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Murder investigation ongoing

Police confirm a firearm was involved in a homicide on McMillan Street that claimed the life of a city man

THUNDER BAY
 By TB Source Staff

Police continue to seek information from the public in a homicide investigation from late last month in the Intercity area, and while few details are available at this time, investigators have confirmed a firearm was involved.

“The post mortem examination has been completed and we have released the scene of the incident,” said Det. Insp. Jeremy Pearson with the Thunder Bay Police Service after confirming the use of a firearm.

Officers with the Primary Response Unit of the Thunder Bay Police Service were first called to a residence on the 800 block of McMillan Street the afternoon of Friday, July 29 for a weapons call.

A 37-year-old Thunder Bay man was located deceased at the residence and it was determined his death was the result of a homicide. Police are still consulting with family of the man and his identity is not being released at this time.

According to Pearson, investigators have identified persons of interest and further witnesses they wish to speak with and he is appealing to members of the public who may have information that could assist in the investigation to come forward.

“It is our firm belief that there are individuals in this community with knowledge related to this incident and we ask that they speak to our investigators,” he said.

“In addition, there may be individuals in the area who have



INVESTIGATION ONGOING: Det. Insp. Jeremy Pearson of the TBPS.

witnessed something that may not seem significant or important and we ask anyone who has seen anything that seems out of place, regardless of how small, it may be important to our investigation.”

Residents in the area who may have video footage of the morning or early afternoon hours of July 29 are also encouraged to reach out to police if they have not yet been contacted.

Pearson also addressed rumours and speculation relating to the incident that have been circulating online, calling them problematic to the investigation.

“My plea to the public, to all people, is if you are in possession of information that you believe to be true and related to this incident, regardless of how small or insignificant it may seem, please contact the investigators or the police,” he said. “Please allow us to explore the validity of the information.”

Rumours can become quite

complex for an investigation, Pearson added, and can take on a life of their own.

“There is a tremendous amount of work that goes into exploring that narrative and ensuring it is valid or invalid,” he said. “Online speculation, because of the audience it reaches and the impact it generates, is not helpful. It does become problematic when it turns to the element of rumour that is not brought to us as information and merely becomes speculation and takes on a life of its own.”

Anyone with information that could assist in the McMillan Street investigation is urged to call police at (807) 684-1200 or submit tips anonymously through Crime Stoppers at 1-800-222-8477 and online at www.p3tips.com.

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MP seeks doctor shortage solution

Liberal Marcus Powlowski wants foreign physicians to have easier access to be able to practice in Canada

By TB Source staff

Thunder Bay MP Marcus Powlowski says doctors from certain countries should be allowed to practise in Canada without further accreditation or schooling.

It's one of the recommendations the Liberal MP plans to make to the federal government about ways to address the doctor shortage in Northwestern Ontario and other parts of Canada.

The former emergency department doctor and current member of the House of Commons Standing Committee on Health says it's time for the government to work with the provinces to increase the number of doctors in underserved areas.

In a statement Monday, the Liberal member for Thunder Bay-Rainy River said he recently returned from a trip to Atikokan, Fort Frances, Rainy River and Kenora, where he spoke with various doctors about healthcare shortages and the lack of doctors in small towns.

Dual roles

Powlowski believes the federal and provincial governments both have roles to play in solving the problem.

He said Ottawa should establish a national licensing system for doctors, because "licensing doctors in only one province at a time makes it much more difficult for doctors in one province to fill gaps in another."

The MP also wants the two levels of government to work together to allow foreign-trained doctors from specified countries to practise in Canada immediately, noting that Australia currently allows Canadian doctors to work there.

"There are many countries with medical schools that are on-par with Canada's schools," Powlowski said. "To require that doctors from these countries take the same courses again in Canada is a major deterrent."

He noted that the 2022 federal budget acknowledged that the COVID-19 pandemic has only worsened labour shortages in the health care sector.

"Internationally-trained healthcare professionals can help fill these gaps and ensure that Canadians receive the quality health care they deserve," the statement said.

The budget proposes funding to expand the Foreign Credential Recognition Program and help up to 11,000 foreign-trained professionals per year



Liberal MP Marcus Powlowski is also a medical doctor.

get their credentials recognized and find work in their field in Canada.

Solution awaits

Powlowski feels Ontario should make Practice-Ready Assessments (PRAs) available for international medical graduates.

PRAs allow grads of foreign schools to practise for 12 weeks under the supervision of a Canadian doctor, then become eligible for licensing here.

The Thunder Bay MP said most provinces use PRAs to address doctor shortages in rural areas, but Ontario has not adopted the system.

In addition, he's calling on the College of Physicians of Ontario to increase the number of residency positions in rural areas, especially family practice residencies for international graduates.

Powlowski said he's aware of the need to maintain professional standards, but added "We must also acknowledge there is nothing safe in closing emergency rooms, or not being able to get in to see a family doctor."

He plans to meet with several national healthcare groups including doctors' organizations to finalize his recommendations before sharing his plan with the federal health minister.

THIS WEEK'S WEATHER FORECAST

THURSDAY	FRIDAY	SATURDAY	SUNDAY
			
Sunny	Mainly sunny	Chance of a shower	A mix of sun and clouds
Precipitation: 0% HIGH 25 LOW 11	Precipitation: 10% HIGH 23 LOW 14	Precipitation: 40% HIGH 24 LOW 15	Precipitation: 30% HIGH 23 LOW 15

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Preventative approach to crime

THUNDER BAY
By TB Source Staff

The city of Thunder Bay once again had one of the highest homicide rates in the country, along with increases in violent crimes including sexual assaults and robberies, which has the acting Thunder Bay Police Service chief calling for more supports to take a preventative rather than reactive approach to crime.

“When you dig into violent crime and the complexity of violent crime, you have to look at what’s related and what’s related is societal issues, including addiction issues,” said acting police chief Dan Taddeo.

Earlier this week, Statistics Canada released its national crime data for 2021. According to the

data, Thunder Bay had a homicide rate 5.63 per 100,000 people, just below Regina, which had a rate of 5.67 in 2021.

There were seven homicides in the city of Thunder Bay in 2021 and there have been 10 so far this year.

Thunder Bay has often held the notorious title of the murder capital of Canada with a leading homicide rate of between 5.57 and 7.15 between 2016 and 2020.

The city also experienced an increase in violent crime in 2021, with the rate of sexual assaults increasing by 48 per cent to a rate of 142 per 100,000 people, the worst rate in 35 urban areas included in the Statistics Canada report.

The robbery rate in the city also increased by 44 per cent, second only to Winnipeg.

The Violent Crime Severity Index in Thunder Bay for 2021 was 176, twice the national average.

One area the city did see improvement was in reported hate crimes, which fell in 2021 to 8.0 reported hate crimes per 100,000 people from 11.1 the previous year.

Taddeo said one of the statistics that was not included in the report is the number of opioid related deaths in the city of Thunder Bay, which is approximately four times higher than the provincial average.

“That is unacceptable. Where do we go from here?” he said. “Police are part of the solution in so far as what we can offer, but the bigger picture has to be other agencies and government providing facilities to assist these people so they don’t become victims of crime and

people with the skill set to do that.”

Taddeo did point out the higher clearance rate of the Thunder Bay Police Service in solving homicides and violent crimes, but there still needs to be more of a preventative approach to crime rather than strictly a reactive one.

“We tend to react to violent crime and the investigations, so what is the deeper dive?” he said. “It’s addictions, it’s other societal issues, it’s situation tables we participate in. We need to be a participant, but maybe not the leader. I believe there has to be proper facilities.”

“There has to be real dollars and not just conversations that become just footnotes and then we move on to other subjects,” Taddeo added. “We have to have capacity in Thunder Bay to deal with the

issues of people needing assistance for their issues before they either become victims of crimes or decide to commit crimes to support their issues.”

The recent influx of Southern Ontario gangs taking advantage of a lucrative illicit drug trade in the region has also brought increased gun violence in the city.

According to Taddeo, the police service will continue to advocate to the province for more assistance in addressing the issues of guns and gangs.

“There needs to be real solutions in the city of Thunder Bay and a recognition that there is a guns and gangs problem here so the dollars are put to the issues in Thunder Bay and focused as opposed to being spread out from a more non-defined enforcement,” he said.



Thunder Bay Waterfront at Pool 6 / Tug Boat Basin

FILE

PREFERRED SITE: Science North confirmed its preferred location for a Thunder Bay science centre as the Pool 6 site at the waterfront on Friday.

Waterfront chosen

Science North has confirmed its preferred location for a proposed 34,000 square foot science centre in Thunder Bay as the Pool 6 lands at the waterfront

THUNDER BAY

By TB Source Staff

Science North has confirmed it's seeking to locate a proposed Thunder Bay science centre at the Pool 6 site on the waterfront.

The decision sets the stage for the organization to work with the city on terms for use of the site, and could play a key role in the city's push to expand waterfront development south from Prince Arthur's Landing.

The project, which envisions a 34,000 square foot science centre, remains in the schematic design phase and has not yet secured funding or final approvals.

It has already attracted over \$2 million in support from all three levels of government, however, along with enthusiasm from local leaders.

Thunder Bay's CEDC recently provided \$250,000 in support to advance the project, estimating a waterfront science centre could have a \$6 million a year impact on the Thunder Bay economy through operations and visitor spending.

"Science North's campus expansion project forms a potentially pivotal project for Thunder Bay," CEDC head Eric Zakrewski said in a statement Friday. "We at the CEDC and Tourism Thunder Bay envision this project could be a catalyst for further major investments in development at Pool 6 associated with recent and planned cruise shipping activity and tourist attraction."

Science North CEO Ashley Larose called the project a win-win for the city and the provincial agency.

"The opportunities for Science North to grow in Thunder Bay and the region are well aligned with the city's vision for a thriving and sustainable community," she said. "Choosing waterfront's Pool 6 as the desired location is an exciting milestone in our Northwest Expansion."

In a release, Science North shared estimates that the science centre in Thunder Bay could welcome over 80,000 visitors a year and generate 5,000 overnight stays in the city.

"The facility would provide year-round activities for residents of the city and tourists - while also hosting residents from surrounding Northern Ontario communities to enjoy science-based education and entertainment," the organization stated.

Further work in the schematic design phase includes public consultations, visitor experience design, securing funding, and engaging firms to develop building plans.

A survey is currently available online to collect input from the public on the project.

Science North is developing the project alongside a potential 4,000-square-foot expansion of the Lake of the Woods Discovery Centre in Kenora

The organization is currently holding "Downtown Science" programming near its expansion project office, on the corner of Red River and Cumberland, every Friday with free science activities and demonstrations.

The Sudbury-based organization's satellite base in Thunder Bay was established in 2010, and currently offers programming to thousands of children throughout the region through summer camps, school visits, and other programming.

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EDITORIAL

Going down

The price of gas has nosedived in recent weeks, with some stations having dropped into the \$1.50 range for a litre of regular unleaded.

On Fort William First Nation on Tuesday, a litre of gasoline cost as little as \$1.34.

Earlier this year motorists found themselves paying as high as \$2.29 a litre.

For the first time in recent memory, it's less expensive to fuel up locally than it is to hop across the border and fill the tank at Ryden's or Grand Portage.

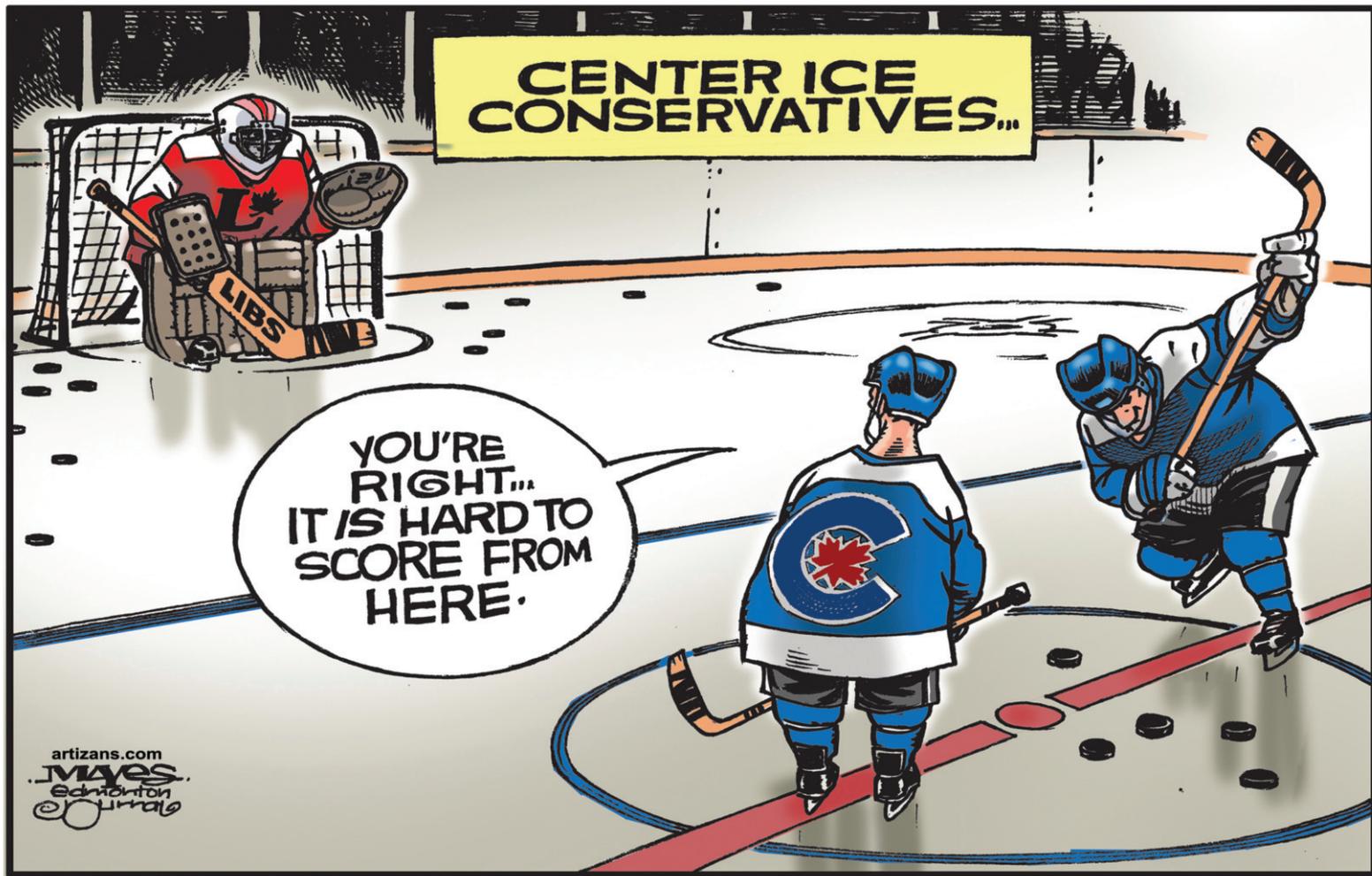
Hopefully the decrease in fuel prices leads businesses to reconsider pricing, especially at the local level.

Thankfully, diesel prices are also starting to decline, down to \$1.88 a litre in Northern Ontario, 14 cents higher than it costs in southern Ontario.

Hopefully businesses are just as quick to lower prices, starting with the trucking and shipping companies that power Ontario's economy.

If not, consumers will once again bear the brunt, while business owners will reap in greater and great profits.

The end of oil is on its way, and will be hastened if gouging continues.



Peake's Complete Nonsense fun and serious

Complete Nonsense by Mervyn Peake is edited with an introduction by R.W. Maslen and G. Peter Winnington.

'I cannot give the reasons / I only sing the tunes / The sadness of the seasons / The madness of the moons / I cannot be didactic / Or lucid but I can / Be quite obscure and / Practically marzipan'

'Nonsense', wrote Mervyn Peake, 'can take you by the hand and lead you nowhere. It's magic.' Peake (1911-68) is one of the great English nonsense poets, in the tradition of Lewis Carroll and Edward Lear.

His verses 'glitter with divine lunacy', propelling the reader to places where malicious bowler hats

threaten their owners, a cake is chased across the sea by a rakish knife, aunts become flatfish or live exclusively on sphagnum moss.

As with many things that appear on the surface simple and straightforward, writing nonsense is in fact a craft that Peake honed over time. The earliest piece in this collection was written in 1918.

'I saw a puffin / In the Bay of Baffin / Sittin on nuffin / And it was laffin'

The final piece was written in the late 1950s when Peake was suffering from the effects of Parkinson's

Disease that eventually killed him: 'Jehovah, Jehovah / Who landed at Dover / With a twelve foot beard / And a dog named Rover'

Peake was multi-talented and produced novels, serious poems, nonsense verse, plays, paintings and drawings. He had the most vivid imagination and populated his works with fantastic characters with names that matched their features and personality:

'When Aunt Jane / Became a crane / She put her leg behind her head / And even when the clock

struck ten / Refused to go to bed'

Peake also liked to draw animals and give them human features in his verse. In Peake's world humans could become animals and animals could become humans.

'Once upon a time there was a rhino / Which is short for rhinoceros / And he had a voice / And what a voice / It seemed to be made of rust / And grit and black sand'

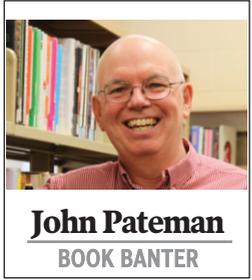
In Peake's nonsense, similes and figures of speech unspool threads of ideas or images that develop into elaborate stories or quasi-dramatic exchanges; and threads themselves are one of the many repeated themes that run through his nonsense verse:

'The threads of thought are not for

me / But cotton ones I love / The sort that stretch too high below / And far too low above'

Peake's nonsense may look like plain harmless fun but it also had a serious purpose.

Like the other products of his imagination, it is an act of defiance against the violence of war, the market forces that made his existence as an artist so tenuous, and the affectations and double standards of middle class life, with which he seems to have had a love-hate relationship not unlike the feeling Titus has for the stifling ritual of Gormenghast castle in Peake's most celebrated works, the Titus novels.



John Pateman
BOOK BANTER

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People find comfort in food

By JR Shermack

The food we eat, including the high carb, high calorie stuff we all love, is a valuable source of nutrition that keeps us healthy, happy and gives us much needed comfort.

However, somewhere along the line comfort food acquired a bad reputation even though it continues to play a key role as one of our favorite remedies for trying times.

We cut ourselves some slack during pre-vaccine pandemic days when restrictions and isolation made it easier and more acceptable to relieve anxiety with overindulgence and excess. Never underestimate the healing power of sugar, salt, fat and carbs during times of stress.

Mind you, our guilty pleasures only provide short term relief and you may have to repeat the treatment until the end of your troubles - there may be side-effects with long term use.

I still have a faint orange

discoloration on my fingertips from all the comfort cheezies I ate - you can lick your fingers all you want but you can't get rid of that telltale stain.

The phrase 'comfort food' was glamorized in 1970 by a young Liza Minnelli who described it as, "anything you just yum, yum, yum."

Potatoes were the preferred comfort food in the '70s - Ms Minnelli preferred hers baked with butter, sour cream and pepper to calm her frazzled nerves.

And wouldn't you know it - eating carbohydrates releases serotonin in the brain which regulates mood and creates a feeling of serenity.

There seems to be a direct link between comfort food and a comfort mood - there is scientific evidence of the calming effect of giving in to your yum yums.

Eating energy-dense foods high in fat, sugar or salt activates the brain's reward system resulting

in serenity and reduced tension.

Before its rise to fame in Hollywood 'comfort food' can be traced back to 1966 when it was noted that certain foods and aromas brought back peaceful, comforting memories.

The term was mentioned in a *Palm Beach Post* story about favorite foods being associated with the safety and security of the childhood home and a sense of well-being.

Comfort food is very subjective and we all have our personal go-to goodies but there are some perennial favorites, both sweet and savory, that appear on everybody's comfort menu.

Pizza, mac and cheese, grilled cheese and tomato soup, apple pie, chicken pot pie, fresh homemade bread, chocolate, chocolate cake and, chocolate chip cookies to name a few.

For comfort with a Canadian flair you can munch on butter tarts, Nanaimo bars, chili, perogies, poutine and bannock.

Comfort foods can be anything



Pizza has long been a comfort food for millions of Canadians.

you like including popcorn with M&Ms (suggested mix, three popcorns per M&M), peanut

butter and jelly pie or tubs of ice cream.

After 23 days of quarantine one desperate diner discovered the down home comfort of a mashed potato and chicken sandwich.

When another isolated snacker ran out of milk they ate their Weetabix dry, topped with butter and sugar.

As for me, if I were to make a personal observation it would be that I am built for comfort and not for speed, both physically and also by nature.

Accordingly, I do what I can to spend as much time as possible in my comfort zone and if I feel a little uncomfortable I know what I have to do.

I eat a couple cinnamon buns while I wait for my baked potato with a side of mac and cheese to arrive.

Half of life is trials and tribulations - the other half is getting over them.

So in the meantime you might as well make yourself comfortable, if you know what I mean.

what's happening
in and around...

The Bay

To submit an event, email ldunick@dougallmedia.com.
Please include details about the event, including any cost

August 15

Rodney Brown in Concert

As part of the Concert Series in Waverly Park, on Monday Rodney Brown will be singing his new verse to *Freight Train Derailed*.

He's on stage at 7:30 p.m. and will do an Intro to the song about how he wrote it 40 years ago, and how, with the Nuc Waste Mgt Org, revved up to 'do it again' - he's written a new verse.

Brown plans to do the song as the finale, so it will be closer to 8:30 p.m. for that part of the show.

Organizers would love to have a roused and supportive audience there.

August 10-13

Broadway in the Bay

Applauze Productions is putting on Broadway in the Bay Goes to the Movies, a musical salute to the movies for the whole family.

The show, which starts at 7:30 p.m.

each night, takes place at Trinity Hall.

General admission tickets are \$20 and \$15 for students 16 and younger. Visit www.applauze productions.com for ticket information.

August 10-14

Canadian Lakehead Exhibition

After a two-year absence, the Canadian Lakehead Exhibition is back with a vengeance.

Featuring rides, games of chance and fair foods for every taste, the event is the highlight of the summer entertainment scheduled for thousands of people throughout Northwestern Ontario.

Musical fare this year includes Kim Mitchell, Trooper and Stretheart.

Tickets and ride bracelets are available at the gate.

August 13

WineOh! Festival

Celebrating the best of wine, cider and spirits, the WineOh! Festival take

takes place on Saturday at Prince Arthur's Landing, with sessions running from 12 p.m. to 4 p.m. or 5 p.m. to 9 p.m. Tickets are only valid for the assigned session and include a collector sample glass, access to the festival grounds, four complimentary sample tokens and free transit to and from the event.

A portion of the proceeds will benefit the local After Stroke program put on by the March of Dimes.

This is a 19+ event and pets are not allowed.

Tickets are available online at www.allevents.in.

August 14

Mushroom Walk and Dye Shop

Experience an afternoon of mushroom hunting and dyeing in this workshop hosted by Sister Mollusk and Ben Bohemier of Taiga Mushrooms. Participants will dye their own silk scarf/bandana.

Register at www.sistermollusk.ca.

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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Homelessness pilot program is seeking additional funding

THUNDER BAY
By Ian Kaufman - TB Source

A pilot program offering targeted supports to people experiencing homelessness at a number of encampments in Thunder Bay is reporting early success in connecting people with housing.

The initiative, known as the unsheltered homelessness pilot project, sees workers from a number of local agencies visit several encampments across the city five days a week, offering food, laundry service, and supporting access to social and health services.

Project leaders say it's helped connect more than two dozen people with housing, and more than half a dozen with employment, over the past year.

The pilot project is being led by Elevate NWO, along with groups including Matawa First Nations Management, NorWest Community Health Centres, and the Ontario Native Women's Association. The City of Thunder Bay has helped to coordinate the initiative, and the Thunder Bay Police Service is also involved.

On Monday, Thunder Bay's city council will hear a request for \$15,000 in funding for the project, which leaders say will help continue the program for the remainder of the year.

City staff support the request, suggesting the funds can be drawn from an existing pool of funding received from the Canadian Public Health Association to support public health approaches to drug use.

The pilot program has previously received funding from groups including the United Way of Thunder Bay, Nishnawbe Aski Nation, and the Thunder Bay Indigenous Friendship Centre.

It was developed in part as a response to concerns about violence faced by those living without shelter after a man drove his truck over a tent at the County Fair Plaza last fall, with agencies reporting other threats to homeless people around the same time.

Elevate NWO initially secured hotel rooms for some sleeping in encampments, an approach supported by outside funding but not financially sustainable.

The organization has since secured two cluster housing units with assistance from the Thunder Bay District Social Services Administration Board, providing transitional housing for 25 to 40 people at a time.

The project has connected 10 people with permanent housing and 21 with transitional housing, organizations reported in late June.

It also led to at least seven people who had been living on the street securing employment helping to run warming shelters and serving as outreach workers for the pilot project.

The program tracks participants for three to six months, and reports a majority of those supported through the program have remained housed.

Elevate NWO executive director Holly Gauvin estimates the outreach work and supplies provided through the pilot program will cost about \$70,000 a year, running throughout the warmer months from about May to October or November, when more people are on the streets.

In an interview, Gauvin said the additional funds requested from the city will help support work she believes is not only bringing dignity and alleviating suffering for those living on the street, but ultimately paying off by lifting the burden on other services.

"I don't think it's a leap of faith to believe that because of [these interventions], we see a reduction of people going to ERs and other clinics, we see a reduction of police having to respond to what is frankly nothing more than a nuisance issue," she said.

"I think [it's] a wise investment in freeing up our doctors and overworked nursing staff and overworked police force, and treating this as what it is - a health and social services [issue]."

She also said the program is helping to address concerns about encampments from nearby residents, working with those sleeping rough to arrange garbage collection and communicate concerns about noise and other issues.

Cynthia Olsen, manager of community strategies for the city, called the pilot program a promising new approach.

"It's been extremely successful," she said. "Really having the community partners really rally together, coordinate their efforts."

"We see a reduction of people going to ERs and other clinics."
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Senior charged in resident's death

THUNDER BAY
By TB Source Staff

The arrest of a senior in a long-term care facility in connection to the death of another resident is unusual, says Det. Insp. Jeremy Pearson with the Thunder Bay Police Service, but it is not entirely unheard of.

"This is a unique scenario and the investigation had its unique challenges," Pearson said. "It is unusual for this community."

Last Tuesday, the Thunder Bay Police Service said 84-year-old Harriet Gray was arrested and charged with manslaughter in connection to the death of a 91-year-old male resident at the Bethammi Long-Term Care Home.

According to police, a physical altercation between the two

Bethammi residents occurred on May 18, 2022. The male was seriously injured from a fall as a result of the altercation and succumbed to his injuries on May 24, 2022.

An investigation was launched by the Crimes Against Seniors Unit and the Major Crimes Unit with the Thunder Bay Police Service that resulted in charges being laid against Gray.

"There was a great deal of work that went into this investigation," Pearson said. "There are interviews to be conducted, evidence to be reviewed, a post mortem examination to be conducted. Eventually the totality of the evidence has to be considered before a charge can be laid."

Because it is now before the courts, Pearson could not provide many details on the case, the alter-



TRAGIC LOSS: Bethammi Long-Term Care Home is operated by St. Joseph's Care Group

cation that took place, or the history of the accused.

Kelli O'Brien, president and CEO with St. Joseph's Care Group, said the organization is committed to the safety of residents and staff at

all their long-term care homes.

"We are really deeply saddened by this tragic event and we offer sincere apologies to the family and loved ones," she said. "Our staff followed all required processes in responding to the incident and we are grateful for their quick and compassionate response."

This is the second violent incident at Bethammi Long-Term Care Home resulting in charges in 2022. In February 2022, a 63-year-old resident was charged with assault after a staff member was attacked.

"We have a zero tolerance of abuse policy. Staff receive training with respect to that and we report any incident," she said. "It's continual action both in terms of identification, training for staff, policy and procedures, and actions when something does occur."

According to O'Brien, an investigation will be completed to identify improvements, which is undertaken following any incidents of violence. Supports are also available to staff.

O'Brien also assured family members of staff and residents at Bethammi that the facility is safe.

"St. Joseph's Care Group is committed to the safety of residents and staff in our long-term care homes," she said. "Bethammi has been in the community for 40 years and has been delivering exceptional care. We routinely survey residents and families and close to 90 per cent report their care is good or excellence."

No other charges are expected at this time. Gray is being kept in a secure and supervised care facility in Thunder Bay.

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Perfect backcountry playground

Twenty years ago, I smuggled a diamond engagement ring deep into the wilderness of Quetico Provincial Park. It stayed stashed away in my camera bag for at least a week, travelling over dozens of lakes and across countless portages. Finally, on a picture-perfect island, with a pair of loons calling to each other on the calm lake in front of us and the sun setting on another amazing day, I reached for the ring. The unparalleled combination of beauty, wonder and adventure that only Quetico can provide was, and still is, symbolic of my relationship with the woman who was planning our route and steering our canoe on that unforgettable backcountry wilderness trip.

Quetico Park is a world-famous

provincial park near Atikokan in the Rainy River district of Northwestern Ontario. It is vast in size, stretching over 4600 square kilometers and containing more than 2000 lakes within its borders. Renowned for its rugged beauty, Quetico features seemingly infinite virgin forests teeming with wildlife, and more picturesque rivers and lakes than you could paddle through in a month.

In Quetico, there are no roads, and with the lone exception of the Dawson Trail Campground, the park is only accessible by water. The canoeing here is world-renowned and with over 500 land portages



Keith Ailey
the GOOD LIFE



GETTING AWAY: Quetico Park is a popular destination for backcountry adventures.

connecting the rivers and lakes, the route options are essentially unlimited. Whether you intend to spend a few days or a few weeks exploring from the canoe, I would highly recommend packing a fishing rod.

Quetico's plentiful lakes are full of smallmouth bass, northern pike, walleye and lake trout. I often have a line in the water and a Rapala trolling

behind our canoe as we journey through the labyrinth of crystal clear lakes that make up the park. On several occasions, I have had to reel in my line because we were catching so many bass that we stopped making any measurable progress in our attempt to cross a lake on our canoe route.

To keep the park's lakes healthy and pristine, only artificial bait and barbless hooks are permitted within Quetico. Because both live and dead bait can introduce invasive aquatic species, organic bait (like worms, leeches and salted minnows) is banned. Luckily, the fishing is good enough that artificial lures rarely fail in these under-pressured waters. To comply with the barbless rule, simply pinch down the barbs on your lure's hooks with a pair of pliers.

Besides the peaceful solitude of

backcountry paddling, camping and the excellent fishing, Quetico offers its visitors wonderful swimming opportunities, dark sky viewing, birding and over 35km of hiking trails near the Dawson Trail campground.

Quetico was Ontario's first wilderness class park, and with its long history of minimal human interference and a tradition of low impact wilderness canoeing, it really is the perfect backcountry playground. Part of its unique charm is the lack of facilities and services. Even the campsites and portages are unmarked. My wife and I often found that we would have days where we wouldn't encounter another human, but we are perfectly fine just watching the sunset together with no sounds other than the loons calling to each other on the lake in front of us.

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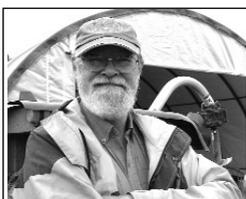
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August keeps on scudding by

Well, I goofed. Mea culpa, mea culpa.

Last column I pondered the whereabouts of the dandelions that usually carpet our lawns. Where were they? Instead of dandelions, I was mowing trefoil. Sure, they are both yellow but had there been a switch and when did that take place? The answer came from my wife, Laura: "Yes, there were dandelions covering our lawns. You even mowed them down and when done you came inside to report that you saw no honey bees. That was back in June. Do you not remember how the dandelion tops turned to fluff and when a strong wind came on,



Fred Jones
RURAL ROOTS

the fluff flew?" Er...nope. "But when did the trefoil show up?" I asked. "When you were in hospital. You were in there for a week and during that time the transition took place from dandelion to trefoil," she said. "Oh," I replied. I really must pay more attention to my surroundings.

But I have observed the changes along our rural roadsides. The lupins are done to be replaced by stands of tall, white clover and fireweed with those beautiful pinky-red flowers. The corn flowers (chicory) growing at the end of our driveway are still

blooming their gorgeous blue

Saskatoon berries are dotting their bushes. There are two large bushes at the end of the driveway. Seems there are plenty of berries but they also appear to be slow in ripening. We planted four Saskatoon bushes near Casa Jones a few years back. They are large but they are prolific. And walking down the lane beside what we call Pond Paddock, we noted one Saskatoon bush that had grown quite tall. Now I have found three smaller ones but also producing berries.

So we move through August, a month that traditionally sports turbulent weather, roiling clouds scudding hither and yon, and shorter periods of daylight. Again,

the summer seems to be whizzing on by and all too soon autumn will show up. Not quite ready for that change though.

Early morning is now cooler and methinks that is when I should delay guzzling coffee and take pooches for a brisk walk along our trails just to get them some exercise (me too) before settling into my usual morning routine of assisting both daughter and wife out the door as they head off to their jobs. Eventually the biting bugs will disappear as the daily temperature continues to dip and walks can resume during the day.

Meanwhile I have chores to do: finally fixed the fence by the road where the first horse shelter Laura

built had collapsed during that huge storm that occurred while I was in hospital (I really missed a lot of action!). The fence was attached to the shelter so that when it blew over, a large gap was now revealed exposing the paddock to the road. Son Doug came out Saturday and we put in three fence posts and nailed up boards. Now I can release the horses into that paddock without fear that they will head out onto the road. That paddock now has lots of rich grass for them to munch.

And soon the morning temperatures will be cool enough for me to resume morning fires in the fireplace as I sip mug number one and watch the sun paint the forest gold all around us.

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Thank you for your support!

Monkeypox vaccines coming

By TB Source staff

Vaccination against the monkeypox virus could be available in Northwestern Ontario as soon as next week, though health authorities caution supplies may initially be limited.

Medical officer of health Dr. Janet DeMille said Thursday the Thunder Bay District Health Unit is still awaiting supply and guidance from the Ministry of Health on eligibility.

"I'm hoping within days we'll have the vaccine and any further guidance from the ministry on use," she said. "I've challenged my team to start administering it next week if we're able."

The district, which has not yet seen any confirmed monkeypox cases, might receive a small amount

initially, though DeMille expects further shipments in August and September.

"We don't want to raise expectations if we don't actually have the vaccine," she said. "We are seeing there are some supply issues... and there are areas of the province where there's more obvious spread happening – and it's very helpful in protecting us if it can be controlled in those areas."

Growing case count

The news comes as the number of confirmed monkeypox cases crossed the 400 mark in Ontario, with more than three-quarters of those cases in Toronto.

No deaths have been reported to date, while 11 cases have resulted in hospitalization, including two

requiring intensive care.

The majority of cases have so far been identified among males who report sexual or intimate contact with other males, though health authorities have emphasized that anyone can get monkeypox. Risk factors include close contact with someone who has a monkeypox rash, sore, or scabs.

Like other health units in the province, the TBDHU plans to invite those who meet criteria for being at higher risk to register for a waitlist for the vaccine.

The Rainbow Collective of Thunder Bay has advocated for vaccines to be opened to high-risk groups as soon as possible.

Eligibility could open further if the virus is more commonly detected in other groups, DeMille indicated.

"Depending on the epidemiology about where it's spreading, we could anticipate opening it up more broadly, if the supply and the need was there," she said.

Symptoms

The most commonly reported symptoms include a rash, oral/genital lesions, swollen lymph nodes, a headache, a fever, chills, myalgia or fatigue.

Anyone who believes they are at risk and experiencing monkeypox symptoms is encouraged to reach out to their health care provider or the health unit at (807) 625-5900 or 1-888-294-6630 to speak with an infectious disease nurse.

More information is available on the health unit's website

Health authorities, working with

advocacy groups like the Gay Men's Sexual Health Alliance, have so far been relatively successful in limiting the spread of the virus in Ontario, DeMille said.

However, she cautioned the situation elsewhere shows a need for vigilance, something acknowledged by the World Health Organization when it recently declared monkeypox a Public Health Emergency of International Concern.

"When you look at what's happening in parts of the United States, it does seem like it's a bit out of control, and that's quite concerning," DeMille said. "But I think we're in a reasonably good situation right now, and we will adjust accordingly going forward."

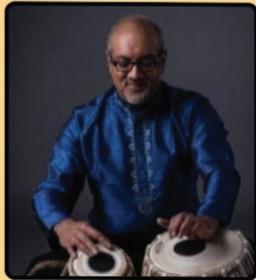


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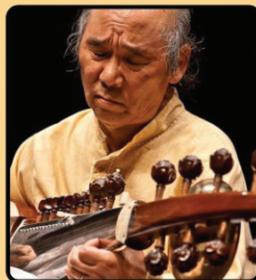
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RUN AWAY TRAIN: *Bullet Train* starring Brad Pitt opened in theatres on Aug. 5.

Bullet Train: An overloaded ride

“Bullet Train” (SilverCity) has a very snappy trailer, neatly establishing the movie’s plot and tone: the pursuit of a brief case on board a high speed train where much violent, comic mayhem ensues, with “Stayin’ Alive” on the soundtrack sung in Japanese to comedic effect. Brad Pitt is sending himself up as our hapless hero. It appears very promising.

The movie, however, overwhelms the plot and characters in over-the-top fashion to scattershot effect.

Director and former stunt double David Leitch (“John Wick”, “Dead Pool 2”, “Atomic Blonde”) is emulating Quentin Tarantino and Guy Ritchie. In doing so, his movie becomes a lesson in excess. Less would have been more.

Pitt is a rumpled “snatch and grab” operative codenamed Ladybug, who’s undergone a personal renewal, renouncing violence for a Zen-like attitude, even leaving behind his gun in his drop locker. His past is littered with deaths that happened around him, not necessarily committed by him.

His latest assignment via ear piece from his largely unseen handler, Maria (Sandra Bullock) seems suited to his new-found mindset. Retrieve a hard shell brief case on board a Bullet Train running from Tokyo to Kyoto. Seems straightforward enough.

Except that once aboard, Pitt soon finds there’s other deadly adversaries pursuing the case, chief among them a pair of nattering “twin” killers, Tangerine (Aaron Taylor-Johnson) and Lemon (Brian

Tyree Henry), recalling Jackson and Travolta from “Pulp Fiction,” and The Prince, (Joey King) a diabolical female assassin playing innocent school girl. Pitt’s picked the wrong time to become a pacifist.

There are tons more adversaries, either in the employ or influenced by White Death, head of the world’s largest crime syndicate who demands the return of his kidnapped adult son and the \$10 million ransom contained in the case, both on board the train.

Brad comically resorts to using water bottles, luggage, laptops etc to defend himself. Working at cross purposes, the adversaries either deliberately or inadvertently thwart Pitt from absconding with the case. This is also a remarkably under-staffed train. (We count three.)

“Bullet Train” has some funny wisecracks and visual payoffs, needle drops, costumed anime characters getting punched, some witty cameos. A poisonous snake is also on the loose. (“Snake on a train!”). Leitch choreographs violent tussles in tight spaces with giddy glee.

But the movie is also overstuffed with too much style, digressive flashbacks, bloody carnage, lame poker-faced quips and intricately connected subplots which hurt the film’s momentum and withers interest. Too many snarly villains spoil the brew.

Decked out in a bucket hat and horn rims, grizzled Pitt is having fun playing against his movie star persona. He alone makes the movie watchable.

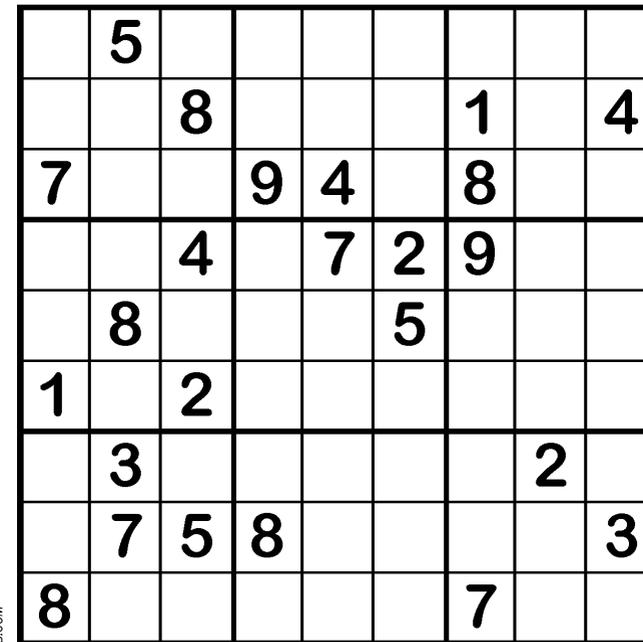
The Hitchcockian MacGuffins that started it all, the kidnapped son and brief case, get lost in the CGI mix. What was behind Bullock sending Pitt on this mission anyway? We’re almost past caring. Except for good ol’ Brad.

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Enigma cryptograms are created from quotations and proverbs from around the world. Each letter stands for another letter. Hint: “R” = “N”

“LNGXTYVKNR KR VXLIXT KW YCBYAW
Y QKTVZX; FZV LNGXTYVKNR KW
ITKRUKICX KW YCBYAW Y QKUX.”

— VONLYW IYKRX



ACROSS

- 1 Taro
- 5 Air traffic control (abbr.)
- 8 Federal Deposit Insurance Corp. (abbr.)
- 12 Brief death notice
- 13 Raw (Fr.)
- 14 Girlfriend of Alley Oop
- 15 Euripedes play
- 17 Ode
- 18 River into the North Sea
- 19 Fr. philosopher
- 21 Prison sentence
- 22 Saint (Sp.)
- 23 Drooping
- 25 Twenty-fourth part
- 28 Moue (2 words)
- 31 Islamic teacher
- 32 Youth
- 33 Gratuitous
- 34 Atl. fish
- 36 Jap. sword
- 37 Mayan year
- 38 Adjective-forming (suf.)
- 39 With (pref.)
- 41 Rockies peak
- 43 Laos aborigine
- 46 Verily
- 48 Got
- 50 Alaska Hawaii Std. Time (abbr.)
- 51 Salt (Fr.)
- 52 Buddhist monk
- 53 Tie
- 54 Gelderland city
- 55 Fr. plane

DOWN

- 1 Incite
- 2 Competent
- 3 Blue-green pigment
- 4 Mineral (suf.)
- 5 Armored jacket
- 6 Neat
- 7 Flan

ANSWER TO PREVIOUS PUZZLE

PIEASNA MSS
PAGEHERATLE
SPACIOUSIRUS
IALTORIIBABE
EATSLOW
SETTLEDARHAT
ECRURABEACH
STADTREGATTA
VEALTED
EDEPINONLOA
TURFMAKEOVER
EASEAGEHING
DENNANMIO



25 Scot. jackdaw (abbr.)

26 Amyotrophic lateral sclerosis (abbr.)

27 Luxe

28 Strife

29 Council for Econ. Advisors (abbr.)

30 Shak. contraction

32 Thick-lipped

35 Science class

36 House (Sp.)

38 Fiber plant

39 Hall (Ger.)

40 Young Men's Hebrew Assn. (abbr.)

42 Son of Ruth

43 Hilltop

44 Blood (pref.)

45 Irish exclamation

47 Ultimate degree

49 Fr. pronoun

Brady captures flag

Dayton Brady captured the checkered flag in the modified race

RACING

By Johan Vass

Thunder City Speedway is the largest summer spectator sport. The average is about 3000 fans per week. The race faithful are not disappointed. The racing is unreal. So many on the track battles are amazing to watch. The fastest lap on the track belongs to Colin Chaschuck. It was an epic battle to the checkered with Dayton Brady. The pair exchanged the lead a few times with Dayton Brady the eventual checkered flag winner in the Thunder Bay Truck Centre Wissota Modified race. Colin Chaschuck waited in the infield for Brady to arrive to shake his competition's hand. That was a class act by Chaschuk.

Racing is a very competitive sport. A racer can also be humbled by the track and broken car parts! Now that I have said that, I want to express to the fans that Don Craig #47 is in good health. I also want them to know Dave Allen #88 is also fine. These drivers were involved in separate crashes. Don Craig rolled her right over on the roof in spectacular fashion. Allen put the car up the fence and was going the opposite direction on the track after the car settled to the ground. Allen's accident caused some fence repair work. Shout out to the track construction crew for the speed in which the fence was fixed so we could continue racing. Amazing work by all those involved.

In the Paulucci's Wayland Bar and Grill Wissota Midwest Modifieds David Simpson #70jr, Cole Chernosky #33, and Tanner Ulakovic # 86eh, had their cars running to perfection. The three ran a fantastic race with David Simpson taking the checkered. It was a nice win for Simpson.

The Mezo Motors & Machine Wissota Super Stock was a race that saw veteran racer Tom Smart #61 do some excellent blocking until Cole Chernosky #33 broke free to take the win. #66M Mike Maclean placed third.

Mastangelo's Fuels Street Stocks feature winner was Darren Wolframe #96W followed by Andrew Piilo #24 and Justin Tougas #1JT.

In the Bay Lock & Security Hornet Division Cameron Ellis #9E took the checkered #86TB Tyson Broennle



RACETRACK RESPECT: Colin Chaschuck congratulated Dayton Brady after a hard fought battle on the track. Chaschuck waited on the infield to congratulate Brady. They exchanged the lead a few times during the race much to the delight of the crowd.

placed second and #22 Jesse Owen third.

Kyle Montieth #3D Jr. has a new race car and it is performing well. Kevin "Willie" Armstrong is back with the #11 car. Armstrong's car was destroyed in a crash earlier this season. It is nice to see him back.

The crowd was treated to our National Anthem sung by Nashville recording artist Meagan Nadin. If you have not heard her amazing voice give her a Google. She is the daughter of Norm Nadin one of the track owners. Thunder Bay has many talented people born here and Meagan Nadin is one of them.

Racing Action Continues Wednesday nights at 7PM gates open at 5:30.

JOHAN VASS

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58. CAREERS



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53. GENERAL SERVICES

#1 dump runs, trash/yard clean up: inside/outside. Tear down/remove sheds, decks, fences. Also repair sheds, fences, decks. Cut/remove small trees, trim hedges, lawn cutting + general odd jobs/services. Call Frank 628-5919

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

Sunshine Lawn Maintenance - yard, garden, odd jobs including eave-s trough cleaning, window-washing, experienced, great seniors' rates, references. Call Mark 631-6967.

53. GENERAL SERVICES

Looking for Tree Removal?



Fast, Safe & Efficient
 With Our Unique 34" wide
 100ft reach man-lift, we cut
 higher than anybody in town.
626 3542

53. GENERAL SERVICES

Spring & Fall yard clean up dump runs lawn cutting rototilling tree & hedge trimming eaves trough cleaning powerwash or scrub dirty surfaces RJC WINDOW CLEANING & PROPERTY MAINTENANCE 632-2161

EXTERIOR HOUSE PAINTING! Fast friendly service, best prices in town! FREE ESTIMATE! Call Fred at 285-7994

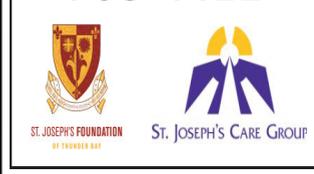
TREE REMOVAL SERVICES. In town/rural, ++experience, Man-lift, insured, and seniors' discounts! Very reasonable rates, free estimates. Call Jacques (Jack) 345-4363

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68. DEATH/FUNERAL



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

PREVIOUS SOLUTION: "Moderation in temper is always a virtue; but moderation in principle is always a vice." — Thomas Paine

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THUNDER BAY



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INTERNATIONAL YOUTH DAY | AUGUST 12TH



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United Way of Thunder Bay

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