "never". We already pay more than \$800 Million in interest each year to service Manitoba's debt - this is all interest and bene-

fits no one! In the meantime, the NDP has been busy designing new ways to spend our money and add to our debt. Under Bill 38, which will go to a vote this Fall, the NDP will be able to increase Manitoba's debt at will and will be able to raid Manitoba Hydro, and the Workers Compensation Board to balance their books. This is the act of a desperate government, unable to control its spending habits. Manitobans deserve better!

There is no reason why Manitoba cannot follow Saskatchewan's example of paying down our provincial debt during good economic times. Paying down the debt would lead to decreased interest costs, and more money to improve services, and especially our roads which are in desperate need of rebuilding and repair.

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.

Comment



On Parliament Hill

Your Voice in Ottawa, Vic Toews, MP Provencher



Ensuring Canadians Keep More of Their Hard-Earned Money

As summer winds down it is back to school shopping time for many Canadian families. This is a time that reminds us how quickly costs can add up and it is a time when many evaluate their financial situation. It is worth a reminder that our Conservative government has brought in many initiatives, including tax cuts and tax credits that help ease the burden.

We've cut taxes just as we promised, and we've done so three years ahead of schedule. We cut the GST from seven to six to five percent as we said we would do. Of course the GST isn't the only tax we've cut. We've dropped the lowest income tax rate on the lowest income tax bracket. We've raised the basic personal exemption.

We've brought in important tax credits for transit passes, tools, textbooks, and kids' sports. In fact, we brought in a tax credit for all dependent children, as well as the \$100 a month allowance for every single preschool child in this country. We are eliminating federal income tax on all income from scholarships, bursaries and fellowships. And we are expanding eligibility for the

Canada Student Loans Program by reducing the parental contribution required. We've also brought in a new tax credit for employers who hire apprentices and a new grant for first- and second-year apprentices.

Thanks to the tax relief brought in by our government, the average Canadian family is now paying over \$3000 less in federal tax a year. Our plan will reduce the federal tax burden to its lowest level since the 1960s, since the time when John Diefenbaker was the Prime Minister of this country.

As a result, the disposable income of Canadian families continues to rise, and we're going to keep it rising with the innovative new tax-free savings accounts. This is the biggest personal savings incentive since the creation of the RRSF over half a century ago. Beginning January first 2009, Canadians will be able to invest their money into their tax-free savings account, and the money will never be taxed again. Withdrawals will be absolutely tax free.

Our Government has a strong economic record. We're leading our economy

forward. Interest rates and inflation remain low, employment is near record levels. The national unemployment rate is very near the lowest it's been in three decades, and we are the only country in the G7 even close to running a balanced budget, and we are in surplus.

As a national government we're also paying down debt. Do you know that since we took office we have reduced the national debt of this country by over \$37 billion?

When we introduced our tax cuts, the opposition parties stood against them. There is only one way for Canadian taxpayers to keep the gains they have made. There is only one way to keep taxes going down, and that is to keep this Conservative government in office in Ottawa.

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 8 - 227 Main Street, Steinbach, MB R5G 1Y7, by fax at 204-346-9874 or by email at toewsv1@mts.net.

A Faith Perspective:

By Pastor Jake Doell

Conquering Your Mountain



All of us have tasted defeat of some kind. Maybe you are standing at the foot of a mountain in your life right now and it has taken something/someone very dear from your life. Disappointment and defeat are all you feel and see. I want to share a story with you that I pray will help to restore hope back to your life:

"Back in the 1920's a man named Mallory took a team of mountain climbers up Mount Everest. He made two separate attempts, but failed both times. So he regrouped and assembled another team of the best climbers available with the best equipment that could be bought. They gave special attention to every detail of the climb especially the safety factor. Up the mountain they went yet again. Partway up the mountain an avalanche struck them wiping out most of the team including Mallory himself, very few of the team survived.

When the remaining team returned to England a celebration was held in the teams honor. The leader of the survivors stood and gave a short speech acknowledging those who had lost their lives in their valiant effort to

conquer Mt. Everest. Struggling to hold his composure he said: "I speak to you Mt. Everest, in the name of all brave people living, and those yet unborn. Mt. Everest you defeated us once, you defeated us twice, you defeated us three times. But Mt. Everest, we shall someday defeat you, because you can't get any bigger, but We Can!"

Sometimes when life has seemingly defeated us we need to look up as the writer in the Psalms 121 says: "I look up to the mountains - does my help come from there? My help comes from the Lord, who made heaven and earth...The Lord Himself watches over you!" God is larger than any mountain we face and He has promised us that He will help us to conquer the very mountain that seems to have defeated us. Remember God allowed His own Son to be crucified on a mountain (Calvary). Yet on the 3rd day He arose from the grave and He defeated that mountain. When we place our hand in His hand by faith, He too will help us conquer our mountain. God has promised us that we will be "more than conquerors" through Christ who loved us." (Romans 8:37)



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SUBSCRIPTIONS

Local Rate: \$33.60
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The Echo is an independent weekly newspaper published on Wednesdays in Pine Falls, Manitoba. Advertising and submission deadline is Friday at 3:00 p.m. prior to Wednesday's publication.

News

POWerview RCMP Press Report News August 25th to August 31st, 2008

UPDATE: Powerview RCMP were successful in arresting 5 persons from 2 different groups involved in numerous recent Break, enter, theft and mischief in the surrounding area this past week. A third group of persons may be responsible for others and police continue to investigate this avenue.

EVENT: - The Dennis Strongquill Memorial Golf Tournament is scheduled for Sunday September 14th, 2008. 1 spot for a team of 4 is left to fill and interested persons may contact Cst. Chris Galbraith at 367-8728 to enter.

NEWS REPORT:

2008/08/25

TRAVERSE BAY - a break, enter and theft at a cottage, garage and guest house were reported to police. Culprits broke locks and a window to gain access.

FORT ALEXANDER - South Shore - 2 break, enter and thefts at separate residences resulted in vandalism to a vehicle, break in to a shed and a residence totally ransacked. A fire extinguisher was emptied through out the home. The residence was also subject to various graffiti. Culprits broke locks on the shed and broke a back window to the house to gain access. Investigation continues.

- 2 vehicles were also vandalized over the weekend.

- an attempted theft of a vehicle resulted in a damaged steering column and theft of the car stereo.

PINE FALLS - 2 handicap vehicle permits were reported missing from vehicles.

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

2008/08/26

POWerview - several youth were spotted running from the scene of a fire at a residence. The blaze was started underneath the steps to the home but was extinguished without further damages by a neighbour. Investigation continues.

PINE FALLS - a break in to a garage resulted in mischief to a vehicle. Culprits accessed a back window pushed over a filing cabinet which fell on the vehicle damaging it.

- a break, enter and theft occurred to a residence, garage and shed. Again the home was ransacked, a fire extinguisher emptied through out, food eaten and items stolen. Investigation continues.

BLACK RIVER - a patrol was made of the area due to complaints of a male harassing a female. The male was not located by police however they received no further call backs to that location. The estranged couple had been having domestic problems.

2008/08/27

HOLLOW WATER - investigation continues into an assault of a youth. An intoxicated male arrived at a residence and attempted entry. Upon doing so knocked over an item onto a sleeping youth. The youth was rushed to local hospital. The man was later arrested by police, detained and charged accordingly.

POWerview - a warrant was issued for a witness after the person failed to attend court on a serious assault matter.

RM ALEXANDER - investigation continues into harassing phone calls to a female.

- a male was located by police on a request to contact due to an urgent family matter.

FORT ALEXANDER - police recovered a firearm from a previous break in to a residence.

- a complaint of sexual assault resulted in one person being charged. The investigation continues.

2008/08/28

HOLLOW WATER - police responded to an assault of a female with a weapon. The woman was

rushed to local hospital in Pine Falls for treatment. The suspect was identified to police but the victim refused to charge anyone or give a statement on the incident. No further action was taken at the request of the complainant.

FORT ALEXANDER - a homeowner awoke to find a male youth sleeping in his front porch. The youth was at the wrong residence and transported safely to a relatives. Alcohol was involved in the incident.

- investigation continues into threats being uttered.

BISSETT - Culprits kicked in the door to a Transport Station and stole a lantern and can of bear mace in the incident.

PINE FALLS - a break in to a shed and a garage was reported to police. Culprits broke the padlock on the shed and stole a ladies mountain bike from the garage.

2008/08/29

RM ALEXANDER - 6 break, enter and thefts to cottages/sheds were reported to police. Electronics, alcohol and tools were taken in the incidents. Damage to a window at one cottage was the result of a firearm. All of the residences were ransacked and gone through leaving debris and items scattered though out.

MANIGOTAGAN

Police were en route to a family disturbance to remove a male but the call was cancelled by the complainant.

The situation had stabilized and police were not required. - a search for a missing youth in a wooded area was conducted by police and local community constable. The youth was later located in a nearby community and returned to parents.

HOLLOW WATER - patrols of surrounding communities Manigotagan, Seymourville and Hollow Water were made after threats with a weapon were uttered. Police suspect gang/drug related activities were involved in the incident. No suspects were apprehended at this time.

FORT ALEXANDER - a search for a male in breach of court orders was not successful for police. The man could not be located at this time.

2008/08/30

MANIGOTAGAN - investigation continues into the assault of a female.

POWerview - a woman awoke to find a person attempting to enter the residence. Patrols by police met with negative results but no further complaints.

HOLLOW WATER - a break, enter, mischief and threats to a residence being uttered were reported to police.

2008/08/31

FORT ALEXANDER - investigation continues by

police into a double assault of a male and female. A male was taken to local hospital for his injuries.

- a complaint of threats being uttered to cause bodily harm is still under investigation.

RM ALEXANDER - a female youth was located by police and safely returned to relatives after being reported missing.

POWerview - a male was caught by police inside a local business after the alarm triggered a break and enter in progress. The man was taken into custody and charged accordingly. Investigation continues.

SUMMARY: Police also followed up on 6 false alarm(s) actioned 3 request(s) for assistance to other police services/service of legal documents, issued 2 ticket(s) under the highway traffic/liquor acts, attended 0 incident (s) under the Coroners Act, charged 3 person(s) for impaired driving/refusal of breath test, lodged 6 person(s) under the intoxicated persons detention act, attended 6 noise complaints, processed 7 traffic accident reports and transported 3 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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Community

Health Corner

NEHA Ask your Primary Health Care Provider

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.

Why have a Community Health Assessment (CHA)?

Remember the saying, 'In this world nothing is certain but death and taxes'. Some people have suggested adding 'CHANGE' to that list. This powerful 6 letter word can generate mixed emotions in people, depending on their level of tolerance for the unfamiliar. For some, change can generate feelings of apprehension and even fright; for others, it can create excitement, as new situations arise and challenge the familiar.

For the Canadian Health care system that is in an active state of reform, change holds great promise. Created by legislation passed in 1961 by Tommy Douglas, the public Medicare system was designed to treat acute illness.

However, today chronic illness abounds, utilizing many health care resources and contributing to ever increasing costs. To loosely quote Einstein, "You can't keep doing the same experiment and expecting different results." Our health leaders have recognized the wisdom in this statement, as they address how to improve care within limited budgets, without the health of Canadians suffering.

So what does all this have to do with the Community Health Assessment (CHA)?

The CHA, mandated by Manitoba Health, is but one part of health care reform in shifting towards an evidence-based model to improve resource allocation and health care efficiency. The

CHA provides grassroots evidence about the overall health of the region. Just as each person, each family, and each community are different so is the complex set of factors that influences whether people are as healthy as they can be. The CHA process helps to identify these factors and the unique strengths and needs of communities. Using this information, health planners/decision makers are better able to set priorities and allocate resources in health planning to ensure the right program/resources, for the right community, at the right time. Now, that is the definition of quality health care.


At the North Eastman Health Association the third CHA is well underway. It is

our pleasure to share a small sample of the positive changes that have resulted from findings of previous CHAs:

- Cancer Care program established at Pinawa Hospital
- Increased Emergency Medical Services staff
- Increased access to audiology services and reduced wait times
- Enhanced suicide prevention initiatives
- Nurse Practitioner services

- Established diabetes care teams in four communities
- Partnership with Hollow Water First Nation for Public Health nursing services
- Developed a diabetes education resources website in partnership with Manitoba Telehealth.
- To learn how the CHA process happens watch for the next article!

SOBERING FUNERAL CHAPEL



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1-877-776-2220

CANADIAN INDEPENDENT

Explore the Trade of your choice

Have you ever thought of obtaining a career in an Apprenticeship Trade?
Have no idea of what trade you are interested in?
Just not sure that a career in the trades is a good career option for you?

Have a sincere interest in exploring trades as a career option?

A program specifically designed for exploring Trades as a career may be coming your way in early winter of 2008. JUST Training Corporation invites you to learn more about the potential upcoming Pre-Employment Trades Exploration Program.

Find out if this program is suitable for you. You may be eligible if you fit into one of these three categories:
1. underemployed (working less than an average of 20 hours/week) and current or previous Employment Insurance (EI) recipient or 2. unemployed and receiving or eligible for Employment and Income Assistance benefits or 3. a lower income individual or family

To find out more about the program, and to pre-register for an Orientation session regarding the Pre-Employment Trades Exploration Program; contact JUST Training Corporation at: Phone 345-2686; Cell 345-3456; Fax 345-6334 or e-mail to justtraining@mts.net. ERegistration deadline Sept 12 to attend one of the orientation sessions scheduled for Sept 17 (either the 3:00 to 5:00 pm session or the 6:30 to 8:30 pm. session).

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4P Festival 2008

Another Great 4P Festival!

This year's 26th annual 4P Festival was a resounding success, with some great weather and a hearty turnout at nearly all events and activities. Friday night's fish fry was attended by local residents and out of town guests, who came to enjoy the music and the pickere! Those who were asked all described the food as "delicious!" As Friday evening wore on it grew a little chilly, but that didn't stop the crowds from gathering to watch the local entertainment at the open

Mike, with the music continuing until 1 am.

Baseball and the Market Square began early on Saturday, with clear skies and warm weather welcoming the players onto the field for some heated competition. With over 20 teams playing this year, this is one event that only continues to grow in popularity. Spectators watched in the stands at the ball diamond, enjoying mini doughnuts, pork on a bun and french fries among other treats. Karaoke was hosted

that afternoon by the talented vocalist Kristen Dube, with others chiming in to give their underused singing voices a much needed workout. The tent was host to Bull Rush that evening, whose renditions of classic songs and a few country tunes caused listeners to get up and dance.

On Sunday, the parade drew a large following, with long time participants the Lord Selkirk Boy Scout Pipe Band piping and drumming their way through town in the

humid heat for over an hour (which seemed an almost Olympian feat of endurance). The band has been playing in the parade for many years and the Past-President Kim Laird says that "the boys and our members love coming out to Pine Falls for the 4P each year-it is a great finale to our parade season. They do it because they love the band and they love to play." This year marks the 51st anniversary of the band, which was started in 1957 by Pipe Major Robert Fraser,

who continues to instruct and inspire the boys today. The boys were followed by an arsenal of fabulous floats and an array of candy flying through the air.

As 4P came to a close on Monday, with everyone exhausted from the festivities and non-stop activity, it grew a little cloudier. However, this didn't dampen the fishing derby and cribbage tournament. 4P was a great way to celebrate Labor Day, and a sweet send-off for Summer 2008.



The Lord Selkirk Boy Scout Pipe Band lead the way at Sunday's parade



Music under the big tent at night kept the party going.



Inflatables make for fun times at Sunday afternoon's kidzone at the Village Green.



Ernie's Choo Choo takes kiddies from the kidzone for a ride.



Over 20 teams made for a competitive soft-ball tournament this year!



The Market Square once again attracted vendors and buyers of all kinds.

Sports

4P Family Fishing Derby

By Gord Sokoloski

Maybe everyone enjoyed the weekend too much, or the not-so-nice day accounted for the fact that only five boats entered the fish derby this year. In spite of the occasional rain shower, everyone had fun, and some even caught fish.

The first place team with a total of four fish measuring an aggregate length of 50 7/8" was Jeff Huber, Aron Robbins, Cherise Powel and Lee Gaffrey.

Second, with three fish measuring 39" was John and Flo Walker, Janice Berthelette and Patsy Walker.

Third with one fish at 15 5/8" was Dan Nolan and Connor Cyr.

Cash prizes were given out and a draw for all the young fishermen and women saw a lot of good prizes received. Free hot dogs, coffee, and soft drinks were supplied.

4P and the Fish Derby Committee thank all our sponsors and volunteers for their generous support. Please support local business.

This year's contributors were Dancyl's Foods, Osis Building Supplies, Canada Post, Papertown Motor Inn, Canadian Tire Selkirk, Ed and Ron's Tackle Shop, Sok's service, Powerview Auto, Manitoba Hydro, Sunova, Pinawa Cutters, and Clark's Corner.



First Place: Jeff Huber, Aron Robbins, Cherise Powel and Lee Gaffrey.



Second Place: John and Flo Walker, Janice Berthelette and Patsy Walker.



Third Place: Dan Nolan and Connor Cyr



Vanessa Watson

Vanessa Watson wins Pine Falls Ladies Open

The ladies Golf Tournament was held on Sunday, July 13. It was questionable if we were going to get to golf.

Rain all day Saturday and all night - but the rain stopped about 4 a.m. and the sun got up at 6 a.m. and we were good to go.

The day turned out to be fantastic, not too hot, and when all was said & done Vanessa Watson was the clear winner for the day, with her cool 79. Lynn Chevretils, low Pine Falls, 2nd with an 86 and hot on there heels was Derna Hintz.

The course was pretty wet - so what you hit was what

you got. There were 68 golfers for the day and the ladies had lots of fun with the Poker derby, silent auction, golf and catching up with old acquaintances. The big poker Derby winner this year was our own Deb Robson.

Thanks to Karl and his staff the course was in great shape. Thanks also to the volunteers, especially Shack who always comes out to spend the day and helps the ladies on # 1 when they go in the creek - that speeds up play. Thanks to the members who donate for the silent auction and "The Shell" who donate the water.

Entertainment

Celebrating 35 Years of Music

EMCA Publicity Committee

The Eastern Manitoba Concert Association is celebrating a milestone. In the fall of 1973, the first live concert was held in Pinawa, as part of a series that was a presenter for Overture Concerts of Vancouver. For six years there were three or four annual performances which were booked by world class bassoonist George Zuckerman (who performed on the Pinawa stage in 1975 and 2000). In 1979, local volunteers took over the series and the independent Eastern Manitoba Concert Association was launched. In its beginning, the concert organization introduced primarily classical music but over the years, performances have become considerably more varied to include jazz, folk, Celtic, country, big band, comedy and some

indefinable categories. Well over 200 concerts have been presented for the enjoyment of Eastman audiences.

EMCA has presented local, Canadian and International musicians. Many of them have won awards. In fact, the artists in this year's line-up have a total of five Junos so far.

EMCA's 35th Anniversary season offers a little bit of everything - several return artists, a great variety of music and styles and even something new.

Our season will open in September with a 35th Anniversary Special headlined by Manitoba's Entertainer of the Year, Ray St. Germain. Who can forget his show in 2007! Incredible new talent, Manitoba fiddler Sierra Noble will join him with her traditional Métis music as well as some Celtic, bluegrass, jazz and world beat rhythms. She may even

treat us to a song. What a combination for our celebration!

Our second concert in late October will feature premier Manitoba classical artists Allen Harrington, saxophone with David Moroz, piano as part of Prairie Debut's Tour. Classical performances are an extra special treat in the EMCA venue as the musicians have the opportunity to play unamplified. You will hear the rich luscious tones of the Alto Saxophone, the succulently sweet timbre of the Soprano Saxophone and the warm mellow depth of the piano at their best.

In early November nouveau flamenco guitarist Robert Michaels will return to the EMCA stage for a magical performance of flamenco, Latin Jazz and unique acoustic guitar. Patrons at his 2006 EMCA performance will remember his incredible technique, daz-

zling speed and wonderful audience rapport. This concert will be a treat.

Be prepared for a delightful performance from the Buccaneers in early December. This trio of vocalists and instrumentalists will fill their show with sea shanties, Celtic music and even an occasional pop song. Their fun-filled show will keep the whole family in stitches - a perfect concert for the season.

After a break of several frigid weeks, EMCA is presenting something completely different in February. Rhyme Rustler: The Ballad of Robert Service is a rollicking production that includes poetry, drama and music and tells the story of Robert Service's adventures in the Yukon and how he established his reputation as Canada's famous poet. Jim Dobbin steps into the shoes of Robert Service and Grant Paterson is the Ragtime Kid, the piano player at the Malamute Saloon. It should be a lively evening.

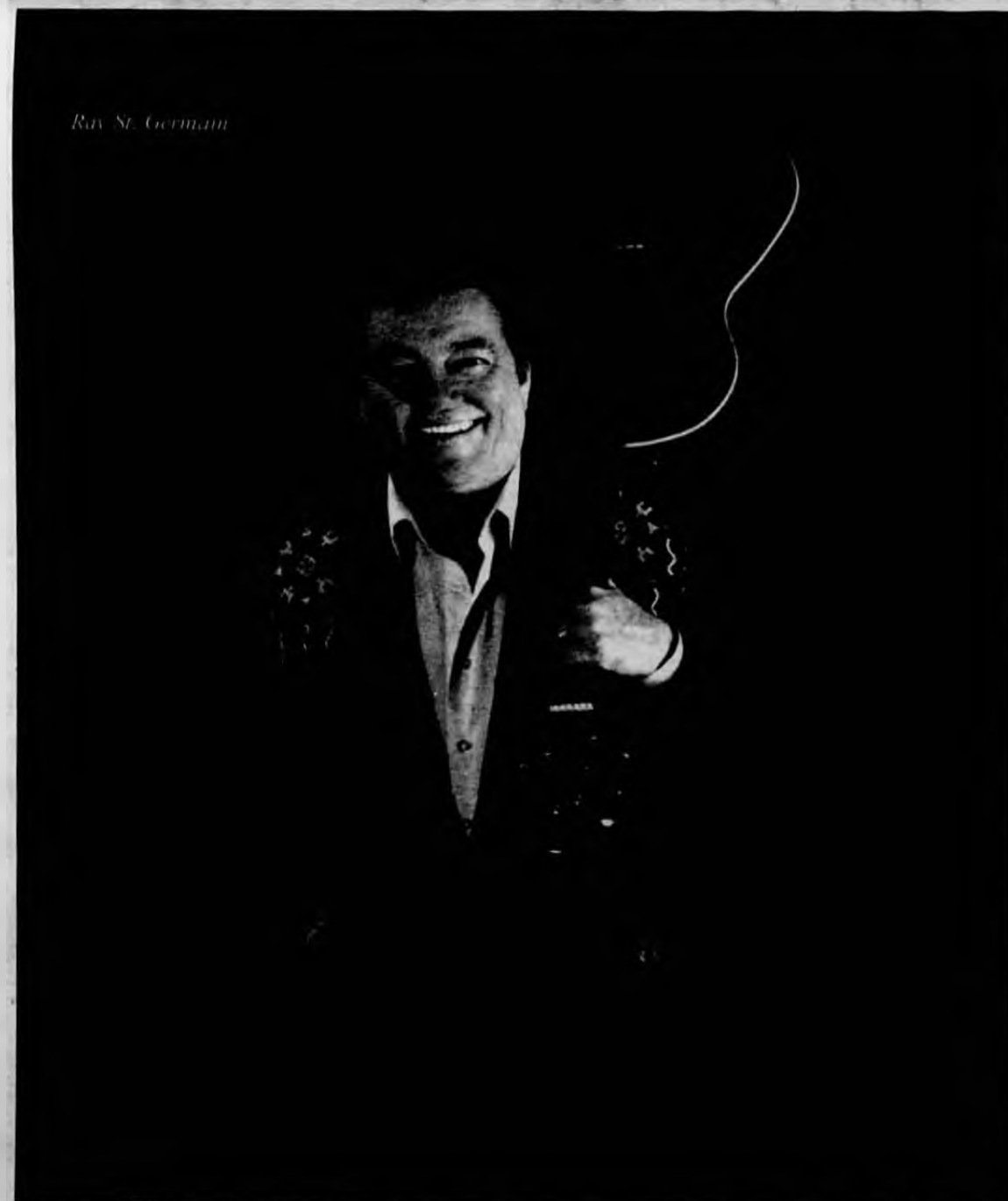
In March you will be wowed by the fabulous harmony of an A Cappella Group - The Essentials, an all-male quartet. They sing a wide range of music from doo-wop to classic rock and are often accompanied by light acoustic percussion. This will be an exciting high

energy show that blends music, choreography and lots of laughs. You will see why they are winning international acclaim as "one of the finest a cappella groups in the world".

For our final concert in April, EMCA welcomes back Canada's country music ambassador George Fox. The last time George Fox was on the EMCA stage was in 1999. The audience will again enjoy his natural country style and smooth rich voice. Be prepared for some up-tempo numbers too as George is bringing his band. This will be a great show to end our year of celebration.

An EMCA subscription is a great bargain. Where else can you see seven first class concerts for the price of one or two in Winnipeg? For the past few years we have offered snowbird tickets where tickets for the first four or last three concerts can be bought at a discount. Tickets can also be purchased for individual performances, subject to availability.

Season membership sales begin at the Pinawa Mall in Pinawa on Thursday, September 4, 2008. Watch for further information in this paper, log on to EMCA's website at <http://www.emca-concerts.com> or call Cathy at 753-2767.



Ray St. Germain

Celebrating 35 Years of Music

EMCA - Eastern Manitoba Concert Association Announces...

2008-2009 Season

Featuring...

Ray St. Germain with Sierra Noble
- Country/Métis Musical Roots, September 19, 8:00pm

Allen Harrington with David Moroz
- Classical Saxophone & Piano, October 24, 8:00pm

Robert Michaels
- Nouveau Flamenco Guitarist, November 7, 8:00pm

The Buccaneers
- Celtic/Traditional/Folk, December 5, 8:00pm

Rhyme Rustler: The Ballad of Robert Service
- February 13, 8:00pm

The Essentials
- An A Cappella Group, March 13, 8:00pm

George Fox
- Country, April 17, 8:00pm

All Concerts held Friday Evenings
at the Pinawa Community Centre, 20 Vanier Dr. in Pinawa

Ticket campaign begins September 4th, 2008
On Sale at the Pinawa Mall
Tuesday and Thursday from 10am to 2pm, or call Cathy at 753-2767

www.emcaconcerts.com

Features

Cougars, Wolves and Wolverines

A natural history of the East Beaches and Winnipeg River



Red-winged Blackbird

By Charles Norman

Red-winged Blackbirds are probably the most numerous of birds in North America. There are estimated to be close to 200 million of them. They normally nest in tall grass or reeds close to water, but will often nest in small trees - especially willows.

The male is black with a red "epaulet" on the wing with a smaller yellow bar underneath. The female is a drab speckled brown. The male has a very musical call reminiscent of the first few bars of Aaron Copeland's Fanfare for the Common Man. That carries well and often causes other Redwings in the area to respond. When alarmed the call is changed to a warning "cheech cheech" which the

female also uses.

The male fiercely guards his territory from predators. Often several Red-wing Black Birds will join together to attack crows, ravens or other potential threats, and they have been known to attack people and horses. However, they will also protect their territory just as fiercely from other Redwings. One male's territory can consist of up to fifteen nests, but his protection does not seem to be very effective. DNA test have demonstrated that up to half of the young hatched in his territory are from other males.

The Redwing can be found year-round throughout the continental United States with the exception of Alaska. It breeds in every province of Canada except

Newfoundland and Labrador. In Ontario it breeds as far north as the southern end of James Bay. In the west breeding occurs across the prairies and into the Yukon and North-West Territories.

They congregate to roost and in the United States can collect into concentrations in the millions. They may travel as far as fifty miles from roosting to feeding. Because of the huge numbers a flock can cause serious damage to grain and rice crops. Poisoning is often resorted to to limit crop losses. There have been reports of declining numbers because of loss of habitat and poisoning but locally numbers are substantially higher than last year.

The female lays four pale bluish green eggs with brown purple or black spots. The

female incubates the eggs. Obviously the male does not participate in the incubation since it would not be very practical for him to have to deal with up to fifteen nests.

SEASONAL JOB OPPORTUNITY Arena Manager and Assistant

The PRC Facilities Committee is looking for two mature, energetic persons to work as the Arena Manager and Assistant for the upcoming Winter Season.

Duties will include:

- Ice making
- Maintenance of the ice surface
- Cleaning the ice surface
- Maintenance and cleaning of Lobby and Dressing Rooms
- General Building Maintenance
- Other duties as assigned by the PRC Facilities Committee
- Must possess a valid Driver's License

All interested persons are asked to submit a resume, along with salary expectations, to the address below. All applications must be received at this office no later than Wednesday, September 17, 2008 @ 4:00pm

Pineview Recreation Commission
P.O. Box 281
Powerview, MB R0E 1P0

Only those applicants being considered for the position will be notified.

Recreation Updates

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

POOL HOURS

Monday - Friday
Public Swim 12:30 - 5:00 pm
Family Swim 5:00 - 7:00 pm
Adult Swim/Lap Swim 7:00 - 8:00 pm
Saturday & Sunday
Public Swim 10:00 am - 8:00 pm
POOL CLOSING SEPTEMBER 1

CHILDREN & Teens

Summer Day Programs
Pine Falls & Powerview Schools
July & August
August 26 - Wet n Wild Day 1:00 PM - 3:00 PM
August 27 - Camp Windup & BBQ at the Pine Falls Pool 10:00 AM - 1:00 PM
The calendar of events is available at the Pine Falls Pool. Cost for special day programs: \$5.00 per day, \$35.00 for summer for \$25.00. For more info contact Lori @ Pineview Rec Office 367-9142

Billy Roy Memorial Junior Golf Tournament
Pine Falls Golf Course
Sunday, September 7, 2008 @ 2:00 PM
For more info call 367-8463

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

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

Junior Golf Night
Free For Kids ages 16 & under
Grand Pine Golf Course
Every evening @ 6:00 PM excluding some tournament dates
\$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.

ADULT

Golf Papermakers Golf Tournament
Pine Falls Golf Course
Thursday, September 4 @ 1:00 PM
18 Holes
First 80 Paid will be entered.
For more info contact 367-8463

Mixed Fun Night
Pine Falls Golf Course
Saturday September 6
9 Holes
For more info contact 367-8463

RCMP Tournament
Pine Falls Golf Course
Sunday, September 14 @ 10:00 AM
18 Holes
For more info contact 367-8463

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

Junior & Family Golf Night
Grand Pine Golf Course
Every evening @ 6:00 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

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

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
September 20 & October 18
Phone 756-6468
www.seniorsceneinc.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.seniorsceneinc.com

FOR ALL AGES

Body Sculpting
Water Whyte School
Every Monday & Thursday starting September 15 & 18 6:30 - 7:30
Total body conditioning including muscular endurance & strength and cardiovascular conditioning. New challenges every class.
For ages 16 - fit seniors.
\$6 per class if prepaid for the month or \$10 drop in fee.
For more info contact Natasha 756-3868

Tennis Program
Starting Tuesday & Thursdays
August 5 - 28
Beginners @ 4 PM
Intermediate @ 5 PM
Advance @ 6 PM
\$5.00 per lesson with minimum of 4 people per class
Registration required at Pineview Rec Office

Total Body Workout
Starting September 8th - May 2009
Monday & Wednesdays 7:00 AM - 8:30 PM @ St. Georges School Gym
\$20.00 per month/ Family plans available
Kickboxing (with or without pads), Stretching, Skipping, Rubber Bands, Circuits & Felt Pads
Loose Weight & Feel Great!
Contact Nick Bonekamp

Saffies Store 75th Anniversary Celebration
Saturday, August 30th
Albert Beach
3:00 PM - 9:00 PM
Old time games, Entertainment & Refreshments
For more info contact Lise 756-3846

367-2702 or Paul Roberts 367-8018

Rise & Shine Fitness Class
8 Week Program Starting September 8th
Monday, Tuesday, Wednesday & Thursday
6:30 AM - 7:30 AM @ Pine Falls School Gym
\$80.00 for 32 Classes
You are welcome to come to all classes or pick and chose what days work best for your schedule. Need 20 people registered to start the program.
To register call the Pineview Rec office 367-9142 or Kim Bonekamp 367-2107 or email kbonekamp@hotmail.com

Sagkeeng Balancing Wellness Centre

For Males & Females Ages 13-40
Programs include support groups for healing, nutrition, building confidence & self-esteem. Plus support for residential school survivors to help move on from the effects of residential schools. Issues include: loss of language and culture, abandonment, identity, colonization, loss of parenting skills, abuse in the residential schools and effects. For more information contact Lillian Cook 367-2755.

Festivals & Events
4P Weekend
August 29, 30, 31 & September 1
Jamboree, Fish Fry, Hydro Tours, Kids Activities, Market Square, Baseball Tournament, Beer Gardens, Pancake Breakfast, Pea Soup & Bannock, Fireworks, Parade, Metis Fiddlers & Dancers, Western Days Social, Family Fishing Derby plus Horseshoe & Cribbage Tournament.
Something for everyone!
For more info contact Caitlin 367-9970

Wayne Thomas 2nd Annual Baseball Tournament
Sunday August 31, 2008

Victoria Beach Sports Field
BBQ & Beer Gardens
11:00 am - 11:00 pm

Grand Marais Annual Fall Supper
Saturday, September 27, 2008
Grand Marais Recreation Centre
Sittings at 4:00 PM & 6:00 PM
Tickets \$13/Adults \$6/Children under 12
For more info contact Chris 754-3058

Winnipeg River Greenback Challenge
October 25 & 26
\$500.00 Entry Fee
For more information contact Laurent Raymond 367-2238

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

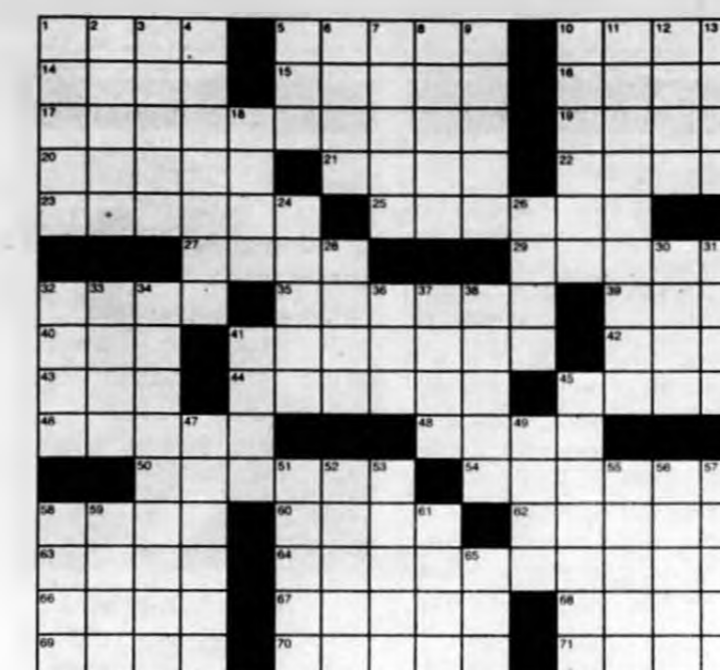
PUBLIC LIBRARIES

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
Closed for the Summer - Reopening in September

Weekly Crossword



Across

- Clay solution for coating biscuit
- Formula with magical power.
- Music magazine.
- Monetary unit of Western Samoa.
- Lover.
- Sea eagle.
- Toothless.
- Sound of waves breaking.
- Escape understanding of.
- Acode, Melete or

Mneme.

- Ancient Roman poet.
- Fish with sucking disk.
- Me.
- Remarkably.
- Mosslike lichens on trees.
- Emperor or king.
- Deplorable.
- Took notice of.
- Move in short, quick leaps.
- Annoy excessively.
- Before.
- High mountain.

- Medical injury or trauma.
- Cupid.
- Australian-bred military saddle horse.
- Spleen.
- Interior part of a country.
- Agreement between nations.
- Cavil.
- Monetary unit of Lesotho.
- 8th month of the Jewish calendar.
- Space shuttle that exploded in 1986.
- Motion picture.
- Monetary unit of India.
- Miscellany.
- Put stake into pot.
- Jellylike protozoa.
- Improve.

Down

- Pursue a course.
- Container for transferring molten metal.
- Anterior portion of insect's hindpart.
- Brutal, marauding soldier.
- Grand ..
- Small island in a lake.
- Love affair.

Last Week's Answers



CRYPTIC PUZZLE

DE'C GDFB JH HLF EJ BJ EKM DPRJCCDNM
- QSNE BDCFMT

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

SOME PEOPLE ARE BORN ON THIRD BASE AND GO THROUGH LIFE THINKING THEY HIT A TRIPLE.
-BARRY SWITZER

Weekly Horoscopes September 3 to September 9

ARIES (Mar. 21 - April 20) You need to do something that will make you feel better about yourself. Your creative input will be appreciated by your boss. Organize your day well if you wish to accomplish all you set out to do. Do not sign contracts or get involved in any uncertain financial deals.

TAURUS (Apr. 21 - May 21) Your mind is on moneymaking ventures. Your nerves are frizzled. You may be the recipient of false information. Jealousy may get in the way of a good relationship.

GEMINI (May 22 - June 21) A change is as good as a rest. Don't go looking for change. Don't be too critical. You will meet a person who may turn out to be more than just a friend. Your tendency to dramatize may be a little much for your partner to take constantly.

CANCER (June 22 - July 22) Changes could be overwhelming. You should be putting your cash into long-term investments like real estate. You should follow through on educational endeavors you have wanted to pursue for some time. Secret affairs will come back to haunt you.

LEO (July 23 - Aug. 22) Your ability to take hold of a situation will surely bring you popularity and leadership. Your outgoing nature might work against you this week. You can develop your creative talents if you take the time to practice your art. Involvement with prestigious organizations will be to your advantage.

VIRGO (Aug. 23 - Sept. 23) You're in need of love. Make changes regarding your friendships. Don't be too quick to judge your position or surroundings at work. Short trips will prove to be more fruitful than you imagined.

LIBRA (Sept. 24 - Oct. 23) You will be extremely sentimental, and if pushed by others you may hold a lasting grudge. You will be well looked upon due to your compassionate and giving nature. Sudden romantic encounters will set your head spinning. You may be uncertain about some of your coworkers and your boss.

SCORPIO (Oct. 24 - Nov. 22) this week will be rather hectic on the domestic scene. Unexpected visitors are likely. Be prepared to do your chores early. Be inquisitive about unfamiliar circumstances. Take time to relax. Stress and pressure at home may have worn you ragged.

SAGITTARIUS (Nov. 23 - Dec. 21) Don't draw too much attention to yourself at work. You might find that the extra cash will come in handy when an opportunity to invest comes along. There might be one who is quite willing to take the credit for your work. Talking to those you trust and respect will help you sort out any problems.

CAPRICORN (Dec. 22 - Jan. 20) Exercise programs will be effective. I Don't let siblings put pressure on you. Discover opportunities based on the individuals you mingle with this week. You will be full of energy and you need to find something constructive to do.

AQUARIUS (Jan. 21 - Feb. 19) Get out and experience the spice of life. Don't fall into the trap. Don't use the interstate as a racetrack. You'll only hurt your lover if you don't.

PISCES (Feb. 20 - Mar. 20) Problems with financial investments could make you nervous. Jealous coworkers may try to sabotage your attempts to get ahead. Don't blow situations out of proportion. Don't hesitate to voice your ideas and opinions.

Classifieds

Obituary

WILLIAM (Bill) FRANK SOKOLOSKI

March 13, 1916 - August 28, 2008

Peacefully on Thursday, August 28, 2008 at 2 p.m. Grandpa Bill passed away at the Pine Falls Hospital. Bill was predeceased by his wife Margery (Mardie), sisters Mary, Vicky and Bernice and by brother Ollie. Leaving to mourn is a sister Rose and brother George, son Gordon, grandsons Brett, Cam (Alice), Trevor (Claire), great grandchildren Scott, Daniel, Kyle, Karlee and Kasse. Bill was a longtime serving Odd Fellow, 58 years in total. As a young man Bill started working for the Charter Hall in Pine Falls peeling ties. Prior to the War Bill was employed in the Paper Mill. During the War Bill worked for the Bertram Foundry in Hamilton, Ontario. Following the War Bill returned to Pine Falls and the Paper Mill where he retired as Head Clothing Man in the summer of 1979. Grandpa Bill enjoyed many years at the cabin as well, hunting with his son, grandsons and many friends. Grandpa Bill found great pleasure in challenging anyone to a game of crib. Grandpa's favorite saying was "keep smiling" and I.e. was to the end. In lieu of flowers donations may be made to the Independent Order of Odd Fellows Charitable Foundation or to the Heart & Stroke Foundation.

A Celebration of his Life will be held on Wednesday, September 3, 2008 at 2:00 p.m. from the Notre Dame du Laus RC Church, Powerview, Manitoba with Fr. James Gray officiating. Interment will follow in the Pine Falls Cemetery. RUSSELL'S of Beauséjour, Manitoba are in care of arrangements. Call 1-204-268-2263 or 1-866-424-6271 toll free. CANADIAN INDEPENDENT since 1941.



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Used Building Materials, sliding windows with screen, 2 at 22" x 40", \$25.00/each, 1 at 18" x 30", \$25.00, 1 at 2 ft. x 4ft., sky light \$40.00, 3x30 pieces 2x8x5" fir .50cents/foot, call 367-2892.

Card of thanks

To all our Children, Thank you very much for the wonderful 50th Anniversary we celebrated. We cannot put into words what we felt surrounded with our kids, grandkids, and great grandkids, and all of our friends who came. It was a day we will always remember. Thank you very much for the gift you had in our cards, and the gifts that we will keep as a memory of that day. The joy and love we both felt at our celebration words cannot describe. Thank you to Father Gray for celebrating mass, to Buddy Elicen Mead and Bill & Doreen Meade for singing and playing at the hall. The music was beautiful, everyone danced till the last dance was played at 1:00am. Everyone who was there contributed to our joy and laughter. Again to our wonderful children who worked so hard doing their part in making it such a success. We love you all, and God Bless you and keep you in his wonderful care.

Memoriam

Tony Vincent
June 4th, 1960 to September 4th, 2007
In loving memory of husband, father and grandfather. We little knew that morning that God was calling your name. In life we loved you dearly. In death we do the same. You did not go alone: For part of us went with you. That day God called you home. You left us peaceful memories. Your life is still our guide; And though we cannot see you. You are always at our side. Our family chain is broken. And nothing seems the same; But as God calls us one by one, The chain will link again.

Love John & Yvonne Dube

For Sale

Landscaping - John Deere Lawn Edger, 1 J.D D-35 Lawn Edger, like new, \$500.00 OBO, call 367-2892.

For Sale

1998 Fifth wheel, Jayco 30 ft., 30.3 full slide out, loaded, hitch in back, \$12,500. Call Paul Gauthier at 367-8922.

Open House

18 Vincent (School Street). Lot size: 60'x120'. 3 BR + 1 down. Attached Garage 26'x28', shed, garden, basement partly finished. Central air. Open house September 6 2-4PM.

Memoriam

Tony Vincent
June 4th, 1960 - September 4th, 2007
Every day, in some small way, Memories of you come our way. Though absent, you are ever near. Still missed, still loved, and ever dear.
Loved by always, Mom, sister & brothers and their families.

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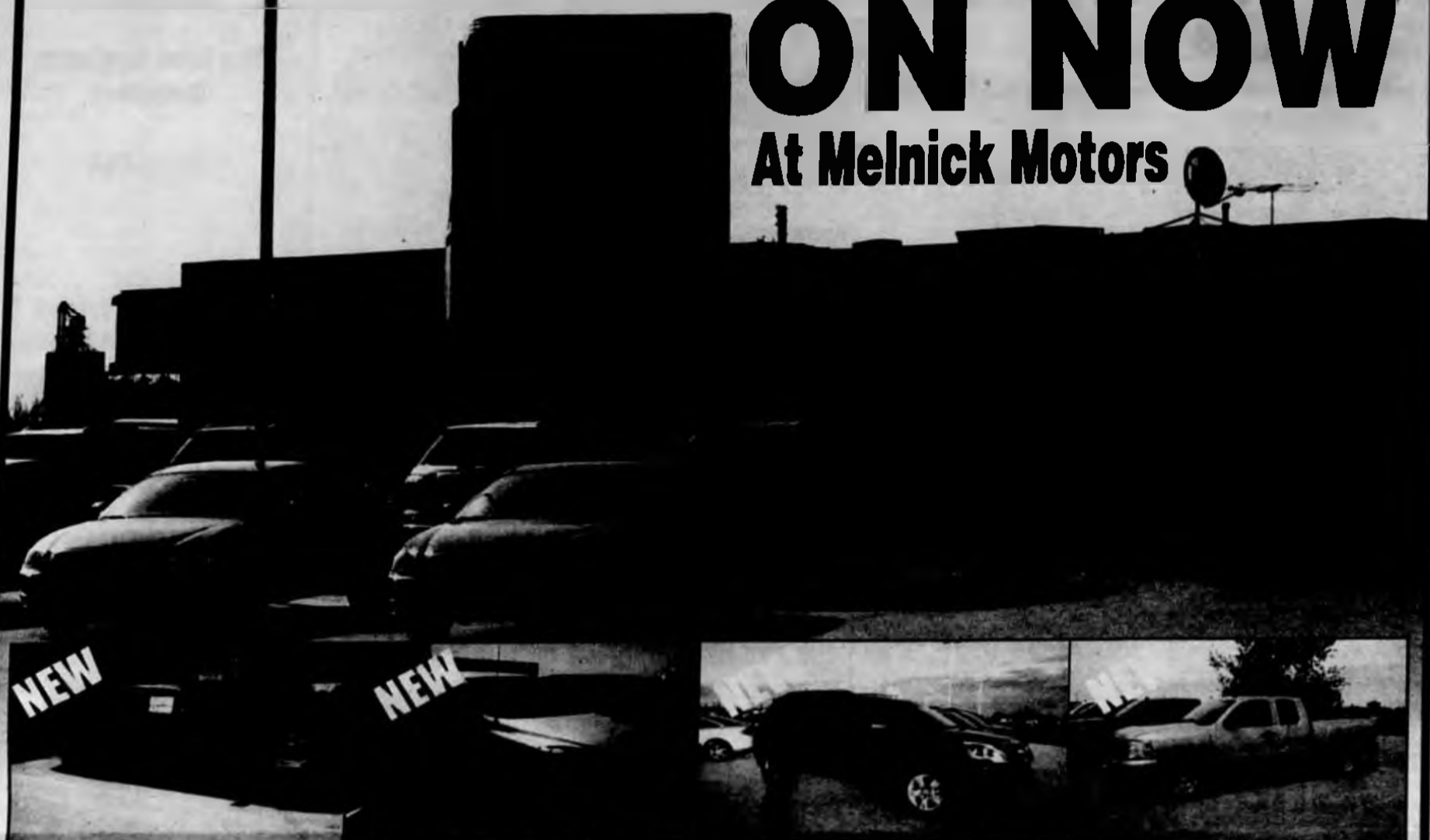
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