

The Westend Weekly

Bringing Communities Together



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Almost 90 march in Take Back the Night



Nicholas Richard, who revived walk, is pictured on the left. Larissa Darrah from Atikokan, on the right, helped Nicholas organize the walk

by Marlene Deschamps
Nicholas Richard is a Grade 10 student at Atikokan High School. When he was looking at some way to gather his volunteer hours needed, his aunt is Donna Kroocma, Executive Director of the Atikokan Crisis Centre, suggested he revive the Take Back the night walk. Nicholas got right on that and with the help of friend, Larissa Darrah got busy with organizing the walk. They had posters set up around the high school and had set up a registration booth at lunch every day. Nicholas contacted his cousin, Courtney Mose to get the teens from Fort High involved and she used the same methods to round up an impressive number of teens who were willing to participate. Around twenty students came by bus from Atikokan High School to join the teens from Fort High at the Adventure Inn. There were various signs handed out along with candles they could carry. There were many adults and persons from service agencies that deal with victims who joined in the walk. They all gathered and waited for Larissa who had the mega-phone to announce they should start. Everyone got handouts of what they would be chanting during their walk. The chant sheet was also the entry ticket for a free buffet at Pizza Hut where the walk ended and their chance to win one of the prizes that would be available.

What these young people revived was impressive as close to 90 people marched away from the Adventure Inn to the vacant spot on the other side of KFC before returning to Pizza Hut. While they were at the vacant lot, Nicholas and Larissa spoke of why they did

the walk and what the frightening statistics were involving women who could not walk safely at night, be it from work, from an event, from school or even in a dark mall parking lot. They reiterated the two chants which basically said it all. They are Chant # 1- However we dress, where ever we go, yes means yes and no means no-say it once say it again-no excuse for violent men-women and men, together we stand, now let's go and take back the night-join together, free our lives, we will not be victimized-sexist/rapist/anti-gay/don't you take our night away-claim our bodies, claim our rights, take a stand, take back the night. we are women and we are men, together we fight to take back the night. Chant #2 Women and men unite and we will, take back the night-I wish I may, I wish I might free our lives, take back the night. 1,2,3,4! we won't take it anymore. 5,6,7,8! no more violence! no more hate!. Wherever we go, however we dress, yes means yes, and no means no. What do we want? Freedom! When do we want it? Now! What do we want? Justice! When do we want it? Now. Hey, hey! ho, ho! Patriarchy has got to go. Respect-Equality- That's the way it's gotta be. Not the church, not the state-we must control our fate. Claim our bodies, claim our right-Take a stand-Take back the night. No more silence-no more violence. Stop rape now. It was a very enthusiastic bunch that chanted loudly and they even attracted passer by's who honked their horns in support.

The event was sponsored by the Atikokan Crisis Centre and

supporters were Tim Horton's of Fort Frances; Robin's Donuts of Atikokan and Pizza Hut in Fort Frances. OPP Constables Jeremy Oster and Greg Johnson who planned to participate did arrive a bit late but they were out on a call and got there as soon as they could. They were very pleased by the response to the event and especially pleased with the number of young people involved.

When various local people were asked how they got involved, Hayley Steel, Grade 10 Fort High student said she heard from her sister, Ashley who works with Victims. One teen from Atikokan who didn't want her name mentioned said she got involved because she was a young woman, there is too much abuse going on around the world and she would just like to feel safe.

Paster Gerald Anderson from the Lutheran Church in Atikokan said Grace and spoke after about this also being an event to raise awareness of poverty issues. He said October 16th-18th was part of a global movement to end poverty. He requested everyone read off a pledge sheet that was distributed and the response was overwhelming.

MPP John Rafferty took the time to join the group and said what a fabulous turnout this was and how wonderful to have this support to raise awareness. He added that if support transports into need it shows the need for the Atikokan Crisis Centre and also shows that Fort Frances could also use a safe home. --Amen to that John.

Nicholas and Larissa made the draws for the prizes and then everyone was wished farewell and a safe trip home.

Rainycrest renovations welcomed by residents



The new courtyards will provide lots of enjoyment for residents.



Rose Marie Farwell, Compliance Advisor for the Minister of Health and Long Term Care is seated at one of the new nursing stations.

by Marlene Deschamps
A tour of Rainycrest highlights all the renovations that have taken place over the summer months. The nurses stations are more open, brighter and resemble a check in desk at an upper class hotel. The residents can actually see the nurses and various personnel who are in the area. The brighter, lighter color scheme throughout Rainycrest has not only lifted the spirits of the residents, but the staff appear to be lighter of step and all are wearing a smile. This \$2 million dollar renovation project has gone a long way to make the home's atmosphere positive and warm.

During a tour with Administrator, Edith Bodnar and Riverside Engineer, Ed Cousineau, one got to see all four of the new courtyards, two on the east and two on the west side of the building. Each

courtyard has a different design. All courtyards meet long term care standards regarding accessibility. There are nurse call stations as well as automatic doors. One can imagine the courtyards come spring time when all the plants and benches are placed. Ed explained the the walkways are also far safer in that there are no seams or designs where a cane or shoe heel can get stuck. The Horticultural Society has taken on the responsibility of one of the courtyards and will put all the plants in the area and also maintain them. Ed said all courtyards will have plants designed to be low in maintenance and user friendly. Other organizations and service clubs are looking at doing the same thing and taking on supplying and maintaining one of the courtyards. One of the court-

yards will have a huge umbrella and residents will have a chance to have tomato plants and herbs there. They will be in huge pots that are portable and can be rolled under the umbrella and be at waist level. This, no doubt, will provide hours of pleasure to the many Rainycrest residents who had prize gardens at their former homes. Edith said the local support for the courtyards had been excellent and they are looking forward to spring when there will be trees, greenery, umbrellas and seating areas in each of the four spaces.

The picture above shows that Rainycrest now has bigger windows in the rooms, something the residents really approve of and will point out the benefits of whenever asked. Ed said there is weeping tile installed and extensive work done under the building as well. All the walls are now painted and bumper guards will be installed shortly. Ed said the renovations have been ongoing since April and they have used many local contractors in the process. Busches are doing the guard rails, Andrew Gerbers doing the cement work and other local contractors have been involved over the months of work. Both Ed and Edith are checking out progress on a daily basis and available to answer any questions as to placement and compliance for any work being done.

All these improvement not only make the atmosphere more homey and inviting for the residents, but it gives the families a boost to see the improvement in their loved ones positive attitude towards life.

Fort Frances Lakers Fan Club provides some power



From left front-Jamison Shortreed, Connor Foster, Bryon Katapaytuck right front-Tyler Stevenson, Zack McMichael and Adres Wick.

by Marlene Deschamps
On Saturday, October 17th, the Fort Frances Lakers Fan Club got together at the Volunteer Bureau to provide a Power Lunch. They serve up a delicious meal of carbs (spaghetti) and salad for the young players before they go to the arena to take on their latest foe. This young team is improving with each game and providing some pretty exciting hockey. We will again provide a biography and picture of each

player as soon as the pictures are received.

The Fan Club will provide a Power Lunch once each month. This first one went very well. Captain, Colton Kennedy introduced the team to the Fan Club. He then had each team member stand one at a time and introduce themselves. One of the Fan Club members said "these are a great bunch of young men" and also wanted it known that the male members of the

Fan Club were a big help with the lunch including rolling up their sleeves and doing some KP duty.

You can check out the schedule for the Fort Frances Lakers at the area businesses they are posted at. That includes businesses from Rainy River to Fort Frances and beyond. So if you like good, exciting, entertaining hockey check out the schedule and go on down to the arena and cheer the guys on.

New talking on the telephone while travelling rules kick in on Monday. See Hands Free Only on page 2



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