

Falcons start title defence with lopsided win /24

BURNED TO THE GROUND: Not much was left after a fire ripped through a garage on the south side of the city on Saturday, destroying both the structure and a number of vehicles.



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LOCALNEWS Feds to spend \$83M on highways

RED ROCK By Leith Dunick - TB Source

The federal government is contribut-ing \$83 million to help fast-track the twinning of Highway 11/17 between Thunder Bay and Nipigon.

In total 26 kilometres of highway will be four-lanes, encompassing three separate sections of the Trans-Canada Highway.

Work will include a 6.5-kilometre stretch between Coughlin Road to Highway 582 (\$26.9 million), a further five kilometres east from Coughlin Road to Red Rock Road 9 (\$26 million) and 14.8 kilometres from Highway 587 to Pearl Creek Road (\$30 million).

Two bridges will also be built over the Black Sturgeon River.

"Highway 11/17, as you know, has been a concern for many years, for the reason of safety, for the reason of true economic development," said Minister Workforce of Employment, Development and Labour Patty Hajdu last Friday, making the announcement outside of Red Rock, Ont.

"This is really a step forward for our region."

Ontario Minister of Northern

Development and Mines Michael Gravelle called it great news for motorists.

Gravelle has been championing the highway expansion between the two Northern Ontario communities for two decades, and said with about half already completed or under construction, it's great to see more work will be done.

He added the province will pick up the remaining cost to complete the 26kilometre stretch, but since tenders have yet to go out, he was unsure what the final bill would be for taxpayers.

"It's very exciting and we're very grateful to the federal government for this incredibly significant investment," Gravelle said.

"It's eighty-three million dollars for three separate projects of four-laning between Thunder Bay and Nipigon, each of which will help move the project forward more quickly."

The previous Conservative government in 2015 promised \$56 million to complete much of the same work, but the money never materialized once the party was voted out of office.

Hajdu said this time the projects will go ahead as planned.



ROAD WARRIORS: MPP Michael Gravelle and MP Patty Hajdu see value in four-laning 26 more kilometres of Highway 11/17.



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OVERCROWDED: Thunder Bay Regional Health Sciences Centre was in gridlock 90 per cent of the time between April and August.

Gridlock worsening

HEALTH By Gary Rinne - TB Source

t must feel like a case of one step forward and two steps back for Thunder Bay hospital officials who are anxious to alleviate gridlock.

Gridlock, or surge capacity in hospital jargon, occurs when there are more patients to be admitted than the hospital's designed maximum.

From Apr. 1 to Aug. 31, the Thunder Bay Regional Health Sciences Centre (HSC) was in gridlock 90 per cent of the time, a sharp increase from 20 per cent during the same period last

year. The upsurge followed signs of improvement earlier in the year, when data was pointing to a gradual reduction in gridlock over the preceding three years.

HSC vice-president Mark Henderson says the recent reversal is concurrent with an unusually busy summer.

"This year we really had record occupancy going

back over the nine years that I have been here... six per cent busier this year in the first five months of our fiscal year (April through August) compared with last year. That's quite an increase that we had not ancticipated."

In an interview last Friday, Henderson said the hospital is examining the reasons for the increase. More patients coming through the doors only adds to existing challenges in finding beds to admit them to

The regional hospital currently has 71 alternate level of care patients, people who no longer need acute care and are waiting for placements in other facilities. It's supposed to house a maximum of 20 ALC patients at any one time.

Henderson said if 51 ALC people were moved to more appropriate care, the hospital "would be sitting pretty."

There is a widespread view in

Thunder Bay that the Health Sciences Centre was built too small to accommodate its service area, but Henderson said hospital officials believe it is the right size if ALC patients can be cared for elsewhere.

Ongoing deficiencies in the health care system stand in the way, however.

Henderson pointed to a lack of supportive housing to accommodate some hospital patients, and a shortage of long-term care beds to accommodate others.

Sixty-four new beds are waiting to be opened at Hogarth Riverview Manor. About 20 ALC patient sat TBRHSC are designated to transfer to that kind of facility.

St. Joseph's Care Group, which operates Hogarth Riverview, also has patients waiting to be discharged from its own hospital to long-term care or elsewhere. Eighty of the 224 beds at St. Joseph's Hospital are currently occupied by patients designated ALC.

For both institutions, there is frustration in knowing that 64 beds ready for patients remain empty because SJCG can't find enough staff.

"We have a lack of human resources, specifically personal support workers," said SJCG president Tracy Buckler.

She said St. Joe's also needs more nurses, but "PSWs are the backbone of long-term care."

Buckler noted there is a shortage of PSWs across Canada. Confederation College, she said, has 54 students in its PSW program, and she hopes many of them opt to work at Hogarth Riverview Manor when they graduate.

At TBRHSC, managers continue to implement new practices to reduce the average length of stay for their patients by one day, incrementally over five years. That will significantly alleviate the pressure on hospital capacity over the longer term.

Flu season, however, is imminent, and Henderson said he's just as concerned about the coming winter as the Ontario Hospital Association.

The OHA issued a statement this week warning that many of the province's largest hospitals were over capacity this summer, and stressing that the system is headed for a crisis unless the government makes additional investments.

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"This year we really had record occupancy going back over the nine years that I have been

here."

MARK

HENDERSON





CASH HANDOUT: MPP Bill Mauro says money will come from Climate Change Action Plan.

Social housing getting \$12.3M from Ontario

Money will be used to make housing more energy efficient

THUNDER BAY By Leith Dunick – TB Source

The province will spend \$12.35 million over the next five year to improve energy efficiency at social housing complexes run by the Thunder Bay District Social Services Administration Board.

Muncipal Affairs Minister Bill Mauro said the money will come directly from Ontario's Climate Change Action Plan, specifically the carbon market.

The repairs and retrofits will improve the lives of those living in DSSAB-run facilities, and will include improved heating and insulation as well as window replacement, Mauro said.

"Not only will our housing providers have more energy-efficient buildings, their utility costs will go down. It will create jobs in the community, but then they'll have more room in their budgets to provide other services to the people they work on behalf of," the minister said.

Bob Katajamaki, chair of the DSSAB board, said the announcement will allow them to upgrade their buildings and make it easier and more comfortable for their tenants to live. It will also speed up timelines.

"We've got buildings that are requiring a lot of capital. We have capital, but this will enhance our building capital programs and we can go ahead faster," Katajamaki said on Friday after the announcement was made at Paterson Court, a DSSABrun apartment complex on May Street.

"It will provide new windows in a lot of the buildings, heating systems and outside skin on some of the buildings so we won't have heat loss."

He added similar work, combined with an agreement with a gas provider, saved the DSSAB \$500,000 annually.



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Fire destroys garage

Vehicles burned too in Saturday blaze THUNDER BAY By Doug Dlaczuk - TB Source

A garage and several vehicles on the city's south side were destroyed following what Thunder Bay Fire Rescue officials call one of the most significant garage fires in recent years.

Shortly after 11 a.m. Saturday morning, Thunder Bay Fire Rescue responded to reports of a structural fire in the 400 block of Christina Street East.

"We were responding from Vickers Street headquarters and we saw the flames above all the houses as we were travelling down Syndicate Avenue," said district chief, Joe Rucchin. "I would give an estimate of 250 foot flames. There was a significant amount of gasoline and propane involved in this fire."

'Explosions'

According to Rucchin, there were between two and three explosions caused by either propane or gasoline inside of the garage.

Two vehicles inside the garage were destroyed and a vehicle outside received extensive damage. A boat next to the garage also sustained minor damage. Despite the extent and danger of the fire, crews were able to contain it to the garage itself.

"We managed to protect the house, the neighbour's house, the neighbour's garage," Rucchin said.



HEAVY DAMAGE: Thunder Bay Fire Rescue crews put out a fire on Christina Street.

"The garage is completely gone. The guys did a really great job moving very quickly and protecting a lot of the exposed properties. Unfortunately, this garage was a complete write off on arrival."

There were no reports of injuries and Rucchin said given the size of the fire and the potential danger, it is very fortunate that no one was hurt.

"This was probably one of the most significant garage fires I have seen in a lot of years," Rucchin added.

There is no word yet on the cause of the fire.



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Editorial

Scheer must act

Conservative Leader Andrew Scheer might disagree wholeheartedly with what controversial Dryden Senator Lynn Beyak has to say about Indigenous peoples.

But he seems unwilling to do anything about it.

Twice this summer Beyak has made outrageous statements, first saying the residential school system had its benefits.

Then last week, in a letter, she said the country's Aboritinal population should turn in their status cards for citizenship cards.

Both commuents drew the wrath of Indigenous and non-Indigenous leaders alike.

Beyak was removed from the standing committee on Aboriginal people for her shocking first comments, but Scheer has refused so far to give her the boot from the Conservative senate caucus.

Her small-minded views have no place on the diverse Canadian landscape, where people are celebrated for their backgrounds.

While Beyak should do the right thing and resign her seat, Scheer, as the newly elected leader of a Conservative Party fraught with allegations of racist attitudes by some candidates during the recent leadership campaign, needs to take action immediately.

Beyak's views are an embarrasment to Conservatives, to the Senate and to Canadians as a whole.

CONTACT US:

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

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

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

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

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Bring on Giant Tiger

To the editor: went on a road trip to Winnipeg this summer to go to the zoo and shop at Giant Tiger.

I love the store and am so excited that we may be getting one. Next Dollar Tree!

> Dawn Betts, Thunder Bay Via Facebook

Gridlock no surprise

To the editor:

We were warned about gridlock so many times before the hospital was built.

Closing two large hospitals for one that houses so many fewer patients was not well thought out. We're always in gridlock.

> Brenda Clapp, Thunder Bay Via Facebook

Cut PSW workloads

To the editor:

can't keep quiet. Sixty-four beds are not able to open because they can't get PSW's.

Why would a PSW want to work in a facility where they would have 10 or more residents to care for in four hours.

The elderly that are going into long-term care facilities are coming in more and more advanced in the care they require.

The workload is getting heavier and heavier for the PSWs and this takes a big toll on their health and well-being, both physically and mentally.

Unless something is done to reduce the worker-to-patient ratio in the for

· Can · Cur Marine

LETTERS TO THE EDITOR



profit LTC facilities there is going to be a shortage of workers wanting to work in these facilities.

I loved being a caregiver, but I would discourage anyone I know from working in the LTC areas because of the work load I know they will have and end up physically and mentally burnout out.

waterfront improvement project. With

an investment of \$31,250, they were

able to install a retaining wall to

address re-occurring flooding issues,

as well as construct floating docks and

In the same week, I also announced

a \$40,000 FedNor investment towards

the renovation of a new facility for the

Kenora Aerialettes Gymnastics Club.

The facility will be used by not only

the gymnasts, but also by Kenora All

Star Cheerleading and Special

Olympics. Creating this new facility

for the three clubs means better prac-

ticing conditions for hundreds of

a boat ramp.

Health care is not an easy occupation to be in and more and more pressure is put on this field of work because of the huge cost and resulting cut backs in this profession. LTC is particularly hard on staff

because of the increasing level of complicated and heavy clients being admitted to these facilities compared to even 10 years ago.

The unfortunate thing is this is only going to get worse due to our aging population and I pray I will never require the services of LTC.

> Marje Zirk, Thunder Bay Via Facebook





This summer was an extremely busy one and I was happy to write a few weeks ago that we've now seen a total of nearly \$20 million invested in communities throughout the riding. While a lot of these announcements have been large projects like water, sewer and housing, this government has made a substantial effort to invest in community projects that improve the quality of life for residents.

Just last week, I was honoured to be in Pickle Lake to celebrate the official ribbon-cutting of their Kapkichi Lake to replace

invested another \$52,500 to replace the roof on the Minaki Community Recreation Centre and assisted with the purchase of outdoor playground equipment to provide children with a safe and fun place to play.

In August, residents of Dryden were excited to see construction begin for the new pavilion at the soccer fields. FedNor provided \$100,000 towards the project which will provide storage and shelter for hundreds of children who play soccer every summer.

Also this summer, Wabaseemoong Independent First Nation received \$54,000 from FedNor to renovate the Thomas Land Sr. Memorial Arena, while Red Lake received \$100,000 to modernize their community playground and build a new splash park.

These types of investments, although smaller financially, have a huge impact on the quality of life in rural communities in the north. Providing spaces for children and adults to be active and have fun, leads to a vibrant social well-being. This inevitably helps keep people in the community, while also attracting new residents.

I am very much looking forward to seeing all of the work completed for all of these projects, as well as helping push for more additional investment for community infrastructure in the riding.

Perspective

TASTY TWIST

An animal kingdom

Backyard wildlife a reminder of critters' importance

OPINION By J.R. Shermack **Special to TB Source**

'm pretty sure our house is located on a wildlife corridor and last week there was a lot of traffic.

Just beyond our deck two yearling black bear cubs were cleaning up seeds after making some alterations to the bird feeder. At first I was mildly annoyed,

but I was impressed by the healthy, shiny black coats of the roly-poly twins.

I didn't see mama bear, but I still resisted the urge to join the two frolicking, black butterballs as they sniffed around for more.

This wasn't our first back yard encounter with the who's who of the hinterland.

We also share our wildlife corridor with deer, rabbits, skunks, groundhogs, assorted rodents and many birds, who share with the bears.

Most welcome

Some, like the birds, are always welcome while others like the chipmunks cause minor difficulties and must be dealt with or relocated.

The deer will gladly eat all our flowers and vegetables which is considered extremely rude and we have taken measures to discourage them.

But other than those illmannered ungulates, we don't police the corridor and we're happy to share our space with whatever passes by.

Whether it's a skunk digging for grubs or rabbits munching clover and dandelions we try to respect their right to make a living.

We weren't eating those grubs anyway and who am I to begrudge a fluffy bunny some veg from the lawn?

The more I get to know these critters the more I feel that they are tolerating me and not the other way around.

Since they and their ancestors were here first they have squatter's rights and besides, they're not looking for trouble.

According to one Canadian conservationist, Harvey Locke, this is the attitude we need to conserve nature in the 21st century.

He calls himself a "free-range conservationist" with a passion for preserving the Canadian wilderness for the rest of the world.

Also, he helps other countries preserve their own wildernesses for themselves and others, including Canadians.

Mr. Locke founded the Yellowstone to Yukon Conservation Initiative 25 years ago with help from ranchers, conservationists and politicians.

protected international wildlife corridor along the "spine of North America" (the Rockies).

corridors on other continents.

Not to mention the critter corridor we have right now in our very own back yard.

Harvey's corridor allows wildlife to freely roam from Alaska to Yellowstone Park just like they always have.

It required hard work and intelligent engineering and fortunately, the grizzlies, elk and cougars agreed to use the underpasses.

It's a corridor on a massive, continental scale - the same scale Mother Nature uses to shape the world.

Mr. Locke describes our relationship with our planet as "dysfunctional".

We are only one species among many and not free to disregard all other life for our own selfish needs.

A growing number of conservationists think the same way and are building wildlife corridors between countries and continents.

I heard Mr. Locke refer twice to wildlife a corridor between Algonquin Park and Thunder Bay. I wonder if my back yard is part

of that corridor.

But whether it's a land corridor from Namibia to Mt. Kenya, or a sea lane from Baja to the Bering Sea for the whales, I feel good about it.

Harvey Locke says that half the planet needs to be conserved for nature if our natural environment is to survive.

We can choose to conserve half the planet for nature or else stand back and lose it all.

HUNDER BAY



YUMMY: Sweet North Bakery co-owner Erinn DiLorenzi taste tests a pretzel ahead of the United Way's second annual Pretzel Day, scheduled for Oct. 4. Orders must be placed by Friday, Sept. 22.

HOW TO WRITE US:

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

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

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The idea was to establish a It was successfully completed and that project has become a global

icon and an inspiration for other

Airport tests out emergency readiness

Emergency service providers take part in simulated event THUNDER BAY By Leith Dunick - TB Source

mock emergency played out last Thursday on a runway at Thunder Bay International Airport.

The exercise, mandated under federal regulations, was conducted to test the preparedness and communications ability of airport crews, pilots and the city's emergency services, an effort to ensure all are on the same page should a real incident occur.

Doesn't hurt

Ed Schmidtke, president and CEO of the Thunder Bay International Airports Authority, said practice makes perfect.

"When these sorts of incidents unfold, seconds matter in the saving of lives," Schmidtke said. "We're getting roles and responsibilities right to ensure that we're responding instead of tripping over each other. "We're doing what we need to do

and that is making people safe."

Live tests must be conducted every four years. In between the different agencies conduct tabletop exercises to stay sharp.

Thursday's mock incident involved an unruly passenger on a Winnipeg to Thunder Bay flight who breached the cockpit.

Emergency crews responded as they would if the situation was real, formed a perimeter near the plane, which in the exercise had landed on its belly, the landing gear not properly functioning.

"This event has been months in the planning," said the airport's Ryan Brading, who helped co-ordinate and put together the simulation.

Schmidtke said it's tough to predict what the future might hold, so it makes sense to be ready for just about anything.

Can't prevent all incidents

"People have done some unfortunate things on aircrafts and our key is to put some sort of scenario together that practices a really unfortunate event," he said.

The test came a little more than a year after a WestJet flight from Vancouver to Ottawa was diverted because of a threat to the aircraft. The plane sat isolated on a runway overnight before departing the following afternoon.

Passengers were not affected by the exercise, which took place on an out-of-the-way runway adjacent to the MNR Fire Centre.

"We did a lot of work."

TO THE TEST: Participants gert set for a mock emergency at Thunder Bay International.

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get enough vitamin C and lysine for heart health, immune support, vision, teeth, gums and more... so for those of you who prefer Medi-C Plus with calcium - it's back! - W. Gifford-Jones, MD

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NOW



SHOCKING: Conservatives are backing away from Dryden Senator Lynn Beyak's Indigenous criticism.

Beyak backlash

POLITICS By TB Source staff

Senator Lynn Beyak's latest statements about Canada's Indigenous people are meeting criticism from all the major parties, including her own.

An open letter the senator from Northwestern Ontario posted on Sept. 1 took more than 10 days to get the attention of the media, but it's led to widespread condemnation.

Beyak, from Dryden, suggested among other things that Indigenous Canadians should "trade in" their status cards for citizenship, with a payout to settle all outstanding land claims and treaties.

In a brief statement, the leader of the Opposition in the Senate and leader of the Conservative Senate caucus, Senator Larry Smith, said "The personal opinions

expressed by Senator Lynn Beyak do not reflect the positions of the Senate Conservative Caucus. Accordingly, we have taken additional steps to address Senator Beyak's ongoing role within our Caucus."

The statement did not elaborate on the nature of those measures.

Elsewhere, federal NDP leadership candidate Charlie Angus, on his Twitter feed, said "Senator Beyak is a Harper troll paid by CDNS in senate with no credibility, competence or fitness for public office."

Canada's Minister for Crown-Indigenous Relations and Northern Affairs Carolyn Bennett, has called Beyak's suggestion "simply offensive," saying she is disappointed that Beyak continues to provide uninformed comments for issues she does not understand.

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Lakehead names interim replacement for president

THUNDER BAY By TB Source staff

while the search for a successor to Brian Stores Brian Stevenson contin-

ues, Lakehead University's Board of Governors has named current Provost and Vice-President Moira McPherson to the post in an interim capacity. McPherson will assume her

duties on Jan. 1, 2018, the day after Stevenson officially leaves office. Stevenson announced his

resignation earlier this year, after more than seven years as president.



MOIRA McPHERSON

Board chair David Tamblyn said the governors decided unanimously that McPherson was the ideal candidate to lead Lakehead until the presidential search committee completes its

work In a news release, she said she looks forward to the challenge, adding that "I have a deep respect for our senior executive team, faculty and staff, and am confident that we will accomplish a lot together during this time of change at Lakehead."

McPherson's current role will be assumed by Dean of Engineering David Barnett effective on Jan. 1.



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Pelletier gets 7 years in 2015 death

Larissa Charlie-Stillaway beaten to death in own home **COURT**

By Doug Diaczuk - TB Source

A man who pleaded guilty to the resamanslaughter in the death of a 22- aggrave year-old woman in 2015 will spend the next three-and-a-half years in a federal prison. **The court is aware there's**

During a sentencing hearing in Ontario Superior Court on Monday, Cruz Pelletier, 20, of Fort William First Nation, was sentenced to eight years after pleading guilty to manslaughter in the death of 22-year-old Larissa Charlie-Stillaway in June, 2015.

The sentence was reduced to seven years after Justice Bruce Fitzpatrick took into consideration the conditions of his incarceration at the Thunder Bay District Jail, which included the Dec. 2015 riot.

With time already served, Pelletier will remain in jail for the next 1,319 days, as

well as being prohibited from possessing any weapons, providing a DNA sample, and attending substance abuse counselling.

On June 16, 2015, Thunder Bay Police were called to the Totem Trailer Court on Chippewa Road after witnesses discovered Charlie-Stillaway unconscious and covered in blood on the ground outside.

Police arrested Pelletier not far from the residence and he was charged with aggravated assault. Charlie Stillaway was

nothing it can

do to bring

Larissa

back."

JUSTICE BRUCE

FITZPATRICK

taken to hospital in critical condition and later died of her injuries. The charge against Pelletier was then upgraded to second-degree murder.

Throughout the hearing, the court learned of Pelletier's childhood, which Fitzpatrick described as nothing short of traumatic when reading his sentence. Pelletier spent much of his

childhood in and out of foster care until the age of 16. His mother suffered from addiction issues and Pelletier and his siblings were placed in foster care because of ongoing neglect.

Between the ages of 16 and 20, Pelletier was steadily employed and he



HOMICIDE SCENE: Police investigate the June 2015 death of Larissa Charlie-Stillaway.

was in a relationship with Charlie-Stillaway since the age of 14.

At the age of 17, Pelletier moved in with Charlie-Stillaway. The two had one

child together and lost another during childbirth.

According to the agreed statement of facts read out in court, Pelletier has no

recollection of the trauma he faced during childhood and his attorney, Michael Hardagon, said he shows extreme stoicism and willingness to suppress childhood memories.

Pelletier was described as being unable to emotionally regulate himself or his aggression. He also struggled with alcohol and drug addiction and during the time of the assault against Charlie-Stillaway, he had been using cocaine every day and had been consuming alcohol for 30 hours prior and Pelletier said he had no memories of the assault.

Fitzpatrick said there was evidence that the crime was committed in a fit of rage and involved intoxication. And while all evidence in the case was circumstantial, Pelletier admitted to his role in Charlie-Stillaway's death.

"The court is aware that there's nothing it can do to bring Larissa back," Fitzpatrick said when reading his sentence.

He went on to say that he hopes Pelletier will seek the treatment he requires while serving his time.

"Mr. Pelletier is still a young man," Fitzpatrick said. "The decision to change is entirely up to him."



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SERIOUS INCIDENT: Police investigate a Balmoral Street crash.

Crash sends 1 to hospital

Police also charge another driver for ignoring barrier, endangering officers POLICE

By Doug Diaczuk - TB Source

One man was sent to hospital in serious condition following a single motor vehicle collision that closed Balmoral Street last Wednesday morning.

Thunder Bay Police said in a media release that a pickup truck was travelling north on Balmoral Street near Beverly Street at approximately 3:08 a.m. when it struck a hydro pole, left the road, and rolled over.

Police, Thunder Bay Fire, and EMS responded to the scene. Thunder Bay Fire Rescue crews freed the 55-year-old driver from the vehicle and he was taken to hospital with serious injuries. The driver was the only occupant of the pickup truck and no other vehicles were involved.

Balmoral Street remained closed until 12:20 p.m. as the Thunder Bay Police Service Traffic Unit conducted an investigation.

During the road closure, police stopped a vehicle that drove around the barricades and through the scene. The driver was charged with disobeying a sign.

Police advise drivers to always obey road closure signs and barricades, as roads are often closed following collisions to allow police to conduct a thorough investigation of the scene. Disobeying road closure signs can endanger officer's lives and can compromise the scene of the investigation.





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LOCALNEWS

Levesque trial to start Dec. 4

Thunder Bay Police Chief J.P. Levesque will head to trial on Dec. 4 to face obstruction of justice charges.

Earlier this month Levesque waived his right to a preliminary hearing, with his lawyer saying it is in everyone's best interest to move the matter forward as quickly as possible.

This past May Levesque was charged by Ontario Provincial Police with breach of trust and obstruction of justice following a five-month investigation.

Court records revealed that the charges are based on allegations Levesque disclosed confidential information related to Thunder Bay mayor Keith Hobbs last December.

Levesque has been on medical leave since last May and was placed on administrative suspension by the Thunder Bay Police Services Board. The trial is expected to last two weeks. – *Doug Diaczuk, tbnewswatch.com*

Assault lands one in hospital

A28-year-old man was sent to hospital early Saturday morning with serious injuries following an alleged assault at a Picton Avenue residence.

Police, in a release issued on Monday morning, said a 34-year-old man was arrested at the scene.

Joshua Ryan Whitehead of Webequie First Nation has been charged with aggravated assault and remains in custody awaiting a future court date. The victim, police said, is recovering from his injuries.

The incident occurred just after 2 a.m. – Leith Dunick, tbnewswatch.com

Alberta couple wins \$1 million

Arecent stop in near Pass Lake, Ont. made an Alberta couple \$1 million richer.

Donald and Pearl Dale, who call Sylvan Lake, Alta. home, told Ontario Lottery and Gaming Corporation officials that they always see big Lotto Max winners coming from Ontario, so on a whim purchased a ticket for the Sept. 8 draw after stopping at the Pass Lake Truck Stop.

They were headed to Ottawa to visit family.

"We decided that when we crossed the border into the province that we would buy a ticket," Don said, while in Toronto to claim their winnings.

They didn't think much of it on Sept. 9, when they checked their ticket at a retailer in Sault Ste. Marie.

"I had no idea that the ticket was a big winner when I handed it to the cashier. The terminal shut down after it was scanned and when I saw all the zeroes, we knew that this was something special," Pearl said.

The couple plan to invest some of their windfall, then travel.

"Hawaii, Mexico, California, a Panama riverboat cruise ... the list is long," Don said.– *Leith Dunick, thnewswatch.com*

Giant Tiger looking at city

t appears popular discount retailer Giant Tiger is looking to set up shop in Thunder Bay.

The company, founded in 1961, has posted an advertisement seeking store operators for Northern Ontario, specifically Thunder Bay, Sudbury, North Bay and Timmins.

A source told Dougall Media the company is eyeing the Winners location on Memorial Avenue. Winners and Home Sense earlier this year announced they would set up shop together at the Thunder Centre.

The job ad states they are looking for someone to manage a big box store, working toward a franchising opportunity.

Founded in 1961, Giant Tiger's website says the company now has more than 200 locations in eight provinces, employing more than 7,000 people. – *Leith Dunick, tbnewswatch.com*

TBLIFE people health home food leisure

United Way sets \$2.55M target

This year's ask is less than last year's, say campaign co-chairs

THUNDER BAY By Leith Dunick – TB Source

The United Way of Thunder Bay has set a slightly more modest goal for its 2017 campaign.

The charity organization last Thursday morning set a \$2.55-million target, about \$63,000 less than what it sought in 2016 and \$18,000 less than it collected during last year's campaign.

Campaign co-chairs Mike and Kelly Gallagher said they know the city is facing tough economic times, but are confident the public will come through this fall.

"We have set an amount that while still large, is responsible, realistic and attainable," Mike Gallagher said in a statement.

"We ask our generous community to unite and work together to reach our goal."

It won't be easy, Kelly Gallagher said. "We are acutely aware of the challenges that people face in our community. We know that one in three people receive help through a United



MODEST ASK: Campaign co-chairs Mike and Kelly Gallagher last Thursday announce this year's United Way of Thunder Bay goal.

Way funded program. For us, donating to the United Way Community Fun gives our family the opportunity to help other families in Thunder Bay," she said.

The money goes a long way and is

invaluable, said Jack Cleverdon, a member of the community impact council and someone whose organization benefits from the United Way's efforts.

"Without United Way funding,

agencies won't survive," he said. "We need those dollars."

Donations can be made at www.uwaytbay.ca, through an employee campaign program or in person at 1006-715 Hewitson Street.

UNITED WAY FUNDED AGENCIES

The following 29 organizations rely on the United Way of Thunder Bay each year.

- Boys and Girls Clubs
- CAHEP
- Canadian Hearing Society
- Canadian Mental Health Assn.
- Canadian Red Cross
- Catholic Family Devel. Centre
- Children's Centre Thunder Bay
- CNIB
 Community Clothing Assistance
- Elizabeth Fry Society
- Evergreen a United Neighbourhood
- Fave Peterson House
- Hospice Northwest
- Independent Living Resource Ctr.
- John Howard Society
- Lakehead Social Planning Council
- March of Dimes Canada
- New Directions Workers Resource
- NWO Women's Centre
- Our Kids Count
- RFDA
- St. Andrew Soup Kitchen
- St. John Ambulance
- Shkoday Abinojiiwak Obiniwedoon
 Thunder Bay & Area Victim Services
- Thunder Bay Counselling Centre
- Thunder Bay Food Bank
- Thunder Bay Literacy Group
- Volunteer Thunder Bay

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During **RESTORE WEEK** at the landfill site, you can donate gently used building materials, appliances, cabinets, furniture, tools, plumbing and electrical materials to Habitat for Humanity's truck – on location – at the Solid Waste & Recycling Facility on Mapleward Road.

The truck will be located after the weigh scales, near the public drop off bins.

For more information, call Infrastructure & Operations at 625-2195









TBLife

Do you have an opinion to share? E-mail the editor at ldunick@dougallmedia.com

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| CHRISTIAN | UNITED |
| Neighborhood Christian Church Meets at Castlegreen Community Centre Sunday Service 10:30am All Welcome Pastors Len & Betty 345-8536 Neighborhood.church@gmail.com | Current River United Church 333 Morse Street Sunday Worship at 10:30 am We Celebrate Community All welcome! |
| PRESBYTERIAN | Knox Shuniah United Church |
| Lakeview Presbyterian Church 278 Camelot Street The Rev. Harold Hunt, Minister Sunday Worship at 10:00 a.m. Sunday School & Nursery Provided Phone: 345-8823 | 1 Shuniah Street • 345-5065 <u>knoxshun@tbaytel.net</u> <u>http://knoxshuniahunited.webs.com</u> <u>There will be no service at Knox</u> <u>on Sunday, September 24th</u> <u>United Churches will be</u> <u>worshipping be at</u> <u>Trinity United Church @ 10:30 a.m.</u> Sunday School Lovingly Provided <u>Minister:</u> Rev. Marlene Britton-Walfall <u>Director of Music:</u> Betty E. White |
| LIGHTHOUSE OF HOPE 257 Park Ave. Pastors Tony & Uschi Sunday Service 10:30am 767-1705 | Call 346-2600 To Advertise In The Church Directory |

Rescued eagle dies

ROCKY BAY FIRST NATION By TB Source staff

An eagle rescued in August from a dump near Rocky Bay First Nation died just a few days after its caretaker thought it might be getting well enough to set free.

Harold Michon, 73, had removed a serrated bottle cap from the bird's throat, kept it in a large, sheltered cage and handfed it a diet mostly comprised of fish. In an interview with tbnewswatch.com on Monday, Michon said the eagle seemed well on its way to recovery but took a sudden turn for the worse and died on Sept. 9.

"I went back to handfeeding him, but he just didn't have it. Two days before that, he was so frisky," Michon told Tbnewswatch.com in an interview on Monday

He said he gave the eagle some herbal stomach medicine that he collected in the bush, and it ate some fish before retrogressing again.

The bird died in Michon's arms.

He said he and the eagle had grown attached to each other's company during the weeks they spent together. "He'd actually wait for me and I'd sit

down in there and he'd try to climb up on me, sitting on me just like a dog."



ATTEMPTED TO HEAL: Harold Michon tried to nurse this ailing eagle back to health.

THUNDER BAY By Gary Rinne - TB Source

f the city approves a zoning change, one of the oldest homes on the north side of Thunder Bay will be demolished and replaced with an apartment building. Local developer Ryan Jones has purchased 26 Nugent St., at the intersection of McVicar Street, between Court and Cumberland streets

The property includes a Victorian shingle style house that was built in 1900. The structure has deteriorated to the point that a tree is growing on the roof.

Adjacent to the house is an outbuilding that was used as a stable when it was built around 1912.

Architectural drawings show a plan for a building comprised of three sections, the tallest being a maximum of six storeys, with stepdowns to three-storey and two-storey sections. The structure would contain a total of 17 units, with an underground parking garage

In order for Jones to get permission from city hall, he may need to satisfy the concerns of some neighbouring property-owners. The developer has applied to change the zoning from the current R-2 residential to MU-2 mixed use.

The zoning amendment process requires circulation of the proposal to other



Your Community Newspaper

Derelict home may be razed



TBLife

OFF THE MARKET: This Nugent Street home was built in 1900 and was recently sold.

landowners in the area, and some objections have already been raised, including concerns about the size of the proposed development.

Decio Lopes, a senior planner in the city's planning division, says the developer has received that feedback, "and the ball is in their court.

Lopes told tbnewswatch.com the Thunder Bay Heritage Advisory Committee has also expressed concern, even though the site is not a designated heritage property and is not listed in the heritage registry.

Laurie Abthorpe, a heritage researcher with the City of Thunder Bay, serves as a resource person for the heritage committee.

She said the Victorian shingle style, popular between 1880 and 1900, featured a brick main level and a shingled second level, with a cross-gabled roofline and double chimneys.

From 1920 to 1965, the Nugent Street house was occupied by Richard Walsh, a Port Arthur alderman who was instrumental in modernizing the city's telephone department.

Abthorpe said it's a shame the house is going to be demolished, but "unfortunately it's gotten to the point where the repair of it is not great."

She said the city would like to photodocument the structure before it's torn down, so there is a permanent record.

As for the zoning application, Lopes said Jones could choose to proceed with the application as is, or meet with neighbours to discuss the project and consider amending his proposal.

In an interview with tbnewswatch.com, Jones said he is aware of neighbours' concerns, and will address them in an upcoming question-and-answer session.

Should the project proceed, it will become just the latest of several new residential building projects in and around Thunder Bay's north core.





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TBLife Battle of Britain pivotal aerial campaign

By Doug Diaczuk - TB Source

t was one of the earliest battles of the Second World War and one of the first major victories for the allied forces. Every year, the local Royal Canadian Air Cadets Squadron remembers the day the tides turned in the air.

This past Sunday, the 70 Thunder Bay Royal Canadian Air Cadet Squadron held a ceremony in front of the memorial at the Thunder Bay International Airport to commemorate the Battle of Britain and commanding officer, Capt. Laura Nahle, said it is an important day for the young cadets.

"Thunder Bay and the units in Thunder Bay are really good at remembering all of the ceremonies for all of our elements," she said. "Not only do we do Remembrance Day, but we have the battle of Britain and the Battle of the Atlantic."

Historic day

In Canada, Sept. 17 is Battle of Britain Day, which marks one of the largest aerial battles that took place on Sept. 15, 1940 during the Battle of Britain.

The aerial campaign, which saw



LOOKING BACK: Cadets stand at attention on Sunday during Battle of Britain ceremonies.

Britain suffer through an endless series of bombing raids by the Luftwaffe known as the Blitz, began in July 1940 and took over the skies for the next four months. On Sept. 15, the Luftwaffe launched one of its largest bombing raids of the campaign, sending more than 1,200

aircraft into the skies over Britain. Royal Air Force Fighter Command, which included several Royal Canadian Air Force Squadrons, was able to repel the attack, marking a turning point in the pivotal battle.

"That was when Germany was coming over and trying to bomb Britain into submission before the supposed Sea Lion invasion that never took place," said Richard Mortensen, regional representative for the Air Cadet League of Canada. "This was the point where they sort of threw everything they had at it, and from here on it got less and less."

Nahle said it is important for the Air Cadets to remember the contribution and sacrifices of the young men and women serving their country during the Second World War.

"For the cadets, one of the main focuses of our program is to instill an interest in the history of the Canadian Forces," she said. "That is where the cadet program was founded, during the First and Second World Wars. For them, it is really instilling a sense of history and where they came from."

For 15-year-old Sgt. Madeline Baird, who has been with the Air Cadets for four years, the ceremony is not only

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about honouring those young service men and women who came before her, but also teaching her fellow cadets about Canada's past.

"We learn about leadership and history and I think it's important that we get to part of this parade as we get to learn more about our history," she said. "It's good for younger cadets to learn about the history so they know about what happened and what they represent. I like introducing cadets to a history they probably didn't know about."

Critical role

The city of Fort William played a key role in the Battle of Britain and throughout the war, manufacturing machines that took to the skies at the local Canada Car plant.

"There were a couple of aircraft that were made, if not in full, then in part, here in Thunder Bay," Nahle said. "That is very important for the city. Aircraft that were fabricated here, like the Helldiver, wasn't actually used by the Canadian forces, but used by the American, British, and Australian forces, so we created a product that went all over the world. So that is something to be proud of."



TBLife Late harvest and fall apples arrive



So, the question is: will we get an extended warm autumn? So far, all evidence indicates that we will. Hard to predict when the weather is skewed. One can only hope.

We are still getting broccoli in our vegetable garden. It keeps growing back. Even the gardener, my wife Laura, is surprised.

It wasn't a great summer for our squash, although we did harvest a goodly number of pumpkins but the other types didn't do well.

Saturday of this past week, Laura trooped back into Casa Jones carrying

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POPULAR PUMPKIN DROP! CHECK OUR WEBSITE FOR MORE INFO: one of the large bowls we conscript for gathering produce and announced that she found new zucchini. After the second, 'killer' frost, the

plants looked finished, the leaves blackened and drooping on the ground. We thought that the 'zucs' were done.

Apparently not so. And the tomatoes have pulled the same trick.

We were digging up potatoes and en route back out of the garden we passed the bed that contained cherry

tomatoes and next to it the larger ones. We thought that like the squash and

zucchini plants, it was game over. Again, not so.

Somehow the lower fruit had been sufficiently covered to survive and behold! Cherry tomatoes ripening on the vine!

Our peppers did not do well. What we managed to harvest were few and small.

Into town rolled a transport truck

from Leamington, Ontario that has made this long-distance journey for a couple of years now.

On board are crates of ripe field tomatoes, apples, eggplant, and red peppers both sweet and hot.

I was sent to town to buy a crate or two of each so that Laura could make her red pepper jelly that has just enough sting so as to brighten up a dish like chicken or...you name it.

After making jars and jars of the red pepper concoction, she announced that the crab apples were ripe on our trees and that I was to accompany her outside with a pot and pluck the small fruit.

She would boil it down and make crab apple jelly same as she did last year.

Our two apple trees have not done so well although the one that I thought had died last year suddenly broke out in leaf this year and bore fruit.

"What kind of apples are these that we planted?" I asked.

"Honey crisp," she answered. Of

course, I had bitten in to one before it was fully ripe and my face reacted to the sour taste.

Now they are ripe and sweet although the tree has not yielded a large crop.

It will, the gardener advises me, in a couple of years' time.

Meanwhile, its neighbour that looked so healthy last year has died...we think.

There are two sucker stems that actually sported buds so Laura instructed me not to dig up the tree but to wait and see if next year it will recover.

My favourite apple is the McIntosh. I know that there are much sweeter ones now coming into stores, types of apple about which I'd never before heard. I've tried them and yes, they are juicy.

But the Ontario Mac, (hard to say 'Mc') especially when it first shows up in the store is my choice.

There are several reasons why the Mac reigns supreme for me: they are so crisp when you bight into them; and most importantly their tart taste and smell evoke such pleasant memories of spending time with my dad.

The Mac apple was also the favourite of my father. He and my mother moved out of Toronto and down to Prince Edward County on the shore of Lake Ontario restoring an old 1840's farm house.

On the road to Belleville there were two or three apple orchards and we would stop to buy apple cider in a gallon jug that I would bring with me back up to Northwestern Ontario.

Dad also would send me home with a bushel of Macs.

So, every time I bight into a fresh Mac apple, I think fondly of my dad.

So, apple pies and pumpkin pies (made from our pumpkins) are what I anticipate next on the Jones groaning board.

If Laura is too busy making jellies, then I am going to have to learn how to make pastry. Wish me luck.



TB**Life**

Terry Fox Run continues to inspire hope

THUNDER BAY By Doug Diaczuk – TB Source

Nearly everyone across Canada has been affected by cancer in some way and for the past 37 years, countless people continue to lace up their shoes and follow in the footsteps of a Canadian hero in the hopes of one day curing the terrible disease.

This past Sunday, the 37th Annual Terry Fox Run for Cancer Research was held in cities across Canada, including Thunder Bay, which saw more than 400 participants run or walk the five kilometre route around Boulevard Lake.

"His run ended just outside of Thunder Bay, so I think Thunder Bay always has a soft spot in their heart for Terry," said Terry Fox Run chairman Don Morrison. "And everyone has a family member or a friend who has been touched by cancer, so I think that gets a lot of people out as well."

Last year, the run in Thunder Bay



BIG DOLLARS: Participants raised thousands during last weekend's Terry Fox Run.

raised more than \$34,000 for the Terry Fox Foundation and Morrison expects to reach that total again this year. And when it comes to Terry Fox, everyone is willing to step up and do whatever it takes. Before the race began, runners learned of six-year-old Avery, who raised \$100 for the Terry Fox Run at her lemonade stand.

"That's amazing," Morrison said. "What that tells me is that even though it was 37 years ago that Terry did his run, if you have a six-year-old that has bought into the Terry Fox story, we'll be doing this long after I'm gone. And that's the best part of it."

For Mary Beth and Megan Goetz, who have participated in the Terry Fox Run for the past five years, it's not just about giving back to the community, but being a part of the community as well.

"There's a lot of cancer out there," said Mary Beth. "This area has a big cancer centre and we've had family members who have been affected by this disease, and I know that almost every person has been touched by this disease, so I feel that it's very important for us to continue to donate to this foundation so we can get some research and find a way to cure it." "And not just by donating our money, but also donating our time and being here and supporting the community in any way we can," Megan added. "Some people can't afford it, but as long as you can donate some of your time, I think that's pretty great."

Like so many others, Morrison has been deeply affected by cancer, having lost both parents and he has a brother who is currently fighting the disease. But seeing so many people come out and support the cause, he knows a difference is being made with each step taken, just as Terry Fox did when he started his Marathon of Hope.

"Through the Terry Fox Run, they have raised \$750 million since the first run," he said. "I know people who have had the cancer that killed Terry who are alive today. The research that is being done with the money that is being raised over 37 years obviously is doing what we hoped it would do."



IN THE bay arts entertainment culture

Strong Block, strong communities

THUNDER BAY By Doug Diaczuk – TB Source

A pair of events on the city's south side show just how strong a community can be by celebrating dense neighbourhoods and opening them up to everyone.

On Saturday, EarthCare Thunder Bay hosted its first Strong Block event alongside the second Open Streets Thunder Bay event along Simpson and Victoria Avenue.

"We are also

bringing

people to

live, work,

play, shop, all

in the same

area..."

Rena Viehbeck

"A strong block is a representation of a vibrant, high amenity street built for people," said Rena Viehbeck, climate adaptation coordinator with EarthCare. "We are trying to showcase, even if it's just temporary through the use of pop ups, what it feels like and what the benefits are of having dense neighbourhoods, both from a community perspective and an environmental perspective."

According to Viehbeck, the Simpson Street and Ogden Street area is one of the most dense neighbourhoods in Thunder Bay and the Strong Block event is a way of highlighting the community and businesses in the area. "It brings out the community and the entire city to rediscover a great neighbourhood and see its potential," she said.

It is also a way to utilize areas that are already built, expanding inward rather than outward, and preserving the natural areas in the exterior of the city.

"We are also bringing people to live, work, play, shop, all in the same area so they are not dependent on vehicle mobility," Viehbeck said. "They can

commute easily and comfortable by foot or on their bike."

Adding to that message was the partnership with Open Streets Thunder Bay, which saw Simpson Street between Pacific Avenue and May Street, as well as Victoria from Simpson to Vickers Street closed to all vehicular traffic and allow pedestrians access to the entire space.

"The more often we run the

program the better because then people become used to it, they become more familiar with it, but they also get better access to physical activity," said EcoSuperior program coordinator, Ashley Priem. "It's good to reach different communities as well because everyone deserves the same



STRENGTH IN NUMBERS: Rena Viehbeck (right), climate adaptation coordinator with EarthCare and Amy Bumbacco, food strategy coordinator with the city of Thunder Bay, share their ideas on the benefits of a Strong Block.

opportunity."

Priem added that holding Open Streets alongside Strong Block was a perfect fit because they both share similar goals.

"They are very similar in reimaging public space, reinvigorating neighbourhoods and reconnecting people in their neighbourhoods and helping the local economic and boosting local businesses," she said.

"Working with Open Streets was really beneficial from a logistic perspective because people have become familiar with that event and what it promotes and what they can get when they are here," Viehbeck added. "And some of our goals are the same, which is promoting an active lifestyle, non-vehicle mobility, and we are looking at bigger picture of celebrating community and promoting the value of density from an environmental perspective."

For Andrew Foulds, chair of the EarthCare committee, the Strong Block and Open Streets events help build stronger communities and a stronger city.

"We shouldn't be building out as a community, we should be intensifying," he said. "It's a more effective and efficient way to deliver service. It's also more environmentally sustainable and people getting out and enjoying each other is just a good thing for a city to do. It builds communities and it builds strong communities."

EcoSuperior will be hosting its third Open Streets event on Sunday, Oct. 1 on Court Street.



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Local YouTuber reaches 1 billion views

Thunder Bay-born, Aaron Bidochka, went from tinkering to global success with his popular YouTube channel

THUNDER BAY By Gary Rinne – TB Source

A YouTube series produced by Thunder Bay-born Aaron Bidochka has reached a lofty level—one billion total views.

Bidochka's RC Adventures, a series featuring radio-controlled vehicles, has become the most viewed channel of its kind.

While still a child he moved from Thunder Bay to Calgary where he grew up to manage a computer support network in the oil and gas industry before a downturn forced him to go in a different direction in 2008.

Following his lifelong passion for robotics and engineering, Bidochka began tinkering with remote control vehicles on his dining room table and filming hobby videos with a camera his wife bought him using Air Miles.

"How I started on YouTube was just posting up my normal family videos of having fun," he said in an interview with tbnewswatch.com.

It wasn't long, however, before YouTube invited him to join its Partner program, in which producers posting content receive a share of the revenue that YouTube earns through the ads



placed adjacent to the video.

Nine years later, the channel boasts more than 1.5 million subscribers and is just shy of the top 1000 most-viewed YouTube channels of all time. Most of the videos are currently filmed out of RCSparks Studio, a five-acre ranch outside Calgary that Bidochka bought so he could produce more elaborate videos. The property includes a film studio, racetrack, lake, canal and workshop where he custom-builds some of the vehicles featured on the channel. It even has a full-size radio-controlled skid steer. "The great thing about the channel is that I have complete creative autonomy," Bidochka said. "Whatever I dream up, I can build and film. Then I get real-time feedback from the YouTube community."

His top viewership markets include the USA, Indonesia, India, Canada, the UK and Vietnam.

"To establish such a strong connection with an international audience while doing what I love has been truly unimaginable," Bidochka said. "I'm living every man's dream, getting to wake up knowing that I am going to be filming something that inspires people to have fun, while having a good time myself."

Looking back to when the venture began, he recalled, he knew there was potential for the business to do well, but today he still finds it difficult to fully comprehend the magnitude of its global reach.

As for the next stage, Bidochka said he'd like to branch out and assist other people in turning their hobbies into YouTube successes.

"At 40 years old now, having made the mark that I've done, I'd like to move forward and help others, maybe point them in the direction of a job that they would like to have fun with as well."



IN THE **bay**

Fall's new TV schedule has arrived

very fall, Hollywood tries to capture our curiosity with new and intriguing stories for television. Writers and producers create strange worlds where superheroes and zombies are everywhere, How to Get Away with Murder is the goal, and even the Devil, himself, is finding life a little challenging.

But can you imagine a plotline more bizarre than the reality under which we are currently living? So this fall, Hollywood is jumping on the blockbuster success discovered last year in the mundane of everyday life on This is Us. Get ready folks. Television is coming

back down to earth. Given we're all limited for time, I've

put together some of my top picks for the new season.

Like the sports gurus making their pregame predictions, there is no science in this. I make these choices based on three things: 1) years of experience glued to



the tube, 2) knowledge of an industry that makes little sense, and 3) a whole lot of wishful thinking.

My first pick, Kevin (Probably) Saves the World, is a new comedy starring Jason Ritter – son of the late John Ritter - as a self-serving guy who has been chosen from "on high" for a very important job. Not only did Jason inherit his father's sense of comedic timing and dramatic subtlety, but also who doesn't love a reluctant hero? And seriously, couldn't we use a little humour mixed with hope these days?

Of course, everyone who loves to laugh, breathe and look at a television screen knows that Will & Grace is returning. But will social media's excessive political correctness put a damper on the laughs?

And Young Sheldon made headlines long before it had even been written or cast. Apparently, that promotional tease continues this fall with a special preview on Monday, Sept. 25. Because after that, fans will have to wait until November for Episode 2.

Given the growing popularity of cable and online streaming, some of the networks have been moving away from the standard full-season "formula" shows.

Consequently, ABC is bringing Kyra Sedgwick back to series television for 10

episodes as a single mother whose daughter goes missing in the middle of the night on 10 Days in the Valley.

Speaking of returning, I have been sorely missing my weekly dose of David Boreanaz. I may have fallen for him as a vampire with a soul on Buffy, the Vampire Slayer, but my love matured with his role as FBI agent Seeley Booth on Bones. This fall, he's taking the next heroic step up the ladder as an elite soldier on SEAL Team.

Speaking of lost loves, Shemar Moore certainly stirred things up by briefly dropping by his old haunt on Criminal Minds last season. Obviously, he's still a hot commodity. Fortunately, he too is returning to series television in fine fashion on S.W.A.T. in November.

So enjoy a fall season of (relatively) real people and realistic heroes. And cross your fingers that your favourite is still there at Christmas.



Thursday, September 21, 2017 23

LITTLE BANG THEORY: Jain Armitage plays a younger version of Sheldon Cooper.

CROSSWORD PUZZLE

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| ©2017 Satori Publishing A210 | | | | | | mies, but the silence of our friends." - Martin Luther King, Jr. | | | | | | | | | | | F | 210 | ©2017 Satori Publishing DIFFICULTY: | | | | | | | ** | 5757 |
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Cull powers Falcons to victory

St. Ignatius running back scores three TDs in 29-0 win over the St. Patrick Saints

FOOTBALL By Leith Dunick – TB Source

Nic Cull is back for a fifth and final season with the St. Ignatius Falcons.

That's not good news for the rest of the senior high school football league.

Cull on Saturday rushed for three ground scores, leading the three-time defending champion Falcons to a season-opening 29-0 whitewashing of the overmatched St. Patrick Saints at Fort William Stadium.

"It was definitely a good start to the season for me," said Cull, who pounded one in from seven yards out for the only score of the opening quarter, struck again from three yards in the second and again from three yards to make it 26-0 in the third.

"I'm sure this meant a lot to the team. We've had a couple of good weeks of practice, but we didn't know what we were really up against. I guess the whole team just showed up well today."

Credit to the Falcons offensive line, said Cull, who has dominated the high school ground game since joining the St. Ignatius program in Grade 9.

"All week our offensive line has gotten to practice against our defensive line and our defensive line kind of proved themselves today. That kind of toughened up our offensive line and made then perform really well against St. Ignatius," Cull said.

The Falcons also showed they could be a force through the air.

Quarterback Jordan Maki, a star with the junior team a year ago, hooked up with wide receiver Noah Penfold for a 25-yard catch-and-run touchdown in the third, the third big play of the drive.

"It was mostly the running game, but the passing game was good too," said Penfold, noting a couple of offside calls cost the team yardage.

"The offensive line did great. Nic Cull did great. The whole team overall."

Keeping the Saints off guard, not knowing whether the Falcons were going to run or pass gave the victors a huge advantage, Penfold said.

His score followed a 20-yard run by Cull and a 17-



BIG DAY: Nic Cull, back for a fifth and final year at St. Ignatius, scored three times last Saturday against St. Pat's.

yard reception by Anthony Valente that deposited the ball deep in St. Pat's territory.

"I ran a flat route. It's a deep route. I had a penalty on me. It was pass interference, but I still caught it and I had to fight for extra yards into the end zone."

It was a statement win for a team with a target on its back, the No. 42-ranked team in the nation coming off a huge win at the Simcoe Bowl last fall.

Everyone's gunning for St. Ignatius, Penfold said – and they know it.

"Since the OFSSA victory, every team wants us and we're showing that we deserve the ranking that we got," he said. "We're the best team in the city, but we've got to prove it."

Falcons coach Tyler Dennis said it was what he was hoping to see from his squad.

"Every year's a new opportunity. Every year's a new year. We're very happy with what we accomplished (last year), but it's a new group," Dennis said. "We lost a lot of veteran players that have been on our team. We want to continue to set the level high for football in this city and we work hard."

Valente booted a 23-yard field goal for the Falcons other score.



sports NEWS

Ironman after cancer

RUNNING By Nicole Dixon – TB Source

When Michel Caza, 42, crossed the finish line of a triathlon in Madison, Wisconsin last Saturday, he couldn't have been more proud.

In the midst of his chemotherapy treatments last year, Caza registered for Ironman Wisconsin to prove that cancer couldn't weaken him physically or mentally.

There are many different reasons for why people participate in triathlons, Caza said, but the vast majority are looking for a challenge and for Caza, he shared those same reasons until last year.

"I was looking for a challenge in my two previous Ironmans, but this last one really hit on a personal challenge, in that, I had a cancer last year and I went through chemotherapy," he said.

"For me, it was something to prove that cancer hadn't weakened me. I'm just as strong as I was before."

Caza said having completed two triathlons before helped him get through the operation and the chemotherapy treatment.

"I was very lucky and I was able to continue to exercise like run and bike during that time, so I registered halfway



STILL RUNNING: Chemotherapy didn't stop Michel Caza from racing in triathalon events.

through my chemotherapy treatments for that purpose."

Finishing this race was important for

Caza. His family got him through the race and they helped him beat cancer with support and love.

His family, including his wife and three children, carried him through the finish.

"Before it was a battle against myself, but this time it was different in that my thoughts were filled with everything that they've gone through to help me get here." In 10 hours and 38 minutes, Caza swam 3.8 kilometres, cycled 180 kilometres and

ran 42.2 kilometres to the finish line. Caza said it wasn't his best triathlon, but he managed to push through some challenges.

"For me, I believe it was a nutritional challenge. I had cramps for most of the bike and run, but I was able to overcome that in the second half of the run."

Caza races because of the process and the challenges he must face in each part of the competition.

"My favourite part is executing a plan as fast as I can and being able to overcome challenges such as getting those cramps, so I had to figure out what was going on and what do I need to do to correct this."

Overcoming those challenges is exactly what Caza did. Caza will be taking a break from

triathlons as he was accepted to law school for this year.





at the Retail Store in the Thunder Centre (959 Fort William Rd)

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73. INFORMATION

ANSWERS TO THIS WEEK'S PUZZLES

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PREVIOUS SOLUTION: "Excessive liberty and excessive servitude are equally

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dangerous, and produce nearly the same effect." - Zoroaster

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53. GENERAL SERVICES

Are you tired of feeling saggy, lumpy, pinched or strained? Well you're not alone. As you've probably seen on Oprah or read in women's magazines, over 80 per cent of all women wear the wrong size bra.

Here's where Barb Chapman, the Bra Lady, comes in.

53. GENERAL SERVICES

Due to the overwhelming response to the previous clinic, Chapman is coming to **THUNDER BAY WED., SEPT. 27TH & THURS. 28TH** to outfit you with the best possible bra for your body. Chapman said she will be seeing clients on a one-on-one basis, explaining the benefits of good bras and measuring their bodies properly.

"Most women just want to find a good-fitting bra that's not uncomfortable," Chapman said. "What they don't realize is that a good support bra is also important for blood circulation and enhanced lymph drainage."

Chapman has over 200 bra sizes available for ordering, ranging from 30AA to 52KK. It's likely that you'll fit somewhere between those sizes.

She offers these questions for women to ask themselves:

- Do you have a drawer full of bras but none that fit comfortably?
- Does your bust line "bounce" when you walk while wearing your "everyday" bra?
 Do you overflow the cup of your bra?
- Do your bra straps dig into your shoulders leaving red and painful marks, or do they slip off of your shoulders?
- Does your bra ride up in the back because you tighten the straps to give you added support?

Have you ever begun an exercise class only to drop out because your breasts ached from lack of support while jumping or running?

If you answer yes to any of these you are in need of a new bra, and a custom one (JEUNIQUE, NUTRIMETICS, COLESCE) could be the way to go.

1-800-254-3938

She doesn't come into town very often so she advises booking as soon as possible. www.bralady.com

2009 Entrepreneur of the Year - Lifetime Achievement

73. INFORMATION

63. COMING EVENTS

40 DAYS FOR LIFE in Thunder Bay. September 27 - November 5th. An international, cross-denominational, faith-based effort of prayer, fasting and an hourly peaceful vigil for an end to abortion. Vol-unteers needed for home and public prayer. For more information or to take part, contact Ann Blaquiere at 472-7765 or leader40days@hotmail.com. Brought to you by The Right to Life Association of Thunder Bay & Area

64. CRAFT & FLEA MARKETS

St. Dominic's CWL AUTUMNBURST BAZAAR Church Hall, 130 Redwood Ave. Sunday, September 24 12:30 - 3:30pm, Sandwiches, Dainties, Bake Table , Penny Auctions Lotteries, Grand Draw, Market Garden, Knitting Adults \$5, Children (5 - 10) \$3 Children 4 and under - free 73. INFORMATION

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58. CAREERS



58. CAREERS

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