# WEEKENDER

THE SPEAKER'S **WEEKEND EDITION** 



Vol. 20 – No. 23 FRIDAY, MAY 14, 2021





#### PLOTTING GROWTH

COVID-19

update

What it's like

In a hot real estate market, even garden plots move fast. But some free garden boxes are still available at the Waterfront Pool and Fitness Centre. Age-Friendly program coordinator Lynn Marcella, above, said four more boxes have been added this year to meet demand. Marcella said the boxes appeal to people who want to give gardening a try, who lack a yard of their own, or who are simply looking for an outdoor activity. For further information, contact her at 705-647-5709, ext. 4227. (Staff photo by Diane Johnston)

# 'Astounding numbers'

#### Area real estate sales jumping

**Diane Johnston** 

Speaker Reporter

DISTRICT - While it seems that everything has become very quiet in the South Temiskaming area, real estate statistics show a very different picture.

Angela Hunter, a sales representative with RE/MAX Pursuit Realty, and a member of the Timmins, Cochrane and Timiskaming Districts Association of Realtors, outlined the trends behind a dramatic increase in sales in the South Temiskaming area.

"The numbers are quite astounding," she said in an email which compared the sales in the first four months of the past two years.

For one thing, the median number of days a property is on market has dropped from 91 to 30, "so properties are selling faster," she said.

"Overall we have seen more properties selling in multiple offer situations and it has become common for some properties to hold offers for a few days to allow a greater number of people to see a property before a seller is willing to look at offers," she added.

Residential sales in the first four months of 2020 in South Temisk-Continued on 10a

# TEMISKAMING SPEAKER Arson charges

# DID YOU GET The Speaker THIS WEEK? TEMISKAMING SPEAKER

- While the pace of new COVID-19 cases in the district has slowed, Temiskaming's acting medical officer of health was warning the public to heed the ban on social gatherings.
- Arson charges were laid after a weekend fire at a Probyn Street residence in Haileybury displaced six people.
- The experiences of a couple in southern with COVID-19 Temiskaming described.
- · For the second consecutive year, the North on Tap craft beer festival has been cancelled due to the pandemic.
  - Cobalt ratepayers face an average tax increase of three per cent.
  - Several seniors' initiatives in southern Temiskaming will share almost \$110,000 in New Horizons funding.

- Almost three years after fire destroyed its municipal office complex, Evanturel Township has announced its purchase of the Robertson Sales auction building to serve as its new office.
- A new tourism project Cultural Crossroads: 101 Experiences – that enables individuals to share their expertise with small groups of visitors is expanding.
- The B Front features a story and photos about the Red Dress initiative, which focuses public attention on missing and murdered Indigenous women and girls.







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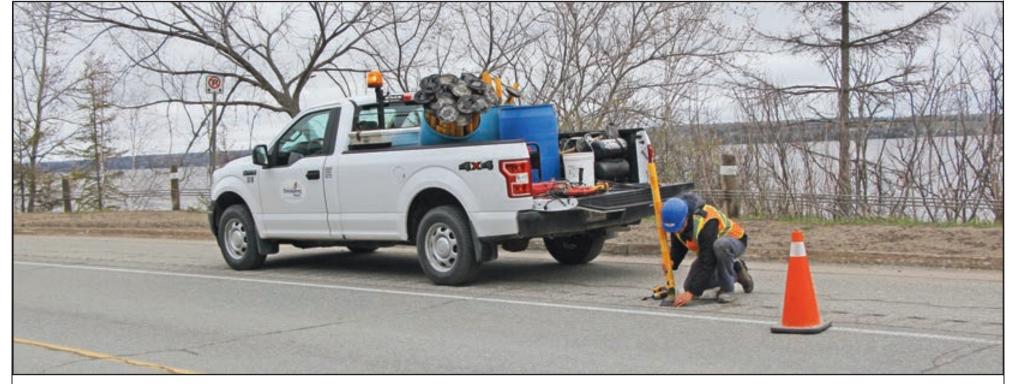
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#### TRAIL OPENING

A worker with the City of Temiskaming Shores recreation department installs the bollards along the South Temiskaming Active Travel Organization (STATO) trail on May 3 near Hughes Lookout, thus signifying the spring trail opening, which occurred on May 8. Runners, walkers, roller bladers and cyclists use the popular non-motorized activity trail between New Liskeard and Haileybury. (Staff photo by Sue Nielsen)

## Youth Garden Competition digs in for 2021

By Jamie Mountain

Local Journalism Initiative Reporter

ENGLEHART – The Englehart and District Horticultural Society is hosting its Youth Garden Competition once again this year.

It's open to all young people (Junior Kindergarten through high school) who live in Englehart and the surrounding townships. It will be divided into age groups of JK-SK, Grades 1-3, Grades 4-6 and Grades 7 and up.

"We hope to be able to continue developing interest in gardening in young people in the area through sponsoring the garden contest and providing guidance to young gardeners," said Eileen Fisher of the Horticultural Society in an email interview.

"We believe that young people today are becoming much more environmentally aware than children in the past and that that is a very positive thing for our community and country. We also want to recognize and reward children who work, because gardening can be hard work, towards improving their environment and their family's health."

Gardens can be any size, be part of a larger garden, as long as there is a clear division, and must be planted and cared for by the student.

It can be a flower garden, a vegetable garden, or a combination of both. Garden accessories are also permitted.

Judging will take place the second week of August.

money prizes for the winners, certificates for each participant, as well as trophies for first place in each age group.

"The contest ran last year, we had 14 gardens entered," she said.

"I actually believe the COVID-19 situation improved our participation as more children were mainly at home all summer and gardening was a great way to pass the time. I believe it will be the same this year. It certainly helps fill in the

Fisher noted that there are holes left by a lack of organized clubs, sports and get-togethers with friends."

> Fisher said that she gets "great satisfaction" from encouraging young people to develop an interest in gardening.

> "They learn new skills, both physically and mentally, become more aware of the importance of weather in their environment, develop a sense of responsibility for another living thing, and get to just 'play in the dirt," she explained.

> "It also teaches patience, stimulates their five senses as they touch, smell, and taste their garden produce and they feel a great sense of accomplishment when their flowers bloom or their vegetables produce something their family can enjoy eating."

> Fisher said that young people's physical coordination skills are developed through digging, hoeing, etc.

> "Their fine motor skills development is aided by planting seeds, weeding, picking vegetables, etc.," she noted.

> "Gardening gets them outside where they can see, touch, smell and hear the sounds of Mother Nature, and if they grow vegetables, they get to taste their own produce. All in all, gardening with young people is a winwin situation."

> You can let Fisher or fellow Horticultural Society member Bonnie Warner know by July 25 if you want your child's garden to be judged.

> There will be information posted on the Horticultural Society's Facebook page and on it's website engleharthort. weebly.com.

> Call Warner at 705-544-8916 or Fisher at 705-544-8074 for more information.



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#### ON THE TRAIL

Temiskaming Shores' April Peters, at right, and daughter Audrey Peters enjoyed a stroll along the Pete's Dam trail on a sunny Saturday morning May 8. (Staff photo by Diane Johnston)

### **New GoNorth video flies high**

DISTRICT (Staff) – The latest instalment in a uniquely Northeastern Ontario series has been released.

A profile of Springer Aerospace in Algoma is now available on YouTube.

It's the fifth in the GoNorth series of short, online videos produced by the Federation of Northern Ontario Municipalities to showcase business opportunities in the region.

The first video, released last fall, shone the spotlight on Three H Furniture Systems in Temiskaming Shores.

Subsequent videos have profiled Board's Honey Farm, located in Restoule in the District of Parry Sound; Northern Truss Manufacturing, in Moonbeam in the District of Cochrane; and Pharmacie St. Charles Pharmacy in the District of Sudbury.

The goal of the promotional videos is to show the region as a healthy place to work and live.

The latest four-minute video tells the story of Springer Aerospace, located outside Sault Ste. Marie in Echo Bay.

It was founded in 1972 by Dan Springer, and has grown into an aviations centre for plane maintenance, repair and operations.

Given the rising demand for its services, its challenge is finding staff, said operations manager Ramzy Suliman.

He said they'll find a fastpaced work environment and a slower pace of life, together in the outdoors.

"It's a really nice balance," he said.

The online regional promotion is supported by FedNor. Three more videos are coming.

To see the Springer Aerospace video, go to https://www.youtube.com/watch?v=7rIrqqxng-0.

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### EDITORIAL

### Lockdown extension?

The Ontario government is hinting the stay-at-home order could be extended into June as the province continues to be held hostage by the strong grip of the COVID-19 pandemic.

The Ford government has been criticized in the past for not taking strong enough measures to get a handle on the pandemic, so we can hardly expect to be disappointed if the lockdown is extended.

The current stay-at-home order is set to expire on Wednesday, May 19.

Intensive care unit admissions continue to soar and people are dying from the virus so being smug about the inconvenience of the stay-at-home orders might be somewhat counter productive.

Whether children will be sent back to

schools or not is still anyone's guess.

It might not be prudent given there is about a month left in the school year.

But we here in the north who are seeing minimal infection rates hope that the premier can get a handle on the hot spots in his neck of the woods because there are people depending on his actions.

Businesses are in survival mode and people's mental health is being compromised the longer the lockdowns go on.

In the meantime, let's all continue to follow public health guidelines about hand washing, staying in our region, not assembling in crowds and getting tested if we show signs of a virus infection. And let's all get vaccinated.

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# Bird blessings

Sue lielsen

"If you suddenly and unexpectedly feel joy, don't hesitate, give in to it." Mary Oliver

Every once in a while something grabs at your attention, draws you in and affects you so profoundly that it helps you to put things in perspective during challenging times.

For me that something has been birding.

As I sit down to write this week's column, I can hear the sweet sound of birdsong.

I try to get up early so I can watch and photograph birds returning to the life-giving Boreal forest to nest and raise their young.

It's been a rough go during this pandemic, I've not felt my best at times during the lockdowns as we continue to hear the daily death tolls from COVID-19.

Many people are struggling and seeking out tiny bits of joy wherever they can find them.

There seems to be a mental health epidemic happening world-wide right now because of the pandemic. People are looking for help to manage the way they feel all the way from mindfulness meditation to medications.

But what works for me is a tried and true pastime - bird watching!

It may not work for others, but each to their own I say. Whatever gives you joy do it, as long as you aren't hurting anyone.

Birding has given me such joy, it has saved my sanity and lifted my spirits and has made me feel blessed to live in such a beautiful region.

I've done my best to exhaust the literature on birds as well.

It connects me to nature, to the outdoors, to the science of birding and to the beauty of our avian friends.

I have been free as a bird to roam my immediate neck of the woods around Cobalt and Coleman Township observing birds.

I must thank my friend Tim, who loves birds and spends a great deal of time and money feeding birds at his feeders.

I've witnessed the most amazing bird sightings at his feeders.

One day a sharp shinned hawk flew into the yard and perched itself on a nearby branch.

I was able to take photos of this amazing bird, perched quite close to me with its incredible yellow laser-focused eyes.

Birds are everywhere - in the forests, in back yards, in wetlands and even outside my window at The Speaker office.

One day a coworker was looking out the window and observed two tiny birds with yellow patches on its wings in the oak trees outside our building.

She asked me what kind of birds I thought they were and I immediately said they were warblers.

Sure enough, we identified them as yellow rumped warblers, one of the earliest returning warblers to the region.

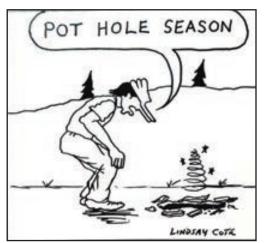
I am much more aware of the science of birding because of the Hilliardton Marsh Research and Education Centre.

I really believe we need to return to a time when people see themselves as part of nature and not outside of it.

Birding connects us simply and beautifully to nature.







# Look for the Canadian certification mark on alarms

DISTRICT (Special) - Uncertified smoke or carbon monoxide alarms may not meet Canadian performance standards and may fail to operate properly, posing a health or safety risk to Canadians.

What to do? Immediately replace alarms with ones that bear a recognized Canadian certification mark.

Health Canada is reminding Canadians to check for a recognized Canadian certification mark on the product when purchasing smoke or carbon monoxide (CO) alarms online or in-store. Products that do not have a recognized Canadian certification mark may not meet Canadian performance standards and could fail or operate incorrectly. This could pose a risk to consumers who may not be alerted to a fire or CO incident in their home.

In Canada, all electrical products that connect to home wiring or an outlet must be certified to Canadian standards. This includes both hardwired and battery operated smoke and CO alarms. Canadian certification marks indicate that these products have been assessed by laboratories accredited by the Standards Council of Canada and that the products meet national standards.

To follow public health restrictions and help reduce the spread of COVID-19, Canadians are shopping online more often. While online shopping has been one way to stay safe, Canadians should be aware that there are also potential risks with purchasing certain products online.

When purchasing a smoke or CO alarm, look for a recognized Canadian certification mark such as CSA, cUL, ULC or cETL, which should appear directly on the product - not just the packaging. If the certification information is not available on the product website, ask the seller to confirm that the product is certified to Canadian standards and that it bears a Canadian certification mark before you buy the product. If you feel unsure, do not take the risk of purchasing these products.

It is important to know from whom you are buying, and make sure the seller provides their contact details in case you have questions. Be aware that common Canadian online sales platforms may offer access to products sold by third-party sellers that do not operate in Canada and it may be more difficult to follow up with these sellers. Make sure to check if the consumer products have been recalled for health or safety reasons.

Canadians are encouraged to report any health or safety incidents related to the use of these products or any other consumer product or cosmetic by filling out the Consumer Product Incident Report Form.

What you should do?

- Immediately replace any smoke and CO alarms in your home that do not bear a Canadian certification mark, and replace them with ones that do, such as CSA, cUL, ULC or cETL.
- Dispose of the products according to the waste requirements for electronic products in your municipality.
- When purchasing a smoke or CO alarm, make sure the device bears a recognized Canadian certification mark directly on the product, not just the packaging.
- Follow the manufacturer's directions for installation, maintenance, testing and replacement of the alarm.
- Familiarize yourself with the instruction manual and the features of your alarm to ensure you can hear and recognize the sound of the alarm.
- Remember to test your alarms regularly, and for battery-powered products, follow the manufacturer's instructions for battery replacement.

Find more information on Health Canada's website about smoke and CO alarms and fire safety in your home and CO poisoning.



# Is Sexual Assault Awareness Month

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# Sustainability hub launches first initiative

By Jamie Mountain

Local Journalism Initiative Reporter

CHARLTON – The Charlton Sustainability Hub (CSH), through Keepers of the Circle, has launched an online training program for 100 Indigenous women that focuses on low-carbon living and innovative housing models.

The CSH says that the success of the program marks the start of a co-created model of learning and living for Indigenous and rural communities.

The CSH explained in a media release that rural and remote communities are facing historic population and economic decline.

"Food insecurity, community reliance on fossil fuels, and rural depopulation is exacerbated by the ever-increasing effects of climate change and the COVID-19 pandemic which disproportionately affects Northern areas across Canada," the release stated.

"This limits the future economic and social development potential of Indigenous and rural communities."

In February 2021, Keepers of the Circle, through the CSH, launched their first initiative - Pathways to Resilience: Intro to Emerging and Established Careers for Indigenous Women.

The participants were introduced to new career opportunities in emerging sectors such as green jobs (agriculture and renewable energy), construction, and environmental impact assessment.

"The success of the Pathways to Resiliency program is reflected in the results. One-hundred per cent of participants recommended that this program be run again in the community," the release noted.

"At the start of the pandemic, we all experienced what empty store shelves look like - this emphasized the need to work collectively to move toward a localized economy in Northeastern Ontario - to build capacity and resilience regionally for the benefit of all," said Rachel Lachance, the Indigenous Liaison with Keepers of the Circle, who designed and delivered the program.

Lachance noted that the demand for local, land-based skills development and low-carbon lifestyle has been overwhelming, with "over 175 Indigenous women from Northeastern Ontario applying for the Pathways program within three weeks. We are certainly looking forward to building a resilient future together."

One of the key strategies to developing a rural circular economy is to increase the accessibility for Indigenous women's participa-

The Charlton Sustainability Hub says it will create pathways for Indigenous women's leadership in decision-making and contributing to post-pandemic prosperity.

#### **HUB BACKGROUND**

In response to escalating systemic threats, the Northern Ontario Centre for Sustainable Development (NOCSD), a Canadian non-profit, and Keepers of the Circle, an urban Indigenous hub, have come together to establish the CSH.

The hub will be a centre focused on providing the knowledge, skills, and tools to build a circular economy.

"The world economy is changing rapidly, and this will only accelerate post-pandemic," said Ambrose Raftis, chair of the NOCSD, in the news release.

"We can create a better future by co-developing the awareness, knowledge, and skill sets we need to participate in a collaborative, resilient, and inclusive future for Northerners. If rural communities don't take control of their future, someone else will."

Rural communities and Indigenous people have a shared resiliency, tenacity, and resourcefulness, but information and communication gaps exist, according to Raftis.

"By taking the benefits and strengths of the past and blending them with new knowledge and inspiration, we can build a future that works for rural communities," he reasoned.

The official public opening of the hub is expected to take place in the fall or early in 2022 once renovations are complete at the former Charlton-Savard Public School building.

If you're interested in learning more about the CSH, you can visit https://www.charltonsustainabilityhub.org/ or email info@ charltonsustainabilityhub.org to get involved.

### EACOM rolls out vaccine incentive program

By Jamie Mountain

Local Journalism Initiative Reporter

DISTRICT - An incentive program aimed at rewarding employees and contractors who get their COVID-19 vaccinations has been rolled out by EACOM Timber Corporation.

The company, which operates one of its sawmills in Elk Lake, hopes to achieve an 85 per cent vaccination rate among the staff at its nine sawmills and two secondary manufacturing facilities across Quebec and Ontario.

The incentive program will be applicable retroactively to December 2020 and is open to all incoming employees.

The confidential program includes an incentive of \$200 for the first dose, \$150 for the second, or \$350 for a single-shot vaccine.

"We are committed to offering safe working environments for all members of our staff and business partners, as well as contributing to vaccination efforts in our communities," said EACOM president and CEO Kevin Edgson in a media release.

"As a leadership team, we felt it was our duty to achieve a high target vaccination level at our facilities and that offering a cash incentive, in a confidential and equitable manner, would be a good option. We are pleased with the results thus far and appreciate everything our employees are doing to help us get back to normal as safely, and quickly, as possible."

EACOM noted in the release that it has made the program retroactive so that employees and contractors who received the vaccine early on can still receive the incentive.

"Those who cannot receive the vaccine for medical reasons can still apply to receive the bonus and so can new employees, even if they received the vaccine prior to their start date," the release stated.

"Since the start of the pandemic, EACOM has continued to operate safely while, at the same time, contributing to numerous efforts in the community," said Éric Larouche, vice-president of human resources at EACOM in the news release.

"I'm honoured to work for a company and with colleagues who have, collectively, donated half of their KN-95 masks to local health units facing shortages, offered money and food to help those who lost their livelihoods, gestures which were matched at the corporate level. We are fortunate to have operations in tight-knit communities, where people come together in times of crisis, and we try to do our part. The feedback and show of solidarity from our staff and partners in Elk Lake has simply been overwhelming."

At the end of the program, the company says it intends to hold a draw among its facilities that meet the 85 per cent vaccination level goal for three prizes of \$10,000 each.

The prize money then will be used by the local Joint Health and Safety Committee for equipment upgrades, said EACOM.

EACOM's vaccination "thank you" program, which falls under the company's commitment to safe environments and thriving communities, runs until December 31.



ROBERTSON

The Reeve and Council of the Corporation of the Township of Evanturel and John and Jennifer Robertson of Robertson Sales are pleased to announce that the Municipality has purchased the former Robertson Sales auction location at 414269 Bryan's Road in the Township of Evanturel.

The Reeve and Council are very pleased with the acquisition of this property as a replacement for the Municipal Complex, formerly located at 245453 Hwy 569, which was destroyed by fire November 11, 2018.

The purchase will provide for the reestablishment of municipal facilities, and to serve the ratepayers and residents of the Municipality, on a property within the Township of Evanturel. The buildings on the property will provide for office space; council chambers; and modern shop and public works space for the Township. The size of the new buildings and property will allow a permanent home for the Harvest to Home Market, as well as a suitable base for the long-term growth and development of the Township.

The Municipality will take possession of the property on July 2, 2021. Robertson Sales will continue to offer its normal storage services under a lease agreement with the Township of Evanturel. John and Jennifer will continue to use this location as a base for continuing business operations.

Reeve, Council and Staff look forward to providing municipal services at the new location and are very pleased that Robertson Sales will continue to provide the Public with storage services at the site.

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# Police, mental health pros set up new team

TEMISKAMING SHORES (Special) - Temiskaming OPP have some new help on board.

When police respond to calls involving mental health and addictions, a mental health worker from the Canadian Mental Health Association (CMHA) Cochrane-Timiskaming branch will work alongside officers.

The memorandum of understanding establishing the new partnership was announced last week in conjunction with Mental Health Week.

Eighty per cent of OPP detachments in the province now have a full-time mobile crisis response team involving police and mental health and addictions professionals.

"This co-response model is designed to improve our response to mental health-related calls and better serve the needs of persons experiencing mental health and/or addiction-related crises," said Inspector Joel Breault of the Temiskaming detachment in a media release.

"Our goal is to build on the existing services and strengths of our community and collaboratively work with our partners to enhance 'police to hospital' client transitions, and facilitate access to services," Breault continued.

"This program is a significant step in moving forward and enhancing our response."

The new initiative is expected to improve wait times for people in distress and improve options for care.

The OPP and CMHA anticipate rural residents will also benefit from improved access to local community-based care.

#### **Temagami Family Health Team**

Submitted by Ellen Ibey

#### **Beware of Frauds and Scams During Covid-19**

The coronavirus pandemic has meant that people have had to spend more time at home. Criminals have used this as an opportunity to target Canadians, including older adults, in an effort to obtain their personal and financial information. The Canadian Anti-Fraud Centre has reported 17,005 incidents, 15,198 victims and \$7.25 million lost as a result of fraud between March 6, 2020 and March 31, 2021!

#### BEWARE OF UNSOLICITED EMAILS AND TEXTS

Cyber attackers try to trick you into clicking on links or attachments so they can infect your device or steal your data.

- · Be cautious if the tone of the message is urgent or threatening
- · Look for typos as they are often a sign of a phishing attempt
- Don't click on links or attachments from senders you don't know
- Use trusted anti-malware software

#### **BEWARE OF FAKES**

Cyber attackers are using fake websites, imitating health agencies or government departments, to spread misinformation or to scam people.

- Check web addresses for spelling mistakes
- · Navigate to the page using a search engine instead of clicking on a provided link
- Don't submit login credentials or credit card details unless you're sure the web page is legitimate

#### **WORKING FROM HOME**

- Cyber attackers are looking to exploit teleworking connections, because so many people are now working outside their organizations' IT security parameters.
- Secure your home wireless router with strong passphrases
- Do not let family members or others use your telework account
- Turn off Wi-Fi, Bluetooth, and GPS when not in use
- · Use trusted anti-malware software
- · Report suspicious activity to your IT security team immediately

Government agencies like the Canadian Revenue Agency (CRA) will never call you saying you need to pay money or face jail time, and telephone calls or emails with these messages are a scam. It is also important to be extremely careful when online shopping by limiting the sites you purchase from to companies you already know and trust.

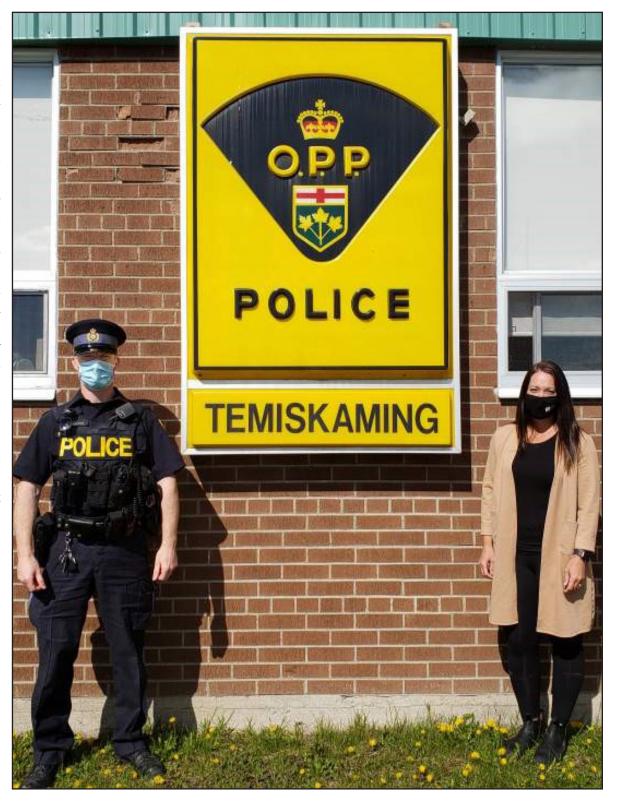
> The Temagami Medical Centre and Family Health Team... committed to keeping you as healthy as possible!

Source: Canadian Centre for Cyber Security

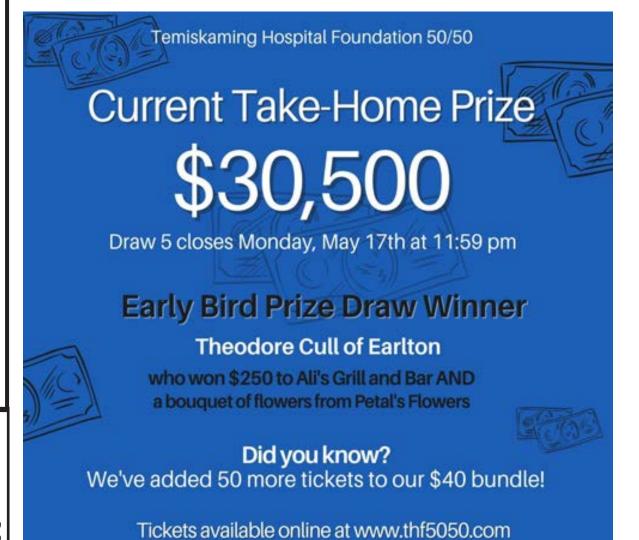


Family Health Team

17 O'Connor Drive, P.O. Box 98, Temagami, ON P0H 2H0 Tel: 705.569.3244 Fax: 705.569.2610

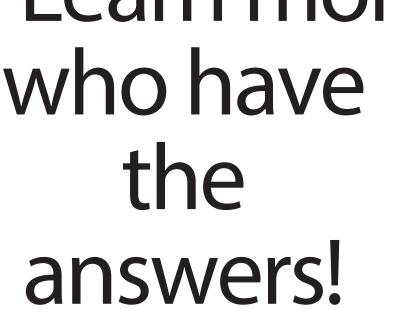


Constable Chris Hawkins, at left, and CMHA worker Jessica Paterson pose outside the Temiskaming OPP detachment. They signify a new partnership in which Canadian Mental Health Association workers from the Cochrane-Timiskaming branch will work alongside OPP officers in calls involving addictions and mental health. (Supplied Photo)



# ASK THE EXPERTS

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### Area real estate sales jumping

Continued from A Front aming totalled \$11,476,600. In dwelling was \$779,000 and the first four months of this year they totalled \$39,070,357.

Farm properties totalled \$2,656,000 in sales in the first down restrictions started in four months of 2021.

\$3,788,250 compared \$530,900 in 2020.

Multi-family unit sales totalled \$1,027,400 in the first four months of 2021. In 2020 that number was \$339,900.

In the first four months of 2020, "the highest sale price interview she commented on for a residential dwelling was \$525,000 with 10 properties selling for \$300,000 or more," she commented. In 2021 those numbers went up and the high-

est sale price for a residential there were 35 properties selling for \$300,000 or more.

"Even though COVID lock-March of last year, the sales Vacant land sales totalled statistics had a dip for a few to months, then picked up when the restrictions were lifted and as people started to gain a better understanding of the 'new normal," said Hunter.

#### **FARM PROPERTIES**

In a follow-up telephone the increased sales of farm properties, vacant land, and properties in unincorporated townships.

"There are a lot of farmers

buying property. I would say this year has been prime for that."

Some are farmers who have sold their properties down south and are moving north to farm, and others are hobby farmers who are attracted to the opportunity to live somewhere with more land, and to be able to be outside in nature, she noted.

"Country and the outside-area properties I would say are the most popular," she said. Opportunities to purchase vacant land, especially in unorganized townships, "don't tend to last long," she added.

Another type of property

coming from down south and that has had a strong increase is that of multi-family homes.

> Hunter noted that with the sinking of another shaft by Kirkland Lake Gold, interest in multi-family units has been climbing.

> Investors in Southern Ontario, unable to make much return on multi-residential units in Toronto, are moving north where there is a better return, she explained. Even before COVID-19, this trend was observed, she said, and attributed that in part to Kirkland Lake Gold.

With residential sales, she said houses are selling for more this year than they did in the past, and she has observed primarily that it is because people moving into the area from urban areas are looking for larger homes. Most people who are purchasing homes have a connection to the area, or they might be returning after 30 or 40 years. Families with children are also drawn to the area for its wide-open spaces, parks, and large yards where children can play during the COVID restrictions, she said.

"I think they feel comfortable coming up here and being close to nature and parks," she

For now, the real estate market is very active.

"We're all busy, that's for sure," Hunter said.



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# Study finds link between mental health, business planning

OTTAWA (Special/Staff) -Agriculture is a dangerous occu- would be considered as having

And while the physical safety of farmers has long been recognized as an issue, their mental health is once again in the spotlight.

A report last year calculated that 62 per cent of Canadian farmers are experiencing midstress, while 14 per cent are regularly follow a written busiundergoing high stress.

The top three stressors?

More than 70 per cent of farmers cited market unpredictability, workload pressures and lack of time, and financial pressures.

The findings come from a study by Farm Management Canada (FMC), a national organization that develops and distributes resources to support farm businesses.

"Healthy Minds, Healthy Farms: Exploring a Connection Between Mental Health and Farm Business Management" was released a year ago.

roadmap for Canada's entire agricultural industry to support mental health and likewise farm business management," said FMC executive director Heather Watson in a statement earlier this year.

FMC is working to ensure the study doesn't "sit on the shelf collecting dust," she said, and has incorporated the findings and recommendations into its RECOMMENDATIONS own programs.

The study draws on literature as well as a nationwide survey of 1,735 farmers, focus groups and one-on-one interviews. (Much of the research wrapped around the importance of farmer up prior to the COVID-19 pandemic.)

It found "clear concerns" with respect to farmers' mental

a unique lifestyle with specific ment tools and access mental stressors and roadblocks to ac- health services online. cessing health services," it said.

"While management practices cannot entirely eliminate stress, they can play a significant role in reducing stress and promoting positive coping mechanisms."

#### **FINDINGS**

Among the study's findings:

- Women are more likely to report experiencing high and moderate stress than men. In addition to the top three, they identified family conflict and farm transition – between generations or to new owners – as major stressors.
- Younger farmers show signs of higher stress and are generally less effective at coping with it.
- more likely to be stressed about finances than mature operations. and preparedness as a means of

• Only 14 per cent of farmers facing uncertainty. high optimism, while 37 per cent would have low optimism.

Producers in British Columbia and Quebec were more likely to report high optimism; their counterparts in Saskatchewan and Manitoba were more likely to report low optimism.

- One in five farmers said they ness plan, while almost half said they never or rarely do.
- Eighty-eight per cent of farmers reported that following a written plan contributed to their peace of mind; 77 per cent of farmers without a plan believed it would give them peace of mind.
- •Business management planning does not entirely eliminate
- Business management practices are used less frequently by younger farmers.
- When it comes to common farm business practices, 70 per The research "provides a cent of farmers reported keeping up-to-date records, consulting others when unsure of something, mitigating risk, following health and safety standards, and monitoring markets.

Less often used were practices such as training, adhering to a budget, benchmarking performance, anticipating hiring needs, and following a written business plan.

The report made a number of recommendations to support farmers' mental health and farm business management.

• Continue raising awareness mental health.

It identified a need, for example, to accelerate access to high-speed internet in rural Canada. That would enable farmers "Agricultural work presents to both use business manage-

> It also saw a need to educate the public on the realities of Canadian agriculture to address online harassment of farmers and agricultural workers.

> • Support the improvement of mental health literacy for farmers and those supporting farm-

> It proposed that mental health training be offered at industry events, online, and in forums where farmers feel safe to share their stories.

> It also called for training for agricultural advisors and others who are in regular contact with

• Deliver business manage-• Growing operations are ment advice, tools and training that focus on risk management

Among the specifics recommended were the development of easy-to-use templates for common activities and business planning, and increased access to business skills workshops in rural and remote areas.

 Advocate for farmer-specific mental health support services.

It proposed the establishment of national programs, modelled on successful initiatives and crisis lines available in some provinces.



FARM MANAGEMENT CANADA

**GESTION AGRICOLE DU CANADA** 

revival of agricultural extension services that provide "access-It suggested research into the ible and affordable support" for

farm business management.

The report can be found at www.fmc-gac.com.

#### **Public Notice of Application for Consent**

Clause 53(5)(a) of the *Planning Act* 

The Minister of Municipal Affairs and Housing has received Application Nos. 54-C-217690 and 54-C-210389 for the creation of two new lots. The subject lands are described as part of Lot 10, Concession 1, in the unincorporated township of Tudhope, District of Timiskaming. The lands have frontage on Elk Lake and are accessed via Highway 65 and Payne Road.

Application No. 54-C-217690 would sever a Lot approximately 2.10 hectares in size, with 71 metres of frontage on Payne Road and 106 metres of frontage on Elk Lake. Application No. 54-C-210389 would sever a lot approximately 1.26 hectares in size, with 145 metres of frontage on Payne Road and 68 metres of frontage on Elk Lake. The remainder of the subject lands would be retained. The retained lands can also be accessed via Payne Road and would have frontage on Elk Lake.

The lots are currently vacant and are proposed to be used for seasonal residential/recreational

The purpose of this notice is to inform the public of the nature of the application, invite public input, advise on how to make comments on the application and advise the public of future notification and appeal rights.

Inquiries, Written Submissions and requests to see additional information can be made to Michelle Lawrence, A/Assistant Planner, at 705-561-9362 or 1-800-461-1193, ext. 46855, or fax (705) 564-5863, or via email at michelle.lawrence@ontario.ca, or by mail at: Ministry of Municipal Affairs and Housing, Municipal Services Office - North (Sudbury), 159 Cedar Street, Suite 401, Sudbury, ON P3E 6A5

Appeal of a decision of the Minister in respect of this consent may be made by any person or public body not later than 20 days after notice of the decision is given. If you wish to be notified of the decision of the Minister in respect of the proposed consent, you must make a written request to the Minister at the above address. If a person or public body that files an appeal in respect of the proposed consent does not submit written comments to the Minister before the Minister gives or refuses to give a provisional consent, the Local Planning Appeal Tribunal may dismiss the appeal.

#### Avis public de demande d'autorisation

#### Alinéa 53 (5) a) de la Loi sur l'aménagement du territoire

Le ministre des Affaires municipales et du Logement a reçu les demandes d'autorisation nºs 54-C-217690 et 54-C-210389 visant la création de deux nouveaux lots. Les terrains visés sont décrits comme suit : partie du lot 10, concession 1, canton non érigé en municipalité de Tudhope, district de Timiskaming. Les terrains donnent sur le lac Elk et sont accessibles par la route 65 et Payne Road.

La demande no 54-C-217690 propose de retrancher un lot d'environ 2,10 hectares dont 71 mètres donneraient sur Payne Road et 106 mètres, sur le lac Elk. La demande nº 54-C-210389 propose de retrancher un lot d'environ 1,26 hectare dont 145 mètres donneraient sur Payne et 68 mètres, sur le lac Elk. Le reste des terrains visés serait conservé. I conservés sont aussi accessibles par Payne Road et donneraient sur le lac Elk.

Les lots sont présentement vacants; il est proposé qu'ils servent à des fins résidentielles et récréatives saisonnières

Le présent avis a pour but d'informer le public de la nature de la demande, de solliciter ses commentaires, de lui indiquer comment faire des commentaires au sujet de la demande et de l'informer de ses droits relatifs aux avis futurs et aux appels.

On peut communiquer des questions, des observations écrites et des demandes de renseignements additionnels à Michelle Lawrence, aménageuse adjointe par intérim, par téléphone au 705 561-9362 ou au 1 800 461-1193, poste 46855, par télécopieur au 705 564-5863, par courriel à michelle.lawrence@ontario.ca ou par la poste à : Ministère des Affaires municipales et du Logement, Bureau des services aux municipalités du Nord - Sudbury, 159, rue Cedar, bureau 401, Sudbury (Ontario) P3E 6A5.

Toute personne ou tout organisme public peut interjeter appel d'une décision du ministre concernant l'autorisation au plus tard 20 jours après que l'avis de décision a été donné. Si vous souhaitez qu'on vous informe de la décision du ministre concernant le projet d'autorisation, vous devez lui en faire la demande par écrit à l'adresse ci-contre. Si la personne ou l'organisme public qui interjette appel de la décision ne présente pas d'observation écrite au ministre avant qu'il accepte ou refuse d'accorder une autorisation provisoire, le Tribunal d'appel de l'aménagement local peut rejeter l'appel.





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