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Canadian Publications Agreement No. 0662445 Vol. 20 No. 28

Thursday, July 13, 2023

ARSON ATTACK

Former European Bakery catches fire on Sunday evening and may have been burned on purpose /2



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The former European Bakery on Simpson Street closed its doors in 2018. It was a longtime staple in the neighbourhood before closing. (Leith Dunick)

Arson suspected in Simpson St. fire

By Gary Rinne – TB Source

Investigators have concluded that a fire that damaged a former bakery on Simpson Street was intentionally set.

The fire at 642 Simpson St. was reported shortly after 6:30 p.m. Sunday in the building that used to house European Bakery, which shut down in 2018.

The Thunder Bay Police Service is now conducting an arson investigation, but a spokesperson said Monday afternoon that no arrests have been made in the case so far.

Darren Leishman, fire prevention officer with Thunder Bay Fire Rescue, said the TBFR command officer on the scene determined that the fire appeared to have been purposely set.

"Once that happens, that scene

is turned over to Thunder Bay police, and they secure it until such a time that they no longer require it for criminal charge purposes."

Leishman explained that further involvement by fire investigators isn't mandatory unless the loss from a fire exceeds a certain dollar value, or if someone has been injured, neither of which applies to this case.

He said firefighting crews were able to limit the fire's spread relatively quickly after they arrived on the scene.

"The guys got there and put the fire out quickly. It looks like it was under control within minutes."

Investigators found no evidence that anyone had been inside the building at the time the fire broke out.



A Thunder Bay Fire Rescue firefighter climbs a ladder on Sunday at the former European Bakery on Simpson Street. (Leith Dunick)



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NAN names Fiddler as new grand chief

Fiddler held the role from 2015 to 2021 before stepping down

By Justin Hardy - TB Source

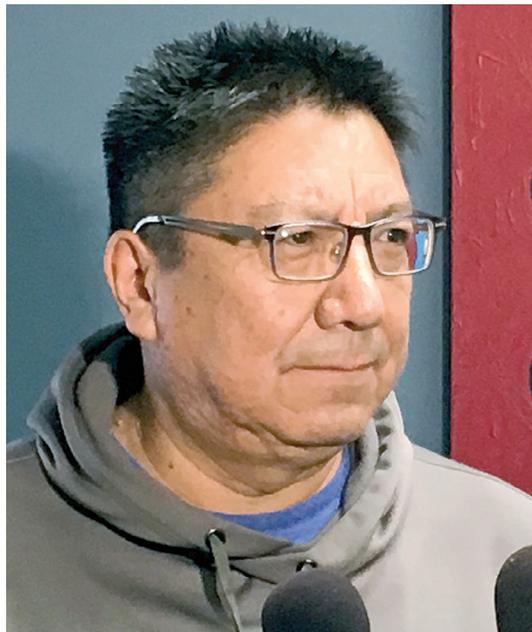
Nishnawbe Aski Nation has selected former grand chief Alvin Fiddler as its new grand chief, replacing former grand chief Derek Fox, who was removed from the post following a meeting of chiefs-in-assembly in May.

Fiddler, of Muskrat Dam First Nation, will be acclaimed by resolution next month during this year's Keewaywin Conference in Thunder Bay.

Fiddler has 25 years of leadership experience within Nishnawbe Aski Nation and was first elected grand chief in 2015 after serving several terms as deputy grand chief and working on the Truth and Reconciliation Commission. He stepped down in 2021 to run for national chief of the Assembly of First Nations, but lost the election to RoseAnne Archibald.

Only one nomination was received for the position of grand chief for a candidate who met all requirements as per Section 4.1 of the NAN election procedures.

Information on the election process and NAN Election Procedures is available on the NAN Election website: www.nanelection.ca.



Alvin Fiddler was acclaimed as the new NAN grand chief.

Men sentenced in killing

By Doug Diaczuk - TB Source

The sentencing judge struggled to describe the senselessness of a violent act involving a stolen bike that resulted in the beating death of 52-year-old Andrew Ayre, but he said the actions of two men at the centre of the incident requires a custodial sentence.

David Gregorovich, 35, and Jason Raven, 26, appeared before Justice Bruce Fitzpatrick for sentencing in a Thunder Bay courtroom on Thursday.

"Ultimately, Andy ended up dead over a fight or fights about a bike," Fitzpatrick said. "I cannot adequately express the senselessness of how the events of that day unfolded. This crime has had a significant impact on Andy's immediate and extended family."

In November 2022, Gregorovich pleaded guilty to manslaughter and Raven pleaded guilty to robbery. Both accused were initially charged with second-degree murder and robbery.

The charges relate to an incident on the afternoon of April 25, 2019, outside a southside bar.

Ayre was in the Victoria Avenue and Brodie Street area with his new bike that he chained to a post outside the bar. He was very proud of the

new bike and it was his primary means of transportation.

Raven, who was in the area, saw the bike and stole it by pulling the seat off to release the chain.

After exiting the bar, Ayre saw the bike was missing and began searching for it. Raven was still in the area and was confronted by Ayre. An altercation took place with Raven punching and stomping Ayre's head.

Gregorovich was also in the area at the time and witnessed the altercation. After getting back to his feet, Ayre accused Gregorovich of stealing the bike and a second altercation took place, with Gregorovich punching Ayre in the head and sending him down to the sidewalk.

Ultimately, Fitzpatrick sentenced Gregorovich to six years in custody minus time served. With pre-sentence custody credited at 456 enhanced days, Gregorovich will serve a remaining 1,736 days or four years and nine months in custody.

With respect to Raven, Fitzpatrick cited the Gladue and pre-sentence report prepared that detailed poverty, addiction, and violence experienced by Raven growing up as mitigating factors taken into consideration.

He got three years plus 60 days.

WEATHER FORECAST

THURSDAY	FRIDAY	SATURDAY	SUNDAY
			
Partly Sunny	Partly Sunny	Mainly Sunny	Partly Cloudy
Precipitation: 40% HIGH 19 LOW 11	Precipitation: 40% HIGH 24 LOW 13	Precipitation: 60% HIGH 23 LOW 12	Precipitation: 40% HIGH 23 LOW 11

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Animals gone

I am a fan of the Sherlock Holmes mysteries. One of my favourite lines comes from the story *Silver Blaze* in which a police inspector asks Holmes "Is there any point to which you would wish to draw my attention?" Holmes: "To the curious incident of the dog in the night-time." Inspector: "The dog did nothing in the night-time." Holmes: "That was the curious incident." Now, often this quote is misquoted even by me, but I looked it up. So what?

My attention has been drawn to the curious incident of the forest creatures' absence on our property. We saw the usual assortment of critters in the spring but now and for some time, nothing. We see neither deer, nor foxes, nor the Sandhill cranes. We have our resident ravens of course, and the tweety birds chirping in the trees but little else. Why not?

At the beginning of this summer, we had our returning Sandhill cranes; we saw our resident fox; and occasionally a deer would traverse the southern paddock. But of late, nothing. Down at our beaver pond I recently saw a beaver gliding through the water near the lodge and a pair of ducks who may or may not be nesting there. Earlier a pair of Canada geese were also plying the pond waters but not anymore as they must have found a better body of water in which to breed. I do hear the American bittern "galumphing" when I venture with pooches to the pond with an inspection but I don't see it.

Saturday while driving our road we almost ran over a flock of tiny ducklings - at least 12 - scurrying across the road. I wondered where the 'mum' was and why they were coming from a place with no water.

They were headed in the direction of another beaver pond located on the property beside ours - I hope. But that has been it for wildlife viewing. Very disappointing. The question is why? What has caused this dearth of fauna that we usually see throughout the spring and summer?

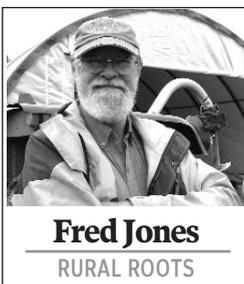
Perhaps Mama Fox relocated her den especially after one of our pooches, Lily, who definitely has terrier in her mix and is small enough to have invaded the fox's den, appeared with a small fox kit in her jaws. I was very upset but there was nothing that I could do. I tried to get Lily

to release the wee critter but she just ran off. So, I had to wait until she got bored with her "kill" and I managed to fetch and bury it. Very sad. So it is reasonable for Mama Fox to create another dwelling away from our farm or, at least, well away from being close to Casa Jones. I did see Mama Fox in the spring but that was back in April and occasionally in May. Since then, nothing. And twice last month Lily and our lab, Sophie, ventured to investigate the den Mam Fox had been using for a couple of years without harassment. I was very worried about a repeat tragedy but both pups came away from the abandoned den after investigating for only a few moments.

We used to see deer crossing the paddock to the south of the house on a regular basis even when horses were there grazing but I haven't seen one for two months. And the Sandhill cranes, who returned in the spring and were grazing undisturbed in that same paddock, have vanished. Usually after a couple of weeks, instead of the pair, we see only one. I think that they take turns feeding while the other one sits on the eggs. But in June they both showed up and I was hoping to see two orange fuzz-balls called at that very young age "colts". Nope, nary a one. What happened? The adult cranes came each day for about two weeks but have since disappeared.

Even our resident ravens have not produced a brood of squawkers this year. At first in February when ravens lay eggs (the first birds to do so in the spring), we thought that they were going to reuse a nest high up in a poplar tree quite visible from our kitchen window. They would fly up there and I could see a black head bobbing in the nest. But after a while no more bobbing head. It was while I was dumping manure from the horse stalls on Mt. Crumpet that I chanced to look up and see a new nest in a tree right above me. "Ah," I thought, "could they be occupying this nest and perhaps the eggs will hatch, and we will be 'blessed' with the raucous cries of hungry young?" Apparently not. No squawking infants who, by now, would be perched on fence rails flapping their wings in the hopes of food from the parent. Again, nope.

I miss the show of wildlife inhabiting and crossing our property. Even ravenling caterwauling would be welcome.



Fred Jones
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EDITORIAL

Uncrowded house

The Thunder Bay Community Auditorium is a true gem.

Acoustically, it's one of the best-sounding facilities of its kind in North America.

Musicians rave about the building, but it's still tough to draw out a crowd for many acts.

Take Monday's War on Drugs show. This is a band that has subheadlined some of the top festivals around the world, and they decided to play the Auditorium as they make their way across Canada.

The facility was only half full.

It's not the only time a band with critical acclaim (not to mention a Grammy Award), has struggled to fill the 1,500 or so seats.

Tribute acts generally do well, but even legacy acts like ZZ Top can find it tough to sell seats.

The Auditorium is more than willing to bring big and critically acclaimed acts to the city, but it's hard to justify the cost of doing so if the public doesn't respond.

These are world-class performers, who play for sold-out audiences around the world. It costs a fortune to see them in another city. Support the shows and you can see them here.

LETTERS TO THE EDITOR

Stop the insanity To the editor:

Under Council News in the recent community newsletter it says that work on Pole Line Road has been cancelled because of third-party issues.

Page 29 of the 2023 budget has five items for Pole Line Road totaling \$174,518.

This presents council with a unique opportunity.

They can reduce the 2023 tax hike from 5.15 per cent to 3.08 per cent and it will not result in any loss of service.

The timing is fine since the first bills under the new rates have not been sent out.

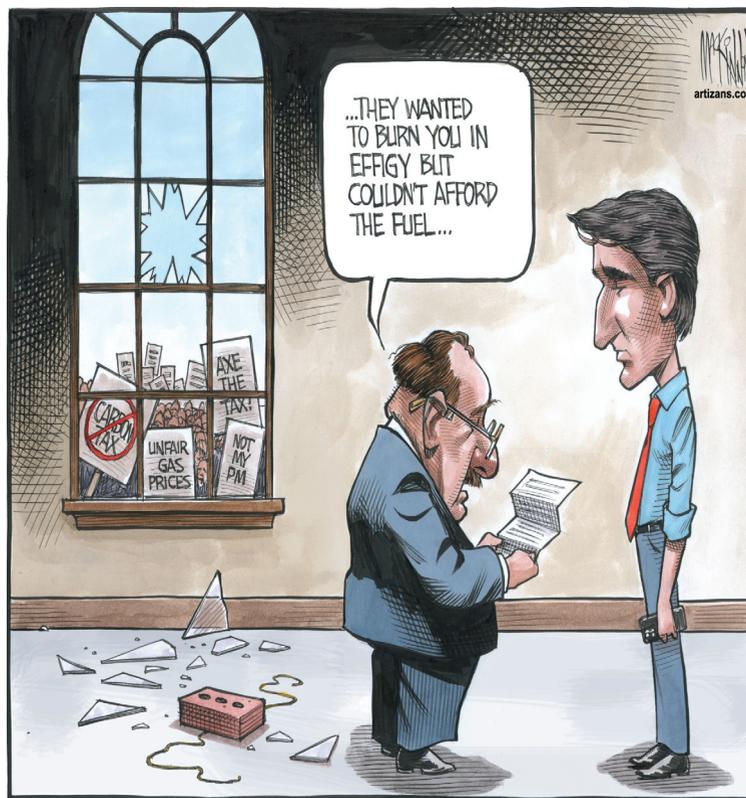
The tax levy increase can be reduced from \$433,672 to \$259,154.

We know for certain that there will be a significant amount spent on the arsenic removal equipment for the Rosslyn water supply.

That spending must be done. Anything less than safe, clean drinking water is not an option.

The amount is unknown as yet but since this budget is set the money must be included in next year's tax increase.

If the Pole Line work is included



next year it would only leave about \$260,000 for the arsenic removal equipment, necessary road repairs and inflationary costs, assuming a similar total levy increase.

It might mean a tax increase for 2024 of closer to six per cent so reducing the tax rate this year is, in our opinion, the best option.

Council could keep the tax rate in

place but would likely look for other places to spend the money.

For example, that money could be allocated to cover the 2023 \$174,000 repair cost outlined in the new museum report (2023-110 OPHP).

However added to the approved deficit of \$126,951 it would bring the total for the museum this year to \$300,951.

About \$13,000 of capital cost appears to be duplicated in the budget capital cost leaving the total at approximately \$287,951.

That represents about 66% of the total tax levy increase for 2023.

The museum will be open for a total of 270 hours this year. Spending \$287,951 on the museum would mean taxpayers are paying \$1,066 every hour the museum operates this year, assuming the budget cost and revenue projections are met.

We feel the tax cut would be a far better choice.

All numbers are from the municipal website, past council agendas, past budgets and the 2023 approved budget except calculated results which are ours.

Rick Angove,
Les Pawluk,
Oliver Paipoonge

Corbyn's political rise and fall examined

As Machiavelli noted, 'There is nothing more difficult to carry out, more doubtful of success, nor more dangerous to handle, than to institute a new order of things.'

In this pithy, cynical, but absolutely true statement, *The Prince* sums up my 44 year career in public libraries – my vision was to transform stand alone, traditional, bourgeois public libraries into multi-use, needs based, community hubs that could meet the needs of all sections of the community.

In seeking to implement this vision I encountered resistance from individuals and groups heavily invested in maintaining the status quo.

Something very similar happened

to Jeremy Corbyn. *Is Socialism Possible in Britain?* by Andrew Murray reflects on the Corbyn project which sought parliamentary socialism in the face of resistance from most New Labour M.P.s.

Murray draws out the lessons of this roller-coaster period in British politics from 2015-19. Lively and insightful, it is informed by an insider's view of the most radical period in Labour Party history.

Although the context is specific to the UK, the lessons learned are universal and can be applied to

politics and workplaces in Canada.

A veteran of the Stop the War Coalition, Andrew Murray was seconded to Corbyn's office from the Unite trade union and witnessed an extraordinary daily bombardment from sections of the Parliamentary Labour Party and the mass media.

He candidly assesses the leadership's response to the anti-Semitism controversy and the dilemmas of Brexit, as well as Keir Starmer's restoration of a turgid neo-Blairism.

Tracing the destabilization of class

relations in Britain, Murray asks how the problems that beset Corbynism can be more effectively addressed in the future – a future which we must hope is not so far away.

What he describes is a classic coup followed by a counter revolution – and we can see these processes at play in other organizations, including public libraries.

Elected to lead the Labour Party in 2015, after many years of progressive activism, Corbyn motivated thousands of young people to join the party, which enjoyed one of its greatest electoral successes in the snap 2017 General Election.

Over the next two years the PLP and the media strove relentlessly to

undermine Corbyn's position and credibility. He was the subject of a protracted smear campaign that played on Red Menace fears.

His Nemesis was Sir Keir Starmer, who only became an MP in 2015. Starmer wheedled himself inside the Party machinery and set up a new committee which determined Labour's position on the vexed and divisive issue of Brexit.

Starmer deliberately engineered the downfall of Corbyn by presenting the Labour Party as being in favour of a second referendum, which was electoral suicide. This paved the way for Starmer to become the new party leader and lead the counter-revolution.



John Pateman
BOOK BANTER

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Bees produce healing honey

By John Shermack - TB Source

I am a big fan of the bees. I have always admired their work ethic, their social lifestyle, their ability to communicate with each other and especially the way they turn nectar into honey. And what's even more amazing is their willingness to share their honey with us without much fuss and no retaliation or holding a grudge.

As a gardener I often find myself surrounded by bees and they have always minded their business and ignored me as they gathered nectar to replace the honey that was taken.

They are very good-natured about the honey loss - they make it and we take it and then they make more to satisfy our one-sided arrangement.

Bees are very busy and they don't have time for distractions but our fuzzy friends play a key role in the production of a newly discovered healing honey.

The story began long ago and far

away.

In the early 19th century, English beekeeper Mary Bumby made the voyage from England to New Zealand where her brother was serving as a missionary.

She carried two bee skeps (woven baskets) with her and the contents of those baskets had a slow-burning but long-lasting effect that rippled through honey history to the present day.

As a beekeeper, Ms Bumby had bees in her baskets which she kept alive until she arrived at the eastern shore of New Zealand's north island where she disembarked.

She and the bees established an apiary in the surrounding fields where manuka bushes were thriving - they may have produced the first honey ever tasted in New Zealand.

The bees continued to do their manuka thing in relative obscurity for a century and later in the 1900's when the preferred taste was for wildflower derived honeys.

But while international honey connoisseurs searched for the most



Bees are hard workers in nature.

delicious spread on their toast they ignored an important property of this sweet, natural elixir.

In addition to being a natural sweetener all honey is a natural healer and its use in treating human ailments can be traced back 8000 years.

Research into honey in traditional medicine has revealed that natural honey contains about 200 substances including amino acids, vitamins, minerals and enzymes.

In ancient times it was used to treat wounds, digestive disorders, and diseases of the kidneys - Hippocrates (460 - 370 BC) prescribed honey for fever, ulcers and treating hemorrhoids.

Honey has found its way into modern medicine - its antibacterial, anti-inflammatory and anti-oxidant properties are verified and evidence suggests antiviral and antifungal properties.

The Mayo Clinic reports that honey can promote healing by sterilizing wounds, burns and ulcers, and is also effective against antibiotic-resistant bacteria.

All honeys have these medicinal qualities but in recent decades one particular honey made from the

nectar of one particular plant has been found to be truly remarkable.

Getting back to Mary Bumby's bees, the honey they have been producing for over two hundred years from the nectar of the manuka bush is the sweetest of all, so to speak.

Manuka honey has healing properties derived from the nectar of the manuka flower which has three unique phytochemical markers that make it antibacterial and anti-inflammatory.

It contains over 2,000 natural compounds which is twenty times the amount in conventional honey, including those hand-crafted, local specialty varieties we love.

However, manuka honey is not for the faint of heart because it has one unfortunate side-effect - the price of this New Zealand nectar will shock you.

Fortunately, for those who are unwilling or unable to pay the price all other honeys, including favorite local wildflower varieties, still taste good on toast.

The bees won't mind at all.

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

July 15

Oliver Paipoonge Heritage Park

Oliver Paipoonge Heritage Park presents Family Day on Saturday, July 15, from noon to 4:30 p.m.

Games, crafts, music by Pat Cupp & Diane Wraframe.

Children's art class ages seven to 14. Please pre-register by calling 807-475-7424 or opmuse2@tbaytel.net. 3190 Hwy 61 S, Slate River.

It's 10 minutes from the airport.

July 16

NWO Aviation Heritage Centre

The Northwestern Ontario Aviation Heritage Centre, located at 905 E. Victoria Ave., is open to the public this Sunday, July 16, from 1 p.m. to 4 p.m.

Come check out our extensive displays on local aviation history and try a flight on our simulator.

Private tours during the week can also be arranged by calling 807-623-3522 or emailing them at

noahc@tbaytel.net.

For more information, check out our Facebook page or website www.noahc.org.

July 13

Beaver Ball

Enjoy a night of history. The evening, in the fashion of the Beaver Club of Montreal, will include a themed menu, Beaver Club toasts, fur trade dancing, and live music by local band, Loughlin.

Historic attire is optional.

The event takes place on Thursday July 13, with a symposium at 6:30 p.m. and dinner at 7 p.m., at Fort William Historical Park.

Tickets are \$100 per person and tables of 10 are available: one table per person can be purchased.

To make assigned seating arrangements email reservations@fwhp.ca or phone 807-473-2344.

Tickets are available through eventbrite.ca.

July 15-19

Border Cats Baseball

The Thunder Bay Border Cats are in the heat of the second-half pennant race and will welcome the Mankato MoonDogs and the Minnesota Mud Puppies as they open a four-game homestand on Saturday.

All games, except for Sunday, are scheduled to start at 6:35 p.m., with Sunday's matinee contest slated for a 1:35 p.m. first pitch.

Tickets are available at the box office.

July 16

Sunday Drag Brunch

Enjoy a delicious brunch at the Goods & Co. market on Sunday morning, starting at 11 a.m.

There will be dance and vocal performances from drag artists Seymour Bottoms, Faux Rocious and Jennie in a Bottle.

Doors open at 11 a.m., with brunch at 11:30 a.m. and the show at 11:45 a.m.



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Thick steaks require time

Cooking and slicing to present big steaks has become very chic in the last few years.

However, a huge hunk of meat like that can be daunting to a novice cook.

The feeling of ruining a huge (probably expensive) cut of meat is also painful to anyone with that misfortune. While undercooking may not seem a big issue, overcooking an expensive cut can be disappointing, especially considering the money you spend on a well-marbled piece of meat.

Understanding how to cook a thick steak is essential for several reasons. Firstly, it allows you to enjoy the full potential of the steak's flavour and texture. Properly cooked thick

steaks are tender, juicy, and packed with rich, meaty flavours. Secondly, knowing how to cook a thick steak helps you avoid the common pitfalls

of overcooking or undercooking, which can result in a tough, dry, or unevenly cooked steak.

When selecting a super large steak, most people have three options.

The ribeye, also known as rib steak, is cut from the cow's rib section. It is well-known for its rich marbling, contributing to its flavour and tenderness.

The generous marbling ensures a juicy, flavourful steak that remains moist even when cooked to higher degrees of doneness. The ribeye's robust flavour can stand up to bold seasonings and sauces.

The New York strip, also known as the strip loin or strip steak, is cut from the short loin of the cow.

It offers a balance between the marbling of a ribeye and the leanness of a filet mignon, resulting in a moderately tender and flavourful steak. The New York strip has a firm texture and a well-defined grain.

The T-bone steak combines two different cuts: the New York strip and the filet mignon, separated by a T-shaped bone.

This cut offers the best of both worlds, with the tender filet on one side and the flavourful strip on the other.

The T-bone requires careful cooking to ensure that both sides reach the desired doneness without overcooking. The reason these steaks are ideal, is they are firmer



Overcooking can ruin a steak.

easily.

The best way to cook a two-inch thick steak is by pan searing and finishing in the oven or grilling. It's best to cook a thick steak to medium-rare or medium.

These two methods are best because they do not require a lot of time.

Both pan-frying and grilling are best in terms of taste. A two-inch thick steak will take you anywhere from 20 to 25 minutes at a reasonable temp to reach medium rare.

Trust me, this is something you don't want to rush!

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, Brick and Mortar Food Co. and Eat Loco Tacos.



Derek Lankinen

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BrewHa back this weekend

By TB Source staff

The BrewHa Festival is back.

The popular event, now under the guidance of the Thunder Bay Chamber of Commerce, will offer attendees a chance to imbibe in a variety of local and regional culinary options, as well as a wide selection of craft beer, cooler, seltzer and wine tastings, plenty of food pairings, artisan flavours, and to top it off, live music.

The event takes place on July 14 and July 15, from 4 p.m. to 9 p.m., at Prince Arthur's Landing.

"This is a perfect combo for a Thunder Bay summer night. BrewHa Festival is an opportunity for our community to reconnect with friends while enjoying the many exclusive flavours prepared by local and regional businesses," said Chamber of Commerce president Charla Robinson, in a release issued last week.

For more information on the brewers, vendors and live music lineup, you can visit www.brewhafestival.com.



The BrewHa festival on Friday and Saturday at Prince Arthur's Landing. (FILE)

Skeeter season now in full force

Chances are pretty good that you have noticed we are in the midst of an exceptional mosquito season. Even in the city, outdoor activities like walking the dog, cutting the lawn or cooking on the bar-b-que have been less enjoyable than usual. Of course, trudging through the woods to get to a fishing spot or enjoying time outside at camp has been almost unbearable.

Insect repellents containing DEET are considered the most effective defense against mosquitoes, but I really try to avoid putting this stuff on my skin whenever possible. Health Canada says repellents containing DEET can be safe when applied as directed and in the right concentration (but never to be used on children under 6 months of age). Still, I feel it is a good idea to limit DEET exposure, so I have had to reach deep into the bag of tricks to minimize the number of mosquito bites I am scratching this summer.

Mosquitoes are most active at dawn and dusk, so the easiest way to avoid them is to only be outside when the sun is high. In addition to the bright sun, a good, strong breeze will keep the bugs hiding in the trees. If we are out in the wilderness when the sun is low and the winds are calm, I will cover exposed skin with a long-sleeved shirt, pants, closed shoes, and a hat. Avoiding fragrances and wearing light-coloured clothing will also help.

When in the deep woods on a fishing or camping trip, the bugs have been especially plentiful and ruthless this year. In these cases, we are forced to put insect repellent on our skin. As mentioned, DEET is most effective, but it has drawbacks. Luckily, there are alternative repellents with safer ingredients.

Products with Icaridin and essential oils like lemon, eucalyptus, and citronella can be somewhat effective but be sure to read the labels, especially if applying these products to children.

When applying any repellent, especially one containing DEET, you can blast your arms and legs but do not spray it directly on your face. Instead, I like to put it on the back of a hand first, then rub it on my neck and ears. Always spray outside,



There are plenty of mosquitos out this summer.

away from food, pets and anything you value, like the paint on your car.

For a backyard BBQ, a campfire or a relaxing evening on the deck, there are a couple more options that can help create a mosquito-free zone. Thermacell is a

modern solution that I have been impressed with so far. It uses a scent-free synthetic formula that is heated with a small fuel cartridge to provide a claimed "zone of protection" against mosquitoes.

Mosquito coils, a repelling incense that can burn for hours, are more time-tested and economical but come with a scent. Made from a

dried paste of chrysanthemums, a natural insect repellent, I have found these to be much better than citronella candles. Both these coils and the Thermacell are most effective when sitting outside in wind-free conditions where the repellent can linger in the air.

Our summers are relatively short, so we can't allow this bumper crop of mosquitoes to keep us from enjoying our



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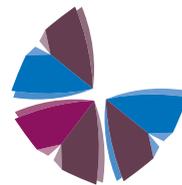
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Coast Guard, Maritime History Day on July 15

By Leith Dunick – TB Source

The Thunder Bay Transportation Museum is welcoming the public to a free public event on Saturday, celebrating the Canadian Coast Guard and the city's maritime history.

The event, which begins at 11 a.m. at the Museum, located at the Pool 6 site on the waterfront, will include a recognition of the contribution and role of the Canadian Coast Guard in maintaining and policing the waterways of the Northwest for the past 61 years.

It will also include a joint celebration of the 100th anniversary of the Royal Canadian Reserves and a visit by the Canadian Coast Guard Ship Samuel Risely.

There will be a parade of the Thunder Bay Pipes and drums and the Royal Canadian Navy colour party, as well as



The Coast Guard Flag is raised in 2022. (FILE)

free tours, displays and a special dockside market filled with local vendors.

The public will also be able to tour the Alexander Henry following the introduction and raising of the Coast Guard flag.



Danny Johnson (left) and Samantha Piper star in Magnus Theatre's *Mama's Country Road Collection*, on stage now. (Submitted)

Nothing but hits

By Linda Maehans – For TB Source

Pure gold. Consistent hits, top-10, over the AM airwaves; followed by FM and mainstream charts; then onto television-in technicolour. Hey, you seein' the picture? Hearin' the sound? The sentiments. The unrivalled sincerity of country. Don't nothin' get more genuine; and that's a fact.

Mama's Country Record Collection, created, written and directed by Magnus' artistic director Thom Currie, happens in a big tent this time. Out-of-doors, under the stars.

From the very first guitar chord and those words from the heart we get swept up into a river of emotions we'd almost forgotten. Priceless memories (and the words to every song) come rushing back like a welcome summertime flood.

Here's the lowdown: Dan Zakkovich; Kevin Palmer; Robert Jardine; are the band. Their instruments: acoustic guitar; electric guitar; bass; double bass; banjo; dobro; harmonica; accordion; keyboards and drums; on opening night sound a tad off-balance with vocals, easily adjusted I'd think. The vocals?

Well, originally these belonged to the likes of Kenny Rogers, Dolly Parton, Glen Campbell, Tanya Tucker, Roger Miller, Loretta Lynn, Tammy Wynette...to name but a few. It's a huge line-up.

Yet the true gems of every number are a lovely Ruby-in-July named Samantha Piper and her ever-green-emerald partner Danny Johnson. Most everyone here in the Lakehead (and beyond) knows of Danny's outstanding talent as musician-songwriter, and sometimes-actor. Samantha too has appeared on a Magnus' stage previously; we just had no idea how versatile a singer-and-musician she is.

The chemistry between Samantha and Danny is as natural as sunshine sparkling on water, to borrow a

line from John Denver. A well-deserved and long round of applause to both; as said, they are the gems together with all the music within *Mama's Country Record Collection*.

Sure, the tunes carry us back to the '60s and '70s, but really there's no time machine required. In the storyline we've landed in a home where 'most every memory involves country music. Recorded onto vinyl; played back on turntables, maybe with a penny taped to the needle-arm if any scratches or skips.

And, no sweat if the tunes, a bit more tinny-sounding on those finicky cassette players, or clunky 8-track machines, got "eaten" partway through: just untangle, smooth out, then wind back up onto the spools for another go. Kinda like life, come to think of it.

Time. Times gone bye. People and memories held dear and real close.

With all the love, and inevitably some tears and sorrows alongside the joys that accompany passions-of-the-heart. This show offers up the whole shebang, with music. Gleams soft; yet strong and steady; much as the lustre of genuine pearls, or precious gems.

Back to John Denver for a moment; and tell me you don't feel a well of emotion as you sing along...

"I hear her voice in the mornin' hour, she calls me; radio reminds me of my home far away..."

Country roads, take me home, to the place I belong..."

Where you belong is Magnus in The Park, the saddlespan tent, and with *Mama's Country Record Collection*.

Anytime between now and July 29; this one's worth more than one spin down Memory Lane. Enjoy!

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Stephanie Hsu, Sabrina Wu, Ashley Park and Sherry Cola star in Adele Lim's Joy Ride, a bawdy comedy in theatres now.

Raunchy Joy Ride

Joy Ride (SilverCity) lives up to its name as an unabashedly raucous, raunchy Asian American comedy co-written and directed by Adele Lim known primarily for her screenplay for Crazy Rich Asians.

As a rookie director, Lim shows no fear in balancing inappropriate, bawdy humour with insightful observations surrounding identity, friendship and female empowerment.

The plot centres on Audrey (Ashley Park) and Lolo (Sherry Cola), the only Asian kids in White Hills, Wash. Audrey was adopted as a baby from China by a nice White American couple. Lolo's family transplanted from California. Lolo's foul-mouthed punch to a playground bully cemented their bond.

Flash forward to adulthood. Audrey is an ambitious, sole female lawyer in a corporate firm. Lolo is a coarse, no-filter struggling artist living in Audrey's refurbished garage, specializing in sexually suggestive ceramic art no one buys.

Based on her appearance, Audrey's cross boss (Timothy Simons, "Veep") assumes she should go to China to secure a business deal. Secretly, Audrey speaks little Mandarin but it's an irresistible career move.

Audrey takes mouthy Lolo as translator. Also tagging along are Deadeye, (Sabrina Wu) Lolo's socially stunted, BTS-obsessed cousin and Kat (Oscar nominee Stephanie Hsu), Audrey's college pal turned Chinese soap star.

Upon meeting the Chinese CEO, the girls let slip that Audrey's birth mother is living in China. The client wishes to meet her mom to feel more culturally comfortable sealing the deal. (?) However, Audrey's only connection is an old photo, sending the gals from Beijing to the countryside to track

her down.

The girls' personalities make for a comically combustible mix, further stoked by the ensuing situations. Audrey's misreading of a seemingly mild-mannered American female on a train results in the loss of their passports. There's a wild, hilariously debauched night with hunky members of a basketball team.

The script illustrates how stereotypes and cultural misconceptions cut both ways. Some guffaws emanate from Lim's surprising choice of camera placement involving the female anatomy.



Marty Mascarín
MOVIE TALK

The constant wisecracks and zippy pacing bounces over inconsistent character behaviour and unlikely plotting. One scene has the girls passing themselves off as a K-pop act trying to sidestep Customs where a startling reveal goes viral. (The trippy animation helps.)

The tone is breezy and facile, implying that the movie isn't taking itself too seriously even with perceptive messaging.

The plot gets overstuffed as little white lies needlessly compound the calamities. Audrey's lineage becomes increasingly murky which Audrey's supposedly sharp lawyer could've unraveled beforehand. Such are the vagaries of a paper-thin plot.

The latter section finally allows the characters some breathing room in quieter moments of reflection, discovery and disclosure. The engaging four leads all have their own moments to shine, helping to overlook the film's peccadilloes. The movie shows some heart in the last act.

Overall, on the ledger sheet of pluses vs minuses the film just wins out. One can still have a ribald good time during Joy Ride.

Movie-night input

By Leith Dunick - TB Source

The City of Thunder Bay is looking for input from potential moviegoers ahead of the launch of this year's Movie Nights in the Parks series.

Residents are being asked to choose their two favourite films from a list of eight, a group that includes the blockbuster 2023 hit, *The Super Mario Bros. Movie*, Disney's *Encanto*, 1982's *E.T.* and 2021's *Sing 2*.

Other movies on the list are *Stand By Me*, *Homeward Bound - The Incredible Journey*, *Back to the Future* and *Grease*, starring Olivia Newton-John and John Travolta.

Movie Nights in the Park will be held on Aug. 10 at Vickers Park, Aug. 17 at



Super Mario Brothers is a movie night option.

Boulevard Lake, Aug. 24 at Vickers Park, and Oct. 15 at the Thunder Bay 55 Plus Centre.

To vote, visit www.thunderbay.ca/MovieNights.

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Photography by Dan Westwood

Rendezvous returns

By Justin Hardy – TB Source

Residents were invited out to Fort William Historical Park on Saturday to celebrate 50th Anniversary of the park with the start of the Great Rendezvous.

To start off the festivities, Fort William Historical Park held Celtic days, a two-day event celebrating Celtic culture.

“We’ve got bagpipes, we’ve got Highland dancers, we’ve got a high tea going on. There’s also An Address to a Haggis, so, all sorts of things related to Celtic culture.” said Emily Carr, communications officer.

“And then on Monday, we kick off Northern Nature, so focusing a lot

on the unique ecosystem that is here where Fort William is located, both looking at past and present. We’ve got lots of partners coming out to help us with that.”

Carr said that, when planning all of the programming for Rendezvous, organizers based their decisions on the unique aspects of the area.

“Not just historically, but like we picked northern nature and food because those are integral to not just the history, but also the development of how things changed through time through Canada,” she said.

“So, we just looked at those key moments, key points and picked those to help us choose our topics.”



The War on Drugs frontman Adam Granduciel and bassist David Hartley (left) play on Monday at the Auditorium. (Leith Dunick)

Road warriors

By Leith Dunick – TB Source

Given where they’ve been this summer, it’s pretty hard to believe The War on Drugs had time to fit Thunder Bay in their schedule.

Fresh off a date at the Winnipeg Folk Festival, the Philadelphia rockers had high profile gigs at Glastonbury and Primavera Sound music festivals, taking them to England and Barcelona, not surprising for a globe-trotting band that does its best to deliver each and every night out.

It’s just too bad only 700 or so fans bothered to come out on Monday night to see them perform at the Community Auditorium.

The 110,000 who stayed home missed a pretty impressive performance.

The seven-piece band, fronted by vocalist and guitarist Adam Granduciel, have a broad range of influences they’ve drawn on over the years, hints of Tom Petty, The Who and even Bob Dylan showing up in their sound.

This was the second time in a little more than a month that I’ve seen them play, and the chance to see them at an intimate facility like the Auditorium was special.

I also caught their show in Barcelona, an outdoor gig with thousands in the crowd, so the atmosphere was a little different this time around, though I’ll give the Thunder Bay audience credit.

Unlike a lot of shows, they were on their feet the entire night, clapping and cheering, even having a little fun back-and-forth with Granduciel.

Boosted on Persians, and possibly Swiss Chalet – he joked about both multiple times in the two-hour show – Granduciel and the War on Drugs were on a jam-band-inspired mission on Monday night, rocking out to their own beat, willing to zig when

the crowd expected them to zag, even taking a request late in the show, adding Thinking of a Place into their evening repertoire a song they skipped the day before at the Winnipeg Folk Festival.

“Yeah, we can play that,” Granduciel said.

Unlike a lot of rock bands, who want the spotlight, The War on Drugs spent much of the night in the dark, backlit from behind the stage, though a trippy light show more than made up for the lack of illumination from the front.

One nice feature of their tour is The War on Drugs tends to shake up their set lists from night to night, never playing the same songs in the same order from one show to the next. It makes for a unique audience experience, knowing they’re getting something special. As great as Paul McCartney is, he generally does the same show every night, with the same jokes, the same stories and the same songs.

Staples like *I Don’t Want to Wait*, *Victim* and *Strangest Thing*, dedicated on this night to birthday girl and keyboardist Eliza Hardy Jones, who was also feted with a fistful of balloons that towered above the stage, are near nightly occurrences.

Others find their way in occasionally, suiting the mood of Granduciel, bassist David Hartley, keyboardist Robbie Bennett, drummer Charlie Hall, sax-man Jon Natchez and guitarist Anthony LaMarca.

Bringing in a band like The War on Drugs was certainly a gamble for the Auditorium, but also hopefully the start of a trend, a modern rock band five years removed from a Grammy Award for best rock album. There’s an audience more than willing to pay to see acts like this, without having to travel half way around the world to do so.

Now, can we just get Jason Isbell and the 400 Unit on a local stage soon?

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Cats pull off trickery

I was at the Border Cats game on Sunday and first baseman Daylan Pena pulled off something I'm not sure I've ever seen successfully done at the Northwoods League level.

Pena, with Rochester's Ben North on first, faked the throw to the pitcher and as soon as North stepped off the bag to take a lead, tagged him out.

The umpires huddled for several minutes, likely to determine if the play was legal and pitcher Jack Pineau wasn't on the rubber, and called North out.

The smirk on Pena's face was priceless. Even he couldn't believe the trickery worked.

The better news is the Border Cats pulled out the win, a 10-4 decision, their second straight after dropping four in a row to open the second half.

Manager J.M. Kelly has really put together a fun team to watch.

It's a little unfortunate that five of their pitchers were only signed to play in the first half, though Kelly said a couple of them may have gotten permission to return for the second half from their respective colleges.



Nolan Dunick and his grandfather, John Dunick, celebrate getting a ball at T-Mobile Park.

In my last column, I wrote about taking my little guy to ballgames, and that we were about to head out to Seattle to see the Mariners play with my date.

It was awesome. My dad loved being at the ballpark again and Nolan managed to get an official ball, tossed up from the bullpen. The guy next to us actually snagged it, but did the cool thing and gave it to the nearest kid.

Next up is Fenway later this month. I've been to three games there, but this is the first time for the rest of the family. It's a park, along with Wrigley, I think everyone should go to at least once in their life.

The MLB all-star game marks the unof-

ficial end to the first half of the baseball season.

I don't think there's any question that Ronald Acuna Jr. is the front-runner for National League MVP.

Through 89 games he's got 21 HR and 41 stolen bases, has scored 79 runs and driven in 55, with a .331 average and a .990 OPS.

He also leads the majors in WAR, at 4.8, which is 0.6 ahead of Mookie Betts and 1.1 ahead of Corbin Carroll, the odds-on favourite to win NL rookie of the year honours.

In the American League, it looks like it's a race between dual threat Shohei

Ohtani, Tampa's Wander Franco and Chicago's Luis Robert.

I think Robert is out, with his team 16 games below .500. Ohtani is clearly the best player in baseball, but his team is also below .500 and rapidly falling out of the AL East and wild-card race.

Franco and the Rays are the best team in the American League, despite a recent six-game slide. I give him the nod.

The good news for Blue Jays fans is Tampa's fall has kept them in the hunt, thanks in part to them winning five of six against the White Sox and Tigers, the loss coming last Saturday when three Detroit pitchers combined to no-hit them.

Toronto is just seven games back at the break and if Alek Maoh is back for real, and Hyun-Jin Ryu also returns in top form, maybe a season I thought might be a lost cause at some points could wind up being something special.

Interesting to see that Marc Staal has signed a one-year deal with Philadelphia to keep his career going, after a one year with the Stanley Cup finalist Florida Panthers.

As I'd mentioned a few weeks ago, I'd heard he and Eric planned to retire.

Not much to report on Eric's free agency at this time, though plenty of pundits want to place him in Edmonton for a run with Connor McDavid and the Oilers.

I think it comes down to whether or not he wants to continue playing, and if he wants to play that far away from home.

From a selfish standpoint, I'd love to see him play one more year. He's just one goal shy of tying Alex Delvecchio for the most goals by a Lakehead-born player and every little statistic likely helps his borderline hall-of-fame case.

I think he still falls short, but a second Cup win just might do it.

ENIGMA™ ENigma cryptograms are created from quotations and proverbs from around the world. Each letter stands for another letter. Hint: "X" = "F"

CRYPTOGRAM

"LUJWRYB KP ERPYBW KV GRAX CGB DRCCAB."

— CKCJV OARJCV

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ACROSS

- 1 Civil
- Aeronautics Board (abbr.)
- 4 Around
- 8 Jackfruit
- 12 Turkish caliph
- 13 Clergyman
- 14 Rhinoceros beetle
- 15 Star-shaped
- 17 Jutlander
- 18 Eagle's nest
- 19 Food and Drug Admin. (abbr.)
- 21 Shank
- 24 Spoken alphabet letter
- 28 Banner
- 31 Royal Canadian Mounted Police (abbr.)
- 33 Indo-Chin. people
- 34 Mother of Hezekia
- 35 Gibe
- 36 Irish Republican
- 37 Six (Ital.)
- 38 Carry
- 39 Both sexes
- 40 Slip
- 42 General (abbr.)
- 44 Commotion
- 46 Watering hole
- 50 Org. or Petroleum Exporting Countries (abbr.)
- 53 Star
- 56 Tenth part
- 57 And
- 58 Shellac
- 59 Water (Sp.)
- 60 Your (Ger.)
- 61 Part of golf course

DOWN

- 1 House (Sp.)
- 2 High (Lat.)
- 3 Beer (Ger.)

ANSWER TO PREVIOUS PUZZLE

G	A	M	E	R	A	T	I	A	G	O
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- 4 Bundling machine
- 5 Sleeveless Arab cloak
- 6 Chicago Board of Trade (abbr.)
- 7 Hashish
- 8 One of the
- 9 Amer. Automobile Assn. (abbr.)
- 10 Television channel
- 11 Time period
- 16 Small amount
- 20 Narcotic
- 22 Desire
- 23 Rawboned animal
- 25 TV commercial award
- 26 Rhine tributary
- 27 Thoroughfare
- 28 Swiss card game
- 29 Brother of Cain
- 30 103 (Rom. numeral)
- 32 Lake
- 35 Sleeping
- 39 Tribe
- 41 Rom. province
- 43 Sound
- 45 Gr. wine container
- 47 Season
- 48 "Dies _____"
- 49 Indian groom
- 50 Harem room
- 51 Wooden pin
- 52 Five-franc piece
- 54 Inuit woman's knife
- 55 Wall (Fr.)

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DeGrazia lands invite from Calgary Flames

By Leith Dunick - TB Source

Thunder Bay's Nick DeGrazia has a chance to break in with the Calgary Flames organization.

The undrafted forward, who spent the past two seasons with the Ontario Hockey League's Sudbury Wolves, was invited to take part in the Flames development camp, one of 38 players who will take to the ice starting last Thursday.

DeGrazia, 20, scored 25 goals and added 25 assists for the Wolves in his final season of junior, playing in just 53 games before a wrist injury ended his season.

The Flames say the camp will "enhance each player's development process through direction on conditioning and familiarity with the Flames organization."

The camp ended last Saturday.



Nick DeGrazia is getting a look from the Flames.



Thunder Bay's Hugo Tavares (right) maneuvers around Minneapolis City's Wes Lorrens last Friday night. (Leith Dunick)

Chill set to clinch

Deep North Division title within reach with win

By Leith Dunick - TB Source

The Thunder Bay Chill might have been guilty of taking Minneapolis City SC for granted.

It cost them their eight-game winning streak, and delayed at least for a day a chance to celebrate the team's first USL League 2 division title since 2017.

Steevenson Lamarre scored a pair of second-half goals on Friday night, including one in injury time, as the visiting team from the Twin Cities battled back to earn a 2-2 draw against the front-running Chill, who would have clinched the Deep North Division with a win.

"It is incredible," said Lamarre, who came off the bench to play hero for Minneapolis, his team reduced to just 10 men on the pitch after Curtis Wagner was handed a red card in the 87th for tripping up Thunder Bay's Sullivan Silva on a break.

"That was a good group of guys we were playing against, and the season hasn't been going our way, but we're a team that doesn't stop fighting and in the end, I was like I'm going to take a chance and take the next step. I'm not ready to give up on my team."

For Minneapolis, it was just their sixth point of a one-win sophomore season, but it was by far their biggest point yet.

Lamarre, who missed the past two seasons with an injury, said the tying goal brought forth emotions he had trouble putting into words.

It was also a thing of beauty.

"It was a long cross by my teammate Hakeem (Morgan). The deflection, I was at the back post, took one touch to take the defender on and then

finished on the first post," Lamarre said.

It's a frustrating way to lose, said veteran Chill striker Silva.

"It's tough to finish like that, but I think mentally we've got to be ready for the next game. It's part of the game. Sometimes you are going to have bad moments like that, but that's how we're going to bounce back."

The Chill, with one game left in their 12-game regular season schedule, are still sitting pretty in the Deep North Division at 8-1-2, giving them an eight-point cushion over second-place RKC Third Coast (6-3-0), the lone team that can still catch them for top of the table.

"We were sloppy today and we said at the beginning, you can't take any teams lightly in this league. You have to play every game," said Chill coach Tony Colistro. "We were maybe a little bit fatigued from Wednesday's difficult game, but we should have done better."

Once again it was Hugo Tavares, with another incredible move deep in Minneapolis territory, who scored the game's first goal, the tally coming in the 39th minute of play.

They'd add another five minutes into the second half, Karim Abdoul Pare cutting inside off a corner kick and burying it top shelf. But the two-goal advantage had just a five-minute shelf life, as Lamarre pounced on a rebound off a free kick at the top of the Thunder Bay box and punched it past Chill keeper Nathanael Sallah to reduce their opponent's lead to 2-1.

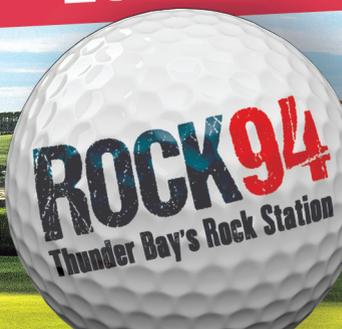
In the 63rd the Chill's Brandon Bermingham had a tremendous chance to restore the two-goal lead, but just missed putting his head on a cross from

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 03. Mobile Homes
 04. Lots / Acreage
 05. Condos
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 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

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 54. Home Improvements
 55. Bus. Opportunities
 56. Training Courses

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 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

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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.

16. COTTAGES FOR RENT
 Camp located 45 mins from Thunder Bay on Hicks Lake. \$975 per week or \$3900 per month. Call 807-977-1559

21. MISC. FOR RENT
 28-foot trailer on Hicks Lake, 45 mins from Thunder Bay, \$100 per day, 5 day minimum. Call 807-577-1559

23. MISC. FOR SALE
 Seasoned mixed firewood ready to burn. \$110 per Cord - pick up Intercity. Call 345-4363

SEWING BEE - alterations like hemming, new zippers, dresses, or any kind of project. Reasonable rate and quick service 807-631-5101.

50. PERSONAL
 Male, Mid 50's, not bad looking, average build, seeks female that enjoys walk in the park and evenings together. Call and we'll chat. 623-3791

53. GENERAL SERVICES
 #1 AFFORDABLE TREE REMOVAL, CEDARS, SHRUBS, etc. Dump runs. Low rates. Senior discounts. Call Brian at 622-7888.

#1 dump runs. Trash/yard clean-up, inside/outside. Tear down/remove sheds, fences, decks. Cut/remove small trees, trim hedges, lawn cutting plus general odd jobs/services. Call Frank 628-5919.

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

CHRISTINA'S HOME AND GARDEN. Residential & Commercial landscaping, grass cutting, lawn maintenance, sod installation, dethatching, fertilizing, planting, dividing, weeding, edging, container gardening, patio stone/interlocking stone pathways, hedge/tree/shrub trimming and shaping and much more. Call 621-1505

EXTERIOR HOUSE PAINTING! Fast friendly service, best prices in town! FREE ESTIMATE! Call Fred at 285-7994

SUNSHINE LAWN MAINTENANCE - yard, garden, odd jobs including eavestrough cleaning, window-washing, experienced, great seniors' rates, references. Call Mark 807-631-6967.

TREE REMOVAL SERVICES. In town/rural. ++ experience, Man-lift, backhoe services, insured, and seniors' discounts! Very reasonable rates, free estimates. Call Jacques (Jack) 345-4363

51. NOTICES

NOTICE TO CREDITORS & OTHERS
 In the Estate of FINN ANDERSEN

All Persons having claims against the Estate of FINN ANDERSEN, late of Thunder Bay, ON, deceased, who died on or about May 23, 2023, are hereby notified to send particulars of the same to the undersigned on or before August 3, 2023, 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 6th day of July, 2023.

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



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2	3	6	4	8	5	9	1	7
1	5	7	6	2	9	3	8	4
8	9	4	3	7	1	6	2	5
6	8	2	5	9	4	7	3	1
4	1	3	8	6	7	5	9	2
5	7	9	2	1	3	8	4	6
9	6	5	1	4	8	2	7	3
3	4	8	7	5	2	1	6	9
7	2	1	9	3	6	4	5	8

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

ENIGMA SOLUTION: "Courage in danger is half the battle."

— Titus Plautus

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

ADVERTISE WITH US
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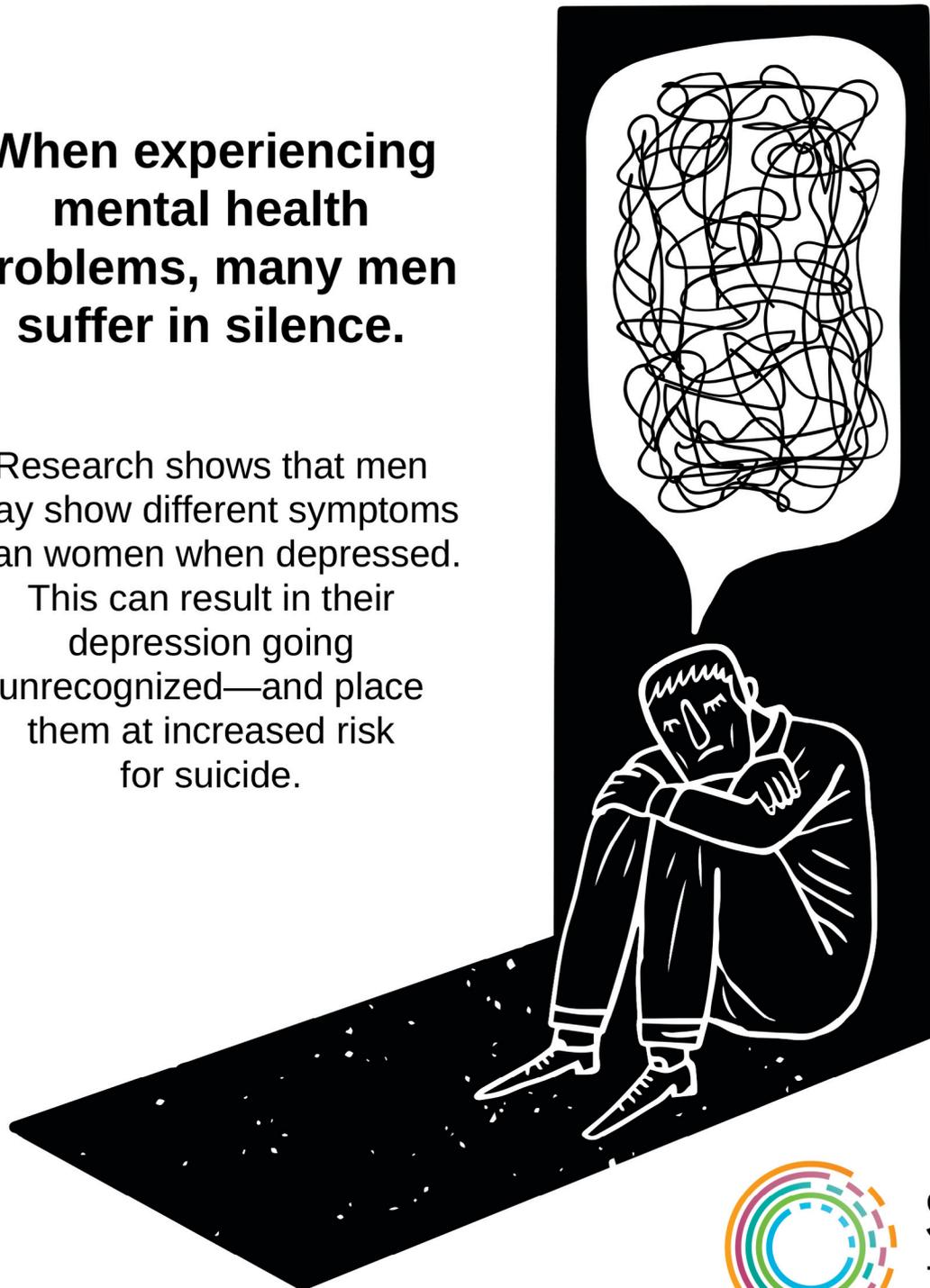
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DEPRESSION IN MEN: KNOW THE SYMPTOMS

When experiencing mental health problems, many men suffer in silence.

Research shows that men may show different symptoms than women when depressed.

This can result in their depression going unrecognized—and place them at increased risk for suicide.



Common symptoms of depression in men:

- ✓ Anger, irritability, aggressiveness
- ✓ Work compulsively
- ✓ Isolate from family/friends
- ✓ Engage in risky behaviour
- ✓ Self-medicate with alcohol
- ✓ Physical pain (headaches, backaches)
- ✓ Physical symptoms: racing heart, sleep problems, digestive issues

**Know the symptoms.
Reach out.
Offer your support.**

For more information,
check out HeadsUpGuys.org



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