

The Westend Weekly

Bringing Communities Together



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Labour of Love – Hobby Pilot builds his own plane



Doug MacDonald (left) and Leo Arrigo showcase the completed Zenith CH 750 S.T.A.L. Aircraft they constructed.

By: Teresa Hazel

About four years ago, Leo Arrigo received a crate approximately 4' x 12' x 3' in size, which held the pieces of a Zenith CH 750 S.T.A.L. (short takeoff and landing) aircraft.

Thanks to the help of his friend and fellow pilot, Doug MacDonald, those pieces have now been put together and Arrigo's goal of building his own plane has been achieved.

Although the plane was finished in October, it is now going through the required inspections with one already received by the MD-RA (Minister's Designate for Recreational Aircraft) and the final inspection from Transport Canada with the Certificate of Air Worthiness expected any day now.

Once the inspection is received, Doug MacDonald, who has experience piloting this type of aircraft will "fly off the hours" the plane needs before Arrigo can pilot his own plane.

When the twenty-five hours of flight time is completed, the one-passenger restriction will be lifted and MacDonald will give flight instruction to Arrigo.

MacDonald has over 230 hours of flight time on his own plane.

So, how long did it take to complete?

"From start to finish? Well we started in the fall of 2009 and we finished it in October 2013", recollected Arrigo

adding that it was done on a hobby basis, not as a full-time job and that it is difficult to work on it during the cold of winter.

"It took about 1,800 hours to construct, give or take", adds Arrigo about the time spent over the last four years.

How does he feel about the finished project?

"It's cool", he says emotionally as MacDonald adds "He'll be crying like a baby when he sees it break ground".

"It's quite the achievement", beams Arrigo as to his accomplishment. "I always wanted to fly", he says adding that he got



Leo Arrigo displays the cockpit of his 2-passenger plane.

me over", said Arrigo as he looks over at his red and white plane, that he even painted himself although concedes that the decals, including a Canadian flag on the tail, were done by Mark Pruijs.

"My wife got to pick the colours", smiles Arrigo and

his pilot's license at the age of forty six.

"I started late", he quips.

He took the pilot training in International Falls, which took about a year and a half from ground school to completing his check ride with an instructor from Minneapolis.

Once that was done, Arrigo started to attend airshows, specifically the Oshkosh, Wisconsin Air Venture and started to talk to other people who built planes, including MacDonald who has built three.

"I wanted to build a RANS S7 but after some nudging from Doug, this model won

that are required.

"We took numerous trips to Mexico, Missouri to pick up parts", noted Arrigo as to the 12-hour trips that were required. "Lots of road trips", he laughs about the friendship that was formed with MacDonald throughout the process.

So, what is the financial cost for an endeavour such as this?

"The basic kit costs twenty one thousand dollars but then there is the engine, radio, instruments and upholstery that all cost extra", reported Arrigo. "All in all, the cost is over sixty thousand dollars.

My wife only thinks it's forty-five or fifty thousand", jokes

"There is no panel exactly the same", notes MacDonald.

The maximum weight the airplane can carry is 1,430 pounds. The plane itself weighs about 760 pounds leaving approximately 770 pounds for cargo and gasoline. (Should be enough for the shopping trip, Bobbi-Jo!!!)

The fuel tank holds enough gas for a 500-mile trip.

As I sit in the passenger seat, I am concerned about safety.

"The safety records are optimum with this plane", reports MacDonald. "Zenith has designed a very good plane".

There are many recreational pilots who routinely fly their

adding that they recently received funding to improve their landing strip.

Many hobby pilots start by flying radio-controlled planes explains MacDonald.

"I started that way", Arrigo pipes in.

MacDonald has built three planes so far with plans for a fourth. Arrigo will help MacDonald with his next plane.

"It won't be my frustration this time", Arrigo laughs. "It will be much easier".

"I'm waiting for the plans to come out", said MacDonald as to his next plane that he will be building from scratch rather than from a kit.

"I'm stubborn", he smiles. "I have to do it my own way".

Both MacDonald's plane and Arrigo's plane can be fitted with floats for the summer season.

"That's my goal in the next couple of years. To put it on floats", says Arrigo.

MacDonald has been a hobby pilot for eleven years and graduated from aviation maintenance in 1991, unfortunately, to a recession.

"I do electronics for a living and flying and mechanics as a hobby. It's something I enjoy".

Arrigo and MacDonald are both members of the local chapter of the Experimental Aircraft Association. MacDonald currently serves as Vice-President. There are about twenty-five regular members from Fort Frances and International Falls who meet the second Tuesday of every month.

"We B.S. about airplanes, watch videos and get together for a couple of BBQ's a year", reported MacDonald.

If you would like more information about the Experimental Aircraft Association go to their website at www.EAA.org or call Leo at 274-9702.

So, when is the maiden flight?

"We're just waiting for the final certificate. It could be next weekend", they report while Arrigo reminds me that, "Doug will be doing it".

So again, Leo, how does it feel to have built your own plane?

"It's been a long labour of love", he smiles proudly as he looks over at his new plane.



A work in progress – four years to complete from start to finish.



Doug MacDonald shows the 1986 model plane that he built.

Arrigo and quickly asserts that his wife, Bobbi-Jo has been a "great support".

Any frustrations along the way?

"Oh yeah. When I brought home the windshield, I left it in the car overnight. The next morning I am bringing it inside and drop it. It cracked. Six hundred dollars gone", Arrigo shakes his head thinking about the many frustrating times along the way and laughs, "It's a testament that Doug and I still talk to each other".

Arrigo used a hanger at the Fort Frances Airport to construct his plane and that is where we are viewing it.

"I am so proud of the dash", says Arrigo smiling. "It came as a bent piece of aluminum", he adds noting that it was up to him to determine where the instruments and gauges were going to be located.

planes to various destinations.

"We do a flight to Nestor Falls for lunch and in aviation talk it is referred to as the hundred dollar hamburger", quips Arrigo although MacDonald clarifies that it doesn't actually cost that much.

"Nestor Falls is a beautiful destination", notes MacDonald



Ready for its maiden flight...any day now!

Photographers' showcase



A bobcat on deck looking in through patio door. He/she spent most of the afternoon exploring around the yard and almost seemed tame.

Photo by Bill Parsons, near Gameland, ON

RR High School Arts Festival

Are you a painter, sculptor, jeweller, carpenter or are you generally creative? On Friday February 7th, Rainy River High School's Student Council will be having an Arts Festival and Auction from 7:00 – 10:00pm that is open to the public. The festival will take place in the school's gymnasium and library where students and local talent will perform dances, sing, play music, do drama, and recite poetry. Admission is \$5 a person or \$10 for a family pass and admission includes a bidder's paddle, light refreshments, access to the library for

viewing art and admittance to the gymnasium for watching performances and auction. Drinks and other snacks will be available for sale. Admittance will begin at 7:00 pm and art viewing will start and continue all the way until 7:45. At this time the live performances will start in the gymnasium and they will conclude at 8:45. There will be a 15 minute break before the auction which will begin promptly at 9:00 p.m. Once all art has been sold the event will come to a conclusion. Artisans are encouraged to

book an exhibition booth for displaying and selling their wares. The booths are free. Donations of artwork such as sculptures, paintings, woodwork, leather crafts, beadwork, stained glass etc. would be greatly appreciated. Donations of money will also be accepted and all money raised goes directly to Student Council to make every student's high school experience more enjoyable. For more information or to obtain an exhibitor application form, please email jdesserre1@hotmail.com or larmistead@mail.rrdsb.com.



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Support in principle received from Mayor and Council for Assisted Living Facility

By: Teresa Hazel

Although not as large a contingent came out for this meeting as the previous one in December, the Assisted Living Action Group left the meeting with smiles as they received unanimous votes by the Mayor and Council to support in principle the construction of an assisted living facility in Fort Frances.

June Caul, Vice-President of the action group and Darryl Galusha, Administrator of Rainycrest Long Term Care were there to present a formal request for support of their

mission: To advocate for the senior population and their need to have a place to live where they can feel safe, secure, and maintain their independence with respect, dignity, equality and compassion. It was also noted by Caul that the Township of Emo is very

quickly beginning the process to build an assisted living complex in Emo.

"We must take this same initiative here in Fort Frances, or we will lose our seniors, their tax dollars, and their support."

The people who have lived here for most or all of their lives do not want to move from Fort Frances.

We have already lost many senior residents who needed assisted living and had to move away to find an appropriate place to live.

We have been told by seniors who have already moved away that they will move back if an assisted living complex is built".

The committee is currently working to acquire land in an

appropriate area, after which plans will be drawn of the building that will be constructed on the property.

Caul asked Council for their formal support of the project.

"Please help us when we need information about Town by-laws or the necessary permits we will require".

The committee has been working with various organizations including DSSAB, the Northwest LHIN and Riverside Health Care and have also started a membership drive to raise funds for the cause.

"I implore you to give your blessing and support to the Assisted Living Action Group. Our seniors deserve the best quality of life here in their home town of Fort Frances.

After clarification that the committee was not requesting financial support, the Mayor and Council voted unanimously to support the Assisted Living Action Group in their endeavor.

"Support in principle is all that can be provided. Financial support is not there right now", noted Mayor Avis although he added that he and the council know that there is a need as he looked around at the members of Council stating that they are all over fifty-five.

Council members also offered their assistance to advocate for the action group through their membership on various boards including DSSAB and the Fort Frances Clinic.

Rainycrest starts New Year with new equipment



Pictured from l. June Caul, President of the Rainycrest Auxiliary, Darryl Galusha, Administrator and Kayla Caul-Chartier, Director of Resident Care showcase the new Wheelchair Washer recently purchased thanks to a \$12,000.00 donation from the Rainycrest Auxiliary.

By: Teresa Hazel

Rainycrest Long Term Care received an awesome Christmas present this year from the Rainycrest Auxiliary and Administrator Darryl Galusha was ecstatic and eager to show off the new Medco Wheelchair Washer Model 64X to the Auxiliary members who donated the twelve thousand dollars to purchase it.

"I love it", enthused Galusha. "It is a necessary piece of equipment and is money well spent".

The equipment, which resembles a large dishwasher, cleans wheelchairs, walkers, carts, and garbage cans, which will help with infection control at the 160-bed long term care facility.

"It cleans anything we can fit in there", noted Galusha.

"It reduces the time staff members have to spend on manually scrubbing this equipment and frees them up to spend more time providing care.

Every long term care facility

should have one", added Galusha.

The gift came just in time for flu season.

"It cleans and kills germs including H1N1", advised Galusha as to the effectiveness of the new equipment adding that it has a 5-minute wash cycle, uses four and a half gallons of water, and steam dries the equipment at one hundred and twenty degrees.

"We are so blessed to have the Auxiliary who work so hard to improve the quality of life for residents and staff at Rainycrest", said an emotional Galusha.

June Caul, President of the Rainycrest Auxiliary said the members all supported the purchase and were happy to see their hard work put to good use.

"It makes me feel good to know how much it is needed", said an Auxiliary member after she watched the demonstration.

As the group of members were leaving, a grateful staff member stopped by to express her appreciation to the Auxiliary for the new equipment.

If you would like to get involved with the Rainycrest Auxiliary or make a donation, contact June Caul at 274-2209.

New Year underway for Branch 29 Auxiliary

The Fort Frances Ladies Auxiliary to Branch #29 met on January 8th for the first meeting of the New Year. Thanks to everyone who braved the cold and came out.

A welcome message was given by the new president Al-

freda Easton and a big thank you given to Silvia Gunderson for 10 hard working years as president.

The new tables purchased by the auxiliary for the upstairs hall are awesome, light weight so we can set up easier, and

very easy to clean.

Two new members were initiated, Susan Neurinski and Carol Affleck - welcome aboard ladies.

Plans are being made for members to attend the district meeting being held in Atikokan March 28-30th.

The monthly supper is Friday Jan 31st and Roast Beef is on the menu with all the trimmings and home baked pies. \$14.00 - 5:30 with doors open at 4:30

The birthday draw was won by Jane Hayes and attendance prize by Jeanette Cawston.

Bingo was played and a snack served.

Our next meeting is Feb 13th at 7:00 upstairs at the Legion.

Any ladies who are interested in joining can contact Linda Larocque at 274-1567



Here we are - already the middle of January! Time sure does go fast - I should be calving in one month so I need to get myself organized, stuff in place and supplies ordered. My cows are still living quite contentedly in the bush and have been much happier these past few days since we seemed to have moved out of the deep freeze! I hope that is the end of the cold weather for this winter! I was telling a friend the other day that the cattle, rabbits, sheep, tractor, water (never mind myself) all were in a better mood now that the weather has improved. Funny how -20 seems balmy!

As much as many think this is a less busy time of the year and for the most part it is - the animals tend to require more care and if you are one of us people that still calve in the winter months - they require a whole lot more care! It is also the time of year we tend to try

getting caught up on the hours of book work that we have! Working for yourself does not mean less bookwork! It is also the time of year that everything is due - and everyone is looking for \$. Annual renewals, insurance and of course many are booking seed/fertilizer in anticipation of the growing season ahead. I am a small farm as compared to many and I just cannot believe how much paper work I have. It does seem as though it becomes more and more every year!

This Saturday in Guelph they are hosting a Beef Symposium. Obviously most of us cannot travel to participate but they have agreed to allow us to participate with a Webex. If you are interested in joining us - please let me know! The topics look wonderful and it is a great way to be a part of this and still stay within our district. I am still trying to work out the details on locations - but get in touch with me and I will be sure to give you the updated information. If you would like to see a copy of the

agenda - I would be happy to send it to you as well. They have some great speakers lined up.

The Rainy River Cattlemen's Association will be holding their Annual Meeting on Thursday January 23, 2014 at Our Lady of the Way in Stratton. The meeting will begin at 7:00 p.m. We have often been known to have the coldest weather for our meeting - but let's hope that is behind us this year. The agenda includes: a small constitution change, updates from other committees, Arden Schneckeburger from the board of Beef Farmers of Ontario and Barry Potter will talk about "Handling your cows the Happy way!" I think that topic should bring all of us producers out! Of course we will have elections to the board but don't let that scare you away! We are always looking for suggestions and comments - it is helpful to hear from the entire membership. Rainy River Meats is sponsoring the coffee break - so I am looking forward to seeing everyone next Thursday!

Legion Chat
by Walter Wagner, Major
Hughes Br. 54 president

I believe that this is the first chat of the year so I wish our members and staff a Happy New Year. May the year find everyone healthy and prosperous, mainly healthier.

We have not decided what this year's projects will be. One thing we can all participate in is the volunteer of the year award. If you know an individual who serves the community selflessly by being on committees, volunteers at events, delivering meals on wheels, cleaning snow for elders, selling tickets, any volunteering at all, go on line to rrdoc@gmail.com or drop a letter at the Legion. Please put "volunteer" on the outside of the envelope. Hope to hear from the public.

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RAINY RIVER CATTLEMEN'S ASSOCIATION

Annual Meeting
Thursday, January 23rd
7:00 pm at Our Lady of the Way School in Stratton

We encourage everyone to come, we always need input from our members!

- Arden Schneckeburger, BFO Board, will have a presentation
- Barry Potter, OMARFA, "How to handle cows the happy way!"
- Elections to the 2014 Board • Constitution Change

Coffee Break sponsored by Rainy River Meats

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newgold Rainy River Project

Rainy River Project
Rainy River Resources Ltd.

Rainy River Resources Ltd. wholly owned by New Gold Inc. has completed the Environmental Assessment Report (Environmental Impact Statement) for the Rainy River Project. As required under section 6.2(1) of the Environmental Assessment Act and according to the Amended Terms of Reference approved by the Provincial Minister of the Environment on May 1, 2013, Rainy River Resources Ltd. has submitted its Environmental Assessment Report (Environmental Impact Statement) to the Ministry of the Environment for review and approval.

The Rainy River Project is a proposed open pit and underground gold mine with related processing facilities and infrastructure, to be developed by Rainy River Resources Ltd. The Rainy River Project is located in the Township of Chapple, approximately 65 kilometres (by road) northwest of Fort Frances, Ontario.

This Environmental Assessment Report (Environmental Impact Statement) is part of the environmental approvals process for the Rainy River Project. Additional environmental permits will be required to construct and operate the Rainy River Project.

The Project is anticipated to be a significant contributor to the local economy and provide exceptional employment opportunities.

As required under the Environmental Assessment Act, the Environmental Assessment Report will be available for public review and comment from January 17, 2014 to March 7, 2014.

The Environmental Assessment Report (Environmental Impact Statement) can be accessed from our website:
<http://www.newgold.com/properties/projects/rainyriver/rainyriver-project/environmental-assessment-process/default.aspx>

or, a hard copy will be available for review during normal business hours at the following locations:

Notice of Submission of Environmental Assessment

Barwick Township of Chapple 54 Barwick Road Barwick, ON POW 1A0 T. 807-487-2354	Emo Rainy River Resources Ltd. 5967 Highway 11/171 Emo, ON POW 1E0 T. 807-482-2501
Fort Frances Fort Frances Public Library 601 Reid Avenue Fort Frances, ON P9A 0A2 T. 807-274-9879	Rainy River Rainy River Library 334, 4th Street Rainy River, ON POW 1L0 T. 807-852-3375
Thunder Bay Ministry of the Environment Thunder Bay District Office 435 James Street S., Suite 331B Thunder Bay ON P7E 6S7 T. 807-475-1205	Toronto Rainy River Resources Ltd. 701-1 Richmond Street West Toronto, ON M5H 3W4 T. 416-645-7280
Toronto Ministry of the Environment Environmental Approvals Branch 2 St. Clair Avenue West, Floor 12A Toronto, ON M4V 1L5 T. 416-314-8001 / 1-800-461-6290 Monday to Friday 8:30 am to 5 pm	

Anyone wishing to provide comments on the Environmental Assessment Report (Environmental Impact Statement) must submit their comments in writing and/or by fax to the Ministry of the Environment by March 7, 2014. All comments must be submitted to:

Ms. Sasha McLeod
Project Officer
Environmental Assessment Services Section
Environmental Assessment & Approvals Branch
Ministry of the Environment
2 St. Clair Avenue West, 14th Floor
Toronto ON M4V 1L5
T. 416-314-8214 / 1-800-461-6290
F. 416-314-8452

A copy of all comments will be forwarded to the proponent for its consideration.

If you have any questions or need further information about this project, please contact:

Kyle L. Stanfield, P.Eng.
Director, Environment & Sustainability
New Gold Inc.
1111 Victoria Avenue East
Thunder Bay, ON P7C 1B7
E-mail: rrcomments@newgold.com
T. 807-622-8111

Notice published January 17, 2013

All personal information included in a submission - such as name, address, telephone number and property location - is collected, maintained and disclosed by the Ministry of the Environment for the purpose of transparency and consultation. The information is collected under the authority of the Environmental Assessment Act or is collected and maintained for the purpose of creating a record that is available to the general public as described in s.37 of the Freedom of Information and Protection of Privacy Act (FIPPA). Personal information you submit will become part of a public record that is available to the general public unless you request that your personal information remain confidential.

For more information, please contact the Ministry of the Environment's Freedom of Information and Privacy Coordinator at 416-327-1434.

Community mourns passing of long-standing Chief



By: Teresa Hazel
 Chief Charles "Chuck" McPherson was more than a Chief; he was a husband, father and grandfather. He was also a brother, a friend, a co-worker and a mentor. His controversial stand on unresolved legal issues with the government with the erection of a toll booth brought about criticism and also results. He was a leader who made tough decisions for the betterment of his community and future generations. He understood the importance of culture and during his tenure, a beautiful new powwow grounds was constructed on Couchiching First Nation; a place for traditional ceremony and a gathering place for the community and its neighbours. Chief McPherson or

"Chuck" as many people called him served his community for over sixteen years before his sudden passing on January 5, 2014 at the age of 60. The new arena that he envisioned for the community of Couchiching First Nation was opened to the public in the fall and his dream of providing a place for the children to excel in hockey was realized.

It was fitting that his funeral service was held at "The Duke" arena, where many dignitaries including Grand Chief Warren White, Chiefs from throughout Treaty #3, government officials and municipal Mayors and Reeves were in attendance along with community members, family and friends; some donning hockey and football jerseys reflecting his love of sports. During his tenure, a beautiful 18-hole golf course was also built in the community.

Chuck McPherson was remembered as a grandfather who joined his granddaughter for tea parties. He was remembered as a role model to his three sons and as a loving hus-

band to his wife Brenda. He was remembered as a leader who made a difference and worked tirelessly for his community of Couchiching First Nation. Words from the Book of Wisdom were read by long-time co-worker and friend Christine Jourdain at the service and Bishop Fred Colli from the Diocese of Thunder Bay sent a message of sympathy and praise for the Chief.

Father Victor DeGagne who presided over the service summed up the sentiment of many when he thanked the family for giving "their Chuck" to be "our Chief".

Reflecting his love of children and sports, the family has requested that memorial donations be made to Kids Sport, 396 Scott Street, Fort Frances, Ontario; or to the charity of your choice.

The Westend Weekly extends its sympathy to the family of Chief McPherson and to the community of Couchiching First Nation at this time of sadness and grief.

Riverside announces Convalescent Care Program at Rainycrest



Darryl Galusha, Administrator displays one of the new rooms designed for convalescent care.

By: Teresa Hazel
 Somewhere between acute care, long-term care and respite care comes convalescent care. It is a transitional mode of care for patients who require a period of time to recover their strength, endurance or functioning before going home.

Riverside was able to fill this gap, as it recently secured funding for four convalescent care beds and Rainycrest seemed the natural choice for these beds to be accommodated.

"The cost for care is exceptionally less and there are more opportunities for the patient to interact and socialize within the facility", noted Darryl Galusha, Administrator at Rainycrest Long Term Care.

"They can go to the dining room for meals and take part in activities that are going on", he added.

Patients requiring convalescent care can only stay a maximum of ninety days so the timing of transfer from a hospital bed to a convalescent care bed is important. This will be managed by the Northwest Community Care Access Centre. Patients 18 years and older are able to utilize these beds.

Three rooms at Rainycrest have been remodeled to accommodate the four beds; two

single-bed rooms and a room with two beds.

"We wanted them to be like hotel rooms or like home", noted Galusha about the design and décor of the new rooms.

"It's about getting well and feeling better so the environment is important", he added.

With Registered Nurses on staff and rehabilitation serv-

ices, including physiotherapy, available at Rainycrest, the patient will have access to all needed supports during their time of recuperation.

"These patients do not require acute care but they do need care and we will provide that care", explained Galusha.

Riverside Health Care operates the four health care facilities in the District and worked with many stakeholders to ensure this new direction was carried out strategically.

"Hospital and long term care staff collaborated very closely on the planning and implementation of the new program with our local key stakeholders", said Allan Katz, President and CEO of Riverside Health Care in a press release issued. "We also wish to thank the North West Local Health Integration Network and the North West Community Care Access Centre for their support and assistance", added Mr. Katz.

For more information about the programs and services offered by Riverside Health Care or to see a copy of the press release, go to www.riverside-healthcare.ca.

Salvation Army says thank you



Lieutenants Dennis and Mary Maybury of The Salvation Army Fort Frances would like to thank everyone for their generosity during this past Christmas Campaign. Specifically, a very special "thank you" to the following:
 Fort Frances Lions Club, Voyageur Lions Club, Fort Frances Kiwanis Club, Gillions' Insurance Brokers, Causeway Insurance, Royal Canadian Legion Branch #29 and Ladies Auxiliary, the Sea

Cadets and Air Cadets, Fort Frances Mayor and Council, Canadian Tire, LCBO, Safeway, The Place, Wal-Mart, Beaver Mills in Rainy River, Cloverleaf in Emo, Fort Frances Times, The Westend Weekly, B93, Royal Bank, the Muskies Boys and Girls, local schools, local churches, Calvary Baptist Church in Emo and the Township of Emo.

Thanks so much to the O.P.P. for their successful Stuff-a-Cruiser campaign. A BIG thank you to Jim Fowler and the Fort Frances Lakers Hockey team, our faithful supporters of our Adopt-a-Family Program and the Sponsor-a-Family Program, and to Randy and his staff at Good Impressions Printing.

And, a HUGE thank you to all our volunteers who so graciously gave their time to help

man the Kettles.

If we have missed anyone, please accept our apologies. We are so grateful for everyone who made our campaign such a success.

We Thank You

The United Native Friendship Centre and the Homelessness Outreach Program (Food Bank) would like to extend our sincere gratefulness to the Fort Frances Community. Your generous and most appreciated contributions throughout the past year have been unwavering. Through your support, local families and individual's in-need were able to enjoy the Christmas season and New Year.

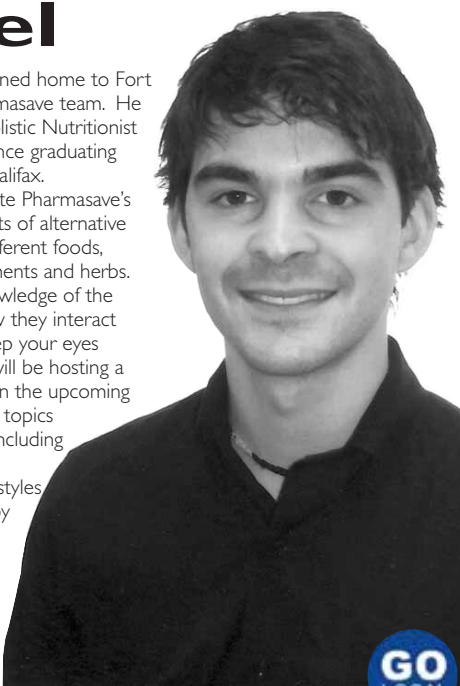
A very special thank you goes out to the following groups and local community members for your time, homage, dedication and generosity: Fort Frances Lakers Hockey Team - Food and Toy Drive, Anne McCoy, O.P.P., CN Police, Rainy River District EMS, Stuff-a-Cruiser Event, Couchiching First Nation, St. Johns Anglican Church, Church of the Holy Spirit, St. Mary's Church, Our Lady of Lourdes Church, Kiwanis Club, Canadian Mental Health Association, BDO Dunwoody, Gillions' Insurance, Causeway Insurance, NCDS, Seven Generations Institute, AA Atoms, Fort Frances Tribal Health Authority, Pwi-Di-Goo-Zing Ne-Waa-Zhing Advisory Services, Gizhewaadiziwin Health Access Centre and Warehouse One.

To all the families, community members and local business partners who wish to remain anonymous, we extend our heartfelt gratitude. Finally to our anonymous donors of mittens, touques and winter apparel, thank you for keeping our community warm during these frigid temperatures.

Getting to know us at Pharmasave

Daniel

Daniel has recently returned home to Fort Frances to join the Pharmasave team. He has been a practicing Holistic Nutritionist for the past two years since graduating from the University of Halifax. Daniel is happy to educate Pharmasave's customers on the benefits of alternative methods to heal with different foods, lifestyle changes, supplements and herbs. He has an extensive knowledge of the store's products and how they interact with each individual. Keep your eyes posted because Daniel will be hosting a variety of presentations in the upcoming year on many interesting topics concerning health care, including arthritis, toxic cleanse, vegetarian and vegan lifestyles and many more. Stop by today to say hello and have a chat with Daniel, and take advantage of his vast knowledge of holistic nutrition.



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