



Getting Buggy with it /7



Friends and the fury /11



Lottery house unveiled /5



Orange Wave Night /14

YOUR COMMUNITY CONNECTION

THUNDER BAY SOURCE



Bodystream Medical
Your Health, Enhanced

ONLINE MEDICAL APPOINTMENTS

CALL US AT
1-800-730-8310
OR VISIT US AT
Bodystreammedical.ca

Canadian Publications Agreement No. 0662445 Vol. 19 No. 9

Thursday, March 3, 2022



A huge crowd turned at city hall last Saturday for a rally opposing Russia's invasion of Ukraine /3

WATCH FOR US!

STILL PUBLISHED EVERY THURSDAY DELIVERED FREE

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

tbnewswatch.com

Real Estate | Listings

Looking for a new home?
Visit us online!
tbnewswatch.com/realestate

THUNDER BAY SOURCE

MARCH BREAK SPECIAL SECTION

PUBLISHED ON MARCH 10

TO ADVERTISE CONTACT YOUR SALES EXECUTIVE

OR CALL **346-2600!**

About 200 people protesting Vladimir Putin's attack took part in an hour-long rally for Ukraine last Saturday in front of Thunder Bay's city hall. (Leith Dunick)

March is _____

Foster Parent Appreciation Month at Tikinagan

On behalf of our Chiefs, Board, Elders, and our staff, we would like to thank our more than 370 Foster Parents who support children and youth to maintain their connection to their culture, community and families. Our Foster families are part of our circle of care and demonstrate what Mamow Obiki-ahwahsoowin is all about - that we all work together to raise our children.



TIKINAGAN.ORG



ᑎᑦᑭᑦ ᑖᑦᑎᑦ ᑦᑦ ᑎᑦᑎᑦᑦ ᑭᑦᑎᑦᑦ

Tikinagan
Child & Family Services

Rally for Ukraine

By Leith Dunick - TB Source

Cathy Paroschy-Harris has family that's fled the Ukrainian capital of Kyiv, desperately trying to escape the unprovoked Russian invasion of the European nation.

She's got friends who have hunkered down in bomb shelters, trying to avoid becoming casualties of the attack, which is being condemned world-wide for its brutality, a war begun to stroke the ego of Russian President Vladimir Putin.

On Saturday she joined a crowd of about 200 supporters, many waving Ukrainian flags or hoisting up blue and yellow signs, the country's flag flying with official status outside the Thunder Bay municipal office, in protesting the attack.

"Down with Putin," the crowd yelled in unison. "He's a war criminal!"

It was a day filled with emotions for Paroschy-Harris.

"This is actually wonderful. It was so wonderful to see the support from our Thunder Bay community, many Ukrainians, but there were a lot of non-Ukrainians here, saying they are supporting Ukraine because it's the wrong thing that's happening there," Paroschy-Harris said.

Tough to stomach

It's shameful, heart-wrenching and horrific to see the nation of her ancestors under attack.

"On a daily basis I'm trying to touch bases with relatives and friends. I have family in Kyiv who have abandoned Kyiv, left their homes and jobs and don't know what they will ever come back to, if they can," Paroschy-Harris said.

"The situation is so unknown. They've fled to Western Ukraine. I have friends who have stayed in Kyiv that are hiding out in bomb shelters and I fear for their safety. There's so much uncertainty."

Walter Warywoda, president of the Thunder Bay chapter of the League of Ukrainian Canadians, helped organize Saturday's rally, which included the singing in unison of the Ukrainian national anthem, as well as speeches from local dignitaries expressing



Anti-Putin protesters gathered outside of Thunder Bay city hall last Saturday. (Leith Dunick) support for Ukraine.

It's still gut-wrenching to watch it all unfold in real time.

"These are unprecedented times. Who would ever believe that in 2022 we'd be fighting a conventional war against an innocent nation, one striving for democracy," Warywoda said. "One has to realize this is a battle for Europe, for democracies abroad. It's larger than this. It's a big deal and people's lives are at stake here."

The message to Russia and, in particular to its people, is to stand up to Putin and the network of billionaire Russian oligarchs that control the country.

"They're not fools. They know what's going on in the world. They're connected, but they're subjugated to the oppression that Putin imposes on them. They're getting the message. (Russians) can live as well as anyone can in the world, but they have to stand up against the evil tyrant that Putin is," Warywoda said.

Liberal MP Patty Hajdu was among the politicians on hand and called it a time of darkness for the world. Hajdu said Canada has pledged to do everything in its powers to help Ukraine fight back. The country has imposed sanctions on Putin and his cronies, and cancelled export

permits, as well as providing weapons, both lethal and non-lethal.

"It's significant financial support too," she said. "I think we're up to \$500 million. We've said we'll be there for Ukraine for as long as it takes."

Hadju added it's important for allies and NATO to work together to provide the most effective support in their effort to fight for democracy and sovereignty.

"Those conversations continue to be ongoing. This isn't over by a long shot. Canada will be there, whether it's consular support, support for refugees, financial support ... or military support. We'll take it a day at a time and certainly all options are on the table as we explore what next steps might look like with our allies."

Strong words

Her Thunder Bay-Rainy River colleague, Marcus Powlowski, called for an even harsher response, demanding Russia be kicked off the United Nation's Security Council and for surface-to-air missiles to be sent to Ukraine.

"Only a madman kills his own brothers and that's what Putin is," the second-term Liberal MP said.

THIS WEEK'S WEATHER FORECAST

THURSDAY	FRIDAY	SATURDAY	SUNDAY
Sunny	A mix of sun and clouds	Scattered flurries	Snow
Precipitation: 10% HIGH -7 LOW -17	Precipitation: 30% HIGH -7 LOW -14	Precipitation: 40% HIGH -5 LOW -6	Precipitation: 60% HIGH -2 LOW -10

LET'S GET DIGITAL, DIGITAL.

Scan the QR code to get this week's full flyer at your fingertips. This means more deals. Pretty cool, eh?

NO FRILLS

3.49
LB
7.69KG

SAVE 1.50/LB
LEAN GROUND BEEF fresh

1.99
LB
4.39KG

ASPARAGUS product of Mexico, no 1 grade or **BROCCOLI CROWNS** product of U.S.A.

1.99

FARMER'S MARKET™ GRAPE TOMATOES product of Mexico, 283g

\$7

PC® VEGETABLES selected varieties, frozen, 1.75kg

1.99

SAVE .48
BLACK DIAMOND SLICES PROCESSED CHEESE PRODUCTS selected varieties, 410g

\$7

SAVE 2.00
HIGH LINER PAN-SEAR or SIGNATURE FISH or SHRIMP selected varieties, frozen, 425-600g

Prices effective from Thursday, March 3, to Wednesday, March 9, 2022

Shawn's Nofrills ~ 766-0003
1020 Dawson Rd. Thunder Bay
Darcy's Nofrills ~ 626-0003
425 N. Edward St. Thunder Bay

Murder trial opens in court

By Doug Diaczuk – TB Source

Crown attorney Rob Kozak said the evidence will show that David Hui and Musab Saboon are both responsible for the death of 40-year-old Lee Chiodo.

“Ultimately the two men charged were jointly responsible and it started with forcible confinement and ended with the killing of Lee Chiodo,” Kozak said.

The trial for Hui and Saboon opened in a Thunder Bay Courtroom on Monday before Justice Danial Newton. Both are facing charges of first-degree murder and kidnapping for their alleged role in the death of Chiodo, whose body was found near a dead end section of 108th Avenue leading toward the former Ontario Power Generation in the Mission Marsh

area on Feb. 24, 2019.

Hui is represented by local defense attorney, George Joseph, while Saboon is represented by Kitchener attorney, Brennan Smart. During arraignment, both Hui and Saboon pleaded not guilty to the charges.

A third suspect, Marshall Hardy-Fox, has since pleaded guilty to kidnapping and accessory after the fact to murder and he will be sentenced later this year.

The first Crown witness called to testify was Dr. Nicholas Escott, a forensic pathologist who conducted the post-mortem examination of Chiodo’s body.

According to Escott, Chiodo died as a result of a gunshot wound to the

back of the head. Abrasions and contusions were also observed on Chiodo’s head, neck, and torso, including a broken rib that ruptured his spleen.

Based on the examination of Chiodo’s body, Escott was also able to determine that the shot fired at his head was from at least two feet away, as there were no gunpowder burns or soot on Chiodo’s skin near the entry wound.

“Upon reviewing the photos, I did not see these, even after shaving the hair,” Escott testified. “So I determined based on the appearance of the entrance wound that this was a distant wound.”

During cross-examination by Joseph, Escott was asked if he was

able to determine when the other injuries to Chiodo’s body could have been sustained.

Escott said he could not determine an exact time when those injuries occurred, but he did testify that they were prior to death and likely within a 12- to 24-hour period, as there were no signs of healing.

Smart questioned Escott whether he could determine Chiodo’s position prior to being shot and if he was standing or lying down. Escott answered that he could not.

Kozak then called Thunder Bay Police Service Det. Const. Jeff Tackney, a member of the forensic identification unit who attended the scene on Feb. 24 after Chiodo’s body was reported by a passerby who called 911.

During Tackney’s testimony, the court was shown photographs he

had taken from the scene near 108th Avenue. The photographs revealed Chiodo’s frozen body, partially covered in snow, as well as a large area of what appeared to be blood in the snow near his head.

Tackney testified that when police first arrived on the scene, the weather conditions included blowing snow, and no footprints or vehicle prints were observed in the area.

The court was also shown photographs from the police investigation, including a black vehicle that contained identification belonging to Saboon and later seen in video footage from a Sudbury gas station where he was seen purchasing gas. Saboon turned himself in to Waterloo police on March 5 following a Canada-wide warrant for this arrest.



DAVID HUI

Get 15% off new
CAA Memberships



Life isn't one-size-fits-all.
Neither is CAA.

Visit GetCAA.ca today.

Whether you're headed up the ski hill or driving to the rink, CAA Membership takes the worry out of winter.

*Terms and condition apply.



This year's Fort William House Lottery grand prize home is located on Dogwood Crescent. (Leith Dunick)

Lottery house worth \$749K

By Leith Dunick - TB Source

The top prize in the Fort William House Lottery is valued at \$749,000.

Organizers of the annual draw, now in its 36th year, unveiled the two-storey Dogwood Crescent home on Tuesday, launching online-only ticket sales, which will conclude with a lucky winner being awarded the home on Canada Day.

The custom bi-level home features four bedrooms, two-and-a-half baths, a detached garage, large windows to take advantage of natural sunlight and a finished basement with plenty of storage space and a den area heated by an electric fireplace.

Fhara Pottinger, the incoming Fort William Rotary Club president, said the lottery has proven to be a huge success over the years, last year alone raising \$752,000 for a host of local charities, including the Thunder Bay Regional Health Sciences Foundation, George Jeffrey Children's Centre, the Handicapped Action Group, Wilderness Discovery Centre and Shelter House.

Pottinger said while tickets won't be sold on site, in 2022 ticket buyers will be able to tour the home and get that in-person feel for the top prize, an opportunity that wasn't available over the past two years due to pandemic restrictions.

"I think it's very exciting to come and look at what you might possibly win. It's also just a really neat opportunity to see some of the work that local contractors

do in our community to prepare these beautiful homes," Pottinger said.

"It's a bit of a social occasion. You get to come out, you get to see it, you get to participate and then know ... that you're part of the community and that this is bigger than just your ticket and your house, it's also about Thunder Bay and the surrounding district."

Open houses will be held each Sunday, from 1 p.m. to 4 p.m.

Robert Moore, co-chair of the house lottery committee, said the home, which also comes with central air and kitchen appliances, is a huge prize, adding the public has been fantastic over the past three-and-a-half decades, supporting the draw year in and year out.

"They're our lifeblood. Over the past 36 years we've contributed over \$6.5 million to local charities that have benefited the community of Thunder Bay and also district communities."

The switch to online tickets sales appears to be a permanent move, one that worked out well in 2021, when the house lottery sold out in five-and-a-half weeks. Lottery officials said they've already sold 13 per cent of this year's 20,000 ticket allotment after opening up sales over the weekend to previous ticket buyers.

That's 4,000 more tickets than were sold last year. There is also \$50,000 in early bird prizes, including a \$10,000 draw on April 8. Tickets are \$100 each or three for \$250, and are available at www.fwrotaryhouselottery.ca.



Ontario is getting stronger

Across the province, more workers are joining the skilled trades as resources and industries in the north become part of the future of clean steel and electric vehicles.

More jobs are being created by building new bridges and highways, expanding public transit and constructing new homes—all for a growing province. Home-grown businesses are manufacturing more of the things we rely on.

Ontario's economy is getting stronger. See what's happening at ontario.ca/stronger

EDITORIAL

Stopping Putin

Vladimir Putin must be stopped.

The Russian dictator last week invaded Ukraine, a peaceful nation, looking to flex his muscles and start to rebuild the former Soviet Union.

The unprovoked attack has been largely condemned by leaders around the world, who have imposed massive sanctions, not only on Russia, but on Russian oligarchs.

Countries have stepped up and sent military equipment, including fighter jets, to aid Ukrainians in their battle to repel Russian forces.

Putin responded by ordering his nuclear team to be on full alert, suggesting to the world he was ready to go nuclear.

It's the last act of a desperate man, looking to make his country a global military power once again.

Despots like Putin are dangerous, make no mistake. But when the world comes together to oppose them, they really don't have a chance.

In this case, even neutral Switzerland has condemned the attacks and joined the global response. China has also suggested it's not happy with the invasion.

It's time to put Putin in his place, once and for all.

Stop the insanity To the editor:

Considering the recent approval of the 2022 City budget, I felt it was important that I highlight some important factors that supported my decision to not approve the 2.42 per cent increase.

In many ways, it is about more than the money. It's true the 0.17 additional per cent (from the approved 2.25 per cent agreed by city council) represents about \$600,000 and in contrast to a \$208 million dollar budget, may seem trivial. My personal goal was a two per cent increase and even lower, if possible. However, for me it is about neglecting to meet our intended targets (2.25 per cent), and perhaps unwillingness to do some decision-making that could prove to be difficult.

Where I take, issue is:

- There are 68.7 new full-time positions, over and above the nearly 1,880 employees we currently have. 60 are supported via other tax dollars, in other words the amount you pay through provincial and federal taxes or municipal reserve funds. 8.7 will come directly from municipal tax dollars. I do not know of many busi-

LETTERS TO THE EDITOR



nesses who can afford an annual increase in staffing, no matter the source of funds. In addition, one must consider whether these positions will remain in our permanent complement in the future.

- There is an almost \$500,000 administration budget for the Police Service Board. Beyond the cost of honorariums for the Board and cost of supporting administration, it is disturbing that this is the most expensive committee of the entire city by far. Further, histori-

cally this line budget was included in general operating funds. Only this year has it been designated outside of the operating budget. Yet, when removed there was still no offset or reflection in the original operating amount. Should this separation of cost not be identified as a reduction?

Again, this is so often not about money. It is about the ability of Council to set priorities and spend accordingly year over year. It is not new economics. We all have to

spend within our means. In a time when growth is at an all time low in our community, we cannot continue to approve increased budgets each year. Growth, economic development, along with restraint, is the path to an economically healthier future, specifically when it is you and I that pay the majority of the price tag no matter the funding source.

Some may say I am too restrictive however; I have not received much in the way of support that shows we should continue to increase taxes and spend based on want instead of need. I am listening to those that are having difficulty supporting themselves, their families, their lives. These real people are really having a tough time making ends meet.

Until we see growth and we are able to reduce our dependence on these same people, for that reason, I could not support even one dime over the intended increase. As leaders, I believe it's time for us to do some additional heavy lifting by making the tougher decision and look inward to find the savings we need.

Rebecca Johnson
Councillor-at-Large

Tales of horrors read a lot like fairy tales

The Most Precious of Cargoes by Jean-Claude Grumberg is set during the height of the Second World War, but can also be read as a timeless fairy tale. Once upon a time in an enormous forest there lived a woodcutter and his wife. The woodcutter was very poor and a war raged around them, making it difficult for him to put food on the table. Yet every night his wife prayed for a child.

A Jewish father rides on a train holding twin babies. His wife no longer has enough milk to feed her children. In hopes of saving them both, he wraps one of them in a shawl and throws it into the forest.

While foraging for food, the wood-

cutter's wife finds a bundle, a baby wrapped in a shawl. Although she knows harbouring it could lead to her death, she takes the child home.

Set against the horrors of the Holocaust and told with a fairy tale like lyricism, *The Most Precious of Cargoes* is a fable about family and redemption that reminds us humanity can be found in the most inhumane places.

The Terror by Dan Simmons is also a novel of horrors told like a fairy tale of snow and ice haunted by monsters and demons. The men on board

HMS Terror have every expectation of triumph. As part of the 1845 Franklin Expedition, the first steam powered vessels ever to search for the legendary Northwest Passage, they are as scientifically supported an enterprise as has ever set forth.

As they enter a second summer in the Arctic Circle without a thaw, though, they are stranded in a nightmarish landscape of encroaching ice and darkness. Endlessly cold, with diminishing rations, 126 men fight to survive with poisonous food, a dwin-

dling supply of coal, and ships buckling in the grip of crushing ice.

But their real enemy is far more terrifying. There is something out there in the frigid darkness: an unseen predator stalking their ship, a monstrous terror constantly clawing to get in.

When the expedition's leader, Sir John Franklin, meets a terrible death, Captain Francis Crozier takes command and leads his surviving crewmen on a last, desperate attempt to flee south across the ice. With them travels an Inuit woman who cannot speak and who may be the key to survival – or the harbinger of their deaths.

But as another winter approaches,

as scurvy and starvation grow more terrible, and as the terror on the ice stalks them southward, Crozier and his men begin to fear that there is no escape.

This is the story of a band of arrogant English colonialists who thought that they were exploring 'empty land.' They thought they were well equipped with all the latest technology – but the clothes they wore did not keep them warm and the tinned food they relied on ended up poisoning them as the lead used to solder the tins leached into the contents.

The Terror swells with heart stopping suspense and will chill you to the core.



John Pateman
BOOK BANTER

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

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

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



Getting buggy-eyed over food

By JR Shermack -
For TB Source

Many Canadians have changed their eating habits in response to health concerns and environmental issues and there are more dietary changes to come.

We all like to know where our next meal is coming from but what about the one after that or next year or thirty years from now?

Regardless of where our meals come from, changes in food production and agriculture will force a substantial change in what we put on our plates in coming decades.

The effect of climate change on global agriculture has created a need for different crops with low carbon footprints and high nutritional value that can be grown in large quantities.

One of the remedies for this agricultural gap might turn out to be edible bugs and other unconventional sources of nutrition from the insect and plant worlds.

Instead of roast beef with all the

trimmings we may have to settle for something more environmentally friendly, perhaps seaweed with toasted crickets and mealworms.

For some that will take a little getting used to but as traditional foods become harder to produce and too expensive to buy, insects will begin to invade grocery store shelves.

Day to day and week to week we all like to eat the same foods but we are under pressure to change the way we eat and choose different foods to meet our nutritional needs.

These alternative sources of food may be a little unsettling for the squeamish but changing attitudes and sensibilities make this transition inevitable.

There are almost 2 billion people globally who actively practice entomophagy, or insect eating - edible insects have been used as food by various cultures for centuries.

Insects are now considered an important part of global food security - they are rich in protein and other essential nutrients, vitamins, minerals and amino acids.



Eating insects could become more common in the future. (Wilhelm Thomas Fiege)

This protein source is already being commercially exploited - for example, Aspire Food Group has

been farming crickets for five years at its research facility in Austin, Texas.

They are currently building the largest ever commercial cricket farm in London, Ontario which is good news for Canadian entomophagists looking for locally sourced crickets.

In addition to nutritious morsels from the insect world the future of food will also include sea vegetables (seaweeds/algae).

Seaweed and algae are a current food trend that has already found its way on to the nutritious dinner plates of super health-conscious Canadians.

Just like insect protein, sea-raised vegetation grows quickly without harming the environment and contains many nutrients - an ideal food for the future.

All seaweed needs to grow is sea water and sunlight.

A Canadian Company called Cascadia Seaweed is already cultivating seaweed in the bays and inlets of the Pacific Ocean along the coast of British Columbia.

Their future plans include becoming the largest North American producer of ocean cultivated seaweed as more consumers turn to plant-based protein.

The first harvest yielded 20 tonnes of edible kelp but the company has its sights on the more than 8,000 tonnes of seaweed imported into North America each year.

They also have plans to launch a number of packaged consumer food products including Protein Puffs, Seaweed chips, Seaweed Jerky and fresh Seaweed Salad.

Right now the planet is supporting almost 8 billion people and the global population is predicted to hit 10 billion by 2050

That's a lot of hungry mouths to feed unless we all start eating differently.

As for me, the future of food holds a mixed message - the good news is there are enough insects and sea vegetables to feed everyone.

The bad news is, one day in the future everyone will be eating insects and sea vegetables.

what's happening
in and around...

The Bay

To submit an event, email ldunick@dougallmedia.com.
Please include details about the event, including any cost

March 2-5, 9-12

Cambrian Players Presents

Cambrian Players is staging Christopher Durang's *Vanya and Sonia and Masha and Spike*, the tale of siblings whose lives are interrupted when movie star sister Masha brings home her new boy toy, Spike. It's a weekend of rivalry, regret and raucousness. Recommended for a 14+ crowd, the doors open each night and the curtain rises at 7:30 p.m. Tickets range from \$22.23 to \$27.54 and are available at eventbrite.com. Directed by Julie McCoy, the theatre is located at 818 Spring St.

March 3-19

Magnus Theatre

Magnus Theatre presents *Salt Baby*, a comedy by Falen Johnson. *Salt Baby* tells the tale of a young Indigenous woman whose light skin sets her apart, on the rez and in the city, and she sets out to figure out how she fits into two very different

worlds. The play runs from March 3 to March 19 at Magnus Theatre. Tickets are available online at www.magnustheatre.com.

March 4, 5

Thunderwolves basketball

The men's and women's team are fighting for their playoff lives against the always tough Windsor Lancers. The men's team, lead by Laoui Msambya and Michael Okafor, have won five straight and are looking to secure home-court advantage in the postseason. The women's team is in desperate need of wins, at 2-10, and could use all the Lancers, who also sport a 2-10 record. Game time is 6 p.m. for the women and 8 p.m. for the men each night. Games will be played at the C.J. Sanders Fieldhouse.

March 4/5

Live at Loch

Head to the Loch Lounge at Loch

Lomond Ski area on Friday night and Saturday afternoon to listen to some musical memories with Just Me.

One voice, one guitar, covering your favourites from the '80s and '90s.

There's no cover and it's open to all ages. Friday's show begins at 7:45 p.m. while Saturday's kicks off at 3:15 p.m.

March 6

Winter Fun Days

Enjoy an afternoon of skating and hot chocolate, along with some exciting Science North activities at Minnesota Youth Park on Pacific Avenue.

The best part? It's free for everyone. The fun begins at 2 p.m. and runs through 4 p.m.

City officials ask that anyone taking part wear a mask when in close contact and physical distancing is still required.

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.

Address them to: **THUNDER BAY SOURCE**
87 North Hill Street, Thunder Bay, ON P7A 5V6

Email: ldunick@dougallmedia.com
Visit our website: www.tbnewswatch.com

VOICE YOUR OPINION ABOUT THINGS THAT MATTER MOST.

your
VOICE

VISIT
www.tbnewswatch.com
TO SHARE YOUR IDEAS
AND VIEWS ABOUT OUR
WEEKLY POLL QUESTION.

THIS WEEK'S POLL QUESTION:

Do you agree with Ontario's decision to pull all Russian booze from LCBO shelves?

TOTAL VOTES: 2,245

<input checked="" type="radio"/> YES	<input type="radio"/> NO	<input type="radio"/> DON'T KNOW
80.67%	15.99%	3.345

Root veggies a great option

Two weeks ago on HCAYK, we talked about the Thunder Bay in Season initiative.

While I was doing some research, I realized a few of my favourite underappreciated vegetables were getting some love on their website. Root vegetables can be a bit of work to clean, process and cook but can be incredibly rewarding.

They are also extremely affordable for people on a budget and offer quite a bit of volume for the money.

Rutabagas are usually reserved for harvest and fall time meals but are readily available and afford-

able almost year-round. We all know how everyone typically serves them, boiled, and mashed with some butter and salt and pepper. There is literally not a damn thing wrong with that. However, the rutabaga is also extremely versatile. If you're part of the air fryer generation, you can cut them into fries and serve them with a chipotle ketchup (blitz some chipotles in adobo sauce and add them to your fave

ketchup). Alternatively, you can cube them and roast them, because of their strong flavours, floral herbs such as rosemary and thyme will

always be complimentary.

Beets are another highly underrated vegetable probably because processing them is a bit of a "stainy?" endeavor.

Is "stainy" a word? If its not it should be. Regardless, if you wear some gloves and bleach your cutting board you're good. Fresh beets have a bit of an understated flavour and don't really require much seasoning to be magnificent. Roasting them with salt and pepper is usually enough, however they have also found a willing partner in acidic things.

Lemon or lime juice or even a splash of balsamic vinegar with a bit of sugar to even out the potent acidic connotation will always be a classic.

This is also where you would

find beets have their most usual home, in a jar of pickling brine sitting on a shelf. However, that's an over-simplification of such an amazing, colorful ingredient.

Cabbage is another vegetable that doesn't get enough love except for cabbage rolls, cabbage roll soup and of course, lazy man cabbage rolls.

It seems like cabbage just can't catch a break man.

A favourite in my home, and one of the first dishes I cooked for my wife (before she was my wife) was braised cabbage as a side dish, it was also one of the first year culinary program staples at George Brown College for its representation of proper knife skills and bottom up flavour building.

Now, this takes some time to cook but its completely worth it. You start with slicing and caramelizing an onion with some chopped garlic, then adding your cabbage till it begins to soften slightly then you add chicken stock and salt and pepper and any other herbs you like.

After that a patS of butter and into the oven till your cabbage is soft and your chicken stock reduces to an almost glaze. You can even finish it with some swiss cheese!! Put some respect on these vegetables!!

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

*Your
Cremation Specialists*



*Professionalism,
Care with Dignity
and Economy*

807-623-1220
575 Central Avenue

THINK
RECYCLE



Up to
\$49,400

can be won....

Over 70% SOLD OUT



**ST. JOSEPH'S
FOUNDATION OF
THUNDER BAY**

**A NEW
SPIN ON
50/50!**

License # M835621

768-4440

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

Indoor planting season begins

So it begins. First planting. On our dining room table.

"I will only be starting a few seeds to begin," says Laura, my wife, It is Sunday morning. My wife Laura, The Gardener in this family, has been sorting through her seed packages while sipping morning coffee.. First mug finished she heads to the basement to fetch planting trays.

Laura says that if she was a true, die-hard gardener, she would have started the herbs earlier but a wee task of painting hallways, and helping our daughter paint her bedroom put paid to getting a head start on gardening.

Anyway, she continues saying that now is the time to review what was done last year for better results this year and prepare for next.

One end of the dining room table was cleared upon which a pail of soil will be mixed for planting; the other end is festooned with seed packages

- some left over from last year, some having just arrived in the mail.

Of course, the seed catalogues were thoroughly perused back in December when they arrived in the mail. Then the orders were placed and even then, some packages have only just arrived..

"Put the kettle on, Hon, I'm going to bake soil," she announced. "Bake soil?" I queried. "Yes, to purify it. Adding boiling water kills bad things like potential fungus." Oh.

Laura has been champing at the bit to get planting. She says

that the last week of February (actually within a three-week period) is when you start the long stuff.

"Long stuff?" I ask. "Yes, tomatoes, peppers, parsley, celery, veggies like that take a long time to germinate," she says, "These seeds often take up to three weeks to sprout."

So, I must now make ready the

space in front of our main picture window that faces south for the first of what will be (I'm sure) several shelves.

I put down a couple of large plastic bags on the wooden floor upon which I will stand the first shelf.

Meanwhile, at the dirt end of the dining room table, Laura is mixing her potting soil and then filling all those tiny, plastic, planting containers. I blink and a planted tray has been placed on one of the shelves. "Wow!" I exclaim, "That was fast."

"I'm starting small with just a few peppers, tomatoes, parsley, onions, and celery," she says,"all of which take a long time to germinate."

I pipe up: "So, it is safe to assume that you will be planting more of these veggies as the season unfolds?" Yes.

The first stages of planting are always exciting in our household. Over the next couple of months more trays will be added to the shelves and more shelves will be placed in front of windows.

As I have mentioned before, by the time the ground is warm enough for transplanting, our living room windows will be a green jungle and any hope of having a view of the outside is gone.

"I think that I will also start some flowers," Laura adds, "perhaps some pansies." Oh goodie. I like pansies. There will be other flowers planted that will be transplanted into the vegetable garden, especially Nasturtiums (which we can eat in salads) and marigolds that provide a deterrent to pests.

Every spring gardening neighbours congregate at our community hall for a seed swap. It has been quite the annual event wherein not only seeds are available for sale but other vendors of gardening stuff also show up.

Alas, not last year due to the pandemic and probably not this year because even if restrictions are lifted, most gardeners have already got their seeds.

Laura was forced to use commercial potting soil because with four

feet of snow on the ground, getting our own rich, composted manure - now soil, is impossible.

But I'm certain that when the snow goes, Laura will be hauling buckets of well-composted Mt. Crummet into our 'hoosie' to be baked and used for more plantings.

Though the Mt. Crummet soil is rich, it ain't weed free.

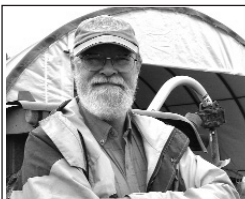
Hence the need to sterilise and then de-weed.

We began last growing season with two greenhouses - one slapped together from used dog pens in the vegetable garden and one owner-home built one (by Laura and son, Doug) off our basement door. Laura wishes to expand their capacity. We'll see as it is early days yet and there is still four feet of snow on the ground.

When I got the shelf in place, I looked over at the dining table.

There was Laura beaming as she mixed soil and then planted her seeds.

Gardeners are a breed. Laura is definitely one of them.



Fred Jones

RURAL ROOTS

March 31st 2022

• Valhalla Inn

• Thunder Bay, ON

Opportunities Northwest Job Fair

Are You Currently Looking for Employees?

Don't have the resources to search out potential employees? You are not alone!
Join the one-day in person event connecting Businesses with Job Seekers!
Real Candidates, Real Conversations! Engage in person to gain better insights!

Learn more at: www.tbnewswatch.com/events/northwest-job-fair

Brought to you by



Ice fishing can be challenging

When it comes to ice fishing, the biggest dilemma for anglers is often finding a good spot to fish.

The default solution is just to set up where you see that someone else had been fishing.

Unfortunately, there is no guarantee that they caught fish, and sometimes snow will conceal their spot, or you might be the only anglers to visit the lake all winter.

When staring out over a vast expanse of snow and ice, choosing the best place to start fishing is not an easy task.

So, where do we begin? The most valuable tool for the job at

hand will be a contour map.

Whether we are looking at a paper map or a screen, seeing the contour lines, depth changes and flats on a map can really help us determine what the topography looks like under all that ice. For me, the first thing to look for on the map is a “hump”, plateau or “flat” which offers gamefish a place to feed while still providing easy access to deeper water.

If no lake map is available, reading the shoreline can be a decent second option. Chances are good that the structure at the water’s edge will carry on into the lake. When using this method, I look for

something unique.

I tend to avoid steep rock face cliffs and instead search out long points of land that extend into the lake or find a “saddle” between the main land and a nearby island.

Drilling a few holes to check the depth, either with a sonar or a heavy lure on your fishing rod, can confirm that you are at the desired depth. sometimes it will also reveal what structure lies below.

For most species, I will start fishing relatively shallow in winter.

For brook trout, I want to see the lake bottom through the hole in the ice.

Walleye will be deeper, but in a winter like this one, where deep snow blocks light penetration

from above, they will move into shallower water to feed and 10-15 feet might be the sweet spot. Lake trout could be found anywhere from 40 feet deep in an inland lake to over 100 feet in Lake Superior.

When drilling holes, I prefer a zigzag pattern when I am searching for structure.

This allows me to cover a variety of different depths throughout an area and hopefully identify a drop-off or other piece of promising structure.

Once a dozen or so holes have been punched, it is time to start fishing.

Since we are allowed to use two rods for ice fishing, the standard combo includes a still-line or tip-up with a live minnow to entice inactive fish, and then a jigging

rod to target more active fish.

I like to move around with the jigging rod and spend just five minutes at each hole until I get that first bite.

If the bite doesn’t come in the first hour, it is time to move on.

The biggest mistake ice anglers can make is to camp out all day over unproductive water.

Even a series of small moves along the shoreline can add up to a significant amount of water covered. Anglers willing to keep moving will greatly increase their odds of catching fish.

It is always fun to ice fish on a new lake.

Deciding where to start can be intimidating at first, but in the long run you will improve your skills and you might even discover a new favourite spot.



Keith Ailey
the GOOD LIFE

ONA celebrates
International Women’s Day
March 8th



Classified
 Read us online:
www.tbnewswatch.com



Start the Conversation

PLAN YOUR FUTURE AND YOUR LEGACY!

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

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

legacygivingthunderbay.com



Cambrian Players' Vanya and Sonia and Masha and Spike is scheduled to run March 2 to March 5 and March 9 to March 12.

A playful punch

Vanya and Sonia and Masha and Spike set to begin

By Linda Maehans - TB Source

In these dog, or should I say dogged, days of winter reasons to chuckle and laugh are few and far between. Not so on Spring Street. 818, to be exact.

Mentioned specifically because Cambrian Players, this city's beloved and longest-lived amateur theatrical troupe, are waiting by the door, there, with open arms. They're waiting for you. Just wish we knew whether Vanya and Sonia feel the same. And especially when Masha and, then, Spike arrive. Sheesh.

But rest assured; with Cambrian Players you're in good company. Vanya and Sonia and Masha and Spike, by Christopher Durang, claimed a Tony on Broadway (2013); easy to predict this clever, satirical comedy in the tradition of a Chekhovian classic will tickle and delight Thunder Bay audiences in equal measure. Now if we could only get Vanya and his sister Sonia to agree; after all, their older sister doesn't come 'round all that often. What might Masha's visit portend? Surely the siblings needn't worry about losing their way-of-life, peculiar or otherwise, in their cherished family home. Fortunately, the Source arrived a bit before Masha, and the housekeeper let her in. Unfortunately, Cassandra (played by Mary Davis) didn't appear at all keen to answer any questions. Undaunted, I pressed her to spill a few beans, as it were. Raising heavily pencilled eyebrows, Cassandra leans in conspiratorially. "The curse of Apollo, you understand, just keeps them from believing anything I say. I always try to warn them, when things are going to

happen. But do they listen? No. Instead they just keep on drinking their coffee, reading their books, playing their Scrabble. Oblivious. That's what they are." She follows my gaze around the somewhat worn-for-wear parlour. I inquire, politely enough, as to what life is like in the same house with Vanya and Sonia all these years. "Beware of asking too many questions," comes the curt reply. "My advice may be unwanted, but it's also unstoppable."

I swear the temperature in the room drops suddenly; somewhere a door slams. Cassandra seems oblivious to the noise. "That Sonia," she hisses, "always rolling her eyes. And making messes I have to clean up. But Vanya! Oh, I like that he wants to 'get' his older sister Masha. Yes, that'll be good!" Clamming up, she crosses her arms and scowls at me.

In contrast, the warm wide grin of Julie MacCoy, Cambrian's director this time, envelops me like a mug of hot chocolate; or something stronger if you prefer, considering this show is intended for +14 audiences.

"Chock full of characters. Vanya and Sonia and Masha and Spike. And Nina, and Sandra. Six larger-than-life personalities in an uplifting, fun romp that happens to hit a number of timely and relevant themes of the day, too. Come out and satisfy your craving for some great live theatre, share some laughs and leave feeling good about life, guaranteed."

See cambrianplayers.eventbrite.ca for tickets; all shows at 7:30 p.m. Runs from March 2-5 and again March 9-12. Make your way over to Spring Street and enjoy.

Looking to **BUY**
or **RENT**

CLICK ON US.

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

www.tbnewswatch.com



THUNDER BAY
SYMPHONY
ORCHESTRA
Paul Haas
Music Director

The TBSO Presents:

An Evening with
Steven Page

April 30
at the TBCA

get your tickets at tbsoc.ca

Concert Sponsor



Cyrano a clunky musical film

Performance of Peter Dinklage still worth a look

The art house crowd may find some appeal in *Cyrano* (SilverCity), director Joe Wright's ("Anna Karenina") musical rendition of Erica Schmidt's 2018 stage production which stars her husband Peter Dinklage, (*Game of Thrones*, *I Care a Lot*) adapted from Edmond Rostand's 1897 play, a fictionalized version of de Bergerac's exploits during the Franco-Spanish War.

Nobleman soldier De Bergerac is renowned for his wizardry with words and swordplay.

In the original story, he is cursed by a proboscis that he sees as a deterrent to the romantic pursuit of the beautiful, impoverished Roxanne, whom, to his crushing dismay, has fallen not for Cyrano but handsome young army recruit, Christian.

The physical quail here is not Cyrano's nose but his stature which, for the diminutive, but self-possessed Mr. Dinklage, seems hardly an impediment. Dinklage's Cyrano towers over combatants and rivals figuratively if not literally.

Christian is pure of heart but lacking in eloquence and sophistication. Cyrano nobly sublimates his romantic longings into assisting the tongue-tied younger man by writing love letters

on Christian's behalf to win Roxanne's favour.

This star-crossed romance is undermined by Roxanne's other suitor, possessive nobleman De Guiche who diabolically intervenes when he learns of Roxanne's love for Christian, leading to heart-break and tragedy.

Dinklage convincingly embodies Cyrano's swash-buckling, romantic persona. With his deep set eyes, arching eyebrows and weathered features, he projects the nobleman's quick wit and wounded soul. Big in heart and heroism, Dinklage commands the screen.

Haley Bennett (wife of the director) as Roxanne and Kelvin Harrison Jr as Christian are engaging in spite of their callow

characters. Ben Mendolshohn is properly villainous as De Guiche.

Some witty repartee is well realized through Valerio Bonelli's slick editing. The dialogue sports fitfully effective anachronisms (rap, yes; "okay", no).

Set in the beautiful Sicilian town of Noto, the sumptuous production values are first-rate. Set design, costuming, and cinematography are wonderful to behold. The choreography blends well as a backdrop.

While *Cyrano* engages as a handsomely mounted love story, alas, the novelty of the musical tweak falters.

To overcome the artifice of characters breaking out into song, director Wright has his actors sing in more natural asides, rather than play up to the camera.

This well-intentioned approach might have been effective if it weren't for the lacklustre score, which is clunky and unremarkable, save for the heart-rending, fateful battlefield refrain, *Heaven is Where I Fall*.

The lyrics fail to match the lofty poetry of Cyrano's letters.

This uneven *Cyrano* does not shine as bright as other recent musicals including Spielberg's sumptuous remake of *West Side Story* or the catchy *In the Heights*.

Cyrano sparks recollections of earlier versions including Gerard Depardieu (1990), Steve Martin's *Roxanne*, (1987), Jose Ferrer's Oscar winning performance in the 1950 film, and a 1962 TV version with Christopher Plummer.

Caveats aside, *Cyrano* is still worth a look for redoubtable Mr. Dinklage and the impressive production values.



Marty Mascarín
MOVIE TALK



PETER DINKLAGE

Magnus
50 Theatre

**SALT
BABY**

by Falen Johnson

A Modern
Comedy About
Self Discovery

directed by: Natalie Robitaille
featuring: Jordan M. Burns, Danelle Charette, Jeremy Proulx and Brianne Tucker
set design: Sean Mulcahy, lighting design: Adam Parboosingh, costumes: Lisa Macchione
stage manager: Gillian Jones

March 3-19, 2022
magnustheatre.com | 807.345.5552

Explosions in space

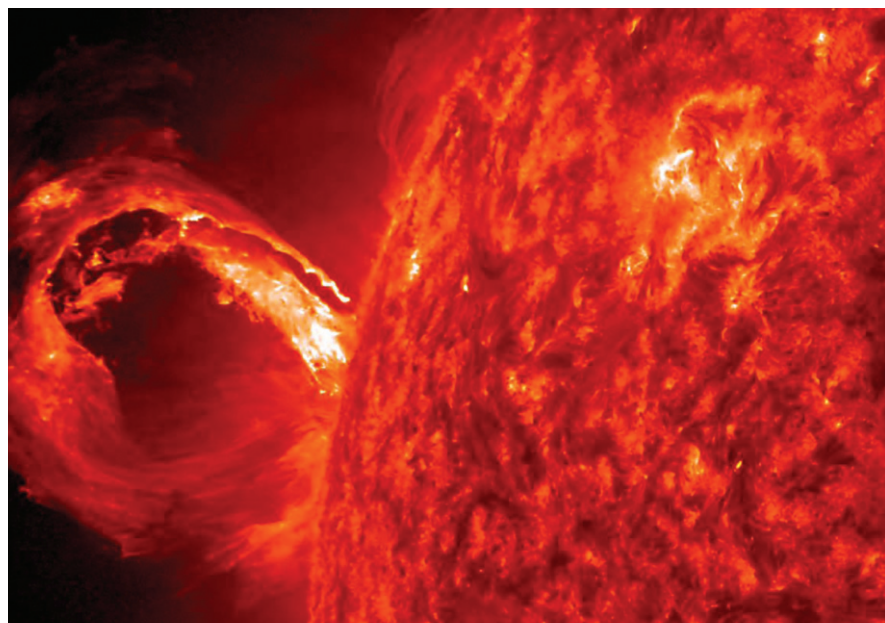
For the most part, this past Feb. 15 seemed like any ordinary day.

We recognized Flag Day as the Canadian maple leaf that was first raised in Ottawa in 1965. But things played out differently on the surface of the sun with a huge explosion known as a Coronal Mass Ejection (CME) into space. The good news for us, this intense X-class occurred on the far side of the sun with the particles moving away from us. This class flare is the most powerful on the scale.

The sun is a huge ball of hot plasma, spanning the width of 109 earths lined up side by side like a string of pearls at its equator. The immense energy is produced at the sun's core. Every second 600 million tons of hydrogen is converted into 595 million tons of helium. The remaining five million tons results in pure energy that helps sustain life here on earth. This has been going on for the last 4.6 billion years and will continue for another four to five billion more.

Over the sun's 11-year solar cycle, internal magnetic field lines begin to twist, building up energy. Eventually, this energy is released in solar flares, forming large loops that are anchored to the solar disk. However, there are times when the flare's energy is so intense, a CME explodes off the surface, travelling through the solar system via the solar wind. On a calm day, the solar winds blow at about 350 kilometres per second but a very intense explosion can race up to 2,000 kilometres per second. When a cloud encounters the earth, it can set off spectacular Northern Light aka the Aurora Borealis. On a typical day, about 20 flares are seen on the surface of the sun.

When our atmosphere interacts with a solar storm, it helps balloon our atmosphere and is extremely dangerous for satellites. They can malfunction or be dragged down and destroyed as they burn up in the atmosphere. This occurred with a geomagnetic storm that hit the earth at the end of January, bringing-



NASA caught this image of a coronal mass ejection, which occurred on the far side of the sun. (NASA)

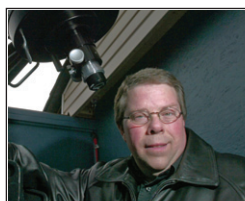
down 40 of the 49 Starlink satellites SpaceX had just sent up. This new batch had not reached its operating altitude and fell out of the sky costing about \$20 million.

Another hazardous factor is if the CME had been angled toward earth, our planet could have been in serious trouble. Solar storms such as these can destroy power grids such as the Quebec blackout of March 13, 1989, when transformers melted. One of the most intense storms to hit the earth was called the Carrington Event of September 1-2, 1859. Teletype machines were still able to transmit messages even with the batteries disconnected. There were even reports of the paper and machines catching fire. The aurora was so bright, prospectors searching for gold, woke up in the middle of the night. They started making breakfast thinking the sun was rising.

At some point in the future, we will eventually be hit by another such Carrington Event. When it does, power grids will be affected or fail, impacting our everyday lives. We rely so much on electricity and the Internet for city and country infrastructure. We dodged a solar bullet on February 15. The present solar cycle is ramping up to the height of Solar Max, sometime in July 2025. From now till then will be a greater chance of seeing the shimmering Northern Lights.

Clear skies.

Known as The Backyard Astronomer, Gary Boyle is an astronomy educator, guest speaker and monthly columnist for the Royal Astronomical Society of Canada as well as past president of the Ottawa Centre of the RASC. In recognition of his public outreach in astronomy, the International Astronomical Union has honoured him with the naming of Asteroid (22406) Garyboyle. Follow him on Twitter: @astroeducator.



Gary Boyle
BACKYARD ASTRONOMER

ENIGMA™ CRYPTOGRAM

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

"YI UHB RZVK ASZMS, UHB THV'K KZWN KH UHBQ IQYSVTG. UHB KZWN KH UHBQ SVSCYSG."

— TSGCHVT KBKB

		5			7				
	6	8				1			
								4	6
	4							5	
1						8			
	5					8			
		4	6		2				1
	1				9				5
6					4		9		

ACROSS

- 1 Border
- 5 System (abbr.)
- 8 Nail with a hole
- 12 Geological vein angle
- 13 Buddhist column
- 14 Kerno
- 15 Renegade
- 17 Isle of Napoleon
- 18 To or from a distance (pref.)
- 19 Fishing leader
- 21 Disfigure
- 22 Isle
- 23 Assuage
- 25 Travel
- 29 Eight
- 32 Fraction of a rupee
- 33 Benedictine title
- 35 Hindu soul
- 36 Monsieurs (abbr.)
- 38 Giant
- 40 Peacock blue
- 42 Child's seat
- 43 Palestine Liberation Organ. (abbr.)
- 45 Ruby spinel
- 47 Greek letter
- 50 Joining bar
- 52 Horned viper
- 54 Noble (Ger.)
- 55 Portuguese coin
- 56 Cure
- 57 Conrad's "Victory" heroine
- 58 Age
- 59 Mother of Brunhilde

DOWN

- 1 Minstrel of India
- 2 Sexual assault
- 3 Heathen god
- 4 Fr. pronoun
- 5 Oblique
- 6 Eucalyptus tree
- 7 Milestone

ANSWER TO PREVIOUS PUZZLE

SOS CRIB CEIL
ABA CENE AARE
AIN WATERBUCK
LACE ROTIR
TAB AEGIS
NAUTILUS TABU
IDA TITLE MAI
NARC PARAVENT
ARYAN NIP
MISHA CIMIA
HAPPENING EIM
ICHU ELBE CNN
SEIS ELAM EGO

- 8 Compass direction
- 9 Sabal
- 10 Eastern bishop's title
- 11 Endearment
- 16 Chin. dynasty
- 20 Indo-Chin. language
- 22 Military macaw
- 24 Rogue
- 25 Stoppage
- 26 Switch positions
- 27 Tacit
- 28 Kippur
- 30 Danish county
- 31 Burmese knife
- 34 Chills and fever
- 37 Weep
- 39 Cormeal
- 41 Mother-of-pearl
- 43 Pelvis (pref.)
- 44 Mineral deposit
- 46 Ogle
- 47 Wing (pref.)
- 48 Nob
- 49 Key
- 51 Guido's note (2 words)
- 53 Haggard novel

1	2	3	4	5	6	7	8	9	10	11
12				13			14			
15				16			17			
18				19			20		21	
			22			23	24			
25	26	27				28	29		30	31
32				33	34		35			
36				37		38	39			
			40		41		42			
43	44			45		46		47	48	49
50				51		52		53		
54						55		56		
57						58		59		

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



Jayson Stoppel CPA, CA
Licensed Insolvency Trustee



1095 Barton Street
(807) 625-4424

WEBSITE: debtsolutions-thunderbay.ca



**Delamination?
Slide-Out Leaking?**

Soft Spots on your RV's Roof, Walls, Floors?
Come See Us – Your Rebuild Specialists!

Specializing in Rubber Roof & Filon Lamination, Floor & Wall Rebuilds
• Complete Undercarriage Work • Repairs to RV Furnaces, Fridges,
HWH & Convertors. • TSSA Licensed for LP Servicing.

OPEN YEAR ROUND for Service & Parts.
RV Service You Can Trust!

Factory Trained, Fully Licensed,
Master Certified, Serving
Northwestern Ontario over 46 years

983-3449

3075 Alice Ave.
off Government Rd.

MAKE A DIFFERENCE



RECYCLE

Lose Weight,
get Healthy, feel Great

CHIROPRACTIC



- whole spinal health
care from the neck
to the low back

LASER THERAPY

- healing at the Speed of Light



- Accelerate Healing
- Decrease Pain
- Reduce Inflammation
- Quit Smoking

CHIROTHIN WEIGHT MANAGEMENT



- Doctor supervised Weight Loss
- Lose 20-30lbs

Call 343-7932



Dr. Alan Cranton
DC



Kaity Harwick
HBKin, CLT

THUNDER BAY WELLNESS CENTRE

Chiropractic, Laser Therapy, Weight Loss

3-701 Memorial Ave.

www.tbaywellness.com

Riding an Orange Wave

Leith Dunick - TB Source

Trenton Morriseau is proud of his Indigenous heritage and excited to share it with hockey fans on March 12.

Morriseau, who hails from Fort William First Nation, on Monday donned the specially made Orange Wave Night jersey, featuring the red, yellow, black and white of the traditional medicine wheel, the Kam River Fighting Walleye excited for their March 12 debut.

The high-scoring 19-year-old, who has 17 goals and 38 points in 32 games, said the Orange Wave Night game, against the visiting Dryden Ice Dogs, is a great way to showcase inclusion in hockey, a sport that's not always held those views.

"It's incredible. I've never had the chance to be a part of something like this, and for this moment, it means a lot to me," he said.

"We're going to be bringing in a Little NHL team. I used to play in Little NHL when I was a kid. I used to be where those kids used to be and I hope I can be someone they can look up to and aspire to be where I am one day."

Orange Wave Night follows in the footsteps of the Ice Dogs' Truth and Reconciliation game, held earlier this season.

As part of the effort, the team will auction off the game-worn jerseys and use the money to fund scholarships for the Fighting Walleye's Indigenous graduates.

Morriseau said it's a chance to let the broader community know what Indigenous people have had to endure.

"Every Indigenous person has faced some kind of racism within their life. We all need to be inclu-



Kam River's Collin Wiseman (from left), Trystan Goodman and Trenton Morriseau unveil the team's Orange Wave Night jerseys.

sive with each other and hockey's a great game and everyone should have an equal part in it," Morriseau said.

"It just shows that we can all be in this together. I've made life-long friends because of this game and I love it and wouldn't change anything for the world."

The jerseys, designed by Warrior Supply and Engineering, are spectacular, he added.

"When I first saw them, the colours of the medicine wheel, they did a really good job of that," Morriseau said.

Fighting Walleye general manager Derek Geddes said Indigenous people play a huge role in the organization, from the

scouting staff to the players on the ice.

"We want to be known as an inclusive organization and we think that putting this scholarship together with the great people at Warrior Supply and Warrior Engineering, and not only attract future Indigenous players to our area and our hockey team, but reward the ones who are here and do play for us to allow them to further their post-secondary education."

Scholarships will be handed out to the team's Indigenous graduates, the amounts chosen by the selection committee, which will include team officials and representatives of Warrior Supply and

Engineering.

Geddes said they've got a zero tolerance policy when it comes to racism.

"We're doing everything in our power to make sure the players who come in are comfortable, they're not having to worry about dealing with anything in the way of bullying or hazing - any of that sort of stuff. As an organization we've basically said we do not tolerate that."

The first 500 fans who enter the Norwest Arena on March 12 will receive a Ride the Orange Wave towel.

The jersey auction will go live on March 2, with the link available on the team's website.



New Toronto goaltender Carter Hutton.

Hutton dealt to Toronto

By Leith Dunick - TB Source

Thunder Bay goaltender Carter Hutton is headed north of the border.

The 10-year NHL veteran on Monday was traded by the Arizona Coyotes to the Toronto Maple Leafs, in return for future considerations.

Hutton, who has spent most of the season on the injured list, played three games for the Coyotes, allowing 15 goals in 116 minutes over three appearances.

The 36-year-old signed with Arizona last summer and has played with Chicago, Nashville, St. Louis and Buffalo.

In 234 career NHL games, the 35-

year-old Superior International Junior Hockey League graduate has a 94-90-27 record with a 2.76 goals against average. Hutton led the NHL in goals against average and save percentage in 2017-18.

Hutton has cleared waivers and will remain in Arizona training with the Phoenix Roadrunners while rehabbing.

AD RATES \$9⁹⁹
ADDITIONAL INSERTIONS 1/2 PRICE* Up to 20 words
 Additional words 25¢.
 *Must be run in consecutive weeks.
 No additions to ads.
 Does not apply to Bargain Corner ads.

BARGAIN CORNER ONLY \$4⁸⁰
 15 words max. for items under \$500.
 Must contain price. Plus HST

DEADLINE
 Classified Word Ads:
MONDAY @ 4:00p.m.
 Display & Photo Ads:
MONDAY @ Noon

SHOP ON-LINE at
<https://shop.dougallmedia.com/>
CALL US AT 346-2600
 Or email:
classifieds@dougallmedia.com

(Leave us a message if we do not answer, and we will return your call)
 Our office is temporarily closed to the public due to COVID-19.
Telephone Hours:
Mon.- Fri. 8:30a.m.- 5:00p.m.

REAL ESTATE FOR SALE
 01. City
 02. Rural Homes
 03. Mobile Homes
 04. Lots / Acreage
 05. Condos
 06. Cottages
 07. Commercial
 08. Investment Property
 09. Out of Town
 10. Real Estate Wanted

FOR RENT
 11. Houses
 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 - 500 acres. Hopefully uncut. Nature caregiver. 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

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

Dormant Season Tree Pruning - Phone Mark 631-6967

Full Car clean up and detailing - Smoke odor control, bio-hazard cleaning, liquid glass paint protection & scratch removal. Hands on Car Wash, 127 Algoma St. S. Book Now and Drop-ins always Welcome! 344-2886.

MY 3 WIVES TAX SERVICE dedicated to your Unique situation, 35 years exp. NEW # 807-355-4991 Text/Call Anytime

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

68. DEATH/FUNERAL



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



Don't Trash Our Future

RECYCLE

91. CROSSWORD ANSWERS

ANSWERS TO THIS WEEK'S PUZZLES

BRIM	SYS	SPAD
HADE	LAT	SABE
APOSTATE	ELBA	
TEL	SNELL	MAR
	AIT	EASE
JOURNEY	OCTAD	
ANNA	DOM	ATMA
MSSRS	MAMMOTH	
	PAON	LAP
PLO	BALAS	PHI
YOKE	CERASTE	ES
EDEL	REI	HEAL
LENA	ERA	ERDE

4	3	5	1	6	7	2	9	8
9	6	8	2	5	4	1	3	7
7	2	1	3	8	9	5	4	6
8	4	2	9	1	6	7	5	3
1	7	6	4	3	5	8	2	9
3	5	9	7	2	8	6	1	4
5	9	4	6	7	2	3	8	1
2	1	7	8	9	3	4	6	5
6	8	3	5	4	1	9	7	2

PREVIOUS SOLUTION: "If you want peace, you don't talk to your friends. You talk to your enemies."
 — Desmond Tutu

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 **\$1⁹⁹** sq.ft.
 While Quantities Last
Ideal for home or office

NEW ARRIVALS IN HOME DECOR AND WALLPAPER
 Call us for details 344-0784

784 MEMORIAL AVE. (NEXT TO MCDONALDS)

HERE'S MY CARD

tbnewswatch.com
 YOUR COMMUNITY. YOUR VOICE. YOUR
NEWS
 KEEPING YOU INFORMED

KAM RIVER FIGHTING WALLEYE

tbaytel

ICE FISHING DERBY

WHERE: Fisheries Management Zones: 4, 5, 6, 7, 9- NWO region: (Red Lake > Kenora > Fort Frances > Aitikokan > Thunder Bay > Nipigon > Wawa)

HOW TO REGISTER:

1. Download the FishDonkey App
2. Tap Fish in a Tournament
3. Join: "Fighting Walleye Ice Fishing Derby presented by Tbaytel"

CASH PRIZES

Questions? email sales@fightingwalleye.com

in support of **Our Kids COUNT**

ROCK94 Thunder Bay's Rock Station
 91-5ckpr THUNDER BAY'S RADIO STATION
 ENERGY 103.7/104
 CFNO 93.1 100.7 107.1 YOUR HOMETOWN SOUND

ONLINE MEDICAL APPOINTMENTS

An appointment with a physician from home. All the same great service and cannabis education that we always provide.

We also offer virtual medical appointments for common conditions & ailments all for no fee and covered by OHIP.

- prescription refills • doctor notes
- walk in clinic type appointments

Virtual Medical cannabis appointments from the comfort of your own home no fees, covered by OHIP.

Common conditions treated:

- anxiety • depression • sleep
- pain relief • arthritis • migraines



Cannabis For VETERANS

WE ARE HERE TO HELP

Veterans of the Canadian Armed Forces are common candidates for medical cannabis due to the increased risk of developing Post Traumatic Stress Disorder. At Bodystream Medical our mission is to deliver quality health-care services to people in need with compassion, respect and competence.

bodystreammedical.ca/cannabis/for-veterans

 Bodystream Medical
Your Health, Enhanced

 Bodystream Medical
Your Health, Enhanced

CALL US AT 1-800-730-8310
OR VISIT US AT
Bodystreammedical.ca

