

Hope and the City



Marisa Payne received her complimentary glass of champagne from Karlee Angus.



Tanikka Norman and Raylene Johnson got their fashion photo taken by at the "Chick with a Camera" photo booth.



Char Bliss modeled sporty fashions from Mark's Work Warehouse.

By: Teresa Hazel

It was a girl's night out! A night to be fabulous and have fun with friends!

From the moment of arrival where guests were treated to a complimentary glass of champagne served at the door by staff members of La Place Rendezvous to the decorations provided by Diane Gibson of Gibson Design, women came in their finest designer dresses to enjoy an evening of fun.

Hope and the City is a fundraiser for the Canadian Cancer Society with proceeds supporting women's cancer's including breast, cervical, ovarian and uterine. Held



Missy Andrusco added some dazzle to the fashion show.

across Canada every year, this is the local chapter's second year hosting the event.

With a small committee, made up of some of the same committee who helps organize the annual Relay for Life, they worked hard to ensure the evening was glamorous and glitzy for the ninety women who attended.

There was a fashion show with women modeling fashions from Mark's Work Warehouse and Curvy Chick and also featured accessories from the vendors who were set up to sell or showcase their wares, including Once Upon a Spoon, South Hill Designs, evolve,

Meet the Muskie's



Jessica Coran #26

Jessica Coran is a second year Muskie forward who wears #26. She in grade 11 this year and is a hard-working, fast skating, and goal scoring player.

She has come up through the ranks of the Fort Frances Girls

and Women's Hockey Association, playing for competitive teams including AAA summer hockey.

She agrees with her teammates that the bus crash was a scary memory so far in her Muskie career.

Her dedication and fondness for the game of hockey is apparent. "Hockey is the only sport I play, and I play it because I love it".

Come out and watch the Muskie Girls hockey team and support their drive for Nor-WOSSA Gold this year!!! They will be in Keewatin tonight with a game scheduled against the Beaver Brae Broncos. Their next home game is scheduled for Thursday, January 30th at 7:15 against the Sioux Lookout Warriors at the Ice for Kids arena.

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Diane Gibson checked out the lovely lockets on display at South Hill Designs where consultant, Casey Marchant explained how they are designed and crafted.



Robin McCormick helped herself to a lovely assortment of hors d'oeuvres.



The Pampered Chef model was a hit during the fashion show.

Thirty-One, Mary Kay, Scentsy, Young Living Essential Oils and Pampered Chef.

The women were also treated to a surprise male model sporting an apron and accessories from Pampered Chef.

Swag bags were available to purchase for twenty dollars, with eight of them promising really, really good prizes and one with a grand prize that featured pearls from Brockie's Jewellers, a purse from McTaggart's and a gift certificate from Betty's.

A delicious assortment of appetizers were served and music and dancing was also part of the evening's lineup.

The committee thanked their sponsors, which included B93,

Gillons' Insurance, Gibson Design, La Place Rendezvous, Sight and Sounds, Mark's Work Warehouse, Betty's, McTaggart's, Thunder Bay Victoria Inn and Pampered Chef as well as all the vendors who were there. They also acknowledged Jessica from Bombshell who did the make-up for the fashion show models and Jon Glueheisen was the emcee for the evening.

One group of women who were out to have fun was the "Splurge Group". They are a group of twenty friends who get together monthly. Each friend gives twenty dollars and two 'hosts' receive two hundred dollars each to spend on themselves. The hosts for this month decided to give their splurge money to the Hope and the City fundraiser.

Michelle Kane and Nicole Thompson donated cupcakes from their "Doubly Delicious" business that were being sold for two dollars each as part of the fundraising.

As I left, I could hear the sounds of laughter and the sound of women having fun, which I guess really is the best medicine.

For women who are battling cancer, or have battled cancer, the evening was a tribute to you, to the fabulousness of you!

There was also a table of information about cancer prevention, the importance of early detection and services provided by the Canadian Cancer Society. For more information about the Canadian Cancer Society, go to their website at www.cancer.ca.



Candy Ginter and Becky Olson, Independent Distributors of Young Living Essential Oils.



Heather Bridgeman, Angela DeGagne and Ashlee Grimard are part of a "Splurge Group" that get together monthly for a girl's night out. This month, they decided to support Hope and the City.



Stephanie Robar tried her luck at getting the Swag Bag with the grand prize.

OPP report thousands of crashes across the province

Ontario Provincial Police (OPP) officers across the Province have been kept busy responding to calls for service as a result of the latest storm that has blanketed the Province.

Since Friday evening OPP officers have responded to over 1,600 crashes across Ontario including three fatal and numerous personal injury collisions. During the course of these investigations eight OPP cruisers were struck by passing motorists resulting in

minor injuries to two police officers.

To date OPP officers have ordered more than sixty road and highway closures across the province as well as assisted over 400 stranded motorists seek shelter from the storm.

Poor visibility and strong winds continue to make driving hazardous across Ontario. The OPP reminds motorists to watch for emergency responders and to move to the left when safe to do so.

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The joy of winning



Alphonse LaRoche and Dino Morelli sell five dollar raffle tickets at Safeway for the Knights of Columbus Ontario Charities Raffle.

By: Teresa Hazel

Alphonse LaRoche and Dino Morelli, District Deputy of the Knights of Columbus for the Rainy River District and Atikokan were at Safeway on Saturday selling tickets for their Province-wide raffle where over 1,000 prizes are available to win including cash prizes from ten thousand dollars to the grand prize of two hundred and fifty thousand dollars. Tickets are only five dollars each.

Interestingly, as I chatted with Mr. LaRoche, who is 96 years old and has been involved with the Knights of Columbus for almost sixty years making him an Honorary Life Member, he tells me that he still drives, travels to see his children and grandchildren and continues to do woodworking, making clocks and benches.

What is the secret to aging well?

"Take it easy but keep on doing something", he says as he recalls when he first began his career in Fort Frances as the milk delivery man in 1947 using a horse and

cart.

"Only for three months, then we got a truck", he notes.

He did that for thirty six years before retiring.

The Knights of Columbus are lucky to have this energetic brother as part of their organization.

"He never refuses to volunteer and is always the first one to offer", said an appreciative Morelli.

Mr. LaRoche was born in St. Pierre, Manitoba. He raised five children, has 19 grandchildren and 32 great-grandchildren. He easily lists his four daughters and one son along with their ages. I ask about his memory.

"So far so good", he says. "I don't miss too much. I hope it stays that way but you never know".

The Knights of Columbus Ontario Charities Raffle supports the Arthritis Society as well as other local causes including food banks, homes for the aged, hospitals and youth programs such as 4H clubs and the Columbian Squires, which is the youth organization for the Knights of Colum-

bus.

The draw will be held on May 14, 2014 at the Squires Annual Conference in Toronto, Ontario.

The Knights of Columbus have fraternal organizations in Rainy River, Fort Frances and Atikokan, supporting Our Lady of Lourdes Church on Couchiching First Nation, St. Mary's Parish in Fort Frances, Pinewood Catholic Church and St. Patrick's Roman Catholic Church in Atikokan.

The Knights was formed to give financial aid to members and their families. Mutual aid and assistance are offered to sick, disabled and needy members and their families. Social and intellectual fellowship is promoted among members and their families through educational, charitable, religious, social welfare, war relief and public relief works.

For more information about the Knights of Columbus go to their website at www.kofc.org.

To purchase tickets for the raffle, contact Dino Morelli, Regional Raffle Chair at 807.274.7851.

Not your grandmother's civil disobedience

By Mark Milke and Ken Green
The Fraser Institute

Activists in British Columbia have responded to the National Energy Board's approval of the Northern Gateway oil pipeline with threats of illegal activism reminiscent of the 1990s. Greenpeace spokesman Mike Hudema, for example, said his group will "do what it takes" to ensure the pipeline is never built (and he specifically mentioned civil disobedience).

Given the nature of the NEB's process, such civil disobedience would be inappropriate, and detrimental to society. It would overturn the assumption that people are free to engage in lawful commerce if they obey the rules, without an endless process of protests, lawsuits, and smear campaigns.

Others, however, disagree. One Vancouver writer has argued that potential civil disobedience against the oil pipeline is akin to historical protests in favour of female suffrage, slavery, indentured servitude, and against clear-cutting forests.

Civil disobedience has an honourable history; the question is whether a particular group on a particular matter is justified in such actions. Such steps are, after all, violations of the law, whether property rights, trespassing, and so on.

Where people's rights are systematically violated, where they are denied recourse to the courts, or to their elected representatives, the case for civil disobedience is clear.

But the Northern Gateway Pipeline proposal does not represent such a violation, and there has already been a rather extensive process of discussion and consultation.

The consultation and regulatory process conducted by the National Energy Board spanned four years, cost some \$500 million, involved 180

days of hearings, worked through 9,400 submitted letters and took oral testimony from nearly 1,200 people. That process may not have been perfect but even perfection would not have satisfied those opposing the pipeline. They are not interested in whether Northern Gateway is safe or not, or economically helpful to Canada; they oppose it, period.

Threatened civil disobedience over Northern Gateway rather trivializes the idea of civil disobedience. Another pipeline is hardly an existential threat to Canada's (or B.C.'s) environment, much less anyone's civil rights. Already, 825,000 kilometers of pipelines criss-cross Canada, with about 40,000 km in British Columbia (as of 2011). Another 1,200 km is hardly earth-shattering.

Then there is another other argument made by some activists: that civil disobedience in the early 1990s against the forest industry did not collapse B.C.'s, so neither will it this time. But economies need not collapse to harm some people and kill off opportunities for others.

Consider one example, the 1990s-era decision to ban mining in the Tatshenshini-Alsek region of northern B.C. - the Windy Craggy deposit, a claim owned by Geddes Resources. The mine potential (in 1992 estimates) of \$15 billion in copper, silver and gold extraction was at stake, with 500 direct jobs then valued at \$78,000 each annually, along with another 1,500 indirect jobs.

Rather than accept a mine proposal that amounted to 1,100 square km out of 958,000 square km in total - barely more than one-tenth of 1 per cent of the Tatshenshini-Alsek region - a 1993 decision by the provincial government killed off the potential mine. Tourism jobs could have co-

existed with mining jobs in the Tatshenshini; instead, the current tourism potential in a remote corner of the province has not and never will match the high-paying jobs of the long-scuttled \$15 billion mine (\$22 billion in current dollars).

This absolutist positioning is an ongoing problem in Canada. In his 2000 book on the conflict in B.C.'s forests in the 1990s, then-UBC Professor William Stanbury noted the vandalism, sabotage, ignored court injunctions, and international boycott campaigns organized by some green activists. As Stanbury wrote, "one of the more disturbing issues raised in the course of this study is that there appears to be declining respect for rationality in making major public decisions in B.C. relating to environmental issues."

Indeed. And we see a replay of the irrational, absolutist problem now with violent protests over pipelines and violent protests over hydraulic fracturing. We will probably see more such protests should Northern Gateway receive federal approval.

Threatened protests over Northern Gateway are not your grandmother's civil disobedience, where great injustices were challenged by brave people willing to suffer jail, violence, and more to right those wrongs that afflicted the daily lives of millions.

The current and predicted protests are, instead, the reflex action of absolutists who would destroy opportunities for others regardless of how one of the world's better-functioning democracies allows for companies to engage in lawful commerce. There is nothing noble about such "resistance."

Mark Milke is a Senior Fellow at the Fraser Institute. Kenneth P. Green is Senior Director, Natural Resource Studies, at the Fraser Institute.

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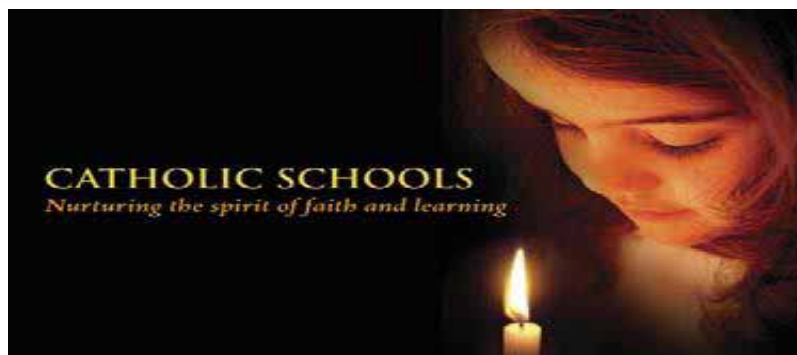
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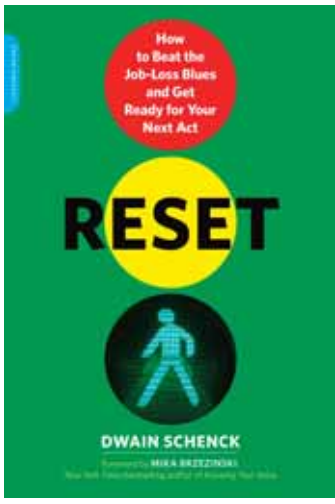
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The Bookworm Sez by Terri Schlichenmeyer

“Reset: How to Beat the Job-Loss Blues and Get Ready for Your Next Act” by Dwain Schenck



You haven't had to hit the alarm for quite a few months now. You haven't had a whole lot of reason to look presentable, either; sweats and tees are just fine. You're not even sure your office attire fits anymore. Retired? You wish it were that simple. No, you've been downsized, laid off, fired, let go, and it's starting to wear on you. But after you've read "Reset: How to Beat the Job-Loss Blues and Get Ready for Your Next Act" by Dwain Schenck, you might be inspired to hit the streets again. Dwain Schenck was part of an inherited staff. (You know where this is going.) He'd been hired for a job he loved by a man for whom he truly

enjoyed working. When that guy left, the woman who took over was amazing. She let Schenck interview the man who would eventually become his third boss, the guy who made Schenck uncomfortable and who ultimately let him go. At first, Schenck was filled with "fake bliss." He was "too good for [that] company anyhow" and he figured it wouldn't take him long to find a job. He had a few months' severance, great ideas, and tons of experience. He'd be fine. But as the weeks passed, it became apparent that the search wouldn't be easy at all. Schenck went on interviews that seemed to go well, only to end in silence. He endured "courtesy interviews" set up by former colleagues and contacts, in which it quickly became apparent that there was no job to be had. He obsessively searched online and even applied for positions for which he was extremely overqualified. The lack of job-hunting success made Schenck depressed and his family life suffered. Through this experience, though, Schenck learned several things, and he shares the advice he discovered: Upgrade your resume and "make sure [it] doesn't read like an obituary..." then utilize the internet (including LinkedIn) by tweaking it to max-

imize search engines. Become a "networking machine." Be "transparent" about your age and experience, have a strategy for all interviews, and practice what you'll say before you leave the house. Send thank-you notes following interviews. Be resilient. And finally, "Don't go it alone," says Schenck. That's the worst mistake you can make. At the risk of being a spoiler, I should tell you that "Reset" ends on a nice up-note... but wow, is it harrowing to get to that point. Author Dwain Schenck gives readers his story, warts and all. We're privy to the embarrassments, the aggravations, the outrageousness, the highs, and the bottom-of-the-barrel moments including envy and consuming bitterness. The ferocity of the latter is quite disquieting, but not without reason; Schenck's experiences as a job-hunter were often soul-crushing and, sadly, common – and on that note alone, his book offers lessons and tips all around. Definitely, this is a book for job-seekers but there's plenty here for upper management, CEOs, and anyone along the job spectrum who knows that, well, you never know. If that's you, then "Reset" is a book to hit. c.2014, Da Capo Lifelong \$16.99 / \$19.99 Canada 242 pages

Ontario Brokers urge caution on frozen lakes

Over the last few weeks the Canadian media has been broadcasting stories of people injured or killed due to falling through the ice on the country's frozen lakes, ponds and rivers. The Insurance Brokers Association of Ontario (IBAO) urges Ontarians to proceed with winter activities on the ice with caution.

"From skating to snowmobiling to a simple stroll across the ice, these winter activities are part of our heritage and part of what makes living in this province great," said IBAO CEO Randy Carroll. "Unfortunately, deaths occur every year as people fall through the ice. With common sense and a little

preparation many of these fatalities could have been prevented." IBAO provides the following tips to make your outdoor adventures safer:

- Never assume the ice you are about to venture out on is safe simply because of sub-zero temperatures and snow accumulation. There are many factors that determine the thickness and density of ice, most of which are not visible to the eye. Water depth, fluctuating water levels, currents and rapidly changing weather patterns are just a few factors that dramatically affect ice conditions.
 - Never go out on the ice alone – always travel with at least one other friend.
 - Visually inspect the ice conditions from shore. Look for signs of unsafe conditions such as open water or large pressure cracks.
 - Check with the local authorities to see what the ice conditions are like.
 - Before venturing onto unknown waterways, make a hole with an auger or an axe reasonably close to shore, to get a clearer picture.
 - Always tell someone exactly where you are going and when you expect to be home.
- Remember no ice is 100% safe. However, as a general guideline the minimum ice thickness to support an adult is 4 inches, snowmobiles require 6 inches and cars at least 12 inches. If you're not sure, err on the side of caution and don't go on the ice. "It's amazing how quickly accidents happen. Be aware and be prepared to make your ice adventures safe and enjoyable," concluded Carroll.



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