

SHOTS FIRED: Thunder Bay Police stand guard on Archibald Street last Friday after a shooting incident led to a man being taken to hospital with life-threatening injuries.

Local courses adamant sport is safe to play during stay-at-home order /14









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## LOCALNEWS



ON GUARD: Police investigate a shooting incident on Archibald Street.

# Man shot

### Victim suffers life-threatening injuries

### CRIME

By Leith Dunick – TB Source

Toronto man was rushed to hospital with life-threatening injuries Aon Thursday night and no suspects have yet been taken into custody following a shooting incident on Archibald Street on Thunder Bay's south side.

Thunder Bay Police said the major crimes unit has been on scene since the incident was first reported and urged anyone with any information to come forward, as neither a suspect nor the weapon used in the shooting has been recovered.

It's the third shooting incident in Thunder Bay in less than a week. Police on Monday reported separate incidents on Saturday night on Gore Street West and on Sunday night on Limbrick Street.

Det.-Insp. John Fennell said police at this time cannot rule out the possibility all three incidents are connected, though on Friday afternoon he stopped short of making that connection at this time.

Regardless, Fennell said, three shooting incidents in such a short period are troubling.

"Historically firearms were quite a rare event in Thunder Bay. It's now that we're dealing with them on a very regular basis," Fennell said, adding that police, in particular the drug unit, are regularly seizing firearms of late, including handguns, large-capacity magazines and semi-automatic weapons, all related to other criminal activity in the city.

"A lot of it is being influenced by southern Ontario, which is extra concerning. I'll say that it's a national problem, but particularly Thunder Bay has escalated greatly in the last two years as well," Fennell said.

Police were unable to say if the victim was known to police at this time. They also did not name the victim.

The original police release follows:

Police are investigating the circumstances surrounding a serious assault that occurred on the city's south side Thursday evening.

Members of the Thunder Bay Police Service's Uniform Patrol Branch were dispatched to a disturbance in the 400 block of Archibald Street South just after 7 p.m. on Thursday, May 6. Members of the Emergency Task and Break and Enter and Robbery (BEAR) Units were also called to the scene.

Police learned a Toronto man was transported to the Thunder Bay Regional Health Sciences Centre for further evaluation and treatment of his serious injuries. Those injuries are believed to have been sustained during an assault.

Further investigation revealed a firearm was involved in this incident.

Members of the TBPS's Major Crimes Unit and Forensic Identification Unit are now involved in the investigation.

If you have any information that could assist investigators please call police at 684-1200 or Crime Stoppers at 1-800-222-8477, online at www.p3tips.com.

## LOCALNEWS



TASTY TREAT: Steven Scollie showcases a new logo for a Holto-branded pancake mix that is being sold to the public.

## Hoito's mixing it up

## Restaurant backers hope sale of pancake mix will hasten opening

#### BUSINESS By Gary Rinne – TB Source

The Finlandia Co-operative of Thunder Bay is resuming its fundraising campaign to help get the historic Hoito restaurant reopened.

The campaign includes selling a new authentic Hoito pancake mix, and a pop-up online merchandise store. Development of the pancake mix has been underway

for the past few months in partnership with Thunder Bay's Big Lake Pasta.

"We started with the original pancake recipe from one of the former Hoito head cooks, but that recipe is meant to make batter for hundreds of pancakes," says Finlandia Co-op interim president Paula Haapanen.

She said Big Lake Pasta owner Andrew Murchison "has been an enormous help to find the right balance so that the pancake will taste and feel like the one you get at the restaurant."

#### Locally available

The mix is now available at local retailers including Maltese, Westfort Foods, George's Market and Dawson General Store.

The co-op also hopes to make it available soon through Amazon so the mix can be ordered by people outside Thunder Bay.

The temporary merchandise outlet, set up through Sportop, offers ball caps, t-shirts, sweaters, mugs and other items displaying a new Hoito logo designed by Kurt Albert of Great North Graphics.

Haapanen said the store will be open until Father's Day, and items will be available for pickup about two weeks later.

"We can't preorder the merchandise because we have

nowhere to keep it. So until we have our own space, Hoito supporters can order directly from our online store setup by Sportop."

The Finlandia Co-operative had originally sought to buy the Finnish Labour Temple after the Finlandia Association was liquidated in the spring of 2020.

However, the property was purchased by Brad McKinnon who is now converting the auditorium and banquet hall into high-end apartments.

McKinnon has previously stated that he

wants to see the Hoito reopened at some point. The co-op, which is looking into leasing the restaurant, initially raised \$37,000 in the community last year when it attempted to buy the building.

#### Still working toward reopening

According to Derek Lankinen, a director of the co-op, the two parties have verbally agreed to continue their discussions about an agreement later this year.

The co-op would like to reopen the Hoito by next spring.

McKinnon could not immediately be reached for comment, but Steven Scollie – another member of the board of directors – said he understands why the owner's focus is currently on the renovations to the rest of the building.

Scollie said fixing up the Hoito will not be cheap. "Everything regarding a commercial restaurant is expensive...What we're faced with is bringing the restaurant up to code."

He added that the group doesn't have an estimated cost yet, but expects it will be into six figures.

Scollie also said the co-op expects to be selling memberships by early summer.

## **Weather Forecast**





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STEVEN SCOLLIE

## LOCALNEWS

## **Councillors want greener bus fleets**

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

A pair of city councillors expressed disappointment Monday that massive investments in Thunder Bay Transit won't be used to wean its fleet off of fossil fuels.

Coun. Andrew Foulds vented his frustration over city administration's projection that a move to electric buses remains years away, as council approved a funding agreement that will see over \$25.5 million spent to upgrade the local transit system by 2027.

#### Senior funding

Those improvements come through the Investing in Canada Infrastructure Program (ICIP), with costs split between the federal government (\$10.4 million), provincial government (\$8.5 million), and the City (\$6.6 million).

The City of Thunder Bay is eligible for a total of \$83 million in ICIP transit

funding over the coming years under the federal plan, including the first phase of \$25.5 million approved Monday.

That initial amount, announced in 2020, will be used to upgrade bus stops and transit hubs, purchase new buses, offer WiFi on board, introduce an electronic fare management system, and more.

Coun. Rebecca Johnson called the investment welcome news for the community.

"[It's a] good way of spending overall, I'm quite impressed with that," she said.

However, the at-large councillor questioned why the city wasn't moving away from fossil fuels as it spends \$4.9 million on new vehicles under the agreement.

"Why are we not thinking about electric?" she asked. "I mean, here's an opportunity with this funding... to do something creative and different."

General manager of community services Kelly Robertson told council-



ANGERED: Greener buses could be years away, say two city councillors.

lors the transit department had begun work on a plan to electrify its fleet, but the move hadn't been deemed feasible when the city applied for the first phase of ICIP funding two years ago.

"The [Thunder Bay Transit] team is just starting to explore an electrification strategy," she said. "At the time we submitted this application, which was back in 2019, the team didn't recommend electrification, based on benchmarking neighbouring municipalities here in the north, and in the northern U.S."

Questions over whether electric buses could withstand northern climates were one major factor in deciding to stick with diesel, she said, along with daunting infrastructure requirements like charging stations.

"We are working on it, but it's still a few years away from us," Robertson said.

That answer proved less than satisfying for Current River ward councillor Andrew Foulds, who said Thunder Bay now lags behind other Canadian cities on an important issue of municipal climate leadership.

Cities including Guelph, Toronto, Montreal, and Edmonton have recently moved to begin electrifying their fleets.

"I'm just so disappointed in the response," Foulds said. "We've got to be closer than a few years away. Edmonton's doing it... These excuses about cost and cold weather, I'm not buying them anymore."

#### **Front-and-centre**

Developing a transit electrification strategy would be a priority action for 2022-2023 under the city's "net-zero" strategy to reduce local greenhouse gas emissions. The plan sets a target of fully electrifying the Thunder Bay Transit fleet by 2035, but still requires council approval, with a vote expected on June 7.

Foulds worried the city was missing a major opportunity to begin making that transition by doubling down on diesel.



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## LOCALNEWS



SECOND CHANCE: Yuk-Sem Won ran federally four years ago and wants to build on those results.

## Won to run for NDP

### First-time candidate finished third in 2019 vote **POLICTICS** like boil water advisories, action on clima

By Doug Diaczuk – TB Source

Yuk-Sem Won will once again be carrying the NDP banner during the next federal election in the Thunder Bay-Rainy River riding.

Won was confirmed as the candidate during an uncontested riding association vote on Monday.

"I think after the last election in 2019, I knew it was a really important role and I wanted to be a part of the advocacy for the region," Won said.

"Going from the last campaign, it was really evident that we needed a good representative. The election turned out really close last time and right after, I knew I wanted to continue to bring forward not only the NDP, but ensure the current government was able to address the issues across Canada."

Won first put her name forward to run for the NDP in 2019 when she earned the nomination over Jason Storkson.

During the 2019 federal election, Won received 11,944 votes, coming in third behind Conservative Party candidate Lynda Rydholm, who received 12,039 votes and Liberal MP Marcus Powlowski who won the riding with 14,498 votes or 35.3 per cent of the vote.

"I knew right from after the last election that I wanted to put my name forward and hopefully the riding association could have me," Won said.

"Now it's confirmed and I am going to be able to continue to advocate for the people of Thunder Bay – Rainy River through the NDP lens and really be able to bring forward some of the issues prior to the election and the election when it's called and hopefully after."

Won said she will continue to advocate for the people of Northwestern Ontario on issues like boil water advisories, action on climate change, and health care needs.

"During the pandemic, we really saw the cracks in inequities across Canada," she said. "Those are things I think now, instead of just returning to a normal time as we recover form the pandemic, we need to come back better."

"What is going to be important is really ensuring we don't have a government that's about big business and their well-connected friends, that it's about the everyday people." The next federal election is slated for 2023

but with a minority government, an election could be called at any time. Won said NDP leader Jagmeet Singh will

not trigger an election during the pandemic because that is not something Canadians want.

"It's not about control and power for the NDP," she said. "It's about advocating for what Canadians want. If an election is called during the pandemic I think it will be more about power and control and gaining a majority government instead of being about helping Canadians."

But Won said she is ready no matter when an election will be called and the campaign trail will be different compared to the last election.

"One of the big changes is we are still going to be at the tail end, hopefully not in a pandemic. That means there's going to be changes in how you campaign and how you do the outreach," she said.

"In my last campaign, it was all about going and meeting constituents where they are and making sure we got the message out. We are very much about that face to face and talking to people. That is going to have to change and it's going to be a very different landscape for the campaign trail. But I think our message for the NDP and our focus hasn't changed."



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## **Editorial**

### **EDITORIAL**

## **Give us a real plan**

Ontario is on the verge of extending its stay-at-home order into the summer. Dr. David Williams, the chief medical officer of health, says he'd like to see the order remain in place until the province hits 1,000 cases per day or fewer.

It's time the Doug Ford government put a real plan together.

Follow Saskatchewan's lead. The province has set up a three-stage reopening plan, based on vaccination rates.

Once 70 per cent of the province over 40 is vaccinated, restaurants can reopen, with restrictions and indoor and outdoor gathering sizes grow. Once 70 per cent of 30 and older are vaccinated, there are no capacity thresholds at retail and personal care services and casinos, bingo halls, theatres and libraries can have up to 150 people inside.

Most other restrictions will be lifted when 70 per cent of adults are vaccinated, plus three weeks from the start of Step 2.

Ontario, on the other hand, has no plan. It's a seemingly endless stay-at-home order, with no tangible goals for the public to strive for, leaving little hope on the summer horizon.

It's also becoming clear there will be no return to regional restrictions anytime soon. It won't be long before people simply thrown their hands up in the air and stop listening. Guess what? It's already happenng.

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### Trudeau's failures

To the editor: Justin Trudeau's Liberal government was the most corrupt in Canadian history before the WE scandal. It has gotten bolder.

It started with Trudeau getting free vacations. Why is beyond me as he billed the taxpayer for a plethora of trips.

Then he allowed SNC-Lavalin to gouge the treasury. After all, they're friends. Trudeau's excuse he was protecting jobs in Quebec was ridiculous. If SNC-Lavalin didn't get the contract, some other firm would.

Then came WE. WE was an outrageous concept from inception. The entire premise was to pay youth for time they volunteered. Why?

The answer is obvious, to turn them all into goose stepping little Liberals. Trudeau tried to claim it was the federal civil services idea.

Documents proved this wrong. Trudeau's family members received hundreds of thousands of dollars in appearance fees from WE, then he shut down the commons investigation and threatened the RCMP if they investigated.

COVID-19 hasn't slowed down Liberal corruption.

Last year Trudeau paid Baylis Medical \$237 million for medical ventilators. Baylis Medical is owned by former Liberal MP Frank Baylis. Trudeau allegedly violated federal lobbying laws by giving Baylis the contract, then said he didn't know when documents allegedly proved he did. And Trudeau overpaid by \$100 million, or \$10,000 per ventilator. What's \$100 million between friends?

Now the Liberals want to police the internet with Bill C-10. Why now? Have they suddenly noticed what's on the internet and want to protect its purity? Of course not.

They see how well censorship of Republicans is working in the U.S. and they want in.

They want to censor what people say about the government. Last election they spent \$600 million to try and buy the press. They can't buy off the internet, so they want to muzzle it. Bill C-10 is easily the most offensive legislation in Canadian history and an assault on free speech. Infringement on free speech is a step on the slippery slope towards a police state. Perhaps that is what Justin Trudeau meant when he publicly stated he admired the government of communist China.

Inside deals with friends, lies, threats, debt, and Liberal greed, that's Trudeau's legacy.

Why am I not surprised? It's to be expected from a middle school drama teacher, after all, black face matters.

> James Sutherland, Thunder Bay

## LETTERS TO THE EDITOR



## **Traveling through books**



During a pandemic when international travel is either difficult or impossible we can still move around the world through the pages of a book.

As with the real world, we can see a country either through the eyes of an insider or an outsider, depending which author we turn to.

For example, R.K. Narayan and E.M. Forster give us stories about colonial and independent India. Both novels pivot around an incident that takes place in a cave.

A Passage to India (1924) by E.M. Forster takes place at the height of the British Empire. Forster explores how the English view the Indians and how the Indians regard the English. These perspectives, in turn, shape and determine the relationships within the ex patriot community and the colonized society.

The major characters are white, although they made up just a tiny

percentage of the Indian population. Forster uses the black characters to illustrate the racism of this white minority.

The Marabar Case threw the city of Chandrapore into a fever of racial feeling. Miss Quested, on a visit from England to the man she expected to marry, showed an interest in Indian ways of life which was frowned upon by the sun baked British community.

And the prejudice which most of them felt and expressed against any social contacts between the British and the Indians appeared, at first, to be justified when she returned, alone and distressed, from an excursion to the caves in the company of a young Indian doctor.

He was arrested on a charge of attempted assault but when the case came to trial Miss Quested withdrew her accusation and the doctor was set free.

Was she the victim of a hallucination, a complex, an unidentified intruder, or fear of the other ?

R.K. Narayan was born in Madras and *The Guide* (1958) was written after India gained independence from Britain. All of the characters are Indian and caste, or class, is the driving force rather than race. Marco becomes obsessed with a cave that contains strange and beautiful wall paintings.

He spends whole days, weeks and months in the cave studying every aspect of these paintings. It is his passion.

During a visit to this cave his wife, Rosie, tries to convince him about her passion for dancing. This is looked down upon by Marco as being a low caste occupation.

Refusing to be thwarted by her class and gender, Rosie leaves Marco, changes her name to Nalini and trains to be a professional dancer. 'Railway Raju', India's most corrupt tourist guide, becomes her manager and lover.

They work well together and achieve great success until Raju falls foul of the law. His first step after being released from prison is the barber's shop. Then he decides to take refuge in an abandoned temple where a peasant mistakes him for a holy man. Gradually, almost grudgingly, he begins to play the part.

He succeeds so well that God himself intervenes to put Raju's new holiness to the test.

## **Perspective**

# **Mother's Day hugs**

## It was still too soon to break COVID-19 protocols

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

So near and yet so far. Being six feet apart from someone isn't very far away, but when you have to keep that distance from loved ones it might as well be a million miles.

After a year of forced separation it is tempting to live dangerously and move in for some close personal contact - last Sunday many Canadians were advised to resist that temptation.

But after a year of staying safe and with good news on the horizon the lure of a sentimental Mother's Day reunion was strong and buzzing with emotion.

If you think positively and wear rose-coloured glasses Mother's Day might have seemed like the perfect occasion to break out of your bubble and renew social contacts.

### Vaccines ramped up

As millions of doses of vaccine are jabbed into Canadian arms, some might consider bending public health guidelines, just this once, to sneak in a long awaited hug with mom.

Following an alarming spike in cases last month our own local community recently posted the lowest number of active cases since November 2020 so maybe just a quick get together?

What's the worst that could happen?

What could be more innocent than a Mother or Grandma with all their kids and grandkids clustered around them for comfort, love, laughter and tears on a Sunday afternoon.

For Canadians, mothers and notherhood are worthy of celebration - book the Mother's day brunch, fire up the grill for a backyard BBQ, make a casserole and head over to Mom's.

In older communities like Thunder Bay many families are accustomed to celebrating with up to four generations of mothers, grandmothers, greats and great greats.

Hugs are freely exchanged among family "There was a members as crowded lot riding on clusters of relatives celethe behaviour brate together.

of mothers But for the second year in a row large family gatherings have been replaced with prepackaged brunches, driveway distance greetings and internet zoom meetings. Another

Mother's Day was a disappointing way to spend a Sunday.

Health units cautioned against hosting family celebrations saying it would be a mistake to think that one dose of vaccine grants you a license to ignore public safety guidelines.

One public health official put it this way, "At this stage, one dose is not enough to protect your mom."

Canadians have a poor record when it comes to family events like Christmas, Easter and Thanksgiving we seem to think we have special immunity on special occasions.

Mother's Day last year caused a rise in COVID-19 cases and the circumstances this year have public health officials worried that the fallout for 2021 could be even worse.

More contagious and dangerous variants of COVID-19 are fueling a surge in cases and many hospitals across the country are struggling to cope.

### Spreads quickly

Family clusters on Mother's Day could lead to new clusters of COVID

19 cases - entire families may be infected, including Mom.

There was a lot riding on the behaviour of mothers and their families on the second Sunday in May.

Mother's Day 2021 was a stark reminder of the holidays and special occasions we have already missed and the heartache we may yet endure.

We will know in about two weeks' time whether sentiment and nostalgia have once again overruled public health guidelines and medical science.

Will we be one step closer to a joyful reunion or will our families be forced to endure one more setback? We miss each other desperately but the love will last even if the hugs and kisses have to wait a while

longer. The warmth and comfort of close personal contact may be a luxury for another time - so near and yet so far.

**HUNDER BA** 

SEUM



CLEANING UP

PICKING UP THE TRASH: Darren Stewart of Sleeping Giant Brewery takes part in his company's efforts as part of this year's Spring Up to Clean Up event, put on by EcoSuperior.

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A look back in history

and their families on the second Sunday in May." virtual



CASE COUNTING: Dr. David Williams is the chief medical officer of health for Ontario and says he wants to see cases drop below 1,000 a day before lifting restrictions.

## LOCALNEWS

## **Reopenings rethought**

#### **HEALTH** By Leith Dunick – TB Source

Ontario's chief medical officer of health says he wants stay-at-home measures to remain in place until the province dips below 1,000 daily COVID-19 cases.

Dr. David Williams made the pronouncement on Monday, hours after the province announced 2,716 new cases and a rolling seven-day average of more than 3,000 cases.

"I think it has to be well below 1,000 with the variants," Williams said at a Queen's Park media briefing.

"With the variants, it's a new issue. They're much more readily transmitted, so we have to be a lot more cautious."

Ontario's state of emergency was initially put in place in early April and was initially set to expire in early May, but Premier Doug Ford and his cabinet extended it through May 20 and are now believed to be considering extending it once again, into June. Williams said once the province gets to 70 per cent vaccinated with their first dose, he believes a daily case range between 500 and 600 people is doable. As of Monday, Ontario has vaccinated about 42.8 per cent of its population with at least one dose.

"We'd like to do that so that, if we're coming back down, we're staying down," he said. "We don't want to go back up again. We do not want a fourth wave. We don't want to close things back down again when we open up."

Under Ontario's current stay-at-home orders, non-essential businesses are reduced to curbside service only, while essential stores must cordon off nonessential items and not offer them for in-person sales.

Restaurants can only operate for takeout and delivery, personal care services must remain closed and many outdoor recreational activities, including golf and tennis, are closed. Schools are also off limits for students and teachers, with remote learning in place across the province.

Thunder Bay is one of the least affected areas in the province, one of just seven public health units to report single digit cases to the province on both May 8 and May 9, the latest published report.

Williams also said he'd like to see intensive care unit numbers tumble before reopening is considered, somewhere in the 200 range. There were more than 800 in Ontario ICUs on Monday.

Health Minister Christine Elliott did not say if the province was going to extend the order, but did say the province has to stay the course.

"Well, we're looking at things daily but what I do know is that we're going to have to see our numbers go down. They're under 3,000 today, which is encouraging, and the numbers in intensive care are at 828. But that's still very high, and we need to see them go down more before we can change the stay-athome order. The medical experts have been very clear that we need to stay the course."



Did You know that...



## Time to hit local cycling trails

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Two weeks ago, the Blacksheep Mountain Bike Club announced that the single track bike trails in Trowbridge Forrest/Shuniah Mines are officially open for riding.

A winter with little snow, followed by a spring with few major rain events allowed the trails to dry out thoroughly by the beginning of May.

Riding too early in the season can create ruts in the muddy trails that make riding them a lot less fun, so the vast majority of trail users respect the request for patience and it has really paid off.

Last week my wife joined me for my first trail ride of the season and we were very impressed with the conditions.

Ruts were repaired, leaves and branches had been cleared, fallen trees had been removed, and the trails were even drier than expected.

A new culvert on Conveyor Belt has remedied a seasonal mud hole that has been a problem for years and new Think Before You Sink signs have been installed to help educate users about trail etiquette.

The current trails span over 30km in the Trowbridge Forrest network but an additional 15km will be added soon.



BRIDGING THE GAP: Keith Alley rides the Grand Chasm trail in Shuniah.

Kinsmen Park/Trowbridge Falls is the current trail head, featuring a large parking lot and quick access to the kids' trails and main trail network via Conveyor Belt.

However, with more and more riders discovering the trails, the development of a second trailhead off the north end

of Balsam Street has become a major priority. This new parking area should help alleviate the overflowing Kinsmen lot and hopefully offer an alternative to the people still parking at the gated entrance off the highway.

New riders discovering the trails will find a mix of the old rocky, rooted single track and the new smooth and flowing sections that are suitable for riders of all abilities. I will have a full description of all the best trails coming in a future column, but for now, I would recommend checking out some old favourites like Dagobah, BMX and Doctors as well as the newer or redesigned masterpieces like Grand Chasm, Hilltop and Drift.

Just like the Trowbridge Forrest trails, the club that builds and maintains the trail network has changed a lot over the years.

When I first joined nearly twenty years ago, they were the Black Sheep (as opposed to the current spelling, Blacksheep) and everything revolved around racing. Besides our local series, which primarily used the Centennial Park trails at the time, we would also travel to Ontario Cup and Canada Cup races in Southern Ontario.

While I have fond memories of trips to amazing events in Sudbury, Barrie, Bracebridge and Elliot Lake, the truth is that our own trails and events are quickly catching up in terms of quality. Meanwhile, the club has expanded to include group rides, clinics, social

events and trail development days. Anyone interested in supporting trail development, checking on current trail conditions, volunteering with the club, trying a race once events start up again, or finding out more about the everexpanding trail network can find what they are looking for at www.blacksheepmtb.com.

## **Obsessive compulsive disorder a struggle**

This week we are going to discuss Obsessive Compulsive Disorder (OCD) for a few reasons: approximately 1.5 million Canadians will develop OCD at some point in their lives, it is considered one of the top five most common mental health disorders, and it is often misunderstood, poked fun at, and under supported.

Obsessive compulsive disorder refers to a mental health disorder that is characterized by a pattern of unwanted thoughts or fears (obsessions) that lead an individual to engage in repetitive behaviors (compulsions).

The compulsion often has no proven ability to prevent the obsession, however, attempts to stop



engaging in the compulsions only increase the individual's distress and anxiety.

This creates an extremely difficult cycle for the person struggling with OCD: the need to engage in the compulsion creates frustration, however, not doing so, creates heightened distress; so, they complete the compulsion, feel temporary relief, followed by increased distress again at having done the irrational compulsions and so forth.

The disorder varies in its severity and presentation, often starting with minimal disruptions that increase and change over time.

The disorder can often turn in to a significantly time-consuming and disabling experience.

Although OCD can start in childhood, the most common onset is seen in teens or young adults and is typically considered a lifelong disorder.

What causes OCD to develop is an area of varied discussion.

Although there are several theories regarding the largely misunderstood disorder, there are some common themes including biology, genetics and learned behaviors.

Additional risk factors can include family history, stressful life events and the influence of other mental health disorders.

Like many mental health concerns, OCD can feel very overwhelming and scary for individuals who are struggling with it.

Although treatment of OCD will vary from one individual to the next, cognitive-behavioral therapy, a popular form of talk therapy, is one of the most common and successful interventions.

With most things, making that first call can be the hardest part of the journey, but please know that there are people ready and willing to support you.



TB**Life** 

## Vaccines open to those 40 and older

Restaurant, grocery workers can also now book appointments

#### **HEALTH** By Leith Dunick – TB Source

Ontarians 40 and older are now eligible to start booking COVID-19 vaccinations this week. The province on Monday confirmed the eligibility age is being lowered to include the 40plus crowd, starting at 8 a.m. on May 13th, meaning in Thunder Bay they'll be able to book an appointment through the provincial portal for a vaccination spot at the Thunder Bay District Health Unit's mass vaccination clinic at the Canadian Lakehead Exhibition.

Anyone born in 1981 or earlier is eligible.

The province also expanded bookings to those with at-risk health conditions, including dementia, diabetes and sickle cell disease, as well as Group Two people who are unable to work from home, including grocery store employees, those involved in transportation and grocery store workers.

The portal opened on Tuesday at

8 a.m. for anyone in the Group 2 category.

"With a stable and predictable supply of vaccine, Ontario's vaccine roll-out continues to pick up speed and we are on track to administer a first dose to 65 per cent of Ontario adults by the end of May," said Health Minister Christine Elliott, in a release issued on Monday morning.

"As we continue to vaccinate even more Ontarians, we remain focused on protecting those most at risk and I want to thank all of our frontline health-care workers for their tireless work each day to protect the health and safety of Ontarians."

WIDENING JABS: Vaccines in Ontario are expected to open to 18-plus by month's end.

# LAKEHEAD UNIVERSITY ONE OF TOP 100 UNIVERSITIES worldwide

For the second year in a row, Lakehead University has ranked among the top 100 universities in the world making an impact on our local and global communities, according to the 2021 *Times Higher Education Impact Rankings*.

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Thunder Bay | Orillia



## Boards may learn about reopening

#### **EDUCATION** By Doug Diaczuk – TB Source

Local school boards could learn more this week on any possibilities for a regional reopening of schools across the province, but given the state of the pandemic, one local education official is not overly hopeful.

Ian MacRae, director of education with the Lakehead Public School Board, said he anticipates hearing from the province this week as to whether it will be looking at a regional approach to reopening schools before the end of the academic year.

"If they do that, we would be candidates for that, but there will be a lot of discussions prior to that," he said. "Certainly with the variants of concerns and all the different variables, we are not particularly hopeful."

MacRae added that the school board would also have to hear more from the Thunder Bay Regional Health Sciences Centre and the Thunder Bay District Health Unit on what the status is for local schools before going forward.

"We would certainly prefer as we've had since day one to have all our students back to in-class learning, but we are not prepared to go that route without being able to ensure parents, staff, and students that it would be a safe environment," he said.

Local students have been learning at home since the beginning of March due to surging COVID-19 cases in the city. While the number of cases here have been steadily declining, the province ordered all publically and privately funded schools to remain closed to in-person learning since the end of the April break.

# Frosty, frigid first week of May



**B**rr, but this first week of May has been cold! What a welcome for spring! Not!

The cold really hit me Friday when I was trying to work in our vegetable garden. Now usually working in the garden if the day is warm is not daunting. Sure, the work ain't fun but once done, there is a great satisfaction in the belief that we won't ever have to do it again.

### Chilly

But these past days have not been warm and though Laura is "the little engine that keeps on going", I am not. Part of my problem is not knowing what the hell I'm doing, part of it is not being able to bend over without my back screaming. Solutions? I go down on my knees to pluck the clods of weed-strangled dirt and shake off the good stuff before tossing the mesh of roots into a wheelbarrow to dispose of later.

Daily we have been trying to go for walks with our pooches on our trails to give them some exercise.

We saunter, stop and look around, note the fallen trees that require clearing off the trails. Pooches alternately explore (in the case of our elderly Baxter) and the not-yet-two-year-old Lily is seen as a streak of white and black tearing through the bush. When we return to Casa Jones, they flop and there is peace in the valley for a while.

But even on our walks we've had to bundle up. Is it time to store the winter toques and gloves? Nope, not by a long shot. But, this, too, will pass. Eventually, warmer weather will arrive and, unfortunately, with it the biting bugs. Any day now. Hence the desire (pressure?) to get the raised beds completed before the inconvenience of having to don bug jackets with screenmesh hoods. Darned harder to see what one is doing. Or, re-introduce one's flesh to deet (ah, the summer perfume!).

Pussy willows are out on the bushes but I have yet to see the petals of Saskatoon berry bushes.

On a walk on Saturday to the area where we weather blueberries on our property (way back up in the meadow at the south end of the land), we inspected where those berry-bearing bushes reside only to see no leaves yet.

Too early. Me? Too impatient.

The 'dad' Sandhill crane is showing up daily to feed in the main paddock south of the house.

The female must be sitting on her eggs waiting for her hubby to return with some food and/or (since I have no idea how they operate during the egg-sitting period) if they alternate with that duty and the 'mum' gets a turn at foraging.

The raven babies are squawking like crazy high up in their nest. I can see wings flapping as the parents are trying to find sustenance (we help out in that department). The bird feeder and ground under the crab-apple trees where I scatter seed is sometimes black with birds several times per day. And then Sunday, Mothers Day. Laura wanted us to clear what we call Mountain Trail that had four trees down across it in various places thanks to severe winds.

#### Raking it

She also wanted to bring a rake to rake up leaves to use as compost in her new, permanent, raised beds in the vegetable garden. Fair enough. So, with chainsaw and rake and pursuing pooches, we headed off on the quad towing the cart. I cleared away fallen trees; Laura picked rotten wood and raked leaves all for compost in the garden.

It began to snow - nothing serious, just an occasional flake that for a brief time became a wee bit more than 'flurries'. Didn't last long.

Did I hear Ol' Man roaring with laughter? I did not. Did he guffaw? Nope. He snickered. Thus began the month of May.

## Hospital ups its capacity

### **HEALTH** By Doug Diaczuk – TB Source

As the number of COVID-19 cases in the district continues to decline, the Thunder Bay Regional Health Sciences Centre is increasing capacity slightly to allow for more urgent and emergent surgeries and procedures.

"Given the current state of COVID-19, both in the province and in our community specifically and given the fact that we haven't received any critical care transfers, we are cautiously adding increased capacity back into our system to proportionally balance the need to be ready versus the need to continue urgent and emergent surgeries in our community," said hospital president and CEO, Rhonda Crocker Ellacott.

In April, the provincial government ordered all non-urgent surgeries to be put on hold to deal with hospitals facing capacity issues in the face of a devastating third wave.



## IN THE DAY arts entertainment culture



STANDING UP FOR JUSTICE: Journalist Catalin Tolontan (centre) in a scene from the 2015 documentary Collective.

## **Collective shines a** light, packs a punch

**C**ollective (Netflix, Romanian, English sub-titles) is an Oscar-nominated documentary about how a fire in a Bucharest night club in 2015 led to many people perishing due to lack of fire exits. But the greater tragedy lay with many more burn victims dying needlessly due to infection from diluted disinfectants used in hospitals.

The ensueing public outcry led to the dissolu-

tion of the Social Democratic government and the installation of a politically independent body of 'technocrats' to oversee Romania until the general elections scheduled a year later.

On paper, this seems rather dreary but the unfolding discov-

eries soon escalated into a deepening scandal with journalists calling out the government.

management to look the other way over questionable health care practices.

The movie takes on the vestiges of a police President's Men.

The evidence reveals a shabby health care system mired in longstanding corruption and mismanagement so damaging that it leads to the resignation of the Minister of Health. He's replaced by a former patients' rights activist whose idealistic desire for reforms is quickly challenged by legal red tape and ineffective governance.

Up to this point, director Alexander Nunau access by the newly installed official thereby

getting both sides of the story.

The filmmakers observe the principals and events unobtrusively, minus direct interviews.

The drama deepens as the owner of Hexi-Pharm, the company accused of distributing the compromised disinfectants, dies in an auto accident, raising debate whether it was suicide or murder.

Further impactful is actual video recovered

Collective is engrossing especially in the first

half as reporters for The Sports Gazette are the first to be tipped off by medical whistleblowers who have been intimidated by oppressive

procedural as the reporters follow up on their leads. Their dogged phone calls, scribble pads and internal debates recalls Spotlight and All the

and his team have been following only the reporters. They now make the most of granted



from the fire disaster itself (issues over the lack of fire exits goes unexplored due to the film's greater focus) that shows how horrifyingly quickly the fire spread due to pyrotechnics used

by a heavy metal band.

Then there's the painful recovery of one of the surviving burn victims as she masters the use of a hand prosthetic. Images of the toll on her body are used in a stark, inspirational art exhibition.

Collective loses a bit of oomph as it progresses from sensational scandal (the paper's blazing headlines read like something out of the National Enquirer) to a deflection tactic involving another health issue. The election results mystifyingly fly in the face of the mounting health offences.

Nonetheless, Collective packs a punch on numerous levels. The themes of government cover-up and corruption are more chillingly universal than we care to contemplate.

The film underlines the role of journalism as a much-needed public watchdog. Corruption in Romania is not limited to health care.

The 2016 drama, Graduation, scouted at TIFF, dealt with a father's attempt to ensure his daughter gets into Cambridge through some commonplace influence peddling. Sound familiar?





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# **Pandemic impacts TV productions**

When TV studios returned to production amid the ever-fluctuating Covid statistics, viewers knew it was going to affect their favourite shows. (Unless, of course, you still think this is all a hoax to help hospitals make more money and deny hard-working people their right to a haircut.)

Well, it certainly has affected the content. With more families at home in lockdowns, parents and their offspring have been watching more television together. Fortunately, parents who used cover "little eyes" during intimate scenes, have been able to give their arms a break.

On-screen sex and its precursors have been cut back substantially. They're just too hard to shoot safely. (And to be honest, even as an adult I'm still not totally comfortable seeing someone get it on with my mother watching beside me.)

Then again, television writers putting



more emphasis on social issues – racial inequality, gun violence, hate crimes – means that parents who are now trapped with their kids also have a perfect opportunity to broach these subjects. Should they so choose.

Ironically, this has made some storylines even more intimate. Shonda Rhimes' offspring, *Station* 19 and *Grey's Anatomy* have become even less about fires and medicine and more about the



MOVED ON: Last Man Standing's Tim Allen.

characters' personal struggles. (I know. I didn't believe it was possible either.)

For example, a recent episode explaining the exit of Dr. Jackson Avery from *Grey*'s involved a total of six actors, three of which were on-screen for just a couple of minutes. Consequently, viewers were treated to 44 minutes of discussion on Jackson's need to be more than just a life-saving doctor – who apparently, can leave his post as a staff member and the hospital's board chair without notice during a pandemic.

This "let's have a deep conversation instead of any action" trend also led to a comatose Meredith Grey stuck on a beach for most of this season having long, often socially-distanced discussions about life with dead people. (Didn't we already do this in Season 3 when she drowned?)

On the comedy side, Tim Allen's *Last Man Standing* returned this past fall with the characters just entering the pandemic timeline before literally fast-forwarding through it and re-starting in the post period. So there were a few changes coming.

The now three grandchildren (including a teenager) are nearly always

off-screen. The two toddlers are upstairs, playing outside (where we can hear them), or just curiously absent. While obviously for production safety reasons, it's seriously weird to watch week after week.

And the rest of the scenes rarely have more than four characters in a room together. Apparently post-pandemic, people don't congregate anymore in Colorado, even at home.

Meanwhile, *NCIS* has seen a marked decrease in staff at the office. And *S.W.A.T.*, despite focusing on racial issues and protests, has managed to avoid crowds.

Yes, Covid production changes have made your television entertainment both more – and less – realistic this year. It's encouraged conversation and a few desperate jump-the-shark moments. And given that *Grey*'s has just been renewed for another season, it seems to be working.

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 $\label{eq:PREVIOUS SOLUTION: "If a cluttered desk is a sign of a cluttered mind, just what does an empty desk mean?" - Author Unknown$ 



# **Golfers growing more frustrated**

**GOLF** By Leith Dunick – TB Source

**D**ragon Hills Golf Course owner Mike Komar says he sees no reason why golf courses can't be safely open at this time.

Komar said there were more than 20 million rounds of golf played in Ontario and not a single case of COVID-19 was tied to any of them.

Watching his window to make money shrink by the day, Komar on Monday said it's frustrating to see the province with no clear plan to allow golf to restart and instead appear to be pushing back potential opening windows into June and beyond.

"I'm really upset," Komar said. "I don't know how we're supposed to pay our bills."

Komar said it's frustrating being told by local public health officials that protocols keep changing and then finding out the province may consider extending its ban on golf and other outdoor recreational activities into June and beyond.

On Monday Dr. David Williams, Ontario's chief medical officer of health, said he'd like to see the case count drop to below 1,000 before the restrictions are lifted.

The province announced more than 2,700 cases on Monday and has not been below 1,000 cases a day since March, peaking at more than 4,300 in April.



TEED OFF: Mike Komar, owner of Dragon Hills Golf Course, says the sport is tailor-made for physical distancing and safety protocols.

"You can walk on a golf course. You can walk at Chapples, you can walk at Fort William Country Club. You can walk in the parks. You just can't with a golf club," he said, adding golf foursomes do not supersede Ontario's five-person, outdoor gathering limit. "We are four that go out on a golf course. That's less than five. We were open last year, we were open this year and we never had any cases."

Brian Bruni, general manager at Fort

William Country Club, agreed golf can be done safely, but the province won't listen to its own advice.

"The science has clearly indicated that physical activity and outdoor recreation is healthy. It's good for the heart, it relieves stress and it provides some semblance of ... some socialization. We're optimistic the government will listen to the science," he said.

However, Dr. David Williams, the chief medical officer of health for Ontario, said he'd like to see the daily COVID-19 case count dip below 1,000 before restrictions are lifted. The province on Monday announced more than 2,700 cases and the sevenday rolling average is still over 3,000. Bruni said not allowing golfers to

play makes little sense.

"We're disappointed that outdoor recreational activities were included in the most recent lockdown, despite the fact we demonstrated throughout 2020 that golf is safe and we managed to operate during the year 2020."

Williams said he understands the public is desperate to take part in different activities, adding the province is looking at how to do it in a safe manner.

He's not convinced now is the right time.

"But one of the challenges with some of these group activities, as compared to individual (ones), like walking and jogging and other various activities, is that the group usually comes to play in a group, congregates as a group and socializes as a group," Williams said.

Ontario is believed the only jurisdiction in North America where golf is not allowed.

## Hitting the links is one of the safest activities out there

etting golfers tee it up this spring is not going to impact Ontario's COVID-19 numbers.

It simply makes no sense. For some reason, Premier Doug Ford

has convinced himself he can't allow

golf courses to open until students are allowed back in the classroom.

That's hogwash. Classrooms are petri dishes of germs

on the best of days, let alone when a pandemic is in full force. Students are packed into overcrowded classrooms and there are bound to be times when social distancing just doesn't happen. They're kids, and they're going

to do what kids do. Most golfers can be trusted to obey the rules, and most golf courses can be expected to police whatever rules they are expected to follow under Ontario guidelines.

Last summer, I played about a dozen rounds.

We didn't touch the pins, we rode in

LEITH

SPORTS SHORTS

separate carts, or strolled socially distanced up the fairway (and in my case, into far too many forested areas). We played our game and parted

ways, with a few hours of exercise and social interaction under our belts.

None of us got COVID. Mike Kelly, head of Golf Ontario, told CTV recently there were no known cases of COVID-19 in Ontario related to the sport.

That's remarkable. But instead of

rewarding golfers for doing the right thing, Ford instead decided to punish them.

I get it, this is frustrating for everyone. We all want to travel or see friends and family up close or just go back to work – most of which are far more important than me playing a round of golf.

We're clamoring for some kind of normalcy.

This is not to dismiss the ongoing dangers of COVID-19.

They are real. It's just that golf is not the problem.

Neither are movie theatres, but that's another column. Tennis courts are also safe. And a kid should be allowed to shoot a hoop or two by themselves if that's how they want to exercise.

If Ford and Williams want us to hold on, at least give us something to keep us going while we wait this out.



SAFE SPORT: Fletcher Anderson tees off during last fall's Kam River Cup.

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16 Thursday, May 13, 2021

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