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**NEWS:**

**Powerview  
RCMP Most  
Wanted**



**PAGE 8**

**COMMUNITY:**

**Sunnywood  
Receives  
Donation**

**PAGE 4**

**BEACHES:**

**Dee Rickner  
Honoured**

**PAGE 2**

\$1.00 tax included  
October 29, 2008  
Volume 9, No. 22

**The Winnipeg  
River**

# Echo

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



## Wheels Begin Turning On Highway 11

By Caitlin Laird

An open information session was held in Pine Falls last Thursday to get feedback from the community regarding the longstanding possibility of re-constructing Highway 11. Representatives from Powerview/Pine Falls, the RM of Alexander and Sagkeeng were in attendance, along with a handful of concerned citizens. Maps, timelines and the potential issues surrounding the project were showcased. Still, many questions remain unanswered.

the steering committees' which will meet regularly in the coming months in order to complete the study, the RM has indicated that it would like to be part of that committee in order to have input into the project. They have also expressed interest in consulting with Sagkeeng, as their participation could further the project's progression. A representative for Chief Donovan Fontaine communicated Sagkeeng's openness to the project as an important component in encouraging industry, namely the potential Sawmill they have been hoping for. Clearly, there is interest in seeing an alternate route constructed (down Bouvier Trail to Highway 11) though the maps provided did not include one.

Though the wheels have been spinning without motion on this project for quite awhile, the commencement of the preliminary study means that it may only be a matter of (short) time before the work which needs to be done receives the go-ahead. The town and the RM (along with the RCMP, water stewardship and MB Hydro among others) were identified as groups who would be consulted throughout the study (which is a pre-cursor to the actual construction).

While neither groups were formally contacted regarding the information meeting itself, nor have they been formally invited to join

Representative A.J. Miller indicated that once the studies have been done and the approvals received the actual construction could potentially span two years. He also clarified that the project being undertaken was focused on Highway 11, which would not include work to be done on 304.

When questioned about the potentially hazardous dip along this route (which has continued on page 3



Highway 304, just south of Manigotagan on Monday Morning

## Blizzard Hits Manigotagan

Charles Norman

A ferocious blizzard, with wind up to 70 kmph and heavy, wet snow, stormed across Lake Winnipeg Sunday night. By Monday morning at least a foot of snow had been dumped on the community. The high winds had caused huge drifts and buried automobiles.

One of the cars belonged to Sally Dean, who lives in Manigotagan and works at the high school in Hollow Water.

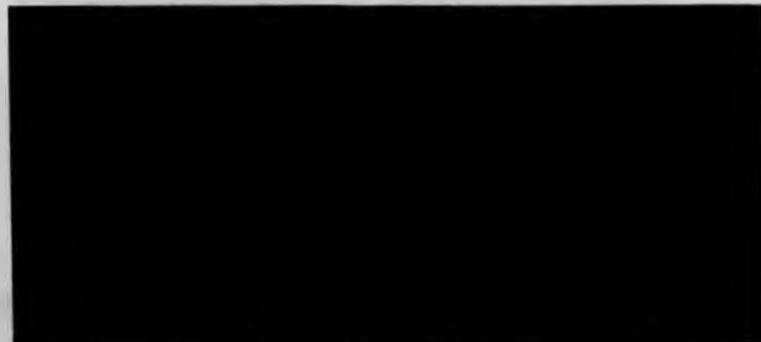
"It must have snowed all night." She said. It had drifted half way up the walls of her house and buried her car.

School buses could not be moved.

Sally Dean got a ride to the school with a teacher, Lorne Wood, who has a truck - "it took him three and a half hours to clear his driveway." She said.

The road to Bissett was clear and school buses from

Bissett were able to get Bissett children to school. Hollow Water was not as badly hit as Manigotagan and students from that community were able to get to school with little problem. Manigotagan children got a day off to play in the first snow of the year.



Car covered in snow wearily Monday morning in Manigotagan.

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# News

## Dee Rickner - "A Great Lady" - Honoured



Dee and Frank Rickner

By Laura Tuttle

On October 4th, the community of Grand Marais and the residents of its outposts, rallied to celebrate the service and dedication of one of its most energetic volunteers and a respected professional care giver. Guest of honour Dianne Rickner was ceremoniously welcomed into a hall filled to capacity and vibrating from the roar of bag pipes squeezed by Stewart McPherson (a.k.a. Victoria Beach Peace Patrol) and the sounds of cheering and clapping. The organizing committee deemed the event to be a tribute to "A Great Lady." The crowd agreed. "I'm not really happy to be here!" said Dee Rickner when the din died down. Then she paused in the now silent room. It was clear that her words were carefully chosen but heartfelt. "I am a giver, not a receiver - but I

have been told that even givers must be prepared to receive sometimes. So, thank you - for all of this!" The party was a somewhat spontaneous, though well deserved, tribute to an energetic, hard working and kind individual who has been forced due to health reasons, to step back from the multitude of programs and associations where she plays an integral role. In orchestrating the gathering, Chairman - Al Chitty along with friends, neighbours and blatant admirers from the North and South of the East Beaches area, honoured not only Dee Rickner, but also one of it's favourite couples. Because where Dee is, so is her devoted husband, friend and like minded Samaritan, Frank Rickner. As her neighbours recognized, throughout the ordeal that began suddenly in May of this year; the legacy of a

serious stroke is no easy thing for a couple in the autumn of their life. This was exacerbated because the Rickners live nearly an hour from the Seven Oaks hospital where Dee received her primary care. About the hospital stay, Frank jokes that "most days there was standing room only" at Dee's bedside. Dee says simply, that she got through it all "with the help of my Beach Family." Her friends know how hard she has worked to regain her strength and maintain her sense of humour.

Dee moved to Lakeshore Heights in 1991, after marrying Frank. On arrival she volunteered for St. Luke's church at Balsam Bay and later at the Dew Drop Inn, a popular artisans outlet which was located near Grand Beach. In 1998 she worked briefly in an administrative position with the RCMP detachment in Grand Marais before assuming responsibility as the H.E.L.P. (Helping East Lake People) co-ordinator in the LGD of Alexander. She was hired by North Eastman Health Association (N.E.H.A.) to do just as her job suggested and subsequently championed or introduced care and health programs to the East Beaches area. Her office is found at the "Senior Scene" in Victoria Beach.

Enjoying paid employment paled beside her volunteer activities. At any given time she has also been active at the seniors centre and as a board member for the Grand Marais Family Festival, a valued committee member

and colleague for the annual Fall Supper and October fest, and, and, and - the list goes on. She plays a major role as Treasurer and member of the Board of Directors for the much anticipated Wellness Centre at Traverse Bay.

The party for Dee and Frank was a joyful affair despite the reason which determined it's circumstance. The Grand Marais Recreational Center was decorated with hearts, floral baskets and pictures of Chickadees (for a "Chick named Dee") thanks to the talents of local gardener and artisan, Audrey Batchelor. Early in the evening, Dee was presented with a beautifully framed and professionally drafted copy of a small poem written specifically for her. The graphic elements were donated by Audrey Litzenberger and Dennis Wasyluniuk who run their respective businesses out of the East Beaches area.

As typical of a good social, there was food and drink, the food donated by the Ateah family and there was nostalgic music complements of the brothers Vialoux. You know you are old when you realize that a rock and roll piece by Credence Clearwater Revival recalls bygone days. The folks at this social remembered - well

- how to rock and roll, Jive, Polka, Waltz (Fred Astaire style - not just clinging to each other) and Two-Step before engaging in the relatively modern "Line Dance."

The evening recalled for many in a time from 40 or 50 years ago when they were "spooning" near the white sands of the East Beaches or swaying close to a loved one to the echoes the same music.

The general atmosphere highlighted good things like retirement, grandchildren and community. It momentarily erased memories of realities such as stroke, heart disease, cancer etc. etc. etc. These everyday concerns melt away when you are dancing. Such is a Social in the East Beaches of 2008.

In the course of the evening there was an auction sale for a cherry pie (one of the most expensive pies ever bought!) plus dozens of door and silent auction prizes that had been donated by many businesses and individuals of East Beaches. Proceeds from the evening will help - along with volunteer labour managed by Rob Shura - to provide unexpected and imperative renovations to Frank and Dee's home. Committee treasurer Bonnie Grace summed it up well. She says, "Even from tragedy good things happen. More than we expected was accomplished with this tribute to a Great Lady."

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# News



Attendees of last Wednesday's meeting study plans for Highway Eleven's restructuring.

## Highway 11 Restructuring Still Facing Obstacles

Continued from page 1

been the subject of some discussion in the community) he indicated that the work on that particular area had run into some problems, though a solution had been identified. The repairs to limit and halt the caving of the road would involve constructing an earth and berm, which

would utilize weight to stop shifting pavement.

The main obstacles which prevent the solutions' implementation are concerns that MB Hydro has regarding the potential of the earth and berm alternative to destabilize areas around the dam. Miller says that this may not be the case and that in fact

the proposed solution may have the opposite effect and increase stabilization in the area, but uncertainty remains the hold up. There are also private property issues which need to be addressed, and Miller says they are consulting with both Hydro and the landowner to resolve the situation.

## Eastern Manitoba Career Symposium Not Just for Students

LAC DU BONNET, Manitoba - Over 2,000 high school students from across our region will be attending the Eastern Manitoba Career Symposium on October 29 and 30 at the Brokenhead River Recreational Complex and SunGro Centre in Beausejour. They will have an opportunity to interact with 60 trade show exhibitors representing post-secondary educational institutions, employers, employment and career service providers, and government agencies. In addition, they can attend a number of seminars that will provide information to assist them in decision-making about future educational and employment options.

But the learning and exposure doesn't stop there. The Career Symposium is also open to parents, recent graduates, and others looking to re-enter the workforce, make a career change, or thinking about returning to school. The public is invited to attend on Wednesday evening, October 29 from 6:30 to 8:30 p.m. In addition to the trade show, there are two seminars being offered: one at 6:45 p.m. "Support Your Teen to Find and Live Their Dream" and another at 7:30 p.m. "What's Hot in the Job Market?" There will also be a number of great door prizes with a Grand Prize draw for a \$500 RESP. For more information contact Community Futures Winnipeg River at 345-2514 or visit [www.eastmancareers.com](http://www.eastmancareers.com).

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# Comment



The 1981 movie "Reds" starring Warren Beatty painted an accurate picture of the Leninist attitude towards the police - an attitude Dave Chomiak seems to be adopting.

## Frightening Development More on Firing of East St. Paul Police Department

By Charles Norman

Two weeks ago we pointed out the injustice of the Minister of Justice's decision to fire the entire East St. Paul Police Department.

Four years ago, after a night of heavy drinking, a Winnipeg Police Officer was involved in a rear-end collision in East St. Paul. Crystal Taman was killed. The Winnipeg Police officer was a good friend of the East St. Paul Police Chief who deliberately botched the investigation making it impossible to get a conviction.

The East St Paul Police Chief has been fired and the investigating officer who assisted in the cover-up has resigned. The rest of the East St. Paul Police Department had nothing to do with the incident, and almost all of them have joined the department since then.

On Saturday, October 10th East St. Paul held a public meeting to protest the firing of their police force. 600 people showed up. Justice Minister Chomiak was there to explain his decision. He did not explain anything. An enquiry

into the incident had come down with a number of recommendations - none of which was to fire the entire force. One recommendation was for improved training. Chomiak gave that as his excuse for getting rid of the entire department - no chance for better training - just "You're fired - effective December 31 - and will be replaced by the RCMP immediately."

East St. Paul is a wealthy community. It is a quiet well ordered community. There are no motorcycle gangs or crack houses - there has never been a gangland murder - there is no need for a highly sophisticated police force - perhaps because the twenty or so East St. Paul policemen have kept it that way.

So what was the real reason for the firing of these men? The clue was Chomiak's first act when he got up to speak at the public meeting. He called for a period of silence for Crystal Taman.

It was totally inappropriate. He was using her death to make a political point. The point was that he was firing the department because of her death - that the department

was responsible in some indirect way, for her death and the fact that the man who caused it got away with it. - Good Rhetoric - establish who the bad guys are right from the outset.

There is a frightening undercurrent of political ideology happening here.

It is a classic tenet of the Leninist version of Marxism that the Police are the enemies of the people. The Police are there to protect the property of the rich - the bourgeoisie - and hence are the enemies of ordinary people - especially those who want to do away with the whole idea of private property. Anyone who has seen the movie "Reds" will remember the role the police were cast in.

East St Paul is a rich community and has hired a police force to protect its wealth. In Chomiak's left-wing ideological view Crystal Taman was a victim of this police force and it was only right and proper that he should fire the lot of them.

If Chomiak has some other reason for his action he should let us know. If not Gary Doer should fire him and re-instate the police department.

## A Faith Perspective:

By Pastor Jake Doell



## What Motivates You?

How much you will get done is determined by what motivates you. Some people are waiting for that perfect moment to launch into success, but that moment never seems to come. "For them the tragedy is not that life ends too soon; it is that they wait too long to begin it" - John Maxwell. There is an ancient Chinese proverb that says: He who deliberates fully before taking the next step will spend his entire life on one leg."

This interesting story illustrates that point:

A man in a small town had a reputation of being a great fisherman. Early every morning he would take his little out boat on the lake and before long he returned with a boatload of fish. One day a stranger approached him and asked him if he could go fishing with him. "Sure" was the fisherman's reply, "meet me at the town dock at 6:00 am. The next morning the two got into the boat and started out across the lake. The stranger took note that the fisherman did not have any fishing rods, only a small tackle box and a net. Soon the fisherman stopped the boat, opened his tackle box and proceeded to take out a stick of dynamite, lit the fuse and tossed it into the water. After a horrendous explosion, he took his net and scooped up the fish.

The stranger reached into his pocket and proceeded to show him his badge - Game Warden, which was followed by the words, "You're under arrest." The fisherman acted

like he never heard a word the stranger said to him. He just reached into his tackle box, took out another stick of dynamite, lit the fuse and handed it to the stranger and said, "So are you just going to sit there or are you going to fish."

The point of the story is not the fishing technique but "what motivates you?" The Bible story of David and Goliath is a great lesson on motivation. The whole Israeli army was motivated by fear for 40 days as they listened to Goliath's taunts, "Send me a man that I may fight with him." Each day they would return to their tents with fear and intimidation. After 40 days David appears on the scene and hears the same challenge. David's reply, "You come to me with sword and spear, but I come to you in the name of the Lord of Heavens armies....Today the Lord will conquer you and everyone assembled here will know that the Lord rescues His people. The battle is the Lord's and He will give you to us." (1 Samuel 17:45-47)

A few moments later David accomplished with his sling what a whole army had not been able to do because they were motivated by fear. David had learned to conquer his fears with his faith in God and therefore his motivation came from in what God could and would do if he only did his part. I would encourage you to be motivated by a strong faith in God and He will help you to accomplish things that would otherwise seem impossible.

# Comment

## On Parliament Hill

Your Voice in Ottawa, Vic Toews, MP Provencher

## Solid, Responsible Leadership During Global Economic Uncertainty

Protecting the Canadian economy is the top priority of our Government. That includes protecting our earning, our savings, and our jobs, during this time of global economic uncertainty.

When we were elected in 2006, this country did not have an economic plan. In short order we tabled our first budget and then set to work on creating an economic plan, a mid- and long-term economic plan for the country, which we published in November 2006, called Advantage Canada.

This has been our roadmap. We've focused on long-term economic sustainability and success for the Canadian economy through concentrating on five advantages: a Tax Advantage, a Fiscal Advantage, an Entrepreneurial Advantage, a Knowledge Advantage and an Infrastructure Advantage.

We've done this with the goal of encouraging growth and job creation. I'm happy to say that we have had significant economic growth over the past two and a half years in all regions of Canada.

However, we also recognize that Canada is not an island. We are part of a global economy that is facing challenging times. As such, we are taking further action to ensure that our financial situation stays on a steady footing.

The Prime Minister recently outlined some of the steps our Government will be taking to protect our economy during these troubled times, including:

- Summoning Parliament to meet this Fall and tabling an Economic and Fiscal Update before the end of November;
- Participating in the G20 finance ministers' meeting, November 8-9, and calling for a further meeting of G7 finance minis-



ters to build on progress made at their last meeting;

- keeping government spending focused and under control by continuing with the four-year Strategic Review of departmental expenditures;
- Convening a First Ministers' Meeting on the Economy to discuss with premiers and territorial leaders a joint approach to the global financial crisis;
- And a firm commitment to take whatever appropriate steps are necessary to ensure that Canada's financial system is not put at a competitive disadvantage.

Jim Flaherty, Minister of Finance, has taken steps to ensure Canada remains competitive. Just last week he announced the creation of the Canadian Lenders Assurance Facility, which will help to secure access to longer-term funds so that Canadian financial institutions can continue lending to consumers, homebuyers and businesses in Canada.

This temporary program will be offered to lenders on commercial terms so there is no expected fiscal cost nor is

there any additional risk to the taxpayer. We will continue to monitor the program and Canadian credit markets closely, and are prepared to extend the program if necessary.

We are acting today to ensure that financial institutions in this country are not put at a competitive disadvantage. This initiative is an important part of Canada's implementation of the recent G7 Plan of Action to stabilize financial markets, restore the flow of credit and support global economic growth.

Our Government will never allow Canada's financial system, which has been ranked as the soundest in the world, to be put at risk by global events. We will continue to remain focussed and we will provide the solid, responsible leadership that Canadians expect and deserve.

Please feel free to contact my office if you have any concerns or issues you would like to discuss. You may contact me toll free at 1-866-333-1933 or at 204-326-9889, or in Lac du Bonnet at 204-345-9762. You may write me at 8 - 227 Main Street, Steinbach, MB R5G 1Y7, by fax at 204-346-9874, or by e-mail at toewsv1@mtns.net.

## Report From the Legislature



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

## Thanks, but No Thanks! PCs Say "No" to Vote Tax

Last week Premier Gary Doer and the NDP government voted to take \$1 million from taxpayers' and put it into the bank account of their political party.

Together with Manitoba Liberal representatives, the NDP government passed into law Bill 37. While this legislation was trumpeted by Premier Doer as being all about setting fixed election dates, in the end, it was really all about the money. Contained within the legislation is a provision that will see political parties receive \$1.25 every year for each vote they received in the last election. For the NDP, that amounts to getting \$1 million directly from taxpayers' every four years. The Manitoba Liberals will pocket about \$200,000 every four years.

Members of the Progressive Conservative Party voted against the legislation. We do not believe that, especially at a time when Manitobans are worried about their jobs, their retirement savings and their homes, that the NDP government should be bringing in what amounts to a "vote-tax" to fund political parties. We believe that political parties should be primarily funded through voluntary donations made by people who believe in and want to support a particular political party or a particular representative.

When Bill 37 passed in the Manitoba Legislature last week, it meant Manitoba Progressive Conservatives were faced with a choice. Under the law, the PC Party would also be eligible for \$800,000 of taxpayer funded support over a four year period.

The day after the legislation passed, PC Leader Hugh McFadyen held a news conference where he said

"thanks, but not thanks" and made it clear that the PC Party would not be taking the \$800,000.

Since Gary Doer and the NDP have said that they will be taking the \$1 million from taxpayers', it means that we will be starting \$1 million behind in fundraising for the next election. While that made turning down the funding a difficult decision, it was the right decision.

At the same time that Manitobans are struggling with the rising cost of fuel and food and worried about the economy, Gary Doer and the NDP were standing up and voting themselves a \$1 million subsidy for their political party. It's out of touch with the priorities of Manitobans and Manitoba Progressive Conservatives knew that the right thing to do was simply to say, 'no' and not take the money.

While this will mean that we will have to work extra hard to make up for the \$1 million head start in fundraising that Gary Doer has given himself though the vote-tax, we believe that in the long-run Manitobans will support a political party that backs up its words with actions and that stands up for the interests of all Manitobans. Gary Doer and the NDP Party, by taking \$1 million from taxpayers, have clearly shown that the only interest they are willing to stand up for is their own.

If you have any questions regarding this article, or any other issues or concerns in the Constituency, please feel free to contact me at 268-4664, write to me at Box 430, Beausejour, MB, R0E 0C0, email me at gerald@gerald-hawranik.com or visit my website at www.gerald-hawranik.com.

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# News

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

**2008/10/20**  
**POWERVIEW** - 2 incidents of threats being uttered were dealt with informally by police. 1 male was spoken to then warned verbally and advised to seek peace bonds. All parties in the second incident were referred to School Authorities to deal with an ongoing problem with youth.

**FORT ALEXANDER** - a complaint of cruelty to animals was reported to police. A family pet was submitted to acts of violence and further destroyed. Police have no suspects in the bizarre incident.

**2008/10/21**  
**POWERVIEW** - 2 vehicles were damaged after culprits arsoned both units. Emergency fire crews attended both scenes and extinguished the blazes. An unknown person was seen fleeing the area but police have no further evidence at this time.

**PINE FALLS** - a licence plate was stolen off a vehicle at a local parking lot. The plate was cancelled and the

incident subsequently reported to police.

**STEAD** - a man made it to safety after being lost for several hours in the bush area. A full scale search by police was not required.

**2008/10/22**  
**POWERVIEW** - police patrolled the area for a suspicious male outside a local business in the early morning hours. No one matching the description was located but no further calls were received regarding the incident.

**MANIGOTAGAN** - a break and enter at the Hydro station resulted in no items being stolen. Culprits cut the fence to gain access.

**2008/10/23**  
**POWERVIEW** - investigation continues into a complaint of fraud under \$5,000.00.

**BISSETT** - a break and enter at a cottage was reported to police. Nothing was stolen in the incident but damages to screens and a

door were sustained.

**2008/10/24**  
**PINE FALLS** - a complaint of theft of prescription drugs was made to police. Culprits stole the drug from a parked vehicle.

**AYERS COVE** - a report of mischief resulted in several vehicles at a residence being vandalized. Culprits smashed windshields in the incident.

**FORT ALEXANDER** - police patrolled highway 11 and surrounding areas after several people attended a residence in a vehicle causing a disturbance. The vehicle and foursome were not located in the incident. No further calls were received by police.

**RM ALEXANDER** - While on a routine patrol police encountered an intoxicated male. The man then became belligerent with police assaulting one officer, threatening another and resisting arrest. The man was returned to the detachment, charged accordingly and lodged in cells. He was released the following morning sober with a promise to appear in Powerview Court at a later date.

**2008/10/25**  
**RM ALEXANDER** - extensive damage was sustained to a vehicle when an attempt was made to steal the Chevy Cavalier from a residence.

**WINNIPEG RIVER** - police utilized the detachment boat to tow a lund fishing boat safely to the dock after it had run ashore in a rocky area. A father and son received minor injuries from the incident and were treated. The boat had its hull and motor damaged as a result of running aground in the rocks.

**FORT ALEXANDER** - intervention by police in a family matter resulted in all parties being spoken to and a referral to counseling services as well as child and family services.

- police attended a residence on a call of a fight between 3 males but upon arrival found the trio simply intoxicated and the situation stabilized. No further police action was necessary.

- a complaint of an assault of a female is still under investigation by police.

**2008/10/26**  
**HOLLOW WATER** - police continue to investigate an assault of a youth.

**PINE FALLS** - a complaint of a male breaching court conditions is still under investigation. The man was violating a no contact order.

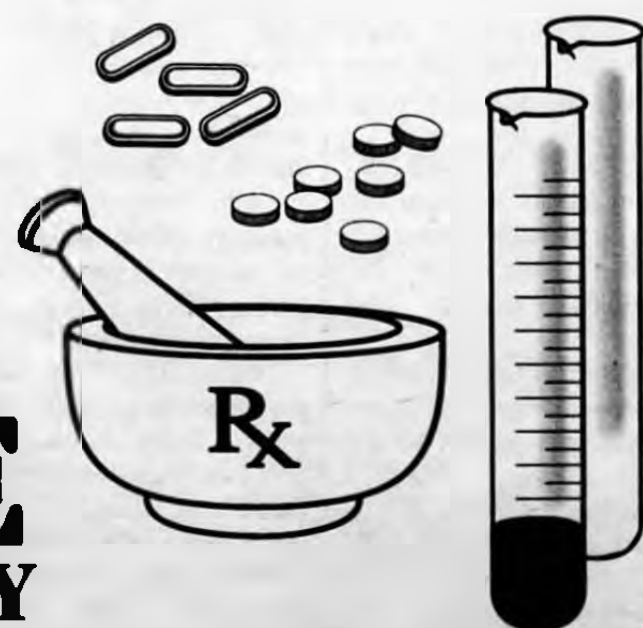
**FORT ALEXANDER** - an assault of a female youth was reported to police. A suspect was identified in the incident which remains under investigation.

**SUMMARY:** Police also followed up on 3 false alarms actioned 7 requests for assistance to other police services/service of legal documents, issued 4 tickets under the highway traffic/liquor acts, lodged 5 persons under the intoxicated persons detention act, attended 3 noise complaints, processed traffic accident reports and transported 2 persons under the mental health act to the appropriate facilities.

Remember if you have any information on any criminal matter you can remain anonymous and contact Crime Stoppers at 1-800-782-8477 or the Powerview RCMP at 367-8728.

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at the **GREAT FALLS COMMUNITY HALL**

Contact Hall Manager 367-2998

# News

## Powerview RCMP Most Wanted



**Clayton William BOUBARD**  
(DOB 1984/03/09)

Four outstanding warrants for Assault, Take Auto, and Fail to comply with Probation Order/Court x 4. Wanted by Powerview Detachment and Winnipeg Police Services



**Michael John SHINDRUK**  
(DOB 1981/05/12)

Two outstanding warrants for Assault x 2, Mischief and Possess Goods obtained by Crime. Wanted by Powerview Detachment



**Norbert Dale COURCHENE**  
(DOB 1976/08/21)

Two outstanding warrants for Assault with a Weapon, Possess Goods obtained by Crime, Break, Enter and Theft. Wanted by Powerview Detachment



## Sunnywood Manor Receives Annual Donation

By Caitlin Laird

Sunnywood Manor recently received its generous yearly donation from the Pine Falls District Health Care Foundation. "Each year we pick from a list of the items we would like to have donated and explain our need for the particular item", says Care Team Manager Brenda Rose-Wiebe. This year saw the acceptance of two electrical beds, 24 dining room

chairs, a 53 inch flat screen TV and a Sara 3000 Active Lift. Brenda and board members Roberta Carriere and Wendy Tardiff were present at Sunnywood Manor last Thursday to formally give and receive the donation. "The electrical beds are hi/low beds, meaning that they can be lowered in such a way that no rails are necessary. What we are trying to do is use the least amount of restraint while still prevent-

ing falls", explains Brenda. Now with their newly acquired beds, more residents will be able to utilize and benefit from them. She also adds that the residents are enjoying the increased comfort of the new dining room chairs along with their brand new flat screen television (the old one having died recently after years of use). The Active Lift will be used as a safe transferring method for residents.

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**LACROIX MEN'S CASHSPIEL - January 16 - 18**  
**VB / GM LADIES DISTRICT - Jan. 31 - Feb. 2**  
**MANITOBA PROVINCIAL OPEN STICK CURLING CHAMPIONSHIP - February 20 - 22**  
**ICE-BREAKER MIXED CASHSPIEL - Feb. 27 - Mar. 1**  
 FOR INFORMATION ON THE ABOVE EVENTS OR CURLING AT GRAND MARAIS, PLEASE CONTACT CHRIS @ 754-3658  
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 For further information regarding Hall Rental at the Grand Marais Rec. Ctr., please contact Betty @ 754-3298.  
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# Community

## Health Corner

Ask your Primary Health Care Provider

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

### Diabetes and Heart Health – the Connection

Adapted from [www.diabetes.ca](http://www.diabetes.ca) and the Canadian Diabetes Association 2008 Clinical Practice Guidelines for the Prevention and Management of Diabetes in Canada

November is Diabetes Awareness Month. The focus of the Canadian Diabetes Association's campaign message this year is "1 in 5 survives. We can all do better: One in 5 people with diabetes survive heart disease. Reverse the trend". This serious yet hopeful message highlights the strong link between diabetes and heart health.

People with diabetes are at very high risk of heart disease, also known as cardiovascular disease (CVD) and stroke. Coronary artery disease is the most common form of heart disease in diabetes. It develops when the arteries that supply the heart with blood become narrowed

or blocked by fatty deposits. This process is often called "hardening of the arteries." If the arteries that supply the brain are affected, the result can be a stroke.

The Facts: Up to 80% of people with diabetes will die as a result of a heart attack or stroke. In addition, people with diabetes may develop heart disease 10 to 12 years earlier than individuals without diabetes, and die from these events at rates much higher than people without diabetes (3 times higher for men and 5 times higher for women).

High blood glucose is one risk factor for these complications, but people with diabetes may have a number of other risk factors. These include carrying too much weight (especially around the abdomen), inactive lifestyles, high blood pressure and high cholesterol. People who smoke or have a family his-

tory of heart disease or stroke are at even higher risk.

Reducing risk: The good news is that people with diabetes can lower their risk of heart disease and stroke considerably by paying careful attention to all of their risk factors. Working with the healthcare team to achieve blood glucose targets is the key to good diabetes management. Achieving and maintaining a healthy weight through regular physical activity and healthy eating (for example, focusing on portion control, higher fiber, and reducing salt intake) are important. But many people with diabetes will also require a number of medications to reach their goals.

Controlling high blood glucose: In addition to the healthy lifestyle advice

above, most patients with type 2 diabetes will require at least 1 or 2 medications (pills and/or insulin) to achieve recommended blood glucose targets. Diabetes is a progressive disease, so increased doses and additional medications will likely be needed over time.

Controlling high blood pressure: In addition to the general healthy lifestyle advice above, it may also help to limit intake of salt and alcohol. Many patients will be prescribed medications which not only lower blood pressure, but also offer protection against CVD. Two or 3 blood pressure-lowering drugs may be required.

Lowering high cholesterol: Most people with diabetes will be prescribed medication to lower LDL ("bad") cholesterol. Other drugs may sometimes also be used to increase HDL ("good") cholesterol and to lower other blood fats such as triglycerides.

Quit smoking. Smoking is a deadly habit. One of the

best things you can do for your heart, diabetes and overall health is to quit now. Anyone who has tried to quit knows that it can be very challenging, so ask for help. You will increase your chances of success if you have support from your healthcare team and family. If at first you don't succeed, try and try again. Seek the help of a Stop Smoking group in your area.

Reverse The Trend. During Diabetes Awareness Month, visit [www.getserious.ca](http://www.getserious.ca) for further information on the connection between diabetes and cardiovascular disease.

Also watch for events in your area on November 14th – World Diabetes Day. A walk is being held at the Sun-Gro Center in Beausejour to support children with diabetes around the world, some of who do not have access to insulin. This will be held at 4:30 pm, for more information, please call 268-7464. This is the second year of the United Nation's endorsed World Diabetes Day. Wear blue, light up your business or home blue to unite for diabetes. For more information about this campaign, led by the International Diabetes Federation, go to [www.worlddiabetesday.org](http://www.worlddiabetesday.org).

For more information, contact your local NEHA Dietitian and Primary Health Care Nurse.

Submitted by: Kristen Ticknor, Clinical/Community Dietitian

# Community

## A Community Response to Sexual Violence

By Holly Parcey  
Director for Survivor's Hope Crisis Centre Inc.

We gather as a community to celebrate a number of times a year, and in the process enjoy each other's company and the opportunity to "break out." Unfortunately with any large gathering, especially when alcohol is involved, there will be drunken encounters. Sometimes these drunken encounters play out in a sexual way and a sexually violent act is committed. How do we respond as an individual, as a service provider, as a community to a victim of sexual assault? Educate yourself and be supportive. Our response determines the direction the victim of a sexual assault will take in their healing.

What do we know about sexual assault? Any time a person does not consent to have sex, but is forced to do so, it is sexual assault. Consent cannot be gained through coercion or threat. A person legally impaired cannot give consent. Young women are at greater risk of being sexually assaulted, but all women and men are potential victims. Sexual assault does not recognize divisions based on class, race or religion. Anyone can be sexually assaulted. Sexual assault is about power and violence, not passion. The attacker is getting pleasure through control, domination and degradation.

What is a woman's immediate response to a sexual assault? Women and girls can react in a variety of ways during and after any crisis. A

victim of a crime may be hysterical, or may appear calm while suffering shock and disbelief. Varied responses follow a sexual assault. A woman's response to a sexual assault is not an indication of the assault's validity, severity or emotional impact. Rape is a life threatening experience. A woman may not defend herself if she believes that fighting will make things worse.

What is sexual assault trauma? All sexual assaults result in some level of sexual assault trauma. Common responses to sexual assault include: shame, guilt, fear, anger, sadness, depression, grief, disbelief, shock, denial, lowered self esteem, powerlessness, disorientation, and flashbacks. Without effective support the victim may become depressed and suicidal.

Who is the person committing the sexually violent act? In 78% of reported sexual assaults the victim knew the attacker (boyfriend, husband, friend, cousin, father, brother, coach, teacher, co-worker). Regardless of who the attacker is, sex is NEVER owed. A woman owes her body to no one. Because most attackers are people we know they are more likely to use verbal pressure, threats, tricks or mild physical force than brute physical force in the course of a sexual assault. A sexual assault is more likely to occur in someone's home than in an isolated area.

What about false reports? False sexual assault reports are as rare as false reports for other crimes (2%). It is very uncommon. And considering what the victim has to go

through to report (medical examination, police investigation, court appearance, possible public exposure) it is unlikely that she would make a false report. Sexual assault is the only crime that blames the victim. No one asks a victim who has been mugged why he was wearing a watch or pulling his wallet out in public, but a victim of sexual assault is asked why she dressed or acted in a certain way. Why do we blame the victim when it is the attacker who is at fault? It takes incredible courage and fortitude to report a sexual assault, knowing that some around you will not support your choice to report. Please respect a victim of sexual assault as you would a victim of any other crime.

What is available in the way of support? Most communities have some resources to support victims of sexual violence. Unfortunately, when we (individuals, communities and service providers) condemn victims repeatedly they are reluctant to ask for help. Our flippant uneducated responses to victims of sexual violence can result in re-victimization. Some women will tell you that their loss of trust in friends, family

and community has been more devastating than the sexual violence they survived.

How do we respond as an individual, as a service provider, as a community to a victim of sexual assault?

An individual can offer support and understanding in a non-judgemental way. Don't blame your friend for what has happened. Help them seek out resources for healing. A community can respond as a family would by supporting and protecting the victim from further victim-

ization. Don't support rumours and gossip – this is hurtful for all involved. Service providers can support the victim and gain public confidence by providing information to educate the public while protecting the confidentiality of the victim. If you were the victim of a sexual assault what kind of response would you hope for?

For support information contact Survivor's Hope Crisis Centre at 753-3150 or [sarah@granite.mb.ca](mailto:sarah@granite.mb.ca)



**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.

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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.

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- Thinking of returning to school?
- A parent of a teen?

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6:45 p.m. - "Support your teen to find and live their dream"  
7:30 p.m. - "What's hot in the job market"

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6:30 - 8:30 p.m.  
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# Recreation Updates

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

**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

**H**ello everyone! They're calling for a nice week so this is probably your last chance to finish up the raking and cutting back your perennials. Halloween is coming up this Friday so get those decorations up and candy ready for the trick or treaters and lets pray for no snow. I will never forget one Halloween when I was about 9 years old up in Bisset and it had snowed so much it must have been 3 feet deep. There I am with little brother and sister trudging through un-shoveled territory with our bags and no one having any idea what we were dressed as because we are all snow suited!

**Happy Halloween!**  
 Lori Vialoux  
 367-9142  
 Pineview Rec Director

**CHILDREN & Teens**  
 Learn To Skate & Figure Skating Registration at Pine Falls Arena Monday November 10th 5 - 7 PM  
 More information will be available on dates and times and prices during registration.

**Sieve 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

**Breakfast with Santa**  
 Wings of Power  
 Friday December 5th  
 9:30 - 11:30 AM  
 Pancakes, sausages, juice & coffee, children's craft activities, gifts and silver collection.  
 For more info contact Michelle or Ginette 367-9641.

**ADULT**  
 Christmas Mosaic Stepping Stones Workshop  
 Pine Falls School - Saturday November 29  
 Victoria Beach Sports Club - December 6  
 9:00 AM - Noon  
 Cost: \$45.00  
 All materials included. To register contact Rec Office 367-9142

**Christmas Wreath Workshop**  
 Pine Falls School  
 Saturday November 22  
 Create your own fresh Christmas Wreath this holiday season with the guidance of Debbie Lagasse at the annual Pine Falls Christmas Craft Sale. Includes all material. Price and times to be confirmed.

**Bowling**  
 Pine Falls Bowling Lanes  
 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 & Sunday, November 22 & 23  
 Cost: \$80.00 per team  
 Curling plus Sunday Night Grey Cup party to follow in Sports Room. Snacks & Refreshments.  
 For more info contact Melinda 367-8968 or Fay 367-8968

**Darts**  
 Branch 64 Darts @ Royal Canadian Legion  
 Pine Falls  
 Tuesday Nights 7:00 PM  
 For more information contact Jackie Prowse 367-8332

**Curling**  
 Pine Falls Curling Club  
 Men's League starting Monday November 3rd

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

**Curling**  
 Victoria Beach Sports Club  
 Start dates will be in November 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  
 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 gjensen@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**  
 Golden Leisure Club, Pine Falls  
 +Seniors Exercise  
 Every Monday - Friday  
 10:15 - 10:45  
 +Canasta  
 Wednesday & Friday's  
 1:00 PM  
 +Cribbage  
 Every first Monday of the month  
 1:00 PM

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

**+50 plus Exercise Class**  
 Sundays @ 2:00 PM  
 Instructor: Natasha Joy  
 Program includes a lower intensity workout that includes cardio, muscle & stretching.  
 +Line Dancing  
 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  
 +Dinner Dances

No dances scheduled for November  
 Phone Carol 756-6468 for more info.  
 www.seniorsceneinc.com

**Seniors Bowling League**  
 Pine Falls Bowling Alley  
 Tuesday's & Thursday's  
 For more information contact Gerry Gauthier 367-8798

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

**FOR ALL AGES**  
**Broomball**  
 Pine Falls Arena  
 For ages 12 & up  
 Friday evenings (times TBA)  
 Registration November 10th  
 Pine Falls Arena 5 - 7 PM  
 Cost: \$60.00  
 Contact the Rec Office 367-9142 if you cannot make it to registration night.

**Fitness Class For Beginners Only**  
 Pine Falls School  
 Mondays & Wednesdays  
 6:30 PM - 7:30 PM  
 November 3 - December 18 (7 weeks)  
 Cost: \$50.00  
 Start on the road to a healthier lifestyle improving your cardio, strength & flexibility. Need 10 people to start the program. For registration contact Kim Bonekamp 367-2107 email kbonekamp@hotmail.com or Rec Office 367-9142.

**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

**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

**Festivals & Events**  
 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.

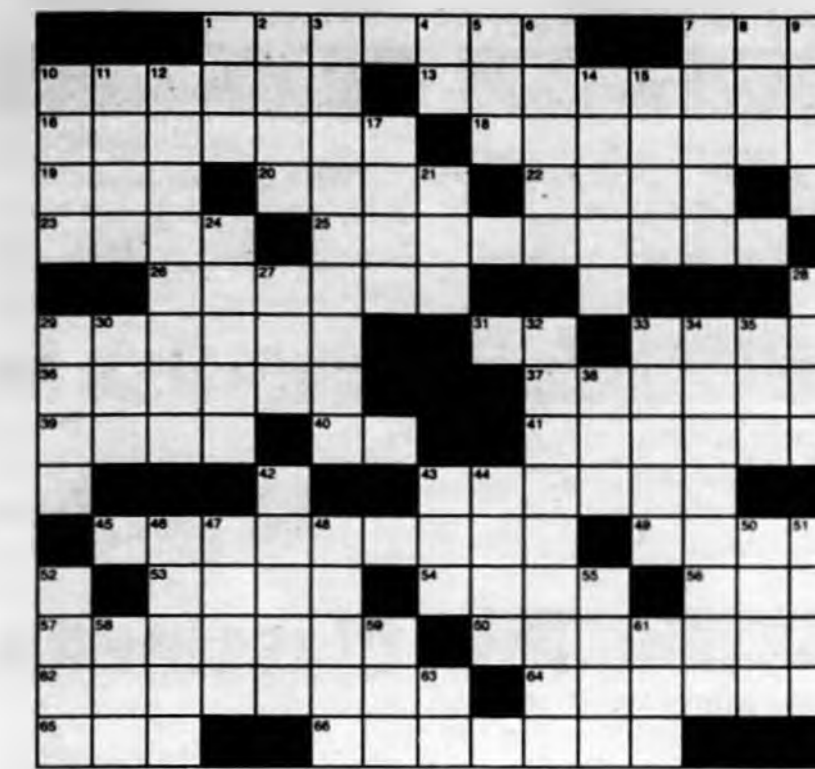
**RIVERS NORTH FITNESS CO-OP**  
 Memberships  
 The Fitness Co-op is now entering into its second year of operation. All membership fees are due. The one time co-op membership fee remains at \$100.00 with members paying a \$250.00 annual user fee and non-members \$300.00. For more info contact Bev Dube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

**PUBLIC LIBRARIES**  
 Bibliotheque Allard Regional Library  
 CLOSED OCTOBER 31 - NOVEMBER 12  
 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



- Across
- Short piece of drapery placed across the top of a bed frame.
  - Clear tables at a restaurant.
  - Distensible membranous sac containing liquid or gas.
  - Sudden violent happening.
  - Force by which any body is driven.
  - Outer portion of any place.
  - Be and remain in a particular state.
  - Get by acting quickly and smartly.
  - Remove.
  - Use acid to cut into a surface.
  - Single-humped camel.
  - Scorching with heat.
  - Wide street.
  - 16th letter of the Greek alphabet.
  - Two items of the same kind.
  - Mythical female beings who enticed sailors to their deaths with a seductive song.
  - Farm machine that gathers a food crop from the fields.
  - Not difficult.
  - Conforming to truth.
  - Annul an existing law.
  - Someone who works on a ship.
  - Rich, soft, creamy French cheese.
  - Comprehensive Japanese word for "diety" meaning "above."
  - Supernatural power believed to be certain persons.
  - Less than average tide occurring at the first and third quarters of the moon.
  - Involuntary muscle twitch.
  - Science of mountains.
  - Birthplace of Dwight D. Eisenhower.
  - Literary work expressing a bitter lament.
  - Having thin strips of lead between lines of type.
  - Choose.
  - Persons employed to operate cooking apparatuses in the commercial preparation of food and drink.

- Disgusting.
- Discharge.
- Things that cause worry.
- Something braided.
- Yoke.
- Total range in which a taxon may be found.
- Spiritless.
- Man.
- Sleight of hand.
- Form of the possessive case of "I" used as a predicate adjective.
- Cooled by means of ice.
- Magical power.
- Structure extending out into the water from the shore.
- Abbreviation for representative.
- Ming, tallest player in the NBA.
- Danish for "shred."
- Acronym for Dollar Amount of Insurance.

## Last Week's Answers



**CRYPTIC PUZZLE**

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) You have more energy than the rest of the people you live with anyway. You can make money, but try not to let it slip through your fingers. You will be able to contribute a great deal to organizations that you join. You can make the most headway if you put in some overtime.

**TAURUS** (Apr. 21 - May 21) You can find out interesting information if you get a chance to talk to people you respect. Don't overlook that fact that someone you care about may be hiding something. Quarrels will erupt if you get into philosophical debates with friends. You can purchase items that will enhance your appearance.

**GEMINI** (May 22 - June 21) Your involvement in sports or entertainment will lead to new romances. You can make life easier for an older member of your family. Your attitude could be up and down like a yo-yo. Romance will develop through work related activities.

**CANCER** (June 22 - July 22) You could be misinterpreted if you're not careful. Don't get involved in idle chatter that will hurt your position. You can expand your circle of friends if you get out and socialize. You may have a problem dealing with elders.

**LEO** (July 23 - Aug 22) Stick to doing things that will make you a better person both physically and mentally. Limitations at work might set you back. Enjoy some socializing this week. You should take good care of your health; get lots of rest.

**VIRGO** (Aug. 23 - Sept. 23) Your talent will be recognized. You will be emotional when dealing with coworkers or employers. You need adventure and excitement in your life. You are best not to confront situations that deal with in-laws or relatives.

**LIBRA** (Sept. 24 - Oct. 23) You don't like confrontations at the best of times; however, you may find them difficult to avoid. You will have to be careful not to let infatuations with colleagues get out of hand. You're best to channel your energy into work. A new you could help your attitude.

**SCORPIO** (Oct. 24 - Nov. 22) Don't give them the use of your credit card. Relatives will be happy that you dropped by. Deceit around you is evident. You can get ahead if you are willing to take a partner.

**SAGITARIUS** (Nov. 23 - Dec 21) Learn some new skills that will increase your income. They will not have the patience to wait for you

to complete things that they've asked you to do. Finish those changes you've been talking about making to your residence. Do your best, but don't make too many promises or you may exhaust yourself.

**CAPRICORN** (Dec 22 - Jan. 20) You may have a problem with someone you live with if you don't include them in your gathering. Your personal partner may be less than willing to accommodate you this week. You can make alterations to your appearance that everyone will admire. Acknowledge your lover's needs.

**AQUARIUS** (Jan. 21 - Feb. 19) Plan your social events carefully. Bring work home if it will help you get caught up. Focus on using your creative abilities in other ways. Your pilgrimage may end up being fruitless.

**PISCES** (Feb. 20 - Mar. 20) Try to be patient with their inability to accept your new beliefs. Try to make arrangements with close friends or relatives to spend a few days away. It might be best not to spend your money on luxuries this week. Your ability to visualize will help you convince others of the possibilities.

# Classifieds

Memoriam    Memoriam    Card of thanks    Wanted to Rent    Employment



**In Memory of Ross Brown**  
 Nov. 19, 1949-Nov. 4, 2000  
 A wonderful life came to a sudden end. He died as he lived, everyone's friend. He was thoughtful, loving and kind, what a precious memory he left behind. He left us suddenly, his thoughts unknown, but he left us memories we are proud to own. Treasure him, God, in your garden of rest. For in our world he was one of the best. You are always in our hearts, Love Mom and family

**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.



**Hadki, Doris**  
 May 2, 1938-November 2, 2001  
 In loving memory of our beloved wife, mother and grandmother. A cluster of precious memories. Sprayed with a million tears; Wishing God had spared you. If only for a few more years. You left us with special memories. And a sorrow too great to hold. To us who loved and lost you. Your memory will never grow old. To those who have a mother. Cherish her with care. For you will never know the heartache. Until she is no longer there. Lovingly Remembered and sadly missed by your loving Husband BILL. Daughters Lorraine, Susan Karen and Grandchildren

Forever in our hearts, Your children and grandchildren

**Card of thanks**  
 Thank you to my family and friends that made my 80th surprise birthday party such a memorable event. I want to thank our local orchestra, Ed Courcelles, Gilles Boulet, Armand Boulet, Helmar Ostrom, Wayne Martin, and Don Sikora for the lively entertainment. A big thank you to all the ladies that helped in the preparation of the food, Lorraine Courcelles, Jocelyne Brunet, Dess Trudell, Lorraine Mysak, my two daughter in laws, Terry and Joanne, Phyllis Rosentreter for her platter of dainties and Andrea Chevrefils for supplying all the ice cream. Last but not least, a big thank you to our bar tenders, Lyle Velic and Sharon Mignon. Thank you for all the gifts and good wishes, a special thanks to my wife that kept this party a surprise right to the very last minute, it wasn't easy. Charlie Niedermayer

**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 TFN

**PSA**  
**Lakeshore At-Atton:** 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

**Clarks Corner**  
 Term cooking position Monday to Friday 10 am - 6 pm. Please drop resumes off at front counter.

**Advertise in the Echo Classifieds for as little as \$5.50\***  
 \*Per week. 25 words or less. Does not include GST

## Pine Falls Arena Schedule

| TIME      | WED          | THUR        | FRI          | SAT         | SUN        | MON          | TUE         |
|-----------|--------------|-------------|--------------|-------------|------------|--------------|-------------|
|           | Oct 29       | Oct 30      | Oct 31       | Nov 1       | Nov 2      | Nov 3        | Nov 4       |
| 3:30-5:15 | Public Skate | Open Ice    | Public Skate | 11:15 PM    |            | Public Skate | Open Ice    |
| 5:15-6:15 | Initiator    | Novice      | Open Ice     | Novice Game |            | Initiator    | Novice      |
| 6:15-7:15 | Pee Wee      | Atom        |              | 12:15 PM    |            | Pee Wee      | Atom        |
| 7:30-8:30 | Midgets B    | Bantam Girl | Midget Game  | PeeWee Gam  | Left Overs | Bantam       | Bantam Girl |
| 8:45-9:45 | Left Overs   | Old Kings   |              |             | Old C's    | Midgets A    | Old Kings   |
| 10-11:00  |              | Voyageurs   |              |             |            |              |             |

**SELLING YOUR CAR?**  
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 Please McDougall, St. Georges  
 email: theecho@mts.net  
 Phone: 204-367-9468 • Fax: 204-367-9974

## Business Directory

### HOME RENOVATION

**O'HANLEY INSULATORS**  
 Blow In Cellulose Insulation  
 Resumes will be received at the Town Office Box 220, 277 B Main Street Powerview, MB R0E 1P0 Fax 367-4747 Ph: 367-8483 caopvpt@mts.net  
 Until Noon Friday, November 14, 2008  
 Only those candidates chosen for an interview will be contacted.

**WANTED 8 HOMES THAT NEED NEW WINDOWS**  
 Eight (8) homeowners in this area will be given the opportunity of having Cascade Shield Premium Windows installed on their homes at a very reasonable cost. This lifetime product has captured the interest of homeowners throughout the province who need to know if this will be the last time they will replace their windows. Cascade Shield Premium Windows come with TermSmart 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. Ask about low monthly payments through Hydro. For an appointment call us. **MISSY WINDOW & DOOR 1-800-582-5488** www.missy.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**

**CLARK'S CORNER**  
 Tackle & Outdoors Store  
 Live Bait Diesel Fuel  
**DOMO**  
 JUMP TO THE PUMP!

**Papertown Motor Inn**  
 367-2261  
 Deluxe Jacuzzi Rooms  
 Licensed Family Dining Room  
 Banquet Facilities  
 V.I.Ta, Beer Store  
 Hot tub  
**Twisters Water Park**  
 1 Mile East of Pine Falls, Hwy. 304 & 11

**Broadlands Mall**  
 Convenience Store/Gas  
 Movie Rentals  
 Open Daily 7 am - 11 pm  
**367-4484**

**BIRCHWOOD MOTOR HOTEL**  
 - 16 Modern Units  
 - Hot tubs  
 - Dining Room  
 - Beverage Room  
 - Meeting Rooms  
 - Fully Licensed  
 Traverse Bay  
**756-2596**  
 OPEN YEAR ROUND

**Manitou Lodge**  
 Mon - Wed. 8am to 9pm  
 Thurs & Fri. 8am to 10pm  
 Sat. 10am-10pm, Sun. Closed  
**367-2252** Tuesday Nite Wing Nite & Draft Special

**COMPUTERS**  
**M&C Brunau's PC SERVICES**  
 Microsoft Hardware Upgrade - Hardware Certified - Upgrades - Troubleshooting - Software Installation - System Configuration  
 Professional Systems Engineer  
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**Lakeview STEAKHOUSE**  
 57 Park Avenue, Lac du Bonnet  
 Phone 345-8681

**WHYTE NORTH COMPUTER SERVICES**  
 204-367-9976  
 Fax: 204-367-9976  
 www.whytenorth.com

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

**FURNITURE**  
**DAVE'S FURNITURE & APPLIANCES**  
 "For the Best Quality New & Used Furniture & Appliances. Call us First!"  
**367-9480**  
 21 Ari Street, Powerview  
 Mon. to Fri. 10 am - 5 pm - Sat. 10 am - 3 pm

**SEPTIC**  
 Gilles Lamoureux  
**G's SEPTIC TANK CLEANING SERVICE**  
 Portable Toilet Rentals  
 P.O. Box 906, Pine Falls, Manitoba R0E 1M6  
 PHONE: 367-4708 CELL: 345-3625

**GIFT SHOP**  
**The Veranda GIFT SHOP**  
 Gifts - Antiques - Collectibles  
**756-8184**

**ELECTRIC**  
**340-5600**  
 Residential Commercial Service Maintenance  
**GREG CUTHBERT**  
 Journeyman Electrician - Licensed & Insured  
 Serving Pine Falls & Area

## REAL ESTATE

**Ateah Realty Ltd.**  
 Melodie Ateah - Broker/ Owner  
 Resident Agent For All Seasons  
 Serving Victoria Beach, East Shore Lake Winnipeg and Area  
 Winnipeg REALTORS® Medallion Club  
 Phone: 204-756-3749  
 Fax: 204-756-3798  
 Cell: 204-754-7094  
 Toll Free: 1-866-755-5406  
 Box 70, Victoria Beach, MB R0E2C0  
 email: melodie@ateahrealty.com  
 www.ateahrealty.com

## REAL ESTATE

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 Our Real Estate Professionals Look forward to Working with You!  
 Call 1-800-854-8148  
 345-2121 / 268-2011  
 Email: c21can@mts.net  
 www.century21canada.com

## MEDICAL SERVICES

**Blue Water Physiotherapy**  
 Phone 367-2537  
 Please call for an Appointment  
 •Work and Sports Injuries  
 •Neck and Back Pain  
 •Osteoporosis  
 •Orthotics  
 •Manual Therapy  
 •Pilates - Reformer Sessions  
 Located on Highway #11 in Powerview  
**Celeste Basson**  
 B.ScPT, CAFC  
**Stephanie Hampson**  
 BMR (PT)

**For the Best Rates for Long-term Advertising**  
**The Echo Business Directory**  
**367-9468**

**Dr. A.H. Anderson & Dr. M.H. Anderson**  
**LAB ON SITE**  
**Optometrist**  
 Contact Lenses and Eyeglass Fittings  
**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 9:30 a.m. to 4:30 p.m.  
**Dr. Mark Karpa**  
**Dr. David Kindrat**  
**Dr. Drew Dear**  
**Dr. Jackie Chun**  
 Emergency Care  
 New patients welcome  
**367-2815**

**WINE SUPPLIES**  
**Trudell's Wine Supplies**  
 WINE & BEER SUPPLIES TO BLEW YOUR OWN  
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 367-9128 Office  
 345-3075 Driver

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**367-4968**

**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**

**Essex 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

**Jon. O. Phillips, RMT**  
 Registered Massage Therapist (MTAM)  
**CLINIC LOCATIONS:**  
**Through the Arbour** **Revitalize Soul Spa**  
 18B Pine Street, Pine Falls (204) 367-2141  
 225 Clandeboye Ave, Selkirk (204) 785-8922  
 Direct billing available to Blue Cross & Great West Life

**AUTOMOTIVE**  
 Windshield Replacement & Repair  
 All Your Auto Body Needs  
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 Fax 367-2338

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**GROCERY**  
**Great Falls Foods**  
 Highway 11, Great Falls  
**367-2976**  
 OPEN 7 DAYS A WEEK  
 Store Hours:  
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 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**  
 Open Monday to Saturday  
 9:50 a.m. to 5:30 p.m.  
**367-2611**  
**367-2517**

# CANADA WIDE CLEARANCE CONTINUES

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### 2008 PONTIAC MONTANA Sv6

RWB, Power Group, Cruise, Remote start & More

1 ONLY! **\$16383**  
Plus freight



### 2008 GMC ACADIA SLT

MSRP \$50,545

Cash Sale NOW! **\$37900**  
Plus freight



### 2008 CHEV Hd2500 4x4

Regular Cab, 6L gas, well equipped.

Cash Deal **\$29319**  
Plus freight

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

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