

MOVING FORWARD: Premier Kathleen Wynne announced on Monday in Thunder Bay that the Ontario government will be moving forward with an all-season road to the Ring of Fire.

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LOCALNEWS

Couple spared from Barcelona rampage

BARCELONA By Matt Vis – TB source

The decision to spend their Thursday at the beach kept a Thunder Bay couple away from a popular tourist area in Barcelona where 13 people were killed when a vehicle was intentionally driven into a crowd of people.

Marissa Pattison and her boyfriend Matt Migliazza are visiting the Spanish city this week and contemplated going to a street

festival held mere kilometres from where the attack at the busy Las Ramblas pedestrian mall injured more than 100 people.

"We decided to skip the festival and relax on the beach for the day and had planned to go to Las Ramblas on Friday since there would be less tourists and people which probably saved our lives," she said on Friday, less than 24 hours after incident.

Chaos struck Barcelona late

Thursday afternoon when a van plowed through the pedestrian mall, with authorities investigating the incident as a potential terrorist attack. ISIS quickly claimed responsibility.

One Canadian was killed and four others were injured. The Canadian government is

urging travellers to avoid the Las Ramblas area.

A second incident happened hours later in a seaside resort town about 130 kilometres away from Barcelona, where one person was killed and five suspects were shot dead by police.

Pattison said they became aware of the attack when they started receiving frantic messages from friends back home in Thunder Bay concerned about their safety.

She quickly turned to social media to inform their family and friends that they were fine.

The couple went out later in the evening and she described the streets as being "empty and very quiet."

"The people of Barcelona seem to be coming together and carrying on," she said.

"However, the vibes are definitely eerie (Friday), and you can sense that everyone is hyper

vigilant. It's almost as if every time you hear a siren or emergency vehicle or commotion your heart skips, or your stomach turns."

Las Ramblas was reopened to the public on Friday. Pattison said the couple might go on Saturday.

Arrest made in store heist

Man, 20, taken into custody after Alley's was robbed with a bat

CRIME By Matt Vis – TB Source

A 20-year-old man has been arrested after allegedly robbing a south side convenience store armed with a bat.

The suspect entered Alley's Corner Variety on Franklin Street just before 7:30 p.m. Thursday brandishing the bat and demanded money before fleeing the scene, the Thunder Bay Police Service said in a Friday news release.

Officers arrested the suspect about three hours later at a Moodie Street East apartment.

The suspect has been charged with robbery with an offensive weapon, wearing a disguise with intent and failing to comply with recognizance. He is being in held custody for a future

court date.

The store had previously been robbed twice in a 24-day span earlier this year.

"It's very upsetting. You hear about this all the time, it's just very discouraging when it happens to you. We're a small



ROBBED AGAIN: Alley's Corner Variety has been hit by thleves several times this year.

store. Everyone who comes in here is someone who lives in the neighbourhood, who is my neighbour," owner Heather Ambro-Bergeron said in June.

"When this happens, it's just very frustrating and a bit sad."

MARISSA PATTISON

Ring of Fire to get access road

Ontario government offers support toward the construction of an all-season access road

POLITICS By Doug Diaczuk - TB Source

The Ontario government is preparing to take a big step forward in developing the Ring of Fire and providing year-round access to remote communities near the chromite-rich deposit.

Premier Kathleen Wynne was in Thunder Bay on Monday to announce the government is moving ahead with building an all-season access road to the Ring of Fire.

"We are moving forward with our plan to unlock one of our biggest mineral opportunities in almost a century and we are taking that step together with First Nations partners," Wynne said during the announcement.

The road will connect Webequie, Marten Falls, and Nibinamik First Nations to existing provincial highways north of Pickle Lake and Aroland First Nation. Preliminary assessments will begin immediately and construction is expected to start in 2019.

Wynne did not have a dollar figure for the construction of the road, saying it will be part of the province's \$1 billion investment toward infrastructure for the Ring of Fire.

"You will know that this is geography that is not straightforward in terms of building a road, which will be many bridges and causeways because of the amount of water,"



MOVING FORWARD: Premier Kathleen Wynne met with Webequie First Nation elders before announcing support for an all-season access road to the Ring of Fire.

Wynne said. "It will be a couple of years at least, but we want to get moving as quickly as we can."

The Ring of Fire mineral deposit is estimated to have a value of nearly \$60 billion. A proposed mining development, located approximately 400 kilometres northeast of Thunder Bay, is being pursued by Noront Resources.

"Today's announcement is a major step forward for Noront as we prepare to develop our nickel and chromite deposits in the Ring of Fire," said Noront Resources CEO, Alan Coutts. "Establishment of a road network with agreement on industrial access is our most important project advancement milestone and we are very pleased to see it move ahead."

Wynne said an all-season access road to the Ring of Fire will be a game-changer for the communities in the area and the entire province.

"It will be built in a way that benefits those First Nations communities and provides those communities with all season links to our provincial highway network," Wynne said.

Marten Falls First Nation Chief Bruce Achneepineskum said discussions have been ongoing for a number of years, but added that any development that takes place on Marten Falls' traditional territory needs to be done in the right way.

"It's been a long few years," he said. "A lot of meetings with industry and government to try and navigate to where we are today. I'm very glad to be here today to hear the premier's commitment to moving ahead for our communities."

Chief Cornelius Wabasse of Webequie First Nation said an allseason road is an opportunity for his community to prosper and address issues like the high cost of food and unemployment. But Wabasse said it will be a big change for the community and members need to be prepared.

"We have to make sure we have a level of adjustment there when we hit that big change," he said. "There is the good, the bad, and the ugly stuff that is going to come into our community and we have to be prepared for that."

First Nations have put forward a proposal and suggested a willingness to take ownership of the road. Wynne said the government will continue to work with them moving forward.

"There are lots of questions that remain to be answered, but what's important is we have an agreement that this must go forward and we have a partnership that will allow us to answer those questions as we do the planning," she said.







799 Fort William Rd. Sat., Aug. 26th. 2017 11a.m.-3p.m.





By Matt Vis - TB Source

The legal battle over the future of the James Street Swing Bridge is not over, despite a June court ruling that dismissed the city's bid to force the Canadian National Railway to reopen the span to vehicular traffic.

The city of Thunder Bay has launched a challenge with the Ontario Court of Appeal, claiming Superior Court Justice Patrick Smith "failed to understand what he was being asked to do, and failed to understand that his role was to interpret the 1906 agreement" when he decided CN was not ordered by the century-old contract to make the repairs and upgrades that would bring the bridge up to current code.

The CN-owned bridge, which connects the city to Fort William First Nation across the Kaministiquia River, has been

closed to vehicular traffic since an Oct. 29, 2013 fire broke out on the northern approach spans. Meanwhile, trains resumed crossing later that week.

"In particular, this appeal will decide whether CN can deprive the city of its perpetual contractual right to have the bridge open for the use of its residents and the respondent Fort William First Nation, while CN continues to enjoy the perpetual contractual rights granted to Grand Trunk in 1905, including the right to run trains over the city's streets, which CN continues to do to this day," the notice of appeal reads.

Original deal

An agreement between the Grand Trunk Pacific Railway - the owner of the

towards the construction of the bridge in return for the railway to maintain the bridge "in perpetuity" and provide sufficient space to accommodate street car, vehicular traffic and separate passage for pedestrians.

Made their case

CN lawyers argued the bridge did not meet modern building code standards and the state of the vehicular crossing posed a safety risk to motorists and pedestrians. Lawyers representing the city countered the agreement compels CN to provide vehicular traffic access across the bridge.

Smith ruled the legal responsibility was on the city to define exactly what CN would have to do to make the bridge safe said the city did not meet.

been tested and approved as structurally safe for public traffic, this court is left without reliable evidence upon which to formulate the orders that the city is seeking," Smith wrote in his decision.

"This court cannot make an order based upon conjecture, speculation or the possibility that an 'idea' may be workable. This is all the more critical when the safety of the public is at risk. Without evidence, it is not possible to determine whether the work required to open the bridge safely is within the scope of what was intended by the parties signing the 1906 agreement."

As well, Smith found the 109-year-old bridge was not originally constructed for the traffic loads it experienced prior to the closure, with the most recent estimate of 8,900 motor vehicles per

CN officials declined to comment on

OFF THE HOOK: Courts ruled CN is not bound by a 1906 bridge agreement, which the city will now appeal.

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Thursday, August 24, 2017

LOCALNEWS

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DEAL SIGNED: Pikangikum First Nation Chief Dean Owen (left) and Northern Affairs Minister Carolyn Bennett on Thursday.

Power for Pikangikum

Feds spending up to \$60M to connect community to energy grid FIRST NATIONS evident after a fatal house fire in March 2016 claimed nine

By Matt Vis – TB Source

Power from stable, reliable electricity is one winter away for thousands of Pikangikum First Nation residents.

Indigenous and Northern Affairs Minister Carolyn Bennett on Thursday announced up to \$60 million in federal government funding to connect Pikangikum to the provincial energy grid through the Wataynikaneyap Power project that aims to electrify nearly two dozen remote First Nations communities.

Pikangikum Chief Dean Owen said the community, which has an on-reserve population of more than 3,000, has been steadily growing over the past decade with their existing diesel generating station oper-

ating at capacity since 2010. The increasing demands for power, and deteriorating condition of the diesel generating

orating condition of the diesel generating equipment, have resulted in frequent failures, power outages and rolling brownouts. "It was within the last couple of years during

the winter months community members have started dreading another winter coming where our power, as a community, would be causing problems," Owen said, referencing multiple state of emergency declarations.

"Our health staff wanted to leave during those times when the power was out. Our educators

wanted to leave because their units were electric heated during the winter months. Water lines servicing the few buildings for Health Canada and education would freeze overnight."

The impacts of the unreliable energy supply are apparent in the community. When Pikangikum goes dark, lifesaving medical procedures such as dialysis treatment get interrupted and planes attempting to come to the community for medical evacuations can't land because the airport lights are off.

In addition, more than 80 per cent of existing homes in the community are without water and sewer service.

The maxed out diesel generating station limits new housing construction and leads to overcrowded dwellings,

evident after a fatal house fire in March 2016 claimed nine lives. As well, community leaders have grappled with an ongoing suicide crisis that has continued into this year with the deaths of two young girls during the Canada Day weekend.

"Clean electrification is connected to so many good outcomes for Pikangikum," Bennett said. "The community's growth will no longer be restricted, meaning new housing and a new nurses station, and longer term better water treatment facilities."

Providing basic infrastructure is about ensuring residents in remote communities maintain dignity, pride and hope, Bennett said. Earlier this summer she announced funding for an upgraded water treatment plant in Neskantaga First Nation that would end the longest active

drinking water advisory in Canada.

"Most Canadians don't know that there are places in this country you can't turn on the tap and drink the water or you can't flip a switch and assume you're going to get light," Bennett said.

"This is now a realization of the tragic effects of colonization and decades of underfunding and colonial practices that didn't work where somebody else set the priorities of what was possible and what wasn't possible."

Pikangikum, home to 900 school-aged children, opened the doors of its new kindergarten to Grade 12 school last fall.

"All of the work that we're doing is geared towards our youth, the future of our youth," Owen said. "This certainly will bring change and a secure future for our youth in the years to come.

Construction of the 117-kilometre distribution line from Red Lake to Pikangikum is targeted to start in October, with a desired completion in November 2018.

Margaret Kenequanash, the chief executive officer of Wataynikaneyap Power, said extending the grid to Pikangikum is a milestone for the project.

"There are a lot of doors that are opened up (Thursday)," Kenequanash said. "I think the fact that there's commitment by both levels of government to bring the line into Pikangikum opens the door also to connect communities on the west side."

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Chief Dean Owen

Editorial

LETTERS TO THE EDITOR

EDITORIAL

Piece of the puzzle

Premier Kathleen Wynne has filled in a piece of the Ring of Fire puzzle. With the announcement of construction of an all-season road network to

access the lucrative mining deposits and connect three First Nations communities to the provincial highway network, a path can be seen to move forward.

Though this is a step in the right direction, the picture is far from being filled in. The cost of the roads is not known, though Wynne said it will be part of Ontario's \$1-billion infrastructure pledge first made four years ago. There remains no clear commitment from the federal government to partner with the province.

While construction is expected to begin in 2019, it's not clear when the roads will be in place. A construction project of that scale in one of the most remote areas of Ontario will take years to complete.

Even though there is much work to do and many questions to be answered, any sign of progress must be reassuring to stakeholders who have already invested millions of dollars. For the First Nations counting on the Ring of Fire to be a game changer, a year-round road is a significant part of their visions of prosperity by generating employment, lowering supply costs and increasing access to their communities.

The project has long been seen as having potential to be a significant economic driver for all of Ontario. Today it's one piece closer to reality.

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City of lights

To the editor: A h Thunder Bay, the city of lights. A Central Ave would be a good example of overage of lights, but all that aside, if you want to control speed and traffic, have the lights change to the speed you want the vehicles driving at. If the city can spend \$115,000 on statues and spending millions doing a wall on High St., they have the technology to synchronize lights.

> Allan Fraser Thunder Bay Via Facebook

Opening the streets

To the editor:

think it is wonderful to have events like this in our city specially in the summer.

Open Streets is a place where we can walk, dance, bring the children out of the house, create games for everyone and open an area for small seasonal businesses for people to look around.

I understand the frustration of some people who are unaware of what goes on around the city. But I hope we can all agree that this is truly a marvelous idea.

We need people like you and you and you to step in and get involved in any capacity to make this event a success. I applaud the effort of a few that made yesterday's event the best they could. I had a great time and will come again next year or better yet... we should do it again soon!

> Aurea Trinidad Thunder Bay Via Facebook

Closing the streets

To the editor:

With only four main north/south roads, was it really necessary to block off one of them so a handful of people could walk and dance down it?

There was police at every major intersection along the route. Was this overtime? Or was this part of their regular shift? We have a serious problem with crime and this seemed like a huge waste of resources.

Now I see why the police budget is way over every year.

Jay Stevens Thunder Bay Via Facebook

Value city waterways

To the editor:

The waterways in town are undervalued and under-utilized for recreation. We've enjoyed canoeing and kayaking on the Neebing,



McIntyre, and Kaministiquia rivers, and the floodway.

You can make short trips with young kids easily on those, and go all the way out to Superior if you feel more daring.

Well-maintained launch sites with public toilets would be great. A sweet trip is to put in on the floodway near 110th Ave. and canoe up to the Dairy Queen at Southern and May where there's a spot to pull in. Then cruise back down with the current.

> Cindy Long Thunder Bay Via Facebook

CN should fix bridge

To the editor:

There's a couple of other ways they could go to alleviate the situation but I agree with the city.

Too many times large corporations like CN just shirk their responsibilities. The contract is valid. The judge looked at it from the wrong angle. He should look at the original contract and the spirit in which it was drawn up, not attach a view that doesn't have anything to do with the purpose of the original contract.

CN should fix the bridge or build another one at their cost immediately putting financial penalties against them until they've finished with the new bridge or fixing the old one so traffic can use it.

The town should find a way to put a barrier up so CN can't use the town's roads until CN lives up to their part of the contract.

> Gary Novak Thunder Bay Via Facebook

CN not responsible

To the editor:

Heck CN should just give the city back its \$50,000 that they originally put down and tell them it's over. The city got more than \$50,000 worth of use over the years.

CN is not the company that signed the agreement in the first place -- they inherited it with their acquisition of Grand Trunk. Regardless of what folks think, you need the railway to move goods for local business/employers.

Hopefully whomever burnt the bridge is just as inconvenienced if not more than other folks.

Alison Adduono Thunder Bay Via Facebook

Find alternate routes

To the editor:

We are a city of basically 100,000 people. There are four north /south corridors: the expressway, Balmoral Street, Memorial Avenue, and Fort William Road.

How many vehicles in Thunder Bay - my question is how many cars are on Memorial Avenue at any given time?

It seems silly to even have this discussion if you are in such a hurry use the expressway and use feeder roads to get where you want to go. It's not rocket science.

> Craige Murray Thunder Bay Via Facebook

RoF road maintenance

To the editor:

So who pays for maintenance of this road?

Over 10 years it'll probably be more than the cost of building it due to weather and (should the RoF ever happen) trucks zipping up and down at top speed with heavy loads. It's not rocket science.

> John Northey Thunder Bay Via Facebook

Perspective

No better than this How the forest can reduce stress and improve health

OPINION By J.R. Shermack Special to TB Source

Here is a story that most people living in Northwestern Ontario can relate to.

Labor Day is approaching (unofficially the last long weekend of summer) and many of us will be heading for the bush.

Whatever your outdoor destination happens to be, when you breathe in that first nose full of fresh, forest air you are immediately transformed.

This is the moment when you will often hear some form of that tired, old cliché, "It don't get no better than this."

Because seriously folks, it "don't" get much better and there is evidence and proof of what makes that breath of air taste and smell so good.

And what's more, while you are savoring Mother Nature's bouquet your body chemistry changes in ways that shouldn't surprise you.

It makes you feel peaceful and invigorated, working like a tonic for our frazzled nerves and tired bodies.

Forest air doesn't just smell fresh and alive – it is brimming with benefits for everyone who breathes it in and lasts for weeks.

Anyone who spends time outdoors and walks among the trees is already aware of this effect and now the science confirms it.

In 2004 Japan added a key part to its National Health Program -

This week in history:

"Shinrin-yoku", otherwise known as "forest bathing".

Around here it goes by different names such as camping, walking in the park or bird-watching and we've experienced the benefits for years.

Japan decided to take a scientific look at this phenomenon.

Japanese people live in a small country with limited forests where forest appreciation has become a national pastime.

Between 2004 and 2012 they spent millions of dollars studying the physical and psychological effects of forest bathing.

In one case 280 test subjects (early twenties) were subjected to a full day in a busy city environment followed by thirty minutes among the trees.

Here's what happened – after a day in the city and again after that half hour forest break the subjects' vital signs were measured and blood was taken.

Through this study and others, forest bathing was proven to lower heart rates, lower blood pressure and contribute to general wellbeing.

Stress hormones and immune system indicators were measured – stress levels were down and immune systems got a boost.

Specifically, scientists focused on the body's own "natural killers" (NK cells) and found their effectiveness greatly enhanced.

Doctors are particularly interested in NK cells and ways to enhance their natural cancerfighting qualities.

Trees soothe the spirit too – a study of 498 subjects showed reduced hostility and depression and increased liveliness.

Researchers are referring to the forest environment as a "therapeutic landscape".

Further study revealed what was happening among the trees and why the forest atmosphere smelled, tasted and felt so good.

Trees, woody plants and some fruits and vegetables emit essential oils and organic compounds to protect against insects disease.

The forest atmosphere fills with these "phytoncides" which perform their therapeutic magic after being breathed in for as little as thirty minutes.

One day doctors may prescribe time in the forest instead of medication for treatment of modern-day ailments.

It is estimated that Canadians spend 90% of their time indoors at work, at home and in their cars.

There are no phytoncides in there and indoor air can be harmful when inhaled.

Consider the environmental wisdom apparent in the thoughtprovoking question asked by Japanese Zen Maters.

"If a tree falls in the forest and no one hears, does it make a sound?"

Contemplate this question while you are forest bathing and treat your body and soul to the magic elixir of forest air.

It doesn't get any better than that.

THUNDER BAY



ALL ABOARD

RIDING THROUGH THE STREETS The two dollar train ride was one of the most popular aspects of the Westfort Street Fair held last weekend.

HOW TO WRITE US:

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

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t was rather ironic that on June 7, 1967 the Prince Arthur Hotel caught fire at the same time the Provincial Federation of Ontario Professional Firefighters were holding their convention there. The city's finest came through and quickly doused the blaze with little damage resulting.

Hotel fire

City approves \$1M Complex renovations

CITY COUNCIL By Matt VIs - TB Source

The city will be spending \$1 million to relocate the hot tubs and saunas at the Canada Games Complex, addressing a situation that has had near-fatal consequences.

The whirlpools and saunas at the facility are currently located essentially within the men's and women's locker rooms and are unsupervised by lifeguards, which city general manager of community services Kelly Robertson said has led to some close calls.

"In the recent past there have been at least three incidents where users of the hot tubs have gone unconscious in the water and just so happened to be recovered by staff as they were doing a walk through or were called upon for assistance," Robertson said.



SAFETY CONCERNS: Council voted to award a \$1-million contract for Canada Games Complex renovations.

Thunder Bay city council on Monday night voted to go ahead with the renovations to the 36-year-old facility, which includes relocating the saunas and whirlpools to the pool deck and expanding the women's members' locker room. Coun. Joe Virdiramo, the lone opposing vote, questioned whether the improvements would be an appropriate use of taxpayer dollars.

"It's nice that we might want to do this but I thought that the \$1 million could be better spent on some roads instead of doing this," Virdiramo said. Moving the saunas and whirlpools away from the locker rooms and out onto the pool deck improve accessibility for caregivers or support workers who will be able to assist children or clients to use the amenities, Robertson said.

"The other key issue with the current setup is they are not accessible. To meet our (Accessibility for Ontarians with Disabilities Act) requirements they need to be addressed," Robertson said.

"It made sense that while we were addressing the safety and accessibility issues to also do it with the member's only locker rooms that are kind of attached to the rooms where these facilities are to minimize the inconvenience to our clients and patrons."

Asset management director Gerry

Broere said the project was originally budgeted at \$450,000 in last year's budget but got pushed to this year when the estimates came back at more than \$700,000.

The city is eying funding from the yet-to-be announced federal New Canada Build Infrastructure Program but in the meantime planned upgrades at the Oliver Road Community Centre and West Thunder Community Centres will be pushed to next year's budget process.

"It is a bumping order," Broere said. "What would happen is we would just take longer to continue through our renewal. It's just a matter of priority and when they fall in place and the amount of funding that is available."

The \$1-million contract was awarded to Man-Shield Construction (NWO).



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IN BRIEF

Chief's case continuing

he city's suspended police chief is scheduled for a September court date after a brief appearance on Thursday.

J.P. Levesque, who is facing charges of obstructing justice and breach of trust, did not appear in person at the Thunder Bay



Courthouse, but was instead represented by local lawyer Neil McCartney, who was acting as agent on behalf of Toronto lawyer Fredrick Schumann. The 53-year-old was charged by the OPP

in May following a five-month investigation launched by the provincial police at the request of the RCMP that the Thunder Bay Police Service chief disclosed confidential information relating to Thunder Bay mayor Keith Hobbs.

J.P. LEVESQUE

The Thunder Bay Police Services Board

placed Levesque on administrative suspension within a week of the charges being publicly announced. Levesque was on medical leave at the time he was charged.

Pikangikum death suspicious

A death being labelled as suspicious is under investigation by police in Pikangikum First Nation.

Ontario Provinical Police on Monday said they were called to the school area on Airport Road on Saturday evening at about 9:30 p.m., where they found an unconscious male and transported him to the local nursing station for treatment.

Bronson Lee Strang, 34, was pronounced dead at 10:09 p.m.

Animals seized from home

An anonymous complaint led animal welfare agents to remove 16 animals – including nine cats – from an Intercity area home

Officers with the Ontario Society for the Prevention of Cruelty to Animals, the Thunder Bay and District Humane Society and the city's animal services department executed a warrant at the home on the 1000 block of Alexandra Street late Friday afternoon.

OSPCA agent Jeremy Gardiner said six adult cats, three kittens, three ferrets, two rabbits and one dog were seized.

"They were definitely in distress and needed to be cared for, for sure," Gardiner said, adding the kittens appeared to be suffering from an upper respiratory infection. "We'll get them to a vet and get them treated right away."

While a number of OSPCA seizures result in dogs and cats being removed, Gardiner said it is not uncommon for other animals like ferrets, rabbits and even reptiles to be needing assistance

"We have to be prepared for anything," Gardiner said.

The animals have been sent to the Humane Society. It is not known whether charges will be laid.

Sexual assault charges laid

A r 69-year-old Red Lake man is facing multiple counts of sex-ual assaults for alleged offences dating back more than 40 years.

Provincial police charged Stephen Macumber with three counts of indecent acts on a female for offences that date back to 1973 and 1974, according to a Friday morning OPP release.

The accused will appear in Red Lake court on Aug. 30. The charges have not been proven in court.

Police are asking anyone with information about these or similar incidents to contact the Red Lake OPP Crime Unit, OPP or Crime Stoppers.



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OUR OFFICE IS CLOSED Monday, September 5, 2016

The Future

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CAMPGROUNDS IN CITY PARKS

Thursday, August 24, 2017

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A New School Year Begins!

Schools will be open for information and registration beginning on Monday, August 28, 2017 during regular school hours.

JK

Junior Kindergarten Year One Kindergarten

Tuesday, September 5, 2017 | Morning Orientation Parent(s)/Guardian(s) & Child - One (1) Hour School Orientation Families will receive information directly from the school.

Gentle Entry

Parent(s)/Guardian(s) will receive the Gentle Entry Plan information directly from the school.

The first day of school for students will be:

SK Senior Kindergarten Year Two Kindergarten	All Students	Wednesday, September 6, 2017	Full Day	
Grades 1-8	All Students	Wednesday, September 6, 2017	Full Day	
Grade 9	All Students	Wednesday, September 6, 2017 Orientation Regular Classes Begin	Full Day	
Grades 10-12	All Students	Wednesday, September 6, 2017 Locate and Proceed to Home Room Regular Classes Begin	Full Day	

Lakehead Adult Education Centre

The Lakehead Adult Education Centre will be open for information and registration Tuesday, Wednesday, and Thursday from 10:00 a.m. to 12:00 p.m. & 1:00 p.m. to 4:00 p.m. beginning on Tuesday, August 29, 2017. Extended hours for information and registration are available on Wednesday from 5:00 p.m. - 7:00 p.m.

Monday, September 11, 2017 Regular Classes Begin

General Inquiries (807) 625-5100 Toll Free 1 888 565 1406





September 6 (School Start) Busing will follow regular pick up and drop off schedules. For Transportation Information, visit the Student Transportation Services Thunder Bay website at www.ststb.ca

A celestial event to be remembered

Dozens gathered to view the partial solar eclipse from Hillcrest Park with the help of local astronomers

SCIENCE By Doug Diaczuk - TB Source

Millions of people across North America experienced a once in a lifetime event as the moon crossed between the Earth and the Sun, darkening the skies.

A total solar eclipse, the first one since 1979, took place Monday afternoon. While the path of totality could only be seen from parts of the United States, it didn't stop dozens of people from gathering at Hillcrest Park to take in this rare solar event. "It was pretty cool," said Abigail Sherlock, who came to the park with her dad and brothers. "It looked like a red crescent. It was really cool."

"I really liked it," her brother Timothy added. "It was like a black circle surrounded by dark red."

For dad, Richard, it wasn't his idea to come to the park, but the kid's scientific curiosity turned out to be a good choice.

"The kids wanted me to bring them," he said. "They had a lot of enthusiasm and really put the pressure on me and got me here. I'm glad we came."

For those watching from Thunder Bay, about 74 per cent of the sun was blocked by the Moon. Because of the dangers of looking at a solar eclipse, even a partial one, many people brought special viewing glasses, welder's helmets, or homemade camera obscuras.

But luckily for the Sherlock family and many others, members of the

Thunder Bay Centre of the Royal Astronomical Society, like Father Francisco, shared special telescopes and cameras fitted with lenses to view the event.

"Most of our members are in the United States to see the totality," Francisco said. "It's just to offer to the public. We don't want to keep it to ourselves. We want to share it and show the others."

Francisco said he was very pleased with the size of the crowd and everyone was very grateful that they could see the eclipse through a telescope, including the solar flares coming off the sun.

"It is one of those things that do not happen every day," he said. "It teaches us something new. Most of the people who come here they say they see for the first time some flares. It's a discovery for so many. That's great that so many have the opportunity to see something and learn something."

> HINK CVCI



ONCE IN A LIFETIME EVENT: Father Francisco, a member of the Thunder Bay Centre of the Royal Astronomical Society, shares his telescope with Richard Sherlock and his children, Timothy, Benjamin, and Abigali to look at the partial solar eclipse.

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For your daily news visit www.tbnewswatch.com

Thursday, August 24, 2017 11

LOCALNEWS



NEW ROLE: Three ballfields at Chapples are turning into soccer fields.

Turfing set

THUNDER BAY By TB Source Staff

The City of Thunder Bay is now looking for a contractor to replace three existing baseball fields at Chapples Park with one synthetic turf soccer/multi-purpose field.

It will be the first of two synthetic fields in the north end of the park as part of a new master plan.

The city's notice to prospective bidders says the design and construction of the artificial turf field must adhere to "a minimum of FIFA Recommended 2 Star quality level and capable of supporting soccer and Canadian football."

Also included in the project are fencing, seating for a minimum of 18 players per team, and sun and rain shelter for a minimum of nine players per team.

It does not include bleachers for spectators. The city says it will assume responsibility for those and for other amenities. City council approved a budget of \$1.25 million for the project.

Lakehead Motors strike ends after agreement

BUSINESS By Michael Charlebols – TB Source

A 16-day strike at Lakehead Motors has come to an end after mechanics and technicians at the dealership accepted a new collective agreement.

The 37 mechanics and technicians, who are represented by the International Association of Machinists and Aerospace Workers Local 1120, voted in favour of a five-year deal.

"We settled a number of issues that the company had. It was an 84 per cent ratification, so we're relatively pleased with the offer the company gave us," said Peter Topetto, president and directing business representative with Local Lodge 1120.

Members took job action in early August when they claimed Lakehead Motors did not respond to an outstanding offer made by the union.

The issues of wages, pension, travel allowance, and tool allowance were among the major issues addressed in the agreement.

"I think we're all glad to be back," Topetto said of the workers. "They want to get back at working for the customers."

Lakehead Motors is now the fifth and final dealership in the city to reach an agreement with members of Local 1120. Members will head back to the shop for work on Monday.









THUNDER BAY WATERFRONT DISTRICT • FREE ADMISSION • LIVE ENTERTAINMENT • BEER GARDEN • EVENTS • VENDORS • CHILDRENS ACTIVITIES & WORKSHOPS



Sat. Aug. 26

- Cross Fit Challenge
- Strong Man Competition
- Kub Car Races
- BMX Challenge

Sun. Aug. 27

- Red River Rumble Car and Motorcycle Show
- Drag Race Challenge

Meet **Rachael DeBarros** from Velocity TV's 'ALL GIRLS GARAGE' Saturday and Sunday



Indigenous students all set to flourish

Graduates celebrate completing First Nations Natural Resources Youth Employment Program

EDUCATION By Michael Charlebois - TB Source

Work can be fun too. It's one of the many lessons that the graduates of the First Nations Natural Resources Youth Employment Program gained from their six-week program.

And as the graduation ceremony unfolded on Thursday, and the level of camaraderie between participants culminated, it seemed to be the most important message.

"Everyday - it didn't even feel like work, it just feels like you were with



SUCCESSFUL SUMMER: Lucas Rioux-DePerry (left) of Ginoogaming First Nation and Shaylyn Lands of Eagle Lake First Nation received their certificates on Thursday at Confederation College.

family," said Shaylyn Lands, a 17year-old from Eagle Lake First Nation. "It's just a positive team of youth." Lands was one of 47 participants representing 27 different First nation communities in the program. The six weeks of work and training were designed to expose youth to career paths and help prepare them for postsecondary education.

Students were trained in a wide variety of areas such as first aid, firefighting, tree planting, and even learned about the impact of water filtration.

Lands said the camp has guided her on a path towards the field of firefighting.

"What inspired me was that feeling of empowerment, and adrenaline, and working together with a positive team," she said.

Lucas Rioux-DePerry, 18,

called it one of the best summers of his life.

"In the past summers I was just hanging in my room playing video games," he said. "[The camp] was an eye-opener."

"Everyday - it

didn't even

feel like

work, it just

feels like you

were with

family."

SHAYLYN LANDS

More than the training itself, Rioux-DePerry credits the camp for helping him grow and flourish.

"I wasn't that social, I considered myself inside my shell. I really wanted to come out of that and gain my professionalism."

After two years in the program, Rioux-DePerry will now go into the Kinesiology program at Lakehead.

'It's crazy what the kids have done afterwards," said program founder David Bradley, who has seen over 400 graduates since its inception in 2000.

"Most of them will refer to the program as a life-changing event for them. It gives them that confidence, and the empowerment to move forward with their lives."





For your daily news visit www.tbnewswatch.com





GOT THEIR GROOVE: Residents took to Algoma Street last Sunday to celebrate the first of three Open Streets Thunder Bay events happening this year.

Open Streets a hit again

Similar events planned for Victoria and Simpson and Court streets

THUNDER BAY By Doug Diaczuk - TB Source

People were quite literally dancing in the streets this weekend, as a busy section of road on the city's north side was temporarily shut down and given back to the people.

This past Sunday, Open Streets Thunder Bay held its fourth event in the city, closing down a section of Algoma Street to vehicular traffic from John Street to Egan

Street from noon to 3 p.m. and allowing people to walk, bike, or rollerblade down the open street.

"People are definitely reclaiming the streets," said Ashley Priem, a program coordinator with EcoSuperior. "We often think that streets are just for cars, but Open Streets helps people reimagine public space. Streets can be public spaces as well and they become public parks during Open Streets."

Keep people moving

The purpose of Open Streets is to get people in the community active while exploring city neighbourhoods, shopping at local businesses, and connecting with

others.

"It gets

people out

walking and

good for

you."

CARL GODIN

"People feel a bigger sense of pride about their neighbourhood and their city when you have these kinds of events," Priem said. "They definitely help people socially connect with each other and that helps make people feel better about where they live."

This is the fourth Open Streets event in Thunder Bay, with two being held in 2014

and one in 2015. Due to a lack of funding last year, the program was put on hiatus, but with the help of an Ontario 150 grant, the program was able to return and Priem said there are two more Open Streets planned for that's always September and October this year in other neighbourhoods.

> "Studies have shown that people on foot or people on bikes spend more or visit more local businesses," Priem said. "When you are in a car you don't see what really is around you and you just keep driving on."

More than 2,000 people have attended past Open Street events and Priem said she is hoping for a similar showing this year.

For Carl Godin of Windy Sunshine Farm, Open Streets is a great chance for him to connect with the community and promote healthy lifestyles.

On Sunday, Godin was selling food produced by the boreal forest, including blueberries picked near Wawa, Ont.

"It's good to promote healthy foods," he said. "To prevent disease is much cheaper than to treat it afterwards. The forest around here is full of food."

Great for the city

Godin said anything that promotes a healthy lifestyle is a great addition to the community and Open Streets also helps the health of the local economy.

"It gets people out walking and that's always good for you," he said.

"But it's good exposure. A lot of the vendors here have healthy products and food and things like that. It's all local, which, as everybody knows, every dollar spent locally helps the economy locally as much as possible.'

Two other Open Street events will be held on Simpson Street and Victoria Avenue on Sept. 16 and on Court Street on Oct. 1.



BREAK FREE FROM DEBT TODAY





Afloat, Bayshore Home Health Group ~ BioPed Footcare & Orthotics Bodystream ~ Canadian Cannabis ~ Everything Mobile Repairs Faith City Church ~ Generations Remax ~ Harbour Metals I.D.A. Pharmacy - Kakabeka Falls Pharmacy ~ Independent Living Resource Centre Kelly's Nutrition Centre ~ Michael's Hair Design & Day Spa Northern Windows Manufacturing Ltd. ~ Oshki-Pimache-O-Win Employee Regional Food Distribution Association ~ Superior Shores Gaming Centre Adult & Teen Challenge SuperThrift ~ Ultimate Gymnastics

Stories Written by Doug Diaczuk, Leith Dunick & Matt Vis



Afloat

All it took was one time for Gavin and Tracey Barrett to get hooked on floatation therapy.

With a never-ending rush of stimulation every day and increasing invasiveness of technology, a trip to Afloat Floatation Therapy is a way to turn it all off.

"It is an escape. It's an escape from what you're used to every day," Tracey says. "You're not being told what to think, you're not being prompted in any certain way, you're not adjusting your body because of pain from sitting there, it's an environment that allows your body and brain to relax and be still."

The unique Afloat experience is the only one of its kind in Northwestern Ontario. The body is suspended in 10 inches of water, containing 11,000 pounds of Epsom Salt, free from gravity for 90 minutes.

Benefits range from lowering stress and improved mental health to pain management relief from ailments such as rheumatoid arthritis, car crashes or fibromyalgia.

First-time customers are welcomed by friendly staff, who take them through the process and can answer any questions. It's up to each person to control the lights, music and lid to their individual preference. Comfort is a primary consideration.

"When they come in we walk them through how to have the best float possible. We try to give them all the points and tips. That just eases a lot of worry," Tracey says. The rejuvenation of their clients provides its own rewards.

"That's the best part," Gavin says. "In our world today there's a need for that, just a space where there's nothing. You're not plugged in to technology and you can just put your responsibilities aside for 90 minutes and just have some deliberate rest."

Afloat, located in the vibrant Bay and Algoma neighbourhood, offers an introductory float for \$39, with a rate of \$59 for single floats afterwards with packages and memberships also available.



Bodystream Medical Marijuana Services

A clinic in Thunder Bay that has paved the way for alternative forms of pain relief strives to ensure the patient is always comfortable, confident, and well educated about their choices to treat their health condition.

Bodystream opened in Thunder Bay in June 2016, becoming the first medical marijuana clinic to service the people of Thunder Bay and Northwest Region for conditions and disorders that may benefit from treatment such as Chronic Pain, Fibromyalgia, Sleep Disorders, Rheumatoid Arthritis and a whole list of other ailments.

Jodie Speta, clinic supervisor at Bodystream, said the clinic on 1001 Ridgeway Street is one of the busiest out of the more than 15 locations throughout Ontario.

Bodystream is not a dispensary. It is an entry point to determine if medical marijuana is right for you. The first step in obtaining your medical marijuana is to contact us using one of the following. 1) **Email doctors@bodystream.ca**, 2) **Phone 1-800-730-8210** or 3) Have your doctor download our referral form on our site. From here you will be entered into the system as an active client with Bodystream. You can expect to answer a few questions about your cardiovascular health, or if you have been diagnosed with Schizophrenia or Bipolar disorder.

Clinic staff will then be able to determine if you can move on to step two. A more thorough intake form is emailed to you that you submit once fully complete. At this stage, a doctor's referral would be the easiest and quickest way to satisfy the requirement. If for any reason you cannot get a referral, you will be asked provide a legitimate health concern for medicinal marijuana, along with a patient history stating your conditions. Referrals can come from your GP, surgeon, physiatrist, walk-in clinic doctor, or internist. Pediatric patients (under the age of 25) will need a GP referral and medical condition being tracked.

"We are very patient focused," Speta said. "We go above and beyond for our patients, we are the A-Z for our patients thru out the whole process. We are well educated and trained to help you acquire the best form of medical cannabis for your needs, we specialize in the various uses and strains, whether you need THC or CBD oil.

Staff at Bodystream work closely with Health Canada and do a three to six month follow-up with patients.

"Here you are part of the Bodystream family," Speta said Bodystream is on the lookout for a more accessible location with better parking – watch for this!



Jodie Speta Clinic Supervisor Bodystream

1001 Ridgeway St. (Ridgeway Medical Centre)

Bayshore Home Health

For people living with rheumatoid arthritis, everyday tasks can bring terrible pain. Fortunately, those waiting for treatment may not have to wait much longer, thanks to new technology being offered by Bayshore Home Health.

"We know there is a substantial patient waiting list", said Kim brooks, Director of Operations with Bayshore Home Health. "Somewhere in and around 1,800 people in the Thunder Bay area are in need of rheumatology assessments and treatments."

Bayshore Home Health, located at 1260 Golf Links Road, will soon be offering a virtual clinic in Thunder Bay that allows specialists to assess patient using remote otoscopes and stethoscopes.

"With our program, patients will have access to crucial care," Brooks said. "Early intervention and assessment is key in minimizing disease acuity and promoting disease remission".

"Frequent and costly travel to see a specialist at a distance is not always financially or physically feasible for people" says Eric Wilkins. "Utilizing this virtual platform will allow quicker access to disease modifying treatments."

For patients in Thunder Bay, there will no longer be a need to travel to Southern Ontario to meet with a specialist, eliminating the need for travel grants. "We are reducing that cost on the health care system by providing this service to patients," Wilkins said.

The new system also helps reduce the workload of specialists in the city, including Dr. Wesley Fidler, who

travels throughout the region to meet with patients.

Bayshore Home Health has been providing to care in Thunder Bay since 1999 and Wilkins said people are excited to learn more about this virtual system.

"People are finding out and people are very interested and wanting to get on the referral list much sooner," he said. "I am thinking it's going to be very good."

For more information about this program or how to be referred to this program, please contact Kim Brooks at kbrooks@bayshore.ca or 1-800-668-9490 x32309.



Eric Wilkins, RN, ACPAC

1260 Golf Links Rd • 345-5322

BioPed Footcare & Orthotics

Throughout the course of any given day, we take a countless number of steps, but the first step should always be proper foot care.

BioPed, located at 843 Red River Road, offers comprehensive Pedorthic and Foot Care Nursing Services. The Pedorthic Services include detailed biomechanical assessments, gait analysis, casting for orthotics and custom-made shoes, and manufacturing of custom orthotics and shoe modifications. The foot care nursing services provided by Maria Flicka-Thomas include basic nail care, ingrown nails, thickened nails, corns and callouses.

What sets BioPed apart, according to co-owners, Alex Lagadin and Mark Thomas, is their very own, full-service lab.

"The Pedorthist who is assessing the patient for orthotics is also the one making the orthotics," Lagadin said. "It's not changing hands and it's not being sent to a lab in a different city being made by someone who has never met the patient."

BioPed's in-house lab service allows the team to offer a much quicker turnaround time, with a patient going through the assessment and fitting process within a week."

"We hear all the time that we are very thorough, that the patient appreciates that we spend the time and listen to them" he said. "I think the patient likes the fact that we spend the time to educate them on their unique biomechanics and the causes of their pain." This allows the team to work together with the patient to form goals and a treatment plan leading to a better outcome.

Visit www.bioped.com/thunderbay for more information on BioPed's services and to schedule your biomechanical assessment.



Mark Thomas and Alex Lagadin



843 Red River Road • 768-4040

Canadian Cannabis Clinics

With a growing acceptance of alternative forms of pain relief, Thunder Bay has become an ideal market for medical Cannabis services.

Canadian Cannabis Clinics opened its first location in Thunder Bay last May at 2813 East Arthur Street, serving as an assessment centre for patients who wish to explore Cannabis as a therapeutic option.

"Cannabis has been shown to have an attenuating effect on the pain sensors between the brain, the central nervous system, and the peripheral parts of the body," says Jillian Henderson, Director of Medical Outreach with Canadian Cannabis Clinic. "We help people to see if Cannabis is good for them to relieve a number of ailments."

According to Henderson, patients report Cannabis provides relief from symptoms such as chronic muscolo-skeletal pain, neuropathic pain, seizure disorders, migraine headaches, post traumatic stress disorder, inflammation and anxiety. At a time when opioid addiction is being considered a national emergency patients also say Cannabis helps them to reduce the need for opiates.

"Canadian Cannabis Clinics is not a dispensary," Henderson said, "patients who are referred by a doctor or nurse practitioner will be assessed by staff at the clinic and if the patient meets the criteria under the Access to Cannabis for Medical Purposes Regulation, they will be guided through the process with a Cannabis counsellor on how to obtain and use medical Cannabis. "While there has been some push back in the past when it comes to medical Cannabis," Henderson said, "things have changed significantly in the last few years."

"Back then there was stigma for sure, there was perhaps a lack of understanding," she said, "Times have certainly changed."

Henderson said, there is a lot of demand for medical Cannabis because Thunder Bay is a hard working community, which can bring with it, chronic pain."

"We really have put roots down and want to grow with the community," she said.



2813 Arthur St. E. Suite 102 1-888-256-7043

Carpenters Local 1669 Training Centre

A training centre in Thunder Bay is offering a one-stop shop for training courses to skilled tradespeople across the Northwest.

The Carpenters Local 1669 Training Centre opened in Aug. 2016, and with a new state of the art facility at 1306 Capital Way, it offers a variety of courses, including working at heights, confined spaces, first aid, power elevated work platforms, and suspended work platform systems.

"One of our mandates is to make this a one stop place where someone can come in, receive their safety training, and also receive their training in their related field, whether it's carpentry, dry wall, or welding," said Dave Hakala, administrator program developer.

More than 1,000 people have completed courses at the Training Centre and what sets it apart from other training opportunities in the region is courses can be arranged based on the participants' schedules, including members of the public.

Training includes both theory and hands on work, and all the instructors bring with them years of experience in the field.

"We have the confidence and knowledge of the equipment we are training on and we have all those aspects from the work world to bring into the training course," Hakala said.

The training also extends throughout the region, with instructors travelling to communities from the Manitoba border all the way to White River, Ont.

The Training Centre is meant to bring service and accessibility to education and safety, Hakala said, because people working in the skilled trades need certifications to perform their jobs properly and safely, and this makes it easier for them to continue to work.

"We want to develop an all-around training facility that works for the north and is accessible to all communities," he said.

Anyone interested in arranging a training course can contact the Training Centre at 344-0611 ext. 5.



1306 Capital Way

Everything Mobile

With today's increasing reliance on smartphone and tablet technology, a cracked screen or malfunctioning battery can lead to daily disruption.

But Everything Mobile, located at 567 Memorial Avenue, is a remedy for that frustration and getting electronic devices back as good as new.

As one of the city's leaders in iPhone screen replacements and iPad glass repair, Everything Mobile has competitive pricing and a service time that can't be beat

"Everything is back to you usually within the hour for smartphones. Next business day for iPads," owner Drew Costa says. "That's quick. Usually when people hear it will be back within the hour they're happy with that."

Screen replacements are just part of what Everything Mobile can do. Costa, who has six years of experience, also specializes in water damage repair for devices exposed to liquid.

Costa is proud to stand behind the work, which also includes laptop repairs.

"We do offer a 90-day warranty on all of our repairs," Costa says. "If there are any issues we stand behind our work for the 90 days. Any defects with the screen or the labour we've done with the phone, you're covered. I consider us to be very reliable."

Device security and privacy is respected by Costa and his staff.

"When we fix your phone we do what we have to do and that's it," Drew says. "We test what we're changing and everything comes back to you like the day you got it."

While walk-ins are welcomed, Everything Mobile provides customers who have busy schedules with the option of online booking to reserve a time for their repair so they can have it back in their hands as quickly as possible.

Everything Mobile also offers a selection of pre-owned devices for customers looking for a functioning smartphone at an affordable price.



Faith City Church

While completing his master's studies at the University of Manitoba, Pastor Roma sensed a special call on his life for ministry. His wife Anita sensed it too. In 2000 they started Faith City Church and Spirit Alive Television in 2008, a national ministry that touches lives from coast to coast. Five years ago they launched Faith Life Bible School with the purpose of helping people grow spiritually and receive training for ministry. "Our goal is to help train strong leaders and workers to spread the Gospel in our area and to help people become better citizens wherever they are," said Pastor Roma, who along with his wife is a graduate of Rhema Bible Training College in Tulsa, Okla. Pastor Fisher says there are now thousands of churches pastored by Rhema graduates worldwide.

In Canada, many denominations are experiencing decline as young people have exited the church. Faith City Church is attracting youth and young families with a practical message of faith. "Our focus is to reach all generations with a message of hope, giving people practical knowledge from the Scripture. We teach people how to apply biblical principles to their daily lives – learning how to be a parent, a better employee, a strong community member."

Pastor Fisher is of Ojibway and Cree heritage, a member of Long Lake No. 58 First Nation. He recently received his Doctor of Ministry, but his educational roots go back to social work, graduating both from Confederation College and Lakehead University.

Faith City Church holds services on Sunday mornings and Wednesday nights, which are both livestreamed through their website. Spirit Alive airs weekly on local and national stations. Visitors to the church are made to feel comfortable in a friendly, contemporary atmosphere. "We do our best to make everyone feel welcome. The congregation is multi-generational and multicultural with people from various socio-economic backgrounds representing many sectors of our city." Pastor Roma's ultimate goal is to pass a strong message of faith to the next generation, transforming lives with the Gospel of Jesus Christ and bringing positive change to our city and nation. For more information, go to faithcitychurch.ca or spiritalive.org.





360 Black Bay Road • 344-1956 www.faithcitychurch.ca

Generation Remax

Thirty years ago, Tony Belluz followed his father Ray kids into the real estate business.

Nearly a quarter of a century later his own daughter, Kelsey, decided selling homes sounded like an ideal career, and joined her father and grandfather in the business at Belluz Realty – which has since been named Remax Generations Realty to reflect the family's legacy in Thunder Bay.

"We all work together and we get along," says Tony Belluz, whose father started the company in 1976.

In the four decades that have followed, the Belluz family has become synonymous with real estate in the city, the go-to brokers for anyone serious about buying or selling a home.

"We were born and raised in Thunder Bay and basically we sleep, eat and drink real estate. That's what we do. Other than taking our holidays once in a while we work seven days a week. And when people hire us they get the full treatment."

Buying or selling, it's all about seeing someone settled in their new home.

It's an extremely satisfying feeling to sign off on a sale, says Tony Belluz.

"It's awesome. Basically when you help someone from the beginning, you're helping them build the biggest investment of their lives – their home," he said. "That's where everything is built. Your family is started there, From starter home to dream home, it's a chance to watch families grow all over Thunder Bay. And it's starting to draw repeat business, Tony says.

"It's really rewarding, when you've been in the business as long as I have, people I've sold homes to, their kids are now coming to me and saying they want to buy a house now."

Let Remax Generations Realty generate a deal for you. They're located at 2821 Arthur St. E. or at www.belluz.com.





Harbour Metals Recycling

It's the scrap-yard with a view.

Nestled in the shadows of nearby majestic Mount McKay, Harbour Metals Recycling may have moved into a larger location at 1100 Montreal St., but it's the same great service they've always offered their customers that keeps their clientele coming back.

However, owner Jim Miranda (aka Jimmy Steel), said they made the move to be able to offer those same customers a little extra when it comes to service.

From a much cleaner yard to an indoor drive-through depot for non-ferrous metals to more space for vehicles to get into and out of the yard, Jim Miranda said the move made a lot of sense and customers have liked what they've seen in the limited time the new site has been open.

"We want to be known as the city's top-notch facility for all your scrap metal and recycling needs," he said. It's all about building customer satisfaction, he added. Over the years businesses have taken advantage of being allowed to keep a Harbour Metals Recycling bin on the job site, with frequent, hassle-free pick-up available.

Residential customers can also use the service when renovating their homes. The company offers free refrigerator drop-off, and will also pick up old cars, and other metallic appliances, diverting that material from area landfills. While the new location is the latest chapter in Harbour Metals Recycling's successful 18-year history, Jim Miranda said he's nowhere close to writing the final one. They're still looking to grow, and now have the room to ensure it happens.

"Eventually, we want to service all of your recycling needs. We want to be a one-stop drop for all of your recycling. And now that we've got the space, that's our goal," he said.

Harbour Metals Recycling is open weekdays from 8:30 a.m. to 4:45 p.m. Phone 577-0873 for more information.





1100 Montreal Street 577-0873 www.harbourmetals.com

Kakabeka Falls I.D.A Pharmacy

Kakabeka Falls IDA Pharmacy is so much more than simply a convenient place to have prescriptions filled locally.

It's about making the Northwestern Ontario community a better place.

With a nurse on site and full access to physicians through modern telemedicine technology, pharmacist and owner Henry Tempelman says he truly believes his store can make a huge impact on the quality of life and health and well-being of everyone who lives in Kakabeka Falls and several surrounding communities.

It's been a long-time coming, Tempelman says.

"The community has never had a pharmacy and it's been years since there was a doctor running a walk-in clinic. Now we have a nurse, pharmacist and with the help and development of technology and telemedicine, doctor services all under one roof."

Tempelman says the Good Doctors Walk-In Clinic is open Monday to Friday from 9 a.m. to 5 p.m. and gives Kakabeka Falls a much-needed service that helps patients find health-care solutions close to home, until now a barrier for many.

The pharmacy fills another huge gap.

"Our pharmacy is more than just a dispensary. "We focus on patient education and understanding with regards to their medication and their condition, which increases the likelihood that a patient will meet their health-care goals," said Tempelman. "We offer a variety of services including prescription delivery, blister packaging, medication reviews and chronic disease management. Senior's Day is every Wednesday, with 20 per cent discounts for over-the-counter projects for all seniors." The pharmacy has also worked with Northwest Community Health Services in Nolalu and O'Connor to raise awareness of free naloxone kits to combat opioid overdoses and save lives.

Kakabeka Falls IDA Pharmacy also offers unique giftware formerly found at Global Flags and Banners, including amethyst, flags, garden supplies, moccasins and souvenirs.

"We still have all the unique giftware locals and tourists loved with new giftware always arriving. We will continue to feature some of the great local artists and their work as well."

Kakabeka Falls IDA Pharmacy is open seven days a week and is located at 4781 Highway 11/17 in Kakabeka Falls.



Independent Living Resource Centre

For the past 30 years, the Independent Living Resource Centre has worked with its participants to achieve all that is possible.

"Independent Living is a philosophy," executive director Tom Pugliese says.

"We're really trying to provide an opportunity where people with disabilities say 'I want to do things for myself, how I want to do them.' That's what's behind independent living. It's an embodiment of their entire life and being able to make all choices for themselves."

The Independent Living Resource Centre, which employs six staff members, offers a non-medical approach to its programming. Persons with a disability simply self-disclose their disability to access programming. At any given time the organization is working with more than 450 families, sometimes even as many as 700. "We believe Independent Living increases people's quality of life," Pugliese said. "Our organization sees the person first, not the disability. We're just all people and that's the approach."

Pugliese describes their work as being just as much about equal rights and human rights, not simply focusing on disabilities. "As people become young adults with disabilities what we have often found is they want to decide their own path and future. They want to do this in the same way as everybody else. They seek autonomy and individuality."

Pugliese says, "I think for us it's a person that has consciously made a choice to want to be an equal, not

the same as everyone else, but equal." Peer mentoring is a vitally important tool for the Independent Living Resource Centre, which celebrates and embraces each individual's differences. Even though three decades have passed, the organization does not take its work for granted.

"Ultimately, we remain proud to be doing the work that we believe needs to be done," Pugliese said.





Independent Living Resource Centre Thunder Bay

130 Brodie St. S. • 577-6166 www.ilrctbay.com

Kelly's Nutrition Centre

For more than 20 years Kelly's Nutrition Centre & Bar has been Thunder Bay's largest health food store, offering customers the biggest selection of vitamins, herbs and groceries in all of Northwestern Ontario.

The friendly and knowledgeable staff at Kelly's Nutrition go above and beyond to help pick out the right product for you.

The ongoing expertise extends across the store with certified health coaches, Ron and Julie, who can help those who are searching for answers on nutrition, fitness, lifestyle, and supplements.

We are here to help educate people to undertake more responsibility for their health by adopting a healthy lifestyle with diet and exercise programs.

Come to Kelly's Nutrition for prompt and up to date information about the choices you should make.

Kelly's Nutrition is always changing, as they constantly update their shelves with the latest and greatest products to satisfy customers.

Kelly's is now offering a wide selection of primal kitchen products that include avocado based salad dressings, mayonnaise, high heat avocado oil, as well as grass fed vanilla and chocolate collagen.

The massive health store has it all & now offers freshly made salads & energy balls as well as a wide

selection of local products! Shoppers would also not want to miss out on our large bulk section!

The store carries a large variety of trusted brand names such as Natural Factors, Organika and Flora.

For a limited time only, you can win a bistro set and outdoor fire pit. Qualify in store with Renew Life products.

Kelly's Nutrition staff want to ensure your highest satisfaction just like their thousands of other satisfied customers.





Michael's Hair Design & Day Spa

Getting a spectacular haircut is just the beginning of the exceptional experience for clients at Michael's Hair Design and Day Spa.

"Everybody wants to go where it's happening. One of the things that makes it that way is our staff," owner Michael Muia says.

"When you walk into Michael's you're greeted with a warm and friendly smile, offered a choice of refreshments, your stylist/esthetician will consult with you about your service and your take home care products to maintain your new style or skin care needs. Little things like rinsing out your hair after your haircut has gone a long way with our clients, they love that. When you have a manicure or pedicure we include your own little package of products and polish that will only be used once and only on you, they are yours to take home. You leave here knowing we care."

The team of nine stylists provide an unparalleled 145 years of combined industry experience. Recently, the stylists have started embracing social media and their work has been generating international attention.

The recognition demonstrates the outstanding skill level the stylists offer.

"For the clients, it's credibility. They go to a place that's on the cutting edge," Michael says. "They're keeping up with the new looks, new colours and styles and people all over the world are responding. Now you don't just have people within your own city, you have your peers, professionals that send back messages recognizing great work."

Started as a hair salon in 1983, Michael's became the first to add a full day spa in 1998. In addition to

popular services like pedicures and manicures, the day spa is constantly evolving with innovative services like microblading and eyelash extensions, lash lift, laser hair removal and Botox injectionss while offering an in-house laser plus clinic.

"You have to reinvent yourself with anything that is available to provide to the client," Michael says.

Michael believes the filmmakers behind Field of Dreams, the baseball classic starring Kevin Costner, missed one crucial ingredient in the recipe of success and it's the one that has been most vital to why Michael's Hair Design and Day Spa remains one of the top choices in Thunder Bay.

"Build it, add good people and they will come," he says.



2817 Arthur Street 622-2101 michaelshairdesign.com Like us on Facebook

michael's

Northern Windows Manufacturing Ltd.

Unlike big box stores, every order at Northern Window and Door Manufacturing is built in Thunder Bay specifically for the customer at hand.

It's that local focus that sets the Simpson Street company apart after nearly 25 years in operation. Window and Door Manufacturing has thrived as a family company whose customers always come first.

"We custom-make everything," says Christine St. Amand, "and we definitely think outside the box." "Warranty-wise, it's great, because we're right here."

From the first consultation to the final installment, Christine says their clients are guided every step of the way. That way there are no surprises.

"We try to educate them about the different styles of windows and doors we have. But we can also manufacture just about anything out there," she said.

Despite countless opportunities to branch out beyond just windows and doors, the company's salesmen, Rod MacDougall says they long ago decided to keep it simple.

"We do what we're good at," he says. "We don't branch out into siding and roofs and fascia. And we're built in the North, for the North."

Northern Window and Door Manufacturing boasts one of the most experienced teams in the industry.

"Everybody who works here has worked here a long time," Christine says.

From the salesperson on the floor to the installers on the job site, everyone at the company takes pride in the work they're doing.

There is no subcontracting, it's all in house, adds Richard, Founder of Northern Windows.

Anyone who wants to see the quality of Northern Window and Door Manufacturing's product can visit the showroom, located at 408 Simpson St.

It's a great place to start for any new build or home improvement project.

"We encourage people to come into the showroom to take a look to get to see and feel the products we manufacture, whether it's new windows or doors," Christine said.

ALL WINDOWS BUILT IN THUNDER BAY



Oshki-Pimache-O-Win Education & Training Institute

More than two decades ago Indigenous leaders recognized the need for a Aboriginal-focused post-secondary school.

While it didn't happen overnight, by 2001 Oshki- Pimache-O-Win Education and Training Institute was open for business.

Over the years it's helped a countless number of ambitious students make their way from the classroom into the workforce.

Daniel Tait, the school's community liaison and student recruitment officer, says it's an alternative for those looking to further their education. This fall programs offered will include Indigenous Early Childhood Education, Social Service Worker – Native Specialization, a Business Diploma and Indigenous Wellness and Addictions Preventions.

In January the school will also offer Police Foundations and Practical Nursing programs.

"Students can come to our school and they don't have to move away from their families," Tait said. "They don't have to give up jobs they might have in their communities."

Courses are offered in 15-week semesters, with students required to come to Thunder Bay for 2 weeks twice per semester.

The online classroom is conducted in the evening hours. "It's like a virtual classroom," Tait said, adding classes usually range between 10 and 15 people, providing plenty of one-on-one time not possible at traditional colleges and universities.

small enough to be considered a small family, a home-awayfrom-home." Applying to study in one of the program is a fairly simple

Applying to study in one of the program is a fairly simple process, he said.

There's an online application that allows prospective students to sign up. Students can also stop by their campus, located at 3-106 Centennial Square in Thunder Bay, for an in-person walk-through of the admissions process.

"We work closely with applicants to make sure they get all the documentation they need," Tait said.

For more information, visit www.oshki.ca or phone 626-1880.



Chantal Chikane: Graduated with the OSHKI AMSTEP program in 2015, graduated from the Business Fundamentals program in 2016, and is currently working on completing her Business Diploma all while holding a full time job and being a mother.



106 Centennial Square

Regional Food Distribution Association

It's hard work trying to feed the hungry in an area roughly the size of France. But, for the RFDA, it's worth it.

"It's complicated, and it's expensive but we feel that healthy foods are just so important for pretty much everybody in the region," community services manager Brendan Carlin says.

The RFDA has an opportunity to bring truckloads of healthy fresh produce to Northwestern Ontario that would otherwise go to landfill. The only problem is that they need the money to do it. They would only have to pay for transportation, but one load could cost up to \$5000. That money, though would produce tens of thousands of dollars' worth of food.

The RFDA believes it's especially vital to make nutritious food accessible for children whose families can't afford it. It's important for them to go to school having eaten a healthy meal. The healthier the food you eat, the better your brain works, and the better you can learn. The better you can learn, the better you do in school, there's a better chance of you being able to break that cycle of poverty."

The organization supports over 45 member food banks and charitable organizations that help approximately 9000 people a month, with about 4000 of them being those children who are going to school hungry every day.

You can invest in our children who simply don't have access to well-balanced meals and fresh produce. To find out how, call 622-7440 or visit their website at foodbanksnorthwest.ca.



tidda 570 Syndicate Ave S. 622-7440

Superior Shores Gaming Centre

Superior Shores Gaming Association plays an important role in raising funds for more than 70 local charities and non-profit organizations.

Now located at their state of the art facility at 435 Memorial Ave adjacent to the Super 8 Motel. From 1989 to 2014 they operated as Thunder Bay Community Bingo on the CLE grounds. Superior Shores started out with only six charitable groups operating a few evening bingo sessions a week and continued to grow and increase their membership to the current three daily sessions seven days a week. Superior Shores remains the only "charity owned" gaming facility in the province of Ontario.

At Superior Shores, players have the option of traditional paper bingo as well as a number of new games. Those include electronic bingo, which boasts terminals with touch screens for players to dab the numbers and play along. There is also a collection of play on demand electronic games that can be played anytime with great prizes available. As well, taptix is an evolution of the classic break open ticket that features an interactive display screen on a ticket dispenser. It's as simple as tapping to play.

These new games allow Superior Shores to offer more customer choice, be more competitive and appeal to a broader demographic while providing a different gaming entertainment from traditional bingo and casinos.

For the young and young at heart there is Cosmic

Bingo Friday evenings at 10:30 pm, with music, minute to win it and spin to win style games'. Sept 8th we will be giving away a Asus laptop.

Upcoming promotional events include a 'Back to School' Mini-Monster Bingo on Sept 8th, with an elevated prize board and another Asus laptop giveaway. And Sept 21 there'll be a 'Drag Show' bingo with dinner, bingo and entertainment all for \$20.00 a person. Tickets on sale at customer service.

There are awesome lunch and dinner specials in the concession and we have a licensed lounge, with a pool table and dart boards.





435 Memorial Avenue • **345-4946**

Adult & Teen Challenge SuperThrift

For over 10 years, Adult & Teen Challenge has seen lives changed in Thunder Bay through its Christian recovery program for men with addictions. The launch of their new Johnson Avenue thrift store on July 24th will pave the way for the organization to extend their services to include a women's residential recovery program in the city.

"It's our mission to put hope within reach of everyone who needs help in Thunder Bay - including women. That's why I do what I do. My life was transformed here, and now it's my passion to help people get the same opportunity I had," says NW Ontario director and 2007 program graduate, Robby Ahuja.

The Super Thrift Store was started to provide operating funds and a positive work environment for the students and graduates of Adult & Teen Challenge. That positivity is also expressed by those who have visited the new store. Shopper Jenny Duggan shares, "The staff are amazing and make you feel so welcome, like a friend the minute you enter the door!" The store is in a newly renovated building at 107 Johnson Ave, with an entrance and ample parking in the back.

Adult & Teen Challenge relies on private donations to operate, and all funds raised locally stay in Thunder Bay. "It's not just shopping," Ahuja said. "It's an experience. You are going to be part of the change factor."

Although the store is already open to the public, shoppers are invited to attend the grand opening celebration on Saturday September 23rd.

Adult & Teen Challenge is currently seeking both small and large donations of clothing, furniture, household items and vehicles. For free pick up or drop off information, call 345-2277.





107 Johnson Ave. • 345-2277 teenchallenge.tc/superthrift

Ultimate Gymnastics

Three years ago, Ultimate Gymnastics opened its doors with 16 members.

Today more than 700 youngsters are flipping and tumbling their way to success as the Alloy Drive organization continues to expand its floor space.

"It's been a lot of hard work and consistent marketing to get to this point but we want people to know we're here and here to stay," said owner Greg Balec.

It starts with the coaching. Last year Balec launched a worldwide search for a new head coach and connected with South African native, Cheronne Viljoen, a former member of her home country's national program.

She's been in place since April and has ambitious goals for both Ultimate Gymnastics and its competitors.

"I just want to grow the program and take more of the children from the recreational program to the competitive program," she said.

"We're trying to get them into the national program." The sport is much more than an athletic activity, Cheronne added.

It helps form well-rounded people who excel in all aspects of life.

"They really are a breed upon themselves," she said. "They have higher school scores and they learn how to prioritize. Everything they do, they do properly."

The club is well on its way to becoming the best the city has to offer, both inside and outside the gymnasium.

Balec says from the beginning he's tried to instill a sense of community pride in his athletes, who have always given generously of their time.

"We're involved with Shelter House, the Salvation Army and a number of city events. It gives the kids a chance to show their community spirit," Balec said.

Ultimate Gymnastics is currently registering students for its 15-week fall session starting in September.

Newcomers are invited to try a class free of charge with no obligation before making the decision to commit. Phone 344-FLIP for more information.





YOU'LL FLIP FOR US 977 Alloy Dr. #11-13 • 344-3547







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Hometown Heroes Golf Committee

Marcel Gagnon • Linda Hutton • Kelly Johnston • Paul Maydo Nancy Rissanen • Matt Simeoni

Carter Hutton Hockey Package Raffle WINNER Karen Pleavin – Ticket #561

Kudos for a local cobbler

TBLife

BUSINESS By Michael Charlebols – TB Source

t may come as a surprise to many, but Thunder Bay is now home to one of the top shoe repairmen in North America.

At least that's what the Shoe Service of America claims after giving Martin Sugg a Silver Cup award for his work.

Sugg is the owner of Timeless Shoe Repair on Alloy Place, and he recently received the accolade after competing in an international competition that grades the quality of shoe repairs.

"The goal is to make the shoe as close to the original as possible," Sugg explained. "We encourage all shoe repairmen to enter. It helps elevate our craft."

Sugg was chosen from a field of 30 as the fourth best repairmen, good enough to send him home with a trophy.

"It's amazing," Sugg said. "I was just looking to get some feedback so I knew where to improve and do better."

"I certainly wasn't expecting fourth place." It appears that Sugg has just about mastered his craft - a craft he's worked on for a discontinued 14 years.

"There's no formal training or anything like that. You can't go to school for this, so it's good to have something to put on display."

Sugg has been the owner for about four years, and is the only shoe repairmen actively working in Thunder Bay.



REALLY BIG SHOE: Martin Sugg of Timeless Shoe Repair hones his craft last week.

"It's typically an old-fashioned service. Today's mentality is buy cheap, use it up, throw it away, and replace it," Sugg explained. "But when you buy good quality – it's cheaper in the long run."

He admits that although the craft has declined, the internet age has sparked a revival of sorts for his work.

"In the last four years I've learned more online than I ever did in my first ten years on the job," he said. "If I don't know how to do something, I just post something online, and hundreds of years of experience can offer me help."

Sugg, who does not advertise, has also relied on Facebook to promote business.

He believes his role in the community serves an important purpose, and offers a favourable alternative to a new purchase.

"When you wear shoes, they become shaped to your foot after you've worn them for a few months," Sugg said. "We grow very attached to our footwear, so obviously getting a repair is going to be cheaper than replacing."



Empowering young girls

TBLife

THUNDER BAY By Michael Charlebois – TB Source

A local conference is giving girls the chance to take control of their self-worth at a young age.

One Girl Inspired is a conference for girls, ages eight-to-12, to learn about female empowerment, leadership, and confidence.

The day-long conference is filled with sessions and activities to help bolster the participants' self-esteem.

"We want to empower these girls to accomplish anything they can, and believe in themselves regardless of what society or the media may be telling them," said conference facilitator Hannah Smith.

The "Queen Bee's and Wannabe's" session covered the topic of girl culture and cliques, while "Throw Like a Girl" demystified stereotypes and called for female empowerment.

"I think I'm most excited for our session on body image," Smith said. "We've got an activity where we're deconstructing Barbie



LEARNING LESSONS: Mikaela Innanen holds a Barble doll during an activity that deconstructs the unrealistic body image.

and her figure. How it's very unrealistic and it's not healthy - or even attainable - to strive for."

Twelve-year-old Sonya O'Flaherty said



"Before I thought appearance was slightly more important than it really is," Sonya said. "Everybody here looks different, but everybody here has a good personality - we can all be friends no matter what we look like."

Her favourite session, "Be Media Smart," examined the significance of social media and its impact on self-esteem.

"If I ever get Instagram or something and I don't get a lot of like on a picture, I learned I should keep it up if I want to, and that I should appreciate who I am even on social media," Sonya said.

"I want to inspire them to have the ability to take control of their own lives. I've tried to create ideas that they can delve into so they can learn more about it," Smith said.

A session for girls aged 13-17 is set to take place at some point in the fall. More information about the event can be found at onewoman.ca/one-girl.







For your daily news visit www.tbnewswatch.com

Where have all the blueberries gone?



We went berry picking. Berry picking is one of my wife, Laura's, favourite pastimes. We needed a walk anyway.

Along with our pooch, Baxter, we struck out behind Casa Jones and across the paddock we call "Pond" due to its proximity to the beaver pond. We were headed across the paddock and through the 'back 40',

now grown in with white and jack pine trees, and then up through the woods to what we call Mountain Trail and the two meadows that have, in summers past, yielded lots of blueberries.

Before arriving at the lower meadow, we threaded our way through a large balsam stand where in summers past, we have found Chanterelle mushrooms growing on a slope populated by balsam trees.

This summer has been disappointing with only a few of those peachcoloured delicacies popping their heads above ground. So, we pushed our way through the trees to come out into the lower meadow, first of two, where, in years past, we have found blueberries.



TASTY TREAT: Blueberries are a little harder to find this season for local pickers.

Again, the yield is poor this summer. No evidence of any bear scrounging for berries though. Laura postulated that the ice storm back in

the spring might have crippled the bushes ability to produce the abundance to which we were accustomed.

We continued further along the path and through more woods until we came into the main meadow. There we discovered the occasional bush festooned with berries but nothing like last summer where, in a ten-foot almost square patch, we spent over a half hour stripping the teeming hushes

We did get some, enough for a couple of batches of pancakes or muffins, but nothing like the haul we gathered that actually, with prudence, we made last all winter.

"Where are the areas in this neck of the woods where blueberries abound?" I asked Laura. "Ignace, Nipigon, and around Sioux Lookout are the areas where most berrypicking folk head to fill their buckets," she answered, "and because the sandy soil is so prolific, they take berry rakes with them. Even around Arrow Lake there are parts that produce lots of berries."

Well, not here at any rate, not this summer.

On the return trek to Casa Jones we took a different route and discovered raspberries, lots and lots of raspberries. So, precious few blueberries, acres of raspberries.

So, I don't feel guilty grabbing a few blueberries before the bears get them since they can have as many raspberries as they want. They won't starve.

Pino Tassone

Director of Education



IN THE bay



TIGHT TURNS: Johanne Fenwick of Dryden participates in the gymkhana competitions during the 126th Murillo Fair last Sunday.

Family fun at Murillo Fair

Three-day event has been entertaining the community for 126 years

MURILLO By Doug Diaczuk – TB Source

When racing a horse down a dirt track and carefully guiding it between a series of obstacles, Johanne Fenwick said there is only one trick to getting it right.

"Holding on," she said after her race. Fenwick travelled all the way from Dryden, Ont. to participate in the annual Murillo Fair this weekend, which includes rodeos, horse racing, and gymkhana.

"We came last year for a quick barrel race and liked it so much we decided to come back and spend the entire weekend here," Fenwick said. "It's been wonderful. People are so welcoming and great. It's a lot of fun."

The Murillo Fair, hosted by the Oliver Agricultural Society, is now in its 126th year and it continues to draw hundreds of people out for a taste of a good old country fair that includes rides, food, music, and of course, animals.

"It's more of a family and relaxed environment," said David Allen, president of the Oliver Agricultural Society. "It's a smaller area where you can't lose the sight of your kids. And all the animals. We have pretty much every animal you could think of that you can find in a barn."

The three-day fair kicked off on Friday and Allen said participation this year has exceeded expectations.

"Yesterday was excellent," he said. "Even the rides. The rides are the biggest numbers we've had since they've been here. It's a big family event and there's a lot of kids."

"It's a

beautiful day

and a great

family event

and some-

thing to do

with our

family "

LAURA MESINER

Like any good fair, it's a perfect way to spend time with the family and enjoy the waning summer season, which is why Laura Meisner and her family came out for the second year in a row.

"It's a beautiful day and a great community event and something fun to do with our family and we are happy to come out and support it," Meisner said. "The rides, the foods, the games. There's a lot to see and it's just pure good family fun."

Allen added that the Murillo Fair is one of the few events in area that showcases not only the region's agricultural past, but also allows people to bring out their animals for some friendly competition.

"It's a big undertaking and a big job for some of these people," he said. "I think some people are losing track of time and not able to do it, but we are trying to bring that back by making the grounds a lot better and hopefully make some bigger purses and get some bigger and better events as the years go on."

For Fenwick, who has been riding horses for the past 12 years and has competed in

events in Dryden and Manitoba, coming back to the Murillo Fair has been a great experience and a great way to see just what her horses are capable of in the ring.

"There is a lot of excellent competition, excellent horses, really talented people and it's great to come out and have some competition like that," she said.

But when it comes to competing, there's actually a little more to it than just holding on as the horse barrels through the course.

"It's time in the saddle," Fenwick said. "When we come to race, we only push our horses during the race. At home it's very slow and very monotonous training to keep them together. Time is the important thing."







The First Rider Program has been designed for very young first time school bus riders. This fun learning experience helps children answer questions (they get to ride a bus!), and calm concerns they may have about riding the bus to school.

Saturday, August 26, 2017 10:00 a.m. - 4:00 p.m. Confederation College Shuniah Building

Take advantage of this opportunity that will allow your child to ride the school bus with confidence and teach important school bus safety.

Reserve your special spot at First Rider by contacting the Iron Range Office Monday, August 21 - Friday August 25, 2017 at 345-7387.



Extravanganza show a huge hit with car buffs

THUNDER BAY By Michael Charlebois – TB Source

Of the hundreds who came to the Motorsports Extravaganza on Saturday, there seemed to be a consensus among them.

"It's more fun and more interesting than last year," said coordinator of the planning committee, Kevin Merkley.

The overall expansion of the event was evident due to the hundreds of people who poured in before the opening remarks at noon.

Jim Kircsh was one of them, and the Duluth, M.N. native was eager to show off his prized possession.

"It's a 1968 hemi dart. I built the car to represent the original factory race

cars," Kircsh said. "Every nut and bolt and every part on this car is brand new."

Kircsh, who came up for the show last year, said sharing space with people who love cars is what he enjoys the most.

"It's nice just coming, talking to older folks who know more about when cars came out. Just the camaraderie, everybody has an interest in cars."

Rob Miller says the connection between cars and camaraderie is an important one in his family.

"My father found this car in the States and spent 10 years rebuilding it," Miller said. "He passed away last year, so we bring it to show the car off and show his work." Miller said the testimony to his father, and love of cars is something he hopes he can pass down to his son, Tanner, who also attended the event.

"It was just a frame in a field in Wisconsin. We ordered parts, put it together and he got to enjoy it."

Hundreds of start-from-scratch models were on display at the CLE Fairgrounds, but they were doing more than sitting and looking pretty.

The engine blow contest, the burnout contest, and a 7:30 p.m. cruise around Thunder Bay were also on the agenda.

"The whole car family here in Thunder Bay is starting to pull together," said Merkley. "Rather than have isolated little groups, this show does it all."



HOT WHEELS: Tanner and Rob Miller look at pictures of the creation of their car.







For your daily news visit www.tbnewswatch.com

IN THE **bay**



EMOTIONAL ART FORM: Lia Grainger (centre) and members of Fin de Fiesta Flamenco will be bringing the Spanish art form of flamenco to Thunder Bay on Aug. 25 at the Finlandia Hall.

The beauty and the emotion of flamenco

International flamenco artists bring Spanish art form to Thunder Bay

DANCE By Doug Diaczuk - TB Source

There are certain art forms that have a power to move audiences through emotional expression and passion, and not just because of the performers countless hours of rehearsal and training, but rather their tireless dedication to the art.

Fin de Fiesta Flamenco, the acclaimed flamenco ensemble, is touring Canada and will be bringing their passionate Spanish music and dance to Thunder Bay on Friday, Aug. 25.

"For people who haven't seen flamenco before, both the music and the dance are a really intense. extremely expressive art form," said

Lia Grainger, a flamenco dancer with Fin De Fiesta. "It's not a subtle art form. It's very expressive and passionate and emotional."

The performance will feature two guitarists, including Thunder Bay's very own flamenco guitarist, Matt Sellick, as well as a flautist, a

singer, and Grainger dancing. Grainger said being on stage with her fellow performers is almost like having a conversation because flamenco is such a communicative

art form. "You learn this musical language and percussive language and then you can kind of speak it to each other and you give each other signals through movement, or

sound, or voice," she said. "It's very in the moment and exciting and lively."

Grainger has been dancing for more than 12 years. The former writer and journalist from Vancouver is now based in Seville, Spain where she continues to practice her dancing, but getting there took even her by surprise. "I always kind of went

not knowing how long I would be there," she said. "It was always sort of open. I think there are a lot of people who that happens to. They end up never leaving."

Seville is home to many international dancers and performers who seem unable to give up the world

of flamenco, Grainger said, because it almost becomes like a drug.

"It's really technically challenging and it's like you are never finished," she continued. "There is always going to be a challenge. And also, it's very alive. There's nothing that really feels quite like doing it. When you are doing it and working with all these other people and having this creative exchange, it's really like a drug, it's a wonderful feeling.'

Fin de Fiesta recently finished a tour of France and kicked off a cross-Canada tour in B.C. earlier this summer. Grainger said they always like to include smaller communities while touring to share flamenco with new audiences and introduce them to the emotion and passion that has gripped so many around the world.

"Those experiences are always the strongest, because often there will be people who are new to the art form and flamenco is really impactful," she said.

Fin de Fiesta Flamenco will be performing at the Finlandia Hall on Friday, Aug. 25 at 8 p.m.



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subtle art tional." LIA GRAINGER

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IN THE **bay**

Poets using words to fight off racism

Pop-up poetry around city challenges racism and discrimination

THUNDER BAY By Doug Diaczuk - TB Source

While words are often used to inflict pain on others, they also have the power to heal, and a local feminist group has taken poetry out into the community in the hopes of healing the divide that exists in Thunder Bay.

Last Wednesday, Northern Feminisms hosted a series of pop-up poetry sessions at various locations throughout the north and south downtown cores.

Taina Maki-Chaha, one of organizers of the event with Northern Feminisms, said there is too much division in the city of Thunder Bay and it's time for the people to start taking action.

Community responsiblity

"Every person in the region of Thunder Bay has to do his or her share to combat all the racism, the symbolic rhetoric and the actual material violence that is happening in our city and our region," she said. "We need to speak up in our own unique ways."

Pop-up poetry sessions were held at several locations, including McVicar Creek, the Waverly Street Library, and the Spirit Garden. Everyone of all backgrounds was welcomed to share their work.

The use of poetry to challenge racism and division was fitting, said Maki-Chaha, because it allows for a wide range of emotional expression and



SPEAKING UP: Northern Feminism's Taina Maki-Chaha shares her work during a pop-up poetry session at McVicar Creek.

freedom that has more power than just words.

"Poets have a specific way of speaking," she said. "They use words in a specific, crafted way and they use

sound and it touches people on a different level than at the rational mind. It touches the heart, the emotions, and the spirit."

For poet, Jana-Rae Yerxa, who shared her work at the McVicar Creek location, poetry is the language of the heart and provides a way to speak truthfully.

"I just think with the current climate in the city and the racial tensions being really high, art and poetry specifically is a way to speak truth and share your heart and hopefully touch other people's hearts," she said. "I think it's a really creative way to try to speak to what is going on here in the hopes of making it less racist."

Having an impact

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Poems were shared from a variety of perspectives and often touched on very

emotional and difficult subject matter, including issues of racism, discrimination, and violence.

Poetry has already made a difference for several people involved with Northern Feminisms through poetry workshops and readings.

"Just to see the building of relationships amongst people who normally wouldn't come together, being together for a common cause through poetry and wanting to address racism in our city," Yerxa said. "So in that sense, I think it has already created change."

"It's to mentor voices that are rarely heard, that are marginalized," Maki-Chahal said. "Mentor their voices in their writing, in their speaking. If we can encourage a few voices who are fragile or hesitant to speak, I consider that a success."

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Relishing great opportunity

Scott Morrison talks about his time at Lakehead, a change in approach, and how to beat LeBron

BASKETBALL By Michael Charlebols - TB Source

t's an exciting time to be a Boston Celtic.

The NBA's most successful franchise, in terms of championships, is in a position where adding another seems within the near future.

After winning a conference-best 53 games last season, the Celtics added the third overall pick in Jayson Tatum, and all-star Gordon Hayward to the roster.

They will likely draft in the top three for a third straight season in next year's draft - a rarity for a team that isn't losing games in the hope of rebuilding.

In short: the Celtics are good, and they're only going to get better. And in light of recent news, former Lakehead men's basketball coach Scott Morrison will have a pretty good seat to watch it unfold.

"Looking at our roster, you can see we already have a chance to compete for a championship this year," he said. "I'm just happy they gave me the opportunity."

Morrison, who worked within the Celtics organization as the coach of their G-League affiliate, was promoted to assistant coach in June.

The new job is not unfamiliar territory for Morrison, though. He worked in Boston during the offseason and preseason in prior years, and has built relationships with players and coaches.

"This summer has been a little different because I've gotten some assignments that I haven't gotten to do in the past," Morrison said.

His most recent assignment:



THE BIG LEAGUES: Scott Morrison spent 10 years behind the bench with Lakehead before leaving to coach the Maine Red Claws of the NBA Development League.

working prized free-agent acquisition Gordon Hayward, and second-round draft pick Semi Ojeleye.

It's a slight departure from the caliber of players he worked with at Lakehead, yet Morrison said his time there is something he thinks about all the time.

"We had some big wins in Maine, but at the end of the day, there's not as much riding on those," he said. "At the college level there's a little more rivalry. I definitely remember how it feels to beat Carleton."

The fiery Prince Edward Island

native was known for his animated sideline mannerisms during his time at Lakehead, but as a professional coach, he's become more reserved in style.

"Head coach [Brad] Stevens is kind of like the opposite of how I was at Lakehead, in terms of his demeanor, and approach to teaching."

"Guys are older, and used to being treated a certain way, so I've kind of gotten used to that and I like the changes I've made."

It's a big stage for someone with such humble beginnings. His hometown of Morell, PEI has a population just over 300.

"I'd say probably three or four have even seen an NBA game in person."

Yet Morrison continues to make a name for himself, even in a space that tends to be reserved for people who know the right people.

"I didn't have very many contacts, I didn't have family members in the NBA, I never played in the NBA. A high percentage of coaches at this level are at least checking one of those boxes," he said.

Now that Morrison has arrived, he and the Celtics have only one thing in mind: to take down LeBron and the Cleveland Cavaliers.

"In the NBA it's like 10 per cent coaching, and managing, and analytics, and the other 90 per cent is who has LeBron."

That's what an analytics director from Toronto told him before he left for Maine. For an astounding seven years it's been true - the team with LeBron has reached the NBA Finals.

"We're not saving lives out here, but to be the best at this job, you have to treat every small detail like it's do or die. I obviously think that's what Coach Stevens does the best the Celtics roster hasn't been the best in the league, but he happens to get the most out of it."

With a much-improved roster, Morrison is hoping to help with that "10 per cent" and get Boston back to the promised land.

"I'm excited to be around full-time this year to see every part of the process."

DISCLAIMER: The author's father worked as an assistant under Morrison at Lakehead.





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City secures the 2020 Special Olympic Games

THUNDER BAY By Michael Charlebois - TB Source

Blair McIntosh couldn't finish his sentence before he was bombarded with cheers.

The Special Olympics vice-president on Friday announced Thunder Bay was successful in its bid to host the 2020 Special Olympics Canada Winter Games.

"This a wonderful moment for our community," said Paul Burke, the city's special events developer. "It's a win all-around."

The news sent the crowd of about a dozen Special Olympic athletes gathered at Thunder Bay city hall for the conference call announcement into a frenzy.

"Thunder Bay showed that they wanted these games very badly,' McIntosh said. "The community support for this bid was tremendous."

"I knew from the very get-go that we were going to nail it," said Special Olympics ambassador James Matijasic.

The Heart of Gold campaign that lobbied for the Games to be held in the Lakehead was a success, and now Thunder Bay will have a lot to look forward to in the city's 50th golden anniversary year.

"The work starts next week," Burke said jokingly.

"It was a lot, but I think we came through for the community of Thunder Bay. You saw it today when our local Special Olympians are in the house the excitement is high."

Those athletes are looking forward to the home-field advantage when they compete in three years.

"Since Thunder Bay was a small city, I never thought we could hold a big competitive event for 2020," said basketball player Edwin McCauley. "2020 is going to be excellent.

In terms of economic impact, Burke expects a "much, much higher" total compared to the \$5.4 million earned at last year's games in Corner Brook, N.L., due to the addition of bowling.

He is predicting that 750 volunteers will be needed, a similar figure to the 2011 provincial games that were held in Thunder Bay.



BID SECURED: Excitement filled a room last week at City Hall as Thunder Bay got the nod for the host city of the 2020 Special Olympics Winter Games.





Displaced Cats resolve dispute

Repairs to Port Arthur Stadium sent team into exile

BASEBALL By Matt Vis – TB Source

Despite a nightmare opening to the season that forced the Thunder Bay Border Cats to spend the first three weeks of the campaign on the road, the team is taking steps to put it behind them by coming to a resolution with the city.

The squad was forced to play their first 10 scheduled home contests away from Port Arthur Stadium after inclement weather killed a section of infield grass as city crews were working to prepare the field for the upcoming U18 Baseball World Cup.

Border Cats general manager Dan Grant last Wednesday confirmed the Northwoods League club and city officials had come to a compensation agreement, though the details will remain confidential.

"I think the ownership is happy with how everything turned out," Grant said. "I'm personally really looking forward to now being able to focus on next year and how we're going to improve the fan experience."

City manager Norm Gale said the Border Cats, as well as other local sports organizations, are an important part of the social fabric of the community.

"The Border Cats have a five-year commitment to the city and the city has a five-year commitment to the Border Cats. That's a good thing," Gale said. "We're pleased that will carry on."

Huge losses

The extended exile meant the club lost process potential revenue from 30 per cent of their home schedule, while adding extra expenses to cover the costs while on the road. **"I think a lot**

Even though the games were played south of the border, as the designated home team the Border Cats were still responsible for paying the accommodation and meals for the visiting team in addition to taking care of their own roster.

"When you switch to on the road we're paying for at minimum six

meals per day – three for each team – and we have to pay for two sets of hotels and the bus expense goes up because we're just on the road now for so long," Grant said, adding players stay with their host families in Thunder Bay which saves the team from paying for lodging and a significant amount of food costs.

The off-field chaos had an on-field impact on the Border Cats, as they sported a meagre 6-12 record when they stepped on home field for the first time.

For many of the players scheduled to arrive in Thunder Bay, catching up with the team



FIELD ISSUES SOLVED: Border Cats GM Dan Grant says the team has a resolution with the city.

became a scramble.

of lessons

were learned

this year as

far as the

field prep."

DAN GRANT

"On our original opening night of June 3 I had two players hop in my car with me and we drove to Marshall, Minn.," Grant said. "It took nine hours to get there for opening night in Marshall, Minn. Then I stayed for the Sunday afternoon game and at about 4 p.m., 5 p.m. I drove nine hours back here to get ready for Monday morning and re-planning the process for the new opening day."

Thunder Bay finished the campaign with a record of 27-41, extending a playoff drought that stretches back to 2008.

High attendance

Despite missing out on the postseason, the club had one of their highest attendance figures for the remaining contests played at Port Arthur Stadium with an average of 960 fans per contest.

"The enthusiasm was there for sure. People were ready for us to come home. I think a lot of people rallied around us," Grant said. "Regardless of our win and loss record, the fans kept coming out. We almost averaged 1,000 fans this year. It was a big year for us from that perspective. I think it shows baseball works in Thunder

Bay." The team is hoping the disruption was a one-time event related to meeting the enhanced standards for the world championships.

"I think a lot of lessons were learned this year as far as the field prep," Grant said. "I don't think this will ever happen again."

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