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WEEKENDER

THE SPEAKER'S WEEKEND EDITION



Vol. 16 – No. 27

FRIDAY, JUNE 9, 2017

Visit us on
 



And the wheels on the bikes went round and round for Temiskaming Shores councillors, staff and biking supporters June 6. Fourteen cyclists biked from city hall to Hughes Lookout and back on the STATO trail to mark Bike Month. Activities include challenges encouraging students to bike to school, organized rides for groups and families, a photo contest, and incentives from local restaurants to diners arriving by bike. (Staff photo by Diane Johnston)

DIANE JOHNSTON
 Speaker Reporter

TEMISKAMING SHORES – Passersby who see kayakers leisurely paddling along the shore will get a different perspective on the sport this summer.

For two days in August,

RIVER RUN

Lions taking to the water for kayak festival

the New Liskeard Lions will stage what the club hopes will be the first annual Wabi River Kayak Challenge.

Competitors in seven divi-

sions, based on age and experience, will race on the sheltered Wabi River August 18 and 19.

Elite kayakers will also race from the mouth of the Wabi to Farr

Island, near Haileybury, and back.

The event has been timed for the weekend prior to a major kayaking competition in Timmins, said Bill Brookfield, a Li-

ons Club member and an event organizer, at a recent city council meeting.

Racers from Southern Ontario can then make the trek north for not one event, but two, Brookfield told Temiskaming Shores city councillors.

See **“River Run”** on 3a

DID YOU GET THE SPEAKER THIS WEEK?

Here are some of the stories in our June 7 edition...

- The new Great Northern Family Health Team clinic at 240 Shepherdson Road in New Liskeard was officially opened Friday, June 2.
- When you think of a “nice person” what comes to mind?
- A suggestion was received by Latchford council through an email from a ratepayer that money could be saved by the town if council was reduced from six councillors to four, plus a mayor.
- Temiskaming and Cochrane have been rolled into an expanded United Way headquartered in Sudbury.
- Hearing loss is the most common physical disability-and the fastest growing-in Canada, North America and

- the world, says Kim Scott.
- The impossible we did yesterday, the difficult we do

- tomorrow might be a phrase that describes Dan Allaire and the people who suffer from multiple sclerosis (MS).
- The Tri-Town Ski and Snowboard Village celebrated a major donation toward its plans to construct a new chalet.
- It was a whirlwind couple of days for the Boys’ soccer team from TDSS last week.
- One Foot Forward announces their first round of funding recipients.
- Our C-front this week features a story and photos on the 355 Polaris Squadron annual review.






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Classic Theatre champion honoured

Diane Johnston
Speaker Reporter

TEMISKAMING SHORES – A teacher, coach and a driving force behind the Classic Theatre has been formally recognized.

Larry Aquino, who died in 2016 at the age of 71, was named the recipient of the CJTT Posthumous Lifetime Achievement Award.

“Dad was a change maker,” said his daughter Melanie Ducharme as his family accepted the award at the Temiskaming Shores and Area Chamber of Commerce gala May 12.

Aquino was born in the Kingston-area town of Batawa in 1944 and followed his brother Gary to Northern Ontario in 1968.

He spent the next two decades as a coach, teacher, guidance counsellor and principal at schools in Temiskaming, on Bear Island and in Moose Factory.

He didn’t coach students to win games or medals, Ducharme told the audience at the Horne Granite Centre.

As a coach, she said he never spoke of his students’ times on the track, “but how in some small way being a student athlete brought them some mea-



The family of Larry Aquino accepted the CJTT Posthumous Lifetime Achievement Award on behalf of the longtime community volunteer who died last year. Station manager Gail Moore, at right, presented the award to his family – widow Diane Aquino and children, at back from left, Eileen Aitchison, Paul Aquino and Melanie Ducharme. (Staff photo by Diane Johnston)

sure of relief or escape from the abusive father, the crippling poverty or even just the normal amount of teen angst.”

Aquino may be best remembered as a champion for the Classic Theatre, working behind the scenes and directing

productions.

She said their family’s living room furniture occasionally vanished, only to reappear on

the set for a show at the theatre.

Ducharme said she can recall no time when her father wasn’t

Continued on 6a



The Silver Moccasin

10th Anniversary Celebration

Saturday, June 10, 2017 from 1:00 pm to 4:00 pm

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River run

Continued from A Front

The club hopes the new event will be “a big draw,” and may encourage people to return to explore paddling opportunities in the area, he said.

But in addition to competitors, the club also wants to attract the general public to both watch the races and take in other events on the shore.

There will be food booths, live music and a licensed beverage area.

Children’s activities are also planned, including pony rides, inflatable play structures, and a rock-climbing wall.

The Temiskaming Métis Community Council has said it will take part, he continued.

Kayak-themed vendors, displays and free clinics for people new to the sport are also in the works.

On June 6, city council endorsed in principle the club’s requests for municipal help.

City staff will work with the club on specific street closures and use of municipal land for camping and displays.

The city permitted use of the tennis courts for paintball games, provided only water-based paint is used and that the club assumes responsibility for any cleanup and damage.

City staff will assemble and dismantle a mobile stage and help relocate bleachers.

The club has requested \$3,000 in marketing funds, and the city has money available in its economic development budget.



MORE SPARKLES, LESS SPARKS

Firefighters were working hard to make everyone’s day a little brighter Saturday, June 3. The New Liskeard fire station on Wellington Street was hopping with activity including a fundraising carwash and barbecue and the free annual Orange Drop in which area residents could drop off hazardous household waste. Pictured here are firefighters Kevin Utas (left) and Ian Laferriere. (Staff photo by Darlene Wroe)

The family of the late
Jason Adrian Munroe
would like to invite friends and acquaintances to a memorial celebration on **June 10, 2017 at 2:30pm**
at 022312 Greenwood Bridge Road in Belle Vallee.
Please join us for an outdoor ceremony followed by an evening of reminiscing and fellowship.

IM MEMORIAM

*In our hearts your memory lingers
Sweetly tender, fond and true
Not a day, dear Bev, can pass
In which we do not think of you*



Love Ali & family

In Loving Memory of
Robbie Loach

Nov. 15/92 – June 8/08.

No words I write could ever say
How sad and empty I feel today.
Robbie, why did you have to go away.
Why wasn't it right for you to stay.
Our son you always will be
The most important part of my hearts memory.
A thousand words won't bring you back
I know because I've tried
Neither will a thousand years
I know because I've cried
Now you're up in Heaven.
With the Angels up above
They will take my place for now.
And they'll give you all their Love.

Missed terribly by mom, dad,
Courtney, Ben, Cody, Tanner, Jaxson
& extended family & friends

SAVE OUR LAKES, ANIMALS AND PLANTS

RECYCLE

Temagami Family Health Team

Submitted by Ellen Ibey

Vitamin D = Bone Health and more!

We know that Vitamin D builds stronger bones by helping our bodies absorb calcium. But recent research suggests it may have other benefits too, such as protecting against colds and fighting depression. Research is also suggesting that it may lower our risk of breast, prostate, colorectal and pancreatic cancer.

Three Ways to Get Your Vitamin D

- Sunshine
- Diet
- Supplements

The sun is less likely to provide your daily needs at higher latitudes, in the winter, or if you're older or dark skinned (skin pigment blocks light and the process is less efficient with age).

During the winter months, when natural sunlight is reduced, light therapy has been proven to improve mood from the 'winter blues' and boost Vitamin D.


Getting Vitamin D Through Food and Supplements

Food sources of vitamin D include fortified foods such as cow's milk, some orange juices, and soy or rice beverages. Margarine and fish, such as salmon and tuna, are also good sources of vitamin D.

It's very hard to get enough vitamin D simply from what we eat. With supplements, you ensure that you get what you need without short-changing your other nutritional requirements or exceeding your caloric intake. Adults can safely take between 1,000 and 2,000 IUs a day (from food and supplements combined).

If you are a patient of the Temagami Family Health Team, call us at (705) 569-3244 to schedule an appointment with your primary care provider or with our registered dietitian to see if you could benefit from a daily vitamin D supplement. We also have a light therapy box that our patients are welcome to come in and use free of charge (call the office to reserve your time).

Committed to keeping you as healthy as possible!



Temagami
Family Health Team

17 O'Connor Drive, P.O. Box 98, Temagami, ON P0H 2H0
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SPEAKER WEEKENDER



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Climate of the canoe

The air is clear and fresh, birdsong is everywhere and nature is bursting forth with life.

A green spring in Northern Ontario is a beautiful sight to behold.



Sue Nielsen

I leave my slothful winter ways behind and jump for joy.

Well, at least I paddle a canoe (sometimes a kayak) around a green shoreline.

I am attracted to quiet places and self-propelled ways of travel.

As the earth continues to warm and the polar caps keep on melting, we see a climate change denier, a person who does not step outside often enough.

Trump may believe climate change is a hoax manufactured in China, but 2014 was the hottest year on record, until it was replaced by 2015 and then 2016.

Contrary to what some people think, climate change is not a fabrication of a liberal media.

Anyone who enjoys the outdoors is mindful of climate change. There is no Planet B.

mosquitos have driven the loons from their nest.

With a thick layer of frost some mornings, the eggs are surely fallow now.

A lack of progeny indicates a direct threat to a species.

This is just a microcosm of the way weather affects the natural world.

When I've approached the nest they usually go into "chick shielding" mode swimming around the canoe aggressively.

They haven't done this so far.

Perhaps the canoe has become just part of their world like it has mine. It may be my canoe has become such a familiar sight they now slip under the water without alarm.

While the canoeist breaks the calm water with her paddle, so does the loon slice through the lake's surface.

We are partners in a magical dance with water.

I see the lake as much more than a body of water to float peacefully over.

It is a portal to the natural world as water is the lifeblood of mother earth.

Travel on a liquid highway brings me a sense of clarity helping to balance the insanity of a Trump world.

In an era where people are spending less time in nature, paddlers may understand climate change better than most.

We are all in the same canoe when it comes to protecting the natural world that we all rely on for life.



BOOMERS - STILL GOING STRONG

EDITORIAL United stance

It doesn't take a genius to figure out the challenges faced by Northern Ontario.

We have known for years that youth outmigration, lack of a skilled workforce, an aging population, crumbling infrastructure (roads, airports, bridges) and higher cost of living are hurting the north.

There are several organizations speaking for the north, perhaps too many.

In this region you have the Member of Parliament for Timiskaming-Cochrane, MPP John Vanthof, the Nipissing-Timiskaming MP Anthony Rota in Ottawa, the Temiskaming Municipal Association (TMA), the Temiskaming Mayors Action Group (TMAG) and the Federation of Northern Ontario Municipalities (FONOM).

All these organizations should get on board working together to get on the radar of the Greater Toronto Area-centric provincial government.

While the larger municipalities of Southern Ontario are facing booms in terms of growth, this may pose problems down the road.

The northward gaze is already happening in terms of agriculture whereby this area is seen as the future breadbasket of the province.

Perhaps the overcrowding and expensive lifestyle experienced in Southern Ontario can provide us with a unique opportunity moving forward.

We have seen a mini-trend in baby boomers returning to the north to be near aging parents.

It goes without saying when the north prospers, so goes the rest of the province.

And we would like to see prosperity extended to places outside of the fab five, the cities of North Bay, Thunder Bay, Sault Ste. Marie, Timmins and Sudbury.

It appears the idea of separation of the north from the rest of the province, as a political goal, is highly unrealistic.

We need to work with our provincial government with a united voice to move the north towards future sustainability.

June is Bike Month

June is Bike Month in the City of Temiskaming Shores.

Hats off to the City for promoting a cycling culture within the city and surrounding communities. The City maintains the South Temiskaming Active Travel Organization (STATO) trail doing a great job

of promoting its safe usage. They have also created a calendar of bike themed events at the Waterfront Pool and Fitness Centre.

If you want to check out the myriad of cycling events happening during June check out the calendar at the P/F Centre.

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LETTER TO THE EDITOR

Bane – part two

Dear editor,

Here are some comments regarding Sue Nielsen’s last writing (“Bane of our existence,” June 2).

Sorry, Sue, you have it wrong.

The blackfly is not the bane of your existence. It is most definitely the mosquito.

Consider the facts, Sue.

Not only is the blackfly season short but their hours of operation each day are very short. Just this morning (6 a.m., Sunday, June 4) the mosquitoes were already up.

Blackflies have good taste. They thrive in clean, cool water.

Now the mosquito, on the other hand, makes use of the most disgusting stagnant pools.

Have you ever been attacked by a blackfly in church? Of course not. They go to the windows and worship the light.

Mosquitoes, on the other hand, slink around in the dark.

So what if you can hear them coming? Who wants to stay up all night fighting them off? One wakes up to find their blood-bloated bodies on your screens.

Do blackflies ruin romantic evenings around the campfire? Of course not.

It’s those blasted mosquitoes drilling through your clothes with their bending proboscis.

A good set of clothes and a bit of bug repellent on the face and blackflies are no

problem.

Get out the hot heavy armour to keep mosquitoes from sucking you dry.

I can sympathize with you, Sue, as I was a bit by a blackfly once.

If you don’t like bug repellent on your face, consider a disguise. A cardboard box over your head works well.

An important issue like “what is worse – blackfly or mosquito?” should be a Temiskaming Speaker poll item.

So long, Sue.

I’m off to hunt mosquitoes so I can sleep tonight.

P.S. Note the mosquito body stuck to this page.

Yours truly,

Murray Muir

RR#1 New Liskeard

Digital jobs board making an impact

By Anthony Rota, Member of Parliament for Nipissing-Timiskaming

A new regional jobs portal generated 407 “help wanted” postings in its first quarter, figures released by the Far Northeast Training Board show.

Full-time jobs made up 48.5 per cent of the active job posts and 56 per cent were for new positions, the report shows.

Temiskaming Shores generated 41 of those ads.

While the early results of this new website are promising, the demographic and economic trends unfolding point to some challenges - and opportunities - ahead.

Timiskaming District is experiencing an aging population and a declining labour force, a research paper released in June of 2016 by the Northern Policy Institute found. As well, the percentage of the workforce with postsecondary education lags behind Ontario and Canada, and falls short of what is needed for emerging occupations.

One bright spot is an expected 10 per cent increase in the Aboriginal labour force by 2041.

The report makes three key recommendations for rebalancing labour supply and demand, including bolstering population levels, improving rural and Aboriginal education levels, and stimulating entrepreneurship and economic diversification.

The Government of Canada is preparing for the future labour market today. In Budget 2017, our government released an Innovation and Skills Plan that laid out support for jobs retraining, more EI flexibility and better access to lifelong learning.

Among the measures announced:

- \$2.7 billion over six years to boost skills training and employment supports for unemployed and underemployed Canadians;

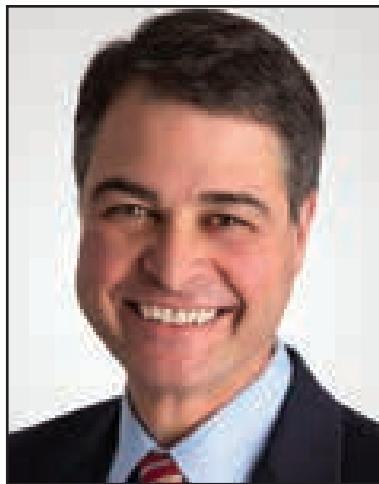
- \$225 million over four years to identify and fill skill gaps to help Canadians be prepared for the new economy;

- \$132.4 million over four years to make Employment Insurance more flexible and enable more unemployed workers to pursue training while remaining eligible for benefits; and

- An additional \$396 million over three years for the Youth Employment Strategy.

The federal government, through FedNor, is also developing a targeted strategy for Northern Ontario focusing on prosperity and growth and leveraging the region’s unique strengths. As well, the regional development agency will receive \$25 million in new funding over five years.

Budget 2017 was about jobs. We are working to create opportunities for lifelong learning so that the next job is also a better job. We will equip workers in Canada, and here in our riding, with the tools and skills they need to succeed in the economy of the future.



ANTHONY ROTA



OPEN HOUSE INVITATION

Please join representatives from MetalsTech Limited for an informal information session.

Where: Coleman Township, Community Hall

When: Tuesday June 13th; between 4 and 6PM. Drop in anytime.

MetalsTech representatives will be hosting the Open House in order to answer any questions from local residents, landowners or those with an interest in land use of Bay Lake.

The company is at the very early stages of mineral exploration, and we have only just started to evaluate the geological potential of the mineral claims. We would like to take this opportunity to introduce who we are and what our general plans are. We are interested in hearing from you.



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COUNCIL MEETING
Monday, JUNE 19th, 2017 at 6:00 p.m.
COMMUNITY NEWS

By-law No. 16-35 outlines that during the summer months of June, July and August, there will be one (1) regular monthly meeting only. During the 2017 summer season, the regular council meeting schedule is as follows:

- Monday, July 10, 2017
- Monday, August 14, 2017

Municipal Waste Site: Hours of Operation

Tuesday and Saturday - 9:00 a.m. to 4:00 p.m.

Closed: Statutory Holidays

All garbage deposited at the Municipal Waste Site is subject to applicable tipping fees.

Recycling: The next collection date is on Tuesday, June 20th, 2017.

Bass Lake Swim and Recreation Program

Coleman Township will begin accepting registrations on Monday, June 12, 2017 for the seven week Swim and Recreation Program, certified through the Lifesaving Society. Registrations are accepted at the Coleman Office between 8:00 a.m. to 4:00 p.m., week days. For questions regarding the program call: 705 679-8833.

This Program offers modules from Swimmer 1 through to Bronze Medallion & Bronze Cross; lessons begin on Tuesday, July 4, 2017.

Animal Control


Dog and cat tags are available at the Municipal Office. Tags must be purchased each year.

Please contact Garrett Hunting, Animal Control Officer, at (705) 672-3985 with any issues or concerns.

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

Burning Permits - are required effective April 1st, 2017. 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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Highway 11 B was closed and traffic detoured through the streets of North Cobalt as the water system received a revamp last week near the Niven Street railway crossing. This work will improve water connections to the neighbouring Haileybury water system. The City of Temiskaming Shores is completing the work to improve fire protection and general water service. (Staff photo by Sue Nielsen)

Classic Theatre champion honoured

Continued from 2a
lobbying for a performing arts venue.
When the Town of Cobalt re-

opened the theatre in 1994, “he breathed life into it,” she said.
“Without him (and not with-

say too) that place would have closed again after the initial start-up funding vanished.

“That is his greatest accomplishment and it’s an achievement for our community to still be sustaining it.”

While the Classic may now be taken for granted, it was actually “a hard fought victory,” she said.

“As chair of the Classic for many years, Dad made sure every politician, donor, arts funder, artist and agency in Ontario and Canada knew there was a little gem of a theatre in Cobalt.”

One year, she said the Ontario

Arts Council decided to divert all the grants that would have gone to small organizations to instead expand a single exhibit at the Royal Ontario Museum in Toronto.

At the funding announcement, she said her father loudly objected.

“After that, the Classic was always at the table with the big kids – every consultation and every planning meeting.

“By standing up, he was saying that we in the North are every bid as deserving of arts and culture as any other place.

“Extend that to health care. Extend that to education. Extend that to business and job

opportunities.
“For Dad, there was no big fish/small pond mentality.

“He just insisted he was in the big pond and he took the Classic Theatre with him.”

On behalf of his family, she thanked the presenters for honouring her father’s memory.

“The only thing that isn’t making him smile tonight is that he is missing the party.”

The audience of more than 200 responded with a standing ovation.

The Classic Theatre itself was also recognized later in the evening, winning the chamber’s Ambassador Award.

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* Product Price — Actual retail prices are set by dealer and may vary. Taxes, freight, setup and handling charges may be additional and may vary. Specifications and programs are subject to change without notice. Images may not reflect dealer inventory and/or unit specifications.

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LEADING THE PARTY

The flag party of the 355 Polaris Squadron Royal Canadian Air Cadets led the 33rd annual ceremonial review at the Englehart and Area Community Arena Complex on June 3. (Staff photo by Darlene Wroe)



HAND SIGNALS

Grade 5 student Cadence Gauley lines up at a mock intersection with Temiskaming Detachment OPP Community Safety Officer Jennifer Smith at the recent Temiskaming Road Safety Coalition/Timiskaming Health Unit Bike Rodeo held at New Liskeard Public School. Among other skills, riders practiced their hand signals. (Staff photo by Sue Nielsen)



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INFORMATION SESSIONS



PARTICIPEZ À UNE SOIRÉE D'INFORMATION PORTANT SUR UN PROJET DE REGROUPEMENT

+ Caisse populaire Cochrane-Témiskaming

+ Caisse populaire Voyageurs

Deux lieux de rassemblement en simultané

🕒 **Mardi 20 juin 2017 | 19 h**

📍 **Centre d'événements Tim Horton**
7, promenade Tim Horton, Cochrane

🕒 **Mardi 20 juin 2017 | 19 h**

📍 **Collège Boréal – Campus satellite**
280, rue Armstrong Nord, New Liskeard

JOIN US FOR AN INFORMATION SESSION ABOUT THE MERGER PROJECT

+ Caisse populaire Cochrane-Témiskaming

+ Voyageurs Credit Union

Simultaneous meetings on two different sites

🕒 **Tuesday, June 20, 2017 | 7:00 p.m.**

📍 **Tim Horton Events Centre**
7 Tim Horton Drive, Cochrane

🕒 **Tuesday, June 20, 2017 | 7:00 p.m.**

📍 **Collège Boréal – Satellite campus**
280 Armstrong Street North, New Liskeard

The meeting will be held in French but English documentation will be provided. Members can ask their questions in both official languages.



Desjardins
Caisse populaire
Cochrane-Témiskaming

GREEN IS BEAUTIFUL

Freggie was present at the season’s opening of the Riverside Farmers’ Market Saturday, June 3, encouraging children to eat their vegetables and fruits. Jonathan Brownhill, 4, of North Cobalt was happy to meet Freggie. His little sister, Bethany, 15 months, seemed a little less sure, but through organizations like Healthy Kids Community Challenge, which is bringing good habits to Temiskaming children, the message will grow that green is truly beautiful. Tasha Brownhill is pictured here with her children at the Riverside Farmers’ Market. (Staff photo by Darlene Wroe)

Slip!
on clothing



Slap!
on a hat



Slop!
on sunscreen
SPF 15 or higher



For more information call the Canadian Cancer Society at 1 888 939-3333 or take our SunSense quiz at www.cancer.ca.



SunSense

The advance of a beautiful enemy

DISTRICT (Staff) -- The phragmites is a tall regal plant that is beautiful at first glance.

But dig a little deeper and you will find that this beauty is choking the life out of the area where it takes root.

The Ontario Phragmites Working Group, the Ontario Invasive Plant Council, along with the Ontario Ministry of Natural Resources and Forestry (MNRF) and other organizations, are seeking to raise awareness to get public assistance in reporting sightings, and weeding out the menace early when detected.

The tall wetland plant, an example of which is located on the west side of Highway 11 just north of New Liskeard and south of Tobler Road, has a tasselled top and can spread over three metres a year, growing in large, continuous clumps, eliminating habitat for natives species along roads, in wetlands, and on beaches, says ECO Strategy Media Advisory in a press release.

“Virtually every region of Ontario has been impacted by the steady advance of this plant, which has been identified along Highway 11 and Highway 17, Cochrane, North Bay, and will have serious implications if it spreads further into James Bay,” the press release states on behalf of the Ontario Phragmites Working Group and the Ontario Invasive Plant Council.

The press release warns that the plant “has the potential to negatively impact farmers, fishermen, and tourism in your area.”

REQUIRES PARTNERS
Ministry of Natural Resources and Forestry (MNRF) senior media relations officer Jolanta Kowalski states that “addressing the introduction and spread of phragmites in Ontario is challenging, and requires the engagement of many partners, including the MNRF, municipalities, conservation authorities, and community groups.”

The Ontario Phragmites Working Group and the Ontario Invasive Plant Council state “small infestations can be managed by cutting but for significant infestations, herbicide control remains the only viable option.”

The MNRF states it will provide funding assistance to community groups for invasive plant control through programs like the MNRF’s Land Stewardship and Habitat Restoration Program.

Gardeners are urged not to grow phragmites in their garden, which now is illegal in Ontario.

Sightings can be reported to an Early Detection and Distribution Mapping System for Ontario, made available through a partnership between the MNRF and the Ontario Federation of Anglers and Hunters. People can access the sight at www.ed-dmaps.org/ontario.

Other organizations attempting to find effective means of eradicating phragmites include the Nature Conservancy of Canada, Ducks Unlimited Canada, Georgian Bay Forever, Lambton Shores Phragmites Community Group, as well as many municipalities, conservation authorities and private organizations.



Phragmites, an invasive species, has been increasing in Southern Ontario over the past 20 years and is now being seen in Northern Ontario. This patch is located just north of New Liskeard on Highway 11. (Staff photo)

ATTENTION RAILROAD FANS

Ontario Northland is hosting its 2nd Spike Driving Competition

Sign up to compete in the Professional or Amateur Division for a chance to win some of the \$1,200 in prizes!

Come out and cheer on a railroader!

Free to attend - Kids Activities - Food Truck

www.ontarionorthland.ca/spikedriving

Englehart Station
Saturday, June 10 - Noon to 5 pm

Ontario Northland

Killarney mountain lodge, in the midst of a 4 year renovation and expansion, introduces our newest accommodation building:

Covered Portage

Named after the favourite day trip destination of locals and favourites alike, just minutes away by boat in Killarney Bay, it represents the next step in the evolution of Killarney Mountain Lodge as a destination resort.

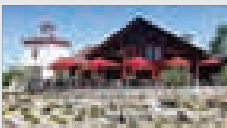
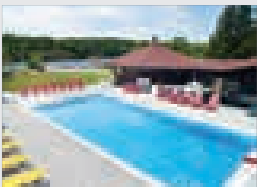
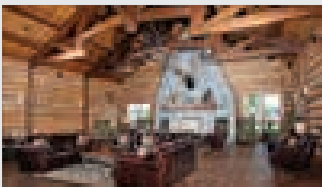
Large rooms with vaulted ceiling featuring King or 2 queen rooms, air conditioning and luxurious bathrooms and our custom made beds and linens. The Covered portage still honours the history of the lodge with wood floors, bead board walls and simple amenities.

As we continue to grow over the next year watch for more amazing announcements!



Killarney Mountain Lodge continues to attract new business and grow the small town of Killarney

You can book your Killarney Mountain Lodge experience at www.killarney.com or call 1-800-461-1117





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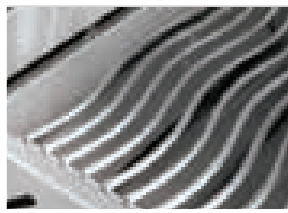
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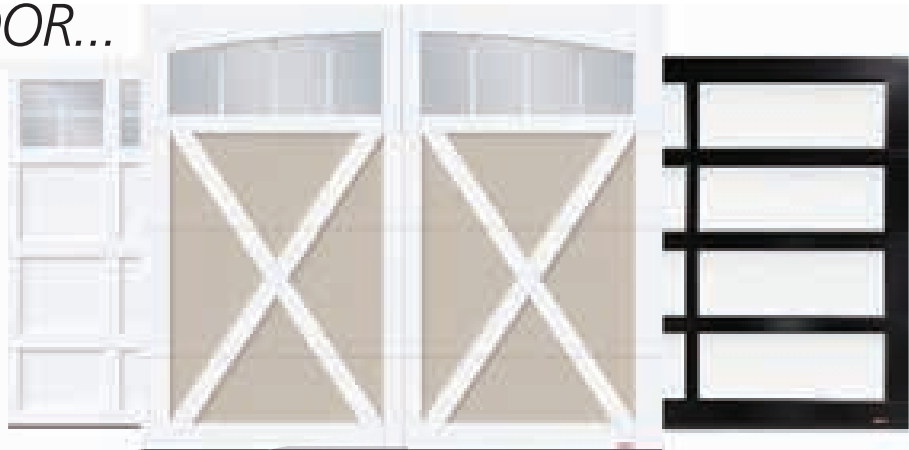
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A HEARTENING EFFORT

Children at Ecole catholique Sainte-Croix in Haileybury were enjoying their recent Jump Rope For Heart fundraising event. Students from kindergarten to Grade 8 raised pledges and then skipped to their hearts' content. Pictured here May 30 in front is Peyton Laplante with Cole Ringuette behind her getting into step. Educational assistant Sylvie Parent is also pictured on one end of the rope during their activity, organized by phys. ed. teacher Luc Boucher. (Staff photo by Darlene Wroe)

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- Physiotherapy
- Medical supplies, dressings
- Special chemotherapy
- Prescription drugs
- Lab tests
- Prosthesis
- Nutritional supplements
- Rental of equipment

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\$500,000

\$250,000

\$125,000

TOTAL:
\$333,912.09

Our fundraising efforts include plans for a new chalet and a tubing hill!

TOGETHER WE CAN REACH OUR GOAL

IN KIND DONATIONS (beginning January 2014)

North Cobalt Flea Market \$400.00	Morrow Haulage \$830.00	Jack Antila Freedom 55 Financial	Phippen Waste Management
Three H Furniture Systems \$1,500.00	Manitoulin Transport \$645.00	Paula Davey Dance School	Breault's Discount Warehouse
Used Sports Equipment Depot \$500.00	Mik Mak Fabrication Ltd. \$500	Work and Play	TJ Adshead Electric
Rona Cashway \$385.00	Howey Bros	Kenworth	Pedersen Construction
H2T Sportswear \$2,480.00	Elk Lake Mill	Ramsay Law Office	James Lathem Excavating
Time Ltd \$2,700.00	#1 Auto	Kemp, Elliot and Blair	Steve Nychuk Excavating
Temiskaming Speaker \$21,828.38	Pete's Small Engines	Leisure Inn	Brownlee Equipment
LUV IT Events \$2,500.00	MERK Graphic Design	OK Tire	Koch Farms
(Kara Johnston & Tanya Langford Paquette)	Amber's	Waterfront Inn	Phippen Waste Management
Willard Bus Lines \$1,000.00	Brent Wood	Julie Bedard Loach	City of Temiskaming Shores
Clean Scene Dry Cleaners \$850.00	JPL Storage	5th Wheel Training Institute	Yves Prime Cut Meats
Zante's Bar & Grill \$300.00	Pat & Donna Desmarais	Dr. Laurie Mageau	Chartrand's YIG
CJTT 104.5 FM \$2500.00	Kings of Nowhere	Tri-Town Motorsports	Thornloe Cheese Factory
OCWA \$700.00	Karen Smyth and Doug Clark	Cobalt Car Clinic	Connors Sand and Gravel
Sights & Sounds DJ Service \$300.00	South Wabi Sawmill	Paul Presseault Trucking	

DONATIONS (beginning January 2014)

T. Damiani \$200.00	Temiskaming Foundation \$7,450.00	Kemp, Elliot & Blair \$500.00	Community Fund \$64,000
J. Birtch \$250.00	Dr. Steve Goddard \$1,000.00	Dr. Quen Lee \$2,000.00	Campsall Plumbing \$100.00
Phippen Waste Management \$500.00	TIME Ltd \$1,000.00	Sonia Dallaire \$100.00	In Memoriam Donations \$70.00
Rotary Club \$500.00	New Liskeard Lions Club \$10,000.00	Findlay's Drug Store \$1,000.00	5th Wheel Training Institute \$100.00
Active 1 Source For Sports \$500.00	Pedersen Construction \$1,000.00	Bumstead Trucking \$2,000.00	Club Lions D'Earlton \$1,500.00
Mar's Accounting \$250.00	Frog's Breath Foundation \$100,000.00	Rivard Bros. LTD \$1,000.00	Waterfront Inn \$500.00
EXP Services \$750.00	Township of Armstrong \$500.00	Investors Group - Jody Currie \$500.00	Temiskaming Shores Lioness Club \$100.00
Holiday Inn \$300.00	Dr. Colleen & Don Davies \$1,000.00	St.Cyr & Associates \$1,000.00	Chartrand's Your Independent Grocer \$250.00
Desjardins \$250.00	Rotary Club of Haileybury \$500.00	SMC Canada \$1,000.00	Yvon Champoux Inc. \$1,000.00
Tench Insurance \$1,043.00	Wilson Chevrolet Buick GMC \$1,000.00	Wabi Iron & Steel Corp \$500.00	Club Richelieu \$750.00
Smith Law Team \$2,500.00	Century 21 \$1,300.00	Trudy Armstrong & Family \$1000.00	Miller Paving \$1,000.00
Dr. Stacy Desilets \$1,000.00	The Brick \$1,500.00	Telus Go2Jo Mobility \$10,000.00	In Memoriam - Heinz Dittman \$3,300.00
Dr. Steve Sears \$3,000.00	Neil Law Office \$500.00	Marc Dessureault (The Speaker Survivor Challenge) \$200.00	Trillium Mutual Insurance Co. \$2,150.00
Dr. Glenn Corneil \$3,500.00	Brownlee Equipment \$1,500.00	New Liskeard Fire Department \$250.00	North Cobalt Flea Market \$450.00
Jody & Nicole Currie \$2,000.00	Tench McDiarmid Insurance \$1,788.00	Trudel Equipment \$200.00	Northern College \$450.00
		Ontario Sports and Recreation	Caisse Populaire Desjardins \$250.00

FUNDRAISERS

Get Active In Temiskaming 2013 \$949.01	New Liskeard Lions Dragon Boat Event \$1,230.00
Family Day Sliding \$1,734.00	Get Active in Temiskaming 2015 \$1,589.00
Halloween 2014 \$4,881.00	Halloween 2015 \$7,457.00
Little Ceasers Pizza Kits \$1,010.00	ATV Raffle \$5,078.00
Xmas Bartending Services \$3,235.00	Halloween 2016 \$6,306.00
NYE Bash 2015 \$9,677.00	Get Active in Temiskaming 2016 \$1,784.00
Swag Sales (t-shirts, toques, stickers) \$1,540.00	End of Season Banquet /Auction 2016 \$14,362.00
End of Season Banquet/Auction 2015 \$14,684.00	NYE 2016 \$9,291.00

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ACROSS

1. Existed
4. Watercourse
8. Weep
11. Bunny moves
15. Tribute, in verse
16. Yonder
17. Tankard filler
18. Graven image
19. Type of tide
20. Skating place
21. One of a pack?
22. Hummus holder
23. Necklace of flowers
24. Dowel
25. Elephant-tusk material
27. Filly fodder
28. Composed of two parts
30. Treeless plain
32. Charm
34. Eager
36. Publish or _____
38. Vowel sound
41. Rebellious
43. Object
44. Straight
45. Side of Manhattan
49. «Surviving Picasso» medium
50. Petri-dish gel
52. Makeshift bed
54. Outstanding
55. Oppositionist
57. Long-legged shorebird
59. Soul
61. Conference
63. Chopper blade
64. Crushed fabric
66. Heckle or Jeckle
69. Gift receiver
70. String instrument
71. Sweet singer
75. Angler’s need
76. About birth
79. Peak
81. Shad’s output
82. Theory
84. Baby’s apparel
85. Not working
86. Sugarcane liquor
87. Cargo
88. Bikini top
89. Terrible smell
90. «Cleopatra» reptile
91. Folk stories
92. Electric _____
93. Laborer of yore
94. Nevertheless

DOWN

1. Our planet
2. Good-bye
3. Reddish brown
4. Speed on «Star Trek»
5. Off the mark
6. Hang loosely
7. Bug
8. Round of gunfire
9. Melange
10. Saloon brew
11. Stylish
12. Hateful
13. Fertilizer
14. Party’s candidates
25. Entomb
26. Story
29. Mowed area
31. Fireplace equipment
33. Tiny bit
35. Sitar music
36. Edging loop
37. Vittles
38. Portico
39. Leno’s prominence
40. Handle
42. FDIC’s beginning
44. Dinghy support
46. Mine passage
47. Japanese sport
48. Drop of sorrow
51. «The Crying _____»
53. Bombay garb
56. Small piece of land
58. Gobi transport
60. December air
62. Commensurate
64. Sorcery
65. Enamor
67. Forest clearings
68. Hay fever source
69. Dreaded dentist’s tool
70. Clique
72. Display
73. Wake up
74. Tidy
77. French friar
78. Grow sleepy
80. Lap pup
83. Thirst quencher
85. Vex


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Horoscopes

Answers For Crossword on 14b

CAPRICORN


Take the time to carefully check all of your bills. You might come across a big mistake that will allow you to save and negotiate a better service.



December 22 - January 19

AQUARIUS


Even if your mind is swarming with ideas and initiatives to propose, you will never succeed in satisfying everybody. You will need to decide things for yourself if you want to keep things moving along.



January 20 - February 18

PISCES


The coming week is looking hectic. You might need a boost of energy if you plan on accomplishing everything on your to-do list.



February 19 - March 20

ARIES


Stress will reign in the air all week. You'll have plenty of reasons to unwind at the spa with your friends or at the hands of your favourite massage therapist.



March 21 - April 19

TAURUS


You will take the lead on a corporate event that will bring many important people together. The occasion will be a huge success and will position you as a valuable asset to the company. Get ready for a raise.



April 20 - May 20

GEMINI


Long live vacations! With the kids away at summer camp, the time alone will alleviate the stress and responsibilities that have been weighing heavy on your shoulders. For once, you'll be free to live in the moment.



May 21 - June 21

CANCER


You will need more time than expected to finance a project that you hold close to your heart. A conversation between you and your loved one may be necessary to talk about your future together.



June 22 - July 22

LEO


You will be an outstanding negotiator and the deals you will broker will leave you very satisfied. Store-owners will fear you like the plague but you will not concede.



July 23 - August 22

VIRGO


Be prepared to do a lot of overtime at work. Despite the pressure weighing heavy on your shoulders, you will earn enough extra income to take the trip of a lifetime.



August 23 - September 22

LIBRA


You will make a number of big decisions concerning your professional career. But that's not all: you will also adopt a healthier lifestyle that will benefit your long-term health.



September 23 - October 22

SCORPIO


A family member will make you very proud. One of your children might take their first steps or achieve something great in school. However, an impending move will continue to cause much stress for your family.



October 23 - November 21

SAGITTARIUS

You don't wear your heart on your sleeve, but sometimes the simple act of sharing proves very liberating. You will succeed in letting go of much anguish and reunite with your circle of friends.



November 22 - December 21



SKATING TO SAINT-MICHEL

Members of Club Richelieu Timiskaming hosted an annual Skate-A-Thon fundraiser in March of this year involving Ecole catholique Ste-Croix, Ecole publique des Navigateurs, Ecole catholique St-Michel and Ecole catholique Paradis des Petites. Students raise pledges and then the proceeds are split between Club Richelieu and the school that raises the most money. This year Saint-Michel received \$3,595 for their efforts. There is also a trophy awarded to the winning school to be kept for one year. From the left presenting the cheque and trophy on Friday, May 26, are Club Richelieu member Gaston Leduc, Ecole Saint-Michel special education teacher Annie Lajoie and Club Richelieu member Gilbert Breault. (Staff photo by Sue Nielsen)

Etched in Stone



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Rock # : 1, 2, 3, 4, 5, 6, 7, 8.

Rock Colour: BLUE YELLOW
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 - 2. Your Family name.
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FATHER'S DAY

IN MEMORY OF GILBERT ETHER

RON SAYER

FATHER'S DAY Love, from the kids

IN MEMORY OF LES McNAUGHTON

LA FAMILLE NOLET

EDDIE & LEA WILLARD

IN LOVING MEMORY OF DANNY WILSON

IN LOVING MEMORY OF DEAN MacFARLANE

SURPRISE!

OLIVIER JACKSON Aidan, Dusty, Steve

THE CHURMAN'S

DOUBLE TROUBLE Tracey Farr

In Memory Of Bill & June Bumstead

Eugene & Nicole Menard

Eugene & Nicole Menard

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In Loving Memory Of Wayne Arsenault

In Memory of Edward Mate

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WATCH FOR THE ROCK LAUNCH & CHILI SOCIAL NOTICE

Memory clinic comes to Temiskaming Shores

Sue Nielsen
Speaker Reporter

TEMISKAMING SHORES — Kitchener-based family physician Dr. Linda Lee was recently in Temiskaming Shores at the New Liskeard Family Health Team where she was finishing up a three-day training session for local health care providers on how to set up a memory clinic in this region.

Dr. Lee specializes in creating and evaluating programs for older adults with dementia and other health conditions associated with aging.

Dr. Lee and her team (a social worker and Registered Nurse) have trained physicians in 40 or more primary care medical clinics across the province to improve the quality of life for people diagnosed with memory disorders such as dementia.

“The aim of the memory clinic is to help improve individual lives and help people remain in their own homes longer,” said Dr. Lee. “The memory clinic provides a workable plan for moving forward when a diagnosis of memory loss is made, not only for the patient, but the caregiver.”

A silver tsunami concerning an aging population is hitting



From the left at the New Liskeard Family Health Team (GNFHT) location on Friday, May 26, are Dr. Pat Logan, Dr. Linda Lee, social worker Maureen Howard, Temagami Family Health Team nurse practitioner Nancy Presseault, Dr. Donald Davies, GNFHT executive director Shirley Watchorn, social worker Sharon Dillion-Martin and registered nurse Melanie Gualtieri. (Staff photo by Sue Nielsen)

Northern Ontario bringing with it a storm of dementia and other age related conditions.

By 2040, about 23 per cent of Canada’s population is expected to be 65 and older.

To offset this shift, the creation of memory clinics is sweeping Ontario helping health care workers better manage memory disorders at the primary care level.

Dr. Lee says there are mil-

lions of dollars in savings to the health care sector when people stay in their own homes versus being admitted to hospital and assisted living facilities.

FAMILY PHYSICIANS

The memory clinics work with family physicians, Lee said. The aim of the clinics is to better equip health care workers to identify patients with potential memory issues and ultimately ensure better diagnosis,

education and treatment.

Lee said there are long wait times for geriatric specialists, which means more patients will go without diagnosis, treatment and the support they need.

While at the New Liskeard Family Health Team, Lee and her team worked with Dr. Don Davies and Dr. Pat Logan on setting up the clinic.

Dr. Davies (geriatric specialist) and Dr. Logan said they

valued the collaborative effect of the memory clinic team approach and felt the program was a good way to provide care close to home, calling Dr. Lee a visionary leader.

The doctors also acknowledged Sudbury geriatric specialist Dr. Jo-Anne Clark for providing leadership in assisting the memory clinic with her expertise and they credited the North East Local Health Integrated Network (NELHIN) for helping to facilitate the clinics.

“It was the North East LHIN who took a lead role in the memory clinic coming to the north,” said Dr. Lee.

The memory clinics work with family physicians in Family Health Team situations.

After meeting with a patient, the health care team puts together a care plan for the patient and the caregiver.

There is careful history taking of current medications and cognitive testing is done.

“Gradually these physicians get better at identifying patients with potential memory issues, providing treatment and support,” she explained.

The memory clinic training was also provided to the Temagami Family Health Team.

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