



Outbreak continues

Frontline workers test positive at KL hospital

KIRKLAND LAKE (Special) - Surveillance testing is continuing at the Kirkland Lake hospital as Blanche River Health continues to deal with a COVID-19 outbreak.

On March 24, Blanche River Health (BRH) - which runs hospitals in Kirkland Lake and Englehart - provided the following update:

"A total of four hospital employees at the Kirkland Lake site have tested positive for COVID-19 to date. The affected employees are currently self-isolating at home in accordance with public health protocols.

"The hospital continues to follow enhanced infection prevention and control protocols, and is working closely with the Timiskaming Health Unit as an investigation and contact tracing efforts continue.

"The Kirkland Lake site has completed a broad testing initiative encompassing all staff and will continue with additional surveillance testing in the coming week.

"There are no COVID positive employees at the Englehart site, which is also following enhanced infection prevention and control protocols."

A total of four COVID-19-positive patients have been admitted to the Kirkland Lake site to date.

One patient was recently discharged, and another, a woman in her 60s, died March 22.

"On behalf of Blanche River Health, I want to pass along our sincere condolences to the family and friends of the deceased patient. I know our staff and physicians were saddened by the loss of this patient, as they provided the best and most compassionate care possible," said BRH president and CEO Sean Conroy in the update.

Full visitor restrictions will continue at the Kirkland Lake site. On-site services - including laboratory, diagnostic imaging, physiotherapy, respiratory therapy, oncology, dialysis and the diabetes program - remain available but by appointment only.

Continued on 3a



HIGH GEAR

The arrival of spring last weekend seemed to bring everybody out to enjoy the warm weather. Three-year-old Tyce Mitchell of Englehart was out bike riding with family March 21. He eventually parked himself in a puddle in the driveway and put his bike in high gear. (Staff photo by Steven Larocque)

DID YOU GET The Speaker THIS WEEK?

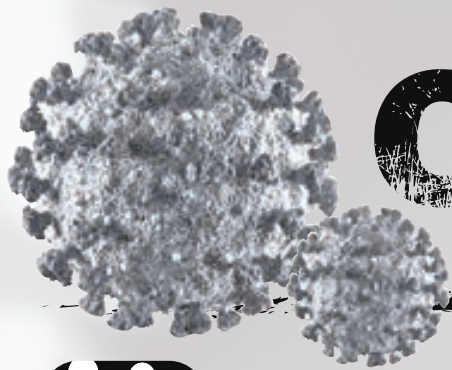
Here are some of the stories in our March 24 edition...

- A second death in the northern part of the Temiskaming district is being attributed to COVID-19.
• Temiskaming residents aged 75 and over can now book their COVID-19 shot through online portals.
• A multi-unit residential building in downtown Cobalt was gutted by fire this week where no injuries were reported from the blaze.
• Latchford will hop into the Easter weekend spirit when they host an annual Easter Parade on Sunday, April 4.
• Don't forget the Speaker's Community Food Bank Drive this coming Saturday, March 27, from 10 a.m. to 4 p.m. in the south Temiskaming region.
• The Temagami First Nation has received \$58,000 for an Oral Histories project that will involve input from the elders of the community.
• A conflict of interest inquiry involving the mayor of the City of Temiskaming Shores has cost taxpayers \$12,670 in legal costs so far.
• Temagami has begun deliberations on its 2021 municipal budget, with a slight increase in the tax levy being forecasted.
• Some youth sports will kick into high gear this spring and summer seasons in the Temiskaming region.
• Skateboarders, BMX riders and scooter enthusiasts are enjoying their favourite sport at the Carter Antila Memorial Skate Park facility.



Advertisement for CI ASSANTE WEALTH MANAGEMENT, featuring Robert A. Nicholls & Associates and contact information for 51 Armstrong St., New Liskeard.

Advertisement for JPL STORAGE and Dymond Mini Storage, providing contact numbers and addresses for storage services.



COVID UPDATE



Services de santé du
TIMISKAMING
Health Unit

Address/adresse: 247 Whitewood Ave., unit 43/ 247 avenue Whitewood, unite 43
COVID-19 phone line/ligne de COVID-19: 705-647-4305, extension/poste 7

Effective Monday March 22, the Government of Ontario placed Timiskaming Health Unit in the Yellow - Protect category of the provincial COVID-19 response framework.

“Prior to the developments of our local outbreak and confirmation of the variant of concern, the province made the decision to move our district to the Yellow – Protect zone of the COVID-19 provincial framework, effective Monday. At present, our situation supports being in yellow, but this may change quickly. If the situation requires, the Ontario government’s ‘emergency brake’ will make it possible for our district to quickly move to a more restrictive zone in the framework,” said Dr. Glenn Corneil, acting Medical Officer of Health for the Timiskaming Health Unit.

I am thinking about attending a social gathering. What are the restrictions, and what other factors should I consider?

Social gatherings are now allowed in Timiskaming, but that doesn’t mean that they are always a good idea. Before attending a social gathering, consider the COVID-19 precautions that will be in place. You should limit close contact to people you live with and stay at least 2 metres apart from everyone else. If you live alone, you can have exclusive close contact with one other household. Social circles, or small exclusive “bubbles” of people who gather without masking and distancing, are not allowed. If you are high-risk or if you are concerned that public health measures may not be followed, consider a safer option like a virtual gathering or a socially-distanced walk.

En vigueur à compter du lundi 22 mars, le gouvernement de l’Ontario a placé les Services de santé du Timiskaming (SST) dans la catégorie Jaune - Protéger du cadre d’intervention provincial contre la COVID-19.

«Avant l’évolution de l’écllosion locale et la confirmation du variant préoccupant, la province a pris la décision de déplacer notre district dans la zone Jaune - Protéger du cadre provincial contre la COVID-19 à compter de

lundi. À présent, notre situation reflète le palier jaune mais cela peut changer rapidement. Si la situation exige, le «frein d’urgence» du gouvernement de l’Ontario permettra à notre district de passer rapidement à une zone plus restrictive dans le cadre » a déclaré le Dr Glenn Corneil, médecin hygiéniste par intérim des Services de santé du Timiskaming.

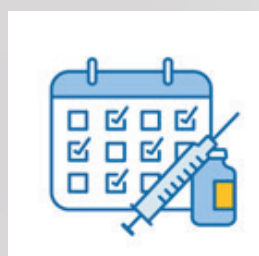
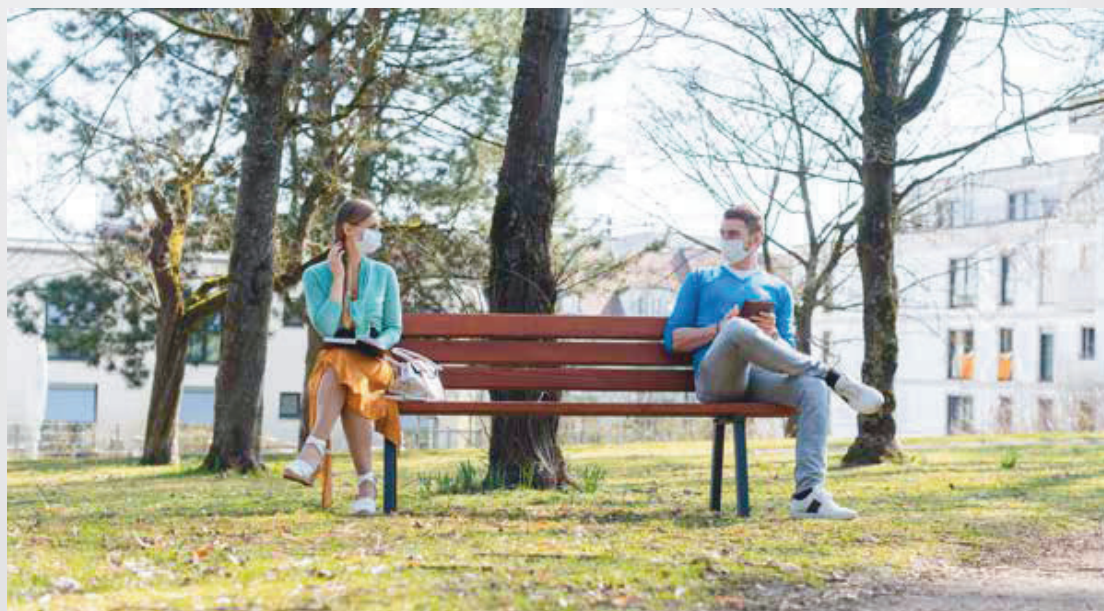
Je pense participer à un rassemblement social. Quelles sont les restrictions et quels autres facteurs dois-je prendre en compte?

Les rassemblements sociaux sont maintenant permis au Timiskaming, mais ils ne sont pas toujours une bonne idée. Avant de participer à un rassemblement social, considérez les précautions de COVID-19 qui seront en place. Vous devez limiter les contacts étroits à votre domicile et rester à au moins 2 mètres de distance de toutes les autres personnes. Si vous vivez seul, vous pouvez avoir des contacts étroits avec un autre domicile seulement. Les cercles sociaux, ou «bulles» de personnes qui se rassemblent sans masquer ou distancer, ne sont pas autorisés. Si vous êtes une personne à risque élevé ou si vous craignez que les

mesures de santé publique ne soient pas suivies, veuillez planifier une option plus sécuritaire, comme un rassemblement virtuel ou une promenade à distance sociale.

Le nombre maximal pour les rassemblements est :

- À l’intérieur : 10 personnes
- À l’extérieur : 25 personnes



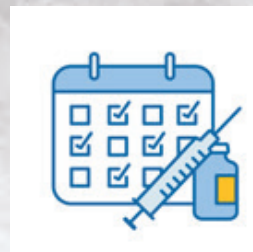
The maximum gathering sizes permitted are:

- Indoors: 10 people
- Outdoors: 25 people

COVID-19 vaccine update
What are the common side effects from the COVID-19 vaccine?

The most common side effects are mild to moderate. They include pain at the injection site, headache, fatigue, muscle and joint pain, chills and fever for a day or two. A delayed, less common side effect is a large red lesion around the injection site. This is a harmless sign of our body’s immune system responding to the vaccine.

Pour plus d’informations sur les personnes éligibles à la vaccination contre la COVID-19 et comment réserver le rendez-vous, consultez notre annonce dans ce journal.



Mise à jour du vaccin

Quels sont les effets secondaires courants du vaccin contre la COVID-19?

Les effets secondaires les plus courants sont légers à modérés. Ils comprennent des douleurs au site d’injection, des maux de tête, de la fatigue, des douleurs musculaires et articulaires, des frissons et de la fièvre pour 1 à 2 jours. Un effet secondaire retardé et moins fréquent est une rougeur où le vaccin a été administré. Ceci est un signe bénin de la réponse du système immunitaire de notre corps au vaccin.



POKING HOLES IN A PANDEMIC

The mayor of Latchford, George Lefebvre, was a willing participant in the March 22 COVID-19 Vaccination Clinic hosted by the Timiskaming Health Unit at Riverside Place in New Liskeard. The clinic was held for people aged 80 and over by appointment only. (Staff photo by Sue Nielsen)

OPG powering virtual town hall for area consumers

By **Jamie Mountain**
Local Journalism Initiative Reporter

DISTRICT - Ontario Power Generation (OPG) is inviting Montreal and Matabitchuan River area residents to participate in a virtual telephone town hall to discuss the company's local hydroelectric operations on Tuesday, March 30.

The town hall will begin at 6:30 p.m. for residents who live in the vicinity of the Montreal and Matabitchuan River areas, who may also get a call on March 29 to invite them to participate in the meeting.

"OPG operates hydroelectric facilities on both rivers. In the past, we have hosted public open houses in the area, however, with COVID-19 preventing us from gathering in person, the virtual events are a great alternative," said OPG stakeholder relations advisor Kate Cantin in an email interview.

"OPG staff who will speak and answer questions during the town hall event include our Director of Northeast Plant Operations and our Water Management team. Our local Work Centre Manager will also be on hand as well."

Those who do not have a landline or do not receive a call may still participate toll-free by calling 1-877-229-8493 and entering the ID code 114208 just prior to the event.

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Outbreak continues

Frontline workers test positive at KL hospital

Continued from A Front

The hospital's emergency department is also open 24/7 for emergency, urgent and priority needs.

"Once again, I want to thank our staff, physicians and management team for their ongoing dedication to the care and safety of our patients as we navigate the current situation," Conroy said.

"I also want to acknowledge and extend our sincere appreciation to our community and health care system partners who have provided assistance and support as we manage increased staffing challenges at this time."

BRH urged everyone to follow all public health measures to minimize the risk of COVID-19 transmission, particularly as cases increase.

For more information about COVID-19, it referred people to the Timiskaming Health Unit, at www.timiskaminghu.com, and its own website, at www.blancheriverhealth.ca.

Happy 90th Birthday Kye Palmer

Tuesday, March 30, 2021
Love you Dad! From...



Suzanne & family
(Cliff, Cole, Alexis, Shane, Leeum & Chantel)
Paul & family
(Laurie, Matt, Tessa, Valerie, Trisha, Sarah, Carissa & Austin)
Denis's family
(Leah, Greg, Darcy, Kirby, Jack & Parker)

117 Whitewood Ave.
New Liskeard
705-647-6848

WE'RE HERE
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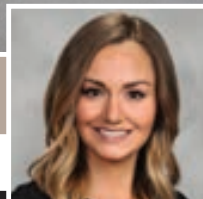
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EDITORIAL

Icy spring dangers

It's spring and area waterways are rapidly changing with the days getting longer and warmer temperatures arriving.

Changing ice conditions on area lakes is cause for concern during the spring when warm temperatures and high winds can speed up melting.

On Lake Temagami, a large pressure crack had opened up between the northeast arm and the southeast arm causing concern for year-round residents.

The ice fishing season hasn't yet ended so it is important that anglers understand the dangers of changing ice conditions.

Ice strength cannot be judged by appearance alone. Underwater currents can erode ice from the bottom up so what looks like solid ice on the top of waterways can indeed be unsafe and dangerous.

Ice that is solid in the morning can disappear leaving open water in its wake in only a few hours.

If someone were to unexpectedly fall through the ice at this time of year it could spell disaster as hypothermia can quickly set in when waters are extremely cold.

There is only one absolute when it comes to spring water safety — stay off of it.

A beautiful mosaic

March can be a dramatic month with sometimes wild and shifting weather as Mother Nature sheds her icy winter coat.

In this neck of the woods spring is a gift offsetting the months of COVID-19 pandemic pressures.

The weather is perhaps an inspiration for getting our shot of the COVID-19 vaccine. Big thanks to the hard working folks at the Temiskaming Health Unit, area doctors' offices and pharmacies across the region.

This week, seniors over the age of 80 were being vaccinated at Riverside Place in New Liskeard.

I saw many familiar faces while I attended the vaccination clinic on Monday morning for a photo op.

Thank you to the THU staff for allowing me to be in atten-

dance at the vaccination clinic.

This no-nonsense senior generation is likely the strongest, most durable generation to cope with the wide-ranging challenges of the COVID-19 pandemic.

I mean they have been through a Great Depression, a World War and countless other life challenges.

I chuckled to myself when I heard a young nurse telling one senior, "This is going to hurt a little bit."

My goodness, a needle prick in the arm is the least of this generation's woes.

These are the folks who helped to build this region and made it what it is today.

They've built a lifetime of resilience that has helped them manage the trauma of the pandemic.

This is my parent's genera-

tion.

Behind their stoves, in front of their sewing machines, in the fields and underground in the mines, the seniors of the north stood side by side meeting piles of trials with smiles.

A mere pandemic is not going to stop them.

Our seniors are exceptional people and it made me proud to witness them so ready and willing to do their part by getting the vaccine and exemplifying the phrase, "We are all in this together."

These people are the stars that have illuminated the path for generations of Temiskaming residents.

Maybe they don't move as quickly as they would like but our seniors form a mosaic of something incredibly beautiful.

They came, they saw and they



Sue Nielsen

conquered that inoculation clinic.

Our older adults may be physically more vulnerable, but mentally, they are as tough as nails.

Perhaps we tend to think of our seniors in terms of being frail, lonely and dependent, but during the pandemic they are anything but.

And more importantly, they are doing everything health care professionals are asking of them during the pandemic.

So in case anyone is looking for examples of resilience and strength, look no further than Temiskaming's amazing seniors.



PRIME TIME

Warm temperatures, melting snow and the approaching March 31 ice hut removal deadline has most anglers off area lakes. But while the fishing was still good, Nicholas Gaudet (left) and James Hamelin were trying their luck on Gillies Lake March 7 under beautiful sunny skies. (Staff photo by Sue Nielsen)

Food banks hope to stock up with Saturday Drive

DISTRICT (Staff) — Area food banks are looking for a helping hand this weekend with the arrival of The Speaker's annual Community Food Bank Drive.

Non-perishable food items or cash are needed at all five food banks in the region.

The Drive will take place on Saturday, March 27, between the hours of 10 a.m. and 4 p.m. to benefit the Temagami Food Bank, the Cobalt Coleman Latchford and Area Food Bank, the Haileybury Food Bank, the Salvation Army Church Temiskaming Food Bank and the Englehart Food Bank.

If people wish to drop off food at The Speaker office at 18 Wellington Street location they can do so up to Thursday, April 1.

The Speaker hosts two food drives per year, one in the spring just before the Easter long weekend and the other is in the fall before Thanksgiving weekend.

Donations will help those most vulnerable to food insecurity.

DROP OFF LOCATIONS

In Temagami the Lions Club-sponsored food bank will receive food at the Temagami Municipal office during business hours between Monday and Friday, and the Temagami Public Library.

In Latchford, donations can be made at the Latchford Medical Clinic during business hours between Monday and Friday.

The Coleman Township municipal office will accept food

donations between Monday and Friday during business hours.

In Cobalt food can be dropped off at the Earl Street food bank, located behind the Cobalt Paul Penna Library.

In Haileybury, food will be accepted between 10 a.m. and 5 p.m. at the Food Bank located at 500 Broadway Street.

In New Liskeard, food can be donated at a bin at Chartrand's Independent Grocer, at the Sal-



vation Army Church at 260 Whitewood Avenue or at the Temiskaming Speaker office.

In Englehart, food items can be dropped off at the 63 5th Avenue Food Bank, using the rear door en-

trance. Food can also be dropped off at your favourite grocery store in the Temiskaming region.

For pick up and or drop off call The Speaker at 705-647-6791 ext. 224.

THANK YOU

Lorrain Valley Fire Department, residents and seasonal cottagers would like to thank everyone that helped upgrade our fire hall. This has been a big undertaking for our small community and would not have happened without the generous donations of money, materials and countless hours of volunteered time, almost on a daily basis. We are fortunate to have so many people that feel fire prevention is a shared community responsibility in our "one road in, one road out community". Thank you to all residents full and part time for your donations of money, labour and materials. Thank you to local businesses, Doug Niemi Trucking, Resource Tech Management Inc., Al & Julie Legros, North Cobalt Flea Market, Grant's Home Hardware, Breault's Discount Warehouse, JPL Storage, Tri Town Ski Village, Maiden Bay Camp, Tom Adshead, Jim's Towing, John Gagne, Jim Dessureault, Jeff Dessureault, Andy Duguay, John Winters, Carol Forbes, Michel Beland, Sam Briand. We would also like to extend our sincere appreciation for interest in our project to the Regional businesses who have made generous donations: TC Energy, through their Build Strong Program, provides valuable tools and resources to first responders, helps fund educational programs, supports important community needs, and strengthens environmental stewardship and regional investments. Giving back to communities where we operate has always been and always will be part of our everyday culture. It's all part of being an employer of choice, a good neighbour and a trusted community partner. Hydro One, through their Community Investment Program, "is committed to giving to communities where we live and work. We provide to community projects, initiatives and programs that align with our commitment to building safe communities".





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OFFICE
937907 Marsh Bay Road, Coleman, 705-679-8833

OFFICE HOURS
8:30 am to 4:30 pm

COMMUNITY NEWS

Council Meeting: The next Regular Council meeting is scheduled for Monday, March 29, 2021 at 6:00 p.m. This meeting is scheduled to take place in person however, we ask that residents contact the Municipal Office to register as space is limited due to physical distancing requirements and Complex hall capacity. Prior to attending any meetings, please screen yourself in accordance with public health guidelines and if you feel unwell, please stay home. Mandatory screening questionnaire and masking in effect upon entry.

Please note that changes to gathering restrictions due to COVID-19 may impact how meetings are conducted so if you wish to attend, please contact the Municipal Office in advance to find out how the meeting will be conducted and to register as a guest.

Municipal Office: The Municipal Office has re-opened to in-person transactions. Physical distancing and mandatory face covering is in effect so upon arrival, review the signs and then ring the door bell for service. Before coming into the office, please screen yourself in accordance with public health guidelines. Minimize non-essential in-person visits to the office and if you feel unwell, stay home. The Township continues to encourage the use of internet payments through your financial institution, or by mailing cheques to the Municipal office. Residents can call the office at 705-679-8833 during regular working hours (8:30 am – 4:30 pm) for assistance.

Municipal Waste Site: Hours of Operation Tuesday and Saturday - 9:00 a.m. to 4:00 p.m. Closed: Statutory Holidays All garbage deposited at the Municipal Waste Site is subject to applicable tipping fees.

Garbage: A maximum of three (3) regular sized garbage bags of household garbage will be picked-up weekly. Please ensure your garbage is out by 7 am.

Recycling: Next collection date is Tuesday, April 6, 2021.

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

By-law Enforcement: To report a property standards issue or if you want to report some illegal dumping or other by-law infraction, please contact the municipal office or Pete Gilboe directly at 705-648-3750.

Animal Control: For emergency animal control services, please contact the Animal Control Service Provider at 705-648-4583.

Coleman Distribution System 2020 Annual Summary / Report

Please be advised that the Coleman Distribution System 2020 Annual Summary / Report is available for review upon request. The reports are also available on the Township's website at www.colemantownship.ca.

Burning Permits - are required effective April 1st, 2021

The permit is **NOT** valid between 8:00 a.m. and 6:00 p.m. on any day except with special permission - **Daytime burning is prohibited.**

Request for Summer Student Applications

The Township of Coleman is accepting resumes for the following 2021 summer student employment opportunities:

- Head Lifeguard / Swim Instructor position
- Swim Instructor / Lifeguard & Recreation Coordinator positions
- General Labourer(s)

To view the complete job advertisement, details on eligibility, job duties, and qualifications for each job category, including how to apply, please visit our website at www.colemantownship.ca or contact the municipal office. Qualified applicants are invited to submit a detailed resume, clearly indicating eligibility, no later than 4:00 p.m., Friday, April 9th, 2021.



ACE AND THE PLACE

As Williams and Scott Ace Hardware marks the Englehart business's centennial, it's looking to the community's future. "We want to give back to those who have supported us over the last 100 years," said owners Darcy and Gary Hebert in a statement announcing the donation of \$10,000 to Blanche River Health (BRH), which oversees hospitals in Englehart and Kirkland Lake. "The hospital is an integral part of a thriving community and we would like to recognize it." The funds will be used for new clinical equipment. Pictured above are, from left, Darcy and Gary Hebert and Andrew Brown, BRH vice-president of corporate services and CFO. (Supplied Photo)

Situation is better but still too soon to know definitively

Darlene Wroe
Speaker Reporter



GLENN CORNEIL

DISTRICT - The more people who will get vaccinated this summer, the more public health restrictions can be loosened.

That's the view of Acting Medical Officer of Health and CEO of the Timiskaming Health Unit Dr. Glenn Corneil.

"The more people that get vaccinated is what's going to allow some public health measures to

be loosened," said Corneil in a telephone interview.

"How much will stay in effect as recommendations and how much will be loosened, it's too soon to know."

He noted that the question is actively being studied at the provincial level.

Corneil said that it is the hope that the first group of people who will see some restrictions loosened will be residents of long-term care homes.

"So far the number of cases post-vaccination that are occurring in residents in long-term homes has fallen down to extremely low levels, so we know the vaccines are working. What we don't know, because this is a new virus, is how things are going to evolve. Are there going to be new variants coming out that will affect things? Will there be the uptake that we're hoping for with respect to the percentage of the population that gets vaccinated?"

Corneil said the provincial goal is "to get everybody their first dose of vaccine in the summer." That could be the end of June or early July, he proposed.

"That's going to be a huge initiative."

But if it is accomplished, "that's what's going to allow the government to then start making decisions on what public health measures need to stay in effect and what can be lifted.

"It's something that we're all very keen to be going back to a version of normal. We just don't know yet what the version of normal is going to be."

Corneil noted that "the province has a target, if they can, to get everybody fully vaccinated, which will be one or two doses, depending on which vaccine they get. The province is very keen to have that done before schools reopen in the fall," he said.

However, "it's just too soon to know what the return to school will be like in the fall with respect to masking, to distancing, etc."

He acknowledged that "there is some talk that masking in certain situations may be here to stay for a while," but he added that those conversations at this time are "just pure speculation."

NOW BOOKING COVID-19 VACCINATION CLINICS FOR:

- people aged 75+
- Indigenous adults aged 55+
- chronic home care recipients
- high priority health care workers

Community	Clinic Date	Time
Earlton Recreation Centre Elk Lake Community Centre	Monday, March 29	9:30 a.m. to 3:30 p.m.
Virginiatown Community Centre Cobalt Golden Age Club	Tuesday, March 30	9:30 a.m. to 3:30 p.m.
Latchford Recreation Centre	Wednesday, March 31	9:30 a.m. to 12:30 p.m.
Temagami Community Arena Larder Lake Municipal Gymnasium	Wednesday, March 31	9:30 a.m. to 3:30 p.m.
Haileybury Northern College	Thursday, April 1	9:30 a.m. to 3:30 p.m.
Englehart Arena Kirkland Lake Hockey Heritage	Tuesday, April 6	9:30 a.m. to 3:30 p.m.
New Liskeard Arena	Wednesday, April 7	9:30 a.m. to 3:30 p.m.

Booking, for 75+ year olds only, for these clinics use the provincial online booking tool: <https://ontario.ca/bookvaccine>.

If you are a chronic home care recipient, an indigenous adult aged 55+, a high priority health care worker or need help booking your appointment, please call 1-866-747-4305, Ext. 6.

timiskaminghu.com



RÉSERVATIONS MAINTENANT DISPONIBLES POUR LES CLINIQUES DE VACCINATION COVID-19 POUR :

- personnes âgées de 75 ans et plus
- personnes recevant des soins chroniques à domicile
- adultes autochtones âgés de 55 et plus
- professionnels de la santé de haute priorité

Communauté	Date	Heures
Earlton Centre récréatif Elk Lake Centre récréatif	Lundi le 29 mars	9h30 à 15h30
Virginiatown Centre récréatif Cobalt Club d'âge d'or	Mardi le 30 mars	9h30 à 15h30
Latchford Centre récréatif	Mercredi le 31 mars	9h30 à 12h30
Temagami Aréna Larder Lake Centre récréatif	Mercredi le 31 mars	9h30 à 15h30
Haileybury Collège Northern	Jeudi le 1 avril	9h30 à 15h30
Englehart Aréna Kirkland Lake Hockey Heritage North	Mardi le 6 avril	9h30 à 15h30
New Liskeard Aréna	Mercredi le 7 avril	9h30 à 15h30

Les réservations, pour les personnes âgées de 75 ans et plus seulement, pour ces cliniques à l'aide de l'outil de réservation provincial en ligne: <https://covid-19.ontario.ca/rendezvous-vaccin/>.

Si vous recevez des soins chroniques à domicile, vous êtes un adulte autochtone âgé de 55 ans et plus, vous êtes un travailleur de la santé de haute priorité ou vous avez besoin d'aide pour réserver votre rendez-vous, veuillez composer le 1-866-747-4305, poste 6.

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Meals on Wheels gets an

By Jamie Mountain

Local Journalism Initiative Reporter

DISTRICT – Timiskaming Home Support now has a new space to continue providing a valuable food service to the elderly in the district.

Skyline, which owns the building located at 367 Sutherland Way in Haileybury and houses Timiskaming Home

Support's office, has renovated a commercial kitchen space for the organization that allows it to prepare meals for its Meals on Wheels program.

Meals on Wheels is geared toward seniors aged 60 and older and for adults with physical disabilities. The program delivers nutritious hot and frozen meals.

The meals are then delivered

by an employee or volunteer who provides regular social contact, checking on the well being of the client.

Home Support moved into the new kitchen space on the March 13 weekend and has been able to prepare the meals from there with upgraded facilities.

"Last week was our first week cooking in our new location,

(we're) just trying to get everything organized," said Home Support food services lead Dorothy Malinowski, who has been in charge of the local Meals program for the last four years.

"We were working out of the old hall in the Haileybury arena for almost four years and that's when we took over making our own meals."

Malinowski explained in a telephone interview that Home Support used to contract the meals out to various restaurants and nursing homes in the area. But when she started overseeing the program four years ago that's when the organization took over the actual meal preparations in Haileybury.

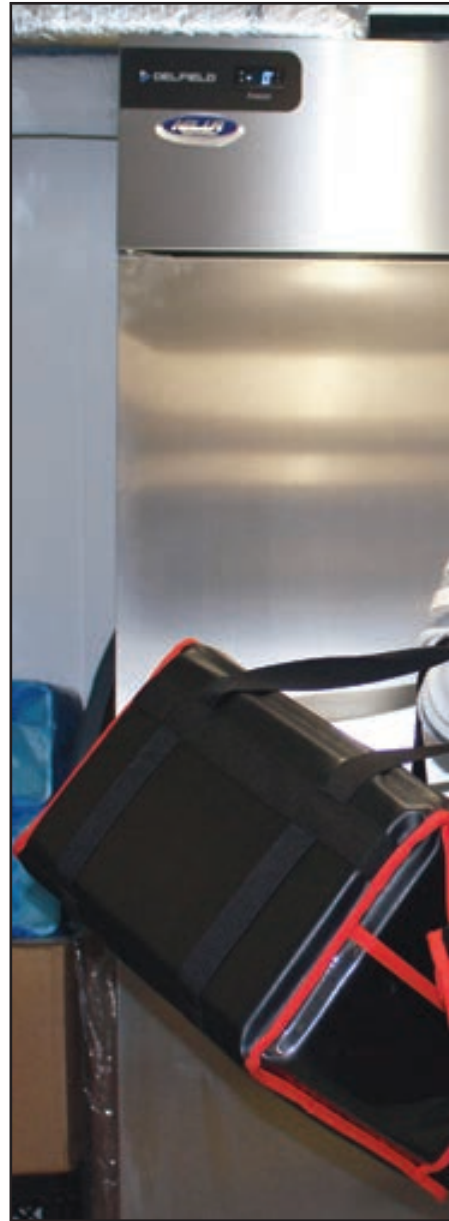
With the popularity of Meals on Wheels over the years, she said the program had outgrown its space in the Haileybury arena and thus needed a new commercial kitchen.

On average, Malinowski said the organization serves about 22,000 meals a year in the district.

COVID CHANGES

Due to concerns that come with the COVID-19 pandemic, Malinowski said Timiskaming Home Support had to modify how it administers Meals on Wheels since 2020.

"Last year we took over doing just frozen meals. Normally we



Volunteer Tracy Morrison holds up a Timiskaming Home Support employee Jamie Mountain, LJI reporter)

have hot meals and frozen meals and before COVID we served hot



There is now ample food storage space for Timiskaming Home Support's Meals on Wheels program at its sizeable and newly renovated kitchen space at its South Temiskaming office in Haileybury, located across the street from the arena. (Staff photo by Jamie Mountain, LJI reporter)

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n upgraded kitchen space



pair of delivery bags that Meals on Wheels program volunteers and employees use to bring the meals to their clients each week. (Staff Photo by [unreadable])



Laura Vandenburg, who serves in home help with Timiskaming Home Support's Meals on Wheels program, displays a freshly sealed meat pie dinner ready to be frozen and delivered to a client in need on March 23 at Home Support's newly renovated commercial kitchen in Haileybury. (Staff photo by Jamie Mountain, LJI reporter)

meals Mondays, Wednesdays and Fridays," she explained.

"So three days a week with frozen meals being a secondary option on the Wednesday, we delivered it on the Wednesday. But with COVID then we switched over from all our hot meals to frozen meals so that we'd spend less time in everybody's homes."

Malinowski reasoned that by making that switch, Timiskaming Home Support employees and volunteers are still able to provide the meals while only doing one delivery.

She added that most of the organization's volunteers who do the deliveries are older themselves, with growing concerns about the coronavirus. As such, she said there was a noticeable decline last year in volunteers to administer the program.

"We just had our worker go out. So the workers have been delivering (meals) for close to a year now, so we'd like to get our volunteers back," she stressed. "But they have to be trained and comfortable going out."

Malinowski noted that prior to the pandemic last year, Home Support was serving 150 clients in the area through the program on a regular basis.

"That was about the average number and then we would lose some and gain some every month," she said.

"Now we're a little bit lower

just because people are just saying 'Well, I'll just have family help out,' so they're not having people come into their home either. So our numbers are a little bit lower this year but they were kind of creeping up as people were (becoming) more comfortable with it."

NUTRITION MONTH

March is Nutrition Month and Malinowski stressed the importance of seniors eating healthy and not going without healthy food.

She said that Meals on Wheels tries to follow the Canadian Food Guide as best as it can when creating their menu for the elderly.

"Meals on Wheels week was also last week but we didn't do anything special this year because of our move and everything," she said.

"Usually what they try to do in Ontario, and I'd like to do that eventually, is that it's recommended that we have some kind of publicity where we try to get the mayor or somebody in the fire department to help deliver the meals to bring awareness to Meals on Wheels and how much we need volunteers in the area."

Malinowski said that Meals is hoping to get started back up with volunteers "if they're willing to come out."

Timiskaming Home Support says it is always looking for volunteers. Call 1-800-361-5820 for more information.

You're invited to a telephone town hall

Ontario Power Generation invites you to a telephone town hall on **Tuesday, March 30, 2021.**

The meeting will focus on OPG's operations on the Montreal and Matabitchuan Rivers.

Call-in time: 6:30 p.m.

Residents who live within the watershed boundaries of the Montreal or Matabitchuan River systems and have a landline may receive a call at the above time with an option to participate. For those who do not have a landline or do not receive a call, please call toll-free **1-877-229-8493** and enter code **114208.**

For more information, please call Kate Cantin at **705-266-5319.**

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ONTARIOPOWER
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Busters Mini Mart fits trendy downtown scene

Sue Nielsen
Speaker Reporter

TEMISKAMING SHORES — You can't help but notice the purple coloured exterior, offset with a bright yellow sign indicating something different and unique is taking place at 361 Main Street.

Busters Mini-Mart is hip, trendy and fits in well with the new business scene happening in the downtown core of Haileybury these days.

Busters is a new retail location, replacing the once popular convenience store which dates back to the 1920s.

"The purple is meant to be eye catching and add a splash of colour to the street and the sign was to appear as a 'signature in neon' in the upper corner of the building," said owner Gerry Brandon in an email interview with The Speaker.

The inside of the building has

been lovingly restored to reveal its original tin walls and ceiling with barn board covering the east wall complimenting the open space concept of the business layout.

Busters Mini-Mart opened on February 1. Brandon and his wife Nancy Cassidy are also the owners of the L'Autochtone Taverne Américaine restaurant, located just around the corner.

"Nancy and I always knew we would miss the city, so we wanted to bring part of it with us."

The couple have been working in the hospitality industry for most of their lives and have extensive knowledge of the high-end restaurant business.

"We re-opened Busters Confectionary as Busters Mini-Mart on the first of February, though we had been working on getting it open for the better part of a year, a pandemic got in the



Busters Mini-Mart manager Shelly Loach stands outside the brightly coloured business exterior, located on Main Street in Haileybury. The business now has an outdoor patio located where Loach is standing. (Staff photo by Sue Nielsen)

Temagami Family Health Team

Submitted by Brooklyne Buckley

Good for You and Your Money!

Eating well is vital to our health but the cost of food can add up quickly! With a little planning, you can incorporate a variety of nutrient dense food, reduce food waste, and save money! Below are a few steps to help you get started.

Step #1. Make a plan. Plans help to reduce decision fatigue and offer a guideline to help you prepare for the meals ahead. When you have a plan, you will be less likely to spend money on fast food, convenience meals or other random grocery store items. If you're new to planning, start simple; using themes to help guide dinner plans offers an excellent starting point. For example:

Themed Dinners

- Monday – Meatless Monday
- Tuesday – Breakfast for Dinner
- Wednesday – Wraps
- Thursday- Traditional/ Cultural
- Friday – Family Favourites

Step #2. Shop your pantry, refrigerator and freezer. Look at the the foods and ingredients you already have on hand and then look for recipes that use those foods and ingredients.

Step #3. Explore meatless options and "in season" produce. Legumes (beans, lentils, dried peas), eggs, tofu, peanut butter and canned fish offer great tasting protein at a good price! Vegetables and fruit are cheaper when they're in season.

Additional Tips!

- **Plan to use leftovers.** Think about how you can use leftovers. If you're cooking roast chicken with rice and vegetables for Sunday night's supper, then make chicken sandwiches for Monday's lunch. On Tuesday, use the bones to make a chicken soup and add in any leftover vegetables and rice.
- **Make extras.** If ground beef is on sale, make two batches of lasagna instead of one. Serve one batch for dinner, and freeze the other batch in meal-sized portions for another time.

Please contact the **Temagami Family Health Team** at 705-569-3244 for support in achieving your healthy and/or to book an appointment with the Registered Dietitian.

Committed to keeping you as healthy as possible!
This article is adapted from UnlockFood.ca

way," said Brandon.

The shop offers a line of grocery items, fresh produce, and gluten-friendly specialty foods and imported items like pastas, sauces, jams, jellies, coffee, chips and much more.

The store offers a grab and go-style area where sandwiches, salads and pastries are made daily in the Busters deli kitchen area.

They also offer snacks that are sweet, savoury, gluten free and keto friendly as well.

"We are working on an

espresso machine so look for lattes, cappuccino and espresso in the near future. We hope to grow the operation to provide lunch catering if we ever catch up to the volume we are doing at the moment," noted Brandon.

Busters originally grew out of a need for storage space for the restaurant as the couple were importing and storing large portions of central American, Asian, Italian and Mediterranean ingredients as well as bringing in specialty items from around Ontario and Canada.

Some of those specialty items include a line of potato chips from New Brunswick selling like hotcakes and a line of cheeses from makers like Fromagerie Kapuskoise and Borealis Farms.

For the foodies there is a line of commercial housewares such as pots, pans, cutting boards, zesters, spatulas, spoons and much more.

Eventually the owners have plans to build a larger kitchen in the back and a loading bay for catering options and wash-rooms.

The mini-mart is being managed by Shelly Loach with a staff that includes fulltime and part-time employees.

"She is doing a hell of a job over there," noted Brandon.

The layout of the store remains a work in progress with plans to include an awning, inside seating area and outdoor Bistro-style patio.

"We kind of patterned it off the 'Bodega-style' of operation

crossed with a west coast-style coffee shop. Again we are not done with the design and decor as yet," said Brandon. "Hustle and bustle is what we are all about."

CULTURAL PERSPECTIVE

Every successful business has a philosophy of one sort or another. Brandon's philosophy is a reflection of his Indigenous roots and a concern for community.

"Nancy and I take an approach that is both organic and inclusive. We include the front line staff in the conversation and respect their opinion and experience. It is not about the accumulation of wealth. One could say that I look at business from a cultural perspective that is more in kind with Indigenous perspectives."

Brandon says his business acumen is heavily influenced by a sense of community and passing on the business to his staff.

"It has been part of the plan from the beginning to pass ownership of the entire business on to the staff who stay with us. All we ask for in return is that our young staff take care of us in our old age. That is the way community should work. In the meantime we have young staff who are buying houses, having babies and adding to our community. Hopefully, that will be our legacy," explained Brandon.

Busters Mini-Mart is open seven days a week, Monday to Friday from 7 a.m. to 8 p.m. and on weekends from 8 a.m. to 8 p.m.



Temagami

Family Health Team

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Textile and print artworks reflect on pandemic

HAILEYBURY (Staff) - Haileybury sisters Faye and Debi Digulla currently have an exhibition of their works showing at the Temiskaming Art Gallery.

Home and Other Findings/ What you can find at home will more than satisfy fans of the artworks that have been produced by the sisters over the years.

Gallery executive director and curator Melissa La Porte relates that Faye uses printing and painting in her works, while Debi uses textile art and mixed media in her pieces.

“This show is really amazing,” she said.

Works like *Grandma's Sewing Basket*, *Our Town*, and *Lockdown* open the door to reflection on the experiences of what life has been like for individuals and their families during a global pandemic.

Visitors are welcomed to the library to view the exhibition until Friday, April 9.

The sisters will be providing an informal artists' talk at the gallery on Sunday, March 28, from 1 p.m. to 3 p.m.

The gallery is located at the Temiskaming Shores City Hall in Haileybury at 325 Farr Drive.

Gallery hours are Monday to Friday from 10 a.m. to 4 p.m.



This is *Us 1 & 2* by Faye and Debi Digulla is one of the artworks now on display at the Temiskaming Art Gallery. (Supplied photo)



Flea Market Finds by Debi Digulla is among the many artworks in the exhibition featuring the works of sisters Faye and Debi Digulla. (Supplied photo)

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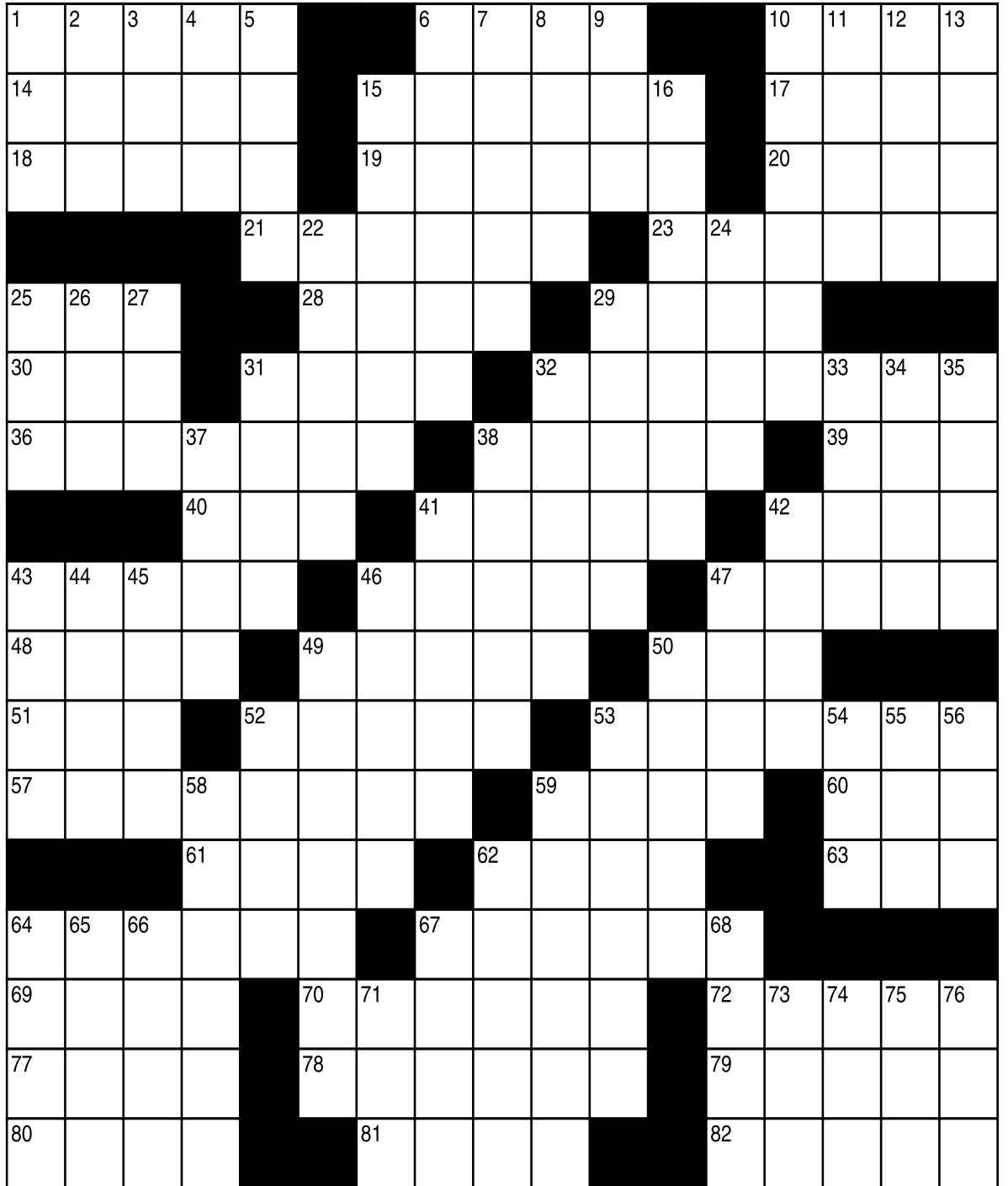
ACROSS

1. Trim of nonlean parts
6. Type of ski lift
10. Shelter for storage
14. Soar
15. Tributary
17. Lacquered metal
18. Winter jacket
19. Request the presence of
20. "Broadway Danny _____"
21. European finch
23. Favor
25. Sound of a punch
28. Spool of film
29. Ballet bend
30. Openings
31. Sweet wine
32. Leave the launch pad
36. Kismet
38. Press agent
39. Needlefish
40. Frigid
41. Mania
42. Musical combo
43. African nation
46. Royal headwear
47. Heating unit
48. Regulation
49. Bicker
50. Weed
51. Addition shape
52. Threesome
53. Lacquer
57. Traveler
59. Reserve
60. Island gift
61. Woe is me!
62. Hill's partner
63. Voided volley
64. Cunning
67. Catlike
69. "North and South," for one
70. Computing device
72. Authoritative belief
77. Venerable
78. Uncover
79. Best
80. At any _____ (in any case)
81. Cancel
82. Attract

5. Common duck
6. Female donkey
7. Cut on a slant
8. Mine passage
9. Soak flax
10. Boulevard
11. Bovine foot
12. When all _____ fails . . .
13. Antelope's playmate
15. Showy dress
16. Put back
22. Twist of fate
24. Dangerous chance
25. Pea abode
26. Crude metal
27. Lived
29. "_____ Suite"
31. Type type
32. Clamor
33. Mean monster
34. Carnival
35. "_____ Russia With Love"
37. Fork point
38. Impostor
41. Cheroot
42. At the time
43. Raised, as vegetables
44. Polynesian dance
45. Associate
46. Strives
47. Came apart at the seams
49. Display
50. Refuge
52. Oprah's forte
53. Carry-on, perhaps
54. Visiting General Hospital?
55. "_____ You in the Morning"
56. Batting success
58. Exterior
59. Hail
62. Transfer design
64. Romanov title
65. Indian melody
66. "_____ a kick . . .": 2 wds.
67. Nose's site
68. Redact
71. Physique, for short
73. Pindaric poem
74. Opal or onyx
75. Tourist aid
76. High, in music

DOWN

1. Dip suddenly into water
2. Memorable period
3. Evergreen variety
4. Petition



Answers For Crossword on 5b

Horoscopes

CAPRICORN

You'll be surrounded by confused people, and you'll occasionally need to take some alone time. You'll also be inspired to explore a new form of spirituality with others who are close to you.



AQUARIUS

Time is in short supply for many people and this week, you're no exception. You'll need to work extra hard at your job to get everything done on time.



PISCES

Either with your partner or your friends, you'll start to plan a trip abroad or somewhere local. You'll also make changes at home, even if it's just moving furniture around.



ARIES

You may have to jockey your way up the professional ladder to find success. There will be plenty of it, but first you'll need to deal with a considerable amount of stress.



TAURUS

You'll need to make a few compromises to reach a suitable agreement with certain people. You'll get justice and settle a conflict before it escalates further.



GEMINI

There's a lot of work ahead. The competition will know how to win you over by offering a more interesting position. You risk being tormented by questions about how to maintain your integrity.



CANCER

You'll attract a lot of attention after you successfully diffuse a situation by making people laugh at your antics. You can also expect some warm applause.



LEO

You'll have plenty to do at home or with your family. Fortunately, your loved ones will see your balancing act as heroic. You'll demonstrate your ability to be responsible by establishing your priorities.



VIRGO

You'll know just what to say to stand out from the crowd and make your point. You'll spend the week driving people around so you can show off your new car.



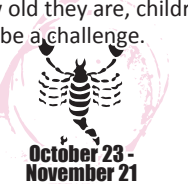
LIBRA

You may take steps toward buying a property or finding a more suitable place to live. At the very least, you'll shop around for something for the family. It'll end up being quite the adventure.



SCORPIO

You're a dynamic person who's up for any challenge, be it at work or in other areas of your life. A quick vacation with your partner, friends or family would be appreciated. No matter how old they are, children can be a challenge.



SAGITTARIUS

If you let yourself become fatigued, you'll be more vulnerable to germs. Don't forget to make time for rest when you have several demanding projects on the go.



TEMISKAMING'S SUPER STATION!

103.1 FM
THE TRAIN

CLASSIC ROCK OLDIES

The TRAIN (103.1FM) also playing 'Canadiana' & Country Flavoured Rock.

Meet Kalua...

One year old dewormed vaccinated rev neutered looking for his furry home. Best if he had a buddy!

Temiskaming Cat Rescue
705-622-0555



COMMUNITY FOOD BANK DRIVE

**Drop off your donation anytime between
Monday March 22nd & Thursday April 1st
9am - 5pm at The Speaker Office**

OR

Saturday, March 27th • 10am – 4pm

- *At the Latchford Medical Clinic Monday - Friday*
- *In Temagami: Drop off at the Library or the Municipal Office. (Food bank sponsored by Temagami Lions Club).*
- *In Coleman: Drop off at Coleman Municipal Office Monday - Friday*
- *In Cobalt: Drop off at the Food Bank.*
- *Englehart: 63 5th Ave. Rear entrance, Food Bank*
- *In Haileybury: Drop off at Haileybury Food Bank from 10:00 am - 4:00 pm*
- *In New Liskeard: Drop off at Chartrands, the Salvation Army or The Temiskaming Speaker.*
- *The bin at your favourite grocery store.*

Call for Pick-Up or Drop Off

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705-647-6791 EXT. 224

Orange Drop coming back June 5

TEMISKAMING SHORES (Staff) – If you’ve got half-filled cans of paint, dribs of fertilizer and drabs of oil, mark June 5 on your calendar.

That’s when Temiskaming Shores plans to hold an Orange Drop collection to safely collect and dispose of household hazardous waste.

In a recent report to city council, environmental services manager Steve Burnett described the yearly drop-offs as “a huge success.”

He said they’ve seen “a consistent increase” in participation and waste volumes.

The event enables the public to dispose of hazardous waste and keep the materials out of landfill.

Last year, however, the collection was cancelled as part of COVID-19 precautions.

“Staff have received numerous inquiries as to what to do with the material,” he said, and people were advised to hold on to it until 2021.

As a result, a third tractor and trailer will be on hand to collect the anticipated higher volume.

And what can people drop off?

The list includes paint, batteries, flammables, aerosols, small propane cylinders and large propane tanks, pesticides and fertilizers, pharmaceutical products and sharps, light tubes and light bulbs, oxidizers, acids and base materials, antifreeze, and oil filters, empty oil containers and oil drums.



READY SET SHOOT!

HURRY SEND BEFORE APRIL 12/21

OUR PHOTO CONTEST RETURNS



SEND US YOUR PHOTOS OF OUR AREA. Be the next featured Photographer on the cover or throughout our annual edition of the Visitor’s Guide, or throughout the Speaker’s 2022 calendar



THIS YEAR’S CHALLENGE: FRIENDS & FAMILY

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

ONLY HIGH RESOLUTION PHOTOS ACCEPTED (300ppi)

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WWW.NORTHERNONTARIO.CA

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



Social gatherings can have deadly consequences.



Stay home to stop the spread of COVID-19. Learn more at ontario.ca/covid-19

Paid for by the Government of Ontario

