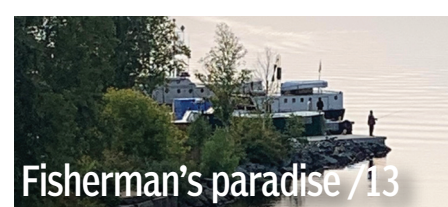


Bushby gets day parole /3



Equalizer 3 review /14



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Canadian Publications Agreement No. 0662445 Vol. 20 No. 36

Thursday, September 7, 2023

Building gutted

Vacant McLaughlin Street building goes up in flames /4



Thunder Bay Fire Rescue crews put out a fire at an apartment building on McLaughlin Street in the city's east end. The fire broke out early Monday morning. (Leith Dunick)

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Brayden Bushby was convicted in the death of Barbara Kentner, who died in 2017 after being hit by a trailer hitch.

Two years later, Bushby out of jail

Served time for manslaughter in Kentner death

By Doug Diaczuk - TB Source

After serving two years and two months in federal penitentiary, Brayden Bushby, who was found guilty of manslaughter in the 2017 death of Barbara Kentner, has been granted day parole.

According to documentation from the Parole Board of Canada obtained by TBnewswatch, Bushby has been granted day parole for six months following a hearing held on Aug. 10.

The Parole Board of Canada's website states: "Day parole allows an offender to participate in community-based activities in preparation for full parole or statutory release. Offenders on day parole must return nightly to a community-based residential facility or halfway house unless otherwise authorized by the Parole Board of Canada."

Full parole for Bushby was denied by the parole board, which noted that it is "premature at present."

Bushby was found guilty of manslaughter in December 2020 following a four-day trial before Justice Helen Pierce.

The court heard that Bushby was consuming alcohol throughout the day on Jan. 29, 2017. That evening, Bushby and several others, were driving in the Cameron Street and McKenzie Avenue area where Kentner was walking down the street with

her sister.

Bushby, sitting in the passenger seat, threw a metal trailer hitch at the two women, striking Kentner in the abdomen.

The injuries Kentner sustained resulted in her death five months later in July 2017. She was 33 years old.

In June 2021, Bushby was sentenced to seven years and 11 months in a federal penitentiary.





The parole board wrote that Bushby is considered "low risk of reoffending," and noted that he has a "strong release plan with good support" from family.

"You have an offer of full-time employment, a young daughter you wish to spend time with, and resources you plan on accessing in the community," the parole board wrote in its decision. "The release plan and protective factors further reduce your risk of re-offending."

The day parole includes conditions that Bushby not consume, purchase, or possess alcohol, not enter establishments where the primary source of income is the sale of alcohol, has no contact with Kentner's family, and follows a treatment plan arranged by a parole supervisor.

Bushby initially planned to appeal his conviction and sentence, but the parole board decision notes he has indicated that he is no longer pursuing an appeal.

WEATHER FORECAST

THURSDAY	FRIDAY	SATURDAY	SUNDAY
			
Partly Cloudy	Sunny	Partly Cloudy	Rain
Precipitation: 20% HIGH 17 LOW 8	Precipitation: 10% HIGH 19 LOW 10	Precipitation: 30% HIGH 21 LOW 13	Precipitation: 70% HIGH 17 LOW 12

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Second wanted in stabbing

By TB Source staff

A second person has been arrested on an attempted murder charge after an assault at a north-side hotel last month.

Thunder Bay police on Friday said a second suspect, identified as 44-year-old Patrick William Baxter, had been arrested by police in Marten Falls First Nation.

Police had been called to a Dawson Road hotel room on the afternoon of Aug. 5 after receiving reports of an assault. Police said a man had allegedly assaulted a victim with an edged weapon in an apparent unprovoked attack.

provoked attack.

The victim, who was known to the accused, had serious injuries and was taken to hospital for further treatment.

Police identified and arrested the first suspect, 37-year-old Nicholas Morris, who was initially charged with aggravated assault but that charge was later changed to attempted murder.

The continued investigation led to Baxter being identified as a second suspect.

Baxter appeared in a Thunder Bay bail court last Friday and he will remain in custody.



Thunder Bay Fire Rescue crews work on dousing a fire at a vacant McLaughlin Street apartment building. (Leith Dunick)

Fire guts East End apartment

By Leith Dunick - TB Source

Thunder Bay Fire Rescue firefighters have spent more than nine hours battling a fire that has gutted an apartment complex in the city's East End.

The McLaughlin Street building, which a nearby resident said was recently purchased with a plan to renovate, appears to be a total loss, the roof having collapsed and significant water damage throughout as

a result of the efforts to douse the flames.

Thunder Bay police set up a perimeter around the 500 block of McLaughlin Street while firefighters continued to put the fire out and while the investigation into the cause of the fire is conducted.

Thunder Bay Fire Rescue, in a release issued on Monday night, said the building was believed to be vacant.

Police asked the public to avoid the area if possible.

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Tbaytel Supports St. Joseph's Care Group Green Werks Garden + Outdoor Living Areas

Meet Gail Brescia, St. Joseph's Foundation Executive Director

By Janine Chiasson

Although Gail Brescia's title is Executive Director, all those who meet her know she is a mighty cheerleader for the unsung work of St. Joseph's Care Group (SJCG). With thousands of staff and an enormous portfolio, SJCG responds to the unmet needs of people in Northwestern Ontario through programs and services in addictions and mental health, rehabilitative care, and seniors' health across 8 sites in Thunder Bay.

"Sometimes I feel like we're a best-kept secret. People know Thunder Bay Regional Health Sciences Centre as an acute care provider, but St. Joseph's Care Group has a huge range of services that sometimes go unnoticed," Gail believes. "Our programs are hidden gems that we don't always think about when we're talking about healthcare. We provide crucial care – often for disenfranchised people – and never forget that we are our brothers' and sisters' keepers."

As the challenges of addictions and mental health in our community increase, services to help individuals cope are an obvious unmet need and it can be tough for struggling people to find assistance on their own. Team Werks, a Thunder Bay worker-owned co-operative and social enterprise that is part of SJCG Employment Options program, can help by providing employment and job training for clients living with mental health and addiction challenges.

As a fundraiser, Gail looks at the big picture of SJCG needs and wonders – how can this donation do the most good? When she learned about the fledgling garden area connected to the Sister Margaret Smith Centre, she

"When Tbaytel talks about taking care of our neighbourhood, they really do, through investments like this."

knew right away that Tbaytel would want to help improve the community space for all of its many users, especially when it meant they could increase meaningful work opportunities through the Team Werks' Wood Werks and Green Werks divisions.

Trees and shrubs were planted, a wigwam was built, a path to wellness was created that includes a medicine wheel healing circle with a firepit, and most recently, 60+ raised planter boxes and wooden benches – funded by Tbaytel and built by Wood Werks – were added to increase accessibility. Gardeners and visitors come from many SJCG areas, like the therapeutic recreation clients who live right next door as residents at Sister Leila Greco and Hogarth Riverview Manor. Now, with the raised planters, they can appreciate up close the colours and scents of the garden while spending time outdoors. Plus, Sister Margaret Smith clients have access to sacred medicines and spaces, and Green Werks can grow more produce for the Green Werks Café (another Team Werks division), while continuing to make donations to the RFDA.

Funding for the Green Werks Garden enhances and expands Team Werks Co-op by allowing more clients to gain important job and life skills, like learning how to establish a routine, take direction, schedule their day, work toward a common goal, develop peer relationships, and build a support network. "When individuals gain important skills through employment options programs like Team Werks that help them realize their goals, it's good for them and good for our community," Gail comments. "When Tbaytel talks about taking care of our neighbourhood, they really do, through investments like this."



With the Green Werks garden well on its way, this year the Foundation and Tbaytel focused on support for the garden areas at Hogarth Riverview Manor, Sister Leila Greco, and especially the balcony space at Bethammi Nursing Home. The results are wonderful – the railings are repaired and painted, the gazebo is redone, new planters from Wood Werks are installed with new plantings, and comfortable new furnishings are in place.

"Residents and their families are thoroughly enjoying being out on the balcony with an incredible view toward Mount McKay," Gail enthuses. "It's just beautiful and now residents can plant food or flowers of their choice in the new planter boxes – after all, this is their home."

As Executive Director, Gail is amazed that the Foundation's work to support clients at St. Joseph's Care Group is continually supported by organizations like Tbaytel. "When other organizations witness this kind of giving, they want to get involved too," she says. "And it just builds and builds and helps lift up our entire community."

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ST. JOSEPH'S FOUNDATION
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Back-up bus plan a family must

By Katie Nicholls – TB Source

School bus companies are still looking to hire more drivers to flush out their staff roster for this school year.

Craig Murphy, manager at Student Transportation Services of Thunder Bay, said the pandemic affected the ability of local bus companies to staff the routes properly.

"[The driver shortage] has been an issue, and it has been going on for probably about 13 years now across North America. We were very fortunate in Thunder Bay that it never really affected us until 2020

when the pandemic first hit.

"And at the time, unfortunately, above the, the, the most susceptible group of people for the pandemic at that time, we're also the, you know, the age group for most of our school bus drivers. Unfortunately, we lost a lot of drivers at that time. Our bus companies have struggled to maintain enough drivers on staff to be able to service our routes ever since."

He noted both local companies have reported that they have enough drivers to cover all routes for the start of the 2023-24 school year.

There are 168 bus routes in Thunder Bay, and typically companies would have enough drivers to cover all the routes plus about 10 per cent more staff as backups in the event a driver is unavailable.

Murphy reminds parents that it's always a good idea to have a backup plan in the event a driver is not available for their child's bus route.

This also serves as a reminder to families to download the new Bus Status 4 app, which will send notifications on bus cancellations, delays and more. The old app will continue to operate until the end of September only.



A new school-bus app, Bus Status 4, will replace the old app, which will be shuttered shortly.

FASD AWARENESS MONTH

September is Fetal Alcohol Spectrum Disorder awareness month. This FASD Month, wear red shoes and help bring attention to FASD.

Let's Raise Awareness To Improve Prevention of FASD

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We are pleased to offer support for children, youth, and adolescents with Fetal Alcohol Spectrum Disorder (FASD) and their families.



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EDITORIAL

Street safety

School is back in session this week and it's a good time to remind drivers to keep a look out for little ones on their way to class.

Earlier this year, 10-year-old Riker McKelvey was hit and killed while driving his bike to school, a tragic reminder of the dangers facing students each and every school day.

It's easy for youngsters to get distracted or dart out into the street, thinking they've got the right-of-way.

Drivers should be extra vigilant at this time of year.

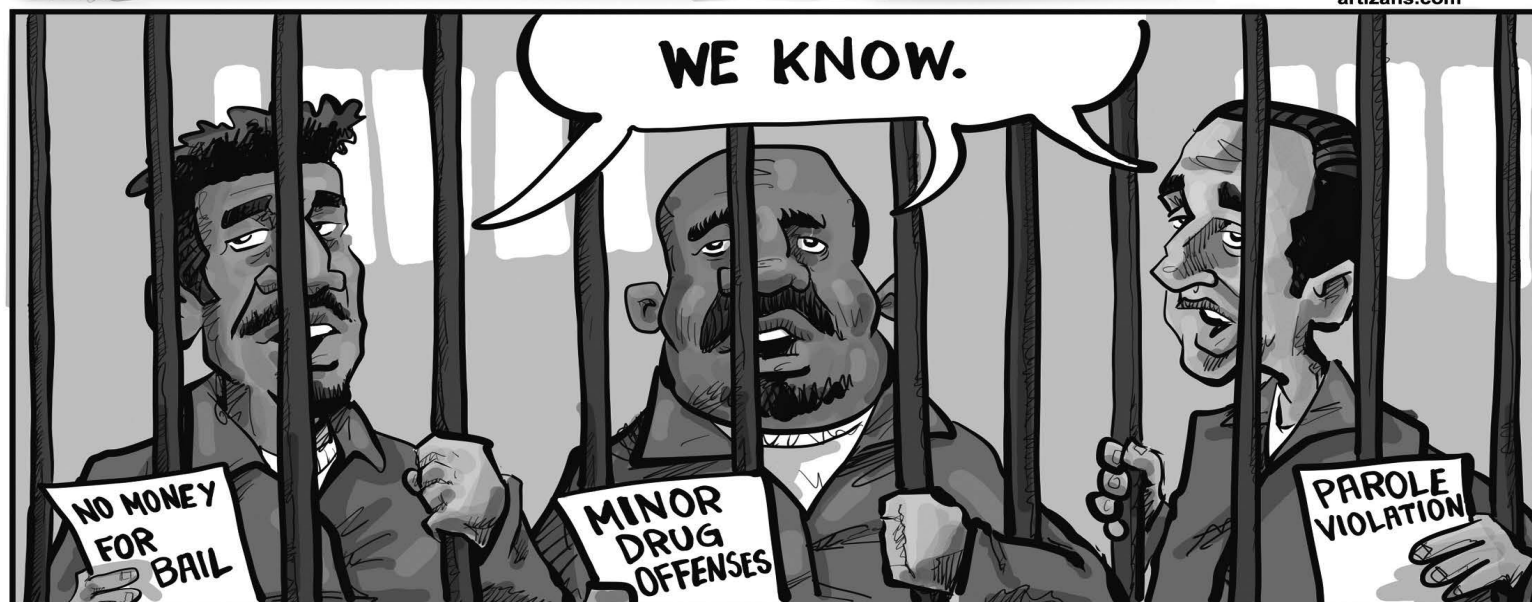
Slowing down is a great start.

The slower one's vehicle is traveling, the more time they'll have to react should a pedestrian suddenly enter the roadway unexpectedly.

If you're in an all-fired rush to get somewhere, there's a good chance you didn't allow yourself enough time to get where you're supposed to be.

Leave five minutes earlier and pay attention to the task at hand - driving.

Ignore your phone and stop scrolling up and down the radio dial looking for the perfect singalong song. Finish your breakfast before you leave the house. Let's ensure another tragedy is avoided.



To Play the Kings has plenty of intrigue

To Play the King by Michael Dobbs is book two of the House of Cards trilogy that plunges us back into politics, intrigue and passion in the corridors of power.

Prime Minister Francis Urquhart faces a crisis that could end his term of office before it's even begun. To save his future, Urquhart must take drastic measures.

There is just one man standing in his way - the new King. Urquhart will stop at nothing to stay in power, even if it means threatening the monarchy itself.

But can he withstand the consequences of challenging England's oldest institution? As with all of Dobb's writing it is a good romp and

gloriously cheeky. His books grab you because of their authenticity.

He is able to strip away the polite civilized layers of human behavior and reveal what truly lies at its dark centre - the ruthless pursuit of power.

Given that Dobbs worked for both Margaret Thatcher and John Major, this suggests that power is a universal goal that is pursued by men and women alike.

Dobbs also understands how organizations work - whether that be the Houses of Parliament, the Monarchy or the

Conservative Party Central Office.

He knows the ruthless Machiavellian games that people within organizations will play in order to seize power. Because that is what is required - no one willingly gives up power. It has to be wrestled from their grasp in either a violent revolution or a bloodless coup.

Once power has been seized the counter revolution can begin - systematically reversing and undoing all of the achievements of the previous power structure.

Urquhart's path to power has been



followed in many boardrooms. A new member joins the board, full of enthusiasm and ideas but secretly harbouring a desire to seize power.

First he seduces the members of the board with his charm and education. He is erudite and clearly knows what he is talking about - or so they think.

Then he subtly starts to undermine the CEO to erode the board's confidence in their first officer.

Only very late in a game - for, as the title 'To Play the King' suggests, office politics is a game - does it become clear that he does not just want to be Chair of the Board (Prime Minister). He wants to be the CEO (King).

And he will use any means necessary to achieve this objective. He is utterly ruthless in his pursuit of power. He will even turn the King's passions to his advantage.

The King wants to make a difference. He has a social change agenda that is aimed at helping the weakest in society - the victims of racism, poverty and homelessness.

The pretender to the throne turns this compassion against the King and forces him into a corner from which there is no escape - unless he resigns (abdicates) from office. The coup is bloodless and the outplayed King goes into exile. The Prince becomes the King. The counter-revolution begins.

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Race to the moon continues

By John Shermack

There is renewed interest in a moon landing these days and the perilous journey to the lunar surface is now within reach of anybody who can afford the hardware.

The mission has changed and the technology is well-advanced as competitors count down for their opportunity to stake a claim on the moon.

The second heat of the moon race is only slightly less difficult than the first but the once exclusive club of space-faring nations is taking on new members.

A successful moon landing can be engineered by any group of rocket scientists using commercially available, off-the-shelf technology – it wasn't always this easy.

Not long after the Second World War the United States and the USSR each decided to pursue the domination of space and space-related technology.

The space race was an offshoot

of the nuclear arms race and both competitors took advantage of German missile technology and newly unemployed German rocket scientists.

It officially began in 1957 when the Soviets launched Sputnik 1 into Earth orbit – the race effectively ended when the Americans first set foot on the Moon in 1969.

Despite their early success with Sputnik the Soviets were never able to successfully complete a manned mission to the moon.

Once the Americans achieved this notable scientific and engineering milestone the U.S. government lost interest in the lunar program – it ended in 1972.

The main reason was money – the cost of the program was growing astronomically, so to speak, and manned moon missions were put on the back after-burner.

Even so, space age technology continued to advance over the next few decades, information technology grew exponentially and the cosmos beckoned.

Apart from the moon landings

there were other remarkable accomplishments along the way including the International Space Station (ISS) and the Space Shuttle.

When the Shuttle was retired in 2011, transporting crews to and from the ISS was done by the Soviet Soyuz program and more recently by SpaceX.

The ISS allowed scientists to study the effects on the human body after extended periods in zero gravity, in preparation for future flights to the Moon, Mars and beyond.

After being grounded for decades it was finally determined that humans were prepared for another crewed mission to the moon.

As an added incentive, the discovery of water ice at the Moon's South Pole is potential drinking water for a prospective moon base, and rocket fuel for future missions.

The race to the Moon has once again sparked the imagination of scientists, engineers, astronauts and entrepreneurs – private enter-



The moon last week over Oliver Paipoonge.

prise and potential profits are huge.

The Artemis II mission will be the next leg of the race for the U.S. – a 2024 launch will carry four astronauts, including Canadian

Jeremy Hansen, around the moon and back. In more recent race-to-the-moon news, Russia and India both headed for the Moon this summer, each attempting to be the first to strike water at the South Pole.

Russia's Luna-25 lander was their first lunar attempt in almost 50 years and they appear to be out of practice – the robotic spacecraft crashed into the moon on Aug. 20. A couple days later on August 23rd, the Indian spacecraft Chandrayaan-3 landed at the South Pole and the rover has been pattering around, looking for water.

India is the fourth nation, along with the U.S., China and even Russia (in the old days) to land on the Moon – only the Americans left human footprints.

Japan, South Korea, the United Arab Emirates, the European Space Agency and SpaceX also want their footprints in the lunar dust.

Who will be next to enter the race to the moon?

*what's happening
in and around...*

The Bay

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

September 7-10

Vox Popular Media Arts Festival

The 19th Annual Vox Popular Media Arts Festival is back from September 7th-10th at the Definitely Superior Art Gallery. The festival features 49 local, Canadian, and International films with 15+ visiting filmmakers doing Q&As.

There are 14 local/regional films this year and 72 visual artists and 4 live performances. The festival is Thunder Bay's biggest celebration of local films and art of its kind. There will be professional development opportunities with workshops, Q&As, and meeting traveling filmmakers and artists.

All of the films, visual artists, and performers are listed on www.voxpopular.ca.

Select films will also be available online for free following the festival from Sept. 11 to Sept. 15 at www.researchrtv.ca.

It is \$60 for a weekend pass or \$20

for the day pass, or pay what you can. Everyone is welcome to join this amazing celebration of local artists.

September 10

The Boondocks in Concert

Oliver Paipoonge Heritage Park welcomes back The Boondocks on Sunday, Sept. 10. Enjoy great music.

Visit the Duke Hunt Museum, The Village, Russ's Garage and the Brill Buses.

Pack a picnic lunch and enjoy the afternoon.

The park is open from noon to 4:30 p.m. and it's located at 3190 Highway 61 in Slate River. Phone 807-475-7424 Admission is \$5 and kids 12 and under are free.

September 9-10

ThunderCon

Get your geek on at this year's ThunderCon event, which takes place on Saturday and Sunday at the Canadian Lakehead Exhibition

grounds.

Guests include Patrick Kwok-Choon, Larry Hama, C. Andrew Nelson, Stacie Mistysyn, Pat Mastroianni and Alex Zahara.

Tickets are available online and are \$25 in advance and \$30 at the door. on Saturday.

Children aged seven to 12 are \$10 and kids six and under are free.

On Sunday it's \$20 in advance and \$25 at the door, for anyone 13 and older.

Weekend passes are \$35, but are only available in advance.

The doors open at 10 a.m. on Saturday and 10:30 a.m. on Sunday.

The Degraasi question and answer session begins at 2 p.m. on Saturday and 1 p.m. on Sunday.

ThunderCon features open kids cosplay on both days, along with a cosplay 101 workshop on Sunday at noon.

For more information visit the ThunderCon website.



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



Fair a hot one

Well, the Hymers Fall Fair is over. What a Fair! What weather! It was bloody hot!

My wife, Laura, daughter, Beth, and I volunteered to help with the judging in the Exhibit hall on Saturday. Exhibitors bring their stuff to the hall on the Friday night and must set it up for the judging on the Saturday morning so that when the Fair opens on Sunday, the gathered throngs can see who won best whatever. Laura was off judging somewhere in the Exhibit building, Beth was helping way at the back where, it turned out, it was much hotter than where I was.

My job was to be a "runner". What is a runner and what does a runner do? I was worried that I would be actually running or, at least, scurrying, doing I didn't know what. Nope. I very soon learned that the "runner" simply grabs the articles to be judged from the display shelf and place them in front of the judge. Each group to be judged had a number and when the items had been judged and the ribbons awarded then the runner would put them back on the shelf with their number. The distance I had to "run" was -wait for it- three feet. That was it. Tables had been set up opposite for the judges and helpers - one young lass to record the verdict and another lady far more competent than me, to affix the ribbons. So no collapsing from heat exhaustion for this old geezer.

Fair Day was very hot and I worried that not many folks would make the drive out from town to bake on the Fairgrounds. I was wrong. Again, Beth had volunteered to staff the Main Gate, taking in admittance money and handing out Fair brochures. Her shift ended at noon, so we explored the Fair for a short while until she asked (having got very hot in the Main Gate booth) that we get home.

I had great respect for all the volunteers who were doing shifts outside enduring the blistering sun; and again, on Monday that was also a scorcher. Because of the heat, the horse shows were held early in the day when the temperatures haven't yet reached the 'boiling' point. Don't want equines working up a lather when Ol' Sol arrives high in the sky.

Inside Casa Jones the heat reached sauna temperatures. Despite closing windows and curtains to prevent hot air from coming inside, to keep the first floor cool (HAH!), the inside temperature on the main floor reached 31C!

Our basement however stayed cool all day and that is where we "hung out" in our family room.

By 10:30 p.m., it had cooled down to 29 C inside but 22 C outside, cool enough to turf the



Horse riding was a hit at Hymers Fall Fair. (Katie Nicholls)

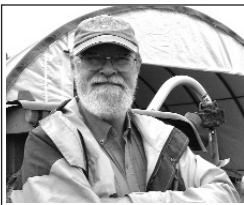
horses from the barn that we keep cool inside by covering south-facing windows, closing the two large sliding doors, turning on the fans facing the horse stalls, and lightly watering the concrete aisle. Such a relief to enter the barn after crossing the yard with its furnace-like heat.

Meanwhile, Laura was in and out of the house collecting produce from our vegetable garden in large, metal bowls. One bowl was weighted down with cucumbers from which Laura was to make more pickles. What number batch was this to be? I'd lost count. Huge beets and carrots plus onions that Laura laid out on the shelf (that had been used to dry the garlic) in the screen porch. And potatoes! "This bowl contains potatoes I didn't plant this year," she said, "they're 'rogue' potatoes from last year and really a bonus."

And more beans both green and yellow and pole beans - long, flat, delicious, and in need of topping and tailing and then freezing.

Jars galore have been washed and sterilized to receive cooked, sliced beets, pickles both sour and sweet. For many home gardeners at this time of year canning and preserving is in full swing.

Just a note: this weekend is the 91st Rural Heritage Days on both Friday and Saturday on Hwy 130 located adjacent to what was the Agriculture Experimental Farm. There will be ploughing matches and a host of other rural activities. Might see you there.



Fred Jones
RURAL ROOTS

Siddall eager for school

By Kevin Jeffrey - Local Journalism Initiative Reporter

Gillian Siddall wants to be an approachable leader and well-connected to Thunder Bay and Northwestern Ontario.

Siddall was unveiled as the next Lakehead University president and vice-chancellor in January and officially took on the role on July 1, succeeding Moira McPherson.

Siddall said her first two months have been spent touring around with the various administrative and academic units, listening to people to learn what has been going on at the university, and how things might have changed since she was last there eight years ago.

"One of the remarkable things about Lakehead University is that it is a comprehensive university, and the only one in Northern Ontario," she said in an interview on Friday, as the university prepares for the start of the next academic year.

"Students who attend [the] university get the richness of being at a comprehensive university, but also the kind of intimacy of being at a smaller university. My vision is to continue to nurture that [while] looking at some growth

both in Thunder Bay and on the Orillia campus. I am [also] very committed to reconciliation and equity, diversity and inclusion and social justice. I also want to [ensure] that the incredible research record at Lakehead remains strong and continues to grow."

Siddall was previously the president of Emily Carr University of Art and Design in Vancouver, getting that role in 2018. She started her career 25 years ago at Lakehead University as a faculty member, and was in Thunder Bay for 17 years before moving out west.

Siddall hasn't been surprised about anything in the role thus far, even though there are a lot of new faces walking around on campus.

"What I have really noticed is that, you know, even though everyone's coming out of [the COVID-19 pandemic], it's been a very tough time to be at a university. [That said] there is incredible spirit among faculty, staff and [the] students [who attend]," she noted.

Siddall mentioned that work will commence on a strategic planning process, which will include among other things, the partnership to launch a new veterinary program with the University of Guelph.



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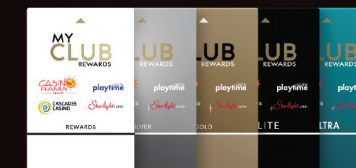
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Tree planting on rise

By Katie Nicholls – TB Source

Repopulating the province with trees is a large task, but Forests Ontario is doing its best to get millions more in the ground.

The project — the 50 Million Tree Programs — broke ground in 2008 and has since planted more than 41 million trees across Ontario.

Seven years ago the project made its way to Northwestern Ontario. To date, more than 568,000 trees have been planted in the region.

Peter Gagnon, the Northern Ontario field advisor for Forests Ontario, said there are about 75,000 trees planted annually in the Dryden area, with 25,000 annually in each of the Thunder Bay and Red Lake areas, amounting to a yearly total of about 150,000 native tree species being planted yearly.

Gagnon said getting the land ready for the trees is a task not taken lightly. Once applications for land use have been received, several things are done to ensure the land is able to support a budding forest, including land surveys, soil testing and more.



Meal kits, like Hello Fresh, Chef's Plate and Factor are part of a booming craze, that also includes local companies.

Meal-kit mania

No one is immune to the advertisements. They are everywhere. The proliferation of home meal kits and ready prepped meals in the last few years is intense. You have multiple national and international companies putting together meal kits and shipping them all over the world.

Chef's Plate, Hello Fresh, and Factor are the three major companies operating all over Canada. However many local companies will also provide this service. Meal kits have become increasingly popular in recent years as a way to make cooking at home more accessible and convenient. However, like any other system, they come with their own set of advantages and disadvantages.

Most meal kit companies will sell you all of the pre portioned ingredients and the instructions to create colourful, (mostly) healthy meals at home and can gear your options towards specific food goals for each family or individual client. Delivery meal kit services can help eliminate the hassles of grocery shopping and meal planning. During the pandemic, online meal kit services significantly increased their market as food shopping declined and digital ordering became more popular.

The pandemic catalyzed the use of these meal delivery systems, but it is their benefits and customer satisfaction that will keep them growing.

Meal kits not only foster at-home cooking skills, but they also offer an alternative to fast-food and convenience foods, increasing overall nutrient intake. This could have long-term benefits to health as more people opt to use them. Most companies offer family-friendly and even specialty diet options such as vegetarian, vegan, and even

organic.

One of the major drawbacks to these delivery meal kits is their cost and their excessive packaging.

A May 2020 survey found that people earning under \$100,000 US dollars a year were less likely to purchase meal kits. Meal kits also often come with a lot of packaging, which can contribute to environmental issues such as plastic waste. Meal kits can also cause issues for families with limited flexibility/picky eater issues. Meal kits are designed to be cooked according to specific instructions, which may not allow for much flexibility or creativity in the kitchen which can make preparing meals for picky eaters quite difficult for some.

There is also nutritional impacts to consider, delivery meal companies that offer pre-made or pre-cooked meals may see the nutritional status of the food decline as reheating pre-made foods may not offer the same nutritional benefits as eating freshly prepared meals.

Moreover, busy families who may not have time to cook that week's delivery can potentially

see that food going to waste if they opt for take out rather than the hour or so it requires to cook each meal.

All of this may sound like I'm ragging on the meal kit companies but the major takeaway of this is more people becoming connected to their food and enjoying cooking. That's always a plus and typically is always good for restaurants as well. 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

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Fisherman's Park is a Thunder Bay treasure

In the late 1800s, one of Port Arthur's most popular and spectacular attractions was the mouth of the Current River. With its impressive rapids tumbling over a steep, wide, and long swath of exposed bedrock before spilling into Lake Superior, this was an area of unique beauty.

In 1891, parkland on either side of the mouth of the Current River was designated for recreational purposes and the Current River Park network was born. In the early years, the area featured a dance pavilion and a streetcar terminus in addition to the naturally spectacular views of both the big lake and the elongated section of waterfalls at the river mouth.

As future development became increasingly focused on the upstream area around Boulevard Lake, much of the park area around the river mouth was sold off and now features a grain elevator and commercial fishing docks in addition to the rail lines that cross above the river.

For a very long time, the old park area, with just 400 meters of frontage still in City ownership, was rarely used by anyone other than smelt fishermen in the spring. Then, 2009, that would begin to change.

Fourteen years ago, a transformation of the remaining parkland surrounding the river was started by the North Shore Steelhead Association. The property was thoroughly cleaned up of debris and garbage, and infrastructure like pathways, a picnic pavilion, and a viewing platform over the falls were added.

In 2018, the park was renamed "Lorne



In 2003 a transformation took place at Fisherman's Park, helping restore its former glory.

Allard Fisherman's Park" in memory of Lorne Allard. Lorne was a founding member of the North Shore Steelhead Association, a tireless volunteer in the community, and a former City Councillor who made many contributions to the citizens of Thunder Bay.

Then, in 2019, Fisherman's Park was designated as the land access for the Trans Canada Water Route, which is a part of the Trans Canada Trail project. A kayak storage unit was installed on the river's edge that year.

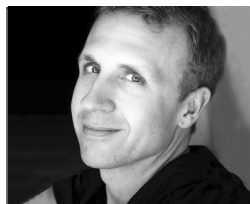
While the space on the eastern side of the river has been completed for years now, it was only in 2021 that efforts began to help develop the land on the western side as well.

In contrast to the well-manicured

structures and flower beds in the first phase, the plan for the west-side development was focused on restoring natural wildlife habitat and coastal wetlands, as well as the rehabilitation of the Lake Superior shoreline.

This natural restoration features bird nesting boxes and a variety of trees, shrubs, and perennials that are native to our region, as well as footpaths constructed out of organic material.

Whether you visit Lorne Allard Fisherman's Park in the spring to net smelt, in the summer for a picnic, or in the fall to catch pink salmon off the river mouth, it is evident that this is one of Thunder Bay's hidden gems. Here, residents and visitors to our city can cast a line, enjoy the natural surroundings, and get a close-up look at boats being loaded with grain at the nearby terminal all in one very special place.



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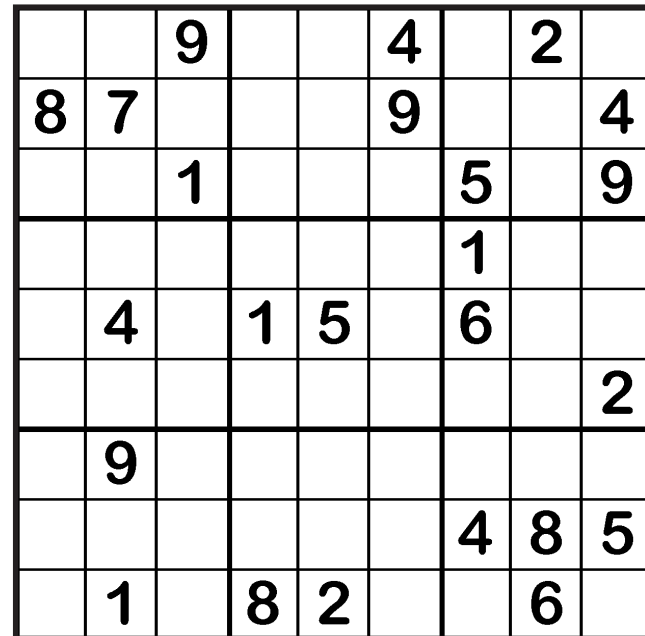
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— FVTH ULJJFV



ACROSS

- 1 Air Force Base (abbr.)
- 4 Wound crust
- 8 Muslim holy man
- 12 Council for Econ. Advisors (abbr.)
- 13 Smart
- 14 Billionth (pref.)
- 15 Habakkuk (abbr.)
- 16 Commute
- 17 Yorkshire river
- 18 Worsted fabric
- 20 Decimal unit
- 21 Tumor (suf.)
- 22 "David Copperfield" character
- 25 Gr. author
- 28 Fairy queen
- 29 Trouble
- 30 Ran
- 31 Swan
- 32 Arm
- 33 Comparative
- 34 Bobbsey twins
- 35 Tree
- 36 Oblique
- 38 Oriental tea
- 39 Parent-Teacher Assn. (abbr.)
- 40 Abbess (2 words)
- 44 Annealing oven
- 46 Round Table knight
- 47 Amer. Basketball Assn. (abbr.)
- 48 Mudfish
- 49 Foolish person
- 50 Convert to Judaism
- 51 Meat
- 52 Arm bone
- 53 One hundred square meters

DOWN

- 1 Yearn

ANSWER TO PREVIOUS PUZZLE

UNA WADE SAIS
BAN AMEX PERK
INA LAKETROUT
SHES HANS
FLAIR SLEY
AARE LOAM UHF
BAC PANNE DYE
EPA INGE LODE
ALAS NAMED
PABA RACE
GENUFLECT TAB
RAIS ALMA EAU
OGLE DIPL RAB

2 Trick

3 Slavic nurse

4 Scrape

5 Porcelain

6 Adjutant

7 Before common era (abbr.)

8 Inside

9 Aver

10 Too

11 Briefly contemporary

19 Disposition

20 Flap

22 Drop

23 Depict

24 Isle of Napoleon

25 Nisan, in old Hebrew

26 "The Time Machine" people

27 Heavenly being

28 Jap. family badge

31 Uncouth person

32 Guide

34 Nat'l Endowment for the Arts (abbr.)

35 U.S. mountain

37 Thong

38 Extract of cork

40 Cry

41 Female camel

42 Above (Ger.)

43 Son of Loki

44 Malay gibbon

45 Flightless bird

46 British thermal unit (abbr.)

Library use improves

By Katie Nicholls -TB Source

According to the annual report, even with all the consultations, meetings, and regular operational costs, the Thunder Bay Public Library (TBPL) is still in the black.

Speaking to Dr. Richard Togman, who is the CEO at TBPL, he noted that while the budget is always tight, he was thankful that they didn't have to spend "a lot of the big dollars that really come with some of the larger scale work like for the master facilities."

He noted that some projects have been deferred or put on hold, "A lot of the larger maintenance projects at Brodie, especially given the uncertainty about everything that's happening with the building, are on a little bit of a deferral."

Togman continued that it's a matter of prioritizing: "It's a matter of creating that hierarchy of needs and figuring out what gets funding now, what do we schedule for funding next year or the year after, and what is essentially put on hold until we can get the proper level of funding to do it."

The annual report states the Brodie Library location is tentatively slated to be closed. TBPL has promised to present the city council with the complete costing layout of the master facilities plan no later than June 2024.

How did the library fare regarding usage, new library cards issued, and programming attendance? Togman said there has been a steady increase in library cards since 2018.

While there was a pandemic in the middle, new cards issued went from 2,442 in 2019 to 3,074 being handed out in 2022. That works out to almost a 26 per cent increase compared to how many memberships were doled out in 2019. In total, there are approximately 30,000 active library cards.

Programming attendance also saw an increase of 20 per cent across the library system as a whole, and the library's collection saw a 22 per cent increase in usage.

Togman noted the increases show a growing appetite for the library and the services it offers.

"This shows increasing demand for library services and the early indications of success of the reforms that have been put into place over the last 12 months since I started as CEO."

He also indicated that fundraising efforts, donations and grants have all been prosperous for 2022, "From a fundraising perspective, we raised approximately \$58,000 in 2022 from individual donations from community members. We got about \$27,000 in grants and raised just over \$9,000 from other sources."

McCall's bloody swan song film

Denzel Washington returns for a supposedly final time as the former Black Ops turned defender of the oppressed, still exorcising his dark past in *The Equalizer 3* (SilverCity)

The title recalls the TV series starring Edward Woodward, featuring the punchy theme by Stewart Copeland. These movies certainly illustrate the difference between theatrical releases and network television concerning bloody violence.

All three chapters have been directed by Antoine Fuqua and written by Richard Wenk. This supposed swan song does not match the cat-and-mouse suspense and reflective mood of the first entry but the intent here is to gear down a notch to reflect the film's setting and McCall's mindset.

McCall is in southern Italy. While dispatching a passel of bad dudes at a villa who took 'something that doesn't belong to them,' McCall is wounded. A local cop (Eugenio Mastandrea) delivers him to a kindly doctor (Rimo Grione) who patches him up. While recuperating, McCall gets friendly with the locals who bring out his genial, gentler side. He likes the life here.

However, the village is under threat by two Mafioso brothers and their gang. This sets McCall to get busy 'equalizing.' Unfortunately, the brothers are no match for the diabolical Teddy from the first film.

The gangs' activities are part of a continental conspiracy. This prompts McCall to feed info to junior CIA operative Emma Collins (Dakota Fanning) to beef up the plot but this actually creates a fractured narrative that leads to a too-tidy, easily achieved resolution.

The words "subtle" and "simplistic" are mutually exclusive here but such are the melodramatic givens of the vigilante movie, where a tarnished knight eliminates much-deserving bad guys. Washington joins Liam Neeson in that pantheon. Denzel's quiet, worldly, multi-lingual everyman persona arouses empathy.

However, one wishes that the so-called "barbarians," aptly referred to here, could have more depth than simply grim, tattooed, metal necklaced goons. They do get one comedic moment when they hover around a table slurping spaghetti, pondering how they're going to deal with



Denzel Washington is back as the Equalizer. (Sony)

'the American.'

One of the film's pleasures is McCall relishing the beautiful Sicilian village and pace of life, shot by cinematographer Robert Richardson, capturing the local colour and tranquility recalling George Clooney's slightly similar 2010's "The American."

Denzel commands the screen while offering a villain a way out, calmly outlining what mayhem and damage are about to ensue within a handful of seconds. One questions McCall's brutal methodology. Perhaps Fuqua is echoing Sam Peckinpah, who once said violence is ugly and should be portrayed as such.

A young Dakota Fanning starred with Denzel in 2004's "Man on Fire." She doesn't have much to do here aside from figuring out the villains' plan, tic-tac-toe. She seems out of her depth, but there is a subtle touch (subtle, yes!) at the end referencing McCall's connection with her.

Perhaps McCall will find peace here. Unless he's called upon to 'equalize' once again.



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Walleye's vets aiming for title

By Kevin Jeffrey - Local Journalism Initiative Reporter

Wingers Braeden Duchesne and Jeremy Dunmore have lots of experience heading into their final season of junior hockey eligibility.

The pair of 2003 born Thunder Bay skaters will be leaned upon heavily for the Kam River Fighting Walleye, who are on a quest to once again become Bill Salonen Cup Champions.

This will be the fourth season for Dunmore in the Superior International Junior Hockey League (SIJHL) as he was a member of the Thunder Bay Kings Under-18 AAA squad that played four games during the 2020-2021 Guest Season. Dunmore picked up two goals and five points.

The Thunder Bay North Stars tried to recruit Dunmore, who had his choice of teams to play for. He loves the atmosphere and the culture that encompasses the Fighting Walleye.

"No matter what coach comes in, or [which] guys we pick up, as long as you keep the culture going [that's all that matters]. It's a great organization. We get treated the best I've ever seen before, and it's just honestly an honour to play for this team," he said.

Dunmore remembers his first game in a Fighting Walleye uniform on October 8th 2021 against the Red Lake Miners.

"I got traded [to the Walleye] and I think I played the next day in Red Lake, in an away game," Dunmore recalled. "[All I heard was] we are going to be a great team, and we were [going to] dominate [the league]; We ended going [to Red Lake] and we got too cocky. We lost the game 3-2, so it definitely was not a dream start. I had a good game, [but] everyone realized that we are beatable and [that] just pushed us harder."

Duchesne split time between the Fighting Walleye and the Thunder Bay Bandits of the Lakehead Junior Hockey League (LJHL) during the 2021-2022 season.

Like Dunmore, Duchesne also pulled on the Fighting Walleye jersey for the first time at the Cochenour Arena in Red Lake during the Thanksgiving Weekend.

The Walleye will have their third Head Coach within a twelve-month span, after Matt Valley was dismissed early last season and Geoff Walker resigned in July to take control of the Drayton Valley Thunder in the Alberta Junior Hockey League (AJHL).

Duchesne remembers, "Last year we went through the coaching change midway through the season, but our leadership group and our



Jeremy Dunmore has one season of junior eligibility left.

organization helped us get through that, and it was a pretty seamless change. [Jesse Messier] has experience playing high level hockey and coaching high level hockey, and he's very professional, so he's going to be awesome for the rest of this year."

While the Fighting Walleye will have a number of returnees this year, it's the new guys that have the attention of Dunmore and Duchesne.

Jeremy Dunmore has high expectations for forward Jett Mintenko, who was picked up from the Hearst Lumberjacks of the Northern Ontario Junior Hockey League (NOJHL) in the offseason.

Braeden Duchesne has been impressed with the performance of 2007 born forward Carter Poddubny, noting "Being two years [early] to play junior [hockey], it's pretty unreal how he can compete with all of us. He is going to be a great player for us this year."

Fish bites: The Northern Ontario Junior Hockey League (NOJHL) claimed the Teleco Cup for a second consecutive year.

The Hearst Lumberjacks clinched the title on Sunday afternoon at Norwest Arena with a 5-2 win over the Fighting Walleye in Game Three, outscoring them 10-4 in the best-of-three series.

Last year, the Soo Eagles won two of three games against the Fighting Walleye.

The inaugural event in November and December 2020 saw the North Stars win the eight-game series over the Fighting Walleye with five victories.

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THUNDER BAY'S RADIO STATION

Sobey cruises to Amateur win

By Leith Dunick – TB Source

Colin Sobey wasn't looking to set Whitewater Golf Club on fire on Monday.

With a nine-shot lead entering the third and final round of the Teleco District Amateur, fairways and greens were good enough for Sobey, who captured the tournament in 2018 and again in 2019 and was looking to add a third championship to his growing resume.

Sobey didn't manage to hit the 60s for a third straight round, but his 2-over 74 was more than enough to secure the win in the sweltering heat that sapped the energy from the 45-golfer field.

Then again, disaster would had to have struck again and again and again for Sobey to surrender such a large lead – knowing his putter was almost as hot as the humidex and with the added incentive of a chip on his shoulder, after losing last year's District Amateur by a

single stroke to Jeremy Kirk.

In a reversal of fortune, this time around it was Kirk in the runner-up spot, eight strokes behind Sobey's three-day 207 total. No other golfer was within 10 shots, Rob Atatise taking third with a 2-over 217 total. Matthew Cho-Chu was fourth, at 219, while a quartet of golfers, including Matthew Lysak, Jaden Jones, Barry Caland and Jordan Potter tied for fifth at 221.

Sobey said he had plenty of reasons to celebrate his third District Amateur title.

"It feels great. My youngest just turned one and I won my first one when my oldest was two weeks old," Sobey said. "Then I won it again when he was one, so now I've got a third one here for both my boys."

Sobey pointed to his irons for his success.

"I had everything down. Yardages were perfect. Then

again, my flat stick, my putter, helped on big shots when I needed it. Today I think I had a 15-footer for par on 15. I short-sided myself and had to chip it on. I told (caddy) Gary (Nistico) that I just had to get it on the green and maybe something will fall for me. And sure enough, it fell."

Fittingly he finished his one-over 73 final-round with a lengthy birdie putt on 18, putting a stamp on the victory.

Sobey opened with a 5-under 66 on Saturday at Chapples and followed that up with a 4-under 68 on Sunday at Strathcona, the lone golfer to shoot below 70 on the day.

Despite the margin of victory, Sobey said it was a grind the past two days.

"The heat, it was very draining. I went through at least seven litres of water today and maybe 10 yesterday – and I still cramped up big time."



Colin Sobey and his caddy, Gary Nistico, line up a putt in the final round of the District Amateur.



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DISTRICT AMATEUR RESULTS	
1. Colin Sobey	66-68-73-207
2. Jeremy Kirk	73-72-70-215
3. Rob Atatise	72-74-71-217
4. Matthew Cho-Chu	68-76-75-219
5. Matthew Lysak	75-75-71-221
Jaden Jones	75-73-73-221
Barry Caland	71-75-75-221
Jordan Potter	73-72-76-221
9. Kevin Jackson	68-75-79-222
10. Ed Atwill	75-76-74-225
11. Nathan Lepore	67-76-84-227
12. Brett Shewchuk	77-74-77-228
13. Nicolas Pavletic	76-72-81-229
14. Kevin Ariano	74-82-75-231
Ashley Nate	78-72-81-231
16. Scott Wilke	74-76-82-232
17. Jared Van Elburg	75-76-82-233
18. John Shaw	81-76-77-234
Frank Conci	76-77-81-234
Jason Humphrey	73-79-82-234
Bryan Burgess	76-75-83-234
Recent District Amateur champions	
Colin Sobey	2023
Jeremy Kirk	2022
Jeremy Kirk	2021
Brett Shewchuk	2020
Colin Sobey	2019
Colin Sobey	2018
Joe Scharf	2017
Hank Wilke	2016
Brett Shewchuk	2015

For more information, call City Dispatch at 807-625-2195 or visit thunderbay.ca/treasuredays

T-Wolves train works off rust

By Leith Dunick - TB Source

Last season, the Lakehead Thunderwolves were the surprise of OUA men's hockey.

The team, which had struggled to make the playoffs in recent seasons, even sitting out the postseason on more than one occasion, broke out in 2022-23, climbing to within a single win of a national championship berth.

The Thunderwolves have largely returned the same roster to the ice in 2023-24, the lone guaranteed addition at this point being high-scoring Tier II defenceman Ed McNeill, named the Canadian Junior Hockey League defenceman of the year after tearing up the Maritime Junior Hockey League last season.

While coach Andrew Wilkins likely has a little more tinkering to do, last season's success has the returnees champing at the bit to start the regular season to see what the team can do for an encore.

Captain Tyler Jette, who scored career four goals and added seven assists in 27 appearances, said the Thunderwolves saw what they could do last year and are eager to take things another level or two when the regular season kicks off on Oct. 6.

"I think mentally and physically each guy did some stuff over the summer because the ending wasn't what we wanted last year ... We've got basically everybody coming back, with two new guys, three new guys, whatever. We're excited. We've got the fan base behind us, so we just want to get going," the 6-foot-3 blue-liner said.

The most prominent departures include forwards Stephen Fox and Geoff Dempster, who combined for seven goals last season, and Thunder Bay-born defenceman Kyle Auger.

Forward Kishaun Gervais is also among the departed.

Griffin Fox, who led the team with 27 points in 2022-23, said the holes, large or small, offer an opportunity for returning players to step up their roles with the club, adding it's up to them to make the most of any increased playing time they might find under coach Andrew Wilkins and his staff this time around.

"Yeah, there are definitely a couple of big contributors gone out the lineup, character guys. But I think by the same token, we've added a couple new faces that are really going to help us out," the third-year forward said.

"I think that extra year of added experience for everyone, as a roster, will help us get to where we want to go."

Fox admitted it won't be quite as easy this



Ed McNeill is the star of a small LU recruiting class.

season, the Thunderwolves not likely to surprise the opposition nearly as much as they did in going 18-6-3 to capture the OUA West, their first division championship in 15 years.

"That's going to be the tricky part," he said. "Maybe last year we didn't have those expectations from the league. Maybe they thought it was going to be easy playing us, but now it's going to be everyone's toughest test."

Wilkins, the former Thunderwolves captain who enters his sixth season behind the bench at LU, is OK with that.

"It's going to be harder this year," he acknowledged. "The league always gets better and I think our schedule is a little more challenging."

The bottom line, to win, the team will have to play well game in and game out, he added.

It starts in camp, which opened unofficially this week at the Tournament Centre with a number of captain's practices.

"I think we're just going to review everything, rebuild our style of play. It's good that we've got returning guys who know what we expect and know the way we want to play," Wilkins said. "It's a long month here and I know the guys were dialed in last year and that's the expectation for us to try to improve."

Claw marks: The Wolves open OUA play on Oct. 6 on the road against Brock and return home on Oct. 13 for the first of two against the Waterloo Warriors.

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Championship night excitement

By Johan Vass – For TB Source

Brandt Championship race night had dirt track racing fans on the edge of their seats. The track champions are determined.

Thunder City Speedway's fastest show on dirt, the Thunder Bay Truck Centre Wissota Modified champ was Tanner Williamson of Fort Frances, ON. He had 3 feature wins this season.

Cole Chernosky won the track championship in two race classes. He had four feature wins in the Forks South Sports Lounge Wissota Midwest Modified class. He also won the Mezo Motors and Machine Wissota Super Stock class with 6 feature wins.

A.J. Kellar of Devlin, ON took top honours in the Mastangelo Fuels Street Stocks. The Bay Lock and Security Hornets champion is Jesse

Owen.

Championship race night had the top drivers battling for positions and points. The crowd of over 5,000 spectators witnessed some very scary roll overs. All drivers are okay.

The top three race results for Aug. 30 saw the A-Mod feature go to Colin Chaschuk followed by Tanner Williamson and Scott McKinnon.

The B-Mod feature winner was David Simpson in a photo finish with Tanner Ulakovic. There was a fraction of a second between the two drivers. Third place went to Cole Chernosky.

The Super Stock feature saw David Simpson in victory lane, it was a clean sweep for him, John Topozini was second and Cole Chernosky third.

The Street Stock feature saw Darren Wolframe back in victory

lane and Andre Piilo was second while A.J. Kellar was third.

The Hornet class saw Sydney Chaschuk make history with her second feature win of the season. Her dad Colin had also won his feature. The father daughter team took photos and celebrated this history making moment. Jesse Owen the track champ finished second and Rick Breukelman placed third.

The 50/50 draw was over 12 grand. That draws the regular season to a close but there is more racing to come. There will be a short break. The next event is Sept 21 -24 and it is the Thunder Bay Truck Centre Dirt Track Nationals.

The 10th season of this sponsorship will see over \$120,000 up for grabs.

Drivers from out of town and the U.S. are expected to attend.



Colin Chaschuk celebrates feature win on the roof of his #621 Modified. (Dennis Orr)

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Buffett's sports legacy

I was up early on Saturday morning, getting ready to head to the Twin Cities to see Pearl Jam, when the notification of Jimmy Buffett's passing popped up on my phone.

I wouldn't call myself a Parrothead, as his devoted fans are affectionately known, but I also never turned down a chance to see the Margaritaville Man live in concert.

Known more for his beach-going ways and songs about sailing, Buffett had plenty of ties to the sporting world.

Most notably, his Landshark beer, brewed in partnership with Anheuser-Busch, had an eight-month sponsorship of the Miami Dolphins stadium in 2009 and 2010 and Buffett famously rewrote the words of his song, *Fins*, now played during Dolphins games.

Here's a sampling of the lyrics: *From Lauderdale and Boca, Palm Beaches to the Florida Keys It's a gameday mass migration We've got high fives on the breeze*

The Son of a Son of a Sailor was also part owner of two minor-league baseball teams,

the Miami/Fort Myers Miracle from 1989 to 2014 and the Madison Black Wolf, from 1996 to 2000.

Buffett was also infamously booted out of a 2001 Miami Heat home game against the New York Knicks, referee Joe Forte tossing the singer for cursing.

Buffett was a good friend of then Heat coach Pat Riley, who was also almost ejected for trying to save his buddy.

According to Yardbarker, Riley was a little hot under the collar.

"I told Joe Forte, I said, 'Do you know who that is?'" Riley told reporters after the game. "I said, 'Do you mean to tell me you've never been a Parrothead in your life?'" So that tells you where our officials are coming from.

"He thought I was insulting him. He wanted to give me a technical for calling him a Parrothead."

Buffett's shows were always fun, his not-a-care-in-the-world attitude something the rest of us could learn from.

Jimmy, I hope you're finally getting to enjoy that cheeseburger in paradise. I'm gonna miss ya, man. Fins up!



Leith Dunick
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Telephone Hours:
Mon.- Fri. 8:30a.m.- 5:00p.m.

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 03. Mobile Homes
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 07. Commercial
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 09. Out of Town
 10. Real Estate Wanted

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 66. Cards of Thanks
 67. In Memoriam
 68. Death/Funerals

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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.

22. BARGAIN CORNER
 30 free range hens, for brown eggs or soup, \$200. 807-473-9609

Dresser set \$400. 2 loveseats \$300 each or both for \$500. Call Bev 807-623-6996

Garage sale 11am-3pm. September 10th, 2617 Chestnut Street. A little bit of everything

23. MISC. FOR SALE
 Mercury boat motor \$1000. Teak dining room table and 6 chairs - \$700 call Bev 807-623-6996

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! References available. 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

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51. NOTICES

NOTICE TO CREDITORS & OTHERS
 Anyone having a claim against the Estate of MARTIN LOUIS DEVEAU, late of the City of Thunder Bay, District of Thunder Bay who died on the 25th day of September, 2022, is required on or before the 25th day of September, 2023, to file with the undersigned solicitors particulars of their claim duly verified, after which date the Estate will be distributed having regard only to those claims of which Notice shall then have been given.

DATED: August 25, 2023

**Hannah J.M. Gladstone
 CARREL+Partners LLP
 Barristers & Solicitors**
 1100 Roland Street, Suite 1
 THUNDER BAY, Ontario
 P7B 5M4



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



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9	3	6	2	4	7	1	5	8
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7	2	3	6	9	1	4	8	5
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R	U	M	P	U	L	N	A	A	R	E

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

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

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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.

