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The Holdovers shines /11



Falcons pull title upset /13

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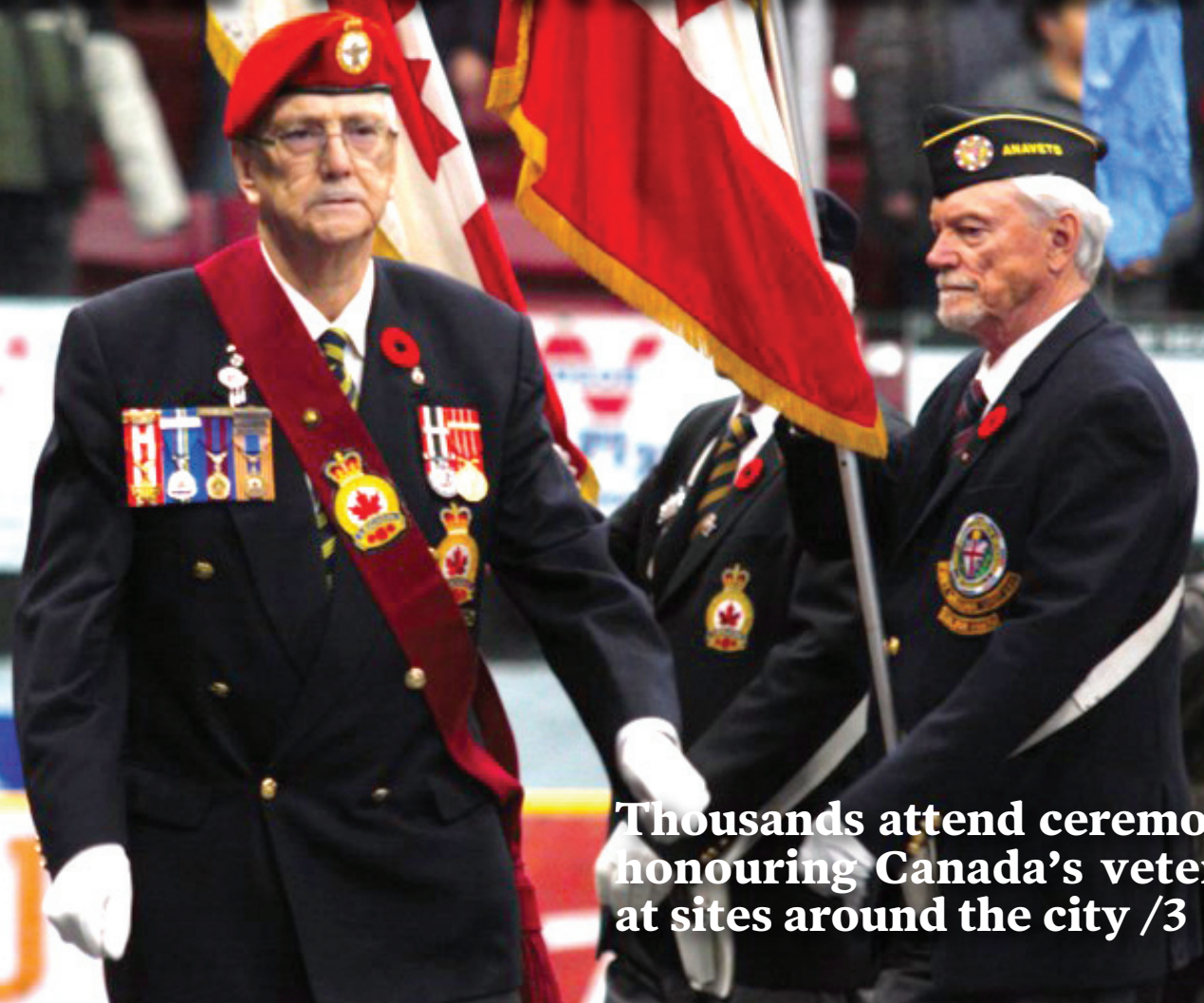
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Thursday, November 16, 2023

TIME TO REMEMBER



Thousands attend ceremonies
honouring Canada's veterans
at sites around the city /3

Veteran Henry Lewis (left) was the colour commander for last Saturday's Remembrance Day ceremony at Fort William Gardens. (Ian Kaufman)

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NOTICE OF SUBMISSION OF ENVIRONMENTAL ASSESSMENT WAASIGAN TRANSMISSION LINE PROJECT



Hydro One Networks Inc. (Hydro One), in partnership with nine First Nations, has completed the environmental assessment for the Waasigan Transmission Line Project. As required under section 6.2(1) of the *Environmental Assessment Act* and according to the Amended Terms of Reference approved by the Minister of the Environment, Conservation and Parks on February 18, 2022, Hydro One has submitted the final Environmental Assessment Report to the Ministry of the Environment, Conservation and Parks (MECP) for review and approval.

The Waasigan Transmission Line Project is a proposed new double-circuit 230 kilovolt transmission line between Lakehead Transformer Station (TS) in the Municipality of Shuniah and Mackenzie TS in the Town of Atikokan, and a new single-circuit 230 kilovolt transmission line between Mackenzie TS and Dryden TS in the City of Dryden. Once built, this critical project will provide enough clean energy to support economic growth in northwestern Ontario and improve reliability and resiliency of the regional transmission system.

HOW TO PROVIDE YOUR FEEDBACK

As required under the *Environmental Assessment Act*, the final Environmental Assessment Report is available for public review and comment from November 17, 2023 to January 19, 2024.

Comments on the final EA Report must be submitted by **January 19, 2024 by 5:00 p.m. EST** to Stephen Deneault, Project Officer, MECP - Environmental Assessment Branch.

135 St. Clair Avenue W, 7th Floor, Toronto ON M4V 1P5
Tel: 437-247-3443 Fax: 415-314-8452
Email: Stephen.Deneault@Ontario.ca

A copy of all comments will be forwarded to Hydro One for consideration.

Where to Find the draft EA Report

HydroOne.com/Waasigan

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807-223-1475

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MECP ENVIRONMENTAL ASSESSMENT BRANCH

135 St. Clair Avenue W, 7th Floor, Toronto
437-247-3443

WAASIGAN TRANSMISSION LINE

Map Legend

- Existing Transformer Station (TS)
- Preferred Route
- Existing Transmission Line
- Highway
- International Border
- Red Sky Métis Independent Nation Office
- Métis Nation of Ontario (MNO) Council Office
- Treaty Boundary
- First Nation Reserve
- Provincial Park

For further information about this project, please contact Hydro One at:

Community.Relations@HydroOne.com

1-877-345-6799



Never forget

By Ian Kaufman - TB Source

For veterans at the Fort William Gardens Remembrance Day ceremony, honouring the memories of the thousands of Canadians who served and sacrificed in armed conflicts is far more than a one-day task.

Delivering a keynote address Saturday, Mayor Jim Payne of Superior, Wisconsin, himself a veteran of the U.S. military, described remembrance as a year-long calling.

He urged attendees to honour the sacrifices of the fallen by working to build a more peaceful world.

"The sacrifices of the men and women we remember today were acts of such faith and devotion that no expression is ever truly sufficient to remember them," he said. "The only way we can ever truly remember and respect them is to revere them with our actions."

"It's our duty today when this service ends, when the wreaths are collected, when we reach the 12th hour, the 12th day, the 12th month, to live our lives in service worthy of their sacrifices."

That message resonated for Cde. Elmer Auld, a World War II veteran who served with the Canadian Navy in the Battle of the Atlantic.

"He's right," said Auld. "I pretty well think of it every day, too. I can still see all those men in the water, all those ships that were sunk. Terrible."

After joining before his 18th birthday, Auld trained in Port Arthur before being sent to the West Coast for further training in submarine detection.

He went on to make dozens of trips across the Atlantic, serving aboard the minesweeper HMCS Burlington, the Q94, a Fairmile motor launch ship, and the corvette HMCS Giffard.

Auld says those memories are never far away, particularly on Remembrance Day.

"I see all my friends and some of the ships that got torpedoed," he said. "I was in the water for an hour when the HMCS Valleyfield went down. They tied a rope around us and put us over the side, trying to pull the guys out of the water. You never forget it."

The Valleyfield was sunk by a German U-Boat on May 7, 1944 southeast of Newfoundland, going down in under four minutes.

At 99 years old, Auld called himself lucky to be one of a few remaining World War II vets.

He said he was honoured to be included in the torch-passing ceremony at the Gardens, after which he was recognized with a booming round of applause from attendees.

"It was super. I think I'm probably the oldest legionnaire in Canada, and after eighty years



Veteran Elmer Auld at a Remembrance Day ceremony.

they finally asked me," he joked. "It was really wonderful."

Pte. Kaitlyn Buhler, a reservist with Thunder Bay's 18 Service Battalion, said being handed the torch by Auld during the ceremony was a humbling experience.

"It was such an honour to have that pass-over, especially to represent the Reserves here as a whole," she said. "The whole ceremony is just really meaningful... It's really important, so I feel really honored to do this."

"I'm just thinking about everyone in the past who has served and the sacrifice they made for the country, for us. I'm here to honor them and continue that, keep that with us."

Parade commander Roy L'Esperance, president of the Army, Navy & Air Force Veterans in Canada (ANAVETS) Unit 257, also appreciated Payne's message about year-round remembrance.

L'Esperance, who served in the naval reserves in the 1960s, said he was thinking about the sacrifice of his father, who served in the navy during World War II, and his generation.

"It's very important to me because my dad, his friends - I mean, they never talked about the battles... but they gave up their teenage years. Instead of getting married and having kids, going to work, they were going to Europe."

"I think about him all the time, too, not just Remembrance Day... To me, we should be remembering all the time."

Organizers estimated around 2,000 people attended the Gardens ceremony.

WEATHER FORECAST

THURSDAY



Mostly Cloudy

Precipitation: 40%
HIGH 13 LOW -2

FRIDAY



Partly Cloudy

Precipitation: 20%
HIGH 1 LOW -1

SATURDAY



Partly Cloudy

Precipitation: 20%
HIGH 3 LOW -3

SUNDAY



Sunny

Precipitation: 30%
HIGH 2 LOW -2

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IN BRIEF

Allegations of sexual assault by TBPS officer

Ontario's police watchdog is investigating an allegation of sexual assault against an officer with the Thunder Bay Police Service.

The Special Investigations Unit (SIU) invoked its mandate after the allegation was reported by the TBPS on Oct. 29. Police forces are legally obligated to immediately report allegations of sexual assault to the SIU.

The assault is alleged to have occurred that same day.

No other information about the complaint has been made public by the SIU. A spokesperson said that follows agency policy.

"In cases involving allegations of sexual assault, the SIU does not release details to the public which could potentially identify the individual alleging a sexual assault occurred or the officer who was the subject of the allegation," communications coordinator Monica Hudon wrote in an email.

"This is because the release of information related to investigations of sexual assault allegations is associated with a risk of further deterring what is already an under-reported crime and undermining the

heightened privacy interests of the involved parties, most emphatically, the complainants."

The SIU investigates interactions between police and civilians in Ontario that result in serious injury, death, or allegations of sexual assault.

After the current investigation is complete, it will be up to SIU director Joseph Martino to decide if the evidence leads to the reasonable belief a criminal offence has been committed. If so, Martino would be empowered to lay charges against the officer.

Thunder Bay Source has reached out to the TBPS for comment on this story.

Red Nose halted

Operation Red Nose won't run again this year, with doubt that the holiday ride program will ever return for Thunder Bay.

St. John Ambulance, which introduced the program to the city in 2009, confirmed this week that Red Nose won't be on the roads in 2023.

The program had been on hiatus since the COVID-19 pandemic in 2020.

Diana Sustawenko, the executive director of St. John Ambulance Northwestern Ontario, feels the COVID-19 pandemic may have hastened the demise of Operation Red Nose.

"Once the pandemic hit, the lack of volunteers has definitely put a damper on our program," Sustawenko said. "Many of the past volunteers really [were] anxious [and] excited about coming back. But with [sickness going around the community] and COVID-19 being so prevalent again, I think it's really taken a toll on them and [so] understandably they are afraid to come back."

High-risk offender

Police are warning the public that a man considered to be a high-risk sex offender is now residing in Thunder Bay.

The Thunder Bay Police Service issued a community safety advisory on Thursday over the release from prison of Dwayne Jeremiah, 46.

Jeremiah recently finished serving time for sexual assault and assault-intentional use of force, and was previously convicted of other sexual offences, assault with a weapon, and multiple assault and failures to comply

offenses, police said.

Jeremiah has indicated that upon release, he intends to reside in the Donald Street area.

He is described as a 46-year-old Indigenous male standing 5-foot-3 and 148 pounds, with black hair, brown eyes, glasses, and tattoos of wings on his right and left forearms, and one that reads "Maria" in a banner below a rose on his left forearm.

The police service said the decision to issue the community safety advisory came after careful review of the public safety implications of Jeremiah's release.

"This information is being issued to the public as a precautionary measure," the force stated.

"Members of the public are reminded that although Dwayne Jeremiah does present a safety risk, his rights are guaranteed under the Charter of Rights and Freedoms. As such, the Thunder Bay Police Service will act to protect these rights if they are infringed."



DWAYNE JEREMIAH

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IN THE THUNDER CENTRE



URBAN EYEWEAR





Thunder Bay was just one of nine Ontario municipalities to hit its 2023 housing target, set by the province.

City hits latest housing target

By Ian Kaufman - TB Source

Thunder Bay has some rare good news to celebrate on the housing front, becoming one of just a handful of Ontario municipalities to meet new provincial targets for housing starts.

That success comes largely on the back of a large new apartment development, something local leaders hope marks a trend toward more multi-unit builds.

It also means the municipal government is in line to receive funding from the province that was tied to hitting the target, and can be used to support housing development.

City councillors have questioned what impact that funding — expected to be less than a million dollars — can truly have, however.

Of 50 Ontario municipalities that were assigned a target this year, Thunder Bay was one of just nine to achieve it as of Oct. 25, the province's housing tracker shows.

The city saw 167 new housing units start construction in 2023, beating its provincial target of 161.

Those numbers were bolstered significantly by one 60-unit apartment development on Golf Links Road.

Director of development services Joel DePeuter said the city has issued a permit for a second 60-unit apartment on the same site in recent weeks, which will be reflected in 2024 data.

Wes Case, a local realtor and president of the

Thunder Bay Real Estate Board, said he's encouraged to see the city beating its target this year.

However, he warned there's heavy lifting ahead if the city is to hit the larger target of 2,200 new units by 2031 that the province set for Thunder Bay.

That would require the pace of home builds to pick up to around 275 units per year, he said.

"There's obviously a lot of work to be done to address the housing shortage," said Case. "The target of 2,200 new houses by 2031 is a pretty lofty goal, but to hear that we're hitting the 2023 benchmark is definitely good news."

Some leaders, like Mayor Ken Boshcoff, have called the provincial target ambitious but achievable, given an emerging regional mining boom.

Others are less certain, given Thunder Bay's recent trend of low growth and challenges like staffing shortages in the construction industry.

Local leaders agree, however, that the municipal government has only limited power to influence housing development, despite being put on the hook for it by the province.

The city had already taken steps like loosening zoning rules, making it easier to build four-plexes, backyard homes, and additions to existing homes.

Case cited a shortage of workers in the construction industry as one potential barrier, even with government subsidies for new home builds on the way.

GORE MOTORS PRESENTS

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EDITORIAL

Beer changes

According to a report in the Toronto Star, the end of The Beer Store could be just around the corner.

The province is expected to inform the brewery conglomerate that owns The Beer Store that it won't renew the 10-year Master Framework agreement.

Ultimately, it would open up the market and allow grocery stores and convenience stores to sell beer and wine, similar to the rules found south of the border.

With their marketplace share already slimmed down, from a high of 90 per cent in the 1970s and 1980s, to 63 per cent now, it's going to be harder for The Beer Store to survive.

One area that must be protected in any new regulations is the province's craft beer industry.

Companies like Sleeping Giant Brewing Company could see their wares muscled out of shelf space at grocery stores and convenience stores, who might prefer to go with bigger selling brews that may fly off the shelf.

Adding convenience to beer and wine sales is a win-win, and as we've seen in the U.S., it doesn't lead to widespread abuse.

Bad behaviour by councillor To the editor:

The recent behavior of Coun. Rajni Agarwal is just another of example of lying in politics.

Now we all know a lie when we hear one and the blatant lie about gesturing the middle finger to a fence is just an insult to our intelligence.

The report of her contacting police, administrative staff, parking authority, emails and phone calls and wasting everyone's time and tax dollars is shameful to say the least.

Agarwal submitted over 150 pages in her defense to the integrity commission which was found to have no relevance is an example of continuous attempt to rationalize her abusive behavior.

Agarwal is the reason the condo board had to implement a harassment policy.

Lying in politics is not new and the government actually has a loophole that allows politicians to get away with lying.

Well we are not blind and this is not Agarwal's first attempts to distract us from her lies.

Agarwal behaved the same way when she said thorny bushes and beehives could be used to deter homeless encampments only to say her words were misunderstood.

Well we understand Agarwal perfectly.

Willing to bend the truth, abuse her authority and anyone who gets in her way.

How can we ever trust anything she says when she will lie directly to our faces with the obvious picture that has been seen by many and reported

LETTERS TO THE EDITOR



by the news giving the finger to those just trying to do their job.

Tax payers deserve more and her use of taxpayer dollars should be reimbursed by Agarwal immediately and her suspension should be the maximum allowed.

Ninety days no pay and a public apology is

warranted.

One truth from all I read from Coun. Agarwal in the news as she stated she lost her cool and was 100 percent angry.

That I believe but nothing else.

Clint Harris,
Thunder Bay

Western Lane is up for a 2023 Booker Prize

Western Lane, Chetna Maroo's debut novel, has been shortlisted for the 2023 Booker Prize. This slim novella begins a few days after 11-year-old Gopi's mother's funeral, which leaves Gopi and her two older sisters in the care of their father.

Gopi practises squash every day at Western Lane, a sports centre just outside London. The book ends with her playing the final of the Durham and Cleveland squash tournament. The arc is a Hollywood staple: tragedy, sporting trial, potential triumph.

The tension is heightened by squash-obsessed, emotionally uncommunicative Pa; fearful Aunt Ranjan is the obstacle that stands in Gopi's way. There is a love interest, Ged, whose mother intervenes at just the right moment for the plot (and the wrong moment for Gopi).

Given all this, you might expect Western

Lane to feel formulaic, but it doesn't. It feels like the work of a writer who knows what they want to do, and who has the rare ability to do it.

Gopi is attuned to subtle details that offer clues to the inner lives of the adults around her: Pa's failure to fix a radiator, low voices in the garden at night, a spilled glass of chaas.

She becomes aware that Aunt Ranjan and Uncle Pavan, who have no children of their own, want her to live with them in Edinburgh. Pa is distracted. Gopi can't be sure he won't agree.

Maroo also pays attention to communication outside language. Gopi is attracted to Ged's stammer because 'it seemed like you were drifting close to him in the silence'.

When Gopi occasionally remembers something about her mother, it is visceral – watching Wimbledon while eating strawberries with sugar.

She and her sisters aren't fluent in Gujarati, which their mother spoke much better than English. The language barrier meant they 'pulled at her, pushed into her, made ourselves physical in her presence'.

In her mother's absence, Gopi makes herself physical on the squash court. Gopi cares how her feet fall on the court, the curve of her arm through the air, how

close she can keep to the 'T'.

She loves listening to the 'sound from the next court of a ball hit clean and hard', which has an echo 'louder than the shot

itself.

With Pa, she spends hours 'ghosting', which means playing with something crucial missing – the ball – in a practice that seems more significant 'than a rehearsal or drill'.

They stay up late to watch the same video of the great Pakistani champion Jahangir Khan over and over again.

Just as important to the novel, and just as vivid, is the almost inexpressible experience of a human body negotiating a transparent box, the heightened awareness that 'Jahangir had for a situation, his sense for what was going on behind him'

Pa is searching for something more than Gopi can provide, and Gopi knows that this makes him vulnerable. In order to win, she needs to remember what he has taught her, and go beyond what he can express.



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Canadians have own language

By JR Shermack - For TB Source

There is something original and endearing about the way Canadians talk, eh?

When I was growing up there was an active debate over Canada's national identity, the stuff we believed, said and did that made us uniquely Canadian.

We were determined to set ourselves apart from our overbearing U.S. neighbours.

Integral parts of our identity are purported to include such values as equality, respect and peace, and also sports, especially hockey, and foods like poutine and maple syrup.

While these and many other icons of Canadianism have been bandied about for decades I believe it is our manner of speaking and our wordplay that most sets us apart.

And of all the idiosyncrasies we commonly use in our verbal communications, the one notable vocal expression that makes us instantly recognizable is 'eh'.

It is customary to greet a fellow Canadian with, "Good day, eh?" or to inquire, "How's it goin' eh?" or to offer a quick "Eh!" and a nod in passing when you haven't got time to stop.

It is a non-threatening, multi-purpose

interjection adaptable to any social situation and the only stigmas attached are its quaintness and lovability.

I don't use 'eh' excessively, but I do add it for emphasis as required and I think it has a place in all interpersonal communication and fits in to every conversation at any level.

Eh is the one word that makes Canadians so easy to get along with - you know what I mean, eh?

That is why I am saddened and dismayed by an assault on the ubiquitous use and exalted cultural status of our beloved "Eh".

Young urban speakers of Canadian English are attempting to elbow our quintessential quip out of common Canadian usage by replacing it with the inelegant addition of the word "right".

A millennial might say, "Only aging baby boomers use 'eh' anymore, right?"

This is clearly a rude and presumptuous affront to one of our most loved and easily understood utterances as if they are implying, "Eh is no longer required, right?"

That is a matter of opinion, eh.

Saying 'right' after every sentence is a verbal linguistic tick implying that the speaker is obviously correct and the listener should already understand and agree.



Bob and Doug McKenzie helped popularize the use of the word 'eh' and make it a stereotypical Canadian phrase. The pair, played by Rick Moranis and Dave Thomas, were featured on SCTV in the 1980s.

I read of one lamentable Zoom during which the speaker was recorded using the word 'right' 91 times in twenty minutes - the speaker lost credibility and their message was ignored.

Over-reliance and overuse of this verbal crutch can make speakers come across as

condescending or authoritative or pushy.

In contrast, the addition of "Eh?" to a statement is non-judgemental response, a rhetorical question at best and a friendly gesture that invites the listener into the conversation.

Those two versatile letters can cite an opinion, express agreement, ask a question, keep a narrative alive or asset a command.

Not only that, it really does make us different from our American friends - the closest thing they have to 'eh' is the distinctly American 'huh' which they claim as their own.

Young Canadians have also promoted the use of Emojis, hashtags, abbreviations, text speak, slang and neologisms (buzzwords).

It seems to me that all those needs can be satisfied with one two-letter word, eh.

As for me, I know that human language is complex and always evolving but not much of the new jargon that creeps into everyday speech can hold up to the almighty "eh."

Someday another expression or phrase may achieve the cachet and lofty status exclusively enjoyed by "eh" - young Canadians continue to search for that word.

Call it what you will but it just aint right, eh?

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

November 16

Cirque Musica Wonderland

Cirque Musica Holiday Wonderland is a must-see holiday event to usher in the magic of the season. Igniting joy and wonder to Thunder Bay, *Wonderland* is an all-new musical journey that will transport audiences to a magical land far away for a fun-filled, unforgettable holiday-themed show experience.

Featuring the talented cast of Cirque Musica, spectators will be dazzled by the acrobats, aerialists, hilarious hijinks and holiday cheer.

The show blends the spellbinding grace and daredevil athleticism of today's greatest circus performers with a musical mix of timeless seasonal favourites.

The show takes place at the Community Auditorium on Thursday at 7 p.m. Tickets through Ticketmaster.

November 18

Potters' Guild Christmas Sale

One of the Thunder Bay Potters'

Guild premiere sales. Get all your Christmas shopping done in a single afternoon with this annual sale of one-of-a-kind ceramics and other gift ideas you won't find anywhere else.

This year's sale will be held at the Goods & Co. on Saturday from 10 a.m. to 4 p.m.

Perfect for a girls' afternoon out, or maybe a little getaway for yourself.

November 21

Teri Clark and Paul Brandt

From humble beginnings playing for tips at Tootsie's Orchid Lounge in Nashville to holding the honor of being the only Canadian female member of the Grand Ole Opry, Medicine Hat's Teri Clark has solidified her place in the history books of country music. The multi-JUNO Award winner boasts over five million albums sold.

Paul Brandt is the most awarded male Canadian country artist in history.

His 1996 debut RIAA certified Gold album *Calm Before the Storm* went on to sell one million albums internationally, propelled by the No. 1 single and wedding classic *I Do*.

They'll be at the Community Auditorium on Tuesday night.

The show starts at 7:30 p.m. and tickets are available through Ticketmaster.

December 3

Choral Music for Advent

Thunder Bay Community Choir presents Advent Journey, Choral Music for Advent.

This concert will be presented Sunday December 3, 2023 at 4 p.m. at St. Andrew's Presbyterian Church, 207 Brodie St. S. (across from city hall).

Donations at the door are in support of Thunder Bay Regional Health Sciences Foundation Northern Cancer Fund.



Marcus Powlowski, MP
Working For You
In Thunder Bay-Rainy River
Marcus.Powlowski@parl.gc.ca
(807) 625-1160



Month of brown turns white

So, I wrote that for me, November is the 'brown' month. At least it was until last week when we received about four inches of heavy, wet snow. Then it rained; and then it froze.

The temperature rose enough to melt some of the 'new fallen...' but then like an hourglass, it tipped over and froze any melting stuff to turn our driveway twist barn and 'hoosie' into a treacherous pathway.

I almost landed on my tuckus a couple of times.

And if my footing wasn't secure due to the ice, what about the footing of the two equines who roam in and out of the 'Winter' paddock?

Well, their weight and hooves made short work of the ground especially when the temperature hourglass flipped again.

Since the ground was not frozen when the snow fell, the constant parading of horses over the ground made a mess.

We worried that if they were allowed to continue trudging about in that paddock, we would wind up with a swamp of boot-

sucking mud.

So on Sunday while the horses were still in their stalls and before I kicked them outside, I grabbed a couple of pitchforks of hay and distributed it in the yard.

I also fetched a smaller water tub from the east paddock that we would no longer be using until next summer, and placed it on solid ground by the barn, filling half full of water; and the winter paddock so that the horses could not get in there and make a further mess.

The trick will be waiting for a serious Jack Frost to freeze the ground.

Then we can allow the horses to be in Winter paddock where their large tub of water resides and where eventually we will put a large, round hay bale for them.

But the freeze will not happen when the temperature here at the farm is 5 C as it was Sunday.

Saturday my wife, Laura, and I grabbed chainsaws and trundled along two joining riding/walking trails in our bush.

During the week when Laura was at her

day job, I would go for walks with pooches. It was then that I could do a survey of how many trees were down across trails.

We decided to begin clearing the back trail, the one farthest from Casa Jones.

Along the trail we encountered sagging tag alder trees that while not impeding a saunterer's passage, would greatly inconvenience a rider on horseback.

I consider tag alder to be a weed. I can't figure what possible use it is in the forest except to annoy humans. So, out came the chainsaw and I would go about sawing the suckers while Laura cleared them off the path.

We managed to clear the fallen trees and bring home some good wood perfect for 'crackle, crackle' in the fireplace.

Sunday, we tackled what we call Winter Trail, a trail only rideable after Jack Frost has made several trips in our neck of the woods, as it were.

The south end of the trail is usually very wet, so it is wise to wait until the ground is well and truly frozen. We encountered lots of deadfall that required a lot of chain sawing.

Footing was at times an issue for me

because more than once there were several downed trees lying on top of each other, so I had to be especially careful and move slowly.

But we got the job done and returned home tired and hot.

Usually after an adventure clearing trails, we treat ourselves to hot chocolate but not this time - too warm.

Cold beverages were in order when we returned.

I have been informed that by the time you are reading this missive, more warm temperatures will have invaded. I expect most of the snow will have melted.

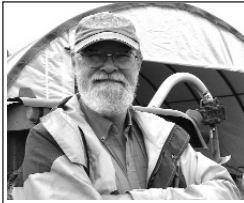
Oh, and from my "oops" department: recall that last column I said that Laura collects all the dead plants from the garden and puts them in the compost.

She doesn't. She told me that she leaves all the frozen stuff in their beds until spring. Then she works them into the soil. I've been told.

Monday, we awoke to fierce winds blowing around Casa Jones.

"Dang!" I thought, "I'll bet that when we walk the trails, there will be more trees down."

A trail-clearer's work is never done.



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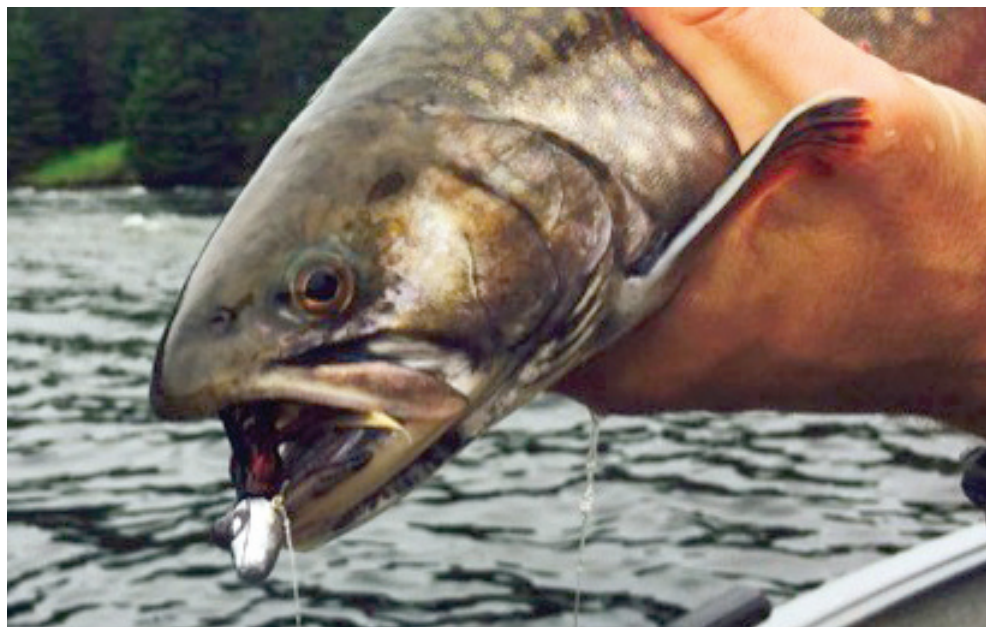
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There's still plenty of time to go fishing before extreme winter weather finally sets in. (Submitted photo)

Shoulder season

The next few weeks are what we call a "shoulder season" as most of our autumn hunting and fishing wraps up and we are stuck waiting for safe ice conditions and enough snow to flip the switch into winter mode.

This is a great time of year to spend some time making your own fishing lures and flies. Fooling a wild fish is a wonderfully satisfying experience when you do it with something you created yourself.

Over the years, I have had the opportunity to learn how to craft all sorts of fishing tackle from seasoned anglers who were gracious enough to share their expertise.

I've learned to pour sinkers, paint jig heads, assemble in-line spinners, dress treble hooks, tie flies and carve balsa floats.

I can clearly recall one particular fishing trip where the trout we were chasing were absolutely smashing our home-made baits. While fishing is always fun, seeing these trout go crazy over our hand-crafted creations certainly enhanced the experience and made it especially gratifying.

It was early summer, and we were chasing brook trout on a north shore river.

We had brought along the usual assortment of live bait and lures, but it was our hand-tied tube flies and jig flies that were the most popular items on the menu that morning.

My fishing partner chose to fly fish and he was having a blast swinging a big, white streamer with a pearlescent tube body across the current.

Meanwhile, I tossed lure after lure into the

swirling current with no response from the fish. I was eventually rewarded with a trout once I switched to a homemade jig fly that I had tied on a hand-painted bullet-head jig. Once that first fish confirmed the size and colour of minnows the brookies were feeding on, the action was fast and furious for me as well.

When it comes to making your own lures, how do you know where to start? A great place to dig up some advice on popular flies or lures is the local tackle shop.

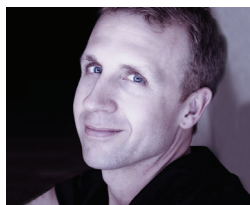
The Internet is also filled with enough instructions, photos and videos to get you tying with proper technique.

The single most important bit of advice is, while tying a popular pattern that is known to produce results is a great place to start, we also shouldn't hesitate to break the mold either. Experimenting with some unique patterns and colour combinations is a lot of fun and these original concoctions can be

deadly in their effectiveness. Whenever I am crafting flies or jig flies, I prefer to tie up unique and original patterns, as opposed to following a specific recipe. I usually start with white, black or brown, but most gamefish species appreciate a flash of colour, so I'll almost always tie in some red and orange to spice up the pattern.

Sometimes I'll try green, purple or blue as well.

After all, unless we keep experimenting with our creations, we will never find that magic bait we are all searching for.



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Econoline Crush still going strong

By Doug Diaczuk – TB Source

For Trevor Hurst, founding member of the 90s rock band Econoline Crush, dealing with grief through music has been a cathartic experience, and when shared with others on stage, it becomes something beautiful.

“Once you release it to the world, it’s kind of no longer your stuff,” Hurst said. “People will interpret a song a different way. I don’t think anyone else’s interpretation of your music can be completely wrong because it is their interpretation, for a lack of a better word, art. That is the beautiful thing.”

Last month, Econoline Crush released its fifth studio album, *When the Devil Drives*, its first release in more than 10 years. Hurst explained that the recording and production of the album came at a very difficult time.

Prior to making the album, Hurst lost his parents and just as the recording and mixing was completed, the band was shocked to learn of the passing of guitarist David ‘Ziggy’ Sigmund.

Hurst wrote an additional song for the record entitled: *Locked in Your Stone* as a way of processing Sigmund’s death.

“It was the only way I knew how to deal with that grief. I didn’t know where else to



Econoline Crush was formed in Vancouver in 1992 and its second album earned the band two Juno nominations.

put it,” he said. “If I can get it down honestly and authentically, over time it dulls the sharpness of the blade. It takes away a little bit of the pain as you sing it. And it’s cathartic when you are singing it. You are taken back to that moment as you are singing but you are able to process it.”

And while Hurst said *When the Devil Drives* does deal with some dark or negative experiences, he believes that it can still offer a sense of optimism.

“The strangest thing you can say, but it’s kind of true, is that adversity is a gift,” he said. “When you are given a very tough situation, it gives you an opportunity to triumph over it and let that new strength you gain from that get you to another level.”

Over the course of his music career with Econoline Crush, Hurst said he has received a lot of gifts of adversity.

Econoline Crush was formed in Vancouver in 1992 and gained a following with hits like

You Don’t Know What It’s Like, All That You Are, and Dirty. Its second release in 1997, *The Devil You Know*, earned two Juno nominations.

When the Devil Drives marks the first studio album release by Econoline Crush since *Ignite* in 2008.

“Every time we go in to make a record, I always want to beat the previous recording and to be as good as it can,” Hurst said. “I always want it to be a reflection of the current times we live in and the current issues I am personally, and society, is going through. I think that is the job of an artist, to hold a mirror up to society.”

Econoline Crush has been playing shows across the country over the last few months and are returning to Thunder Bay on November 17 to play the Rockhouse.

“We very much like to be as authentic as possible and as real as possible,” Hurst said of the live shows. “So it’s a real energetic show and it’s a full on rock show. We go as hard as we can every night. It’s just the only way we know how to perform.”

Joining Econoline Crush at the Rockhouse is *The Fixer*.

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The Holdovers gets high marks

It's interesting the reaction a movie trailer engenders: a 'must see' or 'a maybe' or 'pass.' The trailer for *The Holdovers* (SilverCity) is misleading in that it suggests a familiar story-line: grouchy teacher vs rebellious student straitjacketed by predictable tropes. A freeze frame on Paul Giamatti's exasperated face suggests just that rather obviously. Groan!

Blessedly, this is not the case for *The Holdovers*. Certainly, some familiar, predictable elements are here, but the journey is far different than what the trailer suggests.

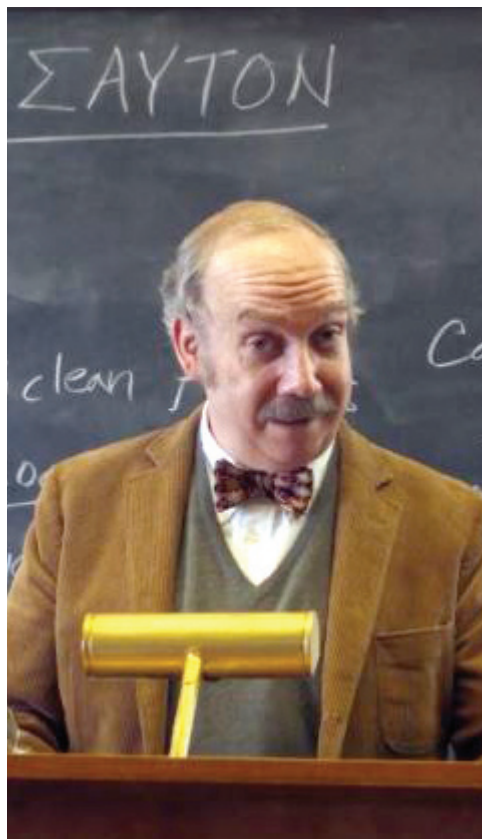
The setting is Barton Academy, a New England prep school in 1970, a cozy world unto itself. Paul Hunham (Giamatti) is a professor of ancient civilization. He's genuinely enthusiastic about his subject but is unable to spark similar interest in his mostly failing, well-heeled students. His snobby, nerdy attitude varies from acerbic disdain to derision, earning no love from his pupils nor the faculty.

It's Christmas break and Hunham, running afoul of school politics, is consigned to preside over students who cannot go home for the holidays for different reasons. A couple are whisked away by helicopter, but Hunham is ultimately left to contend with Tully (Dominc Sessa) his brightest, though snarkiest student who's been left out of a vacation by his mother and new stepfather at the last minute; Mary, (Da'Vine Joy Randolph) the cafeteria manager who's just lost her son to the Vietnam war; and Danny, (Naheem Garcia) the maintenance man.

The story focuses primarily on the first three as they reluctantly come together to celebrate - or at least acknowledge - the Yuletide. They tussle comically with each other, forming a prickly makeshift family with attendant personal baggage grudgingly revealed.

Director Alexander Payne (*Nebraska*, *The Descendants*) and screenwriter David Hemingson give credible, subtle texture to the characters as they grapple with each other and themselves. Melodrama and emotional epiphanies are mercifully absent. The authentic period atmosphere complements the story.

Hunham is insufferably opinionated, unfazed by a bodily affliction that gives off a fish odour. There's a dark cloud over his academic career. Mary's still talking and compassionate, but her pain is tart flesh. Her employment at Barton ensured education for her son but college



Paul Giamatti is back, starring in *The Holdovers*. remained financially elusive. The military was his best career option.

Tully's a brilliant but embittered soul, alienated by a deeper family situation leading to a 'field trip' they all take to Boston that has serious consequences. Tully doesn't want to wind up in a military academy.

It's predictable that Hunham may acknowledge his humanity and Tully may overcome his resentments but there's no false sentimentality here. The performers overcome occasional unevenness in characterizations and incident.

Giamatti's typically excellent, Randolph is fine. Sessa impresses in his film debut. Despite their friction, they're enjoyable to watch. Carrie Preston offers welcome support as a kindhearted school receptionist. It's rare to find an adult story featuring characters with any depth.

The Holdovers deserves to be held over at SilverCity.



Marty Mascarín
MOVIE TALK



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Vikings end 37-year drought

By Leith Dunick - TB Source

For the first time in nearly two generations, the Hammarskjold Vikings are senior boys volleyball champions.

To be exact, the title drought lasted 37 years, the last championship coming in 1986, likely when a lot of their parents were in high school themselves, if not still in elementary school.

The Vikings, who finished the regular season 10-0, dropping just a single set in running the table, needed the minimum three sets to finish off the four-time defending champion Westgate Tigers, downing them 25-18 in the opening set, 25-15 in the second and finishing off the championship match with a 25-16 triumph, George MacGregor serving up a pair of aces to close it out.

"It feels pretty great right now," MacGregor said. "The Hamm senior boys haven't won the SSSAA since the 1980s, so it feels pretty great to finally have a dominant team that could take over and win.

"We're just really happy to win all three sets and only lose one set all season long and even just winning a SSSAA AAA championship feels pretty amazing."

What an accomplishment, said



Hammarskjold's last senior boys volleyball title came 37 years ago, in 1986. They'll host NWOSSA this weekend.

Hammarskjold coach Emma Korolenko, whose team will host the NWOSSA championship, starting on Friday in their home gym, the same

venue that delivered Monday night's win.

It's been a long time coming, she added.

"It feels incredible. This group of athletes has

worked really hard in the season and over the last few years with different coaches to get themselves to this point, where they're able to win and bring home a championship for the first time in so long for Hammarskjold," Korolenko said.

"It's very surreal, very proud moment. I'm excited for the boys."

The Vikings coach said losing to the Tigers in last year's final was plenty of motivation for the team, not to mention the school's recent volleyball pedigree.

"It was a really big opportunity for them to come back and show them what Vikings are made of and it was their opportunity to come out and shine and put Hammarskjold on the map," Korolenko said.

The Vikings and Tigers played a tight first set, but the home side pulled away with a mini 5-0 run that stretched their lead to seven, ultimately the margin of victory in the set.

Westgate held an early 4-3 lead in the second, but the Vikings rattled off seven straight points to up their lead from 15-11 to 22-11 en route to a 10-point win.

The Tigers made a game of it in the fourth, rallying from a 15-8 deficit, closing the gap to 17-14, but ran out of steam.

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Falcons upset Vikings

By Leith Dunick -TB Source

A year ago, the St. Ignatius Falcons hit the senior girls basketball final as overwhelming favourites, unbeaten and destined for greatness.

The Hammarskjold Vikings had other ideas and knocked off the No. 1 seed 63-57, a loss that lingered long in the minds of the returning Falcons.

They got their redemption on Monday night against a 10-0 Vikings team looking to complete a perfect season.

Alyssa Gvora hit a three-pointer late that broke a 44-44 tie - coming on the heels of a 13-point Hammarskjold run that erased the 44-31 Falcons lead - and added another basket in the final minute for insurance, as the Falcons got their title a year later than planned, downing Hammarskjold in their own gym 49-44.

"I was just thinking we needed to keep our energy up because when we have energy, we thrive," the 17-year-old said.

"Hitting that first shot brought the whole team up. We forced a bad shot by them on defence. It went out of bounds, we got it back ... and I got a wide-open shot out of it."

It feels great, she added.

"I think this was redemption. It felt really bad last year. Having a perfect record and then getting beat in our own gym, so I felt this year we had to come back to get the redemption," said Gvora, who put up 16 points on the night, second on the team to her twin sister, Alexa, who finished with 20.

The Falcons never trailed once in the contest, opening a 5-0 lead and carrying it through to a 13-7 advantage after the opening quarter.

They led by as much as 22-9 in the second, but back-to-back buckets by Hammarskjold's Sara Clouthier kept the Falcons from running away with the contest before halftime, the gap cut to



Alexa Gvora works her way around Hammarskjold's Lindsay Gerry in Monday's SSSAA final. (Leith Dunick)

eight when Clouthier and Kayin Crocker scored late in the second.

Clouthier, who led all scorers with 22, hit a pair of free throws early in the third to close the gap to third, but that's when Alexa Gvora took over. She hit a turn-around jumper to make it 27-21, drained a three to up the Vikings lead to 30-23, drove the lane for another bucket and capped her run with another three-pointer that upped the Falcons lead to 35-23.

They carried an 11-point advantage into the fourth, but the Vikings weren't willing to give up their title hopes quite so easily.

Down 44-31, Kirsten Clouthier started a 13-0 run with a shot from distance. Sister Sara hit a pair of free throws and then drained a three of her own, and Kirsten took over from there, picking up a quick

five points to even the score 44-44.

The Vikings had a chance to take the lead, but couldn't get the shot to drop.

Coach Kevin Brooks said it was great to see his players stand their ground and not let Hammarskjold's late surge get into their heads.

"We just called a timeout, with two minutes left, and said it was a two-minute game, and we just kind of tried to settle them down. We'd gotten really stagnant on offence. We talked to them about how they'd come out and be pretty aggressive," Brooks said.

"Alyssa had that shot fake, slipped under it and had like a 10-foot jumper, which in money for her. She's going to hit that nine out of 10 times."

The Falcons will head west to the NWOSSA championship against a yet-to-be-determined opponent.

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

"FILLKCRAA KA KC ZFR FRIMZ, CNZ KC ZFR JKMJOHAZICJRA."

- IOZFNMOGCVNC

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

ACROSS

- 1 Uterus
- 5 Standard
- 8 Alternating current/direct current (abbr.)
- 12 Son of Samuel
- 13 Ear (pref.)
- 14 Aim
- 15 Aloud
- 17 Monster
- 18 Dutch commune
- 19 Exterminate
- 21 Kwa language
- 22 Medieval money
- 23 Booty
- 25 Ease
- 29 Sultan's decree
- 32 Oil (pref.)
- 33 Pers. gateway
- 35 And other: abbr. (2 words) (Lat.)
- 36 Enter
- 38 One of the Three Furies
- 40 Title of Athena
- 42 Rope-splicing tool
- 43 Dept. of Motor Vehicles (abbr.)
- 45 Vainglorious
- 47 Abet
- 50 Time period
- 52 Call
- 54 Prayer beads
- 55 Oriental tea
- 56 Amer. Civil Liberties Union (abbr.)
- 57 High (Lat.)
- 58 Mulberry of India
- 59 Assistant (abbr.)

DOWN

- 1 Flutter
- 2 Son of Ruth
- 3 Wet earth
- 4 Babism founder
- 5 Hornless stag

ANSWER TO PREVIOUS PUZZLE

BOP BABA MAAR
 ALA ODOR OAHE
 TERAWATT RAISE
 TORII AMO
 DEEP ANASA
 ACTA MALL KAF
 DAH CIVET HAD
 EMU ARIA TALC
 NEGUS ANNE
 DEA AXIOM
 THAI PHANTOMS
 BASS EARN LAG
 SISH XEMA ERR

- 6 Tamarisk
- 7 Princely
- 8 Bygone days
- 9 Think
- 10 Remarkable person
- 11 Queen of the Nile
- 16 Pointed (pref.)
- 20 King (Fr.)
- 22 Oleic (2 words)
- 24 Mountain nymph
- 25 Swan
- 26 Cheer
- 27 Electric unit
- 28 Hat
- 30 Indian timber tree

1	2	3	4	5	6	7	8	9	10	11
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43	44			45	46			47	48	49
50			51		52			53		
54					55			56		
57					58			59		

- 31 Guido's note (2 words)
- 34 Denial
- 37 Fiber knot
- 39 Fr. author
- 41 Braz. timber tree
- 43 Lady (Sp.)
- 44 Repast
- 46 Occupational Safety and Health Admin. (abbr.)
- 47 First principles
- 48 Troubles
- 49 Deuteronomy (abbr.)
- 51 No (Scott.)
- 53 Sheep's cry



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TONY ROMA'S THE BODYMIND CENTRE



New Orleans fans were surrounded by a sea of purple last Sunday at U.S. Bank Stadium in Minneapolis. (Leith Dunick)

Up with Downs

How about that Josh Downs?

Had a chance to hit up the Minnesota Vikings game against the New Orleans Saints, and while I'm not completely sold on the Vikes' replacement for the injured Kirk Cousins, the fans at U.S. Bank Stadium are quickly falling in love with their new quarterback.

Dobbs, acquired from the Arizona Cardinals at the trade deadline as a rest-of-season replacement when Cousins was lost to injury, had a brilliant first half on Sunday, throwing for one touchdown and running for another from 11 yards out as the Vikings jumped out in front of the favoured Saints 27-3.

Minnesota, winners of five straight, held on to down New Orleans 27-19, the defense coming up big late in the contest, intercepting a pair of Jamies Winston passes as the Saints pushed for a potential game-tying touchdown.

Dobbs finished with 44 yards on the ground. For context, Cousins' season high was 10.

A week earlier he took over for Jaren Hall and orchestrated a late touchdown drive to rally the Vikings past the Atlanta Falcons.

Can he keep it up?

Well, Minnesota (6-4) has the Broncos, Bears and Raiders coming up, not exactly NFL powerhouses these days.

It's not hard to imagine a 9-4 team heading into Week 14, and don't forget, Dobbs has gotten both wins with all-star receiver Justin

Jefferson on the sidelines.



Making the trek to Lambeau this weekend, my first visit to Green Bay, to see the Packers take on the Los Angeles Chargers.

One of my oldest friends from my Halifax days is a huge Green Bay fan, but also grew up cheering for the Dan Fouts-era San Diego Chargers, so that's the game he chose.

I was thinking about wearing my Vikings colours to the game, and made up my mind when I saw a fully decked-out Packers fan at U.S. Bank Stadium last weekend. I might pivot if I can find my New York Jets Brett Favre jersey. Just happened to be in New York the day after he was traded to the Jets back in 2008.

It's actually a pretty cool sports weekend we've cooked up. We'll start with the Bulls and Magic in Chicago, followed by the Bucks and Mavericks in Milwaukee

Saturday and then, after the football game, we're going to make a beeline back to the United Center in Chicago to catch Connor Bedard and the Blackawks against the Buffalo Sabres.

After a slow start, Bedard has four goals and six points in his last two outings, and is a point-a-game player as a rookie, with nine goals and 13 points in 13 games.

That's a 57-goal pace.

Edmonton's Connor McDavid, by contrast, had just two goals and 10 points in his first 11 games this season. He's been hurt and missed time, so hopefully he bounces back soon.



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JAN 6TH VS. NIPISSING LAKERS

JAN 26 & 27TH VS. BROCK BADGERS

FEB 9TH VS. QUEEN'S GAELS

FEB 10TH VS. ONTARIO TECH RIDGEBACKS

WOMEN'S VOLLEYBALL

NOV 17 & 18TH VS. TORONTO VARSITY BLUES

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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/ATVs
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.

18. STORAGE/SPACE
Westfort GARAGE STALL available for STORAGE only. Concrete floor, no heat. Minimum 5 months, \$75.00/month, cash prepayment. Call 807-623-2164.

23. MISC. FOR SALE
Locally grown honey berries haskap for sale. Fresh, frozen in 1lb bags. High in antioxidants. No pesticides. Call Mike or Cathy 807-623-7901

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
#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.

63. COMING EVENTS
Thunder Bay Potters Guild 49th Annual Christmas Pottery Sale. Nov 18th 2023, 10-4pm, at Goods&co (251 Red River Road).

Additional Thunder Bay Source Classifieds are HALF PRICE!

PUZZLE ANSWERS

WOMB	PAR	ACIDIC					
ABIA	OTO	GOAL					
VERBALLY	OGRE						
EDGE	CLEAR	TIBO					
	ORA	LOOT					
COMFORT	IRADE						
OLEO	DAR	ETAL					
BEGIN	MEGAERA						
	ALEA	FID					
DMV	PROUD	AID					
AEON	ASSEMBLE						
MALA	CHA	ACLU					
ALTIE	AAL	ASST					

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

ENIGMA SOLUTION:
"Happiness is in the heart,
not in the circumstances."
— Author Unknown

LEGAL NOTICES
NOTICE TO CREDITORS & OTHERS
Anyone having a claim against the Estate of GRANT WILLIAM SIMMONS, late of the City of Thunder Bay, District of Thunder Bay who died on the 16th day of October, 2023, is required on or before the 18th day of December, 2023, to file with the undersigned solicitors particulars of their claim duly verified, after which date the Estate will be distributed having regard only to those claims of which Notice shall then have been given.

DATED: November 16, 2023
Mikaila J. Cranton
CARREL+Partners LLP
Barristers & Solicitors
1100 Roland Street, Suite 1
THUNDER BAY, Ontario
P7B 5M4



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For Franchise Opportunities call 1-800-661-2123

FREE FISH & CHIPS

Buy a 2 piece Alaska Pollock & Chips plus 2 beverages, get the 2nd 2 piece pollock FREE!

No substitute. 1 coupon per visit. Must present coupon before ordering.
Not valid on Tuesday or Good Friday. Cannot be combined with any other offer.

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

Fresh Veggies • Artisan Baking
Handmade Treasures • Art & Woodwork

SATURDAY'S 10 TO 2 UNTIL DEC. 16TH

Relocated to North End Rec
954 Huron Ave.

Helping You Live
the Life
You Deserve



Sullivan
+ Associates
CLINICAL PSYCHOLOGY

WWW.DRSULLIVAN.CA



Caring for Your Mental Health

ASSESSMENTS

COUNSELLING

PSYCHOTHERAPY

