

The Westend Weekly

Bringing Communities Together



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Lakers celebrate Championship Season



Laker Ladies, Bev Kotnik, Linda Rajala and Jane Johnstone with Johnstone's billet, Tanner Fricke (#5).



Up and coming goalie, Jaden Cooper, gets some inspiration from the Lakers goalies pictured from I. Ryan Ferguson (#20), Devin Tappenden (#18) and Jordan Cartney (#28).



Laker captain, Cody Wickstrom helps his fan, Julia Guertin, aged 7, sign in for the draws.



Billet family, Mya Guenette, Bobbi-Jo Guenette and Lena Morelli say goodbye to their billets Jordan Cartney who hails from Calgary and Riley Daly from Winnipeg.



Parent of Laker player, Hunter Leishman and Laker Board member, Troy Calder with Operations Manager, Muff Allen.



Long-time Laker fans from I. Lorne McNay, Bob Holmes, Ken Noble Sr. and Wayne Herbert.



Hockey Family - Coach Wayne Strachan with newborn son, Cohen, Milt Strachan Jr., President of the Fort Frances Lakers, Carol Strachan and Milt Strachan Sr. hoist the Championship Cup. Pictured in front is Bryden Strachan (Coach Strachan's daughter).



Little Laker Fans - Anthony and Tristin Yerxa hold the 2013/14 team photo in front of the Bill Salonen Cup.



Jordan Cartney picks a winning ticket for Laker merchandise displayed by Cam Jackson



Mason Meyer and John Dora give away a couple more prizes.

By: Teresa Hazel

Laker players and coaches joined their fans, volunteers and billet families at the Copper River Inn last week to celebrate their successful season and bid adieu until the fall when a new hockey year will get underway.

Although they lost out in their quest for the Dudley Hewitt Cup after clinching top spot in the SIJHL and winning

the Bill Salonen Cup for the first time in franchise history, everyone was enthusiastic about the experience.

"There were some really good teams down there. It was good to see how we compared", enthused Ryan Ferguson who is one of the three goalies for the team.

Wayne "Muff" Allen is the Operations Manager for the franchise and does whatever

he can to help run the show.

"We came up two games short from going to B.C.", explained Allen about the chance to move on to play for the RBC Cup had they won the Dudley Hewitt. "The hospitality was great in Wellington. They treated us very well and it was a good experience for the guys", he said.

Lorne McNay, Bob Holmes, Wayne Herbert and Ken Noble Sr. are long time loyal Lakers. "We've been there since the first meeting", they all reminisced and confirm that Noble predicted a championship win this year for the team.

Although they didn't travel to Wellington to see the team play live, they caught all the games.

"I watched the games at Boston Pizza", noted Holmes who added that there was a good turnout of people who came out to watch them.

"It's good entertainment. It was a good year", they all agreed. "It was the best series ever against the Minnesota Iron Rangers".

For Coach Wayne Strachan, not only did his team earn their first birth to the Dudley Hewitt Championship, it was during the seven games series against the Minnesota Iron Rangers that he celebrated the birth of his first son, Cohen who was born just before the puck dropped in the sixth game of the series on April 21st.

Strachan had to miss that game although his team didn't disappoint earning the win in an away game and forcing Game 7 back in Fort Frances where the Lakers went on to win top spot in the SIJHL.

"Away from the rink, it was good hospitality and nice people", said Strachan about the Dudley Hewitt tournament in Wellington. "It was a very good show and organized tournament", he noted adding that, "On the ice, it was an eye opener of what to expect".

We came out flat in the semi-final which cost us a chance to get back in the game", he conceded although it did not take away his satisfaction with the achievements of the team.

"I'm proud of all the accomplishments as a team and as individuals. They set a standard for the Lakers to follow".

Strachan is already looking forward to the recruitment process for the 2014/15 season.

"With some good recruitment we're going to keep this thing going".

Strachan's parents, Carol and Milt Strachan Sr. were happy for their son's accomplishments and also the team.

"We're proud of the boys", enthused Carol. "They did really good that they got this far. Super!"

For the players who are leaving their billet families, it is a bittersweet time having to say goodbye.

"They were unreal. Awesome! I couldn't have asked for a better billet", said Jordan Cartney about the Guenette family who took him in.

For long-time billet, Jane Johnstone, it was a sad time.

"It breaks your heart when they go", she said, revealing the attachments and bonds that are formed throughout the year.

The card of appreciation she received demonstrated that the sentiment goes both ways.

"Thank you for providing a home away from home", said her billet.

Everyone at the appreciation event enjoyed food and refreshments while visiting, getting autographs, posing for pictures

with their favourite players, and checking out the Bill Salonen Cup that was on display.

Young Anthony Yerxa went to every Laker home game during the season and watched the away games on fasthockey.com

His favourite player is Miles Nolan and his brother Tristan's favourite player is Bryson Jasper.

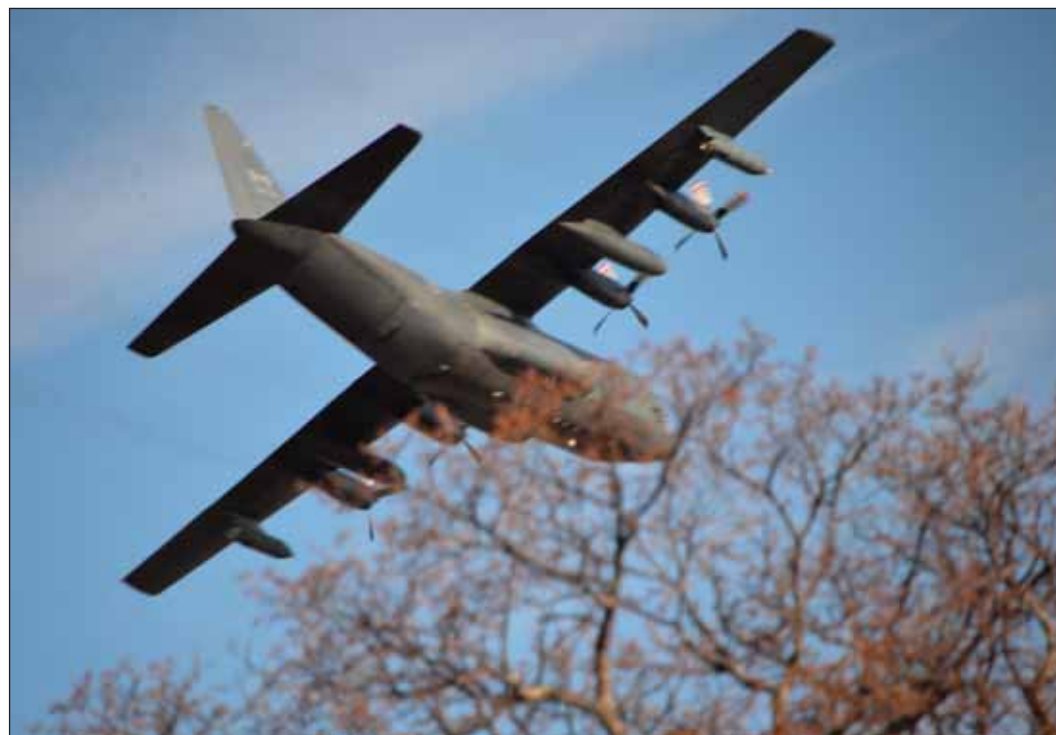
Another important aspect to the success of the season is sponsorship and the Lakers were pleased to receive a cheque from Gillons' Insurance for \$1,750.00 to help offset travel costs.

"They are great supporters", said Ken Noble who helps to secure sponsorship.

Guests were able to enter their names to win Lakers merchandise courtesy of the Thread Shed. Winners were Wayne Herbert, Eugene McPherson, Elaine Morelli and Anthony Yerxa.

To everyone involved in the Laker organization, congratulations on a successful year. Thank you for supporting Junior Hockey in Fort Frances. Keep up the good work!

Photographers' showcase



An RCAF Hercules does a low level fly past to mark the start of the 10th Annual Winnipeg Police Service Half Marathon for The Canadian Cancer Society at Assiniboine Park in Winnipeg on May 4th 2014. Photo by Gord Evers, Winnipeg



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Moos by Kim Jo Bliss

Well the weather continues to disappoint me and likely many others. We need to get on the land and get something planted! It has been said that every day after the 15th of May you start to lose a bushel a day on your cereal grains. There are things like our soybeans and corn that I would likely hold off planting until after that date in hopes of missing some late frosts. Don't think we will worry about holding off – but now it comes down to hurrying up! Saturday was an incredibly beautiful day and just teased us that there were more of those days in-store. Unfortunately our soaking wet day on Friday didn't allow much farm work for the weekend. Once it changes you will see everyone going full-speed. Please be patient with us on the roads. Fertilizer spreaders and much of our equipment will be moving up and down the roads and most of this stuff doesn't travel extremely fast. This is our jobs and our way of life and we realize everyone is in hurry or rushing but trust us – we are going as fast as we can and our window of good weather is pretty darn tight.

Another good job off the list! All are moved outside now except the ram and the last ewe to lamb. Her name is Pokee and she is taking her "pokee, sweet time!" Lambs are enjoying outside but even the lamb yard is soaking wet. Thankfully the green grass is appearing so I am planning to do some fencing this weekend and prepare for the sheep grazing areas. More lambs means more grass but I also am trying to keep them as close to the yard as possible in hopes of not losing any to wolves.

Sadly last week we said good-bye to a long-time friend; Barry Silander. Barry, Grace, Gary & Brent were childhood neighbours. We celebrated birthdays together, travelled to hockey and spent many summer days in sandpiles with Tonka trucks. Barry was always quiet natured but enjoyed long visits and good coffee. Barry tended to stick up for me a fair bit – being the only girl usually meant it wasn't me that got us all into trouble – or at least that is how Barry defended me! He was definitely a family man and I always admired how much he adored Grace. As life always changes the Silanders moved

closer to Fort Frances and we lost our neighbours but no matter how long between visits it was easy to pick up and catch up on things. He will be greatly missed and it seems unfortunate that life just seems so darn short for many. Let it remind us that we must make the most of each day.

Another dear friend passed away last week – George Emes. I met George through Rainy River Future Development Corporation. I quickly bonded with George and we shared many conversations about life being busy, friendships and making our district stronger. At a meeting I usually tried to sit close to George so we could share a few quick comments during meetings. George was a strong supporter of our abattoir and all our Agriculture projects. He was so passionate about finding a way to allow our communities to work together and grow. He talked highly about his family and wasn't afraid to praise a job well done. Last year he told me how proud of me he was that I was chosen to be a "Calendar Girl!" I am going to miss George and his shoes are going to be tough to fill.

The Border Shrine Club is more than the Circus and Parades

We have heard that the Shriners are just guys who wear funny hats, ride in our local parades with a big canoe and look like they're having a great time. They do wear funny hats and have a great time, but it's for such a great cause.

neapolis). Khartum has also sponsored visits to the Boston and Chicago Units.

Shriners Hospitals partner with some of the leading edge health care and teaching facilities - for example the Canadian Unit is affiliated with the McGill University teaching hospital and the Twin Cities Unit shares resources with the Mayo Clinic.

sponsor a child to one of our Shrine Hospitals for Children; Khartum is responsible to assist in the travel and accommodation costs and provide financial assistance for the child and one parent or guardian per child.

All monies designated to Patient Transportation must be used specifically to help our children, not for other Shrine operations. Shrine Hospitals for Children have a 4 star rating, as most of the administration is done by dedicated volunteers. Only 12.9% is used for Administration and 3.4% for fundraising. The balance of 83.7% of all funds raised are used to help our children.

For over 90 years, children from Canada, the U.S. and from around the world have benefited from Shriners Hospitals for Children. Since Shriners International opened its first Shriners Hospital for Children on September 16, 1922 in Shreveport, Louisiana the Shriners Hospitals for Children have treated over one million kids.

Today, construction for a new, state-of-the-art Canadian Hospital on the McGill University Health Centre's Glen Campus site is well underway and is slated to open its doors in the fall of 2015. This state-of-the-art hospital will serve as a Centre of Excellence in pediatric, orthopedic, research, teaching and patient care.

The Border Shrine Club is able to help support the Transportation Fund through the funds raised by bringing the yearly circus to Fort Frances. The local Shriners take in their aluminum for recycling. Also, over the years, the Shriners have been fortunate to be the recipient of both West Jet vouchers and Aeroplan miles. Anyone can donate their Aeroplan miles personally to help defray the huge transportation costs.

Acceptance into the Shrine Hospital System is based solely on a child's medical needs if in the opinion of our physicians there is a reasonable possibility they can benefit from the specialized services. Children up to age 18 are eligible for care without regard to race, colour, creed, gender, sect, disability or national origin.

The scope of the project to build and equip this new facility is immense at a cost of \$130 million. Fortunately, Shriners in the United States and Canada have shown great leadership and generosity. Shriners International is funding \$97 million of the total cost and over \$5 million in pledges has also been received from Shrine Temples across Canada and the north eastern United States. Thanks to these extraordinary gifts and the generosity of hundreds of individuals, Foundations and caring Corporations, campaign pledges to the end of February 2014 totaled about \$115 million or 88.5% of the \$130 million goal, without government funding.

And, this is what it is all for. Shriners helping kids have a better quality of life, putting smiles on their faces and giving them the greatest gift of all - Hope.

Please support your local Shriners. See you at the Circus on May 20th!!!

The local Border Shrine Club is affiliated with Khartum Shriners in Winnipeg, and Aad Shriners in Duluth. In 2013, Khartum Shriners sponsored 222 patient visits at a cost of about \$180,000.00. These patient visits involved 94 children from Manitoba and Northwestern Ontario. The majority of Khartum's children are treated at The Canadian Unit (Montreal) or the Twin Cities Unit (Min-

neapolis). Khartum Shriners When Khartum Shriners

"A Mother's Love"



Three generations of mothers came out for brunch at La Flambee on Sunday afternoon. They were treated to a delicious assortment of food and

also a delightful repertoire of

Reef Johnson; Bridget Dabrinsky; and Heather Johnson who was celebrating her first Mother's Day!

Trade show door prize winners

- Covenant Church – Red Candle Lantern – Sandra Themmen
 - Woods Bakery
 - ~ Spiderman gift – Charlie Johnson
 - ~ \$10 certificate – Gary Schuck
 - ~ \$10 certificate – Tom Irvine
 - Town of Rainy River
 - ~ Hat – Kevin Abbot
 - ~ Hat – Curt Peterson
 - ~ Bag – Tansy Wood
 - ~ Little bag – Linda Russsel
 - Service Ontario - \$25 gift certificate – Elsa Miller
 - Sunset Country Pest Control – Humming bird plaque – Corey Dyck
 - Alzheimer's Society – Bag & T-shirt – Dorothy Tolen
 - Create NRG – Lantern with solar panel – Vaughn Murray
 - Quadrus – Hanging Flower – Marg Westover
 - Conservative Party of Canada
 - ~ LED Flashlight – Stephanie Armstrong
 - ~ Hot and Cold Ming – Lennie Larson
 - All Sew – Basket – Chelsea St. Pierre
 - Grace Seale - \$50 Gift Card – Leonard Larson
 - Young Living Essential Oils – Hand Sanitizer – Cara Themmen
 - Scentys – Plug in Bar – Elsa Miller
 - Rainy River Electric – Jacket – Eltjo Wiersema
 - Doterra Essential Oils & Melanie's Foot Care – Rose Bush – Donna McDonald
 - Relay for Life – T-Shirts – Fran Farrenger
 - CIBC – Gift Basket – Ken Kash
 - Seven Generations Education Institute – Bag – Tom Irvine
 - Shoppers Drug Mart – Shopping Bag Full – Colline Irvine
 - Rainy River Legion – Legion Hoodie – Ruth Halverson
 - Rainy River Drugs – Atoma Products – Jen Shrumm
 - Rainy River Recreation – 1 month fitness of Youth registration – Carol
 - Rainy River Future Development - \$25 Go Local Card – Sheila Conner
- If you have not received your prize please contact the vendor.
- Thanks to everyone who attended

Legion Chat

by Walter Wagner, Major Hughes Br. 54 president

I'll start off by announcing that the proposed cribbage tournament won't be played on May 19th as that is Victoria Day and the Legion will be closed.

It was a pleasant surprise to have one of our long time members present us with a substantial donation in memory of her veteran husband. This kind of gesture gladdens the heart and strengthens the resolve to carry on.

Lest We Forget

The Trade Show went well and we handed out several membership applications and sold some 50/50 tickets and for us that was a successful day. The winner of the Legion Hoodie was Ruth Halverson.

Rainy River District Women's Shelter of Hope
If you are a woman who has experienced violence or abuse, staff at the Atikokan Crisis Centre are available 24 hours a day to listen and provide support to you.
Call
1-800-465-3348

Congratulations to Marlene McNally for being chosen as Volunteer of the Year. It was nice to see her hours of service to various organizations acknowledged.

Come down & Visit us at the Expo



Exhibitors

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| Salt/Alag | Shopper's Home Health Care | Grace Adele |
| Scentys Fragrance | Canadian Cancer Society | Create NRG |
| Saulteaux Consulting & Engineering | Century 21 | Gary Foster-Freedom 55 Financial |
| RR District Community Policing | Remax First Choice Realty | Northland Kitchen & Design |
| Sarah Campbell, MPP | Golectric Thunder Bay | Legacy Photo Carvings |
| Rob Georgeson-Investors Group | Pharmasave/Sunset Medical Supply | Winnipeg One Stop Web Shop |
| 7 Generations Education | Chem Free Grad-Cake Roulette | Thirty-One |
| Brenda Zerbinati | Northern Kriek | Beauticontrol |
| Heart of the Continent (HOCP) | Anthony Leek, Kenora-RR Prov. Liberals | Snap Fitness |
| Caring Hands Society | Epicure Selections | Alzheimer Society |
| Plinko | Lakers | CUJPW Local #538 |
| Campbell's Cabins | Curvy Chick | Naicatchewenin Development Corp. |
| Missy's Ethiopian | | |

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2nd Annual Jail and Bail Locks up Funds



Local celebrity convicts, B93 personality, Jonathan Price and From the Grind Up owner, Ben Morelli try to raise their bail.



Jenny Greenhalgh paid the bailiff, Larisa Curr to help free the prisoners.



Acting Judge Steve Latimer maintains order in the court while reading out the charges and sending the prisoners to jail.



Event Chair, Diana Larocque and Club President, Bill Michl escorted Lauren Luchka to her cell after being convicted of bogus charges.



Jeannine Gagnon encouraged Judy Sandelovich to enter her name for the Mother's Day draw.

By: Teresa Hazel

The Voyageur Lions Club held their 2nd Annual Jail and Bail fundraiser last Saturday at Canadian Tire in Fort Frances raising \$4,500.00 for the Special Olympics and Oakwood Dog School. About 20 prisoners were charged with various infrac-

tions including Ben Morelli who owns From the Grind Up. His charge? Having high-fat/latin coffee drink names in order to confuse customers so they give up and buy food. And Jonathan Price a radio personality from B93 was charged with 'Not using sign language on the radio'.

Prisoners had to raise three hundred dollars to make bail. Some were able to do so before being locked up. For those that had to go behind bars, friends and family could pay to help get them out or for an added twist, pay to keep them in longer.

"Ten dollars gives them another ten minutes", laughed the bailiff, Larisa Curr.

Diana Larocque chaired the event for the Club and was pleased with the turnout. She had hoped to surpass last year's total of nine thousand dollars however conceded that they were not on track to do it this year with some participants having to drop out due to flu bugs around Town.

Lauren Luchka, Assistant Manager at Boston Pizza was a vocal convict in the cell trying to entice people to help get her out by offering coupons, hockey t-shirts and tickets. She was charged with disguising Boston Pizza takeout or-

ders as McDonald's Happy Meals, Baby Burgers and Dairy Queen blizzards in breach of the culinary counter-productive cuisine cooperative.

It was acting Judge Steve Latimer who read out the charges, issued the fines and released the prisoners when their bail was paid.

Supporters could also get in on a penny table and mothers were encouraged to sign up for a free draw to win a potted plant donated by the Club in honour of Mother's Day.

As noted, funds from this year's event will be split between the Special Olympics to support local athlete, David Ducasse who will be competing in 5-pin bowling at the July event in Vancouver, British Columbia.

"He is a 30-year athlete", noted Gaby Hanzuk.

The other half of the proceeds

will be used to support the Annual Purina Walk for Dog Guides set to take place on Sunday, May 25th at the Sorting Gap Marina. Registration is at 11:00 and pledge cards can be obtained by contacting Gaby at 274-3764.

Larocque noted that they will be extending the donation time and those who would like to make a contribution are encouraged to contact her at 274-1246 or Larisa Curr at 274-6917.

The Voyageur Lions Club was also promoting their 8th

Annual Purina Walk for Dog Guides set to take place on Sunday, May 25th at the Sorting Gap Marina. Registration is at 11:00 and pledge cards can be obtained by contacting Gaby at 274-3764.

The Voyageur Lions Club is always looking for new members. The group meets on the first and third Wednesday of each month at the Church of the Holy Spirit located at 824 Victoria Avenue.

The Bookworm Sez by Terri Schlichenmeyer

"Mistakes I Made at Work" edited by Jessica Bacal

Everybody knows what you did.

It didn't take long for word to get around, actually; you can tell by the smirks and the lack of eye-contact in the hall. It was a colossal error, one that cost the company more than you care to think about. And it was all your fault.

How can you ever bounce back from something like this? Will it end your career? Twenty-five leading women say no - and you'll find out why in the new book "Mistakes I Made at Work," edited by Jessica Bacal.

It's a platitude everybody's heard before: learn from your mistakes. Embrace them, we're told, and grow from them. But Jessica Bacal wondered how, with a culture that demands perfection from women and a reluctance to discuss such things, we can ever learn anything from our errors?

She contacted influential women from several walks of life, and asked them about their mistakes, what they learned, and how they grew from it.

Laurel Touby, founder of Medi-abistro.com, learned the hard way that no job was worth ignoring who she really was, down-deep. Her advice is to "pursue work environments that feel like the right fit for you."

For writer Rachel Simmons, achievement was the only goal until she accepted a Rhodes scholarship. She realized, once she was at Oxford, that being a Rhodes Scholar was a big mistake for her. She was embarrassed to quit and her family was angry, but it was a turning point in her life. Her advice: "Don't be afraid to quit."

Lawyer and social activist Reshma Saujani lost a Congressional race in 2009 and "I felt like I had let [supporters] down." She advises readers to keep trying: "fail fast, fail hard, and fail often."

From economist Carla Harris: if you "don't know, you need to ask." From writer Cheryl Strayed: "We're all rough drafts." From physician Danielle Ofri: nobody learns through humiliation. Says writer Alina Tugend: master the art of asking for money. And from writer J. Courtney Sullivan: "be a kind and generous coworker. You never know where it might lead you in the future."

As a Champion Goof-Up from way back, I approached "Mistakes I Made at Work" with a little trepidation. When it comes to blunders, there are lots of chestnuts out there that are of little help - and then there's this book.

I was pleased with the candor that editor Jessica Bacal found when interviewing the women she chose. Some of the mistakes in this book might seem minor, while some are pretty good-sized but the meaning behind each brief chapter is the same; to wit: these women messed up, they were embarrassed, and they lived to tell about it. Best of all, things were often better, post-oops. And wow, that's pretty comforting to anybody who knows she can't cast that first stone...

This is an excellent book to give to a new grad, an old hand, an employee who's feeling red-faced, or YOU. Reading "Mistakes I Made at Work," in fact, is something you'll be glad you did.

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