

The Westend Weekly

Bringing Communities Together



Box 66, Rainy River, ON POW 1L0 Ph. 852-3815, FAX 852-1863, e-mail: westendweekly@tbaytel.net - Serving the District for almost 17 years VOL. 17, NO. 40 Wednesday, January 28, 2009

Fort Frances Public Library takes part in World Record attempt



Andrea Avis, Library staff member, enjoys her time reading to the children

by Marlene Deschamps

A Family Literacy Day world record attempt event was held at the Fort Frances Public Library on Friday, January 23rd. The Library was contributing to a national attempt to break the record for "Most Children Reading with an Adult". Family Literacy Day in Canada is January 27th and there will be events going on at the various libraries throughout the district and at many schools.

The event on Friday was well attended as there were around 20 little ones who read along and interacted with Andrea Avis of the library. She read

five Robert Munsch story books with the children. Many were familiar with their favourite Robert Munsch book and read along with her. The five books chosen for the World Record Attempt were: Pigs; Mortimer; Purple, Green & Yellow; Murnel, Murnel and Something Good. After reading the books the children then had the adult with them sign the registration form and got their copy of participation in the event, before enjoying timbits and kool-aid. Andrea said they would let the media know the results of the record breaking attempt as soon as she received it. Last year the United States

took the record.

The Library does have a regular Children's Story Time program and many of these same children come down with their parents to participate. Parents are encouraged to get involved in one of the library's family programs. Just call 274-9870 to see all they have to offer.

In other news, the Friends of the Library Cookbook is still looking for more recipes for their upcoming edition. They have extended the date to submit your favourite recipe until mid-February. So drop by or mail in your submission and then watch for the publication date.

Ontario's Zone 1 Police Service Board holds meeting in Fort Frances



Former local Inspector of Rainy River District OPP Detachment, Dave Lucas, Community Police Officer (soon celebrating one year with that designation) and acting head of local detachment Staff Sgt. Steve Shouldice

by Marlene Deschamps

Fort Frances was host to the Zone 1 meeting of the Ontario Association of Police Services Board, January 21st-23rd. The event was held at La Place Rendez-Vous. Around 50 people attended from Zone 1 which runs from Marathon to the Manitoba border and north to Red Lake.

Over the three days the Police Service Board members heard from: on day one- US Customs Department of Homeland Security, Chief Marty Eide; Safe Communities/Safety Coalition, Grace Silander; Treaty Three Police, Chief Conrad Delarond/Joe Red Thunderboy; Youth and Relations with OPP, Anne McCoy; held discussion of Council and Service Board relationships led by Bob Gould/Tom Gervais; Board Training with Tom Gervais & Mark Tatz. On day two- Internet/Computer Security- Sergeant Robyn McEachem OPP; Opiates Task Force, Inspector Dave Lucas; Meth Clinic, Kim Metke and ended the day with a Zone meeting.

Local Board Chair, John McTaggart welcomed everyone and introduced emcee for the event, Glenn Witherspoon who also sits on the local Board.

Day Two's presentation on Internet/Computer Security by Sergeant Robyn McEachem relayed even more information regarding cyber bullying and the need to teach parents/caregivers and schools how to protect the children. She also gave some known and some unknown tips on how to provide new information to schools and parents and indeed to themselves. Identify theft and how it is used was also an issue discussed and Sergeant McEachem made note of the just recent theft of information from a company in the US that had everyone being asked to double check their statements. She told the very interested group that they themselves should make a point of checking each credit card bill in order to verify that all purchases are legitimate and indeed made by them. There was quite a lengthy Q&A after her presentation and people shared information they knew. Everyone seemed to be of the mind that this will be an ongoing issue and they must stay ever alert to weeding out what is negative about this form of technology from what is positive. Attendees were given internet access sites that are great resources and emphasized

the importance of bringing information to the public in way of presentations, large or small so that all are aware of ways to make their internet/computer use more secure.

Day Two also saw former Rainy River District OPP Detachment Inspector Dave Lucas make a presentation on the recently formed Opiates Task Force. An overview of setting up the Task Force was given. It was noted there was a Task Force set up in Newfoundland in 2001 and one in Sudbury in 2005. These Task Forces were set up to deal with issues of an increasing number of people being addicted not only to what is commonly known as street drugs but the growing abuse of prescription drugs to the point where it has become an epidemic that devastates communities. A video was shown that included interviews with people who unwittingly became addicted to oxycontin in a very short time. These people did not buy street drugs and in some cases were very much against drug use, but their addiction came as a result of even short term usage of a prescription from their doctors. Those interviewed also spoke of the real pain of withdrawal from these medications. It was also noted that thefts of prescription pads has increased, along with teens raiding their families medicine cabinets for this too often, readily available drug. It is cheaper than crack or cocaine and is not different than heroin when it comes to its addictive qualities. The main reason it is so different is that this is manufactured by legitimate drug companies and is prescribed by doctors. Unfortunately, there is no regulations to control how it is prescribed. Lucas noted there must be education of doctors and the judiciary and explained the process of months of investigation, court, release and then again months of investigation and court and release. He stated there was no deterrent which made their job all that much harder and frustrating. He again noted that many seek counselling and they now have 80% of their cases related to opiate addiction. The task force is comprised of 30 members and involve law enforcement, education, prevention and treatment. Witherspoon then introduced Kim Metke, local pharmacist, who has held numerous positions and has received numerous awards, and who is setting up a Methadone Clinic

in Fort Frances. Barring any delays it is expected to be open mid-spring. The importance of such a Clinic was explained in that Kim has found out that an increasing number of people seeking counselling are addicted to prescription drugs. People from the area have to go to Kenora or Dryden to access a Meth Clinic. It was also noted that a rash of local break-ins and an increase in thefts from vehicles were related to obtaining oxycontin or items to sell to get money to buy oxycontin. It was noted the importance of working with the hospital and doctors and, part of the answer to the problem has to be influenced by the community. There are currently 100 persons locally who are seeking treatment. Kenora and Dryden Meth Clinics are very busy. Kim states this is not the answer to the problem of addiction but it is part of the answer to issue of public safety and that is the main drive behind him wanting a Meth Clinic here. He stressed that his main concern was that of a parent and although the success rate is not that high, there is harm reduction. He stated that the difference with methadone is that it is time released and offset withdrawal symptoms. When they stop going into withdrawal they are less likely to seek their drug of choice. He did note they did have some successes but protecting the community was the main issue.

After discussion and more Q & A, it was decided to circulate through the zones a petition to the Ministry of Health. They will bring the petition as a resolution to the AGM and will utilize the power they have as Boards to try to bring regulation and change in the medical community with regard to the prescribing of certain medications. It was felt they should look into using triplicate prescriptions as in some jurisdictions so that users can't use milk run shopping to various doctors and pharmacies to obtain more drugs. Each service board member will go back to their community, better armed with enough information to work with the OPP and their Councils to make their communities safer.

Glenn Witherspoon closed out the public session by letting everyone know that this was considered one of the best zone meetings and that they were going to be used as an example elsewhere. The group then took a short break before holding their zone meeting.

"Penny for Your Thoughts"



Margaret Schonewille, Executive Director of Alzheimer Society of Kenora-Rainy River District receives pennies from Della Baranuik

by Marlene Deschamps

January is Alzheimer Awareness Month for the Rainy River District. There were several fundraising events held over the past weekend.

The annual "Penny for Your Thoughts" was held at Canadian Tire on Friday and Saturday. Both groups and individuals brought in pennies they had saved up. Shortly before noon on Saturday, the top group bringing in pennies was Gizhewaadiziwin Health Access Centre who topped the scale at 74 pounds of pennies gathered by staff and clients. Coming in at number two was the Royal Canadian Legion Branch #29 which weighing in at 67 pounds of pennies. Individuals who were tops at

that point were Talyssa and Zak Keller who brought in 20 pounds of pennies. There are prizes to be won for the top group and top individuals.

Following the "Pennies for Your Thoughts" on Saturday, there was a dinner held in Rainy River at the Legion. That event was a sold out affair. Rounding out the week-end was the 4th annual "Chefs Charitable Dinner and Auction" that was held at the Adventure Inn Ballroom. The Chef's dinner also included a silent auction, raffles, games and entertainment. Margaret said that as soon as they had tallied up the funds raised during the three events, it would be released to the media. The dollars raised

stay in the district to assist with the various programs that are made available to people suffering from Alzheimers and their care givers and families.

Upcoming for the Society is the popular annual used book sale. It will be held on February 26th-28th at Revco Carpet. People can start dropping off their used books anytime after February 16th. That would be the day after the newly designated provincial Family Day holiday which started last year. The annual "Walk for Memories" will be held on Saturday, May 23rd in Rainy River and May 24th in Fort Frances. You can watch the papers for more details on the walk.



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Holly Caul
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Pam Buttner
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by David Suzuki
with Faisal Moola

Science Matters

Hunting in parks is at odds with conservation

In nature, predators usually go after the weakest of the prey – the oldest or youngest, the injured or ill. It makes sense; these animals are easier to catch, even if they're not always the meatiest.

We humans are different. We're often out to prove something, and so, with our fancy hunting or fishing gear, we go after the biggest and strongest animals – the trophy bucks with bigger horns, the bears with the best coats, or the biggest salmon or halibut.

In the natural order, the predator-prey relationship can ensure that wildlife populations stay strong, as the weakest animals get culled while the strongest and healthiest survive to pass on their genes.

Some hunting and harvesting done by humans has the opposite effect. New research published in the Proceedings of the National Academy of Sciences shows that many of our current hunting and fishing practices not only reduce population numbers but also cause dramatic and often negative changes in the behaviour, size, and characteristics of targeted species.

Researchers from Canadian and American universities looked at 29 earlier studies, mostly of fish but also of larger animals such as bighorn sheep and even some plants, and found that rates of evolutionary change were as much as three times higher in species that are hunted and harvested by

humans.

We've long known that unsustainable rates of hunting and fishing can devastate wildlife populations and fish stocks. Just think of the Atlantic cod fishery and the looming crisis in the Pacific salmon fishery. Now, as the new study shows, we're not just affecting the numbers; we're also having an impact on the characteristics of the animals themselves, such as body size and the age at which they reproduce. We have become a part of the evolutionary process, and that has huge implications when you consider how ignorant we are about the web of living things.

It's an important issue to consider when we look at hunting and fishing practices and regulations. When rules are overhauled to allow hunters to take even more species of animals, we have to think hard about what effect that may have on biodiversity and on evolution.

For example, the Ontario government recently posted a proposal to radically overhaul hunting rules in Kawartha Highlands Signature Site Park, a large protected area in the province. These changes would expand the existing hunting season for traditional "game" species such as black bears, and would allow hunters to kill previously protected non-game species, such as foxes, weasels, groundhogs, porcupines, raccoons, skunks, and a range of amphibians, common bird

species such as crow and grackle, and snapping turtles. The increased hunting opportunities would, in turn, trigger an increase in ATV use in the park.

While I don't hunt (although I love fishing), I'm not opposed to sustainable hunting and fishing for subsistence and even commercial purposes. But we should be clear: the Ontario government's proposed hunting rules for Kawartha Highlands Park are not about putting venison on the table. This is about expanding the human footprint within a protected area. Doing so is hardly consistent with the park's stated mandate to "preserve, protect and enhance the natural composition and abundance of native species, biological communities and ecological processes in the Park." I'd bet it's also at odds with the values of most citizens in Ontario, who believe that parks should provide a safe haven for wildlife – especially considering that more than 90 per cent of Ontario is already open for hunting.

What really steams me is that the proposed plans are at also at odds with a key principle of

sustainable wildlife management: that we should keep common species common to ensure they aren't placed at risk in the first place. For example, the Committee on the Status of Endangered Wildlife in Canada, or COSEWIC, the expert and independent science body that advises governments on species at risk, has just assessed snapping turtles as a species of special concern. The turtles are found within Kawartha Highlands Park and could be hunted if the new regime is approved, even though they are particularly vulnerable to human activities.

Parks like Kawartha Highlands Signature Site are an integral part of a commitment to maintain ecological integrity. Wildlife species in Canada are already under enormous pressure, due mainly to habitat loss and fragmentation. We need to act in a precautionary way now to minimize our actions that affect the ability of species to survive and evolve.

Take David Suzuki's Nature Challenge and learn more at www.davidsuzuki.org.

DO YOU WANT TO BE SAVED?

Only one time, in the entire Bible, is the question asked. "What must I do to be saved?" (Acts 16:30).

In the next verse (Acts 16:31) the question is answered,

"Believe on the Lord Jesus Christ, and thou shalt be saved, and thy house."

Remember:

Hell's Hot
Life's Short
Death's Sure
Eternity's Long
and, "There Ain't No Exits In Hell."

NO MAN KNOWS, HOW SOON IT IS TOO LATE

"Thou shalt not take the Name of the Lord thy God in vain; for the Lord will not hold him guiltless that taketh His Name in vain." Exodus 20:7

Any way that you use God's Name, the Lord's Name, Jesus' Name, other than in a Holy manner, is taking His Name in vain.

"For God so loved the world, that He gave His only begotten Son, that whosoever believeth in Him should not perish, but have everlasting life."
John 3:16

Acts 2:21 and Romans 10:13 indicate that, "whosoever shall call upon the name of the Lord shall be saved." In the next verse, Romans 10:14 it says, "How then shall they call on him in whom they have not believed?" Believing precedes calling upon the Name of the Lord. Jesus Himself said in John 14:6 "I am the way, the truth, and the life: **no man cometh unto the Father, but by me.**" God reaffirms this truth in 1 Timothy 2:5 saying "For there is one God, and one mediator between God and men, the man Christ Jesus." When someone says "repeat this prayer after me to be saved: it is making people feel like they have to "do" something to be saved, other than **believing**. If someone is asked to say a prayer to be saved, the person who says the prayer is still on his way to hell, after repeating the prayer, if he hasn't believed in his heart. Nowhere in the Bible is it found that a person has to pray a prayer to be saved. God does not hear a prayer unless you go to God in the name of Jesus Christ, **The Only Mediator between God and man**. Jesus Christ is not your Mediator unless he is your Lord and Savior. So according to God, the steps are, first, you **believe in Jesus Christ as your Lord and Savior**. By **believing** as Acts 16:31 indicates, you are **saved!** Acts 16:30,31 is the only time in the Bible where the question is asked, "what must I **do** to be saved?" God answering through Paul said, "**Believe** on the Lord Jesus Christ, and thou shalt be saved." By being saved, Jesus Christ is your Lord, Savior, and Mediator between God and yourself. Now you can pray to God, because you have the Mediator, Jesus Christ.

I believe that when a person "prays" to God, without being saved, his prayer goes no higher than the ceiling, and God probably says, "Who do you think you are, to think that you can come to Me, without coming to Me in the only possible way that I have set out in My Word? For you come to Me, through My Only Begotten Son, Jesus Christ, the One and Only Mediator between you and Me." You don't just pull Jesus Christ out of the air, and say today I want You to get me to God, be my go-between for God! It doesn't work that way. Jesus Christ is either your Lord and Savior, making Him your Mediator, or, if Jesus Christ is not your Lord and Savior, He is not your Mediator. I believe it is very important to stress that you are saved by **believing only**. John 3:16, probably the most quoted verse in the Bible, says that, "whosoever **believeth** in him should not perish, but have everlasting life." Again, this passage clearly prescribes believing, not repeating a prayer. In John 3:4, Nicodemus asks Jesus, "How can a man be born when he is old? Can he enter the second time into his mother's womb, and be born?" He was asking this in regard to Jesus' statement in John 3:3, that a man needs to be born again. Jesus' answer in John 3:5 and following is "Except a man be born of water and of the Spirit, he cannot enter into the kingdom of God." Nowhere does Jesus say, pray to be saved, it is **always believe**.

Years ago, I heard Dr. Donald Grey Barnhouse say "I'm deeply offended when I hear a prayer that does not end with the idea that God must be approached only through the Name and the Being of the Lord Jesus Christ." Ephesians 1:13 says "In whom (Christ) ye also trusted, after that ye heard the word of truth, the gospel of your salvation: in whom also after that ye **believed**, ye were sealed with that Holy Spirit of promise." Romans 10:9 tells us "That if thou shalt confess with thy mouth the Lord Jesus, and shalt **believe** in thine heart that God hath raised him from the dead, thou shalt be saved." "For with the heart man **believeth** (first) unto righteousness; and with the mouth confession (next) is made unto salvation." How many people have gone to hell or are going to hell by putting their trust in the ungodly "pray the sinners prayer" or "repeat this prayer after me", instead of **believing** John 3:36: "He that **believeth** on the Son hath everlasting life: and he that believeth not the Son shall not see life; but the wrath of God abideth on him."

Luke 23:39-43 tells us "And one of the malefactors which were hanged railed on him, saying, if thou be Christ, save thyself and us. "But the other answering rebuked him, saying, Dost not thou fear God, seeing thou art in the same condemnation? "And we indeed justly; for we receive the due reward of our deeds: but this man hath done nothing amiss. "And he said unto Jesus, Lord, remember me when thou comest into thy kingdom. "And Jesus said unto him, Verily I say unto thee, Today shalt thou be with me in paradise." In these verses in Luke, we see that a man was saved by believing only. The malefactor did not, and was not instructed by Jesus, to pray, to receive salvation. He said unto Jesus, "Lord, remember me when thou comest into thy kingdom. "And Jesus said unto him, Verily I say unto thee, today shalt thou be with me in paradise." **You don't fool Jesus**. Jesus **knew** that this man **believed** in Him; that this man **believed** that this Jesus that he was talking with was the Lord, The Messiah, the Only Begotten Son of God, the Savior, and in believing, the man was saved. Now if you think that you have to pray first, repeat first, or **anything** first, before believing, why did Jesus tell him "today thou shalt be with Me in paradise?" OR if there is a need to do for anything to go along with **believing**, why didn't Jesus tell him what that was? Jesus doesn't make mistakes! God's Word is true. You don't (really you can't), add to or take away from God's Word, and it be true. Just leave His Word alone, and do what God said, **believe**. Psalm 119:89" "For ever, O LORD, thy word is settled in heaven." Revelations 22:18,19" "For I testify unto every man that heareth the words of the prophecy of this book, If any man shall add unto these things, God shall add unto him the plagues that are written in this book: "And if any man shall take away from the words of the book of this prophecy, God shall take away his part out of the book of life, and out of the holy city, and from the things which are written in this book." Take your Bible and check the references that we contained herein - nothing added to and nothing taken away; and when you hear "the plan of salvation" from anyone, get your Bible out and see if it is God speaking or "someone's" idea. I can't see "ten steps" to salvation, I can see only one step: **believe**. The malefactor on the cross had but one step, and he took it. You, I, we all have "one step," **believe**. Please take it, and believe in the Lord Jesus Christ for your salvation.

* All Scripture references are from The King James Version, (Cambridge: Cambridge) 1769.

Paid Advertisement

The Older Crowd...

• A distraught senior citizen phoned her doctor's office. "Is it true," she wanted to know, "that the medication you prescribed has to be taken for the rest of my life?"

"Yes, I'm afraid so," the doctor told her.

There was a moment of silence before the senior lady replied, "I'm wondering then, just how serious is my condition because this prescription is marked 'no refills'."

• An older gentleman was on the operating table awaiting surgery and he insisted that his son, a renowned surgeon, perform the operation.

As he was about to get the anesthesia he asked to speak to his son.

"Yes, Dad, what is it?"

"Don't be nervous, son; do your best and just remember, if it doesn't go well, if something happens to me, your mother is going to come and live with you and your wife..."

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Required Qualifications: Secondary School Diploma with proven practical experience in computer skills, filing and office organization.

All casual personnel must be able to work on an on-call basis at the Education Centre and all schools within the Rainy River District School Board.

Please submit cover letter for requested position, resume, and two professional references (one of which must be from a current or former supervisor). Written authorization to contact references is required with the application (Freedom of Information and Protection of Privacy Act).

Offer of employment is conditional upon the successful candidate providing a current, original Criminal Background Check with Vulnerable Sector Screening. This document does not need to be included in your application package.

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522 Second Street East
Fort Frances, ON P9A 1N4
FAX: (807) 274-1950
EMAIL: ncousineau@mail.rrdsb.com

Only those applicants shortlisted will be contacted.

**Closing date for applicants is
Friday, February 6, 2009 at 4:00 PM**

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District Mental Health Services
older adults program

Geriatric Mental Health Worker

This is a .6 (22.5 hours/ per week) position based in Fort Frances with extensive travel in the west end of the district. The District Mental Health Services for Older Adults Program offers community based psychogeriatric services to older adults with serious mental illness as well as individuals with dementia.

Responsibilities:

- To provide intake and ongoing clinical assessment; develop, deliver and monitor individual care plans and services.
- to provide individual counseling, support and education to clients, caregivers and care providers.
- Provide therapeutic interventions, assessments, treatment planning and follow-up.
- Working as a part of a local and district networking team.

Qualifications:

- A Degree in a regulated profession; ie Gerontology, Nursing, Psychology, Social Work or other related professions.
- Demonstrated specialized knowledge of counseling and practice with the geriatric population and community based care.
- Demonstrated ability to work with older adults and mental health and/or behavioural disturbances and their families.
- Three to five years of experience working with the mental health issues of an older adult population including experience in individual, family and group interventions.
- Excellent organizational, verbal and written communication skills and computer knowledge.
- Current registration in their professional designation.
- Current First Aid and CPR certification
- Access to a vehicle and hold a valid Ontario Driver's Licence.

Qualified applicants are asked to submit a resume and cover letter outlining their experience by **Tuesday, February 3, 2009** to:

Selection Committee
District Mental Health Services for Older Adults Program
414 Scott Street
Fort Frances, Ontario P9A 1H2
Fax: 807-274-3515

Only those individuals granted an interview will be contacted.



Canadian Mental Health Association, Fort Frances Branch