

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. 41 Wednesday, February 4, 2009

Colton Bodnar receives special birthday gift



Colton proudly holding the puck given him by Maple Leaf #21, Jamal Mayers

By Marlene Deschamps

Young Colton Bodnar turned 9 years old on Wednesday, January 28th. His parents are Shelly and Blake Bodnar. Little did Colton know on the morning of Tuesday, January 27th that he was going to get a total-

ly awesome birthday gift. Any real fan of the Toronto Maple Leafs have a strong wish to actually have a chance to see them play in person. Well Colton's Mom told him in the morning that he wouldn't be going to school because he had

a dentist appointment. Instead of a trip to the dentist's she brought him down to the Tourist Bureau where there was a bus waiting to take him, along with 20 others, to Minneapolis to attend a Toronto Maple Leaf-Minnesota Wild hockey game.

Colton's Aunt Stacey managed to get down behind the Leaf's bench and tell them about Colton's birthday and his surprise gift of a trip to watch them play. Well, never let it be said that the Leaf's don't appreciate their fans, especially the younger ones, because #21, Jamal Mayers, flipped a puck for Colton.

For most of the others on the trip, they got the bonus of enjoying Colton's enjoyment and wonder of the whole event. He had a smile on his face when he entered the Excel Centre and it stayed there throughout the whole game and on the trip back to the hotel. He appeared a bit dazed at times like he had to keep shaking himself to believe this was really happening. His Aunt Stacey said he even asked her "Are those the real Toronto Maple Leafs?" It is a pretty good bet that young Colton will remember this birthday for the rest of his life as one of the best ever!

Workplace Communications workshop well attended



Pictured from left, sitting, Heather Johnson, Joanne Bliss, Penny Pierce and standing from left Tonia Dolph, Lori Elliot and Shirley Scofield. They are holding a plaque from Ontario Trillium Foundation denoting Healthy & Vibrant Communities 2008.

By Marlene Deschamps

Valley Adult Learning Association in partnership with the Business Women's Network held a Workplace Communication workshop on Saturday, January 31st. The workshop was open to the public and there were a few women who participated that do not have a second job of working outside their home. Their reasons for being there were the same as the women who do work at various businesses and agencies. They wanted to learn to communicate more effectively. This is the first partnered workshop that Valley Adult Learning have held. The workshops are funded by Ontario Trillium Foundation who funded Valley Learning \$31,000 over 2 years for Healthy & Vibrant Communities programs.

The workshop was comprised of three aspects of communication: verbal headed by Barb Duguay, Administrator of the Valley Adult Learning Association; non-verbal headed by Kim Redford who is also associated with Valley Adult Learning and visual headed by Valerie Larson of Rainy Lake Watercolors.

Each aspect of the workshop fit into the World View perspective that believes that for the most part, people are free to and in fact do, choose their own paths in life. In most instances, the individual has within him or

her the capacity to grow and change if he or she wishes to do so. The world view goes on to promote the realization that through life there is constant change and the way in which we perceive and respond to change depends upon each of us. How we react will be determined by the way we see our world and our place in it. These aspects of 'world view', along with each person's life experiences, values and beliefs determines the way in which he/she judges the world and the way in which he/she functions in the world. It promotes the acceptance of each person's unique 'world view' and it is through the interaction between ourselves and others that we come to know ourselves better.

Barb led the group through verbal aspects of communication, including acknowledging feelings and having a large enough vocabulary to identify those feelings. The importance to recognize others feelings was pointed out as being a key part of good communications.

Kim led the group through some exercises showing just how important body language and facial expressions can make a big difference in communicating with others. She also pointed out how easy it was to mis-read and/or pre-judge non verbal communication in others.

Valerie led the group through

the visual portion of the workshop and she turned the women into artists (some better than others). The end of her exercise produced some surprising results in both the quality of the pictures sketched by the group and by how they felt about themselves after completing their pictures. Most were scrambling through the list of words describing feelings to describe how they felt.

Each of the women who participated kept repeating that they felt very supported by the other women when they were trying out their communication skills based on any of the exercises they were doing.

The group was provided with both morning and afternoon snacks as well as a great lunch prepared for everyone by Todd Maxham's Cater 2 U.

Everyone gained a lot from the workshop and some formed connections, friendships and advice that will be further explored. For anyone having to deal with a boss or employee it garnered much information so you get the best results from communications with these persons.

Anyone wishing to have this workshop presented at their agency or workplace can contact Barb Duguay at Valley Adult Learning Association. 608B Scott Street. Phone 807-274-3553 Fax 807-274-2838.

Abitibi not selling Ontario hydro assets within days as reported

By Marlene Deschamps

A news item read on Monday, February 2nd indicated that Abitibi intended to sell its Ontario hydro assets to Brookfield had many asterisks. The news item was published in the Globe & Mail and was on the wire news.

A quick call to the local mill in Fort Frances provided information that they had no knowledge of these events and that it is a separate entity from the mill itself.

The article contained in the report in business section of the Globe & Mail stated that debt-strapped AbitibiBowater Inc. was close to reaching an eleventh hour deal to refinance some borrowing and sell its lucrative Ontario assets to a unit to Toronto based Brookfield Asset Management Inc. Montreal based Abitibi is expected to announce details as early as today of the moves it is taking to stave off a possible court filing for creditor protection. The company faces a fast-approaching March deadline to pay back a \$347 Million (US) secured loan and has about \$350 million more in debt coming due later this year. Sources familiar with the debt negotiations said Abitibi whose core North American newsprint business is in a steep long term decline, has made faster progress on finding a solution to pay back a \$248 million unsecured debenture issue at its

Bowater Inc. subsidiary that comes due in August. A deal to settle that debt may come first. Cash from hydro would help. Abitibi announced in December that it had accepted a non binding proposal to sell its 75 per cent stake in its Ontario hydroelectric generating stations to an unnamed suit- or for proceeds of \$197.5 million (Canadian) less expenses. Sources confirmed yesterday that a Brookfield unit is the mill buyer.

The article went on to give further details regarding Abitibi's financial status and mentioned the issue of Danny Williams, Premier of Newfoundland, who told Abitibi that if they closed it's mill in Grand Falls, Newfoundland, they had no right to own the hydro assets that powered the mill. It further noted that the company had no plans to close the Iroquois Falls mill or another in Fort Frances, which both count on power from Abitibi Ontario's hydro stations.

A call was then put in to Jean Philippe Cote in Montreal, who is the spokesperson for Abitibi. He said the article was not based on any fact and the last statement put out regarding hydro assets was on December 22nd. He added there was no imminent sale in the works and they were still working with stakeholders regarding a potential deal. He suggested people

should not believe everything they read in the newspapers without verifying the information is correct. He then gave directions to the website where the December 22nd statement could be found. Although it was indicated that my call probably wouldn't be returned in a timely manner, Mr. Cote called back within ten minutes. The December 22nd statement said they had accepted a proposal for the sale of its equity interest in ACH Limited Partnership to a major industrial energy producer. ACH Limited Partnership was established to hold hydro electric generating assets in Ontario. The Company owns 75% equity interest in ACH. The statement went on to read about the financial aspects of the sale and how the sale is subject to due diligence, among other terms and conditions. They expected a definitive agreement during the first quarter of 2009 but no assurances could be provided as to when or if a definite agreement would be executed. It also stated the same information regarding the mill at Iroquois Falls and Fort Frances and went on to state Abitibi was pleased with the effort both mills have made since the merger in lowering their costs and they continue to remain competitive. Mr. Cote indicated that if there were any further questions I should feel free to give him a call.

Rainy River celeb stars in Baudette play

Looking for a perfect Valentine for yourself and someone special? Why not read a few "Love Letters". Pequana Playhouse is offering two performances of the play "Love Letters" by A.R. Gurney at the Brink Center in Baudette February 14 at 7PM and February 15 at 5PM. This bittersweet love story is told through the correspondence of two characters Melissa and Andrew over 50 years.

Their earliest letters include

birthday invitations, valentines, and notes intercepted by a second-grade teacher, progressing through separations of school, summer camp, marriages, and the regrets of middle age. Their lives are a study in contrasts, taking very separate paths which are connected for the most part only by their writing. However, what is unsaid in their letters is often as important as what is. The show contains some adult themes.

Featured in this two-person

play are Linda Nuss as Melissa and Rainy River's Dorion Ozykowski as Andy.

Saturday's performance on Valentine's Day will be preceded by a freewill soup supper from 5-7PM and Sunday's performance includes coffee and dessert. Tickets for the show are \$5 at the door. Please contact Pequana Playhouse with questions at 634-9424. This organization is supported through a grant from the Region 2 Arts Council.

Sacred Heart School's Literacy Festival is a Hit!

Sacred Heart School's Literacy Festival started with the Sioux Lookout Million Minutes of Reading Challenge which came to a close January 21 with Sacred Heart School successfully contributing a total of 885,751 minutes.

Monday, January 26, seven players from the Sioux Flyers Hockey Team came and read with junior kindergarten to grade three students. Five of these excited primary students won a ticket to see the Flyers play.

Tuesday, January 27, Linda-Beth Marr came from Kenora to enlighten the grade seven and eight students on positive body image.

Wednesday, January 28, Students and families came out to celebrate Family Literacy Night. Stations such as Karaoke, EQAO, the Never Ending Story and French Second Language, were set up around the school for families to take part in the various events. Everyone went home that night full of new ideas to

make literacy fun.

Thursday, January 29, was a day when students from grade four to grade eight brushed up on healthy living. A dietitian and nurse from the Diabetes Society came to discuss what it means to live healthy in today's world.

The Literacy Festival was a great success. The students and families of Sacred Heart School enjoyed the exciting events and the whole Catholic community was enriched by the experiences.



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Science Matters

by David Suzuki
with Faisal Moola

President Obama puts science in its rightful place

Science has taken a beating over the past few years – especially in the U.S. and Canada. We've put up with incessant baying from climate change deniers who, in the words of Guardian writer George Monbiot, "ignore an entire canon of science, the statements of the world's most eminent scientific institutions, and thousands of papers published in the foremost scientific journals" just so they can "pick up a crumb that they then disintegrate" in their palms.

George Bush's administration was so anti-science – blacklisting and purging scientists and suppressing or altering scientific studies – that 60 top scientists released a statement in 2004 accusing the administration of distorting scientific fact "for partisan political ends".

Science hasn't fared much better here in Canada. A year ago, an editorial in the scientific journal Nature criticized our government for its skepticism about the science of global warming, and for muzzling federal scientists and closing the office of the national science adviser.

How refreshing it was, then, to listen to U.S. President Barack Obama's inaugural speech on January 20.

"We'll restore science to its rightful place, and wield technology's wonders to raise health care's quality and lower its cost," the president said. "We will harness the sun and the winds and the soil to fuel our cars and run our factories."

What's even more refreshing is that President Obama is backing those words with action. He has appointed top scientists to key positions,

including Nobel Prize-winning physicist Steven Chu as energy secretary, leading marine biologist Jane Lubchenco to head up the National Oceanographic and Atmospheric Administration, and Harvard physicist John Holdren as head of the White House Office of Science and Technology.

These appointees understand and take seriously the science of climate change. President Obama also understands the geopolitical ramifications of policies that help fuel climate change, as he made clear in his speech when he noted that "each day brings further evidence that the ways we use energy strengthen our adversaries and threaten our planet."

It was refreshing also to hear the new president talk about choosing "hope over fear, unity of purpose over conflict and discord" and about "what free men and women can achieve when imagination is joined to common purpose, and necessity to courage."

That common purpose and need for courage, as the president knows, extends beyond U.S. borders. After all, migratory Pacific salmon don't recognize the line between our nations, nor do rivers like the pristine Flathead, which flows from B.C. into Montana and forms the western boundary of Montana's Glacier National Park, or threatened and endangered species like grizzly bears that breed, feed, and roam across our common border. And the winds that carry pollution and greenhouse gas emissions don't get turned back at the border for endangering citizens on either side.

Here in B.C. where I live,

most of the species at risk – from grizzlies to monarch butterflies – cross back and forth regularly between the two countries. We can't hope to protect them without strong and complementary habitat-protection policies in both countries. We also need agreement on policies to protect the waters that flow between our two nations. President Obama said during his campaign that he opposes industrial development in the headwaters of the Flathead. "The Flathead River and Glacier National Park are treasures that should be conserved for future generations," he said in reaction to a push by the B.C. government for development in the region, including an open-pit coal mine 40 kilometres from the Canada-U.S. border.

Climate change is another issue that must be addressed quickly and effectively by both nations. President Obama has proposed an economy-wide cap-and-trade program to reduce greenhouse gas emissions. Scientists and economists around the world know that putting a price on carbon emissions, through cap and trade and carbon taxes, is the best way to bring our emissions under control. And while a number of Canadian provinces have joined with U.S. states to implement cap-and-trade programs, our federal government has yet to act.

It's great to see a U.S. administration that isn't afraid of real progress and change. But, as President Obama noted, it isn't just up to the American government to create that change; it's up to all of us. And while he was referring to American citizens, we Canadians must also join to confront the challenges that both our countries, and indeed, the entire world, face. It's time to realize that, when it comes to finding solutions to our common problems, science matters.

Take David Suzuki's Nature Challenge and learn more at www.davidsuzuki.org.

Riverside's Visiting Policy

Riverside Health Care Facilities has a Visiting Policy established to ensure patients and residents are able to receive proper care in each of its facilities.

"The policy is in place to allow our patients to rest, receive treatment and recuperate", explained Lori Maki, VP, Clinical Services.

"For this reason, it is very important for the public to comply with the visiting policy", she stressed.

Riverside encourages visitors to respect the needs and privacy of the patients they are visiting as well as other patients and families.

"Often times, we have very sick patients who are not up to visiting, however, the patient beside them may be well enough to have visitors".

"Although we do not want to discourage people from visiting patients who want visitors, they do need to keep in mind that there may be another patient in the room who requires rest".

Riverside only allows two visitors, per patient at any given

time at all of its facilities with some flexibility for long term care residents. All small children must be accompanied by an adult, and remain with an adult during the visit.

At La Verendrye Hospital only, visitor passes must be obtained from the main reception desk in the front lobby. After 5:00, they must be obtained from the Emergency reception desk.

Another important aspect of the visiting policy is that the public refrain from visiting patients or residents if they are not feeling well. Visitors are encouraged to self-screen for flu-like symptoms and to wash their hands upon entering the facilities.

"From a safety perspective, we must always ensure our patients and residents are not put at risk of contracting infectious diseases", explained Maki.

Visiting hours at Emo Health Centre, Rainy River Health Centre, and the Complex Continuing Care unit (CCU) at La Verendrye Hospital are set

from 11:00 AM to 8:00 PM. Rainycrest Long Term Care has visiting hours daily from 10:30 AM to 8:30 PM.

The visiting hours for the St. Andrew's ward at La Verendrye Hospital are from 2:00 PM to 8:00 PM daily. The maternity ward allows for partners to visit from 8:00 AM and grandparents may visit from 11:00 AM. Visiting for intermediate care patients is more restricted.

Riverside, however, does allow for flexibility. Special arrangements may be made outside of visiting hours.

"There are always special circumstances that will be accommodated, especially with palliative patients", conceded Maki. "At these times, we do encourage family and friends to discuss their needs with the Nurse Manager".

To obtain further information about Riverside's Visiting Policy go to www.riversidehealthcare.ca and click on the site, or contact Riverside Health Care Administration at 274-4801.

Obituary

Dawn Melanie Indian "Dawnch"



Peacefully on January 29, 2009 at the Thunder Bay Regional Health Science Centre surrounded by her family and friends, Dawn Indian of Naongashiing First Nation, Morson, Ontario passed away at the age of 33.

Dawnch was born on April 7, 1975 in Fort Frances, Ont to Darlene Indian and Isaac Big George, and was raised on Big Grassy and Big Island First Nations. She had a love for all children which led her to work

at Megwebines Elementary School in Big Island for a number of years.

Dawnch enjoyed the scenery and companionship of friends during car rides. She embraced family and friends and was a kind outgoing person who loved laughter and making people laugh. The needs of her family always came first.

Dawnch was predeceased by her mother Darlene "Derle" Indian, grandparents Mary and Norman Indian, and Christine Big George and Dave Seymour.

She will be sadly missed and remembered by her children Isaac and Mariah, her father Isaac Big George (Lori Comegan), her Auntie Marlene Indian, sisters Tania Indian, Mia Seymour, Desi Comegan, and Lynn Indian, brothers David Indian, Matt Comegan and Leland Indian. Also surviving are numerous family and friends.

A traditional wake was held on Sunday February 1, 2009 from the Big Grassy First Nation Community Hall, Morson, Ont from 4 p.m. followed by a traditional service on Monday February 2, 2009 at 10 a.m. with Ron Indian-Mandamin officiating.

Interment took place in Big Grassy First Nation Cemetery. Pall Bearers were Vernon Tuesday, Daryl Archie, Sean Comegan, Doug Seymour, Dean Lavand and Jonathon Seymour.

If desired memorial donations may be made to the Canadian Diabetes Association or the charity of your choice. C/O Northridge Funeral Home, P.O. Box 89, Emo, Ontario P0W 1E0.

Online condolences may be offered at www.northridgefuneralhome.com



Rainy River District School Board

Request for Proposal

DESCRIPTION: SMART Technology Equipment (RFP-SB2009)

The Rainy River District School Board is inviting Requests for Proposals for interactive classroom equipment. A copy of your proposal must be delivered by **Thursday, February 12, 2009 @ 2:30 pm Central time** to the Purchasing Department.

Tender documents may be picked up at our business office or by email request. Please call 807-274-9855 for further details.

D. Belluz
Chair

J. McMaster
Director



Riverside Health Care Facilities Inc.
"Connecting Communities - Committed to Caring"

Public Notice

To allow our patients to rest, receive treatment and recuperate, it is of the utmost importance to comply with the Visiting Policy.

The public is reminded of the visiting hours at our facilities:

La Verendrye Hospital

CCU 11:00 AM – 8:00 PM

Children's Ward 2:00 PM – 8:00 PM *
* Parents are encouraged to stay with the child.

St. Andrew's Ward 2:00 PM – 8:00 PM

Maternity 2:00 PM – 8:00 PM **
** Partners may visit from 8:00 AM and grandparents may visit from 11:00 AM.

Emo Health Centre & Rainy River Health Centre

Daily from 11:00 AM – 8:00 PM

Rainycrest Long Term Care

Daily from 10:30 AM – 8:30 PM

- Only two visitors per patient are allowed at any one time (flexibility is given to long term care residents).
- All small children must be accompanied by, and remain with an adult.
- Please do not visit patients or residents if you are feeling unwell.
- All visitors are expected to self-screen for flu-like symptoms and wash their hands upon entering the facilities.
- Special circumstances will be accommodated.
- At La Verendrye Hospital only, visitor passes must be obtained from the main reception desk in the front lobby.
- After 5:00 PM, from the Emergency Reception Desk.

If you would like further information about this policy, please call the Administration Office at 274-4801 or go to www.riversidehealthcare.ca



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

Love Letters

A play by A.R. Gurney
Brink Center Baudette
Admission \$5.00
Sat., Feb. 14 7 pm

A freewill soup supper offered 5 to 7 pm
Sun., Feb. 15 5 pm
Coffee & Dessert incl.

Featuring:
Linda Nuss & Dorion Ozykowski

Help Wanted

The Circle "D" Restaurant in Emo has an opening for an evening short order cook. Will train. Also a part time server. Apply within.



REQUIRES:

Program Assistant
for Rainy River, ON
Casual Hours

Position Summary:
An exciting opportunity for a professional who values working with a team to deliver quality service to the public.

Salary:
\$18.76 to 22.27 per hour

For detailed information on this career listing, please visit the Careers section of the Northwestern Health Unit website at: www.nwhu.on.ca

Deadline for Resume Submissions:
February 13, 2009 @ 4:30 p.m. CST

We thank all applicants for their interest, however, only those selected for an interview will be contacted.

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Big Grassy River Ojibwe First Nation

Notice to Members (Mishkosiimiiniiziibing)

The First Nation is in the process of designing and establishing a "Custom Leadership Selection" Code. This will ultimately replace Section 74 of the Indian Act governing elections on-reserve. All registered off-reserve voters are hereby notified of this initiative and are invited to participate in the process. If you are a registered voter of the First Nation and would like to participate please forward your current address to:

Daryl Archie, Indian Registry Administrator
Box 414, Morson, Ontario P0W 1J0 or
Email: darchie@tbaytel.net
(807) 488-5614 or toll free: 1 (800) 361-7228

Please reply by February 20, 2009