



Vaccines coming

Federal health minister says Canada has already surpassed its initial procurement promise /3

LIGHTNING CRASHES



DAVID DEBNEY

STRIKING IMAGE: Photographer David Debney captured this image of a lightning storm on Monday night in the Oxdrift area. See a full gallery of photos on tbnewswatch.com.

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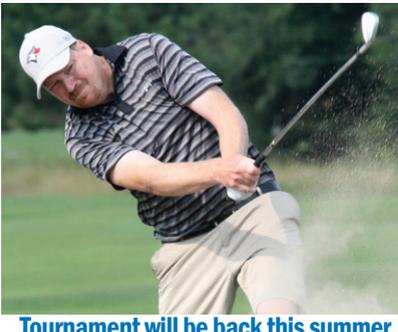
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Tikinagan

Child & Family Services

Supporting children through life's transitions

THUNDER BAY – Mental health is crucial to our wellbeing, but accessing supports for mental health can be overwhelming, especially for young people.

Where do you begin? What should you expect? What should you even talk about? And how does it work?

For Tikinagan Child & Family Services, a Children's Aid Society that serves children, youth, and families from 30 First Nations in Northwestern Ontario, mental health is just as important as physical health.

The organization has a team of counselors who support children and youth through life's transitions.

Karla Fuentes, Clinical Counseling Supervisor at Tikinagan, says struggles with mental health are common and there are people who can help.

"Counselors are good listeners who will not judge you or your loved ones," says Fuentes. "When you talk to them, they will respect your feelings and thoughts. People in general meet with counselors and therapists for two reasons: maybe they have a dream or a goal and they don't know how to achieve it, or maybe they have a problem and they need help fixing it."

Bruce Eisener, a counselor at Tikinagan, uses a technique that looks at how thoughts, behaviour, and emotions are related. How you think about an event will affect how you feel about it, and ultimately, how you respond to it, he says.

"Imagine you're thinking about going skating for the first time. If you think skating is dangerous, you will likely be afraid to skate and avoid skating. If you think skating will be fun, you will likely be excited to try skating, and will go to the rink and give it a try."

"In counseling, we [get people] to look at their automatic responses and thoughts, and challenge them with alternate thoughts. If we can change the thought, we can change the feeling and behaviour."



Help with mental health doesn't have to look like a sit-down meeting with a counselor. Tikinagan offers art therapy, for example, to help children and youth express and understand their emotions.

Art Therapy addresses social and emotional difficulties and encourages healing through creative expression, such as music, movement, drama, poetry/writing, playing, and mindfulness. It can help in developing coping skills and social skills, self-awareness, and self-esteem.

Chelsey Greig, the Tikinagan counselor who gets to connect with kids and youth during art therapy, says self-care is more important than ever during the COVID-19 lockdown.

"Other difficulties might have arisen that weren't there before, and perhaps you're not able to do certain hobbies or interests," says Greig. "During this time, even I have to remind myself to check in with how I'm doing."

"How I am feeling? What can I do to self-care today? How can I release any energies I might be holding inside?"

Greig recommends children and youth practice different skills that can help check in with mind, body, and soul. She suggests that it helps if you can practice these skills with someone – a friend, guardian, therapist, or counselor.

But if you need help getting started, many games, movements, and creative expressions can be practiced online or over the phone with a counselor.

Take care of yourself. You are your best resource.

To learn more about Tikinagan, visit tikinagan.org.

If you live in northwestern Ontario and require immediate support, visit nanhope.ca, for 24/7 help over the phone, by text, or online chat.

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



ᑕᑕᑦ ᑕᑕᑦᑕᑦᑕᑦᑕᑦᑕᑦ | Mamow Obiki-ahwahsoowin | Everyone working together to raise our children.

LOCAL NEWS

Hajdu says vaccine supply set to ramp up

Health Minister brushes back against criticism from Ontario Premier Doug Ford

THUNDER BAY
By Leith Dunick - TB Source

Health Minister Patty Hajdu says Canada is ramping up vaccine supply and brushed off criticism lobbed at her government by Ontario Premier Doug Ford about not providing vaccines quickly enough the province.

Hajdu, who last Wednesday joined Ford virtually to announce a Canadian vaccine manufacturing facility to be built in the Toronto area, said she understands everyone is anxious about getting vaccinated, but noted the country's supply will drastically increase in coming days and weeks.

"We have 3.5 million vaccines coming into the country this week, millions upon millions in the weeks to come, confirmed shipments from Pfizer, accelerated into June," Hajdu said.

"Johnson and Johnson is now giving us delivery dates at the end of April; so things are looking much brighter, in terms of getting vaccines out."

Hajdu said Canada actually exceeded its target for the first quarter, bringing eight million vaccines into the country, two million more than promised.

According to the government, 9.18 per cent of eligible Canadians have received at least one dose of the vaccine, with 1.66 per cent having received two doses. The feds say nearly 60 per cent of adults older than 80 have received at least one dose.

Millions given out

A total of 5.6 million doses have been administered country wide.

In Ontario, 2.19 million doses have been administered, with 315,820 people considered to be fully vaccinated.

Ford has repeatedly said the province needs more vaccines in order to up the number of people being vaccinated, while retired Gen. Rick Hillier on Tuesday said he still believes every Ontarian who wants a vaccine will be able to get their first dose by the start of summer.

"As much as I understand the premier's anxiety to get this job done, I will encourage him to plan for the volume of vaccines that we're getting," Hajdu said.

The arrival of the Johnson and Johnson vaccine, a one-shot vaccine, could also be a game-changer. It'll be ideal for those with mobility issues and those living in rural and remote communities, Hajdu said.

"I know health-care providers are really excited about getting this into the country."

Hajdu also addressed the controversy surrounding the AstraZeneca vaccine, which has been approved for use in Canada. This week province's put a pause on administering it to anyone younger than 55, citing reports of rare blood clots forming as a result of the vaccine.

It's still being used in Ontario through a soon-to-expand pharmacy delivery model, for anyone aged 60 to 64. It's expected to roll out in Thunder Bay this



CONFIDENT PLAN: Canada's Health Minister Patty Hajdu.

week.

The health minister said anyone with questions should take the advice of their health-care provider.

"At the end of the day, Health Canada will not allow the continued use of a product that's been shown to be unsafe for Canadians and advice will change as data and research comes in," Hajdu said. "You can rest assured the advice that's been provided to Canadians is based on very detailed scrutiny of the data, not just here, but all around the world."

Coming soon

Asked about when Canadians can expect clear guidelines on what restrictions or regulations may be in place for those who are vaccinated and those who aren't, Hajdu said the country is working with the international community to try to understand how vaccinations affect transmission of COVID-19.

"We'll have more to say in the weeks to come about what vaccination means and how you might be able to consider easing some measures. But for now we're telling people to continue to apply the public health measures."

"Johnson and Johnson is now giving us delivery dates at the end of April."
PATTY HAJDU

Weather Forecast

WEDNESDAY	THURSDAY	FRIDAY
Light rain	Rain	Cloudy with showers
Probability of Precipitation: 80% HIGH 8 LOW 5	Probability of Precipitation: 90% HIGH 7 LOW 6	Probability of Precipitation: 40% HIGH 9 LOW -5
SATURDAY	SUNDAY	MONDAY
Cloudy with showers	Mainly cloudy	Light rain
Probability of Precipitation: 60% HIGH 10 LOW 4	Probability of Precipitation: 30% HIGH 11 LOW 2	Probability of Precipitation: 70% HIGH 6 LOW -1

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LOCAL NEWS

A serious assault in city's east end

Police say woman sent to hospital for treatment of injuries

CRIME
By Ian Kaufman - TB Source

An assault at a south end residence left a woman in hospital with serious injuries Sunday afternoon.

Police were dispatched to a reported weapons call at a home on the 800s block of Alberta Street, near the Pacific Avenue Bridge, just before 1:30 p.m., the Thunder Bay Police Service said in a statement.

Officers learned upon arriving at the scene that an adult female had been injured following an altercation, TBPS said. The woman was

transported to hospital for her injuries, which police described as serious.

The incident drew a major police response Sunday afternoon, with at least six police vehicles including a forensics van and K9 unit holding the scene.

Police tape blocked off the front and back yards of a residence on the street, with a pane of glass in the home's front door visibly smashed.

An investigation is ongoing involving the TBPS Major Crimes Unit and Forensic Identification Unit.

The force requests anyone with information that could assist investigators call police at (807) 684-1200, or submit an anonymous tip via Crime Stoppers at 1-800-222-8477 or online at www.p3tips.com.



WOMAN HOSPITALIZED: A Thunder Bay Police Service officer investigates an alleged assault on Sunday at an Alberta Street address.

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LOCAL NEWS



IN PORT: MV Federal Cedar arrived in Thunder Bay on Sunday, the first ocean-going vessel in 2021.

First saltie arrives

THUNDER BAY

By Doug Diaczuk – TB Source

It's an early start to the shipping season this year at the Port of Thunder Bay and while there is no top hat to be worn, the first ocean going vessel arriving in port is still worth a celebration.

"It's always an exciting time when the first ocean vessel comes to town," said Tim Heney, Port of Thunder Bay CEO.

"Lake vessels you just have to cross Lake Superior to qualify. The ocean vessels come from overseas, which makes it a little different."

MV Federal Cedar arrived on April 4 making it the first saltie to enter port in Thunder Bay for the 2021 shipping season.

"It's on the earlier side of opening," Heney said. "Our record is March 30 and the latest opening we had for an ocean vessel was April 30 back in 2014. So certainly on the earlier end of the scale."

The Federal Cedar, owned and operated by Canada's largest ocean-going group, Fednav, will be loaded with 12,000 metric tonnes of wheat before departing directly for Puerto Rico.

Lake vessels started arriving on March 26 and so far there have been more than 15 vessels to enter the port.

"We are probably above last year, which was pretty strong as well, so I would say it's a strong start," Heney said.

The earlier start to the season is in part due to low ice coverage on Lake Superior, even in the harbour.

"It's pretty free now once the wind took it away," Heney said. "It was a fairly light year for ice. There was no ice on the lake itself, just in the Thunder Bay harbour."

Normally the first ocean vessel is greeted with a top hat ceremony, though due to COVID-19 restrictions, the Port of Thunder Bay hosted a virtual ceremony on Wednesday where Federal Cedar Capt. Pradeep Dattajirao Nalawade and chief engineer Kalyan Kumar Roy were presented with the top hat honours.

Looking ahead to this year, Heney said the port is expecting another strong season, as hopefully markets overseas begin to return to normal.

The port will also see a number of goods moving through, including rail, pipe, structural steel, fertilizer, and possibly more wind turbines.

Last year more than 150 ships docked at the Port of Thunder Bay during the spring season, marking the second-highest total in its history. On average, the port sees between 400 and 500 vessels during the shipping season.

"It's on the earlier side of opening."

TIM HENEY

Attempted murder charge

CRIME

By Leith Dunick – TB Source

A 42-year-old Thunder Bay man has been arrested and charged with attempted murder following an assault at a Holland Road residence in Conmee, Ont.

OPP, in a release issued on Monday night, said they were called to a family dispute at the residence at about 5:30 p.m. on the night in question and located the alleged assault victim with family members.

The victim was taken to hospital with serious injuries.

The accused refused to co-operate with

police and barricaded himself inside the residence.

About two hours later, after two negotiators were employed, the accused surrendered peacefully and was taken into custody. He was transported to hospital for treatment of minor injuries before being released back into police custody.

Michael Parenteau has been charged with attempt to commit murder, mischief over \$5,000, aggravated assault and assault.

He remains in custody and is scheduled for a bail hearing on Tuesday in Thunder Bay.

The incident is being investigated by the Thunder Bay OPP crime unit.



**Your turn
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Ontario's COVID-19 vaccine plan is helping to stop the spread and save lives. Thousands of people across the province are getting vaccinated every day.

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EDITORIAL

Follow the COVID rules

Ontario needs to pick up its COVID-19 game.

Half measures simply aren't working, in a province that is now routinely reporting 3,000-plus cases a day as the third wave arrives in full force.

Last Saturday, the province entered into shutdown mode again.

Only, not much is really shut down.

Stores are still open, though with reduced capacity. This does nothing to stop consumers from heading out to Canadian Tire or WalMart in droves to shop.

The solution is to revert everything to curbside pick-up or online delivery only, the exception being grocery stores pharmacies and convenience stores.

Gatherings are another issue. If your neighbours have 10 cars in the driveway, it's probably a good sign that people who don't live there are visiting.

While the idea of snitching on your neighbours might not be palatable to all, we're in a pandemic and we're not getting out of it until people start following the rules – all of us.

Premier Doug Ford's measures to date have lacked teeth. The current ones are not much better. Thunder Bay's numbers are looking better, but it only takes one or two mistakes to lead us right back to hot-spot status. Our businesses, especially the small ones, can't take much more of this. Do it for them. The vaccines are coming.

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Confusion reigns

To the editor:

On March 31, during the At-Large town hall, Coun. Mark Bentz spoke to the Invest in Canada Infrastructure program (ICIP) funding with regards to the indoor turf facility. He stated the public is confused.

Why is public is confused?

Maybe the reason for the confusion is that during the March 8 committee of the whole meeting, Coun. Bentz and Coun. Aldo Ruberto questioned manager of community services Kelly Robertson whether awarding tender for the ITF would disqualify the city from a successful application for this funding.

Or maybe there's confusion because Ms. Robertson asked for a moment so that she could check the application.

Or maybe there's confusion that Ms. Robertson returned and said that the city would not be reimbursed through ICIP for costs incurred before the funding bid was successful.

Or maybe confused that when I questioned all 13 councillors by email, some councillors, including two that talked of the ICIP funding on March 8, said they knew the city was unsuccessful in its bid in August 2020. Of course, the follow up email asking why they are still discussing the ICIP funding as if it is on the table on March 8 went unanswered.

Or that when city manager Norm Gale felt compelled to make a statement regarding this "confusion" on March 22 he only confirmed that the funding application was unsuccessful and that council knew in August 2020, that they mistakenly believed the letter received from the province of Ontario to be Confidential, yet potential funding through ICIP was part of the Stantec presentation presented Aug. 10, 2020 and the decision to move forward was ratified Aug. 24, 2020.

What Mr. Gale failed to explain is how our city council, over a seven-month period, agreed on a requirement of Confidentiality related to ICIP funding, but continued to query Ms. Robertson when this embargo was still on the table right until before a clarification was asked for by the mayor seconds before the vote on March 8.

The fact that city treasurer Linda Evans saw in 30 seconds what the city manager, his executive, their teams, and city council could not see in seven months needs to be explained and accounted for.

Yes, Coun. Bentz, the public is confused as to why this information that the city was unsuccessful in obtaining funding yet continued to discuss the potential funds received right up until the unsuccessful vote on awarding tender on March 8, 2021. So far, the explanations have been incredibly unsatisfactory.

Lex MacArthur,
Thunder Bay

Editorial

LETTERS TO THE EDITOR



Conrad still resonates



JOHN
PATEMAN

BOOK BANTER

Joseph Conrad's *Heart of Darkness* has been described as both progressively anti-imperialist and anti-racist and also as being Eurocentric and racist.

It tends either to be celebrated for bearing witness to human rights atrocities and the evils of imperialism or excoriated for complacently reproducing the racist assumptions of its historical era. Conrad's fascination with Africa began as a young boy when he saw a map of the 'Dark Empty Continent' and told himself 'When I grow up I will go there.'

Conrad's dream came true in 1890 when his brief visit to the Congo shattered his health and left him thoroughly demoralised. In his Congo Diary, which recorded his month long trek from Matadi to Stanley Pool, Conrad noted two dead bodies along the trail and a skeleton tied to a post, and was asked to give first aid to a boy about 13 years old with a gunshot wound in the head.

Conrad didn't know what to expect thanks to King Leopold of Belgium's

skilful management of public relations, so that the first protests against the actual conditions in the Congo were not circulated until after Conrad's visit.

The African explorer Henry Stanley established the first trading posts on the Congo in 1880, and Leopold's right to develop the Congo was officially recognized in 1885.

The first denunciation of the brutality of the Belgian colonists was written by a Black American, George Washington Williams, in 1890.

The brutal forced labour of Leopold's Congo (which became a Belgian colony in 1908) led to international outrage.

The population fell by 10 million people or 50 per cent between 1880 and 1920 with the worst carnage happening between 1890 and 1910.

In *Heart of Darkness*, Conrad's fictionalized account of his traumatic experience, Marlow, a seaman and wanderer, recounts his physical and psychological journey in search of the infamous ivory trader Kurtz.

Travelling up river to the heart of the African continent, he gradually becomes obsessed by this enigmatic,

wraith like figure.

Marlow's discovery of how Kurtz has gained his position of power over the local people involves him in a radical questioning, not only of his own nature and values, but those of Western civilization.

Surrounded by bureaucrats who organized the systematic rape and pillage of the Congo, Kurtz stood out, not only as a man of European culture, but also as a charismatic who did his own thing and who others were willing to follow.

Kurtz's dying words 'The Horror! The Horror!', which were also spoken by Marlon Brando in his portrayal of Kurtz in Francis Ford Coppola's magnificent *Apocalypse Now* (1979), have a double meaning.

They most obviously refer to the 'horror' wrought upon the Congo by the rapacious white colonialists. The second 'horror' was Kurtz's own when he realized that he was also a victim of the imperialism that corrupted his morals and ethics and made him no better than the 'ivory grabbing pilgrims'.

Colonialism is not just a historical event but also a process that continues today.



JOSEPH CONRAD

Perspective

Pandemic's end closer than ever

Now is not the time for Canadians to let up their guard, must keep COVID-19 at bay

OPINION

By J.R. Shermack
Special to TB Source

The increasing number of Canadians being vaccinated reflects a change of tone and a new sense of urgency surrounding the pandemic.

Social distancing remains one of the best ways to prevent the spread of infection and strict compliance has never been more important.

The virus is now more easily transmitted and is rapidly spreading through the 19 to 39 year age group, which accounts for 52 per cent of all cases in Canada as of March 26.

This has never been identified as a high-risk demographic but COVID-19 does not play favourites and will infect any willing host it finds.

Ill-advised family gatherings and unmasked house parties are two of the guilty venues that are fueling the increasing spread of disease.

It is especially crucial to keep our family circles small and restrict social encounters to those that take place either electronically or safely at a distance of six feet or more.

But even with these restrictions it is still easy to detect a change of tone in public conversation from the risk of infection to the availability of vaccines.

When talking to friends and family locally and in different parts of the country everybody knows someone or are themselves scheduled for a COVID vaccination.

They share anecdotes about waiting times, computer glitches and other



FILE

MOVING ALONG: Thunder Bay has vaccinated more than 22 per cent of eligible people living in the district, as of last Friday.

minor annoyances while they proudly announce their appointment dates.

Many of our older friends have already received their first shot and have pre-booked a time and date for their second dose.

But while the general public may be buoyed with optimism, their enthusiasm is muted by the increasingly

urgent warnings from public health officials.

There is a push to get as many first doses as possible into Canadian arms which means delaying the second shot for as long as sixteen weeks.

By now everybody knows the public health restrictions but as more Canadians are vaccinated they are

asking questions about what they can and can't do.

The answer is simple although somewhat disappointing for those who pin their hopes on a vaccination to ensure a quick return to normal.

For most of the past year before the vaccine was available we were told to limit our social contacts, avoid

crowds, maintain physical distance and wear protective masks.

Now that the first dose rollout is well under way everyone, including those vaccinated, are advised to limit social contacts, avoid crowds, stay six feet apart and wear masks.

You may notice similarities between the "before" time and the "after" time – experts are warning us to remain vigilant and not get lulled into a false sense of security.

Getting a first shot does not mean instant protection and it takes 12 to 14 days to achieve full effectiveness – that means an efficacy of 70 – 85% depending on the vaccine.

The good news is, after one shot even if you get COVID you will not get seriously ill – first dose data from Israel and Britain has shown big drops in hospitalization and deaths.

That is still no reason for complacency because vaccinated people can still spread the virus to unprotected loved ones who might suffer very serious consequences.

Public health restrictions have not been relaxed and until the majority of Canadians are fully vaccinated COVID 19 continues to be a deadly serious matter.

As far as the pandemic is concerned, whether you are vaccinated or not, if you are not an active part of the solution, you are definitely part of the on-going crisis.

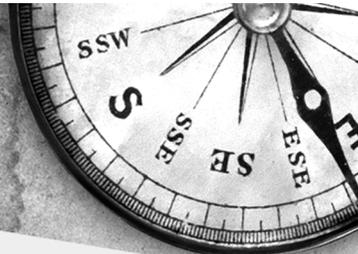
After all the sacrifice and hardship this lesson still needs to be learned before we can effectively end the pandemic and get back to normal activity.

A look back in history:

First House

Robert McVicar built the first house in Port Arthur in 1867.

It is still standing today on Bendell Street.



HOW TO WRITE US:

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

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

Address them to:

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THIS WEEK'S POLL QUESTION:

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What does shutdown mean?

Four-week provincial order not a lot different from previous Grey-Lockdown

THUNDER BAY

By Ian Kaufman –TB Source

Residents of the Thunder Bay District will see few major changes after a province-wide shutdown went into effect Saturday.

The Thunder Bay District Health Unit has been under the Grey-Lockdown zone in the province's COVID-19 response framework since Feb. 26, which has similar public health restrictions.

The decision to move the province into shutdown, announced Thursday, followed modelling released by public health officials indicating that COVID-19 variants of concern are fuelling a third wave in the province.

Ontario reported over 3,000 cases on both Friday and Saturday, daily case counts not seen since January.

The activation of the province's so-called "emergency brake" will tweak local public health measures only slightly, though the changes could have an outsized impact for some businesses.

Notably, outdoor dining will not be allowed. The Ford government had changed its rules to allow outdoor dining in Grey zones barely two weeks ago, on March 19.

Personal service businesses like hair salons and tattooists, for which the province made a similar exception on March 26, must also now close their doors during shutdown.

Schools and daycares can remain open under provincial rules, though students in the Thunder Bay area won't return to classes until at least April 19, at the direction of medical officer of health Dr. Janet DeMille

Gatherings and events

- Social gatherings indoors are allowed only with members of the same household, though individuals who live alone and single parents may have exclusive close contact with one other household.
- Outdoors, gatherings must comply with social distancing rules and involve no more than five people.
- Weddings, funerals, and other religious services, rites or ceremonies are allowed, events held indoors are capped at 15 per cent of the venue's capacity, and participants must wear masks and physically distance.
- There is no hard cap for those ceremonies outdoors, but participants must be able to physically distance by at least two metres.

What's open?

- Stores that primarily sell



NOT ALL CLOSED: Most retail outlets are allowed to remain open during the current shut-down order, other than gyms and salons.

groceries, including farmers markets, can remain open at 50 per cent capacity, as can convenience stores and pharmacies.

- Retail stores can open at 25 per cent capacity.
- Restaurants can open for pick-up, delivery, and drive-through only.
- Indoor malls must screen customers before they enter. Each store in the mall has a 25 per cent capacity cap. Malls must also close indoor dining spaces including food courts.
- Maintenance, repair and property management services are allowed to

operate.

- Veterinary services and other organizations responsible for the health and welfare of animals are permitted to operate.
- Housekeepers, nannies, and baby sitters can operate if they are supporting children, seniors, or vulnerable people.
- Golf courses and driving ranges are permitted to operate, but indoor facilities like clubhouses cannot open.
- Libraries can offer only curbside pickup and delivery.
- Sports and recreation facilities can

only open for identified high-performance athletes and specified professional leagues, access to physical therapy for a person with a disability, or for groups of up to 10 related to childcare, mental health and addictions support, or social services.

What's closed?

- Personal care services including hair salons and tattoo parlours
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- Casinos, bingo and gaming halls
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Triple the activities



**KEITH
AILEY**

THE GOOD LIFE



SUBMITTED PHOTO

ANGLING OUTING: Keith Ailey out fishing after a day of biking and skiing.

Call it the “Thunder Bay triathlon” and it is a challenge I like to attempt each spring.

Once again last Saturday, I set myself the goal of completing an epic 3-adventure day that included a 50km ski, an 80km bike ride and a fishing trip to top it all off.

While a true Ironman athlete might scoff at such an easy triad of activities, the goal was not to compete with the accomplishments of real triathletes, but rather to showcase how easy it is to string together a trio of fun when you live in an outdoor paradise.

My friend Blaine first introduced me to the idea of the “super day” more than a decade ago when he pointed out how easy it is to combine two or more outdoor activities when you are surrounded by opportunities for adventures.

Since then, I have consistently pursued the idea of enjoying multi-activity days whenever time allows. What follows is a trio of my favourite super-day combinations:

The surf n’ turf. This one is very popular in Northwestern Ontario and quite easy to accomplish on a warm autumn day.

Typically, this adventure is planned around a fishing trip for walleye, brook trout or salmon and it usually involves the addition of a few ruffed grouse being harvested

combine a summer activity with a winter activity on the same day.

I am partial to the bike and ski, but there are countless possibilities for combining winter activities like skating in December or ice fishing in March with any number of summer pursuits made possible by the absence of snow.

The Thunder Bay Triathlon.

The word triathlon typically refers to the swim-bike-run trio of sports. However, there is quite a bit of variability possible with this one. Normally you might include three outdoor endurance sports from a long list that includes activities like mountain biking, skiing, hiking, swimming, paddling or snowshoeing, but I always find it rewarding to finish off the day with a little bit of fishing.

Really, the options and combinations are endless for those living in and around Thunder Bay. Sometimes when I have completed a two-activity “super day” and there is still time left for one more adventure, I will spontaneously decide to complete a tri. Whether the day is planned or not, one thing that is for certain is how well you will sleep after one of these epic days.

The long term forecast shows that our unseasonably warm weather will continue well into April.

With the spring break (pushed back from March) coming up and most indoor activities paused for the pandemic, this might just be the perfect time to piece together your own “super day” or maybe even a “Thunder Bay triathlon” with a trio of your own favourite outdoor activities.

from the backroads on the way to the river or lake.

The best part of this double-header is often the reward at the end of the day when you get to enjoy a meal of fresh fish and game.

The summer/winter double. One of the coolest things about living in Thunder Bay is the fact that in both the early spring and the late fall it is not difficult to

Depression after birth a quite frequent affair

Women are often warned of the signs of “baby blues” when they are sent home from the hospital with their baby.

They are told that sadness, moodiness, and often a lot of crying are normal to experience after having a baby. It is the hormones in their bodies settling back to normal. But what happens when those feelings last longer than the two week baby blues period?

While baby blues is often something that is openly talked about and explained, postpartum depression is not. However Nearly 25% of mothers in Canada report that they experienced Postpartum Depression (PPD).

Twelve per cent of those mothers reported that they have considered self-harm.



**DANIELLE
RIDER**

DORSET PIER
MENTAL HEALTH

Feeling sad

PPD is the intense feeling of sadness, anxiety and despair. Sometimes these feelings become so intense that it leaves mothers incapable of completing day to day tasks. It is very common for these symptoms to be misdiagnosed because it is considered “normal” for mothers to experience these feelings while they are adjusting to different aspects of motherhood. Being exhausted has become a societal norm for parents.

PPD can be brought on by a mixture of things such as genetics, predispositions to depression or other mental health conditions, hormonal changes, age and many more internal factors. However, what is not as openly talked about is how many environmental factors can contribute to PPD.

Loneliness, isolation, lack of support, a conflictual or difficult marriage or relationship are all things that largely impact a mother’s risk of PPD.

PPD is a difficult thing to discuss. We as mothers often have difficulty asking for help. We naturally take on as much as we can, and a lot of the time we take on too much.

It is naturally and socially instilled in us that we need to handle our own emotions as well as our children’s and if we are in relationships, our partners as well. For woman suffering with PPD doing their everyday regular tasks is something that can seem impossible.

Being expected to manage everything we are expected to manage and deal with PPD is too much.

Quick diagnosis

For mothers with PPD intervention is key. It is very important to discuss any feelings of overwhelming sadness, despair, anxiety, moodiness and anything else that is heavily weighing on them with a doctor.

Talking to your doctor is a key step in combating PPD. A step that is often missed is the need to talk to a mental health professional.

As mothers we often feel like we don’t have the time to talk to focus solely on ourselves.

It is extremely important that parents take the time to address their own mental health. If you have been diagnosed with PPD, you are experiencing any overwhelming feelings, or you just feel like you need to talk please reach out. Postpartum depression is common.

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Catch Chippewa Ace

THUNDER BAY
By Leith Dunick – TB Source

Lottery fever has hit Thunder Bay. Last Friday, the Friends of Chippewa Park were the latest to join the popular prize phenomenon, launching a weekly Catch the Chippewa Ace draw in order to help fund the park's planned five-day 100th anniversary Family Festival, tentatively scheduled to run between July 29 and Aug. 2.

The festival, which could be postponed until 2022 should public health measures not allow for gatherings, will include fireworks and entertainment throughout the civic holiday weekend.

Competition

It's the second Catch the Ace contest launched in Thunder Bay this year, but organizer Iain Angus said it looks like there's room for everyone at this time.

"There are a number of traditional lotteries in play and a number of new lotteries in play. Some are 50-50, some are the catch the ace, some are the traditional win an RV (type), like the St. John Ambulance runs every year," Angus said.

"There's no question that there's competition out there, but I think



ICONIC HORSES: The Chippewa Park carousel is being refurbished.

that we've found that with our 50-50 draw last fall, where we were a new entry, that being a new kid on the block did not hurt us. We raised a decent amount of money toward the festival and we think that there's more than enough room in the region."

Angus said 50 per cent of the proceeds from the Chippewa Park draw, minus expenses, will be put toward the festival fund. Twenty

per cent of sales will be put toward the weekly draw, while the remaining 30 per cent will be used to build up the progressive jackpot.

Ticket buyers can purchase tickets starting at 20 numbers for \$10, with 100 numbers going for \$20, 300 for \$50 and 500 for \$80. Each purchase also includes a chance to select one of 52 virtual envelopes, each with a different playing card inside.

One-in-52-chance

After each weekly draw the winner's envelope is opened. If it contains the ace of spades, they win the progressive jackpot too. If not, it continues to grow, for up to 52 weeks.

"We've got a target of about \$150,000 through lotteries and we're only at \$11,000 so far, so we've got a long way to go," Angus said.

"I think people are looking for different ways to entertain themselves, certainly looking at different ways they can contribute to charitable causes.

"I was amazed at the first round for the Thunder Bay Regional Health Sciences Centre Foundation and the amount that they raised."

Tickets are available at www.chippewapark.ca/catchtheace.

Debt help options

FINANCE

By Jayson Stoppel – For TB Source

Recently I wrote an article for the *Source* on Financial Wellness and the Global Pandemic. The article outlined steps to take in gaining control of your budget in a crisis. The article ended with a call to action to reach out for help if you felt overwhelmed or getting on top of your debts was an issue.

Once you are past the point where all the best budgeting tips, attempts to refinance and intentions to repay in full are exhausted you may be in need of some form of financial intervention.

Generally, debt settlement or forgiveness involves one of three options.

● 1. A debt management program is a 48-month repayment plan where a debt consultant or not-for-profit credit counseling agency will contact your creditors to agree to a full repayment of your debts.

There is usually a fee charged for the administration of the program, which includes one or more than one of the following: budget coaching, interest rate reductions and a credit rebuild program.

A debt management program is often referred to as an informal proposal as there is no federal legislative authority provided such as the Bankruptcy and Insolvency Act. There are many service providers to be found online. Be sure you understand the details of each program, including the costs involved and the effect on your credit. Before you sign on with an agent, be prudent. Compare against other available solutions for debt settlement or forgiveness, including the options below.

● 2. The consumer proposal is a formal plan or agreement made with your creditors using the authority of the Bankruptcy and Insolvency Act.

In a consumer proposal, you will repay all or a portion of your unsecured debts over a period of up to 60 months.

The plan is administered by a licensed insolvency trustee, who will assess your

financial situation before you sign on to the plan.

During this generally free first consultation, the Licensed Insolvency Trustee will explain the effects on your credit, the rules surrounding your consumer proposal and the monthly payment that will be offered in the settlement to your creditors.

The consumer proposal includes a stay of proceedings which legally stops creditor action against you, such as garnishments against your wages, and can provide you with the needed room in your budget to balance your living costs and debt repayment.

● 3. A personal bankruptcy is a legal process where you seek a discharge from debts and obligations through a review of your income, a realization of certain assets and the completion of various administrative chores known as duties. The bankruptcy process is administered by a Licensed Insolvency Trustee.

A first-time bankruptcy generally lasts from nine to 21 months.

During the initial assessment, the Trustee will explain to you which assets you are allowed to keep in a bankruptcy and those you have to forfeit. The Trustee will also explain the rules, under bankruptcy law, that you need to adhere to and the general effect a personal bankruptcy will have on your credit rating.

Having debt trouble is emotionally fatiguing, and not knowing what debt solutions is right for you can be stressful. Researching, discussing and understanding your options can help relieve the worry. Even if you don't proceed with debt settlement or forgiveness, knowing what effects the above options will have in relation to your questions such as, "Can I keep my car?" "Will the phone calls stop?", and "What are the costs associated with the various debt forgiveness programs?" can be helpful.

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

Spinal surgery expanding

HEALTH

By Doug Diaczuk – TB Source

Kenora-area residents now have a chance to access spinal surgery closer to home, thanks to a new partnership between the Lake of the Woods District Hospital and the Thunder Bay Regional Health Sciences Centre.

Multiple patients have already undergone orthopaedic procedures in Kenora, the hospitals reported in a joint release Monday.

The expansion of services comes through the TBRHSC's Regional Surgical Services program, which has also seen partnerships created with Dryden Regional Health Care and Riverside Health Care in Fort Frances since launching in 2016.

"We are very pleased to be selected as a

spinal surgery site," said Ray Racette, president and CEO of the LWHD. "Offering this service closer to home and in doing so, helping reduce long wait times for spinal surgery, is critically important for the people we serve."

Offering the procedure has particular importance for northwestern Ontario residents, said TBRHSC president Rhonda Crocker Ellacott.

"Our population sees more musculoskeletal disease requiring a higher-than-average use of orthopaedic surgical services," she noted.

The expansion of the spinal surgery program to Kenora was made possible in part through new provincial funding models, the hospitals stated.

The COVID-19 pandemic had made travelling for surgery even harder on patients.



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Planting and transplanting again



FRED JONES

RURAL ROOTS

Laura, Laura, Laura, how does your garden grow?" It doth well if the trays and trays of sprouted green be any evidence.

I was looking up some notes that I made way-back-when about the months of gardening here at Casa Jones. I had stumbled upon a notebook in which I had jotted down what transpired each month. Each year is different due to weather conditions.

Cold weather

For example, late killer frost that required replanting; or, much later in the season when an early killer frost decimated our tomato and leafy-green crops.

I had noted that seed catalogues arrived in December but ordering didn't take place until January.

Not this year. This year, 'The

Gardener' (my wife, Laura) sorted through all of her seeds and ordered in December. And because she and our son, Doug, had built a small greenhouse attached to our basement but since none of us Joneses are Master Carpenters, from the outside, the greenhouse leans a tad. Thus, we have the Leaning Greenhouse of Piza!

Laura got a head start on growing such leafy things as two different kinds of lettuce that we have been harvesting and having in our sandwiches and salads.

Out in the main garden, Laura had made large, portable covers that could be set over beds and which provide protection against freezing temperatures.

During the winter if you happened to walk or drive by the garden you would see a large, snow-covered hump under which was growing spinach. The other day we ventured out to the garden, lifted the cover, and behold! Spinach! Lots of spinach. But it wasn't quite ready to be cropped so we left it until this past Easter weekend when Laura brought some into our 'hoosie' to be added to the salad for the Easter supper. Yum, I say, yum!

There is a thermometer hanging in the house greenhouse. When the temperature in the greenhouse reaches plus fifty Fahrenheit, we carry the trays of plants into it to spend the day on shelves where they absorb the heat and light. Then in the evening, we reverse the process and our Family Room becomes the repository for the trays of plants.

Because Laura started a lot of seeds inside, they are now at the stage requiring transplanting into larger containers.

Eventually, when the weather is right, they will all be transplanted again into the garden proper. But the soil in the garden is still frozen and probably will be for a while although Laura impatiently tests it with a spade every once in a while just to see.

Of course, a lot of veggie seeds like carrots, potatoes, etc. will be planted directly into the garden. Planting carrot seed to be done such that minimal 'thinning' is necessary, demands zen-like patience and a pair of tweezers, the carrot seed is that small. Thinning is a must if you want large-sized carrots. We didn't last year and we had some inter-

esting-looking carrots coming out of the garden and a lower-than-expected yield ("Mea culpa, mea culpa," said Fred).

But all that finger-finicky part of vegetable gardening is at least a month or two in the future given our climate.

What Laura is doing now is Stage One: planting, transplanting, and waiting until all those wee edibles (eventually) can go outside for more transplanting into their permanent home.

Coming for food

Even when in the ground the veggies aren't safe from predators - deer and groundhogs being the bane of our garden.

This year, we will install better, higher fencing to prevent those gazelle-leaping deer from getting inside; and our puppy, Lily, who we think has some rat-catcher somewhere in her mixed breed, we will encourage to discourage those furry pests from devouring the tops of our beets, carrots, what-have-you.

Early days yet but blink a couple of times and the greenhouse attached to the basement will be a jungle of rich green; and I will have a happy 'The Gardener'.

Outbreak now over

HEALTH

By TB Source staff

A COVID-19 outbreak at The Walford retirement residence in Thunder Bay, associated with 39 confirmed cases, has been declared over.

The Thunder Bay District Health Unit announced the outbreak was considered resolved on Friday.

The first cases in the outbreak were announced on March 10, with no related cases reported by the health unit since March 22.

Superior North EMS had completed a first round of vaccinations just before the outbreak occurred.

An outbreak was previously declared in December of 2020, but was resolved without spreading beyond a single staff member.

"Prior to the outbreak, significant measures were already in place at The Walford Thunder Bay to reduce likelihood of transmission of the virus within the facility," the health unit said in a statement last Friday.

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IN THE bay

arts | entertainment | culture

Teen troubles make compelling drama



MARTY MASCARIN
MOVIE TALK

Unintended teen pregnancy is a complex issue, one that understandably engenders fervent reaction especially in the cinematic arena. It is a theme that can be played up melodramatically to buttress a moral viewpoint or can be debated in more even-handed fashion, leaving it to the audience to draw their own conclusions while exploring specific character situations.

Director/writer Eliza Hittman assuredly falls into the latter category. With *Never, Rarely, Sometimes, Always*, (Shaw VOD) Hittman has produced an intimate and restrained little drama about two female teens dealing with such a dilemma.

The real deal

The film centers on Autumn (Sidney Flanigan) a taciturn high school student who shines singing and playing the guitar at her high school pageant while her classmates rely on more mundane lip-synching and artless dance routines.

Autumn isn't happy but it isn't solely because of her oafish stepdad and passive mom. Moreover, Autumn is distracted by a more delicate issue.

Maybe it has something to do with the lout who shouts an epithet during her recital or the dork knowingly smirking at her from a neighbouring



SUBMITTED PHOTO

TEEN ANGST: Sidney Flanigan stars as Autumn in *Never, Rarely, Sometimes, Always*, available on Shaw Video on Demand.

table at the local pizza joint, who earns a face full of soda from Autumn for his trouble.

Bruising her tummy and gorging on Vitamin C doesn't change her condition, which is confirmed at the local youth clinic. The counselor has her

own small town view of Autumn's options, which represents complications Autumn doesn't wish to contemplate.

Autumn turns to her cousin Skylar (Talia Ryder) whom she works with bagging groceries at the local market.

They cobble together pay-cheque dollars (a few bills skimmed off the till by Skylar as pushback to the lecherous store manager) and head to Manhattan via bus where Autumn has found a nearby out of state clinic conducive to her needs.

Hittman's handheld camera immerses us in the girls' situational maelstrom, giving the film a realistic, cinema verité feel, her close-ups capturing glances and even a supportive finger tug with minimal dialogue. They're bound by wordless loyalty. It's all subtext, handled credibly and effectively.

There's also a sense of foreboding for two young girls on the streets of the big city. Unexpected demands at the clinic means an extended stay. Unable to afford a hotel, they overnight in malls, terminals, and all-night fast food joints.

The film leads to a riveting interview by questionnaire Autumn endures with the sympathetic director at the clinic.

To this point, Autumn's been severely self-contained. But the one word responses she must give via multiple choice – illustrated by the film's title – builds towards a quaking emotional reveal that in an instant brilliantly explains Autumn's motivation and answers moral judgment about her decision.

Flanigan is beautifully controlled here.

This is a galvanizing moment, one that gives the film its illuminating heart-tugging center.

The movie is not for everyone. Its minimalist style and contentious theme may leave some wanting.

However, thanks to director Hittman's masterful visual storytelling and the appealing performances by her two female leads, *Never, Rarely, Sometimes, Always* is a compelling human drama.

CLE opts to cancel summer fair once again

THUNDER BAY

By Leith Dunick – TB Source

The president of the Canadian Lakehead Exhibition says the fate of their annual fair has been clear for some time.

Last Wednesday they made it official – the fair will be put on hiatus for a second straight year.

With no end in sight to loosen gathering restrictions and commitments to midway operators and vendors needing be done, Al Law said the CLE's board of directors on Tuesday night voted to

cancel the 2021 fair and focus instead on 2022.

There was just no reasonable way to make it happen this summer, he said.

"We're disappointed, but you have to think ahead in regards to the safety of the public, all your volunteers and your staff," Law said.

"But it's the right thing to do. The vendors, they have to know ahead of time because you need permits. Then the midway has to know because they have to get certain rides Ontario permits. And then how do you distance? We'd have to triple or quadruple our staff, and even

then you're not guaranteed with distancing and disinfecting."

Portions of the CLE grounds are also tied up with vaccination clinics, including the Coliseum building which is being used by the Thunder Bay District Health Unit to administer vaccinations. Law said the rental agreement extends through December and could go into early 2022. The Heritage building is tied up through November.

"We knew the writing was on the wall

and it's just that you're hoping things would change. But with the variants and what's happening in Thunder Bay, I can't see anything changing, even into December or January – and we may have vaccines still happening into the new year," Law said.

Law said he's hopeful that they can return to larger scale events next year, with the return of the Spring Home and Garden Show.

Despite the cancellations, Law said the

CLE board believes it's still on relatively solid financial footing, suggesting they're probably better off than 90 per cent of the 200-plus agricultural fairs across Ontario, thanks in part to year-round tenants and the two vaccination clinics.

The CLE is also home to the Thunder Bay Country Market, and has a lease agreement with SilverCity.

Still, things aren't all that rosy, either. "By mid-August we'll be down \$2.5 million, but that's gross revenue. You have to look at your expenses. It's hard to figure out what your net income is."



AL LAW

IN THE BAY

Spreading news far too easy these days

I recently watched the Tom Hanks and Meryl Streep film, *The Post* about the publishing of the secret Pentagon Papers regarding the Vietnam War in the *Washington Post*. The whole film centres on just a handful of days and yet so much happens. And so little.

“So much” because it occurs in a much less technologically-dependent period in history. “So little” because it occurs in a much less technologically-dependent period in history.

The leakers spend hours and hours painstakingly photocopying thousands of classified pages, one at a time. No paper feed on this model.

Each page is then hand-cut to remove the top-secret designation at the bottom to protect the recipients. Apparently, a paper cutter was too cutting-edge.

We also see what could be the original email: telling a kid in the newsroom to deliver a message to



another part of town. And to run. (Which he does.) Second generation email also appears in the form of vacuum tubes used at the newspaper to deliver paperwork to different offices.

And all this is done in secret – which means using anonymous, untraceable phones. And in the '70s, that meant pay phones in a back alley. However, when one journalist is asked to use a different phone to call their source



TOP SECRET: Meryl Streep in *The Post*.

back, he just moves 12 inches to the right to call on the next pay phone down the row.

What takes the most time is going through seven digits on a rotary dial phone.

If it happened today, the files would simply be downloaded onto a drive or emailed to a secret server and the movie would be over. Roll credits. And with the impossibly high speed of technology on current television shows, all the action (or inaction as everything's done by computers) is even faster. So there'd be no story for Hollywood to tell.

In 2019, it's too easy to spread a story or change a life. But in the 70's, everyone had time to consider the ramifications of their deeds.

The *Washington Post's* editor, Katharine Graham, had several hours to make her decision about whether to risk her empire by defying the U.S. government and Nixon, himself. She knew the journalists were still pouring over the pages, examining everything

carefully before they ever wrote a word. Plus, sharing it with the world still required the process of typesetting, then the printing of the paper and finally, its delivery to newsstands.

Today's journalists write and post the information as it arrives. Corrections and updates are continuously added as the story progresses. Even individuals can put anything out there without delay – or thought – through social media. Apologies are left for later.

Lack of technology certainly slowed things down back in the day. But it also ensured our brains kept up with our actions.

Which makes me think that perhaps things really were better back when email was a kid running through the streets and the spinning wheel on a rotary phone allowed people time to cool down before reaching our intended target.

This column previously appeared in 2019.

CROSSWORD PUZZLE

ACROSS

- 1 Oriental nursemaid
- 5 Weaverbird
- 9 Barely get by
- 12 Gardener caste
- 13 Adjective-forming (suf.)
- 14 Small drink
- 15 Binary digits
- 16 Dotted with figures
- 17 Compass direction
- 18 Imitate
- 20 Orgy
- 22 Beat
- 25 Malay gibbon
- 26 Avena
- 27 Tactical Air Command (abbr.)
- 29 Wealthy person
- 33 Steal
- 35 Catch
- 37 Nakedwood tree
- 38 Flower part

DOWN

- 1 Ambassador (abbr.)
- 2 Fr. month
- 3 Mensa (2 words)

ANSWER TO PREVIOUS PUZZLE

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L	E	E	R	K	A	E	N	E	A	F

- 4 Leaf-miner beetle
- 5 Shak. contraction
- 6 Maple genus
- 7 Servant
- 8 Mex. president
- 9 Sicilian resort
- 10 Chess piece
- 11 Fencing sword
- 19 Eastern standard time (abbr.)
- 21 Carriage
- 22 Duds
- 23 Amer. patriot
- 24 Chin. dynasty
- 28 Civil Aeronautics Board (abbr.)
- 30 Reek (2 words)
- 31 Musette
- 32 Tie
- 34 Sambar deer
- 36 Hindrance
- 39 Of the lips
- 41 Amer. Automobile Assn. (abbr.)
- 44 Fruit
- 46 Door (Lat.)
- 47 Late
- 48 India (pref.)
- 49 River into the Moselle
- 50 Discharge
- 54 Spelling contest
- 56 Sayings (suf.)
- 57 Distant

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WORD SEARCH

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 K O M C F E A S L E B E R J N
 U P L I F T W L D T A M I N G
 L E T T I N G E I S R E V I L
 X S E I N E G O R T I N N E D
 P A R I S H E R E B Y V A E H

- Alkali
- Blind
- Bonnets
- Booted
- Brewed
- Burials
- Clock
- Decode
- Genies
- Heavy
- Hereby
- Letting
- Likely
- Livers
- Looses
- Moment
- Motels
- Nitrogen
- Noblemen
- Noodle
- Outfits
- Parish
- Plumb
- Primate
- Rabbis
- Rebels
- Reloads
- Ropes
- Shaken
- Snubbed
- Sprints
- Taming
- Teeter
- Ticket
- Tinned
- Totality
- Unintention
- Uplift
- Vices
- Wring

Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

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

DIFFICULTY: ★★☆☆

ENIGMA™ CRYPTOGRAM

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

“YQBZ KYNEVM QBJ XGK NE FGB TQR,
 EFK KF MKFX GM, HGK KF IQAA FGK
 FGB IFGBQVJ QEZ MKBJEVKY.”

— QEFERDFGM

PREVIOUS SOLUTION: “Desires are the pulses of the soul; as physicians judge by the appetite, so may you by desires.” — Manton

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Strathcona Invitational set to return

GOLF

By Leith Dunick – TB Source

After a one-year hiatus, the Strathcona Invitational will return in 2021.

The city's most prestigious golf tournament took last summer off because of the unknowns surrounding COVID-19, but organizers on Monday confirmed the tournament, presented by Teleco and Tbaytel, is a go for the August long weekend at Strathcona Golf Course.

However, it will take on a slightly different format.

In prior years, golfers played an 18-hole stroke play event to determine the flights and then switched to match play to determine the winner.

"The 91st anniversary of the event will be moving to 18-hole matches only," said organizer Randy Robinson, in a release issued on Monday.

"In the regular division, there will still be a 16-man championship flight and an eight-man first and second flight. The remaining players are in four-man flights and will play one 18-hole match on Sunday and another on Monday."

In the senior divisions, only the championship flight will remain an eight-person event.

"We have tentatively set a limit of 104 entries comprising of 72 regular and 32 seniors and have increased the number of qualifying-round prizes, putting a higher premium on your Friday or Saturday score," Robinson said.

"Included in those numbers will be upward of eight junior golfers who will be invited based on their performance in certain tournaments."



REGULAR WINNER: Robert Cumming was the winner of the 2018 and 2019 Strathcona Invationals. He's got six titles in total.

Other juniors with an index of 5.5 or lower may also enter the tournament.

The Birdies for Kids fundraiser will also take place. In two years it raised nearly \$5,000 for PRO Kids.

The tournament will only be held if public health allows competition to go forward. Thunder Bay is currently in

the early stages of a four-week Ontario-wide shutdown.

"It is the hope of the co-chairs that the city is in a solid position this summer and that many of the events that traditionally happen during the weekend can occur safely," said co-chair Larry Sdao.

"Check the website for further updates throughout the golf season."

The tournament website launched recently, and can be found at www.strathconainvitational.ca.

It includes an online entry portal, as well as images and the history of the event.

PAST STRATHCONA CHAMPIONS

2020:	Not held
2019:	Robert Cumming
2018:	Robert Cumming
2017:	Brett Shewchuk
2016:	Brett Shewchuk
2015:	Brett Shewchuk
2014:	Joe Scharf
2013:	Jordan Gehl
2012:	Robert Cumming
2011:	Robert Cumming
2010:	Barry Caland
2009:	Barry Caland
2008:	Barry Caland
2007:	Barry Caland
2006:	Rollie Turrie
2005:	Robert Cumming
2004:	Mark Sommerfeld
2003:	Barry Caland
2002:	Barry Caland
2001:	Kyler Murphy
2000:	John Valley
1999:	Bill Seagris
1998:	Not held
1997:	Bill Seagris
1996:	Robert Cumming
1995:	Bruce Dafoe
1994:	Trevor Jones
1993:	Randy Robinson
1992:	Barry Caland
1991:	Tony Stokaluk
1990:	Trevor Jones
1989:	Trevor Jones
1988:	Larry Sdao
1987:	Larry Sdao
1986:	Trevor Jones
1985:	Trevor Jones
1984:	Dave Ferguson
1983:	Mark Willianen
1982:	Barry McNamee
1981:	Frank Edmonds
1980:	Brian Hutton
1979:	Ron Pulak
1978:	John Valley
1977:	Brian Hutton
1976:	Don Stokaluk

Mixed doubles had plenty of local talent

I wasn't able to squeeze anything in about the Canadian Mixed Doubles Championship last week, but wanted to give a shout out to a couple of teams with local connections.

Northwestern Ontario was represented at the event, played inside the Calgary bubble, by Trevor Bonot and Oye-Sem Won.

The duo was in contention to advance in the early stages of the championship, but dropped four of their final four matches to finish the



**LEITH
DUNICK**
SPORTS SHORTS

week at 2-4.

All in all, a pretty good performance for a team that faced limited ice access once the province-wide lockdown was put in place on Boxing Day.

Thunder Bay also had a vested interest in the team from Nova Scotia. Karlee Jones, who was playing with Bryce Everist, is originally from Thunder Bay.

The daughter of golfer Trevor Jones, a five-time winner of the Strathcona Invitational, Karlee left the city to go to school in my hometown of Halifax and loved the coast so much she stayed.

I first met her playing golf at Strathcona, probably no more than 12

or so at the time.

Over the years she'd hop in the golf cart when I was covering the Invitational and ride around the course, following the final group.

Great kid and great to see her doing so well curling in a province that's produced the likes of Colleen Jones and Mark Dacey.



I'll admit I didn't watch a lot of the NCAA March Madness this year,

but I did watch the UCLA/Gonzaga semifinal on Saturday.

What a game.

I was rooting for the Bulldogs, mainly because I was still in contention in my one and only bracket and needed a Gonzaga championship to pull it out, but those UCLA Bruins were impressive.

In the end, however, it was a miracle shot from Jalen Suggs, a Minnesota product, that sent the Bulldogs to final. Still, what a great game.

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02. Rural Homes
03. Mobile Homes
04. Lots / Acreage
05. Condos For Sale
06. Cottages
07. Commercial for Sale
08. Investment Property
09. Out of Town
10. Real Estate Wanted
- FOR RENT**
11. Houses
12. Apartments
13. Rooms
14. Room & Board
15. Shared Accommodations
16. Cottages
17. Commercial
18. Storage/Space
19. Wanted
20. Condos
21. Miscellaneous

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

- VEHICLES FOR SALE**
31. Cars
32. Trucks
33. Vans
34. Motorcycles/ATV's
35. Campers/Trailers
36. Motor Homes
37. Marine Equip.
38. Snowmobiles
39. Parts & Repairs

- YARD SALES**
40. Current River
41. Northward
42. Southward
43. Westfort
44. Rural

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

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

- EMPLOYMENT**
57. Help Wanted
58. Careers
59. Child Care
60. Health Care
61. Employment Wanted
62. Students For Hire
- ANNOUNCEMENTS**
63. Coming Events
64. Craft & Flea Markets
65. Happy Ads
66. Cards of Thanks
67. In Memoriam
68. Death/Funerals

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

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

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

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

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

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

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

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

SHOP ON-LINE at <https://shop.dougallmedia.com/>
OR CALL US AT 346-2600
(Leave us a message if we do not answer, and we will return your call).
Our office is temporarily closed to the public due to COVID-19.
Telephone Hours:
Mon.- Fri. 8:30a.m.- 5:00p.m.

30. MISC. WANTED
WANTED
\$ TOP DOLLAR PAID \$
For Scrap Vehicles
DAN'S EMERGENCY ROAD SERVICE
767-3818

\$CASH\$
On the spot for your scrap cars, trucks, vans and SUV's. Same day pick-up with CASH.
Call Marcel
624-7242 or 626-0161

37. MARINE EQUIP.
15' Starcraft; 28 horsepower Evinrude motor; swivel and bench seats, travel cover, trailer available Asking \$1700 phone 633-5271



Looking to sell this beautiful 17.5 Starcraft Euro Elite boat and trailer that has been maintained beyond compare. New motor installed recently, less than 20 hours on motor. V6 Mercruiser; 4.3 Genplus 205 horse power, stainless steel propeller. Pristine boat and trailer. If you're looking for a pleasure craft or fishing boat with comfort and space then you need to buy this one. Asking \$10,000 - Text Scott 807-620-0371

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

CHRISTINA'S HOME AND GARDEN. Residential & Commercial! Landscaping, grass cutting, lawn maintenance, sod installation, dethatching, fertilizing, planting, dividing, weeding, edging, container gardening, patio stone/interlocking stone pathways, hedge/tree/shrub trimming and shaping. Call 621-1505

Lawn Cutting and Odd Jobs, with low rates! For more info call James 623-8829

Revenue Canada Certified - Income Tax Prep/E-file Service, for personal and small business. Pick-up and delivery available. Discount for seniors. Call Personal Home Tax Services (since 1989) 344-2886 or 623-7467

51. LEGAL NOTICES
NOTICE TO CREDITORS AND OTHERS
In the Estate of
WILLIAM McKAY DUNLOP

All Persons having claims against the Estate of WILLIAM McKAY DUNLOP, late of Thunder Bay, ON, deceased, who died on or about January 22, 2021, are hereby notified to send particulars of the same to the undersigned on or before April 22, 2021, after which date the estate will be distributed, with regard only to the claims of which the undersigned shall then have notice and the undersigned will not then be liable to any person of whose claims they shall not then have notice. Dated at Thunder Bay, Ontario on the 25th day of March, 2021.

RICHARD CHILDS, ESTATE TRUSTEE c/o ERICKSONS LLP ATTN: KENNETH E. ERICKSON
Barristers and Solicitors
291 South Court Street
Thunder Bay, ON P7B 2Y1



53. GENERAL SERVICES
Looking for Tree Removal?



Fast, Safe & Efficient
With Our Unique 34" wide 100ft reach man-lift, we cut higher than anybody in town.
626 3542
GENERAL SERVICES Advertise Here! CLASSIFIEDS CALL US 346-2600

51. LEGAL NOTICES
NOTICE TO CREDITORS AND OTHERS
In the Estate of
ROBERT EDWARD HAWRYLUK

All Persons having claims against the Estate of ROBERT EDWARD HAWRYLUK, late of Thunder Bay, ON, deceased, who died on or about September 5, 2020, are hereby notified to send particulars of the same to the undersigned on or before May 6, 2021, after which date the estate will be distributed, with regard only to the claims of which the undersigned shall then have notice and the undersigned will not then be liable to any person of whose claims they shall not then have notice. Dated at Thunder Bay, Ontario on the 30th day of March, 2021.

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



53. GENERAL SERVICES
Spring Clean-up - Large trailer for rubbish, we recycle! No items too big or small! EAVETROUGH CLEANING/repair/new installation. Tree and brush cutting/trimming, and removal available, yard clean up. General Handyman Services. We are seniors helping Seniors. gapace@lakeheadu.ca 807-407-6898

TREE REMOVAL SERVICES. In town or rural, + + experience, Man-lift, insured, and seniors discounts! Very reasonable rates, free estimates. Call Jacques (Jack)345-4363

60. HEALTH CARE
ADVANCED AND DIABETIC Mobile Foot care. Treatments include thick nails, calluses, corns, in-growns. For information visit www.stevesfootcare.com. Call Steve 355-3595 today!

61. EMPLOYMENT WANTED
Spring & fall yard clean up, dump runs, lawn cutting, gardening, rototilling, tree & hedge trimming, eaves trough cleaning, powerwash decks, siding etc RJC Window Cleaning & Property Maintenance 632-2161

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call the tbSOURCE at 346-2600

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ANSWERS TO THIS WEEK'S PUZZLES

A	M	A	H	T	A	H	A	E	K	E	S	O	U	S	G	S	T	E	N	N	O	B	J	D	
M	A	L	I	C	A	L	N	I	P	C	D	S	Y	X	E	B	C	S	O	G	S	H	P	L	
B	I	T	S	S	E	M	E	N	N	E	W	B	V	P	T	O	C	L	M	O	H	S	C	C	
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G	L	O	M	N	A	B	M	A	B	I	Y	L	L	A	K	O	T	N	E	T	K	I	N	O	
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2	8	5	9	1	7	4	6	3
1	9	3	2	8	6	7	4	5
8	4	6	5	7	1	3	9	2
7	5	2	4	9	3	8	1	6
4	3	8	1	6	5	9	2	7
5	2	1	7	3	9	6	8	4
9	6	7	8	4	2	5	3	1

PREVIOUS SOLUTION: "Hard things are put in our way, not to stop us, but to call out our courage and strength." — Anonymous

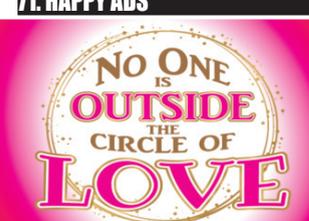
68. DEATH/FUNERALS



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




71. HAPPY ADS



NO ONE IS OUTSIDE THE CIRCLE OF LOVE
S. Frederick Gray & E.A. Hewitt

This is the NEW GLOBAL MOVEMENT. If you're reading this, you're in it! And, that's what matters. "Your loving is a miracle." -L.Roderick. Who do you know that needs to be reminded of this truth? Move the message that direction!

Purchase a vehicle between Feb 5 – Nov 30, 2021 and

BE ENTERED FOR A CHANCE TO WIN

100,000

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Lifetime limited power train warranty on all Driven Certified Vehicles



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Rogue SV** Thunder Bay
94,761KM | Stock #:2536TA **\$16,971****



**2019 Kia
Sorento LX** Thunder Bay
50,553KM | Stock #:2532TR **\$23,994****



**2019 Honda
Civic LX** Thunder Bay
46,057KM | Stock #:2528TA **\$19,999****



**2018 Nissan
Altima 2.5S** Thunder Bay
51,834KM | Stock #:2492TA **\$16,357****



**2016 BMW
3 Series 320i xDrive** Thunder Bay
107,254KM | Stock #:2516TA **\$19,990****



**2015 Ford
Explorer XLT** Thunder Bay
133,317KM | Stock #:2427TA **\$20,139****



**2017 Hyundai
Elantra LE** Thunder Bay
105,356KM | Stock #:2526TA **\$12,294****



**2019 Chevrolet
Cruze RS Package Turbo** Thunder Bay
54,385KM | Stock #:2450TR **\$18,290****

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589 11th Ave 699-5000

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