




I couldn't pass up the opportunity to display a few more photos of Dr. Patrick's snowflakes. They say no two are alike and maybe that's true!



The Westend Weekly

Box 66, 303 Fifth St., Rainy River, ON PoW 1Lo Ph. 807-852-3815, Email. westendweekly@tbaytel.net
Vol. 28, No. 38 Wednesday, January 16, 2019
Serving the Rainy River District for a totally great 27 years+! Read us on line at www.westendweekly.ca.

Entrepreneurs Welcome Here! Government Renews RRFDC Contract for 5 Years



Geoff Gillon of Rainy River Future Development Corporation shares on his experience and privilege of working with the area's entrepreneurs.

by Melissa Friesen

Last week, MP Don Rusnak, members of the Rainy River Future Development Corporation, FedNor, media and guests stood in Jennifer Horton's Curvy Chick boutique to take part in the federal government's official funding announcement. The small crowd clustered together in order to hear the government's approval of the economic strategies happening in the area, very much including small business shops on Scott Street like Jennifer's.

Over the next five years, the Government of Canada will be investing \$2,250,000.00 in the district's economic development via the RRFDC. A five-year renewal has never happened for the Rainy River District before, but it's the kind of initiative Don Rusnak believes is in keeping with the long term economic strategy of the federal government. "In the past, there hasn't been that five-year commitment but this government believes

that you need to make a longer-term commitment. . . If [the RRFDC] didn't have a commitment for five years, [some projects] couldn't start. Today's announcement demonstrates our commitment to building a strong economy, a growing middle class and creating jobs right here in Fort Frances and the surrounding area." Rusnak expressed confidence in the RRFDC and in their partnership to bring about strong economic sustainability. In fact, the long term renewal is based on the organization's good performance over the years. "In the past, there hasn't been that five-year commitment but this government believes that you need to make a longer-term commitment. . . If [the RRFDC] didn't have a commitment for five years, [some projects] couldn't start."

Of the \$2.225 million, \$1.5 million will help support the ongoing operations of the RRFDC for the next five years. "The remaining \$750,000 will be used to provide access to

capital for businesses in the form of loans, equity investments, and loan guarantees." The increase in funds means that new and additional economic projects will be able to be funded, put into place, and executed in the district. Rusnak noted that the Rainy River District was in a good position geographically and as well with the mine and prospect of the milling opening up. Not only that, Rusnak pointed to the resources within the community members. "With support from the RRFDC a kid here can come up with a great idea and get that support and carry that support on. That's the vision of our government to make sure that every community and every corner of this country can do whatever they want."

The RRFDC already has approximately 68 active loans in sectors such as retail, food services, food processing, machining and repair in their current investment portfolio. Geoff Gillon praised the government's foresight in their



Jennifer Horton, owner of Curvy Chick relays her praises for the RRFDC, saying that as a business owner she uses their resources all the time.

commencement of a long term contract which will allow the Corporation to focus on more long term goals and plans. He followed up that point by illustrating the timeline it takes to get approval for funding, spending half a year making a plan and the next half of a year worrying about whether or not the funding would be there to actually implement it. With five years' partnership underway, RRFDC can make their primary focus on the clients. This will give them greater leverage in some major projects such as telecommunications, tile drainage and land clearing, re-searching the Fort Frances wood yard. "These projects all take more than a calendar year. It takes a calendar year just to get the application in."

According to the government's press release, the RRFDC is one of 24 Community Futures Development Corporations in Northern Ontario funded by FedNor to provide financing, mentoring and business development

services to Northern Ontario businesses and communities. CFDCs are community-based, not-for-profit organizations run by volunteer boards and staffed by experienced business and economic development professionals.

Don Rusnak noted how "instrumental" the RRFDC has been in supporting the economic growth of the district and how it has mentored business owners such as Jennifer Horton who is active in her own business as well pursuing success for others as a member of the Business Improvements Association and her involvement in the PARO Centre for Women's Enterprise.

Jennifer took time to thank the government, RRFDC, FedNor, and all the people who've made the success of her business possible. "We are very fortunate to have such a supportive organization. If it wasn't for them myself and many other small businesses wouldn't be able to start." Curvy Chick opened 6

years ago with a small loan from RRFDC. In 2017, Jennifer was able to purchase her own building. Apart from the financial benefits, Jennifer counted the relationships and connections as being the biggest asset the RRFDC has given her.

The funding isn't just in place for big businesses either. Geoff Gillon commented on the planning package he gave to a young woman who was interested in going into business just hours before attending the announcement. Mentorship is a huge part of their program as well. "Our goal is to take an entrepreneur, nurture them over 4 or 5 years and hopefully graduate them to the senior banks which we do with many, many businesses. . . Our graduates are fully mature business when they move to the banks." He invited anyone with a business idea to come and pitch it to them at their office above the Alterna Savings and Credit Union on Mowatt Avenue in Fort Frances.



"This financial assistance will go a long way in helping us in our efforts to support business development, create jobs and improve the commercial and industrial base of the Rainy River District," said Gord Armstrong, Chair of the Rainy River Future Development Corporation.



"I am proud to be part of a government that supports businesses and entrepreneurs, and provides them with the tools they need to innovate, expand, reach new markets and create good-paying jobs," said Don Rusnak, Member of Parliament for Thunder Bay-Rainy River.



Geoff Gillon, MP Don Rusnak, Gord Armstrong, and Jennifer Horton stand together after the funding announcement of \$2,250,000.00 to be given to the RRFDC.

FedNor Representative Barclay Babcock was on hand on behalf of Ontario's development organization at last week's announcement to answer questions about the 5-year contract renewal.





Moos by Kim Jo Bliss
Notes from a hands on farmer

The big news of the weekend is the fact that Richard Norman caught the ACE on Friday night for \$21,711.20. Though we felt a bit disappointed Round # 5 was over we had a goal that we wanted to give someone in our community over \$20,000 and we made it! Personally, I would like to take a break for a couple of months from “Catching the Ace” but we are not all on that same page so please stay tuned! It is a big commitment on volunteers and like most other volunteer positions the committees seem to decrease in size rather than grow. This type of lottery is a big time commitment because it is weekly but I will agree it is really fun. Thank you to all of our helpers; selling tickets, picking up and dropping off tickets, buying tickets, and joining in on a very fun game.

I was able to get my cows home very easily on the weekend since they were ready for fresh hay. I was busy running back and forth to watch hockey so I wasn't sure that I would have time to

get the heifers in to vaccinate but the first few saw me with a grain pail and came up very easily. But there always has to be the last 2. They didn't come as easy but we did get them and they are all boosted up for calving time. I think I will let them back to the bush for a couple more weeks of feeding before I bring them home for calving. I'd like to keep them away from the yard as long as possible but then I start to get nervous that I am pushing my luck – what if something comes early?

We have been noticing wolves and coyotes around which doesn't make me happy. There seemed to be a fresh deer kill on one of our walking trails as well. This morning I thought the sheep were out through the night but turns out the deer herd was in my yard. They might be looking for food or they might be looking for safety. Either way, they won't hurt much other than I can see that they spent a fair bit of time at the bird feeder.



I hope to see everyone on Thursday night at our Rainy River Cattlemen's Association Annual Meeting. We are excited that Rick Wright is joining us and we look forward to his presentation. I think we will all learn something from his talk, so please join us at 7 pm at our Lady of Way School on Thursday the 17th.

We are hosting the Beef Symposium this Saturday at 8:00 am at the Chapple Municipal Office. The agenda looks great. If you would like to attend or are looking for the details give me a call ASAP.

I have been hearing that RRFA is in the planning stages of the Spring Ag Day! I am certain that if you have any suggestions on speakers or topics that they would love to hear from you! They are considering adding the trade show component again so keep in mind people or businesses that you would like to see attend! Suggestions can be routed through Lisa Teeple at 807-487-2340.

Social media is fully weaponized, open discourse be damned

By Peter Menzies

The Internet may very well be the innovation that liberated access to ideas, but the social media it spawned is swiftly evolving into the jackboot that suppresses them.

To put what's happening today to an increasing number of editors into perspective - Ian Buruma of the New York Review of Books is just the latest victim - one has to go back to the pre-Internet days, when those of us within newsrooms were pretty much the only ones who knew what was and wasn't in the paper or on the TV.

We spent our days scanning news wires for the information we thought was important and/or useful to our readers. We controlled the flow of information and people trusted us to do so in a responsible manner.

There were all kinds of interesting little decisions made every day that, in general, people didn't know about. We never reported on suicides, for instance, because they inspired others to do the same. The editorial pages of one newspaper I worked for had, as many still likely do, banned commentary from anti-abortion perspectives. Others declared that the debate on global warming was over and skeptical perspectives would no longer be presented. This ensured that ideas within the 'contentious social issues' category didn't inflame or divide public opinion as if, provided they didn't appear in the paper, they didn't exist.

We kept the gates. We did our best, or so we said, to ensure the mob was not inflamed. When it was and we were at fault, we would beg and usually be granted forgiveness. But when we were right, we and our advertisers would defend our principles, chief among them freedom of speech.

And then the Internet came along and everyone we had excluded got a voice again. Many of us saw it as the dawn of a new age - one that would leave little room for prejudicial behaviours and that would apply more pressure on professional media to behave even more professionally. This, surely, was a chance for people from all perspectives to become exposed to alternative and fresh points of view, inspiring a richer intellectual tapestry within the public square. The world would be a better place.

Well, not so much. No one expected that people would attempt to express complex ideas within 140 characters and that others would be willing to respond without even a millisecond set aside for pondering and politeness.

Yes, liberty flourished, but the Eden-like public square many envisioned was swiftly overrun by a collection of cacophonous rabble dedicated to crushing ideas to which they're opposed. This post-modern neo-puritanism is far more threatening to the polity than the soft paternalism practised in most 'back in the day' newsrooms.

Social media is now fully weaponized. What happened in New York is similar to what happened to former editors Hal Niedzviecki at Write (the Writers' Union of Canada magazine) and Jonathan Kay at The Walrus.

Buruma resigned under pressure after publishing a personal essay by Jian Ghomeshi, the once wildly-popular CBC host accused of sexual assault only to be found not guilty in March 2016. According to Canadian Press, "critics swiftly denounced the piece as a self-serving bid for public rehabilitation" - as if people found not guilty in the courts are forbidden to do so.

"It is rather ironic: as editor of the New York Review of Books I published a theme issue about #MeToo offenders who had not been convicted in a court of law but by social media," Buruma told the Dutch magazine Vrij Nederland. "And now I myself am publicly pilloried."

This is certainly not a defence of Ghomeshi or, for that matter, any other particular point of view.

It's merely a plea for civility and liberal order - a world in which people who wish to influence opinion should shoulder the responsibility to at the very least engage in an argument before winning it.

Peter Menzies is a former newspaper publisher and Canadian Radio-television and Telecommunications Commission (CRTC) vice-chair.

PASSINGS

Greg Allan Anderson

It is with great sadness that the family of Greg Anderson 63, announces his passing on Tuesday Jan-02-2019 in the loving care of the Rainy River Hospital.

Greg was born on Dec-26-1955 to Allan and Leone Anderson of Stratton Ontario. Greg will be dearly missed and is survived by his best friend, childhood sweetheart and loving wife Vicki; their children Sonya (Steve), Kyle (Amanda), Tashia (Travis) Michelle (Mark) Angie (John); grandchildren: Keylin Emily, Kale, Aisya, Jacob Tatum, Ryan, Kennedy, Peyton, Sarah.

Greg is also survived by his mother Leone Anderson, and his siblings Ken(Natasha) Debbie



(Larry) Doug (Roxanne) Patti (Brad), numerous nieces and nephews, cousins, extended family and friends and last but not least, his pipeline family and special pets Sassy and Jinyx. Greg will always be remembered for

his big smile and his kind generous heart.

Greg was predeceased by his father Allan Anderson, son Neil and grandson Jaden.

A service of celebration and remembrance was held in Greg's memory on Saturday, January 5, 2019 at 1 p.m. at the Emo Christian Reformed Church, with Pastor Sheldon Savage officiating.

If desired memorial donations may be made in Greg's memory by check to the Fort Frances Girls Musky Hockey Team, Rainy River Hospital Auxiliary, c/o Northridge Funeral Home Box 89, Emo, ON PoW 1E0. Online condolences may be offered at www.northridgefuneralhome.com

The Fort Frances Legion Auxiliary News



Fort Frances Legion Ladies Auxiliary to Branch 29 met on Jan 9/19 with 24 members in attendance.

Meeting was brought to order at 7:00 p.m. by President Alfreda Easton

Minutes of the Dec12/18 General meeting and the Jan 2/19 Executive meeting were read and approved.

Initiation and welcome to Janet Fedoruk as a new member. Reinstatement of Kathy Bois – welcome back and congrats on your retirement.

January birthday – Diane Taggart, Card to Jane Hayes

50/50 draw – Carolyn Oliver (Lic M804470)

Attendance draw – Jan Gosman (Lic M804470)

Big thank you to Irene Laing for stepping forward to fill the Secretary position for 2019.

We are still in need of a Ways and Means co-ordinator if you can help out please contact Alfreda Easton at 274-9105.

Recent and upcoming events:

Jan 17/19 a total inventory of the kitchen and regalia is being completed for insurance purposes. If you are able to help out please come down to the hall. Starting at 8:30 a.m. until completed, all help is welcome.

Jan 25/19 Monthly supper, cutlets with all the trimmings, salad, homemade dessert/pie, tea/coffee,

cost is \$16.00 per plate. 5:30 upstairs in the Legion hall. Takeouts available call 274-3772 before 4:30.

Apr 5 & 6, District meeting to be held in Rainy River, theme "Through the Ages".

Let Christina (271-4292) know if you will be attending as she is booking the rooms.

Sponsorship/support: Homeless Shelter 'Out of the Cold' – Legion Auxiliary to provide support in the form of providing supper 2 times per month for

15 persons at the shelter. Thank you to Christina for committing her time and services to prepare the meals.

Feb 18, 2019, Auxiliary has agreed to allow the use of our kitchen to 908 Rainy Lake Squadron to hold a Family Day pancake breakfast as a fundraiser for their Junot Beach excursion. Bring the kids out for breakfast. As an extension of the military services we provide as our support to the Cadets.

Meals on Wheels dates for spring 2019 have been set for March & April.

Preparations for Legion Convention June 14, 15, 16, 17, 2019 to be held in Fort Frances.

If you would like to know more about joining this group of fun and hard-working ladies please contact Cindy Noble at 271-2021 or Joanne Goselin at 274-5932.

Submitted by Barb Everett, Publicity

Project Petunia Seeking 2019 Sponsors

The Rainy River Future Development Corporation is seeking donors for Project Petunia. Project Petunia is an initiative to beautify Fort Frances in the spring and summer months by hanging baskets of petunias along Kings Highway.

Baskets can be purchased by individuals, businesses, or community groups and can be sponsored in memory of loved ones. Sponsors will be recognized with an ad in the Fort Frances Times when baskets are hung in mid-May.

The RRFDC has facilitated the beautification

project since 2016. Project Petunia is made possible thanks to sponsors from across Fort Frances and the Rainy River District.

"This project really enhances the beauty of our town. Tourists driving into Fort Frances from the west frequently comment on what a nice touch the petunia baskets are on

Kings Highway" – Tannis Drysdale.

Petunia baskets can be sponsored for \$50 per basket. Interested sponsors may contact Tannis Drysdale at the RRFDC at 274-9621. Donations can be made by cheque or cash, or online at <http://www.rrfdc.on.ca/project-petunia>.

60th Anniversary

Happy 60th Anniversary to Frank and Janet Ublanicki With love from all your family

Rainy River District Social Services Administration Board

We are Accepting Applications for the following position:

- Operations Supervisor, Children's Services (Full-time)

For more information visit our website at: www.rrdssab.ca

BORDERLAND SNOWMOBILE CLUB

Any questions call John Homer at Causeway Insurance **807-274-6688** or go to www.facebook.com/#/borderlandsnowmobileclub

POKER RUN!

SATURDAY, JANUARY 19, 2019

\$40 for three hands.

Fort Frances to Emo with lunch at The Emo Inn

Pulled Pork Supper sponsored by Cloverleaf Grocery after the ride

Registration 10:30-11:30am at the Fort Frances Groomer Shack off of 8th Street.

Causeway is a proud supporter of the Borderland Snowmobile Club

No trail permit? No Problem!

\$35 Event Pass will be available.

Introducing the Atom AA Division of the Fort Frances Canadians

For the next few weeks we will feature the players of the Fort Frances Canadians, Atom AA Division. Their coach is Neil Cooper and assistant coaches are Shane Bliss and Steve Chown. Fort Frances will be hosting a big tournament coming up on January 25 to 27 at the Duke arena and will host teams from Dryden, Kenora and Thunder Bay.



Keaton Cooper, number 30, is 9 years old and plays Goalie. He is 4 foot 7 inches tall and loves a big feed of perogies. His favorite team is the Vegas Knights and he'd one day love to play for them. Braden Holtby is Keaton's favorite player.



18 is 10 year old William Yerxa who, at 4 foot 9 plays center. William also follows the Las Vegas Knights and would like to play center for them one day. He loves to eat pizza with Ranch dressing and enjoys watching his favorite player William Karlson.



Eleazar Andrusco is nine years old and 4 foot eleven. His jersey number is 1 and he's a goalie. Give Eleazar a tub of Yogurt and a future playing for his favourite team Boston and a couple of wishes will be fulfilled. David Pastrnak is favourite player.



Ten year old Marlee Bliss wears jersey number seven and she's a 4 foot eleven right winger. A feed of crab legs would be Marlee's choice for dinner. The team she follows and would like to play for is the Boston Bruins. Her favourite player is Patrice Bergeron.



Forward Anthony Yerxa is 10 years old and five feet tall. What would he like for dinner? Pizza! Anthony wears jersey number nine and his favourite player, William Karlsson wears number 71. The Las Vegas Golden Knights is the team he'd like to play for in the future.

What Does a Healthy You Look Like?



As part of the opening introduction, participants are shown images such as this one from Instagram and asked to exchange dialogue on its meaning. Is a person's weight really an indicator of health or is it just part of their physical appearance?

by Melissa Friesen

When you say the words "healthy you" what comes to mind? Try rolling those words around in your mouth for a couple seconds. Say it in front of a mirror. Repeat it like a wave coming to the shore of your conscious mind. What do you see? Is it a skinnier version of yourself? A 5 am workout addict? Low calorie cereal bars lining the pockets of your purse? What if it could be you, just as you are, but with a different mindset? A comprehensive collaboration between the Fort Frances Family Health Team and the Northwestern Health Unit kicked off last week to ask that question. Fifteen participants registered for the first ever "Health You" workshop, spanning 8 weeks and covering logistical topics of health such as food portions and adequate exercise. More profoundly however, it seeks to explore the disassociation people have between their minds and their bodies.

I popped in to this week's session to hear exactly what was being taught. Sure, there were those strangely accurate plastic food portions lining the table, making it feel like a regular nutrition class. One slide featured the bright and shining example of Canada's Food Guide. But Rylee Blasky, dietician from the Fort Frances Family Health Team and one of the program coordinators, assures me that the program isn't about weight loss. "We're taking the vitality approach to healthy living. . . We're trying to get participants to understand what it is that influences their health and behaviours." The program doesn't centre around weight loss goals, although that may be part of the motivation for some individuals. Instead however, it focuses on health at any size and "learning to embrace and respect the bodies that we have and prevent chronic disease." Rylee stands beside a

blank piece of chart paper and asks the participants to tell her why we eat. People call out their honest answers at which point they're written down. Then, Rylee talked about the four different types of hunger: that which originates in the stomach as a means for survival, that which comes as a craving on the tongue, that which comes as an escape from pain or indulgence in a celebration, and that which comes from our childhood norms, ingrained diet as-



Rylee Blasky, dietician at Fort Frances Family Health Team and one of the Healthy You program coordinators, asks Monday night's participants to share honest confessions about why they eat.

sumptions, and habits. Each class has a different theme, whether it is nutrition based or focusing on active living. Participants spend most of the classes sitting around a large board room table and discussing and taking notes. However, a few of the classes allow for a little movement. Wendy Kabel from the United Native Friendship Centre will be guiding the group through yoga and Shanny Jackson will be teaching on the benefits of strength train-

ing. Jillian Langtry of the Riverside Community Counselling will also be doing a presentation on positive body image and emotional eating. "The goal is just to get people to shift the idea that you need to lose weight to be healthy. That's not the case. Health is influenced by many different things. We want people to listen to their bodies." However Rylee realizes that changing peoples' minds isn't that easy when the culture is

obsessed with weight. "I think through social media and other media, especially at the beginning of the year, there's a lot of diet advertisements." She is hopeful that programs like this can make a difference in the lives of the individuals who attend and commit to be more mindful about their thoughts and behaviours. The workshop filled up within a week of being posted, but will hopefully be offered again in the future.

Rainycrest passes latest inspection

In December 2018, the Ministry of Health and Long-Term Care (MOHLTC) conducted their annual Resident Quality Inspection (ROI) and Critical Incident System Inspection at Rainycrest Long Term Care Home. These inspections consist of comprehensive reviews of care planning along with resident, family and staff interviews to assess performance in the Home in meeting legislative requirements and demonstrating quality care. Riverside is pleased to report that Rainycrest's ROI and Critical Incident System Inspection had a

positive outcome. Two previous compliance orders have been lifted and no new orders have been issued. In light of these encouraging reports, we want to acknowledge and thank our dedicated staff and leadership team for their tireless work and commitment to providing safe and quality care for all our residents. Along with our partners at Extendicare Assist, we continue to focus on further improving operations as we address remaining areas of non-compliance and work to create positive sustainable changes within the Home.

2018 Model Year Clear Out Event

2018 Ram 1500 Sport Quad Cab 4x4

Loaded, 5.7L Hemi V8, 8 speed auto, Uconnect 8.4 touchscreen radio, GPS navigation, remote start, backup camera, tow pkg, spray-in bedliner, dual exhaust sport performance hood, stk#18125

25% Off MSRP
Now only **\$44,955***

2018 Dodge Grand Caravan Premium Plus

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From I Call Myself a Prospector by Bob and Frank Durnin coreshack-pub.com

Neither Alf nor Dean smoke. I smoke roll-your-owns, Players Fine Cut rolled in Vogue papers. The tobacco comes in pocket-sized plasticized pouches, six to a carton. One pouch typically lasts me a little less than two days, so a carton will keep me puffing for about ten days, more or less. I order one carton per week, which means I always have three or four days' supply on hand when the new carton comes in.

Did I mention that Wray, our expeditor, is a non-smoker? Well, the Beaver comes in with our weekly order, and when we unpack the goodies I find one pouch of tobacco – not one carton – one pouch! I guess Wray had a brain cramp, bless his heart and pink, unpolluted lungs.

I have a pouch and a half left, meaning I have less than three to last me a week. No problem, right? I will just have to cut back for a week to conserve my supplies, right? Wrong! Any smoker can tell you that when faced with a cigarette shortage you always smoke more. "How much do I have left?" You

open the pouch to check and since the pack is already open, you have another cigarette, naturellement - non? Oui!

Added to the mix is the seagull chick. We all take turns sitting with him and talking to him. He really likes to watch the smoke curling up from my cigarette and is especially interested in smoke rings. Big help, Oscar.

So it comes to pass that I run out the day before our next order comes in. I begin to pick up butts. Curses, why do I insist on camp cleanliness? (Sidebar A)

I carefully open the butts, discard the burnt ends and amass enough tobacco for ten cigarettes. Phew!

The next day is plane day, and wouldn't you know it, as dawn arrives so does the pitter-patter of rain on the tent fly. Soon it is pouring. The sky is low unbroken overcast and visibility is less than half a mile – one of those days when you know you are in for an all-dayer, if not longer. There will be no grub run today.

I have saved my ten butts, which produce two more cigarettes. Then those two butts are rolled into one skinny. Like the dad said to his boy sucking

on his straw at the soda fountain, "Let's face it, kid, it's empty."

Now, what does one do on a rainy day in camp? One drinks coffee and has a smoke. I only have half the equation and am going into withdrawal. Alf digs into his tribal lore memory bank and remembers an elder telling him about smoking Labrador tea in times of tobacco famine. I really don't have time to pick Labrador tea leaves, spread them on a rock to dry and grind them into tobacco. "C'mon Alf, you can do better."

He then remembers that some of the old folks used to smoke real tea, so out comes the Red Rose tea bags. I open a couple and roll a fatty. Hmm, might work. I light it up, take a drag, lean over to put the match out on the dirt floor and all the damn tea runs out of the end of the cigarette. I roll another, this time being careful to keep it horizontal. It doesn't taste too good, and I have to take care to lean ahead so that the constant shower of sparks doesn't set fire to any important body parts. I try one more and give it up. The tea isn't tasting any better, and besides, Alf and Dean are getting far too much en-

joyment out of my efforts. Even I have to admit that I am having more fun trying to smoke than smoking.

The next day it stops raining before noon and the plane comes in. Guess which box I open first? Let me tell you, the rest of the summer I make darn sure that I always have an extra carton on deposit in the tobacco bank. (Sidebar B)

I couldn't possibly screw up again, you think? Think again. I forgot to order matches, for crying out loud! I have a Zippo lighter, but no lighter fluid. I carry wooden strike-anywhere (Sidebar C) matches in the bush, and there are just a few left in the matchbox in camp.

We also use matches to light the cook stove. Moak has upgraded from the Coleman two-burner naphtha stove, and now each camp has a nifty three-burner propane Jiffy Range. No piezo-electric spark lighter – you just turn the valve and light the burner with a match. Do I smoke or do we eat? I decide we can do both.

So once again we go to Plan B. I scour my pack-sack and office box (Sidebar D) for matches. Every smoker I have ever known has a stash of penny match folders. They get tossed into your gear

when you leave town and can be found in a shirt or jacket pocket. I come up with two full folders and two partials. Some of them don't light so good – they are too old, or have too often been soaked in sweat and dried out again. I carry the penny matches to work and during breaks I never have more than one cigarette. At lunch, I have three but only use one match, lighting the next one from the butt of the previous smoke. The wooden matches stay in camp to light our cook stove. At camp I risk eyebrows and moustache, lighting one off the propane stove after supper.

The penny matches last three and a half days. We now have four wooden matches left. After supper on day four I leave one round on the propane stove burning. Our butter comes in tin cans roughly twice the size of canned tuna or flakes of ham. With the top completely removed, the upside-down can fits over a burner with a little room to spare. I turn the flame down as low as possible, cover the round with the can to protect the flame from the wind, and go to bed. It works – in the morning the flame is still

going! The stove is kept burning in this way until after breakfast on day six. Our grub order comes in and we are no longer matchless. (Sidebar E)

Next week - the Sidebars. Stay tuned!

Betty's of FF is the place to find the works of local authors. You'll find the Prospector Series there.

BACK TO THE BUSH! 2019

Maps – Then: Here's how I would have put together a map file in 1969.

First I would stop at the Mining Recorder's office in Red Lake. My claims would have been drawn on the Little Shabumeni Lake sheet and because this sheet covers an area of approx. ten square miles with a scale of 1/2 mile to the inch, I would now have an overview of other staking activity in the area. One copy is free with additional copies @ 50 cents ea.

Now I need a geology map so I go to the office of the District Geologist in the same building. I walk out with what I need – seldom more than a buck per print. For an outlay of maybe \$10, I have most of what I need to put together five or six sales packages.

Next week: Maps now.

Yes to cannabis store in Rainy but no licenses available right now

by Nancy Gamache

Rainy River Town Council held their first regular meeting of the year on Monday, January 14, 2019. The various committees are already addressing many issues. The Public Works committee is working with the maintenance crew to set priorities for the next 4 years. First on the agenda is the safety of some of the uneven sidewalk areas on Fourth Street. There was also discussion around the decreased speed limit on Hwy 11 between 1st Street & 6th Street and the hope that motorists notice the new speed limit signs.

Safety concerns have been expressed by library staff who work alone and have had an increase in people using the library as a warm place to 'hang out'

in the winter. The Library Board has been asked to describe specific situational concerns, along with statistics regarding the increase in loitering. Various first responder type alert options were considered because OPP response time could be lengthy in the event of an emergency. OPP Inspector Nathan Schmidt is already scheduled to be at the next town council meeting, this concern along with others will be discussed.

The Council passed a motion to "permit private cannabis retail stores in the Town of Rainy River". However, at this time there is no possibility for anyone to obtain a license for a cannabis store in Rainy River, as there are currently no more retail

cannabis licenses available.

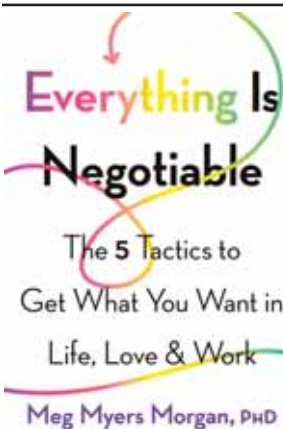
The Town of Fort Frances has established an agreement with Emo for recycling and have initiated discussions with Rainy River. Hopefully, something can be worked out to fully re-establish recycling in Rainy River.

The Recreation Board/Curling Club are working hard to bring a variety of events to the community, starting with a Fishing Derby on Saturday, February 9. Haley Coleman (NWHU Health Promoter) is working on a variety of funding and grant opportunities.

Veldron reported meeting with the Rainy River District School Board to review plans for the school addition and assist in planning parking. The plans include tearing down Riverview School and adding onto the high school. Details can be seen on the RRDSB website under Capital Projects.

Mayor Debbie Ewald, town clerk, Veldron Vogan and all Council members except Brent Helgeson were present at this meeting. The next Council meeting will be on Monday, February 11, 2019 at 7 pm at the Rainy River Town Hall.

The Bookworm Sez by Terri Schlichenmeyer



Point taken. When you were a baby, that's all you had to do to get what you wanted. Point at food, you ate. Point at your bottle, you drank. Oh, if only it was that easy to reach your goals, huh? Nope, not a chance, which is why you need "Everything Is Negotiable" by Meg Myers Morgan, Ph.D.

In her position at the University of Oklahoma-Tulsa, assistant professor and career expert Morgan helps shepherd students through the graduate process, and she helps them see where they're headed. Over time, she's noted that the female students she counsels tend to "negotiate" their future plans – although not with her but with themselves, "for the lives they want."

In this, "they are losing," says Morgan, because they aren't being clear and they haven't yet learned to outwit themselves. Sound familiar? Then you,

too, need her Five Tactics to Negotiate for Your Life.

First, don't confuse your wants with what someone else wants for you. Stop comparing, stop reaching for goals another woman sets, stop trying to compete because there is no competition. Know our own wants – and when you're frustrated along the way, then remember that you have other wants.

Likewise, there's always more than one choice and what you pick now can ease into something else later, one choice can become a multi-armed octopus of choices, or you can decide to chuck everything and start over. The best thing about choices is that they spread like spilled beads, into "countless smaller choices."

Remember that no matter how many degrees you have behind your name, "you are the thing that stands between getting the job and not." In other words, own the terms of your path, and own the fails. Don't "give it your all"; instead, spread your "give" in other places and try new things. And finally, accept that there will be challenges and obstacles. You'll get past them faster if you get out of your own way.

Once you get past that "Everything Is Negotiable" isn't about negotiation as a business practice, there's a lot to learn from it.

Meant mostly for women (though men can certainly glean useful information from these pages), this book uses author Meg Myers Morgan's personal anecdotes to perfectly frame the points she's making. Such tales, she says, help her students, and it's a safe bet that they'll help readers understand, too, even when they go slightly off-topic.

Those meanders in narrative get a little lengthy, but readers with patience – especially those who start to see themselves in Morgan's words – won't mind. The stories serve to soften the kick-in-the-pants that comes inside the advice, and the authority-clothed-in-bunny-slippers tone could give even the most timid reader a sense of bravery.

This is a great book for the college-bound or for a new grad. Women who are returning to the workforce will get a lot out of it, as will those for whom indecision is the default mode. If reading it will help, find "Everything Is Negotiable" and make it a point.

We will be closed from January 16 until we reopen on February 2



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- Replacing the rubber hose lines on your washing machines, sinks, toilets and dishwashers. Our experience is rubber hoses often fail, causing water damage.
- While you enjoy a winter vacation have someone check your home every 24 hours. Consider shutting off your water if you are away for extended periods.
- Checking your smoke and CO2 detectors regularly.

NOTICE TO CREDITORS AND OTHERS

All persons having claims against the Estate of **ROSA ALICE HANSON** also known as **ROSE ALICE HANSON** late of the Town of Rainy River, in the District of Rainy River, who died on or about the 13th day of July, 2018, are hereby notified to file same, duly verified, with the undersigned Solicitor for the Estate Trustee, on or before the 7th day of February, 2019, after which date the Estate will be distributed having regard only to claims of which notice has been received.

Earl Cameron Hanson
Estate Trustee With a Will
By his Solicitor,
Amy Lee Ruff
Barrister and Solicitor
306 Fourth Street
P.O. Box 834
Rainy River, ON
P0W 1L0

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One of the worst words in the dictionary

By David Suzuki

My parents married during the Great Depression. After the 1929 market collapse, people had to learn to make do, help each other out and live on meagre incomes. Those times were seared into my parents' attitudes and values.

Although we were all born and raised in Canada, my family was seen as the enemy during the Second World War. Because of our Japanese ethnicity, the government confiscated our property and incarcerated us in camps deep in the Rockies. When the war ended, we were shipped to Ontario where my parents worked as farm labourers. Winters were cold and I needed a coat, which they bought with their limited resources. I was in a growth spurt and quickly outgrew it, so they passed it on to my twin sister. Half a year later, she had outgrown it so our younger sister inherited it. For years, my parents boasted, "This coat was so well-made, it lasted through three children!"

Durability was a prized attribute of clothing and other products. What's happened since? Would a child today happily wear a well-used hand-me-down? How many parents even think of passing clothing on that way?

War pulled the North American economy out of the doldrums, but as it was drawing to an end, politicians worried about how to transition a war economy to peacetime. The answer was delivered by the president's economic advisers: Get Americans to worship at the altar of consumption, they advised, so they buy things, use them and buy more. It worked. Today, 70

percent of the American economy is based on consumer goods. And where America goes, a world enmeshed in the global economy follows.

The 1945 global population of about 2.5 billion has now exploded threefold. This huge consumer group has fed a steep rise in the global economy. To maximize consumption, businesses market products to children, seniors and sectors of the developing world. Holiday celebrations have become sales opportunities, none more than around American Thanksgiving with its Black Friday and now Cyber Monday.

Everything we consume comes from the Earth and goes back to it. Our home is the biosphere, the zone of air, water and land where all life exists. Many "resources" we exploit — air, water, soil, trees, fish — cleanse and replenish themselves. If we use them carefully, we can live in balance. But explosive growth in human numbers, consumption and the economy result in overexploitation and destruction, undermining the planet's life support systems.

In this critical moment when our energy decisions hold the key to our species' future, we must rethink our place in the world. That means re-examining our consumer-driven economy with its constant repetition of the need for growth.

Reflecting on the coat that "went through three kids," I wonder about the three Rs — reduce, reuse and recycle — that environmentalists pushed in the 1970s and '80s. Product durability means sales will dry up or at least diminish — not a good strat-

egy in a business cycle demanding growth as the measure of success.

In a time of environmental crisis, the most obscene word in our language is "disposable." Disposability implies that something we've finished using disappears. In the biosphere, nothing goes away or disappears. Everything ends up somewhere.

During the 1950s, the phrase "planned obsolescence" became a critical element of industrial output to ensure continued markets for everything from buildings to cars. This mentality underpins the very notion of "fashion." Clothing is something we wear to cover up and keep us warm in cold weather and cool in hot. But appealing to people's thirst for novelty clothing epitomizes disposability. Few things flaunt disregard for the environment more than proudly wearing pre-ripped jeans costing hundreds of dollars. Those jeans are a tribute to the need to push unnecessary product onto easily manipulated consumers.

The planet is overrun with an insatiable predator, humankind. As we run out of places to dump our wastes, cities are reducing the waste stream by banning disposables such as plastic dishware, cutlery and bags. This is a first step to re-examining our unsustainable ways and the need to rediscover values of frugality and thoughtfulness about our place on Earth. Let's start by teaching our children that "disposable" is a bad word.

David Suzuki is a scientist, broadcaster, author and co-founder of the David Suzuki Foundation.

It's time to tear down 24 Sussex



by Aaron Wudrick, Federal Director

Imagine your house was 150 years old and hadn't seen major renovations in 50 years.

Imagine it still had asbestos in the walls — that are also cracking in at least six spots — and that there's water damage throughout. Imagine ancient electrical wiring and deficient plumbing. Imagine it being too hot in the summer, and too cold in the winter. Imagine spending hundreds of thousands of dollars just to keep the heat and lights on, and the snow in the driveway shovelled.

Welcome to 24 Sussex Drive, the official residence of Canada's prime minister.

To be fair, 24 Sussex Drive is only where our prime minister is supposed to live. Understandably, Prime Minister Justin Trudeau has opted not to subject his young family to his crumbling childhood home. Instead, he's opted, for the time being at least, to live at Rideau Cottage, located just down the street on the grounds of the Governor General's residence, Rideau Hall.

This temporary arrangement may become a permanent one for the simple reason that there are no plans to actually fix 24 Sussex Drive. Trudeau himself has been quite candid, noting that "no prime minister wants to spend a penny of taxpayer dollars on upkeeping that house" for fear of public backlash. Recently, even the New York Times took note of the absurdity of the situation, describing the dilapidated building as "unfit for a leader or anyone else."

A review of the historical record shows just how long spending taxpayer money on the PM's residence has been controversial: private donors financed the installation of a swimming pool during Pierre Trudeau's time; the Progressive Conservative Party of Canada paid for renovations when Brian Mulroney was the occupant. When Paul Martin lived there, the build-

ing's state of disrepair was the subject of a Rick Mercer skit where he accompanied Martin to a hardware store to procure do-it-yourself supplies. And Stephen Harper simply ignored any and all advice to fix the building.

Generally speaking, fear of political fallout for wasteful spending can serve as an excellent deterrent to politicians with a tendency to play fast and loose with taxpayer money, and it's definitely preferable to the alternative of widespread public indifference. But when it comes to government buildings, there's no getting around the fact that putting off repairs just makes the final bill bigger in the long run.

What should be done, instead, is to build a new residence at 24 Sussex Drive.

Contrary to the prime minister's comments, we're already paying for the house due to the exorbitant cost of upkeep. It's a tab that will go on forever, and only grow larger over time.

A recent estimate by the National Capital Commission put the cost of building a new house at \$38.5 million, compared to \$34.5 million to fix up the

current building. But imagine the kind of new house that could be built for even half that price. And it's not as if we'd be losing a unique architectural gem, either: Maureen McTeer, wife of former prime minister Joe Clark and an author of a book on official residences, describes the building as "completely lacking in architectural value."

As to the cost, the sky can't be the limit. But setting a reasonable budget and holding a competitive bidding process, culminating in a fixed-price contract, could help ensure that taxpayers don't get bulldozed along the way.

With bigger-than-promised deficits and no sign of a balanced budget any time soon, the Trudeau government hasn't exactly been tightfisted since coming to power and there's a long list of areas where they need to get spending under control. But when it comes to 24 Sussex Drive, the can has been kicked down the road long enough, and the delay is getting too expensive. It's time to make a decision.

Generic drug kickbacks

The Official Opposition Health Care critic, France Gélinas, says the pervasiveness of kickbacks from pharmaceutical companies to pharmacies — designed to push their generics over those of competitors' — affirms Ontario's need for universal pharmacare, a prescription drug plan that covers everyone.

This weekend, CBC's investigative news program The Fifth Estate reported that the practice of drug companies paying pharmacies a fee to carry their generic drug products is allegedly rampant in the province, with consumers shouldering the burden of severely inflated costs. The practice is illegal in Ontario.

"A parent who needs an-

tibiotics for a sick child, a student dealing with asthma, or someone managing diabetes — all of them are forced to pay absurdly high generic drug costs because of years of costs being driven up by successive Conservative and Liberal governments — including Kathleen Wynne and Doug Ford — governments that refused to create a universal pharmacare plan," Gélinas said.

"Ontarians pay among the highest prices in the world for generic drugs. Wynne and Ford have stood by while drug companies and pharmacy chains profit on the backs of Ontario consumers. It's disgusting and illegal."

In a filmed, undercover investigation of 17 Ontario

pharmacies, the Fifth Estate found that all but one of the pharmacists openly asked about the "rebate" they would get for putting a particular drug on their shelves. Several referred to a typical kickback being as high as 70 percent of the drug's retail cost.

"Instead of allowing the Wild West of drug pricing, under a pharmacare system, we'd have the purchasing power of 14 million Ontarians," said Gélinas. "Pharmacare will mean lower costs, less stress and better health for people. It'll mean no one in Ontario has to cut their pills in half to make the bottle last longer, or go without the medicine they need because they can't afford it."



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The Corporation of the Township of Sioux Narrows - Nestor Falls

Employment Opportunity Community Development Officer

The Township of Sioux Narrows - Nestor Falls is looking for an energetic team player to work on a variety of projects including: economic development, social media/marketing initiatives, tourism development projects and community improvement plan implementation.

Eligibility Requirements:

- Post-secondary degree in Community Economic Development, Business Administration, Marketing/Communications, Tourism Development or related field
- Minimum three years related experience, including management & supervision
- Valid driver's license.

Responsibilities: The successful applicant will have creative skills and an excellent facility with computer systems, including typical software applications and social media platforms. He/she will be expected to assist the Township with the implementation of the Township of Sioux Narrows-Nestor Falls Strategic Plan. The individual will also be responsible for overseeing the operation of Sioux Narrows and Caliper Lake Provincial Parks, economic and community development, marketing/advertising and project initiatives and will manage the Nestor Falls Information Centre and the Northern Ontario Sportfishing Centre.

Qualifications: Applicants should have an accredited post-secondary degree in economic/community development, planning or marketing program from a college or university. They should possess excellent verbal and written skills, an ability to coordinate several projects at once and be able to work with a variety of co-workers and committees.

Remuneration: Commensurate with qualifications and experience.

Application Process: Please forward your resume, with cover letter and references (include a statement in your cover letter permitting the Township to contact your references), to:

Wanda Kabel, CAO – re: Community Development Officer Position
The Township of Sioux Narrows - Nestor Falls
P.O. Box 417
Sioux Narrows, Ontario
POX 1N0
wkabel@snnf.ca

Deadline for applications: February 28th, 2019