

# The Westend Weekly

## Bringing Communities Together



Box 66, Rainy River, ON POW 1L0 Ph. 852-3815, FAX 852-1863, e-mail: westendweekly@tbaytel.net - Serving the District for almost 17 years VOL. 17, NO. 42 Wednesday, February 11, 2009

### Annual "Sweetheart" baby contest



by Marlene Deschamps Upsilon) chapter is again holding its "Sweetheart" baby con-

test. It is open to district infants ages 24 months or younger. The entry fee is \$3 and this year there are 11 baby's entered in the contest. The large heart holding the baby's pictures is located at The Place. For a small fee you can vote for the baby you feel should end up as the "Sweetheart" of the year. You still have until February 14th to vote for the winner. Anyone not a relative or friend of the parents of these sweeties will have a hard time deciding who to vote for this year because they are all just so darn cute.

The annual contest benefits the children in the district and Helena Guertin from Alpha Upsilon said they have already received a few requests for help this year. The group put a lot of dollars and a lot of time into the Wheelchair Accessible Glider located at Lion's Park on Second Street and have purchased breast pumps in order to assist mothers. They have helped many families with children over the years and will continue to do so.

### Onegaming hosts extremely successful Health Fair



Erin Wriggett demonstrates the art of a soothing massage.

by Marlene Deschamps Marilyn Allan is the Home & Community/Long Term Care Health Coordinator/Nurse on Onegaming First Nation. On Wednesday, January 28th, she, along with AKRC Anishinaabeg (Kabapikotawangag Resource Council) hosted it's 1st Health Fair for the community. It was held at the Onegaming School.

The Fair was put on for the whole community including students, and their objective was for everyone to know what services were out there within the district for their benefit. There were around a dozen booths for everyone to visit. At each booth there were informa-

tion sheets, pamphlets, free samples and services. There were booths where people could have their blood pressure and glucose level tested. Marilyn said the turnout was awesome with around 200 people attending the event. She added it was way more than expected. She did note that Onegaming is an amazing community in what they do and how people attend and participate in every event held. The success of the first Health Fair, has insured it will continue on a yearly basis.

Marilyn said they had a lot of donations from district and area businesses and there were lots of great prizes to be won by those who attended. She com-

mented on the great amount of help received from the Onegaming Health Team and the school staff and mentioned that every one who attended also had a nice meal. Each person who attended was given a passport and encouraged to have the person at each booth they visited stamp them. When the passport was full they signed them and turned them in for a chance at one of the great prizes.

People who live on Onegaming First Nations as well as those in the surrounding area can look forward to another Health Fair being held next year.

### Annual dinner set for March 1st

by Marlene Deschamps The annual 'Community Chest' dinner will be held on Sunday, March 1st at La Place Rendez Vous. Cocktails will be served at 5 p.m. and dinner will follow at 6 p.m. The dinner is put on by the Rendez Vous staff, the Legion Ladies Branch #29 Auxiliary, the Kiwanis, the Lions clubs, the Knights of Columbus and the Spirit of Christmas. The money raised (last year it was \$19,000) is used to provide financial help to local and area families who need help cover medical costs that are not covered by other means. Between \$50-\$60,000 a year is spent to help those in need.

Although they are still looking for an emcee, Teresa Hazel, director of the Riverside Foundation for Health Care, will be the guest speaker. Member of the organizing committee, Linda Hamilton, said they will do things a little differently this year as they will have guests be auctioneers for draws. She added the event will not be as lengthy this year. Tickets for the event are \$30 each or a table of eight for \$240. Tickets are available at the Rendez Vous and can be reserved by calling 274-9811. There will be 275 tickets available and since they are usually sold out in short order, you might want to put that call in a.s.a.p. Tax receipts aren't issued for the purchase of meal

tickets but you can get them for cash donations made to the 'Community Chest'. All the food served at the dinner is donated by the Rendez Vous suppliers which reduces costs and increases monies raised. The great staff at the Rendezvous also donate their time to work for the dinner.

Organizers are now collecting items, from individuals, businesses or groups over the rest of the month for the awesome prizes they usually have available for those present to win. Anyone who wants to donate can call Linda Hamilton at 274-3221. Remember--call for that reservation so you won't be disappointed. They sell out fast.

### What's going on with Shaw?

by Marlene Deschamps Fort Frances Town Council held a Committee of the Whole and Regular Council Meeting on Monday, February 9th. These meetings are usually aired on the local Shaw Channel, but for some reason they were not aired on this date. Since these meetings and a shortened bingo session once a week are the only local shows we can see on our local channel it is irksome when Shaw not only does not air the meeting, but does not let the public know in advance so they can attend the meetings in person.

The request will be forwarded to planning and development for a recommendation. The following by-laws were passed:  
By-law 38/03-A A By-Law to adopt amended Economic Development Financial Incentive Programs for the designated Community Improvement Project Areas.  
By-law 09/09 A By-Law to authorize sale of Part 15 Plan 48R-1731 adjacent to 1222 Fifth Street East.  
By-law 08/09 A By-Law to authorize a lease with respect to a certain municipal property at 501 Sixth Street West.  
By-law 09/09 A By-Law to approve an agreement with the Northern Ontario Heritage Fund Corporation for financing

of the Fort Frances Technology Centre.  
By-law 10/09 A By-Law to authorize entering into certain janitorial services contracts at the Public Works offices, Children's Complex, Civic Centre, Museum, Library and OPP Offices.  
By-law 11/09 A By-Law to approve an agreement with LaVallee for the provision of fire chief services.  
A previous question regarding Council Quorum for the upcoming regular meeting slated for Monday February 23rd was resolved and the meeting will take place at it's regular time.  
The next budget meeting will be held on Monday, March 2, 2009.



Yvonne Kelly from Onegaming enjoyed the Health Fair and spent a little time with Marilyn Allen, seated, who is the Home and Community/Long Term Care Health Nurse Coordinator.

### Shiver on the river in Rainy

by Marlene Deschamps What better day to start a new tradition in Rainy River than Family Day. The Recreation Centre will be holding a 5 km run and it is to be dubbed "Shiver on the River". The run will begin at 10 a.m. sharp on Monday, February 16th from the Rec Centre. Walkers are also welcome. The registration fee is only \$10 and to register you can call Meghan Shanks at the Centre 807-852-4446. Meghan is quite excited about this new event. She said Jeff Fraser, a volunteer, has been working with her and they are

hoping the run will be a great success. Lunch will be served the runners and walkers afterwards for a small fee and they will announce the age group results at the lunch. The weather is expected to cooperate and Meghan is inviting all the runners and walkers throughout the district and from across the border to come to Rainy River to participate in this inaugural run.  
Along with the "Shiver on the River" Fun Run, there will be many activities held at the Centre during the afternoon.

From 12 noon until 4 pm for the low admission of \$2 per person or \$5 a family, you can participate in board games, face painting, story time and much much more. You are advised to dress warmly and eat lunch before coming to the Centre. The activities are being sponsored by the Rec Centre, the Toy Library, Rainy River Public Library and the Rainy River Northern Lights Credit Union.  
Sounds like Rainy River will have a fun place to be on our new holiday, Family Day.

### Roundtables to begin on March 2nd

by Marlene Deschamps The initial Gathering Project was held in November of 2007. The next stage was to be a series of Roundtables and people signed on to participate. Now, after a lengthy search, two sponsoring sources in the form of TD Canada Trust and the Rainy River Future Development Corporation, have agreed to provide the necessary initial funding to continue the Gathering project to the next stage.  
During the first Gathering, it was stated "We need a local solution which meets local needs. We do not need any more services which only gobble up limited resources while

providing no real benefit to our communities. We need to tear down the barriers which hinder our access to jobs, skills and education because the inability to fully use those resources only ensures our continued spiral into poverty, high unemployment and despair. If there is a demand for skilled labour, it is our job to ensure that the next seven generations have those opportunities."  
The Gathering participants determined at the end of the day that the identified barriers to Aboriginal Youth Training and Employment should be dealt with via coming together for a series of interactive workshops/consultations aimed at

creating and implementing attainable strategies. The workshops were to be held on a rotating basis on First Nations Communities and at Metis Halls across the District of Rainy River, and a large number of people and agencies volunteered to take an active part. Those Roundtables will, at last, begin with the first being generously hosted by Manitou Rapids First Nation. It will be a 9 a.m.-4 p.m. event that will take place at Kay-Nah-Chi-Wah-Nung Historical Centre. Paul Pirie from NCDS Special Projects will be the Consulting Coordinator/Facilitator for this first Roundtable session.



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# Family Day Holiday celebrated in Emo for second year

**by Marlene Deschamps**  
Last year the Ontario Provincial Government passed a bill declaring February 16th as Family Day. The first time this new holiday rolled around there wasn't much in the way of any special activities in many municipalities but Emo wasn't one of them. Again this year they have scheduled events and the Emo-LaVallee-Chapple Healthy Communities

Coalition invites you to come out and celebrate Family Day. They are telling kids they should bring their parents and grandparents to events being held at the Emo-LaVallee Community Centre from 12 noon until 4 p.m. Highlights will be a free family skate from noon until 2 p.m.; free shinny hockey from 2-4 p.m. (helmets and gloves are mandatory) and free movies and board games upstairs

from noon on. There will be free popcorn, juice and hot chocolate with a free will donation at the door. The canteen will be open to purchase food off their regular menu. The Emo-LaVallee Community Centre Board is donating the use of the facilities for the events. The whole family can head on down to the centre and everyone, regardless of age, can find some fun stuff to do.

# OPP urge parents to be aware and protect children from Internet predators

"As Ontario joins countries around the world to mark Safer Internet Day, it is a reminder to parents that they play an important role in ensuring their children use the Internet safely", said Inspector Mark Allen of the Ontario Provincial Police Crime Prevention Section.

"About 94 per cent of Canadian children are regular users of the Internet at home. They use the Internet for everything from homework research, to gaming, to instant messaging. Police, parents and the community must work together to raise awareness and promote safe use of the Internet, particularly among youth", added Allen.

While the Internet provides learning opportunities, it also

opens the door to the potential exploitation of children, including cyber bullying and online threats. Parents should be aware of what sites their children are accessing and monitor their Internet use. A United States survey found that 66 per cent of all young Internet users have been exposed to pornography online by accident.

There are numerous websites that provide parents with Internet safety information, including sites with pledges of safe use contracts and youth(www.internet101.ca). Parents should access these sites to educate themselves on the safe practices of Internet use.

Parents should discuss the potential dangers of the Internet with their children and educate them on how to handle situations if they arise. Here are some steps parents can take to protect their children:

- Be involved and know

your child's online activity

- Keep the computer in an open area of the home
- Remind children to protect their passwords; encourage them not to share passwords with friends
- Use caution with web cams, unplug web cams when they're not in use
- Be sure of who they're talking to before allowing them to turn on a web cam
- Make sure children are cautious with what they post online

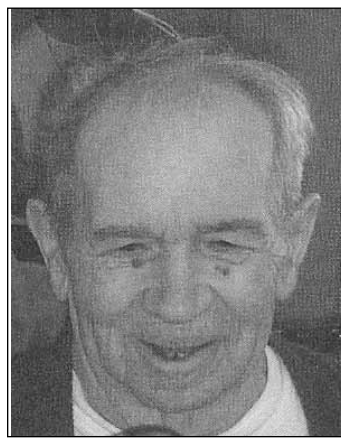
• Know their online friends the same way you know friends in real life

"We can't prevent what we are not aware of," Allen said. "Parents need to know what risks exist in order to support their children as they learn and play in the online world." The OPP's Crime Prevention Section has a number of tip sheets for both parents and children relating to safe Internet use. You can also check out the OPP Website at www.opp.ca.

For further information: Sgt. Robyn MacEachern, Youth Issues Coordinator, Crime Prevention Section, Phone: (705) 329-6299

# Obituary

## Peter Hubert



Peacefully, on Sunday February 8, 2009 at the La Verendrye Hospital, Fort Frances, Ont, Peter Bernard Hubert passed away at the age of 72.

Peter was born in Fort Frances, Ont, on September 23,

1936 to the late John and Nettie Hubert. He leaves behind his four sisters Amy Fairgrieve, Delores Pollard, Jean Hartnell, Holly Mandryk, brother Bob Hubert and numerous nieces, nephews and many good friends. He was predeceased by brothers Jack, James, Mitchell, David, and sisters Dorothy, Donna and Dixie.

Peter always enjoyed spending time with his nieces and nephews, many of whom he spent his holidays with. Peter was a hard working man who spent his vacations traveling and making friends along the way. He had a way of touching the hearts of those he met, and will be greatly missed by his family, his friends from his childhood to the friends at Rose

Manor, and of course his friends at La Verendrye Hospital.

In honour of Peter, family and friends are welcome to gather at the Rose Manor, "Common Room", Fort Frances, Ont, on Sunday February 15, 2009 from 1-3 p.m. for a time of remembrance.

Cremation has taken place and interment will take place at a later date.

If desired memorial donations may be made to the Kidney Foundation c/o Northridge Funeral Home, P.O. Box 89, Emo, Ontario P0W 1E0. Online condolences may be offered at www.northridgefuneralhome.com

# A Second Look

Riverside Community Counselling Services, Fort Frances, Emo, Rainy River, A Caring Group of Professionals

**Q:** My partner has been diagnosed with Chronic Fatigue. I find it frustrating as it seems like all she wants to do is sleep. I am worried that she is mentally ill. What do I do?

**A:** There was a time when a diagnosis such as Chronic Fatigue Syndrome (CFS) was often considered to be an illness that was "all in the head" of the individual. It is now known that this just isn't true. Researchers now know that people with these illnesses have bodies that sense pain differently than others. Often it is believed that this may be triggered by a trauma or an injury. The CDC (Centers for Disease Control) in the U.S. has studied this syndrome and as a result a definition and criteria for chronic fatigue were established.

Symptoms of CFS include chronic, unrelenting fatigue that last six months or longer. Fatigue is defined as a subjective state in which one feels tired or exhausted. Often symptoms can occur following a flu, illness or trauma. This fatigue interferes with the sufferer's ability to perform normal daily tasks and is not relieved by rest. Other symptoms such as fever, sore throat, swollen lymph nodes, muscle pain, headaches and sleep difficulties are often

present.

As a result of these ongoing symptoms, sufferers often experience frustration and develop symptoms of depression and anxiety.

There are treatments that can help alleviate the symptoms caused by this illness. Physicians may prescribe medications to help with sleep, anti-inflammatory for pain and possibly anti-depressants. There is no known "cure" for chronic fatigue but the illness can have long periods of remission and seems to run in cycles.

Sufferers can take some action to help them. These include: 1. Keeping a diary of times when they feel most energetic and plan prioritized activities for those times. 2. Maintain some exercise/activity within their ability. 3. It is also important for the person to be able to grieve, recognize and express feelings. 4. Keep lists

and allow extra time to help with memory and concentration difficulties. 5. Support from family, friends, support groups and counselors is also very important for ongoing coping. Cognitive Therapy from a trained therapist can help with difficulties in coping as well as any symptoms of depression and/or anxiety.

Loved ones who are feeling frustrated or overwhelmed by their partner's illness should seek support to learn coping strategies and self-care in dealing with their own grief at the changes in their partner, as a result of this challenging illness.

For more information or for help, contact Riverside Community Counselling Services at 274-4807. All three sites (Fort Frances, Emo and Rainy River) can be reached at this number now.

**Family Day Fun!**  
**Family Day Activities**  
noon to 4pm  
Rainy River Rec Centre  
Activities include:  
Active Games, Board Games, Face Painting, Story Time, Crafts, Nintendo Wii, Karaoke, Family Relay and Skating  
**5k Shiver on the River Run**  
Start time 10am at the Rainy River Rec. Centre  
Registration \$10 per runner  
The Rec Centre opens at 9am  
Medals will be awarded.

## In Memory

**Marvin Hanson**  
In loving memory of a dear husband, father son and grandfather Marvin, who passed away 8 years ago on February 9th, 2001.

*If tears could build a stairway  
And heartaches make a lane  
We'd walk a path to heaven  
And bring you home again.  
A million times we needed you  
A million times we'll cry,  
If our love could have saved you  
You never would have died.  
They say memories are golden,  
Well, maybe that is true  
But we never wanted memories,  
We only wanted you.  
A million prayers won't bring you back*

*We know, because we've tried,  
And neither will a million tears  
We know, because we've cried.  
If all the world was ours to give  
We'd give it, yes, and more  
To see your face Marvin  
Come smiling through the door.  
Please God, just take a message  
To him in heaven above,  
Tell him how much we miss him,  
And give him all our love.*

Always remembered and forever missed by wife Colleen, mom Margaret and families.

**Valentine Luncheon**  
Friday, February 13  
11am to 2pm  
St. John's Anglican Church basement  
Fort Frances  
Homemade Soup  
Sandwiches, Dainties  
and Beverage \$7 adults  
\$2 children 5 & under  
**Bake Table  
Candy Table  
Crafts Table**  
St. John's Anglican Church Women

**Confederation COLLEGE**

**AZ Tractor Trailer Training**  
(4 weeks - 200 hour program)

**Start a New Career February 23, 2009**  
This 4 week program consists of traditional classroom training as well as in-cab training and is designed to provide an opportunity for unemployed and underemployed individuals to obtain their "A" license and "Z" endorsement.

Admission Requirements:  
• Minimum Grade 10  
• Valid "G" license  
• Pass an MTO medical and eye examination prior to start date

Funding options may be available.

For More Information Contact  
Confederation College  
Rainy River District Campus  
440 McIrvine Road,  
Fort Frances, ON P9A 3T8  
Phone: (807) 274-5395  
arenaud@confederationc.on.ca

**Township of Sioux Narrows Nestor Falls**  
**Public Notice**

TAKE NOTICE that the Municipal Council of The Corporation of the Township of Sioux Narrows-Nestor Falls will take into consideration the passing of and, if approved, will pass at its meeting to be held on the 3rd day of March, 2009, at the hour of 5:00 p.m. in the afternoon, or at an adjourned meeting thereof, at the Council Chambers, Sioux Narrows Municipal Office, Sioux Narrows, Ontario, a By-law or By-laws relating to that portion of highway described as follows:

Part Road Allowance in Front of the Farm Location LK239 - Part 17, Plan 23R10666 designated as Part 1 on Plan 23R11542, Devonshire; Sioux Narrows - Nestor Falls

BEING ALL OF PIN 42118-0142 (LT) ("the highway")

- for the purposes of:
- (a) permanently closing the Highway;
  - (b) declaring that upon registration of the Closing By-law, the Highway is surplus to the requirements of the Township; and
  - (c) providing that when the closure has become effective, the Highway be sold by direct sale as follows:

**To Richard Michael Battagello and Jaclyn Battagello** for a price of **One Thousand (\$1,000.00) Dollars**

together with reimbursement of the Township's costs relating to the sale and the procedures leading thereto, as determined by the Treasurer.

AND FURTHER TAKE NOTICE that the said Council will, at the time and place above mentioned, hear any person who wishes to make submissions with respect to the foregoing matters, either personally or through a representative.

A copy of the draft By-law or By-laws may be inspected during municipal business hours by any interested party at the Offices of the Municipal Clerk prior to the passing thereof.

Dated at Sioux Narrows, Ontario, this 2nd day of February, 2009.

Wanda Kabel  
Chief Administrative Officer

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**Rainy River District School Board**  
requires  
Casual Education Support Personnel

**Description of Duties:** Responsible to assist with the delivery of programs to special needs students.

- Required Qualifications:**
- Secondary School Diploma
  - Education Assistant Course preferred or two years experience in a related field
  - Physical ability to perform the essential duties of the job
  - Flexibility to suit varied needs of students
  - First Aid course and CPR training is an asset

All casual personnel must be able to work on an on-call basis at all schools within the Rainy River District School Board.

Please submit cover letter for requested position, resume, and two professional references (one of which must be from a current or former supervisor). Written authorization to contact references is required with the application (Freedom of Information and Protection of Privacy Act).

**Offer of employment is conditional upon the successful candidate providing a current, original Criminal Background Check with Vulnerable Sector Screening. This document does not need to be included in your application package.**

**Apply in writing to:**  
Rainy River District School Board  
522 Second Street East  
Fort Frances, ON P9A 1N4  
FAX: (807) 274-1950  
EMAIL: ncousineau@mail.rrdsb.com

Only those applicants shortlisted will be contacted.

**Closing date for applicants is Wednesday, February 18, 2009 at 4:00 PM**

**The Rainy River District School Board is an Equal Opportunity Employer**  
D. Belluz Chair J. McMaster Director

**Character In Action**  
**February is Honesty month**  
Staff and students are encouraged to behave in a sincere, trustworthy, and truthful manner. Honesty is when you commit to being truthful to yourself and others.  
View program details at: [www.rrdsb.com/character](http://www.rrdsb.com/character)