

The 41st Annual Westfort Street Fair Returns August 19th!



INSIDE

Honesty is the
Best Policy

Dehydration:
Water... How
Much Do I
Need?

Safeway Arthur
Street Grand
Reopening!

f NorthSuperiorPublishing
t @tbay25 in @Scott Sumner



Lakehead University's Ascend Accelerator grads show off their unique ventures



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August Feature - A special feature highlighting the 41st Annual Westfort Street Fair on Saturday, August 19, 2023.

Dehydration: Water... How Much Do I Need?

How much daily water you need really depends on how much you lose and that can fluctuate substantially. Your environment, time of year, age, health, lifestyle and consumption of various medications and foods, all influence your fluid retention and excretion rates. Most of us understand that hot weather, like we experience in the summer, can increase our body temperature and excessive sweating which can lead to dehydration. But, were you also aware that you can lose significant amounts of water in cold weather by breathing in dry air? You also lose significant water with breathing during sleep, especially if you snore or are a mouth breather.

A diet high in salt or protein requires more

water because your kidneys are working harder to be able to excrete the excess. Caffeine and alcohol are diuretics. Therefore, you should intake extra water if you drink any alcohol or more than two cups of coffee per day. Many medications also have a water-retention or diuretic effect. Being aware of the side effects of those medications is important to minimize the chances of dehydration. Older people not only use more medication, in general; but they also have a lower thirst sensation and make more trips to the bathroom. All of these factors make them more susceptible to dehydration as they age. Mild illness such as colds, flus, bronchitis and kidney infections are the most common reasons for older adults to become dehydrated. Often, older people will say that drinking extra water makes

them get up in the middle of the night more often to urinate. This is only because their bodies have not adapted. Drinking more water more regularly and throughout the day generally resolves this issue.

Vomiting and diarrhea are common causes of dehydration. Infants and children are



most susceptible to dehydration because they have a higher skin surface area to body volume and often cannot tell when they are thirsty. At first sign of any illness, caregivers

should give extra water. The only way to effectively treat dehydration is to replace lost fluids and lost electrolytes. Simply drinking more water daily is your best solution. Dehydration due to vomiting and diarrhea will also need replenishments with electrolytes. Soup broths or diluted sports drinks may help. Full strength fruit juice and soft drinks can worsen diarrhea and are not recommended. More severe cases of dehydration need immediate medical attention for intravenous rehydration.

How much water do we really need to intake daily? The most common advice has been to drink eight cups or two litres of water per day. New research leans more towards 3 litres or 12 cups per day for maximum health benefits. This may sound like a lot. But you can meet these requirements by also including other fluids

such as tea, coffee, juice and milk. Although pure water is best. Also, fruit and vegetables contain plenty of water. Cucumbers, melons, lettuce, tomatoes, sweet peppers, and strawberries all contain more than 90 percent water. Most other fruit and vegetables contain well over 80 percent while cooked potatoes contain 77 percent water. Contrast that with meat proteins which contain only 60 percent water. Waiting until you are thirsty is not the best way to monitor your body's hydration requirements. By then you are already partially dehydrated. Urine colour is a better indicator. If you are hydrated, your urine will be clear to lemonade colour. Urine that is the colour of apple juice or darker is a strong indicator of dehydration. Other signs of more severe dehydration include: dizziness, confusion, fatigue and decreased urination. In infants, look for: lack of tears, no wet diapers and sunken eyes and cheeks.

Although dehydration is quite common and easily controlled in many cases, if ignored it can lead to severe health problems. For that reason, the general advice of consuming several glasses (8+) of water daily and regularly makes sense and costs pennies. An easy routine would be to consume one to two cups of water first thing in the morning and then before each meal. Others prefer to sip on water throughout the day. Do whatever helps you reach your daily water targets. Your health depends on it.

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

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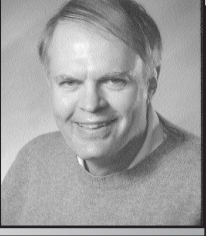
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**Publisher's
Note
Scott
Sumner**



It was fun to attend the grand opening of the completely renovated Safeway store on Arthur Street on July 13!

I have always been a fan of Safeway for many years here in Thunder Bay, usually going to the Dawson Road store. It is amazing to see such a transformation of the Arthur Street location. The store is state of the art for the Sobey's and Safeway brand and could be found anywhere in Canada.



Safeway Arthur Street Grand Reopening!



Gord Hampton, Manager Safeway Arthur Street

Safeway staff and management and the many sub trades from Thunder Bay and beyond that worked on this project. The store remained open for the many months of construction. I'm sure that was quite a challenge to do and I bet the staff are happy to get back to normal activities especially complete

focus on serving their customers.

We are going to do an indepth review of the new Safeway, Arthur Street location with manager Gord in an upcoming issue of Thunder Bay Business, which I look forward to completing.

Honesty is the Best Policy

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Honesty may be the best policy, but how does the law protect you from dishonesty?

Examples include fiduciary duties and the duty of good faith, or honest performance of contracts.

At the core of fiduciary relationships is a duty of loyalty. Fiduciaries may include lawyers, trustees, key employees, agents, or others, depending upon

the circumstances. A fiduciary duty includes the obligation to put the interests of the beneficiary ahead of the interests of the fiduciary if they conflict.

This contrasts and compares to the duty of good faith which has long been known to exist in certain types of contracts, such as insurance, or employ-



Legal Matters

ment. Which leads to the question: what distinguishes a fiduciary duty from other duties of good faith ? Insurers and insureds owe a duty of good faith, but not fiduciary duty.

Since 2014, Canadian courts also have recognized a duty of honest performance of contracts, which is more like good faith than punishing fraud. The ambit of that duty is still being explored.

Good faith does not go as far as a fiduciary duty - in a normal contract relationship, it is assumed that each side of the deal will look after their own interests, and as long as they are honest about that, there is no breach of contract. Good faith, however, does require considering the other side's interests.

This approach to distinguishing the responsibilities which flow from a duty of good faith (or honest performance) from a fiduciary duty makes distinguishing the two concepts more vital. Insurers and insureds typically owe each other a duty of good faith but are not in a fiduciary relationship.

Breaches of fiduciary duties may more easily attract a broader range of remedies, including disgorgement of gains or punitive damages, which are not traditionally available for a breach of contract. So, knowing which sort of breach it is is important to what remedies you seek, and your strategy.

If you need or want to know more about fiduciary duties or honest performance of contracts, my colleagues at Weilers LLP can help you avoid a breach of either duty by serving as your trusted

advisors. If you are confronted by a breach from the other side, we are experienced and proficient at sorting out what remedies to seek, and a strategic approach to getting there.

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From help for the elderly to a seamless locker for selling your products – Lakehead University’s Ascend Accelerator grads show off their unique ventures

Lakehead University recently celebrated the graduates from its third cohort of the Ascend Accelerator boot-camp-style program, hosted by the Ingenuity incubator space.

Along with FedNor funding, participants in the student-based business ventures received mentorship and weekly workshops. They were held accountable to milestone goals created over the 10-week program, which ran from May 8 to July 14.

This year the cohort included four participants who each explored a separate business venture. Ingenuity manager Alyson MacKay said it was exciting to help the students develop their businesses.

“I can’t believe the third cohort is coming to an end – it’s amazing how fast the 10 weeks went by,” MacKay said.

“I’m incredibly proud of all the hard work the students have put into their business ideas and am looking forward to celebrating their success. Their commitment and passion drove the energy in the Ascend program and they’ve come a long way since the first week.”

Dr. Andrew P. Dean, Lakehead’s Vice-President, Research and Innovation, congratulated the participants for reach-



Ingenuity manager Alyson MacKay (centre) is pictured with Ascend Accelerator graduates (from right) Christopher Silver, Louis Johnson, Allan Alias, and Asha Nurse.

ing graduation.

“By providing financial support and access to mentors, Ingenuity Ascend offers a great platform for Lakehead students to transform their ideas into

reality and launch their unique business ventures,” he said.

“From using thermal sensors to detect falls to developing automated lockers for artists and entrepreneurs to sell their products, our graduating entrepreneurs have solved gaps in the market and are contributing to the growth of our regional economy.

“Once again, I’d like to congratulate the graduates, and I wish you all the best as you ascend your businesses to the next level,” Dr. Dean said.

Louis Johnson’s project, Liaison, implements a completely automated locker system that allows artists and entrepreneurs to seamlessly market and sell their crafts, products, or services in high foot-traffic venues.

Vendors can simply load their lockers with merchandise and consumers can conveniently purchase them with the push of a button. This solution now gives vendors the opportunity to create more, invest more, and profit more.

“This year’s Ascend program hosted by Ingenuity has been an unforgettable experience,” Johnson said.

“As a physics graduate and a mechanical engineering student with no business background, I was doubtful of my capabilities to become an entrepreneur.

“However, over these past 10 weeks I wasn’t just exposed to all of the essential aspects of starting a business but was taken through the step-by-step process of how to implement them.

“Alongside the valuable information I’ve gained from this program, I was able to network with other like-minded

entrepreneurs, which created an environment where everyone was able to feed off of each other’s ideas to create innovative solutions.

“Turning your passion into a business is an extremely difficult process, but with guidance and support from Ingenuity the self-doubt started to fade and the end goal became much more attainable,” Johnson added.

Christopher Silver’s project, Silver Vantage Software, uses computer vision and machine learning to create a thermal fall detection system for elderly people. A thermal sensor will monitor a room, sending an alert to a family member or personal support worker if a fall is detected.

Allan Alias is launching Pixel Point, a comprehensive social media management and real estate media solution provider that specializes in management and digital marketing. Pixel Point offers a range of services from content creation to paid ads management.

Asha Nurse created Silver Sands Nail Bar, a home-based and mobile nail salon in Thunder Bay that offers gel polish, gel extensions, and overlays. It specializes in the newest trends in the nail industry.

As a mobile salon, Silver Sands takes the hassle out of finding a nail technician by bringing their services directly to you. The mission of Silver Sands is to understand and meet the needs of its clients, especially young people.

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Women’s Collaboration Comes Together to Launch New Preschool in Thunder Bay

Nature’s Nest to Provide Unique Kindergarten Preparatory Program

A group of five women comprised of local educators and mothers with over 60 years of combined experience in childcare and education, have joined forces to create a new and unique preschool for children in Thunder Bay. Nature’s Nest Preschool is a carefully curated Kindergarten Preparatory pro-

gram that brings new educational opportunities to families in the city.

“As moms and educators, we know the struggle so many parents are facing in finding high quality childcare. Daunting waitlists, staff shortages and not knowing how to prepare your child for school, especially after the pandemic— over several cups of coffee, brainstorming sessions, and then finding the perfect location, Nature’s Nest Preschool was born,” says Leeann Strachan, Registered Early Childhood Educator and Nature’s Nest Preschool Owner.

Geared towards children between the ages of two-and-a-half to six, Nature’s Nest Preschool supports children to become intrinsically motivated and prepared to begin kindergarten confidently. The curriculum focuses not just on a child’s intellectual capabilities, but also prioritizes the development of each child’s unique personality and setting them up for success when entering the rigors of school.

“The first four years of life are critical in setting the tone for future success in almost all areas of child development,” says Meghan Oswald, Registered Early

Childhood Educator and Nature’s Nest Preschool Owner. “If we give children what they need at age two, three, and four, they will be ready for what comes at age five, six, and seven.”

Courses for the young students that will be offered at the Nature’s Nest Preschool located on Camelot Street, include Language, Mathematics, Creative Arts, The Sciences, Botany & Horticulture, Indigenous Studies, Etiquette & Self-regulation and Environmental responsibility.

“This specially curated educational programming is new to our city. Our horticulture program teaches children the meaning of sustainability, while our etiquette program provides children with the opportunity to learn self and mutual respect for others. The true farm-to-table experience in cooking will also be incorporated into our daily meals, with an organic and local approach. Nature’s Nest is collaborating with several local farmers to bring locally sourced ingredients into our dining room,” continues Strachan.

The preschool will have a limited class size of 24 students with a goal to provide personalized attention in an inspiring learning environment. For those interested in daily child care or learning more, Nature’s Nest Preschool is hosting three Open Houses on July 26th from 1:00 pm to 3:00 pm and 5:00 pm to 7:00 pm, and on July 27th from 5:00 pm to 7:00 pm at 226 Camelot Street.



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Welcoming you to the 41st Westfort Street Fair!

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August Feature - A special feature highlighting the 41st Annual Westfort Street Fair on Saturday, August 19, 2023.

The 41st Annual Westfort Street Fair returns to the Westfort Village on August 19th!

This is Thunder Bay's longest running event of its kind. It's a full-day event, filled with shopping from neighbourhood businesses, local vendors, arts, crafts, festive food selections and live entertainment.

Frederica Street, between Brown Street and Ford Street.

"The beloved event has an exciting lineup planned!" said Robbyn Fraser, a member of the association. "This year's street fair will include around 100 local

artists, vendors and shops from across Northern Ontario including your favourite Westfort businesses. In addition to shopping, there will be many activities for the kids from bouncy castles, train rides, petting zoo, family games and even visits from Super Mario Characters. Plus a dunk tank and 50/50 draw where all the proceeds go to support the Fort William Sea Cadets youth program."

entertainment stage.

The fair itself will be open from 9 a.m. to 6 p.m. on Saturday. The entertainment stage, situated beside Westfort Foods, will be in operation from 11 a.m. to p.m. Show up early, bring cash, and wear comfortable walking shoes for enjoy a fun filled day!

For more information visit facebook.com/Westfortvillage



Presented by the Westfort Village Association, the street fair is held on

Frederica Street, between Brown Street and Ford Street.





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Westfort is holding it's 41st Annual Street Fair, August 19th, 2023

BY SCOTT A. SUMNER
Thunder Bay BUSINESS

For me it is always fun to see so many people out on a nice day enjoying themselves and seeing everything the Westfort Village Association has to offer. This is a very unique area for Thunder Bay and a great place to support local entrepreneurs!

The Westfort Village Association present a day of great fun for the entire family and visitors alike! Frederica Street is closed each year for the event

when local vendors set up for the days event. This year, like every other year, vendors will offer great food of different cultural cuisine, that is said to satisfy any appetite. Patrons casually sauntered up and down the avenue, meeting friends, being entertained by great, live, local musicians and that just makes the fair that much more, lively and happy. Everyone is in great spirits during the event and it seems that no one wants it to end!

Every vendor had sidewalk sales, showcasing different merchant wares



that are special and interesting and also items that you just can't find just any-

where else.

A bit of history about Westfort. Westfort Village is a self-contained shopping district and in fact, many Thunder Bay residents will travel across the city to shop in the unique stores and shops and is one of the oldest and most famous corners of Thunder Bay.

The community of Westfort, grew up around river traffic and the railway, home for working families. Early business owners established their own busy downtown area, complete with clothing stores, banks, restaurants, hotels, professional offices, pharmacy and food store. Historic Westfort Village... This historic village in Thunder Bay was once the focal point of a community that worked at the local grain elevators, factories and in the rail yard. Its proximity to the Kaministiquia River made it an ideal location for the docking of the smaller ships of the time.

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Continued

There is still extensive evidence of the areas past. Now a unique antique and collectible shopping opportunity, this community of specialty shops makes an enjoyable destination for Thunder Bay visitors.

The fort was first settled in 1860. The Fort William Town Plot were surveyed in 1859-60 by the Province of Canada's Department of Crown Lands and opened to settlement. Once the Fort William Town Plot (later known as West Fort) was selected as the eastern terminus for the Canadian Pacific



Railway, and construction of the railway began in June 1875, Fort William began to grow, but very slowly. It would take the federal Department of Public Works, and later the Department of Railways and Canals,

seven years 1875-1882 to build the Thunder Bay Branch from Fort William to Winnipeg.

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Continued

By 1883-84 it was clear to all but the residents of Port Arthur that the Montreal-based Canadian Pacific Railway syndicate, in collaboration with the Hudson's Bay Company, preferred the low lying lands along the lower Kaministiquia River to the rocky shores of Port Arthur, and the

Company subsequently consolidated all its operations there, erecting rail yards, coal handling facilities, grain elevators and a machine shop. Library services for Fort William began in 1885 when CPR employees opened a bath, smoking and literary room, with a library attached in the Round House, West Fort William. Fees were \$1.25 per year for CPR employees; outsiders



were required to pay \$1.25 for use of the tub. The Mary J. L. Black Library, 151 West Brock Street, opened in 1938. Mary J. L. Black was the librarian of the Fort William Library from 1909-1937. She was one of Canada's leading librarians in her day and was the first woman president of the

Ontario Library Association. It seems appropriate that the Westfort Branch was named in Miss Black's honour.

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Many families enjoy taking their children out to this well, established, annual event. This an annual family event and never fails to provide a great time. If you haven't seen certain people in a very long time, maybe it is time for you to venture out to the 2023 Westfort Street Fair.

Thank you for coming out.



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THUNDER BAY **BUSINESS** NORTH SUPERIOR PUBLISHING



August Feature - A special feature highlighting the 41st Annual Westfort Street Fair on Saturday, August 19, 2023.

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03/04

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OPG reports on 2022 Environment, Social, and Governance performance

Ontario Power Generation (OPG) has released its annual Environmental, Social, and Governance (ESG) Report, updating performance in these key focus areas over the past year.

Since launching its inaugural report last year, the company continued to make steady advancements in building and refurbishing clean, reliable generation infrastructure to meet a growing economy, as well as becoming more inclusive, diverse, and socially responsible.

Quick facts

Highlights of the report include:

- Launched site preparation work for North America’s first grid-scale Small Modular Reactor;
- Continued successful,

safe execution of the \$12.8-billion Darlington Nuclear Refurbishment project, which remains on time and on budget. A refurbished Darlington will provide 30 plus years of clean power, eliminating almost 300 megatonnes of carbon;

- Continued our turbine/generator overhaul program across our hydroelectric fleet;
- Our subsidiary Atura made good progress on its Niagara Hydrogen Centre project – another first for Ontario;
- Delivered \$77 million in economic benefits to Indigenous communities and businesses and remain on track for all commitments in our Reconciliation Action Plan;
- Completed testing to

harvest Molybdenum-99 from Darlington Nuclear, a critical isotope in nuclear medicine that is in demand globally;

- Released a report highlighting significant untapped hydroelectric potential in Ontario’s north;
- Planted more than 340,000 trees, restored over 600 acres of woodlands and 64 acres of grasslands, and created 379 acres of wetlands;
- Contributed to post-secondary programs to recruit students from historically under-represented backgrounds;
- Recognized as one of Canada’s Best Diversity Employers of 2023; and,

- Provided Equity, Diversity and Inclusion education to employees, including anti-racism training.

The report also demonstrates how OPG incorporates ESG principles into its corporate strategy, business model, risk management framework, and performance targets, to deliver value to the Province and the communities OPG serves.

Quotes

“As we work to electrify life in one generation, we will continue to prioritize sustainability, safety, diversity, and Reconciliation,” said OPG Board Chair, Wendy Kei. “And we will keep striving to be a socially responsible and beneficial neighbour for communities and Indigenous partners across the province.”

“Operating in a sustainable manner, consistent with ESG principles, is fundamental to OPG’s ongoing success, and to ensuring we meet our commitments to the environment, to communities, and to the people of Ontario,” said OPG President and CEO Ken Hartwick. “As we lay the groundwork to meet the growing electricity demands of a clean economy and help build a more prosperous Ontario, we remain focused on safety, integrity and strengthening relationships, especially Indigenous partners and host communities.”

THUNDER BAY BUSINESS

2023 DEADLINE / PRINTING / DISTRIBUTION DATES				
Issue	Ad Copy Deadline 4PM Friday	Printing Deadline 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

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THUNDER BAY BUSINESS

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Next Issue:

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Main Topic:

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Ad Copy Deadline

August 28th

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August 2023

The 2023 Golf Season In Full Swing!

BY SCOTT A. SUMNER

Great Outdoors

The 2023 golf season is in full swing now and it is been fun to get out and play many games in beautiful condi-



tions. The weather has been quite good this year with not as much rain as usual, but the course seems to be holding its own.

I did play a match game that went fairly well in very rainy conditions even though my playing partner John and I lost. It has become a tradition which is important.

There seems to be a lot of interest in



the game again this season, maybe not as much as during the Covid times, but judging by the number of tournaments held at our course and other club events it seems to be pretty active.

There is no doubt that running a golf course is a challenge especially with weather conditions and today even getting the correct complement of staff members to serve the golf public.

There is really nothing like being out in a beautiful summer day, especially with sunny or bluebird conditions as they mention in the west of Canada, snowmobiling in Revelstoke. BC for example. I have been able to see some animals on our course including deer

and a nice family of fox!

I hope that you will be able to get out and enjoy some golf this year. Always remember the conditions we experience in January here in Thunder Bay at

say -30 Celsius, and make sure you get do have it! outside in the good weather when we



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