



Weekender Classified

24 hours a
day... 7 days a
week...

Place your classified ad online
at
speaker@northernontario.ca

Classified Advertisement Rates

WORD ADS \$12.99 plus tax 20 words.

DISPLAY ADS

2 inches wide x 2 inches deep – \$36.96 + Tax.

2 inches wide x 3 inches deep – \$52.80 + Tax.

2 inches wide x 3 1/2 inches deep – \$64.68 + Tax.

Customers must pay before insertion.

Engagement Notices / Wedding Announcements /
Birthday Announcements / Anniversary Announcements

In Memoriam / Cards of Thanks

Graduation Special

2 inches wide x 3 1/2 inches deep

– \$38.00 + Tax.

All other display ads the prices will vary according
to line rate & size of the ad.

CLASSIFIED WORD ADS

must be placed before 3 p.m.

Monday to appear in the Wednesday edition.

Display (Classified) Ads must be placed
before Noon Monday.

Office Hours

8:30 a.m. to 5:00 p.m. Monday, Tuesday, Thursday & Friday

8:00 a.m. to 5:00 p.m. Wednesday

We accept VISA, MASTER CARD and AMERICAN EXPRESS.



CALL US FOR DETAILS.

705-647-6791

Ext. 227 or Ext. 228.

COOKING PRODUCTS

The Pampered Chef
INDEPENDENT CONSULTANT
Director for Pampered Chef, Canada - Cathy Morrow
www.pamperedchef.biz/cathypclady

ARTICLES FOR SALE

WHITE BIRCH FOR SALE - cut, split & delivered. Call for quote. 705-648-0708 or 705-237-8600.

FOR SALE ASH &/OR BIRCH FIRE WOOD - Sold in 16ft lengths. 15 cords per dump truck load. Delivery included to the Earlton/Thornloe/Kenabeek area. \$700 also available cut & split - call for details 705-648-3090.

DRY KNOTTY WHITE PINE. 15ft awning for trailer. Hardware for 20ft awning (no tarp). Call 705-647-2840 for more information.

PERSONAL

HARD OF HEARING? DEAF? or ANY-ONE -Interested in taking a local Speech (Lip) Reading course, free of charge? 1 evening of 2 hours per week for 10 weeks. CALL 1-800-718-0436 TO REGISTER

WANTED TO BUY

LOOKING FOR FARM OR ACREAGE - Between New Liskeard and Englehart with or without buildings. Call or text confidentially 519-575-8985.

FOR RENT

OFFICE/WAREHOUSE FOR RENT - Loading doors, 30B Rokeby - South part puralator. Available May 1, 2021. Call 705-271-5612.

1 BEDROOM BASEMENT APARTMENT - 101 Niven St. \$900/month Fridge, Stove, Washer, Dryer, & Utilities includes. Quiet tenant only, must do own yard work. Call 705-647-7357.

1 BEDROOM UPSTAIRS APARTMENT - 195 McCamus Ave. Quiet tenant only. \$850/month, includes utilities, fridge & stove. Call 705-647-7357.

54 COBALT STREET large 2 bedroom apartment. Washer & dryer hookups, Heat, hydro & parking included. First, last & references required. \$775/month. Serious inquiries only. Call 819-629-9650

WANTED TO RENT

LOOKING FOR A 3 BEDROOM HOUSE OR APARTMENT - in New Liskeard or Haileybury area. Needed for April 1st. Must be pet friendly. Will have first, last, & references. Please call if you have anything available 1-705-262-9155.

Crossword Answers from 10a

S	T	O	W	E	R	A	S	A	S	H	H	I	S	
K	I	W	I	D	A	D	E	S	N	E	O	N	E	
E	K	E	S	I	S	M	L	A	I	R	O	R	E	
W	I	D	E	C	H	I	E	F	T	R	I	P	O	D
A	S	T	E	R	N	I	N	L	A	Y				
E	T	C	H	R	E	V	P	E	N	T	A	D		
F	L	O	R	A	O	R	A	N	G	E				
R	E	N	E	G	E	H	Y	E	N	A	R	I	F	E
A	G	E	T	O	O	S	E	C	R	O	D			
T	Y	R	O	U	P	S	E	T	T	A	B	A	R	D
I	N	D	E	E	D	N	A	T	T	Y				
S	P	L	E	E	N	U	R	N	T	R	E	Y		
S	H	R	E	W	C	O	O	K	I	E				
C	O	A	R	S	E	B	E	T	T	A	B	A	R	B
O	W	N	M	A	G	I	T	A	R	A	X	E	L	
R	E	C	A	V	I	D	E	T	A	C	O	P	E	
E	R	E	N	E	N	E	N	E	T	K	N	O	W	

EMPLOYMENT OPPORTUNITIES

DAIRY FARM WORKER NEEDED -North Haven Farms located at 126359 Church Rd. Earlton, Ontario. Responsibilities include: feeding and monitoring cows, operating barn equipment and keeping premises clean. Full time position, \$14.88 per hour. Skills/Requirements: 1 year Dairy experience/work with cattle, no education needed, must be a team player and also have experience handling large animals and using robot milkers. For more information please email lynegauthier@mac.com.



We currently have an opening for a delivery driver. The successful driver candidate must have a valid class G licence with clean abstract & records. Must be a team player, flexible & willing to adjust to unforeseen circumstances.

Candidate must be available for:

Wednesday - Speaker delivery (all day)

Thursday - Weekender delivery & client deliveries (all day)

Friday - Occasional

SPEAKER

PRINTING, PUBLISHING
AND PROMOTIONS

Resumes will be accepted via:

Email: ads@northernontario.ca

Fax to: (705) 647-9699

Bring in office/ mail to:

The Speaker Box 580. 18 Wellington
St., S, New Liskeard, ON P0J1P0.



FORM 6

SALE OF LAND BY PUBLIC TENDER

Municipal Act, 2001

Ontario Regulation 181/03, Municipal Tax Sale Rules

SALE OF LAND BY PUBLIC TENDER

THE CORPORATION OF THE TOWNSHIP OF HILLIARD

Take Notice that tenders are invited for the purchase of the land described below and will be received until 3:00 p.m. local time on March 24, 2021, at the Hilliard Township Office, 951678 Highway 569, Hilliardton Ontario.

The tenders will then be opened in public on the same day as soon as possible after 3:00 p.m. at the Township Office, 951678 Highway 569, Hilliardton.

Description of Land:

Roll No. 54 34 000 001 25102 0000; 952145 Highway 569, Hilliardton; PIN 61308-0027 (LT); PCL 23416 SEC S5T; PT S1/2 LT 7 CON 6 HILLIARD PT 1 54R2997; HILLIARD; DISTRICT OF TIMISKAMING; File No. 18-01

According to the last returned assessment roll, the assessed value of the land is \$127,000.00

Minimum tender amount: \$23,179.40

Tenders must be submitted in the prescribed form and must be accompanied by a deposit of at least 20 per cent of the tender amount, which deposit shall be made by way of a certified cheque/bank draft/ money order payable to the municipality.

Except as follows, the municipality makes no representation regarding the title to or any other matters relating to the land to be sold. Responsibility for ascertaining these matters rests with the potential purchasers. The assessed value, according to the last returned assessment roll, may or may not be representative of the current market value of the property.

This sale is governed by the *Municipal Act, 2001* and the Municipal Tax Sales Rules made under that Act. The successful purchaser will be required to pay the amount tendered plus accumulated taxes and any taxes that may be applicable, such as a land transfer tax and HST.

The municipality has no obligation to provide vacant possession to the successful purchaser.

A copy of the prescribed form of tender is available on the website of the Government of Ontario Central Forms Repository under the listing for the Ministry of Municipal Affairs.

For further information regarding this sale and a copy of the prescribed form of tender, visit:

www.OntarioTaxSales.ca

or if no internet access available, contact:

Vaughn Finch, Clerk-Treasurer

The Corporation of the Township of Hilliard

951678 Highway 569

Hilliardton ON P0J 1L0

705-563-2593

twphill@parolink.net

SALES & SERVICES DIRECTORY

To be a part of our directory contact: The Speaker office at 705-647-6791 ext. 227 or ext. 228



SAM CONLIN
conlinconstruction20@gmail.com
705.676.6197

Siding | Roofing |
Interior Renos & More!

Plexiglass
Lexan
Puckboard
Cut to Size

**NORTHERN
PLASTIC
SOLUTIONS**

Densilite
Teflon
Truck Liners
Plastic Welding

INSTA-PANELS
R11 Polyurethane Foam Panels

Paul & Delores Gerber and Family

985046 Country Bridge Road
Phone/Fax 705-563-2860

Thornloe, ON POJ 1S0
Cell 705-622-3751

Loach's Radiator Service

RR#2, New Liskeard

Here for all your snow plowing, sanding and removal needs.

- Mechanical Services also available -

Call 705-647-7191

Don's Clock & Watch Shop




**Keeping
you in
time!**

- Clock and Watch Repairs
- Antique Clock Restorations
- Grandfather Clock Service
- In-Home Service
- Authorized Repair for Ridgeway & Howard Miller
- Watch Battery & Straps

705-647-1720 or 1-888-647-1720
99 Lakeshore Rd N. - New Liskeard
Open Tues/Wed/Thurs only
dons@clockshop.ca www.clockshop.ca


FOUNDATIONS
Solid Concrete Basements,
Garage slabs & repairs.
FREE ESTIMATES
**GERMAIN CONCRETE
FOUNDATIONS**
705-672-3656



**Miller Paving
Northern**
A Division of Miller
Paving Limited

*Serving the
North with:*
crushed gravel,
ready mix concrete,
sand, stone,
asphalt, excavating,
ditching

Mailing Address:
Hwy 11B North, Box 248
New Liskeard, ON POJ 1P0
Tel: (705) 647-4331
Fax: (705) 647-3611



**Plumbing - Heating
- Electrical Wholesale - Retail**
74 Scott Street, New Liskeard, ON

Tel: 705-647-4412
Fax: 705-647-4485
discount@breaultsdiscountwarehouse.com

NorthWood
HOMES & RENOVATIONS
705-676-6451
JARED FLEMING
NORTHWOODHNR@GMAIL.COM

Electrician

Licensed Electrical Contractor
NORTHERN NOOK ENTERPRISES
Serving all your electrical needs.
Open Monday thru Saturday
ECRA/ESA 7011512
Paul Strubhar 705-648-1481

The man who stops advertising
to save money
is like the man who stops the clock
to save time.

- Thomas Jefferson

Start advertising your products and
services this week to reach readers.
Contact The Speaker Sales Dept. today!

SPEAKER

PRINTING, PUBLISHING
AND PROMOTIONS

18 WELLINGTON ST. S.,
NEW LISKEARD

705-647-6791

WWW.NORTHERNONTARIO.CA

SERVICES

INTERIOR PAINTING and drywall repairs, free estimates. call Jack 705-679-5363.

ALCOHOLICS ANONYMOUS MEETINGS: To be held at various dates, times & locations. For more information, please call 705-647-7611.

PRENATAL CLASSES - Offered by the Timiskaming Health Unit. Call 705-647-4305 as soon as you confirm your pregnancy. For more info. visit www.timiskaminghu.com.

DRYWALL, PLASTER, framing, decks, flooring, tiling etc. for both residential and commercial buildings. Over 16 years experience. Free estimates. Call 705-648-4884. Please leave a message.

PREGNANT AND NEED HELP? Email: pregnancycarehelp@outlook.com

TAOIST TAI CHI - Classes are cancelled until further notice. For more info and updates contact us at www.taoisttaichi.org.

NOTICES

ATTENTION KNITTERS: If you would like to knit for children in the third world, we could use your help. Join us on Tuesdays at 1:30pm at the Community of Christ Church on Niven St., New Liskeard. Just bring knitting needles size 4 or 41/2mm. Yarn and needles are available. All are welcome! For more information, call D. Caldwell at 705-647-6056.

Complete the Vital Signs online survey for a chance to win! Vital Signs is a national program established by the Community Foundation of Canada. We want to know what YOU think about Temiskaming! Anyone in the Latchford, Cobalt, Temiskaming Shores, Englehart, Kirkland Lake and surrounding area can get involved with this project by completing our community survey at: www.tfvitalsigns.ca. After completing the survey, you will have the opportunity to be entered into a draw for a \$50.00 gift certificate to either 28 on the Lake or Active One Source for Sports. The draw will close on March 2nd, 2021 so we ask that you please submit your responses by this date.

WANTED

**LOOKING FOR OLD SNOWMOBILES
RUNNING OR NOT FOR PARTS,** old camper trailers & propane tanks for recycling. Also, looking for used lumber (nails are okay). Please call 705-679-3395.

UNWANTED GUNS - Looking for guns of any kind. Rifles, shotguns, handguns, gun parts, used brass also. Have all licenses. Call 705-647-4665.

LIVESTOCK & FARM PRODUCTS

LIVESTOCK FOR SALE - 50 Beef cows, bred Black Angus due mid March/April. 2 four years old purebred Black Angus Bulls. Call 705-647-3749.

Health & Wellness



5 reasons to increase your flexibility

Flexibility plays a key role in your overall fitness. In fact, stretching your muscles and joints on a regular basis can make a variety of everyday activities easier. Here are the five main benefits of increasing your flexibility.

1. It improves your posture and balance
2. It increases your range of motion
3. It reduces your risk of getting injured
4. It helps your muscles work more effectively
5. It reduces aches, pains and muscle tension

Furthermore, stretching after you exercise facilitates muscle recovery and repair. It also prevents lactic acid from building up and causing muscle soreness.

Keep in mind that stretching shouldn't be painful. Though it's normal to feel a pulling sensation, a sharp or stabbing pain means you've over-extended your muscles or joints, which can result in injury.

Serving up all the reasons you'll dig volleyball



Are you looking for a high-energy, non-contact sport for you or your child to play? If so, volleyball may be a good fit. Here's a look at what this sport has to offer.

BENEFITS

Whether you choose to play on an indoor or sand court, volleyball is a team sport that requires both physical fitness and strategic thinking. It can be played competitively or for fun by adults and children alike. You don't need much equipment — a decent pair of shoes and knee pads will do — and the rules are pretty straightforward. In addition to fostering teamwork and self-confidence, volleyball allows you to:

- Improve your agility and reflexes
- Increase your strength, speed and flexibility
- Sharpen your concentration and observation skills
- Tone your upper and lower body (including your abdominals and buttocks)
- Strengthen your cardiovascular and respiratory systems

What's more, since volleyball doesn't require physical contact between players, it has a low risk of injury compared to other team sports. However, finger injuries and ankle sprains can occur due to frequent ball handling and jumping.

If you or your child want to give this sport a try, find out if there are teams that can be joined through your municipality, a local volleyball club or your child's school.

Nous sommes à votre service...

Nous offrons une gamme de services et de programmes de soins de santé primaires, de programmation/activités communautaires à la clientèle et aux communautés.



L'équipe interdisciplinaire

partage des objectifs communs et des responsabilités professionnelles pour mieux répondre aux besoins de la clientèle.

La composition de l'équipe interdisciplinaire est :

- infirmières ou infirmiers praticiens
- médecins
- infirmières ou infirmiers autorisés
- infirmières ou infirmiers auxiliaires autorisés
- intervenantes ou intervenants en santé mentale
- intervenantes et intervenants communautaires
- diététistes

La planification de l'intervention communautaire

évolue continuellement pour différentes populations cibles. Le but est d'offrir des activités et de la programmation selon les besoins des communautés.

Les populations cibles sont :

- les enfants de 0 à 12 ans et leurs familles
- les aînés



Centre de santé
communautaire
du Témiskaming

20, rue May Sud, New Liskeard, ON P0J 1P0 | 705-647-5775

Points de service

Earlton • Kirkland Lake • Larder Lake • Virginiatown

It's time...

It's time we address the Sick Building Syndrome and its effects on your home and your health when your indoor air quality is not properly managed. It's time we stop the cause of breathing disorders and serious lung disease instead of spending countless hours in the E.R and drugstores to only treat the symptoms.

Ultimately, the quality level of the air you breathe inside your home is your choice, but if you currently feel the need to humidify your home to what feels like dryness, you need to contact us first.

Everyone needs a home that is a recovery zone, and not a home that further depletes your immune system. A year-round friendly living environment full of fresh air will not only benefit the structure of your home, but also benefit your immune system making you virus resilient and more capable to fight of the viruses and bacteria that come your way. Whole home detoxification is the answer to many of the issues you may currently be experiencing. Sore throat, nose bleeds, dry cough, waking up to thirst, wet windows, ice build-ups in your attic and cold spots in your walls and ceiling are only to name a few. Until you eliminate the cause of these problems, you will only continue to rely on medication to help you feel better and feel frustrated that things keep reoccurring.

It's time to talk prevention. With the choice of healthy living at home, we do what medication can't do and can no longer shy away from what 42 years of practice has taught us.

Call us today to educate yourself on what's really going on inside the perimeter of your home, and you will join a network of thousands of homeowners like yourself, who have put their faith and trust in our exclusive brand, and have reaped the rewards of healthy living.

Now is the time to Discover the Power of Clean Air. Now is the time to discover what R&R Air Medics can do for you.



Many of today's jobs, hobbies and modes of transportation make it easy to succumb to a sedentary lifestyle. Unfortunately, prolonged periods of inactivity are linked to an increased risk of heart disease, diabetes and obesity. If you find yourself sitting too often, here are seven simple ways to incorporate more movement into your daily routine.

1. Sit on a stability ball rather than the couch while you watch TV or play video games.
2. Walk around the room while you're on the phone. For longer calls, consider taking a stroll around the block.
3. Listen to audiobooks or podcasts while you use an elliptical machine, stationary bike or treadmill to make your workout more interesting.
4. Use a standing desk. Do simple exercises, such as calf raises, while you complete routine tasks like checking your email.
5. Time how long it takes you to do an active chore like vacuuming, and then see if you can beat your previous record.
6. Take the stairs instead of the elevator. To really get your heart pumping, climb them two steps at a time.
7. Do jumping jacks or run in place during the commercial breaks while you watch a hockey or basketball game on TV.

With a little bit of creativity and effort, there are plenty of simple and fun ways to be more active.

Reap healthier living with the right ventilation system, to keep airborne viruses and bacteria at bay



When nothing else works, Your best defence is our EXCLUSIVE R&R Air Medics MPIII Dual Sweep Air System. A proven approach to make your indoor air quality healthy and safe for your entire family. Discover the power of clean air done right!

www.rrairmedics.com
705-647-5551
Visit and like us on Facebook!




In with the good....

When more is needed... R&R Air Medics have the answer to complete home detox!



Systems such as this are too small and inappropriate, leading to unhealthy homes and sick occupants. Give us a call today to find out about our "Make It Right" rebate, and to let us guide you in healthier living!



Out with the bad....



Orthokeratology: an overnight treatment for myopia

If you're nearsighted, orthokeratology can be an effective alternative to wearing glasses or contacts. This non-surgical treatment involves wearing rigid, custom-fit lenses overnight to temporarily reshape your cornea. Here's a look at how orthokeratology can improve your vision.

WHAT TO EXPECT

Orthokeratology lenses are made of a sturdy, gas-permeable material that flattens the centre of the cornea while still allowing oxygen to reach your eye. For best results, these lenses should be worn for at least six consecutive hours every night.

You may experience some minor discomfort during the first week as your eyes get used to the rigid lenses. When you remove the lenses in the morning, your cornea will stay flat and change the way light enters your eye. This vision correction usually lasts about 24 to 48 hours.

HOW IT CAN HELP

Though it can't permanently correct your vision, orthokeratology slows the progression of myopia in 50 to 90 per cent of cases. Among other things, this preventive action can help you:

- Avoid further eye health problems
- Reduce your risk of retinal detachment
- Prevent the appearance of eye floaters

To find out if orthokeratology is right for you, speak with your optometrist.



You're busy.

It's our pleasure to keep you that way.

Home Health Department Services

- Certified Compression Fitters
- Breast Care Fitters
- Ostomy Supplies, Rollator Walkers, Bath Safety, and so much more
- Free Glucometer Demonstrations and report printouts
- In-store Blood Pressure Health Station and Demonstrations.
- Two Fitting and Consultation Rooms
- Specific Items can be ordered upon request

Findlay's
DRUGSTORE

Call (705) 647-8186

247 Whitewood Ave., New Liskeard

12 healthy habits that can help prevent lung disease

There are many environmental factors that can impact your respiratory health and make it harder for you to breathe. However, there are things you can do to protect your lungs. Here are 12 healthy habits you should adopt.

1. Eat a nutritious diet that's rich in fruits and vegetables
2. Exercise for at least 30 minutes every day
3. Wash your hands often to prevent infections
4. Receive the recommended vaccines for your age group
5. Quit smoking and vaping (or avoid starting in the first place)
6. Avoid smoky places and second-hand smoke
7. Try not to use aerosol products such as hairspray
8. Wear a mask if you work in a dusty environment or handle toxic products
9. Use eco-friendly paint that doesn't contain VOCs
10. Test your home for radon
11. Remove asbestos from your home if necessary
12. Make sure your home's ventilation system is clean and in good working order

If you're concerned about your lungs, talk to your doctor about getting a computed tomography (CT) scan. This test can help detect infections, lung cancer, blood clots and other lung problems.



DID YOU KNOW? According to the Canadian Lung Association, one in five people has lung disease, and chronic obstructive pulmonary disease (COPD) is the leading cause of hospitalization in Canada.

Temiskaming Hospital  Hôpital Temiskaming

**Our Health Care
Campus wishes
you the best Health**

Temiskaming Hospital  Hôpital Temiskaming
CAT Scan Foundation  Fondation scan CAT



Care close to home



Des soins près de chez soi



Mino M'shki-ki
Indigenous Health Team



Société Alzheimer Society
DISTRICT DE TIMMINS - PORCUPINE
TIMMINS - PORCUPINE DISTRICT



CBI HEALTH GROUP
Physiotherapy & Rehabilitation Centre

WOMEN'S HEALTH

Questions to ask your doctor at every age

As you get older, your body changes and your health-care needs evolve. That's why it's important to speak with your doctor on a regular basis. Here are a few questions to ask at your next appointment.

IN YOUR 20s

- Which methods of contraception would you recommend for me?
- How do I know if I'm at risk of developing cervical cancer?
- Which sexually transmitted and blood-borne infections (STBBIs) should I be tested for?

IN YOUR 30s

- What can I do to increase my chances of having a healthy pregnancy?
- How can I maintain a healthy weight and blood pressure level?
- What would you recommend if I'm having trouble sleeping because of stress?

IN YOUR 40s

- Should I be screened for diabetes and high cholesterol?
- How can I prevent bladder leaks?
- Am I in perimenopause if my menstrual cycle is irregular and I get hot flashes?

IN YOUR 50s

- How often should I have a mammogram?
- Should I get the shingles vaccine



- or any other type of shot?
- What would you recommend to relieve my menopause symptoms?

IN YOUR 60s AND OLDER

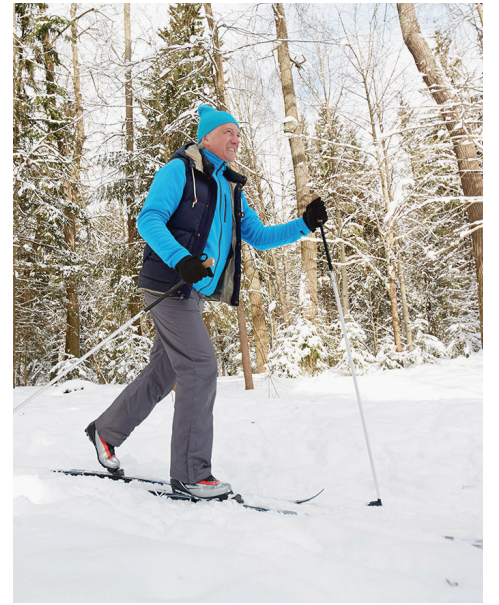
- Am I at risk of developing osteoporosis?
- Should I take calcium or vitamin D supplements?
- Do I need to get the flu shot if I'm in good health?

Regardless of your age, talking openly and regularly with your doctor is crucial to taking charge of your health.

5 activities to boost your endurance

Some workouts get your heart pumping faster than others. If you're looking for a way to improve your cardiovascular endurance, here are five activities to try.

1. **Boxing.** Fast footwork and dynamic punching combinations keep you on your toes, improving both your muscular and cardiovascular endurance. Boxing is also a great way to relieve stress and boost your confidence. If you prefer, you can opt for classes that focus on solo boxing drills rather than sparring.
2. **Cross-country skiing.** This sport provides a full-body, aerobic workout that can be sustained for hours. The smooth gliding motion is easy on your joints and improves your balance. Plus, you can enjoy winter landscapes as you ski along trails blanketed in snow.
3. **Swimming.** The sustained effort required to swim laps increases your heart rate and lung capacity but places limited stress on your joints. This makes swimming a low-impact workout that's suitable for people of all ages. It also engages various muscle



groups, especially if you learn different strokes.

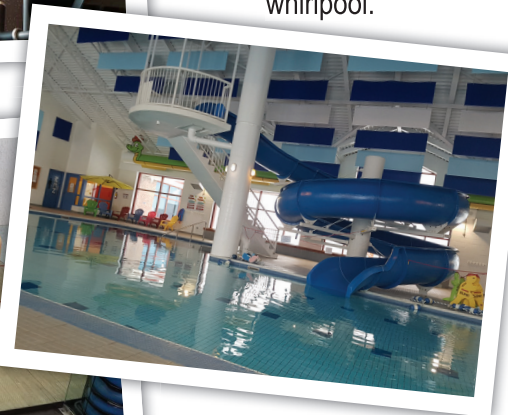
4. **Running.** This activity is a simple way to boost your cardiovascular endurance, and it can be done almost anywhere. Keep in mind that speed isn't key. Instead, start slow and focus on running longer distances to see improvements in your stamina.
5. **Zumba.** This fitness program combines Latin-inspired dance moves, muscle-toning exercises and lively music to get your heart pumping and your hips swaying. Zumba is both a fun workout and a healthy way to burn calories and lose weight.

If you want to boost your endurance by participating in these activities, consider signing up for a class or joining a club in your area.

Waterfront Pool/Fitness Centre



Located in New Liskeard, the Waterfront Pool Fitness Centre is your fitness and recreational dream with one international squash court, complete weight and cardiovascular equipment, and to top it off, a 25 metre swimming pool, with a 100-foot waterslide, sauna, and whirlpool.



In addition, the Centre has qualified swimming & aerobic instructors, and fitness trainers.



GYM HOURS

Mon.- Fri. 6 a.m. - 8:30 p.m.
Sat. 8 a.m. - 6 p.m.
Sun. 10 a.m. - 4:30 p.m.

POOL HOURS

OPEN 7 DAYS A WEEK
Please call for available Swim Times & Bookings

(705) 647-5709 www.temiskamingshores.ca

WE'RE HERE TO SUPPORT YOU

Self-Referrals Welcome **705-647-0096 / 705-568-2154**

For 24-hour Emergency Service, contact Ontario Provincial Police 1-888-310-1122



Victim Services of Temiskaming & District provides emotional support, practical assistance, referrals and advocacy to individuals who have been victimized as a result of a crime or tragic circumstance.

We are a community-based agency committed to treating individuals with courtesy, compassion and with respect.

New Liskeard **705-647-0096** Kirkland Lake **705-568-2154**

www.tdvictimservices.ca

Ontario Funding for this project is provided by the Government of Ontario

WE·DO·THAT

Stickers & Buttons



2 inch Buttons



2 inch Stickers

\$17.49
PER DOZEN



\$4.49
PER DOZEN

Custom Stickers and Buttons are available as well. Call for quote

WE WILL MATCH ANYONE'S PRICE!

SPEAKER
PRINTING, PUBLISHING
AND PROMOTIONS

CONTACT YOUR SALES REP OR AMY:
(705) 647-6791 ext. 229
promo@northernontario.ca

CHURCH SERVICES & more...

TOMSTOWN PRESBYTERIAN CHURCH There will be no worship services in January, February and March 2021. Please stay in touch through our TOMSTOWN PRESBYTERIAN CHURCH Facebook Page. Contact: Kathy Scott 705 544 7795 (Clerk of Session)

ST. ANDREW'S PRESBYTERIAN CHURCH wishes to extend an invitation to join weekly services held every Sunday. 51 Wellington St. North New Liskeard, 10:30am, Pastor George Paraskevopoulos officiating. Now fully accessible with an outside ramp & inside hydraulic lift elevator. For more information, call 705-647-8401 or visit our website www.presbyteriannewliskeard.ca

THORNLOE CROSSROADS BAPTIST CHURCH- Corner of Hwys 11 & 562, 15 minutes north of New Liskeard. Sunday School 9:45 a.m. for all ages. Morning Worship 11:00 a.m. Evening 6:30. Everyone is welcome. Pastor Curtis Greenwood 705-622-4860. For more information www.thornloecrossroads.ca.

THE SALVATION ARMY TEMISKAMING COMMUNITY CHURCH & COMMUNITY SERVICES - 260 White-wood Ave., New Liskeard. Invites you to join Sunday worship service at 10:30am. All are welcome. Online recordings available at Temiskaming Salvation Army on youtube.com or on Facebook at The Salvation Army Temiskaming Community Church. Due to Covid-19, Emergency foodbank protocols have changed. Call 705-647-4115 Wednesday from 10am-12pm for intake interview and appointment for the afternoon. No walk-ins please.

ST. PAUL & ST. JOHN ANGLICAN CHURCH, HAILEYBURY Is now open for services every Sunday at 11 a.m.

FIRST BAPTIST CHURCH Wellington St., New Liskeard. Worship Service 11:00 am Sunday Morning. All are welcome. Pastor Stephen Speer officiating. For more information, call 705-647-5026.

BIBLE READING GROUP- Read a scripture, listen to a scripture. For time & place call Judy Tinney at 705-569-2572.

OUR MOTHER OF PERPETUAL HELPS SUNDAY MASSES will be on Sundays at 9AM and 11AM. Registration is required to attend these Masses. To register call the parish office at 705-647-5035 on Wednesdays from 9AM to 12PM and 1PM to 4:30PM. Sunday Mass will continue to be live on Facebook: <https://www.facebook.com/OMPH.NL/>

OMPH celebrates weekday Masses on Tuesdays, Thursdays and Fridays at 10:30 A.M. on a first come, first serve basis

St. Pats Parish celebrates a weekday Mass every Wednesday at 10:30 A.M.

St. Pats Parish celebrates weekend Masses on Saturdays at 5PM. Parishioners are welcomed on a first come, first served basis.

MARRIAGE COUNSELING - Love for a Lifetime a free service of the church of Christ online at www.bibletalk.tv with Mike Mazzalongo. If you do not have access to internet and want to check it out call Mike or Judy Tinney at 705-569-2572.

GOOD SHEPHERD CHURCH OF ENGLEHART will be meeting every Sunday morning at 10:30am. We invite you to our worship services or our weekly bible studies and prayer meetings. We offer ministries for children, Jr. and Sr. High groups and monthly fellowships. Please contact Pastor Steve Crosby at 705-544-8339 or visit goodshepherdenglehart.yolasite.com

OWE NOTHING TO ANYONE except to love one another for he who loves his neighbour, has fulfilled the law... Love does no harm to a neighbour, therefore love is the fulfillment of the law. Romans 13:8;10. Free bible lessons online at www.bibletalk.tv or call Mike or Judy Tinney at 705-569-2572 church of Christ.

EARLTON GOSPEL HALL WELCOMES YOU TO OUR WEEKLY SERVICES Sunday at 10 a.m. Breaking of Bread Communion, 11:30 Gospel, 12:15 Sunday School. Wednesday, 7 p.m. Bible Study and Prayer meeting. 3 miles west of Earlton on Church Road.

SEVENTH-DAY ADVENTIST CHURCH invites all to come & worship Saturday morning at 453 Marcella St in Haileybury. 705-242-4848. Officiating Pastor Ivan Uriegas. Study time is 10am and divine service at 11am. Prayer meeting Tuesday at 5:30 pm. Everyone is Welcome.

HOLY TRINITY CATHOLIC CHURCH in Englehart invites everyone to Sunday Mass at 9am.

SERVICES AT ST. PAUL'S EMMANUEL COMMUNITY CHURCH (formerly Emmanuel United Church, Englehart) at 10am, every Sunday. Minister: Rev. Elaine Lush. All are welcome.

ST. JAMES, COBALT - corner of Nickel and Prospect St. Sunday 9am.

HAILEYBURY & DISTRICT BAPTIST CHURCH extends a warm welcome to all. Worship Sunday at 11am with rev Fred Knutson. Accessibility ramp. Call the church (705) 672-5855. www.haileyburybaptist.ca

ENGLEHART BAPTIST CHURCH - Corner of Second St., and 7th Ave. Family worship & bible based teachings every Sunday beginning at 10:30am. Stay for lunch! Bible study & prayer every Wednesday at 7:30pm. Everyone welcome. To reach the Pastor Rudy Kaufmann please call 705-544-0065 or 705-647-7697

LA PAROISSE SAINTE-CROIX nous invite à prendre conscience et réfléchir sur notre relation personnelle avec Jésus Christ par les 7 sacrements offert par l'église catholique : le Baptême, la Confirmation, l'Eucharistie, la Confession, l'Onction des malades, l'Ordination et le Mariage. Par ses sacrements, une alliance est établie entre Dieu et nous dans nos cœurs, comme l'annonçait le prophète Jérémie (31, 31-34) : « Je mettrai ma loi, au fond de leur être, je l'écrirai sur leur cœur. Ils seront mon peuple, je serai leur Dieu ». Tél : 705-672-3296 / Adresse : 341 Sutherland Way, Haileybury, ON

PAROISSE SAINTE-CROIX SUR FACEBOOK: Consultez notre page Facebook sur facebook.com/Paroisse-Ste-Croix et restez au courant des derniers événements de notre paroisse catholique. **PAROISSE SACRÉ-COEUR CATHOLIQUE DE NEW LISKEARD – Nous sommes heureux de vous accueillir pour les messes dominicales les samedis à 16 h et les dimanches à 10 h. Nous offrons aussi la messe le mardi, mercredi, jeudi et vendredi de chaque semaine à 9 h à l'exception du 4emardi de chaque mois. Cette messe a lieu à 19 h. L'église et notre bureau sont situés au 116 Dymond Cres. Certaines adaptations et modifications ont été mises en place pour la protection de toutes et tous. Pour autres informations composez le 705 647-5045 ou par courriel apsacrecoeur@personainternet.com. Pour le bulletin de la semaine consultez notre page Facebook ([facebook.com/Paroisse-Sacre-Coeur](https://www.facebook.com/Paroisse-Sacre-Coeur)).**

ÉGLISE CATHOLIQUE SAINTE CROIX de Haileybury est maintenant ouverte pour les messes à 30% de la capacité de l'église. Tout en respectant les conditions sanitaires exigées par le gouvernement d'Ontario ainsi que les directives diocésaines, nous vous invitons à nos célébrations dominicales samedi à 19h (7h) et dimanche à 10h et durant la semaine le mardi à 16h30 (4h30) et le mercredi, jeudi et vendredi à 9h30. L'église Sainte Croix est située à 341 Sutherland Way, Haileybury – 705-672-3296. Bienvenue à tous!

OUR MOTHER OF PERPETUAL HELP PARISH

OMPH IS NOW ON FACEBOOK: Check our new facebook page at [facebook.com/OMPH.NL](https://www.facebook.com/OMPH.NL) and stay up to date on the latest happenings in the <http://www.facebook.com/OMPH.NLParish>.

WEEKLY OMPH E-BULLETIN: If you would like to receive the weekly e-bulletin from Our Mother of Perpetual Help Parish, please email omphoffice@gmail.com. Stay in touch with all the latest news and events on a weekly basis.

PARISH WEBSITE: Our Mother of Perpetual Help Parish has updated its parish website. It contains information about the Parish, the weekly bulletin and a host of other useful information and links. Check out the website at www.ourmotherofperpetualhelp.ca.



Hockley

THE ART
OF THE CRAFT



HOCKLEYBEER.CA