

Canadian Publications Agreement No. 0662445 Vol.18 No. 10

# Ice ice baby

Blue ice at Silver Harbour Conservation Area draw crowds, but raises concerns, with open water showing in some spots near the ice shelf **/5** 

HEAVY TRAFFIC: Blue ice has piled up along the shore of Mary Island, drawing hordes of crowds this past weekend to the Silver Harbour Conservation Area to check it out.





Dr. Janet DeMille, implores people to take threat of virus seriously /3



IS SUNDAY, MARCH 14<sup>TH</sup> DON'T FORGET TO TURN YOUR CLOCKS AHEAD.

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Purchase a vehicle between Feb. 5 - Nov. 30, 2021. Be entered for



## **Protecting traditional languages in foster care**

Tikinagan Child and Family Services puts heavy emphasis on maintaining connection to Indigenous languages.

THUNDER BAY – It's more important than ever to maintain connection to traditional languages for foster children and families during the disruption of COVID-19, according to Tikinagan Child and Family Services.

"Some of our foster parents prefer to speak in their Native language, and with community visits limited, we wanted to be able to meet their needs during a challenging time," says Thelma Morris, the agency's executive director.

That prompted the community-based child services agency, which serves 30 First Nations, to develop a foster parent hotline offered in Oji-Cree and English. It was one of the first supports put in place in response to public health restrictions, allowing families to access services and information even when a local worker isn't available.

The effort is just one expression of Tikinagan's focus on language, one of the organization's nine core values.

All Tikinagan foster homes are Indigenous, and in many, the Indigenous language is the primary one used in the home, Morris said. About three in four families speak either Ojibway or Oji-Cree, she estimates.

That's no accident – the agency's service model emphasizes nurturing children within their communities and protecting connections to family and culture.

"When we're able to keep children in the same community and connected to their families, traditions and culture, including language, are maintained," Morris says.

As a children's aid organization, Tikinagan has a key role to play in averting the loss of traditional languages, Morris says.

"In our communities, mostly everyone can understand their community's first language," she explains. "However, our younger



A Tikinagan worker answers calls through the agency's foster parent hotline, which offers service in Oji-Cree.

generation, specifically those under the age of 30, are losing it. We're working toward empowering our families and communities to help preserve their languages."

Those efforts start with the agency's staff, more than 170 of whom understand, read, and/or write Oji-Cree or Ojibway, allowing it to run services like the parent hotline in-house.

Tikinagan offers incentives to staff who speak or write Oji-Cree or Ojibway, as well as educational opportunities to pursue language studies.

Call volumes for the hotline have been lower than expected, a fact Morris puts down to strong connections with local workers. While it's often not in person, workers have actually connected more often with families during the pandemic.

"Many of our communities prefer to speak directly to our Tikinagan workers based in our community and will be familiar with their language experience," Morris says.

The organization strives to communicate with children, families, and communities using both traditional languages in written and verbal communication and promotes the use of the languages with children in care.

For children living in an urban setting outside of their First Nation, the organization looks for alternatives to support their connection with culture, including language classes and other programming.

Ojibway and Oji-Cree are emphasized in many of Tikinagan's publications, including its website, social media pages, newsletter, and annual report.

"We're always looking for more ways to incorporate this in our work to underline how important it is to maintain this aspect of our communities' culture," Morris says.

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

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

#### LOCALNEWS



ESCALATING CASE COUNT: As of Monday there were 462 active cases of COVID-19 in the District of Thunder Bay.

# **COVID** is everywhere

#### Public not taking virus threat seriously enough: DeMille "Unfortunately, this is not really settling down." HEALTH

#### By Leith Dunick - TBSource

r. Janet DeMille says the public should assume COVID-19 is in every corner of the district -- and take proper measures to keep it at bay.

"That is exactly what we're seeing. COVID-19 is essentially everywhere. It is in many different

places, and it is spreading," said the medical officer of health at the Thunder Bay District Health Unit in a video released on Monday night.

"It is in workplaces, it is in daycares. We saw cases in schools. It is in retirement homes, health-care settings. It is in the retail outlets where you go shopping - for example your local grocery store. It is in people's homes and apartment buildings.'

How bad is it?

It took 313 days for Thunder Bay to reach 1.000 cases.

It took just 34 more for the district to add another 1,000 cases to the count, the 30 additional cases announced on Monday giving the health unit 2,024 cases since the first one was announced last March 27.

There are currently 462 active cases and there hasn't been fewer than 26 cases announced on any day since Feb. 18. Ten times in that span there have been 40 cases or more announced, culminating with 111 announced Sunday albeit 70 of those cases should have been announced on either Friday or Saturday.

The spread is also no longer being fuelled largely by the city's vulnerable population anymore, which was the case a few weeks ago, when the district's case count began to grow exponentially.

"Even at that time, several weeks ago, there were other cases that were occurring. Now those other cases, the spread outside that vulnerable population, is what is driving our case numbers and leading to the ongoing increase in those numbers," DeMille said.

The fact of the matter is, she added, people aren't taking the pandemic seriously enough. People are interacting with others much more than they should, which is allowing the virus to spread.

"This virus is having an easy time spreading from one person to the next and to the next.

Of the 527 cases reported over the past 11 days, 314, more than 60 per cent, are deemed close contact. Dozens more exposure categories are pending, while 64 are labelled unknown.

workplaces ... We see spread when people are getting together."

People are also ignoring symptoms and interacting with others, passing along the virus

"It may seem like it's just a cold, but it's not,"

possible.

for children.

"All of these activities can spread COVID-19 and are spreading COVID-19.'

DeMille also recommended following all protocols when leaving the house and screening one's self every day.

"Don't leave your home if you have any symptoms ... get tested and don't leave your home until you get a negative test back. Don't assume that what you have is just a cold."

Household members must stay at home until the test result is cleared. DeMille also implored workplaces to ensure all COVID measures are in place and being observed.

## Weather Forecast



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



"This virus is

having an

easy time

spreading

from one

person to the

next and to

the next."

DR. JANET

DEMILLE

"In many situations, that person didn't even know that they had it," DeMille said.

"It has spread in households. It has spread in

before the realize they are positive.

DeMille said.

DeMille said to help reduce the active case count, the public needs to limit its interactions with others and see only those who reside within one's household. Stay at home as much as

Play dates and sleep-overs are out of bounds

#### LOCALNEWS

# **SJA launches trailer draw**

#### **THUNDER BAY** By Leith Dunick – TB Source

t's an outdoor kind of city and a travel trailer is on a lot of people's wish list

For just \$10, one lucky ticket-buyer dream is going to come true in August.

Once again St. John Ambulance is holding its Spring into Summer draw, the top prize a 29-foot Grey Wolf Travel Trailer built for the camper in everyone.

The second prize is a

Honda generator from J&J Sports with a six-year warranty, while the third-place prize is a Wilderness Systems Radar 115 kayak, which can be moved by power, pedaling or



paddling.

**DIANA SUSTAWENKO** 

There are also early-bird prizes, including a two-night stay at a KOA campground cabin, complete with firewood and access to mini golf and

driving range. Someone is also going to win a four-night stay at the Kashabowie River Resort, with boat and motor included during the

There are a variety of other packages up for grabs too.

Diana Sustawenko, the executive director of St. John Ambulance for

Northwestern Ontario, says the draw is the single-biggest fundraiser for the organization each year, and is especially important in 2021, after a year of living in a COVID-19 reality.

Gathering restrictions have

"This Spring into Summer campaign is very important to St. John Ambulance. It's our largest fundraiser of the year, and especially during COVID. Since last March, like many other businesses, locally and globally, we've been in financial restraints," Sustawenko said.

"It's been quite difficult. Our training numbers have gone down from 54 students a day to only 16. Our trailer draw last year was affected by COVID. We weren't allowed to have people in the trailer and we were closed for four months, so we were only able to take phone orders.'

### **Calling small business owners**

COVID-19 support could be available to you.

- Grants of up to \$20,000 through the Ontario Small **Business Support Grant**
- Up to \$1,000 in support for purchasing PPE through Ontario's Main Street Relief Grant
- Rebates for property tax and energy costs



We're working to ensure small businesses can keep employing people and serving their communities now and when COVID-19 is behind us.

Visit ontario.ca/COVIDsupport to apply

reduced class sizes and a lack of events in Thunder Bay and elsewhere in the region mean a drastic drop in the need for the services provided by the organization.

### TURFED FOR NOW: The proposed indoor turf facility was proposed to be built at Chappies Park. **Council rejects multiplex tender** Project cost had increased by \$1.6 million

"Until we

know what

the full

impact of

COVID-19 ... I

have to say

no."

**KRISTEN OLIVER** 

#### **CITY HALL** By Ian Kaufman - TB Source

hunder Bay won't be getting a new indoor Thunder Bay won too getting a new turf facility, at least not yet, after city council voted not to award a tender for construction to Tom Jones Corporation Monday night.

The 7-5 vote does not definitively kill the project, though several councillors who supported moving forward said that could be the likely result.

On the contrary, others who voted against awarding the \$39 million tender said they supported an indoor turf facility in principle.

"I know we have to fill a need in the community - people wish to have space to play sports indoors during the winter," said Coun. Mark Bentz, who voted no. "That's something I'm committed to see happen. That doesn't mean I support a \$46 million facility."

Other councillors cited the uncertainty of COVID-19 as the main reason they couldn't proceed.

Because Monday's vote to award the tender to Tom Jones was separate from a prior vote to proceed with a multi-use turf facility at Chapples Park, administration will now work to redevelop the tender process.

City manager Norm Gale could not yet say how long that would take, but promised staff would return to seek further direction from council

A report from administration recommended awarding the project to the Tom Jones Corporation, the lowest bidder, up to the amount of \$39,194,680 inclusive of all taxes and a contingency allowance.

That includes a recent \$1.6 million jump in the estimated cost.

The project's real cost to the city was estimated at roughly \$46 million over 25 years, thanks to around \$8.8 million in interest payments on a \$16.6 million debenture necessary to fund the project.

In addition to the debenture, administration proposed paying for the project with just over \$15 million already placed in a dedicated

reserve fund, \$1.6 million in MAT tax revenues, \$3.3 million from the Renew Thunder Bay Reserve Fund, and \$300,000 from FedNor.

The lack of hoped-for support from provincial and federal governments was cited by numerous opponents as a key factor.

Councillors Aiello, Bentz, Hamilton, Johnson, McKinnon, Oliver, and You voted not to approve the tender; Councillors Ch'ng, Foulds, Fraser, Ruberto,

and Mayor Mauro voted yes. Couns. Albert Aiello and Kristen Oliver had previously voted to proceed to tender with the project in August. Their change of heart proved definitive in voting it down Monday.

Oliver cited rising costs and the uncertainty of the pandemic in explaing her vote.

"Until we know what the full impact of COVID-19 is going to be, at this point regrettably I have to say no," she said.

Coun. Trevor Giertuga, who had voted not to go to tender at that time, is on a leave of absence.

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Ontario 😵

#### LOCALNEWS



WARNING SIGN: A pressure crack can be seen weaving its way along the edge of the ice build-up.

# Blue ice pretty, but danger lurks

#### Pressure cracks have led to people falling through SHUNIAH "It's really unique to see, really interesting,

"I just kicked

my way out,

and back

onto the ice."

**KEN SHIELDS** 

By Gary Rinne - TB Source

The pressure crack on ice-covered Lake Superior caught him by surprise, and he was in the water in an instant.

"Down I went," says Ken Shields, describing his experience over the weekend when he and his wife went to Silver Harbour to check out the chunks of blue ice that have piled up in the conservation area east of Thunder Bay.

Shields said the crack near Mary Island had been covered by snow.

Fortunately, he was able to stop his descent with his arms, leaving him submerged up to his waist. It took about eight seconds for him to extricate himself, he said. "I just kicked my way out, and

Lesson to learn

back onto the ice."

But Shields, who shared his story on social media, told Dougall Media he hopes the

incident serves as a cautionary tale to everyone who's venturing onto the ice.

"There were lots and lots of pressure cracks. I spent 20 minutes going back to my car, and I was turning people around. There were people on ATVs heading my way."

He estimates there were about 500 visitors at Silver Harbour, including numerous children, at the time.

The Lakehead Region Conservation Authority agrees that the blue ice at Silver Harbour is pretty to look at, but a spokesperson says there are hazards for people who don't stay on land. "It's really unique to see, really interesting, and it makes for some great photo opportunities," Ryan Mackett said on Monday.

However, referring to those who venture onto the ice, Mackett said "it's important to note that LRCA staff do not monitor ice conditions. People are doing so at their own risk, and are urged to proceed with caution." Be smart, he said.

"If you are going to go, you need to use your own judgment and your own common sense, and if the ice doesn't look safe, don't go on the ice. If you are unsure

what unsafe ice looks like, don't go on the ice."

#### Heavy traffic

Mackett said that during the COVID-19 pandemic, larger numbers of people than usual are visiting conservation areas.

But at Silver Harbour, the situation is close to getting out of hand. He said long-time anglers in the area have never seen so many people gathered in that area simultaneously at this time of year.

"The parking lot is getting overfilled, and we're getting complaints about people parking on the road unsafely."

Mackett urged visitors to follow all COVID-19 regulations.

He also said he hopes visitors to Silver Harbour remember to pay the \$5 fee which goes toward the upkeep of LRCA properties.

Last March, large crowds gathered at the end of Shipyard Road in Current River to view spectacular formations of blue ice that had formed on the shoreline.

# Social gatherings can have deadly consequences.

Stay home to stop the spread of COVID-19. Learn more at ontario.ca/covid-19

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#### EDITORIAL

### **Take COVID** seriously

wo weeks ago, it was easy to try to make scapegoats out of the city's vulnerable population.

After all, they were behind the growing spread of COVID-19.

And still we shopped, and visited with friends and forgot a lot of what the virus taught us over the past year.

Now, says Dr. Janet DeMille, who heads the Thunder Bay District Health Unit, the virus is everywhere.

We already knew it was in our schools. WalMart and Superstore staff had had multiple cases.

It's in our childcare centres, and it's likely in your workplace too.

This isn't someone else's problem.

This is on you.

If you have a sniffle or feel a little under the weather, stay home. Keep those in your household home too.

Get tested and wait for the result. At this point, we're all better off safe than sorry.

Our numbers aren't coming down. We're not coming out of Grey any time soon, and it will be a miracle if students are allowed back in the classroom next week.

It does the city no good if too many of us continue to believe it's someone else's problem. If that's your attitude, don't be surprised if you find the district in an even tighter lockdown situation, with nonessential businesses closed and tighter restrictions all around. No one wants that.

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#### Say no to turf complex

To the editor: We are opposed to council mov-ing ahead with an indoor turf facility. It is unaffordable.

Doing so would add \$16.5 million to the city's present debt of \$212 millions.

The annual interest on the city's debt is now costing city taxpayers \$13.5 million.

The proposed \$46-million soccerplex would cost city taxpayers an additional \$8 million in interest on the \$16.5-million, 25-year debenture.

Thunder Bay already has the sixth highest municipal debt outstanding per capita in a BMA study of 35 Ontario cities.

Thunder Bay also has the second highest property taxes out of 35 Ontario cities with only the city of Windsor having higher taxes.

There has been no commitment of funds from the federal or provincial government.

There has been no funding from Soccer Northwest Ontario.

If the city was in a better position to build an indoor turf facility there are other more affordable options like the Edmonton Soccer Dome that opened two years ago at a cost of \$7 million.

It is the largest sports dome in Canada with a playing surface of 135,000 sq. ft and a playing surface of 270 feet by 500 feet.

It has seven fields and a full-size fifa regulation field.

The city of Edmonton contributed \$2.9 million dollars to the cost and the rest was paid by private enterprise.

Moving ahead now with this type of expenditure will only guarantee higher taxes and take money from funds that are needed to go towards existing infrastructure upgrades and improvements.

Many city taxpayers are stretched to the limit now because of mass layoffs, the pandemic and additional expenditures due to the pinhole water leaks in their copper water pipes.

We hope council will do what is best for the majority of its citizens.

> Rav Smith, Thunder Bay

LETTERS TO THE EDITOR



### Are prenups necessary? Marriage agreements are almost always a good idea to have in place



Dear Money Lady, I am 67 and getting married again – hopefully third time's the charm. Should I consider a prenup? Jeannies

divorce" these days, but there really should be more about "grey marriages."

They seem to be on the rise over the last few years - even with COVID. Everybody deserves to be happy, but you also want to be protected, so good for you to be considering a marriage contract!

Marriage contracts are typically entered into prior to the marriage, hence the term 'pre'nuptial. However, they can also be signed or amended at any time during the marriage.

I would always recommend getting a marriage contract because they are extremely beneficial for comprehensive estate planning which includes death succession, not just a possible divorce.

To protect clients, I am much more interested in what is to happen in the event of a spouse's death, and of course it is necessary to ensure the marriage contract and the Will are "in

You see, marriage contracts can, and often do, override Wills.

Let's look at an example. You cannot gift more to your surviving spouse via your will than in the marriage contract, unless the contract states that you can do so.

Typically, the will states that the testator is a party to a marriage contract already in existence, citing

Today, many people have had multiple marriages, have complicated financial lives, properties, children, grandchildren and perhaps even dependents that need constant care.

It is not a lack of love or future commitment to your new partner, but rather your conscious need to set out the manner in which your finances and property will be shared or divided in the event of divorce or death; based on your wishes and intentions, not on provincial statutory law.

Marriage contracts are limited in their scope and to be valid and enforceable, the spouses must have made full and complete disclosure of all their assets and the values, including trust interest and all debts and liabilities.

It is also prudent to obtain a certificate of independent legal advice so that the marriage contract is less vulnerable to challenge and to being set aside by the court.

Of course, it goes without saying that you must have this done with your lawyer and for the benefit of all parties, really should be signed well in advance of the date of the wedding.

Good luck and best wishes, Written by Christine Ibbotson, Author of 4 finance books and the Canadian **Best-Selling Book "How to Retire** Debt Free & Wealthy" or send a question to info@askthemoneylady.ca

sync."

the marriage contract by its date.

**C**ongratulations Jeannies – and yes. There's a lot of talk about "grey

## **Perspective**

WORD UP

# **Signs of spring**

#### Every year, columnist makes the same weather prediction

#### **OPINION** By J.R. Shermack **Special to TB Source**

could be wrong, but I am predicting an early spring this year. As an avid gardener I am patiently waiting and watching for signs that winter will soon be over and warmer weather is on the way.

I don't pay much attention to Groundhog Day and I don't depend on the weather predicting ability of an overgrown rodent to tell me when spring will arrive.

I rely instead on my own intuition along with decades of folklore and urban myth to provide the holistic data I need to make my own yearly forecast.

I look, listen and sniff for the perfumed aroma of springtime, especially at this time of year as temperatures rise and the snow melts away.

#### Same old prediction

And I always make the same optimistic forecast - that we will have an early spring, an exceptional summer and a banner year in the garden.

This year I am sticking to that same prediction although I should mention that I am wrong nine years out of 10 - that one year when I do get it right I gloat all summer long.

It is not an exact science but even when I am wrong I still share my favorite homilies,

postcards.

sayings and rhymes from traditional weather watchers.

I try to put a positive spin on my failure as a meteorologist by reciting a few irresistible nuggets of practical weather wisdom from days gone by.

Back then you could forecast the weather with a few catchy phrases and some smooth talking.

Some of the old clichés are well-known and many hold a grain of truth – red sky at night, sailor's delight, red sky in the sailor's morning, warning.

If March comes in like a lion, it will go "I look, listen out like a lamb - when the wind's from the and sniff for east the weather's a the perfumed beast, when the wind's aroma of from the west the springtime." weather's the best.

If the spring is cold and wet, the fall will be hot and dry - a rainy

spring is followed by a hot, or a quiet, or maybe even a dry summer, who knows - windy spring means cool summer.

This down home way of weather forecasting is a creative way to express the natural world.

Better a late spring than early blossoms – this refers to the joy of an early spring bloom quickly followed by the sorrow of subzero temperatures freezing the new growth.

Joy and sorrow sometimes grow on the same vine in Northwestern Ontario gardens but as I already mentioned, spring will soon be here and I am expecting an early arrival this year.

One of my favorite signs of spring's imminent arrival is the first unmistakable song of a redbreasted robin floating through the air in my back yard.

The robin's call has been paraphrased as, "cheerily, cheer up, cheer up, cheerily" and serves as an audio spring tonic for millions of winter-weary Canadians.

I also listen for the characteristic honk of Canadian geese as they pass overhead in chevron flight, flying high from one horizon to the other on their way back north.

#### Sign of spring Crocuses are usually the

first flowers to appear in the spring and they often contrast against the snow as they poke their heads through,

searching for sunlight.

I started watching for signs when the seed catalogues arrived early this year and I've been busy studying weather folklore, ancient proverbs and whimsical rhymes.

Based on my findings I am prepared to predict an early spring, an exceptional summer and a banner year in the garden -I stand by my record.

Of course I could be wrong, but every year about this time, hope springs eternal.



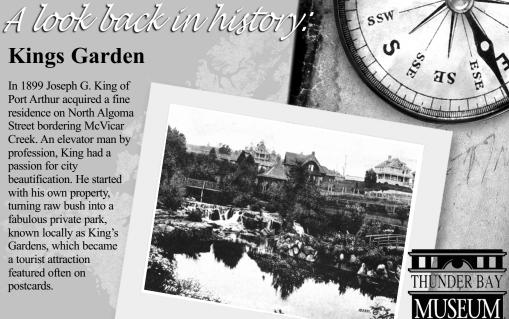
LUCKY WINNER: Stacey Hutton, wife of Buffalo Sabres goaltender Carter Hutton, won \$50,000 on a Crossword scratch ticket her husband purchased for her as a Christmas present.

#### HOW TO WRITE US:

etters 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



WEEK'S POLL QUESTION:

Gen. Rick Hillier says he hopes any Ontarian who wants to be vaccinated can have at least one shot by summer. Is this realistic?

VOICE YOUR OPINION ABOUT THINGS THAT MATTER MOST.

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

TOTAL VOTES: 885

○YES ○NO ○DON'T KNOW 44.41% 46.78% 8.81%

#### LOCALNEWS

### Pedestrian killed in parking lot crash

THUNDER BAY By Leith Dunick – TB Source

An 89-year-old woman struck by a vehicle in a north-side strip-mall parking lot has died. Thunder Bay Police say they were

called to the Red River Road location on Friday, just before 2 p.m., after reports of the collision were received.

Paramedics and firefighters were on scene and attempted to treat the woman, whose name is being withheld at the request of family. The victim was taken to hospital for further treatment, but later died of the injuries sustained in the collision.

Next-of-kin have been notified and police have not said if any charges are pending.

Police continue to investigate.



TRAGIC: Thunder Bay Police investigate a fatal collison last Friday on Red River Road.

### INSPECTION

### Inspection of 2021–2022 Annual Work Schedule for the Dryden, Wabigoon and English River Forests

The April 1, 2021–March 31, 2022 Annual Work Schedule (AWS) for the **Dryden**, **Wabigoon and English River Forests** are available electronically for public viewing by contacting the **Dryden Forest Management Company Ltd. (DFMC)** for the Dryden Forest, **Domtar Inc.** for the Wabigoon Forest and **Resolute FP Canada Inc.** for the English River Forest, during normal business hours. They are also available on the Natural Resources Information Portal at **nrip.mnr.gov.on.ca/s/fmp-online** beginning **March 10, 2021** and for the one-year duration of the AWS.

#### **Scheduled Forest Management Operations**

The AWS describes forest operations such as road construction, maintenance and decommissioning, forestry aggregate pits, harvest, site preparation, tree planting and tending that are scheduled to occur during the year.

#### **Tree Planting and Fuelwood**

DFMC, Domtar Inc. and Resolute FP Canada Inc. are responsible for tree planting on the Dryden, Wabigoon and English River Forests. Please contact each of the respective forest company contacts listed below for information regarding tree planting job opportunities.

For information on the locations and license requirements for obtaining fuelwood for personal use, please contact the MNRF contact listed below. For commercial fuelwood opportunities, please contact the respective forest company contact listed below.

#### **More Information**

For more information on the AWS, to arrange a remote meeting with MNRF staff to discuss the AWS or to request AWS summary information, please contact the MNRF contact below:

#### DRYDEN FOREST

#### Don Armit, R.P.F.

Management Forester Ministry of Natural Resources and Forestry P.O. Box 730, Dryden, ON P8N 2Z4 tel: 807-220-4704 e-mail: dj.armit@ontario.ca

#### WABIGOON FOREST

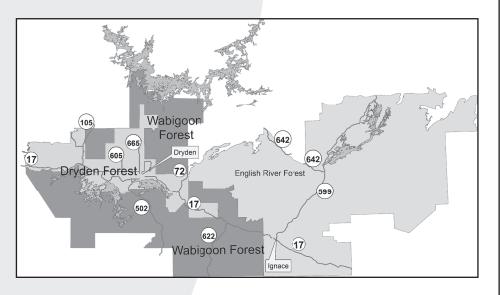
Derek Johnson, R.P.F. Management Forester Ministry of Natural Resources and Forestry P.O. Box 730, Dryden, ON P8N 2Z4 tel: 807-220-4273 e-mail: derek.johnson@ontario.ca

#### Steve Young, R.P.F.

General Manager Dryden Forest Management Company Ltd. 28A Earl Avenue Dryden, ON P8N 1X5 tel: 807-223-7216 ext. 1 e-mail: steve@drydenforest.ca

#### Daniel Yeboah, R.P.F.

Planning Forester Domtar Inc. 1 Duke Street Dryden, ON P8N 2Z7 tel: 807-223-9090 e-mail: daniel.yeboah@domtar.com



#### **ENGLISH RIVER FOREST**

#### Mallory Miller

Acting Management Forester Ministry of Natural Resources and Forestry P.O. Box 448, Ignace, ON POT 1TO tel: 807-220-4852 e-mail: mallory.miller@ontario.ca

#### Stay Involved

Matthew Hupf, R.P.F. Planning Coordinator

Resolute FP Canada Inc. 2001 Neebing Avenue Thunder Bay, ON P7E 6S3 tel: 807-475-2458 e-mail: matthew.hupf@resolutefp.com

Further information on how to get involved in forest management planning and to better understand the stages of public consultation please visit:

https://www.ontario.ca/document/participate-forest-management-ontario/how-get-involved-forest-management

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# TBLife people | health | home | food | leisure

# Silent sport, new perspective Feeling SAD



he past twelve months have been unlike anything any of us have ever known. We have had to find new ways to do our jobs, to run our businesses, and to live our lives. While the impact of the global pandemic has, at the very least, brought each of us hardship and inconvenience, it has also forced us to change. In my experience, change is not always a bad thing, and learning to adapt will always provide new opportunities.

In the past year, more people have been spending quality time outdoors. Many families are enjoying more activities together. Couples are syncing their interests and spending more time doing things with each other. Most importantly, across the world, people are discovering the silent sports. Silent sports are human-powered activities that require minimal equipment and can be easily enjoyed solo or in small groups.

Silent sports include hiking, running, skiing, paddling, snowshoeing and biking. For me, the best thing about these activities is that every member of the family can enjoy them, either together or at their own pace, and nobody is left watching from the sidelines. Luckily for us, Thunder Bay is a silent sports paradise.

I was inspired to write this article as I was out exploring the Sibley Peninsula recently. Normally, on the first weekend of March we would be skiing the Sleeping Giant Loppet on Saturday and then riding the Fat Bike Loppet on Sunday.

With both events cancelled this year, we had the chance to slow down and explore while enjoying the weather, the scenery, and the chance to still be outside and to keep moving forward. We were not necessarily out to discover new trails, but we found ourselves

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REWARDING VIEW: Charlotte Alley admires the Sea Lion while backcountry skiing on Lake Superior.

simply looking at things differently. We visited places we had never been in the winter and we were travelling trails and roads in the reverse direction to our usual loops. Consequently, we discovered new sights and we enjoyed new adventures in our own back yard.

The incredible number of people we ran into on the trails, many of whom were friends we had not seen in a while, made our adventures even better. It appears that some people are not just surviving, but actually thriving as they make the most of this surreal situation

we are in.

The coldest and darkest days of winter are officially behind us now. Spring and the promise of the warm weather silent sports are now just around the corner.

However, let us not wish away the snow and ice just yet. With the mild weather and longer days of March and April we typically get a boost of energy and a heightened desire to be outside. The next few weeks will likely provide us with the best skiing, fat biking, ice fishing and hiking of the winter season. I hope to see you outside.



o start our weekly conversations about mental health, I want to talk about Social Anxiety Disorder (or "SAD"), one of the most common anxiety disorders. About 80 per cent of people experience SAD by the age of 20.

Talking about it and sharing experiences not only reduces the stigma of SAD, but being open about it can decrease feelings of shame and loneliness.

Anxiety, regardless of where it comes from, follows the same pattern. We encounter a trigger, perceive a threat, respond with anxiousness, find a coping mechanism and then use that mechanism to close the loop.

Anxiety is your body's natural response to stress; it is your body's signal to a feeling of fear or apprehension and is often very beneficial in terms of survival and safety; think of it as your 'gut feeling'. The experience of anxiety is felt through our thoughts, body sensations and actions. You know the feeling; your heart rate goes up, your muscles tense, your stomach twists in knots, or you break into a



sweat. "Fight or flight" is perfectly normal and healthy, but it's a problem when we can't come back down, or when we lean into unhealthy coping mechanisms to deal with the stress. SAD, specifically, is the

fear of social or performance situations. People with SAD often feel judged by others and fear being humiliated or embarrassed in social situations. Those with SAD are often misunderstood as they can easily be mistaken for nervous, withdrawn, disinterested or inhibited. The irony is that people with SAD actually want to make friends and be involved in social groups, but the anxiety holds them back. Even though they may truly be friendly, their fears get in the way.

I have decided to discuss SAD this week as I know that anxiety, SAD in particular, has only increased during the pandemic. The normal social fears that hold people back are magnified by the fear of getting sick or making someone else sick. Fortunately, there are proven ways to help manage SAD. Talk to your family doctor or a medical professional; also, counselling can be very helpful. Practicing mindfulness has also shown to lessen negative emotions and make SAD easier to manage.

If you're reading this and feel triggered, if you're thinking "This is me!", you need to know that you are not alone. I know the first step is the scariest. It is difficult to make the call, book an appointment and meet someone new. I recognize that and I'm here to listen. Please, reach out to me and my colleagues if you need support

\* SAD can also refer to Seasonal Affect Disorder, which we will discuss next week

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**TBLife** 

# Finding Waldo, car keys and glasses



am constantly losing things and, after some annoying length of time, finding them. I am not alone in this pursuit.

My wife, Laura, is also a victim of losing stuff. Why have we become losers...er...I mean pawns in the game of lost things?

At least once per day, Laura can't find her glasses. She has two pairs one for reading and one for distance. "I can't find my glasses" I hear her crv.

Depending on which side of the house she was last in, I head to the opposite side and often am lucky to discover her "specs" perhaps on the table but covered with some paper -

table and utters her lament, I head back to the bedroom or bathroom where I usually discover her glasses beside her side of the bed.

I have one pair for reading since I had a very successful double cataract operation two years ago. But I fall into the morass of putting something down and forgetting where I put it.

#### **Rare misplacement**

I don't usually misplace my reading glasses.

No, it is usually my keys to the car or truck if I failed to hang them up upon returning inside Casa Jones.

Or the other day when I couldn't for the life of me locate one of my coffee mugs. I looked and looked all over our cluttered house. Nada.

When I remembered to look, I would investigate every room first eliminating the likely spots where I would stash a mug - my library, the boiler room, beside my reading chair in the

flyers or newspaper. Or, if she is at the living room, the kitchen, and then scour all of the bathrooms, the family room, hoping to find it. This time, nada.

> "Did you leave it in the barn?" Laura helpfully asks, "or on the banister of the front porch when you were grabbing seeds to feed the birds?" so, I don my boots and coat and head outside, first checking the banister and then looking over the side to see if the mug had fallen. Nope.

> So, on to the barn but no mug to be seen where it is usually set it down when feeding horses or cleaning stalls. This haphazard search went on for the better part of a week.

> It was Laura who showed up with the mug, still intact but full of bits of hay.

"Where did you find it?" I asked.

"Beside the round pen. You must have brought it out to go into the barn to feed the horses their morning grain but stopped at the round pen to throw hay inside it before we brought out the

CN.CA

horse," she answered. Forgetty Freddy strikes again! Sheesh.

Sometimes but, fortunately, not often, I lose something and never find it.

This occurred five or six years ago when I lost a set of keys that contained the mail box key and the house key. Good thing we had duplicates of both. I never found those keys.

Or, more recently, while getting gas at a station in town, somehow I lost my wallet. Now that is a serious bit of losing.

#### Not quite sure

At least I think I lost it at the gas station; or it could have been at the quad repair place. I remember paying for the gas and I thought that I shoved the wallet back into my pants but when I got home, no wallet.

And hence, no credit cards, no health card, no drivers license, etc., etc.

Great, now a royal pain to replace. Naturally, I called both locations but was told that nothing had been recov ered.

Probably not since I had a hundred dollars cash in the wallet. The lightfingered one likely took that cash and threw the wallet into the garbage.

So then you have to go to all of the respective issuing places to get replacements.

As I mentioned, a pain. The only other time I lost my wallet was in Paris, France on a trip back in 1981. Actually, I didn't lose it; I was artfully pickpocketed on the Metro.

We never seem to lose anything permanently out here in the country thank goodness. We are just in the habit of misplacing our stuff probably because we are aging and (I speak for myself) our memories "ain't wot they used to be".

So, it is an increasing game much like 'find Waldo', and my car keys, and my glasses, and my coffee mug, and...' in our cluttered abode. We help each other out.

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The program is expected to take place from April to October 2021. Visit www.cn.ca/vegetation to see the list of cities as well as the updated schedule.

For more information, contact the CN Public Inquiry Line at contact@cn.ca or 1-888-888-5909.



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NEW START: Rainbow Collective founding board members Jason Veltri, Jessy Bogacki, Annalicia Kaban, and Daniel Stilla.

# Gender and diversity focus of new group

#### Rainbow Collective says there are gaps in community ership councils" (Seniors, Two-Spirit, BIPOC, Yo

#### By Ian Kaufman - TB Source

A new organization plans to boost education and advocacy efforts on gender and sexual diversity issues in Thunder Bay and the surrounding region.

Jason Veltri, president of the newly-formed Rainbow Collective of Thunder Bay, said the core team behind the collective saw a hunger for more capacity to do that work.

"We felt there were gaps in our community – resources and education weren't readily accessible," he said.

The group will offer workshops and other programming geared to local schools, businesses, other organizations, and provide resources and advocacy to the LGBTQ community.

"We want businesses and other organizations to start learning about broadening their approach and their policy [on] inclusion and gender and sexual diversity in the workplace," said vice-president of inclusion Jessy Bogacki.

"We're looking to have some sort of standard for businesses and [other] organizations, to have a baseline about our community, how to respect our community, what language to use around pronouns, and [other] best practices."

Initial workshops include Pronouns 101, a Coming Out Checklist, and Transgender Medical Care.

The sessions will range from about one to three hours, said Bogacki, and be offered on a sliding scale to accommodate non-profits and equity groups.

The collective is incorporated as a not-for-profit, starting with a four-person board (the other members are Annalicia Kaban and Daniel Stilla) – though Veltri expected that to grow as the organization puts down roots in the community.

Central to that process will be the launch of five "lead-

ership councils" (Seniors, Two-Spirit, BIPOC, Youth, and Transgender). The group is currently soliciting participation in those councils. More information is available at its website.

That structure will ensure the Rainbow Collective is accountable to the community, Veltri said.

"Creating our leadership councils will help build our organization from the ground up, instead of board down," he stated. "Oftentimes boards are driven by what they feel is right; instead they should be listening and empowering their communities to help with this work."

Veltri resigned as chair of Thunder Pride in 2020, citing differences with its board over the organization's governance model and organizational direction.

The two groups will be complementary, he said, noting two Thunder Pride board members also sit on the collective's board.

"We're here to focus on education, awareness and advocacy work," he said. "We're not going to be taking part in planning Pride – that's Thunder Pride's expertise."

"We really want to add to the work [they're] doing. It's a lot of work for one particular organization... There's not just one Indigenous organization doing work in

the community, there's not just one youth organization doing work. For us, we're adding capacity to the network."

As the collective grows, they also hope to do more work throughout the region, Veltri said.

"Our focus right now will be on the city, but our goal would be to start creating a network – especially [to the] east," he said. "There are no pride organizations until you hit Hearst. That to me says we have a lot more work to do, especially along the North Shore."



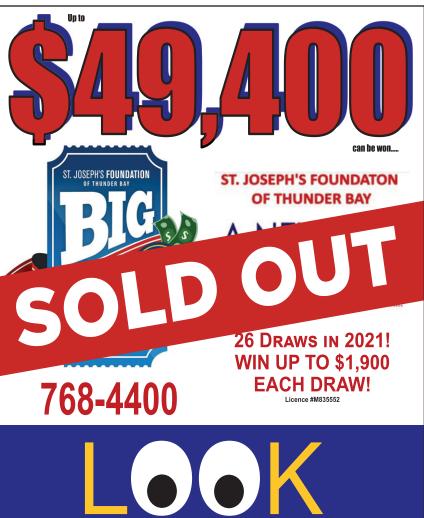
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no pride organizations until you hit Hearst. That says to me we have a lot more work to do." JASON VELTRI

"There are

# IN THE bay arts entertainment culture

# My Salinger Year literary mixed bag

We salinger Year (Shaw PPV) brings to life the novel by Joanna Rakoff, based on her real-life experiences as an office drone at a prestigious New York literary agency in the mid-1990s, headed by no-nonsense agent Margaret (Sigourney Weaver).

Joanna (Margaret Qualley) is an aspiring writer who has had two poems published in the Paris Review. Though she knows little about being a literary agent, she believes the gig will somehow lead to becoming a published author. However, Margaret scoffs at that notion, declaring that writers make 'lousy assistants.'

Oddly, the agency is so old-school

("Computers make for more work," sniffs Margaret) that staff use Selectric typewriters and Dictaphones.

N o n e t h e l e s s Margaret consigns Joanna to respond to

fan letters and other entreaties on behalf of the agency's prized client and notorious recluse, J. D. "Jerry" Salinger (Tim Post) whom we see only in face-averted form.

Joanna chafes at being a 'mere stenographer.' She's admonished never to respond in her own words, which she does on occasion, with some consequence.

She's also allowed to answer the phone, whereupon she finds herself talking to Salinger himself, who is deaf, gets her name wrong, but genially implores her to write. "Don't get stuck answering the phone. You're a poet!" he urges.

Curiously, Joanna's unfamiliar with Salinger.

Joanna's romantic life is also muddled. She shares a tawdry apartment in Manhattan with her novelist boyfriend and ultimate oaf, Dan (Douglas Booth) while she's left a nice beau hanging back at Berkeley.

This coming-of-age literary tale is a mixed bag primarily due to the vagueness surrounding our protagonist. Qualley properly exudes the callowness of a young career woman, who also demonstrates some resource.

However, the ambitious script by French Canadian director Philippe Falardeau ("Monsieur Lazhar") goes in many directions and shortchanges Joanna's inner doubts and writing talent. A girlfriend asserts that Joanna works

long hours on other writers' work while

her boyfriend is home finishing his novel. "He's writing and I'm not," she admits. She edits her boyfriend's manuscript, types Salinger responses, and drops off a submission to *The* 

*New Yorker*. However, her revered poetry is in little evidence.

Falaradeau incorporates some magic realism, staging a fantasy dance sequence, has one of Salinger's younger fans re-appear as a sounding board for Joanna, and shows a newly determined Joanna stroll past a younger version of herself, symbolizing a sensibility she's leaving behind.

A major compensation is Weaver, who is more interesting to watch, a character full of contradictions, but who remains a force to be reckoned with. She's not a villain, just not an easy person to like. The production values are impressive.

How ironic that a literary story would leave its protagonist under-written, as 'quiet emotional,' a line Joanna spots in *Catcher in the Rve.* 



PHONING IT IN: Margaret Qualley plays Joanna, an aspiring writer who goes to work for reclusive J.D. Salinger's literary agency.







#### IN THE**BAY**

# Meghan and Harry tell their side of story

t's an old adage: "There are three sides to every story: yours, mine, and the truth." Today, however, there seems to be a fourth side: whatever sells the most.

Since she showed up at Prince Harry's side during the Invictus Games, Meghan Markle has been judged. During their engagement, the press seemed to tell the public that they should love her. So they did. Then after the wedding, the negative stories grew in numbers – rarely with any actual proof – but the public, once again, followed suit.

And regardless of what they do, the stories and criticisms continue today.

So this past weekend, Meghan and Harry sat down with Oprah Winfrey – probably the only celebrity who can understand being both adored and simultaneously hated by the public. Finally, they were telling their side and boy, it was a doozy.



Unlike *The Princess Diaries*' Mia Thermopolis, Meghan did not get lessons in how to sit, meet aristocracy, or sing the national anthem when she joined the family. She did that homework on her own. Then she gave up her passport, keys, and freedoms and tried to follow The Institution's rules.

In return, she was hounded by the press and yet blamed for the excessive coverage. After all of Harry and



WENT PUBLIC: Meghan Markle. and her husband Prince Harry were interviewed by Oprah Winfrey, which aired on Sunday.

William's promotion of mental health and what their late mother went through, you'd think there would be supports in place. Apparently, Meghan's requests to The Institution for help when depression set in were refused because of how it would look.

Now, many have argued that she's just a difficult person. That she's manipulated her husband.

However, Prince Harry has backed up her stories with his own.

And there appears a reasonable explanation for practically every headline over the last few years – including the withdrawal from royal duties which Harry claims was not a surprise but in fact, a year-long negotiation – on paper – with both his grandmother and father. Yet the Palace has never corrected this or other false narratives.

But Harry also said something about the Royal Family's side of the story: they're afraid of the media. There is an invisible contract. If the Royals let them in and smile when told, then the media will be nice to them. It's blackmail that is justified by the Royals' taxsupported duty to the public.

Furthermore, the UK media in particular loves to build Royals up so that they can tear them down. After all, ongoing stories of how lovely someone is doesn't sell papers or increase ratings.

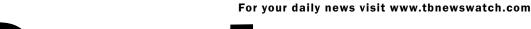
That's why the headlines were once again very positive after little Archie was born. But when the photo ops stopped, the reports took a turn. They condemned Meghan's expensive renovations to their home despite that the Palace had already decided the old Frogmore Cottage needed extensive repairs to be liveable.

But that explanation doesn't get the public's blood boiling. It doesn't sell.

Viewers may not completely believe Meghan and Harry's side of the story. But the couple didn't make money on this interview. And it will have little impact on their financial future. Unlike those writing the headlines.

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### SITTING OUT: Former Cat Bryce Jorgenson. Border Cats opting out

**BASEBALL** By Leith Dunick – TB Source

he Thunder Bay Border Cats will take a pass on a second straight season.

The team on Friday announced it will sit out the 2021 campaign, with too much uncertainty still surrounding the Canada/US border.

"Unfortunately, with the ongoing uncertainty of the pandemic regarding the Canada-US border closure as well as outdoor gathering numbers in Thunder Bay, the Border Cats will not be able to participate in the 2021 Northwoods season," said Border Cats president Dave Valente, in a release.

Team general manager Bryan Graham said the franchise ownership group had held out hope things might change for the better and allow the club to play its 18th season in the Northwoods League, but it became apparent it wasn't going to happen.

"When you look at the way the calendar is set up, and we're almost one year into this pandemic, a lot of the experts said it was going to take 12 to 18 months to put this in the rearview mirror. Some of those projections look like they might be right, but unfortunately it's going to cost us two baseball seasons," Graham said."

"We were cautiously optimistic going through the winter. When a schedule got released in December we thought maybe there's a possibility. But with the way things stand right now with really no outdoor gatherings being anticipated this summer of any good sized amount, and the fact of the uncertainty of the border and when it's going to reopen, brought us to this conclusion."

# Sports Sports Information Coverage

Bernie Lynch accused of improper conduct with Fort Frances player

**SIJHL** By Leith Dunick – TB Source

After months of silence, the Fort Frances Lakers Hockey Association has spoken publicly for the first time about allegations former coach Bernie Lynch had inappropriate contact with a player on the Superior International Junior Hockey League team.

The club was contacted by *Thunder Bay Source* in mid-January, and at the time refused comment. Hockey Canada at the time confirmed an investigation was ongoing, but refused further comment about the allegations.

Last Thursday CBC ran a story, complete with screen shots of disturbing and inappropriate text messages between Lynch and an unnamed 20-year-old player.

Lynch, who was fired on Sunday, was hired last fall to coach the team, a last-minute replacement when longtime coach Wayne Strachan decided not to return for the 2020-21 campaign. He was given an eightmonth contract. The team played a handful of exhibition games before the SIJHL season was shut down for good due to the pandemic.

#### Timeline

Lawyer Doug Judson, who is representing the Lakers, on Monday released a statement stating the team became aware of the allegations on Jan. 1 and a day later, the board suspended Lynch without pay, ordering him to not have any further contact with players or other members of the organization. "Members of our organi-

"Members of our organization and the Fort Frances community have been deeply distressed by these events," the release reads.

"The FFLHA prioritizes the safety, healthy development, and emotional and mental wellbeing of our players. We undertook a thorough hiring process and

reviewed all available information on the qualifications and personal suitability of candidates for this position. No past misconduct was evident from any candidate during that process, including through any criminal record or vulnerable sector checks."



MOVED AROUND: Bernie Lynch has a coaching career that dates back to the late '80s and has included stops in Europe, Ontario, the WHL and the WSHL.

Lynch, 66, has also coached in the Saskatchewan Junior Hockey League, the American Collegiate Hockey Association, the Western Hockey League, in Sweden and the Czech Republic. He was most recently with the Edson Aeros of the Western States Hockey League.

When news broke of Lynch's suspension in Fort Frances, a member of the hockey community in Edson, Alta. contacted tbnewswatch.com, alleging similar behaviour by Lynch involving a different player. They said they contacted the league, but nothing was done.

None of these allegations have been proven in court, no criminal charges have been filed and until the Lakers suspended him, there were no red flags raised about Lynch's conduct in any other hockey stops.

According to CBC's story, upon arrival in Fort Frances, Lynch at first acted like he was trying to advance the unnamed 20-

year-old player's career. But then something changed.

was evident

from any

candidate

during that

process..."

**D**OUGLAS JUDSON

"He would get mad if I didn't text him back right away. He would get mad even after games — like, we'd end at nine or 10 and I'd want to go hang out with my teammates," the player is quoted as saying in the CBC story.

The broadcaster published several text conversations, purported to be between Lynch and the player involved.

Judson said the team contacted its players to ensure they had the resources and supports they needed, adding the resources continue to be made available.

"This has had to be approached with sensitivity owing to the privacy interests raised by the misconduct," Judson said.

#### Saying little

The team will not say if more than one player was involved, stating it is up to the players themselves to decide what they would like to disclose publicly.

The team has asked the media and the public to respect the privacy of the Lakers players and their families, as well as others involved with the team.

Tbnewswatch.com in January contacted team president Gary Silander and replacement coach Ron MacKinnon, but was told the team would not comment. MacKinnon said he would talk about the team's outlook for the season and other hockey related stories.

It's unclear if Lynch has retained legal counsel in this matter.

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