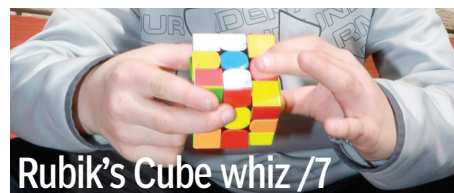


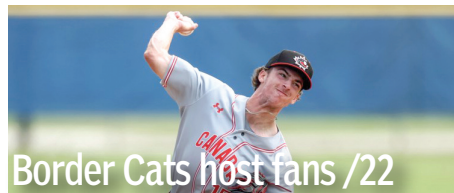
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The Hill City Kinsmen brought plenty of smiles to children's faces last Friday, handing out more than 10,000 Easter treats, along with plenty of prizes too. (Leith Dunick)



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Local girl's DNA headed for space

By Gary Rinne - TB Source

A six-year-old from Thunder Bay will soon gain a distinction that sets her apart from almost everyone else in the world.

Victoria Lehto's genetic material will be rocketed into deep space next month — tentatively on May 4 — making her what her dad believes is the youngest living person on Earth whose DNA has left the planet.

Ryan Lehto owns Global Genetic Health, a local company established in 2019 that does DNA processing and serves a variety of clients.

One of its services is DNA Memorial, which uses a proprietary process that allows genetic material to be preserved at room temperature without freezing.

It's sold through funeral homes across Canada, the U.S. and overseas.

Genetic Health also does DNA processing for Celestis Inc., a Texas-based space burial company that started sending cremated human remains into space on commercial spaceflights in 1997.

In 2017, Celestis partnered with Lehto's firm to expand this service by putting DNA into space, both from deceased individuals and those still alive.

"Whatever the item is, say it's a tooth or a cheek swab, blood, or hair...we'll extract the DNA out of that biological material, clean it, then specially preserve it," Lehto said. "We wrap it around these tiny silica beads. When it's done it kind of looks like a really fine powder, but it's really microscopic beads with the DNA attached to it."

Trip scheduled

Next month, Celestis is scheduled to send a capsule into deep space with the cremated remains of over 200 people, including hair samples from three deceased U.S. presidents and the genetic material of several legendary actors from the Star Trek series.

Genetic Health processed the DNA of the Star Trek performers at its Thunder Bay facility, located in the Chapples Building on Victoria Avenue.

According to Lehto, Celestis offered to let him include his own DNA on the same mission, and waived its fee of about US\$13,000.

"I decided to send my daughter's," he said. "I thought it would be just something nice for her to send her DNA out into space, and she gets a certificate and a T-shirt, and will get to watch the launch from Cape Canaveral on a webcast."

Lehto holds a PhD in biotechnology, and previously worked at Lakehead University's Paleo-DNA Lab where he extracted DNA from dinosaur fossils and mummies.

His daughter may be a budding researcher herself, as she already has her own science-oriented



Victoria Lehto's DNA will be sent to outer space next month.

YouTube channel, but he expects she won't fully appreciate the significance of her DNA going into outer space until she's a lot older.

In a blog, Celestis Memorial Spaceflights said its upcoming Enterprise flight will establish a solar orbit 150 to 300 million miles in deep space, becoming the first outpost of humanity in the cosmos.

"Off-world DNA storage allows the human genome to be preserved for thousands of years in space without degradation," it said.





"This means it is possible it could be discovered later, like a cosmic 'time capsule.' This could allow future generations to learn more about the U.S. forefathers millennia into the future. Celestis DNA (TM) preserves the entire human genome as a powder, which is then transferred to a Titanium 5 capsule resistant to the extremes of deep space, such as heat, cold, and radiation."

Spot reserved

Celestis has purchased a spot for its memorial capsules on the upper stage of a United Launch Alliance Vulcan Centaur rocket that will carry various payloads into space, including a lunar lander to be used in a future NASA expedition.

In addition to cremated remains and DNA, the company will launch messages of hope, poems, pictures, song transcripts, images and drawings on this mission.

WEATHER FORECAST

| THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|---|
|  |  |  |  |
| Partly Sunny | Mainly Cloudy | Rain | Snow |
| Precipitation: 70% HIGH 10 LOW 3 | Precipitation: 40% HIGH 7 LOW 3 | Precipitation: 80% HIGH 7 LOW 0 | Precipitation: 70% HIGH 2 LOW -3 |

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Firefighter shortage

By TB Source staff

After experiencing remarkably contrasting fire seasons in the preceding two years, the Ministry of Natural Resources and Forestry hopes to be well-prepared for whatever the 2023 wildfire season might bring.

Although there's snow on the ground across Northwestern Ontario, the ministry's Aviation, Forest Fires and Emergency Services staff are facing a hurdle unrelated to weather conditions.

Fire information officer Chris Marchand at the Northwest Regional Fire Management Centre in Dryden said the agency is still trying to recruit people to fill out its firefighting crews.

The usual deadline for applying for a job as a fire ranger is mid-April, but that's being extended to the middle of May.

"It can be a challenge to fill all the positions we have with qualified candidates, so we've made some efforts to reduce

barriers for those who might want to get involved in wildland firefighting," Marchand said in an interview.

This year, new fire ranger recruits will be eligible for reimbursement for the basic cost of taking a firefighting course.

Marchand said Ministry of Natural Resources and Forestry outreach staff have also been attending various job fairs and other public events to try to generate interest in wildland firefighting.

"Like any other employer, it's a very competitive job market at the moment, and we're certainly not alone in experiencing that issue. So we're doing what we can...to make it easy for people to consider working the summer in wildland firefighting."

The ministry experienced a similar recruiting challenge last year, and ended up with fewer firefighters than usual, but the 2022 fire season proved to be one of the least active in memory.



Christeann Hryb of Thunder Bay Shipping welcomes MNV Federal Dart Capt. Anuvarad Arora last Saturday.

It's salty season

First ocean-going vessel of shipping season arrives

By Justin Hardy - TB Source

The first "Salty" vessel of the 2023 shipping season entered the Port of Thunder Bay on Friday and was honoured on Saturday with the 2023 Salty Top Hat Ceremony.

MV Federal Dart, a five-year-old Marshall Islands-flagged bulker, berthed at Superior Elevator to take on a load of Canadian Wheat and Captain Anuvarad Arora said that he's no stranger to the Port of Thunder Bay.

"I have been here, I've loaded potash as captain, I've loaded wheat at Richardson, I've loaded wheat at Viterra terminal, This is the first time at Superior Elevator and being the first salty at the same time," he said.

"We loaded cement in Turkey, we came to Duluth for discharging of cement, we discharged cement in Duluth and came all the way to Thunder Bay."

With cargo loading operations underway on Saturday afternoon, Captain Arora was bestowed the ceremonial top hat by Port Board director Pat Bushby.

Chief engineer Samit Sachan was also on hand; both crew leaders received gifts of thanks for opening the ocean-going shipping season at Canada's furthest inland port.

The Seaway route via the Port of Thunder Bay is a critical supply chain link for Canadian grain and potash exports, as well as imports of general and breakbulk cargo such as steel products and Tim Heney, CEO, Thunder Bay Port Authority,

said that the salty is around 30 to 35 per cent of the tonnage coming out of the port.

"But inbound, though they represent most of the business, so like the business we built at Kiefer is direct by salty from Europe. So, they're a special part of the system and they also top up, a lot of them top up wheat in the river that's carried down by Lakers, so it's pretty integrated,

"But certainly we can build a business on general cargo around saltwater ships on the direct business from Europe to Western Canada. So it's a bit special that way."

Shipping by ocean-going vessel is gaining prominence at the port - Salty visits are up by 43 per cent in the last decade.

"You get about 400 ships in total, but 150 of them will be this type of saltwater vessel, the remainder will be Lakers, so it's a big part of the commerce of Thunder Bay," said Heney.

"Really, that's about 900 people working in the port and around the port, so it's the biggest industrial taxpayer in the city, so it is a big part of the economy of the town for sure.

Rounding out the Top Hat Ceremony, City of Thunder Bay Mayor Ken Boshcoff provided a welcome from the city, while Christeann Hryb of Thunder Bay Shipping offered remarks as the vessel's local agent. Canon Ed Swayze of the local Mission to Seafarers chapter provided a Seafarers' blessing.

The *Federal Dart* sailed for the United Kingdom on Sunday.

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Man rescues dog from icy waters

By Gary Rinne – TB Source

A local man and his wife are struggling to get over a traumatizing experience that put his life at risk as he raced to save the couple's dog from drowning.

"I felt like I was going to lose my husband and my dog. My husband is very brave," Sandra Lazaruk said.

She spoke with *Thunder Bay Source* Monday about an incident that occurred Saturday afternoon near the Richardson grain terminal in Current River where she and Gordy Lazaruk had taken their two dogs for a walk.

The couple let the dogs off leash in a parking lot as it's an isolated area and they generally consider it safe to do so.

"We are very careful about letting our dogs off their leash," Lazaruk emphasized.

But when their pets spotted a flock of geese, they immediately broke away to chase the birds, which led them to the lake.

One of the dogs came back when it was called, but 15-month-old Lily continued the pursuit onto the broken ice and fell into the water past the end of the grain elevator.

Lazaruk said she was struggling in vain to make her way back toward shore.

"She was crying and screaming. It was terrible. We didn't know what to do. The people working on the Manitoulin [a nearby ship] were pointing to where she was but we could hardly see her."

At that point her husband could no longer resist the urge to put his own safety in grave jeopardy.

"Gordy couldn't stand listening to her cries anymore. He started out to get her, and that's when I called 911," Lazaruk said.

Rushed to save her

She estimates that it took her husband about four minutes to reach the dog.

"Once he got closer to her he had to jump from iceberg to iceberg because it was all broken up. And when he reached her he tried to make a noose out of the leash to pull her out. She was going down quick. The noose slipped off, it didn't make it around her neck. so he tried to bend down to try it again. Then the iceberg he was on tipped, and he fell into the water head-first. Right down. Right underneath."

Gordy initially had trouble pulling himself out of the frigid water.

With members of the ship's crew shouting at him from the deck to kick his feet, he was able to find a crevice in a large piece of ice and dragged himself to safety.

From there, Lazaruk said, he was able to pull the exhausted dog out of the water.

"She couldn't even stand up. She was frozen. He



Gordy Lazaruk and his 15-month-old dog, Lily.

put his wet jacket around her. Then he had to get her to stand up, and they had to jump from iceberg to iceberg to get back to solid ice."

Firefighters and police arrived as they were approaching the shoreline, but Lazaruk said the first person on the scene was actually "a young kid who came off the Manitoulin. And he had two huge blankets, one for my dog and one for my husband. I don't know his name but he was like an angel."

Could have been tragic

Although the story had a happy ending she's well aware that a tragedy was barely averted.

"The 911 operator told us both not to go out there. I know that. We were born and raised in Northern Ontario. But when you hear your dog screaming and begging for you to come and get them, your love takes over."

Lazaruk said both she and her husband are still reliving the incident and have had trouble sleeping the past couple of nights.

"If I think about it too much it becomes overwhelming," she said.

"We do not recommend anybody else do this. But I'm so glad my husband was brave enough to save my dog and save himself."

IN BRIEF

Murder charge laid

A 22-year-old is charged with murder after the death of a man in Slate Falls First Nation.

In a Monday evening news release, provincial police said they were called on Sunday to assist the Nishnawbe Aski Nation Police Service after an individual was pronounced dead.

The victim has been identified as 32-year-old David Brown of Wapekeka First Nation.

Police said 22-year-old Amber Carpenter of Slate Falls First nation has been arrested and charged with second-degree murder. Carpenter remains in custody and is scheduled to appear in a Kenora court on Thursday.

The charge has yet to be tested in court.

The investigation remains ongoing and is being led by the OPP's criminal investigations branch in conjunction with the Office of the Chief Coroner

and the Ontario Forensic Pathology Service.

A post-mortem examination is expected to take place in Toronto at a later date.

Trails go limited

Late-season snowmobiling remains available to hard-core riders in the Thunder Bay area.

But the arrival of milder weather has brought an end to trail grooming by the Thunder Bay Adventure Trails Snowmobile Club.

On Sunday the group posted on social media that there's "lots of good riding out there yet," while cautioning that conditions change rapidly at this time of year.

That held true on Monday when the club posted that the status of all its trails has been switched from green (available) to yellow (limited).

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Grocery rebates have impact

By Leith Dunick – TB Source

A local grocery store owner says anytime government cheques, such as the HST rebate, are sent out, he sees an uptick at the cash register.

Nick Turkovic, the owner/operator of Family Foods Centennial, said it's a palpable difference, adding that the federal government's one-time, promised grocery rebate cheque will help families in need get the groceries they need and help keep inflation at bay, at least temporarily.

"Pretty well anywhere in town it just seems to lead to an influx of grocery business, because obviously people have more money in their pocket and they're buying the essentials they need — rent, food and clothing," Turkovic said on



Family Foods owner Nick Turkovic.

Thursday, following remarks by Liberal Minister of Family, Children and Social Development

Karina Gould, who stopped by the store to unveil the details of the grocery rebate.

The program is aimed at low- to moderate-income families and is expected, once officially approved, to be sent out to 11 million Canadians, rolled out through the GST/HST rebate program.

Couples with two children will get up to \$467, single Canadians with no children will get \$234 and seniors on average will receive \$225.

Only those eligible for GST rebates will qualify, ruling out couples making \$55,000 or more and most families making \$65,000 or more.

According to a recent CTV News report, Canada's Food Price Report estimates a family

of four will spend up to \$16,288 on food in 2023.

Gould said the plan was put in place to put money in the hands of people who need it most, without impacting the inflation rate.

"What it means for people who are living pay cheque to pay cheque, is that when they get that additional resource, they're coming in and spending that money on the food that they need," said Gould, who also visited Roots Community Centre and the Regional Food Distribution Association during her one-day tour promoting her party's 2023 federal budget.

"For the 11 million Canadians who receive this, it makes a big difference in their lives."

Gould acknowledged rising

grocery prices are having an impact across the board. According to the Food Price Report, the average family of four will spend nearly \$1,100 more on groceries this year than last.

"I've got a five-year-old and every time I go to the grocery store I have sticker shock as well. I have a five-year-old who really loves raspberries and raspberries in February are pretty expensive. We're making different choices in our household as well. But there are a number of things that are impacting inflation right now," Gould said.

She listed the war between Russia and Ukraine as a prime factor, affecting the food supply chain and energy costs around the world.

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Graham Bill averages about 13 seconds per solve in competition for a three-by-three Rubik's Cube.

Cube wizard

By Leith Dunick – TB Source
What's old is new again.

Thanks to the isolation of the pandemic and a recent Netflix documentary, *The Speed Cubers*, the popularity of solving the Rubik's Cube has soared again, with competitions taking place all over the world.

Thunder Bay's Graham Bill, who averaged about 13 seconds for a three-by-three cube solve at a recent sanctioned competition in Pickering, Ont., is trying to lead the charge locally, in the early stages of starting a Rubik's Cube club in the city, attempting to foster interest in the hobby, which took the world by storm in the early 1980s.

Inspired by the documentary and gifted a cube by visitors from Nunavut, the 11-year-old said it took him a long time to figure out the solution, having to learn dozens of algorithms to challenge any situation, not to mention recognizing when to use them.

"After that I just wanted to get faster and faster," he said.

"I started with the two-by-two. Obviously, it's the easiest. I started with a sheet of paper. There were a bunch of algorithms, which are sets of moves on paper ... and after I learned it on the paper, I tried to memorize it and solved the cube over and over again, until I could solve it without paper and it was just muscle memory."

Graham said there are almost an infinite number of scrambles and solves, and 43 quintillion possible combinations, in competition he has to think quickly.

His record for a three-by-three cube solve is under nine seconds, but at the world level, he'd be crushed by his opponents, those at the elite level.

Yusheng Du holds the record for a single solve, completing the cube in 3.47 seconds, while nine-year-old Yiheng Want, a cubing prodigy who hails from China, did five solves in an average of 4.69 seconds, setting the new record just last month.

His father said the family realized pretty quickly that Graham had a knack for solving the cube, invented by Hungarian Erno Rubik in the late 1970s, and was really committed to the sport.

"We've just kind of let him run with it. The last six months his interest exploded. I think that documentary on Netflix really helped encourage and solidify his interest in it and he could see that a lot of people do this. He wasn't the only one."

Graham said he knows he's not going to get rich solving the Rubik's Cube, and his father, Steven, said at times he and his wife have to set limits on how much he can practice, but for now, they're encouraging him to take it as far as he can — and the family travel budget allows.

"I can't really make a living out of it, but we do want to make a Rubik's Cube club here in Thunder Bay. We want to invite other people and teach them how to solve the cube and teach them get faster and faster and do competitions here," he said.

"That would be a really cool thing to get happening."

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Sentence coming in child killing

By Doug Diaczuk – TB Source

The woman convicted of second-degree murder for the 2020 stabbing death of her 11-year-old son will learn next month how long she will be ineligible for parole, with counsel calling for a range of between 10 and 18 years.

Courtney LaBelle, 37, appeared in a Thunder Bay courtroom before Justice John Fregeau for a sentencing hearing on Thursday.

A jury found LaBelle guilty of second-degree murder in September 2022 after deliberating for approximately three hours following a six-day trial.



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The jury heard evidence that in the early morning hours of Jan. 1, 2020 at a Victoria Avenue residence, LaBelle stabbed her 11-year-old son 31 times, with more than 10 wounds penetrating his chest and abdominal cavity.

LaBelle's father, Eugene LaBelle, witnessed the attack and tackled her to the floor where he held her down until first responders arrived.

The victim, whose name is protected under a publication ban, was pronounced dead a short time after arriving at the Thunder Bay Regional Health Sciences Centre.

A post-mortem examination determined two stab wounds

penetrated the victim's heart, resulting in extensive blood loss. The victim also had numerous defensive wounds to his hands and arms.

A second-degree murder conviction carries an automatic life sentence, with parole ineligibility ranging from between 10 and 25 years.

Crown attorney Katrina Van Kessel is seeking a period of parole ineligibility for 18 years, citing the need to denounce the violent attack on a child by a person in a position of trust.

"The Crown submission is there are few, if any, more sacred duties, than to protect a child in one's care. A breach of that sacred trust is to be condemned. Ms. Labelle did not only breach that trust, she violated it in abhorrent manner,"

Van Kessel said.

"The Crown submits a period of parole ineligibility must place denunciation and deterrence above all other principals and address the grievous breach of trust that occurred on Jan. 1, 2020."

Van Kessel cited several aggravating factors of the offence, including the victim being a vulnerable individual, the brutal nature of the attack, and LaBelle's position of trust as the victim's mother.

"Courtney LaBelle is the one person in that room the victim should have been able to turn to to protect him and she was the one who harmed him," Van Kessel said. "This was not a sudden and rash decision. The knife had to be retrieved and then used."

There was also a lack of significant mitigating factors, according to Van Kessel, including no expressions of remorse by LaBelle through a guilty plea. Though Van Kessel did concede LaBelle lacks a criminal record and has several Gladue factors.

Van Kessel stressed LaBelle's actions will have a lasting impact on all those involved, from the victim's family and friends to the first responders.

"His loss does and will continue to have immeasurable consequences for an unforeseeable time," she said.

Several victim impact statements were shared with the court that expressed the sense of loss family members have been left with following the death of the victim.

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EDITORIAL

Profiteering

The federal government has stepped up to provide much needed relief at the grocery-store cash register, to those who need it most.

Meanwhile, grocery giants, like Loblaws and Safeway, continue to try to shift blame for rising prices to their suppliers.

And then we hear about Loblaws' CEO Galen Weston getting a \$1.2 million raise last year because an outside consulting agency said he deserved it.

The rich get richer and those who struggle only seem to struggle more.

If the average family of four spends about \$16,000 annually on groceries, Weston's salary top-up could have fed 75 families for an entire year.

Their family is worth \$8.7 billion dollars.

Let that sink in.

That extra \$1.2 million had to come from somewhere - as does Loblaws' \$1.9 billion in profits last year.

Companies are allowed to make money, but they also need to be good corporate citizens and once in a while think about more than their shareholders' bottom line.

Food is essential. The public has to be protected.

Stop the insanity To the editor:

The resignation of the mayor and councillor from the Ignace municipal council questions their ability to make a decision regarding the siting of an underground nuclear dump. Disturbingly, has the approach of the Nuclear Waste Management Organization (NWMO) caused any of this acrimony?

Until the 1980s an industrial approach to economic development was the proponent of a contentious project would buy off opposition and gain support by making generous donations to political parties and promising lucrative contracts to local suppliers.

This was the approach used to gain favour for the former Adam's Mine near Kirkland Lake as a dump for Toronto garbage.

However, citizens protested and an environmental assessment ensued that raised enough questions about contamination of water and that the nefarious project was dropped. Toronto eventually discovered it could deal with its own garbage.

Now we have a project that is

LETTERS TO THE EDITOR



proceeding to site selection by a dysfunctional council and Ignace isn't even in the Turtle River, English Wabigoon River watersheds that would be contaminated forever by a radiation leak.

Lots of money is being used to

buy support (a public audit is long overdue). A proponent doling out money in Northern Communities causes divisions because some benefit and others don't. For example, the resigning Mayor, Bill Gascon, was the former NWMO

site director for Ignace while his daughter Chantelle Gascon, is community liaison manager at the NWMO.

Interestingly, the Industrial Development Association of Canada changed its name in the 1980s to the Community Economic Development Association of Canada in recognition of the need for an environmental assessment of contentious projects and the need to prevent community discord.

In this case the site selection appears to be proceeding without a full regional and joint federal and provincial impact assessment. In other words, the council of Ignace is being asked about its willingness to select a site before it's suitability has been properly reviewed.

The long and dangerous transportation of highly radioactive fuel bundles is another question. In other words, a backwards economic development process.

The deep underground dump (DUD) has been described as a trillion dollar economic potential...looks more like a trillion-dollar boondoggle.

Paul Filteau,
Ignace

Penknife tells a gritty coming-of-age story

Penknife by Jim Westover is a gritty and poignant coming-of-age story set in 1980s Britain. The story is told in a first-person narrative from the lips of Jarrod Brooks, both hero and rebel without a cause.

This young man has just been expelled from a state boarding school and returns home only to find that his left-wing mother has allocated his bedroom to a striking miner. Puzzling, because they don't live close to a coalmine.

The new arrival has come to join the picket lines at key British ports in an attempt to stop shipments of coal being brought in from other countries to break the strike.

Jarrold joins him on the picket line,

but the police violence he faces makes him cough and retch, and feel real fear. The swinging truncheons are evidence of police and politicians working in unison.

Jarrold is quite a mixture: aware his birth was the result of a one-night stand, he doesn't get on with his stepfather, but is smitten by a no-nonsense feminist, Verity, who hates patriarchy and doesn't want to be "anybody's bird."

Verity wears a "Coal not Dole" badge. On the picket line, Jarrold sees a small piece of coal by his foot and puts it into his pocket to

show to Verity he was there.

She accepts this, but inwardly recognizes producing a piece of coal from your pocket proves nothing. Nevertheless, eight years later, the piece of coal is still in his pocket.

It's Jarrold's dodgy mates and their shared activities that take over Jarrold's life and he ends up with a custodial sentence.

He has a tricky time in jail, but manages to read Tressell's *Ragged*

Trousered Philanthropists, mainly to impress Verity. Alas, by the time he finishes the book, she has finished

with him.

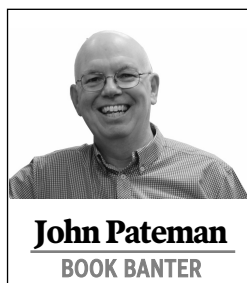
The story moves from one situation to another as Jarrold proceeds on his experiential journey through Thatcher's Britain. He and his friends feel like real-life characters in a fictionalised setting.

There's a reason for the book's title, *Penknife*. The knife represents misplaced loyalties, violence, criminality and toxic masculinity. By contrast, the pen symbolises self-discovery, reflection, sexual awakening and redemption. Jarrold experiences both pen and knife in many diverse ways.

This book captures the culture and politics of Thatcher's Britain: the music scene, protest songs, fashion,

class struggle, feminism, sexual politics, industrial unrest, and petty criminality. People all across the country strongly supported the miners' cause and many of them became involved in direct action. I joined the picket lines.

Seen through the perspective of a young man full of both good intentions and weaknesses, *Penknife* is a highly readable book, gritty, poignant, funny, at times tragic, and set against the political and economic dogma we now call "Thatcherism," but whose continuity is easily recognised in today's Westminster debacles. It may be Westover's first novel, but I predict it won't be his last. A good read.



John Pateman
BOOK BANTER

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Easter Sunday is potluck time

By JR Shermack

Our family has a lot of innovative cooks and every year on Easter Sunday we celebrate with a pot luck brunch to showcase our collective culinary creativity.

I like the pot luck format because, to paraphrase Forrest Gump, you never know what you're gonna get, a family favourite or something you've never tried before.

And there is always the chance that everyone brings the same dish and you end up dining on potatoes done four ways, a bowl of perogies and a bucket of potato salad.

On the other hand you should be ready for surprises and it helps if you have an adventurous palate and are willing to try anything once no matter what the ingredients.

Sometimes it's better if you don't ask.

Now don't get me wrong - I am always happy when there's food

around but potluck is an opportunity to show off with something outrageous at the brunch table.

With Easter Sunday approaching I had to decide whether to play it safe with a proven popular dish or go for the gusto and prepare something new, bold and unexpected.

I sought guidance from international kitchens as I searched for something a little out of the ordinary but still suitable for a festive Canadian brunch crowd.

I wondered what different countries around the world served family and friends when they got together for a meal on special occasions.

I was only looking for a little culinary inspiration and I wasn't prepared for some of the foreign delicacies I came across.

I was curious and intrigued by some of the recipes but other more bizarre flavor combinations looked like Klingon cuisine to me.

For example, corn smut is a fungus that produces blue-black tumor-like growths which



Potlucks often produce surprise offerings.

Mexicans enjoy as a delectable delight called huitlacoche, slang for "sleeping excrement".

If you enjoy the woody, earthy flavor of fungus this dish might be

worth considering for a Mexican themed potluck.

Stargazy pie is a traditional English dish made with pilchards (sardines), potatoes and eggs baked under a pastry crust - I almost considered this one.

Then I read how the pie got its name - the pie must be baked with the heads of the fish poking through with their eyes toward the stars.

Then I looked for something uniquely Canadian and came across a Canadian experiment in nasal gastronomy, a recipe for Jellied Moose Nose.

First you boil up the nose with herbs and spices, then you remove those bothersome nose hairs (it didn't say how), boil again, slice up the nose and simmer in broth until it sets into a jelly.

It sounds a lot like headcheese except made with noses - you might call it "nose cheese".

Not really suitable for me and my pot-lucking brunch-mates but

I needed something.

In the end I went traditional with some home baking and a roasted, big-ass, glazed holiday ham.

Brunch included a hearty cauliflower soup, perogies, an elaborate mixed salad, carrot slaw, fresh cinnamon buns, old-fashioned strawberry cake, sweets and home-made ice-cream.

And yes, there was also one potato dish.

And our Easter Brunch was not without flair - one audacious chef broke all barriers by presenting a bold, new dish with an explosive name, Dill Pickle Fat Bombs.

And yes, they do live up to their name.

It was unanimously agreed that we had outdone ourselves yet again and this was truly the best Pot Luck Brunch ever.

Good food is appreciated but the real attraction is the joy of having family and friends around the table to share it with.

Pot Luck is always good luck.

what's happening
in and around...

The Bay

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

April 12-16

U13 All-Ontarios

The top U13 players from across Ontario, including the Thunder Bay Kings, will compete for the U13 All-Ontario hockey championship this weekend at Fort William Gardens.

The public is welcome and ticket packages are available at the Gardens, with games scheduled throughout the week.

April 15

SIJHL Hockey

The Thunder Bay North Stars and Dryden Ice Dogs will tangle in Game 4 of their SIJHL semifinal series.

The two teams split their first two games, Game 1 going to overtime.

Puck drop is 7:30 p.m. and tickets are available at the door. Cash only.

April 15

TBSO concert

An Indigenous knowledge keeper takes us through time to meet the

mysterious "small horses of the deep woods" who were helpers and spirit guides to First Nations and Métis people.

Exploring the diversity of Indigenous cultures, we visit the magnificent Horse Nations of the prairies and Northern Ontario.

The Spirit Horse Returns combines an all-new rich and tuneful orchestral score, delightful songs, traditional teachings, and stunning colourful visual art. It provides young audiences with inspiring and age-appropriate explorations of truth and reconciliation.

Conducted by Naomi Woo, tickets are available at ticketmaster.ca.

April 16

Giant Pumpkin Lessons

A virtual appearance from Ron Wallace, one of the world's premier giant pumpkin growers, will be the highlight of an event put on by the Thunder Bay Giant Pumpkin

Growers.

Wallace is a two-time world record holder and three-time world pumpkin champion, the first grower in the world to grow a pumpkin over 1,500 pounds and the first to eclipse the 2,000 pound barrier in 2012 at 2009 pounds.

The event takes place at Zegil's Floor Mart, starting at 2 p.m. and is open to anyone.

April 14

Takeout Spaghetti Dinner

A takeout spaghetti fundraiser will be held at the Neebing Community Centre on Friday from 5 p.m. to 7 p.m.

Pre-orders, through eventbrite.ca, are preferred, though a limited number of walk-up orders, cash only, will be available.

They will also be hosting a cash only bake sale at the event, so you can pick up some dessert too.

Meals include spaghetti with meatballs or vegetarian sauce.



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



Annual spring melt has begun

I forgot last column to wish you all a happy Easter. Mea culpa. Hope yours was restful. Mine wasn't.

OK, I had just about had it with winter (join the club, Fred).

We get warm days; the snow and ice on the driveway begins to melt making the driving of vehicles treacherous. So, I fire up my ancient tractor, Big Red, and a-scraping we do go. There were days a week ago when I had to scrape twice as the melt progressed creating a dangerous slush. I recall having to do that three days in a row.

Then Ol' Man Winter returns and dumps fresh white stuff accompanied by ferocious, day-long winds. Have to wait for the snow to subside before ploughing. What is worse is the temperature thinking about spring during the day but returning to frigid at night. When I climb back onto Red to scrape the new snow,

the thermometer has climbed as well and the snow is heavy and sticky.

I plough and watch the snow curl into what resembles an ocean wave in the bucket before falling to the sides which means that I have to do it all over again to scrape the fallen chunks.

Now we have spring-like conditions. In the morning when I cross the yard to the barn I'm walking on ice; by mid-afternoon the ice is melting creating a very slippery surface. But, alas, I don't have the means to scrape. Big Red is temporarily out of commission. Why?

Saturday, I fetched a round, hay bale from our supplier. My son, Doug, climbed onto the back of the

truck and pushed the bale onto the ground so that when I trundle over with the pointy spear on Red's bucket, I won't spear the truck. I spear the bale and now Red can't back up. What gives? A front tire flat is what gives or what gave. How

that happened is one of the many mysteries to which I have no answer. So, I have to abandon transporting the bale into the barn with Red. I also have an appointment in town and so I leave tractor and bale. I drive to town with the wheel in the hopes of getting a tire place to repair while I was at my appointment. No go. It is Easter weekend and none of the tire places are open. Ah well. When I return to Casa Jones six hours later, the bale is

gone. Once again, Son Doug to the rescue.

He managed to locate the hay fork - a hand-held hook - and haul the bale through the gate. Then he fired up the quad and pushed the bale into the barn.

We had jacked up the side missing a wheel only to later discover the jack had fallen due to the melt taking place and the unstable condition of the ice upon which the jack was sitting.

We can't have the wheelless side of Red sitting on the ground as it might cause problems for the wheel that still has a tire. Solution?

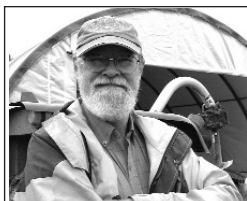
I grab the chainsaw and together with Doug we locate a long six-by-six piece of wood and cut four pieces that we can stack under the wheelless wheel. All I have to do is fire up Red and push the bucket down to raise the machine.

Once up, Doug places the blocks of wood and then I let the tractor down to rest on those blocks. The only unknown is whether or not the melting/shifting ice will support blocks and tractor, or if we will have to do it all over again until we get the wheel fixed.

The weather office is promising lots of warm temperatures. That means lots of melting snow. Already the end of the driveway by the road is showing dirt.

If this warming trend continues, it won't be long before the entire driveway will be dirt. Then we will be into mud season. Oh joy.

Mud season presents a whole new set of challenges: cleaning puppy paws prior to allowing them into the inner sanctum of Casa Jones. As one wit posted on Facebook: "April is Dog Poop Awareness Month". Too true.



Fred Jones
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TELUS Health MyPet – Ontario Launch

Virtual care for your furry friend made easy

New app makes non-urgent medical care for pets convenient and stress-free

With a shortage of veterinarians in Ontario and an increase in pet adoptions during the pandemic, many pet owners are finding it difficult to find a 'family' veterinarian. The problem has reached severe levels in Thunder Bay, where, as of December, no vet clinics were accepting new patients.

TELUS Health is stepping in to fill the gap.

TELUS Health MyPet is a highly-accessible virtual veterinary platform that will help pet owners of dogs and cats across northern Ontario — including those living in very remote communities and those who face challenges traveling to and from appointments, especially in winter — to access high quality veterinary care where and when they need it.

APP REDUCES MANY STRESSES RELATED TO IN-PERSON VET VISITS

TELUS Health MyPet is easy-to-use and provides access to a team of Ontario-licensed veterinarians for preventative and non-urgent medical care. They can address issues including overall wellness, nutritional and weight management, allergies,

parasite control, minor infections, mild stomach upset, chronic disease management and behavioral challenges.

According to a 2021 Ontario Veterinary Medical Association (OVMA) survey of pet owners, approximately 75 percent of problems seen through virtual appointments can be treated solely through telemedicine without ever visiting a clinic.

"A lot of learning came out of the pandemic," says Dr. Koharik Arman, lead veterinarian for TELUS Health MyPet. "We began to do virtual consultations out of necessity, and it taught us a lot in the profession about what we can accomplish without a physical exam."

REDUCING NON-URGENT IN-PERSON TRIPS TO THE VET

Developed with the support of veterinarians, TELUS Health MyPet aims to lower the number of non-urgent visits to clinics, as well as reduce the need for trips to a clinic with a furry friend who may not travel well in vehicles. The app is free to download for iOS and Android smartphones, with vet consultations charged on

a per-session basis.

Dr. Arman goes on to assure pet owners that if the consulting MyPet veterinarian does conclude that the pet requires urgent and timely hands-on care, the client will be redirected to a nearby clinic and receive a full refund of their consultation fee.

"Even after a full consultation, when owners are directed to seek additional hands-on care, many find it comforting to have confirmation from a veterinarian that their pet does indeed need to be seen in person," she says. "There is a lot of value for owners in knowing that they are not going to be stressing their pets needlessly."

"My own cat is one of my feistiest patients, and needs to be medicated for in-clinic visits. It's great to have an option that is so convenient and less stressful!"

Take a more active role in preventative health for your dog or cat by downloading TELUS Health MyPet from your preferred app store or from telus.com/mypet.



Say 'grrr' to getting stuck in traffic with your furry family member. Virtual veterinary care from TELUS Health MyPet is now available in Ontario, see a vet from wherever your pet is most comfortable.

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*Must be the age of majority in your province. A virtual vet appointment may not be suitable in each case. Any payments for appointments must be paid using a valid credit card. See our Terms and Conditions for complete eligibility requirements. Regular price \$95 plus tax. Appointment must be booked by August 31, 2023. Offer subject to change without notice. TELUS Health MyPet connects clients to Ontario licensed veterinarians affiliated with Pet Telemedicine Veterinary Clinic in Toronto.



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Hundreds of youngsters turned out last Friday at the Slovak Legion for the annual Hill City Kinsmen Easter egg hunt. (Leith Dunick)



About 10,000 plastic eggs, filled with chocolate or prize vouchers, were handed out last Friday.

Hunt a huge hit

By Leith Dunick – TB Source

Ethan Giddens surveyed the snow-covered field, marked his spot along the sidelines and when he got the go-ahead, the nine-year-old pounced.

It was the perfect strategy.

After all, there was chocolate at stake.

The youngster found a pile of colourful Easter eggs, made a beeline and scooped them up in his arms, depositing them one-by-one into his basket.

He was one of hundreds of children who took part in the 11th annual Hill City Kinsmen Easter Egg Hunt outside the Slovak Legion in Thunder Bay's East End.

"I wanted chocolate," Ethan said.

He wasn't alone.

Nine-year-old Atari Mackie joined him in the final group of the morning and was looking forward to it for quite some time.

"It's a really fun activity to do," she said. "The thing I didn't really like about it was waiting in line, but my favourite thing is probably getting chocolate."

Brookelynn Anderson had one goal in mind, on Friday morning.

"I want chocolate," the 11-year-old said, matter-of-factly.

"I just ran and picked up all the eggs. I even have snow in my basket, that's how hard I picked them up."

Her friend, Shyann, also 11, had a strategy of her

own.

"I made a pile and then I just went through one category, and the edges, where people weren't," she said.

"I thought it would be a fun thing to do with my family and friends."

About 10,000 eggs were strewn about over the Easter egg hunt zone, divided equally among the four age categories, which included three and under, four- and five-year-olds, six- and seven-year-olds, and eight to 11.

Tony Sgambelluri, vice-president of the Hill City Kinsmen, said the event is always fun for everyone involved, including the volunteers.

"We had about 10,000 eggs and we've had some bikes, half of which were given to us by Canadian Tire and the other half we bought from them," Sgambelluri said.

"Then we got a bunch of prizes for the children. It seemed to be a great success. Nobody got hurt, nobody got lost. It was a nice safe event and we hope to do it again next year."

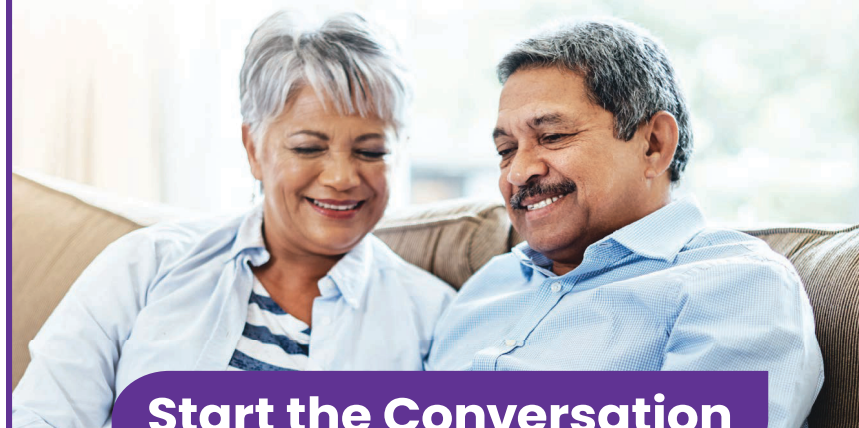
It's a no-brainer to stage, he added.

"Our goal is to keep everybody happy. We do a lot for the community, and this is one of the things where we just give. We're not looking for anything else, we're just trying to give and we do it for the people who need it around here, as much as we can with the chocolates and the prizes." Sgambelluri said.

"It keeps a smile on everyone's faces and that keeps us happy all year round."



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Boosters encouraged

By TB Source staff

The Thunder Bay District Health Unit is encouraging some to roll up their sleeves and get another dose of the COVID-19 vaccine.

The health unit said those recommended to get a spring booster include people over the age of 65, long-term care or retirement home residents, anyone over the age of 18 who is immunocompromised or living in a congregate care setting for people with complex medical care needs, and pregnant individuals.

The health unit said anyone over the age of five who has not received a booster since Sept. 1, 2022 also remains eligible.

“Those at highest risk from COVID-19 and anyone 5 years or older who didn’t get a fall booster should strengthen their protection with a spring booster dose,” Thunder Bay district medical officer of health Dr. Janet DeMille said. “COVID-



Booster doses are still available. (FILE)

19 is not going away. The vaccine is the safest way to enhance protection against serious disease, hospitalization and death, and it can lower the risk of developing long COVID.”

The boosters will be available at the health unit’s vaccine clinics, select pharmacies and participating primary care providers.



The natural beauty of the Northern Ontario wilderness is an added bonus to any outdoor adventure.

More than fish

Like a lot of people, I love to set goals and work towards accomplishing them. While this attitude is generally considered to be a good quality, especially when achieving things at home and at work, I believe it to be a bit of a flaw when it comes to fishing. Hear me out.

Too often, I wrap up a fishing trip feeling underwhelmed or disappointed, even if the fishing was pretty good. The problem is, I am always counting fish and chasing trophies, and if I don’t catch anything big, or the action is a bit slow, I am left wanting.

This is not a good attitude to have towards any sport, but especially not one like fishing that involves a fair bit of luck.

So, for the upcoming fishing season, I intend to focus less on catching personal records and more on enjoying the whole experience. This new attitude will start with setting realistic expectations and realizing that not every fishing trip will be the best trip ever. Beyond that, I plan to pause and take in the beauty of our landscape, to enjoy the company of the people I am with, and to appreciate the fact that I am outside, breathing fresh air and living a clean lifestyle.

The importance of catching fish varies from person to person, but I like the attitude of my friend Mike Swards. Mike has stopped counting how many fish he lands. Instead, he prefers to savor catching a quality fish while casting his spey rod. The joy for Mike is in

poetic rhythm of his fly line and the fact he is fooling a fish by skillfully presenting his own hand-tied fly. My first goal is to be more like Mike.

What helps makes the fishing here in Northwestern Ontario so good is the fact that we are able to enjoy the sport in one of the most pristine and beautiful places imaginable.

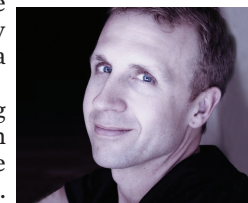
There are many great fishing spots which are completely devoid of other people and man-made obstructions. Instead, when we look across the water, we often see nothing

but pristine trees, tall cliffs, and endless hills. My second goal is to look up and soak it all in.

I am blessed to have a few good friends that I enjoy meeting on the river each spring. Our ages vary greatly, and we do not necessarily have a lot in common when we aren’t fishing, but we do share a passion for angling and the bond that this creates is strong.

In addition, I am always meeting new people on the water and they are often happy to share a good fishing hole or to recommend a bait that is working particularly well at the moment. My third goal is to be more appreciative of the social aspect of the sport.

Spring is the season of renewal, and getting outside over the next while, as the ice breaks up and the snow melts away, is good for the soul. It is also a great time to adopt a fresh perspective and to set some different goals.



Keith Ailey
the GOOD LIFE



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The kitchen has long been a place where thick skins are a necessity to survive the fast-paced environment. (iStock photo)

Rites of passion

It would stand to reason that every time I write a week of HCAYK I would be talking about cooks in some form or fashion. In 25 years of cooking as a career I'm certain I've worked with thousands of them. I will also say that most of us got along. Cooks have a certain mentality; it takes a very specific type of personality to be a real cook. I'm not talking about someone who line cooks while they are going to college, I'm talking career cooks who do it because they love it and they can't fathom doing much else.

You will see a lot of chefs and cooks have a tendency to take the industry and their food seriously, to varying obsessive degrees. Now a certain degree of this is essential to be successful however, too much can get overbearing and egregious.

This can also be a sign of emotional immaturity, the my way or the highway kinda childishness that can cause rifts between a chef and his team.

In this business you must have a thick skin and be able to always take criticism, sometimes from people who do not deserve to talk about food.

A younger Derek once told a customer who was off her ass about something "You can't talk to me about food, you don't even speak the language". Now, that was not appropriate and I will still maintain I was right about what I said, I just should have said it in a more diplomatic way.

The grind of the industry tends to reveal who people truly are. If you're a basket case, chances are it will eventually be revealed to everyone who works with you. Start talking to career chefs, and too many

sound like little more than dish rags squeezed out and squeezed again. On television, the professional kitchen looks much like the setting for a real live action movie. Pans clatter and flames leap. Furious chefs bark out their orders and aspiring culinary heroes jump, breaking off only to wipe their brow and mutter about "their passion".

The lopsided work/life balance of the hospitality industry has been slow to garner the attention that other more lucrative industries enjoy. Every job I have ever had has been work first, the rest later. It's not sustainable for any serious length of time unless you are a specific type of emotionless human robot.

Chefs of the generation before me, were able to describe abusive environments, run by bullies re-enacting the violent experiences they had been through when they were juniors.

They talk of intimidation, of humiliations, of pain administered via burning hot tongs.

A 15-year-old Derek was once subjected to the hot tong grab, and I carry a scar to this day on my left wrist because of this "right of passage." The hierarchical system, which was on its way out when I began my career, had a dependence on fear rather than encouragement.

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.



Derek Lankinen

Here's Cooking at You Kid

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Hama at ThunderCon

By TB Source staff

A writer involved in developing numerous high-profile comic book characters is the first guest to be announced by organizers of ThunderCon 2023.

Larry Hama, an iconic American comic book writer, artist, actor and musician who's worked for Marvel and DC will attend the Sept. 9 and 10 event in Thunder Bay.

Chair Linda Fogen Madsen said "We're extremely excited to be bringing comic book legend Larry Hama to our event. His big ticket is G.I. Joe, but he's got so many other characters under his belt that he's had a hand in developing over the years."

Hama is best known for his seminal work creating the successful comic series based on the Hasbro toys of the same name.

Thunder Con guest lead Toller

Madsen said he's worked at Marvel for years, including "on some pretty amazing books like Wolverine, Generation X, Iron Fist and Elektra. But he's also worked for DC on Batman, Wonder Woman, Mr. Miracle and Super Friends."

Saying that he can't wait to meet Hama in person, Madsen added that "He's done everything in the industry, from writing, pencilling and editing, and created the bio cards for all the G.I. Joe characters, including Snake Eyes."

Hama has worked in entertainment and publishing since the 1960s.

"I don't get to many Canadian events," he said. "So I'm really looking forward to this."

When he's in Thunder Bay, Hama will autograph comics and action figures, and will also be taking commissions.

ThunderCon will announce other guests in the weeks to come.

Air flies high

Director Ben Affleck tells the tale of Michael Jordan's decision to sign with Nike

Air (SilverCity) focuses on the unprecedented deal that brought promising rookie basketball guard Michael Jordan into an incredibly lucrative partnership with Nike, before the future Chicago Bulls superstar even set foot on an NBA court, making history in marketing basketball shoes and professional athletic endorsements.

It's hardly the stuff of high drama, but *Air* gets much mileage out of the grinding corporate process behind the scenes involving distinctive characters and their conflicting instincts, unwavering beliefs and desperate creativity that ultimately converged in sealing the deal. It's "Mad Men" on the basketball court.

It's the 1980s. The story centres on dogged Nike talent scout Sonny Vaccaro (Matt Damon) who becomes thoroughly convinced that Michael Jordan is key to reversing Nike's flagging marketing fortunes, perennially sputtering behind Converse and Adidas.

To Sonny, Nike has no choice but to stake its entire, albeit limited, marketing budget on Jordan alone, like so many poker chips, even though Jordan's not interested in Nike. A major gamble.

Eccentric Nike founder and CEO Phil Knight (Ben Affleck), bare-footed, axiom-spouting, Porsche-driving, jogging guru isn't convinced. Sonny's up against it.

Several key, well-drawn scenes anchor the story, gradually leading to Nike's big pitch, sparking our interest even though we know the outcome.

Early on, Sonny circumvents Jordan's agent—an industry no-no—to make a daring cold call on Jordan's parents, demonstrating Nike's serious interest. Sonny's risking his job. Protective Deloris Jordan (Viola Davis) is a savvy, no-nonsense mother. She appreciates Sonny's accurate, amusing mimicry of his competition's pitches.

Jason Bateman as Nike marketing exec Rob Strasser has a nice moment, quietly explaining to Sonny the personal consequences if Sonny's gambit fails. Designer Peter Moore (Matthew Mayer) works on the "Air Jordan" shoe, dabbed in red, contrary to NBA rules, and the famous silhouette.

Later, Davis exudes cool, sharp gravitas while articulating an 11th-hour deal-breaking, precedent-setting demand.

As in *Ford vs Ferrari*, Damon gets us onside as



Ben Affleck plays Nike founder Phil Knight in *Air*.

a sincere, determined everyman. Chris Tucker as Nike exec Howard White offers fine support. As Knight, Affleck plays well off Damon, overcoming a lame comedic bit at the crucial meeting.

Chris Messina steals the film as Jordan's agent, David Falk, with a hilarious, profanity-riddled phone call threatening Sonny.

Jordan himself remains on the fringes. His stand-in is strategically sidelined in several scenes so that he doesn't detract from the drama. Jordan gets the spotlight in the film's latter stages. Jordan also played a prominent role in casting, suggesting Davis and Tucker.

As director, Affleck's top-heavy on 1980 needle-drops and pop culture references but he otherwise does a credible job in establishing characters, time and place. Alex Convery's script balances drama with low-key comic relief.

The convincing cast helps to make *Air* a relatable story about the importance of the human connection, big dollar signs aside. A film glorifying capitalism? Sure, they're not saving the world here. But overall, "Air" is a fascinating story about faith, self-belief and team effort.

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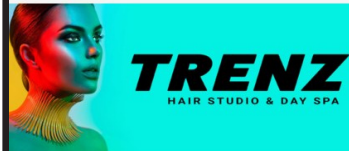
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Michigan Man

Walleye's Cook scores spectacular game-winner

By Leith Dunick - TB Source

Call Jack Cook Mr. Michigan.

The Kam River Fighting Walleye defenceman, voted the top blueliner in the Superior International Junior Hockey League, on Monday showed he's still got a few tricks up his sleeves.

The Thunder Bay product circled behind the Wisconsin net, his team drooling over a five-minute power play opportunity, cradled the puck on his stick blade wrapped it over the shoulder of a surprised Kyler Lowden in the Wisconsin Lumberjacks goal.

The tally, his fifth in two playoff games, doubled the Kam River lead to two at the time and the Fighting Walleye took commanding control of their best-of-seven semifinal series, winning 4-2 to go up two games to none.

It was a spur-of-the-moment decision to try the move, named after Mike Legg's alma mater after he completed the feat in a 1996 NCAA Tournament game against the University of Minnesota.

"It was kind of the perfect situation there, coming around on my offhand. I got a little roll on my puck and then got it up there and that was that. It's surreal, nothing you expect to do, ever, and when you pull it off it leaves you speechless."

Kam River coach Geoff Walker says nothing really surprises him about Cook's play anymore.

"I've been saying it for a while. I think he's the best player in the league. Nothing surprises me anymore. The first shot was elite as well. Obviously we don't want to get too cute like that all the time, but that's a skilled player making a skilled play to score. We want to make sure our guys feel good and comfortable about making those decisions, especially our skill guys."

Cook's goal was the second on a five-minute power play, earned when Wisconsin's Connor McClure was given a spearing major and a match penalty, drawing an automatic game misconduct in the process. It was also Cook's fifth of the night.

It proved to be the deciding factor in the tightly contested game, the Lumberjacks clearly more rested than they were two nights earlier, coming off a gruelling seven-game opening-round series win over Sioux Lookout.

"Special teams is huge. I love the way



Jack Cook has five goals in two playoff games.

our power play has been clicking, basically for the last two or three months," Walker said. "But now it seems to have gone to another level. Guys are really comfortable in their spots. They're urgent. We know what we want to do and, again, we let their imagination take over."

The win didn't come as easily as the 10-2 series opener on Saturday night, but it was a win nonetheless.

Ethan Lang struck first for the home side, picking up the puck behind the Wisconsin net and bouncing it in from an impossible angle off of Lowden's skate, the goal the only time the lamp was lit in the opening period.

Ryder McMillen, who won the SIJHL points parade, evened the score 1-1 7:04 into the second, but the game stayed tied for all of 57 seconds, when Cook found the back of the net, two nights after putting up a hat trick in the opener.

Up 3-1, the Fighting Walleye had to battle throughout the third, after Salvatore Poggiali closed the gap to one on the power play, the goal coming four minutes into the final stanza.

The Fighting Walleye also killed off a brief 43-second Lumberjacks power play, which ended abruptly when Poggiali was called for boarding. Braeden Duchesne provided an insurance marker eight minutes in and Kam River held on to claim victory for the second time in three nights.

Masters hype real

Weather aside, Augusta always delivers.

Sunday was about as spectacular a finish of any Masters in recent memory, with Spaniard Jon Rahm outduelling the villainous Brooks Koepka to earn his first green jacket.

I joke about Koepka, one of a handful of players who switched to the LIV golf tour and were in the field last weekend.

Can't say as I've ever watched a LIV event, but it's not like I'm watching the PGA on a weekly basis anymore either.

How about the Sunday charges by Phil Mickelson and Jordan Spieth?

How about a final-group pairing on Saturday for amateur Sam Bennett?

And how about former Staal Foundation Open winner Taylor Moore making the cut in his first trip to Augusta National?

Am I the only fan who thinks the rest of the majors pale in comparison? Also, move the PGA championship back to August.



Had a note from noted local basketball coach Cory Keeler, whose son Matthew has signed with the Ontario Tech Ridgebacks men's soccer team.

The younger Keeler most recently played for the London Whitecaps of the Ontario Player Development League, where he finished second overall in scoring.

He also led London's Mother Teresa Secondary School to a WOSSA championship.



The U13 All-Ontario Hockey Championship will be contested at



Matthew Keeler will play university soccer next season at Ontario Tech.



Fort William Gardens this week, hosted by the Thunder Bay Kings.

The last time the event was played here, a youngster named Jack Hughes was on the ice for the Mississauga Rebels, captained by another future NHLer, Riley Damiani.

Hughes last week tied Patrik Elias' single-season point record, 96, with a couple more appearances left to try to hit the century mark.



The Calgary Flames dropped a 3-2 decision to the Nashville Predators on Monday night and were eliminated from post-season contention.

How far the team fell, but it's not hard to see why.

Johnny Gaudreau left in free agency, to the surprise of some, and Matthew Tkachuk demanded to be traded, and

left for Florida in return for Jonathan Huberdeau, who simply didn't live up to last year's hype.

Looks like Toronto, Edmonton and Winnipeg will carry Canada's chances to win its first Stanley Cup since 1993.



The Edmonton Oilers, led by Conner McDavid, have to be the favourites to represent the West in the Stanley Cup final.

McDavid became just the sixth player to cross the 150-point threshold in a season, and even though scoring is up, in today's era, that says something.

Goaltending remains a question, but as of Monday, they'd won seven straight and are peaking at just the right time.

Sorry Leafs fans, but it's going to be Boston on the other side. They're just too good to bet against. How about David Pastrnak joining the 60-goal club. He's an MVP any other year.

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— CHKKX QHLIKHZ

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ACROSS

- 1 Military assistant
- 4 Salt
- 8 Wall (Fr.)
- 11 Tallow
- 13 Hearing (pref.)
- 14 Mother of Hezekiah
- 15 Sister of Zeus
- 16 Pimp
- 18 Wed
- 20 Harden
- 21 Hat
- 23 N. Caucasian language
- 24 Presidential nickname
- 25 People (pref.)
- 27 Oriental maid
- 31 Russ. inland sea
- 33 Abet
- 34 Forbidden
- 35 Ancient weight
- 36 Onionlike plant
- 38 "Abner"
- 39 N.Z. fish

- 41 Bare
- 43 Pokeweed
- 46 Possessed
- 47 Threadlike
- 49 Czarist Russ. council
- 52 Laconian clan group
- 53 King Atahualpa
- 54 Tart
- 55 Roll
- 56 Polish border river
- 57 "The Jungle Book" python

DOWN

- 1 Tree
- 2 Payable
- 3 Azure
- 4 Israeli tribe
- 5 Field
- 6 Bird's cry
- 7 Clear
- 8 Jap. ship
- 9 Above (Ger.)

ANSWER TO PREVIOUS PUZZLE

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- 10 Laugh (Fr.)
- 12 Blue Nile source lake
- 17 Eastern Catholic
- 19 Condition (suf.)
- 21 Heddles of a loom
- 22 Shelter (Fr.)
- 23 Bra
- 26 Hurry
- 28 Drake (2 words)
- 29 Son of Samuel
- 30 Seed coat
- 32 Sputnik dog
- 37 Scope
- 40 Sunlight (pref.)
- 42 Hindu sacred writings
- 43 Smugly superior person
- 44 Phil. island
- 45 Sign
- 46 Formerly
- 48 Political party
- 50 Mine (Sp.)
- 51 Ohio college town

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LU hands out hardware

By Leith Dunick – TB Source

Winning ways can sometimes make it tough to figure out whose contribution mattered most.

It's not surprising, then, that two of the four major categories at Lakehead University's annual athletics award ceremony wound up in a tie.

In the female athlete of the year category, track and field's Amy Stieh, who helped lead the Thunderwolves to a fourth-place finish in the 4x200-metre relay at the OUA championship and a sixth-place finish in the 600-metre race at nationals, tied for the trophy with basketball's Tiffany Reynolds.

Reynolds, who capped her all-star career by collecting her 1,000th point with the team, was recognized for her leadership on and off the court.

The Toronto native finished fourth in the OUA in assists per game and 11th in points per game, and was clearly the heart and soul of the program.

The men's rookie athlete of the year also finished in a tie, between hockey's Josh Van Unen and Nordic skiing's Erikson Moore.

Van Unen helped lead the hockey team to within a win of a berth at nationals, the team finishing in the top 10 for the first time in several seasons. In his freshman season he put up nine goals and 20 points in 25 games.

Moore helped deliver a national championship. He captured two golds and a silver at the OUA championships and two golds and two silvers at nationals.

Hockey's Spencer Blackwell took home male athlete of the year honours, rising to the top of the Thunderwolves depth chart with a 12-goal, 26-point regular season, as Lakehead won the OUA West for the first time in 15 years.

Women's basketball freshman Sara Azzolini, a Hammarskjold High School graduate, won female rookie of the year honours.

New Cats skipper no pitch clock fan

By Leith Dunick – TB Source

J.M. Kelly isn't a fan of the pitch clock being implemented across baseball, including the Northwoods League in 2023.

The Thunder Bay Border Cats manager made that loud and clear when asked the question on Saturday at the team's Hot Stove League event, which brought about 40 fans out to Sleeping Giant Brewery to learn about the franchise's return to play after nearly four years on the sidelines.

Kelly, the head coach at East Central College, in Union, Mo., said he and his players will make the best of it this summer, but he'd rather the clock not be put in place, despite it shaving nearly half an hour off games this season at the major league level.

"First of all, the pitch clock is stupid," Kelly said, drawing laughter from the crowd. "Baseball's been played the way baseball's been played for 150 years. I don't know why we're changing it. There's too many non-baseball people making decisions. And you can ask any coach in the country and they'll all tell you the same thing.

"I do think to an extent it's going to be good for the game, but we're trying way too hard to fix something that's not broken."

Old hat

Pitch clocks aren't actually new to baseball. They've been used at the college level as far back as 2010, the NCAA instituting it in 2011. A 20-second pitch clock was introduced in AA and AAA baseball in 2015. The current MLB rules calls for 15 seconds between pitches with the bases empty, 20 seconds with one or more runners on board.

"The good thing is, these guys have all dealt with it. They've dealt with it to an extent more so than what the Northwoods League will be. The guys down here are super hard-core about the pitch clock."

According to Cats vice-president Bryan Graham, who joked about the impact the clock will have on concession sales, there will be clocks installed in the outfield and home plate, giving pitchers, batters and fans alike a clear view as time ticks down between pitches.

Speaking of pitchers, the Border Cats also officially introduced two players with local ties on Saturday, announcing Team Canada U18 righty Jack Pineau and southpaw Will Droll of the University of Pittsburgh are expected to be a part of the team this summer.

Kelly said he's taking a bit of a different approach with his pitching staff this year, signing a number of players to first-half contracts, and



Jack Pineau will pitch for the Border Cats in 2023. (Mike Carlson)

several more to second-half deals. It helps manage inning counts and avoids having hurlers bailing after hitting their school-mandated maximums, leaving the Border Cats scrambling for arms.

Kelly said he looks for guys with proven track records, as opposed to signing low-inning guys from big-name schools, but the trouble is, those high-inning guys usually come with low inning allowances during the summer collegiate baseball season.

Give and take

"If you want a proven arm, you have to go get the guy who's thrown 30 or 40 innings and can only throw 20 to 30 more. I'm a firm believer in leaving a guy out there. There's some people who will only start a guy and throw him for three innings," Kelly said.

"If I have a starter I can send out for six or seven innings, if I have to, if his stuff is working I want to trust him and let him go deep in the game. To do that, we had to be able to sign some of those guys for first- and second-half," said Kelly, adding he's been burned more than once by pitchers saying they'll stay, only to leave before the season ends.

The Border Cats, whose home opener is June 6, also announced the hiring of Mike Tallari as the team's new general manager and director of corporate sales, the latter role similar to his position with the Thunder Bay North Stars.



Who Will You Walk For?

THUNDER BAY - SATURDAY, MAY 27
Prince Arthur's Landing

GERALDTON - SATURDAY, MAY 27
Geraldton Community Centre

NIPIGON - SUNDAY, MAY 28
Nipigon Community Centre

IG WEALTH MANAGEMENT
WALK FOR ALZHEIMER'S

Alzheimer Society

Soci t  Alzheimer Society
THUNDER BAY

REGISTRATION NOW OPEN!
www.walkforalzheimers.ca

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

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

DEADLINE
 Classified Word Ads:
MONDAY @ 4:00p.m.
 Display & Photo Ads:
MONDAY @ Noon

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

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

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

38. Snowmobiles
 39. Parts & Repairs
YARD SALES
 40. Current River
 41. Northward
 42. South
 43. Westfort
 44. Rural

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

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

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

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

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

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

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

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

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

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

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

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

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. Trash/yard clean-up, inside/outside. Tear down/remove sheds, fences, decks. Cut/remove small trees, trim hedges, lawn cutting plus general odd jobs/services. Call Frank 628-5919.

CHRISTINA'S HOME AND GARDEN. Residential & Commercial landscaping, grass cutting, lawn maintenance, sod installation, dethatching, fertilizing, planting, dividing, weeding, edging, container gardening, patio stone/interlocking stone pathways, hedge/tree/shrub trimming and shaping and much more. Call 621-1505

Dump and scrap runs. Will do mixed loads. Available for odd jobs too. Call or text 807-708-6970

TREE REMOVAL SERVICES. In town/rural, snow no problem, ++experience, Man-lift, insured, and seniors' discounts! Very reasonable rates, free estimates. Call Jacques (Jack) 345-4363

64. CRAFT & FLEA MARKETS
 BIG FLEA MARKET/CRAFT SHOW! CLE Coliseum Saturday April 22nd 10am-3pm. Huge variety of items! Table rentals and info at 767-5488



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

Looking for Tree Removal?



Fast, Safe & Efficient
 With Our Unique 34" wide 100ft reach man-lift, we cut higher than anybody in town.
626 3542

PUZZLE ANSWERS

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

ENIGMA SOLUTION:
 "Painless poverty is better than embittered wealth"
 — Greek Proverb

**REUSE
REDUCE
RECYCLE**



HERE'S MY CARD

EME PARALEGAL SERVICES

EILEEN McGRATH ERVIN
 Paralegal, Notary Public, Commissioner, Owner/Operator
 Traffic Violations, MNR, MTO and more.
 Marathon and Thunder Bay

Phone: 807-622-9555
 Main Office Number 807-229-2747
 Fax: 807-229-0879
 eileen@emeparalegal.com

HERE'S MY CARD

Dulux Paints 784 MEMORIAL AVE. (807) 344-0784
 DECORATING CENTRE
 LOCALLY OWNED AND OPERATED

BOGO!
 BUY ONE GET ONE
ON ALL GALLONS OF DULUX INTERIOR PAINT & PRIMER
 APRIL 11TH - MAY 1ST

HERE'S MY CARD

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

FREE FISH & CHIPS Buy a 2 piece Alaska Pollock & Chips plus 2 beverages, get the 2nd piece pollock FREE!
FREE APPETIZER 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

OUR SPRING MARKET DATES ARE

THUNDER BAY FARMERS' MARKET

APRIL 8, 15, 22
MAY 6, 13, 20, 27
JUNE 10, 17

NORTH END REC CENTRE
 954 HURON AVE
 SATURDAY'S 10 TO 2

FOOD IS BEING SERVED FROM OUR KITCHEN FOR EAT IN OR TAKEOUT.

We Know...

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- Environmental Law
- Estate Administration
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- Personal Injury
- Real Estate Law
- Tax Law
- Wills & Estate Planning
- Indigenous & First Nations Law
- Civil Litigation
- **Construction Law** 
- Corporate & Commercial Law
- Estate Planning
- Insurance Law
- Medical Malpractice
- Motor Vehicle Accidents

CONSTRUCTION LAW

...The North



Whether you are a builder or you are building your dream, our team of construction and real estate lawyers are here to help review contracts, assist with planning and bylaw matters, deal with lien claims, and more. Give us a call or visit our website today for more information.

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