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**COMING EVENTS**

- BERGSTROM**  
August 12th & 13th
- LABOUR DAY**  
September 4th
- BACK TO SCHOOL**  
September 6th
- RUN GERALDTON**  
September 9th

**HAVE AN  
UPCOMING EVENT?  
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SHARE IT HERE!**

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**GERALDTON  
Weather Forecast**

**WEDNESDAY**

**MAINLY SUNNY**  
HIGH: 21°C  
LOW: 12°C

**THURSDAY**

**MAINLY SUNNY**  
HIGH: 22°C  
LOW: 12°C

**FRIDAY**

**MAINLY SUNNY**  
HIGH: 22°C  
LOW: 13°C

**SATURDAY**

**MAINLY SUNNY**  
HIGH: 22°C  
LOW: 13°C

**SUNDAY**

**CHANCE OF A  
SHOWER**  
HIGH: 23°C  
LOW: 13°C

**MONDAY**

**A FEW SHOWERS**  
HIGH: 22°C  
LOW: 13°C

**TUESDAY**

**CHANCE OF A  
SHOWER**  
HIGH: 22°C  
LOW: 14°C

FORECAST DATA GATHERED FROM  
WWW.THEWEATHERNETWORK.CA



# GREENSTONE-AREA ENTREPRENEURS TO BENEFIT FROM EXPERT ADVICE AND SERVICES TO HELP THEM GROW AND CREATE JOBS

August 3, 2017 - Geraldton, ON - Federal Economic Development Initiative for Northern Ontario - FedNor

Entrepreneurs looking to start a business or take their existing businesses to the next level will find the support they need at the Greenstone Economic Development Corporation (GEDC), a federally funded, not-for-profit organization dedicated to small business growth and community economic development.

Business planning, counselling and referral, and access to capital are just a few of the services being offered by the GEDC thanks to a Government of Canada investment of more than \$1 million over three years.

The funding was announced today by the Honourable Patty Hajdu, Minister of Employment, Workforce Development and Labour, and Member of Parliament for Thunder

Bay-Superior North, on behalf of the Honourable Navdeep Bains, Minister of Innovation, Science and Economic Development and Minister responsible for FedNor, the Government of Canada's economic development organization for Northern Ontario.

**Quotes**

*"The Government of Canada is focused on helping to build strong and sustainable communities that support a vibrant middle-class. The funding announced today will provide businesses and entrepreneurs in the Greenstone region with the tools they need to innovate, grow, reach new markets and create good-paying jobs that drive our economy forward."*

The Honourable Navdeep Bains, Minister of Innovation, Science and Economic Development, and Minister responsible for FedNor

*"I am proud to be part of a*

*government that recognizes the unique needs of Northwestern Ontario and supports the efforts of communities and businesses to grow and succeed. Small businesses are the backbone of the Canadian economy and our investment in the Greenstone Economic Development Corporation will help strengthen this vital sector throughout the region."*

The Honourable Patty Hajdu, Minister of Employment, Workforce Development and Labour, and Member of Parliament for Thunder Bay-Superior North

*"Today's announcement demonstrates the Government of Canada's confidence in our organization and the work we do to strengthen the economy across our service area. We welcome and appreciate FedNor's continued support which allows us to work with entrepreneurs, local businesses, and community partners toward sustainable growth and*

*economic prosperity."*  
Frank Hildebrandt, President of the Greenstone Economic Development Corporation

**Quick Facts**

- The GEDC is one of 24 Community Futures Development Corporations (CFDCs) funded by FedNor to provide financing, mentoring and business development services to Northern Ontario businesses and communities. CFDCs are community-based, not-for-profit organizations run by volunteer boards and staffed by experienced business and economic development professionals.
- The investment announced today was provided through the Community Futures program, a national program which supports projects that promote sustainable community economic development, enhance business development and growth, and facilitate innovation.



## DO YOU KNOW WHO THE 'NATION RIVER LADY' IS?

(SMITHS FALLS, ON) On May 3, 1975, a local farmer discovered the remains of a woman in the Nation River a short distance from the Highway 417 bridge and south of the Town of Casselman, Ontario.

This deceased woman became known as the Nation River Lady and Ontario Provincial Police (OPP) investigators are re-introducing the case in an effort to identify who she is and to seek any information to further this homicide investigation.

She is described as Caucasian, aged 25-50 years old, between 5'2" and 5'8" in height, average build, approximately 100 lbs with brown hair that was dyed a reddish blond.

Her body was wrapped with two pieces of green cloth, two towels - one depicting an Irish Toast and

the second displaying multiple flowers. Additionally, a j-cloth, black coaxial cable and a curtain rod runner were with the body. Her hands and feet were bound with neckties; a blue tie with small Canada flag emblems known as "the Canadian tie", a blue striped silk tie and a red tie with yellow patterns.

The Nation River Lady was wearing a navy blue body suit which had a collar, buttons 3/4 down the front, long sleeves and snaps that secured in the crotch area. Her toe nails and fingernails were manicured and painted with a pink polish, she had an appendix operation scar and wore partial upper and lower dentures. A copy of her fingerprints and DNA profile are on file.

Under the direction of Detective Inspector Daniel Nadeau of the Criminal Investigation Branch (CIB), detectives from Russell County OPP and East Region Criminal Operations have been reviewing the evidence and exploring investigative options. OPP Forensic Artist/Reconstruction Analyst, Provincial Constable Duncan WAY has created a 3-D clay fa-

cial reconstruction of the Nation River Lady using advanced technology.

Ontario Provincial Police are seeking the public's assistance and ask that if you have information that may help identify this woman or to find the person(s) responsible for her homicide that you contact the Ontario Provincial Police at 1-888-310-1122 or the Nation River Lady dedicated tipline at 613-591-2296.

**LEARN MORE**  
Media resources, including digital still photos of the 3-D facial reconstruction, photos of the area where the remains were found and a map, can be found at this link: [www.opp.ca/media/nrl](http://www.opp.ca/media/nrl)

The Criminal Investigation Branch (CIB) investigates major crimes including homicide along with death investigations on behalf of the Office of the Chief Coroner for Ontario. The Missing Persons Unidentified Remains Unit (MPUB) is dedicated to assisting front line police officers with missing persons and unidentified human remains investigations. A partnership between the



OPP MPUB unit, the Ontario Forensic Pathology Service (OFPS) and the Office of the Chief Coroner (OCC) has existed since

2006 and we work together to locate missing persons and give a name to unidentified remains.

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**NORTH OF SUPERIOR COUNSELLING PROGRAMS**  
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Please join us at our **2017 District-Wide Annual General Meeting**

Tuesday, September 19, 2017  
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(Light snack will be provided)  
**"Open-House Forum"**

From each of our NOSP Community Office Locations  
Call your local office for more details  
Financial Statements, Appointment of Auditors, Election of Officers, By-Law Revision Approval  
**EVERYONE WELCOME!**

**Greenstone**  
Municipal Economic Development Office

[www.InvestInGreenstone.ca](http://www.InvestInGreenstone.ca)  
UPDATED FREQUENTLY!





## KENO GAMISIS GOLF CLUB JUNIOR GOLF NEWS



Junior Skills Challenge winners

August 3 saw 23 junior golfers taking part in a Junior Skills Challenge. The challenges included drives, iron play (pitching), chipping and putting. The juniors were divided into 5 groups according to their age.

First place prize winners were:

Boys under 9 – Hudson Sivic  
Girls under 9 – Brooke Horan  
Boys 9-11 – Nolan Tucker  
Girls 9-11 – Autumn Taylor-Craig  
Boys 12-14 – Miguel Riou

Twelve adults volunteered

their morning to help marshal and record points. Without them, the Challenge could not have taken place. Golfers enjoyed watermelon, a hot dog, fries, chocolate milk and an ice cream sandwich lunch prepared by TNT Family Restaurant. It was a great event enjoyed by all. Junior golf will continue every Thursday at 9:30 a.m. for the month of August.

## Kenogamisis Ladies Golf

We had 17 golfers out tonight and we played for our 5 Best Holes on the Furber Side. That is apparently easier said than done as we scored anywhere from 19 to 30 for five holes. However the weather was great, the heat from earlier in the week had abated and we got to see two cranes again! Not sure if they are the same ones we saw last week, as these ones looked a bit bigger?

Neon coloured golf balls with a matte finish for tonight's prizes were donated by Elsa Shepherdson.

In Gold division:

1st .....Karen Saarimaki  
2nd .....Pina Luomala  
3rd .....Deanna Thibault,

Denise Santerre,  
Sylvie Duranceau &  
Darlene Leupen

In Silver Division:

1st .....Wanda Brown  
2nd.....Doreen Pelletier

In Bronze Division:

1st.....Debbie Salerno  
2nd.....Allyson Kirk  
3rd.....Janet Flynn

Next week we will play our own game on the Thompson side, and when we come in we will be matched for Blind Partners. Prizes will be awarded accordingly. Should be interesting! Hope we see you out golfing.

Janet Flynn,  
Ladies Golf Chair

### Bridge Replacements / Repairs – OGOKI FOREST

The Gordon Creek Road will be closed to through traffic from August 8 until September 30, 2017 for bridge repairs. Longlac Lumber Inc. is sorry for any inconvenience this may cause. If you have any questions please call 807-876-4768.

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**98 Indian Road Longlac**  
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\$295,000



**Lot 9 Pamela Lake Longlac**  
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**77 Audrey St. Beardmore**  
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**42 McPhail Dr. Geraldton**  
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**NEW** \$162,000



**129 Bellevue Cres Longlac**  
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# OPINION PAGE



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## From Nakina ...

### COMMENTARY BY BOB ROTZ



#### Readers Write

...and this one is quite enlightening, bordering on profound. \*Did you know that 'Dammit I'm mad' spelled backwards is 'Dammit I'm mad'. OK, OK...you just tried it didn't you? And.....??? Hey, Rotzy did too. Keep 'em coming, enlightening/profound or whatever, as Miz. Jo and I love hearing from the "F/N" readership!!

Here's another....the SD-TOTW.... 'safe driving tip of the week'. It goes like this: \*I read that, by law, you have to turn your vehicle's head lights on when it's raining in Sweden. So, how in hell am I supposed to know when it's raining in Sweden?! (good question)

#### Good News...

...for the (vast) Municipi-

pality of Greenstone on CFNO FM News last week from our T Bay/Superior North MP Patty Hajdu, Min Of Labour, etc., that Greenstone Economic Development Corporation (GEDC) is getting One-point-something Million Dollars from FedNor, which will (tentatively) be used to assist and promote local business and industry. It should be a big boost to existing programs and help with new ideas. FedNor dollars have been a big help to North/North-western Ont going back to the days former Liberal MP Joe Comuzzi was Min Of State (for FedNor) and financing improvements to broadband services up this way. "From Nakina" is sure the money will be put to good use!

#### Bass Derby Weekend

It's Sunday AM, and Day Two of the Nakina Fish And Game Club's annual Smallmouth Tourney and I'm sure all of the 60 Man/Woman Teams that return to the water on Cordingley Lake are hoping for better weather than yesterday. Calling it a 'mixed bag' is a stretch. Rotzy decided, for the first

tyme in 2 or 3 years, to drive out and see 'live and in person' the launching of all four 15-boat flights at 7:00, 7:15, 7:30 and 7:45. So after finding a spot fairly close, parking Norm The Truck and meandering down the ramp to the beachfront, two things struck me immediately. After learning from a long-tyme, local angler that the temp was 6C, I asked him "why in hell am I clad only in shorts and a t-shirt??" He gave me an 'odd look' but didn't appear to have an answer, so I shuffled over to another fishing person, who was also wearing shorts! and asked the same question. Got another 'odd look', but this guy replied "I was just about to ask myself the same thing." Hey, at least he had a long-sleeve jacket on! The other 'thing' that grabbed my attention big tyme was the BUGS! Ho-Lee-S--t! They were absolutely brutal!! Like on a mild morning after a rain....only it wasn't mild or raining. Yet. It never did get warm but a few drops were starting to fall about 7:30. So, I said (to myself, because the anglers had gone to their boats) "Hey Toad, you've been coming here since 2002 in every kind of weather imaginable, so relax and enjoy!" And I did

just that. Talked to fishing people from near and far, most of whom have been at The Derby since '02, and talked to non-fishing people too, none of them wearing shorts, mostly dressed for Fall. So it was great to renew acquaintances, get caught up, and of course talk about The Bass Derby in years past....with the conversations always landing on today's BIG boats and motors....not to mention all the new 'gizmos' and fishing equipment. There are only a handful of 14 ft Nadens with small 'kickers' on them, and all kinds of long fibreglass boats with 200+ HP engines, some even with a matching trailer! 'In the \$50,000 range' from what I was told. Yet there was a few 14 footers, which is still good to see as not everybody can lay out that kind of money. And you know, Rotzy is still of the belief that what matters most in a Fishing Derby is the person who is holding onto the rod and reel. I still remember a pair of guys (from Thunder Bay?) about 10 or 12 years ago with a huge Wrangler Boat and a 200HP Merc. They got 'skunked' on the Saturday....again on Sunday morning....so about 11:00AM, the very disgruntled team trailered

the Wrangler, loudly announced "there are no damned Bass in this lake!", and pointed it southwest. Well I'm sorry gentlemen, but somehow, somebody caught 333 of them on Cordingley Lake that year!!!

#### More Derby Stuff

Tho Rotzy seldom calls people by their names in this column, here's some folks I saw/ran into from past and present on Sat. ayem; Craig S (and his lady), John and Gloria, Hakannsons and Hakanssons, at least three Schallocks, Corey N, Kevin and Trevor, Ed and Walter, Michel and Celine (former Capt and First Mate of the 'African Queen' which Miz. Jo and I 'almost' owned at one tyme), Dr Frank (I think), the Brothers Ferraro, and MANY more! Also Denis at the Official Weigh Scales, The Dan at the final checkpoint, a growing number of local young Volunteers, and of course, Marla on the 'megaphone' getting each flight of boats to the staging area. She has been with the NF&G Club since 2002! and it says here she CAN'T retire!! Yesterday AM the #8 boat was AWOL from the First Flight and I don't know that it was ever located?! I'm wondering if its' owner didn't get the Facebook\*tm message that was sent out warning all comers about that God-awful CNR Railway-Crossing-from-Hell at this end of #584??!! (And still not so much as a "Bump Ahead" warning sign!!) If you're doing more than 5-10MPH over that thing....whether you're pulling a \$50,000 boat or not....you're in trouble! Anyway, Miz. Jo and Rotzy are off to the Day Two Weigh-In this afternoon....an annual thing for us....and yes, I'll likely wear my shorts. Another great Nakina Bass Derby....a tip of the "F/N" Fishin Hat to all concerned!!! \*Thought Of The Day...Welfare should be as hard to get as Veterans Benefits. (thx r/k) "From Nakina"...until next tyme.

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## On This Day August 9, 1948

## This Past Week in History

#OnThisDay August 9, 1948



Library and Archives Canada  
e010957741  
Credit: Ronny Jaques



Photo of Paul-Émile Borduas, 1946

Paul-Émile Borduas and 15 young artists from the Automatists group sign and publish the Refus global artistic manifesto. The hard-hitting declaration denounces the obscurantism of French-Canadian society at the time. Through this manifesto, the Automatist artists, led by painters Paul-Émile Borduas and Jean-Paul Riopelle, seek to free their society from the ever-present religious morality of the Duplessis era. Many view the publication of the Refus global as the basis for the Quiet Revolution and modern Quebec.

### August 3, 1952

The Summer Olympic Games end in Helsinki, Finland. Saskatoon's 17-year-old George Genevux won Canada's sole gold medal, in trap shooting. Upon his return to Canada, he will receive the Lou Marsh Award as Canada's athlete of the year.

### August 4, 1914

The British Empire (including Canada) declares war on Germany. Almost six weeks after the assassination of Archduke Franz Ferdinand, the Great War is under way in Europe because of a domino effect of political and historical alliances. Canada is embroiled in the conflict as soon as the United Kingdom declares war. Over 650,000 Canadians will be involved in the First World War, serving on the home front, in the trenches, at sea and in the air. Over 66,000 will die and another 172,000 will be injured. The war will end with an armistice on November 11, 1918, and the state of war will be revoked on June 28, 1919, with the Treaty of Versailles.

### August 5, 1968

Canadian country music star Terri Clark, whose real name is Terri Lynn Sauson, is born in Montréal. In 1976, she will leave the city with her mother and sister, to move to Medicine Hat, Alberta. After high school, Terri Clark will leave Western Canada and move to Nashville, Tennessee, where she will launch her music career. In 1995, Billboard magazine will name her Top New Female Country Artist. In 1997, Terri Clark will win the Juno for Best New Solo Artist, then the Juno for Best Country Female Artist in 2001. She will win the Juno for Country Album of the Year in 2012. The Canadian recording artist has sold more than 5 million albums worldwide.

### August 6, 1984

Sylvie Bernier wins Canada's first-ever gold medal in diving, at the Los Angeles Olympic Games. Born in the city of Québec, she is the first female Quebecer to win Olympic gold. A 3-metre springboard specialist, she started diving while keeping her older brother company during his lessons. Before long, she was winning medals and setting records. Sylvie Bernier will retire from diving in December 1984, only a few months after her Olympic debut. In 1985, she will receive the Order of Canada. She will serve as "chef de mission" for Team Canada at the Olympic Games in 2008 and twice as assistant "chef de mission" in 2006 and 2012.

### August 7, 1950

Prime Minister Louis St-Laurent creates the Canadian Army Special Force to fight in the Korean War. The three-year conflict broke out on June 25, 1950, when North Korea invaded South Korea. Canada had already committed the destroyers HMCS Athabaskan, HMCS Cayuga and HMCS Sioux, as well as RCAF Squadron 426. In total, 26,791 Canadian military personnel will serve in Korea between 1950 and 1957, when the last Canadian soldiers will return home.

### August 8, 1918

Canadian and Australian troops advance 13 kilometres into territory held by Germans in the Battle of Amiens. The battle will last four days and involve over 600 tanks, 2,000 aircraft and scores of heavy guns. German morale will be hit hard, and the Canadian and Australian troops will be buoyed by their remarkable advance and victory against the enemy. However, Canadian casualties will be high, with over 11,800 dead and injured, including nearly 4,000 on the first day. This "black day" for German morale, the first of the "Last Hundred Days," will boost Allied troops and mark the beginning of the end of the First World War.



## REGIONAL CHURCH CALENDAR

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1319 Main Street, P.O. Box 657  
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s418woods@gmail.com

9:45 am Sunday School  
11:00 am Worship Service  
Wednesday @ 7:00pm - Bible Study  
Youth Programs  
Thurs 3:30 - 5:00 JK to Gr 5

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Everyone is encouraged to come and  
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\*\*\*\*\*  
ST. BRIGID'S PARISH  
Nakina - 854-0849  
1:00 pm - Bilingual  
Father Roger Pronovost

\*\*\*\*\*  
IMMACULATE HEART OF MARY  
Aroland - 3:00 pm  
Father Roger Pronovost

\*\*\*\*\*  
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Sunday, 9:00 am (Eng.)

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(ages 5-grade 6) Youth Group 7:30  
Wed (grades 7-12)  
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## Lieutenant Governor visits Northern Ontario

July 28, 2017. Her Honour the Hon. Elizabeth Dowdeswell, Lieutenant Governor of Ontario, conducted earlier this week a three-day tour of various communities in Northern Ontario.

On Monday 24 July, Her Honour visited Webequie First Nation, where she was received by Chief Cornelius Wabasse and community members, and conducted a radio interview with students as part of the Journalists for Human Rights Indigenous Reporters Program. The Lieutenant Governor also participated in a discussion hosted by the Ontario Native Women's Association in the municipality of Greenstone.

On Tuesday 25 July, Her Honour conducted an official visit to the municipality of Greenstone, where she was received by the Mayor, His Worship Mr. Renald Beaulieu, participated in a roundtable discussion with community leaders, and attended a reception at the Geraldton Interpretive Centre. The Lieutenant Governor then visited the Junior Canadian Rangers at Camp Loon, as a guest of the Canadian Army, 4th Division. Her Honour toured the camp and attended, and spoke at, its closing ceremony.

On Wednesday 26 July, Her Honour conducted an official visit to the municipality of Atikokan, where she was received by the Mayor, His Worship Mr.



Dennis Brown, participated in a roundtable discussion with community leaders, and attended a reception with community members. The Lieutenant Governor then visited Quetico Provincial Park, where she received a traditional welcome led by Chief Norman Jordan of the Lac La Croix First Nation, received a briefing on the environmental research being undertaken by the Quetico Foundation, and visited the John B. Ridley Research Library.

"The warmth and resolve of the communities I have visited give me much hope for our future. Many of the stories I've heard are of pride, tradition, and re-

silience and as Lieutenant Governor of this province I am thrilled to be able to incorporate these stories and lessons in my interactions with the people of this province."

Her Honour is the self-designated Storyteller-in-Chief of Ontario. Earlier this year,

Her Honour published 150 Stories, a book of stories written by Ontarians as a contribution to the 150th anniversary of Confederation (<http://arts.lgontario.ca/canada150>).

In Ontario, the Lieutenant Governor exercises the

powers of the Crown, which derive from the written constitution, constitutional convention, and statute law. These powers are similar to those of the Governor General with regard to Parliament and the federal government.

## TELEPHONE SCAMS

(KENORA, ON) The Kenora OPP are warning the public and businesses once again about a phone scam where callers pretend to work for the Canada Revenue Agency and demand residents pay them in gift cards or send

money.

The following are warning signs and tips:

- CRA will never ask for personal information through an email or text message or by clicking

on a link.

- The CRA does not make threatening phone calls

- CRA will never request payment by prepaid credit cards or iTunes gift cards, and they do not send emails containing details of a tax refund or Interac e-transfer payments.

- The CRA advises Canadians to confirm the status of their tax accounts before taking any action that may be the result of pressure from suspicious calls or emails, and to verify the legitimacy of the communication by contacting the CRA directly at 1-800-959-828.

- For more information about fraud scams involving the CRA, visit Protect Yourself against fraud on the CRA website.

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## SIGNIFICANT INCREASE IN FATAL MOTOR VEHICLE COLLISIONS IN NORTH WEST REGION

(THUNDER BAY, ON) - The Ontario Provincial Police (OPP) in North West Region has investigated 11 fatal motor vehicle collisions between January 1, 2017 and July 31, 2017. This is a significant increase from the same time period in 2016 where 4 fatal motor vehicle collisions occurred.

Factors involved in the

fatal motor vehicle collisions in 2017 have been:

- 100% of the collisions have occurred on a Provincial Highway
- 90% of the collisions occurred when the environmental conditions were clear
- Road conditions were not a factor in any of the collisions
- 72% of the collisions occurred between 7am -

2pm

- 55% of the collisions involved a form of inattention
- 2 collisions involved alcohol
- 27% of the collisions had speed as a factor (not the only factor)
- 45% of the collisions involved a commercial motor vehicle

Factors involved for all

motor vehicle collisions in North West Region during this time period:

- 78% of the collisions occurred when weather was not a factor (clear day)
- 51% of the collisions occurred when road conditions were not a factor (dry roads)
- 68% of collisions occurred between 7am - 7pm

The OPP would like to remind drivers to slow down, wear their seatbelts, pay attention to driving at all times, and to not drink and drive. Drivers are responsible for the safety of all users of our roadways, and the OPP wants drivers to adopt safe, defensive driving behaviours which go a long way in reducing the number of injuries and deaths.

## Abortion Pill Available Across Ontario at No Cost

August 3, 2017 9:30 A.M. Ministry of Health and Long-Term Care  
Ontario is giving women more choice over their reproductive health by making Mifegymiso, a safe and effective medical alternative to surgical abortion, available at no cost.

Indira Naidoo-Harris, Minister of the Status of Women, on behalf of Dr. Eric Hoskins, Minister of Health and Long-Term

Care, was at Women's Health in Women's Hands Community Health Centre in Toronto today to announce that, as of August 10, 2017, women with a valid health card and prescription from their doctor or nurse practitioner will be able to get the drug for free at participating pharmacies across the province.

Mifegymiso is taken to medically terminate an

early pregnancy. It is a safe, effective and non-invasive alternative to a surgical abortion that women can administer themselves. By making it available at no cost, Ontario is giving women more autonomy around their reproductive health, removing a financial barrier, and increasing equity of access to abortion -- particularly in rural and remote areas.

Ontario is increasing ac-

cess to care, reducing wait times and improving the patient experience through its Patients First: Action Plan for Health Care and OHIP+: Children and Youth Pharmacare - protecting health care today and into the future.

### Quick Facts

- Mifegymiso is a combination of two drugs, mifepristone and misoprostol, used to medically terminate early pregnancies

(up to 49 days from the start of the last menstrual period).

- It is considered a safe and effective alternative to a surgical abortion.
- Mifegymiso is the only brand of the drug currently approved by Health Canada to be marketed in Canada.
- Prescribers and pharmacists will have access to appropriate training.



### Geraldton District Hospital 2018-2022 Strategic Planning Focus Group Meetings

A Strategic Plan is a road map for the future. It describes where the Hospital wants to be and how it will get there. The last Strategic Plan was developed in 2014 for a 4-year period.

The 2014-2018 Strategic Plan concentrated on the following three directions:

- Collaborate with partners to ensure seamless services provided to patients
- Deliver programs and services to meet the needs of the community
- Ensure care and services are provided in a culturally competent manner

All of the above noted priorities impact patient care in a positive manner. Over the next month, focus group meetings will be held with Hospital Staff, Medical Staff, Francophone community, First Nations communities, community health care partners and the community at large to obtain input needed to develop the 2018 - 2022 Strategic Plan.

Jean-Pierre Eskander, a health care consultant, and Lucy Bonanno, hospital CEO, will be facilitating the focus group meetings.

The following community focus group meetings are noted below:

#### First Nations

Tuesday, August 15th	9:30 to 11:00 am	Health Center, Ginoogaming First Nation
Tuesday, August 15th	11:30 to 1:00 pm	Health Center, Long Lake #58 First Nation
Wednesday, August 16th	3:00 to 4:30 pm	Health Center, Aroland First Nation

#### Geraldton

Monday, August 14th 6:00 to 7:30 pm Curling Club, Geraldton

#### Nakina

Wednesday, August 16th 1:00 to 2:30 pm Sunrise Club, Nakina

#### Longlac

Thursday, August 17th 6:00 to 7:30 pm Senior Citizen's Club, Longlac

#### Francophone

Wednesday, August 16th	10:00 to 11:30 am	Le Centre Culturel Francophone, Geraldton
Thursday, August 17th	4:00 to 5:30 pm	Senior Citizen's Club, Longlac

Hope to see you there!

Si vous désirez recevoir ce communiqué en français, veuillez appeler le 854-4102.

### FireSmart®

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Every year, homes or cottages are burned by wildland fires in Canada. There are a few simple things that you can do around your property to increase the chance that your home will survive the threat of a wildfire.

1. Keep grass and gardens within 10 metres of structures well watered and free of dead plant material and other flammable materials.
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3. Prune conifer trees within 30 metres of structures so that branches are at least 2 metres above the ground. Thin conifers in this area so that there are clear gaps between the tree tops. Remove and dispose of the branches and trees that were removed.

It's your home and if you live in a fire prone area, it's your responsibility to make it as safe as possible.

For more information, contact your local Ministry of Natural Resources and Forestry fire office.

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## Government of Canada provides opportunities for youth working in northern Indigenous communities

August 4, 2017

Thunder Bay, Ontario  
Employment and Social  
Development Canada

Giving Canadian youth the tools they need to find and keep good jobs will help grow the middle class and strengthen our economy.

Today, the Honourable Patty Hajdu, Minister of Employment, Workforce Development and Labour, announced that Teach For Canada will help 158

youth in Thunder Bay and Toronto learn how to work in partnership with northern Indigenous communities, learn Indigenous languages and learn about Canadian history through an Indigenous lens.

The Government of Canada will provide close to \$1.6 million in funding for this project through the Career Focus program of the Government's Youth Employment Strategy (YES)

for Teach For Canada's Youth Career Focus project. Through this project, Teach For Canada will also provide youth with teaching placements in elementary, middle or high schools in Indigenous communities in northern Ontario and give them the support they need to adjust to the environment and learn how to engage with Indigenous communities. In addition, Teach For

Canada will provide two years of follow-up support to ensure the teachers hired in these communities have the necessary tools to keep good jobs.

### Quotes

"A good education is essential in breaking the cycle of intergenerational poverty. Helping young Canadians pursue their passion for teaching in Indigenous communities in the north will ensure that communities are healthier and stronger. Giving youth opportunities to find and keep good jobs will help grow our economy and strengthen the middle class."

- The Honourable Patty Hajdu, Minister of Employment, Workforce Development and Labour

"Too often, teachers arrive in remote Indigenous communities without the preparation and support they need to succeed—and stay—in the classroom. Teach For Canada addresses that gap: we work with northern First Nations communities to recruit, prepare, and support outstanding teachers. This contribution from Employment and Social Development Canada will help us recruit and train over one hundred teachers between 2017-2020."

- Kyle Hill, Executive Director of Teach For Canada

"What Teach For Canada and northern First Nations communities are doing is an example of the ongoing reconciliation that we

hope to see in this country. Teach For Canada's work is already having a huge impact in the north, and we are delighted that Employment and Social Development Canada will allow us to expand that impact."

- Cynthia Wesley-Esquimaux, Chair of Truth and Reconciliation at Lakehead University, Director at Teach For Canada

### Quick Facts

- Career Focus is one of three program streams under the Government's Youth Employment Strategy (YES) and supports projects that help post-secondary graduates transition to the labour market through paid internships, and helps to provide youth with the information and experience they need to make informed career decisions, find a job and/or pursue advanced studies.
- Budget 2017 invested a further \$395.5 million over three years in YES for additional employment and skills development opportunities for youth
- Since 2005, YES programs delivered by Employment and Social Development Canada (ESDC) have helped over 582,000 youth develop skills and gain work experience to find a job or return to school. ESDC's Career Focus program has helped over 14,000 youth since 2005.

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## New Test Helps Identify Inpatients Struggling with Mental Health

by Graham Strong

A new screening tool at the Thunder Bay Regional Health Sciences Centre is designed to identify inpatients who may be struggling with mental health issues. The pilot project, tested in the 1A unit this past spring, screened patients at admission by asking four simple questions. The test was so successful that it will be rolled out to other units starting this fall.

"We wanted to complete a pilot in one unit first before bringing it to other units to make sure it was useful for identifying patients who may need help," said Dr. Peter Voros, Director of Adult and Forensic Mental Health.

When a patient is admitted to a unit, nurses routinely test vital signs and do what's called a medical history to understand past health issues. Previously, there were some mental health questions asked during the medical history, but this new set of questions - call the Patient Health Questionnaire-4

(PHQ-4) - is designed to score patients using a point system from 0-6 in both anxiety and depression. Patients that score a 3 or higher in either category are flagged for the patient's physician.

However, a high score doesn't necessarily mean there is a major problem. "All a positive screen means is that someone needs to ask more questions," said Dr. Voros. The physician decides the next appropriate steps including talking with the patient to learn more, possibly referring back to a family physician for follow-up on discharge, or making a referral to a psychiatrist, if needed.

The real strength of the screening tool is that it takes something that can be subjective - assessing a person's mental health - and makes it easier for any health professional to determine when a patient may need some mental health care. It helps ensure patients get the right care they need, when they need it.

"This screening tool is standardized and it's supported by research that says within a general population, if you score 3 or higher, there's a chance that you may be struggling," Dr. Voros said.

The results from the pilot project were in line with expectations, he said. Of the 39 patients screened, five scored positive for anxiety and depression. Two were already receiving treatment and two were able to get a referral to a psychiatrist as a result of this new screening tool. (The fifth had already been transferred to long-term care, though a note about the positive score was forwarded to the care facility.)

The new initiative came as a direct result of the Strategic Plan 2020, which highlights mental health as a key area of focus. One of the goals is to improve mental health assessment within the patient history, which this screening tool has demonstrated it can do.



A new screening tool tested at the Health Sciences Centre will help health care professionals identify inpatients who may be struggling with their mental health.

Dr. Voros said that the screening tool will be added to the admission process in all units by fall 2017. Currently, other supports are also being put into place including recruiting more psychiatrists and creating a Consultation Liaison Service. This service will be coordinated by a mental health nurse who will be able to provide an intermediate level of care between referring physicians and psychiatrists to streamline the process even further and ensure

that patients are getting the right level of care.

With all of these pieces in place, the result will be a more proactive approach to helping inpatients at the hospital get the help they need for any mental health issues they are experiencing.

"It's an opportunity for us as health care practitioners to make sure we're asking the right questions and identifying where there may be difficulties," Dr. Voros said.

## First Finish Plan

**BEST FOR...**total newbies or runners who haven't pounded the pavement since autumn. If you can walk, you are ready to start.

WEEK	M	T	W	T	F	S	S
6	3 x (run 10 min + walk 1 min)	rest or XT	3 x (run 10 min + walk 1 min)	rest or XT	3 x (run 10 min + walk 1 min)	3 x (run 10 min + walk 1 min)	rest
7	2 x (run 13 min + walk 2 min)	rest or XT	2 x (run 13 min + walk 2 min)	rest or XT	2 x (run 13 min + walk 2 min)	2 x (run 13 min + walk 2 min)	rest
8	2 x (run 14 min + walk 1 min)	rest or XT	2 x (run 14 min + walk 1 min)	rest or XT	2 x (run 14 min + walk 1 min)	2 x (run 14 min + walk 1 min)	rest
9	run 18 min + walk 2 min + run 10 min	rest or XT	run 18 min + walk 2 min + run 10 min	rest or XT	run 18 min + walk 2 min + run 10 min	run 18 min + walk 2 min + run 10 min	rest
10	run 20 min + walk 1 min + run 10 min	rest or XT	run 20 min + walk 1 min + run 10 min	rest or XT	run 20 min + walk 1 min + run 10 min	run 20 min + walk 1 min + run 10 min	rest
11	run 25 min + walk 1 min + run 5 min	rest or XT	run 25 min + walk 1 min + run 5 min	rest or XT	run 25 min + walk 1 min + run 5 min	run 30 min	rest
12	run 30 min	rest or XT	run 30 min	rest or XT	run 20 min	rest	<b>RACE!</b>



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### Run Geraldton!



Choose between a 5km walk/run or 10km run taking place right in Geraldton at 9:00am, September 9th. If you're looking for a reason to get out and get healthy, this is it. Find a friend and start training!

If you are new to running, try a training program to get you ready for your first 5km run (Check the Times Star for a complimentary program or google 'couch to 5k in 8 weeks' to find many free programs online). If that still sounds too hard, why not walk the 5km course instead. Maybe 5k sounds too easy - in that case, compete with other local runners in the 10km course. Now is the best time to get fit and spend time training with friends and family.

**Don't put it off - Register Now!**  
 register online at - [RunGeraldton.eventzilla.net](http://RunGeraldton.eventzilla.net)  
 Registration closes September 3rd.

All profits from the registration fees will be used by the Geraldton Firefighters' Association to support local events such as the Christmas parade and fireworks.

If you have any questions or concerns please email [RunGeraldton@gmail.com](mailto:RunGeraldton@gmail.com)  
**VOLUNTEERS NEEDED! email for more information**

# COMMUNITY EVENTS

## SUPPORT GROUPS

Geraldton Hospice Northwest Palliative Care Support Services - For more information, call Candice Bottle at 854-1862 ext. 138.

Do you, a family member or friend suffer from depression, manic depression, panic attacks, schizophrenia or other mental illness? To find out how we can help, please call the Mental Illness Support Network at 854-2649.

### - Area AA Meetings -

**OPEN DOOR GROUP**, Long Lac Pentacostal Assembly, 92 Skinner Ave. Long Lac, Friday's 7:00 pm Contact: 854 6891

**STARTING OVER GROUP**, Geraldton Thunderbird Friendship Centre, 301 Beamish Ave.W. Geraldton, Tuesday's 7:00 pm. Contact 853 1036

**IN GERALDTON**, 1st Tuesday of every month is an Open Meeting Welcome to the General Public.

**TOPS (Take Off Pounds Sensibly)** Weight Loss Support Group meets Tues., Longlac Senior's Centre. Weigh-in begins 4:30pm, meeting 5:00pm. Everyone is welcome.

## SENIORS CORNER

**PUBLIC BLOOD PRESSURE CLINIC** the 3rd Thurs every month at 1:15

**SENIORS ACTIVITIES IN NAKINA:** 111 Kingsland Street, Tuesday & Thursday Carpet Bowling 1:00 P.M. Friday Night Bingo Doors Open @ 6:00 P.M. Bingo Starts @ 7:00 P.M. General Meetings : 3rd Thursday of each month @ 6:30 P.M. Pot Luck Dinners : 3rd Thursday of each month @ 5:30 P.M. All members welcome

**QUILTING & CRAFTS** have now started in the Seniors Room at the Geraldton Complex. Tuesdays from 10:00 a.m. until 3:00 p.m.

The Mun. of Greenstone's Aging at Home Medical Transportation Program provides transportation for ambulatory Seniors in Greenstone to medical and health related appointments. This service is available for both local appointments and appointments in the City of Thunder Bay on a first-come, first-served basis. Third party assignment of an eligible Northern Health Travel Grant is required. For more info please call the Community Services Dept. of the Municipality of Greenstone at 854-1100.

## RESOURCE PROGRAMS

### GERALDTON

"A great place for you and your child/children to spend time." Playgroup is held Monday to Friday, every morning from 10 - 11:30 French playgroup is held on Tuesday' and Friday'.

Best Start Child & Family Centre (854 - 1747)

Babysitting Training Course

If you have a child who is 12 and interested in taking this course must phone or register. Minimum cost to cover book.

**OPEN ARTIST STUDIO at the EPC at the Geraldton Complex** Monday Afternoons 2-4 pm & Monday Evenings 6:30-9:30 pm

For more information call Ralph Humphreys at 854-0193

### LONGLAC

**NORWEST COMMUNITY HEALTH CENTRES - LONGLAC SITE**

**Spring Programs 2017.** Please call 876-2271 or drop in for more info. All programs free of charge, with the exception of Community Kitchen (where participants share the cost of purchased food).

**LAB:** Every Monday & Wednesday from 8:00 to 11:30.

**WALK-IN CLINIC:** Tuesday evenings 4:30 - 7:00

**SMOKING CESSATION:** Call 876-2271 for more information.

**DIABETIC FOOT CARE:** Call 876-2271 for an appointment or for more info.

**BLOOD PRESSURE CLINIC:** Every Wednesday from 9-12 & 1-4; no appointment necessary.

**DIETICIAN SERVICES:** Call for information.



## RESOURCE PROGRAMS

### NAKINA

**NAKINA PARENTS & TOTS /** parents et bambins: Nakina Kids N' Us/Petit Chez Nous in Nakina at 301 Algoma Street. Tues. and Thurs. morning from 9:30am - 11:30am at the EDDC.

**Nakina Kids N'US / Petite Chez Nous -** Childcare for ages 0-12 years, open 7-5 on a daily basis, but if care is needed before 7 or after 5 can be opened as early as 6 and as late as 6. Call Cassie at 329-8592.

## RECREATION NOTES

**RECREATION OFFICE HOURS:** Monday to Friday from 8:30 am to 4:30 pm. Call 854-1100 ext 2011

**INSTRUCTORS WANTED!** - We do all the advertising and setting up, and you will be paid \$25/hour to share your talents/skills with a group of people - call the Rec office today!

### GERALDTON

**Mixed Volleyball** Fridays 730-10pm at Geraldton High School

**Walk n Talk** Monday, Wednesday, Friday 6-9 pm at Geraldton High School.

**Mixed Soccer** Thursday night 9-10 pm at Geraldton High School

**Dodge Ball** Thursday 7-8:30 at St Joseph's School

### BEARDMORE

**Mixed Badminton** Wednesday's 630-830 pm at the public school

### COMING EVENTS

**Geraldton District Hospital Auxiliary** General Meeting Monday, August 21, 2017 7 pm in the GDH Boardroom

**Geraldton District Hospital Auxiliary** 70th Anniversary Social Saturday, September 9, 2017 1-3 pm at the Geraldton Legion

## BOARD MEETINGS

**SUPERIOR-GREENSTONE DISTRICT SCHOOL BOARD** meets the 3rd Monday of each month at 6:30 p.m. Public access to the meetings is provided by videoconference from the Geraldton Composite High School Videoconference Room.

**Greenstone Public Library Board** meets once a month. Please contact the CEO at 854-2421 for date and time. Public welcome.

**St. Theresa's Catholic Women's League** meetings are on the 3rd Tues. of the month, 7:30 pm in the rectory. Members and non members are invited to attend.

**Nakina Fish & Game Club -** Meet on the third Wednesday of Jan., March, May, July, Sept. and Nov. at the Heritage Building at 7:00 pm.

**Geraldton Kinsmen** meet every Wednesday at the Kinsmen Hall located at 406 1st Street East at 8 pm. All men welcome.

**Greenstone Family Health Team Board** meetings are the second Wednesday of the month at 4:45pm in the Greenstone Family Health Team Board Room. Meetings held in Jan., Mar., Apr., Jun., Sept. and Nov. Public Welcome.

**Geraldton District Chamber of Commerce** meets the second Thursday of the month at 6:30 pm in the meeting room at the Elsie Dugard Public Library. Members are invited to attend.

**Longlac Chamber of Commerce** meets on the 3rd Monday of each month at 7:00pm in the Longlac Tourist Information Centre. All members invited

**St. John the Baptist CWL** meetings are the first Wednesday of the month at 7:00 pm at the church. New members are welcome!

**The Geraldton District Hospital Auxiliary** meets the 3rd Monday of each month at 7 pm in the GDH Conference Room, unless otherwise advertised. No meetings in July or August.

**Superior North Catholic DSB** next board meeting is to be held on Wednesday, June 7, 2017 at 12:30 pm at the Catholic Education Centre, 21 Simcoe Plaza, Terrace Bay, ON. Public is welcome to attend

## GROUP ACTIVITIES

Prenatal Classes in Geraldton and Longlac. To register call 854-0454 Thunder Bay Health Unit

Clothing Exchange for Infants at Thunderbird Friendship Centre. Any infants clothing (0-36 mos.) you are willing to donate, or free to take what you need. For more info call 854-1060.

**Centre de Ressources du Club Canadien Français de Geraldton:** Est maintenant ouvert du lundi au mercredi, de 13h à 17h et le jeudi de 13h à 16h. Lucille Dumais (Co-ordonnatrice) 854-1170.

**#227 Squadron Air Cadets -** Wednesday nights at G.C.H.S. Starts at 6:15pm Contact: Lt. LeBlanc 854-1996.

**Geraldton Karate Club -** Contact: Lynnea Zuefle (854-0015), Tuesday and Thursday 6:00pm to 7:00pm for the Junior Belts and 7:15pm to 8:45pm for the Senior Belts/Adult Class, G.C.H.S.

**Longlac Martial Arts Club (Karate)** - Contact: Sean Berard 876-4774 or 876-9572. Chateau Jeunesse Gym, Mon & Wed. 6:30pm-9:00pm.

**Tsuruoka Karate Club** classes, downstairs at Longlac Seniors Centre, Monday, Wednesday not Fridays. 6:45 - 9:00. Person to contact- Andre Courtemanche @ 876-4404

**Girl Guides of Canada, Geraldton:** Contact Liz Brown, 854-0708. Adult volunteers welcomed.

**Workshops/On-line Training** MTW Employment Services offers a variety workshops, free of charge, available Mon - Fri every week of every month. Computers and enrollment assistance are available for online training certification. Please call or visit the location nearest you. 876-4222 or 854-1234

**Geraldton Community Forest Inc.** Board Meetings held every 3rd Wednesday of the month Greenstone Regional Skills Centre 105 MacOdrum Drive at the Geraldton Airport 7:00 pm All Welcome



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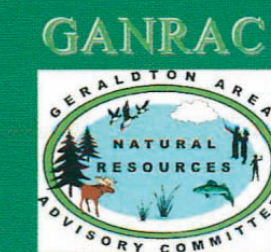
## GREENSTONE HARVEST CENTRE

807-854-3663

401 E Main Street (side) Open the second and fourth Thursday of the month, with the exception of July and August. Drivers needed to deliver hampers to various communities.

Call the above if interested

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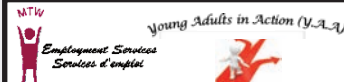
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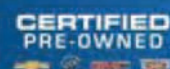
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