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Keep being you Love your ears

# Festival area to get overhaul

by Matter Tokopelluk - TD Source

Work is slated to begin this year that will dramatically reshape how a popular outdoor event space will look and operate.

The festival area at Marina Park, which is the site for outdoor concerts like Live at the Waterfront, Wake the Giant and the former Blues Fest, and cultural events like the Festival of Colours, will see some major construction over the next few years. For 2025 and 2026, the work will be done outside of the main summer months, said Guy Walter the landscape architect for the City of Thunder Bay.

"Currently, we've just completed schematic design of the overall park," Walter said.

"We'll be putting a tender out before the end of June for fall construction to start this year."

The city held a public engagement session at the Baggage Building Art Centre on June 7 so people could check out the planned redesign and how the phases of construction are being laid out.

The work slated for this year will start after the Wake the Giant music festival in September, Walter said, adding that phase one will continue

into spring of 2026, wrapping up before the summertime events schedule. Phase one involves things like reconfiguring the Camelot Street parking lot, adding necessary infrastructure for utilities to the small pavilion building near the harbourfront pond, and starting site work for a new playground and a new picnic area.

"For this construction year and next construction year, they're only in the shoulder seasons," Walter said, referring to the spring and fall time when work will be done. "The following year, 2027, that's when we will be shutting down the entire site and renewing the entire festival area."

The overall plan will see the stage moved from its current location to the north end of the festival area, rerouting and widening Bobby Curtola Drive — the section of road in Marina Park that runs from the Marina Park Overpass to the south end of the current festival area — running electrical and sanitary sewer connections to the new staging area and a planned "command centre" building, constructing a building that will include full-service washrooms and storage near where the current stage is, improving the buffer between Prince

Arthur's Landing and the railway, creating a vendor area (which can also be used as a secondary staging area, and other changes and improvements.

Overall, Walter said, the changes will allow for more capacity for concerts and more amenities for performers.

"The biggest part of this redesign is to really kind of push our capacity up so we can host bigger events," Walter said. "Working with

a lot of these operators and ... getting an idea that if we can get another two, three thousand people in there, they can bring in bigger tickets."

The main spectator area will also be graded to function like an amphitheatre, he said, meaning people at the back will have an elevated vantage. It will also function as a sliding hill in the winter, Walter added.

Work is expected to be complete by September 2028.

## **Evidence concludes in case**

By Jodi Lundmark – TB Source

No further evidence will be called in the trial of a Thunder Bay Police Service officer.

Staff-Sgt. Michael Dimini is facing charges of breach of trust and obstruction in relation to an incident at a West Frederica Street apartment on Nov. 24, 2020.

Four police officers were dispatched to help keep the peace as Dimini's then fatherin-law had arranged to buy back a TV that had been stolen from his storage area.

It's alleged Dimini entered an apartment without legal grounds and falsified his notes to imply police were in pursuit of a male with outstanding warrants.

Last Friday afternoon, the Crown closed its case and the defence elected to not call any evidence.

The matter is set to return to court on July 7 to set a date for closing submissions.

None of the allegations against Dimini have been proven in court.



HIGH 18 LOW 9

## Shelter manager sought

By Gary Rinne - TB Source

Organizations interested in managing a temporary shelter village for the City of Thunder Bay have a lot of work to do between now and June 25, the deadline for submitting bids.

The city has posted a lengthy and detailed list of requirements for proposals to manage the village and arrange for multiple support services to occupants.

A modular housing complex to accommodate 80 to 100 people will be established before the end of the year at 785 Dock Street in the Kam River Heritage Park.

The city's request for proposals to administer the site and arrange for both on-site and off-site supports outlines three key objectives:

• reduce encampments in public spaces through the provision of accessible transitional shelter

• support successful transitions from homelessness into housing

• ensure clients are connected to the services and supports needed to sustain housing over the long term

The initiative has a planned lifespan of five years, and is part of the city's Enhanced Encampment Responses: A Human Rightsbased Community Action Plan.

"The operational model must allow couples to cohabitate, permit pets, and ensure that active substance abuse is not a barrier to residency," the RFP states. "The operational model must facilitate a living accommodation which is part of a program providing rehabilitative services, therapeutic services, services intended to support employment, or services intended to support life skills development."

The village will be exempt from some provisions of the province's Residential Tenancies Act, which provides for occupancy to be terminated when it's determined that the objectives or rehabilitative or therapeutic services have been met or will not be met.

Proponents must provide a description of the supportive services to be provided onsite and off-site.

Organizations submitting bids must demonstrate the ability to collaborate with city staff and partner agencies to ensure coordinated and trauma-informed service delivery, and the ability to collaborate with the District of Thunder Bay Social Services Administration Board as a partner in data sharing, system planning and integration of housing and homelessness services.

Bidders are required to outline a "fair and transparent" intake process prioritizing low-barrier access and harm reduction



Bids must be submitted by June 25.

principles, and how they would develop and implement individualized transition plans to move clients into appropriate housing.

The city also wants a detailed description of a staffing model for 24/7 full-time on-site operations and oversight, how recruitment and training of managers, frontline staff, security personnel and maintenance workers will occur, and how staff will be trained on trauma-informed care, Indigenous cultural awareness, deescalation, harm reduction, and first aid including mental health first aid.

Security and safety measures are also highlighted in the RFP.

Bidders must provide details of subcontracted on-site security to promote safety in the complex and the surrounding neighbourhood, provisions for the management of weapons, and an emergency-response plan.

"Describe how a harm reduction approach to safety and substance use, balancing resident autonomy with community wellbeing, will be adopted," the RFP states.

The city also wants to know what mechanisms will be used to address neighbourhood concerns, promote transparency, and foster trust.

A contract is expected to be awarded sometime in July, and the city has targeted Oct. 31, 2025 as the ideal date for at least partial occupancy of the village, with a hard deadline of Dec. 31.

The city's budget for operating costs is set at a maximum of \$1.5 million a year.

WE	A	THER	FORE	6	AST
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				4	
Partly Cloudy		Mostly Cloudy	Sunny		Partly Cloudy
Precipitation: 30%		Precipitation: 30%	Precipitation: 20%		Precipitation: 20%

HIGH 14 LOW 6

HIGH 15 LOW 6



HIGH 17 LOW 7



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## A NEWS Visit TBnewswatch.com Thursday, June 12, 2025

By Mike Stimpson – Local Journalism Initiative Reporter

As a large First Nation, Fort William will receive about 17 per cent of whatever it and the 11 other Robinson Superior Treaty nations receive in compensation for historical underpayment in treaty annuities, Chief Michele Solomon says.

That comes out to at least \$640 million, maybe more.

The amount going to Fort William First Nation could rise because the total the 12 Robinson Superior First Nations receive could be more than the \$3.6 billion offered by the Crown in January, depending on what an Ontario Superior Court judge decides after hearings this month in Thunder Bay.

Solomon says the settlement money means a lot to her First Nation of about 2,800 people.

"I mean, youth and members are excited at the possibility that this could change their life in some way, because you're talking about people who have been economically marginalized for all their lives, for some people, for most people.

"There is not a great history of inter-generational wealth in our families. We don't often have homes passed down to us and things of



Fort William First Nation Chief Michelle Solomon says the settlement money means a lot to her community of 2,800.

this nature because those things have been so scarce in our community."

The Robinson-Superior First Nations rejected a \$3.6-billion offer from the federal and provincial governments in January and appealed to a Superior Court judge to order the Crown to pay more as redress for a century and a half of underpayments in a perpetual annuity required under the 1850 treaty. The annuity remained at \$4 per person since 1875, though it was supposed to increase based on wealth derived from treaty territory.

The Supreme Court last July found the Crown in breach of its treaty duties and gave the two sides six months to reach a settlement.

In late January the Crown offered \$3.6 billion as compensation, but the First Nations decided the offer was insufficient.

Superior Court Justice Patricia Hennessy is hearing arguments in Thunder Bay this month to decide how much the First Nations are owed, but the amount won't be less than the \$3.6 million already offered.

Fort William is among six First Nations that can receive annuity money immediately. The others are Animbiigoo Zaagi'igan Anishinaabek (Lake Nipigon), Michipicoten, Red Rock, Kiashke Zaaging Anishinaabek (Gull Bay) and Whitesand.

Another six First Nations in the treaty region – Biigtigong Nishnaabeg, Biinjitiwaabik Zaaging Anishinaabek, Bingwi Neyaashi Anishinaabek, Long Lake #58, Pays Plat and Netmizaaggamig Nishnaabeg – must resolve their title claims first.

Solomon would not disclose how her First Nation's \$640 million or more will be distributed among band members.

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# **Pool 6 getting** wetland park

By Matt Prokopchuk – TB Source

"Short term, it's less expensive. Long term, it's far less expensive."

Guy Walter, the landscape architect for the City of Thunder Bay, says, not only does a wetland park do an efficient job of filtering and cleaning ground water before it enters Lake Superior, it's also very cost-effective.

The city is creating the first of several "cells," or areas where a wetland-specific landscape will go, at the Pool 6 site this summer. Work involves digging out the cell, filling it in with soil and installing specific native plants that thrive in moisture-rich conditions. These landscapes collect stormwater after rainfalls, disperse some of it and filter out impurities before the residual water makes it into nearby Lake Superior.

"Currently, we're in design development stages to prep some of this work, but we're also — at the same time — building out the first wetland cell that'll be finished, hopefully before the end of June, and planted," Walter said.

"So, we'll have a lot of native species going into there."

For nearly a century, the Pool 6 lands were home to grain elevators. The last one was demolished in 2000. The city has been planning and redeveloping the area for a multitude of recreational, tourism, arts and culture, and other non-industrial uses as part of overall efforts to rehabilitate the north-side waterfront.

The property is where cruise ships visiting Thunder Bay dock, as well as the home of the Transportation Museum of Thunder Bay's Alexander Henry icebreaker.

The city is partnering with the Lakehead Region Conservation Authority and the local Remedial Action Plan on the creation of the new wetlands, Walter said.

"When we have runoff from hard, impervious surfaces, we tend to see a lot of suspended solids be in that water, and so the wetland helps filter that out and clean the water before it hits Lake Superior," said Tim Hollinger, the coordinator for the Remedial Action Plan.

"So, it also improves fish habitat within Lake Superior, not just the terrestrial and aquatic wildlife that we see within those wetlands."

Hollinger said the RAP's involvement with this project is part of its overall efforts to help guide the habitat restoration of the city's lakefront and various watercourses after decades



The first wetland park cell is under construction.

of industrial damage. The organization works closely with Lakehead University, as well as provincial and federal funding bodies, he said.

"We've developed this habitat strategy for a number of years and have been implementing it over the past few years," Hollinger said.

"So, when you really have a plan that's coordinated by the RAP, we help our partners like the city or the LRCA implement these projects at a local and finer scale."

The group also was involved with volunteer efforts on Saturday to put in nearly 2,000 additional plants elsewhere on the Pool 6 lands, Hollinger said.

Walter said these efforts make a big difference when rehabilitating former industrial lands and have many benefits.

"Habitat restoration, bird, native species, mammals, everything — it's just building out that habitat so we have more of a (green) corridor along our waterfront," he said. "It's actually vibrant and dynamic and (full) of native species."

"It's really kind of insulating and building out on the work we're doing, and all these little spots along the way and hopefully we'll have a continuous corridor through our entire waterfront."



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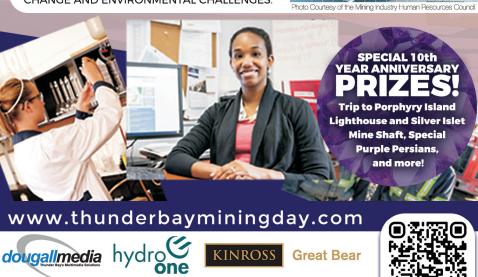
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#### LETTERS TO THE EDITOR

#### **EDITORIAL Bill 5 reaction**

Bill 5 was a contentious piece of legislation that, given the Conservative majority at Queen's Park, there was little chance of stopping.

Officially the Protect Ontario by Unleashing our Economy Act, it led NDP MPP Sol Mamakwa to say the Conservatives have "totally failed" in truth and reconciliation.

Indigenous leaders and many others rallied against the bill, which allows the province to designate special economic zones, permitting provincial and municipal laws to be suspended for key projects.

Of course, the Ring of Fire, a muchanticipated and long-delayed mineral project in Ontario's north, is one of the key zones that could be labelled as such.

Indigenous communities have been taking a slow and cautious approach, as they should. The impact of mines, while potentially economically great for residents of nearby communities, could also threaten their way of life.

Progress is necessary. Ontario and Canada need to build the resource economy. The province has promised \$1 billion to develop the Ring of Fire, but Premier Ford cannot bulldoze his way to Ontario's prosperity.

#### Move the truck traffic To the editor:

As a health and safety professional and advocate of highway safety, it is really annoying that our present government is not fully acknowledging the fact that travellers on Highway 11/17 are voicing their concerns and actions are not fully being respected.

I am voicing my thoughts even though I do not reside in the Thunder Bay area, but I do travel to the city three times per year. I also feel the pain of a business owner quoted recently on Newswatch, as he has mentioned several close calls and fatalities.

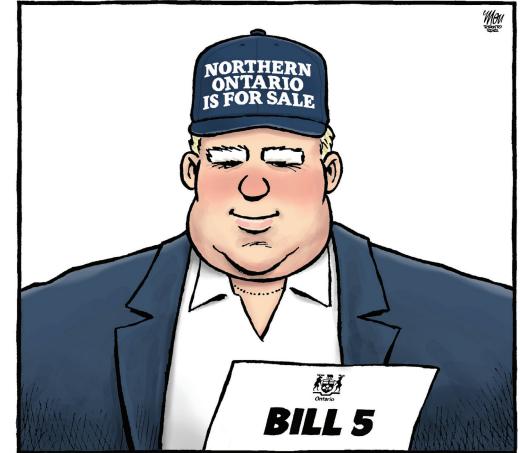
I have also seen several close calls that would make one feel terrified.

I really feel that your city councillors and mayor along with government officials should be discussing a resolution and come to an agreement sent forward to cause a movement.

I do not understand why the Harbour bypass is not used as originally planned? Also, why was it built in the first place?

My closing thought: if a government official or city councillor were to lose a friend or family member due to a CMV incident, would he or she demand action be taken immediately?

> Gary Kader Timmins, Ont.



# Hopper's novels paint loneliness picture

**BOOK BANTER** 

It is said that you should not judge a book by its cover. An exception to this rule, perhaps, is art books. When I saw Hopper by Rolf Gardiner I could not resist the front cover image of one of Edward Hopper's most well known works, Nighthawks (1942).

Like many of Hopper's paintings, Nighthawks shows the interior of a well lit space contrasted by the darkness of the exterior. It features a man and a woman drinking coffee at the bar of a diner. They seem alienated from their surroundings and each other. Another man at the bar has his back to the viewer and is half in shadow. The server is as inanimate as the two tall silver urns that he dispenses coffee from. The streets outside are deserted.

This painting contains all of the key features of Hopper's art which Gardiner describes as

Publisher:

Editor:

'defamiliarizing the familiar'. In other words, Hopper painted familiar scenes but in the process made them somehow edgy, unsettling and uncomfortable to the viewer.

Gardiner traces Hopper's career from its European beginnings to his pictures of the new world, which mostly feature buildings in New York and other urban settings. An early example of what was to become his trademark symbolism was Night Windows (1928) which provides а voyeuristic view into a well-lit apartment where we can see a bed and the rear view of a woman. Hopper invites us to imagine what is going on in this private world.

Gas (1940) is also emblematic of Hopper's

work, which often juxtaposes the natural world with the man made environment. Here we see a gas station on the edge of a dark wood. The gas station attendant is as mechan-

> ical as the three gas pumps that he serves. Behind this image lay the archetypes of the New World, of the Confrontation of Nature and Civilisation.

change. In this sense he was a futurist and visionary.

Railroad Crossing (1922) and Railroad Sunset (1929) contrast natural beauty with the coming of the machine age. Hopper

also contrasts images such as The City (1927) made of concrete and steel, with Solitude (1944), which offers rural tranquility.

The figures in Hopper's art suggest loneliness and isolation. Compartment C. Car (1938) depicts a woman on a train reading a book oblivious to the sun setting over the forest outside as she speeds on her journey from one man-made place to another.

Western Motel (1957) shows a woman sitting on a bed in a motel room. Despite having large picture windows which give a panoramic view of soaring mountains, she has her back to them as she looks lonely and lost at the viewer.

In canvas after canvas Hopper painted the loneliness of big-city people.

His images create a mood of eerie disquiet that stays with you long after you have viewed them.

> ocna 🖬 Canadä

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What Hopper did not know (he died in 1967) was that carbon fuels were set to destroy the natural environment through pollution, global warming and climate **John Pateman** 

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# **TBPL: The next generation**

#### By Matt Prokopchuk - TB Source

The city's library system is looking for someone to help bring in a lot of money for a slate of major projects.

The Thunder Bay Public Library currently has a job opening for what it's calling a campaign assistant. The fulltime, year-long contract job will "help steward donor relationships, support events and communications and keep everything on track as we raise funds to transform our libraries," according to the posting on its website.

"We're imminently going to be launching a major capital campaign for the library, which is a big fundraising drive," library CEO Richard Togman told Newswatch in an interview.

"We know that we've got major improvements to our infrastructure at Waverley, at Brodie, (and) at County Park."

Depending on the success of the campaign, Togman said the contract could be extended.

The main entrance ramp at Waverley has been earmarked for replacement due to its deteriorating condition and that it



Library CEO Richard Togman says major fundraising campaign is for major improvements. (Matt Prokopchuk) no longer meets modern-day accessibility standards. The library also announced the summer-long closure of the Brodie Street branch for a whole bunch of work which will also impact the

Waverley site. The library has also recently renewed its lease for the County Park branch — after a renewed push for a space at Intercity Shopping Centre was voted down by city council — with an eye on expanding its floor space there, and refurnishing and freshening up the place.

Overall, improvements will also include "new furniture, all the design work, flooring, lighting — we need overhauls pretty much at all of the branches, and that can get pretty expensive," Togman said.

He said there's no firm number yet on how much they're looking to raise.

"We know, obviously three different buildings, different scales of renovations in each building, and not everything has to happen all at once," he said. "So, we're still trying to cost out what all the different pieces are that we want to accomplish, the timelines for that, and the final price tag."

Togman said library officials have also started to contact "some of the bigger donors in the community" to start gauging their interest in potentially contributing to the library's plans. "We're really at a generational inflection point for the library system right now," he said. "We know the last time the library really had an overhaul of this scale was many, many decades ago."

"Right now, we've got major work underway at three out of the four branches. So, the last time something of this scale probably happened was maybe in the 70s when the Waverley addition was put on, which was obviously a huge expansion of the library system at that time."

Togman said the capital upgrades are about increasing the size and quality of the library's spaces, and its capacity to help the community "and really change how the community interacts with the library, with a whole new approach to doing business."

The job posting will be "open until filled." It's slated to pay \$27.71 per hour.

"It's a really interesting, dynamic job where you have to be a little bit of a jack of all trades," Togman said. "But specifically focusing on the ... capital campaign aspect, (it involves) everything related to raising hundreds of thousands of dollars for the library."

## in and around... The Bay

#### June 14

**Mining Day** 

Tenth Annual Thunder Bay Mining Day is this Saturday from 10 a.m. to 4 p.m. at Marina Park.

Join us as we celebrate a decade of showcasing Northwestern Ontario's mining, exploration, and service industries.

This year's theme is Amethyst – Ontario's Mineral Emblem, marking its 50th anniversary.

From 400 attendees in year one to over 2,000 in 2024, let's make this year even bigger.

#### June 14

**Mural Painting** 

Support the local community by helping paint a cityscape mural at 106 Simpson St.

Canvas and Clay is helping to develop an indoor playground next door at 110 Simpson Street, and they need your help.

We'll be using acryclic paints to

create a mural that covers three walls and more than 500 square feet.

The mural starts four feet off the ground and goes to ll feet tall, so we'll be using ladders and scaffolding. Not for those who are afraid of heights.

The mural will be drawn on the wall in advance, so you don't need to be artistic to help us out.

Drop-ins are welcome. We'll be painting all day, starting at 10:30 a.m.

This is for individuals ages 16 and older.

Meet at Canvas and Clay (106 Simpson St.). Parking is available on Victoria Ave. East.

#### June 15

**Blues and Brews** 

Celebrate Father's Day with beer samples, BBQ favorites, and live music from Radar Blues at Goods and Co Market from 1 p.m. to 3 p.m.

Join us for a special afternoon featuring a BBQ-themed lunch menu and a lively musical performance —

the perfect way to treat Dad. Do tip your musicians, they are all dads.

#### June 14

Loud and Proud

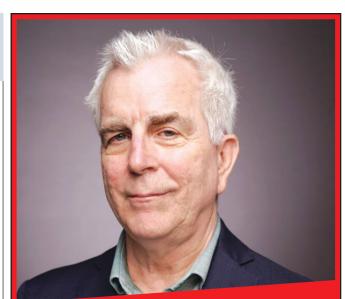
To submit an event, email ldunick@dougallmedia.com. Please include details about the event, including any cost

Celebrate Pride with a full-on dancefloor takeover at Loud and Proud: Pride DJ Dance Party — a night of booming beats, bold energy, and unapologetic queerness.

Featuring the unstoppable DJ Ariah and the highly anticipated debut of DJ Amber Ail, this all-night party promises non-stop music and unforgettable energy

Plus, go-go dancers V and Mister E will be bringing the heat, keeping the crowd hyped and the energy electric. So grab your crew, show out, and dance like everyone is watching because at Loud and Proud, the spotlight is yours.

The doors open at 9 p.m. and the show starts at 10 p.m. at Black Pirates Pub. Age of majority required.



Marcus Powlowski, MP Thunder Bay-Rainy River

> Hard Work. Straight Talk. (807) 625-1160 Marcus.Powlowski@parl.gc.ca

**PERSPECTIVE** 7



About 350 people came out to dance and celebrate Indigenous pride at the powwow held on Saturday. (Nicky Shaw)



# **'There was never a binary'**

By Nicky Shaw - TB Source

For a long time, Reed Lecomte, a Two-Spirit knowledge carrier, was drawn to the drum — an instrument only men typically sit by.

Knowing that he was not allowed to sit and drum it, he said, was really hard.

As such, Lecomte was really excited that the Thunder Bay Indigenous Friendship Centre brought their teaching drum to the annual Two-Spirit powwow on Saturday.

The teaching drum is meant for anyone who felt they wanted to come and be a part of the drumming, he explained.

"Having this opportunity for youth and for people to come and sit by the big drum and be their true self and let their spirits walk the way that they want to walk is really important for healing and for community and for inclusion at whole in these ceremonies," said Lecomte.

Lecomte said he was really honoured to be asked to be a Two-Spirit knowledge carrier in the space on Saturday because he felt it's really important for inclusion.

"I come with a different set of teachings that aren't typical to everyone, that are Two-Spirit specific and to honour Two-Spirit people to have those teachings present at these places so it's more normalized and everybody gets to hear these teachings," said Lecomte.

"And it helps Two-Spirit people navigate through ceremony and through powwow and through different circles and let's everyone be on board with what Two Spirit teachings are because they're a little bit different."

He said the growth of the powwow also matters to him because it centres on Two-Spirit people and brings those teachings to the bigger population.

"Slowly but surely, it's trying to open a door for us to be included in in all ceremony and all powwows and all different circles to be our true self because a lot of times there's a lot of colonial threads that are woven in ceremony," said Lecomte.

"And this is bringing that attention to it that actually there was never a binary. And we're going to honour that today even though it's just today and it's just during June or it's just during pride month, it brings that knowledge to everybody to have an opportunity to learn."

Lecomte said gender is taken out of the

Two-Spirit powwow, so people can feel more free to be themselves, dance the way they want to dance and be true to their own spirit, which is one of the biggest first teachings.

Roughly 350 people stopped by the powwow co-sponsored by Bingwi Neyaashi Anishinaabek (BNA).

"It's become very popular and because of its proximity to the city, people are quite happy to come forward and come here, too. So we're happy to have them," said BNA councillor and elder Marcel Donio.

The First Nation is located more than 150 kilometres north-east of Thunder Bay, but Donio explained that several years ago, the BNA's family well-being unit acquired a property on the outskirts of the city and is in the process of making office space on the land and in an old school — and hosting the annual powwow there.

Donio said the event is much larger now than it was when they started it and thanked everyone for coming out.

Logan McIvor, the friendship centre's Indigenous Two-Spirit LGBTQ+ mentor, agreed the powwow keeps getting bigger and bigger every year, with even more drum groups, including some from out of town like Southern Thunderbird Medicine Drum and with youth like Young Thunder.

"We try to make sure that it's as inclusive as possible, that anybody, regardless of gender identity or what the sex that they were assigned at birth was able to participate in whatever dance or special that they'd like to," said McIvor.

Although June is Pride Month and Pride is very important, McIvor said, they always try to ensure they're celebrating everybody as they are.

"The name this year was gifted to us by Ma-Nee Chacaby. So with it being Niizhoojijaak-Dinawemaganug Kamamowichigeymin, that means Two-Spirit and all our relations... coming together," said McIvor.

"And it's just important to have it get bigger and bigger every year so that we're celebrating, not just our Indigenous pride but also making sure that everyone has space to celebrate ceremony."

For anybody who's never been to a powwow, he said it's always good to come, check it out and their arena directors and MCs are always good about directing people.

# Food brings us together as one

Oftentimes the way we are introduced to a different culture is through food. When I first began cooking, there was no Indian food available in our city. Now there are many places from which to experience their culture. When I was training to be a chef, we didn't even have an official international cuisine course that we took where we studied food from all over the globe. Our international cooking training was peppered into our regular courses.

Until, I would say, about 15 years ago, there were parts of my skillset that were sorely lacking in a lot of different areas of world gastronomy, however the good thing about cooking is that you can continuously learn and train yourself and continue to progress in the craft. When I was working in a remote camp in northern Saskatchewan we had people from all over the world working with us.

One of my assistants was a recent Canadian immigrant named Kamaraj. He was very capable but definitely unexperienced in North American cuisine, he famously asked me in the middle of the kitchen when I was asking him about the lunch he was making for staff meal, "Derek, I'll teach you how to cook our food if you teach me to cook like a White guy".

After the uproarious laughter subsided, we began training each other, which is how it should always be done.

Sharing cultures through food is the cheapest way to learn about each other, and make sure bigotry never wins. The most

expensive (albeit effective) way to do it is travel, which was something Mark Twain swore by back in the day.

From Chinese chow mein making its presence known in Newfoundland to California rolls being invented in Vancouver of all places, food has often been overlooked as part of Canada's immigration history.

While Canadians' taste buds

have advanced through varied cuisines introduced by generations of immigrants, stories about food and immigration can be lost to the annals of time.

**Derek Lankinen** 

Here's Cooking at You Kid

Yet food is a key ingredient that connects people to the past, to places, and to other people. This month, the museum of immigration in Halifax is opening the exhibition "eat make share: a taste of immigration,"



The Eat Make Share kitchen at Halifax's Pier 21.

which explores the connections between food and immigration in Canada.

Among the food-related artifacts presented in the exhibition is an almost 80year-old recipe book handmade by a

Belgian Jewish woman, who was interned at the Ravensbruck concentration camp, was freed and settled to Canada in 1951.

It's a loan from the Vancouver Holocaust Education Centre.

Another part of the showcase also looks at the regional dishes across Canada and how Chinese restaurateurs have adapted to local tastes and local ingredients. The exhibit will be Halifax all

year and begin travelling across Canada in the early part of 2026.

Derek Lankinen is an award-winning chef. author, and restauranteur. He is the **Owner/Operator of Beefcake's Burger Factory** with a flagship location in Current River and "Beefcake's at the Brewery" a snack / tapas concept inside Sleeping Giant Brewing Company and is also the Co-Owner of Elite Beef.



LIFE

Visit Guest Services for complete terms & conditions. Must be 19+. No purchase necessary. Must be a My Club Rewards member. Must be Present to win. Odds of winning depend on the number of gualified entries and activated ballots. Ballots must be activated 4 hours prior to the weekly draw and Grand Prize Draw time. Self-excluded or trespassed players not eligible to participate in this or any other promotion and may be removed from the site.

## **Drug screening returns**

By Matt Prokopchuk – TB Source

LIFE

Drug screening services are back in the city and will start to help paint the picture of street drug composition province-wide.

That's according to both Juanita Lawson, the head of NorWest Community Health Centres, which has restarted substance testing as of Monday — this time using a mobile unit after the forced closure of Path 525 at the end of March, and Karen McDonald, the director of the Toronto Drug Checking Service and the Ontario Drug Checking Community.

"Our hope is that we can set up at least one collection site in each of Ontario's public health unit jurisdictions," McDonald said of her organization's strategies, adding that NorWest will play that role in the Thunder Bay health unit's catchment area.

In addition to real-time local testing, clients of NorWest's mobile drug testing unit will have the option to offer up a small sample of their supply which would be couriered to analysis sites in southern Ontario. McDonald said they've already got similar agreements with service providers in Kingston and Peterborough.

"What we hope is that some service users will be willing to forfeit a little bit of their sample, which would then be sent through our program to one of our analysis sites."

McDonald, who is also a director at St. Michael's Hospital in Toronto, oversees a network of substance collection and analysis sites in the Ontario capital. Much like at NorWest's mobile unit, people who are using can anonymously take their substances to a collection site to have it studied. However, in Toronto, people can have the option of forfeiting a small amount of their drugs so they can be sent to an analysis site (like a clinical or research laboratory) where they are examined in a more "granular" way than is typically available with on-site testing equipment, McDonald said.

That information is then reported back to the person and the collection site, and published on the group's website.

"The results would be communicated with tailored strategies to reduce harm and referrals to drug-related health and social services," McDonald said.

That will allow for more detailed analysis of what's showing up in a given city's supply, and, eventually McDonald said, across the province as more sites come on board.

"This is more like a part of a provincial effort and using more sensitive instrumentation so that we have a fuller picture," McDonald said.





Silver islet was once one of the world's richest silver deposits, but is now a reminder of the mining heyday.

# **Seeing Silver Islet**

**Keith Ailey** 

the GOOD LIFE

Today, Silver Islet is a small island that appears featureless except for the handful of trees that cling to life amongst the rocks. However, this nondescript outcrop in Lake Superior boasts a fascinating story of discovery, ambition, and eventual decline.

Once the site of the world's richest silver mine, Silver Islet now stands as a quiet and unassuming reminder of the area's mining heyday and the resilience of the individuals who dared to extract riches from beneath the cold and stormy waters of the world's greatest lake.

The tale begins in 1868 when a party of American prospectors discovered an unlikely glimmer of fortune just off the rugged Canadian shoreline. What appeared to be a worthless pile of rock,

barely above water level, was hiding a valuable secret: a tremendously rich underground deposit of pure silver.

Mining began in 1870 by the Silver Islet Mining Company, led by Alexander Sibley. Because the island was so small, only about 80 by 100 feet, setting up a mining operation proved to be a tremendous logistical challenge. Workers had to contend

with high winds, large and powerful waves, and the constant risk of flooding in mine shafts that descended 1260 feet below the surface of the lake.

To allow the construction of buildings and to protect the mine from Lake Superior's violent storms, workers constructed a massive ring of timber and stone cribbing around the islet. Infilled with rock to form a breakwater, this construction would see the small island expanded to ten times its original size.

The actual mining on Silver Islet was done largely by hand, deep below the lakebed. Vertical shafts descended straight down, and tunnels spread out horizontally beneath the lake as miners chased the silver vein. Despite the danger and challenges of mining below Superior, the mine produced an astonishing quantity of highgrade silver, estimated to be worth over \$75 million in today's dollars.

Despite its success, mining at Silver Islet ceased in 1884. The main issue was the constant struggle against flooding.

As the mine shafts extended deeper, it became increasingly harder to keep them dry. Steam-powered pumps were essential,

> but when a critical shipment of coal failed to arrive due to a storm, the pumps stopped, and the mine flooded beyond recovery. With the silver veins mostly exhausted by this point, further investment was deemed too risky and not profitable enough to fight for.

Today, Silver Islet's original mine buildings are long gone, but some remnants of the

breakwater and mining equipment can still be seen in the waters around the island. The nearby settlement on the mainland remains, with the buildings having been converted to camps.

The original supply store has re-opened as well, and it is now a popular summer destination for the local campers, cruise ship tourists, and visitors to Sleeping Giant Provincial Park.

# Fence fixing with Murphy's help

Over the years I've let a lot of the fences on the property deteriorate.

We started the riding business twentyfive years ago, but we had to close the commercial riding part down in 2012 due to our respective health, but we still kept borders.

The fencing along the road was done by me with a small auger on the back of an old Ford tractor. The auger only went down two feet, barely enough to

secure a fence post.

The fence rails were fetched by me from the bush - balsam trees cut into fence rails. I would have preferred boards but that was expensive and besides, I was a lot younger back then and trundling into the bush to cut fence rails didn't kill me.

Our soil is clay. When it is

wet, it is a mush that sticks to everything, especially boots; when it dries, it is as hard as concrete. I was not at all knowledgeable about clay when we began fencing twentyfive years ago.

You auger a hole, shove in a fence post,

and as best as possible, shove the clay back in surrounding the post to steady it. Wrong! Or so I have learned.

In the main paddock south of Casa Jones there are several corner posts that support braided rope through which an electric current can pass.

There is a lot of tension on those corner posts. Over time they were pulled down due to that tension caused by the ropes.

The corner posts sagged because they were installed in the clay without a proper stabilizer like coarse gravel.

Now it is time to correct the situation since we have a couple of new boarding horses currently in their own paddock but eventually, we want them to join the herd. The herd will be put in the main paddock to graze but only after I get those corner posts

resituated.

My wife, Laura, found a chap who sells unplanned boards for a reasonable price, and she fetched enough to fix the fence along side the road. I began the job last week.

It was slow going as I had to remove the fence rails, many of which were either broken or rotten. The other mistake I made way back when was nailing the thicker ends of the rails with eight-inch spikes. Try to pull those out of a fence post. I also learned that several of the posts were either broken at their base or just plain rotten due to their age. That meant pulling them out and installing new posts onto which to nail the new fence boards.

And just as the work was progressing well, Murphy showed up. Saturday afternoon there I was having to replace a couple of posts.

To do that I had to wrap a chain around the rotten and/or busted post and lift it out of the hole.

Then I turn the tractor around and proceed to dig the post hole. The first two such tasks went without a hitch, but it was on hole number three that as the auger dug down it sudden halted.

I tried to lift the auger out of the hole and no go. Stuck, royally in the clay. I tired a second time, and I heard an ominous "Brack!"

The pin holding the auger to the lift arm

had broken. Ratz! So, I turned the tractor around and tried to lift the auger out of the hole with a chain attached to the bucket. Again, no go. Truly stuck.

A memory flooded my noggin of enduring the same fate back when I first installed the original posts.

Solution? Garb a long-handled shovel and start digging around the auger.

Soon, Laura arrived.

"Let me get the hose and soak the hole and see if that will soften the clay," she announced. Which she did and Eureka! It worked. I was able to attach the chain and haul the no-longer stuck auger out of the hole.

Before driving the tractor with auger back to the tractor shelter, we inserted a new post, and I pounded it into the hole with the bucket raised on high.

Then I picked up the auger and drove back to the shelter where I was able to reinsert it into the lift arm and secure it with a new bolt

Sunday I was back with the tractor at the fencing site and with trepidation augured two, new holes. Murphy, thank goodness, didn't show up.



REGIONAL FOOD DISTRIBUTION



Support the RFDA as they embark on an expansion to build a bigger facility dedicated to food education, training, and ultimately, eliminating food insecurity throughout Northern Ontario!



RURAL ROOTS

LIFE 11

#### **ON THE SCENE** Lehto named a top trainer

#### By Nicky Shaw - TB Source

Natalie Lehto, the owner of Within You, a local lifestyle and fitness studio, was named one of Canada's top trainers after being nominated last fall.

Lehto said she still feels very lost for words about how she feels about winning the award.

"It was a little bit surreal and to be honest, at the beginning, I very much hesitated with the information. I wasn't really sure if this was real or legit," said Lehto.

Over the months, she said she received emails asking questions to narrow down the finalist and it wasn't until January the editor and author of Impact Magazine called her to tell her she had won.

"I honestly remember just NATALIE LEHTO bawling and crying and being so

taken aback that this was even a possibility for me," said Lehto.

Lehto's studio offers group classes, pilates, strength, stretch and outdoor and indoor boot camps. As a trainer, she also does one-on-one training and group sportsspecific dryland training.

"I've worked with hockey teams, ski teams, curlers, a lot of soccer players, so it's



a little bit of a mixed bag from private training to group training to overall classes for anybody of any ability and any age," said Lehto.

As a Francophone, she also offers training in speaking French and works with private clients seeking a French-speaking trainer.

"I definitely love working and being able to utilize my French within the

studio as well," said Lehto. In her heart, she explained that she feels this recognition and award may boost her ability to provide all of these different services.

"I hope that if I keep the focus of being there for my clients and continuing to focus on what I do as a passion that these opportunities will continue to arise and I

just have to trust in that as long as I keep putting the work behind it," said Lehto.

She added that she feels humbled by winning this award and proud of the accomplishments that she has done, but it's within, and because of, her community.

"I feel like this is this award is not just mine. It's definitely the Within You's community," said Lehto.



## Thursday, June 12, 2025 Ana de Armas fights 'em all

#### Ballerina is drawn from the world of John Wick

**Marty Mascarin** 

**MOVIE TALK** 

From the World of John Wick: Ballerina (SilverCity) offers beauteous Ana de Armas the opportunity to show her gritty side. De Armas already hinted at her flair for physicality brightening the otherwise dour No Time to Die. She's up to the challenge here.

Little Eve Macarro (Victoria Comte) witnesses her father's murder by a group of assassins commanded by "The Chancellor" (Gabriel Byrne, exuding all the gravitas of a wizened grape) who's labeled her father a traitor. Orphaned Eve is scooped at hospital by Winston Scott (Ian McShane), habitué of the infamous Continental Hotel and John Wick contact who whisks her off to the security of another 'family' overseen by The Director (heavily accented Angelica Huston, channeling Maria Ouspenskaya). The Director runs Ruska Roma, a ballet company operating as a front for elite contract mercenaries.

The first act lumbers along illustrating Eve's (de Armas) growth, enduring years of onerous training as a ballerina and killer. Her overseers' dialogue about combat, destiny etc is portentous and unconvincing.

During one training mission, Eve recognizes the brand on a dead assailant similar to one exhibited by the assassins who killed her father. The Director confirms that the brand belongs to the Chancellor's rival sect, warning Eve to leave well enough alone as they share an underworld truce. But Eve is out

for blood.

What ensues is a Wick-like series of gun fights, hand to hand battles, duels with sharp edged implements including skates, along with grenades and flamethrowers, resulting in a stupefying body count. It's utterly-and occasionally amusingly-over the top.

The mayhem escalates in the third act where Eve attacks the

Chancellor's Austrian resort village populated by mercenaries who are remarkably ineffectual. A security mercenary monitors the streets with vintage telescopes. (?) Pneumatic tubes and switchboards also show up. How quaint!

An overhead shot of Eve's car pushed right back during a getaway is impressive. Additional overhead shots of opposing flame guns blazing provide an impactful visual effect. Eve's counter-attack with a fire hose is hilarious.



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Ana de Armas stars as Eve Macarro in Ballerina.

New director Len Wiseman attempts to emulate "John Wick" (Keanu Reeves shows up briefly) but, though quite serviceable, the fight sequences aren't quite as dazzling in choreog-

raphy as directed by Chad Stahelski in the Wick franchise. De Amras is bereft of a character to play, running on the fumes of charisma.

Plot quibbles abound. One doesn't expect a watertight script but there were several re-shoots and it shows. Back story is lacking in the rivalry between the Director/Chancellor underworld groups. There's a needless repeat

of a mercenary dad-and-daughter-exit scenario similar to Eve and her father. Ballet is actually absent until the final scene, starring Eve's cashiered pal, Tatiana, who apparently wasn't tough enough to continue in the mercenary program.

It's nice to see Lance Reddick's swan song as the Continental's Charon. Give de Armas credit for convincingly annihilating anybody standing in her path. A sequel? Perhaps they'll find a character for Eve by then.

# **Cava ponders future**

By Penny Robinson – TB Source

Fresh from a second Walter Cup win, Thunder Bay's Michela Cava is heading into the draft on June 24 as a free agent.

Cava had a successful two-year stint with the Minnesota Frost, playing a role the team's back-to-back Professional Women's Hockey League championship wins.

"I haven't even revisited my last talks with Minnesota. I liked my time there, and of course, I'll address that situation first." Cava said. "But it's nice to hear what other teams have to say. It boosts your confidence and motivates you for another great season."

Having played professionally in Europe before the PWHL's launch, Cava said transitioning back to North America brought new challenges and opportunities.

"I played with a lot of the players over in Europe, but it's cool to see it come full circle and all of us kind of being over here together and elevating this league every year."

The Minnesota Frost, based in St. Paul, offered not only a competitive environment but also a sense of belonging for Cava. With her family just a short trip away in Thunder Bay, their proximity made her time there even more special.

"I feel fortunate to have landed in Minnesota. We have a family group chat to plan weekends so everyone can come down and support me. I had about 20 family members at one of the playoff games last year. It makes such a difference in the way you play and just having confidence and feeling happy"

Her first year with the team required carving out a role among Olympic veterans and seasoned national team players.

"My first year was a little bit harder for me to try and make my place with some of the bigger players. I was definitely just trying to try to make myself noticeable in any way I could. Whether that be doing the defensive job or finding a role that that my coach liked to give me to get some more ice time to show that I have a little bit more in me"

By her second season Cava was starting to feel more comfortable.

"I definitely had more confidence with the puck and I knew that I could



Michela Cava is a two-time Walter Cup champion with the Minnesota Frost.

go out there could play a little bit more freely,"

Cava credits much of her development to her linemates and mentors on the Frost, including stars like Taylor Heise and Kendall Coyne Schofield.

"Just learning from them, they're amazing talented players and really good people too, and growing with them and learning with them and becoming a good linemate with them, was a really cool process to see over

#### the past two years"

While Cava's future remains uncertain, one thing is clear: she wants to give back. This summer, she hopes to bring the Walter Cup back to Thunder Bay again, aiming to connect more deeply with her roots.

"I would definitely love to figure out a way to bring the cup to more little boys and little girls in the city. That's a big dream of mine to be able to do that for everybody."

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Visit TBnewswatch.com Thursday, June 12, 2025

## **14 SPORTS Chilling out in Minneapolis**

When my sister-in-law mentioned she was taking her oldest to Minneapolis this past weekend to compete with the U9 Thunder Bay Chill Royal team at the All American Cup, the first thing I did was check the baseball schedule.

Turns out, the Toronto Blue Jays were in town, so I invited my family along.

What a weekend.

The U9 White and Blue teams won their respective championships, and the U12 boys White team also won gold.

The U10 boys White team earned a silver medal and the U12 Boys Royal and U12 Girls made the semifinals.

I caught a couple of my nephew's games, including Sunday's final, and they were pretty dominant.

When you look at the facilities the U.S.-based teams have to work with, like the 50-field National Sports Centre in Blaine,

it makes it that much more impressive.

And that's why I think the indoor turf facility is a good thing, despite the cost.

I had a quick chat with the Chill's Wilson

Neto, who said the American coaches he talked to couldn't believe how well the Canadian teams did, given how limited facilities are in the city.

The Chill managed to convert an ice pad at the Tournament Centre into a temporary indoor soccer field, but it's not exactly worldclass. It is what it is.

As a taxpayer, I'm happy to support facilities like the indoor turf centre, and can't wait to see what organizations like the Chill can do with it.

#### 

Caught a great game on Saturday at Target Field. The Jays took an early lead on Chris Paddack, but Kevin Gausman had a bit of a hiccup in the fourth, allowing the Twins to rally for two. They took the lead on a Matt Wallner homer, but then George Springer came through in the clutch, blasting a two-run shot off the normally

the lead. They went on to win 5-4. Exciting.

Can you bet against Scottie Scheffler to win the U.S. Open? Not in my books. If he doesn't



The U9 Thunder Bay Royal team captured the championship last weekend at the All American Cup. (Leith Dunick)

win, I think it could be Bryson DeChambeau who claims the trophy this weekend at Oakmont. Spaniard Jon Rahm, who won the

title in 2021, is my No. 3 choice. Yeah, I know, big stretch. For a sleeper pick, how about former Staal Open champ Ben Griffin?

### Every dad, remembered.

For all the things your father was to you, honour him this Father's Day with a complimentary flower\* to place on his resting place.

Date: Sunday, June 15th, 2025 11:00 am - 2:00 pm Time: 3200 Oliver Road, Thunder Bay, ON, P7G 1S9 Venue:

All welcome

\*While supplies last.

Free community event

Complimentary: BBQ & Refreshments

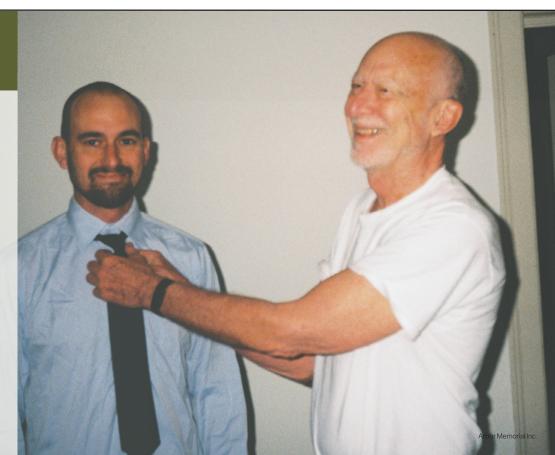
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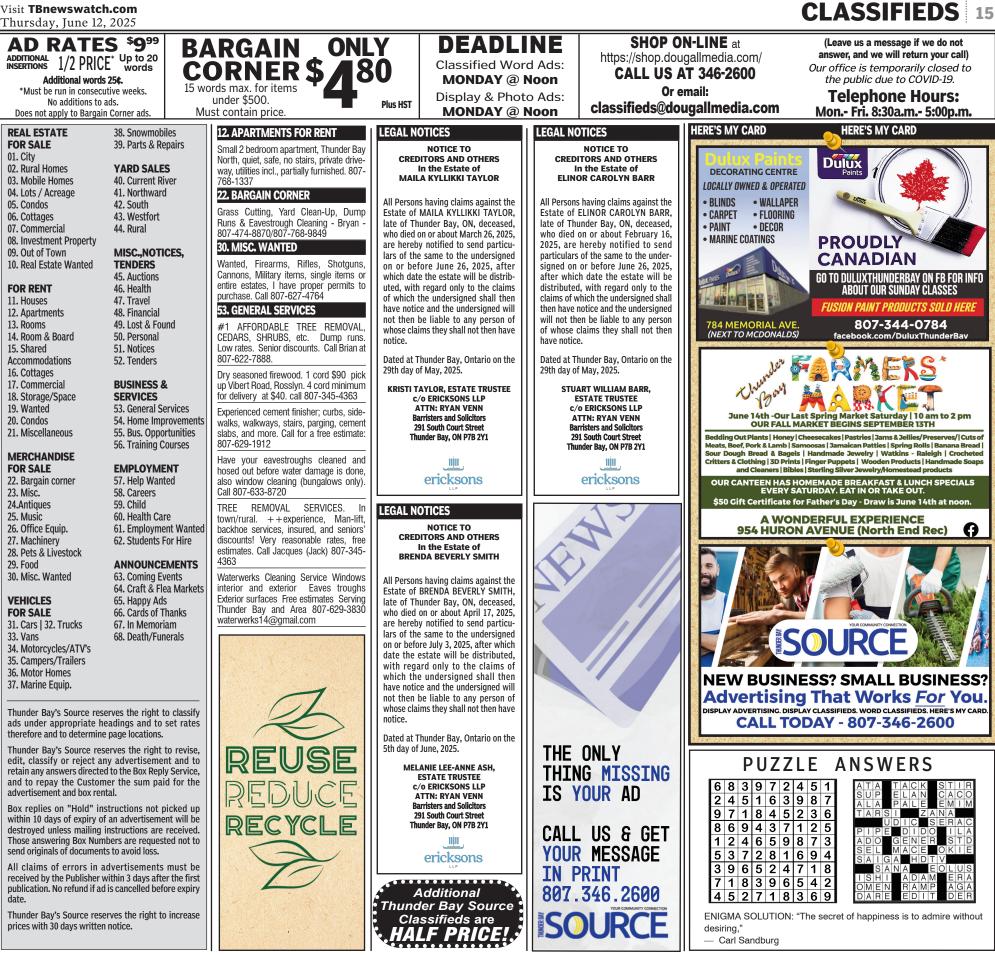




Leith Dunick SPORTS SHORTS

solid Griffin Jax, giving the Jays

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fighting mental health stigma together



Sullivan

ssociates

I think it's really important to take the stigma away from mental health... my brain and my heart are really important to me. I don't know why I wouldn't seek help to have those things be as healthy as my teeth.

> Kerry Washington, from Huffpost



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