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TAKING THE PLUNGE

Polar Bear Plunge returns after two-year absence /15

About 300 people took part in this year's Polar Bear Plunge at Marina Park, an event which raised thousands of dollars for local charities. (Justin Hardy)

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A Cancel Canada Day rally was held last July 1, a reaction to the discovery of hundreds of bodies in unmarked residential school graves.

Canada Day may be a bit different

By Ian Kaufman - TB Source

The City of Thunder Bay has scaled back its 2022 Canada Day celebrations and launched discussions over how to handle the occasion going forward, after the discovery of unmarked graves at residential schools forced a reckoning over the holiday last year.

The city's supervisor of cultural development and events, Louisa Costanzo, advised city council in a memo of ongoing discussions over how the city can re-envision its programming "to reflect and recognize that Canada Day means something different to everyone, and to move forward in an inclusive, thoughtful, and meaningful way towards Reconciliation."

The process will include discussions at the city's elders' council and with other community partners. Those discussions will be sensitive and take time, city staff said, meaning a plan will be brought to city council for implementation in 2023.

In the meantime, the city will offer a smaller version of its traditional waterfront Canada Day celebrations in 2022, ditching its usual fireworks show (the show will instead be added to a Live on the Waterfront concert event later in the summer).

"For this year, we'll be scaling back the event," Costanzo told council at a meeting Monday. "The event will include a stage show, food vendors, and community groups, similar to previous years. The opening ceremony will include a land acknowledgement and an invite for participation of an elder to provide an opening prayer, as well as Indigenous

dancers and drummers."

The city will also explore adding learning opportunities, messaging, and Indigenous content.

Last year, in the wake of the discovery of hundreds of unmarked graves at multiple residential school sites, about 450 local residents traded in red and white for orange, joining a "cancel Canada Day" rally, one of many similar events held across the country.

The city offered only virtual Canada Day programming, citing the discovery of unmarked graves as well as the pandemic.

It's a decision Fort William First Nation Chief Peter Collins welcomed at the time, saying, "We have nothing to celebrate with Canada on July 1."

The First Nation moved its own traditional Canada Day fireworks display several days later.

Just how the day should be marked going forward still requires discussion, but it's clear the city can't ignore the question, said Tanis Thompson, manager of Indigenous relations with the city.

"It really is evident (with) what's happening across our country with the rediscovery of the graves, the pope's recent apology, it's time to truly recognize these hard truths," she said.

"These truths that have been revealed and will be continually revealed, it's opened that door to the next steps in the healing journey for Indigenous community members, but [also] non-Indigenous community members who may be hearing about these tragic truths for the first time. There's still a long, long road toward true reconciliation."

THIS WEEK'S WEATHER FORECAST

THURSDAY	FRIDAY	SATURDAY	SUNDAY
Blizzard	Mainly cloudy	Mainly cloudy	Mainly sunny
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Ward meetings OKed

By Ian Kaufman - TB Source

An attempt to bar city councillors from holding public meetings during the municipal election period found little support at city hall Monday.

Coun. Trevor Giertuga argued the exposure and chance for self-promotion offered by ward and town hall meetings provide incumbent councillors an unfair advantage.

The meetings, which give councillors the chance to address issues of public interest and allow constituents to ask questions, are promoted on social media and broadcast on television and livestreamed online by the city.

In a motion presented at Monday's council meeting, Giertuga proposed barring such meetings once the nomination period opens.

In the 2022 election, nominations will open May 2, while councillors can continue to hold ward and town hall meetings until the end of June.

Candidates face other restrictions on the use of city resources during the election period, Giertuga said, rules that were recently expanded slightly at the recommendation of the city clerk. Communications about ward meetings during the election period will now no longer feature councillors' names or images, for example.

"The rationale is it would give an unfair advantage to the incumbents, and the incumbents already have a leg up on



At-large Coun. Trevor Giertuga believes holding ward meetings during election season gives incumbents an unfair advantage at the ballot box.

everyone else just because they are incumbents - statistically, that's true," Giertuga said. "But we're allowing ward meetings and town hall meetings until June 30."

"I just think it's an unfair advantage - we're stopping all of these other things, so I don't see why we won't be stopping

the ward meetings."

Giertuga said he himself wouldn't participate in a town hall meeting featuring the city's five at-large councillors, planned for June, regardless of how his colleagues voted.

He suggested he would likely not run for re-election in 2022. Candidates can officially register from May 2 until Aug. 19.

Giertuga noted at-large councillors had held no town hall meetings whatsoever in 2019, but three in 2021 and were proposing to hold three in 2022.

Coun. Mark Bentz argued ward and town hall meetings are an important way to engage with and be accountable to constituents, saying stopping them nearly six months before voting begins in October was too much.

He also questioned just how much of an advantage the meetings, which typically attract audiences in the dozens, could realistically bestow.

"Let's face it, ward meetings and town hall meetings, there's not throngs of people attending," he said.

City clerk Krista Power said she sees the current policy as striking an acceptable balance.

"Publicly elected officials still have to govern, still have to communicate with their constituents," she said. "It's important that residents still feel heard, regardless of whether or not members are choosing to become a candidate again."

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Bylaw change encourages infill

By Ian Kauman - TB Source

Thunder Bay's city council has put its seal of approval on a new zoning bylaw expected to accelerate urban infill.

The overhaul of the city's land-use guidelines has received largely positive public feedback, with the Chamber of Commerce and EcoSuperior among groups welcoming the changes at a public meeting in March.

The support hasn't been universal, with some residents worrying the ability to build backyard units could impinge on their own property through shading or drainage issues, for example, or simply by "changing the character" of single-family neighbourhoods.

The reduction in parking requirements from 1.5 spaces per residential unit to a single space also drew some concerns.

In the end, however, the new bylaw earned unanimous approval from councillors won over by the potential upsides of opening up new affordable rental units and driving urban infill.

Coun. Rebecca Johnson called the changes "long overdue," saying public concerns could be ironed out.

"I want the community to know that issues were raised [at the public meeting] and they have been addressed," she said. "Have they

been addressed to everybody's 100 per cent satisfaction? Probably not. But I feel really comfortable with moving this whole bylaw forward and the fact that the [outstanding] issues will be addressed... and amendments can be made to this."

A host of smaller changes are intended to simplify zoning classification for residential and commercial areas, and make the bylaw itself easier for the public to navigate.

The changes respond in part to new provincial guidance requiring cities offer more options for additional units.



LESLIE MCEACHERN

The new bylaw collapses the current four residential zones into one "urban low-rise zone," with standardized rules allowing between one and three additional units per lot in all urban areas, including through additions and smaller backyard homes.

Lots with 10 metres of frontage and an area of 300 square metres will be permitted up to two units; lots with 15 metres frontage and 450 square metres of area up to three units; and lots with 20 metres of frontage and 600 square metres of area up to four units, a number currently allowed only on corner lots.

Just how impactful those changes are will depend on how much public uptake there is. Manager of

planning services Leslie McEachern said there are promising signs the expanded options for additional units will prove appealing to meet the needs of student renters and seniors who want assistance to age in place in their homes.

"It's really difficult to tell" just what the uptake will be, she said. "We're hearing a lot about housing shortages [and] the cost of a home. Certainly having the ability to add an additional unit could help individuals who are looking to make payments on their home a little bit more affordable."

"Over the years, we've had lots of applications from individuals looking to do that, so I do see there being quite a bit of uptake on people adding that extra unit."

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EDITORIAL

Housing hurt

Unlike their parents and grandparents before them, young Canadians in many areas of the country have little hope of home ownership.

The Liberal budget falls well short of what's needed.

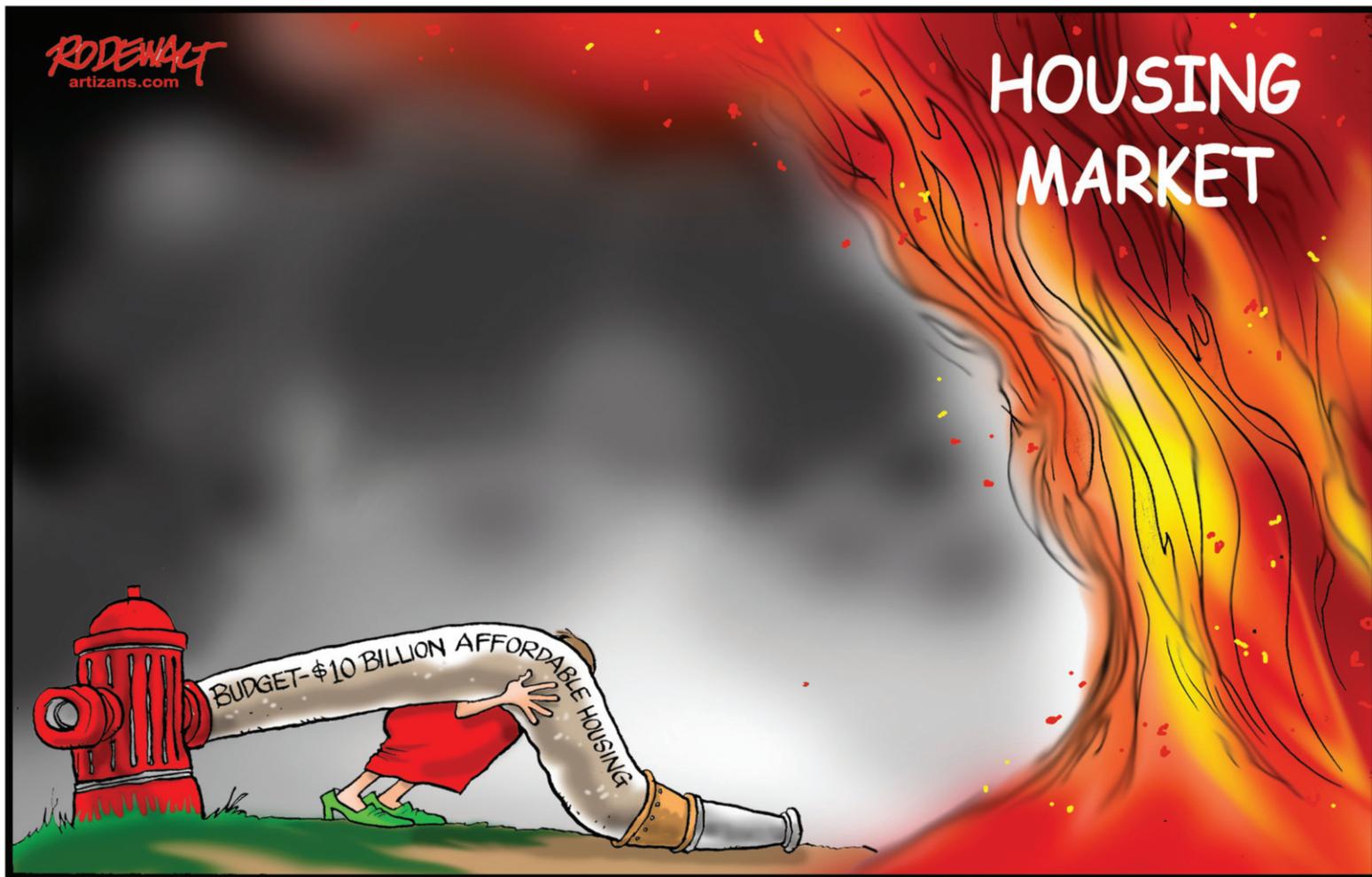
In cities like Vancouver, where homes average \$1.3 million. Under Canadian law, anyone buying a home over \$1 million must plunk down 20 per cent of the purchase price.

The math says in Vancouver, that's \$260,000.

In Thunder Bay, where new home sales average about \$310,000, buyers 'only' need to come up with five percent, or about \$15,000.

While more affordable than in Vancouver, it's still a lot to ask from twenty-somethings who in many cases are already overburdened with student loan payments and high rent - not to mention dealing with inflation.

Additionally, there's a shortage of affordable housing, leading to bidding wars that often price younger buyers out of the market. Spurring 100,000 new homes in half the time sounds great under the Liberal plan, but how many of those will be built in Thunder Bay? Not many.



Orwell stories examine English lifestyles

Orwell's England, edited by Peter Davison, brings together much of George Orwell's best writing in this magnificent collection that focuses on England, a country that he found both endearing and frustrating.

In the brilliantly perceptive *The English People* he lists the national characteristics as 'suspicion of foreigners, sentimentality about animals, hypocrisy, exaggerated class distinctions, and an obsession with sport.'

The Road to Wigan Pier, his blistering account of poverty in the north of England, and his essays on class and the horrors of life at private school violently attack what he famously called 'the most class-

ridden country under the sun.'

Yet other writings here also ruminate on the merits of cricket, gardening, roast dinners, pubs, cups of tea and seaside post-cards, showing Orwell's attitude to Englishness in all its lively complexity.

Orwell provides an objective account of the lived experience of the working class through a vivid description of their living and working conditions.

He goes underground in a coal mine and walks and crawls over a mile through low roofed tunnels to the coal face where men

work in the heat and dust for seven hours a day.

He also stays in the miners' homes. He lives on their meagre, unhealthy diets and immerses himself in their proletarian culture which is rich and vibrant despite their privations.

Having considered the economic base of England in the late 1930s, Orwell then examines how this shapes and determines the rigid social structure. He comes from what he describes as the 'lower upper middle class', which indicates how nuanced

the class system was (and still is) in England.

He depicts the working and middle classes as two tribes that are completely separated from each other. It is as if they live in separate worlds rather than sharing the same crowded little island.

For Orwell the solution to England's economic and class problem is socialism, but how is this to be achieved? He says working class people aren't clamouring for social change because socialists trying to sell it are middle class and don't understand the proletariat.

He also suggests the central thrust of the Socialists message is 'progress' lies through greater mechanization

and automation and workers view it as a threat, not an opportunity.

Orwell is a harsh critic of England but he also defends its virtues in *England Your England* when he points out that 'Above all it is your civilization, it is you.' In other words, England the country cannot be separated from the English people:

'However much you hate it or laugh at it, you will never be happy away from it for any length of time. The suet puddings and the red pillar boxes have entered into your soul. Good or evil, it is yours, you belong to it, and this side the grave you will never get away from the marks that it has given you.'



John Pateman
BOOK BANTER

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

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

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Human stupidity is widespread

By JR Shermack

Human behavior is a complex, convoluted and controversial subject and this is especially true if you consider the many detrimental effects of human stupidity.

Albert Einstein once observed, "The difference between human stupidity and genius is that genius has its limits."

It boggles the mind how even the brightest, most educated individuals can be overtaken and overwhelmed by the rising tide of ignorance and stupidity that affects us all.

If you have ever done anything stupid or if you are dismayed by the apparent upsurge in stupid human behavior in 2022, in both cases you are not alone.

In fact, examples of human stupidity are widespread across all demographics, all age groups, and all income levels regardless of education or background.

From small errors in judgement that inconveniently disrupt our daily routines to the moronic high level

decisions that adversely affect millions of lives, stupidity is a global force.

And as we see from the bizarre political landscape, the upsurge of international turmoil and the unfettered chatter on social media, stupidity is a force to be reckoned with.

This is nothing new. Italian economist Carlo Cipolla knew this in 1976 when he penned a short essay entitled *The Basic Laws of Human Stupidity*.

The author initially intended his analysis as a lighthearted joke shared only with close friends and not to be taken too seriously, but his ideas quickly gained credibility.

The essay was enthusiastically received and it was published and translated into many languages and distributed worldwide, bringing the author considerable success.

Today it is regarded as a benchmark for stupid research – you can decide for yourself how seriously to regard the author's five basic laws and if they apply to you.

Basic Law No. 1 – Always and

inevitably everyone underestimates the number of stupid individuals in circulation.

We may also be underestimating the power and influence of stupid human behaviour over the events that shape our future as we jump from one global crisis to another.

Law No. 2 – The probability that a certain person is stupid is independent of any other characteristics of that person.

As a human characteristic stupidity is equally distributed through all walks of life – there is the same percentage of stupid billionaires as there are stupid wage earners.

Law No. 3 – A stupid person is one who causes losses to another person or group while gaining nothing or even suffering losses themselves.

One of the most confounding aspects of stupid human behavior is how it can turn a win/win situation into a scenario where everybody loses, smart and stupid alike.

In the essay this is referred to as the realm of the "super stupid" who



There are a lot of different types of stupid, according to a 1976 essay by Carlo Cipolla. behave unreasonably, irrationally and unpredictably.

Law No. 4 – The non-stupid

always underestimate the damaging power of stupid behavior.

It is a mistake to think that you are somehow immune from the effect of stupid behavior or that stupid people are harmless and can only hurt themselves.

Science fiction writer Robert Heinlein put it this way, "Never underestimate the power of human stupidity."

Law No. 5 – Stupid people are the most dangerous type of people.

This Basic Law of Stupidity may be exaggerated and overstated (just like the previous four) but through irony and common sense they illuminate some captivating ideas.

As for me, I remember what my mother said to anyone she caught doing or saying something stupid, "You need to go home and take some smartening-up pills,"

Considering the worldwide pandemic, a dangerous, new war and the super stupid human behavior that fuels global warming, that could be a prescription for the whole planet.

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The Bay

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April 14 Morriseau paintings unveiled

Confederation College is hosting its first in-person event in two years, combining a showcase of Indigenous cuisine along with the unveiling of two Norval Morrisseau paintings returned to the college after being stolen 40 years ago.

The event runs from 5:30 p.m. to 8:30 p.m. at Ryan Hall in the college's Shuniah Building. Tickets are \$100 apiece and are available through the college website.

April 15 Easter Egg Hunt

After two years on the sidelines due to COVID-19, the annual Easter egg hunt at Frank Charry is back.

Families are invited to flock to the city's east end for 11:30 a.m. on Good Friday to take part in the hunt, a race for chocolate-filled eggs and the chance to win plenty of prizes.

The event is free for all, and the kids

will go off in four waves, based on their age group.

April 16 Avery Raquel in concert

The Sleeping Giant Folk Music Society has been presenting concerts in Thunder Bay since 2001 and return with Avery Raquel on Saturday night.

Think old-school '70s vibe, but with a modern twist. Raquel is a Billboard charting Canadian artist prepping for her self-titled fourth release, described as alternative soul, influenced by the likes of Etta James, Carole King, Lauryn Hill and Amy Winehouse.

Tickets are \$32.84 and are available at www.sleepinggiant.ca.

The show takes place at the Port Arthur Polish Hall at 102 Court St. S.

April 16 ABBA Revisited

Looking for an ABBA-salute blast of an evening? The Thunder Bay Community

Auditorium is the place to be on Saturday night, the No. 1 tribute band paying homage to the '70s hitmakers from Sweden.

From *Waterloo* and *Dancing Queen*, to *Mamma Mia* and *Take a Chance on Me*, ABBA revisited will take you on a nostalgic trip back through time through the music of this iconic foursome.

Tickets are available at Ticketmaster and run from \$53.50 to \$63.50, plus fees.

The show is scheduled to start at 7:30 p.m. and there are plenty of good seats still available.

April 17 Celtic Illusion

Featuring a stellar case of champion and international dance performers from Riverdance and Lord of the Dance, Celtic Illusion audiences can look forward to some of the fastest tap dancing in the world along with an incredible soundtrack too. The show is at 7:30 p.m. at the Auditorium, tickets through Ticketmaster.

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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Municipal election coming

Nomination window opens on May 2, will close on Aug. 19

By Ian Kaufman - TB Source

The City of Thunder Bay has kicked off the 2022 municipal election season, providing notice of key dates and new ways to vote.

The city's election website is now live, offering information to voters and potential candidates ahead of the Oct. 24 election.

The nomination period for candidates will open on May 2.

"As the returning officer for the municipal election, I'm pleased to officially announce election season has begun here in Thunder

Bay," said city clerk Krista Power. "Preparation work is well underway at the election office here in city hall, and we are excited to introduce some new options for voters this year."

That includes drive-through voting, new in 2022. More information about that process and voting locations will be available in September, the city said.

Electors will be able to vote online 24 hours a day starting Oct. 5, until 8 p.m. on election day, which is Oct. 24.

Nearly 58 per cent of voters in Thunder Bay's 2018 election cast their ballots online, while 37 per cent voted in person, and five per cent voted by phone - an option the city won't offer in 2022.

To be eligible to vote, you must

be a Canadian citizen, at least 18 years old, a resident of Thunder Bay or the owner or tenant of land in Thunder Bay, or the spouse of such a person, and not be otherwise prohibited from voting.

Canadian students who are from outside Thunder Bay, but living in the city while attending school, are allowed to vote in both their home municipality and Thunder Bay.

Positions elected include mayor, five at-large councillors, seven ward councillors, and school board trustees.

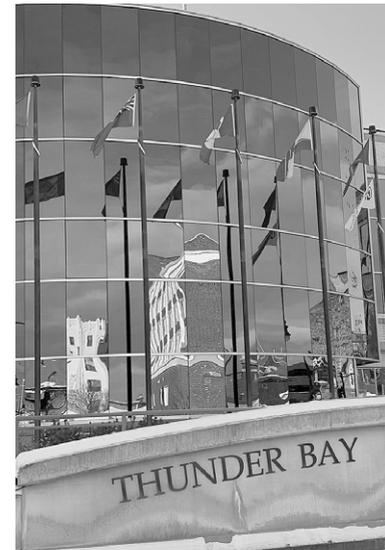
Voters are encouraged to confirm online they are on the municipal voters list, which is separate from that for provincial and federal elections.

A candidate information session will be held virtually and in-person on April 20, and can be viewed on TV and online. More information for candidates is available at the city's website.

Candidates must file nomination papers with the city clerk between May 2 and Aug. 19. The city noted candidates must book an appointment to do so online or by calling (807) 625-2230.

The next term of council will start on Nov. 15, 2022 and run until Nov. 14, 2026.

The budget for the upcoming election is estimated at \$650,000, up from \$566,600 in 2018. The city has said increased costs for COVID-19 sanitation, postage, and staff wages help explain the jump.



The municipal election will be held Oct. 24.



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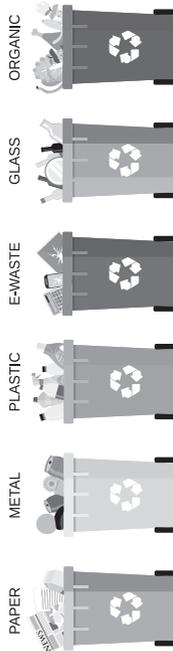
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Twinning gets cash

By Justin Hardy - TB Source

The Ontario government has awarded a contract to widen Highway 11/17 from two to four lanes between Thunder Bay and Nipigon that is planned to be complete by 2026 to Teranorth Construction and Engineering.

"Our government is taking action to ensure that we have safe corridors to travel for families and for goods and services across Northern Ontario. We're here in Dorion today to announce a \$70 million awarding of the contract to Teranorth to complete another major segment of the twinning of highway 11/17 starting from 587," Minister of Northern Development, Mines, Natural Resources and Forestry, Greg Rickford said.

"When this is complete, more than 70 per cent of the stretch between Thunder Bay and Nipigon will be twinned. We understand the opportunity, this is about safety, it's about the efficient movement of people and goods across our vast region."

The contract, valued at \$107 million, includes \$77 million in provincial funding and \$30 million in federal funding and is planned to create or sustain approximately 750 direct or indirect construction jobs.

"In our region people travel long distances to reach neighbouring communities, whether it be to go to work, visit family or access services. Our Government is committed to ensuring they can get to their destination safely and with ease," said the Minister of Indigenous Services Patty Hajdu.

"I am happy to see this project moving forward with the support of both the Government of Canada and the Province of Ontario. This is a critical project which will create jobs, reduce commute times and increase road safety."

Teranorth Construction and Engineering will begin twinning the highway in the fall of this year with an expected completion date by 2026.

The scope of the work needed to be done to complete the long-awaited project include twinning 14.4 kilometres of Highway 11/17 starting east of Highway 587 easterly towards Nipigon, building two new bridges over Pearl River, realigning municipal road connections at West Loon Road/Mirror Lake Road, East Loon Road, Silver Lake Road and Road No. 5 South, two new concrete culverts at Oyster Creek, drainage improvements, and new lighting at new municipal road intersections and four to two-lane transitions.

Both Rickford and Hajdu stressed the importance of consultation with regional Indigenous communities in every part of the process of this project.

"I think that it's important to work with Indigenous communities on any project whether we're talking about massive infrastructure builds like this or we're talking about resource extraction or economy," Hajdu said.

"Increasingly, we're seeing governments of all levels and indeed the private sector understanding that this really needs to be collaborative and that Indigenous people do need to see economic benefits from major economic development initiatives.

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A memorial was set up honouring Kayleigh Ival shortly after her 2020 death. (FILE)

Hearing set in teen death

By Doug Diaczuk - TB Source

A judge will determine if there is enough evidence to commit a 17-year-old youth to stand trial on the charge of first-degree murder for her alleged role in the 2020 death of 14-year-old Kayleigh Ival.

The preliminary hearing opened in a Thunder Bay Courtroom on Monday before Justice Elaine Burton. There is a publication ban on all evidence presented during the preliminary hearing, as well as the identity of the youth in accordance with the Youth Criminal Justice Act.

Crown attorneys, Tiffany Boisvert and Gordon Filmore, are expected to call 17 witnesses to testify throughout the hearing. The youth is represented by local defense attorney, George Joseph.

The youth, who was 14-years-old at the time, was first charged with first-degree murder on May 4, 2020 following an investigation by the Thunder Bay Police Service into Ival's death.

Ival was first reported missing on April 27, 2020 after not being seen since the previous day. Her body was discovered later on April 27 by a passerby in a wooded area near Arundel Street and Lyon Boulevard.

Jarrett Sainnawap, 23, was also arrested

and charged with first-degree murder and aggravated assault. He has since pleaded guilty to the lesser charge of accessory after the fact to murder in Ival's death, and guilty to the aggravated assault charge for a separate attack on a male that occurred three days earlier.

Sainnawap was sentenced to three years but was credited with 30 months of pre-sentence custody, leaving him approximately six months left to serve. The sentence is to be followed by three years probation.

Prior to sentencing, a psychiatric assessment and Gladue report for Sainnawap were submitted by defense counsel Gil Labine to the court, but the reports are sealed for privacy reasons.

It was stated on record that Sainnawap does suffer from mental health conditions and intellectual deficiencies, leaving him susceptible to impulsive behaviours and coercion by others, as well as intergenerational trauma resulting from the Residential School system.

Sainnawap apologized to the court during sentencing, saying he was unable to stop somebody from hurting someone else.

The preliminary hearing for the youth is scheduled for two weeks.

Fishing's life lessons

Life is full of distractions, especially for kids. Fortunately, outdoor activities like fishing provide an opportunity for us to get away from the least important of these diversions.

When we are fishing, it seems natural and effortless for children to learn about things like patience, problem solving, competition, and self-reliance.

Waiting for things in life is hard. In a world where technology provides instant answers, patience is a tough skill to teach.

A virtue that encourages us to keep trying and to work hard to reach our goals, patience is a skill we can all work to improve on.

Spending a day on the lake, fishing rod in hand, gives us the opportunity to show our children that patience pays off. With a bit of time, the right set of tools and a little luck, they will catch a fish.

Maybe it doesn't happen the first time on the water, but with enough patience and perseverance it will happen, and a lot of learning will occur in the process.

Lessons to learn

One key to success in all aspects of life is the ability to solve problems. Fishing offers infinite opportunities to make adjustments in the pursuit of success. Choosing where and when to fish, along with selecting the right size and colour of lure, are all choices that affect the results we achieve. Sharing our best tips will help our young ones realize we always have alternatives and that failing at first doesn't mean failing forever.

Having a fish finally strike after coming up with a new presentation rein-



There's plenty to learn that can be used in every day life when out on the water fishing.

forces the notion that there is always a way to succeed.

Competition is healthy. In our youth, my friends and I would often compete to see how many fish we could catch and release in a day.

The result was that we all learned to be better anglers. Competition teaches us to always strive to do better and to be better. That drive of constant self-improvement is a very important value as it teaches children

to keep chasing success in life. Dealing with loss is a tough lesson to

learn. Every angler knows that hollow feeling in the gut when they hook a trophy fish, it gets within reach of the net, and then... snap, the line goes limp.

Losing that fish, or any big opportunity in life, is tough for our kids to deal with. However, when they can learn to re-focus on their goal, to make adjustments and better choices, then they will learn how to achieve a better outcome in the future.

Being self-reliant is important and so is the ability to work on a goal and see it through to the end.

Self-starting

Independence and responsibility come from making the first unassisted cast, landing that first fish, carefully releasing it and then watching it swim away to fight another day.

Encouraging our kids to always try, to be confident, and to strive for independence can only help them as they face future challenges.

Finally, one of the best gifts we can give our children is to teach them how to enjoy what is happening in the present moment. Getting outside, whether fishing or otherwise enjoying nature is one of the best ways to do this.

There are so many sights and sounds to take in, that there is no need to bring an iPad or headphones along. There is great value in just relaxing and soaking up a real live experience.

While it may not be obvious at first, the art of angling is a metaphor for life itself.

When we pass along our knowledge and passion to a young person, we are doing more than teaching them how to catch a fish. We are in fact giving them lessons that will allow them to live a good life.



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Fourth dose recommended

Those 60 and older now eligible for another vaccine

By Justin Hardy - TB Source

With Ontarians aged 60 or older, Indigenous people over the age of 18, and those at risk of severe illness from COVID-19 becoming eligible for a fourth dose of the COVID-19 vaccine, the Thunder Bay District Health Unit's medical officer of health, Dr. Janet DeMille is encouraging all those now eligible to go out and get it.

"For many people, they're approaching five months from their booster dose. And we do know that there is evidence of waning immunity, whether it went after somebody's had a

vaccine dose or even if they've had a COVID infection, they might have initially very good immunity, and that wanes over time," said DeMille.

"So the recommendation is that individuals 60 years of age and older consider getting that fourth dose or that second booster dose especially if it's been five months which is actually 20 weeks or 140 days after their third dose."

That fourth dose eligibility for people most vulnerable to the COVID-19 virus comes along with a rise in the data coming from the city's wastewater.

"For the city of Thunder Bay's wastewater plant, there was definitely an increase in the numbers. So, we were at a low point around the middle of March and over the course of several weeks in March it was fairly low and in recent

weeks we're seeing that go up," said DeMille.

"We did receive an additional two data points this morning and we're still processing it up. They're actually a bit lower than the previous data point. That previous one was March 30 from last Wednesday. We have now received April 1 and April 4 which are a bit lower but it does show that we're still higher than we were in the middle of March."

DeMille also says there is an increase in outbreaks in high-risk settings, currently sitting at four while we were at 0-2 throughout March.

"So we do see perhaps a trend to increasing, but we're not seeing, as of right now, in our data, that sort of more rapid increase that has happened in other areas," said DeMille.

"However, I very much believe it's coming and it could be coming within the next week or so."

DeMille said the vaccine is still our number one way to reduce our risk of catching the virus or requiring hospitalization from the virus.

"It doesn't matter how tired we are, it's still going to be here, it's still going to spread and it's not over and, you know, that's a difficult reality to accept. And when we look at something like Omicron and how quickly it spreads and how pervasive it can be, that a lot of people are going to be exposed, they're going to be infected and they're going to be sick.

"For some that will be a mild illness, for some that won't be mild and they'll pass it on to others."

The Health Unit's Dr. Janet DeMille.

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Rabbit a tasty treat

With Easter fast approaching and my typical dark sense of humour being on display proudly, this week we are going to discuss cooking rabbit. Rabbits are a great source of lean meat, however their size makes it slightly cost prohibitive to have regularly.

Rabbits have naturally strong hind legs, which is the source of most of their meat, with not a lot of other meat on the other parts of the animal.

With rabbit being so lean, it can dry out very easily during cooking, and once overcooked it can easily become an unpleasant experience. There are only a few ways to cook the meat while ensuring it stays moist.

Braising your rabbit in a stew or with complimentary vegetable in a hearty broth is one way to accent the gamey flavour of the meat.

In most rabbit stews you should cut that gamey undertone with wine, a pale ale or other acidic component. If you want to skip the booze or acid, you can also trick your tastebuds a little with some fresh blueberries or cranberries; the tartness of the berries will mimic the acidity a tiny bit while adding a new flavour layer.

Other components in such dishes include leeks, wild mushrooms, carrots and celery root. With Rabbit being such an earthy meat, the denser vegetables become far more flattering to the natural hints in the meat.

Frying rabbit has become more popular in recent years. With a classical buttermilk breading becoming the front runner for most people.

As discussed earlier with the tartness of the berries, the buttermilk continues this flavouring trend, although in a far more



Rabbit can be cooked in a variety of ways and makes a great, healthy meal. (AllRecipes.com)

understated way. You should avoid heavy seasonings in your breading as they can take away from the star of your meal, which is of course your rabbit. That being said, I am not a cop, you can go full on southern fried rabbit and if that's your jam, you go right ahead.

When I was apprenticing, lemon caper butter was a staple of many fish dishes in hotels across North America. Yet, the taste profile is also very kind to roasted rabbit.

You can get away with a very light seasoning on your rabbit then when it's about 90% cooked

you can dab your cold butter onto it and let it melt and baste your rabbit during the last few moments of cooking. It will make the skin glisten while adding a beautiful mellow lemon hint.

While rabbit can be a bit of a pain to cook, you can also add a level of sophistication to it with a few tips and tricks and some understated seasoning. The cost can make you apprehensive to give it a try but you don't need to be intimidated by it.

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.



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Let's give spring a chance

OK, I was perhaps too optimistic. Last column I was hopeful that we were about to swing into Spring. I talked about mud season and puppy paws. Hah!

Then we received Snowmageddon.

Where we live we figure we had 60 centimetres

The problem for me was the absence of my ancient snow-removal machine, my tractor Big Red that was still in the repair shop receiving a new clutch.

Oh, yeah, and we lost power at 6 a.m. Wednesday morning and it wasn't restored until 3 p.m. Friday afternoon.

Many heartfelt thanks to the Hydro chaps for fixing. I met a couple of crews on our road Friday afternoon and learned that one of them was all the way from Blind River!

Wednesday afternoon I trudged to the end of our driveway only to learn that the township grader

had been by and piled the snow in very large blocks blocking the entrance to Casa Jones. Well, it was obvious that even if I could negotiate the driveway with our four-wheel drive truck, there was no way that I would be able to get onto the road. And me with no tractor.

Solution? I called on a wonderful chap with his own grader who came Thursday afternoon and broke through the wall, cleared a wide path down one side of our driveway and around our "hoosie", and proceeded to clear in front of the barn.

Now we could drive off the property.

But as I mentioned, we were without electricity for 60 some hours.

Fortunately, we had a propane cook stove and the foresight to run pails of water as the storm began. In the barn I filled eight buckets for the horses so they had water in their stalls. I

worried that their outdoor water tub would freeze, but Friday morning as the sun finally appeared, I noted the ice formed due to the lack of power to the tub heater, was only an inch thick and easy to break.

But the horses had finished the round, hay bale in the paddock and I didn't have Red to cart another one from the hay storage area into the paddock.

Again, fortunately, we had managed to procure small square hay bales for a friend's farm and I was able to carry two of those per day and spread it around for the equines to munch during the day.

While we weren't able to use the electric or wood boiler, we do have a fireplace and I kept the home fires burning almost constantly during our ordeal.

The living room was warm and using the propane cook stove to make coffee or cook meals heated up that area as well.

Many years ago when we lived in a small cabin, we had a huge snow storm that knocked out hydro. The water line from the well ran over bedrock and it froze

too.

We had a wood stove in the living room and I would gather snow from outside to melt on top of the stove.

I soon learned that a full canister of snow when heated results in an inch of water - not a heck of a lot. The process had to be repeated many times to get any amount. Eventually we insulated the waterline and added a copper heat line to keep it from freezing.

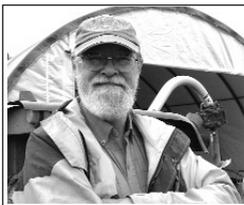
Cleaning the barn this time wasn't fun. So much snow fell, heavy and wet, that clearing a path to the paddock for humans and horses as well as one to the shavings shed and a place to dump the wheelbarrows of stall leaving was physically arduous.

But Red returned Saturday afternoon and Farmer Fred had his work cut out for him. Lots and lots of ploughing especially the lane down to where we dump the manure. Didn't make it. Red's rear

wheels just spun. I couldn't use the quad and cart for that purpose since the snow was far too deep. So, we still have to dump manure outside the barn until enough snow melts so that Red and I can get clearing.

Neighbours and friends all around us endured much the same privations except those who had the 'smarts' to install generators. When we built Casa Jones we installed the means to add a generator for basic electrical needs, but we didn't buy one. That is next on my list. It isn't so bad when it is just us in the house; livestock's a different story.

Sunday morning my wife, Laura, checked the forecast - more snow! "No-o-o-o!" I was heard to bellow. Monday morning: "It might change to rain," she added. Oh. That's spring-like, isn't it? With apologies to the late John Lennon, "All we are saying is give spring a chance."



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About 300 people took part in last Saturday's Polar Bear Plunge. (Justin Hardy)

Polar plunge

By Justin Hardy - TB Source

Roughly 300 Thunder Bay residents came by to jump into the freezing waters of Lake Superior Saturday afternoon and things were a little different this year; plunge teams were scheduled over a longer period throughout the day and the event was live-streamed to encourage spectators to watch the event from home.

Event chair, Ryan Gibson, says it's exciting that so many people have come down to support the charities and plungers.

"Coming out of Covid, I think people are ready to start doing stuff, there's an energy in the air.. they wanna see people. You can see people hanging around still, they wanna see the plungers. I think this just ties into the energy, it's a nice way to go into spring, and it's awesome," said Gibson.

The excited energy could be felt by both the spectators and the plungers, and everybody was happy to be able to see each other out after two long years inside.

"It's great to see everyone out here,

smiling and having fun. Just to see the friendly smiles on the kids when they see me, and I've seen lots of that today," said Samuel King, plunger.

The event raised over 92 thousand dollars, smashing their 50 thousand dollar fundraising goal and their previous record of 82 grand.

The money will be going towards the Special Olympics, Roots to Harvest, the CNIB, and for the first time, PRO Kids.

Gibson says the Polar Plunge was a huge success and he is grateful for how generous the Thunder Bay community is.

"You know what, I think people in this city, honestly, just love to give back, first of all, for all these worthy causes. And people are crazy here, they want to have a good time, they want to dress up, they want to see each other," said Gibson.

"And let's face it, you raise some money for a great cause, you come on down, you jump in the water, I've done it a number of times, it's easy, then you get out, and you got something to talk about."

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Wackadoodle comedy works

Whatever one has digested beforehand about *Everything, Everywhere, All at Once*, (SilverCity) one is still taken aback by what unfolds on screen: an inter-dimensional sci-fi/comedy/family drama. This will definitely appeal to the more adventuresome viewer.

Michelle Yeoh stars as Evelyn Wong, a harried Chinese-American laundromat owner who is facing various stressors in her life. She is in marital doldrums with her husband, Waymond, (Ke Huy Quan), gets rebellious snark from her daughter, Joy, (Stephanie Hsu) and disapprovals from Gong Gong, her traditionalist father visiting from China (James Hong).

She also finds herself with the family at the tax office being grilled by an unsympathetic, frumpy auditor, Deidre (Jamie Lee Curtis).

If that isn't enough, though, her husband – or a version of him – suddenly warns her right there that the 'multi-verse' is being threatened by evil forces.

Only Evelyn can save the world by connecting with the various lives she could have led. (Why the threat exists and why Evelyn has to be the hero is not entirely clear.)

Then-bang!-we are zipping through universes, whizzing back and forth through mini-story arcs where Evelyn takes on various guises and skills to battle with the evil Jobu Tupaki (also played by Stephanie Hsu) who keeps trying to lure Evelyn through a threatening portal in the shape of a giant bagel. Huh?

Thus, Evelyn is variously a martial arts warrior, a movie star, a romantic who may have found true love with another version of her husband, and oh yes, she and her daughter are little rocks with jiggly-doll eyes overlooking the Grand Canyon communicating through salty word



Michelle Yeoh is the star of *Everything, Everywhere All at Once*, now playing at SilverCity.

bubbles. But despite all the multi-dimensional skipping, we keep returning to Evelyn in the tax office increasingly harangued by Deidre.

So, is the multi-verse foofaraw really happening or is it a manifestation of Evelyn's stressed-out mind?

Everything is the wackadoodle brainchild of co-directors Dan Kwan and Daniel Scheinert, aka "Daniels" responsible for 2016's *Swiss Army Man* where Paul Dano rode to safety at sea riding atop Daniel Radcliffe's propelling farting corpse. (You see where these guys are coming from.)

The film is a Mixmaster of tones, genres, pop culture asides, raunchiness, and dazzling action, though it all gets a bit wearing. Somehow the Daniels manage to

make inter-connected craziness work. One admires their technical prowess, imaginative vision, audaciousness and playfulness.

The multi-verse chaos is buttressed by the family conflict themes---wife vs husband, mother vs daughter---that give the movie its heart.

This is largely due to charismatic Yeoh, (*Crazy Rich Asians*) who makes palpable her desperate need to hold her family together despite the bizarreness that engulfs them. Quan and Hsu are wonderful too, especially Hsu who embraces the bewitching daughter/adversarial villainess duality. James Hong, veteran of countless film and TV roles, is a welcome presence.

Everything nearly wears out its welcome. It could've been shorter with fewer endings.

Still, just having "Everything" available at SilverCity is remarkable in itself.

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- ACROSS**
- 1 Hemp shrub
 - 4 Opening
 - 7 Female sheep
 - 10 Fr. soprano
 - 11 Compass direction
 - 12 Bean
 - 14 Addendum
 - 16 Rosebud, e.g.
 - 17 Burmese knife
 - 18 Hindu prayer position
 - 20 Pair
 - 21 Tosspot
 - 22 Russ. inland sea
 - 24 Ancient fish
 - 27 Balm
 - 30 Cork helmet
 - 31 Cathode-ray tube (abbr.)
 - 32 King of Israel
 - 33 One of the Seven Hills of Rome
 - 35 Desolate
 - 36 End

- ANSWER TO PREVIOUS PUZZLE**
- B I G A D I D S N A B
Y M I R A L I K A L I
O B T A I N E D A R G O
B E E S T A Y S A A L
 A H A M A S H
R A B B I S U M M A R Y
U R A N S E S A R E A
M O S E L L E P L I N Y
 I R A E L E T
C P L B E L I E L O A
L A I R P A C K D O W N
A L S I E L I U L N A
D E K A R O T C A S K

- DOWN**
- 1 Scientific name (suf.)
 - 2 Annul
 - 3 Async-Sync Interface (abbr.)
 - 4 Spirit (Ger.)
 - 5 Forest ox
 - 6 Banner
 - 7 Loop trains
 - 8 Collima (2 words)
 - 9 Flightless bird
 - 10 Block
 - 13 Stir
 - 15 New Mexico art colony
 - 19 Amer. Red
 - 21 Pile
 - 23 Mush
 - 24 Et cetera (abbr.)
 - 25 Haitian voodoo deity
 - 26 Gibus (2 words)
 - 27 Container
 - 28 pro nobis
 - 29 One who is (suf.)
 - 31 Pers. lynx
 - 34 John, Gaelic
 - 35 Blue (Fr.)
 - 37 Hades
 - 38 Love (Lat.)
 - 39 Jap. writing system
 - 41 Caribbean island
 - 42 Qualified
 - 43 Wampum
 - 44 Fortify
 - 46 Ancient (abbr.)
 - 48 Honey

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SPRING INTO SUMMER

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Fighting Walleye into SJHL final

By Leith Dunick – TB Source

The Kam River Fighting Walleye are moving on.

Forward Dayton Clarke buried the overtime winner past Thunder Bay North Stars goaltender Jordan Smith 8:47 into the extra frame, earning the Fighting Walleye a 4-0 sweep in the best-of-seven Superior International Junior Hockey League semifinal.

Clarke, who drew an assist on Jeremy Dunmore's equalizer late in the third, called the 2-1 win a relief, giving him and his teammates an 11-day rest before the Bill Salonen Cup final is expected to begin on April 22.

"Everybody dreams to score the OT goal and sweep them. We're just

tired, if anything. But the job's not done yet. We'll go up in the next series and try to do the same thing that we did here," said Clarke, a Victoria, B.C. native who will attend the University of Oregon next season on a mixed hockey and baseball scholarship.

For now, the 20-year-old is leaning toward the hockey side of the deal.

Acquired midway through the current campaign from the Elliot Lake Red Wings, Clarke put up 10 goals in 14 regular seasons games, but had yet to score in the post-season.

The goal came off the perfect feed from Calvin Morrow, who fired the puck into the slot from behind North Stars goaltender Jordan Smith.

Clarke did the rest.

"It was at the end of the shift. I was tired and kind of lollygagging. But we put the puck in deep and (Calvin) just fed me out front. It just happened. Every goal is as big as the last, it was a group effort," he said.

It was the first playoff series win for Kam River, denied a chance to play in last year's post-season when COVID-19 cancelled an already shortened schedule.

Neither team was able to score in the first, the Stars generating the most chances, but coming up empty in front of 1,627 fans at Fort William Gardens.

Matthew Halushak finally snapped the scoreless tie at 15:35 of the second, taking a cross-crease pass from Lou Vesperini and banging it



Dayton Clarke (left) battles Zach Davis.

off the post and into the net behind Fighting Walleye goaltender Austin Madge, who made 45 stops on the night.

Jeremy Dunmore finally got the Fighting Walleye on the board, burying a rebound after Thunder Bay forward Dimitri Trahiotis made a weak clearing attempt that kept the play alive.

Foreshew, playing his final game with the North Stars, said it was a heartbreaking way to have the season come to an end.

"We had so many opportunities to end it in overtime. We had chance after chance. Sometimes they just don't go in," he said.

Smith made 40 saves in the Thunder Bay net.

Kam River will next take on the winner of the Dryden/Red Lake semifinal, currently tied at a game apiece, the winner of that series advancing to the Centennial Cup.

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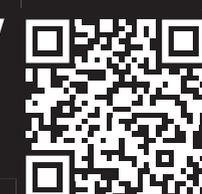
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Jays pitching woes

The Toronto Blue Jays offence delivered as advertised over the opening weekend of the baseball season.

Friday night's thrilling comeback from 7-0 down was fun to watch, even if it was over my shoulder and on my laptop while covering Game 2 of the Fighting Walleye/North Stars semi-final at the Norwest Arena.

But what I wasn't expecting was how suspect the pitching would look.

Jose Berrios, the opening day starter, didn't escape the first. A day later, Kevin Gausman got roughed up a bit, and on Sunday, former Cy Young contender Hyun-Jin Ryu was chased in the fourth and the Jays blew a 6-1 lead, falling 12-6 to the Texas Rangers.

It's too soon to panic, and the pitching doesn't have to be perfect for the high-octane offence to overcome, but giving up 23 runs in a three-game set isn't going to result in many series wins.

Tiger Woods didn't win The Masters, finishing in 43rd place when all was said and done on Sunday.

But if you'd told me a year ago he'd make the cut and be in contention heading into Saturday at Augusta in 2022, I might have laughed in your face.

In Ben Hogan style, Woods showed he's still got a little left in the tank. I can't wait to see what he does at St. Andrew's later this summer at the Open Championship.

Hats off to Scottie Scheffler, who showed he's truly the world's No. 1

golfer, beating Rory McIlroy and his final-round 64 by three strokes - despite four-putting the 18th hole.

Corey Conners had a great finish, winding up at three-under par in a tie for sixth, guaranteeing he'll be back again in 2023.

JJ Spaun, the 2015 Staal Foundation Open champion, made the cut and wound up tied for 23rd, pretty good for a Masters rookie.

□□□

Speaking of the Staal Foundation Open, I really wish there was a way to bring the event back in some shape or form. It was one of the best events of the year during its time on the Mackenzie Tour-PGA Tour Canada schedule, from 2014 to 2018.



Leith Dunick
SPORTS SHORTS

In addition to Spaun and Conners, local golf fans had the chance to see the likes of C.T. Pan, Mackenzie Hughes and Kramer Hickock up close and watch them develop into top-rank PGA Tour players.

Unfortunately it takes a lot of effort to put an event of that magnitude on, and without the Staal brothers name, it loses a bit of its lustre. How about the Carter Hutton Open?

□□□

It was great to see packed houses at both the Norwest Arena and Fort William Gardens for the SJHL semi-final series between the Fighting Walleye and Thunder Bay North Stars.

The Fighting Walleye have created a real hockey atmosphere in their undersized barn, which has been

dubbed the Fish Tank.

The North Stars have followed suit, inviting minor hockey teams and first responders to fill the stands, taking things back to the heyday of the Lakehead Thunderwolves a decade-and-a-half ago when sellouts were routine.

There were 2,368 fans at the Gardens on Sunday - many of them cheering on Kam River, mind you - and the two teams did not disappoint, the game a 2-2 tie heading into the decisive third period in a 5-2 Fighting Walleye win.

□□□

Took a break from writing the column and while I was out, saw The Athletic's Shams Charania, one of the top NBA insiders, suggesting the dysfunctional Los Angeles Lakers are going to ask permission to talk to the Toronto Raptors coach, Nick Nurse.

It's not going to happen.

Nurse, who led the Raptors the 2019 NBA championship, has got a great thing going north of the border and isn't about to jump ship to a franchise that's only path to a championship is to buy it.

The Lakers are a mess.

And we all know who runs the show - LeBron.

This is a team that's drafted five all-stars since 1994 - albeit they did trade for future hall-of-famer Kobe Bryant after the 1996 draft.

Yes, they've won six NBA championships since 1994, including one in 2020, but with LeBron another year older and Anthony Davis unable to stay healthy, why would Nurse want to take on the coaching reins with so little payroll wiggle room?

Doc Rivers is a better fit.



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 — Ralph Waldo Emerson

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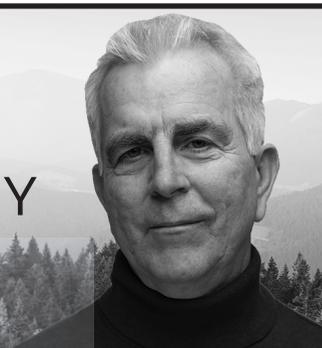
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