

The Fishwrapper



ALL NEW BLUEFIN GRILLE

SUPERIORWATERS WELLNESS CENTER

The all new SuperiorWaters Wellness Center and Spa is under construction now and will open soon at Bluefin Bay. Located next to the Indoor Pool, at the center of Bluefin Bay, SuperiorWaters will provide many wonderful and relaxing therapies including:

Heated Stone Massage Therapy: Smooth Lake Superior stones are heated and used to provide penetrating warmth while areas of muscle tension are gently relaxed by your therapist.

Deep Tissue Massage Therapy: A relaxing, nurturing therapeutic massage using firm pressure as determined by your preference and therapist skill.

Swedish or Esalen Massage: A gentle, intuitive, nurturing relaxation massage using light to moderate pressure. A soothing experience.

Prenatal Massage Therapy: A safe, healthful and effective massage for expectant mothers. A relaxing, comforting session with consideration of specific soft tissue changes associated with pregnancy.

Couples Massage: Couples may receive sessions at the same time in adjacent rooms. Relax and unwind together at Superior Waters.

Body Polish or Salt Glow: Gentle exfoliation treatments to improve skin texture by removal of rough, surface skin. Skin nourishing and hydrating lotions and creams are applied to achieve a radiant, petal-soft skin.

Skin Restorative Seaweed Pack: A creamy mixture of five French seaweeds applied with calming massage strokes and removed with warm towels. Oils and lotions are applied to achieve smooth, soft skin.

Movement Self Expression and Exploration: A movement specialist with background in yoga, Pilates and dance will guide you, one-on-one, through a session

specifically tailored to your needs, age and preferences. The session goal is to learn, explore and have fun. All ages are welcome.

Partial Body Therapies: Just My Back; Just My Feet; Arms and Hands; Heavenly Face and Neck Massage are individualized partial body sessions.

Myofascial and Neuromuscular Therapy: Massage therapies focused on restoring normal function to specific soft tissue problem areas.

Wellness and spa services at Superior Waters are provided by staff of North Shore Health Therapies, Inc. You may learn more about North Shore Health Therapies staff and services by visiting their website at www.nsmassagetherapy.com or by going to www.bluefinbay.com and clicking on their link. Appointments may be made by phone. Call Guest Services at 1-800-BLUEFIN.

Whether you come to SuperiorWaters for a hour or for the whole day our staff is ready to make your stay a memorable experience in this warm and tranquil world designed to let the rest of the world just fall away.

WIRELESS HIGH SPEED INTERNET
Bluefin Guests can now access high speed wireless internet in all of our accommodations - complimentary.

FOOD & WINE LOVERS
Block your calendar and make your reservation soon for our Autumn Food & Wine Lovers Weekend, November 4 & 5, 2005 at Bluefin Bay.

ON-LINE RESERVATIONS
On-line reservations are now available at www.bluefinbay.com Just click on our new "On-line Reservations" link on the top of any page and take it from there. You will find floor plans, accommodations descriptions and

THE ALL NEW BLUEFIN GRILLE

CHEF Barret Stavseth and staff invite you to come enjoy the all new Bluefin Grille - combining the best of the Bluefin Restaurant and the Breakers Bar & Grill in a beautifully remodeled space overlooking Lake Superior. The atmosphere is casual. The food is great.

Voted by readers of Minnesota Monthly Magazine "Minnesota's Favorite Resort Restaurant", the natural elegance of Lake Superior graces the Bluefin Grille with the best dining location on the "Big Lake".

Named "A restaurant worth the drive" by Minneapolis/St. Paul Magazine. The Bluefin Grille is opened daily for breakfast, lunch, dinner and snacks along with wine, beer and spirits. Chef Stavseth and his staff will create for you a fine array of traditional North Coast fare with a contemporary twist using the freshest ingredients and served in this comfortable, casual environment right on the shore of Lake Superior.

Be sure to make your reservations by phoning directly to 1-218-663-6200 or at the Front Desk when you make your lodging reservation at 1-800-BLUEFIN. Our friendly and professional staff awaits you.

What Our Guests Say

"Really solid job from top to bottom. Value better than we expected it would be. Service was superb from everyone - Nice touches which made stay special for us - Had expected to stay once in a while, but you made believers of us. Will return soon and will tell friends - already planning our next trip.

Mike, Eagan, MN

"Just wanted to tell you. How much we appreciated the Calendar, and Fish Wrap. We always make at least two trips up there to just enjoy the scenery, and have a Wonderful Meal...So Many Great Memories around your place So glad you folks are enjoying the success of having the Greatest Getaway on the North Shore."
Dick and Ginny

F.Y.I.

photos to help make your choices. If you have any questions, just call us at 1-800-BLUEFIN (258-3346).

ON-LINE WEATHER

It is now available at www.bluefinbay.com AND soon, we will have a camera feed so you can see the waves (or not) and the weather in real time, on Bluefin Bay.

BIKES

The Bluefin fleet is now more than 40 mountain bikes and kids trailers which are all complimentary to Bluefin Guests. You can experience the many designated bike trails surrounding Bluefin and in the Superior National Forest, (continued on back)

Calendar of Events

JUNE 2005

- 1-17 Spring Fever Special and Seniors' Weeks at Bluefin Bay
- 3-5 8th Annual Spring Boreal Birding Festival - North House Folk School
- 17-19 Sawtooth Challenge Stage Race and Mountain Bike Festival - Grand Marais
- 18 Grandma's Marathon (Duluth)
- 19 Father's Day
- 21 Summer Solstice
- 23-26 & 30 Harvey - Comedy - Grand Marais Playhouse

JULY 2005

- 1 Canada Day
- 1-3 Harvey - Comedy - Grand Marais Playhouse
- 4 Independence Day (Tofte Parade, Tofte Trek, Fireworks over Lake Superior)
- 23 West End Garden Club Flower Show
- 28-31 The Fintasticks - Musical - Grand Marais Playhouse
- 29-31 North Shore Dragon Boat Festival

AUGUST 2005

- 4-7 The Fintasticks - Musical - Grand Marais Playhouse
- 4-7 Grand Marais Fisherman's Picnic (Food, crazy days, fun, fireworks, street dances and parade)
- 12-14 Rendezvous Days - Grand Portage
- 25-28 Rumors by Neil Simon - Farce - Grand Marais Playhouse
- 28-31 Seniors' Weeks at Bluefin Bay

SEPTEMBER 2005

- 1,5-8 Seniors' Weeks at Bluefin Bay
- 1-4 Rumors by Neil Simon - Farce - Grand Marais Playhouse
- 2-4 Bayou Boogie Festival - Grand Portage
- 5 Labor Day
- 20 Fall Equinox
- 30 The Merchant of Venice - Shakespeare - Arrowhead Center for the Arts

OCTOBER 2005

- 1 The Merchant of Venice - Shakespeare - Arrowhead Center for the Arts
- 10 Columbus Day
- 20-22 MEA Weekend
- 21-23, 28-30 An Evening of One Act Plays - Grand Marais Playhouse
- 21-23 Moose Madness (Moose gifts, chocolate, scavenger hunt, moose calling)
- 23 Autumn Quiet Time and Gales Special begin at Bluefin Bay

NOVEMBER 2005

- 1-30 Gales Special at Bluefin Bay
- 5 Arrowhead Idol - Grand Marais Playhouse Fund Raiser and Talent Show
- 4-5 Food & Wine Lover's Weekend
- 11 Veteran's Day & Remembrance Day (Canada)
- 24 Thanksgiving

Seniors' Weeks

May 15-June 16, 2005

August 28-September 8, 2005

Except Holiday Periods

Seniors' Weeks Special Includes:

25% off Lodging Sunday-Thursday

Discounted Greens Fee at Superior National

Valid for those ages 62 and older

2 night minimum

F.Y.I. (continued)

bushwack on your own down old logging roads or through the woods OR enjoy a more leisurely ride along the newly completed sections of the Gitchi Gami Bike Trail which runs right through Bluefin Bay.

CANOES & KAYAKS

Canoes, complete with life jackets, are available at the Guest Service Center, complimentary to Bluefin Guests. OR take a romantic and exciting guided kayak excursion lead by our certified instructor - also complimentary for Guests.

TOFTE CHARTERS

Fishing Charters on the Big Lake are back again this year with Captain Darren Peck at the helm. Darren does a great job, so make your reservations early. Just call 1-866-663-9932 now for information and reservations.

AVANTI CHARTERS

The beautiful and majestic 42' sailing vessel, Avanti, is again available for charters with Captain Todd Spencer at the helm. Just phone 1-800-258-3346 for information and reservations.



THE RASMUSSEN'S WEDDING, FEBRUARY 28TH

"Thank you for making our stay absolutely wonderful! We traveled North to be married on the shores of Lake Superior and chose Bluefin (after much investigation via the web). We were greeted by very helpful staff at Guest Services who assisted us with our requests.

We love the North Shore and decided Lake Superior would make a perfect back-drop for our personal, family wedding. From the picture, you can see we were blessed with a gorgeous day on the 28th of February! Leah, from Guest

Services, obliged our request to be our second witness. Not only did she do so with a friendly smile - but took some pictures for our memories we would have not had otherwise. Thank you Leah!

I am sharing some of the photos per your request and rate your resort very high in all aspects. The kid's really liked the outdoor pool - enjoyed in a Minnesota Winter - We will be back!" The Rasmussen's
Steve, Jackie, Tim, Carlie & Jenna

HERB ROASTED CHICKEN

Ingredients:

- 1 whole chicken-split
- 1/8 cup fresh chopped garlic
- 1/4 cup fresh rosemary, chopped
- 1/2 Tbsp lemon pepper
- 1 Tbsp kosher salt

1. Split chicken.
2. Mix garlic, rosemary, lemon pepper & salt. Set aside.
3. Stuff seasoning mix under the skin of each half and let stand refrigerated for at least one hour to allow marination.
4. Place on an oven safe pan & roast at 350 until chickens are completely cooked.
6. Serve hot with rosemary pan jus

Rosemary Pan Jus

Ingredients:

- 1 yellow onion-rough chop
- 1/4 cup fresh chopped garlic
- 1/4 cup clarified butter
- 1/2 gallon chicken stock-can substitute chicken base or paste
- salt & pepper to taste

- 1/4 cup fresh rosemary, rough chopped
- 1/8 cup corn starch
- 1/2 cup cold water

1. In medium kettle heat clarified butter.
2. Add onions and garlic and cook until starting to caramelize.
- ***Taking these vegetables to an almost burnt state is what gives the sauce its rich color.
3. Add s&p and chicken stock.
4. Bring to a boil and turn down. Simmer 15 minutes.
5. Add rosemary, turn off heat and allow 10 minutes for rosemary to steep into sauce.
6. Strain out solids through a fine chinois (sieve).
7. Mix corn starch and cold water-be sure to dissolve ALL corn starch.
8. Bring liquid back to a boil and gradually add corn starch/water mix.
9. Consistency should be a very light sauce or gravy.
10. Adjust seasoning.
11. Hold hot.

WIN THREE NIGHTS AT BLUEFIN BAY

Since MEA Weekend 2004 until March 31, 2005, we have been gathering email addresses from Guests so that we can easily communicate. Each Guest who provided their email address was entered into our Email Contest to win three nights lodging at Bluefin Bay. The winner of our drawing was Jonathan Strand of Minneapolis.

Congratulations Jonathan!!

We have just begun our third Email Contest with a prize of three nights lodging at Bluefin Bay. To enter, just provide us with your new email address between now and MEA Weekend, 2005.

Just go to www.bluefinbay.com

FOR YOUNG, OLD AND EVERYONE IN-BETWEEN

MONDAY

Oberg Mountain Guided Hike
Welcome to Bluefin Campfire

TUESDAY

Morning Sea Kayak Tour
Carlton Peak Hike-n-Bike
Grampa Woo III Lake Superior Tours
Afternoon Sea Kayak Tour
Campfire & S'mores

WEDNESDAY

Morning Sea Kayak Tour
Kids Crafts Activities
A Berry Fun Hike!
Bluefin BBQ, Campfire, Music & S'mores

THURSDAY

Morning Sea Kayak Tour
Afternoon Sea Kayak Tour
Movie Night

FRIDAY

US Forest Service Naturalist Program

Kids Crafts Activities
Temperance River Hike-n-Bike
Campfire & S'mores

SATURDAY

Morning Sea Kayak Tour
Treasure Hunt
Games & Outdoor Activities
Campfire & S'mores
US Forest Service Campfire Program

SUNDAY

Bingo
Campfire & S'mores

THERAPEUTIC MASSAGE

Relax your muscles. Soothe your Spirit.
Available everyday at Bluefin Bay!

Activities every day and each week from May 28th to August 31st. Register for all activities at the Guest Services Center or by calling 800-BLUEFIN (258-3346).

Tentative Schedule subject to change. Start dates vary for some activities.

FOR RESERVATIONS AND INFORMATION, PHONE 1-800-BLUEFIN (258-3346) • www.bluefinbay.com