

WEEKENDER

THE
SPEAKER'S
WEEKEND
EDITION

Vol. 20 - No. 25

FRIDAY, MAY 28, 2021

Visit us on



A SPRING BOUQUET

Emily Kemp, two-and-a-half, loves picking dandelions. She is pictured here at the New Liskeard Algonquin Regiment Memorial Beach Park with her father Adam Kemp. (Staff photo by Darlene Wroe)

Public safety

Six-month hazards study anticipated for Cobalt sites

Darlene Wroe
Speaker Reporter

COBALT - Ontario Northland anticipates a hazards assessment on mine site properties and a portion of a trail in Cobalt will begin in June and take six months to complete.

On March 18, Ontario Northland barricaded the area around the Right-of-Way mine site and headframe at the north end of Cobalt Lake, and has also blocked off the Townsite and nearby Glory Hole at the southwest corner of town.

More recently, Ontario Northland has blocked off a portion of the Keevil Trail near the Right-of-Way.

Cobalt Councillor Bill Gabbani noted the closure of the trail at Cobalt's May 18 meeting and questioned the reason for it.

"This has always been a nice little trail for people who want to walk around the lake and now it's blocked and it doesn't sit too well with me," said Gabbani.

He stated that he wanted to know the reason for the decision to block the trail.

Ontario Northland spokesperson Renee Baker told The Speaker that portion of the trail is on land that belongs to Ontario Northland.

"Ontario Northland's top priority is the safety of the public," she said in an email interview.

"As the owners of the sites, we had to make the difficult but necessary decision to temporarily restrict access to the sites while an environmental and mining assessment is completed to fully understand the hazards."

She continued, "It is anticipated that the assessment will begin in June 2021 and take approximately six months to complete. The Ministry of Energy, Northern Development and Mines is leading this."

She stated that after the assessment is completed "we should have a better understanding of how the sites can be maintained and used in the safest manner possible."

She assured that "We will keep all stakeholders and members of the public informed on results of the assessment."

DID YOU GET The Speaker THIS WEEK?

Here are some of the stories in our May 26 edition...

- Children aged 12 and over are now eligible to receive a Pfizer vaccine as of Sunday, May 23, in the province of Ontario and in the Temiskaming region.
- Cobalt wants a seniors-only building designation from the District of Timiskaming Social Services Administration Board.
- The public is asking the City of Temiskaming Shores via letters to the city for ways to make Lakeshore Road safer.
- Passenger rail service could be back on track in Northeast Ontario in the near future.
- Fireworks will not happen on Canada Day because of COVID-19 restrictions, but Temiskaming Shores will endorse the New Year's Eve fireworks display organized by a local businessman.
- Evanturel Township is looking forward to moving into its new offices on Bryan's Road.
- As International Missing Children's Day came and went, Celine Ethier is still wondering where her daughter Melanie is. She has been missing for 24 years.
- Temagami is attempting to clarify its water filtration issues in the Temagami north lagoon.
- The City of Temiskaming Shores is seeking feedback via a survey about the creation of its Active Transportation Plan.
- The Tri-Town Ski and Snowboard Village has applied for funding to expand their equipment garage.



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but Temiskaming Shores will endorse the New Year's Eve fireworks display organized by a local businessman.

• Evanturel Township is looking forward to moving into its new offices on Bryan's Road.

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Englehart has plans for opening recreation

By Jamie Mountain

ENGLEHART – The Town of Englehart is planning to offer as many recreational activities as it can this spring and summer while following guidelines from the Timiskaming Health Unit and Ontario government.

Recreation coordinator Alex Regele said the town is planning on opening the Lee Pool when it gets approval from the Health Unit and province.

“We will be following the rules set out to us by the Timiskaming Health Unit when the inspections are completed,” he noted in an email interview.

“The restrictions/guidelines are to be decided.”

Regele said that Kap-Kig-Iwan Provincial Park is now open for day use and that the town is awaiting approval to allow for overnight camping.

Of note, the walk-in rate for the park has been eliminated for the 2021 season.

People who are walking into the park will now have to pay a daily rate of \$12.25, or a sea-



FAMILY DAY

Three generations – one-year-old Sloan Broughton, mom Carly Rivard and grandmother Natalie Rivard of Temiskaming Shores – recently took in the view of the falls at Pete’s Dam Park. (Staff photo by Diane Johnston)

sonal rate of \$84.75.

Last year the walk-in rate was \$1 for youths and \$2 for adults.

While the park is operated by the town through an agreement reached between the town and Ontario Parks at the beginning of 2021, Ontario Parks controls the entrance fees.

Regele also noted that as of Wednesday, May 26, that the Rural Youth Mixed Slo-Pitch League season is on hold as the organizers await the restrictions that will be in place once the district moves to Step 2 of the province’s three-step roadmap to safely reopen.

“Other than that, the tennis courts, playgrounds and baseball fields are open for usage,” he said.

Regele added that the town will be looking at other recreational options as it receives more approvals from the province and Health Unit.

TDSS student one of three high school trustees

Sue Nielsen
Speaker Reporter

DISTRICT — Three student trustees were appointed at the District School Board Ontario North East (DSBONE) Board of Trustees meeting on May 4.



LILY GRAYDON

Lily Graydon from Timiskaming District Secondary School (TDSS) in Temiskaming Shores is joined by Mackenzie Innes, Indigenous trustee from Timmins High and Vocational School, and Josie Michaud from Iroquois Falls Secondary School.

“I am so honoured to be elected as the DSBONE student trustee of the 2021-2022 term. During my first spent as trustee, I look forward to working collaboratively with a great team as we strive for inclusivity and overall wellness of all students within DSBONE,” noted Graydon in an email interview.

“As student trustee, I believe that my strong leadership skills and passion for advocacy, community and creating the most inclusive environment for students will serve me well in achieving those goals.”

TERMS

“We are so proud of the leadership demonstrated by the 2020-2021 Student Senate and Student Trustees. They worked hard to organize this election virtually to ensure representation for the upcoming school year,” said DSBONE board of trustees chair Bob Brush in a press release.

“The Board of Trustees looks forward to working with the newly elected student trustees starting in September.”

The DSBONE student senate comprises three student trustees from secondary schools with one identifying as Indigenous.

Graydon and Innes will serve one year, Michaud two.

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ABUSE CAN TAKE MANY FORMS:

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- Financial
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- Sexual Coercion
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Bad driving habits #NotWorthTheRisk

DISTRICT (Special) - Risk factors are everywhere in our day-to-day lives. Some risks are manageable, some are questionable - and some just simply aren't worth the risk.

The Canada Safety Council and the Canadian Association of Chiefs of Police (CACPC) want to draw your attention to four specific risks behind the wheel that are deadly, devastating and #NotWorthTheRisk.

"In the context of vehicle safety, there are four types of

risks that we see result in injury and fatality far too often," said Gareth Jones, President and CEO of the Canada Safety Council.

"Speed, distraction, impairment and lack of seatbelt use continue as prevalent issues on Canadian roadways, and moving the needle on road safety means helping people make better discretionary behavioral choices."

SPEED

According to the most recent

data available from the International Transport Forum Road Safety Data, speed is a factor in approximately 23 per cent of fatal crashes in Canada, with 40 per cent of the drivers in these cases being between 16 and 24 years of age.

"In the moment, decisions are generally focused on personal needs and individual assessments of acceptable risk, with little regard or thought to what that could potentially mean for others. Canadians must be responsible citizens on Canada's shared roads," says Chief Robert Martin, chair of the CACP Traffic Safety Committee.

A study commissioned by Transport Canada shows that 70 per cent of Canadians admit to exceeding the speed limit at times on residential and rural roads, while 81 per cent admitted to doing so on highways.

Slow down on the roads. Excessive speeds can be dangerous for you, for your fellow road users, and give everyone involved less time to react to the space around them.

DISTRACTED DRIVING

Any action that takes a driver's eyes off the road can constitute distracted driving, though a predominant focus of the issue continues to be device use behind the wheel.

In some parts of Canada, distracted driving fatalities have overtaken impaired driving fatalities - they impact Canadian drivers to the tune of an estimated 20 per cent of all fatal collisions. Despite the known risks and frequent media attention on the issue, a 2020 CAA poll reported that 47 per cent of Canadians have typed a message or used the voice memo feature behind the wheel.

Leave the phone alone. If there's an urgent call you must take, pull over before doing so. Driving is a complex task with

many moving parts. As such, it requires your full attention.

IMPAIRED DRIVING

Impairment can fall under one of three major headings: alcohol impairment, drug impairment and fatigue impairment. All three can significantly affect your ability to react quickly, to drive defensively and to avoid collisions.

The most recent data available from Transport Canada's National Collision Database demonstrates that one in five fatal collisions involved alcohol as a contributing factor. Research from the Traffic Injury Research Foundation points to 42.4 per cent of fatally injured drivers testing positive for drugs, the majority of which were cannabis and central nervous system depressants.

Furthermore, the Canadian Council of Motor Transport Administrators estimates that driver fatigue is a factor in approximately 20 per cent of fatal collisions.

These behaviours are not new, nor are they reasonable to engage in behind the wheel. Don't drive while impaired - take a taxi, get a friend to give you a ride, or simply wait until

you're no longer impaired to hit the road.

SEATBELT USE

Generally, Canadians are getting the message - seat belt use over recent years has hovered around the 95 per cent mark. However, according to the International Transport Forum Road Safety Data, more than 30 per cent of vehicle occupants who were killed in 2018 were not wearing their seat belts at the time of the crash.

Seatbelt use in Canada should be second nature. Worn correctly, they can significantly reduce the likelihood of death and serious injury.

THE COMMON FACTOR

The common factor in all these behaviours is simple: they are all choices that drivers make. And yet, the data clearly demonstrates two salient points: they all have direct correlations with death and injury, and they are all widely accepted to be dangerous, yet the prevalence of these issues is widespread.

Drive safely, with your eyes on the road, your full attention to the task, your faculties unimpaired and your seatbelt on. Driving any differently is #NotWorthTheRisk.



SKATEPARK REOPENS

Kids of all ages flocked to the Carter Antila Memorial Skatepark in New Liskeard on the first day of its reopening May 22. Colton Flaxey, 7, of Haileybury, was there with his mother nearby as he enjoyed the activity with fellow enthusiasts. (Staff photo by Darlene Wroe)



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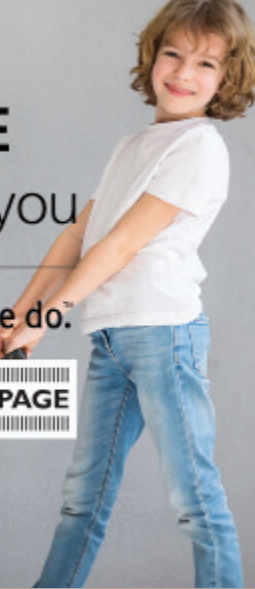



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The fall from the ladder was ok, but the fumble down the stairs, iced the cake.



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EDITORIAL

Community immunity

News came out last weekend from the province saying youth aged 12 and up are now eligible for the COVID-19 vaccines.

Youth over 12 years are now eligible for the Pfizer-BioNTech vaccines that have been approved for people under the age of 18.

This is exciting news because the sooner we get everyone vaccinated it lessens the chances of transmission.

People have been wondering when children will be going back to school and certainly with this youth vaccine rollout it could possibly make the school environ-

ment that much safer.

It is not only children, but also their families that are eligible for the Pfizer vaccine.

The Temiskaming Health Unit vaccination teams are ready and waiting for youths and their families to book a vaccine appointment through the provincial online booking portal.

The first dose vaccination rate amongst Temiskaming residents sits currently at 65 per cent.

The sooner more people step up and get vaccinated the sooner we will achieve community immunity.

Cobalt Silver Kings

*"For we'll sing a little song of Cobalt,
if you don't live there it's your fault."*

Positive stories can feel like a warm handmade sweater wrapped around us.

Concerning Cobalt, we have many warm and fuzzy stories to tell.

And while we get beat up on social media these days, it is with pride that I tell the story directly connecting the National Hockey League to our town.

This year's Stanley Cup playoffs are absolutely amazing, fast and furious with end-to-end hockey.

But allow me to digress by a century or more.

The wealthy mining barons of the early days of Cobalt circa 1909-1910 financed various hockey teams. Two of those teams, the Cobalt Silver Kings and the Haileybury Comets, squared off for a championship

of the then three-team Temiskaming Hockey League (THL).

In 1909, the Cobalt Silver Kings signed a rather unknown player, one Art Ross, to a \$500 contract.

The Silver Kings prevailed to win the prestigious M.J. O'Brien trophy as champs of the THL that year.

Art Ross pulled a Kawhi Leonard the following year leaving the Cobalt Silver Kings for a spot on the bench of the rival Haileybury Comets.

Things progressed and in 1909 the seven-team National Hockey Association (NHA) was formed.

The teams were the Montreal Canadiens, the Renfrew Millionaires, the Ottawa Nationals, the Montreal Wanderers, the Montreal Shamrocks, the Co-

balt Silver Kings and Haileybury Comets.

The game has changed over the years as back then seven players on the same team were allowed on the ice. Goalies played without masks and players without helmets.

When I hear of players on the injured list these days with a lower body injury or a hangnail I laugh because the players of yesteryear could show those millionaire spoiled brats a thing or two about guts and glory.

You didn't have AC/DC songs blasting at 10,000 decibels in the arenas back then either.

With both the Cobalt and Haileybury teams folding due to the high-costs of having professional players in the lineup, the NHA was renamed the National Hockey League (NHL),



Sue Nielsen

The Montreal Canadiens, who defeated the Cobalt Silver Kings in a 1910 matchup, are still playing the good ole hockey game today.

They are in tough against the Toronto Maple Leafs at the moment of this writing.

As you may know Art Ross has a trophy named in his honour, which is awarded to the NHL's top point getter during the regular season.

As a former goalie for the Cobalt Silver Belles girl's hockey team, our town's connection to the NHL is a point of pride.

And who am I cheering for - Montreal of Toronto? That's a story I will save for another day.

Laurentian prez grilled by Angus in committee

OTTAWA (Special) – Timmins-James Bay MP Charlie Angus pressed Laurentian University President Robert Haché for answers on the university's recent bankruptcy problems. Haché was questioned before a parliamentary committee May 25 to defend the massive cuts undertaken at the university in the spring. Angus says his testimony raised more questions than it answered. In particular, he

wants clarification over the nature of discussions with the provincial and federal governments in the months leading up to the decision to go into bankruptcy protection.

"What we learned from today's testimony is that the provincial and federal governments abandoned Laurentian in their time of need," said Angus.

"Mr. Haché admitted he met with the province and the feds in the lead up to the devastating cuts at the university. How is it possible that an institution built up over 60 years was not given the support to restructure its loans? It looks like both the feds and province walked away

on the students of Northern Ontario," said the MP in a news release.

Last fall, the university claimed they had gone from a nearly balanced budget to a \$10 million hit from the COVID crisis, though every university and college faced similar hits from COVID. Angus wonders what happened in the discussions that forced the university into either shutting its doors permanently or undertaking a massive series of cuts that have damaged the vitality of the institution.

"These cuts have been devastating for staff and students from across the country. It is not good enough for the presi-

dent of the university to pretend this was just a business decision. Clearly, there is more going on here, and we need some answers. Who told Laurentian to file under the CCAA (Companies' Creditors Arrangement Act) and why did the Trudeau and Ford governments turn their backs and walk away when Laurentian came to them for help, in the middle of a pandemic?"

Laurentian filed for protection from their creditors under the Companies' Creditors Arrangement Act on February 1, 2021, and shortly after fired 187 staff, including 100 teachers, while eliminating 69 programs.

Increased summer jobs funding for youths

DISTRICT (Staff) — The federal government has substantially increased its funding levels for the Canada Summer Jobs Program for the Nipissing-Timiskaming region.

Over \$2 million is being invested towards youth summer employment with the Canada Summer Jobs (CSJ) Program in Nipissing-Timiskaming, which will see 602 jobs created among 167 businesses.

"This investment will help young people in Nipissing-Timiskaming develop their skills and gain paid work experience to successfully transition into the labour market," noted Nipissing-Timiskaming MP Anthony Rota in a press release.

"The Canada Summer Jobs Program has proven to be a valuable opportunity for young people in our riding to get that first-time job experience and assist our small businesses in hiring and training young people."

The program provides wage subsidies for employers, from not-for-profit organizations to public and private sector organizations with 50 or fewer full-time employees, for young people aged 15 to 30.

Funded employers are not restricted to hiring students - all youth aged 15 to 30 may be eligible participants.

"While the COVID-19 pandemic has caused many delays for programs across our country, Service Canada has announced temporary flexibilities similar to those introduced for CSJ 2020 are available this year to ensure that even more young Canadians can apply," noted Rota.

Those benefits include an increased wage subsidy, an extension to the end date for employment to February 26, 2022, and also allows for employers to hire staff on a part-time basis.

The CSJ funded jobs started in April of this year and the latest possible date to start is January 15, 2022.

Rota feels the CSJ program will help youth in the riding earn money, grow professionally and move forward in their lives.

Tax ratios confusing to ratepayers

COBALT (Staff) - Cobalt ratepayers can expect to see a layman's explanation of tax ratios included in their next tax bill.

Councillor Matthew Johnson requested the explanation for ratepayers after fielding many questions from ratepayers, he noted at Cobalt's council meeting May 18.

His request received support from Mayor George Othmer who acknowledged there is confusion about tax ratios.

"There seems to be a significant amount of confusion, especially around multi-residential, commercial and industrial and how that blend actually works," said Johnson.

He requested "a simple Coles Notes version of how these tax ratios work." He said it "would be much appreciated by many ratepayers in this town."




Is Sexual Assault Awareness Month

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OUTDOOR SCAVANGER HUNT



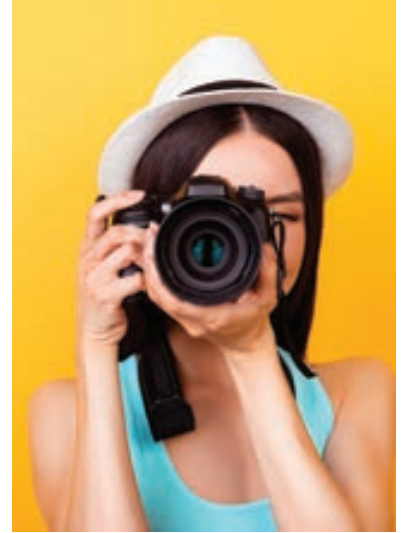
**It's National Multiple Births Awareness Day this week (May 28th).
This year's theme is Equity and Inclusion from Coast to Coast.**



To be equitable and inclusive, Temiskaming Multiple Births invites everyone to play this fun contest. Please clip out this page, work out the riddles, and take pictures of the items described below. Email your 12 pictures to temiskaming@multiplebirths.ca – three entries will win Pizza Hut gift cards.

DEADLINE TO ENTER IS MAY 31ST.

To find out more about Temiskaming Multiple Births - a supportive and connected community for families and professionals caring for twins, triplets and more – visit www.temiskamingmultiplebirths.com



OUTDOOR SCAVANGER HUNT

- Step outside, what do you see? Birds may perch on it, **it's a** _____!
- It has petals and likes to shower; it's pretty too, **it's a** _____!
- It's not made of hay nor of brick; It's made of wood, **it's a** _____!
- It really is not stiff or firm. And it's used to go fishing, **it's a** _____!
- Don't sweep it under a rug. That's not a good place to find a _____!
- Big or small, it's not a sock. It's very hard, **it's a** _____!
- Some are curved, and some are straight. **They all swing open, it's a** _____!
- You use your feet, and your legs alike. It helps you get around, **it's a** _____!
- It has four wheels, and can go far. It's not a truck, **it's a** _____!
- It's hung, but not by a string. It needs to be strong, **it's a** _____!
- It may be long, it may be wide. It's found in a park, **it's a** _____!
- You put it together, maybe with a wrench. When it's done, you'll sit on it, **it's a** _____!

Name: _____

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SPEAKER
PRINTING, PUBLISHING
AND PROMOTIONS

Spill response on the farm

By Robert Gobeil

DISTRICT – Chemicals are just another tool that farmers use to keep farm machinery running, keep livestock and crops healthy, and make sure their farms operate at optimal performance.

However, there is a potential for spills or leaks wherever crop protection products, cleaning supplies, fuel, livestock medications or other chemicals are stored and used.

A spill response plan will minimize the potential for injury, environmental impact, cleanup and replacement costs.

Developing an Emergency Response Plan (ERP) includes assessing job tasks, identifying hazards and risks, and planning what to do in emergencies.

As a part of an ERP, create a chemical inventory and keep Safety Data Sheets (SDS) current (within three years).

An ERP needs to factor in situations that may affect people in the area, such as a fire or any occurrence that may require evacuation.

Create an inventory list and purchase supplies using the ERP and information found on each chemical's SDS.

(The SDS also details proper storage – following this advice is essential in preventing spills.)

The list should include appropriate personal protective equipment (PPE), emergency eyewash information, and a spill kit of materials for safe cleanup.

Inventory should be reviewed and supplies restocked regularly.

Ensure everyone on the farm knows where these supplies are and how to use them.

Develop Safe Work Procedures (SWPs), which outline how to perform job tasks safely from start to finish, including required PPE and its proper use.

Secondary containment – which mitigates the impact of a spill by limiting materials to a defined area – should be used whenever possible for all stored chemicals.

For smaller volumes, a drip tray may be all that is needed.

For large bulk storage, berms or double-walled containers might be used for secondary containment.

Create a preventative maintenance schedule to inspect and repair equipment, plumbing or

secondary containment.

IMPLEMENTATION

Once these plans have been developed, it is now time to implement them.

Everyone who handles or uses chemicals needs to be trained in WHMIS 2015/Global Harmonized System (GHS), SWPs and ERPs.

This training is a legislated duty of the employer in all provinces. It is strongly recommended that SWPs and ERPs be reviewed and practised regularly to ensure proficiency when they are needed.

Performing routine and regular inspections and preventative maintenance are essential.

For example, look for hazardous conditions such as leaking containers or unvented storage for propane.

Unfortunately, spills and leaks do occur for a variety of reasons.

But by implementing the plan, it is possible to respond quickly and safely, protecting people and the environment from any potential harm.

Depending on the type of chemical and the amount released, the manufacturer and the provincial regulatory agency may need to be contacted.

Emergency contact information is on the manufacturer label and Safety Data Sheet.

If there are any serious injuries, provincial workplace safety and health authorities and worker's compensation may also need to be notified.

Once the spill or leak has been cleaned up, contaminated PPE and spill kit contents need to be appropriately disposed of.

Contaminated items must be placed in a bag that is labelled and handled with caution.

Site cleanup should be performed as soon as possible to minimize the environmental impact and to allow for a safe workplace in the future.

Remember the "3 Cs" when it comes to spills or leaks:

"Control" will minimize the amount of product released.

"Containment" will help minimize the spread of product into the environment.

"Cleanup" as soon as possible allows work to resume in the area in a safe and timely manner.

Robert Gobeil is an agriculture safety and health specialist with the Canadian Agricultural Safety Association.



Your turn is coming soon.



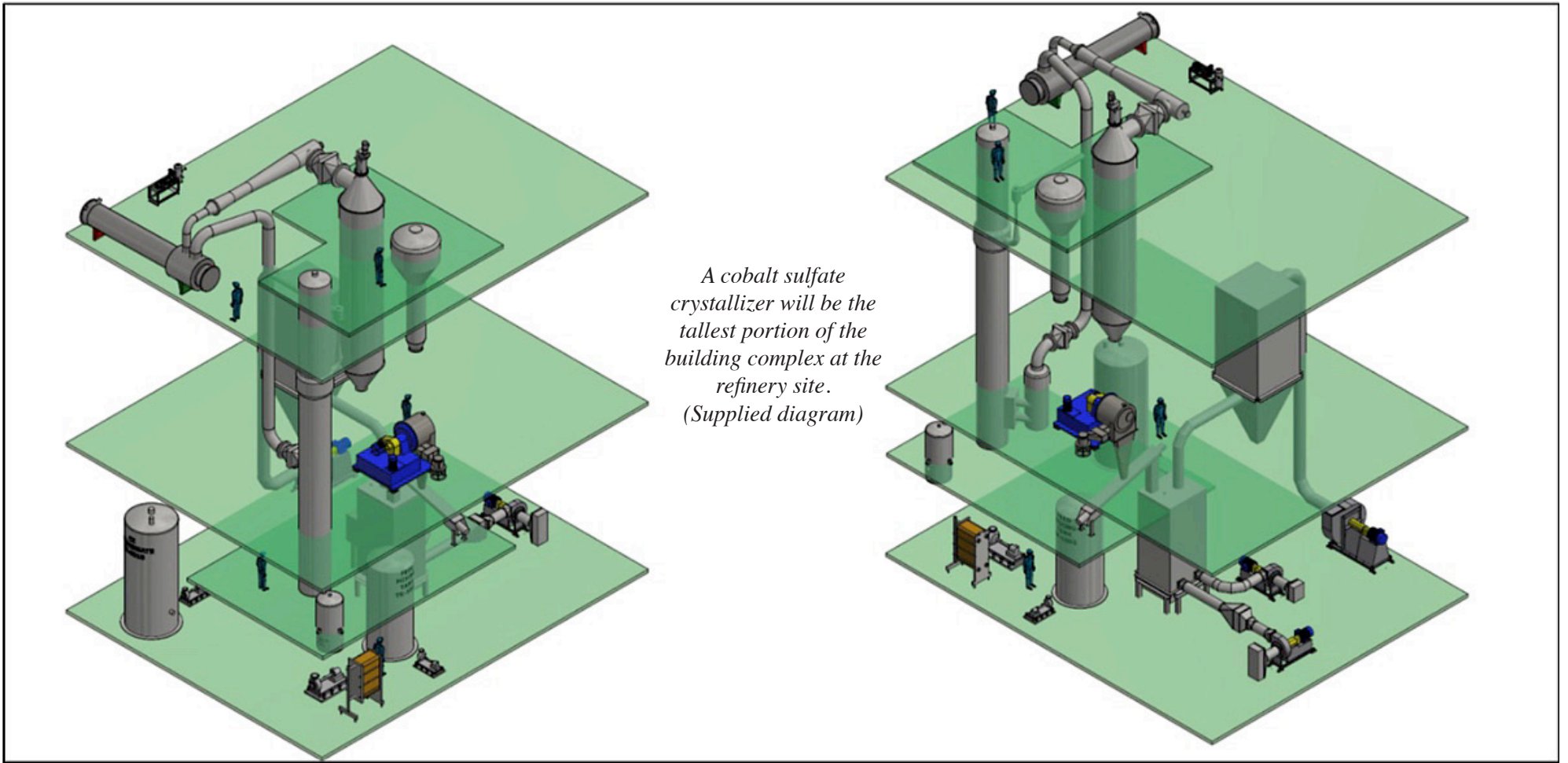
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A cobalt sulfate crystallizer will be the tallest portion of the building complex at the refinery site. (Supplied diagram)

First Cobalt on schedule for production in '22

NORTH COBALT (Staff/Special) - First Cobalt Corp. is making advances on the expansion and recommissioning of its North Cobalt refinery.

“Thanks to the focus and hard work of the First Cobalt team, we continue to execute our strategic business plan and remain on schedule for 2022 commissioning,” said First Cobalt project development vice-president Mark Trevisiol in a press release issued May 17.

“The company remains on schedule to recommission the facility in the fourth quarter

of 2022, at which time it will become the only refiner of battery-grade cobalt sulfate in North America and the second largest outside of China.”

CRYSTALLIZER

The company noted that the contract for the construction of the cobalt sulfate crystallizer has been awarded and will be built in the United States.

“Ordering the cobalt crystallizer in a timely manner was an important step on the construction schedule and the focus now shifts to the solvent extraction vendor package,” Trevisiol added.

The crystallizer will be shipped to the site in less than 44 weeks, the company stated.

“This equipment is the last step in First Cobalt’s hydrometallurgical refining process and takes cobalt concentrated in an aqueous solution into a powder called sulfate. A crystallizer consists of various mechanical components including heat exchangers, pumps, piping, dryers and evaporators. They are assembled in a manner to allow for optimum processing and maintenance conditions. This unit will span several

operating floors within the processing plant and will be the tallest structure on site, the company explained.

The company and Ausenco Engineering Canada are now working on detailed engineering and procurement of the last two long lead equipment orders: solvent extraction tanks and filters.

PERMIT TO TAKE WATER

A Permit to Take Water was issued on May 10 by the Ontario Ministry of the Environment, Conservation and Parks. This will provide a potable water supply and industrial use which will be drawn from Lake Temiskaming. This will also allow the restoration of power to the refinery complex to prepare for upcoming construction activities.

“Over the next few weeks, crews will mobilize to site to restore power to the refinery, turn on water pumps, complete geotechnical drilling for new buildings and refurbish existing offices,” the company stated.

The company has two other permit applications for air and noise and industrial sewage, which are expected in the coming months.

TEAM

Asite services superintendent, Hayden Fiset, and an environmental superintendent, Cristy Knott, have been hired.

“Additional team members will be recruited during the coming months,” the company states.

A scholarship program has been launched to support local Indigenous and non-Indigenous high school graduates pursuing higher education. The First

Cobalt Excellence Award is a \$1,000 award. The scholarship is available through Englehart High School, Timiskaming District Secondary School, Kirkland Lake District Composite School and École secondaire catholique Sainte-Marie.

“First Cobalt is committed to an ongoing dialogue with local stakeholders, First Nations and Indigenous communities that will continue through permitting and construction and into operations,” the company stated.

First Cobalt has held three public open houses for the local community within the last six months as well as 24 other consultation meetings, opening forums for discussions about environmental matters and economic development opportunities.

“We are grateful for the support and enthusiasm within the community and remain committed to hiring a local leadership team and maximizing economic opportunities for the local and regional economy,” Trevisiol said.

The company also states that lender discussions for a \$45 million (U.S.) debt facility are advancing, supplemented by C\$18 million in current working capital plus an additional C\$10 million investment by the Canadian government and the provincial government toward the refinery capital cost.

In its press release, the company noted that approximately 80 per cent of cobalt sulfate is currently made in China and there is no production in North America.

Temiskaming Hospital Foundation 50/50

Congratulations to our Draw 5 winner

Christine Morissette of Sudbury, ON who won

\$43,235

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HOPPING INTO SUMMER

This great frog found himself piled high with new friends on May 14 when Ellie Halliday, 3, (front), and her brother Matthias, 5, visited the Haileybury beach. The Haileybury children were enjoying the beach with the promise of summer in the air.

(Staff photo by Darlene Wroe)



Avoiding unwanted camping guests

DISTRICT (Special) - With camping season upon us, campers should remember that the one thing that should always be left behind when packing is firewood.

Although it may seem harmless to bring a few logs for the campfire, this simple act can be extremely detrimental to the forest around you.

Entomologists with Natural Resources Canada's Canadian Forest Service (CFS) caution that the most common way for invasive insects to spread is through people moving infested materials such as firewood, logs, branches, or other wood. Insects often hide or lay their tiny eggs underneath the bark, making it virtually impossible to spot pests on wood with the naked, untrained eye.

Once a pest establishes in a new area, it can be difficult, if not impossible, to eradicate. Forest pests cause significant damage to native trees and plants that lack defenses against these invaders. They can slow growth or even kill trees, having a considerable impact forest health as well as recreation and tourism industries.

THE BORER

The emerald ash borer is an example of how fast invasive pests can spread and be harmful to their environment when people transport them by bringing wood from one place to another. The shiny green insect from Asia, which has already killed millions of ash trees in Canada, doesn't move very far on its own - less than two kilometres per year on average. A truckload of firewood infested with emer-

ald ash borer, on the other hand, can be moved hundreds of kilometres in a single day.

With the help of humans, emerald ash borer has spread to 35 American states and from Ontario to Nova Scotia, since it was first detected in the Detroit-Windsor area in 2002. Emerald ash borer is extremely destructive and kills up to 99 per cent of ash trees within 8-10 years of its arrival to an area.

Reducing the establishment, spread and damage of undesir-

able insects and diseases is part of the forest pest research led by CFS researchers. Together, they work on developing a range of biological and forest management tools and techniques, such as methods to detect and control insects and diseases.

In Ontario, the transportation of firewood could mean not only the spread of emerald ash borer, but also the spread of several other invasive pests such as the Gypsy Moth and the Hemlock Woolly Adelgid.

Temagami Family Health Team

Submitted by Brooklyne Buckley

Find Out About Fibre

What is fibre?

Fibre is a non-digestible carbohydrate found in plant foods and is an important part of a healthy diet as it plays many roles in the body. Fibre contributes to:

- Bowel regularity
- Heart health
- Lower blood cholesterol levels
- Help control blood sugars
- Keep you feeling full longer

Did you know that most Canadians are only getting half of their recommended grams of fibre per day!

Where can you find fibre?

Fibre can be found in:

- Fruits
- Legumes such as dried beans, lentils, peas, soybeans
- Nuts and seeds
- Vegetables
- Whole grains such as whole grain bread, cereals, crackers, brown rice, hulled barley and oats

How to increase your fibre?

- Choose whole grain options of pasta, bread and/or cereal
- Add beans, peas and lentils to soups and stews
- Fill half your plate with vegetables and fruits and fill a quarter of your plate with whole grains as recommended by Canada's New Food Guide
- Add lentils to ground meat when making meat sauces, burgers or meatloaf
- Choose products with 2 grams of fibre or more

Reminder: Fibre must be added to your diet slowly and you need to remember to drink plenty of water!

Please contact the **Temagami Family Health Team** at **705-569-3244** for support in achieving your healthy and to book an appointment with the Registered Dietitian to further discuss if adding fibre is right for you.

Committed to keeping you as healthy as possible!

Adapted from Canada.ca/Fibre



Temagami

Family Health Team

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A place to gather

As the weather warms up, homeowners will be spending more time outside and while COVID rules are still in place, the backyard will become an entertaining destination. This is the perfect time to create a stylish and comfortable outdoor space that can be enjoyed beyond COVID and for years to come. Budget will determine the design and scale of your project as well as the materials used. If you have a big family and a large circle of friends, create overflow seating areas off your main deck. Consider the people you'll be inviting and work their needs into your design. While multi-level decks look great, they may not work well for older people or small children. Both you and your neighbours will appreciate privacy panels or screening to help block noise, wind and unwanted attention. To get the most out of your space as a place to unwind, choose building materials that are easy to maintain. Keep in mind that the bigger your outdoor living space is, the more furnishings you will require. On sunny days, you'll want shade available so you and your guests can stay cool and remain outside.

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