

# THE VEEKENDER SPEAKER'S WEEKEND EDITION

Vol. 18 - No. 37

FRIDAY, AUGUST 16, 2019

Visit us on

### City appealing

### FedNor says "no" to splash pad funding

**Diane Johnston** Speaker Reporter

TEMISKAMING SHORES - FedNor has turned down a request for \$100,000 for the proposed splash pad in New Liskeard.

"FedNor is committed to supporting projects that have the greatest potential for regional impacts and economic and business growth, as well as those that generate short to medium-term measurable results," wrote FedNor director general Aime Dimatteo in a July 4 letter to city council.

"After careful review of your application, we have determined that your proposed project does not meet our current NODP (Northern Ontario Development Program) priorities and will not be proceeding to Phase Two."

Continued on 3a



### SAVOUR THE FLAVOUR

Carl Cook snuck a taste of daughter Isla's ice cream as the family – including three-month-old Luca and mom Tatum Taylor posed for a photo at the Haileybury Heritage Museum. The occasion was the annual Banana Split Day, which is a popular fundraiser to help offset the museum's operating costs, said Kaline Woods, a director on the museum board. (Staff photo by Diane Johnston)

# DID YOU GET The Speaker this week?

### HERE ARE SOME OF THE STORIES IN OUR AUGUST 14 EDITION...

- clinics in Temiskaming Shores and Kirkland Lake.
- A Day in Farm Country took place for the third consecutive year, with five stops on the self-guided tour.
- Work has started on new buildings for the New Liskeard Agricultural Research Station.
- · Ville-Marie is preparing for the Foire gourmande de l'Abitibi-Témiskamingue du Nord-Est Ontarien August 16 to 18.
- In 2018-2019, the Temiskaming Hospital performed almost 5,000 CT scans.



- There will be no more mobile blood donor The Rural Youth Mixed Slo-Pitch League Gate's New growth and regeneration is happening in Gala tournament has ended for youths 14 to 17, and this coming weekend wraps up for 8 to 10 and 11 to 13 year-olds.
  - the north-central part of Lady Evelyn Smoothwater Park which burned last year.



### Page 2a

### **REQUEST FOR QUOTATION RS-RFQ-002-2019**

### CITY HALL STONE WORK LANDSCAPING

Sealed quotations must be received by the Municipal Office, 325 Farr Drive, Haileybury no later than 2:00 p.m. on:

### Tuesday August 20, 2019

To receive consideration, quotations must be submitted on the forms supplied and in an envelope PLAINLY MARKED

### PRIVATE AND CONFIDENTIAL

**City of Temiskaming Shores** P.O. Box 2050 325 Farr Drive Haileybury, ON P0J 1K0

Attn: Dave Treen - Municipal Clerk

### Re: RS-RFQ-002-2019 "City Hall Stone Work Landscaping"

Any guestions should be directed to Paul Allair, Superintendant of Parks & Facilities at 705-647-5728

or pallair@temiskamingshores.ca

### AGE FRIENDLY EVENTS

### Aquafit – Wednesday August 14th Pool & Fitness Centre 9:00am to 9:45am for \$6.50

Adult Swim – Wednesday August 14th Pool & Fitness Centre 12:00pm to 1:00pm for \$4.00

### Pickleball - Wednesday August 14th New Liskeard Tennis Courts 9:00am to 11:00am - Free

Shuffleboard – Thursday August 15th Farr Park, 430 Morisette Drive, Haileybury 1:30pm to 3:00pm \$1.00 per game

Adult Swim - Friday August 16th Pool Fitness Centre 12:00pm to 1:00pm for \$4.00

Aquafit - Monday August 19th Pool & Fitness Centre 9:00am to 9:45am for \$6.50

Adult Swim - Monday August 19th Pool & Fitness Centre 12:00pm to 1:00pm for \$4.00

Shuffleboard - Tuesday August 20th Farr Park, 430 Morisette Drive, Haileybury 1:30pm to 3:00pm \$1.00 per game

### Sharrows

### What are Sharrows?

A bicycle sharrow, two chevrons painted above a bicycle symbol on the road,

indicates the lane is shared by both bicyclists and motorists.

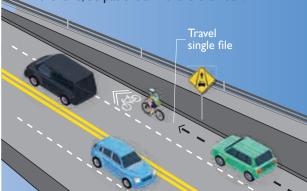
Vehicle and bicycle traffic may be in the lane. Remember sharrows do not mean that the indicated space is exclusively for bicyclists.

### **Bicyclists**

Bicyclists should "take the lane" by riding closer to the middle of the lane to reduce the risk of vehicles passing too closely.

### **Motorists**

Sharrows closer to the middle of the lane remind you that it is unsafe to drive sideby-side with bicyclists. When bicyclists claim the lane, be patient and share the road.



Working towards **VISION ZERO**: zero traffic fatalities and serious injuries.







## CITY BULLETIN Temiskaming



### **SCHEDULE OF MEETINGS**

**REGULAR COUNCIL MEETING** Tuesday, September 3, 2019 - 6:00 P.M. City Hall, 325 Farr Drive, Haileybury

REGULAR COUNCIL MEETING Tuesday, September 17, 2019 - 6:00 P.M. City Hall, 325 Farr Drive, Haileybury

### NOTICE OF TEMPORARY ROAD CLOSURE

The City of Temiskaming Shores wishes to advise residents and users of Golf Course Road that in order to facilitate the rehabilitation of the Chester's Creek Bridge (located near River Road and Highway 65 East) a portion of Golf Course Road will be closed to all traffic commencing on or about August 6th 2019 until approximately November 15th, 2019. There will be no through traffic permitted within the work area and detour routes will be established and signed accordingly.

We apologize for any inconvenience that this road closure may cause, however, the work to be completed is required to ensure the safety of the road users.

For further information please contact the Public Works Department at 705-647-6220.

### **Temiskaming Shores Public Library** The Library will be closed on Tuesday, September 3 in lieu of Labour Day

### TD Summer Reading Club Family Story & Fun Time at **Both Branches**

Wednesdays in July and August the Temiskaming Shores Public Library will be having TDSRC Family Story & Fun Time from 11:00 a.m. until noon. Children accompanied by an adult are welcome to come and enjoy stories being read aloud followed by a play time. We look forward to seeing you at the library!

Haileybury on August 14th. New Liskeard on August 21st. For more information call 705-647-4215.

### Pen Pal Program at the New Liskeard Branch

The Temiskaming Shores Public Library has partnered with the Kenora Public Library for a Pen Pal Program this summer. Make friends with youth from a distant community through correspondence and socialize with like-minded peers here at home. Children aged 8 to 12 can register for this program which will be held in the New Liskeard branch on Fridays from 3:15 to 4:15 on the following dates: August 16 and 30.

For more information or to register call 705-647-4215.

### All Creatures Great and Small at the New Liskeard **Branch**

On Saturday August 24, 2019 from 10:30 – noon the New Liskeard branch of the Temiskaming Shores Public Library is having an ALL CREATURES GREAT AND SMALL program. This program will feature animal stories, crafts and activities for the 5 to 10 year old crowd. We plan on having a roaring great time and if you would like more information or to register call us at 705-647-4215.

LEGO – Du plaisir à construire pour toute la famille! Le mardi 20 août 2019 de 18 h 30 à 19 h 30 à la succursale de New Liskeard.

Que devez-vous apporter? Vos propres LEGOs, votre créativité et votre imagination. Donc, pour une heure, venez partager vos idées et

venez créer!!

To register or for more information about any of the Library's programs, call 705-647-4215 or 705-672-3707, see our facebook page, email NewLiskeard@temisklibrary. com or Haileybury@temisklibrary.com, visit our website at www.temisklibrary.com, or visit your Library Branch!

Pour plus de renseignements contactez nous au 705-647-4215 ou 705-672-3707, visiter notre page facebook, envoyez-nous un courriel à NewLiskeard@temisklibrary. com ou à Haileybury@temisklibrary.com, visiter notre site web au www.temisklibrary.com, ou venez visiter nos succursales!!

### **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 at 705.647.6220.

This program will commence the week of May 21, 2019 and will continue throughout the City for approximately 6 weeks.

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

Public Works Department



### **Application for Zoning By-law Amendment** Notice of Complete Application And Notice of Statutory Public Hearing

Under Section 34 of the Planning Act, R.S.O. 1990 c.P.13

The City of Temiskaming Shores has received the following application to amend the City of Temiskaming Shores Zoning Bylaw:

ZBA-2019-04 File #: In & Out Truck Wash Agent:

433959 Hawn Drive; Dymond Concession 1 **Property:** 

Part of the South Half of Lot 6; RP 54R-5639

Parts 21, 22, 23, 29, 30, 31

A public hearing will be held to consider the Zoning By-law Amendment application:

Tuesday, September 3, 2019 Date:

6:00 p.m. Time:

Council Chambers at City Hall, Place: 325 Farr Drive, Haileybury

The application proposes to rezone the subject land from Manufacturing Industrial (M2) to Manufacturing Industrial Exception (M2-#) to add "motor vehicle washing establishment" as a permitted use on the subject property. The property owner intends to build a transport truck / large vehicle washing facility on the property.

The property is designated Employment Areas in the City of Temiskaming Shores Official Plan.



For more information about this matter, including information about preserving your appeal rights, contact the undersigned. Dated this 13th day of August, 2019.

Jennifer Pye, MCIP, RPP

Planner

City of Temiskaming Shores 325 Farr Drive

PO Box 2050

Haileybury, ON P0J 1K0 Tel: 705-672-3363 ext. 4105 Fax: 705-672-2911

jpye@temiskamingshores.ca

### For More Information Call (705) 672-3363

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



### COOLING OFF

There's nothing better than cooling off in a lake in mid-July. From the left at the Haileybury beach on Saturday, July 13 are eight yearold Charlie Driscoll and seven year-old Kylie Carrillo. (Staff photo by Sue Nielsen)

### A Celebration of Life Service

Hosted by The Jacksic Family



in memory Joseph **Jacksic** on Saturday

Will be held

A graveside service will take place at the Catholic Cemetery on Dawson Point & Dales Road. Following the service, There will be a light luncheon at the New Liskeard Golf Course from 12:30pm - 3:00pm All are welcome.

### Let's Make Cancer History

For more information about cancer, services or to make a donation

888 939-3333 www.cancer.ca

# City appealing

### FedNor says "no" to splash pad funding

Continued from A Front

The decision didn't sit well with Temiskaming Shores city council when it met earlier this week.

When Mayor Carman Kidd proposed appealing the rejection of the city's application, Councillor Danny Whalen said the city's position is "warranted."

He pointed to FedNor's approval announced late last month of \$150,000 for the Rotary Club of North Bay's splash pad on the downtown water-

He argued that the application for support for the local

splash pad, a project spearheaded by the Temiskaming Shores and Area Rotary Club, met the same criteria as North Bay's.

### "A BLACK EYE"

"I think FedNor has been nice to us over the years, but this is a black eye," commented Councillor Mike McArthur.

Fundraising continues to build the \$522,000 splash pad in the Algonquin Regiment Memorial beach park in New Liskeard.

The Rotary Club has committed \$100,000 for the project over ten years, and the municipality has also pledged

CHRYSLER

To date, more than \$98,000 in other donations have come from charitable foundations, area service clubs and municipalities, businesses and individuals.

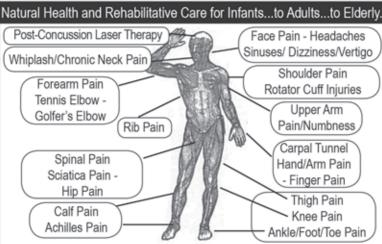
A fundraising and sponsorship drive was launched in

The city has also applied for \$100,000 from the Northern Ontario Heritage Fund.

Funding is not assured, but the application has moved to the second phase of review, said city economic development officer James Franks.



Dr. Clifford C. Geddes, D. C., D. Ac.



### Pain Control and Rehabilitation Care for All

Chiropractic adjustments (by hand / or instrumentation) Acupuncture (dry needling, wet needling, electric stimulation and helium neon and infrared laser stimulation).

Therapeutic ultrasound, interferential current therapy, and Bioflex Laser Therapy - Orthotics - electric and hand massage - Nutritional Supplements.

> 575 Browning St. Haileybury, Ontario 705-672-2777



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Drive Away RAN

Jeep



2017 GMC Terrain SLE AWD 2012 Dodge Journey RT AWD Leather, navigation, Local trade, Low kms STK #N19-19A \$150 biweekly Drive Away



Jeep

2017 Nissan Rogue SL AWD Loaded platinum, leather, Moon roof, navigation, etc. Only 50,000 km STK #419-21 \$226 biweekly **Drive Away** 



2016 Jeep Patriot 4x4 High Altitude, leather, Moon roof. Only 28,000 km STK #U19-06 \$195 biweekly Drive away



2015 Jeep Cherokee North 4x4 Heated seats, navigation, etc. Only 59,000 km STK #N19-18A \$218 biweekly **Drive Away** 

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### Way of beauty

### **66**Put yourself in the way of beauty. 99

Cheryl Strayed

I've have been blessed with some incredible nature moments, but the one I had last week was truly amazing.

It almost beats my swim with the moose.

of loons and their chick on a small lake near Cobalt.

chick arrived about three or four weeks ago.

I've seen the baby loon riding on its parents' backs and it makes me happy.

The survival of hatchlings is a hit and miss.

According to the literature, one out of every four chicks will survive until adulthood.

low fish stocks, murky water, pesticides and motorboats are factors contributing to a decline in loon populations.

While I was watching them this little family started to swim from the middle of the lake towards where I was standing on the shoreline.

I could not believe my eyes as the mom and dad with chick on their back swam up to me.

I quickly realized they were showing off their chick to me.

They seemed to be saying, look, we are so proud of our baby, isn't it cute?

The same way any of us would show off our own baby.

Fortunately, I had my camera handy capturing great shots of



Sue Nielsen

this beautiful family.

The chick would get bold and swim on its own for a bit and then jump up on either the mom or dad's back when it was tired.

At one point it strayed a bit too far from mom and she let I have been observing a pair out a high-pitched wail, which startled me.

But what caused the hairs on As close as I can tell, the my neck to rise was when the chick let out its own shaky, tiny wail just like mom.

The sound was incredible.

And then as quick as they appeared, they slowly swam

I am not special, I don't have any powers concerning wildlife but I seem to be in the right place at the right time.

I don't make a lot of noise Predation, loss of habitat, or act in a threatening manner wildlife when I towards encounter moose, bears, otters, beavers, eagles, snakes, turtles, great blue herons and on and on.

> The best things happen when you least expect it.

> Nature, in all its untamed glory, offers sights and sounds that you could never imagine.

> And it's all here in our very own backyards in Wild Temiskaming.

Motivated by a desire to step away from technology and a life indoors, there is definitely a happiness effect happening with me from nature and wildlife.

The medicinal power of nature is overwhelming. It makes me feel, fully alive, vibrant, in awe and filled with gratitude.



Two horses have the perfect vantage point to watch the parade of Highway 11 traffic south of New Liskeard. (Staff photo by Diane Johnston)

### EDITORIAL

### Sharrows equal increased safety

The City of Temiskaming Shores is painting symbols on roads to identify where cyclists should ride in regular traffic lanes.

The symbols are called sharrows.

Sharrows are painted symbols featuring a bicycle symbol.

Sharrows provide markings for cyclists who don't wish to ride close to a curb and who wish to ride in a traffic lane, which they are totally entitled to do.

Cyclists have the same rights as vehicles when it comes to riding on our road-

These sharrow markings are a way for cyclists and drivers to safely share the

Drivers who find themselves behind a cyclist on the Wabi River Bridge must move safely to another lane, but not pass the cyclist in the same lane or push the cyclist over to the curb.

When a sharrow is present, cyclists should ride in the middle of the sharrow and "take the lane."

Having increased cycling infrastructure in a community encourages and supports healthy active lifestyles.

This will eventually translate into a healthier, happier, vibrant community

Drivers are to treat cyclists using area roadways as they would any other vehicle on the road.

### Working together

Small rural communities in Northern Ontario often get a bad rap in terms of inclusivity and open mindedness.

Those communities may be viewed as racist, redneck and exclusionary when it comes to welcoming immigrants and people of different cultures.

As we look around the globe at the growing polarization, xenophobia, racism and resentment of immigrants, we can't thankfully call that our truth.

In fact, nothing could be further from the truth.

We welcomed a Syrian refugee family to our community and helped them settle their lives in Canada.

While they eventually moved to Toronto, they likely won't forget how they were welcomed with open arms here.

There is a new program being initiated to bring immigrant workers to help combat our dwindling workforce numbers, which will benefit us all.

Rural communities are also known for coming together to help those in need.

Surely there isn't a more generous and caring community as the South Temiskaming region that has worked together to raise monies for ski clubs, hospitals, to help people dealing with serious illness, cancer patients, children's sports programs and of late, a splash pad to be located in New Liskeard.

Let's reach around and give ourselves a collective pat on the back for demonstrating tolerance in polarizing times.

18 Wellington St., South, **New Liskeard** 

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# **New moose** management proposed

**TORONTO** (Staff/Special) -- The Ontario government is proposing to revise moose management in the province.

Minister of Natural Resources and Forestry John Yakabuski, and parliamentary assistant Mike Harris, announced the government's proposal which has been based on the recommendations of the Big Game Management Advisory Committee (BGMAC).

In Spring 2019, BGMAC was tasked by the provincial government to advise the province on a path forward on moose management.

BGMAC hosted seven listening sessions in May and June, 2019. Over 600 interested hunters, members of the public and organizations attended these sessions to share their perspectives to develop a path forward. Over 2,000 individuals provided comments through an online survey.

The report is now available ontario.ca/moose-management-review.

hunters across the province, and our proposal is designed to work for the hunting community," said Yakabuski. "I encourage Ontario's hunters to review the proposal and consider its implications on moose populations and future hunting opportunities. I would like to thank BGMAC and the committee's chair, John Kaplanis, for their dedication and insight on strengthening moose management in Ontario."

The government's proposal is now available on the Environmental Registry of Ontario for public feedback. An additional proposal to address the committee's recommendation regarding moose predation has also been posted for comment. Interested hunters, members of the public and organizations are invited to review the proposals on the Environmental Registry and provide their comments by September 26.

"Our government recognizes the importance of moose hunting to Ontario families "We are listening to moose and communities," said Harris. future."



### DOWNTOWN STOP

Vicky Payne, at left, picked up some treats at the New Liskeard booth of Les enfants en action. Members of the youth co-op helping run the fundraising bake sale August 9 included, from left, Eric

Lalande-Belanger and Angela Poirier, standing, and, seated, Cassidy Connelly and Ashley Belanger. (Staff photo by Diane Johnston)

"We want to make sure Ontarians can get outdoors and enjoy the sport of hunting, and that these opportunities are available today and long into the

### 937907 Marsh Bay Road, Coleman, 705-679-8833 **OFFICE HOURS** Monday-Friday – 8:30 a.m. - 4:30 p.m. **COUNCIL MEETING** Tuesday, September 3, 2019 at 6:00 p.m. COMMUNIT

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 Depot: There is a recycling depot available for residents at the Coleman Landfill site for your convenience, during normal operating hours. Place all recyclables in a clear plastic bag - no loose material Flatten all boxes, and bundle

Next Recycling Date: Tuesday, August 27, 2019

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

Barbeque Safety - Stay Fire Safe

- Never leave the BBQ unattended when in use.
- Make sure grease does not build up on the burners or at the base of the BBQ. This could cause a grease fire.
- Never throw water on a grease fire this will only spread the flame.
- DO NOT place the BBQ close to wooden fences or walls, vinyl siding, or anything that can burn. The area behind your BBQ must be free of
- anything that can ignite this is where hot gases escape. Keep loose clothing away from a hot BBQ.
- Keep children and pets at least one metre (three feet) away from a hot
- When finished barbecuing, turn the gas valve off first, then turn off the burner controls so no gas is left in the connecting hose.
- Allow the BBQ to cool completely before closing the cover.
- If you live in an apartment or condo building, check with the building owner or property manager, or the Condominium Act of your building. regarding the use of BBQs on your building's balconies.

Office of the Fire Marshal and Emergency Management. Barbeque Safety. Web PDF – 12 August 2019 <a href="http://www.mcscs.jus.gov.on.ca/sites/default/">http://www.mcscs.jus.gov.on.ca/sites/default/</a> files/content/ofm/docs/BBQ%20Safety%20Information%20Sheet%20ENG.

### **Forest Fire Updates**

For Information about the current forest fire activity and fire restrictions across the province, including an interactive map, please visit: www. ontario.ca/forestfire

To report a forest fire call 310-FIRE (3473)

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

No fire permits for open air burning will be issued during the months of July and August.

### New project prepping for Hwy. 11 livestock emergencies

**Diane Johnston** 

Speaker Reporter

**TEMISKAMING SHORES** - Police, firefighters and paramedics are ready to respond when there's a crash on Highway 11.

But they may not be prepared when that crash involves a truck hauling livestock, leaving animals dead, injured, or roaming the highway.

A new initiative is underway to tailor response plans for nine communities, including Temiskaming and Temagami.

The emergency livestock response preparedness project is being undertaken by the Northern Ontario Farm Innovation Alliance (NOFIA) and Collège Boréal.

The safety of first responders and welfare of livestock are the priority, said NOFIA project development advisor Emily Potter from her office in Temiskaming Shores.

Project proponents note that more than 3,500 livestock trucks travel through Northern Ontario on Highway 11 each year.

In recent years, there have

been several crashes on Northern Ontario highways in which first responders have been faced with dead cattle and seriously injured animals that have had to have been euthanized. In some cases, animals have escaped on to the road or nearby forested

There has also been an increase in barn fires, which too can see animals on the loose.

The first step in the two-year project is now beginning. **COMMUNITY NEEDS** 

Potter said an assessment will be made of the needs in each community.

In addition to Temiskaming and Temagami, they include Bay, Greenstone, Thunder Hearst, Kapuskasing, Cochrane, Val Gagné and Matheson, and North Bay.

A plan to meet the unique needs of each community will then be prepared.

She said some areas have resources, such as portable fences and gates to corral animals, while others do not. The availability of veterinary services also varies.

A list of emergency contacts in each area will be developed.

In the second phase of the project, Collège Boréal will draft educational materials and interactive online modules that will be used in conjunction with hands-on workshops at livestock operations to train first responders.

Proponents say the goal of the training is to ensure the safety of responders and the public, to minimize animals' suffering, and to prepare emergency teams to carry out their responsibilities.

Further training will be provided to police on how to safely and humanely euthanize live-

Plans are being developed elsewhere in Ontario to deal with livestock emergencies.

NOFIA said it has consulted with other organizations, including Beef Farmers of Ontario and Farm and Food Care, as they work on their projects.

The Northern Ontario project is funded by the Canadian Agricultural Partnership and the Northern Producer Animal Health Network, which focuses on large animal veterinary care in the region.

### Conversation at heart of Seniors' Centre Without Walls

**Diane Johnston** 

Speaker Reporter

TEMISKAMING SHORES – Seniors' centres can be hubs of activity and chatter.

But they can be inaccessible to people without the money, transportation or mobility to reach them.

That's where the Seniors' Centre Without Walls comes in.

It offers "all the things you would expect at a seniors' centre, but we do it without going to a physical space," said Dalas Forget, coordinator of the outreach program.

With a single phone call, Temiskaming residents can be linked to like-minded district residents for educational sessions, to enjoy music, or to chat about shared interests.

The calls are akin to the telephone party lines that once served rural areas.

And they're designed to reach people who are feeling isolated because it's difficult for them to leave their homes, Forget said.

The project is run by Timiskaming Home Support (THS) and the Timiskaming Health Unit, with funding from the Centre for Aging + Brain Health Innovation in Toronto.

In Temiskaming, about 31 per cent of seniors live alone – a risk factor for social isolation, which has been linked to declines in physical and mental well-being.

Forget said the district's health care agencies regularly host seniors' activities, but they realized "there's some people they miss all the time."

### **NETWORK**

To reach them, the Seniors' Centre Without Walls is turning to a network of service providers – including doctors, the Centre de santé communautaire du Témiskaming, the health unit, and THS – to spread the word.

There's no fee to take part. But individuals must register.

They then receive a passcode and a calendar in the mail outlining the next three month of upcoming sessions, which are offered in English or French.

Because many people are uncomfortable using the passcode, Forget said he calls them about half an hour before the session begins.

He can also control volume settings, customizing sound levels for a participant who is hard of hearing, for example, or speaks softly.

### **ORIGINS**

The concept of the Seniors' Centre Without Walls was introduced in California and has since spread to other jurisdictions.

What's proven to be a hit in Temiskaming?

Forget said seated stretching sessions are popular, led by experts skilled at giving "very descriptive" and clear instructions

There's a "bird brain" get-together, with birding experts available to answer questions.

The program is currently offering sessions on regional history, with representatives from local museums talking about their favourite exhibits.

Regular sessions are also



The Seniors' Centre Without Walls opened in Temiskaming earlier this year. It uses the phone to enable older adults – who may find it difficult to leave their homes because of health or lack of transportation or money – to join others for education, socializing and fun, explained coordinator Dalas Forget from Timiskaming Home Support. (Staff photo by Diane Johnston)

based on old-time radio shows and songs, sparking reminiscences about events on the world stage and in participants' lives when the shows and music were popular, he said.

"We do lots of games," he

There have also been sessions on a variety of topics geared to older adults, such as fraud prevention, pensions and benefits, and reducing the risk of falls.

To date, about 100 people from across the district have registered, but there's no obligation to take in sessions.

Each session lasts from 30 minutes to an hour, and typically attracts six to 12 participants.

"It isn't long before the participants get used to not speaking over each other," he said.

He's also seen participants insist at first that they would only listen, but then quickly become comfortable joining in the discussion

Forget added that the technology that enables older adults to take part from their homes also makes it possible for speakers from distant locations to offer presentations without having to

travel to Temiskaming.

Based on feedback from participants, he's looking for local presenters "who want to share what they do."

People who want to talk about their travels are in demand, he said.

At this time, the project is scheduled to end in November.

But he said discussions are underway to extend the Seniors' Centre Without Walls.

To register to participate or to learn more, call 705-672-2254 ext. 2203 or 1-800-361-5820 ext. 2203.

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# Cobalt hopes to save building

Darlene Wroe

Speaker Reporter

COBALT -- A plan has been proposed to save the building at 22 Lang Street in Cobalt.

Mayor George Othmer said the town definitely want to look at the plan, as an alternative to demolishing it.

The building houses the collection of the Northern Ontario Firefighters Museum and the Cobalt, Coleman and Latchford Area Food Bank.

Don Dekker of MaJIC Engineering told council at its commeeting mittee-of-the-whole Tuesday, August 6, that he and engineer Roger Bartlett, with Cobalt manager of public works and properties Wayne Sutherland went over the building and concluded the problem is with the brick veneer wall over which a mural has been painted on the northeast side of the building. The brick veneer has been slowly separating from

the original wall, Dekker told council. Otherwise, "we found nothing really wrong" with the building, he said.

In the past there has been "a little movement on the northeast corner" of the building, Dekker commented, but the building seems to not have experienced any other problem.

Dekker explained that when the brick veneer wall was put up years ago, the brick did not extend all the way to the flashing. This allowed water and condensation to get between the veneer wall and the original wall, he continued. There were also no drain holes made at the bottom of the veneer wall to allow water to escape, he added.

Dekker presented a proposal to save the mural wall, which would include running bolts through the wall at the second-floor level, and using plates to pull the veneer wall back to the original wall.

### STABILIZING THE WALL

The project would stabilize the wall, he said. A sloping mortar could be placed at the top of the wall, and then flashing could be installed above that, he continued. The mortar would seal the wall, he said. "The mural is very nice," said Dekker. Some consideration would need to be made in the placement of the plates so that the image in the mural would not be impacted, he added.

He also suggested some work needs to be done at the front of the building, involving repointing the wall, and replacing some tin flashing.

Dekker said that when he first saw the building, "I looked at it and said, 'it's an old building,' but when I went to the back of the building and saw it was the food bank, I said, 'we have to do something here.""

He added that demolition would be an expensive project, and an environmental assessment

would be required, along with consideration of asbestos in the building. He noted that the "roof is in very good shape."

Chief administrative officer Brian Walker told council the town might be able to cover the construction cost of the project through one of its funding packages for projects of this

Council has approved advertising an RFP (request for proposals) from construction companies, so that council could then consider the cost proposed by respondents.

The cost of having the town's public works carry out the work will also be analysed.

### **Temagami Family Health Team**

Subm tted by Ellen Ibey **Tackling Childhood Obesity** 

Parents want their children to grow up healthy, happy and ready to succeed in life. But, childhood obesity is undermining children's health. In fact, obesity rates among children and youth in Canada have nearly tripled in the last 30

Obese children are more likely to develop a range of health problems,

Physical Health Problems

- High blood pressure or heart disease
- Type 2 diabetes
- Sleep apnea and other breathing problems
- Abnormal or missed menstrual cycles
- Bone and joint problems
- Reduced balance

### **Emotional Health Problems**

- Low self-esteem and negative body image
- Depression
- Feeling judged
- · Being teased or bullied

### TIPS FOR EATING HEALTHY:

- By following Canada's Good Guide, you and your family can make healthy food choices and develop healthy eating habits
  Set a good example for your children by being a role model for healthy eating. Your children are more likely to try new foods if you eat them too
- Eat meals together as a family as often as possible. Turn off the TV and put away electronic devices during mealtime.
- Involve children in planning and preparing meals and snacks.

### TIPS FOR BEING PHYSICALLY ACTIVE

On average only 4% of Canadian children take part in enough physical activity. Children should participate in at least 60 minutes of physical activity per day.

- Limit the amount of screen time your children have. In fact, if they are younger than 2 years of age, the Canadian Paediatric Society does not recommend any screen time at all. If they're between two and five years of age, the recommendation is one hour per!
- Be aware of the opportunities your community offers to help your family stay

Physical can include everyday activities like walking the dog, planting a garden, playing tag, building a snowman or tobogganing, and even household chores like sweeping or shoveling the driveway. Be your child's role model and set a positive example by being physically active as a family.

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Family Health Team

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### Seeking participants

Tri-Town Crime stoppers Night Golf will glow with fun

Sue Nielsen Speaker Reporter

TEMISKAMING SHORES — Are you looking for an evening of fun and golf after dark, in which you can tee up a golf ball under the stars?

The Tri-Town Crime Stoppers is seeking participants for their annual Night Golf fundraiser being held this coming Saturday, August 17 from 9:30 p.m. to 12:30 p.m. at the New Liskeard Golf Club.

"We've got about ten teams registered but certainly could use a few more. This event is our main fundraiser and it's a fun night out," said Tri-Town Crime Stoppers board of director member Bill Buchberger.

This special evening tournament will feature a four-person shotgun start scramble-style format played with glow in the dark golf balls.

Participants can wear glow in the dark clothing if desired and glow sticks and headlamps will be provided.

The cost is \$40 per person or \$160 per team.

Register by calling the New Liskeard Golf Club at 705-647-6651 or by messaging the Tri-Town Crime Stoppers Facebook page.

Proceeds from the golf tournament will cover the operational costs of the organization, but also helps to provide reward money for successful tips that help in solving crimes.



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# Stockpiling water treatment plant parts suggested

Darlene Wroe

Speaker Reporter

LATCHFORD --The personnel of the Latchford water treatment plant were commended for their work in manually maintaining the plant operation during an equipment failure July 8.

Latchford Councillor Mike Brooks, who is the town liaison for the water treatment plant, told Latchford council that the plant was affected by the failure in such a way that the plant had to be operated manually.

He was speaking at the council's meeting Thursday, July 18.

Brooks recommended that the town look at stocking equipment that might fail so that a quicker response can be made to that type of situation in the future.

Brooks later told The Speaker that a refit had been conducted "quite some time ago," and its failure resulted in the leakage of some soda ash onto wires and some other components that affected the software program. Noting that he was out of town at the time, and Councillor Scott Green had filled him in on the occurrence, Brooks explained that the soda ash ate into the wires, putting the plant offline and requiring staff to manually operate the plant until the necessary items could be acquired from a location in Southern Ontario.

The parts that were damaged had to be replaced, and the program operating the water treatment plant had to be reprogrammed.

"During that period the guys had to be there to operate the plant manually."

Because of their presence at the plant, "We were never out of compliance. We were able to continue (to deliver water) but it did slow down a little bit." Brooks added, "We were very fortunate in being able to find an operator. The part was made

available, I think somewhere around Barrie." An individual had to drive to the location to obtain the part, and then turn around and drive directly back to Latchford, he said.

For that reason, Brooks is recommending that the town look into stocking a few of the parts that are getting harder to find, particularly because manual operation of the water treatment plant means that staff have to be at the site 24 hours a day.

### **HIGH LIFT PUMP**

On another matter relating to the water treatment plant, Brooks told council that a new high lift pump is required for the water treatment plant.

The pump that is being replaced was original in 1952, although it has since been retrofitted. Brooks said it had been hoped that the pump could be rehabilitated again, but that would have a cost of \$5,000 to \$6,000 and if the pump failed again, that money would be lost, so a decision was made to order a new one. The new pump will have a cost of approximately \$10,000.

Brooks later explained to The Speaker that the water treatment plant has three high lift pumps.

"We have rehabilitated the first two satisfactorily, and they're both back in service."

The third high lift pump was new in 1952 and refitted or rebuilt in 1970, he explained. He expressed disappointment that a 1952 pump was installed in 1970. "That should not have been."

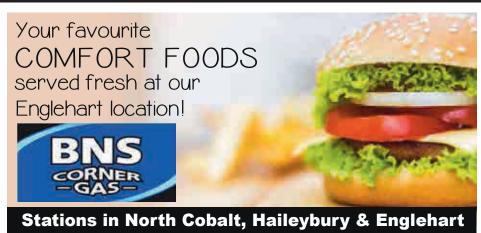
Brooks commended plant operator Rico Guindon for his help and understanding of the issues. "He is more qualified probably than most folks in the region." Guindon will be able to advise the town of possible equipment needs in the future, six months or even two years in advance, Brooks said.











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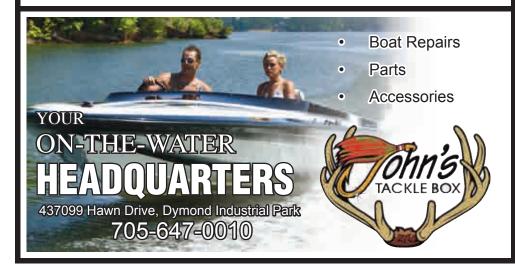
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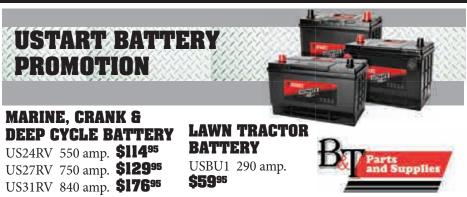


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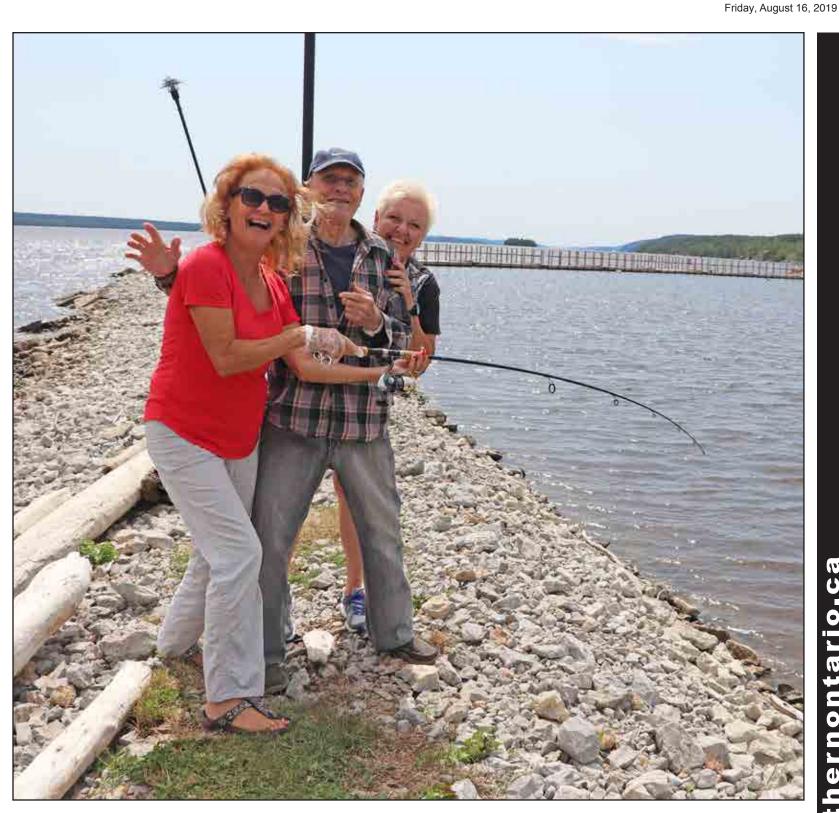
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### FISHING FUN

The annual Extendicare Tri-Town Nursing Home Fishing Day/Picnic was a fun outing with sunny skies, warm temperatures and a cool breeze at the Haileybury waterfront. From the left is Siybylle Acton (Ingrid's sister), helping Extendicare resident Howard Klawitter and Extendicare employee Ingrid Schwendemann. (Staff photo by Sue Nielsen)



### HAILEYBURY ANGLER

Extendicare Tri-Town Nursing Home resident, Ed Schroeder, enjoyed casting a line in the water at the Haileybury waterfront during the annual Extendicare Tri-Town Nursing Home annual Fishing Day held on Wednesday, July 24. (Staff photo by Sue Nielsen)

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### **New sign honouring Latchford supporter**

**Diane Johnston** 

Speaker Reporter

LATCHFORD – Bert LaRose fabricated the backstop at the Latchford baseball field that's named in his honour.

On August 9, a new, refreshed sign was unveiled that both identifies the recreational facility and remembers his contributions.

LaRose, who died in 1981, had been a leader in the Latchford sports scene, particularly in hockey and ball.

"He also loved this little historical town," recalled his widow Helen.

She thanked the Latchford recreation committee for installing the new sign.

"I look forward to more use of this lovely ball field near the lake," she said.

The sign was unveiled as the Jack Hunt Memorial threepitch tourney prepared to open.

"Jack was a great athlete," recalled Latchford Mayor George Lefebvre.

Hunt had been "an excellent amateur boxer in his day,"

But he became very involved in fastball, which was "the sport of choice in Latchford," and then went on to play slopitch, he continued.

Hunt's widow launched the ball tournament in his memory, he said, and their children then took it over.

This year, it was passed on to the town's recreation committee.

Seven teams from as far away as Temiskaming Shores and North Bay took part.

The Jack Hunt Memorial is the only annual event hosted on the baseball field, Lefebvre said.



Just before the opening of the Jack Hunt Memorial tourney, a new sign was unveiled at the Latchford ball field recognizing the late Bert LaRose. On hand were LaRose's widow Helen, who lives in Latchford; brother-in-law Ted Bates, left, of New Liskeard; and nephew Percy Bates, also of New Liskeard. (Staff photo by Diane Johnston)



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Soft fabric

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Disturbed

Curve

More recent

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Took a load off

Moray fisherman

Bowler or fedora

the Mountain"

High-wire

precaution

Capsize

Immense

Ball or card

Little bit

Knot

Sailor's consent

Snakelike curve

Off the right path

Greeted formally

Sign of the future

Decorative vase

Subways' cousins

Island greeting

"The Side of

Certain golf clubs

# Arts & ENTERTAINMENT



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# Horoscopes

### **CAPRICORN**

If you have young children, you'll spend a lot of time preparing for the beginning of the school year. You might move or start to make big changes to your home. If you're single, be prepared for love at



December 22 January 19

### TAURUS

You'll need more coffee than usual this week. Health wise, new treatments will help you find the quality of life you're looking for. Stress might give you a boost of energy.



### VIRGO

Large-scale projects cause you to worry but perseverance is the key to success. Don't be afraid to change your plans. Your emotions will rise to the surface, but a better view of the situation will calm you.



### **AQUARIUS**

You won't keep your opinions to yourself this week. Expressing what others are thinking will allow you to resolve an unpleasant situation. A member of your family will inspire you.



### GEMINI

Stressful circumstances surround you and you have no choice but to tackle a major obstacle. You'll find yourself listening attentively to many people. Your social circle will expand considerably.



LIBRA

everyone involved to get

their okay. At work or in

other aspects of your life,

long negotiations will lead

to a profitable agreement.

Before making a major

decision, consult with



At work and in your personal life, everything will be urgent and need to be completed as of yesterday. Your friends will help you take your activity



### CANCER

**PISCES** 

surprised when you're

courted by the compe-

all directions preparing

beginning of the school

year. A good friend may

make a declaration of

your children for the

tition. You'll be running in

At work, don't be



mind off things with a new



### **SCORPIO**

If you're worried about your health, it's time your nealth, it's time to start taking care of yourself. By changing a few habits, you'll have more energy and a new, contagious zest for adventure. Life is about finding balance.



### **SAGITTARIUS**

**Answers For** 

Crossword

on 4a

A dynamic new

ARIES

beginning is underway.

A job change or a move

is on the horizon and

enthusiastic about the

opportunity presented.

LEO

Preparing everything in

advance assures that it

will be an unforgettable

In need of a vacation,

you'll start to plan an

exciting family trip.

experience.

You won't be bored this

you'll be more than

week.

One way or another. you'll be in the spotlight. You might take charge of a group or defend your community. This will put you in an important position, which will be good for your selfesteem.



### **ACROSS**

- Potent particles 1.
  - Touch lightly
- 9. Sib

6.

- 12. Airman
- 12th letter 13.
- 14. Upper-body limb
- 15. Church leader
- 16. Be situated
- 17. Also
- 18. Join forces
- 20. Pen's contents
- 21. Suppose
- Firmly packed 25.
- 27. Gather in 28. Possessive
- pronoun
- 31. Broadway hit
- 32. Have brunch Bowling path 33.
- 37. Globe
- "Lvin" 39.
- Borders on 43. Wading birds
- 45. Clip

40.

- Sharp outgrowth 46.
- 49. Be obliged to pay
- 50. Island drink
- Severe 51.
- 56. Female lobster
- 57. Develop
- 58. Of the country
- 59. Increase
- 60. Hankering
- 61. Gives temporarily

### **DOWN**

- 1. Chimpanzee
- 2. Rock's

Tuesday

Curly.

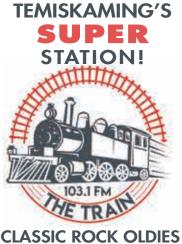
- 3. Vintage
- Larry. 4. and \_
- 5. Play a lute
- 6. Snack place
- 7. Came to ground
- 8. Runs, as dye

I wish to thank everyone who attended my 90th birthday party on August 4, 2019. It was so wonderful seeing you all. Each of you helped to make my birthday truly memorable! A big thank you goes to my children, grandchildren and sister-in-law Roberte for all their work and attention to detail which ensured a wonderful day. Also, a special thanks to

my grandson's fiancé who

decorated the cake.

Sincerely, Simone L



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