

Jack Masters served as a Liberal MP from 1980 to 1984 and was Thunder Bay's mayor for two terms, from 1985 to 1991. (Leith Dunick/FILE)

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Former mayor, MP Jack Masters dies

By Justin Hardy - TB Source

The city said goodbye on Friday to a long-time local icon.

Jack Masters, born John Gerald Mastrangelo in Westfort, passed away at the age of 92. His family announced that his passing was peaceful in Roseview Manor.

Masters worked at CKPR Radio before moving on to television in 1960 where he was a driving force in the company according to Hector Dougall, owner of Dougall Media.

"My father was a 21-year-old kid who was thrust into the position of owning these stations. And it was a pivotal moment in my father's life and what Jack managed to do in his time here was to mentor and support my father through a very difficult time," he said.

"So, what this meant was that my father was able to run and operate the company and instead of having it sold off basically to somebody likely from out of town, it was able to stay in the Dougall family and maintain local ownership now going into 90-plus years."

Masters spent many years keeping the people of Fort William and Port Arthur up to date on local happenings, while delivering the news, during an era when Thunder Bay came into existence through amalgamation.

Went to Ottawa

Masters moved his sights to leadership and was elected to the House of Commons in 1980, serving until 1984 as the representative of the Thunder Bay-Nipigon riding. He also served as Parliamentary Secretary to the Minister of State (Mines), Parliamentary Secretary to the Minister of Communications, and Deputy Whip of the Liberal Caucus.

Following his term in the House of Commons, Masters was elected Mayor of Thunder Bay in 1985, serving two terms. He was one of the few mayors to have never previously served as a City Councillor.

Current Thunder Bay Mayor, Ken Boshcoff, served on council under Masters and said that he was devoted to the city and was a great catalyst for the region.

"People who give commitments like that should be appreciated because when people start thinking about, oh, that was his doing, oh, yeah, he was on that committee, it's important to know how these things happen in a city," said Boshcoff.

"It takes drivers, organizers and committed people to ensure that, you know, sports, the arts, taking care of other people all happen and Jack, along with being a parent, was just



Jack Masters served as mayor of Thunder Bay from 1985 to 1991 and as a Liberal MP from 1980 to 1984.

an ideal role model."

With so many being affected by the legacy of Jack Masters, his family was heartened to see the love that many residents hold for him. Scott Masters, Jack's son, said that people still recognize him through his father's work.

"When I walk through the city, a lot of the older generation have a real love for him as when he was mayor and he, as I said, his beautification of the city was a big goal for himself. He used to go so far as to drive around the city with a pair of clippers in the back of his car and trim trees and cut grass just to make the city look better," Scott said.

Sports enthusiast

He added that beyond his love for the city, Jack also had a passion for hockey. Whether behind the scenes with the Port Arthur Bearcats, helping to form the Allan Cupwinning Thunder Bay Twins organization or coaching his sons in recreational hockey, he loved the game and took to the ice himself on many recreational teams.

Only at the age of 88 years did he finally hang up his skates.

For all of Jack's many achievements, Scott hopes that his father is remembered for his immeasurable kindness.

"Every time you walked into a room for a meeting, whether it be Parliament or as a mayor, he always had a warm welcome for everybody and a great smile on his face."

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Norm Gale took over as interim city manager in October 2015 and was made permanent in January 2016. (FILE)

Gale retiring

Longest-serving city manager says it's time to go

By Kevin Jeffrey – Local Journalism Initiative Reporter

Norm Gale said it feels like the right time to step away as the city manager for Thunder Bay, adding he made up his mind over the past few weeks.

"This really came together in December, and was cemented over the holidays," Gale said after announcing his plans to retire on Monday.

"I am so grateful to have the full support of my family, who are eager to see us through the next phase of our lives."

Gale began his working days as an army communicator in the Canadian Armed Forces Reserve, and would eventually retire honourably after 23 years of service. From there he became a front-line paramedic and would eventually be selected as the chief of Superior North EMS with the city and district of Thunder Bay, a position he held for seven years.

Gale is grateful for the opportunities and the calibre of people that he's had the opportunity to work beside.

"I sure do enjoy spending time with the

leaders in the corporation - and that includes elected officials," he said.

"It includes the leaders of the executive management team and other leaders in the corporation. I am proud to have worked alongside professionals who deliver programs and services that people rely on, that they demand and they need. This is really important work."

Gale noted that he will not be moving on to another job after June, but will look to contribute to the community in other ways while trying to do "some good things and some fun things."

He noted that he doesn't want to play a role in recruiting the next city manager.

"Working with people, investing time in my relationships with elected officials and with members of administration, city employees and stakeholders has been satisfying," Gale said.

He became the full-time city manager on Jan. 11, 2016, filling in on an interim basis when Tim Commisso stepped down in October 2015.

Commisso went on to work for the city of Burlington from 2019 to 2023.



A skate on the lake is a great way to spend a morning at a Northwestern Ontario camp.

Life at camp

Keith Ailey

the GOOD LIFE

Spending time at the lake, enjoying the classic camp experience, is popular with many people in Thunder Bay and Northwestern Ontario.

Typically, my family will spend a good chunk of our hard-earned summer vacation, and as many weekends as possible between April and October, at our camp.

Visiting camp in winter is far less common. This is true for most camp owners, and many will even "close the camp" until spring returns. Yet, for a little investment in time to plan and prepare, mid-winter camp life can be sublime.

The biggest barrier to an enjoyable weekend at camp in the colder months is access to

water. We solve this by bringing water from home for drinking, cooking and washing dishes. Bathing happens in the sauna, where a tank of water attached to the sauna stove provides hot water.

To fill this tank, we will usually cut an access hole in the ice. Of course, the plumbing and septic field are shut down for the season, so the outhouse comes in handy at this time of year too.

Besides water, heating the camp is the second necessity. To warm the whole building as quickly as possible, we typically fire up one of our propane heaters and get a roaring fire going in the fireplace at the same time.

Once the cabin is warmed up, throwing a log on the fire every few hours will provide enough consistent heat on mild days, but some propane assistance is sometimes necessary on colder nights. Having a well-insulated cabin, plenty of south-facing windows and a quality fireplace fan, powered by the solar system, also help ensure we do not have to burn much propane to stay comfortable.

For us, the real key to enjoying camp throughout the winter is having plenty of outdoor activities to keep everyone busy and entertained.

When we made our most recent trip to the lake over the Christmas break, the weather was perfect for enjoying plenty of outdoor fun. With the low snow in the early season, we couldn't do any snowshoeing or cross-country skiing, but we found plenty of other ways to pass the time.

Skating on the open ice was the most popular choice, and everyone in the family

enjoyed gliding around the lake at least once per day.

My youngest daughter also joined the neighbours for a game of curling on a cleared section of the frozen lake in front of their dock.

Off the ice, we did some hiking and enjoyed a bonfire, a sauna and cooking a great meal.

Most importantly, we all left the laptops at home and took a full

weekend off. With no way to work and the Wifi on hold until summer, the whole family was able to unplug, relax, and enjoy the experience.

Now that we are all back at work and school, the chances to get out to camp will not be frequent.

Yet, every time there is a mild weekend and a little freedom in the schedule, you can bet that we will be looking for another opportunity to enjoy the camp, and all it has to offer, before winter starts to melt away.

Heddle gets new name

By Gary Rinne - TB Source

Heddle Shipyards is now Ontario Shipyards.

Effective this month, the Hamilton-based company has adopted a new name, which it says reflects the next phase of its growth plan.

The firm operates shipbuilding and repair services in Hamilton, Port Weller

and Thunder Bay, where it acquired the former Lakehead Marine property and dry dock in 2016.

Its website notes that it was founded in 1987 by Rick Heddle with nothing more than a welding machine on a quayside in Hamilton, but is now the largest Canadianowned ship repair and construction business on the Great Lakes.

"We must never forget where we shaun PADULO have come from, but it is important

to always be forward-thinking," president and CEO Shaun Padulo stated in announcing the name change.

"The rebranding marks a significant shift. It is a poignant signal that our company will activate and harness the capacity, capabilities and output of Canada's industrial heartland to build and fix ships." The announcement pointed out that Ontario was once the epicentre of shipbuilding in Canada, with more than 80 commercial and government vessels built at Port Weller, and many more at the historic Thunder Bay shipyard.

It said the company plans to revitalize the industry by modernizing and revolution-

izing shipyard operations and building a highly-skilled workforce. Additional capacity will be needed in the coming years, it said, to support the federal government's national shipbuilding strategy.

A company spokesperson could not be reached for comment, but Ted Kirkpatrick, director of business development, has previously stated that the Thunder Bay facility will receive some of the

work for a decade-long construction of a new Polar-class icebreaker for the Canadian Coast Guard.

The firm has a partnership with BC-based Seaspan for that project.

In 2021, Heddle Marine acquired Thunder Bay-based Fabmar Metals, a fabrication and marine repair specialist.

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LETTERS TO THE EDITOR

EDITORIAL City champion

Community-minded public servants like Jack Masters come around once in a lifetime.

Universally beloved in his hometown of Thunder Bay, Masters always put his community first.

His son, Scott, recalled over the weekend, after it was learned the former two-term mayor and oneterm MP had died at the age of 92, that his father used to carry around a pair of hedge clippers in his vehicle, often stopping to trim the overflowing flora threatening to overrun city boulevards.

Civic pride meant something to Masters.

It's likely one of the reasons he helped found the Thunder Bay Twins senior hockey team, which brought Allan Cup championships back to the city.

Masters also helped the company that owns this newspaper put broadcasting on the map in its earliest days in the city, keeping the residents of Fort William and Port Arthur fully informed of all the goings-on in their community.

Then he served 11 years in politics, always looking out for Thunder Bay. Rest in peace, Jack. You earned it.

Truck school needed To the editor:

The government should force the insurance industry to join together and operate a commercial driver training and or qualification school.

I believe there may have been an insurance company in the past (Markel) that may have had a training school but I have to research it more. Anyways for a person to get a commercial or other licence they must attend a college like some do but force the insurance industry to do this training too.

Also the insurance industry should do qualification compliance of existing drivers when they change jobs or have an incident and if they're lacking, weak or need to be brought up to date before they get back on the road.

A reasonable fee for testing and requalification but full training or upgrading would be on the driver or company.

Some companies have legit training programs but some are clearly weak in order to rush and get a driver on the road and the schools just test and certify to Ministry of Transportation



minimum standards.

which are the wild west of training accident reports of accidents and

and we have all seen the tragic The private schools some of results and daily traffic and

situations caused by bad commercial drivers.

Jim Tamblyn

Soviet war reporter's stories are facinating

A Writer at War: Vasily Grossman with the Red Army 1941-45 edited by Anthony Beevor, is the story of the Soviet Union's best known World War Two reporter.

Deemed unfit for service when the Germans invaded in 1941, Grossman became a special correspondent for Red Star, the Red Army newspaper, observing on the Eastern Front with a writer's eye the most pitiless fighting ever known.

Grossman witnessed almost all the major events: the early defeats and retreats of 1941, the defence of Moscow and fighting in the Ukraine. In August 1942 he was posted to Stalingrad where he remained during four months of brutal street fighting. He was present at the battle

of Kursk and, as the Red Army advanced, he reached Berdichev where his worst fears for his mother and other relations were confirmed.

A Jew himself, he undertook the faithful recording of Holocaust atrocities as their extent dawned and his powerful report 'The Hell of Treblinka' was used in evidence at the Nuremberg tribunal.

Based on the notebooks in which Grossman gathered his

Editor:

Reporter:

Reporter:

Reporter:

raw material, A Writer at War offers an outstanding eyewitness account of the war on the Eastern Front and the best description of what

Grossman called 'the ruthless truth of war.'

After hearing a speech by Stalin a machine gunner declared: 'Comrade

Stalin's report gave me more strength.' Red Army soldier Oska declared: 'I give you my word, Comrade Stalin, I'll go on fighting the enemy as long as my heart beats'. Nurse Rud donated 250 cubic centimeters of her blood, and Nurse Tarabinka 350 cubic centimeters.

Tankists from the Khasin Brigade were lined up and the distribution of medals began. 'I congratulate you on receiving this high governmental

award!'. 'I serve the Soviet Union!' they answer in the hoarse voices of Russians, Ukrainians, Jews, Tatars, Georgians. It's the Workers' International at war.

Before the advance began at Stalingrad a soldier from the motorised infantry battalion of a tank brigade, wrote this note to his commanders: 'Let Comrade Stalin know that I will sacrifice my life for the sake of the Motherland, and for him. And I won't regret it even for a second. If I had five lives, I would sacrifice them all for his sake, without hesitating, so dear is this man to me. In spite of all the hardships we will not retreat. We will die like heroes for Stalin's city.'

At the beginning of 1944 Wehrmacht commanders faced the painful truth that despite all the casualties they had inflicted, the Red Army had become a formidable fighting machine in the course of just a year. Their panzer divisions had not recovered from the Battle of Kursk, while Soviet armoured forces were constantly replenished with tanks rolling off the vast production lines in Chelyabinsk just beyond the Urals.

After Stalin's death Marshal Vorishilov tried to persuade Grossman to join the Party. Grossman persisted in his refusal. 'Well, its clear to me,' Voroshilov replied in a kindly fashion, 'that you are a non-Party Bolshevik.'

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John Pateman

BOOK BANTER

Highway battle threatens frogs

By JR Shermack - For TB Source

There is a court challenge in progress right now concerning a fringe of land northwest of Toronto and many lives are at stake.

The western chorus frog is a small, unassuming amphibian about the size of a toonie that gets its name from the chorus of calls produced by the males during mating season.

You can hear it if you are in the right place at the right time - it isn't exactly a beautiful melody and has been described as sounding like someone raking their thumb across a comb.

It's just a humble frog trying to attract a mate and the stakes are very high because this frog is a threatened species on Canada's endangered species list.

But in spite of its miniscule size and harsh chorus, this frog may have the power to stop or relocate major construction projects, including Premier Doug Ford's plan to build highway 413.

This highway was a major promise in Mr. Ford's 2022 campaign but the proposed route cuts across an important habitat for the western chorus frog.

The province is fighting with the Federal Government for jurisdiction over this conser-

vation issue with the hope of avoiding a federal environmental assessment.

Environmental advocates, First Nations, municipal politicians and residents all object and a petition to intervene and stop the project has more than 50,000 signatures.

I'm sure that number would be higher if frogs could sign their names but their fate is in the hands of the developers and their detractors.

If I was a frog living in this area I would be a little nervous.

One of the big reasons for the decline of this species, and many others, is the loss of habitat - building highway 413 will bring the western chorus frog one step closer to extinction.

The highway construction would cause additional run-off resulting in harmful changes in water chemistry and sedimentation in the wetland habitat.

In addition to the frog, 28 additional at-risk species were identified along the highway's route including other amphibians, birds, reptiles, fish, insects and trees.

Today there are over 500 plant and animal species on Canada's Risk list, some of which we know well and others we have never seen or heard of and maybe never will.

Worldwide that number jumps to about one million flora and fauna that are threatened



The western chorus frog's habitat could be endangered.

with extinction – some are natural occurrences but many are caused by human intervention.

The western chorus frog has been the centre of controversy in several construction projects in Quebec but sadly, for the most part the resolutions were not frog-friendly.

It is easy to be cavalier about the extinction of such an unobtrusive species when big money and political futures are on the line.

The construction of the Gordie Howe International Bridge between Detroit and Windsor has also been delayed by concern over the habitat of at risk species.

But in this case once the endangered species and their habitat were identified construction halted and remedial action was taken.

The construction industry in Canada can contribute to the preservation of wildlife habitat through technology, best practices, wildlife corridors and responsible construction.

All building sectors can actively develop an eco-conscious strategy by promoting education and awareness of species at risk.

Unfortunately, in the case of Mr. Ford's highway 413 the assessments and delays are inconvenient and stand in the way of progress on fulfilling his campaign promise.

A court battle is under way between the relentless chorus of economic developers and the pleas of ecological activists who are trying to save the western chorus frog.

In the end one of these choruses will be silenced.

what's Happening The Bay

Jan. 12-13

Thunderwolves Hockey It's a chance for the Lakehead Thunderwolves to bounce back after a disappointing 3-1 loss last Saturday night to the visiting RMC Paladins.

The T-Wolves, in the midst of a fierce playoff hunt as teams are bunching up in the OUA West, welcome the Laurier Golden Hawks to town on Friday and Saturday night.

The Hawks have just six wins this season in 19 appearances, and a pair of wins would go a long way to helping Lakehead secure a postseason berth.

Game time both nights is 7 p.m. at Fort William Gardens. Tickets online or at the box office.

Jan. 12-13

SIJHL Hockey

If Junior A hockey is your thing, the Kam River Fighting Walleye are offering up a pair of chances to check out a game this weekend. They'll play host at the Norwest Arena to the Sioux Lookout Bombers in a battle for top spot in the Superior International Junior Hockey League standings.

Game time both nights is 7:45 p.m.

Jan. 14

Dulcisono Women's Choir

Join Dulcisono Women's Choir as they celebrate 20 years of choral music sung by this phenomenal group of women!

The concert will feature some of the choirs favourite songs sung throughout the years.

This performance will also feature the Norwesterview Glee Choir, as well as the Ladies of the Dorion Singers.

As a special treat, the choir will be premiering *Remember the Magic* by our very own soprano and composer, Kim Fuzzen.

This piece is particularly special, as it was composed in memory of the late Susan Kelly. Susan was a beloved member of Dulcisono, and one of the original members of the group. Join us as we remember Susan through this special work composed in her memory.

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

Tickets are \$20 for adults and \$15 for students and seniors.

Children under five are free. The event takes place at St. Paul Anglican Church, located at 808 Ridgeway Street East.

Jan. 13

Mozart meets Beethoven

Greet the New Year in style in the company of the immortal composers Mozart and Beethoven, with delectable music written at the very end of the 18th century.

The show takes place at 7:30 p.m. at St. Paul's United Church. Tickets available online or at the door.

They're \$25 for adults, \$15 for students and 11 and under are free. Visit https://consortiumab.org.



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

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November 10	Robert Lysenchuk	1144	
November 17	Darrin Lagimodiere	1344	
November 24	Michael Derynck	0953	
EARLY BIRD WINNER OF \$5000			
November 30	Doreen Charban	0142	
DAILY WINNERS OF \$1,000 EACH			
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December 2	Helen Dorval	0016	
December 3	Linda Bukovy	1902	
December 4	Evelyn Colepaugh	0582	
December 5	Edythe Howard	1030	
December 6	Sara Soucy	0366	
December 7	John Sherband	1907	
December 8	Laurie Millington	1623	
December 9	Karen Scavarelli	0460	
December 10	Lynne Curran	1019	
December 11	Craig Nuttall	1036	
December 12	Lynne Curran	0927	

December 13	Linda Schwetz	1320
December 14	Almos Mei	1532
December 15	Barbara Cain	1054
December 16	Janice Little	1227
December 17	Deirdre Spain	0741
December 18	G. Upton	0156
December 19	Karen Bagdon	0785
December 20	Sherry Taniwa	1435
December 21	Donna Comeau	1811
December 22	Bonnie Crowe	1630
December 23	Gary Estey	0174
December 24	Roseanne Read	0568
December 25	Sandra and Richard Oldale	0257
December 26	Tammy Almgren	1562
December 27	Peter Morettin	1519
December 28	Linda Brodie	0727
December 29	Daniel Santos	0633
December 30	Louise Dasti	1097
December 31	Lois Nuttall	0835

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December 31

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Significant snow has arrived

Fred Iones

RURAL ROOTS

After months of none of the white stuff, a storm brought plenty to South Gillies area

At last, we have real snow, enough to require snow clearing and enough to cover the sceptic field.

Thank you, Ol' Man Winter (and about time!).

We received a snow-alert warning of a possible 20 centimetres. "Whoo, hoo!" I shouted, "Bring it on!" What we got was just shy of 15 centimetres, about four to five inches.

Oh well, at least that was enough to cover the sceptic field and hopefully prevent it from freezing. But still it wasn't enough to cover the field stubble nor enough for snowshoeing.

Sunday turned sunny and bright. After breakfast I fired up my ancient tractor, Big Red, and both scraped with the blade and ploughed with the bucket in front of barn doorways and the driveway.

Our farrier came on Thursday to trim horse hooves and re-shoe one equine that requires special horseshoes.

I had brought the horses into their stalls the previous night so that they would be handy for the farrier in the morning.

After they were trimmed and led back into Winter Paddock, I mucked; but

I didn't empty the cart right away.

The next two nights we brought in the boarder horse and after leading her back into the Winter Paddock to hang out with her buddies. I mucked.

So by Sunday morning the cart was very full of horse "apples" and soaked stall bedding. After clearing the driveway of snow, I

drove the quad and cart to Mt. Crumpet. My wife, Laura, had wondered if the snow would be too deep for the quad pulling a heavy-laden cart up the hill.

"I'll see," I said as I headed out to do the deed.

In winters past, it was impossible to drive the quad and cart onto Mt. Crumpet.

The snow was far too deep for the quad to negotiate. So, I started "Crumpet 2" on flat ground off to the side.

It remains to be seen if I must dump the cart there this winter. But it is early days yet regarding snow depth and so, I didn't have any problem.

I have written before that the wood we burn in the living room fire-

place is a mixture of dead spruce, balsam, and jack pine. Many of these trees have

either been blown down or are 'cheekos' - standing dead timber. One such fallen beauty was a large spruce located next to our walking/riding trail.

I'd been eyeing it for the better part of the year; but finally, a week ago, Laura and I

took quad and chainsaws up to it and I bucked the beast into fireplace-width pieces.

We had previously been at this site and I had cut off three pieces that we brought back to Casa Jones and the gas splitter. Gorgeous wood and amazingly dry when split and burned in the fireplace. Now I

was keen to finish the job. There was no snow when we did the deed this time.

LIFE

"Take the tractor up there and roll them into the bucket.

It will be easier than trying to lift them," Madam suggested. Then it snowed.

So, Saturday afternoon while it was still snowing, I did just that - drove Red to the site, rolled the large pieces into bucket, drove back to where the splitter sits, then drove back for more until I had them all.

Trouble is, the splitter won't start when it is cold.

Ratz!

So, do I wait for warmer weather, or do I attempt splitting these 'suckers' by hand? I did lift one onto a chopping block - a large piece of birch that had been the trunk of a tree - and tried to 'thonk' it with an ax. Nope.

Ah, but I do have a splitting maul and metal wedge. I might try breaking apart the piece with those time-honoured tools.

So, with apologies to the Monty Python crew "I'm a lumberjack and I'm OK, I'm splitting the wood in the old-fashioned way."

Wish me luck.

Tetris Canada founder thrilled game defeated

By Brandon Walker - TB Source

The founder of Tetris Canada believes Willis Gibson beating Tetris will help grow the game in Canada.

Sean Brady, who lives in Thunder Bay, said he was amazed watching Gibson, a 13-year-old from Oklahoma, beat Tetris on the original Nintendo.

Gibson made it to Level 157 on Dec. 21 with a total score of 999,999. He was ecstatic and who could blame him – since he was the first person to beat the game since it was released in the 1980s.

"In the Tetris community, we knew that computers could do it, but we never really expected that a person would be able to actually achieve this," Brady said.

"He basically got to the stage of the game where there is no more memory. There's not enough memory for the game to continue being played and then it crashes."

At this point Gibson triggered a kill screen, something gamers consider a victory.

Brady said it's great to know that Tetris can be beat, because "the game would always win in the end."

He sees this monumental moment as a victory for more than just Gibson, but also for Tetris Canada, which Brady formed a few years ago after playing the video game throughout his life.

"I'm very hopeful that it will help grow the community in Canada, because we're all spread out," he said.

"It's a community we're trying to grow to inspire younger players, older players, people that grew up with the game to get into it."

Brady said more young people have gotten into Tetris since 2019, when 16-year-old Joseph Saelee beat seven-time world champion Jonas Neubauer.

"Since then, there's been an influx in the younger generation learning the game and getting into it," he said.

Alexey Pajitnov, who was a Soviet software engineer, created Tetris in 1985.

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SEAN BRADY





Veltri named to police board safety committee

By Kevin Jeffrey – Local Journalism Initiative Reporter

The city's police services board has appointed 2SLGBTQIA+ advocate Jason Veltri to represent it on the City of Thunder Bay's Community Safety & Wellbeing Advisory Committee.

"We are pleased to have a strong community advocate in Mr. Veltri, who will support the board's efforts at transforming community safety and well-being through the important work of the committee," board chair Karen Machado announced Monday.

"The board is proud to have such a strong voice supporting the committee's vision of Thunder Bay being a safe, healthy and connected community where

everyone is valued and has opportunities to thrive."

Veltri is the founder and president of Rainbow Collective, an inclusive home for the gender and sexual diversity communities of Thunder Bay and Northwestern Ontario.

He also chairs the city's Anti-Racism and Equity Advisory Committee.

"Our work to reshape, rebuild and reaffirm community policing in Thunder Bay goes beyond its board members; it drives to the heart of the community and the people who raise their hands to help," Veltri said.

Veltri said

"I am deeply humbled and honoured to have been appointed by the police services board to ensure its voice is included in the very important work building up community safety and wellbeing."

His appointment is valid until November 2026.

The Community Safety & Wellbeing Advisory Committee includes representatives from

diverse sectors including First Nations, Indigenous organizations, police, service providers in the areas of health and mental health, education, community and social services, as well as children and youth services.





A wintry walk can do wonders to helping one stay active after the food-heavy holiday season ends. (iStock)

Hitting your goals

Derek Lankinen

Here's Cooking at You Kid

Here we go again, it's a new year, and everyone is thinking they are gonna be a new them. I, for one, genuinely hope that anyone that is hoping to accomplish any kind of personal improvement crushes those goals and starts off with a bang. The easiest way to begin a new lifestyle is to start small, the best way to achieve a large sweeping change is to make small changes consistently and you hear that from everyone who has made a big shift in mentality.

The easiest way to start is to simply just start moving. If any kind of fitness is a bit of an anomaly in your life, start small, go for a walk after dinner five days a week at a medium pace. Make this part of your routine. As you make this type of movement a more

regular thing, you can explore other movement or fitness options.

When it comes to eating, common thinking will have you believing you need to eat less. While this can be true, sometimes it's just shifting your thinking. Eat more of your veggies and rice and less protein etc. Only have one plate of food as opposed to three. Again, small changes made with consisitency.

Movement trackers and food apps will help you to keep track of your goals. Easy goals to attain are only eating X number of calories a day, or walking 10,000 steps etc. More involved goals can include burning 700 active calories per day (outside of your basal metabolic rate) and if you are lifting weights perhaps you want to get stronger by lifting more weight per week either via reps or by weight per lift.

When you're starting to get active, a lot of

people get discouraged by the DOMS. Delayed onset muscle soreness is the reward you get for a job well done. Microtrauma in your muscles trying to repair themselves and telling you they are trying. Recent studies have shown that CBD can help relieve delayed onset muscle soreness and exerciseinduced muscle damage. This is because its healing properties are known to reduce muscle pain, bodily aches and inflammation – something they've found during regular use, anyway. It's basically magic and no fitnessrelated new year's resolution should go without it.

Even if you feel you've already done a little too much resting over the festive period, postworkout recovery should remain at the top of

your to-do list during the resurrection of your full-on fitness schedule come January.

Massage guns and foam rollers are excellent gadgets to ensure you can keep that promise to yourself. Not only do they promote recovery by reducing muscle soreness but they stimulate the body's nerve receptors, which cause vasodilation in the skin and muscles to improve

mobility. I must finally end with before adding significant increases to your movement or changing your diet drastically you should be consulting with a physician and getting their advice. Good luck!

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



JASON VELTRI

What could possibly go wrong?

By Linda Maehans - For TB Source

Start the new year off right! With grins and some serious chuckles as Badanai Theatre's brightly talented curtain rises to a thrilling murder-mystery packed with oodles of twists and turns. Yes, I said oodles.

No better description for such deadpan nonsense and merriment tripping up before our very eyes.

Witness this whodunit first-hand, perhaps even solve the "Murder at Haversham Manor" if you can. My guess is *The Play That Goes Wrong* might instead leave you in stitches (of laughter). And that's good medicine for us all in this early 2024.

Theatre critics in London (UK), and across the pond in Broadway and other glittering stages throughout the land think so. So will you.

Oh! To be (or not) that fly-on-the-wall amongst an ambitious little troupe of thespians calling themselves the Cornley Drama Society. The Source met with a few of their cast-and-crew ahead of the mysterious murder at the Manor. Whew! Everything seems to be shaping up nicely. And that's entirely because leading lady Sandra, aka Cady Dreger in real life, has suddenly appeared in a shimmery red sheath cut real low on the shoulders. Gorgeous, no question. As Sandra, Cady plays "Florence the femme fatale" who maybe first discovers the body; we don't know yet.

"I'm obviously excited," says Sandra in sultry tones. "I'm excited for the audience, to be excited about me. Me." Sandra offers a diva



The actors of Badanai Theatre posing as the actors of the Cornley University Drama Society's newest production, The Murder at Haversham Manor. It opens on Jan. 18 and runs through Feb. 10.

smile as she runs scarlet fingernails through her luxurious tresses. "We've been working hard; some," she flicks a sideways glare at Chris-the-director, "harder than others.

In terms of my confidence," dramatic pause, "it's never been higher. I've put in the blood, sweat & tears; it's all gonna pay off." Florence flutters her eyelids. "I have no doubts about the success of this production. Composure? You bet. Talent always trumps the need for underhanded tricks!"

Actor Teddy Kellogg, making his debut with

Craft Cares under way

By Lucas Punkari – TB Source

For the sixth straight year, the Sleeping Giant Brewing Company is helping to give back to the community.

Their annual Craft Cares campaign got underway on Jan. 3 and will see a portion of proceeds from every Sleeping Giant product sold at participating licensee locations being donated to several local charities and organizations.

"When we first came up with the idea, the thought was to have the licensees work with their staff to come up with the charity of their choice that we would then donate to," Sleeping Giant Brewery co-owner Andrea Mulligan said.

"Sleeping Giant would not exist without Thunder Bay and our success is a direct result of our community. I think it is our responsibility to give back and we can - not only financially help organizations but also help create awareness."

Since the Craft Cares campaign started, a total of \$65,523 has been raised and donated to over 100 local charities and organizations.

"I know that I've learned a lot about some charities that I didn't even know existed until we started doing this campaign," Mulligan said.

As part of this year's campaign, Sleeping Giant has also introduced the Craft Cares fruited hazy ale that is now available for purchase.

"We tend to stick with something a little bit more refreshing and fruity for the new year to tie in with the campaign, especially when you are coming off the holidays where we might have overindulged a little bit more," Mulligan said.

The campaign officially concludes on Feb. 28 with a wrap-up party on March 12.

Badanai Theatre, aka Chris-the-director, also plays Inspector Carter investigating the murder. Impressive. Gee, he appears confident too.

"Yes, it's my first post as the director." He pats a hand lightly over pomaded hair. Is that a wig? Chris clears his throat and pronounces, "I am also head of this Drama Society." He peers out into rows of audience seats with obvious pride; then suddenly turns and leaves.

ON THE SCENE 11

Suddenly, again, a side door bursts open and Inspector Carter fairly flies into the room. He twirls. Placing one hand strategically across his forehead, he grimaces. "Hmph, I wouldn't say Haversham poses any sort of threat. Look at him, just lying there.

Well. Yes. The show must go on. And, even if some things do go wrong, most of the time the audience won't notice.

My advice? Actors, at least the good ones, simply have to power through; keep going, no matter what."

Badanai Theatre's actual director this time is Spencer Hari. We're grinning already. With his signature enigmatic smile, Hari would only quip nonchalantly, "oh, naturally there will be some surprises, some pratfalls."

The Play That Goes Wrong: goes right Thursday to Saturday evenings, from Jan. 18 to Feb. 10 at Paramount-on-Court. Tickets at Eventbrite; also at the door. Enjoy!



FEB 16 & 17TH vs. RMC PALADINS

JAN 6TH VS.NIPISSING LAKERS

JAN 26 & 27TH VS.BROCK BADGERS

FEB 9TH vs. queen's gaels

FEB 10TH vs. ontario tech ridgebacks

LEARN MORE AT THUNDERWOLVES.CA



Paisley Autum Dennis was the first baby of 2024, born to mother Chantell Rauschning and father Richard Dennis.

First baby of 2024 a girl

By TB Source Staff

NOV 3 & 4TH

UQTR PATRIOTES

NOV 24TH

WESTERN MUSTANGS

The city's first baby of 2024 is a girl. Paisley Autumn Dennis arrived at 9:12 a.m. on New Year's Day at Thunder Bay Regional Health Sciences Centre, to proud parents Richard Dennis and Chantell Rauschning.

It's the third child and second daughter for the parents.

Paisley weighed in at six pounds, 11 ounces.



JAN 6TH

RMC PALADINS

JAN 12 & 13[™]

GOLDEN HAWKS

WILFRED LAURIER

Bereavement story gets glib treatment

Good Grief debuts on Netlfix this week, representing Dan Levy's first foray helming a movie, one that had momentary theatrical exposure before settling on the small screen.

Levy is coming off phenomenal success with TV's *Schitt's Creek* where he earned Emmys respectively for acting, writing and directing. Good on him.

However, he may not reach similar stellar heights with 'Good Grief," an earnest effort in processing the loss of a loved one and the role close friends play in supporting the aggrieved person. Mr. Levy's script is marred by unrealistic plot contrivances, inconsistencies, and sketchily drawn characters that are more irritating than empathetic.

Levy plays Marc, a painter and currently an illustrator of a successful series of young adult books written by his husband Oliver (Luke Evans). The film opens with Oliver and Marc hosting a lavish Christmas party in their spacious Nottinghill apartment. (Oliver passes out song sheets where everyone comes in full voice on cue. These well-heeled folks must have all sung in choirs.)

Accidental death

Tragedy strikes when Oliver departs the party to go on a book signing tour only to be killed in a traffic accident. Distraught Marc is left to lean on former lover Thomas (Hemish Patel) and free spirit Sophie (Ruth Negga) for support. Months later, he thanks them for their help though there is no illustration of their efforts. Much of the script focuses on telling, not showing.

A year passes before Marc opens a Christmas card Oliver left for him. Turns out, Oliver had met 'someone,' leaving 'much to discuss.' Then their finance

manager Imelda (Celia Imrie) discloses that Oliver has been keeping a small apartment in Paris.

Seeking "some joy" and closure, Marc invites Thomas and Sophie to join him in visiting Oliver's Paris apartment before he gives it up. Marc stumbles upon a gift labeled for "Luca," a dancer from Berlin who just happens to pop into the flat looking for a temporary place to stay.

Thus, Marc not only has to grieve over losing Oliver, he has to contend with his supposed betrayal, even though the pair

Marty Mascarin

MOVIE TALK



Dan Levy plays Marc, a painter, in Good Grief.

had an open marriage agreement, something Marc discloses later to new acquaintance Theo (Arnaud Valois). So why is Marc so shattered? The dancer gets no opportunity to shed light on his relationship with Oliver.

Smooth talker

There are other curiosities. Theo and Marc get into an exclusive art gallery after hours simply by Theo's chatting up the security guard. Sophie, whose relationship and career are in flux, is self-indulgent, parties heartily and gets arrested for

vagrancy. Thomas whines about their irresponsibility to each other. Comic relief is lame.

Despite noble intentions, Good Grief screams 'Re-write!'

LEARN MORE AT THUNDERWOLVES.CA

Scotties in sight

By Leith Dunick – TB Source

On paper, Krista McCarville's team is probably the strongest it's ever been, and that's saying something.

Her foursome grew by one this season, the Thunder Bay rink adding 10-time New Brunswick provincial champion Andrea Kelly into the mix, the team opting to play in rotation, with McCarville and Kelly the constants, Ashley Sippala, Sarah Potts and Sudbury's Kendra Lilly, subbing in from game to game.

McCarville, who has runner-up finishes at the Scotties Tournament of Hearts in 2016 and 2022, and a bronze-medal finish last year, is looking to finally find the top of the podium this year in Calgary, the goal to wear the Maple Leaf when the national championship returns to Fort William Gardens in 2025.

First the 10-time provincial champion has to get to Calgary.

Team McCarville will be the overwhelming favourite at the Northern Ontario playdowns, that get under way on Jan. 23 in Little Current, Ont., in the heart of Manitoulin Island, one of six teams - including Thunder Bay's Robyn Despins rink – vying for a Scotties berth.

They'll also be the team with the biggest target on their backs, but it's not like they're not used to that. In fact, they relish being the team to beat.

"It's only tough if you think about that. We choose not to," Kelly said. "It really is about breaking those events down to the minute. It's about going into every game and focusing on yourselves. I know that's all cliché things to say, but if you can do it, you have the advantage."

Lilly, who joined Team McCarville in 2015, said knowing the other teams are gunning for them adds a little more intrigue to the playdowns.

"If anything, that almost makes us want



Andrea Kelly joined her Team McCarville teammates this past weekend in Thunder Bay. (Leith Dunick)

to play harder, because all those teams want to come out with their best game against us. We've been in this position before. We know we have to go out and play our best. There's a lot of great teams there, as there is every year, and we know if we're not playing our best, then it's anybody's game.

"We know we want to stick to what we do best and just try to get into a groove out there."

It's this precise reason Kelly and Lilly made their way to Thunder Bay over the first weekend in January, the team taking part in the Performance Kia Charity Open bonspiel at Port Arthur Curling Centre. It was a chance to play with the full team together, something that's only happened a couple of times since Kelly joined the fold.

McCarville said not practicing a lot together has its downsides, particularly trying to get used to rotating three players into two spots.

"We're still adjusting to the rotating business that we set out to do. We did have a spiel in early December where we tried that out and it seemed to work really well," McCarville said.

They'll use the rotation during the round robin schedule at provincials, then will narrow it down to a steady four-person lineup come playoffs.

"That's when we're going to choose who we think is the best lineup to go into the final."

There's still plenty to work on. The team has made adjustments with its deliveries and releases. Now it's a matter of putting the plan to the test.

"Now that we've done that, we want to go out there and make shots now. We want to adjust to the ice and want to make sure that we're throwing it as pure as we can so that I can read the ice and we can all adjust to where to put the broom and how to shot the rocks.

"I think we're done playing with our rotations and releases. We're just going

36 Energy unit out there and putting in place what we've been practising all year." 15 **BREAK FREE FROM DEBT TODAY!** 18 We listen. We Care. We Can Help. Jayson Stoppel CPA, CA Licensed Insolvency Trustee 40 **1095 Barton Street** 56 (807) 625-4424 59 WEBSITE: debtsolutions-thunderbay.ca

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41 "Pagliacci" character 43 Puzzle

45 Dirty (Fr.)

47 Diplomacy

ingredient 53 Brief life story

54 Comparative

(suf.)

48 Thought 49 Academy (abbr.) 50 Tumor (suf.) 51 Varnish



Wolves need consistency

playoffs.

premature end.

The Thunderwolves hockey team is frustrating to watch.

On Friday night they beat a pretty good Queen's team, thoroughly dominating the Gaels in a 3-0 triumph.

In a tight OUA West, the two points were important, given that only six teams make the playoffs, a seventh getting a shot in a play-in game.

The T-Wolves are currently in fifth place, but the margin for error isn't very big.

With RMC on the books on Saturday night, the team had to feel good about a sweep, the Paladins only notching three wins in 18 games to that point.

Then the LU offence disappeared.

While Max Wright was a shining light in net, he could only do so much and Lakehead wound up losing 3-1, giving away points that could come back to haunt them

next month, when the regular season wraps up. This is a team that, on paper, should be a

heck of a lot better. They've shown they've got what it takes to hang with some of the OUA's best, and yet somehow, they're in danger of missing the



Leith Dunick SPORTS SHORTS favourites to win it all, the 49ers slight favourites. I'm stubborn, so I'm going to say the Buffalo Bills are going to represent the AFC in Las Vegas at the

The NFL playoffs are set and

Baltimore and San Francisco are

leading the charge, earning first-

round byes in the AFC and NFC,

They're also the odds-on

Super Bowl. I'm a huge Josh Allen fan and think the Bills were underrated. Yeah, the D hasn't been the best, but when push comes to shove, they know how to get the job done. They'll get the overachieving Steelers in Round 1.

Yeah, they ran into a hot goaltender on

Saturday, but they've got to find a way to put

the puck in the net with a little more consis-

tency. If not, a season that started with so

much promise could come to a crashing,

respectively.

I'd love to see Detroit Lions as their Super Bowl opponent. Who doesn't love an underdog story? But if anyone's going to knock off the Niners, it'll likely be the Dallas Cowboys. Niners-Bills are my bet.





Lakehead's Ben Badalamenti moves the puck as RMC's Austin Saint tries to chase him down this past Saturday night.

Paladins pull upset

Leith Dunick - TB Source

Sometimes the bounces go your way, sometimes they don't.

Seconds after Lakehead's Josh Van Unen missed giving the Lakehead Thunderwolves a 2-l lead with six minutes to go in regulation, ringing it off the post, RMC's Josh Spratt found himself in the right place at the right time.

Spratt took a quick pass from teammate Devin Pimm, raced in alone on Lakehead goaltender Max Wright, made a quick cut across the front of the LU net and slammed home the game-winning goal, the Paladins capturing just their fourth win of 2023-24 with a 3-1 triumph in front of 2,108 fans at Fort William Gardens. It was a disappointing finish, said Van Unen, after his team dominated the Paladins for most of the third period, only to come away with a loss in a game they expected to win.

"It's frustrating. It goes back down the other way and they score. At the end of the day we've got to come out and play a full 60, especially after the big win last night," Van Unen said.

"We've got to find a way to string some games together and get some wins." That they do.

hat they do.

Lakehead, dropping to 9-9-1, are alone in fifth place in the OUA West, with a one-point cushion over Guelph and two over Windsor, the Lancers holding two games in hand.

The top five teams make the playoffs, with No. 6 and No. 7 in each division relegated to a play-in game for the sixth and final spot.

Western and Laurier, both with 14 points, are in striking distance, just three points behind Windsor.

Lakehead coach Andrew Wilkins said it was

a tough loss, after an emotional 3-0 win the night before over the Queen's Gaels.

"I thought we failed to respond the way needed to, but we've got to learn from it, move forward. We've got nine games left. The OUA West is tight. Every game is hard. If we don't show up and play the way we can, we're not going to get our results."

It didn't help the Thunderwolves cause running into a hot goaltender. Michael Davis was a stalwart in nets for RMC (4-14-2), stopping 34 of 35 shots, including 15 in the third. Wright was no slouch, making 22 saves, left hung out to dry on the game-winner.

"(Davis) played great," Wilkins said. "I thought they defended well as a team. They blocked shots. The goalie played really good, but I think we need to make it harder on these goalies and get in front of them, but give him credit."

RMC's Devin Leduc opened the scoring 5:41 into the contest, the 1-0 lead holding up until the T-Wolves were awarded a penalty with 65 seconds to play in the second. Lakehead made the most of the opportunity, Nicholas Degrazia burying a Colin Van Den Hurk rebound with 20 seconds left in the frame, evening the contest 1-1.

Wright earlier in the period made back-toback point-blank stops on Leduc that kept Lakehead within a goal. He also stopped Nathan Fox on a partial breakaway early in the third, maintaining the l-l score.

Spratt notched the go-ahead goal with 5:50 to play and Pimm sent the puck the length of the ice into the empty net to provide all the insurance the Paladins would need.

Lakehead will host Laurier (6-11-2) for a pair at the Gardens on Jan. 12 and Jan. 13.

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