



Sweet smiles

Tim Hortons launches annual Smile Cookie campaign in support of local charities /8



GENEROUS: Thunder Bay Professional Firefighters's Toys for Tots and the George Jeffrey Children's Centre are the beneficiaries of this year's Tim Hortons Smile Cookie campaign.

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LOCAL NEWS

Centennial Conservatory reopens doors

THUNDER BAY
By TB Source staff

Thunder Bay's Centennial Conservatory reopened on Tuesday, the city announced earlier this week. The reopening came with the usual

COVID-19 safety protocols for public indoor spaces: visitors must wear masks and maintain physical distance, while the facility will provide hand sanitizer and separate entrance and exit doors.

Staff will be on site to monitor user activity, the city says, but will not be

posted at the door.

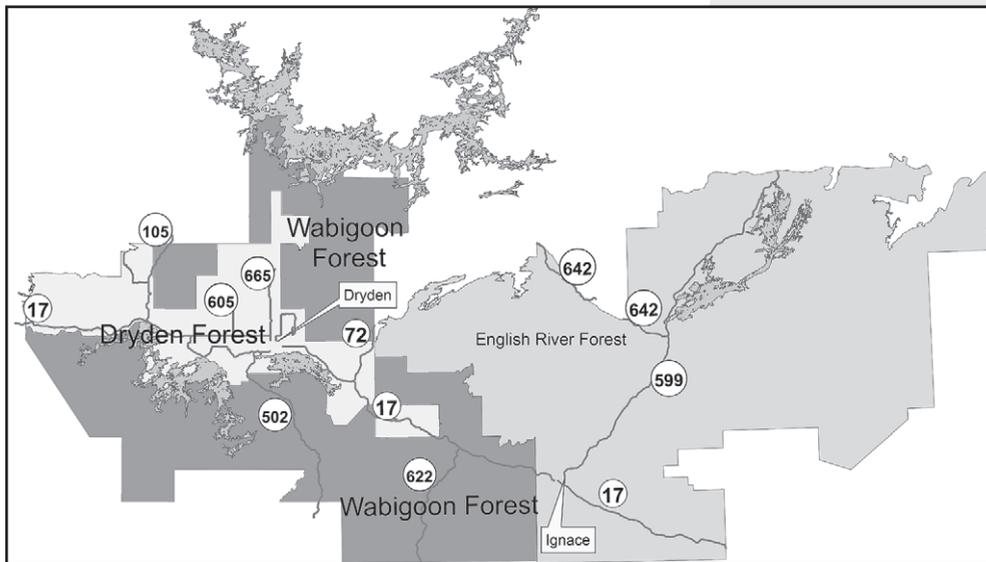
The conservatory will be open from 10 a.m. to 4 p.m. on Mondays and Tuesdays, 10 a.m. to 8 p.m. from Wednesday to Friday, and 12 p.m. to 8 p.m. on weekends.

More information is available at the facility's website.

INSPECTION

Inspection of MNRF-Approved Prescribed Burn Plan for Slash Pile Burning – Dryden, English River and Wabigoon Forests

The Ontario **Ministry of Natural Resources and Forestry (MNRF)** invites you to inspect the MNRF-approved prescribed burn plan for slash pile burning that will be carried out in the **Dryden, English River and Wabigoon Forests** (see map).



As part of our ongoing efforts to regenerate and protect Ontario's forests, some recently harvested areas have been selected to be burned under the guidelines of the MNRF's *Prescribed Burn Manual*. The prescribed burn will reduce the area covered in slash piles while increasing the area available for regeneration and reducing the fire hazard. The burn is scheduled for ignition between **October 16, 2020 and February 15, 2021**.

The approved prescribed burn plan for slash pile burning, including specific locations and maps, is available electronically for public inspection by contacting Dryden Forest Management Company (Dryden Forest), Resolute FP Canada Inc. (English River Forest), Domtar Inc. (Wabigoon Forest) and on the Ontario government website at www.ontario.ca/forestplans until **March 31, 2021** when the Annual Work Schedule expires.

Interested and affected persons and organizations can arrange a remote meeting with MNRF staff to discuss the prescribed burn plan. For more information, please contact:

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FILL 'ER UP: Production has grown at Heartbeat Hot Sauce's new digs.

Hearbeat has its new home

BUSINESS

By Doug Diaczuk – TB Source

A local company continues to turn up the heat on the hot sauce market with a new location, new equipment, and new demand.

Heartbeat Hot Sauce recently moved into a new location on Miles Street, which offers more warehouse space and a new clean room for production, allowing the company to ramp up production.

"It will have a dramatic impact. It already is," said Albert Bourbuhakis, co-founder and owner of Heartbeat Hot Sauce.

"We've had the opportunity to expand and increase the volume of our equipment. We have a second kettle we are cooking in, which is larger than what we were using previously. Right there that allows us to more than double our output of what is being cooked."

Last December, while still operating out of their location on May Street, Heartbeat Hot Sauce was producing approximately 10,000 bottles per week. In the new space, approximately 20,000 bottles are being produced and shipped out every week.

According to Bourbuhakis, the highlight of the new space is the clean room, where the actual hot sauce is produced, which he said gives both consumers and producers peace of mind knowing that their product is being made at the highest standards.

"The real star of the show is the clean room," he said. "It's a 2,400 square foot clean room, so basically it's a pharmaceutical grade controlled environment."

As part of the expansion, the company also brought in more staff and now has 12 employees and new equipment for easier and faster production.

"I think there were a lot of smiles realizing how much easier certain things are and the space to work in," Bourbuhakis said.

And while many businesses have struggled during the COVID-19 pandemic, Bourbuhakis said they have seen a steady demand for their product from around the world.

"We saw a shift in the nature of the demand from our customers," he said. "Through COVID we saw a dramatic increase in the e-commerce side of the business. Online sales were very strong."

"Fortunately, the nature of our business, we are primarily working with food retailers and grocery stores remained open during COVID. We didn't see any real negative impact in terms of sales during the pandemic."

The pandemic also didn't have much of an impact on transitioning to the new space.

"All things considered, it went really smooth," Bourbuhakis said. "We managed to maintain operations through the pandemic and keep the build of the new space on track."

LOCAL NEWS

Sign of the times

Council gives the green light to a Thunder Bay word sign on waterfront

CITY HALL
By Ian Kaufman - TB Source

Deep divisions on the financial implications of COVID-19 and the recent approval of the multi-use sports facility were evident as Thunder Bay city council spent over an hour and a half debating a proposed \$150,000 letter sign for the city's waterfront Monday night.

The proposal eventually passed on a 7-6 vote, but not before sparking acrimonious debate over how the city should handle the financial uncertainty of the pandemic.

The letter sign was put forward by the city's 50th anniversary committee as a legacy project to commemorate the milestone and boost tourism. It's modeled on signs that have proven popular elsewhere, with Toronto's estimated to be the second most photographed location in the city, after the CN Tower.

Proponents argued the project could be a significant draw for cross-country travellers, motivating them to leave the highway and stop at the city's downtown.

Won't cost taxpayers

Several argued the project would have no tax implications, since it would draw on reserve funds raised from the city's municipal accommodation tax (MAT), a four per cent charge added to the price of short-term stays in the city.

Council approved spending up to \$100,000 from MAT reserves on the sign, while it will approach the Community Economic Development Commission to request it contribute the remaining \$50,000. The CEDC receives half of MAT revenues to promote tourism efforts.

If fully spent, that will leave about \$131,000 unallocated in the city's MAT reserve fund.

City treasurer Linda Evans told councillors the reserve was intended to be used for projects that promote tourism and benefit residents and visitors, but its use was up to council's discretion.

Opponents objected to the idea the decision would have no tax implica-



POPULAR: This snow sculpture had 12,000 social media shares last winter.

tions, saying the commitment would require council to dig into tax revenues for other projects that could be supported by MAT funding.

"Don't pretend it doesn't have tax implications, because that is a load of bull," said Coun. Brian Hamilton.

Karen Lewis, director of corporate strategic services for the city, noted a "TBAY" ice sculpture with similar block letters present at the city's SnowDay celebration earlier this year garnered 12,000 shares on social media.

She argued that provided evidence a letter sign would resonate and help build the city's image.

Opponents expressed concern over committing funds for a new, non-essential infrastructure project given the uncertain financial implications of COVID-19 and the city's difficulty in maintaining its existing infrastructure.

Hamilton expressed frustration over the decision, saying the city was already struggling to maintain existing assets like the botanical conservatory.

He praised the idea of a letter sign, but argued it was the wrong time to commit to it, given council's approval of a \$33-million multi-

purpose turf facility and the uncertain impacts of COVID-19.

"I think it's a great idea," Hamilton said. "I want to build too, but this is the fun stuff. I can wait to get this stuff - when we can get this city onto some better financial footing."

Mayor Bill Mauro strongly objected to his council colleagues raising the money committed to the multi-use turf facility as a reason not to support other projects.

Mauro countered the current council had held tax increases to a reasonable level over its two years in power, and that projections indicated municipal finances could emerge relatively unscathed from COVID-19.

For and against

Couns. Shelby Ch'ng, Andrew Foulds, Cody Fraser, Brian McKinnon, Aldo Ruberto, Peng You and Mauro voted in favour of the proposal. Couns. Albert Aiello, Mark Bentz, Giertuga, Hamilton, Rebecca Johnson, and Kristen Oliver voted against.

Details such as design are not yet firmed up. Ch'ng said the 50th anniversary committee was leaning toward a "Thunder Bay" sign, but a "TBAY" option was also being considered.

A timeline for implementation of the project is not yet determined.

"Don't pretend it doesn't have tax implications."
BRIAN HAMILTON

Weather Forecast

WEDNESDAY	THURSDAY	FRIDAY
 Mainly sunny Probability of Precipitation: 20% HIGH 22 LOW 14	 A few showers Probability of Precipitation: 80% HIGH 17 LOW 10	 Mainly sunny Probability of Precipitation: 20% HIGH 17 LOW 9
SATURDAY	SUNDAY	MONDAY
 Chance of showers Probability of Precipitation: 40% HIGH 20 LOW 13	 Showers Probability of Precipitation: 60% HIGH 17 LOW 8	 Mainly sunny Probability of Precipitation: 20% HIGH 13 LOW 6

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Reopening schools safely matters to everyone

That's why the government of Ontario has worked with health officials, school boards and educators to develop a comprehensive plan to keep kids and staff safe.

- **Physical distancing** measures will be implemented such as desk separation, signs, floor markings and one-way hallways.
- **Face coverings** will be required for staff and students in Grades 4-12.
- **Hand hygiene** will be enabled with hand sanitizer and hand washing.
- **More nurses** will be in schools.
- **School cleaning** will be enhanced.



SOLUTION FOUND: Dr. Stewart Kennedy heads Thunder Bay Regional's COVID-19 response team.

Hospital to clear surgery backlog

Could take up to a year to complete, says Kennedy

HEALTH
By Lelth Dunlick -TB Source

Across Ontario, there's about a 150,000-surgery backlog in provincial hospitals, a number that grew exponentially with the onset of COVID-19.

Locally, Thunder Bay Regional Health Sciences Centre is well ahead of the curve, but Dr. Stewart Kennedy, who headed the hospital's COVID-19 response, said by October the facility's surgical teams could be asked to perform operations at well over capacity in order to clear the wait list.

Kennedy said this will mean running the surgical department seven days a week, with surgeries being performed during the day, in the evening and on weekends.

It's the only way to ensure patients get the care they need, he said.

"We're increasing our capacity to 100 per cent in mid-September and by early October we're going to 120 per cent of capacity in this hospital, to deal with our backlog," Kennedy said. "We should be able to deal with our backlog in the next nine to 12 months, and that's probably ahead of most centres in Ontario."

In pre-COVID times, Kennedy estimated the hospital has about 3,000 surgical patients on its waitlist at any given time.

"At this point in time we have 4,000 surgical cases waiting for surgery."

Not all of the cases are considered emergencies.

Those type of surgeries never stopped at Thunder Bay Regional during the

pandemic.

Kennedy said the return to full capacity and beyond can't happen overnight. Human resources challenges present the largest obstacle, he added.

"It's a lot more money because we have to do a seven-day-a-week operation. We have to bring our nurses, our operating room team and physicians in seven days a week and work longer into the evenings," Kennedy said.

"Certainly we only have one facility and that facility is already maxed out, so that's why we have to expand the hours at this facility."

Kennedy cautioned that the ambitious surgery clearance goal is only attainable if the hospital doesn't get overwhelmed with COVID-19 cases.

There are currently no active cases in the Thunder Bay District, and hasn't been one in more than a week, giving Kennedy reassurance that it's the right time to clear as many surgeries off the book as possible.

"I've said before many times we're going to lose more people from other diseases not related to COVID-19 than to COVID-19,"

he said. "So we've got to get moving and take care of the health of this community."

Kennedy said hospital officials are keeping an eye on case numbers as they start to grow elsewhere in Ontario, but said they've got confidence Thunder Bay should remain in good shape, given the lack of confirmed case growth over the busy summer months.

"Certainly we only have one facility and that facility is already maxed out..."
DR. STEWART KENNEDY

LOCAL NEWS

Trustees ask province to kick in cash

Letter to premier says boards can't afford to dip into reserve funds for COVID measures

EDUCATION
By Leith Dunick - TB Source

The chair of Lakehead Public Schools' trustees said the board has already spent more than \$1 million of its reserves to help with physical distancing in elementary classrooms.

Ellen Chambers wants the province to kick in millions more to cover the costs of other COVID-19 prevention measures, mainly the hiring of new teachers, needed in Thunder Bay schools.

It's not fair to expect boards across the province, each with varying reserve levels, to have to pay for upgrades and improvements to ventilation systems, personal protective equipment and addi-



LEITH DUNICK

MONEY NEEDED: Ellen Chambers is chair of Lakehead Public Schools board of trustees.

tional teachers, support staff and busing to allow for better physical distancing.

Chambers and the trustees sent a letter to the province on Wednesday, asking

Education Minister Stephen Lecce to consider releasing the money needed to cover the added costs, rather than simply freeing up \$500 million in reserve funds

from boards across Ontario to pay for the COVID-19-related expense.

The trustees want to be able to open schools as safely as possible during the pandemic, and don't believe the current plan fully meets this criterion, she said.

"I think for everybody, it's making sure we can get our class sizes down to a size that was recommended. I know there are all kinds of discussions about how large class sizes should be, but we all know, we've all been told as time has gone on, that we need to keep our distance, that we shouldn't be in crowded spaces and that if we have children in this space, we're very concerned about everybody in that space," Chambers said.

Doing it with an empty wallet doesn't work, she added.

Though unable to put an exact figure on what the board would need, Chambers said the number is in the millions.

Currently some classes in the higher elementary school grades have as many as 30 students, which makes it all but

impossible to put a safe distance between children. That's double the 15 per cohort Premier Doug Ford is on record recommending.

Dipping into the board's reserve funds could impact future education spending or capital projects and leaves less for emergency situations, especially if the COVID-19 restrictions carry on into the 2021-22 school year.

"What we wanted was the government to give us the money without us having to use the reserves and it's a universal cry from school boards across the province," Chambers said, adding reserves are for use in normal circumstances.

"This is not normal, at all," she said. Chambers said about 800 to 900 students have opted out of the in-class model and are taking their studies virtually online.

While classes can be larger than in-classroom models, they can't be too large because teachers still need to be able to have one-on-one time with students, not to mention the added marking time.

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Editorial

EDITORIAL

Sign us up

The discussion about whether or not to use money from the municipal accommodation tax to pay for a Thunder Bay sign on the city's waterfront got heated at times on Monday night.

But in the end, council made the right call.

The sign, which may spell out either Thunder Bay or TBAY, will cost about \$150,000 to build, but based on other communities, it's money well spent.

No, the sign, which is slated for the waterfront, won't draw tourists to the city. However, many of those who do come will snap plenty of pictures with the sign.

Then they'll post those pictures to social media, which is a bonanza of free advertising for Thunder Bay, especially if it's placed in a location that will allow the Sleeping Giant to nestle into the background.

A snow sculpture put up last February depicting I Heart TBAY had more than 12,000 social media shares in just a couple of weeks.

Once built, the sign will generate millions in free tourism advertising for the city.

Similar signs in Ottawa, Toronto and Amsterdam, are magnets for tourists (and locals too) looking to mark their vacations in photos for family and friends.

It's a low-risk move that will cost about \$2 a household and well worth the financial gamble in our books.

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Plenty for executors to undertake



**CHRISTINE
IBBOTSON**
MONEY LADY

Last week we had a question about choosing an executor for a will and to follow that up I wanted to go through some of the duties your executor would have to do. It is not a simple task. The laws vary wildly from one province to another and I can't stress enough, that if you are tasked with this job, you should always seek professional guidance. Here are some of the basic duties bestowed on an executor and some things to keep in mind when choosing one.

● 1. Arrange the funeral, cremation or burial (you will need eight to 10 original death certificates).

Obtain the ID, credit cards and most recent will of the deceased (need eight to 10 copies of the notarized will).

Cancel the following on behalf of the deceased: driver's license, cable, telephone, memberships, credit cards, subscriptions, or leases.

Determine if there are any pre-authorized payments coming out of the deceased bank accounts.

These accounts will need to be closed and a new bank account opened specifically for the estate (may need Probate).

Close out their safety deposit box if they had one. The FOIP Act in Alberta protects the privacy of an individual even after death so it is necessary to seek professional advice when organizing their affairs.

● 2. Provide the beneficiaries named in the Will with a copy. Arrange storage of valuables and important documents. If the deceased had private insurance, advise the company of the death and arrange payment of any amounts owing under their policies. Life insurance proceeds should be paid to the beneficiary or the estate account. RRSPs will need to be rolled over to a spouse or eligible dependants.

● 3. Collect all debts or payments owed to the deceased, including promissory notes, corporate accounts, or accounts receivables.

If the deceased was a business owner, obtain a copy of the partnership or shareholders agreement to determine the estate's rights, responsibilities, entitlements and liabilities.

● 4. Review the Will with a professional and determine if the estate is solvent and if probate is required. In Quebec, a declaration of heredity is required in most cases.

At a minimum, a preliminary valuation of the estate should be done. Determine the adjusted cost base for tax purposes of each capital property.

If you do not live in the same province as the deceased, you may need to post a bond before taking over the estate to protect creditors or beneficiaries.

This bond would be for the full value of the estate.

In Quebec, you will need a "register of personal and movable real rights" by registration of a notice which will need to be published in a newspaper circulated in the locality where the deceased resided at the date of death. Please seek professional advice to assist here.

● 5. Redirect the deceased's mail to your address.

All real estate should be transferred to the executor and any mortgagees will need to be notified.

Contact all financial institutions to have investment accounts transferred into the executor's name.

Consider which assets should be sold or liquidated.

Keep impeccable notes and run everything through the new estate bank account.

Advise (CPP/QPP) Canada/Quebec Pension Plan and OAS-Old Age Security. Apply for and fill out the application for the survivors' benefit for eligible dependants. Determine the

deceased income for the year until death, capital gains/losses and tax obligations in or outside Canada.

Prepare and file all necessary income tax returns to the date of death. Request clearance certificates from all relevant tax authorities.

You may also need to file an estate income tax return.

Please seek professional advice since rules vary by province.

Death is not a nice topic to discuss, but one that is necessary.

If you are a business owner, have specific wishes, or simply feel that your estate would be better handled by a professional, you could choose a trust and estate service that are available at most financial institutions.

Without the stress, grief and emotion, a trust company can carry out all necessary executor duties.

*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

Share your enthusiasm

Gender reveal parties or old-fashioned wait-and-see?

OPINION

By J.R. Shermack
Special to TB Source

Some events in life are so impressive and inspiring that we want to share our enthusiasm in the boldest, most audacious way we can imagine.

Sometimes things get out of control.

There is nothing more joyous, exciting and worthy of celebration than the birth of a child.

I have been lucky enough to share this experience with loved ones on several occasions and every new birth released a torrent of unconditional love and overpowering emotion.

Holding a newborn baby can be a life-changing and life-affirming event – tears of joy are impossible to hide and can't be denied.

These heartfelt emotions are deeply personal and even though parents, grandparents and loved ones want to shout it from the rooftops, the feelings are difficult to express.

Emotional

Who can resist the sight and sounds of a cuddly, newborn baby when you look in their eyes for the first time?

As a young baby boomer I was aware of many new babies and their adoring parents but it was somewhat of a mystery to me what all the fuss was about.

But in those days there was another mystery shared by everyone

anticipating their big event – would it be a girl or a boy, a little brother or little sister?

That piece of information remained unknown, in most cases, until the baby was born – parents would have both a boy's name and a girl's name picked out.

When the big day finally arrived and the announcement was made, family and friends would rush to Sears to purchase a gender-appropriate gift.

Dad would head to the smoke shop for some "It's a" cigars and that was that.

It was a simpler time, but the times were changing and soon, advances in medical technology made it possible to determine the sex of your unborn child.

Now if you need to know, just ask the technician at your ultrasound appointment and all will be revealed.

You can keep the secret or you can follow the current trend and have a gender reveal party.

Some expectant parents have a flair for the dramatic and look for novel, theatrical ways to announce the sex of their unborn baby.

This idea has been attributed to Jenna Myers Karvunidis who, in 2008, was looking for a way to get people "jazzed up" about her first baby.

She invited everybody over for cake and when it was cut and served the pink butter cream filling told

them, "It's a girl."

The story spread like wildfire and the gender reveal ritual gained popularity as parents dreamed up more elaborate and often risky schemes.

Some are harmless enough – pink or blue boxes of balloons, confetti cannons, piñatas, colored silly string and of course, cakes or cake pops with colored centers.

Others are downright dangerous and cause injuries – pink or blue baseballs to the face, broken ankles and one close encounter with an uncooperative alligator.

Some families use smoke-generating pyrotechnic devices and fireworks and this has led to many uncontrolled wildfires.

Consequences

A recent reveal disaster sparked the El Dorado Fire in California which quickly spread, also like wildfire, causing many evacuations and extensive damage.

Whether or not the parents will be charged has yet to be revealed – in retrospect they would probably pick a different way to share their good news.

Ms. Karvunidis now wishes she had never baked that first pink-filled cake and unleashed all this unbridled enthusiasm.

As for me, I've always been content to wait until the big day arrives and until then I am free to dream about all the possibilities.

A lot can be revealed by the magic of mystery.

"The story spread like wildfire and the gender reveal ritual gained popularity."



ERA ENDS: Demolition crews last Friday begin the teardown of the city's historic Dease Pool.

DOUG DRAZUK

A look back in history: Wartime salvage

The need for metal and other material during the Second World War, along with the government's desire to provide citizens with the means to contribute to the war effort, led to the creation of local salvage operations across the country. Here three Lakehead women pitch in.



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.

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THUNDER BAY
By Leith Dunick – TB Source

Brent Prepp says everyone can use more smiles in 2020.

He's ready to start handing them out. Prepp, a Thunder Bay Tim Hortons franchisee, on Monday helped kick off the annual Smile Cookie campaign, proceeds of which will be donated to a pair of local charities, the Thunder Bay Professional Firefighters' Toys for Tots campaign and the George Jeffrey Children's Foundation.

Last year local Tim Hortons outlets sold 73,000 cookies, donating an equal amount of money to the two organizations, and Prepp said they hope to sell as many or more this year, despite the challenges of COVID-19.

"We usually have a little more help from the firefighters and George Jeffrey to get volunteers into the back of the house to decorate and bake," Prepp said.

"Obviously during COVID it's going to be a little bit more challenging. We have to limit it to one person in the kitchen, basically, at a

time and we've got to follow all the protocols – the masks, the gloves, the hand-washing and the temperature taking."

The staff is definitely up to the task, Prepp said.

"We've changed the process a little bit. We're doing what I'll call a cookie factory at one of my other locations that doesn't bake at night and basically that store is just baking cookies and decorating all night long," he said.

Firefighter Ryan Currie said he's hopeful the Toys for Tots program isn't too affected by the pandemic and they're able to get into Intercity Shopping Centre and collect donations as they do every year to help ensure children in need wake up Christmas morning with presents under the tree.

A solid Smile Cookie campaign would help the cause even further, especially during uncertain times.

"It's a great kick-starter for us. It's roughly 25 per cent of our annual donations just from the event alone from this week. With the uncertainty from COVID, we're not really sure. So this will really help us get things going," Currie said.

Last year Toys for Tots raised about \$134,000, a number they'd like to hit again in 2020.



PUT ON A HAPPY FACE: Smile Cookie sales this year will benefit the George Jeffrey Children's Foundation and Toys for Tots.

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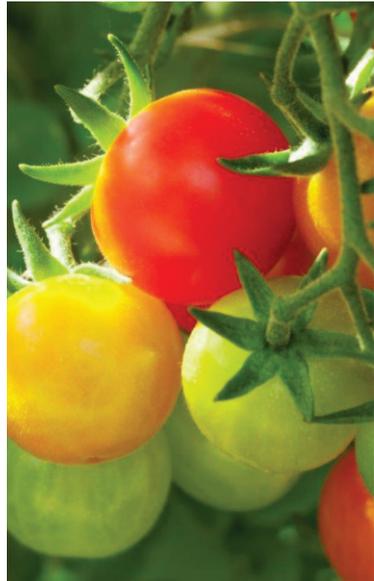
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Tomatoes safe ahead of frost arrival



FRED JONES
RURAL ROOTS



SUNNY DAYS: Tomatoes don't like cold.

Casa Jones to sit piled in our living/dining area and to be inspected each day as the tomatoes ripen.

We had three mornings with killer frost last week.

The temperature hovered around the zero/-1 C mark.

Good thing we had harvested the tomatoes, not frost hardy at all.

We brought out cardboard boxes and newspaper, and began to strip the tomato vines. Some of the fruit were ripe and some not.

Bottomed out

The not were layered first on the bottom of the box, then a layer of newspaper, then more green tomatoes, newspaper, and then the ripe or darned-near ripe on top.

The boxes were duly hauled into

We have a lot. Mrs. Jones (my wife, Laura) has been encouraging all of us here to imbibe in tomatoes. So, BLT's, Tomato slices with supper, tomato/cheese sandwiches, etc.

Then we began to dig in the potato beds. Bowls of spuds were unearthed and carried into our 'hoosie' to be washed, dried, and then put into paper bags to be stored in the basement.

I snatched four large Kennebec and made scalloped potatoes for supper Saturday night. I used to make a good Scalloped tatie and then my brain went on hold and when next I made them, I forgot to pre-boil the spuds before slicing, layering with sliced onions, and topped with shred cheese, and then shoving the casserole into the oven.

It tasted terrible with uncooked slices of potato. When I announced to the family of my 'scalloping' intent, they all chorused "Don't forget to pre-boil the potatoes!"

Which I did. It worked. Whew!

Laura worked very hard Saturday digging a second potato bed trying to get rid of the quack grass roots that go down deep and that sneak in from the aisleways.

She dug up those too. "I want to get rid of the crabgrass roots so that next summer we don't have a major weeding task," she said.

Sunday we were out with pots grabbing the crab apples from our two crab apple trees, the fruit of which is ripe. Mrs. J proceeded to make crab apple jelly – yum!

The Lower branches were devoid of crab apples and we suspected Bambi et co. to be responsible. But there was still plenty of fruit on the branches to be picked.

Mornings have been chilly enough for me to light a fire in the living room fireplace. One evening Mrs. J requested that I fire up the boiler downstairs.

We also switched from summer

quilt to winter duvet. I am really glad that I managed to get all of the winter wood done back in the spring. Trail clearing can result in a couple of dead spruce or balsam trees whose wood is not rotted. Perfect for 'crackle, crackle' in the fireplace.

The other task still to be done is a new cover on our tractor shelter. The original one has ripped where it is tied to the frame in the west end.

High winds

Years of repeatedly strong winds eventually caused the wire holding the cover on the frame to rip.

It was supposed to be replaced last weekend but there were a couple of parts missing.

The shelter is to be recovered this week. It is where my ancient tractor, Big Red, the riding lawn mower, our motor boat, our canoes, and tools are stored. Need that done before Ol' Man Winter arrives.

I will let you know.

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TB Life



OUT IN FRONT: Brooke Alley leads the pack in winning the 24-kilometre competition at last year's Forty Miner race at Kinsmen Park and Trowbridge Falls.

Forty Miner ready to roll

One thing that has come to light in a year ravaged by the global pandemic is the importance of nurturing our mental and physical health by getting outside and enjoying the things we love to do.

Thunder Bay, like the rest of the world, has seen a major increase in the number of people riding bikes since things shut down in mid-March.

Eventually, our willingness to follow the advice of health experts allowed things to open up a bit and our two cycling clubs managed to responsibly run abbreviated race seasons over the past seven weeks.

Taking precautions

By using individual and staggered starts while also eliminating podiums and social gatherings, the club volunteers have found a safe way to allow athletes of all ages to salvage something from the 2020 season. Now, as the temperatures quickly drop and the leaves start to turn colour, cyclists have two exciting opportunities left to test their fitness before the snow falls.



KEITH AILEY

THE GOOD LIFE

The Shuniah Forty Miner is entering its fifth year as Thunder Bay's marquee mountain bike event. The Forty Miner offers participants four options, ranging from a five-kilometre kid's race to a grueling 48-kilometre challenge.

The races will be held Saturday, Sep. 26, at Kinsmen Park/Trowbridge Falls.

Organizers have made a course that ensures we

will be riding many of the best trails through the amazing landscape and natural terrain that Trowbridge Forest has to offer.

The hosting BlackSheep Mountain Bike Club continues to operate under COVID guidelines for health and safety reasons, so races will be capped to limit participants in each event while also spreading out start times from 9 a.m. until well past noon.

As well, physical distancing and staggered starts for small groups of just four riders each will keep everyone separated and safe.

The Thunder Grinder is the big gravel road race and ride introduced by the Thunder Bay Cycling Club just last year.

For a long time it looked to be one of the events that would be lost for 2020. However, with huge support from the BlackSheep, it was recently announced that the 2020 Thunder Grinder will indeed be taking place this year, on Oct. 3.

Options added

A new short course 40-kilometre route has been added to the 80-kilometre and 120-kilometre options to make sure everyone can have a distance they are comfortable with.

The best part however, is that this will also be a fundraiser.

All the registration money from this event will be going towards helping local legendary endurance athlete Phil Brown get back on two wheels (eBike style) after a very serious health event.

Surplus funds raised will go towards the Black Sheep's trail building program. Mountain bikes as well as cyclocross and gravel bikes will all work well for this ride.

More information for the Thunder Grinder, as well as the Shuniah Forty Miner, can be found on Facebook.

Virtual Hike for Hospice event raises \$67K

THUNDER BAY
By Ian Kaufman - TB Source

Organizers of this year's Hike for Hospice kept their expectations low, knowing COVID-19 would present challenges to the annual fundraiser. They were pleasantly surprised by Sunday's results.

The event, usually held in May, was roughly on track to match last year's

fundraising total of \$67,000 by mid-afternoon, despite participation dropping by more than half.

The outcome demonstrated the community's generosity and commitment to the cause, organizers said. Proceeds from the event support the work of Hospice Northwest, which provides end-of-life support to hundreds of local residents and their families.

"Thunder Bay has a giant heart, honestly," said Hospice Northwest executive director Cherie Kok.

"I think people understand charities are going to be struggling this year more than ever. We couldn't be more appreciative."

The virtual format drew fewer participants, though it provided an opportunity for people to join from as far afield as Austria and the United States.

IN THE bay

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Rom-com gets sit-com treatment



**MARTY
MASCARINI**
MOVIE TALK

Broken Hearts Gallery was viewed at SilverCity almost singularly on the appeal of its promising star, young Geraldine Viswanathan based on her impressive work in two previous films, *Bad Education* where she played a student reporter who blew the lid off the largest embezzlement of school funds in American history, and *Hala*, a U.S. drama viewed at the Toronto Film Fest last year, where she played a teen navigating her first romance and conflicted family cultural traditions with her own life ambitions.

In both films, she was a charismatic, engaging presence, especially in *Hala*, where she served as the film's appealing, empathetic centerpiece.

Held promise

Despite grave reservations over venturing into shopworn rom-com territory, *Broken Hearts Gallery* seemed to promise a scintilla of lighthearted relief from the ongoing pandemic gloom.

Alas, despite slick production values and an appealing cast, *Broken Hearts Gallery* is awash with sit-com tropes, overwhelmed by the Three C's: cute, contrived and coincidental, an Easter egg that's colourful on the outside, empty on the inside.



LOVE SICK: Geraldine Viswanathan (right) and Dacre Montgomery star in *Broken Hearts Gallery*, playing at SilverCity Thunder Bay.

Ms. Viswanathan plays Lucy, a callow 26-year-old New York gallery assistant, who retains souvenirs, knick-knacks and other detritus from failed relationships. (Judging by the clutter in the apartment shared with her two girlfriends Amanda (Molly Gordon) and Nadine (Phillippa Soo), Lucy's either

been through a revolving door of beaux or she's a terminal packrat.)

For Lucy, the stuff represents smoldering embers of what could have been. For others like yours truly, it's like cherishing a cactus one has mistakenly sat upon.

Depressed when her latest guy, oily

Max (Utkarsh Ambudkar) dumps her when a posh ex-love turns up (who's not the only ex to conveniently turn up), and cashiered from her job after drunkenly hosting a gallery do, Lucy dizzily plops herself into the private car of Nick (Dacre Montgomery), whom she mistakenly takes as her Lyft ride. This

is meeting (too) cute. Gentleman Nick drives her home. We know where this is headed.

They bump into each other sometime later where Nick introduces Lucy to his work-in-progress boutique hotel.

Instantly, Lucy gets the inspired idea of a broken hearts gallery that could serve as a lobby complement, comprised of curios of lapsed relationships where contributors and patrons alike can share and heal past hurts.

This notion becomes a social media sensation, as other like-minded souls amazingly pop up with remnants of lost relationships, either soured or tragic. The dubious premise takes off.

Doesn't work

This implausible nonsense would be intolerable enough if it weren't for writer/director Natalie Krinsky's formulaic plotting and sit-com dialogue that's tossed off in rapid-fire fashion, all glib, superficial wisecracking, little credible character depth, with plot breakthroughs and speed bumps occurring too predictably and conveniently. "His Girl Friday" this ain't.

Viswanathan herself is undermined by her own character whose motivation is often unconvincing for an alleged adult.

There's a quiet moment or two where Krinsky gives her characters room to thoughtfully breathe, but they're all too infrequent.

The movie rom-com still has a pulse, albeit an erratic one.

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Hollywood's OK without all its makeup

Well, if one thing became readily apparent in the wake of COVID-19 and the entertainment industry's new way of producing shows, Hollywood isn't as pretty as we thought. The industry has always eschewed "average" for "perfection." Women on television always rose from sleep with their coifs intact and their make-up un-smudged. Never a pillowcase line on anyone's cheek or drool marks on a pillow.

Meanwhile, the men on our favourite shows rarely seemed to need a shave – even those with a distinct Mediterranean background which in my experience, backs up the five o'clock shadow to about 2 p.m.

No matter how long they spent sitting, running, or fighting, their clothes never showed a crease or sweat stain. And despite their abs of steel, they rarely exercised. Scenes in which the stars were able to get roughed up were still lit for their



best angles, the bruises and cuts artfully created for the most drama. And the torn clothes still flattered their curves or biceps.

Then there's the rest of the on-camera moments: the award shows, the talk shows, the social media photos.

They always looked physically perfect in their designer outfits. I once read that Jennifer Lopez would bite the inside of



AT HOME: Stephen Colbert's home studio.

her cheeks to get the best jawline for red carpet photos.

I can't make it to the end of the day

with my make-up intact. Yet these folks always looked swoon-worthy. It was an illusion, of course, created by a team of unseen professionals. But they rarely seemed to have a bad hair day, let alone a wrinkle.

Fortunately, COVID seems to have leveled the playing field for us average folk. Television interviews shot from home without professional lighting, a hair and make-up team, not to mention free designer duds, have left the stars looking a little less than picture perfect.

And it's been pretty nice. CTV's Marilyn Denis, at 62, has always been gorgeous. But after months of shooting without a studio and seemingly no eye make-up, she actually looks her age. Stephen Colbert, Seth Meyers and other latenight guys have foregone the prerequisite suits while sweating through heat waves, fighting with growing 80's hair, and wearing fold-creased shirts on air.

Their guests, still the hottest stars, have shown up via video-chat with similarly less-than-styled looks. They appear pale, wrinkled, more tired, and thankfully, do a lot less posing for the camera. Awkwardly framed from the neck up and fighting a two-second delay in the video, the women don't worry about crossing their legs at just the right angle. Meanwhile, the men don't have to be charming and sexy for a studio audience while answering questions.

If anything, it's a little more honest and straightforward than previous interviews on-set.

Which makes me wonder what will happen when production returns to "normal." Is it even worth it for Hollywood to dress up anymore? The illusion is gone. It's like we've pulled the curtain on the Wizard of Oz.

And it turns out, Hollywood looks just like us.

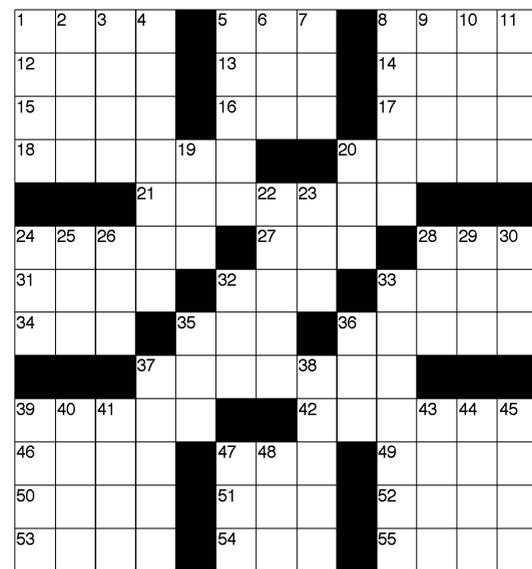
CROSSWORD PUZZLE

- ACROSS**
- Disappear gradually
 - "The Jungle Book" python
 - Mayan year
 - Shepherd's prophet
 - Guido's note (2 words)
 - Look stily
 - Handle
 - Pack down
 - Mex. plant oil
 - Recur
 - Ray
 - Windflower
 - Goat (Ital.)
 - Military macaw
 - Master of Business Administration (abbr.)
 - Eagle's nest
 - Bean
 - Madam
 - Before common era (abbr.)
- DOWN**
- Fahrenheit (abbr.)
 - Female friend (Fr.)
 - Stupid person
 - Ria
 - Irish foot soldier
 - Axilla

ANSWER TO PREVIOUS PUZZLE

READ	EADS	SEE
ACLU	CHIP	ACP
DUCE	LIAR	ARO
ELGAR	EURUS	
HASLET	TAB	
ORTON	OEDIPUS	
WEI	ICA	ARA
LASAGNA	HOSEL	
BAA	MATSYA	
LIEUT	BAHIA	
ELM	HOP	TBLS
ALI	ECON	ILIA
LET	RHEE	SEBI

- Air-to-air missile (abbr.)
- Fr. general
- Turk. title
- Arabic letter
- Whip
- Genetic letters
- Snow (Scot.)
- "The Bartered Bride" character
- California base or fort
- Vehicle compartment
- Atomic Energy Commission (abbr.)
- Before
- Queen of the fairies
- Babism founder
- Alcott heroine
- Vase
- Gib (2 words)
- Clique
- To (Scot.)
- Daughter of Rigoletto
- Nose (pref.)
- Small armadillo
- Freedman in Kentish law
- Son of Shem
- Photographer's solution
- King of Judah
- City on the Brazos
- Via
- Monkey



WORD SEARCH

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

- | | | | |
|--------|--------------|----------|--------|
| Advice | Drags | Jostles | Shunts |
| Airing | Drizzled | Laughed | Smite |
| Allays | Enacted | Milkier | Sorts |
| Beaten | Endure | Mover | Spurs |
| Blanks | Flats | Mutate | Swathe |
| Boils | Friendliness | Otters | Swill |
| Bounty | Gallons | Reams | Tapes |
| Brush | Garbles | Relent | Tinsel |
| Citing | Glean | Rescind | Uneven |
| Cools | Greasing | Scarlets | Vowed |

Sudoku

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

2	6		8					1	7
			7		2			8	5
					3			9	6
		3			9				
		5		1					
7		8	2						
		9			5				
5									
			1	3					6

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— GOSZ UOQTZHNZ

PREVIOUS SOLUTION: "Whenever a doctor cannot do good, he must be kept from doing harm." — Hippocrates
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Morrison seeks Orlando magic

NBA

By Leith Dunick – TB Source

When Scott Morrison and the Boston Celtics entered the NBA bubble, his son was eight months old and still crawling.

By the time they exit the bubble, the youngster will be walking, having already started to take his first steps. He's had to follow the progress virtually, through Facetime chats and pictures sent from afar.

As tough as it's been from a family perspective, Morrison, the former long-time head coach of the Lakehead Thunderwolves men's basketball team, is quite happy to be sequestered in Orlando, he and the Celtics about to take on the Miami Heat in the NBA's Eastern Conference final.

Boston cruised through the opening round of the playoffs, dispatching of the Philadelphia 76ers in four straight, then roared out to a 2-0 lead against the defending champion Toronto Raptors, ultimately needing seven games to their third conference final in four seasons.

In 2017 and 2018 the Celtics did not advance, falling to LeBron James and the Cleveland Cavaliers on both occasions.

It's time to get the job done, get a taste of the NBA Finals and bring Boston home its first championship since 2008.

"You always want to not take it for granted making it this far, being one of the final four teams. It really stands out here (in the bubble) because the place just keeps getting emptier and emptier. But you want to keep moving," Morrison said.



LOCAL TIES: Boston Celtics assistant Scott Morrison coached Lakehead for 10 years.

"That's on the positive side. On the negative side, we haven't been able to advance yet those times. I think everyone's really cracking down and not getting complacent being here. We know we have a tough opponent in Miami, but we also know we survived a really tough opponent in Toronto, so we believe that we can win – but we know it's not going to be handed to us or even guaranteed if we play well."

Led by the offence of Jayson Tatum,

the three-point shooting and defence of Marcus Smart, who jokingly anointed himself the new King of the North after the grueling seven-game win over the Raptors, and the savvy and experience of first-year Celtic Kemba Walker, Boston entered the postseason as the No. 3 seed in the east.

Taking the Heat down will likely mean more strong defence, facing a team led by the likes of Jimmy Butler, Bam Adebayo and Goran Dragic, one

that boasts six players who have averaged double-digit points in the postseason.

"Their offence has definitely been playing at an extremely high level, especially in the bubble here ... Hopefully some of that has to do with the opponents they've been playing and hopefully our defence, which has also been one of the best defences in the bubble can try to slow them down," the Morell, P.E.I native said.

"It's definitely going to be a different look than the Raptors gave us."

The Celtics, who keyed on the Raptors with corner threes, will also have to take care of business on the offensive side of the ball too and create good shot opportunities.

"It's not going to be easy for either team."

Away from the court, bubble life has been pretty good, said Morrison, who acknowledged his long-term goal in the game is a head coaching position in the NBA.

He said the league has ensured players, coaches and staff have everything that they need, including workout facilities and other recreational activities to keep them occupied while being away from their families.

"You've got to pay for beers, but we get a per diem and everything else is provided. We can go to the pool whenever we want. Guys can go fishing."

There's lots of space, lots of places to run and work out. One thing about the NBA, you get spoiled pretty easy, so even in the quote-unquote hard times in the bubble, it's really just like a working vacation."

Scotties decision should come by month's end

CURLING

By Leith Dunick – TB Source

Rick Lang says the local organizing committee expects to get word by month's end if the Scotties Tournament of Hearts will go ahead as planned in February at Fort William Gardens.

Lang isn't holding out hope.

With the possibility of an event being held without fans in the stands because of COVID-19 restrictions and player and volunteer safety, the co-chair of the local organizing committee said it might be best for Curling Canada to look at other options for 2021 and consider postponing Thunder Bay's hosting bid by

a year and bring it back in 2022.

The governing body for the sport in the country last week cancelled six national championships, including the juniors, but reserved decision on several others, including both the Scotties Tournament of Hearts and the Tim Hortons Brier.

"We're in touch with Curling Canada on a daily basis. They're exploring all the possibilities. They won't have a final answer. We hope to have one in the next couple of weeks," Lang said.

He's holding out hope Curling Canada won't ask Thunder Bay to

hold an event without fans, or with severely restricted numbers.

"Of course they really hoped to have a full event here in Thunder Bay. They knew the ticket sales were great and they knew it was going to be a really exciting event. They still want to come here. But the COVID pandemic has thrown a real wrench into all that, of course," Lang said.

"So they're looking at other possibilities – a partial event, which we're not really excited about, partial being partial attendance. We know we can do way better than that here. So

we're hoping to have a full event here when it does come."

Lang said Curling Canada might go the National Hockey League route, and hold the event inside a tightly controlled bubble as a way to minimize the risk for players, who come from all corners of the country, including inside the still-in-place Atlantic Bubble.

"They've been in touch with the NHL about how to do that. If it is that type of event, we've been advocating strongly to hold it here in 2022, in late January that year, because it's an Olympic year," Lang said.

"We think that would be the next best option and would keep Thunder Bay excited about the event."



RICK LANG

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Low-risk high school sports could return

Golf, cross-country running among those sports that might get a shot this semester

THUNDER BAY

By Leith Dunick TB Source

The return of high schools sports is on the horizon.

However, the head of Superior Secondary Schools Athletic Association says if and when sports do return this fall, it'll be with a measured approach.

David Pineau on Friday confirmed extra-curricular sporting activity at all grade levels is on indefinite hold for the time being, but with zero active confirmed COVID-19 cases in the Thunder Bay District, should they get the go-ahead from public health officials, some sports could return for the fall semester.



LEITH DUNICK

FINGERS CROSSED: SSSAA head David Pineau is hopeful activities will resume.

"We've got things coming up in the next couple of weeks where we'll get a sense of where we're at and what we're able to offer," Pineau said. "We've got some low-risk sports that

kind of lend themselves to starting off. Cross-country running and golf are two fall sports that fall in that low-risk category. So if the sense at the schools is that teachers are able to coach and students are ready to come back and we get approval from boards or health units, then we'll bring some opportunities in those areas."

If those go well, Pineau said it could be an indicator that it's OK to re-launch slightly riskier sports, including basketball and volleyball.

"We're going to have to look at whether we move some seasons – football obviously being one that's pretty popular and people are always asking about. That may be one we can move to the spring," Pineau said.

"So we've got some decisions that we have to make with SSSAA. I think the hope is to offer opportunities in every sport that we traditionally offer. Obviously the seasons aren't going to

look like they normally look."

Under current provincial legislation, leagues are only allowed to operate in 50-player bubbles, which would limit the number of opponents a team could have, particularly in a large-roster sport like football. Pineau said that's one reason they're looking at spring for a return to the gridiron, in hopes that the restrictions are loosened.

It could mean no city or regional championships, just a chance for athletes to play the sports they love.

The Ontario Federation of Secondary School Athletics Association has already cancelled all of its fall provincial championships and many schools in southern Ontario have decided not to go ahead with fall sports.

Pineau said it looks like Sudbury is looking at ways of staging school sporting events, and said he's been in contact with athletic leaders there on an

almost daily basis as they try to put their protocols in place.

Mike Judge, who coaches the Hammarskjöld Vikings senior football team, said he's glad to see progress being made, calling sports and other extra-curricular activities a vital part of the high school experience for many students.

"It's so much more than just academics in schools. So when you look at the mental health crisis that's going on in Canada right now, and especially with teenagers, having those outlets is just critical to having a healthy, positive outlook on life," Judge said, adding from the reaction of his players, he could have a full squad at practice this week, were it permitted.

Pineau said when sports does return, it will likely be with a limited crowd capacity, if any fans are allowed in the stands at all.

The SSSAA is looking at the possibility of streaming games live on line so parents and classmates can watch.

"We're going to have to look at whether we move some seasons..."
DAVID PINEAU

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