#### Five awesome services, one amazing bundle.



Boat or RV to Teen Challenge and help change a life. Get free pick up and a Fair Market Value tax receipt for your vehicle. WE ACCEPT GEMS TO JUNKERS.



#### INSIDE GRAND OPENING



Shoppers welcome Lowe's to city /5

**GETTING MESSY** 



Dirty Girls Mud Run raises money for good cause /11



JJ. Spaun heading to PGA



Convenient."

# A tasty weekend

The 5th annual Ribfest is savouring another successful year of ribs and entertainment /16

DIGGING IN: Five-year-old Tyler Rozon enjoys a tasty rib during the always popular Ribfest in downtown Port Arthur last weekend.



Let us help you Keep your Teeth for a lifetime. Creating Healthy, Beautiful Smiles!



tbayte

ABA DENTAL CLINIC • abadental.ca • 995 Memorial Ave. 626-8001 • 901 Red River Road 768-8001 • Mon.-Fri. 9am to 8pm, Sat. by appt. DR. SHARON LAU & DR. JAMES MAC

# **Plan looks at water near Mission Island**

#### THUNDER BAY By Doug Diaczuk - TB Source

Avaluation a firsthand look at areas of concern with water quality in local waterways.

The Remedial Action Plan hosted a kayak tour on Sunday around the Mission Island Conservation Area that highlighted areas affected by

industrial waste water and what the RAP is doing to improve water quality.

"We try to have events that bring the public closer to the actual locations that we are talking about to give them a sense of industry in the area and the scope of the problem," said Kirsti Salmi, outreach and communications coordinator for the Lakehead University Remedial Action Plan Office.

"Events like the kayak tour allow us to bring people a bit closer and show them the actual environmental impact that the industry and waste water is having."

There were 13 kayakers on the tour

on Sunday that was led by Remedial Action Plan coordinator, Jim Bailey.

The tour brought the kayakers to sites including the confined disposal site where dredging materials and contaminated sediments are placed.

Salmi explained that historically, Thunder Bay has had issues with waste water and sediment contamination along the shores of Lake Superior. "For Thunder Bay, in large

"There is a

lot of toxic

is sitting in

North

Harbour right

now. like

mercurv."

part it tends to be either improper waste water effluents coming from pulp and paper mills and it also comes material that from the sewage treatment plant," she said.

"For the past three decades, the Remedial Action Plan has been working to improve the quality of the water coming from these industrial sites." The Remedial Action Plan

Kristi Salmi Program began in 1987 and focusses on all the Great Lakes. Along the north shore there are four areas of focus that includes Thunder Bay, Nipigon Bay, Jackfish Bay, and Peninsula Harbour.

> According to Salmi, the North Harbour project is a hot-button issue

for the RAP.

"There is a lot of toxic material that is sitting in North Harbour right now, like mercury," she said.

"Currently, the members of the public advisory committee are trying to figure out the best way to clean that up and see the project through."

A main point of interest for the kayak tour on Sunday was the confined disposal site because it is one of the clean-up options for the North Harbour project.

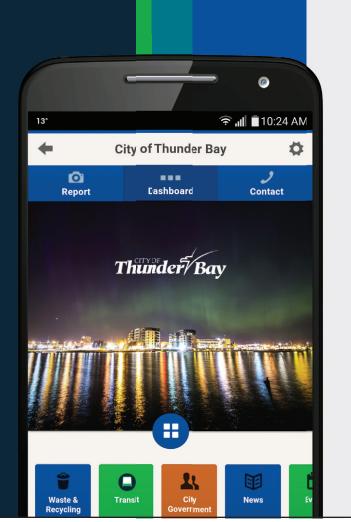
"There is the possibility that the sediment can be dredged from North Harbor and brought over to the confided disposal site so it isn't harmful to the lake," Salmi said.

Salmi said that events like the kayak tour are a way for the general public to become involved in RAP projects and see the sites up close to get a better understanding of the work that has been done and the work that still needs to be done.

"The tour is for anybody who hasn't been involved in any of the RAP based initiatives just so they have a sense of the history of the problems and where we are going forward," she said.



UP CLOSE: Kayakers tour Mission Island Conservation Area with the Remedial Action Plan



### CONNECTING WITH THUNDER BAY HAS **NEVER BEEN EASIER**

Pingstreet, the City's new, free mobile app, puts helpful city information and engaging tools in the palm of your hand.

With real-time, one-touch access, you can find your closest bus route, get the latest city news, report graffiti, receive notifications on major city events and emergencies, connect with local government and so much more!

Available on the App Store





BlackBerry

Download for free today

Google play Microsoft Store

# Law grads articling for 'dream job'

#### Local law grads articling despite non requirement

#### LAW By Jon Thompson - TB Source

**M**any among Lakehead University's first graduating law class have been articling this summer even though their school promised them they wouldn't have to endure the profession's traditional rite of passage.

The Bora Laskin Faculty of Law's Integrated Practice Curriculum includes a third year placement with a supervising lawyer in lieu of articling, the latter of which is the industry's long-standing apprenticeship model. Although Lakehead hasn't conducted a formal employment survey of its charter law class that graduated this spring, law dean Angelique EagleWoman knows at least 13 of its 58 graduates are articling.

"Our graduates are very well qualified and they're coming out and they're ready to be entry-level lawyers," EagleWoman said.

"They are getting offers of employment. The problem is when there's a condition put on it and they can't get their dream job that they worked hard for in law school because it's not understood that the Integrated Practice Curriculum is in place now for this particular law school."

The Federation of Law Societies of



**READY TO WORK: Lakehead University** Law School dean, Angelique EagleWoman.

Canada and the Upper Canada Law Society, which govern the profession, gave Lakehead's integrated program their stamp of approval but that message appears not to have reached all law firms.

EagleWoman said even public sector firms are regarding Lakehead's graduates as ineligible to qualify for hireback pools without first completing a 10-month articling stint.

She plans to embark on an education campaign to clarify the school's unorthodox approach to articling represents an education of equal value to any other law school.

Northwestern Ontario's lone bencher with the Upper Canada Law Society, Fred Bickford said the region has been "very supportive" to the new graduates. He has, however, heard some Lakehead graduates are experiencing barriers with private firms in Southern Ontario. "The only difficulties I understand graduates are having in finding employment is in the bigger firms in particularly Toronto -- or maybe exclusively in Toronto - that are having some difficulty with the condition that has been enforced since the institutionalization of the law school: that our students at Lakehead University law school receive their experiential training and practical training as part of the curriculum," he said.

"To the extent the big firms are not honouring the spirit with which this law society was created is really doing – advertently or inadvertently – some damage to the spirit and terms under which this law school became a law school."

# Scam targets rural area

#### OLIVER PAIPOONGE TB Source

Oliver Paipoonge's mayor is warning rural residents about a scam that may be making the rounds in her community.

Lucy Kloosterhuis says she believes the scam involves people – or maybe even a single person - offering to chip seal people's driveway.

A resident on Mud Lake Road says a man approached him, claiming he was doing work for the municipality and had some leftover chip and seal material for a good price.

The homeowner agreed to have a small portion done near his barn.

But when the work was finished, the bill came to \$14,000.

The salesman eventually accepted a cheque for \$2,500.

The homeowner then put a "Stop Payment" on the cheque, after showing friends the finished product. Kloosterhuis says that was likely the right move, as charging someone for substandard work seems diffi-

d seal cult.

Kloosterhuis adds that the man in question has never done work for the municipality, and she wants to warn other potential victims.

Other residents in Oliver-Paipoonge, and at least one in South Gillies, have also been approached with a similar offer, but luckily they turned it down.

Thunder Bay Police have been notified, but Kloosterhuis says it's difficult to charge someone for delivering substandard work.



FEELING SCAMMED: Oliver Paipoonge mayor, Lucy Kloosterhuls said area residents are getting ripped off by a new driveway scam.



# Youth leadership program set to launch

#### Aboriginal Leadership Program to launch in October

#### THUNDER BAY By Nicole Dixon - TB Source

The Aboriginal Youth Leadership Program is on its way to being fully-funded this fall.

This past spring, Leadership Thunder Bay and the Indian Friendship Centre, put a call out to the community to help support the next generation of Aboriginal youth leaders by becoming a coach, mentor or a champion sponsor.

The sponsors would help the Aboriginal Youth Leadership

program reach its \$60,000 goal, which would allow the program to continue in October 2016.

TBT Engineering Limited announced Thursday that the company is partnering with the program as a community champion, making a donation of \$5,000 to the initiative.

"We have a strong history and a deep respect for the Aboriginal community," said TBT Engineering Limited president Rob Frenette.

"Programs like this really can't survive without some community level of funding and partnership, and we feel strongly that we are in a position to be able to assist the program."

Frenette added that the program itself will develop future leaders, and that's a benefit for the area



that TBT Engineering calls home. TBT Engineering's goal down the road is to be able to hire these leaders.

"We recognize that Aboriginal partners should be incorporated into all aspects of project planning and development," he said.

"Whether it's community infrastructure, health care, education, mining, forestry all of the basic commercial activities that have made Northwestern Ontario strong and thrive in the past."

Alongside the donation, TBT Engineering presented the Aboriginal Youth Leadership Program with 20 inspirational messages written by the employees on some birch bark.

The Aboriginal Youth Leadership Program has raised more than 50 per cent of its total fundraising goal and continues to look for companies and businesses to support the future of the north.

Aboriginal Youth Leadership Program co-chair John DeGiacomo said these donations help for the bigger picture.

"It will allow youth, up to 20 youth in fact, to get into the program," DeGiacomo said. "For those youth that have financial barriers there will not be a financial barrier as they will be able to participate."

DeGiacomo said in order to offer the program they needed a sustainable initiative that would allow youth with no financial means but have an interest to go in a program.

He added that this program could not happen without the community's support.





#### We're all about helping you hear.





www.superiorhearing.ca (807) 346-0101

125 N. Cumberland Street, Suite 100

ve on

#### LOCALNEWS

# **Shoppers welcome Lowe's**

#### BUSINESS By Jon Thompson - TB Source

The lineup awaiting the grand opening of Lowes in Intercity Mall began to form before 5 a.m. last Thursday.

Fifty people were waiting into the dawn when the home improvement retail company officially opened its doors for the first time.

"I love how it's laid out. It's nice and clean and everything is shiny and wonderful," said Ashlyn Smith who was among eager shoppers still streaming into the store for its 10 a.m. official opening ceremony.

Lowe's is employing 130 local people to sell 40,000 products across its 85,000-square-foot floor space, not including the 9,000-square-foot outdoor garden section.

The company's executive vicepresident Jim Caldwell, who has prior experience in the city working with The Brick and Wal-Mart, said his company is settling into Thunder Bay for the long term. "It's a great community," Caldwell

said.

"It's one of those communities that we believe will respond very positively to the Lowe's brand of retailing, which is very focused on the customer and meting the customer's need for their home and everywhere else they live."

Store manager Don Nadon was born and raised in Thunder Bay. He told those gathered at the opening he was excited to open the store to his family, friends and broader community.

"Being part of the community and being an active volunteer in the community is extremely important to me and I know it's extremely important to this community," Nadon said.

"One of Lowe's' philosophies is to help build and strengthen community and it has been an unbelievable experience to be a part of that." IN STOCK: Shoppers lined up early for the grand opening of Lowe's last Thursday.

That corporate responsibility began before the unique boardcutting ceremony as Lowe's executives announced a \$10,000 donation to the city's Playgrounds program that will be used to purchase shade structures to allow the program's children to take breaks from the sun.

"While the monetary contribution

to our sun shelter project is truly pivotal, the true gift Lowe's is providing to us is the opportunity to enhance the outdoor experiences of children within the Playgrounds program," said program coordinator Trisha Sandrin.

"Through this grant, Lowe's is truly helping to build the future of Thunder Bay.







Bears love berries Be **BEAR WISE**. Bears love a sweet treat. Harvest your ripe fruit as soon as possible or bears may have the first pick. Start the conversation in your neighbourhood. Visit **ontario.ca/bearwise** 



Always call 911 in an emergency Call 1-866-514-2327 to record a sighting

ontario.ca/bearwise • TTY 705-945-7641



# **Editorial**

#### **EDITORIAL**

### **Stay safe** on roads

Last weekend city police responded to reports of a crash involving a car and a pedestrian.

While it isn't an everyday occurrence, crashes between motor vehicles and pedestrians are not all that rare in Thunder Bay. For example, in 2015 the Thunder Bay Police Service reported 111 crashes between motor vehicles and pedestrians or cyclists.

The weekend case saw an elderly man in a motorized wheelchair sent to the hospital with serious injuries.

Each known collision between a pedestrian and motor vehicle traditionally starts a debate among residents.

On one side, residents argue that too many pedestrians wander into the roadway without concern. Others point a finger at local drivers that speed recklessly down city streets.

It's a rather silly debate. Without specific knowledge of each incident, those participating in the debate are making bold assumptions about how the events unfolded.

With August now coming to an end it's time for drivers and pedestrians to be more aware of their surroundings.

School is back in session and with that we can expect to see a spike in schoolaged children roaming the streets.

Proceed with caution and assume you're the only one paying attention whether you're stepping your foot onto the gas pedal or onto the asphalt to cross the street.

#### 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

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

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

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

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



#### **Opinions not anti-social**

To the editor:

The Chronicle-Journal recently posted an editorial that would have its readers believe that expressing opposing views to something is a "bad habit"; something akin to "littering" or "bad driving". While there are certainly those who often see the world in only negative terms, there's a huge difference between that particular minority and those wishing to express legitimate and reasonable objections to a specific idea or plan. To even suggest that doing so is somehow anti-social in nature is not only highly undemocratic in my opinion, but dangerously naive and I would suggest that the author of the above-noted editorial make it a priority to learn the difference.

While there are many other negatives about this poorly-composed editorial worth commenting on, one thing is clear to me.

It is nothing more than another ad campaign for the event centre and a cheap attempt to subliminally chastise and muzzle the large majority of residents in Thunder Bay who are adamantly opposed to it, for whatever reasons. For shame.

On another note, I was rather mortified to learn that the only winning achievement awarded to our Regional Hospital over the years, according to this same editorial, is for its "design" attributes rather than its "outstanding medical care standards" which are either sadly lacking or not as important apparently.

> Louise Fisher, Thunder Bay

#### Youth council to start

To the editor:

Prrime Minister Justin Trudeau, has said that "young voices must be part of our decision making process" and that's why I am launching a new initiative to bring youth together from across Thunder Bay -Rainy River to engage with the federal political process.

I want to hear from youth in the community and am inviting anyone from the ages of 16-25 to apply to the Thunder Bay-Rainy River Youth Council. As a part of the Liberal Government's commitment to meaningful youth engagement in Canada's government, we have already received the first wave of applications for the Prime Minister's Youth Council, and now we are making it easier for young Canadians to have their say closer to home.

The Thunder Bay-Rainy River Youth Council is open for application until Sept. 30 and will include youth from different schools, neighborhoods and local associations. Once selected,

#### LETTERS TO THE EDITOR



the council will meet several times through the year to discuss issues that matter to you, your community and your country.

> Don Rusnak, Liberal MP, Thunder Bay-Rainy River

#### **Can hotel turn profit?**

#### To the editor:

would like to know who will be staying in the waterfront hotel.

I bet not many..

Are the taxpayers going to have to chip in to keep it going if it doesn\*t turn a profit? I'm just curious.

June Blanchard, Thunder Bay, Via Facebook

#### **Industry controls jobs**

#### To the editor:

y understanding has always been that Lakaber " that Lakehead's law school was chartered so as to encourage graduates to practice in under serviced areas of the province, particularly in the north and west.

The law program was effectively geared so as to expedite delivery, ie, graduate from a three-year program ready to practice law without articling.

A recent tbnewswatch.com article, combined with reports of graduates of the law practice program having challenges finding jobs, seems to confirm that the real gate keepers for who gets hired in this province is the profession, not the law schools and not the Law Society.

You can lead a person to the bar but you can't make the profession drink.

> Michael Winward, Hamilton

#### Feel-good story feels good

To the editor:

Congratulations to all involved in helping Michael Wiatrowski get his nw ride.

Shirley Albert for showing her generous unselfish self to put Michael's dream ahead of money. I'm sure her late husband would be so very proud of her.

And a big Kudo to Judy Bedard for helping Michael live the dream.I'm sure a lot of people will remember Downtown Volkswagen for their generous help to make this dream come true.

It just goes to show that good people are still out there, not everyone is out for that so-called mighty dollar.

> Blair Powers, Thunder Bay

#### Way to go, Michael

#### To the editor:

What an amazing story-kudos to Judy for never losing faith in Michael's dream; to Shirley for being so generous to enable Micheal to buy his vehicle and to Thunder Bay Volkswagon for helping to seal the deal.

Thunder Bay really does have a Giant Heart.

> Bev Connell, Thunder Bay, Via Facebook

#### Need more hotel info

To the editor:

he city's Des Stolz says the waterfront hotel project is ready to go "as soon as possible" once the permit is issued.

ReSolve submitted plans last June (2015 I presume) and were told the same month more info was required.

If they are in such a hurry to get started why the delay getting back to Stotz?

The plot thickens.

Don Gainer, Thunder Bay

# **Perspective**

# Washing the Harper Off

#### Trudeau government set to do a little spring cleaning

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

Whenever I return from Toronto I can't really appreciate being back home until I have done one thing.

I throw my clothes in the laundry and jump in the shower to complete a sudsy ritual I refer to as, "washing the Toronto off."

Justin Trudeau and the Liberals are going through a similar process right now as they try to soften the Canadian Government's harsh image.

The first thing they have to do is wash the Harper off.

During his tenure as Prime Minister Mr. Harper earned a reputation as a mean-spirited man, which was often reflected in his policies.

Mr. Trudeau campaigned on a promise to revoke, repeal or reinstate as required to restore Canada's reputation as a caring, compassionate nation.

The do-over is already under way and if things go according to plan, the Harper brand will soon have fizzled out altogether.

It will disappear slowly and gradually and with little fanfare, much like the way the former PM carried out his own, personal fizzling out.

This past week, as insignificantly as he could, Mr. Harper announced his retirement as MP for the riding of Calgary Heritage.

He quietly locked up his office, slipped out the back door and resigned on social media with a taped video statement.

It was delivered in a distant and impersonal way that was completely in character and reminds one of his Parliamentary performance.

Nevertheless, as he begins a new chapter in his life there is a new broom in the House which intends to give the place a clean sweeping.

Mr. Trudeau will be the sweeper. One of his first and easiest reversals was to reinstate the long form census which the former PM cancelled amid a flurry of controversy.

At the time it was used as an example of how Harper's Conservatives had no need for factual evidence when making decisions.

His government was again criticized for muzzling government researchers and scientists who might disagree with government policy.

The muzzle has been removed and the reigns on public servants are being loosened.

Mandatory minimum sentencing will be repealed and judges will soon re-gain the discretion and respect their profession demands.

The Conservative policy making criminal pardons more expensive and difficult to get, has already been reversed by the Liberals.

Harper's harsh measures designed to toughen Canada's refugee appeal system have been revoked.

Still to come are changes to some

of the problematic elements of Bill C-51. Harper's somewhat knee-jerk anti-terrorism bill.

Also, restored funding for the CBC and the prospective cancellation of the Northern Gateway pipeline.

After ten years as Prime Minister, not everything Mr. Harper did will be changed but Mr. Trudeau continues to take out the trash.

It's a strong Canadian tradition that when a government is defeated, the new dominant leader destroys the ousted party's legislative offspring.

Mr. Harper often came across as cold and emotionless but even he must experience a twinge of regret as his National vision is erased.

Canada would be well-served if newly elected governments were more concerned with creating a better future instead of destroying the past.

Breakfast with the Harpers these days must be a little uncomfortable.

Does Mrs. Harper wait nervously in the kitchen until the former PM, known to be a little grumpy at times, comes down for his Lucky Charms?

And what about 24 Sussex - is Prime Minister Trudeau gloating about his success as he begins his day in the breakfast nook?

It's survival of the fittest - that's how you wash the Harper off and one day another government will no doubt try to wash away Justin Trudeau.



RIDING IN STYLE: Russ Wanzuk shows off his 1915 Ford Speedster during the Red River Rumble held last Sunday in downtown Port Arthur.

#### **HOW TO WRITE US:**

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

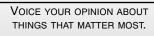
The Thunder Bay Source reserves the right to edit submissions for content and clarity. All attempts will be made to preserve the core argument of the author.

Address them to: **Thunder Bay Source** 87 North Hill Street, Thunder Bay, ON P7A 5V6 Fax: 345-9923

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



legislation to ban MPPs from attending political fundraising events. Do you agree with the change?



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

The provincial Liberals are introducing

TOTAL VOTES: 86  $\bigcirc$  YES  $\bigcirc$  NO  $\bigcirc$  NO OPINION 71.1% 23.7% 5.3%



aving ready access to water was a plus for those who built Port Arthur's first fire hall. It was erected at the foot of Red River Road, next to the lake. Unfortunately, this meant a steep uphill climb to reach any fire.

The next hall was built up the hill on Court Street.



THUNDER BAY

relief for \$9,600 in Coun. Iain Angus attempted to tax arrears

#### **CITY COUNCIL** By Jon Thompson - TB Source

he Thunder Bay Rowing Club is going to have to pay its taxes.

City council avoided setting a precedent on Monday by voting to support its administration and against providing the rowing club relief on \$9,600 in tax arrears.

"We open that door and we're going to have every organization in the city coming to us," said Coun. Brian McKinnon.

"If there's something down the road and we want to revisit it, fine. But this

Rowing club denied report as presented, it was very clear to me."

persuade council to refer the issue back to administration a second time for what he called a "full review of the overall approach" the city takes to taxing community organizations that lease property from the municipality.

"I could use the example of the Boys and Girls Club," Angus proposed.

"We provide 'X' number of dollars per year to them as a grant in order to provide a service on property they own and here we are, in effect charging another community service group, albeit a smaller one, just because they happen to rent from us. I think we need to take a broader look at this."

Although Angus was able to find a seconder for the motion in Coun.



UNDER REVIEW: Coun. Jain Angus attempts to persuade his city council colleagues to conduct a systemic review of municipal taxation and non-profit, community organizations. The issue stemmed from a Thunder Bay Rowing Club request to forgive \$9,600 in tax arrears.

Larry Hebert, he couldn't convince his colleagues to explore the municipal taxation of non-profit groups on a systemic level.

For your daily news visit www.tbnewswatch.com

Administration stuck to the facts in its report.

"When non-profit organizations are leasing property from a private enterprise, the taxes fall in the commercial class. The difference is substantial," said Rob Colquhoun, the city's general manager of corporate services.

"The taxes would be \$2,300 leased from the city, compared to \$5,800 if it was leased from a private organization. The intent of the charitable rebate is to offset some of that differential so the net impact, even though tenants leasing from a private sector organization would still be paying more taxes than leasing from the city."

#### INSPECTION

#### Inspection of Approved High Complexity Slash Pile Burn **Black Spruce Forest**

The Ontario Ministry of Natural Resources and Forestry (MNRF) invites you to inspect the MNRF approved high complexity slash pile burn plan that will be carried out in the Black Spruce Forest (see map).

As part of our ongoing efforts to regenerate and protect Ontario's forests, unmanaged roadside slash and debris have been selected to be burned under the strict guidelines of the MNRF Prescribed Burn Planning Manual. The prescribed burn will prepare and enhance the site(s) for subsequent regeneration and growth. The burn is scheduled for ignition between October 1, 2016 and December 1, 2016.

Information about this high complexity slash pile burn project, including specific locations and maps, is available for public viewing at the offices of Resolute FP Canada Inc. during normal business hours and the MNRF public website at ontario.ca/forestplans beginning September 1, 2016.

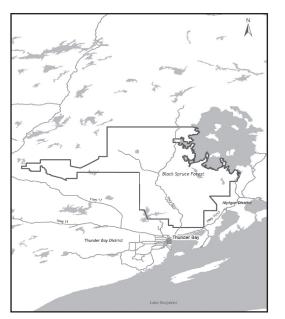
For more information on this high complexity slash pile burn or to arrange an appointment to discuss the project, please contact:

Tom Ratz, Planning Manager-Ontario

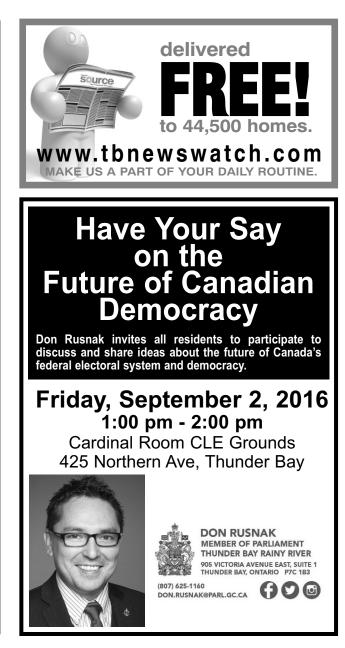
Resolute FP Canada Inc. 2001 Neebing Avenue, Thunder Bay, ON P7E 6S3 tel: 807-475-2701

#### Bertha Strickland, Management Forester

Ministry of Natural Resources and Forestry Thunder Bay District Office 435 South James Street, Suite B001 Thunder Bay, ON P7E 6S7 tel: 807-475-1147



Roger Lemieux Jr., Fire Operations Supervisor Ministry of Natural Resources and Forestry Thunder Bay Fire Management Headquarters 1580 West Árthur Street Thunder Bay, ON P7K 1A6 tel: 807-476-2231



For your daily news visit www.tbnewswatch.com

#### LOCALNEWS



UNDER ARREST: Suspect in credit union robbery captured on video.

# **Credit union** arrest made

#### Suspect also wanted for Mac's heist CRIME

**By Leith Dunick – TB Source** 

34-year-old man is behind bars and accused of robbing a A Thunder Bay credit union and convenience store on Aug. 11. In a release issued on Saturday, police said community response teams initially spotted the suspect just prior to noon on Friday and attempted to corral him, but he fled on a bicycle in an attempt to evade police.

They caught up to him at a residence in the 200 block of Pearl Street and the man was arrested without incident and taken to the Balmoral police station.

In the most brazen of the two robbery attempts, a man entered Bay Credit Union's Algoma Street location at about 4:30 p.m. on Aug. 11, brandishing a weapon. He confronted staff and fled the area on a bicycle.

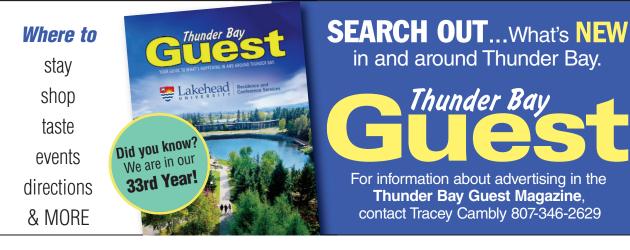
About 12 hours earlier a lone male entered the Oliver Road Mac's Convenience Store and allegedly demanded the 24-yearold employee on duty empty the cash register. The suspect then grabbed cigarettes and scratch tickets before fleeing the scene.

No one was hurt in either incident.

Kirk Michael Lewis Finlayson was charged with two counts of robbery with a weapon, two counts of disguise with intent and obstructing a police officer.

The suspect appeared in court on Saturday and was remanded into custody, expected to face his next court hearing on Wednesday.

None of the charges have been proven in a court of law.



ADVERTISING FEATURE

 $\mathcal{W}$  hen you want the best view of what's on the market, turn to the realtor with the most comprehensive collection of local real estate listings. Contact one of our knowledgeable agents today and find out which properties are right for you.

# With the Right Agent 4 tips to sell your home quickly and easily

Once a home is listed it can take days, weeks or even months for it to sell. During that time sellers play an important role by keeping the home ready for viewing by buyers at all times.

There are several things a home owner can do to assist in the sale of their home, explains Ray Ferris, president of the Ontario Real Estate Association. Use his top tips to make sure your home is ready for viewings with Realtors and potential buyers.

1. Be flexible. Arguably, a seller's biggest responsibility is to allow the showing of their home at any reasonable time, and to provide a key for access when they're not there. says Ferris. Although timing may not always be convenient for a seller, they need to be prepared to make the occasional concession to a buyer's



schedule.

2. Try to be away from the house when it's shown. Before you leave the house each day, be sure it's clean and tidy, beds are made and dishes are done and put away. Put pets in a place where they won't disturb your visitors.

3. Remain accessible so your Realtor can reach you easily. Be mindful that buyers may have different schedules than you. By ensuring you're easily reachable

to your Realtor, they can quickly answer any questions potential buyers may have and notify you of any offers.

4. Keep your Realtor apprised of any changes relating to your home or its sale. Occasionally someone driving by a "for sale" sign may knock on the owner's door to request a quick look. "Despite the temptation, do not let them into your home," warns Ferris. "Thank them for their interest, ask for their name and telephone number and explain that you'll pass this information along to your Realtor. Remember that you've hired your Realtor to pre-screen all prospects before they see your home. This is important for a number of reasons, not least of which is your personal security."

More information is available at www.wedothehomework.ca.



Thursday, September 1, 2016 **IRECTORY** PRESBYTERIAN UNITED **Current River** Lakeview Presbyterian Church 278 Camelot Street **United Church** The Rev. Harold Hunt, Minister 333 Morse Street Sunday Worship Sunday Worship at 10:00 a.m. at 10:30 am Sunday School & Nursery Provided We Celebrate Community Phone: 345-8823 (5 All welcome! VINEYARD Knox Shuniah United Church 1 Shuniah Street • 345-5065 LIGHTHOUSE OF HOPE knoxshun@tbaytel.net http://knoxshuniahunited.webs.com 257 Park Ave. Sunday Service: Pastors Tony & Uschi September 4 @ 10:30 a.m. Sunday Service 10:30am followed by Hospitality. Minister: Rev. Marlene Britton-Walfall 767-1705 Music Director: Betty E. White

**Call 346-2600** To Advertise In The Church Directory





# A brand new set of wheels

#### THUNDER BAY By Doug Diaczuk - TB Source

After four years of shopping, Michael Wiatrowski has finally found the car of his dreams.

On Wednesday, Michael stumbled upon an electric scooter resembling a SmartCar at the Downtown Volkswagen dealership in Thunder Bay. Luckily he brought his cheque book, because nothing was going to stop Michael from buying his new ride. Michael, 48-years-old, was born with Down syndrome and receives support from Community Living Thunder Bay.

Judy Bedard, Michael's support worker, said that for the last four years, Michael has dreamed about buying his own car.

"We knew that it would never be a reality for him," Bedard said. "But we decided as a team to figure out how to make this happen."

Michael has been saving his money for the last few years, which has included several visits to the bank to visit his 'banking ladies' to discuss saving tips.

Bedard explained that they found an electric scooter for sale in Thunder Bay. Owner, Shirley Albert, was selling the scooter, which was used by her late husband.

The scooter was still a little out of Michael's price range, but after Albert met him, she lowered the price so Michael only needed to take out a small loan to pay for the scooter.

"I think it was hard for Shirley to part with," Bedard said.

"I think it meant just as much to her husband as it's going to mean to Michael. Without her, we couldn't have done this." For Michael, it was important that he



HITTING THE STREETS: Michael Wiatrowski shows off his new ride at Downtown Volkswagen.

purchase his car from an actual dealership. Downtown Volkswagen agreed to offer their car lot on Central Avenue, cleaned up the scooter, and added Volkswagen decals.

"This day is huge," Bedard said.

"I don't think he ever thought it would really come true. We often go to car lots and always leave without a car. So today, I told him to bring his cheque book and if we find one, we will buy it."

Michael was beaming when he first saw his new car. After a quick talk with the dealer, the cheque was signed, there was an official handshake, and then the keys were handed over to Michael. He took it for a test drive around the lot and was cautious at first, taking his time to get the feel of the scooter.

Michael is already very independent, doing his own banking and grocery shopping. With his new scooter, he will be able to complete his day to day activities without any support.

"Most people think: why would you encourage something like this, it's not something he would do," Bedard said.

"But we just decided that we were going to make it happen some year and it took a few years to figure it out, but we are here today and his dream has come true and that's what's important."

## **Connecting people, food and the land**

**FOOD** TB Source

The Nishnawbe Aski Nation wrapped up its 2016 Food Symposium last week. The Wee Tum Ma Keh Wina (sharing our stories and legends) food symposium was held at Camp Duncan, East Loon Lake.

NAN deputy grand chief, Derek Fox, said that education on nutrition and access to healthy food directly affects the success of children.

"It is essential that our youth grow up fully-versed in their culture and with knowledge of traditional ways of accessing food," he said. "Access to safe, reliable supplies of nutritious food has become a passion of mine and I fully support and advocate for the excellent work our communities are doing to move towards self-determination."

There were approximately 60 participants at the symposium and included various food presentations and traditional food and food preparation methods.

"I look forward to bringing education on nutrition and traditional harvesting practices into our schools to immerse our children in their language and culture so they can grow up with strong connections to the land and healthy food," Fox said.



FOOD FOR THOUGHT: NAN deputy chief, Derek Fox.

### **TBLife Getting messy for charity**

#### THUNDER BAY By Nicole Dixon - TB Source

essica Bisby got down and literally dirty this weekend.

It was all about the mud and cause Saturday as Bisby and her Dirty Girls Mud Run crew joined more than 70 teams at Loch Lomond to get dirty in support of the Canadian Cancer Society.

"Initially it was all about the fitness," Bisby said before navigating through the five-kilometre obstacle course.

"As we got into it the mud run turned into a really great fundraising opportunity (for the team)."

She added that it was a race till the end, but as of Saturday morning Bisby's Boats 'n' Hoes team sat in third place with \$2,200 raised.

Bisby said she's running for the cause because she doesn't know a single person that hasn't been touched by cancer, which includes herself.

"My father-in-law recently had a battle

LES WONDER WOMEN: Participants took on tough and dirty obstacles during the Dirty Girls with cancer and came out on top," she Mud Run last Saturday at Loch Lomond.

#### said.

"My grandfather, we lost him to cancer, you know it's just a sad thing that touches so many people."

Bisby added that it was easy to get behind a cause that in the end could be beat.

Event organizer Sharla Brown said there's a few new challenges to this year's mud run.

"This is the first year at Loch Lomond," Brown said. "It adds a few different challenges, including the hills, which is a lot of fun but it adds that little extra challenge."

The girls took on more than 10 different obstacles Saturday, which including some old favourites and a few new ones as well. Brown added that there's a lot of challenging obstacles, and a lot of fun challenges but they are all meant for the girls to have an incredible day.

The annual Dirty Girls Mud Run has raised more than \$650,000 for the Canadian Cancer Society since 2013, and organizers are excited to see the total at

#### JOIN US FOR THE FIRST ANNUAL



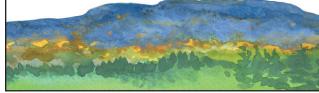
#### SATURDAY, SEPT. 10TH, 2016 FROM 1PM TO 7PM

at Belluz Farms in the beautiful Slate River Valley

- Regional Art Show & Sale 🗭
- Farm to Table Food Tastings
- Craft Beer, Ontario Wine & Seasonal Cocktails

Tickets will be available at Belluz Farms, Fireweed (Algoma Street), and online: WWW.VALLEYHARVESTARTFEST.COM TICKETS: \$10.00 (\$15.00 AT THE DOOR)

This event is for ages 19 yrs or older





Jeanine Belluz Witiw Owner



**Minnie Smith** Office Manager



**Gloria MacFarlane** Scheduling & Client Care Co-ordinator

#### **Best Care Canada** provides care giving services in

home, hospital, long term care facilities and retirement homes. Care giver/client matching Available 24/7.

**Respite** Care Trusted care and support for new moms, children adolescents and adults with health special health care needs including Disabilities, Autism and Brain Injury. Automobile accident recovery and rehabilitative care.

#### All Best Care Canada

care givers are bonded, insured and clean criminal record checked. Ask us about funding options.



2821 Arthur St. E. Thunder Bay 807-622-2273

Serving Thunder Bay & Area





Thursday, September 1, 2016

For your daily news visit www.tbnewswatch.com

For your daily news visit www.tbnewswatch.com



For your daily news visit www.tbnewswatch.com  ${\rm TB}$ 

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



686 Squier St. Thunder Bay, ON P7B 4A8 • a1repairstbay@gmail.com

#### Tel: 807-346-8001 Fax: 807-346-8003

- Suspensions
- Brake Service & Repair
- Cooling System/Radiator Flush
- Heating & Air Conditioning Service Commercial & Fleet Authorized
- Tire Repairs
- Tire Sales
- Oil Change
- Engine Repair & Service
- Electronics Diagnosing/Repair

- In house INSTRUMENT CLUSTER rebuilds/repairs
- Undercoating
  - Commercial & Fleet Authorized Service/Repair Station (Foss, ARI, Element)
- Commercial Motor Vehicle Inspections (Safeties)
- Seniors Discounts
- Student Discounts

#### Come see us for all your repair needs!



# Family income splitting



There are two reasons why income splitting in Canada can reduce the family's tax burden:

1. Canada's tax system is based on graduated tax rates; and

2. Everyone in Canada has a tax-free basic exemption amount.

A graduated tax rate system basically means that the tax rate increases as taxable income increases. Furthermore, each Canadian resident can earn approximately \$7,800 to \$11,000 (varies by province) of taxable income every year tax-free due to the basic personal tax credit. As a result of these two factors, if income can be shifted from a high-income parent to a low-income spouse or child, then the family can realize tax savings up to \$11,000 per year (varies by province). If there are four members in a family, then family tax savings of up to \$44,000 per year can be realized. Due to this amount of potential annual tax savings, families earning a high income should strongly consider family income-splitting strategies.

In order to prevent abusive incomesplitting arrangements, the Income Tax Act has income attribution rules. These rules will attribute certain types of taxable income back to the high-income family member that actually supplied the capital for investment, thus achieving no tax savings.

For business owners, you can split income by paying reasonable salaries to lower-income family members based on the services they perform. However, if a low-income spouse or child is not actually working in the family business or their services are minimal, then paying them a salary or bonus that is in excess of the services rendered simply for incomesplitting purposes is not permitted.

If you own a Canadian corporation, there are a number of creative strategies to split income with family members. One such strategy, typically done in combination with an estate freeze, is called "dividend sprinkling." Although there are some attribution rules to consider, this strategy involves paying dividends from the corporation to adult children and spouse shareholders based on the growth of the corporation after the estate freeze. If the spouse or adult children had no other income, then approximately \$\$8,000 - \$49,000 of tax-free dividends (varies based on province) could be paid to them from the corporation every year if structured properly.

A common investment income-splitting strategy with a low-income spouse is the prescribed rate loan strategy. A highincome spouse loans capital to a low-income spouse for investment at the CRA-prescribed interest rate. All future investment income will be taxed to the low-income spouse, provided the lowincome spouse pays the high-income spouse interest annually. The high-income spouse must declare the interest on the loan.

Gifting funds to minor children and earning capital gains on the funds is still an effective income-splitting strategy that many high-income parents with lowincome children should consider. A child with no other income can earn approximately \$15,000 - \$22,000 of capital gains every year tax-free (varies by province) due to their basic personal exemption. If you are concerned about gifting monies to your child outright, then consider loaning the funds to a family trust on an interestfree basis. This will accomplish the same capital gain income-splitting benefit as an outright gift if the trust and loan are set up properly, and you can call back the loan principal any time

Finally, I would recommend that you check my website in order to see other prior articles and newsletters www.frankzanatta.ca

This article is supplied by Frank Zanatta CFP, an Investment Advisor with RBC Dominion Securities Inc. Member CIPF. The content in this article is for information purposes only and does not provide tax or legal advice. It is imperative that you obtain professional advice from a qualified tax advisor or accredited financial planner, before acting on any of the information in this article. Frank Zanatta can be reached at (807)343-2040, frank.zanatta@rbc.com and finally at www.frankzanatta.ca



# IN THE bay

# **Connors stomping in dad's footsteps**

#### MUSIC By Leith Dunick – TB Source

aw Connors is of two minds when it comes to his famous father.

On one hand, he'd like the legend of Stompin' Tom to stand on its own, a legacy built on the back of the nation that embraced him from the shores of his father's Maritime home to the British Columbia coast.

On the other hand, he doesn't want the country to forget.

A long-time Geraldton, Ont. native, Taw Connors, whose gravelly voice sounds a lot like his dad's, said he's resisted the urge to hit the road and keep the memory of songs like *Sudbury Saturday Night, Bud the Spud* and the iconic *Hockey Song* alive.

Insanely private and almost reluctant to discuss his relationship with Stompin' Tom Connors, Taw Connors said the idea of a tour has been brewing for the past three years, following the 2013 death of his father.

It took a performance at a Northern Ontario senior-living facility to convince him the time was right to haul out the



LIKE FATHER, LIKE SON: Taw Connors sounds like father Stompin' Tom Connors.

plywood and retrace some of the steps Stompin' Tom took over a five-decade career. "I sang about three or four songs for about three or four people in there," said the younger Connors, better known around Geraldton for the pizza he and his wife made at their restaurant than being the son of a legendary Canadian musician.

"They just loved it. I ended up playing two hours straight for those people and they just loved every minute of it."

When the show ended, a dementia patient in the front row shook Connors' hand vigourously, thanking him for the show.

"He had seen my father play back in the day in St. John's, N.B. I didn't know this at the time, but the gateway to the long-term memory for all these people who have dementia Alzheimer's is music."

Taw Connors is convinced the man truly thought it was Stompin' Tom on stage.

The enthusiastic response gave Taw Connors the confidence he needed to embark on a small tour of Ontario towns. The trek begins Sept. 2 in Geraldton and carries him through Thunder Bay on Sept. 14.

"The reason I want to do this, I want to do it for myself and my family, of course," Connors said in a recent interview during a pre-tour stop in Thunder Bay.

"But I also want to do it for my father, in respect for what he's done as a singer, artist and the songs that he wrote for our country and our people, about our country and our people."

Connors said he plans to do about 33 tunes at each show.

The songs of his father, an everyman as comfortable jamming in a local saloon as he was in front of thousands, continue to resonate because Canadians can relate to each and every one in some shape or form.

But asked to pick a favourite, he said it's too tricky to narrow it down to one.

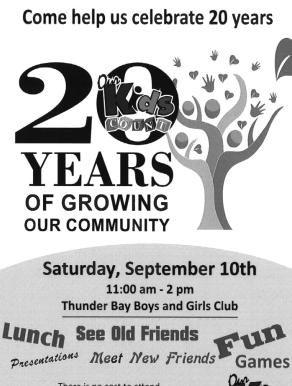
"I love most of all of his songs, so there's no particular favourite. Every time I say 'this one's my favourite,' then I think about this other one and this other one's my favourite. But I love performing the songs," he said.

"I like to see the different people when they listen to the songs and it brings back memories to them. It really touches me."

The tour also includes stops in Couchiching First Nation on Sept. 10 and Marathon on Sept. 16.



Scotiabank Thunder Bay SULLES Streention @



There is no cost to attend but everyone must register by September 2<sup>nd</sup> via visiting: **www.ourkidscount.ca** or calling 807-623-0292

807-623-0292



OPSUE Corrections 
OPSUE SEFPO Ontario's Union 
Wilson's Business Solutions



90 Anemki Dr. Suite 200 Thunder Bay. ON P7J1L3

irst Nation

P. 1.866.892.8687

For your daily news visit www.tbnewswatch.com IN THE **bay** 

# **Ribfest savoring 5th** successful year

Portside Restaurant takes home covetted top local ribber prize

FOOD

By Doug Diaczuk - TB Source

With fingers licked and the bones brushed aside, meat lovers celebrate another successful year for Ribfest.

The 5th annual three day festival wrapped up last Sunday with a downtown Port Arthur restaurant walking away with the top local ribber prize.

Portside Restaurant in the Prince Arthur Hotel earned the top spot for head chef Michael Ellchook's Forty Creek style ribs.

"I don't know his secrets," said Tony Scarcello, general manager of the Prince Arthur Hotel. "I wish I did. I have to give all credit to our chef, Michael, or Haus. He knows all the secrets." Portside has been in the running for top rib in previous years, but this is the first time they took home the top prize. And Scarcello said it is well deserved.

"Thanks to our executive chef, Haus, he's the mastermind behind these ribs," he said. "The meat comes right off the bones



SWEET AND TENDER: Daniel Prystanski helps out on the grill during the final day of Ribfest.

quite nicely. It's nice and tender and moist and it's got a little bit of a kick to it, but it's great."

For Travis Caldwell, who keeps returning to Ribfest year after year, all the ribs have a special place in his heart.

"Hands down, these are the best ribs I have all year," Caldwell said.

According to Caldwell, it's the dedication of the ribbers that makes the ribs so special and so good.

"Seeing as how they go around Ontario competing, they are trying to be the best, so they are really working on getting those sauces proper and they work hard on it and I think they deserve it,"

he said.

Daniel Prystanski, who was helping out on the grill at the Sweet Smoke BBQ booth, said that one of the best things about ribs is there are so many different ways to prepare them.

"There's all different kinds of methods," he said. "Boiling, smoking, cooking it in the oven. Whatever you like the best. Everybody has their different preferences."

No matter what the preferences are, people just keep coming back.

"They're loving it," Prystanski said. "It's nice and tender, the meat just falls off the bone."





STRONG AS A TRUCK: Jake DiPalao shows off his strength at the Motors and Muscles competition Saturday as he pulls a 8,500 pound monster truck.

# **Muscles** keep getting stronger

Annual strength competition in support of Our Kids Count enters 11th year

#### THUNDER BAY By Nicole Dixon - TB Source

From a rock lift to a monster truck pull local strongman competitors showed

off their strength Saturday for a good cause. There were plenty

of events Saturday at the 11th annual Motors and Muscles in support of Our Kids Count, which was presented in conjunction with Ribfest in the city's north core.

For the first time Saturday's events featured the Taranis Excavator Rodeo, the Tbaytel 3Ride BMX bike ride competition, and the Lakehead Radio Control Car Club races.

Organizers said several new events have been incorporated into Motors and Muscles this A LITTLE HEAVY LIFTING FOR A GOOD CAUSE. year, but they

expect that the Equipment World the Thunder Bay Lake motorcycle and strongman competition will draw the

biggest crowd.

"This show is all local athletes," said event organizer Ben Thompson. "Thunder Bay has a deep core of good strongman athletes, and so (today's show) is going to be good."

To kick off the strongman competition six women demonstrated a deadlift with three different weight options of 225, 275, and 300 pounds.

The men followed after with four different weight events, which included an overhead press medley, a 950 pound

> pound monster truck pull and then a deadlift event.

every for strongman competition they try to raise money for a certain charity.

do."

He added that the Kids Count.

Sunday's events

car show

Want to Sell? **CLICK** ON US.

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

www.tbnewswatch.com

# Rain Garden 🏅 Self-Guided Tour

An opportunity to tour green infrastructure and celebrate the community's commitment to storm water management. Learn what you can do, too!

# Sat. Sept 10th 12-4pm

Visit www.ecosuperior.org to register



tire lift, an 8,500

Thompson said

"It's part of what the guys like to Thompson said. "They like to help other people, they like to do it to raise awareness and it just sort of makes the event more attractive."

strongman organizers are hoping to raise a couple of thousand for Our

featured the Red River Rumble and I HAVE THE TO SUPPORT MY TEAM Your donations provide for essential equipment used by our teams to provide the highest quality care. You have the power to make a positive difference. What will you do with it?



Discover your Power at power.sjftb.net Your donation to St. Joseph's Foundation helps to purchase equipment for the needs of clients of St. Joseph's Care Group

# IN THE **bay Mural a message of hope**

Shelter House wall painted with the experiences of clients

#### THUNDER BAY By Nicole Dixon - TB Source

The Shelter House's hallway has liter-ally been painted with experiences.

Over several weeks the shelter's staff and clients have been creating illustrations based on their past, present, and future experiences to be placed on the shelter's new Mural of Hope inside the building.

The artwork ideas included stories, art pieces, and doodles that served as inspiration for the sketch drawn on the wall of the Shelter House's main hall by local artist Angela Gollat.

"It's a good representation of people's feelings," said Shelter House development officer Takwana Nhau.

Nhau said the project came from the shelter's intern Elsa Barnes-Philp who had the idea to have the residents create the concept of a mural.

For three days, Shelter House staff asked residents questions in regards to the three themes and with those themes they came up with sketches to provide the local artist with a mural idea.

"It's not guided," Nhau said. "We are staying true to the original concept of have the clients create the pieces with their ideas, and they are the ones creating the colour according to what works for them.

One of the mural's major themes was family.

'We see big themes of family, big themes of children, and people saying that they created their own family within the shelter, so the theme of family was very big" Nhau said.

"I think in that sense anybody walking

For your daily news visit www.tbnewswatch.com

Takwana Nhau says themes of family and children are strong in the new mural.

through these doors can relate to that part of family, and I think it would have significance in that sense to anybody."

Both staff and clients painted the final touches onto the mural last Thursday morning.

#### **Port Arthur Minor Hockey Association** 2016 / 2017 Hockey Season

One of Thunder Bay's Largest Minor Hockey Associations with five member clubs: Current River Comets 
North End Flames 
West End Bruins Volunteer Pool Bearcats 
Westfort Maroons

Divisions	<i>Birth</i> Year	Divisions	Birth Year
IP -1	2010 - 2012	Atom & Atom AA	2006 - 2007
Novice	2008 - 2009	Peewee & Peewee AA	2004 - 2005

#### STEP #1 MANDATORY ONLINE PRE-REGISTRATION & DEPOSIT AT: WWW.PAMHA.CA (click on registration tab)

#### STEP #2 A JERSEY PICK UP: IP-1, NOVICE, ATOM A and PEEWEE A

Date	Time	Location	Address						
Tuesday September 6	6:30-8:30 p.m.	TB Boys & Girls Club	270 Windsor Street						
Thursday September 8	6:30-8:30 p.m.	TB Boys & Girls Club	270 Windsor Street						
Tuesday September 13	6:30-8:30 p.m.	TB Boys & Girls Club	270 Windsor Street						
Thursday September 15	6:30-8:30 p.m.	TB Boys & Girls Club	270 Windsor Street						
JERSEY PICK UP: ATOM AA and PEEWEE AA									
Wednesday, August 31	6:30-8:30 p.m.	Confederation College	1450 Nakina Drive						
Thursday, September 1	6:30-8:30 p.m.	Confederation College	1450 Nakina Drive						
Tuesday, September 6	6:30-8:30 p.m.	Confederation College	1450 Nakina Drive						

First time registrants require a photocopy of their birth certificate

Our IP1 ice runs mostly every Wednesday after school and Saturday Mornings all at Grandview Arena. Our IP1 Division follows the Hockey Canada Development Program which teaches players the game in a fun and safe environment. Players will receive about 50 hours of ice time. All 4 year olds and first time 5's will be placed in our Mite Program. All 6 year olds and returning 5's will participate in skill training designed to improve their basics as well as be introduced to the basic structure of the game. Tykes will play full ice games with goalies as well as full ice and half ice practices.

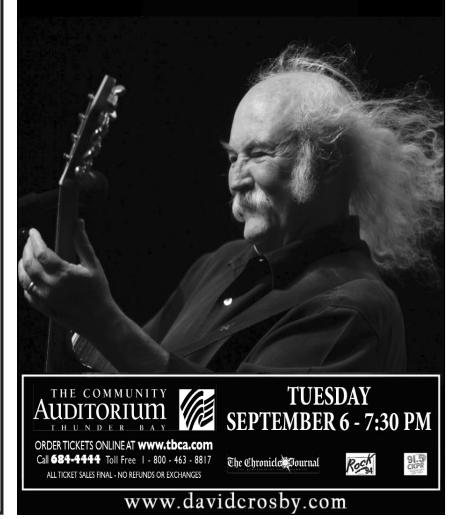
For all registered PAMHA Novice to PeeWee Players, we have included additional development camps for various skills working with HNO, TB Kings and Zulie's Goalie Academy. NEW Bauer First Shift Program - FREE hockey for any new player Our league is a city wide interlock with Lakehead Minor Hockey League.

Our goal is to develop all players in our system. Certified Coaches/ Certified Referees/ Real Games/ Structured Practices/ Fully insured through Hockey Northwest Ontario.

For additional information please email: registrar@pamha.ca or click on Hockey Canada Registration Link on our Website.

Visit us at www.pamha.ca

# AN EVENING WITH DAVID CROSBY SOLO ACOUSTIC



For your daily news visit www.tbnewswatch.com

# The beauty of aging in Hollywood



Recently, Courtency Cox appeared on an episode of Running Wild with Bear Grylls. It was an uncomfortable hour for viewers as the 52-year-old Friends star grimaced her way through the wilds of Ireland with the TV survivalist.

Strangely enough, the pair took time to sit down and discuss the difficulties of aging in Hollywood – because apparently that's what you do while back-packing through a foreign country. She also discussed her regrets regarding her plastic surgeries, her past obsession with looking young, and her new Beatles-esque motto, "let it be." (Paul McCartney must be so proud.)

It was a rather awkward conversation. But what else is Cox going to talk about? Her show Cougar Town is done and she's not currently starring in any major productions. Besides, ageism is a hot topic right now – along with racism, sexism. Basically, any "ism" will do when looking for a viewer's hot button.

Meanwhile this past May, Cameron Diaz appeared on The Ellen Show to talk about her new book. "The Longevity Book" touts the five pillars of well-being which she says control how well we live and, more importantly, how well we age. The actress explained that she worked with physicians to create an authoritative guide to aging that she wishes she'd had years earlier.

Of course, these ladies are hardly the first female stars "of a certain age" who suddenly want to tell us how to age well. It's a long-time entertainment industry phenomena. Studios aren't interested in hiring them so they turn their focus to their age.

But why? I know how to get older. I'm actually quite good at it. In fact, I do it every day without fail.

So it's a little ironic that an actress who's just cracked 40 feels the need to explain to me that society devalues age and that we think we're supposed to be 25 forever. (Most of us actually don't.) But that "if you accept that you're aging, you'll live longer." (Oh, that's deep.) The truth is, the only ones who are

The truth 1s, the only ones who are really worried about aging well are those who are already obsessed with it – the Hollywood and entertainment set. us online

Read

How many of us regular folk really fret over our sagging skin at work? How many obsess about our grey hairs in our off-hours? How many have time to think about "pillars of well-being"?

Okay, yes, I have looked at Christie Brinkley (62), Cheryl Ladd (65) or Jaclyn

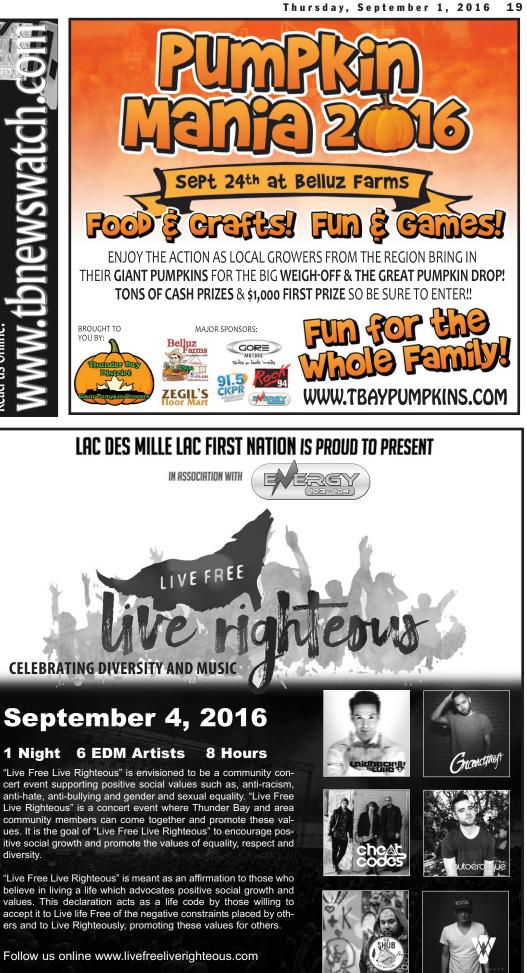


AGING IN HOLLYWOOD: Actress, Courteney Cox recently appeared on the reality television show: Running Wild with Bear Grylis.

Smith (70) and wondered how they did it. What better model for aging well than a Cover Girl or a Charlie's Angel?

But I'd like to think that Cox and Diaz – after long and successful careers in Hollywood – have more to share than this self-serving pap. I'm sure they've learned more over the years than the same basic truth that you and I naturally accept every day: We all get older whether we like it or not.

But then, that wouldn't get them a book deal.





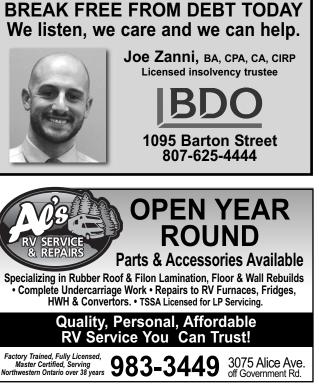
Do you have an opinion to share? E-mail the editor at ldunick@dougallmedia.com



more information at: www.lexsoccer.ca

### CROSSWORD PUZZLE

ACROSS 40 Punctuation mark BION ACRO 43 Time period Tiller Cross threads 44 Turk. title 45 Dayak people CASTANETS Signed (abbr.) 47 To or from a 12 Hamitic distance language LEPTO 50 Military macaw 13 Pelvic bones 51 Fr. resort 14 To (Scot.) ETREFISHTRAP 52 S.A. game bird 15 Term VOETALESOCA 53 Hebrew letter 16 Pledge 54 Elbe tributary INVEIGLEMOHR 17 A (Ger.) 55 She (Sp.) 18 Austral. A|E|T| beefwood NULLADDED 20 Fool DOWN ADE 22 Unfasten 24 Thus P I N 25 Excite Stammer FEPA ECT 26 Golf club 2 Vanity 30 Month abbr. 3 Aport 11 Refuse Shy Stiff fabric 31 Fr. medieval 4 19 Civil War tale 5 commander 32 Went first 6 King of Israel 21 Science of 33 Roe (2 words) 7 Tree (suf.) 36 Venerate 8 Muscle or nerve 22 Father of 38 According to (2 band Cordelia 9 Machine gun words) 23 Gr. wine 39 Vitamin B 10 Get container 10 12 13 14 15 16 17 8 21 23 22 25 30 32 33 34 35 38 40 41 42 44 45 46 48 49 50 51 52 53 54 55 ©2016 Satori Publishing A157



ANSWER TO PREVIOUS PUZZLE M A N O A R O A HWY AAA RAN AMASARECK AAM COMET N A R A S I M H A E R I S F U R L YMHA 24 Hindu title 26 Rod 27 Lazy 28 Yesterday (Ital.) 29 Land west of Nod 31 Pasture 34 Stop 35 Tennyson character 36 Own (Scot.) 37 Senility 39 Slip 40 Heddles of a loom 41 Monster 42 Madam 43 Nutmeg husk 46 Substantial 48 Mulberry of India 49 Genetic letters

-							~ -							
_	_	_		_		RD				-			v	_
S	S	Ρ	A	Т	R	0	L	Y	G	S	U	W	Y	Е
Ρ	Е	L	U	S	A	Ι	L	Е	Н	Ν	G	U	D	J
М	R	А	S	Ι	D	S	D	S	М	0	R	Т	А	R
U	U	G	А	Ρ	U	Е	Е	Е	А	Ι	S	L	Е	S
R	L	U	V	0	В	Κ	S	D	D	Ν	L	V	Т	R
Т	D	Е	Ι	R	S	W	S	D	Е	Ι	Ν	С	S	Е
R	R	R	Ι	Н	Т	Ζ	0	Е	S	М	А	С	Е	Т
Е	А	S	С	Т	R	Е	Т	Ν	U	Ρ	А	R	К	S
V	Е	Ι	А	Ν	0	D	Е	Ν	0	Ζ	L	А	Ι	G
А	Н	D	Y	А	Т	Ι	R	Е	Н	Т	А	G	R	Ν
W	Ν	Е	G	L	Х	Т	Ι	Ρ	G	G	Ρ	G	Т	U
V	U	G	Ζ	Ι	Е	0	В	0	0	М	S	Y	S	0
Ρ	U	Ν	С	Н	Е	R	U	А	D	D	Е	Ι	Т	Y
S	Κ	Ι	М	Ρ	S	S	U	Y	G	L	D	С	S	۷
S	Т	S	Ι	Ν	0	Ι	Т	Ρ	Е	С	Е	R	Ι	L
Aisles Extorts Penned Steady   Booms Gather Philanthropist Strike   Clime Goads Plague Tossed   Craggy Lapsed Punch Trumps   Debris Lures Punter Unheard   Deity Minions Purely Variously   Disarm Mortar Raided Waver   Doghouse Pacts Receptionists Which   Editors Patrol Skimps Zoned								d ly ters quotati ach le						
												DE		
60	łΑ	PQ	DX	ਸ਼ਾਸ਼	AΡ	ωF	דצי	ΠP	6	GA	W.	XP	2	

For your daily news visit www.tbnewswatch.com

QGA PQDXFEAPQ PXTUP. QGA WXPQ WNPPRYA MGNDNMQADP NDA PANDAB VRQG PMNDP." - IGNURU ERKDNF PREVIOUS SOLUTION: "Justice without force is powerless; force without justice is tyrannical." - Blaise Pascal E157

Sudoku

©2016 Satori Publishing

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

5			9				8	
		7	4		7			9
	7	6		2		1		4
					1			
	5		6					
			2					
		7						5
	1				6	8		
	8	4	1		5	6	2	
©2016 Satori Publishing DIFFICULTY: ★☆☆☆								





# **J.J. Spaun heading to PGA**

Californian captured Staal Foundation Open title in 2015

#### **GOLF** By Makenzle Tour staff

With his first career Web.com Tour win at the News Sentinel Open presented by Pilot on Sunday, reigning Mackenzie Tour – PGA TOUR Canada Player of the Year J.J. Spaun put the cherry on top of what has been a magnificent rookie season, moving to third on the Money List.

The 26-year old outdueled fellow 2015 The Five member Sam Ryder last moth by sinking a birdie putt on the 18th hole for a one-stroke win and joined Mackenzie Hughes as the second Mackenzie Tour alum to win in as many weeks on the Web.com Tour.

Spaun answered questions about his time in Canada and his path to the game's highest level.

**Q:** Being in the battle against Sam on Sunday must have felt pretty familiar from all the times you were in contention on the Mackenzie Tour last season. How did those experiences help you?

A: Basically, it's relying on past experiences, knowing that you've been in this situation and come out with a win, so you rely on it. It's taught me to stay in the moment and rely on what I've done, because things that I've done in the past that have worked out can help me at this level too. Putting yourself in the position in the first place is the toughest part, and you just have to capitalize on it when you do.

**Q**: You (T5) and Sam (Win) both played well at last year's National Capital Open to Support Our Troops. Is there something about playing well at a certain time of year that translates from year to year?

A: Possibly. It's pretty ironic that we both played well the same week both years, and maybe it's just about getting the juices flowing. But Sam's been playing well all year, and I've been playing pretty well all year too, and it's just funny that we ended up playing on Saturday again (Note: during the 2015 National Capital Open to Support Our Troops, Spaun and Ryder were paired together for



MOVING ON, MOVING UP: A victory on the Web.com Tour has ensured JJ. Spaun will graduate to the PGA Tour in 2017.

the third round) and Sunday too, and it's just crazy that we did that last year too. It would have been nice to see Sam win, but someone had to win and fortunately for me I came out on top.

**Q**: That must have been tough playing on Sunday, knowing you've already got your PGA TOUR card secured, and if Sam won he would have his, too. At the same time, you're a competitor, and especially wanting a win to complete what has been a great year for you, how did you put that aside and focus on trying to win?

A: It was really tough, because whether I finished first or second, it wouldn't have made a huge difference for me, but for Sam it would have made a big difference because it probably would have locked up a card. The entire day, he was in control and it looked like it was his tournament, and the last minute the door kind of opened for me. Deep down inside, I wanted to win, but I also wanted him to win, and I really hoped he was going to make that putt to force a playoff; who knows what would have happened then? It was a tough situation, but he's playing so well right now, I know for a fact he's going to play well this week and lock up his card in Portland. That's not the last time you're going to see Sam Ryder in the mix.

**Q**: Mackenzie Hughes won last week, and including both of you there are five Mackenzie Tour alumni in The 25 heading into this week. Do you feel like having been in the position of chasing a spot in The Five on the Mackenzie Tour has helped prepare for The 25 chase?

A: A couple of buddies and I were talking about the other day, that guys who have done well on the Mackenzie Tour have done well across the board here. I think it shows what experience and being in contention for the top five does for you. It's no easy task and being able to rely on past experience helps a lot.

**Q**: What did your win do for changing your goals, with one event left before the four Web.com Tour Finals events?

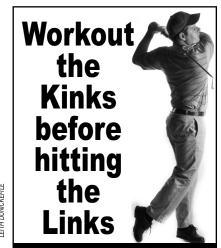
A: I haven't really thought about it, other than just trying to keep playing well and get in contention to win as much as possible. If I can win a Finals event, great, if I can win the Money List, great. I think if I do set goals, that's going to keep me motivated, and I'm going to have to re-trace and brainstorm off what I need to do to make some attainable goals. For now, though, I'm just going to keep preparing well and trying to play my best golf every single week.

#### Thursday, September 1, 2016 21



#### Good Reasons to Recycle

Recycling saves energy Recycling uses less space in landfills Recycling saves trees Recycling helps climate change Recycling reduces pollution Recycling saves money Recycling creates jobs.



**DRUG FREE, SURGERY FREE!** 

Dr. Alan Cranton is excited to offer the latest advance in safe, comfortable and highly effective pain relief and tissue repair. **LASER TREATMENTS** are safe, effective and painless and decrease the healing time by 30%.

#### The top 6 golf problems:

Low back pain
Golfer's elbow
Plantar fasciitis
Knee pain
Shoulder pain
Wrist pain

No Referrals Necessary Complimentary Consultations.

Cranton Wellness Centre Call 343-7932 for a FREE consultation www.crantonwellness.com



For your daily news visit www.tbnewswatch.com

54. HOME IMPROVEMENTS

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

Flooring: laminate, ceramic, hardwood, competitively priced and installed by Octagon Contracting. Call 633-4488 for your free quote.

Forever Wood Fencing (and Decks). Our posts do not sink or lift. It's a trade secret we learned from an old craftsman. We're fast, reasonable and reliable. PC Construction. 252-9114

Renovations: bathroom, kitchen, basement or any part of your home or cot-tage, drywall and tile installation. Call Octagon Contracting at 633-4488 for your free quote.

#### 55. BUS. **OPPORTUNITIES**

Local Brew On Premise for sale. Operat-ing for over 25 years. Owners retiring and motivated. Contact by email only: briantbay@gmail.com

#### 56. TRAINING COURSES

www.thedrivingschool.ca Full defensive driving course 57. HELP WANTED

HANDY PERSON required, occasional driving, minor house repairs. Live -in or out comfortably. Internet available. Please Call 475-7277.



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

Call 346-2600



Guarantee your seats! Choose your preferred day! Save up to \$38!\* \*compared to regular ticket prices

#### call 345-5552 or Visit magnus.on.ca



(PATTISON) tbayte ONTARIO ARTS COUNCIL CONSEIL DES ARTS DE L'ONTARIO an Officie government agency Thunder Bay



