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December 2023

New State of the Art Mary Brown's Chicken for Thunder Bay!



INSIDE

One Final Thought
Worth Repeating

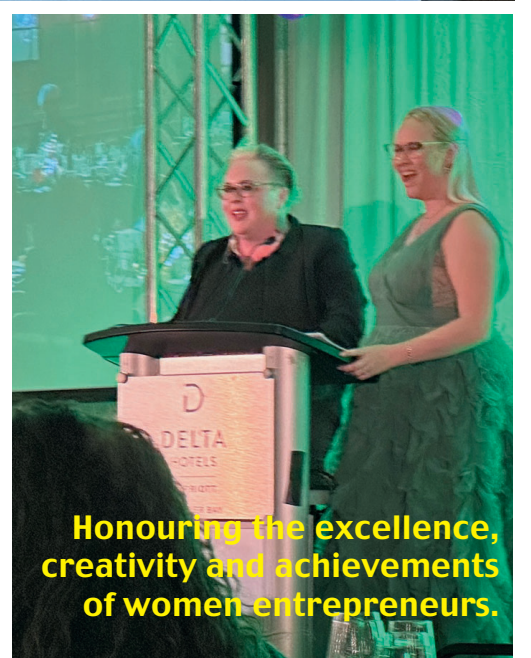
**FNHC 2023: Shaping
Our Future in
First Nations Housing**

**\$1.65 million
investment supporting
research at
Lakehead University
Agricultural Research
Station**

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@tbay25 @Scott Sumner



Government of Canada investing nearly \$1.4 million in the building construction sector in Northwestern Ontario



Honouring the excellence, creativity and achievements of women entrepreneurs.

SEASON'S GREETINGS

..... to all of our

advertisers and readers!



The Hot Diggety Dog Pop Up Store!

BY SCOTT A. SUMNER
Thunder Bay BUSINESS

Naomi Oig is the owner of Hot Diggety Dog at the pop up My Little Cafe store on Frederica Street. Her business has been in operation since 1995, not steady but always with the hot dogs and smokies.

“ I try to stay at the CLE grounds and have been at North End Rec in the North End as well as Pow Wows. I love feeding people, it is not about the money, it is about me feeding people, seeing them happy and then going home! You can't beat

a hotdog!” smiled Naomi. “ I like to give free stuff to kids like hot dog gummies. We have our own secrets on cooking hot dogs.”

The business has been going well especially lately as I am getting into more advertising and word of mouth said Naomi.

“The economy is challenging. I have had to raise my hot dog prices from \$3 to \$4, as the prices have gone up for ketchup and bread. We do a hot dog combo for \$6 with chips and a pop, you can't beat that and if you think you can, I'll lower it a dollar!”



In 1964 Naomi, as a 7 year old kid, lived in Selkirk, Manitoba and moved to Winnipeg Beach, a summer place. There was a building there called Hot Diggety Dog.

“ I loved seeing it and said to my mom I'm going have a hot dog cart and sell hot dogs one day. In 1995 I was on unemployment and saw a hot dog stand for sale in the paper. Unemployment had a program then called Self Employment Assistance so they helped me buy the cart and work for a year so that is how I started. In 2013 PARO and the Metis Nation helped. PARO has helped me tremendously as far as getting funding and education. They are a good group.” said Naomi.

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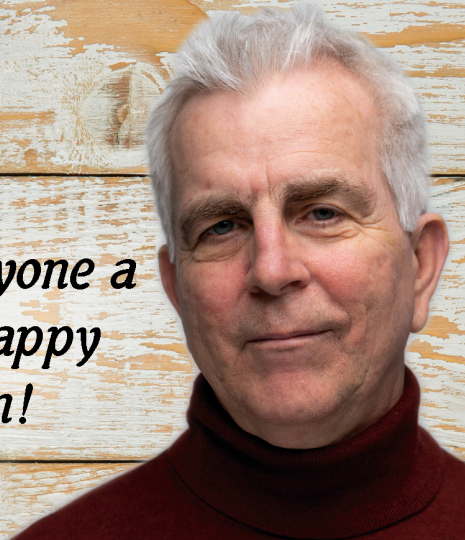



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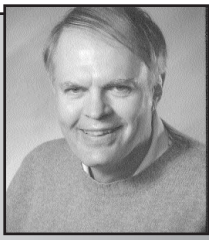
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**Publisher's
Note
Scott
Sumner**



Exercise Anaerobic- your muscles!

Once you have a good plan of attack on Aerobic exercise- your heart, which I talked about last month the other kind of exercise involves developing your muscles. It just makes basic sense that by putting your body muscle groups through a workout, you will develop strength. Muscles need activity to grow and usually our daily activity level won't be enough to reach their potential. Previously I worked with a personal trainer who really specializes in building and developing muscle mass. His certification as a fitness trainer has provided him with special knowledge in muscle development.

Muscle training is really about iso-

lating a muscle group you are working on, and challenging yourself by lifting weight's that will start the growth process. You always begin with lighter weights and through a gradual process work up to higher weights and concentrated repetitions.

To witness your own muscle development is a huge benefit for your overall fitness level and quality of life. Many of our day to day activities are easier when we feel stronger. The body has many muscles, but they can be broken down into large groups. Perhaps the largest muscles are in our legs. I guess it makes sense as we use them to walk.

Next, the back has muscles that help maintain our posture. The chest allows

us to lift, along with our shoulders. Lastly, our arms and biceps, and triceps which are smaller, but frequently used muscles.

Each muscle group can be exercised and developed. Today there are are many pieces of equipment that can be used to isolate and work these muscles with the resistance of weight. In addition, the use of free weights allow an excellent working of these muscles. I think the development of muscles is an area of some complexity, but generally breaks down to working isolated muscles with a gradual increase of resistance. You must also provide muscles time to regenerate, which means not training everyday. It is best to train every second day, or work on

different muscle groups each day. Generally, in weight training you work in sets of repetitions. For example, you could do 3 sets of 12 repetitions on eight different machines on your back and shoulder muscles for example. You should be challenging yourself to gain results by lifting weights that are making you work.

If you can hire a personal trainer, a complete program is a good idea which will cover all muscle groups. Usually it will cost you around \$50 per session, but I believe it would be some of the best money you could ever spend. My philosophy is spending money on your health is an investment in YOU! You will gain great dividends. www.scottsumner.com

One Final Thought Worth Repeating

As amazing and exciting all the newest and latest healthcare advances have been over the last century, I feel it bears repeating that the best and most effective means to live a long, happy, and healthy life both for individuals and for the population at large, comes from a diet of essential elements. These are: good sleep, proper nutrition, regular exercise, and stable mental and emotional states. The actual origin of the word diet comes from the ancient Greek word diaita meaning: a way of life.

Think of everything we consume daily. For many people, a significant amount of it is junk. Whether it be the food we eat, the social media that we engage in, the videos, computer games or television we watch. Modern society bombards us every second of every day with this diet of over stimulus. It

is not easy to get away from it either. We must make a significant effort and have some discipline to manage. It is important to remind ourselves that the mind and body are intertwined and complexly linked. What affects us mentally and emotionally will always have some effect on us physically and physiologically. The reverse is also equally true. We find it very difficult to focus mentally when we are physically exhausted. Lack of sleep makes us irritable. Conversely, several research studies have shown that symptoms of depression and anxiety can be improved with moderate exercise. You cannot reach a higher and more optimal state of health without practicing a lifestyle which combines improvement of them both. A well-known saying within the health community states that food is the most abused anxiety drug; exercise is the most underutilized antidepressant.



In the high paced life of most modern-day families, it is easy to get lost in the blur. A high quality and balanced diet or way of life should include: 1) daily exercise or activity for at least one hour, 2) food intake that is both nutritious, delicious, and varied. Stay away from refined carbohydrates such as sugar and white flour and processed foods. 3) Adequate rest, relaxation, and sleep. Adults should be striving for 7.5- 8 hours per night while children and teens need at least 10 hours per night. Eighty per cent of healing occurs while you sleep. Without quality sleep habits, it is extremely difficult to function well either physically, mentally, or emotionally. 4) Spirituality, whether that be in a religious or non-religious form, is also necessary for

optimal health. Daily rituals of gratitude, meditation, thoughtfulness, and mindfulness are essential.

Modern-day advancements in physical and mental health cannot truly flourish without a grounded understanding of the interconnection between the mind, body, and spirit.

As the bible states in Ecclesiastes 3, "there is a time for everything". This will be my last column. Since 2014 I have contributed close to 90 columns to the Thunder Bay Business newspaper. My intent and hopefully the outcome was to share with you my knowledge, incites, ideas and action steps that would help readers have a better grasp of what it means and takes to be in good health and stay healthy. I hope you enjoyed reading these health columns over the years. I hope you have been able to implement a lot of the ideas shared to improve your

health. If you would like to read more, you can always visit our website at www.portarthurchiropractic.com. There you will find a continuous stream of resources on various health topics.

I wish you and your families all the best during the holiday season.

James DiGiuseppe is a local chiropractor with a busy family and wellness practice. For more health information or to contact Dr. DiGiuseppe visit:

www.portarthurchiropractic.com

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*Thunder Bay Business is published monthly by:
NORTH SUPERIOR PUBLISHING INC.
tel: (807) 623-2348 fax: (807) 623-7515
email: nspinc@tbaytel.net*

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Honouring the excellence, creativity and achievements of women entrepreneurs.

BY SCOTT A. SUMNER
Thunder Bay BUSINESS

The PARO Summit Gala 2023 empowers and celebrates women in business.

On November 23rd, PARO Centre for Women's Enterprise brought diverse women together for their annual PARO Summit Gala at the Delta Hotel in Thunder Bay. This year's conference aimed to recognize and celebrate women entrepreneurs who are making contributions and impacts in their communities.

The evening's agenda included:

1. Keynote speech from Jessica Moorhouse; "Money On My Mind – How to

Shift from a Scarcity to Abundance Money Mindset"

2. Celebration of women entrepreneurs through various awards ceremonies, including Business of the Year Award, Rising Star Award, and Moxoka'am Kwe: She Rises Award

3. Dinner and entertainment, including Sounds of Superior Chorus and Thai Healing Center Dancers.

Rosalind Lockyer, Paro

"We call this the Paro Summit Gala 2023 and have always had this type of event in November each year. It is all together our

AGM as well as a get together to celebrate what we have done all year as well as think about the future."

"There is some learning about things people need to know right now. This event has Jessica Moorhouse; "Money On My Mind – How to Shift from a Scarcity to Abundance



Rosalind Lockyer, Paro

Money Mindset"

"She has podcast and is an accredited financial counselor. She is a millennial and when she graduated carried a lot of debt and there weren't many jobs. She found she couldn't get much help. Education is very expensive so that's why she does what she does."

"Paro has been around since 1995 and we found the biggest challenge for women entrepreneurs has been getting the money. The women needed how to approach contacting a bank- financial literacy. It is about having a mindset about money and realizing your risk etc."

"We had training sessions earlier today. Paro really gets in the weeds as they say, in the grass roots with help. There is also a trade show here for the women to sell their wares and network."

Jessica Moorhouse

"I so honoured to be here honestly and it is my first time in Thunder Bay. I am going to be giving a presentation on scarcity and abundance to this audience of business women. I am excited to impart some of what I have learned over the past 7 years, specifically with a financial bias."

"It is never to late to change the path that you are on. You can look at things from a framework of abundance which means I am grateful for what I have but there is enough for everybody and a lot of opportunities. You just have to go out there and get it. It gives you more hope and is exciting."

"I went to film school and now am working in finance so you can make changes. What can you take advantage of and succeed. My presentation is tailored to this audience to inspire and empower them. Over history women weren't given many business



Jessica Moorhouse

opportunities. Growing up I never thought I could own a business and now I run my own business and have inspired my sister to start her own business. Maybe you can try business, give it a try is what I want to let women know."

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2023 Award Winners

Mooka'am Kwe She Rises Indigenous Woman Business Award



Kathleen Sawdo
Sister Bear Designs

This award celebrates successful, accomplished, and committed Indigenous business women.

Rising Star Award



Jessie Jones

Jess Jones Recreation Therapy

A Rising Star is a current woman leader or an aspiring future leader who is starting out in Business with a successful and notable track record for less than 3 years, has built in ecofriendly practices, and is quickly rising through the ranks

Rising Star Award



Adebola Adefioye

AWFO - Afro Women and Youth Foundation

A Rising Star is a current woman leader or an aspiring future leader who is starting out in Business with a successful and notable track record for less than 3 years, has built in ecofriendly practices, and is quickly rising through the ranks

Trailblazer Award

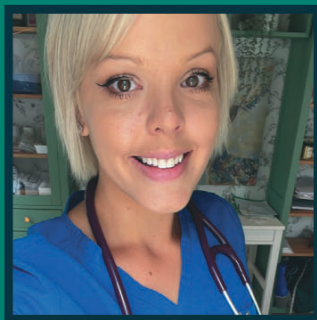


Liana Frenette

TBT Engineering Limited

The recipient is a woman who is demonstrating that there is a space and a place for women in male-dominated fields or has successfully challenged a world of work or industry typically occupied by males.

Business of the Year Award



Brette Cain

Next Step Foot Care

This award recognizes a woman's business with a successful and notable track record for 3 years or more. A woman who has established a business, taken financial risks, managed the business successfully, and given back to the community.

Social Enterprise Award



Suzanne Christie

Shout Media

A woman or organization demonstrating excellence in creating positive social or environmental impact an outstanding social enterprise who has made impactful, innovative and sustainable contributions to their community.

PARO Circle of the Year Award



The Whole Woman Network

This Award recognizes a Peer Lending Circle's efforts to "Give Back" to each other, to PARO and to their community.

PARO Centre
For Women's Enterprise
pour l'entreprise des femmes
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Summit Gala 2023

IS THAT WILL VALID?

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Ontario altered the law related to the validation of wills which do not comply with the formalities of execution effective January 1, 2022. We have now seen enough court decisions to observe some trends :

- * Judges are taking a liberal approach to applying the new provisions.
- * They will exercise their power to give effect to the deceased's intention, rather than focusing on technicalities.
- * Factors considered include:
 - * Is it clear that the intention was "fixed and final"?
 - * When the document

was created (because the closer to the date of death, the more likely the intent remained the same)



- * The nature of the "error" in the will
- * Where the document was stored
- * Other declarations made by the deceased about having made a will.
- * In one case, a draft marked up but not signed by the deceased was accepted as their will.

This may, among other benefits, solve the problem of "will kits" purchased in a store, or more likely, found online. If not properly witnessed, these documents create problems – under the formalities of will preparation, the words handwritten in the blanks can be a valid holograph will, but the court was supposed to ignore any typed portions. Now, judges may validate the entire document.

This is not a solution to all problems of will drafting – people have one more issue to argue about if the will is not formally correct. So, it is still best to have your will prepared by an experienced estate planning lawyer, who:

- knows the right questions to ask.
- knows how to express your intention.
- knows the formalities.
- will follow those formalities.
- can provide useful evidence as to your capacity to make the

will.

- can help rebut suggestions of undue influence.
 - will get the formalities right, and if necessary, and
 - provide evidence to maintain the validity of your will.
- The cost of a will is modest- much less than a Court Application to validate the will (which we can also do if you are the beneficiary).

In the absence of a will, your assets will be frozen until someone is appointed as estate trustee- a slow and costly process. And how will the bills get paid while your heirs wait?

There are no obligations created by giving a lawyer such as my colleagues at Weilers LLP a call and starting the conversation about your estate plan. Why wait?

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FNHC 2023: Shaping Our Future in First Nations Housing

BY SCOTT A. SUMNER
Thunder Bay BUSINESS

The First Nations Housing Conference (FNHC) proudly returned in 2023 as it continues its legacy of excellence in improving housing in First Nations communities. From its modest beginnings in 2003, FNHC has grown to become

leaders, housing managers, and industry experts to discuss challenges, opportunities, and solutions for First Nations housing," said Saverio Rizzo, a member of the First Nations Housing Community.

The three-day event featured a diverse program of workshops, training sessions, and demonstrations, along with the Community Housing Recognition Awards



Canada's longest running and largest conference.

The FNHC has played an essential role in addressing the housing challenges faced by First Nations communities throughout Canada. The First Nations Housing Working Group is comprised of ten Tribal Council representatives leads the event in a First Nations-Led Approach. Attendees consistently praise it as one of their favorite housing events.

"The FNHC has become a platform for

ceremony. These awards are an opportunity to recognize innovations and achievements in housing initiatives. This year, FNHC recognized four recipients: Tzeachten First Nation, Fort Albany First Nation, Mohawks of Bay of Quinte, Garden River First Nation & Missanabie Cree First Nation, and KZ Lodge Program.

The Builders Challenge, hosted by TV handyman Jon Eakes, offered a hands-on construction experience, allowing participants to test their skills in timed construction demos. The tradeshow boasts over 45 suppliers and First Nation oriented busi-



Saverio Rizzo and Jonathan Gregg, Committee organizing working group

nesses.

The First Nations Housing Conference took place from October 24 to 26, 2023, at the Valhalla Inn in Thunder Bay.

Jonathan Gregg, Committee Member working group

"The main purpose was to kinda give some First Nations builders some resources on how to build better homes, and also provide building code updates. We want to talk about and share what is coming down in housing such as new housing materials, housing issues in First Nations, how we can access funding and share opportunities here. Over the years we have averaged been 300 to 400 delegates from all over Canada. This year our numbers were lower not for any particular reason. There is a lot of construction in our

communities and many are trying to get their projects closed up before the winter."

"We get people who work in the industry to share their knowledge whether it be window installation for example. We kinda say it takes a community to build a house and want to encapture everyone in the industry and the government."

"We need to build housing across Canada and I know the government is trying to work towards it. We have some First Nations that have overcrowding as when young people grow up there is no where for them to go so they stay put sometimes. Our trade show was a good opportunity for vendors to come and share what they offer."

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New Mary Brown's Chicken for Thunder Bay!



December Feature - A special feature highlighting the new Mary Brown's Chicken at Arthur Street Marketplace!

New State of the Art Mary Brown's Chicken for Thunder Bay!

BY SCOTT A. SUMNER
Thunder Bay BUSINESS

A local family is excited to bring a new restaurant to Thunder Bay and area.

Harbinder Singh Hayer and his family including their parents are helping their nephew Jagnoor Singh Hayer, age 25, bring Mary Brown's Chicken to Thunder

Bay after a 35 year absence. Jagnoor graduated from Lakehead University in computer science a few years ago.

“ Our family are small business owners. Jagnoor studied franchises for a few years and came up with Mary Brown's Chicken

from Churchill High School and Lakehead University. He got inspired to go into small business himself after seeing and working in our family convenience stores. Being your own boss was his goal so he studied brands and franchises and is well connected to the local community to



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because it is all fresh. The chicken is in house cut, in house marinated, in house breaded and in house cooked - it is not a frozen chicken. It is the same with the potatoes called taters which are fresh potatoes from Manitoba farms and are rinsed, cut in house and served fresh in house. Coleslaw is made in house- we shred the carrots and cabbage and make it in house.” said Hayer.

The Singh families relocated to Thunder Bay from Southern Ontario in 2010 and started convenience stores in town. They are still active in that business for the past 13 years.

“ Our kids started their schooling here in Thunder Bay. Jagnoor got his education

allow him to get feed back from people,” noted Hayer. “ Together as a family we are helping this young entrepreneur to settle in town and start a business in Thunder Bay. The Mary Brown's Chicken location, which is 2400 square feet in size, already has 30 employees and is locally owned and operated.”

The family came from big cities to Thunder Bay to have more family time together. Everything is very accessible and there are many activities like swimming, hockey and skiing for the kids. The living cost is lower as well noted Hayer.

“ We opened Mary Brown's Chicken on June 27, 2023 and it was really overwhelming, a great response and we are still doing well. This store is state of the art and the only store with this new pattern across Canada and beyond including Ireland, Pakistan and Mexico who have have bought master franchises people here to see it. People have also come from Newfoundland to British Columbia and even Scotland to have a look and see our new store and the technology we use including pressure cookers and not deep fryers,” said Hayer.

The new Mary Brown's Chicken layout used in Thunder Bay can replace two restaurants at the same time. It offers a double line so there is all equipment times two so they can serve dining and take out separately at the same time. When it is busy they open both lines and if slower can manage with one. The busiest time is supper times on Fridays and the weekends. The maximum time after the chicken has been cooked and if not sold is two hours or it is thrown out.

Continued

Congratulations
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New Mary Brown's Chicken for Thunder Bay!



December Feature - A special feature highlighting the new Mary Brown's Chicken at Arthur Street Marketplace!

New State of the Art Mary Brown's Chicken for Thunder Bay!

Continued

“ We want to give back to the community as a company and are a proud partner with the Boys and Girls Club of Thunder Bay. Also we are a sponsor of the Thunder Bay North Stars and the Kam River Walleyes hockey teams. We want to give back to the community.” noted Hayer.

It took almost a year and half to build the restaurant right from scratch and provided direct and in direct employment for Thunder Bay. When it was built many sub trades and suppliers were utilized according to Hayer.

Mary Brown's will do catering and are also ready for Christmas time for small



gatherings at the workplace or at home. They can have a feast ready for a group and deliver or cater as well.

Brown's and we are just looking for the right spot. If anyone has some location ideas for us let us know.” said Hayer.


“ Jagnoor has a plan to open another Mary Brown's Chicken on the north side of Thunder Bay to cover that area. The second location is already approved by Mary



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New Performance Kia Building at Innova Business Park Almost Complete!



November Feature - A special feature highlighting the new Performance Kia Building at Innova Business Park!

New Performance KIA Building Nears Completion!

BY SCOTT A. SUMNER
Thunder Bay BUSINESS

The exciting new state of the art new Performance Kia is in the final stages of completion after what has been a quite long journey.

The dealership is on 5 acres, with the total property being 11 acres, which won't be all used at the start. The building is 18,500 square feet with a 4 car drive through and 12 bay shop. KIA Canada had a plan and Performance Kia followed their plan. The building can display 6 cars inside



in the showroom. There will also be a spot in the showroom where you can deliver the car to a new customer in front of the office where everything is finalized.

Performance Kia is excited to have a



good facility for their staff to work in that they are proud of, as well as offering a great experience for their customers. They will have 266 parking spaces that are organized and can group cars well.

It will be fun to visit and see this brand new from the dirt up, state of the art, Performance Kia dealership when it is completed shortly!



Congratulations Tom Jones & Performance Kia on the new dealership building

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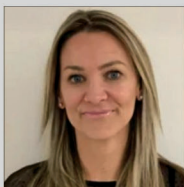
WWW.PERFORMANCEKIA.CA



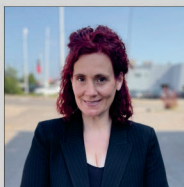
Kevin French
Dealer
Principal



John Kelly
Sales
Manager



Kathleen Adduono
Finance
Manager



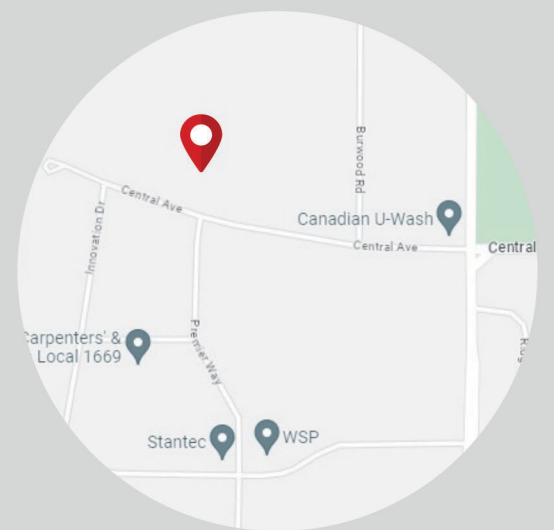
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\$1.65 million investment supporting research at Lakehead University Agricultural Research Station

The governments of Canada and Ontario are investing up to \$1.65 million over five years to support research programming, knowledge transfer and the operations and management of the Lakehead University Agricultural Research Station (LUARS). This multi-year funding through the Sustainable Canadian Agricultural Partnership (Sustainable CAP) will help improve the viability and yield of crops in Northern Ontario, develop and diversify the agricultural industry, and position it for continued growth.

“Supporting agricultural research and innovation is vitally important,” said the Honourable Lawrence MacAulay, federal Minister of Agriculture and Agri-Food. “This investment at the Lakehead University Agricultural Research Station underscores our shared commitment to advancing Northern Ontario’s agricultural sector, and

will help grow, and diversify, the province’s agricultural industry.”

“This \$1.65 million dollar investment will greatly benefit LUARS as it particularly focuses on enhancing the agricultural sector’s viability and growth in Northern Ontario. It supports research in critical areas such as soil health, environmental sustainability, and climate change, reflecting our government’s strong commitment to advancing agricultural science and innovation.” Said MP Marcus Powlowski.

The research will focus on areas such as best management practices for Northern agriculture, soil health, environmental sustainability, and climate change, as well as research and knowledge co-developed with Indigenous researchers and communities.

“Agriculture in the North is growing, and



the research at LUARS is becoming increasingly important as farmers expand their operations in the region,” said Lisa Thompson, Minister of Agriculture, Food and Rural Affairs. “By investing in agricultural research in the North, we are working

towards the goals of our Grow Ontario Strategy by promoting this province as a leader in agri-food technology and increasing production and consumption of locally grown food.”

“I am pleased to see the investment in the Lakehead Agricultural Research Station through the Sustainable Canadian Agricultural Partnership,” said Kevin Holland, MPP for Thunder Bay – Atikokan. “Our local farmers and consumers will benefit from the innovative and best practices developed specifically for Northern Ontario through this funding.”

QUICK FACTS • Supporting continued and targeted investments in science, research and innovation to address key challenges and



opportunities in the agriculture and food sector is among the priorities set for Sustainable CAP by the federal-provincial-territorial agricultural ministers in The Guelph Statement. • Lakehead University Agricultural Research Station (LUARS), located in the city of Thunder Bay in Northwestern Ontario, was founded by the Ontario Ministry of Agriculture, Food and Rural Affairs in 1991. • Funding for LUARS is being provided through the Agricultural Research Institute of Ontario (ARIO). • ARIO owns 14 research properties across Ontario. Research centres are an important platform for conducting agri-food research, which supports the competitiveness and sustainability of the agriculture and food sector

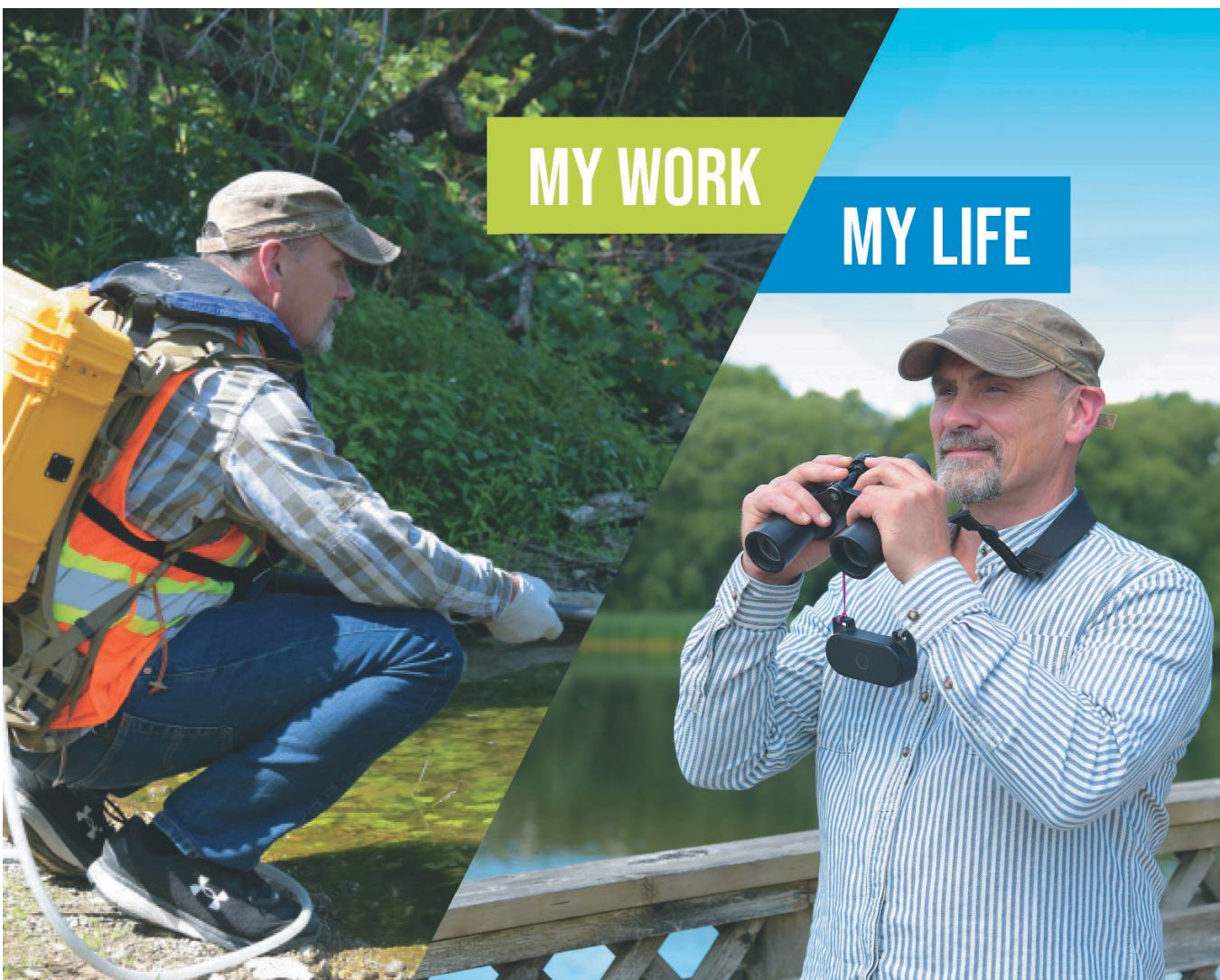
Gillian Siddall, President, Lakehead University

“ We have many partnerships with the economy, including agriculture, that we are talking about today. Mining is another good example. We have lots of activity between the university and various businesses.”

Kevin Holland, MPP

“ Northwestern Ontario can play an endless role in increased agricultural activity. The work that is being done here at Lakehead University is enhancing the opportunities in the agricultural sector moving forward. There is potential for the forestry sector to work with the agricultural sector to increase the uses of the land and make it better for growing. It is all about food security. This will also help with the far north communities agricultural activities.”

“ The farming economy here in NW Ontario is great. They have been able to enhance their yields as a result of the research that is being done.”



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Government of Canada investing nearly \$1.4 million in the building construction sector in Northwestern Ontario

BY SCOTT A. SUMNER
Thunder Bay BUSINESS

Federal funding will help support economic growth while addressing housing and industry demands

The Honourable Patty Hajdu, Minister of Indigenous Services, Minister responsible for FedNor, and Member of Parliament for Thunder Bay—Superior North, recently announced a FedNor investment of \$1,380,000 in Smart Modular Canada, a Thunder Bay-based business that designs, manufactures, ships, and installs modular buildings. FedNor’s investment will help Smart Modular Canada expand operations. Minister Hajdu was joined by Marcus Powlowski, Member of Parliament for Thunder Bay—Rainy River, in making the announcement.

This investment will support a quickly-growing business in a critical sector, and will foster continued economic growth in Northern Ontario by supporting other sectors in the region. This initiative will allow Smart Modular Canada to meet market demands, which includes addressing housing gaps in First Nations communities and infrastructure needs in natural resource sectors such as mining and forestry.

Smart Modular Canada also provides training programs that develop needed trade skills. The company has focused on youth in First Nation communities, offer-



ing training for the workers, as well as both mentoring and career opportunities in the construction industry.

This investment is anticipated to create 15 jobs and to triple production of modular homes while also reducing waste.

Quotes

“Investing in housing construction innovators like Smart Modular is key to building more affordable housing. This invest-

ment will help scale up a one-of-a-kind Northern Ontario business. On top of creating good-paying jobs in the region, it also provides concrete support to remote and Indigenous communities that have important housing needs.”

• The Honourable Patty Hajdu, Minister of Indigenous Services and Minister responsible for FedNor

“This is a fantastic investment: it’s going to create jobs and build our economy by growing a local business. It will also help address a serious need as many communi-

ties in Thunder Bay and the surrounding district struggle with affordable housing. Smart Modular Canada provides a unique service in Northern Ontario, and so supporting them means not only a chance to multiply successes but also to fill a gap.”

• Marcus Powlowski, Member of Parliament for Thunder Bay—Rainy River

Continued



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Government of Canada investing nearly \$1.4 million in the building construction sector in Northwestern Ontario

Continued

“We are proud to partner with FedNor in building Northern Ontario. This investment is going to help us to keep expanding, to create new, high-skill jobs, and to meet the housing needs of the region.”

- Bill Boulton, President of Smart Modular Canada

Quick facts

- Smart Modular Canada’s mission is to manufacture affordable, qual-

Ontario.

* Since 2015, FedNor has provided more than \$314 million in NODP funding to support 894 projects across Northern Ontario.

Patty Hajdu, MP

“ Smart Mod is an amazing local company that has integrated into the local economy and buys a lot of the product they are using to build their modular homes from local suppliers. Most importantly they are building housing solutions for First Nations communities, remote communities



Ontario. The whole idea of Federal investment is we put some money in but that money multiplies and creates jobs locally and won’t disappear.”

“ Having a better supply of housing is critical especially in smaller communities where it is harder to get local contractors to go to. We are trying to address the housing crisis as a government. Traditionally

Bill Boulton, Smart Modular Canada

“ These funds will really help us. We learned pretty quickly when we started three years ago that in order to get more houses out the door and with the quality we want, we needed to automate. Now we have C & C equipment in order to build our own cabinets in house, where before

ity homes and buildings they can be proud of.

- Smart Modular Canada is the only modular home manufacturing facility in Northwestern Ontario.

* Their facility, equipment, and technology, as well as their highly-skilled workers, allow them to provide high-quality housing builds year round and more efficiently compared to on-site constructed.

- The funds announced today are provided through FedNor’s Northern Ontario Development Program (NODP), through which FedNor invests in projects led by municipalities, First Nations, and other organizations and institutions that support community economic development, diversification, job creation and self-reliant communities in Northern

and can be transported even by ice road. We contribute to the First Nations communities to be able to help them purchase these homes.”

“ There is no one silver bullet to end the housing crisis either in the First Nations communities or off, but every little bit helps. This company has over 25 skilled people employed which helps our local economy. This is a win win situation.”

Marcus Powlowski, MP

“ This is a great industry for NW Ontario because we produce so much wood locally, so why not use the wood locally and not export those jobs to Southern Ontario or the US or somewhere else. The wood comes from either Atikokan or the local Resolute sawmill and other raw materials locally. This is a good advantage for NW



the province is most involved in housing but there has been times when the Federal government has been more involved as well.”

we had to buy them from out of the province. Also we are going to build more components and vertically integrate everything in the building so we don’t depend on outside sources which is very important.”

“We have 12 to 14 houses at a time going through the plant and try to get one out every 2 1/2 days out the other end. We want to double that. We design build and install modular buildings.

“Three years ago we opened this business with 6 people in a small section of this building. We got more and more orders and with in months took over the entire 76,000 square foot building. We have had great support along the way.”

“ When we get the automation in place by April, we will build the house in reverse of what we are doing now. The floor will be built first and it will move down the shop floor. The exterior walls will all be built separately including drywall etc. and then will be assembled with a crane system inside wall first, then outside and roof and then finish the inside. By having many of the components prefinished it will speed up the process.”

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December 2023

Electric Vehicle Technology Impressive!

BY SCOTT A. SUMNER
Great Outdoors

Recently I had the opportunity for the first time to test drive an all electric vehicle, a 2024 Chevrolet Blazer RS EV. We have



been hearing so much about the great transition to electric from fossil fuels. Very frequently we hear about massive new battery plants coming to Canada. Also the car dealerships are ramping up with charging stations, etc. I was fun to finally get to drive one.



Ty Alderdice is a Sales Associate at Badanai Motors, Thunder Bay and helped me with the test drive. He is an electric vehicle enthusiast and has a new Blazer RS EV on order!

It was a very unique feeling driving an electric vehicle- entirely different from gas- being so smooth with really quick immediate performance. "There's nothing like it. People aren't used to really no transmission, so no gears to shift through, it is just one continuous smooth transition. You can find yourself doing 120KPH quickly and go oh wow." said Ty.

To start the vehicle there is no key. You

have a key fob and when you walk up to the vehicle it recognizes the key fob is present. You open the door and as you sit in you press the brake and the vehicle will come to life and be ready to drive. There is an electronic column shifter you pull towards you and down and you will be in

drive. As soon as you put it into drive or reverse you will hear a music tone, present at under 30 km per hour. That is to let people behind or in front of you know that there is a vehicle present. This is because the vehicle really is silent. The sound is outside to help other people near the vehicle. Some car companies have a beeping sound but GM choose a more soothing music sound.

When you are driving the vehicle has regenerative braking to produce energy. You get used to using the many settings and ways to use power and gain power

back to extend range.

I really liked the smooth, quick, quiet power of the Blazer and how it performed. Sometimes you wonder how it will perform in -30 celsius weather in our region. Ty explained that GM uses a heat pump to run the HVAC system in the vehicle. This is opposed to some manufacturers that use an element system. The heat pump approach can mean you lose 20% of your range in the winter but lose up to 50% with an element system. Interesting fact. Electric vehicle batteries have come a long way since 2012 when Ty first sold

electric cars. Electric vehicles can cost more than a gas version today but remember you don't pay for gas or most maintenance so that is a good saving.

"We have this 2024 Chevrolet Blazer RS EV on site as a demo unit for the next 3 months. You can test drive it and if you like it put your name on one of the incoming units we have or place an order." said Ty Alderdice

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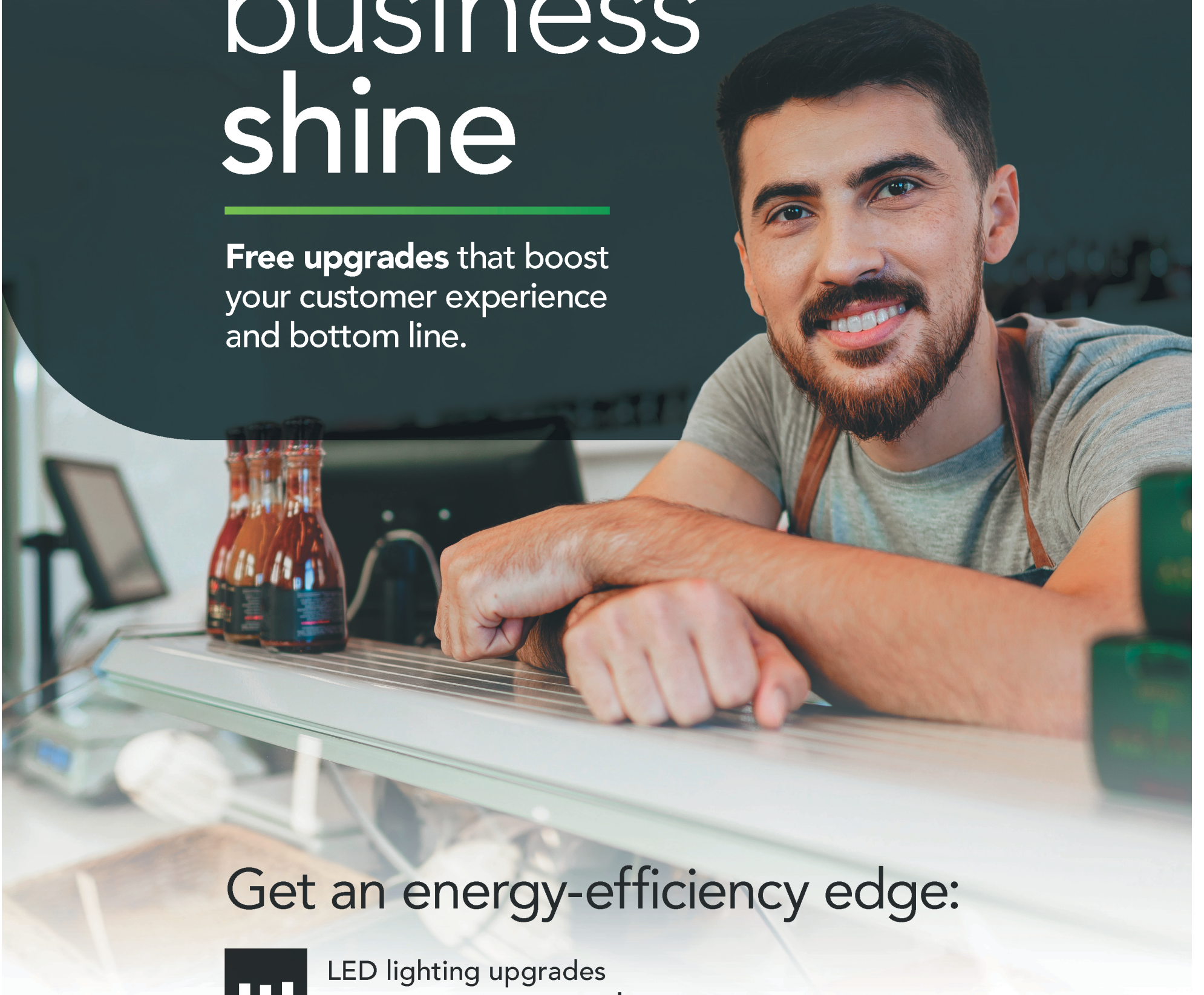
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