

The Westend Weekly

Bringing Communities Together



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Local singer and composer gets invite to Scotland



by Marlene Deschamps
Local songbird, Sandra Lori Allan entered the NCI Jam held in Winnipeg. It was held on September 19th and was an open aboriginal singing competition. Despite a very bad cold and cough, Sandra placed 4th and won a cash prize. Sandra said she was one of 20 contestants picked for the show and it was all quite an adventure. The day of the show was filled with dress rehearsal, make up artists

who did their make up and they were escorted by limo to the red carpet interview in front of the Centennial Centre where the show was held. She performed an original song called "I Am The One I Wanted To Be", which she wrote and deals with being against domestic violence. The song is about getting out of an abusive relationship, recognizing your inner strength and reclaiming your power. She won for the the most heartfelt original song which was voted on by the audience.

Sandra said she made a lot of new wonderful talented friends and brought back some memorable moments. The day after the competition she spent the afternoon in the recording studio called "The Hanger" which is owned by her friend Tom Dutiaume. The studio is in Winnipeg. She recorded another original song called "Angel of Blue". She will be releasing

a CD demo of the song and another to radio next month. Copies of this new recording may be for sale to the public later.

Someone who heard Sandra sing, contacted William Gordon from Scotland and she did a demo on line for him. He invited her to come on over so she will be traveling to Aberdeen, Scotland to sing with one of Gordons RTBT Media Group's professional bands. She will also be touring Ireland with them. She will be working on a few sets with Mr. Gordon in order to do a couple of shows, which she said is a very exciting and honorable venture to add to her singing career. Sandra said that while she is there she also plans to visit the area where some of her family originated from. Congrats Sandra and continued success.

Seven Generations holds 16th Annual Fall Harvest



The production of bannock is always a part of the feast.

by Marlene Deschamps

Seven Generations held their 16th Annual Fall Harvest on Sept. 29 & 30th and October 1st out at the school site on Couchiching First Nations.

On Tuesday they saw 350 students from throughout the region coming to participate while Wednesday saw another 260 students attending. On Thursday 150 Seven Generations students and workers from various First Nations Communities gathered to learn how to pass on cultural teaching to their charges.

Elders and school students were the guides for the youngsters who were there to learn about Native culture. They got to view a buffalo, black bear and caribou hide. They got to see how game were butchered and how each part was used. They got to see how the beautiful hide moccasins were put together. The young lads got to

dance on the wild rice while the young lasses got to learn how to willow-this is when the rice is in a basket that is lifted into the air so the shaft blows away and the rice kernel lands back into the basket. They then got to follow the process of turning that wild rice into a delicious soup which they got to make and then enjoy. The students also learned hands on how to make and fry up bannock. There was also a meat and vegetable soup made from deer meat and fall vegetables. And lastly they got to learn how to make a tasty cup of tea. All they learned and did produced a delicious lunch for them all. It was noticeable that they were really listening to the teachings of this First Nations culture when you saw they made sure that any elders got served a meal before they themselves ate.

Brian Smith from Seven

Generations said the annual Fall Harvest teaches the aboriginal students to bring back their history and gain a respect for each other. They can gain an aboriginal perspective and learn to identify themselves. For their non-aboriginal classmates they learn a new understanding of the First Nations culture. In speaking with Dorothy Medicine from Manitoba First Nation who was working with one group of students, she said she had never seen a better behaved and organized group of students attend. They were very responsible even to cleaning up every last piece of paper and items used for the day's events. She said the adults never had to do any clean up at all after they left. She was very impressed by the students as I am sure they were by participating in this great learning adventure.

Fire Prevention Week kicks off



Pictured from left, Harleigh (10 yrs. old), Christian (8 yrs. old), Jonah (13 yrs. old) and Keddie (15 yrs. old) Brow-Rose, checking out info on fire prevention and entering draws.

by Marlene Deschamps

Fire Prevention Week runs from October 4-10th. On Saturday, October 3rd, the Fort Frances Fire Brigade was at Canadian Tire with the Fire Department Truck, fire prevention displays, handouts and a ballot draw which will see the winner getting a great free mountain bike. The fire prevention message this year is "Stay Fire Smart-Don't Get Burned".

Fire Prevention Week will see members of the Fire Department visiting at local

schools with their message and further handouts for the children to bring home. This is also a good time of the year to make sure you have the proper amount of smoke detectors in your home and making sure they are all in working order.

The Fort France Fire Fighters Personnel consist of: a Fire Chief; a Chief of Operations & Training; a Fire Safety Specialist; two Captains; four firefighters and 17 part time fire fighters. It is good to know

that the people in our area have such a dedicated and well trained group to attend at a fire and a group that goes that extra mile to teach everyone how to prevent a fire. It is always best to see these guys in parades and teaching children than to have them have to come to your home to put out a fire that could have been prevented. Stay fire safe-check those smoke detectors and read the information your children bring home to remind you how to be vigilant.

North West Tae Kwon Do looking to increase membership



Instructor Master Ken Anderson with student Caitlin Sande

by Marlene Deschamps

North West Tae Kwon Do is an affiliate of AM Lee Tae Kwon Do with internationally qualified Grand Master AM LEE. The instructor is Master Ken Anderson. He is also a member of World Tae Kwon Do Federation and the Canadian Tae Kwon Do Association. Ken Anderson is celebrating 20 years as an instructor in the Rainy River District and has been holding

classes in Stratton since October 4, 1989. He added classes in Fort Frances in 1993.

Anderson has had many students over the years and he figures the number adds up to around 900. He usually has between 25-30 in Stratton and 30-40 in Fort Frances. That number is pretty equally divided between male and female students. Over the years, Anderson's students have won 300 medals in all divisions--

gold, silver and bronze. They compete at meets in Winnipeg two or three times a year. Anderson said that for small group from a small town the area students do very well. Most recent win was in April of 2009 at the Manitoba, Minnesota, Ontario meet where Corey Fehr won gold in the heavy weight. This was at the Can-Am Games. The North West Club has produced 45 black belts over the years, twelve of which are female.

Tae Kwon Do teaches not only self defense but also confidence, physical fitness and discipline. It is also an excellent aerobic workout. You can join anytime to learn this traditional martial art which is now an Olympic Sport. You can train championship style and many who have studied this martial art form locally have gone on to continue the sport when they move to other areas.

Anderson holds classes for men, women and children (7 years and up) Classes are held at St. Francis School Gym on Tuesday & Thursday. Children's class run's from 7-8 p.m. and Adults 8:10-9:10 p.m. They are also held at the Stratton School Gym on Monday & Wednesday from 7:00-8:10 p.m.. To find out more about the benefits you can gain from Tae Kwon Do or information about the classes, you can call Master Ken Anderson at 807-274-3752.

Ocktoberfest fundraiser a big success



Larry Cousineau picked his lucky number on the Wheel of Food & Fortune

by Marlene Deschamps

Riverside Foundation for Health Care staged it's annual "Oktoberfest" fundraiser party on Saturday, October 3rd at the Sports Centre.

There was German food-- German music-German beer and German chocolate for peo-

ple to enjoy. And enjoy they did as there was again a full house for the event. They netted over \$17,000.

The very popular "Stein Holding" contest was held again this year. Winning for under 50 for the men was Jon Evans. Taking top spot for men

over 50 was Dwayne Cridland. On the ladies side Lindsay Strickland won the under 50 while a very determined Bev Thomson won for 50 and over.

Since super lady, Joan Allison, has retired from the fund raising committee, except for saying she would serve as bartender for the event, the Committee did a small ditty to the tune of High Hopes for Joan. Dean Cunningham said it all when thanking her for her many years of great service to the committee and to health care said "You put the fun in Fund raising and the special in Special Events.

Teresa Hazel, Foundation Director and Communication Officer, said that everyone had a great time and once again they are very appreciative for the continued support of everyone for the various fund raisers held by the Riverside Foundation for Health Care.

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