



Taking cover

Haileybury arena getting top attention

Diane Johnston
Speaker Reporter

TEMISKAMING SHORES – As it reviews its spending plans for 2020, city council has decided to proceed with roof work at the Shelley Herbert-Shea Memorial Arena in Haileybury this year.

But in light of costs, it has opted to replace only the section of roof over the ice surface, at a cost of \$421,620.

In its 2020 capital budget, Temiskaming Shores had allocated \$525,000 for the roof project.

It received three quotations, all from North Bay companies.

Bids to replace the roof over both the ice surface and the main lobby all exceeded the budget, ranging from \$650,410 to \$664,345.

Quotations to replace the roof over the ice surface alone were within budget, and ranged from a low of \$421,620 to a high of \$445,000.

On April 21, council opted for the lowest quotation, submitted by Blanchfield Roofing. With non-refundable HST included, its submission totalled \$476,430.

“That roof has to be fixed,” said Councillor Mike McArthur, who also chairs the recreation services committee.

Temiskaming Shores’ two arenas will figure into a recreation master plan currently being drafted by consultants for the municipality.

Consultants are aware of the investments being planned for both facilities, recreation director Mathew Bahm told council.

To his knowledge, he said, consultants are not considering the closure of one arena.

“I think our usage justifies having those two ice surfaces for the time being,” he said.

In the future, he said, “there may be some recommendations about that, but we are looking at many years in the future as our demographics change.”

One final public consultation on the recreation master plan will be held April 30, beginning at 7 p.m.

For further information, see www.tracestudio.ca/temiskamingshoresmp.



CLEANING UP MAKES CENTS

As sure as any of the first signs of spring, George Dukovac of New Liskeard was recently cleaning up the area in and around the New Liskeard cenotaph. Dukovac has volunteered through the years to keep this and other areas clean. He says he finds an average of \$240 annually which he donates to the Community Cancer Care. Interestingly, he recently found many pennies in the cenotaph area, and he wonders, since the coin is no longer in use, if the frost has finally pushed them out of the ground after many years of being buried. (Staff photo by Darlene Wroe)

DID YOU GET The Speaker THIS WEEK?

Here are some of the stories in our April 22 edition...

- It was an unusual way to celebrate a birthday, with a drive by parade for a 95-year-old WWII veteran because of physical distancing restrictions.
- The first person to be hospitalized due to COVID-19 has been released and the first case of community transmission has also been noted in Temiskaming.
- The Temiskaming Hospital has extra beds available should they see a surge of patients with COVID-19.
- The Temiskaming Foundation has established a new fund that will help the most vulnerable people in our communities.
- Kerns Public School is supplying Canadian Red Cross student nutrition packages every Friday.
- The City of Temiskaming Shores has purchased a new pothole sealer machine to address their roller coaster roads.
- Former New Liskeard Cub Justin Brazeau had a notable rookie season with the Newfoundland Growlers of the East Coast Hockey League.
- New Liskeard Public School students are being challenged to take part in a weekly physical activity gym challenge.



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How to Stop the Spread of COVID-19



Self-Isolate: Stay home. Only leave home for essential outings, and limit outings to once a week. Time spent out in the community increases your risk of contracting COVID-19. If you have travelled outside of the Timiskaming district, fully self-isolate for 14 days. Do not leave your home and no visitors including family members who do not live with you. Have someone pick up groceries for you.

Self-Monitor: Manage your own health by checking your temperature and be aware of a new or worsening cough, runny nose or sore throat. If you are experiencing any of these symptoms, do not leave home. Call Telehealth at 1-866-797-0000 or the Timiskaming Health Unit at 705-647-4305 who will provide you with information as to what your next steps should be.

Physical Distance: If you have to leave for an essential outing, ensure you keep a safe distance of 6 feet or 2 meters between you and others. Only one member of your household should leave for essential outings.

Wash Your Hands: Wash your hands often with soap and water or hand sanitizer (60% alcohol or higher) for at least 20 seconds.

Do Not Touch Your Face: The virus enters through mucus membranes like your mouth, nose and eyes. If you have COVID-19 on your hands and you touch your face, you will get the virus.

Cough or Sneeze Into Your Sleeve: Cough or sneeze into your sleeve to prevent the virus from spreading. If you have a new or worsening cough, stay home, and contact Telehealth or the Timiskaming Health Unit right away.

At Temiskaming Hospital, the health and safety of our staff, patients and community members is our absolute priority.

By staying informed, staying vigilant and staying home, you can help stop the spread of the virus.

COVID-19, Not In Our House!



“A stitch in time” saving others

Darlene Wroe
Speaker Reporter

ENGLEHART - The age-old adage that “a stitch in time saves nine” now takes on new meaning.

Quilters and others handy with needle and thread are stitching together in this time of COVID-19, with the objective not of saving more stitches, but of saving people from getting sick, and even dying.

Among those who are digging into their supplies of bolts of quality cotton are the Next Stop Englehart Quilters Guild and the Comfy Quilters, a sub-group of the guild.

The Englehart area quilters have long been sewing to help others, just as women’s groups of years past, such as the Willing Workers, did in a previous generation. The Comfy Quilters has been active in the past in sewing comfort quilts for those going through cancer treatments, people who have lost their homes in a fire, and others in need of a bit of comfort.

During this pandemic, Next Stop has been sewing scrub caps and face masks for health care providers at the Great North Family Health Team, the Englehart and District Family Health Team, the Northview Nursing Home, and for family, neighbours and friends.

The Next Stop Englehart Quilters Guild has a Facebook page and will welcome donations of quality cotton to assist in the project of helping those in need, says guild president Lori Jordan. She can also be private-messaged on her Facebook page.

Ellen MacPherson models a face mask and scrub cap that members of the Next Stop Englehart Quilters Guild and the Comfy Quilters are making for area health care providers. (Supplied photo)



Thank you
to our essential workers!



From frontline workers to delivery drivers to our dedicated employees at Englehart OSB, you are the true heroes! All of your hard work and dedication is keeping our supply chain open allowing us to continue to manufacture quality products, on time, at competitive costs, with ZERO significant incidents.

We recognize the tremendous sacrifices you make every day which help place Englehart OSB on the map for all the right reasons. We are forever grateful. Together we will continue to prevail. #InThisTogether





CITY BULLETIN

PW-RFT-004-2020 Granular M

The City wants to procure a qualified Contractor for asphalt patching at various locations.

Contract documents can be obtained from the Director of Public Works. Submissions must be in a **.pdf format** and submitted electronically to: tenders@temiskamingshores.ca

Subject Line: **PW-RFT-004-2020 "Granular M"**

Addressed to: David B. Treen, Clerk

The closing date for the submission of Quotations will be at **2:00 pm local time on Tuesday April 28, 2020.**

Any questions or concerns with respect to the Tender document and contents are to be directed to:

Doug Walsh

Director of Public Works

City of Temiskaming Shores

325 Farr Drive

Temiskaming Shores, ON P0J 1K0

Phone: (705) 672-3363 ext. 4126

Fax: (705) 672-2911

dwalsh@temiskamingshores.ca

PW-RFT-003-2020 Sidewalks and Curbs

The City wants to procure a qualified Contractor for sidewalk and curb construction at various locations.

Contract documents can be obtained from the Director of Public Works. Submissions must be in a **.pdf format** and submitted electronically to: tenders@temiskamingshores.ca

Subject Line: **PW-RFT-003-2020 "Concrete Sidewalks and Curb Repairs"**

Addressed to: David B. Treen, Clerk

The closing date for the submission of Quotations will be at **2:00 pm local time on Tuesday April 28, 2020.**

Any questions or concerns with respect to the Tender document and contents are to be directed to:

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TEMISKAMING TRANSIT UPDATE

The Temiskaming Transit Committee is committed to keeping Transit Service operational for as long as possible. Many essential service workers use public transit to get to work and many families need public transit for grocery shopping and medical appointments. Public safety and trust in the transit system is paramount. We all need to work together to ensure we continue to have a safe and reliable transit service.

- FREE Transit will continue for the month of April. Monthly bus passes will not be issued.
- Continue to use the rear entrance of the bus. Those with accessibility requirements will still be allowed to use the front entrance and ramp.
- Please do not use the Transit system for "JOY-RIDING" or because you "need" something to do. You should only be riding the transit because it is necessary! Every effort needs to be taken to ensure physical distancing. If the public does not cooperate with minimizing transit use for essential purposes we will have no choice but to limit ridership.
- The Transit Committee and Stock Transportation have increased cleaning protocol for the transit, but everyone has a role to play. Remember to wash your hands, maintain physical distancing and if you are sick – STAY HOME!

Council and Committee MEETINGS

Transit Committee

Wednesday April 29, 2020 @ 9 am – Virtual meeting

Public Works Committee

Thursday April 30, 2020 @ 9 am – Virtual meeting

Building Maintenance Committee

Thursday April 30, 2020 @ 10 am – Virtual meeting

Corporate Services Committee

Thursday April 30, 2020 @ 6 pm – Virtual meeting

For further information contact Kelly Conlin
705-672-3363 Ext. 4116 or kconlin@temiskamingshores.ca

Regular Council Meeting

Tuesday May 5, 2020 @ 6 pm – Virtual meeting

Regular Council Meeting

Tuesday May 19, 2020 @ 6 pm – Virtual meeting

For further information contact David Treen
705-672-3363 Ext. 4136 or dtreen@temiskamingshores.ca

PW-RFT-002-2020 Asphalt Patching

The City wants to procure a qualified Contractor for asphalt patching at various locations.

Contract documents can be obtained from the Director of Public Works. Submissions must be in a **.pdf format** and submitted electronically to: tenders@temiskamingshores.ca

Subject Line: **PW-RFT-002-2020 "Asphalt Patching Services"**

Addressed to: David B. Treen, Clerk

The closing date for the submission of Quotations will be at **2:00 pm local time on Tuesday April 28, 2020.**

Any questions or concerns with respect to the Tender document and contents are to be directed to:

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AGE FRIENDLY ACTIVITIES

Virtual Coffee Hour

Virtual Coffee Hour April 29th at 10:30 am, with a guest speaker from the Temiskaming Art Gallery. You will need a computer and internet to participate. Please email or call Yvonne at ywalford@temiskamingshores.ca 705-647-5709 Ext 4227 to register.

RECREATION MASTER PLAN

ONLINE COMMUNITY OPEN HOUSE

April 30th, 7 pm

Share your
thoughts
and join the
conversation at:

www.tracestudio.ca/temiskamingshoresmp

MUNICIPAL PLAYGROUNDS, TRAILS AND PATHS CLOSED

All outdoor recreational amenities, including municipal playground structures, park shelters, tennis courts, basketball courts, sports fields and skate parks within the City of Temiskaming Shores are closed.

Also closed are trails at Pete's Dam Park and Devils Rock and walkways at the New Liskeard Waterfront and Haileybury Waterfront.

The STATO trail is closed between Wellington St. South and Beach Blvd. in New Liskeard and Browning St and City Hall in Haileybury. All other portions of the STATO trail are open to use at your own risk.

NOTICE TO PUBLIC

Provincial Offences Court closed effective March 23, 2020.

Should you require assistance call our office at 705-672-3221, or email poa@temiskamingshores.ca. Our staff is available to assist you. If you wish to pay your fines, you can email your payment information to poa@temiskamingshores.ca indicating your credit card information and expiry date and a note giving us authorization to process your payment. Payments can also be faxed to 705-672-3200. To further assist there is a drop box at City Hall, 325 Farr Drive (front entrance). If you have a suspended driver's license, your fine can be paid at Service Ontario located at 280 Armstrong Street (New Liskeard) or pay online at serviceontario.ca

Extension of Time to Pay forms or Reopening documents can be placed in drop box at City Hall. There is an Order made by the Chief Justice pursuant to s. 85 extending timelines for applying for re-openings (s.11), when a fine is due (s. 66) and when a fine goes into default (s. 69). The extension is granted until April 23, 2020. Unless your matters went into default prior to March 16, 2020, the applications are not considered urgent. Courts are cancelled until further notice.

SOLID WASTE MANAGEMENT SERVICES

In support of the Provincial Government's Stay at Home recommendation, effective Tuesday, April 14, 2020 the Haileybury Landfill will be closed to the general public until further notice. Only contractors who continue to work on essential construction projects as outlined in the Government of Ontario's directive will be allowed to deposit waste. Contractors must have a City approved account to charge prior to disposal as no cash payment will be accepted. In addition, effective Tuesday, April 14, 2020, the hours of operation to accept contractor waste will be adjusted to Tuesday to Friday, Noon until 4:30pm.

The City understands the inconvenience that this closure may cause and is reviewing options associated with the Landfill Amnesty program. Please stay tuned for further updates.

Curbside collection of garbage and recycling will continue as normal.

NEED TO MAKE A PAYMENT?

Payments by cheque for taxes and other items can be dropped off in the drop box located to the left of the front doors at City Hall (325 Farr Drive) or at the Pool & Fitness Centre (77 Wellington Street).

Tax Payments can be made utilizing interac banking. Your property tax roll number is your account number. The account number will be 15 digits starting with 010, 020 or 030 depending on where your property is located, example 010009123450000, do not include any spaces or decimals.

Pre-authorized payment plans, monthly or installment, are also available. Please email finance@temiskamingshores.ca for more information.

If you any other questions regarding payments, please email finance@temiskamingshores.ca.

PROCLAMATION

The City of Temiskaming Shores proclaims April 28, 2020 as **National Day of Mourning for Workers Killed or Injured on the Job** in the City of Temiskaming Shores.

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SPEAKER WEEKENDER

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ontario community newspapers association

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BEAUTY AND GRACE

Few birds are loved and admired more than the trumpeter swan. They are considered symbols of grace, beauty and serenity. (Staff photo by Sue Nielsen)

Hope

When I was in Scotland last October, I toured the legendary Loch Ness and Fort Williams areas.

Our tour guide, Grant, was a cheeky fellow asking us questions about Scotland to see how much we knew about his wee beautiful country.

At one point, I asked him if he'd been to Canada.

He said he hadn't as yet but when he does come across the pond his destination would be Nova Scotia.

He said Nova Scotia was considered Little Scotland and since a great deal of Scots settled in the province, he'd visit it first.

He'd heard the sea-bound coast was as beautiful as the coastlines of Scotland.

And most important of all, he mentioned the people of Nova Scotia had big hearts and great minds, similar to the Scots.

It was with a heavy heart that I listened to the news this past weekend about the shootings in Nova Scotia.

As the days go by and the death toll and sorrow mounts for the people of Nova Scotia, we as Canadians are also affected by this unspeakable tragedy.

Everything in our world seems so surreal because of COVID-19 and then this horrific event unfolded.

Vulnerability is a feeling many of us have these days.

The world as we knew it changed in mid-March when the virus invaded our communities.

The only choice we have in these challenging times is no choice.



Sue Nielsen

The virus is in charge and it will dictate when things get back to normal.

But inbetween the hard news of the pandemic and the unfolding of the senseless loss of life in Nova Scotia, there is hope.

I've been humbled equally by stories of sorrow and loss that pull my heart into my gut and by stories of kindness and joy.

The signs placed around the region thanking the first responders and health care workers by the Caremongering-Temiskaming Shores group spell love and hope.

The people who are checking in on the elderly, running errands for others and offering monetary support to those in need spells hope.

We offer immense gratitude to our police who leave their homes each morning to serve and protect us not knowing what they will encounter in their day.

Hope is that warm light we all need right about now as we continue to isolate ourselves.

The COVID-19 crisis is an extraordinary time and one that has humbled us.

We've all had to dig deep and move forward one day at a time.

Small wonders exist everywhere amidst the grief and suffering if you have eyes to see them.

They say in New York City after so many years of noise, you can hear the birds singing.

EDITORIAL

Long-term care

Long-term care around the country and in Ontario is in the spotlight more than ever these days as the COVID-19 pandemic runs its course.

With high levels of COVID-19 in Ontario's nursing home facilities and many deaths already recorded, isn't it time our seniors are given a better, safer quality of life?

At Pinecrest Nursing Home in Bobcaygeon, 22 residents died of COVID-19 as of the time this editorial went to print.

A short while ago our Timiskaming-Cochrane MPP, John Vanthof, visited a local long-term care facility to work with personal support workers (PSW) for a day.

He did this to bring attention to the critical shortage of PSWs and to lobby

for better wages and working conditions for the workers.

That was months before the pandemic.

There was and is a shortage of qualified PSWs in our area and across the province.

These workers are essential service workers looking after the most vulnerable in our society, the elderly.

A society is judged by how it treats its most vulnerable, they say.

Maybe after the COVID-19 pandemic eases, the government will improve the level of care in long-term care facilities and facilitate higher wages and better working conditions for our PSWs.

Long term care in the province has been underfunded, under-equipped and understaffed for far too long.

Bear aware

Spring has arrived early in South Temiskaming after what many would say was a rather mild winter.

It has been reported by several area residents that bears are coming out of hibernation and they are on the prowl.

With the snow on the ground and cooler temperatures, bears may find there is little in the way of food for them to eat.

Wildlife experts say bears need food

quickly after coming out of hibernation.

It would be a wise idea to remove any sources of food including bird feeders and garbage cans and put them in a secure place.

Please make sure to be on the lookout for the presence of bears when you are walking in rural regions.

The possibility for confrontations with humans is ever present.

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LETTER TO THE EDITOR

Faith, hope and love 2020

Dear editor,

“And the greatest of these is love,” “and without faith, it is impossible to please God....”

I see a lot of love, still, in this country - but how much faith?

Perhaps the love we learned and experienced from our parents and theirs, back in the harder times, when the bible was revered and taught even in our public schools.

“Faith comes by hearing, and hearing by the word of Christ.”

So why don't we fight the closure of our church buildings? “The Lord of heaven and earth does not dwell in temples built by human hands.” “Wherever two or three are gathered together in my name, there I will be among them,” Jesus said.

So, let's get out the unleavened bread, get out the wine or grape juice, and remember our Lord on the first day of the week in our homes, as was the example in the New Testament

times.

Dust off your vocal chords, return to prayers. Read the Word, preach the Word, obey the Word, and then you can have “the hope of eternal life, which God, who cannot lie, promised long ages ago.”

Do not be totally “down” about this virus. It gives us time to get ready to meet God. “Our life is like a vapour that appears for a little while, and then vanishes away.” Why not get your last will and testament made, so your family will have an easier time disposing of your earthly possessions, which we cannot bring with us, when we go.

We might get ready to live off the land. Try now to become self sufficient - grow your own food or collect it. Utilize what you have for instruction on this subject - books, magazines, YouTube. Perhaps get your children or grandchildren to show you how to use the internet to

find out good stuff and things. Perhaps buy a Roku box to see YouTube on your TV. Make a stupid TV smarter. Remember, you always have the power to shut off your TV. Choose well.

Seek God first - and he will (as you obey Him, in time) give you the desires of your heart.

Repent and turn. Stop doing evil, learn to do good.

“In everything give thanks,” “Thou shalt love the Lord thy God with all thy heart, with all thy soul, and with all thy mind, and thou shalt love thy neighbour as thyself.” This is the whole duty of man.

Jesus died for us to pay the price for our forgiveness, he was buried, he arose. Obey that gospel (good news) and walk forgiven. The obedience of faith.

As we “walk in the light,” practicing right, reading God's word, we will grow to be more and more like Jesus Christ. We

can have love, joy, and peace, even in troubling times.

Judy Tinney
Temagami

Tips from Health Sciences North

SUDBURY (Special) - COVID-19 is here and Health Sciences North (HSN) in Sudbury says getting tested is easy, safe and convenient.

“The more people we test, the more information we have to determine our best approach to COVID-19,” said HSN media specialist Jason Turnbull.

“All of this helps in potentially getting life back to normal.”

Anyone with any of the following symptoms, even if they are very mild, should call the Temiskaming Health Unit for guidance:

- Fever or chills
- Sore throat
- New onset or worsening fatigue
- Loss of taste or smell
- New onset or worsening cough
- Headache
- Loss of appetite

- Runny Nose
- Nausea or Diarrhea
- Shortness of Breath

Three drive-through assessment centres are open in the Temiskaming district – at the north entrance of Temiskaming Hospital, the Englehart and District Family Health Team clinic, and Heritage North in Kirkland Lake.

They're part of what the Temiskaming Health Unit (THU) describes as a targeted Northern Ontario surveillance opportunity.

Anyone experiencing symptoms should call the THU – at 705-647-4305 or 1-866-747-4305 ext. 7 – to speak to someone regarding testing.

The health unit said people who don't have symptoms will not be tested.

The expansion of local testing runs Mondays through Fridays until April 30.

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Gardening season is upon us

TEMISKAMING SHORES (Staff) - Earth Day arrived on Wednesday, April 22. Spring is here and snowbanks are melting away. Families and individuals are self-isolating in an extended spring break. Some are wondering how to pass the time. One answer is to garden.

Local renowned gardener and painter Walter Pape of New Liskeard offers this outline of gardening in an early Northern spring:

Spring, the time of hope and for a new beginning. This year, spring arrived on Thursday, March 19, at 11:50 p.m. For some reason I did not notice. I woke up on the 20th and it was still all white outside. What was nice, however, was that the days were longer and the presence of the sun more noticeable well into the evening. A sure sign of spring is when the acrid smell of skunk, a pungent souvenir that one had wandered around our yard on March 24, made itself known. On the 26th I saw the first robin, more officially an indication that the arrival of spring is imminent. They still had a hard time finding food but right away were busy building nests, as the season is short and there is no time to waste.

As soon as there was a snow-free spot in the garden, I started to clear some of the lawn, swept the sidewalk and picked up debris here and there. I do not rake the flower beds yet as we are still getting frost until at least the middle of May and the old leaves protect the new growth.

Last week, I harvested parsnip that I planted last spring, just before they started to get green. We love a delicious and hearty parsnip soup.

My wife Maria and I had put the garden to rest in the fall, so there is not too much to do right away - just waiting for the flowers to come out. As soon as the snow is gone, the tulips show their tips. It is always exciting to see the progress of the roughly 1,000 bulbs scattered throughout the property. The snowdrops, crocuses and Scilla siberica, being more robust, show up first, just as soon as the snow has melted. It is already at least 30 years ago that I planted a small row of Scilla in the front yard and now they are slowly taking over, year by year, making their way toward the back.

Once it gets warm it is always amazing how fast the plants grow here in Northern Ontario. Our garden is a perennial garden. Many plants need support as they are not strong enough to withstand heavy rain or wind, so I place tomato cages around them to provide a bit of structure. Once the plants are tall enough, one cannot see them anymore



Walter and Maria Pape are pictured here in their New Liskeard garden as they walk about to see the newest shoots. (Staff photo by Darlene Wroe)

as the leaves and blooms create their own natural cover.

I have never really been much of a vegetable gardener. I seed parsnip as soon as it is guaranteed that frost will not happen anymore. In the fall I plant garlic in the flower beds, each year a little more. The garlic lasts through the majority of the winter, which is a fragrant reminder of the garden during the long, cold months. Some herbs will be planted later on in the growing season. Parsley is the best as the slugs don't like them. We had lots of parsley last year and Maria made parsley soup several times. The soup is fresh and vibrant with a unique but delicious flavour. Typically, we get some cherry tomato plants that are planted within the flowerbeds. One of our favourite vegetables is Hokkaido pumpkin that cannot be purchased commercially here. As this gourd needs lots of room in order to thrive, I plant it at the cottage. The fruit makes great, creamy soups and the nice part is, it does not need

to be peeled. Zucchini is another favourite of ours and has been a staple in the garden since we first moved into our home. The leaves are very tropical in appearance, which add a nice dimension to the flowerbeds. Zucchini needs to be planted a little later in areas where perennials have already finished for the season. The only downside is that we often have far too many, but they are good to keep for a while when stored in a cool, dark place or refrigerator, or better yet, to give away for friends to enjoy as well.

We overwintered geraniums for about four years in the entrance to our home and only last year figured out how easy it actually is to grow new geraniums. This year we started the process early. We placed slips (a small cutting from the parent plant) into jars with water and after about four weeks they showed some roots and were then placed into small pots. In June of last year, we cut some slips and placed them directly

into the flowerbeds and were delighted they all took.

This week I will start seeding Hokkaido pumpkins, zucchini and parsley in temporary containers. In about six weeks time, by the end of May or beginning of June, after the full moon (which will be June 6) we will be able to plant these outside. This is my favourite time of year, to nurture and cultivate not only some vegetables but a wide variety of flowers that bloom at different times throughout the growing season. Each day throughout the summer is a new canvas.

Gardening was something I took up after having been in Canada for just over three years. As a painter, I love to see how the landscape evolves each day and over the course of the summer. As autumn approaches it always makes me a little sad, so during the long winter months I turn to seed magazines and dream of the new life I will give the garden the following summer. Spending time in the garden is an extremely rewarding hobby. It is a type of meditation for me and very therapeutic. With my hands in the soil and watching things grow, it is a great source of focus and all other thoughts and worries simply melt away.

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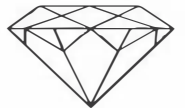


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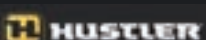
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Keisha Giroux (left) and family members were assisted by the Temiskaming Anglers and Hunters Association (TAHA) for the Jeffery Martineau Fishing Day on Gillies Lake March 7. TAHA member Travis Brears (right) was among the TAHA members who were drilling holes and providing other assistance for the approximately 100 participants. The inaugural event was a successful fundraiser for an education fund for Martineau's children as well as for the Zack's Crib initiative. (Staff photo by Darlene Wroe)



Nathan Williams (left) and his brother Matthew (both of Harris Township) were among the approximately 100 people who took part in the Jeffery Martineau Fishing Day on Gillies Lake in Coleman Township March 7. The successful event was a fundraiser for Martineau's children's education fund and for the Zack's Crib initiative. (Staff photo by Darlene Wroe)

Hunting and fishing carry on in Ontario

Sue Nielsen
Speaker Reporter

Crown land and lakes.

The MNRF will provide frequent updates on Face-

book.com/FishWildlifeON or Ontario.ca/hunting and Ontario.ca/fishing.

DISTRICT — Area anglers and hunters might be wondering if their seasons are being affected by the safety concerns surrounding the COVID-19 pandemic. They will be happy to hear what the Ministry of Natural Resources and Forestry (MNRF) has to say.

“At this time, fishing and hunting remain open in Ontario. All rules and regulations are in effect,” said Jolanta Kowalski of MNRF media relations in an email interview.

“Conservation Officers continue to patrol and protect our natural resources during the COVID-19 pandemic,” she said.

“As the outbreak evolves we must all follow the advice of the Chief Medical Officer of Health and act responsibly. We owe it to the frontline and essential workers, to our family, friends and neighbours to restrict our travel and act responsibly. This is the only way we are going to minimize the risk to people, contain the spread and reduce the number of fatalities.”

The MNRF advises that before outdoor enthusiasts head outside they should check for local restrictions on outdoor areas, practice physical distancing by staying two metres away from other people and do not gather in groups while fishing, hunting and hiking.

“It is strongly recommended that people over the age of 70 or those who have compromised immune systems and or underlying medical conditions self isolate and get help with essential errands.”

Kowalski noted the MNRF would share changes to upcoming hunting and fishing seasons and access to



Waiting patiently for a fish to bite was Carole Fortin from Belle Vallee, who took part in the annual Casey Recreation Committee Fishing Derby February 29 on the Blanche River. A record number of anglers took part in the event this year benefiting recreation in Casey Township. (Staff photo by Sue Nielsen)

The Plan

Ministry reminding anglers of new regulations

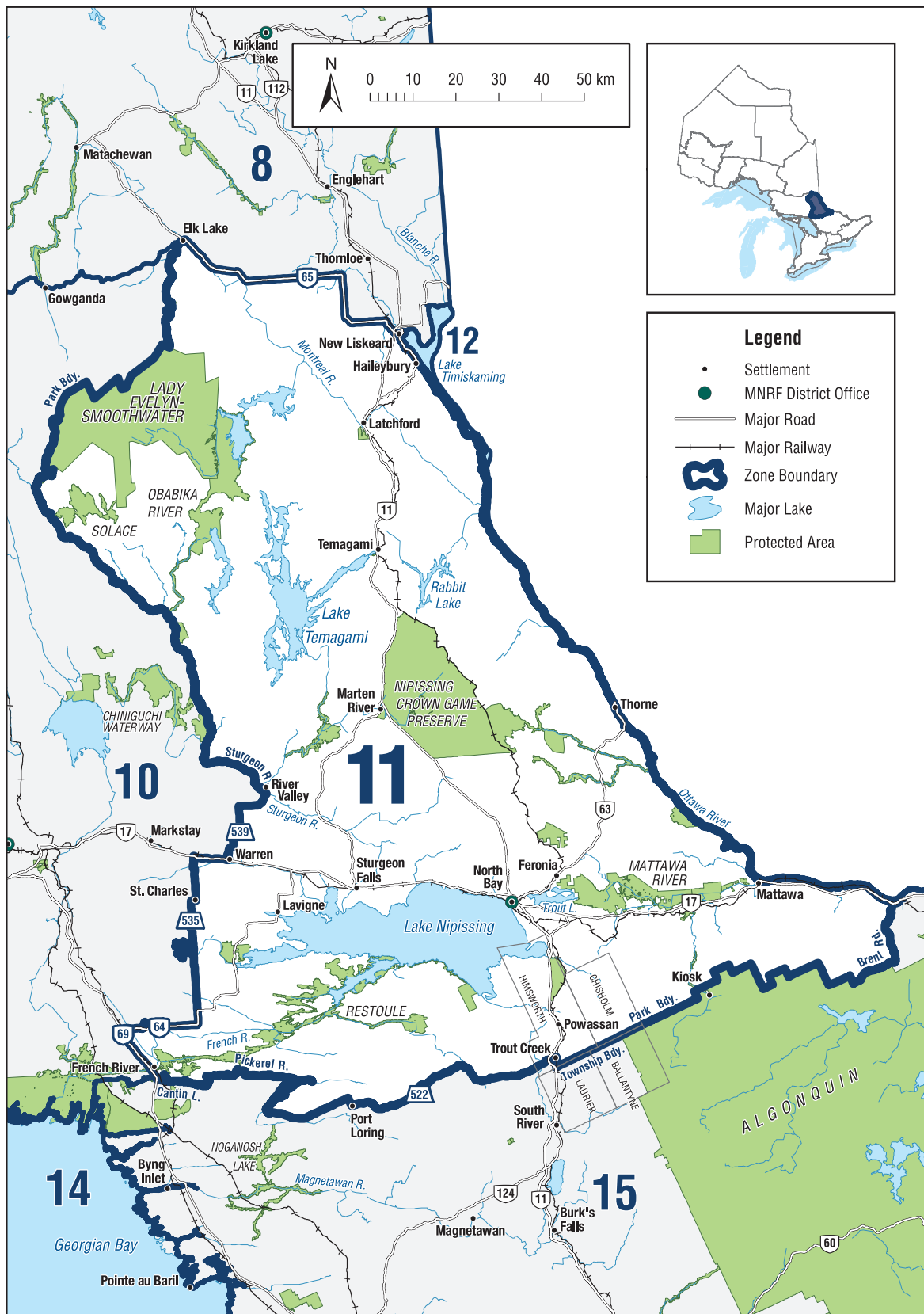
DISTRICT (Special) - The Ministry of Natural Resources and Forestry is reminding anglers that new Ontario Fishing Regulations for Fisheries Management Zone 11 came into effect January 1, 2020.

These changes are part of a new Fisheries Management Plan that is currently in the final stages of review and was created with extensive feedback -from the public and Zone Advisory Council - during consultations. The plan will help ensure the recreational fisheries and aquatic resources in Fisheries Management Zone 11 are managed in an ecologically sustainable way so they are available now and in the future.

The plan includes management strategies and actions, including: regulation changes for a number of species, such as brook trout; removal of size-limits on stocked brook trout lakes; smallmouth and largemouth bass; extension of season to align with walleye and northern pike seasons (January 1 to the third Sunday in March, and third Saturday in May to December 31); lake trout; changing the zone-wide closing date to the day after Labour Day (it was September 30); implementing a one-over 40-centimetre size limit for the zone to manage small-bodied lake trout lakes; implementing a one-over 50cm size limit for large-bodies lake trout lakes (four lakes); and implementing a catch and release only season on Lake Temagami from the day after Labour Day to September 30.

The ministry is encouraging anglers to review the 2020 Ontario Fishing Regulations Summary for the most up-to-date fishing regulations for each fishing zone.

The regulation changes for FMZ 11 are also highlighted via the following web pages: www.ontario.ca/page/fisheries-management-zone-11-fmz-11; and www.ontario.ca/document/ontario-fishing-regulations-summary.



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Temagami Family Health Team

Submitted by Ellen Ibey

Eating Disorder Awareness

Thoughts, feelings and behaviours related to managing food and weight can begin to interfere with everyday activities. When we focus too much attention on our bodies and our eating, these thoughts can quickly lead to missed opportunities in other parts of our lives.

DID YOU KNOW?

- The most common age of onset is between 14 and 25 years of age, however the disorders are increasingly seen in children as young as 10 years of age;
- It's estimated that 3% of women will be affected by eating disorders in their lifetime;
- In a recent study, 27% of Ontario girls 12-18 years of age were reported to be engaged in severely problematic food and weight behaviour;
- Eating disorders are now the third most common chronic illness in adolescent girls;
- The death rate associated with anorexia nervosa alone is more than 12 times higher than the overall death rate among young women in the general population;
- Recent studies show that 25% of eating disorder cases occur in young boys and men

If the way you eat and think about food interferes with your life and keeps you from enjoying life and moving forward, then that is disordered eating. Take it seriously and talk to someone who can help.

Please feel free to schedule an appointment with our Registered Dietitian (705-569-3244) and/or our Mental Health Worker to learn how to help foster a healthier relationship with food.

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



Temagami

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Arts & ENTERTAINMENT

ACROSS

- 1. Dress finely
- 4. Blazed the trail
- 7. Cuckoo
- 11. Long-running Broadway show
- 15. Narcissism
- 16. «Bells _____ Ringing»
- 17. Gusto
- 18. Dismounted
- 19. Building addition
- 20. Pester constantly
- 21. Trailing plant
- 22. Not attractive
- 23. TV and radio
- 25. Pants material
- 27. Hurricane
- 28. Gunpowder ingredient
- 30. Far East nanny
- 33. Baptismal bowl
- 36. Restraint
- 38. Group of eight
- 42. Think
- 44. Medical professional
- 47. Life story, for short
- 48. Boris Becker's equipment
- 49. Weeping
- 50. Old Japanese money
- 51. Range of knowledge
- 52. Biblical hymn
- 54. Say yes to _____ behind the ears (naive)
- 58. Sir, in India
- 60. Fiesta item
- 63. Geisha's sash
- 64. Christmas-tree decoration
- 66. Physical movement
- 67. Merle _____
- 69. Vittles
- 71. Dissenter
- 72. All over again
- 74. Fish bar
- 76. Caution
- 79. Type of card
- 82. Calm
- 86. Woe is me!
- 87. Greek covered walk
- 88. Outback bird
- 90. Metal in the raw
- 91. Printing method
- 92. Bohr's bit
- 93. Put on
- 94. OPEC product

95. Judge

- 96. Unit of force
 - 97. Pick
 - 98. Atlas item
- DOWN**
- 1. Overflow
 - 2. Gawk
 - 3. Medal color
 - 4. Hawaiian porch
 - 5. Distinct time
 - 6. Extent
 - 7. Impose, as a tax
 - 8. Hodgepodge
 - 9. Showy flower
 - 10. Smaller than a fin
 - 11. Snagged
 - 12. Water growth
 - 13. Cashier's drawer
 - 14. Eye problem
 - 24. Certain engine valve
 - 26. Unfit for farming
 - 29. Waste allowance
 - 31. Secure, as a ship
 - 32. Artist's medium
 - 33. Kind of evergreen
 - 34. Whoopie role
 - 35. Cravat
 - 37. Renowned
 - 39. Refrain from
 - 40. Struggle competitively
 - 41. Eternity
 - 43. Pressure
 - 45. Cartoon frame
 - 46. Scottish lid
 - 52. _____ Beta Kappa
 - 53. Go get 'em, Fido!
 - 55. Involve
 - 56. Court amorously
 - 57. Lessen
 - 59. Skin affliction
 - 60. Throw
 - 61. Shaver
 - 62. Tropical bird
 - 65. Facility
 - 68. King's _____ (huge sum of money)
 - 70. Dinner jacket
 - 73. Clever
 - 75. Visit often
 - 76. Voter's district
 - 77. Burn soother
 - 78. Fixed fee
 - 80. Midday
 - 81. _____ May Whitty
 - 83. Weaving machine
 - 84. Solo song
 - 85. Sharp cry
 - 87. In the dumps
 - 89. Cleaning implement

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Horoscopes

Answers For Crossword on 2b

CAPRICORN

You'll find a billing error. It may take most of the week, but you'll track down the problem and will be reimbursed in full.



December 22 - January 19

AQUARIUS

A new medical treatment or diet will quickly prove to be effective. One thing's for sure, you're definitely moving toward living a healthier lifestyle.



January 20 - February 18

PISCES

You'll be surprised to find out just how popular you are in your circle of friends. If you're single, you'll be equally shocked to realize that more than a few people are vying for your affections.



February 19 - March 20

ARIES

You'll concentrate on your family this week. Those closest to you will place demands on your time. A new home may be on the horizon.



March 21 - April 19

TAURUS

Travel might be difficult this week or your communications with others may not always be clear. Your outspokenness will have an impact on those around you.



April 20 - May 20

GEMINI

Money is a cause for concern this week. Don't hesitate to take matters into your own hands and negotiate with those involved. You may be able to resolve your financial troubles once and for all.



May 21 - June 21

CANCER

Work is piling up and you don't know where to start to get it all done. Pace yourself so you don't get overwhelmed. If you manage your time and energy efficiently, you'll get through it.



June 22 - July 22

LEO

Don't be surprised if you find yourself replacing a colleague who's going away indefinitely. This will cause some stress but will benefit you greatly in the end.



July 23 - August 22

VIRGO

When you speak in front of a large crowd, you'll feel a thrill when you hear the audience applaud. However, one or more people may offer up some criticism you weren't expecting.



August 23 - September 22

LIBRA

It's often hard to balance the demands of your job with your responsibilities at home. It'll take some effort to juggle your job and your family's busy schedule without disappointing anyone.



September 23 - October 22

SCORPIO

You may take an unexpected vacation. You need some time away to clear your head before making a difficult decision and moving forward with conviction.



October 23 - November 21

SAGITTARIUS

There's a good chance you'll have to tighten your circle of friends. Fortunately, some will pay you what they owe you before you have to remove them from your life.



November 22 - December 21

Sharon

Happy 65th Birthday

On April 24th

& Happy Retirement!

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1-800-268-9688

NEOFACS

705-360-7100

Crimestoppers Tipline

1-800-222-TIPS (8477)

Kids Help Phone

1-800-668-6868

Good 2 Talk (Post-Secondary Student)

1-866-925-5454 or connect 2-1-1

First Nations and Inuit Hope for Wellness

1-855-242-3310

District of Temiskaming Social Services Admin Board

705-647-7447

Assaulted Women's Helpline

1-866-863-0511

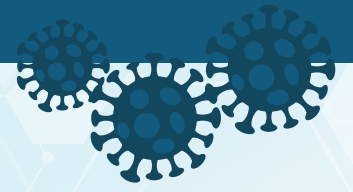
Pavilion Women's Centre

1-888-871-9090

WE'RE HERE TO HELP!



Did we miss you?
If you would like your organization included,
Please contact
Temiskaming Speaker



HELP REDUCE THE SPREAD OF COVID-19

TAKE STEPS TO REDUCE THE SPREAD OF THE CORONAVIRUS DISEASE (COVID-19):



Follow the advice of your local public health authority.



Wash your hands often with soap and water for at least 20 seconds.



Use alcohol-based hand sanitizer if soap and water are not available.



Try not to touch your eyes, nose or mouth.



Avoid close contact with people who are sick.



Cough and sneeze into your sleeve and not your hands.



Stay home as much as possible and if you need to leave the house practice physical distancing (approximately 2 m).

SYMPTOMS

Symptoms of COVID-19 may be very mild or more serious and may take up to 14 days to appear after exposure to the virus.



FEVER

(greater or equal to 38 °C)



COUGH



DIFFICULTY BREATHING

IF YOU HAVE SYMPTOMS



Isolate at home to avoid spreading illness to others.



Avoid visits with older adults, or those with medical conditions. They are at higher risk of developing serious illness.



Call ahead before you visit a health care professional or call your local public health authority.



If your symptoms get worse, contact your health care provider or public health authority right away and follow their instructions.

FOR INFORMATION ON COVID-19:

☎ 1-833-784-4397

@ canada.ca/coronavirus



Public Health
Agency of Canada

Agence de la santé
publique du Canada

Canada