

# Speaker Sports

WEDNESDAY, APRIL 24, 2019

## Youth hoops league shakes things up

Ball handling ability is crucial to the game of basketball. Trey Bigelow was practicing dribbling the ball during a mini ball session on Tuesday, April 16. (Staff photo by Sue Nielsen)



TDSS Youth Basketball League volunteer Rebecca Ramsay shows younger players how to effectively dribble the ball during a Tuesday night session. (Staff photo by Sue Nielsen)



Dribbling two balls at a time is one of the key drills to improve hand-eye coordination and concentration for Grade 5-6 players. (Staff photo by Sue Nielsen)



**Steven Larocque**  
Speaker Editor

TEMISKAMING SHORES – The TDSS Youth Basketball League has another full roster of more than 140 players this season and kids are seeing a few changes in the format.

The league's founder, Cathy Beauchamp, isn't leading the way this year because of work commitments that have taken her away from Timiskaming District Secondary School (TDSS).

Instead, teacher and coach Jon Maga is at the helm of the youth league.

"Cathy created the TDSS Youth League basketball program over 15 years ago and I am lucky to follow in her footsteps," said Maga.

"Through her dedication our area youth have had an opportunity to learn the game of basketball and I am excited to continue the tradition," he said in an email interview.

"We have made a few changes to the structure of the program."

The traditional Grade 5-8 league is now separated into Grades 5-6 and 7-8.

"(We've) added a Mini Ball Grade 3-4 session and continued with year two of our youngest age group, the Junior NBA (Senior Kindergarten to Grade 2)," said Maga, where they'll use "age appropriate basketballs and nets."

The Mini Ball takes place Tuesdays from 6-7 p.m. and the Jr. NBA Wednesdays from 6-6:45 p.m., both in the big gym at TDSS.

The Grade 5-6 program is Tuesdays from 7:15-8:30 and Grade 7-8 on Thursdays from 6-7:30 p.m.

Continued on 3b

## SPORT SHORTS

# Badminton



Sue Nielsen

There has been a fair bit of bird bashing going on these days at area high schools.

It's a perfectly acceptable kind of bashing done with a racquet in hand.

Badminton is the current high school sport being played as soccer and track are about to begin.

I watched several local badminton players smash birdies at the South North Eastern Ontario Athletic Association Badminton Tournament hosted by Timiskaming District Secondary School last week.

The winners from this event head to Kapuskasing and the North Eastern Ontario Athletic Association (NEOAA) tournament, which is a qualifier for the biggest racquet of all, the provincial championships in North Bay May 2-4.

Seeing the kids play reminded me of the days when I played singles and mixed doubles badminton.

In mixed doubles, my partner and I won the IAGB (Interscholastic Association of Gold Belt) title for Cobalt High School and headed to Noranda, Quebec, to play in the provincial qualifier.

Our individual strengths complimented each other, his booming smash and my net play made a strong combination.

There may not be many people around who remember those good old IAGB days.

It was looking very promising for us until my partner decided to go out the night before the tournament and tip one too many birdies back.

Our first game was at 9 a.m. the next morning and needless to say, he was not bright eyed and bushy tailed.

In fact he looked a little greenish around the gills.

We were just about to get started when he quickly bolted from the court.

I didn't know what was happening, but later found out he made a quick run to the nearest washroom to throw up the previous night's offerings.

And when he did return to the court, he was a mess.

Come to think of it, I don't think I ever forgave him for that indiscretion.

However, I love the sport of badminton and it is enjoyable to see kids playing the game so skillfully.

I wish all local athletes the very best of luck at NEOAA.

### COBALT'S STORY

I wanted to tell you about Cobalt's hockey history in light of the upcoming Northern Ontario Hockey Association's (NOHA) 100th anniversary celebrations.

The NOHA's celebration is directly tied to Cobalt and our sporting history that goes all the way back to the creation of the National Hockey League.

We are extremely proud of our hockey story having to do with the development of the north, silver mining and athletics.

You can't misappropriate the story of how the NOHA began.

It began in Cobalt when a meeting of the minds took place a century ago.

And it showed quite clearly that Cobalt was the hockey hub of the north in those days when the various mines put together teams.

In 1909, the Cobalt Silver Kings signed one of the biggest names in hockey, Art Ross, and went on to win the M.J. O'Brien Trophy as champions of the Temiskaming Hockey League.

Later that year the National Hockey Association (NHA) was formed with seven charter teams, the Montreal Canadiens, the Renfrew Millionaires, the Ottawa Nationals, the Montreal Shamrocks, the Haileybury Comets and the Cobalt Silver Kings. The championship trophy was the Stanley Cup. The NHA became the National Hockey League.

Fast forward a century and our arena is no longer a hockey hub, but that doesn't negate how Cobalters feel about the game and our history.

It is in the veins.

# Golden anniversary for Walkathon in 2019

**Steven Larocque**  
Speaker Editor

TEMISKAMING SHORES – If you've been thinking about participating in the Walkathon, this year is special.

The fundraiser for Community Living Temiskaming South is marking its 50th anniversary on Saturday, May 4.

"We are excited to be celebrating this amazing milestone," said Andrea Steis, resources manager at Community Living.

"We have people coming from Timmins and North Bay that have heard about this great milestone and want to be part of it."

The Walkathon is the only fundraiser for Community Living which assists adults living with intellectual disabilities.

"The Walkathon is our sole fundraising initiative and the funds raised over the years have enabled us to introduce and maintain meaningful programs, and purchase educational and sensory equipment to enrich the lives of over 200 individuals in our community."

The association's long stated goal is to ensure "all persons live in a state of dignity, share in all elements of living in the community and have the opportunity to participate effectively."

### FRIDAY AND SATURDAY

The popular Kickoff Breakfast is Friday, May 3, at Riverside Place in New Liskeard "sponsored by Miller Paving and Tri-Town Toyota."

It runs from 7-10 a.m. and features eggs, toast, pancakes, coffee, juice "and we can't forget that delicious bacon from Yves' Prime Meats." The staff from CJTT will broadcast live from the event.

Pledge sheets are available now at local banks and schools and at Community Living at 513 Amwell Street in Haileybury.

Saturday's event begins with registration at 8 a.m. at English Catholic Central School.

There are two distances from which to choose: the five-kilometre (km) distance from the school to Sunnyside Road and back; or the traditional 17.5km to the Cobalt Fire Hall.

"We hope that everyone will come join us at our final checkpoint for a celebration," said Steis.

"We will have entertainment, food and fun activities for the kids."

The Walkathon is also an opportunity for schools to do a bit of fundraising. Ten per cent of what students raise for the event can go back to the schools.



# HEALTH YOUR WAY



## Spring into a more active lifestyle

(NC) Warmer weather is the perfect motivation for ending your winter hibernation and making healthier choices. Whether your goal is run a short race or lose a few pounds before summer, these simple tips can help you get started.

**Create your own exercise plan.** Most of us know that regular exercise and physical activity are two of the best ways to keep our body healthy, but sticking to a new gym routine or fitness class can be hard. An exercise plan with clear, specific goals and schedules can help you stay on track.

**Don't diet, eat healthy.** A lot of fad diets promise fast results, but they often limit your nutritional intake and tend to fail in the long run.

Eating healthier food and fewer calories is the key to achieving and maintaining a healthy weight. Focus on preparing nutritious meals with fresh ingredients and choosing your portion sizes carefully.

**Stay motivated with smart tech.** Using a fitness app on your smartphone to keep track of your progress and learn healthy recipes or new exercises. A fitness tracker or workout app can be useful for setting up friendly reminders to keep moving and stick to your exercise appointments.

**Be strategic at restaurants.** When eating out, there are some great tricks that let you enjoy your favourites while avoiding overindulging. The three-bite rule lets you take three bites out of a

treat and then set it aside for a few minutes — you might discover that those few bites can be very satisfying, and might be all you really wanted in the first place. Substitute fries with healthier sides such as steamed vegetables, brown rice or a salad with dressing on the side.

**Control your cravings.** Sometimes you feel like you're doing everything right, yet still not getting results. Things like cravings can get in the way of your weight loss by leading you to eat even when you're not hungry. If you're overweight and have health problems because of it, talk to your doctor about a new treatment option for chronic weight management.

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Clark Allaire, left, and brother Ethan came out to Power Skating to help with young NLSC skaters like Tyger Hosking who aspire to be successful hockey players like them. The Allaires were home for a short Easter Break and volunteered some time with the club. (Supplied photo)



The NLSC Spring Skating School recently wrapped-up with some of the younger set getting a chance to hunt for some Easter eggs. From the left are Kloe Ethier, (behind) Mackenzie Robinson, coach Aurora Thompson, Briar Bain, Jenika Aleksa Crake, (behind her) Connor Crake, Jenika Gosselin, behind her coach Wendy Christo Dupuis, Marie-Pier Beaudry and behind her Khasen Gosselin (Supplied photo)

## DIFFERENT STROKES

The New Liskeard Figure Skating Club's 45th annual Spring Skating School finished on Wednesday, April 17, with Tim White's great double-session of Power Skating.

We were very pleased with the number of Power Skaters and they were very excited to have Tim's expertise and our very special volunteer coaches Brian Brownlee and Dan Popkie, also our CanSkate sessions with coach Wendy Christo Dupuis and Mackenzie Robinson were a great success.

The very young skaters made their parents very happy and at the start of the four-week session could hardly stand on

their skates and at the end were skating well forward and some skating backward. Our coaches and volunteer helpers did an amazing job.

We now have a few weeks off to get ready for another amazing Temiskaming Summer Skating School. Special thanks to our board of directors who worked very hard this year so area children could learn to skate and our Power Skaters could be the best they could be when they had hockey games.

See you next time.



## TRICKS AND TRUMPS

Following are the latest results from the Hudson Euchre Club

### BID EUCHRE

#### April 16

Jim Lang 290 points  
Joan Carmody 286  
Morris Coleman 279  
Annette Sopchyshyn 272  
John Boetjes 265

### MOON SHOTS

Jim Lang 1  
Sue Miron 1

### EUCHRE

#### April 19

Linda Goddard 75 points  
Betty Gray 68  
Joanne Newman 68  
Donna Caldwell 68

### LONE HANDS

John Tickner 5

# New season Youth hoops league shakes things up

Continued from B Front

"The goal for the TDSS Youth League has always been to introduce participants to the game of basketball in a fun and engaging atmosphere. We use small group activities to teach the fundamental skills of the game and provide an opportunity to practice these skills in controlled game situations," said the coach.

Student coaches remain an integral part of the experience and the program continues to be very popular with basketball newcomers and those who've been at it a few years.

"It was amazing to see how quickly registration filled up," said Maga.

For updates on schedules and activities, visit the TDSS Youth Basketball League on Facebook.

## \$2,000 REWARD!

**Crime Stoppers, Tri-Town Region Inc.**  
are seeking the public's assistance regarding any information on the following:

**Theft at cottage in Temagami**

On April 5, 2019, members of the Temiskaming Detachment of the Ontario Provincial Police (OPP) responded to a call of a theft on Moore Island, on Lake Temagami. The incident would have occurred sometime between April 3 at 12:30 p.m. and April 4, 2019 at 4:30 p.m. The investigation revealed, that an open shed that was on the property, was entered by the suspect(s) and items were stolen. A separate shed that was on the property was also damaged. The suspect(s) is unknown at this time and the investigation is continuing. Police are seeking public's assistance to help locate and identify the suspect(s) and locate the following items:

1. Four – 20 Litres (L) gas cans,
2. Four – 10 L gas cans

The value of this theft and mischief is valued at \$4130. Police are requesting assistance from the public to recover the outstanding property and locating the suspect(s) involved in this crime.

If you have any information involving this break enter and theft or any other crime, please call Crime Stoppers at this toll free number, 1-800-222-TIPS (8477). The Crime Stoppers Civilian Board of Directors will pay up to \$2000 for any information leading to an arrest in this case or any other serious case.

There are two ways to submit tips to Crime Stoppers, by telephone or webtip. Visit Crime Stoppers online at [www.canadiancrimestoppers.org/tips](http://www.canadiancrimestoppers.org/tips) to find an option suitable for you.

Anonymity is assured and you do not have to give your name.

Your information is sent to an investigative unit, who report back to Crime Stoppers if your tip was helpful to them in preventing or solving a crime.

Crime Stoppers is working together to prevent crime.

**Anyone with any information about this case or any other,**  
**CALL 1-800-222-TIPS**

**CRIME STOPPERS**

## STRAIGHT FROM THE HIP

For all the Tiger Woods bashers out there - it's over!

It took 11 years as Woods proved after numerous operations, a very messy public marriage break-up, many good looking ladies that joined him off the golf course and even a prescription drug overdose resulting in a date in court. But after mentally putting it together with the help of those who assisted him to get his body and then golf game back to almost normal he returns to the Masters and wins his fifth green jacket in a come-from-behind thriller at Augusta, Georgia.

No it wasn't about bragging rights, no it wasn't about forgetting all his misfortunes and health problems, it was simply proving he could do it for himself, his mother, deceased father, his two children, his girlfriend, his close friends and most of all the millions of fans that stuck with him and another million or



Mike McArthur

so that joined the believers.

To hell with catching Jack Nicklaus and his record as that was all the media people's wishes among other outrageous personal comments against several other golfers that faced Tiger year after year. Yes I had written several times that Tiger likely would retire in 2016, 2017, and likely last year if he couldn't make the comeback he demanded. Well guess what, he did it and if he never wins another major, any tournament or even comes close his accomplishment is now in the books and over as far as he is concerned.

Many still don't like him, many would have bet against him, but in the end it's funny

how we have forgiven other notable sporting personalities like Tyson, A-Rod, Phelps and even Rose as the list goes on and on.

So the last chapter is almost over about the best golfer alive that did prove how great he really was and how he brought millions into this sport. He made some stupid mistakes along the way that he paid for and will always be remembered as the guy that believed in himself just like his parents did as we all got to see the best of the best.

As far as Jack Nicklaus is concerned he will never be forgotten much like Palmer, Hogan and Watson plus many others because the game of golf continues to remember its builders unlike other pro sport leagues which is a shame.

### OVERTIME

• I do agree with most of the hockey fans and media folks that the Maple Leafs do not need Nazem Kadri to wear the blue and white any longer. Several years ago, after his first suspension for a vicious cheap shot, to me he needed professional help for his actions, but it continued until now which should be the last straw. Oh sure, several Boston Bruins are also capable of rolling into the mud with Kadri as this franchise, like Philadelphia, encourages toughness and to win at all costs. However, with the help of heavier suspensions, it's become a lot better.

• speaking of the Leafs, glad to see Justin Brazeau get a shot in the American Hockey League with the Marlies next season. I'm sure they will work with him and come this fall hopefully he can show all those who haven't seen his talents get a chance to witness his great pair of hands around goaltenders. Much success Braz!

• one thing is for sure hockey fans, the playoffs are way more important than the regular season as you just have to watch how both Tampa Bay and Pittsburgh crumbled in four straight games. Hats off to Columbus and the Islanders for showing what happens when you believe in yourself and are led by two awesome coaches.

• and finally, Todd McLellan will now give it a third try as a head coach in the Western Conference of the NHL after failures in San Jose and Edmonton so now he moves into Los Angeles to lead the Kings? I think he should have tried moving to the East for a change as Buffalo was his second choice.

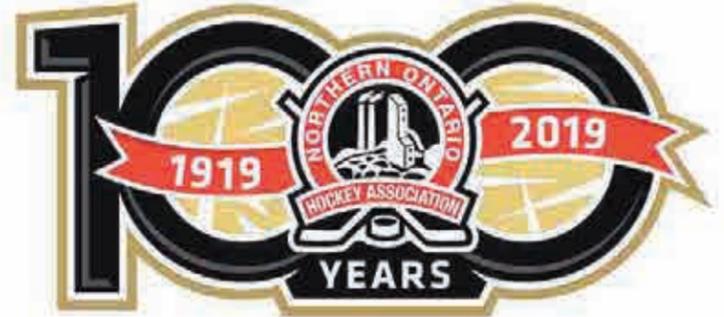
# NOHA comes home for 100th

Steven Larocque

Speaker Editor

COBALT/TEMISKAMING SHORES – Hockey's roots run deep in Northeastern Ontario.

There will be a special acknowledgment of that May 3-5 when the Northern Ontario Hockey Association (NOHA) comes back to where it all started.



The governing association for minor hockey from the Quebec border to North Bay, west to Sault Ste. Marie and north to Kapuskasing and Hearst and all in between, started in Cobalt in 1919. At a meeting of the Temiskaming Hockey League, according to the NOHA, a resolution was passed to form the Northern association.

This year, the annual general meeting will take on a bigger and more public profile.

"The board decided to return to its roots and celebrate 100 years in Cobalt," said Sue Shepherdson.

"Our AGM always falls on the first weekend in May and rotates between the four largest centers within our area - Sault Ste Marie, Timmins, North Bay and Sudbury," said the first vice president of the NOHA.

### THE AGM

"The AGM starts Friday afternoon with our AAA leagues hosting their own AGM meetings" at the New Liskeard Community Hall, she said in an email interview.

Delegates have a social that night at the Don Shepherdson Memorial Arena.

"Saturday morning always begins with an information session, followed by the actual AGM meeting. We have changed our format in the last few years. Lunch has been provided to the delegates and during the break the NOHA awards are presented to the recipients," said Shepherdson.

"Our evening banquet was not well attended so award winners were not receiving the recognition they deserved."

Instead, the awards take place this year in the evening at the banquet.

The AGM typically attracts 100 or so voting delegates, but for the 100th anniversary "we are hoping to reach 200 for the actual meeting and hopefully between 300-400 for the banquet/concert."

The general meeting runs from 12:30-5 p.m. at the Classic Theatre in Cobalt.

Doors open at 5 p.m. at The Shep on Saturday for the marché-style banquet that begins at 6 p.m. when awards will be presented.

The masters of ceremonies will be Jack Morin and Claude Denomme.

"Starting at 8:30 the crowd will be entertained by Taw Connors, son of the legendary Stompin' Tom Connors who will be performing his dad's famous songs."

The public is invited to purchase tickets for the banquet and/or concert and join in on the fun.

### FUN AND GAMES

"To celebrate 100 years we have added on to this year's AGM by having a Hockey Hall of Fame display focussed on the north," noted Shepherdson.

"There will be four trophies on display as well as interactive games for the future stars on Saturday."

It's free and open to the public from 9 a.m. to 4 p.m. at the arena.

"There will also be a silent auction with items that have been donated by NHL and OHL teams."

Tickets are available at Roosters and Active 1 Source for Sports. "People can also contact me for tickets at 705-648-3335," said Shepherdson.

The cost is \$50 for the banquet/concert or \$25 for the concert only.



## Lifestyle Medicine with Dr. Michel



### 5 Things You Need To Know About The Ketogenic Diet

#### What's the point of a ketogenic diet?

The ketogenic diet as we know it today involves a dramatic reduction in carbohydrates and a simultaneous increase the amount of fat a person consumes. This dietary combination aims to shift the body's metabolism away from burning sugar and carbohydrates as fuel to actually burning fat in the form of *ketones* that are manufactured in the liver. When the body is using ketones as a fuel source, we say that person is *in ketosis*, and that's the ultimate goal of this diet.

It's painfully apparent that the dietary habits prevalent in society today would entirely prevent someone from entering ketosis. The incredible overabundance of sugar and carbohydrates in our diet coupled with the lack of adequate healthy fat creates a situation in which people are basically either burning sugar or are breaking down their stored carbohydrates to power their cells. But it turns out that the more we rely upon fat as our predominant fuel source, the better off we will be, in so many respects.

And to really engage the ketogenic diet, it is fundamentally important to recognize that in order for this to happen you not only have to increase your consumption of healthy fat, but you must dramatically reduce your consumption of sugar and carbohydrates. The point is, simply adding fats to your diet will not work. Unless the carbs are removed, just adding fat creates a diet that is actually far more dangerous to your health.

Welcoming healthy fats back to the table like extra-virgin olive oil, nuts and seeds, grass-fed beef, and wild fish, while almost eliminating sugar and most other carbohydrates will enhance ketosis. And this can be further enhanced by adding coconut oil or MCT oil to your regimen.

The reason so many health care practitioners are now advocating the ketogenic diet is that it can be absolutely transformative in terms of health, and here are the top five reasons why:

1. The ketogenic diet can increase insulin sensitivity and lower blood sugar.
2. Keto can help treat and prevent neurodegenerative disease.
3. When compared to a low-fat diet, keto helped people lose more weight.
4. Keto reduces inflammation, the culprit behind the world's leading causes of death.
5. The ketogenic diet keeps our genes healthy by reducing free radicals.



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The New Liskeard Cubs Awards Night was held at the New Liskeard Golf Club on April 6. Recipients were, from the left, Jack Morin, Max Breault, Ian McDonald, Josh Kingsbury, Jake McGuire, Adam Rajsigl, Jackson Buffam, Tyson Bradford and Zack Lajoie with team president Claude Denomme. (Staff photo by Sue Nielsen)

# Cubs hand out awards for 2018-19 season

**Sue Nielsen**  
Speaker Reporter

TEMISKAMING SHORES — The end of any hockey season is a bittersweet time when players aren't on the ice anymore, but where they may ice an award or two for their play, scholarly pursuits or positive attitude.

The New Liskeard Cubs of the Great North Midget League held their annual awards banquet at the New Liskeard Golf Club on Saturday, April 6.

The following is a list of the award recipients for the 2018-2019 season:

- CJTT FM sports announcer Jack Morin received The Shep Award for support and promoting the Cubs.

- Max Breault won the Jim Willard Award for top scorer and the Dan Merkley Memorial Award for Most Valuable Player and scholarship award, which is

a \$100 bursary for a graduating player moving on to post secondary education.

- Ian MacDonald was given the Red Mathews Award (Red was a former Cub trainer) as the Most Improved Player.

- Josh Kingsbury took home the Paul Caroe Award for Scho-

lastic Achievement with top marks after the first semester.

- Jake McGuire was awarded the Harry McKnight Award for ability and team spirit.

- Adam Rajsigl won the Harold McAllister Award (McAllister was a former player in the early years) as the top defence-

man.

- Jackson Buffam won the Barry Knight Memorial Award for dedication, hard work and team spirit.

- Tyson Bradford took home the Grandma Edgar Award for top rookie.

- Zack Lajoie was given the Active 1 Source For Sports Award for the playoff's Most Valuable Player.

- Carter Richmond won the Elwood Kidd Award as the Coach's Choice (Kidd was a co-founder of the Cubs).

## TEMISKAMING DART LEAGUE

Week of April 15:

(PPD=Points Per Dart this week; HCO=High Checkout; YTD= Year to Date Points Per Dart Average):

	PPD	180s	140	95+	HCO	Pts.	YTD
		171s	133+				
Dave Hack	21.52	-/5	3/50	18/226	130	145	21.88
Bob Livingston	19.25	-/1	2/46	12/176	120	145	20.12
Steve Peckover	20.74	-/6	2/26	9/169	99	120	19.99
Ken Snarr	20.71	1/2	2/25	8/145	104	98	19.19
Mike Mackfall	20.39	-/	3/25	8/129	106	93	18.94
Bill Gagne	17.42	-/	3/15	8/93	104	72	17.40
Robert Venne	16.39	-/1	1/14	8/107	120	80	16.80
<b>High Score</b>							
Ken Snarr 174 X 1,							
140 X 2							
<b>High Checkout</b>							
Dave Hack 140 X 2,							
133 X 1							
<b>Most Improved</b>							
Mike Mackfall 94							
Ken Snarr 1.62							



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# Badminton players migrate from SNEOAA to NEOAA

**Sue Nielsen**  
Speaker Reporter

TEMISKAMING SHORES — While the spring bird migration is in full flight, a few high school badminton players plotted their own migration route.

The top four winners in each category of the South-Central North Eastern Athletic Association (NEOAA) badminton tournament held at Timiskaming District Secondary School (TDSS) on Wednesday, April 17, were scheduled to advance to the NEOAA badminton championships in Kapuskasing

on Wednesday, April 24.

TDSS teacher Matt Allen was the lead organizer of this event noting, "Everything went quite smoothly, if I do say so myself."

Participating schools at SNEOAA included TDSS, Englehart High School (EHS), Ecole secondaire catholique Sainte-Marie (ESCSM), Timmins High and Vocational School (THVS), Kirkland Lake District Composite School (KLDCS), Ecole secondaire catholique Thériault (ESCT), O'Gorman High School and Ecole publique Renaissance (EPR).

The categories of play were singles (boys and girls), doubles and mixed doubles.

## RESULTS

### Senior Boys Singles

1. Alex Lapointe (ESCT)
2. Tyler Leach (ESCT)
3. Kevin Lefebvre (EPR)
4. Johnny Gibson (KLDCS)
- Alternate:
5. Gavin Martin (ESCT)

### Senior Girls Singles

1. Cassandra Lapointe (ESCT)
2. Mikayla Caldwell (THVS)
3. Cassie Villars (ESCT)
4. Madison Boileau (ESCSM)
- Alternate:
5. Jill Siebert (KLDCS)

### Senior Boys Doubles

1. Zack Carrière/Nicolas Lalonde (ESCT)
2. Aleck Ratté/Corey St-Amant (ESCT)
3. Kevin Mikovitch/Kevin McLean (EHS)
4. Josh Potvin/Cedrik Morin (ESCT)
- Alternate:
5. Carter Ouellette/Carson Ouellette (OHS)

### Senior Girls Doubles

1. Marissa Charlebois/Maddy Regan (ESCT)
2. Kristen Vane/Amélia

Melançon (ESCT)

3. Claire Schill/Jessie Graham (EHS)
4. Abby McMillan/Hannah Chartrand (KLDCS)

Alternate:

- 5: Michaela Persad/Emily Santos (OHS)

### Senior Mixed Doubles

1. Hunter Melanson/Carly Demontigny (ESCT)
2. Rebecca Lachance/Pierre Racicot (EPR)
3. Tristan Lyrette/Ashley Pilon (ESCT)
4. Ashton Malette/Danika Ratté (ESCT)

Alternate:

5. Alexandre Breton/Natalie Bélanger (ESCSM)

### Junior Mixed Doubles

1. Ayumi Kashiwazaki/Logan Parker (EHS)
2. Thomas Armstrong/Jaylin Sasseville (KLDCS)
3. Keedan Ludwick/Brianna Blackburn (KLDCS)
4. Vanessa Paterson/Dustin Phippen (TDSS)
- Alternate:
5. Sam Walker/Paris Peters (TDSS) Tie Breaker: common opponents

### Junior Girls Doubles

1. Rowan Glover/Dylan

Brownlee (EHS)

2. Nadia Breault/Sophie Breault (TDSS)
3. Maggie Mowbray/Jessie Borgford (EHS)
4. Olivia Melanson/Maeve Osborne (ESCT)

Alternate:

5. Isabelle Rheault/Shaylin Furtney (THVS) Tie Breaker: common opponent

### Junior Boys Doubles

1. Tony Crick/Alex Date (TDSS)
2. Jack Buhler/Gavin Gagnon (OHS)
3. Liam Mousney/Issac Laplante (THVS)

### Junior Girls Singles

1. Shanelle Berthier (ESCT)
2. Valeska Labelle (ESCT)
3. Jessica Harrison (EHS)
4. Alyssa Weldon (EHS)
- Alternate:
5. Amber Vane (ESCT)

### Junior Boys Singles

1. Nikolas Lefebvre (ESCSM)
2. Sebastien Delcambre (ESCT)
3. Bradley Taylor (TDSS)
4. Keegan Morin (ESCSM)
- Alternate:
5. Gabriel Joannisee (ESCT)

## CORRECTION

Information in a story called *By the numbers: Ac15, 2019*, \$12,379.92 in Speaker Sports April 17 stated the proceeds incorrectly. The correct amount raised was \$12,729.92. The Speaker apologizes for the error and any inconvenience this may have caused.



# READY SET SHOOT!

## OUR PHOTO CONTEST






### RETURNS

**SEND US YOUR PHOTOS OF OUR AREA**

Be the next featured Photographer on the cover or throughout our annual edition of the **Visitor's Guide**, or throughout the Speaker's 2019 calendar

**THIS YEAR'S CHALLENGE:**

FRIENDS & FAMILY

We still want the photos to showcase our beautiful northern community, but let's display the landscape while including some local faces!

**IMPORTANT:** All photo files MUST be identified with your name, location and photo title. Send via email to [ads@northernontario.ca](mailto:ads@northernontario.ca).

ONLY HIGH RESOLUTION PHOTOS ACCEPTED (300ppi)



## TRI-TOWN BOWLING RESULTS

### MONDAY NIGHT LADIES OLD DUTCH

#### Final regular season standings

Rosie's Gardens	125
Windows and Doors Beaners	122
Mario's Appliance Repairs	115
Pedersen Construction	114
Go Go Girls	79

#### High Averages

Jackie Morin	210
Georgette Lacroix	185
Joanne Webster	184

#### Individual High Single

Jessie Labonté	308
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#### Individual High Triple

Jessie Labonté	692
----------------	-----

#### Team High Single

Beaner's Windows & Doors	1515
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#### Team High Triple

Beaner's Windows & Doors	4175
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#### Bowler of the Week

Steph West	+169
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### SMC TUESDAY NIGHT MEN

#### Final playoff standings

<b>Division A</b>	
Leis Landscaping	12181 (winner)
Breault's Heating	12087
RC Electric 1	2018

#### Division B

NOP	11995 (winner)
E-Clips Hair Studio	11318
King George Tavern	11173

### WEDNESDAY SENIORS

#### Men Top Averages

Gaby Joyal	201.8
Jacques Lavoie	176.1
Charles Fortin	166.6
Jude Heon	165.4
Denis Loranger	160.2

#### Ladies Top Averages

Jeanne Mikkola	168.4
Simone Lavoie	148.0
Chantal Jacob	142.7
Jeannine Belanger	142.7
Fernande Fortin	141.6

#### Men High Double

Jacques Lavoie	415
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#### Men High Single

Jacques Lavoie	229
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#### Ladies High Double

Jeanne Mikkola	344
----------------	-----

#### Ladies High Single

Rolande Jacques	190
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### THURSDAY NIGHT MEN'S LEAGUE

#### Playoffs

##### A Division

Caldwell Construction	6527
B & T Parts and Supplies	6469

##### B Division

Whiskey Jack Beer Company	6734
Temiskaming Denture Centre	6517

#### Team High Single

Caldwell Construction	1227
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#### Team High Triple

Whiskeyjack Beer Company	3249
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#### Individual High Single

Luc Johnson	241
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#### Individual High Triple

Gabe Joyal	663
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#### Bowler of the Week

Luc Johnson	+169
-------------	------

### SEASON RANCH FRIDAY NIGHT LEAGUE

#### Playoffs Week 3 finals

##### Division A

Tench McDiarmid	28
SMC	26
Mobility in Motion	23



J.D. Roofing	13
<b>Division B</b>	
Marty's Auto Tech	26.5
Eagle Wings Embroidery	24
Country Kitchen	24
Community Living	
Temiskaming	15.5
<b>End of Year Standings</b>	
SMC	142
Tench MacDiarmid	119
J.D. Roofing	115
Mobility In Motion	96
Country Kitchen	95
Eagle Wings Embroidery	93
Marty's Auto Tech	74
Community Living Temiskaming	50
<b>Team High Triple</b>	
SMC	4440
<b>Team High Single</b>	
Tench MacDiarmid	1586
<b>Women's Standings</b>	
<b>High Average</b>	
Joanne Webster	199
<b>High Triple</b>	
Debbie Eckensviller	730
<b>High Single</b>	
Katherine Walker	294
<b>Men's High Average</b>	
Emile Murray	234
<b>High Triple</b>	
Darcy Brazeau	900
<b>High Single</b>	
Paul Allaire	378



**Community Living  
Temiskaming  
South**

**Intégration  
Communautaire  
Témiskaming Sud**



# “Walk, Jog or Run”

## Walk date: May 4th

All are welcome to join us in celebrating 50 years of walking through our Community with a celebration at our last check point Cobalt Fire Hall. From 12:00 to 4:00 with live entertainment with Jeff & Kevin as well as Shawn LaRonde as well as refreshments sponsored by the Cobalt Lions

**Our 50th Annual Fundraiser for people with an Intellectual Disability is fast approaching.** Walkathon 2019 will be held on Saturday, May 4th and our Kick-Off Breakfast May 3rd at the Riverside 7am to 10am - \$5.00 breakfast CJTT provided by Miller Paving Northern Breakfast sponsored by Tri-town Toyota as well as Yve's Prime Meat for taste bacon.

Our Goal is “That all persons live in a state of dignity, share in all elements of living in the community, and have the opportunity to participate effectively”. May is “Community Living Month” and we are focusing on our Goal.

*This year is the*

# 50<sup>th</sup> Anniversary of the Walkathon

*so come join and help us celebrate this amazing milestone!*

Walkathon is our sole fund-raising initiative and the funds raised over the years have enabled us to introduce and maintain meaningful programs to enrich the lives of over 200 individuals in our community. We are calling on the whole of Temiskaming to participate by collecting pledges, walking, sponsoring a walker or making a financial contribution.

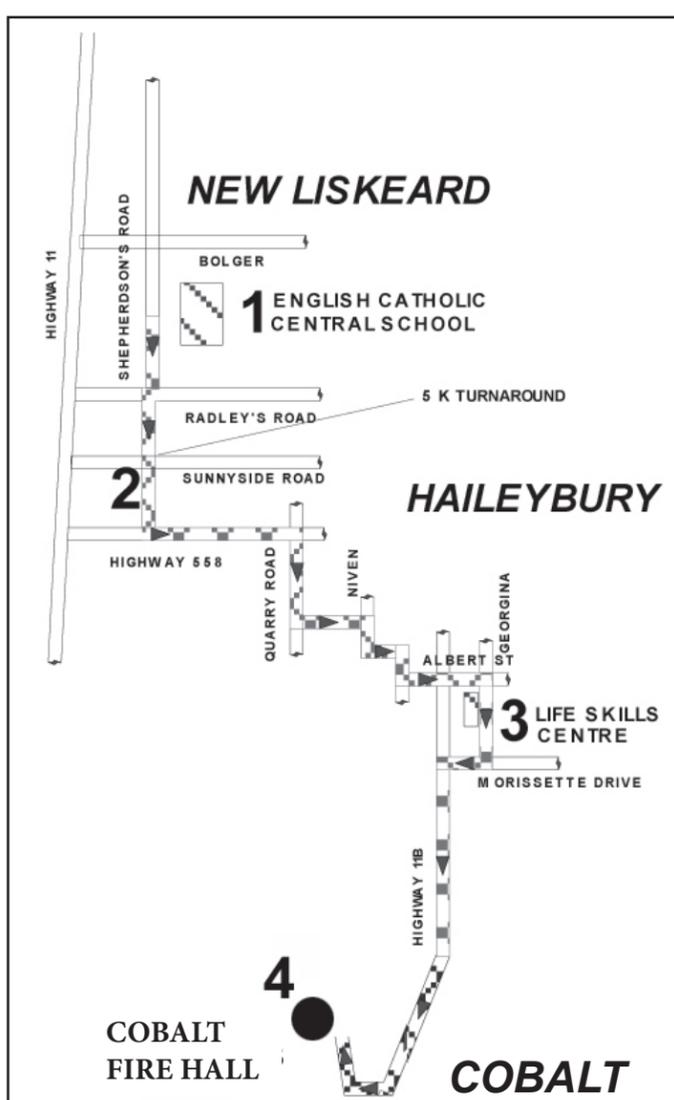
**YEARLY DONATORS TO OUR CHECKPOINTS: Legion Branch 33, Phippen Waste Management, Stock Transportation, Cobalt Lions Club and Food Basics**

Incentive Draws for those who get their pledges in by May 16 and May 23. Chances to win 1 of 2 bicycles or helmets, donated by Canadian Tire, Back packs donated by Howey Brothers, Roosters Gift certificates donated by Rooster's, Gift certificates for Howey Brothers donated by Jack L. Antilla.

Community Service points can be had if you Walk and raise \$25.00. Schools can receive 10% of what their students raise for the Walkathon.

Our Life Skills checkpoint in Haileybury also has refreshments: Water Bottle provided by Food Basics, and Chocolate Milk provided by The Temiskaming Dairy Producers.

Starting point is English Catholic Central School at 8:00 a.m. You can go all the way to Cobalt Fire Hall for Hot Dogs and a Beverage or do our 5 km trek from ECCS to Sunnyside Road and return.



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**TIMISKAMING SQUARE**

EXCITING ANNOUNCEMENTS TO COME...



**Community Living  
Temiskaming  
South**

**Intégration  
Communautaire  
Témiskaming Sud**

Thank you to all participants

705-672-2000  
www.communitylivingts.ca

## THE HOG LINE REPORT

Members are reminded that the annual general meeting is being held this Saturday, April 27, at the Club. Your membership included your dinner ticket for the meeting. Extra tickets are available at \$25 each.



Please let Shawn or Gwenn Hearn know by Thursday if you require extra tickets.

Call or text Shawn at 705-648-1493 or email Gwenn at sghearn@live.com.

Social hour starts at 5 p.m., dinner at 6 p.m., and the meeting will follow. A financial report will be followed by election of directors for the 2018-19 season.

Please also consider offering up your time to volunteer for either seasonal or off-season events. Your time helps keep our rates low, ice fast, and adult beverages cold.

Congratulations to the current executive on a great season: President Tyler Eckensviller, VP and IT whiz Brad Hearn, Shawn Hearn for keeping the plant operating smoothly, Rich Hearn for organizing bar supplies and bartenders, Gwenn Hearn for Rental organization in the off-season and a few good feasts on Thursday nights, Dave Chenier and Bruce Culp for their commitment to engaging our youth curlers, and Betty Garvin for her diligent chasing of memberships.

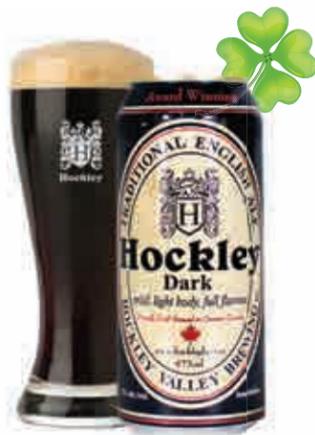
### ICE IS OUT

Many thanks to those who helped with the ice this year. Already mentioned were the afternoon open curlers who helped put the lines and logos in back in October.

Special thanks to Charlie Camsell and Mike Lauzon for their help through the year, and especially in getting the sheets rolled up - an annual test of true friendship.

# A great taste you will remember for the next 364 days.

Happy Saint Patrick's day from your friends at Hockley!



## Hockley

HOCKLEYBEER.CA

