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Thursday, February 29, 2024

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What is the meaning of

LL° DΛρησσιλο

# **Mamow Obiki-ahwahsoowin?**

Mamow Obiki-ahwahsoowin is the Tikinagan service model. In Ojibway/ Oji-Cree, Mamow Obiki-ahwahsoowin means, "Everyone working together to raise our children." It is a system of protecting and caring for children and supporting families that has been designed and is delivered by First Nations people in our 30 communities.

For more information, go to TIKINAGAN.ORG







Thunder Bay's Palmer Hunt, 13, won gold in the junior biathlon pursuit race at Kamivew on Sunday. (Leith Dunick)

# Games a success

By Leith Dunick - TB Source

Hundreds competed, each week, thousands watched and the Ontario Winter Games were a success by just about every measure in the books.

For local athletes, there were medals in a plethora of competitions, including skiing, futsal, biathlon, wrestling, hockey and curling.

For visiting athletes, coaches and parents, there was plenty of hospitality and camaraderie and new friends made, as they cheered and rooted for the youngsters involved in the Games to succeed.

Win or lose, when all was said and done, the hard work and thousands of volunteer hours were worth every second, said Games chair Barry Streib, as competition wrapped up on Monday.

"As you have witnessed, and as you have experienced, these Games have went incredibly well and we're so happy that our athletes, coaches, officials and all our guests have made comment to us to say thank you so much for all the support you've given us," Streib said.

"That makes us feel good because I guess we did the right thing."

This year's event marked the first time in 50 years the Ontario Winter Games were held in Thunder Bay, and the organizing committee drew on that history, inviting former athletes who participated in the 1974 Games to take part in different ways this time around, including lighting the torch.

The success of local athletes was the icing on the cake, Streib said.

"It was very gratifying. It made us feel really good that our local athletes competed and won some medals. I'm very proud of them and I can only say that it's an emotional experience to be able to see that, witness it and see the joy on their faces when they take a medal home,"

The Games weren't without hiccups.

Before they even began, a number of sports, including snowboarding and downhill skiing, pulled the plug, citing the cost to get to Thunder Bay and the lack of available flights to make that happen.

While disappointing, the action that did happen was amazing, said organizer Matthew Lawrence.

"We're really excited that we had 13 sports participating," he said. "I think we can handle large events again. What's great about it is we had 13 sports, but we saw the community just rally behind those 13 sports. We look forward to hosting more events in the future."

An unusually warm winter also didn't help, but the lack of snow didn't prove to be an issue. Lawrence added.

"The weather turned out great and we solved a lot of those lack of snow issues with community involvement. We saw lots of groups getting out to help us add snow to the trails where we were missing it," Lawrence said. "So, in a lot of cases where the weather didn't help us out, the community did."

# WEATHER FORECAST **THURSDAY SATURDAY SUNDAY FRIDAY**

**Partly Cloudy** 

Precipitation: 30% HIGH -11 LOW -11

**Partly Cloudy** 

Precipitation: 40% HIGH 5 LOW -5

Precipitation: 40%

HIGH -1 LOW -4

**Snow** Precipitation: 70%

HIGH 2 LOW 2

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**Nofrills** 

# Security appeases tenants

By Gary Rinne - TB Source

Tenants of a senior citizens' apartment building on North May Street are welcoming security patrols that have now been implemented in the complex.

Spokeswoman Linda Gambee said she learned about the new patrols two days after she led a rally outside Paterson Court protesting against drug-trafficking in the 10-storey, Ill-unit building.

The District of Thunder Bay Social Services Administration Board confirmed it has hired a private firm to do walk-throughs each evening and once after midnight.

"For the most part, the tenants are really quite happy that we actually have security, with some comments like they should be here more often, or longer, or at different times, especially in the mornings because that's when we find people sleeping in our hallways and things like that," Gambee said.

"It's a baby step, right. We did get security. We're very grateful to housing to be able to provide something in the way of helping us... We'll probably be pushing for a bit more."

On the day of the rally last week, DSSAB disputed some of the allegations Gambee



Paterson Court residents say they're living in fear because of drug trafficking in the building. (FILE)

made about conditions in the building, but said "We share the tenants' concerns about the two very serious incidents that were reported to police, and security actions have been taken at

this property."

In one incident earlier this month, Thunder Bay Police used a stun gun to subdue an armed man, and charged him with possession of a

weapon for a dangerous purpose.

A tenant reported that she feared for her life. "I was so scared. My apartment was close by. Thank God I had the keys. I thought that knife was gonna come in my back any second. I ran

into my apartment and called 911," she said.

DSSAB spokesperson Ken Ranta said

Monday that the board has contractual agreements for security patrols in some of its
properties but until recently Paterson Court

"It's usually been a very quiet property . . .
People there had expressed a concern that they would like to see some security presence, so we were able to quickly respond, and adjust

Court."

Ranta said there's no termination date for these patrols – which started Friday – and that DSSAB will reevaluate the situation as needed.

some of our patrols to include Paterson

He added that he understands DSSAB administration plans a followup meeting with tenants to get more feedback and answer any questions.

Gambee said the tenants would like to meet to sort out some discrepancies between the social services board's and the tenants' assessment of conditions in the building.



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Limited. Almost Miss (1994, 1995), on the All-New 2024 Consister's (New 2024 Consister's

# Cat rescued from hydro pole

By Gary Rinne - TB Source

The cat came back, with the help of a crew from Synergy North.

Residents of a Thunder Bay neighbourhood had been appealing for someone to come to the aid of a cat stuck at the top of a hydro pole in the East End.

The orange tabby was first spotted Saturday perched on a pole in the back lane in the 900 block of Alberta Street in the East End, possibly after it sought safety from a pursuing covote or dog.

On Monday afternoon, the cat was still

Area resident Liz Millette said numerous local agencies were contacted about trying to get the animal down, but nothing was being done, and she was very worried.

"The poor little thing is gonna die," she

Millette said the cat appeared to be making an effort to climb down, but kept going back to the top, and was "looking very weak."

A spokesperson for Synergy North called this a unique circumstance.

"When the Synergy North team has seen this in the past, the cat usually does come



A cat was successfully rescured from a power line in the city's East End by Synergy North crews. (Vasilios Bellos/TBT News)

down on its own," Amanda Bay said.

"We've also learned from past experience that people standing underneath the pole often deter the cat from making its way

down. With safety always being Synergy North's number one priority, and to provide any sort of assistance, we would have to deenergize the power line."

Synergy North continued to monitor the situation, Bay said.

The rescue operation was performed successfully on Monday night.

Advertorial



# Your easy path to free home upgrades

Living in an older home with high energy costs? The Enbridge Gas Home Winterproofing Program provides support for income-qualified Ontarians. Upgrade your home and save energy with insulation, draft proofing and a smart thermostat—all professionally installed at no cost. Whether you rent or own, you may qualify based on household income or if you receive assistance from certain government programs.

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- 4. Finally, a delivery agent will make a follow-up visit to make sure everything's working properly and to answer any questions.

To learn more about the program and see if you qualify, visit enbridgegas.com/winterproofing or apply by phone at 1-844-770-3148.



Enbridge Gas Inc.

**EDITORIAL** 

# **Events work**

For a community of about 110,000, Thunder Bay sure knows how to throw a party.

The Ontario Winter Games were a blast for everyone involved, and a true testament to the hard work put in by hundreds behind the scenes, volunteers without whom none of this would be possible.

When Thunder Bay does something, they do it right.

From the Canada Summer Games more than four decades ago, to the U18 Baseball World Cup, to next year's Scotties Tournament of Hearts and the Women's Baseball World Cup, we've proven as a city time and time again that we can host big-time events in our relatively small commu-

These events have the ability to bring millions of dollars in revenue, from hotel stays to dining out and catering to tourist-type shopping.

Thunder Bay should be doing whatever it can to bring more of these events to the city.

They're win-win for everyone and well worth the investments being made by organizations like the Community Economic Development Commssion.

### **Stop the insanity** To the editor:

Regarding the LCBO pilot project that was recently the subject of a very publicized 180degree course change, I have a few thoughts on some of the other letters to the editor that have appeared in the wake of this about-face.

One writer said all the right words in their letter, using "colonialism," or "colonialist," repeatedly. But this letter -- in my opinion -said absolutely nothing.

Another letter had me equally confused. The author levels veiled accusations of racism by the LCBO and expresses privacy concerns that confuse me. Does this author have a cell phone? A smart TV? The internet? Showing ID at a liquor store seems like the least of the author's troubles.

The aspect of both of their letters that shocked me the most was the infantilization of Indigenous people - the assertion that they're helpless beings who couldn't possibly have or acquire ID for themselves. Indigenous people also drive cars, use health care facilities, travel internationally and are overwhelmingly capable of producing a piece of ID.

We live in an era where the common taxpayer is increasingly critical of how our dollars are spent by the government yet for some reason society seems OK with our cash in the form of glass bottles flying out the door of LCBO outlets all over the province every day. I don't know why they chose the loca-

# LETTERS TO THE EDITOR



tions they did -- perhaps they have higher theft per volume of sales than other locations but until someone retrieves this data it's kind of pointless to argue about.

At any rate, I was absolutely appalled that people would level accusations of bigotry while perpetuating stereotypes of Indigenous

people being incapable, helpless folks with no ID. And on a note of personal responsibility. .. if I found myself without all my ID (wallet lost, stolen, etc.) I don't think the liquor store would be my first stop. But that's just me.

> Nathan Hewitson, Thunder Bay

# Solzhenitsyn beloved and ostracized at home

One Day in the Life of Ivan Denisovich by Aleksandr Solzhenitsyn was first published in the Soviet Union in 1963. It caused quite a stir. I remember it being read to me when I was in

elementary school. The Soviets were not the only masters of propaganda.

This spare, stark, spartan, brutal novella describes a day in the life of Ivan, a labour camp inmate. He discovers the importance of a piece of bread or an extra bowl of soup, the luxury of a book, the possibilities of a nail, a piece of string or a single match, when necessity is the mother of inven-

It is based on Solzhenitsyn's personal experience. After graduating from university he

was called up for the Red Army. He served continuously at the front as a gunner and artillery officer, was twice decorated, commanded his battery, and reached the rank

of captain. In early 1945 he was arrested in an East Prussian village and charged with making derogatory remarks about Stalin.

For the next eight years he was in labour camps, at first in 'general' camps along with common criminals in the Arctic, and later in Beria's 'special' camps for longterm prisoners. The particular camp described in One Day in the Life was in the region of Karaganda in northern Kazakhstan.

Released in 1953, on Stalin's death, Solzhenitsyn had to remain in exile for three years, although his wife was allowed to join him, before returning to the USSR. He settled near Ryazan and taught in a secondary school.

In 1961 he submitted One Day in the Life to New World, a Soviet literary journal. It was published, on the final decision of Krushchev himself, in the November 1962 edition, which sold out immediately. Three further stories by him were published during 1963 and a fourth in 1964.

In 1968 Solzhenitsyn came under attack from the Literary Gazette, which alleged that since 1967 his aim in life had been to oppose the basic principles of Soviet literature, and accused him of being content with the role given him by ideological enemies of the USSR.

He was expelled from the Soviet Writers Union in 1969 and in 1974, after the publication of the Gulag Archipelago, he was deported. His work was not published again in the USSR until 1989. He returned to Russia in 1994 but was quickly disillusioned by the gangster capitalism that had taken over the country.

His work chronicles an important and controversial period in Soviet history. The labour camps were designed to re-educate counter revolutionaries and revisionists who were ideologically opposed to the construction of socialism and communism.

Much has been written by bourgeois western historians about Stalin's purges and the gulags. The impression given is that all those who entered the camps did not return from them. In reality many prisoners served their terms and went home. Some became rehabilitated members of the Communist Party. The Cold War is still being fought through the pages of history books.

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# Thursday, February 29, 2024

# Rizz and Swiftie top 2023 word list

By JR Shermack - For TB Source

Does your vocabulary have enough rizz?

It is hard to choose the right words to describe both the triumphs and tribulations of 2023 which is why I rely on the advice of lexicographers.

The people who write dictionaries always know the best words and they regularly decide which ones deserve to be word of the year.

The chosen words are intended to reflect the spirit, mood and social conscience of a particular year and show lasting potential as verbal cultural icons.

And while opinions vary from lexicographer to lexicographer, the final list is often a good indication of what everybody is thinking and talking about.

(Incidentally, everybody says that if you use the same five-syllable word three times in the same article it is yours forever - as they say, it pays to increase your word power.)

Anyway, the 2023 list runs the gamut from personal style to world domination, from 'Swiftie' to 'situationship', some re-purposed old gems and some brand new social media

After much consideration and 32,000 votes the Oxford Dictionary has bestowed word of the year honors to the newly-minted term,

Rizz refers to a person's ability to use personal charm and magnetism to attract followers and admirers. - for example, Justin Trudeau had a lot of rizz back in 2015.

This descriptor is an unusual word formation, derived from the middle syllable of the noun 'charisma' much like 'fridge' from refrigerator and 'flu' from influenza.

Other Oxford finalists include 'swiftie' (an avid Taylor Swift fan), 'situationship' (an informal romantic or sexual relationship) and 'prompt' (an instruction given to artificial intelligence).

The American publisher Merriam-Webster also included 'rizz' on its final list of words for 2023 but went instead with 'authentic' as their number one choice.

In a turbulent year of deep fakes, half-truths and alternative facts Editor Peter Sokolowski says we faced a "crisis of authenticity" in 2023.

It is increasingly difficult to determine what is actually authentic and not a false imitation of the truth or if people are being true to their personality, spirit and character when they speak.

This is described by the cliché, "Don't believe anything you hear and only half of what you

In an effort to discover what is real we try to



One of the words of 2023 is rizz.

speak with an authentic voice, long for authentic information, look for authentic politicians and dine on authentic cuisine.

This uncertainty is also reflected in Cambridge Dictionary's word of the year for 2023, 'hallucinate' - a term that might flash some baby boomers back to the 1970's.

But this is not a reference to LSD or magic mushrooms - hallucinations can appear without being prompted by mind-altering

'To hallucinate' now describes the ability of artificial intelligence (AI) to present false information contrary to the intent of the user, as if it were true and factual.

When AI hallucinates, the result may be totally inaccurate or even worse, completely fabricated - hallucinations can seem very real and artificial intelligence is very convincing.

Dictionary.com also chose hallucinate to "encapsulate technology's continuing impact on social change".

It also highlights "the continuing discrepancy between the perfect future we envision and the messy one we actually achieve".

You might say that AI has a lot of rizz accordingly, Collins Dictionary revealed 'artificial intelligence' as their word(s) for 2023.

The exhaustive search for word of the year led to some other interesting finalists such as deepfake, prompt, wokeism, greedflation and dystopian.

You can choose one of these or pick your own authentic word of the year - whatever it takes to increase your word power and boost your personal 'rizz' factor.

# what's Happening The Bay

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

# February 29

Winter Chef's table

Every 1,460 days something special occurs, we get a bonus day.

And while Red Lion Smokehouse doesn't normally wait 1,460 days to host a Chef's Table, they thought we would combine these two glorious occurrences for a specialty Winter Chef's Table.

Join them on Thursday for a special Leap Year version of our Chef's Table when they 'jump' locations throughout the dinner with both indoor and outdoor dining elements.

Tickets include food price and an 18 per cent gratuity.

The menu will be announced closer to the date

Please note, due to the nature of the event not all dietary restrictions may be able to be accommodated, please inquire prior to booking.

Tickets are \$95 apiece and are available at eventbrite.ca.

# March 1

**Bon Jovi Forever** 

Whether you give love a bad name, you're living on a prayer or you're in and out of love, NV Music Hall is the place to be on Friday night.

Tickets for Bon Jovi Forever are on sale at www.nvmusichall.com.

Tickets are limited and proceeds are being donated the to Thunder Bay Kings hockey program.

### March 1&2

**Newsies Jr.** 

Applauze Production is presenting its latest youth production! Newsies Ir is set to make headlines, coming to the Trinity Hall Theatre on March 1st and 2nd.

Newsies Ir follows the newsboys, also known as newsies, of New York City in 1899, primarily Jack Kelly. Trouble strikes when the publishing house raises the newspaper prices for the newsies.

Jack and the other newsies start a

union and protest the raised prices. With help from their allies in different parts of New York and an up-and-coming reporter, can Jack take on the news Goliath that is Joseph Pulitzer?

Newsies Ir plays on March 1 and March 2 at the Trinity Hall Theatre. Tickets are available via Eventbrite from applauzeproductions.com.

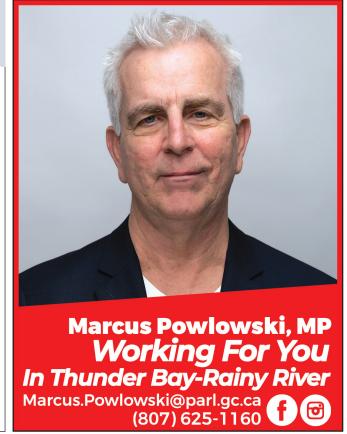
# March 2

**Seedy Saturdays** 

Join Superior Seed Producers for their annual Seedy Saturday event. Come to the Roots Community Food Centre on Saturday from 11 a.m. to 3 p.m. and purchase or trade seeds, participate in seed cleaning, and listen to expert presenters discuss seeds from far and whide.

Doors open at 11 a.m. and the seed swap stats at 11:30 a.m.

The panel discussion begins at 12:30 p.m. and the beans from around the world presentation happens at 1:45 p.m.



# The zen of barn maintenance

So, every day one of us Joneses must cross the yard from 'hoosie' to the barn and deal with the equines that have spent the night in their stalls. Since both my wife, Laura, and our kids (kids?) Beth and Doug, have day jobs, dealing with the horses usually falls to me.

There is one horse that almost always spends the night inside the barn.

That is our boarding horse.

But if the weather is inclement, the other two are allowed inside as well. Thus, depending on how many horses are resident overnight dictates how many stalls to clean and prepare for the next night.

When we ran a horse-riding business with up to thirteen horses in the barn, I wasn't up for that amount of daily work, so we hired an amazing lady, a real farm girl, to take care of cleaning the horse stalls and all that it entails.

Now we have our two plus a boarder. I can handle that amount of barn maintenance. It is no longer perceived by me as

**Fred Jones** 

**RURAL ROOTS** 

Doing duty involves feeding the boarder horse her morning meds (she is quite elderly) with grain and then leading her out to her paddock where she will spend the

If the other two have also spent the night

in their stalls, I feed them some alfalfa cubes and then turf them out to their paddock for the day. They have a nice round, hay bale waiting for them in that paddock that takes them a long time to

The boarder horse requires, however, a special feed of hay four times per day rather than allow her to "hoover" hay all day. If she were allowed non-stop

hay, she could "founder" which would permanently lame her, so we have this regimen. It also helps keep her weight down as she is prone to over-eating when let loose on a round hay bale.

Once the horses are outside it is time to "muck" the stalls. Mucking isn't hard.

Using a special muck fork, you simply lift

all of the horse "apples" and pee-soaked bedding into a cart that then gets towed to Mt. Crumpet where it is dumped.

We use wood shavings for stall bedding. Wood shavings saturated with horse poop and pee takes about five years to break down but when it does, you now have amazingly rich soil for use in the garden. Mt Crumpet has been an on-going project for more than twenty years.

There have been occasions when we've allowed folks to come and help themselves, but it usually involves them bringing their own "diggy" machines to load the stuff into a pick up or bigger truck.

The bests devise for "harvesting" Mt Crumpet is a crawler (bulldozer) of some sort else one could get royally stuck as I have several times with my ancient tractor,

Red and I don't go on to Mt. Crumpet much having learned the hard way. Red isn't a four-wheel drive machine.

There was one very dry summer about three years ago (I think) and I was able to attack the manure pile from the side without getting stuck.

I fetched some twenty buckets full for our garden.

So, when the stalls are clean, then it is time to replace the hay and refill the water

Now comes the hard part for Farmer Fred - sweeping the aisle. I begin by sweeping with a small broom any loose hay or shavings in front of the stalls into the center of the aisle.

And that is the challenge for me: how to be efficient in the sweeping.

When Laura comes to help in the barn, I watch her sweep the aisle.

How does she do it? She makes sweeping seem effortless. Such panache, such style, such ease with which she sweeps. back and forth and then done.

Me?

I have to go up and down, up and down over and over again umpteen times before it is clean. "What the ...!!?? I just swept this part and there's more!"

If there is an art of Zen in sweeping the barn aisle, then Laura has it. I don't. Maybe in my next incarnation.

Please be cautious.

# Variety and choice to suit your needs in Thunder Bay

Chartwell has four retirement residences in

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# Balance sugar in the morning

Breakfast in this country is notoriously unhealthy for most people. Refined sugars, fat soaked bread, coffee or just skipping it all together is often the norm. Canadians and Americans indeed tend to prefer a nice blend of fat, salt, and sugar for breakfast. Donut stores are positioned along the most popular routes to work because that's what we want to eat in the morning along with our morning

Most adults, when asked, recognise that typical breakfast foods are well suited for breakfast despite their poor nutritional value. People feel that more nutritious alternatives that they usually consume at lunch or dinner are simply less appropriate for breakfast. Consequently, people are reluctant to include more nutritious alternatives to their breakfast selections. This likely explains why the cereal aisle at my grocer often offers only one or two brands without added sugar or substitutes.

With that being said, if you expect this column to be a hit piece on sugar, you clearly don't know me very well.

It's fairly well known that some sugar at breakfast may be a good thing. Dr. Gary Wenk, author of Your Brain on Food studied multiple groups of people and published his results. Back to everyone's best friend.

Sugar is an effective cognitive enhancer, and studies of people who ate breakfast found that increased blood sugar improved memory function. The improvement in memory function correlated with blood glucose concentrations.

In contrast, skipping breakfast adversely affected the ability of subjects to recall a word list and a story read aloud. They also had diffi-



**Derek Lankinen** Here's Cooking at You Kid

culty recalling items while counting backward. Skipping breakfast did not affect intelligence, just memory. It has been very chic lately for many health experts to call out the benefits of fasting. While there is an occasional

benefit to testing your will against your own nature, what the brain prefers us to eat, and when, is not always good for the rest of the body, and a bad breakfast can have mental and physical consequences.

There is a relationship between eating an unhealthy breakfast and abdominal obesity



Pancakes can be part of of balanced breakfast.

and body mass index (BMI). Further, some indicators of mental health including self-rated health, body satisfaction, and life satisfaction are significantly related to breakfast quality. This could also be a general sense of one's health overall. Age and gender also play a role, women and older people have a higher risk of diet quality negatively affecting their mental

Interestingly, skipping breakfast of any type significantly increased the probability of depression, stress, and psychological distress in all age groups. Frequent breakfast skipping was associated with lower happiness, loneliness, short sleeping, long sleeping, restless sleep, and poor academic performance. Eating and sleeping are clearly related to good mental and physical health.

The balanced breakfast idea may have died with Saturday morning cartoons of the '80s but a mix of healthy proteins, a little bit of carbs and fats, and maybe a little sugar is an everlasting idea anyone can try to upold. Derek Lankinen is an award-winning chef, author, and restauranteur. He is the Owner/Operator of Beefcake's Burger Factory with two locations in Westfort and Current River and Co-Owner of Elite Beef.

# Winning on Family Feud fun for Dampier family

By Katie Nicholls - TB Source

A Thunder Bay family showed their winning ways during a stint on Family Feud

The Dampiers won in all three of their

episodes on the CBC show -- which aired last Monday, Tuesday and Wednesday night -- walking away with approximately \$2,500.

There was definitely some strategy involved, said matriarch Lisa Dampier, who was joined for the taping of the show in Toronto by husband Joe Dampier, their children Alex and Kaitie, and Alexa Desjardins, their goddaughter.

Alexa helped them get their final win last night, Lisa said.

"When it came down to that speed round at the end -- the fast money where it was one player against one player and you had to give the top answer -- we were so glad we picked Alexa to do that because she buzzed in right away and had the number one answer. That clinched the last episode for us."

Alex tooted his own horn for his family's

performance in the first episode.

"I don't want to say that it was me but when we ended up getting that last guess it got us into the fast money. So I feel happy about my performance."

He noted it was a group effort in episode two but gave kudos to Alexa for

her fast work in episode three. "Alexa getting that last guess (and) getting the number one

answer right away definitely helped seal the deal." The family hosted a viewing party, Lisa said, "so we could all

get together and they could laugh at us in person." While Alex said he's had

enough of the bright lights for now, his parents have other ideas.

"Well, my husband and I have always talked about when we retire -- that him and I would love to go on something like Amazing Race together because we're both really competitive," Lisa said.

"So I'll definitely be looking for other opportunities."



Visit **TBnewswatch.com**Thursday, February 29, 2024



Weston Igo is the latest Thunder Bay 50/50 winner, taking home the sixth-largest jackpot in the draw's history.

# **Igo family wins \$1.2M**

By Katie Nicholls - TB Source

The Thunder Bay Regional Health Sciences Foundation has named another millionaire from the 50/50 draw.

Weston Igo reacted with the iconic winning phrase, "Winner! Gagnant!" as he noted his excitement to have won \$1,247,688 for February's draw.

He has been buying tickets since the start of the Thunder Bay 50/50 draw -- to support the hospital.

"The 50/50 is a great way to raise funds for all of the hospital's programs and for

helping the rest of the region," Igo said.

Torin Gunnell, manager, lotteries for the Thunder Bay Regional Health Sciences Foundation, said the hospital's new state-of-the-art cardiac cath lab is now open and operational, paid for by 50/50 supporters and donations to the foundation.

"This kind of success doesn't mean our work is done. Success means we're doing more for patients of Northwestern Ontario."

The March lottery is officially open, and features several early bird draws before the grand prize draw on March 29.

# August 23rd, 24th and 25th WE ARE LOOKING FOR LOCAL RIBBERS TO JOIN US! FOR MORE INFORMATION CONTACT EMEY AT EMEY (DOUR LIDS COUNT. CA

# Fishing on ice always fun time

I can recall my earliest experiences fishing through a hole in the ice. Those childhood memories are mostly about the snow forts and fires we would make at the shoreline while we waited for the next bite. Fishing methods were crude as we often used a simple spool of line and a red dogwood branch in place of a rod. From the snow fort or the fire side, we kept an eye on that branch, and when it would bend under the weight of a fish, we would sprint to the hole and set the hook.

In recent times, technology and innovation have improved everything from our fishing line to the snowmobiles we use to access the frozen lakes. Among the changes are three key things that have made a profound difference in the quality of the experience we now enjoy on the ice. Topping that list is the rod and reel combo we now use in place of a dogwood stick, followed closely by the electronic flasher units that identify fish and the battery-powered ice augers used to quickly and reliably punch holes in the ice.

The modern ice fishing rod is made from high modulus graphite. High quality graphite makes the rod stiffer and stronger, so it does not need to be thick and heavy to handle a big fish effectively. These new rods are also super sensitive with a strong backbone and a progressive bend that makes playing a fish an enjoyable experience.

Attached to that rod is a quality reel with a smooth drag. While the old spool of line meant picking up slack by hand, a modern reel does the job with effortless efficiency. Even the micro-sized ice reels we once used to keep the weight down and balance the shorter rod have now been replaced by lightweight full-size reels. The larger spool on these allows for better line pick-up, less line memory coils, and a much smoother drag.

Sonar units, known as flashers, have been used by serious ice anglers for over three decades. They now feature sharp LED graphics, multi-angle transducers and superior battery life among their expanded features. They reveal the exact depth, the bottom composition and even the presence of fish in real time. Flashers essentially allow anglers to "see" how a fish reacts to their

jigging presentation. Using one almost always results in an angler catching more fish.

Finally, the introduction of powerful and reliable electric ice augers is a welcome change for those of us who have been



Fishing through the ice is a winter tradition.

**Keith Ailey** 

the GOOD LIFE

constantly frustrated with faulty spark plugs, flooded engines and spilled gas. We are still

in the dawn of the electric auger revolution, but the future looks promising.

These units are lighter, quieter, less finicky and much better for the aquatic environment than their gas-powered counterparts. Electric units shine in early winter but I would still have my gas auger on standby for those late season trips where the ice is several feet thick.

Technology is making our lives easier in many ways. For ice anglers, modern advancements have improved the ice fishing experience, and in many cases, our catch rates too.

# 9 to 5 hits TBCA stage

By Linda Maehans - For TB Source

Silver screen fans (of a certain age) likely grin to recall the Hollywood hit movie 9 to 5, starring Dolly Parton, Jane Fonda and Lily Tomlin as a trio of gutsy secretaries in a "man's world" office. Later, Broadway launched a live-stage version; as the saving goes, it's been "sky's the limit" ever since. Here in the Lakehead, audiences of any age or stripe are lucky because under Badanai Theatre Co.'s umbrella, stellar talents are bringing 9 to 5 The Musical to a world-class stage (our Community Auditorium) complete with big sound (our TBSO) and enough glitzy pizazz to outshine the northern lights.

The Source popped into the office where Doralee (Dolly), Violet (Lily) and Judy (Jane) were commiserating by the copier machine. Man oh man, was I wrong 'bout that commiserating!

"Well, life without Dick has been an adjustment," admits Judy (local talent Katherine Nemec) softly. She's referring to her adulterous husband. "But I've got this new job, I'm learning new skills...".

Violet (local talent Jessica Durand) is nononsense, shoulders squared. "I know my job really well. Gotta tell'va though, I'm getting a little tired of being passed up for promo-

Doralee (local talent Tegin Menei) and, in my opinion, an absolute blonde-bombshell of a woman, speaks with a lovely southern drawl. "Oh, I can take care of myself." She smiles. "My handwriting's pretty good too; comes in handy".

Local talent Robert Perrier, here morphed into lecherous office boss Franklin Hart, is blunt. "Sure, my secretaries take notes, fetch my coffee. But, as we all know, at the end of the day our clients depend on a man to get the job done."

And now...some real life remarks, from 9 to 5's choreographer-director Candi Badanai

Rob: music and live theatre is what feeds my soul, some of us have known each other since high school; on the Auditorium stage we experience huge global talents, and so, for me, how thrilling that at a community level we too can find our voices and a presence on the stage we were meant to be on all along.

Tegin: this is my dream show; I've been a huge Dolly Parton fan my entire life, so sure want to do justice to this role; we are giving this our everything as, this time, we have only one chance, one night, to make it perfect.

Jessica: my very first shows, way back when, were with Candi and Lawrence Badanai; live theatre is one of those passions that once you've awakened it, you can't stop it; this performance will be, I think, pretty monumental for us all.

Katherine: some of the biggest songs in my repertoire and yes, the extra challenge of "a big stage"; Badanai gives us many amazing opportunities, not only on a Paramount stage, but now the Auditorium stage; there's a powerful behind-the-scenes creativity as well.

Candi: yes, it IS the Auditorium, it IS with the symphony orchestra! I'm confident we will fill the house because we have a very special group here, with one of the best shows audiences will see in 2024!

Tickets for 9 to 5: Ticketmaster & Auditorium box office (Wednesday's only). Big curtain rises Saturday March 9.



The cast of Badanai Theatre's 9 to 5 the Musical.

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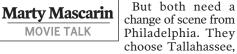
ON THE SCENE Visit TBnewswatch.com Thursday, February 29, 2024

# **Drive-Away Dolls: Too many dead ends**

Drive-Away Dolls (SilverCity) finds Ethan Coen, the younger producer brother of Coen brothers' fame, (Joel is the director half of the tandem) graduating to the director and cowriting chair along with his wife, Tricia

They've created a deliberately trashy screwball road movie set in 1999 that breezily begins with the novel notion that our protagonists are lesbian pals. (Cooke draws from her queer experiences as a youth.) When we first meet Jamie (Margaret Qualley, Once Upon a Time

in Hollywood) and Marian (Geraldine Viswanathan, Bad Education, Hala) they are not romantically involved nor do they seem to have much in common as friends.



Florida as their destination, using a "driveaway" rental car that they are to pick up and drop off at a designated location, kinda like U-

**MOVIE TALK** 

Jamie is a tart-talkin' Texan who's broken up



Drive-Away Dolls does not meet expectations and could have used a more experienced director. (Universal Pictures)

with her butchy uniformed cop girlfriend (Beanie Feldstein.) She's seeking new sexual adventures. Marian is straight-laced and uptight, content to bury her nose in a book.

Jamie makes it her personal mission to find a hook-up for Marian. Strangely, it takes a while before they begin looking at each other romantically.

All seems innocuous enough except the vehicle consigned to them by gravelly-voiced Curlie, the agency agent, (Bill Camp, sadly under-utilized), inadvertently contains a concealed hard-sided brief case (shades of "Pulp Fiction" and "Kiss Me Deadly") and one other grisly item. The girls take off.

Showing up a bit too late for the car and its cargo are two incredibly inept henchmen, Arliss (Joey Slotnick) and Flint (C.J. Wilson), and their boss, The Chief (Colman Domingo). A maladroit pursuit ensues.

The dialogue tries for a snappy rat-a-tat rhythm but lacks a sharply drawn, intelligent

script to go with it. The legendary Coen inventiveness is in short supply here. Banter between Jamie and Marian and the two dunderhead thugs wears thin quickly.

The road trip encounters are supposed to be daffy but are simply baffling, comedy-wise. Our gals run into a giddy lesbian soccer team who hold a collective make-out session in someone's basement. Their coach blows a whistle so they rotate partners as if they're going through speed smooching. Marian balks.

Matt Damon turns up as a Senatorial family man harbouring a sexually-oriented guilty secret that doesn't make a lick of sense but it's central to setting the plot in motion.

The film tries to marry the darkly funny ("Fargo") with the deadpan inclinations of Wes Anderson ("Asteroid City") complemented by some retro psychedelic sequences with sputtering results.

Both Qualley and Viswanathan are very appealing but the script undermines them with overt silliness. There's a chortle or two but consistency is wanting. Ultimately, "Dolls" becomes another entry into the growing list of Dog Days of Winter films.

Could Dolls have benefitted with a more experienced hand? O brother Joel, where art thou?



# **Science Festival ends** with a fun carnival

By Justin Hardy - TB Source

Residents were treated to an event that celebrated and highlighted science at Intercity Shopping Centre this weekend.

The 12th annual Science Festival, hosted by Science North, held a Science Carnival on Saturday to wrap up a week's worth of events, exhibits, and

"When we started off, we had a Science of Sound with the Tamarack Quintet. We had an event with Snow Day with the City of Thunder Bay. We had the Youth Climate Action Summit this week," said Monica Prodanyk, science, technology, engineering and mathematics specialist, Science North Thunder Bay.

"We had nerd night at the Sleeping Giant Brewery and then we wrap up the whole week with our big event at the end -- a Science Carnival.

The carnival featured over 30 exhibitors displaying hands-on presentations that provided families the

opportunity to participate in science, innovation, technology and Indigenous knowledge-based activities.

Visitors were also treated to science shows presented by Science North, and were able to watch demonstrations on various topics including how the human body works.

Prodanyk said there was something for everyone to enjoy.

"We have so many young people (visit), but it's also for people of all ages. We obviously love the kids to come out and have a great time, but it's also for everyone as well," she said.

"We love that there's some older people that were like, hey, science isn't exactly for me, but you know what? They come to these events and they realize that everything is science.

"We love having the kids engaged in all of our activities and games and experiments."

To find out more about future sciencebased events, visit sciencenorth.ca.

# **Explorers take bronze**

By Leith Dunick

Coming off two losses, the Northwest Explorers had every reason to hang their heads.

Instead, they came out firing on Monday morning, scoring three goals in a three-minute span in the second period and cruised to a 6-2 win over Ottawa Myers Automotive to capture the bronze medal in hockey at the Ontario Winter Games at Fort William Gardens.

Mason Glousher, who scored on the Explorers' first shot of the second period, nearly nine minutes in to make it 3-1 for the hometown squad, said it's an amazing feeling capturing bronze, despite the disappointment of Sunday's semifinal loss to the Credit City Capitals.

"It feels great. All our teammates were working hard and we couldn't do it without the goalie," said Glousher, the younger brother of Thunder Bay North Stars forward Easton Glousher.

"Our goalie stood on his head the whole time and everyone was just doing the right thing."

The goaltender, Kainaan Macgillivray, stopped all but two of the 25 shots he faced, helped out by a couple of Ottawa shots that rang off the iron.

He was a rock all weekend, said Explorers' coach Ed Atwill, who had all of three practices with the squad before the Games began on Saturday.

"All weekend he's been great," Atwill

"Coach Walt (Keating) did a great job with (the goalies), just on focusing and things like that. They responded very

At will said the message to the team was short and sweet after Sunday night's 3-2

"I just said to them, it's a home crowd, we need to come out and put that game aside, come tomorrow and play with some pride. Being 13-year-olds, they have



The Northern Explorers downed Ottawa Myers Automotive 6-2 to claim third place at the Games.

short memories, so they came out and we had another quick start," Atwill said.

Forward Owen Trevisanutto, who finished the tournament with four goals, will remember this one for quite some time, however.

"It feels amazing. All the boys worked hard to get this. We just made our team last week, or whatever. We had a couple of practices and we just all worked hard to get these medals.'

Defenceman Gavin Godick opened the scoring for the Explorers, his shot along the ice appearing to be redirected past Ottawa goaltender Everitt Marin at 8:47 of the first.

Ottawa tied it up with 5:08 to play in the opening period, Logan Prud'homme lifting a backhand from the crease past Macgillivray, after teammate Brady Latreille kept the play alive at the blue

Northwest took the lead for good in the final two minutes of the period as Sullivan Bowen went top corner on Marin.

The Explorers struggled to produce any offence in the first half of the second, but opened the floodgates with their first shot of the period, Glousher finishing a 2-on-1 with Tory Velhuisen, who slipped him the puck and caught Marin going the wrong way.

Thirty-four seconds later Bodnar's shot was tipped into the net by an Ottawa defender and a minute-and-a-half later, Williamson put the game out of reach, tucking home a Glousher pass from the side boards.

Trevisanutto and Ottawa's Kyson McMillan traded goals in the third.

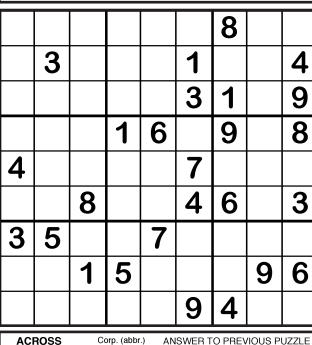
"It feels great, after the disappointing loss yesterday with a one-goal lead with about six minutes left. I thought the kids came out and played a really solid game today. I think it was one of our better games of the tournament," Atwill said.

"I'm very happy for them, I thought they did a wonderful job today."

Credit River won the gold.

and proverbs from around the world. Each letter stands for another letter. Hint: "T" = "R"

"QGB GRUGBCQ ESCCRZFB CQIUB RL ASTIF YJFQJTB RC MGBL MB TBYSULROB QGIQ MB SJUGQ QS YSLQTSF SJT QGSJUGQC." - YGITFBC KITMRL



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Geological epoch 12 Qualified 13 Irish Republican

Army (abbr.) 14 Sop 15 Plateau

16 Inlet 17 Cushitic lang. 18 Tree-lined walkway

20 Physician 21 Loop trains 22 Brythonic sea

god 23 Gem 26 John, Gaelic 27 Flat fish

Assn. (abbr.)

30 Warp yarn 31 Clumsy 33 Amer Basketball

50

Corp. (abbr.) 35 Standard 36 Auricular 38 Ashestos 39 Small drink

40 Priest (Sp.) 43 Poisonous bean 47 Fast

48 Euphemistic oath 49 Frog genus 50 Lose liquid

51 Annex 52 Sayings (suf.)

53 Folio 54 Turk. governor 55 Dressed

### DOWN

Buddhist monk "Casablanca"

Brother of Cain character



YEAR

Avifaunae Urinary disease (suf.) Sheep's cry Glacial ridge

10 Bistro 11 Niger-Congo

HMO

20 Polite 22 Part of a course 23 Half-boot 24 Move back 25 Amer. Broadcasting Corp. (abbr.) 26 Comparative ending

27 Pers. gateway 28 Presidential nickname 32 Grab

19 Oval figure

37 Fungus Slanted: naut. 39 Rice field

41 Cruising 42 Diagonal (abbr. 43 Herring barrel

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Thursday, February 29, 2024

# **Dubinsky rink wins curling silver**

### By Leith Dunick - TB Source

In her first match-up with Thunder Bay's Team Dubinsky, Dominique Vivier had her opponent right where she wanted them.

Then disaster struck.

She gave up a steal of three and lost 7-6. Vivier wasn't about to do it again.

On Monday, tied 4-4 in the eighth and final end, with hammer, she played it simple, and when Claire Dubinsky's final stone sailed a little too far, Vivier, lead Sydney Anderson, second Toula Pappas and third Brooklyn Ideson were Ontario Winter gold medallists, scoring one to capture top spot in the sixteam event with a 5-4 triumph.

In the process they handed Team Dubinsky their first and only loss of the week.

### Wanted redemption

"After we lost to them the first time, we really wanted that rematch in the final and we were ready to play against them again and put up a better performance," Vivier said, celebrating the win with her teammates.

The turning point in the match was the fourth end.

**DOMINIQUE VIVIER** 

Dubinsky, lead Lily Ariganello, second Bella McCarville and third Rylie Paul had scored a pair with hammer in the first and the two teams traded singles in the second and third. At that point the Kakabeka Falls Curling Club rink was leading 3-1.

Paul missed a shot at a double takeout and Dubinsky tried a similar shot, both leaving one Vivier stone hanging in the house.

Facing two, Dubinsky crashed into a guard on her final stone, leaving an open draw for three. Vivier didn't miss.

"The three was good, but if we weren't down two it would have been a lot better," she said.

Dubinsky was forced to settle for one in the sixth and the two teams blanked the seventh.

Dubinsky had a chance at a hit-and-roll behind cover with her first shot in the eighth, but once again hit a guard, leaving Vivier still with a shot rock. Her second shot made it past the guard, but had too much weight.

Vivier did not have to throw her final

"Going 6-0 and then losing the final, it does sting. It definitely stings. We played hard, it was a tight game, tied in the last. That final draw unfortunately was just a foot too heavy and that's what did it for us," Dubinsky said.



The three in four also hurt.

"After that we needed to brush it off. That end had a lot of downs. We

also made half shots. We all missed shots. Giving up that three we definitely were upset, but we were down by one and we knew that we could come back," Dubinsky said.

In mixed doubles, Thunder Bay's Lily Wright and Brayden Sinclair won their bronze-medal match 10-0 over Remy Pietrangelo and Claire Fish.

In the U18 boys competition, Evan MacDougall captured gold with an 8-5 win over Tyler MacTavish, scoring four in the seventh to pull out the win.

Dylan Stockton's team won the bronze, beating Liam Rowe's team 8-2.



Claire Dubinsky's team went 6-0 before losing Monday's final 5-4 to a team skipped by Dominique Vivier. (Leith Dunick)

# **McCarville disappointed with Scotties finish**

By Leith Dunick - TB Source

Krista McCarville was the first to admit it wasn't her best week at the Scotties Tournament of Hearts.

Up 6-1 against Alberta on Thursday, McCarville and company couldn't hang on and dropped a 10-9, extra-end decision that, had it gone the other way, would have invited the Northern Ontario rink into the playoffs.

McCarville, third Andrea Kelly, second Kendra Lilly and leads Ashley Sippala and Sarah Potts had a second chance to move on in their round-robin finale, but left far too many shots on the ice and wound up a couple of rocks short, falling 6-5 to former world

champion Kaitlyn Lawes.

"I actually struggled the most I think I've every struggled at a Scotties this week," said McCarville, who returned home in time to watch her daughter, Bella's team win their second and third games of the day to open the Ontario Winter Games, not to mention her son's hockey game earlier in the day.

"I wasn't feeling the ice like I was hoping, but sometimes that was the way it goes. You go into a bonspiel and you don't play your best, or you go into a bonspiel and you play your best. I look back on it and I'm disappointed in myself, I think mostly because I wasn't performing at the level that I wanted to perform."

While it's easy to point to the Alberta game,

or a missed double-takeout for four that could have turned the Lawes game in her favour, it was another game earlier in the week that stood out to the 11-time provincial champion.

"The Saskatchewan game I really struggled and I wish I would have played better in that game, because one more win and we were in. Sometimes that's the way it goes," she said.

It was a new-look team for the Northern Ontario champs in 2024, after they made the decision last summer to join forces with New Brunswick's Andrea Kelly and form a five-curler rotation with the 10-time New Brunswick champion.

It took some time to get used to the new

formula, but McCarville said it really wasn't a factor in the way the team performed.

"We played it a few times this year. Going in we organized our rotation and after the sixth game, that's when we talked about what we think is the best lineup. We threw Sarah in as lead as both games and then we rotated Kendra and Ashley for second," McCarville.

The plan, for now, is to continue with the same five players next year, when both the Northern Ontario playdowns and the Scotties Tournament of Hearts will be played in Thunder Bay.

"Usually, we take about a month to kind of digest and think about things, so after that month, we'll come together. But as far as I know, everyone's on board."

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