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Join Tbaytel in Supporting a Flourishing Health Workforce in Northern Ontario

Meet Dr Kayla Berst

By Janine Chiasson

Thunder Bay is home for me,” says Dr Kayla Berst. “Once I decided I wanted to practice medicine, I knew how great NOSM was and devoted myself to becoming as strong a candidate as possible so I could train and stay in Northern Ontario.” Even though NOSM has an extremely competitive admission process, her hard work paid off and Dr Berst was accepted right after university, joining a class of learners – many from Northern Ontario – who wanted to study and practice here.

Now, Dr Berst is a family doctor with the Superior Family Health Team and she loves it – her teammates, her patients, everything. She credits her exceptional experiences at NOSM for her readiness to practice. “Learning was fantastic,” Dr Berst says, “particularly the third year Comprehensive Community Clerkship (CCC) which I did in Sioux Lookout – a concentrated 8 months where I learned what it’s really like to be a rural physician.” As a part-time teacher at NOSM, Dr Berst loves seeing her second-year students return in fourth year after a huge learning curve to gain invaluable clinical knowledge and skills.

In a historically underserved region, NOSM creates physicians for the north by capitalizing on physician’s increased likelihood to practice in their hometowns or where they completed their medical training. Dr Berst sees this in action. “Now, many of my classmates have finished their 5-year specialty programs and fellowships and they’re coming back to town,” she explains. “It’s great to refer to my colleagues – I know them, I can text or chat with them about a shared patient.” These connected NOSM graduates are becoming the new medical community in Thunder Bay and Northern Ontario – the perfect conditions for better interaction among physicians and specialists, and better outcomes for patients.

None of this comes easy. Medical school is expensive – most students end up with a debt load of $200,000. Recognizing the importance of investing in people and initiatives that build strong, healthy communities in Northern Ontario, Tbaytel has formed a partnership with NOSM that begins with the creation of a Tbaytel Entrance Award to be awarded annually to three students for $10,000 each. Focused on diversity and merit, the award will help NOSM meet its goals of recruiting and supporting individuals to practice in Indigenous, Francophone, rural, remote, and underserved communities.

For Dr Berst, Tbaytel’s new award is a natural fit. “I really see Tbaytel,” she says. “When new local infrastructures are created or events being staged, I see the Tbaytel logo and their presence there in different facets of our community – sports and recreation, education, medical learning, volunteerism – you name it. They take care of our neighbourhood above and beyond their telecommunications role. It sets them apart from other providers.”

When asked if staying Northern Ontario diminished her opportunities in any way, Dr Berst responds with an emphatic, “Heck no. We live in such a beautiful landscape and it’s wonderful here. I’m not a big city person and this is where I want to be,” she says. “I can raise my family in a dream home surrounded by trees, have dogs, go hiking, hang with friends, be active outdoors in every season, celebrate diverse cultures, be a doctor during the week, be a big part of the medical school – and being here makes it all possible.”

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“Tbaytel... They take care of our neighbourhood above and beyond their telecommunications role.”
Welcome to Women – a special publication circulated free of charge to homes in Thunder Bay and distributed to special interest groups & unique community events.
“There’s really nothing that can prepare you for the experience of becoming a parent – or at least – I don’t think there is,” shared new mother, Kyla Rutherford. “You can read all the books about ‘what to expect’ and talk with friends and family, but the day you become a Mom, it’s unlike anything you thought it might be. Truthfully, it’s so much more.”

Kyla and her partner Steve welcomed their son, Emerson, at the Hospital on Sept 24. She said, “The past few months have been a blur, if I’m being honest. But one thing I do recall is our care team at the Hospital – from the Nurses to the Doctors – they provided us with incredible care. Even before I gave birth, I met with a Nurse in Labour and Delivery, who explained how every step of the process would work. She was – no word of a lie – absolutely phenomenal.”

Continued Kyla, “After Emerson was born, he needed to go the Neonatal Intensive Care Unit just for a little while to help clear his lungs from fluid. Then we stayed in the Hospital for another few days as I gained strength after my C-section to be able to care for him. Now that we’re home, I’ve been reflecting on our experience and realizing just how lucky we are to have a Hospital and a healthcare team that can provide such individualized, professional, and quality care for all of us – but, in particular, for my child.”

“I know that doesn’t happen by chance,” she emphasized. “There are individuals in a variety of roles that make that happen – from administrators, to housekeeping staff, to clinical care teams including nurses and doctors. What I’ve learned recently is that there’s another important piece to providing the level of care we experienced – and that’s thanks to donors.”

“I cannot tell you how comforted I felt knowing that – should either Emerson or I require additional care – that we would be somewhere that could provide it,” Kyla recalled. “Donors continue to fund new equipment, so that babies like Emerson, and older children, can receive the competent and quality care they deserve, here at home.”

At present there are several new pieces of equipment that are needed at the Hospital to provide care for infants and children.

Crystal Edwards, the Director of Women and Children’s Programs explained, “Currently, when children need to have a diagnostic test called an MRI (magnetic resonance imaging), they must either be able to lie very still for an extended amount of time (up to 40 minutes), or might be provided with sedation so the test can be performed.”

She continued, “If you’re not familiar with an MRI – let me give you a visual. You have to lie down and go into a large donut-shaped machine. There’s not much room above you or to your sides. Then, throughout your test, the machine ‘clunks’. It sounds like a lot of odd banging, and it’s pretty loud. It’s something most adults aren’t really comfortable with, let alone a child. Let’s put it this way – it’s not the most inviting environment – and can be quite difficult for people to get through, especially children.”

Child Life Specialist, Brittany Oliver added, “While sedation can help many children complete the test, there are also drawbacks, including the need to insert an IV (needle) to provide the sedation. Additionally, children cannot eat or drink prior to receiving sedation. Further, there are some children who react extremely negatively to the sedation. This can cause a particularly uncomfortable situation for the kids, their parents and our care providers. It’s something we never want to happen.”

“Right now, we’re hoping to purchase cinema goggles so that kids can watch a program of their choice, with audio, while they’re having their MRI,” continued Brittany. “These particular goggles are the same ones used by the Children’s Hospital at London Health Sciences Centre for their paediatric MRI program. The goggles are compatible with our MRI machine – meaning they have absolutely no metal within them. And, kids can actually bring in their favourite movies to watch, or choose from a list of programs we have already loaded.”

Emerson James LeCuyer. Born at the Thunder Bay Regional Health Sciences Centre on Sept. 24, 2021.
“It’s going to be a game changer for kids and for our team at the Hospital,” Brittany enthused. “The kids will be fully immersed in the audio and video from the goggles during their MRI, and we expect to drastically reduce the amount of sedation we provide to kids and decrease the amount of time each of these procedures currently takes.”

“Our overall goal,” said Crystal, “is to improve the comfort of our paediatric patients. We recognize that children are vastly different from adults and we need to ensure that the setting and care we provide directly caters to the needs of children.”

The goggles are just one piece of new equipment required in the paediatric and infant programs. Just like most other products out there these days, nothing lasts forever, including medical equipment. It’s critical that our Hospital be able to purchase new equipment to provide care for infants and children from across Northwestern Ontario.

The Hospital is the only facility in Northwestern Ontario that has a Neonatal Intensive Care Unit that can provide the highest levels of care for mothers and infants that require it. Additionally there are about 1,500 births occurring annually and the Hospital is the only one in the region to have a paediatric inpatient unit, where children can be admitted. There are over 1,100 patients that require the care provided in this unit every year.

Kyla shared, “As a new Mom, it’s a bit staggering to realize just how critical our Hospital is to both new and seasoned parents, but I’m damn glad that we have a wonderful facility with incredible professionals that can care for ALL our kids. I’m so grateful for donors and the impact they have at our Hospital each and every day.”

She concluded, “I’m hoping you will consider giving to the Women and Children’s program this holiday season — a gift that will continue to make a difference all year long. Be it for the MRI cinema goggles, or to another critical piece of equipment like infant warmers, or a phototherapy light. Thank you so much for your consideration and may I take this time to wish you a wonderful holiday season. I can’t wait to share the magic of it with Steve and Emerson.”

Please donate at HealthSciencesFoundation.ca/Children or call the Health Sciences Foundation at (807) 345-4673.

“Having a mastectomy can trigger a variety of emotions. Losing one or both breasts changes the way a woman views herself and can make coping with her appearance after surgery very difficult.

“Should I consider reconstruction? Should I consider a breast form?”

Making that decision is very personal. Women want to look and feel the same way as they did before surgery.

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Having a mastectomy can trigger a variety of emotions. Losing one or both breasts changes the way a woman views herself and can make coping with her appearance after surgery very difficult.

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Have you ever been so completely immersed in an activity that nothing else mattered? Was your focus so intense that time ceased to exist? Did the activity feel so spontaneously automatic and effortless that you felt “one with the task”? If so, you were likely experiencing flow.

Having grown up as a child in Europe during World War II, Hungarian psychologist Mihaly Csikszentmihalyi became interested in understanding the roots of happiness. He was particularly interested in discovering when, in everyday life, do people feel happy.

Through interviews with artists, athletes, and musicians, Csikszentmihalyi discovered that many described a type of “spontaneous flow” that occurred when immersed in a challenging activity. This finding led him to coin the term flow.

Through his extensive research on happiness and flow states, Csikszentmihalyi came to believe that happiness comes from within oneself. “The best moments in our lives are not the passive, receptive, relaxing times,” he explains. “The best moments usually occur if a person’s body or mind is stretched to its limits in a voluntary effort to accomplish something difficult and worthwhile.”

Steven Kotler, Founder and Executive Director of the Flow Research Collective, popularized flow theory. He says, “Flow describes these moments of total absorption, when we become so focused on the task at hand that everything else falls away. Action and awareness merge. Time flies. Self vanishes. All aspects of performance – mental and physical – go through the roof.”

Although flow is often thought of as being the sole domain of artists, athletes, or other creative types, anyone can learn to achieve flow in their lives.

Here are some research-supported strategies for getting into a state of flow:

Optimize your focus. To enter flow, you need such intense concentration that you don’t have any cognitive resources left over to think about anything else. This begins the night before by getting a good night’s sleep so you feel well-rested.

Drinking coffee is an effective and research-backed strategy to improve focus, so enjoy a cup of coffee before you get started. There’s just one caveat – don’t overdo it. Too much caffeine can make it harder to focus, negatively affecting your performance. Because everyone has a different threshold, it’s important to figure out the optimal amount for you.

Eliminate distractions. Simply hoping the world will leave you alone to peacefully enter and remain in a flow state is not recommended – preparation is paramount. Begin by putting your phone on silent, closing your door (add a “do not disturb” sign for good measure), and donning your noise-cancelling headphones.

Now that your environment is ready, it’s time to prepare your brain. Engage in a focus exercise, such as going for a brief walk or doing a few minutes of mindfulness meditation, as a warm-up before transitioning to the task at hand.

Challenge yourself. A key component of entering flow is engaging in a sufficiently challenging activity. Tasks that are too easy lead to boredom, whereas tasks that are too difficult result in anxiety.

For the optimal level of challenge, Steven Kotler recommends engaging in tasks four percent greater than your skills (in other words, slightly more difficult than your skill level). To make routine tasks more challenging, reduce the time you give yourself to complete them, suggests the Productivity Game website.

In conclusion, Csikszentmihalyi believed that happiness doesn’t just happen; it needs to be prepared for and cultivated. “People who learn to control inner experience will be able to determine the quality of their lives, which is as close as any of us can come to being happy.” If living a happy, meaningful life is important to you (and who doesn’t want this?), do more of what you love and regularly activate flow – whether it be through creative pursuits, sports, hobbies, or work. Happiness awaits you.

Jennifer Sullivan is a Clinical Psychologist and C.E.O. of Sullivan + Associates Clinical Psychology. Jennifer is a regular contributor to WOMEN.
Fighting mental health stigma together

Mental Health is just as important as Physical Health
Leija Beaulieu said she still gets emotional when she thinks about how Soroptimist International of Thunder Bay impacted her life.

“I Feel validated, I feel seen, I feel appreciated,” said Beaulieu, a single mother, university student, and recipient of the club’s 2021 local and regional Live Your Dream Awards. “It means so much on a personal level.”

The annual award, given to women who are single or head of their household to help further their education and career goals, is just one of the many ways the Soroptimists of Thunder Bay have made a difference in the lives of local women.

Over the last 72 years, often working quietly in the background, the collective of women who make up the local arm of the club have touched just about every corner of the city.

“We always say we’re the best kept secret,” said Cheryl Ball, president of Soroptimist International of Thunder Bay. “We’ve been around since 1949, but people don’t really know us.”

Like many people in the city Beaulieu said she knew their name because of the International Friendship Gardens that the club created as a centennial project for the city in 1967, but wasn’t entirely sure what they were all about. “When I saw the award I looked into them and it really spoke to me, it’s empowering women,” said Beaulieu. “Women in our society, unfortunately, are at an economic disadvantage, among other disadvantages, so it was really great to see there is a group of ladies who are dedicated to helping women, it’s wonderful.”

Soroptimist International is a global volunteer movement of women helping women that began in 1921 in California. The name comes from combining the Latin ‘soror’ meaning sister and ‘optima’ meaning best and is interpreted as ‘the best for women’.

Locally, the club has made real and lasting change, identifying gaps in the community and finding ways to fill them. “We find out what needs to be done and empower the people to do it,” said Ball. “We gave seed money to Meals on Wheels, we gave seed money to the (Victorian Order of Nurses’) Foot Care Program, and other things. We help them get started, and then we divest ourselves of it.”

The Soroptimists have had a hand in many social programs in the community, working with groups such as Faye Peterson House, Elevate NWO, Adult and Teen Challenge, The Urban Abbey, and Isthmus, even providing two years of funding for Soroptimist House in 1958, a temporary shelter for women, administered through the John Howard Society. “Basically we raise money and give it away,” said Karen Bortolin, club secretary and chair of the 100th Anniversary Celebration. “We have given towards hospitals in Thunder Bay $85,000, primarily to the Sexual Assault and Domestic Violence Unit at the hospital. When I started tallying up the money we’ve given, it was really quite astounding over the years.”

Every year the club also makes Comfort Kits geared specifically for women that are distributed in the community by Superior Points. This year, to help mark the 100th anniversary of the international club, the women in Thunder Bay made 100 kits. “It was a special year this year,” said Bortolin. “Normally we only did 50, so it was a big deal for us.”
One of the main initiatives of the club is the Live Your Dream bursary which the women fundraise for locally every year and is awarded annually. The online Sweet Dreams auction to fund the 2022 prize is scheduled for February 11 to 17 at 32auctions.com.

This year Beaulieu received $2,000 locally and $5,000 US as the recipient of the regional award and used the money towards upgrading her nine-year-old son’s cochlear implants to help him hear. “Now he has them and it’s amazing” said Beaulieu. “At school it makes it much easier for him. It’s really wonderful.”

As a single mother of a son born with a severe hearing impairment, Beaulieu said her decision to return to school at 30 to obtain her honours degree in psychology was a tough one, but ultimately one that was inspired by her son, Chase.

Now in her fourth year at Lakehead University, Beaulieu says she next plans to get her Masters of Social Justice Studies. “With that I could create a resource here in our northern communities for families who have children with hearing impairments,” said Beaulieu. “My son was diagnosed and I had no idea what to do. There really wasn’t much support.”

Beyond the financial impact, Beaulieu said winning the awards have bolstered her determination to continue her education.

“To be recognized for all the hard work and trying my best, it just meant so much,” said Beaulieu. “I feel like all the hard work and dedication and the rough spots are all worth it when a group of women recognize you in such a way, it meant so much to me and it still means so much to me.”

It is that driving force of women helping and supporting other women to be their best that has shaped the club and seen it grow the last 100 years to over 75,000 members in 126 countries.

Maxine Tenander, chair of the Soroptimist International Friendship Garden Committee and co-chair of the 2022 Eastern Canada Region Conference became a Soroptimist 38 years ago.

“They’ve always had an old boys network whereas women have never been geared to helping women as an organization,” said Tenander, past club president and past governor for the region. “I think the whole focus has shifted over the last 10 or 15 years that women realize that they’ve got to help other women along otherwise we’re not going to be able to get ahead.”

It’s important, said Bortolin, to start that support for women when they are still young girls.

Faith Crichton and Kathleen Rismondo are co-chairs of the club’s Dream It Be It program focused on working with girls in Grades 7 and 8 in their schools one morning a week for four weeks.

“It’s a career mentorship program,” said Crichton. “Underlying everything is education. Education is the key to financial success, to personal success, to moving on to building confidence.”

The women facilitate hands-on activities with the girls and bring in guest speakers to get the girls thinking about their career possibilities.

“Some of the girls are quite isolated in their home environment and don’t realize the prospects that are out there,” said Rismondo. “It’s opening their eyes to the various possibilities and that’s when you’ve got to nab them, that age, building self-confidence, self-esteem, getting them to know themselves and realizing ‘I am somebody, I can be somebody’.”

Unable to hold the program during Covid, Crichton said this year they provided three $100 bursaries to graduating Grade 8 girls in the three schools where they previously ran the program as a way to mark Soroptimist International’s 100th anniversary.

With that long history behind them Ball said the club is looking forward to continuing their work with young women and will soon be learning more about human trafficking in Thunder Bay as well as what happens to girls who age out of the foster care system.

Tenander explained the club is also working towards achieving charity status, allowing them to work with more organizations, reach more women, and let more people know what they do.

“You can see where we’ve made differences in the community, often very subtly,” said Bortolin. “It surprises the heck out of us when we say our name and someone knows who we are.”

Soroptimist members from left, Maxine Tenander, Kathleen Rismondo, and Shirley Smith take part in a memorial tree dedication at the International Friendship Gardens during this year’s 100th anniversary of Soroptimist International.
Women's Golf

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Authentique Gift Shop may be bursting at the seams with eye-catching art, shirts, and mugs, it may be filled with souvenirs of Thunder Bay and brimming with handcrafted items made locally and from across Canada, but what really brings the store to life is the customers.

“I love our regular customers that I’ve known forever and I also like it when new people come in. It’s really nice to see somebody new and get to know them,” said Danielle Roy, owner of the Bay Street gift shop. “I really love the neighbourhood too, I think especially through the pandemic we’ve gotten to know other business owners well and everyone supports each other in some way.”

Roy has owned Authentique Gift Shop since 2018 with her husband Joey Roy, but the store has been a part of her life for the last 13 years. Working for the previous owners, Danielle said when they retired she decided to buy the business.

“It was something that was always in the back of my mind,” said Danielle. “I felt invested in the store. I knew a lot of the customers, I knew a lot of the suppliers and their reps and I just saw it as a good thing and I thought I would be able to carry it on and see it evolve.”

Danielle describes the place as a destination shop carrying many items with a local flavour.

“If you’re looking for something Thunder Bay I hope people think of us first,” said Danielle. “If it’s T-shirts, or amethyst, for that gift or something unique, it has something for everybody.”

Lately, the most popular product in the store has been the Hoito Pancake Mix. It is a fundraiser to help re-open the iconic Finnish Restaurant located directly across the street from Authentique that closed in the spring of 2020. The Finlandia Co-operative is aiming to re-open the restaurant in June 2022.

“That’s actually a really nice local connection to witness,” said Joey. “As soon as we get them in, they’re gone in a week or two.”

It is an example of Thunder Bay’s reputation for supporting local, something Danielle said a sales rep from Winnipeg recognized of the city as “quite exceptional.”

But Authentique has also made a name for itself offering “excellent customer service,” said Danielle, praising her staff for work that saw them win the Chamber of Commerce’s Customer Service Award this year and named Favourite Gift Shop in The Chronicle-Journal’s Readers’ Choice Awards for three years in a row.

“It’s an awesome thing,” said Danielle. “We appreciate it and it’s nice to know that we have that reputation and we hope to keep it.”

Looking for ways to keep that reputation alive through shut-downs due to Covid-19 Danielle said they had to shift their thinking to an online format, something they hadn’t even considered before 2020.

“It gave us the push to do it,” said Danielle. “It’s been a good thing, the website, especially when we were shut that was our form of sales but also it’s an excellent marketing tool. A lot of people are browsing at home and they’ll come in and say I saw this on your website.”

While the website is an unexpected extension of the business that will remain as restrictions lift and people return to in-person shopping, both Danielle and Joey say it will never replace what they have in their bricks and mortar store.

“That’s part of the experience, just to get lost somewhere,” said Joey. “That’s something you don’t get online, just to walk around and get lost in a little store like this, and there’s always something new around the corner.”
Breaking barriers & changing systems

Rosalind Lockyer honoured by Lakehead University

BY HEATHER PEDEN

When Rosalind Lockyer founded PARO Centre for Women’s Enterprise 27 years ago, she never imagined that her idea would become a province-wide movement for women entrepreneurs or grow into the largest peer-lending network in North America. And she certainly never imagined it would lead to her receiving an Honorary Doctorate of Humane Letters from Lakehead University.

“It’s just stunning, I didn’t know anything about the nomination,” said Lockyer, chief executive officer of PARO. “It was just a wonderful way to respond to people working in your community and trying to do good things. I was so thrilled.”

The honorary degree is awarded to those who have distinguished themselves through humanitarian contributions to society. Through PARO, Lockyer and her team have impacted the lives of countless women across the province by directly helping over 24,000 women with the nuts and bolts of their businesses.

“I just put one foot in front of the other, trying to support women the best that I could,” said Lockyer. “But I did it by working with the women right from the beginning. My feeling was if I ask the women what they needed and worked with them to achieve what they needed we couldn’t go down the wrong path, that has fared very well for PARO.”

Lockyer founded the non-profit in 1995 in response to a need she saw in the community for women to be able to access small loans to start businesses out of their homes that fit with their childcare or eldercare responsibilities. Supports at that time were geared for big business not women entrepreneurs.

“The system wasn’t set up to be flexible enough to make the changes that were needed for women to access the financing. Women didn’t meet the criteria,” said Lockyer. “It’s hard for systems to change, so a big part of our work has been working to change those systems.”

Today, Lockyer praises the team of women that has grown around her across Ontario to make PARO such a success, as well as support from the wider community.

“I really didn’t expect it to grow the way it has. Nobody pays attention to the North,” said Lockyer with a chuckle. “Because we were in Thunder Bay I didn’t think anyone would notice.”

But they did notice, and in 2020 as Covid-19 paralyzed the economy, disproportionately impacting the livelihoods of women, PARO become busier than ever.

“During Covid women were calling from all over Ontario. They were desperate for support,” said Lockyer. “They weren’t fitting the criteria of the programs that the government put out at first for business. They were really getting overwhelmed because at the same time children couldn’t go to school, their parents were maybe in a long term care home, and people were dying. It was so scary. They didn’t know where to turn, so they found us.”

PARO answered the call, rallying around every woman that reached out and finding ways to help. During the pandemic they initiated 22 new peer-lending circles, gave out over $400,000 in non-repayable financing to help women transform their businesses, and aided 834 women to start a new enterprise which led to the creation of 2,708 jobs.

They also created online BizCamps to help women in different stages of their businesses, including one for Indigenous women to address challenges specific to them.

That response during the pandemic caught national attention and earned PARO the International Peace Award Canada for Best Support of Women’s Empowerment During Covid-19. They were chosen from 310 finalists out of 1,100 nominations.

The award recognized organizations, ‘Promoting equal rights for women in society through all possible means, voicing against sexual violence and discrimination, creating opportunity for gender equality and stimulating policies of government and non-government agencies.’

“Now that sums us up, that’s how we do it, we do it in a very holistic way,” said Lockyer, explaining that it’s not just about financing but providing women with the skills and personal and social supports they need to help motivate them through daily challenges.

“All of those things together is how you support people,” said Lockyer. “But if there are too many barriers in the system, no matter how confident you are, how much money you have, how much training you have, there is so much to overcome if the system itself has a lot of barriers.”

Lockyer spends much of her time identifying those barriers and finding ways to break them down. It can be complicated because it is different for everyone, she said, citing as an example the often deeply systemic and institutional challenges faced by Indigenous women.

“It’s going to take many years to change these systems and it’s going to take every woman to help the women who are most challenged,” said Lockyer.

It is that community-minded approach that Lockyer sees as the way ahead for not just women but for society as a whole as we emerge from the Covid-19 pandemic.

“I hope that people will focus more on what changes can we make in our society so there’s more equality, more access for people, listen to what people need and try to provide it rather than keep systems and institutions going that are hurtful” said Lockyer. “Because, in the end, if we change our systems to provide better for the people’s needs our economy will be strong.”

That has been the backbone of PARO from the beginning, women supporting women, changing systems, inspiring each other, and creating a positive ripple effect across communities.

“It’s the how we’re doing things at PARO, I think, is the reason why LU would give me the Honorary Doctorate for Humane Letters because that’s what it’s about, how have you, during your life’s work, supported society in a positive way?” said Lockyer. “I can just be humbled that anyone noticed I was doing it and felt it was working, because every day you just have to put one foot in front of the other and keep believing in it.”
VIDEO COLLABORATION FOR ANY WORKSPACE

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Women are increasingly becoming consumers of elective healthcare services in multidisciplinary clinics. As such, patients are more educated about the benefits of using collaborative regulated health professionals or treatment modalities to treat an array of illnesses and injuries. In response, Cornerstone Clinic has created a multidisciplinary clinic so their patients can access comprehensive health services under one roof.

Our clinic includes practitioners such as a Registered Dietician, Nurse Practitioner, Doctor of Naturopathic Medicine, Registered Social Worker as well as multiple Chiropractors. Multidisciplinary clinics offer the convenience of having different healthcare professionals all in one clinic, working together on the patient’s diagnosis, and treatment plan making the process simpler for both the patients and the health providers. In addition to having the convenience of having all services under one roof, we also offer online booking and direct billing for some services.

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Dr. Laura Cupp

Doctors of Chiropractic

Suffering from Low back Pain? Did you know that roughly 80% of the population suffers from low back pain at some point in their lifetime? Although, new or sudden back pain can be scary almost all of the time it isn’t serious and will resolve on its own within 4 to 6 weeks. However, most people can’t wait that long, and this is one of the most seen complaints we treat in our clinic. Did you know chiropractors are spine, muscle, joint and nervous system experts that are uniquely trained to assess your condition and determine the cause of your pain?

Based on the best available evidence, your specific needs combined with our chiropractors clinical expertise we can determine the best treatment for you to help manage your pain and get you back to what you love doing. Our practitioners are experienced and skilled in a wide range of different treatment modalities including manual and instrument adjustments, exercise and rehab prescription, therapeutic ultrasound, kinesio taping, acupuncture, and custom orthotics. We also teach you self-management techniques to help you manage between appointments and to give you better control over your life and body.

If you experience back pain try some of these tips at home:

1. Continue day-to-day activities even if you experience some pain (within reason)

2. Try icing or heating the area (and continue with that based on which one feels better for you)

3. If your back hurts more bending forward try doing a sloppy push up (4 to 6 times a day holding for 15 to 20 seconds) to relieve pain, OR if your back hurts more from bending backwards try laying on your back and bringing your knees to chest (4 to 6 times a day holding for 15 to 20 seconds) to relieve pain.

Did these tips help your low back pain? Looking for more tips to help you? Give us a call.

Although back pain is one of the most common conditions chiropractors see in practice we also treat other joint and muscle complaints like: headaches, jaw pain (TMJ disorders), tight and stiff muscles, osteoarthritis, carpal tunnel, pregnancy related back pain, & sprains & strains. If you are suffering from any of these chiropractic care might be right for you.

For more health tips, follow us on Instagram (@cornerstoneclinic) or Facebook (cornerstone chiropractic). We are open Monday to Saturday and are here to help you with any aches or pains. Feel free to check us out online www.cornerstone-clinic.ca or give us a call 807-475-8523.
Catherine Semenick – Consulting Dietitian & Nutrition Coach

REAL FOOD, REAL LIFE. You know your body best. Catherine’s goal is to provide you with evidence-based, compassionate support so that you can develop eating patterns that promote all aspects of a health & well-being. Healthy eating shouldn’t cause stress, guilt, or anxiety therefore taking a non-diet, real life approach so that you can still enjoy those favourite treats!

With Catherine’s programs, you will develop strategies to get you more in tune with your body, feel confident in the food choices you’re making for weight management, digestive, cholesterol, blood sugar, PCOS, food intolerances/allergies & more!

Dietitians are the leading experts in medical nutrition therapy; Catherine uses evidence-based research and a goal-oriented program guiding you to your healthiest. She will empower you to develop a positive relationship with food – be it to determine why certain foods may be causing those issues, reaching a healthy weight or lack of energy and bounce. It’s more than just the ‘WHAT’ to eat... it’s the ‘HOW-to’ and the ‘WHY’s.’

Encompass Health Care

A good portion of primary care is preventative care, one of which is osteoporosis. Osteoporosis is defined as bone mineral density of 2.5 or more standard deviations below the peak bone mass for young adults. Risk factors include: current smoking, high alcohol intake, low body weight or major weight loss the age of 25, use of high risk medications like steroids. Exercise, including weight-bearing exercise, adequate intake of calcium and vitamin D are part of preventative care.

Dr. CM Gibson - Naturopath

Carla enjoys seeing patients of all ages, from before birth to end of life. She uses natural therapies to prevent illness, promote optimal health, and treat a variety of health concerns.

In spite of the wonders of modern medicine, many of us are still plagued by poor health. Naturopathic medicine uses traditional wisdom to help navigate today’s health challenges, many of which stem from our modern lifestyle. It is safe and effective for patients of all ages, either alone or in combination with conventional medicine.

Carla commonly helps patients with menstrual and fertility issues, autoimmune conditions, thyroid disorders, digestive issues, food sensitivities, eczema and psoriasis, eating disorders, diabetes, cardiovascular disease, joint pain, and mental health concerns. She provides compassionate and individualized care, using a combination of acupuncture, massage, hydrotherapy, counselling, nutrition, herbal medicine, homeopathy, and bioidentical hormones. For more information on naturopathic medicine, visit drcmgibson.com.

Pivot Consulting and Coaching

The COVID-19 pandemic has had a significant impact on individuals, families, and communities’ mental health. Did you know that almost 7 out of 10 Canadians reported their mental health being negatively impacted by the pandemic? While it is normal to be feeling increased levels of stress and anxiety due to the ongoing pandemic, we understand that the activities and coping strategies you relied on to get through this time may not be working as well as they used to. One of the quickest ways to reduce stress and anxiety is through deep breathing. Deep breathing increases oxygen to your brain and stimulates the parasympathetic nervous system which calms us. If you find that you are still struggling, counselling is also a great way to help support you to develop new coping skills. Pivot Consulting & Coaching provides mental health counselling and life coaching services to assist individuals of all ages, through their mental health difficulties and life challenges.
By Heather Peden

In the last 30 years, Hilary Lockyer has taught tens of thousands of people in Thunder Bay through her Learn To Swim program and employed hundreds. “It feels overwhelming that this little idea I had in school turned into something so big and the amount of kids we’ve touched over the years,” said Lockyer. “When you connect with a child in the water it’s a real trust relationship.”

Lockyer began her career as a lifeguard and swimming instructor at The Canada Games Complex but it was when she worked for a private swimming school while attending the University of British Columbia that something clicked. “I loved it,” said Lockyer. “On the plane ride back home I wondered if this was something I could do.”

In 1991, Lockyer started Learn To Swim as a certified Red Cross swimming instructor. By 1994 she was teaching all year round and two years later Lockyer hired her first instructor.

Entering its 29th year at the beginning of 2020 the business was the most successful it had ever been. With Lockyer’s four children now grown her attentions were focused on Learn To Swim and she had 15 instructors holding lessons in three pools across the city. Then, Covid-19 arrived and they were shut down for over a year.

Allowed just one session in November/December 2020, Lockyer said she wasn’t sure if the business was going to survive. “I was feeling very lost and defeated to have that taken, that 29 years of working and having no idea, will anybody let us come back and teach in their pool? Will anybody want to come back?” said Lockyer.

By applying for grants and financial supports for business, Lockyer said she managed to keep one instructor and then devised ways to create some momentum, including launching a YouTube channel to help the learning continue at home for her swimmers.

Lockyer then established a new arm of the business, Learn To First Aid, and in January 2021 began offering online Red Cross Stay Safe classes and Babysitting courses for kids ages 9 to 14. “From a mental health standpoint that was huge for me because I was able to finally connect with people again and feel like I was doing something,” said Lockyer.

This past summer as Lockyer began teaching in-person private First Aid courses, she also introduced a new program called Swim at Your Place, where an instructor taught at people’s camps and backyard pools. They also returned for a third year to Gull Bay First Nation to teach swimming lessons to children at the beach in their community.

Emerging from the pandemic Lockyer says she feels lucky to have been able to pivot the business and is pleased to see things picking up again with plans to return to teach swimming lessons to students at Lakehead University, develop a program with the Thunderbolt swim club, and expand the business to offer lifeguard training. “I’m optimistic now, which is more than I was,” said Lockyer. “Starting from scratch again post-Covid, if I can think of a positive, it’s small again right now so I am able to go and see some of these kids learning and connect with them. Those little small victories you have with kids when you’re teaching them, for me they are monumental. You get to see them from scared to getting in the water to swimming by themselves and that makes it really rewarding.”
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Besides being cute and cuddly, pets, especially dogs and cats, have been shown in countless studies to improve their owner’s overall health and well being. From boosting heart health to staving off illness and the signs of aging, owning a pet can be an important part of a healthy lifestyle and can add years onto your life. Here are some Health Benefits of Having a Pet:

1. Keeps You Active
Since dogs require daily walks, their owners tend to be more active and are more likely to hit the recommended thirty minutes of activity/day. They are also more successful at losing weight when on a diet.

2. Heart Health
Dog owners tend to have healthier cardiovascular systems when compared to non-dog owners. The heart is stronger, blood pressure, cholesterol and triglyceride levels are lower, and there is a lower rate of heart attack. If a heart attack should occur, recovery and survival rates are higher.

3. Better Social Life
People who own a dog are more likely to get out of the house which increases their chances of meeting people. Dogs are great conversation starters, even igniting many a romance.

4. Improved Mood
Owning a pet can have positive effects on mood and happiness levels. Studies show that being in the presence of a dog can decrease anxiety and stress levels by elevating serotonin and dopamine, the neurotransmitters responsible for feeling calm and happy.

5. Boosted Immune System
Studies suggest that pet owners are healthier and are 30% less likely to need a doctor’s visit. Children raised around animals have a decreased chance of developing allergies and asthma and are found to have stronger immune systems.

6. Aid In Treatment
Dogs and other animals can be trained to help people recovering from PTSD, who have severe depression or Alzheimer’s, and people with disabilities or injuries. Dogs can even sniff out certain cancers and other diseases.

7. Decrease the Signs of Aging
Elderly pet owners have a stronger sense of meaning and purpose, tend to be more active, have a reason to get out of bed in the morning, have more structure to their day, and have a lower incidence of cognitive decline and disease when compared to seniors without pets. Lower levels of loneliness and isolation are also experienced when an older individual has a pet to care for.

Owning a pet obviously has its upside, but there are a few things to consider before adopting one of your own. Pets require love and attention, and in many instances training, so you’ll need extra time to devote to them. Travel can be more difficult, having you searching for a pet-sitter anytime you want to leave town. And pets can be a tripping hazard for the elderly. A bad fall can lead to broken bones, head injuries, or hurt pets. Before committing to adopting a pet of your own, make sure you are ready for the responsibilities.
The glorious fall and winter season is upon us, and we are so ready to ditch the stay home casual sweatpants and leggings, and we are itching to venture out in the latest trends.

Ima’s is bursting with all of these fabulous trends by Picadilly, Joseph Ribkoff, Cocoa and Carmen.

This season we welcome an accumulation of nostalgia, vibrancy, body positivity, touches of glitter and fun!

Think of the ‘70s matchy matchy power suits, retro styling, from dark denim, to jumpsuits cinched at the waist and ballooning at the knee. This gives an elongated silhouette, with lots of room to play with accessories—and have fun!

Capes and ponchos have become the must have accessory, as they’re great for layering for our fluctuating temperatures. They’re so versatile. Wear them with a brown tone knee boot—yes ‘70s colour palate is back too!! The cape or poncho can be belted, adding a great Panama hat and vegan handbag.

We also have amazing coatigans, hooded or trimmed with faux fur. Warm and cozy, warn opened, or belted, with a fabulous scarf, toque and gloves, or faux fur mitts. The coatigan teams up well with all our denim, or knit pants.

We love the pop of colour, or head to toe colour match of mustard yellow, fuchsia, and red.

For those who don’t care for the longer duster style, the cropped jacket is a great option. We have a vegan leather jacket, in black, royal, mustard and navy. Looks so good with the high waisted plaid pant or denim.

We also carry a selection of fancy trouser socks by Me Moi. (Great stocking stuffers or secret Santa gifts)

For those who love sparkle (like ME) the ‘70s are back in big way. You can either sparkle like a disco ball, or choose subtle sparkle like a gold knit sweater, or metallic touches to an outfit. We have a fabulous must have graffiti jacket with touches of silver throughout that pairs well with solid black. Again, it elongates the body, with lots of room for fun chunky accessories.

Come in and see us at Ima’s. With years of experience in the fashion and bridal industry, Josy, Cristina and Gyllean are here to give you a fabulous shopping experience.
One Thousand (1000) Books Before Kindergarten is an international reading program for children under five years of age who do not attend school. Young children who are read to regularly, show a mastery of vocabulary and reading comprehension and demonstrate increased learning potential over children who aren’t exposed to books in the early years. The Thunder Bay Public Library is promoting this program because it’s really easy to participate in, and the benefits to families and children are immeasurable.

The goal of reading one thousand books before Kindergarten is to help children develop the early pre-literacy skills that are needed to learn to read. This program is self-paced and can take anywhere from a few months to a few years to complete. You can do it! It’s easier than you think.

There is no required reading list and the books do not have to be from the Library. We do hope, however, that you will see the benefit of having access to literally thousands of children’s books that you can check out for free! We have a wonderful selection of EZ Read books, picture books and we’re sure you’ll find something that will engage and interest your child.

For every 250 books that are read, children will receive a milestone prize. Prizes include Library swag, a free children’s book, a literacy based craft activity and a canvas book bag. How fast you reach each milestone is up to each family. Read one book, or multiple books each day. Three books a day for one year, or, one book a day for three years, equals one thousand and ninety five books!

Track your reading progress using tracking sheets available on the Library’s website, or by using one of the 1000 Books Before Kindergarten applications available for Android or iPhone. You can count books read in other languages, books you have read more than once, books read to your child through baby groups, daycare centers, extended family members, preschool programs and books read as part of other Library programs! Completing milestones will give your child a sense of pride and accomplishment while demonstrating the importance (and joy) of reading.

Books, like mirrors, reflect what we see and know about the world we live in. Books, like windows, build empathy and expand the acceptance for a diverse set of beliefs and lifestyles that may be different from a child's own lived experience. While children explore artwork and photographs in books, they build visual literacy along with their knowledge of written and spoken languages.

In addition to the educational benefits, reading together encourages child and parent bonding through literacy. For more information on how to participate in this free reading challenge, please visit the Library's website at http://www.tbpl.ca/1000-books or contact Skyla at syoung@tbpl.ca

Developing Literacy Skills, One Book at a Time!
When you walk thru the doors of their new location at 567 Memorial Ave, you are greeted with a friendly hello, a display of heavenly desserts and the aroma of that day’s freshly prepared soup. Somewhere behind the counter you will find Teena and Lynn, busily working away on a wonderful selection of savory and sweet creations, always ready to serve you with a bright smile.

Teena and Lynn have been running Bliss since late August 2018 and have wowed both vegan and non-vegan customers with their whole-food, plant-based, gluten-free menu, focused on the use of real, whole-food ingredients, sourcing local and organic as much as possible. From burgers to pizzas, cheesecake to twix bars, Bliss has an incredible variety of eats and treats. The love for what they do is evident in everything that they create. Over the past year, they have pivoted from eat-in, to take-out and offer delivery thru UberEats and Skip the Dishes. Combined this woman-run business has 20+ years of experience in the food service industry. Both are dedicated plant-based vegans with Teena also being gluten free. It is why they are both so passionate about the food that they create and offer at Bliss, they know how difficult it can be to find healthy, whole-food options that fit their dietary lifestyle.

Since its humble beginning, Bliss, formerly Bliss Restaurant, has grown to include: a bakeshop, fresh and frozen grab n’ go offerings, monthly meal kits and catering services. All 100% plant-based vegan, gluten-free and the use of no refined sugars, they are the only dedicated establishment of their kind from as far as Toronto to past Winnipeg. Customers come from Thunder Bay and surrounding areas to enjoy the deliciously plant based and gluten free food that Bliss has grown well-known for. They are easily found by travelers as well, on platforms such as Happy Cow, Trip Advisor and Yelp. They have been reviewed as #1 Best Vegan Restaurant to eat at in Thunder Bay by Justin + Lauren Adventure and Travel (justinpluslauren.com) and featured on Youtube channel LiveLifeLori.

When asked her why about Bliss, Teena says “There is more to plant-based, gluten-free eating than salads’, while we create amazing salads as well, what we offer at Bliss is a place where those with or without dietary needs can enjoy a variety of really great food that is both delicious and nourishing, without needing to worry if it will contain something they can’t or don’t want to eat”. Lynn whole-heartedly agrees and adds “as a person who has lived most of her adult life knowing the benefits of healthy eating, credits her energy, mental health and overall well being to eating a whole-food, plant-based diet, I love passing on this to our customers, knowing it is going to be beneficial to them as well.”

Visit them in store, check out their website www.blissfoodso.com and follow them on Facebook and Instagram for all things Bliss.

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Whole Food Ingredients
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Open Monday - Friday
11:00am to 5:30pm

blissfoodso.com
567 Memorial Avenue
Phone 286-7717
Making sustainable lifestyle decisions is important for maintaining our planet’s health for future generations. But looking for sustainable food options at the grocery store may not always feel that easy.

To help you make sense of sustainable food options you can serve your family, Tim Faveri, vice president of sustainability and shared value at Maple Leaf Foods, shares some expert advice.

**Shop the perimeter**

A weekly trip for groceries is a routine for families coast to coast. Knowing how to navigate your grocery store to find sustainable food options is key to an easy and stress-free experience.

“Most store layouts feature produce around the perimeter, along with dairy and other fresh foods,” says Faveri. Simplify healthy and sustainable shopping by focusing on the perimeter of the store, instead of the inside aisles.

**Choose local and in season**

Selecting seasonal and local products for your family meals is an easy and delicious way to reduce your food’s environmental footprint.

“Canada’s four distinct seasons offer delicious produce all year long. Buying in season not only cuts down on waste but is also more economical. Local produce travels a shorter distance to the store, meaning it uses less fuel to transport and arrives at the peak of freshness.”

**Know your labels**

Understanding product labels will also go a long way to help you make sustainable choices while shopping. “Brands like Maple Leaf Foods are making it easy to spot sustainable products,” says Faveri. “Look for the ‘Carbon Zero’ logo, and labels that identify products as raised without antibiotics and raised in Canada to feel confident you’re making a good-for-the-planet choice.”

**Reuse and recycle**

While shopping, look for foods that have recyclable or reusable packaging, and reduce your environmental impact by bringing reusable bags with you.

“Shopping the bulk section is an easy way to cut down on packaging, especially if you bring your own containers with you. You’ll find you also waste less food because you are only buying what you need.”

How to know if you’re making sustainable choices at the grocery store

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(NG)
Your Community Needs You

What is the first thing that comes to mind when you think of your local St. John Ambulance branch? First Aid Training? AED & First Aid Kit sales? We do all of that and more! How about six unique community service units packed with extraordinary volunteer and training opportunities?

Do you have a passion to give back to your community or are you interested in pursuing a career in the medical services and need some training and real-life experience? Did you know that St. John Ambulance Thunder Bay & Northwestern Ontario is currently recruiting volunteers to join our eclectic variety of Community Service Units. Currently we are proud to announce that all our active Community Service Units are coordinated by a female volunteer, each putting their own unique touch of compassion, professionalism and caring in an inclusive, non judgemental learning environment incorporating and welcoming all skill sets and all levels of experience. Thank you to Sherry, Jill, Sandie, and Maggie for your continued devotion in community safety.

Have a look at our unique volunteer opportunities below and either call Brian Edwards at 807-345-1712, extension 2 or email at brian.edwards@sja.ca with any questions or to inquire about how to start your volunteer journey.

Medical First Response (MFR) Unit

Whether you have a background in emergency services or you are interested in providing first aid care while being part of an amazing and inclusive team, consider joining our MFR Unit. This specialized team is made up of a group of trained volunteers who provide First Aid support at a variety of community events to any of our community members who need care. These volunteers are the crucial link between the occurrence of injury or illness and the arrival of emergency services personnel. Minimal training is required but once you are an active member, we will offer the necessary training to advance your volunteer service. Weekly meetings and training sessions are held for the MFR Unit throughout the year to develop and maintain high skill levels.

Youth Unit

Our Youth Cadet Program is a structured health-oriented program that provides youth ages 13-16 with opportunities for social, educational, and personal development through first aid training, team building exercises, fun and engaging leisure activities, and participation at various events across the Northwest. Our youth gain confidence by learning first aid skills and are mentored throughout the program with the option of joining our Medical First Response Unit at age 16 or the option to join the leadership team of the Youth Unit. We are currently recruiting community members who are interested in joining our Youth Unit or would like to volunteer as Youth Unit Leaders.

Therapy Dog Unit

One of our most beloved Community Service Units, our Therapy Dog Unit has far-reaching physical and mental health benefits for any of our community members receiving their care and support.

Our well-trained handler and dog teams visit the Regional Health Sciences Centre, nursing homes, schools and anywhere that someone can benefit physically and emotionally from regular contact with the unconditional and non-judgemental love of a dog. As the Northwest gradually reopens, we are excited to announce that we are anticipating holding two upcoming evaluations in 2022 to train new Therapy Dog Handler Teams. If you have a four-legged companion who would make a great therapy dog, or you are interested in learning more about the benefits of this special volunteer opportunity and qualifications that you and your dog may need please reach out to Brian to discuss your volunteer journey.

Campus First Response Teams

Confederation College / Lakehead University

Our two newest community service divisions of St. John Ambulance are our Campus Response Teams. Students or Faculty make up our Campus First Responders and are on duty to provide first aid should an emergency arise with either a student, faculty member or guest on campus. These dedicated volunteers attend meetings and training sessions weekly to ensure their skills are up to date and often partner with our existing MFR Unit volunteers to provide coverage at various events throughout our community. Although these Units have been impacted by Covid19 restrictions we are anticipating reopening these Units on campus in mid 2022.

Car Seat Safety

Our Car Seat Safety program aims to keep the youngest members of our community safe through educating and empowering parents, grandparents, and caregivers on how to safely install their child car seats. Our trained volunteer Educators hold regular events for families in Thunder Bay to ensure the safety of their children. Other components of the program include presentations and education to the public and professional groups on the four stages of car seat safety and much more.

We are actively recruiting volunteers to join this important Community Service Unit so if you are interested, please reach out for more information.

St. John Ambulance has been providing community service in the Northwest Region for almost 100 years and with your help we will continue as a strong, vibrant supporter of community safety for many more.

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Tel: (807) 345-1712

FALL 2021 WOMEN 23
Simply the Best Shortbread

BY SUSAN KEW-PATTISON, THE CHRONICLE-JOURNAL

For years the love of giving and receiving cookbooks at Christmas has always been a joy between my mother, sister and I. All three of us have shelves full of them.

Nowadays it’s easy to find a recipe online, but nothing beats the pleasure of leafing through the pages of a new recipe book with the anticipation of finding a new favourite recipe or the thought that perhaps this time you’ll make that exotic recipe that looks so good.

There are two cookbooks that started off my love of cooking... and cookbooks.

The first cookbook I ever received was Better Homes and Gardens New Cookbook given to me by my Mom for Christmas 1989. The spine of this paperback split years ago from overuse, but it’s still kept on my bookshelf with an elastic band around it. (I also have my mother-in-law’s hardcover binder edition from the 50’s of the same name.) This beginners book taught me the basics of cooking and gave me the confidence to try new recipes.

The second recipe book I received was The Canadian Living Christmas Book that my Mom gave to me for Christmas 1994. I’ve made many recipes out of this beautiful hardcover book, but the one recipe I’ve made the most is on page 22 for the Simply the Best Shortbread, touted at the time as a bestseller during the annual Christmas bazaar at the historic Hycroft House in Vancouver.

I make these delicious extra-tender cookies every Christmas as shortbread is my husband’s favourite cookie. They are always a favourite, even claiming first-place bragging rights at our office Christmas Cookie Contest years back.

They are easy to make even for a novice baker. So give them a try, and perhaps give a cookbook to a budding cook this Christmas. They simply are the best.

**Simply the Best Shortbread**

**Ingredients:**
- 1 cup/250 ml butter, softened
- 3-tbsp/50 ml cornstarch
- 1/4 cup/50 ml granulated sugar
- 1-3/4 cups/425 ml all-purpose flour

**Directions:**
- In large bowl, beat butter until fluffy; gradually beat in cornstarch, then sugar. With wooden spoon, beat in flour, about 1/4 cup (50 ml) at a time.
- On lightly floured surface or pastry cloth, roll out dough to 1/4-inch (5 mm) thickness. Using floured non- or-fluted 2-inch (5 cm) round cookie cutter, cut out cookies. Place on waxed or parchment paper-lined trays; prick each cookie with a fork. * Freeze until firm. (Shortbread can be prepared to this point, transferred to freezer bags and stored in freezer for up to 1 month.)
- Place frozen rounds on baking sheet; bake in 275 F (140 C) oven for 40 to 50 minutes or until firm to the touch. Remove from baking sheet and let cool on racks. (Shortbread can be stored in airtight containers for up to 2 weeks.)

*For added texture, add a half-piece of macadamia nut on top of each cookie before baking.*
Windows 11 in a Nutshell

BY DONNA BROWN, PRESIDENT, PC MEDIC COMPUTERS INC.

Hi Ladies.

Keeping up with technology can be daunting enough, and now we have Windows 11 which premiered on October 5th of this year. Below are common questions and concerns that you may have.

Do I need to upgrade to Windows 11? No. Windows 10 was launched 6 years ago, and will continue to be supported until Oct 14th, 2025.

How much does it cost? Nothing. This is a free upgrade on “eligible” Windows 10 computers and tablets.

How do I check to see if my system is eligible for the upgrade? You need to download Microsoft’s “PC Health Check App”.

Where do I find this app? Open your web browser and type (https://aka.ms/GetPCHealthCheckApp) in the address bar and press enter. Then download and run this app to see if your system meets the minimum requirements.

What is the next step to take if my system meets the requirements? Windows 10 computers that meet the Windows 11 minimum system requirements will be offered the update via Windows Update. However, Microsoft says the overall automatic rollout will be phased over weeks and likely months.

Can I get Windows 11 any quicker? Yes, you can manually update to Windows 11 using an “Installation Assistant Tool” that Microsoft will be releasing by the time you read this article.

What if I still have Windows 7? You would have to upgrade to Windows 10 first, and then follow the steps above to see if your system is eligible for Windows 11.

What if my system doesn’t meet the requirements? Then you can continue to use Windows 10 with full security updates until October 2025.

Have questions? Give Dr. Donna a call @ 807-626-9009. Healing Your Computer Ills since 1994!
In Northwestern Ontario we see women continue to make history and leave legacies. As a Member of Parliament, I have the privilege to meet with women who lead organizations, chair boards, build businesses, and strengthen the communities in our region. These are inspiring women whose work, personal, and volunteer experiences contribute significantly to the building of our communities. And while these women face the barriers presented by geography and exclusivity, they do so with strength, skill, and supported by each other and those around them.

Over the years, and regardless of what position I’ve held in politics, non-profit, or public health, I’ve been surrounded by women who offer wisdom, encourage me to put my name forward, and empower me to take the next steps. I’ve been mentored by and witnessed incredible women in this region who continue to lead by example and inspire me to try harder, do better, and be braver.

One does not need to look far to find women in our region leading and affecting change. Women in medicine and science, like the late Dr. Annabella Zawada, founder of the Umbrella Clinic; Dr. Sarah Newberry, a champion for rural medicine; and Emily Kerton of Science North, inspiring the next generation of girls in S.T.E.M.. Indigenous leaders like Cora McGuire-Cyrette, a voice for Indigenous women; Audrey Gilbeau, pushing for change at a community level; and Marlene Pierre, a fierce advocate for better systems and justice. Advocates for social and environmental change, like Gwen O’Reily, with decades of work to support women; Ellen Mortfield, who dedicated her career to protecting the environment; and Erin Beagle, committed to food security and vulnerable youth. And women engaged in our economic prosperity, like Charla Robinson, a strong advocate for the business community; and Rosalind Lockyer, whose work has supported countless women through financial security. This is merely a reflection and fraction of the overwhelming list of women leaders in our region; too numerous to name in a single article.

When women have a seat at the table, they do not sit there alone. We each carry the stories of those we have known and bring our lived experiences of oppression, triumph, trauma, and perseverance to each decision, each conversation. The stories and experiences women have shared with me are a part of what I bring to the table, and they have undoubtedly affected change. So thank you, to all the women I’ve known and will come to know along the way.
Angel Investing in Northern Ontario

All over the world Angel Investors are a growing part of the funding options for new, or expanding, business ideas. Here in Northern Ontario we have “Northern Ontario Angels”. A group comprised of accredited Angel Investors, who typically are affluent individuals, that provides capital for a business start-up, usually in exchange for convertible debt or ownership equity.

Angel investors are often retired entrepreneurs or executives, who may be interested in angel investing for many reasons including mentoring another generation of entrepreneurs. Angel investors often provide valuable mentorship. If you are planning to start a business, expand your business or researching funding options. Angel investments may be an option. Here is what you need to know:

- Determine if Angel Investments are for you. The costs can be higher, and you might have to give up some control of your company.
- Make sure you are “pitch” ready and tell your story. Keep it simple. Show how your company will be successful and the Investor will get a return on the investment.
- Know where these funds will be used and how your company will grow from these investments.
- Know the value of your company, the cost to acquire each customer, and have a sales forecast.

Northern Ontario Angels (NOA), funded through FedNor and NOHFC, and supported by BDO, Bereskin & Parr LLP, Firedog Communications and Squint Innovation & Branding, is a not for profit corporation that facilitates deals between accredited Angel Investors and entrepreneurs located in Northern Ontario.

NOA has been recognized by both NACO and the ACA, U.S. Angel Capital Association as the top Angel Group in North America. Mary Long-Irwin, Executive Director has also received the National Angel’s Lifetime Achievement Award in Calgary at the 2019 World Angel Investment Summit.

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The Half-Way Motors Group is proud to acknowledge the important contributions made by women within their local dealerships.

Nadia Trevisanutto, Finance and Leasing representative, and daughter of long-time dealer principal John Trevisanutto, says their dealerships continue to reflect societal shifts and respond to the needs of their customers.

“I can remember when I was in school for Automotive Management, there were nine men for every one woman in our program. Women are traditionally grossly underrepresented in our industry, and here at Half-Way Motors we are trying to make a change in that dynamic. Today we have women in nearly every position at our stores. Everything from Parts and Service Representatives, Mechanics, Body Shop Technicians, Sales & Financing, Administration and Management. I think it’s important to understand that women purchase more than half of the new cars on the market and influence 80 percent of all purchases. It’s about making our customers feel comfortable and represented. We’ve been rapidly growing over the past few years and that’s largely due to the team we’ve built and how we respond to the needs of our customers”, says Nadia.

Dealer Principal, Patrick Trevisanutto agrees, “Our stores are all about creating great customer experiences. We invest in our people by providing extensive training and we take the time to work with every individual to find the right roles to help them excel in their careers”.

Kayla Champagne of the parts and service department at Half-Way Motors Power Sports was attracted to her position because of what their product mix represents. “I’m a fan of the lifestyle, there is nothing I love more than being outdoors in the winter on a Ski-Doo snowmobile. We are so fortunate to live in such a beautiful place and our product line of Alumacraft Boats, Manitou Pontoon Boats, Sea-Doo Watercraft, Ski-Doo Snowmobiles and Can-Am On and Off Road vehicles represent the very best of recreational fun.”

Half-Way Motors has been in business since 1965, and owns and operates Half-Way Motors Nissan, Half-Way Motors Mazda, Half-Way Motors Power Sports and Carstar Collision Centre. With the efforts of their team of over 100+ employees, they’re well positioned to serve the motoring needs of Northwestern Ontario today and well into the future.

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BY KATIE HOLDEFEHR

If you haven’t checked out Formica countertops in a while, it’s time to give them a second look. Formica may call to mind the gray speckled surfaces of kitchens past, but in recent years, the material has undergone a major makeover. Last April, we were excited to learn that interior designer Leanne Ford, from the HGTV show Restored by the Fords, was collaborating with Formica to show how this surprising surface can make a practical alternative to white marble. Then, this week the designer revealed the new Formica Brand Capsule Collection, including four brand-new patterns. This special curated collection will completely change everything you thought you knew about Formica.

When we asked Ford what makes laminate stand out from other countertop options, its affordable price was at the top of her list. “Laminate wins on price, every time,” she says, “so you can get the look of elements you might not otherwise be able to afford.” With patterns that resemble white marble and knotty maple, the capsule collection offers many look-a-likes for popular materials. And the second reason? “Most of these surfaces are pretty much indestructible, which people love.” Indestructible and affordable – what’s not to love?

Formica’s New Luxe Look
All the visual proof you need that Formica can look seriously stylish: just check out this gorgeous countertop in the brand-new pattern Nero Marquina. Inspired by black marble extracted in Northern Spain, this high-contrast design delivers drama to any kitchen.

The Stone Look-a-Like
For those who have always wanted a light stone countertop, but have messy families that couldn’t handle this easy-to-stain surface, laminate could be the answer. Formica’s new pattern Pietra Grafite is a light gray stone with subtle white veining for a natural look. The surface looks as elegant as stone, but it will hold up much better to spills.

Beyond the Countertop
Remember back in the day, when Formica was used not only on countertops, but also tables and chairs? Well, the durable material is still used on coffee tables, drawer fronts, and more. Here, Nero Marquina is shown on a cubed coffee table, which you can replicate in any size you like. This faux marble stunner makes a modern living room look high-end.

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FALL 2021 WOMEN 31
In 2021, I am happy to see that women are more frequently occupying spaces that were traditionally dominated by men. In the past, women were often excluded from certain roles, including most trades and leadership positions. This is slowly changing through the hard work of women and allies.

In April, Chief Operating Officer of Kirkland Lake Gold Natasha Vaz became the first woman chair of the Ontario Mining Association – 101 years after its inception. It is rewarding to see this long over due progress in this type of sector.

According to ontariocolleges.ca, the looming shortage of skilled workers has lead to an increase in programs designed to help attract and retain women to trades. There are mentoring groups supporting women in trades, and some colleges are offering free or low-cost apprenticeship training aimed at women. There are also scholarships and bursaries specifically for women in trades.

Yet, despite the significant progress in this area, there are still significant barriers to women that we must continue to address. Women are less likely to be encouraged to pursue a career in trades, both in the classroom and in their personal lives. Employers need to continue to take steps to ensure their workplace is safe and welcoming for women, and need to address concerns primarily affecting women such as child care. I am committed to continue fighting for these barriers to be removed.

As a member of provincial parliament, I am proud to be part of a caucus that is composed of 50% women, including many women of colour. I hope to one day see the other parties in Ontario have a similar representation in their MPPs.

I hope women in my constituency know they have my support in pursuing meaningful employment in all sectors. Please don’t hesitate to contact my office for assistance accessing the programs and support I have mentioned.
ALLURE MEDI SPA

Allure Medi Spa is more than a leading skin and hair treatment centre. It’s also an anti-aging spa where “believing in the inner you for self-growth” is the guiding principle. Owner Erika Scott’s personal philosophy is simple: “Our skin is the reflection of the inner being. Our frown lines tell a story. So I listen.”

Allure Medi Spa offers services that include laser hair removal, botox, dermal filler, skin tightening, chemical peels as well as hydrafacial, photofacial and hyperhidrosis. What are they?

**Botox, Fillers, Md Codes, Belkyra**

Anti-aging treatments can be a quick, easy and relatively pain-free experience.

Botox, is a purified protein injected into the muscles that eliminates wrinkles. It relaxes the muscles, giving your face a more refreshed appearance.

Dermal fillers are used to fill lines and restore lost volume or create structure.

With MD codes, you can achieve a face lift with a needle, making it a great alternative to cosmetic surgery.

Get rid of your double chin with Belkyra. This is the first Health Canada-approved injectable treatment for the improvement of fullness in the area under the chin.

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**Co2 RE Fractional Resurfacing**

CO2 RE is a fractional therapy laser for skin resurfacing. Your skin is treated with a matrix of laser pulses that vary in intensity, depending on your skin type and desired treatment results. The treatment is fast, more comfortable and requires less downtime than traditional resurfacing, enabling you to get back to your daily routine much quicker.

CO2 RE has been proven effective in enhancing skin tone and texture, eliminating the effects of the sun and aging on the skin, smoothing out lines, wrinkles, and scars. The number of treatments can vary based on the extent of skin resurfacing you’re looking for.

Emphasizing the uniqueness of individual clients, Erika is committed to staying up-to-date on the latest developments.

“I will continue to grow with the industry through ongoing education,” she says. “It is important to continue to learn new techniques to meet and deliver the needs of the clients, to assess their needs and to teach the importance of loving themselves.

**Face and Body Sculpting. Skin Tightening**

There is an array of body sculpting and skin tightening treatments to choose from at Allure.

Imagine fat reduction, effective tightening of loose skin and cellulite solutions. You will be thrilled with the improvements that can be made to your face and body. Safe, gentle and effective.

**Laser Hair Removal**

Allure offers an advanced laser hair removal procedure that safely and gently eliminates your unwanted hair. Treatments are convenient and fast. Achieve the smooth and soft skin that you’ve always wanted.

**Fractional Skin Treatments & Micro-Needling**

A minimally-invasive and effective approach to improving deep wrinkles, sun damage, and acne scarring. Find improved skin complexion and texture for a more radiant and youthful appearance with limited downtime. Allure gives you the option to include your own Platelet-Rich Plasma in your treatment.

**Pigment, Vein Treatment & Sun Damage**

Lumecca uses powerful, intense pulse light to treat age spots, sun damage, rosacea, freckles, melasma, and unwanted broken capillaries and veins. Get the clarity to your skin that you’ve been hoping for.

“Nothing makes a woman more beautiful than the belief she is beautiful.”

- author unknown
For the past few years, sexual assault has been more prevalent in the news. More people are coming forward with their experiences and realizing how flawed the judicial system is with responding to sexual assault. As awful as it can be reading about these cases, we must continue the conversation so change can happen.

The chances are very high that you or someone you know has been sexually assaulted, and so many people still feel unsafe speaking up for fear they will be victim-blamed or because of the poor results the judicial system has on perpetrators. When you look at the statistics, it is hard not to be discouraged:

- 1 in 3 women and 1 in 6 men are sexually assaulted in Canada. [1]
- Out of every 100 sexual assaults, only 6 are reported to the police. [2]
- Only about 0.3% of perpetrators of sexual assault are convicted. [1]
- Out of the reported sexual assaults, only 2-4% are false. [2]

As women, we are taught from before we even understand what sex is to protect ourselves from perpetrators. Don’t go out at night alone, hold your keys between your fingers, be careful what you wear. While this advice has good intentions, it also feeds into the victim-blaming cycle that it is the victim’s responsibility to protect themselves, and puts no responsibility on the perpetrators. Victim-blaming is most common with sexual assault cases out of any other crimes, and is a key reason why people are afraid to come forward. After being violated and dealing with the mental and physical impacts (depression, anxiety, numbness, PTSD, tissue damage, pain) the last thing people want is to be blamed and dismissed for what happened to them.

Some people blame the victim because it is hard to imagine that they could just as easily be sexually assaulted, so they look for reasons to justify that they won’t (I don’t dress like that, I don’t flirt, I don’t go out alone, etc.). Others may be in denial about how prevalent this problem is in our society, which is why they believe that false reports are more common than they really are.

You never think it will happen to you until it does. After I was raped by a man that I was seeing at the time, I faced the same victim-blaming attitudes. I was met with questions such as, what was I wearing, why did I stay in the relationship, or why didn’t I say something sooner. I felt like I had to somehow prove what happened to me.

This made me question what was done to me and wonder if it was my fault or if I was just blowing it out of proportion. Because sexual assault is not often talked about, I second guessed myself and was silenced.

A man put a part of his body inside of me despite me saying no and fighting back, and people could not believe that I didn’t “want it.” I talked to a detective, a family friend, to see if my case was worth pursuing legally. He let me know that because I stayed in the relationship, the defence would rip me apart. Later, I found out that for his report he only wrote down 2 sentences from my story, and it had incorrect information. Of all the people, a police detective couldn’t even take the time to listen to my story and get it right. I felt like I was just an inconvenience. During all of this, I developed debilitating symptoms of PTSD from the assault and was struggling with that while trying to fight to be heard and believed.

People need to be supported, protected, and met with compassion when they are dealing with the most invasive trauma they will ever face, and blaming them only keeps us all blind to the reality that no one has the right to use anyone else’s body against their will, for any reason, ever.

We need to continue these conversations because while change is slowly happening, it is not close to what it should be to help support and protect survivors. While it is hard for survivors to publicly tell their story (and I thank them for doing this), it is important that we listen with open minds so we can fix the system and ease the burden for those who have been victimized.

Kelly Halonen is a Psychotherapist with Kelly Mental Health who specializes in treating trauma and helping sexual assault survivors to heal and thrive.

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“The tools, presentations by industry experts and networking opportunities have been extremely beneficial” - Denise Atkinson, Tea Horse Ltd.

“PARO walks with you through the process and gives you access to a network designed to assist you in achieving success in your personal business goals.” - Larissa Stevens, LBS Environmental Consulting Inc.

“It has been lovely to have such great support from the Elders in the program; Sacred Colours is getting a brand new website! I’m forever grateful!” Cynthia Nault, Sacred Colours

“I have been lucky enough to take part in the Jetsetter program thanks to a suggestion from my PARO mentor Kayla Soomer. I was impressed with how well organized the program was and presented. It was a great program to help me build my Next Steps Expansion Plan. This past year has been one of growth for my business. The Jetsetter program really gave me an opportunity to narrow my focus to building strong administration skills. And that has helped to strengthen the growth of my business during a challenging year. Thank you PARO Jetsetter!” - Dawn Condon, Connected Living

“I highly recommend the PARO Jetsetter BIZCamp, a well organized government funded program designed with the needs of busy women entrepreneurs in mind. Want to scale your business? You’ll love how modules are split into bite-sized modules, held every two weeks, making it easy to keep up or get help from the Business Counsellor assigned to assist you, and facilitated by women in the field that genuinely care about your success. Absolutely priceless and frictionless offering.” - Sue Sutcliffe, World Event Centre

“The Jetsetter program has given me the tools and guidance to help level up my business. I enjoyed the various topics and speakers and am utilizing some of the services learned from the program. Highly recommend.” - Jennifer Horton, Curvy Chick

For more information on how PARO can support YOU, call 807-625-0328 or email info@paro.ca

https://www.paro.ca