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

Echo

Municipal Board OK's Public Works Building

Hayes "Hopeful" for PF Care Centre Expansion

Says he expects announcement before the New Year

By Caitlin Laird
The public was presented with a heavily garnished glimpse of NEHA at their Annual General Meeting held in Beausejour last Tuesday evening. The mood was a celebratory one, with staff and speakers settling on a decidedly laudatory tone as Board of Directors Chair Margaret Mills and CEO Jim Hayes gave their annual

reports. Friendly and personable representatives worked the information displays, of which the speakers were especially proud, stating a number of times that "[their] staff deserved absolute congratulations for their ability to display this information!" Amid the colourful displays, cheese plates and door prizes, the meetings' atmosphere was surprisingly informal and social. This also

meant that not much heady information was exchanged, but between handshakes and toothy smiles Jim Hayes gave us a few minutes to answer some of our burning questions.
As The Echo reported in May, there was to be an ambulance stationed in Grand Marais for the summer. When asked to clarify how long it had actually been

By Charles Norman
Powerview/Pine Falls' application to the Municipal Board for approval of a borrowing by-law for the purpose of raising funds for a proposed public works building on Dupont Street has been approved.
In a September 24 decision, (received by the municipality on September 29), made only minor housekeeping revisions to the proposed by-law. They found that a need for a public works shop exists and recommended that the access and water connec-

tion be from Dupont Street and that measures be taken to ensure that there is no through traffic on Louise Street.
The Board reviewed objections from Sean Kemball, Joyce Robinson, Bob Poitras, Candice Hricell and John Watling but in its conclusion stated that the "Board does not find sufficient reasons to refuse to approve the By-law. The Board finds that it is in the long term interests of the residents of Powerview/Pine Falls to proceed with By-law 33/08."

100% Payout for Fish Derby

By Charles Norman
Laurent Raymond is organizing the Fish Derby this year.
Billed as the First Annual Pine Falls Winnipeg River Greenback Challenge, it will be run on Saturday and Sunday, October 25 and 26, from the Pine Falls dock beginning at 8:00 am both days. The Calcutta will be at the Papertown Motor Inn on the Friday evening.
Payout will be 100% of entry fees, (\$500 per boat) Sponsors are; The Papertown Motor Inn, Lund, The Town of Powerview/Pine Falls and

Jackson's Lodge and Outpost.
Flyers have been distributed to various retail outlets in the area. For more information call Laurent Raymond at 367 2238.



Door prizes at the NEHA AGM.



Winner from last year's Derby



busier than an outhouse after a chili cook-off?

SUNOVA

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News

Balanced Budget First Step to Increased Funding: Hayes

Continued from page 1
stationed there and when and if it would return, Hayes said that the ambulance was there from the May long weekend until the September long weekend to coincide with the greater service need experienced in the summer months. Over the winter, Hayes indicated that they would be monitoring the calls over the winter and working with Manitoba Health to determine what is needed. He added however, that he believed winter volume has been handled adequately in the past. He made mention of NEHA's 5 year plan which would ideally, see full time staff replace on call staff in areas throughout rural Manitoba, but admitted that staffing has been "a challenge" and that "some shifts have not been fully staffed"

in the past.
On the subject of the proposed expansion of a Care Centre in Pine Falls (which was also mentioned by Margaret Mills in her presentation in the company of those projects that have been in the works for "up to 6 years"), Hayes is "hopeful", as he says Manitoba Health has given him reason to be when he spoke with them recently. "It looks hopeful that there will be a favourable announcement by the end of the year." Manitoba Health is said to be supportive of the project, according to Hayes, who added that if we don't hear anything by January we should give him a call (we will).
The formal presentation began with the introduction of the 08-09 Board of

Directors and those of the DHAC, followed by the Chair's Report. The report claims that NEHA is enjoying its third consecutive year of a balanced budget, which they contend "puts them in good standing with Manitoba Health." Along with the expansion of the Primary Care Centre, a Personal Care Home in Lac du Bonnet is still on the agenda. A 70-bed facility was initially discussed, but this number may need to be increased. The current facility would be converted into a Personal Care Home. Mills made mention of the The Community Health Assessment that began in April and revealed that it is not expected to reach completion until next September. Hayes' report was little more than a reshuffle of infor-

mation contained in the numerous handouts and brochures available, along with some praise and thank-you's thrown in for good measure. Reiterating much of our earlier discussion, he acknowledged the need for "more staffing and more ambulances" but said that he believes the current NEHA staff is "world class" and that their ability to retain their staff is "above average" adding that "people are choosing to stay here." In keeping with the candy coated optimism he projected throughout the evening, the predominant piece of advice he offered was to "remain hopeful" and to adopt an attitude of patience, stating that "good things come to those who wait...if not today than what about tomorrow morning?" While this may be con-

strued by some as audacious (given the recent coverage NEHA has received by some) Hayes did admit that the "cup is not entirely full" (he still claims it is more than half-way), but sees a balanced budget as the first step towards receiving more funding for capital projects and promises that they will continue to try to fill that cup. Closing remarks by the evenings' MC touched on the "tough times" that NHEA has endured and the unfulfilled "wish that [they] had the [funds] to do everything [they] had planned."
To say that the evening amounted largely to a series of self-congratulatory statements and back patting would seem an accurate assessment. However, given that NEHA ran the meeting and that no questions were posed by the public during the question and answer period this is hardly surprising. Door prizes were handed out (reminiscent of a wedding social) as the evening adjourned and everybody rushed to refill their plates with more free cheese. Anticipate an announcement regarding the Pine Falls expansion in the coming months.

News

Tembec Shuts Production at BC and Ontario Saw Mills Softening Demand, Low Prices expected to persist well into the New Year

Tembec Press Release
Last week, Tembec announced a series of curtailments of sawmill production in the midst of softening demand and prices for lumber. Specifically, the Company will shut down its British Columbia Elko and Canal

Flats sawmill and planer plants for two weeks, one in early October and another in early November. These shutdowns will also force a reduction in production at the Company's finger joint facility in Cranbrook, B.C. for four weeks, two in October and another two in

November. Finally, the Cochrane, Ontario, mill will cease operation at the end of October and will remain idled for a period of five months.
"These shutdowns are a consequence of the prolonged downturn in the US housing market and the

directly related impact on the demand and price for lumber," said Dennis Rounsville, Executive Vice President and President of Tembec's Forest Products Group. "With these market conditions expected to continue for the next several quarters, we need to act responsibly and adjust our

production levels to current and foreseen market demand for lumber."
The Elko, Canal Flats and Cranbrook mills, with an annual capacity of 475 million board feet (mmbf) employ roughly 350 people. Cochrane produces 170 mmbf and employs 200 people.

2008 Eastern Region Fire Report

The year started out extremely dry with most of our fires occurring in the spring. Rains began in June and by the end of August the fire season was slowed considerably. There have been 76 wildfires in the Eastern Region to date, of those 62 were human caused and a total of 4943 hectares were burned. It is evident that the number of fires could be reduced considerably along

with the costs by simply being more careful.
The most notable fire of the season was the Woodridge fire. It started on May 24th and the total cost of suppression for the fire was \$191,500. This one fire saw 3395.9 hectares of forest burn. Dry conditions, strong winds and continuous fuels helped to spread the fire rapidly. As with the Vassar fire a year ago a great deal of forest resources was lost. Many

reforested plantations were consumed, these varied in age from ones that were just planted this spring to ones that were 50 years old.
Just as a note the Vassar and Woodridge wildfires were both human caused. The Vassar fire had a total cost of 4,000,000. The amount of productive forest that was impacted was 1700 acres. It will take the next

three to five years to replant the area with an estimated cost of \$1,500,000. The cost along with the loss of resources was also preventable.
Due to our extreme weather conditions it is

important to be vigilant when burning and to remember that a burning permit is required from April 1st until November 15th.
Manitoba Conservation Fire Program Staff would like to thank everyone that reported a wildfire to our 1-800-782-0076 Report Forest Fires / Turn in Poachers line.

Blue Water Physiotherapy
Box 418, Pine Falls, MB ROE 1M0 Phone: 367-2537

Blue Water Physiotherapy will be open part time for the month of October only. 1 - 2 days a week from 11:00 am to 4:00 pm. Please call to make an appointment. If no one is in the office to take your call, please leave your name and number and we will call you back when we are in.

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PLEASE BE ADVISED THE REGULAR BOARD MEETINGS OF SUNRISE SCHOOL DIVISION SCHEDULED FOR THE FOLLOWING DATES:
Thursday, October 2, 2008
Thursday, November 6, 2008
Thursday, December 4, 2008
Thursday, January 8, 2009
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Comment



Pine Falls and Wall Street

By Charles Norman

The last time Wall Street went into a tail spin the Abitibi newsprint mill in Pine Falls shut down - and stayed shut down - for several years.

If the Americans don't get their act together in a hurry it could happen again.

Close to a thousand people are directly dependent on the mill for a living - and many more - including every business - is indirectly dependent on the mill.

Most of those thousand men women and children would have to leave - whether they wanted to or not. As it is most of those children will have to leave anyway. In the last few years the mill has reduced its workforce by about 200 people. There are fewer jobs available for the children of mill employees.

Whatever happens the closing of the mill would be a terrible blow to this community - but it does not have to be a disaster.

We have plans for dealing with many other disasters, plague, tornados, forest fires, etc, but no one wants to imagine this community without the mill. There are no contingency plans anywhere to deal with that possibility, which is probably inevitable in the long run, and with the financial mess in the United States, may very well happen sooner rather than later.

An economic development strategy is needed.

We do not have to sit idly by and watch this community wither and die. We have some very real assets on

which to build a growing, thriving, active and prosperous community.

We live in a beautiful part of the world - blue water and blue sky country - with opportunities for almost all outdoor recreation activities.

We have the forestry resource that is always going to be needed. If wood were to be invented today it would be marketed as a miracle material. It is cheap, strong, easily worked and useful for a huge array of the products that modern society need. It is used to build home, and the furniture to put in them, it can be used to print the books to put on bookshelves in those houses - and to make the bookshelves, it can be used to make synthetic fibre for the clothing of the people who live in those houses - and it could be used, (but is not) to make the banknotes to buy all these things.

We have a good school and the makings of a good trade school. Our indoor recreation facilities have deteriorated and our health care services have been badly neglected, but we have many, many bright, energetic and resourceful people who can take hold of what we have and build on it. Those same people have the talent to re-energize the economy - to encourage industries to locate here and to provide jobs for our young people - and with it the money to ensure a growing and thriving community.

One of the very real assets we have is money. The federal government has set up a billion dollar fund to help out single industry towns in the

forestry sector. That's us. We can get a share of that money - and we can get a big enough share to make a difference.

We can attract businesses to set up here but before we do that we have to have the infrastructure facilities we need to attract people here.

The very first is the health care delivery system.

A medical clinic to replace the Blue Water Medical Clinic is already in the works - under the auspices of the RM of Alexander. Along with the clinic should be ultrasound equipment and staff, and an MRI - also with operational staff. A state-of-the-art PET scanner for early detection of cancer could also be looked at. Not only would these facilities help attract top-flight doctors, they could also be made available to Americans at a much lower cost that they pay in the US, thus providing the facility and the community with additional revenue. The existence of the clinic would go a long way to solve the problems with the Pine Falls Hospital, but the resolution of that problem will probably have to wait until NEHA's CEO Jim Hayes retires or is replaced.

The second, also already underway is the provision of adequate recreation facilities. The proposal to re-open the Powerview arena and to build a new curling rink alongside the arena makes a lot of sense. Hopefully the Powerview/Pine Falls council will get behind it and make sure that the recreation facilities we have to offer

will be enough to ensure that new people will want to come to live here.

Next is the setting up of an industrial park. This will be in the RM of Alexander but will benefit the entire region. It should be located close enough to the old CN road bed so that the park can offer rail service if needed. It will also need a first class water supply. What the town and the RM are going to do to provide a quality water supply to the community needs to be resolved very soon - talking has already gone on long enough.

An organization to facilitate economic development in the region has also already been set up. (The Edgewater Development Corporation), but its implementation is painfully slow.

Economic development is an abstract concept. Let's talk about just one possibility in more concrete terms.

There are, in Canada, about a dozen companies that build factory-built homes. These are not glorified trailers but modular homes, built inside in a configuration that can be shipped by truck then assembled on the buildings foundation. "Cottages" costing up to \$750,000 have been built and installed in Toronto's cottage country. In other locations luxury condominiums have been built.

Almost all of these factories are subsidized by the federal government. In exchange for training unskilled workers in house construction trades the government subsidizes wages. As employees are trained they move out into the tradi-

tional construction trades and are replaced by new trainees.

A similar operation here could use lumber from local sawmills and build houses for northern reserves - (especially if the road to the north ever gets built) and cottages for the Lake Winnipeg and Lac du Bonnet developments. The Winnipeg River Learning Centre could provide classroom training for the employees and, (if the Powerview arena is re-opened) the Pine Falls arena could be turned into a workshop training area very easily. With the money available from the single industry town fund the RM could offer to build a suitable building and offer it, and all these other facilities to any one of the dozen or so manufacturers in the factory-built home business. This is only one example. Others will be developed by whoever is hired by the Edgewater Development Corporation to oversee and coordinate the economic development of the region.

Readers should have realized after reading this that a great deal of co-operation will be required from our municipal governments. It would be very helpful if the two municipalities were to merge. At the very least Edgewater Development Corporation should have a board that includes not only representatives from the two councils, but also from the general public as well. So far the two municipalities have not shown themselves to be very good at working together. Independent board members might help and would certainly not do any harm.

I am determined to this

Election 2008

What they're saying:

Once again, the Echo is providing a forum for any candidate in the ridings of Churchill, Provencher and Selkirk Interlake, to address their constituents within our pages. This week we have contributions from Wally Daudrich, The Conservative candidate for Churchill and Vic Toews, The Conservative Candidate for Provencher.

We kind of hoped for a little more participation from the candidates for this free exposure they were being offered. But they are surely quite bogged down with heavy campaigning schedules. Next week will be our last installment of our election coverage. We'll be reminding all candidates, once again, that they can have this space.



Wally Daudrich
CPC Candidate for
Churchill

Baffinland Iron Mines Corporation is considering moving iron ore from its Mary River deposit on Baffin Island across a hundred mile private railway to a deep water port, where ore could be shipped to Churchill and the Hudson Bay Railway. As an MP working on behalf of my constituents and as part of the governing party, I will lobby on behalf of Northern Manitoba's hard-working people who are involved in this important industry.

Mining consultants working on behalf of the Baffinland group were in Churchill in early September examining the Port and the feasibility of moving up to 14 million tonnes per annum of iron ore through Churchill. It could be a boom for us, provided that the extraction of iron ore come this way into Northern Manitoba instead of flowing overseas.

I am determined to this

commerce and I will be a strong voice for mine workers here in Northern Manitoba. Only a Conservative candidate in our riding can bring real representation from the government side. A project such as this would give the Hudson Bay Railway the added capital and incentive needed to upgrade its track conditions and service along a rail line that is crucial to the North." As a representative in Ottawa I would feel privileged to use my experience and knowledge to work for Northern Manitobans.

Fuel prices are another area that concern me. Gas prices have hit us hard because of our remoteness. Harper wants to reduce the excise tax on diesel and aircraft fuel. I also believe that increased refinery production is crucial here in Canada.



Vic Toews
CPC Candidate for
Provencher

Soft on crime does not work. We need to ensure Canadians feel

safe in their homes and in their communities.

Since 2006, our Stephen Harper's Conservative government has taken bold and decisive steps to reduce crime and to make our communities safer. But more still needs to be done.

This week, Prime Minister Stephen Harper reaffirmed our position that a re-elected Conservative government will prevent serious crimes from being punished by "conditional sentencing," commonly known as house arrest.

House arrest was introduced by the Liberals in 1996. It allows convicted criminals to serve their sentences in their communities rather than in prison. We do not believe this is a suitable punishment for serious crimes. AND Canadians do not believe it either.

During the last Parliament our government introduced legislation to ban house arrest for numerous serious and violent crimes. But the Liberals, NDP and Bloc Quebecois combined their forces to water down the legislation.

Should we be re-elected, our government will once again introduce legislation banning house arrest for a variety of offences including serious property crimes, weapons offences, home invasion, serious vehicular crimes, drug trafficking, kidnapping, and trafficking in persons.

In Canada today, there are

too many criminals serving time in the comfort of their own homes. And too many of these same people have not surprisingly breached the terms of their sentence. This

needs to stop. On voting day, I would urge all of you to vote for safer communities, safer homes and a just and properly functioning criminal justice system.

The Campaign Trail



Provencher MP Vic Toews was in Powerview last Wednesday for a Meet and Greet at the Winnipeg River Manor.

Over 20 years of community service for Manitobans and their families. Make the best choice for you and your family.



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- I Stood for the anti-scab worker Bill
- I Stood for the Bayline & Port of Churchill
- I Stood for accessible child & health care
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- I Stood for a sustainable environment

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Community



Left: Dr. Reesa Sorin, Coordinator of Early Childhood Education - James Cook University, Cairns, Australia Right: Teresa Mayer, Senior Data and Statistical Analyst - Healthy Child Manitoba

Partnership to Assist Early-Childhood Programming

Bright Beginnings, North Eastman Parent-Child Coalition, recently held its quarterly committee meeting and was honoured with the presence of two prestigious guests!

Dr. Reesa Sorin is the Coordinator for Early Childhood Education with James Cook University in Cairns, Australia. Reesa is working in collaboration with Statistical Analyst, Teresa Mayer, from Healthy Child Manitoba. Their research project focuses on the factors in relation to the Early Development Instrument (EDI), comparing similarities between the regions of both Cairns South Communities for Children in Australia and the North Eastman Parent-Child Coalition in Manitoba. The EDI report is based on Kindergarten children's readiness for school in rela-

tion to five main domains: Physical Health and Well-Being, Social Competency, Emotional Maturity, Language and Thinking Skills and Communication Skills and General Knowledge. As children's readiness for school is influenced by their early years in relationship to the family and community factors that shape a young child's life, EDI results are a reflection of the strengths and needs of the communities these children live in.

Bright Beginnings welcomes this new partnership with Cairns South Communities for Children at an international level. We anticipate this collaboration will, undoubtedly, assist in future development of additional early childhood programming in the various communities within North Eastman.

Fall Into a Good Book at Your Local Library

We've been cataloguing, stamping, taping & wrapping....there's been a flurry of activity at the library with all the new books arriving. OPRAH's latest book club pick *The Story of Edgar Sawtelle* by David Wroblewski will have you wishing for more; great Canadian author's latest reads such as, *The Last Concubine* by Lesley Downer, this is an epic novel closely based on historical events; Miriam Toews *The Flying Troutmans* is "a dark story but it is also a never-ending series of hilarious adventures"; Daria Salomon, freelance writer for the Winnipeg Free Press (& others) has written the book *The Prairie Bridesmaid* which is said to be "a witty, sardonic, and touching story of self-discovery leading to liberation." We also have the latest by Suzanne Brockmann.

John Saul, Jodi Picoult, Susan Wiggs, Kathy Reichs, Faye Kellerman, Sandra Brown, Robin Cook, Stephen Coonts, Lee Henderson and more.

The Board & Staff are getting very excited as the new library facility nears completion. We're anticipating a move by the end of October/beginning of November. Volunteers will be needed, so I hope you'll give us a call or drop by to add your name to the list. We have been busy with a Capital Campaign while the construction company moves along oh so steadily! Painting of the inside will start this week, the deck (yes, the deck, now you're excited!!) is going to be built this week as well, along with a dozen or so more projects that are on the go. The vision of how beautiful this library is going to be is beyond what I had imagined, I can't wait

for all of you to see it and become a part of what it will have to offer our communities.

Just a reminder that the Beaches Library is back to its' regular hours:

Tuesday 9:00 AM - 12:00 PM, Thursday 4:00 - 8:00 PM & Saturday 10:00 AM - 2:00 PM. Thank-you Robin for a job well done as our summer student this year.

Jackie has resigned as our part-time Librarian. It's going to be tough to fill her shoes with her wonderful readers' advisory service, but if you're interested in employment within the library, please drop by. Good luck Jackie!

One more reminder... read, read, read!

See you in the library, Bibliothèque Allard Regional Library - 367-8443 Beaches Library - 754-4007

Community

News from the Pine Falls Preschool

Nancy Windso, Director

Jeveryone know that September has been a great start to the preschool year. We have some new students joining us, I'd like to give a big welcome to all our new friends. I would also like to welcome our new employee, June Kush, to our preschool. I'm certain that she will be a wonderful addition to our program.

Our fundraising has begun, we are presently selling the entertainment books that are full of great money saving coupons and our raffle tickets for a Nintendo DS with a game and carrying case, a Leapster Learning System with a game, and a Vtech Kids Digital Camera. I'd like to thank all that have purchased either the books or raffle tickets and a big thank you to the parents that have done a wonderful job selling these items. Just to let people

know that the entertainments books will be sold until December 1st and we will be drawing the winners of the raffle on December 19th at our Christmas concert. Fundraising is an important aspect of the Pine Falls Preschool, since we are a not-for-profit organization it

helps with purchasing supplies for the many activities that we do here at the preschool. On that note, I'd like to thank the community for your support.

Our themes for this month will be Thanksgiving and Halloween, so if anyone has anything that they would

like to donate, or are looking to get rid of that pertains to these themes, we would be glad to take them off your hands.

Just a reminder that there

are still a few spots available in both the 3 year old program and 4 year old program. pop by and check us out, we're located at the old Pine Falls School.



Located in the old Pine Falls School.



COMMUNITY DEVELOPMENT COORDINATOR

Community Futures Winnipeg River provides community development and business development services to the North Eastman region. The Corporation is seeking an enthusiastic, self-motivated, and organized individual for the position of Community Development Coordinator.

The Community Development Coordinator will be responsible for managing community economic development initiatives undertaken by the Corporation, providing research and planning assistance to community groups on community projects, helping community groups to identify and access government programs and services, facilitating regional meetings and strategic planning exercises, and counseling community groups on Board governance issues.

The successful candidate must have an understanding of and commitment to the community economic development process. He or she must have strong research skills, experience with proposal preparation, project planning and project management, and facilitation and strategic planning experience. Good organizational skills and effective presentation skills are required. Excellent communications and interpersonal skills, a commitment to teamwork, and the ability to meet deadlines are essential. Post-secondary education in rural development or a related field would be a definite asset.

The position is located in Lac du Bonnet, Manitoba and will require some local travel. Salary is in the range of \$35,000 - \$47,000 per annum commensurate with qualifications and experience.

Interested applicants should forward a detailed resume outlining skills and experience by October 17, 2008 to:

Community Futures Winnipeg River Hiring Committee
Box 505, Lac du Bonnet, Manitoba, R0E 1A0
Resumes also accepted by Fax (204) 345-6334 or e-mail info@cfwr.mb.ca

We thank all who apply, but only those selected for an interview will be notified.

BUSINESS DEVELOPMENT OFFICER Community Futures Winnipeg River

Community Futures Winnipeg River is a non-profit, regional economic development organization that provides business and community development services to the North Eastman region. The Corporation is seeking an enthusiastic, self-motivated, and organized individual for the position of Business Development Officer.

The successful candidate will be responsible for the delivery of the Self Employment Program, assisting clients with development of business plans including market research and financial forecasting and analysis. He or she will provide assistance, counseling, and support to clients in all aspects of business management, and will help entrepreneurs develop solutions for business challenges or problems. The Business Development Officer will also assist with providing other business development services such as the Entrepreneurs with Disabilities Program and coordinating the administration of the Canada/Manitoba Business Service Centre Regional Site.

Applicants must have a strong background in business planning and financial analysis, and be knowledgeable of small business start-up, marketing and management. Strong organizational, analytical and research skills, and client counseling skills are required. Excellent communications and interpersonal skills, a commitment to teamwork, and the ability to meet deadlines are essential. Post-secondary education in business administration, commerce, rural development or a related field is required. Entrepreneurial business experience would be a definite asset.

The position is located in Lac du Bonnet, Manitoba and will require some local travel. Salary is in the range of \$34,000 to \$41,000 commensurate with qualifications and experience.

Interested applicants should forward a detailed resume outlining skills and experience by October 17, 2008 to:

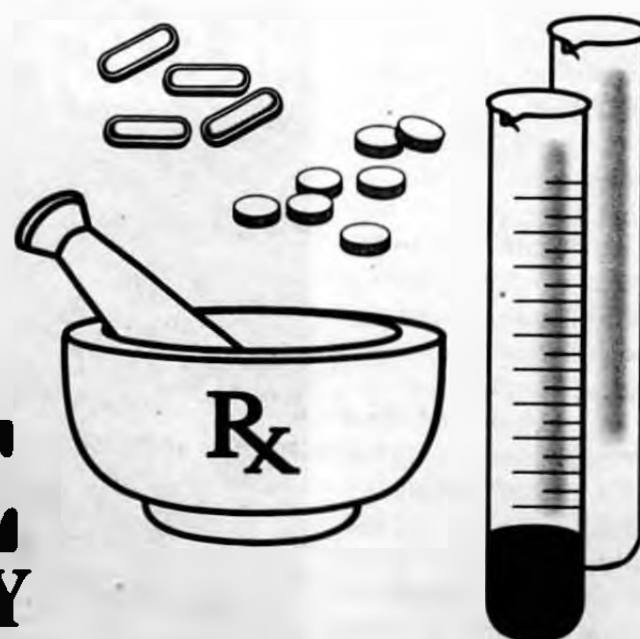
Community Futures Winnipeg River Hiring Committee
Box 505, Lac du Bonnet, Manitoba, R0E 1A0
Resumes also accepted by Fax (204) 345-6334 or e-mail info@cfwr.mb.ca

We thank all who apply, but only those selected for an interview will be notified.



TRY YOUR DRUGSTORE *first*

- Pharmaceuticals
- First Aid Supplies
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367-2611

367-2517

There are some things that you just can't recycle.



- Long Gun Registry
- Liberal Aboriginal Policy (Do nothing)
- Dion's Carbon Tax on everything

Wally Daudrich Conservative for Churchill.

We are about ideas.

- Cut the GST.
- Universal Child Care benefit of \$1200 per year for families.
- Residential School apology.

Elect
Wally Daudrich
Conservative
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BRIGHT BEGINNINGS is now accepting applications for funding!

Supporting initiatives in North Eastman intended for families with young children (birth to 6 years of age)

OUR MISSION IS TO PROMOTE:

- ☐ Positive Parenting
- ☐ Nutrition and Physical Health
- ☐ Learning and Literacy
- ☐ Community Capacity Building

Application Deadline: October 31, 2008

In anticipation of projects beginning in Spring '09

****Priority will be given to groups working in partnership with their communities**

For further information, please contact:
Wendy Cooper @ bbcoordinator@mts.net or
Phone: 204-866-3258

Health & Wellness

A Community with HEART

On Tuesday September 9, 2008, the community of Powerview/Pine Falls came out to show-off its GIANT HEART, as the Heart and Stroke Foundations 30 seat BIG BIKE pedaled into town. The community responded generously to the fund raising activities and efforts of team captains Melinda Pluchinski, Lori Robb and Don Robb in raising an amazing amount of money exceeding \$10,000.00.

3 teams provided the spectators with a pretty amazing spectacular of colors and entertainment. Taylor's Team for Hope celebrated the great weather as

they were dressed in the warm and beautiful colors of HAWAII. Blistering speed was the focus of Lori & Don, as the Bluewater Peddler's, led by Lori challenged Don's Team to a race for bragging rights. Due to some questionable timing and Highway Traffic Act rules, Don's team finished with a slightly faster time... However, all participants and spectators concurred that the Bluewater Peddler's were in fact, faster, and much prettier!

Since June, the community has supported the fundraising efforts of over 80 riders seeking pledges. The business community stepped up to prove yet again, that they are extremely generous.

A kick-off BBQ was held in July to help build awareness and excitement in the community for the Big Bike's arrival in September. On the day of the event, another BBQ was held at the Village Green as the teams prepared for their rides.

An event such as this cannot happen without the many helping hands of the volunteers. Angel-Lynn Papineau and Roger Desautels generously donated their BBQ and Angel-Lynn was the BBQ Chef while Roger helped with the setup/take down at the Village Green. Special mention to Pepsi, Hostess, (Robert) Weston's, (Dave) Schneider's(Dave) and Macdonald's Consolidated (Chris and David) for donating all the products to not just 1 but 2 BBQ's. To the ladies and gentlemen who came out to fill Don's Bike, so that we had 3 complete teams of 29 riders, you peddled your Hearts for all us. To the team of 29 lady riders, you were absolutely awesome. To the family and friends team of Taylor's Hope, you are truly inspira-



tional. To all the people who donated to this worth-while event THANK YOU. You have all helped to increase the odds of survival for all persons affected by heart attack or stroke. Without the efforts of Melinda Pluchinski Don Robb, Lori Robb and Kim Bonekamp (master recruiter) this event would

not have been as successful. Mindy Wilson, from the Manitoba Heart and Stroke Foundation provided us with professionalism, guidance, helping hands and patience.

The Big Bike Ride was a heartwarming success and this community proved yet again, it is a community with a GIANT HEART.



Health Corner
Ask your Primary Health Care Provider

Please forward health related questions to: Health Corner, Box 1010, Lac du Bonnet District Health Centre, phone 245-4647, or Email: corner@nhs.mb.ca For more health information, please visit the NEHA website: www.nhs.mb.ca

Mental Illness Awareness Week

Submitted by: Dawn Sawatzky

Canadians with mental illness have been in the shadows for too long. Too few Canadians know about the burden of mental illness on our society, and too few sufferers seek help when needed. Mental disorders result in a profound burden of illness causing suffering, disability, hospitalization and suicide. The World Health Organization recognizes mental illness as one of the largest contributors to disability worldwide.

Established in 1992, Mental Illness Awareness Week (MIAW), October 5th to 11th, 2008, is an annual national public education campaign intended to raise awareness of the reality and level of mental illness in Canada; reduce stigma about mental illness within the gen-

eral population and health care professionals; and to promote best practice in prevention, diagnosis and medical treatment.

MIAW was created by the Canadian Psychiatric Association, and is now coordinated by the Canadian Alliance on Mental Illness and Mental Health (CAMIMH), in cooperation with its member organizations and many other supporters across Canada.

Mental Illness Awareness Week - October 5th to 11th, 2008

Events taking place near you: Zansidiwan Ewa Bagolizidewin or "Ripples of Hope" Forum

The North Eastman Suicide Awareness Committee is hosting this one-day forum in Pine Falls

on October 9, 2008 about suicide awareness. Registrations are still being accepted. Please contact Sandi Smith at #753-5243.

Although thoughts of suicide are fairly universal through all walks of life, a number of people struggling with suicide have a diagnosis of a mental illness.

FACT: When some continually talks about suicide and wanting to kill themselves, they are reaching out for help. Their risk for committing suicide is very real and not to be ignored.

FACT: Suicide is the third leading cause of death among 15 to 24 year olds.

Mental Health Stamp Reducing Stigma

Based on the report, "Out of the Shadows at Last: Transforming Mental Health, Mental Illness and Addictions Services in Canada," and to help Canadian communities confront the rarely discussed and often misunderstood effects of Mental Illness, Canada

Post has pledged to raise awareness about this sweeping problem with a commemorative stamp issued for mental health.

Look for Information at Health Centres

Throughout the Region: North Eastman Health Association has many partners helping to make a difference in its communities, and showing people with mental illnesses that they are cared for.

OPEN HOUSE

Thursday, October 2nd, 4-7pm Your Host Connie Bakshi
Sunday, October 5th, 1-3pm Your Host Stacey Harrop

Atlantic Avenue, Beaujour PARK PLACE CONDOMINIUMS Corner of First St. & Atlantic Ave.

THE PERFECT PACKAGE
1100 sq. ft. of one level living that has been functionally designed, beautifully decorated, is conveniently located beside Health Care facilities and only 2 blocks from uptown amenities. It truly is the perfect package. Immediate Possession Available, no reasonable offer refused. Stop in and view or call for details. Red Brick, CENTURY 21 Sun Country Realty 1-800-554-8148 www.century21suncountry.com

Call 1-800-854-8148, 345-2121 / 268-2011
Email c21sun@mts.net

www.century21suncountry.com

Features

Cougars, Wolves and Wolverines

A natural history of the East Beaches and Winnipeg River



The Great Egret

By Charles Norman

The Great Egret, once called the American Egret and also known as the Common egret, is not common in Manitoba, with only 35 breeding pairs being reported on Lake Winnipegosis, and about 200 sightings of non-breeding individual birds every year. It is covered in this series because one was seen about five years ago in a marsh alongside highway 304 south of the Bouvier Trail.

A little smaller than the Great Blue Heron, it is an exquisitely beautiful bird that was hunted almost to extinction in North America in the early part of the twentieth century. Its feathers, used to decorate women's hats, were reported to be worth twice their weight in gold. The Great Egret is the symbol of the Audubon Society which was formed to

protect birds being hunted for their feathers.

The Great Egret may be uncommon in Manitoba but its range covers all continents except Antarctica. In North and South America, Europe, Asia, Africa and Australasia. It is protected in Australia and appears on New Zealand banknotes. At just under one kg it is the largest Heron in Europe. It can reach as high as 41 inches tall (104 cm) with a wing span of up to 57 inches (145 cm). Apart from its size it can

readily be distinguished from other white herons by its yellow bill and black legs. It has been recorded as living for 23 years in the wild.

The Great Egret nests in colonies in trees at various heights, often in common with Cormorants and Great Blue Herons, and close to a

lake with reed beds where it can find fish and frogs which form a major part of its diet. It lays three to five pale bluish-green eggs.



WEDDINGS • ANNIVERSARIES • BANQUETS
RETIREMENTS • MEETINGS, ETC.

at the **GREAT FALLS COMMUNITY HALL**

Contact Hall Manager 367-2998

sunova presents:

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The non-stressful, no-pressure way to learn about home ownership.

Thinking about taking the plunge into home ownership?

Let us help you learn all the nitty-gritty details about the home buying process from pre-approving your mortgage to finishing off the deal. Our interactive 'non-seminar' will answer all of the questions you have about buying a home, and even those questions you might not have known to ask! This won't be a typical, boring financial seminar. We promise.

AND enjoy dinner and drinks on us! Onsite childcare will be provided.

Date: Wednesday, October 8
Time: 6:30 pm - 8:00 pm
Place: Lac du Bonnet Branch, 2 Park Avenue

If you are interested in attending, please RSVP to: Sunova Marketing Department 204-785-7627 • bankbrighter@sunovacu.ca

Space is limited to 24 people. Register today!
www.sunovacu.ca bank brighter.



Community

A Faith Perspective:

By Pastor Jake Doell

What About Integrity?

Tis the season to listen to an endless stream of promises coming from our politicians. All hope they will have a chance to get elected and prove themselves in their service to their constituents.

Listening to the steady stream of promises I could not help wondering whether some of the forthcoming promises had a longer shelf life than the carton of milk that I had purchased that day, which is less than two weeks.



A promise is only as good as the integrity of the person/organization that is making the promise.

What is integrity? The dictionary defines integrity as follows: "honesty; soundness; unbroken condition. Therefore integrity is a character issue. Let's put it this way: "It means, say what you mean and mean what you say." The Bible says it this way: "Let your yes be yes and your no be no." (James 5:12) Integrity refers to the consistency of character that matches words and action as well as values and behavior. Rick Warren makes this quote about integrity: "Integrity is that coherence of character that presents a single face to the world. What you see is what you get."

Personal integrity requires that a person is credible, believable and trustworthy. Without these qualities others will not take you seriously. I know of only one person that was able to keep all the promises they made and that was Jesus Christ. "Teacher," they said "we know you are a man of integrity and that you teach the way of God in accordance with the truth." (Matthew 22:16) Why were they able to say this about Him? You see Jesus had made the promise that He would rise again on the 3rd day after He died. (Matthew 27:40) By rising from the dead on the 3rd day He proved Himself as a man of integrity able to keep promises even the seemingly impossible one of His resurrection. My friends when we look to other human beings, they will at some point fail us, but Jesus Christ will never let you down and He is able to keep every promise He made. More important than how or for whom you vote in this upcoming election is the question: "How will you vote in regards to Jesus Christ - Yes or No. A yes vote will give you heavenly benefits for the rest of your life now and for the hereafter.

North Eastman Health Association
est l'office régional de la santé chargé de planifier, coordonner et fournir la gamme complète des services de santé à environ 40 000 habitants l'hiver et à une population estimée à 80 000 personnes l'été dans le Nord-Est du Manitoba, ce qui comprend les plages du Whiteshell, de la rivière Winnipeg et de l'Est. Pour de plus amples renseignements, veuillez visiter notre site web: www.neha.mb.ca

1,00 ETP Coordonnateur/coordonnatrice des services en français et promoteur/promotrice du mieux-être Pine Falls/ St. Georges

Relevant de la directrice des soins de santé primaires, le titulaire de ce poste sert d'intermédiaire entre la communauté et les prestataires de services de la North Eastman Health Association afin de faciliter l'accès des habitants francophones de toute la région aux services de santé. Il sert également de lien direct et d'accès aux ressources entre l'équipe des soins de santé primaires et la communauté. Il est responsable de l'accès aux services d'interprétation et de traduction ainsi que de la planification, la mise en œuvre et la coordination des services en français requis par les habitants de l'ensemble des collectivités francophones de la région. Travaillant au sein d'une équipe multidisciplinaire, il offre des conseils et participe à l'élaboration de stratégies et politiques linguistiques et culturelles efficaces, notamment dans le domaine des communications, du recrutement, des initiatives de formation, de la collecte des données, etc.

Le titulaire utilise une approche de développement communautaire pour renforcer les capacités des collectivités d'offrir des initiatives et des programmes de mieux-être en vue d'améliorer la santé.

Qualités requises

- Diplôme postsecondaire ou universitaire, ou combinaison acceptable de formation et d'expérience pertinentes pour le poste
- Connaissance démontrée du système des soins de santé, autant des installations que des programmes et services communautaires
- Capable de parler couramment le français et l'anglais
- Connaissance démontrée des cadres de renforcement des capacités communautaires et de développement communautaire, du marketing social et de la promotion de la santé de la population
- Une éducation interculturelle est un atout
- Compétences prouvées en communication (écrite et orale), sens de l'organisation et de l'analyse
- Capacité prouvée de travailler de façon autonome et avec d'autres, selon les besoins
- Excellentes aptitudes interpersonnelles et expérience en relations avec le public et services du public
- Capacité d'entretenir de bonnes relations de travail avec le personnel dans un milieu de travail fondé sur le travail en équipe multidisciplinaire
- Capacité d'aider à planifier et évaluer les programmes
- Connaissance prouvée des ressources communautaires
- Capacités physiques et mentales requises pour satisfaire aux exigences de l'emploi
- Véhicule fiable et permis de conduire valide

Nous recherchons une main-d'œuvre qui reflète les collectivités auxquelles nous offrons des services et recrutons activement des gens d'origines, d'expériences et de points de vue divers afin d'offrir nos services d'une manière adaptée à la culture

Les candidats intéressés sont invités à envoyer leur curriculum vitae et une lettre d'accompagnement à l'adresse ci-dessous, sous pli confidentiel, d'ici au 14 octobre 2008. Nous remercions tous les postulants pour leur intérêt. Cependant, nous ne communiquerons qu'avec ceux qui sont retenus pour une entrevue.

Adjoint aux ressources humaines
North Eastman Health Association Inc.
Case postale 339, Pinawa (Manitoba) ROE 1L0
Fax: (204) 753-2015
Courriel: hr@neha.mb.ca

Où il fait bon vivre, où il fait bon travailler

North Eastman Health Association
is the Regional Health Authority responsible for planning, coordinating and delivering the full continuum of health services for North Eastman Manitoba to approximately 40,000 residents during the winter, and an estimated summer population of 80,000, including the Whiteshell, Winnipeg River and Eastman Beaches. Please visit our Website for more information at www.neha.mb.ca

1.00 FTE French Language Services Coordinator / Wellness Facilitator Pine Falls/ St. Georges

Reporting to the Director of Primary Health Care, the incumbent acts as a bridge between the community and the service providers of North Eastman Health Association to facilitate access to health services for French speaking residents throughout the Region. The incumbent will also provide a direct linkage and access to resources between the Primary Health Care team and the community. Responsible for providing access to interpretation and translation services as well as planning, implementing and coordinating French Language Services as required to residents throughout the Region's French language communities. Working within a multidisciplinary team, participates and provides guidance on the development of effective language and cultural strategies and policies including communications, recruitment, training initiatives, data collection, etc. The incumbent will utilize a community development approach to build capacity in communities to offer wellness programs and initiatives to enhance health.

QUALIFICATIONS:

- Post secondary degree / diploma or a suitable combination of education and experience relevant to the position.
- Demonstrated knowledge of the health care system including both facility and community programs and services
- Fluent French / English bilingual ability
- Demonstrated knowledge of community capacity building / community development frameworks, social marketing and population health promotion.
- Cross cultural education an asset.
- Demonstrated communication abilities (written and oral) organization and analysis skills.
- Demonstrated ability to work independently and interdependently as required.
- Excellent interpersonal skills with experience in meeting and serving members of the public.
- Ability to maintain a positive working relationship with staff in a multidisciplinary team based working environment.
- Ability to assist with program planning and evaluation.
- Demonstrated knowledge of community resources.
- Physical and mental ability to meet the demands of the job.
- Reliable vehicle and valid driver's license.

We are committed to a workforce that is reflective of the communities we serve, and actively recruit people with diverse backgrounds, experiences and perspectives to ensure services are delivered in a culturally sensitive manner.

Interested applicants are invited to submit a résumé and cover letter by **October 14, 2008** in confidence to the address below. We thank all applicants for their interest. However, only those candidates being considered for an interview will be contacted.

Human Resources Assistant
North Eastman Health Association Inc.
Box 339, Pinawa, MB, ROE 1L0
Fax: (204) 753-2015
Email: hr@neha.mb.ca

A Great Place to Live, a Great Place to Work

Ripples of Hope: Decreasing Stigma; Encouraging Discussion

Would you knowingly turn your back on an issue that claims more lives annually than war, AIDS and homicide combined? Probably not.

We can no longer turn our backs and say "It won't happen around me". Suicide affects people in all walks of life. Most people know someone who has attempted or completed suicide. Imagine the number of people that one person may have touched in their life and begin to understand the impact of suicide on a community.

Consider these statistics: according to the World Health Organization (2002), at least 100,000 adolescents kill themselves every year. Worldwide, suicide ranks among the three leading causes of death among those aged 15-44 years of age.

According to the Manitoba Centre for Health Policy, during the 5 year span of 1997-2001, 677 Manitobans completed suicide and 4,160 suicide attempts were reported.

In 2003, 180 Manitobans died by suicide compared to 117 who died in motor vehicle accidents.

These are shocking statistics when you consider that suicide can be prevented in many situations. One of the

first steps in suicide prevention is suicide awareness. Suicide awareness is the ability to talk openly about suicide and to refuse to hide suicide in the shadows.

Although there is a place for medical personnel and mental health workers in the struggle against suicide, the problem of suicide is com-

plex and all of us can be part of the solution. Suicide prevention calls for a comprehensive community approach; we can all make a difference.

The North Eastman Suicide Awareness Committee is hosting an all day forum in Pine Falls on October 9 entitled ZaaSiidiwan ewa

Bagoizidewin or "Ripples of Hope". The day is full of guest speakers presenting on suicide from an aboriginal perspective, youth and suicide, spirituality, recovery and hope. Registration is \$20 which includes your lunch and nutrition breaks and can be forwarded to: **Sandi Smith**

24 Aberdeen Avenue, Box 339
Pinawa MB ROE 1L0
Registration forms are also available at all NEHA Primary Health Care Centres. For further information or questions regarding the forum, call Sandi at #753-5243. Register early to ensure a spot!



Notice of Surplus Proceeds at Auction At Rural Municipality of Alexander Tax Sale

To: Darren Russell Plourde
RE: Excess from Proceeds of a Tax Sale
Darren Russell Plourde - Registered Owner
Part of Legal Subdivision 5 of Section 33-16-8 EPM
Roll #11800

On June 26, 2008, the above noted property was sold at public auction to recover tax arrears.

The property was sold for a price that exceeds the tax arrears and costs by more than \$200. The excess amount is \$3197.61. Pursuant to the terms of section 380 of The Municipal Act, notice is hereby given that you are entitled to make an application to the Court of Queen's Bench for an order for payment of all, or part of the excess.

Every person entitled to notice of the tax sale may apply to the Court within 3 years after the auction, for an order for such payment. You may wish to consult with a lawyer regarding the process required to bring this matter before the Court.

Dated this 8th day of September, 2008



Margaret Bonekamp
Chief Administrative Officer
(204) 480-8425 (204) 367-8170

This Notice of Surplus Proceeds at Auction is published for the purpose of effecting substitutional service thereof upon **DARREN RUSSELL PLOURDE, as set out in the said Second Notice of Tax Sale Auction pursuant to order of the Deputy District Registrar dated February 11, 2008.**

THE RURAL MUNICIPALITY OF ALEXANDER PUBLIC NOTICE - BOARD OF REVISION NOVEMBER 12, 2008

Notice is hereby given that the real property assessment roll of The Rural Municipality of Alexander for the year 2009 has been deposited in the Municipal Office and will remain open to the inspection of all persons between the hours of 8:30 a.m. and 4:30 p.m. Monday to Friday. Applications for revision may be made in accordance with sections 42 & 43 of the Assessment Act.

The Board of Revision will sit to hear complaints and revise the said assessment roll, on Tuesday, November 12, 2008 at 4:00 P.M., in the Municipal Office, #104058 on PTH #11, St. Georges, Manitoba.

APPLICATION FOR REVISION

42(1) A person in whose name property has been assessed, a mortgagee in possession of property under section 114(1) of the Real Property Act, an occupier of premises who is required under the terms of a lease to pay the taxes on the property, or the assessor may make application for the revision of an assessment roll with respect to:

- (a) liability to taxation;
- (b) amount of an assessed value;
- (c) classification of property; or
- (d) a refusal by an assessor to amend the assessment roll under subsection 13(2).

APPLICATION REQUIREMENTS

43(1) An application for revision must:

- (a) be made in writing;
- (b) set out the roll number and legal description of the assessable property for which a revision is sought;
- (c) set out which of the matters referred to in subsection 42(1) are at issue, and the grounds for each of those matters; and
- (d) be filed by delivering it or causing it to be delivered to:

BOARD OF REVISION
THE RURAL MUNICIPALITY OF ALEXANDER
P.O. BOX 100
ST. GEORGES MB ROE 1V0

or serving it upon the secretary at the Administration Office at #104058, PTH #11 in St. Georges, Manitoba no later than Monday, October 29, 2007 at 4:00 pm.

DATED AT ST. GEORGES, MANITOBA THIS 29th DAY OF September A.D. 2008.

Margaret Bonekamp, C.M.M.A.
Secretary - Board of Revision
Rural Municipality of Alexander

**UNDER THE PLANNING ACT
NOTICE OF PUBLIC HEARING
REGARDING BY-LAW 18/08**

The Council of the Rural Municipality of Alexander under the authority of The Planning Act will hold a PUBLIC HEARING at the office of the Municipality at St. Georges, Manitoba on the 14th day of October, 2008 at 11:00 a.m., at which time and place the Council will receive representations and objections from any persons who wish to make them in respect of By-law No. 18/08 to amend the R.M. of Alexander Zoning By-Law No. 08/98 as amended.

A copy of the above noted By-Law of the Rural Municipality of Alexander and supporting material may be inspected by any person during regular office hours from 8:30 a.m. to 4:30 p.m. Monday to Friday at the office of the Municipality at St. Georges, Manitoba.

(1) That Section 5.4.2 Table VI "SR" Seasonal Residential Zone Use and Bulk Table is hereby amended reducing the site width requirements for Single Family Dwellings and Seasonal Uses on Backshore lands only from 150 feet to 90 feet as identified in the shaded print:

PERMITTED USES	MINIMUM REQUIREMENTS (Except as noted in Zoning Map (N.A. Not applicable or not required))					MAXIMUM REQUIREMENTS (Except as noted in Zoning Map)				
	Site Area (Sq. Ft.)	Front Yard	Side Yard	Rear Yard	Other	Site Area (Sq. Ft.)	Front Yard	Side Yard	Rear Yard	Other
Single Family Dwelling	15,000	30'	10'	10'	10'	15,000	30'	10'	10'	10'
Seasonal Use	15,000	30'	10'	10'	10'	15,000	30'	10'	10'	10'

(2) That Section 5.4.2 Table VII "SRG" General Seasonal Recreation Zone Use and Bulk Table is hereby amended reducing the site width requirements for Single Family Dwellings and Seasonal Uses on Backshore lands only from 150 feet to 90 feet as identified in the shaded print:

PERMITTED USES	MINIMUM REQUIREMENTS (Except as noted in Zoning Map (N.A. Not applicable or not required))					MAXIMUM REQUIREMENTS (Except as noted in Zoning Map)				
	Site Area (Sq. Ft.)	Front Yard	Side Yard	Rear Yard	Other	Site Area (Sq. Ft.)	Front Yard	Side Yard	Rear Yard	Other
Single Family Dwelling	15,000	30'	10'	10'	10'	15,000	30'	10'	10'	10'
Seasonal Use	15,000	30'	10'	10'	10'	15,000	30'	10'	10'	10'

Margaret Bonekamp, C.M.M.A.
Chief Administrative Officer

Recreation Updates

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



Al Simmons

Guess who is coming to Powerview School? Al Simmons the children's entertainer is going to be at Powerview School on Tuesday October 28 @ 6:00 PM and it's FREE FOR EVERYONE!! Yes you heard it right. Come Play With Us if a family event that will also be featuring Jodi Lee who will be talking about The Importance of Child's Play. Don't worry moms & dads there will be different activities going to entertain the children while Jodi is speaking. Bright Beginnings and Wings of Power sponsor this event & there will be a silver collection for those of you who would like to donate to the Breakfast for Learning Program. Don't forget the Community Harvest Dinner is coming up on Wednesday, October 8 from 4-6 PM at Wings of Power and this is also free of charge and everyone is welcome.

The dates for the First Aid Class Level B course have been moved to October 11 & 12. Still being held at the Pine Falls School from 8 AM - 4 PM each day with a break for lunch. More details are below. Last week I said we need to start some new programs and I meant it. Kim Bonekamp is willing to start a few more exercise programs. These programs include: 1) Lunch Hour Workout - this would be a 45 minute program that is not as intense as her morning program but to get the heart pumping and muscles stretched. 2) Beginners Exercise Class - for those who have always wanted to get started but don't know how and cannot do too much. 3) Teen Exercise Program - a special program just for teens aged 14-18. These programs are open to everyone within the RM of Alexander and Powerview-Pine Falls and we are looking for people to let us know if any of these programs are something you are looking for. So please contact Kim at 367-2107 or myself 367-9142 if you would like to sign up for these programs or you have a suggestion from something else.

Calling all volunteers! Its that time of year again to get the Pine Falls Arena up and running for the season. There will be a volunteer clean up of the arena at this week from September 29 - October 3 starting at 6PM each night. The ice area will be first focused on including the glass, concrete ice surface and bleachers so that they can get the plant up and running. Other areas that will be washed, swept & mopped include the entrance area and lobby, downstairs change rooms, bathrooms, locker rooms & canteen plus painting the entrance and lobby. Mops, brooms, buckets & rags are needed to get the job done. No volunteer will be turned away! Just to let everyone know that I will be away from the office from September 29 - arriving back on

October 6. Have a great week!

Lori Vialoux
367-9142
Pineview Rec Director

CHILDREN & Teens
Junior Curling
Pine Falls Curling Club
For ages 11 +
Registration cost and dates are not yet confirmed. For more information please contact Melinda 367-4682 or Fay 367-367-8968

Tumblers Gymnastics
Start Date September 29
Pine Falls School Gym
Monday, Tuesday & Wednesday's Kindergarten \$90.00 (ages 3&4), Juniors \$90.00 (ages 5 & 6), Recreational \$120.00 (7 & up), Pre-Competitive \$240.00 & Competitive \$340.00
For more information contact Audrey Cote 367-4963 or pick up registration forms at the Pineview Rec Office located at the Pine Falls School.

Pineview Minor Hockey
Pine Falls Arena
Initiation \$50.00 (born 2002, 2003, 2004), Novice \$290.00 (born 2000, 2001), Atoms \$330.00 (born 1998, 1999), Pee Wee Girls \$330.00 (born 1996, 1997), Pee Wee Boys \$335.00 (born 1996, 1997), Bantam/Midget Girls \$375.00 (born 1991-1994), Bantam Boys \$375.00 (born 1995, 1994), Midget Boys \$425.00 (born 1991, 1992, 1993)
Time payment is acceptable. \$25.00 late fee to applications after September 20, 2008. Pineview Recreation Winter Membership is mandatory for hockey registration \$128.00 + \$6.40 GST = \$134.40 made payable to Pineview Recreation Commission.
For more info contact Natalie 367-9519 or pick up registration forms at the Rec Office located at the Pine Falls School.

ADULT
Christmas Card Making
Pine Falls School
Saturday, October 25th
9:00 AM - 4:00 PM
Cost: \$45.00 includes supplies
Instructor: Kelly Murray
To register contact Kelly @ 635-2396 or Pineview Rec Office 367-9142

Darts
Branch 64 Darts @ Royal Canadian Legion
Tuesday Nights 7:00 PM
League play starts October 14th. Do not have to be a legion member to play.
Come out and bring a friend on fun nights September 30 & October 7.
For more information contact Jackie Prowse 367-8332

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

Curling
Pine Falls Curling Club
Men's League (Monday Evenings)
Junior League (Tentative Tuesday Evenings)
Ladies League (Wednesday Evenings)
Drop In Curling (Thursday @ 1:00 PM)
Mixed League (Friday Evenings)
Registration date October 6th at Pine Falls Curling Club 7:00 - 7:30 PM. AGM to follow registration. Registration costs to be confirmed. For more information please contact Gloria Brody 367-2656 Melinda 367-4682 or Fay 367-367-8968.

Curling
Victoria Beach Sports Club
Ladies League (Monday & Thursday Evenings)
Men's League (Tuesday & Wednesday Evenings)
Mixed Fun League (Friday Evenings)
For more info or team registration contact Tracey 756-3742 or Cathy 756-2662

Curling
Grand Marais Recreation Association
Men's League (Wednesday & Thursday Evenings)
Drop In Curling (Wednesday Afternoon @ 1:00)
For more information or team registration contact Chris Jensen evenings 754-3058 or email gcjensen@mts.net
Mixed League (Monday Evenings)
For more information or team registration contact Lori Rutchik 754-2128

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
Strength For Seniors
Pine Falls School Gym
Monday's 10:00 AM & 11:00 AM
Thursday's 10:00 AM & 11:00 AM
Free program open to all seniors 55+. Class includes Chi Qung Tai Chi, exercise ball & stretching.
For more info contact Tina 367-9128

50+ Exercise Class
Senior Scene, Victoria Beach
Sundays @ 2:00 PM
Instructor: Natasha Joy
Program includes a lower intensity workout that includes cardio, muscle & stretching. For more info contact

Dinner Dances
Senior Scene, Victoria Beach
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
Hockey Coaching Clinic
*Initiators Program
October 18th @ Ile Des Chene
November 2 @ Steinbach
November 23 @ Beausejour

***Coach Level**
October 4 @ Niverville
October 18 @ Powerview
October 26 @ Steinbach
For more information and registration go to www.eastmanminorhockey.ca

Referee Clinics
Level 1 & II
October 19 @ Lac Du Bonnet
For more information and registration go to www.eastmanminorhockey.ca

Archery
Pine Falls Fire Hall
Starting in November - exact date TBA
10 Week program \$40.00
Wednesdays from 4PM - 6PM
For registration contact the Rec Office 367-9142

First Aid Class Level B
DATE CHANGES
Pine Falls School
Saturday & Sunday October 11 & 12
8:00 AM - 4:00 PM Both days
\$120.00 includes books and AED (Automatic External Defibrillator)
Advance payment required for the course minimum 6 people required.
For more info contact Ron Bruneau 367-8989

Bean Bag Club
Grand Marais Rec Centre
For more information contact Jean MacDonald 754-3989.

Hall Walking Club
Grand Marais Rec Centre
Monday, Wednesday & Friday
9:00 AM - Noon
For more information on inside walking club contact Bonnie 754-3240

Badminton
Pine Falls School Gym
Sunday & Thursday evenings starting October 2nd
For ages 15 & Up (under 15 must be accompanied by a parent)
7:00 PM - 9:30 PM
\$25.00 Per Person, \$45.00 Couple, \$60.00 Family
For more info please contact Ginette Vincent 367-8244 or 367-9970

Body Sculpting
Every Monday @ Walter Whyte School
6:30 - 7:30
Every Sunday @ Senior Scene
12:30 - 1:30
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 by email inatasah@mts.net

Total Body Workout
September 8th - May 2009
Monday & Wednesdays
7:00 PM - 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 367-2702 or Paul Roberts 367-8018

Rise & Shine Fitness Class
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
Wings of Power Harvest Dinner
Wednesday, October 8th 4PM - 6PM
Everyone are welcome to attend this free event at Wings of Power - bring your appetite and a smile!

Victoria Beach Fireman's Annual Fish Fry
Saturday, October 11th
Victoria Beach Sports Club
Two sittings 4PM & 7 PM. Tickets available at businesses throughout the beaches. Get your tickets early!!

Winnipeg River Greenback Challenge
October 25 & 26
\$500.00 Entry Fee
9:00 AM - Noon
For more information contact Laurent Raymond 367-2238

Pine Falls Annual Christmas Arts & Crafts Festival
Saturday, November 22
10:00 AM - 4:00 PM
If you are interested in renting a table the cost is \$20.00.
Contact Lori at Rec Office 367-9142.

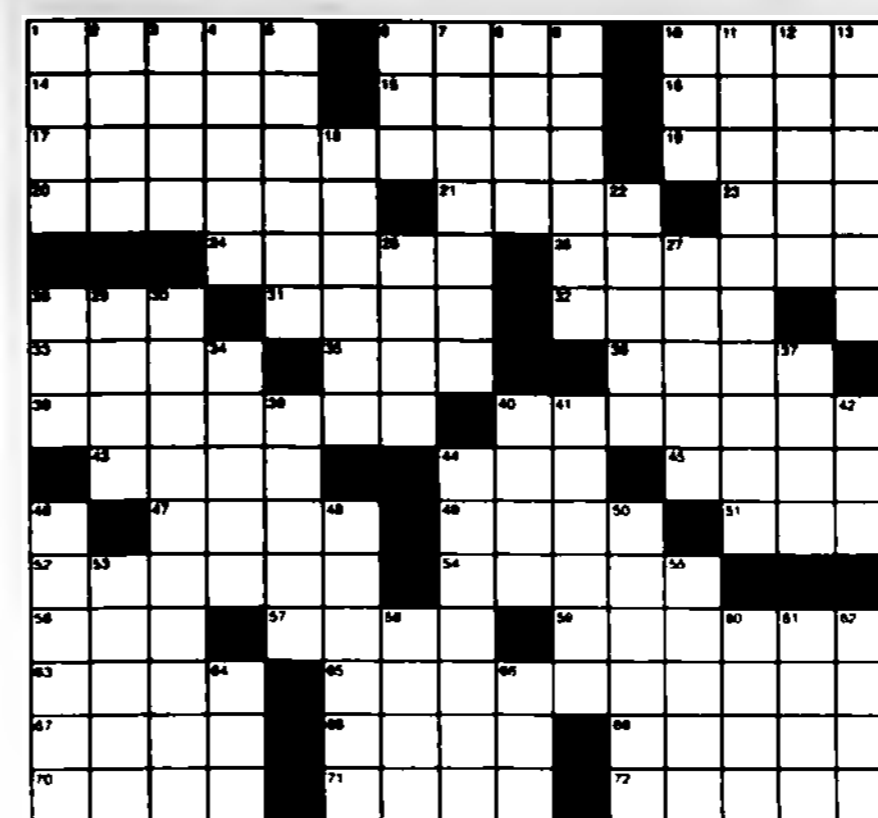
RIVERS NORTH FITNESS CO-OP Memberships
The Fitness Co-op is now entering into its second year of operation. All membership fees are due. The one time co-op membership fee remains at \$100.00 with members paying a \$25.00 annual user fee and non-members \$300.00
For more info contact Bev Dube 367-8064 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 9:00 AM - 12:00 PM
Thursday 4:00 PM - 8:00 PM
Saturday 10:00 PM - 2:00 PM
Internet Access Site

Pine Falls Library
Located in Pine Falls School 367-8983
Open Monday - Friday
1:00 PM - 3:00 PM
Internet Access Site

Weekly Crossword



Classifieds

For Sale	For Sale	Wanted to Rent
<p>For Sale 16' Lund Pike Fishing boat - 1995 Shorelander trailer boat, motor and trailer. In excellent condition. \$7200 Ph 367-8531 48 Lamoureux Lane</p>	<p>FOR SALE 1 Antique display cabinet \$100 1 Coke cooler standup \$150 1 set patio doors \$300 Belair - 204-754-3322</p>	<p>Wanted to Rent I want to rent a house or trailer in the Pine Falls, St. Georges or Great Falls area. 1-204-482-6171</p>

Wedding Social

North Eastman Health Association
is the Regional Health Authority responsible for planning, coordinating and delivering the full continuum of health services in North Eastman Manitoba to approximately 40,000 residents during the winter and an estimated summer population of 80,000, including the Whiteshell, Winnipeg River and Eastern Beaches. Please visit our Website for more information at www.neha.mb.ca

Current Employment Opportunities

Public Health Nurse - 0.50 FTE
Pine Falls, Manitoba

Qualifications:
Baccalaureate degree in nursing.
Two years recent related experience.
Be willing to travel and possess a valid driver's license and own vehicle.

Registered Nurses - Acute Care
0.40 FTE Permanent Pine Falls Health Complex
0.40 FTE Permanent Pine Falls Health Complex
0.80 FTE Permanent Pinawa Hospital

Registered Nurses - Long Term Care
1.0 FTE Whiteshell District Health Centre
0.70 FTE Lac du Bonnet Personal Care Home
0.70 FTE East Gate Lodge
Casual Positions Available

Qualifications:
Two years recent related acute care/long term care experience required.
Active registration with College of Registered Nurses of Manitoba (CRNM) and a member in good standing.
Current certification in Cardiopulmonary Resuscitation.
Certificate in A.C.L.S. and T.N.C.C. Preferred.
Additional courses in Gerontology is an asset for Long Term Care

Licensed Practical Nurse - Acute Care
0.40 FTE Whiteshell District Health Centre

Licensed Practical Nurse - Long Term Care
0.20 FTE Lac du Bonnet Personal Care Home
Casual Positions Available

Qualifications:
Two years recent related acute care/long term care experience required.
Current, active registration with the College of Licensed Practical Nurses of Manitoba (CLPNM) and a member in good standing.
Physical Assessment course required.
Current certification in Cardiopulmonary Resuscitation.
Additional courses in Gerontology is an asset for Long Term Care.

Health Care Aides - Long Term Care
Casual Positions - East Gate Lodge

Qualifications:
Certificate in Health Care Aide Course from an accredited college.
Previous related experience in a health care setting preferred.

We are committed to a workforce that is reflective of the communities we serve, and actively recruit people with diverse backgrounds, experiences and perspectives to ensure services are delivered in a culturally sensitive manner.

Interested applicants are invited to submit a resume and cover letter by **October 7, 2008** in confidence to the address below. We thank all applicants for their interest. However, only those candidates being considered for an interview will be contacted.

Human Resources Assistant
North Eastman Health Association Inc.
Box 339, Pinawa, MB. R0E 1L0
Fax: (204) 753-2015
Email: hr@neha.mb.ca

A Great Place to Live, a Great Place to Work



Vanessa James and Jody Pfunder

Date: October 11, 2008
Place: Great Falls Community Center
Tickets: \$10.00 - No minors
Silent Auction Prizes, Late Lunch, Music and shuttle bus
For tickets contact:
Shannon Berthelette - 367-4664
Freda James - 367-9204
Holly James - 367-5507
Kathleen Cross - 367-2353
Lynn Perin - 204-995-5462
Jolene Mercer - 204-661-2096

PSA

Lakeshore Al-Anon: Are you troubled by someone else's drinking. Every Thursday, 7:30 p.m., Lac du Bonnet Health Centre, Call Teri 345-8712 or Dar 348-3475.

Prayer Corner

May the Sacred Heart of Jesus and the Immaculate Heart of Mary be praised, adored, and glorified everyday throughout the world forever.
- Amen
Say six times a day for nine days and promise publication and your prayers will be answered no matter how impossible they may seem by the ninth day.

Business Directory

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Call Charles 367-4411
367-1578 Call: 266-9193
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Current Employment Opportunities

Primary Health Care Social Worker
0.80 FTE
Pine Falls, Manitoba

Qualifications:
Bachelor in Social Work required.
Minimum of 3 years experience in community setting.
Eligible for membership with MRSW.
Preference will be given to candidates having knowledge of Aboriginal language, customs, traditions, and values.

Adult Day Program Cook & Volunteer Cook Coordinator
Casual
Victoria Beach, Lac du Bonnet

Qualifications:
Completion of a Food Safe Sanitation Program for Food Handlers Course.
Completion of Grade XI or equivalent is essential.
Previous related experience managing/supervising/working with community volunteer cooks.
Minimum two years related experience preferred.
Knowledge of equipment necessary in quantity food preparation.
Ability to meet the physical demands of the job.

Home Care Activity Worker
Casual
Pine Falls, Manitoba

Qualifications:
Completion of a recognized activities/recreation program; Home Care Attendant certificate from an accredited institution an asset.
Previous experience in providing personal care, assisting frail, cognitively impaired and physically disabled individuals.
Has a genuine interest in health care for the elderly and disabled.
Commitment to continuing self-development and continuous quality improvement.

Home Care Attendants
Casual
Beausejour Whiteshell, Pine Falls, Victoria Beach

Qualifications:
Certificate in Health Care Aide Course from an accredited college.
Other combinations of education and experience may be considered.
Willing to train committed and caring individuals.

We are committed to a workforce that is reflective of the communities we serve, and actively recruit people with diverse backgrounds, experiences and perspectives to ensure services are delivered in a culturally sensitive manner.

Interested applicants are invited to submit a resume and cover letter by **October 7, 2008** in confidence to the address below. We thank all applicants for their interest. However, only those candidates being considered for an interview will be contacted.

Human Resources Assistant
North Eastman Health Association Inc.
Box 339, Pinawa, MB. R0E 1L0
Fax: (204) 753-2015
Email: hr@neha.mb.ca

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Ask about low monthly payments through Hydro.

For an appointment call Mr. Stewart at **MISSY WINDOW & DOOR**
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Sandi Duval
367-4244

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St. Georges, MB

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Highway 11, Great Falls
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Box 70, Victoria Beach, MB R0E2C0
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Powerview/Pine Falls Dental Centre
277A Main Street, Powerview
Hwy. 11 - Municipal Building
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Dr. David Kindrat
Dr. Drew Dear
Dr. Jackie Chun

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Jon. O. Phillips, RMT
Registered Massage Therapist (MTAM)

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188 Pine Street, Pine Falls (204) 367-2141
225 Clendeboye Ave, Selkirk (204) 785-8922

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2004 Chevrolet Silverado LS Crew cab
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Bose +much more 78k. Only \$21900



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Very nice condition,
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