



Surgeries delayed /3



Boobie candles /15



Fat Biking /11



Heavy lifting/17

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Canadian Publications Agreement No. 0662445 Vol. 19 No. 10

Thursday, March 17, 2022

# Flowers of support



Thunder Bay Catholic students show support for Ukraine during Blue and Yellow Day /8

Grade 2 students at St. Paul School proudly show off their sunflowers.

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FILE

**STILL WAITING:** The hospital says elective surgeries waitlist has grown by a third during COVID-19 pandemic.

# Surgeries on hold

Waitlist of elective surgeries has grown to 5,500 during pandemic

By Ian Kaufman - TB Source

Thunder Bay's regional hospital says the ongoing impacts of the pandemic mean it's still unable to significantly ramp up elective surgeries, despite a recent drop in COVID-19 admissions.

The pandemic is easing, but still compromising the Thunder Bay Regional Health Sciences Centre's ability to deliver non-urgent care, said CEO Rhonda Crocker-Ellacott.

That means the hospital is able to make slower progress on a waitlist of elective procedures that has grown to about 5,500 during the pandemic, an increase of about a third.

So-called elective procedures include a broad range of interventions from joint replacements and cataract surgeries to cancer screenings.

"The positive thing we've seen over the past week to two weeks is that our average admissions with COVID-19 have come down significantly," Crocker-Ellacott said in an interview Friday. "There's a definite movement to more of a plateau with respect to the numbers."

On Friday, there were 24 patients positive for COVID-19 in hospital, including nine receiving care in the Intensive Care Unit.

The number of infected patients dipped below 30 for the first time since Jan. 21 on Monday, and has stayed under that mark since. It peaked at 52 on Feb. 1, and remained in the 40s and 50s for much of February.

It seems to be a clearly positive trend, Crocker-Ellacott said, but the staffing impacts of the pandemic haven't eased in the same way.

On Friday, 127 people – about four per cent of the hospital's workforce – was off due to COVID-19, including those isolating after an exposure.

"In terms of what that means organizationally, we're still not able to deal with our surgical backlogs," she said.

The hospital's surgical activity is at around 50 to 60 per cent of normal, up from about 40 per cent, she said.

That's creeping toward a 70 per cent provincial target the province set for hospitals when it lifted a directive pausing elective procedures on Feb. 10.

The hospital indicated at the time the resumption of surgeries in Thunder Bay was likely to be slower, as the area lagged the provincial recovery from Omicron. COVID-19 indicators like incidence and test positivity rates remain higher here than the provincial average.

The list of around 5,500 patients waiting in the queue for elective procedures has risen significantly during the pandemic, from around 4,000 pre-COVID, said Crocker-Ellacott.

The average wait for an elective surgery has grown to 219 days, "and many, many individuals are waiting much, much longer than that."

That compares to a pre-COVID average of 187, and a target of 182 days.

It could take a long time to work back toward that target, Crocker-Ellacott said. Health experts have estimated it will take years for the province as a whole to catch up on surgical delays from COVID-19.

"We have a long ways to go, and it's going to take time for sure to address that significant backlog," she said. "We're going to work together with our staff, our physicians, and our patients to do the best that we can. But given our current human resources situation and the challenges that we face there, the wait time for surgery may not improve in the foreseeable future."

That comes with a real cost to those impacted, Crocker-Ellacott acknowledged.

"We very much appreciate the hardship on the patients and some of their families, and how difficult it is to wait," she said.

## THIS WEEK'S WEATHER FORECAST

THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Mainly cloudy</b>	<b>A mix of sun and clouds</b>	<b>A mix of sun and clouds</b>	<b>Mainly sunny</b>
Precipitation: <b>40%</b> HIGH 5 LOW -4	Precipitation: <b>20%</b> HIGH 5 LOW -5	Precipitation: <b>30%</b> HIGH 6 LOW -3	Precipitation: <b>20%</b> HIGH 7 LOW -4

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## INSPECTION

### Inspection of 2022 – 2023 Annual Work Schedule for Dryden, English River and Wabigoon Forests

The April 1, 2022 – March 31, 2023 Annual Work Schedule (AWS) for the **Dryden, English River and Wabigoon Forests** are available electronically for public viewing by contacting the **Dryden Forest Management Company (Dryden Forest)**, **Resolute FP Canada Inc. (English River Forest)** and **Domtar Inc. (Wabigoon Forest)**, during normal business hours and on the Natural Resources Information Portal at <https://nrip.mnr.gov.on.ca/s/fmp-online> beginning **March 16, 2022** 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

Dryden Forest Management Company (Dryden Forest), Resolute FP Canada Inc. (English River Forest) and Domtar Inc. (Wabigoon Forest) are responsible for tree planting in the respective forests. Please contact the Forest Company listed below for information regarding tree planting job opportunities.

For information on the locations and licence requirements for obtaining fuelwood for personal use, please contact the NDMNRF staff listed below. For commercial fuelwood opportunities, please contact the Forest Company listed below.

#### More Information

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

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#### WABIGOON FOREST

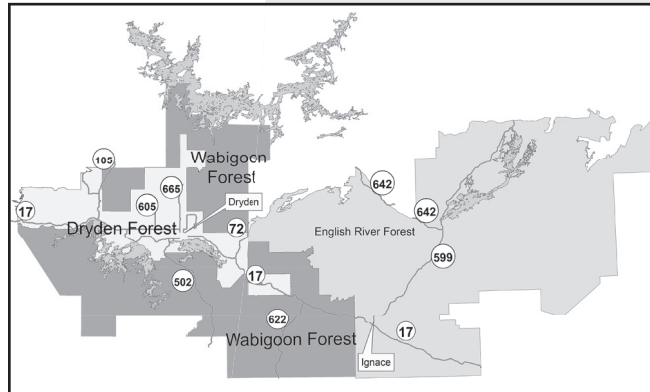
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#### Stay Involved

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>

Renseignements en français : Derek Johnson au 807 220-4273 ou [derek.johnson@ontario.ca](mailto:derek.johnson@ontario.ca).



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# Public school board seeks to extend the mask mandate

By TB Source Staff

The Lakehead District School Board has asked the local health unit to extend a provincial mask mandate in its schools, in a repudiation of the Ford government's move to lift the rule by March 21.

School board trustees voted 6-3 in a special meeting Friday to send the request to medical officer of health Dr. Janet DeMille, who is empowered by provincial legislation to impose public health orders locally.

Several trustees suggested the province's decision to lift the mandate seemed motivated by politics, not science, noting a large number of public health experts – including some chosen to advise the government – have spoken out against it.

Many also pointed to the fact that Thunder Bay appears to be several weeks behind provincial trends that have seen case counts and hospitalizations fall off dramatically.

Board chair Ellen Chambers cited advice from Ontario's COVID-19 Science Advisory Table, a coalition of children's hospitals including SickKids, and other health experts that it's still too early to lift mask rules.

Instead, the board will ask DeMille to make an order under Section 22 of the Health Protection and Promotion Act to extend the mandate "until regionally appropriate" at LDSB schools (The Thunder Bay Catholic District School Board said Friday it had no plans yet to make the same request).

It could simply be a matter of an extra couple of weeks, Chambers said, with several councillors saying they wanted assurance March Break won't lead to a surge in cases.

"Our infection rate is much higher in Northern Ontario than it is down east," said trustee Trudy Tuchenhausen. "I think this is a very poor time to do away with it, particularly since we're starting the March Break."

The decision Friday didn't come without dissent.

Scottie Wemigwans, the board's elected Indigenous trustee, said the message from community members he'd spoken with was clear.

"I talked to a lot of the people I'm representing, mostly people from Fort William First Nation, and they're of the opinion that it should go the way the government wants it to go, on a voluntary basis," he said. "It's up to individual people to choose if they want to wear a mask for their additional safety."

Trustee Ryan Sitch said the board's previous decisions to sometimes push against the grain of provincial policy had been justified.

"We were one of the only boards last year to push back against the government when they wanted schools open when our cases were through the roof and the worst in Canada," he said.

"This wasn't a scientific decision made by the government. The top science table was not even engaged; the lead doctor on the science table recommends continuing to wear masks."

Student trustee Mehar Mago expressed uncertainty, but indicated a decision to keep masks could hit student morale.

# Funding to provide 34 new beds

## Ontario announces funds to expand addictions services in Thunder Bay including 34 treatment beds

By Justin Hardy - TB Source

The Ontario government is investing over \$3.6 million through the new Addiction Recovery Fund to immediately enhance access to addictions treatment supports in the city of Thunder Bay.

“Our government remains steadfast in our work to provide Ontarians in the North with access to safe and effective mental health and addictions services as close to home as possible,” said Tibollo.

“Investing in mental health and addictions services in Thunder Bay is just one more way our government is continuing to support vulnerable populations across the province with high-quality mental health and addictions care that addresses their unique needs on



**EXPANDED TREATMENT:** Michael Tibollo, Associate Minister of Mental Health and Addictions, announced \$3.8 million for Addictions services in Thunder Bay.

their journey to recovery.”

The funding will allow St. Joseph’s Care Group and Dilico Anishinabek Family Care to expand access with 34 new treatment beds.

“This new investment will provide

a safe space in the local continuum of addictions treatment for Indigenous young people to address personal difficulties related to substance misuse,” said Darcia Borg, executive director, Dilico

Anishinabek Family Care.

They will be able to engage with other young people transitioning into adulthood in a supportive living environment that is inclusive and provides other on-site support services such as cultural and land-based activities, life skill building, coping skill development, as well as access to individual and group counseling, and supports with entry to education and employment opportunities.”

Opioid-related deaths surged by 79 percent during the first two waves of the pandemic with rates three times higher in Northern Ontario than the rest of the province.

“There is urgent and immediate need in Thunder Bay for people

living with addiction and the pandemic has added to what can only be described as a crisis,” said Thunder Bay Mayor Bill Mauro.

“Today’s investment of \$1.1 million dollars through the Addictions recovery fund recognizes and helps meet that need. With our partners, we will ensure that funding is put to use by expanding access to care right now, and adding new withdrawal management and addiction beds. It means we can offer more to people who are struggling with addictions and their families.”

The new Addictions recovery fund will support almost 400 new addiction treatment beds across the province, including northern rural and indigenous communities.

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EDITORIAL

# Open arms

The federal government should listen to mayor and council and deem Thunder Bay a priority city for the coming relocation of Ukrainian citizens fleeing the Russian invasion.

Thunder Bay has a rich Ukrainian culture, with more than 14,000 residents who claim ties to Ukraine.

There are Ukrainian dance studios and plenty of people who still speak the language.

The climates of Ukraine and Thunder Bay are not too dissimilar, and there are plenty of opportunities for those willing to relocate.

Mayor Bill Mauro has asked MP Patty Hajdu to pressure Ottawa to consider Thunder Bay an ideal location for refugees to resettle, and he's not wrong.

Thunder Bay has long been known as the city with the giant heart, and this is our chance to prove it.

The city has welcomed newcomers from around the world in recent years, and most have had nothing but good things to say about Thunder Bay and its welcoming atmosphere.

This is Thunder Bay's chance to give something back to people with strong ties to those already living in our community. No good deed goes unpunished.



# Hoffman weaves the real and supernatural

E.T.A. Hoffman is among the greatest and most popular of the German Romantics. *The Golden Pot and Other Tales* selects those tales in which the real and the supernatural are brought into contact and conflict. Their humour is a result of the incongruity of supernatural beings at large in an ostentatiously everyday world.

*The Golden Pot* is recognized as Hoffmann's masterpiece by himself and posterity. Underlying the action of this story we can see a familiar fairy-tale plot. A young man must win the girl he loves by passing a test set by her father. The hero is caught up in a conflict between good and evil powers and in completing his

test he must maintain his loyalty to the good. Hoffmann juxtaposes fantasy and reality. The 'real' events taking place in a 'real' Germany city (Dresden) are entwined with a supernatural world populated by elemental spirits.

Its spine-chilling companion tale, *The Sandman*, was drawn on by Offenbach for his opera *Tales of Hoffmann*, and was examined by Freud in his essay *The Uncanny*. This story is the mirror image of *The Golden Pot*. Everything that in *The Golden Pot* was enchanting and desirable is here

distorted into its opposite. The story centres on a young man placed between two women, one of whom belongs to the everyday world while the other is unfamiliar and alluring.

*The Sandman* is a fairy tale being who tears out children's eyes. The story makes it clear that the threats to family happiness lie within the family.

*Princess Brambilla* is a long elaborate fantasy based on the Roman Carnival. It is his most bewildering tale. The Carnival setting is appropriate to a story dealing with

confusion of identity. Carnival is a time when the social order is suspended, identities are disguised behind masks, and irreverent joking is permitted. Both hero and heroine are obsessed by romantic dreams. Soon their vivid imaginations lead them to confuse fantasy with reality. Their fantasy selves split off and assume independence. The story ends with them enjoying both self-knowledge and domestic happiness.

*Master Flea* begins and ends in a manner similar to the Christmas Books of Charles Dickens.

Peregrinus, a lonely bachelor, is in the habit of buying large numbers of toys and staging a distribution of presents on Christmas Eve, in which

he plays the role of a child. After this he gives the toys to the children of a poor family. Unable to overcome the trauma of his parents' death, he uses his child-like imagination to prolong his childhood. The story deals with his transition to adulthood under the guidance of Master Flea.

The last story, *My Cousin's Corner Window*, shows the power of the imagination being applied to everyday urban life and marks a transition in European literature generally from Romanticism to Realism. The cousin, unable to put his ideas down on paper, has developed the 'art of looking' by observing people in a Berlin market place.



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# Words that can not express

The language we speak is an expression of our thoughts but our language has some gaps and limitations which sometimes words cannot express.

Occasionally we witness a situation or go through an experience that is so captivating or so unique that it simply defies description and cannot be put into words.

That's why when we need to say something but can't find the words we sometimes borrow a word from another language to describe exactly what we are feeling.

For example, when we have dinner with family and friends, once the meal is over and the coffee is served we often linger, nibbling desserts and enjoying each other's company.

It is a time of laughter, storytelling and the type of easy, comfortable conversation that can only be inspired by a full belly – the Spanish call this time "sobremesa"

One Spanish chef considers this

casual after dinner interlude to be a magical time, often more enjoyable than the food itself and sometimes going on for hours after the meal is over.

It is a way to prolong the pleasure of a dining experience but it doesn't last forever – as soon as someone gets up to leave the spell is broken and sobremesa is over.

Another untranslatable word from Denmark describes a blissful, relaxed state of mind and affairs.

One of the 2016 finalists for word of the year was the Danish term "hygge" (pronounced hoo-guh) which is the quality of "coziness and comfortable conviviality".

Hygge means finding peace and pleasure in simple, soothing things like freshly brewed coffee in the morning or warm clothes on a cold day or the comfort of loved ones.

For Canadians, winter can be the most hygge season of year, a



MERIAM-WEBSTER

**LOOK IT UP:** There are some words missing from the English language to describe certain feelings.

time for over-stuffed chairs, favorite sweaters, floppy slippers, a cozy blanket and a steaming latte.

Hygge has long been part of the

Danish national character – Danish doctors prescribe tea and hygge as a cure for the common cold.

You can hygge alone with a comforter and a warm beverage but the true spirit of hygge emerges when surrounded by loved ones in a relaxed setting.

There is no Canadian translation for this word but who among us couldn't use a little hygge time right now?

Notably, Danes are among the happiest people in the world.

We have also adopted words from other languages to describe questionable feelings and emotions we are familiar with but there is no simple English equivalent.

For example, there is no single word in English to describe the guilty pleasure of feeling good when others feel bad, as if they deserve their misfortune or had it coming somehow.

Many use the German word "schadenfreude" to describe

exactly that – experiencing joy or satisfaction from the troubles, failures or humiliation of another.

There is no word for this in English but how sad that such a word has been devised to describe such a dark side of human emotion.

Especially when a sunnier disposition is within reach and can be described with the optimistic Hebrew word, "firgun".

This word refers to the genuine, sincere feeling of happiness and joy that arises from the success and good fortune of others – something to strive for.

Sadly there is no English translation for this word either.

As for me, I speak English but whenever I am at a loss for words I will occasionally borrow a bon mot or two from another language to get my point across.

It may be during sobremesa or while I am enjoying some peaceful wintertime hygge and there is a large measure of firgun to brighten the day.

what's happening  
in and around...

## The Bay

To submit an event, email [ldunick@dougallmedia.com](mailto:ldunick@dougallmedia.com).  
Please include details about the event, including any cost

### March 17 Horticultural Society

Get growing together. Monthly meetings of the Thunder Bay Horticultural Society are a fantastic chance to learn new tips on growing, and feature a master gardeners corner where you can get all your questions answered.

Coffee and tea are by donation. Meetings, held monthly, start at 7 p.m. at the Oliver Road Community Centre.

### March 19 Snowed in Comedy Tour

Looking for a few good laughs – or a whole bunch in one sitting? Head on down to the Thunder Bay Community Auditorium on Saturday night to check out the Snowed in Comedy Tour, a Canadian event that's gone global. The event features Just For Laughs winner Dan Quinn, Great Canadian Laugh Off winner Payl Myrehaug, five-time Canadian

comedian of the year nominee Pete Zedlacher and three-time female comedian of the year Debra DiGiovanni.

Tickets, available on Ticketmaster, start at \$52. The show is scheduled to begin at 7:30 p.m.

### March 18-19 SIJHL hockey

The Thunder Bay North Stars and Dryden Ice Dogs are getting ready for the SIJHL playoffs and will tangle on Friday and Saturday night at Fort William Gardens. Capacity limits have been lifted and the two teams have a long history.

Come out and enjoy a night or two of great Junior A hockey and support two great teams. Game time is 7:30 p.m. both nights.

### March 17-19 Magnus Theatre

Magnus Theatre is offering Falen Johnson's *Salt Baby*, the story of a

young Indigenous woman whose light skin sets her apart, both on the rez and in the city, and she is determined to figure out how she fits into these two very different worlds. *Salt Baby* is a modern comedy about finding out who you really are.

Tickets are available online at [magnustheatre.com](http://magnustheatre.com). This is your last chance as the show closes on Sunday.

### March 20 Buffet breakfast

If you're hungry, hit up the Royal Canadian Legion Port Arthur Branch No. 5, where their delicious buffet breakfast serving Finn pancakes, blueberry syrup, strawberries, whipped cream, scrambled eggs, roasted potatoes, bacon, sausage, toast, fruit slices, apple and orange juice, tea, and coffee.

Adults are \$17 and children 12 and under are \$10, all HST included.

The buffet will be served from 10 a.m. to 1 p.m.

### HOW TO WRITE TO US:

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

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

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TO SHARE YOUR IDEAS  
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WEEKLY POLL QUESTION.

### THIS WEEK'S POLL QUESTION:

Should the Thunder Bay District Health Unit extend the mask mandate at local schools?

TOTAL VOTES: 1,347

YES 43.4%  NO 53.6%  DON'T KNOW 2.9%

# Students show support for Ukraine

By Justin Hardy - TB Source

Students across the Thunder Bay Catholic District School Board participated in Blue and Yellow Day on Friday to show support for Ukraine during the invasion by Russia.

"Over the last week we've really been talking a lot about the news in Ukraine and the students have so much knowledge about it. It's absolutely

amazing," said Donna Pelaia, Grade 2 teacher and organizer of the events at St. Paul School.

Students crafted paper sunflowers, the national flower of Ukraine, and decorated the school with them to show support for the Ukrainian people.

The school also held a raffle of various gift cards from local stores for the students, with the students and their families

bringing in over \$900, all of which will be donated to the Canadian Red Cross to help with humanitarian efforts in Ukraine.

"It probably means a lot to everybody, just like it means a lot to me because I'm glad that we're able to support Ukraine," said Madeline Barube, Grade 2 student.

Pelaia says that current events are extremely important for kids

to learn about as it prepares them to be the next generation of leaders.

"If they can understand peace and how to live with other people, I think that they can bring it forward so that when they get to be adults, hopefully, they remember these moments, and they cherish them and then they can continue on being people that would help," Pelaia said.



JUSTIN HARDY

**SHOWING SUPPORT:** Young Zayn hangs up a sunflower in his principals window to help show support.

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Westgate's Daria Buhaiova speaks with Mayor Bill Mauro. (Leith Dunick)

# Solidarity in school

By Leith Dunick -TB Source

The past few weeks have been pretty rough for Daria Buhaiova.

An exchange student studying at Westgate Collegiate and Vocational Institute, the 18-year-old has watched in disbelief and horror as her native Ukraine was invaded by neighbouring Russia, the country she still calls home bombed and blasted night and day.

Buhaiova, following a Day of Peace for Ukraine ceremony held on Wednesday at her school, said her friends and family back home in Dnipro, a city of about a million people in the east central section of the country, are safe and sound from the ravages of war.

Despite the fear the war has brought, the Grade 12 student says she's got no doubt her people will persevere in the face of an unprovoked attack spurred on by Russian president Vladimir Putin.

"I'm sure about my people and they're going to fight for their freedom, no matter how much it costs," she said.

"But I am worried about my parents and my family, and of course about my country."

From thousands of kilometres away, Buhaiova said she wants her countrymen to stay strong and keep fighting for their land and continue what they're doing.

"They're doing well."

Buhaiova said as much as a conventional war in Europe seems shocking in the 21st century, this one didn't come as that much of a surprise, the world anticipating Putin's brazen plan to reclaim a country that was annexed by the former Soviet Union in 1919, gaining its independence in 1991.

"A lot of people saw it coming, but when the war started it was heartbreaking," she said.

"I'm really surprised by the amount of support we have around Canada and around all of the world - the support of refugees and financial support to our army and refugees in different countries."

The event was organized by music teacher Tom Cashmore.

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# Marinades need some TLC



A lot of home cooks see a marinade as the be all and end all, of making beautiful proteins.

However, you can't just add whatever you want and expect dynamite results.

A lot of things need to be taken into consideration when building flavours in a marinade and they need to be complimentary to the protein in addition to each other.

These are very important, too many aromatics, and they will all be fighting for the top flavour instead of working together, too many spices and the same issue develops.

Let's start with what to avoid. The biggest no no is adding salt or sugar to a marinade.

These act as diuretics and draw natural juices and moisture from the meats and can actually dry out your meat. You should always add your salt or sugars right before your meat hits the heat.

Choose base flavours and acids that compliment your cooking style.

When you're going to smoke meat, you typically go with a subtle acid like an apple cider vinegar, beer or wine, whereas roasting you can handle more potent acids, such as balsamic vinegars.

Acids break down connective tissues in your proteins so they should be used sparingly for more tender cuts of meats.

Now that you have determined your base flavours you can add your

aromatics, these encompass your vegetables and herbs that will accentuate your base, onions, and garlic are probably your most popular choices.

For herbs you want to again consider your protein and your base flavours; basil, thyme and oregano are all very versatile while more potent herbs like rosemary will probably be reserved for larger cuts of meat or more gamey, earthy meats that need a bit more help to infuse desirable scents and flavours.

When it comes to spices, your top dog will always be peppercorns, they're easy and they add subtle warmth when used appropriately. With that being said, using dehydrated chili and other peppers, is another good way to give your marinated meats and vegetables a nice kick.

Now you may be asking what I would do, and I'll tell you, my personal favourites, mustard and coriander seed shouldn't be left out in the cold either.

Mustard seeds, and all of their variations can add a lot of dimensions to flavours, but for me Coriander adds an incredibly floral and unique hit on the palate that helps to elevate all of the other flavours around it.

Regardless of your personal preference, with a little bit of guidance of what not to do, you can create your own unique flavour profiles according to what you enjoy, so don't be afraid to experiment.

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

Marinating a steak may seem like an easy task, but it takes careful consideration.

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**HITTING THE TRIALS:** A fresh blanket of new snow offers some challenges for biking on fat tires.

# Soft snow biking

## Fresh snow offers many challenges in fat biking

Last Sunday, the Blacksheep Mountain Bike Club hosted the annual Sleeping Giant Loppet Fatbike Race in some very challenging conditions. The first edition, originally hosted by the Thunder Bay Cycling Club, was a 30km race held back in 2015. In the years since, the distance of the marquee event has grown to 40 and now 50 kilometers, but shorter options of 8 and 20km have been added to ensure everyone can find a suitable distance.

Typically, the Fatbike Loppet is held the day after the famous Sleeping Giant Loppet ski race, on the same trails at the provincial park just east of Thunder Bay. This year, the ski race was offered as a do-it-yourself, low key event, and the bike race was pushed back a week because of a forecasted snowstorm.

There is a misconception that fatbikes are all-terrain vehicles that float over snow, but the reality is very different. Compared to a mountain bike, fat bikes are typically heavier, slower, and more difficult to pedal due to the rolling resistance of the big tires. Where these bikes excel is on packed trails where the wide tires provide traction and stability. However, if the snow is soft or fresh and loose, they will dig in and spin out, especially on hills.

On Sunday, I carpoled out to Sleeping Giant Park with my friend Stephane. When we left Thunder Bay, we were happy to see only a couple centimeters of snow had fallen through the night. However, as we approached the park, the amount of snow on the road was becoming noticeably deeper and deeper. By the time we were unloading the bikes, we were standing in nearly 10cm of fluffy snow. At least with this kind of ultralight snow the fat tires will sink right through and still find the groomed trail below. However, traction on the climbs is compromised

and any downhills or turns become dangerous as your front tire will want to “wash out” on the loose-over-hard surface.

The long-course race started with a calm roll-out but the group soon splintered as we weaved all over the wide ski trails trying to find a firm surface under the new snow. These trails are groomed double-wide with a Piston Bully grooming machine and the sweet spot to ride is near the very center of the trail where the groomer’s heavy tracks overlapped on the successive passes during the most recent groom. This narrow band of firmer ground was impossible to see under the fresh fallen snow, but you definitely felt the difference when you were on it.

Soon, Stephane and I found ourselves breaking trail together off the front of the race. We turned off Marie Louise Lake Drive and onto the infamous Burma Trail, where Stephane pulled ahead and set a thin track for me to follow. I returned the favour on the Pickerel Lake Trail. By the time we reached the final 12km stretch on Marie Louise Lake Drive, we found a well-packed trail that the 20km racers had established. Struggling with dehydration due to frozen water bottles, the slightly easier path was a welcome sight.

When we crossed the finish line, the 50km effort took over 3hrs due to the challenging conditions. We had climbed over 1600ft of elevation and I had to consume over 1000 calories to keep the legs turning. As other finishers rolled in, we gathered around the fire to share food, drink, congratulations and stories from the day’s adventures. It was another reminder that we are lucky to have a wide variety of amazing community events right here in Northwestern Ontario.

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# Students see what's come of recycling

By Justin Hardy - TB Source

Students in Pope John Paul the Second's environmental club were able to see where all of their hard work collecting polystyrene went when they were invited to tour local company Eco Carbon Foam's factory, where the company recycles polystyrene into environmentally friendly insulation.

"It's amazing to see them here today, asking great questions, following up their efforts of not only recycling themselves but sending a message out to the bigger community that it is very easy to participate in this sort of thing and it makes such a difference in the environment," said Derek Brassard, sales manager.



**HANDS ON LESSON:** The students were excited to be taken on a tour of the factory.

"Really proud of their leadership skills and their action to follow through with all this, it was great."

The students collected polystyrene at their school to be given to Eco Carbon Foam, keeping an

impressive amount from ending up in the landfill and building stronger friendships along the way.

"We've been bonding really closely, especially with spit-balling ideas and just bonding over that,

and having a shared interest has just made us grow closer." Madelyn Brassard, Emily Kivi, Pope John Paul II student.

"And that relationship has made us a stronger team and better with our ideas and better friendships that will go into the future."

The students were more than excited to be taken around the factory and shown step by step how the polystyrene they collected is broken down and turned into the raw material that the company then turns into insulation.

The students clearly had a passion for the environment and were happy to see that their efforts helped to make a difference.

"It's been absolutely amazing

just to see how much we collected and all the work we put in just to see how much it can help others and the steps to making it something amazing. It's been an incredible experience," said Emily Kivi, Pope John Paul II student.

"I hope a lot of others can find out how it's all put together because I think this should be shared. This is amazing."

Eco Carbon Foam was recently certified, allowing them to sell their insulation across Ontario and out of province.

The Styrofoam the students collected has already been processed into insulation, which Eco Carbon Foam will sell in what they hope will be a busy construction season.

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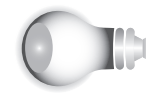
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ROOTS TO HARVEST

**NEW HOME:** Supplied renderings of the future Roots to Harvest building.

## Building a future

### Roots to Harvest meets \$2 million capital campaign goal for expansion

By Justin Hardy - TB Source

Roots to Harvest has reached its fundraising goal of \$2 million for its capital campaign to construct a new building, the organization has announced.

"We reached our capital campaign goal of \$2 million with the final push coming from the community, we had a few really generous matching donors and then the rest of the community really stepped up to get us over the finish line, which has been incredible," said Erin Beagle, executive director.

The funds will continue to go toward the purchase of their building along with renovations, and then to amplify the organization's programs.

"We've already announced before that Roots to Harvest is becoming a community food center, which is one of 15 across Canada, and in order to do that, we need to be able to set up a dining room. We'll be doing meals for seniors and elders and a community food market," said Beagle.

"We already have a community food market location in Thunder Bay that we do at Limbrick once a week, but we'll do another one here which is subsidized fruits and vegetables for people who are on lower or fixed or stressed incomes."

Along with investments from the Federal and Provincial governments, local companies and companies that operate in the area have stepped up with large donations.

"We owe a huge thank you to our capital campaign unicorns, err matching donors - Wayne Maunula and Cliff Friesen, and Suzanne & Karl," said Roots to Harvest in a post on Facebook.

"And a special thanks to those major gifts that got us going in a major way - Half-Way Motors Nissan, LH North, Impala Canada, and the Carpenters Union Local 1669. Having this campaign wrapped brings us one gigantic step closer to opening our doors as a Community Food Centre!"

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

## INSPECTION

### Inspection of 2022 – 2023 Annual Work Schedule for Lake Nipigon Forest

The April 1, 2022 – March 31, 2023 Annual Work Schedule (AWS) for the **Lake Nipigon Forest** is available electronically for public viewing by contacting **Lake Nipigon Forest Management Inc.**, contact info below, during normal business hours and on the Natural Resources Information Portal at <https://nrp.mnr.gov.on.ca/s/fmp-online> beginning **March 16, 2022** 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

Lake Nipigon Forest Management Inc. is responsible for tree planting in the Lake Nipigon Forest. Please contact Ryan Gleeson of Lake Nipigon Forest Management Inc., contact listed below for information regarding tree planting job opportunities.

For information on the locations and licence requirements for obtaining fuelwood for personal use, please contact Raymond Weldon of the NDMNRF, contact listed below. For commercial fuelwood opportunities, please contact Ryan Gleeson of Lake Nipigon Forest Management Inc., contact listed below.

#### More Information

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

**Raymond Weldon, R.P.F.**  
Management Forester  
Ministry of Northern Development, Mines,  
Natural Resources and Forestry  
5 Wadsworth Drive, P.O. Box 970  
Nipigon, ON PoT 2J0  
tel: 807-889-0881  
e-mail: [raymond.weldon@ontario.ca](mailto:raymond.weldon@ontario.ca)

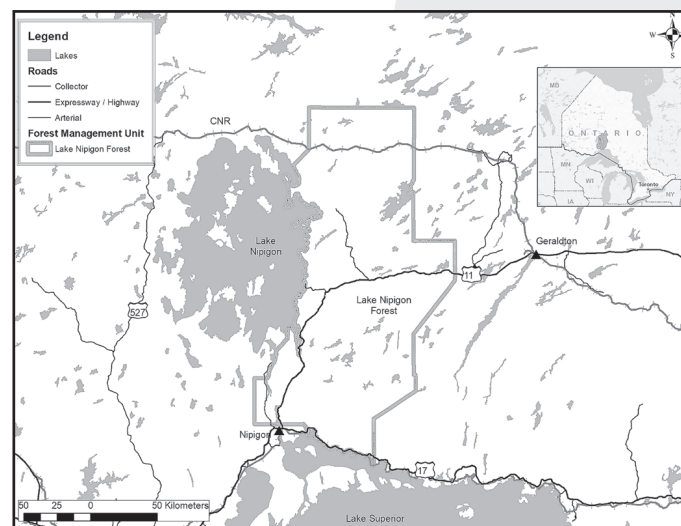
**Ryan Gleeson, R.P.F.**  
Planning/Operations Forester  
Lake Nipigon Forest Management Inc.  
3134 Kam Current Road  
Kaministiquia, ON PoT 1X0  
tel: 807-708-1158  
e-mail: [ryan.gleseson@newleafforestry.ca](mailto:ryan.gleseson@newleafforestry.ca)

#### Stay Involved

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>

Renseignements en français : Raymond Weldon, F.P.I., [raymond.weldon@ontario.ca](mailto:raymond.weldon@ontario.ca) ou 807 889-0881.



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# Dancing snowflakes and awaiting spring

Sunday afternoon I sat watching the dance of large, fluffy snowflakes. There was a slight breeze creating an illusion that each snowflake had a mind of its own. The behaviour of the snowflakes reminded me of another season - summer.

The flakes would descend and then suddenly ascend or flutter sideways. The wind would come in gusts causing the flakes to be marshaled in horizontal straight lines and then just as suddenly, the gusts would change to a mere zephyr causing the flakes to resume their gentle dance. Mesmerizing.

So, what 'dances' in a similar fashion in summer? Flying bugs. Mosquitoes mainly. On a windless summer evening you can see them swirling about behaving much like those snowflakes. Except the snowflakes are harmless and the mosquitoes are not.

Here we are in mid-March and we wait for signs of spring. While the 'greening' season is supposed to arrive on the Vernal Equinox, this Sunday, I don't think that we'll see any major change in the landscape for a while. There is a lot of snow on the ground and the hope is that when the temperatures rise to stay steady above the freezing mark, the melt won't be too swift. You want the melt to be gradual so that the meltwater goes into the ground and not gush as runoff to create flood conditions. The slow melt also helps restore the groundwater supply

essential for rural wells and to saturate the forest floor. You don't want a tinder-dry forest floor that can ignite into a devastating forest fire.

It has been bitterly cold most of this winter so much so that my wife, Laura, and I haven't felt like strapping on the snowshoes and tromping. Just crossing the yard from Casa Jones to the barn at times has made my nose feel like it's freezing. Trying to find a pair of gloves

warm enough in which to work has also been a challenge. Long underwear under insulated pants and a good, insulated jacket has kept my body warm, especially with the help of a big, thick scarf Laura gave me for Christmas. Sometimes two pairs of socks have kept the toesies from freezing;

but all the pairs of gloves I own are mostly inadequate. That is why the gradual warming has been a welcome event as I can don my gloves and know that my digits will stay warm.

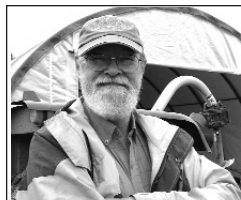
Are there any signs of spring? I know of two: both the calls of the blue jays and the chickadees have switched to their spring ones - very distinct. The wee pine siskins and pine grosbeaks still crowd the area around the bird feeder hanging in one of the crab apple trees and also the picnic table where I spread sunflower seeds. Getting to those destinations for me has been a challenge since the snow is so deep. One wrong step and I sink to above my knee and good luck extracting my leg and boot. While the snow lies upon the

ground, I will continue to feed my winged friends.

Speaking of which, my raven pair seemed to avoid the wood pile where I would leave food. What gives? Was it something I said? Nope. I happened to catch sight of one flying with a twig in its beak. And then I witnessed one attempting to pull some bale twine that had fallen out of the bucket of Big Red, my ancient tractor. I had forgotten that I put the twine in the bucket when I delivered another round hay bale into the horse paddock. On the return journey, I had scraped snow with the bucket and tipped it out of the path of vehicles. The twine must have fallen out. But there was the raven trying to secure more nest-building stuff.

I read in the weekend newspaper in Brian Ratcliff's column (my go-to reference for all things to do with birds) that the ravens should be laying eggs very soon. They are the first winged creatures to do so. I was hoping that my raven pair would reuse the nest they built two seasons ago high up in a poplar tree that we can see plainly from our front door. They reused it last year but not this year, I guess. Finding out where they are nesting will have to wait until I can get on the trails on snowshoes; and it is going to have to be a lot warmer than it has been before I do that. However, the ravens were back on the wood pile Sunday afternoon hoping for handouts. I obliged.

It is really too soon to note definite signs of spring. But as the snowflakes continued to dance, I hoped that we don't have to wait too long.

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# Boobie candles spark breast cancer awareness

By Justin Hardy - TB Source

Waxxed Candle Co. raised a total of \$4,000 which they donated to the Northern Cancer Fund in honour of Kailey Elvish, a local woman who is currently battling cancer.

"The money goes to a variety of different places within the cancer centre here. So a lot of money will go towards things like screening, prevention, and obviously, treatment," said Torin Gunnell, TBRHSF digital engagement officer.

Last year, Elvish was happily living her life as a newlywed with a baby on the way, then at only 33 years old, and in the third trimester of her pregnancy, she discovered a lump in her breast.

"I figured it was related to my pregnancy but as time moved on, I knew something wasn't right," said Elvish.

Elvish's son Griffin was born in

November of 2021 and in December, she was diagnosed with triple-positive breast cancer after several tests at the Linda Buchan Centre.

Since her diagnosis, Elvish has been encouraging young women to check their breasts regularly and to take action if they sense something isn't right with their bodies.

"I was always under the impression I was too young for this, but in reality, cancer doesn't care how old you are," said Elvish.

Elvish was completely overwhelmed by the number of messages she has received from younger local women with similar stories, along with the outpour of community support, which included a customized champagne scented "Boobie Candle" created by Waxxed Candle Co. to raise awareness and funds.

Elvish's story hit very close to home for Kate Strange, owner of



**A BRIGHT LIGHT:** Kate Strange (left), Kailey Elvish (middle left), and Griffin (middle right) pass a \$4,000 cheque to Katelyn Fletcher (right).

Waxxed Candle Co.

"Boobs, breasts, boobies, hooters, knockers, melons...whatever you call them, we want you to check them. I have family that have had

mastectomies and had a recent scare myself. This was an opportunity to produce something that supports others and shed light on a young woman's cancer journey," Strange

said.

Strange describes the Boobie Candle as an "in your face approach".

"The candle labels all feature different types of drawn breasts including the option to sketch your own. We want to make this a comfortable subject for young women to discuss and this is a way to connect," said Strange.

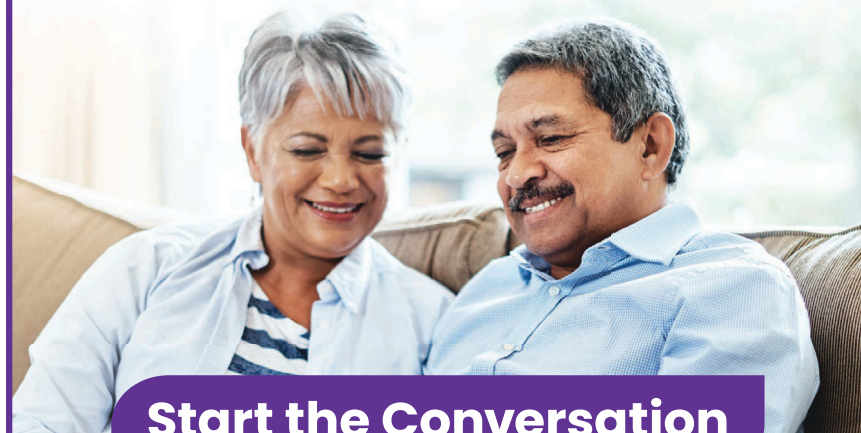
Elvish goes for her fourth round of chemotherapy on March 15 and will have surgery later in the spring.

Elvish normally describes herself as a private individual but she hopes that telling her story can help other women.

"I hope the candles and my story will encourage other women to get screened for breast cancer, learn how to do proper self-exams at home, and also let those who have been diagnosed know that they aren't alone in the fight," Elvish said.



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# The amusing animated perils of adolescence

## Disney and Pixar's Turning Red delivers plenty of pleasures

"Turning Red" (Disney+) is Pixar's latest entry, an appealing animated fantasy comedy by Canadian director Domee Shi, who also helmed the delightful Oscar winning short, "Bao" in 2018.

Set in Toronto 2002, the tale revolves around 13-year-old Chinese-Canadian Meilin (voiced by Rosalie Chiang) as she navigates the dawn of her adolescence. Cocky and self-assured, she's an over-achiever, getting grade-A marks, balancing hanging out with her girlfriends, Miriam, Abby and Pria, while helping her family run the temple gift shop, under the watchful eye of her over-protective but demanding mother Ming (voiced by the wonderful Sandra Oh).

Meilin also begins to experience the onset of adolescent angst and obsessions, suddenly discovering boys (reflected in notebook doodles of the dreamy-eyed convenience store clerk discovered by her shocked mom) and swooning over hunky boy bands, like 4\*Town (who actually have five members but never mind). Doting Ming frets that her daughter is growing up.

But after one particularly emotional episode, Meilin wakes up to find herself transformed into a giant fluffy, furry and cute red panda, a manifestation of her hormones. After much panicky hubbub, Ming reluctantly discloses that this stems from a generational mystical family secret. (As if one already hasn't enough to deal with as an adolescent.)

The movie then amusingly focuses on

how Meilin tries to hold in her emotions to keep her panda persona in check (or not) while her greater sense of self gradually emerges, affecting her relationship with her mom.

"Turning Red" really shines in the first half with satirical characterizations (the 4\*Town boys ooze typically facile boy band charm) realized through Pixar's trademark visual virtuosity and brilliant voice casting, coupled with a funny script co-written by Shi and Julia Cho. The quicksilver quips tweak all characters but with empathy, relishing their universal foibles and vulnerabilities.

Meilin's mom has wonderful moments, hilariously dominating her husband Jin at the dinner table, mistakenly berating Meilin's doodled store clerk crush, and shyly hovering outside Meilin's school. The daughter-mom dynamic extends generationally when Meilin's no-nonsense grandmother arrives. Ultimately, the theme of being-true-to-oneself emerges.

"Turning Red" has notable firsts for a Pixar film: first to be set in Canada, first solely directed by a woman (and centering on Asian characters) and first to delicately explore feminine issues attendant with puberty.

The movie unabashedly embraces Toronto landmarks including the CN Tower, the TTC and the Skydome (pre-Rogers Centre.) Billie Eilish and her brother Finneas O'Connell contribute the catchy, cutesy boy tunes.

The movie loses steam in the second



**TURNING RED: The latest film from Disney and Pixar Studios.**

half as familiar plot contrivances supplant the irreverence of the first half, culminating in an overblown Ghostbusters-like climax at the Skydome that strains the delicate fantasy premise.

Nonetheless, the movie's pleasures are many. A pity "Turning Red" is not in theatres. It's an engaging lighthearted entertainment with relatable themes involving parenting, adolescence and acceptance. The movie and movie goers alike would benefit from wider, mainstream access.



**Marty Mascarini**  
MOVIE TALK

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**ACROSS**  
1 Sliding piece (abbr.)  
4 Sodium chloride (abbr.)  
8 Polynesian spirit  
12 Father: Arabic  
13 Son of Samuel  
14 John, Russian  
15 "Blue Eagle"  
16 Alternating current/direct current (abbr.)  
17 Per. priestly caste  
18 Of a city  
20 Old-fashioned oath  
22 Spore (pref.)  
25 Hindu prayer position  
28 Ketone (pref.)  
31 Naked (pref.)  
33 Foremost part  
34 Exclamation  
35 Coarse cotton fabric  
36 Atl. Coast Conference

**DOWN**  
1 Cancelled (abbr.)  
2 Hillside shelter  
3 Geological  
37 Stitchbird  
38 Anti-satellite (abbr.)  
39 Tamarisk salt tree  
40 Aquarium fish  
42 Remaining  
44 Disposition  
46 Door (Lat.)  
50 Black (Fr.)  
52 Unit of force  
55 Amer. Dental Assn. (abbr.)  
56 Sicilian volcano  
57 Time period  
58 Alligator fish  
59 Brother of Cain  
60 Enclosure  
61 Beer

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APPEASE AKA  
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ERA SETA EEOC

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Nat'l Assn. for the Advancement of Colored People (abbr.)  
Television channel  
Sp. hero  
7 Flavor  
8 Moon of Saturn  
9 Weaverbird  
10 Horse  
11 Black bird  
19 Same (pref.)  
21 Lope  
23 Weight  
24 Rustic  
26 Salt  
27 Action (suf.)  
28 Cabbage  
29 Repeat  
30 Vitamin B1  
32 Tropical fruit  
35 Hamite people of Eth.  
39 Luzon people  
41 Marine zoophyte  
43 Demon  
45 June 6, 1944  
47 Female camel  
48 Hereditary property  
49 Berne's river  
50 Nat'l Endowment for the Arts (abbr.)  
51 Off-track betting (abbr.)  
53 Positive vote  
54 Correlative

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# Powering up to a victory

## Samantha Belliveau a world champion local weight lifter

By Justin Hardy -TB Source

A Thunder Bay resident, Samantha Belliveau, became the middleweight amateur world champion after placing first in all of the events she competed in at the Arnold Classic Amateur Strongman Competition.

"I could feel the energy from my clients and my gym members leading up to the comp, it was nothing but great motivating feedback from them. They were as excited as I was to get on that platform," said Belliveau.

The competition started with two events on March 4; the deadlift ladder and wheelbarrow medley. Belliveau placed first in both

events and the sandbag toss over bar and overhead press medley which were held on March 5.

Belliveau then went to the finals on March 6, where she was able to claim the title of Middle Weight Amateur World Champion.

Belliveau says she is grateful for the gym family she has gained in Thunder Bay and hopes she inspires them to achieve their own dreams.

"They really believed in me which made me believe in myself that much more. When we got back, our first day here yesterday, it was just, you know, everyone was just tearing up with joy," said Belliveau.

"It was so cool to see everyone being part of my success. That was my goal, but they all have their individual goals, which has inspired them to become that much better in every aspect of life."



Samantha Belliveau won the middleweight amateur world championship at the Arnold Classic Amateur Strongman Competition. (Justin Hardy)

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**RECYCLE**



The Westgate Tigers senior girls volleyball team won its second straight title on Wednesday night, but its first since 2020. (Leith Dunick)

# Tigers tame Falcons

Westgate wins second straight senior girls volleyball championship

By Leith Dunick – TB Source

It took less than an hour for the Westgate Tigers to sweep their way to a second straight senior girls high school volleyball title.

The Tigers, who won't get a chance to represent the region at the cancelled provincial championships, nonetheless completed a perfect season, not dropping a set en route to the south-side school's eighth senior volleyball crown since 1979.

While sad she won't be going to OFSSA, Grade 11 Tiger Sydney Deans said winning a Superior Secondary Schools Athletic Association title again – her Westgate junior team won in 2020 – was a spectacular way to cap off a season interrupted by COVID-19.

"Coming in, obviously we were nervous. We did win back in Grade 9, but the competition ups and you never know what's going to happen. You get worried about things. But this team is so positive and funny and does everything great," Deans said.

"By the second set I just had a feeling that this was happening again, that we were going to win again."

Other than a 4-0 deficit to start the match, held in the familiar confines of the Westgate gymnasium, the perk of a 12-0 regular season finish, the Tigers were in control of the match pretty much from start to finish.

A 6-0 run in the first set erased a 7-6 St. Ignatius lead and they went on to take the opener 25-17. It got easier from there, the second set going 25-13 in their favour. They put the match away with a 25-14 win in the finale of the best-of-five championship.

"I'm happy with the team, I'm glad we could pull it off," said Westgate captain Jerzi Pinder, possibly the best female high school volleyball player in all of Northwestern Ontario.

"We went undefeated in the entire season and I'm really proud of us. It's tough, it's stressful. Every game is a new match, but we played good tonight."

With the inability to compete at provincials,

thanks again to COVID-19, Pinder said finishing with the perfect season intact was about the best they could hope for in 2022.

"It was important, especially for the seniors. I'm glad we could bring it all home and stay undefeated for them."

Pinder said Wednesday's win was the result of playing well as a team.

"We communicated and it was teamwork," she said.

It's about all the team could ask for, said Westgate coach Curtis Michaluk, who savoured the last few points of the win, thinking about what it meant to his senior players, denied a chance to go to provincials for two straight seasons.

"You take it all in and you watch the excitement they have. You couldn't ask for anything better."

The future is bright for the Tigers program, which also captured the junior championship on Wednesday night, downing St. Ignatius in the final earlier in the evening.

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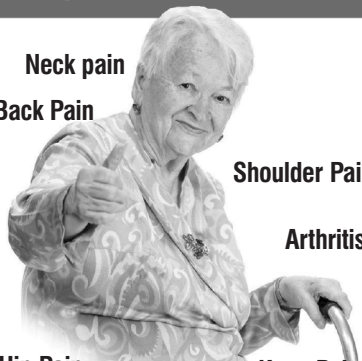
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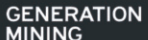
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