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YOUR COMMUNITY CONNECTION

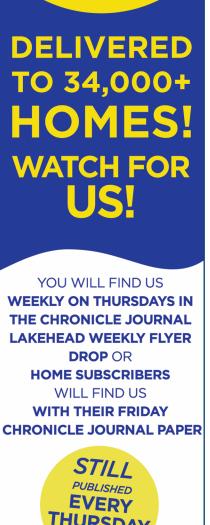


Thursday, December 5, 2024

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What is the meaning of

LL° DV61144.7

Mamow Obiki-ahwahsoowin?

Mamow Obiki-ahwahsoowin is the Tikinagan service model. In Ojibway/ Oji-Cree, Mamow Obiki-ahwahsoowin means, "Everyone working together to raise our children." It is a system of protecting and caring for children and supporting families that has been designed and is delivered by First Nations people in our 30 communities.

For more information, go to TIKINAGAN.ORG









Ignace Mayor Kim Baigrie, left, and NWMO president and chief executive officer Laurie Swami sign an agreement. (FILE)

Ignace approved for nuclear waste

By Mike Stimpson - Local Journalism Initiative Reporter

The Nuclear Waste Management Organization has chosen Revell Lake, between Ignace township and Wabigoon Lake Ojibway Nation in Northwestern Ontario, as the site for a proposed deep geological repository.

The repository, or DGR, would be a place for the long-term storage of spent fuel from Canada's nuclear power plants. The Revell site was on a shortlist of two potential locations, along with a spot in the rural South Bruce municipality in southwestern Ontario.

The NWMO estimates construction of the DGR 650-800 metres below ground could begin in 2033, with operations to start by 2045.

The Township of Ignace is "very excited" by the NWMO's decision, Mayor Kim Baigrie said. "Very emotional as well."

"I want to take this opportunity to thank first and foremost the entire NWMO organization for making this incredible announcement ... and for having the confidence in Ignace and the Wabigoon Lake Ojibway Nation to host this very important project," she said.

The township will be "working very closely with the Nuclear Waste Management Organization in the very near future to make sure we are positioned as a community to take advantage of all the economic benefits (and) work with them critically in the licensing and regulatory process that will follow," she

Wabigoon Lake Ojibway Nation members voted this month to be a willing host the DGR if the project "passes not only Canada's regulatory process but our own regulatory approval process," Chief Clayton Wetelainen

There is "a lot of discussion, a lot of studies, a lot of engagement" ahead now that site selection has been made, he said.

"Canadians and Indigenous Peoples have been clear that it is essential to take responsibility now, in this generation, to safely manage Canada's used nuclear fuel for the long term," the NWMO said in its

"This announcement is an important milestone in delivering on that promise to not leave it as a burden for future generations to manage."

Wendy O'Connor of We the Nuclear Free North said she is "disappointed in this news from the nuclear industry, but it is certainly not the end of the story.'

The NWMO has not received the "robust expression of community willingness" it declared essential to making its site decision, she said in an email.

Instead, O'Connor said, Wabigoon Lake expressed only "conditional willingness the consent only to move to the next step of investigations" and not to build the DGR in the First Nation's traditional territory.

Fort William First Nation Chief Michele Solomon said she is disappointed.

Solomon's main concern with the project is the potential for a disaster along the transportation route. The NWMO has yet to determine a route or method of transportation, but it would necessarily cross through Northwestern Ontario.

"We all know that our highways have become more dangerous. We see far more trucks that are off the road that are in accidents. People are being killed already on our highways because of the escalated number of accidents," Solomon said.

WEATHER FORECAST

THURSDAY



Partly Cloudy

Precipitation: 30% HIGH -7 LOW -13



Precipitation: 40% HIGH -6 LOW -10



Precipitation: 70%

HIGH -2 LOW -2

SUNDAY



Snow

Precipitation: 40% HIGH **-1** LOW **-5**







This school bus was involved in a fatal collision.

Bus driver acquitted

TB Source staff

The driver of the school bus involved in the collision that claimed the life of a 10year-old boy in 2023 has been acquitted.

Thunder Bay police responded to a report a school bus had hit a cyclist on the crosswalk on the corner of Clarkson Street and Red River Road in May 2023.

Riker Mckelvey died as a result of his injuries sustained in the collision.

The driver of the bus had been charged with careless driving causing death.

A trial was held Oct. 21 to 24 at the Thunder Bay Courthouse and last Thursday, the driver was found not guilty.

Immigration pushed

By Clint Fleury - Local Journalism Initiative Reporter

Federal government reform of the Post-Graduation Work Permit Program (PGWP) has city officials and businesses worried about the impact on the local economy.

On Monday, Coun. Kristen Oliver, chairperson of the inter-governmental affairs committee, brought forward a memorandum calling on the federal government to delay the implementation of PGWP reform.

Council unanimously voted in support of the memorandum.

Organizations, including Thunder Bay Chamber of Commerce, Thunder Bay Community Economic Development Commission (CEDC) and Northwestern Ontario Municipal Association (NOMA) are speaking out against the reformation of the PGWP because it excludes programs at Confederation College such as engineering, dental hygiene, early childhood education, and business.

"We're constantly hearing on social media or just even having conversations with parents in extracurricular activities and they're saying what a challenge they are in



Coun. Kristen Oliver wants a delay of PGWP reform.

having to find adequate childcare so that people can return to work and contribute to the tax base," Oliver told Newswatch in an interview before the committee of the whole

"So when we know that we don't have the domestic population growth in this area to support those jobs, we have to be looking outside of Canada to fill those gaps," she said, adding that reducing immigration will hurt the region's critical labour gap.

As more people begin to age out of the workforce, there is not enough of a population to replace them.

"When the federal government put this strategy in place that they're reducing immigration numbers, it was too quick, too fast and I think that they unfortunately may have lost sight of what the impacts are going to mean to smaller communities," Oliver said.

"We see immigration tends to have a greater impact in the larger centres like Toronto, Vancouver, and Montreal. Smaller communities like Thunder Bay, where we are isolated, we don't have the same level of people coming in, but we require that workforce."

Oliver said the federal government should be directing immigration efforts toward more rural and remote areas in Northwestern Ontario to help revitalize local economies and contribute to the region's growth.





2.5M guarantee

Leith Dunick - TB Source

Glenn Craig says the beauty of giving a Thunder Bay 50/50 ticket for Christmas is a \$2.5-million cheque is one-size fits all.

Everyone can use that kind of cash, said the president and CEO of the Thunder Bay Regional Health Sciences Foundation, the highly anticipated draw set to launch on Friday. Last year's Christmas month grand prize topped out at \$3.9 million.

Craig said he has no idea how big this year's pot will get.

"How long is a piece of string? How high is up? We think, pretty confidently, that we can top that \$4-million number easily. If we do the same sort of numbers that we did last year and the way we're trending up this year, we think it'll be over \$4 million, which is a life-changing amount of money.

"And it's tax-free. It's lump sum. You get it all at once, you don't get it over 20 years. You get a cheque in a couple of weeks and you're starting your new life. Somebody's going to be very happy in 2025."

It's been a record-breaking year for the hospital lottery, which started with modest expectations but has morphed into a moneymaking machine. More than \$36 million worth of tickets have been sold this year, more than \$2.6 million than was brought in all of last year, including December's record-setting draw.

Proceeds from the November draw, which topped \$1.4 million, and the December draw, for the second year in a row have been earmarked for retrofitting the triage area of the Thunder Bay Regional Health Sciences Centre, a project expected to start in the new

Dr. Kyle Lansdell, who heads up emergency and trauma services at the hospital, said the impact has been phenomenal, touching every corner of the health-care facility.



Dr. Kyle Lansdell (left) and TBRHSF's Glenn Craig.

a busy place and we need spaces that are going to provide safe and efficient and excellent care. This is going to make an amazing difference in helping us to achieve that goal," Lansdell said on Thursday, outside the Foundation's 50/50 store at Intercity Shopping

To date, since launching in January 2021, the draw has awarded more than \$48 million in

It's only getting bigger and better, Craig said. "The Thunder Bay 50/50, we used to say, was Thunder Bay's best-kept secret, but it isn't anymore. Through telling friends and connections out of the city, we are seeing people from all across the province interested in our game, playing our game and occasionally winning it," he said.

Tickets can be bought at Intercity Shopping "As you know, the emergency department is centre or at www.thunderbay5050.ca.

uncan wins 50/50 draw

Leith Dunick - TB Source

Robert Duncan is going to have a pretty happy holiday season and a pineapple filled new year.

The Thunder Bay man on Friday learned he was the winner of the November Thunder Bay 50/50 jackpot, taking home a cool \$1,464,202.

"Wow, this is going to make Christmas a lot better, or life," Duncan exclaimed after getting the call from Thunder Bay Regional Health Sciences Foundation president and CEO Glenn Craig.

"My wife is going to be ecstatic once she hears about this. We have two kids, four grand kids and we're going to Hawaii in February for three weeks. I was worried about how pricey Hawaii is, but now that's all taken care of."

Duncan's win marks the 15th straight time the 50/50 draw has made someone a millionaire, and December's will be the 16th in a row, with a guaranteed \$2.5million grand prize.

There are also \$250,000 in early bird

Last year's December draw prize was \$3.9 million.

Tickets are available online at www.thunderbay5050.ca or at the Foundation's store at Intercity Shopping Centre.



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Thursday, December 5, 2024 **EDITORIAL**

Trudeau v. Trump

Prime Minister Justin Trudeau is walking a fine line.

Given the temperment of the incoming president south of the border, he can't afford to draw too deep a line in the sand when it comes to trade.

The good news is Donald Trump has never met a deal he doesn't want to make.

So when the former and soon-to-be current U.S. president says he plans to enact 25 per cent tariffs on all incoming goods from Canada, it's really just the starting point of nego-

Trump wants Canada to beef up its border, which is a bit ludicrous and shows his lack of understanding. Maybe he can stop the flow of guns into our country while we're at it.

He also wants Canada to up its military spending, though whether or not the U.S. even remains a part of NATO is up in the air.

Trudeau must protect Canadian sovereignty. Canada cannot be bullied on the world stage.

Trump loves to make others look weak, but we have a lot of stuff they need, including softwood lumber. Stand some ground.

LETTERS TO THE EDITOR

Stop the insanity To the editor:

I need to express my sincerest gratitute to all of the emergency responders who attended to the devestating incident on Crown street Sunday afternoon.

The selfless actions taken by all of the public servants who responded that day will have a lasting impact on the lives of all those affected and should be recognized across the city as nothing but inspirational.

My partner was in the home next door when the blast blew the pictures off of the walls.

Not only were the emergency responders able to save the home from complete distruction, they also took extreme care in handling the valuable assets that needed to be removed for interior access.

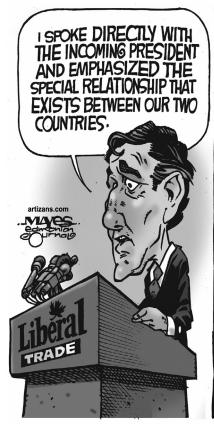
The responders took the time and care to place barriers on the floor in the basement to protect valuables from the flooding caused by the water going on the fire next door.

Lastly, I need to recognize the bystander whom I assume is the one who called in the emergency.

While my partner was tending to the individual who was in the building when it ignited and I was trying to secure my partner's dog, this individual in a blue coat took complete control of the scene, was shouting orders at other bystanders and directing traffic.

He then simply disappeared as soon as the fire trucks and professionals arrived.

It is a direct result of the quick and precise actions of these individuals and public servants





that my partner's house is still standing today. The work that our public servants do in all capacity of our lives truly makes this world a better place for everyone.

Name withheld

Held not an easy story to attempt to follow

John Pateman

BOOK BANTER

Held by Anne Michaels begins with a flashback to Cambrai, France, 1917. On a battlefield near the River Escaut, John lies in the aftermath of a blast, unable to move or feel his legs.

As the snow falls, he is lost to memory - a chance encounter in a pub by a railway, a hot bath with his lover on a winter night, his childhood on a faraway coast.

When John returns from war to North Yorkshire - River Esk, 1920 - he is reunited with an old friend, reopens his photography business and endeavours to keep on living.

But the past erupts insistently into the present, as ghosts begin to surface in his pictures: ghosts whose messages he cannot understand, as the century unfolds before him.

This book is not an easy read. The writing is beautiful and poetic but the prose is chopped up into small pieces that interrupt the narrative flow.

To make the novel even harder to follow, the plot goes backwards and forwards in time. There is a leap from River Esk in 1920 to River Westbourne, London in 1951, and then to River Orwell, Suffolk in 1984.

The river theme chronology are then broken by a sudden return to Sceaux, France in 1910 followed by Estonia to Best-Litovsk in 1980.

All of this jumping around in time and location is accompanied by a dizzying array of new characters who may or may not be linked to previous scenes in the

The final chapters are set in Paris (1908), Dorset (1912), Suffolk (2010) and Finland (2025) by which time I had quite literally lost

Nevertheless, here are some vignettes that stayed in my mind.

Mr Stanley, John's assistant photographer,

unbuttons his jacket and shows John a folder copy of The Worker in his breast pocket. By this we are to assume that they have communist sympathies because the Daily Worker was the newspaper of the Communist Party of Great Britain, which was founded in 1920.

Mr Stanley says to John 'We're not the lads with the tin faces, spending our days on the blue benches down in Sidcup.' From this

we can infer that John and Mr Stanley did not receive disfiguring injuries during the Great

Blue benches were placed outside MIlitary Hospitals and were reserved for soldiers who had their faces destroyed by bullets, bombs and shrapnel. The blue benches alerted members of the public to brace themselves for these hideous war wounds, which were treated at a special unit in Sidcup Hospital.

When ghostly images start to appear on his developed negatives John remembers the Angel of Mons, a supernatural force that miraculously intervened to help the British at the decisive moment of the battle.

Reading Held is like trying to solve a crossword puzzle without being given the clues. Good writing is not enough. Plot and character development are also important. Award winning books should at least be understand-

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PERSPECTIVE Visit TBnewswatch.com Thursday, December 5, 2024

Global warming difficult to ignore

By JR Shermack - Special to TB Source

I have a small vegetable garden in the back yard that has not been adversely affected by climate change.

Around here the weather never gets too hot, we get plenty of sunshine and even when it doesn't rain there is no drought in my back yard.

If the garden gets too dry I have a garden hose connected to one of the biggest fresh water lakes in the world - crisis, what crisis?

It is a perfect environment for growing vegetables and we are lucky enough to have fresh, home grown veg on our table all summer and into the fall.

Even if the global temperature does rise by a couple degrees we would benefit from a longer growing season and even more fresh produce.

It would be easy for me to be lulled into a false sense of food security but I am well aware of challenges and changes in global agriculture as it struggles to feed a hungry

Climate change is having a disastrous effect on the natural environment which in turn dramatically affects the ability to grow food in much of the world.

Even for those living in denial global warming is getting more difficult to ignore as the effects become increasingly apparent and more inconvenient.

It seems like this runaway train has sped well past all those tipping points we were warned about and since we are powerless to resist we are forced to react.

Our best strategies now are adaptation, resilience and as much as possible, resist-

Learn to live with the heat, prepare for severe weather and drought, say goodbye to many plant and animal species and avoid the perils of rising ocean levels.

The global garden is at the mercy of the elements and will face many challenges including pressure to produce nutritious food as global warming wreaks havoc on global agriculture.

For example, in our backyard garden we successfully grow a few hills of potatoes every year but potato farmers in China are forced to adapt to changing growing conditions.

As the world's largest producer of potatoes China grows close to 100 million metric tons on 5 million hectares of land but this critical food source is under threat. Potatoes are particularly susceptible to



Global warming is wreaking havoc on global agriculture.

high temperatures and as global warming accelerates, the plants grow faster but the yield at harvest is down by more than half.

In response Chinese biologists are developing new, more aggressive varieties with higher yields, and more resistance to the hotter, wetter conditions caused by climate change.

Farmers are also being encouraged to plant earlier and move their production to higher altitudes to escape the heat.

In 2022 an initiative was launched by the Hot Climate Program in Spain to develop new apple varieties that are adapted to growing in higher temperatures.

A new apple called 'Tutti' was recently unveiled - it is a red-skinned fruit, crunchy and juicy with a sweet-tart flavor and it is resistant to the stress of heat and water shortage.

It can easily stand temperatures of 350 degrees F. when baked into an apple pie.

Rice is also resisting climate change several species of green super rice have been developed with traits of drought tolerance, disease resistance and high yield potential.

One of the key factors in developing climate resilient wheat varieties is a longer and deeper root system to tolerate heat and drought and increased resistance to blight

Many recent adaptations in plant species have been through old-fashioned selective breeding but with modern gene-splicing capabilities the possibilities are endless.

Climate change and global warming are here and now - if we want something to eat the resistance is strong starts in the garden.

The good news is, resistance may not be futile when it comes to agriculture, climate change resistance that is.

what's Happening The Bay

To submit an event, email ldunick@dougallmedia.com. Please include details about the event, including any cost

December 7 and 8

Aviation Heritage Centre sale

The Northwestern Ontario Aviation Heritage Centre, located at 905 E. Victoria Ave., will be open both Saturday and Sunday, Dec, 7 and 8 from 1 p.m. to 3:30 p.m. for opportunities to purchase Christmas gifts for the aviation enthusiast in your family.

We have a good supply of aviation themed merchandise including tshirts, mugs, hoodies, caps, books, and a beautiful RCAF 100th Anniversary coin.

All forms of payment are accepted. The centre will also be open every Wednesday and Sunday from 1 p.m. to 4 p.m. during the month of December. Check out our webpage www.noahc.org or our Facebook page for more information.

December 5

Westfort Wonderland

The Westfort Village BIA is once again hosting its popular Winter

Wonderland on Thursday, Dec. 5 from 4 p.m. to 8 p.m. in the Westfort Village area on East Frederica Street.

This free event features Santa, the Grinch and a Yeti along with some famous princess characters for photo opportunities.

There will also be live music, sleigh rides, bonfires and s'mores and refreshments and snacks.

December 7

Creekside's Holiday Local **Artisan Market**

Forty artisans will be at Creekside Nursery and Garden Centre on Saturday, Dec. 7 showcasing their talents from 10 a.m. to 4 p.m.

Cafe Ora will be on site and a special visitor from the North Pole will make an appearance.

December 7

Holiday Photos

Looking for a Christmas photo with somone other than Santa? This Saturday from 10 a.m. to 2 p.m, the Grinch will be at Goods and Co Market in support of Toys for Tots.

If you can't make it this Saturday, the not-so-cheerful character will return on Dec. 14 at the Waterfront District's heart of the Holidays event.

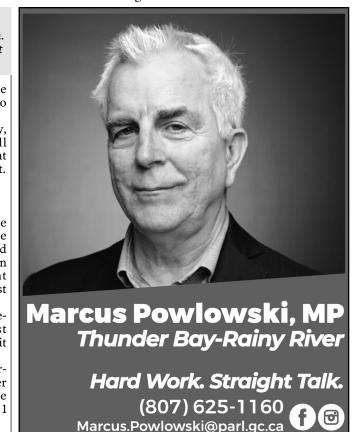
December 7-8

The Book of Mormon

The New York Times calls it "the best musical of this century." The Washington Post says, "It is the kind of evening that restores your faith in musicals." And Entertainment Weekly says, "Grade A: the funniest musical of all time."

It's The Book of Mormom, the ninetime Tony Award-winning Best Musical. The show contains explicit language.

The musical is set for three peformances this weekend at the Thunder Bay Community Auditorium. The first is Friday at 8 p.m., followed by 1 p.m. on Sunday and again at 7 p.m.



Freeland emphatic on Alstom

By Leith Dunick - TB Source

Canada's deputy prime minister says she expects Toronto's new subway cars will be built at Thunder Bay's Alstom plant.

Chrystia Freeland made the proclamation on Friday, after the federal government announced \$758 million in funding to help cover some of the \$2.3 billion in expected costs to replace the Toronto Transit Commission's Line 2 Bloor-Danforth subway cars.

A total of 55 trains will be needed, with funding also coming from the province and the City of Toronto.

"You have here the federal government, the provincial government, the City of Toronto and the people who run the TTC, and I think all of us are in wild emphatic agreement that we want these subway cars to be built in Thunder Bay," Freeland said, answering a media inquiring asking about the procurement process, given that the TTC has yet to put anything out to tender.

"Canadians, Ontarians, have a fabulous manufacturing sector. We know how to build things in our country and in this great province. It absolutely makes sense for the

people of Canada to build great subway cars for the city of Toronto."

Greg Percy, the interim CEO for the TTC, confirmed the procurement has not yet been released, but they are ready to press send, adding it will be a competitive process and no company has a preconceived advan-

"There will be a notice going out on Monday, and by all means we'd be more than pleased to have Alstom as a serious competitor on the fleet, but it will be open more broadly as well."

The new cars aren't expected to be available until 2030.

It's great news, said Justin Roberts, the president of Unifor Local 1075, representing workers at the Thunder Bay Alstom plant, moments after learning the news.

"That's great news. It's great to hear that we have the support of the federal government. It's great news the bidding process for the subway cars will begin," Roberts said.

"I'm excited because it sounds like we're the favourite of the federal government. Now we just have to hope we are giving a competitive bid that makes financial sense as well."



The federal, provincial and City of Toronto governments are spending \$2.5 billion on new subway trains for Toronto.





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NEWS

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Thursday, December 5, 2024





WIN 50% of the Jackpot & Help Save Our Cathedral Roof!

Saint Patrick's Cathedral has undertaken a project to replace the 60 year old roof on the Cathedral. The roof has suffered the ravages of our NW Ontario weather and is deteriorating rapidly. The replacement cost is 2.4 million dollars which we are committed to raising over the next 3-5 years. The completion of the roof campaign will ensure that this iconic structure survives and continues to serve the community for the next 100 years.

Thank you for your support.

Buy Tickets Online at StPatsHat.ca

Holiday Train a giant success

By Leith Dunick - TB Source

The CPKC Holiday Train rolled into Thunder Bay on Monday night, one of 160 stops it will make, spreading Christmas cheer and donations to local food agencies like the Regional Food Distribution Association.

Hundreds of people lined the tracks when the train, decked out in holiday lights, arrived, the stage lowered and singer Shawnee Kish started singing.

She was joined in the spotlight by Tyler Shaw, a multi-platinum artist who has opened for the likes of Alessia Cara and Shawn Mendes.

"I'm having the best time on the Holiday Train," Kish said. "And I want to thank you so much for standing here with us. We are raising the means to help people who need a helping hand this time of the year. So thank you."

Between sets, officials from CPKC handed over a \$13,000 cheque to the RFDA, an organization that helps provide food to food banks throughout Northwestern Ontario and also provides food-based programming, including a community kitchen.

"We just want to say thanks to the entertainers and the railway to come from across the country to come and see us here," said Thunder Bay Mayor Ken Boshcoff, who took to the stage alongside the RFDA's Volker Kromm.

"Let's give them a really big Thunder Bay welcome."

Kromm, who rode the train from Nipigon, said it was amazing journey back to Thunder Bay.

"You have no idea what spectacle that CPKC has done, until you ride the train from Nipigon. I have seen thousands of people lining the streets and the crossings, in places like Hurkett and Dorion and Nipigon. I want to thank you all for making the season kind," Kromm said.

"This is a time of giving and sharing and caring and that's what Thunder Bay is all about. We're good at that. Let's feed everyone."

Nine-year-old Creed Mamakeesick was among the first in line to greet the festive train, and could barely contain his excitement.

"I'm very excited," he said, between bites of his candy cane. "I get to stay up late."



Tyler Shaw performs on the Holiday Train. (Leith Dunick)

Eight-year-old Sawyer Schmidt said her friend was also on board from Nipigon and she couldn't wait to see her and ask her about the experience.

"I'm also looking forward to seeing it," she said.

Niaomi Pereira, 11, said circumstances didn't allow them to hang around for last year's Holiday Train.

"We had to catch a bus," she said. "So, I'm glad to be here today to enjoy the train. I've never seen it before."

Meanwhile Tekira Varga, 15, said she's glad it wasn't as cold as she expected, which made the hour-long wait a lot more enjoyable.

"It involves a lot of memories for people," the teenager said. "Since a young age I've been going to this train and it created a lot of memories growing up as I did it more and more."

Varga estimated she's been to the Holiday Train at least eight or nine times.

Over 26 years, the train has collected more than five million pounds of food and donated more than \$24 million.

The Holiday Train will run through Canada and the United States through Dec. 20.

The first serious snow arrives

Well, it happened, didn't it? First serious snow. Environment Canada called for a few centimetres on Monday and Tuesday. Hah! We received five inches! Welcome to December.

It "were quite the blizzard, it were." Horizontal snow due to the ferocious

winds. We brought into the barn the two outside boarding horses who had just arrived two days earlier.

We had two box stalls ready for them. The three other equines (one a boarder, the other two ours) were already in their stalls for the night so we just threw in hay and checked their water pails and left them inside.

The snow sufficiently slackened by Tuesday afternoon that we thought that we could kick everybody back outside and I mucked out the stalls. The two newbies on the farm went back into their paddock where there is a covered shelter and the other three into their paddock to the east of the barn. We brought the three back inside for the night much later on.

To me, it was a beautiful sight. The ground is now white except of course where long stubble is poking through. That, too, will change once Ol' Man winter gets serious about bequeathing us with more. But there wasn't enough snow to warrant scraping or blowing the driveway.

> At this time of year when the first snow arrives, it is best to make a base by driving over it with vehicles.

> Our truck plus that of our son, Doug, plus the driving of Big Red, my elderly tractor, ensures that a good base is formed.

> Otherwise, if I were to attach the farm snow blower and try to blow snow, without a good base, I run the risk of grabbing gravel with the blower and spreading it

> > Licence #M875702

on the now-hidden lawns, no fun come

So, forming a base is the first step which I have done. Any future serious snow will be dealt with by the blower.

It is amazing how quickly I forget about what accompanies serious snow. Our concession road was ploughed by our township plough and by the time I drove to town, the highways chaps had also scraped the roads. I started out with a clean car but when I returned to Casa Iones, it was covered in salt. So, it begins.

The day after the big snow, I drove up the road to our resident mechanic who put the winter tires on the car. Father and son rapidly removed the summers and whipped on the winters in about a quarter of the time it would take me.

Much relieved when I drove to the highway on our road that was slick with snow and ice.

When I made it to town I noted the lack of snow. Coming home I drove Highway 61 and then up Highway 608 that leads to the village of South Gillies. All of a sudden, as I crested the top of the hill, I was driving through a winter wonderland. The spruce, Jackpine, and balsam trees and the bushes were all covered in glistening white. What a contrast to below the hill! I love it.

With falling temperatures that will eventually reach the -20C or even -30C over the course of the winter, good ground cover of snow is essential for the prevention of septic tanks and even wells freezing.

We had our septic tanks cleaned several months ago and while I had replaced the concrete covers, I realized that I should cover the openings with hay to prevent freezing. I trundled two small square hay bales plus a lot of raked loose hay and covered the openings.

In years past, I have first put down a layer of pink insulation but when it comes time to remove same, it usually involves hacking the insulation to pieces. This year I was trying to avoid that messy task by substituting the covering with hay.

Sure hope it works.

Sunday, I decided to go for a walk along our trails with the dogs. Now I could see lots of animal tracks - fox, mouse, grouse with their snowshoe track imprints, and lots of rabbit tracks.

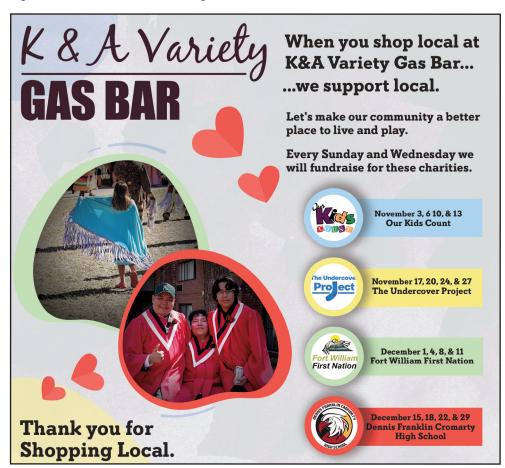
That is another advantage of having snow cover on the ground: now you get to see what your wildlife neighbours are doing. Of course, I am not very conversant with whose tracks I'm seeing so a good field guide helps.

And drama in the bush: saw an owl wing print in the snow. I guess the wood is now minus one mouse . . . or rabbit.



RURAL ROOTS





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Next fishing season, figuring out a way not to lose so many trout is a high priority for our columnist. (Submitted)

The trout that got away

Last fishing season, I lost more big trout than I care to think about. Next year, I am determined to see fewer long-distance releases and a much better landing percentage. My strategy to achieve this starts with switching up the type of hook I use.

Fishing hooks are one of the smallest parts of an angler's setup, but they are also one of the most important. Despite this fact, we often buy cheap hooks, select the wrong type of hook, or continue to use a dull hook, even after losing a fish.

Every fishing hook has a short list of key parts, and each of those parts has a name.

Combined, the variation in these parts makes every type of hook unique. Starting at the tip, the sharp part that pierces the fish's mouth is called the point. At the end of the point is the barb, which is a backwards-facing spike that helps stop the hook from coming loose. In some areas, like certain parts of the Nipigon system, it is illegal to use a hook with a barb. Behind the barb, is the throat, and then the bend,

where the hook curves back on itself. Then there is the shank, and finally the eye, where you connect the hook to your lure or fishing line. Critically, there is also the all-important gap, or gape, which is the distance between the throat and the shank.

Each type of hook is tailored to work best for a specific type of fishing. For example, having a long, narrow shank is useful when presenting worms to perch. On the other hand, having a wide gap and a short shank is preferred for big, strong fish, like steelhead.

Choosing the right size hook for your target species is hugely important. The smallest hooks begin at around size 30 and run up to 1 before switching to size 1/0 (pronounced "one aught") then 2/0, 3/0, and so on as they continue to increase in size. Choose a hook that is too small, and you will miss hooksets. Go too big, and wary fish will avoid your bait completely.

To complicate things further, there are many more things to consider, like the colour, the gage (thickness) of the wire, the type of point,

the type of eye, and the overall shape of the hook.

Treble, Octopus, Aberdeen, Circle, Siwash... the list goes on. There are many types of fishing hooks, and each one has an application where it performs best. While advanced anglers are always testing new sizes and styles, a novice or occasional angler can keep things simple and still have a fun day of fishing

knowing that pretty much any kind of hook could technically catch any kind of fish. If the choices at the sporting goods store are overwhelming, asking an experienced angler for advice is a good place to start. Then, once you are consistently catching fish, experimenting to find just the right style and size hook for your type of fishing can be the final piece of the puzzle in helping turn a good day on the water into a great one.



Keith Ailey

Prescriptions and food

Anyone in the early to mid 40s and above age brackets has probably gotten a prescription in their lives with the huge sticker on it in capital letters reminding you to take with

Often times potent drugs need to be slowed down by the consumption of nutrients to prevent any adverse reactions from a rush of the drug at once, thanks to an empty stomach. At least that's the chef perspective, hey I'm not

A researcher and doctor in Los Angeles, Dr. Zain Hasan has identified a few drugs that are actually less effective when taken with food, one with a connection to yours truly.

In 2020 I was diagnosed with a cancerous node on my thyroid, resulting in a Hemithyroidectomy.

Where they removed half my thyroid, because of this, I'll be taking synthroid (levothyroxine), for the rest of my life. This medication is used to treat an underactive thyroid, also

known as hypothyroidism, which is obvious because, I only have half a thyroid (duh).

It works by replacing the thyroid hormone thyroxine (T4), which people with hypothyroidism produce enough of.

Experts estimate that 100 million prescriptions are written for synthroid every year, with one in 20

Americans taking it. Consuming foods with high levels of calcium and iron such as dairy and red meat has been observed to decrease the gut's ability to absorb the medication.

Meaning my current routine of taking my medication followed quickly by a protein shake in the kitchen in my underwear (or less) is



Many prescriptions need to be taken with food to avoid adverse reactions. (iStock)

actually a bad thing. If you ask my wife she may say its always been a bad idea, but its our house and I do what I want.

Dr Hasan's research also pointed

Against taking bisphosphonates with a meal. Bisphosphonates are a group of drugs that help increase bone strength and density. These are most often prescribed for osteoporosis, a condition mostly found in older people that makes bones brittle and prone to breaking, as well as some cancers that have spread to the bones.

America's favourite erection drug, Viagra, also made the list.

Also known as sildenafil, Viagra is taken by over one million American men, including increasing numbers of men in their 20s and 30s.

The drug helps relax muscles and arteries in the penis, increasing blood flow, which helps sustain an erection.

Erectile dysfunction typically affects men over 50, though young men have become increasingly prone to the condition, which experts have blamed on stress, pornography, and anxiety.

All of these have been shown to lower testosterone levels.

Hasan's research has shown it's recommended to take Viagra either an hour before sex on an empty stomach or two hours after a meal to make sure it's effective.

Fatty meals (in particular) can block the absorption of Viagra's active ingredient, sildenafil citrate, and delay erections by about an hour.

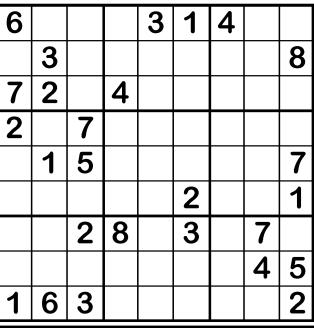
Far be it from me to judge, but if you're eating a super fatty meal and then expecting to get busy, and expecting to perform adequately, what are we actually doing here?

Derek Lankinen is an award-winning chef, author, and restauranteur. He is the Owner/Operator of Beefcake's Burger **Factory with ONE location in Current** River and is the Co-Owner of Elite Beef.

Enigma cryptograms are created from quotations and proverbs from around the world. Each letter stands for another letter. Hint: "C" = "D"

"LJZ KVYZRKNKLS TG VZQ KU XNAXSU KQIKLKQM LJZ KVFOCZQRZ TG FTAZD."

- DXNFJ AXNCT ZVZDUTQ





1 Able-bodied seaman (abbr.) Stinging insect Horned viper Firm Fr. artist Absent without leave (abbr.) Son of Hermes Edible shellfish

Without (Ger.)

the American

Revolution (abbr.)

29 Ibsen character

30 Science class

31 3 (Rom.

32 Sp. article 33 Fishing line

34 Desolate

numeral)

ERA 10 Old-style verb 11 Tall tale 17 Sea eagle 19 Comparative 22 Handle 23 Habakkuk (abbr.)

26 Shame 27 Chew 28 Song (Ger.) 30 Afr. eye-worm 33 Church officer 34 Cooking vesse 35 Trojan hero 36 Cyclades island 37 Sorrow 38 Arabic (abbr.) 39 Phil island 40 Rood screen

42 Daze 44 Thus (Lat.)

45 Arabic lettér

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Something to believe in

By Linda Maehans - Special to TB Source

Move over, Broadway. Step aside, Hollywood.

And if you have any original manuscripts of Christmas stories you'd like considered, best feed those pages into a shredder right now and be done.

All we want and need is the story of Buddy the Elf.

All we have, indeed a wonderful thing to have, is Elf - the Musical. It is, as the saying goes, the real deal; you'd better believe you

Magnus Theatre's gift of holiday magic to this community is complete enchantment. From the moment our suave Santa invites us to curl up comfy-close for the story of Buddy the Elf. This ain't no far-fetched tale, believe you me.

Given the introduction and big-band sound to Elf, by Danny Johnson-and-musicians perched way up high in a starry night sky as they are, well, we should have guessed what would follow. Oh! The elves! How do they just appear? I can't say; but



Alex Fellowes Smith plays Buddy the Elf. (Matt Goertz)

what I will tell you is you'll be grinning earto-ear in no time flat. In Christmastown, North Pole. It is, after all, time to help Santa check his list, twice.

And thus begins the true story of Buddy the Elf; his leaving the Pole and landing in NYC where nothing is familiar and the pace-of-life is anything but sweet.

For us, lucky audience, it is also where the magic of Elf - the Musical takes off like a snazzy jazzy pizzazz-y sparkler of humanpowered motion and sound. Feelings. Emotions. Almost too much to absorb, yet we do. We don't miss one scintillating detail happening before our very eyes. No elves, these are real people. As amazingly flexible as any elf, I can tell you. And why I told you to forget Broadway. Kudos to Makayla Moore for her choreography;

Yet with all that sweetness and light comes a few shadows to worry the mind. How can anyone be thinking good thoughts when corporate axe-strokes hover above the necks of employees; or when fake Santas growl; or are lamenting their demise in a shabby district of a Chinatown NY? Geez, we'd rather be skating on ice in Central Park (to where we are whisked the next instant) via the magic of live-theatre. It's why I told Hollywood to go home. And the reason why Elf is so marvelously funny, droll in almost every aspect. Almost. Scenery.

Scenery. Big applause here for the costumes, every one of them, in Elf.

Take a well-deserved bow, set-and-propsand-lighting; someone who makes it all

Saving extra for the main voices in this production: a round-of-applause for the elves; the staff at Macy's; at Greenway Books; and some guy from Chicago.

Best applause, though, for Alex Fellowes-Smith, Katie Blackburn, Hanna Wheatley (I'm assuming the "older" Michael), Amy Sellors, and Stephen Sparks. Clear, with perfect pitch and genuine delivery. No sir, it doesn't get better than this.

Check the program: Santa's list-of-names for all the talent putting together this gem of a holiday show: it's on your computer. In your hand.

Now. All that's required of you is to find your seats, with loved ones, or alone, and allow the true spirit and joy of the season in, head-heart-and-soul.

Elf is at Magnus until December 21; after that, busy. Signed, Santa.







Cynthia Erivo and Ariana Grande are the stars of the film adaptation of Wicked, now playing at SilverCity.

Spectacle with heart

Marty Mascarin

MOVIE TALK

According to CNN, the cinematic version of Wicked (SilverCity) is the most successful Broadway adaptation in history, raking in \$242 million as of last weekend. The film is currently dominating theatre space along with Moana 2.

The movie has a built-in audience given the number of costumed young-uns in attendance at last weekend's screening. The Toronto production experienced many moons ago prepandemic was an enjoyable romp, a mix of heart, fantasy and spectacle.

Does the movie version live up to the hype? It's an amiable distraction.

The film is loosely based on Gregory Maguire's 1995 novel, Wicked: The Life and Times of the Wicked Witch of the West providing a revisionist origin story for the

Wicked Witch from the Wizard of Oz predating Dorothy's arrival.

The film begins after the destruction of the Wicked Witch then refers further back to earlier times when Glinda the Good Witch of the North (Ariana Grande, known as "Galinda' before she dramatically announces dropping the "a") reluctantly becomes roommates at Shiz University with Elphaba

(Cynthia Erivo who'll evolve into the WWW). Galinda is comically vain, self-absorbed, forever hair-flipping. Elphaba is fighting discrimination, being green-skinned.

Gradually, they become friends.

Elphaba is an outcast. Her skin colour is the result of her married mother's dalliance with a faceless cad who relished a mysterious green drinking concoction

Elphaba is favoured by the school's sorcery teacher, Madame Morrible (Michele Yeoh) because of her telekinetic, Carrie-like powers. To placate Glinda, Morrible issues her a starter wand that laughably gets her absolutely nowhere.

Subplots include star-crossed romance and animal oppression. Elphaba and Glinda are both drawn to handsome Prince Fivero (Jonathan Bailey). Glinda fobs off amorous munchkin Bog (Ethan Slater) on unsuspecting Nessarose, Elphaba's wheelchair-bound sister.

The school's in an uproar as their anthropomorphic animal teachers are suddenly being rounded up by totalitarian forces. This sense of menace extends to Elphaba and Glinda meeting the Wizard of Oz (Jeff Goldblum) whom, as we all recall, is a shyster. He mysteriously hints bringing people together requires a "common enemy."

The Wizard feels threatened by Elphaba, who can translate incantations from an

> ancient, powerful tome. We learn where the flying monkeys come

> Erivo and Grande are engaging contrasts, forming the film's emotional center. Erivo earns empathy, determined to overcome her social ostracism. Grande is hilarious, a charming Clueless-like princess with a vulnerable side. Goldblum is genially slimy. Kristin Chenoweth, Glinda from the stage

show, has an amusing cameo.

Director Jon M Chu ("Crazy Rich Asians") is disciplined with his camera and editing, allowing character nuance and humanity to emerge amidst the busy spectacle. The choreography, huge sets, costumes and production design are impressive. However, the CGI occasionally looks a little washed out. The film's 2 hour, 40 minute running time is evident by the last act.

That's Part One. Part Two next year promises darker conflicts. The accountants can't wait.





T-Wolves rally to beat Ravens

By Leith Dunick - TB Source

The Lakehead Thunderwolves may have stunned the Carleton Ravens, but they certainly didn't shock themselves.

They believed all along, even when they were down double digits on Saturday at home, they had what it took to down the 17time national champion Ravens.

Down 14 at half, they rode the hot hand of Carson Unrau to start the third, the secondyear forward putting up nine straight LU points, took back the lead two minutes into the fourth on a pair of Harold Santacruz free throws, then took the lead four minutes later on a Nathan Bilamu corner three that had the C.I. Sanders Fieldhouse crowd as loud as it's been in more than a decade.

When the dust settled, the Thunderwolves had earned a 76-67 triumph, knocking the No. 4 Ravens from the ranks of the unbeaten, both teams hitting the Christmas break with iust one loss.

"We're 9-1 and not ranked right now. So, we kind of had a chip on our shoulder going in. And we knew that if we did what we could control, we were going to win the game, which we didn't do in the first half. But we knew if we cleaned up every little mistake, it

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would lead to us to have a better chance to win and obviously it ended up helping us to win," said Unrau, who finished with 11 points, eight rebounds and two steals.

It was Lakehead's first win over the Ravens since 2011, when they captured the OUA championship with a 77-62 victory, and more importantly, it marked the first time coach Ryan Thomson could claim victory over Carleton since taking over the team.

That made the win extra special, Unrau

"It means a lot to me, especially for Thomson. That was the only team in the OUA he hadn't beaten as a head coach, and it was awesome to get that done for him and awesome to just get that done for the team. But we know it is Carleton and we just need to keep moving on to the next game," he said.

It was all Ravens in the opening half, though Lakehead did take a brief, 12-second firstquarter lead when Nathan Bilamu drained a three-pointer, putting the T-Wolves up 9-7. The Ravens led 21-14 after one and went on a 12-4 run to start the second to jump in front 33-18. The Ravens Daniel Smith keyed the run with five points, and they took a 40-26 lead into halftime.

Unrau opened the third with a three, then



LU's Johnathan Goode drives the lane last Saturday.

hit a pair from the charity stripe to pull the Wolves within nine.

"The energy he brings is infectious," Thompson said. "I think that's something the guys really rallied around."

Point-by-point, fuelled by the crowd's growing energy, the T-Wolves (10-1) clawed their way back. Kaylian Coulibaly, who put up 11 off the bench, made it a four-point game at the 5:40 mark of the third, grabbing an offensive rebound, sinking the basket and the and-one, Lakehead trailing 48-44 at the time.

Moments later Coulibaly tied it at the freethrow line and the Wolves carved 13 points from Carleton's halftime lead by the time the third came to a close.

The lead changed hands six times in the fourth. Bilamu made it 66-61 with two free throws, then grabbed a huge offensive board that led to another bucket off a Chris Sagl miss, giving LU a 70-65 advantage. Santacruz made a put-back and Bilamu added two more free throws with 36 seconds to go, stretching Lakehead's lead to nine.

"We can celebrate tonight, for sure. I feel like we're just right there. In all my four years at Lakehead, I've never beaten Carleton, the same as coach. It feels good to get one from them, but we're right up there with Carleton. It's a good W," said Bilamu, who led all players with 20 points. Sagl added 15 and Santacruz had 13 for LU.

Augustau Brozdeikis topped the Ravens with 16 points.

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Carter George is 4-11-5 with a 3.54 goals against average playing for the OHL's Owen Sound Attack.

George gets national junior camp invitation

By Lucas Punkari - TB Source

Carter George is one step closer to representing his country on junior hockey's biggest stage.

The 18-year-old netminder from Thunder Bay was one of 32 players named to Canada's world junior selection camp on Monday.

The camp runs from Dec. 10-13 in Ottawa, where this year's tournament will be held starting on Boxing Day.

George is one of four goaltenders competing for a spot on the team.

He'll be joined at the camp by Carson Bjarnason of the Western Hockey League's Brandon Wheat Kings, Jack Ivankovic of the Ontario Hockey League's Brampton Steelheads and Scott Ratzlaff of the WHL's Seattle Thunderbirds.

The Los Angeles Kings prospect is in his second season with the OHL's Owen Sound Attack.

He's compiled a 4-11-5 record with a 3.54 goals against average and a .901 save

George also became the 11th goaltender to score a goal in an OHL game on Nov. 14 in a 4-1 win over the Peterborough

If he makes Canada's squad, George would be the first player from Thunder Bay to do so since fellow netminder Mackenzie Blackwood in 2015.

He's previously won a gold medal for his country at the 2023 Hlinka Gretzky Cup and the 2024 World Under-18 Hockey Championship.



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SPORTS Visit TBnewswatch.com Thursday, December 5, 2024

Wolves with a statement victory

Last week I wrote about the Carleton Ravens coming to town, and boy, was it worth the wait.

Down 14 to the No. 5 team in the nation at the half, the Lakehead Thunderwolves found the fortitude they needed to battle back and pull off the upset of the season, downing the Ravens 76-67.

It was the most eletrifying atmosphere I've seen at the Thunderdome in years.

You could almost sense it coming as the Ravens lead kept dwindling, or when the teams traded the lead six times in the fourth quarter.

Carsen Unrau, whom I've written about in the past, scored nine straight LU points to open the third and was relentless at both ends of the court.

Nathan Bilamu scored 20 points to lead the T-Wolves offensively,

and Harold Santacruz was a monster in the paint, putting up 13. Coming off the bench, Keylian Coulibaly is showing plenty of promise, scoring 11 points, including a monstrous two-handed dunk, while grabbing six rebounds in 18 minutes of court time.

They did it without sharpshooter Adrian

Nowak, who was tossed just before halftime in LU's win over Laurier for shoving a Golden Hawks player, a questioable call at best. It earned him a one-game suspension.

Nowak was on fire at the time, with 24 firsthalf points.

With or without him, this is a team that needs to be taken seriously.

They played with a chip on their shoulder, not happy at not being ranked in the top 10,

> despite an 8-1 record when rankings were released last Monday.

> They're now 10th, at 10-1, the second-best record in the nation.

Don't look now, but LU's women's volleyball team is 6-4 and treading in uncharted waters at least in recent memory.

Heading into the Christmas break they're seventh in the OUA, inside the playoff mix. The top eight teams make the postseason.

They've got three games against teams above them in the standing, and two against teams below them.

The last time they made the playoffs was 2012-13. They swept Ottawa two weekends ago. Hopefully it's more of the same after Christmas.

I'll be at the Minnesota Vikings game against the Atlanta Falcons on Sunday. Hopefully the offence wakes up a little earlier than it did this past weekend against the Arizona Cardinals.

What a finish, though, to improve to 10-2. Kirk Cousins is coming off a four-interception game, so it'll be interesting to see if Michael Penix, the Falcons controversial

first-round pick, sees any action if Cousins starts to falter. The Cards are a game back of Seattle and can't afford to give up any more ground in the NFC West, given that the Vikings, Packers and Commanders have multiple wins more.

Is there any team more lucky than the Kansas City Chiefs?

By all rights they should have lost to the lowly Las Vegas Raiders last Friday, but an errant snap in the dying seconds led to a turnover, the Raiders already in field-goal range and trailing by two.

Don't get me started on the debacle that was the finish to the Chicago Bears game.

Coach Matt Eberflus deserved to get fired for bungling the clock on their final drive. Needing to pick up a few more vards to get a little closer for kicker Cairo Santos to attempt to kick a game-tying field goal.

Instead quarterback Caleb Williams barked out calls as time ticked down, forcing a desperation throw to the end zone that fell short.

NFL coaches are paid millions of dollars, but time and time again they make calls in the moment that are bafflingly wrong.

I can't stand seeing teams work their tails off to score a late touchdown, only to have the coach call for a two-point conversion to take the lead instead of settling for the tie and

This one was 100 per cent on Eberflus. The Bears had a timeout and should have used it.

Williams is actually looking more like the No. 1 pick that he was, and his numbers aren't that much different than Jayden Daniels, who should win rookie-of-the-year hands down.

Williams has been sacked 49 times, most in the NFL, so he needs some o-line help. He also has to get rid of the ball once he's out of

Finally, what about Josh Allen? He's got the Bills rolling, even in the snow. Incredible.









Leith Dunick

SPORTS SHORTS

















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UNTIL DEC 31ST

WITH YOUR **CAA MEMBERSHIP**

NEW ARRIVALS; **GIFTWARE & DECOR**

HERE'S MY CARD IN STOCK WATERPROOF LUXURY VINYL FLOORING starting as low as \$299 sq.ft. Ideal for home or office

807-344-0784

facebook.com/DuluxThunderBay

LOCAL FOODS

Beef, Pork, Lamb, Chicken, Turkey | Fresh Veggies | Teas/Herbs | Samoosas | Preserves/Jellies | Dog/Cat Treats | Artisan Baking | Watkins | Handmade Jewelry | Knitting/Crocheting | Woodwork 3D Prints | Bibles | Sterling Silver Jewelry | Honey

MERRY CHRISTMAS TO ALL

Join us for our Spring Market April 5th to June 14th 2025



FISH & CHIPS Buy a 2 piece Alaska Pollock & Chips plus

2 beverages, get the 2nd 2 piece pollock FREE! -No substitute. 1 coupon per visit. Must present coupon before ordering. Not valid on Tuesday or Good Friday. Cannot be combined with any other offer.

Coupon expires: December 31 2024

ANSWERS PUZZLE



ENIGMA SOLUTION: "The imbecility of men is always inviting the impudence of power."

Ralph Waldo Emerson

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,

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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

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

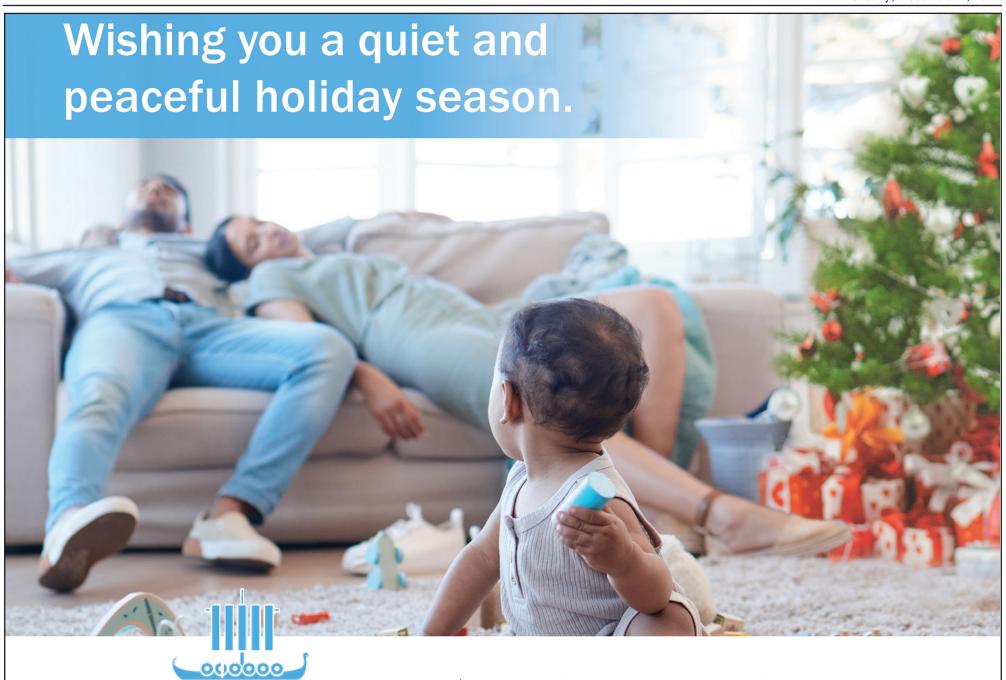
Valerie Mary's residential cleaning

LEGAL NOTICES

Dated at Thunder Bay, Ontario on the 5th day of December, 2024.

KIM DREW, ESTATE TRUSTEE







Happy holidays from the team at Ericksons LLP. We look forward to assisting you with your legal needs for 2025. For more information on what we do, and how we might be of service to you, please visit **ericksonslip.com**

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