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Canadian Publications Agreement No. 0662445 Vol. 20 No. 42

Thursday, October 19, 2023



# HOMICIDE

**Thunder Bay Police say the city's fifth confirmed murder of 2023 is under investigation on Ogden Street /3**

Police say the body of a male was found at a home in the 300 block of Ogden Street on the city's south side. Police were called to the scene on Sunday afternoon. (Leith Dunick)

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WITH THEIR FRIDAY  
CHRONICLE JOURNAL PAPER



# Five years for killing her mom

By Doug Diaczuk - TB Source

The family of Lydia and Lyrina Jacob say they have suffered two losses, but through forgiveness and support, they are now looking to the day when they will get Lyrina back after she serves her sentence for killing her mother Lydia.

Lyrina Jacob, 25, appeared before Justice Helen Pierce in a Thunder Bay courtroom and was sentenced to five years in custody at a provincial institution. With credit for pre-sentence custody of 40 months, she has 20 months left to serve.

Last January, Jacob pleaded guilty to manslaughter for the stabbing death of her mother, 47-year-old Lydia Jacob, inside a Dawson Street apartment the afternoon of June 19, 2020.

According to the agreed statement of facts, Lyrina and Lydia Jacob were consuming alcohol inside the residence and both were described as heavily intoxicated.

A 911 call was received just before 2 p.m. advising first responders that a woman had just stabbed her mother. When police arrived, Lydia Jacob was found unresponsive with a stab wound on her upper body. Despite life-

saving efforts she was pronounced dead when paramedics arrived.

Lyrina Jacob was located inside the apartment and placed under arrest. Investigators learned a witness received a social media message from Lyrina Jacob just before police were called stating: "Mom is on her last breath. I stabbed her many times."

A pre-sentence report and Gladue report were ordered following the guilty plea and detailed challenges Lyrina Jacob faced growing up in Wunnumin Lake First Nation and various foster homes throughout the region.

By the age of 18, Lyrina Jacob had been placed with 24 foster families in 11 different communities and it was determined she developed an attachment disorder. Throughout her youth she also experienced abuse and has struggled with alcoholism and drug addiction from an early age.

Numerous family members were in the courtroom on Monday and two victim impact statements given in court expressed support for Lyrina Jacob.

"I do believe that we are a family that works towards healing rather than punishing," said Fred Jacob, Lyrina Jacob's uncle. "So we are definitely looking forward to those events



Lyrina Jacob still has 20 months left to serve.

between families."

"On behalf of my family I came here to support Lyrina and encourage her to try to get

treatment," added Lyrina Jacob's aunt, Evelyn Gliddy.

Defence counsel Sharon Scharfe said the support Lyrina Jacob has received from her family has been extraordinary.

"While the loss of Lydia has been an incredibly difficult time for the family, what is also incredible is that the family has forgiven her and she sought their forgiveness," she said.

In a letter written by Lyrina Jacob and read into the record by her counsel George Joseph, she thanked members of her family for their continued love and support.

"I plan to continue on with my education and hopefully become a veterinarian. I hope to reunite with my son," the letter read. "I will not ever touch alcohol again. I have learned my lesson. I am truly regretful and sorry."

A joint submission was presented to Pierce for a sentence of five years in custody to be followed by 18 months probation.

Upon her release, Jacob will be subject to 18 months of probation and will be required to attend counselling and programming as set out by the court. She is also required to submit a DNA sample and is subject to a weapons prohibition for 10 years with an exemption for traditional sustenance hunting.



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**VEHICLE ORDER MAY BE REQUIRED.**



Thunder Bay Police say a man was killed and his body found on Sunday at an Ogden Street residence. (Leith Dunick)

# Firearm used in Ogden St. killing

By Katie Nicholls – TB Source

A heavy police presence is expected to remain in a south-side neighbourhood as police continue to investigate a shooting death.

On Sunday afternoon, emergency services responded to a home in the 300 block of Ogden Street, where the body of a deceased male was found.

Thunder Bay Police Service Det.-Inspector Jeremy Pearson said investigators believe the city's latest homicide is related to the ongoing drug trade.

"I can say that at this time, a firearm was involved in this incident, and this was a shooting homicide," Pearson said. "Our current investigative theory is that this incident is, in fact, related to the illicit drug trade in the City of Thunder Bay."

Pearson went on to say this likely wasn't a random act of violence.

"I understand and certainly sympathize with

public concern for any homicide involving a firearm, our investigative theory, [is] that this is not a random act and is not someone at large with random ill intent," he said.

"We believe that the incident took place between 8 p.m. on the 14th of October and 6 a.m. on the 15th of October."

Police are appealing to the community to review any dashcam or doorbell camera footage from the area.

"Anyone who may have been driving in the area at that time with dashcam video or anyone who may have been in the area between those hours, I realize it's a broad time frame, but anyone who may have been in the area between those hours who witnessed something. I asked them to contact our investigators," said Pearson.

He continued that investigators will remain open to alternate theories as more evidence is discovered.

A full post-mortem is expected to take place in Toronto.

## WEATHER FORECAST

THURSDAY



Rain

Precipitation: **40%**  
HIGH **12** LOW **4**

FRIDAY



Partly Cloudy

Precipitation: **30%**  
HIGH **9** LOW **4**

SATURDAY



Partly Cloudy

Precipitation: **30%**  
HIGH **8** LOW **4**

SUNDAY



Cloudy

Precipitation: **30%**  
HIGH **7** LOW **3**

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MARTEN FALLS FIRST NATION  
**ALL-SEASON COMMUNITY ACCESS ROAD**

**Join us for the Marten Falls First Nation (MFFN) All-Season Community Access Road Public Information Centre #5: Existing Conditions Report and Route Selection Milestone**

Join us to learn about and provide feedback on:

- Updates since Public Information Centre #4, including what we've heard and how feedback is being considered;
- Update on what we heard at the Aboriginal and Treaty Rights and Interests (ATRI) Forum and plans for the next forum;
- Update on existing conditions results for completed studies;
- How Indigenous Knowledge is used and how it informs the process;
- Achieving the next major milestone: Identifying the preferred route and how route alternatives will be assessed, recommended and a preferred route chosen;
- Cumulative effects assessment and why it is important; and
- Next steps and future opportunities to get involved.

**About the Project**

MFFN is a remote First Nation community in northern Ontario, located at the junction of the Albany and Ogoki rivers, approximately 170 km northeast of Nakina, Ontario.

MFFN Community Access Road is a proposed all-season road that will connect MFFN to Ontario's provincial highway network in the south, increasing access and helping foster economic development and improve quality of life for community members. The Environmental Assessment / Impact Assessment will assess the potential impacts and benefits related to the proposed Community Access Road.

**Understanding the Road's Potential Impacts**

MFFN is preparing an Individual Environmental Assessment / Impact Statement for the proposed Community Access Road. On October 8, 2021, the Ministry of the Environment, Conservation and Parks (MECP) approved the Terms of Reference (ToR) with amendments. The federal Tailored Impact Statement Guidelines were issued on February 24, 2020 and the federal government granted an extension on January 13, 2023. This will be the fifth Public Information Centre held to support the identification of the preferred route milestone of the Impact Assessment and Environmental Assessment processes.

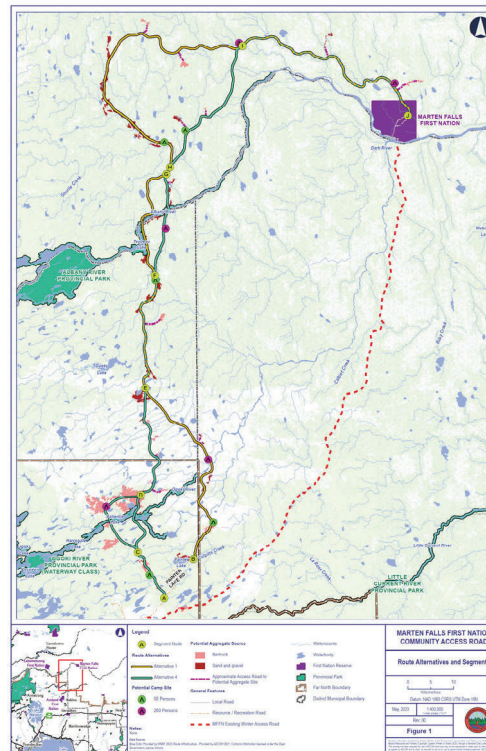
**Contact**

For information on the Environmental Assessment / Impact Assessment process and progress related to this Project, please visit [www.martenfallsaccessroad.ca](http://www.martenfallsaccessroad.ca)

If you are unable to attend the event, or have any comments or questions regarding the Project, you are welcome to contact the Project Team at any time during the process at 1-800-764-9114 or [info@martenfallsaccessroad.ca](mailto:info@martenfallsaccessroad.ca)

**Thank you for your participation**

Personal information submitted (e.g., name, address and phone number) is collected, maintained and disclosed under the authority of the *Environmental Assessment Act* and the *Municipal Freedom of Information and Protection of Privacy Act* for transparency and consultation purposes. Personal information you submit will become part of a public record that is available to the general public, unless you request your personal information remain confidential.



**When and Where?**

**Wednesday, October 25, 2023**

Best Western Nor'Wester  
2080 Highway #61  
Thunder Bay, Ontario  
5:00 p.m. - 6:00 pm – Indigenous Members Session  
6:00 p.m. - 8:00 p.m. Public Session

**Thursday, October 26, 2023**

Geraldton Community Centre  
200 Wardrope Avenue  
Geraldton, Ontario  
4:00 p.m. - 5:00 p.m. – Indigenous Members Session  
5:00 p.m. - 7:00 p.m. Public Session

Light refreshments will be served.

Information panels will be available for review, along with maps, fact sheets and feedback forms. Project Team members will be available to answer questions and receive comments.

If you cannot make the in-person session, you can find the information posted on our website ([www.martenfallsaccessroad.ca](http://www.martenfallsaccessroad.ca)). Public Information Centres are wheelchair accessible; contact us if you require other accessibility accommodations.

# Rink saved by council

By Ian Kaufman – TB Source

Thunder Bay's city council has voted to spare the outdoor skating rink in John Kuszniar Park from the chopping block, after hearing a case it serves lower-income families in a neighbourhood otherwise light on recreational opportunities.

The move marked a slight adjustment to council's recent decision to close a quarter of the city's outdoor rinks.

While councillors have broadly agreed the city should close down some outdoor rinks in response to low usage, they have struggled to agree on exactly where to draw the line.

Coun. Andrew Foulds, whose Current River Ward contains Kuszniar Park and who was not present for a previous discussion in September, asked council to reconsider cutting the boarded, unsupervised rink.

On Monday, he argued eliminating the rink would take badly-needed opportunities away from an underprivileged neighbourhood.

The park – named in honour of a local police officer killed in the line of duty – sits on Fitzgerald Street just north of Cumberland, in a neighbourhood Foulds said is home to lower-income families, but boasts less access to recreation opportunities than elsewhere in the ward.

"This is just down from Court Street," he said. "Once you move down from Court Street, you have a real change in the housing mix, and you certainly have a change in the families. And I mean this with respect, there is a change in the affluence of that area."

"This particular area, that [I believe] from a recreational point of view is underserved – this is the one recreational asset that kids and families can use free of charge in the winter."

Council voted 7-5 to remove the site from the list of cuts.

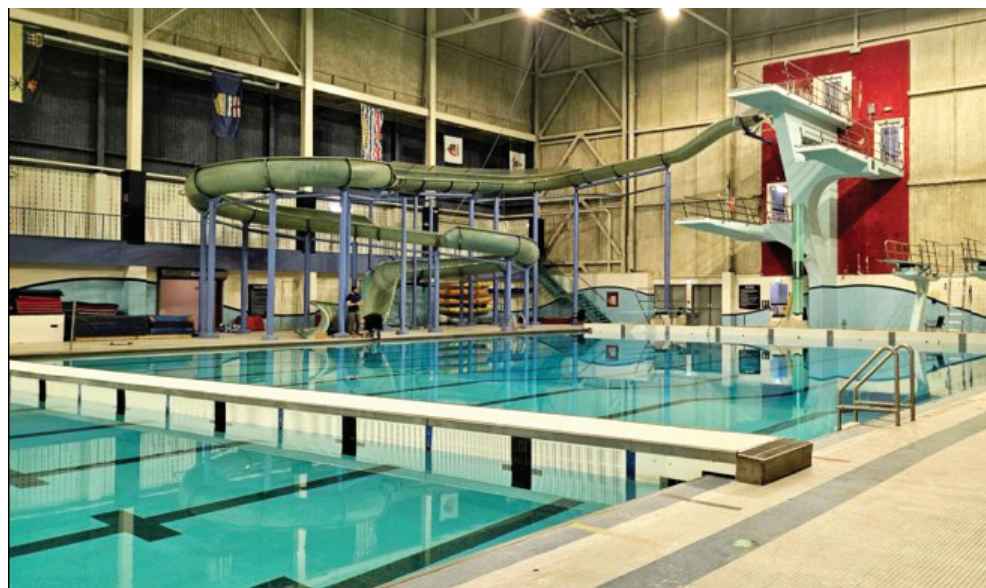
As Coun. Kasey Etrene noted, however, that may only win the rink a temporary reprieve, since it's one of 11 that were already in line to be closed or downgraded.

The rink had a five-year average usage rate of just 1.56 people per hour, according to city counts, well short of its target rate of three users per hour.

If the rink continues to fall short of that target this year, it will be downgraded to an unboarded site after this season, according to city policy.

The rink would then need to maintain a target user rate of one person per hour to remain in service.

Foulds' argument to make an exception for Kuszniar Park, pointing to income and equity, succeeded where his colleague Coun. Greg Johnsen's call to preserve the Confederation Drive pond in Neebing had failed.



The Canada Games Complex has been closed for renovations and upgrades since June. (Katie Nicholls)

# Games Complex work completed

## City-owned facility reopened on Wednesday

By Katie Nicholls – TB Source

The final touches have been made at the Canada Games Complex.

The recreation centre has been closed since early June, while major renovations were completed over the summer.

It reopened to the public on Wednesday.

Upgrades and additional showers have been installed in the men's and women's change rooms, as well as a brand-new, fully accessible and gender-neutral change room has been installed.

There are also several adult-sized change tables available in the change rooms, which provides better accessibility to patrons.

Work on the new boiler system has been completed and is expected to have a lifespan of 20 to 25 years, according to Kelvin Jankowski, who is the city's supervisor of capital facilities construction.

Staff have been back at the complex ahead of the opening date.

Kim Begin, the complex's supervisor of aquatics, wellness and youth, is happy at the amount of returning staff; "We're really happy that a lot of our staff have decided to return to work here."

She did note that there is some difficulty when it comes to lifeguards and daytime hours to be filled.

"We're always actively recruiting and training lifeguards, especially students



An accessible shower in the men's changing room.

coming from out of town who may have daytime availability with their class schedule."

Programming will be the same as previous fall seasons at the Complex and registration for all programming will still go through the PerfectMind website.

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EDITORIAL

# No more threats

When a local township cites safety as the reason for locking its doors to the public, maybe it's time for all of us to take a step back.

According to a story in the *Chronicle Journal* this week, the township was the subject of unnamed threats, with Reeve Wendy Wright noting community leaders have informed police.

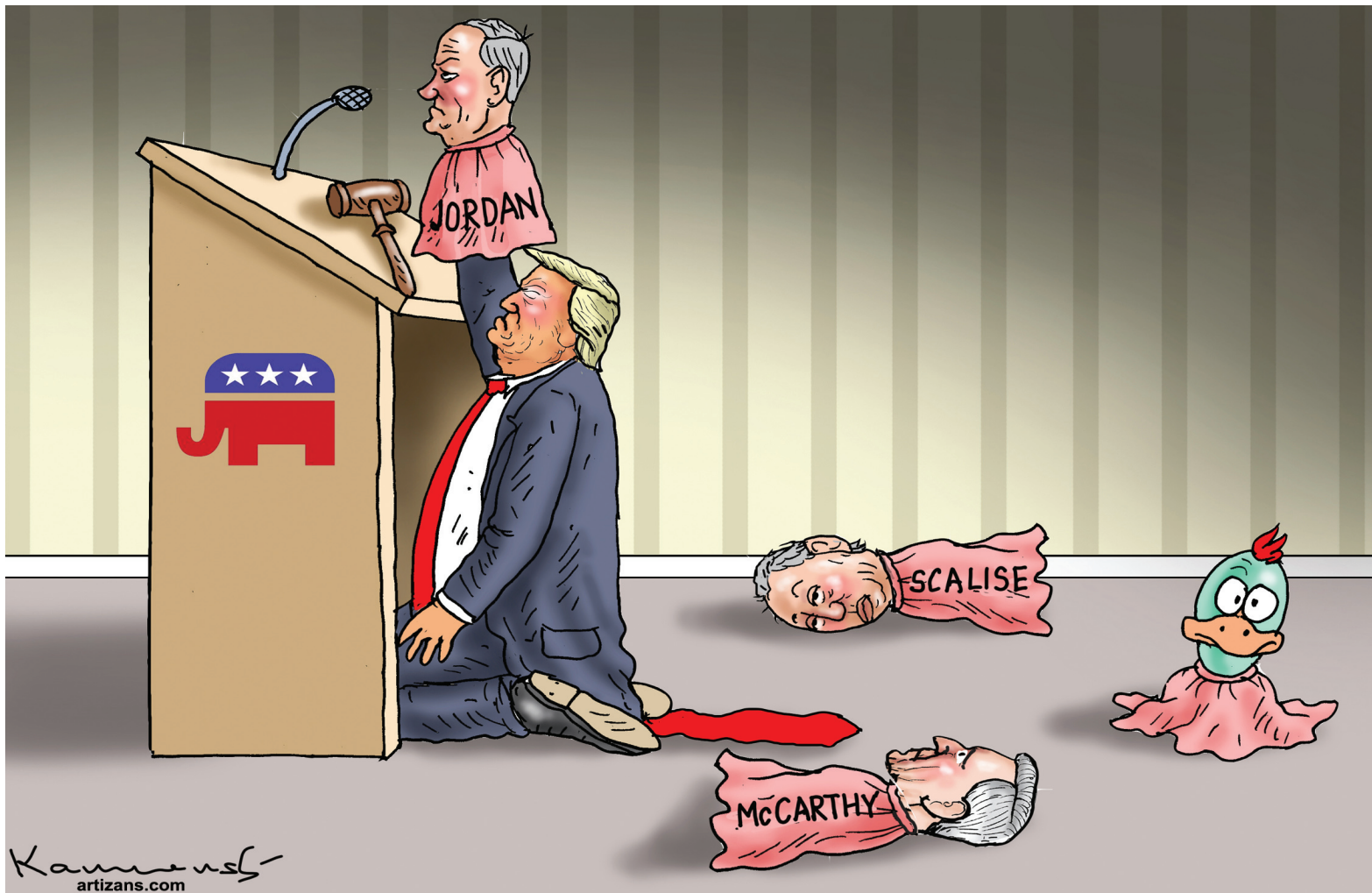
Threatening politicians and civil servants used to be a rarity, but in this day and age, when anger is stirred up on social media and by partisan 'news' outlets, seemingly 24/7, it's becoming the norm.

There doesn't seem to be a middle ground anymore. In the United States, there's open talk of civil war, the right and the left unable to agree on anything.

That kind of rhetoric has seeped north of the border. Accusations of election fixing run rampant anytime certain parties don't get the result they wanted at the ballot box.

Unfortunately, some voters believe they were cheated and believe their voice wasn't counted. They were.

Civility is something that needs to return to the public sphere. Our leaders won't get it right every time, but don't deserve to live in fear because you don't agree with them.



# If I Survive You examines sensitivities of race

*If I Survive You* by Jonathan Escoffery, shortlisted for the 2023 Booker Prize, is a stylish debut of eight linked short stories set mostly in Miami during a recession. It advances in short, impressionistic scenes and you're lured in by the dazzling surface before needing to step back for relief.

The most striking stylistic feature is the second-person point of view, couched within an urgent present tense, though occasionally enhanced by long stretches of Jamaican English.

For the most part, the collection follows Trelawny, a racially ambiguous Black man, who is constantly asked the question: 'What are you?' His economic and

romantic prospects are dim. He has no stable friendships. His family is a case study in marital estrangement, parental favouritism and sibling rivalry.

He needs some security, freedom and a sense of belonging but his father thinks he is 'defective'. For a time, he must live in his car. He cycles through diasporic Blackness, hoping to find home among Dominicans, Puerto Ricans, Cubans, Jamaicans and Americans.

As a student in the midwest, Trelawny is so desperate for community that he hops in a cab and

instructs the driver: 'Take me to Black people.' He is disappointed by what he finds. Every failure, every rejection, stings the reader as much as it stings Trelawny.

Obviously, the second person brokers empathy between reader and character - you put yourself in Trelawny's shoes. Less obviously, it confirms the estrangement Trelawny feels from himself. Escoffery could have been content to tell these stories in a

straightforward way - they're weighty enough to hold our attention - but his exaggerated stylishness takes us beyond

empathy to identification.

Escoffery resists polarizing race into Black and White. He details and challenges the social violence that threatens to grind the self-concept of racialised people into perversions of Whiteness.

Caitlyn, a Chinese-American woman, confides in Trelawny: 'I guess I feel too privileged not to be white.' At a party, three women of Mexican, Jewish and Argentinian backgrounds chant: 'We're white, we're white, we're white,' to comfort themselves after being ostracised.

Escoffery's interracial sensitivity, coupled with the courage to move beyond the politeness that silences meaningful conversations on race, creates some uncomfortable

moments. Trelawny has dinner with his girlfriend's racist family, a humiliating affair where the mother points at him every time she refers to the colour black. His girlfriend does not defend him. Instead, she deploys the rhetoric of tolerance, as though racism is best outwaited.

As the underdog against the monstrous antagonists of racism and poverty, morality becomes extra weight when Trelawny is in survival mode, hanging on to an unethical job for the privilege of 'a toilet on which to sit and unload your twisted, clogged-up colon'. It's hard to like Trelawny at his most unscrupulous. And then one remembers that Black people should not have to be heroic in order to live ordinary lives.



**John Pateman**  
BOOK BANTER

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# Laboratory foods on the rise

By J.R. Shermack - For TB Source

Canadian families got together for Thanksgiving dinner this year and as usual, family favorite home-cooked meals were served to hungry loved ones.

Dinner on special occasions is a nostalgic event and nothing revives fond memories better than feasting on favorites with family and friends.

But we may have to alter the menu for Thanksgiving because food science and technology is poised to change what is on Canadian dinner plates in the future.

The food industry has been upended by changing conditions with many new trends and advancements in food production altering the way they are prepared.

In grocery stores we see innovative products and packages that have never been sold before while some of usual groceries on our lists are no longer available.

Some changes are intended to make the market more relevant and exciting - others respond to consumer demands for healthier food alternatives.

In addition to health and wellness, food producers need to consider smarter agricultural, processing and distribution solutions with a lower environmental impact.

All things considered, there are several innovative new foods you might see someday soon at a supermarket near you.

Not every new idea will make it to the plates of hungry consumers, as proven by the "no thank you" consumer response to pulverized crickets.

But some foods are poised for popularity.

The production of meat has a big carbon footprint - the global carnivore appetite is not expected to lessen so production has moved from the pasture to the Petri dish.

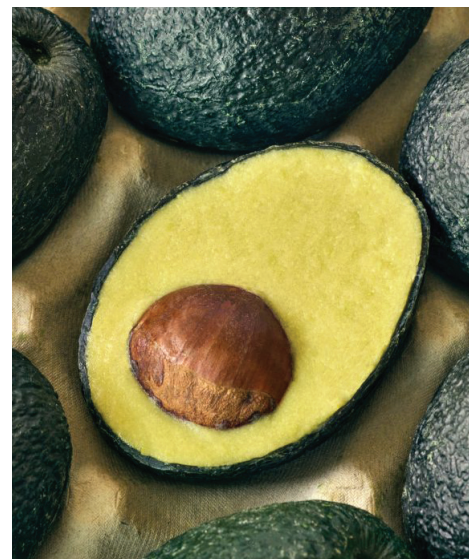
The first lab-grown beef burger was grown by a Dutch scientist a decade ago at a cost of \$330,000 and was cooked and eaten amid mixed reviews.

But the point was made - we can fulfil our demand for meat with lab-grown protein (also called cell-based) without slaughtering animals or producing greenhouse gases.

In the 10 years since that first mediocre burger was produced the cost has been reduced by 99 per cent according to the report, "Cultivated meat: Out of the lab, into the frying pan."

Food industry analysts predict that cultivated meat will grow to a \$25 billion global market by 2030.

In addition to cultured protein, lab-grown plants are beginning to emerge as a source



Avocado's are made with local ingredients. (Dezeen)

of fresh produce without negative impacts on the environment.

It will take time to switch production from farmers' fields to scientists' labs but the industry is scaling up production to provide more sustainable options to consumers.

Avocado is very popular (11 billion pounds

eaten annually) but this 'green gold' comes at a significant environmental cost - one kilogram of the fruit requires 2,000 litres of water to grow.

Enter the 'ecovado', an avocado substitute made from broad beans, apple, cold-pressed canola oil and a sprinkle of hazelnut.

It doesn't taste exactly the same but it is smooth and creamy, looks appetizing and is a nutritious food - the skin is made from beeswax and looks identical to the real thing.

Freeze drying is another innovative and advantageous way to produce and preserve food - nutrients are retained and color, flavor and texture remain.

Once the water is removed, the weight is greatly reduced resulting in much lower shipping costs for food producers and much less carbon emissions.

And even though most of us have not yet tried ground crickets, insect protein will become increasingly available as another protein alternative to traditional meat.

All we have to do is get over what has been called the 'ick' factor, an aversion to some new, innovative sources of nutrition.

It looks like lab-grown meat and veg, ecovados and bugs will be on the menu - Thanksgiving will never be the same.

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

### October 21

#### Lakehead hockey

Coming off a weekend split against Waterloo in their home-opening series, the Thunderwolves will be back at it again on Saturday night when the University of Ontario Institute of Technology Ridgebacks at Fort William Gardens.

Game time is 7 p.m. and tickets are available at the box office and online.

### October 22

#### Church Fundraiser

St. Andrew's Parish invites you on a culinary tour with their "Tastes of the World" Fundraising Dinner on Sunday, Oct. 22nd at 5:30 p.m. in Saunders Hall.

A take-out option will also be available from 3 to 4 p.m.

Tickets are \$30 and available at the Church Office, 292 Red River Road, Tuesday through Thursday from 9 a.m. to 4:30 p.m.

For more information call 807 345-5202 or check out their events page at stan-

drewrc.ca. Proceeds from this event will go toward the cost of installing a new boiler in the church.

### October 21-22

#### Psychic Fair

Want to know what might be in your future? Jared Hynnes and the Mystic Veil Psychics will be holding a psychic fair on Oct. 21 and Oct. 22 at the Ramada Airline Hotel, in Salon D.

All readings are \$60 and admission is free. There will be raffle prizes to be won, \$2 per ticket or three for \$5.

The fair will be held from noon until 9 p.m. each day.

### October 20

#### Alfie Zappacosta

Alfie Zappacosta, one of Canada's premier songwriters and chart topping performers, returns to the Community Auditorium on Friday, Oct. 20, for a very special Up Close and Personal Stage Door Performance with special guest, Andrew Glover, on keys.

Join him in this unique setting as they turn their stage into a nightclub or cabaret, with tables and chairs on stage, along with full bar service and snacks available.

This environment lets the audience experience Zappacosta's music in a very up close and personal manner. Tickets through Ticketmaster.

### October 20

#### Vampire Circus

Cirque Fans and Halloween Fans unite! The Vampire Circus will be live on-stage at the Community Auditorium.

Heralded as a mix of circus cabaret and theatre, The Vampire Circus is a mysterious, tantalizing, fun, dark, cutting-edge production guaranteed to amaze the senses. The Vampire Circus has been called a mix of circus cabaret and theater and is the result of a fusion of Tim Burton and Cirque Du Soleil. Enjoy a phenomenal night of live entertainment. Tickets at Ticketmaster. The show starts at 7:30 p.m.



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# Tbaytel Supports Mental Health and Addictions through St. Joseph's Care Group Team Werks Cooperative

## Meet Thomas Kelly, Occupational Instructor

By Janine Chiasson

Most people can't understand the scope of Canada's mental health and addictions crisis: one in two Canadians have – or have had – a mental illness by the time they reach 40 and, as we witness daily, the social and personal repercussions are enormous.

In keeping with the Sisters of St. Joseph mission to meet unmet community needs, the St. Joseph's Care Group Employment Options program is a vital resource for people living with mental health and addiction challenges who want to make positive, lasting, life changes. The program includes the Team Werks Co-op – one of the largest worker co-ops in Ontario – where client members are supported in a range of jobs to help them meet their recovery goals.

Occupational instructors like Thomas Kelly support individuals to integrate into the workforce and society through training, employment, and peer support. In the end, it's simple, Thomas says, "Really, it's all about building our clients up and giving them a toolkit to succeed on their own."

"Sometimes clients simply don't know where to start to get back into the work force," Thomas explains. "Our vocational rehabilitation officers help them establish job goals and address challenges that they're facing, then they utilize Team Werks – we'll call it a stepping stone – to hone skills, get some on-the-job training, and develop relationships with peers and staff so they can transition to employment in the community knowing they have a safe place to access if they're struggling."

Team Werks has four main units operating from a centre in Victoriaville Mall – Wood Werks, Rag Werks, Shred Werks (which Thomas oversees), and the Green Werks Café, plus the Green Werks Garden based at Sister Margaret Smith Centre. The Green Werks Garden has a wealth of positive benefits. Clients learn to plant, tend, and harvest thousands

"Tbaytel is in the neighbourhood, they are making change, they are helping people. Their promise resonates because it's true. I see the results."

of pounds of vegetables for the Café to serve and sell, and to donate to local organizations like the Regional Food Distribution Association.

When workers in the Café learn to plan, prep, and serve meals they can take those skills home or transfer them to employment opportunities. As Thomas points out, "it opens up the things that they can buy at the grocery store because now they have confidence to work with varied, and healthier, ingredients. They can have a friend or family member over, and cook for them. It's empowering." The Café is right in the building and staff and visitors can easily access it to purchase meals and produce – many SJCG employees access the Café weekly.

The Green Werks Garden is a therapeutic place for many groups including Sister Margaret Smith Centre clients, residents at both Hogarth Riverview Manor and Sister Lila Greco, staff and clients from many St. Joseph's Care Group departments, and visitors and volunteers from the community. There is a wigwam on site, traditional medicines, a medicine wheel and healing circle, a paved path to the wellness trail, as well as 60+ raised planter boxes with a delightful mix of plants reflecting the desires of various box caretakers who plant what they like – flowers, traditional medicines, herbs, delicate crops, and more.

Having a box and growing something of your own is a powerful tool to build responsibility, purpose, and fulfillment. As interest and need are identified, more boxes are added. Thomas laughs that "there was a point where the entire Wood Werks shop was just planter boxes all lined up."



Projects like the accessible planter boxes wouldn't be possible without community support. "We definitely need support," Thomas says. "To do it on our own with just the income that comes from the various units; it's tough. To grow, we need help from donations."

That's where the St. Joseph's Foundation comes in. Through its ongoing relationship with Tbaytel, the Foundation secured funding for the planter boxes which created a snowball effect. "The Green Werks Garden benefits from the raised boxes, the Wood Werks shop benefits by creating the boxes, and the Green Werks Café benefits from garden produce," Thomas says. "It's helped us to increase our work, the variety of jobs that we can do, and the number of Team Werks Co-op members that we can bring on and help support."

Providing support for this vibrant community space is a perfect fit for Tbaytel. Personally, Thomas has always liked that Tbaytel's brand promise is 'we take care of our neighbourhood.' "Tbaytel is in the neighbourhood, they are making change, they are helping people," Thomas says. "In this case, it's a garden in their backyard. Their promise resonates because it's true. I see the results."

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**tbaytel** for good.stories



# Organic milk is an option

You're standing in the grocery store. Looking around the dairy aisle. You hold one two-litre carton for \$4.75, you hold another 1.5-litre bottle that's \$5.59.

The only difference is the smaller bottle is produced organically. What are the differences and is it truly worth the price?

Since the early aughts, when the organic food movement started gaining momentum, the label steadily proliferated within the dairy case.

The global organic milk market hit \$22.4 billion in 2021, up from \$19.5 billion in 2017.

That's because customers willing to dish out upwards of 50% more for a gallon of organic milk think it's "more nutritious, natural, and environmentally friendly," according to one 2021 survey of 770 milk drinking customers.

Meanwhile, others seem to think organic dairy cows are treated more ethically than those raised on conventional farms. These customer perceptions influence dairy sales, but it's official CFIA standards that regulate how organic milk is produced and processed.

There are a few clear distinctions between regular and organic milk: The latter comes from cows who have never been treated with antibiotics. In the United States, they'll also never receive synthetic growth hormones, like Bovine Somatotropin (bST), which have been given to dairy cows since World War II to increase milk yields.

Canadian dairy cows are not permitted to be given any growth promoting hormones at any time.

For some shoppers, it's likely that organic milk will cost at least one and a half times the same amount as conventional stuff. That's because organic milk costs more to produce.

Farms are required to pay for certification—a CFIA accreditation that's required to market and sell any food product as organic—and source or grow 100 per cent organic feed. Organic farmers also need more land, since they're required to keep

their animals on pasture for a significant amount of time. And organic cows tend to produce less milk.

Several studies have shown that organic milk probably has a better fatty acid profile—which essentially means it contains a better balance of omega-3s (fats that reduce inflammation and may boost heart, brain, and liver health) to omega 6s (fats that mainly provide energy but can cause inflammation in excess)—than conventional milk.

There's only minor differences in the vitamin profiles of the two milks side by side.

One core tenet of organic dairy farming in North America is that livestock animals need to be kept in living conditions that support their natural behaviors.

While conventionally raised dairy cows can be kept in barns, organic cows must have outdoor access all year.

At face value, that might sound better for the cows—and it might be. But investigations over the years have also uncovered the horrific treatment of animals at organic dairy farms.

Who's to say what's best for the casual milk consumer? That seems to be up to the consumer as both have their pros and cons.

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

# Fighting sticker shock

By Katie Nicholls – TB Source

Since details of the federal government's meetings were released with grocery store CEOs regarding the astounding cost of food across the country, the question looms on what this will mean for consumers right now.

Charles Levkoe, a Canada Research Chair in sustainable food systems and an associate professor at Lakehead University, said there are other issues at play when it comes to food security and sustainability, even though the "Big 5" grocery retailers (Loblaw, Metro, Empire, Walmart and Costco) came to an agreement with Ottawa to stabilize prices for consumers.

Many Canadians are very critical of grocery stores right now, Levkoe said. "A recent study showed that over 80 per cent of Canadians are feeling a lack of trust in the grocery stores. Feeling that while, again, we are all being pinched, that profiteering is happening," he said.

Levkoe co-authored a recent paper titled, Civil society engagement in food systems governance in Canada: Experiences, gaps, and possibilities. In the paper, he said food systems have much of their power concentrated in large corporations and governments,



High grocery prices are a concern. (FILE)

which leads to decision-making focused on profits and efficiency rather than food provisioning and sustainability.

"A lot of the real concerns that people are facing here in Thunder Bay are not necessarily just about the price in the grocery store, but it's a whole range of issues that have not been addressed by the federal government or by the provincial governments," Levkoe said, adding that food producers are experiencing higher costs and trouble selling their product.

When comparing August 2023 to the

same time last year, Statistics Canada reports that the cost of groceries has gone up by 6.9 per cent. When compared to two years previous, prices increased by over 17 per cent.

He noted people living in remote communities either have minimal access to stores and might have to travel outside of their community for food, or where there is access, the price is exorbitant.

Each time the minimum wage is increased, the topic of providing a living wage and/or providing a basic income. Levkoe said if the government wants to make an impact for residents in the region, there are underlying issues that need to be addressed.

"There's been lots of research that has shown a basic income can be a really important way for people to survive, especially in northern communities where, you know, work is maybe not as stable, or they can't find jobs as easily as they would in other places."

He believes communities will help drive this change.

"If we look at food insecurity, not having enough food really as a product of income or inequality, we have to address those issues of, of inequality and poverty," he said.

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# October chores are neverending

I love this month – October.

I love the skies fraught with scudding clouds, lots of scudding clouds, the different layers of light grey and dark charcoal. Some drizzles but lots of wind (hence the scudding).

And many of the birch and poplar trees are shedding their leaves. And it is Halloween month! But it is also the time for major yard clean up.

The unusual warmth we've experienced with only a couple of mornings with below freezing temperatures means that the vegetable garden is still thriving. Slowly those beds that have their produce harvested are now being turned over and new composted dirt dug in.

The garlic has been planted and covered.

In fact, several of my wife, Laura, The Gardener in this family's beds have been made ready.

The strawberry bed has been covered for the winter and other ones too that Laura has planted. And there will be more before the snows arrive.

Since we still have a couple of horses on the

farm, we feed them hay from large, round, hay bales. It gets messy: forking hay to the stalls one tends to lose some from the fork that collects on the hay area floor. "What a mess," I complain, "I try to salvage the hay that has fallen off of the fork, but it seems to get ahead of me."

Also, I'm very lazy and don't want to constantly rake the loose stuff up.

"Not to worry," says Laura, "Gather it up and bring it in the quad cart to the garden.

I will use it to cover the vegetable beds." Great! Problem solved. Now I can see the floor of the hay area.

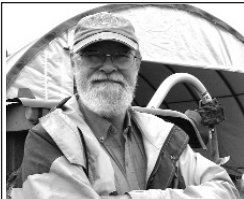
It had been so long since I had raked that area, I had forgotten that there are rubber mats.

A major chore that I'd been putting off (what else is new, Fred?)

was the cleaning up of the fallen horse shelter located in our "winter" paddock.

This shelter was the first that Laura built when we started the horse-riding business (that we closed in 2012 due to our respective health, among a few other reasons.)

Our new neighbour who bought the property



**Fred Jones**

RURAL ROOTS



Removing hay is always an October chore. (iStock)

across the road from us, along with a friend, took the thing apart, a very considerate act since, I believe, I was incapacitated after having an emergency appendectomy which took me out of any physical activity involving lifting.

That was last year.

So, the debris was left lying on the ground where it had fallen.

But allowing horses into that paddock meant roping off the debris pile since there were nails galore upon which inquisitive equines could tread.

But this weekend, our son, Doug and I, managed to load the boards, rotten press

board used for siding, and the corrugated plastic roofing onto the hay trailer and haul it out of the paddock.

We would haul the trailer to the municipal dump the following weekend.

The next chore was to scrape up all the horse poop, rotted hay mix left over from the previous winter in that paddock. Sunday I was able to plough up the thick mix on the ground.

It took several hours as I had to figure angles of attack as my tractor is not four-wheel drive and a couple of times, I feared it would get stuck. But I did manage to carry it all out of the paddock and make a new pile in the yard south of the barn. It will rot well and come spring we should have some darn fine composted soil for the vegetable garden.

Meanwhile, while I was scraping back and forth our son, Doug was working the chainsaw continuing to buck the remaining winter wood.

Laura took on the chore of running the splitter. I would be stacking over the next couple of days.

So, October chores get done and as the mornings get chillier, a nice crackle, crackle fire in the fireplace while my first mug of java is sipped, is a welcome thing.

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# Great weather extends season

So far, autumn has been awesome. Daytime temperatures are warm, and the trees still have enough colourful leaves to provide a stunning backdrop for all our October adventures. The rivers have been too low to fish, but the incredible grouse hunting has more than made up for that.

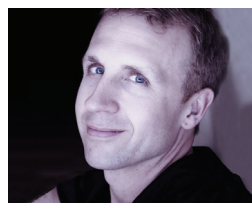
Our family loves spending time out at camp in the fall, and we have this bad habit of always waiting until the last second to winterize the cabin. However, we vowed to not wait too long this year.

We decided we would use Thanksgiving weekend to change things over from summer mode and prepare for winter. This annual process involves lots of little jobs like putting away all the watercraft and prepping the firewood that will keep us warm all winter. However, the most important work involves avoiding burst pipes by pulling in the water line, draining the pipes, and replacing the water with antifreeze in the toilet and plumbing before the first big freeze up.

Thanksgiving weekend came and went. Unsurprisingly, we decided to put off the winterization. So, we are still enjoying running water and a flushing toilet at camp. In fact, I

am willing to bet we will be living in comfort out there for a few more weekends, at least.

While there is plenty of work to do at camp, we often find ourselves lured away by the neighbouring Sleeping Giant Provincial



**Keith Ailey**  
the GOOD LIFE

Park.

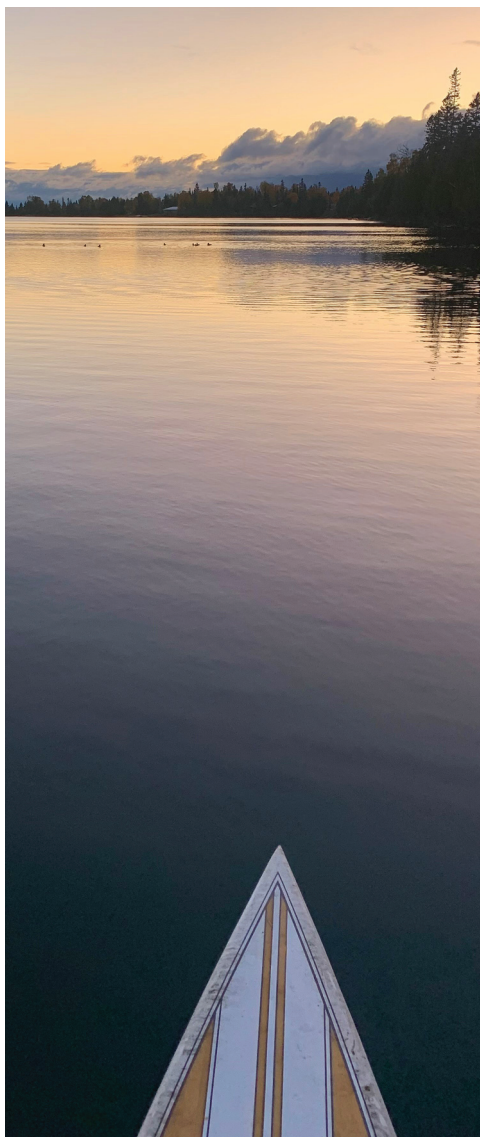
It is amazing how different, and quiet, the park is at this time of year, even on a Saturday. The number of foxes, deer and other wildlife now out on the trails in the nearly empty park is astonishing.

After a day enjoying their company outside, we typically continue to avoid work at camp by enjoying a hot sauna and a dip in the cold lake.

On Sunday, I will typically start the day completing some real work on my laptop, but that never lasts.

The calm lake beckons for me to head out on my stand-up paddleboard.

When I come in off the water, it usually feels like a good time for a mountain bike ride, or some grouse hunting, or both. Meanwhile, the waterline stays in the lake until the last possible day.



There's still time to enjoy nice weather out of doors.

I suppose we hesitate to pull it because that would be confirmation that summer is truly gone. So, we always find ourselves questioning the urgency of draining the pipes and asking if we can wait one more week.

The Weather Network's long-range forecast is predicting that the weeks ahead will bring daytime temperatures that remain mild, and nightly lows nowhere near cold enough to worry about.

So, it looks like the extension of this glorious season will continue. The reality is, it may take an actual snowfall to get me to stop enjoying the great outdoors long enough to actually get that winterization work done at camp.

# Art workshop helps to foster creative spirit

## Eco Art Day promotes things like green future

By Justin Hardy - TB Source

Residents took part in a collaborative art making workshop on Saturday to promote the themes of climate justice, sustainability, and working together for a greener future.

Eco Art day, a part of Ontario Culture Days, offered a variety of artist-led eco-art activities for all ages and provided attendees with a chance to swap materials during an art and craft supply swap all while encouraging the community to reduce waste and foster creativity.

"The purpose of this event is to take a look at our relationship with waste and how we can, you know, up cycle our waste," said Summer Stevenson, sustainability coordinator with the city of Thunder Bay. "But also, how that plays into, you know, climate change and our climate change goals here in the city."

The event was a collaborative effort

between the city, Eco Superior, Mindful Makers Collective, the Cre-action Collective, and the French Club.

"I think that all of these partnerships are so important because when we think about climate change, we have to move forward together and, you know, do things differently and really collaborate because, you know, we have to problem solve," said Stevenson.

"And I think that this is a really good opportunity to bring people together that maybe aren't necessarily always together to start thinking about what the future might look like here in Thunder Bay."

Denise Smith, Rethinking Waste Coordinator with EcoSuperior, said that they joined the effort to organize Eco Art Day to help inspire the community through creative activities to think about its place in nature.

"There's something about art making that is therapeutic and it also helps open people's minds and allows them to reflect on things in a way that can be very healing," she said.

"And I do find that, you know, with the climate crisis right now, there is a lot of anxiety. There's a lot of fear and through art making you can really address that."

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THUNDER BAY'S RADIO STATION

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# Shaking off Swift for Mr. Dressup

The only noteworthy new entry appearing at SilverCity this past weekend is the juggernaut Ms Taylor Swift in concert. Thus, this corner elected to temporarily duck the attendant crammed theatres and fan tumult, instead casting attention to the small screen.

Out of recent releases, *Mr. Dressup: The Magic of Make Believe*, (Prime Video) popped up on the radar.

Though being of an increasingly creaky vintage, this corner was past the target market when *Mr. Dressup* debuted in 1967.

However, director Rob McCallum's documentary is so unabashedly warm-hearted, the nostalgia pull for even a non-fan is infectious. Such is the likeable appeal of Ernie Coombs, aka Mr. Dressup.

One interesting disclosure right off is that Coombs was friends with Fred Rogers. They came from the U.S. when the latter got a job offer from the CBC. Coombs performed as a puppeteer on Rogers' show. Before returning to the U.S., Mr. Rogers lobbied for Coombs to replace him.

"Ernie never forgot the child within him and that informs everything he does with children," says Rogers.

*Mr. Dressup* entertained and informed pre-schoolers for a remarkable 30 years until Coombs retired in 1996, logging more than 4,000 episodes. Multi-talented Coombs could sing, mimic, draw, play musical instruments and do crafts any kid could make, sparking young imaginations. They must've been doing something right.

The doc unfolds in conventional, chronological manner. Interviews with Coombs' son, daughter and co-workers chart the genesis of the show, augmented by adoring (occasionally superfluous) celebrity talking heads. Racism, sexism were consciously avoided. Improvisation ruled as Coombs and Co. followed only plot outlines vs scripted dialogue.

We're introduced to others behind the scenes. Judith Lawrence is a key contributor who created the show's real stars, Casey and Finnegan. Coombs' wife Lynne,



**Marty Mascarini**  
MOVIE TALK



Mr. Dressup with Casey, Finnegan, Aunt Bird and Alligator Al during the heyday of the CBC show. (CBC)

binary character on children's TV,' cites *Toronto Star* critic Rob Salem.

The show survived challenges from a new wave of kids' shows including innovative *Sesame Street*, even outlasting *The Friendly Giant*, victimized by Mulroney government budget cuts. Through it all, *Mr. Dressup* resisted change, retaining its calm, gentle spirit. In-depth cultural overviews and contrary revelations are absent.

Storylines weren't all sweetness and light. One scene shows Mr. Dressup bawling out Casey for turning up a nose at some chicken noodle soup Mr. Dressup prepared at Casey's request. The sober message for kids: respect others. Don't take people for granted.

Stills and archival footage show hordes of fans of all ages showing up for personal appearances, applauding as Mr. Dressup pulls familiar items out of his celebrated Tickle Trunk.

Many awards including the Order of Canada acknowledge how *Mr. Dressup* became part of the country's cultural fabric.

As today's world is threatened by senseless bloody hatred, *Mr. Dressup's* brand of niceness isn't so passé after all.

who started a nursery school of her own, is also credited for her positive influence.

Interestingly, Casey's gender is addressed. Casey could be interpreted by viewers of any orientation, becoming 'the first 'non-



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2023-2024 SEASON

### SEASON SCHEDULE

#### HOCKEY

OCT 13 & 14<sup>TH</sup>

WATERLOO WARRIORS

OCT 21<sup>ST</sup>

ONTARIO TECH RIDGEBACKS

NOV 3 & 4<sup>TH</sup>

WESTERN MUSTANGS

NOV 24<sup>TH</sup>

UQTR PATRIOTES

NOV 25<sup>TH</sup>

MCGILL RED BIRDS

JAN 5<sup>TH</sup>

QUEEN'S GAELS

JAN 6<sup>TH</sup>

RMC PALADINS

JAN 12 & 13<sup>TH</sup>

WILFRED LAURIER

GOLDEN HAWKS

FEB 2 & 3<sup>RD</sup>

WINDSOR LANCERS

FEB 9<sup>TH</sup>

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# Tigers blank Saints

By Leith Dunick - TB Source

The Westgate Tigers have the St. Patrick Fighting Saints number this season.

Three weeks after the Tigers earned a 21-4 decision over the defending high school senior football champions, Westgate rolled over the Saints 49-0, a game that included an 85-yard kickoff return for a touchdown and plenty of passing from quarterback Mitchell Papineau, whose prowess through the air also set up the Tigers powerful ground game.

Toss in a little early-game trickery and the 3-2 Westgate squad showed just how determined they were to climb back over the .500 mark for the second time this season.

Papineau was 10-for-17 passing, throwing for 240 yards, including 24-yard touchdown strike to receiver Andrew Romeo, who also authored the lengthy kick-off return on the opening play of the third quarter.

"The offensive line played amazing and our coach was calling great plays," said Papineau, whose first two pass attempts landed incomplete before he hit speedy Lance Basalyga for receptions of 32 and 35 yards, the receiver later hauling in a third for 40 yards to finish the day with three receptions and 107 yards, adding an eight-yard score on the ground.

"The receivers were running routes. It's the first game we've put together a full game."

"It was a good team effort overall," chimed in Romeo, after running for 32 yards and going for 66 yards on three receptions.

Any drama that might have unfolded was quickly snuffed out by the Tigers.

Romeo circled wide right from two yards out to score the game's first major, crossing the Saints end zone at 8:57 of the first.



The Tigers Lance Basalyga (right) is hauled down last Friday by St. Patrick's Brett Lovis. (Leith Dunick)

The Tigers tried a successful inside kick on the ensuing kick-off and took control of the ball on the Saints 46.

A pass to Basalyga landed the ball on the St. Patrick 14 and four runs later Hudson Gerry rumbled up the middle as Westgate took a 13-0 lead as the buzzer sounded to end the first.

After the Tigers recovered a fumble on the Saints next possession, Cole McVety booted a 35-yard-field goal to make it 16-0.

St. Patrick, held to just 16 yards of offense in the opening half, went three-and-out on their next two possessions and the Tigers seized the opportunity to add another score before the half came to a close.

Papineau hit Basalyga for a 40-yard pass that brought the ball to the Saints 13 and Basalyga made a quick cut on a run up the middle and scored from eight yards out, a blocked kick making it 22-0. Another three-and-out gave the Tigers

the ball on their own 53 and Papineau took charge, firing a pinpoint pass to Brock Macsemchuk, who carried it 49 yards to pay dirt, as Westgate upped their lead to 29-0.

The clock didn't stop in the second half, due to the 29-point Tigers lead, but that didn't stop Westgate from adding three more scores.

Romeo authored the first two touchdowns and Zach Gothard burst up the middle from six yards out for the third, with five minutes left in the game.

The Saints finished with 69 yards, 37 on the ground and 32 through the air. Five of St. Patrick's dozen rush attempts were stopped for a loss.

In the other senior contest, Owen Renn had three touchdown runs, including one from 57 yards out and another going for 65 yards, as Hammarskjold (4-0-1) downed St. Ignatius 35-13. Lucas Dupuis had a 75-yard touchdown run for the Falcons (0-2-2).

## ENIGMA™ CRYPTOGRAM

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

"KPS QRPDOS KC ZLORSPWS, OSP MSLVJ  
KC ZSLWS."

— AVSSF ZVKBSVT

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

### ACROSS

- 1 Honorable (abbr.)
- 4 Jackfruit
- 8 Taro
- 12 Presidential nickname
- 13 Ancient Heb. month
- 14 Hereditary property
- 15 Lily (Fr.)
- 16 Dress
- 17 Icelandic saga
- 18 Lethal
- 20 Russ. range
- 22 Cut
- 25 Dog-fisher
- 28 Slavic nurse
- 31 Jap. shrub
- 33 Honey-eater bird
- 34 N.Z. woody vine
- 35 Rain tree
- 36 Unmatched
- 37 Resin
- 38 O.T. sacred lots
- 39 Handle
- 40 Braid linen tape
- 42 Antelope
- 44 Merchandise
- 46 Rom. province
- 50 Stop suckling
- 52 Academy (abbr.)
- 55 Mulberry of India
- 56 For (Sp.)
- 57 Killer (suf.)
- 58 Oriental potatote
- 59 Caucasian language
- 60 Chief
- 61 One of the Three Stooges

### DOWN

- 1 Moiety
- 2 Fetish
- 3 Swarm
- 4 Asian goat
- 5 Amer. Bar Assn. (abbr.)

### ANSWER TO PREVIOUS PUZZLE

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# Wolves settle for single win

By Leith Dunick - TB Source

It felt a little like death by a thousand goals for the Lakehead Thunderwolves on Saturday night.

OK, only five Waterloo shots found their way past LU goaltender Max Wright in a 5-1 home-ice loss to the Warriors, but each one cut a little deeper, and in the end, the Thunderwolves weren't able to muster the offensive effort needed to secure the weekend sweep - despite heartily outshooting their opponent for a second straight night.

Waterloo (2-2-0) put on a defensive clinic, goaltenders Matt Onuska, who left with an apparent shoulder injury incurred during a goal-mouth scramble in the middle of the second, and Daniel Murphy combining for the win.

Lakehead's multitude of shots were either just wide, fired directly into the Waterloo netminders, or deftly blocked by a Warrior defender, a millisecond too late to do the intended damage.

The Wolves did finally manage to score, rookie Nick DeGrazia redirecting a Keighan Gerrie pass behind Murphy, Lakehead on their second two-man advantage of the night, the goal coming with 3:22 to play in the period.

DeGrazia just missed further cutting into the Waterloo lead with 2:09 to go, flicking it off the crossbar with Murphy down and out.

The Warriors had earlier killed off a lengthy two-man disadvantage in the first, the Thunderwolves going 1-for-7 on the power play. They did it again late in the third, Murphy proving to be a stone wall in the Waterloo net.

"I think we had a pretty good game offensively, but just couldn't find a way to beat the goalie tonight until it was too late," said DeGrazia, his goal his first of the regular season and first of his OUA career.

"There are a few things we've got to clean up, but I like our team so far. We've just got to keep going. The goals will come."

Lakehead coach Andrew Wilkins said his troops just didn't generate enough good chances, even though there was a 20-shot margin on the shot counter.

"We weren't able to sustain anything and then (we gave) up that third goal at



Nick DeGrazia scored in Saturday's 5-1 loss.

the beginning of the second. I thought we had a couple of chances. Having the one called back was tough, but at the end of the day I just don't think we were good enough tonight."

Brent Bowie opened the scoring for the Warriors five minutes into the contest, played in front of 2,372 fans at Fort William Gardens, pouncing on a rebound after a scramble in front of Wright.

Max Neill, who scored twice in Friday's 4-3 loss to the Thunderwolves, was at it again in the rematch, scoring on a low shot from just inside the blueline that went between the LU netminder's legs, a shot Wright should have stopped.

Waterloo doubled their lead with a pair of tallies in the second.

Connor Lovie lit the lamp just 22 seconds into the middle stanza and Adamo Santia scored his first of the season with 1:54 left in the frame, the Warriors jumping in front 4-0 after 40 minutes.

DeGrazia got one back late in the third, but Cole Fraser ended the comeback bid with an empty netter at 17:58.

Murphy, who made 25 saves, said his teammates made his relief session relatively easy.

"Honestly, the guys kept a lot outside, a little inside, but not the rush, which is always nice for me. I'm not as good a skater as I used to be, the body's wearing down a bit, but shoutout to the guys for holding a good lead," Murphy said.

## EMPLOYMENT



**Job Posting**  
**GENERAL STORE MANAGER**  
Adawegamik General Store  
Start Date: Immediately  
Location: Marten Falls First Nation  
Reports to the Chair of Adawegamik LP Board

### Job Overview:

The General Store Manager oversees all aspects of managing a community store in a very important role as a core business in the community, insuring food security, access to a broad range of consumer products based on local choice and lifestyle, and opportunities to employ local band members. Marten Falls First Nation is a remote community in Northwestern Ontario accessible by air and winter road in a beautiful wilderness setting with potential to expand. The General Store manager work term will be a 2 year contract with option to renew.

### Responsibilities and Duties:

- Develop an operational plan to achieve financial goals and communicate these goals to the Board and the store team, including:
- Ensure solid execution of in-store selling activities, marketing programs and expansion
- Develop a community relations plan for the store that ensures the development and maintenance of long term business relationships with customers, community stakeholders, and local leadership.
- Develop expert, in-depth knowledge related to store operations, competition with outside fly-in shopping, and the economic factors impacting the community.
- Manage all aspects of the store's daily operations and expansion of business opportunities.
- Develop a strategic business plan under direction of the Board.

### Skills and Qualifications:

- Management experience in a retail grocery/ general store operation;
- Strong customer service skills;
- Record of bottom line and sales results in previous roles;
- Ability to interpret a variety of instructions delivered both verbally and in print;
- Overall computer knowledge;
- Strong knowledge of store management operating principles;
- A degree or diploma in retail or business is preferred or equivalent training.
- An ability to speak the local Marten Falls First Nation language is an asset and local cultural awareness
- Skills, knowledge, and experience that can transfer to the store from a related field is an asset.
- Three references and a Security background check required.

Competitive compensation, benefits, leave and accommodation package provided.

### APPLY & INQUIRIES TO

Interim General Manager Eugene Lysy  
[eugene.lysy@gmail.com](mailto:eugene.lysy@gmail.com)  
(807) 768-1700

Confidential Information provided by applicants will be used for the purposes of this competition only and is protected in accordance with the Municipal Freedom of Information and Protection of Privacy Act.

Marten Falls First Nation thanks all applicants for making known their interest in the position. Only those applicants who have been selected for an interview will be contacted.



**Job Posting**  
**BOARD OF DIRECTORS**  
(3 positions)  
Adawegamik LP - Marten Falls First Nation

### Adawegamik LP

- Adawegamik LP is a new enterprise owned by the Marten Falls Economic Development Corporation and operates a new general store in the remote community of Marten Falls First Nation in Northwestern Ontario.
  - A new Board of Directors is being organized with the opportunity to oversee the operation, growth and success of a new core retail business that provides essential services to its consumer base and the community at large.
  - Due to its location the Board must provide mature governance experience and business oversight to create a thriving new retail business that will achieve it full operational and growth potential.
- Core Responsibilities**  
Provide Strategic Direction and Monitor for Results
- Establish and review annually the business mission, vision and values.
  - Work with management to develop short term and long term business strategies.
  - Foster effective communications and relations.

### Effective Board Operations:

- Establish and regularly review Board policies and codes of conduct.
  - Engage in learning and training for ongoing development of Board competencies.
- Conduct Monitoring and Oversight**
- Review and approve operational plans, policies and programs.
  - Review and approve capital and operating budgets and reports.
  - Review and approve organizational policies and planning,
  - Oversee and ensure qualified and appropriate management performance.

### Skills and Qualifications:

- Adawegamik will seek to maintain a balance of skills and qualifications on the Board from amongst the applicants.
- A Board mix of qualifications may include financial management, strategic planning, risk management, human resources management, business sector knowledge, innovation, new business development, digital skills, business experience,
  - Business background and experience.
  - Previous Board governance knowledge and experience preferred.
  - Positive future thinking,
  - Leadership and management experience
  - Cultural awareness
- Board Compensation (under review).

### APPLY & INQUIRIES TO

Interim General Manager Eugene Lysy  
[eugene.lysy@gmail.com](mailto:eugene.lysy@gmail.com)  
(807) 768-1700

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

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**NOTICE TO CREDITORS & OTHERS**  
In the Estate of ELNA LORRAINE HENEY (aka LORRAINE ELNA HENEY)  
All Persons having claims against the Estate of Elna Lorraine Heney (aka Lorraine Elna Heney), late of Thunder Bay, ON, deceased, who died on or about July 27, 2023, are hereby notified to send particulars of the same to the undersigned on or before November 2, 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 5th day of October, 2023.

**KATHLEEN ELNA BARASKEWICH and PATRICK JOSEPH HENEY, ESTATE TRUSTEES**  
c/o ERICKSONS LLP  
ATTN: RYAN VENN  
291 Court Street South  
Thunder Bay, ON P7B 2Y1  


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