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Canadian Publications Agreement No. 0662445 Vol. 20 No. 34

Thursday, August 24, 2023

# CHARGES LAID

Former boxing coach Tony Pimentel arrested by police in historic sexual assault case /3



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Thunder Bay Police Det.-Sgt Jason Rybak updates media last week about the sexual assault charges laid against former Thunder Bay boxing coach Tony Pimentel (inset). (Doug Diaczuk)



# Gas line breaks could cost \$543

## Thunder Bay Fire to start charging for service calls

By TB Source staff

Due to a growing number of calls involving broken gas lines, Thunder Bay Fire Rescue will now charge fees to respond to such calls.

The city announced on Tuesday that Thunder Bay Fire Rescue will now charge a fee per vehicle, per hour to respond to broken gas line calls where a homeowner or contractor did not request a locate.

The fee is based on the Ministry of Transportation rate of \$543.04 per vehicle, per hour.

"When locates aren't requested it causes a delay in the repair of the gas line," said Fire Chief Greg Hankkio in a statement issued by the city. "When a line is broken,

another locate needs to be done so other utilities aren't disrupted. It's also an unnecessary use of emergency services."

According to a statement by the city, Thunder Bay Fire Rescue responded to eight calls of gas lines being damaged or severed in the last 18 months.

The statement goes on to say that each of these calls could have been prevented if a locate was completed prior to digging.

Homeowners and contractors are required by law to have utility lines located prior to digging on any project.

To request a locate, Ontario One Call should be contacted a minimum of five business days before digging starts. Visit [OntarioOneCall.ca](http://OntarioOneCall.ca) or phone (800) 400-2255.

Homeowners and contractors are asked to wait for the utilities to complete their locates before starting any work.

# Cultural celebration

## Anishinaabe Keeshigun has been held for four decades

By Justin Hardy - TB Source

Crowds made their way out to Fort William Historical Park this weekend to celebrate Anishinaabe Keeshigun.

Anishinaabe Keeshigun is an event that has taken place at the park for over 40 years and aims to teach visitors about the significant contributions of Indigenous Peoples across the fur trade history.

Heritage skill demonstrations were on display, and visitors had the chance to participate in a powwow that highlights regional dancers.

Indigenous heritage program coordinator Elliott Cromarty said that it's important to celebrate Anishinaabe culture and also the coming together for both European and Indigenous cultures.

"Given its root in history that at Fort William that the Anishinaabe would come in, conduct their trade as well as dance within the palisade walls as well," he said. "But of course, keeping the traditions alive, that of this knowledge has been passed down since time immemorial, is very important to ensure that all our culture remains."

Attendees also got to experience and learn about



Fort William Historical Park hosted Anishnaabe Keeshigun.

Anishinaabe culture, traditions, and technology, by sampling traditional foods and playing traditional sports, like lacrosse.

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Tony Pimental was a long-time boxing coach in the Thunder Bay area and faces charges dating back to 1995.

# Boxing coach facing sex assault charges

By Doug Diaczuk - TB Source

A former boxing coach with a career spanning more than 30 years is facing sexual assault charges, and investigators believe there are more victims.

During a media conference held last Thursday morning at the Thunder Bay Police Service Balmoral headquarters, Det. Sgt. Jason Rybak announced that 62-year-old Jose Antonio Dasousa 'Tony' Pimental has been charged with two counts of sexual assault and one count of sexual exploitation.

The charges date to incidents as far back as 1995 while Pimental was a boxing coach in the city and Rybak said the assaults involved victims who were known to him through boxing.

"At this point, there are two charges before the court. I am not going to speak to how many at this point. We are doing our best effort to protect these individuals coming forward," Rybak said.

"This is a very traumatic experience for them. You can see the date range, the trauma is being brought back from over 30 years ago. We are doing our best to control that they are protected."

An investigation was first launched by the Major Crimes Unit with the Thunder Bay Police Service in November 2022 after incidents were brought to investigators' attention.

Pimental was first charged in July 2023 but an additional sexual assault charge was laid on Thursday, Aug. 17, 2023 when he turned himself in to police.

The victims were adults at the time of the assaults and two individuals have been identified. But Rybak said police believe other victims could be out there.

"I know there is a lot of hurt. It's going to be hard for some people to come forward and talk about this," he said. "But just know there is a tremendous amount of support in the community to support victims of sexual assault."

And given the duration of Pimental's career, which included being involved with the national boxing program in Canada, Rybak is also encouraging anyone who may have witnessed an assault or has information that could assist investigators to come forward.

"Right now our investigation is Thunder Bay centred. We know over 30 years people may have been victimized and moved across Canada or the United States," Rybak said. "So we are making that plea nationally and internationally, so any individual who had contact with him over the last 30 years who have been victimized, we want to hear from you, we want to talk to you, we want to help you navigate this and get you the support you need."

Pimental is scheduled to appear in court on Thursday. He was released on bail with conditions.

Anyone who may have been a victim of sexual assault or witnessed an assault involving Pimental is encouraged to contact the Thunder Bay Police Service at 684-1200. Information can also be submitted anonymously through Crime Stoppers at 1-800-222-8477.

## WEATHER FORECAST

THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Thunderstorms</b>	<b>Rain</b>	<b>Partly Cloudy</b>	<b>Partly Cloudy</b>
Precipitation: <b>40%</b> HIGH <b>26</b> LOW <b>15</b>	Precipitation: <b>80%</b> HIGH <b>18</b> LOW <b>12</b>	Precipitation: <b>20%</b> HIGH <b>19</b> LOW <b>10</b>	Precipitation: <b>20%</b> HIGH <b>20</b> LOW <b>11</b>

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## Driver faces charges

By TB Source staff

A resident of Thunder Bay is charged with multiple offences including driving while prohibited and dangerous driving in connection with a collision that happened Sunday.

Police were dispatched shortly after noon to the intersection of Golf Links Road and the Harbour

Expressway.

They learned that a sedan had been travelling at high speed before going out of control and crashing into a traffic light post and an SUV that had been stopped in a turn lane.

When an officer approached the driver of the sedan, he declared he was driving without a licence.

# Ford sets ambitious city housing target

## City to aim for 2,200 new housing builds by 2031, in return for strong mayor powers

By Ian Kaufman - TB Source

The provincial government has assigned Thunder Bay an ambitious target for new housing builds, while moving one step closer to granting Mayor Ken Boshcoff and other heads of mid-sized cities “strong mayor powers.”

Premier Doug Ford announced the moves, along with a new housing fund for municipalities that make progress on their housing targets, on Monday while addressing the annual Association of Municipalities of Ontario (AMO) conference.

The announcement set housing targets for 21 municipalities in the province that are expected to have populations of over 50,000 by 2031, including Thunder Bay.

Thunder Bay’s target is identified as 2,200 new housing starts by 2031.

That would require the pace of new builds to pick up significantly.

### Growth is possible

The municipal government reported Thunder Bay is on track for 521 new builds from 2024 to 2026 in an ambitious application to a federal housing accelerator fund, while suggesting there is room for more growth.

Work on a housing needs study the city is currently conducting suggests Thunder Bay is around 900 units short of its housing needs, city staff have said.

On Monday, Ford announced a \$1.2-billion ‘Building Faster Fund’ that will be distributed over three years to municipalities that demonstrate progress in meeting the provincial housing targets.

Only municipalities that achieve 80 per cent or more of their annual targets will be eligible to receive the funding, proportional to the number of housing starts realized.

“Think of it like this: If you get an ‘A’,



Ontario Premier Doug Ford is willing to give Thunder Bay strong mayor powers, under certain conditions.

you become eligible for funding,” Ford told municipal leaders Monday. “If you do worse than an ‘A’, you don’t.”

Dollars from the Building Faster Fund can be put toward “housing-enabling infrastructure” like site servicing, roads, and public utilities.

City manager Norm Gale, who was present at the AMO conference along with other municipal leaders, declined to comment on the newly-released target Monday via a brief statement provided to TBnewswatch.

“We continue to do work in good faith and will work with city council to respond to this changing landscape,” he said.

### Ramped-up ‘strong mayor’ powers

Mayors in the 21 new municipalities will be eligible to receive the “strong mayor powers” the province has already bestowed upon nearly 30 of its largest cities.

In a release, the provincial government said mayors of the newly-added

communities simply need to pledge, in writing, to meet its housing targets by Oct. 15 to receive the expanded powers.

That means the approval of Thunder Bay’s city council won’t be needed for what amounts to a fundamental shift in municipal governance.

### Wants the power

Boshcoff has already signaled his desire to receive strong mayor powers, while suggesting they would be rarely used.

The regulations allow “strong mayors” to hire and fire the city manager and some department heads, reorganize city departments, propose the city budget subject to council amendments, create committees, and appoint committee chairs.

The powers also allow mayors to pass bylaws with minority support at council in some cases, and to veto certain bylaws, where they believe those issues involve provincial priorities like housing.

[www.ststb.ca](http://www.ststb.ca)



# FIRST RIDER

The First Rider Program has been designed for very young first time school bus riders. This fun learning experience helps children answer questions (they get to ride a bus!), and calm concerns they may have about riding the bus to school.

Saturday, August 26th, 2023  
10:00 a.m. - 4:00 p.m.  
Confederation College

Take advantage of this opportunity that will allow your child to ride the school bus with confidence and teach important school bus safety.

Reserve your special spot at First Rider online at [www.ststb.ca](http://www.ststb.ca) or by calling 807-345-7387 between Monday, August 21nd and Friday, August 25th.

### First Rider Partners







NDP MPP Lise Vaugeois would like to see more driver training and inspection stations open more often.

# Highways big concern: MPP

By Kevin Jeffrey - Local Journalism Initiative Reporter

A Northwestern Ontario MPP is calling for more driver training and for the inspections stations to be open more regularly.

This year has been treacherous on area highways, with several fatal crashes in the first eight months of 2023, including two more last week,

Thunder Bay-Superior North NDP MPP Lise Vaugeois applauded the government's move to open a brand-new inspection station just west of Nipigon, but expressed concern about its utilization.

A statement from the Ministry of Transportation confirms that the new station will be completed later this year.

"That's fantastic, but then the release says they're only going to staff it as needed. Well, what does that mean?" questioned Vaugeois. "Those stations need to be staffed, if not 24/7, for substantial amounts of time. That is one piece of what's going to keep the trucking industry honest [and] in check. There are various things going on, but at the very least staffing those inspection stations could make a substantial difference for everybody's safety."

The government tells TBNewswatch that the inspection station will be on the

north side of the highway and the transportation enforcement officers will complete commercial motor vehicle inspections on the south side.

Vaugeois argued that the inspection station will get drivers travelling west on the highway but not anyone travelling east.

She also feels that the companies should be held accountable for driver training.

"Some carriers are sending out trucks that are not properly maintained. [There are also] drivers [that] are being sent out who haven't been adequately trained [and] who don't know how to drive in the winter on our roads," Vaugeois said. "The standard of safety [needs to be] observed, and [if it isn't] there are penalties."

A response from the ministry said ensuring commercial drivers are properly trained is a critical part of road safety.

"Ontario was the first jurisdiction in North America to require entry-level training (ELT) for new commercial Class A drivers, ensuring all new applicants are properly trained before they are tested and licensed," the statement reads.

The ministry said it continues to work with industry stakeholders, as well as road safety partners to enhance the entry-level training program to ensure Ontario continues to promote and be a leader in road safety.

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## EDITORIAL

## Digging it

The slogan call before you dig has never been more important to homeowners and contractors.

Thunder Bay Fire Rescue this week announced it plans to charge \$504 an hour, per vehicle, anytime they're called out on a broken gas line call.

Over the past 18 months, firefighters have responded to eight calls for a broken gas line, each of which could have been prevented had someone called the gas company and requested the gas line be located and marked.

It's a waste of firefighter resources, said TBFR Chief Greg Hankkio.

Furthermore, having a locate performed is the law.

Taxpayers should not have to foot the bill for service for something that's not only preventable, it's illegal not to have done.

It's also dangerous.

The threat of a fine might make a homeowner or a contractor a little more likely to consider making the call, instead of winging it.

While fires aren't an everyday occurrence, firefighters are trained as first responders and provide valuable, often life-saving services on hundreds of calls each year.

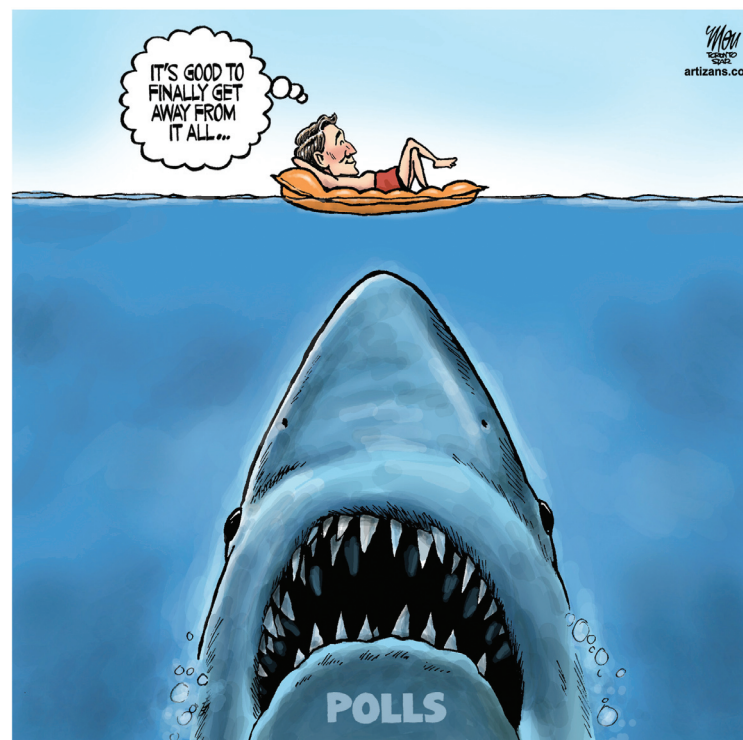
Say no to nukes  
To the editor:

With the disastrous fires in Hawaii and across Canada it's alarming to think nuclear waste storage and heat. Recently, the decommissioning work at Whiteshell Laboratories, west of us on the border near Pinawa, Man., was temporarily halted. As quoted in the *Winnipeg Free Press*, Dave Taylor, a spokesperson for nuclear watch group Concerned Citizens of Manitoba, called the incident a "major red flag." "If they can't even ensure their fire equipment is in order, what about the high-level radioactive waste procedures, and who is providing scrutiny on this?" he said, chastising the federal government for failing to adequately monitor the site.

According to Natural Resources Canada, under extreme conditions a wildfire can give off 10,000 kilowatts or more per square metre at the fire front.

This would imply flame heights of 50 metres or more and flame temperatures exceeding 1,200 C (2,192 F). In another Globe and Mail article these were described as "fire-breathing dragon of clouds: These

## LETTERS TO THE EDITOR



are Canada's wildfire-induced super storms... known as a pyro-cumulonimbus event."

The Ontario Government forest fire website shows total number of forest fires for the 2023 fire season to date is 655 most of these being in

Northern Ontario. Many of these fires are along highways 11 and 17 used for transporting used radioactive fuel packages. At present from Whiteshell (Pinawa) to Chalk River in the future from southern Ontario, Quebec and New

Brunswick.

These used fuel transportation packages are full of fuel rods not spent but highly radioactive and some of the 211 isotopes contained will be so for thousands and millions of years. Dangerously, they are very hot despite having been in cooling ponds for seven to ten years. Even after this cooling period they require another 30 years of surface storage before being handled robotically in hot cell plants (shielded by three to four metres of leaded glass) before being again repackaged for longer term storage. All the packaging and movement compromises safety.

The plans for the nuclear industry to move north with so called small nuclear reactors, underground burial and abandonment of high level nuclear waste requiring electric hot cells and cooling ventilation and transport of these materials on our highways all severely threaten the future of northerners. On the basis of fire alone, the best we can say to the nuke folk is not one nanogram - now or forever.

Paul Filteau,  
Thunder Bay

Fowles' *Mantissa* a fun look at modern novel

*Mantissa* by John Fowles is a playful narrative about the modern novel. A 'Mantissa' is 'an addition of comparatively small importance, especially to a literary effort or discourse.'

This might sound rather dull or irrelevant but Fowles lures us into his play on words with the oldest trick in the writer's book: sex.

The story begins when Miles Green wakes up in hospital. He's not sure who he is or where he is. He doesn't recognize his wife. A case of amnesia? The recommended treatment is a kind of sex therapy, which turns into an eye-opening male-female confrontation.

The walls, ceiling and floor of the

hospital room are made of some kind of padded material. Is it an asylum? Or are we inside Miles's brain?

The attractive young white doctor tries to arouse Miles who resists her erotic advances. She then hands Miles over (literally) to her black nurse assistant, who is more successful.

What seems to be the perfect male fantasy is shattered when another woman bursts into the room. The doctor and nurse disappear and the verbal sparring begins.

It is not clear at first who this new

character is - she is angry with Miles for creating the fantasy in which she finds him. And then we discover her identity - she is one of the Muses, the

inspirational goddesses of literature, science and the arts.

They were considered the source of the knowledge embodied in the poetry, lyric songs, and myths that were related orally for centuries in ancient Greek culture.

Miles is visited by Erato, the goddess of erotic and lyrical poetry. She appears with a wreath of myrtle and roses, holding a lyre.



John Pateman  
BOOK BANTER

Now we know we are inside the mind of an author who tries to justify his writing to the Greek muse. She wants him to write more plainly with strong characters and an easy-to-follow plot.

Miles explains that this style of writing went out with the Victorians and was succeeded by modernism and postmodernism. Authors no longer write to be understood; they write for the sake of writing itself. They are no longer interested in the ends, but only in the means.

It is clear that Miles is a thinly disguised Fowles. For example, he points out that the critics refused to accept his novel that had nine alternative endings - so his next book

only had three.

This is a reference to *The French Lieutenant's Woman*, Fowles' post-modern historical novel that builds on his authority in Victorian literature, both following and critiquing many of the conventions of period fiction.

*Mantissa* is both an exploration of literary styles and a satire of them. It is aimed at writers who take themselves and their work too seriously.

The point it makes is that the author must rely on his own imagination because the Muse is no more than a myth. Similarly there is no craft to writing but just, as Hemingway put it, the placing of one word after another on the page.

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

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

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# Space debris growing concern

By JR Shermack

Humans have always been a risk-averse species and we try to protect ourselves against any threats to our safety and security.

We do not like to be surprised or inconvenienced and often use insurance policies to protect ourselves from unforeseen, unpleasant circumstances beyond our control.

The many insurances we rely on for personal security include home, car, credit and loan, disability, travel, medical and business, not to mention our life and eventual death.

But even those who can afford rising premiums may have trouble insuring themselves against catastrophic natural disasters like earthquakes, tornadoes, volcanoes and floods.

And when you add the effects of global warming, disaster-conscious consumers are scrambling for insurance coverage against a wide range of new, unexpected weather calamities.

Insurance companies are reeling from the effects of climate change

and many are raising premiums or backing out of coverage altogether for threats like wildfires and floods.

As consumers look for ways to cover increasing car insurance premiums brokers are looking to abandon traditional policies to boldly go where agents have never gone before.

Space insurance is becoming the new risk management frontier.

Insurance against Earth-borne disasters may soon be a luxury few of us can afford but what about customers with unlimited resources – what kind of insurance can they buy?

What about those who dare to take huge risks and can afford the sky-high premiums to cover their losses, people like Elon Musk –can Elon buy collision insurance for space?"

The short answer is 'yes' although space insurance providers are getting a little skittish about covering the huge risks and astronomical policy payouts.

When SpaceX launched that red Tesla Roadster into orbit around the sun there was probably no proof of

insurance stashed in the glove compartment.

Everyone is familiar with the ritual exchange of information following a motor vehicle collision here on Earth but what happens when you collide with something in low Earth orbit?

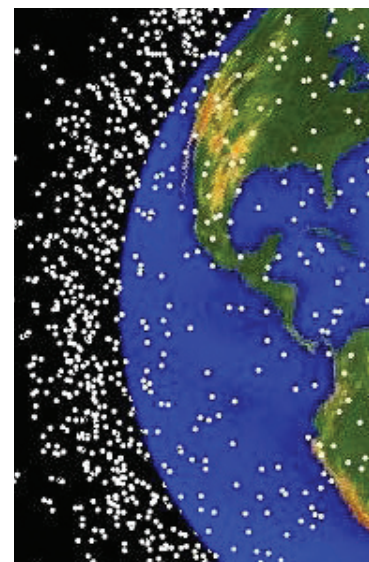
Or even worse, who can you call when your entire rocket ship including the launch pad is obliterated in a gigantic fireball?

Actually there are many providers of space insurance and depending on rocket scientists' individual needs, there are many different types of coverage available.

Typically, launch insurance covers a failed launch, a failed vehicle and/or a failed satellite - \$250 to \$300 million of coverage for premiums of 15 to 25 per cent.

I am assuming there are multi-rocket discounts available for fleet owners and further reductions for extended periods without a catastrophic explosion or disastrous collision.

And in case you were wondering, if your satellite, rocket ship or space



There's lots of space debris in Earth's orbit.

station suffers loss due to alien invasion or abduction you may be covered unless that event is specifically excluded.

Good to know.

As for fender-benders in space, the amount of space junk orbiting Earth

makes collisions inevitable and space insurance companies are getting twitchy.

In 2021 the China Space Station had to conduct an evasive maneuver to avoid collisions with two separate Starlink satellites – careful Elon.

A 2022 statistical model estimates that 36,500 objects larger than 10 centimetres, one million between one and 10 centimetres and 130 million between one millimetre and one centimetre are circling in low Earth orbit.

If you travel in those circles you better have comprehensive collision insurance.

Space is not our first frontier - human history includes many examples of exploration, migration and re-settlement by people who didn't want to stay in one place anymore.

We walked across continents, sailed over unknown seas and experienced extreme hardship all for the sake of seeing what's new, what lies beyond the horizon.

And to think, we did it all without insurance.

what's happening  
in and around...

## The Bay

To submit an event, email [ldunick@dougallmedia.com](mailto:ldunick@dougallmedia.com).  
Please include details about the event, including any cost

### Aug. 26-27

#### Art Classes at OP Heritage Park

At Oliver Paipoonge Heritage Park you preregister for children's Art Class-August 26 and Aug. 27, from 1p.m. to 4 p.m. There's \$12 fee for supplies.

Phone 807-475-7424 for more info. 3190 Hwy 61 at Gillespie Rd.

Check Facebook and Instagram at Oliver Paipoonge Heritage Park for all upcoming events.

### Aug. 25-27

#### RibFest

Come and eat some delicious food, and stay to enjoy shopping with our vendors, playing in the children's area, and enjoy the amazing live bands in the beer gardens.

RibFest opens Friday and runs through Sunday at the CLE grounds, one of the most popular summer events in Thunder Bay.

Admission is free. The festival runs from 11 a.m. to 9 p.m. on Friday and

Saturday and from Sunday until 8 p.m.

The children's area is open from noon until 6 p.m. each day.

Donations of non-perishable food items are also welcomed to help the Regional Food Distribution Association feed people in need throughout the region.

### Aug. 26

#### Single Mother

London, Ont. punk rockers Single Mother hit the Black Pirates Pub stage on Saturday night.

Tickets are \$15 in advance and the show is open to the 19+ crowd.

Doors open at 9 p.m. and the concert begins at 11.

See [eventbrite.ca](http://eventbrite.ca) for more details.

### Aug. 26

#### All-in Summer Bash

Head on out to Nortenos Cantino for a dance party featuring Latin, African and Caribbean music in support of the Lakehead University Students Union

(LUSU) Food Resource Centre.

The goal of this centre is to eliminate student hunger by providing the following:

- The Pantry - a place where students experiencing food insecurity can go to receive fresh and non-perishable food that is culturally diverse, nutritional and accommodating of various dietary requirements.

- The Kitchen - a community kitchen that will host cooking classes with students to teach them new recipes, meal preparation, and other skills.

- The Garden - a place to provide students with fresh fruits and vegetables

Come out and join us in support of this important cause!

Tickets are \$10, and those who purchase tickets in advance will be eligible to receive prizes at the event.

See [allevents.in](http://allevents.in) for more info.



**Marcus Powlowski, MP**  
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# Gym changes course

By TB Source Staff

A 25-year-old Thunder bay institution is moving to a membership-based model it says will ensure its services help those most in need amid growing demand.

The Underground Gym and Youth Centre, which provides access to activities, meals, and supervision for vulnerable children and youth at its Victoria Avenue headquarters, put out a Facebook post over the weekend asking anyone who utilizes its services to become a member.

Owner Peter Panetta said the old policy was letting in anyone at any time, but overwhelming demand has forced him to consider a different strategy.

"We have had up to 50, 60 kids in here, [and there is] just not enough room to accommodate that many kids," he said.

"We did put a cap on the number of kids in late spring, early summer because there were just too many kids. There was a waiting list of about 20 to 25 kids waiting to get in."

The new policy will also set out certain criteria members must meet to be considered eligible, Panetta added, from requiring caregivers to contribute volunteering hours to considering family income.

"If somebody's [parents are] working and have a really good paying job, I don't think [that the kid] needs to be here," he said. "They could really afford to go and take boxing [lessons] somewhere else or [perhaps] art classes and music lessons."

Panetta expects the organization to initially cap membership at 75 children, and any child after that will be put on a wait-list. — *With files from Leigh Nunan, TBT News*



PETER PANETTA



Indigenous Services Minister Patty Hajdu says she wants to ensure programs impacting First Nations are unaffected by cuts. (FILE)

# Hajdu doesn't want cuts made

Indigenous Services spending vital to quality of life

By Gary Rinne — TB Source

Indigenous Services Minister Patty Hajdu plans to ensure programs directly impacting First Nations people are unaffected by spending cuts requested by Treasury Board President Anita Anand.

Hajdu made the commitment in Charlottetown during a scrum with reporters Tuesday morning as cabinet ministers began their annual retreat in advance of the next session of Parliament.

"Indigenous Services Canada ... provides the same kinds of services that provinces provide to Canadians in their jurisdiction. So, things like health care on-reserve, and things like education and infrastructure support and maintenance ... And I would say there is a huge gap between quality of life for Indigenous people on-reserve and non-Indigenous people in municipalities still, so we'll be really thoughtful at Indigenous Services Canada about how we look for those savings," she said.

Hajdu said her department officials will be "really thoughtful" about how the department looks for possible savings.

"Obviously, we can look for duplication in terms of the kinds of roles that civil servants are playing, or various departmental functions that are not servicing directly the supports for Indigenous Services Canada delivery of programs."

Anand recently gave all cabinet ministers an Oct. 2 deadline to come up with cuts collectively totalling \$15 billion, saying the savings should be sustainable without putting stress on service delivery.

Hajdu told reporters that, for her, the focus in the exercise will be to ensure everyone has a fair chance to succeed, given the disparity in living standards between Indigenous people on-reserve and other Canadians.

When she was asked if she had been told she needed to find cuts in her department, she replied, "I think every department has the same direction, so for every minister it is an exercise in thoughtfulness about how to achieve that goal without impacting services to Canadians, and my department is no different."

She was pressed further on whether she was not expecting any cuts in programs directed at Indigenous people.

"I would not make that recommendation as a minister to impact services that are delivered directly to people living in First Nations," Hajdu responded. "We're talking about quality of water, education, health care in nursing stations, programs that prevent suicide and address mental health ... For me, the red line is anything that affects the quality of life for First Nations people."

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The Forty Miner races have become a staple of the local mountain bike community, drawing plenty of interest from elsewhere too.

# Racing destination

In Thunder Bay, we are surrounded by a vast landscape of natural beauty and endless recreational opportunities. Fast-tracking its way to the top of the list of favourite outdoor activities in our area is the sport of mountain biking. Visit the Kinsmen Park (Trowbridge Falls) trailhead any day of the week and you will likely be shocked by the number of people riding to and from the Trowbridge Forest trail system from this main hub. Especially exciting is the fact that more and more often, we are seeing that riders from southern Ontario, Alberta, Minnesota, and Wisconsin are joining the locals to enjoy our amazing mountain bike trails.

Adding to the excitement level in our local riding community is the news that the Blacksheep Mountain Bike Club, in collaboration with Cycling Canada, will be hosting next year's Canadian Cross-Country Marathon (XCM) Mountain Bike National Championships, right here in Thunder Bay, on September 6 and Sept. 7, 2024.

As organizers start the year-long preparation for this national-level event, they have tweaked the upcoming 2023 edition of our popular annual fall classic, the Shuniah Forty Miner mountain bike race, to include much of the proposed XCM course as a bit of a test event for next year's championships.

A couple weeks from now, the eighth edition of the Shuniah Forty Miner is set to continue the tradition of being Thunder Bay's marquee mountain bike event.

Organizers are expecting over three hundred athletes to compete this year, and for that number to grow considerably in 2024 when the Miner is held in

conjunction with the XCM Nationals.

The 2023 Forty Miner will once-again offer participants four options, including a children's race, a citizen-friendly 12-kilometre course, and the newly modified 24- and 48-kilometre options on some of the more challenging trails that will feature in next year's XCM course.

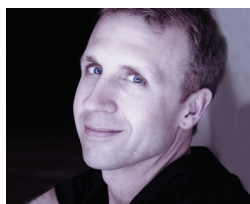
The 12-kilometre course will appeal to new racers as it features the very best of our trails, linked together and flowing in the best direction to provide a sublime experience.

Racers with experience in Advanced and Elite-level races, or those looking for something tougher, will want to test themselves on the longer routes. Regardless of what you choose, every option promises to take advantage of all the amazing natural terrain and features that Trowbridge Forest has to offer. Family and friends who are not quite ready to jump into a race can still be involved by volunteering at the event.

As the largest bike event in Northwestern Ontario, the two-day Forty Miner festival has become a fall classic that attracts visitors and locals alike.

The excitement kicks off Friday Sept. 8 with race kit pickup and a showing of the latest Anthill Film, *The Engine Inside*.

Then, on Saturday morning, race action starts at 11 a.m. Afterwards, there will be finisher medals for everyone as well as music, food, festival games and much more to enjoy as racers and their families relax after the event. To register as either a racer or a volunteer, you can find links at [www.shuniah-fortyminer.com](http://www.shuniah-fortyminer.com).



**Keith Ailey**  
the GOOD LIFE

# Westfort Street Fair continues to delight

By Justin Hardy - TB Source

The Westfort Street Fair was in full swing Saturday and drew in hundreds of city residents.

The Westfort Street Fair is the longest-running event of its kind in Thunder Bay and is celebrating its 41st year of summer fun.

"We are blessed to have another fantastic day for the street fair, we have an awesome crowd. There's lots of people have been out already and we're expecting more throughout the day," said Mark Nowak, street fair coordinator.

"There's tons of activities, lots of great food entertainment, as you can see behind us, our new entertainment area sponsored by Heartbeat hot sauce.

The event had roughly 75 vendors from informational booths to local businesses selling their products and food.

Nowak said that the connections the community gets to make with local businesses in Westfort as well as the Westfort Village, is the entire reason behind the fair.

"This is a real community event, we do have a lot of people who would live in the area, who have lived in the area, I know I personally have friends who have come from Manitoba and from Southern Ontario just to attend this event," he said.

"So there's a real sense of community, of Westward community and people really getting back to their roots."

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# Supply chains vital for food

During the unpleasantness of that Vid-19 thing that affected all of us for a while, we heard a lot about the food supply chain and the things that would be impacted by issues related to a global health emergency. What is the food supply chain? A food supply chain or food system refers to the processes that describe how food from a farm ends up on our tables.

The processes include production, processing, distribution, consumption, and disposal.

The food we eat reaches us via food supply chains through which food moves systematically in domino-like motion from producers to consumers while the money consumers pay for food goes to people who work at various stages

along the food supply chain in the reverse direction.

Some would argue that the supply chain as it stood for years is increasingly becoming “dead” and the concept of a new “living supply chain” is discussed often at economic summits and as high as the World Economic Forum.

It's important to recognize the food system also links people with different incentives and goals, each optimizing for their role in the chain.

We need to understand these supply chains as ecosystems dependent on people, natural resources, and their interactions.

Only then can we enable suppliers, sellers, policy makers and

consumers to see themselves as links in the chain; as part of a living system.

Over the past decade, we learned that adding time to a system that doesn't have the mechanism to spend it is not enough.

These issues are easy to see everywhere in your local supermarket.

How many times have you purchased meat or produce only to find out after you bought it that it had spoiled. Temperature abuse by handlers and shippers typically is the cause.

By coupling advanced imaging and spectrometry, shippers and farms can measure the precise degree of ripeness of a piece of produce as it moves through the supply chain.

Nature's best defense is itself, plant-based protection can be extended to defend the immune system of fruit against rot.

Technologies to protect, predict and direct our fresh food to its best possible point of consumption are already here. For example, if a piece of fruit is closer to maturity, it would be directed to more local sellers.

If it still has more time, we can turn it toward more distant markets. This is always preferable to food wastage.

Apeel is a global company that is using natural, plant based solutions to prevent rot to allow vegetables and fruits to have another barrier between itself and oxidizing and other issues that can expediate food loss and has had plenty of successes in food security space.

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.



**Derek Lankinen**

Here's Cooking at You Kid



Apeel is being used to keep veggies fresh.

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## Outdoor rinks may be closing

By Ian Kaufman - TB Source

The city is seeking feedback on the potential of closing the majority of outdoor rinks.

The city issued a survey earlier this week, asking for residents' input about the utilization of outdoor rinks and opinion is on whether closures would be supported.

Earlier this year, council had directed administration to find \$700,000 in staffing cuts and \$500,000 in service cuts. As part of that process, city administration proposed eliminating 31 outdoor rinks and leaving just a handful remaining across the city.

At a meeting in June, council decided to put off making a decision on several of the proposed reductions, including the outdoor rink closures, and instead ordered further consultation.

The survey is looking to see how many people utilize outdoor rinks and if the closures are supported by community members.

If council chose to go ahead with the full list of outdoor rink closures, just eight sites would remain:

- North End Park
- West End Park
- Carrick Park
- Marina Park
- Northwood Playfield
- Dease Park
- Vickers Park Trail
- West Thunder Park

Watch for more details at [ourkidscount.ca](http://ourkidscount.ca) or our facebook page



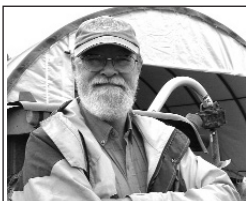
# Summer of burdock, goldenrod

Well, August is zipping by is it not? I know, I said the same thing last month and the month before that and...

When you drive the rural roads you observe two things: lots of gold and yellow. The gold is from the goldenrod plants and the yellow is from the changing colour of the leaves on the roadside bushes.

Goldenrod is considered a weed although I have read that it is very beneficial for butterflies and bees who seek its pollen. You have goldenrod, you get pollinators who stick around to pollinate other plants like your flowers and veggies.

Goldenrod mistakenly has a bad reputation as contributing to allergies. Goldenrod does not do so. It is ragweed, a totally different plant that induces hay fever symptoms. So, goldenrod is good and we have



**Fred Jones**  
RURAL ROOTS

lots on our property especially this summer, a mass of yellow. The butterflies and bees like it.

The other "weed" that has been very prolific is burdock. Everywhere on our property I see large burdock plants with the purple flowers that will, in due course, turn brown and stick to everything that touches it - clothes, horse manes and tails, doggos.

I wondered why so many burdock plants were growing very tall and blooming. Answer (supplied by my wife, Laura): "Burdock runs in a two-year cycle. The first year it grows its roots; the second year it grows its stalk and flowers." Native people used everything including burdock.

So, I did a bit of research. I found a blog on-line called "Practical Self-Reliance" written by a rural Vermont lady named Ashley (the



Goldenrod is plentiful in these parts.

only name she gives). She has a long blog about burdock and its uses.

Yes, burdock runs in a two-year cycle just like Laura said. Roots, leaves, and stems can be eaten but only after careful preparation.

Roots should be harvested in the fall of the first year. The burdock root is actually cultivated in Asian countries and called "Gobo". Ashley thinks the root tastes like dirt or, at least 'earthy'.

The roots are traditionally peeled, sliced thin, and added to stir-fries. The herbal medicinal benefit of Burdock root is as an anti-inflammatory if the root is made into a tincture.

The leaves from the burdock plant tend to be bitter but less so if harvested when very small, so early summer. When the leaves get big, they can be used to wrap food that is cooked on an outdoor fire. It keeps the food clean and neat.

Burdock stalks are also edible but must be harvested before the flowers develop. (Same is true for them Scotch thistles). The stems need to be peeled twice - first the

outer skin and then the second peeling removes the tough and stringy layer. What is left is the inner core that is sweet and tender.

So there you have it regarding burdock. We have several large plants around Casa Jones that I should hack down. The flowers are still purple and have not yet transmogrified into the evil brown sticking things.

I drove the manure cart up onto Mt. Crumpet where we dump the stall leavings only to be shocked at how much of Crumpet had been taken over by burdock.

So there are the benefits of burdock and goldenrod. Who'da thunk?

Oh yeah: mea culpa, mea culpa - I told you that garlic powder comes from the garlic flowers. Wrong! You make it from the bulbs themselves. And I called the flower ends 'bulbulas' (or something like that). Wrong! They are called 'bulbils'.

There you have it.

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# Blue Beetle: We are family

*Blue Beetle* (SilverCity) has the distinction of being the first Latino-centric superhero opus from the DC universe. As one bristles at further superhero over-saturation, especially one that originated in 1939, why give this one a sniff? It's all about family.

The film opens with our open-hearted young protagonist, Jaime (pr "Hi-may") Reyes (Xolo Maridueña Netflix's *Cobra Kai*) returning from school to his rambunctious working class family, having obtained a pre-law degree, the first of his clan to go to college. However, he discovers that his family's going to lose their home due to gentrification.

While desperately looking for work, Jaime meets heiress Jennifer Kord (Bruna Marquezine) who's locked in a battle with her villainous aunt Victoria (Susan Sarandon) over the militaristic direction Victoria's taking the company founded by Jennifer's dad who disappeared years ago.

Jennifer swipes a beetle-shaped alien amulet or "scarab" from her aunt's lab which is intended to further development of a Robocop-style mercenary police force. Jennifer's forced to pass it off in a sandwich box to an unsuspecting Jaime, telling him not to open it.

Unsurprisingly, Jaime's family fiddles with the thing, triggering it. Activated, the scarab looks for a symbiotic host, bonding with Jaime (we won't say how, we don't know why) in startling fashion, giving him a virtual suit of armor capable of unpredictable, undefined super powers.

Reluctant Jaime has to rely on a Siri-type voice (Becky G) as his operating manual to guide him as he zooms around skies and streets, resembling "Iron Man" meets TV's "Greatest American Hero."

He's gotta learn fast as Victoria and her minions are in hot pursuit. If the scarab is removed, Jaime dies. Victoria intends to use as a prototype her scarred chief henchman Carapax (Raoul Max Trujillo) who already sports some mechanical body parts.

One of the family's "superpowers" is to be invisible to people like Victoria. But the scarab now makes them a target. Jennifer accesses a hidden cache of her dad's technological armament to help Jaime's family fend off Victoria's minions.

*Blue Beetle's* distinguishing trait is Jaime's



*Blue Beetle* is the first Latino-centric superhero movie produced in the DC Universe, and it rates as entertaining, but predictable.

tightly-knit working class Mexican-American family. Director Angel Manuel Soto uses subtitles and soundtrack to embellish the movie's cultural flavour.

The charismatic Latino cast straddles the comedic line between stereotype (mockingly?) vs authentic representation with mixed results (George Lopez serves lots of ham.)

Pluses: For once the fate of the world isn't hanging in the balance. The ethnic element informs the class conflict.

The generic ray-blasting Ninja fight climax is impressively staged, jumpstarting the story after a middling central section, adding a plot twist involving Latino exploitation.

Characterization shortchanges Jaime

(passive, not the sharpest college grad) and Jennifer (thinly drawn), the humour could be less broad, but references to U.S./Latin American relations and the film's buoyant spirit props up the uneven script.

Ultimately, *Blue Beetle* is familiar, amiable second-tier entertainment.

Per usual, the extended closing credits hints at something more, so stick around.



**Marty Mascarín**

MOVIE TALK





# VICTORY LANE

Cole Chernosky takes his Super Stock to Victory Lane last Wednesday night at the Thunder City Speedway.

## Championships on line

By Johann Vass – TB Source

The points championship is on the line at Thunder City Speedway and it shows. Drivers are battling it out on the track for the best positions. The points are too close to call with championship night on Aug 30 quickly approaching. Thunder City's fastest show on dirt are the Thunder Bay Truck Centre Wissota Modified.

They run about 600 horsepower and right now Joel Cryderman, Tanner Williamson and John Topozini are separated by just three points.

Cole Chernosky has four feature wins in the Forks South Sports Lounge Wissota Midwest Modifieds. David

Simpson is second and Tanner Ulakovic is in third. Kevin Monteith is in fourth and David Kivi is in fifth with a car dialed in for fast racing.

Chernosky also leads the Mezo Motors and Machine Wissota Super Stocks with 6 feature wins for top spot followed by Rick Simpson and Shawn Polonoski.

The Mastrangelos Fuels Street Stocks see Kyle "Lightning" Bolt in top spot with five feature wins for 1,030 points A.J. Kellar is right behind him with 1,025 and third spot belongs to Steven Piilo, and fan favourite Andrew Piilo in fourth, Darren Wolframe is in fifth spot.

In the Bay Lock and Security Hornets class Jesse Owen is leading with five feature wins for 1,058 points and Brendan

Makkinga is in second with 990 points James Cuthbertson is in third spot. Drivers get points for each placement and heat wins as well.

The Equipment World races on Aug 23 will see the points race tighten up and the Champions will be decided on Brandt championship night Aug 30.

That will wrap up the regular season and get us ready for the big show. The Thunder Bay Truck Centre Dirt Track Nationals will bring drivers from all over Canada and the U.S. with a total purse of \$120,000.

Race dates are Sept. 21,22,23 and 24. That is money worth racing for. Regular season races gates open at 4:30 p.m. and racing starts at 6:30 p.m.

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

CRYPTOGRAM

"QVUGWKRR QLIKHPF VR ZKPPKH PJUG KOZVPPKHKB YKUWPJ."

– CHKKX QHLIKHZ

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**ACROSS**

1 Reward  
5 Confederate soldier  
8 As soon as possible (abbr.)  
12 Highest (pref.)  
13 Beer  
14 Three-handed card game  
15 Roof  
17 Dried up  
18 Ancient (abbr.)  
19 Feather grass  
21 Brythonic sea god  
22 Corporal (abbr.)  
23 Eradicate  
25 Tester  
29 Dog-fisher  
32 Two-man fight  
33 Mortar mixer  
35 Berne's river  
36 Biblical poem  
38 Allt  
40 Soothsayer  
42 Compass

**DOWN**

1 Sambar deer  
2 Economy (abbr.)  
3 Cordage fiber  
4 Disk operating system (abbr.)  
5 Snake  
6 "The Time Machine" people

direction  
43 Phrygian god  
45 Dravidian language  
47 Adjective-forming (suf.)  
50 John, Russian  
52 Okay  
54 Home of Esau  
55 Kwa language  
56 Fiber  
57 She (Sp.)  
58 Uproar  
59 Aesir god

**ANSWER TO PREVIOUS PUZZLE**

NOBS TLC PEND  
AARE HAY ALAE  
RHETORIC TARA  
DUN TITLE PER  
AEF ELAH  
EMANATE AMICE  
RAVE YEN ANAT  
ALIAS CASSENA  
FRIT CEA  
GPA LODEN PPS  
ALUM WILDGOAT  
BANE ELL ACLU  
ITAL LIE SKID

7 "Pagliacci" character  
8 Pack animal  
9 Bony  
10 Rhine tributary  
11 Wing (pref.)  
16 See  
20 Orinoco tributary  
22 Alley (Ital.)  
24 Declare  
25 Automatic data processing (abbr.)  
26 Sub (pref.)  
27 Wheelk (2 words)  
28 Eth. prince  
30 Before  
31 Ruddle  
34 Benediction  
37 Held a session  
39 Tablespoon (abbr.)  
41 Quick  
43 Agreement  
44 Daredevil  
46 Nakedwood tree  
47 In the same place (abbr.)  
48 High (pref.)  
49 Careen  
51 "Blue Eagle" Army Post Office (abbr.)

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# Tourney honours Nugent's memory

By Leith Dunick - TB Source

Bruce Nugent lived to give back to the people of Thunder Bay.

His legacy continues to live on, three years after his death.

Dozens of golfers gathered on Monday at Whitewater Golf Course to take part in the newly renamed Bruce Nugent Memorial Golf Tournament, with money raised as a result of the event being donated to the Lakehead Public Schools Foundation to be used to fund student-based programs throughout the board's coverage area.

David Pineau, chair of the tournament, said it was important to honour the memory of Nugent, the former communications director for the public board, in a meaningful manner.

"Bruce was a real community champion," Pineau said. "This was one of his loves, this event. Since his passing it just seemed appropriate that we rename this in his honour. He did so much for our community and got so much energy for doing such things that we thought it was great to honour

him in this way."

Nugent's son Aidan said it was great to see so many people out supporting the foundation and that he was proud that his father's legacy continues to live on.

"He put a lot into this event, every single year. I saw it firsthand. He brought me every single year to be with him and support this event, and give back to the community and the foundation - just to give thanks to everything we'd been given by the school board and how lucky we are to be in the position we are in and just to give back a little bit," Nugent said.

The tournament raises on average about \$20,000 a year for the foundation, a figure Pineau said they looked like they'd easily hit again in 2023.

"By the looks of the support we're hoping to double that or more this year. The support has been unbelievable. We've got prize tables that are chalk-full, multiple hole sponsors. It's been amazing support from the community," Pineau said.



Evan DeLuca was one of dozens of golfers who took part in Monday's Bruce Nugent Memorial Golf Tournament at Whitewater. (Leith Dunick)

# Preseason an affordable NFL option

I just got back from another road trip south of the border and on our final night before heading home, we decided to check out the Vikings-Titans pre-season game at U.S. Bank Stadium.

I know it was just the second-stringers and hopefuls who dressed, but if the Vikings first-team run defence isn't markedly better than the guys who played on Saturday night, it's going to be a long season in Minneapolis.

Without Derrick Henry in the lineup, and Malik Willis under centre, the Titans erupted for more than 250 yards on the ground.

NFL pre-season is frustrating to watch, but the price was right for lower bowl tickets, so it was a chance to give the family a bit of an NFL experience, without the rising price tag to get into a regular-season game.

I usually try to check out at least one Vikings game a year in person,

and had my heart set on seeing them play Patrick Mahomes and the Kansas City Chiefs - until the tickets went on sale.

The cheapest ticket available from the team was US\$250, plus fees, and that was in the nosebleeds. Don't even think about Packers/Vikings tickets.

Instead, I'll go see the Saints in mid-November, which was US\$72 and fees, using the difference in price to pick up a ticket to see Aerosmith on their farewell tour.

The Saints likely won't be a good team this year, but then again, I don't have huge expectations for the Vikings either, though the offence could be fun from a fantasy football perspective.

Speaking of the Vikings (and

Mahomes), while I was in Charlotte visiting a childhood friend from Halifax and his wife, it was recommended we give the Netflix show, *Quarterbacks*, a shot.

We caught the first couple of episodes, which centres on Vikings QB Kirk Cousins, Mahomes, and journeyman pivot Marcus Mariota, and we were pleasantly surprised. Give it a shot.



**Leith Dunick**  
SPORTS SHORTS

□□□ Fantasy football is back and my slew of drafts begin this weekend.

I feel less prepared than ever and expect it will cost me in the later rounds, when I'll probably take guys I know instead of taking a flyer on a guy who could be a breakout candidate.

I've done a couple of mock draft simulations, and fared pretty

recently, according to the analysis of Fantasy Pros, but if I'm taking the guys they're recommending, of course they're going to give me a high rating.

I think this is the year of the wide receiver, with running backs taking a back seat.

Fantasy Pros has six receivers going off the board in the first round, plus KC tight end Travis Kelce.

Christian McCaffrey (No. 2), Austin Ekeler (No. 4), Saquon Barkley (No. 8), Bijan Robinson (No. 9) and Nick Chubb (No. 11) are the only backs in the top 12.

Tony Pollard, who gets full-time shares in Dallas with Ezekiel Elliott signing with New England, gets a little more love from CBS Sports, climbing into the first round on several analyst lists.

Minnesota's Alexander Mattison, Carolina's Miles Sanders and Pittsburgh's Najee Harris have all dropped significantly, fourth-

rounders according to CBS, a little higher on Fantasy Pros.

Even Henry and Jonathan Taylor have plummeted and are late second-rounders on Fantasy Pros, both tumbling out of the upper first round - one because of age and wear and tear on his body, the other because he wants out of Indianapolis.

It's going to be easy to wait on running backs this year and there could be plenty of value in the fourth, fifth and sixth rounds.

Aaron Jones, Dameon Pearce, Cam Akers and even Alvin Kamara, who will miss time with a suspension to start the season, could be fantastic finds in the early middle rounds.

Don't sleep on David Montgomery, who will have Jahmyr Gibbs to contend with in Detroit.

Montgomery has been solid so far and I think an injury to Gibbs could mean big things for the former Chicago back. Best of luck drafting.



**AD RATES \$9<sup>99</sup>**  
**ADDITIONAL INSERTIONS 1/2 PRICE\*** Up to 20 words  
 Additional words 25¢.  
 \*Must be run in consecutive weeks. No additions to ads.  
 Does not apply to Bargain Corner ads.

**BARGAIN CORNER ONLY \$4<sup>80</sup>**  
 15 words max. for items under \$500.  
 Must contain price. Plus HST

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

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

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

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

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

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

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

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

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

**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

**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

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

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**  
 Firepit wood \$50/truckload. Seasoned mixed firewood ready to burn. \$100 per Cord - pick up Intercity. Call 345-4363

**27. MACHINERY**  
 TD5 Tractor with bucket. Good condition, many updates, \$5,600. Call 626-2219

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

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

EXTERIOR HOUSE PAINTING! Fast friendly service, best prices in town! FREE ESTIMATE! Call Fred at 285-7994

SUNSHINE LAWN MAINTENANCE - yard, garden, odd jobs including eavestrough cleaning, window-washing, experienced, great seniors' rates, references. Call Mark 807-631-6967.

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

**61. EMPLOYMENT WANTED**  
 Furniture Recycle Discount on refinishing. Bring in your family heirlooms for refinishing or repairs. 622-1022  
 Come visit 133N Hardisty St



**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**

**51. NOTICES**

**NOTICE TO CREDITORS & OTHERS**  
 In the Estate of SYLVIA GOSMAN (aka SYLVIA MARIE GOSMAN aka JANET SYLVIA MARIE GOSMAN)

All Persons having claims against the Estate of SYLVIA GOSMAN (aka SYLVIA MARIE GOSMAN aka JANET SYLVIA MARIE GOSMAN), late of Thunder Bay, ON, deceased, who died on or about June 17, 2023, are hereby notified to send particulars of the same to the undersigned on or before September 14, 2023, after which date the estate will be distributed, with regard only to the claims of which the undersigned shall then have notice and the undersigned will not then be liable to any person of whose claims they shall not then have notice.

Dated at Thunder Bay, Ontario on the 17th day of August, 2023.

**JUDITH SENNETT, ESTATE TRUSTEE**  
**c/o ERICKSONS LLP ATTN: RYAN VENN**  
 Barristers and Solicitors  
 291 South Court Street  
 Thunder Bay, ON P7B 2Y1

**NOTICE TO CREDITORS & OTHERS**  
 In the Estate of NICOLE MICHELLE WEGNER (aka NICOLE MICHELLE LANDGRAFF-WEGNER)

All Persons having claims against the Estate of NICOLE MICHELLE WEGNER (aka NICOLE MICHELLE LANDGRAFF-WEGNER), late of Thunder Bay, ON, deceased, who died on or about July 4, 2023, are hereby notified to send particulars of the same to the undersigned on or before September 21, 2023, after which date the estate will be distributed, with regard only to the claims of which the undersigned shall then have notice and the undersigned will not then be liable to any person of whose claims they shall not then have notice.

Dated at Thunder Bay, Ontario on the 17th day of August, 2023.

**TIMOTHY WEGNER, ESTATE TRUSTEE**  
**c/o ERICKSONS LLP ATTN: RYAN VENN**  
 Barristers and Solicitors  
 291 South Court Street  
 Thunder Bay, ON P7B 2Y1

**HERE'S MY CARD**

**Dulux Paints**  
 DECORATING CENTRE  
 784 MEMORIAL AVE.  
 807.344.0784

**25% OFF PAINT & STAIN**  
**ALL THE TIME**  
 WITH YOUR DULUX CLUB OR CAA MEMBERSHIP

**IN-STOCK FLOORING SALE**  
 5MM LVT REG. NOW JUST  
**\$4.79 \$2.99**  
 WHILE QUANTITIES LAST!

**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.

**THE ROOF GURU**  
 DON'T LET THE GOOFS ON YOUR ROOF

807-355-1784 OR FIND OUT MORE AT WWW.THEROOFGURU.NET

**PUZZLE ANSWERS**

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

M	E	E	D	R	E	B	A	S	A	P	
A	C	R	O	A	L	E	S	K	A	T	
H	O	U	S	E	T	O	P	S	E	R	E
A	N	C	S	T	I	P	A	L	E	R	
		C	P	L	E	R	S	E			
A	S	S	A	Y	E	R	O	T	T	E	
D	U	E	L	R	A	B	A	A	R	E	
P	S	A	L	M	S	E	T	T	L	E	D
S	E	E	R	N	B	E					
M	E	N	T	A	M	I	L	I	A	L	
I	V	A	N	P	A	S	S	A	B	L	E
S	E	I	R	I	B	O	P	I	T	A	
E	L	L	A	D	I	N	O	D	I	N	

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



# Tips for helping your child with **BACK TO SCHOOL ANXIETY**



**Sullivan  
+ Associates**  
CLINICAL PSYCHOLOGY



Talk to your child and try to understand why they are feeling anxious. Then make a plan to help them deal with those things.

Prepare the night before so your child doesn't have to rush in the morning (pick out clothes, pack backpack).

If they are experiencing anxiety about the unknown, try arranging a visit to their school ahead of time, if possible.

Ensure they get a good night's sleep & eat a healthy breakfast.

Teach them strategies such as deep breathing and positive self-talk to manage their anxiety.

Model a relaxed attitude.

Familiarize your child with getting ready by practicing morning routines.

Ease their fears by engaging in role-play and acting out school scenarios.

