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Canadian Publications Agreement No. 0662445 Vol. 20 No. 8

Thursday, February 23, 2023

FAMILY FUN

Thousands turned out Monday for events at the waterfront /8



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Reid Parsons, 9, tries out ice fishing on Monday during Family Day activities on the Thunder Bay waterfront. Large crowds flocked to the park throughout the day. (Leith Dunick)



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Hydro One is proud to serve northwestern Ontario and be a trusted community partner. As industry and communities continue to grow, so does the need for electricity. To support this growth, we are proposing to build the Waasigan Transmission Line located between Shuniah, Atikokan and Dryden. Once built, the new line will add 350 megawatts of electricity to the region – which is more than two times what it takes to power the City of Thunder Bay.

WE WANT TO HEAR FROM YOU

Hydro One is committed to ongoing, meaningful, and open engagement with residents and communities impacted by the Waasigan Transmission Line Project. Based on feedback received as part of the Environmental Assessment process from Indigenous communities, residents and communities, and data collected for the natural and socio-economic environments, including an initial archaeological assessment, we recently announced the preliminary preferred route. We are committed to ongoing consultation and would like to invite you to a community open house where we will share information, listen, and look at ways we may be able to mitigate or minimize the impacts of the proposed project.

ROUTE SELECTION PROCESS

The preliminary preferred route for the Waasigan Transmission Line was identified based on feedback from Indigenous communities, insight from residents and communities, and data from completed environmental studies. We examined Indigenous community values, natural and socio-economic environments, and technical and cost considerations to ensure the selected preliminary preferred route balances these considerations and reflects the community it's serving.

Your feedback is important and will help inform the draft Environmental Assessment Report being prepared under Ontario's *Environmental Assessment Act* for public review and comment. We look forward to meeting with the community and continuing to hear your comments on the Waasigan Transmission Line Project.

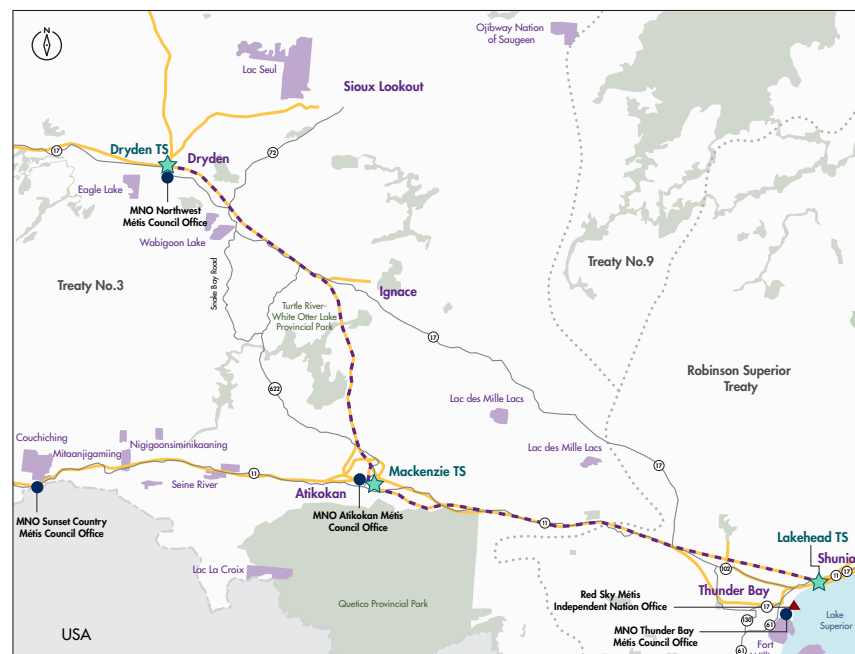


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WAASIGAN TRANSMISSION LINE

Map Legend

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

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Thunder Bay doc does a deep dive

Ryan McMahon project aimed at a national audience

By Ian Kaufman - TB Source

The creator of the new documentary series putting a critical eye on issues of racism and policing in the city says he hopes it will amplify calls for change.

The show — titled Thunder Bay — builds on a Canadaland podcast series of the same name, which explored the deaths of Indigenous youth in the city, and the response of a municipal government and police force beset by scandal.

Ryan McMahon, an Anishinaabe writer and comedian, returns to host the four-part series and also co-wrote, directed and produced.

The first two episodes will be available Friday on Crave, the streaming service owned by Bell Media, with the final two dropping on Feb. 24.

A dramatic trailer has already made waves on social media, drawing condemnation from Thunder Bay Police Service leadership.

McMahon, whose home community is Couchiching First Nation, has what he called a lifelong connection with the city.

“Growing up in Fort Frances, Thunder Bay was the big city for me,” he said. “Anytime we needed school clothes or anything like that, we’d go into the city. I had many family members [here and] I played hockey in the city.”

“I guess I’d say my heart never left ... I always had one eye on Thunder Bay because of what was happening there. Certainly after the inquest into the seven youth deaths and all of the attention it garnered, I couldn’t look away anymore.”

The podcast came out in 2018, two years after the inquest concluded, becoming “a bit of a hit” with millions of downloads globally.

The show delves further into what McMahon calls a “stark divide” between white and Indigenous people in the city, botched investigations into Indigenous deaths, and a “civil war” within the police service.

“While the national media left in 2018, and people stopped paying attention to the Thunder Bay story, things continued to happen there that were troubling and just didn’t add up for me,” he said.

The series features the voices of Indigenous people whose relatives died in the city, advocates, lawyers, and police officers.

Getting leaders on record proved more difficult, he said.

“Nobody wanted to talk to me. That’s fair — you don’t have to talk to a journalist or a documentarian when they come knock on your door. But given the climate in Thunder Bay ... and what had gone on, I think it was really important for the city to answer



Ryan McMahon is the creator of the Thunder Bay documentary.

these questions.”

“If change was coming, if you’re proud of the things you are doing, why wouldn’t you come and sit in the chair and talk to me?” he asked. “They didn’t, and that, I think, speaks volume.”

Police leadership urged officers not to watch the series in emails published by journalist Jon Thompson, who also worked on the show

McMahon said he’s received some more disturbing responses to his work.

“I’ve been sent death threats from inside the city of Thunder Bay. I’m told not to come back, I’m told there are people in the airport that know my face and will send the message across the city that I’m there.”





Still, he said he’s heard more positive feedback from local residents, and called Thunder Bay a “fantastic city” despite its issues.

“I’ve always said this — I’m fighting for this city just the same as anyone else,” he said. “Citizens inside the city itself are desperate for change. I hear this time and time and again. For whatever reason, those in power are resistant to change.”

“Canada writ large is a failed colonial project, and this is what it looks like inside of towns and cities across Canada. Yes, Thunder Bay was the focus of the podcast series, but if I have any empathy or compassion or sympathy for the city and its leadership, it’s that stories like this take place all over the place.”

On the other hand, he said, “these stories and the way Indigenous people die in this city are very particular.”

WEATHER FORECAST

THURSDAY	FRIDAY	SATURDAY	SUNDAY
			
Snow	Partly Cloudy	Snow	Partly Cloudy
Precipitation: 60% HIGH -18 LOW -23	Precipitation: 60% HIGH -12 LOW -19	Precipitation: 40% HIGH -7 LOW -19	Precipitation: 20% HIGH -7 LOW -11

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IN BRIEF

Tax credit rules loosened

By Ian Kaufman – TB Source

Thunder Bay's city council has voted to loosen eligibility rules for the city's property tax and water credit program, removing a rule that barred people whose accounts were in arrears from applying.

The program is open to seniors and people with disabilities living on low incomes.

In a report, city staff said the restriction on those in arrears "has been identified as a barrier" that could prevent those most in need from accessing support.

Over 500 people take advantage of the program, receiving tax credits of \$400 and water credits of \$200.

That amounts to up to a 14 per cent tax reduction, and a 15 to 21 per cent water reduction.

It's a provincially-mandated program, but staff noted it goes beyond the bare-minimum requirements.

Many communities still offer only deferral programs, while Thunder Bay introduced a

credit-based program in 2012, staff said.

That came after low uptake on the deferral program, with fewer than 10 people applying in 2011.

Coun. Andrew Foulds called it one example of the steps the city has taken to support vulnerable residents.

"Councils in the past, and perhaps even the current council, have been labelled at times as being uncaring. This is a 15 per cent discount for seniors and people on disability, where some municipalities just do deferrals," Foulds said.

This is a program that's taking care of north of 500 people... keeping them in their own homes with a substantial discount."

To qualify, seniors must be 65 or older and receive the Guaranteed Income Supplement (GIS), while people with disabilities must receive either the Ontario Disability Support Program (ODSP) or disability support through the Canada Pension Plan.

All applicants must have a total household income of \$41,150 or less to be eligible.

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Feds give \$2.1M for education

Lakehead, Matawa and college share in federal funding

By Leith Dunick - TB Source

A trio of educational institutions in Thunder Bay will share \$2.1 million in federal money for skills training, development and innovation initiatives.

Thunder Bay Superior-North MP Patty Hajdu and Thunder Bay-Atikokan MP Marcus Powlowski, announced the funding for Confederation College, Lakehead University and the Matawa Training and Wellness Centre on Friday, on behalf of the Liberal government.

Matawa will get nearly half of the money, \$1 million, through the Jobs

and Growth Fund, to help with ongoing renovations to the former Dawson Court senior's home.

The organization plans to use the funds to upgrade computer labs, build multi-use training rooms, a resource centre, a client program area and convert a main-floor garage into an apprentice training workshop.

The college plans to use its \$889,975 to support its Evergreen Outdoor classroom projects, a fully accessible outdoor learning site that also has an indoor elders area, medicine gardens, a pathway to the river and a permanent teepee location.

Lakehead University is getting \$233,700 through the Regional Economic Growth Through Innovation Fund, to support its Centre for Healthy Ecosystems and

Environmentally Conscious Economic Development.

Rosemary Moonias, president of the MLC's board of directors, said the money supports the growth of Indigenous people throughout the region. The money couldn't have come at a better time.

"The renovation of this 150,000 square-foot [space] started in 2020. Construction costs have increased, resulting in a greater need for support," Moonias said.

The federal government last summer announced \$13.8 million in unrelated funding for the project.

Kathleen Lynch, president of Confederation College, said the outdoor learning area is an impor-

tant step for her institution to be able to connect to First Nations students, whose enrolment numbers have dropped a few percentage points, to 17 per cent, since the arrival of COVID-19.

"I'm really happy with the support we're receiving today," Lynch said. "It certainly is going to support our Indigenous student population, and all our students enjoy outdoor facilities, period. It's going to create more of a welcoming environment for our Indigenous students, as well as other students who want to learn about Indigenous culture and become more knowledgeable about where we live in Northwestern Ontario."

Hajdu, speaking on behalf of the

government, said the money is about building the capacity of Northern Ontario to ensure the region has the skilled people it needs to grow the economy. Canada's economy is doing well, with high levels of employment, but there are areas that still need work, she said.

"There are pockets of people who are underrepresented, in particular Indigenous people have lower employment rates and lower opportunities for skilled training. Places like Matawa and Confederation College's very thoughtful approach to land-based training and skills development [create] access points, so people can become the teachers, engineers, the skilled trades workers our economy needs. These are wise investments because they [support] growth now and into the future," Hajdu said



PATTY HAJDU

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EDITORIAL

Doc drops

Thunder Bay, Crave TV's new documentary on many of the issues facing the city and its Indigenous population.

While little in the documentary is all that new to the people who call the city home, it's an eye-opener for many across the country who may have turned a blind eye to past coverage.

Most of the stuff in the documentary has been covered locally and nationally, including on APTN and in the *Globe and Mail* and *Toronto Star*.

For the past decade or more, Nishnawbe Aski Nation has been doing everything it can to get national coverage about the situation in Thunder Bay.

Will the documentary accomplish that fully? It's hard to say. Unless the politicians watch and finally realize a solution is needed, they're the ones who control the purse strings.

It's the flavour of the month, but next month the next Joe Exotic or something else will be out, and the attention of Canadians will drift elsewhere.

This is your cue, politicians and city leaders, to strike while the iron is hot to get something done.



Machiavelli's The Prince a 16th century classic

The Prince by Niccolo Machiavelli is my favorite management text book. Others may prefer Charles Handy or Tom Peters but Machiavelli is my go-to guru.

As Machiavelli noted, 'It is far safer to be feared than loved'. This explains why so many workplaces are ruled by fear. The toxic culture ensures the leader stays in power.

The Prince is a 16th century treatise by an Italian diplomat and political theorist and one of the first works of modern political philosophy. But it has timeless and universal relevance and application.

It stood in direct conflict with the prevailing ideas on politics and ethics of its time, expressing a belief that the aims of princes - such as

glory and survival - justify the use of immoral means, and that it is permissible to use force, rather than law, to achieve such ends.

It is a shocking study on the practice of ruling a country and the nature of power. But the same principles can be applied to the management of modern day organizations. Contemporary CEO's can be just as unethical and immoral as medieval Princes.

The first printed edition of *The Prince* appeared in 1532, five years after its author's death. It is his best known work, responsible for bringing into usage

the term 'Machiavellian' and the immorality of this controversial, classic text is a subject of discussion to this day. It should be read by all workers and union executives.

'Machiavellian' describes leaders and managers who manipulate others and circumstances for their own ends. It conveniently encapsulates any number of pejorative adjectives into a single term, such as scheming, cunning, unscrupulous, amoral, duplicitous, deceitful and unethical. In short: someone who is dishonorable - a scoundrel, a cad or a

bounder.

These characters exist in every board room and corridor of power. They lurk in dark corners plotting and scheming and getting ready to make their move. They create openings for themselves by systematically removing anyone who stands in their way.

They manipulate circumstances to ensure a continuance of their rule. They plan ahead, analyse situations and create opportunities to gain and maintain power and ensure their reign is lengthy and uninterrupted.

The Prince is a step-by-step guide to devious management. It asserts that there is no place for sincerity and honesty in organizations if an individual expects to succeed and

make a name for himself.

The Prince gives licence to underhand dealing, economy of truth treachery and spuriousness as part of the management game. It shows how a wilful individual can initially procure or acquire power and then increase and expand on that power.

It is the implementation of diplomacy, flattery and bribery, sprinkled with charisma and charm, that enables the individual to ensconce himself in a position of lasting power and control.

It doesn't matter if the individual lacks the skills, knowledge, experience and qualifications to do the job. All that matters is that he has got into a position of power 'by wicked and unjustifiable means'.



John Pateman
BOOK BANTER

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Importance of books and boats

By JR Shermack

Two local icons dating back more than a century, both with historical significance and broad public interest, have been used against each other in a political analogy.

The partial sinking of the *James Whalen* in May, 2022 might not be as dramatic as the wreck of the *Edmund Fitzgerald* in 1975 but this tugboat was one of the ancient icons mentioned.

There must have been a groundswell of support for the sunken tug because only months later the city spent \$800,000 to raise it from its watery grave a few feet down in the Kam River mud.

That amount was used as a talking point during Thunder Bay's 2023 budget deliberations when the cost of raising the *Whalen* was compared to serious cuts in local library budgets.

The point being (with all due respect to the local tug lobby)

funding for the Thunder Bay Public Library (TBPL) deserves at least as much consideration as a rusty, old, out-of-use tugboat.

Especially since the library also boasts a passionate groundswell of public support for continued funding and access to a cherished community resource.

So which do you like better, books or boats?

Keep in mind that the library has many books about boats, but by the same token many sunken boats also have tales of their own to tell.

It's hard to say how much that analogy swayed the opinions of city councillors but in the end they decided that the public library would not be allowed to partially sink.

At least for now – a last minute proposal to cut \$100,000 from the Library's operating budget was defeated with support from eight councillors and the mayor.

There was a collective sigh of

relief across the city although it may have been hard to hear because the voices of those most affected are often the last to be recognized.

James Whalen devotees have nothing to worry about - the tug sits atop a concrete pier at Paterson dock, not submerged but definitely not afloat either.

The tug was built in 1905 and after decades of service as a tugboat and an ice breaker it escaped being scrapped in 1977, only to be purchased by Tourism Thunder Bay in 1992.

It had been moored, empty at the Kam River Heritage Park since then until its partial sinking in 2022 (for the second time) when it was rescued and towed up river.

There it remains to face an uncertain future.

The Brodie Resource Library opened its doors in 1912 under the leadership of Mary J. L. Black and was considered to be one of the "finest libraries in Ontario".

The Mary J. L. Black Westfort branch opened in 1938 followed by

the Port Arthur Public Library in 1951 – there have been changes in names and locations over the years.

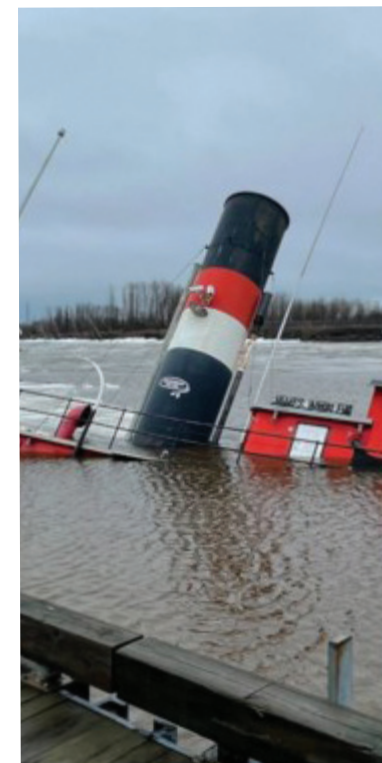
After more than a century of providing community service the Thunder Bay Public library remains afloat and has never sunk, thanks to the continued support of the community.

Perhaps councillors were swayed in their decision by the many calls and e-mails they received or the interesting results from the 2023 budget consultation survey.

Regardless, city council's ultimate decision created a lot of good will.

The boat/books analogy may not be appropriate – the *James Whalen* represents our historical past while the TBPL not only links us to our past but also guides us toward the future.

In the end everybody got what they wanted – the tug is high and dry awaiting its ultimate fate on the bank of the Kam River and it appears the TBPL still has some



The James Whalen tug sank last May.

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The Bay

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Feb. 24/25 Thunderwolves Hockey

Lakehead will tangle with Toronto in Game 2, and if necessary, Game 3, at Fort William Gardens this weekend.

The Varsity Blues are fresh off a three-game win over Toronto Metropolitan and both teams are looking to advance to Game 2 of the OUA men's hockey playoffs.

Game time both nights is scheduled for 7 p.m. and tickets are available at the Gardens' box office.

Feb. 24 Just Waylon

The Royal Canadian League Branch 5 welcomes Just Waylon on Friday night. Live music and plenty of fun will be had by all who attend this concert.

Tickets are \$5 at the door and the event runs from 8 p.m. to 11 p.m.

The Legion is located at 229 Van Norman Street

March 1-5, 8-11 Little Women

Cambrian Players is proud to present *Little Women*, directed by Rachel Warburton and Jim Hobson.

Under the guidance of their beloved mother, the four young March sisters – tempestuous Jo, motherly Meg, shy Beth, and spoiled baby Amy – struggle to keep their family going while Father's away in the Civil War. In this beautifully dramatized adaptation of the classic novel, even as privation, illness, and sibling rivalry cast their shadows, each girl strives to find her true self.

Little Women runs from March 1 to March 5 and March 8 to March 11 at the Cambrian Players at 818 Spring St.

Tickets are \$20 for seniors/students and \$25 for general admission. Get your ticket today on Eventbrite.

February 25 Coldest Night of the Year

Coldest Night of the year will be held Saturday Feb. 25, in support of

Grace Place.

Register your team now and start raising pledges. The team who earns the most money wins a sleigh ride at Gammondale Farm while second place team members will win a \$25 gift card from Canadian Tire.

The top individual fundraiser will win a 55-inch TV.

Top under 18 fundraiser will also win a cool prize. Staggered start times with a chili takeout meal at the finish line. For more details visit <https://cnoy.org/location/thunderbay>.

February 26 Steve Bell Concert

Welcome Juno award winning singer-songwriter Steve Bell back to Thunder Bay for an evening of contemporary inspirational music and storytelling in the welcoming confines of Hilldale Lutheran Church.

Advance tickets at (\$25) may be purchased online at <https://stevebell.com/events>; or in-person.

HOW TO WRITE TO US:

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

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

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THIS WEEK'S POLL QUESTION:

Do you intend to watch the *Crave* documentary, *Thunder Bay*?

TOTAL VOTES: 2,096

YES
35.54%

NO
55.25%

DON'T KNOW
9.21%

Family Day popular at waterfront

By Leith Dunick - TB Source

The Family Day freeze didn't stop hundreds of people from enjoying day-long activities at Prince Arthur's Landing.

Hordes of residents, enjoying the final day of the February long weekend, made their way to the park to try their hand at ice fishing and crafts, skating at the Marina Park ice pad and looking at the intricately carved snow sculptures depicting city landmarks such as the Thunder Bay Main Lighthouse and the Pagoda building.

Nine-year-old Reid Parsons said he loves to fish, but it's more of a summertime activity for him and his family.

Monday was a great chance to give it a go, all bundled up to keep the chill out.

"It's fun. I like going ice-fishing. I don't get to go much, so I like this," the youngster said, his mom watching closely by.

Paul Moralee spent much of the



Paul Moralee helped build the Thunder Bay Main Lighthouse snow sculpture over the weekend at Marina Park. (Leith Dunick)

weekend helping construct one of the snow sculptures, the aforementioned Thunder Bay Main Lighthouse, which shouldn't come

as much of a surprise, given he's the managing director of the Canadian Lighthouses of Lake Superior.

"It's been a real joy to build this

structure. It took two of us 40 hours to build and what's been really great and delightful is we get to talk to a lot of people and it's about

community health, it's about bringing people together and having conversations," Moralee said.

"When we started this, we thought it was going to be lots of hard work, but we met lots of great people and met people from around the world. They just love what we're doing and we just love what we're doing because we're bringing people together."

The Family Day celebration, which continues at Marina Park until 5 p.m., is a fun way for families to spend time outdoors in the winter, said Louisa Costanzo, supervisor of cultural development, community programming and events for the City of Thunder Bay.

She said she was thrilled to see so many people out and about on Monday.

"It's wonderful to see everyone out. They're all through the park, it's just great to have people come out in the wintertime. There's so much stuff to do," she said.

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Till heart-wrenching

Till (Shaw VOD) is the heart wrenching film based on the story of 14-year-old Emmett Till, a Black youth brutally murdered in Mississippi in the mid-1950s, whose death impacts the civil rights movement in the U.S.

While this is difficult subject matter, the story is brilliantly rendered by director/co-writer Chinonye Chukwu. Though she does not shy away from the story's grisly aspects, Chukwu demonstrates restraint, buoyed by a tremendous performance by Danielle Deadwyler as Mamie Till, Emmett's mom, who determinedly seeks justice for her son's murder. The story is told through her eyes.

Jalyn Hall as Emmett is seen only briefly, yet his character resonates as a happy, exuberant if naïve teen, closely bonded with his widowed mom in Chicago, (dad died in service overseas) looking forward to a first-time visit with his cousins in Mississippi.

Mamie has misgivings about Emmett's trip. Grandmum (Whoopi Goldberg) encourages, saying he'll be safe with his cousins. Mamie still exhaustively coaches Emmett about avoiding the slightest provocation with white people.

But during a visit with his cousins to a general store, Emmett first compliments the white clerk Carolyn Bryant (Haley Bennett) then at the doorway, he whistles at her admiringly, a fateful gesture. Bryant responds by drawing a shotgun at their hastily departing vehicle.

Sometime later in the dead of night, armed, faceless men forcibly take Emmett away from his uncle's home, a scary scene illuminated only by flashlights. His bloated mutilated body is recovered in the Tallahatchie River.

For the funeral, Mamie chooses to have an open casket for Emmett, to starkly show what lynching looks like,



Danielle Deadwyler plays Mamie Till, mother of murdered teen Emmett Till.

sparking controversy. Her motives are questioned, seen by naysayers as an NAACP gambit. This makes headlines, generating ripples in the civil rights movement.

Racism is palpable throughout the trial. Mamie testifies, choosing her words carefully. Bryant, meanwhile, gives an entirely different account of what transpired in the store. Justice is not cut and dried.

Whatever the outcome, the southern Blacks fear retribution

Perpetrators Roy Bryant and JW Milam go free after only an hour deliberation by an all-white jury.

Deadwyler's brilliant portrayal takes us through Mamie's evolution from fretful to grieving mom—emitting

harrowing pain while receiving the casket of her only child at the train station—to activist. Mamie otherwise conducts herself with quiet dignity. An educated woman, she transforms her grief into activism.

The film is understated, deliberately paced, beautifully staged.

There is a curious lack of follow-up to the perpetrators' admission of guilt in a subsequent *Look* magazine interview. Still, there is a wisp of hope. In 2022, President Biden signs the Emmett Till Antilynching Act, making it a federal hate crime.

Till recalls names of other Blacks dying more recently at the hands of police and fellow citizens, victimized by racism and violence—themes chillingly extending to Indigenous people closer to home.

Till joins *The Woman King* as a worthy film sadly overlooked by the Oscars.

LITTLE WOMEN

WRITTEN BY
LOUISA MAY ALCOTT

ADAPTED BY
MARISHA CHAMBERLAIN

DIRECTED BY RACHEL WARBURTON & JIM HOBSON

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Breakfast key to great health

Full disclosure, 2022 was an intense year for me. A lot of things went great for me personally and professionally. However, we did a lot of hard work to get there.

Things that I would like to refocus on in 2023 is my physical fitness and my own health. I've never had an issue getting to the gym and being active. Those things come naturally to me (now), and greatly assist with my stress management. The diet always ebbs and flows with the wind sometimes it seems.

My biggest issue is breakfast. A combination of time and preparation seems to be my downfall.

That being said, you can prep breakfast ahead of time. This pre-planned breakfast is something we have been working on in my household. Overnight oats are an easy way to make sure your break-

fast is tasty and ready to go and pre-portioned before you need it.

You can also easily track your macros (protein, fats and carbs) because the portions are easy to read. There are no real hard and fast rules to making overnight oats, except for ... double the liquid to the portion of dry oats. (Example: 1 cup of oats to two cups liquid).

You're also granted a lot of room for creativity.

Milk (of any description) is usually a good liquid choice. Fruits and berries can be easily added. Cocoa or chocolate with peanut butter (either traditional or powdered) are other great choices to add to your oats.

Obviously how in depth you go with your oats depends on your personal tastes and your diet/fitness goals. Speaking of your goals. Perhaps you need a



Derek Lankinen

Here's Cooking at You Kid



Overnight oats aren't tough to prepare, but do take thinking ahead. (iStock)

protein option included with your oats.

You can add your own protein powder to your oats (depending on choice you may need to add more liquid to accommodate) or

you can accompany your oats with a boiled egg which are easy to keep in the fridge after cooking.

Another option for breakfast prep is baked egg cups, if you search them on the internet, they

go by dozens of ridiculous names each slightly more offensive than the last.

The basic principle behind them is baking a cracked egg into a lightly greased muffin tin, lined with your favourite kind of breakfast meat, typically a slice of ham or partially cooked bacon. You then bake the egg (duh) until firm and then cool completely before removing from the cups.

They keep for a few days in the fridge, and you can either eat them cold or take the chill off them in a microwave. A lot of the fat from the meat will cook out but you're going to be stuck with the fat from the egg yolk you can always remove the yolk and have high protein low fat egg white cups.

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, Brick and Mortar Food Co. and Eat Loco Tacos.



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Winter racing can be a Hoot

Last Saturday morning, I headed out early to complete the latest Fat Bike Frenzy challenge offered by the Blacksheep mountain bike club. As I buzzed around Trowbridge Forrest, racking up the required 50 kilometers, I encountered a group of runners participating in the final winter trail run in The Hoot series. While there is not much I would rather be doing than riding a bike, I have to say that this winter running looks like a ton of fun, and the participants were all smiling.

The Hoot is an annual series put on by Antonio Stefanile of UpRiver Running. This year, the first four races were run semi-virtual, following a set course, where participants submitted GPS data from their individual runs. The 5th event however, was a mass start, in-person race.

The first runner I encountered was

Scott Wiebe, the eventual winner of both the race and the series.

Wiebe is preparing to race the Boston Marathon in April and he appreciates the opportunity to kick-start his training with The Hoot. After the race, Wiebe stated "I just love it. It's the combination of beautiful trails, pushing your limits, and knowing that there is a hundred other crazy people carving out time on the weekends to do the same thing. Thunder Bay has a great community of people who embrace winter." Conditions were icy, but Wiebe uses hex screws in the soles of his shoes for traction and they came in handy on the big ice-covered hills of Centennial Park.

Another racer who had screws drilled into his soles for extra bite was Doug Scott. I was with Doug at a fat bike race in Minnesota last month where he had fractured his



Racers line up ahead of last weekend's race series, known as The Hoot.

collarbone, so he was not about to risk falling here.

Doug is also happy to have these local races, saying "the Hoot series is awesome for mid-winter motivation.

Rather than just putting in the regular routine, this series gets you

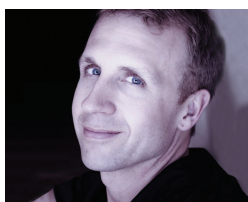
outside on interesting routes regardless of conditions, and the age class standings provide motivation to push yourself and do your best!"

Meanwhile, Kyle Fry, known more as an elite cyclist, appreciated the opportunity to cross-train through the winter by completing all five

races. Reflecting on the series, he says "I really enjoy community events that bring like-minded people together. I find winter can be a tough time to organize events, with so many variables and the weather, so for UpRiver Running to host a such a great series is fantastic."

Mike O'Connor, whose career as an artist allows him to travel and run all over North America, made it out to the final Hoot race too. The event reminded him how lucky we are to have four unique seasons to enjoy our outdoor pursuits, saying "winter allows trail runners access to areas not available in the summer. With frozen ponds, lakes and rivers, you get to see the forest from a much different vantage point."

One more thing everyone appreciates is how The Hoot participants' goals are so varied. Some are competing for the podium, but most are setting more personal goals and challenging themselves to stay healthy and happy through the winter months.



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Discovering tracks in the snow

Sunday afternoon - scudding clouds across the sky, occasional patches of blue, and a fierce wind blowing from the northwest.

We were on a snowshoe trek. "We" consisted of me, my wife, Laura, our son, Doug, and our three pooches. We needed the exercise as did the dogs. Over the winter Laura and I had established a couple of interlinking trails beginning at Casa Jones and heading straight back to the 'back 40', former fields now grown in with trees.

Until this weekend our trek was pretty much the same through the woods as we needed to pack down the snow so that our eldest pooch,

Baxter, who is a hefty size, could walk without falling through the snow. Baxter is eleven years old and still game for an hour's walk in the woods.

But on the previous weekend Laura had ventured off track to forge west across the field weaving a new trail to the opposite side.

I had not joined her because I knew that old Baxter wouldn't be able to negotiate the new trail without falling through. We needed to tromp on it a couple of more times to pack it down. Then it rained. Freezing rain, it was as I learned the next morning when I had to scrape the windshields of our

respective vehicles. Ratz! Not fun scraping.

Ah, but there was a wee silver lining resulting from the freezing rain.

Son, Doug told me that the melting and then the freezing made a mess of the roads in the city but out here in the country, it made the snowshoe trails hard.

Thus, when Laura and I ventured back into the 'back 40' on snowshoes the previous weekend, we discovered that Baxter could walk on the new trail without mishap.

Hurray! And, of course, each time we traversed the trail, it got more packed. Okay, the freezing rain also made driving our country roads dicey.

Anyway, this past Sunday Laura,

Doug, me, and the pooches made the right turn when we finally arrived at the bush-in-the-back, to head over to the new trail. What we were observing was a lot of 'bun rab' tracks in the snow (okay, they are actually hares). I was in the lead and was seeing a long track made by some small creature - mouse/ vole? And then it suddenly ended and what we saw was a pair of perfect wing prints in the snow. Wow! An owl had just got supper (or lunch). A very exciting discovery.

Not further on we saw large paw prints. Now, Baxter is a big dog; but these paw prints were much larger. Wolf? Probably since we heard wolf howls last week at eleven o'clock at night.

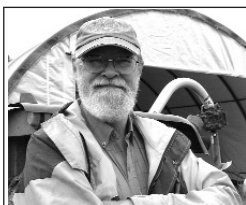
I was already snuggled in bed and Laura came in to tell me not

to let the dogs outside. Don't want our pooches coming in contact with their much bigger, wild cousins who would make short work of our dogs.

Speaking of wolves, Sunday night Laura and I were ensconced in front of the television watching a 'murder most fowl' show when Doug appeared to tell us that he had let Baxter outside for a pee and when he opened the door to let Baxter back inside, he heard the howl of wolves.

So, Doug and Laura went to the barn to bring in the equines for the night not only because of the possible nearness of Lobo and his ilk but also because for the next several nights we were going back into the deep freeze.

Now they would be safe and warm.



Fred Jones

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Tigers tame Falcons

By Leith Dunick - TB Source

Since 2010, only two schools have claimed the senior girls high school volleyball championship.

Heading into Thursday night's final, the Westgate Tigers owned five of the titles, the St. Ignatius Falcons having won six. Two other seasons were cancelled.

The Tigers hit the court in their home gym as the heavy favourite, having dropped just a single set in running the regular-season table, going 12-0 to earn the No. 1 playoff seed. The Falcons weren't too bad themselves, going 10-2 in 2023.

Together they delivered one of the most competitive senior girls finals in recent memory, Westgate needing the full five sets to knock off the Falcons (25-20, 25-21, 23-25, 26-28, 15-8) to claim a third straight championship win.

It didn't exactly play out as Sydney Deans thought it might, but the soon-to-retire senior said she and her teammates weren't ready to walk away just yet.

"We've been working for this for four years now. We walked in, most of us with no experience at all, and we're ending it like this. It was supposed to go three straight, but it felt nice to drag it out because it's the last game I'll play in my high school career," Deans said.

Teammate Andi Rissanen said the key was not letting themselves get down after taking a two-set lead, only to have the Falcons storm back to even the match and send it to a decisive fifth match.

"I was a little bit scared in the last set, but I knew we would pull through because we have so far," Rissanen said.

"I played last year and we lost our first set really bad and we came back. We always come back for the win. Hopefully we go to NWOSSA and then OFSSA hopefully.

Rissanen said it was the mindset that



Westgate captured its third straight senior girls volleyball title last Thursday at home. (Leith Dunick)

made the difference down the stretch.

"We were positive and just put up all that we had because we wanted to win it."

The Falcons, who last won a senior championship in 2019, were never out of any set. They found themselves down nine in the first, but Maia Peterson served up five straight points to close the gap to 21-19 before the Tigers finished it off to go up 1-0.

They were down seven at one point in the second, but battled back to take a 21-20 lead before the Falcons, led by Rissanen's serve, closed it out with five straight points.

Westgate led most of the third, but too many unforced errors let St. Ignatius hang around, giving them eight of 10 points to go up 24-22, sealing it two serves later when the Tigers serve soared beyond the boundary.

It was the opposite in the fourth, with the Falcons leading or tied most of the

way, only to see the Tigers roar back to take a 24-23 lead and a chance to serve for the championship. But the Falcons saved the point, and another with the title on the line, outlasting their opponent 28-26 to force a decisive fifth set.

The Tigers, who only dropped a single set all season, were dominant the rest of the way, jumping out in front 9-2, coasted to a 15-8 lead.

Westgate coach Curtis Michaluk said it was a hard-fought win.

"It's not easy bouncing back. We've been kind of fortunate all year that we've seemed to run the table. We had a fantastic season, and to be pushed in our home, like St. Ignatius did, they definitely surprised us and kudos to them - but I was very impressed with our girls in the fifth set and the way they held strong and battled through adversity," he said.

The Tigers will travel to either Dryden or Fort Frances for the NWOSSA championship this Friday and Saturday.

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"WSL BTE RY T YR RX HJ FHGSW HM SHJ
RBM LELJ, IVW SL BSR SLLZJ ARVMJLX
HJ BHJL."

- IRRP RY GFROLFIJ

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

ACROSS

- Child
- Alone (Lat.)
- Haggard novel
- Release
- One of the Parcae
- Cowboy's nickname
- Gabi
- Plant of the iris family
- Turkish caliph
- Rom. Furies
- Charge
- Fifteenth-century helmet
- Oriental tea
- Grandfather of Saul
- The Buddha's title
- Shipshaped clock
- Public vehicle
- Wood fastener
- Snoring
- Eng. porcelain

- Electric unit
- Firearm
- Raw egg white
- Mock blow
- Mulberry of India
- Galatea's beloved
- Arabian judge
- Ten decibels
- Read metrically
- Crown of Osiris
- Jap. admiral
- Loathe
- Cupbearer of the gods

DOWN

- Gamble
- Ecclesiastical chalice
- Ornis (2 words)
- Satin fabric
- Eastern Catholic
- Thames estuary

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O	A	F	C	O	T	I	S	T			
Z	E	N	O	A	B	E	V	O	I	D	
E	N	D	E	A	V	O	R	A	L	T	A
D	O	A	R	E	L	A	I	L	I	B	
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S	E	A	R	I	O	B	S	A			

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Busy sports season ramps up

It's been a really busy couple of weeks in the local sports world.

From a sendoff for Krista McCarville and her team ahead of the Scotties Tournament of Hearts, to a pair of high school championships, to the end of Lakehead's regular seasons in basketball, volleyball and hockey, there's been plenty to cover.

Now the fun part begins.

McCarville, at the time of the writing of this column, was sitting at 4-1 atop the Pool standings and is looking to make yet another long run at the Scotties.

The Thunderwolves men's basketball team didn't get the win it was seeking over Carleton last Saturday night, but were only three or four missed shots away from the upset.

Carleton will enter the playoffs as the No. 1 seed and Lakehead will

have to settle for sixth, a home date against Guelph on Wednesday night.

The T-Wolves should beat the Gryphons, with Michael Okafor, Dylan Morrison and Alston Harris slated to play their final home game in blue and gold.

On the women's side, it was a bittersweet final weekend for a team that wound up 3-21 on the season.

It was nice to see Lily Gruber-Schulz, August Ricketts and Tiffany Reynolds contribute to Friday night's win over Algoma and Saturday's loss to Carleton, the No. 1 team in the nation.

New coach Hugo Boisvert will have his hands full next season, with the three veterans all moving on to their post-university basketball careers.

Of course, the Thunderwolves hockey team is in contention for a spot at nationals, with the Toronto

Varsity Blues heading to Thunder Bay for games at the Gardens in their best-of-three second-round series, which opened Wednesday night in Toronto.

Lakehead beat the Varsity Blues twice in three meetings this season and I think it would be a bit of an upset if they lost again, but Toronto is a tough team, coming off a tough three-game win over Toronto Metropolitan to take their first-round set.

Lakehead is by far the better team offensively, but the Varsity Blues are slight favourites in the goaltending category, allowing nine fewer goals in 27 games.

Winning the series is huge.

It guarantees the Thunderwolves a shot at hosting the Queen's Cup, but it also guarantees them a bronze-medal appearance if they can't win their third-round series.

Games are Friday and Saturday night at the Gardens. Let's pack the place and make it loud.



Leith Dunick
SPORTS SHORTS



August Ricketts (centre) and her family celebrate senior's night last Saturday. (Leith Dunick)

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 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.

23. MISC. FOR SALE
 Seasoned mixed firewood ready to burn. \$100 per Cord - pick up Intercity. Call 345-4363

SEWING BEE - alterations like hemming, new zippers, dresses, or any kind of project. Reasonable rate and quick service 807-631-5101.

30. MISC. WANTED
 Canadian and US silver and gold coins and paper money. Call Alex 627-4533. A Szczomak auction since '95

53. GENERAL SERVICES
 #1 dump runs. Snowblowing services. Junk clean ups, inside/outside. General maintenance repairs. Handyman services. Frank 628-5919 or 767-0995.

Book Now - RustBlock vehicle corrosion protection, drip-less. 127 Algoma St. S, 344-2886. Call for an appointment and drop-ins welcome

Full Car clean-up + detailing - Smoke odor control, bio-hazard cleaning, liquid glass paint protection & scratch removal. Hands on Car Wash, 127 Algoma St. S. Drop-ins always welcome! 344-2886

Revenue Canada Certified - Income Tax Prep/E-file Service, personal and small business. Pick-up, delivery and Senior's discount available. Call 344-2886 or 623-7467

TREE REMOVAL SERVICES. In town/rural, ++experience, Man-lift, insured, and seniors' discounts! Very reasonable rates, free estimates. Call Jacques (Jack) 345-4363



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

SAVE MONEY!
 Additional Thunder Bay Source Classifieds are **HALF PRICE!**

PUZZLE ANSWERS

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

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

ENIGMA SOLUTION:
 "The way of a fool is right in his own eyes, but he who heeds counsel is wise"

HERE'S MY CARD

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

NEW ARRIVALS!
IN-STOCK FLOORING SALE

6MM WATERPROOF LUXURY VINYL FLOORING
REG: \$5.39 SF SALE: \$3.39 SF

MOHAWK
 JOIN THE DULUX CLUB NOW & SAVE
25% OFF DULUX PAINT FOREVER

JOEY'S RESTAURANTS 595 ARTHUR ST. WEST
807-577-4334
 For Franchise Opportunities call 1-800-661-2123

FREE FISH & CHIPS **FREE APPETIZER**
 Buy a 2 piece Alaska Pollock & Chips plus 2 beverages, get the 2nd 2 piece pollock FREE!
 1 FREE appetizer with the purchase of any entree
 No substitute. 1 coupon per visit. Must present coupon before ordering.
 Not valid on Tuesday or Good Friday. Cannot be combined with any other offer.

THE ROOF GURU
 DON'T LET THE GOOFS ON YOUR ROOF
 807-355-1784 OR FIND OUT MORE AT WWW.THEROOFGURU.NET

ADVERTISE WITH US
 SHARE YOUR BUSINESS CARD, SALES, DISCOUNTS, COUPONS AND MORE!
CONTACT AN ACCOUNT EXECUTIVE TODAY
807.346.2600



Sullivan
+ Associates
CLINICAL PSYCHOLOGY



www.drussullivan.ca

Helping You Live
the Life
You Deserve

fighting mental health stigma together

“
It's not a sign of weakness, guys get depressed. Depression affects millions.
HeadsUpGuys.org

Fortunately, more and more men, including professional athletes, musicians, actors, lawyers, businessmen, writers, tradesmen, teachers, men in the military, and everyone in between, are 'going public' about depression and taking control of their health.

