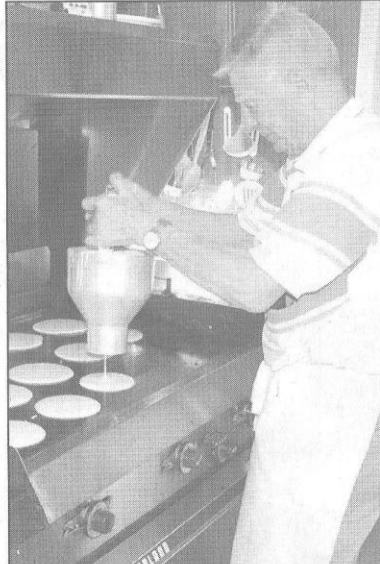


PHOTOS BY RON WOLF

Dorothy Wepruk is greeted by host MPP, and former leader of the provincial NDP, Howard Hampton at the annual Fort Frances pancake breakfast. William Wepruk waits for his personal greeting.



Nick Wihnan, master pancake maker, has been grilling the cakes and filling bellies at the breakfast since 1985.



Anne Longmuir was all smiles as she helped with the serving at the annual pancake breakfast in Fort Frances.

Labour Day tradition continues

BY RON WOLF

TAKE butter melting on a stack of pancakes drenched in maple syrup, add some sausages with a true meaty aroma, orange juice to jump-start your vitamin C level, and one cup of coffee or tea to awaken the senses and you have of a breakfast fit for a king or queen.

It was the 23rd annual Howard Hampton's Labour Day Free Breakfast on Saturday in Fort Frances. (It's the unofficial name of the annual event).

A little over 100 people knew a great breakfast was waiting for them from 7 a.m. to 9:30 a.m. at the Sister Kennedy Centre.

The who, what, when and where were all there, but the why was missing from the recipe.

To get the answer to this question, I went straight to the source, **Howard Hampton**.

The former leader of the provincial NDP stood by the entrance personally greeting everyone who wanted to say hello.

Hampton, who is still MPP for Kenora-Rainy River riding, said that he has been hosting the breakfast benefit since he was elected 23 years ago.

It's for the people of the communi-



RAINY RIVER DISTRICT NOTES

ty and their part in the building the community, noted Hampton.

"These are the people who overwhelmingly did that (build the community)," said Hampton as he was greeting an endless flow of breakfast visitors.

"I just think it's great that Howie puts this on every year as a community service. I think it's wonderful," said Thunder Bay-Atikokan NDP MP **John Rafferty**.

Even though the breakfast was for any and all residents of the community, and I appeared to be the youngest of the group, it was an annual thank you breakfast from Hampton himself.

What the future holds for the community of Fort Frances is anyone's guess.

If the next MPP does not hold this fine tradition that Hampton started, then it will be a tremendous loss not



Connie Sinclair, left, and Lynian Saurer, both from Fort Frances, are all smiles and laughter at the breakfast table.

only for the great people who helped create the community but for those who are continually shaping this ever-changing place we call Fort Frances.

Lifestyle TV 9/7/10

Ron Wolf's column appears every other Tuesday.

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