

COVID SUIZES Dr. Janet DeMille says she's concerned about the number of new cases in the district /3

SLIP SLIDIN' AWAY



SEEING DOUBLE: Twin sisters Hazel and Violet Landversitch, 2, enjoy an afternoon of sledding in the snow on Sunday at Centennial Park.

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LEITH DUNICH



Tikinagan works to maintain connections during COVID-19

More important than ever to keep children in care connected during COVID-19 pandemic, Tikanagan Child and Family Services says.

THUNDER BAY – An Indigenous child wellbeing organization is using digital technology to preserve its unique service model during the COVID-19 pandemic.

Connection is at the heart of Tikinagan Child and Family Services' unique service model, Mamow Obiki-ahwahsoowin, which means "everyone working together to raise our children."

During the COVID-19 pandemic, as children's social worlds shrink, maintaining those connections is more important than ever, said executive director Thelma Morris.

"We know that children and youth are interacting less with adults, so that is why it is so important we look to our service model," she said. "Everyone needs to work together to take care of our children.

Tikinagan turned largely to technology to maintain connections with children in care as much as possible.

That has included launching a foster parent hotline with service in English, Oji-cree, and Ojibway, providing cell phones to youth in care, and increasing check-ins over the phone or virtually.

Communication with foster parents has actually increased during the pandemic, said Morris, with checkins by phone or video conference at least once per week.



Connection is at the heart of Tikinagan Child and Family Services' unique service model, Mamov Obiki-ahwahsoowin. Tikinagan Child and Family Services

"Support through ongoing communication for children, families, and foster parents has been essential during this time," Morris said. "And it's made a difference."

Many child protection agencies across the province and the country have reported lower numbers of child wellbeing concerns during the pandemic, Morris added, but Tikinagan's service levels remained steady.

The agency has worked to minimize in-person contact as much as possible during COVID-19. In-person contact with clients is limited to urgent child protection matters.

However, families can still seek support through the 24/7 phone line at 1-800-465-3624.

When in-person support is necessary, Tikinagan works to ensure families have sufficient PPE and workers are following all COVID-19 precautions, which can vary by community.

Tikinagan provides culturally appropriate care for First Nations children, the model emphasizes broad circles of family support, connection with elders, and hiring workers from local communities.

"Protecting children and supporting families at a time like this takes a community effort," said Morris. "By coming together, in spirit and not in-person, we are making a difference."

Learn more at tikinagan.org or call 1-800-465-3624

LL° DAP"dd.do) | Mamow Obiki-ahwahsoowin | Everyone working together to raise our children.

LOCALNEWS



DOORS CLOSED FOR NOW: Students at Kingsway Park Public School will learn at home for at least one week.

School cases rise

St. James, Kingsway Park and Westgate CVI pivot to online **EDUCATION By Ian Kaufman - TB Source** outbreaks, and cases were reported at four other less schools. DeMille called it a complex issue. Many cases were reported at four other less schools. DeMille called it a complex issue of the sc

St. James Public School will be immediately transitioning to virtual learning after a new case of COVID-19 was detected at the school and was deemed to have been

acquired within the school setting. Single cases were announced at three other facilities on Monday, including Woodcrest Public School, Ecole Gron Morgan Public School and the Lakehead Adult Education Centre located at Victoria Park.

It's the third school in two days to temporarily halt inclass learning, Lakehead Public Schools on Sunday announced Westgate Collegiate and Vocational Institute and Kingsway Park Public School will go virtual only for at least a week after outbreaks were declared at the schools.

However, the head of the Thunder Bay District Health Unit says she doesn't think it's time to shut all schools down to in-class learning.

Dr. Janet DeMille said she remains hesitant to order the closure of schools, despite an explosion of cases in recent days. Just since Saturday, outbreaks have been declared at St. Martin and I.R. Churchill (part of the Lac des Mille Lacs Education Centre), Westgate and Kingsway Park were moved to virtual-only learning due to their own outbreaks, and cases were reported at four other local schools.DeMille called it a complex issue. Many cases detected at school are a result of community spread, not in-school transmission, she noted, adding that closing schools has negative impacts for students and families.

"It's a decision I wouldn't take lightly," she said. "We know in-person schooling is very important for the development of children, to support them emotionally. There's a lot of harms when you close schools – it creates issues for families and challenges for parents who still need to go to work or do [other] things.

While there is no regular surveillance testing program for local schools, she said the testing done when cases were detected had given the health unit significant insights into levels of school spread.

"Whenever there's a class or cohort that has a case, we usually test everybody in that cohort within about five days or so," she said. "That's sometimes where we're picking up another positive case, and then declaring that outbreak."

"But we have a lot of negative test results in those cohorts as well. So in a sense we're doing a version of that surveillance testing, and we're able to track where everybody gets COVID."

For now, she hoped new screening measures for students would be enough to contain school cases.

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LOCALNEWS

Return to lockdown possible: DeMille

HEALTH By Ian Kaufman – TB Source

Thunder Bay could be set for a return to lockdown as case numbers and hospitalizations surge, says medical officer of health Dr. Janet DeMille.

She remained hesitant to order schools to move to virtual learning, however, in the face of an explosion of school cases in recent days.

DeMille couldn't yet confirm whether she'll support a move back to Grey-Lockdown under Ontario's COVID-19 framework, but said there was growing evidence to support the step.

"It really depends even on what happens over the next few days, but the truth is our numbers – the weekly numbers, health care system capacity, public health capacity, all of that – are in an area where we could be looking at going into Grey again," she said Monday.

It's a decision that will be made in consultation with the province in the coming days, said DeMille, who heads the Thunder Bay District Health Unit.

The health unit was moved into the Red-Control level when the provincewide lockdown was lifted on Feb. 16. Since then, however, cases and other key indicators have spiked.

The incidence rate for the Thunder Bay District, for example, stood at 92 cases per 100,000 people for the period of Feb. 12 to 18. That's higher than anywhere else in the province other than the Northwestern Health Unit, where the incidence rate was 117.5.

According to DeMille, the recent surge is largely tied to an ongoing outbreak



CONCERNED: Dr. Janet DeMille.

among Thunder Bay's homeless population. "That's still driving the large proportion of our cases, that more vulnerable population," she said. "It's not just individuals who might be homeless or precariously housed, it's that they interact with others... what we'd call the secondary and tertiary transmission."

The outbreak among vulnerable populations has contributed to rising hospitalization numbers, she said. Thunder Bay's regional hospital reported a record 19 COVID-positive patients in care Monday, including five in the Intensive Care Unit.

"The vulnerable population [often] have a number of other concurrent issues that may challenge their ability to manage when they have COVID, even if it's a moderate illness," she said.

She expressed confidence in testing efforts geared toward those living on the

ST. JOSEPH'S **Foundation**

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streets or in shelters, which include the health unit's street nurse team.

"There's a lot of processes in place so that if somebody does have symptoms and they present to a shelter, they're referred to the isolation shelter and they'll get tested there," she said.

There remains positive news in the face of a bleak local situation. None of the three variants of concern tracked by the province have yet been detected in the district, DeMille confirmed.

The district is also beginning to see an increased flow of Pfizer vaccines following a slow-down, she said.

With initial rollout of vaccination to long-term care residents complete, the focus is now on LTC staff and caregivers, seniors in other congregate settings, health workers, and First Nations, DeMille reported.

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LOCALNEWS

IN BRIEF

COVID unit expanded

n the anticipation of a continuing surge of COVID-19 patients, the Thunder Bay Regional Health Sciences Centre has expanded its COVID-19 Care Unit.

The hospital announced Monday afternoon that it has added eight new beds to the existing 13 beds in the specialized unit.

TBRHSC currently has 19 admitted patients who have tested positive for the COVID-19 virus.

Five of these patients are receiving treatment in the Intensive Care Unit.

The hospital said it has never had this many COVID cases since the onset of the pandemic last spring.

Currently, 92 per cent of all patient beds in the hospital are occupied.

COVID suit grows

A \$160 million class action lawsuit against Southbridge Care Homes was expanded this month to cover all 24 of the company's facilities in Ontario including the Southbridge Roseview nursing home in Thunder Bay.

The Toronto law firm Will Davidson LLP originally filed a claim last spring in connection with a COVID-19 outbreak at Southbridge's Orchard Villa long-term care home in Pickering, where more than 70 residents died.

"Since that time, there's been lots of other Southbridge homes affected by the pandemic, with infections and deaths, so we've expanded the Orchard Villa lawsuit to include these other homes, and most recently it was the home in Thunder Bay that had a very severe outbreak," managing partner Gary Will said Monday.

Justices appointed

Two new judges have been appointed to the Ontario Court of Justice, to begin serving in Thunder Bay effective on March 4.

In a news release issued Feb.19, Ontario Attorney General Doug Downey announced the appointment of Justice Claudia Cynthia Belda Perez and Justice Vince Scaramuzza.

Belda Perez was called to the bar in 2004 and soon after began working at Nishnawbe Aski Legal Service Corporation where she led the Ontario Telejustice Project, an initiative to increase access to justice in remote Nishnawbe Aski Nation communities.

Scaramuzza was called to the bar in 1993 and started his legal career as staff duty counsel with Legal Aid Ontario. He later opened a private practice in 1995 where he developed experience in Gladue Court, administrative tribunals, youth justice, mental health, criminal law, civil litigation and acted as a per diem assistant crown counsel.

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Canadian Navigable Waters Act - Public Notice

The Ministry of Transportation, Ontario (MTO) hereby gives notice that a submission has been added to the Navigable Waters Registry pursuant to the *Canadian Navigable Waters Act* for public comment as described herein.

Pursuant to paragraph 10(1)(b) of the said Act, the MTO has deposited with the Minister of Transport, on the online Common Project Search Registry (https://cps.canada.ca/) and under registry number 2869, a description of the following work, its site and plans:

New Highway 11/17 eastbound and westbound bridges over Pearl River approximately 300 m south of the existing Highway 11/17 alignment in Pearl, Municipality of Shuniah, Ontario, as shown in the figure below.



Comments regarding the effect of this work on marine navigation can be sent through the Common Project Search site mentioned above, under the Comment section (search by the above referenced number). If you do not have access to the internet, please send your comments directly to the project team members listed below.

Mr. Clarke Campbell, P.Eng. Project Manager Dillon Consulting Limited Box 426 London, ON N6A 4W7 tel: 1-888-345-5668, ext. 1359 e-mail: hwy11-17pearl@dillon.ca Mr. Kevin Saunders. Sr. Project Manager Ministry of Transportation – Program Delivery Section 615 James Street South Thunder Bay, ON P7E 6P6 tel: 807-473-2109 or 1-800-465-5034 e-mail: kevin.saunders@ontario.ca

Note that comments will be considered only if they are received not later than 30 days after the publication of this notice.

Information collected during the study will be used in accordance with the *Freedom of Information and Protection of Privacy Act.* With the exception of personal information, all comments will become part of the public record.

Posted in the Thunder Bay Source this 25th day of February, 2021



Editorial

EDITORIAL

Schools need break

The situation in Thunder Bay schools is getting pretty dire, leading at least one union official to suggest it might be time to close the classrooms for a week or more to get things under control.

He might not be too far from the truth. It's well understood that most children do better in the classroom, and it's understood that not all parents are easily able to make at-home learning work.

But COVID-19 is also clearly starting to spread in the classroom. Three schools - St. James Public School, Kingway Park Public School and Westgate Collegiate and Vocational Institute.

St. Martin School has five cases, but is still allowing students to attend in person.

Cases are cropping up at schools across the city.

Maybe it wasn't the smartest idea to postpone March Break for several weeks, and perhaps it's worth a second look from the province.

With more than 250 active cases in the community at large, perhaps it makes sense to keep kids, teachers and staff away from each other for a week or more, a chance to reset the COVID situation in the classroom.

It might allow in-person learning to take place at all schools for the remainder of the school year, which would be good news for everyone.

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COVID numbers shocking

To the editor: • Ver the last number of weeks there has been very little transparency about the risk of COVID locally compared to other areas of Ontario.

We have actually been doing very poorly at reducing the spread and now have a higher rate of infection per 100,000 than Toronto (86 vs. 75) and a higher number of people infected by each infected person (1.22 vs. .87).

If you look at the data this has been going on for weeks. This type of information is available daily published on Twitter by Ryan Imgrund a biostatistician who publishes data daily at 8 am (@imgrund). He also publishes the risk of someone in a group being able to transmit covid.

For Feb. 19 it was eight per cent if there are 10 people in the room in Thunder Bay.

If you come in contact with 89 people in a month there is a 50 per cent risk of exposure here.

For comparison in Toronto, still in lockdown due the their high rates ,you only have a 50 per cent risk of exposure if you come in contact with 158 people in a month.

They are going down, we are going up. I would like to see this type of data for this area published daily locally.

I also think it raises the question what are we not doing that other parts of the province are. Clearly we are not doing enough.

> Lorna Gillen, Thunder Bay

LETTERS TO THE EDITOR

MARS ROVER TO LOOK FOR SIGNS OF PREVIOUS LIFE



Finance and a global pandemic

FINANCE

By Jayson Stoppel – For TB Source

This column is what we hope will be the first in a series of many on financial wellness topics. You might remember my name and Credit Coach tag line from my tbnewswatch.com webpage blog.

My blog covered many different tips and tricks for budgeting, understanding debt and debt settlement processes.

For this my first column for *Thunder Bay Source* I would like to share my thoughts on staying on budget through a crisis such as what we've dealt with over the past year.

Update your existing budget

Staying on budget only works if you had a budget to begin with. Budgets, like diet and exercise routines are most effective when we have a written plan. So, the first step in staying on a budget in a crisis to is create one or update the budget you have. Consider the budget process as an everevolving guide for the household. During this pandemic many have seen changes to income due to layoffs, closures and shutdowns. Perhaps we have also seen reduced fuel consumption and savings on travel and entertainment. Updating a written plan for your household is the starting point. Remember to keep it simple. Notes scribbled on a napkin can be as effective as a detailed spreadsheet. Don't stress by trying to come up with the perfect plan.

Take a financial inventory and review past expenses and declutter surplus assets

Whether you're creating a crisis budget or reviewing an existing budget, knowing the starting point for your line items is critical. You cannot create a budget without having a general idea of what you spend in various areas.

For your pandemic budget, start by going back into your bank statements

and credit card files to track past expenses. Not having a good starting point for expenses like groceries and gas leads to frustration and often an abandonment of the process.

Also, when you are in crisis mode, I suggest taking stock of all cash assets and inventory surplus assets. Knowing what resources you have (beyond your paycheque) to get through a lean period is often better than relying on credit. Interest costs that come with extensive use of credit can shrink your household spending power.

Talk with your partner, family or reach out for help

The pandemic has been emotionally tiring for most. Perhaps you are like many people, missing friends and family, or tired of being stuck indoors for days at a time. Everyday stressors that have come with this pandemic combined with financial problems can be overwhelming.

I have noted during my 15 plus

years working as a Credit Counsellor and Licensed Insolvency Trustee, that many people find it difficult to talk about money with family and friends. But, reaching out to a friend or family about your financial struggles may give you the strength and support you need to put that budget together. You may find your partner will take steps to change spending and shopping patterns once they're aware of financial issues.

If your budget has become unmanageable because of debt and expenditure issues, call on your bank, a credit counsellor or debt professional.

You might find if you reach out, the problems and challenges you are facing are quite solvable, and like most things in life, the more information on a topic we have the better we are at managing the issues.

Jayson Stoppel joined BDO in 1994 and has been working with families and their budgets for over 20 years.

Perspective

Mission to Mars marvelous

However, Perserverance's successful landing on the Red Planet raises a bunch of other questions

OPINION By J.R. Shermack Special to TB Source

Travel restrictions and social distancing keeps most of us pretty close to home so it is disappointing to hear about ill-advised trips to far away places.

Right now the world frowns on nonessential travel but there seems to be one notable exception – to boldly go to distant planets where no one has gone before.

I was impressed and uplifted by one recent long distance voyage covering hundreds of millions of kilometres over seven months at a speed of 24,000 mph. Now that's what I call social distancing.

And when the red dust finally settled, NASA's *Perseverance* rover had flawlessly touched down inside the Jezero Crater on the surface of Mars.

No greeting party

There were no Martians on hand to herald its arrival but the engineers at mission control jumped out of their seats when they heard that the rover had landed safely.

Observers around the world were equally exhilarated by this technological thrill ride and in that sense alone this space flight might be considered essential travel.

The next part of its continuing mission will see *Perseverance*, affectionately called *Percy*, roving around the Mars crater on a voyage of discovery.

Scientists and engineers hope to discover secrets of the universe and clues



SPACE FLIGHT: NASA's Pererverance rover touches down last Friday on Mars, after a seven-month, 24,000-kilometre journey.

to the meaning of life and they definitely consider this mission essential.

It is inspiring to see what can be accomplished when a dedicated group of exceptional individuals pushes technology to its limits to achieve amazing results.

But just like every other human activity these days, even rocket science is bound by the same rules designed to protect against contamination. *Percy* could not go to Mars unless the rover was kept clean, spotless and free of any biological or chemical contaminants all the way from manufacture to launch.

NASA guards against two types of "interplanetary contamination" from bacteria, spores, viruses and other microbes that may hitch a ride on a spacecraft.

Forward contamination is the transfer of microbes and other undesirables from

Earth to another celestial body, from walking on the moon for example. Back contamination involves extrater-

restrial life forms being brought back and escaping into our own biosphere when we return to Earth.

A detailed and meticulous sanitation, distancing and testing protocol is followed to avoid both situations – that's why NASA engineers wear protective bunny suits on the job. Percy had to be squeaky clean for takeoff last July 30th, and technicians faced the additional difficulties of launching a spacecraft in the middle of a pandemic

Keeping healthy until launch was a major concern - if just one team member got sick everybody would be quarantined and the flight would be in jeopardy.

Clearly, COVID has far-reaching implications but NASA strictly followed the protocol and successfully landed Percy on Mars, microbe-free.

Questions arise

But I have to ask – if we can safely build and successfully fly a sanitized spacecraft to another planet why do we have so much trouble keeping Earth safe?

Wearing masks, social distancing and avoiding crowds is not rocket science.

Humans can accomplish amazing things when we want to – why don't we want to take simple measures to protect ourselves?

The continuing Perseverance mission has one more inspirational message to share.

As *Percy* explores the surface of Mars it will carry a small plaque which pays tribute to the perseverance of essential health care workers around the world.

It is a fitting, well-deserved tribute, a simple human note of compassion and a distant ray of hope.

As far as we know there is no COVID on Mars and with vision, courage and determination we will soon be able to say the same thing about our own planet.



Address them to: Thunder Bay Source 87 North Hill Street, Thunder Bay, ON P7A 5V6

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Notice of Completion

Detail Design and Class Environmental Assessment Study, Highway 11/17 Four-Laning between Highway 587 and Pearl Lake, Municipality of Shuniah

The Ontario **Ministry of Transportation (MTO)**, retained **Dillon Consulting Limited** to complete the Detail Design and Class Environmental Assessment (EA) Study for the four-laning of Highway 11/17, from 0.3 km east of Highway 587 easterly for 14.4 km, in the Municipality of Shuniah. Key features of the design include the following:

- Twinning of the highway to provide two lanes in each direction with a minimum right-of-way of 110 m.
- Minor realignment of the Highway 11/17 right-of-way between Highway 587 and East Loon Road to avoid impacts to the
- TransCanada Pipeline
- New alignment of Highway 11/17 south of the existing highway at Pearl to minimize impacts to the municipal road network
- New bridge crossing of Pearl River
- Entrance modifications to allow right-in and right-out movements



The study was completed in accordance with the Class EA for Provincial Transportation Facilities (2000) as a Group "B" project (major improvement) and is now complete. As per the Class EA, a Design and Construction Report (DCR) is prepared at the end of the study to document the Detail Design and Class EA process. The DCR describes the preferred design, documents the public and agency consultation completed and outlines the environmental mitigation measures and provisions that will be in place during construction. Construction timing is subject to funding and approvals.

The DCR will be available for 30-day public review between **March 1**, **2021** and **March 30**, **2021**, at the project website: **www.hwy11-17pearl.ca**. We encourage you to review the DCR and provide any comments to the project team by **March 30**, **2021** using the comment form on the project website, or by contacting one of the project team members listed below.

Due to the ongoing Public Health Emergency related to COVID-19, locations to review a paper copy of the DCR will not be provided. If you wish to review the DCR and require an alternate format, you may contact one of the project team members listed below to discuss review options.

Mr. Clarke Campbell, P.Eng., Project Manager

Dillon Consulting Limited Box 426, London, ON N6A 4W7 tel: 1-888-345-5668, Ext. 1359 e-mail: hwy11-17pearl@dillon.ca

Mr. Kevin Saunders, Sr. Project Manager

Ministry of Transportation – Program Delivery Section 615 James Street South, Thunder Bay, ON P7E 6P6 tel: 807-630-4114 or 1-800-465-5034 e-mail: kevin.saunders@ontario.ca

In addition, a request may be made to the Minister of the Environment, Conservation and Parks for an order requiring a higher level of study (i.e. requiring an individual/comprehensive EA approval before being able to proceed), or that conditions be imposed (e.g. require further studies); only on the grounds that the requested order may prevent, mitigate or remedy adverse impacts on constitutionally protected Aboriginal and treaty rights. Requests on other grounds will not be considered. Requests should include the requester contact information and full name for the ministry.

Requests should specify what kind of order is being requested (request for additional conditions or a request for an individual/ comprehensive environmental assessment), how an order may prevent, mitigate or remedy those potential adverse impacts, and any information in support of the statements in the request. This will ensure that the ministry is able to efficiently begin reviewing the request.

The request should be sent in writing or by email to both of the following MECP contacts, copying the Project Team as outlined above:

Minister of the Environment, Conservation and Parks Ministry of Environment, Conservation and Parks 777 Bay Street, 5th Floor, Toronto, ON M7A 2J3 e-mail: minister.mecp@ontario.ca Director, Environmental Assessment Branch Ministry of Environment, Conservation and Parks 135 St. Clair Ave. W, 1st Floor, Toronto, ON M4V 1P5 e-mail: EABDirector@ontario.ca

Information will be collected in accordance with the *Freedom of Information and Protection of Privacy Act*. With the exception of personal information, all comments will become part of the public record. If you have any accessibility requirements in order to participate in this project, please contact one of the project team members listed above.

THIS NOTICE ISSUED FEBRUARY 25, 2021.

Ontario 🕅

LOCALNEWS Union OK with virtual classes

EDUCATION By Leith Dunick – TB Source

The head of a local high school teachers union says he would fully support a temporary move to virtual learning at all Thunder Bay schools.

Rich Seeley, president of District 6A of the Ontario Secondary School Teachers' Federation, on Monday said the city's growing case count is concerning, especially in the wake of Sunday's decision to close both Kingsway Park Public School and Westgate Collegiate and Vocational Institute for a least a week to in-class learning after outbreaks were declared at both schools. Seeley said the numbers are alarming.

"We've quickly become one of the worst cities in terms of infection rates in the province," Seeley said, pointing to figures based on Centre for Disease Control metrics that suggest there's a 93 per cent chance someone could be exposed to the virus at a Thunder Bay school.

"It's a scary graphic, for sure."

Seeley said he's pleased that Lakehead Public Schools made the decision to close Westgate and Kingsway Park schools – and he'd like to see the board go one step further.

"Given the data we have, OSSTF would be supportive of moving all schools in the city to fully virtual, to tamp this thing down before it can spread even worse in our schools," Seeley said. "Of course, I'm not the one making those decisions, but I am advocating for that at this point and I would like to see that."

Seeley said many of his members, which include teachers and education workers, feel fine being in the classroom at this time.

"Some of them are very alarmed at the prospect of being in the schools. I've got this wide range of people who are all at once terrified – and some aren't," he said.

"But I would say a majority of my members are feeling a significant sense of anxiety over the chances of being infected at work.

In addition to the two schools that have gone virtual this week, the Thunder Bay District Health Unit in recent days has announced cases at a number of schools, including Corpus Christi, St. Elizabeth and Pope John Paul II with the Thunder Bay Catholic District School Board, and St. James Public School. An outbreak has also been declared at I.R. Churchill Elementary School, for students from Lac Des Mille Lacs First Nation. TBLITE people | health | home | food | leisure

Ice climbing a cool winter activity to enjoy outdoors

A wall of ice may seem daunting and dangerous, but it's lots of fun



t seems like I say it every week, but we are truly blessed to live in Northwestern Ontario.

The diversity of outdoor activities available to us provides a quality of life that would be hard to match living anywhere else.

We all have our favourite outdoor pursuits, but I've found that adding a bit of variety can really create an unforgettable experience.

A few years ago, I took a break from all the skiing, fat biking and ice fishing I was doing to enjoy a day of ice climbing with local climbing legends Wes Bender and Frank Pianka.

Memorable

That day is etched in my memory. As we got closer to the vertical wall of rock and ice that was our destination, the trail began to tilt steeply upwards.

We worked our way through a labyrinth of huge, broken rocks as we zeroed in on the wall of ice that

was our destination.

Our route became increasingly steep as we followed the rough trail. Finally, we had to uncover a set of ropes that were buried in the freshly fallen snow, and they gave us enough leverage to clear the final ascent to the base of our climb.

On this small, flat area, we attached our crampons, our harnesses, and buckled our helmets. Then, with Frank belaying the safety rope, Wes took the lead and began his first climb.

Every few feet he screwed anchors into the ice and then attached himself.

With Frank holding the other end of the rope, the anchors would keep Wes from falling should a hunk of ice supporting him break away.

When he reached the top, Wes secured a top rope anchor, which would secure the safety line for my upcoming ascent.

While I waited, Frank informed me that the ice is always steeper and higher than it looks from below. Still, I couldn't wait to get up there. I took a deep breath, checked with

my rope man, and swung my axe into the ice above. I pulled down, it felt solid, and so I

proceeded to kick my crampon into the ice.

By repeating this process, and always having three points of solid contact with the ice, the ascent happened quickly.

Everything was going great... until I looked down. As soon as I saw how far down Frank and Wes were below me, I was done.

With each of my next three ascents, my confidence grew, along with my speed and the level of enjoyment.

Shifted gears

I quickly learned to transfer my weight to my legs and to occasionally lower and shake out my arms to keep the blood flowing to the fingers.

This kept my hands warm.

This particular waterfall was rated WI3+ for its sustained 60-70 degree incline with near-vertical (90 degree) sections.

The experience is one I think about often, and one of these days I will be back on the ice.

Considering the quality ice climbs available all across the north shore of Lake Superior, anyone lucky enough to visit or live in this area should definitely try it.

For information on climbing opportunities visit Alpine Club of Canada-Thunder Bay Chapter's TOUGH ASCENT: Columnist Keith Ailey makes his way up a ice wall. website at www.acctbay.ca.



Weekly column will look at issues surrounding mental health

he prevalence of mental health in Canada is a concern that is often under-recognized and supported; the statistics surrounding the number of individuals who suffer from mental health struggles continue to steadily increase.

As a counsellor, it is my job to continuously explore different theories, methods and tools that can help people cope.

Two weeks ago, we introduced the idea of animal therapy to Thunder Bay; this week, we will offer more information on this tool and introduce you to this new weekly mental health column.

Each week, we will briefly explore



different areas of the mental health space: new tools, different ailments, introductions to varying programs and individuals, and so forth.

Our goal is to make discussing mental health as common and as safe as discussing what we should have for dinner; removing the stigma attached to mental health is the first piece of the puzzle.

All of that being said, what exactly

is animal therapy? Quite simply put, animal therapy is the use of animals as a way to help people cope with physical and mental health conditions. Human beings innately have a natural desire to interact and bond with animals.

For many individuals, when this bonding experience happens, they biologically find themselves in a calmer state.

As well, the individual's perception of pain can decrease, they can experience a reduction in feelings of fear and worry, and minimize anxiety and stress.

Although animal therapy can be used in a variety of ways, it is most supported in assisting individuals with markers for anxiety and depression, which, according to the Centre of Addiction and Mental Health, is 1 in 5 Canadians.

Animal therapy has been used in a number of medical settings, including palliative care units, children's hospitals and long-term care facilities, with great success in patient outcomes and overall sense of well-being.

Utilizing an animal as a tool during a counseling session is no different; the goal is to improve the client's sense of comfortability and ease their anxieties.

Last week, we introduced you to Harlow, our chocolate Labrador retriever.

Currently, Harlow is going through a number of different training components to ensure that she is ready to sit beside you and support you through the often difficult act of counselling. In addition to Harlow, we will soon also have Simon, our therapy bunny, who can offer the same benefits of animal therapy to individuals who may not be comfortable with a dog. You can follow both of their training journeys at www.dpmh.ca.

Join us here next week as we expand this column in to different areas of mental health and remember, if you need help, reach out. Take comfort. Take care.

Social

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Gardening begins in mid-February Parsley, sage, rosemary, it's thyme

came upstairs from my library to discover a shelving unit parked in front of our large picture window and the small chest that usually sits there, gone. What happened?

Planting is what happened. There was The Gardener, my wife, Laura, with her big bin full of dirt on our dining room table, several small pots, and packages of seeds.

"What are you doing? I know that you can't wait to get your hands in dirt and get to the sowing of seeds but so soon? You usually

don't get going for another month," I queried.

"I'm planting herbs. They take a long time to germinate and pop their wee heads above ground," she replied.

"Oh, what herbs?" I asked.

"Sage, thyme, stevia and parsley," she answered.

And so it begins.

Eventually, more shelves will be hauled in front of the window and trays of planted veggies will begin their lives there.

Change of plans

Laura told me that we won't be blocking our view with as many shelves since she and our son, Doug, built a small lean-to greenhouse exiting the basement of Casa Jones. So, the jungle will evolve on the shelves in the greenhouse downstairs instead of replacing our view with a thick, vertiginous jungle in our living room.

Speaking of downstairs, Laura tried an experiment overwintering peppers she was growing in large tupperware bins in the greenhouse. She then brought the bin inside when the temperature got too cold. Unfortunately, the peppers didn't make it, probably, Laura surmised, because we brought them inside after a serious frost. So, there was a bin full of dirt devoid of plants, when Laura thought to compost some potato peelings in the dirt.

One day last month, Laura discovered that potatoes had sprouted in this bin. Ah, a new experiment. Trouble was the plants had gone wild stretching to the light that shines through the window.

Now the stocks were long and spindly. What to do?

Laura grabbed a grow light and we suspended it over the 'tatties between two chairs.

"Hope that works," she said.

We will let you know if the experiment



succeeds.

In fact, we harvested onion greens to put into our salad.

Another experiment involved onions. We

looked at the bag of store-bought onions only

to see a couple of them sprouting nice, green

shoots. Laura placed the onion in a glass full

A couple of days later, the same onion was producing more green onion shoots. I found more sprouting onions and have repeated the experiment. I await results. With some people,

gardening is like an itch, a seasonal one. Typically at this time of year, the seed catalogues are front-and-center on our table.

The colder the temperatures get, the more Laura would look through those catalogues and her seed collection.

Over the past couple of years Laura has acquired seeds from our local seed swap, but this year due to the pandemic of course, there is no seed swap.

Laura misses exchanging seeds and talking in person with fellow gardeners. She always gets new ideas from other experienced growers.

Creepy crawlies

And speaking dirt (as I was), we have a tupperware bin in our living room with holes in the lid. Why? Inside are worms. These aren't garden-variety "squims" you grab for fishing.

These are special red wgglers, quite a bit smaller than garden worms, that can make dirt, excellent soil for planting. How? Tear strips of newspaper, add kitchen scraps and feed to them and the squigglers make dirt. Wow!

Especially helpful when the ground outside is frozen but you want to plant. Laura takes the worm castings, and some composted dirt she saved, and bakes it in our oven to sterilize before using it.

She checked the bin yesterday and declared that we immediately needed a second bin. The first one was getting close to being choked with the number of worms who have been reproducing like crazy!

So, gardening has begun, the days are getting longer, the horses are shedding. Can Spring be far behind.?

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IN THE bay arts entertainment culture

Supernova's Firth and Tucci shine



Supernova (Shaw PPV) centres on two long-term partners, Sam (Colin Firth) a concert pianist, and Tusker, a successful novelist (Stanley Tucci) as they vacation through England's beautiful Lake District in their old RV. Their excursion includes visiting with family and friends, rediscovering old pastoral haunts, ultimately leading to a low-key recital in a small town for Sam.

However, the trip has a deeper underlying concern. Tusker has been diagnosed with dementia. This journey is no lark. It affords them time to spend together before facing a darker inevitability.

Balanced emotions

The gently melancholic tone is leavened by Tusker's sense of humour as they natter and playfully chide each other. Tusker, navigating by an old-fashioned map, cannot abide the GPS lady's voice, which he likens to Margaret Thatcher. He mischievously teases a polite waitress, trading on Sam's notoriety as a pianist. They scan the night skies with a telescope thanks to Tusker's fascination with astronomy. They have



DEMENTIA DIAGNOSIS: Highly heralded actors Stanley Tucci and Colin Firth star in the Shaw pay-per-view offering, Supernova.

affectionate moments.

But underlying their banter lurks Tusker's growing reality.

There are other secrets that will unfold, with disclosures that will force the two men to confront their fears and limited options.

This is a loving relationship facing life's ultimate challenge, a character study, and as such, the plot is not dependent upon incident. This can be a virtue or shortcoming, depending on one's expectations. Bottom line, one appreciates the convincing performances by Firth and Tucci, and what the script affords them in terms of both spoken words and those left unspoken, relying on facial expressions and physical gestures, providing a dramatic undercurrent. The two actors are fascinating to watch.

The film allows Sam and Tusker to interact as a devoted couple demonstrating their history together, gradually peeling away layers to reveal darker truths and attendant consequences. Firth's face exudes devotion and concern while Tucci smiles with little quips, subtly allowing a haunted expression to flicker only briefly. One savours their chemistry and their underplaying.

The film's crowning moment happens during a family gathering where Tusker begins reading a prepared speech then falters, turning over his remarks to Sam. It's a tribute to Sam who squirms with embarrassment but he is obviously moved by what Tusker has written about him. Tusker meanwhile gleams with love and pride, but a downcast expression surfaces like a passing shadow. It's a master class in body language given by the two actors.

Happened too quick

If there is a quibble, it lies with a sudden climax that is a little off-putting. The penultimate moments occur within a curious chronology of unseen incidents stemming from a crucial decision in the closing stages.

Perhaps director/screenwriter Harry Macqueen is trying to avoid clichés, but the approach seems to rob the film of a satisfying dramatic resolution of an otherwise touching, engaging story.

Further pleasures come with the lush cinematography and beautiful landscapes, impressive set decoration, and moody soundtrack featuring both pop and classical pieces.

Director Macqueen suffuses the piece with warmth and compassion.

The climatic speed bump aside, Firth and Tucci make *Supernova* a worthwhile watch.

Auditorium could be hopping in 2022 when live music returns

MUSIC By Leith Dunick – TB Source

f gathering restrictions are lifted, the general manager at the Thunder Bay Community Auditorium predicts 2022 could be a banner year for live music.

Robert Halvorsen say promoters have been clamouring to book dates for next year, as touring acts look to shake off being sent backstage for the better part of the past year because of the COVID-19 pandemic, hampered by public health regulations and, to a lesser extent, the closure of the border between Canada and the United States. Halvorsen said concert-goers could

have plenty to choose from in 2022. "I can never predict what people will

do in terms of responding to shows. We try our best, but thinking back to 1986, when we first opened the building, I think it's going to be very similar to



MUSIC MAN: Bob Halvorsen said he expects to book a lot of shows next year.

that, where we had a show every second night," he said. "People came because they just wanted to get out and see some things again. I think we may be in a scenario similar to that. The Auditorium had a number of bigname shows lined up for 2021, including comedian Jeff Dunham and rock and roll hall-of-famers ZZ Top. Both have since cancelled.

Halvorsen said the situation makes it tough to plan.

"It's very difficult. This business is extremely risky, as you know. It's difficult to predict, No. 1, what you're going to get in terms of product and how the reaction is going to be from the general public in putting things on sale," he said.

"When you add in all the problems that come with a pandemic, in terms of social distancing and protocols we had to put in place and how many people we can put in the place, or whether we even want to commit to a show and then have the whole landscape change, in terms of what we can or cannot do, it becomes extremely difficult." Halvorsen said if they had to abide by social distancing guidelines at some point down the road when Thunder Bay emerges from the Red-Control level of the provincial framework, they could only have about 290 patrons inside the venue. That rules out most of the type of shows the Auditorium typically books.

The lobby area also isn't set up for social distancing.

"We're just kind of sitting back and hoping that things are going to turn out for the best, we get a clean slate and we'll be able to open up completely Green and get things back to what they used to be."

Halvorsen said it's almost a certainty there will be no Thunder Bay Blues Festival in 2021, but he's hopeful the event, which was cancelled in 2020 before COVID-19 hit due to a lack of available acts, can return in 2022. IN THE **BAY**

Kenan's worth a second look

NBC's *Kenan* is a new sitcom starring the talented Kenan Thompson of *SNL* fame as a morning show host, recent widower, and now single father of two daughters.

Some might wonder about mixing punchlines with emotional loss, but some of the best funerals I ever attended (yes, I said "best") had me laughing as much as I cried.

So I'm all for the concept. The question is: Is anyone else?

In the past, this emotional contrast has been attempted on TV with varying degrees of success.

One of Matthew Perry's post-*Friends* projects was *Go On*, a comedy about a widowed sportscaster who is forced to attend a grief counselling group in order to return to work. I liked it. But I was among the few so it was cancelled after one season.

More recently, *The Unicorn* starring Walton Goggins as a widower of two



daughters started its second season.

This show has focused less on everyone's loss and more on them trying to return to a "normal" life where they don't survive off donated casseroles and teachers don't give free grades out of pity.

And now we have *Kenan*. (Is anyone else wondering why Hollywood writers keep killing off wives? Oh yes, because

a woman trying to raise her kids on her own while working full time isn't anything new.)

Don Johnson stars as the father-in-law – a white dot in the mostly black cast. He's supportive, if not a little out of touch. And thus far, he hasn't been used as a black-versus-white punchline or for any "teachable moments" for white viewers. (That will come later, I'm sure.) Instead, the first episode focuses on Kenan's refusal to discuss his late wife and his subsequent emotional break-down at work.

At home, he quotes self-help grief books and avoids the word "Mom" at all cost. Fortunately, his family has his number. And while they offer differing approaches on how he should cope, they discuss it like a normal family: openly and without pulling any punches. Even the kids.

Fortunately, 42-year-old Kenan Thompson literally grew up on televi-

WORD SEARCH

her sion.

He started out on D2: The Mighty Ducks and moved on to series television with The Steve Harvey Show and Kenan & Kel, a few more movies, and then SNL where he is the longest performing cast member in the show's history.

Viewers know him. So he can broach subjects that might be stumbling blocks for other, less likeable, actors. And still make us laugh in the process.

Given the hundreds of thousands of families dealing with loss amid the pandemic, this show could be very timely. If people are willing to listen. And that's a big "if."

It might be too soon for some viewers. Others might feel the subject matter is too important for the comedic touch of a sitcom.

But *Kenan* is worth a second look. After all, there's nothing more healing than a good belly laugh. And we could all use some of both right now.

Sudaku



WELL-KNOWN: Kenan Thompson is a familiar face for many television viewers.

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Morrison inspires teenage athletes

BASKETBALL By Leith Dunick -TB Source

Cott Morrison says the pandemic has Scott Morrison says une parties been tough on athletes and coaches, but it's still possible to maintain some semblance of training normalcy.

Morrison, the former head coach of the Lakehead Thunderwolves men's basketball team, and current assistant with the NBA's Boston Celtics said self-motivation is the key, something that's not always easy for coaches to teach.

"You have to get lucky and have kids around you or on your teams who are really driven to succeed and if you have those guys, those type of people, you can help them remotely and by sending links to video and clinics and stuff that's online, that we do here too," said Morrison, who joined Superior Secondary Athletics Association athletic director David Pineau as a special guest on the Red Shirt Effect, a locally produced program aimed at helping high school athletes make the most of a lost high school sports season.

The P.E.I. native said he's often asked if NBA players, once they get rich and make it to the big time, still try to get better.

All-star advice

He pointed to former Celtics all-star Gordon Hayward, who signed as a free agent with Boston in 2017. The signing led to Morrison being called to Brad Stevens' hotel room, leading the rookie assistant to think he was in trouble for something.

"I know when Tom Warden used to call me to his office at Lakehead, I knew I'd done something wrong," he said, smiling.

It turned out to be the opposite – and a lesson from an unlikely source.

Stevens told Morrison he wanted him to fly to California to work with Hayward, a seven-year veteran coming

off an all-star season with the Utah Jazz. Morrison, still nervous in his first assignment, told Hayward he'd stay out of his way and let him practice the things he felt he needed to work on.

Hayward quickly told Morrison that wasn't going to work.

"'Coach Stevens wouldn't have assigned you to me if he didn't trust you and if you couldn't make me better. And that's what I want you to do. I want you to make me a better player," Morrison recalled Hayward saying.

"I want you to be hard on me. I want you to coach me. It's not about what I've done, it's about what you can do to make me get better.' So that really opened my eyes that these guys are all trying to improve. It doesn't matter what level they've reached, they're always hungry for more."

Right mindset

Morrison added character and attitude are huge, especially at the high school level.

"Talent's good to have, but hard work and character, with a little bit of talent, always beats a more talented team that doesn't have the right (character)," Morrison said, encouraging students looking to play at higher levels of their sport not to give up hope, even though high school sports have largely been cancelled in Canada this season.

"If there's one thing that's always been consistent it's that if you're good enough, someone's going to find you, so if your goal is to play in the NCAA or get a Division 1 scholarship in whatever sport that you play, just keep working, keep grinding it out, doing whatever you can to improve during this tougher time," Morrison said.

"Trust that if you're good enough, with social media, with the internet and how much technology we have now, someone's going to find you."



RESPECTED VOICE: Scott Morrison coached the Lakehead men's basketball team from 2003 until 2013.





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Scotties tickets back on sale

CURLING By Leith Dunick - TB Source

rganizers of the 2022 Scotties Tournament of Hearts are hoping to capture some ticket-selling momentum during the frenzy of the 2021 event.

Ticket packages for next year's Scotties, originally scheduled for Fort William Gardens this year, went back on sale last Tuesday.

Organizer Rick Lang, who also coaches the 2022 hopeful Krista McCarville rink, said the timing couldn't be better.

"This year's Scotties starts on Friday night and we wish it was starting here with a full Gardens and a great event in Thunder Bay, but we all know that wasn't to be," Lang said.

"We're going to enjoy watching this year's on television and next year at exactly this time the Scotties will be in Thunder Bay at Fort William Gardens. Tickets are back on sale, starting today."

Lang said the Thunder Bay event, which was supposed to commemorate the 25th anniversary of the last time the national women's curling championship was held in the city, was challenged by the COVID-19 pandemic from its earliest days.

However, he's hoping with vaccinations on their way and numbers starting to drop, curling fans will see the light at the end of the tunnel and feel comfortable purchasing tickets for the 2022 Scotties, a year before it's set to start.

"A year ago, when we first got it, we had phenomenal ticket sales. We had sold over 1,600 packages, really only leaving a few hundred available to the general public after all the other things are spoken for," Lang said.

"People were offered refunds, but a very few number of them actually took the refunds, so we're excited about that."



BACK IN BUSINESS: Thunder Bay skip Krista McCarville turned down a chance to play at this year's Scotties.

Lang said organizers understand there may be some reluctance on the part of ticket buyers to spend hundreds of dollars for an event a year out, with so much COVID-19 uncertainty in the air. But, he added, Curling Canada has vowed to make it a safe event for everyone - curlers, volunteers and fans.

"They will be taking all the necessary safeguards, working closely with all the authorities in all levels of government to ensure that we can have a really exciting event and a really safe event," Lang said. "We're going to be promoting it between now and then and hopefully we fill the building."

Curling Canada has also promised full refunds to ticket holders should the 2022 Scotties Tournament of Hearts be unable to host fans in the stands.

Regular full event packages are \$395, while premium full event packages are \$429.

Championship weekend tickets, which include a single ticket to the final six draws and any tiebreakers, are \$219. Tickets may be purchased online at www.curling.ca/2022scotties/tickets or by phoning 807-625-2592.

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Is it time for the Raps to trade Lowry?

At the start of the NBA season, I'd have never sug-gested the Toronto Raptors trade **Kyle Lowry**. After all, he's probably the most valuable player in

franchise history, with apologies to Vince Carter and Kawhi Leonard. The truth of the matter is, they seem to play better

without Lowry in the lineup.

There's been a lot of chatter of late that the team, which has gone 14-7 after a dreadful 2-8 start, might be in the market for Cleveland big Andre Drummond, who also carries a \$28.5-million contract

With Aaron Baynes struggling offensively, Drummond would be a pretty good fit for the Raptors. But he'd be costly. In order to make the deal work, they'd have to ship out a bunch of players, including guard Norm Powell, arguably Toronto's best player in their recent stretch of success.

Baynes, Stanley Johnson and at least one other piece would have to go the other way.

But what if the Raptors could find a suitor for Lowry, a contender looking for some veteran backcourt experience, not to mention a player who can still play at close to an all-star caliber?

On the one hand, the team could go all in and try to win with what they've got. The East is there for the taking, and Toronto could be in the mix by adding a player like Drummond.

However, the Raptors are 16-0 in their last 16 games without Lowry in the lineup.

The soon-to-be 35-year-old is a free agent at season's end, and the Raptors could see him walk for nothing.

A team like the Philadelphia 76ers, might be willing

to pay up to acquire a hometown hero like Lowry, sending back a cache of picks and/or prospects to add the piece they need to take on the star-studded New York Knicks and give themselves a shot at an NBA Finals berth, their first since 2001.

Toronto's got a pretty good core in place. Pascal Siakam, O.G. Anunoby and Fred VanVleet are three pretty good pieces to build around, even if Giannis has been locked up long-term in Milwaukee.

Chris Boucher has looked fantastic and Terrence Davis appears to have his legal woes behind him.

Odds are this is Lowry's last hurrah in Toronto. Why not help the team build down the road and let him chase another title in the City of Brotherly Love?

hings aren't looking good for the Superior International Junior Hockey League to return to action this season.

I had a brief text chat with commissioner Darrin Nicholas, who said with the region re-entering the Ontario COVID-19 framework at Red-Control, time is quickly running out to finish the season.

Under Red, teams can't scrimmage or play games. That leaves the two Thunder Bay teams on the sidelines.

Teams in the Northwestern Health Unit are permitted to play under Yellow, but Nicholas said the optics of that aren't great.

The league has no interest in asking players to travel back into the region and risk spreading COVID-19 to the people already living here.

I think if we're lucky, we might see the return of some high school sports in May or June, when they can be played outdoors.

If I'm a betting man, I can't see anyway the Thunder Bay Border Cats play at Port Arthur Stadium this summer. The border closure was recently extended to March 21, leaving just two months to have that cleared up and players allowed to routinely cross back and forth.

I also ran into Lakehead Thunderwolves men's hockey coach Andrew Wilkins. He's crossing his fingers the OUA can start up again after taking the 2020-21 season off, but like the rest of us, he's not 100 per cent sure it will happen.

I'm just hopeful the local slo-pitch season can go ahead. It was tough not being out on the field last summer and this guy's not getting any younger. Fiftytwo last week - the same age as Gordie Howe when he retired. Ouch.



SPORTS SHORTS

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