



Council getting raise /3



Conservation efforts /5



PSAC on picket line /4



Joaquin and weirdness /11

YOUR COMMUNITY CONNECTION

THUNDER BAY SOURCE



Canadian Publications Agreement No. 0662445 Vol. 20 No. 17

Thursday, April 27, 2023

 **RBC**
Royal Bank

Jessica Coley
Mortgage Specialist

(807) 476-4867
jessica.coley@rbc.com   

 Let me show you how easy finding the right Mortgage can be.

"Don't Stress ... Call Jess!"

STARTS UP 2-0



Thunder Bay takes first two games on the road, and heads home for Game 3 and 4 /13

Thunder Bay's E.J. Paddington (left) and Kam River's Eric Vanska mix it up on Monday night at the Norwest Arena in Game 2 of their SIJHL championship final. (Leith Dunick)

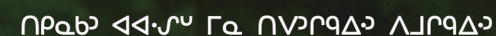

ericksons
LLP
Law Firm

Ph (807) 345-1213
TF 1-800-465-3912
info@ericksonslp.com

WATCH FOR US!

YOU WILL FIND US
**WEEKLY ON THURSDAYS IN
THE CHRONICLE JOURNAL
LAKEHEAD WEEKLY FLYER**
**DROP OR
HOME SUBSCRIBERS
WILL FIND US
WITH THEIR FRIDAY
CHRONICLE JOURNAL PAPER**

**STILL
PUBLISHED
EVERY
THURSDAY
DELIVERED**



Child & Family Services



Council hikes pay

City's elected officials will get a 2.9 per cent raise, though some say the figure should grow a little higher

By Ian Kaufman – TB Source

City council has voted unanimously to award itself a historically large 2.9 per cent pay hike, responding to a year of surging inflation, with some councillors suggesting compensation should climb further.

The move followed a 2019 policy that suggests pegging council's compensation at half the rate of inflation, but leaves the choice in council's hands with a yearly vote.

The city uses the previous year's Consumer Price Index (CPI) increase for Thunder Bay, as calculated by Statistics Canada, as a benchmark.

That inflation measure shot up by 5.8 per cent in 2022, prompting the 2.9 per cent pay hike recommendation.

Monday's vote brings annual base pay to roughly \$32,500 for councillors, and \$99,000 for the mayor.

Council members take home more than that after accounting for paid committee assignments, health and retirement contributions, and a car allowance, however – upwards of \$40,000 for councillors and around \$130,000 for the mayor.

The pay hike will cost the city just over \$15,000 this year, an amount that was already budgeted for.

Agreed to agree

Smaller increases have sometimes prompted hand-wringing at council in the past, but on Monday, councillors seemed to find a new consensus.

"I'm not ashamed to say this job doesn't pay what it should – not only not keeping up with inflation, but the type of work we're now having to do that's being downloaded by other orders of government," said Coun. Shelby Ch'ng. "We're expected by the public to deal with things like mental health and homelessness... with very few resources at our disposal."

Compensation has serious implications for equitable representation, she added..

"If you're a single mother... if you're a person with a disability, you can't afford to be around this table," she said. "The only people who can afford to be around this table are people who are independently wealthy, who are retired, who essentially look like us."

Council is officially a part-time gig for all but the mayor, and most councillors also hold down other jobs – though most also say they spend what amounts to full-time hours on their council duties.

Mayor Ken Boshcoff, who put his workweek at 20 to 90 hours, said he'd "never encountered any kind of public objection" to what councillors are paid.



Council debated remuneration on Monday night. (FILE)

"I think there's a lot of appreciation for what council does and I think [people] truly understand that the compensation is low for the amount of hours," he said.

The policy of half-inflationary increases yielded pay bumps of 2.35 per cent last year and 0.55 per cent in 2021.

Council briefly departed from the policy in 2020, foregoing a 0.5 per cent increase in a move meant to recognize the financial challenges of COVID-19.

Councillors have said the policy stops pay from falling behind and keeps politics out of the decision.

Fought decision

Last year's increase came over the objections of Coun. Mark Bentz, whose push to reduce it to 1.5 per cent failed by a single vote. At the time, Bentz said while he generally favours the policy, it should be reconsidered in times of high inflation.

Bentz had also warned it would be poor optics for council to award itself increases above what the city negotiated with unionized workers, typically 1.5 to 2 per cent.

On Monday, however, Bentz said while he was "not out to advocate for more money for politicians," the half-inflation policy might fall short.

"Half of CPI is not sustainable, and it's going to result in a large-scale re-adjustment at some point," he said. "It means every year, remuneration around this table drops in buying power."

In a report, staff noted the 2019 policy was approved following a process including public consultation and an assessment of compensation levels in comparable municipalities.

WEATHER FORECAST

THURSDAY	FRIDAY	SATURDAY	SUNDAY
Snow and Rain	Rain	Rain	Snow and Rain
Precipitation: 70% HIGH 8 LOW 0	Precipitation: 40% HIGH 7 LOW 2	Precipitation: 40% HIGH 7 LOW 2	Precipitation: 60% HIGH 6 LOW 2

**WE CAN HELP GROW YOUR BUSINESS.
LOCAL MARKETING WORKS.**

Build Your Brand

**CONTACT US TODAY & STAND OUT.
807.346.2600**

Licensed Stylist \$3000 Hiring Bonus

Kelly's **NOW HIRING**
Professional Family Hair Care

Drop In or Call One of Our Managers Today!

Let's Talk About You

Joining Our AWESOME Team!

- **Apprentices Welcome**
- **Competitive Wages**
- **Profit Sharing**
- **Commission on All Product Sales**

Resumes Can be Emailed to Kellys6@yahoo.com



843 Red River Rd

807-767-1471

307 Euclid Ave

807-475-4322

PSAC expands strike locations

By TB Source staff

Striking federal government workers in Thunder Bay are taking their picket signs to the Richardson grain terminal on Water Street starting Tuesday.

The Public Service Alliance of Canada alleges that the Canadian Grain Commission is allowing private companies to use replacement works to inspect grain intended for export.

In a statement Monday, the union said it will establish a picket line at 7 a.m. on the access roads to the terminal.

According to the union, grainhandlers who belong to the United Steelworkers Union have pledged not to cross the line.

Since the beginning of the strike on April 19, the several hundred local members of the Public Service Alliance of Canada have restricted picketing to the offices of Indigenous Services Canada and Thunder Bay-Superior North MP



PSAC workers walked a picket line last week outside Liberal MP Patty Hajdu's office.

Patty Hajdu.

"The use of private inspectors is a threat to public safety and under-

mines free and fair collective bargaining that is enshrined in the Canadian Charter of Rights and

Freedoms," the union said in a statement.

The union did not immediately make a spokesperson available for further comment.

About two-thirds of Canadian Grain Commission staff belong to the union, including 140 grain inspectors across the country who are participating in the strike.

Grain commission corporate information services manager Rémi Gosselin said the commission developed a contingency plan to provide official certification of export grain during the walkout using modified procedures.

He said the commission respects the union's right to strike but implemented these measures to keep exports flowing and maintain Canada's access to grain importing nations.

Nonetheless, Gosselin said, the provision of official inspection and certification of grain has been significantly impacted by the strike, as the only remaining inspection

staff are some managers and specialists across the country.

Under the contingency plan, grain exporters identify priority cargos and provide the commission with "composite samples."

He said grain companies may use their own in-house inspectors for this task, or hire third parties to do this work before the samples receive final inspection and certification from PSAC's non-union staff.

"It's not our preferred way to operate, but under the circumstances it keeps grain exports flowing," Gosselin said.

"Our sole focus at this time is just to minimize the impact on grain producers and grain companies. Obviously once there is closure with the strike, we are focused on getting our staff back to work just as soon as we can to conduct those inspections."

A spokesperson for Richardson did not immediately respond Monday afternoon to a request for comment.



welcome to
uncommon™
spring adventures

- Symmetrical Full-Time AWD
- X-MODE® for extreme conditions
- Subaru award-winning safety



MAROSTICA  **SUBARU**

502 16th Ave, Thunder Bay, ON P7B 2R8

Tel: (807) 345-3300

MarosticaSubaru.com

Service & Parts

Monday - Friday: 9:00am - 5:00pm

Saturday/Sunday: Closed

2023 ASCENT
Ascent Convenience Package
Well equipped from \$43,640
\$116 weekly/ \$3,941 down
24 month lease at 2.99%

Limited-time offers. Msrp \$40,995 on the 2023 Ascent Convenience Package + \$1,995 freight PDI + \$650.50 additional fees (Additional Fees Include: Administration \$249, Marostica care \$249, Tire Tax \$100, OMVIC \$10, Tire Resource Recovery Environmental Fee \$22.50, PPSA Service fee \$20.). *Advertised pricing consists of MSRP plus \$1,995 freight and PDI, Administration \$249, Marostica care \$249, Tire Tax \$100, OMVIC \$10, Tire Resource Recovery Environmental Fee \$22.50, PPSA Service fee \$20 includes a full tank of gas. Taxes, license, registration and insurance are extra. \$0 security deposit. **Lease rate of 2.99% for 24 months. Lease payments of \$116 weekly with \$3,941 down payment. \$4057 due on delivery. Lease based on a maximum of 20,000 km per year for 24 months, or 40,000 km total. Subject to credit approval by Subaru Financial Services by TOCI. Leasing and financing programs available through Subaru Financial Services by TOCI. Other lease and finance rates and terms available; down payment or equivalent trade-in may be required. Contact your Subaru dealer for details. Dealers may sell or lease for less or may have to order or trade. Vehicle(s) shown solely for purposes of illustration and may not be equipped exactly as shown. EyeSight® is a driver-assist system, which may not operate optimally under all driving conditions. The driver is always responsible for safe and attentive driving. System effectiveness depends on many factors such as vehicle maintenance, and weather and road conditions. See Owner's Manual for complete details on system operation and limitations. Ascent, Outback and Subaru are registered trademarks. Offers subject to change or cancellation without notice. See your local Subaru dealer or visit www.ontario.subarudealer.ca for complete program details. End date of April 30, 2023.

Fifty years of conservation

On Jan. 13, 1973, the North Shore Steelhead Association (NSSA) was formed as a non-profit organization concerned with the conservation and preservation of fisheries in the rivers that feed Lake Superior.

Over the past five decades, their efforts have resulted in steelhead, as well as other species like pacific salmon and native brook trout, benefitting from conservation-focused initiatives on the tributaries these fish use in their annual spawning migrations.

Among the many NSSA projects that help migratory fish reach their spawning grounds are the installation of fish ladders and plunge pools below barriers, the elimination of perched culverts, and the addition of "steps" carved into the bedrock of natural waterfalls.

Of equal importance, the club has made significant efforts to gather scientific data to track population trends and spearhead positive changes to the fishing regulations.

Most recently, the club has used



The North Shore Steelhead Association has helped local angling immensely over the years.

social media as well as riverside signage to educate the public about the importance of keeping our rivers clean and the benefits of releasing our steelhead to fight again another day. Past president Frank Edgson, who has been with the club since 1983, says it is the change in attitude

we have seen towards both littering on the streams and catch and release fishing that he is most proud of.

Looking to the future, he says continued work to eliminate migration barriers on the Current River is a priority and this spring we will see the installation of fishing line collec-

tion units from Clear your Gear on local streams.

These units will provide anglers an environmentally friendly option to properly dispose of their old monofilament fishing line.

Current club president Tom Whalley was introduced to the NSSA at a youth fishing clinic 37 years ago.

He echoes Edgson's thoughts on the shift in focus by local anglers towards releasing their catch, saying that people now recognize the value of our steelhead as a sport fish. He emphasizes how important it is that anglers can see the benefits of a thriving recreational fishery as opposed to the old attitude of fishing for the purpose of harvest.

It is this change in attitude, and the widespread adoption of proper fish handling techniques before safely releasing steelhead, that has seen

populations rebound on our most heavily pressured rivers.

Terry Kosolowski, the club's vice president and a member since its inception, says this has been made possible because of partnerships.

"Over the years we have continued to develop relationships with the scientific community as well as federal, provincial and local government agencies.

Along with the input from other user groups and the general public, we have been able to secure the necessary approval and provide the guidance, funds and even the labour to get vital conservation projects done."

Steelhead are notoriously difficult to find and even harder to catch, but thanks to the North Shore Steelhead Association, the prospect of hooking a steelhead is now a reality for more people than ever before.



Keith Ailey
the GOOD LIFE

Get Carried Away RECYCLING

REENVISION
WASTE

**CITY OF
Thunder Bay**
Superior by Nature
thunderbay.ca/recycling

SPACE PROVIDED THROUGH A PARTNERSHIP BETWEEN INDUSTRY AND ONTARIO MUNICIPALITIES TO SUPPORT WASTE DIVERSION PROGRAMS

EVERY
THURSDAY
THUNDER BAY
IS COVERED
WITH 30,000
FRESH COPIES
OF TBSOURCE

THE ONLY
THING MISSING
IS YOUR AD

CALL US & GET
YOUR MESSAGE
IN PRINT
807.346.2600

SOURCE
YOUR COMMUNITY CONNECTION

The War Amps

The Key Tag Service
protects your
keys and supports
essential programs
for amputees.

**Order key tags
online – free.**

1 800 250-3030
waramps.ca

EDITORIAL

Keep building

The new Thunder Bay Art Gallery appears to be a go.

A proposed science centre is also up for discussion, both projects aiming to call the city's waterfront home.

While the cost for both may be seen as somewhat staggering for many taxpayers, the benefits both entities will bring to the community – and our attempts to rebuild a tourism industry, are enormous.

Thunder Bay has the potential to have a world-class waterfront, and while trails and natural surroundings have to be one of the primary focuses, it's not enough.

Tourists, and those of us who call Thunder Bay home, need options.

Art galleries around the world are focal points, destination attractions. So too are science centres, which provide plenty of programming and entertainment for local residents too.

A few more restaurants, maybe a pub like the Lower Deck in Halifax, and Thunder Bay's waterfront could easily find the proper mix of business, residential and outdoor use.

It's not hard to imagine, and quite frankly it's something that's long overdue in this city.



Stolen has Northern Ontario ramifications

Stolen by Ann-Helen Laestadius is a novel about the Sami people who inhabit the region of Sapmi, encompassing northern parts of Norway, Sweden, Finland, and Russia's Kola peninsula. The region was formerly known as Lapland, and the Sami known in English as Lapps or Laplanders, but these terms are, today, deemed offensive.

This novel tells the story of a girl growing up in a Sami family and the story is told largely by her. Elsa lives in the north of Sweden and is a nine-year-old Sami girl when the narrative begins, maturing into an adult by the end.

Like many of the families here, herding reindeer is the family's chief means of livelihood, but a malevo-

lent Swedish poacher who lives in the vicinity sees the wild-roaming herds as a source of cheap income for himself. The unfolding conflict between him and the family is at the centre of what becomes a tension-filled crime story even if the only murder victims are the reindeer.

Like so many minority peoples, the Sami find their culture and traditional ways of life challenged and under pressure from modernity and racist attitudes.

Author Laestadius, herself of Sami descent, while telling the coming-of-age story of nine-year-old Elsa subtly shows how these factors play

out in the daily lives of the villagers in their northern homeland.

Their traditionally harsh, nomadic lives have been transformed by modern housing, powered snowmobiles, cars, and schools; Swedish language and culture sit uncomfortably alongside their own; television, computer games, junk food and alcohol, mental health issues and higher suicide rates all play a part in undermining their previously cohesive, healthy and ordered lives. And now on top of it all, global warming is also endangering their way of life.

From the 19th century onwards, the Sami have been targeted with

Scandinavianisation and Christianisation policies aimed at forced integration.

The Norwegian and Swedish authorities regarded the Sami as a "primitive people" in need of "civilising", imposing Scandinavian languages, banning the Sami language and culture in many contexts, and particularly in schools.

To begin with, the Scandinavian authorities showed little interest in the harsh and non-arable inland populated by the Sami and did not interfere much in their way of life, but that would soon change. Unlike the coastal-dwelling Norwegians who were strongly dependent on their trade with the south, the Sami

lived off the land.

With the gradual opening up of those northern regions for forestry and mining, Norwegians and Swedes moved north.

Laestadius helps us comprehend what a terrible trauma for the Sami people this clash of cultures represents, and bear witness to the erosion of their way of life.

This will be a familiar story to the people of Thunder Bay where settler-colonialism continues to be an ongoing project rather than a historical event.

The Ring of Fire poses the same threat to the lifestyle and future of Indigenous people in Northern Ontario as the mining operations in Sweden.



John Pateman
BOOK BANTER

CONTACT INFORMATION
87 North Hill Street
Thunder Bay, Ontario P7A 5V6
Tel: 807-346-2600

Editor: Leith Dunick 346-2650 | ldunick@dougallmedia.com
Reporter: Doug Diaczuk 346-2622 | ddiaczuk@dougallmedia.com
Reporter: Ian Kaufman 346-3558 | ikaufman@dougallmedia.com
Reporter: Justin Hardy 346-2591 | jhardy@dougallmedia.com
Sales Manager: Kathy Harris 346-2510 | kharris@dougallmedia.com

Thunder Bay Source is a member of the National Newsmedia Council, which is an independent organization established to deal with acceptable journalistic practices and ethical behaviour. If you have concerns about editorial content, please contact ldunick@dougallmedia.com. If you are not satisfied with the response and wish to file a formal complaint, visit the website mediacouncil.ca, for additional information, call toll-free at 1-844-877-1163.



Goofing around has merits

By JR Shermack

Research reveals that “goofing around”, when done properly, is an important key to understanding, enlightenment and an unencumbered mind.

I am intrigued by the notion that doing nothing can be productive and meaningful – tell me more.

This discovery was made by observing the tireless antics and playful activities of children while they are goofing around at home, at the park, in school or anywhere they choose.

There is much to be admired about the behavior of young children especially when they display their natural exuberance and carefree approach to discovery and learning.

Kids have a lot to learn in their first few years about the physical world around them, the human emotions inside them and the toys spread all over the floor.

They also have to learn how to crawl and then walk, all while becoming fluent in at least one

language and oh yeah, grow two complete sets of teeth.

Fortunately kids are well-equipped for the task – all healthy children are born with an innate sense of wonder, endless curiosity and a brand new, fully functional human brain.

And how do they use these precious gifts – anyone who hangs out with the five-and-under crowd will notice that they spend most of their day just playing and goofing around.

They have an abundance of time on their hands, are unafraid of making mistakes, do not over-think things and they play freely and have fun while learning.

With all these natural resources at their disposal children learn much faster than adults and quickly develop new skills as they navigate their strange, new world.

Goofing around helps make sense of it all.

Wouldn't it be nice to experience life with all the energy and exuberance of young children as they goof around looking for

whatever comes next?

To have endless curiosity, boundless energy, no fears or anxieties and an infinite capacity to learn without barriers – kids' brains work better than adult brains.

The advantage is largely due to “neuroplasticity”, a young brain's ability to learn or unlearn habits, routines and actions, most noticeable and rapid before the age of five.

The afternoon naps are probably helpful too.

In the 1990s psychologists began studying what they called “free-form attention”, the childhood capacity to relax and allow their brain to follow any direction it wants.

This childhood talent has been found to benefit learning and development and it is also restorative for young, hard-working brains.

For want of a better phrase it was referred to as “goofing off” and just to clarify, there is good goofing off and bad goofing off –



Video games have plenty of merit.

hood ability to think and act freely with an unencumbered mind.

Young children take responsibility for their own learning by acting on their own ideas, creating and solving their own problems and looking for new adventures.

Sadly, somewhere along the road to being a grownup we lose much of our childhood exuberance as adult responsibilities leave little time for goofing around.

As for me, I've been goofing around my whole life (good and bad) and lately I've been hangin' with my grandkids to update my skills and goof around.

So far I can play several tunes on the toy xylophone, I can stack wooden blocks over ten high, my finger painting is up on the fridge and my Lego work (some Duplo) is improving.

There's no telling how much I can learn if I can ignore all the distractions, put my brain in gear and just keep goofing around.

*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 30 Royal Ball

Take photos of princes and princesses and royal activities and volunteers as the community comes together for the common goal of making cystic fibrosis history.

This magical event will be held Sunday, April 30, 2023 at the Davinci Centre in the Michelangelo Ball Room.

The Ball will run from 1 p.m. to 4 p.m. and will feature many activities including: a luncheon, ice-cream bar, penny and silent auction, crafts, dancing, and more!

This wonderful afternoon will be held in support of Cystic Fibrosis and the Fort City Kinettes.

April 27-28 SIJHL playoff hockey

The Bill Salonen Cup final shifts to Fort William Gardens for Games 3 and 4 of the championship round between the Kam River Fighting

Walleye and the Thunder Bay North Stars.

Expect the Gardens to be packed as these two crosstown rivals battle for the right to advance to the Centennial Cup next month in Portage, Man.

Tickets are available, cash only, at the door.

Puck drop is 7:30 p.m. each night.

April 29 Big Spring Clean-Up

Meeting up at the Sleeping Giant Brewery for the sixth annual big spring clean, there will be a booth outside somewhere with warm beverages and snacks, a safety briefing and intro into 2023.

From here we'll head to clean up the surrounding area.

The event starts at 4 p.m.

April 27-30 Benjamin's Circus

John Davenport is a third-generation circus performer and along with

his brother Jairo have created the Great Benjamins Circus.

A traditional circus that offers amazing acts of international quality while being true to the traditional circus roots. Great Benjamins Circus and its caravans travel to the four corners of North America; from Florida to California, Alaska to Newfoundland and Labrador.

The first show is Thursday at 7:30 p.m., with two shows a day on Friday and three each on Saturday and Sunday.

The circus takes place at the CLE Exhibition grounds and tickets are available online at www.tickets.greatbenjaminscircus.com.

April 28 Comedy at the Forks 8

Comedians Jennifer Sterger and Eddie Pence will be at Forks South Sports Lounge, starting at 7 p.m. on Friday. Tickets are \$28 and available at eventbrite.ca.



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



Will winter ever come to an end this spring?

So, it snows. Then it melts. Then it snows. Then it freezes and then more snow. Argh!

Thanks to Ol' Man Winter, I've been on my ancient tractor, Big Red, more times than I want. I just get the driveway in drive-able shape - scraping and scraping and scraping again - thinking that this must be it, that Winter has had its fun and now for serious melt, warmer temperatures, and yes, mud season.

The first melt revealed the leavings of our three pooches. Somebody quipped that "April is Dog Poop Awareness Month". Got that right. We took turns, my wife, Laura, and me. We divided up the lawns around Casa Jones and beside the tractor shelter. We both filled a wheelbarrow to be dumped far away

in the bush. Good. That mess done. And then it snowed. I was so hoping that we could keep on top of it. But (I know that I'm repeating myself) it snowed, covering up any new deposits. Rat!

When the first heat came on, I watched what was happening to the snow. The smooth became pock-marked like stucco. And then it was almost all gone. Now I look out the living room window to see white all around smooth with the only interruptions being either dog tracks or, first thing in the morning once it is light enough for me to see outside, the unmistakable tracks of fox.

Don't get me wrong: I love snow. I love how it carpets the ground, how it clothes the trees. And then

winds arrive to create ballets of snow being picked up off the ground to swirl in mini tornadoes or blown in full sail across the field. Another effect is when the wind causes the snow on the branches of the coniferous trees to suddenly let go and be driven like a sheet over the land. But that thrill overstayed its welcome and now it is depressing.

Thursday was the worst. Not only a blizzard of the white stuff but fierce winds driving the snow horizontally past our windows. And it kept snowing only to cease and desist Saturday night. Sunday was gorgeous with sun, at least for the morning.

It was nice and sunny the previous Friday and Saturday, perfect weather for getting at the ten cords of firewood we had bought and that is sitting out front.

I have two chainsaws and Friday Laura and I suited up protective gear

and set to. Laura tackled the end of the pile facing the house while I went after the other end. Our rule is to at least get through a tank of gas and then stop. It was a good thing when the gas tank on my saw emptied because my back was hollering at me about this unaccustomed activity.

Saturday it was me and son, Doug doing the honours. During those two days we got a good start on the bucking of winter wood but then winter returned, first with a vengeance and then with a steady, unrelenting snowfall. So, now I have to wait for more melt that I am sure will eventually arrive.

And while continuing snowfall is inconvenient, it has played havoc with our feathered friends. All of the returning birds have got to be in shock.

Certainly around the bird feeder, the picnic table and elsewhere

where I scatter seed, the different breeds congregate for the seed. And for the first time that I can recall we've had crows competing with the juncos, the grackles, the Redwing Blackbirds, the blue jays, and all those other wee grey and brown jobbies.

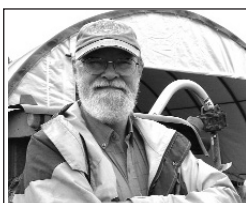
During the howling winds and snow on Thursday and Friday, I put out extra. I like seeing the tiny claw prints in the snow.

Sunday night our wee dog wanted out at 3 a.m. Usually she is out for ten minutes max, not this night.

After a half an hour, I donned a coat and boots and headed outside to call her. I was greeted with an incredible display of northern lights all around Casa Jones. Magnificent!

Eventually the wee dog deigned to come back inside.

Do northern lights indicate a change in the weather, say, an end to this prolonged winter?



Fred Jones
RURAL ROOTS

SAVE AND EARN SALE

1 KG

\$8 (Optimum Members Pricing)

\$10 (Non-members)

LEAN GROUND BEEF
Fresh, 80/20 L.A.

11 LB AVERAGE

SAVE \$5

6⁹⁹

WHOLE SEEDLESS WATERMELON
product of U.S.A. or Mexico

15⁸⁸ (Optimum Members Pricing)

17⁸⁸ (Non-members)

DAN-D. PAK CASHEWS
selected varieties, 250 g

3⁹⁹ (Optimum Members Pricing)

4⁴⁹ (Non-members)

SCHNEIDERS BACON 75'S
JUMBO'S, 150 g

2⁴⁹ (Optimum Members Pricing)

2⁹⁹ (Non-members)

SCHNEIDERS SAUSAGE 375'S
selected varieties, 375 g

3²⁹ (Optimum Members Pricing)

3²⁹ (Non-members)

GO SHRIMP RAW
170 g or COOKED 170 g

500⁰⁰ (Optimum Members Pricing)

50⁰⁰ (Non-members)

Ch Caramel
THE ORIGINAL, 120 g

SAVE UP TO 1.20

3²⁹ (Optimum Members Pricing)

3²⁹ (Non-members)

VACHON SNACK CAKES
selected varieties, 282-336 g

Shawn's Nofrills
(807) 766-0003
1020 Dawson Road
Thunder Bay

Darcy's Nofrills
(807) 626-0003
425 N. Edward Street
Thunder Bay

EVERY THURSDAY THUNDER BAY IS COVERED WITH 30,000 FRESH COPIES OF TBSOURCE

THE ONLY THING MISSING IS YOUR AD

CALL US & GET YOUR MESSAGE IN PRINT
807.346.2600

TBSOURCE

St. John Ambulance
SAVING LIVES
at work, home and play

\$20 TICKETS

GRAND PRIZE
2022 CATALINA TRAVEL TRAILER
OR \$40,000 CASH!

SPRING INTO SUMMER
DRAW 2023

Lottery Licence #M835788

Proper dieting needs thought

Fad diets aren't really sustainable

With the visual exception of my hairline running away from my face at a high rate of speed, and a few aches and pains that typically had never existed, having turned 40 didn't much affect my daily life.

I still work far too much (according to most people) and I still train almost daily with weights and cardio exercise. However, my current work/life schedule makes it difficult to commit fully to my workouts.

While I still love food more than the average human, my consumption must change, first and foremost because I have noticed I have started to very quickly gain weight.

Now, your metabolic rate doesn't decrease at a sharp decline over your lifetime. On average most humans experience a two per cent dip in their rate each decade after 20 years of age.

That's not a very huge issue for most people who maintain an active lifestyle.

Over the course of my personal research to plan my own personal attack on my weight issue, I have discovered a few tools and things to prioritize as I embark on changing my body yet again, however this time after 40.

Stress has a huge effect on how your body deals with sugar and psychosocial stress can have an

adverse effect on Cortisol, the hormone which regulates appetite and how and when the body stores fat.

Now before I continue, I realize that my lifestyle isn't conducive to a stress less life. However, yoga, massage and breathing exercises can contribute to lowering stress levels.

One thing that men especially can lose over time is strength and muscle mass. This in turn can lower your metabolic rate as in less meat to operate,

less fuel needed.

Prioritizing strength training is something I am going to adjust in my regimen.



Derek Lankinen
Here's Cooking at You Kid

Sleeping enough is important, and if your lifestyle is making you cheat sleep, then think about what you can do to get enough. Sometimes, however, biology is keeping you from enough shuteye, and it's imperative to solve that. Now, full disclosure, I have had my issues with sleep in the past, I have none of those at this time.

Creating a sustainable plan at this age that I can maintain for the next 20 to 50 years is crucial. Fad diets and yoyo dieting work less and less the older you get.

When creating or exploring a specific plan with specific rules, I have to make sure it goes with my lifestyle, which, for most guys (including myself), gets increasingly complicated in your 40s with more responsibilities at work, with your family, and

maybe even with aging family members.

A vegan diet can be hard to do in a healthy way if you live a grab-and-go existence.

Meal prep is going to be a challenge if you're never home long enough to cook.

Basically, what I am saying is there is no one-size-fits-all solution here.

I am going to have to tailor make this plan for myself.

Good thing I know that guy pretty well after 40 years.

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.

2023 GAME TICKETS



DOWNLOAD THE APP OR SCAN THE QR CODE PURCHASE YOUR TICKET NOW !!



GET IT ON  **Google Play** Download on the  **App Store**

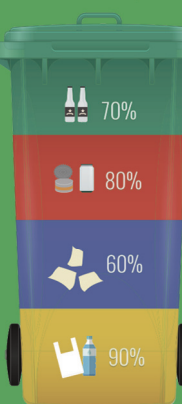
YOU CAN ALSO PURCHASE YOUR TICKET IN PERSON IN APRIL BY VISITING OUR OFFICE AT CHAPPLES PARK:

**EVERY THURSDAY 5 PM - 8 PM
EVERY SATURDAY 10 AM - 12 PM**


**MARKETING DIRECTOR:
ALESSANDRA WOOD**

USL 2 League Two
WWW.THUNDERBAYCHILL.COM

PLEASE



REDUCE REUSE RECYCLE



87th Annual



10 Mile Road Race



ENTER NOW FOR BEST PRICING
Be part of the excitement on the course this Victoria Day!

MAY 22, 2023

**Registration Open for Individual and Relay Teams
(Ages 8-18, 5 Member Teams, Boys-Girls-Mixed)**

Early Bird Registration - Closes April 30th

Final Day for Registration - May 15th

www.10mileroadrace.org

Momologues 2 set to open on stage

By Linda Maehans – TB Source

Or, and this straight and true, from one of the moms herself: sometimes the days are long but the years are way too short.

Next week, Cambrian Players' latest curtain rises to an eye-opening, heart-warming sequel called *The Momologues 2: Back to School*.

Audiences and in particular the mothers among us will recall Cambrian's first Momologues, presented this same time of year but back in 2019 (before the pandemic had flattened life for everyone). Readers of this today, take heart! There's no room for, nor even mention of Covid in *The Momologues 2*; exactly as should be. This show is purely about motherhood: that tough yet supremely rewarding journey for women after

their children have left infancy in the playpen dust and shot, like arrows straight and true, into new worlds of wonder and discovery. Okay, maybe not always on the mark. That's where moms step in, to create and compose this very best Music of Life. Let's take a closer listen to that score.

Lyn is a dauntless mother-of-three. Actor Maranda Dumas smooths back a lock of lustrous auburn hair. "I think the word comes to mind is chaos."

She sure appears calm, to my eyes.

"For the most part my kids like school, but every kid has quirks. Whether I accidentally send an apple in my son's lunchbox when he only eats pears, or I mess up my daughter's sandwich, well," a smile, "we work it out. I'm a stay-at-home mom; can't imagine if I had

(another) full-time job on top of this one. I'm fortunate, because I do have the time. And, I take classes on parenting, on what I need to know, how I should be acting and reacting. I'm always learning.

My advice for fellow-moms? Hmm. I'd say 'progress over perfection'. If your kids are happy, smiling, and safe, that's all that matters."

Cheryl Silen, acting as Lea, is also a mom-of-three. In real life. Outward calm? Not rehearsed. Everything about this woman is genuine.

"This weekend? Let's see. We have homework, soccer, cub scouts, dance recital, car pool, play dates... you name it. Oh, and church. So, yeah, lots goin' on." Cheryl takes a deep breath, continues without missing a beat. "You put one foot in front of the other and keep going. And, there's always a list." A shrug and big smile. "This is the best time,

this middle piece. When they're no longer little and pulling on you all the time; not yet snarky, sullen teenagers. For me, this is 'the golden age'. Hands down best music-of-my-life."

As mentioned: arrow straight and true.

Directed by Nathalie Roy, *The Momologues 2* plays on Spring Street from Wednesday-to-Saturday, May 3 to May 6; and again the next week, May 10 to May 14.

The May 14 (Sunday) matinee includes a special tea following the performance. All other shows at 7:30 p.m. Proceeds going to Our Kids Count. Tickets online @Cambrians' eventbrite.com page; limited tickets at the door.

Dads! You of course are also in this story, and very welcome; but this one's for the Moms. Just in time for Mother's Day.



The Momologues 2 begins on May 3.



Legacy Giving
THUNDER BAY

Start the Conversation

PLAN YOUR FUTURE AND YOUR LEGACY!

- ✓ Accountant
- ✓ Favourite Charities
- ✓ Lawyer/Estate Planner
- ✓ Financial Planner
- ✓ Family and Friends

LEGACY GIVING THUNDER BAY is a collaboration that promotes, educates and encourages all people to impact their community for generations to come by leaving a gift in their Will.

legacygivingthunderbay.com

EVERY
THURSDAY
THUNDER BAY
IS COVERED
WITH 30,000
FRESH COPIES
OF TBSOURCE

THE ONLY
THING MISSING
IS YOUR AD

CALL US & GET
YOUR MESSAGE
IN PRINT
807.346.2600
YOUR COMMUNITY CONNECTION
SOURCE

MAY IS BETTER SPEECH & HEARING MONTH

to celebrate, we're offering 50% off a set of hearing aids for one lucky winner who books a hearing test during the month of May!

Everyone who books a hearing test during the month of May and has a qualifying hearing loss will be entered to win 50% off their purchase of Signia brand hearing aids. Offer expires June 1, 2023. No purchase necessary. See clinic for further details.

**SOUND
HEARING**

18A Court Street North
Thunder Bay, ON P7A 4T3
807-935-8785



Joaquin Phoenix has never been afraid to play off-the-wall characters, including the title role in Ari Aster's *Beau is Afraid*.

Beau is bizarre

Beau is Afraid (SilverCity) is a rarity, a challenging art-house film turning up on the big screen in Thunder Bay.

Director/writer Ari Aster made his mark with stylish horror films including *Hereditary* and *Midsommar*, demonstrating technical brilliance and a flair for the foreboding. With *Beau*, Aster conjures a more personal nightmarish scenario, exploring where an individual's mental state and his external world conspire against him.

The story begins with Beau Wasserman (Joaquin Phoenix) preparing to catch a flight to visit his mother, Mona (Patti LuPone) on the anniversary of his father's death. Beau never knew his dad. Reasons come later. Mona remains unseen during their tense long-distance conversation.

Phoenix is all in as a passive, tattered husk of a man. He suffers major anxiety due to his colossal oedipal complex. His avuncular therapist (Stephen McKinley Henderson) gives him a new prescription that absolutely needs to be taken with water, one of many little points that will have grave consequences.

Beau is then suspected of being the "rampant naked circumcised stabber" on local TV news, who Beau sees running around the city streets. Overnight before his flight, Beau's sleep is disturbed by an increasing number of menacing notes slipped under his door complaining about loud music he never plays.

Beau misses his flight, much to his mother's chilly disappointment. He then gets some fateful news.

More mishaps thwart his trip. Beau gets rundown by an SUV driven by Roger, a renowned doctor

(Nathan Lane) and his wife Grace (Amy Ryan). They feel compelled to nurse Beau in their own home. But their teen daughter Toni (Kylie Rogers) deeply resents Beau occupying her room. Beau finds himself playing surrogate for their deceased serviceman son, furthering his angst and Toni's jealousy. Terrified, Beau runs away.

Aster ramps up themes of guilt and urban paranoia recalling titles like "Eraserhead," "A Serious Man," and "The Tenant" among many others where the hapless protagonist is visited upon by misery after misery, interlaced with surrealism, symbolism, absurdity, dark comedy, and irony.

The film's centerpiece is an overlong hallucinatory episode as Beau lives out a play staged by some forest-dwelling thespians that oddly reflects his own life.

Rumpled and near catatonic from his odyssey, Beau finally arrives at his mother's ritzy, imposing home. An attractive woman turns up, (Parker Posey) who was his girlfriend in early adolescence.

She initiates sex which terrifies Beau since he believes he'll die upon orgasm like his dad, according to untruthful mommy. Patti LuPone then imposes her possessive, domineering, and diabolical motherly will.

The film is about relationships rattled by the attendant baggage of guilt, disappointment, fear. At a three-hour running time, the movie is darkly funny, imaginative, detailed, and provocative with a what-the-heck ending. What is the point? 'Don't worry about figuring it out,' says Aster. 'It's part of the gag.'

One can admire Aster's ambitious, confounding vision. Embracing it is another matter. Just don't feel guilty about it.



Marty Mascarin
MOVIE TALK

You can support local families every Tuesday in May, just by ordering pizza!

Pizza Tuesday

is back.....

ANGELO'S PIZZA & SUB
\$5 from every large house or gourmet special pizza
470 Hodder Ave.
807-768-8888

BOSTON PIZZA
\$5 from every large pizza. DINE IN ONLY.
217 Arthur St. W
807-577-4201
505 Memoria Ave.
807-627-4213

FRANKI'S PIZZERIA
109 Regina Ave.
807-768-7213

GOLDEN BAKERY
2617 Arthur St. E.
807-475-5688

LITTLE CAESARS
588 Arthur St. W
807-473-8333
843 Red River Rd.
807-767-2110

PO'S VARIETY
444 Churchill Drive W.
807-475-7117

PIZZA HUT
635 Arthur St. W.
707 Memorial Ave.
807 Red River Rd.
807-767-8848

91.5 ckpr
THUNDER BAY'S RADIO STATION

For more information, visit www.ourkidscount.ca

ROCK94
Thunder Bay's Rock Station



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

Société Alzheimer Society
THUNDER BAY
REGISTRATION NOW OPEN!
www.walkforalzheimers.ca

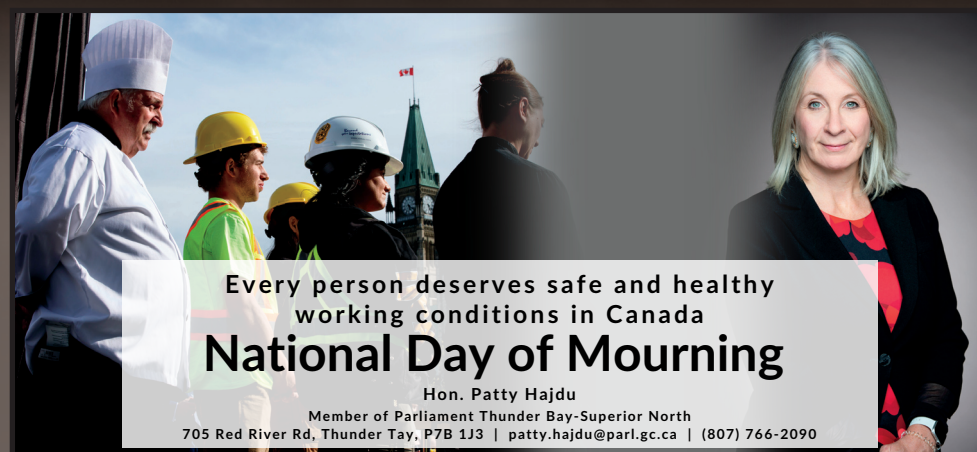


NATIONAL

Day of Mourning

APRIL 28, 2023

THE NATIONAL DAY OF MOURNING IN CANADA IS A DAY TO REMEMBER AND HONOUR THOSE WHO HAVE DIED, BEEN INJURED OR SUFFERED ILLNESS IN THE WORKPLACE.



Every person deserves safe and healthy working conditions in Canada
National Day of Mourning

Hon. Patty Hajdu
Member of Parliament Thunder Bay-Superior North
705 Red River Rd, Thunder Bay, P7B 1J3 | patty.hajdu@parl.gc.ca | (807) 766-2090

National Day of Mourning

Friday~April 28~2023

Ceremony to be held at
First Wesley United Church
5:30pm
130 N Brodie Street, Thunder Bay
Speakers, Laying of the Roses
Light Meal will be served

Remember

Those killed or injured
in the workplace

Renew

Our commitment to
worker health, safety
and well-being



ONA
Ontario Nurses Association
Local 73

CELEBRATING **GARDEWINE** 70 YEARS
JUST GARDEWINE IT!

DRIVE WITH GARDEWINE

WITH CANADA-ONLY RUNS,
OUR DRIVERS CAN GET HOME
DAILY TO THEIR FAMILIES

\$1500 SIGN-ON BONUS

SCAN TO APPLY

1-800-282-8000



mOMologues 2:

OFF TO SCHOOL

A frank and funny look at
the true tales of motherhood!

Written by Lisa Rafferty, Stefanie Cloutier & Sheila Eppolito
Contributing writer: Charlotte Dietz
Directed by Nathalie Roy

MAY 3 - 6 & 10 - 14
MAY 14 - MOTHER'S DAY MATINEE & TEA
Cambrian Players Theatre (818 Spring Street)

cambrianplayers.eventbrite.com

STRONG LANGUAGE & MATURE CONTENT

Stars stun Walleye

Edison Weeks scores OT winner, Thunder Bay up 2-0 in SIJHL final

By Leith Dunick -TB Source

Rob DeGagne says he'll take will over skill every day of the week.

It's a good thing Edison Weeks has plenty of both.

The Alberta native scored the biggest goal of his junior hockey career on Monday night, corralling a loose puck at the feet of Kam River Fighting Walleye goaltender Eric Vanska and backhanding it into the net 7:43 into the first overtime period to give the Thunder Bay North Stars a 3-2 win and a commanding 2-0 lead in the best-of-seven Superior International Junior Hockey League final.

It was the second goal of the night for Weeks, his fourth in two games, the North Stars stunning the top-ranked Fighting Walleye for a second straight night on the road, with a chance to head back to Fort William Gardens to potentially close out the series on home ice.

"We've been preaching going to the net all day and (Colby) Feist went to the net pretty hard there. I saw a little bit of an opening and started swinging at the puck, and was happy it went in," Weeks said. "It was pretty electric and I saw some North Stars fans in the crowd, so the boys headed over there to celebrate with them. We really appreciate the support all year."

"Just to get a gritty one like that, going into our third game, everybody's buzzing right now."

The North Stars were 72 seconds away from winning the game in regulation, but lost a faceoff deep in their own end and the puck wound up on the stick of SIJHL defenceman-of-the-year Jack Cook, who blistered a shot from the far side of the right faceoff circle at Norwest Arena, the puck shooting through the pads of Thunder Bay goaltender Keenan Marks



Edison Weeks has seven playoff goals, including four in two games in the SIJHL championship.

with 1:06 to go.

Marks, who finished with 47 saves on the night, said he forgot about the goal in a hurry.

"It was all right after that, nothing crazy," said Marks, after leading the Stars to their fifth straight playoff victory.

"I just skated to the corner and went right back in net."

That's the type of mentality DeGagne was looking for from his team, who could have folded up the tent after giving up the equalizer in the final two minutes.

"Truthfully, it's a learning lesson for these guys. They have to learn how to win. They could have just quit after that goal went in, but you can't quit. They've got to where they have so far because they've worked. Really, it's not their skill, it's not their talent, it's because of work," DeGagne said.

The North Stars never trailed in the

contest, taking the lead just 3:35 into the opening faceoff when Weeks beat Vanska for the only goal of the opening period.

Anthony Oviedo evened things up 5:07 into the second, firing the puck along the ice and between Marks' pads.

The game remained tied for just over nine minutes, when Thunder Bay captain Matthew Halushak's shot from the top of the circle eluded Vanska.

The good news is the Fighting Walleye did look dominant at times, outshooting the Stars 21-8 in the second. The bad news is the team is down two games and looking to avoid another championship round upset, after last year's loss.

"We are in a hole. It's just going to be one game at a time from here on in and I'm very confident that if we bring that, in the Gardens, we'll be successful."

Game 3 is Thursday night at 8 p.m.

ENIGMA™ CRYPTOGRAM

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

"VBKFWFRR TR OUF SFMP YMW'R
TYTOMOTLW LJ ROVFWAOU."

— FVTH ULJJFV

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

ACROSS

- 1 Aryan
- 5 City in Judah
- 9 Sheep's cry
- 12 Air (pref.)
- 13 Tiber tributary
- 14 Abdominal (abbr.)
- 15 Killer of Castor
- 16 Musical composition
- 18 Cat
- 20 Decorated wall part
- 21 Book
- 23 Recoil
- 26 Social affair
- 29 Drunkard
- 31 Force
- 32 Noun-forming (suf.)
- 33 Bath sponge
- 35 Hindu title
- 36 National (abbr.)
- 38 Eight furlongs
- 39 Tennis term
- 40 Aluminum-copper alloy

DOWN

- 42 Son of Loki
- 44 King killed by Samuel
- 46 Over there
- 50 Gomuti (2 words)
- 53 Love of Radames
- 54 Guido's note (2 words)
- 55 Lower intestine
- 56 Music character
- 57 Mulberry of India
- 58 John, Irish
- 59 Cant
- 1 Levantine ketch
- 2 Mother of Castor
- 3 Russ. inland sea
- 4 Inflict
- 5 Praise
- 6 New (pref.)

ANSWER TO PREVIOUS PUZZLE

PAP DEKA FAME
ABA UNUS ADAR
RESTRAIN RAGI
TEAM MIMIC
SPOIL SPAN
CURL ATALANTA
ALA ABACA OAR
TILE LIKE INKY
FABE HOSEL
STARR MOLE
LACE FLAMENCO
AARE DATE SAN
BLET AMER EBS

- 7 Ger. theologian
- 8 Bird
- 9 Female noble
- 10 Dance company (abbr.)
- 11 Commotion
- 17 Redact
- 19 Hood
- 22 Finally (Fr.)
- 24 Anxiety
- 25 Discharge
- 26 Care for
- 27 Son of Rebecca
- 28 Convex molding
- 30 Laic (2 words)
- 34 Aeronautical (abbr.)

- 37 Lake (Ital.)
- 41 Stone
- 43 Legislate
- 45 Inclement weather
- 47 Port. Timor's capital
- 48 Noble (Ger.)
- 49 Float
- 50 Flood
- 51 Axilla
- 52 Field

1	2	3	4		5	6	7	8		9	10	11
12					13					14		
15					16				17			
18				19			20					
			21			22		23			24	25
26	27	28		29			30		31			
32				33				34		35		
36			37		38					39		
40				41		42			43			
		44			45		46			47	48	49
50	51					52			53			
54				55					56			
57				58					59			



Delamination? Slide-Out Leaking?

Soft Spots on your RV's Roof, Walls, Floors?
Come See Us — Your Rebuild Specialists!

Specializing in Rubber Roof & Filon Lamination, Floor & Wall Rebuilds
• Complete Undercarriage Work • Repairs to RV Furnaces, Fridges, HWH & Convertors. • TSSA Licensed for LP Servicing.

**OPEN YEAR ROUND for Service & Parts.
RV Service You Can Trust!**

Factory Trained, Fully Licensed,
Master Certified, Serving
Northwestern Ontario over 46 years

983-3449

3075 Alice Ave.
off Government Rd.

BREAK FREE FROM DEBT TODAY!

We listen. We Care. We Can Help.



Jayson Stoppel CPA, CA

Licensed Insolvency Trustee

BDO

1095 Barton Street
(807) 625-4424
WEBSITE: debtsolutions-thunderbay.ca

OCN Storm win Junior B title

By Leith Dunick – TB Source

Chavez Constant says he's been chasing a championship for 10 years. It finally arrived on Sunday afternoon.

Constant, captain of the OCN Storm, scored what proved to be the game-winning goal, early in the third period, to help power his team to a 6-3 win over the Schreiber Falcons in the finale of the Central Canada Cup, a matinee affair contested at the Thunder Bay Tournament Centre.

"It's unbelievable. I haven't accepted one of these in a long while," said Constant, who hails from the team's home community, Opaskwayak Cree Nation in Manitoba.

"This one feels great, to be my last year. It's unbelievable."

Hoisting the trophy came the hard way. The Storm, who won their regular season title, only to fall to the Peguis Juniors in the Keystone Junior Hockey League championship, only managed a single point in the four-team round-robin portion of the Central Canada Cup, the Junior B tournament for teams from Manitoba and Northwestern Ontario, formerly known as the Keystone Cup.

But the Storm exacted a measure of revenge on Saturday, knocking off Peguis 7-1 in semifinal play, earning them a date with the Storm, who edged the Thunder Bay Northern Hawks 4-3 in the other semifinal.

"The boys finally bought into a game plan and we stuck with it. We have a great group of guys, mostly from OCN and The Pas. A lot of these guys grew up together, and



The OCN Storm doubled up Schreiber 6-3 on Sunday to win their first Central Canada Cup.

they battled for each other," Constant said.

OCN opened the scoring in the first, Ezekiel Kirkness jumping on a loose puck at the feet of Schreiber goaltender Andrew Kreis, the goal

coming at the 4:35 mark.

The Falcons tied it up seven minutes later when Tyler Kinisky took a 2-on-1 pass from Owen Keene and ripped it past Storm goaltender Nolan Sinclair, Jr.

The lead stood for less than three minutes, Ron Campbell sneaking the puck past Kreis off the draw for a 2-1 OCN advantage, a lead they'd stretch to two 34 seconds later, the Storm up two men after the Falcons were assessed a pair of minors, seven seconds apart.

Milan Constant grabbed the puck just inside the Schreiber blueline and laced a shot through traffic that eluded Kreis.

Schreiber got one back with 61 seconds to go in the second, however, OCN was quick to respond to open the third, Chavez Constant blasting the puck from the left faceoff circle, over Kreis' right shoulder to extend the lead to 4-2.

They'd add two goals late, sandwiched around a Noah Francis tally that cut the OCN advantage to 5-3 in the final minute of play.

COMMUNITY NOTICE

ANNUAL VEGETATION MANAGEMENT PROGRAM

Every year, CN is required to clear its right-of-way of any vegetation that may pose a safety hazard. Vegetation on railway right-of-way, if left uncontrolled, can contribute to trackside fires, and impair proper inspection of track infrastructure. The spray program is not being done for aesthetic reasons.

For safe railway operations, CN will conduct its annual spray program on its rail lines in the province of Ontario. A certified professional will be applying herbicides on and around the railway tracks (primarily along the 16 - 24 feet graveled area/ballast). All product requirements for setbacks in the vicinity of dwellings, aquatic environments and municipal water supplies will be met.

CN may use the following herbicides and active ingredients: Credit Xtreme (Nufarm), Esplanade (Bayer), Detail (BASF), Arsenal Powerline (BASF), Navius Flex (Bayer), Gateway (Corteva), Hasten NT (Norac), Round Up Weather Pro (Bayer), Glyphosate (540g/L), Indaziflam (200 g/L),

Saflufenacil (29.74%), Imazapyr isopropylamine (26.7%), Metsulfuron-methyl (12.6%), Aminocyclopyrachlor (39.5%), Paraffinic Oil (586 g/L), Alkoxylated alcohol non-ionic surfactants (242 g/L), Methyl and Ethyl oleate (esterified vegetable oil) 75.20%

CN only uses herbicides that have been approved for use in Canada and in the province within which they are applied.

The program is expected to take place from May to October 2023.

Visit www.cn.ca/vegetation to see the list of cities as well as the updated schedule.

For more information, contact the CN Public Inquiry Line at contact@cn.ca or 1-888-888-5909.



CN.CA



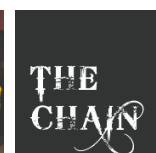
presents our 50th Anniversary

FOLKLORE FESTIVAL

A WORLD TOUR OF NATIONS

Saturday, May 6th - 12pm to 11pm
Sunday, May 7th - 12pm to 7pm
Fort William Gardens & Curling Club

International Foods & Entertainment, Imported Beers & Wines



Children's Area
Daily 12 to 6pm
FREE Mask Making,
Arts & Crafts,
PRIZES GALORE!
Children's Inflatable
Courtesy of Tbaytel

ADMISSION

Adults\$5.00
Students/Seniors.....\$3.00
Children 4-12\$1.00
Children 3 & UnderFREE

Sat. Feature Entertainers

"The Chain"

Blues, Soul, & Rock
A HOT journey across
North America!

Sat 7:30pm
Incredible Performers

www.folklorefestival.ca

Major Sponsors:



Proud Sponsors:



AD RATES \$999
ADDITIONAL 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

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

MISC.,NOTICES, TENDERS
45. Auctions
46. Health
47. Travel
48. Financial
49. Lost & Found
50. Personal
51. Notices
52. Tenders
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
SEWING BEE - alterations like hemming, new zippers, dresses, or any kind of project. Reasonable rate and quick service 807-631-5101.
24. ANTIQUES
We Buy Used Furniture And Estate Sales! Contact FURNITURE RECYCLE today at 807-622-1022 or visit us at 133 Hardisty North
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.
#1 YARD CLEAN-UPS: Grass cutting, garbage dump runs, yard clean up and trees trimmed. Phone Brian 474-8870 or 768-9849
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
SUNSHINE LAWN MAINTENANCE - yard, garden, odd jobs including eavestrough cleaning, window-washing, experienced, great seniors' rates, references. Call Mark 807-631-6967.
63. COMING EVENTS
ONE STOP and SHOP! FREE ADMISSION! Variety of local vendors. Something for everyone! Ranging from tea, food, art, jewelry, books, for the home & pets, clothes and more. Saturday May 13, 8-1:30pm. CLE Heritage Building (by Silvercity). List of current vendors and information: <http://www.facebook.com/groups/onestopandshop> email: onestopandshop@yahoo.com

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

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

S	L	A	V		E	N	A	M		B	A	A
A	E	R	I		N	E	R	A		A	B	D
I	D	A	S		C	O	N	C	E	R	T	O
C	A	L	I	C	O		D	A	D	O		
				T	O	M	E		W	I	N	C
T	E	A		W	I	N	O		T	E	A	M
E	S	S		L	U	F	F	A		S	R	I
N	A	T	L		M	I	L	E		S	E	T
D	U	R	A	L		N	A	R	E			
		A	G	A	G		Y	O	N	D	E	R
S	A	G	O	P	A	L	M		A	I	D	A
E	L	A		I	L	E	A		C	L	E	F
A	A	L		S	E	A	N		T	I	L	T

ENIGMA SOLUTION:
"Rudeness is the weak man's imitation of strength"
— Eric Hoffer

HERE'S MY CARD

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

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

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 2 piece pollock FREE!
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.

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

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



CONTACT AN ACCOUNT EXECUTIVE TODAY
807.346.2600

We Know...

- Employment & Labour Law
- Environmental Law
- Estate Administration
- Estate Litigation
- 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.

Ph (807) 345-1213 | TF 1-800-465-3912 | info@ericksonslp.com