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Thursday, February 1, 2024

# BRIER BOUND



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Team Bonot, from left: Lead Kurtis Byrd, second Jordan Potts, coach Al Hackner, with his namesake trophy, third Mike McCarville and skip Trevor Bonot celebrate their win. (Leith Dunick)



# Council looking at asset deficit

By Kevin Jeffrey - Local Journalism Initiative

A report presented to council shows the city's core assets are facing an annual infrastructure deficit of \$13 million - with an overall deficit of more than \$30 million.

On Tuesday night administration laid out the city's asset management plan, which looks at core infrastructure such as roads, bridges and culverts.

Budget chair Mark Bentz said the municipality is making progress as it tries to close the gap, but noted the province needs to do its share.

"We are increasing the funds into that file at five per cent per year and rolling retired debt into it as well. We are doing what we can to increase the annual spend on capital projects for maintenance and replacement purposes. Could we do more? Yes, but it would cost money," Bentz said.

City treasurer Keri Greaves noted the \$13 million figure was presented to council as part of phase 1 of the plan.

"The reality is we don't know what the actual number is. It's probably a fairly good representation, but until we actually complete the work, we won't know for sure.

"The work is being undertaken by a committee of administrative individuals who spend countless hours documenting what assets we have, tracking that and trying to determine estimates for use of life. It's a very complex process," Greaves said.

City manager Norm Gale maintained there are positives to have debt when it



Budget chair Mark Bentz says progress is being made.

comes to buildings, infrastructure and capital projects.

"The use of debt to finance those things enables us to spread the cost over years and generations. This way the actual users of those facilities that are benefiting are the ones that pay for it," he said.

Phase 2 of the asset management plan is set to go until July and then phase 3, which will include developing a financial strategy to achieve proposed levels of service in July 2025, will start.

# Worker dies at Resolute

By Leith Dunick - TB Source

An external contractor at the Resolute Sawmill on Darrel Avenue has died as the result of an incident that occurred on Wednesday.

Louis Bouchard, vice-president of public affairs, confirmed the death on Thursday, Jan. 25.

"The precise circumstances leading to the incident are currently under investigation. Resolute is fully supporting its contractor and the relevant authorities in their investigation," Bouchard said in a brief statement issued via email.





The Ministry of Labour confirmed the victim, an employee of Dallan Forestry, was injured by a log loader vehicle.

Bouchard said out of respect for the deceased's family and loved ones, the company will not be commenting further on the situation.

"Support measures have been deployed for people affected by this event in order to help them in this difficult period," Bouchard said. "All our thoughts are with the victim's family and loved ones."

The Ministry of Labour said one order has been issued to the employer and that their investigation remains ongoing.

## WEATHER FORECAST

THURSDAY	FRIDAY	SATURDAY	SUNDAY
			
<b>Snow</b>	<b>Cloudy</b>	<b>Partly Cloudy</b>	<b>Partly Cloudy</b>
Precipitation: <b>60%</b> HIGH <b>2</b> LOW <b>-3</b>	Precipitation: <b>60%</b> HIGH <b>1</b> LOW <b>-8</b>	Precipitation: <b>30%</b> HIGH <b>-3</b> LOW <b>-11</b>	Precipitation: <b>20%</b> HIGH <b>-2</b> LOW <b>-9</b>

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# Voices heard, say ROMA attendees

By Kevin Jeffrey - Local Journalism Initiative

Mayor Ken Boshcoff along with Couns. Shelby Ch'ng, Kristen Oliver and Kasey Etreni made the trek to Toronto for the annual Rural Ontario Municipal Association conference and arrived back with optimism community issues have been recognized by those in Queen's Park.

"One of the meetings that was positive, and progressive was with Minister of Infrastructure Kinga Surma, especially around the (Lakehead Psychiatric Hospital) property," said Oliver, chair of the city's inter-governmental affairs committee. It was great to hear that the minister and her staff have toured the facility and have a full understanding of its current condition, but better yet, the opportunities that are available with that building and that property.

"They recognize that there are developers who are interested in it and it's a beautiful piece of property that would certainly help with urban infill and provide that further for us to meet our housing targets."

The former LPH site was identified in the province's December 2018 plan to accelerate the sale of surplus properties around Ontario.

Both Boshcoff and Oliver said they were



Coun. Kristen Oliver said the city's ROMA delegation spoke with Solicitor General Michael Kerzner, among others. (FILE)

also at the ROMA conference in search of a permanent solution to re-establishing a forensic pathology lab in Thunder Bay.

"We did have discussions with Solicitor General Michael Kerzner and Minister of Health Sylvia Jones about that, and I think it

was recognized by both ministries that we are looking at how we can better streamline the autopsy process," noted Oliver.

"Recognizing the pressure that it has on policing because obviously a police officer has to travel with a deceased person to Toronto

for the autopsy. They also have to hold the scene here, which then puts more pressure on an added overtime cost.

"We talked about the issue from a compassion perspective that families don't have to wait longer than they need to for grieving and mourning and to have any funeral service for the people that have passed away. That was certainly something that the ministries took away from our conversations as to why they should be considering a fulsome and permanent facility in the city," Oliver said.

She is also hopeful after a conversation with the Minister of Finance, Peter Bethlenfalvy, about provincial downloading and the impact that it's having on the municipal tax base.

"How do we ensure that the funding is attached to the programs that they're downloading onto the municipality? We recognize and acknowledged to him that we have completed a services and program review here in our community. I have identified where we can streamline programming services in our community as well too," Oliver said.

"How do we aim to work collaboratively so that we're all essentially achieving the same thing and that's better outcomes for people in Thunder Bay."




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Nishnawbe Aski Nation leaders meet with representatives of the federal government last week. (Twitter)

# Time to act: Fiddler

By Austin Campbell - Local Journalism Initiative Reporter

Officials from the federal government and Nishnawbe Aski Nation (NAN) gathered in Ottawa on Jan. 24 to discuss the ongoing suicide crisis that has gripped youth in First Nations across the province and the country.

Chiefs from NAN-represented First Nations were all in attendance.

Four federal ministers were also in attendance - including Patty Hajdu (Indigenous Services), Gary Anandasangaree (Crown-Indigenous Relations), Ya'ara Saks (Mental Health and Addictions), and Mark Holland (Health) who joined virtually.

Assembly of First Nations National Chief Cindy Woodhouse and Ontario Regional Chief Glen Hare joined as well.

An invite was extended to four provincial ministers but they did not make an appearance.

In his letter to the ministers, to Premier Doug Ford, and to Prime Minister Justin Trudeau, NAN Grand Chief Alvin Fiddler stressed the importance of working together to address the issues faced by Indigenous youth in and outside of First Nations communities.

"Our people are suffering, and more will be lost unless we take meaningful, collective action on an expedited basis. Having each of you and your ministers sitting with us would send a strong message that the lives of First Nations, and our children, are worth saving.

"I ask you to respond to this request with the urgency it deserves," Fiddler wrote.

Dougall Media reached out to Greg

Rickford, Minister of Indigenous Affairs - one of the provincial ministers invited to the emergency meeting - about his absence and the absence of his fellow ministers.

Rickford declined to comment.

As the emergency meeting got underway, Fiddler took to social media to note how "unfortunate" it was that Ontario ministers were absent and promised that it would be part of the discussion.

Hajdu made similar remarks speaking to Dougall Media in advance of the meeting.

The floor was open to hear concerns from across NAN territory.

Neskantaga First Nation Chief Chris Moonias stressed the gravity of the situation while highlighting the effect of colonial practices on First Nations communities.

"NAN territory is at the point of collapse with mental health and addictions issues. You want our resources but you don't care about us," Moonias said in a NAN media release.

Eugene Tait, a council member of Sachigo Lake First Nation, expressed the need for emergency mental health supports.

Sachigo Lake First Nation is the most recent community to experience the effects of this crisis, having just lost a 12-year-old girl to suicide.

Chief Sylvia Koostachin-Metatawabin of Attawapiskat First Nation highlighted the fact that even just accessing care can be another huge barrier for Indigenous Canadians.

"Access to care is very challenging and timing is critical. Six out of 10 of my members are needlessly dying due to the cracks in the health-care system," she said in the NAN release.

# Fatal collisions kill two

By Kevin Jeffrey - Local Journalism Initiative

A pair of fatal collisions just blocks from each other occurred in a 72-hour span.

Police are still investigating the circumstances surrounding the latest collision that claimed the life of a 67-year-old Thunder Bay woman.

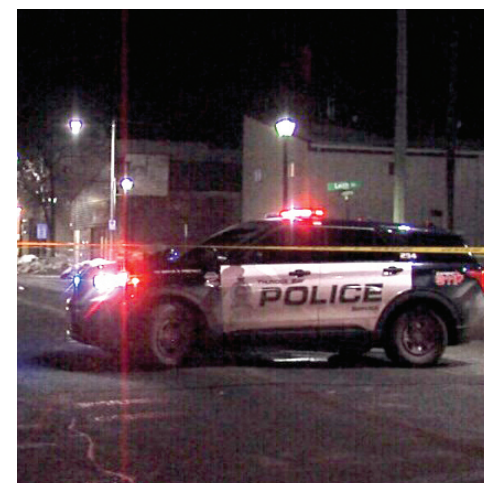
"It has been a tragic stretch and we're saddened by the loss of life. We would like to express our condolences to all those who have been affected by these tragedies. Even though this is a tough time for the service, we're trying to do our best to navigate through the investigations to get some answers," said Constable Tom Armstrong with the Thunder Bay Police Service's Traffic Unit.

The driver of the pickup truck in Sunday's collision remained on scene and has fully cooperated with investigators.

The same can't be said for the driver in the Jan. 25 collision, who was apprehended thanks to help from the public.

"I would like to say thank you to the many community members, businesses, and citizens that reached out and helped with the investigation," Armstrong said.

"That led to a very quick and successful resolution to this case. We were able to



Police on scene at the intersection of Simpson and Leith.

identify the subject vehicle, which led us to identify the driver and then ultimately led to an arrest."

Police were able to make that arrest on the night of Jan. 26.

Fifty-eight-year-old Mario Ricci was charged with failure to stop at an accident resulting in death.

A 25-year-old man died due to the collision.

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# Sudbury man wins 50/50

By Leith Dunick – TB Source

A Sudbury man is Ontario's latest millionaire.

The Nickel City's Vince Vocaturo got the highly anticipated call on Friday from Thunder Bay Regional Health Sciences Foundation president and CEO, Glenn Craig, informing him he'd won the January Thunder Bay 50/50 draw's top prize, worth \$1,205,185.

"You are now a millionaire," Craig said. "Thank you very much. I appreciate that," Vocaturo said, adding he plans to put the money away for his three children and four grandchildren.

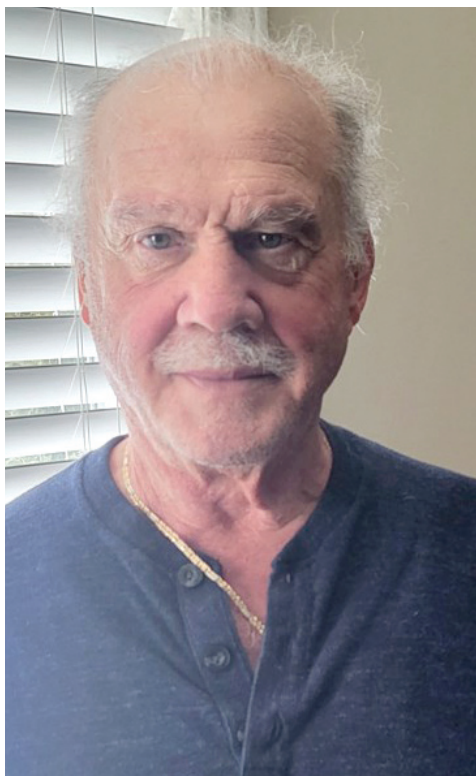
"And I'm going to buy a new truck." Vocaturo says he's a regular 50/50 ticket buyer, but never thought he'd be the grand prize winner.

January's jackpot was approximately \$550,000 more than last January's grand prize.

The hospital foundation uses its share of the money raised, after expenses, to purchase equipment for the Thunder Bay Regional Health Sciences Centre.

It was the ninth draw over \$1 million.

Tickets for the February draw are on sale now at [www.thunderbay5050.ca](http://www.thunderbay5050.ca).



Vince Vocaturo was the \$1.2-million 50/50 draw winner.

# Fat Viking race a big challenge

I strongly believe that when you put fear aside and attempt to accomplish something that carries with it a high probability of failure, your fear will fade away and be replaced by happiness and fulfillment.

Right now, I am a little scared of the five big American bike races I have signed up for in 2024.

Admittedly, I am not in the physical condition that I like to maintain and, after breaking my foot last June and watching my fitness fade away through the summer, my motivation to keep working hard on the bike has diminished. When these things happen, we usually need something big or important to kickstart the journey back to where we want to be.

I am hoping that my kick-in-the-butt was the Global Fat Viking Challenge. The Fat Viking is an ultra-endurance fat bike race that takes place in the highlands of Geilo Norway at the coldest time of the year. While the main event is happening in Northern Europe, a global edition is simultaneously offered to other endurance athletes around the world.

Last weekend, I took on the long-distance option of 150 kilometres in that global challenge.

The rules of the event state that we have from Friday until Sunday to complete our chosen distance, so I decided that my best shot would be to divide my personal challenge into three rides of 50 kilometers each.

While I was at work on Friday, I received a text from a friend warning me that the warm temperatures had made the snow heavy and extremely slow.

This is the problem with fat biking in the winter. Absolutely everything is dependent on the snow conditions. When the snow is soft, like it is with the current warm temperatures, the rolling resistance of a fat tire can easily be ten times more than a regular mountain bike tire on dirt.

I started Friday after work with the goal of knocking off the first stage as quickly as possible, hoping to optimize recovery for an early morning ride on day two.

I set a hard enough pace that would allow me to finish in just three hours. Sections of slow technical singletrack and soft snow were offset by higher speeds on the plowed



Taking part in the Global Fat Viking Challenge.

bike paths. I was ahead of my target pace when, while navigating a rough section of trail, I heard a loud crack come from the bike. With carbon fiber, that sound is bad news.

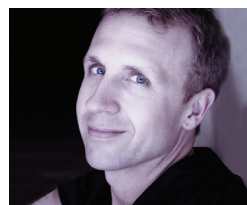
I kept pushing hard on the pedals, but I could feel my position on the bike changing as the seat slowly migrated further and further back.

Luckily, I had only broken my seat post. A quick pitstop for an aluminum replacement had me back on track quickly and I still managed to finish the first leg of my journey in three hours.

Stages 2 and 3 were tougher. With fatigue in my legs, I relied on podcasts in my earbuds to distract me from the increasing pain as I trudged on.

Finally, after more than ten hours of total ride time, I reached the 150km goal and headed home for a hot shower and a long nap.

When I woke up, I found myself already thinking about my next big challenge. Looks like I may have found the kickstart I needed.



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EDITORIAL

## Fatal crashes

Over the course of the past week, two pedestrians have lost their lives while out walking in Thunder Bay.

In one case, the driver allegedly took off, leaving the victim there to die.

Both incidents are signs that motorists and pedestrians aren't on the same page.

Pedestrians have the right-of-way in most instances.

That aside, drivers have to pay more attention when they're behind the wheel. Even a split second with eyes on something else can lead to disaster.

These days, driving comes with plenty of distractions as it is, with big eye-catching screens displaying map information or one's music collection on their phones.

Hands-free? Not really. Add in the temptation of sending or reading a quick text or email, or checking the score of the game and it's a wonder more drivers don't smash into people crossing the road.

The text will be there when you arrive at your destination. Keep your eyes on the road. It's a two-way street and pedestrians must obey the rules of the road too.

## NEWS ITEM: BARBIE ACTRESS AND FEMALE DIRECTOR SNUBBED BY OSCARS



# Lawrence of Arabia well worth revisiting

*Lawrence of Arabia* by Ranulph Fiennes provides a new view of the life and legend of Lieutenant Colonel Thomas Edward Lawrence. And who better to look at the unique challenges that Lawrence faced than Fiennes?

As a young Army officer, Fiennes was himself seconded to the Gulf state of Oman in 1967. He commanded an Arab guerrilla unit to fight off rebels determined to overthrow the Sultan. The rip-roaring story of Lawrence's life is broken up every so often with parallels from Fiennes' own experiences.

Lawrence first set foot on the burning sands of Arabia as a young archaeologist in 1909. By 1918 he was

one of the most celebrated figures in all the Middle East and the Turks had put a price on his head.

During that time he led the Arab revolt against the Turks - a significant part of the Allies' war strategy to occupy the Ottoman empire and keep the Germans busy. It is a complex story, made admirably clear in Fiennes's crisply written account. Lawrence had to negotiate the fierce tribal rivalries of Arabia, the threat of betrayal to the Turks, as well as the extreme temperatures and strength-sapping conditions.

We follow Lawrence's band of camel-borne warriors as they gallop through 600 miles of blistering heat to capture Aqaba on the Red Sea, along the way blowing up railway lines and enemy troop trains.

The book is full of extraordinary characters: here is the tribal leader Auda Abu Tayi, tall and muscular, who claimed to be married 28 times, no less, and wounded 13. No one would ever dare to betray him: he was just what Lawrence and the Arab Revolt needed. Or how about Ali, a Harith

tribesman with his black hair washed in camel urine.

Ali was a celebrated warrior and leader who 'could outstrip a trotting camel on his bare feet, keep his speed over half a mile, and then vault with one hand into the saddle, holding his rifle in the other'. Clearly another welcome addition to Lawrence's army.

In the end Lawrence felt betrayed: his dream of independence for the Arabs crushed by the Sykes-Picot Agreement which carved up the Middle East into French, British and Russian spheres of influence. He returned to Britain seeking anonymity, despite being one of the best-known men in the world.

After he was uncovered by the press as Ross and discharged from the RAF, he rejoined the Royal Tank Corps as Thomas Edward Shaw. Having survived years of war and all that the Turks and the desert could throw at him, he died in a motorcycle accident in Dorset.

But what of his legacy, beyond the glamour of the desert heroism? His leadership continues to inspire operations and guerrilla rebellions worldwide. Historians rate him alongside the greatest generals in history, as he created a new form of hybrid warfare, with modern weapons operating alongside irregular forces. Fiennes's retelling of this remarkable story is a fitting tribute.



**John Pateman**  
BOOK BANTER

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# New skills needed for success

By JR Shermack - For TB Source

There is an on-going discussion among academics about what it will take to survive and even thrive in the coming century.

A general consensus has defined the skills necessary for success in the 21st century but they are not as futuristic as you might expect.

Just like many of my fellow baby boomers my skill set is rooted in the 20th century when practical, hands-on skills were in demand and an old-fashioned work ethic was still in effect.

And because it was the age of peace, love and happiness there was also an emphasis on non-traditional management using something collectively referred to as 'people skills'.

Interpersonal skills like positive reinforcement and conflict resolution were found to improve working conditions, increase productivity and boost morale.

These were the tools of the boomer generation but as one famous boomer wrote, "the times, they are a-changing" - are any of these skills transferrable to the 21st century?

We are more than two decades into the new millennium and if recent events are any indication of what to expect, the coming century will be full of challenges and turbulent times.

It will take creative ideas and innovative technology to meet those challenges, using

21st century skills to cope with a rapidly changing modern world.

And while we will require a specific set of tools and a wealth of knowledge to be successful in our brave, new world, the essential skills are much softer and more traditional.

Some see a science fiction future requiring highly technical and science-based skills like space station construction, laser technology, robotics and artificial intelligence.

But the consensus on next generation skills is actually quite mundane - some may recall the three R's of education from the 20th century - Reading, wRiting and aRithmetic.

Now educators have come up with the four C'S of 21st century skills - Critical thinking, Creativity, Collaboration and Communication.

These fundamental skills have been rebranded, but they seem very familiar to me - I can remember attending seminars decades ago that promoted a similar approach.

It is hard to over-emphasize the importance of critical thinking when we make important decisions in our personal lives, our working lives and our social interactions.

It is an intellectual skill that enables you to identify facts, analyze data, question the evidence and come to a logical conclusion -

this is the one skill that enables all others.

This was true long before the 21st century.

Creativity (and imagination) has always been a necessary skill through the centuries and we will continue to create solutions as we face unforeseen challenges requiring original solutions.

Collaboration is another skill that borders on common sense and can best be reflected by the phrase, two heads are better than one.

Communication continues to be a crucial skill in all areas of life and is especially important now that the internet and social media have distorted facts, truth and reality itself.

The four Cs have been identified as 21st century skills but from my perspective they are the timeless talents that will remain as relevant in the future as they were in the past.

It seems to me that the skills and knowledge needed to thrive in the 21st century are exactly the same as those required in the 20th, the 19th, the 18th and so on.

Regardless of the circumstances, these fundamental skills will enable us to deal with future problems just as they have always done in centuries past. - we still have the tools to survive and thrive.

All we're doing is getting back to basics - the more things change, the more they remain the same.



Critical thinking is a skill needed in the 21st century.

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## The Bay

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Please include details about the event, including any cost

### February 5

#### Brett Kissel in concert

At the top of 2023, Kissel embarked his most ambitious endeavour yet with The Compass Project. It's a four-part album experience that showcases various themes and Kissel's versatility as a musician and songwriter.

The project's first album *South Album* showcases Kissel's signature style of commercial country hits, including the lead track *Never Have I Ever* which has amassed over seven million global streams.

This spring, he released *East Album*, a collection of stripped-down, heartfelt, acoustic songs that was inspired by Kissel's love of Canada's east coast, and features a new level of emotional depth in his songwriting.

Kissel will be on stage at the Thunder Bay Community Auditorium on Monday night, performing a selection of his greatest hits for fans.

Tickets are available at Ticketmaster, with the show sched-

uled to begin at 8 p.m.

### February 2

#### Comedy Night

You may recognize him as a contestant on the *Amazing Race Canada* - Cedric Newman is a long-time stand-up comedian who has performed all over this country and is a favourite of comedy fans in Thunder Bay.

He was also the winner at the Thunder Bay Comedy Festival among many other credits.

Often found touring together - Chris Quigley is a unique comedic talent who will be sure to have you in stitches.

This is a rare double headliner show you will not want to miss.

The show takes place at Crickets @ the Odeon, located at 28 Court St. S., on Friday, Feb. 2, from 8 p.m. to 10 p.m. This is a 16+ show. Tickets are available at [eventbrite.ca](http://eventbrite.ca) and are listed at \$23.64.

### February 2

#### Namaste Wahala

Get ready to immerse yourself in a fusion of Indian and Nigerian cultures, creating a vibrant and energetic atmosphere, starting at 10 p.m. at NV Music Hall.

Experience the best of both worlds as traditional Indian and Afro Beats music, dance, and fashion come together in a celebration of diversity and unity.

The Namaste Wahala event promises to be an electrifying night filled with cultural performances, live music from two DJs from Each Continent, (DJ ABBY & DJ JR) playing hits from both countries that showcase the best of both worlds.

Whether you're a fan of Bollywood beats or Afrobeat rhythms, this event guarantees a night of non-stop entertainment that will keep you dancing till dawn. Tickets are available through [eventbrite.ca](http://eventbrite.ca) and are listed for sale for \$10.38.



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# Sarjeant Company Acquires Northern Ontario Territory from Superior Propane

The Sarjeant Company, a leading home heating and energy solutions provider, is thrilled to announce the successful acquisition of the northern Ontario territory, spanning from Fort Frances to New Liskeard, from Superior Propane. The territory will now operate under the name Sarjeant Propane.

This acquisition represents a significant milestone in Sarjeant's ongoing commitment to better serve the needs of its valued customers and exceed their expectations. With a rich history dating back to 1889, Sarjeant has been a trusted home heating and energy solutions provider. The company began transitioning to the fuel industry in 1952 and expanded its presence in the North from Timmins to Fort Frances in 1975. The move to propane commenced in 2014, solidifying Sarjeant's dedication to innovative solutions.

Sarjeant Company understands that news of an acquisition can sometimes create concern or uncertainty among customers. However, customers can rest assured that this strategic move is driven by the company's unwavering commitment to delivering exceptional products, services, and an enhanced customer experience. Throughout the heating season, Sarjeant will work diligently with Superior Propane to ensure

a smooth integration, with exclusive support from Sarjeant Propane ready to be provided entirely by the upcoming summer.

Customers can expect no changes to their deliveries or services during this transition. Account inquiries and payments should continue to be directed to Superior Propane. Sarjeant Propane is committed to maintaining the familiar faces and reliable service that customers have come to expect while also focusing on continuously developing innovative solutions tailored to their unique requirements.

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**Unwavering Commitment:** Customer satisfaction remains Sarjeant's top priority. To facilitate a seamless transition, the company has prioritized retaining experienced staff. Sarjeant is

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**Open Communication:** Sarjeant values customer feedback and trust and is committed to maintaining open lines of communication. Customers are encouraged to contact the dedicated customer support team with any questions, concerns, or suggestions via phone at 1-844-770-7263 or 705-776-7263 or via email at [info@sarjeants.com](mailto:info@sarjeants.com). The team is available to address queries and provide necessary assistance.

**Sarjeant Propane looks forward to building lasting relationships with every customer. The company is genuinely excited about this new chapter and proud of the opportunity to bring job opportunities, such as backend office staff, administration, and operations, back to the North, ultimately enabling better service for customers. Sarjeant is grateful for the continued support and eagerly anticipates the journey ahead.**



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MY CLUB REWARDS

# Looking through seed catalogues

Sunday afternoon I emerged from my library and entered the dining area to discover one end of the dining table covered in catalogs - seed catalogs.

Of course the end of the table belonged to my wife, Laura, the Gardener in this family. And so it begins.

I sat at my end of the table with a spot of lunch while Laura was busy sorting through the various catalogs and filling in her seed orders.

I write "orders" plural because she gets the seed from different suppliers.

But there are a couple of steps (she tells me) she takes before filling in her order forms.

First of all, she rummages through the box where she has stored last years seeds to see what she has left over.

She informs me that she saved pea and bean seeds so she need not order any of them.

Each year Laura tries different varieties of seeds - carrots, cabbages, broccoli, et al. If a variety didn't do well the previous summer, then she tries something else.

Laura also watches gardening Youtube videos especially by gardeners who live in a similar climate. What works best for them. Once the "hemming" and "hawing" over what to order is done, then she completes her order.

Spring planting begins on our dining room table around the end of February.

A large, plastic dish containing potting soil mixed with water is stuffed into trays of small seed containers into which Laura carefully inserts the seeds.

She tells me she plants in three stages.

The first batch consists of peppers, herbs, and onions. While she is doing the planting, I have hauled a large shelving unit into the living room and placed it against the big, south-facing window onto which the seed trays will sit.

We attach grow lights to hang from the shelves above the trays that are turned on at night.

Heating pads are placed under some trays that require extra heat especially at night.

Eventually Laura must transplant the burgeoning plants into larger containers and

then stage two planting takes place with broccoli, cauliflower, kale, cabbages, tomatoes, and flowers.

These plants will also be transplanted and finally the zucchini, cucumbers, and squash get planted.

The next stage is to move the plants downstairs into the owner-home-built greenhouse (built by son, Doug, and Laura. Farmer Fred is known as the Unhandy Handyman.) you reach through the basement door.

Before we had the greenhouse, and before you could transplant the veggies into the actual garden, some of the plants, particularly the tomatoes, would grow tall reaching the shelf above and start to curl.

Not good. Now when they are put in the greenhouse, they have room to grow.

At some point the soil in the garden warms sufficiently for Laura to get in and start digging in her permanent beds wherein she plants carrots, peas, and beans, I'm sure there is other veggie stuff she plants directly into the ground but I can't remember what.

Each year after the snow melts and when we can get into the garden soil, we find volunteer plants such as dill, caraway, orach (a purple plant good in salads that grows very tall) and

for the past two years lettuce, all of which survived the winter.

But first, seed orders must be filled out.

The skies have been overcast for several days. We've only had light dustings of snow: but Sunday afternoon turned gloriously sunny and bright.

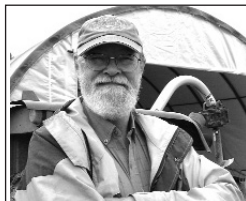
I took the pooches for a walk and needed dark sunglasses as I was blinded when I stepped outside.

The bright sunlight bouncing off the snow was very intense. I decided that even though we hadn't received nearly the amount of snow from previous winters, still, there was enough to make walking a slog unless I strapped on snowshoes.

So, I went into the tractor shelter where we store the snowshoes and "brung 'em" out, strapped them on, and tried to remember how to walk on them.

Well, I soon got the hang of it and the pooches and I made tracks in the snow.

Of course, as I have written before, I love looking out the window on a cloudless night and seeing the snowshoe tracks I made disappearing away from Casa Jones and down the field with shadows of wood smoke from our fireplace scudding across the land.



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## Planet Fitness opens

By Kevin Jeffrey – Local Journalism Initiative

After a long awaited debut, Planet Fitness is now open.

The gym, which is near the Moores clothing store, was founded in 1992 and representatives have been working to open it in Thunder Bay for the last few years.

Their goal with the gym, which they call a Judgment Free Zone, is to ensure that everyone is welcomed into the club and that they feel a sense of belonging.

The company had their grand opening on Jan. 29 after unveiling plans to move into the city back in October.

Rudy Petrillo, who is the Canadian Regional Marketing & Community Investment representative with Taymax Group, LP, said the company was looking at Northern Ontario as well as the rest of Canada over the past few years.

"Unfortunately, as most Canadians know, the COVID-19 pandemic did delay us slightly," Petrillo added.

"Once we were able to come out of the pandemic, everyone worked together as quickly as we could to try and get this club open. We did have our preview centre just



Coun. Brian Hamilton, Mayor Ken Boshcoff and Coun. Albert Aiello accept a check for the Boys and Girls Club.

around the corner at the Thunder Centre a few months back, and people were coming in and excited for us to be bringing another gym to Thunder Bay.

"It's been a long road, but it's one that's very well received, and one we're very proud of. Thunder Bay is a marquee market for us in Northern Ontario."

Their doors opened at the end of December and the club has numerous members that have signed up for membership.

# Nutrition myths

It seems like every day, there's a new diet or nutrition tip to get riled up over. In the pursuit of a healthier lifestyle, the lengths to which we're willing to go are boundless. To be fair, there's nothing wrong about wanting a quick fix to your problems or simply desiring a change in diet. But how does one distinguish between the real and the fake?

At the beginning of each year, millions of people resolve to lose weight, improve their diet, and get into shape. Although their hearts are in the right place, even those with the best intentions can fall victim to misinformation. The internet is oversaturated with fake news that's nearly impossible to sift through. As a result, misadventures down the endless rabbit hole can often lead to more confusion.

Carbs is a word that's sure to trigger diet-takers. In most peoples minds, it typically translates to weight gain. That said, the idea that carbs cause obesity is a myth. A 2017 meta-analysis involving 32 separate controlled feeding studies showed that keto, low-carb, and higher-carb diets all lead to similar weight loss. It's not so much about reducing your carb intake or replacing it with fat as it is about ending your day on a caloric deficit. You simply must eat less calories than you typically do in your daily life.

The same caloric deficit theory applies to fat intake. Your body requires omega-3 and omega-6 fatty acids, and without consuming some fat, it can be dangerous for your health. Saturated fat also deserves closer consideration. Although it is true that a high saturated fat diet can increase LDL-C (low-density lipoprotein-cholesterol), not all



Not all foods with LDL-C cholesterol have the same impact on one's body and health. (iStock)

foods that contain it have the same effect in your body and to your health.

Cheese and chocolate are two examples. Saturated fat in these foods mean different things when consumed. The takeaway is that saturated fats aren't completely bad, an overall analysis of your dietary pattern will give you a more accurate picture.

Moderation, as always, is still key.

Surprisingly, protein has also been on the receiving end of (undue) criticism in recent years.

There's a myth floating around that it harms your bones and kidneys by producing calcium in your urine. Researchers believed that bone loss occurs when calcium is extracted from

them to mitigate the acid produced by your protein intake. Newer studies proved that to be a myth and found that dietary protein actually promotes calcium absorption, and furthermore, high protein intake promotes bone growth and slows bone loss. Studies have also proven that consuming higher levels of protein does not damage your kidneys.

These are only a few of the literally thousands of food myths floating around the internet. Speak with your physician, do your own research, commit to a lower caloric intake. Don't derail your own goals by misinforming yourself.

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



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"CZ YZU IVE V RJUURS JY LVYE QZBCI  
KPU V MBSVU GSVR JY V OSQ."

— GEUXVMZBVI

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

### ACROSS

- Eight days after feast
- Tartan pattern
- Energy unit
- Tibetan priest
- Exclamation of disdain
- Cheer
- Absent without leave (abbr.)
- Caucasian language
- Bengal people
- River islet
- Abscend
- Scholar
- Amer. Basketball Assn. (abbr.)
- Orinoco tributary
- Noun-forming (suf.)
- Same (Lat.)
- Want
- Mortar mixer
- Nakedwood
- tree
- Rom. helmet
- Sheep's cry
- Gift (Fr.)
- Greek letter
- Ait
- Time
- Monkey
- Amer. Automobile Assn. (abbr.)
- Filefish
- Semitic deity
- Galatians (abbr.)
- Alutian island
- Redact
- Presidential nickname
- Hebrew letter
- Impart

### DOWN

- Diminutive (suf.)
- Tan skins
- Love (Lat.)

### ANSWER TO PREVIOUS PUZZLE

VANQUA AAM  
CINEURN SCAB  
CONTRIVE SHUL  
ALARAARARIDS  
FIE OCUL  
ARION TIPPLER  
LENS RAD SEGO  
BLISTER AESON  
TAL AGT  
ALIRERUN AXE  
MAAM AUDIENCE  
TATA SBE TSIN  
PEA EEN CIII

- Meal course
- Splash
- Time period
- Crape fern
- Lover of Pyramus
- Afr. tree
- Drooping
- Take out
- Rom. numeral
- Heddles of a loom
- Stab
- Fertilizer ingredient
- Christmas song
- John brown's dog
- Art movement
- Black
- Intellect
- Department (abbr.)
- Hindu month
- Square-cut stone
- Father of Jehoshaphat
- Chemical compound
- Calumny
- Indian music
- Mayan year
- Rockies peak
- Man's name: abbr.
- Soft drink
- Own (Scot.)
- Limited (abbr.)

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61				62				63			

# Two Indians mesmerizes

By Linda Maehans - For TB Source

Magnus' first mainstage curtain of 2024 rises to a riveting drama, softened by licks of humour that curl around us like campfire smoke. Even as we are falling, dreamlike, off the edge of an enduringly hard story; vivid enough to haunt long after we've been pulled back onto solid ground.

Don't let my words scare you. Falen Johnson's *Two Indians* is a mesmerizing slow-motion punch to the solar plexus: a story of what can happen in people's lives, no matter if you live on a native reserve, in a small town, or in a city. Split second. No one sees it coming.

Does anyone truly recover? Everyone in the audience has such a story, in one form or another, in his or her family. Of this I am certain.

Gee. I'm coming at this backwards. Let's introduce our two cousins, who used to be in a harmonious orbit back on the rez. Now one of them calls a raucous city home. Their long-overdue reunion appears tenuous, were it not for those wisps of humour I mentioned.

Actors Danelle Charette and Cheyenne Scott, as Win and Roe, do strong credit to what the playwright has packed into her script: serious issues, historical wrongs and, nowadays, the quicksand drag of reconciliation attempts by both native and white culture.

Here deliberately condensed into a blunt nutshell because that isn't what the real story, the hard one, is about.

Not what rivets an audience to the point of "hearing a pin drop", as the expression goes, at certain moments. Rather, it is the straight-on 100 per cent authenticity, the genuine center and core, of both actors. Takes a little while; yet once the true emotions of Roe and Win shift into high gear, there is no stopping them.

These women's on-stage chemistry is remarkable. The talents of Scott and Charette, together with Falen's storyline, has *Two Indians* seeping into our senses (of sight, sound, touch, smell and taste) without our noticing until we are submerged.

Even as we do see the waves building. Nicely done.

Kudos also to the sound, lighting and set

designers: Tim Stephenson, Nicholas Palinka, David Brown and Nadia Cheechoo. They've placed us in a back alley where, if we can't exactly smell it (thankfully), we do get its full measure of unfeeling menace: sirens, alarms, thudding engines and stereos, screeches, squeals, and that constant dull thrum of urban-life I don't know how anyone acclimatizes to, much less enjoys.

Back to my "pin drop" comment: at certain points this audience member doesn't recall anything but complete silence in the theatre. Did all the ambient noise, the glare and rumble, just suddenly stop? I think it did. For me, it did.

Same as when we are dreaming, inside a dream; or remembering, seeing an event in slow-motion in our minds; yet with such clarity and detail it cannot be real. Or so we think.

The next time you are admiring the night sky bedecked by moonlight, maybe even a "super moon", I'm guessing you'll recall what you saw at Magnus Theatre in early 2024 as if it were yesterday.

Guest directed by Natalie Robitaille, *Two Indians* plays until Feb. 10.



Danelle Charette is Win (in the Magnus Theatre production of *Two Indians*). (Matthew Goertz)

## Lumberjack Jamboree celebrates forestry fun

By Justin Hardy - TB Source

Last Saturday was a fun filled day for community children at the Vickers Heights Community Centre.

The Lumberjack Jamboree is an annual event held by Vickers Heights Community Centre that encourages kids to get out and have some winter fun while also learning about the area's rich history in forestry.

"Forestry is a big part of the background of Northern Ontario and Thunder Bay is still involved in forestry. We kind of like to celebrate it and do fun activities with children and some adults too," said Linda Rydholm, member of the board for Vickers Heights Community Centre.

The Jamboree started off with a pancake breakfast for the community and moved onto a myriad of different games that kids could compete in to be named this year's Lumber Jack and Lumber Jill.

"We have various things for them to do. There's a log-toss, what we call a cookie-roll, but it's just a piece of trunk that's been

cut so it's a circle and you can roll it along, a log sawing contest, and a number of different events this afternoon," said Rydholm.

The Jamboree is a long-standing tradition that almost died out due to a lack of available participants at the community centre. Rydholm said she's glad that local kids can once again enjoy an event she had loved to take her children to.

"My children did this in the eighties and nineties and then we didn't have very many children for a number of years," she said.

"But then someone in my daughter's and son's generation in their forties decided this would be fun for her family to be doing again. So, she got on the board and started it up again. You need the kids to make it work right?"

The Lakehead Timberwolves volunteered to help host the event and the Kakabeka Tired Iron Club brought out many historical forestry tools and machines for the community to learn about.

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# Cast bolsters standard sports film

In the wake of Oscar nominations, we turn to two noteworthy nominees, Annette Bening for best actress and Jodie Foster for best supporting actress in *Nyad* (Netflix).

Bening plays Diana Nyad, an ABC sportscaster, author and motivational speaker, who at age 60 decides to re-try swimming 110 miles from Cuba to Florida, a failed attempt she first made decades earlier. Foster plays her best friend, Bonnie Stoll, who serves as her coach. The movie follows the ensuing attempts upon Nyad's 60th birthday to attain her goal.

The film is based on Nyad's book, *Finding a Way*, with adaptation by Julia Cox.

Initially, this promises to be a familiar triumph of the human spirit outing. Certainly, formulaic elements are present. However, the two leads and supporting cast give *Nyad* just enough emotional texture and credibility to make the story worth watching.

Familiar adversity elements include Nyad's age despite being in top shape, dehydration, hypothermia and sharks. Miscalculation in course setting can ruin any effort.

Minus make-up, wearing grungy T-shirts,

Bening goes full tilt in portraying Nyad in an unflattering light. She is abrasive, self-absorbed, narcissistic and almost maniacal in her quest—like Ahab pursuing the great white whale. Archival footage sprinkled throughout supports this portrayal.

Foster's Bonnie has to prevent Nyad from killing herself. Her wry humour is a mediating counter-balance with the crew. The film also subtly touches on the fact that they are lesbians but are not romantically involved. Once ranked # 3 in the world for racquetball, Stoll empathizes with Nyad's single-minded determination but also knows when to stand up for herself.

Part of the film's appeal lies with the adjustments Nyad and Co make after each failed attempt. Jellyfish, a new threat, almost fries Nyad's face—a harrowing moment—so she finds an expert who's designed an "anti-jellyfish" mask and suit that make Nyad look like an alien.

They also find specialists who've developed an electronic shark repellent device, thereby negating need of an unwieldy shark

cage. Especially crucial is the enlistment of weather beaten navigation expert John Bartlett (Rhys Ifans, very good) whose knowledge helps to skirt treacherous currents that could cost Nyad precious time and energy.

Flashbacks build to reveal trauma Nyad endured as a young swimming star, explaining the demons that drive her, blessedly minus melodrama.

Nyad almost manages to alienate her entire team. Her stubbornness in hostile weather nearly sinks them all. Her grudging humility wins them over for one last try in 2013.

Co-directors Jimmy Chin and Elizabeth Chai Vaserheli, no strangers to extreme sports and people in peril tales (*Free Solo*, *Meru*, *The Rescue*) do a competent job building to the climax, overcoming languorous moments.

The filmmakers, however, skirt around the controversy where Nyad had embellished her previous swimming accomplishments.

Tarnished records and an exasperating though courageous protagonist aside, the solid cast, engrossing action and edifying epilogue, combine to make *Nyad* a worthwhile effort.



Jodie Foster and Annette Bening star in *Nyad*.



**Marty Mascarín**  
MOVIE TALK

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# Loppett may be cancelled

By Kevin Jeffrey - Local Journalism Initiative

Organizers of the Sleeping Giant Loppet are hopeful they can continue a tradition that began in 1978.

The annual mass-participation ski festival takes place in Sleeping Giant Provincial Park and features multiple events with distances for skiers of all levels and abilities.

"The decision to pause registration was made on Jan. 23," said Peter Gallagher, the event's coordinator.

"The low snow conditions and a forecast of two weeks of warm temperatures have cast doubt on our ability to hold the event on March 2. The purpose of the registration pause is intended to reduce the number of refunds necessary for skiers who have already registered should the event be cancelled."

Gallagher has his doubts about the next deadline.

On the event website, it said a decision will be made on the status of the Loppet on Feb. 7 with early registration rates applying until Feb. 11.

"If the event is cancelled on Feb. 7, it will not be held this year," Gallagher confirmed. "The Loppet will return on March 1, 2025. All registered skiers will receive a full refund. If snow conditions improve, it is possible that the Kamview Tour will be held at the Kamview Nordic Centre on March 2. The tour was cancelled earlier this year due to the late start to the ski season."

The Loppet is an event hosted by Thunder Bay Nordic Trails and organized by a volunteer committee in cooperation with the staff of Sleeping Giant Provincial Park.



The Sleeping Giant Loppet has been held in the Thunder Bay area since 1978, but is in jeopardy this year. (FILE)

## SPORTS IN BRIEF

### T-Wolves pick up win

With points at a premium and the regular season rapidly winding down, the Lakehead Thunderwolves got the job done.

LU scored three straight to open their road game against the Carleton Ravens and held on for a 3-1 win, giving them three points on their final trip out of town before the postseason begins.

Keighan Gerrie, in the first, and Dylan Masie and Spencer Blackwell in the second, had the Thunderwolves goals.

Carleton's Simon Kerr spoiled Max Wright's shutout bid, scoring at the 8:13 mark of the final frame.

The Ravens sent 33 shots at the LU netminder, while the Thunderwolves put up 31 against Carleton goalie Mark Grametbauer.

With three games to go, Lakehead and Laurier are tied for sixth place in the OUA West at 11-12-2, one point behind Nipissing, who hold the final guaranteed playoff berth. The sixth- and seventh-place teams will tangle in a play-in game for the final playoff position.

Next up for Lakehead is Windsor at home

on Friday night. Game time is 7 p.m. at Fort William Gardens.

### LU women fall short

A strong start was impressive, but Madalyn Weinert was even more impressive.

The Brock Badgers star guard, who leads the OUA in scoring, put up 34 points on Saturday night, leading her team to a come-from-behind win over a Lakehead Thunderwolves team that, seeking to overcome a lopsided loss the night before, opened a 25-14 lead after the opening quarter.

Lakehead led by one at the half and the two teams traded the lead back and forth in the third quarter that saw five lead changes.

Paulo Lopez, who finished with 22 points, opened a five-point gap with 19 seconds to go in the third, but Oluwatito Aknnusi cut it to three just before the buzzer.

Brock finally took the lead for good with 7:05 to play, on a Weinert layup.



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# McCarville returning to Scotties

By Leith Dunick – TB Source

Krista McCarville is headed back to the Scotties Tournament of Hearts for the 11th time.

The Thunder Bay skip stole a single in the eighth end on Sunday morning, survived measurement that preserved a two-shot lead in the ninth and earned a 6-4 win over Subury's Krysta Burns to capture the Northern Ontario Women's Curling Championship at the NEMI Recreation Centre in Little Current, Ont.

"Honestly, it feels like the first time every single time," the 41-year-old McCarville said. "You're just excited to win a final. To go to the Scotties, so many people dream of going to the Scotties and I just feel so privileged to go year after year.

"To win another one is just another privilege."

This one was a bit different than the last few.

Over the summer Team McCarville gambled, adding New Brunswick's Andrea Kelly, with 10 Scotties appearance of her own under her belt, joining Sarah Potts, Ashley Sippala and Sudbury's Kendra Lilly.

The team went with a five-woman rotation throughout the week.



Team McCarville, from left: Krista McCarville, Andrea Kelly, Kendra Lilly, Ashley Sippala, Sarah Potts and Rick Lang.

It paid off, she said. "It's been eight years of the same team. We were so close and we said we need to change something. We've got to try something,"

McCarville said. "We thought why not try a five-man rotation?" Kelly, who plays third, rounding out the

squad's back-end, said winning with her new teammates is a special feeling.

"I get to represent a new province. It's really special to have won it with this team. We've become really great friends over the course of the season."

Burns didn't make it easy answering everything Team McCarville threw at them over the first four ends.

McCarville finally landed her deuce in the fifth, and held her opponent to a single in the sixth, to lead 4-3.

"They gave us a really great game," Kelly said. "Their team came out to play today. We knew from the start we had to be on our toes. We were expecting a great game and they gave us a really great game."

McCarville took control in the eighth when Burns' third, Jestyn Murphy, flashed on her first. Burns was unable to move McCarville's shot stone far enough and the steal was on, the defending champions taking a 6-3 lead.

"That was definitely probably the turning point," McCarville said.

The new-look Team McCarville, who have podium finishes at the Scotties the past two years, will look to finally bring home the Maple Leaf in Calgary. The Scotties begin on Feb. 16.

## Lakehead wins 7 of 8

### T-Wolves claw back to .500 with sweep of visiting Badgers.

By Leith Dunick – TB Source

It's not an understatement to say 2024 has been very good to the Lakehead Thunderwolves men's basketball team.

The T-Wolves on Saturday night erased a seven-point deficit after the opening quarter, holding the visiting Brock Badgers to just nine points in the second, then held on as Brock climbed to within a point late in the fourth for a 72-70 win.

With the victory and the weekend sweep, Lakehead has now won seven of eight games, their lone loss since the Christmas break coming in double overtime last weekend against the No. 5 Laurier Golden Hawks.

Once again, the Thunderwolves spread the offence around.

Chris Sagl finished with 15 points and handed out nine assists on the night, while

Nathan Bilamu chipped in a dozen and Harold Santacruz had 11 for Lakehead. The T-Wolves also got 22 points from their bench, including nine by Josh Strongman, who added five rebounds.

Lakehead led 41-38 at the half and 62-57 after three quarters.

The Thundewolves opened a quick 10-point lead to start the fourth, scoring five straight points, but Jevon Brown buried a three-pointer with 36 seconds left to cut the LU lead to 71-70.

Michale Okeke stole the ball on Lakehead's next possession, but missed a jump shot that would have given Brock the lead with 10 seconds to play.

Carson Unrau corralled the rebound and got the ball to Sagl, who was fouled, went to the line and sank one-of-two free throws, with just one second left on the clock.

Lakehead improved to 9-9 on the season, good for 10th overall in the OUA. The Badgers fell to 7-10.

Lakehead takes next weekend off, then hosts Queen's and Ontario Tech on Feb. 9 and Feb. 10, their final homestand of the regular season.



CHRIS SAGL



## LAKEHEAD UNIVERSITY THUNDERWOLVES

2023-2024 SEASON

### SEASON SCHEDULE

**BASKETBALL & VOLLEYBALL**

MEN AND WOMEN'S BASKETBALL	WOMEN'S VOLLEYBALL
NOV 10 & 11TH vs. YORK LIONS	NOV 17 & 18TH vs. TORONTO VARSITY BLUES
NOV 24TH vs. WESTERN MUSTANGS	JAN 12 & 13TH vs. TMU BOLD
NOV 25TH vs. WINDSOR LANCERS	JAN 19 & 20TH vs. NIPISSING LAKERS
JAN 5TH vs. LAURENTIAN VOYAGEURS	FEB 2 & 3RD vs. QUEEN'S GAELS
JAN 6TH vs. NIPISSING LAKERS	FEB 16 & 17TH vs. RMC PALADINS
JAN 26 & 27TH vs. BROCK BADGERS	
FEB 9TH vs. QUEEN'S GAELS	
FEB 10TH vs. ONTARIO TECH RIDGEBACKS	

LEARN MORE AT [THUNDERWOLVES.CA](http://THUNDERWOLVES.CA)



# Big win for Team Bonot

I've been known to do some pretty spontaneous stuff over the years.

There was the time a buddy of mine convinced me to buy a last-minute plane ticket to Ottawa, to watch the Leafs and Senators in a playoff game.

There was the time I bought a house because one of my colleagues suggested it'd make a great place for me and two other reporters to live.

I still own that house.

I once bought last-second playoff tickets in St. Louis and Kansas City and took off on a three-day trek across Missouri — and I even considered a side trip to Texas to see the Hip and a Blue Jays playoff game against the Rangers, but actually exercised self-control and didn't go.

Last Friday night, I was in the office writing up the Lakehead men's basketball win over Brock, and realized there was 100 per cent certainty that a Thunder Bay team would be in the men's final at the Northern Ontario curling championships in Little Current, 11 hours away on Manitoulin Island.

Knowing Krista McCarville was also in Sunday's final, I debated making the trek.

Ten minutes later I had the hotel booked and

by 7 a.m., I was on the road, headed first for Harvey's in Sault Ste. Marie.

It was worth every second of the trip. Krista McCarville's wins are always special, but seeing Trevor Bonot, Mike McCarville, Jordan Potts, Kurtis Byrd and coach Al Hackner earn Thunder Bay's first Brier berth in 10 years, almost brought tears to my eyes.



**Leith Dunick**  
SPORTS SHORTS

How could you not be rooting for them to win?

Potts, married to Krista McCarville's lead, Sarah Potts, and McCarville, husband of Krista, send their partners off to national championships almost every year.

This year, all four of them get to go.

Bonot, a former Canadian mixed champion, has wanted to play at the Brier for more than two

decades. Mike McCarville is the lone player on the team, part of Jeff Currie's 2014 Northern Ontario champs. The goosebumps waiting for the 10th-end measurement that decided their fate are still standing tall.

Lastly, big thanks to the organizing committee for putting on such a great show in Little Current, and finding me a place to plug in and write my stories. Next year's event, by the way, is slated for Thunder Bay.



Skip Trevor Bonot releases a shot last Sunday at the NEMI Recreation Centre in Little Current, Ont. (Leith Dunick)

# Brier for Bonot

By Leith Dunick - TB Source

It took a photo finish, but Trevor Bonot is headed to his first Brier.

Tanner Horgan's final shot in Sunday's Northern Ontario Men's Curling Championship final rolled an inch or two too far, trying to remove Bonot's shot stone in the 10th end, and the Thunder Bay skip watched in disbelief as he stole one to eke out a 7-5 win at the NEMI Recreation Centre in Little Current, Ont.

It was a stressful couple of seconds for Bonot, lead Kurtis Byrd, second Jordan Potts and third Mike McCarville, who was part of the last Thunder Bay rink to represent Northern Ontario at the Brier 10 years ago.

"It's hard to believe or put into words, even," said Bonot, who won the 2017 Canadian Mixed Curling Championship.

"It's unreal. I've played a lot of finals over the years, but this was right up there with some of the big ones and very nerve-wracking, that's for sure. Once we got that gift of the three points it was pretty hard to defend."

The points came in the second end, when Horgan flashed on his final stone, facing three Bonot rocks in the ring.

Still, Horgan got two back in the third and then stole singles in the sixth and seventh to take a 5-4 lead.

Bonot worked his magic in the eighth to put up a deuce and jump back in front 6-5, setting up the 10th-end dramatics after the two teams blanked the ninth. He said he took some

advice from coach Al Hackner, the former two-time world champion, whose name is now on the championship trophy.

"He said, 'Slow it down.' You could feel our energy get a little on edge. He just gave us a reminder to slow it down and play it like we can. I took an extra breath in the hack and it really helped," Bonot said.

McCarville, whose wife Krista captured the women's title on the same sheet a few hours earlier, said it made all worthwhile, the endless hours of practice and play.

"This is awesome. This team works so hard and we put the time and effort in all year. We played a few more events and it was all for this," McCarville said. "It was all to get into this game and play well. We knew we had to play good against a team like Horgan. It means everything."

Getting the early lead, then losing it was just par for the course, he added.

"That's the thing with this game. A 10-end game we knew that early lead was really miniscule, and they were going to battle all game. With the five-rock rule and stuff, you can't help but get rocks in play. It was just a matter of little angles here and there.

"They had us on the ropes a few times and we got out of there a couple of times unscathed. That one deuce, it could have been worse, and just to make (Tanner) make a really good one on his last shot is what we planned on doing in that last end and we got away with it."

The Brier opens on March 1 in Regina.



**LAKEHEAD  
UNIVERSITY  
THUNDERWOLVES**

2023-2024 SEASON

## SEASON SCHEDULE

### HOCKEY

**OCT 13 & 14<sup>TH</sup>**

WATERLOO WARRIORS

**OCT 21<sup>ST</sup>**

ONTARIO TECH RIDGEBACKS

**NOV 3 & 4<sup>TH</sup>**

WESTERN MUSTANGS

**NOV 24<sup>TH</sup>**

UQTR PATRIOTES

**NOV 25<sup>TH</sup>**

MCGILL RED BIRDS

**JAN 5<sup>TH</sup>**

QUEEN'S GAELS

**JAN 6<sup>TH</sup>**

RMC PALADINS

**JAN 12 & 13<sup>TH</sup>**

WILFRED LAURIER

GOLDEN HAWKS

**FEB 2 & 3<sup>RD</sup>**

WINDSOR LANCERS

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**NOTICE TO CREDITORS & OTHERS**  
In the Estate of **CAROLE LISE JOHANSEN**

All Persons having claims against the Estate of CAROLE LISE JOHANSEN, late of Thunder Bay, ON, deceased, who died on or about December 23, 2023, are hereby notified to send particulars of the same to the undersigned on or before February 15, 2024, after which date the estate will be distributed, with regard only to the claims of which the undersigned shall then have notice and the undersigned will not then be liable to any person of whose claims they shall not then have notice.  
Dated at Thunder Bay, Ontario on the 18th day of January, 2024.

KIMBERLY NORTON, ESTATE TRUSTEE  
c/o ERICKSONS LLP  
ATTN: EVAN JUURAKKO  
ATTN: RYAN VENN  
Barristers and Solicitors  
291 South Court Street  
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Anyone having a claim against the Estate of RICHARD KALLE WADE MAKAHANUIK, ALSO KNOWN AS RICK MAKAHANUIK, late of the City of Thunder Bay, District of Thunder Bay, who died on the 28th day of January, 2023, is required on or before the 4th day of March, 2024, to file with the undersigned solicitors particulars of their claim duly verified, after which date the Estate will be distributed having regard only to those claims of which Notice shall then have been given.  
DATED: January 26, 2024

Hannah J.M. Gladstone  
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