

# The Westend Weekly

## Bringing Communities Together



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Serving the Rainy River District for almost 22 years! Read us on line at www.westendweekly.ca

### Photographers' showcase



The temperature dropped from -13C to -30C in a very short time. Our property backs on to the Rainy River which is on the Canada/USA border and it rarely freezes over. A strong ice mist developed over the open water. This also created a lunar halo (ring around the moon) & a corona (glow around the moon). It was absolutely beautiful!

Photo by Diana Kangas, just w. of Fort Frances

### Get active this year at the Memorial Sports Centre



Shannon Jackson, Fitness Consultant/Instructor and Personal Trainer assists Rachael Wirtz with the equipment in the weight room. Rachael's New Year's resolution is to "eat better". She is a member at the Memorial Sports Centre and uses the weight room and the track in the 52 Canadians arena to run.

By: Teresa Hazel

Jason Kabel, Community Services Manager for the Town of Fort Frances wants to know, "What is your activity?" and encourages men and women, boys and girls to answer that question.

"Is it walking, running, playing squash?" questioned Kabel.

Whatever it may be, a place to do it and get out of the cold is the Memorial Sports Centre. With memberships available for 1-month, 3-months, 6-months or 1-year, there is something for everyone to get active.

Memberships include fitness classes, an aerobic room complete with treadmills, stationary bikes and elliptical equipment as well as a brand new Tread-climber, a 25-metre pool, squash courts and a track to do laps in the 52 Canadians arena. Memberships also include shinny hockey.

"The new year is definitely a busy time for memberships", reported Kabel as to the steady stream of people stopping by to purchase a new membership or renew an existing one.

"I just moved here", said Jennifer Stoyka as she purchased her three-month membership and signed up for an Aquafit class before Melissa Belluz, Community Service Receptionist took her on a tour of the facilities.

Meanwhile, Shannon Jackson, who is the Fitness Consultant/Instructor and Personal Trainer, was busy at noon with a couple of women who were getting oriented to the equipment in the weight room.

Anyone who purchases an annual membership is entitled to either a fitness consultation with Jackson or a weight/fitness room orientation.

"I help to develop a fitness plan and discuss goals including nutrition", explains Jackson about the fitness consultation.

"I also provide an overview of how to use the equipment and provide a basic fitness program", she adds about the weight/fitness room orientation.

For those who want or need a little more motivation and encouragement, personal trainers, including Jackson, are available to hire on a fee-for-service basis.

Jackson also teaches two of the fitness classes that are available for members of the Sports Centre.

"I teach Fit Box and Rise and Shine", noted Jackson, the latter being an Intro to Strength training that is done in the weight room at six in the morning.

"My class was full this morning. Everyone was gung ho and ready to go", smiled Jackson as to the motivation of those starting the New Year.

Jackson is realistic though about New Year's resolutions to get fit.

"It is the number one resolution but it is also the top failure for resolutions", admits Jackson.

"Those who want to change their lifestyle need to be in the right mindset. People can start at any time and at any age".

Why do people lose motivation?

"It's usually time constraints and the lack of results in the time expected. It's important to be realistic about the time it will take to get results and

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### Rainy River Librarian wins Provincial award

Rainy River Librarian Michael Dawber has won a provincial award for promoting libraries.

The Ontario Library Association will give their annual Media and Communications Award to Dawber later this month.

"Over the last 16 years, I have worked very hard to tell each library's story effectively, efficiently and with good humor," Dawber says.

"Small libraries are vital to the health of small communities," he adds. "Their stories are always linked."

Dawber has been writing for public libraries since 1998.

He contributes the "Library Corner" column for the Rainy River Record.

Previously, he wrote monthly columns called "The Bookmark" for both the Huron County and Kingston Frontenac public libraries in Southern Ontario.

In 2004, he wrote an 85th anniversary history of the library in Zurich, Ont., where he was the supervisor.

The OLA's website says the Media and Communications Award "was established to reward individuals and companies that present libraries and librarians in a constructive

light, breaking down stereotypical images often associated with the profession."

"In telling the library's story, our local media in the Rainy River District are key partners," says Dawber.

"The Library Board and staff are very grateful for their ongoing interest," he says.

Dawber is the Award's first winner from Northern Ontario.

Previous winners include the writers of the TV series Due South and the Toronto Public Library.

The Award will be presented at the Association's conference in Toronto.

### It takes hearty Canadians to enjoy a Polar Plunge



"Toga Party" - These jumpers donned togas as they hit the icy cold water during the Polar Plunge on Rainy Lake.

Twenty-five brave souls faced the frigid waters of Rainy Lake to kick off the New Year in support of the Voyageur Lions Club's annual Polar Plunge.

Over \$6,500.00 was raised and will assist various non-

profit groups including the High School Travel Club, Border Figure Skating Club, Sunset Country Squash Club, Rainycrest Auxiliary and Dancemakers School of Dance. A Relay for Life time

also raised funds for the Cancer Society.

The Voyageur Lions Club benefitted from the fundraiser and will utilize the funds to support community programs and services.



Jason Kabel, Community Services Manager and Bob Green, Maintenance Attendant put together the new Treadclimber in the Aerobics Room at the Memorial Sports Centre.



New diving board platforms were being installed in the pool area thanks to a provincial grant obtained by the swim clubs.



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