



Red Lake evacuated

A 400 hectare fire burning near Red Lake has resulted in the evacuation of 4,100 people / 5



A FOREST FIRE NEAR RED LAKE SENT PLUMES OF SMOKE INTO THE AIR ON AUG. 10, 2020

SOL MANAKWA/TWITTER

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REVIEW

Review Of Draft Forest Management Plan Dog River-Matawin 2021-2031 Forest Management Plan

The Ontario **Ministry of Natural Resources and Forestry (MNRF)**, **Resolute Forest Products Canada Inc.** and the **Dog River-Matawin Citizens' Advisory Committee (CAC)** invite you to review and comment on the 2021-2031 Draft Forest Management Plan (FMP) for the **Dog River-Matawin Forest**.

The Planning Process

The FMP takes approximately three years to complete. During this time, five formal opportunities for public consultation and First Nation and Métis community involvement and consultation are provided. The third opportunity (Stage Three) for this FMP occurred on March 4, 2020 when the public was invited to review and comment on proposed operations for the ten year period of the FMP. This '**Stage Four**' notice is to invite you to:

- review and comment on the draft FMP; and
- contribute to the background information

Comments from the public will be considered in revisions to the draft FMP.

How to Get Involved

Further information on how to get involved in forest management planning and to better understand the stages of public consultation please visit: <https://www.ontario.ca/document/participate-forest-management-ontario/how-get-involved-forest-management>.

The Draft FMP and the Draft FMP summary will be available electronically on the Ontario government website at www.ontario.ca/forestplans and can be made available by contacting the Resolute Forest Products Canada Inc., contact listed below, during normal office hours for a period of 60 days: **August 24, 2020 to October 23, 2020**. Comments on the draft FMP for the Dog River-Matawin Forest must be received by Scott Galloway of the planning team, by **October 23, 2020**.

In addition to the most current versions of the information and maps which were previously available, the following information can be obtained electronically on the Ontario government website (www.ontario.ca/forestplans) to assist you in your review:

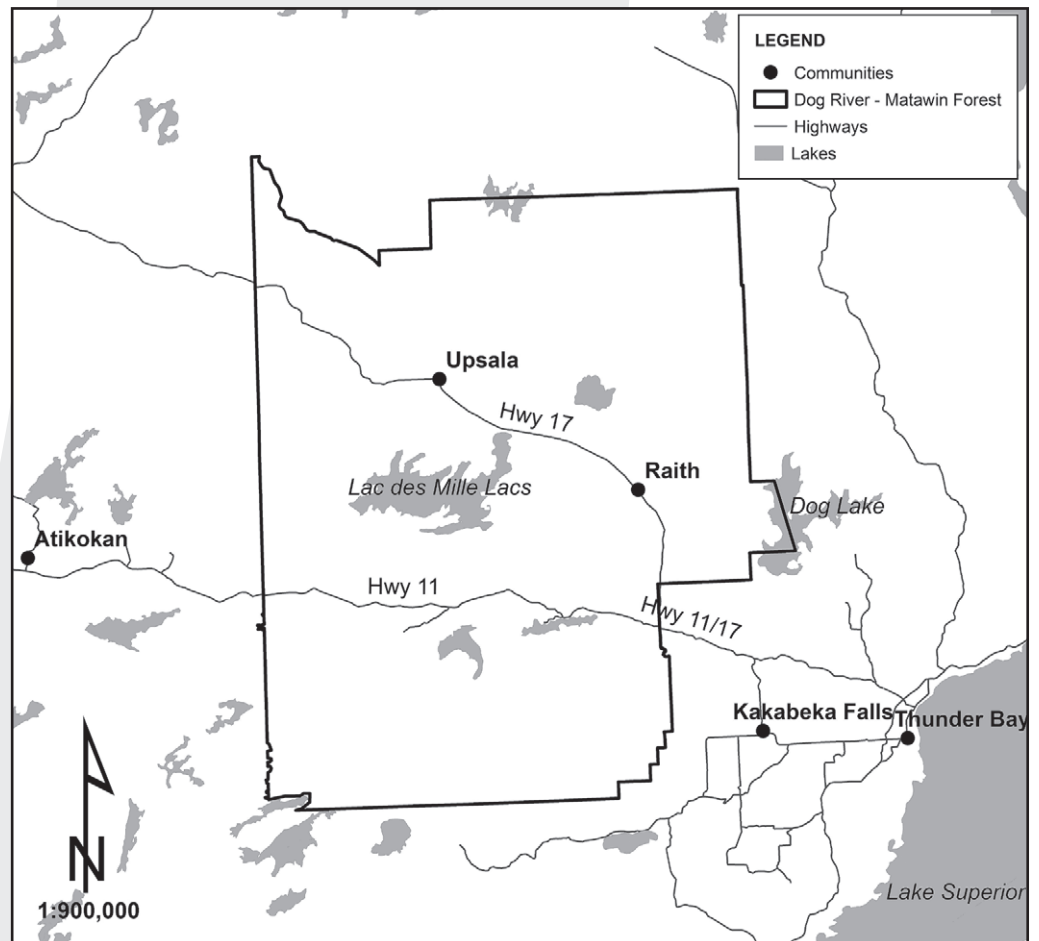
- Draft FMP, including supplementary documentation;
- Draft FMP summary;
- MNRF's preliminary list of required alterations

The Information Forum related to the review of Draft Forest Management Plan will be held via individual or group remote meetings which may be arranged by calling the individuals listed below during the review period. Remote meetings with representatives of the planning team and the CAC can be also requested at any time during the planning process. Reasonable opportunities to remotely meet planning team members during non-business hours will be provided upon request. If you require more information or wish to discuss your interests with a planning team member, please contact one of the individuals listed below:

Scott Galloway
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435 James Street South
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Thunder Bay, ON P7E 6S7
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Thunder Bay, ON P7E 6S3
tel: 807-475-2030
e-mail: beau.johnson@resolutefp.com



During the planning process there is an opportunity to make a written request to seek resolution of issues with the MNRF District Manager or the Regional Director using a process described in the 2020 *Forest Management Planning Manual (Part A, Section 2.4.1)*.

The last possible date to seek issue resolution with the MNRF Regional Director is **November 9, 2020**.

Stay Involved

The MNRF-approved FMP will be available for inspection for the 10-year duration of the FMP

Stage Five - Inspection of the MNRF-approved FMP which is tentatively scheduled for **February 12, 2021**.

The approval date of the FMP is tentatively scheduled for **March 22, 2021 with implementation on April 1, 2021**.

The Ministry of Natural Resources and Forestry (MNRF) is collecting your personal information and comments under the authority provided by the Forest Management Planning Manual, 2020 approved by regulation under Section 68 of the *Crown Forest Sustainability Act, 1994*. Any personal information you provide (home and/or email address, name, telephone number, etc.) may be used and shared between MNRF and/or the sustainable forest licensee to contact you regarding comments submitted. Your comments will become part of the public consultation process and may be shared with the general public. Your personal information may also be used by the MNRF to send you further information related to this forest management planning exercise. If you have questions about the use of your personal information, please contact Alyson Dupuis at 807-475-1512.

LOCAL NEWS



FILE PHOTO

GREEN LIGHT: A preliminary rendering shows the planned multi-use indoor sports facility at Chapples Park.

Game on for indoor sports turf facility

CITY COUNCIL
By Ian Kaufman - TB Source

A controversial indoor sports complex looks set to move ahead after Thunder Bay's city council voted to put the project to tender following hours of debate Monday night.

The decision still needs to be ratified by council at its next meeting on Aug. 24, though its passage on a 9-4 vote would seem to make a reversal unlikely.

The Chapples Park facility would offer opportunities for sports including soccer, ultimate frisbee, cricket, football, lacrosse, and baseball training, with a full size indoor field that can be divided in four for smaller games and practice.

The project comes with a price tag of \$33.6 million – though a recent review by the city's Community Economic Development Commission (CEDC) suggested actual costs to the city could exceed \$48 million.

A group of four councillors – Mark Bentz, Trevor Gieruga, Brian Hamilton, and Rebecca Johnson – argued council should delay a decision on the project given the uncertain financial impact of COVID-19 and lack of hoped-for support from upper levels of government.

That echoed a recommendation to wait from city manager Norm Gale and the results of city consultations, which showed a majority of respondents opposed moving forward with the project at this time.

Of the 405 respondents to a survey on the project in July and August, 23 per cent opposed it outright, while another 27 per cent felt now was not the right time to go ahead with it. That compared to 35 per cent who clearly supported it.

Proponents, however, argued Monday the cost of the project was worth bearing given its benefits. It would meet the desperate need for indoor recreation opportunities in the city – especially for youth – and help make Thunder Bay a more attractive place for young people, they said.

"It's going to continue bringing people into our city and keep people from leaving it," Soccer Northwest president Mike Venezia told councillors. "When young professionals are looking to move to a city, this is something they'd look towards."

The head of the group, which has long advocated for a permanent indoor facility, said the venue still wouldn't meet demand for field time during the winter, and was likely to turn a profit after its second year in operation.

Coun. Andrew Foulds framed the turf facility as a legacy project with the power to help define the city and the opportunities it offers, comparing it to the community auditorium. The uncertainty of the COVID-19 crisis made approving it the most difficult decision in his 14 years on city council, he said – but ultimately felt its positive impact would justify the expense.

Just how much the facility is likely to cost the city remains up for debate. So far unsuccessful in securing support from the provincial or federal governments, the municipality now could bear its full cost.

That was a deal-breaker for councillors like Gieruga and Johnson, given a projected \$7 million deficit for the city in 2020 thanks to the pandemic.

"I think we need an endorsement from the community, and right now they're saying no," said Johnson.

Needing ward councillor Cody Fraser acknowledged the project may be unpopular with many constituents and said voting for it could hurt him electorally, but felt strongly it was the right thing for the community's future.

He had yet to speak to someone under age 35 who opposed it, he said.

"To be frank, I'm upset that the conversation's all about money," he said. "I think this facility is a glimmer of hope, a glimmer of some kind of normalcy, whatever that's going to look like."

Putting the project to tender means it's no longer eligible for nearly \$22 million in federal infrastructure dollars the city had applied for. Applications for around \$1 million through NOHFC and FedNor are still outstanding, while the city says it will continue to seek other sources.

The facility itself is estimated to cost \$33.6 million, but with interest payments expected on a possible \$15 million debenture needed to pay for the project over 25 years, the cost rises to \$42 million.

The debenture would supplement around \$15 million already saved in an Indoor Turf Facility Reserve Fund, \$3.3 million from the Renew Thunder Bay Reserve Fund, and around \$500,000 from 2020 Municipal Accommodation Tax dollars.

City administration expected the project would take 24 to 26 months to complete after going to tender.

"I think we need an endorsement from the community, and right now they're saying no."

REBECCA JOHNSON

Weather Forecast

WEDNESDAY	THURSDAY	FRIDAY
Sunny	Chance of a shower	Light rain
Probability of Precipitation: 0% HIGH 29 LOW 16	Probability of Precipitation: 40% HIGH 24 LOW 17	Probability of Precipitation: 80% HIGH 28 LOW 18
SATURDAY	SUNDAY	MONDAY
Showers	A few showers	Mainly sunny
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LOCAL NEWS

MPPs critical of back to school plan

EDUCATION
By Doug Diaczuk - TB Source

Two local MPPs are joining a growing chorus of voices speaking out against the provincial government's back to school plan, saying by not reducing class sizes, students and teachers are being put at risk.

"Quite frankly, I think the Ford government plan falls woefully short in terms of a safe return to school, especially for elementary school students," said Thunder Bay-Superior North MPP Michael Gravelle.

The Ford government unveiled its back to school plan last week and in that time it has been questioned and criticized, with parents, teachers, and opposition MPPs expressing concerns that class sizes will remain the same as before.

"I think I feel very badly for parents. They are faced with wanting their kids to go back to school but being afraid of what's going on," said Thunder Bay-



DISAPPOINTED: MPP Michael Gravelle says the school plan misses the mark.

Atikokan MPP Judith Monteith Farrell. "I would like to see smaller class sizes. Especially in the younger grades and I would like to see high school done differently so you are not sentencing them to part-time online learning."

Two local school boards have released their back to school plans and in following with ministry guidelines,

students will be back in the classroom five days a week with normal class sizes. At-home learning models are also available.

Enhanced public health measures will be put in place, but Gravelle says that does not do enough to protect students and staff in the classroom.

Gravelle referred to a plan devised by the Liberal Party of class sizes no larger than 15 students, which would require additional teachers and staff.

"The bottom line has to be health and safety and the Conservatives have missed the mark quite frankly and need to back track and provide those resources so we can ensure a safer environment for our elementary school students," he said.

"It does require more classroom people, more custodian caretakers, more outside facilities to be used as classrooms, but I think in this particular unprecedented time it is the right thing to do."

Monteith-Farrell agrees, saying its



CONCERNED: MPP Judith Monteith-Farrell says parents are worried.

fine if the government wants to open up schools again, but it won't work if there are not enough resources to make it happen in a safe way.

"I think what their plan is very much in line with what we've been saying," Monteith-Farrell said of the Liberal's plan. "More resources. That is important. We need to see sufficient money

in place for human resources and smaller class sizes is essential."

Following the release of the return to school plan, teachers unions and federations said there was a complete lack of consultation with teachers by the provincial government.

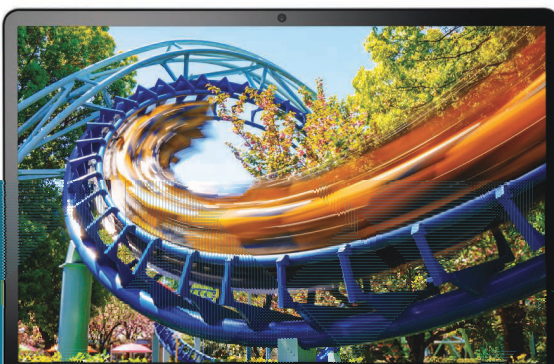
"I don't think there has been thorough consultation whatsoever," Gravelle said. "It's clear for real consultation to take place it requires sitting down and listening to the experts in the field and those are the teachers themselves. I don't believe they have been listened to by this government and that is evident in the backward plan in place."

School is scheduled to begin in early September. Students in the Lakehead Public School Board are required to register for in-school learning by Aug. 14, while those in the Thunder Bay Catholic District School Board are already registered and required to opt-in for at-home learning by Aug. 17.

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LOCAL NEWS



SOL. MANAKWA/TWITTER

FORCED OUT: A forest fire near Red Lake sent plumes of smoke into the air on Aug. 10, 2020.

Red Lake evacuated

A massive 400 hectare fire near Red Lake has forced the evacuation of more than 4,100 people

RED LAKE

By Gary Rinne - TB Source

As a forest fire continues to burn on the outskirts of Red Lake, the evacuation of the municipality of 4,100 continues.

Municipal officials say air transportation to other communities in the region is being arranged for vulnerable residents or those unable to leave on their own by vehicle.

The municipality issued a statement Tuesday morning saying Highway 105, which links Red Lake to Highway 17, could be compromised by the fire by noon.

OPP on Monday evening announced Highway 618 in Madsen was closed to east- and west-bound traffic as a result of the fire.

Video posted to Facebook by Paul Andersen showed how close the fire was to the road as people drove to safety.

Municipal officials have asked residents needing assistance to call 727-7106.

Individuals travelling by vehicle are

asked to check in at the Ear Falls municipal office and/or the Dryden Memorial Arena.

Beds have been made available in the Dryden arena, and efforts are being made to secure other refuge locations in Kenora, Ignace and Fort Frances.

Red Lake fire 49 quickly grew from five hectares late Monday afternoon to more than 400 hectares by the evening. Its origin is about two kilometres northeast of Madsen.

Ministry of Natural Resources and Forestry waterbombers attacked the flames from the air but reportedly had difficulty with windy conditions.

Municipal officials are working with the MNRF, OPP, and the Emergency Management Ontario Provincial Operations Centre.

Thunder Bay Mayor Bill Mauro said he would be meeting Tuesday with city officials to discuss what the city might be able to do to assist Red Lake.

Health unit announces 100th COVID-19 case

THUNDER BAY

By TB Source Staff

The Thunder Bay District Health Unit announced the district's 100th total confirmed case of COVID-19 Tuesday morning.

There are now three active cases in the district, with none hospitalized.

The newest case involves a Thunder Bay-area woman in her 60s, now self-isolating.

The health unit had not yet determined an exposure category, which indicates how the patient contracted the virus.

The woman's episode date, indicating the earliest date on which she experienced symptoms, was tested, or had results reported to the health unit, is listed as July 20.

It's the fourth new case the health unit has announced in August, and the ninth announced over the past month.

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Editorial

EDITORIAL

Scammers prospering

COVID-19 may have shut down much of Canada's economy, but scam artists are busier than ever.

In late July, the Thunder Bay District Health Unit issued a semi-regular warning about scammers using the virus and testing results as a way to find out people's personal information.

Last week, Thunder Bay Police sent out a warning of their own, noting calls from fraudsters are up, saying a spike in calls appear to be targeting local phone numbers.

The caller claims to be from the government of Canada and tells the person who picks up there is an issue connected to their social insurance number. Sometimes they are requested to take money out of their financial institution.

These callers are getting more and more sophisticated. They use software that mimics legitimate numbers or shows up as coming from seemingly legitimate operations.

They're almost always scams. Banks and government departments, including the health unit and RCMP, will not ask for personal information over the phone.

If you get a call, hang up. If you think it's legitimate, look up the number online or in the phone book (yup, those are still a thing) and phone back.

Finally, don't be afraid to talk to vulnerable loved ones about the topic.



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Talk openly with aging parents



**CHRISTINE
IBBOTSON**
MONEY LADY

Dear Money Lady,

I'm approaching my mid-50s, and I'm beginning to think about some long-term care options for my aging parents. Lately when I have gone to their house, it's a bit messier than usual, and I'm worried that it may be time for a change. I'm worried about bringing this topic up with them. What do you think? Desperate for direction!

Virginia

Dear Virginia,

As your parents get older it is sometimes uncomfortable to have discussions about sensitive topics like healthcare and finances. Most people in their 40s and 50s are beginning to think about having these conversations.

Many are worried about their parents especially if

they have failing health and are living on their own.

Remember it is a good idea not to jump to conclusions or try to force a solution on a parent that isn't ready.

Refrain from being too aggressive until you have gathered all the information about your concerns. Observations and careful attention to any problems should be your first course of action.

Please don't overreact if your parents need a little more help with household chores, meals or personal care. This may mean that they may only require someone to come and help out two to three times a week.

It certainly doesn't mean you need to start picking out a nursing home and putting their home up for sale. Working together to find a solution that you are both happy with should be your primary goal.

Professional caregiving services can provide assistance in a number of areas such as meal preparation, light housekeeping or medication reminders. One should always try to find a solution that provides continued independence for your parents so that they may continue to retire in decency and live with dignity as they age.

When it comes to finances, some parents are very independent and private about the handling of their money. This is always a difficult topic to discuss but

should be done if you see a decline in their standard of living and are concerned.

If you have a good relationship and trust one another, it is always a good idea to have joint bank accounts with your parents.

If anything were to happen to a parent, and you were not joint on their accounts, you would not be able to pay bills or look after their finances on their behalf, without a POA or Probated Will.

Health and finance discussions with a parent are always better to be done sooner rather than later when a crisis has occurred. Keep the dialogue open and become a valued partner to your parent. If they are open to it, meet their financial advisor and accountant.

Make sure they have a will, POA, and talk to them about their final wishes. Together you can ensure everyone is cared for, respected and appreciated.

Good Luck and Best Wishes,
Money Lady

Written by Christine Ibbotson, Author of the best-selling book "How to Retire Debt Free & Wealthy" and a new book Don't Panic – How to Manage your Finances and Financial Anxieties During and After the Coronavirus" available at all bookstores across Canada. If you have a money question, please email on website: www.askthemoneylady.ca

Perspective

Second-hand news

OPINION

By J.R. Shermack
Special to TB Source

When I think back to high school I can still recall the environmental delight generated by the three “R’s” - Reduce, Re-use and Recycle.

Unfortunately, reducing rampant consumerism was a non-starter and recycling our unwanted and often needlessly discarded possessions was a futile distraction.

That leaves the middle “R” (re-use), the broad concept of extending the useable lifespan of manufactured products by offering them to others for free, for sale or for sharing.

This means reclaiming durable, discarded goods, either new or used, that have had one or more previous owners and are still useable as originally intended.

A trip to the John Street landfill site reveals the quantity and variety of unwanted items that are unceremoniously dumped and discarded.

We often throw away surplus possessions simply because we don’t like them anymore, they don’t suit the decor or we just need the space for our new stuff.

At the landfill site a collection of used bicycles in the corner indicates that the bins are full of other reusable items being needlessly trashed.

“What a waste of resources,” I tell myself as I callously toss my once-treasured, still viable household goods, appliances and outdoor toys into the junk bin.

I don’t think about what happens next to all my refuse and I am happy to pay the dump fee just to get all that crap out of my sight, out of my mind and out of my life forever.

After all, there is plenty of new, improved junk readily available to replace the material void I created when I transported my personal belongings to the dump.

But clearly, many of our discarded items can be salvaged and used again at little or no cost and with much less negative environmental impact.

This is common knowledge and even though “Re-use” has always been the least popular “R”, there is a small, dedicated group of consumers who make it work.

They are the informed, savvy consumers who benefit from a growing awareness of Canada’s second-hand economy.

If you sold, swapped, purchased or donated any used items last year, you were a part of the second-hand economy along with 82% of all Canadians.

That amounts to \$27.3 billion or 1.23% of Canada’s GDP for the year 2019 – sellers earned an average of \$961 and buyers saved \$723 by purchasing second-hand.

Financial savings were once the prime motivator but an increasing number of consumers cite altruistic or ecological reasons for using second-hand commerce.

They are trying to help fellow citizens by doing something positive for the community that also benefits society as a whole.

Second-hand consumers use this opportunity to protect the environment and preserve the planet, lower their carbon footprint and preserve limited resources.

By extending product lifespans and limiting their purchase of newly manufactured items conscientious consumers can help reduce global emissions.

The purchase and use of second hand goods once carried a certain stigma but that negative stereotype has changed in recent years.

A survey revealed that more than half of respondents said they had given a second-hand gift to a friend or family member.

Somewhat surprisingly, 35% of second-hand consumers have annual incomes of \$80,000 or more – the value and benefits of re-use are not just for the thrifty.

And regardless of social status, all consumers using the second-hand economy share four common values - compassion, empathy, autonomy and tradition.

That’s high praise for these informed and socially conscious contributors to our strong and vibrant economy.

It is well deserved and now is the time for “Re-use” to generate enthusiasm much like the other two environmental “R’s” did many years ago.

“But clearly, many of our discarded items can be salvaged and used again at little or no cost.”

ON THE MOVE



GONE FOR REPAIR Workers with Tom Jones Corp. removed one of two sections of the Marina Park pedestrian overpass last Thursday.

JAY KAUFMAN

A look back in history: May Street post office

This building on North May Street opened in 1904 with a post office on its main floor, a custom’s office above that, and the postmaster’s residence on top of that. The imposing structure of dark red brick and stone then housed the unemployment insurance offices from 1935 to 1966. It succumbed to fire while under renovation in 1982.



HOW TO WRITE US:

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

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

Address them to:
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your VOICE

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TB Life

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Slow return for bowling

With one bowling alley currently open, bowlers are beginning a slow return to the sport

THUNDER BAY
By Ian Kaufman - TB Source

Thunder Bay bowlers are beginning a tentative return to the sport. Only one of the city's two bowling alleys has opened its lanes, while a third permanently closed its doors earlier this month.

Curtis Laye, an assistant manager at Mario's Bowl on Memorial Avenue, said business has been quiet since the alley reopened on July 17, when Ontario entered Stage 3 in its reopening framework. That allowed Mario's to welcome up to 50 customers at a time – a limit they have yet to reach.

It's an uncertain moment for the sport, but Laye sees better times ahead as bowlers see the venue's safety precautions for themselves, and expects demand to increase as the summer weather wanes.

"Once they come in and see what we've done, people seem to be pretty happy about being able to come back bowling," he said.

Precautions include large shields separating lanes, plexi-glass barriers at customers service areas, spaced tables at the restaurant, and enhanced cleaning "from stem to stern" after each group (including balls and, yes, finger holes).

Customers must also wear



BACK TO THE LANES: Cruze Guay, 9, lets one fly at Mario's Bowl last Saturday.

masks inside the building, with limited exceptions: they can be removed once past the railing and on the alley itself while bowling, or in the restaurant area only while eating. While not everyone is thrilled with that new reality, it has yet to cause any problems, Laye reported.

"There's been a few customers who are leery about wearing the masks inside – we just have to ask them to put them on," he said. "So far we

haven't had too much pushback on that."

The business has submitted a plan to Ontario's ministry of health, hoping to raise its capacity to 150. Laye said that would still allow for plenty of space for distancing inside the building (the ministry generally looks for four square metres of space per person, he said).

If approved, the change would allow league play to resume, though likely in a staggered fashion.

In the meantime, Mario's is making the best of an unprecedented situation. Reopening is far from a sure bet financially, said Laye, but the business felt confident it could offer a safe bowling experience to players eager to hit the boards again.

"We're very concerned if it's going to be financially viable to open, but we're hopeful it's going to continue getting better," he said. "We were excited to reopen, just to get people back to work and have people enjoy the game they'd been missing. We had quite a few calls while we were closed."

Laye called the recent closure of the Superior Bowldrome on the city's south end "quite a loss" to the city's bowling community, which he said remains vibrant.

"Our youth league creates friends for life," he said. "You can see that when you come out [for league games] – you'll see a lot of ex-YBC bowlers who have been doing it their whole life. When you start bowling, you're welcomed into a community that's really close, and you feel like you're at home."

The city's other remaining bowling alley, Galaxy Lanes on Arthur Street, has reopened its restaurant and bar, with bowling expected to resume soon.

Salvation Army announces new leader

Gary V. Ferguson takes over from Lori Mitchell

THUNDER BAY
By TB Source Staff

The Salvation Army has recruited a new executive director for its Journey to Life Centre on Cumberland Street.

In an announcement Wednesday, it said Gary V.

Ferguson's appointment took effect on July 27, 2020.

Ferguson most recently worked at Shoppers Drug Mart as director of medical supplies and contracts.

He has several years of experience in acute care, long-term care and education, and was involved in the social service sector, both as a service provider and as a member of regional and provincial boards.

Ferguson said he's "honoured

to carry on the legacy of humanitarian work that the Salvation Army has provided in our community for over 100 years."

He succeeds Major Lori Mitchell, who's transferring to Ontario divisional headquarters in Toronto to serve as an area commander.

The Salvation Army's new \$16 million facility in Thunder Bay is expected to open by the end of the year.



NEW DIRECTOR: Gary V. Ferguson succeeds Major Lori Mitchell.

TB Life



SUBMITTED

STAYING COOL: There are a number of ways to still enjoy the outdoors in the hot weather.

Beating the heat is key to enjoying summer outside

Last week I wrote a list of tips to help anglers find walleye in the heat of summer. With the warm temperatures continuing, I've had a few friends ask for some additional tips to help them beat the heat while they are out riding, running, golfing, hiking or otherwise enjoying these beautiful summer days. Since it remains my goal with this column to encourage and inspire everyone to get outside and live the good life, I'll gladly share some tips I've picked up so we can all make the most of this great weather while it lasts.

I try to get outside every single day and with a busy life, that usually means fitting in lots of bike rides between the bigger adventures. So, I'll focus this article on staying cool and hydrated on the bike, but you can certainly apply most of this to whatever activities you enjoy on hot summer days. After all, no matter how we like to spend our free time, getting outside in the heat of August is far more appealing than venturing out on a frigid winter's day, so we should all try to make the most of the current weather trend. Here is how to do it:

Go Early

The best part of the day right now is often the mornings. I prefer to get out for my daily ride right after my morning coffee and be done with the heavy exertion and settled into more relaxing tasks by noon when the temperatures start to get uncomfortable.

Dress for the weather

Lightweight materials with wicking properties help you cool off and prevent the uncomfortable build-up of sweat. I find that good clothing, combined with the breeze create by riding fast has a strong



**KEITH
AILEY**

THE GOOD LIFE

cooling effect. Often, it is not until I stop riding that I realize exactly how hot it is.

Stay Hydrated

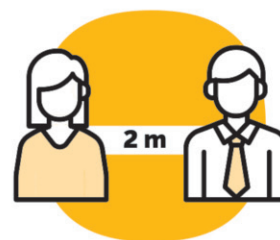
Drinking plenty of cool water is the easiest way to avoid dehydration and heat stroke when the temperatures soar. I like to add some Skratch brand electrolyte mix to my water bottles and then freeze them solid the night before a ride. Regular bottles will remain cool for well over an hour, but insulated water bottles, available in the local bike shops, will keep the liquid cool for up to three hours. I find I am much more likely to keep drinking if the water is cool and tasty.

Get Wet

Whether it is during or after my ride, the cooling effects of water emersion are unbeatable. One of the great things about living in Thunder Bay is that we are never more than a few minutes away from a cool stream or crystal clear lake. Jumping in feels amazing, but even dipping your feet or splashing some water over your head and neck can provide some quick relief from the heat.

Whether playing or working, being active when the temperature nears 30C comes with a unique set of challenges to overcome as our bodies deal with the heat. However, no matter how hot it gets, summer is too short and life is too good to let these days slip away.

As more businesses and services reopen, we must all continue our efforts to protect each other.



Continue to practice **physical distancing**, stay two metres apart even in gatherings.



Wear a **face covering** where physical distancing is a challenge or where required.



Continue to **wash hands frequently**.



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Tips for fitness beginners during the pandemic

(NC) Between being cooped up working from home and dealing with the stressors of a global pandemic, many of us are turning to exercise for escape and fun. But fitness newbies may be at greater risk of getting sidelined by easy-to-prevent injuries.

To reduce the risk of injury, Jeff Grimshaw, a Canadian certified pedorthist and president of the Pedorthic Association of Canada, shares these tips:

Replace your shoes regularly. With each use, the support of your shoes gradually wears down. There are many factors in determining when your shoes are worn out, including shoe condition, tread wear and midsole compression. Even if your shoes are sitting in a closet, the soles will deteriorate over time. As a rule of thumb, aim to replace your running shoes after one year or 500 - 1000 kilometres to ensure they continue to support proper foot movements without stress or strain.

Wear orthotics in athletic shoes, too. Harper says some people who have been prescribed orthotics wear them only in their daily shoes. However, it's vital to wear orthotics in your athletic shoes as well to ensure your feet are getting the support they need to function correctly.

Choose shoes designed for your specific

activity. Not all sneakers are created equally. Different types of athletic shoes are designed for the way your feet move in specific activities. Examples of athletic shoes are walking shoes, running shoes and sport-specific shoes such as basketball or court shoes. Each type of shoe is designed to give you the necessary support and control for specific activities to help optimize your performance and minimize potential injuries.

Don't ignore foot pain. Often, pain in your feet can be easily addressed with changes to your shoes or by starting to wear orthotics to provide additional support. However, sometimes foot pain can signal more serious issues. If you are experiencing prolonged pain or discomfort in your feet, schedule a consultation with a certified pedorthist for a thorough examination and treatment plan. Many are reopening their practices or seeing patients through virtual consultations.

Start off slow. While it's commendable to want to give 110 per cent to your new activity right away, your body and feet need time to adjust to any new fitness regimen. Gradually build up the length and frequency of your activities to allow your body to ease in.

More information can be found at pedorthic.ca or www.newscanada.com

How to improve your work-from-home setup

(NC) With so many of us working from home, we're walking the work-family tightrope trying to balance it all. After all, a traditional office is a very different workspace compared to your home, with fewer distractions and important productivity features such as a second monitor.

Research suggests that using dual monitors can boost productivity by 20 to 30 per cent. What if you could experience that same productivity improvement on your mobile device, essentially creating an "office to go?"

Fortunately, now you can. With the introduction of the dual-screen mobile devices, such as the LG V60, you can multi-task like never before. Bring your dual-screen device along to the cottage or on that trip to the park with your kids to make it your outdoor office - review documents on one screen and send your feedback in an email on the other. Or, take a video conference on one screen and notes on the other.

"A dual-screen mobile device offers a lot of flexibility for its user," explains Varun Kalia, head of mobile communications at LG Electronics Canada. "It's a relatively new format for smartphones, but once you use two screens, you'll never go back to just one."

www.newscanada.com

TBLife

The Return of July in August

August came early this year. The final week-and-a-half of July was very typical August - much cooler temperatures, dramatic skies and winds. Didn't last.

July said "Hang on! I'm not through yet. I want my week-and-a-half back." And back into the swelter we went.

I had welcomed the cooler temperatures as I wanted to finish the trail-clearing without getting heat exhaustion and the cooler weather



FRED JONES
RURAL ROOTS

meant fewer biting bugs. I only had three of our trails left to clear of fallen trees

I have been wondering where the ankle-biters (small flies with vicious bites who resemble house flies) were.

Only one or two of them had

invaded our house. Until this weekend. This weekend, the fly swatter saw a lot of action. A friend came to visit and said: "The ankle-biters are out." I replied: "They are late this year, don't you think?" She agreed. Perhaps the extended dry spell of late June and July is responsible for it. Don't quote me. These flying menaces are a major form of torture for horses, for boaters and canoe trippers. Along with the deer and horse flies, they are the main reason we keep the horses inside our barn during the hot days of summer.

Speaking of menaces, our vegetable garden is not free of invaders. A four- or five-foot fence does not stop deer. They can easily leap that height. Saturday Laura and I were in the garden harvesting beans. The yellow or wax were ripe and we have caught them just in time before they grow too large and become woody. The pole beans are perfect both green and purple. The green beans (that I love) are not yet ready. Perhaps by the time you read this missive, they will be.

But a couple of summers ago, Laura tried growing an odd, leafy veg called "orick". The leaves are purple and it can grow very tall. I was in the garden during the week while Laura was at work and noticed that the tall plants were stems only. All the leaves were missing. When we trooped into the garden to gather the beans, I pointed out the lack of leaves on the orick plants. Laura was shocked and dismayed. "Must have been deer," she said, "the plants are too tall for a ground hog to reach." Yup, must have been.

That is another scourge that only showed up last year - a ground hog. They like beets, potatoes, and carrots. Probably they like other veggies but those haven't yet ripened. The deer love Brussel sprouts. We had none last summer.

Our new puppy has some Jack Russel terrier in her blood stream. She would be lethal to ground hogs. She accompanies Laura into the garden but nary a ground hog is to be found. They are nocturnal creatures, doing their damage while we sleep. And while we see deer during the day wandering across our main paddock, they must sneak in the dead of night to forage.

The puppy's name is Lilly. She is now nine months old and thus requires letting out sometimes in the middle of the night. Immediately on exit from Casa Jones, she throws herself off the front stoop barking like a rapid-fire machine gun and tearing off in the direction of the garden. Good. Except when we inspect the garden in the morning, we see how much purloining the deer and ground hog have done. So, what to do?

I do not own a rifle. Besides, I have no intention of sitting in the middle of the garden at three in the morning waiting to dispatch a ground hog.

For the deer, I guess it means building the fence higher; for the ground hog, finding its hole and sending down Lilly.

But there is balletic beauty out here. Friday evening, I walked out of the house onto the stoop and saw an aerial display of darting dragonflies swirling and diving. They were moving too fast for me to count. But they were a large ever-moving cloud. Saturday afternoon was sunny and we were cooling off in our swimming pool. I looked up and saw about twenty swallows swooping and circling above our heads. Amazing! Both creatures serving a purpose for which we are grateful: they consume biting bugs.

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Lessons learned by going back

I Used to Go here offers lessons to be learned from going back to school



MARTY MASCARIN
MOVIE TALK

Director Kris Rey takes a serio-comic look at post-college life in "I Used to Go Here." (Shaw PPV.) For her 30-something heroine, Kate, (Gillian Jacobs) a first-time novelist based in Chicago, dreams of a promising future are getting rattled by life's speed bumps, little indignities, and lots of awkward moments. For most of "I Used to Go Here," Kate's haplessness is played for empathetic, lightly comic effect.

The glow of Kate's recently published novel, "Seasons' Past," gets snuffed out during a conference call by two junior publishers who unctuously pull the plug on a book tour for her novel, cursed by poor sales and a truly ugly book cover.

Kate's also been recently jilted by her fiancée, with whom she yearns to reconnect, frustrated by missed cell phone calls. She's the only girlfriend at the baby shower not sporting a baby bump. By life's cruel measure, Kate's a non-achiever.

Things seem to perk up when Kate is invited by her former creative writing teacher and crush, David (Jermain Clement) to return to her alma mater at Southern Illinois University in Carbondale, Illinois, to do a book reading.

Therein lies Kate's little life arc, fraught with momentary joys and deflating realities. Upon her arrival, she's chauffeured by an overly ingratiating grad assistant, Elliott



BACK TO SCHOOL: Gillian Jacobs stars in the new film, I Used to Go Here.

(Rammel Chan) who claims to be a fan, but hasn't read her book yet. The landlady of her B and B is weirdly key-obsessed: "Here's your only key. Wear it around your neck. Don't lose it." Of course, Kate immediately misplaces it, and thus she's instantly (and conveniently, to satisfy the script's theme), reduced to the rank of exasperated juvenile.

Every moment presents a double-edged sword. Kate revels in the nostalgic, small-town coziness. To her delight, she discovers that her old dorm house is right across the street, (where the aroma of weed persists) whereupon its current inhabitants, Hugo (Josh Wiggins), Animal (Forrest Goodluck), and Tall Brandon (Brandon Daley) welcome her as the 'star novelist.'

"I used to dance in this (living) room 15 years ago," Kate enthuses to geeky Tall Brandon, who responds with: "Fifteen years ago, I was in kindergarten." Ouch!

Kate is also surprised to learn that mentor-

horndog David has a rather prickly wife, Alexis, who bluntly reveals that she couldn't connect with Kate's novel. When alone, David offers Kate a teaching position, but his caress of Kate's hand belies his real motives.

So goes the self-examination tale for Kate, and appealing Gillian Jacobs is able to convey her character's inner struggle, an otherwise aware young woman, bruised by life's setbacks, thereby regressing to taking refuge in the re-living of her youth.

This leads to a late night spy mission with her young cohorts that doesn't quite ring true and disrupts what has been up to this point an amiable, low-key character study albeit hampered by a shaky premise, compensations coming from an engaging supporting cast.

Fallout from this event, though, leads Kate to confront her foibles and hit the reset button. Maybe, she's capable of 'something better.' Maybe.



CURTAIN OPENS: Empire Strikes Back, Ghostbusters and Jumanji: Next Level among the shows being screened this weekend

SilverCity set to reopen on Friday

THUNDER BAY
By Leith Dunick - TB Source

Calling all scruffy looking nerf herders -- SilverCity is back in business.

Cineplex, the parent company that owns the Thunder Bay movieplex, has showtimes listed for Friday, including the return to the screen of The Empire Strikes Back, the second film in the original Star Wars trilogy.

Other offerings include Jumanji: Next Level, Bloodshot, Sonic the

Hedgehog, Wonder Woman, Emma, The Invisible Man, The Way Back, My Spy, Ghostbusters and Purple Rain, the movie behind the soundtrack that helped vault Prince into the Stratosphere.

The theatre has been closed since March.

The province recently adjusted indoor gathering rules, allowing up to 50 guests per auditorium, instead of the initial 50 guests per complex. Strict social distancing guidelines, including online ticket purchase only, will be in effect.

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How will TV shows address COVID-19?

We know COVID-19 has changed our world. Even as the lockdowns are being eased and businesses are slowly re-opening, our world has changed. So how will the stories on televisions reflect this?

Last spring, the hit drama *New Amsterdam* shelved an episode about a flu epidemic sweeping through New York. Although it was already complete, the producers felt showing a fictional epidemic could lead to misleading information (they already have a president for that) and create more public fear (something that might have actually helped in some states).

Now, as many shows are slowly returning to production amid new safety protocols, the writers are re-thinking where their shows go from



here. ABC's *Grown-ish* was about college life. Will that even exist? And in the season finale, the lead character made the decision to drop out to enter the fashion industry. How will that story go now? How do you style someone "virtually"?

Like *New Amsterdam*, medical dramas are embracing the new

storylines now possible because of COVID. *Grey's Anatomy* will delve into the need to quarantine and the separation of doctors from their families, some of whom will move out of their homes to keep their loved ones safe.

The Good Doctor's season premiere will be a two-parter that focuses on the pandemic – which could be very interesting. After all, the social distancing requirements may give Dr. Murphy, who has autism and difficulty with physical contact, a more even playing field among the other physicians. Facial expressions that he always had trouble reading are no longer visible for anyone in a mask-wearing society. And whereas he was always forced to accept physical contact from others, suddenly now,

everyone else has to adjust their conduct to his preferences.

9-1-1 and *9-1-1: Lone Star* have certainly had fun with the bizarre and dangerous situations in which the public finds itself in recent seasons. This fall's stories are likely to be doubly-odd. However, the new safety challenges and bureaucratic issues that first responders face may be even more shocking.

Last Man Standing's Tim Allen has always had something to say about the state of the nation on his shows. With COVID affecting so many companies, his character's fictional business, "Outdoor Man," will likely reflect the financial hit. However, given that the only safe way to play is outside and alone, "outdoor enthusiasts who want to

escape into the woods" is probably a pretty stable customer market these days.

And since his character's son-in-law runs his pot shop – an industry that has been booming pre- and during COVID – it's safe to say the family will not be suffering as many others have.

While COVID is definitely creating a balancing act of fact versus fiction for writers, the new normal has left them with an unexpected world of storylines. Topics and creative directions that were never possible before – or were considered too sci-fi – are suddenly feasible. And beyond the entertainment, audiences might learn a thing or two.

Maybe we can get the president to tune in.

CROSSWORD PUZZLE

- ACROSS**
- S.A. tuber
 - Slavic nurse
 - Semitic deity
 - Vertical airflow
 - Parasitic insects
 - Atomic physicists
 - Nut
 - Berne's river
 - March King
 - Here (Fr.)
 - Double drumbeat
 - Jack-in-the-pulpit
 - Fallow deer
 - "Uncle Remus" rabbit
 - Casting mold core
 - Mulberry of India
 - Belonging to (suf.)
 - Wampum
 - Civil Aeronautics Board (abbr.)

- ANSWER TO PREVIOUS PUZZLE**
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| O | L | I | G | O | E | L | I | A | | |
| V | I | N | B | L | A | B | A | G | A | G |
| A | C | C | I | A | G | O | T | O | L | A |
| N | A | E | T | M | E | N | E | R | A | T |
- DOWN**
- Cricket field parts
 - Goodbye (Ital.)
 - Korean apricot
 - Become dim
 - Own (Scot.)

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WORD SEARCH

D E R I F B L I N D C A R D S
 C C U O L A N K I E S T R O S
 S N O I T A C I F I S S A L C
 C R G E S E T I N G I F C L R
 P H S S R N O S I N U L U S A
 T T A I E C U X I S I O Y B W
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| Aerosol | Evicts | Latest | Proof |
| Basks | Fired | League | Quote |
| Blind | Gently | Leered | Scrawled |
| Cards | Golfs | Light | Selects |
| Chart | Grate | Milker | Signed |
| Classifications | Ignites | Mostly | Sixths |
| Clinic | Insults | Nicest | Sofas |
| Coerce | Jetty | Player | Stoles |
| Deigns | Karats | Ports | Ultimately |
| Dolls | Lankiest | Prisms | Unison |

Sudoku

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

3			6					
6					2			5
						7		9
				9		3		
			4	7		5		2 6
2	1							
1			4	5				
				1	7	9		
								7

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 OMFWU VNRFRFRJNKR, SXU JK YWBJKO
 QFZ ZWKUR."

— FVJGUFUXR

PREVIOUS SOLUTION: "Dressed in fine cloth, a fool can dazzle us from a distance, until he speaks." — Chanakya Pandit

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Sports

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Flag football gets OK to return

FOOTBALL

By Leith Dunick - TB Source

Lindsay Gerry loves football. Until recently, however, the 13-year-old soon-to-be Grade 8 student wasn't sure if she was going to have the chance to play again this year.

She's in luck.

In late July, Thunder Bay Minor Football Association received permission from the Thunder Bay District Health Unit to return to the field, allowing the organization to offer flag-football enrolment, which will take place of their usual fall tackle programs.

Lindsay, who plays flag football in the spring league anyway, is ecstatic. The youngster took part in some warm-up pass-catching drills recently, happily running routes in bare feet, just to get some time on the gridiron in.

Finding normal again

Like many teenagers, her world has been turned upside down by COVID-19. This is a chance at bringing a little normalcy back to her life.

"A lot of things you don't know what's going to be happening and it's really crazy right now," she said. "Just knowing you can have something and knowing you're going back to it - I love flag football."

"This would be my second year and it's so fun because my brother and my dad have always loved football and I've always grown up playing with them."

It's a sport she believes she was meant to play.

"I have always loved to run and I have always loved to play a sport where it's not a wimpy sport. It's a fun sport that you can play and it's a good sport where you can get out and be really active," said Lindsay, who also dances and plays basketball. For TBMFA, being allowed to offer some sort of program this fall is great, said Ryan Bliznikas, an executive and coach with the organization.

Uplifting

It's great news for the entire football community, he said.

"Basically now we're just transitioning our spring flag (football) to the fall program, as it's a lot easier to run a full program because of the small roster sizes and the small amount of kids on the field," Bliznikas said.

"It doesn't really limit us to how many games we can run on the stadium field."

Teams will play in pods, as current regulations in Ontario allow bubbles of up to 50 players to compete against one another.

Bliznikas said they could run multiple pods, and, if the rules are loosened, might be able to play interpod games at some point down the road.

Registration can be found at www.tbmfa.com.

Evaluations take place on Aug. 17 and the season runs from Aug. 24 to Oct. 31.



EYES ON TARGET: Lindsay Gerry huals in a catch at Chapples Park, getting set for the upcoming flag football season.

Childhood memories of some of my favourite athletes



LEITH DUNICK
SPORTS SHORTS

I'm writing this column a little early this week, since I'm taking vacation for the next couple of weeks.

Growing up, I was passionate about sports and about the teams I followed. But I was even more loyal to the players I loved.

I thought I'd share my favourites, who still hold fond spots in my memories.

I'll start with my all-time No. 1 athlete, and no surprise, he was the heart and soul of my beloved Montreal Expos.

Gary Carter (MLB): The Kid epitomized the love of the game and had the bat and glove to back it up. Was at a Mets and Expos game in 1986 and Darryl Strawberry homered. My dad said, 'See that's a real ballplayer.'

A couple innings later, Carter, then with the Mets, hit one of his own and I gave it right back to my dad.

Larry Bird (NBA): For most of us who grew up in the '80s, it was either the Celtics or the Lakers. Colour me green in those days. The self-proclaimed Hick from French Lick, also

known as Larry Legend, was magic (pardon the pun) on the Boston Garden parquet. "Bird stole the inbound pass!" If you saw it, you know.

Paul Coffey (NHL): One of the best skaters in hockey history, Coffey always seemed to play second fiddle - to Wayne Gretzky on his own team and to Ray Bourque.

But any defenceman that could put up 48 goals in a season was OK in my books. The easy choice would have been Gretzky. Also loved all the former Nova Scotia Voyageurs, like Dave Lumley, Rick Meagher and Dan Daoust and Rod Langway.

John Riggins (NFL): His Super

Bowl XVII performance was outstanding for the 12-1 Washington team, as my love of the NFL finally kicked in. He rushed for 166 yards and a score, and his power game was second-to-none in those days. Darrell Green was a close second. Take that, Tony Dorsett.

Rick Mears (IndyCar): Wasn't much of a race fan back then, but watching Mears win four Indianapolis 500 titles seemed like an annual rite of spring each May, even though it took him 12 years to get them.

Craig Stadler (PGA): Absolutely loved the Walrus after his stunning Masters win in 1982.

John McEnroe (Tennis): "Are you

serious????!" What teenager wouldn't love a guy who would talk back to authority - and then back it up on the court, especially the green (and yellow) grass at Wimbledon's centre court.

Martina Navratilova (Tennis): I think I like Martina more now, (follow her on Twitter to see what I mean). But she was as dominant an athlete as I've ever seen, at least until Serena Williams came along.

Warren Moon (CFL): Back in the day I actually liked the CFL better than the NFL and Moon was the reason why. He's the only player elected to both the NFL and CFL hall of fames and helped Edmonton win five straight Grey Cups.

Hometown Heroes tees off to success

GOLF

By Doug Diaczuk - TB Source

An eagle and a birdie on the first hole was a perfect way to kick off the Hometown Heroes Annual Golf Tournament.

"I think that just cost Jones Insurance \$300 so we like that for the charity," said Buffalo Sabres goaltender, Carter Hutton.

The annual tournament in support of George Jeffrey Children's Foundation teed off on Thursday at the Fort William Country Club.

Hutton and long-time friend Chris Unick faced off against Rock 94's Kaile Wanzuk and local golf pro, Evan DeGrazia.

"Luckily they made the teams pretty even," Wanzuk said. "Couldn't believe they had Evan DeGrazia available for this. But he took me out to the driving range earlier this week, so I feel like we can turn it around here."

The format was changed this year due to the COVID-19 pandemic and the fundraising goal lowered to \$25,000. But they easily reached that goal, raising more than \$26,000 for the George Jeffrey Children's Foundation.

"I think for me and my family, we have been so fortunate with hockey and what it's brought and the opportunities, so to be able to come back here and give back to people who are less fortunate and people that are struggling with disabilities and to have a centre like this in my home town that helps so many people," Hutton said. "For me I feel blessed to just be part of it."

And it was fortunate that the tournament even went ahead, with many charitable events being cancelled due to the pandemic.

"I think the committee stood its ground and just worked and found something that would work, even to raise a smaller amount than we're normally used to, but just not letting COVID beat us for a year," Hutton said.

The event nearly reached its goal earlier this year when it was announced, with both the Laborers' International Union of North America Local 607 and Best Western Plus Dryden Hotel & Conference Center donating \$10,000 toward the \$25,000 goal.



DOUG DIACZUK

TEERING OFF: Carter Hutton tees off at the Hometown Heroes golf tournament.

Other local sponsors also chipped in, with Jones & Associates Insurance offering \$200 for eagles and \$100 for birdies on each hole.

The day began with Hutton and Unick shooting an eagle on the first

hole, with Unick sinking a long-distance putt.

Hutton and Unick finished the day with six birdies and two eagles, while Wanzuk and DeGrazia finished with two birdies through nine holes.

"Oh man, the pressure is already intense when we started," Wanzuk said. "But we are raising a lot of extra for the charities, which is what we are trying to do, so it's a pretty good start."

"The goal is to raise as much as possible for the George Jeffrey Foundation. Rock 94 has had a lot of involvement with them over the years. I couldn't turn down an opportunity like this."

The Hometown Heroes Golf Tournament was started by former NHLer Patrick Sharp and taken over in 2016 by Hutton. In the last three years alone it has raised more than \$292,000.

An online auction was also held, where signed jerseys were up for bids. And even though a big draw for the event are the NHL stars who take part, Hutton said it's the people behind the scenes that make all the difference.

"At times I feel like I get a lot of praise for helping out but there are so many things behind the scenes," he said. "It's those people behind the scenes that do so much hard work and at the end of the day it's for the kids we are helping in the long run."

Visit online at www.ststb.ca for link to program.



FIRST RIDER

WATCH the Buzzy Bee Safety Video for First Time School Bus Riders along with additional important school bus safety information with your child starting **Saturday, August 22nd** at www.ststb.ca.

REGISTER online or call 345-7387 from **Monday, August 24th to Friday, August 28th** to book a time for your child to experience their first bus ride which will be held at Confederation College McIntyre Building on **Saturday, August 29th**.

RIDE a school bus day runs from 10:00 a.m. through 1:30 p.m. with two school buses, limited to 20 children per bus, departing every 30 minutes. Times must be booked in advance. School Buses will be cleaned and sanitized between tours. Only children will be permitted to ride the school bus.

First Rider Partners



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Call Marcel
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 With Our Unique 34" wide 100ft reach man-lift, we cut higher than anybody in town.
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#1 INCOME TAX LADY. Open 7 days a week 10am-9pm. CALL LORRAINE 767-5161

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68. DEATH/FUNERALS



A Gift In Remembrance
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ANSWERS TO THIS WEEK'S PUZZLES

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 FIN LICE RABI
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 SOUSA ICI
 ARAD ADDRA
 BRER COPE AAL
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 EGO CARB VEDA
 PASTA YATE
 ABI HELOT
 TOMB FEDERATE
 ARAB FLAM AHA
 EYRY YALE POR

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 EROTTEDNRESE
 KVSOGGELPERKOD
 LNEACTVLEPPOASE
 WJATTGLOTAUJUG
 EOGGSILTARTOIS
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PREVIOUS SOLUTION:
 "Wealth consists not in having great possessions, but in having few wants." - Epicetus

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