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\$1.00 tax included  
 October 22, 2008  
 Volume 9, No. 21

# The Winnipeg River Echo

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



## \$10,000 Top Prize at Fish Derby

Over the weekend of October 11, anglers competed for the top prize of \$10,000. The winners of the first prize were Les Morez and Chris Blayden with a total weight of 62.03 lbs. The highest placed local team consisted of Rene Dube and Ray Fawcett with a total of 52.79 lbs. They netted a respectable \$1350 for their haul. The highest placed local mixed team was Jason Gauthier and Rene Fenez who hauled in 49.6 Lbs over the weekend. Please see more pictures and further coverage on page eight.

## Will Public Works Building Overload Sewer Line?

**By Charles Norman**  
 Powerview residents have asked The Echo to look into the reasons for the Town of Powerview/Pine Falls connecting the sewer from their new public works building to the Louise Street sewer instead of the larger line on Dupont Street as recommended by the Municipal Board in its recent order regarding the establishment of a new public works building in the municipality. Powerview/Pine Falls C.A.O. Marlene Watson said the Municipal Board recom-

mended the Dupont Street route, but it was only a recommendation, not part of the Municipal Board order. She said the higher cost was a major reason for the choice. She noted that the municipality, in its submission to the Board included two alternative routes, Dupont Street and Louise Street. Public Works superintendent, Larry Stinson, told the Echo that the Dupont Street route would have involved crossing a fibre-optic line and would have cost \$30,000

## Kicking Into High Gear: Fitness Alternatives for Fall

**By Caitlin Laird**  
 The changing seasons and incoming chilly weather often facilitate a slide into sluggishness. This, combined with heaving feasting during the holiday season can perpetuate a lifestyle of veritable human hibernation, until the spring thaw gives us an excuse to get moving again. Indeed, there is little about Manitoba's winter weather that elicits a commitment to physical fitness. One could even rationalize a sedentary routine by claiming that a few extra pounds aid in our everlasting quest for warmth come January. However, there is plenty of indoor activity around town to partake in and if warmth is what you are after, you will certainly work up a sweat.

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# Letters to the Editor

Box 48, St. Georges, MB R0E 1V0  
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## Seasonal Lot Owners Unfairly Burdened

I read an article in your paper over this past summer regarding the water system proposal that was rejected by the Municipal Board. In that article, it made reference to the fact that it was strange that those who could opt in or opt out of the water system were the loudest opponents at the Municipal Board hearing. The article also indicated that the opponents were basing their arguments on half truths and rumors (if I recall correctly) and it went on to indicate that the complaints impacted the Board's decision to reject the proposal.

I would first point out that with the initial proposal, the seasonal lot owners were not naive enough to believe that going ahead with that system would not have impacted their property taxes even if they opted out of the proposal. In their decision, the Municipal Board more or less told the RM officials that they had not provided enough information to the taxpayers as to the tax impact of the project. As for the "half truths", I would point out that the Municipal Board's decision indicated that RM officials had advised the Board that they had not contacted property owner to

find out whether or not they were interested in hooking up to the water system. This was said by the RM officials (Bonekamp and Harbottle) who knew full well at that time that many letters of objection had been written to the RM in opposition of the water system proposal.

At some point after the Board's rejection was made, Mr. Harbottle (Reeve for the RM) was quoted in your paper. The quote was something to the effect of, we'll get what we want or we'll get there (implying that the water system was going through for sure at some point). Mr. Harbottle sounds like a "man on a mission" but for who's benefit may be questionable.

Now we have a new proposal in the works. As a newspaper and assuming that there are some conflict of interest policies and guidelines in place, perhaps The Echo should investigate whether or not any of the RM officials who would ultimately vote on this proposal, or the authors of the most recent proposal for that matter are in such a conflict especially if they stand to benefit from its implementation. Aside from that, the RM did not proceed to inform the

taxpayers about the potential tax impact, but instead, are taking a Dictatorship approach and are proposing the water system participation now be mandatory.

From a seasonal lot owner's perspective the proposed costs are ludicrous. Leisure Falls is nothing more than a private campground in that you don't need to worry and your spot is there for the weekend. The lots are zoned "Seasonal Residential" and there are fewer than 5 lot owners who reside there. It took some thirty years for the majority of the lots in Leisure Falls to be sold. Over the years, the lot prices went down with the lowest prices being attained in the past year or two fetching a whopping \$750 or so per lot. Some lots have no buildings, others have building with no plumbing etc. Drinking water has never been an issue and the LGD of Alexander at the time agreed and made it clear in the Leisure Falls Development agreement that potable water would not be provided. Drinking water is brought from our residences in 5 gallon jugs. Seasonal lot owners would use at most 1500 gallons of water per year from this new system. Does it make sense for some-

one to pay over ten times the price of their lot alone (\$10,277) for water that they don't want or need? Does the RM expect seasonal lot owners to heat their buildings over the winter, and if not have they thought of winterizing issues?

If one does the math, the RM is dictating that Leisure Falls lot owners pay in excess of \$800,000 (if they pay upfront), or well in excess of a \$1,000,000 should they pay over a 20 year period. Some people own three lots and as such it would cost them in excess of \$30,000 for water that they don't need or want.

While I am in support of local improvements such as potable water for "residents" if they so desire, the improvements should not come on the shoulders of seasonal lot owners (taxpayers) who don't want or need such a system.

I believe the reason that seasonal lot owners are included in the current proposal is because the RM will

not otherwise have the enough funds to proceed with such a system. If that is the case, that alone is reason enough to scrap the proposal or at a minimum remove seasonal lot owners from the Local Improvement District. Going ahead with this proposal with the inclusion of seasonal lot owners from Leisure Falls and White Mud Falls, will result in seasonal properties being given up for taxes. Perhaps that is the RM's hidden agenda.

Yours truly,  
 Jacques Lauze  
 Seasonal Lot Owner -  
 Leisure Falls, MB

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# News

## Robert Michaels Returns to the EMCA Stage

By Fiona McDonald

After Robert Michaels' performance at the end of the 2005/2006 EMCA Season, the request rolled in for a repeat performance, so when the Selection Committee sat down to plan the program for the 35th Anniversary Season, it wasn't a difficult decision to invite Michaels back to Pinawa.

Michaels, a Nouveau Flamenco Guitarist from Toronto, mixes flamenco with Latin jazz, soft husky vocals and unique acoustic guitar stylings to make each and every performance special. Although his music has often been described as "flamenco-jazz", his styling has developed into an inimitable style that encompasses a much broader musical palette, and as Michaels'

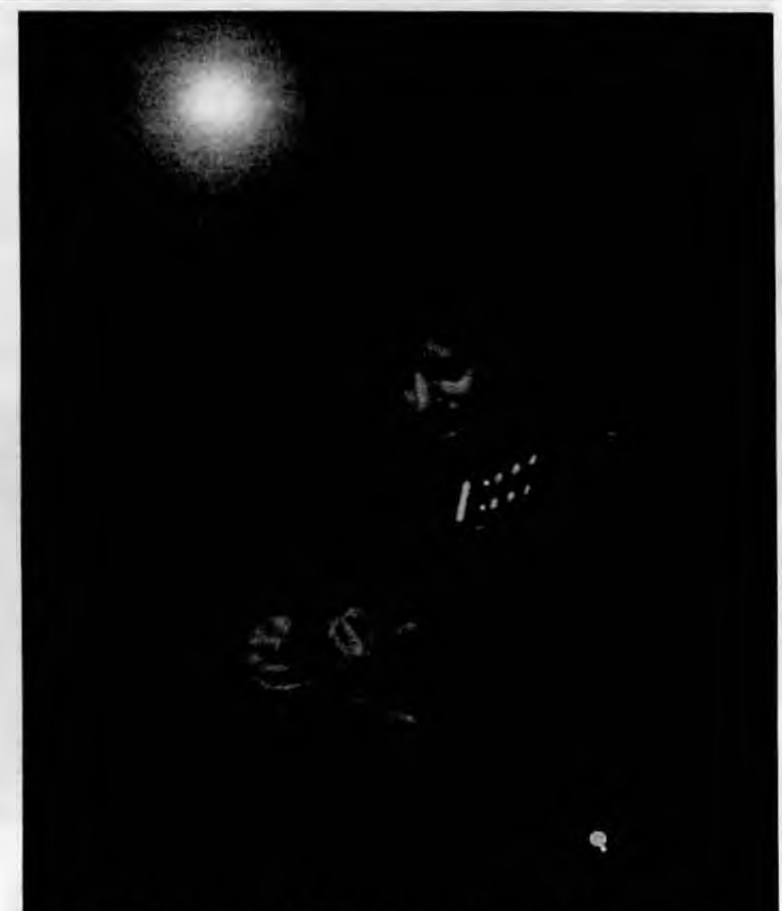
himself admits "My style was never planned. I arrived at it spontaneously while playing in front of the audiences".

In addition to his success performing live to audiences at festivals and concerts across the country, Michaels has achieved prolific heights with his recordings. Paradiso was Michaels' debut CD, released in 1996. Since then, he has released four more albums and a compilation album, receiving two JUNO nominations and finally winning the JUNO for Best Instrumental Album in 2003 with his fourth album Allegro. In addition to the JUNO nominations and award, Paradiso, achieved Platinum status (100,000+) sales, a tremendous achievement for any artist but particularly for an instrumental

musician and every release since has reached either Platinum or Gold (50,000+) status sales, cementing his place as one of Canada's leading guitarists.

Michaels' music is mystifyingly mesmerising and will soon take listeners on a journey to one of the far flung countries that inspires Michaels' music. "The crowd is trapped by the enticement of raw emotion" (Toronto Star). True to his parents' Italian heritage, Michaels' performance can inject a fiery passion into even the coldest of hearts. To be a part of the audience at what is guaranteed to be a sensational show, be sure to reserve your tickets early!

Join us at the Pinawa Community Centre, 20 Vanier Avenue on Friday 7th November at 8 p.m.



Robert Michaels at Mississauga Living Arts Centre

For more information visit the EMCA website <http://www.emcaconcerts.com> or for ticket information and to reserve your ticket contact Cathy at 753-2767.

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All applications must include a personal resume and a complete transcript of marks (high school and any post secondary). Incomplete applications may not be considered.

The deadline for applications is November 7, 2008. We thank you for your interest and will contact you if you are selected for an interview.

---

**Power Electrician Trainee**  
 The Power Electrician Trainee Program is a four-year apprenticeship program. This program includes on-the-job training, trade schools and formal classes at Manitoba Technical Colleges.  
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# Comment



Gilles Duceppe's Bloc gets 87% of its budget from the Canadian Taxpayer

## How to Beat the Bloc

By Charles Norman

There are 308 parliamentary seats in Canada - 75 in Quebec and 133 outside Quebec.

Of the 133 seats outside Quebec, the Conservatives won 100 a substantial majority. Of the 75 seats in Quebec the Bloc Quebecois won 60 - also a substantial majority - a fact which Bloc Leader Gilles Duceppe was not hesitant to point out in a post-election news conference.

"The election results are clear, and there are two clashing visions: The vision of Quebec and the vision of Stephen Harper," Duceppe said.

He said he is willing to work with the Conservatives but wants arts funding restored, changes to the proposed young offenders act and an additional \$810 million transferred to Quebec as his price for that support.

It is interesting to note that all but 13% of the Bloc's budget comes from the Canadian taxpayer. The Bloc got 1,380,000 votes in this election and, under the Election Expenses Act, will get \$1.95 for each of those votes every year - that is \$2,691,500 every year until the next election, all courtesy of the taxpayers of a nation they are trying to destroy.

The Election Expenses Act was rammed through parliament by Jean Chretien to the consternation of many

in his party because it banned contributions from trade unions and corporations. Donations were limited to \$5,000 (they have since been limited to \$1,100).

To replace this funding, there would be government of Canada contributions of \$1.95 for every vote the party got in the previous election. It was to hurt the Liberal party too as it turned out but more of that later.

At the time it benefited the Liberal Party because they were in power and would therefore get the biggest share of the taxpayers' handout. The Conservatives were not in a position to insist on any changes and did not care very much because they had an excellent grass roots organization - as did the NDP.

Not so the Bloc. They have a virtually non-existent organization and find it difficult to raise money for federal election campaign. When the act was introduced one Bloc MP, Antoine Dube said "in a way it is almost a gift to Quebecers." It was certainly a gift to the Bloc. It kept them in business and enabled them to send enough separatist MPs to Ottawa to hold the government of Canada to ransom.

It is time for the federal government to revisit the Election Expense Act. It benefits the incumbent - which is undemocratic - and it also is

detrimental to political parties having contact with their supporters. Traditionally the Liberal Party relied on large corporate donations to fight elections. As a result they did not have to forge a strong base of support and a strong grass roots organization. All they needed was a good - well paid election organization and to distribute enough patronage to ensure that the money kept rolling in.

That is no longer the case. They got just over 25% of the vote in the last election - down considerably from the 37% when Chretien introduced the Election Expenses Act, and they do not have the necessary organization in place to raise the money they need to overcome the debt that they have accumulated. The \$1.75 a year is not even enough for them to borrow against to pay their debts. As one pundit pointed out, "they shot themselves in both feet."

Thus removing taxpayer funding of political parties, (But still keeping a cap on the size of individual contributions to ensure the integrity of the system), will be of benefit in several ways.

It will get rid of the Bloc Quebecois. It will force the Liberal party to get away from patronage as a reason for its existence and to build a grass roots organization - and it will save the Canadian taxpayer about \$25 million every time an election is called.

## A Faith Perspective:

By Pastor Jake Doell

### What Lasts Forever?

Most of us today live life in the fast lane. We scurry from one appointment to another, from one event to another and by the end of the day we wonder if we really accomplished anything that really matters. Henry Thoreau made this observation, "People live lives of quiet desperation." We all want our life to count for something not just for time but also for the hereafter.

The Bible tells us there are three things that will outlast this life. "These three things continue forever: faith, hope and love. And the greatest of these is love." (1 Corinthians 13:13) As a pastor I've spent time with many people in their last moments on earth. I have never heard one of them say, "I wished I had a bigger bank account to leave behind" or "I wished I had earned another degree from ... University." A number of times though I've heard, "I should have loved more or I forgive my Dad/Mom/Son/Daughter.

Love places a high value on relationships instead of things. Our relationship with God is based on His love for us. "But God showed His great love for us by sending Christ to die for us while we were still sinners." When we receive that love it transforms our whole outlook on life. Our relationship with people is lifted to a whole new level if we choose to love them with the "love of God."

Our world places great value on beauty and talent. You take beauty and talent out of the entertainment and sports industry and what have you got left? An ordinary world just like where the rest of us live. Whenever someone chooses to love "unconditionally" as God loves, they bring a little bit of heaven down to earth. True beauty is and inward quality that must demonstrate itself in action. God's love is not motivated by feeling but by the Spirit of God who comes to live in us when we exercise our faith in Christ. God wants to give His love to each of us. The human love that we have for each other is limited. So often when the "payoff" for our love stops, we stop loving. God loves us without a payoff. He chose to love us when we had nothing to offer Him but our messed up lives.

The "good Samaritan" helped a wounded fellow traveler not expecting any payoff. He gave of his time and money so that this stranger could get his life back together again. Jesus commended the Samaritan for his demonstration of mercy and love. Then He says to each of us, "Yes, now go and do the same." (Luke 10:37) You see this life goes by so quickly, and when we allow God's love to come into our lives and share that love with others, we have done something that outlasts this life.



# Comment



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

## A Strengthened Mandate

It is an honour to be re-elected as your Member of Parliament. Thank you for your continued confidence and rest assured that I will work hard to ensure your interests and the interests of Provencher are represented in Ottawa.

Indeed, Canadians from coast to coast to coast have cast their vote and have charted the way forward for our country. Voters have given our Conservative Government a strengthened mandate to continue to lead the Government and take Canada forward.

Following this election, our party is bigger and our support base is broader. But we will not rest on our accomplishments. We know there is much more to do, especially in these challenging global economic times. Canadians are worried right now and we understand their concerns. As the Prime Minister has said, we will address three pressing priorities and together we will weather the global economic uncertainty and we will position our economy to emerge

stronger than ever.

First, we will continue to govern for all Canadians with a new caucus that is broad and representative. Conservatives were elected in places that have not elected Conservative MPs for at least a generation. We will form an inclusive and responsive government that protects the interests of all Canadians in all communities. We understand working families and we will continue to put them first.

Second, we will continue to respect the principle that government is accountable to the people's representatives in Parliament. This is a time for us all to put aside political differences and partisan considerations and work cooperatively for the benefit of Canada. We have shown that minority government can work, and, at this time of global economic instability, we owe it to Canadians to demonstrate this once again.

Third, we will keep our promises. We will do what we said we would do. Our platform laid out a prudent, realistic and affordable plan



and we will act on it. We will continue to move forward to keep taxes down; keep our budget balanced; keep spending under control and focused on results; strengthen our criminal justice system; stand up for working families; make real progress on the environment; advance our interests and values on the world stage; unlock the vast potential of this country's North; and keep our great country united, strong, independent and free.

It remains a privilege to serve as your representative with this strengthened mandate. There is much work to be done in the coming weeks and months and I accept the challenges with humility and a guarantee that I will always put your interests first.

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 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 e-mail at toewsv1@mts.net.

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COMMUNITY CONSULTATION OPEN HOUSE

## Highway 11 Functional Design Study Through Powerview-Pine Falls

Manitoba Infrastructure and Transportation will be developing options for roadway improvements (a functional design study) for PTH 11 as shown on the map.

You are invited to contribute to the study process by offering your comments and suggestions at the open house.

**Open House Date:** October 23, 2008  
**Location:** Pine Falls School, Walnut Street, Pine Falls  
**Time:** 5:00 to 9:00 p.m.

For further information, contact:  
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AECOM Canada Inc.  
99 Commerce Drive  
Winnipeg, MB R3P 0Y7  
Telephone: (204) 477-5381



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# News

## POWERSVIEW RCMP Press Report News Report September 22 to October 5, 2008

### LOST/FOUND

Police recovered an Orange and Black Pocket Bike. Anyone with information is asked to contact Powerview RCMP.

was taken to a relatives to prevent a further breach of peace after declining to proceed with charges. A female was given a verbal warning.

### 2008/10/14

**POWERSVIEW** - police removed a male from a residence after he had unlawfully entered the dwelling. The man was on a no contact order with the female resident. The man also had an outstanding warrant in effect and was arrested on this. He was taken into custody to deal with all charges.

**FORT ALEXANDER** - 2 youth have been reported

missing to police. The youth were last known to be in Winnipeg and are wards of CFS. Winnipeg police services has been advised.

### 2008/10/15

**RM ALEXANDER** - warnings were given to 2 males by police after complaints of erratic driving. No further complaints were received after Police spoke with the individuals.

- a male was transported by police to prevent a further breach of peace. The intoxicated male was located walking down the highway attempting to hitch a ride from motorists.

**FORT ALEXANDER** - police intervened in a domestic situation to keep the peace while a male gathered personal belongings and left to another residence.

**POWERSVIEW** - a youth was located with a parent and warned accordingly. The youth had entered a building but nothing was damaged and no items stolen.

**PINE FALLS** - a spousal verbal dispute resulted in police driving a female to

another residence to prevent any further problems.

### 2008/10/16

**BLACK RIVER** - Police received a report of an assault of a male. 1 male was treated for his injuries by emergency personnel and then fled the scene prior to police arrival. The man was in breach of court conditions and had an outstanding warrant.

**FORT ALEXANDER** - investigation continues into an assault of a youth.

**MANIGOTAGAN** - theft of carpentry tools from a parked vehicle was reported to police.

### 2008/10/17

**POWERSVIEW** - investigation continues into a breach of a protection order by a male.

**FORT ALEXANDER** - police continue to investigate complaints of threats being uttered.

### 2008/10/18

**FORT ALEXANDER** - 2 assaults remain under investigation by police.

**MANIGOTAGAN** - a vehicle stolen from Black River was recovered at the local campground with dam-

ages.

### 2008/10/19

**MANIGOTAGAN** - investigation continues into an attempted assault with a weapon.

**FORT ALEXANDER** - police were dispatched to 2 complaints of assault however both were unfounded and no assault took place.

**SUMMARY:** Police also followed up on 6 false alarm(s) actioned 2 request(s) for assistance to other police services/service of legal documents, issued 5 ticket(s) under the highway traffic/liquor acts, attended 0 incident (s) under the Coroners Act, charged 0 person(s) for impaired driving/refusal of breath test, lodged 7 person(s) under the intoxicated persons detention act, attended 1 noise complaints, processed traffic accident reports and transported 1 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.

### 2008/10/13

**POWERSVIEW** - Police intervened in a custody issue. A youth was not returned to a parent after visitation with a second parent. The matter was dealt with accordingly and both parties advised to seek legal counsel to resolve their issues.

**FORT ALEXANDER** - a domestic dispute resulted in no charges by police. A male

\*\*\*\*\*  
**AUCTION SALE**  
for Paula Haussen  
Sunday, November 2, 2008 1:00 PM  
733 Elm Ave., Beausejour, MB

Sale features: 2007 Chev Silverado Crew Cab, 4x4, 1/2 Ton Truck (fully loaded, "Ground Effects Pack", On Star, "XM" Satellite Radio, Sun Roof, Heated Seats, c/w 5 year/100,000 extra warranty, 10 yr. Protection plan on paint, leather and underside sealant. Black w. silver trim, only 22,000 km., Absolute Mint Condition - last bid subject to owner's approval); 2007 Baja Mini 165 Motorcycle (used only 3 times), Protective clothing and helmet sold separate; Troy-bilt 9 HP x 28" Snowblower (elec. Start, heated handles, light, -like new condition); Household including: Kenmore Elite Glass-top Range, Kenmore Elite 20 cu. Ft. Refrigerator w. Bottom Freezer, Kenmore Elite "800" A.T. Washer & Elec. Dryer (both blue); Greenways Nottingham Elec. Fireplace w/ Remote; Star Choice Satellite Receiver w. remote; Honeywell Humidifier w. accessories; Hamilton Beach Water Cooler; Master Chef BBQ; New Brother "XL2600" Sewing Machine; New "Dr. Scholl" Body Size Massage Mat, w. heat and remote; New Kettler Rowing Machine. Note: Most items plus appliances are less than 1 year old and c/w balance of warranty. Sale is only 1/2 hour, so plan to be on time!

Auctioneer's comment. 10 a.m. Sale Day or by appointment only please! (Phone Paula @ 205-0341). See our website at www.capitalauctions.net for full listing and pictures or for more information call.

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# News

## Contaminated Soil Will be Removed and Disposed of According to MB Conservation Regulations: Stinson

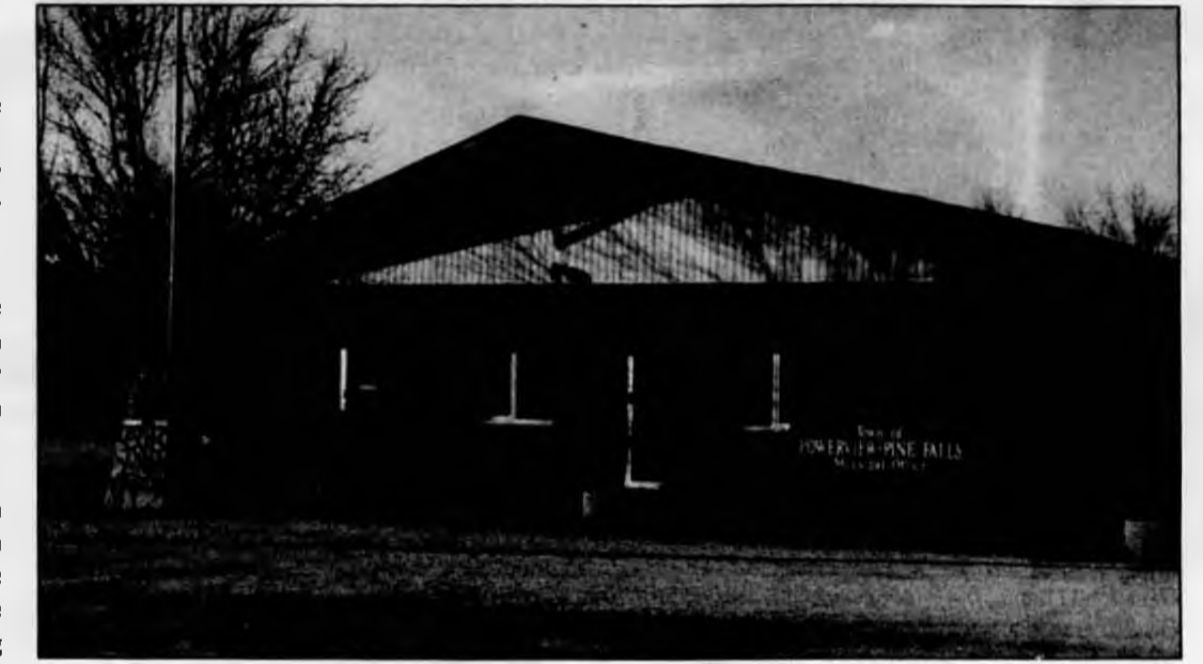
Continued from page 1

more. He said the Louise Street sewer is ample for the increased flow from the Public Works building. There will be only four employees there during the day and most of the time they will be away from the building, thus the increase sanitary sewage load on the line would be marginal. Any other loading, washing down equipment and vehicles, for example, has to go into a holding tank and is removed by tank truck, not through the sewers.

Concern was also expressed that excavation for the pipeline would possibly

disturb contaminated soil from around the above ground bulk fuel station where bulk fuel, delivered by train, was off loaded thirty years ago.

Stinson said any contaminated soil would have to be removed and disposed of in an environmentally friendly manner. He said he had been in contact with Heidi Kroeger, an Environmental Officer with the Manitoba Department of Conservation and would have someone from her office on-site while the excavation is taking place.



The Town of Powerview-Pine Falls say they aren't breaking any rules.



## Triple P the Positive Parenting Program

For all parents. For all children. For all the right reasons.

Every parent needs a little help sometimes and Triple P can provide it.

Manitoba has introduced Triple P to help parents like you learn effective ways to deal with the challenges of raising children. Triple P shows you simple routines and small changes that you can use to make a big difference in building a strong, positive relationship with your child.

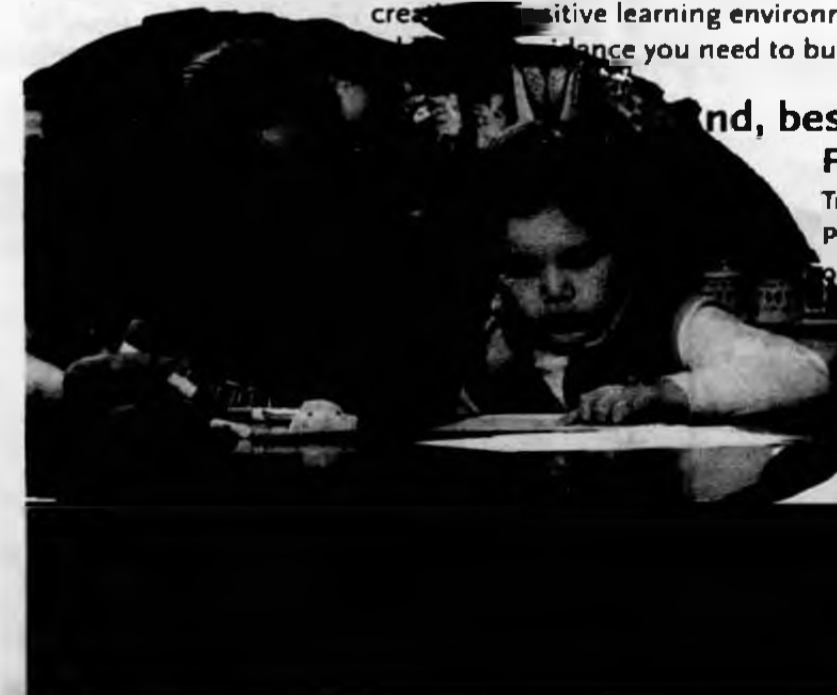
Small changes make a big difference

Whether you're a new parent or a mom or dad with a house full of kids, Triple P can help you. From creating a positive learning environment to taking care of yourself as a parent, Triple P offers the guidance you need to build strong, positive relationships with your children.

and, best of all...it works.

Find out more

Triple P can help you.  
Please visit: [manitoba.ca/triplep](http://manitoba.ca/triplep)  
or call 945-4777 in Winnipeg  
1-877-945-4777 toll-free



Healthy Child Manitoba

Manitoba



# Community

## We're Moving, and You're Invited...

Well, it's official, our dreams have come true and our new library facility will be ready for us to move into the end of October. We will be closing the library in Ecole Saint Georges on Friday, October 31st & re-opening in our new facility on Wednesday, November 12th @ 12:00 pm. (A grand opening will be planned and announced at a later date.) We are encouraging patrons to take out enough reading material to suit their needs during this time and want to ensure patrons that their loans will not be due during our temporary closure. We are also looking for volunteers, big muscles or not, we need your help. We'll be bringing the collection from two locations to culminate into one so we'll need groups of people in three locations. It won't be all lifting either, we need people to wipe down shelves, place the books/magazines/DVD's on the shelves & various other light jobs. If you can lend a

hand, please call the library and talk to either Elise or myself (Lesa) and we can add your name to our schedule.

In the meantime, business is as usual at the Library and we are always adding new titles to our collection, so please come in for a visit and see what's new.

There will be a change to our Saturday hours once we are in the new building, Saturdays will go back to the original opening & closing time of 10:00 am - 2:00 pm. We are finding that this is a time that is more suited to rural public libraries.

Some great news to note, myself & Elise, including the Board of Directors, would like to welcome Katherine Wingate to our staff as our part-time Librarian. We are absolutely delighted to have Katherine join our team and be a part of our exciting move.

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



## First Step is Show Up at Class

Continued from page 1

Kickboxing has recently gained popularity throughout North America (recall Billy Banks and his heavily marketed version called Tae-Bo). It can be viewed as an alternative to full contact boxing, evolving in part from a plethora of Eastern boxing styles and martial arts. The term is something of a blanket one, and while many fitness lovers are intrigued by it, they are sometimes scared off (a Jean Claude Van Damme movie entitled "Kickboxer", which involves a potential match to the death is one instance of pop-culture's kickboxing "confusion").

"People are intimidated by the idea of sparring", explains kickboxing instructor Nick Bonekamp, who teaches evening classes in St-Georges. "They don't want

to be too physical [in terms of engaging in full contact]." However, participants can tailor their experience to their skill level, and need only push themselves as far as they feel comfortable, eventually graduating to some friendly sparring.

Bonekamp became interested in kickboxing when his son signed up and quickly saw results. "[My son] weighed about 120 pounds and [after taking kickboxing] he had me on the floor!" He's now been training in the sport for 9 years and can attest to its addictive nature. "After doing it for a few months, you'll find that if you don't do it, you'll really miss it. [Kickboxing] and working out becomes a way of life." Paul Robert, who aids in the instruction of the class, has been training in the sport for a decade and points

to its positive potential "to relieve stress" and help participants get in shape.

Beginners start off learning proper technique (which is taught on Mondays) and then move onto sparring using pads and a partner. "The workout using pads is tremendous...you focus your energy into punches and kicking and utilizing more muscles", says Bonekamp who has been teaching the class for the past three years. This year, he has introduced circuit training on Wednesdays, which involves everything from your standard sit-ups and push-ups to stretching and cardio exercises. "We're trying to offer a full body workout, whereas in the past we've focused exclusively on the kick-boxing and technique aspect. We want to attract a larger, more varied crowd."

Bonekamp also plans to bring in a nutritionist sometime in the coming months to enhance the full-fledged fitness experience. Being healthy "is about what you eat too", he says, "why workout and then go home and eat the wrong things?"

Showing up at a class is the first step for anyone looking to integrate a workout routine into their daily life. The cost is only 20\$ a month and the class meets each Monday and Wednesday in St-Georges Gym at 7 pm until 8:30. A thank you is also owed to St-Georges school for allowing the use of their gym and providing an ideal workout environment.

### R.M. OF ALEXANDER FULL TIME EMPLOYMENT OPPORTUNITY

The Rural Municipality of Alexander Public Works Department is accepting applications for a full time Public Works employee. This is a unionized position. Applicants must have the following:

- Class I or III License with air brake endorsement
- Ability to work with little supervision
- Some mechanical and welding experience
- The ability to operate various types of equipment, and be willing to train on the grader

Drop off applications at:  
R.M. of Alexander Administration Office  
104058 Hwy 11, St. Georges, MB

Or mail to:  
Box 100  
St. Georges MB R0E 1V0

Deadline for applications:  
Tuesday, November 4, 2008 at 4:00 p.m.  
Only those considered for an interview will be contacted.  
Thank you to all who apply.



## Pine Falls Branch #64 Legion News

Greetings from Branch #64. We hope everyone had a Happy Thanksgiving. Our turkey dinner at the Legion on October 10th was delicious. Thanks to Roberta and Roger Carriere. Our next dinner on October 24th is ham and scalloped potatoes. Tickets are available at the Legion 367-2718 at \$10.00 per person.

At our October branch general meeting it was moved and seconded that we change our membership fees as follows. All regular and retired members paying prior to November 30th will pay \$35.00 and be entered in the Early Bird draw. Those members paying after November 30th will pay \$40.00 for dues. Anyone who paid prior to this change can be reimbursed. Stop at the Legion or phone Daphne at 367-8953. So get your membership before November 30th and your name will go into our Early Bird draw to be held at our Christmas Party on December 11th. Pay your dues at the clubrooms or mail them to Pine Falls Legion, Box 329, Pine Falls. The Ladies Auxiliary mem-

berships remain at \$15.00 and they also have an Early Bird draw at our Christmas Party for any of their members paying prior to November 30th. Their dues can also be paid at the clubrooms or mailed to Ladies Auxiliary, Box 366, Pine Falls.

We have a number of bar tables 32 x 32 for sale. We are gradually getting in new tables so we must sell of the old ones at \$10.00 each. Stop at the Legion or contact Lyle Velie at 367-2339. Our Ladies Auxiliary is planning a Christmas Bake Sale for Saturday, December 6th. The Bert Kunz memorial darts tournament is Saturday, December 13th at 10:00am.

Our Poppy funds covered the cost of \$1588.00 for Pine Falls Hospital equipment (fall pads, bed check alarms and pressure attachments for bed check alarms.) Our Ladies Auxiliary also covered the cost of \$245.00 from their generous funds for a lockbox memory game and multi activity board for use at Sunnywood Manor.

Our premises are still available for rental - meet-

ings, reunions, anniversaries, or whatever your needs may be. Contact Sharon at 367-8376 for further information. Rental is \$125.00 for Legion members and \$150.00 for

non Legion members. Holiday season is fast approaching so book your Christmas Party now. Our next Branch general meeting is Thursday, November 13th

at 7:30 p.m. The Ladies Auxiliary meeting is the same night at 7:00 p.m. We need your continued support and look forward to seeing you at the Pine Falls Legion.

## October 19-25 is Spiritual Care Week!


North Eastman Health Association takes this opportunity to celebrate all spiritual care volunteers throughout the Region and extends to them a great big THANK YOU! "Health is not limited to physical health but includes mental, emotional and spiritual wellbeing," as stated by organizers of NEHA's Community Health Assessment. Ideas about spiritual health vary widely. Essentially, spiritual wellbeing flourishes when we have a sense of meaning and purpose in life - and that we belong. Spiritual care volunteers are partners with health care staff in addressing the spiritual needs of those who are hospitalized or

living in personal care homes. Some volunteers spend time visiting one-on-one with patients or residents who wish to receive such visits while others contribute by participating on the Region's Spiritual Care Advisory Committee. Still other volunteers lead worship and memorial services or serve communion. We recognize that many people express their spirituality through religious faith. Others express it in different ways.

During the months of October and November spiritual care volunteers will have the opportunity to attend an education seminar entitled "Spiritual Care: Companions on the Journey." As the theme suggests, we will be

exploring what it means to walk with others along the path of life. Spiritual care volunteers meet people where they are at, serving as agents of hope and love.

If you are interested in becoming a spiritual care volunteer or know of someone who might be, you can pick up a volunteer application form at any NEHA facility and return it with attention to Leah Bueckert, Spiritual Care Coordinator. Contact information: (204) 268-7426, lbueckert@neha.mb.ca. All volunteers are interviewed and, upon acceptance into the program, receive an orientation. Education seminars will be offered at various times throughout the year.



**Manitoba HRDT**  
**Metis Federation Inc.**  
Southeast Local Management Board

In Partnership with Academy of Learning Steinbach will be offering a Training Program for 12-15 Metis Inuit or Non-Status persons in the following: This Program will be covered by the MMF Inc, SELMB.

Skills Assessment: Thought Patterns for A Successful Career Employment Success Strategies Punctuation and Writing Skills

KeyBoarding G1: Introduction To Keyboarding

Office Skills G2: Introduction To PC Introduction To The Internet

Word Processing G3: Microsoft Word-Level 1 (MS Office)

Spreadsheets G4: Microsoft Excel Level 1 (MS Office)

Operating Systems G8: Microsoft Windows XP Level 1

Job Search & Resume Writing

Practice & Review

If there is enough interest in this Training Program it will be held in Pine Falls/Powerview. Course will be 9.5 Weeks in total

Anyone interested in this Training please Call the LMB office at 204 754-3112.

Office hours are 8:30 -4:30 Monday to Friday.

Ask for Mark Sinclair Project Officer or Judy Orvis Coordinator.



# 1-800-498-7806

"It's worth the trip!"

OPEN 8AM - 9PM, MON-THURS, FRI-SAT TILL 6PM



				
<b>2004 Nissan Quest S van</b> very well equipped & loads of room for all of your needs	<b>2004 Toyota HIGHLANDER</b> Awdrive V6 auto, leather seats, alloy wheels plus so much more! Check this one out	<b>2002 GMC Envoy SLT</b> loaded incl leather seats, alloy wheels, running boards plus so much more!	<b>2001 Ford Ranger XLT</b> 4x4 xtra cab auto, air, power group, alloy wheels, box liner, tow package plus more	<b>2003 Toyota Tundra</b> Access cab 4x4 V8 auto, air, power group, privacy glass, alloy wheels plus more. Another local trade in
				
<b>2003 Dodge Dakota Crew Cab</b> 4x4 looking for a good truck? Check this one out	<b>2004 Chev Avalanche</b> 4x4 very nice truck, check this one out!	<b>2004 GMC 2500HD</b> 6.6L Diesel 4x4 lots of options & shows very well	<b>2004 Chevy Silverado</b> 4x4 xtra cab Z71 package plus so much more	<b>Dodge Dakota Sport</b> xtra cab 4x4 very well equipped check this one out
				
<b>Mazda B4000 4x4</b> xtra cab air, cruise, alloy wheels, plus so much more	<b>2004 Toyota 4Runner Sr5</b> V8 Sport, 7pass, power group, alloy wheels, low pkg plus more	<b>2005 Mazda Tribute suv</b> Auto, air, cruise, power group plus more Check this one out!	<b>2005 Ford Escape XLT</b> auto, air, cruise, power group plus so much more	<b>2005 Jeep Liberty Sport</b> great looking unit. Just arrived call for more info!

# Recreation Updates

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

**CHILDREN & Teens**  
Time Keeper Clinic  
Pineview Rec Office, Pine Falls School  
Thursday October 23rd  
6:30 - 8:00 PM  
Must be born 1997 or older.  
Clinic is free of charge. All existing timekeepers must take this course for refresher.  
For more info or registration contact Natalie Osis 367-9519 or Rec Office 367-9142.

Steve Sedachny's Power Skating & Hockey Camp  
Sagkeeng Arena  
November 7, 8 & 9th  
Ages 11 - 17  
\$225.00 per player  
For more info contact 1-877-307-5283 or Allister Courchene 367-2885  
www.elitepowerskating.com

**Junior Curling**  
Pine Falls Curling Club  
For ages 12 (born 1996) and older  
6 week program every Tuesday starting November 11th  
Cost: \$50.00 per person  
To register or for more information please contact Melinda 367-4682 or Fay 367-8968

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

**Pineview Minor Hockey**  
Pine Falls Arena  
PRACTICES STARTING WEEK OF OCTOBER 13th  
Monday & Wednesday's Initiators 5:00 - 6:00 PM  
Pee Wee 6:00 - 7:00 PM  
Bantam Boys 7:15 - 8:15 PM  
Midgets 8:30 - 9:30 PM  
Tuesday & Thursday's Novice 5:00 - 6:00 PM  
Atom 6:00 - 7:00 PM  
Bantam Girls 7:15-8:15 PM  
It's not too late to register. \$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**  
**Bowling**  
Pine Falls Bowling Lanes  
Starting October 14th  
Cost: \$30 per person plus \$6 weekly alley charge  
7:30 - 9:30 PM  
For more info contact Evelyn Dodds 367-8413 or Sharon Mignon 367-8376

**Kick Off Mixed Curling Funspiel & Grey Cup Party**  
Pine Falls Curling Rink  
Saturday November 22nd

Cost: \$80.00 per team  
Curling during the day & Grey Cup party to follow in Sports Room. Snacks & Refreshments.  
For more info contact Melinda 367-9142 or Fay 367-

**Christmas Card Making**  
Pine Falls School  
Saturday, October 25th  
9:00 AM - 4:00 PM  
Cost: \$45.00 includes supplies  
Instructor: Kelly Murray  
Please bring adhesive, cutting tools and a bag lunch.  
To register contact Kelly @ 635-2396 or Pineview Rec Office 367-9142

**Darts**  
Branch 64 Darts @ Royal Canadian Legion  
Pine Falls  
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

**Curling**  
Pine Falls Curling Club  
Men's League starting Monday November 3rd  
Junior League starting Tuesday November 11th  
Ladies League starting Wednesday November 5th  
Drop In Curling starting Thursday November 6th  
Mixed League starting Friday November 7th  
For more information please contact Gloria Brody 367-2656 Melinda 367-4682 or Fay 367-8968

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

**Curling**  
Grand Marais Recreation Association  
Start dates TBA next week  
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 Rotchik 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**  
Seniors Exercise  
Golden Leisure Club

## 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

Every Monday - Friday  
10:15 - 10:45  
**Carpet Bowling**  
Senior Scene, Victoria Beach  
Every Friday @ 1:30 PM Starting October 10th  
Cost: Members \$2.00/Non Members \$2.00  
For more info contact Carol 756-6468

**Seniors Bowling League**  
Pine Falls Bowling Alley  
Tuesday's & Thursday's  
Starting October 14th  
Cost: \$20.00 Registration Fee Plus \$6.00 weekly drop in fee  
For more information contact Gerry Gauthier 367-8798

**Canasia**  
Golden Leisure Club  
Tuesday & Friday's  
1:00 PM

**Cribbage**  
Golden Leisure Club  
Every first Monday of the month  
1:00 PM

**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 - Thanksgiving Dinner  
Phone Carol 756-6468 for more info.  
www.senioreceneinc.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.senioreceneinc.com

**FOR ALL AGES**  
**Exercise Class**  
St. Georges Church Basement  
Monday, Wednesday & Fridays  
9:30 AM - 10:30 AM  
5 step program with warm up & cardio  
This is a free program for people of all ages. For more info contact Ginette Vincent 367-8244 or 367-9970

**Hockey Coaching Clinic**  
\*Initiators Program  
October 18th @ Ile Des Chene  
November 2 @ Steinbach  
November 23 @ Beausejour  
\*Coach Level  
October 18 @ Powerview  
October 26 @ Steinbach  
For more information and registration go to www.eastmanm-norhockey.ca

**Referee Clinics**  
Level I & II  
October 19 @ Lac Du Bonnet  
For more information and registration go to www.eastmanm-norhockey.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

**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**  
NEW SESSION STARTING NOVEMBER 3 - DECEMBER 18  
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**  
Soup & Sandwich Fundraiser  
Pine Falls United Church  
Friday October 17  
11:30 AM - 1:00 PM  
\$5.00 per person  
Proceeds to help support the Grandma's to Grandma's campaign to help raise awareness and support to Grandmothers in Africa with their struggles to secure a helpful and healthy future for generations of children orphaned by HIV/Aids.

**Powerview Parish Fall Tea**  
Powerview Church Basement  
Sunday October 26th  
1:00 - 3:00 PM  
Bake tables, silent auction & door prizes.

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

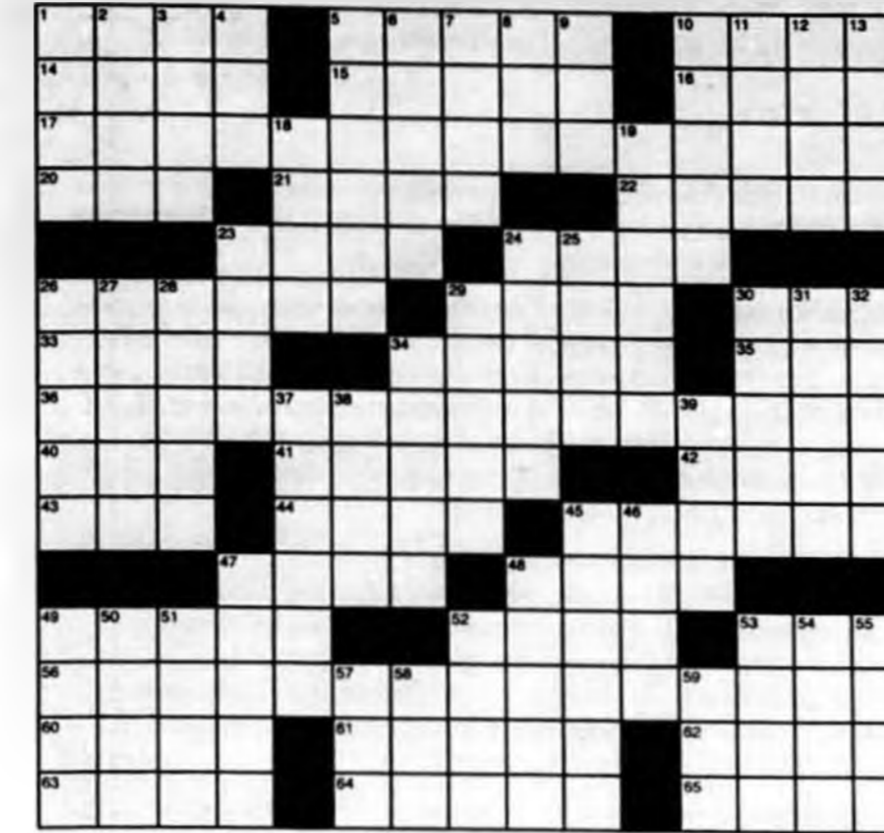
**RIVERS NORTH FITNESS CO-OP**  
Memberships  
The Fitness Co-op is now entering into its second year of operation.  
All membership fees are due. The one time co-op membership fee remains at \$100.00 with members paying a \$250.00 annual user fee and non-members \$300.00. For more info contact Bev Dube 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 9:00 AM - 12:00 PM  
Thursday 4:00 PM - 8:00 PM  
Saturday 10:00 AM - 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

# Weekly Crossword



- Across**
- Strong liquor distilled from the fermented sap of toddy palms.
  - Poet.
  - Small storage building.
  - Major division of a long written composition.
  - Greek goddess of virtue.
  - Problem involving investigation.
  - Capable of transmitting signals in all directions.
  - Seat within a bishop's diocese where his cathedral is located.
  - Soule, actor.
  - Lump of snow created by many skiers turning in the same spot.
  - Sediment from the fermentation of an alcoholic beverage.
  - Member of a Finnic people of northern Norway.
  - Be of one heart.
  - Sweet drink of carbonated water and flavoring.
  - Upper part of anything.
  - Estuary in northern Brazil into which the Tocantins River flows.
  - TV show starring David Boreanaz.
  - John, director.
  - Make professional.
  - Toilet in England.
  - Pronounce "s" and "z" sounds like "th."
  - Acronym for International Council for the Exploration of the

- Down**
- Large ladle.
  - Let droop.
  - Elder son of Isaac.
  - Small retired valley.
  - Person who gets things done.
  - African antelope with curved, ridged horns.
  - Shaped mass of baked bread.
  - Divine rational principle.
  - Variant of Aidan.
  - Red-skinned fruit.
  - Kaye, American electric bass player.
  - Criminal.
  - Various wading birds with a long, straight bill and barred brown plumage.
  - Mountain in Serbia and Montenegro.
  - Pass light through.
  - Group of substances that form salts in reaction with bases.
  - Sergio, director.
  - DC Comics superhero.
  - The Blue Nile's second album.
  - River Aire in northern England.
  - Keep house with a companion when neither is accustomed to housekeeping.
  - Acronym for American Board of Orthopaedic Surgery.
  - Largest city in Italy.
  - Acronym for American Organization of Nurse Executives.
  - Acronym for Knowledge Research Institute, Inc.
  - Protected by an external coat.
  - Wall hanging of heavy hand-woven fabric with pictorial designs.
  - Funeral lament sung with a loud wailing.
  - Acronym for Advanced Technology Center.
  - Expose to moisture.
  - Founder of a family.
  - Claim placed on property by a person who is owed money.
  - Brings disgrace on.
  - Longhaired sheepdog of a Hungarian breed.
  - Bestows a quality on.
  - Large ocean inlet.
  - Egyptian god of architects and skilled craftsmen.
  - Type of genus of the family of Arcidae.
  - Remain in readiness.
  - Relatively flat piece of ice.
  - House.
  - Relating to linguistic characteristics considered without regard to their structural significance.
  - 20th letter of the Hebrew alphabet.
  - Often persistent bodily disease.
  - Ben, Australian musician.
  - Sharpened point of a quill pen.

## Last Week's Answers



**CRYPTIC PUZZLE**

A'B DFGDCE JNITC KM FNIJU,  
DFKPMSXP A TM UMK DFGDCE  
FAVN WNAUX KDSXPX - YPSJYPAFF

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**  
NOTHING IS IMPOSSIBLE. SOME THINGS ARE JUST LESS LIKELY THAN OTHERS.  
- JONATHAN WINTERS

# Weekly Horoscopes

October 9 to October 16

- ARIES** (Mar. 21 - April 20) Talk to someone with experience about budgets or consolidating debts. Be sure to take care of the needs of your immediate loved ones first. You may have problems with children. You're undergoing changes. Sudden romantic encounters will set your head spinning.
- TAURUS** (Apr. 21 - May 21) Avoid disputes with family; their complaints can't change anything anyway. Your mate will appreciate your honesty. Driving too fast or double parking will result in difficulties with officials. Put your money into a safe place that will ensure a profit if you let it sit long enough.
- GEMINI** (May 22 - June 21) Use your charm, but don't sign or agree to anything. You will learn a great deal from the foreigners you meet. Loss or theft may occur if you are careless with your belongings. Younger relatives may seek your advice.
- CANCER** (June 22 - July 22) You will gain valuable insight and knowledge through the experiences you have along the way. Your mate could get on your nerves if he or she backs you into an emotional corner or puts restrictions on your time. Concentrate on work or make changes to yourself. Plans to make physical improvements may lead to psychological changes, too.
- LEO** (July 23 - Aug 22) Be up front if you don't want to be embarrassed. You may find yourself in an opportune position if you are willing to take a bit of a risk. Risks will not be profitable. Visit friends or relatives you rarely see.
- VIRGO** (Aug. 23 - Sept. 23) Avoid boredom by being creative in your endeavors. Education may be the answer. Be careful when dealing with superiors. Your partner's a little jumpy.
- LIBRA** (Sept. 24 - Oct. 23) You will have a greater involvement in groups; however, they may not be to your advantage. You can expect changes in your living arrangements. Take time to look at any outdated papers or possible investments. Go out with friends who are positive and supportive.
- SCORPIO** (Oct. 24 - Nov. 22) Don't get talked into get rich quick schemes. For best results get out of the office and do your job en route. Just be yourself. Don't let coworkers get wind of your ideas or they might try to take credit for your hard work.
- SAGITARIUS** (Nov. 23 - Dec 21) Being unappreciated by your boss could make it hard to do your work effectively. Be quiet about your

- intentions or ideas that might bring added cash. Do things because you want to, not because someone else thinks you should. You may need a physical outlet that will help you relieve your tension.
- CAPRICORN** (Dec 22 - Jan. 20) Don't let your emotional upset interfere with your professional objectives. It may not be the best day to confront employers or to present your ideas. Don't make a move; your confusion has caused this dilemma and you are best to back away and reassess the situation. You will find that money could slip through your fingers.
- AQUARIUS** (Jan. 21 - Feb. 19) Read between the lines before you sign your name. You'll be dropping friends for no apparent reason. There might be one who is quite willing to take the credit for your work. Don't confront the situation if you don't feel you can keep your cool.
- PISCES** (Feb. 20 - Mar. 20) Your home environment may be volatile if precautions aren't taken. Money problems will get worse if your partner hasn't been playing by the rules. Your ability to talk circles around your colleagues will help you forge ahead in the workforce. You may have difficulties at an emotional level with mates.

# Classifieds



**In Loving Memory**  
of our Dad  
and Grampa  
**Ronald Harry Sr.**

It's been two years since you left this world. Only to keep watching over us from above. But not much has changed since that sad day, when the angels came to take you away. Every day you are missed and remembered by those who loved and knew you most. Your heartwarming smile and quick thought up jokes still brings smiles and light up the faces of your loved ones at the thoughts of them today. We know that you are well and happy in a peaceful place watching and guiding us with each step we take in our lives. But when you left this world you left something really valuable to our family. You left an everlasting bond that will never break apart. With the words of wisdom and values that you passed on to each and everyone of us. You helped us to be the people that we are today. And even though you're far away, you will always be in our hearts and forever there you'll stay.

Forever in our hearts,  
Your children and grandchildren

## Memoriam

**Congratulations**  
CONGRATULATIONS to AI & Barbara McKay on your wedding October 11/2008  
Love Mom, Grandma, Will & Kyndra

## Wanted to Rent

**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

## For Sale

1989 Honda Accord EX Sedan, exc. cond., 4DR, Automatic, PW, PS, PDL, Cruise, new tires, 153,000km, asking \$2500, also moving sale, contact 367-2348.

## Collectibles

The Coin Vault buying and selling Canadian and U.S. coins, mint products, and paper currency. Contact 340-0105.

## PSA

**Lakeshore At-Home:** 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.

## Advertising

**The Echo Classifieds**  
Advertise your for sale items, birth announcements, weddings, birthdays, engagements, anniversaries, thank you's, greetings and best wishes, graduations, and memoriams. \$5.50 for first 25 words, 15¢ for each additional word. \$5.00 each per photograph. Call for more information 367-9468 or fax us at 367-9947. theecho@mts.net

## Employment



## Employment

Sunrise School Division invites applications for **SUBSTITUTE TEACHERS** for locations throughout the Division

**QUALIFICATIONS:**

- Valid Manitoba Teaching Certificate
- Previous Early/Middle/Senior Years teaching experience an asset, both in English and French Immersion areas.

**INTERESTED CANDIDATES MUST APPLY WITH:**

- Substitute Teacher Application form located on our website at www.sunrisesd.ca under Career Opportunities
- a current resume of related qualifications, experience and skills

Please send these documents to:  
Assistant Superintendent, People Services  
Box 1206, 344-2nd Street North  
Beausejour MB R0E 0C0  
Phone: (204) 268-6500 Fax: (204) 268-6545  
E-mail: kwod@sunrisesd.ca  
on or before noon  
Friday, October 31st, 2008

It is a requirement for all new employees to provide a current Criminal Record Check and agree to a Child Abuse Registry Check. All applications are welcome; however, only candidates selected for interviews will be contacted.

## Employment Opportunity

### Government of Manitoba

Mental Health Nurse - NN1, Manitoba Justice, Milner Ridge Correctional Centre, Beausejour  
Advertisement No.: 20088  
Salary Range: \$56,390 to \$66,866 per year  
Closing Date: Open until filled

This unique opportunity will be of interest to a dynamic and broadly-experienced person who would like to become a member of a professional medical unit providing assessment and treatment to clients within an Adult Correctional environment.

**Qualifications:** Active registration with the College of Registered Psychiatric Nurses or College of Registered Nurses of Manitoba and related experience is required. Demonstrated experience with clinical assessments, crisis intervention, supportive counselling and case management for individuals who experience mental and emotional problems. Proven ability to work independently and as part of a team. Demonstrated communication, interpersonal and organizational skills. Experience in suicide prevention/intervention. Demonstrated knowledge of and experience working with psychotropic medication. Experience working with Aboriginal clients would be an asset.

**Duties:** The incumbent will be a member of the health care team reporting to the Health Service Manager in an adult correctional centre. Responsibilities include one-on-one counselling, responding to emergency situations and crisis intervention. Conducts clinical assessments; develops behaviour management/treatment plans for offenders; implements, assesses and refers to programs and interventions in co-operation with other professionals. Participates in multi-systems team conferences and may provide medical nurse coverage as required. Provides mental health education to offenders including medication counselling. Reasonable shift work may be required.

**Selection Process:** Your cover letter and resume must clearly indicate how you meet the qualifications. A photo copy of the following documents must accompany your application: current CPR Certificate; College of Registered Psychiatric Nurses of Manitoba 2008 Licence; or College of Registered Nurses of Manitoba 2008 Licence. The successful candidate will be subject to security checks including Criminal Records and Child Abuse Registry Checks.

A twelve (12) month Eligibility List may be established for future employment opportunities.

**Medical Office Assistant — AY3, Manitoba Justice, Milner Ridge Correctional Centre, Beausejour**  
Advertisement No.: 20087  
Salary Range: \$34,970 - \$39,982 per year  
Closing Date: Open until filled

**Qualifications:** Completion of a recognized medical office assistant program and/or equivalent related training and work experience in a medical assistant role. Proficiency in medical terminology. Must possess a minimum typing speed of 55 wpm. Demonstrated effective oral/written communication and interpersonal skills. Effective organizational and time management skills with the demonstrated experience of setting priorities and meeting deadlines. Experience in the creation and maintenance of various filing systems and maintenance of accurate medical office records. Must have the ability to work independently and cooperatively in a team environment. Demonstrated experience with computers and various software programs including MS Word, Excel and Outlook (or equivalent).

The successful candidate will be subject to Security Checks including a Criminal Records Search and Child Abuse Registry Check.

Your cover letter and resume must clearly indicate how you meet the qualifications.

**Duties:** Working under the supervision of the Health Services Manager, this position provides clerical and administrative support to the entire Health Care Unit. Duties will include but are not limited to: responding to internal and external inquiries; maintaining a medical records filing system; coordinating medical appointments for offenders; assisting with timekeeping and staff scheduling; transcribing physicians' orders; completing medical requisitions; assembling offender health care charts; maintenance of paper forms as well as supply inventory; and, ordering of supplies. Some flexibility in hours worked will be required.

**Apply to:**  
Manitoba Justice  
Human Resource Services  
1130 - 405 Broadway  
Winnipeg MB R3C 3L6  
Fax: (204) 945-3764  
Email: hrs.us@gov.mb.ca

We thank all who apply and advise that only those selected for further consideration will be contacted.  
Employment Equity is a factor in selection. Applicants are requested to indicate in their covering letter or resume if they are from any of the following groups: women, Aboriginal, visible minorities and persons with disabilities.



## Business Directory

### HOME RENOVATION

**O'HANLEY INSULATORS**  
Blow In Cellulose Insulation  
Free Estimate Messages  
Call Charles 367-4411  
367-1578 Cell: 266-9193  
ohanley-insulators@hotmail.com

**WANTED 8 HOMES THAT NEED NEW WINDOWS**  
Eight (8) homeowners in this area will be given the opportunity of having Cimelite Shield Premium Windows installed on their homes at a very reasonable cost.  
This Milma product has captured the interest of homeowners throughout the province who want to know if this will be the last time they will replace their windows. Cimelite Shield Premium Windows come with TempSmart Space System as well as SecurPlus and are Energy Star Rated. It will make your home more energy efficient and save up to 30% on your fuel bill.  
Your home can be a showpiece in your neighbourhood and we will make it worth your while if we can use your home as one of our model showhomes.  
Ask about low monthly payments through Hydro.  
For an appointment call  
BOB NISBY at  
**NISBY WINDOW & DOOR**  
1-800-582-5488  
www.nisby.mb.ca

## HOTEL & RESTAURANT

**PINE FALLS SERVICE CENTRE**  
Monday to Saturday 8:00 a.m. to 12:00 midnight  
Sunday 8:00 a.m. to 12:00 midnight  
**SUBWAY**  
Subway open 7 days a week from 10:00 a.m. to 11:30 p.m.  
**367-8803**

**Papertown**  
367-2261 Motor Inn  
Deluxe Jacuzzi Rooms Home of NTE  
Licensed Family Dining Room  
Banquet Facilities VLTs, Beer Store  
1 Mile East of Pine Falls, Hwy 304 & 11

**BIRCHWOOD MOTOR HOTEL**  
- 16 Modern Units  
- Hot tubs  
- Dining Room  
- Beverage Room  
- Meeting Rooms  
- Fully Licensed  
Traverse Bay  
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**M&C Bruneau's PC SERVICES**  
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Ph: 345-8876

**LIBERTY TAX SERVICE**  
Sandi Duval  
367-4244  
2 McDougall Ave. St. Georges, MB

**FURNITURE**  
**DAVE'S FURNITURE & APPLIANCES**  
For the Best Quality New & Used Furniture & Appliances. Call us First!  
367-2480  
21 Art Street, Powerview  
Mon to Fri 10 am - 5 pm Sat 10 am - 3 pm

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**Veranda GIFT SHOP**  
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756-8184

**REAL ESTATE**  
**Ateah Realty Ltd.**  
Melodie Ateah - Broker/ Owner  
Resident Agent For All Seasons  
Serving Victoria Beach, East Shore Lake Winnipeg and Area  
Winnipeg REALTOR'S® Mediation Club  
Phone: 204-756-3749  
Fax: 204-756-3798  
Cell Free: 1-866-755-5406  
Box 70, Victoria Beach, MB R0E2C0  
email: melodie@ateahrealty.com  
www.ateahrealty.com

## REAL ESTATE

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www.century21suncountry.com

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cell: 345-3636

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**Trudell's Wine Supplies**  
WINE & BEER SUPPLIES TO MAKE YOUR OWN  
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367-8403

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**367-4968**

**GROCERY**  
**Great Falls Foods**  
Highway 11, Great Falls  
367-2976  
OPEN 7 DAYS A WEEK  
Store Hours:  
Mon - Thur. 8-6, Fri. - 8-7  
Sat 9-7 Sun. 12-5  
Having a Social Function?  
Call us to look after everything for you  
Ask us about delivery  
**The House of Quality**

**PHARMACY**  
**TRY YOUR DRUGSTORE**  
*first*  
**PINE PHARMACY**  
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9:30 a.m. to 5:30 p.m.  
367-2611  
367-2517

## MEDICAL SERVICES

**Blue Water Physiotherapy**  
Phone 367-2537  
Please call for an Appointment  
•Work and Sports Injuries  
•Neck and Back Pain  
•Chiropractic  
•Orthotics  
•Manual Therapy  
•Pilates - Reformer Sessions  
Located on Highway 811 in Powerview  
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**367-9468**

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**LAB ON SITE**  
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**MANITOU LODGE PINE FALLS**  
**367-2390**  
Monday - Friday, 9:00am to 5:00pm  
Closed for lunch hour 12:30 - 1:30pm  
Examinations done on Mon. & Tues.

**Powerview/Pine Falls Dental Centre**  
277A Main Street, Powerview  
Hwy. 11 - Municipal Building  
Monday - Friday 8:30 a.m. to 4:30 p.m.  
**Dr. Mark Karpa**  
**Dr. David Kindrat**  
**Dr. Drew Dear**  
**Dr. Jackie Chun**  
Emergency Care  
New patients welcome  
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**367-4968**

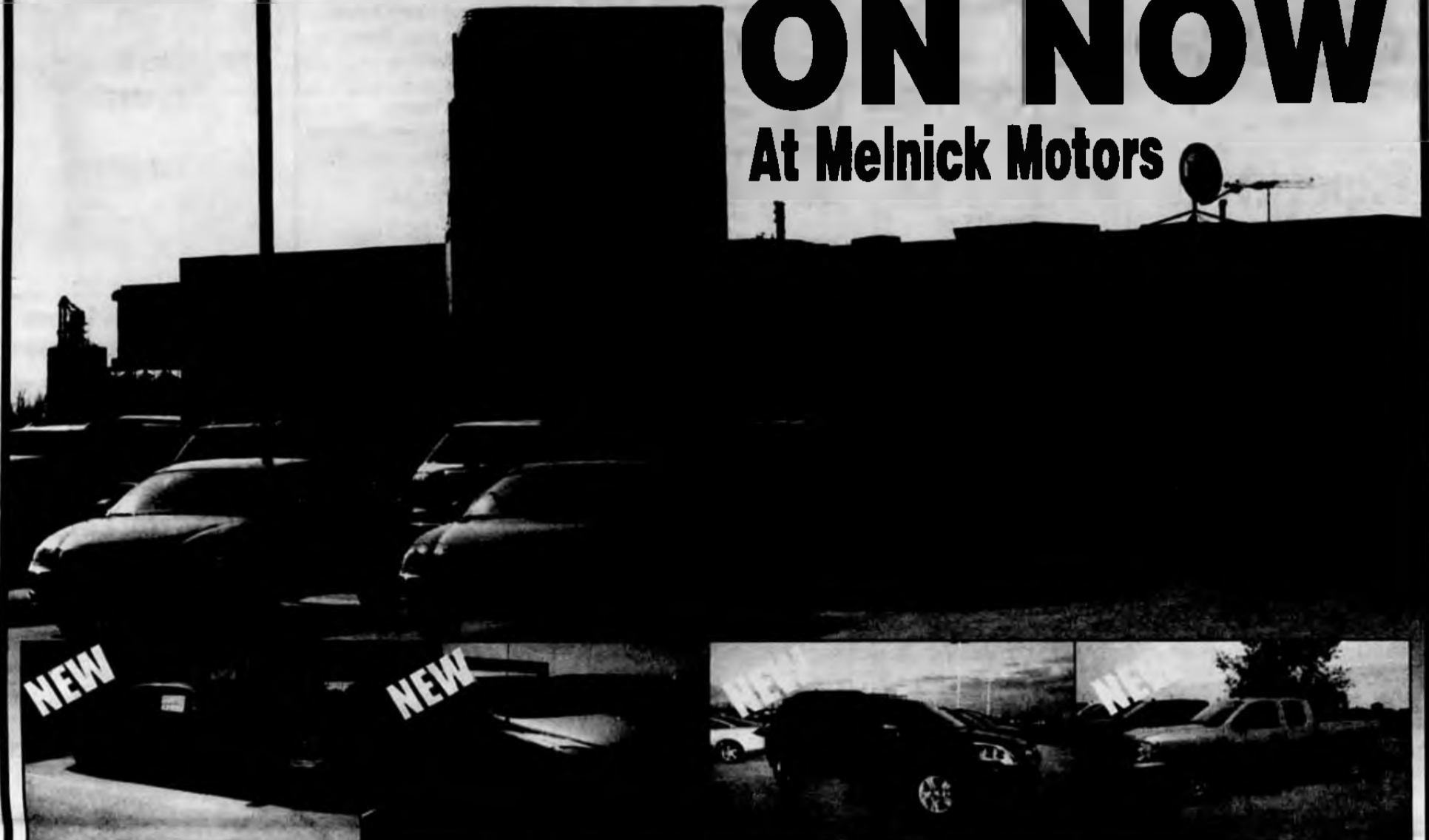
**Bluewater District Transit**  
For Bookings Call  
367-9128 Office  
345-3075 Driver

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

**Esser Chiropractic Health Centre**  
Corner of PTH 11 and Church Street (beside Papineau Motors)  
• Autopac  
• Blue Cross  
• Veteran's Affairs  
• Worker's Compensation  
**Phone 367-4858**  
No referral required Please call for appointment

# CANADA WIDE CLEARANCE ON NOW

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**NEW**

**NEW**

**2008 CHEV  
COLORADO  
X-Cab, 4x4**

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UPLANDER  
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Cash purchase discount up to \$11000 off, or GMAC Financing 0 % up to 72 months (eligible on most 2008 car and truck models)



**Discount Gas Card Promo:** 20¢ / L discount on 2500 L of gas on all gm vehicle purchases except full size pickup /utilities  
Or 40¢ / L discount on 2500 L. to all full size pickup buyers

## PREMIUM USED CARS



2006 Pontiac Montana SV6 Ext.,  
Only 48k. \$15900



2004 Chevrolet Silverado LS Crew cab  
4x4 Z71, 5.3L, Bucket seats, pwr seat,  
Bose +much more 78k. Only \$21900



2001 Buick Century,  
Very nice condition,  
Yours for \$8950

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