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THUNDER BAY SOURCE



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The enthusiasm of the crowd was on full display last Saturday at the Canadian Lakehead Exhibition grounds for the drive-through Festival of Colours. See page 14. (Leith Dunick/TB Source)

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Toys in short supply locally

By Leith Dunick - TB Source

Santa's checked his list, and checked it twice, but even the jolly old man himself isn't immune from a pending toy shortage.

With supply chains around the world interrupted because of COVID-19, experts advise parents and North Pole elves to do their shopping early this year to avoid disappointment, as the hottest toys will have limited availability and are expected to fly off the shelves.

Prices could also creep up, which shouldn't come as any surprise for anyone who's been in a grocery store in recent months.

The supply issue has hit Thunder Bay too, says the owner of a local toy store.

Global issue

Darryl Boyer, who founded May Street's Toy Sense, said the toy industry isn't alone, but with Christmas arriving in just over two months, it'll be more noticeable as parents begin their holiday shopping, seeking out that perfect gift.

"Basically, we're like every other industry. There's been a shortage because the purchasing supply has been affected by COVID," Boyer said. "Before there was a shortage of containers. Now the containers are off the coast and they're having trouble to unload them and transport (stuff) to the stores.

"We're finding a lot of delays with a variety of different suppliers, both in the U.S. and in Canada, which makes it challenging for Christmas season because it's such a short time of year."

Local or nationally owned, the issue is having an impact at stores large and small.

Katrina Fyfle, the brand manager for Toys R Us, said they're already starting to see the



It could be difficult for parents seeking out the most popular toys this Christmas.

effects brought on by the supply issue.

"It's less of a toy shortage and more of a toy delay, I would say. There will be points in time where you'll see a dip in inventory as things are in right now sell out and can't be replenished fast enough, combined with the fact that other items are completely delayed," Fyfle said in a recent interview.

Gaming systems are among the most hotly sought after items, but a global chip shortage has led to delays and long waiting lists for the Playstation 5, for example.

"Basically a lot of the items we expected to be in (by) August and September, we still don't have yet," Fyfle said. "The fact that these items are coming in late means that our inventory is

spotty right now."

Fyfle cautioned parents not to panic.

"It is still coming," she said.

Don't hesitate

Boyer's advice to parents and other Christmas shoppers is if they see something on the shelf and it's the present they've been searching for, don't start bargain hunting.

"Basically, what we tell people is if you see it on the shelf, no matter where you are, buy it. All the stores in Canada, including us, we have really good return policies. So if you have that special item on Santa's list, because the elves are having trouble delivering this year, buy it and if a child changes their mind, then bring it back and try to find something else," he said.

THIS WEEK'S WEATHER FORECAST

THURSDAY	FRIDAY	SATURDAY	SUNDAY
Showers	Cloudy with Sunny Breaks	A mix of Sun and Clouds	Mainly Sunny
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Giving the gift of Thanksgiving

By Leith Dunick - TB Source

Gary Christian and his family have been serving up holiday meals at the Dew Drop Inn for a dozen or so years.

He figures it's the least they can do.

The last thing he wants to see is someone going hungry on Thanksgiving or Christmas, when it's so unnecessary.

"We're fortunate enough that we have a good situation with our family, but as you can see, there's lots of people who are hungry and scared, with COVID and other stuff," said Christian on Monday, leading off the family assembly line at the turkey station.

"It's nice to come here and

make sure they get assurances, that they get a good meal every day. That's important, because without food and water, what else do we have? It's not much. It's important to come out and support them."

He added it's obvious the numbers are growing, but the steadiness of the line outside the soup kitchen's doors.

Michael Quibell, the executive director at the Dew Drop Inn, said Christian's observation is spot on. The open invitation to the community is drawing more and more people each year.

The Regional Food Distribution Association cooked up about 500 pounds of turkey for the meal, and Quibell expects they'll go through most, if not all of it,

during the three-hour meal window, which closes at 3:30 p.m.

"I would say we've got 20 volunteers here today. In our first hour we served about 200 meals. I think we're expecting around 600 today," he said.

A year ago they served about 375.

Numbers aside, it's the right thing to do, Quibell said.

"I think everyone deserve a good meal. At the holidays, I think everyone should have a turkey dinner."

The meals also included dressing, mashed potatoes, pierogies and gravy and they were available for both take-out as well as a sit-down option for those who might not have a place to take their meal to eat.



Gary Christian serves up turkey on Monday at the Dew Drop Inn. (Leith Dunick/TB Source).

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Katrina Sutherland wins home

By Leith Dunick – TB Source

There's only one grand-prize winner each year in the Fort William Rotary House Lottery, but in a sense, the entire community comes out on top.

Shuniah's Katrina Sutherland was the big winner in 2021, her ticket drawn out of 16,000 others on Thanksgiving Monday at a brief ceremony held outside the \$642,000 Birch Court home.

Dawn Sebesta, president of the Fort William Rotary Club, it's all about the community.

"The money we raise, it stays local," said Sebesta, standing outside the home, built by Lorimar Construction Ltd.

"I think that's the most important thing. It helps support different organizations throughout the city, like the Regional Health Sciences Centre, George Jeffrey Children's Centre, Wilderness Discovery and the air cadet squadron. I think all of these organizations really appreciate what we can do for



Bob Hookham, Fort William Rotary Club president Dawn Sebesta and Robert Moore choose the house lottery winner. (Leith Dunick/TB Source)

them and how we can help them out every year and I think that is really important to our commu-

nity." Unlike most other Rotary House Lottery draws, this year was like

no other. The organizing committee was unable to offer in-person tours of the home and

instead had to rely on virtual tours. It also meant ticket sales were reduced to online only.

If anything, it made their jobs easier, with tickets selling out in a record five weeks. Going forward, the online option will be retained, though organizers do hope to return to the more traditional July 1 drawing at Marina Park during Canada Day celebrations.

And they hope to be able to allow the public to walk through the home.

"It was still hard that we couldn't offer the visits to the house for people who were buying tickets, but we did have virtual tours on the website where you could look at what the house looked like on the inside," Sebesta said.

"So that helped a little bit. It was amazing. It was truly amazing and we truly thank the city, thank the community for buying 16,000 tickets in five short weeks. To me, that was phenomenal."

It's expected the draw will return in 2022.

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EDITORIAL

Arena savings

Fort William Gardens is going to be the city's main sports and entertainment venue for the foreseeable future.

However, it won't last forever.

City council bought an additional 15 years, and plans to spend \$3 million to revitalize the 70-year-old barn, which will take it through 2036.

By then the facility will be 85 years old.

An event centre is a project that must be on the city's radar and council should start budgeting for it now, putting away money in a rainy-day fund for the day the Gardens has to be replaced.

As we saw in the last go-around, a \$114-million plan to build an event and convention centre was not on the spending radars of the provincial or federal government. With post-COVID budgets likely still being paid off, the likelihood of it getting funding approval in 2036 are slim and none.

The private sector will not step up to build a new rink. Even if the city decides to turf the convention centre part - and it should - it's still going to cost tens of millions of dollars. The more we have saved, the better.

Gardens still has life

To the editor:

Fort William Gardens will once again be front and centre hosting the Scotties Tournament of Hearts starting on Jan. 28.

Approximately \$1.1 million in improvements will be spent to update the Gardens.

A new video score clock at centre ice has been installed and a digital marquee also be installed.

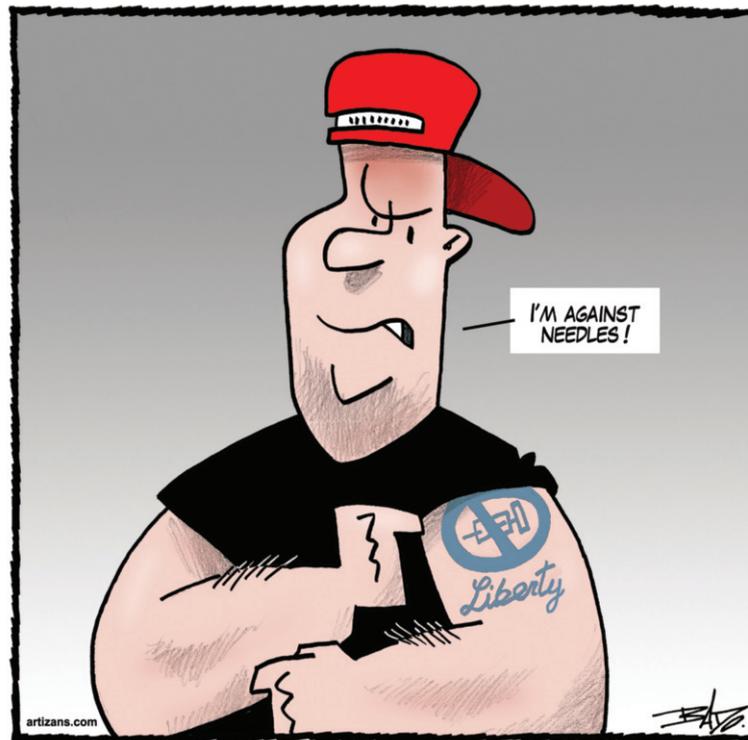
The famous curling rock in front of the Gardens has a fresh look and will be a favourite snapshot for many of the tourists that where to attend. Work is also continuing on new metal cladding that is being installed over the cement pillars.

Fort William Gardens, opened in 1951, has stood the test of time but has a way to go to catch up to the Galt Arena Gardens that is nearly 100 years old. That facility was constructed in 1921 and opened in 1922.

As well as many spectacular hockey games and National Championships Fort William Gardens has hosted some of the biggest names in entertainment, wrestling, figure skating and curling.

Apart from the Fort William Gardens and the Galt Arena

LETTERS TO THE EDITOR



Gardens there are other Canadian rinks that were built in the '20s, '30s and '40s that are still going strong today. Back then these facilities were built to last unlike the ones today that have a much shorter life span.

Fort William Gardens has a unique design and lots of character and charm.

Scott Higgins, senior producer for curling broadcasts on TSN, recently visited the Fort William Gardens and said the facility "has a

lot of character compared to some other venues we have been in."

In 1995 a major retrofit was done on the Gardens, thanks to a council that listened to many residents who believed the Fort William Gardens had lots of life left in it and could support the needs of this community for years to come.

I remember speaking at this meeting along with other concerned taxpayers and still have many of the newspaper clippings.

One of those clippings that made the front page of this newspaper showed me holding up a large sign Save the Fort William Gardens

The decision on whether to repair or replace the Fort William Gardens raged for several years and one of the deciding factors in the decision not to build new was the operating cost of a new facility that was estimated to be over one million dollars annually.

This is probably one of the same reasons this city council has voted to invest about \$3 million into a retrofit of the Fort William Gardens. An event centre would have cost taxpayers over \$100 million dollars.

Ray Smith,
Thunder Bay

Booker Prize contenders are worth reading

No One Is Talking About This by Patricia Lockwood is one of the long listed titles for the 2021 Booker Prize. As this punchy, idiosyncratic novel begins a woman, famous as an internet influencer, tours the globe addressing her loyal audience.

She is less in control than she seems and it's not clear who is influencing who. Her life on the internet becomes her real life and she is no longer in charge of her own thoughts.

'The Portal' is full of dangers from global warming to Donald Trump and mass alienation. She is getting sucked into digital hell. Has this become the meaning of life?

Then the real world intervenes and

saves her. Her sister is in trouble and needs her support. The absurdities and contradictions of the internet reveal that there are indeed some good and caring people in the digital universe; but there is also a lot of negativity and deceit.

This book is not easy to read on several levels. It is broken up into beautifully constructed short paragraphs. The imagery is stunning and the literary quality unflinching.

It starts off as a love letter to the banal art of constant scrolling through mindless 'news' feeds and

cat memes. It ends up as a testament to the power of love and human relationships.

Great Circle by Maggie Shipstead is another Booker Prize contender. This ambitious novel ranges across geography and time from 1920s western America, to the frozen north, and from London at war to modern day Hollywood. It tells the story of two amazing women whose destinies meet and mix.

Marian and James are twins who were rejected by their mother. When their father, a ship's captain,

rescues them from a sinking ocean liner, he is thrown into jail for abandoning his passengers. They are raised by his less than perfect brother in rural Montana.

Marian is out riding one day when a plane swoops low over her head. That is when she knows she wants to be a pilot. At a young age she quits education and looks for ways to make money. Bootlegging is dangerous but lucrative and that is how she comes to meet Barclay Macqueen, a rich 'rancher'.

Marian and Barclay are attracted to each other and he provides the means by which she can learn to fly. But she doesn't just want to be an aviator; she wants to adventure

around the world and pass over both Poles.

In modern times Hadley Baxter is a successful actress looking for a role that will win her an Oscar. She plays Marian in a film about the aviators' mysterious disappearance and the discovery of her epic journal.

Hadley and Marian live parallel lives as the two women - both driven by feminist values in totally different eras and circumstances - are intertwined in amazing ways.

Shipstead creates believable characters with credible and detailed back stories. As a white woman she is sure of her material until she introduces some indigenous elements into the story.



John Pateman
BOOK BANTER

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COVID isn't over by any means

By JR Shermack - For TB Source

To get an objective picture of what is happening you have to follow the numbers.

The "R" number is the reproduction rate for COVID 19 and represents the number of new cases being spread to others by an already infected person.

A number greater than one means that the pandemic continues to grow and spread - to get the situation under control that number must be consistently lower than one.

COVID 19 continues to cause havoc in some health units across the country but overall the national R number in Canada has recently just fallen below one.

Not done yet

For some it is tempting to declare "mission accomplished" and put all this behind us but we must resist that temptation.

We are all eager for this ordeal to be over but we need to curb our enthusiasm - we have seen what

happens when we turn our back on the virus.

Canada's chief public health officer says there is reason for optimism and that widespread vaccination and public health measures are working.

It is predicted that these downward trends will likely continue in many communities, including ours, where steady progress is being made.

Thunder Bay is a good example of this optimistic scenario - over 90% have received one dose, more than 85% are fully vaccinated and our case numbers are low, approaching zero.

With those statistics it might be tempting to breathe a sigh of relief and celebrate our well-earned success but we must resist the temptation to declare a premature victory.

We can celebrate our accomplishment without putting public health in jeopardy and we can continue our success by remembering how it was achieved.

Vaccination, masking and social



Masks are still a necessary COVID tool.

distancing are still the best measures to keep our community safe and healthy.

This is especially true on special occasions when we feel the need to get together with family and

friends - COVID thrives on holidays and long weekends.

With the approach of Thanksgiving it was tempting for many Canadians to behave as though the pandemic is in retreat.

It was tempting to throw caution to the wind, throw a turkey in the oven and throw open our arms to welcome guests over for Thanksgiving dinner.

It remains to be seen how many were able to resist that temptation - holiday gatherings often fuel a spike in infection rates.

We can still look forward with a positive outlook but continued due diligence will ensure a brighter future with fewer restrictions.

There will come a day when Canadian communities are free to celebrate as they once did but Thanksgiving was not that day.

The Thunder Bay District is in an enviable position when compared to other parts of the country where COVID remains a serious threat.

The Northwest Territories is being ravaged by the fourth wave of COVID and is now seeing the

most cases so far during the entire pandemic.

N.W.T. residents are being urged to keep a lid on Thanksgiving festivities and consider virtual celebrations instead - non-essential travel is discouraged.

Didn't work out west

Alberta declared a state of emergency in September - it now has 250 patients in ICU beds and as of October 8, almost 18,000 active cases.

Thunder Bay has one active case and none in the hospital, the result of our high vaccination rate and our willingness to follow public health guidelines.

As for me, I am encouraged by the local response to COVID and hopeful that the downward trends will continue.

I am optimistic that all Canadians will continue doing what needs to be done in the weeks and winter months ahead.

And for a little while longer, as much as possible, we all need to resist temptation.

what's happening
in and around...

The Bay

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

October 14 Nerd Night

Hosted at the David Thompson Astronomical Observatory at Fort William Historical Park from 7 p.m. to 9 p.m. This free event includes high-energy science demonstrations and ends with trivia and amazing prizes. It's a 19+ event and required full vaccination.

October 15/16 SIJHL Hockey

The Thunder Bay North Stars are red hot, winners of seven straight Superior International Junior Hockey League contests. They'll face the Wisconsin Lumberjacks, a team they swept last weekend at Fort William Gardens. Puck drop is 7:30 p.m. each night.

October 15 Book Reading

Take part in an outdoor book reading, listening to award-winning

novelist and playwright, Eleanor Albanese read from her latest, *If Tenderness be Gold*. The evening will also mark the launch of Albanese's The Comfort Project. The event, held at the Thunder Bay Art Gallery runs from 2 p.m. to 4 p.m. and is free of charge.

October 15 Fall Feast

Roots to Harvest and Tomlin present their annual Fall Feast, an in-person, farm-to-table (and fancy, dress-up style) meal, featuring the culinary delights of Steve Simpson and his friends from Tomlin. Tickets are sold in tables of four to 10 and there will be live music and delicious food. Tickets are \$96.49 and proof of double vaccination is required. It's 6 p.m. to 10 p.m. at Roots to Harvest.

October 16/17 Heavy Rotation

Mount Baldy Ski Area and Live

From the Rock present a two-day music festival featuring local artists live on-site food and drink. Acts include Rodney Brown, Cassidy Houston, Jordin Laine, Mike Procyshyn, Greenbank, Jamie Smith, Olivia Korkola and Gibson, Martin & I. Takes place at Mount Baldy, four acts each day. Advance tickets only, \$79.74 per person. Music starts at noon. COVID protocols in place and strictly enforced.

October 16 Oktoberfest

Dubbed the Wurst Party Ever, there will be two sessions, from 3 p.m. to 6 p.m. and from 7 p.m. to 10 p.m., at the Sleeping Giant Brewery. Local beer, live music, delicious food and fun and games, in support of PRO Kids. Tickets are \$20 and include a beer token and a pretzel from The Sweet North Bakery. A \$35 Beer and Cheese Pairing with the Cheese Encounter is also available.

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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TOTAL VOTES: 1,347

YES 67.78% NO 25.54% DON'T KNOW 6.68

Dougall's ownership approved

Media company will stay in family after CRTC gives thumbs up to transaction

By Gary Rinne – TB Source

Expressing confidence in the region's future, Hector Dougall says he is going "all-in for Thunder Bay."

The city businessman has just received approval from Canada's broadcasting regulator to assume the ownership of Dougall Media's TV and radio stations.

The CRTC's go-ahead means he now has sole responsibility for navigating the companies through an ever-changing and increasingly competitive media landscape.

Dougall said he is not dissuaded by the challenges of operating a high-cost business in a smaller city in an era in which audiences can access innumerable entertainment and news sources without turning on a radio or TV.

"Technology may change and the method of delivery of information might change...but the need for accurate, quality, trustworthy information that is local to our community is going to do nothing but grow," he said in an interview Wednesday.

"If there's going to be a focus for our company, it's going to be on embracing the digital age, to be able to transition ourselves as an organization so that we still are the voice of what's going on in Thunder Bay and Northwestern Ontario."

Big things for city coming
Dougall is equally optimistic about the region's economic future.

"There are a lot of naysayers out there saying Thunder Bay is in neutral, it's not going anywhere, it's a backwater. I don't believe any of that."

He's forecasting a lot of growth in the resource sector of the Thunder Bay district and Northwestern Ontario, which will generate significant spinoff economic activity and new jobs.

Dougall said he also believes maintaining local ownership of the stations creates advantages that are unique to the Thunder Bay market.

"We are the last of the independents in Canada...as far as television stations being owned by one person. And in broadcasting, increasingly,



Hector Dougall's family has been in the media business in Thunder Bay for 90 years, a tradition he's proud to carry on. (Leith Dunick/TB Source)

the small broadcasters are being gobbled up by the big ones," he noted.

Dougall sees local ownership as a strength, "because nobody gets to tell us what to do. Our news department will make the decision about what stories get to air. We don't have an overall corporate master that we need to serve here."

He added that anyone in the community who needs to talk to the president of the company is going to be able to do that under his watch.

Dougall's interest in the business

began when he was only eight or nine years old and his late father, Fraser, was the owner.

"I loved it. I was running around the hallways of 87 North Hill Street. I would poke my nose into every nook and cranny, often to the chagrin of those who were just trying to do their jobs," he recalled.

Later, he held various positions with the family's companies, mostly in radio.

Dougall obtained a BA degree from Lakehead University and an MBA from the Schulich School of Business at York University.

After completing his education he worked in radio in the U.S. and joined a global management consulting firm.

As his professional career advanced, Dougall and his business partner Derrek Lennox formed Kewin Consulting.

The company provides various services to numerous First Nations including in the areas of economic development, community planning, entrepreneurship and education training.

Dougall admitted to "sitting on pins and needles" over the past few

months while he waited for the CRTC's decision to approve the ownership transition from the estate of his late mother, Elizabeth.

"It's a big moment. It's the start of a new chapter here at Dougall Media," he said.

But as he embarks on the process of modernizing the company, he's mindful of lessons from his father and from his namesake grandfather, who was instrumental in the establishment of the Lakehead's first radio station in 1931.

"Values are absolutely important. I think values drive behaviours. My grandfather had partners. That was one thing he did really well. He worked together with people. He was entrepreneurial, and wasn't afraid to dive into new things."

Long-time owner

Dougall said his dad continued in that vein, taking over the company in 1963, when he was just 21 years old.

He said one of the things his father did that he's trying to emulate is to be on a first-name basis with every member of his staff.

"He always knew everybody's name here. We have over 85 employees here. I'm still working on that."

Dougall believes his willingness to take over the company and keep it operating was significant not just for him and his family, but for the entire community.

"If my family and I hadn't decided that I would be the one to carry on, the companies would have been dissolved, broken up, and sold off. Thunder Bay would have lost its voice here, and would have lost a newsroom of 20 journalists covering this city and this region. In my view it would have been a tough haul for Thunder Bay."

He said service to the community will be "behind everything" in the months and years to come.

"My mom, my dad, my grandfather, they all held many different service positions in the community. As I start to move forward I'm going to be more engaged with the community as well."

Anglers in need of rain

Lack of water a big concern on local waterways

Low water levels along the north shore of Lake Superior and throughout Northwestern Ontario have been a hot topic among anglers since last spring.

Minimal snowfall from last winter meant that our local waterways had to rely heavily on rainfall to bring up the water flow enough to allow migratory fish like rainbow trout to reach their spawning grounds last spring.

That water disappeared quickly as rainfall tapered off throughout May and water levels have been dangerously low ever since.

Things became bleak in the intense heat of summer as we repeatedly went weeks between significant rain events.

By August, the water level on many of our favourite lakes had dropped several feet and the smaller waterways along the north shore appeared to stop flowing entirely.

Observing the rivers and streams that feed Lake Superior between Thunder Bay and Marathon so far this fall, the story continues to be similar.

While everyone, not just anglers, noticed the lack of rain when a thick smoke filled the air this summer and a large number of fires burned around us, fishermen and women continued to keep an eye on their favourite rivers.

They hoped and prayed for enough rain to recharge the flows, but it never happened. Spring-fed creeks stayed reasonably cool but even the springs were pumping out noticeably less water. In rivers that depend primarily on runoff and rainfall, things were significantly worse.

There was some stagnant water sitting in the deeper pools throughout the drought, but the minimal amount of water actually flowing downstream meant less



Sunday's rainfall should prove beneficial in the fight to raise water levels on Northwestern Ontario lakes and rivers. (Supplied photo)

oxygen and minimized overhead cover to shield small trout from hungry predators.



Keith Ailey
the GOOD LIFE

With large portions of river bottom were dried up and exposed to the air since May, it is not hard to imagine that this has not been an ideal scenario for aquatic invertebrates and the juvenile trout that feed on them.

Hopefully, relief is on the horizon.

A good amount of rain fell last Sunday, and there is more rain

forecast throughout the week.

But will it be enough to bring water levels back to normal in our region?

What we really need, rather than a couple of sporadic downpours, is a couple solid weeks of consistent showers.

When rain falls hard and fast, it tends to quickly run straight into the rivers, either directly or via storm sewers.

While these big rain events bring up the water levels quickly, they fall just as fast if there is not more rain that follows within a day or two.

However, when rainfall is spread

out over a prolonged period of time, it tends to fully recharge the aquifers, bogs and swamps that can keep feeding our rivers long after the skies have cleared.

Anglers are not the only ones anxiously checking the forecast.

Those who enjoy spending winter outside need precipitation badly.

Ice climbers need full aquifers to create quality and consistent ice routes and everyone from snowmobilers to skiers and snowboarders are hopeful that we soon see the change in precipitation patterns that is badly overdue. Keep your fingers crossed.

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Opinions varied on cheat meals

The age of social media has put a lot of peoples lives on display, in the case of athletes it has offered a peak behind the curtain into intense regiments of dieting and training.

During this process, the rise of the ridiculous cheat meal posts have been increasing in frequency and absurdity. While these meals are satisfying a need in the human psyche to fulfill an inner need of gluttonous behaviour (which we are all prone to), there is also a scientific and biological reason to indulge yourselves when undertaking a strict diet regimen.

When commencing a strict lifestyle change you are shocking your body into changes, but over time the body will adapt to its new condition. In the case of diet, this process is called metabolic

adaptation. It's a very overarching term that basically means that your body will resist changes to your physique and weight loss by utilizing the nutrients and calories you are giving it and nothing more.

A well-timed cheat meal will shock your body into resetting itself.

Research shows it can retune hormones that control insulin and metabolism, replenish glycogen stores for energy, and keep your calorie and fat burning mechanisms running hot and high.

The frequency of when these meals are required varies but typically most nutritionists will recommend once a week.

Opinions vary however, Simon Belanger, owner of Superior Nutrition Consulting says,



Derek Lankinen

Here's Cooking at You Kid



Cheat meals are often controversial.

"Whenever I hear the term "cheat meal", I always think to myself, why would someone consume a diet so restrictive that they would need to "cheat" on it? Individuals who have

a history of bingeing/overeating, this may not be the best approach as it could trigger these behaviours.

"Depending on the meal consumed, it can result in overconsumption of calories resulting in no progress. With my clients, I like to encourage approaches to eating that include favourite foods, and the amount and frequency would depend on individual goals"

No matter what side of the debate you fall on, cheat meals will typically incorporate an extremely high amount of carbohydrates and fats.

Speaking with numerous trainers and athletes, I found that the most popular cheat meals would be pancakes and other breakfast pastries and Sushi. However, in a development which was in no way intended to be self serving, the number one cheat meal happened to be burgers! Shocking, I know.

Trainer and coach Andre Vaillant

counts his go to cheat meal as sloppy, cheesy burgers and poutine, finished with cookies & milk!! Owner of Intrinsic Fitness, Amy Slemko, reiterates that a burger is a controlled portion, which can prevent overindulgence. Local strongman competitor and 3-time deadlift world record holder Ben Thompson counts the more protein heavy, zero-filler smash burger as his favorite.

Follow Andre's bodybuilding at @andre.the.vaillant and his cheat meals at @dre.can.eat, follow Amy's gym @intinsic_fitness and Ben's strongman competing @tbaydeadlifting and Simon Belanger @superiornutritiontbay.

Derek Lankinen is an award-winning chef, author, and restaurateur. 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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Join Tbaytel in Supporting a Flourishing Health Workforce in Northern Ontario

Meet Dr William McCready

By Janine Chiasson

When Dr McCready first came to Northern Ontario in 1982 to practice nephrology, he quickly realized that referring patients to their family doctor for follow-up care was not a recipe for success. "I'd see the patient five years later in kidney failure and find out that the family doc left town," he recounts. "Early on I knew we had to do something different to attract health professionals to the North." Educating people in and from the North seemed like a good idea.

Even before it opened, Dr McCready was on various advisory boards lobbying for the medical school and had a hand in picking the founding Dean. He joined the new medical school early on and "got boosted up the chain to become Associate Dean of Faculty Affairs for 5 years," he says. Now fully retired from practice, Dr McCready brings his decades of experience back to NOSM as Special Advisor and Senior Associate Dean.

Is NOSM working? "Yes," Dr McCready says, "What NOSM has done very well is help bigger places – in particular Thunder Bay and Sudbury – recruit specialists. There is still need for niche specialties, but general specialties are in much better shape."



"Tbaytel's excellent cellphone coverage has allowed me to successfully practice remote medicine for years."

NOSM also addresses physician recruitment to underserved communities by placing learners in small towns "so they're totally exposed to what they'll see in underserved places like Manitouwadge," says Dr McCready. "There's no doubt that if you recruit people from the North, educate them in the North, and provide good mentors, they will come back to the North. That has been very successful."

Considering that most medical students begin practice with \$200-250,000 in debt, anything that helps start them off on the right foot is significant. "Even small sums help," Dr McCready emphasizes. "I have a named bursary and every few years I get a note from a student who's got a bit of that money, and they always tell me that it made such a difference not to have to worry about food or pinching pennies for something else."

That's why Tbaytel has formed a partnership with NOSM that begins with the creation of a Tbaytel Entrance Award. Focused on diversity and merit, the Tbaytel Entrance Award will be given annually to three students for \$10,000 each to help NOSM meet its goals of recruiting and supporting young



physicians to stay and practice in Indigenous, Francophone, rural, remote, and underserved communities in the North.

For Dr McCready, Tbaytel's involvement is not a surprise, he already feels they live up to their brand promise of We take care of our neighbourhood. "I wouldn't have been able to practice medicine the way I've done in the North, managing satellite dialysis units in Sioux Lookout and Fort Frances, without the cellphone coverage I have from Tbaytel," Dr McCready says. "It's absolutely true. Medical staff can phone me anywhere for advice about what to do. Tbaytel's excellent cellphone coverage has allowed me to successfully practice remote medicine for years. Plus, I am amazed at how good their service is if you've got a problem. They're a local organization and it shows."

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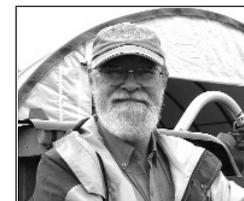
Enjoy the harvest

“Burp!” Oh! Excuse me. Very rude of me but the Thanksgiving feast was worth it.

Back to the present. Very autumnal weather with dramatic skies and a dramatic ‘son et lumiere’ thunderstorm with a torrent of rain Sunday and again at night. The horses had been outside all night and couldn’t get into the shelters in the western paddock due to closed gates.

We were tired of brushing the burrs from equine manes and tails and they would browse from ‘nummy’ grasses amidst the offending, sticky things. So, while it poured outside, I left my preparations for a ‘yummy’ cheese omelet, dawned my heavy raincoat, and trudged out to bring in the horses.

I noted four of them had their butts into the east wind with their heads down getting soaked; but at least they weren’t cold. I prepared their grain and opened the barn door. No idling now as they rushed into their stalls dripping the entire way.



Fred Jones
RURAL ROOTS

Good – safe and eventually dry.

My wife, Laura, and I and our two pooches went for a walk Saturday afternoon along our trails. Laura had grabbed a plastic bag and a knife.

“What for?” I asked.

“I want to go where the chanterelle mushrooms grow to see if any have popped up.”

Well, those mushrooms grow half way up what we call Mountain Trail and a bit in the bush. But there was nary a trace of the gourmet mushroom to be found. Lots of other fungi, but neither of us are experts in what one can harvest and safely eat and what are deadly poison, so we left them.

The temperatures have continued to be well above what we have come to expect at this time of year. The result is a vegetable garden still producing – peas, carrots, Brussels sprouts, spinach, lettuce and even green beans! The Brussels sprouts were part of the Thanksgiving repast.

Dessert consisted of the traditional pumpkin pies except Laura didn’t use our pumpkins. She made the pies out of the huge banana squash. Scrumptious.

The making of permanent beds in the garden continues. The grunt work is being done by Laura while I lend a hand fashioning the wooden frames. I managed after a decade or so to fetch well-rotted soil from Mt. Crummet with my ancient tractor, Big Red, without getting stuck. We just kept at it to make a large pile in the garden and then another in the yard.

We built the fencing for a round pen using rails brought from the bush. Over time they dried out and either rotted or horses broke them. They were replaced with 12-foot two-by-six boards, which will be used to make permanent bed frames.

Laura mused what she’d do once the fresh produce runs out. “I’m so used to being able to wander into the garden and grab fresh kale or spinach or peas for a salad,” she confessed.

I said grocery stores were overflowing with fresh-looking veggies.

“Yeah,” Laura sighed, “but it’s not the same.”

Nope, it isn’t. We are savouring our cornucopia while it lasts.

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Craig's time as 007 concludes

After repeated delays by the pandemic, the much anticipated *No Time to Die* featuring Daniel Craig as James Bond finally roars into SilverCity. There's much ballyhoo over Craig's swan song as 007, his fifth and final entry and 25th in the series.

So, what's the verdict?

No Time is exquisitely mounted, getting off to a roaring start with spectacularly orchestrated action sequences by director Cary Joji Fukunaga ("True Detective") in the first half featuring beautiful locations including Italy and Norway, before slumping into self-serious sentiment and a sloggy climax in the last act.



Marty Mascarini
MOVIE TALK

The plot has Felix Leiter, (Geoffrey Wright) Bond's old CIA ally, luring 007 out of retirement to stop yet another megalomaniac, Lyutsifer Safin (Rami Makek) who's stolen a super bio-weapon that specifically targets individual DNA.

The first half moves swiftly, highlighted by beautiful Ana de Armas as Paloma, a seemingly fresh-faced CIA operative aiding Bond during a shoot-out in Cuba, offering a welcome but too brief combination of wit and surprising physicality while gorgeously clad in an evening dress.

Then there's Bond's love interest, psychologist Madeleine Swann, (Léa Seydoux) carried

over from *Spectre*, who's harbouring a secret that links her to Safin. Upon an assassination attempt, Bond mistakenly smells betrayal.

Unfortunately, the Seydoux/Craig coupling lacks the chemistry once generated between Diana Rigg and George Lazenby in *On Her Majesty's Secret Service*.

Initially promising as a murdering, mask-fetishist facially and psychologically scarred, Malik, whispery, clenched-jawed and vengeful, drones on nebulously about culling the human race before getting lost in a nonsensical, drawn-out climax. However, he does get to spring the ultimate booby-trap on 007.

The zip and fun from the first

half evaporates as the focus leans towards a nondescript heroine and villain in the last act.

The movie tries to tie together several storylines, acknowledging previous films in the series. This creates a schizophrenic effect, with Craig trying to push Bond's emotional boundaries while constricted by the film's old-school tendencies. The movie see-saws between shopworn formula versus achieving something radically fresh.

No Time has all the popular Bondian elements, tuxes, vodka-martinis, gadgets, the Aston Martin DB-5, plus Bond's MI-6 'family,' flawed overseer M (Ralph Fiennes), tech-nerd supreme, Q (Ben Whisaw) and supportive

Money Penny (Naomie Harris).

Christoph Waltz's Blofeld turns up, imprisoned like Hannibal Lectre, taunting Bond one final time. Lashana Lynch as 007's replacement is confined to exchanging smarmy barbs with Bond that gets a little tiresome.

The movie's tricky conclusion plays both ways with actor vs character, giving Craig a truly final heroic send-off, teasingly countered by the very last slide in the closing credits. Nonetheless, the audience is left with a downbeat ending.

Give Mr. Craig his due, though. He reinvigorated the series, re-defining 007 with a grittier edge, giving us a no-nonsense, brutal, emotionally closed-off Bond, functioning like a blunt instrument.

Thank you, Mr. Craig. Carping aside here, you were a great 007.



DANIEL CRAIG

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IU AJK TMMTKFSG ISTEIRIGC GA
QIUGISZJIUO AJK SFFQ DKAH AJK
ZKFFQ." – TJGOAK JSBSALS

Colourful fun-filled festival

By Leith Dunick - TB Source

Kaushal Shetty said he's been waiting for the Festival of Colours since 2019, when he arrived in Canada from southern India.

It's a reminder of home, he said on Saturday, his face caked in a rainbow of corn-starch based colours at the 12th annual edition of the event.

"Everyone's gathering, like in India, where we have family and friends who come together and dance. We throw colours. It's fun," Shetty said.

When he decided to move to Canada, Shetty said he had no idea he'd find a taste of India in his new hometown, especially not something as popular as the Festival of Colours.

Fun find

It was a bit surprising, but certainly made him feel at home, he said.

"I was not expecting it. I was thinking I was going to be missing everything from back India ... But it's feeling like back home," Shetty said.

Tripti Kishore, who also hails from southern India, said she's been in Canada since 2018 and was thrilled to find her home country's traditions celebrated so widely in a city like Thunder Bay, where the Indian population has grown significantly in recent years.



The Festival of Colours has been a popular event for the past dozen years. (Leith Dunick/TB Source)

"It's awesome to enjoy the Festival of Colours here. It's the Festival of Colours and everyone loves colour and playing with the colours and throwing it on each other," she said.

"That's the most fun part here." The event, usually held at Marina Park,

once again was a drive-through experience, in keeping with COVID-19 precautions – though when the colours started flying and the music started hopping, the crowd began dancing en masse in front of the stage, though mostly sticking with those they arrived with at the back of the Canadian Lakehead Exhibition grounds.

Changing city

Dr. Prashant Jani, who founded and continues to organize the festival, said the event continues to gain popularity as the city continues to diversify.

"Thunder Bay is no more the Thunder Bay of 50 years ago. Now there's a large multicultural community growing here," he said, adding the one-day festival has been a tourist draw in the past.

"For the Festival of Colours we get a lot of visitors from North Bay, Terrace Bay, Fort Frances – sometimes from Winnipeg. This contributes a lot to the local businesses as well, and it brings the people of diversity together, in terms of music, dance and food."

Colour festivals have been held for centuries in India, where they are known as Holi. The throwing of colours is done to welcome the arrival of spring, is a joyful reminder to toss away bad feelings and throw one's worries to the wind."

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CROSSWORD PUZZLE

- ACROSS**
- 1 Broad structural basin
 - 5 Prayer beads
 - 9 Island
 - 12 In the same place (Lat.)
 - 13 Above
 - 14 Cheer
 - 15 Verdi opera
 - 16 Shortly
 - 17 Nat'l Security Agency (abbr.)
 - 18 Drunk driving (abbr.)
 - 20 House (Fr.)
 - 22 Article
 - 25 Atl. Coast Conference (abbr.)
 - 27 Explosive letters
 - 28 King
 - 29 Wound mark
 - 31 Dull color
 - 34 Dance company (abbr.)
- DOWN**
- 1 Aunt (Sp.)
 - 2 Mother of

ANSWER TO PREVIOUS PUZZLE

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PORC GRUB ABM
ACEA RAVE MIA
SHIP ABUT LEI
RAT LIZARD
TAHITI ADE
AME ANA EARED
HORN GIE LAVVA
ASSAM NMINEF
SOO BASALT
SCHOOL ALE
AAA LIAR MAIL
BRA AGAG EASE
EBB HOLO LAET
    
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- 35 Immature insect
- 37 Antiaircraft artillery (abbr.)
- 38 Lake
- 40 Television channel
- 41 Peeve
- 42 According to (2 words)
- 44 Atomic Energy Commission (abbr.)
- 45 Born
- 46 Enlarge
- 49 Body of water
- 51 Small (Scot.)
- 52 Ireland
- 54 Wildly talk
- 58 Insult
- 59 Pain
- 60 Nurse shark
- 61 Ibsen character
- 62 Grass
- 63 Us dam
- 3 Hezekiah
- 9 Pressure
- 3 Top
- 10 And
- 4 Irish
- 11 Birth a lamb
- 19 Stinging insect
- 21 Indiana (abbr.)
- 22 Trolley
- 23 Daughter of Zeus
- 24 Insert (2 words)
- 26 Rom. box
- 30 Colza
- 32 Berne's river
- 33 Roast
- 36 Non-forming (suf.)
- 39 Guido's note (2 words)
- 43 Almost
- 46 Grape disease
- 47 Christmas (abbr.)
- 48 Gaming cubes
- 50 Ship of the Argonauts
- 53 Fluidity unit
- 55 Amer. Automobile Assn. (abbr.)
- 56 Ultimate degree
- 57 To (Scot.)

1	2	3	4	5	6	7	8	9	10	11
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Holiday nicknames often a sore spot

In TV, we're constantly trying to satisfy the majority. That doesn't mean we say "yes" to every request. But we do look for ways to satisfy the minority too.

However, I was recently reminded of the old adage: You can't be all things to all people.

Last week, we took a call from a viewer who was offended by a comment I made. During the weather forecast, I had referred to Thanksgiving in passing as "Turkey Day." This caller felt I had disrespected the tradition and likened it to saying "Happy Holidays" instead of "Merry Christmas."

I had meant no offense. But since the next few months are ripe with celebrations, should I be concerned about other holidays too?

Would I be targeted by viewers for not calling Halloween by its original, tradi-

tional moniker, "All-Hallows Eve"?

And what about Remembrance Day? It's often referred to as "Poppy Day" due to its national symbol and the flowers that are worn. In fact, that the holiday's official name in Africa.



Fiona Gardiner
FI TV

Now, the argument for "Merry Christmas" versus the more generic, less specific "Happy Holidays" on television has been going on for years. Christmas, after all, is a specifically-Christian holiday, and not everyone celebrates it.

For some, December is about Hanukkah (Judaism), Bodhi Day (Buddhism), Solstice (Pagan), or Kwanzaa (African-American). Consequently, many TV stations throughout North America use the term "Happy Holidays" to be more inclusive to their viewers.

And yet, people get upset every year about a choice to be more inclusive?

As for Thanksgiving, there are no religious overtones or past ancestors being honoured.

For the colonists coming to Canada, the point of the meal was to help them avoid scurvy and malnutrition. Meanwhile, the Mi'kmaq were invited to entice them to agree to European sovereignty.

What followed were centuries of smallpox, Christian conversions, treaty violations and the occasional scalping – by the Whites. The annual Thanksgiving specials never really get into that part.

We're celebrating the damage done by our colonial ancestors. And apparently, doing so a month too early for accuracy.

Thanksgiving has been adopted as a reason to bring people together and appreciate what they have. It used to be a simpler event.

And what we need right now in this COVID-riddled, politically-charged, violent time is to not sweat the small stuff. And just be thankful we're here for another holiday. Whatever it's called.

Expecting the unexpected

By Linda Maehans – For TB Source

All of us can attest to this one of Life's many truisms: The Unexpected.

Can happen to anyone, at any time, in any place or circumstance.

Those among us who've experienced the expansive sea-salt air, big skies and impossibly picturesque scenery of Canada's Maritimes might also agree on this: *Lunenburg* is a place where The Unexpected visits one-and-all.

When Magnus' curtain rises on its second mainstage production of a golden anniversary-year, we are whisked away to Lunenburg, Nova Scotia. Canada's most popular-of-playwrights Norm Foster gives us humour, warmth and wit, a slice of romance, and a throat-lump or two for good measure. What more could anyone want or expect?

Meet Iris. She's just undergone a considerable Unexpected. Actor Sheena Albanese looks at me with big brown eyes, lovely, except there



Sheena Albanese and Amy Sellors star in Magnus's show, *Lunenburg*. (Magnus Theatre)

are these sad shadows around the edges of her pupils. You see, she's inherited something she truly wasn't expecting. Well, it's a house. In Lunenburg, where she's never been

before. "Overwhelmed? Yes, I am." She tries a weak smile. "I suppose the landscape is beautiful." But her eyes speak of sudden loss: the death of her husband. Iris appears lost. She

glances away, then back with, what? Is that a flash of annoyance? "Oh, we've met Charlie. Did you already meet his dog?"

Charlie seems to know quite a lot of history about this place; including my husband. It shakes me up. Why I didn't know anything about this house before now? I'm a bit afraid of what I might find out.

Which is why I'm so glad Natalie's with me; she's a good friend; and she's got a lighter outlook on things right now. I can't even think about this house just yet." Her voice, shaky now, trails off uncertainly.

Meet Natalie. Actor Amy Sellors doesn't hold back with her 100-watt smile. She gushes, "oh, that Charlie is absolutely charming, isn't he. I mean, come on. You arrive in a new place, you want someone to show you around, someone who knows all kinds of interesting things. I think Charlie's a lot of fun." The smile gets wider. I remind her Iris is sitting hunched up on the back porch of her recent inheritance.

"Well, sure, I'm here for Iris. Absolutely. And what a terrible thing! Her husband dies; then she gets left this house she's never heard about before? Just such a strange turn of events. I know I'm supposed to be here for her; you bet I am!

Staying in the house? Of course we are. We bought some food, some wine; gotta have wine. And the view, just spectacular, don'tcha think?

Poor Iris; she is overwhelmed. I mean, in her shoes I don't know how I would react. I'd probably have a meltdown.

But, I believe in Iris. She'll figure things out, in her own time and in her own way. And, after all, what are friends for?"

Hmm. Why do we get an ominous sense of The Unexpected, lurking just around one of the corners of postcard-perfect *Lunenburg*? Call Magnus' box office at 345-5552 for best seats today; all Covid protocols in place. *Lunenburg* delights from Oct. 21 to Nov. 6. Let's all get lost and found.

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McCarville rink set for pre-trials

By Leith Dunick – TB Source

Krista McCarville and her curling foursome would love to chase Olympic gold in Beijing next year.

It would be the accomplishment of a lifetime, said McCarville, who will be joined in Liverpool, N.S. later this month by teammates Sarah Potts, Ashley Sippala and Kendra Lilly, where they'll take on 13 other teams from across the country for one of two spots at the Olympic trials in November in Saskatoon.

If they make it all the way to Beijing, it will mean they'll have to miss out on a chance to represent Northern Ontario at the 2022 Scotties Tournament of Hearts, being staged in Thunder Bay early next year, but it's a sacrifice the team is willing to make.

"We're extremely excited. We're very happy to be in it. We didn't

know for sure that we would get in, so it's kind of a bonus that we are," said McCarville, whose squad doesn't spend much time on the bonspiel circuit, but nonetheless had enough World Curling Tour points to earn a spot in Liverpool.

"We just want to play more and the opportunity to ever play toward an Olympics is pretty exciting. We're going to come out and practice as much as we can ... Kendra's going to come into town in about a week-and-a-half. We're going to have a little training weekend and we'll be off to the pre-trials."

The trials are nothing new for the 38-year-old skip, who missed the playoffs at the 2013 pre-trials and finished 4-4, missing the playoffs at the 2017 Olympic trials.

"We're going to play it as a ordinary play-down. We get in that



Krista McCarville takes a shot Wednesday at Kakabeka Falls. (Leith Dunick, TB Source)

intense play-down mode. It's not a bonspiel. It's something you want to win. You want to come out No. 1 and we're going to do everything we can to stay rested and do everything we can nutrition- and health-wise, as

well as practising," McCarville said.

Potts is equally keen to put the team to the test on the east coast.

"Anytime you have a chance at the Olympics that's definitely a privilege and we're super excited. Last time

we got to go to the pre-trials, we really wanted to go to the trials. And this time we figure we got to go last time, so we want to do it again," Potts said. "We want to be there so we're just thrilled we have a chance and we're going to give it our all and see what happens."

At the very least, it will get the foursome, coached by former world champion Rick Lang, on track for the Northern Ontario play-downs in early January in Kenora.

"It would be everything," she said, asked what it would mean to make it to Beijing. "Our team definitely is always focused on the Scotties, but now that the Olympics are there, that's the ultimate goal. To be honest, I don't let myself get that far ahead. It would be a dream come true. We try to focus on the first step – so pre-trials, with going to the trials the goal right now."

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Hockey Classic back

ByLeith Dunick - TB Source

Easter Seals Ontario has caught a Tiger by its tail.

Former NHL star Dave (Tiger) Williams is the latest player to sign up to take part in this month's Easter Seals Celebrity Classic at the Tournament Centre, an eight-team event featuring the likes of Al Iafate, John LeClair, Mike Krushelnyski, Rick Vaive, Wayne Primeau, P.J. Stock and Dave McIlwain.

Rhonda Harrison, manager of community engagement for the Northern Region at Easter Seals Ontario, on Friday said it's just great to be able to offer the event again, for the fourth time, after taking last year off due to COVID-19.

It's been a tough 18 months in the fundraising community and events like the Celebrity Classic can have a huge impact on what organizations like Easter Seals are able to do.

"Here we are, back doing the

Celebrity Hockey Classic. It's going to be a great event. There's going to be a great lineup of players and we've sold out. We have eight teams signed up, but if you still want to participate, we have some teams that are still looking for players," Harrison said.

"You just have to raise you minimum of \$400, and of course, we're always looking for superstars who raise more."

The tournament is a chance for pick-up hockey players to play alongside former NHLers like LeClair, a three-time 50-goals scorer and key member of the Philadelphia Flyers Legion of Doom line, and

Vaive, another former 50-goal scorer, who scored 299 times for the Toronto Maple Leafs in the 1980s, finishing his career with 441 goals - tied with Thunder Bay's Eric Staal.

Williams, as fans of a certain age

might remember, is the NHL's all-time leading penalized players, but also lit the lamp 241 times in a career that spanned 962 games and included a trip to the NHL final with Vancouver in 1982.

"It's a great opportunity, because not only are you going to be playing on the ice, three games of hockey, you get an NHLer in your dressing room. They're going to be hanging out with them all day long. You're going to have the draft-day experience, so you really get to know the players," Harrison said.

"Plus we have jersey giveaways and socks and lots of stuff for you to take home and remember the day."

The money raised is used to help youngsters with mobility issues through the purchase of equipment and other supports.

The tournament will take place on Oct. 29 at the Tournament



RICK VAIVE



Former NHL star John LeClair will be in town for the Easter Seals Celebrity Classic. (FILE)

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Vesperini discovers scoring touch

By Leith Dunick – TB Source

Over the past three seasons, Lou Vesperini scored just seven goals.

He's already got three in four games with the Thunder Bay North Stars, his eighth team in four years, including a pair in Saturday night's home-ice, 5-1 win over the visiting Wisconsin Lumberjacks, completing a weekend sweep and earning the Superior International Junior Hockey League squad its seventh straight victory.

The Montreal native, who patterns his game after Canadiens forward Josh Anderson, was a bit of an unknown entity when he arrived with the North Stars, but he's quickly showing that sometimes a little blind faith can be a good thing.

Getting back into the goal-scoring swing of things is a confidence boost, the 20-year-old Vesperini said.

"Definitely, I'm happy with that," he said, the weekend extra special with his parents in the stands at Fort William Gardens.

"I struggled a little last year with it. But I worked a lot this summer on it and it paid off. Hopefully it's going to stay like that this year. Of course I had the help of my team-



Lou Vesperini had three goals for the North Stars this past weekend. (Leith Dunick/TB Source)

mates a lot – great passes great rushes. I played with a real good player, (Hunter) Foreshew this

weekend. It was definitely an amazing weekend."

After scoring on the power play

early in the middle period, Vesperini's second goal of the night was largely inspired by Foreshew's hard work. He fought off a pair of Lumberjacks defenders and fired a shot at Wisconsin goaltender Tyler Swanson. Vesperini picked up the rebound, circled behind the net and slammed it home on the backhand, the Stars lead growing to 4-0 with 5:40 to go in the second.

North Stars coach Rob DeGagne said he didn't know what he was getting in Vesperini, but said so far, so good.

"He's looked great out there. He's a great skater. He's a good character kid in our dressing room who's played very well for us. He's fast," DeGagne said. "One thing about him, he's 20. He has to dominate a little bit because that's a 20-year-old (spot). If you can't do it when you're 20, then do we really need you? He knows that."

If Vesperini wasn't the game's No. 1 star, the honour would had to have gone to goaltender Conner Lemieux. The first-year Star held strong in the first, when the Lumberjacks started firing pucks at the Thunder Bay net, outshooting them 19-10 at one point.

He held steady long enough for the North Stars offence to get

going, making 38 stops in total.

Dawson (Light The) Lampi broke the goose egg at the 15:16 mark, taking a cross-ice pass from Noah Francis, one of four affiliate players called up to bolster a North Stars roster reduced to three lines the night before.

Dimitri Trahiotis doubled the lead on the power play with 49 seconds to go in the period, Drew Caddo firing the puck off the end boards. Trahiotis pounced on the rebound, catching Swanson looking the other direction.

Jack Michaelis scored Thunder Bay's final goal of the night late in the second, going in alone on the Wisconsin net and out-maneuvering the Lumberjacks goaltender.

Jake Smith broke Lemieux's shutout bid early in the third, a breakdown in the North Stars zone leaving him free and clear.

Red Lake 3, Kam River 2 (OT): Lucas Piekarczyk scored 35 seconds into overtime to earn the Miners a weekend sweep on home ice. Jeremy Dunmore scored with 12 seconds to go in regulation for the Fighting Walleye to send the game to an extra frame. Alim Darmenov and Carter Albrecht had Red Lake's other goals. Owen Lancaster also scored for Kam River.

Robertson finds endzone four times

By Leith Dunick – TB Source

Tyler Robertson was a one-man wrecking crew, taming the Westgate Tigers with four rushing touchdowns on Friday afternoon.

The burly St. Ignatius Falcons running back, who rushed for 138 yards on the day, scored on runs of 9, 14, three and eight yards, leading his side to a lopsided 38-13 triumph, the team improving to 2-1 on the season.

The Tigers, who opened with a 75-yard touchdown run by Evan Basalyga, fell to 0-3, collapsing in the second half after trailing by just four at the half.

"I think our offensive line just clicked and that was a big change for the team. Hopefully we can improve

even more looking forward," said Robertson, who had a 109-yard touchdown run a week earlier in a win over St. Patrick.

Robertson didn't just score, he played a big role in getting the Falcons in position to score, chewing up turf all game long.

He had a 43-yard run that landed the offence on the five-yard run, and a 24-yard scamper that once again had the Falcons in the red zone.

Robertson finished off both drives, finding the goal line each time.

"I cut up to the left. I saw someone whose angle was a little off, so I cut it out to the outside a little bit more, broke a tackle and I barely stepped out of bounds. It would have been a nice touchdown, but whatever," said Robertson of his longest run of the

day. Though he didn't score on the play, nonetheless he found the end zone two plays later, the Falcons echoing the Tigers opening drive of the game with a major on the first drive of the second half.

St. Ignatius led 24-13 at the time and added seven to their total before the third was out, taking over at the Westgate 30 when Basalyga's punt slid off the side of his foot and travelled just 13 yards. Robertson scampered 12 yards to the 18, Liam Willmore took it another 10 to the eight and Robertson finished it off.

The Falcons wrapped up the scoring with 8:25 to go in the fourth, quarterback Michael Danchuk connecting with receiver Harrison Tsekouras on a 56-yard touchdown strike.

"It feels great. We came out and it was just a great play from the start. I rolled out and saw (Tsekouras) wide open in the flat and hit him. He cut it outside, broke a couple of tackles and took it to the end."

Danchuk said Basalyga's opening drive score was just the motivation the Falcons needed.

"We took that as they were coming to play. We knew they were coming hard. They did it against Hammarskjold so we were going to do it against them too. We took that as fuel and just made the fire bigger," Danchuk said. "We did it ourselves and showed them we were a hard-playing team."

Basalyga also had a 15-yard touchdown pass to Andrew Romeo late in the second.



Tyler Robertson scores a TD. (Leith Dunick)

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