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THURSDAY, APRIL 9, 2021

YOUR COMMUNITY NEWSPAPER

Canadian Publications Agreement No. 0662445 Vol.17 No.15

INSIDE COVID-19 CASES GROW



**Thunder Bay and surrounding area up
to 18 cases as of Tuesday /4**

DEATHS INEVITABLE



**Thunder Bay coronavirus cases should
start to ramp up this month /5**

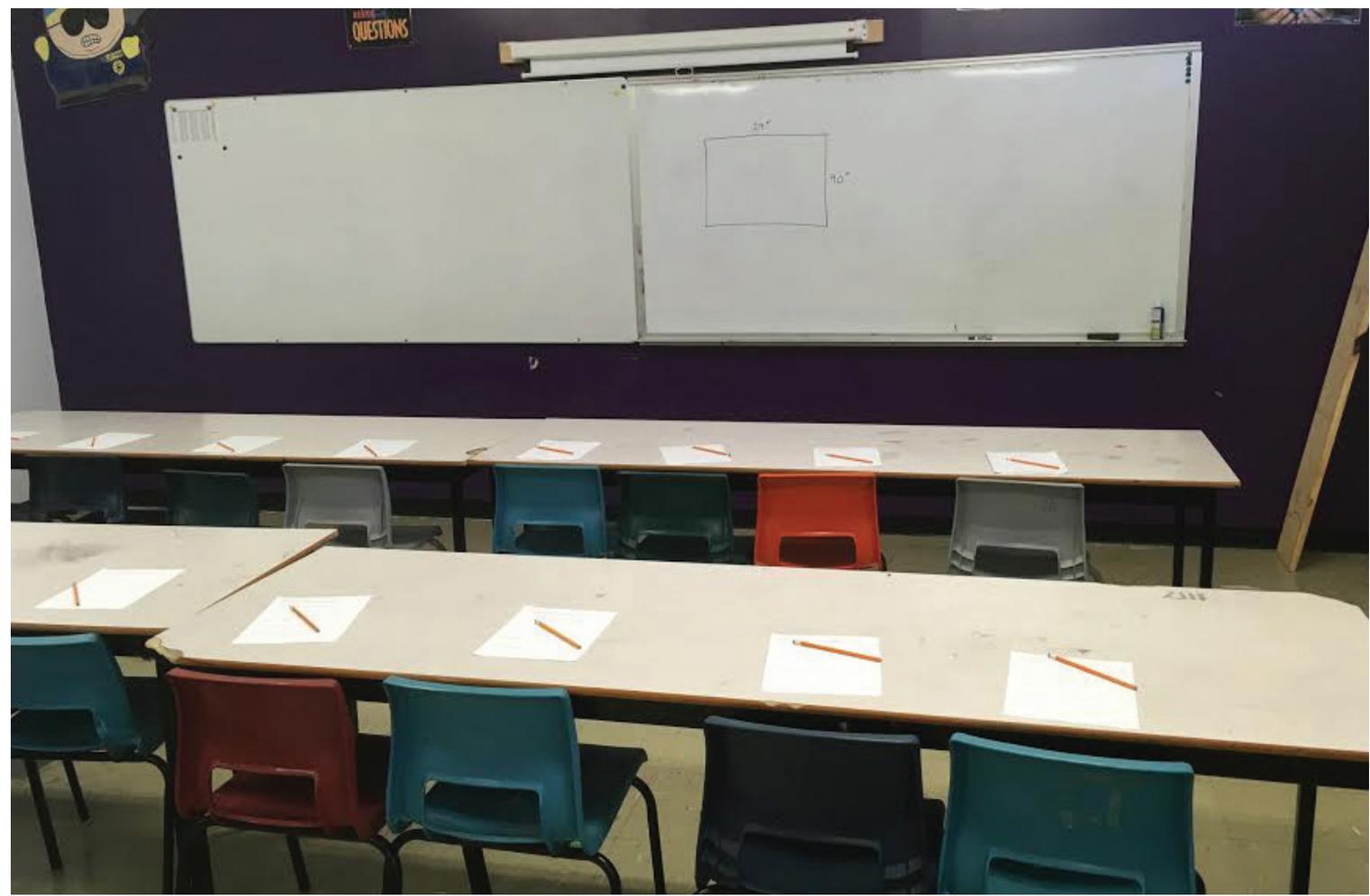
LONDON KNIGHTED



**Jack Pineau lone Thunder Bay player
taken in OHL draft /22**

Home schooled

Ontario students begin new era of at-home learning, as classrooms remain closed through May 4 /3



WORKING ON IT: Students in Thunder Bay will not be returning to the classroom for at least four weeks, so the province has worked out new rules to ensure they keep learning.

STOCK PHOTO

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Hospice support – we're in it together

Joanne Kembel, Board Member
Hospice Northwest



By Ian Pattison

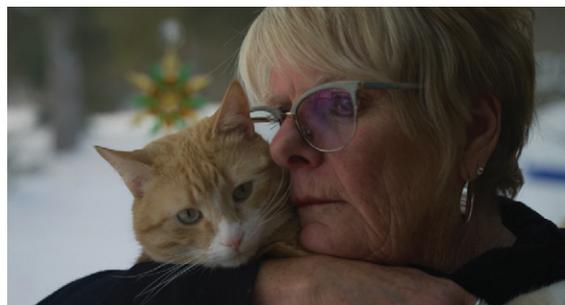
When Joanne Kembel headed the local United Way, an organization called Via Vitae came seeking financial assistance. “We looked at how efficient they were and the number of people they impacted,” she says. “I was amazed at their volunteer passion.” Little did she know that years later the group would come to play a significant role in her life.

The decision was made to fund Via Vitae (Latin for Life’s Way) and in the intervening 25 years the little group grew to become Hospice Northwest Services, a volunteer non-profit organization that offers palliative support and bereavement services free of charge.

Joanne lost her mother first but when her father became terminally ill she felt especially lost. As an only child, “he was my Rock of Gibraltar.”

Her dad insisted he was going to be fine and Joanne had to explain to him that he wasn’t. “He said, ‘Jo, I’m not ready,’ and that’s why I knew we needed help.”

Joanne remembered Hospice Northwest and made an appointment. A day later, Debbie turned up and Joanne felt her load lighten.



“She was tremendous. She came to see dad every week. She made him laugh and they communicated.”

There was also growing communication between Debbie and Joanne. “When dad was first diagnosed I couldn’t accept it; I was in denial.”

At every visit, Debbie encouraged Joanne to be a part of the process instead of apart from it. “He wanted to talk and if it wasn’t for Debbie . . . she taught me how to cope and to help my dad.”

“They provide so much help (and) give of themselves so generously.”

Time was growing short and one day Debbie brought Joanne’s dad some Chinese food, “his favourite. There were leftovers but he never got to have them.

“The last time I saw him we sat and talked. When I left I gave him a big kiss and said, ‘See you at 5.’ When I came back he was in a coma.”

Debbie was there for Joanne, her husband and son over the coming days and kept in touch. “To see what these volunteers go through -- I don’t know how they do it,” says Joanne. “They provide so much help (and) give of themselves so generously.”

Four years later, Joanne’s husband was diagnosed with cancer. Her experience with Hospice Northwest had prepared her. “When my husband passed, I knew how to deal with it.”

When Joanne retired from the United Way in 2016, she was invited to become a member of the board of Hospice Northwest. “I was honoured to accept.” Debbie, the volunteer who guided her father through his end-of-life journey, has since joined the board and their unique relationship has endured.

Joanne is immensely grateful for Hospice Northwest and for the community support that keeps it going. Tbaytel was a major supporter of the United Way during Joanne’s time there and it is now putting Hospice in the spotlight with its Tbaytel for Good campaign.

“This will help the community to realize the support that is there from Hospice Northwest.”

Visit hospicenorthwest.ca for more information about their services, to donate and to volunteer.

Register for the 9th Annual Hike for Hospice – Sunday, May 3, 2020 at Boulevard Lake

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LOCALNEWS



HOME-SCHOOLED: Lakehead Public Schools has started its Learn At Home program with classes closed until at least May 4.

At-home classes have replaced schoolrooms

EDUCATION
By Doug Dlazuk - TB Source

Even though schools remain closed, students went back to class as school boards across the province began Learn at Home initiatives on Monday.

The Learn at Home program is meant to keep students learning virtually during the COVID-19 pandemic that has resulted in the closure of all publically funded schools until at least May 4.

The Lakehead Public School Board began preparing for the transition to online learning last month and reached out to families and teachers with a survey to determine the needs of students.

"We want to ensure we are providing for equity of access," said Michelle Probizanski, superintendent of education with the Lakehead Public School Board. "Based on the survey information and any information gathered by principals and teachers, we will be giving our board devices to students that need them to ensure they all have access to virtual learning."

Probizanski said the school board will be loaning approximately 1,000 devices to families from resources it already had in place.

"The other issue might be that some people don't have access to reliable internet or internet whatsoever," she said. "So we are working with community partners to see if we can help with that situation."

For those who do not have access to the internet, paper packages will be sent out on a weekly basis with protocols approved by the District Health Unit to keep families and students safe.

The Learn at Home program will include the online delivery of lessons based on grade. Kindergarten to Grade 3 students will receive five hours of work per week focusing on math and literacy; Grade 4 to 6 will complete

five hours per week focusing on literacy, math, science, social studies; Grade 7 and 8 students will do 10 hours per week in core math, science, social studies, and literacy; and secondary students from Grades 9 to 12 will complete three hours per week, per course.

"Right now Grade 12 students are the focus," Probizanski said. "We need to have mid-term marks for Grade 12 students in at the end of April so we can continue with any applications to colleges or universities."

Probizanski added assessments that took place before the pandemic and the school closure will be considered as well as any work that is done with the students over the next little while.

The purpose of Learn at Home is to provide a continuation of learning rather than evaluation, but Probizanski said all students will be provided with a report card at the end of June if school closures continue.

"We want to ensure we are providing for equity of access."
MICHELLE PROBIZANSKI

Transitioning from a classroom setting to online does present some challenges, but Probizanski said there has been tremendous support from parents and teachers.

"I think our job right now is to not stress any families out," she said. "Our job right now is to ensure we have a continuity of learning that considers the situation we find ourselves now in the world."

"I think everybody is really appreciative. Our teachers have been working really hard, as well as our administrators, to ensure that this is a success, keeping in mind that the ultimate goal is ensuring families and students feel supported and what is offered is acceptable and can support doing it."

Last month the Ontario government also announced a one-time payment of \$200 per child and \$250 per child with special needs to support families across the province with children out of school. The online portal to apply for the one-time funding opened on Monday and can be found on the Ontario government website.

Weather Forecast

<p>THURSDAY</p> <p>Cloudy</p> <p>Probability of Precipitation: 30%</p> <p>HIGH 3 LOW -6</p>	<p>FRIDAY</p> <p>Mixed Precipitation</p> <p>Probability of Precipitation: 20%</p> <p>HIGH 4 LOW -3</p>	<p>SATURDAY</p> <p>Mixed Precipitation</p> <p>Probability of Precipitation: 40%</p> <p>HIGH 6 LOW -2</p>
<p>SUNDAY</p> <p>Mixed Precipitation</p> <p>Probability of Precipitation: 40%</p> <p>HIGH 4 LOW -4</p>	<p>MONDAY</p> <p>Snow</p> <p>Probability of Precipitation: 70%</p> <p>HIGH 1 LOW -6</p>	<p>TUESDAY</p> <p>Snow</p> <p>Probability of Precipitation: 40%</p> <p>HIGH 0 LOW -8</p>



<p>CLUB SIZE</p> <p>5⁹⁷ /LB 13.16/KG</p>	<p>BONE IN STRIPLOIN GRILLING STEAK Cut from Canada AA Grade beef or higher fresh</p> <p>6 OZ CLAMSHELL</p> <p>1⁹⁷</p> <p>RASPBERRIES product of USA or Mexico, no. 1 grade or higher</p> <p>BLACKBERRIES product of USA or Mexico</p>
<p>12⁹⁷</p> <p>NANUK SMOKED COHO SALMON 300 g or PC® SHRIMP PLATTER WITH SAUCE 568 g frozen</p>	<p>3⁹⁷</p> <p>ARMSTRONG CHEESE BARS 400/450 g SHREDDED CHEESE 320 g selected varieties</p>
<p>2⁴⁷</p> <p>PC® FROZEN VEGETABLES 300-750 g selected varieties</p>	<p>2⁹⁷</p> <p>DR. OETKER RISTORANTE 300-410 g or CASA DI MAMA PIZZA 395-410 g or BREYERS CLASSIC FROZEN DESSERT 1.66 L, selected varieties, frozen</p>

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LOCAL NEWS

Cases up to 18

HEALTH
By Leith Dunick – TB Source

Five more local cases of COVID-19 have been detected in the Thunder Bay District Health Unit's catchment area.

Four of the cases are listed as being in Thunder Bay and surrounding areas, while one is in a First Nations community.

The four non-First Nation community cases are listed as close contact exposures, while the fifth case is pending.

The TBDHU has revealed a total of 18 known cases of COVID-19 in the area.

The close contact cases involve a male and a female in their 20s, a female in her 30s and a female in her 60s.

Flight details are not applicable at this time.

All five patients are self-isolating at this time.



GROWING: COVID-19 cases are steadily on the rise in the Thunder Bay region.

Province closes more

Cannabis stores among those no longer deemed as essential

POLITICS
By Doug Diaczuk

Following the release of COVID-19 models for the province that project between 3,000 and 15,000 deaths over the course of what could be a two-year pandemic, Premier Doug Ford is taking further steps to keep that number as low as possible.

The provincial government announced further closures of non-essential services on Friday, primarily in the construction sector.

"We will do everything that it takes," Ford said during his daily media briefing on Friday. "You look at what we've done over the last two weeks is astonishing. We've shut down the vast majority of our economy; we've shut down our schools. Everything is always on the table."

The updated emergency order will take effect on Saturday and will

include the halting of any non-critical construction projects across the province.

Projects considered essential include industrial construction, infrastructure projects such as hospitals, roads, and bridges, and residential house construction near completion. All new residential construction projects are being ordered to stop.

Construction projects still ongoing will be subject to heightened scrutiny and inspections and the province has hired 60 new site inspectors.

More businesses have also been added to the list of non-essential services forced to close last month. These include stores that sell hardware products, vehicle parts and supplies, animal and pet supplies, office supplies and

computer products and repairs, and safety supplies. They can still sell using alternative methods, including curbside delivery, if they choose.

Cannabis stores have also closed. A complete list of businesses deemed essential can be found on the provincial government website.

The revisions to the list of essential businesses following the release of COVID-19 models for the province.

"These numbers tell a story of Ontario's fight against COVID-19," he said.

"The reality is the early chapters of our story have already been written. There are some things that are out of anyone's hands. What matters is the ending of our story is still up to us. If we work together we can write the last chapter of our story."



DOUG FORD

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LOCAL NEWS

COVID-19 will lead to deaths in TB region

HEALTH

By Ian Kaufman - TB Source

The Thunder Bay region faces difficult weeks ahead in the fight against COVID-19, warns the district health unit. Medical officer of health Dr. Janet DeMille said the situation is serious enough that she believes it's not a question of if, but when, the region will face its first deaths from the virus.

"Over the next month, we're going to see a significant increase in the number of cases here," DeMille told viewers in a video update Saturday. "We will likely get more concrete evidence of community spread in Thunder Bay and other communities, and we will also see deaths related to COVID-19 in this area."

The district has had 18 confirmed cases since reporting its first on March 27. Three of those are now resolved, DeMille reported.

Over the next month we're going to see a significant increase in the number of cases here."

JANET DEMILLE

Three cases in which individuals had not travelled in the two weeks prior to the onset of symptoms remain under investigation. Two of those individuals likely acquired it from someone close to them who had travelled, but the third may be an example of community spread, said DeMille.



POTENTIAL HOT SPOT: Thunder Bay Regional is readying itself for an influx of COVID-19 patients in the coming weeks.

"What this means is that there are people who have COVID-19 in this area who aren't being identified," she said. "Perhaps they had a fairly mild illness, maybe they didn't think much of it, but those individuals could be passing the virus on to others without even knowing it."

Symptoms of the virus can vary widely, DeMille said, making the job of promptly identifying cases more

difficult. Of the 12 confirmed thus far, some have presented very mild symptoms, while one was treated at the hospital after developing pneumonia and experiencing breathing troubles. DeMille did not believe that individual had required a ventilator.

In her video address, DeMille urged residents to take the strongest possible precautions to reduce the spread of the virus.

"We need to act like there is community spread here," she said. "This is crunch time. We must all do this well, and we must all do this now."

Residents should avoid any non-essential travel between communities in the region, she said. She further implored people not to travel or gather over the upcoming Easter long weekend.

DeMille said projections released by the province Friday reinforced that current public health measures, such as the closure of schools and many businesses, are working to vastly reduce the virus's spread and death toll.

Those measures may prove to be even more effective in northwestern Ontario, she said, because the spread of the virus had likely not progressed as far in the region when they were first implemented.

The next several weeks will be key to containing COVID-19, DeMille said. In an optimistic scenario, she believes the region may begin seeing things improve in May.

"This is going to go on longer than any of us want it to," she said. "However, it will end. We need to hold on and do all the things we can do to reduce the spread of the virus here, so we can see that improvement happening as early as possible."

In an interview, DeMille reiterated her belief that the region will not escape the virus unharmed.

"I think there's no way we can avoid having people seriously ill and pass away from this," she said.

She is particularly concerned about the risks to those in long-term care homes and First Nations in the region, and said the health unit is maintaining ongoing communication with them to assist with their preparations.

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Editorial

EDITORIAL

Ford's been rock solid

Some leaders wilt under pressure. Others rise to the occasion.

Count Premier Doug Ford in the latter camp.

Though his first 18 months at Ontario's helm were fraught with missteps, and his popularity had sunk to near record lows, the COVID-19 pandemic has shown voters there is a leader with some pretty serious mettle heading the charge out of Queen's Park.

Unlike U.S. President Donald Trump, whose slow reaction likely led to thousands more deaths than necessary, Ford has had a steady hand on the rudder almost from the start.

Yes, on March 12 he made the mistake of telling Ontarians it was OK to travel and enjoy March Break.

But since then, he's been a rock.

For starters, he's put partisanship aside, a welcome change in Ontario politics, praising Prime Minister Justin Trudeau's efforts and even retweeting a message from Opposition Leader Andrea Horwath.

More importantly, Ford has put the health of Ontarians first, acting swiftly to stop the spread, all too willing to shut down a large chunk of the economy and warning the province about dire projections that suggest up to 15,000 may die as a result of COVID-19.

Ford is willing to have frank conversations with the people of the province, and willing to take on Trump and his America first policies.

Now that's true leadership.

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Protect our heroes

To the editor:

I'm really concerned for our heroes who might get sick keeping us safe during this COVID 19 pandemic. These are workers who might then be directed to make a claim to the WSIB for compensation due to their illness.

As a long term advocate for injured and disabled workers in Ontario, I have seen how hard it is to get the WSIB to approve a claim for disease. With our present system, the worker must prove their illness is a direct result of a workplace exposure. Now, who can prove they got the virus at work rather than while on the bus or while shopping for groceries.

For 36 years, our group, the Thunder Bay & District Injured Workers Support Group, has heard from many workers who became seriously ill from workplace exposures who have suffered insult on top of their injury from the WSIB resulting in a life of poverty.

These workers deserve better treatment if they fall seriously ill.

Steve Mantis
Thunder Bay & District Injured
Workers Support Group

LETTERS TO THE EDITOR



Find a routine, be kind to others

Coun. Cody Fraser among those in city who has been laid off due to COVID-19

For the first time in our collective memory we as a society have been forced to mobilize for a common goal.

Not since World War Two have all sectors of society been mobilized. In these unprecedented and uncertain times, I wanted to take this opportunity to provide the public with some of my thoughts.

These thoughts are not the position of the City of Thunder Bay and I do not speak for city council as a whole. My thoughts and opinions are mine and mine alone.

I realize I'm not the only rookie community leader cutting their teeth in politics during this unprecedented time; MPP Judith Monteith-Farrell, MP Marcus Powlowski, and my counterparts on City Council, Albert Aiello, Peng You, Brian Hamilton, and Kristen Oliver are also getting their feet wet. But let's face it, I'm as green as it gets.

I was elected in 2018 as a third-year law student, 26 years old, bright eyed and bushy-tailed, I was ready to change the world.

Little did I know, a year and a half into my first term the world would change, just not the way I had envisioned.

As councillors, our job has become less about potholes, ditches, and building a city and more about relaying messaging, providing financial relief packages, ensuring essential services stay intact, and assuring residents that things will be OK.

The COVID-19 pandemic affects everyone to a different degree.

On a personal note, I was recently called to the Bar. On Jan. 1, I officially became a lawyer in Ontario.

As a first-generation university student, this was a big moment for my family and me.

I began work, eagerly meeting with realtors and reaching out to accountants and financial institutions to get my name out there.

I was excited to go to work, accepting any and all assignments from partners with a smile. The firm even put my picture in the paper.

Little did I know, shortly thereafter, the world had other plans.

Like so many others in our city, I too was laid off.

You need not shed a tear. I am not seeking sympathy. I'll be ready to rock and roll when things clear up. In the meantime – how can we cope?

It's very hard to contemplate anything other than our own perception of the world. While not all of us have the same standard of living, let's face it, a lot of us live a comfortable life. Even those who struggle to make ends meet have a good standard of living.

It's hard to imagine a world that doesn't afford us the ability to visit a friend, grab a beer at a bar, or attend your beer-league hockey games (sigh). It's difficult to imagine, but it's here, this is our new reality for the time being.

For those laid off or displaced because of the pandemic, make sure to seek any and all support coming from the federal, provincial, and municipal governments.

It won't be ideal (trust me), but it will be something. Make sure you communicate with your bank if you have a mortgage or loans, see what options you have.

Once the financial aspect is taken care of, taking care of your physical

and mental health will be paramount. Go for a daily walk (as long as you maintain two-metre distance from other walkers), do home workouts (follow me on Instagram and laugh at my daily attempts), meditate, and call family and friends often.

Do your best to establish a semblance of routine. For now, this will be your new "normal"- embrace it.

To those who can work from home, that's great, keep going and be thankful.

To those who work in essential business, you are the unsung heroes of this pandemic, stay safe and know that your efforts are not going unnoticed.

To the front line health workers and first responders, keep fighting the good fight, for now it's my job to stay home so you can do yours!

For those of you who have yet to take physical distancing and this pandemic seriously I've got two words: smarten up.

I'm wishing you and your family good health, both physical and mental in the coming weeks. This will be hard but I'm confident we can get through this.

Last thing, now more than ever, let's be kind to one another.

Needing Coun. Cody Fraser was first elected to council in 2018.

Perspective

Change is coming

Coronavirus is forcing humanity to adapt in good ways

OPINION

By J.R. Shermack
Special to TB Source

Occasionally, good things arise out of bad circumstances even if it is for the wrong reasons.

The global response to the COVID-19 pandemic is having some unintended consequences that are literally a breath of fresh air in these troubled times.

The population of the Earth is under siege by a microscopic army and our defense has been drastic and unprecedented in many ways.

Human reaction varies from knee-jerk to panic to outright denial but one thing is clear – as we learn more about our viral foe, our behavior is changing.

In some ways for the better.

To protect our health and deal with our six-foot separation anxiety many of us are doing things we never thought we would do.

The global threat to our well-being has forced us to change our habits, to stay home, to have groceries delivered, to avoid crowds and hopefully avoid infection.

It has emphasized the importance of hand-washing although we already knew the value of personal hygiene in preventing the spread of disease.

Grandparents are reluctantly avoiding their grandkids and have embraced social media visits instead – some Grandpas are

having trouble embracing the new technology.

We are also facing economic uncertainty as business and industry slow dramatically, businesses close and families juggle their finances.

This crisis will pass but in the meantime we have gained a new perspective and a new appreciation for what is really important.

But there is still a lot of uncertainty and doubt - some of our actions are helpful and some are not but the unintended consequences are often surprising.

In just a few weeks the land, the water, the air we breathe and many other parts of the natural world around us have been transformed right before our eyes.

With humans in self-isolation Mother Nature has been busy cleaning up some of the global mess we made before COVID-19 stopped us.

The Earth is a cleaner, quieter and more eco-friendly place and now that we have stopped our harmful activities, at least temporarily, the results are remarkable.

It didn't take long for positive change to occur, from quieter cities and cleaner water to more breathable air and clear, blue skies.

Strict enforcement of social distancing means fewer planes, trains and automobiles rumbling around and the usual background roar is now reduced to a whimper.

In big cities seismologists have

measured a sharp decrease in the relentless hum and incessant vibration produced by human activity.

This new sound of silence has allowed some inner city residents to hear songbirds for the first time in years.

I've even heard from a number of people locally who have noticed a drop off in traffic and background noise while they are out walking in the fresh air.

Speaking of fresh air, many locations around the world are experiencing a noticeable drop in pollution and greenhouse gas emissions.

As the world economy struggles, satellites detect a drastic reduction in air pollution over China during the lock-down and similar drops over Italy during their quarantine.

In Venice the pause in human activity and motorboat traffic has cleared the water and fish can actually be seen swimming in the famous canals.

It turns out that humans actually can change the natural environment, for better or worse.

And when faced with imminent doom and untold disaster we are finally willing to change our behavior for the greater good.

The situation is a little tense right now but this too shall pass and things will get better, maybe better than ever.

Either way, in the words of poet and philosopher Bob Dylan, *The Times They are A-Changin'*.

AIRBOAT RESCUE



BROUGHT HIM BACK: Thunder Bay Fire Rescue says a man was stranded for several hours last week after walking over ice to the breakwall, where open water barred his ability to return to shore.

LEITH DUNICK

A look back in history:

Water Street in the 1880s

In 1889, in Port Arthur there lived about 4,000 people (in the summer) along with 117 horses, 140 cows and 174 dogs. School began at 9:30am and went to 4:00pm (with 90 minutes for lunch). The ferry between Port Arthur and Fort William ran 4 times a day.



HOW TO WRITE US:

Letters to the editor are most welcome. Those kept to 350 words or less have priority.

The Thunder Bay Source reserves the right to edit submissions for content and clarity. All attempts will be made to preserve the core argument of the author.

Address them to:
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THIS WEEK'S POLL QUESTION:

your VOICE

Cannabis stores have been deemed non-essential and will close this weekend*.
Do you support the decision?

VOICE YOUR OPINION ABOUT THINGS THAT MATTER MOST.

Visit www.tbnewswatch.com TO SHARE YOUR IDEAS AND VIEWS ABOUT OUR WEEKLY POLL QUESTION.

TOTAL VOTES: 2,232

YES 69.85% NO 25.76% DON'T KNOW 4.39%

* Stores closed last weekend

IN BRIEF



LEITH DUNICK

CRASH SITE: Police block off a section of Donald Street last Saturday.

Crash kills 62-year-old

A 62-year-old man is dead after a fatal collision last Saturday on the south side of the city.

Police, in a release issued on Monday, say they continue to investigate the crash, which took place just after 6 p.m..

Police say they learned the car, which came to rest inside the Victoriaville parkade, collided with a parked truck in the CP rail yard on South Syndicate Avenue.

Seconds later it collided with a second vehicle at the Arthur Street intersection.

Police formed a perimeter throughout the area, while the investigation was completed.

The victim's vehicle sustained significant damage, but no other injuries occurred as a result of the collisions.

COVID in North

Matawa First Nation says COVID-19 has landed in Eabametoong First Nation.

Nishnawbe Aski Nation Grand Chief Alvin Fiddler later called for immediate help to fight the virus, which has infected more than one million people world wide.

"I am issuing an urgent request to Ontario (and) Canada to help quickly respond with additional test kits, adequate PPEs and other essential supplies. We need to act fast."

Meaglow cleaning masks

BUSINESS

By Leith Dunick - TB Source

On a normal workday, Scott Butcher and his team make gas plasma sources for the semiconductor industry.

It's complicated work, but an invaluable part of building modern computer chips.

But when the COVID-19 pandemic arrived in Canada and health officials quickly realized they might be facing a massive shortage of personal protective equipment, a light went off in Butcher's head.

Butcher, chief scientist at Thunder Bay's Meaglow Ltd., wondered if the technology they were using could be repurposed to re-sterilize N95 masks, stockpiles of the normally throwaway accessory reaching critical lows as the virus takes hold around the world.

"I was looking at the plasma source one day and they were talking about reutilizing equipment to help with COVID-19 and I wondered, could we do it with anything that we have," Butcher said.

"I knew that plasma sources were used for sterilization in some instances, so I thought, maybe we can investigate that. That's what we're trying to do."

Kills bacteria, viruses

Butcher said the plasma tears apart gases and makes them reactive, not something that normally occurs in nature except at high altitudes.

"It can kill viruses, it can kill bacteria, and that's well known. It's just how well we can do it with masks. That's the big question," Butcher said.

"So we've got a little prototype here that we've been using for another project and I thought we could use that for the masks. We just turn the power down so it's not depositing, it's just creating plasma that can kill things."

Butcher said the next step is to test the results.



LEITH DUNICK

GIVING BACK: Scott Butcher, lead scientist at Meaglow Ltd., says he's hopeful plasma technology can be used to clean N95 masks for reuse.

He's been talking to Bio-North in Thunder Bay and, if enough capital can be raised, he's hopeful they'll do some bacterial testing and then some virus testing.

"And then beyond that, the next step would be to do COVID-19 testing," Butcher said.

He's already applied to several sources, including the United States

government, for the funding needed to conduct the tests.

If approved, machines could be built in Thunder Bay, a city with plenty of machine time available, and distributed to health-care sites around the world. He estimated they would cost in the neighbourhood of \$10,000 to \$12,000 apiece.

"We're looking to share our tech-

nology under the right circumstances, to people to get this out there quicker, if it works out," Butcher said.

"This is something that's going to affect everyone. I'm in a high-risk category and I have a daughter who is in a high-risk category. So we want to do what we can to help and this is something we can do with the equipment we have."

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LOCAL NEWS



LEITH DUNNICK

ON LOOKOUT: Dr. Janet DeMille says the Health Unit is looking for anyone or any business putting the general public at risk during the outbreak.

COVID-19 line for violators of pandemic rules

THUNDER BAY
By Gary Rinne – TB Source

Violators of orders aimed at mitigating the spread of COVID-19 now face the risk of being reported through a dedicated phone line.

The Thunder Bay District Health Unit announced Monday that two telephone numbers are available for residents with concerns about businesses or individuals who are putting community health at risk.

Any instances of non-compliance with Ontario's Emergency Order related to COVID-19 may be reported by phoning 807-625-5900 or (toll-free) 1-888-294-6630.

The phone line will be monitored from 8:30 a.m. to 7:00 p.m. Monday to Friday, and from 9:00 a.m. to 5:00 p.m. on weekends.

The TBDHU said the process was established after consultation with the Thunder Bay Police Service, Ontario Provincial Police, and the City of Thunder Bay.

It said having a single point of contact will ease the demand on other community and emergency phone lines.

Residents are asked to report the following situations:

- Non-essential businesses that are not closed
- Activities taking place at closed outdoor facilities including playgrounds, multi-use courts and skate parks
- Residents who gather in large groups
- Individuals who are not following federal government quarantine orders

"Everyone has the responsibility to follow all of the orders that have been issued by governments, and to take every precaution possible to slow the spread of COVID-19," said Dr. Janet DeMille, Medical Officer of Health.

"When we receive a complaint through this new process, we will work with our community partners to enforce the restrictions that have been put in place," DeMille added.

Residents should only call 911 if there is an emergency related to life or property.

Thunder Bay's Source SPECIAL FEATURE TAKE OUT, DELIVERY AND SERVICES

Food for thought...during this crisis

The onset of COVID-19 has changed our lives. We're being encouraged to stay inside as much as possible, physical distance from others and frequently wash our hands. It's also been tough on businesses, many of whom have been asked to close their doors to wait out the pandemic. Local restaurants and eateries have closed their dining rooms. But many have remained open for take-out and delivery service, a welcome respite for those who like a nice meal, or are missing their favourite dish from their favourite restaurant. It's a great chance to support local businesses attempting to navigate their way through this crisis, which is unlike anything we've seen in our lifetimes. These businesses in turn support other local businesses, whether it's buying food or cleaning supplies, or paying taxes to ensure our roads are paved and our parks are open. Food has always played a huge role in our lives, and though the pandemic might have us down at the moment, it doesn't have to keep us there.

Here's some information regarding food safety, as it relates to the COVID-19 outbreak, according to the Canadian Food Inspection Agency.

Food safety and Canada's food supply
• The CFIA has strong measures in place to ensure the safety of Canada's food

supply. There is currently no evidence that food is a likely source or route of transmission of COVID-19.



• The CFIA recommends that all Canadians continue to follow good hygiene practices during food handling and preparation, such as washing hands, cooking meat thoroughly and avoiding potential cross-contamination between

cooked and uncooked foods.

• There is no known risk of coronaviruses entering Canada on parcels or packages coming from affected regions. The risk of spread from products shipped over a period of days or weeks at room temperature is very low.

• The CFIA continues to monitor the current situation closely in collaboration with our federal, provincial, territorial and international partners. If the CFIA becomes aware of a potential food safety risk, appropriate actions will be taken to protect Canada's food supply.

COVID-19 transmission through food

• Scientists and food safety authorities across the world are closely monitoring the spread of COVID-19. There is currently no evidence that food is a likely source or route of transmission of the virus.

• The World Health Organization (WHO) has issued precautionary recommendations including advice on the need to continue to follow good hygiene practices during food handling and preparation, such as washing hands, cooking meat thoroughly and avoiding potential cross-contamination between cooked and uncooked foods. More information can be found on the World Health Organization website.

We are currently open for Take-Out, Delivery and Curbside Pick-Up and are planning ahead for Good Friday!

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04.10.2020

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5 essential tips for working from home

(NC) With remote work on the rise, it comes with unexpected challenges. Stop them from standing between you and your best work-self by following these simple tips:

1. Keep to a schedule. Try to keep your work day routine to the schedule it's used to — wake up at your regular time and keep to your morning rituals, starting work when you'd normally head out the door. But don't forget to also give yourself breaks you'd give yourself at the office, when you'd take them. The less your body realizes you're still home, the more comfortable and productive you'll be.

2. Keep up the dress code. Normally, you associate the clothes you wear at home with being at ease and relaxed. By fusing your work and leisure clothes, you'll be robbing your work-self of productivity and your home-self of relaxation. Don't go all-out, but wear something you could get away with at the office. This will help you get down to work with a professional

mindset and set yourself up for a successful day.

3. Keep your strength up. Working from home can be surprisingly strength-

setting back down.

4. Keep the conversation going. Even if you're an introvert, going into the office provides some much-needed social interaction. At home, you may be shielded from its distracting aspects, but you're also cut off from that contact and support network. Make a point of having at least one phone call or Zoom meeting with a coworker every day. Avoid typed conversations, they offer less of a hard break from your work, and the two bleed together too easily.

5. Keep the tunes coming. At home, the silence can potentially be just as focus-breaking as a coworker wandering up to you to discuss the latest internet meme. Don't let the quiet take over. Unlike the radio, you won't have to slog through ads. Just hit play on your computer or phone and let the productivity flow, or seamlessly transition to your smart speakers if you're a more mobile worker.

www.news.canada.com



BUM FLUSH: Flushable wipes are causing issues in the sewer system.

Wipes clog up sewers

THUNDER BAY
By Ian Kaufman – TB Source

It's a simple request, but one that seems to have fallen on deaf ears in some quarters: don't flush any product other than toilet paper down the toilet.

It's not a new issue, but the problem has gotten worse in recent weeks as the use of disposable sanitary products like alcohol wipes increases in response to the COVID-19 pandemic. That's according to a city worker responding to a sewer backup he said was caused by a mass of wipes and other products in the Northwood area Monday.

It's the second time in a week city sewer and wastewater personnel have had to respond to blockages for that reason. On March 31, the city reported a mass of tissue eight to nine metres long plugged a sewer in Thunder Bay's north end, requiring a city crew to respond.

That incident led the city to remind residents not to flush anything aside from toilet paper down the toilet - even products labelled as "flushable," which can still cause problems.

City employees haven't been the only ones affected. Monday's blockage resulted in wastewater flooding into at least one home located near a sewage pipe junction in Northwood.

Maggie Colbon was returning from an early-morning grocery run Monday morning when she noticed her basement flooding. Her husband Doug knew immediately what to do, starting a sump pump and making the appropriate call to the city - it was the second time in a year the couple have faced the problem, both times for the same reason.

"This has become a major issue," Doug said. "It's already happened once with wipes and non-biodegradable material being flushed down toilets. The sewer system can't handle that, and this is what happens."

Maggie Colbon implored residents to be considerate when they flush.

"This is something that is totally, totally avoidable," she said. "It doesn't take a lot - put the stuff that is not supposed to go into the toilet into a plastic bag and dispose of it."

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TB Life

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BLESSINGS IN THE FRONT SEAT: Deborah Kraft, rector at St. Paul's Anglican Church, offered blessings to congregants in their automobiles on Sunday.

Palm Sunday drive-thru

St. Paul's Anglican Church finds mobile way to bless during Holy Week

RELIGION

By Ian Kaufman -TBSOURCE

It's the most sacred week in the Christian calendar, and while physical distancing measures to combat COVID-19 have ruled out normal church services, one Thunder Bay church is finding creative ways to keep the spirit of Holy Week alive.

Deborah Kraft, an archdeacon and rector at St. Paul's Anglican Church, spent much of the morning and afternoon on Palm Sunday providing "drive-by blessings" to churchgoers in the city's south end. A lay pastor distributed palm crosses through car windows from a safe distance, using a jerry-rigged fishing rod.

Kraft said for many, being able to maintain a connection with their faith and church community is more important than ever. She felt an obligation to offer some-

thing to her community

"I had a great desire in my heart to connect with people on this holy weekend," she explained. "I truly believe for many people, their faith community is an essential service. So we wanted to have a very safe way where they could be blessed by me, and receive a palm cross."

About 100 people showed up in their vehicles, on foot, and even by bicycle to receive the blessing Saturday, while a steady flow of congregants passed by Sunday as well.

It's not the only way the church has been adapting to the new realities of life under COVID-19. Services are now live-streamed on the organization's website and Facebook page. Kraft says many other

Anglican churches are doing the same.

She has been offering other supports online as well. That includes meetings with congregants over Zoom and a weekly children's talk. This week, she plans to run a video on children's crafts.

Kraft said if anything positive can come out of the pandemic, it may be that people are realizing the true value of compassion and human connection. She's seen that in members of her own church, she said.

"If this terrible pandemic can draw us closer to each other in kindness and compassion for all people, then it's as if God's making something wonderful out of something so very frightening."

"I had a great desire in my heart to connect with people on this holy weekend."
DEBORAH KRAFT

Stay Home, Stay Safe, Thunder Bay



These are difficult days. The way through this is by each of us doing our part. I am asking you to **stay home and stay safe**. This is so

important. We can get through this if we follow that advice, however, it will take distance and time.

We have benefited from being removed from large urban centres, but we are not immune. The virus is in Thunder Bay, and the person with the greatest ability to impact

this pandemic is **YOU**. Not the Mayor or emergency responders – it's you. The person best able to protect your family, friends, and neighbours is you.

City Council has approved relief for those residents and business financially impacted by COVID-19.

The City has changed the way we are operating to keep you and our workers safe while continuing to deliver the essential services you rely on. Thank you for adapting to these changes in a quickly evolving environment.

The federal government has invoked the Quarantine Act, which speaks to the seriousness of the situation.

To keep our community safe, it is strongly recommended that all individuals returning from outside of Northwestern Ontario self-isolate for 14 days regardless of whether or not they have symptoms.

On behalf of City Council, I would like to thank those who are working on the frontlines, especially our healthcare workers. Thank you to our paramedics, police officers, firefighters, those working in nursing homes and communal living settings, charitable organizations, grocery and convenience stores, pharmacies and many others delivering essential services.

The measures being taken in our city now, by you, will help save lives. This virus will not discriminate, everyone may be at risk. Please consider that in each decision you make.

Stay home. Make outings for essential trips only. When you are out keep a physical distance of two meters from others, and wash your hands frequently. And stay home if you are sick.

I know this is difficult, but we are a resilient community. Stay well Thunder Bay.

Key Changes to City Services

thunderbay.ca/coronavirus

Here's a summary of key changes, in keeping with the Provincial Emergency Declaration.

Temporary Closures

City playgrounds and park amenities including off-leash dog parks, benches, community gardens, sports fields or courts, beaches and picnic areas.

Most City facilities including City Hall and all recreational facilities.

Temporary Reductions

All Council meetings will be virtual and held as required.

Only essential City services are being offered in-person, by appointment only. See the contacts for how to make an appointment.

Thunder Bay Transit Service reduced as of April 5, with adjustments to hours and frequencies. View the Transit Schedule at www.thunderbay.ca/transit.

Animal Services reduced to emergency operations with no pet adoptions, no volunteering, and claim of lost pets by appointment only, call 684-2156.

Fire prevention and inspection services are reduced to fire safety concerns only.

Recreation program sessions scheduled to start March 30 - April 30, are cancelled. Credits are being applied to all accounts. To request a refund instead of a credit, call 625-2227 or 684-3323, or email communityservices@thunderbay.ca on Wed., April 8.

Long-Term Care & Senior's Services

No Visitors Allowed at Pioneer Ridge or Jasper Place

Pioneer Ridge Long-Term Care & Senior Services and Jasper Place Support Services are not allowing any visitors to the facility. Arrangements can be made for FaceTime or window visits by calling Pioneer Ridge at 684-3956 or Jasper Place at 684-2928.

Send a card or become a penpal to a senior. Learn more at www.thunderbay.ca/PioneerRidge.

Meals on Wheels Continues to Operate

Meals will continue to be delivered using a contactless delivery method. For more information call 625-3667 or visit www.thunderbay.ca/mealsonwheels

Income Tax Program Cancelled

The 55 Plus Income Tax program is cancelled with appointments to be rescheduled once the 55 Plus Centre opens again. The deadline to file taxes has been extended to June 1.

Waste & Recycling

- Collection continues as usual.
- Vehicle traffic at landfill limited to 10 vehicles at any time.
- Normal business hours at the landfill and recycling depots.
- Bag tags for a third item can be purchased by calling 625-2266, or at the landfill site.
- For safety, all garbage must be bagged in the cans.
- Wipes belong in the trash never in the toilet! Only flush toilet paper down the drain.

Free On-Street Parking & Ticket Payment Period Extended

On street parking at metered spaces is free for a maximum of two hours until April 30, to facilitate easy pick-up and delivery at local businesses. For parking tickets received March 1 - April 30, payment can be delayed without penalty. Tickets can be paid by mail, in drop-boxes at parkades, or in-person by appointment, call 625-2370.

City Hiring Continues for Essential Services

The Corporation continues to recruit for essential positions during this time, such as personal support workers in long-term care. View active job postings at www.thunderbay.ca/jobs

Visit www.thunderbay.ca/coronavirus for a full list of impacted facilities, programs and services

Contacts & Booking Appointments

Animal Services: 684-2156

Building Services: 625-2578, 625-2725

City Hall Services: 625-2230

Engineering Inquiries: 625-2266

Garbage Item Tags: 625-2266

Infrastructure & Operations Dispatch: 625-2195

Jasper Place: 684-2990, 684-3048

Licensing & Enforcement: 621-4082

Meals on Wheels: 625-3667

Parking Authority: 625-2370

Pioneer Ridge: 684-3910, 684-3917

Planning Services: 625-2542, 625-2531

Recreation & Culture General Inquiries: 625-2351

Recreation Programs Credits/ Refunds: 625-2227, 684-3323

Transit Customer Service: 684-3744

Monitoring COVID-19

The Municipal Emergency Control Group is meeting weekly to monitor and manage the COVID-19 situation in Thunder Bay.

"We have a coordinated community response and that helps us in this fight," says Mayor Bill Mauro

The Emergency Control Group includes the City of Thunder Bay, Thunder Bay Police Service, Thunder Bay Fire Rescue, Superior North EMS, meeting with the Thunder Bay District Health Unit, Thunder Bay Regional Health Sciences Centre, District of Thunder Bay Social Services Administration Board, Tbaytel, Thunder Bay Airport, Synergy North, Lakehead Public Schools, the Catholic District School Board, Aurora Borealis Catholic District School Board, Confederation College and Lakehead University.

"These are uncertain times," said Dr. Janet DeMille, Medical Officer of Health. "Working together as community partners and as community members, we can make a difference."

Financial Relief During COVID-19

City Council has approved relief for those financially impacted by COVID-19.

Property Tax Deadline Deferred to July 8

- Your May 6, tax installment is now due July 8.
- Customers set-up with pre-authorized payment (PAP) on due date will see their installment come out July 8.
- Customers with monthly PAP will see no change to scheduled withdrawals unless a change is requested.
- Effective April – June, if your PAP or cheque is returned the City will waive the non-sufficient funds charge.
- To change your PAP, email taxandwater@thunderbay.ca or call 625-2255.

Additional 90 Days to Pay Water Bill

- If you are unable to pay your April 14, May 15, or June 15, water bill, you now have an additional 90 days to pay without penalty or late fees.
- Customers set-up with PAPs (monthly or on due date) will see no change to scheduled payments unless a change is requested.
- Effective April – June, if your PAP or cheque is returned the City will waive the non-sufficient funds charge.

- To change your PAP, email taxandwater@thunderbay.ca or call 625-2255.

Application Deadline for Tax & Water Credit Programs Extended to Sept. 1

- The application deadline for the property tax and water credit programs for low-income seniors, low-income persons with disabilities, and low-income persons has been extended to Sept. 1.
- Learn more at www.thunderbay.ca/rebates

Arrears & Collections Postponed until Sept. 30

- Collection work will stop until Sept. 30. Residents will not receive arrears notices or collection calls.

Invoice Payment Period Extended to 90 Days

- City invoices issued in April, May, and June, will be due in 90 days compared to the usual 30-day payment terms.
- These include invoices for childcare services, facility rentals, and monthly lease payments.

Fees for Re-Issuing Marriage Licenses & Commissioning Services Waived for 3 Months

Business Permits & License Fees Waived for 3 Months

- All 2020 business license renewals, including taxi licenses, will not be charged for three months.
- Businesses will have an extra three months to pay the license renewal fee

Sign Permit Fees Reduced by 25% for 1 Year

New Community, Youth, and Cultural Funding Program Emergency Fund

- An emergency fund will assist organizations that are existing recipients of the City's Community, Youth, and Cultural Funding program. These organizations will be directly contacted with program details in the coming weeks.

More Information on COVID-19

www.thunderbay.ca/coronavirus - Read the latest City news releases.

www.ontario.ca/coronavirus - Ontario's Ministry of Health reports on the status of cases in Ontario each morning at 10:30 am.

www.TBDHU.COM/coronavirus - The Health Unit links to credible sources of information for both the public and local health care providers.

Welcome to an array of fantastic Thunder Bay Businesses!

2020
THUNDER BAY'S



St. John Ambulance,

Cooperation Council of Ontario /
Conseil de la coopération de l'Ontario,

Kelly's Nutrition Centre, Ontario Nurses' Association,

Michael's Hair Design & Day Spa

Marnie Horst Counselling & Consulting,

Sunset Memorial Gardens

Kelly's Nutrition Centre

The Covid-19 pandemic has shut down much of the world, but it doesn't have to mean sacrificing good health and nutrition.

Not with Kelly's Nutrition and Juice Bar open for business. Manager Corinne Friday says while they've made some changes to keep their customers and staff safe during the pandemic, they're still offering their full array of specialty foods, including dairy free alternatives, healthy energy bars, and gluten free options. And they are still the No 1 place to pick up vitamins, herbs, hemp and whey proteins as well as homeopathy and probiotics.

They also have a large selection of bulk items, such as flours, grains, seeds, dried fruits and nuts, gluten free pasta and a wide selection of natural skin care products, essential oils and cleaning supplies. You can even come in and get freshly ground peanut butter. "It's as easy as ever to complete your order, perhaps even easier," says Corinne. "We are open regular hours to make things easy for you and are now offering a delivery service for a nominal \$5 charge. You can come in or call us and have your order delivered, we can also do a curbside pick-up. We have disposable gloves in the lobby and are regularly disin-

fecting our baskets, carts and counters. As well we have six foot sections marked off with red tape on the floor to maintain physical distancing," however Corinne says it hasn't really been a big problem despite the store being busy as "customers have been fantastic about keeping their distance."

It's important that a store like Kelly's remain open as it's not always easy to find some specialty items at larger grocery stores.

"We cater to restrictive diets and people rely on that" Corinne said. Good nutrition is key to overall health.

Kelly's Nutrition Centre and Juice Bar is open Monday to Friday 9 am to 9 pm, Saturdays from 9 am to 7 pm and Sunday's from 11 am to 5 pm and are located at 820 Red River Rd.



820 Red River Road • 1-807-345-1333

Ontario Nurses' Association

Ontario's nurses are battling at the frontlines in hospitals, clinics and in people's homes, doing whatever it takes to ensure their patients don't fall victim to the COVID-19 crisis.

Diane Parker, who represents Local #73 Ontario Nurses' Association, said her members are there to provide comfort in troubling times, whether it's someone recovering from a tricky surgery or patients facing the unknown of a global pandemic.

It's what they were born to do, Parker said. "We're there for everyone in hard times."

Underneath that personal protective equipment, the gloves, the masks, is a warm heart, a caring hand and a comforting smile. You can't always see it these days, but you can be rest assured, it's there."

It takes a special person to go into nursing.

Often they're the backbone of the health-care system. They provide day to day care and a friendly bedside manner. People need to start their road to recovery or find comfort while living out their Golden Years at a seniors' home.

Nurses are there 24/7 to provide care, their goal to help patients find health and happiness during an otherwise troubling time.

"It's more than a job. They care about everyone and want to be there to help them

through hard times," Parker said.

"We want to be there to help them through those tough times."

These days, tens of thousands of nurses around the world are putting their lives on the line heading into work each day, treating patients facing a virus that has killed more than 70,567 people and infected about a million worldwide.

"They are putting themselves in harm's way for the sake of everybody else. They are trying to fight this, be safe themselves, and help people in need."

For more information about the Ontario Nurses' Association, visit www.ona.org.



440 Balmoral Street • (807) 625-9716

St. John Ambulance

For decades, St. John Ambulance has set the standard for first aid training in Thunder Bay and around the world.

From the every-day first-aid knowledge everyone should have, to niche areas like the wilderness and marine care that comes with their own set of care factors, to babysitting courses for 10- to 15-year-olds looking to make a little pocket money, the organization has always been an innovative pillar of the community.

Brian Edwards, the Regional Fund Development and Volunteer Co-ordinator at the local branch of St. John Ambulance, said he remains hopeful the COVID-19 outbreak won't stop the organization from doing what it does best for long.

There's plenty to look forward to when things return to normal, he added.

At the time of the outbreak, St. John Ambulance was working on a new program called Mental Health and Awareness in the Workplace.

"It focuses on a one-day training course talking about how to address a mental-health crisis for somebody developing a mental health problem, specifically in the workplace, as well as reducing stigma associated with common mental health concerns," Brian said.

"With the virus we've had to postpone that until probably late May or early June. But I'm looking forward to that one."

Despite being handcuffed a bit by the virus, Brian said St. John Ambulance is still looking for public support to help them deliver their programs

and services, which also include automated external defibrillators and specially tailored first-aid kits, in the near future.

"Quite frankly, we need donations. Now more than ever," he said. "As you know, our branch is closed, so we're not doing training courses during this difficult time. Anything counts, so if anybody is able to make donations, please consider St. John at this time."

And, despite the upheaval facing the world, their annual Spring into Summer Trailer Draw is still a go, Brian said.

"It's our largest fundraiser that we have at St. John Ambulance. That and Operation Red Nose are what funds our community service units, our therapy dogs, our medical first response team." Phone 345-1712 for details.



St. John Ambulance

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Welcome to an array of fantastic Thunder Bay Businesses!

Marnie Horst Counselling & Consulting

The COVID-19 outbreak has pushed people apart, through efforts like physical distancing, that's out in the world.

At home it's brought people together. Urged by public health officials to only leave the house when absolutely necessary. Many are either working from home in tight spaces or off the job altogether and this can lead to strain at home.

Marnie Horst is here to help.

As the owner of Marnie Horst Counselling, Consulting and Psychotherapy Services, she's had years of experience counselling couples with marital and sex therapy issues. With a keen eye that helps her clientele quickly determine the root causes of their struggles, whether it's low self-esteem, lack of confidence or other deep-seeded issues.

Right now, for many, it's the unknown.

"It's important to have a sense of self-awareness to make sure that anybody who is living with mental health issues has the ability to have the supports available, even through these challenging times. Those who are having a difficult time accepting the changes that have been put to us, have an opportunity to have a safe place to go and work through better ways to cope," Marnie says.

With physical distancing in place, it can start with the click of a mouse.

Sessions with Marnie Horst Counselling, Consulting and Psychotherapy Services are available online during the COVID-19 pandemic,

via Telehealth and online video therapy using a secure platform throughout the province.

Mental health does not have to be put on the backburner just because a virus has put much of the rest of the world on hold, Marnie said.

"It's a convenient and effective way to deliver services," she said, noting it can easily be done from home, a concern of many parents worried about child-care issues.

Marnie's action tools include dialectical behaviour therapy, emotionally focused therapy and cognitive behavioural therapy, as well as family and family of origin counselling, trauma therapy and couple and sex therapy.

Located at 317 Victoria Ave. E, Suite No. 15, Marnie can be reached at 986-3898 or mhorstcounselling@gmail.com.



 **Marnie Horst
Counselling & Consulting**
317 Victoria Ave., East • (807) 986-3898

Cooperation Council of Ontario / Conseil de la coopération de l'Ontario

For more than 55 years, the Cooperation Council of Ontario (CCO) (Conseil de la coopération de l'Ontario) has been ensuring the growth and development of not-for-profits, co-operatives and social enterprises across Ontario.

This not-for-profit social enterprise has recently expanded by increasing its locations and staff, its range of programs and by offering services in both French and English. Its newest location was opened in May 2019 in Thunder Bay under the guidance of Operations Manager for Northern Ontario, Paula Haapanen.

Paula likes to look at the business world in three sectors – the private, the public and the social economy, which has grown beyond the not for-profit and charity sectors over the past 40 years. "You want to be able to use the private sector environment to fuel social development and social change," she said. "Social enterprises and co-operatives, they help people work to solve their own problems from the ground up. "If we talk about not for profit organizations, a lot of them are reliant on government grants and you can never be 100 percent sure that grant will be there the next year or after the next funding cycle or election."

Social enterprise offers them the opportunity to diversify their finances. It could be as simple as opening a thrift shop to help fund operating expenses, or offering training courses.

"The CCO's basic services are free, but when you

get more involved, then we offer custom services to suit our clients needs," Paula said. "It really is a way to diversify your income stream, but it also serves to solve a problem that those other two sectors might not be solving for you."

At the moment, Paula is working on many projects for the community. She's currently writing a market study for one client while trying to start a consumer co-op to allow its members to get better pricing on necessities, such as office equipment. Each project is unique and the CCO's expertise and services can be tailored to the clients needs. A unique service offered by the CCO is business succession through co-operatives, an opportunity Paula hopes that the community will consider more closely. "The more I do this, the more I'm convinced these business models are super sustainable and can resolve a lot of problems. It's not necessarily the easiest path, but it's quite a sustainable model."

For more information, phone 807-357-7523, email paula.haapanen@cco.coop or visit the CCO at 234 Van Norman Street.



234 Van Norman St. • (807) 357-7523

Michael's Hair Design & Day Spa

Salons across Ontario have been closed because of the outbreak of COVID-19, but the owner of Michael's Hair Design and Day Spa is trying to stay positive.

Michael Muia says he's heartbroken at the thought of turning his valued clientele, who have become like family over the years, away.

That's where ingenuity comes into play.

Seeking out ways to help keep his business alive through government-mandated closures, Michael says they've transformed a side window into an innovative drive through, just in time for the Easter holiday weekend. "It's a sweet deal from the Easter Bunny, because we all need a little spring in our step right now, so we're bringing back the Swag Bag for Easter," Michael said.

"When you buy a \$100 gift card, you receive a free Swag Bag, valued at \$75." Getting one is pretty simple", he continued. "Payment is by credit card only and while quantities last and they're available by calling 622-2101 between 10 a.m. and 4 p.m. from Monday to Thursday. Clients can order their favourite products, and can either pick them up at our drive-through window or I will deliver within city limits at no charge."

Michael said the past few weeks haven't been easy on businesses in Thunder Bay, but he and his staff are doing everything they can to try to meet the needs of their clients, knowing they aren't able to provide many of the services that have made them the go-to salon and day-spa in Thunder Bay for more than 37 years.

It's clear his clientele is missing being pampered too, he said. "We're getting text messages steadily, asking if we can't just go and do their hair. But we cannot, unfortunately. We have to practice physical distancing for as long as it takes to ensure everyone comes out of this safe and healthy," Michael said.

He is excited at the thought of reopening his doors, and hopeful its sooner, rather than later.

"I'm hoping when we reopen the door it will be so busy that we'll be exhausted at the end of the day. It'll be worth it."



 **2817 Arthur St. E.
622-2101**
Like us on Facebook
michaelshairdesign.com

Sunset Memorial Gardens

At Sunset Memorial Gardens and Cemetery, there is a constant that guides their work, the belief that every life is unique.

Every memorial should also be unique as well, it's why they treat each and every customer to find meaningful ways to remember and celebrate the lives of loved ones in a way that truly memorializes them.

"We believe a final resting place is a sacred space and whether families are looking for a traditional or more contemporary option, we offer a broad range of options at Sunset Memorial Gardens. Our caring planning professionals can help to create a unique and custom option that works for families, whether it's a memorial bench or tree, a granite monument, a niche or an in-ground bronze memorial," said Kirk Gardner, branch manager at Sunset Memorial Gardens in Thunder Bay.

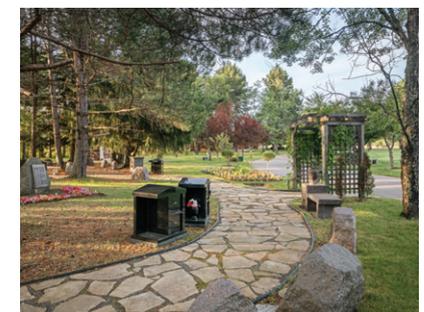
They've striven to create a tranquil setting for families to remember, reflect and celebrate their loved one.

"At Sunset Memorial Gardens, we offer beautifully kept grounds and a serene natural environment. Choices for remembrance help to provide a loving tribute that reflects personality, comforts loved ones and preserves family history and heritage for generations to come," Kirk said. They also offer specially times gatherings, like barbecues on Mother's Day and Father's Day, which can be particularly difficult times of year for still grieving families. Kirk said he's hopeful to host the events again in 2020, should COVID-19

restrictions be lifted in time.

Kirk said Sunset Memorial Gardens and Cemetery are there to help families navigate through those tough times, with the expert guidance they need, encouraging people to plan ahead when possible to help ease some of the stress. It's something one-third of Canadians have not yet done.

"Planning ahead reduces the burden on your loved ones at their time of distress, as you have the opportunity to discuss all options openly with family in a relaxed environment with clarity of mind. Then loved ones can focus on their grieving rather than planning and executing services." To make an appointment with a pre-planning specialist, phone 344-1004.



499 Cumberland St N • (807) 344-1004

There's plenty to do during isolation



FRED JONES

RURAL ROOTS

using up one tank. There have been days when my back has asked "Is the tank nearly empty yet?" In order to spare the back, I don't go through that one tank in one sawing session. I take a break, maybe two.

We will have to wait for the snow to almost completely go before we can begin splitting.

The gas-fired splitter is buried by about two feet of snow as is the area where we stack the wood although the melt has truly begun. As well, the tarp I used to cover the wood is buried under snow and ice that makes it too heavy to remove. Patience is what is needed.

Meanwhile, Laura, my wife and The Gardener, discovered that the snow along the south of Casa Jones has melted and on Saturday afternoon, she was gleefully out there, reusing plastic

containers to cover the daffodils and lilies that have just poked their green heads above ground.

"At the rate we are getting the warmth and sun, we may have daffodils for Easter," She announced.

She had also shovelled some well-composted manure and brought it over to the house. "I managed to shovel a path to what is left of the composted manure from last year," she told me, "and I loaded it up with the dirt (She loves dirt. Gardeners do. It is a given.) and brought over for eventual planting of potatoes left over from last summer that had sprouted big time.

I will plant them in the large Tupperware bins we have. They will go into a temporary greenhouse I want to build against the south wall of the house."

Oh? Another project? I mentioned

patience. Laura is impatient to get into the vegetable garden and fix her temporary greenhouse she made out of dog pens and plastic wrap.

Sunday morning after dealing with horses, Laura and I set about removing boards from a wall in the annex part of the barn that once had stalls. "We can use these boards to build the temporary greenhouse against the house. We will be able to walk out the basement door into it.

We'll put the shelves in there and four, large Tupperware bins full of dirt into which I can plant potatoes. Since it will be sealed, we can open the basement door to get heat into this shelter." "Er...OK, how are we going to build it?"

I was heard to ask since, sadly, I haven't a clue how to build anything. "We have lots of board in the barn that

was used for stalls we no longer use for horses. We can re-use that," she said. And over lunch on Sunday, she drew plans. We ripped out six fourteen-foot boards and took apart a stall divider that had more twelve-foot two-by-ten boards, all in excellent shape for use in this early gardening endeavour.

"I have never gardened so early in the season," Laura announced. But, why not?

The dirt came from well-composted manure piled up in an eastern paddock.

Laura shovelled it into those big bins and I loaded them into the bucket of Big Red, our stalwart tractor, to transport over to where the temporary greenhouse is supposed to reside.

"We may have potatoes a month or two earlier than when planted in the regular garden," Laura enthused.

Yum, I say, yum.

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Paul Haas Music Director

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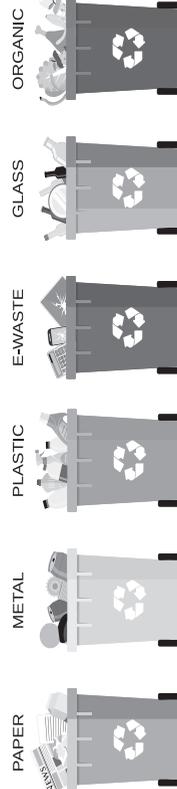
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THINK RECYCLE



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- 2 Support Local Shops** that offer delivery or curbside pick up services.
- 3 Order Pick Up or Delivery** from your favourite local Thunder Bay restaurants.
- 4 Buy Branded Merchandise** (a mug, cozy hoodie, etc.) from your favourite local businesses.
- 5 Shop at Neighbourhood Stores** instead of ordering from large online retailers.

tbnewswatch.com

REVIEW

Review of Proposed Operations: Information Centre Nipigon East Portion of the Lake Nipigon Forest 2021-2031 Forest Management Plan

The Ontario **Ministry of Natural Resources and Forestry (MNR)**, **Lake Nipigon Forest Management Inc. (LNFMI)** and the **Nipigon East Area Local Citizens' Committee (LCC)** invite you to an information centre. This information centre is being held as part of the detailed planning of operations for the ten-year period of the 2021 – 2031 Forest Management Plan (FMP) for the **Nipigon East portion of the Lake Nipigon Forest**.

The Planning Process

The FMP takes approximately three years to complete. During this time, five formal opportunities for public consultation and First Nation and Métis community involvement and consultation are provided. The second opportunity (Stage Two) for this FMP occurred on January 27, 2020 when the public was invited to review and comment on the long-term management direction. This **'Stage Three'** notice is:

- To invite you to review and comment on:
 - the details of access, harvest, renewal and tending operations for the 10-year period of the plan, and
 - the proposed primary and branch road corridors and the proposed operational road boundaries for the 10-year period of the plan, and
- To request contributions to the background information to be used in planning.

How to Get Involved

To facilitate your review, information centres will be held at the following locations from **4:30 p.m. - 8:30 p.m.** on the following days:

Wednesday, May 6, 2020: Nipigon Community Centre, Multipurpose Rm. 138 Wadsworth Drive, Nipigon, ON

**Thursday, May 7, 2020: Beardmore Curling Club
100 Main Street, Beardmore, ON**

The following information may be obtained at the information centre:

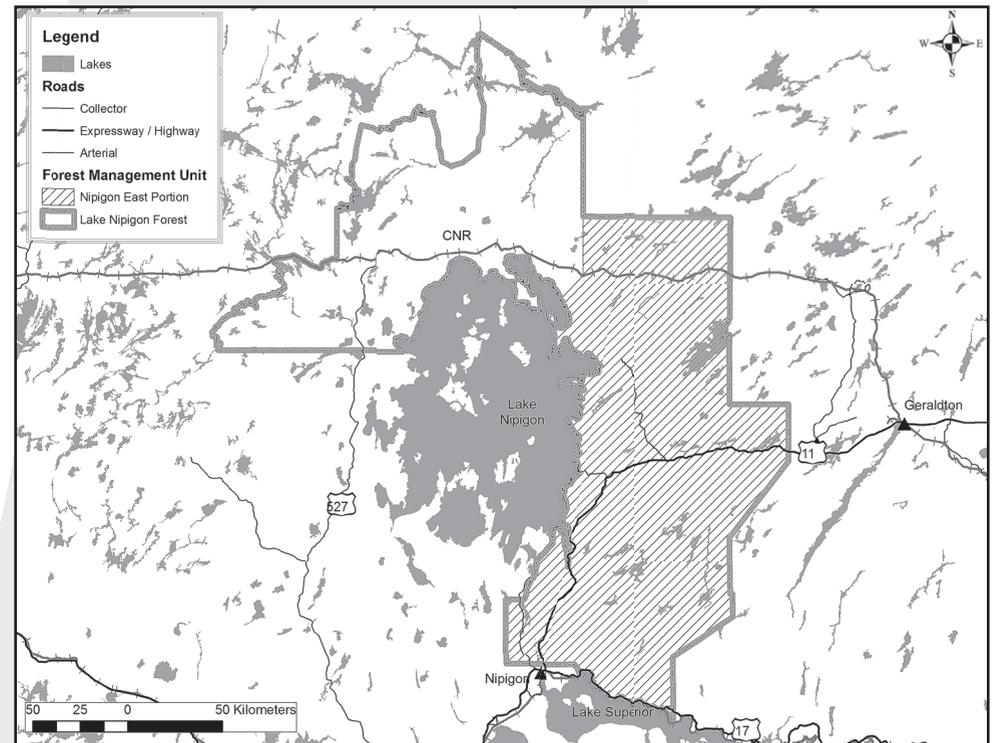
- Summary of the MNR Regional Director preliminary endorsed long-term management direction; and
- Summary maps of:
 - the planned areas for harvest, renewal and tending operations for the ten-year period of the plan; and
 - the proposed corridors for new primary and branch roads for the ten-year period of the plan.
- Summary of public comments and submissions received to date and any responses to those comments and submissions;
- The proposed road use management strategies; and
- The list of required modifications resulting from the public review of the long-term management direction.

The proposed operations will be available for review and comment at the Lake Nipigon Forest Management Inc. office and at the MNR Nipigon District Office at the locations shown below by appointment during normal office hours for a period of 60 days: **May 6, 2020 to July 5, 2020**. Comments must be received by Raymond Weldon of the planning team at the MNR Nipigon District Office, **by July 5, 2020**.

Meetings with representatives of the planning team and the LCC can be requested at any time during the planning process. Reasonable opportunities to meet planning team members during non-business hours will be provided upon request. If you require more information or wish to discuss your interests and concerns with a planning team member, please contact one of the individuals listed below:

Raymond Weldon, R.P.F.
MNR Nipigon District Office
5 Wadsworth Drive
P.O. Box 970
Nipigon, ON P0T 2J0
tel: 807-887-5058

Ryan Gleeson, R.P.F.
Lake Nipigon Forest
Management Inc.
2225 Rosslyn Road
Rosslyn, ON P7K 1G9
tel: 807-285-4004



Nipigon East Area Local Citizens' Committee (LCC)

c/o MNR Nipigon District Office
5 Wadsworth Drive
P.O. Box 970
Nipigon, ON P0T 2J0

During the planning process there is an opportunity to make a written request to seek resolution of issues with the MNR District Manager or the Regional Director using a process described in the 2017 *Forest Management Planning Manual (Part A, Section 2.4.1)*.

Stay Involved

The tentative scheduled date for submission of the draft FMP is **July 28, 2020**. There will be two more formal opportunities for you to be involved. These stages are listed and tentatively scheduled as follows:

Stage Four - Information Centre: Review of Draft FM

October 2020

Stage Five - Inspection of MNR-Approved FM

March 2021

If you would like to be added to a mailing list to be notified of public involvement opportunities, please contact Raymond Weldon at 807-887-5058.

The Ministry of Natural Resources and Forestry is collecting your personal information and comments under the authority of the *Crown Forest Sustainability Act*. Any personal information you provide (address, name, telephone, etc.) will be protected in accordance with the *Freedom of Information and Protection of Privacy Act*; however, your comments will become part of the public consultation process and may be shared with the general public. Your personal information may be used by the Ministry of Natural Resources and Forestry to send you further information related to this forest management planning exercise. If you have questions about the use of your personal information, please contact Marie Parsons at 807-887-5012.

Renseignements en français : Justin Valiquette au 807 854-1831.

April great for fishing

We are extremely lucky to live on the shores of the greatest of Great Lakes.

Superior offers us much more than a reliable source of clean drinking water. We can swim, paddle, play and fish in the lake or we can just admire its grandeur from shore. For those who enjoy fishing, the largest freshwater lake in the world (by surface area) offers plenty of options.

The lake is considered "ultra-oligotrophic" because of the very low concentrations of nutrients and other materials to support life in its icy waters.

Yet, it still manages to provide suitable habitat for an incredible variety of different game fish. Brook trout, brown trout and lake trout, in addition to walleye and northern pike are native to the lake while chinook, coho, Atlantic and pink salmon as well as steelhead are among the species that have been introduced and successful in establishing a naturalized population in the lake.

Of course, the best way to fish Lake Superior is in a large boat that is capable of getting to shore quickly when the weather makes a turn for the worse, but



**KEITH
AILEY**

THE GOOD LIFE

casting from shore can also be effective.

However, with over 4000km of shoreline, deciding where to fish can be a daunting task.

Start by looking for areas of Crown land where you can actually get down to the lake.

The next thing to target is an area where the fish will congregate close to shore, either to feed or to spawn.

Like any lake, Superior has infinite ledges, drop offs, saddles, islands, points, weed lines and transition zones that will all hold fish.

However, the most obvious feature to locate is an inflowing river.

When fishing a river mouth, the "seam" or edge where river water meets lake water can be a good starting point but I've found the best fishing is on

nearby structure, mainly the drop off, a ledge, or even a pile of rocks within a few hundred meters of the inflow.

To effectively fish a big lake like Superior, chest waders are a great way to access the deeper water off shore. I like breathable waders with warm neoprene feet inside a pair of wading boots that feature felt soles for sure footing on slippery rocks.

Yet, you can only wade out so deep and from that point a long rod (nine to 11 feet), light monofilament line and a heavy spoon will help you cast as far as necessary to intercept salmon or steelhead cruising the shoreline.

I like to alternate between wide spoons like Little Cleos and skinny spoons like the Mepps Syclops to find what the fish prefer. Regardless of the spoon you choose, "low and slow" is the key.

Fishing a spoon just off the bottom with a slow and lazy retrieve will produce the most strikes.

When a Superior steelhead or salmon hits your spoon, you'd better hang on tight because these fish are known to put on quite a show.



THROWING A LINE: Fishing from the shoreline is a great pastime in the early spring.

CHARLOTTE AILEY

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Don't get too panicked over COVID-19 financial concerns

My employer is closing our office because of the Coronavirus and suggesting we all work from home. I am now starting to really panic about everything and I am worried about not making my payments on my mortgage if my employer decides to lay us off. Is there anything I can do?

Bill

Dear Bothered Bill!

It is not hard to get swept up in the COVID-19 panic these days when you go into any grocery store and see empty shelves. It makes you want to begin filling up your grocery cart with things you normally would never have purchased. Information keeps changing by the hour. We are being inundated with more and more closures, not to mention the feelings of trepidation when it comes to our finances.

The governments today have ensured us that all will be fine and that they will make monetary allowances to those that need it most. We have been told that job protection and security is paramount to our government and that they will be supporting all businesses impacted by this pandemic. That being said, what does that mean for the average person who is wondering what to do about their mortgage payment due this month? Here are a couple of things to keep in mind.

The Bank of Canada has already cut rates and we predict that they may be considering cutting another 50 basis points before the next meeting on April 15. In an effort to mitigate the continued risk that COVID-19 has on our economy, the banks are considering lower lending rates again. There is an implied expectation of an additional rate cut and this may be a great time to consider

refinancing your mortgage or consolidating debt.

If you are concerned about your cashflow, there are a couple of options that you can utilize at your bank to make it easier. All conventional mortgages usually have a "skip-a-payment" option. This allows those mortgages that are in good standing to skip one mortgage payment per calendar year. All the large Tier-One Banks also have embedded cash accounts on their conventional mortgages that clients can access to either skip payments or withdraw funds in times of need.

Why not talk to your bank and see if you can get a line of credit, a lower rate on a re-structured loan or mortgage or even an overdraft on your bank account to tie you over until things recover in the coming weeks.

This is not to be viewed as a financial weakness or a plan to get into more debt; but rather good financial planning to ensure you are equipped

for future uncertainties and ensure the stability of your monthly cash flow.

I have received so many emails from readers who have told me stories and experiences of true kindness towards neighbours, friends, family and even strangers. I wish you could read them all Bill. It is inspiring to me to see how truly wonderful we all can be to one another. Patience and time will mend this pandemic. Why not use this opportunity of a low rate banking environment to revisit your portfolio – perhaps change your mortgage or restructure your debt. It could be a good thing!

Written by Christine Ibbotson, Author of "How to Retire Debt Free and Wealthy" Follow on Facebook & Instagram

If you have a money question, please email on website at: www.askthemoneylady.ca

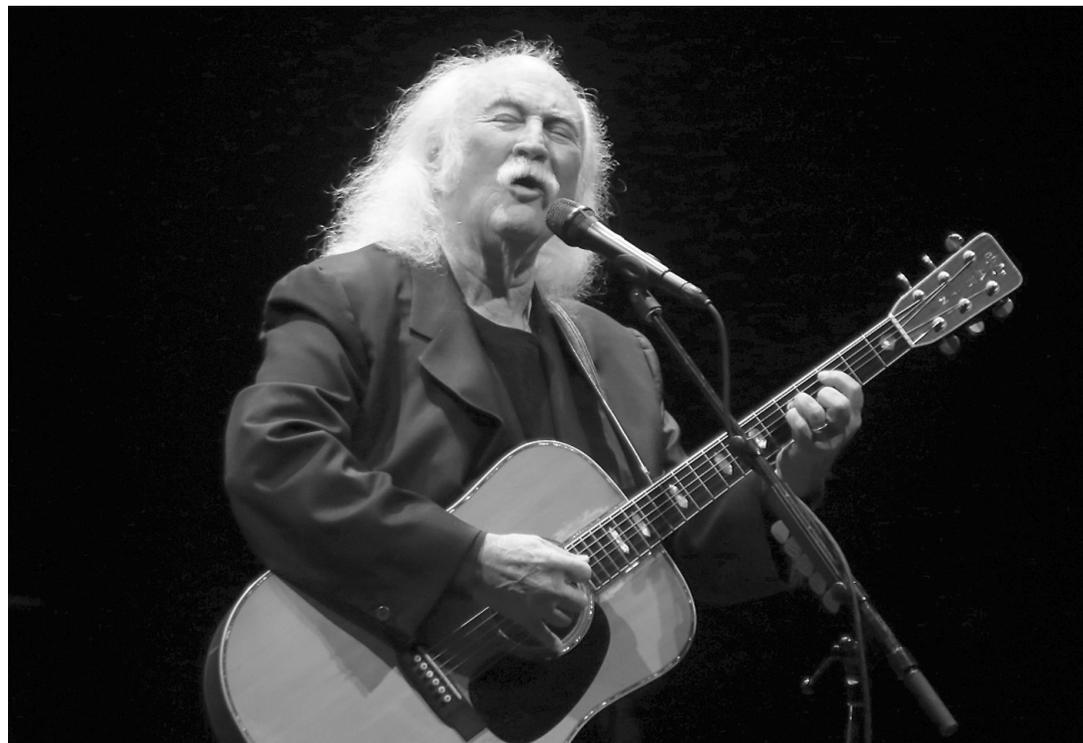


**CHRISTINE
IBBOTSON**

MONEY LADY

IN THE bay

arts | entertainment | culture



ORIGINAL HIPPIE: Legendary musician David Crosby performs in September 2016 at the Thunder Bay Community Auditorium.

Bad boy still carries on

Netflix documentary details the rise and fall of David Crosby

One of a few recently released music documentaries currently found on the small screen is *David Crosby: Remember My Name*.

This is a no-holds-barred look at a music icon, a candid confession of mostly bad behaviour, not only stemming from drug abuse but from just plainly being a pain-in-the-butt who's burned many a bridge while achieving success especially with celebrated bands, Crosby, Stills and Nash (CSN) and, eventually, Young (CSNY). Crosby has no qualms about owning up to his offenses, which appear to be many.

Such are the revealing anecdotes, that one needn't be a diehard Crosby fan to appreciate this profile of a complicated musical legend. With eight stents set up around his heart, being diabetic, and having had a liver transplant, he frets about mortality. He wants to prove that he's not a total jerk (using the polite word here) while there's still time.

The film does not concern itself with providing a comprehensive picture of Crosby's life. There's only a brief mention of his father; we get a mere glimpse at The Byrds, the band he founded which, thanks to their rendition of 'Mr. Tambourine Man,'



MARTY MASCARINI
MOVIE TALK

prompts Bob Dylan to go electric; and the film's overall chronology has its vague spots.

Director A.J. Eaton enhances the proceedings with dozens of stills and archival clips, along with Cameron Crowe prompting Crosby's recollections. It's Crosby general life outlook and snaky relationship with drugs that are central to his story. As he notes fallen comrades, including Cass Elliott, Jimi Hendrix, and Janis Joplin, Crosby – and others – marvels that he's still alive.

Patchy spots aside, we are gripped by Crosby's matter-of-fact candor, starting right off with bumpy romantic relationships, including Joni Mitchell, virtually all done in by drugs. He claims to have made amends with all the ladies, except for his daughter Donovan that goes curiously unexplored. The loss of girlfriend Christine Hinton, who died

tragically in a car accident at age 21, still haunts him.

Certainly, there are high points to cherish, as Crosby outlines how CSNY grew together, stoking the counter-culture movement while becoming one of America's top bands. Crosby also salutes the talent of his band mates.

However, 40 years of familiarity also breeds contempt. The nadir comes at a White House Christmas tree lighting ceremony with president Barack Obama, where CSN perform a truly awful rendition of *Silent Night*, the last time they're on stage together.

Crosby comments that over time they were all nasty to each other, but Graham Nash specifically blames Crosby for 'tearing the heart out of both CSN and CSNY.' What offences he committed are unclear. Making amends is not on the horizon.

A short stint in jail due to drug and weapons charges seem to spell the end for Crosby. Yet we find him experiencing a career re-birth, touring with a new band. What redeems him is love with his current wife, Jan Dance, his ranch, sailing and the music. Now 78, Crosby may well be remembered alright – for being one of rock's true bad boys.

Good Reasons to Recycle



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GRAND PRIZE: Wednesday, June 24, 2020 at 2 p.m.
Two Early Bird Draws Plus More Incredible Prizes!



IN THE bay

Novels to read in isolation

American Dirt by Jeanine Cummins has been hailed as ‘a Grapes of Wrath for our times’ and ‘a new American classic’. Lydia Quixano Perez lives in the Mexican city of Acapulco. She runs a bookstore.

She has a son, Luca, the love of her life, and a wonderful husband who is a journalist. And while there are cracks beginning to show in Acapulco because of the drug cartels, her life is, by and large, fairly comfortable.

Even though she knows they’ll never sell, Lydia stocks some of her all-time favorite books in her store. And then one day a man enters the shop to browse and comes up to the register with four books he would like to buy – two of them her favorites.

Javier is erudite. He is charming. And, unbeknownst to Lydia, he is the jefe of the newest drug cartel that has gruesomely taken over the city.

When Lydia’s husband’s tell-all profile of Javier is published, none of their lives will ever be the same.

Forced to flee, Lydia and eight-year-old Luca soon find themselves miles

and worlds away from their comfortable middle-class existence.

Instantly transformed into migrants, Lydia and Luca ride La Bestia – trains that make their way north toward the United States, which is the only place Javier’s reach doesn’t extend.

As they join the countless people trying to reach el norte, Lydia soon sees that everyone is running from something. But what exactly are they

running to?

Split Tooth is the debut novel by Canadian musician Tanya Tagaq.

Through a series of alternating short prose,

poems and illustrations, the Inuk narrator recalls aspects of growing up in a small Nunavut town in the 1970s.

The unnamed adolescent girl protagonist lives in the tundra landscape, spends time with friends, copes with sexual abuse, witnesses domestic violence, experiences Inuit culture and religion, and gives birth.

Among the themes is that of interconnectedness: ‘life and death, tenderness and violence, everyday existence and the spectacular spiritu-

ality inherent in nature are one and the same.’

Like her last album *Retribution*, the theme of rape is also prevalent throughout the work: ‘the rape of women, of children, of traditional lands, the shame brought on Indigenous people by these assaults, by the residential school system...lost languages, grinding poverty, generational trauma.’

This novel is haunting, brooding, exhilarating and tender all at once.

Machines Like Me by Ian McEwan takes place in an alternative 1980s London.

Charlie, drifting through life and dodging full-time employment, is in love with Miranda, a bright student who lives with a terrible secret.

When Charlie comes into money, he buys Adam, one of the first synthetic humans and – with Miranda’s help – he designs Adam’s personality.

The near perfect human that emerges is beautiful, strong and clever.

It isn’t long before a love triangle forms, and these three beings confront a profound moral dilemma.

In this subversive novel McEwan asks whether a machine can understand the human heart – or whether we are the ones who lack understanding.



JOHN PATEMAN

BOOK BANTER



AMERICAN DIRT
JEANINE CUMMINS

Oprah's Book Club 2020

“A Grapes of Wrath for our times.” –DON WINSLOW

ON THE RUN: American Dirt is the story of a woman and her son on fleeing a cartel.

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IN THE BAY

Return of laughter to our TV screens

In the days after COVID got truly serious in North America, some viewers – including local ones – were quite vocal about the tone set by newscasters. All “this” was nothing to take lightly. This was no time for levity. For any reason.

And I get it. The public needed to take this virus, the risks, and their responses seriously in order to save lives.

But a few weeks in, our sense of humour is returning.

Late night shows have returned from a short hiatus, re-tooled for a new production method.

Seth Meyers has taken to shooting his show in various rooms throughout his home.

Stephen Colbert has traded the suit and tie for a sports jacket and open collar with his family behind the cameras. His dog, too, has had a few cameo appearances.

Trevor Noah has included his usual correspondents via video-chat wherever



they may be. And John Oliver has been shooting in an undisclosed studio in front of a white wall of nothingness.

But the most glaring difference has been the lack of a live audience laughing at their jokes. They go for the punchline and it's ... silence.

All-encompassing, deafening silence.

And yes, it's awkward. Oliver and Colbert recently discussed the lack of audience laughter when they perform. Colbert found it to be “an adjustment.”

Oliver, however, claimed that his time as a stand-up comedian in England left him well-prepared for crickets after a joke.

The fact is, late night stand-up works because there's an audience telling viewers it's funny and we're too tired to do anything but join in.

However, without laughter cuing us to the comedy of it all – and a growing list of topics no longer appropriate for their mockery – those fan-favourite monologues now have a somewhat heavier tone.

As Colbert says after his opening segment, “We've got a show for you tonight.” Not a great show. Just ... a show.

But is it the lack of audience participation? Or is it just harder to laugh these days? Has Coronavirus made everything less funny?

Not according to The Cuomo brothers who seem to be creating their own comedy brand.

Governor Andrew Cuomo has repeatedly appeared on his brother's CNN show, Cuomo Prime Time, to give updates on the situation in New York. However, what started out as serious interviews has recently evolved into a lot of brotherly heckling and banter. (Andrew ended one interview calling Chris “the meatball of the family.”)

And they get away with it. Because Chris has now joined the club.

He tested positive and has been forthcoming about the severity of his symptoms between the jokes.

So he gets a pass if he wants to crash his brother's daily press briefing via video and tell the world that Andrew came to him in a dream wearing a tutu, holding a magic wand and promising to make him better.

Because even amid COVID-19, laughter is still good medicine. As is a large man in a fairy dress saving the world.



HOME OFFICE: Late-night funnyman Stephen Colbert is working remotely.

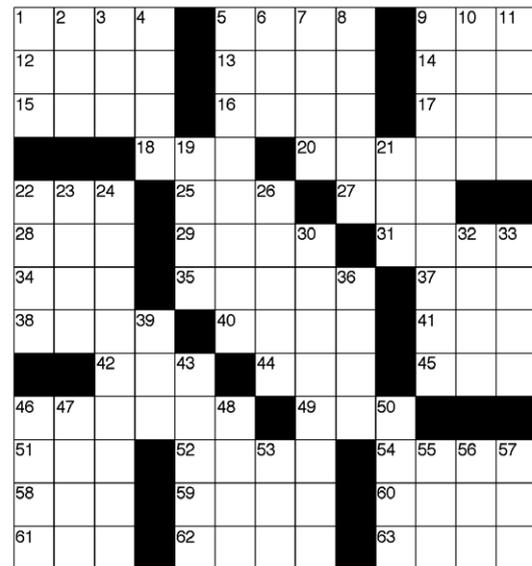
CROSSWORD PUZZLE

- ACROSS**
- 1 Mascagni heroine
 - 5 Fiddler crab genus
 - 9 Fiddler crab genus
 - 12 N. Caucasian language
 - 13 Therefore
 - 14 Name (Fr.)
 - 15 Broad structural basin
 - 16 Food
 - 17 Here (Fr.)
 - 18 Payable
 - 20 Immature insect
 - 22 Tibeto-Burmese people
 - 25 Political action committee (abbr.)
 - 27 Civil War commander
 - 28 Amer. Dental Assn. (abbr.)
 - 29 Anatomy (abbr.)
 - 31 Verbal
 - 34 Some (Fr.)
 - 35 Sea goose
 - 37 Hindu title
 - 38 International (abbr.)
 - 40 Fissure
 - 41 Turk. title
 - 42 Extravascular activity (abbr.)
 - 44 Horse
 - 45 Card game
 - 46 Eaglestone
 - 49 Cereal grain or grass
 - 51 Lion of God
 - 52 Afr. gazelle
 - 54 Rhine tributary
 - 58 Cuckold
 - 59 Swiss card game
 - 60 Heddles of a loom
 - 61 City (Scot.)
 - 62 Uncle on the Irtysh
 - 63 Jap. pit viper

ANSWER TO PREVIOUS PUZZLE

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

- DOWN**
- 1 Asian desert
 - 2 Harem room
 - 3 “___ Abner”
 - 4 Academy (abbr.)
 - 5 Air
 - 6 Anger
 - 7 Equal (Fr.)
 - 8 Perfect
 - 9 Global
 - 10 Narcotic shrub
 - 11 Female friend (Fr.)
 - 19 Poison tree
 - 21 Classic car
 - 22 Arabian judge
 - 23 Arabian Sea gulf
 - 24 Idle (2 words)
 - 26 Lead-tin alloy
 - 30 Atle
 - 32 Jason's ship
 - 33 River into the Yellow Sea
 - 36 Hung. hero
 - 39 56 (Rom. numeral)
 - 43 Shortcut
 - 46 Berne's river
 - 47 Ancient Per. province
 - 48 Cheese
 - 50 Apiece
 - 53 Manuscripts (abbr.)
 - 55 Amer. Automobile Assn. (abbr.)
 - 56 Jewish scholar
 - 57 Flightless bird



WORD SEARCH

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

- | | | | |
|-----------------|---------|--------------|---------|
| Agree | Chase | Ideal | Still |
| Alias | Ciphers | Incisors | Strode |
| Angrier | Crossed | Lifting | Stupor |
| Arsenal | Elite | Ninth | Tasks |
| Arson | Endear | Orchard | Unset |
| Assumes | Ferrets | Outrageously | Uranium |
| Autobiographies | Flake | Roast | Veins |
| Axiom | Fungi | Serum | Walks |
| Behind | Galls | Shelve | Washed |
| Bride | Gruff | Stars | Wrung |

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 AJUX ERJETR KRX YMRYG GCIVHK XMR
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PREVIOUS SOLUTION: “He who fights with monsters should look to it that he himself does not become a monster.” – Friedrich Nietzsche



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

Sports

local sports news | information | coverage

Dual-sport star taken in OHL draft

Jack Pineau goes in 12th round to the London Knights

HOCKEY

By Leith Dunick – TB Source

At some point soon, Jack Pineau's got a pretty big decision to make.

The Thunder Bay Minor Midget Kings forward on Saturday was selected in the 12th round of the Ontario Hockey League draft, 239th overall by the London Knights.

But the 15-year-old is also a pretty good baseball player and last year took part in the under 15 Ray Carter Championships in Oshawa, where his pitching prowess turned heads, the right-hander's fastball maxing out at 81 miles per hour with the Toronto Mets.

He's not quite ready to make a decision yet on which sport to pursue. "I can't really pick right now," the youngster said on Sunday. "It really depends on the season."

For now, he's content to play both, and see where it leads.

"It's not really that hard. I can just pick it up day to day. One's baseball, one's hockey and I'll keep going with that."

Hockey does have the allure of maybe following his older brother Alex into the OHL. Alex was an eighth-round pick of the Sudbury Wolves last year and was scheduled to head to camp with the team, after spending this past season with the Major Midget Kings, a campaign that included a one-game look-see with the



DOUBLE-TROUBLE As a pitcher, Jack Pineau in 2016 helped the Port Arthur Nationals make it to the Canadian Little League championship.

Thunder Bay North Stars.

The younger Pineau said if there is a Knights camp in September – and with COVID-19 sweeping the globe,

it's all up in the air – he expects to head to southern Ontario and take part, but at 15, he doesn't have much expectation of making the big club

yet.

Still, it's pretty thrilling to get drafted, even if he wasn't glued to his computer on Saturday afternoon while

the OHL general managers and coaching staff were working their way through 15 rounds and 300 selections.

Pineau, the lone Northern Ontario player taken, had other things on his mind.

"I was actually playing video games with a few of the boys and I went upstairs for lunch. I heard my mom scream and I just knew right away. I was really excited."

That it was the Knights makes it that much more special.

The franchise has a long history cultivating talent from the shores of Lake Superior, dating back to future NHLers Lou Nistico and Vern Stenlund in the 1970s, not to mention future Lakehead Thunderwolves captain Joel Scherban.

"They're really good and it's cool to follow in my brother's footsteps and not be the only OHL draft pick in the house," said Pineau, whose father Dave is a former basketball standout at Lakehead University and heads up the Superior Secondary Sports Athletic Association.

He likely would have gone higher, and possibly seen a few teammates drafted, had the Kings been able to compete at the OHL Cup, which was cancelled because of the pandemic.

It was a little frustrating, he said. "It was really disappointing, since our team was really just starting to pick it up, so I'm disappointed to not be doing this interview with a few of my teammates."

Pineau, a centre, had 15 goals and 36 points in 48 games this past season with the Kings, and at six-feet, should bring plenty of size if and when he does make it to the OHL level.

Augusta National may be most special place on Earth



LEITH DUNICK
SPORTS SHOTS

This is supposed to be the week on the sports calendar I look forward to the most.

The Masters, to me, means spring has finally arrived, and winter can be put to rest.

Well, we live in Thunder Bay, so it can never really be put to rest.

Not even in July.

It's unquestionably my favourite sporting event each year, better than baseball's opening day, the return of fantasy football or March Madness.

Augusta National is special. It's top of my sporting bucket list, and it's not even close.

Each year I enter the ticket lottery, and each May or June I get the disappointing email telling me I was unsuccessful.

That's OK, I've been watching the event on television for as long as I can remember, thanks to a father who still records every tournament at 82, to watch at his leisure.

The first Masters I can truly

remember was 1978, when Gary Player captured his third and final title at Augusta, edging Tom Watson, Hubert Green and Ron Funseth, a name I've not heard of since.

Four years later it was Craig Stadler's unlikely win, edging Dan Pohl in a playoff.

The Walrus was my favourite golfer for the better part of two decades, until a left-handed Canadian and a guy named Tiger Woods came along.

Jack's win in 1986 was special. Anyone watching couldn't help but cheer on the Golden Bear as he sank that famous putt on No. 16 on his way to a one-shot win over Tom Kite and

Greg Norman.

Norman, ever the runner-up in majors, lost another heartbreaker the following year, when Larry Mize chipped in on the 11th, perhaps the most famous shot in Masters history this side of Gene Sarazen's double eagle back in 1935, two years before my father was even born.

Tiger's 12-stroke win in 1997 ushered in a new era in golf, the first of 15-and-counting majors he's won in the most storied career in golf.

Watching him win again last year, after so many said he'd never win another major, was one of the most satisfying moments in sports I've

ever borne witness too in 51 year on this planet.

However, none topped what Mike Weir did in 2003.

I still get goosebumps watching him wile his way to a major championship, after battling back from two shots back to start the final round to edge Len Mattiace in a one-hole playoff.

I've been lucky to see Weir (and Woods) a few times live, including at the 2001 PGA Championship in Duluth, Ga. But there's not much I wouldn't give to see them both live and in person in November, when the rescheduled Masters is slated to be played. I can't wait.

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07. Commercial for Sale
08. Investment Property
09. Out of Town
10. Real Estate Wanted

- FOR RENT**
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12. Apartments
13. Rooms
14. Room & Board
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16. Cottages
17. Commercial
18. Storage/Space
19. Wanted
20. Condos
21. Miscellaneous

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27. Machinery
28. Pets & Livestock
29. Food
30. Misc. Wanted

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32. Trucks
33. Vans
34. Motorcycles/ATV's
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38. Snowmobiles
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40. Current River
41. Northward
42. Southward
43. Westfort
44. Rural

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

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

- EMPLOYMENT**
57. Help Wanted
58. Careers
59. Child Care
60. Health Care
61. Employment Wanted
62. Students For Hire
- 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 Persons having claims against the Estate of William James Reoch, late of Thunder Bay, ON, deceased, who died on or about December 10, 2019, are hereby notified to send particulars of the same to the undersigned on or before April 23, 2020, 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 24th day of March, 2020.

ERICKSONS LLP
ATTN RYAN VENN
Barristers and Solicitors
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ANSWERS TO THIS WEEK'S PUZZLES

L	O	L	A	D	I	E	T	U	C	A
U	D	I	C	E	R	G	O	N	O	M
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T	V	X	P	A	T	C	H	S	F	P	W	A	Q	S
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T	E	R	R	O	R	I	S	M	J	O	M	M	O	G

PREVIOUS SOLUTION: "He who fights with monsters should look to it that he himself does not become a monster." — Friedrich Nietzsche

Stop the Spread
COVID-19 can be
deadly. Stay home.
Save lives.

