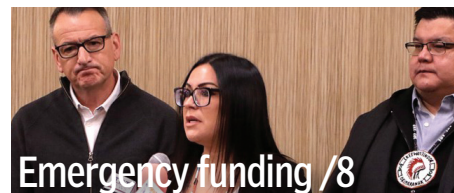




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Thursday, February 8, 2024



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FAMILY NEEDS JUSTICE

The parents of murder victim Kody Furioso not happy with how homicide investigation and trial played out /3

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Kody Furioso was just 16 when he was stabbed to death near the James Street overpass. The man accused of his killing was found not guilty, a verdict that came down on Jan. 31.

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CHRONICLE JOURNAL PAPER



Council composition can be a bit daunting

By Kevin Jeffrey - Local Journalism Initiative

The weight of the work ahead for the council composition committee isn't lost on chair Rebecca Johnson or member Heather McLeod.

The committee will meet Tuesday afternoon on the heels of the three-week public engagement survey period wrapping up.

McLeod stated after the Jan. 9 meeting that with the holiday season wrapped up, it's now starting to dawn on her the massive amount of information there will be to evaluate.

"It is a little bit daunting, but in a good way, right?" McLeod said.

"I certainly will be reading everything I can get my hands on, and I really hope we are going to make enough time to put our heads together and not just have read it and decided 'oh, I'll just highlight this, that's what we'll go with'. This is a big decision and we should do it right."

The committee has six members, which includes chair Johnson, vice-chair Cody Fraser along with members McLeod, Riley Burton, Wayne Bahlieda and Carlos Santander-Maturana.

Johnson stressed that she would like to see a unanimous answer among all six members before going back to council.

"We must do our research. It's important we have a really good understanding that whatever the recommendation is, we all agree with it.

"We can't go and say 'well, there's four of us that think this is a good idea and two of us don't think it's a good idea.' Coming to a consensus is crucial because we are going to be recommending how council should be composed, whatever that happens to look like in the future."

When the municipality of Thunder Bay was created in 1970, it began with a mayor and 12 councillors elected evenly across four wards.

That expanded to seven wards in 1976, before the city, in 1985, adopted its current hybrid system that elects a mayor, seven ward councillors, and five at-large councillors.

A final report from the committee on the composition of council is slated for completion in advance of the 2026 municipal election.



Longtime city councillor Rebecca Johnson says she's looking for a unanimous answer from the composition committee.

PUBLIC NOTICE

DISCONTINUANCE OR REDUCTION OF DOMESTIC SERVICE

On this 12th day of January 2024, notice is hereby given that **Perimeter Aviation LP, as represented by its general partner Perimeter Aviation GP Inc., carrying on business as Perimeter Aviation, Perimeter Airlines and Bearskin Airlines** proposes to:

a) discontinue its domestic service authorized by Licence No. 972170 provided between Thunder Bay and Dryden

Commencing one hundred twenty (120) days after the date of this notice, being Jan 12th 2024

AVIS PUBLIC INTERRUPTION OU RÉDUCTION DU SERVICE DOMESTIQUE

En ce 11 janvier 2024, avis est par la présente donné que **Perimeter Aviation LP, représentée par son commandité Perimeter Aviation GP Inc., exerçant ses activités sous le nom de Perimeter Aviation, Perimeter Airlines et Bearskin Airlines** propose de:

a) interrompre son service intérieur autorisé par la licence no 972170 entre Thunder Bay et Dryden

commençant (120) jours après la date du présent avis, soit le 12 Janvier 2024

Perimeter Aviation LP

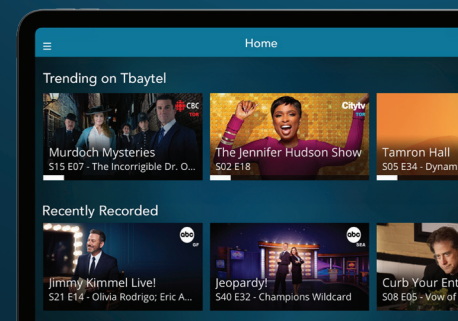
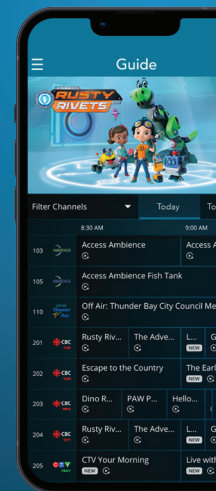


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Furioso family seeking justice

By Doug Diaczuk - TB Source

Kirk Furioso said his son, Kody, was always one to step up to defend someone else, no matter the circumstances, and it was something he did right up to the day he died.

"All his life it was always that same story all the time," Kirk said. "In the end, he ended up being killed defending somebody else. That's what my take on Kody's life will be forever. He was a hero to me because that's what heroes do."

"He was such a sweet boy," added Kody's mother, Kathy. "Tough exterior, but deep down he was a really sweet kid. He was kind-hearted, so loving. He was funny and very adventurous. He did so much in his short life."

Kathy, Kirk, and Kody's sister Kassidy spoke with Dougall Media following Justice Bruce Fitzpatrick's verdict on Wednesday that found Dustin Moffatt not guilty of second-degree murder and aggravated assault.

Fitzpatrick ruled the Crown failed to prove beyond a reasonable doubt that Moffatt was the individual who engaged in a fight with 16-year-old Kody and his 17-year-old friend just after midnight on June 29, 2021 near the James Street Swing Bridge.

The two teens were stabbed during the altercation and Kody later died in hospital. Moffatt was located in the area suffering an opioid overdose and was charged by police.

But Fitzpatrick said in his ruling that he believed Moffatt was already unconscious at the time of the fight and that someone else, a 'man in black' who was present, stabbed Kody and his friend.

Kirk and Kathy said the verdict left them feeling frustrated and angry because for the past two-and-a-half years they were convinced by the Crown and investigators that the right person was charged.

"They were confident they had the right man and we believed them," Kathy said. "I still do especially after seeing his behaviour that day."

"Everyone was confident until Wednesday," Kirk added. "That was a really tough thing to have to hear."

Following the verdict, a confrontation erupted outside the courtroom, with Thunder Bay Police Service officers and special court-house constables having to separate the two parties.

Kirk said the anger he felt was related to the fact that Moffatt was recorded on video in the area that night with another individual, who Fitzpatrick said was likely the person who



Kody Furioso was killed on June 29, 2021. (Supplied)

murdered Kody.

"That's what happened after the court case was over," he said. "For myself, I just couldn't get over the fact we are releasing a man, who if he didn't kill Kody, he knows who did, and we are just releasing him with no information. How do you justify that?"

"I do not remember ever being so angry as that moment because it doesn't make sense."





The entire experience with the criminal justice system over the last two-and-a-half years has left the Furioso family feeling discouraged, whether it was investigators missing the 'white dots' on the surveillance video that Fitzpatrick said was likely Moffatt already passed out when the fight was taking place, or Moffatt being released on bail leading up to the trial.

"It just feels like the system is so flawed. There's no justice," Kathy said.

"I've watched my son get killed 50 times over two-and-a-half years," Kirk added. "I wish this would go away and we can grieve. How do you do that when you watch him die over and over again? I'm sure that we are not the only people doing this. I don't believe the way we handle these cases is correct at all."

Last Friday, the Thunder Bay Police Service issued a statement that said the Major Crimes Unit is aware of the judicial decision and that: "the investigative team will be meeting and discussing the matter."

WEATHER FORECAST

THURSDAY	FRIDAY	SATURDAY	SUNDAY
			
Rain	Cloudy	Snow	Snow
Precipitation: 70% HIGH 4 LOW 2	Precipitation: 60% HIGH 5 LOW -4	Precipitation: 40% HIGH -3 LOW -10	Precipitation: 40% HIGH -5 LOW -9

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Polar Plunge organizers OK with warm weather

By Lucas Punkari – TB Source

With nearly two months to go before this year's Thunder Bay Polar Bear Plunge, the biggest question might not be how much money is raised, but if there will be any snow or ice around on April 6 at Prince Arthur's Landing.

While Mother Nature could still provide a few twists this winter, event chair Ryan Gibson said there's a plan in place for whatever Lake Superior is like on jump day.

"We've been through this once before where the lake didn't freeze," Gibson added.

"It's super safe and nothing will happen to you at all. You'll have a good time, you'll jump in and it will feel amazing afterwards."

Thursday marked the kickoff for this year's plunge, with a goal already set to raise \$75,000 for the Thunder Bay Special Olympics, the CNIB, PRO Kids, and Roots Community Food Centre.

Title sponsor PDR Contracting has already donated \$20,000 for the event, which raised

nearly \$140,000 in 2023.

"That was like a home run for us last year but we don't want to get greedy," Gibson said. "We just want to raise as much as we can for these great charities."

"Our community is an extremely generous one and we've always done very well. Our goal is \$75,000 and anything after that is fantastic."

Nazrin Navas, who is a student in Confederation College's development services worker program, participated in the plunge for the first time last year and said it was a memorable experience.

"I come from India and that's a hot place so jumping into the ice water was a bit of a nightmare. I don't know how to swim either, so I thought I was going to die," Navas said with a laugh.

"It ended up being a lot of fun and I'm going to do it again this year because of the great energy that was there. I would tell someone that hasn't done it before to try it. You're going to love it."

Registration details and more information on the event can be found on the Polar Bear Plunge's website.



A student from NorWesterview Public School takes part in last year's Polar Bear Plunge at Prince Arthur's Landing.

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Fire consumed the historic Lutsen Lodge, in Lutsen, Minn., overnight on Tuesday. (Facebook)

Lutsen Lodge burns

By Leith Dunick – TB Source

Lutsen Lodge has burned to the ground. According to a release from local officials, the Cook County Dispatch was notified of a fire just after midnight on Tuesday at Lutsen Resort.

Staff reported smoke coming from the floor of the lobby area.

Firefighter units from Lutsen, Tofte, Grand Marais, Maple Hill, Gunflint, Finland, Silver Bay and Grand Portage all responded, along with the Cook County Sheriff's Office.

The building was completely engulfed.

According to a post on the Historic Lutsen Lodge Facebook page, the building was a complete loss.

"The Historic Lutsen Lodge has been taken by a devastating fire this evening. A total loss to the lodge building."

Fires also occurred at the lodge in 1949 and 1951.

"The amazing memories made here are in our hearts as we begin the heavy weighted process to (build) back better."

No injuries were reported.

The Minnesota state fire marshal office is investigating.

City closes most outdoor rinks

By Leith Dunick – TB Source

The city has temporarily closed all but one of its outdoor skating rinks.

In a release issued on Monday, warm weather is blamed as the culprit.

City officials say the ice conditions have deteriorated significantly and as a result of the change in weather, the lights will be turned off, the change rooms will be closed and residents are being asked to stay off the ice surfaces.

"The ice is extremely soft, and in some areas completely melted," said Cory Halvorsen, manager, parks and open spaces.

"When the temperatures drop again, we will get out and attempt to repair the ice surfaces, but the temperatures unfortunately isn't showing lower temperatures until next week."

The ice sheet at Prince Arthur's Landing will



The city's outdoor rinks are popular recreation spots.

be the lone outdoor rink that remains open, until further notice.

It will be open from noon to 8 p.m. on Monday to Wednesday, and from noon until 9 p.m. on Thursday to Sunday.

An update will be issued when rinks are reopened, Halvorsen said.



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EDITORIAL

Blues Fest redux

Thunder Bay needs something similar to the Blues Festival to return.

There are a whole raft of reasons why the event disappeared in 2020, starting with a lack of available artists that summer.

The pandemic cemented the decision to put the popular July event on hiatus.

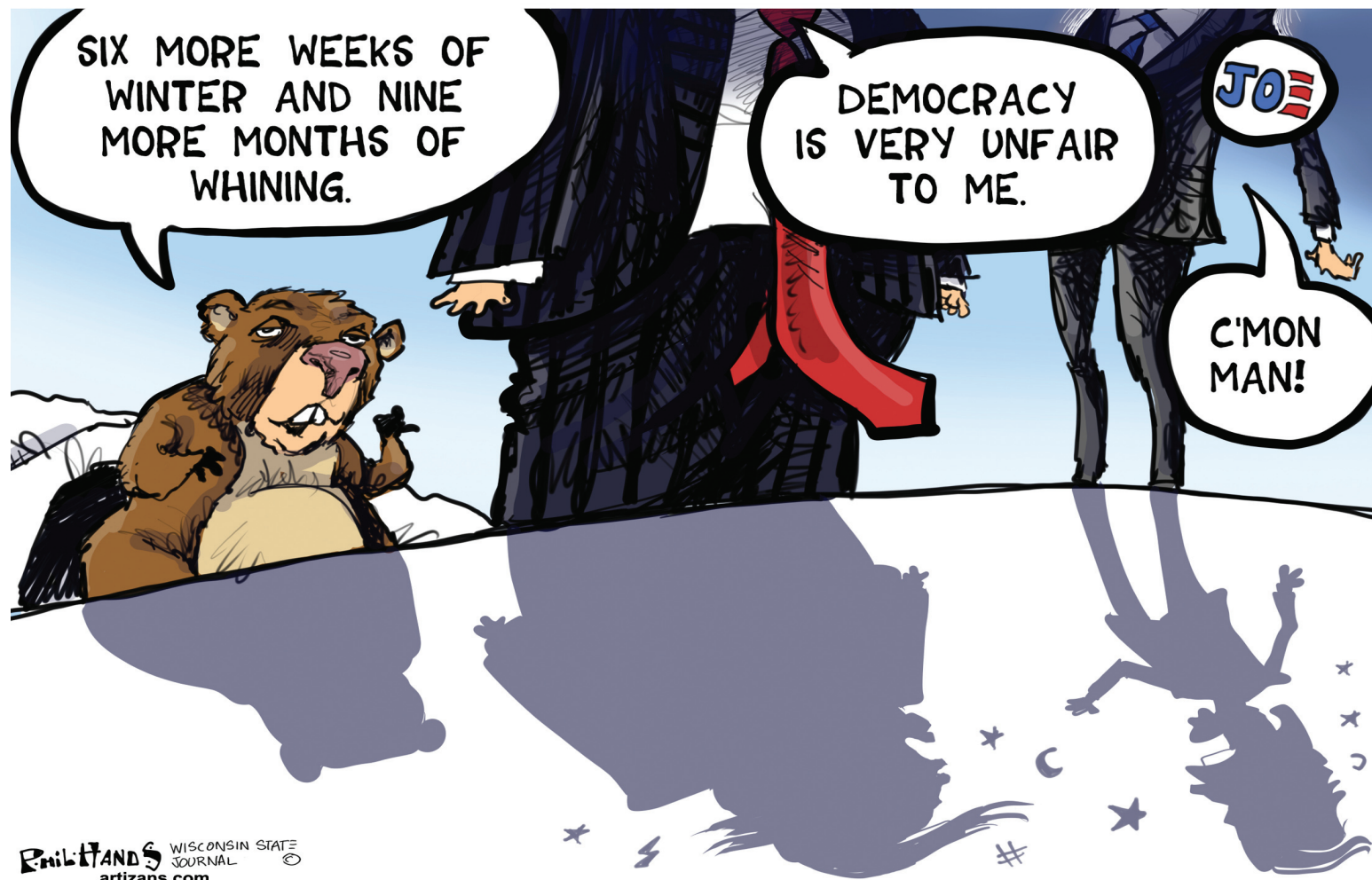
The threat of COVID-19 hasn't disappeared, but things have mostly gone back to normal and festivals south of the border are bigger and better than ever.

Country on the Bay, this year featuring Blake Shelton, fills some of the gap, and Wake the Giant, a one-day event that brought Deadmau5 and X-Ambassadors to Thunder Bay, fills another.

But there's still room for a three-day event in July or August that appeals to the broader rock crowd and plenty of acts who could fit the bill and the budget.

Promoting a three-day festival comes with risks, financial and otherwise.

Hearing people say, 'How do you top Bryan Adams?' feels a bit like a cop-out. Give us some Sloan, or Broken Social Scene, please!



Pateman WISCONSIN STATE JOURNAL
artizans.com

Keegan's Antarctica resurfaces with success

Antarctica, by Claire Keegan, is a collection of short stories that was first published in 1999. It has been republished after Keegan's success with her novella *Small Things Like These*.

Still, here really is an exciting first book of deliberate, contemplative short stories. In Claire Keegan's first titular story, *Antarctica*, a married woman travels to town, over-confident of her equality and bent on adultery. She picks up a poor, orphaned man and, starry-eyed, relishes delightful hours with him before winding up handcuffed in his flat. The collection ends with a distracted mother treating her husband to a bizarre broth of their missing daughter's photographs. Murders, betrayals, orphaned children, madness, suicides are just some of the themes



John Pateman
BOOK BANTER

in between.

Confidently rooted in today's global provincialism, the stories explore mostly rural family life, whether in Ireland, the US or Britain. In several, an irrepressible, imaginative girl looks with curiosity on the range of human nature and the quirks of fate. There are a few too many Virgin Marys, Sister Emmanuels and 'Glory Be's for my taste. Life rarely grows over-familiar, what with troublesome knitting machines, patched wellingtons, artificial hips, traumatised chickens and bewildered sheep in the back seat of the family Volkswagen.

Keegan writes other stories in an American idiom which sounds natural and faultless to my ear.

Whatever the region, she offers whole swaths of experience of it: its offbeat characters,

crackling dialogue, rituals, secrets, seasons. She has Eudora Welty's sense of place where feelings are bound up.

The sure narrative pace of Joyce Carol Oates, Alison Lurie or Rose Tremain is matched here in Keegan's most conventional short stories. In 'The Ginger Rogers Sermon', a spontaneous schoolgirl seduces her father's farm hand, Slapper Jim, and alone remains innocent of the consequences while the family dance a jig in the parlour. Her jaunty voice produces poignant effect. This and 'Men and Women', a colourful, melancholy study of family idiocy, must be among the finest contemporary stories written recently in English.

Other pieces luxuriate in stasis and their elements hang loose. A girl merely decides to jilt a guy. Two sisters recall being dandled on the knees of the serial killer Fred West, and their postman delivers fish and hanky-panky.

The aesthetic here is always the appeal to the palpability of language itself. Suggestions of Heaney and Frost travel through the prose. Keegan might be said to subvert a conventional male expectation of linear logic extended to climax.

Keegan is on the surest ground when she writes about Ireland, its land and people. My personal favorite is 'The Burning Palms' because it references my people, the Gypsies:

'His grandmother was a Gypsy woman once, but settled here when the boy's mother was born. Before that she travelled Ireland collecting scrap with her husband.'

But there is no modernist alienation, no women's stance. Post-feminist women spontaneously play traditional roles one moment, dominate the next and the femininity is as fresh, unselfconscious and natural as the voice is original.

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Risky play can be good for kids

By JR Shermack – Special to TB Source

At the risk of offending risk-averse Canadians I am saddened and dismayed by the continued demise of the snowball and many other exhilarating playground activities.

Snowballs have become unacceptable on Canadian playgrounds but it is difficult to reconcile the fun I had as a kid with the current calls to eliminate risk.

There is no denying that throwing snowballs can become risky and harmful but this is true of many other games and sports that kids enjoy playing, often using their own rules.

But regardless of the unlimited fun and the proven benefits of risky, unstructured play, the risk of even a minor injury is making playground watchdogs very nervous.

Specifically, snowballs have been demonized alongside rocks and arrows and outlawed as dangerous weapons in the hands of children.

One municipality made it illegal to “throw or shoot any object, arrow, stone, snowball or other missile or projectile...in any park, playground or other public space within the city.”

The making and throwing of snowballs is frowned upon in many locations but this is about more than just snowballs.

As part of a decades-long campaign to elimi-

nate playground risk the city of Toronto has also banned tobogganing on 45 hills it has deemed too dangerous for sledding.

The on-going crusade to shield children from risk has led to other playtime bans including running, climbing, holding sticks or dirt and any form of rough play or spirited play.

Even if it is well-intentioned, eliminating risk is a futile endeavor – there is no such thing as a risk-free life and specifically, there is no such thing as a risk-free playground.

And while we all want to protect kids from harm there is no such thing as risk-free play because kids have a knack for pushing their limits and boundaries.

That is a good thing because research has shown that the opportunity to confront and manage risk on the playground is an important learning opportunity.

According to the Canadian Pediatric Society, outdoor free play for kids – risky play in particular – is a key component of healthy childhood development.

Risky play is defined as “thrilling and exciting free play...that involves the possibility of physical injury.”

No need to be alarmed – risky play includes such childhood activities as climbing, jumping,



Snowball fights are a time-honoured tradition for kids.

bicycling very fast, using tools with an adult or supervised play near fire or water.

It does not include ignoring approved safety measures, leaving children unsupervised in

hazardous situations or pushing children beyond their comfort level.

There will be bumps, bruises and scrapes (hopefully nothing more serious) but kids will be more active, more confident and more able to recognize and manage risk on their own.

Research also shows that risky playground shenanigans lead to improved physical health, lower stress and anxiety and a feeling of social/emotional well-being.

There is a lot to be gained just by throwing a few snowballs or, if that is not allowed, there are thousands of other risky play possibilities in any playground or jungle gym.

It is impossible to eliminate all risk from the lives of our children but we can give them the skills to recognize, assess and manage risky situations.

Even the Canadian Red Cross gives cautious approval to friendly snowball fights provided they are made with soft, fresh snow and everybody plays fair.

As for me, I still throw snowballs at the shed wall and the rain barrel in the backyard – I even allow my grandkids to share this guilty pleasure, cautiously of course.

Nobody wants to see children harmed but often the best thing we can do is allow kids to experience risk for themselves.

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The Bay

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Please include details about the event, including any cost

February 9

Thunderwolves Hockey

The Lakehead Thunderwolves control most of their playoff destiny. A regulation or overtime win against the Nipissing Lakers on Friday night will guarantee a spot in the first round of the OUA post-season.

A loss could mean they'll be forced into a play-in game, tentatively scheduled for Super Bowl Sunday on the OUA website, which would also be against Nipissing.

A win with some help could vault the T-Wolves into fourth place in their division.

Game time is 7 p.m. at Fort William Gardens.

February 9

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You're invited to get swept away by a truly incredible new addition to the TBSO, principal flute, Liesel Deppe performing Vivaldi's Piccolo Concerto in C Major.

We are pleased to be able to introduce you to her with this delightful performance.

On top of that, we get to hear a Baroque-inspired contemporary jewel, “Baroque Melting” by Vivian Fung. And it doesn't stop there! Conducted by James Sommerville and featuring pieces by Purcell, Gluck, and Rebel, this concert promises to be a wild emotional ride – and a good time!

The concert takes place on Friday night at St. Paul's United Church.

February 14

Snowed in Comedy Tour

The Snowed in Comedy Tour has turned into a Canadian success story, celebrating its fifteenth year. It has now grown to become the biggest comedy tour in Canada.

In a market still dominated by American acts, with American TV credits, a small Canadian comedy tour has managed to succeed.

Like the Tragically Hip they have done it by touring and making more and more people laugh, year after year.

The tour has now performed in Australia, The US, France, and Switzerland. The tour has received numerous standing ovations.

Four international comedians come together to create one amazing show with each bringing a unique and hilarious take providing something for everyone.

Just for Laughs winner Dan Quinn is joined by the Great Canadian Laugh Off winner, Paul Myrehaug and 6 time Canadian Comedian of the year nominee, Pete Zedlacher. They are proud to announce that Erica Sigurdson with over 70 appearances on the Debaters, will be joining them.

The show takes place on Valentine's Day at the Thunder Bay Community Auditorium.

Tickets are available at Ticketmaster.ca.



Marcus Powlowski, MP
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In Thunder Bay-Rainy River
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(807) 625-1160



Emergency support for FNs

By Leith Dunick – TB Source

Tragedy continues to strike First Nations across Ontario's North.

Since Dec. 18, Keewatinook Okimakanak's NAN Hope program has responded to a growing number of crises, including four substance use poisonings that led to deaths, four sudden or unexpected deaths, six suicides involving people under 30 including three 12-year-olds, one confirmed homicide, three missing persons, a motor vehicle collision that left one person dead and one fatal house fire.

That's in the last seven weeks alone.

Armanda Parkinson, KO's director of health, the organization that provides the community-driven NAN Hope program, said she's seen a significant rise in crises in Nishnawbe Aski Nation communities over the past seven or eight years.

"The crisis response is essential to our remote communities, especially. NAN Hope is a supplementary service, so without there being more resources, more infrastructure and people in the communities to support some of those allied professionals, there's always going to be an increase in crises."

The province on Monday announced more

than \$2.6 million in spending to help alleviate the enormity of the mental health crises, including \$1 million for KO, \$623,500 for NAN mental health supports in First Nation schools located in Thunder Bay - a response to the Seven Youth Inquest, and \$500,000 for NAN to purchase vehicles to further enable mobile crisis response teams.

The money is important, especially in the moment, but Parkinson said the provincial and federal governments can still do more.

"We definitely need a commitment for ongoing funding. This funding here today is an amazing announcement and we greatly appreciate the support, but definitely having an agreement where we have continued, lasting funding, is when we're able to build programs and have continued support for our people in NAN territory," Parkinson said.

Having boots on the ground in the community is also important, she added.

The Minister of Indigenous Services, Greg Rickford, said there are other medium- and long-term resources in the works, but it was important to address the current issues. Discussions with NAN leadership will continue, Rickford promised.

"These resources were identified as recently



Indigenous Affairs Minister Greg Rickford and Armanda Parkinson, director health at Keewatinook Okimakanak.

as a month or so ago. Budgets are wrapping up and we were looking across ministries to try to understand what resources could be targeted to address some of the acute chal-

lenges that some NAN communities are facing and NAN itself, in terms of the capacity," said Rickford, who was hoping weather would permit him on Monday to fly to Eabametoong First Nation, a community whose school burnt to the ground last month.

Associate Minister of Mental Health and Addictions Michael Tibolo was also on hand and said the province is working directly with Indigenous leadership to determine what needs are the most pressing at the present time in order to fill as many of the gaps as possible.

"One of the things we're working on is developing youth wellness hubs around the province, but also specifically in Indigenous communities," Tibolo said, adding they've opened 400 new treatment beds, providing 7,000 treatment spots around Ontario, 54 per cent of which are in Northern Ontario.

The goal is to provide services as close to home as possible, while reducing stress on larger centres like Toronto and Thunder Bay.

"We're working with Indigenous communities, collaborating to build a system that's based on their needs, specifically taking into consideration things like land-based healing, water-based healing, to ensure the services being provided are culturally appropriate."

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A gaping hole was left in the wall of a Safeway store on Dawson Road after a late-night crash on Saturday. (Leith Dunick)

Woman charged in crash

By Gary Rinne – TB Source

A Thunder Bay woman has been charged with impaired driving in connection with a collision at the Dawson Road Safeway store on Friday night.

A pickup truck smashed through the wall of the store just after 11pm, leaving a gaping hole.

Responding police officers said they

observed signs of impairment in the driver, who was taken to hospital for assessment and treatment of undisclosed injuries.

Further testing determined she was impaired by alcohol.

The 32-year-old will appear in court at a later date.

Police said it was one of four impaired driving cases they dealt with between Friday and Monday morning.

Nutritional myths need examination

Last week we discussed some major nutrition myths and while I was researching, I found way more than I was planning on, so in hopes of helping some people with their goals, we are going to examine a few more.

Some myths contain a grain of truth. Studies have associated excess salt with hypertension (high blood pressure), kidney damage, and an increased risk of cognitive decline.

However, salt (sodium) is an essential mineral; its consumption is critical to your health. The problem occurs when you consume too much sodium and too little potassium. Another issue is the source of all that salt.

The average North American eats an incredible amount of salty processed foods — which means that people who consume a lot of salt tend to consume a lot of foods that are generally unhealthy.

That makes it hard to tease apart sodium's effects from overall dietary effects. Except for individuals with salt-sensitive hypertension, the evidence in support of low sodium intakes is less conclusive than most people imagine.

To simplify it for everyone, both very high and very low intakes are associated with cardiovascular disease, so again, moderate and moderated consumption is key.

Delicious, delicious bread has taken a beating over the past few years (especially white bread). Bread detractors generally make two arguments against its consumption. (Insert spongebob meme here): bread will make you fat, and bread contains lots of gluten, which is bad for you.

Let's be clear, bread will not inherently make you fat, but it tends to be dense in calories and is therefore easy to overeat.

And of course, most people eat bread with other high-calorie foods, such as butter, peanut butter, jam, or honey.

This can lead to a caloric surplus and thus to weight gain over time. Moreover, while bread can be part of a healthful diet, a bread-centric diet can crowd out more nutrient-rich foods, notably fruits and vegetables. Also, some people choose to avoid bread entirely because of its gluten content.

Gluten critics claim that any amount of gluten (a protein, ironically, and not a carb) is a danger to all. While "all" is an exaggeration, it is indeed possible to suffer from



Bread is delicious, but has nutritional drawbacks. (iStock)

non-celiac gluten sensitivity.

High fructose corn syrup (HFCS) is a blend of glucose and fructose commonly used to sweeten food products. Early evidence led to the belief that fructose could cause fatty-liver disease, as well as insulin resistance and obesity.

By extension, HFCS is frequently said to be unhealthy because it is high in fructose.

The reality is that there isn't always more fructose in HFCS than in sugar. Liquid HFCS has a fructose content of 42 per cent to 55 per cent. Sucrose, also known as table sugar, is 50% fructose.

The difference (-8 per cent to +5 per cent) is too slight to matter. HFCS and table sugar are very similar from a health perspective. Although HFCS may sometimes contain more fructose, the difference is negligible.

So again, here's a few more nutritional boogeymen we have exorcised. Like all things and I have said this multiple times, eating a moderated amount of foods and decreasing caloric intake will give you results you desire.

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.



Derek Lankinen
Here's Cooking at You Kid

Conservatory to close

By Gary Rinne - TB Source

If you've been considering a visit to the Centennial Botanical Conservatory this winter, you may want to plan a trip this week.

After Friday, Feb. 9, the popular attraction on Dease Street will close for a protracted period to facilitate the next stage of a multi-million-dollar renewal.

City officials are planning for the likely awarding of a contract, but the bids won't be open until later this month.

If the work does go ahead, "at the end of the project, the entire facility is going to look basically new," said Cory Halvorsen, manager of parks and open spaces for the City of Thunder Bay, on Monday.

In an earlier stage, three greenhouse structures were replaced, and an annex to the conservatory was expanded.

This phase of the multi-year transformation of the site will see the public area of the conservatory rebuilt.

"It's the conservatory facility that everyone is familiar with visiting. So, the main tropical display area where you have the waterfall and the walking bridge that goes over it as well as the east and west wing - that's the main part that people will notice," Halvorsen said.

The mechanical, electrical and HVAC

systems will be upgraded as well, and renovations are planned for the original back-of-house building.

As of last year, the cost of the entire project was an estimated \$7.5 to \$8.0 million, up considerably from a 2020 estimate of less than \$5 million.

"This project has been transpiring through a unique time where we've seen some escalated costs due to supply chain issues and other construction-related impacts," Halvorsen said.

"But I think we've been putting estimated budgets forward that try to account for those as best as possible. Hopefully everything is still in line as we receive the bids."

The city has secured about \$3.7 million in federal and provincial funding to help pay for the project, but final costs won't be known until bids for this stage are opened later this month.

"I don't want to preemptively state that the project is going ahead," Halvorsen said.

"It's planned to. It's out to tender right now. . . We can't wait for the tender award to do the closure because at this time of year, in addition to the standard maintenance that we do in the tropical display, we will be starting our production cycle for all the plants and flowers in the parks as well."

“A building is just a building, it takes the people inside to make it a home. He thought of this as his home.”

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Fishing for free

In the province of Ontario, we are treated to something called "Free Family Fishing" four times each year. In 2024, these opportunities include the upcoming three-day Family Day weekend, as well as Mother's Day weekend in May, Father's Day weekend in June, and a full 9 days in the summer, which coincides with National Fishing Week June 30 to July 7, 2024.

During these four time periods, you do not need to buy a fishing licence to try the sport of fishing.

By having these free fishing opportunities, one of the potential barriers to discovering fishing is removed. By not having to purchase a licence during free fishing times, new anglers can discover the sport and learn about the value of our recreational fishery as well as the importance of keeping it healthy for future generations.

Anyone taking advantage of the free fishing opportunities in Ontario must still check the regulations (available at Ontario.ca) and be sure to obey size limits and restrictions while also avoiding the many designated fish sanctuaries on certain sections of our rivers and lakes.

It is also important to know that anyone fishing without a valid licence during the free fishing periods must follow the conservation licence catch limits as opposed to the sport fishing licence limits.

This means, for someone looking to harvest fish in our Fisheries Management Zone 6, the limit is two walleye instead of four and zero

rainbow trout instead of the usual one fish limit. Fishing a stocked lake for brook trout or splake, or fishing for salmon on Lake Superior would mean two fish instead of the usual five.

Finally, all you need to carry to enjoy the free fishing periods, in addition to a fishing rod and some lures, is an identification card issued by the provincial or federal government, showing your name and date of birth.

Chances are pretty good that many new anglers will enjoy the fishing experience, even

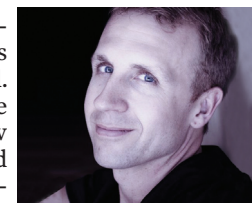
if they are not lucky enough to catch a fish, and then want to continue experiencing the joy that fishing brings beyond the free fishing periods.

In this case, the next step is to apply for an Ontario Outdoors Card and a fishing licence.

An Outdoors Card is a plastic, wallet-sized card that is valid for three calendar years and features a licence summary printed on the

back. Purchasing a card and licence is easy at huntandfishontario.com and I like to purchase my fishing licences, as well as my small game hunting permits, for three years at a time to further simplify the renewal process.

Individuals with treaty rights, certain disabilities, members of the Canadian Forces, and those aged under 18 or 65 and older do not require an Outdoors Card to fish at any time. Instead, they can carry a licence, permit, certificate or identification card issued by a federal, provincial or territorial government of Canada that indicates their name and date of birth and use that as a fishing licence.



Keith Ailey
the GOOD LIFE

Stargazing into the night sky

For Christmas my son, Doug, gave me a telescope.

Wow!

I'd wanted one for some time but couldn't afford it.

But being a procrastinator, it wasn't until this past Saturday that I unpacked it and put it together. Also, many nights were too cold to take it outside even if I'd assembled it earlier.

When the night sky is clear, we see all kinds of stars.

We see even more when I turn out the outside lights.

Since we live in the country away from city lights, our view of Orion, the Big Dipper, etc. is wonderful. But very cold night temperatures at this time of year seem to correspond to clear skies so I wait.

A couple of years ago, Harvey, a friend who is a paid-up member of the Royal Canadian Astronomy Society (at least I think that is what it is called...) came to Casa Jones with his telescope, a much larger version of what I have.

Afterall, he is a serious star watcher.

It was summer, a warm night, and the heavens were revealed with the Milky Way stretched across the sky above us.

If I remember correctly, there was no wind and the mosquitoes loved that we were outside. It called for applications of Deet.

After Harvey set up the telescope, we each took turns peering through the device and lo-and-behold!

There was Saturn, rings and all!

He then fixed the telescope on Mars and again there was the red planet looking angry.

The best musical interpretation of Mars is in the *Planets Suite* by Gustav Holst wherein he composed pieces for all of the planets in our solar system.) I was impressed.

And again when the sky is clear, and usually returning from the barn after feeding the horses late-night hay, I look up.

If I am ambitious, I head to the house and turn out the outside lights and then head back outside for a good look.

Orion is unmistakable; the Big Dipper is to the north and as I was taught by a friend, Bob Christie, former dean of the outdoor rec department at LU, you draw a line from the edge of the dipper and the next shining thing

you see is Polaris, the north star.

Interestingly one would expect Polaris to be shining bright, but it doesn't.

Sunday night Doug and I were going to take the telescope outside as the temperature wasn't as cold as previous nights.

The day had been sunny and bright and very warm with a high out here of plus 8. Doug was keen on seeing Mars.

Alas, by 6:30 p.m., the clouds had moved in covering any stars and/or planets we wished to see. Ratz! Oh well, next time.

My wife, Laura, and I ventured out on snowshoes in the afternoon when it was sunny and bright (as I mentioned).

I had tried earlier in the week to take the dogs for an afternoon jaunt without strapping on the snowshoes.

I naively figured that if I walked on the snowshoe trail that I had previously made, walking wouldn't be a slog.

Hah!

It was. Every time I took a step thinking that the crust made by the snowshoe was thick enough to support my weight, down my feet

went with a thud.

But I didn't want to turn back, so on I tramped following the exact trail.

It was a foolish endurance ordeal. Of course, the dogs had a great time dashing hither and thither along the trail and through the woods oblivious of me gritting my teeth with every step.

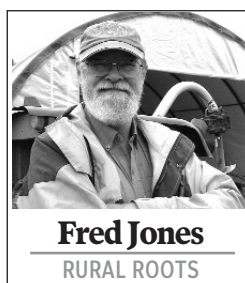
So, Sunday, we strapped on the snowshoes and off we went and the trek was a joy especially since I had 'me gal' with me (and the pooches, of course).

Laura, the Wise One in this duo, posited that if we had snowshoed this trail four or five times then perhaps I would be able to walk without every step jarring my spine.

But probably not: if the temperature is going to rise from minus 12 or 13 or whatever below zero, to well above, then maybe even repeated snowshoe treks would not create a hard enough surface upon which to trod.

We have kept the snowshoes at the ready.

I hope to report, in the not-too-distant-future on a successful viewing of the night sky through my new telescope and give you the answer as to why Doug wanted so dearly to spy on the Red Planet.



Fred Jones
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Harrowing tale of hope, survival

Our pursuit of titles with Oscar nominations continues with *Society of the Snow* (Netflix), Spain's nominee for Best International Film.

This true story is familiar: chartered plane 571 heading to Chile bearing members of a rugby team from Uruguay along with family and friends crashes in the Andes in October 1972. Only 29 of the 45 passengers survive the crash.

This story is preceded by 1993's *Alive* featuring an American cast and sundry documentaries. Here, there is a greater sense of verisimilitude with a Spanish cast. This version is based on Pablo Vierci's 2009 book.

Why go through this nightmare again? This movie achieves suspense on its own terms. Casting and skilled direction create an engrossing, tense story. Ultimately, this is a tale of determination, resourcefulness, courage, heroism and luck overcoming dire odds, mercifully minus melodrama and sensationalism.

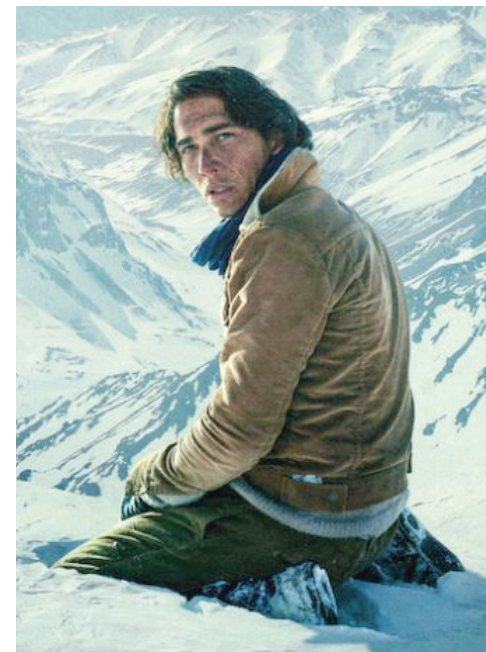
Director J. A. Bayona (*The Impossible*) enables a bit of character familiarity before departure. Their jubilation about their trip to Santiago is shattered when the plane undergoes turbulence and suddenly plunges, with the tail being sheared off. Some passengers are thrown from the torn fuselage. This sequence is stunning.

The plane crashes at the foot of a snowy peak. The shock of death literally sits beside them. The crew is dead. There is barely time for tears as freezing conditions force desperate action. Jackets, sweaters, and other apparel are appropriated by the survivors. The torn fuselage becomes their shelter. Bent metal pieces are used to channel melting snow into bottles.

They are stuck in one of the most desolate places on Earth. As days pass, they are faced with the grimmest threat: starvation.

The cannibalism aspect is handled deftly, minus graphic exploitation. Religious principles, shame and revulsion are grudgingly set aside. Leaders and "know-how" types emerge. They are a remarkably cooperative bunch. Clashes and tantrums are few. The injured are nobly willing to sacrifice for others.

Interior monologue supplies some narrative progression and characterization. Bits of resourcefulness give them shards of



Society of the Snow can be seen on Netflix.

hope.

A transistor radio is recovered, connecting them with the outside world. Excitement is short lived, however, as news reports announce that rescue efforts will be delayed until the thaw. Over 30 other crashes also remain unrecovered, no survivors.

More passengers gradually succumb. Epitaphs are listed matter-of-factly on-screen as their numbers dwindle.

Bayona stages another very effective action sequence. Momentary camaraderie is jolted by an avalanche hitting them tsunami-like, their fuselage suddenly becoming a snowy coffin. Heads burst through the surface, gasping for air. They dig out.

Small exploring teams bravely seek out civilization. Pedro Luque's cinematography shows their tiny figures and snow trails dwarfed by massive peaks. Though death seems a certainty, one intrepid pair miraculously manages a breakthrough, ending the 72-day ordeal.

The screenplay co-written by Bayona and four others avoids cheap sentimentality. *Society* is definitely a worthwhile watch. Sometimes survival, with a bit of luck and smarts, lies with simply choosing not to die.



Marty Mascarín

MOVIE TALK

Wolves inch closer

By Leith Dunick - TB Source

The Lakehead Thunderwolves inched closer to a playoff berth, with a second straight impressive win over the visiting Windsor Lancers.

The Wolves, who doubled up the Lancers 6-3 on Saturday night, can finish no worse than sixth in the OUA West, and with some help from Windsor in the final week of the OUA men's hockey season, could finish as high as fourth and have home-ice advantage in the post-season.

Lakehead has guaranteed they'll finish no worse than sixth, which would put them in an OUA West-only play-in game against the seventh-place Nipissing Lakers at Fort William Gardens on Super Bowl Sunday.

A win in their regular season finale next Friday nets LU no worse than fifth spot and an automatic playoff berth, and a chance to move up to fourth should Windsor lose one of its final two games.

First they had to take care of business against the Lancers, and that they did.

Nicholas DeGrazia scored a pair of goals and made a Gretzky-like cross-crease pass to Griffen Fox for a shorthanded goal at 12:27 of the third that put the game out of reach once and for all.

"I think it just means we're heading in the right direction," said the rookie DeGrazia, who leads the Thunderwolves with a dozen goals on the season.

"We're kind of heating up, going into the playoffs and that's kind of where you want to be. We're just trying to get some home-ice advantage and hopefully make something happen in the playoffs."

Fox echoed his linemate, saying there's never a better time to get hot than with the playoffs just around the corner.

"The sweep obviously this weekend



Nicholas DeGrazia had two goals and two assists last Saturday in Lakehead's 6-3 win over Windsor.

was huge," he said. "We've just been preaching to try to peak at the right time.

"Our focus right now is kind of just one step at a time, trying to stay in the present. So next weekend we'll be focusing on Nipissing, trying to win that game, and we'll just go from there."

For the second night in a row, Windsor struck first.

Mason Kohn, with LU defender Ed McNeill dropped all over him, took a pass in the slot, spun and fired the puck past Max Wright, who made 25 saves on the night to earn his seventh win of 2023-24.

The lead stood until the final minute of the period, when Liam Whittaker's shot

dribbled past Windsor goaltender Dakota Lund-Cornish, filling in for No. 1 starter Nathan Torchia, serving the second game of a two-game suspension.

Lakehead took the lead for good just 2:15 into the second, when Keighan Gerrie swung around the Windsor net and wrapped the puck in from a sharp angle. DeGrazia unleashed a high, hard bullet late in the period, the power play goal giving the Thunderwolves a 3-1 lead. But the Lancers fought back, Holden Wale matching DeGrazia with a power play goal of his own, launching the puck into the open LU net, with Wright tied up to the side.

ENIGMA™ CRYPTOGRAM

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

"YWA LMZFMQMUPFUA SQ P EPF ML FSY
MF VWPY WA PYYPMFL, CIY BPYWAB
VWPY WA KSFZL YS PYYPMF."
- DPWKMK ZMCBPF

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ACROSS

- 1 Eternity
- 4 Mayan year
- 8 Immediately
- 12 Self
- 13 Geological epoch
- 14 Hereditary factor
- 15 Sphere
- 16 Shoal
- 17 Reliquary
- 18 Wicker basket
- 20 Fair
- 22 Sweetsop
- 25 Indian loam
- 28 Epoch
- 31 Sudan lake
- 33 52 (Rom. numeral)
- 34 Poem
- 35 Ignominy
- 36 Doctrine (suf.)
- 37 Hebrew letter
- 38 Parson bird

DOWN

- 39 Bird house
- 40 Greyfriars' dog
- 42 Yellow ide
- 44 Unusual
- 46 Spear
- 50 Son of lot
- 52 Razor-billed auk
- 55 Bantu language
- 56 Wife of Shakespeare
- 57 Levy
- 58 Article (Fr.)
- 59 Blind in falconry
- 60 Cut
- 61 Dutch commune

ANSWER TO PREVIOUS PUZZLE

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G	A	L	A	D	A	K	E	D	I	T
A	B	E	R	E	S	H	L	E	N	D

DOWN

- 1 Equal
- 2 Monster
- 3 Cribbage term
- 4 Afghan carpet
- 5 One-spot
- 6 Hole-in-one
- 7 Ground-striking golf stroke
- 8 Love feast
- 9 Harem
- 10 Ancient (abbr.)
- 11 Edible seed
- 19 To (Scot.)
- 21 Mother of Brunhilde
- 23 Spoken alphabet letter
- 24 Military headgear
- 26 Scot. island
- 27 Hoarfrost
- 28 Burial place
- 29 Idea (pref.)
- 30 Web
- 32 Cupid
- 35 Bonnyclabber
- 39 Council for Econ. Advisors (abbr.)
- 41 Confusion
- 43 Liquor bottle
- 45 Apiece
- 47 Victory site of Nelson
- 48 Dressed
- 49 Expedite
- 50 But (Sp.)
- 51 Individual
- 53 Pasture
- 54 Civil Service Commission (abbr.)

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T-Wolves control playoff destiny

Thunderwolves hockey fans are getting at least one more game after Friday night's regular season finale.

Thanks to a two-goal, two-assist effort from rookie Nicholas DeGrazia on Saturday night, LU completed a two-game sweep of the Windsor Lancers and are now in all-but complete control of their playoff destiny.

Essentially, if they beat the Nipissing Lakers in regulation or overtime, the Thunderwolves finish no worse than fifth in the OUA West, and a guaranteed spot in the first round.

A loss complicates things, but the worst they could finish in that scenario is sixth, which means they'd host the 6-7 play-in game, against Nipissing, at some point on Sunday.

DeGrazia, playing on a line with Griffen Fox and Tyler Ho, has been nothing short of spectacular in helping LU salvage a playoff appearance, which was starting to look like it might be slipping away after they lost four straight against RMC, Laurier and Guelph.

He's got six points in his last four games and has been the team's strongest player, though Fox could certainly lay claim to that title too.

Don't get me wrong. The team struggles to score and has not fared great on the power play, connecting at an OUA second-worst 12.8 per cent clip.

Defensively, they've given up the sixth-most goals, but Max Wright seems to be settling in to regular work, with Christian Cicigoi sidelined with an ankle injury that's cost him the entire second half.

Defenceman Troy Williams has also had a huge impact.

He's clearly the team's top all-around defenceman these days and contributes at both ends of the ice as he potentially winds down his university hockey career.

Speaking of careers coming to a close, 10 players are set to be honoured on Friday night as graduating seniors, quite a few after just three years in Thunder Bay.

This is a team that could look very different come the fall, if some of the graduates don't re-enroll in other programs between now and then.

Of course, this is Super Bowl week, and by Sunday night, either the Kansas City Chiefs

or the San Francisco 49ers will be crowned champions of the NFL.

I suspect most people think it's the Chiefs game to lose, but I'm going to take the opposite track.

I think this is Brock Purdy's true coming out party. He's got too many weapons and the Niners defence is too strong.

Plus, Christian McCaffrey is better than any player on the field on either team, and potentially a threat to give Terrell Davis a run for his Super Bowl record three touchdowns in a game, which he did against Green Bay 26 years ago.

It's a rarity nowadays, multiple rushing touchdowns in a Super Bowl. It's only been done twice since the 2000s began, Eddie George in 2000 and James White in 2017. McCaffrey will snap that slide in 2024.

It's early in the week, but Team Dubinsky is off to a great start at the Canadian Under-18 Curling Championships in Ottawa, winners of their first two games before falling Monday night to Ontario.

They'll be front and centre during the second week of the Ontario Winter Games, playing for the title on the familiar ice at Fort William Curling Club.



Leith Dunick
SPORTS SHORTS



**LAKEHEAD
UNIVERSITY
THUNDERWOLVES**

2023-2024 SEASON

SEASON SCHEDULE

HOCKEY

OCT 13 & 14TH

WATERLOO WARRIORS

OCT 21ST

ONTARIO TECH RIDGEBACKS

NOV 3 & 4TH

WESTERN MUSTANGS

NOV 24TH

UQTR PATRIOTES

NOV 25TH

MCGILL RED BIRDS

JAN 5TH

QUEEN'S GAELS

JAN 6TH

RMC PALADINS

JAN 12 & 13TH

WILFRED LAURIER

GOLDEN HAWKS

FEB 2 & 3RD

WINDSOR LANCERS

FEB 9TH

NIPISSING LAKERS



**LAKEHEAD
UNIVERSITY
THUNDERWOLVES**

2023-2024 SEASON

SEASON SCHEDULE

BASKETBALL & VOLLEYBALL

MEN AND WOMEN'S BASKETBALL

NOV 10 & 11TH VS. YORK LIONS

NOV 24TH VS. WESTERN MUSTANGS

NOV 25TH VS. WINDSOR LANCERS

JAN 5TH VS. LAURENTIAN VOYAGEURS

JAN 6TH VS. NIPISSING LAKERS

JAN 26 & 27TH VS. BROCK BADGERS

FEB 9TH VS. QUEEN'S GAELS

FEB 10TH VS. ONTARIO TECH RIDGEBACKS

WOMEN'S VOLLEYBALL

NOV 17 & 18TH VS. TORONTO VARSITY BLUES

JAN 12 & 13TH VS. TMU BOLD

JAN 19 & 20TH VS. NIPISSING LAKERS

FEB 2 & 3RD VS. QUEEN'S GAELS

FEB 16 & 17TH VS. RMC PALADINS

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AD RATES \$9⁹⁹
1/2 PRICE* Up to 20 words
Additional words 25¢.
*Must be run in consecutive weeks.
No additions to ads.
Does not apply to Bargain Corner ads.

BARGAIN CORNER ONLY
\$4⁸⁰ Plus HST
15 words max. for items under \$500.
Must contain price.

DEADLINE
Classified Word Ads:
MONDAY @ Noon
Display & Photo Ads:
MONDAY @ Noon

SHOP ON-LINE at
<https://shop.dougallmedia.com/>
CALL US AT 346-2600
Or email:
classifieds@dougallmedia.com

(Leave us a message if we do not answer, and we will return your call)
Our office is temporarily closed to the public due to COVID-19.
Telephone Hours:
Mon.- Fri. 8:30a.m.- 5:00p.m.

REAL ESTATE FOR SALE
01. City
02. Rural Homes
03. Mobile Homes
04. Lots / Acreage
05. Condos
06. Cottages
07. Commercial
08. Investment Property
09. Out of Town
10. Real Estate Wanted

38. Snowmobiles
39. Parts & Repairs

YARD SALES
40. Current River
41. Northward
42. South
43. Westfort
44. Rural

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

FOR RENT
11. Houses
12. Apartments
13. Rooms
14. Room & Board
15. Shared Accommodations
16. Cottages
17. Commercial
18. Storage/Space
19. Wanted
20. Condos
21. Miscellaneous

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

MERCHANDISE FOR SALE
22. Bargain corner
23. Misc.
24. Antiques
25. Music
26. Office Equip.
27. Machinery
28. Pets & Livestock
29. Food
30. Misc. Wanted

EMPLOYMENT
57. Help Wanted
58. Careers
59. Child
60. Health Care
61. Employment Wanted
62. Students For Hire

VEHICLES FOR SALE
31. Cars | 32. Trucks
33. Vans
34. Motorcycles/ATV's
35. Campers/Trailers
36. Motor Homes
37. Marine Equip.

ANNOUNCEMENTS
63. Coming Events
64. Craft & Flea Markets
65. Happy Ads
66. Cards of Thanks
67. In Memoriam
68. Death/Funerals

Thunder Bay's Source reserves the right to classify ads under appropriate headings and to set rates therefore and to determine page locations.

Thunder Bay's Source reserves the right to revise, edit, classify or reject any advertisement and to retain any answers directed to the Box Reply Service, and to repay the Customer the sum paid for the advertisement and box rental.

Box replies on "Hold" instructions not picked up within 10 days of expiry of an advertisement will be destroyed unless mailing instructions are received. Those answering Box Numbers are requested not to send originals of documents to avoid loss.

All claims of errors in advertisements must be received by the Publisher within 3 days after the first publication. No refund if ad is cancelled before expiry date.

Thunder Bay's Source reserves the right to increase prices with 30 days written notice.

22. BARGAIN CORNER
Beach Boys 20 vinyl LPs collection. Asking \$100. Call 807-767-0256

Carl Wilson very rare 1981 solo album vinyl. Asking \$75. Call 807-767-0256

23. MISC. FOR SALE
Dry seasoned firewood. 1 cord \$110 pick up Vibert Road, Rosslyn. 4 cord minimum for \$100/cord and \$40 for delivery. call 807-345-4363

30. MISC. WANTED
Wanted, Firearms, Rifles, Shotguns, Cannons, Military items, single items or entire estates, I have proper permits to purchase. Call 807-627-4764

LEGAL NOTICES
NOTICE TO CREDITORS & OTHERS
In the Estate of Donald Eugene Oja Sr.

All Persons having claims against the Estate of Donald Eugene Oja Sr. late of Nipigon, ON, deceased, who died on or about December 9, 2023, are hereby notified to send particulars of the same to the undersigned on or before March 7, 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 8th day of February, 2024.

JENNIFER OJA and MEGHAN OJA, ESTATE TRUSTEES
c/o ERICKSONS LLP
ATTN: RYAN VENN
Barristers and Solicitors
291 South Court Street
Thunder Bay, ON P7B 2Y1



Clean Out Your Old Items and Find Them a New Home. (and money for you!)
TBSource Classifieds
807.346.2600

LEGAL NOTICES
NOTICE TO CREDITORS & OTHERS
In the Estate of RICHARD KALLE WADE MAKAHANUIK

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
CARREL+Partners LLP
Barristers & Solicitors
1100 Roland Street, Suite 1
THUNDER BAY, Ontario P7B 5M4



Virtual and Live Screenings
Local & International Films and Filmmakers

3RD ANNUAL
SPOTLIGHT ON ACADEMICS
FILM FESTIVAL
FEB 9-12 2024

FREE ADMISSION
Lakehead University
Faculty of Education Auditorium
955 Oliver Road

SPOTLIGHTONACADEMICS.CA

FOR CLASSIFIEDS CALL US AT 346-2600
Or email:
classifieds@dougallmedia.com

A Gift In Loving Memory

Give A Gift In Memory Of A Loved One & Support The Care At St. Joseph's Care Group
www.sjftb.net/memorial
Or Call Us At 807.768.4440

**REUSE
REDUCE
RECYCLE**

HERE'S MY CARD

Dulux Paints
DECORATING CENTRE
784 MEMORIAL AVE.
(807) 344-0784

SAVE \$20
ON DULUX DIAMOND
FEBRUARY 5 - MARCH 3
SEE IN STORE FOR DETAILS

DIAMOND

HERE'S MY CARD

IN-STOCK FLOORING SALE

5MM LVT REG. NOW JUST
\$4.79 \$2.99

WHILE QUANTITIES LAST!
FUSION MINERAL PAINT SOLD HERE

THE ROOF GURU

DON'T LET THE GOOFS ON YOUR ROOF

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

ADVERTISE WITH US
SHARE YOUR BUSINESS CARD, SALES, DISCOUNTS, COUPONS AND MORE!

CONTACT AN ACCOUNT EXECUTIVE TODAY
807.346.2600

PUZZLE ANSWERS

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

EON HAAB ASAP
 EGO ECCA GENE
 ORB REEF ARCA
 CESTA FEPA
 ATES REGUR
 TIME CHAD LIT
 ODE SHAME LISM
 MEM KOKO COTE
 BOBBY ORFE
 RARE LANCE
 MOAB ALCA ILA
 ANNE CESS LAS
 SEEL HACK EDE

ENIGMA SOLUTION: "The Significance of a man is not in what he attains, but rather what he longs to attain"
— Khalil Gibran

Helping You Live
the Life
You Deserve



Sullivan
+ Associates
CLINICAL PSYCHOLOGY

WWW.DRSULLIVAN.CA



fighting mental health stigma together



What does your anxiety do?
It does not empty tomorrow of its
sorrow, but it empties today of
its strength. It does not make you
escape the evil; it makes you
unfit to cope with it if it comes.

Raymond Cramer

