

Fort Frances Times

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High school students get a chance to show off their skills, talent at Arts Showcase

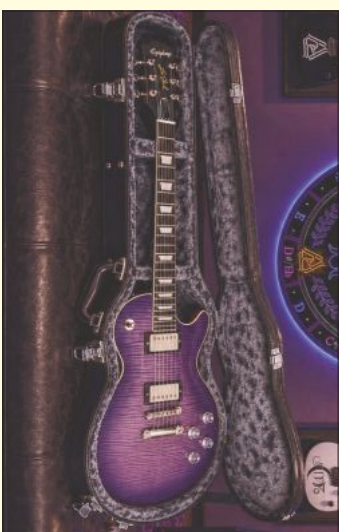
INSIDE



Local youth eyes Broadway

Fort Frances local musician Cassandra Star takes the next steps in her career with a summer packed full of art camp activities.

See story on A2



Positivity in purple

Robert Horton breaks down what the colour represents to him on a personal scale.

See story on B1



SGEI pinning and grad

Graduates at Seven Generation Education Institute look towards the start of bright futures in their chosen career paths.

See photos on C1

Artists, performers, manufacturers and more had the chance to show off their skills at Fort Frances High School's Arts Showcase event, held last Wednesday and Thursday in the schools' cafeteria and on the Townshend Theatre stage. The showcase set up a display area for many different types of visual and creative artwork to be displayed to the public, and included other often unseen forms of artwork like pottery, sculpting and machining, alongside pieces of artwork from painters, sketch artists and illustrators. Students of the FFHS musical theatre class also held multiple showings of *The Little Mermaid*, a short stage adaptation of the beloved Disney film. Students handled all aspects of the production themselves, from learning the material, choreographing dances, building sets and costumes, and handling all the behind the scenes work. The FFHS students also held a performance for local elementary school students, including J.W. Walker. For more photos from the FFHS Student Art Showcase, see tomorrow's edition of the Fort Frances Bulletin.

— Ken Kellar, Heather Latter photos



It's the people he'll remember, says Salvation Army's Heathcote as he departs

By Allan Bradbury
abraddbury@fortfrances.com

After seven years as an auxiliary captain with the Salvation Army in Fort Frances, Arthur Heathcote will be leaving town to take up a new position as an ordained officer in Winnipeg this month.

Heathcote said he felt led by God to his service with the Army most recently in 2019, and Fort Frances has been a training location for him since then.

"I'd been brought up in the Salvation Army, and everything was going well and fine," Heathcote told *The Times*. "I was playing piano at the church on Sunday, and I kind of felt that this is my calling at this point in time. But I'd been called when I was nine years old, and so in 2019 that calling came back, and I became an auxiliary captain."

"I was a little too mature to go the residential route for training, but the [Salvation] Army felt that Fort Frances would be a good fit for me, so Fort Frances has been a training ground for the last seven years that I've been here. So not only have I been learning from just about everybody I've met here, but I've also been doing intensive training through the



Salvation Army Fort Frances corps officer Arthur Heathcote is bidding farewell to Fort Frances as he takes up a position as an ordained minister with the Salvation Army in Winnipeg. — Submitted photo

training college as well over that time."

Heathcote will be ordained as a full officer in the Salvation Army at a ceremony in Toronto

on Sunday.

"I'll be commissioning and ordaining as a Salvation Army officer at that point in time, so

Please see "Heathcote" on A3

Court denies application for judicial review of Emo discrimination decision, sends matter back to HRTO

By Allan Bradbury
abraddbury@fortfrances.com

An Ontario court has dismissed a bid by the Township of Emo and Mayor Harold McQuaker to secure a judicial review of a Human Rights Tribunal of Ontario (HRTO) decision that it discriminated against the LGBTQ association Borderland Pride, sending the matter back to the tribunal for reconsideration.

In its ruling on Monday, the Ontario Superior Court of Justice found that the Township and McQuaker had not first sought a reconsideration from the tribunal itself, as they should have, and granted them the opportunity to go back to the HRTO, and an extension to do so, since such reconsideration must normally be requested within 30 days.

"After considering the submissions on these preliminary issues, the court has decided to stay this application pending a request for reconsideration at the HR-

TO, without prejudice to this application being brought back before this court once the HRTO proceedings are completed," Justices Thomas Heeney, Wendy Matheson and Karen Jensen said in their ruling.

The court said that should the HRTO issue a reconsideration decision, the applicants may seek to revive their bid for a judicial review at that time.

The HRTO's 2024 decision found the Township of Emo and Mayor Harold McQuaker had discriminated against Borderland Pride by refusing to issue a Pride Month proclamation in 2020. It required the Township to pay \$10,000 and McQuaker \$5,000 and directed McQuaker and Emo Chief Administrative Officer Crystal Gray to participate in an HRTO online training module.

Asked about the result of Monday's proceedings, McQuaker declined to comment.

Please see "Emo" on A3

Your Perspective Matters!

Sign and submit your letters to the editor today

Letters publish every Wednesday*

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*No more than 300 words. May be edited — or rejected — for length and content



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The Fort's Cassandra Star sets her sights sky-high and beyond with Broadway dreams

By Ken Kellar
Editor

A local performer's star is rising as she faces down a busy summer.

Fort native Cassandra Star Armstrong is a well-known singer, dancer and actor across the Rainy River District, having participated in numerous shows, recitals, sporting events and more. Further afield, Armstrong has amassed millions of views on YouTube for an Easter-themed cover of Leonard Cohen's "Hallelujah" with her older sister Callahan, and has received multiple invitations to major-league sporting events, singing national anthems for the NHL and NBA.

Driven to succeed and keeping an eye on dreams of performing on Broadway, Armstrong is set for a busy season that will see her release her first single, take part in a large-scale music festival and attend prestigious art programs in the United States.

"I'm so excited, I've been wanting to release this for so long," Armstrong said of her first single.

"It's called 'Steal My Heart,' it's an original single and I love it so much, it's upbeat, but it's kind of got a Shania Twain vibe. It's upbeat and sassy, and those are my favourite songs to sing."

The single was released earlier this week on major platforms under Cassandra Star, and came to be thanks to notice from Jason Petrick, a musician based in Manitoba.

"I met him through his band Petrick in Winnipeg," Armstrong said. "They're great, they're two brothers and a couple of friends. He heard me on the radio, and he reached out. I sang at the Burton Cummings Theatre with them, I've done a few things with them."

Armstrong said that a friend of Petrick's wrote the song, and when he presented it to her, she jumped at the chance to record it, citing the quality and content of the lyrics as the deciding factors.

With the song's release, Armstrong said they plan to work on a music video at some point over the summer so that she can further promote the song. But to do that, she'll have to work around her next big engagement, which is heading to Dauphin, Man., alongside her manager, to take part in one of Canada's biggest music festivals.

"I'm singing at Country Fest on Sunday, June 28, so that will be a lot of fun," Armstrong

said. "That's big for me. I've done some songs with Petrick, but that's big. I love the recording, but my favourite part is performing. My manager from Petrick is going to be my guitarist."

Armstrong will be taking to the stage for a 90-minute set on the Sunday of the festival, a part of the lineup that includes big-time artists such as Jelly Roll, Aaron Pritchett and Nate Smith, among many others.

Early July will mark an opportunity to head to Duluth to sing the anthem for the Minnesota Monsters, part of the Arena Football One (AF1) league, but she said that month is dominated by her return to an arts camp that has changed her life in more ways than one.

"My next thing is the Oklahoma camp, it's going to be my third year, and it's an insane process," she said.

The camp, film and TV actress Kristin Chenoweth's Broadway Bootcamp, is an intensive arts program that accepts students from around the world and requires an audition to enter, regardless of how many times a student may have been accepted in the past. For Armstrong, this meant another round of nearly a dozen different audition videos recorded and submitted for consideration, a task she took on with a sense of creativity.

"They give you the same dance combo, and the last two years I went, they really idolized my dancing the last two times I was there," she said.

"So, for this year's video, I put on an inflatable ballet sumo wrestler costume, and I got in. It's hard to try and venture out when it comes to the Broadway songs, because there's a group of songs I always go back to."

The Broadway Bootcamp is emblematic of Armstrong's goal of one day walking the boards on New York's famous theatre strip, and she said getting to go to the camp has not only given her insight into that life, but also allowed her to connect to a group of people who share the same passion and dream, something that isn't always readily available in a small town.

"I don't know what I would have done if I didn't make it back in," she said.

"It was so eye-opening for me, because there's really no one here that wants to do what I do, maybe one or two, but it's not what their passion is, and I've always wanted to do Broadway

for a job, but I never really saw it as realistic, because it's not common, but then I go to this camp and there are 50 other kids that want the same thing as me. I felt so at home. I feel like I'm my happiest when I'm there."

Finally, and by no means the least on an already busy list of things to be done this summer, Armstrong will be heading straight from Oklahoma after the Broadway Bootcamp to Los Angeles for another intensive program, this time focused almost exclusively on dance, something she found out about thanks to Broadway camp friends.

"It's the biggest dance camp in the United States," Armstrong said. "I'm so excited because most of the opportunities I get are singing-based, so it's pretty cool to have one that has nothing to do with my singing, just dance."

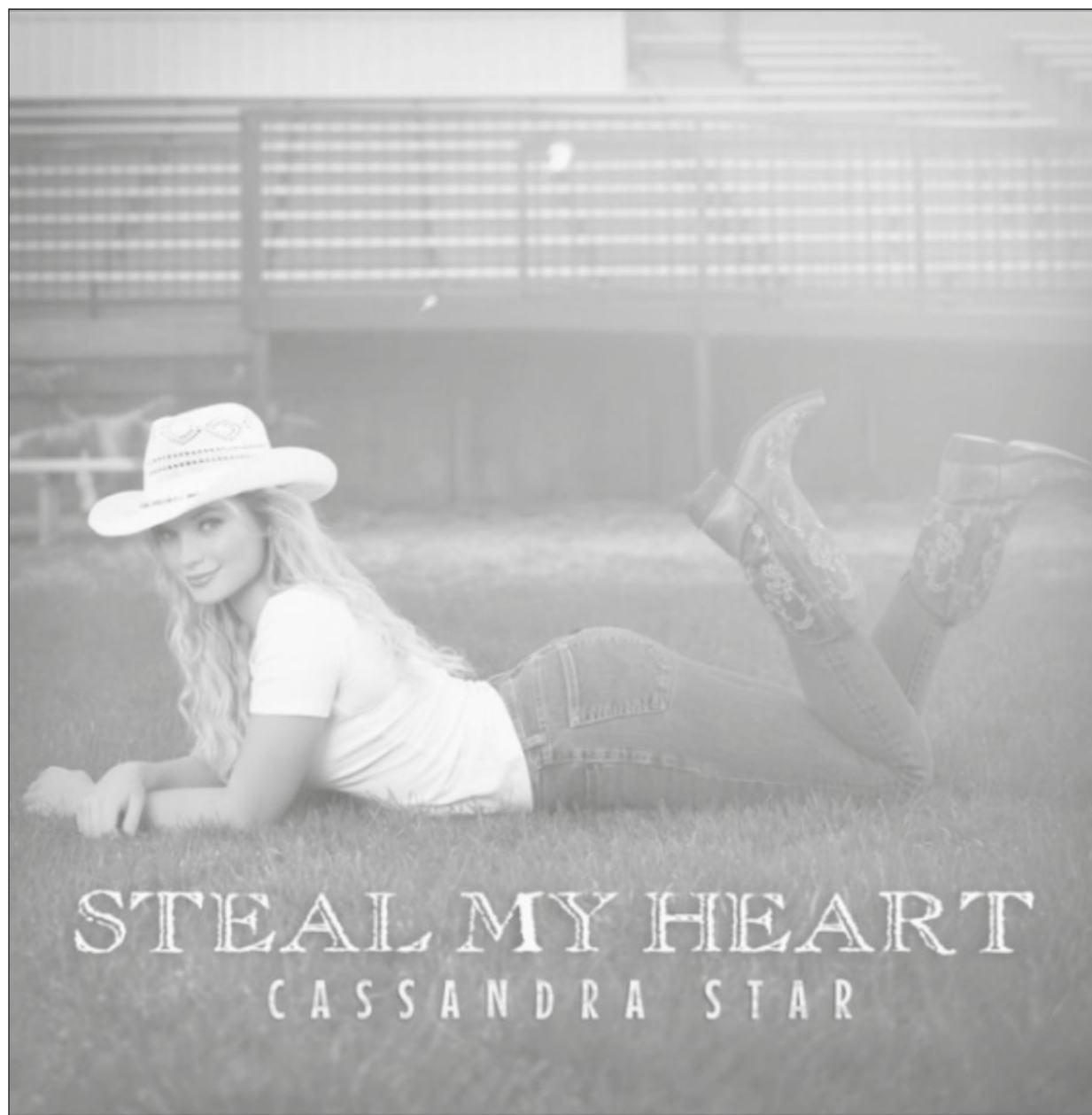
The dance camp will be a week-long affair that will see participants take part in dance and choreography lessons with some of the leading industry professionals, including those who have worked with performing artists such as Michael Jackson, Britney Spears, Beyoncé, and more. It will also give them a chance to branch out into different types of dance they may not have as much familiarity with, or access to, in their smaller home bases. The camp will also culminate with the filming of a music video, another valuable item to have in the back pocket when it comes to auditioning for professional productions.

The list Armstrong shares is likely to be incomplete. The performer says she enjoys keeping busy and performing, so it's likely she will find more opportunities around her larger commitments to do what she loves, and she said it's all leading to that same dream of being on Broadway.

While Armstrong will be heading into Grade 11 in the next school year, she said she's already set her sights on attending a Musical Theatre program at the University of Michigan located in Ann Arbor, Mich., one of the premier programs for the profession in the country.

After that, the sky is the limit, and Armstrong certainly has the resolve to reach that sky.

You can follow along with Armstrong's busy itinerary at her social media pages, Cassandra Star. Her debut single, "Steal My Heart," is available to stream now.



Cassandra Star Armstrong has released her first single, titled "Steal My Heart" as she embarks upon a busy summer that will see her perform in Manitoba and attend two intensive art camps in the United States, including her third time to Broadway legend Kristin Chenoweth's Broadway Bootcamp for young performers. Armstrong said she has her sights set on Broadway by way of the University of Michigan. - Submitted photo

Northwestern ports look to deliver

By Sandi Krasowski
Local Journalism Initiative
Reporter
The Chronicle-Journal

Ontario Premier Doug Ford visited Thunder Bay on Tuesday and announced \$2,804,955 in funding from the Northern Ontario Heritage Fund Corporation (NOHFC) for upgrades at the Port of Thunder Bay and the Peninsula Harbour Port Authority in Marathon.

Ford called both terminals key gateways in Northwestern Ontario for expanding east-west trade in Canada, strengthening domestic supply chains and creating jobs in the North, while reducing reliance on the U.S.

Ford outlined the billions of dollars that have streamed into the North from the province as part of a plan to protect Ontario by building a more competitive, resilient and self-reliant economy.

"As part of that plan, . . . this funding will be used to expand Thunder Bay's port storage and cargo staging capabilities and create a marine terminal at the Port of Marathon, so that these ports can increase cargo volumes and ship more local products, including critical minerals from the Ring of Fire, forestry products, grain, and potash,

as well as components for pipelines and wind turbines to southern Ontario and other provinces and around the world," Ford said.

Chris Heikkinen, Thunder Bay port chief executive officer, says Thunder Bay will receive more than \$800,000 from this Northern Ontario Heritage Fund Corporation funding for expansion of the port's cargo lay-down areas at Keefer Terminal.

"When completed, it's going to enable us to improve the efficiency of our cargo flows within the terminal," he said. "Less handling means more money in the pockets of the shippers, but more than that, it's going to allow us to increase the volumes of cargo that we can bring through the terminal."

Heikkinen added that they were facing some pinch points with the amount of lay-down areas that they currently have.

"We're expanding that by 10 acres, and that's going to enable us to bring more cargo inbound to Keefer Terminal," he said.

"There's cargo out there to be had. It's not always easy to attract from other supply chains, but with the repertoire of services and assets that we have at Keefer, and with this expansion, it becomes easier

to grab every day."

Marathon Mayor Rick Dumas said they've been working with Biigtigong Nishnaabeg First Nation and examining the Marathon port and the aspects of mining, forestry, as well as critical minerals and aggregates.

"We believe our port, in conjunction with Sault Ste. Marie and Thunder Bay can have a continuation of the Great Lakes, and get back to really huge economic opportunities for Marathon," Dumas said.

"The key is getting the wharf ready to go for the ships to come, and getting the electrical on site. All the major infrastructure regarding rehabilitation of the wharf itself and the electrical is all going to happen this summer."

Dumas says a functional Marathon port could be beneficial to work together with the Port Authority of Thunder Bay to ship products.

"Hopefully that relationship is something we can continue to build, which is also a brand new thing for Marathon and Biigtigong," he said. "Working with the Port of Thunder Bay team could be a great opportunity for all of us. I don't know what that looks like today, but it could be opportunities tomorrow."

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Heathcote reflects on many changes, opportunities and challenges as he prepares for next chapter

More from A1

It's just the culmination of all of the training that's come together, and to celebrate the calling to be recognized by the organization as an ordained minister," he said.

"They've decided that it's time for me to move on, so I'm going to be heading over to Winnipeg, and I'll be a chaplain to a program there called Community Venture," a day program for people with intellectual disabilities with several locations in Winnipeg.

"I get to be the chaplain to the clients, to their families and to the staff as well," he said.

"So I'm really looking forward to something new. Although my time in Fort Frances can't be underplayed, it's been a really exceptional experience here."

Heathcote has seen growth and development of the Salvation Army's programs in Fort Frances since he arrived, especially in the area of the food bank.

"The first thing that struck me when I came to Fort Frances was that we needed some structure, especially for our food bank," he said. "Because it was very clear, the writing was on the wall that things were going to intensify as the years went on."

Things didn't take long to intensify. Heathcote saw the local Salvation Army through the COVID-19 pandemic shortly after his arrival.

"I just started building some infrastructure then to be able to support what was coming down the road, and then all of a sudden COVID came along, and COVID was an open door for us, it gave us an opportunity to kick into high gear now, and during that time, we did home delivery for the food bank items, because no one was allowed out," he said.

"So, we were doing home delivery, we were able to meet people on their turf, which was really helpful for relationship building."

The organization also worked to support local service providers during the pandemic.

"At the same time, we also supported the businesses that had to continue running throughout that time, people like social workers showing up every day at work, and the firefighters and the police, and all that. So we decided that every week we would pick a different social service agency and provide lunch for them."

"It was a way of supporting the work that they were doing as well. People say, 'You're the Salvation Army, you're supposed to be helping people in need.' But we all need support, and during COVID, it was an extremely stressful time for a lot of people. So just being able to knock on the door, offer some people lunch, have a great conversation was a wonderful way, because usually when the Salvation Army shows up, we're looking for money or somebody else is in a crisis," Heathcote said.

Dealing with COVID also opened the door for the Army

to build solid partnerships and relationships in town, which is what holds "the whole thing together," Heathcote said.

"The Salvation Army isn't a one-band shop. We work with so many different agencies within the town to make sure that needs are being met."

The Salvation also changed locations over the course of Heathcote's tenure, moving from 353 Scott St. to 242 Scott St.

"We were across from the bargain shop when I first arrived here, and then it came to the point where we had to leave that building and find something else. Fortunately, 242 Scott Street became available in the 11th hour, and it's met our needs to be able to continue providing service for the people in Fort Frances."

In 2023, Heathcote was also able to secure funding to enable the foodbank to install a freezer in the basement, enabling it to better support the community with less shelf-stable foods.

Over the course of his years in the area, Heathcote has also had the opportunity to work with different community organizations.

"Christmastime is when those relationships get to be built, everything from the Muskies supporting us during the parade and we're supporting them as well, and then them coming out and looking after kettles throughout that time. We've had both the Muskie boys, the Muskie girls, and we've also had the Lakers who kicked off our Kettle Campaign last year."

In an emailed statement, Mayor Andrew Hallikas praised Heathcote for his work in the community.

"The Salvation Army, under the leadership of Arthur Heathcote, has contributed immeasurably to the betterment of Fort Frances," the mayor wrote.

"Arthur is always found where he is needed, whether raising funds so that families can have a warm Christmas, finding funding for a gigantic walk-in freezer so that the Salvation Army can handle bulk donations of food, counselling those in need of a spiritual lift, attending and supporting walks, fundraisers and events of other organizations and much more," Hallikas said.

"Arthur Heathcote, for his efforts, has left Fort Frances a much better place than he found it. He has set an example for all of us."

His time in the Fort drawing to a close, there were tears in Heathcote's eyes as he discussed what he's been thinking about as he prepared to leave.

"The people that are here, there are some golden, golden people," he said.

"I'll miss the people. They've been a wonderful support for the work that we've done, and a tremendous amount of encouragement. You don't know how many people not only write a cheque but also include a little note as well in that cheque, and it means the world, because sometimes it gets pretty heavy. When we see struggles, families that come in that are struggling and having a really hard time, you

know, it's wonderful to be able to help them, but the emotional toll as well. We're all human. So, just the amount of words of encouragement that people have offered to me throughout this time has been the gas that's kept the engine going."

Heathcote encouraged the community to continue helping, despite potential perceived differences.

"It's been amazing the way this community just comes together, especially when you say 'help.' People are there instantly," he said.

"I mean, there are challenges within Fort Frances, and we can get bogged down with those, and sometimes they get focused on a little too much; we need to look at the other side of the coin. There's a lot of really wonderful things happening here. There's a lot of really wonderful people who are here, and it's those people who keep the engine running."

As Heathcote leaves, he's happy to leave the food bank and the Community Family Services Department in the hands of co-ordinator Ryan Daw.

"He's going to be looking after the Community Family Services department. He has been for the last couple of years," Heathcote said.

"I've kind of stepped back because he's fully capable of doing what needs to be done, and he has a real passion for people. He has a really unique gift of being able to connect with people, build relationships where they'll divulge, you know, what's going on in their lives, and we have so many different resources and networks that if we're not able to meet your need, we know someone who can, so we're able to facilitate those things."

Emo litigation heading back to HRTO, Judson continues to press for financial disclosure

More from A1

In a press release, Borderland Pride director Doug Judson said the people of Emo have a right to know why the municipality continues to spend money on the case.

"Today's dismissal is another clear defeat for the Township of Emo and Mayor McQuaker in their ongoing attempt to justify discrimination against 2SLGBTQIA+ people," Judson said.

"After years of litigation and an adverse

Human Rights Tribunal ruling, they now find themselves back at square one because they failed to follow the proper process. Taxpayers deserve to know how much money has been spent pursuing this campaign—and why the Township continues to fight so hard against equality, inclusion, and basic human dignity."

The Fort Frances Times has been denied an Access to Information request regarding the legal costs incurred by the Township in fighting the HRTO decision.



Candidates

Calder throws name into the ring for Fort Frances mayor's seat

By Times Staff

The municipal election continues to add candidates who believe they have the vision to bring Fort Frances into the future.

The most recent, and to date only mayoral, candidate was added to the Town of Fort Frances' unofficial list of candidates this morning. Brent Calder has tossed his hat into the ring for the mayoral seat, which will be vacated by current mayor Andrew Hallikas in November.

Calder is the fifth name to be added to the list since nominations opened in May. While his stands as the only mayoral candidate thus far, four others are in the running for a seat on council: Gary Cousineau, Kaleb

Firth, Nathan Galusha and Bill Morrison, who is currently sitting as a member of council.

The nomination period remains open for potential candidates to have their name added to the list until 2:00 p.m. Central Time on Friday, August 21, 2026, with the municipal clerk certifying all nominations on Monday, August 24, 2026. For more information on how

to register your name for this year's election, please see the Town of Fort Frances website.

The municipal election is scheduled to be held on Monday, October 26, 2026.



1. Scary Movie (R) Marlon Wayans, Shawn Wayans
2. Masters of the Universe (PG-13) Nicholas Galitzine, Camila Mendes
3. Backrooms (R) Chiwetel Ejiofor, Renate Reinsve
4. Obsession (R) Michael Johnston, Inde Navarrette
5. The Amazing Digital Circus: The Last Act (NR) Lizzie Freeman, Michael Kovach
6. Star Wars: The Mandalorian and Grogu (PG-13) Pedro Pascal, Brendan Wayne
7. Michael (PG-13) Jaafar Jackson, Nia Long
8. The Breadwinner (PG) Nate Bargatze, Mandy Moore
9. Pressure (PG-13) Andrew Scott, Brendan Fraser
10. The Devil Wears Prada 2 (PG-13) Meryl Streep, Anne Hathaway

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lights, camera, **DIAGNOSIS** Fort Frances CHAMBER OF COMMERCE

The Great Burger Giveback

For the month of June local restaurants have teamed up with the Chamber of Commerce to help the Riverside Health Care - LaVerendrye Hospital in the final stretches of the fundraising project to obtain a local MRI machine!

Each restaurant has created a signature burger and for each specialty burger purchased, the restaurant will donate a portion of the sales to the "Lights, Camera, Diagnosis" Initiative.

Participating restaurants: RENDEZ-VOUS, FLINT House, the HARBOURAGE, BP, Back Alley BAR.

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TOWNSHIP OF LAVALLEE

The Corporation of the Township of LaVallee Notice of Application for Consent

Clause 53(5)(a) of the Planning Act

The Township of LaVallee, in the District of Rainy River, has received an application for consent, in respect of the lands as described below:

Application No: C-2026-01
Applicant: ASCOTT, JARED AND HYATT, ALEXANDRA
Subject Lands: Burriss, Con 6 PT N 1/2 of Lot 8 Parcel 3600
Purpose: The purpose and effect of the application is to sever a lot approximately 10 acres and retain approximately 160 acres.

The Township of LaVallee Consent Granting Authority (Council) will hold a public hearing on Wednesday, July 8, 2026 at 6:45pm in Council Chambers, Devlin, Ontario to consider the above noted application.

The purpose of this notice is to inform the public of the nature of the application, invite public input, advise how to make comments on the application and to advise the public of future notification and appeal rights.

NEED TO MAKE SUBMISSIONS If a person or public body that files an appeal of a decision of the Township of LaVallee Consent Granting Authority, in respect of the proposed consent does not make written submissions to the Township of LaVallee Consent Granting Authority before it gives or refuses to give a provisional consent, the Ontario Municipal Board may dismiss the appeal.

REQUESTING NOTICE OF DECISION Any person or public body may appeal a decision of the Township of LaVallee Consent Granting Authority not later than 20 days after notice of the decision is given. If you wish to be notified of the decision of the Township of LaVallee Consent Granting Authority, in respect of this application, you must submit a written request to the Township LaVallee Consent Granting Authority.

INQUIRIES AND WRITTEN SUBMISSIONS about the application can be made to Patti McDowall, CGA Secretary, telephone (807) 486-3452, fax (807) 486-3863 or at the address shown below.

Additional information about this application is available for public inspection during regular working hours at the Municipal Office, 56 Church Road, P.O. Box 99, Devlin, Ontario, P0W 1C0.

Dated this 17th day of June, 2026.

Patti McDowall
Township of LaVallee
Consent Granting Secretary

FORT FRANCES PROCLAMATION

National Indigenous Peoples Day
June 21, 2026

WHEREAS, June is National Indigenous History Month, and June 21st is National Indigenous Peoples Day – a day for all Canadians to learn about and celebrate the unique heritage, diverse cultures, and significant contributions of First Nations, Inuit, and Métis peoples; and

WHEREAS, generations of Indigenous people have celebrated on June 21st due to the significance of the summer solstice as the longest day of the year; and

WHEREAS, in cooperation with Indigenous organizations, the Government of Canada chose June 21st, the summer solstice, for National Aboriginal Day now known as National Indigenous Peoples Day; and

WHEREAS, the Town of Fort Frances formally acknowledges that it is on the traditional territory of the Anishinaabe and the Métis people of Treaty Three; and

WHEREAS, the Town of Fort Frances seeks to strengthen the relationship with Indigenous communities and local organizations, and is committed to working towards reconciliation and to address the Calls to Action from the Truth and Reconciliation Commission of Canada, as well as honouring the Indigenous rights enshrined in the United Nations Declaration on the Rights of Indigenous Peoples; and

WHEREAS, the contributions of Indigenous Peoples to Fort Frances' past, present, and future are profound but often unrecognized, we commit to lifelong learning about Reconciliation and the significant ways Indigenous residents have shaped our Town's rich culture and vibrant communities; and

WHEREAS, the Town of Fort Frances strives to be an inclusive community and encourages all residents to reflect, learn, create long-term systemic changes, and take action in a meaningful way towards reconciliation in solidarity with the Indigenous community.

NOW THEREFORE, I, Mayor Andrew Hallikas, on behalf of Council, the Town of Fort Frances, and the Indigenous Relations Advisory Committee, do hereby proclaim June 21, 2026 as National Indigenous Peoples Day in Fort Frances, and urge my fellow citizens to recognize the contributions Indigenous Peoples have made to Fort Frances, Ontario, and Canada.

Andrew Hallikas, Mayor

CANADA DAY PARADE
WED, JULY 1ST

PARADE PARTICIPANTS!

SCAN HERE TO SIGN UP

OR EMAIL
jennifer@beyakautogroup.com

Youth Bike Decorating Contest !!
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Parade Line Up 10am | Parade Start 11am
Sorting Gap Marina to Hospital

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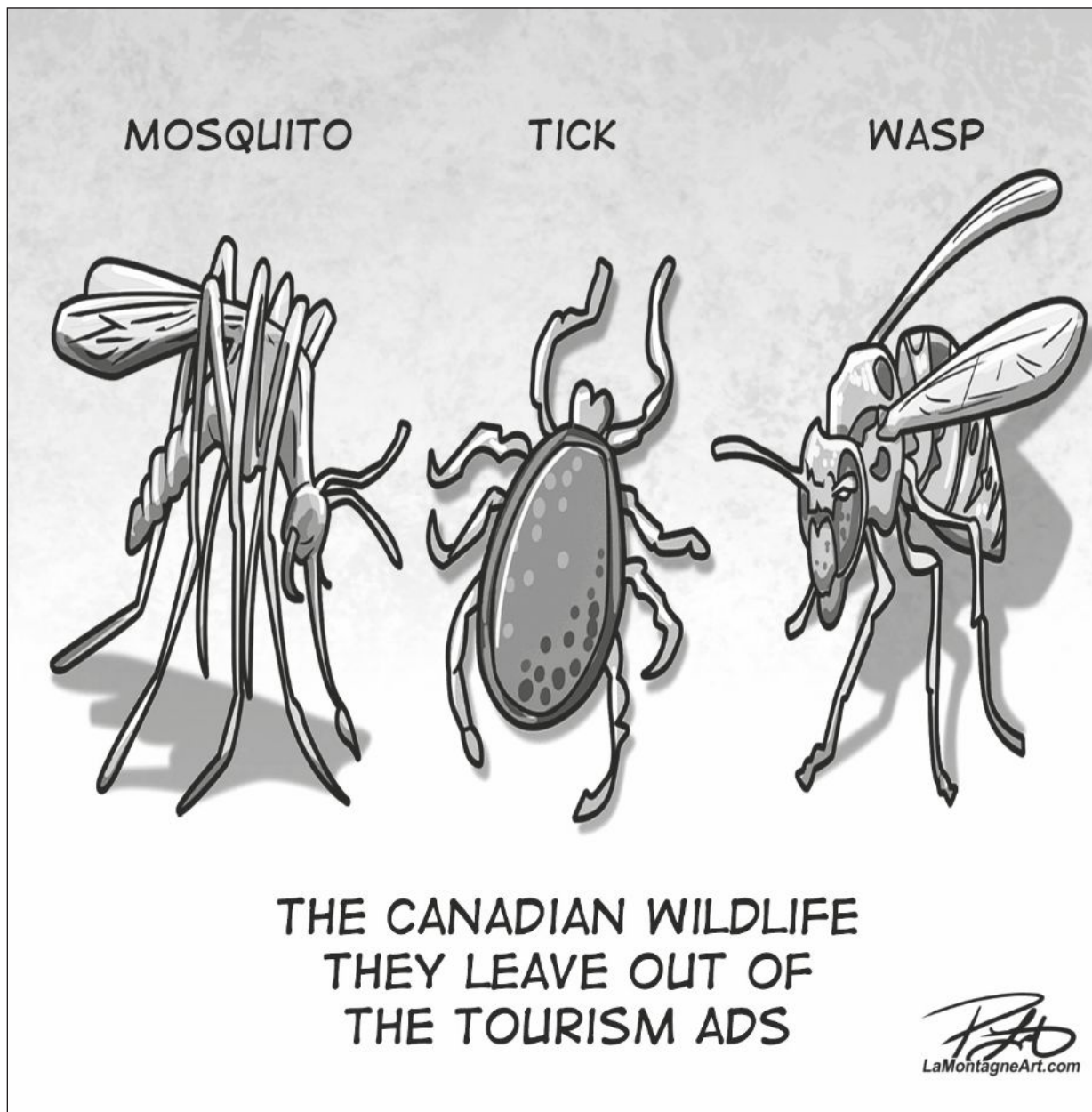
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4. Letters should not exceed 300 words and may be edited for length and content.

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General Manager
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Editor
Ken Kellar

Canada
Local Journalism Initiative
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How does your garden grow



WENDI WITH AN 'EYE'
WENDI STEWART

If you're feeling down about the state of the world, and there certainly is good reason to these days, I have another antidote for you—join a community group of gardeners. It's a failproof remedy for all the troubles in the world.

That may seem to border on hyperbole, but I recently joined our local garden club, which has a throng of members. We meet monthly, and the experts on board share their wisdom with the rest of us would-be gardeners in a kind and joyous manner.

We recently had our annual plant sale. A few of the members have greenhouses and expansive gardens, and they do their annual thinning and plucking, allowing those who attend the plant sale to benefit from the bounty. The collective wisdom on all manner of plants and their care is quite astounding, and... it got me thinking.

The Therapeutic Horticulture Research Database created by Canada's Root in Nature provides access to many studies that support and explain how gardening benefits mental health, emotional well-being and cognitive function, meaning there is a simple and accessible tool literally at our fingertips. None of these findings is based on conjecture. A controlled trial involving 211 psychiatric inpatients, randomly selected, found that after four weeks of horticultural therapy, patients experienced significantly reduced anxiety as compared to standard care

alone. Anxiety levels dropped as patients planted, watered, and tended small garden beds.

Another Canadian study looked at an eight-session horticultural therapy program for 82 participants living with mental illness. Participants reported stress relief, improved self-efficacy and a stronger connection to nature, not to mention the simple joy they experienced in caring for plants and learning new skills. The response was immediate despite the short sessions and aligns with what many gardeners already know.

We don't need a huge garden or years of experience to feel the benefits of caring for plants. Even tending to a few pots on a balcony does wonders. Some years ago, I reported on the benefits of prison farms and how inmates caring for gardens and animals were transformed as compared to other prisons. Unfortunately, six of those farms were closed under the Harper government.

Studies reveal that gardening naturally engages the brain, improving cognitive function, especially in older adults and those with chronic health conditions. Gardening requires planning, problem-solving and focusing on the needs of plants—gentle cognitive exercise. The research supports gardening programs in long-term care homes as a meaningful intervention.

Gardening connects people and provides for social well-being despite being a solitary activity. In small rural and semi-rural communities, social isolation can be a challenge, but community gardens allow people to gather, to share knowledge and experiences as they work toward a common goal. Gardening is accessible to all ages, and it naturally creates inclusive spaces. It sneaks

physical activity into our day in a way that isn't contrived and with no need to go to the gym.

Our climate can be challenging in Canada, but that hasn't stopped gardening from becoming a powerful wellness tool. The Root in Nature database allows Canadian practitioners and educators access to high-quality research to apply to local programs. Gardening is thought of as a hobby, which it certainly is, but is also increasingly recognized as a legitimate therapeutic intervention. Caring for plants helps us care for ourselves, and the benefits are profound.

As I squat near my garden beds to scrutinize the small green eruption from the soil, I feel transformed. As I shelter my juvenile plants from wind and torrential rain, I feel grateful for the opportunity to save them. And as I witnessed the kindness overflowing at our recent plant sale, the laughter and the sharing, I felt that sense of belonging that we all need, to be part of something bigger than ourselves.

My poor wee garden doesn't have the benefit of full sun due to the towering trees creating a canopy over my yard. The deer will wander in for a snack when the time is right for them. We do share this space, and I recognize they were here before me. Hopefully, I'll be able to harvest a bit of my vegetable bounty for myself, but there is no guarantee. I'm fine with that. It really is all in the planting and the tending where the joy is found. Harvest is merely one part of the journey. It was Mahatma Gandhi who told us: "To forget how to dig the earth and to tend the soil is to forget ourselves."

Happy gardening!

Removing the barriers that hamper healthcare information sharing



FROM THE PUBLISHER EMERITUS' PEN
JIM CUMMING

At my coffee discussion group the other day, we began discussing some of the barriers that patients in Northwestern Ontario face when medical procedures take place out of province. Rather than having some tests such as CT scans, MRIs and echocardiograms performed in our communities, we are often required to undertake several separate visits to Manitoba.

Imagine if those digitally produced files could be transmitted through the internet to where they are needed. It may be possible in the near future.

Or suppose you have moved from Alberta to Fort Frances and need a hip replacement, and your surgeon needs information about your original hip surgery, which is not easily accessible, delaying treatment.

Sometimes our medical systems just can't talk to us or even share information. We worry about privacy and secrecy and protecting our individual identities, and in doing so, we often create barriers to the best possible care available.

Healthcare is a provincial responsibility, and the sharing of data between provinces has always been difficult. Each province has built its own independent system. In February of this year, the government announced legislation to create a new health care system. Currently, only 29 per cent of physicians share patient information outside of their offices. In Ontario, hospitals can share information seamlessly with each other.

Protester 'shook up' after interaction with MPP Holland

By Mike Stimpson
Local Journalism Initiative Reporter
SNnewswatch.com

THUNDER BAY — Coming into physical contact with MPP Kevin Holland's car came as a bit of a surprise, Dan Dubray said Tuesday.

Video recorded at the scene shows a vehicle driven by Holland, MPP for Thunder Bay-Atikokan, move forward slowly and hit Dubray's right leg as the union member was protesting on Hewitson Street in the early afternoon.

"I was a little shook up at the time ... and, not gonna lie, pissed off," Dubray told NewsWatch a few hours later.

Dubray and other Ontario Public Service Employees Union members were rallying outside a Hewitson Street restaurant where the Progressive Conservative Party was holding a \$1,000-a-plate fundraising luncheon.

OPSEU members who work for Community Living Thunder Bay are in the fourth week of a province-wide labour action.

"It would be nice if (Holland) called Dan and apologized to him and apologized to all the picketers," OPSEU Local 740 president Cindy Mazan, who saw the incident

From Health Canada, Bill S-5 (Connected Care for Canadians) is designed to keep up with international standards in digital health and will require all technology companies providing health services in Canada to adopt common standards to support secure information exchanges across various systems.

Australia and many European countries already have a digital national health connection policy to improve care for their citizens.

The Ontario government has already begun a program to connect all Ontario residents with a family doctor or primary care medical professional. In Fort Frances, the Family Health Team has received substantial funding to support more Nurse Practitioners, and the Physicians Group has added additional doctors practicing at the clinic.

As part of the plan, the Ministry of Health is advancing a new province-wide Primary Care Medical Record system to integrate patient records to improve the quality of care provided to patients.

Nationally, the federal government is looking to create an AI strategy to fund national health data systems to promote healthcare and investment in healthcare. The gathering of anonymous medical information from hospitals across Canada is hoped to improve patient outcomes. Being able to gather information on millions of patients and then being able to mine that data for best practices will improve health care.

Healthcare is one of the fastest-growing sectors in our economy. The legislation by both Ontario and Canada is needed for Canadians to benefit from AI innovations, improving patient care and creating economic opportunities.

happen, said in a phone interview.

"He was actually quite aggressive on the line. He actually moved forward at least three other times, almost hitting picketers."

Mazan said Premier Doug Ford has repeatedly said his government has "given the (social services) sector a lot of money, which is completely untrue."

"Even his own watchdogs say that he's underfunding social services," she said.

Shortly after 6 p.m., Holland's constituency office issued a statement.

"As I attempted to leave the parking lot of a community event, to travel to the Port Arthur Health Centre for an announcement regarding positive news for our community, I encountered a group of protesters," it said.

"I listened to their concerns and suggested that they contact my office. However, they refused to let me leave the parking lot.

"After being prevented from leaving, the police assisted in facilitating a safe exit from the area.

"My office remains open to respectful dialogue, and I will continue to work with, and listen to, all members of our community."

HAVE YOUR SAY - THE TIMES POLL

We've had some great fishing weather lately, which is your favourite local species to hook?

- Walleye/Sauger
- Bass
- Northern Muskie
- Other

To take part in our online poll, visit the Times' Web site at: www.fftimes.com

Do you think you will use the new air service to Thunder Bay?

- No 45%
- Yes 30%
- Maybe in an emergency 26%
- 74 responses

“Always On”: Mandating lifejackets/PFDs to save lives



SAFETY TIDBITS
TYLER J. MOFFITT

Charting a new course: What if wearing lifejackets/PFDs were the law?

For generations, wearing a lifejacket or PFD (personal flotation device) has been a personal choice for Canadian boaters—a matter of common sense rather than compliance.

Imagine a Canada where strapping on a lifejacket or PFD isn't just a smart water safety tip, but a federal mandate. From our rugged coastal waters to quiet inland lakes, how would we as Canadians react to such a massive cultural shift? What would the headlines throughout Canada and the rest of the world look like? You might see something like this:

OTTAWA, Canada, January 2, 2032—Five years after the landmark “Always On” Water Safety Act was officially enacted, Canada’s waterways have undergone a dramatic and life-saving transformation. Since the federal mandate made wearing a lifejacket or PFD compulsory for anyone on the water, both drowning incidents and near-drowning emergencies have plummeted nationwide, marking a new era for safe aquatic recreation.

Did you know?

Not wearing a lifejacket or PFD is a major contributing factor in many boating-related

deaths. Think of a lifejacket or PFD as your seatbelt for the water; it's your best defence if an unexpected situation arises. The evidence is compelling: eight out of 10 people throughout Canada who drown in boating incidents were not wearing one!

Lifejacket: The term

- When you see the term “lifejacket” in water safety information, it's often used as a general term for all approved safety vests designed for the water, including what are technically known as PFDs (Personal Flotation Devices).

- Many organizations use the term “Lifejacket” to keep their safety messages clear and easy to understand for everyone, but it's important to know the difference.

Lifejackets and personal flotation devices (PFDs)

- Lifejackets are usually bulkier and offer more flotation; they are designed to turn a person face-up in the water, even if they are unconscious.
- A personal flotation device (PFD) will keep a person floating but not necessarily face-up. In addition, a PFD is lighter and less bulky than a Lifejacket.

Approval label: Look for it!

- When selecting a lifejacket or PFD, always check for a label indicating approval by one of the following authorities: Transport Canada, the Canadian Coast Guard or Fisheries and Oceans Canada.

Choose and wear a lifejacket and PFDs properly

- Wear a properly fitted lifejacket or PFD at all times

when you are in a boat, canoe, kayak, sailboat, as well as when windsurfing, stand-up paddleboarding, etc. Remember, as an adult, you are a role model for children and should wear a Lifejacket or PFD as well.

- Lifejackets or PFDs for children have weight limits. However, adult sizes are based on chest measurements and body weight.

- Make sure the lifejacket or PFD is comfortable and light so it will be worn.

- Bright colours like red, orange and yellow offer the best visibility and stand out most effectively.

- Note: The fit should be snug; for children, it should not ride up over their ears when they are placed in the water; check the space between the lifejacket/PFD and the child's shoulders ... if it's more than about three finger widths—the lifejacket/PFD is too big.

- It's crucial to buckle or zip the lifejacket or PFD up every time and use all its safety straps ... you could slip out of a lifejacket or PFD that's too big or not buckled or zipped up properly.

Lifejackets and PFDs—regularly inspect and look for the following:

- Faded or brittle straps.
- Broken buckles or zippers.
- Tears and rips in the fabric.
- Loss of buoyancy (it shouldn't feel waterlogged).
- Ensure there is a whistle—all lifejackets should be equipped with a whistle.

Lifejackets and PFDs—take care in maintaining them

- Replace any damaged or

worn-out lifejackets or PFDs immediately.

- Store them in a dry, well-ventilated area away from direct sunlight and extreme temperatures.

Lifejackets and PFDs—when to wear them

- To ensure the safety of young children and weak swimmers, lifejackets and PFDs are a must whenever they are in, on, or around water. Remember, even with a lifejacket or PFD, constant direct supervision and staying within arm's reach are critically important.

- Everyone should always wear lifejackets or PFDs when riding in a boat or other type of water-related craft, etc.

- Remember, inflatable toys such as water rings and blow-up rings are not safety devices!
- Canadian laws require that recreational boats have one properly fitted lifejacket or PFD for each person on the boat, but there's no law requiring people to wear the lifejackets or PFDs. Nevertheless, lifejackets and PFDs only work if you wear them.

- Also, if you're visiting somewhere where you'll be near water, bring a lifejacket or PFD. The place you're visiting may not have a lifejacket or PFD that fits.

Lifejackets and PFDs—special features for young children

For young children, their lifejacket or PFD should also have the following special features:

- A large collar (for head support).
- A strap that buckles between

the legs so the Lifejacket or PFD will not slip over the child's head.

- A pealeless whistle; attach a plastic pealeless whistle to the safety vest if it doesn't already have one. It's also important to teach young children how to use the whistle effectively in case of an emergency.

- A waist strap that can adjust so as to make the lifejacket or PFD fit snugly.

- Tie and/or a sturdy plastic zipper.

- Bright colour and reflective tape to help you see your child in the water.

No Canadian-approved infant-sized lifejackets and PFDs

- It's important to note that no Canadian-approved lifejackets or PFDs exist for infants weighing less than nine kg (20 pounds). There are “infant-sized” lifejackets and PFDs on the market, but there are no Canadian safety standards for these devices.

- Safety experts recommend waiting until a child is at least nine kg (20 pounds) and can properly fit into a Canadian-approved lifejacket or PFD before taking them on a boat.

- Most babies will reach nine kg (20 pounds) between nine and 12 months old.

The flotation gap: United States vs. Canada

While minimum age limits vary by state, every single state in the United States mandates that children must wear a lifejacket while on a moving vessel.

In contrast, Canada has no law requiring children to ac-

tually wear lifejackets. Federal regulations under Transport Canada only dictate that flotation devices be onboard the boat, left sitting under a seat or in a locker. Despite years of advocacy and proposed provincial fixes like Ontario's “Joshua's Law,” a true mandatory wearing law for kids has yet to cross the finish line anywhere in the country.

Come on, Canada!

Editor's note: In the early 1980s, Tyler J. Moffitt served as a Department of National Defence sailing instructor and provided auxiliary support to the Canadian Coast Guard on the massive waters of Manitoba's Lake Winnipeg. His experience firsthand with seeing the advantages of wearing lifejackets/PFDs is what transformed a standard safety protocol into a lifelong conviction: That on the water, a lifejacket/PFD isn't just gear—it is the definitive line between a close call and a tragedy.

On a body of water as notoriously unpredictable and fast-changing as Lake Winnipeg, he witnessed how quickly conditions can deteriorate and how rapidly panic can set in, even for experienced swimmers. Through rescuing capsized sailors and assisting distressed boaters, he saw that lifejackets and personal flotation devices (PFDs) buy invaluable time, keep conscious or injured individuals afloat, and vastly increase the chances of a successful rescue. Ultimately, those years on the water deeply instilled a core belief: Lifejackets and PFDs cannot save lives unless they are already on before disaster hits!

The weather havoc continues



MOO'S FROM THE HERD
KIM JO BLISS



The middle of June has arrived. How quickly the days pass by!

Our winter wheat is nearly fully headed out, but it isn't very tall. I think our long, cool spring, which turned into hot summer weather, has played havoc on some of our crops. If you have alfalfa in your hayfields, you are probably happy, but if you are counting on natural grass it looks a bit scary right now.

I am hoping that things will thicken up yet, but not sure we are going to see much

height. I hope I am wrong! I am still holding some cows back at home, and though they are desperate to get to grass, I want to be sure they are bred, and quite frankly, the grass needs to grow. It was amazing last week to see how the lawns slowed down because of the hot, dry weather, and then on Saturday it was so cold that it wasn't much of a growing day.

Again, we talk and talk about the weather, but we just must accept it as there is not much we can do about it! If the forecasts are correct, it does not look like it will be so hot this week. I have been trying to get some spraying down, because no matter the weather, there is some type of weed that continues to thrive. As well, the flea beetle has moved into our

hops yard again. I am trying to line up some chemicals, but it isn't easy when we have such a small yard, and the other thing is that the treatment is not cheap.

My trip to Calgary was good. I really enjoyed visiting the Spy Hill Vet Campus. It was very impressive, and they worked incredibly hard to make a wonderful learning environment for their students. They only accept Alberta residents, and last year they increased their enrollment from 50 to 100 students!

The BCRC meeting was jam-packed, and I was very happy to have good flights and to get back home again. It was quite a difference in the view of when I left Winnipeg and when I returned, with the crazy weather they experienced. From the sky, the fields

all looked like lakes. I am sure things will be OK once they dry out, but that much moisture at one time is not helpful.

I am hoping that I can start dragging out my haying equipment soon. I have a few more jobs on my list to tackle first, but I will slowly get there. My equipment isn't young, but my dad always said if you use lots of grease and oil, you can make things last! I am hoping that is the case. I certainly cannot afford new.

I hope everyone was able to catch the Stanley Cup game! I was so excited for Carolina that you might have heard me cheering! Lexi was unimpressed, but I was happy for that team! I was even happier they won last night, so I didn't have to give up another nice evening sitting in the house watching hockey!

United Beef Club learn more about artificial insemination

By **Carena Haw**
United 4-H Beef Club Press Reporter

On June 9, 2026, the United 4-H Beef Club held its third meeting at the home of Tami and Robin LeBlanc's. President Danielle Schram started the meeting with the 4-H Pledge and Sydney Romyn read the minutes to the last meeting. The roll call question was, “What is one thing you are currently working on with your 4-H project animal?”

This meeting focused on Artificial Insemination as part of this year's theme, “Bull Power.”

Members watched infor-

mative videos and examined AI (Artificial Insemination) equipment. Members worked together to find answers on the advantages and disadvantages of Natural Bull Service versus Artificial Insemination. Most members agreed that natural bull service would be the best choice for their farm and gave reasoning. We then completed worksheets in small groups to review what we have learned so far. The meeting concluded with refreshments and conversation.

The next meeting is the Display Board Meeting on July 20, where members will complete their display board that will be on display at the 4-H Hall.

Emo Legion hosting dance with live band



ROBIN MCCORMICK
DEVILIN CORRESPONDENT

The Emo Legion will be hosting a dance this Saturday, June 20, featuring the live band Throwback. The band plays all your favourite country and rock hits. There will be DJ music playing until the band comes on stage and starts to perform. Tickets are \$20 advance and \$25 at the door and available at the Legion, Tompkins and Tompkins Outdoors. Call the Legion at 482-2250 if more information is required.

The winner of last week's Beer and Burger were Ann Guba and Alvin McClain. Beer and Burger will resume in September.

The 2026 Budget was passed by Council at the June 10 regular council meeting with a Property Tax increase

of 1.3%.

Congratulations to Tressa and Trevor Mason on the birth of Bowden Edward McCoy, Bowden was born June 10 in Thunder Bay. Proud grandparents are Steve (Nicole) Galusha, Barb (Dave) Roy and Kim and Dwayne Mason.

Congratulations to Jeffrey and Samantha (Stahn) Gustafson on the birth of their first child. Chloe Katherine was born June 9. First time ecstatic grandparents are Greg and Kathy Stahn and Shelly Hughes and Dean Gustafson.

Happy parenting to both couples from the district.

When Glenna Rea walked into work at Webb's Wholesale Tuesday, June 16, morning it wasn't just another day of work. Tuesday marked 40 years that Glenna has been employed by Webb's Wholesale since 2010 and prior to that Ernest Thompson's Distributor. Many will remember Ernie and Lois and their two children Bruce and Wendy establish-

ing and running a successful business for many years. Larry Webb purchase the business from the Thompsons over ten years ago and has followed in the Thompson's footsteps of operating a successful business. Larry's son Kevin is also employed at Webb's, keeping it in the family just like Thompson's.

Glenna shared, “I started working at Thompson's when I was 18, just out of high-school and I think my wages were about \$4.00 an hour.”

Glenna has worked at many different positions at Webb's, from deliveries, sales, putting freight away, taking endless phone calls and working in the freezer. It's been a good job and I have been fortunate to have good bosses.”

Chances are Glenna's last job will be at Webb's, just as was her first.

Our community sends you congratulations on your 40 years employment, and may your remaining years be as satisfying!

Robin's 2 Cents:

A trucker came into a truck stop restaurant and places his order: “I want three flat tires, a pair of headlights and a pair of running boards.”

The brand new waitress, not wanting to appear stupid went to the kitchen and said to the cook, “This guy out there just ordered three flat tires, a pair of headlights and a pair of running boards... what does he think this place is? An auto parts store?”

“No” the cook said, “Three flat tires means three pancakes, a pair of headlights is two eggs sunny side up, and a pair of running boards is two slices of crisp bacon.”

“Oh...Ok” replied the waitress. She thought about it for a moment and then spooned up a bowl of beans and gave it to the customer.

The trucker asked, “What are the beans for?”

She replied, “I thought while you were waiting for the flat tires, head lights and running boards, you might as well gas up!”

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Attempted murder charges laid after pursuit

By Carl Clutchey
Local Journalism Initiative Reporter
The Chronicle-Journal

A 41-year-old Toronto-area man was charged with attempted murder and several other offences last week after a commercial van allegedly struck three OPP cruisers, and “several” officers were injured during the course of a highway pursuit west of Thunder Bay. Provincial police said the incident oc-

curred last Wednesday morning, the day after an 18-year-old Hearst man was charged with first-degree murder in the death of a 29-year-old OPP constable who died after being struck during an attempt to stop a vehicle in the Hearst area.

In the second incident that occurred last Wednesday, provincial police said officers first encountered the 41-year-old accused man while he was allegedly driving a Sprinter van just north of Thunder

Bay near the intersection of Highway 11-17 and Highway 527.

“After a brief conversation with the (van’s) driver, officers became suspicious and initiated a traffic stop,” an OPP news release said on Monday.

“The driver remained for a short period of time, before fleeing from officers,” the news release added.

A second attempt to stop the van occurred an hour later on Highway 17 around

11 a.m. west of Thunder Bay near the community of Raith, police said.

“The van was ultimately stopped, though the driver (allegedly) intentionally struck and damaged three police vehicles,” the news release said.

Officers used a stun gun during the arrest, while the accused allegedly resisted and also tried to light the van on fire, the news release said.

Both the accused and affected officers received minor injuries, police added.

According to the OPP news release, Brampton resident Gurjit Singh was charged with about 30 offences, including four counts of attempted murder, three counts of assaulting a police officer, impaired driving, driving while under suspension, possession of heroin and methamphetamine and transporting dangerous goods without having proper training.

Singh was to appear in Thunder Bay court on Monday, the news release said.

None of the charges have been proven in court.

Meanwhile, a private funeral for Dufferin OPP Const. Tarun Bali has been scheduled for Thursday at the Mississauga Sports and Entertainment Centre near Toronto.

Bali, who had served with the OPP for just over two years, was working out of the force’s James Bay detachment on the early afternoon of June 9 when he was struck by a vehicle and later died of his injuries, police said.

Sleeping Giant Parkway extension still years away

By Clint Fleury
Local Journalism Initiative Reporter
TBnewswatch.com

THUNDER BAY — Work is set to begin between 2030 and 2032 on extending the Sleeping Giant Parkway.

City council’s growth standing committee will receive a report on the waterfront road extension on Tuesday.

The extension would connect the Sleeping Giant Parkway to the Central Avenue Overpass.

Environmental studies were conducted in the early 2000s, but are now outdated, according to the director of the city’s engineering and facilities division, Matthew Miedema.

Miedema told Dougall Media the initial work for the road will start in 2027 with

an environmental assessment, preferred alignments study and updated regulatory requirements.

“Long term construction, we’re still projecting up to 2030, 2032, depending on numerous factors for actual construction, but that’s kind of what our estimate timeline is to kind of get the EA study, which typically takes a year; following that, design and property acquisitions,” he said.

Miedema also said this won’t affect any potential development on the Pool 6.

“If that development kind of picks up pace and goes quicker, then we may then expedite the construction of the Sleeping Giant Parkway extension,” he said.

Once completed, the road will provide a secondary access point to the waterfront for

vehicle traffic, active transport users, and the city’s waterfront trail without affecting the Canadian National Railway or Canadian Pacific Kansas City rail operations.

During a council meeting on May 19, at-large Coun. Trevor Giertuga wanted to amend the Pool 6 plan to have the Sleeping Giant Parkway extension built alongside the development, but settled for getting the extension timeline onto the public record.

As part of the city manager’s work plan, the extension is slated for estimated completion of the detailed design at the end of 2028.

The city’s Smart Growth Action Plan lists the road extension as a medium-term item, which would put the road’s construction timeline at four to six years.

Refreshed take on arenas to guide future

By Sandi Krasowski
Local Journalism Initiative Reporter
The Chronicle-Journal

An arena facility renewal strategy is now in place to guide the City of Thunder Bay into the future with its arena network to ensure it continues to meet the needs of residents, user groups, and the broader region.

Kelvin Jankowski, the City’s manager of capital facilities construction, told *The Chronicle-Journal* that the City will undertake a community and stakeholder engagement process to shape how arenas are used, what is working well, and where improvements or changes may be needed.

“Thunder Bay’s arenas

are an important part of the community, supporting recreational use, minor and competitive sport, and a variety of events,” Jankowski said. “At the same time, many facilities are aging and require significant investment over the coming years.”

The City is inviting residents, user groups, and stakeholders to participate in the engagement process through direct outreach to arena users and partners, by interviews with stakeholders and user groups or by completing an online survey at thunderbay.ca/getinvolved by Friday.

Paper copies of the survey are available at Thunder Bay Public Library branches and at city hall.

“Input gathered through this process will be combined with technical analysis to develop options for the future of Thunder Bay’s arena system,” Jankowski said, adding that these options will be reviewed and refined before an arena facility renewal strategy is presented to city council.

Jankowski says this feedback will also play a role in helping the City shape the long-term direction of the arena system by providing a better understanding of the current and future demand for arena services.

“It will identify priorities for investment and improvement and also explore opportunities to enhance efficiency, access, and user experience,” he said.

Ottawa announces ‘largest funding commitment ever made for First Nations’

By Maya Ekman
Local Journalism Initiative Reporter
NWOneNewsWatch.com

OTTAWA — Canada Minister of Indigenous Services put forward the First Nations Clean Water Act, Bill C-37, on Tuesday morning, along with the “single largest funding commitment ever made for First Nations,” \$4.6 billion over five years.

“Across Canada there are laws and regulations that set minimum standards for drinking water, but in First Nation communities, there are not. This legislative gap that impacts only First Nation people is unacceptable and must be addressed,” said Minister Mandy Gull-Masty.

“Today there are 36 remaining First Nations with long-term drinking water advisories. We know that is 36 too many,” she said.

Most long-term drinking advisories, 24, are in Northwestern Ontario, including in Neskantaga First Nation which has been under a boil water

advisory for 31 years, the longest in history.

The proposed bill replaces the former Bill C-61 which bore the same name, but did not pass into law as Parliament was prorogued in 2025.

It will offer investments in infrastructure, support for water treatment plant operators and source water protection, according to Gull-Masty.

For water sources adjacent to First Nations lands, the bill also “creates a regulatory pathway for First Nations, Canada, and provinces and territories to enter into voluntary agreements that outline how to protect those sources of water beyond reserve lines,” said Gull-Masty.

Linda Debassige, Anishnabek Nation Grand Council Chief said that they are “cautiously optimistic,” and look forward to working to strengthen this legislation that will meet their nation’s needs.

However, she pointed out that “When we look at the comparisons between the former Bill C-61 and this new version, there are striking dif-

ferences.”

“We see that today’s Bill C-37 represents a significant departure from the collaborative approach followed with Bill C-61. Unlike previous legislative efforts, which were developed through meaningful dialogue and partnership with First Nations ... C-37 was introduced without broad or meaningful input by First Nations. Former Bill C-61 was a result of 2 years of co-development and over two decades of advocacy,” said Debassige.

Gull-Masty, in her announcement, said that “The proposed legislation reflects more than six years of engagement and consultation with First Nations,” as “First Nations have an inherent right to self-governance over water.”

She also said that she has had important conversations with First Nations leaders over the past year.

Debassige said that their letters of advocacy have been met with “deafening silence.”

“We don’t have access to parliamentary privileged dialogue or cabinet discussions

in relation to this,” she added.

“Not including or engaging with these critical figures undermines the principals of self-determination and respect for First Nation sovereignty. This is concerning particularly for a piece of legislation that is in part about affirming First Nation’s constitutionally protected right to self government,” continued Debassige.

Grand Chief of Nishnawbe Aski Nation Alvin Fiddler said that they received consultation on the bill only late last week.

“We need to be involved in how the bill and the legislation will be implemented in our communities and to ensure that there are adequate resources dedicated to our communities for them to actually create that capacity to rebuild or replace the water treatment plants, to have trained staff, to have everything that they need in their community to run it in a way that they don’t go back to that boil water advisory list,” said Fiddler.

There was also concern

raised by multiple people, including members of the media at Gull-Masty’s announcement, about a change in wording from Bill C-61 to Bill C-37.

In the text of the original bill, it reads that “It is recognized and affirmed that it is a human right of every individual on First Nations land to have access to clean and safe drinking water.”

In the text of the new proposed bill, the same section reads, “It is declared to be the policy of the Government of Canada to further the progressive realization, for individuals on First Nation lands, of the human right to safe drinking water.”

Debassige said that “It’s been a progressive realization for decades ... Our nations have this right, right now.”

Gull-Masty explained, when questioned, that the “progressive realization refers to (ISC) knowing and understanding that in all the First Nations across Canada, not everybody is starting in the same place. And we are acknowledging that we support communities

from wherever their start line is.”

Ontario Regional Chief Abram Benedict said that they are “encouraged to see that this legislation has a recognition of source water, and acknowledgement of cultural and spiritual importance of water.”

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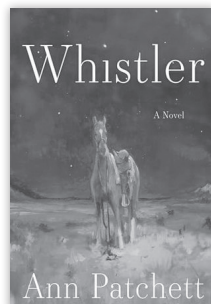
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New York Times BESTSELLERS

Here are the Top 10 hardcover fiction and non-fiction books compiled by the New York Times

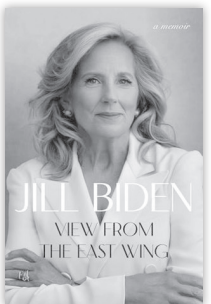
FICTION

1. Whistler — Ann Patchett
2. Yesteryear — Caro Claire Burke
3. Land — Maggie O’Farrell
4. The Correspondent — Virginia Evans
5. Road Trip — Mary Kay Andrews
6. The Calamity Club — Kathryn Stockett
7. Our Perfect Storm — Carley Fortune
8. The Midnight Train — Matt Haig
9. Phoebe Berman’s Gonna Lose It — Brooke Averick
10. Kissed By The Gods — Caty Rogan



NON-FICTION

1. View From The East Wing — Jill Biden
2. Revolution — Eric Metaxas
3. The Land And Its People — David Sedaris
4. Strangers — Belle Burden
5. Take Me To Your Leader — Neil deGrasse Tyson
6. The Fix — Barbara McQuade
7. The Hero Next Door — Martha Raddatz
8. All We Say — Ben Rhodes
9. London Falling — Patrick Radden Keefe
10. The Anxious Generation — Jonathan Haidt



HOROSCOPES

Aries March 21/April 20

Management opportunities are coming your way, Aries. It is time to step up and take the lead. Your confidence has long been a strong character trait, so push forward.

Taurus April 21/May 21

Taurus, patience will pay off big time when a long-awaited piece of news finally arrives. The weekend is a perfect time for walking in nature or tending to the garden.

Gemini May 22/June 21

Your curiosity is leading you down a fascinating path right now, Gemini. This could spark a new interest. Stay flexible, as a last-minute change of plans might be in the cards.

Cancer June 22/July 22

Cancer, emotional clarity might help you address a minor concern with grace and ease. You often project a gentle strength that helps to draw people closer to you.

Leo July 23/August 23

It’s time for your inner child to come out to play, Leo. Say yes to a game night or a creative pursuit. Joy will be the primary focus this week, leading you to have more fun.

Virgo Aug 24/Sept 22

Virgo, a breakthrough in your wellness routine may be on the horizon, leaving you feeling energized and refreshed. People might notice the glow and ask for your secret.

Libra Sept 23/Oct 23

Libra, artistic inspiration might just be everywhere you look this week. Whether gazing at the clouds or the buildings around you, you might be inspired to create something.

Scorpio Oct 24/Nov 22

Transformation is in the air, Scorpio. You might be shedding an old habit for a better one. You may be stepping into a more powerful version of yourself soon enough.

Sagittarius Nov 23/Dec 21

Sagittarius, it’s time to share your knowledge with others, which can bring you a sense of fulfillment that you might not have seen coming.

Capricorn Dec 22/Jan 20

Career goals are moving forward at a steady, satisfying pace, Capricorn. Keep your eyes on the future and trust the process. You’re doing amazing work.

Aquarius Jan 21/Feb 18

Social activism or community work may give you a sense of purpose that is much-needed right now, Aquarius. Your ability to think creatively will help immensely.

Pisces Feb 19/March 20

Your kindness this week will create a ripple of positivity that flows right back to you, Pisces. Reach out to a friend in need when you have a moment.

Sudoku

Sudoku is a number-placing puzzle based on a 9x9 grid with several given numbers. The object is to place the numbers 1 to 9 in the empty squares so that each row, each column and each 3x3 box contains the same number only once.

The difficulty level of the Conceptis Sudoku increases from Monday to Friday.

King Classic Sudoku

1	6							3
	7		6	9				8
	4	8	7					5
	3							7
6		3				8	5	
		9	6	2			4	
8		3	5	7		4		
4								8
9						1	5	

Difficulty: ★★★

6/17

3	7	1	9	5	6	8	4	2
5	4	9	1	2	8	7	6	3
6	8	2	4	3	7	9	1	5
2	1	4	8	7	3	6	5	9
9	3	5	6	1	4	2	8	7
8	6	7	2	9	5	1	3	4
4	5	6	7	8	9	3	2	1
1	9	3	5	6	2	4	7	8
7	2	8	3	4	1	5	9	6

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Yesterday’s solution

Difficulty: ★★

Kids line waterfront hoping for the Big One

It was a bit of a chilly day on Saturday, June 13, as the Kiwanis Club of Fort Frances held their second annual Kid's Fishing Derby. The event invited kids and their families to head down to the waterfront in Fort Frances at 10 a.m. and then fish to their hearts content, and aiming to take home a prize for biggest fish, smallest fish, and most fish. The first 100 kids registered for the event were given a free rod and reel combo, but all participants got to get in on the fun and enjoy a day on the river. Below, Henry Spry and volunteer weighmaster Paul Cousineau show off the Northern Pike Spry landed early in the derby, and was soon followed by more lucky young anglers.

— Ken Kellar photo





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Joshua 1:9

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A paean to purple

By Robert Animikii Horton
Northern Reflections

I love purple.
That's it.
What else is there to say?
I love purple.
Any shade. Any variation.
Any hue. Purple is my favourite colour.

Not to wear necessarily, as this olive-in-late-summer tone doesn't vibrate and mix well with it, but anything purple draws my eyes like a moth to a crackling pyrotechnic flame.

Although it is one of the rarest colours in nature, there always seems to be purple in my vicinity out of pure reverence.

Purple, how do I love thee?
Let me count the ways:

To kick off the list on a personal note, arriving for me today is a brand-new Epiphone Les Paul Modern Figured guitar in spectacular purple sunburst colour.

Perhaps someday, there will also arrive Lari Basilio's LB-1 signature Ibanez axe (blending virtuoso technique and beautiful melodic phrasing).

Mike and Ike Jolly Joes, grape Mr. Freezes and popsicles, grape Big League Chew, grape Airheads and Laffy Taffy and Jelly Belly jellybeans of the grape persuasion.

Crackling fireworks high above when strontium salts and copper compounds mix, especially when tempered with gold sparks.

Mortal Kombat's Mileena (be still my heart, as long as the mask remains worn) and X-Men's Psylocke (and bring me back to life).

When the universe (such as the Lagoon, Trifid, Carina and Rosette Nebulae) or the skies (streaming in the aurora borealis or during sunsets) reveal the colour.

Violet-backed starlings, purple sea urchins, purple jellyfish and purple tangs.

Purple irises, violets, orchids, lilacs and crocus flowers.

Lavender by sight, but I can do without the smell.

Amethysts, similar gemstones, and rare forms of sapphire, fluorite, spinel and tanzanite.

Purple ribbon shirts and dance regalia, especially worn by fancy shawl dancers.

Blackberry or plum candles. The Purple Store.

Van Gogh's "Starry Night", Very Berry Cheerios, grape Froot Loops and seasonal Boo Berry Cereal.

Mortal Kombat's Rain, purple Yoshi from Super Mario

World, peacocks, iridescent dragonflies, the atmospheric lighting of an APC live show and Heath Ledger's portrayal of the Joker.

Mace Windu's lightsaber, his Vaapad fighting style, Star Trek: Deep Space Nine's Jem'Hadar warships, and Guinan's presence in The Next Generation.

Wild Berry Pop-Tarts, Fruity Pebbles (can you guess which ones?), grape Kool-Aid, grape Powerade and the unnamed, mysterious grape pop.

Grapes. Blackberries. Purple Bic highlighters and pens (Pilot GT-10s are my game).

Grape Fanta slushies and Corey Taylor's tribute to "Purple Rain" at First Avenue in Minneapolis, albeit always holding the original in reverence.

The regal iridescence of ravens, crows and grackles. The Ninja Turtle Donatello.

Wild Berry Gummi Savers. Alex Grey's paintings. Purple LEDs below motorcycles.

Welch's Grape Jelly on Dempster's cinnamon raisin bread... guess the colour of the packaging.

Blueberry cream cheese. Mister Munch.

A cinnamon, raisin and walnut spread on a piping hot cinnamon, raisin and walnut bagel from Best Bagels and Coffee on West 35th Street A in midtown Manhattan.

Prince. Twilight Sparkle. Dizzy Devil. Share Bear. The Cheshire Cat (my favourite cartoon character next to Grandpa Cotton Hill). Dino Walker from Scooby Doo.

The Minnesota Vikings (and although I am a committed Toronto Maple Leafs, Blue Jays and Raptors fan - I have an appreciation for the Colorado Rockies, Baltimore Ravens, and the LA Kings).

Stitch. Gengar. Mewtwo. Ditto. Nidoran. Spyro—even though I have never owned a single Pokémon card or seen an episode of Dragon Ball X, Y, or Z.

Jimi Hendrix's vibe and Danny Carey's Mandala drum pads.

Making their way through the sky, the purple emperor, great purple hairstreak, purple-spotted swallowtail (and the purple morphos).

Star Sapphire. Galactus. Superhero Raven. Purple jelly beans and the purple Minion.

The Member Berries. My Yeti mug.

Purple Christmas lights and garland (especially when tempered with gold).

When it comes to adora-



Purple is a personal reminder that wonder in the world is ever-present, inspiration exists indefinitely, awe exists within the common, spirituality in the secular, and wisdom is within and without. Perhaps the first step of seeing is looking. — Submitted photo

tion of the colour purple, I agree with how it is revered in the words of author Alice Walker in the novel of the same name.

What is this Madness?
My love of purple rests in pure wonder.

It really has nothing to do with politics or identity.

It begins with antiquity and holding pride in such gems of days past, carrying those insights, and standing back to observe stunning sights in our world today.

In Ancient Greece, purple (porphura) was often reserved for esotericists, philosophers, prophets and spiritualists.

The vibrant dye would be harvested from the secretions of the particular sea snails (Murex and Purpura).

Up to 12,000 Murex snails would be squeezed to extract a mere one gram of dye. Because of its vibrancy and rarity, the wearing of dyed fabric was reserved for the most revered.

Those who produced it often had stains on their hands, while those involved in ancient mystery schools (con-

nected to many such as Meadea in antiquity) would have purple-dyed skin around their mouths from imbibing mixtures in initiatory practices.

At times, the dye would reveal softer tones as the practice was perfected.

A similar pattern is revealed from all corners of the human family in symbology.

Purple quahog shells were harvested with northern whelk shells to visually convey ancient agreements by means of wampum belts.

The Crown Chakra (Sahasrara), the Triple Moon, amethyst crystal motifs, and the purple lotus are only a few associations between purple and wisdom, mystery, spirituality, imagination, transformation and esoteric imagery.

In time, the colour would also be associated with royalty, power, wealth and prestige in many regions of the world.

Today, it appears in marketing to note premium branding. The love of purple does provide some unique challenges.

Of what?
Well, it's who.

Grimace. Barney the Dinosaur. Ursula the sea witch. Tinky Winky. Waluigi. Spyro. Ditto. Count von Count. Eggplant. Thanos. Cabbage. Coleslaw.

Each profoundly eerie. Each equally repellant.

Sometimes, I guess you can't have your Grape Fanta and sip it too.

There is also the challenge of captivation and enchantment.

During Halloween in 2011, Thunder Bay's downtown scene hosted annual costumed pub crawls. A group of fellow Thunder Bayers arrived as Mileena, Kitana, Jade and Skarlet. It was the only time in my life when I nearly proposed marriage to a total stranger.

I guess life can't all be Mileenas, masks, and marriage proposals.

Reminders of Reverence

When I invested in my home, acknowledging the deep and significant history of antiquity, the ancient mystery schools, and those who shared wisdom and insight was paramount.

Among painting prints of notable figures such as the Pythia (Oracle of Delphi), Marie Laveau, those within Raphael's School of Athens and paintings by Alex Grey, purple is always visible.

Blankets. Sheets. grape jelly carpet. Violet walls. Towels. Lighting—all needed to be purple.

Perhaps ensuring the muses feel welcome in my home.

However, decorating in this way was a must—and the reasoning, simple but clear:

Purple is a personal reminder that wonder in the world is ever-present, inspiration exists indefinitely, awe exists within the common, spirituality in the secular, and wisdom is within and without. Perhaps the first step of seeing is looking.

It's a choice to remain attentive to mystery, to be open to inspiration, to be enchanted - even in ordinary things.

Purple simply happens to be my reminder.

— Robert Horton is an educator, author, orator and linguist. He is a member of Rainy River First Nations.

Thunder Bay touts benefits of accommodation tax

By Sandi Krasowski
Local Journalism Initiative
Reporter
The Chronicle-Journal

The City of Thunder Bay is reminding operators of short-term rental accommodations of their obligation to collect and remit the Municipal Accommodation Tax (MAT) for stays of less than 30 days in hotels, motels, and short-term rentals across the city.

The reminder comes on the heels of recent enforcement action involving several operators who were not meeting the requirements.

The MAT, also known as Ontario Regulation 135-17, was introduced in late 2017 and designed to boost Ontario's tourism industry. Collected on hotel accommodation bills from consumer guests, it replaced an existing destination marketing fee, and by 2024, it had been implemented in 50 of the 444 municipalities

across the province.

In 2025, the MAT increased to five per cent from four per cent and generated more than \$5 million in revenue for Thunder Bay. Fifty per cent of that is allocated to the Community Economic Development Commission (CEDC) to invest through the CEDC Tourism Development Fund towards projects that grow tourism for the community in both new visitors and increased tourism receipts.

Paul Pepe, manager of Tourism Thunder Bay, said the Municipal Accommodation Tax program has become the most important fiscal tool the community has to grow tourism through destination development and event investments.

"Many, if not all of these investments also benefit residents, particularly capital improvements to recreation facilities, to meet evolving sport tourism standards," Pepe said.

"It's important that all fixed roof accommodations participate in it as it's municipally mandated

through bylaw, but also that the short-term rentals benefit significantly from investments made, particularly the sport and business events we support and the visitors who utilize them."

He added that it's critical that the playing field is level and that everyone collects and remits because they all see direct or indirect benefits.

In 2025, the CEDC Tourism Development Fund provided more than \$1.8 million towards 71 community tourism development and event projects, which combined, generated more than \$23 million in economic impact and created more than 33,000 hotel room nights for the city.

Pepe says events like the Scotties Tournament of Hearts, the Grand Slam of Curling and others would not be possible without the funding from the MAT revenues.

Adam Carruthers, the City's manager of licensing and enforcement, said operators are required to register with the City, charge the five per cent tax on applicable stays, and remit those funds on



a monthly or quarterly basis.

"We know that about 60 per cent of operators are complying with the remittance of the Municipal Accommodation Tax, and we thank those who are meeting their obligations," Carruthers said. "It's important to ensure fair and consistent compliance for all operators. Whether they're renting out a room occasionally or managing several units, the requirement is the same - all operators must register with the City."

He added that the City has procedures in place that notify and provide voluntary compliance opportunities for operators, which include working with online rental platforms to raise awareness of the requirements.

Carruthers encourages all short-term rental operators, including those using platforms such as Airbnb, VRBO, and similar services, to review their responsibilities and ensure they are properly registered and remitting the tax as required.

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The power of one

By Liz Adam
Life Coach's Corner

Last month's column started to take a look at the question of whether or not just one person can make a difference. We touched on the fact that often we consider ourselves to be just a normal person and therefore unable to make much difference. Most of us can probably think of a normal person who made a positive difference in our own lives. And whether we are purposely trying to make a difference in someone else's life, we probably are.

Also, normal and often seemingly powerless people can make a significant difference through even one courageous act. Last month's column gave the example of Rosa Parks, who made history on Dec. 1, 1955, by her simple yet bold act of refusing to give up her seat on the bus instead of moving so a white man could have her seat. I promised to tell more of her story that often doesn't get told.

The bus driver involved in this incident, James Blake, had already mistreated Rosa several years earlier. Rosa had entered the front door of the city bus and paid her fare. As she went to find a seat, Blake ordered her to get off the bus and enter through the back door into the "colored section." Rosa, humiliated, got off the bus and went to enter through the back door, but Blake drove off before she could get back on the bus.

On June 15, 1955, Blake tried to run a car driven by a

Black woman named Lucille Times off the road with his bus. She was able to evade his aggression. When Lucille stopped to do an errand, he parked the bus across the street and began yelling at her.

Racist acts and attitudes were painfully common in Montgomery, Ala., and so many other places at that time. The Black people were at the end of what they could endure any longer. But who could do anything about it? Who had the courage to resist centuries-old and abusive racial oppression?

When Blake ordered Rosa to stand up and move back, it was the straw that strengthened Rosa's back. She told Blake that she didn't feel she should have to move. And she didn't stand up.

This came at a cost for Rosa. Blake fined her very heavily. Then, because bus drivers had police powers to enforce segregation laws, he had her arrested.

This ignited a courage within Black people in America to begin to resist and refuse racial segregation laws instead of complying with them out of fear.

Rosa's arrest led to the "Montgomery bus boycott," which led to a 1956 court case in which the district court abolished segregation in public transportation in one jurisdiction of Alabama. This became a catalyst for change in how Black people were treated in America.

It was a giant step forward in a long journey that still continues today.

Using Epsom salts as a fertilizer



THE GARDENING GURU
MELANIE MATHIESON

Epsom salts can be a way to help green up your garden naturally. Epsom salts contain magnesium and sulfur, two elements that are found in nature and are important for plant growth. Magnesium helps form chlorophyll in plants and is essential for photosynthesis, various enzyme reactions and other plant growth processes. Magnesium is usually present naturally in the soil and is also found in organic fertilizers. A magnesium deficiency can usually be identified by the presence of yellowing of the leaf between leaf veins and an upward curling of leaves

(chlorosis).

Sulfur helps activate many plant proteins and enzymes needed for growth. It helps plants resist the cold, assists in root production and seed growth. Sulfur is often delivered to plants in the form of rainwater. Sulfur deficiency delays maturity and causes plants to remain small and spindly. Young leaves, and possibly some older leaves, may be pale green to yellowish in color.

Epsom salts can help seeds germinate, make plants grow bushier, increase flower production, increase chlorophyll production, deter pests (including slugs and voles) and improve phosphorus and nitrogen uptake. The following are some recommended concentrations for using Epsom salts in your garden. Always remember "more is not better" when applying nutrients, so don't go overboard.

House Plants

Mix one teaspoon per gallon of water and feed to the plants every two to four weeks. This liquid mix can also be used for flower beds and container gardens outdoors.

Garden Soil Preparation

Sprinkle approximately one cup per 100 square feet (10'x10') and mix into soil before planting.

Tomatoes

When transplanting to the garden, start with a tablespoon in the bottom of each hole mixed into the soil. Once planted, apply one tablespoon per foot of height for each plant every two weeks. Sprinkle on the soil around base of plant and mix into soil slightly with your hand. It is best to apply before watering.

Roses

Apply one teaspoon per foot of height for each plant

every two weeks. Sprinkle on the soil around base of plant and mix into soil slightly with your hand. It is best to apply before watering.

Evergreen Trees, Azaleas, Rhododendrons

Apply one tablespoon per nine square feet (3'x3') over the root zone every two to four weeks. Sprinkle evenly over area.

Trees

Apply two tablespoons per nine square feet (3'x3') over root zone every four months. Sprinkle evenly over area.

You can purchase Epsom salts at your favourite pharmacy. Make sure you are buying pure Epsom salts not ones with additives (perfumes, herbs, etc.) to make them more pleasant for human use. Make sure you price compare. I find the bulk store or large volume plastic bags of salts are the most economical.



A Moment of Record

TAKEN FROM THE PAGES OF THE RAINY RIVER RECORD JUNE 21, 1962

Parade Prizes Announced For June 30 Celebration

The Recreation Committee, sponsors of the Saturday, June 30th Arena Booster Day celebration, released the list of prizes being offered for entries in the grand parade. There will be a first, second and third prize in most divisions, as follows:
Floats—\$15.00, \$10.00, \$5.00
Cars—\$10.00, \$5.00
Bicycles—\$3.00, \$2.00, \$1.00
Tricycles—\$2.00, \$1.50, \$1.00
Wagons—\$2.00, \$1.50, \$1.00
Original Dress—\$2.00, \$1.50, \$1.00
Comic Dress—\$2.00, \$1.50, \$1.00

The parade forms at 10.30 a.m., at the Government Dock, Fourth street, and led by the International Falls High School band, will move to the baseball park for judging.

Foot races at the ball park are scheduled for approximately 11.00 a.m., and start with four-year-and-under events and progress to Open 100 Yard Dashes.

Baseball—the big attraction of the day—will see Baudette and Rainy River Little League teams squaring off at 12.00 noon, followed by a Junior game at 2.00 p.m. between Baudette, Warroad or Rainy River. At 4.00 p.m., the Baudette and Rainy River Pony League will provide the sport attraction. The final

baseball event of the day will be at 6.15 p.m., with a Junior final. A draw will be made to determine the junior teams to play at 2.00 p.m., with the third team meeting the winners at 6.15.

In the girls' softball schedule, Rainy River and Gameland will meet at 12.30 p.m., followed by a Pinewood-Rainy River game at 3.30 p.m.

A new attraction this year will be the Bathing Beauty contest and Baby contest. These two events are expected to draw numerous entries and considerable spectator interest.

Other events include bingo in the auditorium of the Centre during the afternoon and evening, novelties, games of skill and chance, refreshments and food booths.

The \$1.00 booster button is your admission for the entire day. The lucky button holder will win a \$100 cash gate prize. Students admission will be 50c.

Outdoor events will wind up with a giant fireworks display at the ball park.

It has been reported that the majority of stores will be closing at 5.30 p.m., on Saturday, June 30 to permit their staffs to take in part of the celebration.

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We don't talk politics on Mondays: Roads to reason in times of division

By Robert Animikii Horton
Book Review

What do Thanksgiving dinner, a social media group for fans of Star Trek: Deep Space Nine, a comic book convention in Vancouver, a PTA meeting and a liquidation sale at Build-a-Bear Workshop have in common?

Discussing politics can make each descend into something between an ECW cage match and a Slipknot live show in Des Moines.

Especially in recent years, discussing politics or expressing concern about policy can turn a peaceful day into an immersive Garbage Pail Kids: The Movie experience.

Why is that? In 2025, Sarah Stein Lubrano released *Don't Talk About Politics: How to Change 21st Century Minds*.

Joining other authors exploring the ubiquitous division and polarization of good people (such as Jonathan Haidt, George Lakoff, Robert Putnam and Ezra Klein), Sarah Stein Lubrano asks an important question: How can minds and perspectives be changed when the common options, such as dialogue, debate, discussion, and meetings of the minds often lead to further division, angst and polarization in our times?

Lubrano expresses that the foundations of Western liberal democracy (with its aforementioned avenues toward better arguments, ideas and facts) fall short of serving their purpose in our days of heated consequences to dialogue.

Ultimately, Lubrano shares that the defence of identities, the protection of social belonging, tribalism, and deeply rooted commitments to established beliefs outweigh more reasoned avenues of influence. As for changing minds, relationships matter more than discussion and arguments. Politics, in turn, is learned through action and participation rather than study. Finally, infrastructure matters more than we admit. Ideas matter, but ideas spread through relationships and social movements as opposed to debates.

In reflection and retrospect

As much as I agree with Lubrano's perspective (and voice that is both informative and eloquent), I can't help but acknowledge that there are holes that can become an expressway to similar destinations of relationships withering on the vine that we see today—where politics tastes

like bitter wine.

It seems to fall into the trap of an either-or dynamic in which the way forward is focused on one road, while (albeit not explicitly) the other is lowered in importance and potential. I believe this framing of solutions can be a caustic seed planted in chaotic soil. Both (and more) are needed. Ideas without mileage are abstract theory. Action and movement without dynamic ideas can be aimless. Ideas and action without factual understanding can take us on a runaway train. When asked which road is correct—ideas and movement or dialogue and debate—I believe the answer is "Yes."

Also, there may be an important distinction between focusing on politics rather than civics. In many cases with blurry lines, the first is about power and the second about principles.

In Wellstone's wake

The late (and intensely missed) U.S. Senator Paul Wellstone genuinely believed that learning about ideas, civic participation, systems and effective theory and approaches was crucial—just as crucial as motivated involvement in civic life. He championed ordinary citizens becoming involved in electoral politics—with a focus on both theory and action, ideas and movement, debate and relationships.

In the aura of archetypes

Although the challenges of today are more readily observable and unique in their nature, pull the veneer back, and the truth behind it is revealed. Our individual and collective challenges are the same hurdles that our world has fumbled over like generational puzzle boxes for millennia.

Although the costs may be greater and the potential for damage is intensified, problems such as not listening to one another, dogmatism, fundamentalism, envy and various ideologies still steer matters. A rich foundation of cultural, symbolic, metaphorical, and metaphysical narratives from every corner of the human family has survived for the very reason that the uphill climb to peace and nobility is timeless. Perhaps it is by looking at the heart of our honoured and preserved stories that various solutions can be located.

Embrace uncertainty and contradiction

For most of my life, I thought the biggest problem in civic life was the politician who lies. However, I have

come to believe it may be the politician who is certain.

No matter what side of a partisan issue one is on, none of us has the full picture or the complete vantage point. This is why paralyzed communication in the wake of division is truly a tragedy and why talking (and listening) with one another—not as enemies or opponents, but as people helping one another understand more fully—matters.

Perhaps ideas keep us open and fluid while beliefs solidify and petrify.

Through certainty and belief, the fluidity of ideas often gives way to ideological possession.

How do we know?

First, the aim is to change another's mind and beliefs. With such solid certainty, the specific political belief is irrelevant when the approach and intent take on the metallic flavour of conversion. The destination of this dance is often reductionism, essentialism, and the blurring between fact and belief (where beliefs are presented as fact and fact downplayed as opinion).

Finally, certainty can easily become a zero-sum game. Once we become certain, discussion becomes performance rather than discovery. Yet knowledge is generated through dialogue, debate, and the collision of ideas—not through the defence of conclusions already presumed true.

Embracing uncertainty is humble and is precisely why the Oracle at Delphi saw Socrates as the wisest Athenian: understanding the very real limits of knowledge is the beginning of wisdom.

Our one-dimensional politics are not the end-all, be-all of who we are as complex, complicated, multidimensional individuals full of contradictions.

Contradiction does not imply lack of integrity.

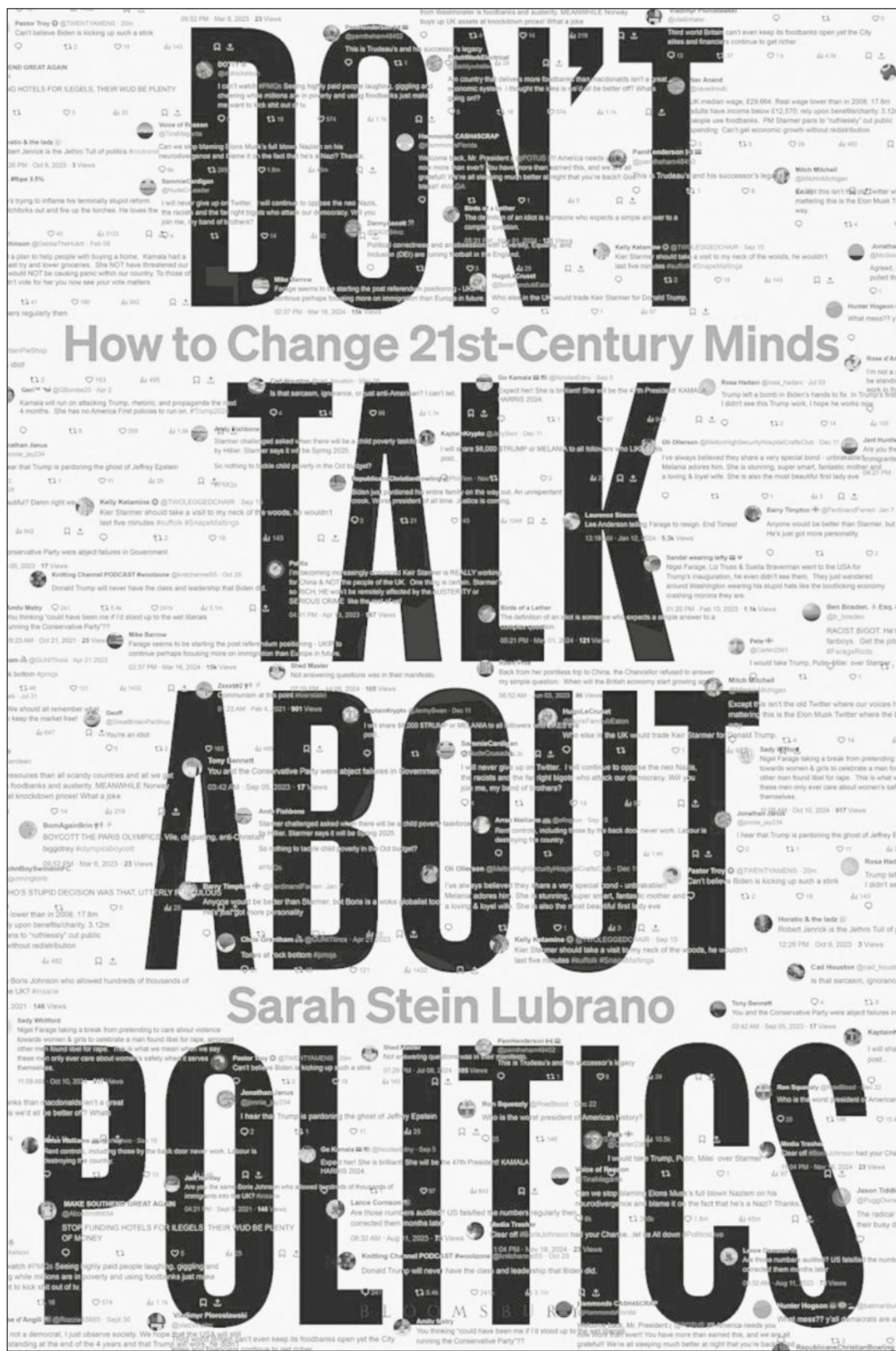
It is never the way, but a way.

Talk (and walk) with Wellstone. Deep dive into the esoterica of myth in our multi-generational Groundhog Day. Embrace uncertainty.

How do we better our world? I don't know. I don't believe I have the answer... but I have a good idea.

What's yours?
Don't Talk About Politics: How to Change 21st Century Minds

By Sarah Stein Lubrano
Bloomsbury Publishing, 288 pp., \$20



— Bloomsbury Continuum

ComParrot by Bonnie J. Malcolm
Can you spot 12 differences between these pictures?

www.comparrotpuzzles.com © 2026 Bonnie J. Malcolm

Solution: 1. Part of pitcher handle is missing. 2. Lemon slice in pitcher is reversed. 3. Bush in background is missing. 4. Center of flower under picnic table is missing. 5. Napkin ring on table is colored in. 6. Leg on barbeque grill is missing. 7. Cloud has moved. 8. End of the apron is longer. 9. Chef hat is wider. 10. Lady's dress is longer. 11. Tablecloth is longer. 12. Spoon in jar is reversed.

Trivia test by Fifi Rodriguez

1. U.S. STATES: Which state has the most national parks?
2. ANATOMY: Which blood type is considered to be a universal donor?
3. GENERAL KNOWLEDGE: Which three signs of the Zodiac are considered to be Earth signs?
4. ROYALS: What was Queen Elizabeth's favorite dog breed?
5. GEOGRAPHY: Which continent has a mountain range called The Great Rift Valley?
6. MONEY: What is the basic currency of Russia?
7. TELEVISION: Which long-running TV sitcom features a dog named Comet?
8. MUSIC: How many strings does a standard violin have?
9. GAMES: How many title deeds does the Monopoly game have?
10. SCIENCE: What is the main cause of ocean tides?

Answers

1. California.
2. Type O negative.
3. Capricorn, Taurus and Virgo.
4. Corgis.
5. Africa.
6. The rouble.
7. "Full House."
8. Four.
9. 28.
10. The gravitational pull of the Moon.

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Announcements

Alzheimer Society of Kenora/Rainy River Districts: If you are a caregiver or person who has Alzheimers disease or dementia, we can help. We can provide education, support services, learning series, resource books, DVD's, care and monthly support sessions. Please contact us today at 1-800-682-0245 or info@alzheimerrr.com

Legal/Public Notices

NOTICE

DISTRICT #5 Schedule of A.A. Meetings FORT FRANCES

Wednesday (C) 7:00pm

- Couchiching Treatment and Support Building (Beside The Duke Arena)

Thursday (C) 8:00pm

- 710 Church Avenue

Sunday (C) 10:30am - Couchiching Treatment and Support Building (Beside The Duke Arena)

(C) 8:00pm - 710 Church Avenue

EMO

Wednesday (C) 7:00 pm

- Knox United Church, River Road & Roy Street-Emo, Ont.

SABASKONG, NESTOR FALLS

Monday, Thursday, and Saturday, 7:00pm

- Onigaming Health Centre meeting room

For Info, call Jeff @ (807)484-0091.

ATIKOKAN

Sunday, Wednesday, Friday 8:30pm

Community Fellowship Church

NOTICE

ADULT CHILDREN OF ALCOHOLICS

Tuesdays 7:00 p.m.

at 601 Kings Highway, Fort Frances

For further information contact Mandi O. at (807) 274-2042

NOTICE

DISTRICT #5 ALANON

Schedule of Alanon Meetings

FORT FRANCES

April-September in person Tuesdays 6:30 pm

Church of the Holy Spirit, 842 Victoria Ave. Fort Frances, Ont. 807-271-2091 for info.

October-March online Tuesday 6:30 pm

EMO

Wednesday 8:00 pm Knox United Church, River Road & Roy Street, Emo, Ont.

For more information call 807-271-2091

Rainy Lake Alanon Family Groups

Zion Lutheran Church 530 6th St. Int'l Falls, MN

Have an event? News tip? Need a copy of a photo from the paper? Need printing or a website? Call Us!

All this & much more!

Fort Frances Times 274-5373 1-800-465-8508

Legal/Public Notices

NOTICE

GAMBLERS ANONYMOUS:

Mondays 6:00 p.m.

Riverside Community Health Services Building, 206 Victoria Ave., Fort Frances.

For more info call 807-275-6445.

NOTICE

SCHEDULE OF N.A. MEETINGS FORT FRANCES

Tuesday 7:00pm

- Couchiching Treatment and Support Building (Beside the Duke Arena)

Friday 8:00pm & Saturday 8:00pm

- Knox United Church

NOTICE TO CREDITORS AND OTHERS

All Persons having claims against the Estate of **Betty Jane Perreault (aka Betty Perreault)**, late of Fort Frances, ON, deceased, who died on or about March 21, 2026, are hereby notified to send particulars of the same to the undersigned on or before July 1, 2026, after which date the estate will be distributed, with regard only to the claims of which the undersigned shall then have notice and the undersigned will not then be liable to any person of whose claims they shall not then have notice.

Dated at Thunder Bay, Ontario on the 3rd day of June, 2026.

Joan Foley, Estate Trustee

c/o Ericksons LLP

ATTN: Andrew Paddon

Barristers and Solicitors

291 South Court Street

Thunder Bay, ON

P7B 2Y1

NOTICE TO CREDITORS AND OTHERS

All persons having claims against the Estate of **DONALD JOSEPH SELMAN**, late of the Township of Dawson, in the District of Rainy River, who died on or about the

10th day of February 2025, are hereby notified to file same, duly verified, with undersigned Solicitor for the Estate Trustee, on or before the 3rd day of July 2026, after which the Estate will be distributed having regard only to claims of which notice has been received.

SHIRLEY IRENE JENSSON Estate Trustee Without a Will by her Solicitor,

Amy Lee Ruff

Barrister and Solicitor

306 Fourth Street

P.O. Box 834

Rainy River, ON

P0W 1L0

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Fort Frances Nursery School

Duties will include maintaining of the Nursery School's financial records on a computerized system. Currently using SAGE. This job is approximately 10 to 15 hours per month.

Please submit resume by

July 1, 2026

Laurel Basaraba

340 Church Street

Fort Frances, ON

P9A 1E1

807-274-5653 phone or fax

ffns@hotmail.ca

TENDER CALL

FRANK SZEDER DRAIN

Township of Emo

The Township of Emo hereby invites qualified, experienced contractors to submit tenders for the construction of the Frank Szeder Drain.

DRAIN INFORMATION - Frank Szeder Drain commences along the west side of Alysworth Road at O'Neill Road, 623 Alysworth Road, in Emo Township

Construction involves approximately 4,025m of ditch construction plus 2 road culverts and 4 farm crossing culverts

The Engineer's estimate for the cost of construction (excluding contingencies) is \$220,400

Project Engineer: John Kuntze, PEng, K. Smart Associates Ltd, 85 McIntyre Drive, Kitchener, Ontario

(519) 748-1199 ext. 227, jkuntze@ksmart.ca

TENDER FORMS and plans may be obtained at the Emo Township office, 39 Roy Street, Emo during normal business hours Monday, Tuesday and Friday.

Please call in advance so that the tender package may be set aside for pick-up.

Tender forms and plans may also be requested electronically from Crystal Gray cao@emo.ca.

SEALED TENDERS marked with the name of the project and addressed to Crystal Gray, Clerk of the Township of Emo will be received until:

Tuesday, June 30, 2026 at 2:00 pm

at the Township office, 39 Roy Street, PO Box 520 Emo, Ontario, P0W 1E0

TENDERS will be opened at the Township Office after 2:00 pm on June 30 and may be considered for award at a Council Meeting on July 14, 2026.

JOIN OUR TEAM!

FACILITIES ATTENDANT - Fort Frances

WHAT'S THE ROLE?

The Beyak Automotive Group is seeking a motivated and hardworking Facilities Attendant to join our team. Working alongside the Facilities Manager, you will play a key role in maintaining, repairing, and renovating 11 commercial and residential properties across our organization. In this hands-on position, you will assist with a variety of projects at our dealership locations and properties, helping ensure that our facilities remain safe, functional, and well-maintained. No two days are the same, making this an excellent opportunity for someone who enjoys variety, problem-solving, and learning new skills in the maintenance and facilities field.

WE'RE LOOKING FOR SOMEONE WHO...

- Maintains a positive attitude and demonstrates a strong work ethic
- Works effectively both independently and as part of a team
- Safely operates and is experienced with power tools
- Is willing and able to travel between job sites as required
- Has strong attention to detail with a commitment to producing high-quality work

WHO ARE WE?

We're more than just an automotive group - The Beyak Automotive Group is a place where positivity, hard work, and a little bit of fun come together to make every day exciting. Whether we're helping customers find their dream car, providing expert service, or sharing a laugh with each other, we strive for a workplace that goes beyond mutual respect to create an environment where people can achieve their full potential. If you want to be part of a dynamic, friendly team, this is the place to be!

Learn more about us: <https://www.beyakautogroup.com/>

THE PERKS:

- Build strong skills in trades and maintenance
- Fun Work Environment: Staff events like bowling, potlucks and parties throughout the year!
- Employee Discounts on vehicles, accessories, and service repairs
- Employer Paid Benefits: Keep you and your family healthy - completely on us!
- Retirement Savings Plan: Secure your future with an employer funded DPSP plan.

Based on experience. Wage range: \$22.00 - \$26.00 an hour

APPLY BY FRIDAY, JUNE 26TH, 2026

Don't miss your chance to work at a company that values its employees, offers exciting growth opportunities, and celebrates your success!

Apply in person to one of our dealerships:

Sunset Country Ford - Fort Frances GM

www.beyakautogroup.com

OR

APPLY IN PERSON TO ONE OF OUR DEALERSHIPS:

Sunset Country Ford - Fort Frances GM

Think we all applicants for their interest in this position. Only those selected for an interview will be contacted. Final selection may occur prior to application deadline.

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SHOONIYAA WA-BIITONG EMPLOYMENT OPPORTUNITY

Self-Employment Advisor

37.5 hours/week, Monday - Friday

Location: Kenora Head Office or Agency #1 Office (Fort Frances)

Salary Range: \$60,000-\$65,000 (determined by education and professional experience)

Health Benefits: 100% Employer paid

Pension: commences after 90 days of employment

Position Overview:

The Self-Employment Advisor supports Shooniyaa Wa-Biitong clients by helping them develop self-employment and job-seeking skills through personalized case management. The role includes assessing clients' skills, guiding them toward suitable business opportunities, and providing financial support, coaching, and technical advice during the early stages of business development. The advisor also helps clients build effective job-search habits and professional skills, maintains accurate records and progress reports, and works with external organizations to create employment and self-employment opportunities. The overall goal is to promote sustainable economic growth and employment within Treaty #3 First Nations communities.

Core Responsibilities:

- Self-employment Assessments and Support Services
- Employer Relations and Opportunity Development
- Program Administration and Monitoring
- Data Management and Reporting

Qualifications:

- Post-Secondary education in related field or a minimum of 2 years of work experience in business counselling, and/or equivalent experience
- Strong business plan development skills and the ability to assist clients with all stages of business development
- Experience in budgeting, forecasting, monitoring, and reporting
- Knowledge of First Nations community-based Economic Development Programs
- Demonstrated facilitation skills for workshop delivery and design
- Strong administrative, organizational, written and communication skills
- Possess research and analytical skills
- Excellent computer skills (Microsoft Office applications and databases)
- May need to successfully obtain the HRSDC/Service Canada Security Clearance
- Understanding of Anishinaabe traditions, and beliefs with the ability to implement cultural values and practices within the delivery of services; Ability to speak Anishinaabemowin is an asset
- Must have valid driver's license, access to a vehicle and availability to travel
- Familiarity of Treaty #3 communities and organizations; experience working for an Indigenous organization.

Application Instructions:

Please submit your cover letter, resume and three (3) work-related references with permission to contact to:

Melanie McPherson, Administrative Lead, Shooniyaa Wa-Biitong

email: melanie.mcpherson@shooniyaa.org

Subject Line: Self-Employment Advisor

This position is open until a suitable candidate is selected. We thank all applicants but only those selected for an interview will be contacted.

DISTRICT OF RAINY RIVER SERVICES BOARD

REQUEST FOR PROPOSAL DRRSB 26-37
HVAC Component and Control Replacement, Fort Frances, ON

REQUEST FOR QUOTE DRRSB 26-38
Secondary Wiring Replacement, Fort Frances, ON

CLOSING: 2:00 pm CDT Thursday, July 9, 2026

RFQ detailed information available on website <https://rrdssab.ca/procurement/>

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FACILITIES ATTENDANT - Fort Frances

WHAT'S THE ROLE?

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Based on experience. Wage range: \$22.00 - \$26.00 an hour

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OR

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Sunset Country Ford - Fort Frances GM

www.beyakautogroup.com

Think we all applicants for their interest in this position. Only those selected for an interview will be contacted. Final selection may occur prior to application deadline.

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- Sunset Country Ford @sunset_country_ford
- Dryden GM @dryden_gm
- Border Chevrolet

Indigenous dating show snags some love at Tkarón:to's imagineNATIVE film festival

By Daniel Opasinis
Local Journalism Initiative
Reporter
IndigiNews

It's nearly summer in downtown Tkarón:to (Toronto), and a crowd gathers around the entrance to the TIFF Lightbox on King Street West.

While it's almost 8 p.m., the warm early June breeze and light blue sky is a reminder of the summer solstice, just around the corner.

Moviegoers file into the city's star-studded venue, many adorned in beads, ribbons, brooches and hide as they walk along the red carpet.

The imagineNATIVE Film and Media Arts Festival is in full swing, bringing filmmakers and audiences across the country together to celebrate excellence in Indigenous cinema.

Tonight, a movie isn't being shown, but a buzzy reality TV show.

Rezervations for Two is set to premiere on Monday on Aboriginal Peoples Television Network (APTN) and APTN+, with the first episode also available for free on YouTube.

It's described as a simple "feel-good dating series" shot in Winnipeg, says Crystal Dubois, APTN's development, factual and special events executive.

The show, she says proudly, highlights all the lovable complexities that Indigenous communities have to offer.

"There's an appetite for those Indigenous stories that expand beyond what audiences have traditionally seen," Dubois, from Brokenhead Ojibway Nation, tells IndigiNews in an interview.

As the executive producer for the series, she takes the stage before the show's June 3 screening to call up co-hosts Kairyn (Kai) Potts and Scott Wabano — two Indigenous content creators, and co-hosts of The Real Rank Podcast.

The two are donning what could only be called art-pieces of clothing in an opposites-attract black-and-white scheme.

Potts's braid falls over their right shoulder, wrapped in intertwining white cord. He is Nakota Sioux, from Paul Band First Nation and Alexis Nakota Sioux Nation.

Meanwhile Wabano — who is Cree from Mushkegowuk and Eeyou Istchee territories — sports a wolverine-like haircut and jet black sunglasses.

"The show wouldn't be the same without them," Dubois says in her opening remarks.

"I will say, getting something like this off the ground takes people who are open; it takes people who are supportive. It just takes a great team."

'Looking to set some bad-dies up'

It's not long until the lights dim and the projectors flicker on.

"Hi, cousins! It's your favourite aunts, Kai and Scott — podcasters, fashionistas, and now matchmakers," the duo remarks in the show's intro.

"Oh babes, we are in the heart of Turtle Island, in our fabulous 'Indigi-loft,' looking to set some baddies up on two blind dates, and hopefully one of them is with their forever snag."

Dubois says she was scrolling through TikTok when she came across a clip of Potts and Wabano hosting their podcast. "There's just something special here," she thought, "and I need to work with them in some capacity."

When gears were in motion for Rezervations for Two, she knew she'd already found her hosts.

"It has to be these two," Dubois recalls saying.

"They did a little interview skit — even though I already knew it had to be them."

At the imagineNATIVE debut, they screened the first two episodes of the series.

Both hold the same format: Potts and Wabano get to know their contestant and what they're looking for in a partner, then the hosts each choose a potential suitor to set up a date.

In the first episode we follow contestant Kyle, who's Métis and has an affinity for doing impressions, one of which he can't help but pull out in every interaction.

In episode two we meet Lionel, a man from Swan Lake First Nation with a pair of sunglasses and — as Potts and Wabano say — "a deadly uncle vibe."

"We were working through our production team to find people who were interesting and genuinely putting themselves out there," Dubois says.

Those casting decisions hit home with the audience as they laugh and cheer through the dates on screen.

"Hearing the laughter and seeing the audience respond the way that they did was so, so incredibly validating," Dubois says.

While the lucky contestants from those first two episodes didn't end up hitched, they did play a part in Indigenous media history.

"I'm hoping that it really opens doors for more Indigenous creators to tell stories across every genre, including reality," Dubois says.

She says she's thought of an expansion into reality TV since she was young.

"I think a lot of Indigenous people joke about 'shacking up' and 'snagging,' but it is real," Dubois says. "There's also the reality that we date, we fall in love, and we experience heartbreak."

'We're gonna try and find a special forever snag'

As the screenings end we're joined again by Potts and Wabano, walking on stage with a set up of chairs and a curtain.

"Give a round of applause for all of these guests," Potts says.

"Like, that's hard to do. You don't understand. First of all, to go on a first date blind. Second of all, it's really difficult to do it with like 10,000 people looking at you and cameras and two judgy Two-Spirit demons."

They pull the chairs together, three on one side of the curtain and a single chair hidden on the other.

"This whole show is all about love, and I feel like right now in this generation and this time of media, everybody is so desperate for love," Wabano says.

"So we're gonna try and

find a special forever snag, maybe, for somebody in the audience?"

Three bachelors are picked by the dynamic duo to blind-date a member of the imagineNATIVE crew.

"You know, you guys, I like my men like I like my 'Bepsi,'" Potts jokes. "I like them sweet, I like them brown, and they give me cavities."

Over the next half hour, the concealed imagineNATIVE crew member goes back and forth asking the contestants questions before choosing her partner to take on an expenses-covered date to Oliver & Bonacini, an upscale restaurant in Tkarón:to's downtown core.

When she chooses contestant number one, he runs through the curtain, grabs her by the hand and shimmies off the stage, heading out to catch their dinner reservation.

As season one of Rezervations for Two is premiering this week, it's now casting for its second season.

"I think there are definitely moments that will make you cringe," Dubois says. "There's more of those in the best way possible."

"But also I think that there's a lot of heart, and I think that the audiences are really going to connect with a lot of the people that we have."



Indigenous content creators Scott Wabano, left, and Kairyn Potts co-host Aboriginal Peoples Television Network's new dating show 'Rezervations for Two.'

— Photo courtesy APTN

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Heather Campbell
CEO

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Objectives of Position
To undertake the maintenance and custodial duties associated with The United Native Friendship Centre. Assist management and program staff as requested.

Some Key Qualifications
1-2 years custodial & maintenance experience
Strong communication and problem solving skills
High level of Health & Safety Standards and knowledge.
Knowledge and experience with cleaning supplies and equipment, operation of some maintenance equipment, hand tools and performing minor maintenance with heavy lifting involved
Ability to work cooperatively and responsively, with minimal supervision and within a team environment

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The United Native Friendship Centre has a full time (35 hrs/wk) position available.
Apatisiwin Employment Counsellor
(50K-55K Annually, Pension & Benefits after 90 days employment)

Objectives of Position
To undertake the development of the UNFC Employment Program initiative and provide support to clients who are seeking employment and training services.

Some Key Qualifications
Post Secondary education in the field of Social Services, Career and Employment Coach or Employment & Training Certification or Financial Administration.
1-2 years work experience
Must be proficient with Finance Management, Excel and Balancing Program Budgets.
Knowledge and experience in Indigenous community development.

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Graduates prepared to enter the workforce with new skills following Seven Generations Education Institute's 2026 graduation ceremony

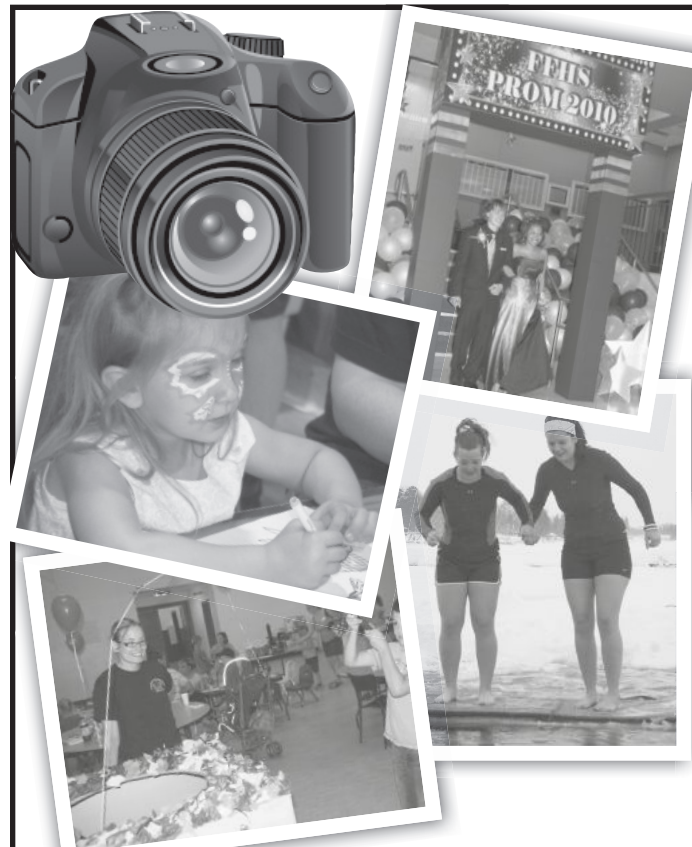
Graduation season officially got underway at the Memorial Sports Centre on Thursday, June 4, as Seven Generations Education Institute held their annual nurse pinning and graduation ceremonies. The milestone event celebrated all of this year's graduating student from SGEI's myriad programs, marking the end of this phase of their education career and priming them to enter the workforce with new skills and abilities. The day began with the traditional nurse pinning, with the graduation ceremony getting underway at 3:30 p.m. later that afternoon. The ceremony also celebrated secondary and students of the Institute's Azhemiinigoziwin (AZH) program.

— Allan Bradbury photos



UNFC celebrates graduation with students and families

Students of the United Native Friendship Centre (UNFC) celebrated their graduation of secondary school at the Townshend Theatre on Tuesday afternoon. The UNFC is dedicated to enhancing the lives of Indigenous and non-Indigenous individuals in the community and surrounding area, and offers an Alternative Secondary School Program to provide education and an opportunity to complete an Ontario Secondary School Diploma to adults and youth alike, all in a comfortable and culture-based setting.
- Liam Oliver Neilson photos

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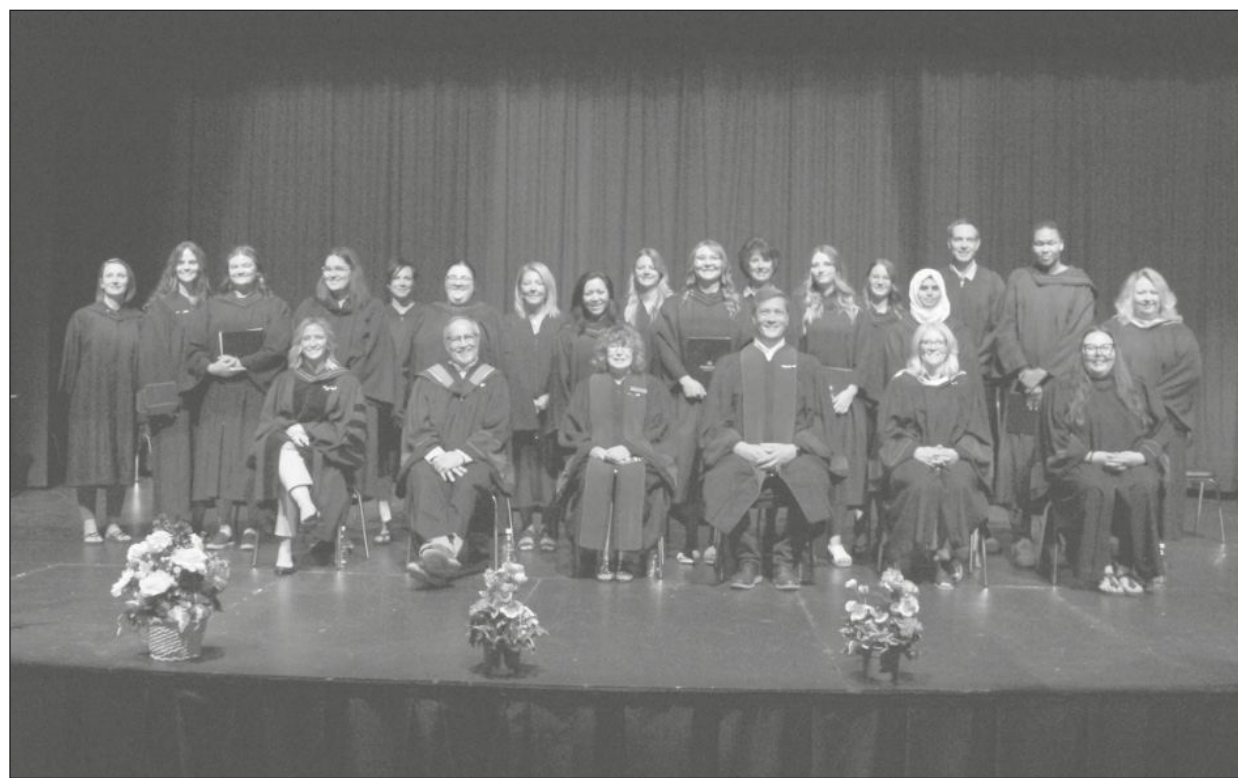
Deadline: Tuesdays at noon



Confederation College celebrates newest cohort of graduates

Students, staff, friends, family and more gathered at the Townshend Theatre last Monday, June 8, to celebrate Confederation College's 2026 convocation. The graduates crossed the Townshend Theatre stage to put a cap on their years of study in the programming of their choice, heading into the world fully qualified in diverse fields like Early Childhood Education, Practical Nursing, Social Services, Business and more. Fort Frances mayor Andrew Hallikas was also on hand to help the new graduates celebrate and offer some words of encouragement. Following the convocation ceremony, the College then held its pinning ceremony to officially welcome the new nursing graduates into their fellowship.

- Ken Kellar photos



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A listing of local charitable organizations.

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DIVAS ON A DIME
By Patti Diamond

Give Pork Chops the Steakhouse Treatment for Father's Day

Father's Day meals don't have to be elaborate to feel special. Sometimes all it takes is setting aside a little extra time and serving something that says, "I thought you'd enjoy this."

Many Father's Day menus revolve around steaks, burgers and the backyard grill. This year let's give the humble pork chop the star treatment. Stuffed with apples and onions and finished with herbs and Dijon mustard, they deliver steakhouse flavor without the steakhouse price tag.

One of the things I love about cooking is its ability to turn ordinary ingredients into something extraordinary. A celebration doesn't come from the price tag attached to the meal. It comes from the thought behind it. Whether it's Father's Day, a birthday or simply a Tuesday when everyone is home at the same time, a little extra effort can make dinner feel like an occasion.

APPLE & HERB STUFFED PORK CHOPS

Yield: 4 Servings
Total Time: 50 mins,
4 thick-cut pork chops with bone if possible, about 1 1/2 inch thick
2 tablespoons olive oil, plus more as needed
1 teaspoon sea salt, plus more to taste

1 tablespoon butter, or more olive oil
1 apple, Granny Smith or similar, cored and thinly sliced
1 medium sweet onion, thinly sliced
1 tablespoon apple cider vinegar
1 cup panko breadcrumbs
2 tablespoons Dijon mustard
1/2 teaspoon garlic powder
1/2 teaspoon dried thyme or 2 teaspoons fresh thyme, chopped
1/2 teaspoon dried rosemary or 2 teaspoons fresh rosemary, chopped
1/2 teaspoon fresh ground black pepper, plus more to taste
Toothpicks to secure the stuffing

tender. Stir in the vinegar, then add the panko breadcrumbs and cook for 1 minute more. Remove from the heat.

In a small bowl, combine the Dijon mustard, garlic powder, thyme, rosemary and pepper. Spread the mixture over the pork chops and inside the pockets.

Fill each pocket generously with the apple mixture and secure with toothpicks if needed.

Arrange any remaining apple and onion mixture in the center of the skillet and place the pork chops on top. Cover and bake for 20 to 25 minutes, or until the pork reaches 145 F in the thickest part. Let rest for 5 to 10 minutes before serving.

Make It Simpler
Don't feel like stuffing pork chops? No problem! This recipe is just as delicious served without the extra step. Simply skip cutting the pockets and reserve the apple-onion mixture. Before baking, spread the apples and onions into an even layer in the skillet and place the seasoned pork chops on top. Roast as directed until the pork reaches 145 F. You'll get all the same sweet-savory flavor with a little less fuss.

Serve with mashed potatoes, sautéed green beans and a simple green salad for a complete meal. Then bring out dessert. Life offers plenty of reasons to skip dessert. Father's Day isn't one of them.

Lifestyle expert Patti Diamond is the penny-pinching, party-planning, recipe developer and content creator of the website Divas On A Dime - Where Frugal, Meets Fabulous! Visit Patti at www.divasonadime.com and join the conversation on Facebook at DivasOnADimeDotCom. Email Patti at divapatti@divasonadime.com

www.JasonCoblentz.com
Stuffed with apples, onions and herbs, these juicy pork chops bring steakhouse flavor to the table.

Preheat the oven to 375 F.
Using a small sharp knife, cut a deep pocket into the side of each pork chop, being careful not to cut all the way through. Season the chops inside and out with salt.
Heat an oven-safe skillet over medium heat. Add the oil and brown the pork chops on both sides, about 4 to 5 minutes per side. If the chops have a fat cap, briefly brown it as well. Transfer to a plate. The centers will still be undercooked.
Add the butter to the skillet. Cook the onion for 2 to 3 minutes until softened. Add the apple and cook until

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