

# YEAR IN REVIEW 2021

YOUR COMMUNITY CONNECTION

THUNDER BAY **SOURCE**



## Our Mission

To provide communities, families and individuals freedom from the impact of life-controlling addictions

Contact 807-345-2277

Canadian Publications Agreement No. 0662445 Vol.19 No. 1

Thursday, January 6, 2022

# JOE COMUZZI

## 1933-2021

Long-time former MP and cabinet minister left a lasting, though sometimes controversial, political legacy /3



**WATCH FOR US!** **STILL PUBLISHED EVERY THURSDAY DELIVERED FREE**

YOU WILL FIND US WEEKLY ON THURSDAYS IN THE CHRONICLE JOURNAL LAKEHEAD WEEKLY FLYER DROP OR HOME SUBSCRIBERS WILL FIND US WITH THEIR FRIDAY CHRONICLE JOURNAL PAPER

**tbnewswatch.com**

## Real Estate Listings

Looking for a new home?

Visit us online!  
[tbnewswatch.com/realestate](http://tbnewswatch.com/realestate)



## WEEKLY SPECIAL SECTIONS

CHECK IT OUT!  
TO ADVERTISE CONTACT YOUR SALES EXECUTIVE OR CALL  
**346-2600!**

THUNDER BAY **SOURCE** YOUR COMMUNITY CONNECTION

Joe Comuzzi served as a Liberal MP in Thunder Bay from 1988 to 2007, when he crossed the floor and joined the Conservative Party of Canada. (FILE)



# LIL' BANDS

## VIDEO FOR THE NORTH

**SUBMIT A VIDEO & EARN \$25!**  
**SCORE 1 OF 3 GRAND PRIZES:**  
**CUSTOMIZED HOCKEY GEAR SET!**



Show us your stick handling skills, your deadly shot, how you tape your stick, your jersey, your arena, take a video selfie or TikTok Dance with your team on the ice, tell us why you love playing hockey. Be creative! All selected videos will SCORE a \$25 Gift Card + Grand Prize Entry!

Submit your clip and learn more at [Tikinagan.org/LILBANDS](http://Tikinagan.org/LILBANDS)



ᑎᑦᑭᑦᑭᑦ ᑕᑦᑕᑦᑭᑦ ᑦᑕᑦ ᑎᑦᑦᑦᑦᑦᑦ ᑕᑦᑕᑦᑦᑦᑦ  
**Tikinagan**  
Child & Family Services



Sioux Lookout  
First Nations  
Health Authority



Joe Comuzzi served from 1988 to 2008.

# Former MP Comuzzi dies

By Leith Dunick-TB Source

Former long-time Liberal and Conservative MP and cabinet minister Joe Comuzzi has died at 88.

First elected under the Liberal banner in 1988 in the Thunder Bay-Nipigon riding, Comuzzi served six terms in the House of Commons, though his time in Ottawa was marked by controversy that ultimately led him to cross the floor and join the Conservatives. The riding later became Thunder Bay-Superior North.

While the minister responsible for FedNor, in 2005 Comuzzi quit cabinet in order to oppose the Liberal's same-sex marriage bill. He

later was expelled from caucus when he announced he planned to support the Conservative budget in 2007.

After serving as an independent, Comuzzi made a high-profile switch to the Conservatives in June 2007.

Former Liberal MP Ken Boshcoff said anyone who knew Comuzzi at the time was not surprised at his willingness to stand up for his beliefs and those of his constituents.

"He delivered the goods. There's no doubt that when stuff had to happen, he came to the table and was not shy about going to sit in the prime minister's office until he got what he wanted. That led him

to cross the floor. Watching that was quite fascinating,' Boshcoff said.

"He was his own man and certainly that's what guided him. I really think he was Thunder Bay and the district. His riding, came first. He didn't mind being contrary to any political stripe or philosophy."

Iain Angus, a NDP MP who served opposite Comuzzi from 1988 to 1993, said he was shocked to hear of his former political rival's passing.

"While on opposite sides Joe and I spent a lot of time together as members of the Standing Committee on Transport - traveling across the country over the 5

years we were in the House at the same time. We got to know each other rather well," Angus said. "My condolences to his family on this loss."

Liberal Minister of Indigenous Services Patty Hajdu, elected three times in Thunder Bay-Superior North, was among the first to tweet her condolences on Sunday.

"Sad to hear of the passing of former Thunder Bay-Superior North MP Joe Comuzzi. My condolences to the Comuzzi family," Hajdu said.

Comuzzi's career as an elected official came to a close in 2008, when he declined to run for the Conservatives in the federal election.

**CATCH** the **ACE**

DRAW DEADLINE:  
EVERY THURSDAY  
8:00 PM

The United Way of Thunder Bay & Port Arthur Rotary proudly present:  
Catch the Ace!

Get your tickets for a chance to **win over \$15,000** in our weekly draw.

Take home the progressive **JACKPOT** if you find the elusive Ace of Spades.

Grab your tickets at: [tbayace.ca](http://tbayace.ca)

|                   |                   |                    |                    |
|-------------------|-------------------|--------------------|--------------------|
| 10 raffle numbers | 60 raffle numbers | 200 raffle numbers | 500 raffle numbers |
| <b>\$10</b>       | <b>\$20</b>       | <b>\$40</b>        | <b>\$80</b>        |
| Thank You         | Good Luck         | Most Popular       | Best Value         |

**ALL PROCEEDS SUPPORT THUNDER BAY CHARITIES**

For more information:  
[events@uwaytbay.ca](mailto:events@uwaytbay.ca)

[f](#) [t](#) [v](#) [@](#)  
[uwaytbay.ca](http://uwaytbay.ca)

Lottery License #: RAF1201852



Classified  
Read us online:  
[www.tbnewswatch.com](http://www.tbnewswatch.com)

**LG Legacy Giving THUNDER BAY**

**Start the Conversation**

**PLAN YOUR FUTURE AND YOUR LEGACY!**

- ✓ Accountant
- ✓ Favourite Charities
- ✓ Lawyer/Estate Planner
- ✓ Financial Planner
- ✓ Family and Friends

**LEGACY GIVING THUNDER BAY** is a collaboration that promotes, educates and encourages all people to impact their community for generations to come by leaving a gift in their Will.

[legacygivingthunderbay.com](http://legacygivingthunderbay.com)

# The past year had its ups and downs

I hope given the past year with the COVID scare and the human suffering caused by floods, wildfires, and misery inflicted by other humans like dictators. Here at Casa Jones, however, we have much for which to be thankful. I was informed that this issue of The Source was to be dedicated to 'The Year in Review'. OK, here goes.

2021 was an expensive year for us. Casa Jones required a new roof: our tractor shelter needed a new cover; both vehicles needed new tires and in the case of our car, new brakes; and the main floor of Casa Jones required sanding and re-staining.

Oh, and we got a new puppy. The twenty-year old shingles on our 'hoosie's' roof had worn down to

the point that we were getting some serious leaks.

I suppose that a couple of serious storms with high winds and/or ice buildup in winter played havoc on the shingles. The evidence was lines across the ceiling where a support rafter is located. Then there was a more definite show of unwanted water coming through the ceiling in our son's room.

So, a new roof: new shingles and a very competent crew all done from time of ripping off old singles to re-shingling completed by

suppertime. The next major expense was a new cover for the tractor shelter. The shelter is a quonset type with a metal frame and a huge, thick, one-piece vinyl cover. The metal frame

was okay; it was just the cover that had been ripped and torn due to weather. Now our boat, canoes, riding lawn mowers, and my ancient tractor, Big Red, would be safe and dry for some time to come.

Casa Jones' first floor after twenty-one years was pretty well worn, especially from the entrance into the kitchen.

We hired a wonderful chap who sanded and stained the entire first floor including bedrooms, hallway, and living room. What a difference? The floor looks brand new.

He also made new trim for doorways that our cat had used as scratching posts (foul feline fiend!) and put trim along the base of the first floor, a task we hadn't done since we had waited for several years before actually installing a wood floor.

Since I am not handy, his service was invaluable.

Inspired by the re-conditioning of the floor, Laura decided to repaint the walls in the hallway and in the stairwell leading to the basement. Same colour paint but now all the "oops" scratches and dents made by Yours Truly when moving furniture are gone. Casa Jones is looking good.

One event that helped that cheerfulness was the addition to our canine clan. I have written that we have Baxter, a rescue dog who is heading towards turning ten and still going strong even though he is a very big pooch.

There is Lily who we rescued two Christmases ago from the humane society.

She was tiny and has grown - still small as compared with the big guy, Mr. B.

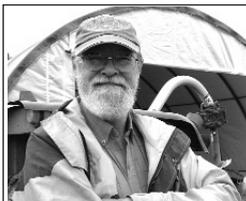
Now there is Sophie, a small-but-vital-black lab pup, two months old. Very cute. Lily immediately

adopted her as a BFF although Baxter at first wasn't keen on this new intruder. But one week later he has slowly got used to her presence, even tolerating her lying on the same piece of furniture (the living room couch is his domain) beside him. It is only when Sophie decides to lie in front of him and bark her head off that he takes exception and warns her off with a growl.

Between the shared tutelage of Baxter and Lily, Sophie will get a good education.

So, as the New Year unfolds I am grateful we made it through the previous one unscathed. The first item on our agenda is puppy training wherein we will be taking Sophie to obedience classes that I suspect are more for me than the pup.

Anyway, we now have a Three Dog Night (groan!) Happy New Year and may this one be wa-a-a-y better than the last.



**Fred Jones**

RURAL ROOTS

Up to  
**\$49,400**  
can be won....



ST. JOSEPH'S  
FOUNDATION OF  
THUNDER BAY

A NEW  
SPIN ON  
50/50!

**768-4440**

License # M835621

**Tickets Now Available**  
**\$52.00**  
**Draws Start April 7, 2022**

THINK  
RECYCLE



**NEW LOCATION**



**Cremation Centre**  
**575 Central Avenue**

**Front Portion of GoGlass Building**

**Across from Lowery's**

# Top 10 of 2021

By Leith Dunick - TB Source

A year ago, many of us truly believed 2021 would see the end of COVID-19 and life would go back to normal.

For a time, it appeared it might happen, though experts warned cases would start to climb again when cold weather returned.

The fear of the Delta variant was largely negated when vaccinations began being administered, but the arrival of the Omicron variant has case counts at record highs and both the vaccinated and unvaccinated being infected at levels unseen during the pandemic.

Not surprisingly, COVID-19 and all of its implications once again top the city's top stories of 2021. Here's our top 10 of the year, as chosen by Thunder Bay Source editor and Dougall Media Director of News, Leith Dunick.

1 COVID-19 is that unwanted house guest that simply won't go away. In Thunder Bay, the virus caught hold at the Thunder Bay District Jail and in the city's vulnerable population in February and March, with 470 cases at one point during the height of the outbreak.

Vaccinations were rolled out and at one point in the summer there were no active cases. But things changed in the fall, and as 2021 gave way to 2022, there were 383 active cases and not counting - the province having decided to stop testing for all but those in the most vulnerable settings, including long-term care and the hospital.

2 Brayden Bushby was sentenced to eight years in prison, found guilty of manslaughter in the death of Indigenous woman Barbara Kentner in 2017. Bushby tossed a trailer hitch from a moving vehicle at Kentner and her sister, striking Barbara Kentner, who later died as a result of her injuries.

3 Just months after agreeing with developers to reopen the Hoito Restaurant, the plan came



The historic Finnish Labour Temple was destroyed in a Dec. 22 fire.

crashing down when the Finnish Labour Temple went up in smoke and flames, the 111-year-old building considered a complete write-off. Owner Brad McKinnon vowed to rebuild the facade as close to the original as possible.

4 The federal election did little to change the political landscape, both nationally and at the local level. Liberals Patty Hajdu and Marcus Powlowski were easily returned to office for another term, as part of a second straight minority government. Hajdu, who served as health minister throughout the pandemic, was moved to Indigenous services in a post-election cabinet shake-up.

5 The Office of the Chief Coroner announced it would reopen the investigation into the

death of Indigenous man Stacy DeBungee, who died in 2015, his body pulled from the McIntyre River. Police immediately ruled his death non-suspicious, but evidence later came forward that suggested the decision may have been made too hastily.

6 The 30-year-old pilot of a small aircraft was killed in a crash landing at Thunder Bay Airport in late August. Peter Balodis was flying as a part of an aviation team fighting forest fires in Northwestern Ontario when his plane went down.

7 Thunder Bay observed the first Truth and Reconciliation Day on Sept. 30, hundreds gathering to pay tribute and remember residential school victims, hearing first-hand the stories while standing on the site of the former St. Joseph Residential School. A sacred fire was the centerpiece of the ceremony.

8 Anti-lockdown activist Chris Sky was arrested by Thunder Bay Police after holding a rally at Hillcrest Park. Sky had been told by OPP not to hold a rally in the province, but defied the order following a rally at Waverly Park which he did not attend, his supporters marching up the hill to greet the controversial anti-masker.

9 A Thunder Bay family narrowly escaped a tragic fate when a truck barrelled through a stop sign at Sistonens Corners, killing the transport driver and his passenger. The Highway 102 intersection has been the scene of a number of other close calls in recent months.

10 A driver was charged with dangerous driving after plowing through an unoccupied tent at a homeless encampment on the site of a former gas bar at County Fair Plaza. The city earlier in the month found itself in hot water with local homeless activists after announcing it planned to fence off the area to keep campers out.

## THIS WEEK'S WEATHER FORECAST

| THURSDAY  | FRIDAY  | SATURDAY  | SUNDAY  |
|---|---|---|---|
|  |  |  |  |
| <b>A mix of sun and clouds</b>  | <b>Mainly sunny</b>   | <b>Light snow</b>   | <b>Mainly sunny</b>   |
| Precipitation: <b>30%</b><br>HIGH <b>-18</b> LOW <b>-25</b>                         | Precipitation: <b>20%</b><br>HIGH <b>-17</b> LOW <b>-18</b>                         | Precipitation: <b>70%</b><br>HIGH <b>-7</b> LOW <b>-16</b>                          | Precipitation: <b>300%</b><br>HIGH <b>-16</b> LOW <b>-26</b>                        |

# NOFRILLS

## 88¢ SALE

PRICES EFFECTIVE FROM THURSDAY, JANUARY 6 TO WEDNESDAY, JANUARY 12, 2022

|   |   |
|---|---|
| <p style="color: #FF0000; font-weight: bold;">WON'T BE BEAT®</p> <p style="font-size: small;">If you find a cheaper price, simply show us and we will match.®</p> <div style="display: flex; align-items: center; justify-content: center;"> <div style="background-color: #FF0000; color: white; border-radius: 50%; padding: 5px; margin-right: 10px;"> <b>CLUB SIZE</b> </div>  </div> <div style="display: flex; align-items: center; justify-content: center; margin-top: 10px;"> <div style="background-color: #FF0000; color: white; border-radius: 50%; padding: 15px; font-size: 2em; margin-right: 10px;"> <b>3.49</b><br/>LB<br/>7.69 KG                 </div> <div style="text-align: left;"> <p style="color: #FF0000; font-weight: bold;">SAVE \$1.50/LB</p> <p style="color: #FF0000; font-weight: bold;">LEAN GROUND BEEF FRESH</p> </div> </div> | <div style="display: flex; align-items: center; justify-content: center;">  <div style="background-color: #FF0000; color: white; border-radius: 50%; padding: 5px; margin-left: 10px;"> <b>CLUB SIZE</b> </div> </div> <div style="display: flex; align-items: center; justify-content: center; margin-top: 10px;">  <div style="background-color: #FF0000; color: white; border-radius: 50%; padding: 15px; font-size: 2em; margin-left: 10px;"> <b>3.88</b> </div> </div> <p style="font-size: small; color: #FF0000;"> <b>SAVE UP TO \$2.11</b><br/> <b>RASPBERRIES</b><br/>                 product of U.S.A. or Mexico no. 1 grade<br/>                 or <b>BLACKBERRIES</b><br/>                 product of Mexico             </p> |
| <p style="color: #FF0000; font-weight: bold;">SAVE \$6.09</p> <p style="color: #FF0000; font-weight: bold;">SCHNEIDERS CHICKEN WINGS</p> <p style="font-size: x-small;">selected varieties frozen 615g</p> <div style="display: flex; align-items: center; justify-content: center; margin-top: 10px;"> <div style="background-color: #FF0000; color: white; border-radius: 50%; padding: 15px; font-size: 2em; margin-right: 10px;"> <b>6.88</b> </div>  </div>   | <p style="color: #FF0000; font-weight: bold;">SAVE UP TO \$2.11</p> <p style="color: #FF0000; font-weight: bold;">SEAQUEST™ FROZEN FISH FILLETS</p> <p style="color: #FF0000; font-weight: bold;">SKINLESS BONELESS</p> <p style="font-size: x-small;">selected varieties 680g</p> <div style="display: flex; align-items: center; justify-content: center; margin-top: 10px;"> <div style="background-color: #FF0000; color: white; border-radius: 50%; padding: 15px; font-size: 2em; margin-right: 10px;"> <b>6.88</b> </div>  </div>   |

Shawn's Nofrills ~ 766-0003

1020 Dawson Rd. Thunder Bay

Darcy's Nofrills ~ 626-0003

425 N. Edward St. Thunder Bay

## EDITORIAL

**Doing it again**

As the Kinks once sang, we're back where we started.

Or so it seems.

On Monday, Premier Doug Ford announced a new round of restrictions, that includes the closure of schools to in-person learning for at least two weeks.

It's the 'at least' that has parents so concerned.

When asked, Ford and his experts couldn't give any guarantees that when two weeks are up, students, teachers and education workers will be back in class.

Parents and students alike need some certainty. Last year, when classes were stopped in person, the deadline to return to school kept getting pushed, ultimately leaving students at home for the remainder of the school year.

Omicron is highly transmissible, but Ford has had weeks, if not longer, to get classrooms ready. If the peak of Omicron won't happen until the end of January, what guarantees are there that schools will be safe?

There's none. Forgive us if we have a tough time believing there's an actual plan in place. Here we go round again, to quote the Kinks again.

# Preparing for 2022

By JR Shermack – Special to TB Source

After the turmoil of the past two years I wonder what surprises 2022 has in store for us, good or bad.

We struggled through 2020 enduring all the nasty twists and turns and 2021 was no picnic either, especially when our hopes for a happy holiday were dashed by another COVID variant.

Still, in spite of the discouraging turns there was and still is reason for hope and optimism as we prepare ourselves for whatever lies ahead.

As for me, the New Year began on a very positive note shared with the company of loved ones.

A small circle of our immediate family spent Christmas and New Year's together in 2021, enjoying the quiet comfort and some boisterous good will during our celebration.

We ushered in the New Year with a heartfelt group hug – the warmth, safety and security of a family embrace was a welcome relief and a joyful reward after months of restrictions.

I'm sure many Canadians had the same uplifting experience with their families.

I always feel invigorated at the beginning of a New Year – it seems like a time of unlimited possibilities, a clean slate, a fresh start.

It is always helpful to face the future with

determination and resolve.

Traditionally many people make life-altering New Year's Resolutions on January 1st but most are quickly broken and forgotten, often as soon as January 2nd or 3rd.

I don't follow that tradition but I do like to hear what futurists and forecasters are predicting for the coming year, so I can prepare.

A turbulent weather pattern is expected over Canada in 2022 resulting in a "come-and-go" winter for the eastern half of the country including most of Ontario.

For us this means occasional blasts of frigid winter conditions interrupted by frequent periods of mild weather and even extended thaws in some regions.

That sounds encouraging but I will keep my parka nearby for the chilly parts.

In the other direction our friends in Western Canada are facing the prospect of frigid weather and the frosty winds of the polar vortex blasting cold, arctic air up their backs.

In space news, scientists, engineers and astronomers are hopeful that 2022 will be the year we discover evidence of alien life elsewhere in the universe.

Their hopes are based on the ability of the \$10 billion James Webb telescope to find clues in the cosmos that tell us we are not alone.

The search for intelligent life on Earth will also continue - the nature of life in 2022 has been the subject of speculation for a hundred years.

I came across some previous guesses and predictions made years ago about what life would be like in 2022.

In 1922 novelist W.L. George predicted that by 2022 passenger air travel would be popular, automobiles would fill the highways and atomic energy would be harnessed.

In the 1973 science fiction film *Soylent Green*, Earth in 2022 is depicted as a planet plagued by overpopulation, environmental degradation and easy access assisted suicide.

These predictions are surprisingly accurate but others, not so much.

In 1965, science fiction publisher Hugo Gernsback foretold of a 2022 world without shaving – a simple injection would stop the growth of men's facial hair and also women's leg hair.

As far as I know we're still waiting for that particular miracle of science.

Although nobody is quite sure what the pandemic has planned for the rest of 2022, some doctors and scientists are asking if this is the year we will finally gain the upper hand.

Hope springs eternal for a weary population, especially early in the New Year.

## Felicia's Journey a troubling, gripping tale

*Felicia's Journey* by William Trevor is a disturbing book to read. In this gripping story of a young woman's loss of innocence, Trevor takes us on a chilling and suspenseful journey into the human heart. Felicia travels from Ireland, in search of her lover Johnny, to the English Midlands. There she meets Mr Hilditch, an obese catering manager, who is also searching – in a way Felicia cannot begin to fathom.

Mr Hilditch was deeply damaged as a child. He didn't know his father and we don't know why his father left his mother. What we do know is that she entertains male 'friends' at home including a jolly uncle and an obliging policeman. It is also

suggested that she takes her son to bed.

Alone and desperate, Felicia allows Mr Hilditch to help her as he has helped many girls before. He rescues them, gets to know them and puts them to rest when they say they want to leave.

This is a story where love and betrayal and a craving for emotional connection have the most profound consequences and where the ambiguities between good and evil become shockingly real.

*Felicia's Journey* conveys the reader into a dark and unfamiliar

landscape. With unequalled compassion and humanity, Trevor shows us that even at the extremes of human experience, grace and goodness are to be found.

*Inside the Mental: silence, stigma, psychiatry and LSD* by Kay Parley gives us a bird's eye view of psychiatric ('mental') hospitals in the '50s and '60s when they were bursting to capacity. The Lakehead Psychiatric Hospital had over 2000 patients at

this time. Kay had her first mental breakdown in 1948 and was diagnosed



**John Pateman**  
BOOK BANTER

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

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

Thunder Bay Source is a member of the National Newsmedia Council, which is an independent organization established to deal with acceptable journalistic practices and ethical behaviour. If you have concerns about editorial content, please contact [ldunick@dougallmedia.com](mailto:ldunick@dougallmedia.com). If you are not satisfied with the response and wish to file a formal complaint, visit the website [mediacouncil.ca.or](http://mediacouncil.ca.or), for additional information, call toll-free at 1-844-877-1163.





Starting a diet in the new year can be a challenging venture, but one shouldn't be afraid to begin.

## New Year's nutrition

You survived 2021, congratulations, it was no small feat. If you're going into 2022 a little heavier than you are comfortable being, you are not alone. This year more than many others you may be feeling a sense of renewed inspiration to change your lifestyle and begin eating healthier. This is an intimidating undertaking and may feel insurmountable. It is not, allow me to explain how I know that.

For those familiar with my personal history, in January 2010, I was weighing in at over 400 lbs. That's heavy, but it was also incredibly unhealthy. I was wearing a 5XL Chef Jacket. I was unhappy both personally and professionally. Changes needed to be made if I was going to live the type of life I wanted. However, my own personal mindset of "I'm going to do this myself without any help" is also not tremendously helpful when altering your own lifestyle as it can be beneficial to get some assistance from a professional. By no means am I an expert nutritionist or personal trainer, however I did experiment and learn using myself as a guinea pig and learned what worked for me. I also learned and developed some tricks that helped me achieve my goals.

Obviously, a disclaimer here, before beginning any kind of fitness or nutrition regimen you should consult a physician for your own personal requirements and peace of mind. Shout out to Dr. Fulford who helped me in those early years, I hope she's enjoying her well-deserved retirement.

The first issue you need to come to

terms with is that this is the longest of long games. It took me almost three months before I saw any kind of significant changes in my body or the scale. My body needed a lot of time to adapt to the new normal I was giving it. I was also hungry a lot at the start. No matter what I did my body would process food very promptly, even though I was consuming the perfect number of calories timed consistently. Although, after about that 90 - 120 day mark, changes came somewhat steadily.

Calorie counting is annoying but if you don't know where you're at you have no idea how you are doing. It does get easier with time and practice. However, how do you know how many calories you personally need? You need to calculate your Basal Metabolic Rate. You can punch that into google and find a lot of them online. It's a fancy way of saying, how many calories you need to maintain your body weight if

you just laid in bed all day. Now by no means is this all you need to consume in a day, however if you have an office job or a job without a lot of steps or movement, this needs to be closely monitored as sitting and snacking at work is a real killer, literally.

This month we are going to talk a lot about nutrition, motivation and trying to eat healthy. This is a long process but you are definitely worth investing in.

**Derek Lankinen is an award-winning chef, author, and restaurateur. He is the Owner/Operator of Beefcake's Burger Factory and Co-Owner of Elite Beef, Eat Loco Tacos and Brick and Mortar Food Co.**



**Derek Lankinen**

Here's Cooking at You Kid

# BOOST UP.

Book your booster today.

Protect yourself against COVID-19.

It's up to all of us.



Visit [ontario.ca/covid19](http://ontario.ca/covid19)

Paid for by the  
Government of Ontario

Ontario 

# JANUARY

*A Year  
in Review...*

## Deadly outbreak slammed

**1** Officials at Southbridge Roseview announced it was human error that allowed a COVID-positive worker into the long-term care home. An outbreak at the north-side facility was a factor in the deaths of at least 23 residents. A report later slammed the company's efforts, criticizing them for allowing residents to wander and regular PPE failures.

**2** Two inmates at the Thunder Bay District Jail tested positive for COVID-19, the beginning of an outbreak that eventually led to dozens of infections and helped fuel a widespread rise in cases throughout the community.

**3** In a statement of defence, the City of Thunder Bay denied responsibility for pinhole leaks in the city's water supply. St. Joseph's Care Group is suing the city for \$350,000, alleging the use of sodium hydroxide in the water supply caused the leaks. The city is also facing a \$350-million suit from homeowners.

**4** Controversial Sen. Lynn Beyak, booted from the Conservative caucus for refusing to remove hurtful letters expressing support for the residential school system, announced her retirement from the Senate after months of controversy and suspension without pay.

**5** Health officials completed their first round of vaccinations at area long-term care facilities, the first stage in opening

vaccines to a wider segment of the population.

**6** Police announced the results of Project Valiant, which led to 12 arrests and the seizure of \$2.7-million worth of street drugs. It was a combined effort between Thunder Bay Police and other police services.

**7** The abandoned Oddfellows Hall, which was destroyed by fire in March 2020 and ordered closed the previous year, was finally demolished, an effort that took about a week to complete.

**8** The city announced a \$1.35 million loan-program proposal for lead-pipe replacement, confirming days later it would give out up to 450 interest-free loans of \$3,000 to help homeowners remove lead pipes in favour of safer materials.

**9** Fort William First Nation announced it was keeping checkpoints and other safety measures in place in order to keep COVID-19 out of the community. Limited hours at FWFN gas bars and the closure of the FWFN arena were among the precautions taken.

**10** The city came under fire for yanking nets from its outdoor rinks and enforcing a strict 25-person limit, leading some on council to challenge the need for the rules, despite restrictions put in place by the province.



Paramedics conduct testing at Southbridge Roseview. (FILE)

## NEW YEAR GOALS

THUNDER BAY  
SOLID WASTE MANAGEMENT STRATEGY

REEN-VISION  
WASTE

CITY OF  
Thunder Bay  
Superior by Nature

SOLID WASTE &  
RECYCLING SERVICES

## FOR YOUR NEW YEAR'S RESOLUTION, COMMIT TO REDUCING WASTE.

### HERE IS HOW:

- 1 Rethink** | Think about waste before you buy. Avoid 'disposable' products.
- 2 Refuse** | Say no to plastic bags in stores – bring your own instead.
- 3 Reduce** | Take reusable containers and bags for lunches
- 4 Reuse** | Charitable organizations and thrift shops are happy to take reusable items you no longer need
- 5 Repair** | Be handy! Fix those items instead of replacing them
- 6 Recycle** | Recycle everything you can.

For more information on reducing waste, please visit: [thunderbay.ca/recycling](http://thunderbay.ca/recycling)

*A Year  
in Review...*

**FEBRUARY**



OPP investigate the death of Stacey DeBungee six years after the fact.

## DeBungee reinvestigation

**1**The Office of the Chief Coroner announced it was reinvestigating the death of Stacy DeBungee, whose initial 2015 death investigation was almost immediately ruled as not suspicious – drawing the ire of family members and Indigenous leadership. Later in the month it was revealed the officer who investigated the case would face disciplinary hearings.

**2**Thunder Bay returned to the colour-coded COVID-19 system in Red-Control mode, meaning many businesses faced strict capacity limits and others, such as movie theatres, had to remain closed. The move was short-lived, as later in the month Ontario announced a province-wide lockdown.

**3**Several Thunder Bay schools moved to virtual learning because of rising COVID-19, a precursor of what was to come in March, when all schools were closed to in-person classes, a move that would last the remainder of the school year.

**4**Thunder Bay Regional Health Sciences Centre unveiled its new vaccination centre at the Bora Laskin building at Lakehead University, a facility with the capacity to immunize up to 500 people per day.

**5**The Thunder Bay District Health Unit decided to expand its COVID-19 unit after acknowledging there were 35 cases in hos-

pital, including 10 in the intensive care unit.

**6**The City of Thunder Bay crafted a letter to send to the province, asking the government to consider changes to COVID-19 rules they said disproportionately disadvantaged small businesses.

**7**Teachers, education workers and students learned their much anticipated March Break would instead become an April break, the annual holiday postponed in an effort to ward off growing COVID-19 case counts throughout the province.

**8**Convicted killer Benjamin Marki lost his appeal. He was originally sentenced to life in prison without the possibility of parole in 2015 for the killing of Brant Street residents Wilfred Pott and Anne Chuchmuck.

**9**The idea of a Thunder Bay letter sign on the waterfront, complete with its estimated \$150,000 cost, was shelved after the city's tourism head, Paul Pepe, said it wasn't the right time to be spending money during a pandemic.

**10**City administration recommended the installation of red-light cameras at certain intersections, but council would later kibosh the move, which would have cost vehicle owners \$365 per infraction.



Josh

Safia

Ryan



**URBAN  
EYEWEAR**

[urbaneyewear.ca](http://urbaneyewear.ca)

**577-2220**



**379 Main Street (Thunder Centre)**

# URBAN EYEWEAR

*Silhouette*

TIFFANY & CO.

COACH

SAINT LAURENT  
PARIS

GUCCI

OGA

OAKLEY

Maui Jim

*With so many other brands to choose from!*

**Glasses, Eye Exams, Sunglasses, Contacts, Safety Glasses**

**MARCH***A Year  
in Review...*

# Record case numbers

**1** COVID-19 case counts continued to soar in March, thanks in part to community spread. By March 7 the city hit 470 active cases, which to date is still the apex. COVID found its way into more vulnerable populations and it quickly spread from there. There were 1,241 cases in the month, leading Dr. Janet DeMille to call for the city to be designated a COVID hotspot.

**2** Ontario Premier Doug Ford accused Kiiwetinoong NDP MPP Sol Mamakwa of jumping the vaccine queue by getting a shot at a Muskrat Dam clinic. Mamakwa was invited by community leaders to get his first jab and while Ford apologized, Mamakwa said actions matter most.

**3** City council, by a 7-5 count, rejected a tender for construction to build an indoor turf facility. The bid came in at \$39.1 million, a \$1.6-million hike in the estimated cost. The decision does not kill the project, but makes it less likely to go ahead.

**4** A 21-year-old on the run since the previous November and wanted for questioning in a firearms-related incident was finally arrested. Brianna Lynn Netemegiesic is also charged with second-degree murder for a death in March 2020.

**5** A fire at a Bay Street business and apartment complex blanketed the downtown north core sky in thick smoke as fire-

fighters fought the fire for more than 12 hours. The Starlite Flooring building was completely destroyed.

**6** Dr. Stewart Kennedy, who became the face of Thunder Bay Regional's COVID-19 response, was removed from his position as an executive vice-president at the hospital, the first of many administration shake-ups over the course of the year.

**7** With 51 patients with COVID-19 in hospital, Thunder Bay Regional announced it would once again start reducing its surgical capacity in order to avoid the potential for over-capacity at the facility.

**8** The province announced it would close a pair of Thunder Bay Youth detention facilities by the end of April. The Jack McGuire Centre and the J.J. Kelso Youth Centre were deemed under-utilized, through critics of the closures said it was unfair to take young offenders so far away from home.

**9** A man, claiming a COVID infection, was arrested after intentionally coughing on police. He faced multiple charges.

**10** After a year-long closure following the condemnation of their previous site, the Underground Gym reopened at its new Victoria Avenue location.



The Starlite Flooring building was destroyed by an afternoon fire.



*Wishing everyone in Thunder Bay-Superior North  
a safe, healthy, and prosperous 2022!*



**MICHAEL GRAVELLE, MPP**  
**THUNDER BAY-SUPERIOR NORTH**

179 South Algoma Street  
Thunder Bay, ON P7B 3C1  
807-345-3647 | 1-888-516-5555

[mgravelle.mpp.co@liberal.ola.org](mailto:mgravelle.mpp.co@liberal.ola.org)  
[www.michaelgravelle.onmpp.ca](http://www.michaelgravelle.onmpp.ca)  
f MichaelGravelle.TBSN

# Have a joyous New Year!

**Judith Monteith-Farrell**  
MPP Thunder Bay-Atikokan



409 George St., Thunder Bay P7E 5Y9 ☎ 807-622-1920 | Toll free 1-833-673-4129 ✉ [JMonteith-Farrell-co@ndp.on.ca](mailto:JMonteith-Farrell-co@ndp.on.ca)

*A Year  
in Review...*

**APRIL**

## Province-wide shutdown

**1** Concerns about a third wave of COVID-19 convinced Premier Doug Ford to order a province-wide shut-down for at least four weeks, leaving most businesses closed to in-person customers and the closure of most recreational facilities. A stay-at-home order was also issued by the province.

**2** AstraZeneca vaccines arrived in Thunder Bay to much fanfare, local pharmacies given the go-ahead to start administering them to those in the 55 to 64 age group. The vaccine later came under fire and distribution was halted.

**3** Students and teachers learned they wouldn't be going back to the classroom following the re-scheduled 'April' break after all. The Ford government announced early in the month schools across Ontario would remain in virtual learning mode for the foreseeable future. It lasted the rest of the school year.

**4** Controversial anti-masker Chris Sky was arrested during a visit to Thunder Bay, after allegedly defying orders not to speak to the public during stay-at-home orders. Sky, following a rally at Waverly Park that he did not attend, spoke for several minutes to rally-goers who marched to Hillcrest Park.

**5** The province announced it was going to turn the Northern Ontario School of Medicine into a standalone facility,

removing its ties with Lakehead and Laurentian universities, a move criticized by Lakehead officials for a lack of consultation.

**6** The Police Services Board passed a motion recommending the construction of a new \$56-million centralized police headquarters.

**7** Ontario Power Generation announced it had sold the Thunder Bay Generating Station to a demolition firm, a move panned by the head of the CEDC.

**8** Superior North EMS paramedics reached a tentative deal with the City of Thunder Bay, avoiding a potential strike hours before the deadline arrived allowing them to walk.

**9** City officials scrambled to the Kaministiquia River Heritage Park after receiving reports the historic James Whalen tug was sinking. About 33,000 litres of water were pumped out of the boat.

**10** An Oliver Paipoonge councillor came under fire for questioning why there was no day for White people after voting against adopting a Day of Action versus Anti-Asian Racism at the community's most recent council meeting. Allan Vis said there were already too many days for special interest groups.



Anti-masker Chris Sky was arrested after speaking to rally-goers.



*Happy New Year*

Throughout this time, it is important that we support one another and our community.

Wishing all our customers a happy and healthy New Year!

 **SYNERGY  
NORTH**  
THE POWER OF THE NORTH

**MAY**

*A Year  
in Review..*

# City's first murder of '21

**1** Liam Slipperjack, 18, was identified as the victim of the city's first homicide of 2021, after a violent assault on Limbrick Street. Two suspects, Desmond Jarrel Keewaykapow and a youth, were charged with second-degree murder.

**2** A Toronto man suffered serious injuries in a shooting incident on Archibald Street

**3** Police issued a warrant for the arrest of a man wanted in a Gore Street shooting incident, saying the suspect was considered armed and dangerous. Robert Bannon, 24, was later taken into custody. Later in the year he fled a domestic dispute and removed his ankle monitor, staying on the run for several days.

**4** Alstom, which took over the city's Bombardier manufacturing plant, announced a contract to build 60 new streetcars for Toronto. The cars, are part of a \$568-million deal.

**5** Ontario Provincial Police returned to Pikangikum First Nation under a new agreement that also allowed the return of overnight nursing in the remote community. Pikangikum leadership expelled OPP officers earlier in the year over allegations of serious misconduct.

**6** Thunder Bay Regional announced it would accept up to five Manitoba COVID-19 intensive care unit patients, its share of up to 20 patients being accepted by Ontario hospitals with the pandemic raging in its neighbor to the west.

**7** The Thunder Bay Airport will receive up to \$13 million in funding to complete major airfield infrastructure work in 2022. Work will include the resurfacing of the airport's primary runway and the replacement of runway edge lighting.

**8** Nishnawbe Aski Nation Grand Chief Alvin Fiddler announced he would seek the leadership of the Assembly of First Nations. Fiddler lost that race to former Ontario Regional Chief Roseanne Archibald.

**9** A sacred fire was lit at the site of the St. Joseph's Residential School in memory of the 215 children whose bodies were discovered in unmarked graves at a former Kamloops residential school site. City hall lowered its flag in honour of the children.

**10** A forest fire in Oliver Paipoonge was listed as being out of control, one of 23 active fires in the region at the time – a precursor of a devastating forest fire season to come.



A memorial was set up at the former St. Joseph residential school site.

## SESSION D'INFORMATION EN LIGNE VIRTUAL INFORMATION MEETING

École catholique  
Franco-Supérieur

12 janvier (en français)

January 13<sup>th</sup> (in English)

807 344-1169 • [fs@csdcab.on.ca](mailto:fs@csdcab.on.ca)

École secondaire  
catholique La Vérendrye

26 janvier (6<sup>e</sup> année)

27 janvier (8<sup>e</sup> année)

807 344-8866 • [escdlv@csdcab.on.ca](mailto:escdlv@csdcab.on.ca)

**RSVP** Par courriel pour recevoir votre lien de connexion  
 By email to receive your connection link



*Ma*  
**francophonie**  
pour la vie!



Conseil scolaire  
de district catholique des  
**Aurores boréales.ca**

**TheFrenchBoard.ca**

*Haven't spoken French in a while? Not sure if your child is eligible? Come to the information session or give us a call. We would love to talk to you about the possibilities for your child.*

*A Year  
in Review...*

**JUNE**



Brayden Bushby, who appealed his sentencing, will spend eight years in prison.

## Bushby sentenced

**1**Brayden Bushby, accused in the death of Barbara Kentner after he threw a trailer hitch that struck the Indigenous woman, was sentenced to eight years in prison for manslaughter in the 2017 death. Bushby was traveling in a moving vehicle when he tossed the trailer hitch, allegedly shouting, "I got one." Kentner died several months later.

**2**The families of nine sudden deaths involving Indigenous people expressed concern about the involvement of Sylvie Hauth in the reinvestigation of the deaths. The reinvestigation was recommended as part of an OIPRD report from 2019. Lawyer Julian Falconer said family members were concerned about potential conflicts of interest with Hauth.

**3**A Thunder Bay salon owner, Frank Lombardo, announced he planned to open his business on June 3, the day the province's stay-at-home order was scheduled to originally come to an end. Lombardo said he could no longer afford to keep Mirror Mirror closed. Several salons were later fined for doing the same. Salons were allowed to reopen by month's end.

**4**Ontario did announce the first stage of its reopening plan, several days earlier than planned, allowing non-essential retail outlets to open at 15 per cent capacity, as well as outdoor

dining of up to four people per table.

**5**Marshall Hardy-Fox pleaded guilty to kidnapping and being an accessory after the fact in the 2019 slaying of 40-year-old Lee Chiodo. David Hui and Musab Saboon face first-degree murder and kidnapping charges in the case.

**6**A vigil was held to honour victims of a senseless London, Ont. attack that killed four members of a Muslim family out for an evening walk.

**7**Coun. Peng Yu, who plans to run provincially for the Conservatives in 2022, called unsuccessfully for a plebiscite to determine the size of council, asking if the public would like to see it reduced from 13 to nine, while eliminating the ward system.

**8**Pride flags were raised outside Thunder Bay Catholic District schools, heralding a new era of inclusion.

**9**Thunder Bay MP Marcus Powlowski joined a growing call to allow fully vaccinated Americans to be allowed to enter Canada.

**10**A 51-year-old Thunder Bay man was charged with multiple counts of sexual assault against four female victims, aged 11 and 12, in 2015.



**PATTY HAJDU**

Member of Parliament



Wishing you a safe and  
Happy New Year!

 [Patty.Hajdu@parl.gc.ca](mailto:Patty.Hajdu@parl.gc.ca)

 807-766-2090

**Marcus Powlowski, MP**

Thunder Bay–Rainy River

*Wishing everyone a happy and healthy 2022!*

Constituency Office

905 Victoria Ave. E., 2nd Floor Thunder Bay, ON P7C 1B3  
[Marcus.Powlowski@parl.gc.ca](mailto:Marcus.Powlowski@parl.gc.ca) • (807) 625-1160



# JULY

## A Year in Review...

# Smoke-filled summer

**1** Smoke from dozens of forest fires burning throughout Northwestern Ontario made its way to Thunder Bay, causing air quality concerns, hazy conditions. Meanwhile communities in the province's Far North faced evacuations to escape the danger, including people living in Deer Lake, Poplar Hills, Pikangikum and Cat Lake First Nations. More than 100 fires were burning at times during the month.

**2** A Cancel Canada Day rally drew about 450 people, an effort to create more awareness of the plight of Indigenous people who attended residential schools and the oppression of minorities throughout Canadian history, up to and including present-day Canada.

**3** Near record high temperatures ushered in the month, with the mercury soaring past 34 C as residents sought relief from the heat wave in any way they could.

**4** Thunder Bay and the rest of Ontario finally entered Stage 3 of the province's reopening plan, finally allowing gyms and movie theatres to welcome back the public for the first time in months.

**5** The Ministry of Labour was called in to investigate a workplace fatality after a Finnway General Contractor employee

was crushed while working with heavy machinery at the company's Walsh Street West property.

**6** Lakehead University, pivoting from statements made earlier in the year, announced students in residence would be required to have had at least one COVID-19 vaccination and a plan for their second before being allowed to move in.

**7** A fire claimed one of the city's favourite south-side eateries, Caesar's Place. The building was razed in the fall and the popular restaurant's owners have promised to rebuild.

**8** Jonah Yellowhead was sentenced to eight years in prison for attempted murder in the 2019 stabbing death of a family member and discharging a firearm at a Thunder Bay pet store.

**9** In the ramp-up to the looming federal election, NDP Leader Jagmeet Singh paid the first of three visits to Thunder Bay, meeting with Indigenous leaders and focusing on the never-ending boil-water advisories some of their communities have faced, primarily Neskantaga First Nation.

**10** Thunder Bay city council passed a resolution staunchly opposing the practice of conversion therapy, which seeks to change the sexual organization of the LGBTQ+ community to heterosexual, using brainwashing techniques.



A cancel Canada rally took place on Canada Day in Thunder Bay.



**Kia Ora  
Kannabis**

**Come visit us at**

**1111 Victoria Ave E.,  
Thunder Bay, Ontario,  
P7C 1B7  
OR**

**236 Red River Rd.,  
Thunder Bay, Ontario,  
P7B 1A6**

**Hours**

**Monday to Sunday  
9:00 A.M. to 10:30 P.M.**

## Our Goal

Is to change the public perception of shopping for cannabis and cannabis accessories by offering our clients high quality products in a safe and welcoming retail environment. We have come a long way since our inception and have always believed that safe and regulated cannabis usage can better everyone's lives.

Kia Ora Kannabis offers our expertise to all consumers to help you make well informed decisions about purchasing safe, high quality products at the best price.

## Come Visit Our Showroom

With hundreds of cannabis and hemp related products on display and more arriving each week, we're positive you'll discover new products to improve your lifestyle experience.

## Top Quality Accessories

From glassware to candles and everything in between, we carry only top quality cannabis and hemp products.

## Shop Hundreds of Products

More than just glassware, we carry a wide selection of cannabis and hemp lifestyle products. From shampoo, conditioner, soap and skin cream we have a large selection to improve wellness.

*A Year  
in Review...*

**AUGUST**

# Plane crash kills pilot

**1** A Thunder Bay man, Peter Balodis, was killed in a fiery plane crash at Thunder Bay Airport.

**2** The election campaign officially began, with Prime Minister Justin Trudeau calling for a Sept. 20 vote. Liberal incumbents Patty Hajdu, the health minister, and Marcus Powlowski, faced stiff challenges from their Conservative and NDP opponents.

**3** After 18 months, Canada's borders opened to Americans on Aug. 9, though with plenty of restrictions in place. American travellers, as well as returning Canadians, were required to provide a negative PCR test, taken within 72 hours of arriving, as well as proof of full vaccination. The United States did not reciprocate until November.

**4** Derek Fox was elected as the new Nishnawbe Aski Nation grand chief, defeating Bruce Shisheesh 30-11 when voting results were tallied. Fox was elected deputy grand chief in 2015 and was re-elected in 2018. He replaced Alvin Fiddler who ran for the top spot at the Assembly of First Nations.

**5** Thunder Bay Mayor Bill Mauro called for a vaccination policy for city staff, specifically looking for guidance for

employees who interact directly with the public.

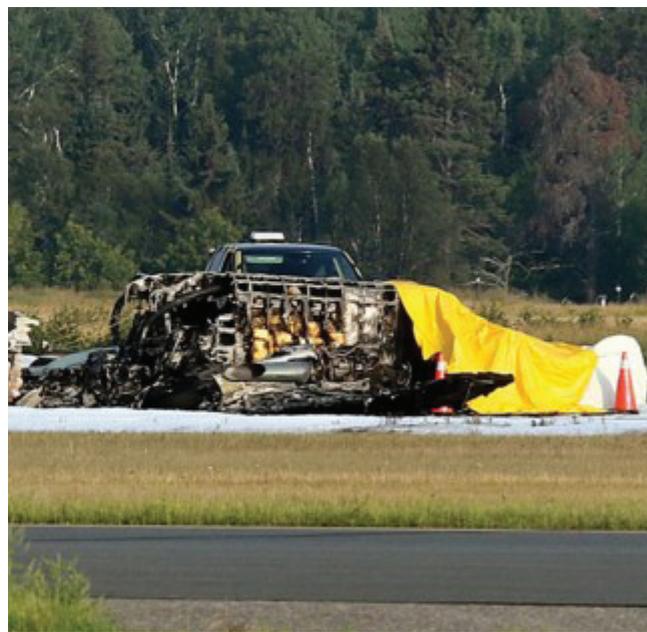
**6** Confederation College announced a vaccine requirement would be put in place, saying students and staff would need at least one dose of an approved vaccine to attend campus facilities, starting on Sept. 7.

**7** An ex-soldier from Thunder Bay criticized the federal government's efforts in regards to getting Canadians and those who helped Canadians in Afghanistan, following the United States' decision to pull all remaining troops out of the country.

**8** Premier Doug Ford visited the Alstom plant and promised the province would seek out more orders for the street-car manufacturing facility.

**9** Long-time Thunder Bay Television anchor Barry Third announced he was retiring after 35 years delivering the news to viewers throughout Northwestern Ontario. Earlier in the month the family of Lisa Laco announced the long-time CBC morning show host had died, following a bout with ALS.

**10** RibFest returned as a four-day, drive-through event, moving for one year to a parking lot at Lakehead University to avoid crowds at the health unit's vaccination clinic at the CLE.



Pilot Peter Balodis was killed when his plane crashed at Thunder Bay Airport.

It's time to invest in modernized local policing.



**Together**  
*Building Better*

Safety

Wellness

Vision

Collaboration

Accountability

## The Case for a New Thunder Bay Police Campus

### We need better:

- Public Safety
- Workforce Wellness
- Police Technology
- Collaborations
- Cultural Spaces
- Education & Training
- Cost Efficiencies
- Accountability

We're building to keep Thunder Bay safe, healthy and protected.

Learn more:

[thunderbaypolice.ca/buildingtogether](http://thunderbaypolice.ca/buildingtogether)

# SEPTEMBER

*A Year  
in Review...*

## Election results in status quo

**1**The federal election was all about the status quo. Liberal MPs Patty Hajdu and Marcus Powlowski were easily returned to office and their party maintained a minority government position following a controversial election criticized for its timing and its need.

**2**A devastating crash involving a transport killed both the driver and a passenger when their truck failed to stop at the end of Highway 102 and crashed into a pick-up truck towing a fifth-wheel, sending its four occupants to hospital. It was the first of several crashes at the site.

**3**Thunder Bay observed the first National Day for Truth and Reconciliation on Sept. 30, with ceremonies remembering the tragic legacy of residential schools, particularly sobering given the discovery of hundreds of bodies at former school sites earlier in the summer.

**4**The city announced it would do something to address the concerns of homelessness at County Fair mall, where an encampment was set up. A driver was later charged with plowing through one of the tents, which was empty at the time.

**5**Students and teachers returned to the classroom for the first time since March, excited to return to in-class learning.

**6**The Wake the Giant Music festival marked the return of large-scale live entertainment to Thunder Bay. Headlined by Jessie Reyez, Third Eye Blind and Loud Luxury, the Indigenous-friendly event was a huge hit.

**7**The province announced the creation of a vaccination passport system that allows businesses requiring vaccines and city run facilities to check the vaccination status of users. Dr. Janet DeMille of the Thunder Bay District Health Unit said she hopes the certificates will help increase immunization rates.

**8**The Thunder Bay District Health Unit waived fines it levied against local hair salons during the lockdown in June, rather than pursuing the matter in court. Several businesses faced \$880 in fines.

**9**Thunder Bay Regional said it had suspended four employees who had either not completed their vaccinations or submitted to alternative COVID-19 testing, adding there was no impact to patient care.

**10**A violent south-side assault went viral, leading to the arrest of three youths, all 17 or younger. They were charged with robbery, while the oldest was charged with assault with a weapon.



Patty Hajdu was re-elected for the second time in TB-Superior North.

**rfda** REGIONAL  
FOOD  
DISTRIBUTION  
ASSOCIATION

570 Syndicate Ave. S. Thunder Bay, ON

Tel: 807-622-7440

email: [rdacentre@tbaytel.net](mailto:rdacentre@tbaytel.net)

*Help Those Who Need It Most*



## WE PROVIDE FOOD TO FOOD BANKS.

**DONATIONS** Donate Money - You will receive a tax receipt for every donation of \$20 or more. online at: [www.CanadaHelps.org](http://www.CanadaHelps.org)

- **Or** - Drop off or send a cheque to the RFDA at 570 South Syndicate Ave, Thunder Bay P7E 1E7

- **Or** - Donate to the United Way of Thunder Bay and indicate that the donation is for the RFDA.

*A Year  
in Review...*

**OCTOBER**

# Explosion linked to murder

**1** A Thunder Bay man, Jordan Lapointe, was killed in a house explosion later ruled a homicide, at a Frederica Street residence. Four men were later arrested in the homicide.

**2** Two weeks after Lapointe's death, Steven Burns, 36, became the city's fourth homicide victim of the year after an incident in the 200 Block of Park Avenue. Khalid Ali Mohamed, 25, was arrested and charged with first-degree murder.

**3** Former Thunder Bay Police Services Board chair Georjann Morriseau filed a human rights complaint against the board and the Thunder Bay Police Service, alleging systemic discrimination by senior leadership of both organizations.

**4** City council approved a 15-year, \$3-million plan to upgrade the 70-year-old Fort William Gardens, including improvements to the facility's ice plant, accessibility and energy efficiency.

**5** The co-chair of Thunder Bay Regional's patient advisory council was removed over Nazi imagery he had shared years before on social media. Keith Taylor says he was a collector and was planning to start a Second World War museum.

**6** Long-time Thunder Bay Liberal MPP Michael Gravelle came under fire after sending an accommodation request

letter to the province on behalf of an unvaccinated personal support worker seeking an exemption to the provinces vaccine mandate. Gravelle apologized for the misstep.

**7** The family of a Thunder Bay man was publicly incensed that Kingston MPP Randy Hillier suggested the man's death was a result of his recent vaccination. Brian Dzijak, 39, died unexpectedly in September.

**8** A Thunder Bay Police officer, Kerry Dunning, was ordered to forfeit 60 hours of pay for discreditable conduct after an incident in which he allegedly informed an off-duty officer at a house party, in violation of a province-wide stay-at-home order, that police were responding to the residence.

**9** Thunder Bay Transit drivers voted for a strike mandate, 96 per cent of Amalgamated Transit Union Local 966 members agreeing to walk off the job if a deal couldn't be reached. A strike was later averted when a contract was approved.

**10** The Boulevard Lake Dam walkway reopened after a year-and-a-half worth of refurbishment that saw the main structure repaired and bolstered. The walkway was widened and had steel railings installed for safety and wood from the original dam repurposed into benches.



Jordan Lapointe was killed in an explosion at a Frederica Street residence.

Find a little peace in our walk.



Our Nature Path offers unique alternatives to traditional cemetery plans.

Asks us about memorial trees, rocks, benches and more in our tranquil, woodland paradise.

**Call today to take the first step: 807-344-1004**

 **Sunset Memorial Gardens**  
by Arbor Memorial

499 Cumberland St. N. Thunder Bay, ON (**Office**)  
3200 Oliver R.d, Thunder Bay, ON (**Cemetery**)  
[sunsetcemetery.ca](http://sunsetcemetery.ca)

To celebrate their life, be **inspired** by it.



Honour the one you love with **A Time to Remember™**, a new way to plan a uniquely personalized final farewell in our fully licensed facility.

**Find out more today: 807-346-9880**

 **Harbourview Funeral Centre**  
by Arbor Memorial

499 Cumberland St. N.  
Thunder Bay, ON  
[harbourviewfuneral.ca](http://harbourviewfuneral.ca)

 **Jenkins Funeral Home**  
by Arbor Memorial

226 Syndicate. Ave. S  
Thunder Bay, ON  
[jenkinsfuneral.ca](http://jenkinsfuneral.ca)

# NOVEMBER

*A Year  
in Review...*



Thunder Bay Police Chief Sylvie Hauth was under fire in November.

## Police leadership questioned

**1** Police Chief Sylvie Hauth issued a response to criticism from the Thunder Bay Police Association questioning the leadership within the department, saying she's committed to having an open dialogue with the union about meeting the expectations of policing in the community.

**2** Fire once again engulfed the former Great West Timber site on the city's waterfront, the second major blaze since 2015 to hit the long-closed facility.

**3** Conrad Joseph Bannon became the city's fifth homicide victim of 2021, dying of apparent gunshot wounds after a Spence Court attack that called into question the safety of the public housing unit. No one has yet been arrested in the killing.

**4** Andrew Otway was sentenced to six year in prison for a Nipigon kidnapping and assault. Otway is the brother of missing woman Alyssa Turnbull and believed his victim had information about his sister's disappearance. Turnbull has yet to be found.

**5** Thunder Bay Mayor Bill Mauro publicly declared he's not supportive of a new police headquarters, complete with its \$56-million price tag. Mauro, as a member of the police board, had voted to move the project forward, but

later expressed hesitancy about the cost.

**6** City council agreed to restrictions on trucks at County Fair Plaza, adding weight restrictions on neighbouring streets as a way to discourage truckers from parking and idling in the mall parking lot before heading out of the city.

**7** The United States border finally reopened to non-essential vehicle traffic, but visitors were few and far between on Day 1, Canada still requiring PCR tests to return to the country. The Canadian government lifted the requirement on Nov. 30, but reinstated it amidst soaring Omicron-related cases in December.

**8** A woman accused in a series of ongoing threats against Hammaraskjold High School received a three-month conditional sentence. Emilie Jade Pakrashi pleaded guilty to public mischief for the threats, that paralyzed the school in 2019.

**9** Thunder Bay's Alstom plant landed a 94-car refurbishment deal with Metrolinx to restore go train coaches, providing work for 200 employees for about two years.

**10** A shooting suspect fled police and removed his tracking device, leading to a manhunt. Robert Bannon, 25, was later arrested and taken into custody.



Dilico

Anishinabek Family Care

# HOME OF YOUR NEXT OPPORTUNITY

LEARN MORE ABOUT JOINING OUR TEAM!

# CAREER FAIR

JANUARY 12<sup>TH</sup>, 2022  
1 PM - 7 PM  
GOODS & CO MARKET  
\*Virtual option also available.

OPPORTUNITIES IN:

- Child Welfare
- Health
- Mental Health & Addictions
- Administration

[dilico.com/careers](http://dilico.com/careers)

# A Year in Review... DECEMBER

## Labour Temple destroyed in fire

**1**An icon of Thunder Bay's cultural fabric burned to the ground three days before Christmas, the century-old Finnish Labour Temple catching fire. The fire burned through the night, crews ripping through the roof in search of a line of attack, but the building could not be saved.

**2**COVID measures were once again heightened as the threat of the Omicron variant became a reality in the city. Capacity limits were slashed and gathering restrictions put in place days before the holiday season began.

**3**The Thunder Bay 50/50 jackpot took on a life of its own in December, soaring to unheard of heights with an incredible \$2.34-million jackpot. The previous high was the inaugural February draw, which awarded a prize of \$965,715. David Kamande, of Thunder Bay, was announced as the lucky winner.

**4**Thunder Bay's sixth and final murder of 2021 led to the arrest of 47-year-old Shane Franklin Kruchak. The body of Brian Wyer was found in a laneway on South May Street.

**5**Thunder Bay Regional Health Sciences Centre joined every hospital in the region, announcing it would require all staff

to be vaccinated against COVID-19 or risk losing their jobs early in 2022.

**6**Ticket sales were halted for the Scotties Tournament of Hearts, as the province first set capacity limits at Fort William Gardens to 50 per cent. As December closed out, they lowered the capacity to 1,000.

**7**Lakehead Public School and the Thunder Bay Catholic District School Board announced they were planning for in-class learning after the holiday break. The return to class was pushed to Jan. 5 by the province, a two-day delay.

**8**Jarrett Sainnawap was sentenced to three years for pleading guilty to accessory after the fact in the 2020 death of 14-year-old Kayliegh Ivall.

**9**After taking 2020 off, thousands lined the streets of Thunder Bay to witness the return of the popular parade of lights, featuring more than 130 participating vehicles this year.

**10**A short-lived gas war, brought about by the arrival of a discount gas chain, dropped prices by nearly 20 cents a litre or more at some stations. Prices returned to the \$1.50 mark per litre by Christmas.



The Finnish Labour Temple burned on Dec. 22, a tremendous community loss.

### St. Joseph's Foundation – Grand a Day Winners 2021



*Congratulations to all of our winners!*

IN SUPPORT OF

SUPPORTED BY



generator  
Thunder Bay's Finest Food

Lottery Licence #M835526

**THANK YOU for all your support and making this year's Grand a Day a SELL OUT!!**

| Date                                     | Winner          | Ticket # |
|--|-----------------|----------|
| <b>Early Bird Winners of \$1000 each</b> |                 |          |
| November 5                               | Darryll Merritt | 0404     |
| November 12                              | Moe Trystruha   | 1103     |
| November 19                              | Gary Wadbourne  | 814      |
| November 26                              | Ken Crowe       | 318      |
| <b>Early Bird Winner of \$5000</b>       |                 |          |
| November 30                              | Tom Covello     | 1202     |

| Date                                   | Winner             | Ticket # |
|--|--------------------|----------|
| <b>Daily Winners of \$1,000 each</b>   |                    |          |
| December 1                             | Theodore Kolosnyk  | 0456     |
| December 2                             | Grace Collins      | 0029     |
| December 3                             | Connie Lagadin     | 0521     |
| December 4                             | Jocelyn Brady      | 1363     |
| December 5                             | Joan Kinisky       | 0929     |
| December 6                             | Georgette Swerdlyk | 1307     |
| December 7                             | Lawni Paynter      | 1477     |
| December 8                             | Sandra Seeley      | 1065     |
| December 9                             | Nancy Lieske       | 1037     |
| December 10                            | David Hughs        | 1256     |
| December 11                            | Armando Ferrise    | 0731     |
| December 12                            | April Richardson   | 0892     |
| December 13                            | George Mercier     | 0039     |
| December 14                            | Donna Cote         | 0650     |
| December 15                            | Zhu Co             | 1072     |
| December 16                            | Edgar Lavoie       | 1719     |
| December 17                            | Kathy Terhijan     | 1779     |
| December 18                            | Odene Elvish       | 1348     |
| December 19                            | Victoria Hill      | 1623     |
| December 20                            | Vaughn McGregor    | 1731     |
| December 21                            | David DePiero      | 0475     |
| December 22                            | James Fikis        | 1353     |
| December 23                            | Judy Atkinson      | 1443     |
| December 24                            | Ruby Cole          | 0383     |
| December 25                            | Maureen Dean       | 1291     |
| December 26                            | John Tesolin       | 0915     |
| December 27                            | Lorraine Tremblay  | 1565     |
| December 28                            | Kathleen Heikkinen | 1652     |
| December 29                            | Joan Kinisky       | 0173     |
| December 30                            | Kerry Seed         | 1611     |
| December 31                            | Cecile Harvey      | 1716     |
| <b>Grand Prize Winner of \$10,000!</b> |                    |          |
| December 31                            | Christine Shewchuk | 1744     |

# Setting goals, not 2022 resolutions

I despise resolutions, yet I have always set one to start the new year. Like most people, my resolutions are too vague, too ambitious, and the progress is difficult to track.

Ultimately, most are forgotten by February. In fact, I cannot recall a single New Year's resolution that lasted long enough to make any real improvement to the quality of life of my family, my community or myself.

This year, instead of setting myself up for disappointment, I will instead set some good intentions that are both realistic and

meaningful. Unlike a resolution, an intention does not focus on a specific goal.

Rather, intentions are more about a shift in mindset to help achieve an objective. While resolutions are exact targets that are easy to miss, intentions are broader ideas that we can continuously work on. For 2022, my three intentions are largely based in outdoor adventure to keep me interested, and each one has the possibility to make some real impact.

1 Keep it beautiful. Last summer, while helping the North Shore

Steelhead Association with a clean-up effort on an urban river, I was shocked by the amount of garbage that we found. I was also disappointed that I had somehow missed all that trash while I was down there fishing in the spring. This year, I intend to make a better effort to help keep our beautiful city and area as natural as possible.

2 Give more. One big thing the pandemic had stripped from my life in 2021 was the impact I could make as a volunteer coach at my school, Superior Collegiate & Vocational Institute. This year, I intend to find new ways to engage or re-engage my students in sports like mountain biking, Nordic skiing and running that

will help them spend more time playing outside while also providing the building blocks for a lifetime of health and joy.

3 Visit somewhere new. According to my Strava app, I did 13,900 kilometres of biking, cross-country skiing and paddling in 2021.

I had set the goal to put more mileage on my body than on my truck, so while that was satisfying, it was not as epic as it could have been.

This is likely because I just didn't explore as much as I could have.

Most of my mountain biking was in Shuniah, the skiing was almost all at Lappe, and the paddling was mostly on our lake at camp. In

retrospect, the year's real highlights came from the rare adventures I had to discover new areas, like the day we took our fat bikes up to Lost Mountain in January.

In 2022, I intend to seek out more new adventures and discover more of the hidden gems around Thunder Bay.

I am hopeful that stating my intentions publicly can help inspire others to set their own. I believe that, if we abandon the old concept of setting New Year's resolutions, and instead embrace the idea of formulating good intentions, we can all greatly increase the likelihood of finding success. All the best to you in 2022.



**Keith Ailey**  
the GOOD LIFE



Jim Comuzzi  
Owner  
Rooster's Bistro

Mark Berman  
Customer Relationship Manager  
Tbaytel

## Local experts that know your business

When it comes to your telecommunications needs, your dedicated Tbaytel expert can guide you on the right solutions to run your business. So you can focus on the day to day.

Call our Sales team at 807-623-8800  
or toll free 1-866-999-0626

[f](https://www.facebook.com/tbaytel) [i](https://www.instagram.com/tbaytel) [tbaytel.net/business](https://www.tbaytel.net/business)

**tbaytel** Business

THINK  
RECYCLE



HAPPY NEW YEAR

# Mügwetch

Through your generosity and support, Beendigen was able to help hundreds of women and families impacted by violence in 2021.

**Anishinabe Women's  
Crisis Home & Family  
Healing Agency**

If you need support, call Beendigen  
**(807) 344-9579**  
We have services that can help.  
[www.beendigen.com](http://www.beendigen.com)

# Gyllenhaal debut mixed

*The Lost Daughter* (Netflix) represents actress Maggie Gyllenhaal's noteworthy debut as director, taking on the challenging novel by elusive writer Elena Ferrante. Challenging, for this is a multi-layered character study, offering a realistic view of motherhood rendered in a tangential style that is not for all tastes.

The story focuses on Leda (Olivia Colman, Oscar winner for *The Favorite*) a 48-year-old professor of languages and divorcee from Boston, who is taking a sabbatical on a Greek island. The trip is a means to rinse out aspects of her personal life which come in fragmentary reveals. Leda appears to be agreeable enough with a prickly edge.



Olivia Colman stars as Leda in *The Lost Daughter*.

Leda notices Callie's sister-in-law Nina (Dakota Johnson) who has her hands full with a demanding young daughter. Nina's frayed mood extends to husband and relatives. Then there is a family crisis where Leda gets to play Good Samaritan, earning her an uneasy bond with Nina. However, there is a twist to Leda's beneficence.

From there, the plot thickens. Leda's connection with Nina sets off a series of memories when Leda was a similarly stressed young mother, (played by Jessie Buckley, *I'm Thinking of Ending Things*) an academic whose career aspirations are landlocked by two needy young daughters and a husband who's

not supportive enough.

Revelations gradually emerge about Leda's behaviour that defies the stereotype of loving wife and mother. Parallels run between Nina and Leda, including a missing child, a lost doll and adultery.

A mother herself, Gyllenhaal is aiming here to realistically question our preconceived notions about motherhood, foibles that often remain unarticulated. There's laughter and joy, annoyance and frustration, triumph and despair in equal measure. Gyllenhaal renders every scene with tension, subtlety and nuance.

Colman is excellent as usual. She's brilliant at exuding a seeming amiable façade with gritted teeth lurking underneath. Some of Leda's actions are inexplicable, yet Colman still makes her intriguing. This leads us to question our expectations surrounding parenting. Can we accept a mother's ambivalence, her uncertainty?

Johnson matches Colman in support, along with Peter Sarsgaard as a gigolo prof (Gyllenhaal's real life husband). Gyllenhaal also shows a deft hand with the little girls who are all completely natural rambunctious tots.

Ultimately, much remains unexplained, confoundingly so, bereft of a conventional payoff and satisfying closure which will be understandably off-putting for many. But Gyllenhaal deserves kudos for bravely exploring aspects of a flawed protagonist who's both uncertain and self-possessed at the same time.

## ENIGMA™ CRYPTOGRAM

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

"BJLFY UJL BORS SJ YJ QLHARMHH  
BASZ O WMKHJR BZJ BOH 99%  
ZJRMHS?"

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



**Marty Mascarini**  
MOVIE TALK

Harris.) Then Leda further maintains her borders when her quietude on the beach is interrupted by a large, loud family from Queens, who promptly ask her to move aside to accommodate their brood. Leda politely demurs, earning minor static from the group's pregnant matriarch Callie (Dagmara Dominczyk) and menacing male glares. Yet the two manage an edgy détente.

**Do you have an opinion to share?**  
E-mail the editor at [ldunick@dougallmedia.com](mailto:ldunick@dougallmedia.com)

**Want to Sell?**

**CLICK ON US.**

The **tbSOURCE** Classifieds are online, so it's easier than ever to find exactly what you're looking for.

[www.tbnewswatch.com](http://www.tbnewswatch.com)

**Al's RV SERVICE & REPAIRS**

Factory Trained, Fully Licensed, Master Certified, Serving Northwestern Ontario over 40 years

**983-3449**  
3075 Alice Ave. off Government Rd.

Season's Greetings and Thank you to our customers, we are grateful for your patronage.

Best Wishes for a Happy New Year.

**BREAK FREE FROM DEBT TODAY!**  
We listen. We Care. We Can Help.

Jayson Stoppel CPA, CA  
Licensed Insolvency Trustee

**BDO**

1095 Barton Street  
(807) 625-4424  
WEBSITE: [debtsolutions-thunderbay.ca](http://debtsolutions-thunderbay.ca)

**ACROSS**

- Pat
- Tablespeak (abbr.)
- Ironwood
- Amer. Football League (abbr.)
- Lower intestine
- Caviar fish
- British thermal unit (abbr.)
- Skew (2 words)
- Saga
- Kernel (pref.)
- Annoy
- Atomic physicists
- Another (Sp.)
- Spotted cavy
- Compass direction
- Women's Army Corps (abbr.)
- Serious
- Equal opportunity employer (abbr.)
- Ultimate degree
- N.Z. bird
- Buddhist female deity
- Tough
- Cordage fiber
- Norwegian king
- Loudness measure
- Yon (2 words)
- Amer. Automobile Assn. (abbr.)
- Jump
- Project
- Mountain on Crete
- Bond movie (2 words)
- Dear (Fr.)
- Eye-infesting worm

**DOWN**

- Flap
- Astern

**ANSWER TO PREVIOUS PUZZLE**

|   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|
| U | C | A | T | A | L | A | A | Q | U | A |
| R | O | M | O | B | I | A | T | T | U | B |
| E | R | R | I | A | N | A | R | A | I | L |
| A | M | A | H | L | P | A | I | D |   |   |
|   |   |   | R | E | A | L | D | A | R | A |
| H | O | P | S | G | A | Z | A | A | M | E |
| A | R | R | B | R | U | I | T | N | I | S |
| E | L | I | E | A | R | N | U | T | A | S |
| C | O | M | E | T | A | G | E | D |   |   |
|   |   |   | R | A | D |   |   |   |   |   |
| C | L | O | A | A | R | E | A | A | A | A |
| B | A | S | E | C | A | M | R | C | T |   |
| S | T | E | M | E | A | S | Y | D | H | U |

3 Gr. author  
4 Dominion  
5 Unhappy  
6 Brythonic sea god  
7 Saint (Sp.)  
8 Brazilian nutritious drink  
9 Hand (pref.)

10 Female  
11 Gelderland city  
17 Mogul emperor  
19 Jap. volcanic crater  
21 Village  
22 State (Fr.)  
23 Fanatical  
24 Scientific name (suf.)

26 Rain  
27 Wheel (2 words)  
28 Cold Adriatic wind  
29 Wale  
31 Bar  
35 Uncle (Sp.)  
36 Marx brother  
37 Cut  
38 Remaining  
39 Cant  
40 Kill (Scot.)  
41 Hoary  
42 This one (Lat.)  
43 Anglo-Saxon letter  
45 Bother  
46 Antiaircraft artillery (abbr.)



Scotties Tournament of Hearts hopeful Krista McCarville and the event co-chair Rick Lang, at a Grand Slam of Curling event in 2018 at the Tournament Centre. (FILE)

# Sports uncertainty returns

This space was originally reserved for a piece on the upcoming Scotties Tournament of Hearts, and how organizers were going to try to make things work with 1,000 fans in the Fort William Gardens stands.

Following Premier Doug Ford's announcement on Tuesday, the event's fate is uncertain.

New restrictions, in place for three weeks, state that all ticketed events are cancelled.

That takes things to Jan. 26.

The Scotties is supposed to start on Jan. 28, so the event could be in the clear to have crowds at that point.

But given past practices, that three-week span could very well be extended. That would not only put the crowds in jeopardy, it could, depending on the interpretation of the new rules, put the event itself

on hold.

The good news is there is wording that allows elite-level amateur sports to take place.

The Scotties has to be considered elite, the winner going on to vie for the World Curling Championship, an event won by women 17 times over the years.

But who knows what Ford will allow and what he won't. At this point, it's anyone's guess.

I spoke to Curling Canada on Monday and they said it's far too early for them to know what the impact of Ontario's new rules will have on the Scotties.

I'm not even sure what's right. On the one hand, the women deserve the chance to determine a champion. But on the other, to bring an event of this magnitude into the community, while telling

business owners to cut capacity, restaurants to close dining rooms and movie theatres and gyms to shut down completely, seems a bit hypocritical.

The Scotties will likely go ahead, but what happens when someone tests positive? Are their opponents considered close contacts. Will the team be booted from the event?

While we're at it, the Northern Ontario Curling Association needs to figure out who will represent the region if indeed it does go ahead. The rankings say McCarville, but the delay suggests it's not cut and dried. With the play-downs cancelled, it should be McCarville.

The uproar if it isn't will be heard from Kenora to Sudbury.

Unfortunately the news looks grim for the Superior International Junior Hockey League and the planned return of Ontario University Athletics.

The OUA interruption may be limited. We can only hope. They

put their own pause in place through Jan. 24 before Christmas.

According to USports reporter Ben Steiner, neither league is on the list elite amateur leagues, a list that includes the OHL, the PWHL, the Elite Baseball League of Ontario, League 1 soccer, and Junior A lacrosse, women's field lacrosse under 19 A league and the Ontario Scholastic Basketball Association.

Again, the earliest the local leagues will be allowed to return is Jan. 27, but that, of course, isn't set in stone by any means.

That puts three weeks of the SIJHL on hold.

The Tbaytel Major League of Curling has already announced it will be on hold for at least three weeks.

Don't get me wrong, I'm not complaining. We'll do what we have to do to ensure we get through this latest wave unscathed.

Sports are important, particularly for the mental health of our youth,

who have had to endure so much these past two years.

We have to find a way to make them work, as soon as humanly possible.

I'm worried for my own little guy, who at four is about to experience online learning for the first time.

When we asked him the other day if he would like to go to school on the computer, his answer pretty much summed up what most students are feeling.

"I don't want that job," he said.

Luckily his mother works in the school system and can be there to help guide him through the process while I'm at work.

He was supposed to start swim lessons on Monday. That's now on hold.

By most accounts, this will be a rather quick escalation in cases, followed by an equally rapid drop.

Hopefully that's the end. Even though I know it's probably not. Hang tough, Thunder Bay.



**Leith Dunick**  
SPORTS SHORTS





Adult & Teen Challenge  
of Central Canada

# SLED FOR ETERNITY

**5 RIDES.  
5 TOP PRIZES.  
1 GREAT GOAL.**



**Eastern Manitoba**

January 29

**Thunder Bay**

February 5

**Swan River** February 12

**Dryden**

February 19

**Flin Flon**

March 12



**You could win one of five new sleds and more!  
Learn more at [teenchallenge.tc](http://teenchallenge.tc)**