

FRIDAY, MAY 27, 2016

WEEKENDER

THE SPEAKER'S WEEKEND EDITION



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Doctor recruitment

Funding proposal deferred

Diane Johnston
Speaker Reporter

TEMISKAMING SHORES – City council wants more information before it considers a proposal for a regional per-capita charge for doctor recruitment and retention.

On May 17, Temiskaming Shores council deferred a motion proposing a fee until it had more information about local doctor shortages and recruitment initiatives.

Councillor Danny Whalen had put the idea forward.

It would use the new body under consideration for the Earleton-Timiskaming Regional Airport to collect a fee from participating municipalities, based on their population.

That fee would be set by the Temiskaming Shores and Area Physician Recruitment and Retention Committee, and shared by Temiskaming Hospital and Englehart and District Hospital based on patient visits.

In discussions over the need for the airport and the air ambulance service it permits, “we said seconds count,” Councillor Whalen told council last week.

Seconds also count, he said, for the elderly, the children and indeed all patients waiting in hospital emergency rooms to see a doctor.

He proposes that the sum be no less than the city's current support for doctor recruitment and retention.

That's averaged a little more than \$51,200 annually over the past 12 years, he said.

While that's “a sizeable amount of money,” it's nowhere near the perks that larger centres can offer, he said.

He said he's been surprised by the support the proposal has received, from both the health community and the general public.

CONCERNS

Councillors applauded the work on the proposal, but also raised concerns.

Councillor Patricia Hewitt said the area needs doctors, but faces systemic challenges to recruitment. When it comes to incentives, she said, “I think there's another way. I don't think it should come out of our tax dollar.”

See “*Doctor recruitment*” on 3a



GARDENERS' CHOICE

Celery, chives and cornflowers were three-year-old Finnley Burrows' picks at the Englehart and District Horticultural Society's annual sale. His grandmother, Helen Williams of Englehart, is a fan, describing the seedlings as top quality and hardy. Gardening groupies began lining up an hour before doors opened for the May 21 sale at the Englehart Royal Canadian Legion. (Staff photo by Diane Johnston)

City preparing for first comprehensive bylaw

Diane Johnston
Speaker Reporter

TEMISKAMING SHORES – More than 12 years after it was born, Temiskaming Shores is anticipating delivery of its first comprehensive zoning bylaw.

“We still are dealing with Dymond bylaws, New Liskeard bylaws, Haileybury bylaws,” said Mayor

Carman Kidd May 17 after council set the zoning process into motion.

It will hire a consultant to work with city staff to create a single zoning bylaw “to complement our official plan,” Mayor Kidd said.

A zoning bylaw for the entire municipality, he said, will ease the work for staff and the committee
See “*City preparing*” on 3a

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CITY BULLETIN



Temiskaming Shores Public Library Circulation Clerk, Competition #2016-01 (1 year Contract Position starting July 12, 2016)

The City of Temiskaming Shores is a perfect mix of lifestyle, prosperity and location offering an exciting opportunity for an energetic and highly motivated team player in its public library facility. The successful candidate will be able to work in a fast paced environment as front-line staff in delivering the services of the Temiskaming Shores Public Library based out of the New Liskeard Branch.

The following qualifications will be considered:

- Excellent oral and written communication skills
- Post-secondary education in a related field is an asset
- Experience in customer service
- Experience and knowledge of technology devices: tablets, phones, e-readers, etc.
- Excellent computer skills and proficiency in Microsoft Office, Internet and database searching
- Good general knowledge of literature, current affairs and trends
- Acceptance and appreciation of working in a team-based environment
- Able to work in both branches of the library if required
- Ability to work flexible hours, including evenings and Saturdays

Salary: \$17.00/hour, averages 19.5 hours/week

To explore this exciting opportunity applicants are encouraged to submit their resumes no later than 4:00 on **Friday, June 3, 2016** to:

Rebecca Hunt, Library CEO
Temiskaming Shores Public Library
P.O. Box 2090
Haileybury, ON P0J 1K0
rhunt@temiskamingshores.ca

All applications are appreciated however only those selected for an interview will be contacted. The successful candidate will require a "Police Records Search Certificate" intended for the Vulnerable Sector.

Public Notice Water Use By-law

Please be advised that the City has provided first and second reading to By-law No. 2016-083 being a by-law to regulate the management and operation of the Water Works System in the City of Temiskaming Shores (pertains to distribution of potable water to structures)

Please be advised that Council will be considering third and final reading of the by-law at the June 21, 2016 Regular Council meeting. The by-law is currently open for public comment.

Written comments are to be forwarded to the Municipal Clerk prior to June 15, 2016.

David B. Treen, Municipal Clerk

Phone: 705-672-3363
dtreen@temiskamingshores.ca

Public Notice Door-to-Door Salesperson

Please be advised that the City, through Resolution No. 2013-310 suspended the issuance of Hawker and Peddler Licenses to Transient Traders and Door-to-Door Salespersons pending a review of the Municipal Business Licencing Policy.

Therefore no one is currently permitted to solicit the selling of goods, wares and/or services Door-to-Door within the City of Temiskaming Shores.

Note: this would not be applicable to recognized local sports groups or service clubs (i.e. bottle drive)

The City recommends that you respectfully decline any such salesperson and where possible report any particulars to the City's by-law enforcement personnel.

For further information please contact:

David B. Treen, Municipal Clerk

Phone: 705-672-3363
dtreen@temiskamingshores.ca

CALLING ALL SPORT AND VOLUNTEER ORGANIZATIONS!

Join this fantastic opportunity to celebrate and promote all the Active Living choices Temiskaming offers to its community! From ages 1 to 100, we can show Temiskaming there are activities out there that fit them – Let's get Moving!

Get Moving Temiskaming Ca Bouge
Saturday, June 18, 2016 10 am to 2 pm
Algonquin Beach Park – New Liskeard

To register your group to be a part of this great day please call 705-647-5709 or check out our facebook page at Get Moving Temiskaming Ca Bouge

SCHEDULE OF MEETINGS

REGULAR COUNCIL

Tuesday, June 7, 2016 - 6:00 P.M.

City Hall, 325 Farr Drive, Haileybury

PUBLIC LIBRARY BOARD

Wednesday, June 15, 2016 – 7:00 P.M.

Temiskaming Shores Public Library,
545 Lakeshore Road, Haileybury

PROCLAMATION

Council proclaims **May 29th to June 4th, 2016** as **"Victims and Survivors of Crime Awareness Week"** in the City of Temiskaming Shores.

Council proclaims the week of **May 30th to June 3rd, 2016** to be **"Bike Week in Temiskaming Shores"**.

NOTICE

Tipping fees charged at the Temiskaming Shores landfill site will be increasing as of July 1, 2016.

Please visit our website www.temiskamingshores.ca for more information.

COMMUNITY BIKE RIDES!

Monday May 30th

Join us for a friendly community bike ride – your pace, no race, all ages welcome!

Meet at the Pool/Fitness Centre at 5:45 pm and bike the STATO trail to City Hall in Haileybury and return the same way

Wednesday June 1st

Meet at City Hall at 5:45 pm and bike the STATO trail to Quarry Park via Farr Park. Terrain is paving and gravel and the ride will take about an hour.

Come out and celebrate Bike Week in Temiskaming Shores.

Bike Week in Temiskaming Shores May 30 to June 3

Wednesday June 1st

Ride your Bike to School Day and be eligible to win a free skate or swim party!

Thursday June 2nd

Ride your Bike to Work Day and stop at the kiosk in downtown Haileybury and New Liskeard for a juice and a muffin!

Friday June 3rd to Sunday June 5th

The Temiskaming Health Unit is hosting a CAN-BIKE 2 Instructor course.

Training in basic riding skills and knowledge of defensive cycling techniques.

Contact the Health Unit at 647-4305 ext. 2242

Join us in the Bike Week in Temiskaming Shores Activities!

Dispose of your Household Hazardous Waste for Free!

The City of Temiskaming Shores is hosting an **Orange Drop Event** to dispose of your household hazardous waste for free, in conjunction with the **New Liskeard Fire Station's fundraising car wash and BBQ** and the **Temiskaming Community Choir's Electronic Recycling Event**.

Saturday, June 4, 2016, from 9:00 a.m. until 2:00 p.m.
Parking Lot Next to the Fire Station on Wellington Street

Due to these events, traffic along Wellington Street will be reduced to one (1) lane. Please enter off of Whitewood as flow will move South towards Cedar Street.

Acceptable Materials for the Orange Drop event include:

Paints, Stains & Coatings	Paint Thinners, Degreasers & Other Solvents	Single-Use & Rechargeable Batteries	Pressurized Cylinders
Vehicle Engine Antifreeze/Coolant & Oil Filters	Empty Lubricating Oil Containers	Fertilizers & Pesticides	Portable Fire Extinguishers
Pharmaceuticals	Sharps & Syringes	Fluorescent Light Bulbs & Tubes	Mercury Containing Devices

The Orange Drop event is not applicable for Industrial, Commercial or Institutional entities.

For more information on what you can drop, visit www.makethedrop.ca.

Applications for Official Plan Amendment and Zoning By-law Amendment

Notice of Complete Applications And Notice of Statutory Public Hearing

Under Sections 22 and 34 of the Planning Act, R.S.O. 1990 c.P.13

The City of Temiskaming Shores has received the following applications to amend the Official Plan and Zoning By-law:

Official Plan Amendment File #: OPA-2016-01
Zoning By-law Amendment File #: ZBA-2016-01(NL)

Owner: Manuel Da Silva
Agent: Tunnock Consulting Ltd.
Property: 100 Lakeshore Road North (former École Sacré Coeur)

A public hearing will be held to consider the Official Plan Amendment and Zoning By-law Amendment applications:

Date: Tuesday, June 7, 2016
Time: 6:00 p.m.
Place: Council Chambers at City Hall, 325 Farr Drive, Haileybury

The purpose of the application is to amend the Official Plan provisions to permit the conversion of the former institutional building on the property to a standalone residential use, and to rezone the property from Institutional (S1) to Apartment Residential Exception 6 (R4-E6) to permit 40 units and establish site-specific provisions to permit: a minimum front building setback of 4.5m for an accessory gazebo; a minimum building setback on the south side of 2.9m (existing); a minimum apartment dwelling unit area of 37m² (398 square feet); a minimum landscaping area of 30%; and to remove the requirements related to the provision of play facilities.



Any person may attend the public meeting and/or make written or verbal presentation to express support of, or opposition to, these applications. If you are aware of any person who may be affected by this application, who has not received a copy of this notice, it would be appreciated if you would inform them of the application. Written comments on this application may be forwarded to the City prior to the hearing.

If a person or public body does not make oral submissions at a public meeting or make written submissions to the City of Temiskaming Shores before the proposed Official Plan Amendment is adopted or the Zoning By-law amendment is passed, the person or public body is not entitled to appeal the decision of the Council of City of Temiskaming Shores to the Ontario Municipal Board.

If a person or public body does not make oral submissions at the public meeting or make written submissions to the City of Temiskaming Shores before the proposed Official Plan Amendment is adopted or the Zoning By-law amendment is passed, the person or public body may not be added as a party to the hearing of an appeal before the Ontario Municipal Board unless, in the opinion of the Board, there are reasonable grounds to add the person or public body as a party.

If you wish to be notified of the adoption of the proposed Official Plan Amendment, or of the refusal of a request to amend the Official Plan, you must make a written request to the City of Temiskaming Shores, P.O. Box 2050, Haileybury, Ontario, P0J 1K0.

Additional information pertaining to the application is available for review between 8:30 a.m. and 4:30 p.m. at City Hall, or by contacting the undersigned.

Dated this 18th day of May, 2016.

Jennifer Pye, Planner
City of Temiskaming Shores
PO Box 2050
325 Farr Drive, Haileybury, ON P0J 1K0
Tel: 705-672-3363 ext. 4105
Fax: 705-672-2911
Email: jpye@temiskamingshores.ca

NOTICE

WATER DISTRIBUTION SYSTEM MAINTENANCE

Please be notified that the Environmental Crews of the Public Works Department will be carrying out maintenance programs, flushing and testing of fire hydrants throughout the municipal water distribution systems. The work may cause some discoloration in the water; however the effect should be minimal. If a coloured water problem is encountered in your water service line, flushing the service by letting the water run for a period of time should cure the problem. If the coloured water persists, please contact the Public Works Department for assistance.

This program will commence the week of **May 9, 2016** and will continue until approximately **June 30, 2016**

Tentative starting dates:
May 9th through the 30th in both New Liskeard and Dymond intermittently.
June 1st in Haileybury

Thank you for your co-operation as Environmental Crews of the Public Works Department carry out this important maintenance activity.

Director of Public Works
Public Works Department

For More Information Call (705) 672-3363

Write to The City of Temiskaming Shores, P.O. Box 2050, Haileybury, ON P0J 1K0 or Visit our Website: www.temiskamingshores.ca

Coleman fire deemed under control

Diane Johnston
Speaker Reporter

COLEMAN – Rain dampened a fire near Peterson Lake in Coleman Township where mine hazards had made firefighting difficult.

“We did get a little bit of rain last night, and we’re supposed to get more,” said Coleman Fire Chief Don Laitinen May 25.

In an afternoon interview, Chief Laitinen said the fire was under control but not yet out.

At that time, he was waiting for a Ministry of Natural Resources and Forestry helicopter to perform an aerial scan the next day to de-

termine if the fire had been extinguished.

Meanwhile, he said charges had been laid in connection with the blaze, which was reported at about 5:30 p.m. May 23.

No further details were available in time for this issue of The Weekender.

The fire is located in an area containing open cuts and mine hazards, making firefighting on the ground risky.

In the end, Chief Laitinen said firefighters managed to put some water on parts of the blaze. A ministry fire crew remained on standby, in light of smoke and “a few hot spots,” he said.

Preventing forest fires

TEMISKAMING SHORES (Special) – After forest fires forced the closure of highways near Hearst and White River, police are reminding the public to do their part to prevent fires.

The Ontario Provincial Police offer the following tips:

- If you observe a wildfire, call 911 and evacuate your family and pets to a safe location.
- Spring grass fires can be destructive. Seek alternatives by considering composting or using your local landfill.
- Do not toss cigarettes out of your vehicle window. Ensure that cigarette butts are properly extinguished before being discarded anywhere.
- Use campfires safely.
- Fires are not permitted in a restricted fire zone. This includes all grass and debris burning,

campfires, fire places and fire pits.

- Install smoke detectors on every floor of your home, including sleeping areas.
- Plan fire safety techniques and teach them to your family. Practice your plan and ensure that all members of the family know how to get out of the house quickly and safely.
- Should there be an evacuation, family members need a plan to be able to contact each other in case they become separated.

For any information regarding active forest fires in the region, contact the Ministry of Natural Resources and Forestry.

Information is also available at www.ontario.ca/ministry-natural-resources-and-forestry and www.ontario.ca/law-and-safety/forest-fires.

Doctor recruitment

Funding proposal deferred

Continued from A Front

Councillor Jeff Laferriere, who sits on the recruitment and retention committee, was concerned that the city would be “writing a blank cheque.”

Financial incentives may not be the key, he said.

“Wining and dining” prospective doctors “goes a long way to really promoting what we do have in the area, because what a lot of these doctors are looking for is quality of life,” he said.

Councillor Doug Jelly said he would hate to see either the airport authority or the

doctor recruitment proposal overshadowed because they’re “equally important.”

But he doubted that more physicians would reduce the number of highway collisions or stop the need to transfer patients out of the area.

He also questioned whether wait times in the emergency department would be shorter, because only one physician is typically on duty.

He recommended that the motion be deferred until council had more information about local doctor shortages.

It can be tabled pending

more information, said Councillor Whalen.

But he said council has probably received “next to zero information” from the committee in the past six years.

Councillor Mike McArthur said he too has requested information, going back as early as 2007.

Mayor Carman Kidd and Councillor Laferriere said minutes are taken and information is available.

A report will be presented at the next council meeting, Mayor Kidd said.

City preparing for first comprehensive bylaw

Continued from A Front

of adjustment, which considers requests to sever property and for minor variances from zoning rules.

The city’s first official plan – which sets the general policies guiding land use in the municipality – was approved in 2015.

The comprehensive zoning bylaw will put the plan into effect by setting out the rules governing issues such as lot size, building location and setbacks from sidewalks and other structures.

Mayor Kidd said council had originally thought municipal staff could consolidate the

bylaws in-house, but it proved to be too big a job.

He said the consultant will work closely with municipal staff to ensure that each issue is dealt with appropriately.

GOAL

The goal is a bylaw “that’s reasonable for the whole municipality,” he said.

It’s expected that the consultant will be hired in July.

And while it took more than six years to draft the municipality’s first official plan, Mayor Kidd hoped the zoning bylaw will be completed in six to eight months.

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The Elk Lake Civic Holiday Committee is seeking VENDORS

for the Township of James
70th Annual Civic Holiday Celebration to be held
July 29th to August 1st, 2016.

Applications can be obtained from the Township Office on Third Street in Elk Lake, by emailing elklake@ntl.sympatico.ca or telephoning 705-678-2237

For additional information, please contact Janet at elake@ntl.sympatico.ca.

Submissions must be received at the Township Office by Friday, June 3rd, 2016

Temagami Family Health Team
Submitted by Ellen Ibey

Vision Health Month

Vision Health Month is a national awareness campaign designed to educate Canadians about their vision health and eliminate avoidable sight loss across the country.

Did you know that nutrition can have a profound influence on your vision health? Good nutrition for the eyes means a balance of vitamins, minerals, fats and other nutrients. Although most Canadians don’t realize it, eating the right foods – along with other simple lifestyle changes like quitting smoking and exercising regularly – can go a long way to helping you prevent avoidable but serious eye diseases like age-related macular degeneration (AMD) and cataracts.

From A to Zinc: Eye-healthy nutrition

Vitamin A helps the retina function properly which is very important for good vision and the prevention of night blindness. Where to find it: liver, eggs, fortified milk as well as orange, green and yellow vegetables and fruits such as carrots, sweet potatoes, spinach, kale, mango and cantaloupe.

The lenses in our eyes contain **Vitamin C** which can be found in citrus fruits, strawberries, raspberries, cantaloupe, sweet potatoes, bell peppers, kale and broccoli.

Vitamin E is an antioxidant that seems to slow the body’s normal oxidation process, helping to prevent or slow the progression of age related eye disease. The best sources are nuts, green leafy vegetables and fortified products such as cereal.

Lutein is found in the lens and retina and is thought to protect the eye from oxidation that breaks down healthy tissue. Lutein is found in yellow and orange fruits and vegetables and dark leafy green vegetables, particularly in spinach, but also in kale, collard greens and broccoli. Lutein is also found in egg yolk.

Omega-3 fatty acids have anti-inflammatory properties that can help to prevent many diseases. The typical diet is lacking in omega-3 fatty acids. So load up by eating salmon and other coldwater fish, ground flax seeds, seaweed and walnuts which are all excellent sources.

Zinc is an important mineral that helps the body to absorb other antioxidants that protect the eye (like vitamin A). Zinc is found in cheese, yogurt, red meat, beans, nuts, seeds and whole grains.

If you’d like more information about nutrition for good eye health and are a patient of the Temagami Family Health Team, please call the office to make an appointment with our registered dietitian.

The Temagami Medical Centre and Family Health Team ... committed to keeping you as healthy as possible!

17 O’Connor Drive, P.O. Box 98, Temagami, ON P0H 2H0
Tel: 705.569.3244 Fax: 705.569.2610

SPEAKER WEEKENDER



General Manager - Lois Perry
Editor - Gordon Brock
In Memory of Dave Armstrong

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Lifting up

“Alone we can do so little—together we can do so much.”



Sue Nielsen

-- Helen Keller

The Fort McMurray, Alberta wildfire has devastated homes and businesses shutting the city down for weeks causing physical and emotional challenges for thousands of people in that city and across the province.

But through it all the kindness of family, friends and strangers are tempering the blow.

There is a mentality that exists that says disasters bring out the best in people, not the worst.

There certainly is a long history of that kind of altruistic crisis cooperation in this region.

When the need arises Temiskaming steps up to the plate time and time again.

This past weekend's bush fire in Coleman Township had everyone in Cobalt watching with bated breath as it was 39 years ago to the day that the 1977 Cobalt fire wiped out the north end of town.

When a fire siren is heard in Cobalt people sit up and pay attention.

People in Cobalt won't ever forget the help they received when the chips were down.

A big thank you to the Cobalt and Coleman Fire Departments and MNR for their latest efforts.

But getting back to the Fort McMurray wildfire, I found it disgusting to hear people talking about that fire in terms of "karma".

Meaning the fire was perhaps payback for climate change?

Linking climate change to natural disasters is not only scientifically unsound it is just plain ignorant.

Wildfires are not caused by

climate change and the people living and working in Alberta's oil industry needn't be blamed for climate change either.

Scoring political points or pointing climate change fingers in the face of a disaster of this magnitude is wrong and it kicks people when they are down.

I was appalled with the comments I was hearing about the wildfire and the oil sands being said locally and further afield.

I found it hypocritical that climate change proponents would jump on the "put down Fort McMurray" bandwagon while they jump into their SUV's and drive to the gas station to fill em up.

The economy of Alberta has fueled this country for years providing healthy incomes for millions of people across the country.

My two brothers and others from Temiskaming have been grateful to work in the oil sands earning a decent living.

However, I do think that any discussion about climate change is a good thing.

But don't do it on the backs of people who have been through this type of hardship.

And the *crème* does rise to the top as we have seen with generous people filling up donation jars through the Support The Fort fundraiser. Those funds are being sent to the Canadian Red Cross to help the people of Fort McMurray.

You deserve a pat on the back Temiskaming and Support The Fort committee.

EDITORIAL

Stressing fire safety

It cannot be stressed enough that fire safety in the bush and around the home is paramount all year long, but especially at this time of year.

The bush is tinder dry because we haven't had enough rainfall combined with warmer temperatures.

If you are going out in the woods please do not start a fire. If you need a fire for survival, then so be it.

We've heard of people setting off fireworks also. Some municipalities even ban the use of fireworks because they can easily cause fires when not used safely.

This past weekend there was a bush fire in Coleman Township in which the Ministry of Natural Resources person-

nel were called in to assist with fire fighting efforts.

We are just one month into forest fire season and the fire hazard is high across Northeastern Ontario.

Humans cause most forest fires or lighting strikes.

If someone has casually tossed a cigarette butt out of their vehicle's window or used fireworks inappropriately or started a campfire that has gotten out of control, they could be liable for costs associated with fighting those fires.

And particularly if the MNR requires the use of a water bomber plane.

Please practice a "no-fire" approach during this high fire hazard period.

More opportunities

The City of Temiskaming Shores has backed the creation of the South Temiskaming Active Travel Organization (STATO) since its inception. The activity trail is now being managed by the city.

This is a trail to be used by cyclists, walkers, runners who are using non-motorized means of getting from point A to point B.

It is indeed long overdue that this region had a safe and sustainable cycling route for those wishing to travel between Haileybury, New

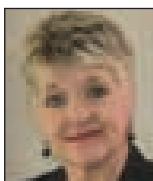
Liskeard and Dymond.

If you don't have cycling infrastructure you fail to encourage and support active lifestyles.

Cycling has definite health benefits for a region that has higher than the provincial average in terms of chronic disease, diabetes and cancer rates.

It makes perfect sense to encourage cyclists, walkers and runners to move about safely on area roadways.

18
Wellington St.,
South
New Liskeard
705-647-6791
Fax
705-647-9669



Lois Perry
General Manager
ext. 224



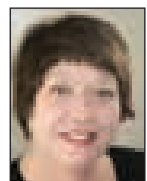
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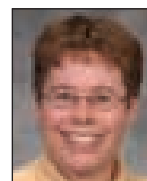
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Making the drop on hazardous waste

TEMISKAMING SHORES (Staff) – Give your expired, your empty, your under-sink clutter yearning to be disposed of safely...to Orange Drop.

Temiskaming Shores' annual collection of household hazardous waste will be held June 4 in the parking lot beside the New Liskeard fire station.

What can be dropped off?

The list includes paints, stains and coatings; antifreeze and oil filters; pharmaceuticals and syringes; single-use and rechargeable batteries, degreasers and solvents.

Pressurized cylinders, portable fire extinguishers, fluorescent light bulbs, fertilizers, pesticides and mercury-containing devices can also be dropped off.

At the same time, old electronics can be delivered to a collection depot run by the Temiskaming Community Choir.

And when the chores are done, the public can take in a fundraising car wash and barbecue at the fire station.

Temiskaming Shores hosted its first Orange Drop event in 2013.

Last year's was the most successful to date, diverting 16,700 litres of liquids and another 870 kilograms of solid hazardous waste from landfill.

This year's Orange Drop collection runs from 9 a.m. to 2 p.m.

VOLUNTEER OF THE YEAR



During National Volunteer Week in April the North Eastern Ontario Family and Children's Services (NEOFACS) awarded volunteer driver Trevis Carey of Kirkland Lake the Harry Pysklywec Memorial Award for long standing volunteerism assisting children and families receiving services from NEOFACS. He has been a NEOFACS volunteer since 1998. Volunteers with the organization drove over 100,000 hours and 105,000 kilometres in Temiskaming. The volunteers come from Temiskaming Shores, Englehart and Kirkland Lake. (Supplied photo)

LETTER TO THE EDITOR

Reconsider this ill-advised policy

Dear Editor:

I am deeply concerned with the provincial Liberal plan to remove affordable natural gas from the energy mix. The provincial government, in its draft, Climate Change Action Plan, is considering a policy that would see local homes and businesses replace the most affordable energy option we have -- natural gas with electricity. Electricity costs in Ontario are already high enough and they are scheduled to rise significantly more in the coming years. By contrast, natural gas prices are lower now than they were 10 years ago and we simply cannot afford to ignore that fact. Natural gas is a critical partner fuel in a lower-carbon future.

Our community has been working for many years to increase access to affordable natural gas. We have been working with Union Gas to make this a reality and up until recently we were hopeful that Union Gas would be successful in the OEB's generic hearings in seeking approval for their proposal to provide natural gas service to our community. It appears this proposal may be at risk as a result of the provincial government's draft plan to eliminate the use of natural gas by 2050. As evidence of this, the environmental group, Environmental Defence, has already issued a letter to the Ontario Energy Board asking to stop the hearings on expanding natural gas to new communities until there is further clarity on the future of natural gas in this province.

Following this, the Canadian Propane Association has also made the same request. If the OEB grants this delay, it would mark the second significant delay in this process, meanwhile communities that are eager to get increased access to affordable, reliable natural gas are left waiting and paying unreasonably high energy bills. How can we expect Ontario natural gas companies to invest millions of dollars into new infrastructure that our provincial government has said they want to make obsolete?

Continually we hear about the challenging fiscal realities of increasing electricity costs in Ontario. The fact is residents are already choosing between their electricity bills and other basic necessities. Any additional delay in bringing affordable natural gas to more rural communities further delays their

ability to enjoy energy savings of upwards of \$3,000 a year by switching to natural gas. Our residents deserve access to affordable natural gas much like the other 80 per cent of Ontarians who already enjoy access.

Communities value the reliability, affordability and sustainability of natural gas. It is a necessity for natural gas appliances, home heating, water heating, and other uses and we should not be put in a position where we are asked or forced to replace them with more expensive electricity-driven options.

I encourage you to write to Premier Kathleen Wynne, her Ministers and our local MPP to urge them to reconsider this ill-advised policy and ensure the expansion of natural gas to our community becomes a reality.

Sincerely
Mayor George Lefebvre
Latchford



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COUNCIL MEETING
Monday, May 30, 2016 at 6:00 p.m.

COMMUNITY NEWS

Note: The next regular meeting will be held on Monday, May 30, 2016 at 6:00 p.m.

By-law No. 15-12 outlines that during the summer months of June, July and August, there will be one (1) regular monthly meeting only. During the 2016 summer season, the regular council meeting schedule is as follows:

- Monday, June 20, 2016
- Monday, July 11, 2016
- Monday, August 8, 2016

Municipal Waste Site: Hours of Operation Tuesday and Saturday - 9:00 a.m. to 4:00 p.m.

Garbage: Garbage bags **must** be placed in garbage cans at residences, and be set-out for collection no later than **7:00 a.m.** every Tuesday. A maximum of three (3) garbage bags will be picked-up weekly.

Recycling: June 2016 collection dates are on **Tuesday, June 1st, June 15th and June 29th.** Recyclables will be collected bi-weekly, on the scheduled pick-up dates as listed above.

Building Permits are required for all construction in the Township of Coleman. Please allow sufficient processing time for your application.


Coleman Fire Department: In Case of Fire Emergency - Please Call 911

Spring and Summer Fire Safety – BBQ Tips

- All barbeque grills must only be used outdoors
- Always position the grill well away from combustible objects — buildings, fences, deck railings and landscaping can easily and quickly ignite.
- Get your grill cleaned and serviced. Check all propane tanks and lines for leaks and damage.
- Never leave a lit grill unattended.
- Always use long handled grilling utensils and heat resistant oven mitts to avoid exposure burns from heat and flames.
- Periodically remove grease build-up in catch trays to prevent it from igniting.
- Keep a garden hose nearby, connected and ready for use in case of a fire.

Information from:
Spring & Summer Fire Safety Tips! Ontario Association of Fire Chiefs. Web - 24 May 2016. <http://www.oafc.on.ca/spring-summer-fire-safety-tips#sthash.5F96UMa5.dpuf>

Burning Permits - are required effective April 1st, 2016. The permit is **NOT** valid between 8:00 a.m. and 6:00 p.m. on any day - **Daytime burning is prohibited.**



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Inspiring message of hopelessness to happiness

Darlene Wroe
Speaker Reporter

NEW LISKEARD -- Close to 100 people from across the district converged at Riverside Place Wednesday afternoon, May 18. Another 70 came for the evening presentation.

They were there to hear best-selling author, keynote speaker, success coach and trainer Forrest Willett of Barrie. With a soft-spoken humour-punched two-hour presentation, evoking much laughter and even a few tears, Mr. Willett shared his life story, and also offered hope to others.

Mr. Willett is a husband and father, and was involved in a vehicle accident which left him with a brain injury in 2002. It was severe enough to cause ten days of amnesia. He had to re-learn everything, including how to understand people.

FIVE YEARS

His speech was severely impaired; he couldn't read or write; and he needed numerous operations for his physical injuries; he also needed extensive dental reconstruction.

The accident occurred as he was attempting to sell a car to another man. The two had gone together for a test drive, with the other man driving when the accident occurred.

He told the gathering that for five years after the accident he lived with self-pity. He was depressed and addicted to Oxy-

Contin Percocet, prescribed for physical and emotional pain. He said he had a "front row seat to dementia and Alzheimer's." At one point he left the house and forgot that his small son was still in the house alone. He now realizes, "It wasn't just me who was feeling it. It was my whole family."

When his son turned seven, "There was a shift that happened that made me decide I'm going to stop living like this."

It was his son's birthday and he received a gift of a baseball and catcher's mitt. Not knowing about the game of baseball, his son took the ball and threw it on the ground. It landed with a thud. Mr. Willett said that at that moment, realizing that his son did not know about baseball because no one had shown him, he also realized that he had been spending "more time with my depression and negative thoughts than I did with my son."

PRINCIPLES

About that time, he was watching *Breakfast Television* when Jack Canfield, coauthor of *The Success Principles*, appeared as a guest and said that "if you apply these principles, you can totally transform your life."

Mr. Willett decided to apply himself to learn these principles. He also began to reach out to others for help. "That was really hard for me to say 'help me.'"



Keynote speaker Forrest Willett is pictured here with audience member Sharren Reil as he explained one of his many theories about human nature. (Staff photo by Darlene Wroe)

He established two improbable goals for himself. In spite of the fact that he had trouble speaking, and in spite of the fact that he could not read, he resolved to become an author and a motivational speaker.

He was able to get off all medications, he told the gathering. It took time, but he was successful.

He said his daily regime now includes a 30-minute walk every morning, and a daily supplement of Omega 3 and Vitamin D.

He also began volunteering, which grew to the point that he was the recipient of the Lieu-

tenant-Governor's award for community volunteering.

Mr. Willett also returned to school and graduated in 2008.

He has written two best-selling books--one of which is *My Journey from Hopelessness to Happiness... and the Three Words that Changed my Life--Baseballs Don't Bounce*.

One of his goals was to travel the world, and he has now been to places such as Guatemala, India and Dubai.

HAPPINESS

"I am responsible for my own happiness," he said.

He shared an equation with the audience: Event +

Response=Outcome.

He explained that the event can't be changed, but the response can be changed, and that will change the outcome.

He told of encountering a homeless person who asked him for money. Mr. Willett told him he would take him to breakfast instead. During the breakfast the man told him that he was a Korean war veteran. At the end of the breakfast, Mr. Willett gave the man a hug. The homeless man told him that it had been years since anyone had hugged him, and that people don't even make eye-contact with him. Mr. Willett said that man taught him a lesson about the value of hugging, and of human contact.

He said, "The magic happens outside your comfort zone.... To make a change, you have to get outside of your comfort zone."

He concluded his presentation with this advice: daily, do something good for a stranger, do something good for your family, do something good for yourself.

He also recommended to each person to "relax, let it go."

He concluded about his own life, "I'd either be divorced, homeless or dead right now if I didn't make a change."

The event was sponsored by the City of Temiskaming Shores, March of Dimes Canada, Accessibility Advisory Committee, the Lions Club, the Rotary Club, and the Royal Canadian Legion.

For more information, go to www.forrestwillett.com.

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Seeking improvements for non-urgent patient transfer

Darlene Wroe
Speaker Reporter

NORTH BAY -- The North East Local Health Integration Network (LHIN) is still working on creating a system for Northeastern Ontario that would provide a non-urgent patient transfer service for patients in the region.

Although, locally, the Temiskaming Hospital is happy with its current arrangement of contacting the land ambulance service first, or the private non-urgent transportation companies if land ambulance is not available, and providing funding for the private transportations if needed.

The North East LHIN is responsible for planning, integrating and funding health care services across the region from Parry Sound to James Bay and the Quebec border to Sault Ste. Marie and Wawa, and serves over 550,000 people.

The issue of providing a transportation service for non-urgent patients has been on the table for the past three years at least, and in some parts of the region, such as Temiskaming, Emergency Medical Services (EMS) are still being requested by hospitals to transport those patients across the district, or out of it, for diagnostic services or other care not available in the district.

CONCERNS

Concerns have been expressed by EMS providers, that requesting EMS to transport the patients, which hospitals are doing, sometimes more than once a day, is reducing paramedic availability for accidents, heart attacks and other events needing trained first responders. The concern has been raised in the past to the District of Temiskaming Social Services Administration Board (DTSSAB), which administers and funds EMS in Temiskaming.

North East LHIN senior officer of health system planning Philip Kilbertus of North Bay told The Speaker in a telephone interview that the North East LHIN has been carrying out background work in an effort to arrange a system of non-urgent transportation, but funding is an obstacle. "We are probably going to some type of procurement," he said. But there is "an issue securing the resources to pay for it."

FUNDING NEEDED

He explained that in order to secure a provider for non-urgent patient transfers, North East LHIN estimates a three-year funding plan is needed. How-



HALF A CENTURY

The Catholic Women's League of Canada held their annual Timmins Diocesan Convention at Holy Trinity Parish and Holy Family School April 30 to May 1. They handed out awards for 50 years of service and St. Patrick's Cobalt CWL member, Wanda Paoletti, was recognized for her half-a-century of service to her parish. Accepting on behalf of Mrs. Paoletti was St. Patrick's CWL President Emilie Mercier (right) from Our Mother of Perpetual Help CWL President Audrey Shelton. (Staff photo by Sue Nielsen)

ever, there is a challenge with coming up with that funding, he continued. The amount would be between \$2.5 million and \$3 million.

He said that the North East LHIN has put forward a funding proposal to EMS and the hospitals in Northeastern Ontario, in which LHIN would share in partnership with EMS (through the Northeastern Ontario DSSABs, which are funded in a 50/50 split by the municipalities and the province) and the hospitals.

"It is not going to come as new money," said Mr. Kilbertus. Existing funding will have to be used for the service. The North East LHIN would fund its own share of the service, he said. But he added that the North East LHIN has "a limited number of sources" of income.

He said a decision has been made that this service has to move forward. "We can't wait another year."

One of the issues that's holding up the process is a regulation that DSSAB funding available for ambulances can only be used for ambulances. If some of the ambulance funding could be used for non-urgent patient transfers, that would be helpful, explained Mr. Kilbertus, but it is currently not allowed by provincial government guidelines.

Mr. Kilbertus said the province will be asked "if they can flex that rule."

Key medical services often requiring non-urgent transport are located in Sudbury, Tim-

mins, and North Bay.

While Mr. Kilbertus accepts that the smaller centres cannot afford to have those more specialized tools and specialists present, he believes that non-urgent patient transfers can be done more effectively.

The challenge to the EMS services across the region are handled in different ways, he noted. Some EMS services have simply stated they won't provide the service anymore, he said. Others are at the point where they want out. Yet others accept it as part of the service they provide.

The effort to find a resolution is ongoing. "We've got meetings and discussions scheduled."

TEMISKAMING HOSPITAL

Temiskaming Hospital president and chief executive officer Margaret Beatty, with chief nursing officer and director of operations Erin Montgomery, told The Speaker that the hospital first contacts EMS for non-urgent patient transfers, but if they are not available, they will contact one of two private transportation providers in the area. Temiskaming Hospital will fund the cost.

Ms. Beatty told The Speaker that when patients have to wait for a long period of time for the transportation by land ambulance, they will contact the private non-emergent companies.

She said Temiskaming Hospital has been contacted by LHIN regarding their proposal, but she

said the current arrangement is providing good service for the patients. "We're quite happy" with the method of providing non-emergent transfers. She added that she does not know if LHIN could provide funding for another system. The system used by the Temiskaming Hospital at this time ensures people can "go back to their homes in

a safe way. We've got a system we like very much." The system can also be used for transporting patients to larger centres and specialists outside the area, she said.

She added, "This is a great way for Temiskaming Hospital to use local providers." She added that it is also cost-effective.



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Non-bee insects play a significant role in pollination

Pollination is essential for flowering plants to reproduce. While honey bees are universally recognized as pollinators, they don't do it alone. Non-bee insect pollinators like moths, butterflies, ants, flies, beetles and wasps tend to get overlooked. Yet, coffee, mangoes and canola are just a few of the crops that depend on them.

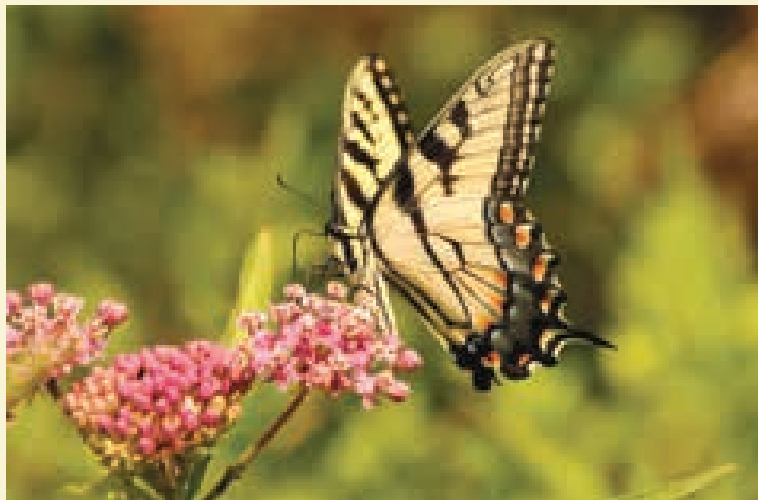
A recent survey conducted on five continents, including North America, determined that non-bee insect pollinators are critical players in global crop farming. An international team analyzed 39 studies on the pollinating abilities of honey bees, other bees and non-bee insects on 17 different crops. Led by Dr. Romina Rader of the University of New England in Australia, researchers looked at how often flowers were visited and how much pollen was deposited per visit.

The survey ascertained that the contribution of non-bee insects was similar to that of other types of bees, including bumblebees, leafcutter bees, mining bees, plasterer bees

and sweat bees. While non-bee insects were less effective pollinators, they visited flowers more often.

Studies found that fruit production in crops increased with the frequency of visits by non-bee pollinators. It was also determined that non-bee insects were able to pollinate at times of day and in weather conditions when bees are unable to do so. They were also "more efficient in transferring pollen for some crops under certain conditions" and were able "to carry pollen further distances than some bees."

The survey noted the studies had demonstrated the importance of including non-bee insects in crop pollination surveys and pollination management practices.



Butterflies and other non-bee insect pollinators play a major role in global crop production.



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Enterprising EHS students score wins

TEMISKAMING SHORES (Special/Staff) – Englehart High School students showed their entrepreneurial spirit at the Enterprise Olympics.

The games drew more than 150 students from across Northeastern Ontario to Timmins May 4 and 5.

Students' creativity and marketing skills were put to the test as they were challenged to come up with innovative business ideas.

Students selected their sector, such as arts and culture, health and wellness, retail, and social enterprise.

They were divided into teams and, working with a mentor, designed a business venture.

They then pitched it to a panel of judges, with a \$500 prize awarded to the winning team in each sector.

The sector winners then competed for a grand prize – individual scholarships of \$1,000 to a participating post-secondary school in Northern Ontario.

In the end, Englehart High students figured on two winning sector teams.

In the health and wellness category, Chase Stinkowji, Lane Cote and teammates came up with IPP - an insulin pump protector.

Jorah Taylor was part of the winning squad in the mining and forestry sector. Its product idea, dubbed Grow North, was a raised flower and planter box enabling older people to garden with ease.

NETWORK

During the event, students also had the opportunity to network with like-minded colleagues and entrepreneurs.

They toured campuses of Northern College, Collège Boréal and the Université de Hearst.

The event's keynote speaker was Jonathan Bonney, co-owner of Timmins Wake Park.

He told students of his entrepreneurial journey to open the wakeboarding recreational venue on Gillies Lake in 2014.



On the Enterprise Olympics' winning health and wellness sector team were, from left, Chase Stinkowji of Englehart High, Cameron Paquette from École secondaire publique Écho du Nord in Kapuskasing, Jurney Kozlowski from Hornepayne High, Peyton Manitowabi from Wasse-Abin High in Wikwemikong and Lane Cote from Englehart High. (Supplied Photo)



Englehart High's Jorah Taylor, second from left, was a member of the mining and forestry sector winning team at the Enterprise Olympics. Teammates included, from left, Connor Vienneau of Espanola High, Bryan Robinson of Kapuskasing District High and Keenan Kapashesit of Delores D. Echum Composite in Moose Factory. (Supplied Photo)

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OUTSTANDING SERVICE

Long-time volunteer Janet Saunders, seated in centre, was surrounded by family, friends and members of the Charlton-Englehart Lions as she was presented a Lions award for outstanding service to her community. Lion Bill Palmateer said she volunteered for many decades with not only the Lions but also the Lioness club and Royal Canadian Legion Branch 227 Charlton. (Supplied Photo)

TEMISKAMING Wedding PLANNER & GUIDE

How to build the perfect wedding registry

Most couples look forward to registering at a favourite retailer for their wedding gifts, but soon realize it's a bigger job than expected. From fine china to guest linens, the options are endless. So how does one know where to start?

A traditional registry, advisers say, is made up of pieces that will complete and establish your home, making a smooth and blissful transition into newlywed life. Consider price, size, function and style when choosing items with your significant other, and make sure to register for all rooms in your house. Here are a few more tips to make the process easier:

Don't forget everyday essentials Bath towels are the perfect addition to your registry as they're an affordable buy for family and friends and an everyday essential. Not sure how many you need? One rule of thumb is to register for three sets of bath towels, hand towels and washcloths for your bathroom, linen closet and laundry room.

Choose products that will withstand the test of time In a word, look for quality. A premium knife set, for instance, is the foundation of every meal, from prepping and dicing to carving the finishing touches, so take a moment to examine those you might like.

Consider upgrading kitchen appliances While you may already own kitchen staples like a microwave or a coffee maker, use your wedding registry to upgrade.

Pick gifts that can go with you Luggage sets are often forgotten on wedding registries, and many couples wish they'd included them. This is your guilt-free opportunity to be gifted a matching set to jet away with on your honeymoon.

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53						54				55			

CLUES

- | | | |
|---|--|---|
| <p>ACROSS</p> <p>1. Small bit</p> <p>5. Reserved</p> <p>8. Love seat</p> <p>12. Catholic leader</p> <p>13. Prompt</p> <p>14. Not tame</p> <p>15. Carryall</p> <p>16. Glazed</p> <p>18. Male monarch</p> <p>20. Lessens</p> <p>21. Agree</p> <p>24. Chew the _____ (gab)</p> <p>25. Hammerhead, e.g.</p> <p>26. Throb</p> <p>30. Flat-faced dog</p> <p>31. "_____ and Peace"</p> <p>32. Farm enclosure</p> <p>33. Large turtle</p> <p>36. In advance</p> <p>38. Kindled</p> <p>39. Salespeople</p> <p>40. Slow-moving mollusk</p> | <p>43. Leafy veggie</p> <p>44. Place of origin</p> <p>46. Specks</p> <p>50. Completed</p> <p>51. Miniature</p> <p>52. Prepare for press</p> <p>53. Prospects for gold</p> <p>54. _____ the good times</p> <p>55. Reject</p> <p>DOWN</p> <p>1. Skillful</p> <p>2. Excessively</p> <p>3. Pick</p> <p>4. Tamer</p> <p>5. Aroma</p> <p>6. Suspended</p> <p>7. Supporting vote</p> <p>8. Perspires</p> <p>9. Olive products</p> <p>10. Retreat</p> <p>11. Totals</p> <p>17. Dinner, e.g.</p> | <p>19. Sign</p> <p>21. Certain vipers</p> <p>22. Ignore</p> <p>23. Adventure story</p> <p>24. Bear's coat</p> <p>26. Bogey beater</p> <p>27. Copycat</p> <p>28. Boatbuilder's wood</p> <p>29. Football linemen</p> <p>31. Soggy</p> <p>34. Handyman's tool</p> <p>35. Medicinal form</p> <p>36. Without exception</p> <p>37. Minded</p> <p>39. West Point student</p> <p>40. Bargain-hunt</p> <p>41. PBS science show</p> <p>42. Congregation's reply</p> <p>43. On bended _____</p> <p>45. Piercing implement</p> <p>47. Poem of praise</p> <p>48. Cookie container</p> <p>49. Porky's pad</p> |
|---|--|---|

CROSSWORD ANSWERS ON 4B

Horoscopes

CAPRICORN

Some things are worth pitching a fit about, and this is one of them, Capricorn. Make a fuss! Organization is crucial to giving a room a real purpose.



AQUARIUS

Itching to get started, Aquarius? Go! A youngster makes an unusual request. Fulfill it if you can. Only the best of the best will do at a party.



PISCES

Get cooking, Pisces. Guests are coming, and this time, they're sticking around for a bit. The web of opportunity continues to build at work.



ARIES

Finances improve with some budget crunching, and your savings account grows. Investing it might prove fruitful. The gig is up at work. Fess up, Aries.



TAURUS

The neat freak in you comes out this week, and you get things cleaned up at home in a hurry. What transpires next is a real surprise. Wow, Taurus!



GEMINI

Fake it, Gemini. Everyone else is excited. Don't rain on their parade. A bond is formed among youngsters. A night out gets the creative juices flowing.



CANCER

Ignorance is bliss in some cases, and this is one of them, Cancer. Don't pry, or you will wind up with more than you bargained for.



LEO

Leaning in the opposite direction, Leo? Admit it. You may be seeing something that others are not. A lawsuit is settled, and the celebration is on!



VIRGO

Been there, done that, Virgo. Don't go there again. Returning a favor proves more difficult than thought. Think outside of the box. A memo ends a mission.



LIBRA

Last but not least, Libra. It may take you a while, but you will finish a project, and the results will be outstanding. An email piques your curiosity.



SCORPIO

Settle for less? No way, Scorpio! You can have your cake and eat it, too, and you will, as long as you stand up for yourself. A bargain is found.



SAGITTARIUS

Uh-uh, Sagittarius. You are not at fault. Do not take the blame. A loved one continues to spend more than they make. Bailing them out is not the answer.





X-MEN APOCALYPSE

PG violence

NITELY 7:30

*See Below

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THE ANGRY BIRDS MOVIE

PG violence

NITELY 7:30

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WEEKENDER Sports



Haileybury Public School Pee Wee Nick Matton is the front-runner amongst this group of boys competing during the 800-metre event at the recent Royal Canadian Legion Branch 54 track meet. (Staff photo by Sue Nielsen)



Ecole Ste-Croix Pee Wee girl front-runner Myriam Boucher rounds the track during the 800-metre event at last week's Branch 54 track meet held at the TDSS Mary Vandervliet Graydon track. (Staff photo by Sue Nielsen)

Haileybury schools on track for Legion meet

TEMISKAMING SHORES (Staff) – The Mary Vandervliet Graydon Track at Timiskaming District Secondary School has been keeping area students busy running and jumping the past few weeks.

On May 19 the facility was host to the Royal Canadian Legion Branch 54 track and field meet for Haileybury Public and Ecole catholique Ste-Croix students.

Following are the top three results from the day. Note that the Intermediate students were all Ste-Croix and the Atom and Pee Wee students came from both schools.

ATOM BOYS

100-metre (m)

- 1st Ian Schaffer (Ste-Croix)
- 2nd Derek Léonard (Ste-Croix)
- 3rd Spencer McNair (Ste-Croix)

400m

- 1st Ian Schaffer (Ste-Croix)
- 2nd Josh Hetu (HPS)
- 3rd William Hearn (Ste-Croix)

High Jump

- 1st Derek Léonard (Ste-Croix)
- 2nd Riylee Romanelle (HPS)
- 3rd Josh Hetu (HPS)

Long Jump

- 1st Ian Schaffer (Ste-Croix)
- 2nd Éric Leduc (Ste-Croix)
- 3rd Derek Léonard (Ste-Croix)

PEE WEE BOYS

100m

- 1st Scott Dufresne (HPS)
- 2nd Kenneth Moore (Ste-Croix)
- 3rd Francis Charland (Ste-Croix)

800m

- 1st Francis Charland (Ste-Croix)
- 2nd Ashton Grant (HPS)
- 3rd Hunter Fowler (Ste-Croix)

High Jump

- 1st Kenneth Moore (Ste-Croix)
- 2nd Craig Alford (HPS)
- 3rd Nick Matton (HPS)

Long Jump

- 1st Kenneth Moore (Ste-Croix)
- 2nd Francis Charland (Ste-Croix)
- 3rd James Sheldon (Ste-Croix)

INTERMEDIATE BOYS

100m

- 1st Brett Chartier
- 2nd Samuel Rivard
- 3rd Kaelan Campbell

200m

- 1st Samuel Rivard
- 2nd Brydon Burrows
- 3rd Cory Gauthier-Roberge

400m

- 1st Brett Chartier
- 2nd Brydon Burrows
- 3rd Andrew Rowell

800m

- 1st Brett Chartier
- 2nd Brydon Burrows
- 3rd Cory Gauthier-Roberge

1500m

- 1st Brett Chartier
- 2nd Alexander Bennett
- 3rd Andrew Rowell

3000m

- 1st Brett Chartier
- 2nd Andrew Rowell
- 3rd Brydon Burrows

High Jump

- 1st Brett Chartier
- 2nd Samuel Rivard
- 3rd Brydon Burrows

Long Jump

- 1st Brydon Burrows
- 2nd Brett Chartier
- 3rd Andrew Rowell

Shot Put

- 1st Cory Gauthier-Roberge
- 2nd Samuel Rivard
- 3rd Brett Chartier

Discus

- 1st Cory Gauthier-Roberge
- 2nd Brett Chartier
- 3rd Samuel Rivard

ATOM GIRLS

100m

- 1st Anneli Rivet (Ste-Croix)
- 2nd Lauren Renaud (Ste-Croix)
- 3rd Zynia Rowell (Ste-Croix)

400m

- 1st Anneli Rivet (Ste-Croix)
- 2nd Zynia Rowell (Ste-Croix)
- 3rd Lauren Renaud (Ste-Croix)

High Jump

- 1st Lauren Renaud (Ste-Croix)
- 2nd Anneli Rivet (Ste-Croix)
- 3rd Maria Éthier (Ste-Croix)

Long Jump

- 1st Zynia Rowell (Ste-Croix)
- 2nd Lauren Renaud (Ste-Croix)
- 3rd Émilie St-Onge (Ste-Croix)

PEE WEE GIRLS

100m

- 1st Mary-Jaye Éthier (Ste-Croix)
- 2nd Alexandra Melong (Ste-Croix)
- 3rd Kaia Kellar (Ste-Croix)

800m

- 1st Alysa Peddie (HPS)
- 2nd Emma Renaud (Ste-Croix)
- 3rd Myriam Boucher (Ste-Croix)

High Jump

- 1st Emma Renaud (Ste-Croix)
- 2nd Alysa Peddie (HPS)
- 3rd Mary-Jaye Éthier (Ste-Croix)

Long Jump

- 1st Emeley Duchesne (Ste-Croix)
- 2nd Alexandra Melong (Ste-Croix)
- 3rd Andréanne Dalcourt (Ste-Croix)

INTERMEDIATE GIRLS

100m

- 1st Sarah McNair
- 2nd Calina Nadler
- 3rd Alanah Charland

200m

- 1st Calina Nadler
- 2nd Alanah Charland
- 3rd Sarah McNair

400m

- 1st Alanah Charland
- 2nd Sarah McNair
- 3rd Caylin Purdy

800m

- 1st Alanah Charland
- 2nd Calina Nadler
- 3rd Sarah McNair

1500m

- 1st Sarah McNair
- 2nd Calina Nadler
- 3rd Sarah McNair

3000m

- 1st Calina Nadler
- 2nd Sarah McNair
- 3rd Calina Nadler

High Jump

- 1st Natalie Bélanger
- 2nd Sarah McNair
- 3rd Calina Nadler

Long Jump

- 1st Alanah Charland
- 2nd Sarah McNair
- 3rd Josée Dubé

Shot Put

- 1st Calina Nadler
- 2nd Hannah Dubie
- 3rd Alexia Boucher

Discus

- 1st Calina Nadler
- 2nd Micah Lalonde
- 3rd Hannah Dubie

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