

The Westend Weekly

Bringing Communities Together



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Serving the Rainy River District for almost 22 years! Read us on line at www.westendweekly.ca

Sobriety Celebrated at Valentine's Day Dance



Lori Flinders, Director of Behavioural Health Services celebrated sobriety with her Valentine, Dave McMillan as they tried their luck at the Penny Table.



Angela Yerxa, a student in the Indigenous Wellness and Addiction Prevention Program at 7 Generations Education Institute and Giselle Struch, a student enrolled in the Social Services Worker program at Confederation College are completing their placements at Behavioural Health Services and were helping to serve coffee and refreshments during the dance.



Generations celebrating sobriety – Lavana Fox and Armand Jourdain Sr. (pictured in top row) were joined by Lavana's mom and dad, Nellie and Rudy Gegenfurtner who were visiting from Mulvihille, Manitoba.



Shurelle Medicine, age 7, was busy chasing after (or was she dancing with) her young friend.



Chief Kathy Kishiqueb from Onigaming First Nation was "supporting sobriety" and also indulging in a sweet treat.



Dave Lapp provided the dance music and karaoke.

By: Teresa Hazel

The Behavioural Health Services program hosted a Valentine's Day Sobriety Dance upstairs at the Fort Frances Royal Canadian Legion with an aim to put the fun back in sobriety.

Director Lori Flinders was pleased with the turnout and also the amount of support received from businesses across the District and International Falls.

"Everyone stepped up to support us", she said with gratitude and appreciation.

Guests were treated to a panel of speakers who shared their experience, strength and hope in their recovery journey with the support of 12-Step programs including Alcoholics

Anonymous, Al-Anon, Narcotics Anonymous and Codependents Anonymous.

After the speakers, the over one hundred guests were treated to music and karaoke provided by David Lapp, which featured spot dances for pizza coupons. There was also a penny table with a variety of items and gift certificates. Linda Dunbar was the lucky winner of the door prize, a beautiful ruby and diamond necklace donated by Brockie's Jewellers.

Snacks and refreshments were also included with the five dollar admission ticket along with Valentine's Day cupcakes and chocolates. Women were gifted with a single stem rose courtesy of Canada Safeway.

Raffle tickets for five dollars that featured a Stay & Play Golf Package at Fortune Bay Resort and Casino including a 2-night stay in a suite were sold out prior to the winning ticket being drawn where Carrie Atatise was named the winner.

Behavioural Health Services is a program of the Fort Frances Tribal Area Health Services that provides out-patient treatment programs and counselling services for adult mental health and addictions. The support services are provided for residents across the district. For more information about the programs provided, call 807.274.2042 or check them out online at www.ff-tahs.com.

Cuts for Cadets



Nick Piotrowski, a member of the 908 Rainy Lake Squadron (Fort Frances) extended appreciation to Erin Wood, owner of Simplicity Professional Hair and Body Care for providing complimentary haircuts for local cadets.

By: Teresa Hazel

Erin Wood is the owner of Simplicity Professional Hair and Body Care and she is giving back to the community by providing free haircuts for members of the local Air Cadets and Sea Cadets. As part of their membership, cadets are required to keep their hair neat and tidy and that is what the stylists at Simplicity are committed to helping them achieve.

"We give them a standard military cut. Fairly short on the sides and not messy", explained Wood.

"It's a requirement for them so it's a way to support what they have to do.

My brother-in-law was an air cadet and he was able to get his pilot's license", noted Wood as to one of the reasons she decided to provide the complimentary cuts. She also pointed out that she has

cousins who are involved with the Sea Cadets locally.

"People don't realize how far you can go with these programs. I know what involvement can do for people and I want to support it".

Nick Piotrowski was at the salon to get his monthly cut and also to extend appreciation to Wood for her contribution to the programs.

"Thank you for your support", said Piotrowski as he handed Wood a card last Tuesday on behalf of the 908 Rainy Lake Squadron.

There are approximately twenty-five local youth involved with the air cadets and about twenty members in the sea cadets.

The aim of the cadets is to develop in youth the attributes of good citizenship and leadership; promote physical fitness; and to stimulate the interest of youth in the sea, land and air

activities of the Canadian Forces. The motto of the cadets is: To Learn. To Serve. To Advance.

Piotrowski has a goal to obtain his pilot's license and has been involved for four years. The courses required are subsidized by the Air Cadets.

The local corps meets every Wednesday night at the Memorial Sports Centre auditorium from 6:30 to 9:30. As part of the weekly drills, they are required to wear their uniforms. Along with weekly classes, the cadets participate in survival weekends and have gone to Thunder Bay to take part in gliding and flying.

"The program has Officers and civilian instructors who teach classes about how planes work as well as leadership classes", added Wood.

The 908 Rainy Lake Squadron Fort Frances is sponsored by the Royal Canadian Legion Branch #29 and the local Chairperson is Geoff Gillon. For more information about the local program call 807.274.1365 or email Jason_Jarvis@cadets.gc.ca.

The 144 Royal Canadian Sea Cadet Corps (Fort Frances) meets Tuesday nights from 6:30 to 9:15 at the Emo Curling Rink. They are sponsored by the Department of National Defense, the Local Navy League Branch as well as local sponsors. For more information call 807.482.1785.

The youth programs are for teens aged twelve to eighteen. To find out more about Air Cadets or Sea Cadets, check out their websites at www.air-cadetleague.com and/or www.navyleague.ca.

Photographers' showcase



One of my brother's rare quiet moments.

Photo by Emily Frazer, Pinewood, ON



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