VEEKENDER

/ol. 20 – No. 26

FRIDAY, JUNE 4, 2021



NEW ROOF

The Haileybury Heritage Museum received some funding to replace the roof over the westfacing portion of the building and to replace some of the soffit and fascia as well at a cost of \$17,000, noted museum volunteer board of directors' member Hans Schnakenberg. North Wood Homes and Renovations roofer Lawrence Pye is seen here May 28 removing some old shingles and throwing them into a trailer parked nearby. (Staff photo by Sue Nielsen)

Summer pass-time Making "parking" more affordable

Diane Johnston Speaker Reporter

TEMISKAMING SHORES - It'll be a little more affordable to park oneself at an Ontario provincial park this summer.

The Ontario government is waiving day-use fees at provincial parks from Mondays through Thursdays until September 2.

Temiskaming Shores library patrons, meanwhile, can borrow passes granting free day use at provincial parks for up to one week at a time.

Providing park passes through libraries had been piloted at select locations in Ontario, explained library CEO Rebecca Hunt.

It was extended to the Temiskaming Shores library and other locations this year.

The day pass program "is a wonderful complement to some of the outdoors materials we have for loan at the library," said Hunt in a new release announcing the new initiative.

It's timing is also "great," she continued, "with the recommendations to spend more time outside during the COVID-19 restrictions."

The cost of a daily vehicle pass

ranges up to \$12.25, including tax. The city library has three passes available.

Library cardholders can borrow a pass at no charge.

However, be sure to return it on time - failure to return a pass when it's due will block the library account. And the cost to replace a lost pass is \$225.

Among the other park-related resources that can be borrowed from the library are walking poles, backpacks, and wildlife and nature books for all ages.

For further information, contact the library at 705-647-4215 or email info@temisklibrary.com, or check out its website at www.temisklibrary.com.

The province, meanwhile, has also made it possible to book day use up to five days prior to arrival at 17 of the most popular parks, beginning June 7. They include Algonquin, Arrowhead near Huntsville, and Kettle Lakes east of Timmins.

For further information, see www. ontarioparks.com/dayuse.

Visits to Ontario parks in 2020, the first under pandemic restrictions, tallied more than 11 million, a five per cent increase from the previous year.



DID YOU GET The Speaker THIS WEEK? Here are some of the stories in our June 2 edition... • As of noon June 1, Temiskaming was reporting • The Town of Latchford is rocking its

stone.



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THE

SPEAKER'S

WEEKEND

EDITION



ROBERT A. NICHOLLS & ASSOCIATES Financial Peace of Mind Starts at Assante

51 Armstrong St., New Liskeard 705-647-6838 www.nichollsandassociates.ca

Dr. Glenn Corneil urged residents to continue heeding public health precautions.

no active COVID-19 cases. It left the district's

acting medical officer of health pleased, but

- Long-awaited improvements to broadband access in the Temagami area were announced, with Temagami's selection for the Centre of Excellence in Next Generation Networks' Northern Ontario Residential Broadband program.
- The 100+ Women Who Care Temiskaming Shores and More rolled into the cycling sector with a \$10,000 donation for
 - the Community Bike Exchange-Recycling Your Bicycle program.
 - Blanche River Health has launched monthly online 50/50 draws to raise funds for new equipment at its Englehart and Kirkland Lake sites.

- The Town of Englehart is urging the province to allow businesses to reopen immediately, in light of the local COVID-19 situation.
- A male peacock and a female peahen have made a New Liskeard neighbourhood their home. A resident fears attempts to capture or relocate the birds could result in their injury or death.
- The Verger du Terroir orchard in Temiskaming Shores is bearing fruit - haskaps and cherries - for owners Yvan Chartrand and Louise Philbin.





BIKER FAMILY

Brothers Joe, 10, Devonte, 9, and Mason Doupe, 5, from the left, stopped at the bike repair stand along the South Temiskaming Active Travel Organization trail to adjust Devonte's handlebars. The repair site is well used and has tools, an air pump and a stand to place your bike on when doing repairs. (Staff photo by Sue Nielsen)



Temagami library board makes changes

By Jamie Mountain For The Speaker

TEMAGAMI – The Temagami Public Library board will see a reduction in the number of its members.

Temagami council approved the change from seven members to five and also approved the recommended appointment of Victoria Winsor to the board at its May 6 regular meeting.

It was noted that the library board has experienced a number of changes in its composition since a 2019 appointing bylaw. The board has also advertised numerous times since the resignation of three board members.

"There's been some resignations from the board and right now, with the addition of Victoria Winsor, they would be at five (members), which is still slight of where the original bylaw was," said treasurer-administrator Craig Davidson at the May 6 meeting.

The appointment would bring the number of board members up to five, not inclusive of Temagami Mayor Dan O'Mara, who is an "ex-officio" by virtue of office on the library board.

The Ontario Public Libraries Act requires that the board consist of at least five members.

Councillor Margaret Youngs suggested that the library board should consider setting a term length for the members who sit on it so there's not as much turnover.

"Three people leaving out of seven is pretty bad," she said.

"They might consider two terms ... for directors instead of

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- Sexual Coercion
- Isolation
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people staying on for 30 years." O'Mara said that is something council could possibly write a letter about if those concerns exist in the future.

Municipal staff will draft the appropriate bylaw to encompass the library board changes for review at its next regular meeting May 27.

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IN



GRATEFUL PADDLER

Thornloe resident Shane Morin took time to enjoy a paddle and a bit of fishing on Lake Temiskaming on May 29. He was grateful when a complete stranger lent him the canoe after he had asked at a local bait shop if there were canoe rentals in the area. (Staff photo by Sue Nielsen)

City flags lowered

TEMISKAMING SHORES (Staff)-Flags have been lowered at city facilities in memory of the 215 children whose remains have been found on the grounds of a former Indian residential school in BC's interior.

Temiskaming Shores Laferriere councillor Jeff requested the symbolic gesture when council met June 1.

Golden donation for COVID-19 testing at BRH

KIRKLAND LAKE (Special/ Kirkland Lake and Englehart. Staff) - A \$275,000-plus corporate donation from Kirkland Lake Gold has sped COVID-19 testing at Blanche River Health.

"We are very fortunate to receive such a generous donation of over 2,000 test kits valued at over \$275,000 in support of the ongoing COVID rapid testing in our assessment centres," said Sean Conroy, president and CEO of Blanche River Health (BRH).

BRH oversees hospitals in

An outbreak of the virus was identified at the Kirkland Lake site on March 19 and declared over April 16.

At that time, Kirkland Lake Gold lent staff and four of its rapid testing devices while the hospital waited for the delivery of its own testing equipment.

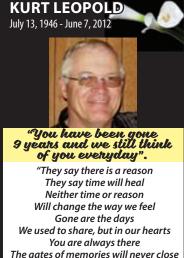
In a press release, BRH said the ability to perform rapid testing in the early days of the outbreak was crucial in its efforts to manage it.

The value of that donated support alone tallied some \$75,000.

"We appreciate the support and willingness of Kirkland Lake Gold to assist our hospital as we continue to navigate the pressures of the current pandemic," said Andrew Brown, BRH's vice-president of corporate services, in the release.

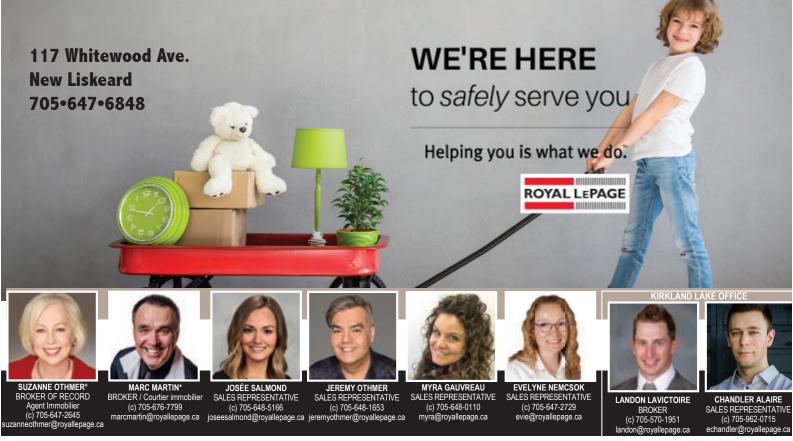
Kirkland Lake Gold itself underwent two workplace outbreaks, first in early March and then the latter part of April.





The gates of memories will never close We miss you more than Anybody knows" Love you and miss you always Your loving wife, Ellen Your children Shawn & Sherry (Daren) Your grandchildren Zackery, Tristan & Carlee





"In support of those families, I would really like to see the city fly the flags at half-mast," he said.

On May 27, the Tk'emlúps te Secwépemc announced that ground-penetrating radar had confirmed the presence of the remains of 215 children who had been students at the Kamloops Indian Residential School.

"To knowledge, our these missing children are deaths," undocumented said Kukpi7 (Chief) Rosanne Casimir in a statement last week. At city council, Councillor Doug Jelly suggested that the flags be lowered for a period of 215 hours, a move that some larger centres are taking.



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EDITORIAL

Provincial restrictions

breath concerning the announcement this week pertaining to the lifting of the provincial COVID-19 lockdown restrictions.

The Ontario government has announced most of the restrictions will continue into July.

Certainly, the business owners of restaurants, hair salons, retail clothing outlets and other shops want and need some relief from the lockdowns.

Their financial life may depend on it. We cannot imagine how difficult it is has been for our small business community and we wish them well as we all navigate this pandemic together. When the lockdowns do get lifted let

Everyone was waiting with bated us remember to shop local and not online at the big box outlets making businesses in other regions profitable.

> We have managed to keep infection rates in our district to a minimum, and we hope the government gets a handle on the high infection rates in the hot spots of Southern Ontario and the Porcupine region.

> It's summer but the living isn't necessarily easier for many during this long and arduous pandemic.

We must keep on abiding by public health unit recommendations and stay in our region, wash our hands, get vaccinated, not gather in large groups and have faith in each other.

How to reach us...

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STEVEN LAROCQUE Editor ext. 239 speaker.steve@ northernontario.ca

DIANE JOHNSTON Reporter ext. 241 speaker.diane@

I had trouble sleeping this past weekend after hearing the news of the 215 Indigenous children's bodies found in an unmarked grave at a former residential school in Kamloops.

As a mother, as a Canadian, as a journalist and as a human being, I am outraged.

There are few words to express how horrific this news is to the First Nation families of those children and all Indigenous people in Canada.

This news is not ours to toss aside as an Indigenous problem, it is ours as Canadians to own.

I've been trying to find the right words but this is so hard to process and hard to understand. If someone took my child

away I would go out of my mind.

Yet this inhumanity hap-



pened to thousands of First Nation families where children were taken away to residential schools where many were physically and sexually abused and murdered.

The land holds the stories and the secrets people have been trying to hide for years.

I've been reading a ton of books about the Truth and Reconciliation Commission, the sixties scoop and the residential school experience hoping to understand how these horrors affected our First Nation brothers and sisters.

Time and time again my favourite Indigenous author, Wagamese, Richard wrote about the '60s scoop and the harms of the residential school experience.

His extended family went to

these schools and he lived with the trauma, violence and abuse of those experiences.

But yet his words are soft, kind and healing without bitterness.

This is a time for bravery, not cowardice.

The people responsible for the murders of children must feel the full extent of the law.

Love is a verb and caring is doing something tangible.

I recognize my privilege and I am attempting to realize when we know better we do better.

However, the "do better" flies in the face of racial slurs hurled at Edmonton Oilers Indigenous hockey player, Ethan Bear.

Nothing can bring those children back but God help us if another Indigenous child dies on our watch. Let us support people like Cindy Blackstock who is advocating for better health and education for First Nation children.

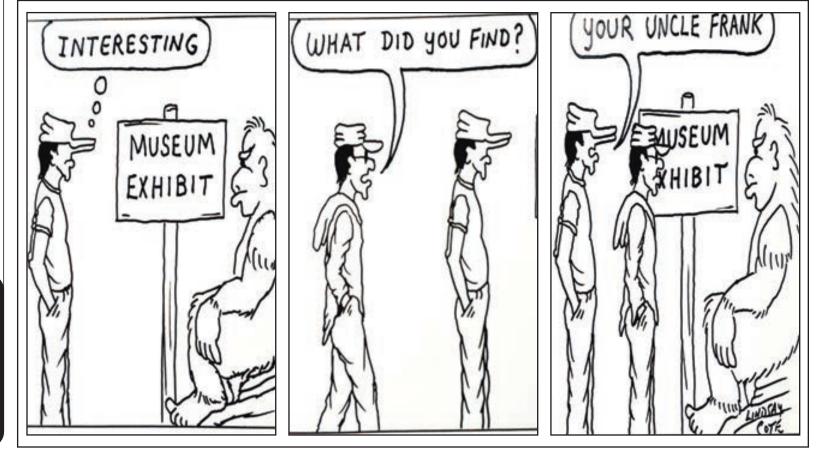
Sue Nielsen

Let us make sure Indigenous schools are funded at the same level every other school in the country is.

Let us demand the government follow the 94 recommendations of the Truth and Reconciliation report, particularly as they pertain to missing and murdered children.

Let us make sure Indigenous children have safe, clean drinking water, a basic human right long overlooked.

I send good medicine to all the Indigenous families who have suffered and lost children by racism in Canada.



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Letter to the Editor

Arranging home repairs can be challenging

Dear editor,

They say a picture says a thousand words and the editorial cartoon of the older man in a hospital bed after falling off a ladder and then falling down the stairs (Weekender May 28) struck me right to the heart.

My husband and I are junior seniors (62 and 70) who moved here a little over a year ago and want to age in place in our own home. We are physically active, careful with our diets and as a result, healthy enough to keep our new family doctor in New Liskeard happy.

However, as we get older, there are some things we cannot do anymore ourselves. When we have a plumbing, electrical, or heating problem, we call our favourite plumbing contractor who comes, fixes the problem and invoices us in a timely

manner. We pay that invoice in a timely manner. Fair is fair.

We can take care of most things in our property maintenance. However there are some things that it is no longer safe for an older person to do and one of them is to get up on a roof to caulk the dormers of our 1905 century house. A small piece of caulking became dislodged over the winter and now there is a leak inside our living room directly underneath this during heavy rain. Water damage is a serious problem and this should not have to turn into a major insurance claim.

My husband and I are not going to be the ones bunged up in hospital because we attempted what is no longer safe for us to do. That would be foolish and age should bring wisdom.

We've been attempting to

hire a roofing contractor or older houses that could have for a new family doctor in New handyman to do this for us. This is the response we're getting: They say they will come and they don't. They say they'll call us back and they don't. They don't respond to our emails at all. They say they don't do that. They say they are booked up fully with big jobs.

I appreciate that roofing and other contractors need to take big jobs to pay the bills. However, if my plumber, who also does large construction and renovation jobs, can respond to small residential emergencies in a timely manner, and charge a reasonable fee for doing so, why can't you?

Don't blame the government for this one. This is not a problem limited to seniors. Any homeowner could face this. We live in a community with many

these kind of small repair issues that could turn into major problems if not addressed.

What are we doing in the meantime? As a man and woman of faith, we are praying for a solution, of course and I know God will answer our prayers.

After all, during an Ontario Healthcare Connect lockdown stalemate last summer we prayed

for details.

Liskeard. We now have one.

God answers faithful prayer for genuine needs.

By the way, it hasn't rained hard enough to leak inside since I started praying even though I can still see the piece of caulking that is missing on our dormer. Praise God, eh!

> Nancy Connolly, New Liskeard



electronically. Details of the meeting will be posted in advance of the

meeting. Anyone interested in listening in on the meeting can call the Office

Orange Drop on June 5

TEMISKAMING SHORES (Staff) - Halffilled cans of paint, dribs of fertilizer and drabs of oil can be safely disposed of this weekend.



The Orange Drop collection of household hazardous waste will be held June 5 in Temiskaming Shores.

Materials can be brought to the Wellington Street location between Temiskaming Printing and the New Liskeard fire station between 9 a.m. and 2 p.m.

Traffic on Wellington will be reduced to one lane.

People can enter the area from Whitewood Avenue, drop items off, and continue south to Cedar Street.

The collection is the first in two years, given the pandemic-related cancellation of last year's Orange Drop.

Because the volume of material is expected to be higher, an additional trailer will be available to carry waste to safe disposal.





Is Sexual Assault

Awareness Month

By-law No. 16-35 outlines that during the summer months of June, July and August, there will be one (1) regular monthly meeting only. During the 2021 summer season, the regular council meeting schedule is as follows: Monday, June 21, 2021 Monday, July 12, 2021
Monday, August 9, 2021 **Municipal Office:** The Office is still closed to the public until further notice. This is to minimize non-essential travel and in-person visits to the office to help keep staff and the public safe and to help reduce the spread of COVID-19. Although the Province has allowed the Stay-at-Home Order to expire on June 2, 2021, they have extended a number of the public health Orders until June 16, 2021. 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 for assistance as the office is staffed during this time.

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 June collection dates will be on Tuesday, June 15 and Tuesday, June 29, 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.

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. Please visit the Township's website to complete an on-line application.





POOCH PATROL

Molly Wilson and her dogs Zoe and Opal recently enjoyed a leisurely stroll along the scenic Haileybury waterfront. (Staff photo by Sue Nielsen)

Small animal exchange awaiting all clear notice

Darlene Wroe

Speaker Reporter

ENGLEHART - The president of the Englehart and District Agricultural Society says the board is waiting on word from the provincial government for the startup of a small animal buy, sell and trade in Englehart.

Brian Smith is hoping the event can start up on Saturday, June 12, but that date is not yet finalized.

"We're waiting for the COVID lockdown to be lifted so we can go ahead with it," he said in a telephone interview.

When the event does get started, those in attendance could find numerous types of small livestock available.

"We never know who is going to show up with animals," said Smith.

Those wishing to bring animals are asked to contact lisadbuck@gmail.com one week in advance of the event.

"We only have ten spots for sellers," explained Smith.

The buy, sell and trade event is a fundraiser for the agricultural society which presents the annual Englehart Fall Fair.

The event will be taking place in the parking lot of the Englehart and Area Community Arena Complex and the Englehart Curling Club.

Once approved, the event will take place every second Saturday from 8 a.m. to noon. A yard sale, which is also a fundraiser for the society and the fair, will take place at the same time, but will be open from 8 a.m. until 2 p.m.

In 2020, the Englehart Fall Fair took place virtually. Smith said a decision has not yet been made whether this year's fair will be held virtually or in person. The decision is expected to be made at the next meeting of the society on Wednesday, June 9. Smith noted that the provincial government has stated in-person fall fairs can take place in the second stage of reopening.

Smith said board members continue to come up with ideas to keep activities happening, but everything depends on COVID and the decision of the province about openings.

Smith's board has been attempting to keep the Englehart Fall Fair active, after the previous board moved to have it closed down after years of increasing challenges.

While the first fall fair under the new board was able to take place in 2019, the second had to be held virtually.

"We got one good fair in and we're hoping to keep rocking and rolling," Smith said.



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Boot brushes take a kick at invasive species

DISTRICT (Special) - To support practical ways to reduce the impacts of invasive species, promote community spirit, and as part of its 10-year anniversary, the Invasive Species Centre is providing ten boot brush stations in Ontario to help protect recreational trail systems from invasive species.

These species can hitchhike on people's boots and clothing, equipment, and pets from other areas, and damage the natural areas where people love to hike and camp. When people brush debris containing invasive plant seeds off their feet, clothing, and equipment, they stop harmful invasive plants, insects, and diseases from infesting these special areas.

Child benefit payments getting a boost

DISTRICT (Special) - The federal government says the Canada Child Benefit (CCB) has helped lift nearly 435,000 children out of poverty in the first four years since its implementation.

Families entitled to the CCB with children under the age of six can expect to receive a bit more money in the bank this year thanks to the CCB young child supplement (CCBYCS).

The government says this money will help pay for things such as short-term child care arrangements, healthy food, clothes, and activities they can do at home as a family.

Families could receive up to \$1,200 in support per child under the age of six in 2021. This will benefit about 1.6 million Canadian families and about 2.1 million children under the age of six.

In 2021, families that are entitled to receive the CCB with a net income of \$120,000 or less will receive \$300 per payment for each child under the age of six.

The first payments issued on May 28 included both the January and April payments for those entitled to them. The final two payments will be issued on July 30 and October 29, 2021.

Families that already receive the CCB will not need to take any action to receive the payments. However, families do need to file their 2019 and 2020 tax returns to access them. The payments that were made in May for each of the first two quarters - January and April - were based on the family net income for 2019. The July and October payments will be based on the family net income for 2020. This may mean that payment amounts differ for some families mid-way through the year.

Families that have not yet filed for either year could still qualify for CCB and for the CCBYCS by doing their taxes as soon as possible.

To learn more about the CCBYCS, go to canada.ca/CCB-young-

Many parks and natural spaces are experiencing record numbers of visitors, so these community boot brush stations are a small step to help provide new ways to prevent the spread of invasive species.

"Boot brush stations are a great way to increase awareness about invasive species and what we can all do to prevent their spread," says Sarah Rang, executive director at the Invasive Species Centre.

The centre is a not-for-profit organization that prevents the spread of invasive species in Canada and beyond by connecting with stakeholders to catalyze invasive species management and communicate policy and science knowledge.

"Boot brush stations are effective at helping stop the spread of invasive species, as trail users can use the boot brush to remove mud, dirt, and seeds from their shoes before and after using a trail."

A total of ten boot brush stations with invasive species signage will be randomly drawn from eligible entries across Ontario, two of which will be located in Northeastern Ontario.

The contest is open to individuals, groups, or

organizations in Ontario (e.g. municipalities, Indigenous communities, non-profit or charitable groups, parks, conservancies, conservation authorities, schools and school boards, clubs, and associations) with access to a community recreational trailhead (used and accessible by the public).

To be eligible, each entrant must provide proof that they, or the group or organization that they represent, has access to and permission to install, a boot brush station on a community recreational trailhead (used and accessible by the public) located in Ontario. No purchase is necessary to enter the contest.

To enter, complete and submit a digital entry form by the closing date of June 7 at 11:59 p.m. The ten contest winners will be contacted, and once eligibility is established, arrangements will be made to customize the boot brush station signage with the winner's name and/or logo and deliver the boot brush station to the winner's location within Ontario.

Go to www.invasivespeciescentre.ca/ bootbrushcontest to enter the contest and view the full contest rules.



Purchase tickets by June 4th at 9:00 am and be entered to win



child-supplement and to learn more about CCB, go to Canada.ca/ canada-child-benefit.

"The Government of Canada is committed to supporting all hard-working families and individuals across the country. Having raised my children as a working mother, I know the challenges that parents face when balancing the well-being of their children with economic necessity," said Diane Lebouthillier, Minister of National Revenue

"This supplement will offer families with young children a significant reprieve from the pressures of the pandemic and offer them further opportunity for recovery and a return to a new normal for themselves and for their children."

QUICK FACTS

• The Canada Child Benefit (CCB) is a tax-free monthly payment based on income, and provides increased support for low- to middle-income families, to help with the cost of raising children under 18.

• Families that are entitled to the CCB with a net income of more than \$120,000 will receive \$150 per payment for each child under the age of six.

• Those families with a net income of \$120,000 or less, will receive \$300 per payment for each child under the age of six.

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Friday, June 4, 2021



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PPE, on and off the farm

By Robert Gobeil

WINNIPEG (Special) - Farmers are intimately familiar with PPE – personal protective equipment.

From work gloves to steeltoed boots, respirators to coveralls, all farms have spent a small fortune keeping everyone well equipped with what they need to reduce the risk of injury or illness.

Since the beginning of the COVID-19 pandemic, there has been a considerable increase in PPE use, including on farms.

The proper care, use, and disposal of PPE are critical to the safety and health of workers, family members and even the general public.

When performing regular farming activities, it's essential to perform a hazard assessment to identify what type of PPE is needed.

During COVID-19, this is no different.

However, there is an additional layer of protection required based on such factors as the ability to physically distance and the number of people in any given area.

Typical types of PPE used in agriculture during the pandemic are face coverings, medical masks, N95 respirators, respiratory equipment, and gloves.

Care, use, and disposal of PPE are the same during the pandemic as before, but there is more focus on hygiene and preventing transmission of the virus.

COVID-19 HYGIENE

According to the Public Health Agency of Canada, the fundamentals of pandemic hygiene are:

- Wash your hands often with soap and water for at least 20 seconds, or use a hand sanitizer with at least 60 per cent alcohol.
- Cough and sneeze into a tissue or the bend of your arm.
- Avoid touching your face with unwashed hands.
- Dispose of used tissues in a lined waste container and then wash your hands.

Hygiene must be practised before and after handling any PPE.

CARE AND USE

Inspect all PPE before each use, looking for broken straps, holes, and cracks. Repair or replace defective PPE.

Reusable PPE such as respiratory equipment should be cleaned after use and stored

according to manufacturer instructions.

Make sure that reusable cloth rectly in the garbage. face coverings are laundered regularly.

PPE must be properly used to ering. be effective.

For example, a face covering or medical mask worn with the nose sticking out is not effec- • Pinch and hold the outside of tive.

The nose and mouth are to be • Peel downwards, away from entirely covered, with the mask tucked under the chin and fitted around the bridge of the nose.

Respiratory equipment must be fit-tested to the user, and users should be clean-shaven to ensure a good seal. It's essential to use the proper type of filter cartridge to protect the user from the identified hazards.

Latex or nitrile gloves are commonly used as general PPE during the pandemic. Some people have a latex allergy so keep that in mind when choosing gloves.

A tip: latex gloves are clear or white, and nitrile ones are blue. Remember - do not reuse disposable PPE such as medical masks.

DISPOSAL

Proper disposal of PPE will help prevent the transmission of the COVID-19 virus.

PPE must be safely removed from the body and placed di-

Avoid contact with the inner surface of a mask or face cov-

Contamination often occurs if gloves are removed incorrectly.

- To properly remove gloves:
- the glove near the wrist area.
- the wrist, turning the glove inside out.
- Pull the glove away until it is removed from the hand and hold the inside-out glove with the gloved hand.
- With your ungloved hand, slide finger/s under the wrist of the remaining glove, taking care not to touch the glove's exterior.
- Peel downwards, away from the wrist, turning the glove inside out.
- Continue to pull the glove down and over the inside-out

glove held in your gloved hand.

This procedure will ensure that both gloves are inside out, one glove enveloped inside the other, with no contaminant on bare hands.

(Adapted from https://www. globus.co.uk/how-to-safely-remove-disposable-gloves)

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



Temagami Family Health Team

Submitted by Ellen Ibey

What You Should Know About Lyme Disease

Lyme disease is a potentially serious infection that you can get if you're bitten by an infected blacklegged tick (also called a deer tick).

If you work outdoors or participate in outdoor activities such as golfing, hunting, camping, fishing, hiking, and walking in fields, you may be at greater risk for tick bites.

Cover up and wear:

- light-coloured clothing, so it's easier to see ticks
- closed-toed shoes
- long-sleeved shirts
- long pants, tucked into your socks
- special clothing designed to repel ticks

Use insect repellent

Use an insect repellent, or bug spray, that says "DEET" or "icaridin" on it. Put it on your clothes and exposed skin. Always read the label for directions on how to use it.

Put clothes in the dryer

Kill any ticks that might be on your clothing by putting your clothes in a dryer on high heat for at least 10 minutes before washing them.

Check yourself and your children

After being outdoors, check for ticks on yourself and your children. Look: behind your knees

- on your head
- in your belly button
- in your groin area

Need a Bike? Saturday June 12, 2021 10 a.m.— 2 p.m. Old Horse Barn, 340 Armstrong St. New Liskeard (beside OPP Station)

Bike Exchange!

How it works: Bikes donated by the community will be made available on a first come, first served basis, at no cost. Bikes are road-ready. No need to give a bike to receive one. All ages welcome. Children under 12 must be accompanied by an adult.

COVID-19 safety: screening, COVID-19 safety protocols and physical distancing will be in place.

To donate a bike: call Erika at 705-647-4305 Ext. 2253.

Other Activities

- Helmet fitting station Loot bags
- Road safety information

To learn more contact Erika: 705-647-4305. Ext. 2253

aeltermane@timiskaminghu.com



in your underarm area

on the back of your body - use a mirror, or ask someone to check for you It's a good idea to have a shower as soon as you can to wash off any ticks.

Check your pets for ticks

After being outdoors, check your pets' skin and remove any ticks you find. Ask your veterinarian about options to help keep ticks off your pets.

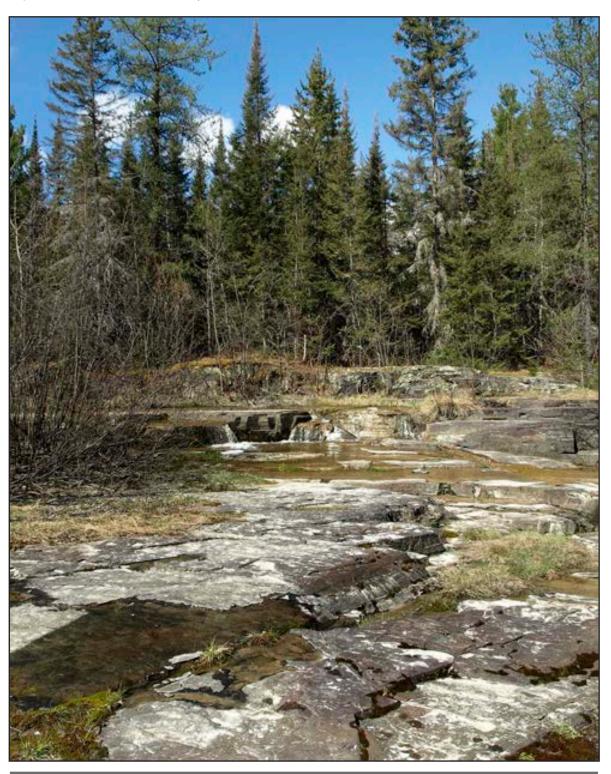
If you have been bitten by a tick and develop fever, headache, muscle and joint pains, fatigue, and a skin rash, especially one that looks like a red bull's eye in the weeks after being bitten, promptly contact your primary care provider. Bring the tick with you to your medical appointment, if possible, as it may help your provider assess your illness.

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



Family Health Team

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



Vous avez besoin d'un vélo?

Samedi le 12 juin 2021, de 10 h à 14 h

Old Horse Barn, 340, rue Armstrong, New Liskeard (à côté de la station de la PPO)

Échange de vélos!

Comment ça fonctionne : les vélos donnés par les membres de la communauté sont offerts gratuitement selon le principe du premier arrivé, premier servi. Ils sont prêts à être utilisés. Il n'est pas nécessaire de donner un vélo pour en recevoir un. Cette activité s'adresse à tous les groupes d'âges. <u>Les enfants</u> <u>de moins de 12 ans doivent être accompagnés d'un adulte</u>.

Tips for navigating near summer's waters

DISTRICT (Special) - In the summer months, especially as the heat rises across the country, there's not much more tantalizing than the call of a cool, crisp body of water. Whether it's swimming, boating, fishing or any number of other recreational activities, the common denominator is a desire to be in the water and cool down.

"Being near or in the water is great way to enjoy the summer months and when we think about those enjoyable moments we naturally associate getting in the water with a conscious decision to do so," said Gareth Jones, president and CEO of the Canada Safety Council.

"But too frequently, we see people drown without intending on even dipping their toe in the water, and these types of tragedies are entirely avoidable."

According to statistics from the Drowning Prevention Research Centre, slightly fewer than 500 Canadians drown every year on average - a disproportionate amount of which are Northern, Indigenous, new Canadians or a combination thereof. Of these, more than 900 Canadians drowned between 2008 and 2017 due to unintentional water entry.

"Drowning is the second leading cause of unintentional death in the county and sadly many of those who did drown never intended to go into the water and were often found within 15 metres of safety," said Wendy Schultenkamper, director of operations at Lifesaving Society Canada.

"Learning to swim, swimming in lifeguard-supervised settings and effective supervision of children around the water can have the biggest impact on drowning statistics."

Whether you intend to be in the water or not, one precautionary step that can be lifesaving - in a very literal sense - is to take swimming lessons. A proper education in the basics can result in a more instinctual response when hitting the water.

Here are a few more tips on keeping your water and water-adjacent activities safe and enjoyable this summer:

- If you are planning on being around water, bring someone with you. A whopping 74 per cent of unintentional water entry deaths occurred when the victim was alone.
- For the same reason, ensure that children are adequately supervised around water, and especially when around barrier-free bodies of water.
- When out on a boat, wear your lifejacket or personal flotation device (PFD). It is not enough to have it accessible - you might not have the time to locate it and put it on before an incident occurs.



Mesures de sécurité relatives à la COVID-19 y compris le dépistage, des protocoles de sécurité et la distanciation physique seront mises en place.

Pour faire un don de vélo : appelez Erika au 705 647-4305, poste 2253.

Autres activités

Cliniques d'ajustement de casques
 Information sur la sécurité routière
 Sacs à surprise

Pour obtenir plus d'informations, composez le 705 647-4305, poste 2253, ou envoyez un courriel à : aeltermane@timiskaminghu.com.



ASK THE EXPERTS Learn more from those who have the answers!



Sticking to safety basics

OTTAWA (Special) – Health and safety advocates say safety basics can't be overlooked on the farm.

"It's been a challenging year for many of us and the agricultural industry is no exception," said Gareth Jones, president and CEO of the Canada Safety Council, in a news release.

"Maintaining a high standard of safety should be ever present and continually reinforced in farm environments. In an industry of constantly shifting priorities, it's important to remember to brush up on the basics, too."

The Ottawa-based council and Workplace Safety and Prevention Services (WSPS), headquartered in Mississauga, joined forces earlier this year to remind Canadians that farming remains one of the most hazardous industries in the country, and that safety must be prioritized in the workflow.

An average of 85 deaths occur on Canadian farms every year, they said, citing findings of the Canadian Agricultural Injury Reporting initiative. The most common cause? Machinery, which accounts for about 70 per cent of all farm-related fatalities.

The council and WSPS said these can include machine rollovers, when equipment is improperly balanced on a hill and rolls on its side, striking either the operator or anyone who is nearby.

They can also include machine run-overs, where either a machine is left unmanned and rolls over its operator or the machine's operator runs over someone in the vicinity.

"As a health and safety association dedicated to supporting the agricultural industry, we can't highlight the importance of machine safety awareness on the farm enough," said WSPS president and CEO Lynn Brownell.

The two organizations urged agricultural operators to:

• Read the manufacturer's manual. Ensure your machines are well-maintained and operate them according to the printed guidelines.

They caution this is not the time or place to take shortcuts – losing a few minutes of daylight by taking the long way around a steep hill is preferable to losing time to injury, or worse.

• Make sure you're giving any machinery a wide berth while it's being used, keeping the area around the machine clear of animals, children and adults alike.

• Children should have a clearly designated area safely away from the heavy equipment in which they can play or do chores.

• Give your workspace a thorough visual inspection before starting work, ensuring there are no broken parts or unsafe work habits going on that may lead to injury.

They referred agricultural operators to the Farm Safety Audit, prepared by the Canadian Centre for Health and Safety in Agriculture.

WSPS itself offers a farm safety checklist, COVID-19 resources, and farm safety instructional videos.



SHE RIDES

Lily Bowering, 11, rides her scooter up a ramp at the Carter Antila Memorial Skatepark on May 29. The skatepark is the "in" place these days for youth looking for active recreational outlets. (Staff photo by Sue Nielsen)

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THIS IS 2021 MANITOULIN AND THE NORTH CHANNEL www.exploremanitoulin.com World's largest freshwater Island accessed via HWY 6 and MS Chi-Cheemaun





ACCOMMODATIONS AT A GLANCE see pages 6-8



Watch for this guide!



Find your vacation planning guide, This is Manitoulin, in the next edition of Temiskaming Weekender or visit exploremanitoulin.com.

Ontariots Island Retreat