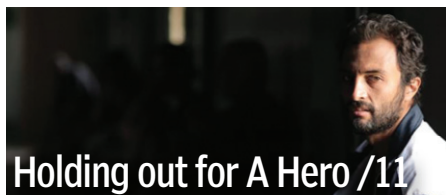




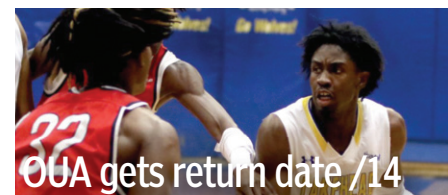
Police under internal fire /3



Holding out for A Hero /11



Space telescope 2.0 /7



OUA gets return date /14

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Thursday, January 27, 2022

Scotties fever

The national women's curling championship set for the Gardens /4, 13

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Eighteen teams, but no fans, will take part in the Scotties Tournament of Hearts in Thunder Bay, which gets under way on Friday at Fort William Gardens. (Curling Canada)

Tractor troubles continue

Oh, the agony, the agony, the never-ending tale of Farmer Fred's tractor woes.

In our last episode, we learned that the hydraulics on Farmer Fred's ancient tractor, Big Red, had siezed up, but no longer respond to commands. We were informed that the hydraulics on this machine run almost everything: steering, raising and lowering both front-end bucket and any rear-end attachment which at this time of year is the big snow blower.

Ah, but as mentioned in our previous column, a REAL farmer came to the rescue, a kind gent, Ken by name, who has spent his life around machines large and even larger.

Ken had instructed Farmer Fred to purchase a new hydraulic filter which F.F. did. On his hands and knees, Ken uncoupled the filter casing, removed the old filter, and

installed the new one. "Start the engine and see if the hydraulics now work," Ken instructed. Behold, they did!

At this point, Fred (forget the "farmer" part) thought the problem was solved permanently. What Fred failed to hear was a caveat from Ken saying that he had only managed a temporary fix. Fred was to learn just how temporary the following week.

Initially Fred thought the failure of the tractor hydraulics was a cruel joke by Murphy (of Murphy's Law and a frequent visitor to Fred's farm). Not being handy or mechanical ("dang machines should just work, dang it!"), Fred had not paid attention to certain necessary checkups such as replacing the hydraulic oil as per the Owner's Manual stipulation.

Oh sure, engine oil changes Fred knew had to be done regularly as well as the fuel filters the tractor possesses.

But the hydraulic oil as well?

Ten years ago or so, the tractor developed a problem with the hydraulics. The steering still worked but not the raising and lowering of the bucket.

My then tractor mechanic told me to drive to his garage which I did. I showed up the following day to see the seat removed and the internal 'guts' of the tractor exposed.

Under where the seat sits, a large cavity exists in which the hydraulic oil sits. But actually, it was a small piece of metal that had somehow broken off something in the 'guts' and was preventing the raising/lowering operation to work.

I believe that the hydraulic oil was replaced at that time. Turns out the length of time from that change to now was w-a-a-y too long and that I should have been changing the oil far more frequently.

Like engine oil, hydraulic oil can get gummed up, get dirty and clog the filter as it has twice now. Oops.

Of course, the latest hydraulic failure would occur when fresh

snow had fallen but even worse, when ferocious winds pummeled Casa Jones throughout the day and all night causing massive drifts that inconveniently blocked barn doors, filled in driveways, and made walking to the horse paddock feel like a re-enactment of Scott of the Antarctic with Fred stumbling trying to keep up to the horses without falling.

The morning was still very cold and the winds still pummeling as Fred suited up, then fired up Red, successfully raised the blower and the bucket and drove first to the barn door, the main entrance, lowered the bucket, and backed pulling the drifted snow away from the door so that gaining entrance was easy.

But just like the first time the hydraulics failed and at the very same spot, it happened again: couldn't lift either the bucket or the blower. Rats!

But there was some steering available, so Fred elected to attempt to motor along the driveway to the

road and then back up. Also amazingly, the power take-off (that which powers the attachment, in this case the blower) still worked. Just couldn't turn the funnel. Ah well, might as well see if I can blow snow.

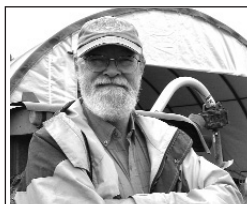
It worked but the pummeling wind being quixotic, kept changing direction usually to Fred's detriment (Murphy laughing the entire time). When I managed to get Red back into the tractor shelter with much back and forth since the steering was now going, Farmer Fred was now Frosty the Fredman.

So, I called friend Ken to give him the bad news.

"You will need to buy a new filter and a lot of hydraulic oil," he said, "I'll come out, we'll drain the old oil and fill the tractor with the new and change the filter. That should solve the problem."

Yup, sure hope so.

The drifting continues as the winds come and go. Imperative that Red be able to get out there and snow clear. I'll let you know how successful I am.



Fred Jones
RURAL ROOTS

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CORRECTION NOTICE

DATE CHANGE

REVIEW

Review of Proposed Operations Wabadowgang Noopming Forest
2023-2033 Forest Management Plan

The detailed proposed operations can be made available electronically for review and comment by contacting the NorthWinds Environmental Services office and/or NDMNRF Thunder Bay District Office contact listed below, during normal office hours for a period of 30 days from **February 11, 2022 to March 13, 2022**. Comments on the proposed operations for the Wabadowgang Noopming Forest must be received by Robin Kuzyk of the planning team at the NDMNRF Thunder Bay District Office, by **March 13, 2022**.

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NDMNRF, Thunder Bay
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Thunder Bay, ON P7E 6S7
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Bruce Hyer
Armstrong Local Citizens'
Committee (LCC)
c/o NDMNRF,
Thunder Bay District Office
435 James Street South,
Suite B001
Thunder Bay, ON P7E 6S7

For more details please visit <https://nrip.mnr.gov.on.ca/s/fmp-online>

Police infighting growing louder

Police union backs Morriseau, says they'll pass concerns, complaints along to OCPC

By Doug Diaczuk - TB Source

Thunder Bay Police Services Board member and former chair, Georjann Morriseau, said she absolutely believes there needs to be a change in leadership at the Thunder Bay Police Service and that her experiences of what she says has been harassment and discrimination by the board and senior leadership is not unique to her alone.

Morriseau and attorney Chantelle Bryson held a virtual news conference last Thursday to address the issues raised in Morriseau's complaint to the Human Rights Tribunal of Ontario alleging harassment and discrimination on the part of senior leadership at the Police Service and board, as well as a letter she issued this week saying the Thunder Bay Police Service is on the brink of collapse.

The complaint with the Human Rights Tribunal of Ontario was filed in October 2021 and alleges systemic discrimination by Thunder Bay Police Services chief Sylvie Hauth, deputy chief Ryan Hughes, police lawyer Holly Walbourne, board chair Kristen Oliver, board secretary John Hannam, and the board itself.

Several other members of the Police Service have also filed complaints and Bryson says the total number of complaints now sits at 11. The Thunder Bay Police Association also released an op-ed in October detailing dissatisfaction on the part of its members with police leadership and a lack of resources.

"It is extraordinary after 20 years of practice to see any member of a police force publicly file against its leadership and board and it is beyond extraordi-

nary to have 11 filed against police leadership and the board as well as numerous others pushing to file but are precluded from doing so because of a time limitation," Bryson said.

Bryson went on to call it a public crisis and that the vast majority of members with the Thunder Bay Police Association do not feel their concerns, many reflected in formal complaints, have been taken seriously or met with any resolution.

The president of the Thunder Bay Police Association on Saturday came out swinging too, backing much of what Morriseau said.

"Not only do our members feel unable to voice their concerns without consequence, but we are extremely concerned by the growing number of members who have filed human rights complaints against the service. This consistent, systemic, poor treatment of individual members has been practically ignored by the Thunder Bay Police Services Board," said Colin Woods in an op-ed piece sent to local media.

Woods said he plans to go to the Ontario Civilian Police Commission with his membership's concerns and complaints.

Hauth later issued a lengthy statement of her own, saying the entire organization has a say in the police service and said it's clear the association has aligned itself with Morriseau.

"I, along with the Police Services Board, and my senior administration, adhere to due process in a strict and ethical manner," Hauth said.

"We respect the right of individuals within our organization to make complaints and applications to any oversight body. We respect the rule of law and the need to follow the process by which these complaints must be dealt with.

"Therefore, there is a need to limit public remarks while these matters are being reviewed."



SYLVIE HAUTH

Investigation may be in works

By Ian Kaufman - TB Source

Ontario's Solicitor General has requested an investigation of Thunder Bay Police Service leadership by the province's police watchdog, the Ontario Civilian Police Commission (OCPC).

A representative for Solicitor General Sylvia Jones confirmed to Thunder Bay Source on Monday that Jones had made the request.

"As allowed for under the Police Services Act, the Solicitor General has made a request to the Ontario Civilian Police Commission to investigate the Chief, Deputy Chief, as well as the administration of the Thunder Bay Police Service," said press secretary

Stephen Warner in an email.

The revelation comes after sitting member of the Thunder Bay Police Services Board Georjann Morriseau and the Thunder Bay Police Association each called for independent investigations of police leadership in recent days.

"It is important to note that the Ministry of the Solicitor General does not have legislated authority to direct change or impose sanctions on boards or police services," Warner said. "The Ontario Civilian Police Commission has certain authority in the Police Services Act available for intervention in relation to misconduct and the administration of the police service."

THIS WEEK'S WEATHER FORECAST

THURSDAY	FRIDAY	SATURDAY	SUNDAY
Mainly sunny	Mainly sunny	A mix of sun and clouds	Cloudy with sunny breaks
Precipitation: 30% HIGH -9 LOW -27	Precipitation: 20% HIGH -7 LOW -13	Precipitation: 30% HIGH -11 LOW -13	Precipitation: 30% HIGH -7 LOW -15

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Fanless Scotties not disastrous

Empty Gardens could lead city to host other events

By Justin Hardy – TB Source

The Scotties Tournament of Hearts will only allow entrance to players, coaches, officials and essential operational staff/volunteers to Fort William Gardens which drastically lowered projected tourism income from travelling fans, but national coverage may make up for it.

“It’s very disappointing, especially with all of the work that’s been put in by the local organizing committee to get this event with the ever-changing landscape that the pandemic has brought with all of the restrictions that come with it,” said John Cameron, Tourism Thunder Bay development officer.

“Health and safety of partici-



Team Canada's Kerri Einarson is the two-time defending Scotties champion. (FILE)

pants, fans, and those attending are paramount to hosting events. Those are the cards you're dealt

with and unfortunately, it's not the full event that everyone was expecting.”

Tourism Thunder Bay and the city of Thunder Bay recreation and culture division are a part of Sport Tourism Canada and use a modeling system that comes from the National Sports Organization called the Sports Tourism Assessment Model Tool to determine the economic impact large sporting events will have on the city.

“The budget for the Scotties is roughly \$1.5 million and there was roughly \$1.2 million in capital upgrades to the Fort William Gardens. So, the direct spend in our community is still going to be around \$2.7 million direct spend over the course of the last three years leading up to and actually hosting the event,” said Cameron.

“We are looking at a potential economic impact for the city of still around \$3 million. Now, with the potential 5,000 fans that could have come here, to watch over the 10 days, we were looking at \$7.5 million to \$8

million.”

Right now, the city is down to two hotels hosting the players, crews, and officials, whereas if the pandemic were not happening, the city would have seen 13-14 hotels filled with fans.

Despite the lack of fans travelling to Thunder Bay for the event, the city will still get its chance to shine through broadcast on national sports networks.

“The 10 days, 27 draws, a number of hours that TSN is going to broadcast, it definitely factored in. the earned media value is something that we couldn't even think about paying for if we were paying that amount,” said Cameron.

“I think it's somewhere above \$10 million in earned media value that comes with the broadcast. It's probably much higher than that when we're talking about the national coverage, we're going to get on social media and national coverage on normal channels.”

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Hospital count up

By Leith Dunick – TB Source

Last Friday, there were 33 patients at Thunder Bay Regional Health Sciences Centre diagnosed with COVID-19.

Of those, about 80 per cent were admitted for COVID-19, with the remainder in hospital for other reasons, but found to have the virus during routine testing of patients.

Hospital president and CEO Rhonda Crocker-Ellacott says the number, which grew to 47 on Monday, is concerning.

“Of those (33), nine are in the intensive care unit. We have seen a dramatic increase in COVID-19 admissions since Dec. 31. According to our analysis it’s a 208 per cent increase since the end of December. That represents 105 new admissions, with an average length of stay of 6.27 days,” Crocker-Ellacott said on Friday during an interview with Dougall Media reporters.

According to Crocker-Ellacott, four of the nine COVID-19 patients admitted to the intensive care unit are unvaccinated.

COVID-19 is also having an effect on staffing levels. On Friday there were nearly 100 staff at home, either diagnosed with COVID-19 or self-isolating because of close contact.

That’s actually on the low side, Crocker-Ellacott said.

“Like any other area, any other employer, we’re seeing significant absences related to COVID-19, either diagnoses or isolating as a result of a COVID-19 exposure. Today we have 95 staff off, either self-isolating or with COVID,” she said.

“That represents about three per cent of our staff. That’s actually a lower number, compared to what we’ve experienced over the last week or more. We’ve had numbers north of 160, so more like five and six per cent of our staff off as a result of COVID-19 or self-isolation.”

To date, the absences haven’t had a major impact on the hospital’s ability to function. Under provincial order, Thunder Bay Regional and other hospitals in Ontario have reduced surgical procedures to urgent and essential, pushing back any surgeries considered non-essential or elective.

Crocker-Ellacott said the biggest challenge with so many staff sidelined as a result of the virus is which departments the absences are occurring in.

“The most significant challenge is whether or not the distribution of the staff are in one area or whether they’re distributed somewhat across the organization. We’ve been somewhat fortunate that we’ve had staff that we’re able to redeploy to different areas to make sure we’re able to manage the ongoing clinical care needs,” Crocker-Ellacott said.

The ramp-down in surgeries has also helped.

Crocker-Ellacott’s task has also been made slightly more difficult by the hospital’s recent vaccination mandate. About 30 staff, half clinical and half non-clinical, are currently on leave because of an unwillingness to share their vaccination status or provide proof of vaccination.

She said they are more than willing to work with staff who are not yet fully vaccinated to come up with a plan.



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EDITORIAL

Scotties redux

We had to wait an extra year, and in the end, it really didn't matter.

The Scotties Tournament of Hearts will take place over the next week or so at Fort William Gardens, but there won't be fans in the stands – at least not until the playoffs.

There's a slim chance up to 500 fans will be allowed in the stands next weekend, but that's a fraction of those who would like to be there, especially if Krista McCarville, Sarah Potts, Ashley Sippala and Kendra Lilly happen to still be in contention.

Let's hope Curling Canada sticks to its word, according to local organizers, and considers giving Thunder Bay a shot at a fully attended Scotties in 2024 or 2025.

We deserve it. The volunteers deserve it. And of course, Team McCarville really deserves it.

Speaking of deserving, congratulations to Thunder Bay's Eric Staal, who on Tuesday morning was named to Canada's men's Olympic hockey team.

Staal, who is looking for a chance to resume his NHL career, has been on the sidelines all season, so him getting a chance to be the veteran voice in Beijing couldn't have happened to a better guy.



Fight Night, The Fortune Men top novels

Fight Night by Miriam Toews was shortlisted for the 2021 Scotiabank Giller Prize. It is a short, bitter sweet novel that had me laughing out loud, which is a sure sign that the author is connecting with her reader.

This is a multi generational novel that tells the story of a young girl (the narrator, Swiv), her crazy, pregnant actress mother (who is in the trimester of another pregnancy) and her even crazier grandmother (Elvira).

Elvira steals the show on every page. In part one we see her at home, 'fighting' with her daughter, grand daughter and the property developer who wants to buy her house. There is never ever going to be one winner

of these battles. Elvira is super smart and has a sense of humour that can cut through concrete.

Swiv spends much of her time on her knees searching for the things that grandma has dropped on the floor. This includes an extensive list of medications for her various health issues and the tiny little batteries for her hearing aid.

Swiv is happy to do anything for Elvira, partly because she is suspended from school and doesn't want to go back, but mostly because she hopes that grandma will tell her where her

father is and why he left home.

All is revealed in part two when Swiv and Elvira go on an epic adventure to meet relatives, drive fast cars, and meet gangsters. The ending is beautifully written and tugs hard at the heart strings.

The Fortune Men by Nadifa Mohamed was shortlisted for the 2021 Booker Prize. It is an intimate and harrowing tale of racism and judicial murder, based on a true story that took place in Cardiff, Wales in 1952.

Mohamed is a consummate Somalian author who thoroughly

researched the background and circumstances which led to her fellow country man, Mahmood Mattan, being wrongly accused of a crime he did not commit.

Mohamed also provides some rich detail into the life and family of Violey Volacki, a shop keeper from Tiger Bay, who was brutally killed.

Both Mattan and Volacki were victims of the vicious racism that permeated British society in the 1950s.

They came to the UK as immigrants willing to rebuild the country after the devastation of World War Two. But they were received with hostility and hatred by the resident community.

It is telling that Mattan's fate was sealed not only by the racist police for whom every black man looked alike and was a potential murderer, but also by his fellow immigrants who were quick to inform against him in an attempt to gain favour with the authorities.

There was absolutely no forensic evidence to link Mattan to the crime. The evidence was purely circumstantial and hearsay. Mattan was allegedly seen in the vicinity of Bute Street on the night of the attack. In a gripping climax Mattan realizes that even the truth may not be enough to save him.

A haunting tale of miscarried justice and racism.



John Pateman
BOOK BANTER

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Orbiting a million miles away

By JR Shermack -
For TB Source

There are times when I feel encouraged and inspired by the human ability to conceive, engineer and successfully accomplish the most difficult and complex tasks.

It is especially gratifying when I get to watch.

I've been binge watching a new reality show every day for a month and each episode is a compelling, real life adventure full of suspense, action and triumph.

The story so far has followed the treacherous launch, million mile journey and deployment of the James Webb Space Telescope (JWST).

It has international support from two partners including an experienced Canadian team contributing the best of space science, engineering and technology.

The Canadian Space Agency (CSA) has partnered with NASA and the European Space Agency (ESA) in this \$10-billion peep show

all the way back to the beginning of time.

If the spacecraft performs according to expectations (it has been a flawless mission so far) it may soon unlock some of the great secrets of creation.

And in the back of everyone's mind is the remote possibility of answering the most compelling question of all time, "Are we alone in the universe?"

The JWST will be a valuable tool as we continue our search of the cosmos in ever growing anticipation of contacting alien life.

Curiosity is a strong motivator and we sometimes go to great lengths to find answers or discover something we have never seen before.

How far would you go to satisfy your own curiosity - NASA is sending its new telescope a million miles into space in search of answers.

Canadian space technology is a crucial element of the telescope and will enable Webb to successfully accomplish its ten year mission.

Canada has contributed two



The James Webb Space Telescope. (NASA)

important precision instruments to the Webb, the Fine Guidance Sensor and the Near-Infrared Imager and Slitless Spectrograph.

The Fine Guidance Sensor allows the telescope to determine its

position among the stars, locate celestial targets and track moving objects.

Once it reaches its final destination the spacecraft can be maneuvered remotely until it settles into a stationary orbit a million miles away.

The second instrument, the Spectrograph, enables astrophysicists to capture and examine the light from distant planets for evidence of life.

This is what the Canadian Space Agency has been working on lately and with such important contributions comes certain perks and privileges.

Canada has already been guaranteed 450 hours of observing time and Canadian scientists will have exclusive access to Webb during its first months of operation.

The Canadian Space Agency has a long history of contributions to space science and deserves to be one of the partners launching this bold, daring mission of discovery.

The CSA advances the knowledge of space through science and

ensures that space science and technology benefits Canadians.

Canada first entered the space age in 1962 with the launch of the Alouette-1 scientific satellite into Earth orbit - our Space Agency was formed in 1990.

Since that time Canadian astronauts have flown in space as part of the crew of 16 different space missions

The Robotic Canadarm was used on 90 space missions for over 30 years to capture and deploy satellites from the shuttle bay and help build the International Space Station.

And now Canadian scientists are part of a team that will boldly explore where no one has explored before.

As for me, I have to admit I am curious about what is out there, way out there, and I will keep binge watching until my curiosity is satisfied.

And even though it's a long shot, if Webb looks in the right direction maybe we will see someone looking back.

Staal named to Team Canada

By Leith Dunick - TB Source

Eric Staal is an Olympian again.

The Thunder Bay forward on Tuesday was named to Canada's men's Olympic Hockey team and next month will seek his second Olympic gold medal.

The 37-year-old, posted five points in four games with the American Hockey League's Iowa Wild tuning up for the Games.

Staal, spent 17 years in the National Hockey League, winning a Stanley Cup in 2006 with the Carolina Hurricanes. He was a member of the 2010 Canadian team that won gold in Vancouver, and was on the taxi squad in 2006.

Team Canada is a mix of veterans and youth, including No. 1 overall pick, defenceman Owen Power and Mason McTavish, a first-rounder who spent the early part of the season with the Anaheim Ducks.

Maritimers Brandon Gormley and



Eric Staal had five points in a four-game tune-up with the American Hockey League's Iowa Wild.

Alex Grant will bring NHL experience to the Team Canada blue-line, while Adam Cracknell has 201 games of NHL experience under his belt up front.

Staal has 441 goals and 1,034 points in 1,293 career National Hockey League Games, most recently with Montreal, a team he helped lead to last summer's Stanley Cup final.

HOW TO WRITE TO US:

Letters to the editor are most welcome. Those kept to 350 words or less have priority.

The Thunder Bay Source reserves the right to edit submissions for content and clarity. All attempts will be made to preserve the core argument of the author.

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WEEKLY POLL QUESTION.

THIS WEEK'S POLL QUESTION:

Do you have confidence in the leadership at the Thunder Bay Police Service?

TOTAL VOTES: 1,800

☐ **YES**
37.22%

☐ **NO**
49.22%

☐ **DON'T KNOW**
13.56

Try to stay warm in January

Last weekend was brutally cold. At one point during a morning of cross-country skiing, I had to go inside the chalet and change out some of my clothes. Switching from a breathable underlayer to an insulating one and swapping for a dry toque was all it took to extend the fun a bit longer.

Truthfully though, if the saunas were not closed because of COVID, I probably would have tossed some water on the rocks and warmed up properly.

With the long-term forecast showing that we will have relatively cold temperatures continue into February, having a few strategies for beating the cold could be the difference between enjoying winter and simply tolerating it.

We all know to dress in layers and keep our heads covered, but with the goal of helping more people enjoy winter, it's time to share some of my

other cold weather tricks.

I often rely on a pair of rechargeable heated insoles for activities like ice fishing and fat biking.

Sliding these into the bottom of my boots keeps my feet happy and extends my time outdoors on the coldest days. To get several seasons out of the relatively small batteries in these, keep them charged up, even in summer.

I always keep mine on the lowest setting so my feet don't sweat and the run time is extended to a couple hours.

A less expensive option than battery-powered insoles are the air-activated "hot pocket" style hand and toe warmer packs.

We always used these for our children because they are cheap, effective, and one-size-fits-all.

The key to using these is to open the package and leave them exposed to the air for five minutes before jamming them into your gloves or



Keith Ailey
the GOOD LIFE



Northwestern Ontario is known for its chilly winters, especially to start the year.

boots. If the heat diminishes, remove the pack from the glove or boot and give it some air to fire it back up.

Sealing them in an air-tight freezer baggie after use will allow you to reuse them a second time within a week or so.

Our hands and feet are usually the

first things to get cold. Mitts are best for perpetually cold hands but gloves will provide more dexterity for winter sports. Choose either, but make sure they are not too tight and come with Thinsulate, a fleece lining and ideally a leather palm for extra warmth.

For those prone to sweaty feet,

putting on a fresh pair of dry socks just before heading outside works really well.

Finally, pairing quality socks and gloves with the heating options mentioned above can keep you going even in extreme cold.

If your fingers do get cold, try swinging your arms around like windmills. Forward or backward, it doesn't seem to matter, but twenty fast rotations per arm will send warm blood rushing to your finger tips and, like magic, they will warm up again.

The same effect can be had for frozen feet by running or jumping around on your toes.

For those with a desire to get outside for some exercise and fresh air on the cold days of January and February, these simple tricks and some wise clothing choices can make any winter activity enjoyable.

Whether you are sitting on the ice and jigging for walleye or doing some high intensity Nordic skiing, there is always a way to enjoy the day.



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Nutrition not hard to master in the kitchen

So, you have made the plan, you're going to do it. New year, new you, but how do you cook for yourself when you're attempting to cook for a new diet? As I've stated before, nutrition and dietary needs are not one size fits all.

There are multiple factors to consider when you're working on a new nutritional program. You may want to consider working with a nutritionist to ensure your body gets everything it needs. That being said, if you're stubborn and hardheaded and are just going to do it yourself (like I was), there is a lot of things you can do to make it easier on yourself.

Meal prepping is an easy way to plan your meals and save time. Buy yourself some Tupperware, or disposable microwavable plastic containers and refrigerate and freeze a weeks' worth of meals.

Grill or bake seven to 12 chicken breasts and cook a pot of rice with some vegetables in it and portion accordingly.

Portion control is key with any kind of nutritional regimen.

Everything is good but too much will still be counterproductive to your goals. You can carry some cooked chicken or boiled eggs in your fridge and pair them with a salad, just watch your dressing and any cheeses and fatty things you may be tempted to add to it.

As we discussed earlier you need lots of dietary fiber to assist your body in processing all these new foods. Fresh fruits and vegetables are obviously the best way to get everything you need. Don't cook the hell out of them, there should always still be a bit of crunch to them. Fruits are great, for energy and natural sugars and there is no "bad" fruit. Always remember moderation is key.

If you're attempting to cut down on your consumption of meats and animal products, you can also use soy-based tofu as your choice of protein. However, multiple studies have shown soy to be problematic to hormone levels, prima-



Preparing food ahead of time can save time and save stress in meal planning. (Anne Antenucci)

rily in males. Obviously, like everything, moderation is key.

Now, if all of this seems insane to you, and you just don't want to do it, there's a solution for that too. Meal prepping companies do exist that will assist you in planning and portion control of your meals.

One of the most notable locally being "Breakfast, Lunch and Deener" who have multiple delivery and pickup dates as well as many options for meals and build your

own meals with their prepped items.

The weekly menu also rotates items in and out so there are likely a few options that meet your personal needs.

Regardless, you don't need to be intimidated by meal prepping or cooking for yourself outside your comfort zone.

Find Breakfast, Lunch and Deener at www.breakfastlunchdeener.com 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

Do you have an opinion to share?
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Monday's reopening OK, says DeMille

By Leith Dunick – TB Source

Dr. Janet DeMille says she's cautiously optimistic about Ontario's newly announced plan to start lifting restrictions on businesses across the province.

DeMille, the medical officer of health at the Thunder Bay District Health Unit, says on one hand she's concerned about the high number of cases in her region, a figure she estimates is likely four to five times greater than the number of cases announced each day.

On the other, she said she realizes the strain closures have placed on entrepreneurs and staff at restaurants, movie theatres and gyms, which have suffered the brunt of the latest closures. Restaurants have once again been reduced to take-out and outdoor

dining only, while gyms and theatres have been closed completely since Jan. 5.

All will be allowed to reopen, at a maximum 50 per cent capacity, on Jan. 31.

"I'm glad to hear of the plan to review restrictions. I certainly think it's reasonable to be looking at removing or lessening some of the restrictions, especially presuming we will start to see a more significant decline in our cases and an improvement of our situation in this area," DeMille said, reached by Zoom on Thursday afternoon.

"I think right now we're kind of in the heat of it still, with this Omicron surge. We're still reporting a high number of cases

every day and that we know is only a small percentage of the total number of people who have COVID because of the changes in testing."

DeMille says she's concerned about a high number of outbreaks in the District of Thunder Bay, which have impacted the Thunder Bay District Jail and the Thunder Bay Correctional Centre, along with a number of congregate living spaces.

She's worried about the impact the outbreaks are having on key health-care workers and those at highest risk from the virus.

"I certainly want to see that improve because with the reopening of schools this week, and then with the lessening of measures

that could actually result in an increase in transmission of the Omicron variant," DeMille said.

"It's really finding the right balance between having the measures in place to protect people and places, while at the same time still looking at how we open up a little bit more so people can do things that are really meaningful to them."

Asked about the region's tendency to lag about two weeks behind other regions of the province, and if she's worried it might be too soon to extend reopening plans to Thunder Bay, DeMille said she's of mixed minds on the subject.

On the one hand, she cited data she saw on Jan. 16 that suggested her district was one of eight in the province where numbers weren't going down. On the other hand,

there are some indicators that are encouraging that seem to show Thunder Bay may be stabilizing at this time.

"Even in the next few days I wouldn't be surprised to see some decline in our numbers, which would then really reassure me. Of course, if that were to continue, then we would be generally in a good place, for sure, by Jan. 31," DeMille said.

She added booster shots are having a major impact on the spread of infection in the region and certainly on the severity for anyone diagnosed with COVID-19, and encourage the public to get vaccinated and get boosted when eligible.

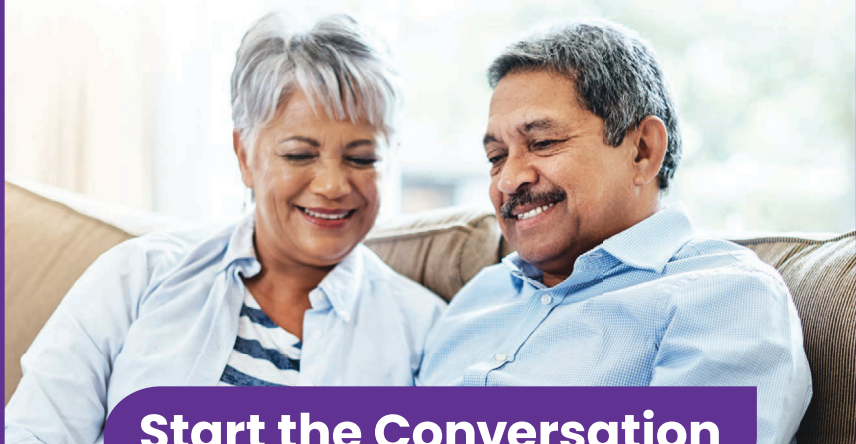
About 50 per cent of those 18 and older living in the District of Thunder Bay have had a third shot as of Jan. 15.



DR. JANET DEMILLE



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A notable action turns nightmare

Iranian filmmaker Asghar Farhadi has demonstrated a fascination with moral parables in his films including the Oscar winning *A Separation* and *The Salesman*, both previously screened by the North of Superior Film Association.

With *A Hero* (Prime Video), Farhadi delves into the quandary of a seemingly good deed turned nightmare, thanks to a protagonist making bad decisions surrounded by trigger-happy opportunists.

Amir Jadidi plays Rahim, a divorced calligrapher doing minimum-security time in debtors' prison after a collapsed business venture. While on two-day leave, he finds an opportunity that may enable him to repay his debt and crawl out from under his onerous sentence.

His girlfriend Farkhondeh (Sarah Goldust) has recovered a lost handbag with numerous gold coins. However, an appraisal finds that the coins won't cover his debt. Rahim flips selfish intent for seeming altruism by attempting to find the rightful owner, posting notices that arouse attention.

While Rahim's back in jail, his sister turns the handbag over to a woman claiming to be the rightful owner. Crucially, Rahim's sister doesn't get the owner's contact info. Having scrimped secretly on her own, the woman fears her husband may recklessly spend the gold.

Prison authorities are quick to capitalize on Rahim's noble efforts as a shining example of rehabilitation, diverting attention from a recent inmate suicide. Media coverage ensues. A local charity specializing in inmate assistance also jumps aboard. Donations begin tumbling in, especially when humble Rahim appears at the charity's event with his stuttering young son by his side.

One questions Rahim's motives. Is he hoping that family friend and debtor Bahram (Mohsen Tanabandeh) will take pity and forgive the loan? Rahim admits to changing his mind about the coin appraisal, sensing he was being tested by God. Is he to be believed?

Director Farhadi masterfully sets up the respective players, their questionable decisions and subsequent moral dilemmas, a complex web with intricate repercussions. Jadidi as Rahim is very good, stretching the truth either for himself or at the behest of others, constantly back peddling his story while sinking deeper into moral ambiguity.

The media's coverage is oddly shoddy, glorifying modest Rahim while overlooking the handbag owner entirely. Perhaps Farhadi's making the point that chasing a sensa-



Amir Jadidi plays Rahim, a divorced calligrapher doing time in a debtor's prison, in Asghar Farhadi's *A Hero*.

tional headline supersedes balanced reporting.

Bahram's incensed, seeing Rahim celebrated while he's painted as the bad guy. He sacrificed his daughter's dowry to cover Rahim's debt. Donations fall short of what he's rightfully owed.

Then questions arise. A human resources official delegated to hiring Rahim poses troubling queries. It's disclosed that it was his girlfriend, not Rahim, who found the bag in the first place. The handbag owner is MIA. Who's to be believed?

Rahim's suddenly muddled story compromises everybody, even Rahim's son. Everyone runs for cover from social media. Rumours percolate. This could look bad. Reputation is everything in Iranian society.

With *A Hero*, director/screenwriter Farhadi has fashioned a fascinating morality tale.



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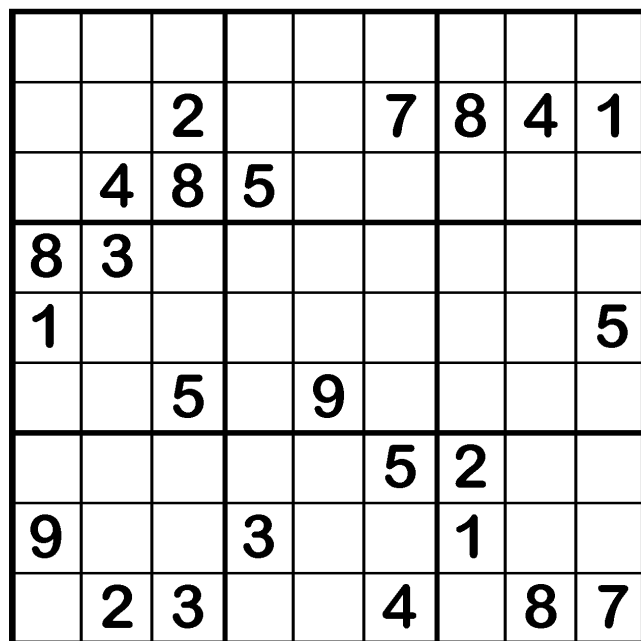
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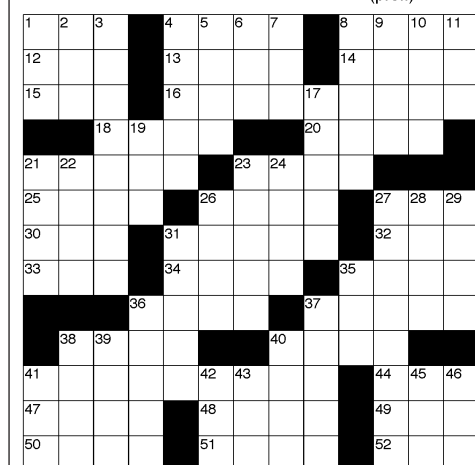
ACROSS

- 1 Fairy queen
4 This (Sp.)
8 Crazy
12 Presidential
nickname
13 Exigency
14 Footless
15 Amer. Standard
Version (abbr.)
16 Camera lens
18 Old-fashioned
oath
20 Edge
21 Electric unit
23 Volcano crater
25 Gamin
26 Belgian (abbr.)
27 Rhine tributary
30 Newspaper
31 Right-hand
page
32 "Blue Eagle"
33 Laconian clan
group
34 Noun-forming
(suf.)
35 92 (Rom.)
- numeral)
36 Feminine (suf.)
37 Song of praise
38 Fr. chalk
40 College
entrance
exams
41 Punk
44 Tally
47 Indian lady
48 Freshwater
worm
49 Harem room
50 Rosebud, e.g.
51 Weekly (abbr.)
52 Recommended
daily allowance
(abbr.)
- ### DOWN
- 1 Sheep's cry
2 Away (pref.)
3 Drink
4 Toward center
5 Sow
6 To or from a

ANSWER TO PREVIOUS PUZZLE

TAP T BLS ACLE
AFL ILEA SHAD
BTU TURNASIDE
TEASE RABI
OTRO PACA SBW
WAC SOBER EOE
NTH HUIA TARA
HARD SIAL
OLAF PHON
OVERTHERE AAA
LEAP IDEA IDA
DRNO CHER LOA

- distance (pref.)
7 Soft drink
8 Brother of
Abraham
9 Atop
10 Carry
11 Carriage
17 Destroying
(pref.)
19 Prate
21 Gambling card
game
22 Arabic (abbr.)
23 Birthplace of
Mohammed
24 High (Lat.)
26 Inclination
27 Antecedent
28 Melody
29 Team
31 Keck
35 Totem pole
36 Sp. hero (2
words)
37 Rice field
38 Work hard
39 Alb (arch.)
40 Earth
41 Television
channel
42 Compass
direction
43 Tree
45 Append
46 Sheep's cry



Actor Chris Noth's character Mr. Big was killed off by a heart attack in *And Just Like That*, the reboot of *Sex in the City*. (HBO Max)

Peleton's placement prob

Death by Peloton? That seems to be the new method of murder on the rise.

During the recent premiere of Season 6 of Showtime's drama *Succession*, Mike Wagner collapsed with a heart attack after taking a Peloton class.

This is just months after Mr. Big dropped dead following a Peloton workout at home on the premiere of *And Just Like That*, the *Sex and the City* reboot.

Two heart attacks? Two months apart? Two Peloton bikes? Coincidence?

I think not.

After all, if you're a hit show focusing on rich, successful people, you're going to insert products that are popular into your storylines. Your characters will drive expensive cars, wear designer duds, and have the latest electronics.

In 2019, Peloton was a four-billion dollar start-up with a nearly cult-like following that actually got a huge boost when the pandemic hit and gyms were shut down. It will also put you in the hole to the tune of nearly two grand for the base model – four thousand for

its top end equipment.

So yes, two TV shows wanted to incorporate this fad into their storylines as a status symbol. And it's great publicity. Except Peloton claims that it's now being blamed for causing heart attacks.

The company was flattered to supply a bike for the new *AJLT* show. At first. The moment Mr. Big flat-lined, the suits at Peloton rushed to have their doctors assess this fictional character's lifestyle and medical history. (He'd had a prior cardiac event on *Sex and the City*.) Their preventative cardiologist immediately released an explanation of why Peloton was

not at fault for Big's death. She further outlined the bike's added features which could help avoid such a tragedy.

But was this rush to defend oneself really necessary? Does BMW put out press releases every time a character crashes one of their cars on television? Does Apple need to protect its reputation if a criminal is located using one of their phones in a movie?

How many viewers are at home watching

television and sending suspicious looks at the stationary bike currently being used as a clothing rack in the corner? I'd hazard to guess, there are a few. And they're secretly patting themselves on the back – and the heart – for the layer of dust that has built up on their exercise equipment.

However, the majority of sane potential customers are not worried about a fictional character's infarction when they're selecting their method of home workout. Besides, only Mr. Big died. *Succession*'s Mr. Wagner did not. Instead, he invoked Big's name and swore he was not going to be taken out by a Peloton. (Side Note: The episode was produced last spring and the line about Big was only recently added.)

But the company is still annoyed. They didn't know their product would be used again or in this manner. So it was a shock. And bad timing.

Between high prices, last year's product recalls, and general unemployment numbers in America, Peloton is dealing with a multitude of reasons behind its falling share prices and questionable corporate future.

None of them have anything to do with a TV show.



Fiona Gardiner
FI TV

McCarville rink set for Scotties

By Leith Dunick – TB Source

To be the best, Krista McCarville and Ashley Sippala know they'll have to beat the best.

They'll have plenty of opportunities to prove the mantra this coming week at the Scotties Tournament of Hearts, being staged at their hometown Fort William Gardens, albeit isolated from their families and friends inside the COVID-mandated bubble.

There's a chance their partners and children will be able to watch live in person on the weekend, but they have to get there first, surviving a round robin that will pit them against the likes of Tracy Fleury, their former Northern Ontario rival and the top-ranked team in the nation, Rachel Homan's three-time champion rink – albeit minus their skip who's chasing Olympic mixed doubles gold – and the third wild-

card entry, Chelsea Carey, a two-time Scotties champion who's first title came at Team McCarville's expense in 2016.

They open against Carey on Friday night.

"I think every single time I play against here we get really fired up because you always think back to that last final game and how meaningful it was – and the fact that she beat us – so of course every time we play her we want to play well," McCarville said on Sunday, wrapping up her final practice before entering the Scotties bubble.

It doesn't get any easier outside the wild-card entries, with the likes of Saskatchewan's Penny Barker, New Brunswick's Andrea Crawford and P.E.I.'s Suzanne Birt, a former Scotties bronze medallist, helping fill out the Pool A bracket, along with Newfoundland and Labrador's Sarah Hill and Nunavut's Brigitte

MacPhail.

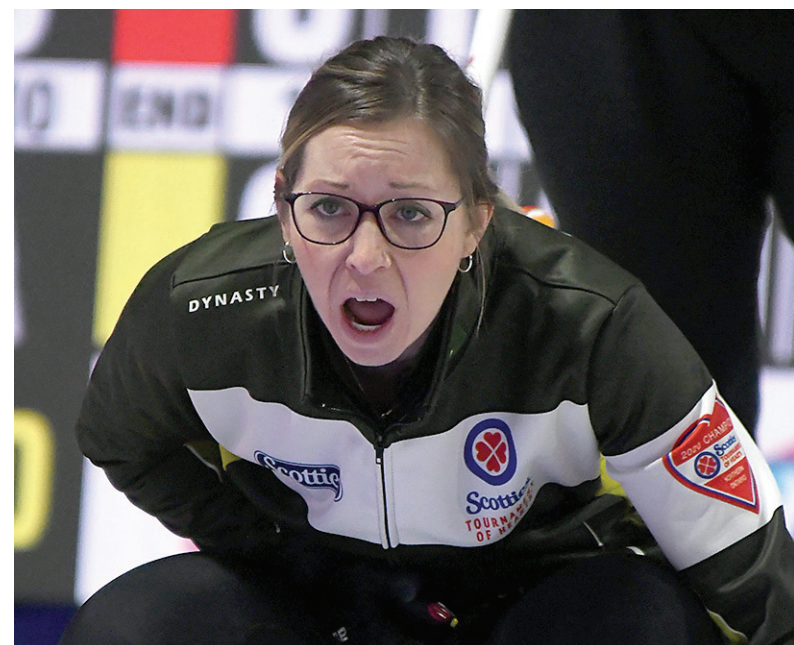
"If we're going to win this competition, we want to play the best teams," McCarville said. "We have a really good pool and I think if we can get out of that pool with a top three, we'd be pretty happy. We want to beat the best to do it."

Sippala, who turned 35 last Friday, said the wait for a hometown Scotties has been tough, the competition delayed by a year because of COVID-19.

It's not how they imagined it would play out, but after declining a bid last year in Calgary, there was no way they were going to miss out playing at home, fans or no fans.

"It seems a bit strange and I'll kind of believe it when it happens," said Sippala, making her sixth Scotties appearance.

"We are super excited, and yes, we wish our families could be there, but we'll still feel the support for sure."



Krista McCarville is making her ninth Scotties appearance in Thunder Bay.

2022 SCOTTIES TOURNAMENT OF HEARTS PARTICIPANTS

NORTHERN ONTARIO Skip: Krista McCarville Third: Kendra Lilly Second: Ashley Sippala Lead: Sarah Potts	BRITISH COLUMBIA Skip: M.A. Arsenault Third: Jeanna Schraeder Second: Sasha Carter Lead: Renee Simons	NEWFOUNDLAND AND LAB. Skip: Sarah Hill Third: Kelli Sharpe Second: Beth Hamilton Lead: Adrienne Mercer	PRINCE EDWARD ISLAND Skip: Suzanne Birt Third: Marie Christianson Second: Meag. Hughes Lead: Michelle McQuaid	NORTHWEST TERRITORIES Skip: Kerry Galusha Third: Sarah Koltun Second: Marg. Flemming Lead: Jo-Ann Rizzo	WILD CARD NO. 1 Skip: Tracy Fleury Third: Selena Njegovan Second: Liz Fyfe Lead: Kristin MacCuish
NORTHERN ONTARIO Skip: Kerri Einarson Third: Val Sweeting Second: Shann. Birchard Lead: Briane Meilleur	MANITOBA Skip: Mackenzie Zacharias Third: Karlee Burgess Second: Emily Zacharias Lead: Lauren Lenentine	NOVA SCOTIA Skip: Christina Black Third: Jenn Baxter Second: Karlee Everist Lead: Shelley Barker	QUEBEC Skip: Lauire St-Georges Third: Hailey Armstrong Second: Emily Riley Lead: Cynthia St-Georges	NUNAVUT Skip: Brigitte MacPhail Third: Sadie Pinksen Second: K. MacDonald Lead: Alison Taylor	WILD CARD NO. 2 Skip: Chelsea Carey Third: Jolene Campbell Second: Steph. Schmidt Lead: Jennifer Armstrong
ALBERTA Skip: Laura Walker Third: Kate Cameron Second: Taylor McDonald Lead: Nadine Scotland	NEW BRUNSWICK Skip: Andrea Crawford Third: Sylvie Quillian Second: Jillian Babin Lead: Katie Forward	ONTARIO Skip: Hollie Duncan Third: Megan Balsdon Second: Rach. Strybosch Lead: Tess Bobbie	SASKATCHEWAN Skip: Penny Barker Third: Christie Gamble Second: Jenna Enge Lead: Danielle Sicinski	YUKON Skip: Hailey Birnie Third: Patty Wallingham Second: Kerry Campbell Lead: Kim Tuor	WILD CARD NO. 3 Skip: Emma Miskew Third: Sarah Wilkes Second: Allison Flaxey Lead: Joanne Courtney

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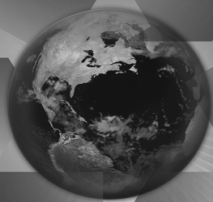
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Lakehead's Michael Okafor, right, and the Thunderwolves are expected to resume play at the Fieldhouse on Feb. 11 against the Guelph Gryphons.. (Leith Dunick/FILE)

OUA returns next month

By Leith Dunick – TB Source

University sports are slated to return on Feb. 9.

Ontario University Athletics on Friday announced athletes can return to training on Jan. 31, the day the province begins to loosen COVID-19 restrictions that led them to extend a pre-Christmas pause originally scheduled to

end on Jan. 24.

Competition can start as early as Feb. 9, though the Lakehead Thunderwolves men's and women's basketball team won't return to action until Feb. 11, when they're scheduled to host the Guelph Gryphons for two consecutive nights.

The men's hockey team is on the road on Feb. 11 and Feb. 12 against the Toronto Varsity Blues,

with their final home games of 2021-22 slated for the following weekend when the Brock Badgers invade Fort William Gardens. The women's volleyball team's next scheduled game is at home on Feb. 18 against Guelph.

The OUA, in a release, does not say if any of the games postponed by the pause will be made up, stating it will announce more information next week about the return to play plan.

NFL overtime rules need to change

So, what do you think of the NFL's overtime rules?

It seems everyone has an opinion after Sunday's thrilling, but maybe slightly unfair, finish of the AFC divisional round game between Patrick Mahomes and the Kansas City Chiefs and Josh Allen and the Buffalo Bills.

The Chiefs, who marched down the field with 13 seconds to go and kicked a game-tying field goal, won the coin toss and Mahomes eventually hooked up with tight end Travis Kelce for the game-winning touchdown, sending Kansas City to the AFC championship against the Cincinnati Bengals.

Allen and the Bills never got a chance to

respond. Had the Chiefs settled for a field goal, Buffalo would have been given the chance to match.

Why the difference in rules?

It's better than it used to be, when a field goal was enough to secure the win.

Personally, I would have liked to see if Allen and Gabriel Davis could have hooked up for a fifth touchdown on the day – then gone for two to win it.

I have a feeling the NFL powers that be are going to feel the pressure to change the rule moving forward.

It seems fair. Personally, I think the Bills blew it when they kicked the ball through the end zone after taking a three-point lead with 13

seconds to go.

I'd have kicked it to the 10 and maybe run some time off the clock.

Even if they called a fair catch right away, you'd have set them back 15 yards. The odds of the Chiefs running the kick back a long distance were slim.

Best joke I heard after the Packers lost: Aaron Rodgers never had a shot.

Predictions? Let's try this again. The San Francisco 49ers beat the Los Angeles Rams twice in the regular season and I think they'll do it again. Cincinnati upset Tennessee, but that's as far as they'll get.

It'll be the Niners and Chiefs in the Super Bowl. I'm gonna cheer for the Bengals anyway. They were Randy Scheffee's team. Maybe he's giving them some help from upstairs.



Leith Dunick
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12. Apartments
13. Rooms
14. Room & Board
15. Shared Accommodations
16. Cottages
17. Commercial
18. Storage/Space
19. Wanted
20. Condos
21. Miscellaneous

MERCHANDISE FOR SALE
22. Bargain corner
23. Misc.
24. Antiques
25. Music
26. Office Equip.
27. Machinery
28. Pets & Livestock
29. Food
30. Misc. Wanted

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

37. Marine Equip.
38. Snowmobiles
39. Parts & Repairs

YARD SALES
40. Current River
41. Northward
42. South
43. Westfort
44. Rural

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

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

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

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

Thunder Bay's Source reserves the right to classify ads under appropriate headings and to set rates therefore and to determine page locations.

Thunder Bay's Source reserves the right to revise, edit, classify or reject any advertisement and to retain any answers directed to the Box Reply Service, and to repay the Customer the sum paid for the advertisement and box rental.

Box replies on "Hold" instructions not picked up within 10 days of expiry of an advertisement will be destroyed unless mailing instructions are received. Those answering Box Numbers are requested not to send originals of documents to avoid loss.

All claims of errors in advertisements must be received by the Publisher within 3 days after the first publication. No refund if ad is cancelled before expiry date.

Thunder Bay's Source reserves the right to increase prices with 30 days written notice.

4. LOTS/ACREAGE

Land wanted. 160 acres (2) 500 acres. Hopefully uncut or cutover. Saving forest not cutting. For animal habitat. Doug 807-766-8264

22. BARGAIN CORNER

Wanted rifles, shotguns, flags, uniforms, swords, canons, military items, \$123 cash paid, 807-627-4764

30. MISC. WANTED

Need Cash! Buying gold and silver, jewelry and coins, call / Text Alex 627-4533 A.Sczomak Auction since 1995

38. SNOWMOBILES

Wanted for cash purchase. Older Ski-Doo, Arctic Cat or others. 80's or 90's. Hopefully used little and stored inside. Doug 807-766-8264

46. HEALTH

Contribute to her self-care, to monitor her own breast health, with non-contact, non-invasive Thermography Gift Certificates. www.yourchoicethermalimaging.com 345-3311 yourchoicethermalimaging@gmail.com

53. GENERAL SERVICES

Dormant Season Tree Pruning - Phone Mark 631-6967

#1 YARD CLEAN UP, snow blowing small drive-ways. Phone Brian AT 474-8870 or 767-9849.

#1-A Junk pickup; snow-blowing; Clean ups; inside outside; tear down sheds, fences, decks, also do repairs on them, cut remove small trees, hedge trimming, handyman services. Frank 628-5919

Full Car clean up and detailing - Smoke odor control, bio-hazard cleaning; Hands on Car Wash, 127 Algoma St. S, Book Now and Drop-ins always Welcome! 344-2886.

Norm's Northern Auto Body and Paint, 903 Northern Avenue 622—2249; for an estimate call ahead 12 noon to 5p.m. Monday to Friday; All work done on a hoist; to do a better job. Good colour matching; 42 years painting. Rust work, minor collision. Antiques welcome.

68. DEATH/FUNERAL



A Gift In Remembrance
www.sjftb.net/memorial
768-4411



53. GENERAL SERVICES

Book Now. RustBlock vehicle corrosion protection, dripless, 127 Algoma St. S, 344-2886. Call for an appointment and drop-ins welcome.

61. EMPLOYMENT WANTED

PENSIONED PAINTERS looking to stay active. Very reasonable rates. Neat, fast working, former housing authority professional painters. Also drywall repairs & small renovations. Call or Text 626-6926

Want to Sell?

TO CLICK ON US.

The **tbSOURCE** Classifieds are online, so it's easier than ever to sell those unwanted items.

www.tbnewsWatch.com

63. LEGAL SERVICES

NOTICE TO CREDITORS AND OTHERS
In the Estate of **DONALD LOUISION GOSSELIN**

All Persons having claims against the Estate of **DONALD LOUISION GOSSELIN**, late of Geraldton, ON, deceased, who died on or about December 18, 2021, or the business known as **BHOUT CONTRACTING INC.** are hereby notified to send particulars of the same to the undersigned on or before February 10, 2022, after which date the estate will be distributed, with regard only to the claims of which the undersigned shall then have notice and the undersigned will not then be liable to any person of whose claims they shall not then have notice

Dated at Thunder Bay, Ontario on the 6th day of January, 2022.

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



THINK RECYCLE

ANSWERS TO THIS WEEK'S PUZZLES

HEAD	REL	PEAG	6	7	1	4	9	8	5	2	3
ATLE	UDI	SABA	5	4	3	6	2	1	9	7	8
TASMANIA	IRA	E	9	2	8	7	3	5	1	4	6
ELI	KITTY	CSA	7	5	6	8	1	3	4	9	2
CAN	RAGA	SEPON	4	8	9	5	6	2	3	1	7
VIMINAL	GAGA	IXIA	3	1	2	9	7	4	6	8	5
AULIC	NID	CONTAIN	1	9	7	3	8	6	2	5	4
NBE	EYRIE	ACLE	8	6	5	2	4	9	7	3	1
IST	MANDALAY	RIEM	2	3	4	1	5	7	8	6	9
GEAR	SEY	AARE									

PREVIOUS SOLUTION: "Gray areas are just the inability to distinguish between darkness and light." — Ron Brackin

83. INFORMATION

tbnewsWatch.com

YOUR COMMUNITY. YOUR VOICE. YOUR NEWS

KEEPING YOU INFORMED

tbnewsWatch.com

Real Estate Listings

Looking for a new home?

- Browse the top listings from the top real estate agents in Thunder Bay; With the click of a button – literally – link directly to those agents and their web-sites to see even more listings
- Check out what homes are scheduled for open houses at a glance with the Open House ticker.
- Browse listings at work, home or on the run; Real Estate Listings support desktop, tablet and mobile phone viewing.

Visit us online!
tbnewsWatch.com/realestate

HERE'S MY CARD

Dulux Paints DECORATING CENTRE

LOCALLY OWNED & OPERATED TO SERVE YOU BETTER!

- BLINDS • CARPET
- PAINT • WALLPAPER
- FLOORING • DECOR

NOW IN STOCK
WATERPROOF LUXURY VINYL FLOORING
starting as low as **\$1⁹⁹** sq.ft.
While Quantities Last
Ideal for home or office

NEW ARRIVALS IN HOME DECOR AND WALLPAPER

784 MEMORIAL AVE. (NEXT TO MCDONALDS)
Call us for details 344-0784



Self-Care

FOR SURVIVING A PANDEMIC



WHAT IS SELF-CARE?

Self-care is any activity we do deliberately to take care of our mental, emotional, and physical health. We practice self-care not just for ourselves but also so that we can take care of others.

REST & RELAXATION



- Spend some time alone
- Enjoy a peaceful nature walk
- Unplug for a set amount of time
- Watch a good movie
- Have a warm bath
- Read something enjoyable
- Get a massage
- Listen to soothing music

NOURISH YOUR BODY

- Rest when you need to
- Prepare a healthy meal
- Get a good night's sleep
- Drink lots of water
- Go for a brisk walk/exercise
- Do some deep breathing
- Practice mindfulness meditation
- Stretch or do yoga



ACTIVATE YOUR MIND



- Think about things you are grateful for
- Do at least one thing you enjoy each day
- Be creative (Art, music, etc.)
- Read about a topic of interest
- Learn + practice a new skill
- Challenge yourself with an activity (crossword, jigsaw puzzle)
- Stop overthinking everything

PROTECT YOURSELF

- Schedule self-care activities/make them a priority
- Set boundaries
- Learn to say 'no'
- Challenge negative thoughts/beliefs
- Stay away from negative/toxic people
- Break unhealthy habits + patterns
- Ask for help when you need it
- Access supports



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“
HELPING YOU LIVE
the Life
YOU DESERVE
”