

NORTHWESTERN  
ONTARIO'S  
BUSINESS  
PUBLICATION  
SERVING OUR REGION  
SINCE 1984

# THUNDER BAY BUSINESS

www.ThunderBayBusiness.ca

November 2023

## Exciting New Performance KIA Building Almost Complete!



### INSIDE

Lakehead  
University  
researchers secure  
more than \$650,000  
in SSHRC grants

Short Legs:  
Functional vs  
Anatomical

HOW COURTS  
INTERPRET A  
CONTRACT

NorthSuperiorPublishing  
@tbay25 @Scott Sumner



Ontario will add \$7,738,000 to the  
Thunder Bay-Atikokan Region



Port of Thunder Bay  
Selects Chris Heikkinen  
as new CEO

## REMEMBRANCE DAY

Thank you to those who fought, and still fight today.

THUNDER BAY  
BUSINESS NORTH SUPERIOR  
PUBLISHING

November Feature - Remembrance Day: Remembering those who fought, and still do, to bring freedom to our country.

Publication Mail Reg. # 40050324

# Ontario will add \$7,738,000 to the Thunder Bay-Atikokan Region

As part of Your Health: A Plan for Connected and Convenient Care, the Ontario government is ensuring patients will continue to have access to high quality care in their community, by investing over \$1.18 billion this year to continue funding over 3,500 hospital beds across the province, including \$7,738,000 for 34 beds in Thunder Bay. "This transformative funding allocation from our government marks a pivotal moment for Thunder Bay's healthcare landscape. It represents a substantial leap forward, enabling a wider capacity of support and undoubtedly ushering in a new era of enhanced healthcare services, promising a brighter and healthier future for

our community." said Kevin Holland, MPP for Thunder Bay-Atikokan. Through this ongoing and permanent investment, Ontario is ensuring patients will continue to have access to over 3,500 acute, post-acute and critical beds across the province. This is another step the government is taking to improve access, expand capacity and decrease wait times, building a health care system that better serves patients both now and into the future.

"Our government continues to make critical investments in our hospitals and health care infrastructure to connect more Ontarians to high-quality convenient care," said Sylvia Jones,



Deputy Premier and Minister of Health. "This investment will ensure communities across the province have the beds they need to deliver high quality health care in their community now, and for years to come."

Ontario government has invested an additional \$8.8 billion in the hospital sector, adding over 3,500 acute, post-acute and critical care beds across the province.

The province continues to work with local hospital partners and Ontario Health to ensure communities have the hospital capacity they need to connect patients to care, close to home.

• Ontario's investments over the next 10 years will lead to nearly \$50 billion in health infrastructure across the province. • As of the end of 2022, Ontario approved 50 hospital development projects that will build more than 3,000 new hospital beds in communities across the province over the next 10 years

"This investment to expand our Hospital's capacity provides us more opportunities to better serve the acute care needs of our patients and their families across Northwestern Ontario. Permanent base funding will allow us to create needed changes that will improve the care experience for patients and families we serve." said Dr. Rhonda Crocker-Ellacott, President and CEO, TBRHSC

QUOTES "These investments enable us to more effectively manage surges by creating additional capacity in the health system. It is these types of funding initiatives that allow us to maintain a responsive, stable and integrated system of care across the province." - Matthew Anderson President and CEO of Ontario Health

QUICK FACTS • Since 2018, the

# Lowerys

Your local office products expert

- Office Supplies
- Office Furniture
- Office Interiors
- Canon/Konica Copier Sales and Service
- Computer Sales and Services
- Managed IT Services
- Janitorial Supplies & Break Room
- Print, Imaging and Graphic Design
- Kakabeka Crystal Water



**lowerys.com**

540 Central Ave. Thunder Bay, ON P7B 6B4 807.344.6666

398 Scott Street Fort Frances, ON P9A 1G9 807.274.2743

**Next Issue:**

**Thunder Bay Business Topic:**

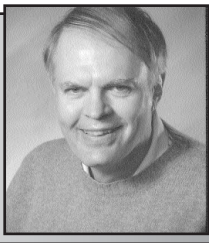
**Technology/Christmas**

**Ad Copy Deadline November 23rd**

**Contact Sylvia @807-629-7599**

**www.thunderbaybusiness.ca**

**Publisher's  
Note  
Scott  
Sumner**



# How About Some Aerobic Exercise

Basically your health is a central factor of how you feel each day. Besides your mind and how you think, it is the next most important area of life. We hear so often the phrase "If you don't have your health what do you have." This is an extremely true statement. You can have all the money you'd ever want but if your body is injured, or you constantly feel fatigued like a drained battery, it's impossible to find fun in life.

In past years, I've invested countless hours thinking, reading, and obtaining help with my own health. One can assemble a great team of health consultants to address basic requirements. There are many skilled professionals who can help you achieve optimal health. These can range from your family doctor, to personal trainers, to massage therapists, to certified dietician and to physiotherapists. The list can go on depending on your circumstances, but these five would form a great start for anyone.

The overriding fact I learned in health is

that even with all the help from people, there is only one person who can make a major difference in your personal health. YOU! You have to make it happen because no one will eat for you, or exercise for you or get the proper rest for you. They will assist you, but at the end of the day YOU! must do what has to be done.

Many years ago I had a physiotherapist design a fitness program for me. He not only prescribed a personal exercise plan, but actually attended each session for 12 times to help me form the habit of wanting to do it. Fitness training always requires numerous sessions before the benefits and the results become measurable, and only then do you become self motivated to want to go yourself. Remember YOU are the only one who can exercise your body. A personal trainer can encourage but you control you muscles.

Cardiovascular training occurs when your heart activity level gets into the TRAINING ZONE. What's that you ask? Its when your heart beats fast enough to make it as a muscle improve. At rest our heart doesn't have to work to it's full capacity. In

essence it can coast, and when it coasts it doesn't improve. If you are doing something more strenuous your heart will pump harder, resulting in a capacity gain and a strength gain. You can tell whether you in the training zone by subtracting your age from 220 and then taking 60- 75 % of the level. Next measure your heart beats to determine whether your heart beat is in your training zone. For example, if you are 40 years old subtract 220 - 40 = 180. Take 60 to 75 of this or 108 to 135. Take your pulse at your wrist and measure the number of beats in 10 seconds and multiply by 6. If you count 20 x 6 or 120 you know you are in the training zone, and are getting great benefits for your heart and lungs. You are using 67% of your heart's capacity.

So how do you get your heart rate up? Basically you have to get moving. My favorite exercise has always been the Stairmaster. This program simulates stair climbing which you can make easier or harder depending on the resistance level on the machine. Also, the time duration is important. Standard thinking suggests that

getting you heart beat elevated for at least 20 minutes for three times per week is a minimal level for cardio vascular fitness. My feel is if you could aim for 30 minutes, 4 times per week all the better. However, every person is different, and your current level of fitness has a big impact on this.

Other forms of cardiovascular activity includes the tread mill which allows you to walk inside, the stationary bike, the skiing machine, and an endless variety of other physical enhancement machines. The outdoors should also be an option. Brisk walking, running, bicycling and so on are great. You must remember to get into the TRAINING ZONE. So check you heart rate before you start, as well as during your fitness activity. A cardiovascular activity level coupled with good diet will balance your body to its desired weight. Your body wants to be efficient and not carry extra fat or weight. This type of activity will let it operate the way it should and YOU WILL FEEL BETTER!

[www.scottsumner.com](http://www.scottsumner.com)

## Short Legs: Functional vs Anatomical

Quite often, during the initial consultation in our office, patients will tell me that another health practitioner has told them they have a short leg. What does that mean? Is there anything you can do about it? Should you do anything about it?

Having a short leg or more accurately a leg length inequality (LLI) can be either an anatomical issue or a functional one. Anatomically our legs should be the same length. This means all the leg bones and joints should be more or less symmetrical. An anatomically short leg may be a result of fractures, unequal hip or knee angles (which could be caused during birth or during early development), hip or knee surgeries, congenital malformations, or trauma. Various measuring techniques can be employed, some more accurate than others. My clinical estimation is that only

about one in ten leg length differences are of anatomical origin. The vast majority of LLI are due to functional changes. The most common reason being injuries and compensation movements of the pelvis and lower back. A fallen foot arch or inverted ankle could also cause one leg to appear shorter than the other while standing. Functional LLI is best assessed first with the patient prone (lying face down) and then with standing postural observation. The scientific literature states that up to a 4 mm difference is acceptable while other references suggest as high as 10 mm to be



a normal variant. My professional opinion is that even at a 4mm LLI, some form of functional compensation will show up along the pelvis and spine. Everything is connected and you can't change one part of the body without affecting the other parts.

So, is there anything you can do about LLI? Absolutely. But first you must be properly assessed by a health professional who has expertise in spinal and body mechanics. This would include all chiropractors as well as some physiotherapists and medical specialists. What is the primary cause and what are the secondary compensations? Depending on the diagnosis you may need some form of therapy on the spine, pelvis, hips, knees, ankles, feet or all the above. Therapies could include spinal manipulation (adjustments), exercises, ergonomic education, soft tissue therapy, or custom-made foot orthotics (insoles).

Once you are assessed and it is obvious that there is a LLI, the question then becomes what are the goals of any therapy. Is it to reduce the LLI? Is it to increase the function of the involved structures? How well has the body adapted to the

LLI? Heel lifts or foot insoles with an attached heel lift on the short leg side are quite popular. However, adding any type of heel lift to an insole should only be prescribed by a health practitioner who assesses the entire body's mechanics i.e., chiropractors, some physiotherapists, or medical specialists. Far too often I have seen heel lifts unnecessarily added to a foot orthotic which cause all kinds of problems for the patient. Adding a heel lift to a functional short leg is one sure way of keeping the pelvis and lumbar spine misaligned permanently. That is not what you want. A more thoughtful approach would be to strengthen and promote whole body function and movement. Custom made foot orthotics can be an effective complement to the other therapies. But before adding any type of heel lift, the body should have reached its maximum improvement regarding leg length inequality.

Are short legs real? Yes. The key is to understand the difference between functional and anatomical short legs and what to do about them.

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](http://www.portarthurchiropractic.com)

### THUNDER BAY BUSINESS

[www.thunderbaybusiness.ca](http://www.thunderbaybusiness.ca)

**PRESIDENT  
Scott A. Sumner**

**AD DESIGNER  
Miranda van den Berg**

**ADVERTISING  
INFORMATION  
Sylvia Gomez:  
(807) 629-7599**

**Office:  
(807) 623-2348**

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

Contents of this publication are protected by copyright. Reproduction of this in any form is strictly prohibited. While due care and diligence is used in proofreading advertising copy for accuracy, the publisher and advertiser are not responsible for misprints, mistakes or typographical errors.

### HOLLYWOOD HAIRSTYLING

**Your Family's  
ONE-STOP  
for Complete Service!**

**Located in  
Victoriaville Mall  
(807) 623-4435**

Tuesday to Friday 9am to 5:30pm  
Saturday 9am to 5pm  
Sunday & Monday CLOSED

[sencia.ca](http://sencia.ca)

We can assist you with every single element of your website. Contact us to learn more.

**WE GOT YOU  
LOCALLY COVERED**

|                     |                     |
|---------------------|---------------------|
| Website Design      | Website Development |
| Marketing Solutions | Website Hosting     |

**Sencia**  
Corporate Web Solutions  
807.768.6603  
[info@sencia.ca](mailto:info@sencia.ca)

**PORT ARTHUR  
CHIROPRACTIC  
CENTRE**

**345-9700**    [portarthurchiropractic.com](http://portarthurchiropractic.com)

Dr. James DiGiuseppe • CHIROPRACTOR  
**GROW STRONG • STAY YOUNG**

# REMEMBRANCE DAY

Thank you to those who fought, and still fight today.

THUNDER BAY  
**BUSINESS**

NORTH SUPERIOR  
PUBLISHING

November Feature - Remembrance Day: Remembering those who fought, and still do, to bring freedom to our country.

## Pause to Remember

By Sherry Hanes

It is not much to ask for when you come to think of it. 'Pause to Remember'? Take a moment or give a moment. But please have one clear thought for true appreciation for the freedoms and liberties that we all enjoy today in our great nation!

Canada is known to be one of the most beautiful and peaceful countries in the world but, when called to defend and fight for the right for freedom...fight for the oppressed, fight for justice and liberation for those held in political captivity and are murdered and tortured, Canadians from all ethnicities, answer, as they always do, to the desperate call!

The horrific wars that were fought in the past and the gruesome conflicts that are still being fought around the world today, are too much for anyone to imagine. Canada and other nations try to intervene and try to bring peace, or enforce it, if you really must know.

Their days and night are filled with danger and uncertainty. Any second could be their last!

Try to imagine yourself being the victim of political ethnic cleansing, brutality, torture, murder of your families right before your eyes...rape, extortion, public beatings, abductions? Must I go on?

On this Remembrance Day, take the time to be grateful! Take the time to honour the fallen and the veterans who remain, and honour their families too, for they have also made great sacrifices, missing their loved ones and having them return home broken and misunderstood or...or not at all! Thank them for all man-kind. Thank them because they gave something we couldn't and didn't have to...their lives, their time, their freedom, their health, their limbs! Thank them because without them, you would not be standing here today...Thanking them!

It is not much to ask for, one moment of

silence, or just an expression of gratitude, for even just one moment...just think how it might be if you were there yourself? ... where they ARE or WERE?


Please remember the message in the poem 'In Flanders Fields' by Lieutenant Colonel John McCrea:

In Flanders fields the poppies blow  
Between the crosses, row on row,  
That mark our place; and in the sky  
The larks, still bravely singing, fly  
Scarce heard amid the guns below.

We are the Dead. Short days ago  
We lived, felt dawn, saw sunset glow,  
Loved and were loved, and now we lie  
In Flanders fields.

Take up our quarrel with the foe:  
To you from failing hands we throw  
The torch; be yours to hold it high.  
If ye break faith with us who die  
We shall not sleep, though poppies grow  
In Flanders fields.

We thank you for standing up and giving your best hearts' salute to all who gave theirs, when they made the decision to defend.



**On Remembrance Day & everyday, We thank, honour, and remember. Your service and sacrifice will not be forgotten.**

**HON. PATTY HAJDU**  
Member of Parliament  
Thunder Bay - Superior North

705 RED RIVER RD, THUNDER BAY, ON, P7B 1J3  
patty.hajdu@parl.gc.ca | @PATTYHAJDU  
(807) 766-2090 / 1-888-266-8004



**Balloon Stylings**

*Celebrate Anything, Anywhere, Effortlessly*

**Holiday Balloon Decor**

Selfie Backdrop // Elf Arrival Balloon // Columns  
Centerpieces // Christmas Trees // Pop Me Presents  
Balloon Colouring // Character Appearances


**Come visit us for some fun activities at the Westfort Wonderland December 7th!**

*Thank you to our veterans, serving members & families for your sacrifice!*

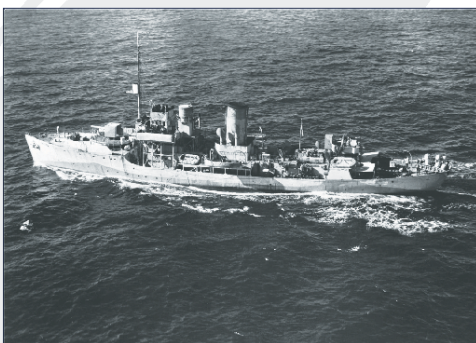


**112 E. Frederica Street, Westfort Village**  
807-622-8661 // Contact@BalloonStylings.ca

Visit us online at **BalloonStylings.ca**




**PORT OF THUNDER BAY**  
THE SUPERIOR WAY WEST




*Built at Port Arthur Shipbuilding Company from 1940-1941, the HMCS Oakville was a "corvette" class warship built to act as an escort in the Second World War.*

*On August 27, 1942 an American Seaplane accompanying the Oakville and her convoy spotted German U-Boat 94 preparing to attack. The plane subsequently dropped many depth charges and a flare to mark the spot. The HMCS Oakville, acting quickly upon the identified ship, headed full speed towards U-94 dropping depth charges of her own along the way. Forced to surface, U-94 prepared to attack but the crew of the Oakville was quicker. The HMCS Oakville rammed the U-Boat 3 times.*



**Brave Canadian Naval Officers led a boarding party of 11 sailors onto the sinking ship. 26 members of U-94's crew were rescued by the Oakville that night, with the last officer of the Oakville jumping safely back on board just as the tip of U-94 plunged to the bottom of the ocean.**




**MEN of VALOR**  
*They fight for you*

*Two-man boarding party from the Canadian corvette 'Oakville' subdues crew of German sub in Caribbean*  
Poster by: Hubart Rogurs

*To the naval officers and countless other Canadians whose bravery ensured our freedom...*

*We will remember you*



*Lest We Forget*

# REMEMBRANCE DAY

Thank you to those who fought, and still fight today.

THUNDER BAY  
**BUSINESS**

NORTH SUPERIOR  
PUBLISHING

November Feature - Remembrance Day: Remembering those who fought, and still do, to bring freedom to our country.

## Fort William Sea Cadets at the Remembrance Day Ceremonies

Fort William Sea Cadets often serve as sentries and escorts during Remembrance Day ceremonies at the Fort William Gardens every year. Standing as a sentry is a demanding task but it's not one that's assigned to the cadets by unit staff. It's an opportunity the cadets selflessly volunteer to take on. They have to stand still for the ceremony in one position, the cadets can't fidget or stretch.

the veterans who sacrificed their lives for us and to show others the spirit and the discipline cadets have in performing such duties. "I can't call it fun but I like being up there," said PO1 Nina Jagger, who has been a sea cadet at 309 Fort William for four years. "I did it last year and I am doing it again. I see it as an example of what a cadet should strive to be like up there, showing yourself



They have to remain virtually motionless and quiet.

For the cadets, they do it not for glory, merits, promotions or accolades. They're not expecting any of them. They do it to honour

to the rest of the corps and everyone else. It's almost my way of honouring the veterans and what they've done for all of the world."

PO1 Mya Steadwell, who has been a sea



cadet for six years, experienced being a sentry the previous years. "It's a good way to give back for the veterans in the community," said PO1 Steadwell. "It's also a good symbolism and it's good to be out there and just represent the sea cadet program as a whole. It's really a small way of thanking the veterans that fought in the wars for our freedom. It is a demanding assignment but it's all for a good cause."

To prepare for such a demanding assignment, the cadets indicated there is no real training regiment. Nina explained that it's all about mental and physical discipline.

"Physically it's all about leg and foot strength so you don't like tip over," said PO1 Jagger. "But you also have to entertain yourself mentally so you're actually awake and don't faint."

The sea cadet program runs from September until June and they parade out of Pope John Paul school every Wednesday. Visit their website for more information.

## KEVIN HOLLAND

MPP – Thunder Bay-Atikokan

# Lest We Forget

On this Remembrance Day, we stand together as a nation to remember and honour our Canadian heroes who served with unwavering courage.

[kevinhollandmpp.ca](http://kevinhollandmpp.ca)

# Lest we Forget

## LISE VAUGEOIS

MPP THUNDER BAY—SUPERIOR NORTH

Q 272 Park Ave, Thunder Bay

T 807-345-3647

E [lvaugois-co@ndp.on.ca](mailto:lvaugois-co@ndp.on.ca)

## Marcus Powlowski

MEMBER OF PARLIAMENT  
THUNDER BAY-RAINY RIVER

# Lest We Forget

Let us remember all who served and sacrificed for Canada.

905 Victoria Avenue East, 2nd Floor, Thunder Bay | 807-625-1160

[Marcus.Powlowski@parl.gc.ca](mailto:Marcus.Powlowski@parl.gc.ca) | [@MPowlowski](https://www.facebook.com/MPowlowski)

## Thank you

# HEROES OF HONOUR

11.11.23

\*\*\*\*\*

## Applebee's

**Veterans and Active Canadian Forces Personnel**

*enjoy a*

# Free Applebee's Signature Entrée

## Real Heroes DESERVE A Real Meal

\*Available during business hours on November 11, 2022 at participating Applebee's only. Dine-in from limited menu only. Beverages and gratuity not included. Veterans and active Canadian Forces personnel simply show proof of service. Visit [www.applebeescanada.com](http://www.applebeescanada.com) for list of acceptable proof.

applebeescanada.com © 2022 Applebee's International

# HOW COURTS INTERPRET A CONTRACT

©2023 Brian Babcock

If you are in business, you likely have contracts ranging from leases to employment agreements. So, understanding how courts interpret them is important.

The Ontario Court of Appeal recently summarized how courts interpret contracts:

- Contractual interpretation is about the “objective intentions of the parties as expressed in the words of the contract”.
- This “fact-specific goal” requires a court to “read the contract as a whole, giving the words used their ordinary and grammatical meaning, consistent with the surrounding circumstances known to the parties at the time of formation of the contract”.
- When a contract is read as a whole, it should be interpreted “in a

manner that gives meaning to all of its terms and avoids an interpretation that would render one or more of its terms ineffective”.



## Legal Matters

- The interpretation should reflect the factual matrix underlying the contract and accord with sound commercial principles and good business sense, while avoiding commercially absurd interpretations.
- However, “the [surrounding circumstances] should never be allowed to overwhelm the words of [the agreement”.

• If ambiguity in contract terms still remains after the above principles are applied, the rule of contra proferentem can be applied. Its role is to give effect to an ambiguous clause by preferring the reasonable interpretation that favours the party that did not have control over its drafting.

Let’s talk about those more closely.

Most clients arrive in their lawyer’s office with a clear idea what they wish the contract means – this is “subjective” intention”, not the joint or “objective” intention shared by both parties. The proper question is not “What would you have wished the contract had stated about this mess you find yourselves in?” but rather “If both parties had sat down with these facts in mind, at the beginning of the contract,

what would they have agreed to?”

Reading the contract as a whole is what is known as “purposive” interpretation. Interpretation used to focus on individual words and phrases in isolation. Modern interpretation looks at the whole picture. This goes with the principle of avoiding “commercial absurdity”.

The dispute sometimes comes down to “whose wording is this?” particularly in cases involving standard form contracts or other agreements where the other party is told to “take it or leave it”.

Whether oral or written, interpreting contracts is an art. Lawyers such as my colleagues at Weilers LLP are trained in this skill and ready to help you.

# First Poppy 2023 presented to Canada’s Governor General

Her Excellency the Right Honourable Mary Simon receives ceremonial Poppy

The Royal Canadian Legion presented

the First Poppy of the 2023 National Poppy Campaign today, to Her Excellency the Right Honourable Mary Simon, Governor General and Commander-in-Chief of Canada. The Legion’s Dominion President, Bruce

Julian, pinned the Poppy during the ceremonial event at Rideau Hall in Ottawa.

“Each year, we are honoured by our Governor General’s gracious support

in wearing the First Poppy,” he shares. “Her acceptance reflects this symbol’s importance in Canada, as a means of visually recognizing and thanking our fallen Veterans.”

As viceregal patron of The Royal Canadian Legion, the Governor General shared some remarks, pinned poppies on Veterans and guests, and exchanged a few words with them.

Legion Grand President Vice Admiral (Ret’d) Larry Murray also greeted guests and spoke of the importance of the Legion’s First Poppy presentation during his remarks.

“Indeed, Remembrance, as symbolized by the Poppy, remains our eternal recognition of the service and sacrifice of all the women and men who protect our freedoms,” he said.

As part of the First Poppy presentation event, Rideau Hall displayed an image of the Legion’s “Poppy Stories” which highlights new stories about Veterans from peacekeeping missions this year. It is the second year for this initiative, which allows people to use a smart phone to scan their lapel Poppy to read the personal story of a Canadian Veteran.

The Poppy is Canada’s symbol of Remembrance for fallen military and RCMP Veterans. It reflects the country’s ongoing thankfulness for their sacrifices and its image is a central part of the National Poppy Campaign. Funds donated locally during the campaign are distributed locally, to help support Veterans and their families, communities, and to promote Remembrance.

The Legion’s National Poppy Campaign launches annually on the last Friday in October and will begin on October 27 this year.

## THUNDER BAY BUSINESS

| 2023 DEADLINE / PRINTING / DISTRIBUTION DATES |                                |                             |                   |                        |
|---|--------------------------------|-----------------------------|-------------------|------------------------|
| Issue   | Ad Copy Deadline<br>4PM Friday | Printing Deadline<br>Friday | Distribution Date | Topic                  |
| February                                      | January 23                     | January 27                  | February 1        | Financial/Legal        |
| March   | February 20                    | February 24                 | March 1           | Forestry/Mining        |
| April   | March 27                       | March 31                    | April 4           | Transport              |
| May   | April 24                       | April 28                    | May 2             | Construction           |
| June  | May 22                         | May 26                      | June 1            | Report On Thunder Bay  |
| July  | June 26                        | June 30                     | July 4            | Manufacturing          |
| August  | July 24                        | July 28                     | Aug 3             | Environment            |
| September                                     | August 28                      | August 31                   | September 2       | Education              |
| October                                       | September 25                   | September 29                | October 3         | Aboriginal             |
| November                                      | October 23                     | October 27                  | November 2        | Health/Remembrance Day |
| December                                      | November 27                    | November 30                 | December 2        | Technology/Christmas   |
| January                                       | December 19                    | December 22                 | January 4         | Fitness                |

### ARTWORK SUBMISSION

Please note North Superior Publishing uses a Mac operating system featuring Quark Express, Adobe InDesign and Photoshop.

Artwork can be submitted for publication as PDF, JPG or TIFF files. PDF is best.

North Superior Publishing features an on staff Graphic Designer available to customize and build your ad.

Please provide your images, logo and original copy allowing for 2-3 business days for ad design and proof to be provided.

Inserts are also available upon request. Please contact us for more information.

RESERVE YOUR AD PLACEMENT BY CALLING (807) 629-7599

### RESERVE YOUR AD PLACEMENT BY CALLING (807) 629-7599

Scott A. Sumner, Publisher and Editor  
Sherry Aalto, Feature Writer Miranda Bolt, Ad Designer

### Advertising Information

Sylvia Gomez, Marketing / Sales Manager - 807-629-7599  
sylvia@northsuperiorpublishing.com



### NORTH SUPERIOR PUBLISHING INC.

2506-2260 Sleeping Giant Parkway, Thunder Bay, ON P7A 0E7 tel: (807) 623-2348 fax: (807) 623-7515 email: nspinc@tbaytel.net

# 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!

## Exciting New Performance KIA Building Almost Complete

BY SCOTT A. SUMNER  
*Thunder Bay BUSINESS*

We had the opportunity to sit down with Kevin French, Dealer Principal Performance KIA to talk about their impressive new, state of the art, from the ground up building in Thunder Bay's Innova Park.

**1. You have had a fairly long history at the dealership yourself Kevin. Can you give us some of your background?**

"I'm originally from Emo, Ontario but left as a child and grew up in Thunder Bay. I've been in the car business for 23 years and have worked at the local Kia dealership since 2000. Prior to this I was briefly in the office supply business through an old hockey coach connection. I played some competitive hockey in Saskatchewan and North Dakota."

**2. Can you give me some history on the KIA dealership in Thunder Bay? When did it open and I understand there was a previous ownership? The store has been very successful in Thunder Bay since the beginning?**

"KIA came to Thunder Bay in late 2000 with Bruno Niederer and I jumped on board in 2001. It began in the current location we have been operating in with the front lot only. I only missed being here for 3 to 4 months of the beginning of the dealership."

"KIA in Thunder Bay was one of the first 10 to 20 stores in Canada, a very early store. They were in the US in 1993 and worldwide even prior to that and are a Korean company. The cars are now mostly manufactured in Georgia, USA and Mexico, due to their market share in North America, with a few coming from Korea. If car companies have good market share in a country it is important to have a manufacturing plant in the country as well to save on shipping costs etc."

"KIA has come along way over the years. When I started we were a 2 car company and may have had 4 of them on the lot. At the start, because KIA wasn't in North America, they built for Ford and branded as Ford. You start with basic cars and then get more elaborate."

"Performance KIA got larger quickly so the lot behind us here was pur-



*Kevin French, Dealer Principal Performance KIA*

chased. As we got more customers for service type reasons, we needed more bays so we rented some bays next door from Nissan. As sales volume and inventory grew we acquired a compound to store cars and then Midas built next door. They bought the Midas building and we moved there next. Bruno retired in 2017 and I became dealer principal, not owning the land or building.

**3. The KIA dealership is soon moving into a brand new state of the art facility. This is a major accomplishment and I'm sure has taken great**

**planning and effort to accomplish. Tell me about the process and steps along the way? What was involved in this build including the time frame involved, contractor, sub**

**trades and their work? Continued**

# WOLF FROM

## ENGINEERING LTD

---

WWW.WOLF FROM ENG.COM

## Congratulations Performance Kia on your new building

Strength in People.

Built on Experience.

---

tomjonescorp.com

- Industrial
- Concrete Structures
- Commercial
- Pile Driving
- Institutional
- Bridges
- Design Build
- Saw Cutting & Coring



P.O. Box 10662, Thunder Bay, ON P7B 6V1  
 Fax: 807.344.1723  
 Phone: 807.345.0511



# 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!

## Exciting New Performance KIA Building Almost Complete

**Continued**

“ We decided to build a brand new dealership and are one of the first KIA buildings brand new from the dirt up in Canada. At that time KIA changed their logo from red to black and silver and no one had built a brand new store with this new image. There was a bit of down time until they told me what we could build and what is was going to look like. Then steel was back ordered nearly a year which delayed the project a good year and half. The project from when the land was purchased to the finish line will be about 3 years.”

**4. The new KIA facility looks beautiful! How has it changed from the previous location? What are some of the unique changes that have been made?**

“The building will be on 5 acres, with our total property being 11 acres which

we won't use all of at the start. The building is 18,500 square feet with a 4 car drive through and 12 bay shop. KIA Canada has a plan and all we can do is follow their plan. We can display 6 cars inside in the showroom. There will also be a spot in the showroom where we can deliver the car to a new customer in front of the office where everything is finalized.”

“Covid, inflation, shortage of workers, high interest rates and supply and demand has driven the price of the building up. The dealership is nearing \$10 million in cost. We are excited to have a good facility for our staff to work in that they are proud of as well as offering a great experience for our customers. We will have 266 parking spaces that are organized and we can group cars well.”

“ We can get some support on the signage from KIA because of the new logo imaging. The new logo is new

and fresh and reflects change from the start in Canada 23 years ago representing quality. KIA is now near the top of quality.”



new cars and less trade ins. When people come to the lot and there are no new cars they are fighting over the used. Now most cars are presold. We

“We have 19 staff currently based on our facility and inventory. We can expand when we get to the new building and have more inventory.”

**5. It has been quite a journey getting to the finish line with the new building?**

“The building project has taken about 1 1/2 years longer than expected but it could have been worse. We haven't been getting the inventory we are used to getting, and have a back log of sold cars. For the last year every single car we get is pre sold. In the past you would always have a large inventory on site.”

“ Used cars are also harder to come by today because there is a shortage of

do have a good base of KIA customers in Thunder Bay to draw from. Late 2024 should have improvement in the numbers of cars on the lot.”

“ We look at the real estate as a long term investment, you don't look at it as overnight- we call it for the kids. Most of the dealers in Thunder Bay are second and third generation businesses and somewhere along the line somebody had to do what I have done today. We are a first generation business.”

“ Tom Jones has been doing a good job. In Thunder Bay projects like the jail have created a demand for trades people and we don't have enough here I think.”

**Continued**

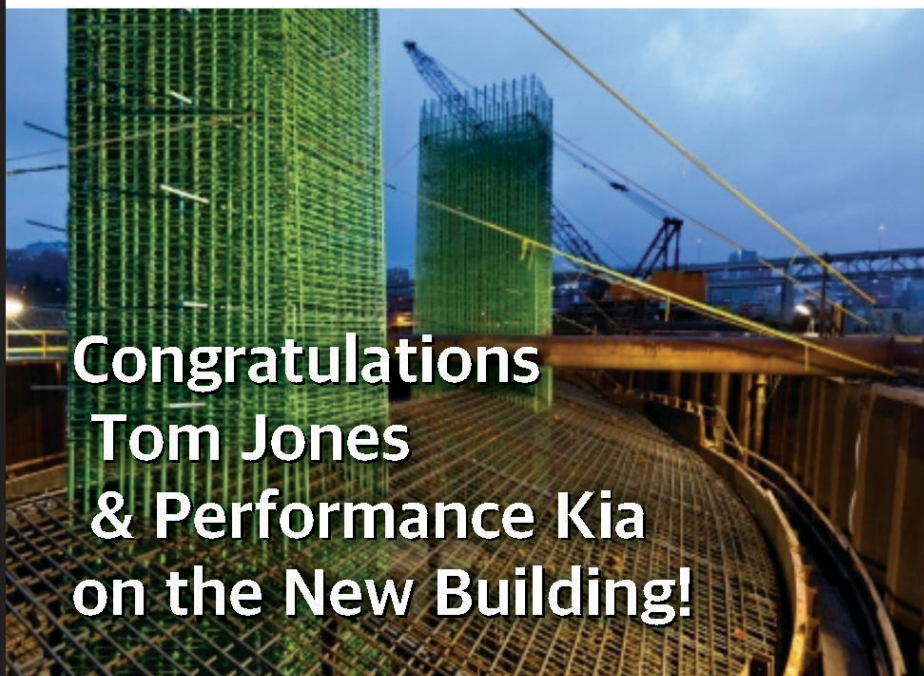
**NUCOR®**

**HARRIS REBAR**

REBAR (BLACK | STAINLESS | EPOXY COATED | FIBERGLASS)

FABRICATION • INSTALLATION • DETAILING

WIRE MESH • BAR SUPPORTS • MECHANICAL COUPLERS



**Congratulations Tom Jones & Performance Kia on the New Building!**

**807-345-2543**

120 Main Street, Harbour Park  
Thunder Bay ON P7B 6S4

thunderbay@harrisrebar.com

| harrisrebar.com



**JONES**  
ACOUSTICS • DRYWALL • PAINTING  
1122 Waterford St, Thunder Bay, ON

**40 YEARS. 4000+ PROJECTS.**

Quality fit and finishes today are an investment for tomorrow.

We specialize in acoustics & soundproofing needs, premier drywall installation/finishing, and painting including interior (floor, ceiling, office) & specialty coatings. Contact us today for inquiries on your project!

**Congratulations to Performance KIA on the new building!**

office@mfjones.com  
www.mfjones.com  
Contact Us for a Quote:  
**(807) 623-4831**



# 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!

## Exciting New Performance KIA Building Almost Complete

Continued

6. KIA has made great strides with their product offerings. Tell us about the progress including new electric vehicles from KIA?

“KIA has put a lot of emphasis on electric vehicles. We are fully embracing electric vehicles. One of our sales representatives, Mandy drives one, my finance manager drives one now and my wife and I just ordered one, its coming. We are fully embracing it with the new dealership with an EV island charging stations, as well as inside. By 2025 KIA will have over half of the lineup being totally electric.”

7. When do you plan on being fully operational at the new location?

“We get the keys to the service centre November 15th and will be fully out of our temporary location by November



30th. We will pave the lot and landscape next June.”

“It’s going to be exciting in the new building for all of us and I hope for our customers as well.”



Architectural Hardware • Automatic Door Operators  
 Access Control Systems • Operable Walls • Wall Protection  
 Hollow Metal/ Wood Doors & Frames • Glass  
 Lockers & Miscellaneous Specialties • Aluminum • Locksmithing  
 Toilet Partitions & Washroom Accessories • Installation & Service

(807) 345-9562 • 425 11TH AVE.  
 ESTIMATES-THUNDERBAY@ALLMAR.COM

Proud Partner  Tom Jones CORPORATION

WINNIPEG • SASKATOON • REGINA • VANCOUVER • KELOWNA • EDMONTON • CALGARY  
 RED DEER • MEDICINE HAT • THUNDER BAY • OTTAWA • TORONTO

[WWW.ALLMAR.COM/CONTACT/](http://WWW.ALLMAR.COM/CONTACT/)



**NORTH-WEST ELECTRIC**

545 Central Avenue Thunder Bay, ON P7B 5R5

*Congratulations  
 Tom Jones & Performance Kia  
 on the New Building!*

**FOR ALL YOUR ELECTRICAL REQUIREMENTS**

**(807)345-7475**

# 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!

## Kia Accelerates Popularization of EVs with Reveal of EV5 and Two Concept Models at Kia EV Day!

Kia Corporation has recently unveiled three new small- to medium-sized electric models at the brand's annual Kia EV Day in Korea, reaffirming its ambitious global strategy to lead and accelerate the 'EV revolution'.

During the event, the brand presented its vision of 'EVs for all' and strategy to expand its EV model line-up significantly and rapidly. Having successfully established itself as an electric vehicle brand with the launch of the EV6 and EV9, it has illustrated how it is now broadening its model line-up further with three new small- to medium-sized electric models that offer more people greater options and access to EVs.

The presentation featured the debut of the EV5, a compact electric SUV for millennial

families, as well as the introduction of two concept models. The Kia Concept EV3 aims to deliver the Kia EV9's benefits in a compact SUV, while the Kia Concept EV4 reimagines electric sedans with a striking design. In addition to unveiling the lineup, the event showcased Kia's EV strategy, aimed at improving customer convenience, reliability, and addressing common concerns, including charging infrastructure.

"Kia is keenly focused on providing solutions to the concerns that continue to cause hesitation when it comes to making an EV purchase. We will meet customer expectations by offering a full line-up of EVs at various price points and improve charging infrastructure availability," Ho Sung Song, President and CEO, said.



Performance Kia sales representative Mandy at the CLE electric vehicle show

"As a sustainable mobility solutions provider, Kia's transition to electric vehicles is a must, not an option. By developing advanced EV technology, bold design, and

intuitive services, and applying them to our entire EV line-up, our ultimate aim is to provide Kia's unique value to as many people as possible. The acceleration towards electrification begins now."

The brand has also unveiled plans to improve various customer experience offerings. This includes streamlining different functions into a user-friendly smartphone application, introducing new services at their physical locations, and providing customers with in-vehicle artificial intelligence (AI) services.

"Kia aims to provide sustainable mobility solutions and fulfill the needs of our customers by eliminating perceived difficulties. We want to make the entire customer journey, from digital to offline to in-vehicle interactions, as effortless and enjoyable as possible. This includes the stages of pre-purchase, purchase and post-purchase," Charles Ryu, Head of Brand and Customer Experience Division, said.

"We will continue to fulfill the needs of our customers through new digital platforms and technologies so that we can keep finding better ways to move forward. Because at the core of Kia's DNA lies our promise to offer more advanced sustainable mobility solutions that improve people's lives."

The brand's goal is to achieve an annual sales target of one million electric vehicles by 2026 and increase it to 1.6 million units per year by 2030, driven by the products and initiatives revealed.

**We are proud to be part of another fantastic build by Tom Jones. Congratulations!**

38 Haniak Road, Rosslyn Road, ON  
[www.LakeheadIronworks.com](http://www.LakeheadIronworks.com)



**THE SPRAY FOAM ADVANTAGE**

- Better Value
- Better Sound Insulation
- Lower energy Bills
- A Healthier Environment

**683-FOAM 3626**  
**THUNDER BAY INSULATIONS**  
EST. 1979

*It was a great pleasure to be a part of the Performance KIA building.*  
*Best wishes for your future success.*

FIRST FOR FIRE, LIFE SAFETY & SECURITY

1124 Waterford St.  
 Thunder Bay, ON P7B 5R1  
 P. (807) 623-1214 TF. 1-888-623-1214  
[info@vipond.ca](mailto:info@vipond.ca)

*Dedicated to building SAFE & SECURE communities.*  
**Congratulations Performance KIA!**

[www.vipond.ca](http://www.vipond.ca)

# Thunder Bay and Area Business Confidence Index Fall 2023

## 2023 BUSINESS CONFIDENCE INDEX HIGHLIGHTS BUSINESS LEVEL INDICATORS

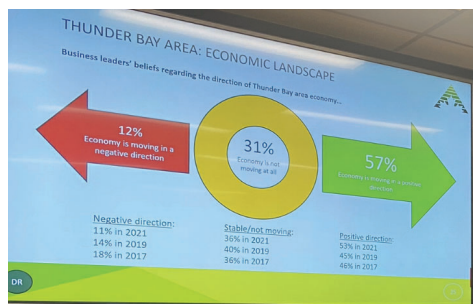
Most businesses (71 out of 91, or 78.0%) have experienced stable or increased revenues in the past year .

Most respondents (84 out of 91, or 92.3 %) expect stable or increasing revenues for the next 12 months .

Most businesses (84 out of 91, or 92.3%) expect capital expenditures to remain unchanged (46.2%) or increase (46.2 %) over the next year .

Concerning the businesses' economic well being compared to 12 months ago, 59.3 % are better now, while 16.5 % are worse, and 24.2 % are about the same .

For the next 12 months most businesses (60.4 %) expect their economic well being to be better, 33.0 % about the same, and only 6.6 %



to be worse

## ECONOMY LEVEL INDICATORS

Most businesses (52 out of 91, or 57.1%) believe that the Thunder Bay and Area's economy is moving in a positive direction, while 28 out of 91 (30.8%) believe it is stable, and 11 out of 91 (12.1%) believe that is moving in a negative direction (53.0 %)

Compared to 12 months ago, 38 out of 91 informants (41.8 %) believe that the overall state of the economy in Thunder Bay is better, while 34 (37.4 %) believe it is about the same, and 19 (20.9 %) that it is worse

Thinking about the next 12 months, 43 informants (47.3 %) expect it to be better, 31 (34.1 %) about the same, and only 17 (18.7 %) worse

When measured with a 10point Likert scale, businesses reported a



mean of 6.16 points, suggesting a slight confidence in the Thunder Bay and Area's economic future.

### Top 4 issues Facing Business

- \* Escalating costs of doing business
- \* Inflation
- \* Excessive government red tape
- \* Lack of qualified employees

You can get more information on the survey by contacting Thunder Bay Ventures



# Check out North Superior publications on PressReader!

Local business news that matters to residents.



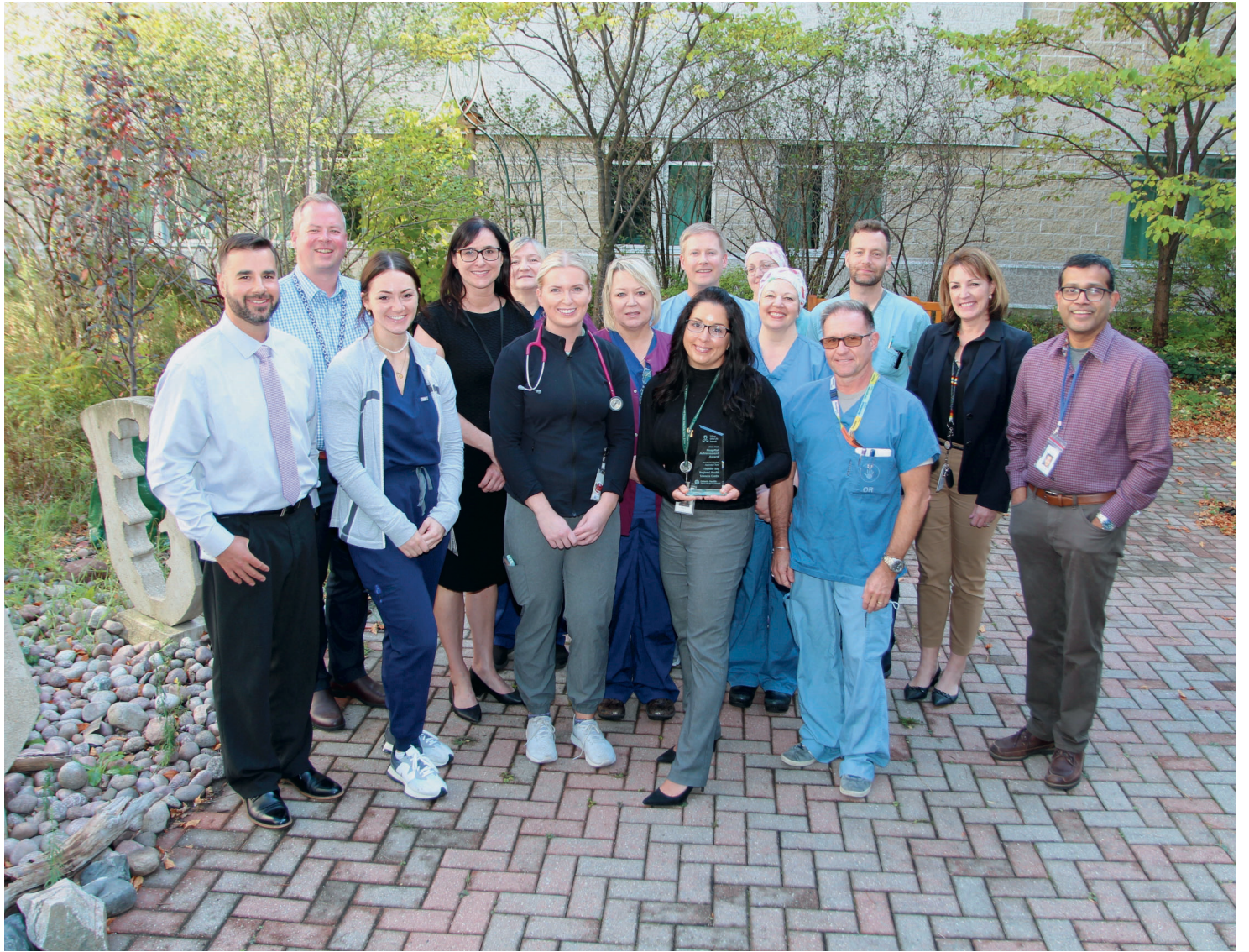


# Thunder Bay Regional Health Sciences Centre Recognized for Achievement in Organ and Tissue Donation

Ontario Health (Trillium Gift of Life Network [TGLN]) has presented Thunder Bay Regional Health Sciences Centre (TBRHSC) with an achievement award for its dedication to open communication about organ and tissue donation.

TBRHSC has been honoured with the Provincial Eligible Approach Rate Award, an award presented to hospitals who exceeded TGLN's target of 90 per cent in having organ and tissue donation discussions with eligible patients and families. This is the first year TBRHSC has received this award, reaching an eligible approach rate of 97 percent.

"Our team approaches the conversation about organ and tissue donation with care and compassion. These are difficult discussions, and we want every patient and family to have the information they need and the opportunity to make a life-saving choice," said Dr. Rhonda Crocker Ellacott, President and CEO of TBRHSC and CEO of Thunder Bay Regional Health Research Institute. "This award underscores our ongoing dedication and commitment to the organ and tissue donation process."



Members of TBRHSC's leadership team, along with staff and physicians from the Intensive Care Unit, Operating Room and TGLN (Ontario Health) gather in the Hospital's Garden of Life to accept the award.

Ontario Health (TGLN)'s mission is to save and enhance more lives through

the gift of organ and tissue donation in Ontario. In 2022/2023, out of 320 organ donors across the province, TBRHSC supported four, which led to 14 organs donated for transplant and saved 13 lives.

Northern Ontario communities are among the leaders in the province in the number of registrants per capita. Thunder Bay has 53 per cent of its eligible population registered as organ donors, ranking the city in 38th provincially out of 170 communities.

"Thirteen lives saved last year – this is why we do what we do, and why the collaboration between TBRHSC and TGLN is essential," stated Kiley Perrier, Trillium Gift of Life Network's Organ and Tissue Donation Coordinator at TBRHSC. "By registering your consent, you are making the caring and selfless decision to try and help save lives after your death through organ and tissue donation."

There are more than 1,200 people in Ontario waiting for a life-saving organ transplant. For more information on organ and tissue donation in Ontario, or to register your consent for organ and tissue donation at [www.BeADonor.ca](http://www.BeADonor.ca). Remember to talk to your family about your wishes.

**BeADonor**  
THUNDER BAY



**The 2024 Silverado's Have Landed!**



**\* Low Finance Rates \***

**\* Ask About Offers Available \***

**Largest Selection of Silverado Trucks in NW Ontario**

399 Memorial Avenue  
Thunder Bay, On  
P7B 3Y4

Tel: (807) 683-4900  
Fax: (807) 345-8005  
Toll Free: 1-800-465-3915

**IN NOVEMBER,  
WE REMEMBER...**

**11/11/2023**

WE SHOW OUR RESPECT

THUNDER BAY  
**BUSINESS**

**NORTH SUPERIOR  
PUBLISHING**

# Port of Thunder Bay Selects Chris Heikkinen as new CEO

## Endorsement Follows North American-Wide Search

The Port of Thunder Bay, announced recently that its board of directors has chosen Chris Heikkinen as the organiza-

"After thorough succession planning and a comprehensive search process, the board is pleased to have found the best individual to assume leadership of the Port of Thunder Bay," said Bonny Skene, Chair of the Board. "Chris has a track record of strong leadership and consistent develop-

ment. This combined with his industry knowledge and institutional tenure makes him uniquely qualified to lead the Port of Thunder Bay successfully into the future."

The selection of Heikkinen caps a search

process facilitated by Odgers Berndtson, a global executive search firm. A large initial prospect pool was narrowed by stages to a group who interviewed with the board's executive search committee, and then to a final round who met with board leadership.

"I'm honoured, and I'm grateful to the board for the confidence placed in me and for the opportunity to lead the port and the dedicated and talented professionals who make up our team," said Heikkinen. "This is a terrific opportunity, and we have a solid track record on which we will build an exciting future for the port."



tion's next chief executive officer. Heikkinen, who currently serves as the port's Director of Business Development and Terminal Operations, succeeds Tim Heney, the port's former CEO effective October 11th.

ment. This combined with his industry knowledge and institutional tenure makes him uniquely qualified to lead the Port of Thunder Bay successfully into the future."

**BW Best Western.**  
Wherever Life Takes You, Best Western Is There.®

**Thunder Bay Crossroads**

655 Arthur Street W.  
Thunder Bay, Ontario P7E 5R6  
**807-577-4241**  
Toll Free: 1-800-265-3253  
Hot Breakfast • Free Airport Shuttle

pressreader

Check out **North Superior** publications on **PressReader!**

Beautiful outdoors of Ontario, read more on PressReader.

Great Outdoors  
USA | English  
April 2020  
Auto Delivery  
Read

**FALL for Honda**  
with Features You'll Love!

**HONDA**

2024 CRV EX-L Hybrid AWD Shown

INTRODUCING THE ALL-NEW

GET THAT **Honda** FEELING

**2024 CRV**  
EX-L HYBRID AWD

STARTING FROM **\$48,701**  
Includes freight, PDI & levies. Excludes taxes & licensing fees.

FEATURES WITH AN EMPHASIS ON PERFORMANCE

- Honda Sensing Safety Technologies
- Two-motor Hybrid Powertrain
- Black Leather (Perforated) with Orange Accents
- Real Time AWD
- Remote Engine Starter
- One Touch Power Moonroof
- 9-inch Display Audio System with 8 Speakers

**TEST DRIVE YOURS TODAY**

DEALER ORDER/TRADE MAY BE NECESSARY. CONTACT GORE MOTORS FOR FULL DETAILS.

361 Memorial Avenue | (807) 345-0902  
**GoreMotorsHonda.com**

**GORE MOTORS**



# Lakehead University researchers secure more than \$650,000 in SSHRC grants

Five research projects at Lakehead University more than \$650,000 in funding from the Social Sciences and Humanities Research Council (SSHRC).

SSHRC is the federal research funding agency that promotes and supports research and training in the humanities and social sciences.

Dr. Tamara L. Varney, Professor of Anthropology, is receiving an Insight Grant for \$376,413 over four years. She and a team of researchers across Canada continue to investigate the mystery of how and why so many Royal Navy sailors suffered from lead poisoning while based in Antigua during the late 1700s and early 1800s.

Earlier research found lead in the bones of many skeletons buried near the site of a former hospital on the island. However, the wide range of lead levels puzzled the research team.

Dr. Varney's research project was one of the first to use synchrotron X-ray fluorescence imaging or XFI to examine the pattern of lead within bones. The patterning of the toxic element provides information on the timing of lead exposure during a lifetime.

Now, they are going back to study the social determinants that may have caused the differences in lead levels and patterning – including if rum distilled with lead-based equipment played a role.

"We've seen lead poisoning before in tinned foods, but these skeletons pre-date the Royal Navy's use of canned goods," Dr. Varney said.

"However, rum rations were still very much in use. In Antigua and elsewhere at the time, lead condensation coils were used in the distillation process."

There are other possible sources of lead contamination as well, including freshwater catchment and storage, cooking and serving vessels, and medicinal compounds.



**Aislin Mushquash**

Ultimately, Dr. Varney hopes to get a clearer picture of how prevalent lead poisoning was among military personnel compared to the general population on the island.

The team includes co-investigators Dr. Cassidy R. VanderSchee (The King's University, Edmonton), Dr. David M.L. Cooper (University of Saskatchewan, Saskatoon), Dr. Ian B. Coulthard (Canadian Light Source Inc.), Dr. Treena M. Swanston, (MacEwan University, Edmonton), and Dr. Vaughan Grimes (Memorial University of Newfoundland).

Dr. Aislin Mushquash, an Associate Professor in the Department of Psychology at Lakehead University, and her PhD student Angela MacIsaac are receiving an Insight Grant for \$99,349 over three years to research the relationships between trait victimhood and interpersonal stress and

trauma.

Trait victimhood is a personality trait that influences how individuals feel within social relationships. Those high in the trait are more likely to feel hurt or perceive offenses across relationships. While this trait affects people's perceptions and beliefs about their relationships, it is less clear how this trait is related to actual interpersonal stress or interpersonal trauma.

"To best support people, it is important to understand their interpersonal experiences as they relate to past and ongoing situational factors like interpersonal stress and trauma, while also considering the influence of more enduring personality traits like trait victimhood," Dr. Mushquash said.

"This research is timely as phrases like 'victim mentality' or 'playing the victim' are increasingly being used by the public," MacIsaac said. "It is our hope that these findings will bring greater clarity to the true experiences of those who are high in trait victimhood."

Dr. Beth Visser, Interdisciplinary Studies and Psychology, and Dr. Lori Chambers, Gender and Women's Studies, are co-investigators in the study.

Dr. Gary Pluim, Assistant Professor in the Faculty of Education at Lakehead Orillia, received an Insight Grant of \$51,961 over four years to research a collaborative experience of teaching critical, decolonial global citizenship to Canadian and Ethiopian education students.

"Research and policy suggest that teachers – including student teachers at university – need to develop a more critical, global lens when it comes to education," Dr. Pluim said.

"Despite our increasingly global world, educating teachers is mostly done at the national or even provincial/state levels. The technologies that were advanced during the pandemic are now helping us to bridge international gaps and re-imagine what it means to educate for global citizenship."

The study involves investigating the effects of colonization from several vantage points around the world and examining narratives of global history from differing perspectives. In the study, researchers ask how educators can become prepared to teach global citizenship in critical ways that embrace complex global histories in the service of peace and greater equity.

Participants from Lakehead's Orillia campus, in online courses, and from Addis Ababa University in Ethiopia will participate in this research from across the globe. They will provide cross-national insights to qualitatively analyze the effectiveness of co-learning across nations and hemispheres.

Dr. Pluim and co-investigator Dr. Leigh-Anne Ingram from the Faculty of Education at Lakehead are collaborating on the research project with Dr. Solomon Belay Faris at Addis Ababa University.

In 2022/23, Lakehead University received more than \$2 million in assistance from the Research Support Fund to support the indirect costs of research, which includes costs for supporting the management of intellectual property, research and administration, ethics and regulatory compliance, research resources, research facilities, and research security.

New SSHRC Grants 2023

Total funding: \$ 652,076

Insight Grants (three-to-four-year grants)

Dr. Aislin R. Mushquash, Department of Psychology, Relationships Between Trait Victimhood and Interpersonal Stress and Trauma: a Daily Diary and Cross-sectional Evaluation, \$99,349.

Co-investigators

- Dr. Beth Visser, Interdisciplinary Studies
- Dr. Lori Chambers, Gender and Women's Studies

Dr. Gary W.J. Pluim, Faculty of Education, Decolonizing Global Citizenship in Teacher Education: A Case Study of a Critical, Collaborative Experience for Canadian and Ethiopian University Students, \$51,961.

Co-investigator

- Dr. Leigh-Anne Ingram, Faculty of Education



**Dr. Gary Pluim**

Collaborator

- Dr. Solomon Belay Faris, Addis Ababa University

Dr. Tamara L. Varney, Department of Anthropology, Identifying the Social Determinants of Lead Poisoning in British Colonial Populations of the Caribbean,



**Angela**

\$376,413.

Co-investigators

- Dr. Cassidy R. VanderSchee, The King's University (Edmonton)
- Dr. David M.L. Cooper, University of Saskatchewan
- Dr. Ian B. Coulthard, Canadian Light Source Inc.
- Dr. Treena M. Swanston, MacEwan University
- Dr. Vaughan Grimes, Memorial University of Newfoundland



**Dr. Tamara Varney**

Connection Grants (one-year grants)

Dr. Sonia Mastrangelo, Faculty of Education, The Applied Self Regulation Knowledge Conference: Supporting the Well-Being of University Students, \$24,886.

Co-investigator

- Dr. Meridith A. Lovell-Johnston, Faculty of Education.

Collaborator

- Dr. Anne L. Showalter, The MEHRIT Centre

Dr. Pauline Sameshima, Faculty of Education, Brokering Scientific Knowledge Through Community Arts Integrated Research, \$24,706.

Co-investigators

- Dr. Guillaume (Will) Zhao, University of Waterloo
- Dr. Stephanie Mason, Brock University

Partner Organization

- Weill Cornell Medicine

Dr. Rosario A. Turvey Department of Sustainability Sciences, Summer Institute on Economic Security and Local Resilience, \$24,831.

Partner Engage Grants (one-year grants)

Dr. Martha Dowsley, Departments of Anthropology, and Geography and the Environment, Relationships, Bio-cultural Landscapes and Critical Plant Geographies of Manomin/Wild Rice (*Zizania palustris*) at Lac Seul First Nation, Northwestern Ontario, \$25,000.

Co-investigators

- Dr. Jill Taylor-Hollings, Department of Anthropology

Partner Organization

- Lac Seul First Nation

Dr. Lindsay Galway, Department of Health Sciences, Re-storying Cumulative Effects on Land, Connectedness to Land, and Well-being with Keewaytinook Okimakanak Tribal Council, \$24,930.

Co-investigators

- Dr. Daniel Duckett, Keewaytinook Okimakanak Tribal Council
- Dr. Robert Stewart, Department of Geography and the Environment

Collaborator

- Alejandra M. Orozco-Quintero, Ruwaza Sustainable Development Ltd.

Partner Organization

- Keewaytinook Okimakanak Tribal Council

# GREAT OUTDOORS

HOTELS, RESTAURANTS, ATTRACTIONS, ACTIVITIES & MORE!

FEATURING:

**GOLFING NEWS**  
YOUR GOLF RESOURCE

Northwestern Ontario  
**SNOWMOBILE NEWS**

A PUBLICATION OF:

**NORTH SUPERIOR PUBLISHING**

[www.ThunderBayBusiness.ca](http://www.ThunderBayBusiness.ca)

November 2023

## First Snowmobile Show at KBMX track

BY SCOTT A. SUMNER  
*Great Outdoors*

For many years I have had a great interest in the sport of snowmobiling. As a youth growing up in NW Ontario it was a good activity. In fact we did an exclusive snowmobile publication for many years as well as a web site with wide reaching coverage.

One of my favourite business activities undertaken over the years was creating and producing a snowmobile trade show for 5 consecutive years at the CLE grounds in Thunder Bay. The time period was in the local hay day for snowmobiling here in NW Ontario. Trail permit sales were in the 3000 plus mark and sled sales were high. You could buy



snowmobiles at a more reasonable cost especially compared to today when it is not too hard to spend \$25000 on a nice sled!

It was fun to attend a new snowmobile event held for the first time at the KBMX Motocross track just west of Kakabeka Falls.

I think event organizers Dustin and Ryan wanted to create a mini version of the hugely popular Hay Days event held each year near Minneapolis which attracts thousands on acres of land. It really is the start of the snowmobile season in the industry each year and includes a huge swap meet, new sled displays and different types of racing including snowmobile drag races, atv's etc.

The first time local event had excellent weather, three local dealers and swap meet participants. It was an excellent first effort and promises to be bigger and better next year!

**SIoux LOOKOUT**  
Hub of the North  
An Ideal Location for Your Business!

SERVING 29  
NORTHERN  
COMMUNITIES  
WITH A  
POPULATION  
OF 30,000

**SIoux LOOKOUT AIRPORT**  
(YXL) Hub Of The North

Home to daily scheduled flights from our friends at Wasaya, Perimeter and North Star Air

Fast & Friendly Service

Short and Long Term Parking

Terminal Advertising Available

Airside and Groundside Commercial and Industrial Land for Lease

For more information contact:  
**Ben Hancharuk,**  
Airport Manager  
(807) 737-2829 x5502  
benhancharuk@cyxl.ca

[www.siouxlookout.ca](http://www.siouxlookout.ca)

COUNTDOWN TO WINTER SALES EVENT

2  
YEAR  
WARRANTY

OR

CHOOSE FROM  
UP TO  
**\$1500**  
OFF

OR

**1.49%**  
APR FOR 36 MONTHS

EXPLORE INVENTORY
**POLARIS**

939 Tungsten Street  
807-623-5042  
[www.jandsports.ca](http://www.jandsports.ca)

# Ignace and region are set to grow. And it is growth that can last.





Canada's plan to safely isolate used nuclear fuel in a deep geological repository will have long-lasting benefits for the host communities and surrounding region. If the Wabigoon Lake Ojibway Nation-Ignace area is selected to host the project, it will experience exciting population growth, plus:

- » Improved infrastructure and expanded community services;
- » Local, high-value job opportunities immediately and over years to come; and
- » A revitalized local and regional economy, including boosted tourism and recreation.



Generations of possibilities.  
Discover more about the project today.

[www.nwmo.ca/ignacebenefits](http://www.nwmo.ca/ignacebenefits)

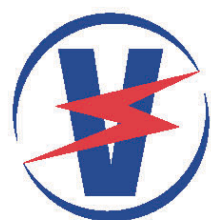


 @nwmocanada  
 /company/nwmocanada

**20**  
 YEARS • ANS

**nwmo**

NUCLEAR WASTE  
MANAGEMENT  
ORGANIZATION

SOCIÉTÉ DE GESTION  
DES DÉCHETS  
NUCLÉAIRES



## The Valard Group of Companies

**Over 35 electric power and telecommunications infrastructure services, performed by the Valard Group of Companies.**

We work with expert partners to seamlessly produce turnkey solutions for our clients.

Through a single contract and point of contact, we can, collectively, put together a full service team to successfully deliver every aspect of a power project.

[thevalardgroup.com](http://thevalardgroup.com)

