

Liam McDonald was one of about 700 skiers who took part last Saturday in the Sleeping Giant Loppet, which returned to Sleeping Giant Provincial Park after a three-year absence.

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### GET READY 10-Digit Dialing Coming Soon



The CRTC has mandated 10-digit dialing across Canada. Starting April 1, all Tbaytel mobility customers will be required to dial 10 digits (807 + 7 digit phone number) for all local calls to support the new national 9-8-8 emergency number for mental health and suicide prevention services launching on November 30. Ten-digit dialing will follow later in the year for Tbaytel Home Phone and Business Voice services.

For a seamless transition to 10-digit dialing, add your area code to all programmed numbers in your telecommunications equipment, including mobility and home phones.

### To learn more, visit tbaytel.net/10digitdialing





Improvements at Fort William Stadium were a top infrastructure priority in 2021, when the city ranked projects. (FILE)

### Giertuga seeking infrastructure list

#### By Ian Kaufman - TB Source

With a large number of potential infrastructure projects competing for limited municipal dollars, and a freshly elected city council at the helm, one councillor is calling for an updated list setting out the city's infrastructure priorities.

Coun. Trevor Giertuga says the list will help the city focus its energy — and dollars — where they can have the most impact over the coming years.

The list, which encompasses both maintenance and upgrades to existing assets as well as new builds, could influence which projects are emphasized in applications for provincial and federal funding, and which could get put on the backburner.

Council last received a similar list in September 2021, outlining the city's top infrastructure priorities for technology, fleet, facilities, roads, bridges, and trails.

Since then, a new council has been elected with six new faces, and some projects on the list have been completed, while circumstances for others have potentially changed, Giertuga said in an interview. "I want to see where we're sitting now and have this council make a new priority list," he said. "It's been a while since we've done this."

"It helps us provide administration with direction to have things shovel-ready or have some of the engineering done, those type of things. Then when we go to the government, we can give them our top infrastructure [asks] ... so we're set to hit the ground running and apply for matching funding."

His motion, which will be considered by council Monday evening, calls for a list outlining estimated costs, potential funding sources, and anticipated timelines for at least the city's top 25 infrastructure priorities.

City manager Norm Gale called it a "good idea" that's been carried out a few times before under past councils.

Top priorities identified in the 2021 list included renovations at Fort William Stadium, a curbside green bin program and auto cart waste pickup, reconstruction of the north core downtown at Red River Road and Court Street, upgrading the traffic light system to allow synchronization, a multi-use indoor turf facility, and improvements at the Fort William Gardens and Canada Games Complex.

# WEATHER FORECASTTHURSDAYFRIDAYSATURDAYSUN

 Cloudy
 Cloudy
 Partly Cloudy
 Snow

 Precipitation: 30%
 Precipitation: 40%
 Precipitation: 60%
 Precipitation: 60%

 HIGH -3 LOW -9
 HIGH -4 LOW -12
 HIGH -5 LOW -8
 HIGH -4 LOW -9





#### We need your help to "Save Our Roof"

Sixty years has passed, and multiple repairs have taken place to extend its life... but now... the time has come... the roof is beyond repair!

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#### **NEWS**

### WestJet kills TB to Toronto route

#### By Gary Rinne - TB Source

More changes are coming this year to airline service in Thunder Bay.

Travellers bound for Western Canada will have a lot more options from WestJet this summer, but direct flights to Toronto on WestJet will be eliminated as of April 30.

The airline's revamped schedule, released Monday, includes almost double the number of flights it offered last year, increasing to 13 flights per week to Winnipeg from only seven that it offered during the peak summer travel period last year.

However, starting at the beginning of May, passengers wishing to fly WestJet between Thunder Bay and Toronto will not be able to do so directly, and will have to travel to Winnipeg first.

The airline said the suspension of this service is "permanent."

"We understand this is disappointing news for our guests and the community, and we sincerely apologize for the impact this may have."

Customers who have already booked travel to or from Toronto after April 30 are being offered refunds.

WestJet signalled last year it was transitioning from flying within Eastern Canada to focus on non-stop connections to Western Canada and to sun and leisure destinations.

The company recently announced the return of non-stop flights between Thunder Bay and Calgary.

Air Canada, Porter Airlines and Flair Airlines continue to provide direct service to Toronto.

Porter will also inaugurate direct flights between Thunder Bay and Ottawa later this month.

In June, Flair Airlines will also begin service on that route.



WestJet in June will bring back direct flights between Thunder Bay and Calgary, starting in June.



FOR MORE INFORMATION CHECK OUT: EMPOWERTHENORTH.CA

# NAN's Fox files countersuit

#### By Doug Diaczuk – TB Source

Nishnawbe Aski Nation Grand Chief Derek Fox, who was recently suspended pending an internal investigation, has filed a \$200,000 defamation lawsuit against the chief of a community in Treaty 3 territory. A statement of claim filed by Fox earlier this year alleges remarks made by Chief Jeffrey Copenace of Onigaming First Nation during the Assembly of First Nations Special Chiefs Assembly in Ottawa on Dec. 7, 2022 were defamatory and

damaging to his reputation. The remarks were made publicly from the assembly floor over a microphone when Copenace was speaking in support of a resolution.

Copenace opened by saying the issue of women in Winnipeg should be front and centre and he was disheartened to see continued attacks on the National Chief.

"I brought three young women from Onigaming and mostly I want them to see me speak with dignity, but also, I want them to see

a man holding other men accountable," Copenace said during his remarks, which were cited in Fox's statement of claim. "So, I want to take this opportunity to call out some of the men abusers that I've seen walking around these very hallways."

Copenace then directly **DEREK FOX** referenced Fox and allegations against him.

"I see Grand Chief Derek Fox, who you parade around, at all of these press conferences, he used to beat one of our own Treaty #3 women chiefs. Just years ago, two years ago, I saw a text from Grand Chief Derek Fox, from a young 25-year-old girl, begging him to stop harassing her," Copenace said during the assembly,

which was also cited in Fox's statement of claim.

"You still walk around parading him like he's a great male leader for us. It's unbelievable. Our Chiefs need to be held accountable."

According to the statement of claim, Copenace's remarks were made in front of more than 1,000 delegates including chiefs from across Canada, government

officials, and media. "Grand Chief Fox categorically denies the Allegations," the statement of claim reads. The statement of claim goes on to read that Fox has and will continue to suffer damage to his reputation because of Copenace's remarks.

"The Allegations falsely and maliciously slander Grand Chief Fox. The statements in their natural and ordinary meaning were understood to mean that Grand Chief Fox is a woman abuser," the statement of claim reads.

"To have Chief Copenace accuse Grand Chief Fox of being a woman abuser is particularly damaging to the reputation he has spent decades building."

The statement of claim further argues that Copenace knew or ought to have known that the meaning or innuendo of his words were "defamatory and slanderous and that those words, their meaning, and innuendo were not true." Fox is seeking \$150,000 in general damages and an additional \$50,000 in punitive or aggravated damages.

Originally from Bearskin Lake First Nation, Fox previously worked as a lawyer before being elected as a Nishnawbe Aski Nation deputy grand chief in 2015. In 2021, he was elected grand chief.

The statement of claim filed on Jan. 12, 2023 came five weeks before NAN announced Fox was suspended as grand chief while an internal investigation is conducted into alleged violations of the executive code of conduct.

Following his suspension, Fox in a social media post said he has been "wrongfully and possibly defamed by statements that are untrue" and has called for a new NAN election to be held within the next 60 to 90 days.



DEREK FOX

NEWS

#### LETTERS TO THE EDITOR



6

It took Prime Minister Justin Trudeau too long to launch a probe into alleged election meddling by China.

It's unfortunate it took leaks from his own spy agency for the PM to act at all.

Opposition parties have been calling for a full public inquiry, but Trudeau instead will hire an expert rapporteur, independent and all, to make recommendations to combat interference.

Canadians need to know their elections are secure, and while Chinese interference, allegedly helping 11 mostly Liberal candidates, may be total hogwash, Trudeau owes it to voters to show them the country's electoral integrity is intact.

Many on the right already believe, falsely, the last election was stolen from them. Sowing doubt on those results will only heighten those feelings.

Foreign actors, especially those opposed to democracy, are only too happy to disrupt the Western way of life. Canada needs to show countries like China and Russia that it won't tolerate election interference in any way, shape or form.

#### Great column To the editor:

Thank you for John Pateman's refreshing Book Banter column. While Pateman draws our attention to substantial and sometimes neglected books, his recent commentary on Machiavelli's The Prince was particularly noteworthy. It demonstrates how a 16thcentury handbook for unseemly

political machinations, once stripped to its essence, has application still today. Perhaps the lesson here is that there always remains the chance

that the worst people can secure positions intended for the cream of the crop – or as Hunter Thompson once put it, "the scum also rises" and the best we can do is clean up those environments which allow the worst to thrive.

Anonymous



### **Booker Prize a well deserved honour**

**John Pateman** 

**BOOK BANTER** 

The Seven Moons of Maali Almeida by Shehan Karunatilaka was the much deserved winner of the 2022 Booker Prize for Fiction.

It is set in 1980s Sri Lanka and the debauched protagonist, Maali, the son of a Sinhalese father and a burgher mother, is an itinerant photographer who loves his trusted Nikon camera; a gambler in highstakes poker; a gay man and an atheist. And at the start of the novel, he wakes up dead.

He thinks he has swallowed 'silly pills' given to him by his friend and is hallucinating. But no: he really is dead, and seemingly locked in an underworld. It's no Miltonian pandemonium; for him, 'the afterlife is a tax office and everyone wants their

Editor:

**Reporter:** 

**Reporter:** 

Reporter:

rebate'. Other souls surround him, with dismembered limbs and bloodstained clothes; and they are incapable of forming an orderly queue to get their forms

filled in. Many of the people he meets in this bleakly quotidian landscape are victims of the violence that plagued Sri Lanka in the 80s, including a Tamil university lecturer who was gunned down for criticising militant separatist group the

Tamil Tigers. The novel also depicts members of Marxist group the Janatha Vimukthi Peramuna, or People's Liberation party, who similarly waged an insurrection against the Sri Lankan government.

Maali is a witness to the brutality of the insurrections in Sri Lanka.

Working for newspapers and magazines, his ambition is to take photographs 'that will bring down governments. Photos that could stop wars.' He has shot 'the government minister who looked on while the savages of '83 torched Tamil homes and slaughtered the

occupants', and taken 'portraits of disappeared journalists and vanished activists, bound and gagged and dead in custody'.

Those photos are stored underneath a bed in his family home. Now, stuck in the underworld, he has only seven moons - one week - to get in contact with his friend Jaki and her cousin (his lover, DD), persuade them to retrieve the stash of photos, and share them throughout Colombo, Sri Lanka's largest city, in order to expose the profoundly violent nature of the conflict.

It's explained to Maali that 'every soul is allowed seven moons to wander the In Between. To recall past lives. And then, to forget. They want you to forget. Because, when you forget, nothing changes.' Maali doesn't want his contribution as a witness to be consigned to oblivion. His own death has viscerally

exposed to him the fragility of life, and the photos constitute his legacy for his country and a defence against collective amnesia.

The obvious literary comparisons are with the magical realism of Gabriel García Márquez and the mordant wit and surrealism of Nikolai Gogol's Dead Souls or Mikhail Bulgakov's The Master and Margarita.

The scenarios are often absurd dead bodies bicker with each other but executed with humour and pathos. Beneath the literary flourishes is a true and terrifying reality: the carnage of Sri Lanka's civil wars Karunatilaka has done artistic justice to a terrible period in his country's history.

**CONTACT INFORMATION** 87 North Hill Street Thunder Bay, Ontario P7A 5V6 Tel: 807-346-2600

Leith Dunick 346-2650 | Idunick@dougallmedia.com Doug Diaczuk 346-2622 | ddiaczuk@dougallmedia.com Ian Kaufman 346-3558 | ikaufman@dougallmedia.com Justin Hardy 346-2591 | ihardy@dougallmedia.com Sales Manager: Kathy Harris 346-2510 | kharris@dougallmedia.com

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## **Chance to get Victoriaville right**

#### By JR Shermack

Thunder Bay can take advantage of an opportunity to learn from past mistakes and a second chance to get things right.

As the city launches Phase 2 of the Re-imagine Victoriaville project I am getting a little nostalgic about the heyday of the Victoria Avenue strip, also the heyday for many baby boomers.

Downtown Fort William was a happening place in its day with streets full of shoppers during the day and a strip where the recreational crowd would socialize in the evenings.

The Mainline bus stopped right in front of Chapples and you could transfer to a number of different routes that went to other parts of the city.

There were movie theatres, restaurants, banks and five-anddime stores lining the streets which attracted people to what was then downtown Fort William.

But the activity soon fizzled out as consumers were lured by other new shopping malls in more attractive locations around the city which accelerated the steady decline of the south core.

After amalgamation in 1970 the Victoria/Syndicate business area was in shambles - stores closed, shopping traffic slowed to a trickle and buildings showed signs of neglect.

Meanwhile, an urban renewal project on the north side of town in the former Port Arthur core made Thunder Bay south look even shabbier and more neglected by comparison.

The north/south rivalry was still alive and well - what Port Arthur got, Fort William wanted too and this led to the ill-fated urban renewal decision for the south business core, Victoriaville.

It was inspired by Mall St. Roche, constructed over a busy city street in Quebec City with three anchor tenants and an initial boost in business.

Some Thunder Bay city planners became fixated with the concept and promoted this cure for the



#### A rendering of the future Victoriaville site.

south core urban renewal blues. The project was pushed ahead without fully exploring other options or considering important issues that could be barriers to the success of the proposed covered core.

Anchored by Chapples Department Store the Victoriaville Centre was built in 1979 amid a lack of foresight and planning in response to calls for "our fair share" in the south core.

In retrospect Victoriaville now seems like it was "doomed for failure" from the start.

As soon as Victoria Avenue was blocked off the regular flow of traffic was disrupted, access to stores became more difficult and business suffered.

After experiencing a devastating fire in 1981 Chapples was closed and soon after Victoriaville's grand opening the mall's only anchor tenant was lost.

Further expansion and construction of shopping centres in other more desirable locations drew consumers away until today when Victoriaville is staring the wrecking ball in the face.

It has run deficits ever since opening in 1980 and the rising annual debt is added to necessary

upgrades and very expensive maintenance and repair.

That's what led to the decision to re-imagine Victoriaville, in particular trying to visualize what it would look like if it was no longer there.

Phase 1 re-imagining ended with the decision to remove all of Victoriaville, supported by a large percentage of citizens surveyed.

The Phase 2 project team was formed in 2022 to explore the demolition of Victoriaville and the redesign of Victoria Avenue.

City council voted to demolish Victoriaville and re-open Victoria Avenue at a cost upward of \$10 million.

It is scheduled to be torn down in 2024.

Incidentally, the inspirational Mall St. Roche in Quebec City fore-shadowed the ultimate fate of Victoriaville when it was finally demolished in 2007.

Public input from the citizens of Thunder Bay is encouraged to ensure that we don't make the same mistake(s) twice.

#### HOW TO WRITE TO US:

Letters to the editor are most welcome. Those kept to 350 words or less have priority.

The Thunder Bay Source reserves the right to edit submissions for content and clarity. All attempts will be made to preserve the core argument of the author.

> Address them to: THUNDER BAY SOURCE 87 North Hill Street, Thunder Bay, ON P7A 5V6

Email: ldunick@dougallmedia.com Visit our website: www.tbnewswatch.com

#### **VOICE YOUR OPINION ABOUT THINGS** THAT MATTER MOST.



#### March 11

**Thunderwolves Hockey** It's the biggest game of the year, there's no doubt about that.

NNAT'S HADDening

in and around. .

After coming up short last weekend against the Windsor Lancers, the Lakehead Thunderwolves men's hockey team has another shot to make the University Cup tournament, with a do-or-die contest at home against the Concordia Stingers.

Concordia, like Lakehead, lost in the other OUA conference final, landing in the bronze-medal game.

Tickets are scarce, with sellout crowds at Fort William Gardens for two of the past four playoff contests.

The puck drops at 7 p.m. on Saturday night.

#### March 11-17

**Ski Nationals** 

If you're looking for some outdoor fun this week, look no further than Lappe Nordic Ski Centre, where the Ski Nationals (and the university

championships) are taking place over a seven-day period, starting on Saturday.

Parking will be limited, but here's your chance to see some of the best Nordic skiers the country has to offer, up close and personal.

#### **March 8-11**

Little Women

The Bay

Under the guidance of their beloved mother, the four young March sisters - tempestuous Jo, motherly Meg, shy Beth, and spoiled baby Amy struggle to keep their family going while Father's away in the Civil War.

In this beautifully dramatized adaptation of the classic novel, even as privation, illness, and sibling rivalry cast their shadows, each girl strives to find her true self.

Put on by Cambrian Players, the show runs Wednesday to Saturday this coming week.

Tickets are at eventbrite.ca and the show starts at 7:30 p.m.

March 10

#### Live at Loch

To submit an event, email ldunick@dougallmedia.com. Please include details about the event, including any cost

Join the folks at Loch Lomond Ski Area Friday for the Celtic sounds of Connor Loughlin playing Live@Loch. Connor brings music forged by the icy shores of Lake Superior that speaks of the days of old in Scotland and Ireland.

He is a singer/songwriter who draws inspiration for his songs from the events, rebellions, and misfortunes of the Gaelic speaking people.

The show, which runs from 8 p.m. to 10 p.m., is free of charge and open to the public.

#### March 10

**Kuhlin at Atmos** 

Kuhlin will be coming to Atmos on March 10 to blast the stage with a night of heavy bass vibes and dance floor movers.

Bass and hip-hop heads will not want to miss this one.

The show starts at 9 p.m. on Friday.

PERSPECTIVE 7

#### 8 LIFE

# **Nationals Nordics nearing**

The best Nordic skiers in Canada will return to Thunder Bay and the world-class trails of Lappe Nordic Ski Centre for the National Championships from March 11 to March 17. Up to 700 athletes and their support teams are expected for

the week-long competition, which will also include the Canadian College and University Nordic Championships and the Para Nordic championships.

The event is hosted by the Lakehead Superior Nordic Association which is a partnership between Thunder Bay's

two ski clubs, Lappe Nordic and Big Thunder. About 200 local volunteers are involved in putting on an event of this size and importance, and many will bring plenty of experience as this is the third time the Lappe trails have hosted the National Championships in less than ten years.

es and ted for Canada's Nordic s The week will f compo with free d skiing This v Sunda cerem



The quality of these trails, along with our city's hospitality and the high level event our organizers always deliver, has certainly earned us an excellent reputation within Canada's Nordic ski community.

The week will feature five days of

competition, kicking off with an interval start free technique (skate skiing) race on Saturday. This will be followed on Sunday by the opening ceremonies, featuring young Jackrabbit skiers, and then a series of thrilling sprint race heats. These free-technique sprints are on an exciting course that es dynamic racing with

guarantees dynamic racing with many twists, turns and the infamous Pilon's climb all packed into just 1.3km.

Other events in the lineup include classic technique team sprints and classic technique mass-start races ranging from 10 to 50 kilometres in



Lappe Nordic Ski Centre hosted last week's SSSAA championships. (Keith Hautala)

length. There will also be an athlete festival and banquet at Fort William Historical Park so visitors can experience some of our local history and culture.

Having the chance to witness top tier athletes compete right here on our home trails is a real treat for the huge community of cross-country skiers here in Thunder Bay. Within this group of high-level competitive skiers will be approximately seventy local athletes from our two clubs and the National Team Development Centre (NTDC) Thunder Bay. Many of our local athletes, along with the NTDC athletes who have adopted Thunder Bay as their home, are among the best in the country and will be in the hunt for the podium in each day of competition.

The public is welcome to come out and watch, cheer on our local competitors and take in the exciting atmosphere of the event.

Races will also be live-streamed, but I would highly recommend sampling the live experience, which of course should include some authentic Finn pancakes in the newly renovated chalet. All the information you need, including race times and the live stream link are available at canadianskinationals2023.ca.



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# Walking an old logging road

Last winter the property opposite us was logged. Daily we witnessed either logging trucks or chip trucks exiting the driveway leading to the logging operation. The logging went on for 24 hours.

I would arise and stumble down the hallway to put on the coffee before starting a fire in

the fireplace.

As I filled the coffee pot with water, I gazed out the kitchen window to see lights moving along a ridge and then turning to descend the hill only to then disappear.

Of course, at the time of morning to which I'm referring, it was dark and

so the moving lights were fascinating to me.

When I opened the front door to let the pooches outside, I could plainly hear the distant roar of the machinery. The logging operation took several months. At the beginning of the logging, I would walk with pooches up the new inroad to see what was transpiring.

Over the hill I would find several large machines serving different purposes. Each weekend I would see that I could walk further down

what was a former logging road that had

been reopened. I learned that the loggers were stacking logs ready for pickup and also chipping. Eventually the machines moved further along the old road.as more of the forest was logged.

RURAL ROOTS By the time the logging

was complete, there now stood a huge hill that I never suspected existed before. Afterall, the bush seemed impenetrable and so why would I have tried to slog my way through thick bush.

But now a very large area was denuded of trees revealing that huge

hill and a couple of cliffs in the distance dotted with mature white pine.

This winter, instead of strapping on snowshoes and tromping to the back of our property, I took the dogs for a jaunt up the road and then up the logging road. Some gent had been parking his truck and snowmobile trailer at the entrance to the logging road and then motored the length of the original road to the end of the property and beyond. He had made this trip several times such that one could walk without the need for snowshoes. The snowmachine had packed the trail.

So, I would trudge up the hill to where I could get a panoramic view of the entire logged-over area. Beautiful. The pooches loved the trek as both the young ones would charge back and forth while the old guy would lumber on ahead of me.

This past Friday, I decided to walk the entire path provided by the snowmobile. The length is a half a mile. I stopped at the edge of the cutover where the bush resumes and where a large 'No Trespassing' sign was draped from a single rope. The snowmobile trail continued past that sign.

"Aha!" I thought. I knew the chap who owned the property where the trail continued and there had never been a "No Trespassing' sign before. So perhaps he had sold it to the snowmobiler. I would have to contact this person and seek permission to walk his land.

On Saturday our dog, Lily, the 'barky one', began her barking barrage at the logging road entrance from what I could hear. My wife, Laura, was doing something in the barn and she went to fetch "Barky Thing".

Sure enough the gent with the snowmobile was there and he said that the original owner of that back property still owned it. Good! I already have permission to walk on that land. There are large, rising cliffs beside the trail that feature oldgrowth white pine trees.

The loggers are not allowed to cut those pine. When the snow is gone, I hope to further explore the cutover as there are newly made inroads made by the loggers that snake past those great white pine.

LIFE

This winter large trucks have been trundling down our road but this time they are chip trucks only. Again, early in the morning I can hear in the distance the roar of machines.

I was told that the same outfit that logged across the road from us is logging this other property one concession over but turning everything into chips. How much longer this operation will continue I know not.

And speaking of wood, we received our load of ten bush cords of birch. Beautiful wood. Soon I will fire up the chainsaw and begin the bucking. Have to wait until most, if not all, the snow around the splitter is gone before I can split. I have my work cut out for me.

Valhalla Inn • 10:00 AM - 7:00 PM • Thunder Bay, Ontario March 30<sup>th</sup> 2023 **Opportunities Northwest** Job Fair Over Interested in attending? EQUINOXGOLD **Register Online** at CKPR.com! Presented by **GREENSTONE MINE** Businesse AN EQUINOX GOLD / ORION JOINT VENTURE Real Candidates, Real Conversations, Attend the one-day event connecting Businesses and Job Seekers in NW Ontario! Engage with potential employers in person to gain better insight! GOLD PREMIER Brought to you by MANROC ARGONAUT GOLD 🛞 Tikinagan BARRICK Newmont Alamos Gold Inc.

CANADA



# Make your own tartar sauce

A lifetime ago, (or definitely what seems like it) I was working mostly in remote camps all over Northwestern Ontario and later on in Saskatchewan. One staple of those camp menus is beer

battered fish and chips. Now typically it would be more like "beer" battered fish and chips because obviously these were dry camps. I remember how we would make deals with northern aboriginal fisherman to purchase

10 LIFE

fisherman to purchase the best pickerel you could possibly get anywhere in the world. We would

make giant batches of batter and spend most of the day frying all this beautiful fish. Then we would usually have fresh cut French fries

**Derek Lankinen** 

with malt vinegar and ketchup and dips. One thing always bothered me about the entire process. We would be putting forth all this effort, then we would pour our tartar sauce out of a

> giant jug. Most of the time it just looked like gelatinous goo.

> Tartar sauce finds its origins like a lot of foods, in France, and is often found accompanying most fried seafood dishes. Traditional tartar

Here's Cooking at You Kid sauce is always mayonnaise based, with additional flavourings, herbs and lemon juice. The outlier recipes can include hard boiled eggs, Dijon mustard, or pickled cocktail onions. For our purposes today we are going to stick (mostly) traditional.

One of the best (and worst) part of me as a cook is that I like stuff. What I mean is, I like to see ingredients in whatever I'm cooking. Even my tomato sauce will have big chunks of tomato, onion and basil in it, its an idiosyncrasy I have always had.

Once you have your mayo base into the bowl, I typically will add my fresh lemon zest, lemon juice and dill. From there I would finely chop a yellow onion, and dice up some nice garlicky dill pickles. Windy Lane Farm produces some excellent pickles locally with just the right shot of dill and garlic.

You can buy them at Eat Local Pizza. If you're less inclined to see the parts of your sauce, or you just want to save time, you can grate



Tartar sauce is a staple with fish dishes.

or shred your pickles and onions using a box grater. At this point its best (if you can) to mix all this together and refrigerate it for at least an hour to really let those flavours commiserate.

When its time to continue, its time for my own personal secret weapon. Heartbeat Hot Sauce Dill Pickle Habanero. Every tartar sauce needs to have a small heat component this is usually gained from tabasco or siracha.

The Dill Pickle Heartbeat gets you further by adding some more of that dill flavour into your mayo. At this point in time you're mostly done, just season with salt and pepper to taste and you can add some capers if you're boujee. Derek Lankinen is an award-winning chef, author, and restauranteur. He is the Owner/Operator of Beefcake's Burger Factory with two locations in Westfort and Current River and Co-Owner of Elite Beef, Brick and Mortar Food Co. and Eat Loco Tacos.



Advertorial

#### Now is the time to explore your senior living options here's why

When Robert's grandmother moved to Chartwell Thunder Bay Retirement Residence, he and his family weren't sure how she would settle in. Their concerns proved unfounded.

"The best decision that my grandmother ever made was making a move to Chartwell Thunder Bay. She's very happy with the food,

My grandfather just moved in a few and property mainte-months back and he loves it, says nance and more Kayla. He loves to watch the deer from his window and said the food is great.

all of the included services, the helpful staff, the clean environment-and the best part is that she is still living an independent life," Robert tells.

As society continues to shift back to pre-pandemic norms, older adults who have delayed a decision to downsize or seek a living arrangement that provides more freedom from the responsibilities of home ownership have begun to consider their options again.

There is no denying that for many, the prospect of less time and

energy spent on home opportunities to socialize, pursue interests, or try something new have endured, if not increased because of the past years.

Chartwell Thunder Bay is a grand retirement residence in the Port Arthur area offering a flexible and



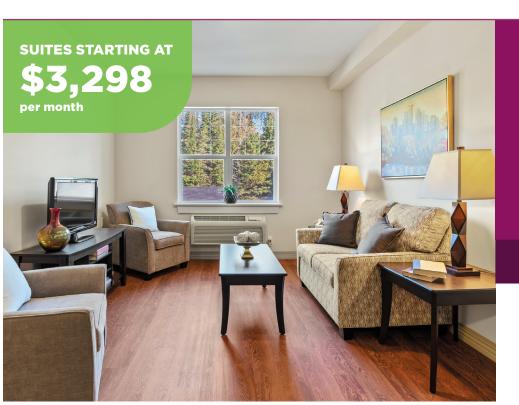
supportive lifestyle for seniors. They are well known for their variety of personalized services and care options, as well as their gorgeous greenspace (with frequent wildlife sightings) and convenient location.

"My grandfather just moved in a few months back and he loves it." says Kayla. "He loves to watch the deer from his window and said the food is great."

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Michael B. Jordan returns as Adonis Creed in the film, Creed III, now playing at SilverCity in Thunder Bay.

### **Creed packs punch**

It is with some relief to find *Creed III* (SilverCity) a credible entry in the *Rocky* canon, rather than a pallid money-grab sequel.

Charismatic titular star Michael B. Jordan also takes on directorial reins. Along with screenwriters Keenan Coogler (director of the original *Creed*) and Zach Baylin, Jordan gives this entry just enough texture to stand on its own while still maintaining the popular flavour of the "Rocky" brand.

*Creed III* is obviously formulaic but engrossing. Complemented by an engaging cast, Jordan demonstrates an eye for detail and a flair for stylistic flourishes.

We come upon Adonis enjoying life three years retired as a wealthy champion, with his music producer wife Bianca (Tessa Thompson) and sweet little deaf daughter Amara (Mila Davis-Kent). Creed also runs his own gym along with his partner Duke (Wood Harris).

There are speed bumps. Amara has conflict management issues at school, (unresolved). Adonis withholds his

troubled past from Bianca. Creed's mom (Phylicia Rashad) has heart trouble.

Creed gets rattled when old pal Damian aka "Dame" Anderson (Jonathan Majors) shows up, fresh out of an 18-year prison stretch. In their youthful days, Dame was the older Golden Gloves champ, with younger starry-eyed "Donnie" serving as his side man.

Layered flashbacks gradually reveal a violent episode whereupon Damian drew a gun. Cops show up. Donnie flees. Dame takes the fall. Creed doesn't visit Dame in prison, putting the past behind him.

But now Dame wants what Creed has, seeking a title shot despite not having boxed professionally.

Who better to fulfill that impossible dream than his pal Adonis? Dame exploits Creed's Achilles' heel, his guilt.

Circumstances conveniently facilitate Dame's unlikely express lane to the title fight. Now a swaggering champ, he disrespects Creed. To nullify his guilt and regain his pride, Creed is forced to challenge Dame. A visit to a therapist wouldn't be nearly as exciting. This is chest-thumping time.

Jordan skillfully builds the tension between the two through glances, muttered asides, unspoken

issues simmering. Jordan allows Majors space to flex his intimidating persona with multiple chips festering on his shoulder.

There are other interesting details. Dame shows some boxing savvy, observing ice packs applied to an opponent's body between rounds, subsequently exploiting the soft spots. He pushes the rules. Sign language used by Adonis, Bianca and Amara is subtitled, adding authenticity to the family life.

There are requisite exhaustive training montages, including towing and heaving really big things, minus the rousing *Rocky* theme.

There is no Muhammad Ali foot artistry in their battle. This is Rock 'em, Sock 'em Robots. Some *Raging Bull* techniques surface, with freeze frames capturing flesh rippling from cataclysmic punches

Jordan adds an interesting surreal flourish to one ring scene, isolating the two fighters, alone with each other and their own internal resolve, the fans momentarily sidelined and muted.

However familiar and predictable it may be, *Creed III* delivers a one-two punch in the entertainment department.



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Marty Mascarin

# Loppet's big return

#### By Justin Hardy – TB Source

More than 700 skiers took to the trails and enjoyed the warm weather at Sleeping Giant Provincial Park for the 44th annual Sleeping Giant Loppet, the first one since 2020.

The skiing festival brought over athletes from all over the country, and the United States and Peter Gallagher, coordinator of the event, said the Loppet was the perfect way to celebrate the end of the cross-country skiing season.

"The response has been great, we're down a little bit in terms of the number of people that participated, but there's all kinds of reasons for that with the amount of sickness that's going around in the community right now," he said.

"But we're still thrilled about 700 participants in this year's event, and then we'll grow back up again to 8 or 900 next year."

There were multiple events with distances for skiers of all ages, levels and abilities... including the 8 kilometre miniloppet for families and kids, the more relaxed and scenic 35-kilometre tour, and the 50-kilometre race, which took the top athletes over 2 hours to complete.

Matt Liebsch from Orono, Minn., took first place in the 50-kilometre race with a time of 2:08:05.1 and he said he enjoyed the Canadian scenery and competition.

"The weather was beautiful and there's some pretty fast Canadians to ski with, which was awesome," he said.

"It was a fairly fast day and I didn't know if I was going to win or not, especially when I got tired kind of in the middle of the race, I was having some cramping, but I just took my time and had a bunch of feeds gels and goo and water, and then I felt much better for the last 10k."

Michaela Keller-Miller, from Craftsbury Common, Vt., won the



Susan Allen competes in the women's 20-kilometre race at the Sleeping Giant Loppet. (Justin Hardy)

women's 50-kilometre race with a time of 2:27:19.3 and said she was excited to try out a track she's heard so much about.

"I've actually never been to this park

before, so I heard good things," she said. "I heard it was a fun race and I heard the trails were sweet and it was, and it was a perfect day for it, so feeling good about it.



#### **GAMES/SPORTS** 13

Enigma cryptograms are created from quotations

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#### Wishing Everyone A Safe and Fun March Break!

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Thunderwolves forward Josh Van Unen looks to centre the puck past Windsor defenceman Holden Wale during Game 3 of the OUA West Final. (James Mirabelli)

### Wolves fall in final

Lakehead still has shot at nationals in bronze-medal contest

By Matt Vis - TB Source

The Lakehead Thunderwolves' quest for a second Queen's Cup title in program history will have to wait at least one more season.

A three-goal barrage in the first three minutes of the second period powered the Windsor Lancers to a 4-2 victory over Lakehead in the deciding game of the OUA West Final, in front of a crowd of 3,491 at the Fort William Gardens on Saturday.

Despite the loss, the Thunderwolves remain in contention for their first national championships berth in 13 years, but face a must-win situation in the OUA third-place game Saturday night at home against Concordia.

"It's pretty sad right now for the guys," senior defenceman Kyle Auger said. "It's going to take a while, I think, for this one to subside. But we have to come Monday and practice all week hard. "We're not done vet."

After a series-extending overtime win the previous night, the Thunderwolves drew first blood in Game 3 between the division's top two teams, who finished

level in regular season points. The home side opened the scoring with 32.8 seconds remaining in the first period, when the puck found its way to Thunderwolves forward Spencer Blackwell in the high slot, where he spun and fired a shot past Windsor goalie Nathan Torchia.

Windsor stormed back during the opening minutes of the second, finding the equalizer just 44 seconds into the frame. The Lancers perfectly executed a two-on-two sequence, with captain Mason Kohn setting up a give-and-go with linemate Anthony Stefano and completing the play by roofing the puck over Lakehead netminder Max Wright.

The Lancers took the lead about 90 seconds later, with a shot from Brady Pataki ringing off the post and rico-cheting in the net.

Windsor completed the three-goal outburst when Sean Olson found space in front of the net and quickly unloaded a centring pass past Wright.

"I think we were too comfortable after the first," Auger said. "I think we came out a bit too flat in the second, obviously it cost us with three goals."

Lakehead bench boss Andrew Wilkins continued his approach of alternating goalies, turning back to Wright after Christian Cicigoi only allowed one goal in Friday night's win.

"They've both been great for us. We stuck to what we've been doing all year. It worked for us, and I think Max was fresh and played good for us," Wilkins said, adding he didn't believe Wright had a chance on any of those three second period Windsor goals.

The Thunderwolves pulled one back later in the second, with Friday night overtime hero Griffen Fox squeezing a shot through a crowd and into the net.

The goal restored the buzz and energy in the building, giving Lakehead some momentum, but the Thunderwolves were unable to capitalize on a pair of power play opportunities and the two teams entered the final 20 minutes of regulation with Windsor holding a onegoal advantage.

The Thunderwolves had their best chance to draw level just past the halfway mark of the third, when Tyler Ho had the puck on his stick on the doorstep, but he directed it through the blue paint and out the other side of the crease.

Windsor added a Barrett Dachyshyn empty netter with less than a minute remaining in the third to seal the victory.

"Our guys bounced back, played hard, gave it everything they had. We can hold our heads high," Wilkins said. "We're proud of our group. We're happy with where we're at and what we've accomplished."



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