

MAR/APR 2019 ISSUE

Thunder Bay **Guest**

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



menchie's
frozen yogurt

Events Calendar



Guest Deadlines:

MAYAPR.5, 2019

JUNEMAY 3, 2019

To list your event for FREE in the Event Calendar email:
proddept@dougallmedia.com or
 call 807-346-2600.

To view other Community Calendar events visit tbnewswatch.com.

UPCOMING MAY EVENTS

Thunder Bay Community Auditorium

Live in Concert
DANIEL O'DONNELL
 with special guest MARY DUFF
 MAY 29
 THE COMMUNITY AUDITORIUM
 1 PAUL SHAFFER DRIVE
 www.tbca.com 807.684.4444

ROCK AGES
 "THE MOST REMARKABLE BROADWAY EXPERIENCE EVER!"
 TENTH ANNIVERSARY TOUR
 BOOK BY CHRIS D'ARRIZZO
 ARRANGEMENTS AND PRODUCTIONS BY ETHAN POPP
 TUESDAY APRIL 26 WEDNESDAY MAY 1
 BOTH SHOWS AT 7:30 PM
 IN COLLABORATION WITH ALBERTO COLLATI
 ORDER TICKETS ONLINE AT WWW.TBAA.COM
 PH. 804-4444 TOLL FREE: 1-800-467-9817
 IN PERSON: 1 PAUL SHAFFER DRIVE

MARCH 2019

2 March
 Sleeping Giant Loppet
 Thunder Bay
Sleepinggiantloppet.ca

2 & 6-9 March
 Cambrian Players
 presents Anastasia
 by Marcelle Maurette &
 Guy Bolton
 7:30pm

30 March
 Thunder Bay
 Women's Network
 8:30am-3:00pm

APRIL 2019

5-7 April
 Home & Garden
 Show
 CLE
 Full days

6 April
 Lakehead University
 Saturday Campus Tour
 9:00am - 11:00am

8 April
 Sister City Chef Exchange
 6:30pm - 9:30pm

Lake Avenue's kitchen team will head north to take over Red Lion Smokehouse. On Monday, March 11th, Red Lion Smokehouse's kitchen will be in Duluth to take over Lake Avenue's kitchen. Both restaurants will be serving up a tasty 5 course meal.

To book your ticket contact eventbrite.ca. The Sister City Chef Exchange is facilitated by Duluth Sister Cities International and Thunder Bay Sister Cities.

APRIL 2019

12 April
 Thunder Bay Regional Health Sciences Centre
 Bachelors of Hope Charity Auction Dinner
 6:00 pm
 In support of Northern Cancer Fund, Breast Cancer
 For more information call
 Amanda Mannella
 (807) 633-8914

13 April
 Silvana's Vendors Market
 9:00am - 3:00pm
 talian Cultural Centre
 132 Algoma St S
 In support of the Canadian Cancer Society

BRING YOUR CAMERA TO AN EVENT!

We'd love to see Thunder Bay through your eyes!

Send photos to
proddept@dougallmedia.com

JAZZY THURSDAY NIGHTS
 LIVE MUSIC
 EVERY THURSDAY NIGHT
 JAZZ MUSIC FROM 7PM - 10PM

There is nothing quite like sweet jazz music while you are enjoying dinner and drinks at your favourite neighbourhood pub. Featuring the best of the local jazz and flamenco scene, along with touring jazz acts, Jazzy Thursday Nights at The Foundry are an experience you must be a part of!



SUPER BLOOD WOLF MOON on January 20th Composite image by Blair Wright

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Thunder Bay
source
Your Community Newspaper

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menchie's frozen yogurt

Menchie's makes people smile Yay! Let's Celebrate!
by Leith Dunick

The first time Al Brown walked into a Menchie's Frozen Yogurt, he was immediately transformed back in time with fond childhood memories of exciting visits to his Grandmother's house, birthday parties and good times with friends.

He immediately realized it was the business model his wife Rachel had been seeking, long wanting to own and operate her own business.

What better than a place that kept all her customers smiling from start to finish?

Four and a half years after opening in the Northwood Park Plaza, the couple are still smiling themselves, in love with the family-friendly atmosphere they've created at Menchie's, where all four of their children have worked at one time or another.

What's not to love?

The frozen yogurt, which comes in 100 different varieties, with a dozen or so on tap each week, literally melts in your mouth.

The yogurt flavours are made on site, where they strive to use real ingredients such as real fruit, spices, cake and nuts.

Not surprisingly, the most popular flavours are Pure Chocolate, Classic Vanilla and Cake Batter, but it also comes in Bubble Gum, Black Cherry Greek, Skor, Canadian Maple, Chocolate Strawberry, Cotton Candy, Red Velvet Cupcake and Tangy Lemon, to name just a few.

"We have 12 available at any given time and usually rotate two or three new ones a week," Rachel said. "And we always get requests from people who come in."

With at least 60 toppings to choose from such as fresh fruit and berries for the health-conscious to Nanaimo bars, nuts and chocolate and candy for the kid in everyone – there's more than 1.1 sextillion possibilities to choose from in toppings alone.

There's a little something for everyone and for every diet, including sorbet that suits a vegan diet. There are even gluten- and nut-free options for those with allergies.

"We have people who are very health conscious who are coming here, because our yogurt is fat free. We do offer sugar-free and other low-calorie toppings, so it doesn't have to be just a decadent treat. It can also be something healthy," Rachel said.

Over the last four years they have expanded their menu, adding popular shakes, like Reese Peanut Butter Cup and Oreo, along with mango, pineapple and strawberry smoothies.

There are also juicy hot dogs, bubble teas, cakes and other tasty treats.

"We also do birthday parties, catering and fundraising," Rachel said, mentioning last year they donated another 5000 spoons to the local Breakfast Club program.

"It's all about being part of and giving back to the community. That's important to our entire family."

Menchie's will soon be hitting the road once again with their summer events booth, and have been a hit at the Teddy Bear's Picnic, Ribfest and Canada Day.

Summer's also a favourite time at the colourfully decorated store itself, when they open the garage door windows and set up a patio outside the shop, where customers can enjoy their treat in the afternoon or evening sun.

Menchie's is open seven days a week. It's located at 425 N. Edward Street in the Northwood Park Plaza. Phone 475-9115 for more information.



● Visit Menchie's Thunder Bay NOW to pick up a tasty cake for your next event.

\$1.10



menchie's
frozen yogurt
YOGURT CUP

YOGURT CUP coupon valid at Menchie's Thunder Bay location only. Cannot be combined with any other offers, promos or discounts. Coupon must be present at time of purchase. No cash value. Coupon expires August 31, 2019.

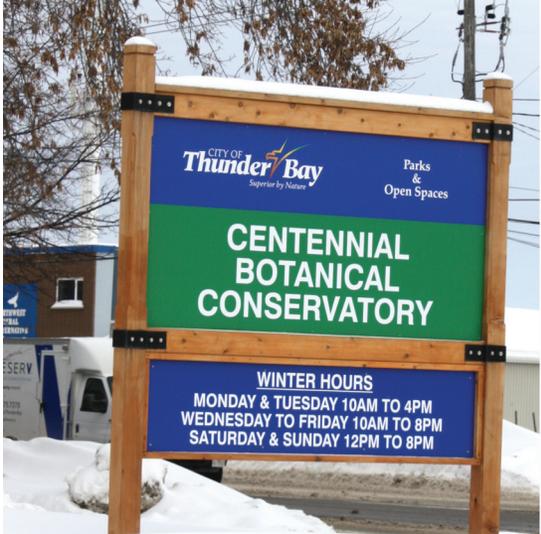
Visit Menchie's Thunder Bay on Facebook for the latest flavors, specials and new tasty offerings!

\$1.10



menchie's
frozen yogurt
SHAKES

SHAKE coupon valid at Menchie's Thunder Bay location only. Cannot be combined with any other offers, promos or discounts. Coupon must be present at time of purchase. No cash value. Coupon expires August 31, 2019.



Bird of Paradise



Ponderosa Lemon

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CENTENNIAL BOTANICAL CONSERVATORY



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COFFEA ARABICA
TROPICAL AND SOUTHERN AFRICA

FRIENDS OF THE THUNDER BAY CONSERVATORY

VISION: We will inspire the community to enjoy the beauty, tranquility and opportunities that the Thunder Bay Conservatory has to offer.

Designed by renowned architects Lord & Burnham and opened in 1967 to celebrate Canada's Centennial, the Conservatory structure is of "notable historical significance" and, according to the June, 2017 Conservatory Plant Assessment Report, it contains tropical plants appraised at an estimated 2-5 million dollars. The Centennial Botanical Conservatory constitutes a valuable and beautiful botanical legacy to the people of Thunder Bay.

The positive effects of green space on improved mental health and stress reduction have been well documented. The Conservatory is a lush tropical indoor park utilized by groups and individuals of all ages, abilities, cultures and socioeconomic backgrounds, even in the depths of winter. It is a vital asset to city residents as well as to those from surrounding areas

The Centennial Botanical Conservatory is located at 1601 Dease Street, Thunder Bay, (west off Balmoral)

There is no admission charge to visit the Conservatory but donations are always welcome. Please sign the guestbook.

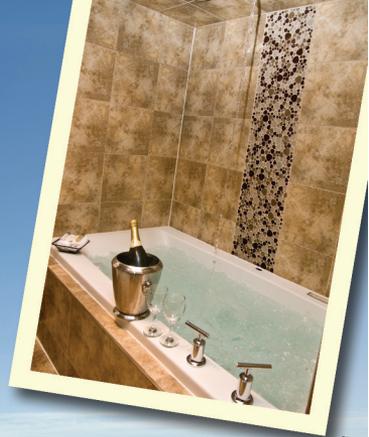
The Conservatory is a free Tbaytel public WiFi hotspot.

Thunder Bay's Centennial Botanical Conservatory is an indoor park accessible to all ages, abilities and socio-economic backgrounds even in the depths of winter. It is a vital asset to city residents.



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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 Local 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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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.**



A New Level of **Comfort!**



Comfort Inn

Free HOT Breakfast

- 24-Hour Business Center
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- Pet-Friendly Guestrooms
- Free Wireless High Speed Internet
- Ground Floor Rooms with Patio Door Access
- Unlimited Free Long Distance Calling Up to 5 Nights

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

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

Toll Free: 1-800-228-5150



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.

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

Good guess a lot of people visiting Thunder Bay as well as folks who live here are extending an extra sunny hello to spring these days, after one of our frostiest winters in recent years.

And so, something pretty amazing and oh so lovely to watch for in coming months, especially if you are a hiker here to experience all the wonderful scenery this region has to offer. Did you know we have exquisite orchids that grow wild in this northern clime? If, like me, you used to think orchids only bloom in the tropics, read on.

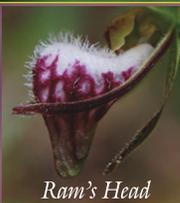
Cosmopolitan by nature, around the globe this botanical species outnumbers both birds and mammals by impressive ratios: two to one for birds, four to one for mammals. In all some 25,000 varieties of orchids grace the planet; in fact the Antarctic is the only place without them. Throughout the Lake Superior basin there are some 60 species; here in the Thunder Bay district there are 38 or so known varieties.

For some time now the focus of one local photographer with an exacting eye has been to spot and capture the orchids' delicate beauty. No, Ryan LeBlanc doesn't work for National Geographic but he sure could. His portfolio includes underwater shark photography; nowadays this retired CP safety advisor and member of the Thunder Bay Field Naturalists uses his lenses and tripods to capture orchids growing in the wild. He describes himself as an amateur: his results are anything but.

Presenting in rainbow hues and intricate constructions, nevertheless orchids are universally defined by a trinity of parts: 3 sepals surrounding 3 petals, the middle petal being specially designed. As LeBlanc explains, the symbiotic biological relationships and fungal associations found in bogs, marshes and mixed forest cover are ideal greenhouses for orchids. "Yes, I guess it's a surprise for most people to learn that we have such exotic-looking flowers growing here." LeBlanc emphasizes his abiding message of conservation and extra care around what greets the watchful eye when scouting for orchids. "It's most important to conduct yourself extra carefully in areas with orchids. You want to be mindful of tramping on them accidentally, because some of them are very small and perhaps just starting to bud out of the ground. As a photographer I have to be ever-mindful of where I put my knees, my tripod, my camera bag and such." LeBlanc's best advice: lovely as they are, don't think of "rescuing" an orchid from its natural home in the forest or bog and introducing it to a new and however loving home in your garden or a flower pot. It won't work. Without the symbiotic fungal and soil relationships of the wild, orchids die.

CONSERVE AND PROTECT

- Do not pick or attempt to transplant native orchids, they will not survive.
- When walking in orchid habitat, be careful not to step on plants.
- Do not touch native orchids.
- Do not remove surrounding vegetation.
- Where possible, educate others.



Ram's Head

As said, let's welcome spring and during these next few months anticipate the appearance of the botanical beauties of northwestern Ontario; peak blooming months for orchids in this area are June and July. Meanwhile, visit www.lakehead.ca.com for best locales to explore, maps for hiking, and conservation etiquette.



Dragon's Mouth Orchid



Grass Pink Orchid



Calypso Orchid



Yellow Lady's Slipper

Showy Lady's Slipper

Taste



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



DID YOU KNOW?

Amethyst, is the Official Gem of Ontario? The rich purple, semi-precious stone, is mined here in Thunder Bay!

SHOP

Amethyst Mine Panorama & Gift Centre

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.



Amethyst Gift Centre

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MINING SINCE 1960



AMETHYST MINE PANORAMA

www.amethystmine.com



Zip Line - Eagle Canyon



ICE FORMATIONS

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 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.**



Baggage Arts Centre - Photo by Blair Wright



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 AREAS OF THE LAKEHEAD REGION

Conservation Areas offer great recreation at all times of the year with several areas accessible during the winter months. Walking the trails is popular, particularly at Cascades Conservation Area. Hazelwood Lake Conservation Area offers an un-supervised beach, extensive trail system and the perfect setting for paddling. Silver Harbour and Little Trout Bay Conservation Areas have boat launches on Lake Superior. The trail system at Mission Island Marsh Conservation Area features an AODA-compliant, wheelchair accessible paved loop trail with a wheelchair accessible viewing scope. The birding at Hurkett Cove Conservation Area is some of the best in Northwestern Ontario. MacKenzie Point Conservation Area is a small rock outcrop into Lake Superior that's perfect for taking in sunrises, and Cedar Falls Conservation Area is a picturesque spot that features a short hike to small waterfalls.

Conservation Area visitors are asked to deposit their \$2.00 per vehicle parking fee in the collection box at each visit. Also available is the Explore Card Parking Pass, which allows for free parking at all of the LRCA's seasonal and year-round Conservation Areas for one full year, at a cost of \$30.00 +HST.

For more information, please visit www.lakeheadca.com, email us at info@lakeheadca.com, or give us a call at (807) 344-5857. The LRCA is on Facebook, Instagram and Twitter; be sure to follow @lakeheadregion.

CANADA GAMES COMPLEX

The Canada Games Complex was constructed to host the aquatic events of swimming, diving and water polo during the 1981 Canada Summer Games. The Complex is more than an aquatics facility - it is a total fitness and recreation center providing access through memberships, pay-as-you-go and fitness and aquatic programs for all ages. It is the primary provider of aquatic and fitness activities in the community with the added potential of hosting provincial, national and international aquatic competitions.

AQUATICS: 77-metre pool, whirlpool for relaxation, pool decks to accommodate badminton etc. Diving tower offers 3 platforms: 5m, 7.5m and 10m plus springboards and a 73m thunderslide for fun and excitement.

FITNESS: 3 Multi-training areas, 280m rubber jogging track, 2,400 sq. ft. weight room, and 4 international sized squash courts.

The Canada Games Complex also offers babysitting facilities for infants to pre-schoolers during select programs at specific times of the day. Locker rooms, smoothie stand and pool parties for birthdays! The Complex features the finest assortment of programs in fitness and aquatics for all ages with memberships that will suit your needs. The services are also dedicated to making recreation programming more accessible to people with disabilities.

There is something for everyone!

For more information or to register call 807-684-3311 or visit us on line at gamescomplex.com

420 Winnipeg Ave. Thunder Bay, ON, P7B 6B7



FOR MEMBERSHIPS
OR MORE
INFORMATION CALL
684-3311

Monday - Thursday
Friday
Saturday - Sunday

5:45AM - 10PM
5:45AM - 9PM
8:00AM - 9PM



Canada Games
Complex

GAMESCOMPLEX.COM



Thunder Bay Museum



Ahnisnabae Art Gallery

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. 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 18 COURT ST SOUTH, THUNDER BAY ON, P7B 2W3

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.

AHNISNABAE ART GALLERY

NEWER & BIGGER LOCATION
 18 Court Street S.,
 Thunder Bay, ON
 P7B 2W3

"Creating An Appreciation & Awareness of Native Culture Through Art"
 (807) 577-2656 • www.ahnisnabae-art.com
 louisethomas@ahnisnabae-art.com

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 What's happening in and around Thunder Bay.

Thunder Bay Guest

For information about advertising in the **Thunder Bay Guest Magazine**,
Contact 807-346-2600

Where to stay / shop / taste events directions & MORE



Botanical Conservatory



Canada Games Complex

BOTANICAL CONSERVATORY Continued

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 conservatory 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 offer savings to our valued customers in the way of evening sessions with reduced book prices. During the Month we have special customers appreciation nights with 1/2 price night, draw night \$1000 total (Cash and/or prizes), Holiday Giveaways, 2nd Jackpot. See our new TEDS, 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 from the Canadian, classic and contemporary repertoire. Theatre in Education programming includes issue-based Theatre for Young Audiences, theatre classes for

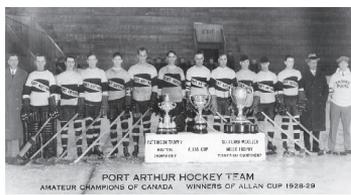
Northwestern Ontario Sports Hall of Fame and Museum



Celebrating Our Proud Sports Heritage

Downtown Thunder Bay South
Beside City Hall
Gallery Hours:

Tuesday to Saturday 12 - 5 pm



PORT ARTHUR HOCKEY TEAM
AMATEUR CHAMPIONS OF CANADA WINNERS OF ALLAN CUP 1928-29

219 May Street South www.nwosportshalloffame.com (807) 622-2852



MOUNTAIN BINGO

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JACKPOT**



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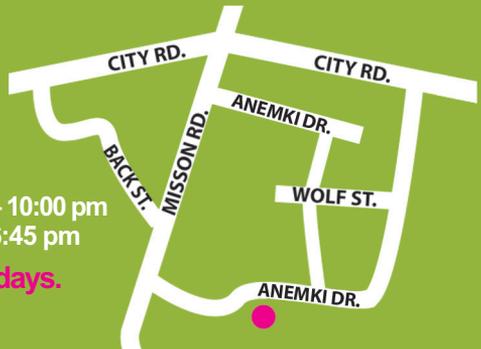
FORT WILLIAM FIRST NATION

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.





High Falls



NWO Sports Hall of Fame

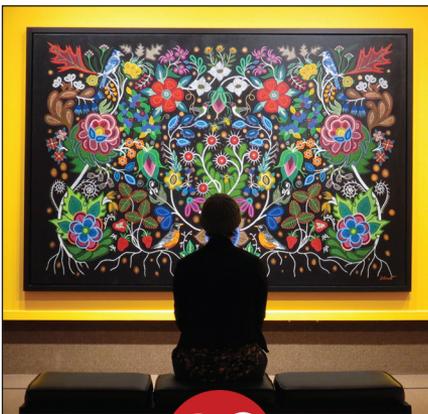
MAGNUS THEATRE Continued

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.nwosportshalloffame.com



**THUNDER BAY
ART GALLERY**

1080 Keewatin St | 807 577 6427 | info@theag.ca



Thunder Bay Museum by Paul Moralee

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 only public art gallery between Sault St Marie and Winnipeg. The Gallery's three fold mandate is: 1) to exhibit the work of contemporary Indigenous 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 1600 works by Indigenous artists is internationally recognized for its scope and depth. The Gallery Store 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, art classes for all ages.

For more information call 807-577-6427 or visit the Gallery's web-site at www.theag.ca. Located at 1080 Keewatin Street on Confederation College Campus. Facebook. Twitter.

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 Tuesday through Sunday from 1pm 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



THUNDER BAY
SYMPHONY
ORCHESTRA

Northern Lights 4: Nancy, Arley & Zoey Shine March 8 & 9 @ 7:30 pm Italian Cultural Centre, 132 Algoma St S

Outsiders Concert: Coming Out of the Cold March 28 @ 7:30 pm Thunder Bay Community Auditorium

Diversity Concert: Tom Jackson & Indian City April 6 @ 7:30 pm Thunder Bay Community Auditorium

Visit tbso.ca for MORE!

^WMagnus Theatre 18/19

Now in our 47th Season, Magnus Theatre produces an eclectic year round season in our intimate theatre in historic downtown Thunder Bay, Ontario. As one of Canada's great regional theatres, Magnus is home to classic and contemporary comedies, musicals and dramas from around the world, featuring actors from across the country. For more about Magnus Theatre, visit www.magnustheatre.com or call the box office at 807-345-5552.



**Something New
EVERYTIME!**

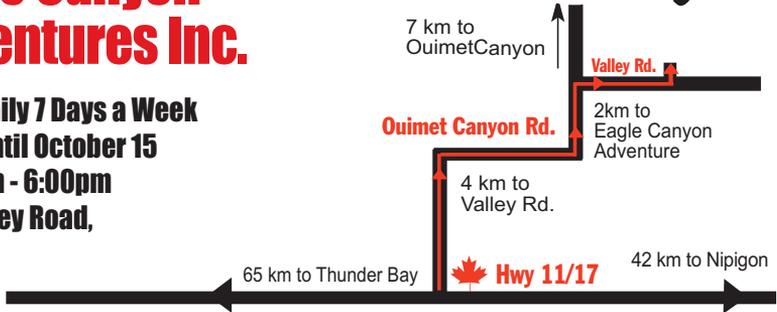


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**Eagle Canyon
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Open Daily 7 Days a Week
May 1 until October 15
10:00am - 6:00pm
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www.eaglecanyonadventures.ca
Phone: (807) 355-3064 Email: eaglecanyonadventures@msn.com

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
ZIP LINE SUSPENSION FOOT BRIDGE**

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.



- 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.

OUR STREETS CHANGE NAMES

SIMPSON STREET-FORT WILLIAM ROAD - WATER STREET - CUMBERLAND STREET - HODDER AVE.

MAY ST - MEMORIAL AVE. - ALGOMA STREET

Experience the North Shore at Grand Portage



**EXCEPTIONAL ENTERTAINMENT,
SPECTACULAR EVENTS,
EXHILARATING PROMOTIONS,
*A Perfect Destination!***

Just minutes from the Canadian border on legendary Highway 61, visit the welcoming community of Grand Portage nestled on the shore of gorgeous Lake Superior. Experience incredible views, visit historic attractions, explore north woods trails, dine well, rest comfortably, and play all day long at Grand Portage Lodge and Casino (GPLC) open year-round.

Players will find an exceptional gaming experience at GPLC's state-of-the-art casino floor. With over 450 slot machines 24/7, plus live blackjack and three card poker action Wednesday - Saturday, it's round-the-clock excitement. 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 comfort food with a view: featuring breakfast, lunch, and dinner, with daily specials like slow roasted prime rib, crispy fried walleye and buffets on Saturdays. Or stop by Antler's Lounge to enjoy the game and a refreshing beverage.

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 the Grand Portage Trading Post with great prices on gas & diesel, the best car wash around, money exchange, cross-border parcel pick-up, and weekly food specials. Plus free daily shuttles are available from Thunder Bay. For more information, call 1-800-543-1384 or visit GrandPortage.com.

THUNDER BAY TO DULUTH MINNESOTA

APPROXIMATE DISTANCES FROM THUNDER BAY TO:

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

**GRAND
PORTAGE**
LODGE & CASINO

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
1077 Golf Links Rd. Street **622-3995**

Ridgeway-1001 Ridgeway St. 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.

MORE WINNING MOMENTS!



Grand Portage Lodge & Casino
Grand Portage, MN | 1-800-543-1384

Kelvin, Ontario
Won \$11,430 US
Lightning Link



Grand Portage Lodge & Casino
Grand Portage, MN | 1-800-543-1384

Nicole, Ontario
Won \$1,701 US
Mystic Moon



Grand Portage Lodge & Casino
Grand Portage, MN | 1-800-543-1384

Dan, Ontario
Won \$1,700 US
Sun Queen



.....
**CONGRATS
TO BRENDA F.
OUR BIG \$10,000
GIVEAWAY WINNER!**
.....

Experience Fun and Excitement!

1-800-543-1384 | www.grandportage.com

Owned and operated by the Grand Portage Band of Lake Superior Chippewa

**GRAND
PORTAGE**



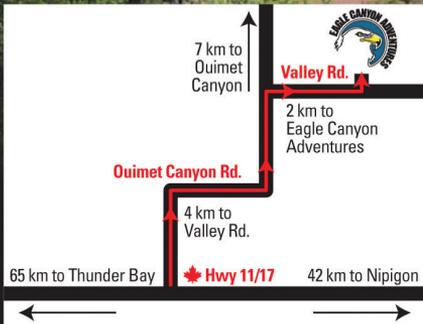
LODGE + CASINO



CANADA'S LONGEST ZIP LINE & SUSPENSION FOOTBRIDGE

YOUR THRILL IS OUR PLEASURE!

- 600' & 300' suspension footbridges
- 1/2 mile long zip line reaching speeds of over 45mph
- Amethyst gift shop & souvenirs
- Large parking area - big rigs welcome
- Shuttle service available for seniors & disabled
- Only 45 minutes East of Thunder Bay



EAGLE CANYON ADVENTURES INC.

Open 10am-6pm
May 1 until October 15
7 days a week
275 Valley Road, Dorion
Phone: (807) 355-3064
www.eaglecanyonadventures.ca