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The Brady diet seems to work

THOUGH this is Dry February, not Fit February, there were probably more than a few middle-aged male couch potatoes taking in Sunday's Super Bowl who wished they looked a bit more like the Tampa Bay Bucs' ageless Tom Brady.

Put aside for a moment Brady's talent as a passer, his fat, two-year \$50-million contract and his now seven Super Bowl championship rings. Even with all that, at 43, Brady's general state of fitness is remarkable, putting even men half his age to shame.

So, how does he do it? According to Men's Health, the U.S. magazine oft-considered the bible for men looking to lose some excess luggage, Brady's food favourites include the following items you probably won't find at a football stadium snack bar: fruit smoothies, nuts, spinach, avocados, hummus as well as fish and chicken — not three-patty burgers.

The magazine also notes that each and every day Brady drinks enough water to fill a modest goldfish tank. There's no mention of beer, pretzels, deep-fried cheese balls and other artery-clogging delights that many Bucs fans undoubtedly consumed while watching Brady poke holes in the Kansas City Chiefs' defence.

By all accounts, Brady is an exceptionally disciplined athlete. But being rich surely must help him maintain his dietary regimen — avocados don't come cheap. And like most wealthy celebrities in the world of sports or entertainment, he has employed a personal chef who reportedly eschews unhealthy ingredients like white sugar and white flour when concocting dishes that lean heavily on veggies.

Contrast that with other American rich guys, like Donald Trump and retired actor Jack Nicholson, both of whom have been unabashedly partial to junk food and subject to fat-shaming paparazzi photos — a tubby-ish Trump on the golf course; an obese-looking Nicholson in bathing trunks. (Not that Jack gives a tinker's damn about what anybody thinks.)

The difference is that while Trump and Nicholson can likely afford the best private health care money can buy should their eating habits lead to heart attack or other ailments, the estimated 27 million Americans without health insurance assuredly cannot.

Thankfully, every Canadian is entitled to good health care regardless of income. But too many of us tend to eat more like the former U.S. president and one of the greatest Hollywood actors of our generation. Incidents of heart disease and cancer in this country linked to diet and not just genetic history remain high and are costing us all a fortune.

When it comes to physical fitness and what he puts on his kitchen table, Tom Brady sets the bar high. The benefits are clear: We can't all be star athletes, but it would be an interesting experiment indeed to see what societal benefits would accrue if all of, regardless of income, had daily access to Brady's kind of menu plan.

FACE COVERING - JANUARY



FACE COVERING - FEBRUARY



Cultural shift adds diversity

Businesses, culture reflect growing Black population

BY SHARON BON

BLACK History Month came about as a way to celebrate the achievements and contributions of Blacks to society. Carter G. Woodson, a Harvard-educated African-American historian, established 'Negro History Week' in 1926 to honour these achievements.

In Canada, Black History Week (renamed in the early 1970s) was expanded to Black History Month in 1976. February wasn't officially recognized as Black History Month in Canada until December 1995.

Beyond slavery, Black history was not a topic taught in schools in my day. Unfortunately, that has not changed for my children. Black History Month plays a significant role in providing information to the general public to dispel misconceptions and biases about the Black community, hopefully leading to a more inclusive and caring society.

These misconceptions and biases resulted in the racism that impacted my family when they emigrated from Jamaica to Canada.

My father arrived in Toronto in July of 1966 on a student visa. He believed, as many people did in the Caribbean, that life 'abroad' would be better than life back home. My mother tried to join him a month later, only to be told by the immigration officer to leave in 30 days because he was annoyed that she had insisted on being listed as Black on her immigration papers even though, due to the light colour of her skin, she could "pass" for white. She was finally allowed back into Canada in November 1967. Despite encour-



ONE CITY, MANY VOICES

The Thunder Bay's Anti-Racism and Respect Committee and Diversity Thunder Bay produce this monthly column to promote greater understanding of race relations in Northwestern Ontario.

tering much racism in the early days (such as places not renting to a Black family), they still believed Canada was the right move for them and became Canadian citizens.

I moved to Thunder Bay 21 years ago and there have many changes to the demographics during my time here. Arriving as a recent PhD graduate and fiancée to the only geriatrician in Northwestern Ontario, Thunder Bay was a culture shock in comparison to the large, multicultural city of Toronto that I was used to. Thankfully, even though I was often the only Black person in the room, I was never made to feel out of place or unwelcome.

The construction of the new hospital, the establishment of the medical school and the expanded presence of the university have contributed to the increase in Blacks and other people of colour in the city. This cultural shift has resulted in more businesses owned by people of colour to cater to this new demographic.

There is greater diversity in the ethnic food available here

compared to 21 years ago. For example, we now have three Caribbean restaurants in town. The popular Folklore Festival celebrates the city's diversity through food, music and dance. Interestingly, Thunder Bay is where I was first introduced to African and Latin dance.

The Caribbean and African Multicultural Society of Thunder Bay (CAMAT) celebrates Black History Month by highlighting the African and Caribbean culture of our city. In the past, the month-long celebration would culminate in their gala event featuring traditional food, performances, fashion show and dance party. The gala was always a highlight for me, especially the year when I was part of the performances.

Due to the COVID-19 pandemic, everything is virtual for the 2021 CAMAT Black History Month.

I will be providing an African dance class on Zoom at 7 p.m. on Friday, Feb. 19. Other the virtual events provided will include an adult paint night, African and Caribbean cooking classes, a creative writing workshop, a panel of local Black women business owners, a fashion show, and dance parties.

The schedule and registration for all the events will be online at www.camatnetwork.com as well as Facebook and Instagram.

Sharon Bon is the owner of Dame Mas Dance (damemas-dance.ca), an online dance studio that offers virtual classes in African and Latin dance as well as fitness. The views and opinions expressed in this column are those of the author.

LETTERS TO THE EDITOR

Nuclear waste options must be explored

IT APPEARS that atomic energy is the way to go as far as a clean, efficient and dependable source of power.

That seemingly free energy comes at a price though: the waste product.

We are forever trying to find ways of burying the used fuel rods. Although not of any use any more, they still pack a punch. They are radioactive for a very long time, usually having a half life of about 150,000 years, depending on exactly what the fuel source was. They are initially stored under water to prevent thermal runaway due the latent heat always present in these used rods. After a while, usually something like 10 years, the water can be removed and we can continue to look for a nice hole someplace to bury them, hoping they won't leak anything during the ensuing thousands of years.

Can't we think of a better way to dispose of this homemade nightmare other than our backyard? The underground storage solution we do now almost looks complacent and something we are not thinking about any more.

Let's think some more about the disposal problem of spent fuel rods. Surely, better ideas can be cooked up.

I have one that is really off the wall: send them off into space to eventually find a home in our very own sun. The cost can't be much more than what we are doing now, and likely, in the long run, it will turn out to considerably cheaper. Here is where we need fresh eyes rethinking things to make this work.

With atomic energy looking more and more like the only, long-term way to go, atomic waste disposal is going to become increasingly urgent.

Richard Moquin
THUNDER BAY

Bad appointment prompts rethink of old institutions

IT SEEMS what you wish for is sometimes not what you get. Justin Trudeau tapped Julie Payette for governor general, it seems, with little vetting and much more favouritism.

When you first look, you see an accomplished astronaut, speaker of six languages and a definite overachiever — a young woman to be the representative of the crown in Canada.

But we've also seen painted a picture of an intolerant, perfection-demanding autocrat who perhaps should have had a better vetting instead of Justin's "I like her"

rubber stamp of approval.

Now, I don't understand why we are clinging to the apron strings of the British monarchy in Canada. The sooner we cut the ties that strangle us in all the pomp and pretence that we are sovereign to the Queen, the better.

It is high time that Canada hammered out a Canadian constitution throwing off the cloak of the British empire that some think we so desperately need to preserve. It is time to abolish the fat cat senate — a barely alive repository of political hacks reaping their loyalist rewards as dutiful party faithful.

Throw off the chattels of a bygone monarchy. Declare true Canadian sovereignty. Elect a proper senate with term limits. Canada doesn't need a senate with no teeth. (No pun intended. Well, maybe.)

It is an ineffective body with little power and an attitude of "I am entitled to my entitlements" where more than a few find it an irritant to even show up. It is time for Canada to be Canadian, not British Canada.

Canada strong and free — independent, not subservient to any other country or monarchy.

Edwin Kivisto
THUNDER BAY

NHL should let all games be shown

ON FEB. 1, the hockey games from Montreal and Winnipeg were blacked out in Thunder Bay. On other dates, the games in Ottawa have been blacked out.

There are no fans at the games. So why are they enforcing blackouts?

The NHL wanted the government to let Canadian teams play in their own arenas so we could have an all-Canadian division. Then they black us out.

If we stop watching, they will be forced into waking up.

Let's get them a zero ratings.

Brad Yeo
THUNDER BAY

High cost, low demand for French universities

YOUR article on Laurentian University shows that this bilingual university is not a viable operation (Laurentian University Applies For Court Protection — CJ, Feb. 2).

Why on earth have we spent over \$40 million on a stand-alone French university in Toronto? The latter had only 47 students applying for entrance at last count.

What a huge waste of our tax dollars to satisfy the never-ending demands of less than five per cent of our population base.

Michael J.K. Robinson
THUNDER BAY

Students paid too high of a price

IAN Pattison writes that there is a nugget of truth in former senator Lynn Beyak's assertion that some Indigenous children benefited from residential schools (Few Tears Shed Over . . . Beyak — column, Jan. 30). He cites Tomson Highway's statement that he never would have succeeded as an artist without the education he received in a residential school.

Tomson Highway's excellent novel, *The Kiss of The Fur Queen*, is a fictionalized account of the real-life childhood of Highway and his brother Rene.

The novel's main characters are two Cree brothers who are taken from their family in northern Manitoba and sent to a residential school. Their language and culture are forbidden, their names are changed and they are sexually and physically abused by priests.

There are scenes in the novel that are very hard to read.

While the boys receive an education and are introduced to the arts in which they excelled, they both paid a price which no child should endure.

Verna Jean Killens
THUNDER BAY

Diversity of views

We take pride in our letters section as a forum for sharing diverse views. We know there are a wide range of opinions on a variety of topics and believe strongly that our community is best served when all opinions are exposed, considered and discussed.

Letters kept to 300 words have priority and may be edited for space, style, accuracy and clarity. Letters must be the original work of the author and be exclusive to The Chronicle-Journal. Please cite page and date for articles mentioned. Letters may appear on our website. There is no restriction on the frequency of letters.

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