



Thunder Bay

source



YOUR COMMUNITY NEWSPAPER

Canadian Publications Agreement No. 0662445 Vol.16 No. 7

INSIDE PM DEFENDED



Hajdu says Trudeau clear about SNC-Lavalin role /2

CONVENTION COMING



Pride committee says 2021 event great for city /4

ICE DOGS BITE STARS



Thunder Bay's winning streak snapped at 13 /16

Fedeli visits

Protestors greet Ontario finance minister, in town for pre-budget consults /3



NOT HAPPY: A crowd of demonstrators met provincial Finance Minister Vic Fedeli as he arrived at the Finlandia Hall last week.

You Make The Memories We Make Them Last.



Primary

FOTO SOURCE
LIFE. CAPTURED.

1263 Amber Dr. • 807.345.7041

tbnewswatch.com

Real Estate Listings

Looking for a new home?

Visit us online!
tbnewswatch.com/realestate



LIVE AUCTION

Saturday, February 16th

11:00 am

Viewing of items 10:00 am



107 JOHNSON AVE
MON. - SAT. 9:30AM - 6:00PM

We'll restart the show when you're ready



tbaytel

LOCAL NEWS

Hajdu backs PM against rising scandal

POLITICS
By Matt Vis - TB Source

Patty Hajdu is defending Prime Minister Justin Trudeau after a tumultuous week in Ottawa that has included claims his office attempted judicial interference.

Allegations in a *Globe and Mail* story published last Thursday accuse the Prime Minister's Office of attempting to pressure then-attorney general Jody Wilson-Raybould into negotiating a remediation agreement with SNC-Lavalin, the Quebec-based engineering and construction firm charged with fraud and corruption.

The story alleges that Wilson-Raybould's refusal to interfere in the criminal proceedings motivated her being moved from the attorney general post to veterans affairs minister in last month's cabinet shuffle.

Trudeau denied the allegations last week.

Hajdu, the minister of employment, workforce development and labour, as well as the MP for Thunder Bay-Superior North, on Friday stood behind Trudeau.

"Listen, the prime minister has been very clear. Never did he influence nor directly advise the attorney general to interfere in the case," Hajdu said.

Opposition leader Andrew Scheer said Conservative and NDP members on the justice committee will force an emergency meeting next week to consider a motion to call on nine individuals - including Wilson-Raybould and senior members of the Prime Minister's Office - to testify before the committee.

"If the prime minister has nothing to hide - as he has suggested - then he should have no reason to fear these individuals appearing before the justice committee," Scheer said.

Scheer added that a refusal by the Liberals to allow those committee



STICKING UP: MP Patty Hajdu says PM Justin Trudeau has been straightforward.

meetings to proceed should be seen as a sign of a government cover-up.

NDP leader Jagmeet Singh has called on the ethics commissioner to

probe the allegations.

Responding to a follow up question, Hajdu indicated she is confident the issue will not be a factor in this year's federal election.

"I think the delivery of a strong economy - we just added 66,000 jobs in January - making sure middle class families feel their prosperity is growing, that their children have a better life, making sure that we have a society where everybody has a fair chance to succeed, those are the things Canadians will be thinking about when they go to the ballot box in October," Hajdu said.

Earlier this week, Trudeau came under fire after an answer in the House of Commons where he said that low-income Canadians don't pay taxes.

"I think his comments were misconstrued in their simplicity," Hajdu said. "I think there are obviously sectors of the population who receive tax credits that result in little or no income tax

being paid. What we know is what he was talking about, effectively, was the ineffectiveness of tax credits where money has to be spent in order to gather that credit."

Hajdu pointed to a children's fitness tax credit that had been introduced by the former Harper Conservative government that was later eliminated by the Liberals as an example of an initiative that wasn't accessible to those who needed it most.

"As a single mother, I was never able to take advantage of the fitness tax credit to its full capacity because I just didn't have the money to spend on that fitness tax credit," Hajdu said.

"What (Trudeau) was trying to explain in Question Period, which isn't the best place to try to get into a complex policy discussion because you only have 30 seconds to respond, is that the application of credits are only valuable for people who have the money to spend."

FRIENDS & FAMILY SALE
FEBRUARY 14 - 17

Save now on your favourite smartphones... that's what friends are for.

25% off

Take 25% off accessories to complete your purchase

Shop online or visit the Tbaytel Store
Call Customer Care 807-623-4400
or 1-800-264-9501

[f](https://www.facebook.com/tbaytel) [i](https://www.instagram.com/tbaytel) [tbaytel.net/mobilitypromo](https://www.tbaytel.net/mobilitypromo)

tbaytel
with the power of **ROGERS**

Accessory discount does not apply to Apple AirPods. Actual in-store accessory selection may vary. No rain checks. Visit tbaytel.net/mobilitypromo for full disclaimer. TM Rogers and the Mobius Design are trademarks of or used under license from Rogers Communications Inc. or an affiliate.

Classified
www.tbnewswatch.com
Read us online:

HEAR BETTER, RECHARGE YOUR LIFE!



NOW OFFERING ADVANCED RECHARGEABLE POWER.
Here's what our breakthrough technology means for you!

Enjoy a full day of listening on a single charge

Save money - no need to buy replacement batteries that only last a week

No more trying to find or fumbling with tiny batteries

Contribute to a better environment



With over 60 hearing clinics nationwide, Miracle-Ear Canada's expert hearing care professionals are dedicated to customizing a solution to your unique hearing health needs.

Call 807.474.3277 to book a FREE hearing test today and take advantage of these limited time offers!

BO GO

Buy 1 hearing aid, get the 2nd up to **40%* OFF**

Receive up to* **\$500 New Year BONUS!**

Call your local clinic today!

THUNDER BAY
1090 Memorial Avenue
807.474.3277

Miracle-Ear®
www.miracle-ear.ca

* Offers valid on select models. Cannot be combined with other discounts. See clinic for details. *\$100 discount valid to individuals who complete a hearing test and it can be applied towards their purchase of a pair of select rechargeable hearing aids (ME1 or ME2). Expires 2/28/19. © 2019 Miracle-Ear Canada, All Rights Reserved.

LOCAL NEWS

Fedeli jeered during pre-budget city visit

Finance minister under fire for Conservative cuts

THUNDER BAY
By Matt Vis - TB Source

The provincial finance minister did not receive a warm welcome during a snowy visit to the city.

Making a Thursday afternoon stop in Thunder Bay for a public budget consultation session, Vic Fedeli was met by a crowd of protestors rallying against a number of decisions made by the Ford provincial government in its first few months in office.

"Conservatives are no friends of Thunder Bay," demonstrators shouted while Fedeli walked into the building.

Since winning last June's provincial election, the Progressive Conservative government announced their intention to wind down the basic income pilot project well short of its expected end date, freeze minimum wage at \$14 an hour and eliminate the free tuition model introduced by the previous Liberal government to make post-secondary education more accessible.

Trevor Anderson, a basic income recipient, said he was told the transition to the Ontario Disability Support Program would be a smooth one, though it hasn't seemed like it thus far.

"When I was on disability I remember starving and being on the pilot project, I was able to get a safe place in town to rent," Anderson said, adding that his monthly rent cost is \$900 but he would now only receive \$575 for rent. "There is no such thing as \$575 for rent in this town for a one-bedroom apartment. Until the government decides to bring the rent down for us, it's going to be really tough for us."

"Until we get some more money for rent, I could be homeless. It's coming very close."

Fedeli, essentially echoing Premier Doug Ford's comments in Thunder Bay last fall that the best way out of poverty "is something called a job," pointed to the government's commitment to having Ontario open for business as a form of



PROTESTORS: Ontario Finance Minister Vic Fedeli walks through a crowd of demonstrators making his way to public budget consultation talks at the Finlandia Hall.

social assistance.

"The best way to advance, the best way out of poverty, is by having a job," Fedeli said earlier in the day in response to a question from local reporters following a lunch-hour speech at a Thunder Bay Chamber of Commerce event.

"We've been the element to help create jobs. We've been advancing the needs of the business community so they can create employment and they have been. They've answered the call, they've been creating tens of thousands of job. I would say we're proud of the record of job creation in the province of Ontario."

Last month the province confirmed it would be overhauling the Ontario Student Assistance Program. Under former premier Kathleen Wynne's plan, low-income students had been receiving non-repayable grants that covered their tuition. The announced changes, which include a 10 per cent cut to tuition costs, would limit the eligibility of funding and combine grants with loans.

Brooklyn Wilson, a Lakehead University student representing the school's student union, called those

changes reckless.

"There's a sense of anxiety. I've heard friends of mine say they're not sure how they're going to afford rent, how they're going to stay in the city of Thunder Bay," Wilson said.



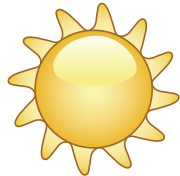



"They may have to go back home to southern Ontario because they simply can't afford education without the free tuition. Their education is in jeopardy and we don't think that this is just or right. We believe everyone should be able to pursue an education regardless of their income status."

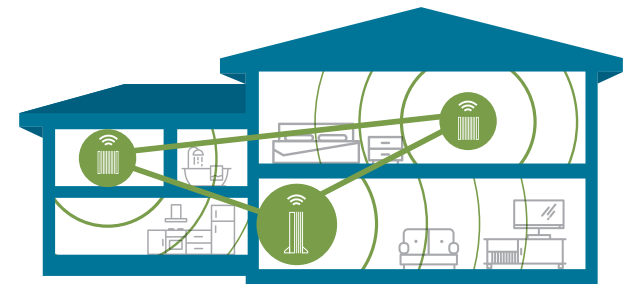
Fedeli suggested the tuition reform balanced the students' concerns with fiscal responsibility.

"The students for six years were in my office while I was in Opposition asking for their tuition to be lowered," Fedeli said. "We know that the top tier earners – the families making more than \$175,000 or more – were given grants. The auditor general told us that's not sustainable so we've said what both groups asked us to do."

"The lower income (students) still have tremendous OSAP grants. I would urge them to go on the OSAP calculator and learn exactly what their grants and loans will be because they are still exceptionally accessible here in Ontario."

Weather Forecast

THURSDAY	FRIDAY	SATURDAY
 <p>Light snow</p> <p>Probability of Precipitation: 70% HIGH -7 LOW -15</p>	 <p>Mainly sunny</p> <p>Probability of Precipitation: 20% HIGH -9 LOW -19</p>	 <p>Sunny</p> <p>Probability of Precipitation: 10% HIGH -8 LOW -18</p>
SUNDAY	MONDAY	TUESDAY
 <p>Mainly sunny</p> <p>Probability of Precipitation: 20% HIGH -10 LOW -21</p>	 <p>A mix of sun and clouds</p> <p>Probability of Precipitation: 30% HIGH -12 LOW -16</p>	 <p>A mix of sun and clouds</p> <p>Probability of Precipitation: 30% HIGH -10 LOW -19</p>



Introducing Connect Hub Powerful wall-to-wall WiFi

No matter the size or shape of your home, Connect Hub and Connect Extenders will provide a seamless, wall-to-wall mesh WiFi experience

Experience the new standard in WiFi.
Visit the Tbaytel Store or an Authorized Dealer
Call Customer Care 807-623-4400 or 1-800-264-9501

[tbaytel.net/homewifi](https://www.tbaytel.net/homewifi)

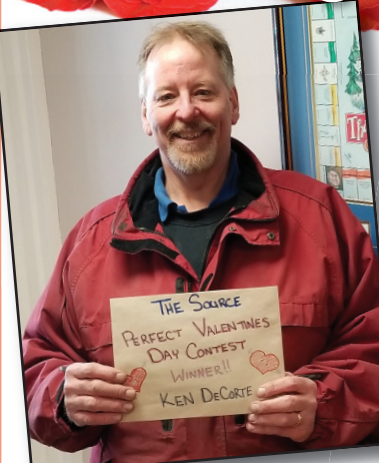
tbaytel HomeWiFi

"There's a sense of anxiety."

BROOKLYN WILSON

LOCAL NEWS

The Perfect Valentine's Day Package



Sponsored By
 THE COMMUNITY AUDITORIUM THUNDER BAY | WINE KITZ | THE PRINCE ARTHUR WATERFRONT HOTEL THUNDER BAY | PORTSIDE STEAK & SEAFOOD



SHOWING THEIR PRIDE: The Thunder Pride Parade has become a staple on the annual event calendar in the city.

City will host 2021 national Pride event

THUNDER BAY
 By Doug Diaczuk - TB Source

In two years, the city of Thunder Bay will play host to more than 70 pride organizations from across the country, which local pride members say is just what the city needs to continue moving toward inclusiveness for all people.

"I think is part of the ongoing discussion that this community it is having," said Jason Veltri, chair of the Thunder Pride Association. "This is the coming together that this city needs, the renewal of a brighter day, an inclusive city that racism and intolerance is not going to be accepted, and we have an opportunity at Thunder Pride to lead that discussion and lead that change."

Thunder Bay has been chosen to host the 2021 Fierté Canada National Pride Conference and Annual General Meeting after the bid submitted by Thunder Pride was accepted by the delegates at the 2019 conference that just wrapped up last week in Ottawa.

"We are very excited to bring this conference to Thunder Bay," Veltri said. "It will be the first time our city has hosted a national conference of this scale for the LGBTIQ2 community. We are ready and raring to go and to welcome everybody to Thunder Bay."

Veltri called the winning bid a watershed moment for Thunder Pride, which only started in the city eight years ago.

"Now able to showcase the strength and the growth the community has gone through, the inclusiveness that is being shown, and be able to welcome the rest of this country to our beautiful city."

The national conference brings together more than 70 pride organizations from across Canada to discuss a wide variety of issues, from engaging volunteers to how technology can be used to drive pride organiza-

tions, and policy discussions on how to lobby for increased funding from the federal government.

During the conference in Ottawa, a Pride on the Hill Day was held to lobby federal MPs to put forward a funding model for pride organizations in Canada and Veltri said he is hopeful it will come through in the 2019 federal budget.

"That will help us, especially in Thunder Bay being a smaller pride organization that relies on community support to provide that predictable, stable funding going forward so we can grow our organization," he said.

According to Veltri, the conference could see between 150 and 200 delegates coming to the city in 2021. And this could be a very important year for pride organizations across the country if Montreal wins its bid to host World Pride.

"That will take on an added significance to help them plan and take part in," he said. "We encourage all our members across Canada to vote for Montreal."

The next steps for Thunder Pride will be putting together a local planning committee and Veltri is encouraging members from every community to get involved, including marginalized people, trans people, and the Indigenous community.

"Those are the communities we want to showcase and really put an emphasis on in our workshops," he said. "It is something that was a big part of this conference and we want to make sure everyone has a seat at the table and is encouraged to take part and share their ideas and be part of the movement to create change."

The Fierté Canada National Pride Conference is scheduled to take place from Jan. 26 to 29 at the Delta Hotel at Prince Arthur's Landing.

"I believe we can make a difference in this community," Veltri said. "We are not just focused on LGBTIQ2 rights, but growing this community."

"We are ready and raring to go and to welcome everybody to Thunder Bay."
 JASON VELTRI



It's Tax Time Again!

Don't trust just anyone to prepare your tax return, trust a National Team of Accounting & Tax Professionals!

Call us today and Get the Refund You are Entitled to!

Why Ledgers?

- We are Trained Tax Professionals
- We are part of a National Organization
- We are 100% Canadian owned and operated
- We will e-file your return, Fast Refunds!
- We guarantee our work
- We are here for you, 12 months a year

Bring this Coupon and SAVE

\$25.00

Ledgers (Thunder Bay)

5-905 Tungsten St. Thunder Bay, ON P7B 5Z3

Please Call for an Appointment

(807) 622-2665

Cannot be used in conjunction with any other offer. Limit one coupon per person. Applicable Taxes extra

LOCALNEWS

Council sets tax-levy hike at 2.29%

City will spend about \$4.3 million more in 2019 than in 2018

CITY HALL
By Matt Vis - TB Source

The fledgling term of Thunder Bay city council has closed the book on its first budget, which seems likely to chart the course for its three remaining fiscal frameworks.

The 2019 city budget, which was ratified by city council on Monday night, requires upwards of \$4.3 million more from its tax base than the previous year, which amounts to a total 2.29 per cent municipal tax levy hike.

After factoring in growth the increase is pegged at 1.98 per cent for existing taxpayers, just barely under the two per cent threshold that multiple councillors suggested was

their goal during their deliberations.

During the course of its month-long examination of the financial plans, council brought the levy down from the original starting point of 3.25 per cent.

The \$194.1 million municipal tax levy is the total amount of money that the city collects from its tax base and does not reflect the rate of property tax increases. The ratified budget would result in the median household paying \$71 more in property tax, based on the 2018 tax ratios, though that amount can vary depending on any changes to property value assessments.

Coun. Mark Bentz, back on council after a four-year hiatus and returning to his former role as budget chair, said the timing of going through the process so soon into their mandate wasn't easy.

"This council walked into this budget. We were handed the budget that when we basically took office," Bentz



MATT VIS

PENNY PINCHERS: Mark Bentz, budget chair, said this council is cost conscious.

said.

"Now the work begins. I think we've sent a good message to administration that this council is very cost

conscious. We do expect to see inflationary increases in every year as we go forward in this term of council."

The additional \$1.08 million ask by the Thunder Bay Police Service to address recommendations from the Office of the Independent Police Review Director report also presented a challenge, Bentz added.

Bentz voted against the budget's ratification, along with Coun. Rebecca Johnson and Coun. Peng You. Coun. Trevor Giertuga and Coun. Albert Aiello were absent on Monday.

Mayor Bill Mauro, who during the lead-up of this term taking office spoke about the importance of its first budget, said he doesn't believe there were any major structural or foundational changes made during this round.

Mauro indicated that the budget should send a message to both city administration and the community that this council supports community services, as well as the need to rein in

spending.

"I'm not sure this was really tough," Mauro said.

"We should say here's our starting point and maybe we're going to go up maybe we're going to go down but let's not bring in something at four or five per cent that everybody knows is not going to be acceptable to the community and then we go through this exercise that at times can be perhaps a little longer than it needs to be."

The budget remained largely unchanged from what was approved at the lengthy, eight-hour Jan. 30 meeting. Council voted to reinstate picnic table delivery for non-profit events and organizations, as well as Christmas lighting in Westfort and the south core, at a combined figure of about \$22,000. A total of \$4,000 was also added to the property-tax and water-credit programs for low-income homeowners.



PRESENTED BY
Half-Way Motors
POWER SPORTS
IN SUPPORT OF

Boys & Girls Clubs of Thunder Bay

SATURDAY,
MARCH 2
KAKABEKA HOTEL,
4756 HWY. 11-17

Poker Run starts at 9:30 am sharp
Entry fee: \$80 Includes OFSC Permit, light breakfast, lunch and t-shirt

CASH PRIZES FOR BEST HAND:

\$1,000 1st place, \$500 second place, \$250 third place

PRIZES FOR TOP FUNDRAISERS:

Includes a 55" Smart TV, Apple iPad and a Cyclops Camera

Any rider raising \$500 or more in pledges receives a \$50 Half-Way Motors Power Sports gift card.

Participants that raise \$250 or more in pledges will receive \$50 of their registration back.

Registration forms available at Half-Way Motors PowerSports or The Boys and Girls Club of Thunder Bay.

Proudly sponsored by:  Grant Thornton  Investment Group  NOR-SHORE SELF STORAGE  Pizza Hut

 RE/MAX tbaytel  DYNAMIC  Antilla  BMO Wealth Management

Media Sponsors:  wrightsell advertising  Rock 94  source  91.5 CKPR



THINK
RECYCLE



★ **HOPS FOR HEARTS** ★

THURSDAY **FEB 21** | SLEEPING GIANT BREWERY | TICKETS **\$75**
7-10PM | 712 MACDONELL ST.

A NIGHT OF SAMPLING HAND-CRAFTED FINE ALES PAIRED WITH SWEET AND SAVOURY LOCAL CUISINE IN SUPPORT OF THE NORTHERN CARDIAC FUND.

WITH MUSIC BY

★ CARLO ★

 Northern Cardiac Fund
Supports the National Heart Science Foundation

FOR TICKETS VISIT WWW.HEALTHSCIENCESFOUNDATION.CA OR (807) 345-4673



Editorial

EDITORIAL

Ford wrong on unions

A fundraising letter signed by Premier Doug Ford shows the Conservative government's true colours.

Ford boasted of doing his best to clamp down on "Marxists activities" of student unions by making the fees that support them opt-in when paying tuition bills.

That's an authoritarian tactic and one typical of the modern far right.

Students unions are there to protect the rights of students.

They speak for students at the university level, but also fight for students on a wide variety of issues, first and foremost their education. But also at a federal and provincial level.

But they also work to improve the student experience.

They help organize events on campus and provide the funding to pay for them.

Last month at Lakehead University they had a huge role in Bell Let's Talk events, and they also oversee the increasingly needed food bank on campus, to help hungry students make it through semester's end.

They'll advise students on their rights and even intervene when necessary on their behalf.

Student unions aren't perfect.

Just like any other organization, they need oversight.

What they don't need is a premier trying to shut out their voice because he doesn't like what they have to say.

Students shouldn't be fundraising political pawns.

City taxing us too much

To the editor:

City hall wants another \$4.3 million from taxpayers this year.

They have already pledged \$5 million toward the new Thunder Bay Art Gallery.

Council is also proposing to spend \$5 million studying a new indoor turf facility.

No wonder many homeowners, including myself, find it hard to keep up to the high taxes in Thunder Bay.

David Joynson,
Thunder Bay

Pool should be saved

To the editor:

I am writing to you regarding the closing of Dease Pool.

Since the new council was forced to vote on closing the pool, how do you explain why all the information leading to the decision to close was not provided to council, except in the agenda the week before the vote?

Clearly no formal purchasing policies were deemed to be followed.

Where are the calls for proposals for the repair or replacement to give an estimate without proper specifications?

Just asking for an estimate from one (or more, no one seems to know) engineering firm does not satisfy the purchasing bylaw.

Again, why is policy not followed?

There is a right way and a wrong way, but it appears in this case, the wrong one was taken.

Now why was that?

It seems that saving the pool was never considered. Perhaps the costs assembled without due process gave the appearance of being too expensive, to skew the numbers in favour of closing.

Remember the issues of the condition of the pool have been well identified for many years.

Just because a failure by the city to consistently maintain an asset is no reason to shut down an important asset for the residents of the ward Dease Pool is in.

The history of the city refusing to maintain its assets is long: the Conservatory; all outdoor pools; roads; sewer and water and sidewalks.

While at the same time, huge dollars were lost trying for an event centre, spending on a new art gallery, buying lots to provide parking for a proposed event centre and other legacy projects.

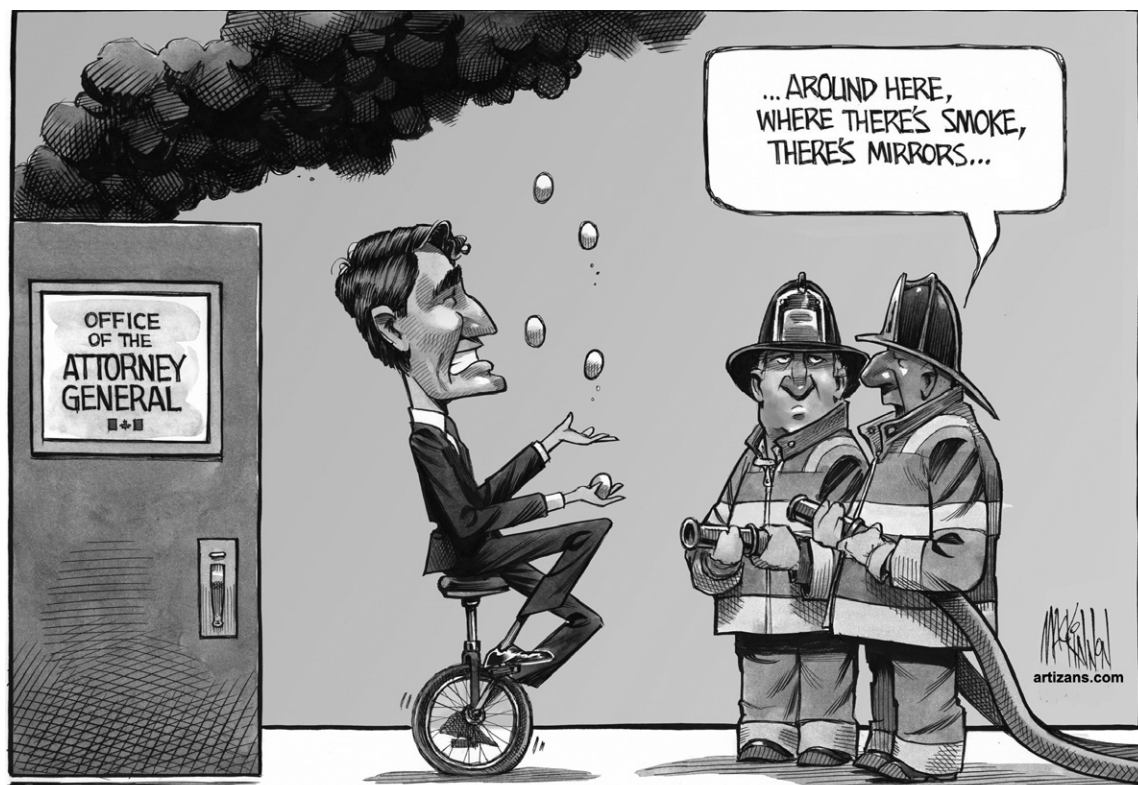
Enough is enough.

Assets like Dease Pool are very important for the poorer families living around the pool.

All we hear about is the city versus crime and drugs and gangs and we continue to increase spending to police and all, but for the kids, nothing.

If the city wants to help kids, quit reducing services for them.

LETTERS TO THE EDITOR



Apparently much of the background on wavering at the million-plus costs are based on the costs from other similar projects.

You can't take a square-foot cost of something and use it to prove it's too expensive to repair or replace the pool.

The City of Thunder Bay cannot resort to Trump-like policies and mistruths.

In the total budget, surely enough dollars could have been found to get it through 2019 and work up to a plan of action.

Dease Pool has historic importance and so there are programs to assist in maintaining the pool and/or replace it.

Has the city applied for funding from the Northern Ontario Heritage Fund Corporation and any and all other agencies which could help provide funds?

If not, then why not?

There are solutions, but they do involve work. So do it, rather than taking a line from a spreadsheet and remove it.

Remember that in life, better is the enemy of good. All things do not have to be the best.

Keeping Dease open is good enough for now.

Ray Singleton,
Thunder Bay

Roundabouts unsafe

To the editor:

I have to shake my head in disbelief again at not one, but two ill-informed opinions by people who don't even live here on the issue of roundabouts.

For starters you will not have to pay for this unwanted, unnecessary asinine

project if it gets approved.

The Northwood ward alone has more people, businesses, and vehicles than your towns combined plus a few more. So all supporters pay attention.

Who's telling you they're safe? Did you hear they're safe and that's good enough because experts were involved?

Experts like Phil Weber who works for CIMA+ that designs and promotes roundabouts that the city I live in and pay taxes hired as a consultant?

Mr. Weber's presentation was a sales pitch.

He too had little statistical information except for the glowing reports..

Do a quick search on both Google and Firefox.

There's a general consensus that injuries and deaths go down up to 80 per cent if you're in a vehicle..

However, bicycle injuries and deaths go up 40 per cent to 80 per cent in some locations.

Oddly enough urban roundabouts similar to Victoria and Ford are deadlier than rural ones.

I suspect distracted driving for multiple reasons, especially when you consider electronic device users now account for more deaths and injuries than alcohol and other forms of impairment combined. Statistics for pedestrians too are not encouraging.

Lower traffic speeds are touted as a safety feature but that only applies to vehicles going straight.

Traffic turning speeds are the same or faster because of the continuous flow concept.

Pedestrians are getting killed and maimed by increasing percentages regardless of location..

Another major concern involves the elderly and handicapped.

Local handicap groups had recent Canadian statistics that were disputed, then basically ignored at one information session.

Thunder Bay has an increasing elderly population. This means more elderly drivers and more elderly pedestrians.

In recent years there have been serious incidents involving power chairs, one fatal.

Power chairs are even harder to see than bicycles and the occupant usually has limited scanning ability.

Fender benders rose dramatically and maintained high levels for up to five years "till people got used to them."

Think of yielding, merging, whatever as you enter, exit the Expressway.

We all know how courteous, knowledgeable and proficient drivers are in this city.. Now put eight of those in one convenient location.

You do a slight right before you do your left. But roundabouts should be a piece of cake though in Thunder Bay, right?

One report agreed as usual roundabouts safe but, "they should not be part of a transportation master plan incorporating recreational trails."

That's one of the biggest reasons Victoria and Ford was chosen because the city wants to extend the north south trail corridor along Ford..

Britain started using roundabouts in the early '60s.

One by one they're removing them as are other countries.

Frank Hodgson,
Thunder Bay

CONTACT US:

87 North Hill Street,
Thunder Bay, Ontario P7A 5V6
Ph: 807-346-2600

Editor: Leith Dunick 346-2650
ldunick@dougallmedia.com

Reporter: Doug Diaczuk 346-2622
ddiaczuk@dougallmedia.com

Sales Manager:
Kathy Harris 346-2510
kharris@dougallmedia.com

Advertising Policy: Ad adjustment for error is limited to the cost of that portion of the ad where the error occurred.
Member of: Canadian Community Newspaper Association & Ontario Community Newspaper Association. Thunder Bay Source is published every Thursday by T.Bay Post Inc. © Copyright No. 343384.

ONE YEAR SUBSCRIPTION BY MAIL:
Canada: \$95.00, U.S. \$170.00 (HST included)

Thunder Bay Source is a member of the National Newsmedia Council, which is an independent organization established to deal with acceptable journalistic practises and ethical behaviour.

If you have concerns about editorial content, please contact ldunick@dougallmedia.com. If you are not satisfied with the response and wish to file a formal complaint, visit the website mediacouncil.ca or, for additional information, call toll-free at 1-844-877-1163.



Perspective

Sleep like a baby

Not getting enough shut-eye not good for us adults

OPINION

By J.R. Shermack
Special to TB Source

The happiest, healthiest and most active people I know are all very young, some under five years old.

Youngsters happily cruise through life with boundless energy and can communicate easily without the need of words.

That is the age of stress-free lifestyles, endless play and long, leisurely naps.

Whenever I hang out with my young friends they don't have any complaints (except the obvious ones) and are mostly happy and content.

And once they are warm, dry and well-fed they are re-energized and ready to get back to work or in their case, play.

It's a wonderful life when all your needs are met but even pampered toddlers still require one additional thing to thrive – enough sleep.

Young people often sleep soundly (more or less) all night and if they run out of steam during the day, they nap.

Comes naturally

We are born with this bio-rhythm and it serves us well until one day when we're older it suddenly becomes inconvenient to sleep.

As we take on adult responsibilities, including raising kids of our own, we are often too busy to get the required 40 winks.

We think we can function perfectly well and grow accustomed to getting

less sleep but that is a false sense of security.

Adults can't always get sleep when they need it and there is no time for napping in the grown up world.

Two thirds of adults living in developed countries don't get the recommended eight hours of nightly shut-eye.

Some misguided souls even brag about their ability to get by on very little sleep but they may be living in a fool's paradise.

For one thing, insufficient sleep is a significant lifestyle factor influencing the development of Alzheimer's disease.

During deep sleep cycles our brain cleanses itself of the toxic protein linked to this devastating affliction.

Coincidentally, two well-known and very vocal non-sleepers, Margaret Thatcher and Ronald Reagan, both developed Alzheimer's.

Sleep is an essential element of a healthy lifestyle but you don't have to be a world leader to suffer non-sleep consequences.

Consider the global experiment that is performed twice every year on 1.6 billion people across 60 countries – daylight saving time.

The loss of an hour's sleep in the spring coincides with a 24% increase in heart attacks the following day.

In the fall there is a corresponding 21% drop – obviously we should set our clocks back every fall and leave them that way when spring arrives.

According to my calculations that extra hour of sleep could eliminate heart attacks in a few years.

But even if my numbers are wrong there are many other positive benefits if you choose to snooze.

Your brain never sleeps, even when you do – it consolidates, and organizes your thoughts while you rest.

Beneficial

Sufficient sleep improves memory, spurs creativity, sharpens focus, improves concentration and lowers stress.

Good sleepers make better athletes and although it sounds counter intuitive, the more you sleep, the more productive you will become.

Getting a proper night's sleep is an indicator of good mental health, emotional well-being and general wellness.

This is a healthy lifestyle choice that benefits us all – it starts when we are babies and toddlers fast asleep in someone's arms.

And continues all through our adult life.

I enjoy good health but I will never again have the energy and vitality of a well-rested toddler.

Still, I try to eat the right foods, get enough exercise and keep a positive mental attitude.

And one more thing, whether I'm in bed at night or on the couch for an afternoon nap, I still sleep like a baby.

"Sufficient sleep improves memory, spurs creativity..."

GOOD EATS



FRESH FOOD AND FUN: Iverson Beaver, 8, a student at Algonquin Avenue Public School, makes a smoothie surprise with squash, part of the Northern Fruit and Vegetable Program.

LEITH DUNICK

A look back in history:

First house

Robert McVicar built the first house in Port Arthur in 1867. It is still standing today on Bendell Street.



HOW TO WRITE US:

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

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

Address them to:
Thunder Bay Source
87 North Hill Street,
Thunder Bay, ON P7A 5V6

Email: ldunick@dougallmedia.com
Visit our website: www.tbnewswatch.com

THIS WEEK'S POLL QUESTION:

your VOICE

VOICE YOUR OPINION ABOUT THINGS THAT MATTER MOST.

VISIT www.tbnewswatch.com TO SHARE YOUR IDEAS AND VIEWS ABOUT OUR WEEKLY POLL QUESTION.

Have you purchased or used government-supplied marijuana since it was legalized on Oct. 17?

TOTAL VOTES: 577

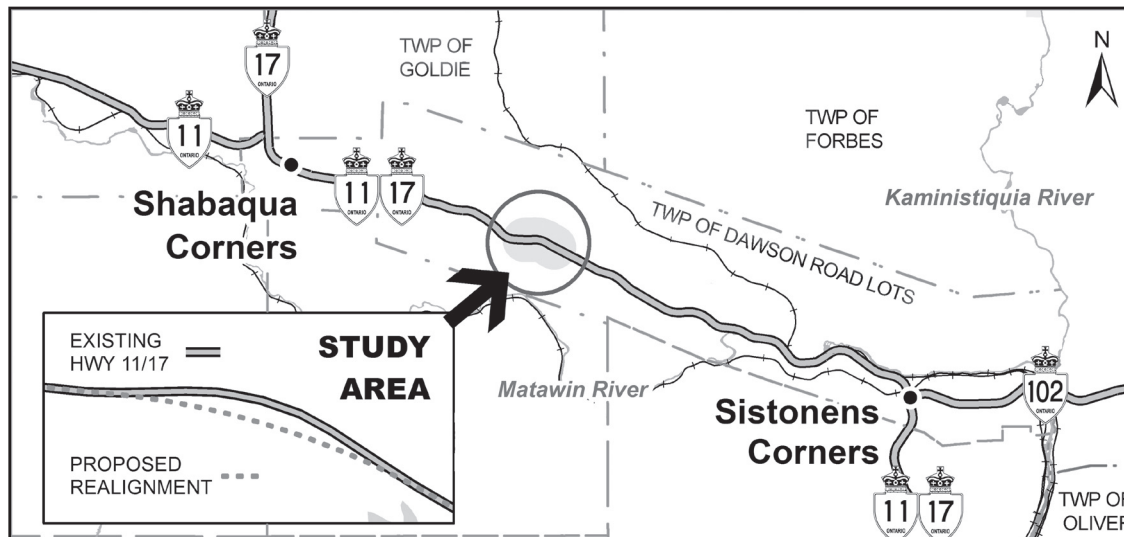
YES
13.69%

NO
83.31%

NOTICE OF SUBMISSION DESIGN AND CONSTRUCTION REPORT

Highway 11/17 Realignment 11.7 km west of Highway 102, westerly for 0.9 km

The Ontario **Ministry of Transportation (MTO)** has completed the Detail Design and Class Environmental Assessment Study for the realignment of Highway 11/17 from 11.7 km west of Highway 102, westerly for 0.9 km.



PROJECT DESCRIPTION

This project is located within the boundaries of a planning and preliminary design study for the 4-laning of Highway 11/17 from Kakabeka Falls to Shabaqua Corners that was approved in 2012. Due to an ongoing issue of embankment movement, the MTO is proposing to realign 0.9 km of the existing Highway 11/17 to the planned alignment for the west bound lanes of the approved 4-lane corridor.

STUDY PROCESS

This project was carried out in accordance with the approved environmental planning process for Group 'B' projects under the Ministry of Transportation's *Class Environmental Assessment for Provincial Transportation Facilities (2000)*, with the opportunity for public input throughout.

The purpose of this notice is to inform the public that a Design and Construction Report (DCR) has been prepared that documents the detail design study process including how commitments identified in the 2012 TESR (relevant to this project) have been addressed during detail design, and how environmental protection measures are incorporated into the construction project. The DCR will be available from **Thursday, February 14, 2019 to Monday, March 18, 2019** for a 30-day public review period, and can be downloaded from the project website (www.hwy11-17realign.com) and/or reviewed at the following locations during normal hours of operation:

City of Thunder Bay
Office of the City Clerk
500 Donald Street East
Thunder Bay, ON
Monday to Friday: 8:30 a.m. - 4:30 p.m.

Brodie Resource Library
216 S. Brodie Street
Thunder Bay, ON
Monday to Wednesday: 10:00 a.m. - 8:00 p.m.
Thursday to Saturday: 10:00 a.m. - 5:00 p.m.
Sunday: Closed

Waverley Resource Library
285 Red River Road
Thunder Bay, ON
Monday to Thursday: 10:00 a.m. - 8:00 p.m.
Friday: 10:00 a.m. - 5:00 p.m.
Saturday & Sunday: Closed

COMMENTS

Interested persons are encouraged to review the DCR and provide comments by **Monday, March 18, 2019**. If there are no outstanding concerns after the 30-day review period has expired, further documentation will not be prepared and construction may commence without further notice. If you have any questions or concerns about the project, please contact either:

Vaughn Ahola, P.Eng.
Project Engineer
Ministry of Transportation - Northwestern Region
Planning & Design Section
615 James Street South
Thunder Bay, ON P7E 6P6
tel: 807-473-2143
toll-free: 1-800-465-5034
fax: 807-473-2168
e-mail: vaughn.ahola@ontario.ca

Dale Wiersema, P.Eng.
Principal Project Manager
Hatch Corporation
973 Balmoral Street, Suite 101
Thunder Bay, ON P7B 0E2
tel: 807-625-8728
fax: 807-623-5925
e-mail: dale.wiersema@hatch.com

Information will be collected in accordance with the *Freedom of Information and Protection of Privacy Act*. All comments will be maintained on file for use during the study and, with the exception of personal information, will become part of the public record. If you have any accessibility requirements in order to participate in this project, please contact one of the Project Team members listed above.

LOCAL NEWS

IN BRIEF

Paintball weapons stolen

Several paintball guns were stolen from a south side hardware and game store following a break and enter this weekend.

According to a social media post by Maier Action Games, the Simpson Street location was broken into early Sunday morning.

A manager said more than \$4,000 worth of merchandise was taken from the store, including nine high-priced paintball guns.

The post stated that most of the paintball guns that were taken are the only model of that gun in the city.

Police phones targeted

The city police service says a cyber security threat led to their non-emergency phone system being taken off line.

Thunder Bay police late Wednesday confirmed service to their phone system was interrupted as a precaution earlier in the day due to the unspecified threat.

The 911 emergency line was not affected and officers continued to respond to calls for service.

The non-emergency phone lines were back in service around 3 p.m.

A statement from police communications director Chris Adams said the issue was isolated to the police service and dealt with by their technology staff.

Bank branch closing

For the second time in less than a year, a bank with longstanding operations in Thunder Bay's south core has announced plans to close its downtown branch.

The Bank of Nova Scotia will vacate its location at Victoria Avenue and May Street this June.

It's provided banking services there for more than a century.

Customer accounts will be transferred to a new branch under construction at Arthur Street and Parkdale Boulevard.

Mischief in Kenora

Ontario Provincial Police are looking for a suspect in connection with mischief to several fire hydrants in Kenora over the weekend.

Last Saturday, OPP officials were notified that several fire hydrants had been opened in areas of Transmitter Road, Minnesota Road and Beach Road.

Police say it's a criminal code offence to cause any damage to property and those responsible may face mischief charges, as well as being held responsible for water damage to any properties.

LOCAL NEWS

Parking app in works

THUNDER BAY
By Leith Dunick – TB Source

Fumbling for change to feed the parking meter might finally be a thing of the past in Thunder Bay for many motorists.

The city's parking authority has issued a request for proposals aimed at introducing a pay-by-phone app that would allow drivers to use mobile technology to cover on-street parking costs at any of its 1,100 meters, as well as at seven city-owned lots.

Jonathan Paske, the parking authority supervisor, said he hopes the service could be in place by the summer.

The city would be catching up with municipalities around the world that offer mobile-phone payment options.

"It has been around in other cities for a while now," Paske said on Friday. "We've gotten some push from the merchants in both of the downtown cores that are looking for this kind of technology."

Business driven

While Paske said he hasn't had many requests from the parking public, with more and more people going cashless these days, it makes a lot of sense.

"A lot of people don't carry as much cash or coins as they used to," Paske said.

"Our meters do accept meter cards, which is kind of like a re-loadable gift card, so that's becoming more and more popular. Those options will still be around, but this will be one more convenient option for those who want to pay with a credit card on their phone and not have to plug a meter card in to a meter."

Piaske said implementing the system will likely have an impact on parking-ticket revenue, as drivers will have one more way of avoiding the \$25 penalty. The estimated parking-ticket haul for 2018 was \$710,000.

No change to existing meters will be necessary, though signage will have to be installed throughout the city to instruct the public how the new system works.

Paske said they are looking for a no-cost or low-cost solution through the RFP.

Parkades would not be included under the mobile-pay system, which must be approved by city council. A report is expected to be brought forward in the spring.

ATTENTION: NEW DATES SHOWN IN RED

REVIEW

Review of Draft Forest Management Plan: Information Centre English River Forest 2019-2029 Forest Management Plan

The Ontario **Ministry of Natural Resources and Forestry (MNRF)**, **Resolute FP Canada Inc.** and the **Ignace Local Citizens' Advisory Committee (LCAC)** invite you to review and comment on the 2019-2029 Draft Forest Management Plan (FMP) for the **English River Forest**.

The Planning Process

The FMP takes approximately three years to complete. During this time, five formal opportunities for public consultation and First Nation and Métis community involvement and consultation are provided. The third opportunity (Stage Three) for this FMP occurred from: July 11, 2018 – September 11, 2018 when the public was invited to review and comment on proposed operations for the 10-year period of the FMP. This **'Stage Four'** notice is to:

- review and comment on the draft FMP and MNRF's preliminary list of required alterations.

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

How to Get Involved

The Draft FMP and the Draft FMP Summary will be available on the Ontario government website at www.ontario.ca/forestplans and at the Resolute FP Canada Inc. office at the location noted below, by appointment during normal office hours for a period of 60 days: **March 11, 2019 – May 10, 2019**. Comments on the Draft FMP for the English River Forest must be received by John Coady of the planning team at the MNRF Ignace Field Office by **May 10, 2019**.

To assist you in the review and to provide the opportunity to ask questions, an information centre will be held at the following location from **3:00 p.m. to 7:00 p.m. (CST)** on the following day:

Thursday, March 14, 2019
Ignace Silver Tops
300 Pine Street, Ignace, ON

In addition to the most current versions of the information and maps which were previously available, the following information will also be available:

- Draft FMP, including supplementary documentation;
- Draft FMP summary (copies may be obtained at the information centre);
- MNRF's preliminary list of required alterations.

Meetings with representatives of the planning team and the LCC can be requested at any time during the planning process. Reasonable opportunities to meet planning team members during non-business hours will be provided upon request. If you require more information or wish to discuss your interests with a planning team member, please contact one of the individuals listed below:

John Coady, R.P.F.
Ministry of Natural Resources and Forestry
Hwy. 599, P.O. Box 448
Ignace, ON P0T 1T0
tel: 807-934-2255
e-mail: john.coady@ontario.ca

Matthew Hupf, R.P.F.
Resolute FP Canada Inc.
2001 Neebing Ave.
Thunder Bay, ON P7E 6S3
tel: 807-475-2458
e-mail: matthew.hupf@resolutefp.com

Murray McMahon
Ignace Local Citizens' Advisory Committee
Representative
c/o John Coady
tel: 807-934-2255

During the planning process there is an opportunity to make a written request to seek resolution of issues with the MNRF District Manager or the Regional Director using a process described in the 2017 *Forest Management Planning Manual (Part A, Section 2.4.1)*.

The last possible date to seek issue resolution with the MNRF Regional Director is **June 10, 2019**.

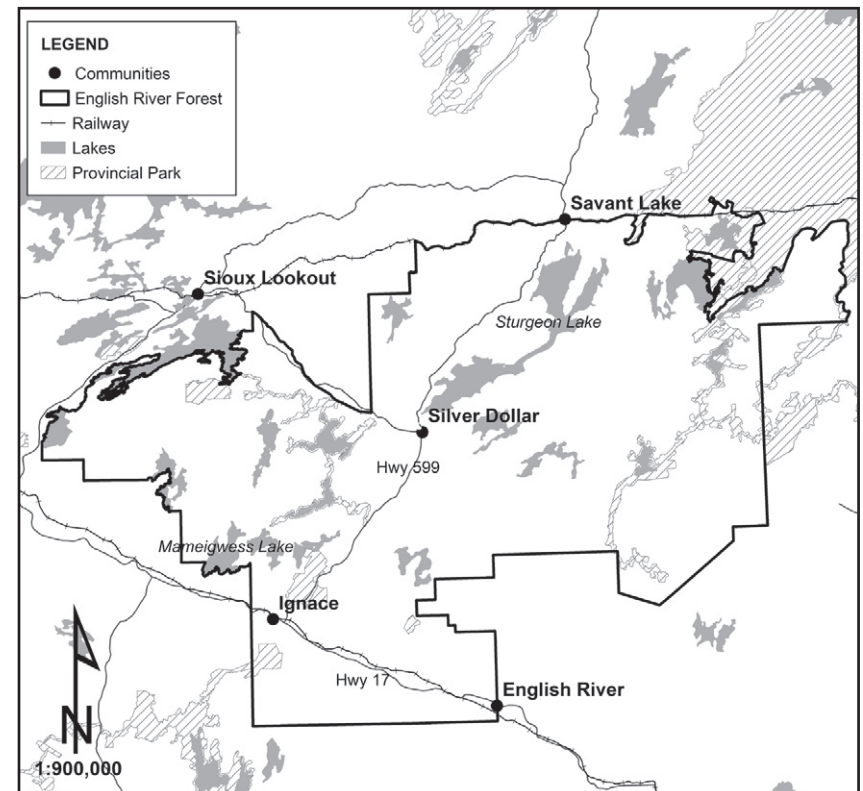
Stay Involved

A final opportunity to inspect the MNRF-approved FMP before it is implemented will take place during **Stage Five** - Inspection of the MNRF-approved FMP, which is tentatively scheduled for June 2019.

The approval date of the FMP is scheduled for **August 1, 2019**. An approved FMP Extension extends the approved 2009-2019 Forest Management Plan for the English River Forest for a six-month period ending September 30, 2019.

The MNRF is collecting your personal information and comments under the authority of the *Crown Forest Sustainability Act*. Any personal information you provide (address, name, telephone, etc.) will be protected in accordance with the *Freedom of Information and Protection of Privacy Act*; however, your comments will become part of the public consultation process and may be shared with the general public. Your personal information may be used by the MNRF to send you further information related to this forest management planning exercise. If you have questions about the use of your personal information, please contact Trevor Davis, MNRF Dryden District Office at 807-223-7522.

Renseignements en français : Derek Johnson, R.P.F. au 807 223-7556.



Do you have an opinion to share?

E-mail the editor at

ldunick@dougallmedia.com

CHURCH DIRECTORY

PRESBYTERIAN

Lakeview Presbyterian Church

278 Camelot Street

The Rev. Harold Hunt, Minister

Sunday Worship at 10:00 a.m.

Sunday School & Nursery Provided

Phone: 345-8823 

UNITED

Current River United Church

333 Morse Street

Sunday Worship

Join us at Knox
this Week! 10:30 am

We Celebrate Community
All welcome!

VINEYARD

LIGHTHOUSE OF HOPE

257 Park Ave.

Pastors Tony & Uschi
Sunday Service 10:30am

767-1705

Knox Shuniah United Church

1 Shuniah Street, Thunder Bay, ON

345-5065 • knoxshun@tbaytel.net



Worship Service Leader:

Lori An Sanvoort-Jansekovick

Web site: knoxshuniahunited.webs.com

Sunday, February 17th Service

@ 10:30 a.m. followed by Hospitality

 Sunday School lovingly provided. 

Call 346-2600

To Advertise In The Church Directory

TB Life

people | health | home | food | leisure



BIG HAUL: Susan Childs of the Bearskin Airlines Hope Classic (left), Bearskin Airlines' Ron Hell and Coun. Brian McKinnon present a \$123,000 cheque.

Hope Classic raises \$123K

THUNDER BAY
By Doug Dlaczuk – TB Source

The curling tournament that started its first year by raising more than seven times the original goal to fight breast cancer continues to grow and the family of Linda Buchan, the woman who started it all, still share her passion and positivity out on the ice 20 years later and are more than willing to keep the fight going for as long as it takes.

"I hope it goes on for a long time," said Sydney Buchan, Linda's granddaughter. "I would be willing to step into the committee if I'm needed to."

Sydney was just one of more than 200 women who participated in the 23rd Annual Bearskin Hope Classic this weekend.

After all the rocks were thrown, the ice swept clean, and plenty of laughs and memories on and off the sheet, the grand total of \$123,000 raised this year was announced during the closing ceremonies on Sunday at the Fort William Curling Club.

"It was another wonderful year," said Sue Childs, chair of the organizing committee.

"The women got together, we had lots of fun, we raised a lot of money and the family is growing."

In its 23 years, the annual bonspiel has raised more than \$3.27 million, which goes toward breast cancer research and the Linda Buchan Centre.

"The reason why we are doing it is because all the money raised stays right here in Thunder Bay and that's what Linda wanted," Childs said.

Childs once again earned the title of top fundraiser, bringing in more than \$13,000, while her team raised more than \$60,000.

"It honestly makes me feel great and knowing it all goes to my grandmother's centre," Sydney said, who was part of Childs' team. "To raise so much money for the centre and to help so many women fight breast cancer is awesome."

The Bearskin Hope Classic was started by Linda Buchan and Barb Crooks in 1997 and had a goal of raising \$5,000 in its inaugural year but ended up bringing in more than \$39,000.

The Linda Buchan Centre was named in honour of Linda who passed away from cancer in 2002.

"Linda was a very positive, upbeat person," Childs said. "She never complained about anything. She was energetic and she was passionate about everything she did. And we think the women are being the same way."

"It would probably be mind blowing to her knowing we've come so far," Sydney added.

And while the money raised goes toward assisting women fighting breast cancer in Northwestern Ontario, the Hope Classic is also about getting together with old friends to carry on Linda's passion.

"It's all about friendship and people renewing acquaintances from the year before," Childs said.

"It's all just a bunch of fun."

"We definitely do have fun," Sydney said. "The costumes are great, everyone is laughing on the ice. It's not about winning, it's just about being with this group of girls."

"To raise so much money for the centre and to help so many women fight breast cancer is awesome."

SYDNEY BUCHAN



A NEW SPIN ON 50/50!

26 WEEKLY DRAWS

April 4 - September 26 2019

WIN UP TO \$1900 EACH DRAW

TICKETS ARE \$52

CALL 768-4411

All proceeds support St. Joseph's Foundation
63 Carrie St. Thunder Bay, ON

www.sjftb.net/BigSplit

Lottery Licence #M807054

Scrabble event a success again

THUNDER BAY

By Doug Diaczuk – TB Source

There may be only one way to spell success but there are countless ways to achieve it and one organization that strives to help people reach their full potential is getting a helping hand, one letter tile at a time.

The Thunder Bay Literacy Group held its 21st Annual Scrabble Tournament last Saturday at the Intercity Shopping Centre and one long-time participant continues to go above and beyond when it comes to helping people in the community.

In the last 10 years, Rashmi Agarwal has raised more than \$10,000 for the Thunder Bay Literacy Group, including \$1,800 this year alone.

“It’s helping people in my own community, to help them learn the way I was helped to learn,” she said.

More than 30 players participated in this year’s tournament, which has raised more than \$160,000 in the last 21 years for programming at the Adult Learning Centre.

Tessa Casella, volunteer coordinator with the Thunder Bay Literacy Group, said the Scrabble Tournament has always been a popular and important



WORD SLEUTHS: Rashmi Agarwal (left) has raised more than \$10,000 for the Thunder Bay Literacy Group through Scrabble.

fundraiser.

“People think Scrabble and they think words, they think literacy,” she

said. “The majority of the players are returning players, they have that dictionary memorized, and they love

to come out and play and they love to come out and support what we do.”

The Thunder Bay Literacy Group

provides programming to adults over 19-years-old through a variety of courses.

“Literacy is a broad term,” Casella said. “It’s not just reading and writing. We have classrooms specific to English, a math classroom, a computer prep-class, a GED prep-class. Literacy is education and we have something for everybody.”

Returning player, Madison Schell, said she sees how important the work of the Thunder Bay Literacy Group is to the community every day.

“I work for a social services agency in the city and a lot of our clients go to Thunder Bay Literacy Group,” she said. “There are so many individuals who are adults but they might not have graduated or they may need some extra assistance in some areas of literacy that employers or maybe people wouldn’t identify or recognize.”

And what better way to support literacy education than with a popular board game that celebrates words.

“You are doing a literacy activity but at the same time you are learning and having fun,” Schell said. “It’s just getting out there and creating awareness about adult literacy.”

DOUG DIACZUK

GARMIN® PANOPTIX™ LIVESCOPE™

Clearly, Panoptix LiveScope™ is the most amazing sonar technology ever. It’s live, real-time scanning sonar. See easy-to-interpret scanning sonar images of structure, bait and fish swimming all around your boat, even when your boat is stationary.

**COME SEE IT FOR YOURSELF AT THE BOAT SHOW!
FEBRUARY 21 - 24 AT THE CLE COLISEUM!
FREE ADMISSION!**



kbm | OUTDOORS

349 Mooney Ave. Thunder Bay, ON
 ☎ 807-344-0811 / 1-800-465-3001
 📍 807-345-3440

kbmoutdoors.ca
 📱 📺 Follow Us

ADVERTISING FEATURE



Health Mind & Body

FROM CHIROPRACTIC TO THE HEALTH CARE AIDE, OUR SPECIAL SECTION OFFERS AN ABUNDANCE OF IDEAS AND SERVICES.

LIVE A HEALTHY LIFE BY MAKING POSITIVE CHOICES THAT IMPROVE YOUR PHYSICAL, MENTAL AND SPIRITUAL HEALTH.

Got Back Pain? Try These Ideas!

Do you have or suffer with back pain? You're not alone. Over 85% of the working population suffer with back pain at least once in a lifetime. But what if you are living with back pain all the time? Where do you turn to for help? For too many, they turn to prescription drugs like opioids. That's where the trouble begins and this has created the opioid crisis. There are natural effective non-pharma options that may help!

2017 guidelines from the Canadian Guidelines for Opioids for non-cancer Pain and the American College of Physicians suggest trying various treatments or therapies that can be offered by Chiropractors, like spinal manipulation, exercises and other non-drug therapies (for instance Cold Laser Therapy). These natural treatments are non-addictive and can even be more effective than opioids in reducing your pain and getting you back to your regular self.

Consider Chiropractic care as your first line of defense against back and neck pain or loss of function. Here are some of the treatment options chiropractors may provide and that we offer at the Thunder Bay Wellness Centre.

1. Chiropractic Adjustments. Spinal manipulation and adjustments are specific and precise movements to the vertebra of the spine. Recent research in New



**DR. ALAN
CRANTON
DC**

ON HEALTH

Zealand demonstrates how chiropractic adjustments help the brain to function differently and reduces the experience of pain and inflammation through the upper cervical spine.

2. Laser Therapy. Low level laser therapy or "Cold Laser Therapy" directs specific laser light at tissues that are inflamed, swollen or painful. Laser has been used safely and effectively for over 60 years in over 100 countries around the world. We've been offering this service for 10 years at Thunder Bay Wellness Centre.

3. Movement and exercises. Chiropractor prescribed and directed home exercises and stretches help to tone the muscles and introduce much needed motion into the low back and spine when necessary. Tone, stretch and strengthen. Your Chiropractor can help you with this.

4. Mindfulness Stress Reduction. Reduce your stress by how your mind processes information. Meditation,

breathing exercises, yoga and body awareness are some examples Chiropractors recommend to increase your awareness.

5. Acupuncture. Dr. Cranton has used acupuncture for over 30 years to address pain and function. Very fine, almost painless needles are inserted into specific areas to help with pain reduction. These same points have been used for over 6,000 years in multiple cultures. If you are afraid of needles, then we have non needle options like laser and pressure point methods as well.

If you're looking for pain relief without putting yourself at the risk of opioid dependence and would like to feel better naturally, then call us and schedule your first appointment to begin the path to healing and wellness.

Dr Alan Cranton DC, is a local Chiropractor serving thousands of patients in Thunder Bay for over 33 years, since 1985. He can be reached at the Thunder Bay Wellness Centre, Memorial Ave.

Phone 343- 7932 to schedule your new patient appointment. Read his reviews at www.thunderbaywellness.com and on Facebook.

Many thanks to the Ontario Chiropractic Associations website for details of this article.

THUNDER BAY WELLNESS CENTRE

Chiropractic, Laser Therapy, Chiro Thin & Quit Smoking

Benefits of Chiropractic



- Reduces* muscle spasms
- Reduces* recovery time
- Enhances* immune system
- Improves* oxygenation
- Improves* nutrient flow
- Reduces* stiffness and pain
- Promotes* relaxation
- Improves* digestive function
- Improves* athletic performance
- Encourages* tissue regeneration

Call us: 343-7932

**To find out how we can help you
Stay Healthy and Active.**

3-701 Memorial Ave.

CHECK US OUT AT... thunderbaywellness.com

Is Medical Marijuana right for you?

**Our medical staff will help you
make safe, informed decisions.**

**You don't have to get high
to feel better.**

 **Bodystream**TM
Medical Marijuana Services

1077 Golf Links Rd, Unit 5 • 1-800-730-8310

Call us or visit us online at Bodystream.ca

TB Life

Clearing snow in chilly temps

I was fetching hay from my supplier on Saturday. Prior to heading down to his farm, son, Doug and I shovelled the snow off of the hay trailer. The snow-cover was thick but amazingly not heavy. Didn't take us long to free the trailer and then attach it to the truck so that I could be on my way. With Baxter, our pooch who loves truck rides, of course. 'Tis a ritual for the dog to come along with me to get hay or to take garbage and recycle to our local dump.

After the four, round, hay bales had been loaded onto the trailer and lashed down for the return trip, my hay supplier and I got to chatting. I mentioned that I was slightly dreading shovelling the snow off of the trailer as last time it was hard work. The snow was compacted and quite heavy. But this time it was easy.



**FRED
JONES**

RURAL ROOTS

"It was easier for you to shovel it because the snow hasn't compacted. My cows are wading through waist-deep snow. Usually by now we've had a warm spell or two that causes the snow to compact," he said. I was wondering if it was due to the extreme cold that the

warming-compacting event had not taken place.

Certainly, the winds have created a crust on top of the snow but not that thick. If I step slightly off the path to the picnic table where I deposit bird feed, down I go sinking to my knees. The snow is deep and soft. Lousy for making snowballs or snowmen. And hard upon which to walk even with snowshoes. Not that the conditions outside have been conducive to snow-shoeing. Too bloody cold.

Saturday last after the snowfall and frigid winds, the sun appeared along with frigid winds. While my wife, Laura, was feeding the horses in the barn (too cold to let them outside), I suited up in my tattered snow-clearing suit and headed out to repair the large, rear-mounted snowblower attached to the rear of Big Red, my forty-year old tractor. I had been snow-clearing with Red on Thursday and noticed a god-awful banging coming from the blower. "What the...?" What was making those banging noises? Were there large chunks of ice in the yard and on the driveway the cold had created that were being gathered by the auger and hurled out the funnel? Then I chanced to look more closely at the blower and saw that where the power take-off shaft connected to the blower, that connected was bouncing around rattling up a storm. Whoa! I immediately ceased blowing operations and drove Red back to the tractor shelter to put the blower with the 'inspect'.

Hah! There are four bolts that secure the device into which the power take-off shaft attaches. They were gone. Had they worked their way loose? Or worse, had they sheared off and now I would have a heck of a job cleaning out the bolt holes? The bolt holes appeared to be filled with ice so I sought my portable blow torch, fired it up, and melted the ice.

Laura and I had to go to town Friday and while there, I was able to purchase four exact bolts needed to hold the blower power take-off contraption in place. So, Saturday afternoon (after I had driven to collect hay and return), I inserted and tightened the four bolts. Then when I resumed snow-clearing using the farm, snowblower, voila! No more banging! Ta-Da! I managed to clear most of the areas in need. As my nose began to freeze (must get a balaclava...), I took a break to get warm and then resumed.

When I mentioned sarcastically to my hay supplier how much 'fun' it was snow-clearing on Thursday, he replied that he was on his tractor using his bucket for six hours. And I thought that I had it hard.

Oh, and Happy Valentine's Day.

Children's Centre benefits from run

THUNDER BAY

By Doug Diczuk - TB Source

There are many different reasons to run, be it physical fitness, training, or just getting out of the cold on a February day. But runners young and old, including students from one local school, were hitting the track to support mental health services for youth.

"We have students at St. Martin that use the Thunder Bay Children's Centre," said Grade 6 teacher, Lindsay Wowchuk. "I think it's near and dear to them. It's really kids helping kids."

Wowchuk and her Grade 6 class were among the more than 125 runners participating in the 10th Annual Charity Run and Walk on Sunday at the Lakehead University Hangar

Formally known as the Indoor Marathon, the annual event in support of the Children's Centre Foundation still includes a full marathon, a half marathon, a team relay, and a 10 kilometre run and walk.



DOUG DICZUK

RUNNING FOR A CAUSE: The 10th annual Charity Run and Walk in support of the Children's Centre Foundation was held last Sunday at the Lakehead University Hangar

"It really is an effort to think about the integration of mental health and physical health and how important those two things fit together," said

Diane Walker, CEO of Children's Centre Thunder Bay. "It is an event we've held for many years with that idea if we promote health, physical and

mental, participation, and activities and families come out, then we do better as a community and ultimately as a society."

The Charity Run and Walk raised more than \$9,800 this year, which will be used to support mental health and developmental services and programs for children, youth, and families.

Wowchuk and 12 students from St. Martin School participated in the team relay and Wowchuk said the students receive some very important lessons out on the track.

"I'm really trying to promote being active with the kids and it's hard to get them outside running in the winter," she said. "So this is a really a good opportunity for them to get out in the community and be active and do something toward a good cause."

Grade 6 student, Olivia Brassard, said she enjoys keeping active and uses running to train for hockey.

"I love to participate in all these different activities," she said. "I thought

it would be really fun to run with all my friends in my class. I like running inside because during the winter time when there is a bunch of snow, you don't get to run all the time."

But running around the track with friends is just one small part of the annual run and walk, because it's what Olivia, her teacher, and fellow classmates are all running toward.

"I'm proud that it helps such a good cause," Olivia said. "My mom works for children's aid, so it's good to be supporting them."

Walker added that it is fantastic to see so many young people coming out and participating in the team relay or the kids run.

"I would love to see that area grow where we have more schools participating and active in this," she said. "The marathon is important, but watching these kids come out and being physically active, off their screens, doing something on a cold winter day, I think that's the best part of it."

THINK RECYCLE

nofrills
lower food prices

f nofrills.ca

Magnus Theatre 18/19

huff

written and performed by **cliff cardinal**

michelle ramsay - lighting designer
alex williams - sound designer
allan day - technical director
jennifer stobart - stage manager
jackie chau - set & costume

Winner of two 2016 Dora Awards
(Outstanding New Play & Outstanding Performance - Male)

february 7-23, 2019

produced by Canning Concepts & Creations. Originally produced by Native Earth Performing Arts

Tickets: magnustheatre.com | 807-345-5552

AUDIENCE ADVISORY EXTREMELY STRONG LANGUAGE & MATURE THEMES

PC® WHOLE WHITE MUSHROOMS
200g product of the Western Provinces or **SMALL RUSSET** or **YELLOW POTATOES** product of the Western Provinces Canada no 1 grade.

\$1

5LB BAG

SALE

\$1 LB
2.20/KG

PORK PICNIC SHOULDER ROAST
cryovac, fresh.

\$1

946ML

SIMPLY JUICE
orange pulp free or with pulp

\$1

UNICO PASTA 700/900g or PASTA SAUCE
680ml selected varieties

\$1

CAMPBELL'S TOMATO, CHICKEN NOODLE, VEGETABLE, CREAM OF MUSHROOM or AYLMER SOUP 284ml

2/\$1
or 50¢ EA

Prices effective from Friday, February 15 to Thursday, February 21, 2019

Shawn's NoFrills ~ 766-0003
1020 Dawson Rd. Thunder Bay
Darcy's NoFrills ~ 626-0003
425 N. Edward St. Thunder Bay

BREAK FREE FROM DEBT TODAY
We listen, we care and we can help.



Jayson Stoppel, CPA, CA
Licensed insolvency trustee

BDO

1095 Barton Street
807-625-4424

WEBSITE: debtsolutions-thunderbay.ca

**Make your
Word Ads
come alive
with a
picture!**

THE SAYING IS ...
A PICTURE IS WORTH
A THOUSAND WORDS!



Call Today!
346-2600

Thunder Bay
source
Your Community Newspaper

We are now offering the opportunity for **ALL**
CLASSIFIED WORD AD CATEGORIES to have **A**
PICTURE INCLUDED! COST? Same as a HAPPY AD!

\$19.99 + 40 Words HST EXTRA
Each Consecutive Week will be Half Price!

DEADLINE: Classified Word Ads: MONDAY @ 4:00p.m.



For the past 53 years 91.5 CKPR and the Port Arthur Rotary Club of Thunder Bay have joined forces in a fundraising effort to make our community a better place to live. This year is no different and on Monday, February 18th 91.5 CKPR donates all its commercial time to raise money enabling the Rotarians to continue to make significant contributions to many worthwhile projects right here in our own community.

IN THE bay

arts | entertainment | culture

Relentless grip of Huff

Magnus Theatre's production of Huff immediately grabs audiences

THEATRE

By Linda Maehans - TB Source

Magnus' fourth production of the season immediately grabs hold of its audience, doesn't loosen up or let go for an instant.

Huff by Cliff Cardinal is one intense shocker of a tale.

I didn't think I would like it, and no I sure didn't; but that's because the content of *Huff* is so hard to take in. Don't get me wrong. I also marvelled at it; have never experienced anything like *Huff*. Don't want to.

This is no thriller movie, built by multiple takes and edits and special effects to ramp up its effect on an audience. No. This is live. Entirely live. A solo show with minimal props, and some powerful sound and lighting effects. That's it.

Nothing else even remotely needed to deliver maximum impact. I'm guessing that, like me, most everyone in the theatre forgot to breathe during the duration of the show. Some 76 minutes of descent into the lurid world of Wind, his younger brother, their cousins and numerous adults in a small native community that could be anywhere. A murky world that could and does exist in all manner of other cultures too, come to think of it.

How to adequately describe the honed, meticulously nuanced talent of performer and playwright Cliff Cardinal?

As said, from the first thudding heartbeats of our opening scene Cardinal has us at his mercy and he doesn't let go. Production notes mention "dark comedy". This viewer didn't pick up on anything funny except perhaps a few glimpses of back-handed humour, stereotypical pokes at his own culture. Those nuances, the accents, the postures: such sly jabs he's slipped into the story. But these lighter flashes are rapidly absorbed, consistently swallowed back up by the darkness within and without. Hallucinogenic? A quality nightmare? Depends on how you see it.

For the most part Cardinal convincingly delineates his characters, both male and female, young and old. We know when he has morphed into the next or another, and back again. At times our emotions get wrenched to the breaking point; then Wind rises alone before us once again, arms outstretched toward his wizard demons as if to embrace them ever tighter.



GRIPPING: Huff by Cliff Cardinal is at Magnus Theatre until Feb. 23.

The presence of Trickster throughout the play is a clever device.

Wind introduces him right off the bat; explains who Trickster is.

Come to think of it, who among us has not felt Trickster's unnerving tap on the shoulder, and not always unexpectedly either. Be honest before you answer that.

No, I've never inhaled solvent fumes; nor even imagined duct-taping a plastic bag over my head. But I do recall an experiment my adolescent girlfriend and I tried one afternoon, upstairs in her room

with the door closed. We took turns tightening a belt around our necks, just to see what would happen, how long it would take before that buzzing sound in our ears made our hands let go of the belt. To my private horror, in *Huff* a similar scene with the youth. It's one of the milder episodes Wind and his friends undergo; let go.

Some things can and do occur, in any culture, anywhere. *Huff* blows its power over Thunder Bay until February 23rd. Don't be afraid to encounter it head on.

IN THE bay

Television is everywhere these days

Experts used to say too much TV was bad for your brain

We've been told for decades that too much TV would rot your brain – or something like that. One test over a 25 year period concluded that too much television viewing in your twenties changed the way your brain processed information and the way you carried out time-sensitive tasks. Another went so far as to claim that the sedentary lifestyle associated with too much television could lead to early death.

And according to the statistics, "too much television" equated to three hours or more per day.

Considering that when many of



with **FIONA GARDINER**

these studies began, there were only three networks and a PBS station, three hours does seem like a lot. Back then, we were still forced to physically interact with and experience the outside world – not to mention, each other – without texts, Tweets, or Snap Chats. So we didn't have time to over-indulge in TV-land. Back then.

Now, far be it for me to contradict

scientists and their three decades of impressively designed experiments. But television is no longer just parking your butt like Archie Bunker in his favourite chair and having Edith wait on him hand and foot. (Ironically, his TV viewing gave her lots of exercise.)

Today, television is everywhere and incorporated into every activity. I don't get on my treadmill anymore unless the TV is on. And I clock a lot of miles on that treadmill every week.

Whereas many used to turn on the radio while they got ready for work in the morning, now we've got television news and music channels blaring in the background while we eat our Cheerios. How else are we going to keep track of Trump's 3 a.m. tweets?

Television is now available on our

phones, our computers, and even our watches. We've added it to our airplanes, minivans, refrigerators and kitchen cupboards. It's in the gym, the bar, and most waiting rooms. So how would you even begin to count the hours we spend with it?

At one time, politicians, businesses and other newsmakers would time their press conferences and announcements around newspaper deadlines or to make the 6 o'clock news.

But with 24-hour news and social media, information is released continuously to constantly engage viewers. Social media sends announcements which we then check out online before turning into the complete TV report. Television programs are teased with numerous online trailers that we watch days or

weeks before tuning into the real thing.

And while television shows were once solely passive comedies, dramas or news, today's viewers are voting, commenting and interacting with the stories.

So where does television begin and end in our daily life? It's part of a continuous thread of electronic information on our wrist, in our phone, and even, yes, at home in front of our couch.

Three hours a day? That's surprisingly easy.

But it doesn't have to be a silent, shameful killer of brain cells and heart rates. Because during the time of those studies, not only have we changed, so has television.

This column was previously published in Thunder Bay Source. A new FITV column will return in next week's issue.

Al's RV SERVICE & REPAIRS

OPEN YEAR ROUND

Parts & Accessories Available

Specializing in Rubber Roof & Filon Lamination, Floor & Wall Rebuilds
• Complete Undercarriage Work • Repairs to RV Furnaces, Fridges, HWH & Convertors. • TSSA Licensed for LP Servicing.

Quality, Personal, Affordable
RV Service You Can Trust!

Factory Trained, Fully Licensed, Master Certified, Serving Northwestern Ontario over 39 years

983-3449 3075 Alice Ave. off Government Rd.

Sudoku

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

	2	6		7		5	9	
		4		9				
	8			1				
4		8		2				
		5						
2	7				5			
6	4					8	9	
	1			6				4
		9	8					7

WORD SEARCH

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

- | | | | |
|----------------|-----------|-----------------|----------|
| Botch | Flings | Observers | Shears |
| Chops | Fluke | Ordains | Shelf |
| Concentrations | Grids | Outmoded | Short |
| Corked | Hades | Plugs | Skulls |
| Dares | Harts | Pretentiousness | Splashes |
| Drench | Insane | Quarry | Stifle |
| Dried | Leads | Ramps | Tanker |
| Ensigns | Loafed | Revert | Tattles |
| Excerpt | Necessary | Runts | Threaded |
| Firsts | Neckties | Seals | Troupes |

ENIGMA™ ENIGMA cryptograms are created from quotations and proverbs from around the world. Each letter stands for another letter. Hint: "Q" = "L."

CRYPTOGRAM

"KBZ MKLBX KH QZSUBGBD UZELGUZN
OZB MKLBXN KH JKYYKB NZBNZ OK
SMMQC GO."

— MZUNGSB MUKPZUW

PREVIOUS SOLUTION: "A house divided against itself cannot stand."
— Abraham Lincoln E283

CROSSWORD PUZZLE

- ACROSS**
- 1 Mineral spring
 - 4 Central standard time (abbr.)
 - 7 All points bulletin (abbr.)
 - 10 Complain
 - 11 Cheer
 - 12 Son of Shem
 - 14 Saracen
 - 15 Turco
 - 17 Television channel
 - 18 Hammer
 - 19 Goddess (Lat.)
 - 20 Your (Ger.)
 - 22 Guido's note (2 words)
 - 24 Abstain
 - 27 Happen
 - 31 Aoudad
 - 32 Ice (Ger.)
 - 34 River through Florence and Pisa
 - 35 Mex. medicinal plant

ANSWER TO PREVIOUS PUZZLE

T	N	T	H	A	A	B	C	A	P	T
R	A	H	E	C	C	A	U	N	A	U
A	N	A	C	H	U	B	F	A	H	R
M	O	T	E	T	A	M	I	S		
			L	O	T	S	A	C	A	R
O	R	T	S	R	A	N	I	R	A	B
C	A	R	L	U	C	A	N	C	A	B
T	I	E	A	E	R	I	D	A	D	A
A	N	E	A	R	A	R	E	A		
			K	N	A	P	L	O	B	A
T	A	N	G	A	B	A	S	A	A	A
O	B	O	E	L	E	V	I	A	R	G
A	S	T	R	E	D	G	E	L	E	A

- DOWN**
- 1 Yugoslavian
 - 2 Placid
 - 3 Air Force Base (abbr.)
 - 4 Cabal
 - 5 Aryan
 - 6 Wigwam
 - 7 Atomic Energy Commission (abbr.)
 - 8 Walk heavily
 - 9 Bundle
 - 10 Romanian
 - 11 money
 - 13 Extinct bird
 - 16 Variation (pref.)
 - 18 Parrot
 - 21 Indian wild sheep
 - 23 Nest-building fish
 - 24 King in India
 - 25 Time period
 - 26 Nothing
 - 28 Monument stone
 - 29 Us (Ger.)
 - 30 Eggs
 - 33 Arctic dog
 - 36 Hill formed by a glacier
 - 38 Baseball equipment
 - 40 Stair post
 - 42 Bird
 - 43 Fermented honey drink
 - 44 Berne's river
 - 46 Dip
 - 48 Princess in Gr. myth
 - 49 Before common era (abbr.)
 - 51 Jewish scholar
 - 52 Sound perception

Lakehead
U LAKEHEAD UNIVERSITY
BASKETBALL & VOLLEYBALL
THUNDERWOLVES

TRIPLE HEADER WEEKEND!

VS. **BROCK**

This Friday and Saturday

Feb. 15th & 16th

WOMENS @ 6:00pm / MEN @ 8:00pm

LAKEHEAD UNIVERSITY VOLLEYBALL
VS. **TORONTO** VS. **RYERSON**

Sat. Feb. 16th

Sun. Feb 17th

@ 2:00pm

@ 2:00pm



SEE YOU AT THE THUNDERDOME! TICKETS: \$6 Student/Seniors / \$10 Adults

THUNDERWOLVES.CA

The Chronicle-Journal

tbaytel



SPRING INTO SUMMER



Win a 2019 Coachmen Catalina BHDS
valued at over \$40,000!

Lottery Licence #M807220

Only \$10 per ticket



HONDA EU3000 RV GENERATOR
from J&J Sports valued at \$3309.76.
Includes a 6 year Warranty.



TWO PUNGO KAYAKS
from Wilderness Supply valued at \$3089.13.
Includes lifejackets, paddles, & bailer bucket

Two Early Bird Draws Plus More Incredible Prizes!



St. John Ambulance

www.10dollartrailer.com

Thunder Bay and Northwestern Ontario Branch

518 Fort William Road
Thunder Bay (ON) Canada P7B 2Z8
Tel.: (807) 345-1712 Toll Free: 1-800-667-6246
Fax: (807) 343-0295
www.sja.ca



Sports

local sports news | information | coverage

Ice Dogs snap Stars 13-game win streak

SIJHL

By Leith Dunlck – TB Source

All good things must eventually come to an end. Last Saturday night, it was the Thunder Bay North Stars 13-game winning streak.

The Dryden Ice Dogs stormed into Fort William Gardens and dominated the Stars from start to finish, Eric Stout completing his third hat trick of the season to lead his team to a 7-4 triumph.

Rayman Bassi added two goals and two assists, and Curtis Magas picked up four helpers to lead the way offensively for the Ice Dogs.

It was just the fifth loss of the season for Thunder Bay, the No. 2-ranked team in the Canadian Junior Hockey League. Rayman Bassi added two goals and two assists, and Curtis Magas picked up four helpers to lead the way offensively for the visitors.

A slow start, similar to one the North Stars were able to overcome in Friday night's 4-3 win over Dryden, plagued the home side once again.

The fourth-place Ice Dogs outshot their opponent 22-8 in the first period, took a 1-0 lead on Cameron Coutre's 20th of the season and never trailed in the contest, improving to 20-16-4 in the process.

"I think it went wrong from the get-go, right from period one. It seemed like it was their barn and we just let them walk all over us in the first," said Thunder Bay captain Ryan Mignault.

"We had to fight back the whole game and it showed. We didn't get our legs warm at all."

Fellow forward Brendan Gillis said it really started earlier in the week.

"We didn't have the greatest week of practice and it obviously showed this weekend. Our legs weren't there, our speed wasn't there," said Gillis, who put the North Stars on the board on the power play, 8:11 into the second, cutting Dryden's 2-0 lead in half.

"They came out flying. They wanted it more than us, you can tell, and the effort wasn't there from us."

Thunder Bay coach Rob DeGagne put it more succinctly.

"We got beat. We got a good, old-fashioned whoop-ass tonight. So we've got to get back on our horse, get back to work and start another streak, hopefully," he said.

The Ice Dogs managed to take away the North Stars biggest advantage, their speed, something DeGagne promised the team would work on moving forward.

"They slowed us down, they did a good job against us, so we've got to battle back and get back to work," DeGagne said.

Dryden also got a pair of fortuitous bounces off the end boards that led to goals.

After Thunder Bay's Max Fortin scored to make it 4-2 at 16:47 of the second, Bassi blasted a shot wide that ricocheted back to Brody Nielsen standing in front of North Stars goalie Brock Aiken, who was caught going the wrong way. Nielsen promptly deposited his first career SIJHL goal.



JUBILANT: Michael Stubbs celebrates a Stars goal.

SIJHL SCORING LEADERS

Player	TM	GP	G	A	PTS
Bryce Young	RLM	43	51	31	82
Kyle Auger	TBN	37	20	52	72
Ryan Mignault	TBN	39	36	33	69
Keighan Gerrie	TBN	37	28	41	69
Michael Di Lullo	RLM	44	29	37	66
Boe Bjorge	TRF	44	22	43	65
Joel Willan	TBN	29	20	41	61
Brett Piper	TRF	42	27	32	59
Blake Nelson	TRF	42	23	34	57
Spencer Milne	RLM	39	18	34	52
Eric Stout	DRY	37	26	25	51
Alec Daman	TRF	44	25	26	51
Connor Bowey	TRF	36	12	37	49
Nick Lucas	FFL	42	16	32	48

Seven minutes into the third it was Stout's turn, turning a Trygve Many Guns miss into a tally and a 6-2 Dryden lead.

The Stars did creep closer, Josh Bryant scoring 21 seconds later and then Logan Mihalcin, playing in just his fourth game of the season because of injury, fired a puck from just inside the blue-line that went untouched behind Dryden goalie Jacob Anthony at the 13:47 mark.

It was as close as they'd get, Stout completing his hat trick on the backhand into the open net in the final minute of the contest.

The Stars (34-3-2) will play a make-up game on Wednesday night at home against the Minnesota Iron Rangers (3-39-0).

LEITH DUNLCK

SIJHL eyeing further expansion sites

Wisconsin rejoins league starting in 2019-20 campaign

SIJHL
By Leith Dunick - TB Source

The return of Spooner, Wisc. to the Superior International Junior Hockey League fold is just the start, if commissioner Bryan Graham has his way.

Graham, after announcing the Wisconsin Lumberjacks would become the league's seventh team starting next fall, said the plan is to grow the league by up to three more teams in relatively short order.

"I think our ultimate goal is to get the league to 10 teams. If we can do that in two to three years, that would be fantastic. Obviously there are

some markets on this side of the border in Northwestern Ontario that we're still looking at," Graham said.

That list begins in Kenora, a community with a long, proud hockey history, including the Thistles improbable Stanley Cup win in 1907.

Kenora, with a population of 10,687, has never had an SIJHL franchise, despite being a natural rival for Dryden, a community less than half its size.

Located six hours west of Thunder Bay, there has been plenty of interest over the years, but several obstacles that have prevented it from happening.

Graham said it's no secret they'd like to add the city into the SIJHL mix.

"We've got ownership that's very interested in Kenora, but they only

have the one ice pad there. They've been working diligently to try to find the funding to get that second pad. So we have to stay patient," Graham said.

"We don't want to conflict at all with the AAA midget program there, in terms of billets and corporate sponsors and that sort of thing. We really think that bringing an SIJHL team to Kenora eventually would really accentuate what they have with their midget program and give some of the players out that way to stay home and play."

The league is also looking at other communities throughout the region. Sioux Lookout had the Flyers from 2008 to 2012, the Schreiber Diesels played from 2005 to 2008, making the Dudley Hewitt Cup final in 2007. And the Marathon Renegades had a

two-season stint starting in 2006, but pulled the plug midway through their second campaign.

Thunder Bay also had as many as three teams at one time in the league's not-too-distant past.

All are on the SIJHL radar, Graham said.

"We've had dialogue with all those markets," he said. "It's still a possibility. There's nothing concrete right now. A second team in Thunder Bay has been bantered around, but again, I don't anticipate that's going to happen for next season; maybe down the road."

"Right now, we're focusing on the seven clubs that we have now and still working diligently on expansion on both sides of the border and we'll keep moving forward from there."

Adding more American teams is a challenge, having to go through USA

Hockey for approval, which isn't granted lightly. Other leagues can protest, should they want to move into a particular market or fear a dilution of the available talent pool. But it's certainly not out of the realm of possibility.

Graham said they also plan to work to strengthen the existing Minnesota Iron Rangers franchise, which has three wins in 43 outings and is allowing more than eight goals a game.

The Wisconsin franchise will be owned by Doug Lein.

The previous team in Spooner, the Wisconsin Wilderness, operated from 2010 to 2012, winning titles in 2011 and 2012 before relocating to Minnesota.

A new Wisconsin franchise joined the league for one season in 2013-14.



BRYAN GRAHAM

"We've got ownership that is very interested in Kenora..."
BRYAN GRAHAM



Legacy Giving Thunder Bay

Your Will is a Gift

A way to be remembered by your community

What will your Legacy be?

Learn more about building our community by visiting:

LegacyGivingThunderBay.com

Proudly brought to you by




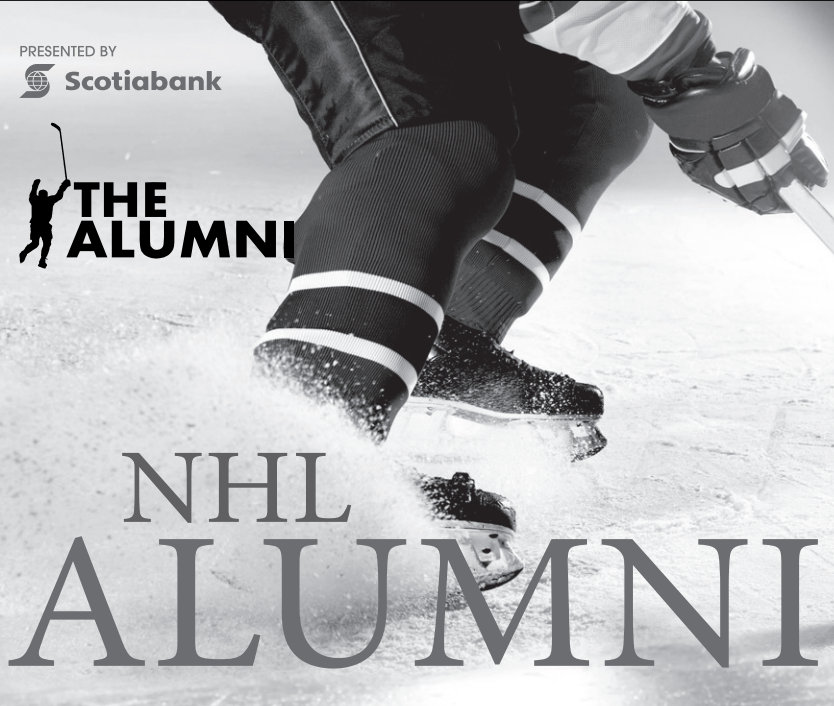






Classified
www.tbnewswatch.com

PRESENTED BY



THE ALUMNI

NHL ALUMNI


vs LAW ENFORCEMENT ALL - STARS

Sunday February 17, 2019
 Fort William Gardens
 901 Miles St., Thunder Bay, ON
 DOORS OPEN @ 1 PM | PUCK DROPS @ 2 PM

SUPPORTING:

OFFICIAL POST GAME RECEPTION:



BENEFITHOCKEY.COM 1.844.363.0500

tbClassifieds

PHONE 346-2600
EMAIL classifieds@dougallmedia.com

- REAL ESTATE**
01. City Homes
02. Rural Homes
03. Mobile Homes
04. Lots / Acreage
05. Condos For Sale
06. Cottages
07. Commercial for Sale
08. Investment Property
09. Out of Town
10. Real Estate Wanted
- FOR RENT**
11. Houses
12. Apartments
13. Rooms
14. Room & Board
15. Shared Accommodations
16. Cottages
17. Commercial
18. Storage/Space
19. Wanted
20. Condos
21. Miscellaneous
- MERCHANDISE**
22. Bargain corner
23. Misc. For Sale
24. Antiques
25. Music
26. Office Equip.
27. Machinery
28. Pets & Livestock
29. Food
30. Misc. Wanted
- VEHICLES FOR SALE**
31. Cars
32. Trucks
33. Vans
34. Motorcycles/ATV's
35. Campers/Trailers
36. Motor Homes
37. Marine Equip.
38. Snowmobiles
39. Parts & Repairs
- YARD SALES**
40. Current River
41. Northward
42. Southward
43. Westfort
44. Rural
- MISCELLANEOUS, NOTICES, TENDERS**
45. Auctions
46. Health
47. Travel
48. Financial
49. Lost & Found
50. Personal
51. Notices
52. Tenders
- BUSINESS & SERVICES**
53. General Services
54. Home Improvements
55. Bus. Opportunities
56. Training Courses
- EMPLOYMENT**
57. Help Wanted
58. Careers
59. Child Care
60. Health Care
61. Employment Wanted
62. Students For Hire
- ANNOUNCEMENTS**
63. Coming Events
64. Craft & Flea Markets
65. Happy Ads
66. Cards of Thanks
67. In Memoriam
68. Death/Funerals

AD RATES
Up to 20 words
\$999
ADDITIONAL 1/2 PRICE*
Additional words 25¢.
*Must be run in consecutive weeks. No additions to ads. Does not apply to Bargain Corner ads.

BARGAIN CORNER
15 words max. for items under \$500. Must contain price.
ONLY \$480
Plus HST

ALL CLASSIFIED ADS
Thunder Bay **Source**
Your Community Newspaper
and on the internet at www.tbnewswatch.com

DEADLINE
Classified Word Ads: MONDAY @ 4:00p.m.
Display & Photo Ads: MONDAY @ Noon
Visit our office @
87 N. Hill Street,
Thunder Bay, ON P7A 5V6
or online at <https://shop.dougallmedia.com>
Office Hours:
Mon. - Fri. 8:30a.m. - 5:00p.m.

12. APARTMENTS FOR RENT
DAWSON PROPERTIES
Inquires
Mon-Fri 9am - 5pm
call **346-9222** or visit www.dawsonprop.com

21. MISC. FOR RENT
WANTED TO RENT: Small/Medium hard-top tent-trailer, or small lightweight travel trailer. For the month of June/19 for 2 Seniors. Please call 285-2008

23. MISC. FOR SALE
FOR SALE: Double wide Crypt at Sunset Memorial Gardens, Price negotiable. Call 286-6277

FOR SALE! 2 wood stoves! (1 new, 1 old neither EPA approved perfect for ice fishing?) Also, mirrors from an old bar, old sewing machine, Vintage kids toys and dolls, kids doll carriage. Call 577-8309

30. MISC. WANTED
WANTED
\$ TOP DOLLAR PAID \$
For Scrap Vehicles
DAN'S EMERGENCY ROAD SERVICE
767-3818

\$CASH\$
On the spot for your scrap cars, trucks, vans and SUV's. Same day pick-up with CASH. Call Marcel 624-7242 or 626-0161

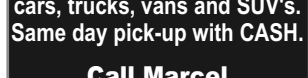
30. MISC. WANTED
BUYING! Silver, Canadian coins pre 1968, USA Pre 1965. Also buying bars and rounds. Call or text Alex 627-4533. A Szczomak Auction since 1995.

45. AUCTIONS
PUBLIC GOVERNMENT AUTO AUCTION. Family Day Monday February 18, 1:06pm. 294 N Cumberland St. SELLING 4x4 trucks and cars. Preview 1 hour prior. Usual auto terms. Further info call or text Alex 627-4533 or www.aszczomakauktion.ca

46. HEALTH
LUCIE'S MOBILE FOOTCARE! Certified Basic, Advanced and Diabetic Foot Care Nurse Specialist. Clean and assess feet, Trim and file toenails. Reduce thickened nails, callus, corn/wart removal, and In-grown nails. Phone: 807-622-8219 Text: 8 0 7 - 6 3 0 - 5 5 1 1, luciesmobilefootcare@gmail.com <http://luciesmobilefootcare.com> 9am-7pm daily

49. PERSONAL NOTICES
NOTICE TO CREDITORS AND OTHERS
In the Estate of Rose Matson
All Persons having claims against the Estate of Rose Matson, late of Thunder Bay, ON, deceased, who died on or about January 17, 2019, are hereby notified to send particulars of the same to the undersigned on or before February 29, 2019, after which date the estate will be distributed, with regard only to the claims of which the undersigned shall then have notice and the undersigned will not then be liable to any person of whose claims they shall not then have notice.
Dated at Thunder Bay, Ontario on the 1st day of February, 2019.

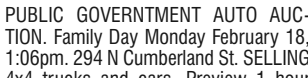
ERICKSONS LLP
ATTN KENNETH E. ERICKSON
Barristers and Solicitors
291 South Court Street
Thunder Bay, ON P7B 2Y1



50. PERSONAL
Senior Gay Woman, seeking same (66+) for friendship. Reply to: Box 28104 Shoppers Drug Mart, 900 E Arthur St, Thunder Bay, ON. P7E 1H0

51. NOTICES
DEASE POOL FAMILY DAY CELEBRATION Monday February 18 1pm-2pm Corner of Vickers and Dease St. Free Snacks and Beverage. Oldest outdoor Pool in Canada 106 years! 10 Prizes for Best Posters (Save Dease Pool!). Including 2 new bikes sponsored by Canadian Tire FW Rd. Posters can be turned in at Mrs' L's Confectionary up to and including May 3rd.

50. PERSONAL
NOW OPEN



MARIJUANA PALACE

NOW AVAILABLE
CBD OIL
CBD EDIBLES
CBD LOLLIPOPS
CBD COTTON CANDY

New arrivals of electronic vaporizers now available for e-juice, dry herbs and concentrates

OPEN 7 DAYS A WEEK
79 MACHAR AVE. 345-5558
MUST BE 18 YEARS OF AGE OR OLDER TO ENTER. PHOTO I.D. MAY BE REQUIRED. MUST BE 19 YEARS OF AGE OR OLDER TO USE CANNABIS.

51. NOTICES
SEARS HAIR STUDIO Hairstylist MARY is working at Master cuts intercity Mall for appointments call 623-5233

53. GENERAL SERVICES
#1 INCOME TAX SERVICES. \$40 per simple return. E-filed for faster returns. 7 days a week 9am-9pm! Call LORRAINE 767-5161 or 628-9590

#1-A Snow Clearing driveways, sidewalks, dump runs, clean-out for apartments/sheds, rubbish Removal. General Services, Odd Jobs. Frank 628-5919

CHRISTINA'S HOME AND GARDEN. Reno's, Handyman, Painting, Drywall, Flooring, and much More! 621-1505

Residential and commercial cleaners. Now have available openings. Reliable and reasonably priced. For more information call: 621-6916

Restoration work, repair, paint decks, fences, interior and exterior painting, carpentry work, framing, drywalling, insulating, minor plumbing, bathroom renovations, dump run and yard work/shoveling. Call 344-6246.

WINTER CLEAN-UP! Large trailer for rubbish, WE RECYCLE! No items too big or small! Upon demand rooftop snow \$ ice removal, soffit & attic ventilation to eliminate build-up. Eavetrough repair/new installation. General Handyman Services. We are Seniors Helping Seniors! 472-6371, gapace@lakeheadu.ca

54. HOME IMPROVEMENTS
AFFORDABLE and QUALITY RENOVATIONS! Kitchens, bathrooms, painting decks, windows, doors, and drywall! Insurance compensation. FREE ESTIMATES! 35yrs exp. Call Ron 632-6671

DAN'S HOME SERVICES Renovations - Drywall, plaster, tape, painting, decks, fences, small jobs, FREE ESTIMATES! Professional Service 344-8092 or 627-5713

PENSIONED PAINTERS looking to stay active. Very reasonable rates. Neat, fast working, former housing authority professional painters. Also drywall repairs & small renovations. Call or Text 626-6926

Renovations: Working Carpenters/Partners with extensive renovation experience. We're reasonable and reliable. PC Construction. 252-9114

REUSE REDUCE RECYCLE

Thunder Bay's Source reserves the right to classify ads under appropriate headings and to set rates therefore and to determine page locations.

Thunder Bay's Source reserves the right to revise, edit, classify or reject any advertisement and to retain any answers directed to the Box Reply Service, and to repay the Customer the sum paid for the advertisement and box rental.

Box replies on "Hold" instructions not picked up within 10 days of expiry of an advertisement will be destroyed unless mailing instructions are received. Those answering Box Numbers are requested not to send originals of documents to avoid loss.

All claims of errors in advertisements must be received by the Publisher within 3 days after the first publication. No refund if ad is cancelled before expiry date.

Thunder Bay's Source reserves the right to increase prices with 30 days written notice.

Read us online @ www.tbnewswatch.com

68. OBITUARIES

A Gift In Remembrance
www.sjftb.net/memorial
768-4411




ST. JOSEPH'S FOUNDATION
 ST. JOSEPH'S CARE GROUP

HAPPY ADS

Let us deliver your special announcement to over 40,000 people!

ONLY \$1999 plus tax

Includes photo and up to 40 words. (additional words 25¢)



Engagements, Anniversaries, Birthdays, etc...
 More exposure at less cost!

Thunder Bay **source**
 Your Community Newspaper

Call 346-2600

BUSINESS DIRECTORY

73. INFORMATION

Weekday Mornings with Kaile & Dee

73. INFORMATION

63. COMING EVENTS

Weekend Retreat April 26th - 28th

It hurts.
We get it.

Find healing from the pain of abortion and pregnancy loss.

www.RachelsVineyard.org Rachel's Vineyard

NOW ACCEPTING REGISTRATIONS FOR WOMEN AND MEN
 Contact Mary Jo 252-7420 or Terry 476-4715

63. COMING EVENTS

63. COMING EVENTS

LOCAL TB LIFE IN THE BAY SPORTS

NEWS

Thunder Bay **source**
 Your Community Newspaper

ANSWERS TO THIS WEEK'S PUZZLES

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

PREVIOUS SOLUTION: "One pound of learning requires ten pounds of common sense to apply it." — Persian Proverb

Want to Sell?

CLICK ON US.

The tbSOURCE Classifieds are online, so it's easier than ever to find exactly what you're looking for.

www.tbnewswatch.com

BUSINESS DIRECTORY

BUSINESS DIRECTORY

BUSINESS DIRECTORY

RENT OUR HALL!
CASTLEGREEN COMMUNITY CENTRE
 213 Castlegreen Dr.
 Thunder Bay, ON P7A 7W4
 Phone: 807-767-6214 Email: clerk@castlegreen.on.ca
www.castlegreen.on.ca
 Weddings, shags, birthday parties, large family dinners, bridal or baby showers, indoor yard sale. Affordable Rates!!

HERE'S MY CARD

Putting you in touch with the right business.

Better Quality - Better Service - Better PRICES

SALE
 \$20/gallon off The Diamond - the most durable paint!!

Dulux Paints

784 Memorial Ave. (Next to McDonalds) 344-0784

Worth Doing? Worth Dulux

Paint - Wallpaper - Blinds - Flooring
New Arrivals - Giftware/Home Décor.

Locally owned & operated to better serve you

WINTER DRIVE EVENT



THE NEW 2019 MAZDA CX-5



AUTOMOBILE JOURNALISTS ASSOCIATION OF CANADA

BEST MID-SIZE UTILITY VEHICLE IN CANADA FOR 2019

HARNESS THE POWER OF i-ACTIV AWD



AUTOMOBILE JOURNALISTS ASSOCIATION OF CANADA

BEST LARGE UTILITY VEHICLE IN CANADA FOR 2019



GT model shown



GT model shown



GT model shown

2019 CX-3 GS AWD with AUTOMATIC TRANSMISSION

FINANCE FROM **\$79[†]** AT **1.99%^o** APR

weekly for 72 months, with \$3,815 down. all-in from \$27,176. Excludes HST.

2019 CX-9 GS AWD 7-PASSENGER SEATING

LEASE FROM **\$199^{††}** AT **1.95%^o** APR

bi-weekly for 60 months, with \$4,395 down. Excludes HST.

2019 CX-5 GS AWD

LEASE FROM **\$179^{††}** AT **3.90%^o** APR

bi-weekly for 60 months, with \$3,215 down. Excludes HST.

Receive up to a \$1,000 i-Activ AWD Credit* ON SELECT MODELS

▲†-Activ AWD Credit offer (value up to \$1,000) is available to qualifying retail customers who cash purchase/finance/lease a select new, in-stock 2018 and 2019 Mazda models between February 1-28, 2019. Amounts vary by model: \$300 on all 2018 Mazda3/Mazda3 Sport, on all 2018 Mazda6, on all 2019 CX-3 and on all 2018 & 2019 CX-5 models. \$475 on 2019 MX-5 ST GS models. \$750 on all 2018 MX-5 ST/MX-5 RF, on 2019 MX-5 ST GS-P & GT, on all 2019 MX-5 RF models. Maximum \$1,000 on all 2018 & 2019 CX-9 models. †Finance Pricing for new 2019 CX-3 GS AWD (HXSK89AA01) is \$27,176 financed at 1.99% over 72 months equals weekly payments of \$79 with \$3,815 down payment, cost of borrowing is \$1,427 with a total obligation of \$28,603. As shown, 2019 CX-3 GT (HXTK89AA01) is \$32,876 financed at 1.99% over 72 months equals weekly payments of \$99 with \$3,815 down payment, cost of borrowing is \$1,775 with a total obligation of \$34,651. NOTE: All 2019 CX-3 finance offers include \$300 finance cash. Finance payments include freight and P.D.E. of \$1,895, \$10 OMVIC fee (all models), \$20.00 Tire Stewardship Fee (all models), \$100 Air Conditioning charge and PPSA of \$106.39. Offers exclude HST. ††Offer available on retail leases of new 2019 CX-5 GS AWD (NXSN89AA00)/2019 CX-9 GS AWD (QXSM89AA00) with a lease APR of 3.90%/1.95% and 130/130 bi-weekly payments of \$179/\$199 for 60/60 months, the total lease obligation is \$26,445/\$30,312, including down payment (or equivalent trade-in) of \$3,215/\$4,395. As shown, Offered Pricing for new 2019 CX-5 GT (NXTN89AA00)/2019 CX-9 GT AWD (QXTM89AA00) with a lease APR of 3.90%/1.95% and 130/130 bi-weekly payments of \$203/\$250 for 60/60 months, the total lease obligation is \$29,646/\$36,954, including down payment (or equivalent trade-in) of \$3,215/\$4,395. NOTE: 2019 CX-9 lease offers include \$400 lease cash. Lease payments include freight and P.D.E. of \$1,895/\$1,895, \$10 OMVIC fee (all models), \$20.00 Tire Stewardship Fee (all models), \$100 Air Conditioning charge (all models), \$150 Lease Dealer Service Fee (all models) and PPSA of \$90.95/\$90.95, 20,000 km per year mileage allowance applies; if exceeded, additional 8¢ per km applies (12¢ per km for CX-9 models). Offers exclude HST. *To learn more about the Mazda Unlimited Warranty, go to mazdaunlimited.ca.

MAZDA

UNLIMITED*
MILEAGE WARRANTY
STANDARD ON ALL NEW MODELS.

867 Tungsten Street
345-2888
halfwaymotorsmazda.com



Building relationships,
one customer at a time.