

# The Westend Weekly

Bringing Communities Together



Box 66, 303 Fifth St., Rainy River, ON P0W 1L0 Ph. 807-852-3815, Fax. 807-852-1863, Email. westendweekly@tbaytel.net Vol. 19, No. 24 Wednesday, September 28, 2011  
Serving the Rainy River District for more than 19 years! Read us on line at www.westendweekly.ca

## Sunset Country Metis Hall Food Box Day



On left Janet Drennan, Registered Dietician with Gizhewaadiziwin Health Access Centre and worker, Mary Jane Kewakundo.

By Marlene Deschamps

The Sunset Country Metis Hall was abuzz with activity on Wednesday, September 21st as partners and volunteers packed around 400 boxes with healthy fruit and vegetables for the many people who order these \$20 boxes of healthy items. Whenever possible, the products are local and this month eight of the fifteen items were produced in this area. Despite rising costs for most everything the food boxes still cost only \$20.

The partners for the program are Sunset Country Metis, Health Access Centre, Northwestern Health Unit and Valley Diabetes. They are helped with a small army of volunteers who remain dedicated to the program over these many years.

Along with the box of food people get a newsletter that includes information on how to

store the fruits and veggies and a couple of recipes. For example, there was a new item this month-Bok Choy from a local producer and the newsletter contained all the nutritional benefits, how it is used and a recipe. The results of the recipe were delicious by the way. This month also, people could pick up a bag of local potatoes and a squash.

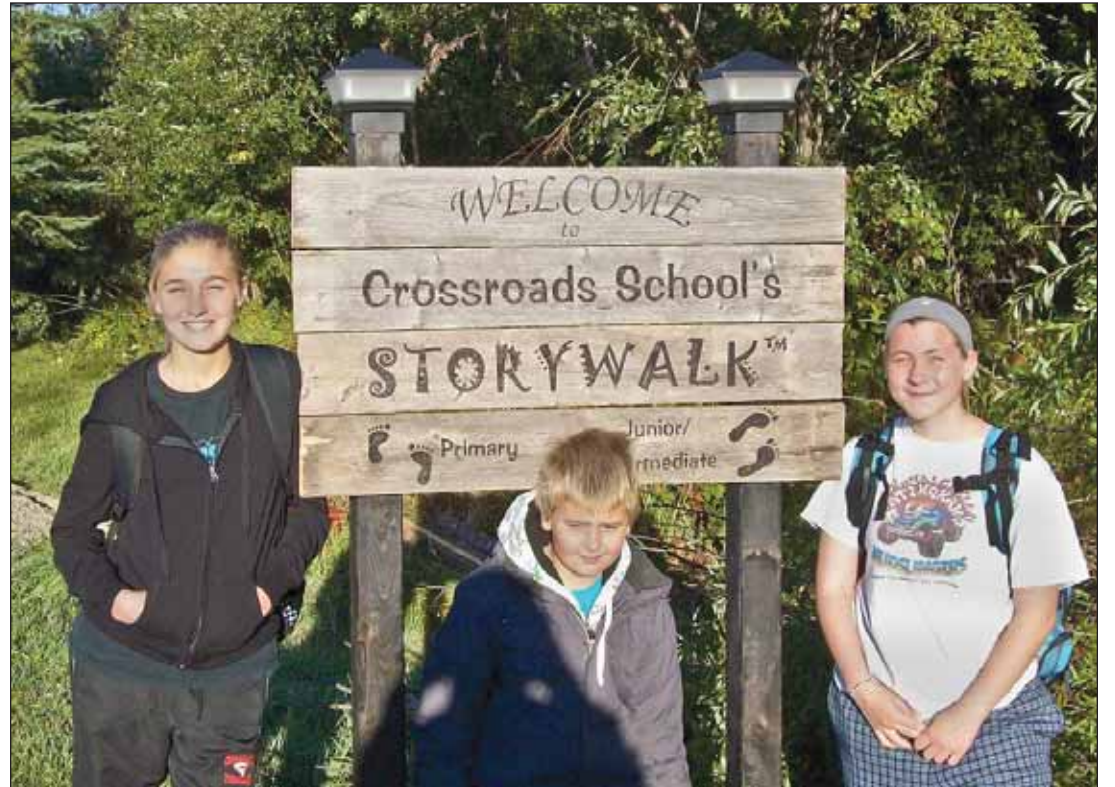
The boxes are ordered and paid for on the first Wednesday of the Month at the Sunset Country Metis Hall between 11 am and 4:30 pm. Or you can pay and order on the third Wednesday of the month for the next month when you pick up your food box between noon and 5:00 pm. You can bring your own bag or box. The next order and pay date is October 5th with pick up taking place on October 19th.

Foods included in the Septem-

ber box were pears, oranges, bananas, beets, carrots, Kelsae onions, bok choy, broccoli, potatoes, squash, cabbage (these last eight items were all local, and celery, lettuce, green pepper and garlic. It is highly unlikely these 15 items could be purchased at local supermarkets for \$20. And it is all so fresh.

The partners use the Hall under the Metis Nation of Ontario Health Services Branch and the local council approves the usage. The partners all express their thanks for their dedicated volunteers and to the High School students who have done their volunteer hours at the hall. If you have any questions regarding the program, how you can get on board for a food box or if you want to volunteer you can call Anne Marie Armstrong at 274- 1386 or Becky Holden at 274-9827.

## There's something \*\*NEW\*\* happening at Crossroads!



Pictured from left, Grade 8 students Bethany Harrison, Grade 3 student Jeremy Wolonicki Asselin and Jaymee Fisett at the entrance to the Crossroads School story walk.



Grade 8 student Jaymee Fisett, on the left, who did a lot of work with Ms. Kroocmo in setting up the Story Walk as well as Grade 1 student Shelby Kellar and Gr. 2 student Craig Taylor.

If you're a parent or caregiver that would like to help your child explore the world of literacy in a new and unique way, then Crossroads' StoryWalk™ is for you!

Put simply, a StoryWalk™ is just that – a story that is enjoyed while walking along a designated path. Crossroads' primary StoryWalk™ is located along the perimeter of the school play-

ground and is ready for families to enjoy at their convenience. The current story is from A Value Tales Treasury, and is written by #1 New York Times bestselling author Spencer Johnson. The StoryWalk begins near the northwest corner of the school (just follow the signs) and goes along the North and West perimeters of the play-

ground. The junior/intermediate StoryWalk™ will be established along the cross-country trail to the northwest of the school. Unfortunately, due to a large number of bear sightings in the area, the junior/intermediate StoryWalk™ has been postponed until further notice.

Research shows that children who are read to on a regular basis before and during their elementary school years are most likely to succeed. In fact, many experts believe that out-of-school reading is a key predictor in terms of educational success. According to one study, just 15 minutes of out-of-school reading per day was enough to expose children to more than one million words of text every year! StoryWalks™ are a great way for families to read together in a natural environment – the physical activity is an added bonus that allows kids to burn some energy while building their literacy skills!

There will be a new and engaging StoryWalk™ story posted every second Tuesday (coinciding with school newsletters) during the months of September – November, and April - June. We encourage every Crossroads family to come out and enjoy a StoryWalk™ today. This can be done anytime as an outing with your child in the evening or on the weekend. We think it will be fun for both you and your child!

## Gibbins brothers win RRWT for the fourth time



Oliver on left and Jason Gibbins take home the trophy for the fourth time in the Rainy River Walleye Tournament's 13th years of competition. Their total weight was 22.96 pounds between 8 fish. The largest fish caught during the tournament was 10.97 pounds, landed by Sean Kilpatrick and Dan Armstrong who came in second. Their total was 19.17 for 7 fish and in third place, Lisa Stone and Raymond King had 18 pounds for 8 fish. The Rainy River Record has a full report with all the standings and pictures or go to rrwalleye.com.

## The colours of fall



By Marlene Deschamps

Over the past few weeks people have been treated to the annual changing of the colours for all the trees around us. Some just turn yellow and others red

but there are also many shades of both. From pale yellow—from red to burgundy. People in Northwestern Ontario are so lucky to live in an area where Mother Nature

provides such beauty. It is well worth one's while to just drive around town and see the trees before they drop those colourful leaves in preparation for the upcoming winter season.



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