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Timber mill burns again/ 2



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Fire blazes at old mill

Great West Timber site also caught fire in 2015 incident By Ian Kaufman – TB Source

Crews battled a major fire on Thunder Bay's waterfront in the north end of the city Monday evening.

Numerous pumpers were deployed to a fire in the area of the former Great West Timber site located off Marina Park Drive, said Thunder Bay Fire Rescue.

No injuries were reported from the incident, said a Superior North EMS representative Monday night. Police blocked off a large perimeter around the fire, which drew dozens of people who observed large flames and plumes of smoke from Marina Park and nearby streets.

The fire is reported to have started around 7 p.m. and continued burning well into the night.

The former Great West Timber property was the site of another large fire in 2015.





Tammy D'Amours Thunder Bay Agency 1186 Memorial Ave Unit 2A Thunderbay, ON (807) 697-3340 tdamours@allstate.ca



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US border reopens Need for PCR test to return home still costly barrier

By Gary Rinne - TB Source

For the first time in over one and a half years, Thunder Bay residents are able to cross the border at Pigeon River on non-essential business.

At least for the time being, however, it's likely that few people - aside from snowbirds heading for Florida, Texas or Arizona - will take advantage of the opportunity.

The United States reopened its land crossings on Monday, but Canada requires returning Canadians to show proof of a negative molecular COVID-19 test, such as a PCR test, taken within the previous 72 hours.

Tests can cost as much as \$200 to \$300 per person.

Ryden's Border Store, on the U.S. side of the Pigeon River, was happy to welcome some returning customers, particularly in the earlier part of the morning.

Manager Jaime Spry said "I think a lot of people got moving pretty early. From what I heard from the border guards, there was a rush at 2:30, 3 o'clock. Maybe we should have opened our doors earlier."

Spry added, however, "We did get a few people that were actually coming in to pick up packages, making a trip of it, going for a day or two to Duluth.'

Calling the border opening a step in the right direction, he said "That's nice. We hadn't seen that in a year and a half, other than businesses being able to come down. It was different. It was busy for awhile."

Spry said Canada's requirement for an expensive test may keep traffic down for awhile, but he hopes the government will soon change that. He's not alone.

The mayors of several border cities in Southern Ontario expressed annoyance with Ottawa, pointing out that PCR tests likely won't detect COVID-19 if it was contracted during a brief visit.

That's because it can take three to five days to get a reliable test result after exposure.

Federal officials have said they are re-examining the testing requirement.

The government allows travellers to get tested in Canada before staying up to 72 hours in the U.S. and then presenting their negative Canadian test to re-enter the country.

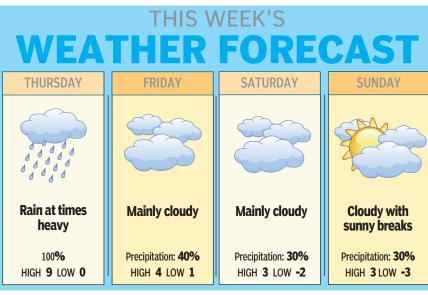
"I'm not sure I understand the rationale for testing travellers who are going to the U.S. for a very short trip," Dr. Irfan Dhalla, co-chair of a federal advisory panel on COVID-19 testing and screening, said Friday in a Canadian Press report.

Dhalla suggested that if there's concern a traveller might become infected in the US, it would make more sense to take a test a few days after returning to Canada, given the incubation period of the virus.

Spry said about 90 per cent of the Canadians he saw at Ryden's store on Monday were headed south to spend the winter.

Others were staying on the U.S. side for just a short visit, "and they did talk about the test, and had already made plans for that. One woman was picking up her packages, then going to Grand Marais for two nights, and she already had her test done in Thunder Bay."

Spry said the customer mentioned the cost of the test, but indicated she was okay with it because it was her first chance to visit the U.S. after a prolonged and enforced absence.



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Thunder Bay

Port Arthur Rotary

Visit tbnewswatch.com **NEWS** Thursday, November 11, 2021 **Unvaccinated majority of cases**

By Ian Kaufman – TB Source

Despite making up an increasingly small portion of the population, those who are not vaccinated against COVID-19 account for the vast majority of recent cases in the Thunder Bay District.

Of about 180 COVID-19 cases reported between June 1 and Oct. 28, the unvaccinated made up 77.3 per cent, while only 14.9 per cent were fully vaccinated. The remaining 7.8 per cent were partially vaccinated, according to figures shared by the Thunder Bay District Health Unit.

The numbers are even more lopsided when considering the unvaccinated make up an increasingly small portion of the population.

The TBDHU has the secondhighest vaccination rates in the province, with 89 per cent of those 12 and up fully vaccinated as of Oct. 30. Over 93 per cent had received at least a first dose, according to the health unit.

The district passed the 50 per cent fully vaccinated mark in early July.

Of local breakthrough cases among vaccinated people, many occurred when they had prolonged exposure to someone with COVID-19, such as a household member, DeMille noted.

"We have seen people who are fully vaccinated [getting infected]," she said, but it's not only much less common, their symptoms tend to be



COVID is found mostly in the unvaccinated.

less severe.

"I don't have the data on our hospitalizations, but certainly vaccinated people are much, much less likely to require hospitalization in general," she said. "We've certainly seen [vaccinated] people with a fairly mild illness."

This accords with provincial data.

Unvaccinated people have a seven-fold higher risk of symptomatic illness, a 17-fold higher risk of hospitalization with COVID-19, and 23-fold higher risk of being in the ICU, according to an Oct. 22 briefing from Ontario's COVID-19 science advisory table.

The Thunder Bay Regional Health Sciences Centre said it couldn't share local data over privacy concerns.

"Given the small number of COVID patients since September

2021 (11 in total), providing information on their vaccination status could be used to identify those patients and violate their privacy," said a representative in an email.

The health unit has so far refrained from publishing data on the vaccination status of local COVID-19 cases over similar privacy concerns.

"We will review the publication of this information as we move forward, however it is important to note that there will always be a delay in this data and we would need to group together by time periods to protect individuals' privacy," said TBDHU director of corporate service Lance Dyll. "Our current low case numbers do create potential identifying information."



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NEWS 5

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Caesar's Place razed

By Leith Dunick – TB Source

The end of one era could be the start of a new one as an iconic Westfort restaurant was torn down following a recent fire.

The owners of Caesar's Place, a fixture on Syndicate Avenue for decades, say the plan is to rebuild the restaurant, famous for its panzerottis and pizza.

The owners, in a Facebook post, said after three owners and 43 years of great staff, awesome customers and tons of memories, it's a bittersweet kind of day, seeing the demolition crew arrive on Saturday morning.

"We have mixed emotions, of course. Sad to watch it go, but relief because this means one step closer to rebuilding, which is the plan moving forward. To all of you who own gift certificates, no worries, they will still be valid and to all of you needing your weekly fix - coming soon," the post reads.

"Hopefully we will have some more news to share in the near future. We really do miss cooking for all of you and seeing your smiling eyes. See you soon!"

Longtime customer Wayne Wilson stopped by to watch the building come down for a few minutes.

"I used to frequent it quite a bit. I liked the pizzas. They were great pizzas. It's like an icon in the neighbourhood. So it was really sad when it burnt down and



The owners of Caesar's Place say they plan to rebuild the iconic south-side restaurant.

hopefully they can get it rebuilt," Wilson said.

"It's a real piece of history, I guess. I lived in Westfort on Empire Avenue and I used to come here, I worked over at the railroad as a kid and it's just a real neigh-

bourhood statement. I'll be coming back. Hopefully they get it rebuilt. But the older building, it just fit the neighbourhood."

The restaurant burned down in early July.

Highway crash leads to fatality

By Leith Dunick – TB Source

Ontario Provincial Police say there has been a fatality following a crash between a transport and a passenger vehicle near the intersection of the Thunder Bay Expressway and Oliver Road.

The 29-year-old male driver of the passenger vehicle was pronounced dead following the crash, while the 23year-old transport driver suffered minor injuries, according to a release issued on Saturday morning by local OPP.



A 29-year-old died in a collison early Saturday.

Police closed the northbound lanes

of the Expressway, between Oliver Road and the Harbour Expressway, at about midnight on Saturday while they conducted their investigation and cleared the scene.

A heavily damaged vehicle was loaded onto a tow truck on Saturday morning. The transport suffered significant damage to the rear section of its trailer.

Police said they expected the closure would last a total of eight hours.

The name of the victim has not yet been released.

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



Join 91.5 CKPR Live on Location at Ashley Furniture ⁶⁴⁰ Balmoral St Friday, November 12, 2021 11a.m.-3p.m. SEE YOU THERE!



Home Oxygen & CPAC Therapy

Employee Spotlight: Pam Parisien RN



Pam has been a Registered Nurse in Thunder Bay for over 20 years. She has worked with several companies in the home care market and enjoys helping her clientele be successful with their therapy. Pam ensures that each client is given the time they need to understand their equipment. Her ability to find the right mask for each client helps them get a great sleep as soon as possible. Contact Pam for any of your CPAP needs.

Unit 2, 705 Red River Road T: 807-767-1AIR(1247)

EDITORIAL Police concerns

Confidence in Thunder Bay Police Chief Sylvie Hauth among rank-andfile police officers has plummeted.

In an op-ed published in this paper last week, Police Association president Colin Woods questioned the chief's commitment to his membership.

The Police Board responded, promising they're looking at ways to make the workplace better.

This is the same board that days earlier the public learned was the subject of a lawsuit from its former chair, Georjann Morriseau, who accused its members of racist attitudes. The police chief responded a day later, four days after the op-ed was published on tbnewswatch.com, with little more than platitudes.

It's gotten so bad that police insiders have taken to leaking communications to local bloggers, an effort to embarass TBPS management. It comes on the heels of reports that found both the board and the police service guilty of systemic racism.

The more things change, the more they stay the same. The citizens of Thunder Bay, deserve far better and deserve a police leadership team that can make it happen.

Let us watch our kids To the editor:

To develop properly a child must have access to a full complement of social, educational and physical activities. Parents are invested in their children's development and share in their pride of victory and the agony of defeat. There is no greater entertainment than watching our children play. Our children want to see us in the stands, cheering them on, and supporting them.

The Ontario government has now lifted capacity limits at all spectator sports venues and gymnasiums. The Toronto Raptors, Maple Leafs and Blue Jays have been authorized for full capacity. Local hockey rinks have received city approval to increase this number to 100% capacity in spectator areas, and 50 per cent capacity in common and concession areas.

Lakehead University is following the Ontario government mandates, and allowing full capacity at all indoor Lakehead Thunderwolves sporting events, including basketball and volleyball. The same is true of the Junior Wolves Development program, and Blaze basketball, which are the local basketball



LETTERS TO THE EDITOR

development programs, as well as SNVC, the local volleyball club.

Other school boards in Ontario, with higher COVID cases, and lower vaccination rates, are allowing highschool spectators in their schools. Both the school boards in Lambton-Kent, and the Brant Haldimand Norfolk Catholic

District School Board are allowing spectators at indoor sporting events.

And yet, parents in Thunder Bay are still not allowed to watch indoor high school sports. This is inconsistent, and unwarranted. How is it safe to be in an arena with 50,000 fans, or in bar or restaurant

at full capacity, yet it is unsafe to sit in the bleachers to watch our kids play sports?

It is time for our local health unit to make our kids a priority. For some Grade 12 athletes, this may be the last time they lace up their sneakers with a school jersey on their backs. Playoffs start next week, so there is literally no time to waste! It is time for us to stand up and support our kids.

Parents would be happy to volunteer their time to screen spectators and verify vaccine passports. Of course we would support all of the government- mandated precautionary measures, including wearing masks and social distancing.

Thunder Bay leads the country in vaccination rates and case counts Let's lead again and take the next step to normal. Unlike many of the inconsistent Covid policies, we have the ability to fix it, so long as there is the will to do it.

Parents, please join with me in having your voice heard. Contact the TBDHU, and tell them it's time for kids to have our support in the stands.

> Leila Coulter. Thunder Bay

Hemingway short fiction remains brilliant

Ernest Hemingway is probably the greatest writer of English language short fiction in the 20th century. He wrote 80 short stories over five decades. The best place to start is with The Complete Short Stories of Ernest Hemingway (1987).

This Finca Vigia Edition is the definitive collection of Hemingway's short stories. It contains 70, including The First Forty Nine Stories (1938), which had a preface by Hemingway: 'There are many kinds of stories in this book. I hope you will find some that you like. In going where you have to go, and doing what you have to do, and seeing what you have to see, you dull and blunt the instrument you write with. But I would rather have it bent and dulled and know I had to put it on the grindstone and hammer it into shape and put a whetstone to

it, and know that I had something to write about, than to have it bright and shining, and nothing to say, or smooth and welloiled in the closet, but unused.'

The Complete Stories includes Hemingway's three published collections of short stories. His first collection, In

Our Time (1925), began with six prose vignettes commissioned by Ezra Pound. Hemingway added 12 more and in 1924 compiled the in our time edition (with a lower-case title), which was printed in Paris. To these were added 14 short stories for

the 1925 edition. He composed On the Quai at Smyrna for the 1930 edition. The stories' themes - of alienation. loss, grief, separation continue the work Hemingway began with the vignettes, which include descriptions of acts of war, bullfighting and current events. The

collection is known for its spare language and oblique depiction of emotion, through a style known as

Hemingway's "theory of omission." His second collection, Men Without Women (1927) contains 14 stories about bullfighting, prizefighting, infidelity, divorce, and death. His third collection, Winner Take Nothing (1933), also contains 14 stories. The Complete Stories includes 14 short stories published in books or magazines subsequent to The First Forty Nine. This includes Four Stories of the Spanish Civil War (1969) which grew from Hemingway's adventures as a newspaper correspondent in and around besieged Madrid and movingly portray the effects of war on soldiers, civilians, and the correspondents sent to cover it. The Complete Stories includes seven previously unpublished stories.

The Nick Adams Stories (1972) show a memorable character growing from child to adolescence to soldier, veteran, writer and parent - a sequence closely paralleling the events of Hemingway's life.

These 24 stories are arranged here in chronological order and by theme. Seven were previously unpublished.

The Hemingway Library Edition of The Short Stories of Ernest Hemingway (2017) includes two previously unpublished stories.

The Hemingway Library Edition of The Old Man and the Sea (2020) also includes a previously unpublished story.

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PERSPECTIVE 7

Poppy anniversary live-streamed

By Justin Hardy - TB Source

A Remembrance Day live stream event will be held on Thursday in honour of the 100th anniversary of the poppy.

ResearchTV is partnering with Lakehead University's history department and Friends of the Finnish Labour Temple to host a free Remembrance Day live stream event on Thursday evening.

Special attention will be paid to Anna Guèrin, "The Poppy Lady of France," who was instrumental in introducing the poppy as a symbol of remembrance in 1921 at the Prince Arthur Hotel.

"From then on, all across the Commonwealth, veteran's associations and legions made use of the poppy as a fundraising tool," said film producer Kelly Saxberg.

"She had begun that much earlier in the First World War because she's from France and she travelled back and forth during the war and she saw the devastation, the widows and the



The poppy was agreed to as a symbol of remembrance at the Port Arthur Waterfront Hotel 100 years ago. (Leith Dunick/FILE)

orphans, and the wounded veterans, so, she wanted to fundraise so that people would be able to support those people after the war."

The event will feature a recording of the 100th anniversary of the poppy event which took place in July 2021 and culminated in the unveiling of the

plaque at the Prince Arthur Waterfront Hotel, with speeches by MP Patty Hajdu, MPP Michael Gravelle and Mayor Bill Mauro. The docudrama, "Where the Poppies Grow - The Lakehead at War" will be streamed at the event followed by a presentation by Dr. Nathan Hatton, on Elizabeth Smellie, "Canada's Florence Nightingale," and then a presentation by Dr. Ron Harpelle about his latest film Le Tireur d'èlite/The Sniper – Patrick Riel.

The event will also feature interviews with Anna Guèrin's granddaughter, Sylvie Thouard, Claude Vigoureux, the director of the office of Veterans and Victims of War, who recently completed a short biography of Anna Guèrin, Mayor Guy Massot from Vallon Pont D'arc, Guèrin's birthplace, and with artist Pascal Boillet.

The live stream will end with an unveiling ceremony of a plaque in memory of Anna Guerin from d'Aubigny-sur-Nère.

The virtual event is free will begin on Nov. 11 at 10:30 a.m. and will be streaming on the event's page of https://www.researchtvcanada.ca/.

in and around... The Bay

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

November 11

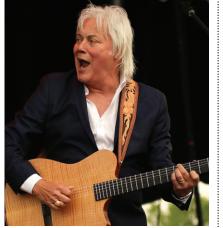
Easter Seals Celebrity Roast Come see RBC's Brenton Hagberg roasted under the spotlight. Michael Nitz, Jeff Jones, Stephen Kontz and a special guest are the roasters, with emcee Chris Holland. The night includes a four-course dinner and silent auction. Tickets are \$125 per person, with proceeds benefitting Easter Seals Ontario.

November 12

Marcus Visionary Raised in in multicultural Toronto, Marcus Visionary's roots are in Guyana, the music of the Caribbean heavily influencing his sound. A DJ, producer and radio host, he's a force in Jungle music, also influenced by the likes of Rebel MC. Tickets are \$20 and available at www.atmostbay.ca.

November 12/13

Alfie Zapacosta Join the mulitple Juno Award-winning



Alfie Zappacosta will be at the Port Arhur Legion.

artist Alfie Zapacosta at the Port Arthur Legion's Imperial Hall on Van Norman Street on Friday and Saturday night for a night of music. Cash only, tickets are \$30 and available at the Legion Club room after 3 p.m.

November 13

Honest Heart Collective Thunder Bay's own Honest Heart Collective will be at NV Music Hall on Saturday night, with special guest The Treble. It's the More Harm Album release show, presented in part by Rock 94. Ryan MacDonald, Nic MacDonald, Kevin Heerema and Jay Savage take folk rock to a new level. Tickets are available at www.honestheart.com. The show starts at 8 p.m. and is 19plus.

November 13

Winter Wonderland Craft Show Hosted at the Urban Abbey, the Winter Wonderland Craft Show is a chance to get a head start on holiday shopping, finding the perfect gift for that special someone, or something to decorate your home at Christmastime. The show runs from 10 a.m. to 3 p.m.

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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THIS WEEK'S POLL QUESTION:

Should the Min. of Trans. put in rumble strips on Hwy. 102 approaching Sistonen's Corners?

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Visit tbnewswatch.com LIFE Thursday, November 11, 2021 Has gardening season ended

Yup, November, the brown month. The bracken by the side of the road says it all. We've even had snow, as I mentioned in the last column, on Halloween. Didn't stay. T'was a

warning shot across our bow of what is to come. And so, we prepare; we get ready for Ol' Man Winter.

All summer long my wife, Laura, has been trying to convert our vegetable garden into a weed-free zone. She has been digging up all of the earth and shaking out the crabgrass roots.

Then we make wooden forms for permanent beds and fill them with our excellent well-rotted manure (now twenty years in the making), and cover them with loose hay from our barn.

On Sunday she dug the last bed and made an aisle beside it. Then



she covered the aisle with cardboard and on top of that spread a mix of wood shavings and dirt. It is hoped that the aisles will be weed-free as well. Lastly, I dug holes along the

> garden border into which we inserted wooden posts to reestablish a page-wire fence. I will be adding fencing on top so as to prevent marauding deer from raiding our veggies. There is but a day's work left and then the garden is ready for winter.

The lengthy and warm autumn has allowed extensive periods of gardening. I was prepared to roll up the watering hoses but Laura announced that the next week was to be warm and she still had plants thriving in the greenhouse so she would still require water. OK. But on Monday I rolled up the hoses and stored them in our

tractor shelter since the warm spell was coming to an end, or so I am told. I also took a spade and bucket and cleaned up all of the dog poop on the lawns that I'd been ignoring.

Walking from the house to the garden and back was getting to be akin to the game of hopscotch. Enough! So, for a while at least we no longer have to move stealthily, always looking down.

It is a good time to be stowing all the gardening stuff and to be making sure that we have enough firewood in the basement boiler room.

I figure I have about three cords of seasoned birch remaining from the ten cords that I bucked and split two years ago. We have quite a few tall, dead poplar trees with the bark removed. I'm hoping the wood will be solid and dry.

I felled three this past weekend but only half of the wood was solid. The rest was punk and powdery.

This week I tackled three large

ones that hold promise once I get to the splitting part. Poplar is plentiful in our neck of the woods. However, it leaves a lot of ash in the stove and doesn't give off nearly as much heat as birch or black ash.

We had hoped to install a propane boiler to heat Casa Jones but the cost was too prohibitive for us at this time and the price of propane just soared.

We have an electric boiler that was installed when we built the house as electricity, propane, and oil were about the same price. We use the electric more these days to save the remaining birch for when it gets really cold outside. Our 'Hoosie' stays warm at night due to the electric boiler.

The fencing has been repaired surrounding our 'Winter Paddock' where the horses spend their days in the winter months. It is close to the barn so that it is easy to get them in and out. One of the projects Laura

and I did was to relocate the large water trough close to the main gate. When we first established the riding business back in 1999, we had divided the western paddock into three with three separate water troughs.

Then we reduced it to two and finally to one long one, but we never moved the upper trough. Now it sits on a raised wooden foundation and has the heater inside to keep it from freezing. In winters past, the snow has crested the top of the water trough and so this year we vowed to prevent such an occurrence.

On Sunday, Laura announced that this weekend would be the final one for gardening. "You said that about last weekend too," I said.

"We keep on having 'final weekends for gardening." Perhaps next weekend will be the really, truly 'final weekend' for gardening ... or perhaps the next...or perhaps ... I'll let you know.



World Kindness Day Saturday, November 13th, 2021



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Hanging 10 on Lake Superior

Lake Superior is not a place where resident who discovered the sport of you expect to find surfers. Most wave riders prefer ocean coasts in

warm climates, like Hawaii or California. However, for a dedicated group of hardy Canadians, the north shore of Lake Superior provides a cool surfing opportunity close to home.

November is a great month for surfers in Northwestern Ontario

because, in general, late autumn is the best time of year to encounter the best waves that Superior has to offer.

Van Bailey is a Thunder Bay

surfing a few years ago. He grew up enjoying board sports like long

boarding, skim boarding and wake surfing, so "lake surfing seemed like the next logical step" he says. Like most north shore surfers, Van makes an effort to get out on the lake whenever a good storm rolls through. Timing things right for good waves is

important, so surfers will check the wave and wind maps online and try and predict when the best swells will arrive. Bailey says that usually, if you can catch the tail end of a storm, you will get the most predictable waves. The conditions that are perfect for large waves on the big lake coincide with harsh, cold, and windy conditions. So, while surfing on Superior is possible at any point of the year, fall and early winter provide the best storms and therefore the best waves.

Surfing on Superior is not without its challenges and risks. With the water temperature at the freezing point and the air often much colder, the crashing and chaotic waves can create a dangerous situation.

Bailey emphasizes safety and never surfs alone.

Heading out with his wife, brotherin-law or friends, they will visit a number of spots along the north shore including places around

Terrace Bay and various provincial parks east of Thunder Bay. Fittingly, the Terrace Bay Beach was recently voted "Best Place to Play in the Water" by the readers of Lake Superior Magazine.

Braving the icy waters of Superior in November requires some special gear.

North shore surfers use Xcel 6/5mm hooded wetsuits which are crucial for heat retention. As well, 7mm thick neoprene booties and gloves protect the extremities. A properly fitted wetsuit will only allow a tiny bit of water in but your body will warm it up quickly. Without that tiny half centimeter of insulation provided by the suit, hypothermia would set in within

minutes. As far as boards go, surfers use styles ranging from stand up paddle boards, to long boards, to the odd short board. Bailey uses a 79 litre volume, 8 foot foam board. "It's predictable and easy to catch smaller waves with, and it's soft so it isn't as sketchy when you get tumbled by a wave" he says.

LIFE 9

For those curious about surfing on Lake Superior, getting in touch with a local expert is a great first step. Bailey adds that "the surf community on the north shore is welcoming and there are a lot of fun waves to be had up here."

When you surf Superior, those rainy, cold and windy fall days suddenly become some of the best of the year!"





the GOOD LIFE



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Sous vide-style cooking has become more and more popular lately, and isn't as tough as it sounds. (Pedro Serna/Wikipedia)

Sous vide supper

Sous vide cooking. Sounds intimidating. It's not, Sous vide is a cooking technique that cooks food slowly and evenly while submerged in a water bath. Here's how it works. Food is placed in a vacuum-sealed bag and plunged into the bath.

The food cooks evenly because it is surrounded by water, not air.

Because the water doesn't go above a certain temperature, you never have to worry about overcooked food. The literal English translation of sous vide is "under vacuum" it gained popularity when whole meals would be prepared,

and then vacuum sealed, and reheated via a boiling water bath.

The sous vide cooker itself, is basically a warming element and a water circulator that clips to the side of the water bath to keep the water moving and heating evenly throughout the cooking process. Think of it as a single jacuzzi jet working away on the side of a tiny tub for your food.

For example, if you were to

cook a couple steaks in a sous vide, you would vacuum seal your steaks, with any herbs or seasonings you would desire. Don't forget to leave out the salt, salt is a diuretic and can dry out your meat over time (like hours in a sous vide bath ... seriously).

Submerge your meat into the bath and set your sous vide

cooker to the appropriate temperature. For most beef eaters you would want to set your immersion sous vide cooker to about 125 degrees to 135 degrees.

Derek Lankinen Here's Cooking at You Kid aled, and down to a more manageable

temp. Almost room temperature would even be acceptable. This would be when you would sear your steak, either on a hot BBQ grill or cast-iron fry pan. Now add your salt an any other seasonsing.

This will help you get the proper maillard crust. Maillard refers to the seared proteins on the outside of meats. The important thing to remember is your meat is already cooked, so we just need you to get your colour and add that seared beef flavour now. Hotter the better, but also you don't want it in the pan or on the grill for very long. Get it on, get it off. I'm sure there is a crass joke in there somewhere, email me your best ones!!

There it is, a perfect medium rare steak every time, a little bit of fuss, but entirely worth it, especially if you're cooking steaks for a group of people. If they want their steaks well done, politely ask them to leave without causing a scene.

The consensus of the two best sous vide cookers on the market seem to go to Breville and Anova. For my money, Anova provides the best bang for your dollar however a more inexperienced cook may want to go with a more cost efficient option for their first unit.

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



ON THE SCENE 11 **Match-making show baffling**

After 26 seasons, ABC's The Bachelor and The Bachelorette are still going strong. While the ratings have continuously inched downwards, it's still the alphabet network's highest-rated unscripted show.

But why?

The scenario never changes. One man (or woman) gets a smorgasbord of hand-picked women (or men) to date. Each week, the menu is whittled down until there's only a couple left standing. A marriage proposal is made. Then a couple

months later, they break up and move on to other Bachelor franchise shows.

There has been a same-sex proposal during one of said spin-

together

Fiona Gardiner FL

offs, Bachelor in Paradise. But even that potential union ended within months.

It's truly the weirdest competition show on television. The players give up their jobs and families to compete for weeks and

> the grand prize is ... another person. Which most end up returning anyway.

The current season is just beginning. And vet, The Bachelorette, Michelle Young, has already cancelled rose ceremonies and "unceremoniously"

sent the men-whodone-her-wrong packing.

Apparently, this is how producers are keeping viewers watching. Not with steamy and bikini-clad hot tub make-out sessions. That's totally 2015.

No, this year, we're watching a proud black woman stand up for herself and kick anyone to the curb if they disrespect her. Of course, that's only after the weird

group dates - perfect for getting to know someone on a deep and soulful level - along with the usual behind-the-scenes fights between contestants - creating drama that (deep announcer voice) "no one saw coming."

What the heck is the MICHELLE YOUNG allure of this show?

There's a real imbalance of power that has generations of feminists weeping into their burned bras. Sure, producers claim that any of the romantic candidates can leave any

time. Yet few have. Why? Because many of the contestants are only there for fame or to promote their businesses - not for love.

But that's OK. The entire relationship is formed in an artificial bubble with wardrobe designers, make-up artists, flattering lighting, and perfectly-toned bodies. How could this love survive in the real world of bad hair days, familial interference, financial worries, and the occasional flatulence?

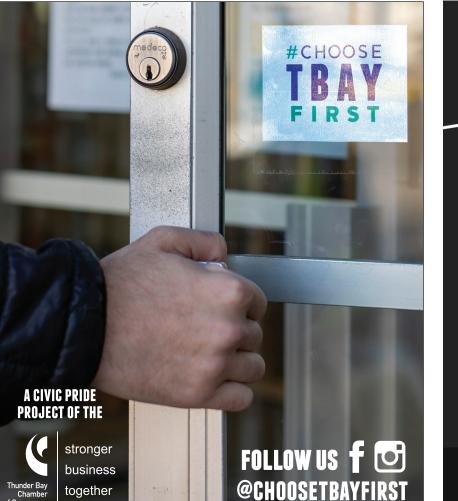
Plus, every season, one of the contestants has a controversial backstory that isn't discovered until a few weeks into the season. We've seen offensive photos and social media posts and even a few

criminal charges that should have easily come to light during a basic background check. And yet, producers claim to be "shocked" that they slipped through the cracks. Every. Single. Season.

Then there's the obvious lack of diversity. (Note: It took 25 seasons to cast the first black bachelor.)

The Bachelor(ette) treats love like a formulaic game that can be timed out around commercial breaks and ratings sweeps. Sure, there have been a handful of marriages and even some babies. However, many of those have now ended in divorce too.

Perhaps viewers still believe in the magic of true love. But if 26 seasons of TV has taught us anything, it's that we probably won't find it in front of ABC's cameras.









GAMES 12



Engine cryptograms are created from quotations and proverbs from around the world. Each letter stands for another letter. *Hint: "R" = "B"*

"ZQNFU HQN YN LNZ FZSYO EPU NLXO DEZZXU YPUFFUY SB JL GUL'F

DXNZQUF."

- DQJLUFU BPNIUPR

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ACROSS 1 Fiddler crab genus 4 S. Afr. language 8 Water (pref.) 12 Computer chip 13 Fetish 14 Musical instrument (brass) 15 Stray 16 Sayings (suf.) 17 Bird 18 Menotti hero 20 Reimbursed 22 Substantial 25 Rice bran 28 Beer ingredient 31 Solid or spirit (fr.) 34 Arrival (abbr.) 35 Spiread, as gossip 36 Birthplace of Constantine 37 Yale student 12 15 13 19 22 28 29 30 34 19	39 Eight days after feast 40 Santa's reindeer 42 Old 44 Thunderfish 46 Music for nine 50 Boor 52 Rhine tributary 55 Amer. Automobile Assn. (abbr.) 59 Prodicate 57 Heddles of a 00m 58 Receipt (abbr.) 59 Prow 60 Facile 61 "Lady of the Lake" outlaw DOWN 1 Fertilizer ingredient 2 Buiblike stem 3 W. Indian hog 4 5 6 7 13 2 16 2 23 24 24 25 31 32	$\begin{array}{c c c c c c c c c c c c c c c c c c c $	REVIOUS PUZZLE L O W M O P E V I A N A A I S L A R D E B O N Y A N C U B I C A N C U B I C A A C U B I T F A M C I I D D D A C E E R I I T A L N E A B A N I D D D A C E E R I I T A L N E A B E I 11 Mulberry of India 19 Hours (abbr.) 21 Malay law 23 Taj Mahal site 24 Love of Petrarch 26 Bowfin 27 Tax 28 This one (Lat.) 29 Fillet 30 Yellow 32 Criticize 35 Second brightest star 39 Jap. celerylike plant 41 Same (Lat.) 43 Opponent 45 Carplike fish 47 Matgrass 48 Apiece 49 Braz. armadillo 50 Television
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Diana's royal nightmare

Princess Diana's tormented psyche and her battle with the royal family gets full "reimagined" treatment in "Spencer", (SilverCity), described as a "fable based on a true tragedy."

This is not a bio-pic. Some incidents and characters are fictionalized. So why buy into this interpretation?

The filmmakers isolate a pivotal episode in Diana's life. Within their stylized, surreal approach they explore her inner angst. Kristen Stewart offers a surprisingly strong, luminous portrayal of a princess under siege, capturing Diana's vulnerability and physicality in unmannered, natural fashion. Stewart has her own baggage with celebrity.

It's Christmas, 1991. Diana's attending a three-day celebration at the Sandringham Estate, Queen Elizabeth's country retreat. It's not a happy time.

Her marriage to Prince Charles is essentially done, thanks to his affair with Camilla Parker Bowles. A final insult is Diana's discovery that Charles has given her and Camilla the same lovely pearl necklace as a Christmas gift. Diana aptly likens it to a choker.

Such is her life as envisioned by director Pablo Larrain ("Jackie") and screenwriter Stephen Knight ("Locke"). Diana is ensnared in physical and emotional isolation. Her limited interaction with Charles (Jack Farthing) and the Queen (Stella Gonet) is terse, cool and remote. They sense she's on

her way out. And she's to blame. One ally is her dresser, Maggie, (Sally Hawkins) who has the film's most telling line about what Diana truly needs. Another is head chef Darren (Sean Harris) who counsels her.

The royals' famously cool, clannish attitudes tie into the surreal depiction of Diana's isolation. Food and fashion are weaponized against her.

Christmas dinner offers no genial interaction. She's being 'observed.' Serving staff operate



Kristen Stewart, plaving Princess Diana, wears an OPP cap at the end of the movie Spencer.

in militarized unison.

The family's adherence to history and tradition drives Diana to near madness. Her persecution is realized in her visions of Anne Boleyn, who was beheaded by her husband,

Henry VIII.

The strait-jacketing conformity and repression are embodied by Timothy Spall, head of the estate staff who scrutinizes her every move, "coaxing" her to conform.

Diana's joy surfaces only when interacting with her sons William (Jack Nielsen) and Harry (Freddie Spry). She has a prophetic line when referencing

the boys' grammar lessons. "Past and present are the same with the royals," she says. "There is no 'future."

Diana doesn't do herself any favours though. She's beyond 'going along to get along.' She bristles at outfits pre-selected for her and schedule reminders announced by imperious knocking on her door.

Visit tbnewswatch.com

Thursday, November 11, 2021

Diana finally breaks loose with her lads. We lament over what fate awaits her. Recall the stinging backlash the royals' incurred over their initial detached reaction to her tragic passing.

Brilliantly underlining the drama are the cinematography, set design and soundtrack.

Princess Diana's inner anguish, as envisioned here, makes "Spencer" an affecting domestic horror story.

PS: Near the film's end, spot Diana wearing, of all things, an OPP cap. That's her rebellious fashion statement.





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Marty Mascarin MOVIE TALK

Falcons champs again

By Leith Dunick - TB Source

A heavy dose of Tyler Robertson turned out to be just the remedy the St. Ignatius Falcons needed to return to the high school senior football championship circle for the first time in three years.

The burly back, who said he's mulling university offers, ran for 144 yards and the title game's only major, a two-yard plunge up the middle early in the third to lead the Falcons to a grindit-out 10-7 win over the Hammarskold Vikings.

It was the first time in three match-ups this season that St. Ignatius got the better of their north-side rival.

And oh, did it feel good, said Robertson, who carried the ball for more than 300 yards in last week's semifinal win.

"I feel amazing. It feels really good to get the win," Robertson said.

"I think the game definitely kept the audience on their feet the whole time."

While Robertson piled up the yards by game's end, in the early going coach Jason Moore spread the ball around, in part to keep the Vikings from keying in on his star running back.

It's a team game, Robertson said, shrugging off the early play calls.

"It was working in the first quarter and whatever works, we're going to go with. It's fine with me."

Moore said it was clear from their two losses to the Vikings in the regular season that they

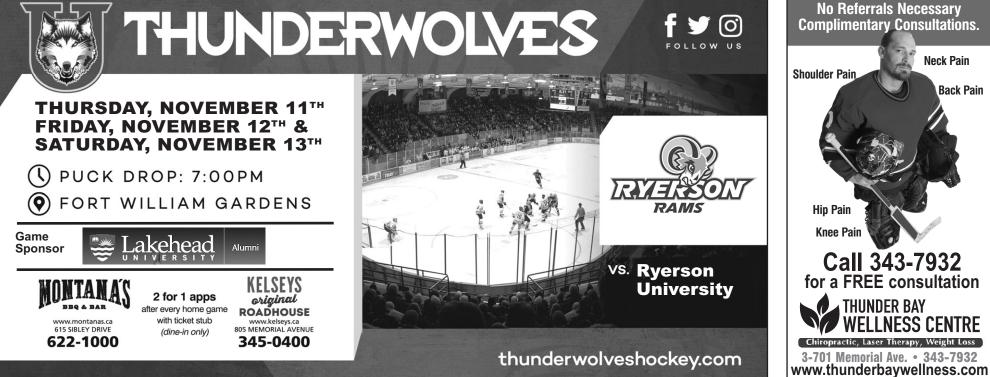


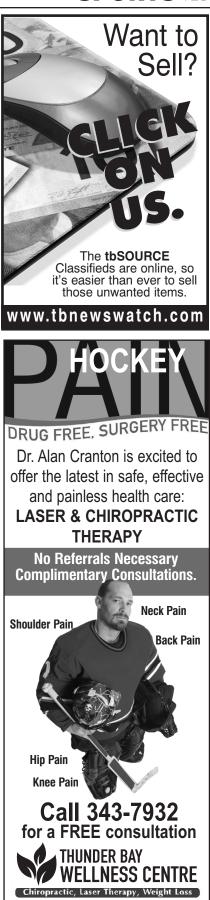
Falcons captains Rob Hathazi (from left), Jett Sweitzer, Lucas Kawiatkowski, Tyler Robertson and Nico Scavarelli.

needed to establish a run game from the outset. Both Robertston and Hammarskjold's Dylan Halls, who finished with 133 yards on the ground, were called upon to handle the ball for their respective teams, though both clubs did try to establish the pass game, with limited success.

It took the Vikings until just past two minutes in the fourth to finally break the Falcons goose egg. Taking over on the St. Ignatius 37, Halls promptly ran for 25 yards to the 12, then took it home with runs of five and seven yards to make it a three-point game.

In the junior final, Owen Renn ran for a pair of touchdowns as Hammarskjold ended a 12-year drought, capturing the championship with a 15-7 win over St. Ignatius.





SPORTS 13



Visit tbnewswatch.com Thursday, November 11, 2021



Desk reporter



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O A strong understanding of social media and mobile devices and various operating systems

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O A valid driver's license

O An ability to meet tight deadlines

We thank you for your application, however, only those selected for an interview will be contacted. Please forward your resume, cover letter and examples of your writing and photography to:

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OLove digging for a story and explaining the big picture to our readers

O Are committed to fairness, accuracy and journalism ethics O Have exceptional writing skills

O Training will be provided

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