

Customers could hardly wait for the doors to open on Monday morning at Popeyes Louisiana Kitchen's Thunder Centre location, a first for Thunder Bay. (Leith Dunick)



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Antoine Bouchard was identified as the victim in the city's first homicide of 2022, the incident occurring on Bethune Street. (Facebook)

Murder had ties to drug industry

Antoine Bouchard, 37, identified as murder victim

By Doug Diaczuk - TB Source

Police say the death of a man on Thunder Bay's south side last week, now being investigated as a homicide, was related to the illicit drug trade.

"I can confirm there appear to be some drug overtones in this particular investigation," said Det.-Insp. John Fennell of the Thunder Bay Police Service.

If that's borne out by the investigation, it will make the case part of a disturbing trend of increased gun violence largely tied to the trade in illegal drugs, Fennell said.

Police responded to reports of a sudden death in the 300 block of Bethune Street just after noon on Wednesday. The force announced Friday it was investigating the death as a homicide.

The TBPS has received results of a post-mortem conducted in Toronto, though Fennell said he couldn't comment on what was learned from the autopsy as the case remains under investigation.

Police identified the victim of the suspected homicide as Antoine Bouchard, 37.

Incidents of gun violence are "ever-increasing"

and presenting more dangers in the city, Fennell said.

In an interview Monday, he said ramped-up police efforts to shut down local dealers were believed to be putting pressure on the drug trade. While he said that's a good thing, he also suggested it could lead to more outbreaks of violence.

"We have been learning on the street level that has put an impact on them and it's causing a bit of competition," he said. "Unfortunately, as the competition starts to increase, these type of incidents could also increase."

The reported discharge of a firearm Sunday night near the scene of the crime, in the 100s block of Bethune Street, has not been tied to the homicide, he said.

As of Monday, the two events were being investigated as separate incidents by separate teams. Police responded to reports of multiple shots fired around 10:30 p.m. Sunday, Fennell said, but

were unable to locate any suspects.

No one was injured in that incident, as far as police are aware.



Do you have an opinion to share? E-mail the editor at Idunick@dougallmedia.com

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Popeyes now open

Diners lined up on Monday to be among the first to try their chicken

By Leith Dunick - TB Source

An hour before Thunder Bay's new Popeyes Louisiana Kitchen restaurant was scheduled to open, hungry wouldbe customers were already outside in their vehicles, waiting for the invitation inside.

The hype began the moment the fastfood chain, with 3,300 restaurants across North America, but none in Thunder Bay, announced it was coming to the city.

It ramped up on Friday, when word leaked out Popeyes was set to open on Monday.

It's an exciting day, said franchisee Jonathan Enright, a Winnipeg entrepreneur who also owns eight other Popeyes locations in Manitoba.

"We've been working on this store for a long time and the day is finally here. We couldn't have done it without all of the people involved," Enright said.

"At Popeyes our go-to product is our fried chicken and the thing that really gets me excited about Popeyes is our chicken. We've got a great variety. Of course I'm biased, but I've got to say we're best in class in our bone-in chicken, our nuggets, our tenders – they really are amazing."

Of course it's the fried chicken sandwich that most recently caught the public's attention, the social media wars of 2019 between Popeyes and Chick-fil-A setting off a worldwide debate over who had the best sandwich, though last year Popeyes called for a public truce.

"Since we launched the sandwich a



Prep work begins early in the day at Thunder Bay's Popeyes Louisiana Kitchen. (Leith Dunick)

few years ago, you can see the explosion in the marketplace with the chicken sandwich wars. Popeyes sandwich still stands on top."

Enright, whose local restaurant will employ 65 staff, on Monday said it was a good sign to see so many people eager to sample Popeyes food.

"Even during construction people have been pulling on the door and asking if we're open. There's lots of excitement. We feel that for the community. We've got people lined up in the drive-through already and we can't wait to serve them," he said. Popeyes opening also coincided with the lifting of COVID-19 restrictions in Ontario, including the ban on indoor dining. Enright said it's a coincidence, but he's thrilled to able to allow up to 50 per cent capacity for a sit-down meal.

"Obviously we were watching the restrictions very, very carefully. We were hoping to open today regardless. It's a bonus we're able to welcome guests into the restaurant to dine in at 50 per cent," he said.

Popeyes is located at the Thunder Centre and opens at ll a.m. each day.



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Deputy chief suspended

By Leith Dunick – TB Source

The Thunder Bay Police Service's second-highest ranking officer has been suspended pending an internal investigation.

According to a release issued by the Thunder Bay Police Services Board, Deputy Chief, Ryan Hughes has been taken off duty, though no reason was given.

"The board can confirm that Deputy Chief Ryan Hughes has been suspended pending an internal investigation. The board cannot comment further at this time as this is a human resources matter and await the outcomes of the investigation," said board chair Kristen

Oliver.

This story was first reported by the Globe and Mail's Willow Fiddler.

The Thunder Bay Police Service has again come under fire of late and an investigation is expected to look into the service's leadership, as ordered by Solicitor General Sylvie Jones. Thunder Bay Police Services Board member Georjann Morriseau, a former chair of the organization, has accused at least one member and Police Chief Sylvie Hauth of racism. However, a source has told TBNewswatch, Hughes' suspension has nothing to do with the human rights complaints filed by Morriseau

as a number of other officers

reported earlier this month.



Deputy Chief Ryan Hughes has been suspended by the Thunder Bay Police Service, pending an investigation. (FILE)

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EDITORIAL/LETTERS 6

EDITORIAL Drowned out

Nazi flags, the desecration of Terry Fox's statue, people dancing on the Tomb of the Unknown Soldier. Are you really surprised.?

While the Freedom Convoy to Ottawa may have started as an antivaccination mandate protest, it was quickly hijacked by the far-right fringe.

Most Canadians are tired of COVID-19 and any and all restrictions that surround it.

But when the loudest voices in your caravan are saying their ultimate goal is the overthrow of the government ignoring the fact that almost all of the mandates are provincially dictated and known white supremacists, don't be surprised if the majority of the country stops listening.

Convoy members are whining that they're running out of fuel. Here's a suggestion, pull up your boot straps and go get some, using your own money and not some socialist GoFundMe handout. Stop trying to score a free meal at a soup kitchen and harrassing store employees probably making minimum wage.

The irony is the convoy did manage to get one prolitical leader possibly overthrown - Conservative leader Erin O'Toole.



African culture comes to life in two novels

The Son of the House, by Cheluchi Onvemelukwe-Onuobia was shortlisted for the 2021 Scotiabank Giller award. It is a beautifully written first novel by Cheluchi, a lawyer, academic and writer who divides her time between Lagos and Halifax.

This novel may be described as Canadian literature but it is written in the African tradition of Chinua Achebe (Things Fall Apart) and Ben Okri (The Famished Road) but from a female perspective.

It speaks volumes about a woman's place in a highly patriarchal society where men can have more than one wife and where child bearing (particularly sons) is of paramount importance.

The protagonists are very different in background and life experience and vet a strange twist of fate brings them together.

Nwabulu was born into servitude in the Nigerian city of Enugu. Her dreams are shattered by sexual abuse and she is treated like a slave by her employer. She retains her effortless beauty and falls in love with a rich man's son. But she is just a house maid and the class divide is impossible to

cross and he disowns their child. Julie lives an independent life, takes what she can from her lover, but has no intention of playing second fiddle to his first wife. When the chance comes to give him a son, she grabs it with both hands.

In a pulsating climax the two women get to share their life stories while celebrating their resilience as strong women in a man's world.

The Promise bv Damon Galgut was the winner of the 2021 Booker Prize and deservedly so. It has

been described as 'the most important book of the last 10 years.' I don't know whether I would go that far,

but it certainly tells a riveting story full of fascinating characters.

These include the siblings Amor (struck by lightning aged six), Anton (traumatised by his experience in the army) and Astrid (married to a corrupt politician). But the real protagonist is South Africa whose historical destiny shapes and determines everything.

When Amor's mother dies the apartheid regime is in its dying days and Anton deserts from the army after killing a woman in a riot. At the funeral Amor tells Anton that they should honour their mother's wish that land be granted to their faithful black servant and her family.

This is 'the promise' that haunts

this novel and ties it together through the funerals of the parents, Astrid and Anton. At the end there is only Amor left and she has to decide what to do with the family farm which is run down and heavily in debt.

This novel can be seen as a metaphor for the changes that took place in South Africa after the apartheid regime (but not the apartheid system) was replaced by black majority rule.

Under Mandela there was real hope that a rainbow nation could be forged from years of segregation and racism. But then a new black elite emerged that behaved like its white predecessors.

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John Pateman BOOK BANTER

PERSPECTIVE 7

Convoy won't effect change

By JR Shermack - TB Source

Canadians are free to protest anything they want provided their demonstrations are peaceful, nobody breaks the law and nobody gets hurt.

However, protests are often very inconvenient which is what happened last weekend as thousands of truck drivers and their supporters swarmed Parliament Hill.

A congestion of trucks inconveniently parked throughout the downtown core forced the city to close streets and ask motorists to avoid the area - very inconvenient.

There was an increased police presence but no reports of violence or injury and tense situations were resolved with no arrests - quite encouraging.

For 22 months the general public has complied with restrictions but this group tantrum was a protest against vaccine mandates and other public health measures.

I think their timing might be a little off.

After all that time a majority of Canadians accept the science and endure the inconvenience of restrictions, but these protestors choose to refuse.

The demonstrators are riled up, vocal and enthusiastic but their message will be a hard sell in most of Canada.

Over 80 per cent of the Canadian population is fully vaccinated and broadly supports vaccine mandates to control the spread of COVID.

A few of the remaining 20 per cent, a group Prime Minister Trudeau calls a "small fringe minority", are not supportive of such measures and have launched this protest movement.

Beginning in western Canada, a cross country convoy of big rigs was organized and headed down the highway grumbling all the way to Ottawa.

They called themselves the Freedom Convoy.

They gained support from other anti-vaxers as they made their way east - there was an overnight stop in Thunder Bay resulting in a verbal



The convoy rolls through Kakabeka Falls.

confrontation with reporters.

When the convoy reached Ottawa thousands of truckers and other protestors converged on Parliament Hill to demonstrate against vaccine mandates and other health measures.

It all began with a Canadian Government mandate for unvaccinated truckers crossing the U.S. border into Canada - when they return home they must go into quarantine.

Truckers were previously excluded from this requirement and there is no change for the 90% of Canadian truckers who are fully vaccinated.

The remaining 10% must comply with the mandate or if they choose, they can be vaccinated to avoid quarantine.

With such a small number of individuals directly affected this protest appears to be an over-reaction to a complaint that could be resolved without involving the entire country.

Are the truckers over-playing their hand - the Canadian Trucking Alliance has denounced all protests on public roadways and urges all truckers to get vaccinated.

Canadians have been reassured by Transport Minister, Omar Alghabra that non-compliance by a small minority of truckers will not cause shortages.

There has been no measurable impact on the number of trucks crossing the U.S. border since the mandate went into effect on Jan. 15. However, consumers are getting nervous when they see empty grocery store shelves.

Canadians are still jittery from the great toilet paper shortage back when the pandemic first began nobody wants to start counting squares again.

As for me, I respect the right to protest and I appreciate the civilized, peaceful nature of this demonstration but I can't see what the truckers and their hangers-on hope to gain.

One day the pandemic will end and the restrictions and mandates will be lifted but I question how this outburst will make that day come any sooner.

It will be the scientific, medical and public health professionals who make it happen along with the majority of Canadians who followed their advice.

The protestors will eventually get what they want, but not because of the Freedom Convoy.

Let's give credit where credit is due.

Local family leaving Ukraine

By Gary Rinne -TB Source

Stephen Orlesky is taking no chances with the possibility of a Russian invasion of Ukraine.

The former Thunder Bay man has just made arrangements to relocate his family from Kyiv to Frankfurt, Germany.

Born and raised in the city, he has a camp south of town and was last in Thunder Bay in 2020.

Since September 2021, Orlesky has worked in Kyiv in the field of development finance, helping displaced Ukrainians access low-cost housing.

On Monday he said that in a previous stay in Ukraine, he witnessed the socalled Orange Revolution in 2004 and 2005, but "this time it seems we may be caught up in something much more severe."

Orlesky believes there's a broad range of actions that Russia might take, anything from what he described as a blitzkrieg-like move to surround Kyiv to a more subtle campaign to undermine civil society.



Stephen Orlesky and his son, George. (Submitted)

He said the Russians are already suspected of being responsible for recent bomb threats at airports, shopping centres and schools.

"These actions, I guess, are trying to

create a type of panic in the population." Orlesky said this has largely gone unreported in the Western media, but "In the local press, I'm reading about all these efforts to destabilize cities with bomb threats, and so on."

Although Ukrainians appear outwardly calm and stoic, he's seeing growing unease about what might happen next.

"Where I work, some of my colleagues are mentioning their plans to get their families out of the city. One is very concerned because he has a cottage near an air force base, and he's worried that base is going to be a target."

Orlesky's son attends an international school, where many students have gone back to their home countries as a precaution.

He said Ukrainians are pleased with Canada's plan to increase the size of its military training force in Ukraine, but are less happy with the announcement of a \$120 million loan to bolster Ukraine's economy.

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.

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Faulty MAKE THIS memories Memory is often a liar. Over time memories can become faulty recollections of what really happened. My sisters and I would argue over an item such as how often did our late mother serve us roast beef when we were growing up. I thought once REMEMBER per week; my late sister Barbara thought once a month. My sister Susan agreed with me..

Gift Card

At Christmas after church our family would drive north to my grandparents' farm for dinner. My grandmother was an expert gardener. Paperwhites were always on a table in her living room at Christmas. I loved them.

I had been waxing nostalgic to my darling wife, Laura, who gave me a box containing paperwhite bulbs. The kit was selfcontaining with pot, soil, and bulbs.



RURAL ROOTS

All I had to do was gently shove bulbs into the pot containing soil, water, and wait. Paperwhites like light so I put the planted pot in our living room in front of the big picture window. They grew tall with those gorgeous white flowers.

But there was a problem: the flowers smell. For Laura and daughter Beth, they reek of cat pee. Eventually, I acceded and brought the flowers down into my library. It only took a day

before Beth complained that the entire downstairs reeked. "I would come downstairs, take a whiff, and think 'Oh no, My cat has peed and missed the litter box." Nope.

Broad hints were being sent my way to get rid of the flowers. "But they're gorgeous," I would stammer.

And more importantly, they conjured fond memories of visiting my grandmother's farm when I was growing up.

See? Memory tricks. I had forgotten how odiferous they can be. I have come to agree with Laura and Beth. Darn.

Faulty memory has played a more serious role out here on our farm. So, the amazing Ken came out to help me get my ancient tractor, Big Red, functional again. I have detailed my hydraulic tractor woes in previous columns. A temporary solution allowed me to clear some snow, but then the problem reappeared. Back to town to purchase proper hydraulic oils and another filter. While we were at it, we changed the engine oil and the fuel filters. Or so we thought.

Ken changed the hydraulic oil and filter and the engine oil. I thought I remembered how to change the fuel filters, I had done it before. Except that this time I didn't. I had put the 'o' rings on incorrectly, preventing the fuel from freely flowing into the filter. Result? The filter leaked.

Ken believed I had known what I was doing, but the glass sediment bowl in which the filter sits shattered. Ken saw my mistake. I'd done the same thing on the first filter. Ken fixed it but now we had to buy another glass sediment bowl and after several phone calls realized that we would have to order one from a place in Winterpeg.

Meanwhile, no Red. No snow clearing. Rats! Laura wants me to swear I will confine my relationship with Red to refueling and driving only and leave the tricky stuff to Ken. OK.

My friend Albert used to say "Nostalgia isn't what it used to be. Why, I remember when ... "

Prepping for spring

The cold days of mid-winter provide a great opportunity for anglers to spend some time going through their tackle boxes.

While spring is still a long way off, right now is the perfect time to start preparing for the open-water fishing season.

Take stock, replace favourite baits that were lost, repair damaged lures and dress up the plain treble hooks on any spinners, spoons and crankbaits that underperformed last season.

I like to begin my wintertime tackle maintenance duties with some organization. I will go through each box of lures and see what I

am running low on. As they say, "it is better to have and not need, than need and not have", so the tackle collection grows a little more each year as I tend to replace one lost lure with two new ones, just in case.

Not every lure will need to be replaced, but often it is just a matter of swapping out the damaged hooks. Bouncing lures



Keith Ailey the GOOD LIFE

off the rocky bottom of a river and using pliers to remove hooks before releasing fish often leads to dull points and bent shafts. If the bait has a split ring, it is easy to upgrade a worn hook with a high

quality, ultra-sharp replacement. For lures where swapping hooks is

more difficult, a diamond file can often restore the rounded point and bring a worn hook back to life. Once the tackle boxes are

refilled and the baits are repaired, it is time to make a few modifications to enhance the effectiveness of hardbodied lures like spinners, spoons, jig heads and crankbaits. The process of

customizing tackle has always been enjoyable for me. Even as a young kid I would add a slash of red paint to mimic bleeding gills on my Rapalas or tie tinsel and feathers to the treble hooks on my trout spinners.

"Dressing up" treble hooks with tinsel, marabou feathers, bucktail hair, or Flashibou is relatively easy. Adding any of these materials enhances the bait with a more natural look and action.

Start by removing the hook and placing it in a fly tying vice. Then, take some thread and wrap two layers around the shaft of the hook (a fly tying bobbin helps, but isn't necessary). Next, add three tufts of material and place one between each of the three hooks on the treble. Proceed to wrap the top of the material securely to the hook while leaving a little bit free to pulsate enticingly below the hook.

Finish off with a few half-hitch knots and some head cement or use Super Glue to give it durability.

This dress up routine can also be used on jig heads to create unique jigflies that are dynamite for everything from brook trout to lakers to finicky walleye in highly pressured lakes.

Winter can be a depressing time for anglers, especially for those who do not have the equipment or patience for ice fishing. Why not use this time to get ready for the upcoming season so you are all set to hit the water as soon as the ice breaks up?



LIFE 9

Start the Conversation

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10 LIFE What to eat after your workout

Choose carefully when consuming

So, you have a meal plan, your lifestyle changes have been going

well. You've decided to dive into getting more active to assist your weight loss and health regimen. Now, how do you know what to eat after working out to assist your workout and not negate its benefits.

Here's Cooking at You Kid Post workout nutrition is an important

part of any health program. You can easily destroy your gains by eating too much or less beneficial foods because you're feeling accomplished from pushing needs to be replenished.

yourself to be more active. When your muscles are working for an extended period of time with no new carbohydrates entering your bloodstream you deplete and use glycogen.

Glycogen is the bodies primary fuel source for an intense workout. This is because it is readily available and already consumed and broken down.

Glycogen is polysaccharide from carbohydrates which is

stored in muscles and converts to glucose as your body needs it. It also assists insulin in transporting nutrients to your cells. It is quite important and vour workout to reload the stores. For intense workouts, simple carbs are best, small amounts of breads or something sugary can be beneficial.

Carbs are your most important nutrient post workout, just ensure you're controlling your portions.

When your muscles are working and feeling all swole up, you're causing micro trauma.

This may sound unsettling, but it is the action of breaking down your muscles so that they repair themselves stronger and larger than they were before.

This micro trauma needs to be repaired with amino acids from protein.

If you're into intense workouts these aminos can be purchased from health food stores pre

Carbs need to be consumed after broken down for human consumption, allowing them to get their work done faster.

> Certain protein powders (Isolates, and Hydrolysates) have chemically digested proteins in them so they can work faster than conventional proteins.

Fats. They aren't that bad for you. Your body needs a moderated amount of fats in its diet to perform properly.

There are many studies that show that whole milk has had a positive influence on muscle growth and recovery versus skim milk or lower fat diets.

Water! You should have sweat during that workout; you need to replace those fluids. Hopefully this goes without saying too much more!

Chug that H2O down!!

There are a few things to avoid when choosing a post workout meal. Spicy foods can cause digestion issues, and its important to choose foods easily (and quickly) digestible.

Alcohol can slow down your digestion process, hoever a light beer can be an acceptable carb choice if you're celebrating crushing a hard workout.

Alcohol is also a diuretic so ensure you're replacing those fluids you have sweat out, just moderate yourself and make sure you have earned it with hard work.

Derek Lankinen is an award-winning chef, author, and restauranteur. He is the Owner/Operator of Beefcake's Burger Factory and Co-Owner of Elite Beef, Eat Loco Tacos and Brick and Mortar Food Co.



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ON THE SCENE 11



Bari Weiss is 'done with COVID.' (HBO)

Being done with COVID?

A couple of weeks ago, a former New York Times editor and journalist, Bari Weiss appeared on Real Time with Bill Maher and exclaimed what many are feeling these days, "I'm done with COVID!"

Her statement resulted in wild applause from the audience.

Bari Weiss is used to strong reactions to her editorials, be they written, verbal or tweeted. However, this time, her comment left many, including myself, rather perplexed.

What does it mean to

be "done with" a pandemic disease - while the pandemic is still raging? I kept waiting for Weiss to clarify that she's done talking about COVID.

Most of us are pretty sick of COVID monopolizing every waking moment of our day and how we interact with others.

Fiona Gardiner FI TV

KRM RIVER FIGHTING

Not to mention, taking over television, our traditional mode of escape from the world.

After all, what's there to discuss outside of laboratory discoveries and the political steps taken to safe-

guard the public? COVID isn't a subject that needs to be debated like at what age kids should learn the truth about Santa Claus.

It's not fodder to be dissected for a talk show or the likes of Joe Rogan. It doesn't require an opinion. It just is.

It reminds me of a current Shingrix TV ad campaign that promotes a vaccine for older adults. It targets those who think they don't need to worry about shingles because they're physically active and healthy. The commercial says "Shingles doesn't care."

And neither does COVID. Yet it's still being debated on television every day and every night.

Then there's the focus on topics like "COVID fatigue" and depression. It's ironic that the media which continues to hammer home the negative COVID content is now focusing on people's exhaustion and depression over all the COVID content.

Maybe Weiss was going to say she was "done with" all the arguments over COVID. The general consensus is that this disease is not going away unless we take action.

So far, statistics are showing that vaccines are the best safeguard against dying from it. Masks help keep people from unintentionally infecting others around them.

These are the messages that have been hammered home in the news around the world, and in scripted and unscripted television programming. For nearly two years.

Meanwhile, alternative news sources have argued different "facts" and ideas about the

tbaytel

pandemic.

For nearly two years.

And politicians have argued everchanging protocols, financial supports, and even their own pandemic mis-behaviour. For nearly two years.

Maybe she's just decided to go back to normal. No masks, no more vaccine. Let us know how that works out for you, Bari, as thousands die daily in North America.

Unfortunately, in an editorially irresponsible move, Weiss didn't explain herself. Instead, she's been revelling in being the topic of conversation for millions of viewers.

Well I, too, am "done with" COVID. I'm done complaining. I'm done being frustrated by the protocols. I'm done searching out the latest media information 24/7. And I'm done with television programming that thinks a global pandemic is simply good entertainment.

Because that's just sick.

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Black and living a secret

Passing (Netflix) deals with two lightskinned African American women living in 1920s New York who "pass" themselves off as white in order to function within a prejudiced society. However, each character utilizes "passing" in different ways which forms the basis of the film's tension.

The women run into each other after a lapse of many years. Irene (Tessa Thompson) has made a rare shopping foray into Manhattan, enwrapped in clothing hiding her features, furtively allowing herself to be perceived as white to enable access otherwise denied to her.

Upon being spotted by childhood pal Claire (Ruth Negga) in a classy restricted tea room, Irene feels caught out in her little ruse which amuses Claire. It turns out that Claire has been 'passing' as full on white.

Irene is married to a loving African American doctor (Andre Holland). They live in Harlem with two young sons. They employ Black servants. She organizes fundraising balls for the Negro League. Claire is married to a white businessman (Alexander Skarsgård) who is a racist but has no clue about Claire's actual lineage.

These two women become intertwined in a shared secret that generates cross-currents of conflict. The bottom line question: is it worth all the positive and negative consequences?

Actress Rebecca Hall (The Night House) makes an impressive debut as

director/screenwriter, adapting a novel by Nella Larsen, who was of mixed race. Hall also has a personal familiarity, as her mother, opera singer Maria Ewing, and her maternal grandfather also passed as white.

Hall imbues each scene with underlying tension. The "passing" issue simmers as the elephant in the room. The situation creates a web of

complicated emotions, involving both race and class.



Ruth Negga and Tessa Thompson are the stars of Passing, avaialable on Netflix.

Claire's presence in her life forces Irene to contemplate aspects of her racial identity which she has been suppressing. Irene tries to

discourage her husband from reading newspaper articles to their sons about white atrocities committed against Blacks.

Irene disapproves of Claire's audacity, boxed in by her own sense of propriety. Irene frets that her husband may be attracted to Claire. In fact, Irene may be drawn to Claire herself. Working within Irene's upper

class social circle, Claire flourishes. Claire admittedly is out to get what she

wants at any cost. But her ploy comes at a

price. Claire feels isolated, missing hearing how "Black people talk," hence, her newfound adherence to Irene. She has denied her past. She gambles with the threat of discovery.

Thompson and Negga are excellent, with able support from Andre Holland and Bill Camp as a successful novelist who is Irene's society friend. The film is shot in lustrous black and white. The striking cinematography artfully alters Claire's skin tone dependent upon how she is being perceived. Lilting jazz music underscores the mood.

Though the story seems to dissipate by the ending, Rebecca Hall has deftly directed a worthy entry in this intriguing, lesser known genre.





Chill looking forward to return

USL 2 team hasn't played since 2019

By Leith Dunick - TB Source

The Thunder Bay Chill haven't played a game at Chapples Park since 2014.

They haven't played a game of any kind since 2019.

Both droughts are set to come to an end this spring, when the Chill rejoin the United Soccer League 2 schedule. After opening against FC Manitoba on May 28 and May 29 in Winnipeg, a week later the Chill will welcome the defending USL 2 champion Des Moines Menace to Thunder Bay.

Tony Colistro, the team's founder and executive director, said it's was tough to sit on the sidelines for two summers, but it's great to finally be back.

"From a league perspective, last year was a little bit of a different scenario, where they asked us to take a leave of absence because of all the border restrictions. When those were lifted we felt there shouldn't be an issue this year," Colistro said.

"We had to look internally to make sure that it was safe for us to be part of the league. We didn't want to take another year off. Our absence has been difficult for our players, for our coaching staff."

As it stands, the Chill will have to recruit solely fully vaccinated players and opposing teams will only be able to travel to Canada

been a long time coming, and it with fully vaccinated team members, unless the Canadian government loosens current border restrictions.

"Our recruiting strategy

has kind of taken a pivot here," Colistro said. "In the past it was ensuring you've got a passport, what country you're coming from and visas, where now I think our top question is are you vaxxed and are the vaccinations approved in Canada?"

It will be a new look

sead us online

USL 2 the Chill return to in 2022, the North American circuit expanding to a record high 110 teams.

TONY COLISTRO

The Chill are still part of the 25-

team Central Conference, but have moved out of the Heartland Division and into the newly formed Deep North Division, alongside

> Des Moines, FC Manitoba, St. Croix SC, Peoria City and Minneapolis City SC.

There are 35 news teams playing in USL 2 this season, which means more playoff rounds, Colistro said, adding the top two teams in each division will advance.

Colistro said despite the fact coach Gio Petraglia is

essentially starting from scratch in his quest to build a team, the Chill, who won it all in 2008 and went to the league final in 2010, 2013 and 2017, plan to put together a contender in 2022.

"That's always been our philosophy. We like to win. We're about winning and the team that we want to put on the field is to ensure that we're playing in August at the national championship," Colistro said. "That's the approach that we've been taking and that's the approach we'll continue to take as we move forward.

SPORTS 13

"We've learned that's what our fans want and so we'll try to bring the top players we can possibly get to Thunder Bay."

In addition to Des Moines on June 3, the Chill will host Peoria City on June 10, Minneapolis City SC on June 17, St. Croix SC on June 24 and FC Manitoba on July 15 and July 16. The team is playing a 12game schedule.





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Ritchie sprints to Olympics

By Leith Dunick – TB Source

Even if he wins a gold medal at the Beijing Winter Olympic Games, Graham Ritchie will still be No. 2 in his hometown.

Of course, it's no surprise when Bobby Orr is the most famous athlete to emerge from the community where one grew up.

The Parry Sound, Ont. native, joked that maybe town officials could scratch his name onto the sign if he happens to return home from China with some Olympic hardware.

He'll be one of three athletes in Beijing with Thunder Bay ties, one of two current or former members of the National Team Development-Centre, joining former crosscountry teammate Katherine Stewart-Jones and ex-NHLer Eric Staal at the Games.

Ritchie, a current member of the NTDC-TB squad, qualified for Beijing with strong finishes at World Cup events, and said it's hard to believe he's headed to the Olympics. The 23-year-old still has to pinch himself to

make it seem real, at times. "I still don't really know how to describe it," Ritchie said in a recent phone interview from

British Columbia, where he was putting in last minute preparations before getting set to head overseas.

"It's something a lot of athletes work every day for all of their lives. Luckily enough for me it's come to fruition and become a reality. It's pretty exciting."

He told his parents first that he'd made the Canadian team, then a few friends and family. The congratulations began pouring in.

"From then on it was trying to answer so many messages, everyone saying congrats and whatnot."

Ritchie, who began skiing at six and joined the NTDC-TB team in 2017, finishing 13th at the World Under 23s in 2020.



Ashley Sippala and Sarah Potts at the Scotties Tournament of Hearts in Thunder Bay. (Andrew Klaver/Curling Canada)



Graham Ritchie has spent five years skiing with the National Team Development Centre-Thunder Bay.

Two years later Ritchie, who began skiing at the age of six, earned his first World Cup points with a 17th-place finish in the freestyle sprint at races in Ulrichehamn, Sweden.

A graduate of Confederation College's business fundamentals program, he said it will likely become a reality the first time he dons the Olympic bid later this month.

He credited his time in Thunder Bay with helping him develop into a world-class athlete.

"That kind of progressed me to where I am right now - all the coaching I've had, the integrated support team, all my teammates and the Thunder Bay ski community. Everyone has really been a big factor over the last few years to get me to where I am today, for sure. All my progression has come through that team," said Ritchie, who expects his best results will come in the sprint races.

He said he'll do what his Olympic coaches ask.

"It's pretty hard to race everything. It's a lot to handle. Usually you pick and choose the races you think you can do the best in. I haven't dialled in exactly what races I'm going to be doing, but mostly focusing on the sprinting, for sure," Ritchie said.

"It's the race I've found myself over the last few years where I've been improving the most at and achieving my best results at."

The Olympic cross country skiing competition begins on Feb. 6. The sprints begin two days later.

Tickets won't be sold for Scotties playoff rounds

By Leith Dunick - TB Source

The only way to watch the Scotties Tournament of Hearts in Thunder Bay will be on television.

Curling Canada on Saturday announced after careful thought, they will not be selling tickets to the final weekend, even though provincial restrictions are lifting on Monday that would allow up to 500 fans to watch in person at Fort William Gardens.

"We were open to finding a way to finish the Scotties Tournament of Hearts with an

exclamation point and having ticket sales for the final weekend. But after careful thought and consideration, the risks of opening the venue after establishing protocols were not favourable in keeping all participants safe," said Curling Canada CEO Katherine Henderson.

"We can't thank the local organizing committee enough for all of its work in getting this year's event off the ground under these difficult circumstances.'

Action continues on Saturday at the Gardens, Day 2 of the national women's curling championship.

Thursday, February 3, 2022



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