

AUGUST 2018 ISSUE

Thunder Bay **Guest**

YOUR GUIDE TO WHAT'S HAPPENING IN AND AROUND THUNDER BAY.



**CHANGING THE FACE OF
MENTAL HEALTH
IN THE NORTH**

**LINDA KELLY,
KELLY MENTAL HEALTH**

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OPEN NOW! Until September 30, 2018




**STOP, LEARN, THEN
GO EXPLORE!**
It's fun for the entire family!

- Come experience the exciting new interactive exhibits at the Red Rock Interpretive Centre, this summer.
- Check out the local ship wrecks in their virtual underwater submarine tour! Learn about "Camp R", Prisoner of war camp, and see their nature exhibit that includes "Milton" their HUGE Bull Moose and a Black Bear Cub.
- The Marina Centre and adjacent park provides a natural meeting place. Enjoy the splash pad, board walk and some AWESOME hiking trails in the surrounding area.
- OPEN 7 DAYS A WEEK - Red Rock Marina Interpretive Centre, visit redrocktownship.com

Presented by:




DISCOVER

**RED ROCK
INTERPRETIVE CENTRE**

visit www.redrocktownship.com for more information.

7 Park Road Red Rock Ont.
(Red Rock Marina Building)
Phone: 807-886-2862

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2 • visit www.tbnewswatch.com click on **Guest** tab at bottom



COVER - Linda Kelly, KELLY MENTAL HEALTH
PHOTO BY: DZ PHOTOGRAPHY

AUGUST EVENT CALENDAR

FESTIVALS/ FAIRS

August 5

Festa Italiana

Join us for the 28th Annual Festa Italiana! Music by National and Local Performers Dancers Authentic Italian Cuisine Cultural and Art Exhibit Children's Activities Beer Gardens Fireworks Everyone Welcome! Free Admission!
Italian Cultural Centre

August 10-12

BrewHa! Craft Beer Festival

Marina Park

<https://brewhafestival.com/>



August 18-19

Thunder at the Bay Motorsports Extravaganza 2018

View Classics, Off Road, Cars, Trucks, Racing Bikes & Sleds, Imports, Sports Cars (New & Old), Work in Progress vehicles and much, much more.

See our demonstrations of various metal working techniques for the DIY auto enthusiasts.

CLE FairGrounds

SPORTS - RACING

August 11 & 25



Superior Dirt Riders

Superior Dirt Riders (SDR) is a motocross and ATV racing club in Northwestern Ontario. We work with three local race tracks and Motorsport Racing Canada (MRC) to run a 6 event motocross and ATV race series in Kakabeka (KBMX), Atikokan (AMX) & Emo (EMX), Ontario.

August 11 - KBMX, Kakabeka Falls
August 25 - AMX, Atikokan

Practices run the Friday prior to each race. Times will be posted.

CLE Annual Summer Fair
August 8-12



Ribfest 2018
August 24
Park Avenue



Strathcona Invitational
August 3-7
Strathcona Golf Course



Westfort Street Fair
August 18
Frederica Street

BE THE FIRST TO COME

JOHN MELLENCAMP

Show Begins Promptly at 8PM

AND THE LAST TO LEAVE

SAD CLOWNS & HILLBILLIES

13 OCTOBER • AUDITORIUM

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BOX OFFICE: 1 PAUL SHAFFER DRIVE

CONCERTS, MUSIC AND DANCE

Live on the Waterfront WEDNESDAYS

6:00 p.m. - 9:00 p.m.
Marina Park

Live on the Waterfront is Thunder Bay's premier performing arts series, showcasing the best local talent alongside some of Canada's finest artists. Presentations run from 6 to 9 pm on eight consecutive Wednesdays through the summer.

For more information about Live on the Waterfront, contact the Recreation & Culture Division: Phone: (807) 625-2351
Fax: (807) 625-3395 Community Services Department 111 Syndicate Ave. South 1st floor, Victoriaville Civic Centre

Mental health. Mental health. Mental health. Are we used to this yet?

It's about time that we started seeing mental health as a normal, everyday part of being human. Because it is. Enough with the stigma. Enough with the fear. It's not a communicable disease, though there's no denying that being around someone who struggles with mental health issues has an impact on you, just like being part of a struggling community creates a sense of powerlessness. So why continue to perpetuate this vicious cycle that prevents people from getting help? Make it okay, because it is.

Let's help each other out and start asking questions, empathizing with someone who's having a bad day, rather than encouraging people to suck it up, get over it, or deny their experiences. Let's stop trying to sweep everything under the rug, and start acknowledging the issues so that we can find solutions.

In the time I have been in this field, I have learned that at the heart of every seemingly odd or distressing behaviour, a series of logical steps occurred to get people there. Abuse, violence, and vandalism are often consequences of poverty. If I have nothing and it seems like everyone else has it better, and I don't have the resources to change my situation, I feel angry, bereft, and powerless. Destroying something might make me feel better for a short time. Lashing out gives the person a sense of power that they otherwise don't have. We have all been through something that made us feel for a little while that we just didn't care anymore, because to care would open us up to more pain, and we didn't have the capacity to take on any more.

Changing the Face of Mental Health in the North

Linda Kelly, MSW, RSW

Executive Director, Kelly Mental Health



Our Mission

We empower people to become the best version of themselves.

Our Philosophy

We work collaboratively to meet client needs using individually tailored, evidence-based treatment plans.

If you can understand the sequence of events, it's not that far-fetched to empathize with the consequences. This is what it is to be human.

In the North, we face unique issues related to our cultural mosaic, geographical isolation, and our economy. And let's not kid ourselves. The state of one's mental health is determined by many of those factors. Mental health is about our overall functioning, and the state of that health depends on a few things:

- Physical health (adequate sleep, nutrition, exercise, sunlight, fresh air)
- Home environment (safety, stability)
- Relationships (friendships, romance, social connections)
- Personal growth (learning, developing skills, goals)

With the right supports, our functioning isn't impacted as much when something bad happens, which it inevitably will. So for someone who has a decent home, financial stability, some semblance of a social life, and purpose, they will be more resilient during a crisis. But for someone who lives in fear, who has never known safety, whose relationships are dysfunctional, their reaction to a crisis will be much more intense. They have less of a safety net; less holding them to the earth.

The greatest obstacle to being okay is feeling alone. And loneliness is quite different from being alone. It's the difference between solitude, which is healing and restorative, and loneliness, which is destructive.

So help us make it okay. Stop adding to the stigma of mental health issues so that we can work together to be the change in the North that makes all the difference, creating healthy, resilient people, and putting Northwestern Ontario at the forefront of social change.



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www.bwplusnorwester.com



Best Western Plus Nor'Wester Hotel & Conference Centre

Offers 89 renovated guestrooms. It is located only five minutes south of the airport on Highway 61 with a breathtaking view of the Nor'Wester Mountain range from our mountain side rooms. Enjoy the indoor pool, sauna, whirlpool, arcade room, full scale fitness centre, private steam and sauna rooms. This prestigious Hotel earned the 2016 Trip Advisor "Certificate of Excellence Award", this accolade is given only to establishments that consistently achieve outstanding traveler reviews on TripAdvisor, the World's Largest Travel Site. The hotel offers a full service restaurant and bar, and can accommodate meetings or conferences of up to 360 guests. Minutes away from prestigious golf clubs. Discounted coupons to Fort William Historical Park and other local attractions. Experience "The SettingThe Service.....The

Satisfaction"

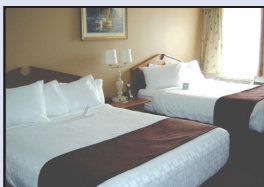
For reservations call toll-free 1-888-473-2378 or direct 1-807-473-9123
email: info@bwnorwester.com

Best Western Thunder Bay Crossroads

Conveniently located minutes from the airport and specially designed for the business traveller, the Best Western Crossroads is proud to offer free local calls, free high speed wireless internet, and always free faxing and photo-copying service. Complimentary Deluxe Continental Breakfast and airport limousine service is also available.
655 W. Arthur St. Junction Highway 61 and 11/17. Call 1-807-577-4241.
Toll Free 1-800-265-3253.
Canadian and U.S. Worldwide 1-800-528-1234.

Econo Lodge

Located in the heart of the shopping district, the Econo Lodge is centrally located to shopping, restaurants, theatres and is only minutes away from the Thunder Bay Regional Health Sciences Centre. All of our guestrooms come with free continental breakfast, Wi-Fi and local calls. Children under 18 years stay free with a paying adult family member. Ask about our Choice Privileges Points Program. Group rates are available.
Call toll free at 1-800-4-CHOICE or locally at (807)344-6688. Located at 686 Memorial Ave. Just minutes away from the Harbour Expressway.



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The Landmark Hotel

Welcome to Thunder Bay's Landmark Hotel! Proudly 100% First Nations owned. Featuring inspirational First Nations Art displayed throughout the hotel. The Landmark Hotel is conveniently located at the corner of Dawson Road (Hwy 102) and the Trans-Canada highway (Hwy 11/17) next to County Fair Plaza. During your stay enjoy our family fun, tropical themed pool area and waterslide, plus you'll only be steps away from shopping and restaurants.

For reservations call toll free 1- 800-465-3950, or 807-767-1681.

Super 8 Hotel

Thunder Bay's first Super 8. Excellent central location. You're only minutes away from restaurants, shopping and theatre. All of our guest rooms have recently been renovated and come with free SuperStart, Continental breakfast, Wi-Fi and local calls. Children under 17 stay free with a paying adult family

member. Ask about our Wyndham Rewards program. Group rates are available.

Superline toll free at 1-800-800-8000 or locally at (807)344-2612. 439 Memorial Ave. Minutes north of the Harbour Expressway.

Lakehead University Residence & Conference Services

Visiting or traveling through Thunder Bay? Why not stay in Residence at Lakehead University. Basic single dorm room \$40 per night, Premium Single dorm room \$45 per night. Fully furnished Four bedroom townhouse and apartment units available, daily, nightly and weekly rates offered. Taxes extra. Clean, comfortable and reasonably priced.

Open seven days a week, 8am-12am.

For reservations please phone (807) 343-8485 guest.services@lakeheadu.ca to reserve your rooms today.



The advertisement features a large indoor pool with a waterslide and a dolphin sculpture. The dolphin is white and appears to be leaping out of the water, with a small wave at its base. The pool area is surrounded by lounge chairs and umbrellas. In the background, there are tables and chairs, suggesting a dining or lounge area. The overall atmosphere is tropical and relaxing.

The LANDMARK HOTEL
Proudly 100% First Nation owned.

Featuring
Cultural and Traditional First Nation Art
throughout the hotel.

- Restaurant • Free Wi-Fi • Pet Friendly
- Tropical themed pool with WATERSLIDE!
- Guest Laundry Facilities
- Adjacent to County Fair Plaza, Walmart and L.C.B.O.

1010 Dawson Road, corner of Dawson Road (Hwy 102) and the Trans-Canada Highway (Hwy 11/17)
For reservations **call 807-767-1681 or toll free at 800-465-3950. landmarkinn.ca**

Comfort Inn

Thunder Bay (80 Units)- The pet-friendly Comfort Inn® hotel is ideally located near Resolute Forest Products, Bombardier transportation, Ontario government buildings and Thunder Bay Regional Health Sciences Centre. Shopping at Arthur Street Marketplace is within walking distance from this hotel. We are also near boutique shopping, restaurants and local businesses. Our 100% smoke-free hotel is near a variety of colleges, including Lakehead University and the Aviation Centre of Excellence. The local area is an outdoor paradise full of opportunities for skiing, golfing, boating and more. This Thunder Bay hotel offers easy access to all major attractions in the area. Guests of this Comfort Inn Thunder Bay hotel are invited to enjoy many amenities including: Free full hot breakfast, stylish bathrooms with granite vanities, coffee makers, hair dryers, irons and ironing boards, refrigerators and microwaves. Whether traveling for business or pleasure, make the Comfort Inn your

home away from home when visiting Thunder Bay! The Comfort Inn hotel is an ideal option for personal, family and business travel in the Thunder Bay area.

**Thunder Bay south at 660 West Arthur St.
Call 475-3155 or toll-free for reservations
1-800-228-5150.**

Dryden (62 Units) - Comfort Inn in Dryden hotel is conveniently located on Hwy 17 minutes from the Dryden District Museum, the Dryden Airport and the Dryden Regional Health Centre. Our 100% smoke-free location features drive-up rooms with patio door access, free parking and a full hot breakfast served in our breakfast room. Featured amenities include a 24-hour business center, express check-out and complimentary newspapers in the lobby. With our convenient location, the Comfort Inn hotel is the place to stay while travelling or doing business in the Dryden area!

**522 Government St (Hwy 17),
Dryden 1-807-223-3893.**



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**Thunder Bay - www.thunderbaycomfortinn.com
(807) 475-3155**

**Dryden - www.drydencomfortinn.com
1-807-223-3893**

Toll Free: 1-800-228-5150



Come out and enjoy Chippewa Park and Trowbridge Falls this summer!

The Chippewa Park Tourist Camp

currently offers rental of 21 log cabins: seven newest cabins are electrically heated, with two queen size beds, table and chairs, microwave, small fridge, and are wheelchair accessible. They also have beautiful wooden decks for relaxing in the sun or looking out at the water. There are also 14 historic cabins for rent, five with two double beds and a cot, and nine with the two double beds. All historic cabins come complete with table and chairs, and a wood stove.

Trowbridge Falls Campground

Situated in a beautifully wooded location along the rapids of the Current River, at the north end of the City, the campground is only a short distance away from Boulevard Lake and Centennial Park. 36 full service RV sites & 28 electrical only RV sites.

Located on Copenhagen Rd., off Hwy 11/17.
For more information please call 625-2941
or visit our website at www.thunderbay.ca



Chippewa Park 807-623-3912 • Trowbridge Falls 807-683-6661

Tents & Trailers • Cabins • Electrical • Swimming • Showers • Laundry • Store • Souvenirs

MUNICIPAL
campgrounds
OPEN MAY LONG
WEEKEND THROUGH
to LABOUR DAY WEEKEND

FOR MORE INFORMATION:
 PH: 807-625-2313 • FAX: 807-625-3292
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CITY OF
Thunder Bay
 Superior by Nature



Thunder Bay KOA Kampground & Resort

KOA's 90 acres of Spruce, Birch and Poplar shimmer with color in Autumn. Sites are tucked in the trees and in wide-open sunshine. BIG RIG friendly spacious pullthrough sites. Deluxe camping cabins. 2 heated swimming pools and splash pad. Our 300 yard Gator Range is open to the public! The Gator Range pleases all golfers, you can choose any club with all natural grass tees. The Kampground also sports the best mini-golf course in the KOA system. A challenging 18 hole course open to the public and has local amethyst to add to its beauty. The fountain adds atmosphere, for those who want to enjoy a family outing. The driving range, minigolf, heated pools, catch-and-release trout pond, hayrides, ice cream

socials, theme weekends and motor home races all add to precious, quality family time. Wi Fi is available. Shop the Kampground store for local amethyst gifts and jewelry.

Stop in and visit or call 807-683-6221 for more information.

Happyland Campground and Amethyst Giftshop

Thunder Bay's 5-Star Big Rig park.

Where campers return, year after year, to enjoy our immaculate facilities. We have large, pull-thru sites with up to 50 amps, a 1,000 sq. ft. heated pool and hot tub, WI-FI, and Cozy Camping Cabins!! Close to Fort William Historical Park and only 1/2 mile from Kakabeka Falls and the village, with all the amenities.

Located on Hwy. 11/17, just 16 minutes west of Thunder Bay. Call us toll free 1-866-473-9003.

Visit our website at www.happylandpark.com



**Thunder Bay
KOA**

- Big Rig Friendly
- Up to 50 amp service
- Gator Driving Range
- Full Propane Service
- 18 Hole Mini Golf
- Catch & Release Trout Pond
- Deluxe Cabins
- Wi Fi is also available

**2 Heated Swimming Pools
and Splash Pad**

1-800-KOA-4162

**Happy Land Park
Gift Shop**

Large selection of Thunder Bay, and Kakabeka Falls souvenirs. Very reasonably-priced Amethyst Jewellery and gift items. Local amethyst specimens of all sizes in price ranges for everyone. Huge selection of Tees, sweats & hats. Canadian-made moccasins and mitts.

Open 7 days a week from 9 'till 9

Located on Hwy 11-17, 16mi. W. of
Thunder Bay 1½ mi. E. of Kakabeka Falls

Phone 473-9003
www.happylandpark.com



Taste

Private Dining at Bistro One

Bistro One

Where food and wines are our passion. Modern North American cooking in an upbeat setting. Chef/Owner Jean Robillard and his talented staff prepare seasonal dishes for their daily changing menu. Start your evening with Rare Seared Tuna with Ponzu and Pickled Vegetables or our signature Seared Sea Scallops with a Champagne and Maple Syrup Sauce. Move on to our famed Rack of Lamb with Gorgonzola Butter or the light and full flavoured Arctic Char. Always leave room for one of Maria's

fabulous dessert creations. Whether its her renowned Warm Chocolate Gateau or a simple Crème Brulee, their housemade desserts are always thrilling. "Where to Eat in Canada" top 200 restaurants 10 years in a row. Award winning wine list from "Wine Spectator" Magazine for 12 consecutive years. Where would you rather go? Open Tuesday to Saturday from 5:00 pm. **For a special evening out or just for the occasional treat, join us at 555 Dunlop St, off Memorial Ave. (Intercity area). Call 807-622-2478. Visit our website at bistroone.ca**



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Thunder Bay, Ontario

Amethyst Mine Panorama



Visitors can go on a unique guided tour and explore the floor of the quarry and discover beautiful amethyst veins and learn about the geology and history of one of Northwestern Ontario's geological wonders.

Located 45 minutes east of the City of Thunder Bay. Follow Highway 11-17 and turn North onto East Loon Road. Drive (8km-5miles) to the entrance.

AMETHYST MINE PANORAMA

(807) 622-6908

Open 10am-5pm (May 15 until October 15)

Extended hours 10am-6pm (July & August)

www.amethystmine.com



Drop by the Amethyst Gift Centre,
Amethyst Mine Panorama or
Lakehead Models on your shopping travels!
Great Gift Ideas!

SHOP

Amethyst Mine Panorama

The area's largest deposit, Amethyst Mine Panorama, was discovered in 1955. Thousands annually enjoy the scenic beauty of the area while having an adventure digging for their own amethyst. Pails, digging tools, and running water are supplied for easy digging. Guided and self-guided tours are available along with a well stocked gift shop.

The mine is open mid-May to mid-October. Open seven days a week 10:00 a.m. to 5:00 p.m. July and August 10:00 a.m.-6:00 p.m. 500 Bass Lake Rd, Shuniah. 56 km East of Thunder Bay.



Lakehead Models

Located at 262 Bay Street, LakeheadModels & Collectibles is open daily serving the needs of model hobbyists and RC enthusiasts. Take to the skies with an RC helicopter or plane, try model railroading or stay closer to the ground and build a piece of history. We have the largest selection of plastic model kits in Northwestern Ontario including Tamiya, Revell, Dragon, and Trumpeter. Special orders always welcome!

We ship worldwide so visit us in person, by phone or on-line at lakeheadmodels.com 262 Bay Street (Bay at Court St.) 345-5776 lakeheadmodels@shaw.ca www.lakeheadmodels.com



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Consider yourself a closet Sherlock Holmes?

Conservation officers need your help!

by Jeff Turl



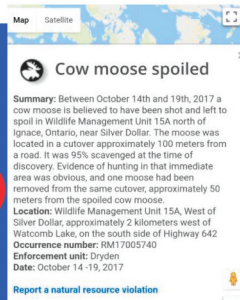
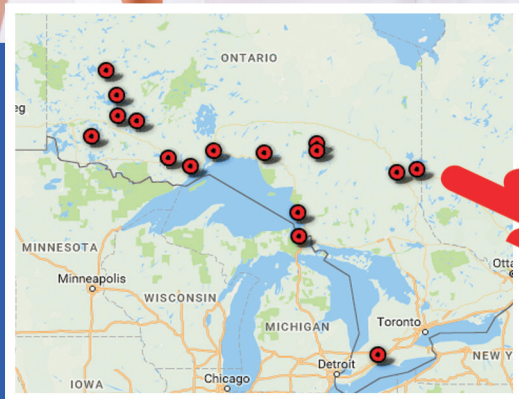
'Conservation officers often work in remote areas, investigating cases.[and] many of our cases, we do not have complainants to talk to...so any help we can get from the public to put the puzzle together is beneficial'

If you've got a little spare time on your hands, the Ministry of Natural Resources and Forestry could use some helpcracking some cold cases.

The MNRF has set up a
NEW INTERACTIVE ONLINE MAP

Go to

tbnewswatch.com/around-the-village/



Solve a natural resource case

Help us solve natural resource violation cases.

Call **MNRF Tips** if you have any information at

1-877-847-7667



BRING YOUR CAMERA TO AN EVENT!
We'd love to see
Thunder Bay through
your eyes!
Send photo's to
proddept@dougallmedia.com

Eagle Canyon

EXPLORE

CITY PARKS AND NATURAL ATTRACTIONS

FORT WILLIAM HISTORICAL PARK

Fun And Adventure are in store for everyone at Fort William Historical Park (FWHP) - winner of the Attractions Canada Award of Excellence and Northwestern Ontario's One-stop Destination! One of North America's Top Living History Attractions. A Multi-Component Facility. There's much more! Experience the wonders of the Universe courtesy of the Star Walk Program at the David Thompson Astronomical Observatory (DTAO). Or camp out under the stars at the RV park, and enjoy kayak and canoe rentals, and hiking on the Wilderness Island. FWHP also hosts weddings, conferences, meetings, and banquets in venues both spacious (McGillivray's Landing) and intimate (Canot du Nord). Amenities include: The Fort William Trading Post, Restaurant, canoe rides, convention and meeting rooms, wheelchairs, strollers, accessible washrooms and ample free parking. **Located on King Road off Broadway Avenue from Highway 61 South.**

EAGLE CANYON ADVENTURES

Eagle Canyon Adventures is Lake

Superior's Circle Tour #1 Adventure Attraction. We are home to both Canada's longest suspension bridge AND Canada's longest zip line. Our bridge extends an amazing 600 feet across the canyon and hangs at the height of 152 feet above the canyon floor. If one bridge wasn't enough, we also have our smaller bridge which spans 300 feet across and 125 feet from the bottom. Cross the suspension bridges for an unforgettable thrill or simply witness for yourself, from an eagle's perspective, the majestic span of the bridges and absorb the beauty of your unique surroundings. View the depths of the canyon where a beautiful spring-fed lake reflects the breathtaking mountain range in the distance. Your journey doesn't end at the top. Explore our numerous wilderness trails, follow the stairs cascading into the canyon and hike along the shoreline for a complete grand tour of the grounds. For the ultimate thrill seeker, take a ride on Canada's longest, highest, fastest and safest zip line. At half a mile long, 175 feet high and reaching speeds in excess of 45 mph, you will soar like an eagle down the centre of the canyon for an exhilarating 60 second thrill ride to the canyon floor. Whether you are looking for the ultimate



Eagle Canyon



BRING YOUR CAMERA!

Capture photos of the spectacular view of Fort William First Nation, City of Thunder Bay & the Sleeping Giant.



500 FT PANORAMIC VIEW OF THUNDER BAY!



MT. MCKAY LOOKOUT

(Anemki Wajiw-Thunder Mountain)

Whether you are: A weather enthusiast, a shutter bug, or perhaps are looking for the perfect location to hold a photo shoot for your wedding or graduation spring, summer or fall. Anytime is a good time to visit.

JOIN US:

Canada Day Long Weekend & Fall Pow Wow Remembrance Day

OTHER CULTURAL EVENTS ARE:

SUNRISE CEREMONIES - FEASTS - POW WOWS & TRADITIONAL TEACHINGS. VISIT OUR WEBSITE FOR SPECIFIC DATES AND TIMES OF PERIODIC EVENTS.

MT MCKAY IS PRIME LOCATION FOR WEDDING DAY CEREMONIES FAMILY REUNIONS - COMPANY AND FAMILY PICNICS

www.fwfn.com

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BEST OF THE LAKE



Mount McKay
was awarded
The Best In-Town
Hikes for 2014!



adventure or for relaxation at an outdoor paradise, Eagle Canyon is your all-in-one destination.

We are just minutes away from all the amenities the town of Dorion has to offer, and only 45 minutes East of Thunder Bay.

MT. MCKAY SCENIC LOOKOUT

Visit Mount McKay Scenic Lookout and explore the age old Indian legends and traditions of our area. Towering 1,000 feet over the city, Mount McKay is a must on your list of attractions. At the 500 ft. level the lookout offers a magnificent panorama with a viewing scope for a closer look and new skyline walkway with a great picnic area snack bar. Thunder Mountain was the original name for Mount McKay. Here, traditional native gatherings were held on this sacred ground. Prior to the development of road access to the lookout only traditional native people were allowed access to the grounds, which is considered a nesting area for the Anemki or Thunderbird. A large white cross has been placed on a mountain ledge to commemorate Indian people who have served our country in time of war.

For more information contact Fort William First Nation Tourism 807-623-9543 or 807-622-3093. Located on Highway 61B.

CONSERVATION AREA, CASCADES, AND HAZELWOOD LAKE CONSERVATION AREAS

Conservation areas offer great recreation at all times of the year and most areas are accessible during winter months. Walking the trails is popular, particularly at Cascades Conservation Area. Hazelwood Lake Conservation Area offers a beach, trail and the perfect setting for canoeing. Silver Harbour and Little Trout Bay Conservation Areas have boat launches on Lake Superior. Conservation area visitors are asked to

deposit their \$2 per vehicle fee in the collection box at each visit. Also available is the Explorer Card, an annual pass to local conservation areas at a cost of \$25. The Hazelwood Lake Centre is a multi-purpose building at Hazelwood Lake Conservation Area. The Centre is available for rental from May through MARCH/APRIL and is well suited for events ranging from seminars and meetings to weddings and reunions. Functions for up to 130 guests can be held in our smoke-free and handicap accessible facility. Added benefits are a spectacular view of the lake from the deck and picture windows, plus access to the surrounding forest trails. Rental dates, costs, catering menus and other details can be discussed with our official caterers, Scandia Catering at 767-3565. **If you need more information please contact the office at 344-5857 or visit www.lakeheadca.com**

INDOOR ACTIVITIES MUSEUMS AND ART GALLERIES

AHNISNABAE ART GALLERY

"CREATING an APPRECIATION & Awareness of Native Culture Through Art." NEW LOCATION IN THE HEART of the DOWNTOWN of PORT ARTHUR. Our gallery is the home of the late renowned Woodland artist Roy Thomas.

	NEWER & BIGGER LOCATION 18 Court Street S., Thunder Bay, ON P7B 2W3
<i>"Creating An Appreciation & Awareness of Native Culture Through Art"</i> (807) 577-2656 • www.ahnisnabae-art.com louisethomas@ahnisnabae-art.com	



THUNDER BAY
ART GALLERY

Christi Belcourt

June 22 - November 25, 2018



Christi Belcourt, *Revolution of Love*, 2018, acrylic on canvas,
172 x 454 cm, Collection of the Artist,
Photographer: Justin Wonnacott



Christi Belcourt, *Bloodletting (Does this make you more comfortable with who I am?)*, 2008, acrylic on canvas,
61 x 76.2 cm, Private Collection

Since June 22 visitors to Thunder Bay Art Gallery have enjoyed a major mid-career exhibition by popular Métis artist Christi Belcourt. People love Belcourt's large canvases which echo traditional Métis beaded designs. Her sinuous paintings are executed principally in tiny dots made by dipping the end of a stylus, paintbrush or knitting needle into paint. The time and stamina required by this technique speak to this prolific artist's energy and commitment.

In all her work, Belcourt expresses her deep respect for Mother Earth, as well as the traditions and the knowledge of

her people.

Belcourt is also known as an environmental activist and advocate for water, land, and the preservation of Indigenous languages. She is the guiding force in the Ontario-based Onaman Collective which shares Indigenous traditional knowledge and language with youth. Through all aspects of her art practice, Belcourt aims to guide us – with urgent passion – to live in balance with nature.

About 35 works from 1993 to the present are included in this must-see exhibition, which runs June 22-November 25, 2018. Organized by Thunder Bay Art Gallery with Carleton University Art Gallery (Ottawa), the exhibition will tour nationally to galleries in Ottawa, Joliette, Regina, and Winnipeg until 2020.

FOR MORE INFORMATION Alastair C MacKay,
Communications & Marketing Coordinator
807-577-6427
communications@theag.ca
www.theag.ca

Hours: Tuesday– Thursday, Noon – 8
Friday– Sunday, Noon – 5

Admission: Pay what you can
– Suggested \$5 Free Wednesday

This space is donated. If you are a not for profit organization and feel your group/event can benefit from this space please contact Jen Chicoine 346-2599 or Tracey Cambly 346-2629

Proudly representing local and regional First Nation artists from around the region & across Canada. We carry a large variety of authentic works such as, fine art, giclée prints, silkscreen prints, soapstone carvings, moccasins, handmade-jewellery, books, greeting cards. We have the largest selection of authentic Native Art in the Northwestern region of Northern Ontario. A perfect place for unique gifts!

HOURS: Tuesday and Friday 11:00a.m.-7:00p.m.

Saturday 12:00 noon-5:00 p.m.

By Appointment contact: 807- 577-2656 or

louisethomas@ahnisnabae-art.com

Website at www.ahnisnabae-art.com

NEWER & BIGGER LOCATION

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BOTANICAL CONSERVATORY

The Centennial Botanical Conservatory is a fascinating place to visit. Opened in 1967 by the Fort William Parks Board as a Centennial project, it is a legacy to the citizens of Thunder Bay. The central and largest room in the Conservatory is the tropical house - a humid arboretum featuring exotic flowers, trees, shrubs and other plants from around the world in a year-round tropical setting. The greenhouses adjacent to the Conservatory are used by staff to raise bedding plants and hanging floral displays for use in Thunder Bay Parks.

For a spectacular season floral display, see Hillcrest Park. Amenities & Attractions: Inside: Tropical arboretum filled with flowering plants and exotic trees and shrubs from around the world, Park benches, Waterfall and wishing pond, Washroom facilities, wheelchair accessible, Guided Tours of onservatory available.

Hours: 8 am to 4 pm, seven days a week. Closed Christmas Eve & Christmas Day, Boxing Day, New Year's Eve & New Year's Day, and Good Friday.

Wedding Ceremonies/Photos: call Booking at 625-2941. Location: 1601 Dease Street West, Thunder Bay, Contact:Telephone: (807) 622-7036.

FWFN MOUNTAIN BINGO

We're the only Bingo Hall in town to offersavings to our valued customers in theway of evening sessions with reducedbook prices. During the Month we have special customers appreciation nightswith 1/2 price night, draw night \$1000total (Cash and/or prizes), Holiday Giveaways, 2nd Jackpot. See our newTEDS, our new bigger monitors, smoking and non-smoking rooms.

For any questions please contact the Bingo Manager at (807) 624-0111. or check us out at www.mountainbingo.com

MAGNUS THEATRE

Each season, Magnus Theatre offers a mainstage subscription series chosen

Northwestern Ontario Sports Hall of Fame and Museum



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from the Canadian, classic and contemporary repertoire. Theatre in Education programming includes issue-based Theatre for Young Audiences, theatre classes for all ages, and workshops for schools and other organizations. Other activities include the Theatre for Young Audiences Tour, Regional Touring and New Play Development comprised of play reading services, new play workshops and production.

Contact us at 807-345-5552.

NORTHWESTERN ONTARIO SPORTS HALL OF FAME AND MUSEUM

Attention sports fans and history buffs alike. Don't miss your chance to learn about the areas rich and proud sports heritage at the region's only sports museum and hall of fame. Featuring an exhibit gallery designed to resemble the various venues of sport, a ski chalet and

arena contain memorabilia relating to a rich tradition of winter sport activities. An old style stadium takes you to the days of summer and the stories and photographs from years past. The Hall of Fame area celebrates the athletes and builders who have brought pride and honour through their many accomplishments.

Educational programs and tours are offered for schools and groups. A sports library and archives are available for researchers. Current featured exhibits include a salute to our amateur and professional hockey heritage and a celebration of our rich baseball history. **Located at 219 May Street South, beside City Hall, in Downtown Thunder Bay South, this heritage facility is open to the public Tuesday to Saturday from 12:00 noon to 5:00 pm. For more information call (807) 622-2852 or visit www.nwsportshalloffame.com**

THUNDER BAY ART GALLERY

Featuring three large gallery spaces with exhibitions that change every four to six weeks, the Thunder Bay Art Gallery is the LARGEST public art gallery in Northwestern Ontario. The Gallery's three-fold mandate is: 1) to exhibit the work of contemporary First Nations artists; 2) to present exhibitions by artists from Thunder Bay and the surrounding region; 3) to host travelling shows from other cultural centres. The Thunder Bay Art Gallery's outstanding Permanent Collection of more than 1500 works by First Nations artists is internationally recognized for its scope and depth. The Gallery Gift Shop offers original art and jewellery, crafts and clothing accessories. In addition, the Thunder Bay Art Gallery offers a wide array of educational and community outreach services such as guided tours, visiting artist lectures and workshops, and art classes for all ages. **For more information call 807-577-6427 or visit the Gallery's web-site at www.theag.ca. Located on Confederation College Campus.**

UPRISING
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MOTHER EARTH

CHRISTI BELCOURT
A Retrospective

ISAAC MURDOCH

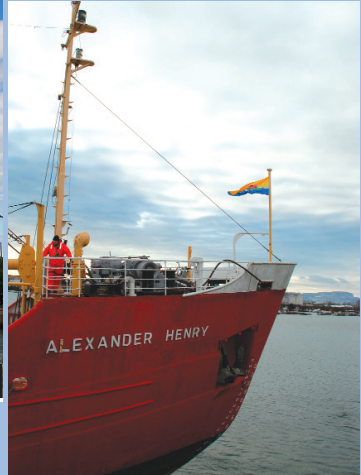
JUNE 22 - NOVEMBER 25 2018
THUNDER BAY ART GALLERY

A NATIONAL TOURING EXHIBITION CO-PRODUCED BY THUNDER BAY
ART GALLERY AND CARLETON UNIVERSITY ART GALLERY

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THUNDER BAY ART GALLERY

Canada Council - Conseil des arts du Canada
OCAT ONTARIO COUNCIL OF ARTS
CUAG Carleton University Art Gallery
theag.ca



LAKEHEAD TRANSPORTATION MUSEUM SOCIETY

Phase One Mission Accomplished: Alexander Henry is Home & Open Soon to Public

The newly-formed non-profit Lakehead Transportation Museum Society (LTMS) has a dream: to bring to the city built on transportation a transportation museum to showcase its rich transportation history. And bringing home to Thunder Bay the former Canadian Coast Guard icebreaker, the Alexander Henry, was Phase One.

Incorporated with the Ontario Historical Society two years ago, the LTMS board first heard in September 2016 about the potential scrapping or sinking of the Alexander Henry. And they set the goal to save her.

The Henry was built in 1957-58 at the former Port Arthur Shipbuilding Co. Ltd. in Thunder Bay. She entered service on July 1, 1959 as an icebreaker and buoy tender for the Canadian Government's Department of Transport Marine Service and transferred in 1962 to the newly-created Canadian Coast Guard. The Henry is 60.29 metres (197.8 feet) in length with a beam of 13.29 m (43.6 feet), draught 5.46 m (17.9 feet), and has a massive derrick for lifting five-tonne buoys in and out of the water.

In 1984, after 26 years of service, the Henry was de-commissioned by the Canadian Coast Guard and a year later in 1985, became a museum ship at the Marine Museum of the Great Lakes. However, last summer when the museum's property was sold by the Canadian government to a private developer, the museum – including the Henry -- had to move out. Henry was towed to a temporary docking site in Picton, Ontario to await her fate.

At about the same time, LTMS received its charitable status and had been incorporated. With a rallying cry of "Bring Henry Home" strongly supported by the community, LTMS set about to

save the Henry. A deal was reached with Kingston's Marine Museum -- if LTMS would pay for the towing costs to Thunder Bay, they could purchase the Henry for a few dollars.....but it had to be all done by the museum's deadline of July 1. Could they really do it?

Saving the Henry became phase one of the LTMS's goal of establishing a transportation museum in Thunder Bay. After months of discussions, negotiations and fundraising for the approximately 1,000-mile tow through the Great Lakes, Henry arrived back home in Thunder Bay on June 27 last year.

After being docked at a private facility until November 23 while lease agreements were worked out, the Henry was towed to her waterfront site on Pier 6 at Marina Park in Thunder Bay. Since then, restoration, cleaning, hooking up electrical power (thanks to IBEW 420 volunteers) and minor repair work has been ongoing, including preparing mini-museum display rooms to showcase Thunder Bay's transportation history.

In early June of this year, after the harbour ice was gone, the Henry was moved ahead on Pier 6 to her permanent moored site. Once the inspections and surveys are complete in mid-June, the Henry will be open to the public as a museum ship and major tourist attraction.

The Henry will be Thunder Bay's first transportation museum for Thunder Bay while working towards the bigger goal. On July 18, there will be an official rededication and re-christening of the Alexander Henry – the first time in Canada for a rededication ceremony for a former Canadian Coast Guard vessel.



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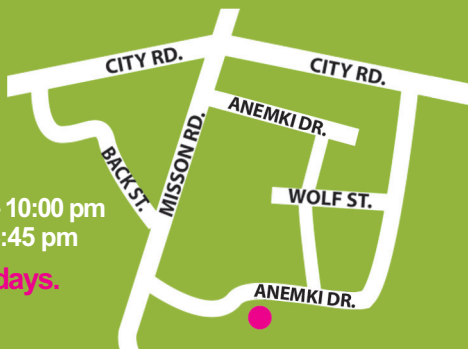
FORT WILLIAM FIRST NATION

**Mini and Monster
Bingos**

All evening sessions.

Sunday, Tuesday - Friday 6:45 pm – 10:00 pm
Doors open at 4:30 pm. Early bird 6:45 pm

Closed on Mondays and Saturdays.



THUNDER BAY MUSEUM

You won't want to miss this gem in Thunder Bay South's Heritage District. Located at 425 Donald St. E. (near May Street) in an historic building that was once a courthouse, police station, and jail, the Thunder Bay Museum is open 7 days a week from 11am to 5pm. Admission is \$3 for adults and seniors, \$1.50 for children aged 6-17, and free for children under 6.

For more information call (807) 623-0801 or visit www.thunderbaymuseum.com

FIRST FLOOR

Take a walk through time starting with 10,000 year-old Stone Age tools. Continue through displays of stunning First Nations beadwork and embroidery, relics from a once-great fur trade, and famous local stores and offices in our 1900-1940 streetscape.

SECOND FLOOR

Second Floor galleries include rotating

seasonal exhibits such as Albert, our resident dinosaur, and Nanuq: Diary of a Polar Bear. This floor also plays host to newer short-term exhibits as well as traveling exhibits from other museums.

THIRD FLOOR

Spend some time in the McKellar Games Room to see into the lives of the area's early families. Other exhibits include Stand On Guard: Our Military Heritage and Music to Our Ears: Thunder Bay's Musical Past. The Antechamber Gallery also features works by local artists.





NEW EXHIBIT

KEEPSAKES OF CONFLICT: Trench Art & Other War-Related Craft

Don't miss this exhibit of items made by soldiers, prisoners of war, and civilians, from war material directly associated with armed conflict and its consequences. On loan from the Moose Jaw Museum & Art Gallery in recognition of the 100th anniversary of the First World War.

On display until September 30th.

807.623.0801

✉ info@thunderbaymuseum.com
www.thunderbaymuseum.com
425 Donald St. E.



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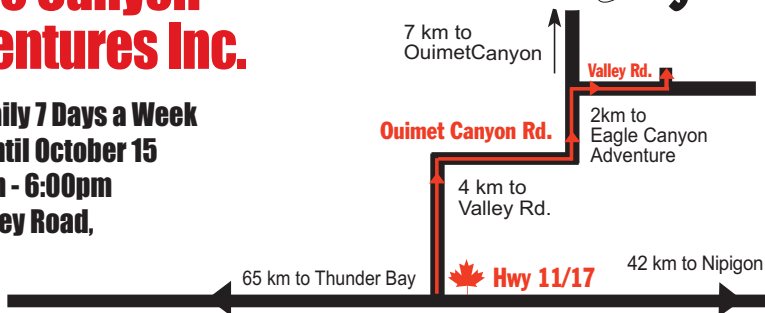
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Phone: (807) 355-3064 Email: eaglecanyonadventures@msn.com

HIGHWAY 11/17

EAGLE CANYON ADVENTURES

Eagle Canyon Adventures is Lake Superior's Circle Tour #1 Adventure Attraction. We are home to both Canada's longest suspension bridge AND Canada's longest zip line. Our bridge extends an amazing 600 feet across the canyon and hangs at the height of 152 feet above the canyon floor. If one bridge wasn't enough, we also have our smaller bridge which spans 300 feet across and 125 feet from the bottom.

**CANADA'S LONGEST
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Cross the suspension bridges for an unforgettable thrill or simply witness for yourself, from an eagle's perspective, the majestic span of the bridges and absorb the beauty of your unique surroundings. View the depths of the canyon where a beautiful spring-fed lake reflects the breathtaking mountain range in the distance.

Your journey doesn't end at the top. Explore our numerous wilderness trails, follow the stairs cascading into the canyon and hike along the shoreline for a complete grand tour of the grounds.

For the ultimate thrill seeker, take a ride on Canada's longest, highest, fastest and safest zip line. At half a mile long, 175 feet high and reaching speeds in excess of 45 mph, you will soar like an eagle down the centre of the canyon for an exhilarating 60 second thrill ride to the canyon floor.

Whether you are looking for the ultimate adventure or for relaxation at an outdoor paradise, Eagle Canyon is your all-in-one destination.

We are just minutes away from all the amenities the town of Dorion has to offer, and only 45 minutes East of Thunder Bay.

Welcome to Thunder Bay!

Let us help you plan your route.



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SIMPSON STREET-FORT WILLIAM ROAD -
WATER STREET - CUMBERLAND STREET - HODDER AVE.
MAY ST - MEMORIAL AVE - ALGOMA STREET

- 1 Arthur & James Street District
- 2 Arthur Street Marketplace
- 3 Bay & Algoma Business District
- 4 CLE & Sportsdome
- 5 County Fair Mall
- 6 Current River Boulevard Park
- 7 Grandview Mall
- 8 Intercity Shopping Centre
- 9 Lakehead University
- 10 McIntyre Centre
- 11 Northwood Park & Confederation College
- 12 Thunder Centre
- 13 Victoriaville Centre, (Centennial Square) May & Victoria
- 14 Walmart (3 locations)
- 15 Waterfront B.I.A.
- 16 Westfort Business District

Markers on the map are intended to lead you to the approximate area of the location you are seeking. A detailed map of the City of Thunder Bay is available at certain locations throughout the city or by stopping by 87 N. Hill Street during regular business hours.

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Players will find an exceptional gaming experience at GPLC's state-of-the-art casino floor. With over 450 slot machines and live blackjack action on weekends, it's 24-hour fun. The Lodge features a dramatic interior honouring the indigenous culture of Grand Portage including a stunning witch tree installation anchoring the towering three-story fireplace gathering area.

Overnight guests will find elegantly renewed hotel rooms and suites, a fitness area, and a generous new pool complex with views of Lake Superior and direct outdoor access to Portage Bay. The popular Island View Dining Room serves breakfast, lunch, and dinner and features lip-smacking specials like slow roasted prime rib and crispy fried walleye, or enjoy the game and a beverage in cozy Antler's Lounge.

Explore Grand Portage and discover over 500 years of vibrant aboriginal history at Grand Portage National Monument. Take the ferry to Isle Royale National Park, an International Biosphere Reserve. Book in to Grand Portage Marina and RV Park, or escape to Hollow Rock Resort featuring five well-appointed cabins tucked into 12 gorgeous acres of Lake Superior peninsula.

Don't leave without checking out Grand Portage Trading Post's smoke-free casino, money exchange, cross-border parcel pick-up, and great specials. 1-800-543-1384

THUNDER BAY TO DULUTH MINNESOTA

APPROXIMATE DISTANCES FROM THUNDER BAY TO:

	Miles	Km.		Miles	Km.
Grand Portage	48	77	Two Harbors	169	272
Grand Marais	85	137	Duluth	190	306
Lutsen	104	167	Minneapolis	350	563

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www.grandportage.com

INFORMATION

AIRLINES

Thunder Bay Airport is situated in the western suburbs of the city at the junction of Highway 61 and Neebing Avenue. For schedules and related information call the airline concerned.

Air Canada **1-888-247-2262**

Bearskin Airlines **475-0006**

Porter Airlines **1-888-619-8622**

Thunder Airlines Ltd. **475-4211**

Wasaya Airways Ltd. **1-807-473-1200**

Westjet **1-800-538-5696**

BUSES

Greyhound Lines

815 Fort William Rd. **345-2194**

Caribou Coach **807-285-3456**

CITY TRANSIT

For information regarding route schedules, fares, charters, lost articles, etc., call the Thunder Bay Transit Office at **684-3744**

BUSINESS INFORMATION

Development Thunder Bay **625-3960**

Thunder Bay Chamber of Commerce

200 S. Syndicate Ave. Suite 102 **624-2626**

CITY OFFICES

City Hall 500 Donald Street E **625-2110**

Community & Emergency Services

Victoriaville Civic Centre 111 S. Syndicate Avenue **625-2351**

COLLEGE AND UNIVERSITY

The Confederation College of Applied Arts

and Technology Nakina Drive **475-6110**

Lakehead University 955 Oliver Rd **343-8110**

COMMUNITY INFORMATION CENTRE

Helping to link people to the community services or information they need.

125 Syndicate Ave. S. (Victoria Mall)

626-9626

CONSUMER INFORMATION PROFESSIONAL CALL CENTRE SERVICES

For more information call North West Information Systems Inc. **346-4377**

VISITORS INFORMATION CENTRES

The Terry Fox Lookout Visitor Centre

Terry Fox Highway, Hwy. 11/17 **983-2041**

Ontario Travel Information

(Seasonal May-October)

7671 Hwy 61, Neebing Ontario **964-2094**

CITY OF THUNDER BAY MAPS

Pick up your copy at numerous local hotels, restaurants, businesses and Tourist Bureaus.

WEATHER INFORMATION

For the convenience of visitors to Thunder Bay a long range weather forecast can be obtained by calling **345-9111**.

BEER & LIQUOR

Anyone over 19 may buy liquor, imported or domestic wines and imported beer.

EMERGENCY NUMBERS

Fire, Police, Ambulance, Poison Control **911**

Thunder Bay Police Non Emergency

684-1200

Ontario Provincial Police **1-888-310-1122**

R.C.M.P. **623-2791**

Free Information about community, social, and health related government services and more at **211**.

Crimestoppers 1-800-222-TIPS

FISHING & HUNTING

For information on current season dates, regulations and license fees, contact the Ministry of Natural Resources. 435 James Street S. **475-1472**.

Natural Resources (Bears) **1-866-514-2327**

MEDICAL SERVICES

Visitors are strongly urged to obtain health insurance before leaving their home country. (It is possible that your health insurance does not extend coverage outside your country of residence). If you are taking medicine prescribed by your doctor, bring an adequate supply. Prescriptions filled in Ontario must be written by an Ontario doctor.

HOSPITALS

Thunder Bay Regional Health Science Centre
980 Oliver Road **684-6000**

St. Joseph's Hospital

35 N. Algoma Street **343-2431**

OTHER MEDICAL

George Jeffrey Children's Treatment Centre
200 Brock E. Street **623-4381**

Lakehead Psychiatric Hospital
580 N. Algoma Street **343-4300**
Crisis Emergency-Toll-Free **#1-800-461-6648**
in Northwestern Ontario (West of White River)

WALK-IN CLINICS

Fort William Family Health Network
1260 Golf Links Rd. **626-1234**

Thunder Bay-IDA Pharmacy-1040 Oliver Rd.
345-8880

Kakabeka Falls-4781 Hwy 11/17 **577-2435**

Northwest Walk-In Clinic
1265 Arthur St. E., Ste. **623-7101**

Port Arthur-194 N. Court Street **346-1000**

Regional Walk-In
1077 Golf Links Rd. St. **768-1333**

Ridgeway-1001 Ridgeway Street **622-0601**

Spence-1265 E. Arthur Street **626-1111**

White Cedar-125 Vickers St. S. **475-4357**
(Mon.-Thurs. 9:30am-4:30pm)

Oak Medical Arts

Academy Clinic -554 Beverly St. **344-4540**
Elevate Clinic-106 N.Cumberland St. **767-7002**
River Terrace Clinic-1260 Golf Links **343-0010**

ANIMAL SERVICES

City Animal Control - 882 Alloy Pl. **684-2156**

VETERINARY HOSPITALS

Emergencies Only Call Nurses Registry for
Animals **623-7451**

Highview Clinic- 860 Red River Rd. **767-1615**
Meadows Clinic -644 Arthur St. W **577-6491**

Northwestern Veterinary Hospital
-1160 Oliver Rd. **345-3353**

Thunder Bay Veterinary Hospital
-920 Carrick St. **623-3531**

CUSTOMS REGULATIONS

If you're an American citizen returning to the U.S., and if you've been in Canada more than 48 hours and have declared nothing in the last 30 days, you can take back \$800 (U.S.) worth of merchandise per person, duty free. This may include up to 32 oz. of alcohol per adult, 200 cigarettes and 100 cigars which are not of Cuban origin.

INTERPRETER SERVICES

Thunder Bay Multicultural Association
Interpreter Access Centre (24 hour) **345-0551**

RADIO & BROADCASTING

DOUGALLMEDIA RADIO STATIONS

CJSD-FM (ROCK '94) **94.3**

CKPR-FM **91.5**

CITB FM (Tourist) **97.1**

CFQK (ENERGY) **104.5**

CKED (ENERGY) **103.5**

CFNO **93.1, 100.7, 107.1**

TELEVISION

BDU	Resolution	CKPR Channel Number	Global Channel Number
Off Air	HD	2	4
Shaw Cable (Basic & Classic)	SD	5	6
Shaw Digital	HD	210	211
Shaw Direct	SD	304	314
(Classic Lineup)	HD	37	38
Shaw Direct	SD	51	52
(Advanced Lineup)	HD	537	538
Shaw BlueSkyTV	HD	104	101
Bell TV	SD	223	222
(Advanced Lineup)	HD	1066	1065
tbaytel	HD	205	215

TRAVEL - AUTOMOBILE

DRIVER'S LICENCE - A valid licence from any country is valid in Ontario for 3 months.

SEAT BELTS - The law in Ontario requires the driver and passengers to wear seat belts if the vehicle is equipped with them.

SPEED LIMITS - On highways and expressways, 90 km/h (55 mph) or as posted; in urban and built up areas it's usually 50 km/h (30 mph).

METRIC CONVERSION - All mileage and speed limit signs in Ontario are in metric (kilometres). The kilometre is equal to five eighths (5/8) of a mile. To convert miles to kilometres simply multiply the miles by 1.6, eg. 100 miles equals 100x1.6=160 km. Conversely, to convert kilometres to miles, multiply the number of kilometres by .6, eg. 100 km equals 100x.6=60 miles.

AUTO CLUBS - The Ontario Motor League is affiliated with the AAA. The membership card from your local AAA branch entitles you to all the benefits of the OML.

ACCIDENTS - If you are involved in an accident resulting in a personal injury or property damage over \$1,000 you must notify the police and remain at the scene of the accident until cleared by investigating officers.

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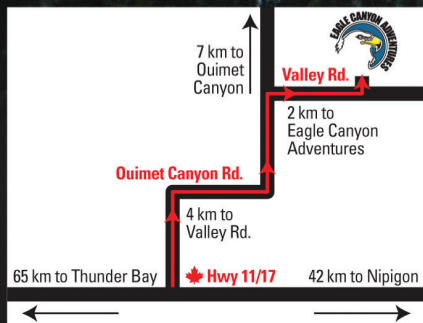
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