

The Westend Weekly

Bringing Communities Together



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Over 200 attend TOPS Annual General Meeting



The TOPS walk kicked off two days of meetings. In centre of picture in green jacket is Deputy Mayor Sharon Tibbs who opened the event.



Left NWO runner up Pat Noble and Queen Carol Henley of Kenora.

by Marlene Deschamps

2010 is the fourth time the TOPS Annual General Meeting has been held in Fort Frances. There theme this year was 'Go for the Gold'. Over 200 women came from all over Northwestern Ontario to participate in the annual event.

Saturday, May 1st saw the day begin with the TOPS walk which started at 9 a.m. from the Rendezvous. The person who spoke before the walk and welcomed everyone to this years AGM was Deputy Mayor Sharon Tibbs. As it turns out, Tibbs was the 1st leader of the 1st chapter of TOPS in Fort Frances. She told the group gathered to walk that the invitation to speak brought up a whole bunch of memories of a very proud part of her life. She spoke of going to Thunder Bay with the chapter members for

their 1st AGM and all the enthusiasm at that meeting. She mostly remembers the camaraderie and the songs. She said they sang them all the way home and how it was a wonderful feeling to be part of such a group. She mentioned a few people in the group that she had worked with and how friendships established had continued over the years. She said that there were many people into weight loss these days but few programs have the camaraderie and support like TOPS. She told everyone to have an excellent day. Lorraine Muloin who, along with her committee staged the meeting, thanked Tibbs and then everyone headed out for their walk.

Over the two days of the AGM there were presentation given, speakers and awards presented along with the fellow-

ship/fun event that took place on Saturday evening. On Sunday the meeting culminated in the pledges and awards and a luncheon at the Rendezvous. The winner and Queen for 2009 was Carol Henley from Kenora and the runner up was Pat Noble from Thunder Bay. Also at the luncheon was the 2009 International Queen who won her crown in Florida. She is Molly Kamm from Dryden and she lost an amazing 191 pounds. There was a lot of visiting and congratulations going around before, during and after the luncheon. The stage was the background for many pictures as each chapter wanted to get a group picture before they left. For anyone who doesn't know TOPS stands for Take off Pounds Sensibly. They hold monthly meeting and weekly weigh-ins. Many are dedicated walkers who walk to improve health and take off weight. They give each other a tremendous amount of support in their quest to arrive at a healthy weight. After one's weight loss you are also included because TOPS has a division of KOPS which stands for Keep Pounds off Sensibly and they work with the TOPS group to encourage and support them. This is one of if not the longest running recognized weight loss programs around and Devlin Chapter recently celebrated their 30th anniversary. If healthy weight loss is your goal you might want to contact your local chapter and see about joining TOPS

22nd Annual Fort Frances Home & Leisure Show



At picture time, Rockers for a Reason which were MP John Rafferty and former Citizen of the Year Jean Boileau. Standing is one of the several mystery rockers participating.



Lowes Furniture and Appliances' Fort Frances location may be relatively new but they've been serving the district since 1937. Their fleet of delivery vehicles has definitely grown over the years!

by Marlene Deschamps

The 22nd Annual Fort Frances Home and Leisure show was a big hit again this year. There were between 3,500-4,000 people who went through the doors during the two day event. They embraced the Green Revolution for this year's show and most of the exhibitors offered the public greener way for your home and for your leisure activities. The lead sponsor again this year was TBaytel with other sponsors being Canadian Mental Health Association, Fort Frances Branch, Four Paws Pet Supply and the UPS Store. There were 50 exhibitors at the show this year and many games and demonstrations to keep

people interested. There were a variety of products, services and information booths set up along with the very popular Chem-Free Grad Cake Roulette, Amateur Photo Contest, Cutest Pet Contest, Kid's Corner and Plinko. Energy Fitness Centre again held demonstrations on both Friday evening and Saturday afternoon where they did a routine and encouraged show goers to get involved. Besides the floor of the Ice for Kids arena being jam packed with booths, food, and exhibitions, the 52 Canadians arena saw a huge display from Badiuk Equipment and Pinewood Sports & Marine. There was every kind of boat imaginable

as well as any kind of equipment one might want to use outdoors such as lawn mowers, chain saws and much more. In their space there was also a spot available for Safe Boat Testing. The LaVerendrye Hospital Auxiliary took a page from last year's Rainy River Trade Show and held a Rockin for a Reason. Two people sat in rockers listening to music that contained the words rock and gathered donations and pledges for the Auxiliary. They had many celebrity rockers including MP John Rafferty and former citizen of the year, Jean Boileau. There were also several mystery rockers taking part in this fun-fund raising event. You could pick up almost anything one would want for their home, cabin, yard or for summer fun and there were many that walked out with lighter wallets but carrying purchases that all fit into the theme of the Green Revolution.

Anthony Mason, Chamber Manager, said the show was a big success and the exhibitors were all happy and said they thought the show was very well organized. Anthony added the next event for the Chamber will be the Quest for the Best that will return to the Great Canadian Bass Championship venue.

Winners of the \$500.00 draws are: Friday - Elaine Fischer and Saturday Irene Hill-Haver.

Third Annual Barwick Gun & Hobby Show



by Marlene Deschamps

The 3rd Annual Barwick Gun & Hobby Show held on Saturday, May 1st drew close to 600 people. Of that number

there were 83 kids who attended with parents or grandparents.

People came from as far north as Ear Falls, east to Thunder

Bay, south to Floodwood, Minnesota and west to Manitowish, Manitoba to attend the show. There was everything available for them to see from

Antiques to the most modern of firearms. Those attending had an opportunity to buy, sell and/or trade and there were many smiling people who left the hall carrying a purchase of a new rifle. There was also a lot of visiting going on with conversations about the animal they got or about the one that got away (that statement doesn't only apply to fishing). There was a table of beautiful antique guns in great condition. The ladies from Barwick also served up a good variety of foodstuffs for people to enjoy, including some pretty awesome pies that people were busy buying to take home. There was a lot of interest in the whitetail contest and like last year there was also judging on just horns. The several full heads displayed were real beauties.

Scott and Tasha Stafford who began this venture three years back were pleased with the response and Scott said they

have really built momentum for this to be an annual event. He said the exhibitors were very happy and some said they came a lot heavier than when they left because they are going home with fewer guns, and lots of money. Most, if not all, have every intention of attending the show next year.

The door prize winners were: Lance Salchert - Remington Collectible Sign; Bob McTavish -12 gauge cleaning kit donated by Tompkins Hardware; Wally Hartnell - Trophy Garden Seed Mix donated by Rainy Lake Sports; Forrest McQuaker - Sugar Beet Seed Mix donated by Purity Seeds Ltd.; Graham Cumming - Sunset Country Deer Seed Mix donated by Purity Seeds Ltd.

Whitetail Deer People's Choice Awards:

Full rack 2nd place - Darrell Angus-Antler handled skinning knife

Shed Antler 1st place -George Heyens - Mineral Mix donated by Emo Feeds Ltd.

Shed Antler 2nd place - Mike Cyr- Year subscription to Ontario Monster Whitetail Magazine

Antler Voting Draw Prize Winner - Don Loughheed - Winchester Sign.

Trail Camera Photo People's Choice Award:

1st place - Laverne Caul - Embroidered Barwick Gun and Hobby Show Hat

2nd place - Dwayne Schram - Remington Collectible Sign Photo Voting Draw Prize Winner:

Randy Hogan - Colt Commemorative Jackknife Youth (under 18) Rifle Draw Winner:

Karson Loughrey, aged 3 1/2 years Cooney 750 .22 LR single shot - donated by Chris Bonner @ Vickers



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