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LOCALNEWS

Murder suspect surrenders

THUNDER BAY By TB Source Staff

Murder suspect Charles Casmey surrendered to police following a brief standoff in the East End.

Casmey, who was barricaded inside a home on the 500 block of McTavish Street last Thursday night, exited and gave himself up to police just before 9:30 p.m.

The 31-year-old had been sought for second-degree murder after a 63-year-old man was found dead and a 25-year-old woman injured in a McLaughlin Street home on Monday. A Canada wide warrant had been issued for his arrest a day later.

The daughter of the murder victim confirmed his identity as Joseph Harry Pruys Sr. Police said both he and the woman were known to Casmey.

CHARLES CASMEY

The Thunder Bay Police Service's emergency task unit, as well as OPP officers, were involved in the standoff,

which took place just two streets away from the scene of the alleged homicide.

Residents who had been evacuated during the standoff returned to their homes Thursday evening.

Earlier this month Casmey was charged with two counts of robbery

and forcible confinement, flight from police, dangerous driving, driving while disqualified and failure to stop at the scene of an accident following an incident on Tuscany Drive. In an interview Friday

IEY Oldale added "I hope the justice

System serves my dad well."

She said the coroner has told her that her father died from multiple stab wounds.

A police spokesperson declined to say Friday whether police recovered any weapons during Casmey's arrest. *With files from Gary Rinne.*



STANDOFF CONCLUDES: Thunder Bay Police arrested Charles Casmey last Thursday after a standoff on McTavish Street.

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LOCALNEWS

FN leaders demand Levesque quit post

Indigenous chiefs react to damning report into Stacy DeBungee death

THUNDER BAY By Doug Diaczuk - TB Source

First Nations leaders and family of Stacy DeBungee are calling for fundamental change in the city's police service, starting with the resignation of Thunder Bay Police Service Chief, J.P. Levesque.

"If he refuses to resign, I am calling for the (Police Services Board) to fire him," said Rainy River First Nation chief, Robin McGinnis during a media conference in Thunder Bay on Monday. "He is the one that is in control of the police force, or he isn't in control and is incompetent, or he refuses to change. Either way he needs to go."

The media conference, which included First Nations leaders and family of Stacy DeBungee, was called in the wake of a conduct report released by the Office of the Independent Police Review Director (OIPRD) that substantiated allegations of misconduct by Thunder Bay Police's investigation into the death of 41-year-old DeBungee of Rainy River First Nation, who was found dead in the McIntyre River in October 2015.

The 126-page report, released

"They have

to do a

proper job."

BRAD

DEBUNGEE

Monday morning to the public, found the Criminal Investigation Branch of the Thunder Bay Police Service and lead investigators, prematurely ruled the death of DeBungee to be non-criminal.

Several factors were cited in the report, including failure on the part of investigators to secure or hold the scene until an autopsy had been conducted, a lack of forensic evidence exami-

nation, failure to take statements from individuals or witnesses who were with DeBungee before his death, and



CALLS FOR CHANGE: Brad DeBungee (centre) on Monday says he feels validated after the release of the OIPRD report into his brother Stacy DeBungee's death.

statements made in media releases that the death was non-criminal hours after DeBungee's body was found.

The report states there is overwhelming evidence to support that Thunder Bay Police investigators,

Det. Shawn Harrison and Det. Const. Shawn Whipple, concluded Stacy DeBungee "rolled into the river and drowned without any external intervention."

"It can also be reasonably inferred that this premature conclusion may have been drawn because the deceased was Indigenous," the report continues. "It can reasonably be inferred that the investigating officers failed to treat or protect the

deceased and his family equally and without discrimination based on the deceased's Indigenous status." Brad DeBungee, brother of Stacy, said the release of the report validated what he has suspected all along regarding how his brother's death was handled by police.

"I found a little comfort when I read the report," he said. "It kind of put me at ease to find my theory was legitimate. It hurts. To see the treatment of the family, we got no closure."

Following the media conference, DeBungee said he felt validated further because the officers in charge of the investigation are being held accountable and that this could lead to a proper investigation into the death of his brother.

"They have to do a proper job," he said.

Thunder Bay Police said it cannot make any public comment on the case "until the OIPRD directs a hearing into any allegation of misconduct."



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LOCALNEWS



HOPEFUL: Ovide Mercredi says First Nations want more say in their health-care delivery system.

Transforming care

Ovide Mercredi sees hope for First Nation's health

"The First

Nations

cannot do

this on our

own, but we

cannot carry

on with the

status quo."

OVIDE

Mercredi

HEALTH By Leith Dunick – TB Source

Ovide Mercredi says the gap in health care in Canada's Indigenous communities must be closed.

For once, he's confident he'll see it happen in his lifetime.

Mercredi, the former Assembly of First Nations chief who's been tasked by Nishnawbe Aski Nation to lead the health transformation charge, on Wednesday said

far too many of Canada's Indigenous people lack access to basic health-care services taken for granted by most of the country's residents.

It's having an impact on the lives of Indigenous people from coast to coast, particularly in remote Northern Ontario, where people in need of health care must be flown to larger centres – and that doesn't begin to address the lack of mentalhealth and addictions care needed in many First Nation communities.

Speaking to staff and students at both the Lakehead and Sudbury campuses of the Northern Ontario School of Medicine, Mercredi said self-determination and selfgovernance are also keys to future success, along with the willingness of the federal and provincial governments to recognize the importance of transforming delivery of services and work with Indigenous leaders to make it happen in a way that works.

"The First Nations cannot do this on our own, but we cannot carry on with the status quo," Mercredi said in his speech, echoing the state of crisis leaders called the health system when the transformation team was announced this past November. First and foremost are the resources. The federal government on Tuesday set aside \$235 million in its latest budget to help cover the initial costs.

That's good news, Mercredi said. But it has taken far too long, he added.

"That's been our frustration and why we get upset with the other governments and the inaction that we see in our communities," Mercredi said. "But they're there now and I'm confident that the commitments that were made by the federal government and

the Ontario government are genuine. It's up to us to make sure it works.

"We have to take leadership ourselves as First Nations people and keep them honest, as I say, keep the fire to them so they don't backtrack. But I'm operating under the assumption that the good will is there and the financial considerations will follow."

It's all about giving Indigenous people more of a say in health care in their communities.

"We're looking at having more doctors, more Indigenous doctors, more non-Indigenous doctors going up north. We'll be looking at working with First Nations in the Cree communities in establishing a new hospital that was just announced by the federal government," Mercredi said.

"And we'll be looking at how western medicine works together with traditional medicine as a way of healing people's ailments and illnesses. We'll also be focusing on mental health and preventative health measures so the reliance on the medical system declines as opposed to increasing over the next few decades."

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LOCALNEWS **A Swing Bridge solution** possible by this summer

Fort William First Nation chief seeking approval for plan

THUNDER BAY By Matt Vis - TB Source

Peter Collins is optimistic a solution to reopen the James Street Swing Bridge to vehicular traffic could be in place this summer.

The span, which connects the First Nation community to Thunder Bay across the Kaministiquia River, has been closed for more than four years after a blaze broke out on the northern approach spans on the night of Oct. 29, 2013.

The ongoing closure has prompted a years-long legal battle between the city and the Canadian National Railway, which owns the bridge. Last year the Ontario Superior Court of Justice rejected the city's bid to force CN to reopen the bridge, with the city bringing the case to the Ontario Court of Appeal in January.

During a joint meeting between Thunder Bay and Fort William First Nation councils last month, Collins urged the city to stop dragging the bridge into courtrooms and instead focus on building a new structure. At that meeting, the chief also said he had been working on a short-term plan to have temporary Bailey bridges installed on the cantilevers of the existing bridge.

Speaking on Friday, Collins said



POSSIBLE SOLUTION: Fort William First Nation chief, Peter Collins.

he has meetings scheduled with CN and provincial and federal ministers in an effort to restore the direct connection to his community.

"We haven't gotten final approval from officials yet. We're working on that," Collins said. "Hopefully at the end of those meetings we'll have a clearer understanding of where we're going to go with the solution."

Collins said the details of the plan are currently being reviewed by engineers.

"If all the cards fall into place and they come together in a timely manner over the next little while, we see that the bridge could be open by late June, early July,"

Collins said.

Collins had previously said the price tag could exceed \$1 million, compared to the estimates of \$25 million for a new bridge.

But the chief has received indication the Bailey bridges could be more than just a quick fix.

"After talking to the company, it's a 75-year lifecycle to the setup that we're looking at right now," Collins said. "We do think we have a short-term and long-term solution."

Thunder Bay city manager Norm Gale said he is scheduled to meet with Fort William First Nation officials next week where he hopes to hear details of the proposal but declined further comment.

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Editorial

EDITORIAL

Police need an overhaul

The release of the Office of the Independent Police Review Director's report was a stunning win for the city's Indigenous population.

The report, which looked into how police investigated the 2015 death of Stacy DeBungee, revealed a high probability that police simply wrote the case off as another First Nation person dying accidentally in the city's waterways.

Police ruled the death accidental and non-suspicious in nature almost immediately and did not conduct a proper investigation.

The basics, like securing the scene, not taking formal statements from witnesses who were with DeBungee immediately before he died, an adequate forensic examination of evidence and even holding the scene, were ignored.

First Nations leaders have called for Police Chief J.P. Levesque to resign. At the very least the Thunder Bay Police Service needs a top-to-bottom overhaul of the way it conducts business.

The ruling is damning. If police got the DeBungee case wrong, or conducted an improper investigation, how is the public, and more importantly, the city's Indigenous population, supposed to believe they got any of the other ones right.

Seven students died between 2000 and 2011 while attending high school. Two more were found dead in local waterways last year. All were written off as accidental in nature. Were they?

CONTACT US:

87 North Hill Street, Thunder Bay, Ontario P7A 5V6 Ph: 807-346-2600 • Fax: 807-345-9923

> 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

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Taxes too high To the editor::

The high taxes in Thunder Bay continue to be a big problem for city residents, who on average will play an additional amount of close to \$100 more this year.

City council states we have two options – pay higher taxes or cut services.

There is a third option – control spending.

Is city hall's huge bureaucracy sustainable? Seventy per cent of all taxes paid go toward wages and benefits for city employees. The city has a smaller population than it once had and yet the city's workforce has expanded over the years to where we now have more than 2,400 full- and part-time employees.

The city appears to be top heavy with management and a bushel of consultants, according to many city workers with whom we have talked.

Pursuing mega projects at this time that require tens of millions of dollars in capital and operational costs is only putting more pressure on the already overtaxed homeowner and putting more essential projects at risk.

It should be noted the city's debt is again rising and now stands at approximately \$200 million, while interest rates are moving up. The city's infrastructure deficit is about \$22 million and its shortfall is quite evident.

Many projects have been delayed, including the resurfacing of Balmoral Street and Golf Links Road, while many other roads are also a mess, including Victoria Avenue between Edward Street and Victoriaville Mall.

Thunder Bay does not need a rainfall tax or any other new tax. We require affordable taxes, not excuses. We also support the Thunder Bay

Chamber of Commerce in its continued request for a complete review of city hall operations, in the form of a core review.

> Ray Smith and David Joynson, Thunder Bay

It's not the contractors

To the editor:

The city needs better engineers and estimators for the contracts they let out.

Whichever company is awarded the job will only do what the contract states.

They do their jobs well...it's the engineers who design the crappy work to be done.

Do it right the first time.

Kathy Gillis, Thunder Bay Via Facebook

LETTERS TO THE EDITOR



Budget good for Canada



The government's recent budget is inspired by a simple yet powerful idea. It's an idea that has guided the government's actions from the outset. We realize that providing Canadians with the opportunity to reach their full potential isn't just the right thing to do, it's the smart thing to do for our economy.

Over the last two years, Canadians have worked hard to grow our economy, creating nearly 600,000 jobs and driving the unemployment rate to the lowest it has been in 40 years. With that said, there is still hard work ahead of us before we can meet our full potential.

Budget 2018 has been designed to make sure that the benefits of a growing economy are felt by more people, no matter where they live. We are creating opportunities that draw strength from our diversity to build a country where every Canadian has a real and fair chance to work, to contribute to our economy and to succeed.

That includes Canada's talented, ambitious, and hard-working women. We meant what we said about increasing the participation of women in our economy by making Status of Women a full department in the Government of Canada. I was also pleased to see that no budget decision was taken without a Gender-based Analysis. We will also introduce new GBA+ legislation to make gender a permanent part of the federal budget-making process, adding further proof of our commitment to gender equality.

We want to support young families and gender equality in both the workplace and at home. To further this goal, the Government is investing \$1.2 billion over the next five years, starting in 2018-19, and \$334.7 million per year thereafter, which will add an additional five weeks of employment insurance parental benefits for parents who agree to share parental leave – or an additional eight weeks for those who choose the extended parental benefit option.

This incentive encourages two-parent families to share in the work of raising their children – which will allow greater flexibility for new moms to return to work sooner if they choose. By working to support women and girls, reduce the gender wage gap, and increase the participation of women in the labour force—we are helping to boost economic growth for all Canadians.

I believe that this budget recognizes the importance of reinvesting in rural and northern communities. That's why we put an additional \$28 million over five years, on top of the \$25 million we invested last year to FedNor. In order to recognize the importance of women in leadership roles, \$6 million will be allocated to support women entrepreneurs through a regional process. All in all, this means more capital will be invested into economic development initiatives throughout Northern Ontario. It's a step in the right direction after years of disastrous cuts made by the previous government.

We have introduced an updated version of the Working Income Tax Benefit – the Canada Workers Benefit (CWB). I believe these changes will encourage more people to join the workforce and offer real help to more than two million Canadians. It is estimated that the CWB will raise approximately 70,000 Canadians out of poverty. The increase will affect both the maximum benefits that an individual can receive, as well as the income limit at which workers qualify for the benefit.

The budget also proposes to support junior exploration companies with their mineral exploration efforts by extending the 15 per cent Mineral Exploration Tax Credit for an additional year. This measure will help those companies to raise more equity and is expected to result in a net reduction of federal revenues of approximately \$45 million over the 2018–19 to 2019–20 fiscal periods.

Perspective

Turning seeds into salad

The interest in urban agriculture continues to grow

OPINION By J.R. Shermack

Special to TB Source

didn't grow up on a farm but when I was a kid I often helped out tending the rows in back yard gardens.

We had a small patch on our 25 foot lot but my Uncle Mike's garden on Amelia Street was where the action was.

I was just a boy at the time and it was gruelling work for me but I came to understand the importance of growing things.

Everyone should know how to grow their own food – it seems like a skill that might come in handy some day.

We grow fresh vegetables every year in a small urban vegetable garden in the back yard.

It provides fresh produce all summer for our family and if we are lucky there is some left over for freezing and preserving.

The rewards are many including fresh asparagus, radish, lettuce, onions, carrots, beans, tomatoes and peppers.

It also provides peace of mind and the satisfaction that only comes from planting seeds and growing a salad.

Raising vegetables is almost as satisfying as raising children and what's more, gardeners can eat the fruits of their labour.

Maybe that's why there is such an interest in urban agriculture in cities across Canada - agricultural entrepreneurs are taking over

Growing nutritious food in the twenty-first century takes advantage of advanced agricultural techniques and technology.

Innovations and improved growing techniques are taking the family farm from rural Canada to the downtown streets of its biggest cities.

You can even grow vegetables indoors in a small space if you are an apartment dweller or a condo owner.

Introducing the "Modgarden", an indoor micro-garden in a small cabinet the size of a bedside table. A Toronto inventor "If you want came up with this convenient way to grow fresh produce all year round in the comfort of your own cozy nook.

It is a completely automated system which makes it a bit pricy but on the bright side, it can

send you a text when it needs water. If you want to get a little closer

to nature you have to go outdoors.

Back yard gardens are more hands-on but if you own a home with a front and back yard you can be an urban farmer.

Curtis Stone has taken this idea and turned it into a business model he calls "SPIN" - Small Plot Intensive Farming. He arranges with Kelowna city dwellers to rent their front and back yards for vegetable production.

Mr. Stone gardens these veggie patches "intensively" - he can be seen travelling from spot to spot on his bicycle, pulling a small trailer or two.

He seems to know what he's doing and can produce over 50,000 lb of 100% natural, organic food on less than one acre in total.

Home owners get some of the produce but most of what he

grows is sold to area markets and restaurants.

If Mr. Stone has plans for expansion there are 40 million acres of unproductive lawn scattered across North America.

That could grow a lot of escarole. But with all this talk

about fresh produce I'm starting to crave a fresh garden salad, made using a uniquely Thunder Bay recipe.

There's still snow on the ground but I'm getting an early start some seeds are already growing in flats around the house.

In Northwestern Ontario it is very easy to make salad from scratch but you need a little time and patience.

Just get the seeds in the ground and stand back - three or four months later you will be looking for the salad spinner.

Turning seeds into salad - it doesn't get any fresher than that.



SMILING ALL THE WAY

EXCITING FINISH Brianne Wood was all smiles as she crossed the finish line during the 41st Annual Sleeping Giant Loppet last Saturday.

HOW TO WRITE US:

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

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

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on criminal suspects?

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A look back in history **Fishermen displaying** their catch

n 1889 Fred Jones and George Marks trolled for fish off Jarvis Island and, in only six hours. caught 46 red salmon trout. Meanwhile, Mr. Wink, a local barrister, pulled eight trout from the Nipigon River weighing a total of 24 pounds.



to get a little closer to nature you have to go outdoors."

IN BRIEF

LOCALNEWS

REVIEW

8

Review of Long-Term Management Direction 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 proposed long-term management direction for the 2019-2029 Forest Management Plan (FMP) for the **English River Forest**.

Communities

Railway

Lakes

English River Fores

Provincial Park

ux Lookout

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 first opportunity (Stage One) for this FMP occurred on November 2, 2016 when the public was invited to "Participate" in the development of the plan. This **'Stage Two'** notice is:

- To invite you to review and comment on:
 - the proposed long-term management direction for the forest;
 the areas which could reasonably be harvested, and the
 - preferred areas for harvest operations, during the 10-year period of the plan;
 - the analysis of alternative one kilometer wide corridors for each new primary road which is required for the next 20 years.
- To request your contribution to background information to be used in planning.

How to Get Involved

To facilitate your review, a summary of the proposed long-term management direction for the forest can be obtained on the Ontario Government website (**www.ontario.ca/forestplans**). A summary map(s) of the preferred and optional harvest areas for the 10-year period of the plan and alternative corridors for each new primary road which is required for the next 20 years, will also be available.

In addition to the most current versions of the information and maps which were available at Stage One of public consultation, the following information and maps will be available:

- Draft First Nation and Métis Background Information Report (Only if the First Nation and Métis community(s) agree;
- Summary of public comments and submissions received to date and any responses to those comments and submissions;
- A summary report of the results of the desired forest and benefits meeting;
- Environmental analysis, including use management strategies of the alternative corridors for each new primary road;
- Maps that portray past and approved areas of harvest operations for the current forest management plan and the previous 10 years;
- Criteria used for the identification of areas that could reasonably be harvested during the 10-year period of the plan;
- The rationale for the preferred areas for harvest;
- Summary report of the activities of the local citizen's committee to date.

The above information is available at the Company and MNRF office identified below during normal office hours for a period of 30 days March 5, 2018 – April 3, 2018.

Comments on the proposed long-term management direction for the English River Forest must be received by John Coady of the planning team at the MNRF Ignace Field Office by **April 3, 2018.**

Meetings with representatives of the planning team and the LCAC 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 and concerns with a planning team member, please contact one of the individuals listed below:

John Coady, R.P.F. Hwy. 599, P.O. Box 448 Ignace, ON POT 1T0 tel: 807-934-2255 e-mail: john.coady@ontario.ca

Matthew Hupf, R.P.F. 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 c/o John Coady tel: 807-934-2255

English River

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).

Stay Involved

There will be three more formal opportunities for you to be involved. These stages are listed and tentatively scheduled as follows:

Stage Three -Information Centre: Review of Proposed OperationsStage Four -Information Centre: Review of Draft Forest Management PlanStage Five -Inspection of MNRF-Approved Forest Management Plan	June 2018 January 2019 March 2019
----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-----------------------------------------

If you would like to be added to a mailing list to be notified of public involvement opportunities, please contact John Coady at 807-934-2255.

The Ministry of Natural Resources and Forestry 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 Ministry of Natural Resources and Forestry 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 Sandy Kadolph at 807-223-7521.



occurred at about 12:30 a.m. A 21-year-old male was walking on Wentworth Crescent when he said he was struck by an egg thrown from a vehicle earlier in the evening.

The call to police suggested the victim had been assaulted and was bleeding.

He was located a short distance away and taken to hospital for treatment, unable to identify his assailants.

The second incident occurred about half an hour later in the Red River Road and Cumberland Street vicinity.

A 28-year-old male told police he was standing with two other males when a vehicle with multiple passengers drove by and began pelting the group with a variety of items, including eggs, while racial comments were made.

The victim in the second incident was not injured.

Police say they checked the area for the vehicle, described as a four-door silver hatchback, which was last seen headed north on Cumberland Street.

Officers were unable to locate the vehicle or its occupants.

The Thunder Bay Police Service's Aboriginal liaison unit is continuing to investigate the two incidents to determine if they're related.

Anyone having witnessed either incident is asked to contact police at 684-1200, Crime Stoppers at 1-800-222-8477 or www.tipsbumit.com.

Death suspicious

Ontario Provincial Police are investigating the sudden death of a Fort Frances woman after she was found deceased in a Kenora home.

According to an OPP media release, officers were called to a Railway Street home early Monday morning after receiving reports of a sudden death. Officers discovered 77-year-old Brenda Richardson deceased.

Police arrested 26-year-old, Trenton Richardson, formerly of Kenora, and he has been charged with assault causing bodily harm. Richardson is in custody and expected to appear for a bail hearing on Mar. 2.

Members of the OPP North West Region Crime Unit and the OPP Criminal Investigation Branch are investigating.

Ontario



REACHING OUT: Ontario PC leadership candidate, Doug Ford, made a brief stop in Thunder Bay last Saturday as part of a Northern Ontario tour.

Ford speaks to Northern voters

THUNDER BAY By Doug Diaczuk - TB Source

Even though Doug Ford calls Toronto home and his first visit to Thunder Bay was a brief two hour stop on a northern tour, he is confident that his message resonates with voters of Northwestern Ontario because the people here, like him, are real people.

"I relate to these folks even though I'm in 416, 905, I connect with these people," Ford said. "I'm real. I'm not some phony politician. These people are real here."

Doug Ford, one of four candidates seeking the leadership of the Ontario Progressive Conservative Party following the resignation of former leader, Patrick Brown, made a brief stop in Thunder Bay Saturday evening to speak with an audience of more than 65 party members.

The talk was part of a Northern Ontario tour that included stops in Sault Ste. Marie and Timmins on Saturday.

During his talk in Thunder Bay, which at times turned into brief one on one discussions with members of the audience, Ford touched on a number of issues, from health care, to the Ring of Fire, to sex education.

Ford called the Green Energy act a scam, said he would repeal the current sex education curriculum because parents and teachers were not consulted, said he would keep the \$14 an hour minimum wage but place a zero per cent tax on anyone making \$30,000 or less, and said he would incentivize doctors practicing in the north by cutting taxes on them.

"If we need doctors up here, they will pay zero per cent provincial tax to get them up here," he said. "If I have to build a little medical building, I will build a little medical building. We need doctors. We have to give them incentives."

This was Ford's first visit to Thunder Bay and he said he is hoping to ask the people directly what is most important to them.

"Here it is jobs," he said in an interview with local media. "In Timmins they are looking for people. I'm not too sure. I'm going to reach out to the people and ask them today, what are their concerns. I govern through the people. Not through some back room."

Despite this being his first visit to the city, Ford was not concerned about being seen as an outsider or another southern Ontario politician.

"My message seems to be connecting with the people up north," he said. "I know a big concern is infrastructure, building roads, Ring of Fire. But all they are doing is talking about it. I'm going to do things. I'm going to build the roads. We have tremendous opportunity up north. I'm talking in general, right across the spectrum in mining. The roads aren't there. We have a gold mine, and we need to start mining the gold. If we get to it, we can do it."

Confirmation hearing set in Hobbs' case

THUNDER BAY By TB Source Staff

The extortion case against Thunder Bay mayor, Keith Hobbs, continues to make its way through the courts, with a confirmation hearing date set for next month.

LOCALNEWS

Last Monday, a preliminary hearing was held in a Thunder Bay Courtroom for Keith and Marissa Hobbs, who were first charged last July by the Ontario Provincial Police with extortion and obstruction of justice, as well as Mary Voss who is also facing charges of extortion.

Thunder Bay attorney, George Joseph, who is representing Voss, requested a confirmation hearing to take place on May 30th before the matter proceeds to trial.

According to court documents the charges against Keith and Marisa Hobbs

and Voss allege the three of them attempted to "induce Alexander 'Sandy' Zaitzeff to purchase a house, by threats, accusations or menace of disclosing criminal allegations to the police, thereby committing extortion."

Zaitzeff is facing several sexual assault charges and his trial will begin in April.

None of the charges have been proven in court.

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Thunder Bay Mar. 31, 2018





*Offer valid for departure on March 31, 2018. Price is in CAD, p.p. based on double occupancy for new individual bookings, subject to availability and may change at any time and is inclusive of all taxes, fees and port charges. Advertised price is based on Inside Stateroom cat 12 and Veranda Stateroom cat 2D. Other categories/occupancy types are available at varying prices. Classic beverage package applies to two guests (21 years and older) per stateroom and includes beer, wine and spirits up to \$9, soda selections, fresh squeezed and bottled juices, premium coffees and teas and non-premium bottled water. Upgrades to other beverage package which can be upgraded to an alcohol package for a fee. Max. total baggage allowance of 20 kilos (44 lbs.) per person. Flights are economy class. **Guests 1fly non-stop to West Pain Beach on Saturday, spend one night pre-cruise in hotel in Florida and cruise on Celebrity Silhoutet form Sunday to Sunday.** Chur **and**, Cruis edeparture date is April 1 wither any hadre interary. Hotel is a standard hotel noom (selected by Celebrity), based on single, double, triple or quad occupancy. Guests to pay for any upgrades, room service, incidentals and any items of a personal nature. A valid credit card must be provided at time of check in, Ports of call warp by linterary. This program is not combinable with any other offers, Package is subject to flight 4 cruis explicit. We subject to flight 4 cruis explicit. Set on the carding deposit, final payment and cancellation penalties. Restrictions apply. Celebrity Cruises reserves the right to correct any errors, inaccuracies or omissions and to change or update fares, fees and surcharges at any time without prior notice. © 2017 Celebrity Cruises, Inc. Ship's Registry: Malta and Ecuador. All Rights Reserved.



SUPER

Join the conversation about Hydro One's Lake Superior Link project

Hydro One has recently applied to construct a new transmission line between our Lakehead Transformer Station (TS) and our Wawa TS, as shown on the map. We're calling our proposed project the Lake Superior Link. By maximizing existing infrastructure, our proposal is the most cost-effective solution for Ontario electricity customers while minimizing the environmental footprint.



We want to hear from you!

We want to ensure our project delivers tangible benefits to local communities, and will be hosting a series of information drop-ins along the proposed route, as shown on the map. Please stop by to meet members of the project team, learn more about the Lake Superior Link and provide your feedback.

Tuesday, March 20, 2018

5:00 p.m. - 7:30 p.m.

555 Arthur Street West

Victoria Inn Hotel and

Convention Centre

Thunder Bay

Please join us:

Monday, March 19, 2018

Dorion

5:00 p.m. - 7:30 p.m. **Dorion Community Centre** 175 Dorion Loop Road

Nipigon

5:00 p.m. - 7:30 p.m. Royal Canadian Legion Branch 32 102 5th Street

For more information

Stephanie Hodsoll, Hydro One Community Relations Tel: 1-877-345-6799

Email: Community.Relations@HydroOne.com www.HydroOne.com/LakeSuperiorLink

Vous trouverez cet avis en français au site Web ci-dessus (sous Community Engagement).

Wednesday, March 21, 2018 Thursday, March 22, 2018

5:00 p.m. - 7:30 p.m.

Terrace Bay Cultural Centre 13 Selkirk Avenue

Marathon

Terrace Bay

1:00 p.m. - 8:00 p.m. Marathon Centre Mall 2 Hemlo Drive

White River

5:00 p.m. - 7:30 p.m. Royal Canadian Legion Branch 169 108 Winnipeg Street

Wawa

5:00 p.m. - 7:30 p.m. Royal Canadian Legion Branch 429 51 Broadway Avenue





CITY HALL By Matt Vis - TB Source

ver the past 17 years the city has issued \$477 million in infrastructure contracts, which have come in \$6.4 million under budget.

Thunder Bay city council on Monday night received a report from administration, outlining the construction contract summary from 2001 to 2017.

"It's genesis several years ago was simply to address perception of what we budget and what we pay at the end, that we always paid more," city clerk John Hannam said of the report.

Coun. Aldo Ruberto said the projects with complications or delays are the ones that usually get the most attention.

"The only reports we get in front of council are usually contracts that go over budget. Every time someone goes over budget, they come before council and it looks like every contract is over budget because we don't hear about the ones that are under budget," Ruberto said.

"This analysis says we are on top of things, are trying to do the best job possible and trying to be as frugal as possible while still keeping the quality."

Coun. Rebecca Johnson was concerned about the lack of specific details for each individual project, specifically whether timelines were met or if the scope of projects are modified to meet the budgets.

"There's often work that is carried into the following year if for whatever reason the contract isn't completed in one season," city engineering director Kayla Dixon said. "That would not necessarily be captured here because the full project at this time has been completed, whether it was paid for over two years or a single year."

Dixon said the original budgeted amount is often a preliminary estimate, with later detailed design planning providing a more accurate number.

"What engineering is looking to do is trying to get ahead of the curve where we have more contracts and more work that is designed so we have those estimates available when budgets start," Dixon said.

"It's a bit of a process for us but it's something we're focused on getting done."

The summary does not include final costs from many of the contracts awarded last year, which are still regarded as in progress.

For one of those, council voted to approve a \$491,000 contract extension to Crescent Avenue reconstruction and Empress Avenue storm relief, which includes additional storm sewer construction within the entrance to George Burke Park that was originally part of the scope of work last year.

For your daily news visit www.tbnewswatch.com





HORSING AROUND: Kateri Banning (left) is the first to adopt a horse as part of the capital campaign to raise money for the restoration of the Chippewa Park Carousel, which was launched on Tuesday with new capital campaign chair, Jules Tupker.

Carousel campaign opens

THUNDER BAY By Doug Diaczuk – TB Source

Kateri Banning's grandfather, Frank Banning, worked for the city of Thunder Bay for 34 years and retired as the manager of the Parks and Recreation Department. Banning has many fond memories of Chippewa Park, both as a child and now with her own children riding the carousel, which is why she decided to adopt a horse

and name it after her grandfather. "It just seems like the most

perfect, fitting way to have a memorial to pay tribute to him," Banning said. "I can't really think of anywhere else more appropriate for it."

Banning was the first to adopt a horse as part of a new capital campaign launched on Tuesday by the Friends of Chippewa Park Carousel Restoration Committee to raise money for the restoration of the Chippewa Park carousel.

The cost of restoring the 103-year-old carousel is approximately \$900,000 and the project has already received \$200,000 from the city of Thunder Bay, and an additional \$100,000 through FedNor.

Jules Tupker, capital campaign chair, said he is confident the campaign will raise the

remaining funds to bring one of only three historic carousels in the world back to its former glory.

"Based on the people I've talked to, everybody seems to be in favour," he said. "I hope that translates into donations to adopt a horse and to help with the adoption of horses and the restoration. I'm very confident we can make this work."

At the centre of the capital campaign is the

"Based on

the people

I've talked to,

everybody

seems to be

in favour."

JULES TUPKER

option to adopt a horse, which allows individuals or businesses to sponsor a horse for \$20,000 to \$25,000 to cover the cost of its restoration. Adopting a horse will allow the adopter to name it and have their business or name included on the horse.

WER "And the horse will be there forever with their name on that horse," Tupker said. "People 100 years from now will still be riding that horse and know that their business was able to restore that horse for those people to ride on it."

There are 28 horses on the carousel and the cost of restoring them all is approximately \$600,000. A remaining \$300,000 is required to restore two chariots, the centre column, the organ, rounding boards, and mechanical and electrical work.

"It is a large amount of money, but at the

end of the day, when people see the end result they are going to be very impressed and very happy," Tupker said. "The thing was built over 100 years ago and we've had since 1934 here in Thunder Bay. So many people have ridden that and enjoyed that carousel so to be able to restore it and have another 100 years of service out of it will be amazing."

Banning hopes other people and organizations in Thunder Bay will take her lead, because for her and her family, who have spent so much time at the park and on the carousel, it is definitely something worth saving.

"Chippewa is definitely a family place," she said. "My grandpa was very much into supporting families and helping families. I remember going to Chippewa as a kid, my kids go to Chippewa. It is an important part of our community."

"I can't see why anyone in our community would want to see Chippewa or the carousel diminished and fade away," Banning continued. "I hope me being crazy and adopting a horse inspires other families and organizations who have ties and fond memories and love for that area, I hope they follow suit."

For more information on the restoration project or to donate, visit the capital campaign website. Thursday, March 8, 2018 1:





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basis."

ANITA TREESH

Students wear pink to stand up to bullies

TBLife

Thunder Bay Police visit St. Elizabeth School to help spread anti-bullying message

EDUCATION By Leith Dunick - TB Source

Students at St. Elizabeth School are standing up to bullying.

Joined on Wednesday by Thunder Bay Police Service officers, youngsters at the south-side school handed out strawberry-infused yoghurt drinks and pink-iced pastries to classmates, celebrating Pink Day to raise awareness about bullying and how to put a stop to it.

Seven-year-old Kaitlyn Fisher said it's not a good way to treat others.

"If people bully other people, they'll just not be nice to you," the youngster



STANDING UP TO BULLIES: Students at St. Elizabeth School wore pink on Wednesday, Feb. 28, 2018 to stand up against bullying.

said.

"They could push you or they can kick you and say mean words to you." School-mate McKinley Simon, 10, proudly wore pink to stand up to bullies.

"It's rude to bully other people," she said.

ADVERTISING FEATURE

no tolerance for bullying when she sees it, and when she does, she lets someone know.

"I just tell a teacher and they try to deal with it."

Principal Anita Treesh said celebrating Pink Day is an extension of the school's yearlong anti-bullying activities.

And while it's something that will likely never be completely eradicated, she has noticed a huge difference in the hallways since she first started working in the educational field.

"I think definitely there's

much more awareness. It's definitely a challenge. It's an ongoing situation that we deal with on a regular basis,' Treesh said.

"But we talk to children a lot about it. It's promoted in classrooms. We

The Grade 5 student said she's got have these kinds of events and I certainly think children are more respectful and inclusive because we talk a lot about it in our

schools."

TBPS Const. Ben Grieve said police were on hand to help emphasize a positive message and encourage students to stand up and speak out.

"We just want to promote diversity and inclusivity in schools and provide a safe and fun place for kids to learn," Grieve said.

He added having a more respectful generation of youngsters will make a better commu-

nity down the road. "We just want to promote positive

role models for the children and it's nice to be included in the activities here at the school."



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Your body was created to be healthy and whole. Your nervous system communicates this health and wisdom. When the nervous system is working perfectly, your health will be working the same way!

When there is interference to the nervous system, you will have a breakdown in communication and a state of "less than perfect health" starts to take place.

Your skull and spine protect the brain and spinal cord. When the spine is out of its ideal position, this can stretch, pull, press on, and interfere with your nerves and nervous system. You may experience things like stiff-



ness and trouble to bend and turn. There may be heat or inflammation. It may cause symptoms somewhere else in the body (down your leg or arm) or may even affect internal organs. And if left unchecked or uncorrected, it will lead to arthritis and bigger problems down the road.

This nerve interference may or may not give you symptoms. Like a cavity in your tooth, it may be there for a long time before you actually feel something. Now, if you break a tooth from an accident or injury, you are guaranteed to have a lot of pain.

This is similar to having a bad injury or trauma to your back or neck and will cause severe pain. It's the little slips and falls and posture of computers and cell phones that puts undue pressure and stresses on the neck and back that can lead to problems years down the road from the original condition.

It's like having the front end of your car or truck out of alignment and wondering why your tire is going bald. Abnormal wear and tear can happen.

Now the impact of the spine on your nerves is like a dimmer switch on a light bulb. The light can be turned fully on, fully off or dimmed somewhere in the middle. This light could be the nerve energy going to muscles, joints, organs, glands or systems. Is the energy in your body fully on, fully off or dimming?

The role of the chiropractor on your health care team is to locate and correct these misalignments. A thorough history, consultation, examination is the best way to go so nothing is missed. Then, you want to know exactly what is going on, what has to be done and how long this will take to correct. You also want to be educated on what you can do to participate in the healing and correcting of your condition.

Like putting braces on children's teeth, healing takes time. Be patient and don't rush it. Stopping care too early can lead to even more problems down the road.

If you would like to find out more about how you can benefit from chiropractic care, please call us and schedule a new patient visit or, go to our website at www. crantonwellness.com . We are changing our name to Thunder Bay Wellness Centre in the near future. Call 343 7932. We will be glad to serve you.

When the fun of snowshoeing becomes work

Saturday was brilliantly sunny and Warm. After chores, my wife, Laura, suggested that we strap on the snowshoes and get out for a walk. We needed the exercise as did our dog, Baxter. I'd like to say that was our first mistake: heading outside for a snowshoe tromp.

Laura, looking over my shoulder as I write, suggests that rather it was the first of our problems. Fine, I'll go with that.

One has to gauge how much clothing one should wear. When slogging across an open field in the bright sun, especially when the temperature has rapidly risen, one can get hot, so then one stops to remove a jacket or sweater and tie it around one's waist. That is, until one enters the shade of the bush where there is no wind. Then one must don the sweater/ jacket again. I realized that it wasn't the jacket but the scarf around my neck that was holding in the heat.

We started off on our usual trail that we had made the two previous snowshoe walks. Well, actually, since the three



snowfalls of the previous week, locating the solidly-packed trail was largely guesswork. I was in the lead and if I guessed wrong, suddenly my snowshoe would sink and sink abundantly – at least a foot or sometimes more.

"Boy, we sure did receive a lot of snow in such a short time," I panted. But eventually we managed to stay on the path without too many slippages. But the going was tough, especially for Baxter. He would plug on ahead of us even when we tried to encourage him to follow behind where the trail would be more solid.

I had suggested that we head to what was once a field in the back of our

property where in the autumn, Baxter and I had discovered an old field harrow half buried in the dirt and with a tree growing up in the middle, an indication of how long that piece of farm machinery had sat there. And what made me think that it was very old? There are two handles sticking up with levers for breaks. I could be mistaken but it suggested to me that this implement was horse-drawn. After all, we had discovered a couple of dinner plate-sized horse shoes where we suspect the barn once stood. Far too large for riding equines. So, Percheron? Belgian? Clydesdale? No way of knowing now.

On we trudged. While we were on the previously-made trail, the going wasn't too tough. But when we forged a new trail then we had our work cut out for us. Oh sure, the surrounding landscape was gorgeous with the clear, blue sky above us, the sun shafting through the various spruce and jack pine trees that have, over the years since the land was farmed, grown to fill in the field, and the diamonds sparkling on the snow surface. But with each step where the sun hit directly on the snow, lifting our snowshoes was akin to shovelling. The snow had become heavy and wet; and we were still sinking a foot or so as we broke trail.

I was getting quite tired. Laura kept on offering to trade places with me and occasionally I let her as I was getting quite pooped tromping in front. But as I was trying to remember where Baxter and I had veered from the riding trail and had walked downhill on an angle just attempting to locate where the original edge of the field might have been, the slog was also affecting my enthusiasm for actually finding this harrow.

We had to wend our way through trees, dodging branches but then, there it was! Actually, what I saw was just the two shafts of metal with the handles at the top, sticking out of the snow.

"I found it!" I shouted. Laura was a bit behind and eventually came along side after fighting her way through some thick brush. She started to laugh: "What is this? Two sticks with handles?" "Yeah, yeah," I said, "that is what it first appears to be but believe me, there are tines a-plenty buried beneath the snow. When I first saw it, I thought that it might be two harrows since there are two handles. It looked broken in the middle."

I looked at it and then announced I wasn't going to dig in the snow to reveal all of it. "We will remember where it is and when the snow is all gone, we can walk back here and really inspect it," I said. Actually, I was amazed that I had been able to locate it at all.

We turned around and began our home journey, much easier this time as the trail was well packed. Clouds had appeared in the sky and the sun was no longer as warm as it was getting late in the afternoon.

On the return trek, Baxter was no longer forging ahead. Now he was following Laura who was following me. Smart dog. When we re-entered Casa Jones, he flopped on the carpet very tired. I was tempted to join him.



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DREAMLIKE: Mary McPherson's piece, Scene of My Elders Emerging From an Inauthentic Past, is part of the new LU exhibition.

Artists before a jury

The annual LU Juried Exhibition opens at Thunder Bay Art Gallery

ART

20.00

Cash or Cheque

By Linda Maehans - TB Source

An enviable assignment, though not an easy one for the jurors.

LU's Annual Student Juried Exhibition from the Visual Arts Department of 2018 is an uncluttered display of the best of mind-eye-hand creativity. For the viewer, as always, surprises. Texture and colour; and where there is no colour, a very fine technical craft.

Such as with pencil, or ink on paper. At times our imagination ticks into a bemused grin; next, a frown of unease. This is what art should do. It is what this exhibit does.

Let's begin on the charming side. Even as we approach "Stories Come to Life" we know we want to fall in to what is before us. This clever installation (paint, pastel, paper, ceramic, wood, fabric) is more than three-dimensional. Instantly it snags a fourth dimension: time. A childhood or perhaps adult memory of reading Lewis Carroll's Alice in Wonderland (1865): that clever warp of space and time and logic. Note the "pathway" on the floor. See Alice. Note where she sits. Then

gaze to what she is gazing at and tell me you aren't curious; want to wander even just a little way into that lurid landscape.

I mention fine craft with pen and paper for a few reasons. In the middle gallery a quartet of small sketches elicit full attention. To every intricate detail; or, as is with "Figure No. 5" to each sparse yet perfectly fluid shading and stroke of ink on paper.

Now let's admire craft with graphite on paper on a huge scale. "Scene of my Elders Emerging from an Inauthentic Past" might elicit a silent 'wow' from you, particularly as you are pulled up close to this gigantic sketch, admire every handeye-mind time span it must have taken to produce. The range of textures achieved: smooth, and sharp; the skin, hair, so very real in foreground; yet the dreamlike background. Staring into the eyes of Mary McPherson, Dennis McPherson, Elzear McPherson, and a fourth figure of the Saulteaux Tribe, for me it was as if all sound had suddenly stopped.

"High realism in its formal approach, but here we are also dealing with complex issues such as surrounding ongoing colonialism in Canada and the artist's own subjectivity/identity in relation to that," remarks Kristy Holmes, Associate Professor of Art History and Chair of LU's Dept. of Visual Arts.

Asked about the juried aspect of the exhibit, Holmes explained it begins with encouragement from the teaching studio-profs. "Students in any (art) course can enter up to 4 works in any medium. Often students think smaller works, painting/drawing sketches and studies aren't 'good enough' to submit." Not so.

"And no one from LU's faculty, or anyone from the gallery are jurors. The three jurors are people in the community: practising artists or those in an arts-related field; artseducation, or it could be tattoo artists, small gallery owners, retired faculty, etc."

Don't miss the Reception & Awards at Thunder Bay Art Gallery on Friday, March 9th; 7:30 p.m. And don't forget to cast your ballot for People's Choice; your vote won't be tallied until the exhibit closes on March 25.

IN THE **bay**

The bully we like in the age of media



hile bullying is usually condemned in high schools, it's becoming all-too common in mainstream media. In fact, it's considered an excellent tool in this age of moral superiority.

Rose McGowan, who was hailed as one of the first to publically charge Harvey Weinstein for sexual misconduct and assault, has continued, months later, to Tweet her attacks on other actresses who

worked with the former movie mogul. She has condemned their "friendships" with the man as proven by past photos of them together at entertainment events.

The problem is, there are similar photos of McGowan with Weinstein too. And attacking other actresses for working with Weinstein before his sordid behaviour became public knowledge is like an alcoholic who's suing Captain Morgan but condemning me for having a drink.

Yet people are supporting her media attacks of Jennifer Lawrence, Meryl Streep, and Weinstein's ex because she is a victim. She's even gotten a documentary out of the deal.

Had she been talking about anybody or anything else, this would be considered cyberbullying. But in the time of the #MeToo Movement, we call it necessary. Empowering. A step forward.

Is CNN doing what is morally right or bullying?

Meanwhile, media giant CNN has taken up the torch and recently gone after advertisers such as Nike, Paramount Network, Fox, Moen and even the Mormon Church for running their ads on YouTube site, The Alex Jones Channel which runs InfoWars. This far-right program touts conspiracy theories and even recently claimed that the student anti-gun activists in Florida were, in fact, actors.

It's a morally questionable program but people do watch it. So these companies who promote their products to whoever will buy them have spread their advertising budgets over various online platforms to hit the widest audiences. But a recent CNN article publically questioned the morality of these brands' marketing plans.

In fact, CNN's article outlined how their reporter contacted management to see if they knew their advertisements were airing with Alex Jones' show. Then they waited several days. If the ads continued to run, they contacted them again to question why they were still airing. According to the article, InfoWars runs on numerous channels and it slipped by YouTube's filtering programs. However, eventually all the ads were pulled.

Given many people's feelings about this program, CNN's actions would be hailed as heroic. However, was CNN just informing these companies? Or was the media outlet essentially bullying them into doing what it wanted with the unspoken threat of an article? I guess it doesn't matter since CNN was in the right.

Supporting our own views

But were they really? The media often condemns Donald Trump for his bullying Tweets. Yet we'll support similar attacks as long as they match our own political views.

Would these companies have pulled their advertising had CNN not singled them out? Maybe. But change should come from the public at large, not the media or one person.

Too many moral compasses are losing their true north as individuals continue to search for new targets to attack in the hunt for the moral high-ground.

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OUT OF THE GATE: Thunder Bay's Michael Somppi bursts out of the start gate on his way to capturing his first Sleeping Giant Loppet first place finish in the 50-kilometre freestyle.

Sprinting to Loppet win

Local skier, Michael Somppi, sprints to first 50k Loppet victory

SKIING By Doug Diaczuk - TB Source

Only two seconds separated Michael Somppi and Brian Gregg at the finish line, but after learning a few tricks from last year's race, the local skier, Somppi, was able to seize his first Sleeping Giant Loppet win in the 50-kilometre freestyle.

"I skied the race last year and we had a tight finish between four guys," Somppi said after the race. "I learned some tricks from that and had my spot where I wanted to go and it worked out that Brian didn't attack right before that. So I had the lead going in to where I wanted to make my move and luckily I had enough in me to draw Brian."

Somppi finished the 50-kilometre freestyle in a time of 2:11:29 during the 41st Sleeping Giant Loppet on Saturday, just edging out Gregg of Minneapolis, Minn. who finished with a time of 2:11:31.

"Brian and I were kind of head to head the entire race," Somppi said. "It was pretty tactical. There were a few attacks, but nothing too crazy. We were very strategic racing today."

Last year was the first time Somppi competed in the Loppet where he finished third, but he



BACK AGAIN: Caitlin Gregg of Minneapolis, Minn. finished the 50K freestyle in a time of 2:22:28.

already has a number of ski titles under his belt, including 2017 Ski Nationals, the 2015 Haywood Ski Nationals, and a first place finish in the 2014-15 NorAm Series.

And there is more competition ahead, with the 2018 Ski Nationals at Lappe Ski Centre next weekend. But skiing the Loppet is not just about competing for top place finishes; it's about the experience.

"It's a fun event when you have a few top guys here and Brian and I will both be racing next weekend in the National Championship, so this is a good tune up for that," he said.

The women's top finisher was Caitlin Gregg of Minneapolis, Minn., who finished the 50-kilometre freestyle in a time of 2:22:28, handily beating out Alannah MacLean of Thunder Bay who finished in a time of 2:27:00.

"I spent the first half just trying to ski relaxed and try to conserve as much energy as possible," Gregg said. "I did a few attacks to just kind of warm the body up and make sure I was feeling good. With about 20 kilometres to go, I put in a big surge and tried to ski as hard as I could all the way in."

Gregg, who has raced for the United States in the 2010 and 2014 Olympic Games, is coming off another victory just last weekend, where she placed first in the 2018 American Birkebeiner in Wisconsin.

"Back to back 50ks, that's a lot of racing," she said. "My strategy today was just to try and be smart and not to go too hard and too soon."

The last time Gregg raced the Loppet was in 2011, and she said she was very excited to be back at the Sleeping Giant Provincial Park to take on the amazing trails and the beautiful scenery. sports NEWS

North Stars stay in hunt for second

SIJHL By Leith Dunick – TB Source

The Thunder Bay North Stars are streaking toward the playoffs with second place on their minds.

The Superior International Junior Hockey League team crept a couple points closer to their goal on Tuesday night, overpowering the Fort Frances Lakers with a 50-shot attack – though it took until a third of the way through the final period to finally get on the board.

Avery Siau finally snapped the scoreless tie with the Stars a man short, picking Hunter Buzzi's pocket and then making a series of moves that caught Lakers goalie Ismael Ralsten going the wrong way, the game's first tally coming at the 6:50 mark.

Ryan Mignault added the Stars second goal just before the two teams hit the midway mark of the third and Alexander finished things off, stealing the puck and casually depositing into the empty Fort Frances net to cap the 3-0 triumph.

Siau, whose tally gave him 22 on the season, said the backhand goal was a long time coming, but he said he and his teammates weren't thinking about the game-long drought or concerned about making a mistake that might cost them the game at the other end of the Fort William Gardens rink.

"You can't think that way. You've always got to think positive and eventually one of them is going to go in, right, when you've got 50 shots on net," Siau said.

One thing he is thinking about his how close the team is to second place Thief River Falls, a team that could do no wrong in the season's early going, once ranked the top team in the Canadian Junior Hockey League. With six games to play the streaking Stars (33-12-5), winners of eight of their past 11 games, are four points behind the Norskies (36-9-3), who have played two fewer games.

"We're completely aware of it. We just have to win out here and hope for the best. Hopefully we come in second and get a bye. That's all we can do," Siau said.

Coach Rob DeGagne said he's stressing the standings to the team in the dressing room, giving them something to strive for down the stretch.

"That's sort of a goal for us. If we can get to second place, that puts us in a nice position. We'd stay at home for the playoffs until the finals and it gives us maybe a week or so of rest. It gives us home-ice advantage, which is huge, because we play really well at home," DeGagne said.

"It's always nice to go in with a run at the end of the year into the playoffs. Whether we end up in second or third, we'll end up on a good run."

Though he wasn't tested much, goaltender Dougie Newhouse stopped all 14 shots he faced – just seven over the final 40 minutes – to earn the shutout, his first of the season.

"When he was tested, he looked sharp, and that's important," said DeGagne, with the enviable dilemma of whether to start Newhouse or Brandon Bodnar, who leads the SIJHL with six shutouts, from night to night.

The North Stars are off until next Thursday, when they take on English River on the road on back-to-back nights. Their next home game is March 14 against Fort Frances (15-29-6).

Star gazing: The North Stars games against the Thief River Falls Norskies on March 16 and the Minnesota Iron Rangers on March 17 will be played at Norwest Arena instead of Fort William Gardens.



GOALMOUTH CHANCE: Lakehead's Omar Belisle moves in on Fort Frances goaltender Ismael Ralsten last Tuesday night at Fort William Gardens.

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