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Thursday, November 2, 2023

# FOX'S LEGACY LIVES ON



Terry Fox visitor centre turns 30 and still welcomes up to 70,000 people a year /5

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City of Thunder Bay Tourism manager Paul Pepe helped celebrate the 30th anniversary of the Terry Fox visitor centre on Highway 11/17. (Leith Dunick)



# Council hedges on waste

By Ian Kaufman - TB Source

In a win for anti-nuclear groups, Thunder Bay's city council has ordered further consultation before taking a position on the potential transportation of nuclear waste through the area.

The decision came after a demonstration organized by Environment North and We the Nuclear Free North that drew about 50 people to city hall on Monday.

The groups have raised concerns in the face of potential plans to bury nuclear waste deep in the Canadian Shield at Revell Lake near Ignace and Wabigoon Lake Ojibway Nation, about 275 kilometres northwest of Thunder Bay.

Revell Lake is one of two storage sites under consideration by the Nuclear Waste Management Organization (NWMO), the industry group tasked with finding a disposal solution for Canada's nuclear waste.

The anti-nuclear groups asked city council last year to endorse the "proximity principle," asserting the waste should be stored closer to where it's generated in Southern Ontario, and raising transportation safety concerns.

Council's intergovernmental affairs committee, tasked with examining the groups' request, had recommended against endorsing



About 50 people gathered in protest at city hall on Monday, the proximity principle.

The recommendation was accompanied by a short letter from chair Coun. Kristen Oliver, but no clear explanation of how the five-councillor committee reached its conclusion.

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# Poilievre raises heat on local MPs

By Matt Vis - TBSOURCE

The federal Conservative leader wants Northwestern Ontario residents to question why they're not having the carbon tax removed from the cost of their home heating, when that measure has been extended to the east coast.

Last week, Prime Minister Justin Trudeau announced a three-year pause on the carbon pricing of home heating oil, which is largely intended to reduce heating costs in Atlantic Canada where the use of home heating oil is most common.

While that announcement was welcomed by leaders of the Atlantic provinces, it has generated a fierce response throughout the rest of Canada, with calls for the pause to be extended to other areas of the country and cover other heating fuels.

Official Opposition Leader Pierre Poilievre, who has adopted "axe the tax" as one of his primary slogans as he prepares for the next election, was critical of the approach in the House of Commons on Monday.



Conservative Leader Pierre Poilievre speaks to followers in Thunder Bay during a 2022 visit to the city.

## Treat everyone the same

It's only fair, he said during a Tuesday morning media availability with Dougall Media that had been offered by the party.

"What about people in Thunder Bay?" Poilievre asked. "Thunder Bay is cold, as you know, and the Liberal MPs have failed to give Thunder Bay residents an exemption or a pause on their natural gas and propane heat."

"Why is it that Patty Hajdu and Marcus Powlowski have not gotten the same carve out for Thunder Bay that Justin Trudeau has offered other Canadians in the east?"

Poilievre, who had most recently visited Thunder Bay in July, argued that the pause of the tax on home heating oil is an admission by Trudeau that the government's carbon pricing approach is not an environmental plan.

"We need to greenlight green projects here in Canada so we can produce more emissions-free nuclear, hydroelectric and tidal wave power that can feed our grid with green, carbon-free energy and that can help power our economy," he said.

"That will be a way of making carbon-free energies more affordable, rather than making traditional energy more expensive."

Poilievre also put the blame for soaring food prices on the Trudeau government's

carbon pricing, insisting the taxes on farmers producing the food and truckers transporting goods adds up to shoppers paying the price at the grocery store checkout.





## First Nations pain

He acknowledged that many of the day-to-day challenges faced by Canadians across the country, such as the cost of living and housing, are more acutely felt in remote First Nations, where high suicide rates and unsafe drinking water are also major issues.

"I'm going to bring in new tools that allow them to collect more revenue from the resources that are harvested on their land, including even more taxation powers so the companies that harvest resources in First Nations communities can pay that money directly so the local First Nations rather than just to Ottawa," he said, adding he would also look to appeal the government's ban on long guns and greenlight resource projects.

"We're going to ensure that First Nations have more governing control and make it easier for those that want to get out of the Indian Act to opt for that so they can control their money and their land with less bureaucratic interference from Ottawa."

# WEATHER FORECAST

THURSDAY	FRIDAY	SATURDAY	SUNDAY
			
<b>Partly Cloudy</b>	<b>Mostly Cloudy</b>	<b>Partly Cloudy</b>	<b>Snow</b>
Precipitation: <b>30%</b> HIGH 3 LOW -2	Precipitation: <b>30%</b> HIGH 5 LOW -2	Precipitation: <b>40%</b> HIGH 4 LOW -1	Precipitation: <b>40%</b> HIGH 4 LOW -2

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IN BRIEF

# Murder suspects get trial dates

The four accused in the 2019 death of a 21-year-old man from Toronto whose body was located on the shoulder of a highway in Shuniah are expected to stand trial in late 2024.

Trial dates have been set for 26-year-old Kaveh Lozoomi-Garmroodi of Toronto, 30-year-old Hikomel Gary Joiles of Toronto, 44-year-old Stephan Richard Parr, and 34-year-old Amy Rose-Podnar, both of Thunder Bay.

The seven-week trial will begin on Sept. 3, 2024, with jury selection.

The charges relate to the death of 21-year-old Samatar Warsame of Toronto.

Warsame's body was located on the shoulder of Highway 527 just north of the Highway 11/17 junction on Jan. 13, 2019.

The case remained unsolved for more than 40 months until the Ontario Provincial Police arrested and charged the four accused with first-degree murder in May 2022.

The OPP said at the time of the arrests that

the accused and Warsame had a 'common interest.'

## Draw nets \$1.44 million

Morson, Ont.'s Clarence Gibbins is the winner of the \$1.44-million Thunder Bay 50/50 draw.

It's the fourth-largest grand prize given out in the 33 months the draw has been held, in benefit of the Thunder Bay Regional Health Sciences Foundation.

It left Gibbins almost speechless when he took the call on Friday morning from Foundation president and CEO Glenn Craig.

"Holy cow," he exclaimed. "Amazing. I don't know what I'll do with the money -- just renovate my house."

More than \$28 million in prizes have been awarded since the draw launched in January 2021.

While highly successful in its first two years, the prize purses have soared in 2023, with nearly \$4 million more in grand prize money being awarded over the first 10 months of the year, compared to the same time frame in 2022.

Craig said the hospital foundation's take will be well spent.

"Half of this month's 50/50 proceeds are going directly to improve regional breast cancer care," Craig said in a release announcing this month's winner.

"Thanks to our 50/50 supporters we're doing more, faster at the hospital, like providing more cutting-edge equipment and treatment options."

## Deputy fire chief hired

The city has named its second deputy fire chief.

The city on Monday announced the hiring of Martin Hynna, who has been with Thunder Bay Fire Rescue since 2000 in various roles, including as a firefighter, training officer, and division chief of training.

Hynna was most recently in the acting role as deputy fire chief until the announcement came that he was the successful candidate to fill the role permanently.

Hynna joins Dave Paxton as the department's two deputy fire chiefs.

In a release, Chief Greg Hankkio says Hynna has provided an unwavering commitment to the team and community.

"I have the utmost confidence in Martin's expertise and look forward to his continued leadership as Deputy Fire Chief," he said.

## Lynch to retire

Kathleen Lynch intends for this to be her last year at the helm of Confederation College.

The college last Friday announced that Lynch is set to retire, effective Sept. 4, 2024, after spending the last five years as the school's president.

"I have witnessed the transformative power of education to change lives. Our motto, we 'Change lives through learning,' has resonated deeply with me.

"I have had the privilege of meeting countless exceptional students from northwestern Ontario, Canada and around the world, who have profoundly impacted me. College staff are leaders and have worked with me to ensure our success," Lynch said in a statement issued by the college.



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The Terry Fox statue at the visitor centre was dedicated on June 26, 1982 and moved to its present site in 1993.

# Terry Fox site celebrates 30

By Leith Dunick – TB Source

Each year, between 60,000 to 70,000 people stop at the Terry Fox visitor centre to pay tribute to one of Canada's most iconic heroes.

Almost always Trip Advisor's No. 1 Thunder Bay activity, city tourism manager Paul Pepe says the visitor centre and its staff have been teaching visitors to the region about Fox's legacy for 30 years, since the facility first opened in late October 1993.

Staff also act as ambassadors for the entire region, informing tourists about activities and other sites of interest to visit, even hopping on the phone to try to find accommodations for travellers who arrive in Thunder Bay to find hotel rooms scarce during busy summer months.

"We're a centre that's actually open year-round. We're open seven days a week, 365 days a year," said Pepe, on Monday marking the 30th anniversary of the centre and the relocation of the Terry Fox statue, which for almost a decade resided across Highway 11/17 from its current location overlooking Lake Superior and the Sleeping Giant.

"That's very rare in tourism markets, particularly in Northwestern Ontario. It's

something we're very proud, that we're able to help visitors find places to stay, find places to eat, find things to do on a year-round basis here."

Fox began his Marathon of Hope in 1980, after losing a leg to cancer, the goal to raise money and awareness about the disease that took his limb, and ultimately cost him his life in 1981.

Four decades later, his legacy lives on, with hundreds of millions raised.

"Terry's legacy left a mark on so many people. A lot of people that have been impacted by cancer or have loved ones impacted by cancer, for them, this is a must stop for them to come and pay honour to Terry's legacy, to Terry's legacy. It's a must stop for many, and not just Canadians, but people from around the world know about Terry Fox's legacy. It's a very popular stop ... It is the kind of place that really draws people."

The Terry Fox statue was officially dedicated on June 26, 1982, with then governor general Edward Schreyer and former Ontario premier Bill Davis in attendance.

Fox died on June 28, 1981 at the age of 22. His Marathon of Hope ended on Sept. 1, 1980, after 5,573 kilometres, just east of Thunder Bay.

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EDITORIAL

# Heating costs

The prime minister is providing relief to some Canadians, putting a three-year pause on the carbon tax applied to home-heating oil.

This doesn't go far enough, and quite frankly, is unfair to millions of Canadians who use natural gas, or propane to heat their homes.

According to a CBC article, only three per cent of Canadians heat their homes with oil.

In Thunder Bay, natural gas is used by thousands of homeowners, who won't get a break under Justin Trudeau's plan.

At a time when interest rates continue to remain high, and food prices show no signs of settling back to pre-pandemic prices, all Canadians can use a break on their home-heating costs.

Yes, Trudeau says his current plan is aimed at giving homeowners time to switch to an electric heat pump, and yes, hundreds in our area will benefit.

In Northwestern Ontario, heating our homes is paramount. We can't control the weather and it gets cold up here.

Our safety and comfort must be affordable.



Dougall Media celebrates Halloween. Back, from left: Kaile Wanzuk, Ted Jessop, Clint Fleury, JD Luchies, Bob LeGros, Sheri Leviski-Kotyk, Brad Hilgers and Ian Kaufman. Bottom row, from left: Kevin Jeffries, Val Mitchell, Austin Campbell and Leigh Nunan. (Leith Dunick)

# Prophet Song reimagines Ireland's future

If there was ever a crucial book for our current times, it's Paul Lynch's *Prophet Song*.

The Limerick-born author's fifth novel imagines the Republic of Ireland slipping into totalitarianism after the rise of the rightwing National Alliance party which seizes total control in response to trade unionists lobbying for increased teachers' wages.

Civil liberties erode and civil war breaks out. Like a lobster in a boiling pot, people don't realise their freedoms have been obliterated until it's too late: 'All your life you've been asleep, all of us sleeping and now the great waking begins.'

Lynch's critically acclaimed third novel, *Grace*, was likened to Cormac

McCarthy's *The Road*, and this could also be said of the Booker Prize shortlisted *Prophet Song*, a dystopian nightmare in which the Stack family endure the horrors of the 'great waking'.

Lynch's dystopian Ireland reflects the reality of war-torn countries, where refugees take to the sea to escape persecution on land.

*Prophet Song* echoes the violence in Palestine, Ukraine and Syria, and the experience of all those who flee from war-torn countries. This is a story of bloodshed and heartache that strikes at the core of the inhu-

manity of western politicians' responses to the refugee crisis.

Told without paragraph breaks, the book has a breathless, claustrophobic atmosphere. Free will and the meaning of liberty are pushed beyond their limits, eroding both to a state of near non-existence.

It begins in Dublin as Larry, a senior trade unionist, is disappeared at a rally, leaving his wife, Eilish, to raise their four children. She must

make impossible decisions to protect her family. In one heart-wrenching scene, she has to run across no man's land to see her

injured son at a hospital, risking execution by snipers shooting at civilians.

Leaving home for an unknown existence beyond Ireland's borders is a choice made all the graver for Eilish as her father, Simon, who has early stage dementia, is insistent on remaining in the house he shared with his wife. Shouting at a trafficker sent to rescue her and her family, Eilish says: 'What my father needs is ... to be surrounded by his memories, to have the past within reach.'

Eilish's conversations with her father are fraught with memory slippage as she grapples to make him understand the severity of their situation. But his mind wanders between the past and present,

conjuring false memories of his long dead wife.

He is sometimes aware of the realities of the conflict, and when he is, he is razor-sharp: 'you [Eilish] believe in rights that don't exist, the rights you speak of cannot be verified they are a fiction decreed by the state'. He tells her to leave him behind and go to Canada - anywhere but here.

Lynch's message is crystal clear: lives the world over are experiencing upheaval, violence, persecution.

*Prophet Song* is a literary manifesto for empathy for those in need and a brilliant, haunting novel that should be placed into the hands of policy-makers everywhere.



**John Pateman**  
 BOOK BANTER

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# Farming fish an ocean nightmare

By JR Shermack - TB Source

A number of years ago nutritionists declared war on dietary fat, demonizing a favorite cooking ingredient and the key to some of our most decadent and delicious foods.

Animal fat was singled out as the foremost hazard to our health.

A life without fatty meats, deep fried foods and decadent baked goods hardly seemed worth living but for the sake of our health we all tried to trim the fat.

We began to eat proteins that would not only reduce the harmful fat in our diets but also provide a number of additional nutritional benefits for health- and wellness.

Fortunately there was one protein available that was not only delicious and nutritious but also loaded with fat, but not just any fat, the good fat known as omega-3 fatty acids.

Salmon has been part of the human diet for hundreds of thousands of years but it has only recently been sought out for its considerable health benefits.

Once we realized that eating those pink, fatty, fish filets provided many valuable nutrients, salmon was elevated to the level of a heart-healthy superfood.

Omega-3 fatty acids offered protection

against heart disease and other chronic ailments, it was packed with protein and rich in vitamins A, D and 100 per cent of daily recommended B12.

For the sake of our health and well-being we began to eat the occasional salmon filet in between the fatty steaks we continued to consume.

It was the least we could do for a healthy heart.

And so, amid increasing health consciousness and guilt about sedentary lifestyles and growing obesity, salmon became the symbolic nutritional savior of health-conscious diners.

Rising disposable income meant that more hungry consumers could afford to include exclusive, expensive foods in their diet and the demand grew for protein-rich salmon.

The voracious global appetite for dietary fish protein led to widespread unsustainable over-fishing, decreases and eventual depletions of wild fish stocks.

Additional pressure from disease, pollution, habitat loss, natural and man-made disasters and climate change meant that ocean production fell short of consumer demand.

Amid this bleak scenario aquaculture came to the rescue in the 1960s and came into its heyday as a sustainable seafood farming



Salmon steaks a part of a healthy diet. (iStock)

industry for salmon and many other species.

Fish farming has been a human activity around the world for thousands of years but never before at such a large scale because there have never been so many mouths to feed.

Every day over three billion seafood meals are consumed by eight billion humans around the world and more than 50 per cent of that

dietary protein is provided through aquaculture.

In Canada the most aquaculture fish product is salmon by both volume and value, annually providing over 120,000 tonnes of fish worth close to a billion dollars.

Unfortunately, what was once regarded an eco-friendly solution has grown into an ecological nightmare promoting calls to end all ocean-based aquaculture.

Cramped, unsanitary conditions make fish prone to infection and disease such as infectious salmon anemia and sea lice, often transferred to wild fish stocks

Aquaculture also pollutes the surrounding water by coating the sea bed with a slimy, toxic melange of fecal matter, excess nutrients, growth hormones and anti-biotics.

The industry is looking for solutions to these challenges, including land-based fish farms that simulate ocean-like conditions to raise seafood far from the sea.

Some day all fish protein may be raised this way without pesticides, hormones or eco-damage.

Salmon continues to be one of the most eaten aquatic animals in the world but if you have a romantic notion that fish comes from the sea, you might have to think again.

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## The Bay

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Please include details about the event, including any cost

### November 19

#### Turkey dinner

St. Andrew's Parish invites you to a Turkey Dinner Fundraiser on Sunday, Nov. 19 at 5:30 p.m. in Saunders Hall.

Tickets are \$25 for Adults and \$10 for Children under 10 years of age and can be purchased at the Church Office, 292 Red River Rd., 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 [standrewrc.ca](http://standrewrc.ca).

Proceeds from this event will go toward the Church Boiler Replacement Project.

### November 3-4

#### Thunderwolves hockey

The Thunderwolves welcome the Western Mustangs to the Gardens on Friday and Saturday night for OUA men's hockey action.

These two teams forged a bitter rivalry in the 2000s, and though the Mustangs have seen better days on the

ice, it's always exciting when the two teams tangle.

As an added treat, on Saturday night the T-Wolves plan to wear special jerseys to honour the Allan Cup-winning Thunder Bay Twins, who captured five national senior championships in the 1970s and 1980s.

Tickets are available at the box office or through the Fort William Gardens website. Game time both nights is 7 p.m.

### November 2

#### Lord of the Dance

For a quarter of a century, Michael Flatley's Lord of the Dance has been dazzling audiences across the globe with its unique combination of high-energy Irish dancing, original music, storytelling, and sensuality.

Since its premiere 25 years ago, it has become one the most successful touring productions in entertainment history, having been seen by over 60 million people.

The show will go to the next level in 2023 for its 25th-anniversary tour. Fans can expect new staging, new costumes, and choreography, plus cutting-edge technology, special effects, and remarkable lighting.

As the 25th anniversary of Lord of the Dance approaches, Flatley is hard at work preparing a celebration worthy of one of the world's great entertainment experiences.

The show takes place at the Community Auditorium, tickets are available at Ticketmaster.ca.



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This lynx was spotted while hunting grouse on a wet and cold Friday night along a remote, grassy trail. (Keith Ailey)

## Lynx adventure

If you spend enough time outside, you are bound to see some pretty wild things.

Over the years, I have been fortunate to have close encounters with moose, wolves, bears, snapping turtles and plenty of other creatures.

Most famously, there was that time I filmed a ram following me, at full gallop, as I biked down a rural road. After Gord Ellis broke that story, I was interviewed by The National as well as several international reporters.

Then last weekend, I was once again in the right place at the right time to get up close with some wildlife.

It was Friday evening after work, and I was out hunting grouse on my mountain bike.

It was wet, freezing cold, and a few snowflakes were falling. In these conditions, grouse often like to hunker down, and most hunters will wisely stay home. Though no other people were around, I was about to discover that I was not alone.

On this remote, grassy trail, I normally move slowly to scan the tree line for birds.

However, these freezing temperatures meant that I had to keep moving quickly to generate heat and be comfortable.

I had already reached the end of the road and was on my way back to my parked truck when I was suddenly stopped in my tracks.

I came around a corner at full speed and hit the brakes hard when I saw something standing out in the middle of the trail. My rear

tire skidded across the wet and partially frozen ground. I stopped and just stared.

A lynx. Twenty feet away, it gave me a glance and then turned his attention back to the grouse he was stalking in the woods. He did not seem to care that I was there. Then strangely, he just sat down, right on the trail.

For a few minutes I stood there, admiring the beast and considering how lucky I am to have these opportunities.

Eventually, I realized I had to get past him. The sun was setting, and I still had a 10-kilometre ride back.

So, I started walking closer, expecting him to bolt into the woods. Instead, he stood up and walked down the trail, just 15 feet in front of

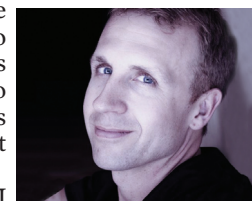
me now.

He made no sound as he moved, and I was shocked at his size, specifically his height and the length of his legs.

He then turned to face me and immediately stopped. Then he sat down again, tucking those long legs in and looking like a big house cat on the side of the trail.

That was as far as he was willing to move away from the grouse he had targeted for dinner.

With daylight fading fast, I was forced to walk right by him. As I passed, I was only a couple feet away, so I took a quick picture and video with my phone. Then I left him alone to finish his hunt. As I rode off, I admit I caught myself looking back a couple times, just to be sure he wasn't following me.



**Keith Ailey**  
the GOOD LIFE



# Deburring the winter paddock

It was one of the worst chores we've ever had to do on the farm: get rid of all the burdock plants - a veritable forest of the spiky, stick-to-all-your-clothing burrs. But it had to be done.

This past summer goes down as the Summer of the Burrs.

Burdock plants grew in abundance everywhere - on Mt. Crumpet where we dump the horse manure, in the western paddock we call "winter", in the main horse paddock to the south of Casa Jones, and along the sides of the driveway and the barn.

The result of this burdock "cornucopia" was evidenced anytime the two horses who graze in these areas entered the barn. Their manes and tails were covered in them and sometimes even their bellies.

Twice my wife, Laura, the horse person and the gardener in this family, combed them out.

So, why hadn't Farmer Fred rid these areas of the nasty things? Laziness, procrastination, take your pick.

But with the snows on the horizon, we decided that before we usher the horses into their outdoor winter quarters we would remove all of the burdock plants.

The close proximity of winter paddock makes it a lot easier to put them out for the day and then bring them back inside at the end of the day as well as servicing their hay and water.

We put a heater in the water tub and stretch twixt barn electrical outlet and the water tub is not far so that I don't need to plug in a huge, long extension cord..

There are two hillocks in Winter Paddock close to the edge of the trees.

These hillocks were created by me as each spring I would scrape the mixture of uneaten hay and horse poop into mounds.

These hillocks are where the majority of the burdock grew.

Makes sense when you think of what comprises the hillocks - rich, decaying fertilizer courtesy of the equines.

Why didn't I remove the annual scrapings? Too far for my ancient tractor, Big Red, and its bucket to ferry said scrapings to Mt. Crumpet.

But now I have realized that the rich composted manure is the perfect ingredient for weeds like burdock as evidenced by the hillocks and Mt. Crumpet.

Alas.  
So, Saturday afternoon was chilly with a wind that could reach through crevices in clothing not designed for arctic winds. Laura donned

her warm wool pants, and I was garbed with a wool vest. We were to learn later that wool clothing was a big mistake.

I wanted to slice the burdock at the plant's base with my gas-powered weed whacker that I have to wear with a harness but for the love of me I could not find the saw blade that I put on when using the whacker to cut small trees or, in this case, the thick stalks of the burdock plants.

I searched high and low but no go. Curses! I really thought that I'd removed the blade last year and returned it to the drawer where I store such implements.

Nope. So now what?

"Why not use the small chainsaw, the light one?" suggested Laura. Right.

Grabbed the saw, made sure it was gassed and oiled up, and then headed into the paddock with the quad and cart.

I would saw away and Laura would gather the dead plants and cart them out of the paddock. Plan was to burn them.

I began to saw. I had to bend low to get at the base of the plants which meant often brushing up against the burrs themselves.

Soon I was to learn that the burrs loved attaching to my gloves, to my vest, but more specifically, to my favourite toque. Remember, the wind was cold.

I thought that a toque was in order. Sure, I kept warm but at the end of the foray, even when I pulled seemingly endless burrs off of my toque, there were always more.

It took three hours to do the deed - me sawing and pulling the sawn plants from their often-awkward position on the hillock.

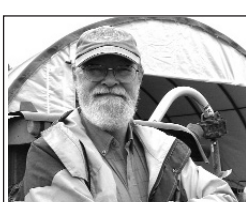
Laura would haul them onto the cart and take them out of the paddock to dump them in the yard beside where I store the hay trailer.

Eventually the paddock was burdock free. Hooray! But now we had to deal with the pieces of apparel now covered in burrs. Laura reckoned that removing all of the burrs from her wool pants was an exercise in futility. She threw out.

I was able to mostly remove the burrs from my vest but the gloves would need careful picking. All those tiny burr spikes were around the edge of the gloves.

But my favourite toque? The task will require the equivalence of nit-picking to detach all those tiny spars. Wish me luck.

Oh, thank your Halloween was suitably celebratory with Trick-or-Treaters..



**Fred Jones**  
RURAL ROOTS

# Mayor off to Everest

By Gary Rinne - TB Source

Mayor Ken Boshcoff is confident his long history of knee surgeries won't prevent him from getting onto the highest mountain in the world.

The veteran politician, 73, left Thunder Bay on Monday for Kathmandu, Nepal, where he'll join a group of eight long-time friends for a guided trek to Mount Everest.

He said the Himalayas have been on his bucket list for decades, but his plans to travel there three-and-a-half years ago were derailed by the outbreak of the pandemic.

Boshcoff has been to numerous other exotic sites over the years, including Antarctica, the Galapagos Islands and the headwaters of the Amazon River.

"The world's an intriguing place, and it's getting a little smaller. Some parts of the planet you can't even go to anymore, but this is still a safe place to go to."

The group will be under the watchful eye of a mutual friend from British Columbia who's guided hikes all over the globe, but they will be led onto the mountain by a Nepalese specialist.

"Kathmandu is the departure point, and then it goes to base camp, then levels 1,2,3,4, and 5 which is ascending the summit. We won't



Thunder Bay Mayor Ken Boshcoff.

even get close to that. So probably level 1.5, something like that."

The mayor said he's heard that thinner air at higher altitudes can pose a challenge even for people who have trained for it, but he's not expecting to go high enough on the mountain to require extra oxygen.

"It's at a pace that for someone who's had 13 knee operations, I can still do this."

Boshcoff expects to be away for close to three weeks, but said "I haven't had a break in awhile, so I'm feeling OK about it."

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# Hospitality sector is a grind

Well, well, well, as I sit down here at my laptop to pen the 100th edition of HCAYK. I am yet again, grateful.

This past couple weeks, a great many of you have made a point of telling me that you enjoy these ramblings of mine.

I cannot tell you how much I appreciate those words when I hear them. This business is difficult, sometimes when you're cooking professionally its extremely rare that you get instant gratification.

This is sometimes a failing of the construct of the business you work for and not indictive of the feelings non-existence. Sometimes you just don't get to interact with the public, and your whole sense of pride in your work must be conveyed via a 12-inch

round plate.

Sometimes, that's enough. Sometimes, sadly it's not.

When I was first starting out in this business, my first day of professional chef instruction; I was told there was no better or worse business than the food/restaurant business.

On a bad day, your hand is cut and burnt, your soul is crushed, and you have very little monetary compensation to show for your labour.

On a good day, your soul is filled, you're enjoying an after-work drink, paid for by a random customer who paid you not only

in compliments but with a wad of sweaty \$20 bills.

The stigma of mental health and the support surrounding it has been a very hot

topic over the last decade. Many different programs and charities have popped up to assist certain segments of the population.

The hospitality business is no different. The Burnt Chef Project was launched in May 2019 and was setup with the sole intention of eradicating mental health stigma within hospitality.

It is said that four out of five hospitality professionals have had some kind of mental health issue within their career and 46 percent of those polled would be uncomfortable speaking to a colleague about it. The social enterprise fundraises, sells merchandise and raises social awareness of mental health in chefs and hospitality workforce.

Over the years, "burnout" within the business was seen as a badge of honour, to be worn proudly and while I personally think a part of that will never go away due

to the camaraderie in the kitchen, there needs to be a line.

Anyone who knows me and my life knows I am not one to speak on work/life balance. It has never been my strong suit and realistically I can't even see balance from where I typically stand day to day.

However, I will always strive to be better at that part of it.

The opposite can sometimes be true as well, finishing a hard days work with your team by your side, can also positively affect one's mental health.

To learn more about "The Burnt Chef Project" visit <http://www.theburntchefproject.com/>

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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# Local girl stars in Lifetime film

Presley Allard performs in *Would You Kill For Me? The Mary Bailey Story*, a made-for-television movie

By Gary Rinne - TB Source

A budding young actress from Thunder Bay plays a lead role in a new TV movie based on a horrific real-life event that took place in West Virginia.

Presley Allard, 12, performs in *Would You Kill For Me? The Mary Bailey Story*.

The motion picture, which premieres Saturday at 8 p.m. on Lifetime, shows what happened to a family that was terrorized by an abusive husband and dad.

When the man threatened to kill his wife in Feb. 1987, she gave her young daughter a gun and convinced her to shoot her stepfather, resulting in both the girl and her mom being charged with murder.

Twists and turns follow the shooting.

Allard plays the role of 11-year-old Mary, who wrote a memoir published in 2020 - *My Mother's Soldier* - about the circumstances in which she was raised, and how they culminated in such a chilling outcome.

The movie is executive-produced by Melissa Joan Hart, perhaps best known as the title character in the former long-running TV sitcom *Sabrina the Teenage Witch*, who also performs as the child's grandmother.

Olivia Scriven, a star in the TV series *Degrassi* and *Degrassi: Next Class* plays the role of her mother.

Allard's acting talents were discovered while competing in the Monologue Slam Canada virtual competition, after which she went on to win the World Monologue Games, a global acting competition.

"It was around COVID, and we were really bored at home, and wanted to try something new. So I entered in an online competition, and an agent scouted me. He's been getting me a whole bunch of roles, and he's the best agent I could ask for," she said Wednesday in an interview.

The youngster appeared in *Unperfect Christmas Wish* (2021), followed by *Sorry About the Demon* (2022) and *Good Sam* (2022) before landing her first lead role performing as Mary Bailey.

The Grade 8 student believes she first developed a taste for acting when she attended a Magnus Theatre summer camp several years ago.

"I think it did, because every time I left



Presley Allard is a budding Thunder Bay actress.

Magnus, I would always feel so happy and bright."

The part she was given in her latest movie was a challenge, naturally, because of the difficult subject matter.

She said "It's a hard role to go on, especially as a 12-year-old. But if you really embrace it and know what you're getting into, I feel like it's a bit easier."

Allard didn't get the opportunity to read Mary Bailey's book, but she viewed some documentaries and did research online, and met Bailey when she visited the set while the movie was being shot in the Ottawa area last spring.

She was somewhat intimidated, she said, about working alongside big-name stars.

"It was at first scary because I wanted to be really good for them, and I wanted them to see what I can do. But as I got there, they were so kind and caring and welcoming, and I felt like they were just my friends, and I didn't have to put on anything or an act to be around them. I learned from them to just be yourself."

Allard said her goals for now are just to keep improving, and over the longer term to perhaps make it to Hollywood.



IKEA operates 16 brick-and-mortar stores across Canada, but the nearest Canadian location is in Winnipeg.

## IKEA opens local depot

By TB Source staff

There's no IKEA store in Northwestern Ontario, but the Swedish-owned global home furnishings retailer is stepping up its efforts to attract more customers from the region.

IKEA Canada announced Wednesday that it is launching a pick-up location in Thunder Bay, its first in Ontario north of Barrie.

It said the move reflects its "commitment to make shopping with IKEA more accessible and affordable for those who don't

have easy access to an IKEA store."

The closest Canadian store to Thunder Bay is in Winnipeg, a location that's visited regularly by many area residents.

The pick-up site in the 200 block of Cumberland Street North went into operation last Saturday.

According to the company the service will be provided "at an affordable rate," but the announcement did not provide details.

IKEA has 16 brick-and-mortar stores across Canada as well as a network of plan-and-order sites and pickup locations.

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# Model railroad display

By Justin Hardy – TB Source

For the first time since 2018, local and out-of-town model railroaders were able to get together for a charity event that also gave them the chance to showcase their hobby.

The Thunder on Rails Model Railroad Show brought out residents to the West Thunder Community Centre to take a look at the different displays and toy trains.

Thunder on Rails organizer Terry Moore said they were worried about how many visitors would come by after the hiatus, but they were quickly proven wrong as residents of all ages came down to the West Thunder Community Centre to see the various model railroad layouts, antique toy trains, and other hobby displays on site.

“Everything from G scale, which is a scale normally associated with large garden railways and all the way down to N scale, which is not the smallest, but the more common of the smaller layouts for limited spaces,” he said.

“We also have various railway displays from Canadian National Railway and their Operation Lifesaver Program and we have the Thunder Bay Model Railroaders, which is a relatively new club here in Thunder Bay that have an HO free-mo layout and



Thunder on Rails Model Railroad show was last weekend.

they're also promoting their junior model railroader program that uses what are known as team track modules. The kids get to build their modules and include them in a layout and enjoy model railroads.”

# Race to space lifelong dream

We return to the small screen catching up with fairly recent releases in the wondrous land of streaming.

One such candidate is *A Million Miles Away* (Prime Video) which details the real life story of José M Hernández, (Michael Peña) the son of migrant worker parents who aspired to join the NASA space program.

Right off, this kind of story threatens to conform to the triumph-of-the-human-spirit premise, with comfy formulaic predictability found in Hallmark Christmas movies. To an extent, *Miles* works from this playbook but the movie generally overcomes its spotty areas thanks to the cast and the actual hill of adversity (poverty, class, race, etc) our protagonist has to climb to realize his lofty dreams.

We follow young José (Juan Pablo Monterrubio) from the age of six. While working the fields with his parents and siblings (no child labour laws discussed here) in Mexico and California he becomes obsessed with the stars, his imagination fired by watching the Apollo II mission take off—he's so close to the TV the rocket's reflected in his eyes—which landed astronauts on the moon for the first time.

Exhibiting superior facility with math, though less with English, José is stuck in the cycle as an itinerant grade school student following his parents' seasonal work until one compassionate teacher Miss Young (Michele Krusiec) impresses upon his parents the importance of consistency in his education.

The movie skips through the rest of José's schooling and apparent family sacrifices to his college graduation as an electrical engineer, employed at Lawrence Livermore National Laboratory. But he's assigned a crummy office, doing menial photocopying tasks, mistaken for the janitor by a secretary since he's a person of colour, until he makes a breakthrough demonstrating a flaw in his department's engineering design.

José gets annually rejected by NASA eleven times. Adela asks a dejected José (he's now well into his 30s) what the successful candidates have that he hasn't. This sparks a turning point. José gets his pilot's license and scuba certification, learns Russian during an engineering program in Siberia, and runs in the San Francisco marathon. He's suddenly tenacious, determined.

The film is broken into sections headlined by



Michael Peña stars in *A Million Miles Away*.

applicable life axioms espoused by José's father Salvador (Julio César Cedillo). When José finally gets accepted into the NASA program, lesson # 5 is chillingly relevant: “When you think you've made it, work harder.” Training is rigorous, cold-blooded. Missions aren't guaranteed. Candidates wash out.

Adela sees her own dreams of running a restaurant diminish. Still, she refuses to be the “oblivious, whiny wife” though she chides José for his self-absorption and absences from his family.

The relationship between Peña and Salazar powers the film's emotional center with warmth and humour. Director Alejandra Márquez Abella sidesteps obvious melodrama, opting for charm.

Parents, teacher, wife, family, and supportive boss all share in his journey but it's ultimately José who recognizes that “Tenacity is a superpower.”



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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

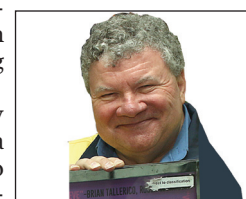
GOLDEN HAWKS

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

WINDSOR LANCERS

FEB 9<sup>TH</sup>

NIPISSING LAKERS



Marty Mascarín

MOVIE TALK



# Tigers win semifinal

By Matt Vis - TB Source

One week after watching a double-digit fourth quarter lead evaporate in their regular season finale, the Westgate Tigers nearly found themselves in the same spot in the playoffs.

The second-seeded Tigers, having held a 21-point edge in the fourth quarter that the third-seeded St. Ignatius Falcons eventually whittled down to one score, held on for a 35-28 win in their senior high school football semifinal to punch their ticket to next week's championship game.

A week earlier, Westgate came up on the losing end of a 36-35 scoreline after the Falcons soared to a fourth-quarter rally. This time, the 35 points produced by the Tigers' high-powered offence were enough to hold on for the win.

"Our [offensive] line had some great blocks and even our receivers the blocking after the catch was phenomenal," said Tigers multi-purpose threat Andrew Romeo, who accounted for three touchdowns in the winning effort. "It was great all around."

## Made up for last year

The victory serves as a measure of revenge for the Tigers, who came out on the wrong end of a 71-27 scoreline against the Falcons in last year's semifinal showdown.

"We tend to build as the season goes. That's what we're known for," Westgate head coach Mike McNally said. "To get past that semifinal is the biggest hurdle."

After the Falcons opened the scoring with an eight-yard Angelo Marino touchdown rush, the Tigers offence took control in the rest of the first half, with Westgate quarterback Mitchell Papineau hitting receiver Lance Basalyga for a 13-yard major to pull even.

The Tigers took their first lead when



Westgate's Lance Basalyga scores a touchdown.

they capitalized on a St. Ignatius special teams miscue, as an errant snap flew over the head of their punter, who was tackled inside their five yard line. Romeo capped the two-play drive with a rushing touchdown from two yards out. Papineau and Romeo then connected for a five-yard score in the second quarter.

The Westgate halftime lead could have been even larger than the 21-7 advantage they held but the Tigers had two other drives into the St. Ignatius red zone where they came up empty.

That offensive success came despite challenging cold and windy conditions, not completely out of the norm for an October night in Thunder Bay.

"We practice for these conditions. Our offensive coordinators did a great job in setting up the short passes, looking for the matchups that we wanted," McNally said. "That give [Papineau] the confidence to throw the ball because he knew

even if it got hung up that the matchup was there. He had confidence in his receivers and that makes all the difference."

The Tigers seemed well on their way to a comfortable win, when Papineau found Romeo for a 16-yard touchdown pass in the third quarter to extend the lead.

The Falcons started their comeback march in the fourth quarter, with Marino notching his second rushing touchdown of the contest, finding paydirt from 16 yards out.

## Responded

The Tigers replied with seven points of their own, with running back Hudson Gerry finding the end zone from 17 yards to restore the three-touchdown lead with under six minutes remaining.

On the ensuing possession, the Falcons drove the length of the field, capped by a six-yard Quinton Dawd touchdown scamper just inside the three-minute warning. A subsequent onside kick gave the Falcons offence the ball back around midfield and led to Marino's third touchdown of the game, a 21-yard catch-and-run on a pass thrown by quarterback Lucas Dupuis with 68 seconds remaining.

The Falcons again attempted an onside kick, but it was recovered by Westgate. The Tigers punted the ball away after two plays, giving the St. Ignatius offence a chance to make something happen.

With only a few seconds left, Dupuis had his pass intercepted by Tigers defender Ethan MacKay.

"We talked to the boys this week that St. Ignatius has a lot of good athletes and there's no quit in that team," McNally said. "I think this league this year was probably as even a league we've had in a lot of years. Anybody really could win any week this year."

## ENIGMA™ CRYPTOGRAM

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

"KBZ MKLBX KH QZSUBGBD UZELGUZN  
 OZB MKLBXN KH JKYYKB NZBNZ OK  
 SMMQC GO."

— MZUNGSB MUKPZUW

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

### ACROSS

- 1 Opera solo
- 5 Sunlight (pref.)
- 9 Ampere (abbr.)
- 12 Feral
- 13 Zeal
- 14 Robot play
- 15 Lade
- 16 7th incarnation of Vishnu
- 17 Confederate States of America (abbr.)
- 18 Copy
- 20 Listlessness
- 22 Male friend (Fr.)
- 25 It. exclamation
- 27 N.Z. honeyeater
- 28 No (Fr.)
- 29 Appearing dark and threatening
- 31 92 (Rom. numeral)
- 34 Department of Defense (abbr.)
- 35 Victory site of Alexander
- 37 Father
- 38 One's own (pref.)
- 40 Ten (pref.)
- 41 Unit
- 42 Soldiers
- 44 Fluidity unit
- 45 Sexually united (pref.)
- 46 Jinx
- 49 Eye inflammation
- 51 Conjunction
- 52 Year (Lat.)
- 54 Irish nobleman
- 58 Noun-forming (suf.)
- 59 Vein (pref.)
- 60 Angora
- 61 Stinging insect
- 62 Ass or donkey (Ger.)
- 63 Salt

### ANSWER TO PREVIOUS PUZZLE

FTC	LUAU	CTEN
RAH	ETCH	URAN
ONO	CHEF	RETE
GALATEA	AVA	
	DOR	SEESAW
SABER	TEC	ULA
ICON	AAA	BREN
NRA	AMB	ILEAD
GOTHIC	INE	
	ROD	COSTATE
OGAM	GIDE	ARA
PACE	UDIC	ROC
SLEY	RENT	ETH

### DOWN

- 1 Pointed tool
- 2 River (Sp.)
- 3 Bantu language
- 4 Egypt. skink
- 5 Cattle breed
- 6 Guido's note (2 words)
- 7 Buddhist monk
- 8 Unsuitable
- 9 Husky (2 words)
- 10 Atole
- 11 Entreat
- 19 Hung. dog
- 21 Auxiliary (abbr.)
- 22 Caucasian language
- 23 Disposition
- 24 Anil (2 words)
- 26 "Fra Diavolo" composer
- 30 Loam (2 words)
- 32 Sayings (suf.)
- 33 Same (Lat.)
- 36 Freedman in Kentish law
- 39 Like (suf.)
- 43 With sweetness: music
- 46 Mayan year
- 47 If ever
- 48 People
- 50 Boredom indication
- 53 Compass direction
- 55 Hawaiian frigate bird
- 56 Mythical bird
- 57 Building wing

1	2	3	4	5	6	7	8	9	10	11		
12				13				14				
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61				62					63			

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# Falcons will be tough

The St. Ignatius Falcons look like a lock to capture a second straight junior football championship.

The Falcons rolled over the Westgate Tigers 45-7 in last Sunday's semifinal, and have outscored their competition 192-48 this season, by nearly 29 points a game.

In their only meeting with their opponent, the St. Patrick Saints, the Falcons won 34-7, a nail-biter by St. Patrick standards.

Both teams have pretty good quarterbacks, the Falcons offering up Justin Coulombe and the Saints Boston Bortolin.

Coulombe was a little steadier last weekend, less prone to turnovers, but Bortolin's got a strong arm and a receiver or two who can haul in a pass.

In the senior final, the Hammarskjold Vikings will be seeking their first championship since 2008, the longest active drought in SSSAA.

The Vikings finished in first place this year, at 4-0-1, and held off the Saints 17-10 in last Friday's semifinal. But the Westgate Tigers have been getting stronger as the season progresses and could prove to be too tough an opponent.

Westgate does have to learn how to close

out a contest. They were up 35-14 against St. Ignatius in their semifinal, and hung on to win 35-28.



The Thunder Bay North Stars have made a few moves of late and they appear to have paid off.

The North Stars welcomed the previously unbeaten-in-regulation Sioux Lookout Bombers to the Gardens last weekend and proceeded to sweep them, charging into SIJHL contention as a result.

The top line of Easton Mikus, E.J. Paddington and Edison Weeks has been strong, but last Friday it was Beau Helmecki with a pair in his debut. Coach Rob DeGagne continues to tinker with his roster, and they've still got to prove they can hang with the likes

of Dryden and Kam River, but this is not a team to take lightly.



The Thunderwolves will honour the legacy of the five-time Allan Cup champion Thunder Bay Twins on Saturday night.

The Twins won the senior championship in 1975, 1984, 1985, 1988 and 1989 and several former players will be on hand.



**Leith Dunick**

SPORTS SHORTS

# Vikings advance

## Hammarskjold seeking first senior title since capturing it all in 2008

By Leith Dunick - TB Source

The St. Patrick Saints weren't about to go down without a fight.

But the defending senior high school football champions just didn't have enough in the tank to pull off the upset on Friday night.

Twenty-five seconds after Nicholas Lento-Veneziale booted a 25-yard field goal to lift the Saints into a 10-10 tie with three minutes to go in regulation, Hammarskjold's Gabriel Stieh, who had touched the ball twice in the contest, got the call and raced 17 yards to the St. Patrick endzone, earning the Vikings a 17-10 win and a spot in next Saturday's championship match against the Westgate Tigers, the Vikings seeking their first title since 2008.

"We couldn't have played a lot better, but we still pulled it out in the end," said Stieh, the younger brother of Lakehead University track star Amy Stieh.

"They 100 per cent made us work for it. It was a very good game on both sides."

### Big run

The winning touchdown was set up by a 44-yard run by Hammarskjold running back Owen Renn, who got the Vikings on the board in the first quarter with a one-yard rumble up the middle, a 15-yard unnecessary roughness penalty tacking on an additional 15 yards.

It was a tough win, said Renn, but one that showed the Vikings they can't take anyone for granted.

Hammarskjold led the Superior Secondary Schools Athletic Association standings at 5-0-1, while the Saints finished in fourth at 0-5-1.

On paper, the Vikings should have romped to victory.

In reality, they did just enough to carry them forward.

"Going into it they were the fourth-place team, so I'm really glad we didn't underestimate them too much," Renn said. "They are a good team. We did need to come out and we did need to play and I think we did that."

That doesn't mean they weren't nervous down the stretch, neither team really able to gain much traction inside the 20s on a chilly night with the wind whipping across the Fort William Stadium field.

Renn's last-drive run certainly helped the Vikings rediscover their confidence.

"Yeah, it was a big turning point in the game," said Renn, who finished with 112 yards rushing on the night.



Hammarskjold's Gabriel Stieh carries the ball.

"Sitting on the sidelines, watching your defence like that is definitely a stressful thing. It's a big part of the game and was just good that we were able to get the ball back and win it."

The Saints owned the ball for the first nine minutes of the final quarter, their 17-play drive augmented by a pair of costly penalties that kept St. Patrick's hopes alive. The first was a 15-yard facemask call late in the third, the second a roughing the kicker foul after the Hammarskjold defence had stopped the Saints at the Vikings 50.

Unfortunately for the Saints, penalties go both ways.

### Kept it close

Thanks to the rushing efforts of Connor Brindley and Brett Lovis, St. Patrick marched the ball to the Hammarskjold five. A holding call gave them a first-and-goal from the 15. Isaac Kaukinen got the call and lost six yards and the Saints were left with no choice but to attempt the game-tying field goal.

They got the ball back down seven and 2:35 to play, but Lovis's third-down pass fell short and the Vikings were able to run out the clock.

Kaden Busch had the Saints touchdown, a 45-yard second-quarter run that made it 7-6, a rouge later evening the score.

Hammarskjold coach Mike Judge said they knew they were in for a battle.

"They weren't going to go down without a fight, and to their credit, they really made us work tonight. Hats off to both groups, but we're happy with the win," Judge said.



**LAKEHEAD  
UNIVERSITY  
THUNDERWOLVES**

2023-2024 SEASON

## SEASON SCHEDULE

### BASKETBALL & VOLLEYBALL

#### MEN AND WOMEN'S BASKETBALL

**NOV 10 & 11TH** VS. YORK LIONS

**NOV 24TH** VS. WESTERN MUSTANGS

**NOV 25TH** VS. WINDSOR LANCERS

**JAN 5TH** VS. LAURENTIAN VOYAGEURS

**JAN 6TH** VS. NIPISSING LAKERS

**JAN 26 & 27TH** VS. BROCK BADGERS

**FEB 9TH** VS. QUEEN'S GAELS

**FEB 10TH** VS. ONTARIO TECH RIDGEBACKS

#### WOMEN'S VOLLEYBALL

**NOV 17 & 18TH** VS. TORONTO VARSITY BLUES

**JAN 12 & 13TH** VS. TMU BOLD

**JAN 19 & 20TH** VS. NIPISSING LAKERS

**FEB 2 & 3RD** VS. QUEEN'S GAELS

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