

# The Westend Weekly

## Bringing Communities Together



Box 66, 303 Fifth St., Rainy River, ON POW 1L0 Ph. 852-3815, FAX 852-1863, e-mail: westendweekly@btaytel.net - Serving the District for over 19 years VOL. 19, NO. 17 Wednesday, August 10, 2011  
If you ever forget to pick up the paper, read it on line at [www.westendweekly.ca](http://www.westendweekly.ca)

### Over 20 travel on 7 day journey of "Walk for Good Life"



The walkers and volunteers took a break from the walk for a celebration luncheon and picture at Couchiching.



This Women's Drum Group was part of the welcoming ceremony and meal at Couchiching. They sang and drummed before the meal and before their departure to continue on to Rainy River First Nation.

By Marlene Deschamps

From August 1st to 7th, 23 walkers ranging in age from 8 to 23 years travelled 500 kilometres in Walk for Good Life. They started out at Eagle Lake First Nation, travelled to Timberwolf Lodge, down to Couchiching First Nation, on to Rainy River First Nation, then to Onigaming First Nation, Rushing River, Blue Lake (Vermillion Bay) and back to Eagle Lake.

This is the 3rd Annual Walk for Good Life and the theme for this year's walk was "Empowering Youth by Celebrating their Gifts." The youth walk with their elders and other youth from communities within Treaty #3 Territory. It is a journey of self-discovery and accomplishment. The week long camp experience is an opportunity for youth to work together, play together and accomplish a goal together. The youth learned about their culture through ceremony, historical teachings and storytelling. It took them back to a time when there were no vehicles to take them places and communities welcomed visitors with food and lodging. The main sponsor of the walk was Shooninya-Wa-Bitong employment Centre whose main office is in Kenora. They also had many donations along the way. Lunch and lodging were provided by sponsors in

the communities where they stopped.

When the group arrived at Couchiching Multi Purpose building there was a meal awaiting them. The meal was free and the public were invited. They only asked for a donation to assist the walkers. The meal consisted of bannock burgers, wild rice soup, watermelon and refreshments. Many of the people waiting to greet them were family and friends anxious to see how their loved ones were doing. They appeared to be doing just great and one young girl cheerfully yelled "they got bathrooms" as she made her way into the building. They had started out from Eagle Lake First Nations the previous day and spent the night at Timberwolf Lodge. They started out from there in the morning and arrived by 12:30.

Lori Flinders from TLC spoke to the walkers of her journey of healing and how she was so proud of them and what they were accomplishing. She impressed upon them their value and how they could accomplish their dreams. Teresa Hazel introduced the walkers and Al Hunter, president of Good Life for Young People and the inspiration for the programs and Larissa Desrosiers, the youth coordinator for the walk. She has been on the walk before and said it

was like being with friends and family. Teresa said she was invaluable on this journey. The Wabshkae Benaise (White Thunderbird) Women's Drum Group then performed a few numbers. Teresa and Larissa joined them in their last song. Weechi-it-te-win Family Services donated \$500 to the walk and there were quite a few who gave donations in exchange for their meal. There was one young walker who was only 8. The back of his Walk for Life T-shirt was covered in signatures. Some were even put there by people that had seen him walking and carrying the eagle feather and they asked to sign his shirt. The group then started out around 2:30 and headed for Rainy River First Nations.

I spoke with a very tired Teresa Hazel early Monday. She said the gathering was very empowering for the young people. The youth were engaged, they listened and they shared. She added she was most impressed to see how the youth supported each other as they told their stories and how they were working their way through the healing process. She also said she noticed a difference from the first day and how their faces changed. There were many more smiles as they played, learned and healed together. She said that the opening with Elder Phil Gardener at Eagle Lake and closing were very positive. He explained about all that was happening in a spiritual way. He told them that like the circle, the walk for a good life never ends. There was a welcome home fish fry held at the Dryden Friendship Centre with members of Eagle Lake First Nations frying up all the fish. Teresa was very happy with the walk and with all she learned right along with the youth. She was also going to be doing lots of sitting on Monday, the first day back.

### 75th Anniversary Celebration Dinner

By Marlene Deschamps

The Knights of Columbus is celebrating their 75th Anniversary with a Celebration Dinner on Saturday, September 10th at La Place Rendez-Vous.

Grand Knight Herman Rodrigues said that there are around 165 members and many are advanced in age. So instead of waiting to celebrate their 100th Anniversary they felt

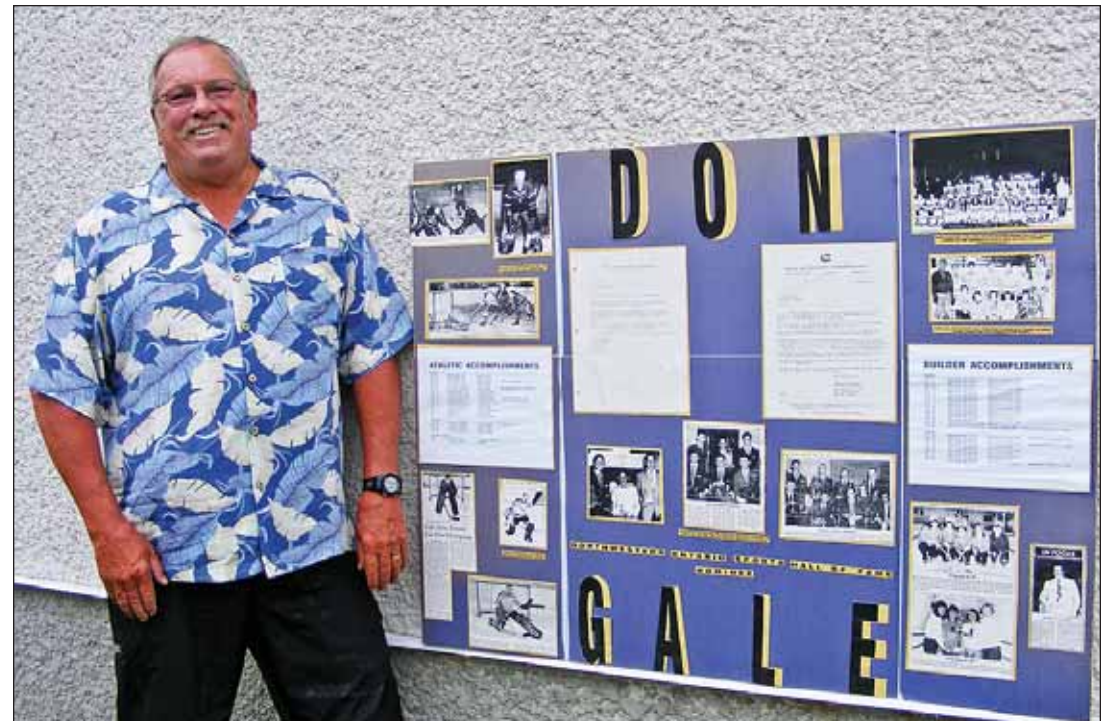
they should hold a 75th in order to honour those long standing members. There are 4 members who have 60 years of service to the Knights. The Bishop will be coming as well as the State and Past Deputy. They have invited the Mayor, MPP Howard Hampton and MP John Rafferty who is also a member. The supper is also for all spouses and wives of deceased mem-

bers will be invited.

They have 250 tickets for the supper and they can be purchased following Sunday Mass, at the Church Office or by calling Herman at 486-0411.

There will also be a lunch in the Church basement on Sunday, September 11th and the entire parish community is invited to attend this event.

### Super achiever recognized for outstanding performance



Don Gale stands next to a board created by a University student several years ago, who put Don's athletic career information together as a project, and later presented it to Don.

Don Gale has spent 30 years coaching, umping and refereeing golf, hockey, curling, baseball and producing some pretty fine athletes.

Gale is being recognized in the Builder category of the Northwestern Ontario Sports Hall of Fame, which honours those people who produce opportunities and success for the youth in their community.

"By recognizing these individuals we are ensuring that their accomplishments and contributions will not be forgotten and that they will continue to serve as a source of community pride for generations to come," said Hall of Fame president Phil Jarvis in a release issued last Friday.

Don began his sports career in Minor Hockey in Thunder Bay at age 6. He was an avid sportsman throughout school adding football in high school and playing junior hockey for the Fort William Canadians.

He was honoured with a full scholarship to The Colorado College in Colorado Springs where he played NCAA Division One hockey with the

Western Collegiate Hockey Association. While there, majoring in Business Administration, he met Kitty Van Camp, also a Colorado College graduate, and they were married in Don's Junior year.

Following graduation he accepted a teaching position at Rainy River High School which he learned about from his close friend John Amundsen of Rainy River who was also at Colorado College on full scholarship.

In 1969, his first year teaching in Rainy River, Don received an invitation to the Montreal Canadians training camp. But, with a new job he enjoyed, a new wife and a family on the way, the invitation was turned down. Surprisingly, after being away from high level hockey for two years, he received another invitation from the Canadians in 1971. He turned that down too.

Don coached Rainy River High School hockey from 1969 through 1986. During some of that time he organized Old Timer Hockey and coached

Bantam Hockey. In 1992 he took a position as assistant hockey coach for the Lake of the Woods High School and in the second year, his only other with them, they rose to second place in Minnesota State Tier II Hockey.

Don coached High School curling as well as Junior Curling at the curling club from 1979 to 1995. Three of those years the high school team was NORWOSSA champion.

Don also coached high school golf for 10 years.

The induction dinner is scheduled for September 24, 2011 at the Valhalla Inn. Other inductees include Lynden McIntosh, sprint car racer and World Cup and Olympic Skiing coach; Olympic swimmer Tom Alexander; cyclist Scott Timmerman; Rick Bragnalo whose hockey career spanned three decades and included action in the NHL and at the NCAA and World Championship level; and, in the team category, 2006 Senior Men's National Champion squad led by skip Al Hackner.

### Good turnout at flower show



By Marlene Deschamps

Well over 100 people attended this year's Fort Frances Horticultural Society's annual Flower and Vegetable Show. District #14 Director, Shirley Robson from Thunder Bay attended and the judge this year was Master Gardner and Marie Hynna also from Thunder Bay. The show was held at Farmers Market again this year. The rear part was set up with tables filled with beautiful flowers, breath taking arrangements and some of the nicest vegetable displays in years. There were

tables set up for people to have refreshments and fruit and dainties after wandering among the tables of colour. There were a huge number of lilies of various brilliant colours on display along with the traditional garden flowers. There were also various types of fruit shown. Who knew you could grow grapes in the area?? Apparently not too many as several were surprised to see them. The show was deemed a great success and the Society was pleased to see so many attend the show and stay to enjoy refreshments.

Winner of the Grand Aggregate Trophy was Vicky Wishart. She also won the Flower Show Trophy for most points. This is the third year Vicky has won both these trophies. Donna Law won the Vegetable Trophy. Rookies of the year were Leanne Crompton, Sue Drew and Max Trembath. Max is the youngest member of the Society, under 10 years of age and he is already winning ribbons at the show.

Door prizes were won by Anne Selman, Elsie Doucette and Edith Carlson.



Martin Dufresne  
275-8916  
852-4237



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 Buttner  
274-6688

Proudly Serving the Entire Rainy River District

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