

# The Westend Weekly

## Bringing Communities Together



Box 66, 303 Fifth St., Rainy River, ON P0W 1L0 Ph. 852-3815, FAX 852-1863, e-mail: westendweekly@tbaytel.net - Serving the District for over 19 years VOL. 19, NO. 3 Wednesday, April 20, 2011  
If you ever forget to pick up the paper, read it on line at [www.westendweekly.ca](http://www.westendweekly.ca)

## Local Chef highlights Canadian Cuisine at "Focus on Canada Conference"



**By Marlene Deschamps**

During the Northern Network Trade Conference held in Fort Frances last year, Todd Moxhom prepared meals at Sunny Cove for those attending. Some of those people were from Hibbing Community College Culinary Department. They were so impressed with Todd's work that they invited him to be the Guest Chef at their Focus on Canada Conference being held on April 13th and 14th of 2011.

The Focus on Canada Conference is the third in a series of their Global Understanding conferences

held at Hibbing Community College. Each conference focuses on ethnic cuisines, cultural insight, experts in various fields, entertainment, travel & tourism, trade systems and finding customers and partners. Canada's Consul General in Minneapolis was also a guest speaker.

Todd said he was really honoured to be invited and it was an unique experience. He designed the menu and worked with their culinary students in preparing the meals. He said he designed a menu that would feature food from various regions of Canada and every-

one appeared to enjoy their meals. He added it was great to work with the students and again said it was an honour and a unique experience.

Todd was born on a farm in southern Manitoba. As a boy he helped his mother in the kitchen and looking back he feels this is where his journey with kitchens and cooking began. He went from having a Chip Truck with his father, to working in the prep kitchen at Grapes on Main in Winnipeg. Over the next months he went to line cook and then to head broiler cook. He journeyed from there to Vancouver and spent eight years cooking in great steak and seafood restaurants like The Keg Caesar's in downtown Vancouver and Grapes at Granville Island. He also lived in Yellowknife and cooked at the famous landmark "Nettie's Perogie Palace 6 days a week for 12 hours each day. Todd estimates that he cooked well over 500,000 meals during his younger days. He returned to Winnipeg and began his catering career. In 2006 he moved to Fort Frances and married his beautiful wife, Laurie and started Cater 2 U in 2008.

Todd's vision is to provide people with a nutritiously delicious and interesting food experience, using the day's best ingredients, professionally presented with joy and enthusiasm. He wants give you a great meal done the way it is supposed to be done.

Congratulations Todd. Many people throughout the Rainy River District have had the pleasure of tasting your offerings at various functions and have found them to be a culinary delight.

## An Evening with Margaret Trudeau



Margaret Trudeau signs her book for Linda Rajala, Board Member.

**By Marlene Deschamps**

In celebration of the 30th Anniversary of the Canadian Mental Health Association, Fort Frances Branch, they hosted an Evening with Margaret Trudeau.

Margaret Trudeau has written three books about her life and about living with Bi-Polar Disorder. Margaret was the youngest Prime Minister's wife in Canadian history when she married Pierre Elliot Trudeau at the age of 22. She led a rich and interesting life and raised children. She has travelled the country and world extensively. Her latest book, "Changing My Mind" has topped the best seller charts. She discusses with candor and insight the bi-polar condition she has struggled with all her life. She shares her journey of recovery, acceptance and hope with the wish that others suffering will reach out and get the help they need. Margaret Trudeau has garnered more publicity than any woman in Canadian history. Throughout, she has kept her sense of humour and spontaneity. She tells wonderful stories that give a strong, clear message on the importance of finding a balance of body, mind and spirit. She sits on the Executive Advisory Board of the UBC Mental Health Institute as a community advocate. This is the bio printed in the handout but it only tells part of the story. Margaret now works with WaterCan, a registered charity dedicated to providing clean drinking water to the world's

poorest people, and speaks across the country on mental health issues. During her presentation at Townshend Theatre, she spoke with a passion that people related to and the audience listened intently with the only sound other than her voice was laughter when she displayed the sense of humour she is so well known for. She spoke, not only about her condition but about the deep tragedies in her life such as losing a child and then losing her husbands. She didn't dwell on these tragedies but instead told of how she survived them. She also spoke of the joys of her life and how her children stood by her, supported her and gave her reasons to enjoy her life. She speaks of her grandchildren with pride and glee. She also mentioned at the beginning of her speech how beautiful this area was but how the weather was a bit sneaky. She had packed according to the weather reports that indicated we were having very nice mild weather but said when she got here, it had really turned cold. Margaret's newest book was available for purchase in the foyer and there was a book signing after the presentation. One thing you noticed while waiting to get your book signed is that she made a personal positive remark to each person as she signed their book.

The event sold out in advance and the Association can be very proud that they managed to bring in such a wonderful

renowned speaker to be part of their 30th Anniversary Celebration. Some of the stats presented are: In Canada 1 in 3 people will experience a mental health problem at some point in their lifetime; 5-12% of men and 10-25% of women in Ontario will have at least one episode of major depression disorder. Suicide accounts for 24% of all deaths among 15-24 year olds and 16% among 25-44 year olds..90% of those who suicide have a treatable mental illness. Help is available. The Canadian Mental Health Association, Fort Frances Branch, provides services to individuals with a mental illness and their families. Many of these services are offered throughout the Rainy River District. Last year CMHA Fort Frances Branch provided services to 3,985 individuals and their families. For more information on how to reach out for help for yourself or a loved one you can call the local branch at 807-274-2347. CMHA local branch is funded by the Northwest LHIN and the Ministry of Health and Long Term Care.

A footnote to the evening was that people were requested to bring a nonperishable food item for the food bank. They received great community support and almost everyone brought something. Those who didn't bring an item gave a monetary donation. They filled the back of two vehicles with all the generous donations.

## District Schools participate in celebrating "Day of Pink"



**By Marlene Deschamps**

On Wednesday, April 13th around 480 students and 50 staff donned pink clothing or displayed pink paper hearts to support "Day of Pink".

This all began some years back with a youth in Cambridge, Nova Scotia being bullied for wearing pink. His fellow students felt this was wrong and they wore pink one day to stand up to bullying. This really shows how the actions of just a few can influence many. This concept has

become a national idea with schools, workplaces and programs promoting the idea of wearing pink to stand up against bullying. Even the DARE program now has pink shirts available for their grads and many of the boys wear pink to support anti bullying.

On the 13th Robert Moore joined with other schools across the district to wear pink to help spread the message. The students gathered in the atrium to have their pictures taken.

The staff were also dressed in pink. Sonja Bodnarchuk who organized the event said they ordered 200 shirts and quickly sold out. So other students found the pink articles of clothing to wear with the boys borrowing from their families or friends. Those who didn't manage to find an article of clothing that was pink, carried big pink paper hearts. They were quite a sight as they filled the atrium to overflowing in support of the anti bullying event.

## \$4,500 fine for shooting deer on private property

Two Ontario residents have been fined a total of \$4,500 for shooting a deer on posted private land.

Tim Gould of Chelmsford and David Wheadon of Manitowadge pleaded guilty to trespassing for the purpose of hunting and possessing illegally killed wildlife. They were fined a total of \$4,500 and each received a one-year hunting suspension.

The court heard that on November 16, 2010, a witness saw a westbound truck on Highway 600 stop just east of Budreau Road in Spohn Township. One of two men in the truck shot at a deer on posted private land. When confront-

ed by the witness, one of the men initially denied killing a deer. However, the second man was found hiding in the roadside ditch with the dead deer.

The incident was reported to the local Ministry of Natural Resources. Following an investigation, conservation officers found the two men at a nearby hunt camp. The deer was seized and forfeited to the Crown.

Justice of the Peace Pat Clysdale-Cornell heard the case in the Ontario Court of Justice, Fort Frances, on April 8, 2011.

The ministry reminds hunters that it is illegal to shoot from, down or across a public road.

Hunters in Northwestern Ontario should be aware of regulation changes regarding firearms and roadways. For further information on hunting regulations, please consult the 2010-2011 Hunting Regulations Summary available at

ServiceOntario/Government Information Centres, from licence issuers and at [ontario.ca/hunting](http://ontario.ca/hunting).

To report a natural resources violation, call 1-877-TIPS-MNR (847-7667) toll-free any time or contact your local ministry office during regular business hours. You can also call Crime Stoppers anonymously at 1-800-222-TIPS (8477).



Martin Dufresne  
275-8916  
852-4237

# Causeway

General Insurance Brokers Ltd.

Are you paying too much for rural insurance?

Insure a \$175,000 home for less than \$500\*

\* with \$1,000 deductible and qualifying discounts



Robin Payeur  
274-6688



Pam Butner  
274-6688

Proudly Serving the Entire Rainy River District

229 Scott Street, Fort Frances 1-800-289-9917