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**- get the shot**  
Page 3a

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# WEEKENDER

## THE SPEAKER'S WEEKEND EDITION

## Good relations FONOM looking forward to working with MPs

TEMISKAMING SHORES (Special/Staff) – The president of the association representing Northeastern municipalities has congratulated all the candidates – both the winners and the unsuccessful – in the recent federal election.



**Danny Whalen**

The Federation of Northern Ontario Municipalities (FONOM) is looking forward to working with all the region's MPs, said Danny Whalen, president of the federation and a councillor in Temiskaming Shores.

FONOM has enjoyed a good working relationship with all the Northeast's MPs "and we look forward to this continuing," said Whalen in a recent press release.

FONOM is looking forward "to working with the federal government to address the need for the expansion of broadband and cellular services, increased immigration, affordable housing and economic development opportunities for Northeastern municipalities," he said.

In the Northeast, the election caused few changes to the electoral map.

Most of the incumbents were re-elected in their respective ridings.

The only newcomer is Conservative Scott Aitchison in Parry Sound-Muskoka. The riding had previously been held by Conservative, then independent, Tony Clement, who did not seek re-election.



## FALL BACK

The 2019-20 New Liskeard Fall Fair Harvest Queen, Darby Durrant, holds a clock reminding us to turn back time one hour on Sunday, November 3, at 2 a.m. for standard eastern time. (Staff photo by Sue Nielsen)

# DID YOU GET The Speaker THIS WEEK?

Here are some of the stories in our October 30 edition...

- As the population demographic indicates, the Temiskaming region is aging. The good news is a new nursing home is being proposed for Englehart.
- A district-wide program is helping people diagnosed with diabetes cope with the illness affecting more and more people.
- In a cost saving measure, Englehart council is considering flowing its water bills at the same time as the tax bills are sent out.
- Those who fail to plan can plan to fail is the old saying. But Armstrong Township is not planning on failing as it undertakes a strategic planning process.
- Scary weather didn't deter over 150 participants during the 10th anniversary STATO Haunted Hustle held Sunday, October 27.
- Pink was the colour on the minds of the New Liskeard Lions Midgets hockey team as they raised funds for Team Shan during Breast Cancer Awareness Month.
- Seven was the luck number as the New Liskeard Cubs kept their point streak alive against the Major Midget Wolves on the weekend.
- Our C-front this week features a story and photos on the 100th anniversary of the Plante family arriving in Uno Park.
- The City library is moving into the former New Liskeard medical clinic in 2020.
- People joined the fifth and final fun run/walk of the Get Active in Temiskaming series in a new theme, Hunt and Harvest.



# WORLD GIRLS HOCKEY



The Temiskaming Shores Minor Hockey Association (TSMHA) Puckhound players Layla Peters, Jemma Baril and Frederyk Brownlee (from the left) attended the October 4 New Liskeard Cubs game as part of World Girls Hockey Weekend. The rink was packed with TSMHA girls teams from all levels of play who were granted free admission on the night. (Staff photo by Sue Nielsen)

# SPORTS DIGEST

## CUBS

The New Liskeard Cubs of the Great North Midget League have just one game this weekend – Friday, November 1, at the Don Shepherdson Memorial Arena against the North Bay Minor Midget Trappers. Game time is 8 p.m.

## LIONS

The New Liskeard Lions of the Abitibi-Témiscamingue Hyundai Midget BB League are host two games this weekend at the Don Shepherdson Memorial Arena. On Saturday, November 2, they play the Rouyn-Noranda A's at 6:35 p.m. Sunday, Nov. 3, New Liskeard welcomes the Hearst Lumber Kings for a 1 p.m. start.

## NORDIC SKI CLUB

Volunteers are needed for the Chalet Clean-up scheduled for Saturday, November 2, at 10 a.m. at the Temiskaming Nordic Ski Club in Coleman Township. Cleaning supplies will be available and lunch will be provided to all volunteers. There will be indoor and outdoor tasks to be done. The Open House and Ski Swap is scheduled for November 30 from 12 to 3 p.m. Hot chocolate and baked goods will be available. Final day for Early Bird Registration is November 30. The club is also looking for people to fill vacant positions on the executive for this season. Contact temiskamingnordicskiclub@gmail.com for more information.

## PROVINCIAL CURLING VOLUNTEERS

The Horne Granite is hosting the Northern Ontario Curling Association (NOCA) Men's and Scotties Provincial Championships from January 28 to February 2, 2020, at the Don Shepherdson Memorial Arena. A Provincials launch/volunteer recruitment session will be held on Monday, Nov. 4. There will be two sessions at 12 p.m. and 7 p.m. All those interested in learning about this prestigious event and the club's volunteer needs are invited to the Horne Granite to learn more about it and to sign up.

## HORNE GRANITE CURLING

The curling program is up and running at the Horne Granite Curling Club for 2019-20. Youth Program: Monday and Wednesday 5:30 p.m. to 6:30 p.m.; Tuesday Open League: 7 p.m. to 9 p.m. (every second week 7:30 p.m. start); Ladies Nights every second Tuesday 5:30 p.m. to 7:30 p.m.; Afternoon League Tuesday and Thursday 1 p.m. to 3 p.m.; Mixed League Wednesday 7 p.m. to 9 p.m.; Men's League Thursday 7 p.m. to 9 p.m.; Open Curling for regular or doubles play, Friday evenings, dates to be confirmed; Instructional Clinics Sundays from 1 p.m. to 3 p.m., dates to be confirmed.

## HAILEYBURY CURLING CLUB

The Haileybury Curling Club's traditional opening night friendlies for both men's and mixed are scheduled for November 6 and 7. Memberships are due in full by November 30.

## YOUTH CURLING CHALLENGE

November 9-10 the Horne Granite will be hosting a Youth Challenge for developmental curlers. This bonspiel is for youth of all ages who are learning the sport of curling and want to develop their skills in a fun, recreational environment. Curling starts Saturday morning and will continue until Sunday afternoon. The entry fee is \$160 per team and includes a supper on Saturday. Contact Angie Manners (cell 705-647-2176; email: ajmanners98@gmail.com) or Kim Julien (cell 705-648-3916 or email: kizzybee123@hotmail.com) for more information. You can register with them or on the Northern Ontario Curling Association (NOCA) website. Spectators are always welcome.

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### NOCA U-18 Provincials 2018

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The 701 Steam Locomotive is on display in Englehart. The steam locomotive was refurbished through fundraising activities of a committee dedicated to the project over the last ten years. (Staff photo)

## Considering ongoing care of 701 locomotive

**Darlene Wroe**  
Speaker Reporter

ENGLEHART - Englehart council wants to have some more information before responding to a request from the 701 Restorative Group.

The group is requesting to have the 701 locomotive and its surrounding area declared as a historic heritage site.

The group is asking the town to provide an annual inspection of the 701 locomotive, its canopy and signage using a qualified person or company. It's also asking the town to ensure any needed work at the site be carried out.

At council's regular meeting October 23, town administrator clerk-treasurer Shawn LaCarte noted that the 701 locomotive is on Ontario Northland property which is being leased by the

town.

Councillor Jerry Mikovitch suggested that the matter should be discussed with Ontario Northland.

LaCarte added that it would be necessary to look at the terms of the lease with Ontario Northland.

Town deputy clerk-treasurer Malorie Robinson also noted that the town should be aware that sometimes, when a property is declared a heritage site, it limits how the property can be touched.

"You have to be very careful with what you're doing," she said.

The 701 Restorative Group has spent approximately ten years fundraising and having work done to repair the 701 locomotive and to build a canopy over it to protect it

from the elements. The projects have had a total cost of close to \$250,000 with cash donations of approximately \$200,000, plus in-kind donations of goods and services.

In a related matter, Mikovitch noted that he has been advised that people are noticing lights around the locomotive are being left on all night. Mikovitch suggested the lights should be on a timer, and added that the lights are soon going to be under snowbanks.

LaCarte stated that an electrician will be contacted to determine if a timer can be set installed.

### CELEBRATION OF LIFE

Celebration  
Of Life for  
**Joan  
Sutton**  
at the First  
Baptist Church  
in New Liskeard  
at 11 a.m. on  
November  
1st. Luncheon  
will be served.  
Committal to  
follow at Valley  
View Cemetery.

# Ontarians encouraged to get the flu shot

TORONTO (Special) – It's that time of year again.

With the approach of cold weather, the provincial government is encouraging Ontarians to protect themselves against the flu by getting a free vaccination.

"Every Ontarian can join our efforts to put an end to hallway health care by getting their flu shot," said Health Minister Christine Elliott in a recent news release.

"In fact, getting your flu shot is an important part of keeping all Ontarians healthy and out of hospital, while reducing the strain on our emergency departments.

"The flu shot will be available across the province to protect you and your family."

The province said the flu shot is especially important for young children, pregnant women and seniors because they're particularly at risk of flu-related complications.

The province said it'll be available at the offices of family doctors and nurse practitioners, public health units, and participating pharmacies for anyone five years of age and up.

For children aged from six months to four, the shot can be administered by a doctor or nurse practitioner.

The province said flu season can begin as early as this month. It takes about two weeks for the flu shot to reach full effect.

In the 2018-19 flu season, Ontario experienced about 5,450 flu-related hospitalizations and 275 flu-related deaths.

### Temagami Family Health Team

Submitted by Ellen Ibey

#### Health Literacy.....Why it should be important to you!

Have you ever been confused by what your healthcare provider is saying? Have you ever asked a question and not understood the answer? Have you ever not asked a question because you were anxious or embarrassed? **YOU ARE NOT ALONE!**

#### What is Health Literacy?

Health literacy means using many different skills to get, understand, communicate and use information to make informed decisions about your health and find your way through the health care system.

For example, you are using health literacy skills when you:

- Follow instructions for taking your medications
- Prepare before a test or surgery
- Act on medical advice and filling out medical forms
- Understand treatments and medical terms
- Find and use health information
- Know where to go to get health services from home or in the community
- Ask questions and advocating for yourself or your family member

#### Tips to Improve your health literacy:

- Bring your questions so you can remember everything. Write down what your provider tells you
- Bring all of your medications, including vitamins and any over-the-counter or herbal remedies
- If you can, bring a family member or trusted friend along to help you remember what your health care provider says
- Ask questions if you do not understand. If you are still not sure about the message, ask your health care provider to repeat using everyday language
- Repeat the information you hear in your own words

Stress or how you're feeling can affect your ability to understand and act on health information.

Health literacy applies to everyone! The better your understanding of health information, the better you will be able to manage your health and move through the health care system more easily.

The Temagami Medical Centre and Family Health Team ...  
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Ref: UHN Patient and Family Education Program



Temagami

Family Health Team

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# SPEAKER WEEKENDER



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# Humanity

Last week I was seated on an Air Transat flight from Glasgow to Toronto being served a hot meal, a drink and a welcoming smile from a flight attendant.

I looked down at my Canadian flag lapel pin and passed my fingers gently across it.

It sure feels good to be Canadian.

Canadians, for the most part, are thoughtful, kind, progressive, compassionate, inclusive and tolerant people.

While I was in the United Kingdom the dominant news story concerned the 39 people found frozen to death in the back of a truck in Essex, England.

A 38-year-old Irishman has been charged with the murders. He is believed to be part of an international smuggling ring trafficking migrants around the globe.

To lock people in the back of a refrigerated truck shows a complete and utter contempt for human life.

All such traders in human lives must be brought to justice, including the human trafficking going on in our region and province.

The amount of money being made from migrants is staggering and evil.

It is hard to think of the final moments of those 39 people. Lucky for us, we just get to imagine it.

A United Nations 2017 report says 68.5 million people have been forcibly displaced.

The World Bank says by 2050 climate change will see 143 million people migrate because of hardship.

Migrants are people scared



Sue Nielsen

and scarred by what has happened to them.

One thing I have learned from my travels is people are people. We all want the same things - good jobs, a family and good quality of life.

Tighter border security is forcing people to take drastic measures to find freedom and security in far off lands.

When the Community Refugee Engagement South Temiskaming (CREST) agency worked so hard to bring the Syrian family to Temiskaming Shores, I felt this was an incredible show of humanity and still do.

We are all migrants. Few of us can call where we live our original home, save for our First Nation brothers and sisters.

Our ancestors came here to the North at the turn of the century from the four corners of the world.

They helped build the North and this country for that matter.

They weren't locked in the back of a freezer truck left to die a horrible death.

Compassion and respect for humanity begins in our homes, workplaces, churches, schools and individual communities.

What if we were suddenly displaced from our homes? We would hope for someone to help us and not exploit our misfortunes.

## SEASONAL SURPRISES

Trick-or-treaters hit the streets this week, hoping for a little fright and a lot of fun. At the Pumpkin Patch at Craig Haven Farm and Gardens in Hudson Township, seasonal displays decorating a trail through the fall foliage put visitors into the Halloween spirit. (Staff photo by Diane Johnston)

## EDITORIAL

# Ontario Public Library Week

The only place you have to know the location of is a library, emphasized Albert Einstein.

Ontario Public Library Week (October 20 to 26) was celebrated last week.

As Temiskaming Shores begins to transition its library services into one location in New Liskeard, how many people are library patrons or about to discover the wonders of a public library?

Libraries in our coverage area from Temagami to Englehart and all places in between are valuable community hubs.

They are not just places to check

out books but they offer free internet access, DVDs, CDs, historical information and so much more.

Public libraries often offer mom and tots time, programs and services for all ages and some libraries even lend out sporting equipment, snowshoes and more.

Our libraries are important resources of information and they often operate on frugal budget constraints.

All the information we need to be literate, progressive communities can be found via a free library card.

Have you checked out your local library lately?

## Ditch the switch

This coming weekend Temiskaming residents will turn back their clocks one hour in compliance with the end of Daylight Savings Time.

On Saturday, November 2, (or Sunday at 2 a.m. if you're up) clocks fall back one hour.

People have reported the time change has affected their emotional well being and circadian rhythms.

A study published in Europe in 2018 found a slight increase in heart attacks after the clocks change, with the effect more pronounced during the spring-time shift. Certainly the time change can disrupt our sleep patterns.

It was said Daylight Savings Time originated because countries around the world wanted extra daylight.

This meant people could be more productive and people could work longer, especially in the fields harvesting crops.

Daylight Savings Time is from a by-gone era. We continue to think we are saving something by changing our clocks twice a year.

Why not make Daylight Savings Time all year round and forget changing our clocks one hour forward and backward?

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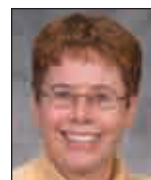


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# Have a safe and happy Halloween night and weekend

DISTRICT (Special) – The weekend after Halloween will often see people hosting parties celebrating the scary season.

MADD Canada reminds everyone to plan ahead for a sober ride home.

“If you take the risk of driving impaired, it could end in a real-life nightmare. You could lose your licence, lose your vehicle, face steep fines, a criminal charge or, worst of all, you could cause a crash that kills or injures someone,” said MADD (Mothers Against Drunk Driving) Canada chief operating officer Dawn Regan.

“Enjoy your Halloween party but please leave the driving to someone sober if you’re going to be consuming alcohol, cannabis or other drugs.”

Every year, hundreds of Canadians are killed and tens of thousands are injured in crashes involving alcohol and/or drugs. Everyone can help keep roads safe around Halloween time:

- Don’t drive impaired.
- Don’t ride with an impaired driver.
- Call 911 if you see a driver you suspect is impaired.


Make a sober ride home your priority this Halloween season. Call a cab, arrange a designated driver, or take public transit.



## RECOGNITION

The Timiskaming and Area MADD group has recognized a local OPP officer for efforts to combat impaired driving. Temiskaming OPP Constable Martin Thibault has been awarded the 2018 Mothers Against Drunk Driving Outstanding Officer award for his dedication to keeping the roads safe. On hand for the award presentation were, from left, local MADD president Sue Flaxey and treasurer Annette Neil, Constable Thibault, and Sergeant Kyle Perry and Sergeant Wayne Brunke of the Temiskaming OPP. (Staff photo by Diane Johnston)

### Lower Your Flu Risk



Also available by appointment beginning November 15<sup>th</sup> by calling the Timiskaming Health Unit 1-866-747-4305.


**Flu shots will not be given in schools.** Please have your child immunized by your health care provider, pharmacist (for those 3 years and older), by attending a community clinic, or by calling the health unit. **Flumist is not available in Canada this year.**

*\*Notes: 1) Unimmunized children may be excluded from child care if an outbreak of flu occurs. 2) For those 65 years and older, ask your health care provider or the health unit about the high dose flu vaccine. You can get this vaccine from your health care provider or the health unit.*


### Diminuez votre risque d'attraper la grippe

Egalement disponible, sur rendez-vous aux bureaux à compter du 15 novembre, 2019 au 1-866-747-4305.

**NOTE: La vaccination contre la grippe ne sera pas disponible dans les écoles.** Les adultes et enfants âgés de 5 ans et plus peuvent également recevoir le vaccin contre la grippe chez le médecin ou la pharmacie, une séance d'immunisation ou sur rendez-vous aux bureaux des Services de santé. **Le vaccin FluMist ne sera pas disponible au Canada.** \*A noter: 1) Les enfants non vaccinés pourraient ne pas être permis de fréquenter la garderie si une épidémie ou une menace d'épidémie de la grippe avait lieu. 2) Pour ceux âgés 65 ou plus, communiquer avec votre médecin ou votre centre de santé pour le vaccin contre la grippe haute dose. Ce vaccin sera disponible chez votre médecin ou votre centre de santé.



Télécharger gratuitement l'application ImmunizeCA. La façon facile à faire le suivi de vos vaccinations.




Download the free ImmunizeCA app. The easy way to track your immunizations.

### 2019 Influenza clinics

#### Dates de séances d'immunisation contre la grippe saisonnière

Cobalt	Nov. 7	Golden Age Club	4-6 pm
	7 nov.	Club d'âge d'or	16h à 18h
Earlton	Nov. 5	Community Centre	3-6pm
	5 nov.	Centre récréatif	15h à 18h
Englehart	Nov. 6	Arena Complex upstairs	3-7pm
	6 nov.	Aréna deuxième étage	15h à 19h
Elk Lake	Nov. 4	Nursing Station	1:30-6pm
	4 nov.	Poste de soins infirmiers	13h30 à 18h
Haileybury	Nov. 14	Northern College Haileybury	4-7pm
	14 nov.	Collège Northern Haileybury	16h à 19h
Kirkland Lake	Nov. 13	Northern College Kirkland Lake	2-7pm
	13 nov.	Collège Northern Kirkland Lake	14h à 19h
Larder Lake	Nov. 5	Municipal Complex	4-7pm
	5 nov.	Centre récréatif	16h à 19h
Latchford	Nov. 6	Recreation Centre	4-6pm
	6 nov.	Centre récréatif	16h à 18h
Matachewan	Nov. 14	Nursing Station	3-7pm
	14 nov.	Poste de soins infirmiers	15h à 19h
New Liskeard	Nov. 12	Timiskaming Health Unit	2-7pm
	12 nov.	Services de santé du Timiskaming	14h à 19h
Temagami	Nov. 4	Medical Centre	4-6pm
	4 nov.	Centre médical	16h à 18h
Virginiatown	Nov. 4	Recreation Centre	4-7pm
	4 nov.	Centre récréatif	16h à 19h

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Services de santé du  
**TIMISKAMING**  
Health Unit

timiskaminghu.com

# Making a fashion statement to prevent violence

**Diane Johnston**  
Speaker Reporter

TEMISKAMING SHORES – A purple scarf or tie can be so much more than a fashion accessory.

The distinctive neckwear signifies support for women and children who have experienced violence while funding practical help.

The scarves and ties will once again be available in Temiskaming, beginning November 1. That's also the start of Woman Abuse Prevention Month.

"All the dollars raised go directly to the Pavilion Women's Centre," said Melanie Ducharme, the centre's executive director.

She said the Pavilion has been taking part in the province-wide campaign, dubbed Wrapped in Courage, for about five years, and it's proven to be a significant fundraiser.

The Pavilion operates a shelter providing short-term emergency accommodation for women and children.

It also runs a 24-hour toll-free crisis line and offers individual and group support for women and children, sexual assault counselling for women over 16, help as people make their way through the law enforcement and judicial systems, support for victims of elder abuse, and public education.

The Wrapped in Courage initiative was launched by the Ontario Association of Interval and Transition Houses, a provincial organization of shelters for women and children.

To obtain a scarf or tie, go online at [www.pavilionwcwrappedincourage.com](http://www.pavilionwcwrappedincourage.com) or contact the centre at 705-672-2128.

The accessories cost \$20 each, and feature a plaid design.

Ducharme said the Pavilion has a few remaining of last year's style, at \$15 each.



*Pavilion finance manager Marie-Paule Jacob, at left, and executive director Melanie Ducharme model this year's edition of the purple scarves. The distinctive neckwear, which extends to men's ties, raises both awareness and funds to help women and children who have experienced violence. Proceeds will support the Pavilion Women's Centre. (Supplied Photo)*

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## The impact of changing times

By Lara Fitzgerald-Husek

Each fall when Daylight Saving Time ends, motorists and pedestrians are seemingly given a bonus hour of sleep. In theory the roads should be safer; this is not necessarily the case.

A 2011 survey by the Insurance Corporation of British Columbia (ICBC) revealed that failing to adapt to the time change that comes with the end of Daylight Saving Time (DST) can actually cause drivers and pedestrians to be at greater risk on the road.

According to the survey, 30 per cent of drivers overcompensate for that extra hour of sleep by staying up later and therefore losing any potential benefit.

While 24 per cent of drivers feel more alert the morning after the time change, 19 per cent actually feel less alert, despite the fact they should feel more rested.

The decrease in light during the evening commute causes some of the negative effects of the time change as drivers may feel more fatigued without realizing it and it getting darker earlier.

The impacts can be felt through poorer concentration, reduced alertness behind the wheel and slower reaction time to potential hazards.

Overall, there is a 10 per cent increase in the average number of crashes during the late afternoon commute in the two weeks following the end of DST compared to the two weeks preceding the change.

The following safety tips will help reduce the chances of injury for you and others:

- Keep your regular sleep cycle. Go to bed at the same time you normally would and benefit from that extra hour of sleep.

- Don't assume you are more rested and alert on the road the mornings following the change. Studies have shown that the end of DST can still have an impact on the quality of our sleep due to more nighttime restlessness.

- Plan ahead for the darker, late afternoon commutes where there will be slower traffic flow, less visible pedestrians and cyclists, and an even greater need to signal properly.

Lara Fitzgerald-Husek is a lawyer at Oatley Vigmond, LLP – personal injury law firm, with offices across Ontario.

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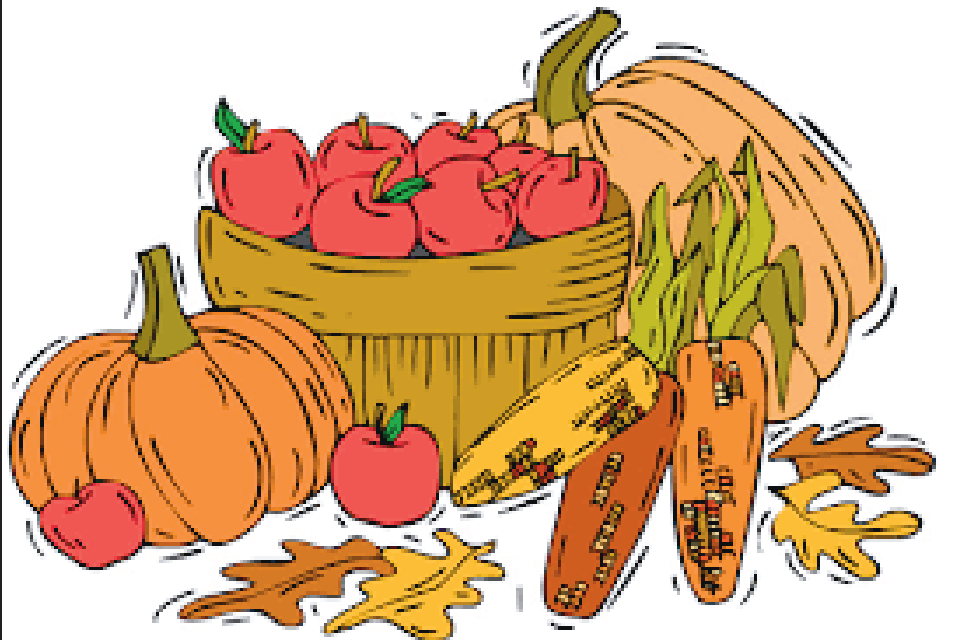
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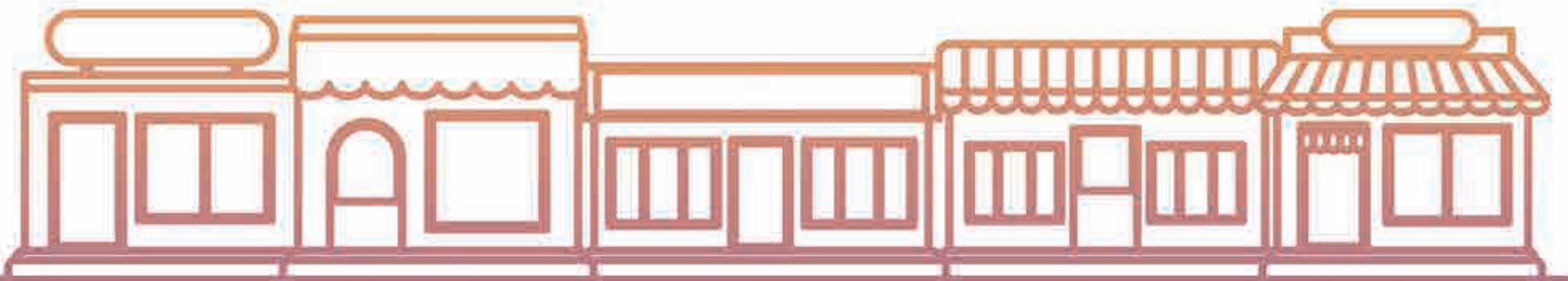
The TD Buzz team minded its p's and q's, dotted its i's and crossed its t's to win the 2019 Hilda Fowke Memorial Spelling Bee. Top spellers were, from left, Debbie Sowinski, Todd Dufresne and Kirsten Woods. TD Buzz supporters also won the cheering award at the event, which was held September 26 at Riverside Place in New Liskeard. (Supplied Photo)



**COUNTING ON SPELLING**

The Spellegrinos – from left, the Community Living Temiskaming South squad of Jessy Genier, Melissa Boivin and Emily Laffin – were the top pledge collectors at the recent Hilda Fowke Memorial Spelling Bee. Proceeds support the Literacy Council of South Temiskaming. (Submitted Photo)

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# HAUNTED HUSTLE CELEBRATES A DECADE OF FRIGHTENING FUN



Mark Giddens of North Bay (744) led the pack and was the first to complete the five-kilometre run in the STATO trail Haunted Hustle event October 27. The cold rainy day didn't bother him, he said. "Once you got going, it was fine," he commented. (Staff photo by Darlene Wroe)




In spite of the inclement weather, the Haunted Hustle drew people from throughout the region to walk the STATO trail October 27. The Champoux family came from Ville-Marie to enjoy the activity. From left to right in the front are Alexia, Sedric and Mathis, and in the back are Melanie, Isabelle and Pascal. (Staff photo by Darlene Wroe)




Whichever side of "justice: you were on, it was a good idea to stretch it out before the Haunted Hustle Sunday, October 27. Liane Wemyss, Melissa Tarlton, Celine Tarlton and Carol Secord (from the left) were ready to take on the forces of good and evil along the STATO Trail. (Staff photo by Darlene Wroe)

Patrick Paquette of Haileybury was among several people who came from across Ontario and Quebec to participate in the Boston Marathon qualifier which was part of the Haunted Hustle STATO trail event. He is pictured here as he completes the halfway mark on Sunday. (Staff photo by Darlene Wroe)





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