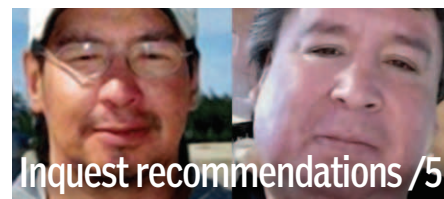




Church vandal sought /4



Parade of Lights returns /11



Inquest recommendations /5



No early start for mayor /3

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Thursday, November 10, 2022

SAINTS END DROUGHT

For the first time since 2001, the St. Patrick Fighting Saints are senior champs /14



The St. Patrick Fighting Saints will head to the OFSAA football championships for the first time in school history. It's been 21 years since the team last won a senior title. (Leith Dunick)

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STILL PUBLISHED EVERY THURSDAY DELIVERED



Ken Boshcoff will take over the mayor's chair on Tuesday, but had hoped to start his new role a little earlier.

No early start

By Ian Kaufman - TB Source

With less than a week left before he officially takes office as Thunder Bay's new mayor, Ken Boshcoff says he's been champing at the bit to get started — but his hopes to do so a bit early have been dashed.

With the mayor's seat vacant for over a month after the early departure of Bill Mauro, Boshcoff said there's a "pent up demand" for the city's top elected official to be brought into important discussions and attend community events.

Boshcoff said he had approached city administration to offer to get started on some of that work before the new city council elected on Oct. 24 officially takes office next week.

He heard back from city staff "that the law is clear," he said. "If that's what it is, that's what it is."

Ontario's Municipal Act specifies Nov. 15 as the date in which newly elected members of council take office.

Boshcoff said in the meantime, he's "on the job" and doing his best to tackle a backlog of over 700 messages he's received through personal channels from residents, local groups, and others.

"People are calling [with] questions on almost every range of topic," he said. "Vital concerns, whether it's homelessness or pinhole leaks — I will get them an answer when I can get information properly."

"I'm trying to help as many people as I can from my home, using my phone and my computer, and through the good nature of the public service here in Thunder Bay, people have been very helpful."

Boshcoff said while he accepts administration's answer that it's not possible to step into official duties sooner, he called it unfortunate.

"There's no doubt I could be more effective much quicker, and people would have much more public access to the mayor, if they knew they didn't have

to go to a condo or a coffee shop, that type of thing," he said.

City manager Norm Gale said he appreciates the newly elected officials are eager to get started.

However, he emphasized the city had little leeway to circumvent the authority of the current city council, which remains in office and has a final meeting scheduled for Nov. 14.

"The reality today is the corporation is governed by the existing city council," Gale said. "Governance is happening, administration continues to do their work, and we carry on."

Councillors had the option in early October, before the election, to appoint a replacement upon Mauro's early departure, but voted unanimously to leave the seat vacant.

Gale declined to comment on whether the vacancy had set the city back, simply reiterating that "city council made a decision to keep the mayor's seat vacant."

The newly elected council will undergo orientation sessions before its first scheduled meeting in late November, he said, before almost immediately tackling two major priorities: reviewing the proposed 2023 budget, and setting a strategic plan for its term.

Asked about his first priorities after he takes office on Nov. 15, Boshcoff said he plans to meet with groups dealing with "social issues" in the city to review current efforts on homelessness and other matters. He expressed optimism the new council will soon find its footing.

"Starting at a run, we've got the blessing of having several experienced councillors coming back," he said. "That will be immensely helpful. I'm hoping as we get the chair positions filled with people with experience and good background, we can really pick up where things left off."

THIS WEEK'S WEATHER FORECAST

THURSDAY	FRIDAY	SATURDAY	SUNDAY
Rain & Snow	Snow	Snow Showers	Mostly Cloudy
Precipitation: 90% HIGH 3 LOW -3	Precipitation: 90% HIGH 0 LOW -6	Precipitation: 60% HIGH -1 LOW -8	Precipitation: 30% HIGH -2 LOW -9

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Police are hoping the public can help identify this person, alleged to be a suspect in two vandalism incidents at Corpus Christi Church.

Church damage related to hate

By Leith Dunick - TB Source

City police are asking the public to help identify a suspect believed to be connected to a recent break and enter.

In a release issued on Tuesday morning, Thunder Bay Police Service said officers were called to Corpus Christi Catholic Church on Red River Road at about 1:30 p.m. on July 29, and then again at 10:27 a.m. on July 30, where a male suspect had broken in and vandalized the altar.

Police said it appeared the damage

was done in an intentional manner to disturb churchgoers and a subsequent investigation concluded the incidents were consistent with a motivation of hate.

With the suspect still at large, police have released select video surveillance that appears to show the accused on, or around, the date of the incident.

Anyone with information is asked to contact police at 684-1200 and cite incident No. TB22050372.

Anonymous tips may be made through Crime Stoppers.

Lakehead U ranked high

By TB Source staff

Lakehead University has once again been included in the top half of the Times Higher Education's list of the best universities from around the globe.

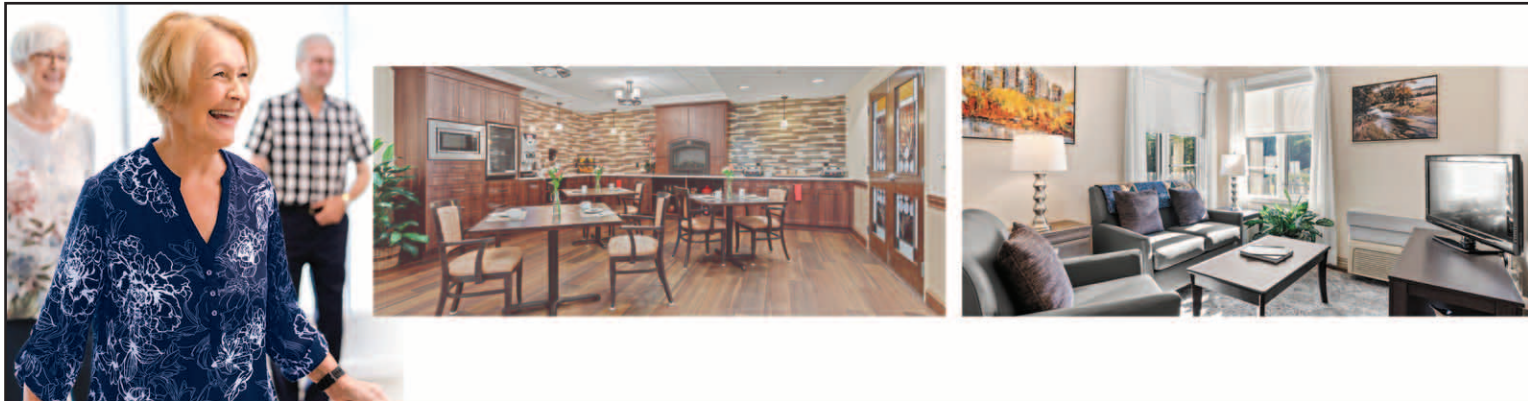
The 2023 Times Higher Education World University Rankings had approximately 1,800 universities qualifying, with Lakehead placed in the 801-1,000 category.

"This ranking recognizes that Lakehead delivers high quality programs, fosters excellence in research and scholarly work, and provides unique and transformative learning experiences that put our graduates on the path to success," said Lakehead University president and vice chancellor Moira McPherson.

Lakehead was included in the same bracket as several Canadian universities and ranked above the worldwide median in the research and international outlook categories, coming in second among Canada's primarily undergraduate universities.

"Lakehead University's continued strong performance in research is a major contributor to our strong showing in the World University Rankings," said Andrew Dean, Lakehead's vice-president of research and innovation.

"Research and creative activity are an essential part of Lakehead University. A significant factor to our research success is the partnerships that exist with our researchers, both nationally and internationally."



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Inquest makes recommendations

By Doug Diaczuk – TB Source

For the last 17 days, family and friends of Don Mamakwa and Roland McKay sat and listened to testimony in the coroner's inquest into how numerous systemic failures led to their deaths while in police custody.

With the inquest jury handing down 35 recommendations to various organizations and the provincial government, the families are hopeful meaningful change will take place so no family has to suffer the same pain they did.

"This inquest was very important to us and we are glad that this happened, even though we are tired. I like all the recommendations that were put in and I hope they are

put forward by the parties," said Don Mamakwa's sister, Rachel Mamakwa.

"We were just so happy to be involved, to make changes for the people, for our people. We are happy."

The coroner's inquest examining the circumstances surrounding the deaths of Mamakwa and McKay, who both died while in the custody of the Thunder Bay Police Service, concluded on Friday following 16 days of testimony from more than 30 witnesses.

Mamakwa, 44, of Kasabonika First Nation died in cell 13 of the Thunder Bay Police Service headquarters on Aug. 3, 2014 after being arrested for public intoxication.

McKay, 50, of Kitchenuhmaykoosib Inninuwug First Nation, was also arrested for public intoxication and died on July 19, 2017 while in cell 12 of TBPS headquarters.

Family of Mamakwa was asking that the manner of his death be ruled a homicide, but the four-person jury ultimately ruled it as undetermined.

"I respect the jury and their hard work. They were at it a long time," said Asha James, counsel on behalf of the Mamakwa and McKay families.

"I'm sure it wasn't an easy decision for them. Regardless of what the verdict is, I think this inquest really shed a light on how much the systems failed Don and Roland

and how much racism, bias, and stereotyping played a role in their inability to get the help that they needed and deserved."

The jury included a statement of principle for its 35 recommendations, stating all institutions involved should provide services reflective of Indigenous cultural needs and that it is essential inclusion and consultation be done with Indigenous communities and agencies.

There must also be a trauma-informed approach to ensure individuals who have suffered traumas are not excluded from services that could provide assistance.

One of the key issues raised throughout the inquest was a lack of alternatives available in the city for people facing addictions, such as more detox beds or a safe sobering site.

The jury is recommending the

Thunder Bay Regional Health Sciences Centre, Ministry of Children, Community, and Social Services, and Ministry of health create a task force with a mandate of establishing a sobering centre in the city of Thunder Bay.

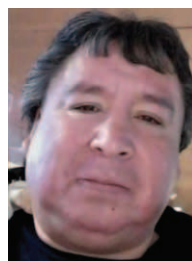
The sobering centre should also have an alternate level of care designation in order to allow paramedics and police to transport individuals to the centre rather than the ER.

Other recommendations directed at provincial ministries are to increase the number of detox beds in the city, support community-based programs, increase the scope and availability of managed alcohol programs, and create a consent-based medical alert bracelet program for high-risk individuals with substance abuse issues.

It is also recommended Superior North EMS and the Thunder Bay Police Service establish joint training on an ongoing basis.



DON MAMAKWA



ROLAND MCKAY


ON REMEMBRANCE DAY, AND EVERY DAY...

Thank you for your sacrifice and service.

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LEST WE FORGET

Let us Remember
all who served and
sacrificed for Canada.

Marcus Powlowski
MEMBER OF PARLIAMENT



THUNDER BAY-RAINY RIVER
905 Victoria Avenue, Unit 3B
Thunder Bay, ON P7C 1B3 • 807-625-1160

Marcus.Powlowski@parl.gc.ca
 @MPowlowski
  Powlowski_marcus

REMEMBRANCE DAY
Friday, November 11, 2022

On Remembrance Day, we take this opportunity to say thanks to the brave souls who have served in battle for our Armed Forces.

Please take a moment out of your day to remember.

Lest We Forget



EDITORIAL

Lest we forget

Friday marks 104 years since the end of the First World War.

It's been nearly 80 since the Second World War, and 16 since Thunder Bay lost three soldiers - Anthony Boneca, Robert Costall and Josh Klukie - were killed in Afghanistan.

The tragedy of war is that it's always avoidable. Throughout the history of humanity, tens of millions of lives have been needlessly lost.

At its core, war is a disagreement that escalates, but it's rarely the parties that are in disagreement who fight the battles.

Today we see war in Ukraine, brought on by Russian president Vladimir Putin's need to appear strong leading a country whose relevance on the world stage is sliding toward irrelevancy.

More war widows are being created, more parents are losing children at far too young an age.

And even more horrifically, civilians are being targeted. The war against Ukraine should be an eye opener to our younger generations, who can see first-hand the death and destruction wrought by the ravages of conflict, on why its important to honour our own soldiers and their sacrifices.

Stop the insanity To the editor:

After a year of war and uncertainty sent global energy prices (and the fossil fuel industry's profits) through the roof, pressure is growing for the Trudeau government to introduce an oil and gas windfall profits tax.

So far, Environment Minister Steven Guilbeault has dismissed the idea, but there's actually plenty of precedent for it - both at home and abroad.

The Liberals are currently moving forward with a windfall tax on unexpected profits that banks and life insurers made during the pandemic.

Why not apply the same logic to the fossil fuel industry and invest the revenue in clean energy and green job creation?

The European Union just passed its own windfall profits tax on oil and gas firms.

They're using it to provide immediate relief for everyday people struggling with skyrocketing energy prices and invest in clean energy.

As the European Commission's vice-president, Frans Tim-

LETTERS TO THE EDITOR



mermans, explained, "The era of cheap fossil fuels is over. And the faster we move to cheap, clean and homegrown renewables, the sooner we will be immune to Russia's energy blackmail."

Trudeau and Guilbeault claim to be climate leaders. It's time for them to act like it.

That's why I've joined 350 Canada's #TaxBigOil campaign along with thousands of people

across the country.

You can learn more about the campaign at 350.org/TaxBigOil.

Celina Reitberger,
Thunder Bay

Independence Day story of the 20th century

Independence Day by Richard Ford was the winner of the Pulitzer Prize for fiction, and rightly so. It is nothing less than the story of the 20th century, an extraordinary epic.

Frank Bascombe, in the aftermath of his divorce from Ann and the ruin of his career as a sports writer has entered an 'Existence Period'. In other words, he isn't 'living' but merely 'existing.'

He is doing that most soulless of jobs selling real estate in New Jersey and mastering the high wire act of normalcy. He is trying to sell the American Dream but in reality he is selling the hopeless pointlessness of dead end capitalism.

Like everyone else in America he

is suffering from the effects of extreme alienation that is characteristic of what Lenin called the highest stage of capitalism.

Frank is alienated from his wife, his children (Paul and Clarissa), his family, his environment, his job and, most importantly, himself. This is the history of the 20th century.

Alienation has destroyed his marriage and his relationship with his children. He divorced his wife because he thought she was the problem (and she thought he was the problem) when the real

problem was alienation.

Frank now realizes that nothing will fundamentally change in his life no matter who he is married to or where he lives. So he moves back into his ex-wife's house and talks to himself (and Ann) about them getting remarried.

Frank has a girlfriend, Sally, but she is no more than a bed mate and will never become the soul mate Ann was to him.

Frank is sad and lonely and disconnected from everything around him. He tries to find meaning in his life by reconnecting with Paul over the



John Pateman
BOOK BANTER

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Candy's a childhood staple

By JR Shermack - TB Source

Halloween fell on a pleasant October evening this year and the trick-or-treaters who came to our door were excited, creatively costumed, very pleasant and well-mannered.

Groups of ghosts and goblins eagerly held out their open bags and pumpkins for treats while Mom and Dad waved and waited nearby in the shadows.

It was one of those perfect moments that make you appreciate the things you have and understand what is really important - and in this case that happens to be candy.

On Halloween when kids in costumes come trick-or-treating with their families and I hand them each a bag of candy, I feel like a kid in my old neighborhood again.

But if it weren't for the promise of candy, front doors would be silent and there would be no fun-size Kit Kats for anyone.

Candy makes life sweeter and

makes people happy, especially kids, although selecting a sweet from a well-stocked candy bowl is a pleasure that spans generations.

It is a small, sugary token used to show appreciation and to celebrate special events all year long although even ordinary days go better with a little bit of candy.

But candy is more than just that - in addition to providing an emotional lift, an energy burst and a brief sugar high, candy is the centre of some interesting stories and urban folk lore.

Some traditional candies we enjoy have a long and colorful history and a select few go far back in time.

Everybody recognizes the characteristic yellow, orange and white kernels of candy corn, loved by many but considered by others to be a foul, disgusting sugar nugget.

Detractors claim to dislike candy corn but aficionados appreciate the hint of nuttiness, the subtle note of vanilla, the



Halloween candy has a long history.

buttery flavor and its toothsome texture.

And even though it has somehow become the candy

people love to hate, the numbers tell a different story.

Candy corn has been around since the 1880s under the names Butter Cream, Chicken Corn and Chicken Feed, sold in rooster-adorned packages.

Today 35 million pounds of candy corn is produced annually which amounts to nine billion kernels - either people lie about their corn consumption or a lot of corn gets dumped every year.

Another candy with a tale to tell is Pez and Pez dispensers, part candy, part toy and part collectible trinket.

Pez was invented by an anti-smoking Austrian advocate, Eduard Haas, who originally intended his mints for refreshing the breath of smokers and also to help them cut down.

Pez spent its first 40 years in paper rolls without a dispenser until 1952 when the flavor was changed from minty to fruity and character shaped dispensers were marketed to kids.

The rest is part of a 100 year

Pez history.

Today a candy factory and warehouse in Connecticut manufactures 12 million Pez tablets every day, five days a week - over the years there have been 1,400 different dispensers.

Candyland is full of stories like this including the truth about marshmallow circus peanuts, the food science behind the global gummy market or the many health benefits of eating candy.

And for the sake of useless trivia, the *Los Angeles Times* Halloween candy ranking lists Reese's Peanut Butter Cups as the No. 1 treat followed by Kit Kat, Butterfinger, Twix and Starburst.

Last on the list was those generic, red and white, circular, cellophane-wrapped mints, the kind that are collected by the handful on the way out of restaurants.

As for me, I got my first taste as a toddler and I've been riding the candy highway ever since.

So far it's been one sweet ride.

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

Nov. 10-Dec. 3

Man of La Mancha

One of the most enduring works of musical theatre, the show returns to Magnus Theatre for the first time in 40 years.

In prison and awaiting trial during the Spanish Inquisition, an actor and poet performs a play for his fellow prisoners, telling the story of an old man who sets out on a quest to right all wrongs in the world.

This inspiring musical-within-a-play weaves the tale of a person who seeks decency and beauty (The Impossible Dream) in an increasingly cynical world.

Tickets and showtimes are available at www.magnustheatre.com.

Nov. 11

Treaty Week Talk

The Paterson Library presents this year's Treaty Week Talk with the Deputy Grand Chief, Bobby Narcisse, of Nishinawbe Aski Nation.

This event's purpose is to shed light on the current impacts of Treaty 9 on NAN communities.

Most people know the treaties as the historical contracts for which Canada obtained the lands the country was built on, but they are actually a nation-to-nation agreement.

What are the current impacts the treaties have on NAN citizens? How do settlers uphold their end of the treaty relationship?

The event takes place on Friday at 2:30 p.m. in Room C240 at Confederation College and can be streamed online at <https://treatyweek-talk.eventbrite.ca>.

Register on eventbrite.ca for the in-person talk.

Nov. 12

Ducks Unlimited Dinner

Join Ducks Unlimited for their Conservation Dinner and Charity Auction and enjoy a fun evening of fundraising for wetland conservation

in Ontario, with a full-course meal at the Victoria Inn, live and silent Auctions, tens of thousands of dollars in prizes and more.

Tickets are \$75 per person and are available from Ducks Unlimited volunteers, at D&R Sporting Goods, the Victoria Inn front desk, or, online via the "Get Tickets" link.

Nov. 12

Local Beef Auction and Gala

Join the Thunder Bay Community Growing Project for a local meat charity auction and gala, in support of local and global hunger efforts.

This fun-filled event takes place on Saturday night at Fort William Historical Park, starting at 6:30 p.m.

The local Christian group is working to raise four cows, two for auction and two to help hunger relief in the Thunder bay area.

For more info, email them at tbaygrowingproject@gmail.com.

HOW TO WRITE TO US:

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

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

Address them to: **THUNDER BAY SOURCE**
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WEEKLY POLL QUESTION.

THIS WEEK'S POLL QUESTION:

Do you subscribe to a streaming service?

TOTAL VOTES: 1,651

YES
54.51%

NO
45.49%

Burrs entangle in manes and tails

I was covered in burrs - jacket sleeves, boots, pants, even gloves. I had about to rid the Winter paddock of the nasty, clinging things.

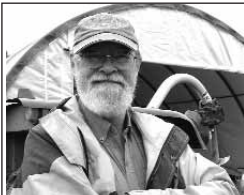
Our horses would venture into the paddock to graze and invariably returned with manes and tail chock full of burrs. As a temporary solution, we'd cover their heads with masks wherein the burrs would attach but not on their faces.

We'd bring the equines inside the barn to feed them their morning grain. I would remove the masks and accompanied by the sound of munching, attempt to remove the burrs prior to refitting the masks back on their heads before kicking them back outside.

I am very lazy. I wasn't willing to attempt brushing burrs from manes

and tails.

Finally on one weekend, the owner of one of the horses we board here at the farm arrived with good brushes and a sweet-smelling lotion and proceeded to free her horse's mane and tail of all the prickly things.



Fred Jones

RURAL ROOTS

It happened the owner and my wife, Laura, were planning on a trail ride. In preparation, they brushed and combed out the burrs. Now the horses were free of burrs but where to put them during the day? There are adjoining paddocks immediately east of the barn.

Turns out the burrs had not discovered this area to infest with their evilness.

We began ushering the horses into this paddock to let them graze and

when the graze was gone, throw them hay. Each morning when they re-entered the barn for their morning meal, their tails and manes were burr-free. Hurray!

But the winter paddock is much larger with a lot more grazing available. Last week I trundled through the tall grasses to the hillocks festooned with burdock plants.

I had brought a large pair of clippers and set about slicing through the thick stocks of burdock.

After each plant was so sliced, I would reach to drag it away and into a pile to be transported for burning.

Not a fun job because the burrs decided they liked my clothes. I had to stop to remove them as they were attached. I gave up after 10 minutes, promising to return at a future date.

That date was this past Monday. I had four mounds upon which the burdock plants had 'set up house'. These mounds were made of old

manure that I had scraped over the years. There were no other places in the paddock where the burrs had taken root. But, these mounds seemed to be where the horses like to "hang out". Hence the meeting of mane, tail, and burrs.

The removal of the burr plants I realized would be an annual task as they grow back. I'd have to take a shovel and try to dig out all those burdock roots. Not doing that; and I'm not resorting to chemical warfare to rid the paddock of the blighters.

Don't want horses grazing around an area sprayed with toxic weed killer.

The winter paddock isn't the only area besieged by burdock plants.

"Mt. Crumpet", the area where I have dumped stall leaves, lo, these twenty-some years, was also covered in the burdock plants for the first time that I can remember.

And I mean absolutely covered! I had to forge ahead with my quad pulling the manure cart through the forest of burrs in an attempt to clear a large enough path so that I could maneuver the cart to the lip of the large hill and dump it. Again, I returned to the barn with several "hitchhikers". But now I have cleared a sufficiently large enough area to be able to make a complete turn without bringing back unwanted guests.

A couple of years ago we were inundated with thistles. Thistle plants seemed to grow everywhere. Now it was the burdock plant's turn. What about next year?

What fresh arboreal hell will plague me next summer?

I hope it is not a combination of thistles and burrs having formed some hideous compact to make Farmer Fred's life (and that of the horses) miserable.

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\$1,000 LCBO Gift Card

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Only 1,000 tickets to be sold. Draw will be held at 8:30 pm on-site at Half-Way Motors Powersports, 1230 Carrick St.

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Night riding a fall favourite

Cold and damp weather, diminishing daylight and the impending arrival of winter all add up to make November a tough month to find the inspiration to get outside. Luckily for Thunder Bay's massive mountain bike community, November also brings the annual tradition of night riding.

When it comes to riding after sunset, November is absolutely the best time of year to charge up the lights and hit the trails on a mountain bike. The bugs are long gone, the temperatures are tolerable because of the exertion, and the trails are often dry or frozen, so there is a lot less mud to clean off the bike.

However, it is the early sunsets that make late fall night riding so

great. With the time change last weekend, we can pretty much dive into the darkness by 6pm to enjoy a unique experience on the trails without changing our sleep schedule.

Riding at night is a completely different experience from riding in daylight, and that is what makes it such a thrill. Your vision is confined to the small area illuminated by your own lights, so the trails take on a whole new look and feel. With heightened senses, you

are startled when you see the glowing eyes of a deer in the darkness, or a grouse flushes just in front of you as you race down the trail. You hear something big rustle around in a tree. A porcupine, or

maybe a bear? You consider looking up but you can't take your eyes off the trail for fear of crashing. You really don't want to know what's making that noise anyway.

Though we have ridden these trails a hundred times, the experience feels brand new in the darkness and the shadows. Sometimes, as our minds wander and we lose focus, we get lost in the Shuniah Mines trail labyrinth. It is incredibly exciting.

The Blacksheep mountain biking club are just finishing off the build on several new trails in Centennial Park and they will be ready to ride soon.

The other recent additions to our system, including The Mesa, Blaster, Crossover Connection, Portal and The Vein are all riding real nice when they are dry.

Exploring them, either for the first time or just one more time before

the snow arrives, makes for a great evening adventure.

To try night riding, the only specialized gear you would need to add to your bike is some lights. Typically, a light on the handlebar and another on the helmet is the winning combination. Modern LED lights are relatively inexpensive and much lighter and longer-lasting than the old halogen lights we used to use.

Aim for at least 1000 watts between the pair for off-road use and faster riders may want to have 1500 watts or more to ensure they can still see all the rocks and roots at high speed.

Besides the lights, a good pair of wool socks, some quality gloves, a lightweight breathable cycling jacket and a few good friends also help to make night riding an exceptional experience.



Riding at night is a fun time. (Submitted)



Keith Ailey
the GOOD LIFE

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Cooking with cast iron is great

Cast Iron, I have shouted the praises of cooking in these (sometimes) barbaric pans since the beginning of HCAYK and in my personal life forever.

Real cooks have at least one solid cast iron pan, it has become less popular over the last couple decades with the advent of Teflon and the ease of aluminum.

Cast iron pans are affordable but require work to maintain. Cast iron is a group of iron-carbon alloys with a carbon content of more than two per cent.

Its usefulness derives from its relatively low melting temperature.

Iron alloys with lower carbon

content are known as steel. Cast iron tends to be brittle, except for malleable cast irons.

Heavy-duty cookware made of cast iron is valued for its heat retention, durability, ability to maintain high temperatures for longer time duration, and non-stick cooking when properly seasoned. Seasoning is also used to protect bare cast iron from rust.

When oils or fats are heated in cast iron at a high enough temperature, they change from a wet liquid into a slick, hardened surface through a process called polymerization.

This reaction creates a layer of seasoning that is molecularly bonded to the iron. Without this

layer of carbonized oil, iron cookware would corrode and rust due to the oxygen and moisture in the air.

On a microscopic level, cast iron has a jagged, uneven surface. This texture provides more surface area for the seasoning to bond and adhere to the iron. As the layers build up, the oils and fats will fill in the texture, creating a smooth, naturally nonstick cooking surface that will last.

There are two ways to maintain the seasoning of your cast iron cookware. The best, and easiest, way is to cook in it regularly. Each time you cook with oil or fat, you're adding another layer of seasoning to the pan. Over time, these layers build up to form a strong, nonstick cooking surface. These initial layers of seasoning added as you cook in a new cast



Cast iron retains its heat and is durable.

iron skillet may be uneven. That's okay. How and what you cook, hot spots on your stove, and the

temperature setting all affect how and where the oil bonds to the pan.

Cleaning a cast iron pan is easy but a process, wash your pan with a cloth and a little bit of soap. For stubborn food, boil your pan with a bit of water and see if it releases. Once clean, Dry thoroughly and then spray all around with a thin layer of cooking spray.

This will create a barrier between your cast iron and the oxygen in the air to prevent any small bits of oxidation. A well seasoned, well cared for cast iron pan will last forever.

Derek Lankinen is an award-winning chef, author, and restaurateur. He is the Owner/Operator of Beefcake's Burger Factory with two locations in Westfort and Current River and Co-Owner of Elite Beef, Brick and Mortar Food Co. and Eat Loco Tacos.



Derek Lankinen

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Parade of Lights set for Dec. 10

By Leith Dunick – TB Source

The Parade of Lights is set to roll on Dec. 10.

Organizers of the annual event say they're hoping to exceed last year's fundraising total of just over \$39,000, setting a goal of \$40,000. The event lights up the parade route, but more importantly, donates money collected to four worthy charities: Autism Ontario - Thunder Bay and District, the George Jeffrey Children's Centre, the Thunder Bay branch of Special Olympics Ontario and the Thunder Bay Therapeutic Riding Association.

"Last year was a phenomenal success," said Greg Stephenson, the former president of the Thunder Bay Police Association, which puts on the parade in conjunction with sponsor Tbaytel.

"We had a year off because of COVID, but to come back and see the support that we had last year, not only from people to watch the parade and supporting us financially, but just the response from all the participants. Some of those floats are just phenomenal with what they do and how they do it."

Stephenson said the event has proven to be one of the most popular of the year in Thunder Bay for a number of different reasons.

"It's just a way for people to get out and it doesn't cost anything, unless you want to make a donation, which we encourage. It's a couple days before Christmas and everybody's kind of getting into the swing of things. They've had the Santa Claus Parade kicking it off and we're just kind of an added bonus," he said.

"People come out and they enjoy



Freya DeCorte, 6 is the ambassador for the 2022 Parade of Lights. (Leith Dunick)

it. It's in the evening, so the lights are fantastic. It's a good show."

The parade will begin at 7 p.m. at Manitoulin Transport on Main Street, continuing up the Harbour

Expressway to Memorial Avenue.

The route continues to Queen Street down to Fort William Road, a designated sensory friendly area, through to Water Street.

Cindy Levanto, the executive director of the George Jeffrey Children's Foundation, said money has a huge impact.

"The donations that we've gotten from this parade over the years have helped support many things that the centre has purchased to enhance services at our centre that do not fall under the government funding model," she said.

This year, for example, they hope to use the donation to cover a portion of the costs of a new gate therapy treadmill and an assisted device that goes with it.

"The proceeds from this parade will greatly help pay for that," Levanto said.

Donations may be made to parade walkers along the parade route, or by e-transferring money to paradeoflightstb@gmail.com.

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Banshees brilliant

Breaking up is hard to do, as the song goes. This refrain forms the basis of *The Banshees of Inisherin* (SilverCity) which reunites director/screenwriter Martin McDonagh with Colin Farrell and Brendan Gleeson, from 2008's *In Bruges*. Like *Bruges*, *Banshees* is awash with eccentric characters, giddy dialogue and dark portents.

Banshees is set in 1923, on the fictional island of Inisherin, just off Ireland's west coast during its year-long civil war where distant gunfire can be heard. Pádraic (Colin Farrell), an innocent dairyman, is suddenly dumped one day by his best friend, Colm (Brendan Gleeson) a fiddler, with whom he routinely shares a daily pint at the local pub.

"I just don't like ya anymore," says Colm, matter-of-factly, like a long-time spouse who suddenly no longer cares for the other. Disbelief and dismay grow on Pádraic's face, his arching eyebrows and perplexed, doleful eyes bespeak a confused, wounded soul. His world is upended.

Colm grudgingly reveals that he suddenly has no time for Pádraic's dull chitchat. Haunted by mortality, he's now focusing on music as his legacy, determined to compose an enduring tune with his fiddle, hence the film's title. "Nobody's gonna remember ya for bein' nice," he mutters, referring to Pádraic.

Pádraic is determined to get back in with Colm, who's having none of it, to the point that Colm threatens to snip off one of his own fingers each time Pádraic bothers him. Given their tiny universe, Pádraic doesn't have many friend options. The villagers are concerned. Is Colm bluffing or off his head?

This also doesn't sit well with Pádraic's book smart sister, Siobhan, (marvelous Kerry Condon) who lives with Pádraic in their little home. "You're all feekin' borin' with your piddling griev-



Colin Farrell and Brendan Gleeson star in the *Banshees of Inisherin*, an Irish tale of friendship gone awry.

ances," she fumes at her sulking brother as he sadly pats his loyal miniature donkey, Jenny, whom he treats like a house pet.

Banshees focuses on grave consequences that can stem from the seeming mundane break up of a friendship. The film is variously comical, heartbreaking, ultimately grisly and tragic, touching on a steamer trunk of themes including male friendship, abandonment, isolation, loneliness, loss, depression and contemplation with death. McDonagh's dialogue is hilarious, salty and absurd, even in a priest's confessional, the village's ostensible mental health provider. *Banshees* bears great cinematic riches.



Marty Mascarini
MOVIE TALK

Farrell, Gleeson and Condon are grand, heading a terrific supporting cast, including Barry Keoghan's unfiltered dim bulb Dominic and Sheila Flitton as the village's prophesying witch, Mrs. McCormick.

Embellishing the film are Ben Davis' brilliant cinematography (the coastal landscape is breathtaking), Carter Burwell's moody score, impressive costume and set design and even the animal casting. All buttress the sense of authenticity.

These elements carry the film through McDonagh's characteristically dark last act, which is rather problematical, with extreme actions running counter to declared intentions. But again, some folks can be so set in their ways that their bizarre doings defies logic. Such is life in *The Banshees of Inisherin*.

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"WLH EHCW PYQH JUQ WLH EUTX KC Z BYKHW SKVT."

— VZMUDHUV EUVZMZQWH

1			8			3	7	5
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9		2			4		5	
	3	7	2					
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ACROSS

- Laconian clan group
- Bacon, lettuce, and tomato (abbr.)
- Son of Zilpah
- Aesir god
- Pope
- Field
- Toddy (2 words)
- Without (Ger.)
- Metallic rock
- Old name of the Danube
- Sinbad's bird
- Pretend
- Son of Agrippina
- Taro
- Lion
- Chinook salmon
- Thing (Lat.)
- Face
- Psalms ending
- Loose
- Cheese
- Corinthians (abbr.)
- Television channel
- Wooden shoe
- "The Jungle Book" python
- Freedom of Info. Act (abbr.)
- Taw (2 words)
- Change (pref.)
- Youngster
- King of Israel
- Meadow
- Pub fare
- School course (abbr.)

DOWN

- Stench
- Nip
- Within (pref.)
- Bleb
- Penitential season

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S B E S W A N K E E C
I A O S E B I
L E V A T O R T E R R A
A R A N D A P R A A D
M A L U M F R I E N D S
H A A B A N T
I D A S O B E R B E D
C E L E W E T E A R T H
H U L K E D E B E A U
T A E D E R A A L

- Symbol
- General Accounting Office (abbr.)
- Lack of pigmentation
- Bond movie (2 words)
- Exclamation
- Eur. Economic Community (abbr.)
- "Dream Girl" playwright
- Legal action
- Onward
- Balance weight
- Delirium tremens (abbr.)
- Favorable vote
- Kind of gypsum
- Grandfather of Saul
- Low (Fr.)
- Malt liquor
- Fencing guard position
- Laughter sounds
- Chances
- Braz. forest
- Cubic feet per minute (abbr.)
- Christmas song
- Semitic deity
- Murder
- Anagram (abbr.)
- Ember
- Amer. Automobile Assn. (abbr.)
- Bird

1	2	3	4	5	6	7	8	9
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48			49		50		51	
52							53	
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Bold sweep Wolves

By Leith Dunick – TB Source

The extra hour of sleep really didn't do the Lakehead Thunderwolves much good on Sunday afternoon.

The Wolves were caught off guard in the opening period by the visiting Toronto Metropolitan Bold, surrendering four goals in the first 20 minutes and went on to lose their fourth straight OUA contest, falling 5-1 at Fort William Gardens.

TMU scored twice on the power play, giving them five in 10 chances with the man advantage over two games and unlike Saturday night, there was no valiant comeback attempt in this game, which was originally scheduled for Friday night.

Fog in Toronto kept the Bold's plane grounded, and it appeared

the T-Wolves were in a bit of a fog in the first as Connor Bowie, Kyle Bollers, Jesse Barwell and Dustin Hutton fired shots past LU goaltender Brock Aiken, making his first regular-season start.

"Sometimes you get into penalty trouble and they're a team that's going to capitalize on the penalties all the time. They've got some big guys who put up big numbers and they love the power play," said defenceman Colin Van Den Hurk, who scored the lone goal for Lakehead on the power play, breaking Kai Edmonds' shutout bid 4:24 into the second.

"Staying out of the box would be one, and we need to be aware when they're on the ice and be able to shut them down, but also be able to play with the puck. The more we have the puck, they

don't have the puck."

Lakehead coach said when teams make mistakes against the Bold, more often than not they're going to pay for them.

"We definitely made the mistakes, mis-executed on our penalty kill and had untimely penalties as well. They're just a team that you've really got to be sure (against) and unfortunately, they made us pay. It was definitely humbling for sure."

Wipe out the first and the Thunderwolves stood tall with the Bold, even outshooting them in the third, but more importantly, only allowing a single goal.

Credit Max Wright, who came on in relief after Aiken gave up four goals on 11 shots, for building a wall in front of the LU net. Wright was good on 18 of 19 shots he faced.



Lakehead's Griffen Fox (right) chases down Toronto Metropolitan's Zachary Shankar this past Sunday.



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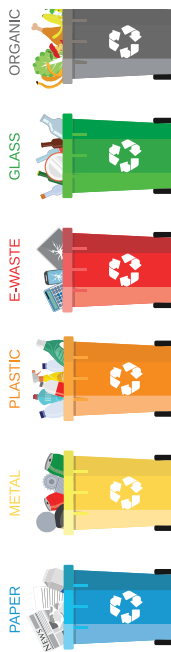
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 JANUARY 12TH, FEBRUARY 2ND & 16TH 2023
 OCTOBER 20TH & 27TH 2023

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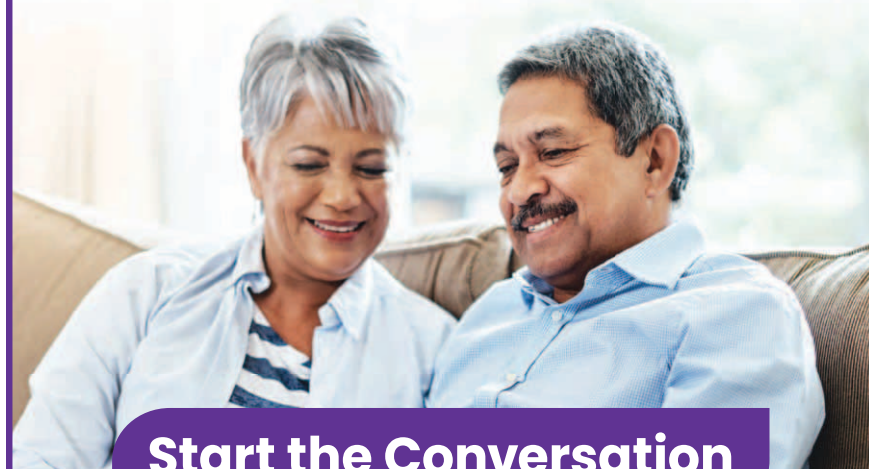
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Saints end 21-year title drought

By Leith Dunick – TB Source

Manerplaw Winning and Iene Auger weren't yet born the last time the St. Patrick Fighting Saints captured a high school football title.

Coach Mike Marcon, on the other hand, was a handful of years into his coaching career at the southside high school, and never thought he'd have to wait 21 years to lead the Fighting Saints to another championship win.

It's all in the past now.

Winning scored three touchdowns on Saturday afternoon and Auger hit Konner Prevost over the middle for an 84-yard score, leading first-place St. Patrick to a 32-20 win over the defending champion St. Ignatius Falcons, denying their crosstown rival its sixth title since 2014.

What a way to finish a high-school career, said Winning, the most



The Saint Patrick Fighting Saints last won a senior football championship in 2001.

dominant player in the senior circuit this season, who ran for 204 yards on Saturday's final.

Knowing it ended a two-decade drought made it that much sweeter.

"You know, it means everything.

This is our team and I told my guys in the huddle that we're going to be the team that does it. We're going to be the first team in 21 years that's going to pull it off. So I'm glad we did and I'm just so happy for the

guys."

Winning said the Saints were simply relentless on the gridiron.

"We just kept on going. I told the guys, play all of the fourth quarter. Finish everything and just give it to them and we did that."

The Falcons were not pushovers, by any means.

Having rallied to beat the Saints on their home field last month, St. Ignatius took a 7-3 first-quarter lead on Saturday, with some trickery. Lining up to punt, holder Michael Danchuk, the Falcons quarterback, pulled up and lofted a pass to burly Jayden Belcamino,

The Saints, undaunted, needed just one play to regain the lead. Prevost gobbling up half the field after hauling in Auger's pinpoint pass.

St. Patrick's defence kept the pressure on Danchuk and the Falcons, forcing a turnover on a bad

snap, and the Fighting Saints took over at their own 48. Winning scampered 43 yards to the St. Ignatius two and took it home on the next play, upping the St. Patrick lead to 17-7.

St. Ignatius got the seven points back on their next drive when Lucas Dupuis, who had zero yards on three carries to that point, barrelled in from three yards out, the Falcons trailing 17-14 at the half.

Winning rushed 49 yards for his second touchdown of the day early in the third, but the Falcons made it a one-score game 1:44 into the fourth, Danchuk finding Harry Tsekouras open in the endzone. However, the extra point was no good and St. Ignatius found itself down 24-20.

The Fighting Saints put it away midway through the quarter when Winning crossed the goal line after a 15-yard run.

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All claims of errors in advertisements must be received by the Publisher within 3 days after the first publication. No refund if ad is cancelled before expiry date.

Thunder Bay's Source reserves the right to increase prices with 30 days written notice.

18. STORAGE/SPACE

WESTFORT garage for storage only, concrete floor, NO heat. Minimum 5-month pre-paid rental. One stall, \$75 monthly. Email: tcobjr@shaw.ca.

23. MISC. FOR SALE

Seasoned mixed wood ready to burn. \$90 per Cord - pick up Intercity. Call 345-4363

41. YARD SALES - NORTHWARD

Indoor yard sale. Many new items. 9am-1pm, 221 Ambrose Street, off Cumberland. November 19th.

53. GENERAL SERVICES

#1 dump runs. Snowblowing services. Junk clean ups, inside/outside. General maintenance repairs. Handyman services. Frank 628-5919 or 767-0995.

Fall Clean-up - Large trailer for rubbish, we recycle! No items too big or small! EAVESTROUGH CLEANING/repair/new installation. Tree and brush cutting/trimming, cement/foundation repairs, parging, and landscape sloping. General Handyman Services. We are Seniors helping Seniors. gapace@lakeheadu.ca 807-407-6898

SEWING BEE OPEN FOR BUSINESS - alterations like hemming, new zippers, dresses, or any kind of project. reasonable rate 807-631-5101.

TREE REMOVAL SERVICES. In town/rural, ++ experience, Man-lift, insured, and seniors' discounts! Very reasonable rates, free estimates. Call Jacques (Jack) 345-4363

64. CRAFT & FLEA MARKETS

One stop and shop. Free admission! Variety of local vendors. Something for everyone! Ranging from snack, tea, home décor, cooking, cleaning solutions, clothes and more! Sat Nov 19, 8-1:30pm. CLE Heritage Building (by silver city). List of current vendors and info www.facebook.com/groups/onestopandshop or email onestopandshop@yahoo.com

Looking for Tree Removal?



Fast, Safe & Efficient
 With Our Unique 34" wide 100ft reach man-lift, we cut higher than anybody in town.

626 3542

51. LEGAL NOTICES

NOTICE TO CREDITORS AND OTHERS
 In the Estate of
HAROLD BENNIE JEWITT

Anyone having a claim against the Estate of Harold Bennie Jewett, late of the Municipality of Neebing, District of Thunder Bay, who died on the 18th day of April, 2020, is required on or before the 5th day of December, 2022, to file with the undersigned solicitors particulars of their claim duly verified, after which date the Estate will be distributed having regard only to those claims of which Notice shall then have been given.

Victoria L. Methot
CAREL+Partners LLP
 Barristers & Solicitors
 1100 Roland Street, Suite 1
 THUNDER BAY, ON P7B 5M4



HERE'S MY CARD

51. LEGAL NOTICES

NOTICE TO CREDITORS AND OTHERS
 In the Estate of
JANET LEE FORBES

All Persons having claims against the Estate of JANET LEE FORBES, late of Thunder Bay, ON, deceased, who died on or about August 29, 2022, are hereby notified to send particulars of the same to the undersigned on or before December 8, 2022, after which date the estate will be distributed, with regard only to the claims of which the undersigned shall then have notice and the undersigned will not then be liable to any person of whose claims they shall not then have notice.

Dated at Thunder Bay, Ontario on the 10th day of November, 2022.

SHEILA MADIGAN,
 ESTATE TRUSTEE
 c/o ERICKSONS LLP
 ATTN: RYAN VENN
 Barristers and Solicitors
 291 South Court Street
 Thunder Bay, ON P7B 2Y1



HERE'S MY CARD

Real Estate Sales Representatives

TOWN & COUNTRY REALTY
 400 Balmoral Street

Tracy Picton: (807) 631-4020
 Marc Picton: (807) 630-3491
 Kind, Courteous, Professional Service

Thunder Bay **FARMERS MARKET**

Locally Made or Grown

Open Tuesdays:
4:30 to 7:30 pm until Dec. 20th

Open Fridays:
9 am to 1 pm until Dec. 23rd

NEW ADDRESS
 North End Recreation Centre - 954 Huron Ave.

We have something for everyone!
 Many vendors and options! Our kitchen is OPEN every day for eat-in or takeout!
 Find us on

PUZZLE ANSWERS

O	B	E	B	L	T	G	A	D												
O	D	I	N	L	E	O	A	C	R	E										
H	O	T	D	R	I	N	K	O	H	N	E									
O	R	E	I	S	T	E	R	O	C											
			A	C	T	N	E	R	O											
D	A	S	H	E	E	N	S	I	M	B	A									
T	Y	E	E	R	E	S	D	I	A	L										
S	E	L	A	H	R	E	L	E	A	S	E									
			E	D	A	M	C	O	R											
C	N	N	S	A	B	O	T	K	A	A										
F	O	I	A	T	A	N	S	K	I	N	S									
M	E	T	A	T	A	D	E	L	A	H										
L	E	A	A	L	E	A	L	G												

1	9	6	8	4	2	3	7	5
2	8	4	3	5	7	6	1	9
3	7	5	6	9	1	2	8	4
7	5	8	1	2	9	4	6	3
4	2	3	5	7	6	8	9	1
6	1	9	4	8	3	5	2	7
9	6	2	7	3	4	1	5	8
8	3	7	2	1	5	9	4	6
5	4	1	9	6	8	7	3	2

PREVIOUS SOLUTION: "The best cure for the body is a quiet mind."
 — Napoleon Bonaparte

HERE'S MY CARD

Dulux Paints DECORATING CENTRE
 784 MEMORIAL AVE.
 (807) 344-0784

50%
 Off select paint with your CAA Membership until Dec.31st

IN-STOCK FLOORING SALE
 5MM LVT REG. NOW JUST
\$4.79 \$2.99
 WHILE QUANTITIES LAST!

MOHAWK

JOEY'S RESTAURANTS

595 ARTHUR ST. WEST
807-577-4334
 For Franchise Opportunities call 1-800-661-2123

FREE FISH & CHIPS
 Buy a 2 piece Alaska Pollock & Chips plus 2 beverages, get the 2nd 2 piece pollock FREE!

FREE APPETIZER
 1 FREE appetizer with the purchase of any entree

No substitute. 1 coupon per visit. Must present coupon before ordering.
 Not valid on Tuesday or Good Friday. Cannot be combined with any other offer.

Toodaloo PEST AND WILDLIFE SERVICES

JUST SAY TOODALOO

CALL TOODALOO PEST AND WILDLIFE
Call 252-9352

Rats, Bedbugs, Fleas, Wasps and other pests!

Not (Just) Your Parents' Law Firm

- Employment & Labour Law
- Environmental Law
- Estate Administration
- Estate Litigation
- Personal Injury
- Real Estate Law
- Tax Law
- **Wills & Estate Planning** ✂
- Indigenous & First Nations Law
- Civil Litigation
- Construction Law
- Corporate & Commercial Law
- Estate Planning
- Insurance Law
- Medical Malpractice
- Motor Vehicle Accidents

NOVEMBER IS
**MAKE A
WILL
MONTH**



ericksons
LLP

Ericksons LLP is pleased to offer **10% off legal fees** on Wills and Powers of Attorney started during November, in honour of Make a Will Month.

Ph (807) 345-1213 | TF 1-800-465-3912 | info@ericksonslp.com