



Families call out police /3



No forced merger /10



Mean Girls at Superior /15



Superfoods everywhere /8

YOUR COMMUNITY CONNECTION

THUNDER BAY SOURCE



Canadian Publications Agreement No. 0662445 Vol. 22 No. 17

Thursday, April 25, 2024



ericksons
LLP
Law Firm

Ph (807) 345-1213
TF 1-800-465-3912
info@ericksonslp.com

BOMBS AWAY

The Sioux Lookout Bombers completed a championship sweep to capture the team's first SIJHL title, in just its second season /17



Sioux Lookout downed the Kam River Fighting Walleye 3-2 in overtime on Sunday in Game 4 of their Superior International Junior Hockey League final to win it all. (Leith Dunick)



BERTALL
CONSTRUCTION

LEAKY BASEMENT
SUMP PUMPS/PIT
WEeping TILE
WATER PROOFING
CONCRETE
DRIVEWAYS
DECKS
GARAGES
EXCAVATION SERVICES

807.474.6899

WATCH FOR US!

YOU WILL FIND US
WEEKLY ON THURSDAYS IN
THE CHRONICLE JOURNAL
LAKEHEAD WEEKLY FLYER
DROP OR
HOME SUBSCRIBERS
WILL FIND US
WITH THEIR FRIDAY
CHRONICLE JOURNAL PAPER

**STILL
PUBLISHED
EVERY
THURSDAY
DELIVERED**

Disband TBPS, say families

By Doug Diaczuk - TB Source

First Nations leaders and families of three Indigenous people who have died in the city are renewing calls to disband the Thunder Bay Police Service, citing inadequate investigations and other issues within the service.

"After so many years of knowing the poison that is the Thunder Bay Police Service, we shouldn't be surprised when we continue to face racism and oppression. And we shouldn't be surprised that when left unchecked, the poison in the service has gotten worse," said Neskantaga First Nation Chief Christopher Moonias.

"You cannot remove the head from the snake. Another will grow. There must be changes."

Moonias, along with leaders from Nishnawbe Aski Nation, Bearskin Lake First Nation, Anishinabek Nation Grand Council, Kiiwetinoong MPP Sol Mamakwa, and family members of Jenna Ostberg, MacKenzie Moonias, and Corey Belesky participated in a media conference at Queen's Park in Toronto on Monday morning calling for the disbandment of the Thunder Bay Police Service.

The Ostberg and Belensky families have filed complaints with the Inspector General of Policing of Ontario related to the police investigations into the deaths of their loved ones and the Moonias family is also finalizing a complaint to be filed.

A spokesperson with the Inspector General of Policing of Ontario said in a statement it is carefully reviewing the complaints.

Jenna Ostberg, 21, died on Dec. 30, 2023 at a north side residence in Thunder Bay. According to the Special Investigations Unit, which is currently investigating the incident, three calls were made to 911, the first being a report of an unwanted visitor at the home and the second to cancel the initial call because the person was no longer there. Police did not respond to the residence until a third 911 call was made advising Ostberg was deceased.

"We are certain if the police had responded at that very moment, the very first call, that young Jenna would still be alive today with us and her whole life would have still been in front of her," said Bearskin Lake First Nation Chief Lefty Kamenawatamin.

"Police services are supposed to protect us at all times. Jenna needed the police to intervene and help her that very night but they never arrived, help never arrived. We need answers now and we demand justice."



A family member of teen Mackenzie Moonias.

Jenna's father, Vincent Ostberg, said he has received contradictory information from investigators with the Thunder Bay Police Service and the coroner's office regarding Jenna's death, that the family is still waiting for answers, and the family has lost faith and trust in the service.

"We are calling for the disbandment of the Thunder Bay Police Service and we want the police services board dissolved," he said. "This kind of stuff has to end. We need a competent police service in Northern Ontario. We need to be safe."

A lack of communication was also cited by Vanessa Sakanee, mother of 14-year-old Mackenzie Moonias of Neskantaga First Nation, who was found deceased in Lake Superior near Marina Park last December.

"The loss of my daughter needs to be resolved and fully investigated," she said. "We never got answers from police. And they promised us everything but no one ever contacted us yet."

According to Chief Moonias, Mackenzie's grandmother attempted to report her missing to the Thunder Bay Police Service three times before an investigation was launched three days after she was last seen.

"I often lay awake at night wondering if the three days would have made a difference. I also wonder if she had been white if the police would have responded right away," he said.

WEATHER FORECAST

THURSDAY	FRIDAY	SATURDAY	SUNDAY
Partly Cloudy	Rain	Rain	Rain/Snow
Precipitation: 40% HIGH 11 LOW 3	Precipitation: 30% HIGH 10 LOW 5	Precipitation: 30% HIGH 7 LOW 0	Precipitation: 20% HIGH 8 LOW 2



807.355.4954
THUNDER BAY, ON



- » Foundation Repair
- » Septic Systems
- » Sump Pump/Drainage
- » Basement Waterproofing
- » Sod Installation
- » Helical Piles



April 18th Winner
PATRICIA JOANES
Ticket #0132
26 WEEKLY DRAWS
OF \$1,900 CASH
EACH WEEK

CONGRATULATIONS!
GOOD LUCK EVERYONE ON NEXT WEEKS DRAW

Purchaser must be a resident of Ontario and a minimum age of 18. Licence No. M861400

Shock comedians draw concern

Diversity Thunder Bay upset at decision to bring Danger Cats show to local comedy club

By Brandon Walker - TB Source

Diversity Thunder Bay is calling for the cancellation of an upcoming comedy show over concerns about racist content and alleged ties to white nationalist groups.

The organization says the decision by Crickets Comedy Club to bring the comedy troupe Danger Cats to Thunder Bay next month is offensive and harmful to reconciliation efforts in Thunder Bay.

Danger Cats, a shock-comedy trio, came under fire for selling a t-shirt depicting serial killer Robert Pickton with a joke included, although the shirt is no longer for sale on their website. Pickton was convicted of killing 26 women in the Vancouver area, more than half of whom were Indigenous.

Danger Cats was also forced to apologize for an insult in a roast battle that included a reference to the deceased Indigenous children found in unmarked graves at residential



Crickets Comedy Club founder Chris Mulawyshyn.

schools.

That's not nearly enough to satisfy Diversity Thunder Bay's Anna Torontow.

"I understand freedom of expression and standing by their art and not necessarily wanting to apologize, but they continue to stand by these problematic statements," said

Torontow, Diversity Thunder Bay's communications coordinator.

Torontow said Diversity Thunder Bay was made aware of the comedy show by a local organization. The grass-roots group then posted a letter to Facebook outlining its concerns.

"There was concern that the content of the event and some of the content of previous events by these same performers was quite problematic and could impact reconciliation in our community," Torontow said during an interview outside Bay Village Coffee.

"I can't comment on regular performances by these individuals as I have not seen regular performances. The issue of concern was a T-shirt that was being sold on their website depicting a crude caricature of the notorious serial killer from B.C., Robert Pickton, and trying to draw humour from that in some way."

Chris Mulawyshyn, founder of Crickets Comedy Club, who will host Danger Cats next month, defended his decision to bring the trio to Thunder Bay, acknowledging their comedy is definitely not for everyone.

"They are more of a shock comedy-type group. We bring in comics that some people

like, other people don't."

He said the trio has already apologized for selling the Pickton shirt, adding he has reached out to Diversity Thunder Bay to initiate a discussion about the show.

Mulawyshyn, who said he's never seen Danger Cats perform, brushed aside concerns about the group's past behaviour.

"We're not selling their shirts. We have nothing to do with what they market, who they hang out with, what they do in their personal lives.

"We are doing a comedy show - if you like it, show up. If you don't, you don't have to. But comedy is subjective," Mulawyshyn said.

Torontow said groups across the country have protested this T-shirt as being insensitive.

"So that's really the issue that we grabbed on to, I think - primarily not having seen a lot of their content prior to that."

Torontow said the Danger Cats have been flagged by the Canadian Anti-Hate Network for problematic content in the past and potential ties to white nationalist organizations as well.

"Some of their content has included transphobic material, anti-Semitic material, etc."

AWD ALL-WEATHER DRIVE EVENT

MAROSTICA  **SUBARU**

502 16th Ave, Thunder Bay, ON P7B 2R8
Tel:(807) 345-3300

MarosticaSubaru.com

Service & Parts
Monday - Friday: 8:00am - 5:00pm
Saturday: 10:00am - 2:00pm
Sunday: Closed



ALL-NEW 2024 CROSSTREK
WELL EQUIPPED FROM **\$31,822**

LEASE WEEKLY FOR **\$75** AT **4.99%** APR

F04 24 MONTHS WITH \$3,000 DOWN
104 PAYMENTS REQUIRED



NEW 2024 OUTBACK
WELL EQUIPPED FROM **\$36,822**

LEASE WEEKLY FOR **\$101** AT **4.49%** APR

F04 24 MONTHS WITH \$4,500 DOWN
104 PAYMENTS REQUIRED

welcome to uncommon™
spring adventures

VEHICLE ORDER MAY BE REQUIRED.

Limited-time offers. MSRP of (\$28,995/\$33,995) on the All-New 2024 Crosstrek / New 2024 Outback convenience packages (RXACP/RDACP). *Advised pricing consists of MSRP plus \$2,195 freight and PDI, Marostica Care \$499, \$100 Air Tax, \$10 OMVIC, \$22.50 Tire Resource Recovery Environmental Fee, \$20 PPSA Service fee charge, includes a full tank of gas. Taxes, license, registration and insurance are extra. \$0 security deposit. **Lease rate of (4.99%/4.49%) for 24 months. Lease payments of (\$75/\$101) weekly with (\$3,000/\$4,500) down payment. Lease end value (\$23,685/\$24,402) with (\$3,095/\$4,621) due on delivery. Lease based on a maximum of 20,000 km per year for 24 months, or 40,000 km total, with excess charged at \$0.10/km. Subject to credit approval by Subaru Financial Services by TCCL. Leasing and financing programs available through Subaru Financial Services by TCCL. Other lease and finance rates and terms available; down payment or equivalent trade-in may be required. Contact your Subaru dealer for details. Dealers may sell or lease for less or may have to order or trade. Vehicle(s) shown solely for purposes of illustration and may not be equipped exactly as shown. See Owner's Manual for complete details on system operation and limitations. Crosstrek, Outback and Subaru are registered trademarks. "welcome to uncommon" is a trademark of Subaru Canada Inc.

Offers available until March 31, 2024. Offers subject to change or cancellation without notice. See your local Subaru dealer or visit www.ontario.subarudealer.ca for complete program details.



Pino Tassone has been director of education at the Thunder Bay Catholic District School Board for 10 years. (FILE)

Catholic board's Tassone retiring

By Katie Nicholls - Local Journalism Initiative Reporter

One of the longest-serving directors of education with the Thunder Bay Catholic District School Board is calling it a career.

"It's a very emotional time," said Pino Tassone, who will retire at the end of this school year after 10 years in the role.

Tassone started his career in education as a Grade 7 and 8 teacher at Sacred Heart School. He went on to teach and be a principal at other schools across the city. He held the vice principal role at St. Ignatius High School for three years and later as principal.

Eventually, Tassone became superintendent of education for grades 7 to 12 schools with the Catholic Board for two years before being appointed as the director of education.

"I'm proud of the fact that we've had a great technology plan where we spent millions of dollars to ensure that all students and staff have devices in their hands to enhance learning," he said.

He also expressed his pride in some of the new spaces created for students to enjoy inside and outside of the traditional classroom.

"We've installed two world-class turf fields to enhance physical education, athletics, and community partnership.

We've also installed state-of-the-art playgrounds in all our elementary schools to enhance play-based learning.

"We've enhanced design technology and science labs, and we are especially proud of installing cultural rooms in all our grade seven to twelve schools to enhance Indigenous education."

Tassone noted the decision to retire wasn't an easy one.

"It was a very tough decision. The job, teaching, and kids have become my life and define who I am. The board will always hold dear to my heart."

He noted that the board will decide whether to bring him back in the next year to help the new director transition into the role.

When asked what his next plans were, he didn't really have any.

"I'm really looking forward to a lot of rest... I just want to sit back and, more or less, relax and just enjoy.

"I just want to take this opportunity to thank the entire Thunder Bay Catholic School community, from the board of trustees to our staff, to the parents and families, and most importantly, to the students, for entrusting me to lead and serve such an incredible board. That has been extremely rewarding to me."

The board is hoping to have a replacement fill the role over the summer.

**NOOJMAWING SOOKATAGAING
ONTARIO HEALTH TEAM BRINGS YOU**

INDIGENOUS SERVICE PROVIDERS' FORUM

**Opportunity to build valuable connections with
Indigenous Health and Social Services**

- **BOOTHS**
- **DOOR PRIZES**
- **CRAFT VENDORS**



**OPEN FROM 9-5 AT THE VICTORIA INN
CONTACT INFO@NSNORTHOHT.CA**

Judge to decide if 2022 killing culpable or not

By Doug Diaczuk – TB Source

A judge will need to determine if the man who admitted to stabbing 28-year-old John Mark Reuben in the chest is culpable or not culpable for his death.

Joseph Hubbard, 26, appeared before Justice Tracey Nieczarz in a Thunder Bay courtroom for the start of his trial on Monday. Hubbard has pleaded not guilty to the charge of second-degree murder.

Crown attorney Mitchell Flagg said as part of an agreed statement of facts that Hubbard admits he caused Reuben's death and the issue to be determined is whether that death was a culpable or non-culpable homicide.

According to the Criminal Code of Canada, a non-culpable homicide is not an offence while culpable homicide is murder, manslaughter, or infanticide.

The agreed statement of facts says that at approximately 2:46 a.m. on June 24, 2022, Hubbard called 911 and told the dispatcher

that someone had come into his apartment to buy drugs and then tried to rob him.

Hubbard said on the 911 call that the man, later identified as Reuben, pulled a knife on him and an altercation took place that resulted in him stabbing Reuben in the chest.

On a recording of the 911 call played to the court, Hubbard initially said that Reuben was still breathing. But when he was transferred to a paramedic, he said he could no longer tell if he was breathing or not.

The Crown called several Thunder Bay Police Service officers who responded to the incident to testify on Monday and take the court through body-worn camera footage.

The first arriving officer located Hubbard standing over Reuben just inside the door leading into the building below a set of stairs. Hubbard was observed with blood on his hands.

In the body-worn camera footage, Hubbard can be heard saying to the first officer: "You gotta help him."

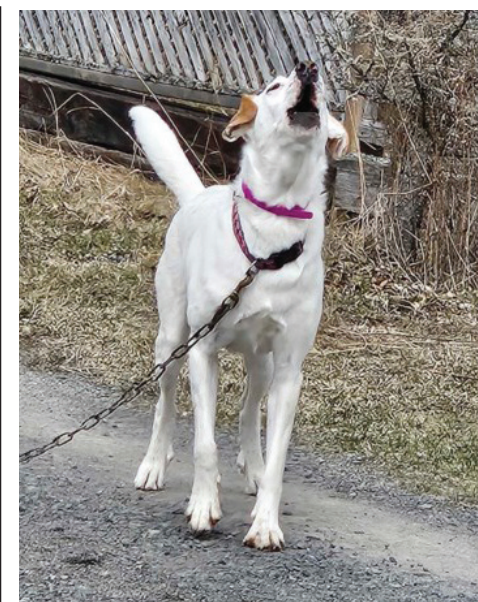
Hubbard was placed in handcuffs and arrested for aggravated assault. During the arrest, Hubbard cooperated with all police instructions and the officers testified that he did not appear to be intoxicated or under the influence, though he did admit to drinking that evening.

Other officers arriving on the scene began to perform CPR on Reuben, who was 'vital signs absent.'

The apartment was cleared by three other officers and a filleting knife with blood-like staining on it was located near the doorway of the apartment. A butter knife was also located on the floor near the other knife.

There were signs of drug use in the apartment, such as drug paraphernalia and cocaine was seized from the residence.

Reuben was transported to the Thunder Bay Regional Health Sciences Centre where he was pronounced dead. The charge against Hubbard was then upgraded to second-degree murder.



Fort William First Nation dogs must now be leashed.

FWFN passes new dog bylaw

By Katie Nicholls – TB Source

Dogs are no longer allowed to roam free around Fort William First Nation following a new bylaw.

Fort William First Nation recently passed a new dog-control bylaw, which will require dog owners to register their canines with local animal control and keep them tied up or fenced in at all times within the boundaries of the First Nation.

Free roaming dogs haven't been a rare sight on the reserve according to Fort William First Nation Chief, Michele Solomon, but she said that it has become a problem as the community grows.

"It's becoming more and more populated in the community, and the dogs becoming more and more populated in the community," she said. "We see that there is risk of harm with animals roaming free, both for animals and people that are walking or biking through the community."

Many residents have raised safety concerns in the past regarding free-roaming dogs in the community and Solomon said that she's seeing a very positive reaction from the community over the new bylaw.

"It's one thing if there's a dog running loose, but when you have multiple dogs running loose and they're packing up, that becomes a dangerous situation," she said.

Dog walkers will now be expected to use a leash at all times and loose dogs will be impounded at the owner's expense.

The bylaw also requires aggressive dogs to be muzzled and prohibits anyone from abandoning a dog or removing a dog from the community.

DEALS DEALS DEALS FOR DAYS EVENT

NOFRILLS

FLYER PRICES EFFECTIVE THURSDAY, APRIL 25 TO WEDNESDAY, MAY 1, 2024

CLUB SIZE

SAVE 31%

5.49 LB

CHICKEN BREAST
boneless, skinless, fresh 12.10/kg

GROWN IN THE WESTERN PROVINCES

SAVE 42%

2.88

FARMER'S MARKET™ ENGLISH CUCUMBERS
produce of Western Provinces, Canada no. 1 Grade

PKG OF 3

SAVE 35%

4.49

JOHNSONVILLE DINNER SAUSAGES, BREAKFAST SAUSAGES or ROUNDS or ITALIAN GRINDS
Selected Varieties, Frozen 250-300g

SAVE 34%

4.25

CRACKER BARREL NATURAL CHEESE SLICES
Selected Varieties, 200-240g

INTERNATIONAL DELIGHT COFFEE WITENER 946 mL PC INSTANT COFFEE 80/100g or LAVAZZA ROAST AND GROUND COFFEE 250g
selected varieties

SAVE UP TO 33%

3.99

Shawn's Nofrills (807) 766-0003
1020 Dawson Road
Thunder Bay

Darcy's Nofrills (807) 626-0003
425 N. Edward Street
Thunder Bay

The War Amps

Protect your keys and support amputees with a War Amps key tag. The Key Tag Service can save you hundreds of dollars in replacement costs.

Order free key tags at waramps.ca

EDITORIAL

Do better, police

Once again, Thunder Bay Police are in the national spotlight, for all the wrong reasons.

Family members of Jenna Ostberg, MacKenzie Moonias and Corey Belesky on Monday in Toronto renewed calls for the disbandment of the Thunder Bay Police Service, citing concerns about investigations into the deaths of their loved ones.

The more things are promised to change, the more things sadly stay the same.

Ostberg died in January, after police did not respond to a pair of 911 calls, the second call cancelling the request for services.

Moonias, 14, was found dead late last year near Marina Park and family members say they tried to report her missing for three days, but to no avail.

Belesky, killed in November 2022, said police have been uncommunicative and no arrests have been made in his death.

Police Chief Darcy Fleury promised change when he took the role last year. It's time to up the pace of that change.

Indigenous families need to know police are on their side, take their concerns seriously and don't just sweep them under the proverbial rug.

Litter and trash a problem

To the editor:

There is an ongoing and worsening litter and garbage problem in the Balsam St. Pit Baseball Park.

Certain local students, park users, and vandals are causing the problems and the City of Thunder Bay and local schools seem to be negligent and inept with preventing, deterring, cleaning up and managing this litter and garbage problem.

This problem is a major eyesore and creates potential health and safety risks to children and families, pets, and all others who respectfully enjoy using this beautiful recreational park.

I have a bird's eye view of the entire park from my residence and am thoroughly disgusted by this problem and those who cause it and the lack of city and other stakeholder intervention to it.

Today I witnessed and photographed/videoed an individual dump out and sift through two bags of garbage in one of the park's dugouts that were left by the city.

There needs to be an immediate collaborative solution implemented between the local schools, the public, the city, and city by-law and police officers, and city officials to resolve this Balsam Pit mess.

Place more secure-closing garbage containers in the park and empty them more often. Erect video cameras and start identifying and charging those responsible.

Overall, I would argue that the entire city of Thunder Bay suffers from a significant litter and

LETTERS TO THE EDITOR



THE AMERICAN DREAM vs. THE CANADIAN DREAM

garbage problem with little if anything being done about it.

What a humiliating example of pig pen civic pride and responsibility by the City of Thunder

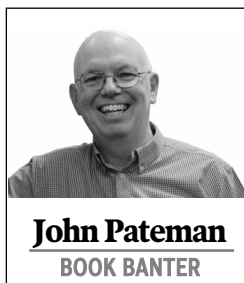
Bay for Thunder Bay's citizens and visitors.

Dennis Pringle,
Thunder Bay

Julia looks at 1984 from a female viewpoint

In *Julia*, Sandra Newman turns 1984, Orwell's classic vision of the future inside out, by looking at it from a female perspective. It is a satisfying tribute act. Newman has deeply

considered the language and culture of Orwell's novel, which created its future setting by way of early 20th-century Britain, and takes us carefully through its familiar landscape. Indeed, these scenes are so well trodden for many of us that re-entering each one, from the grim windowless factory floor of the Ministry of Truth, to the fragile respite of the room above the junk shop, to O'Brien's luxurious but threatening sitting room, can feel almost like encountering scenes from your own memories.



John Pateman
BOOK BANTER

But as she probes his vision and moves beyond it, Newman also provides an imaginative and intellectual critique of Orwell's novel.

At the start of the second chapter, Julia signs out of her shift at the Ministry of Truth using the excuse 'Sickness: Menstrual', and immediately the novel travels into places where Smith could not and would not go. At the dormitory hostel where she lives, Julia's connections with other women are revealed. These intimate and compromised relationships become the beating heart of the novel, and demonstrate how women's lives under this totalitarian state inevitably differ from men's at every point. Surveillance and loss of private life weigh differently on women, and the

stakes – in terms of abuse, lack of physical autonomy, unwanted pregnancy – feel higher, even before the plot turns to its more deadly phase.

As she maps out this new territory, Newman forges a work that has its own emotional logic, and a character with her own vivid life. The portrait of Julia's childhood is an ambitious mix of horror and freedom, and brings the reader to a deeper understanding of her gritty focus on survival.

But by the halfway point, the novel starts to weaken. The entry into darkness, into the Ministry of Love, does not have the power of Orwell's journey. The torture chambers he imagined felt desperately real so that even the unlikely creation of Room 101 became horribly convincing. Newman's prison has something of the performative cruelty of *The Hunger*

Games or similar recent dystopias, and her desire to win hope out of the darkness gradually leads her on to less convincing ground. The book reaches what feels like an effective and sharply delineated denouement just over 50 pages before the end. Instead of ending there, however, Newman continues with scenes that bring Julia's personal journey to a more dramatic conclusion. Orwell discarded false hope regarding an individual's effect on the system, and left the reader wondering what resistance means when there is no chance of success. Newman's novel turns into something like the replay of a video game, in which you are allowed to respawn as another avatar, to move through the same scenes with new lines, and get to a different place. This new trajectory is much less convincing than the original.

Games or similar recent dystopias, and her desire to win hope out of the darkness gradually leads her on to less convincing ground.

The book reaches what feels like an effective and sharply delineated denouement just over 50 pages before the end. Instead of ending there, however, Newman continues with scenes that bring Julia's personal journey to a more dramatic conclusion. Orwell discarded false hope regarding an individual's effect on the system, and left the reader wondering what resistance means when there is no chance of success. Newman's novel turns into something like the replay of a video game, in which you are allowed to respawn as another avatar, to move through the same scenes with new lines, and get to a different place. This new trajectory is much less convincing than the original.

CONTACT INFORMATION
87 North Hill Street
Thunder Bay, Ontario P7A 5V6
Tel: 807-346-2600

Editor: Leith Dunick 346-2650 | ldunick@dougallmedia.com
Reporter: Doug Diaczuk 346-2622 | ddiaczuk@dougallmedia.com
Reporter: Ian Kaufman 346-3558 | ikaufman@dougallmedia.com
Reporter: Justin Hardy 346-2591 | jhardy@dougallmedia.com
Sales Manager: Kathy Harris 346-2510 | kharris@dougallmedia.com

Thunder Bay Source is a member of the National Newsmedia Council, which is an independent organization established to deal with acceptable journalistic practices and ethical behaviour. If you have concerns about editorial content, please contact ldunick@dougallmedia.com. If you are not satisfied with the response and wish to file a formal complaint, visit the website mediacouncil.ca.or, for additional information, call toll-free at 1-844-877-1163.

 **ocna**
Ontario Community Newspaper Association
 **News Media Canada**
Médias d'Info Canada

Superfoods have health benefits

By JR Shermack – Special to TB Source

I understand the connection between good nutrition and good health and in spite of my taste for treats I still manage to eat a lot of good, wholesome food.

As a kid I was expected to eat my fruits and vegetables because they were ‘good for me’, especially apples, if I wanted to avoid seeing the doctor.

I couldn’t believe how adults seemed to enjoy eating vegetables – I thought they must be pretending to like them to trick kids into eating their peas and carrots.

It worked and I did eat them, somewhat reluctantly at first but eventually I got used to having veg at every meal until I actually started to enjoy them.

We ate a lot of garden vegetables with our meals and were treated to home-baked desserts on weekends and holidays, sometimes even during the week.

Ours was a typical diet at a time when healthy home cooking enabled generations of Canadians to grow and thrive – everything we needed was on our plate.

When we had families of our own we fed them in much the same way with the same wholesome food and periodic desserts we ate as kids.



Goji berries have been described as a super food.

But nutritionists began to search for foods that were even more nutritious and packed with the vitamins, beneficial oils and anti-oxidants our bodies needed.

Their quest led them to discover a variety of ‘superfoods’ in the late 20th and 21st century.

Superfoods were defined as containing high levels of nutrients and compounds that are linked to promoting health and wellness while preventing disease and illness.

The term was first coined a hundred years ago in a marketing campaign for bananas – their thick, yellow super-skin protected them from bacteria, moulds and decomposition.

Bananas are still widely consumed and their health benefits are widely known but new, exotic and even healthier foods are claiming the title as well.

Today the ‘superfood’ label has become synonymous with health benefits – with a little positive spin and some well-worded promos on the internet, any food can achieve super status.

Not surprisingly, marketing and selling these healthy eating options has created a lot of business opportunities.

Skeptics say that health-conscious consumers often fall prey to temporary fads and celebrity endorsements for the latest, newly-discovered superfoods.

To be fair, there are exotic superfoods growing all over the planet that have documented, well-proven health benefits and endorsements by nutritionists.

Goji berries (native to China) are linked to boosting the immune system, anti-aging,

reducing body aches, and lowering cholesterol – they contain all eight amino acids.

Spirulina is blue-green algae that has been cultivated and consumed by indigenous people in warm locations for thousands of years.

This widely available superfood is a highly digestible dietary supplement that contains 60 per cent protein, many nutritional components and anti-oxidant properties.

I looked up some of the world’s best superfoods to see if any of my favorites were on the list and I was somewhat surprised by what I found.

The superfoods that kept re-appearing were more mundane than I expected including carrots, berries, fish (especially salmon), eggs and leafy, green vegetables.

It appears that I have been eating a wide variety of nutritious superfoods my whole life and I can grow some of them in my own back yard.

Sadly for me some of my personal favorite foods didn’t meet the nutritional criteria.

Pastry and other sweet treats do not qualify as superfoods but happily, they can still be part of a healthy diet – just eat a lot of apple pie for the added nutrition.

It always feels like superfood whenever dessert is on the table.

what's happening
in and around...

The Bay

To submit an event, email ldunick@dougallmedia.com.
Please include details about the event, including any cost

April 26

Pottery Night for Shelter House

Head out to The Hive Thunder Bay for a fun-filled evening of creativity and giving back.

Get your hands dirty and paint beautiful pottery pieces while supporting a great cause. No experience needed, just come ready to have a blast! All materials will be provided, so just bring yourself and your artistic spirit. Don't miss out on this opportunity to make a difference in our community while unleashing your inner artist!

Supporting the Royal LePage Shelter Foundation is an impactful way to help provide safety, support, and resources to women and children fleeing domestic violence.

Pottery mug is included in the price. There will be three options to choose from.

Snacks and drinks will be provided. Alcoholic beverages available but at an additional cost.

The Hive Thunder Bay is located at 71 S. Algoma Street.

The event begins at 5:30 p.m. and tickets are available at eventbrite.ca.

April 27

Tynomi Banks at Pride Spiel

Tynomi Banks is returning to Thunder Bay for the gayest curling bonspiel there is.

On Saturday, for one night only at the Port Arthur Curling Centre, she'll be on stage, along with special guests, Thunder Bay's own Ivan Love and Amber Ail.

This event is being held during the Inaugural Thunder Bay Pride Spiel. Bring your dolla dolla bills y'all, and dance the night away with Tynomi.

Tickets are \$38.61 and available at eventbrite.ca.

The event starts at 9 p.m.

April 27

Eco Wedding Sale

Goods & Co. and it's Pre-Loved

partners are excited to announce, special VIP early access to Golden Ticket holders!

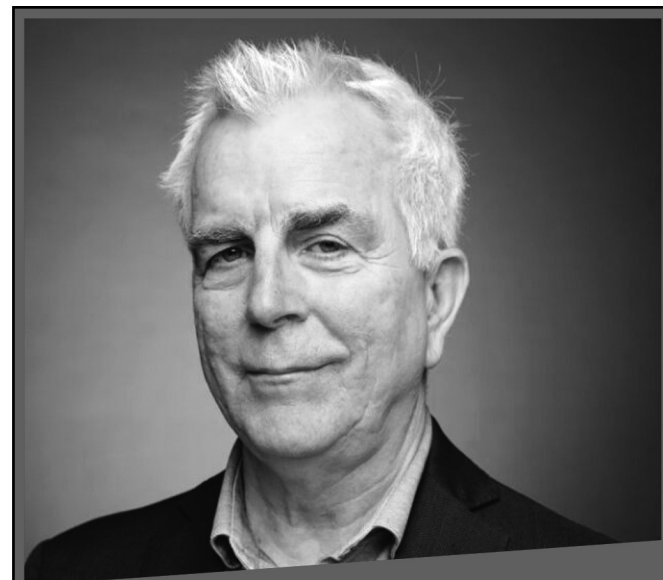
Here is your chance to be the first through the doors; to be one of the golden ticket holders with early access to the Pre-Loved Dress Boutique.

Dresses are all Pre-Loved including both used and never worn.

For the first hour of the Eco-Wedding event (9a.m. to 10 a.m.) they are allowing VIPs only to have first pick at the one of a kind, original dresses on the racks.

Purchase a ticket with your friends and family; enjoy a mimosa, desserts from Sprinkle & Spice and a serene experience trying on your dream outfits in our private dressing rooms before the crowds arrive.

Tickets are \$25 and available at eventbrite.ca. There's guaranteed admission and patrons won't have to stand in line to get into the show on Saturday.



Marcus Powlowski, MP
Thunder Bay-Rainy River

Hard Work. Straight Talk.

(807) 625-1160

Marcus.Powlowski@parl.gc.ca





Lakehead students pay for a mandatory Thunder Bay Transit bus pass through their student fees. (Leith Dunick/FILE)

LU students to keep bus pass

Increased cost doesn't sway majority of voters

By Katie Nicholls - TB Source

Once the votes were counted, there was a close 60-40 split in favour of keeping the bus pass for Lakehead University students at an increased cost.

Despite declining support for the Lakehead University Student Union U-pass, 63.5 per cent of voting students were in favour of keeping it, with 36.5 per cent voting no. The voter turnout was low, as just over 21 per cent of the student body cast ballots on the issue.

LUSU president Faraz Khorsandi spoke about the annual increase for the pass over the next three years.

"From September 2024 to August 2027, we'll have annually an increase of 11.5 per cent per the referendum."

When broken down monthly, students are paying \$18.81, and the cost is expected to increase to \$26.06 by the third year.

Khorsandi spoke about how the referendum came to be before a student vote.

"[City] transit was asking us to increase it for 7.5 per cent for the next few years - this was above what we have in our constitution for increases, which is 5 per cent.

"So we had to bring it to our student body to think about it."

Khorsandi said the student union was told that certain routes were going to be cut.

"We were told that, route one, which is the main line, and route four, which is Neebing, are being cut next month. This will not only affect the students but anyone who's using it, like our community members.

"We have less services and less buses coming. A lot of students are not being able to go to classes, they're missing the classes, their jobs and the hours as well are not good. Students have agreed to this increase, but they want something in return. They want good services, they want more buses."

He also said that many international students rely on the buses to get around and have also voiced concern for their safety when riding city transit.

While the referendum is yet to be ratified, the current deal will be in place for the next three years.

Khorsandi said because of the current agreement, there are no plans at the moment to look for alternative transportation options for students until that term is closer to being expired.

NATIONAL
Day of Mourning
APRIL 28, 2024

We remember those who have died, injured, or became ill doing their job. We are dedicated to protecting workers and preventing further tragedies in the workplace.

APRIL 28 - NATIONAL DAY OF MOURNING

IBEW 402

In Solidarity and Support of All Workers, We Mourn the Dead and Fight for the Living.

NATIONAL DAY OF MOURNING

UBC BUILT
LOCAL 1669

A close-up of a worker wearing orange safety gear and a yellow hard hat. The worker is holding the hard hat with both hands. The background is slightly blurred, showing what appears to be a construction or industrial setting.

NATIONAL DAY OF MOURNING

ONE DEATH DUE TO WORK IS TOO MANY. EVERY WORKER HAS THE RIGHT TO GO HOME AT THE END OF THEIR DAY. WE MUST DO BETTER TOGETHER.

PATTY HAJDU
MEMBER OF PARLIAMENT

1-888-266-80040 / PATTY.HAJDU@PARL.GC.CA

Health units vote against merger

By Katie Nicholls – TB Source

The two Northwestern Ontario health units have decided not to voluntarily merge.

Both the Thunder Bay District Health Unit (TBDHU) and the Northwestern Health Unit (NWHU) used a third party to consult on the viability of a possible merger of the two agencies.

In August 2023, the province offered one-time funding if regional health units voluntarily merged by Jan. 2025.

Don Smith is the chair of the TBDHU and said their consultation called a merger "impractical" for a number of reasons.

"There's a huge difference in the levy cost between us and Northwest [Health Unit] is paying about \$60 per capita.

"Thunder Bay's paying \$30-ish per capita. The levies in the Thunder Bay District would jump about 35 per cent, which is huge."

Smith also noted that geography would be a large concern for the agencies.

"You'd be going from Manitouwadge and Marathon to basically the Manitoba border."

A release from the NWHU laid out the numbers on how a merger with such a large geographical scale would be difficult.

"Currently, NWHU serves 19 municipali-

ties across an area of 173,828 km² with a population of approximately 82,000.

"A merger with TBDHU would result in a catchment area that spans over 400,000 km², limiting the organization's ability to nimbly adapt services to meet the diversity of local health needs."

The release also noted that weather conditions and lengthy travel times would contribute to challenges if providing centralized services.

The CEO for the NWHU, Marilyn Herbacz, said benefits would have needed to be clear if both units were to merge.

"While the assessment project identified some benefits, it did not demonstrate a level of benefit over risks that could justify the significant disruption and cost of a merger."

Smith noted that during a conference earlier this year, he spoke to provincial health minister Sylvia Jones.

"She adamantly told me that there would not be forced mergers."

"Servicing the public is what we're mandated to do and we want to do that to the best of our ability and so, to us, amalgamating was not going to let us work to the best of our ability," Smith said.



The Thunder Bay District and Northwestern Health Unit boards have decided not to voluntarily form a merger.

FORT WILLIAM HISTORICAL PARK
JULY 19-21
COUNTRY
ON THE BAY
2024
THUNDER BAY, ONTARIO

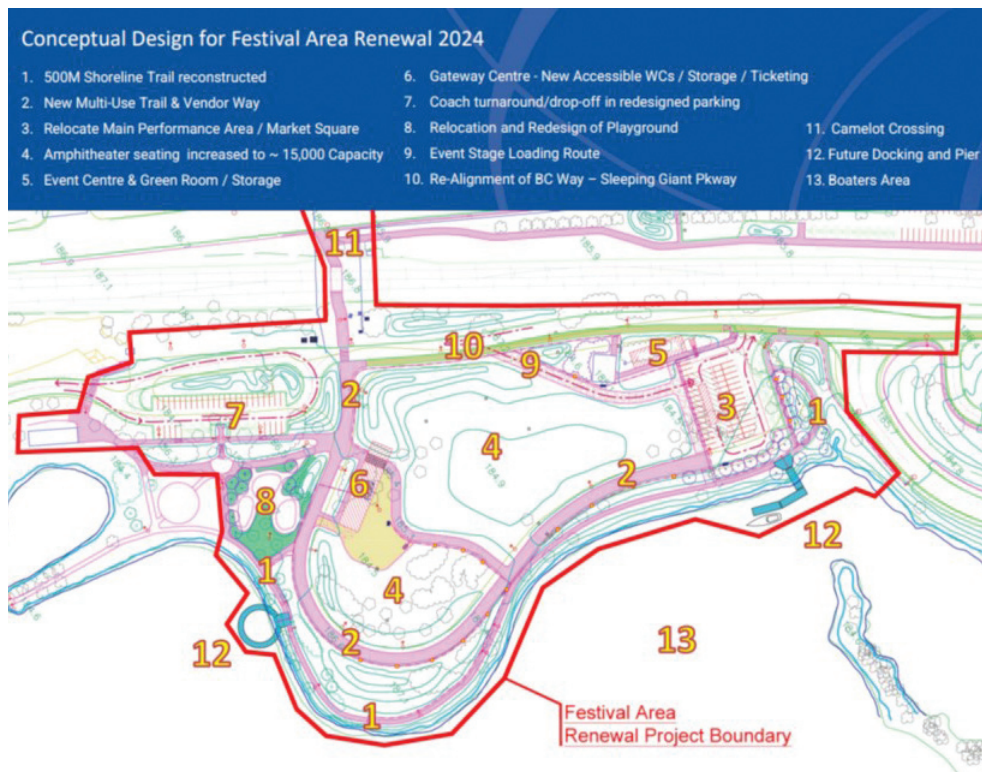


Jason McCoy as your Official Host

BLAKE SHELTON
DALLAS SMITH
TRACE ADKINS
SAWYER BROWN
HIGH VALLEY

JOSH ROSS THE WASHBOARD UNION
MACKENZIE PORTER TEBEY
TYLER JOE MILLER SACHA
GRIFFEN PALMER BRAYDEN KING
PETRIC FT. CATIE ST GERMAIN
JAKE VADELAND & THE SURGEON RIVER BOYS
BREE TAYLOR DJ JOHNNY RIVEX ALL WEEKEND LONG

TICKETS AVAILABLE AT COUNTRYONTHEBAY.CA OR BY CALLING 1-800-361-7300



The city has released drawings of its proposed festival area renewal plans, which could increase capacity to 15,000.

Festival area to change

By Justin Hardy - TB Source

The festival area at Marina Park will be seeing a renewal over the next few years.

The city has released sketches of what the new festival area will look like as part of phase two of the waterfront master plan.

“Well, the key is really to redesign and rebuild the site so that we can accommodate greater performances, larger performances,” said Guy Walter, landscape architect for the City of Thunder Bay.

The key feature to the new design is flipping the stage area to the north side of the site, which Walter said will really maximize use of the site.

“We’re hoping to get the capacity upwards of 15,000 for the largest events,” he said.

“The other element with the redesign is we’re going to still maintain a lot of that infrastructure for where the existing

performance areas are so we can actually create two stage areas for multi stage and event spaces.”

Along with the changes to the position of the main stage, the city is planning accessible washrooms, and changes to the nearby parking to make it friendlier to larger vehicles like buses, all of which Walter said compliments the improvements happening across the waterfront.

“The Pool 6 master plan, this site is very much connected to that,” he said.

“Each of these are seen as phase 2 - they’re working hand in hand and it’s really all about building out the unified vision of the waterfront and seeing how things compliment each other.”

The city will be posting the request for proposals this week, which will close in early May.

BrewHa! returning in July

By Justin Hardy - TB Source

The Thunder Bay Chamber of Commerce says its popular BrewHa! Festival will serve up some new and old-favourite craft beers on July 5 and July 6.

Last year’s festival donated more than \$6,000 to Our Kids Count.

Chamber president Charla Robinson said

the BrewHa! festival is a great opportunity for people to recognize community and to try local foods and beverages.

“It’s all about bringing people together to celebrate local flavours. What a great way to spend your summer weekend with the best craft brews, delicious food and live music,” Robinson said, adding that more details will be coming out soon.

QUALITY BEGINS WITH CHOICE: CHOOSE THE BEST.

NORTHWESTERN ONTARIO'S IBEW CONTRACTORS

5 STAR ELECTRIC
AIKEN ELECTRIC
ALLIED ELECTRIC
AUTOMATION NOW INC.
CIRCON ELECTRIC
CITYWIDE ELECTRIC
COMMERCIAL ELECTRIC
ES FOX LTD.
GRIDLINK CORP.
GROOM ELECTRIC LTD.
JMV ELECTRIC & CONTRACTING
KAMTECK ELECTRIC INSTALLATIONS
LEN CARR ELECTRIC LTD.
M C LOUGH ELECTRIC LTD.
MJ FRASER ELECTRIC LTD.
NORTH WEST ELECTRIC
NORTHLINE ENERGY SERVICES

ON TB ELECTRIC INC.
OVER-ALL ELECTRIC INC.
PA GRANT ELECTRIC
PARK ELECTRIC SERVICES
PREZIO'S ELECTRICAL LIMITED
PRICE POWER ELECTRICAL SERVICES
PRO-GEN INC.
STAAL IRRIGATION & CONTRACTING
STAAL UTILITY
STUART OLSON INDUSTRIAL CONTRACTORS
SUPERIOR FIRE ALARM SALES & SERVICE
THERMAL BUILDING AUTOMATION INC.
THERMAL MECHANICAL SYSTEMS INC.
TURN-KEY COMMUNICATIONS
WELLAND ENERGY SERVICES INC.
WHITE PINE ELECTRIC



AI Avenue II

**WE'RE HIRING
CASUAL STAFF POSITIONS**

Avenue II is a non-profit organization celebrating 40 years of supporting adults with a disability in all aspects of life is looking for casual staff.

**Starting wage for day time work
28.56 an hour
plus 10% in lieu of benefits**

**and 18.51 an hour
for sleep shifts
plus 10% in lieu of benefits**

APPLY TODAY!

**APPLICATIONS FOR CASUAL POSITIONS CAN BE
SUBMITTED TO HUMANRESOURCES@AVENUEII.COM**

**AVENUE II
COMMUNITY PROGRAM SERVICES
(THUNDER BAY) INC.
122 SOUTH CUMBERLAND STREET
THUNDER BAY, ONTARIO, CANADA
807.345-9933**

**FOR MORE INFO ON
EMPLOYMENT WITH AVENUE II
SCAN THE QR CODE OR GOTO
AVENUEII.COM/EMPLOYMENT**



Veltri leaving Rainbow Collective post

Organization expected to name new leader in the coming months

By Brandon Walker - TB Source

Over the years, Jason Veltri has watched as people in the area became more informed about the rights of 2SLGBTQIA+ communities.

But all of the work and some of the issues have taken a toll on Veltri, who is stepping down as president of Rainbow Collective.

"The straw that broke the camel's back was the bomb threat at drag story time where I was going to have family attending," he said.

"When you really think about the big scheme of things, leaders have a shelf life and I think it's really important that leaders recognize that."

Although he will no longer be the president of Rainbow Collective of Thunder Bay, Veltri will remain on the board.

"I see my role now as more of someone that steps behind the scenes and helps the

next generation of leaders step forward and find their voice and manoeuvre the system - that is government, advocacy, raising money.

"I'm not going too far, but I won't be the face of the organization anymore," he said.

In June, Veltri will be involved in the fifth Thunder Pride festival, which has grown every year.

"That's a testament to our organization's strength of advocating and making change in our community," he said.

"But I've never had the opportunity to enjoy Thunder Pride with my family. I want that experience."

Donna Nagy, Rainbow Collective's treasurer, called Veltri a "beacon of leadership and resilience within the 2SLGBTQIA+ community."

"His dedication to promoting equality and protecting the rights of marginalized individuals has been unwavering, even in the face of adversity," Nagy said.

According to Veltri, Rainbow Collective's next president will most likely be someone who is new to the board, which currently has four people on it.



Jason Veltri has long been a community activist for the 2SLGBTQIA communities in Thunder Bay. (FILE)

Smart Home Security Packages

Starting at **\$35⁹⁵/month**
bundled on a 3 year term
\$22/month after 3 years

FREE Smart Camera or Video Doorbell (\$300 value) when you purchase a Smart Home Security Package

PLUS existing Tbaytel Internet customers save **\$20/month** for 24 months

Contact Consumer Sales
1-844-363-0120 | 1-807-476-1087 | d2c@tbaytel.com

[f](https://www.facebook.com/tbaytel) [i](https://www.instagram.com/tbaytel) [X](https://twitter.com/tbaytel) [tbaytel.net/security](https://www.tbaytel.net/security)

tbaytel

Offer ends June 28, 2024. Free smart camera offer applies to new or existing residential customers who purchase a new smart security system with a 36-month monitoring term. Customers not interested or eligible for the free smart camera are eligible to receive a one-time \$150 bill credit. Services are subject to availability where access and technology permit. Taxes extra. Smart camera(s) and video doorbell require a separate monthly subscription and a minimum WiFi upload speed of 3.0 Mbps. Internet offer eligible to existing Tbaytel Internet subscribers when activating new security monitoring on a 36-month term. Customers already receiving an Internet promotional offer are not eligible for the \$20/month Internet discount. Offer, prices and services subject to change anytime. Early termination fee of \$8/month plus remaining hardware fees apply. Visit [tbaytel.net](https://www.tbaytel.net) for full details.

91-5ckpr

THUNDER BAY'S RADIO STATION

10K PAYDAY

LISTEN FOR CODE WORDS, ALL DAY, EVERY DAY!
ENTER THEM AT CKPR.COM
TO WIN \$10,000

SPONSORED BY

Medical Esthetics
Thunder Bay

Dining bounces back

Many challenges face restaurateurs and their patrons in 2024. Population shifts, rising prices, and consumer consciousness towards diet and sustainability greatly influence how Canadians engage with food and beverage outside of their homes. These forces shape consumer behavior in the Canadian foodservice industry, impacting their choices and preferences.

Despite the challenges posed by these forces, the foodservice sector is rebounding, with both dollar expenditure and traffic experiencing growth compared to the previous year.

In 2023, foodservice dollars increased by 19 per cent and traffic by 12 per cent compared to 2022.

The changing demographics of Canada have a significant influence on the demand for food and beverage consumption in restaurants and foodservice operations. This includes a rise in the number of smaller households, with 38% of Canadians now living in 1-2 person households.

Millennials have surpassed boomers as the largest adult generation, and multicultural population growth is on the rise. It is important to cater to the preferences and needs of these diverse consumer groups.

Consumer consciousness and dietary restrictions are playing an increasingly significant role in shaping the food and beverage choices of Canadian consumers. Notably, environmental concerns have gained prominence, with a 12.7 per cent increase in individuals who strongly believe that environmental reasons should guide their consumption decisions.

This shift towards consumption consciousness is also reflected in the fact



Restaurants have started to rebound, despite challenges faced by the industry. (iStock)

that 51 per cent of Canadians are actively trying to exclude sugar from their diets, while approximately 36 to 37 per cent are reducing their consumption of processed foods and trans fats. Even more importantly, a significant 27 per cent of adults follow unique dietary regimes. Offering a variety of dietary options, such as vegetarian, vegan, and gluten-free, can cater to the diverse needs of consumers.

Inflation and rising prices are key factors in how Canadians make food decisions in and outside the home. 77% of Canadian citizens believe that inflation risk personally impacts them. Consumers are actively seeking ways to save money and are uncertain about their economic future.

They desire a return to "normal pre-pandemic" consumption in foodservice, with a focus on affordability. Hey,

vegetable oil jibs were \$5 lower this week than I had seen in years, so maybe things are beginning to normalize.

Creating a menu that can offer "something for everyone" is more important than ever, but consequently it's also more difficult now than ever before. Long gone are the days when the chef can just shout off an expletive at a picky customer and now we need to work within the construct of 2024 rules.

When I was apprenticing my teachers and chefs would be able to walk that line in a general sense but we were already moving toward a more all inclusive menu experience. Who's to say what era of cooking was better? The world of food is a lot more vast in 2024 than ever before.

Derek Lankinen is an award-winning chef, author, and restaurateur. He is the Owner/Operator of Beefcake's Burger Factory with two locations in Westfort and Current River and Co-Owner of Elite Beef.



Derek Lankinen

Here's Cooking at You Kid

ENIGMA™ CRYPTOGRAM

Enigma cryptograms are created from quotations and proverbs from around the world. Each letter stands for another letter. Hint: "P" = "S"

"UXXFXP EF GFM SURPU MF HU UXXFXP
PNQAVK HUSRCPU MJUK'XU XRMNTNUE
NGMF VRL."

— U.R. HCSSJNRGUXN

4	2		7	1			6
		4	2		7		
7					5		
				2			5
		6					9
						2	
5	4			9		6	8
		7		5		2	1
9			8				

ACROSS

- 1 Bird's cry
- 4 Ardor
- 8 Hall (Ger.)
- 12 Exclamation
- 13 lt. island
- 14 Forbidden
- 15 Sora (2 words)
- 17 Holm oak
- 18 Slip
- 19 Chatter
- 21 Braz. armadillo
- 24 Eur. sandpiper
- 28 Port. folk tune
- 31 State (Fr.)
- 33 Ohio college town
- 34 Ileum (pref.)
- 35 Fare (2 words)
- 36 Energy unit
- 37 Wheel projection
- 38 Buddhist sacred mountain
- 39 Ancient people of Gaul
- 40 In agreement (2 words)

DOWN

- 1 Restrain
- 2 Hamitic language
- 3 Gorse
- 4 Equine
- 5 Yale student
- 6 Abridged (abbr.)
- 7 Female
- 8 Petiole
- 42 Rant
- 44 City on the Danube
- 46 At right angles to the keel
- 50 Clayey soil
- 53 Ceylon (2 words)
- 56 Eye (pref.)
- 57 Taro
- 58 Air (pref.)
- 59 Highest (pref.)
- 60 Millstone support
- 61 Honey

ANSWER TO PREVIOUS PUZZLE

R	O	E	O	P	S	A	S	I			
O	A	H	E	S	I	C	D	A	C	E	
P	I	N	N	A	C	L	E	A	P	A	R
E	D	E	P	A	I	N	S	P	L	Y	
S	I	N	T	O	S	H					
A	R	C	A	S	R	E	C	T	I	F	Y
P	E	A	L	S	A	D	I	R	A	E	
T	O	R	M	E	N	T	C	L	E	A	N
D	I	M	E	C	O	L					
A	M	I	S	A	L	A	D	D	T	S	
S	U	N	N	K	A	L	A	H	A	R	I
B	R	A	E	E	D	E	O	L	A	F	
A	L	A	R	E	B	B	E	Y			

1	2	3	4	5	6	7	8	9	10	11
12			13					14		
15		16					17			
18						19	20			
		21	22	23	24		25	26	27	
28	29	30		31	32		33		36	
34			35							
37			38				39			
40		41		42	43					
		44	45		46		47	48	49	
50	51	52		53	54	55				
56				57				58		
59				60				61		

- 23 Say
- 25 Unusual
- 26 Dutch cheese
- 27 Arabian judge
- 28 Federal
- 29 Insurance Contributions Act (abbr.)
- 30 Showroom model
- 32 Son of Samuel
- 35 Heb. avenger
- 39 Midianite king
- 41 Game for no tricks
- 43 Just
- 45 Monsignor (abbr.)
- 47 City in Judah
- 48 Afr. tree
- 49 Clayey deposit
- 50 Extinct bird
- 51 Atl. Coast Conference (abbr.)
- 52 Robot play
- 54 Skate
- 55 Son of, in Arabic names



Delamination? Slide-Out Leaking?

Soft Spots on your RV's Roof, Walls, Floors?
Come See Us — Your Rebuild Specialists!

Specializing in Rubber Roof & Filon Lamination, Floor & Wall Rebuilds
• Complete Undercarriage Work • Repairs to RV Furnaces, Fridges, HWH & Convertors. • TSSA Licensed for LP Servicing.

**OPEN YEAR ROUND for Service & Parts.
RV Service You Can Trust!**

Factory Trained, Fully Licensed, Master Certified, Serving Northwestern Ontario over 46 years

983-3449 3075 Alice Ave. off Government Rd.

BREAK FREE FROM DEBT TODAY!
We listen. We Care. We Can Help.

Jayson Stoppel CPA, CA
Licensed Insolvency Trustee



BDO

1095 Barton Street
(807) 625-4424
WEBSITE: debtsolutions-thunderbay.ca

Repair Café a huge hit

By Justin Hardy - TB Source

Residents celebrated earth day a little early this weekend by helping to keep household items out of the landfill.

The sixth Thunder Bay Repair Café event took place at Waverly Library on Saturday and allowed attendees to have broken items repaired, learn how to do their own repairs, and help reduce waste.

Residents brought in all types of household items for repair, from lamps to video cameras, to clothing.

The event started back in 2022, as a way to help reduce waste produced from city households according to Founder Nancy Saunders.

"A friend and I, in 2020, we were about to launch when COVID started so we had to put it on hold for a while. But we heard about it through an international basically group of repair cafes that happened all around the world," she said.

"It started in Amsterdam in, I think 2007, and there's over 2000 of them now. So it was out of a passion to stop throwing things away and to share skills and learn how to fix things and have them last longer."

Saturday's event was the first hosted in partnership with the Thunder Bay Public Library and saw around 20 volunteer repair experts.



Volunteers at work last Saturday at the Repair Cafe.

Keith Mayer, a volunteer at the café, said he started volunteering because he wanted to spread his repair knowledge with the public and keep things out of the landfill.

"I like helping other people spread the knowledge around it," he said. "I think it's too often now that people buy something and just throw it away and many things can be fixed and sent back for another future use."

Repair Café events will happen quarterly for the rest of the year, with the next one taking place in July at Mary J L Black Library.



Columnist offers tips to best take part in catch-and-release fishing this year, including keeping the fight short.

Catch and release

Despite noticeable growth in angling pressure, we are still enjoying some truly high-quality fishing opportunities, even on our most popular rivers and lakes. This is because modern anglers have adopted good catch-and-release habits. When done right, a successful release can be accomplished with minimal stress on the fish, allowing it to survive and fight again another day.

What follows are the key components to catch-and-release fishing. Most of the techniques associated with a quality release are simple, logical and highly effective.

Keep the fight short. The foundation for a successful release begins before we ever touch the fish. While fighting a fish is a lot of fun, if we are mindful about landing it quickly, before it becomes exhausted, the chances of that fish surviving after release increase dramatically.

Keep the fish in the water. Fish should not be removed from the water for more than a few seconds. Knowledgeable anglers minimize handling their catch by keeping their fish in the water while it is unhooked.

Other than being lifted for a quick photo, the fish is always circulating water through its mouth and out its gills. A fish is also less likely to damage itself in the water compared to flopping around in the boat or on the river bank.

Support the fish correctly. Fish should be held horizontally and with two hands. Place one just in front of the tail for control and the

other under its belly, just behind the head to fully support its weight.

Be mindful of the slime. Fish have a protective coating of slime over their scales, which can be easily compromised.

Modern nets and handling gloves, when used properly, do not remove the slime and are helpful tools that allow anglers to keep the fish in the water while they remove the hook and prepare for a photo. Both nets and gloves speed up the release and prevent the fish from being dropped and injured while the hook is being removed. Handling gloves must be wet before touching the fish while nets should be made of rubber or a soft mesh to protect the scales.

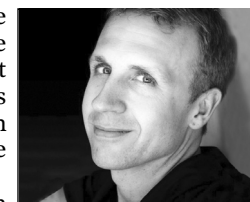
Have the proper tools and be ready. Along with a net or glove, needle-nose pliers or hemostats are essential tools that allow us to quickly grasp a hook and remove it from the fish's jaw with just a little twist.

If the fish has swallowed the bait, cut the line as close to the hook as possible rather than ripping the hook out of its gullet. Finally, avoid

contact with the fish's eyes and gills and resuscitate it facing into the current until it regains strength and can swim away on its own.

We are lucky to live in a pristine place where we can repeatedly catch fish pretty much every time we head out to our favourite lake or river.

If we continue to handle our fish properly and release them in good health, our friends, family, children and grandchildren will have the same quality of fishing that we enjoy.



Keith Ailey
the GOOD LIFE



BARRICK

HEMLO

WE ARE HIRING!

If you thrive on challenge and collaboration, Barrick offers opportunities on a global scale. Our commitment to support your career aspirations means genuine opportunities that only a worldclass mining company can provide

Hemlo has produced more than 21 million ounces of gold, and has been operating continuously for more than 35 years. Located just north of Lake Superior on the Trans-Canada Highway, about 35 kilometers east of Marathon, Ontario, it's currently an underground operation.



APPLY NOW

BARRICK.COM

Hearing aids, rich rural sounds

My hearing has been getting worse for many years. I had to resort to hearing aids several years ago but progressively, I had to upscale to even sharper (and expensive) hearing aids in order to hear anyone in the same room. Now, finally, I have a pair that work ("Yes, I can hear you dear, you don't have to shout.")

Which is what my wife, Laura, and my children had to do for me to hear them even when I was wearing hearing aids. I finally got an appointment with a hearing specialist who ordered a cat scan that revealed that the tube twist my schnoz and ear was plugged. Ah, so that's why I have only fifty-three percent hearing in that ear. It explains why I couldn't hear birds or spring peepers when others could. "Hear that, Dad? Spring peepers."

"Nope," was my reply. Until now.

We have a beaver pond near Casa Jones. It is a two- or three-minute walk to its shore.

There is a huge beaver lodge in the middle

that was there long before we bought the property. Naturally, after the ice has disappeared and the water warmed up a tad, spring peepers - those tiny froggy things - come out of the mud and begin their nighttime "peeping" trying to interest possible mates.

Back when my hearing wasn't so atrocious, like when we first moved onto this land 20 years ago, my hearing was a lot better so I could hear the wee peepers. But over the years, increasingly, I couldn't.

Now, I can, thanks to the miracle of modern technology.

And I can hear the birdies at the bird feeder. Boy, are they loud! Hadn't noticed how gregarious the "flitties" and "tweety birds" were until now.

And when I go for walks along our trails with Laura, I can now hear what she hears whereas before my response was again "nope".

My hearing aid person told me when she installed these new aids, that it would take quite a while for my brain to adjust. It is

taking a long time.

Our black lab, Sophie, will suddenly erupt with loud barks if she thinks she hears an approaching vehicle or even if she senses some flour-legged intruder (a fox?) roaming around outside. I tend to jump when Sophie lets loose since I'm not expecting it; and with these new hearing aids that my brain is still adjusting to, her bark is like an explosion. In fact, the clanking of dinner plates and/or silverware sounds like breaking glass.

This, too, shall pass (I hope) once the grey matter adjusts.

I listen to a lot of classical music both in our "hoosie" and in the car. With the old hearing aids I would still have to crank up the volume that would deafen a passenger in order to hear.

If I had a passenger, I would have to either lower the volume to a level that made it darn hard to hear or turn the radio off. But when I got these new aids,

Wow!

My accustomed volume in the car was deafening! So, now I listen at a much lower volume and even then until my brain adjusts, the high strings screech. Ah well.

But I am willing to put up with some inconveniences to allow in the words of Hercule Poirot, the "leetle grey cells" to reconfigure.

Last week we had fierce winds howling all day long out here. I took the pooches for a walk on our trails.

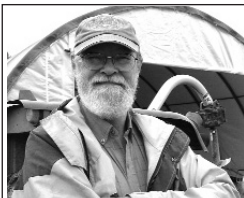
Now I could hear the loud "swish" of the wind in the poplar trees.

When we reached a part of the property we call "The Red Pines" (because back in the 1960's an owner planted a forest of red pine trees that now reach up to seventy feet tall), the wind "whooshed" through the branches and needles.

Now there was a roar that I could barely hear before getting these new hearing aids.

But I am very grateful: I can distinguish the rusty gate song of the redwing blackbird amidst the other chirpings at the bird feeder; and I hope to hear very soon those peepers at the pond. I also hope to hear the call of the white-throat sparrow that I love and increasingly couldn't hear while on our walks.

I mean a good part of the joy of being a rural rooter is to be able to enjoy all those rich, rural sounds



Fred Jones
RURAL ROOTS

Mean Girls on stage

By Justin Hardy - TB Source

Superior CVI's newest stage production is going to be "totally fetch".

Over 60 Superior CVI students are working together to put on *Mean Girls* the High School Musical according to school principal, Ryan McDonnell, who said it was great to see the students come together and collaborate.

"This has been a whole school-wide initiative. Our kids are very, very excited and are into this. The show is incredible," he said.

"It's a really catchy musical with a powerful message and our kids have gotten behind it right from the beginning and are excited to show the community our show later this week."

Mean Girls is a musical with a book by Tina Fey, lyrics by Nell Benjamin, and music by Jeff Richmond that tells the story of new girl Cady Heron taking on the plastics- the most popular girls in school.

"She's experiencing all these challenges with friends and where she fits in her school," said stage manager and grade 12 student, Norah Rutter.

"It's a really powerful show with a lot of super strong messages about social norms, social expectations and sort of what it means



Mean Girls will be staged April 24 through April 27.

to be yourself."

The show runs from April 24 to 27 with a showing each night at 7 p.m. in the Superior CVI Cafetorium. Tickets cost \$20 each and are available for purchase in advance from the main office or at the door if any are left by showtime. Proceeds will be donated to Our Kids Count.

Thunder Bay Multicultural Association
The Fabric of our Community

presents our 51st

FOLKLORE FESTIVAL

A WORLD TOUR OF NATIONS

Saturday, May 4th - 12pm to 11pm
Sunday, May 5th - 12pm to 7pm
Fort William Gardens & Curling Club

International Foods & Entertainment, Imported Beers & Wines

Sat. Feature Entertainers
Discos de Latina

Salsa SUNDAYS 2023
DANCE PERFORMANCES
BY SUPERIOR CIVILIZATION
SAT. MAY 16TH 5-9 PM

from Folklorama & Winnipeg heat up the Main Stage with Hot Latin Rhythms
"Cinco de Mayo" at Folklore!
Saturday 7:30pm - 10:30pm

ADMISSION Adults\$5.00 Students/Seniors.....\$3.00 Children 4-12\$1.00 Children 3 & UnderFREE	Win a "Stay-Cation" courtesy of THE SUPERIOR INN HOTEL & CONFERENCE CENTRE Gichigami	Children's Area Daily 12 to 6pm FREE Cinco de Mayo Arts & Crafts, PRIZES GALORE! Children's Inflatable Courtesy of Tbaytel
--	--	---

www.folklorefestival.ca

999 **THE BAY** 70s, 80s & 90s
ACADIA BROADCASTING
Country 105
tbaytel Wilson's business solutions vianet Safeguard CBC THUNDER BAY SUPERIOR CIVILIZATION

OUR KIDS COUNT

IS SO THANKFUL FOR OUR
AMAZING VOLUNTEERS

THANK-YOU FOR HELPING US PROVIDE REAL
HELP, RIGHT HERE, RIGHT NOW FOR FAMILIES

THAT NEED IT MOST.



For Information on
how you can become a
volunteer, please
contact Sonia at
sonia@ourkidscount.ca



MAY IS
NATIONAL
SPEECH-LANGUAGE-
HEARING MONTH!

Book a hearing test in the month of May to be
entered to win up to \$4000 off or 0% financing!

Everyone who books a hearing test during the month of May and has a qualifying hearing loss will be entered in a draw to win \$4000 off on a cash/credit sale OR \$2500 off & 0% financing* on their purchase of Premiere technology Signia brand hearing aids.

Offer expires June 1, 2024. *OAC. No purchase necessary, see clinic for further details.

SOUND HEARING
18A Court St North
Thunder Bay, ON P7A 4T3 807-935-8785
www.soundhearingclinic.ca

Civil war has a mixed message

Movie looks great, but is a bit muddled

Not long ago the thought of what happens in director Alex Garland's (*Men - meh, Ex Machina - yes!*) *Civil War*, (SilverCity) would be unthinkable. Then January 6th occurred.

The film begins with the President (Nick Offerman) on TV referencing the secessionist "Western Forces," comprised of Texas and California aiming to bring down his administration. He's disbanded the FBI. He's in his third term, contrary to the Constitution. He hasn't given an interview in 14 months.

There's no indication of what's caused this crisis. Geographical factions have arisen. None bear discernible political stripes - making for the film's controversial point of view.

Ideologies aren't apparent. By steering clear of bias, Garland creates much ambiguity for his characters and plot elements. Dubious plot points are given a pass as Garland goes for a grand cinematic effect.

The story is told through the eyes of a quartet of photojournalists, led by Lee (Kirsten Dunst) a veteran war zone photographer and Joel (Wagner Maura) a print journalist, both working for Reuters, with Sammy (Stephen McKinley Henderson) an aging but sage New York Times editor and Jessie (Cailie Spaney) a young freelance photographer, age 23, looking 15. They serve as Garland's multi-generational impartial observers.

They aim to be the first reporters to interview the president before the downfall of his administration by driving from New York to Washington DC. Sammy (rightfully) points out that there's no guarantee they're going to get to interview an embattled media-shy president facing armed takeover—or worse.

The dystopian road trip echoes *Apocalypse Now* with a surreal mix of horrors and weirdness. They witness torture and routine executions. Buying gas is a tense negotiation. A sniper standoff recalls "The Hurt Locker." Small towns in denial and a burnt out helicopter sitting in front of a shuttered JC Penny make for unsettling images.

An especially taut encounter with Jesse Plemons' menacing, racist militiaman presiding over a mass grave site forms the film's dramatic centerpiece. "What kind of American are you?" is his chilling, threatening question. If defined by action, Plemons' American is a xenophobic gangster.

Garland contends that non-partisan jour-



Kirsten Dunst stars as a photojournalist in *Civil War*.

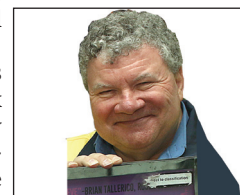
nalism is endemic to democracy. No disputing this. Yet, Lee says (curiously) that journalists are to observe. "We record so other people ask questions." With that kind of explanation, how do they plan to interview the president? Isn't a journalist supposed to ask questions?

Their freeze frame photos capture drama and horror. But their power is usurped without context. Even a photo requires an explanatory caption.

Garland masterfully stages battle sequences awash in ear-splitting, bone-rattling gunfire and explosions. We are justifiably shaken by his anti-war imagery.

Whether forces are fighting for liberty or authoritarianism doesn't matter, says Garland. But his broader message that continued polarization will lead to open warfare and self-destruction is blunted by much ambiguity and inconsistency in characterization and plot.

Regardless who 'wins,' says the final image, a tattered, soulless society will be the end result.



Marty Mascarini
MOVIE TALK

Bombers sweep Walleye in final

By Leith Dunick – TB Source

You only need one shot. That's the message delivered by Sioux Lookout Bombers coach Carson Johnstone as they took the ice for overtime in Game 4 of the Superior International Junior Hockey League championship.

Jonah Smith heard the message loud and clear.

The veteran Bombers forward won a race for the puck five minutes into the extra frame on Sunday at Sioux Lookout Memorial Arena, raced in alone on Kam River Fighting Walleye goaltender Ashton Sadauskas and buried the puck for the Bill Salonen Cup winner.

The next few minutes were a blur, his teammates pouring off the bench and mobbing the Lac La Biche, Alta. native, the over-capacity crowd roaring with delight, having witnessed the team capture its first title in just its second season in the league.

"Obviously it was so surreal," said Smith, author of 11 goals in the postseason.

"The crowd, the people, the town of Sioux Lookout. It was just amazing to get that done. The team hopped the bench, everybody loved it. The crowd, I couldn't hear anything it was just so amazing."

Smith may have been the hero, but the workhorse was goaltender Jack Osmond, who stood like a giant between the pipes, stopping 46 of 48 shots directed his way by the Fighting Walleye, a team seeking its second straight SIJHL title.

"I feel pretty good. I can't complain," said Osmond, named the playoff's most valuable player.

"Going into the third period there we said win a period, win a game. It didn't happen, but going into overtime, every Tuesday all year was battle day and that's what we said. It's just another Tuesday. It might be a Sunday, but we got it done."

The Bombers and Fighting Walleye played a scoreless first period, but the hometown team broke the double goose egg with 5:24 to go in the second, Alex Lucas batting the puck past Kam River goaltender Ashton Sadauskas.

Sioux Lookout took a 1-0 lead into the third, but the Fighting Walleye weren't about to give up their championship bout without a fight, despite being down three games to none in their best-of-seven series.

Matteo Salvatore tied the score 3:01 into

PAST SIJHL CHAMPIONS

2024: Sioux Lookout Bombers
2023: Kam River Fighting Walleye
2022: Red Lake Miners
2021: No champion (COVID)
2020: No champion (COVID)
2019: Thunder Bay North Stars
2018: Dryden Ice Dogs
2017: Dryden Ice Dogs
2016: Fort Frances Lakers
2015: Fort Frances Lakers
2014: Fort Frances Lakers
2013: Minnesota Wilderness
2012: Wisconsin Wilderness
2011: Wisconsin Wilderness
2010: Fort William North Stars
2009: Fort William North Stars
2008: Dryden Ice Dogs
2007: Schreiber Diesels
2006: Fort William North Stars
2005: Fort William North Stars
2004: Fort William North Stars
2003: Borderland Thunder
2002: Dryden Ice Dogs

the third, taking advantage of a bad clearing attempt, marching in on Osmond before switching to his backhand and depositing the puck in the net.

Less than a minute after teammate Jacob Sargent hit the post, Kam River's Carter Poddubny put the Fighting Walleye in front at 9:51 of the third, chipping the puck past Osmond from the slot.

The Bombers, who struggled in their own end at times, caught a break when Poddubny was sent to the box for cross checking at 12:49. Forty-four seconds later Blake Burke made them pay for the penalty, picking the puck up in the slot and firing it past Sadauskas, tying the game 2-2.

"It was just a solid effort from the guys, just commitment to the little things, just what we talked about all year long. We kind of got rewarded for just sticking with it and staying committed. It was awesome," Johnstone said.

Capturing a title in just two seasons is a testament to the organization, he added.

"It kind of just solidifies our culture, the things we wanted to do with this program," Johnstone said.

Next up for the Bombers is a berth at the Centennial Cup in Oakville, Ont. The tournament begins on May 9.



Sioux Lookout's Alex Lucas celebrates with the Bombers first Bill Salonen Cup, winning in four straight over Kam River.

Magnus Theatre

Liars at a Funeral

a hilarious new comedy by Sophia Fabiilli

May 9 - 25, 2024

For tickets: magnustheatre.com | 807.345.5552

A group of ten people, the cast of the play, are standing in a line on a stage. They are dressed in various styles of clothing, including jackets, sweaters, and a plaid shirt. The background is a simple stage set.

NOOJMAWING SOOKATAGAING
ONTARIO HEALTH TEAM BRINGS YOU

INDIGENOUS SERVICE PROVIDERS' FORUM

Opportunity to build valuable connections with
Indigenous Health and Social Services

- BOOTHS
- DOOR PRIZES
- CRAFT VENDORS



OPEN FROM 9-5 AT THE VICTORIA INN
CONTACT INFO@NSNORTHOHT.CA

Altuve belongs in hall of fame

The more I watch him play, the more I think Jose Altuve should be a first-ballot hall-of-famer when he eventually retires.

I remember the first time I saw him live in person, during batting practice at a game in Pittsburgh.

At the time I wondered who this kid was taking cuts with the Houston Astros, until I realized it was actually their all-star second baseman.

I saw him again last Sunday at MinuteMaid Park in Houston, and once again, he impressed.

Altuve, who at 5-foot-6, is one of the shortest MLB in history, but also one of the best.

The 33-year-old bashed two homers that day, helping the Astros down their cross-state rivals, the Texas Rangers.

If he can stay relatively healthy over the next five-plus seasons - he's signed through 2029 - Altuve is going to put up some pretty impressive numbers.

At 33, and signed through 2029, Altuve is third on the active list, with 2080 hits. He'll need to average about 160 hits a season to get to 3,000.

That's usually an automatic ticket to Cooperstown.

He's got two World Series titles under his belt, and while yes, one of them is tainted by trash cans, the second is as legit as they come.

He'll get some blowback from the hall of fame voters, but likely not nearly as much as Carlos Beltran is getting.

When all is said and done, Altuve will finish with close to 300 HR and well over 300 stolen bases. If he gets there, he'll join Barry Bonds, Willie Mays, Andre Dawson, Bobby Bonds, Reggie Sanders, Steve Finley, Alex Rodriguez and the aforementioned Beltran in the eight-member 300-300 club.

I also managed to knock another ballpark off my bucket list while I was in the southern U.S., making the trek to Phoenix to see the Diamondbacks and Cubs in what turned out to be a pretty entertaining, extra-inning game at Chase Field. Only two left to go, both in Florida.

Sitting there watching Lourdes Gurriel Jr. and Gabriel Moreno doing good things for the D-Backs, coming off a World Series appearance, and I started joking with fans that I was from Ontario and had come to

take them back.

Thankfully, Daulton Varsho, who came the other way in the trade that sent Gurriel and Moreno to the desert, has had a bounceback start to the season, hitting .246 with six HRs and 13 RBI in his first 69 at bats.

Can he keep it up? Not sure.

□□□

I was back for two days and hit the road again, this time headed north to Sioux Lookout for what turned out to be the championship-clinching game between the host Sioux Lookout Bombers and the defending champion Kam River Fighting Walleye.

The stands were electric. The official capacity of the building is 588, but there might have been one or two (hundred) more in the Sioux Lookout Memorial Arena.

Jonah Smith scored the OT winner to deliver the Bill Salonen Cup in just the franchise's second year, though the team wouldn't have been in the position to win without playoff MVP Jack Osmond.

The Edmonton-born goaltender was 12-1 in the playoffs, the lone loss coming against Thunder Bay.

They'll head to Oakville next month for the Centennial Cup.

□□□

Speaking of goaltending, how about the whirlwind season Thunder Bay's Ryan Fanti is having.

Best known for scoring a goal

earlier this season, Fanti spent most of the season with the Bakersfield Condors of the ECHL, but on Monday learned he was going to be recalled to Edmonton to serve as the team's emergency back-up goaltender.

What an experience for the youngster, on a team I wholeheartedly expect will make a long playoff run. They're actually my pick to win it all.

Even if Fanti never plays a game in the NHL, he's always going to have a story to tell. He had a 9-6-2 record and a 2.75 goals against average with the Komets this year.

□□□

Back to baseball, how about former Border Cats pitcher Greg Weissert? He's found a home in Boston, posting a 1-1 record pitching out of the Red Sox bullpen, with a 1.86 ERA and nine strikeouts in 9.2 innings.

He came over in the Alex Verdugo deal, after spending parts of two seasons with the New York Yankees.



Leith Dunick
SPORTS SHORTS

AD RATES \$9⁹⁹
1/2 PRICE* Up to 20 words
Additional words 25¢.
*Must be run in consecutive weeks.
No additions to ads.
Does not apply to Bargain Corner ads.

BARGAIN CORNER ONLY \$4⁸⁰
15 words max. for items under \$500.
Must contain price.
Plus HST

DEADLINE
Classified Word Ads:
MONDAY @ Noon
Display & Photo Ads:
MONDAY @ Noon

SHOP ON-LINE at
<https://shop.dougallmedia.com/>
CALL US AT 346-2600
Or email:
classifieds@dougallmedia.com

(Leave us a message if we do not answer, and we will return your call)
Our office is temporarily closed to the public due to COVID-19.
Telephone Hours:
Mon.- Fri. 8:30a.m.- 5:00p.m.

REAL ESTATE FOR SALE
01. City
02. Rural Homes
03. Mobile Homes
04. Lots / Acreage
05. Condos
06. Cottages
07. Commercial
08. Investment Property
09. Out of Town
10. Real Estate Wanted

38. Snowmobiles
39. Parts & Repairs
YARD SALES
40. Current River
41. Northward
42. South
43. Westfort
44. Rural

MISC.,NOTICES, TENDERS
45. Auctions
46. Health
47. Travel
48. Financial
49. Lost & Found
50. Personal
51. Notices
52. Tenders

FOR RENT
11. Houses
12. Apartments
13. Rooms
14. Room & Board
15. Shared Accommodations
16. Cottages
17. Commercial
18. Storage/Space
19. Wanted
20. Condos
21. Miscellaneous

BUSINESS & SERVICES
53. General Services
54. Home Improvements
55. Bus. Opportunities
56. Training Courses

MERCHANDISE FOR SALE
22. Bargain corner
23. Misc.
24. Antiques
25. Music
26. Office Equip.
27. Machinery
28. Pets & Livestock
29. Food
30. Misc. Wanted

EMPLOYMENT
57. Help Wanted
58. Careers
59. Child
60. Health Care
61. Employment Wanted
62. Students For Hire

VEHICLES FOR SALE
31. Cars | 32. Trucks
33. Vans
34. Motorcycles/ATV's
35. Campers/Trailers
36. Motor Homes
37. Marine Equip.

ANNOUNCEMENTS
63. Coming Events
64. Craft & Flea Markets
65. Happy Ads
66. Cards of Thanks
67. In Memoriam
68. Death/Funerals

Thunder Bay's Source reserves the right to classify ads under appropriate headings and to set rates therefore and to determine page locations.

Thunder Bay's Source reserves the right to revise, edit, classify or reject any advertisement and to retain any answers directed to the Box Reply Service, and to repay the Customer the sum paid for the advertisement and box rental.

Box replies on "Hold" instructions not picked up within 10 days of expiry of an advertisement will be destroyed unless mailing instructions are received. Those answering Box Numbers are requested not to send originals of documents to avoid loss.

All claims of errors in advertisements must be received by the Publisher within 3 days after the first publication. No refund if ad is cancelled before expiry date.

Thunder Bay's Source reserves the right to increase prices with 30 days written notice.

30. MISC. WANTED
Wanted, Firearms, Rifles, Shotguns, Cannons, Military items, single items or entire estates. I have proper permits to purchase. Call 807-627-4764

53. GENERAL SERVICES
TREE REMOVAL SERVICES. In town/rural, snow no problem! ++experience, Man-lift, backhoe services, insured, and seniors' discounts! Very reasonable rates, free estimates. Call Jacques (Jack) 807-345-4363

#1 dump runs, trash/yard clean up: inside/outside. Tear down sheds, decks, fences. Also repair. Cut/remove small trees, trim hedges, lawn cutting + general maintenance/services. Call Frank 807-628-5919.

#1 YARD CLEAN-UPS: Grass cutting, garbage dump runs, yard clean up/raking leaves and trees trimmed. Phone Byron 807-474-8870 or 807-768-9849

CHRISTINA'S HOME AND GARDEN. Residential & Commercial landscaping, spring clean-up, grass cutting, lawn maintenance, dethatching, fertilizing, planting, dividing, weeding, edging, hedge/tree/shrub trimming and shaping and much more. Call 621-1505

SUNSHINE LAWN MAINTENANCE, lawn, yardwork, many odd jobs, (seniors rates) all inquiries welcome 807-631-6967.

LEGAL NOTICES
NOTICE TO CREDITORS & OTHERS
In the TIMOTHY JOHN CARLSON

All Persons having claims against the Estate of TIMOTHY JOHN CARLSON, late of Thunder Bay, ON, deceased, who died on or about January 7, 2023, are hereby notified to send particulars of the same to the undersigned on or before May 23, 2024, after which date the estate will be distributed, with regard only to the claims of which the undersigned shall then have notice and the undersigned will not then be liable to any person of whose claims they shall not then have notice.

Dated at Thunder Bay, Ontario on the 18th day of April, 2024.

JEFFREY JOHN CARLSON,
ESTATE TRUSTEE
c/o ERICKSONS LLP
ATTN: RYAN VENN
Barristers and Solicitors
291 South Court Street
Thunder Bay, ON P7B 2Y1



LEGAL NOTICES
NOTICE TO CREDITORS & OTHERS
In the Estate of EVERT MAKKINGA

All Persons having claims against the Estate of EVERT MAKKINGA, late of Thunder Bay, ON, deceased, who died on or about March 6, 2024, are hereby notified to send particulars of the same to the undersigned on or before May 16, 2024, after which date the estate will be distributed, with regard only to the claims of which the undersigned shall then have notice and the undersigned will not then be liable to any person of whose claims they shall not then have notice.

Dated at Thunder Bay, Ontario on the 11th day of April, 2024.

JOHN MAKKINGA,
ESTATE TRUSTEE
c/o ERICKSONS LLP
ATTN: RYAN VENN
Barristers and Solicitors
291 South Court Street
Thunder Bay, ON P7B 2Y1



ADVERTISE WITH US
SHARE YOUR BUSINESS CARD, SALES, DISCOUNTS, COUPONS AND MORE!

CONTACT AN ACCOUNT EXECUTIVE TODAY
807.346.2600

A Gift In Loving Memory

Give A Gift
In Memory Of A Loved One
& Support The Care At
St. Joseph's Care Group
www.sjfb.net/memorial
Or Call Us At 807.768.4440

PUZZLE ANSWERS

C	A	W	Z	E	A	L	S	A	I	A	L
U	G	H	E	L	B	A	T	A	B		
R	A	I	L	B	I	R	D	I	L	E	X
B	O	N	E	R	Y	A	P				
			T	A	T	U	T	E	R	E	K
F	A	D	O	E	T	A	T	A	D	A	
I	L	E	G	E	T	B	Y	R	A	D	
C	A	M	O	M	E	I	R	E	M	I	
A	S	O	N	E	R	A	V	E			
			U	L	M		A	B	E	A	M
M	A	R	L	S	R	I	L	A	N	K	A
O	C	U	L	G	A	B	I	A	E	R	
A	C	R	O	R	I	N	D	M	E	L	

ENIGMA SOLUTION:
"Errors do not cease to be errors simply because they're ratified into law."
— E.A. Bucchianeri

HERE'S MY CARD

Buy One, Get One Free

OFFER ENDS MAY 6TH

Dulux Paints
DECORATING CENTRE
784 MEMORIAL AVE. (NEXT TO MCDONALDS)

SEE IN-STORE ASSOCIATE FOR DETAILS

THE ROOF GURU

Don't let the goofs on your roof

807-355-1784 OR FIND OUT MORE AT WWW.THEROOFGURU.NET

THUNDER BAY FARMERS MARKET LOCAL FOODS

Beef, Pork, Lamb - Veggies - Fruits - Fresh Florals - Baking - Perogies/Cabbage Rolls - Dog/Cat Treats - Watkins - Handmade Treasures and So Much More

ENTERING OUR 35th YEAR

SPRING MARKET
April 6th to JUNE 15th
SATURDAYS - 10 TO 2

NEW & RETURNING VENDORS
954 Huron Ave.

Focused ON YOU!

Elsie Tommasini
REALTOR®

807-474-8669
RE/MAX
First Choice Realty Ltd. Brokerage®

We know...

- Employment & Labour Law
- Environmental Law
- Estate Administration
- Estate Litigation
- Personal Injury
- Real Estate Law
- Tax Law
- Wills & Estate Planning
- Indigenous & First Nations Law
- Civil Litigation
- **Construction Law** ↙
- Corporate & Commercial Law
- Estate Planning
- Insurance Law
- Medical Malpractice
- Motor Vehicle Accidents



...the North.



ericksons
LLP

Whether you are a builder or building your dream, our team of construction and real estate lawyers are here to help review contracts, assist with planning and bylaw matters, deal with lien claims, and more.

For more information about our team and what we do, give us a call or visit ericksonslp.com

Ph (807) 345-1213 | TF 1-800-465-3912 | reception@ericksonslp.com