



Hospital facing outbreak amid occupancy, staffing challenges

Diane Johnston
Speaker Reporter

TEMISKAMING SHORES – A COVID-19 outbreak at Temiskaming Hospital earlier this week has forced the hospital to temporarily restrict visitors once again.

“We know it’s tough, we know it’s difficult for people to not have that human touch, but on the other side of this is, people can die from it,” said hospital CEO Mike Baker in an interview earlier this week.

An outbreak is declared when two or more in-patients experienced symptoms of the virus and tested positive.

As of January 10, eight patients were reported to have COVID-19.

In response, the hospital has suspended visits by the general public and designated care partners to patients in acute and long-term care.

However, designated care partners can still visit patients in palliative, obstetrical and pediatric care.

Care partners are also allowed to accompany out-patients who need support due to physical, intellectual, cognitive or emotional conditions.

In making its decisions, Baker said the hospital is following national and provincial standards. It has two employees on staff who are certified as infection control and prevention professionals.

He said its own system of designating patient rooms – depending on symptoms, COVID test status, and length of stay – impressed Accreditation Canada on a recent survey of the hospital.

Continued on 6



SHARPENING SKILLS

Three-year-old Colton Robertson has been skating for only about a month. The Kenabeek boy received a little support from Jonathan Miller of New Liskeard during the Christmas break at a public skating session at the Don Shepherdson Memorial Arena. (Staff photo by Diane Johnston)

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- DID YOU GET The Speaker THIS WEEK?**
Here are some January 11, 2023 stories...
- Transit challenges continue with a hybrid bus and taxi service, as a new provider is about to come on board.
 - Timiskaming District Secondary School was closed for two days this week due to a threat made against the school. Classes resumed on January 11.
 - Two men from the Barrie area should go out and buy a lottery ticket. Luckily, a pair of Lake Temagami cottagers rescued them from the backcountry.
 - The Temiskaming Hospital is limiting visitors after a COVID-19 outbreak was declared earlier in the week.
 - The Englehart and Kirkland Lake hospitals will have a new CEO and president shortly as Jorge G. VanSlyke has accepted the positions.
 - Coleman Township Mayor Dan Cleroux outlined plans for how his municipality will prosper in the coming year.
 - Rodger Donaldson, the new reeve of James Township, is looking forward to learning how municipal governance works as his four-year term begins in 2023.
 - Evanturel Township will be completing roadwork in the coming year.
 - Latchford celebrated a new business opening recently when a Primerica office opened in the Fred Keenan Centre.



Two Temiskaming Shores Minor Hockey Association U7 division players got to show their stuff during the first intermission of the December 18 afternoon New Liskeard Cubs game at the Don Shepherdson Memorial Arena. (Staff photo by Sue Nielsen)

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Kirkland Lake Office



WINTER’S ANGLE
With slightly cooler temperatures this week, many anglers were happily taking the opportunity to place their huts onto Lake Temiskaming, just off the New Liskeard waterfront, on January 11. (Staff photo by Sue Nielsen)

Hospital facing outbreak amid occupancy, staffing challenges

Continued from Front

Through its actions, he said the hospital is trying to keep people safe.

They include the most vulnerable, he said, pointing to the aged and people with compromised immune systems who come to the hospital for chemotherapy and dialysis.

It’s also treats people ill with COVID-19, he said.

The hospital, he said, is the only place in the community where all that happens.

OCCUPANCY, STAFFING

The hospital is also seeing its occupancy rates starting to climb again.

Baker said occupancy averaged 90 per cent in November and 99 per cent in December.

On January 10, the hospital’s rate was 112 per cent, and has averaged 102 per cent for the month so far.

Respiratory illness is “a ma-

jor contributing factor” to the hospital’s admissions, he said.

Its number of alternate level of care patients – for the most part, older patients waiting on transfer to a long-term care residence – is also rising, from 23 and 24 in the last two months of 2022 to 26 at this time.

Like many hospitals, it’s also facing staffing challenges.

He said it has a “significant number” of temporary agency nurses to fill vacant positions on staff.

Baker said it’s come at a significant cost, and nursing costs will total “well over” \$5 million this year. It’s also controversial, he said, because it means that somewhere else is left short-handed.

“But the issue is, if we don’t do this, then there would be services that would have to close,” he said.

It could mean reducing surgeries or possibly cut-

ting emergency department hours, he said.

“With our geography, we just couldn’t afford to not have services open,” he continued.

“It’s unfortunate, but it’s something we think is the right thing to do for the community.”

IN MEMORIAM



Montana Dawn Heon
14th Angelversary
January 13, 2009

*Always Loved,
Never forgotten,
Forever missed.*

**Mama, Dad, Cierra
G-Ma & G-Pa Moore
Auntie Shan & Kianna**

*A special smile, A special face
In our hearts, A special place
Memories are a gift to treasure,
Ours of You, will last forever!!!*

CARD OF THANKS

THANK YOU

We wish to express our sincere gratitude for the out pouring of love and support for our family during the illness and passing of our dear Husband, Dad & Grandpa **DON WAUGH**.

He appreciated every act of kindness and the helping hands and prayers of extended family, neighbours and friends near & far over many months. He spoke often of the compassion & care of his medical team.

Thank you to Timiskaming Church for making their facility available for the service and luncheon, lovingly prepared and served by our Thornloe Crossroads Church family. We thank Pastors Curtis Greenwood and Don Sedore and the Goodkey family for making the service so meaningful. For those who visited, sent cards & flowers and made in memoriam donations, we are grateful. Meals delivered to us were timely and so appreciated. We are deeply touched by the many tributes to **DON** both written and spoken.

Thank you most sincerely to all.
**Joan, Jennifer (Andrew),
Andrew, Steve (Jessica),
Braydon (Emily), Emma, Kyle
and Carson.**

SPEAKER WEEKENDER

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EDITORIAL

Transit woes

There has been some nasty backlash against the Temiskaming Transit Committee on social media during this transition period to a new provider, which began January 3.

The previous transit provider, Stock Transportation, ended their agreement to provide transit on January 1. The new provider, Voyago, is not scheduled to begin their contract with the City until March, thus resulting in spotty service.

The Temiskaming Transit committee operates under the auspices of the City of Temiskaming Shores and the Town of Cobalt.

The City has entered into an agreement with DK Taxi Service, located in New Liskeard, to provide temporary transit options during the pre-planned service lull.

But it has obviously failed to meet the demand for service as people have been left waiting at stops with no bus arriving and the taxi service

run off it's feet - or wheels, as it were.

People who work in Haileybury and New Liskeard have been left without viable transportation options and they are not happy.

Some questioned why the City, which owns the transit buses, couldn't put a bus-bridging option together and use their buses on the routes until the new provider was in place.

Public transit service disruptions are common among different transit providers, but some say the City had plenty of time to avoid a transit service disruption.

Communication from the City says they have exhausted as many avenues as possible to provide transit services during the change-over period.

It is a most unfortunate situation for the City and transit users any way you look at it.

Fans welcome

The Temiskaming Shores Minor Hockey Association is hosting its second tournament of the season this coming weekend at the Don Shepherdson Memorial Arena in New Liskeard and the Shelley Herbert-Shea Memorial Arena in Haileybury.

The divisions are U13 House League and Re and U15 House League. Admission is free, so why not, on a cold winter's day, warm up with some hot local hockey.

The web of life

I've been reading author/naturalist David Attenborough's book called Living Planet: The Web of Life on Earth. I am fascinated by how life on the planet is so interwoven.

If you are a birder, you may understand how important the web of life is to birds.

The health of entire ecosystems is dependent on the health of our wetlands, forests and waterways.

If the forests are being cut down then there will be fewer habitats for birds and other wildlife.

If the wetlands disappear then habitat for fish, frogs, turtles, shore birds, snakes and other aquatic life is compro-

mised.

But along come the beautiful pine grosbeaks, evening grosbeaks, blue jays, woodpeckers and the like to take our thoughts away from icy roads, no sunlight, frozen lakes and the bills.

The largest finches - the evening and pine grosbeaks - seem to be dominating the backyard feeders of this region.

And of course, the black-capped chickadees are plentiful as well.

The heavier-set evening grosbeak with bright black and gold feathers with thick beaks are not shy.

They descend on backyard feeders by the hundreds de-

vouring black oil sunflower seeds with a flourish.

That beak is really powerful too and Hilliardton Marsh Research and Education Centre expert birder, Bruce Murphy, tells me it can pack a mighty bite also.

So here's the thing: evening grosbeak populations have declined by 92 per cent since 1970, according to the Cornell Lab of Ornithology.

The grosbeaks are the most steeply declining land bird in North America.

Scientists know this because of events like the annual Christmas Bird Counts, backyard feeder counts and other research projects.

We had a glimpse of the future of birds when hometown documentary producer, JoAnn Jackson, brought her riveting film Messenger to New Liskeard a while back.

The film detailed the factors affecting bird populations including birds dying from flying into buildings, cat predation and some agricultural practices.

The evening grosbeak's declining populations are the canary in the coalmine telling us about the health of our planet.

The same planet we rely on for our health and wellbeing.

Attenborough writes of how



Sue Nielsen

animals have miraculously adapted to changing environments from the dawn of time.

Are humans capable of those same adaptations when there's no clean water to drink, when all the trees are cut down and when nature itself is devalued in favour of virtual worlds?

That is why all of Ontario should be wary of what's happening in Southern Ontario with the Greenbelt development.

I am grateful for nature.

HSN board seeking Northeastern candidates

SUDBURY (Special) – Health Sciences North is seeking Northeastern Ontario residents to sit on its board of directors.

In a news release, the Sudbury hospital said directors would serve a renewable term of up to three years, beginning no later than June 2023.

Health Services North is seeking representatives from outside Sudbury, First Nations

or Métis members, Black or racialized members, and individuals serving in a leadership role in an academic institution.

People who identify as 2SLGBTQ+ and people with disabilities or from vulnerable populations are also strongly encouraged to put forward an application.

Governance experience is considered an asset.

The hospital board's governance and nominating committee will short-list candidates and conduct interviews with selected applicants.

Anyone interested can submit an application online at <https://hsnsudbury.ca>.

**Notice of
Annual General Meeting**
*Little Claybelt Homesteaders
Museum
will hold their
Annual General Meeting
and
Election of Board of Directors
Wednesday, February 15, 2023*
at 7 p.m. at the museum
883356 Hwy. 65,
New Liskeard, Ontario



ANNUAL GENERAL MEETING (AGM)

ATTENTION!!!

NOTICE OF DATE, TIME AND LOCATION OF THE AGM OF THE NEW LISKEARD AGRICULTURAL SOCIETY.

The New Liskeard Agricultural Society will be holding our AGM

ON THURSDAY, JANUARY 26, 2023 AT 7PM.

All members of the society are invited to attend.

Our AGM will be held in person at the Dymond Community Hall and virtually through Zoom. If you are interested in attending virtually, please reach out to nlfallfair@gmail.com to obtain a link to the meeting.

If anyone is interested in joining our board and would like further information, please reach out to Meghann Packard at 705-948-0071 or mpackard12@hotmail.com.



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OFFICE HOURS
MONDAY-FRIDAY
8:30 am to 4:30 pm

**COMMUNITY
NEWS**

Council Meetings

Monday, January 23, 2023

Monday, February 6, 2023

Monday, February 20, 2023

All meetings start at 6:00 p.m. in the Council Chambers.

2023 DOG TAGS

Do you have your 2023 Dog Tag yet?

Costs for a Dog Tag are as follows:

Spayed/Neutered Dog	\$10.00
Non-Spayed/Non-Neutered Dog	\$20.00

Tags and renewal can be obtained by contacting the Township Office.

MUNICIPAL WATER SYSTEM FINANCIAL PLAN

On December 19, 2022 Council adopted the 2021-2026 Water Financial Plan for the Township's Municipal Drinking Water System. In accordance with Ontario Regulation 453/07 under the Safe Drinking Water Act, 2022 copies of the plan have been posted on the Municipal Website and are available, without charge, by contacting the Township Office.

MUNICIPAL WASTE SITE

Hours of Operation: Tuesdays 9am – 4pm
Saturdays 9am – 4pm

CASH PAYMENTS for tipping fees at the landfill are now accepted.

GARBAGE COLLECTION

Collection occurs every Tuesday. Residents are required to have garbage bags no heavier than 40 lbs in containers ready for pick-up by 7am. Maximum of three (3) bags per week. Oversized bags will be tagged and left at the curb.

Avis de fin d'étude

Remplacement du pont d'étagement ONR de l'autoroute 11 à Earlington (GWP 5101-17-00)

L'ÉTUDE

Le **ministère des Transports de l'Ontario (MTO)** et **WSP Canada Inc.** ont achevé l'étude de conception détaillée et d'évaluation environnementale de portée générale pour le remplacement du pont d'étagement ONR (Ontario Northland Railway) de l'autoroute 11 à Earlington, dans le canton d'Armstrong. L'emplacement du pont est indiqué sur le plan repère.

LE PROCESSUS

Cette étude de conception détaillée a été faite conformément au processus de planification approuvé pour les projets de groupe « B » en vertu de l'évaluation environnementale de portée générale pour les installations provinciales de transport du ministère des Transports (2000).

Un rapport d'étude environnementale pour les transports (RÉET) a été préparé pour documenter les conditions existantes, l'évaluation des impacts, l'évaluation des solutions de rechange, les consultations entreprises et la conception du projet proposée, y compris les plans de gestion de la circulation pendant les travaux de construction.

Le rapport (RÉET) sera accessible pour une période d'examen de 30 jours du **16 janvier 2023** au **15 février 2023**. Une copie du rapport (RÉET) sera accessible pour une période d'examen à l'emplacement suivant (pendant les heures normales d'ouverture) :

Ville d'Armstrong – Bureau municipal temporaire

115, 10e Rue, Earlington (Ontario) P0J 1E0
(Lundi au vendredi : de 8 h à 16 h)

Une copie numérique du RÉET sera disponible sur le **site Web de la Ville d'Armstrong** à l'adresse Accueil | Canton d'Armstrong (armstrongtownship.com/fr). Une copie du RÉET peut également être fournie **sur demande** par l'équipe de projet indiquée ci-dessous.

COMMENTAIRES

Vous pouvez envoyer vos commentaires écrits aux membres de l'équipe de projet suivants avant le **15 février 2023** :

Rob Kleine, ing.

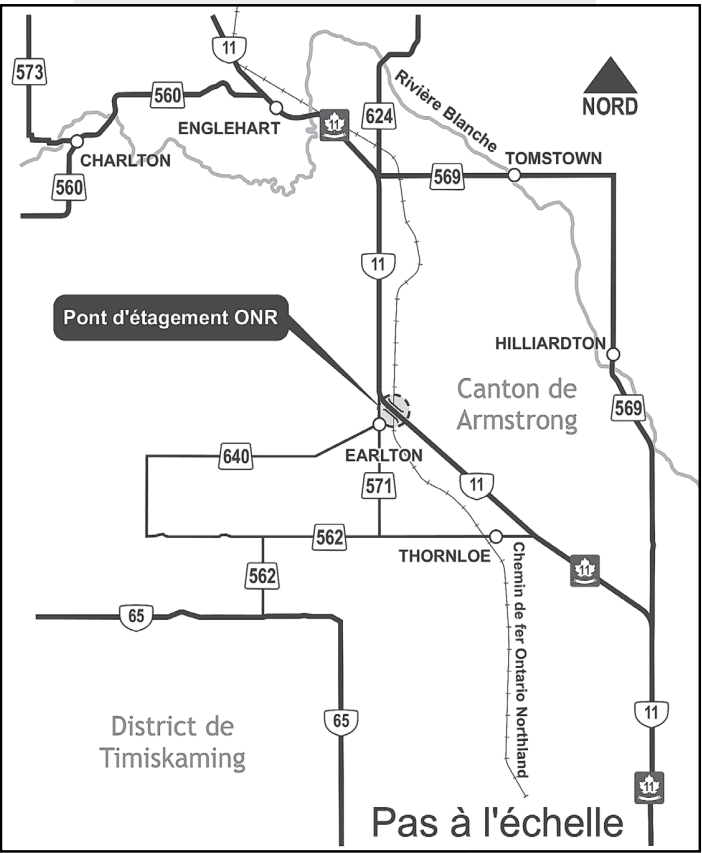
Chargé de projet de firme de conseils
WSP Canada Inc.
100, promenade Commerce Valley Ouest
Thornhill (Ontario) L3T 0A1
téléphone : 905 882-7225
télécopieur : 905 882-0055
courriel : Rob.Kleine@wsp.com

Michele Bailey, ing.

Ingénieure principale de projet du MTO
Ministère des Transports
447, avenue McKeown, bureau 301
North Bay (Ontario) P1B 9S9
téléphone : 705 497-5260
courriel : Michele.Bailey@ontario.ca

Des renseignements sont disponibles en français auprès de Marc St-Louis au 289 982-4620 (courriel : Marc.St-Louis@wsp.com).

Il est possible de demander au ministère de l'Environnement, de la Protection de la nature et des Parcs un ordre exigeant un niveau d'étude plus élevé (c'est-à-dire exigeant l'approbation d'une évaluation environnementale individuelle ou complète avant de pouvoir aller de l'avant), ou l'imposition de conditions (p. ex. exiger des études supplémentaires), uniquement au motif que l'ordre demandé pourrait prévenir, atténuer ou corriger les effets néfastes sur les droits des Autochtones bénéficiant d'une protection constitutionnelle ou sur des droits conférés par traité. Par conséquent, les demandes présentées s'appuyant sur d'autres motifs ne seront pas prises en compte. Les demandes doivent comprendre les coordonnées et le nom complet du demandeur pour le ministère.



Les demandes doivent préciser le type d'ordre demandé (demande de conditions supplémentaires ou d'évaluation environnementale individuelle ou complète), la façon dont l'arrêté peut prévenir, atténuer ou corriger les effets néfastes possibles, et toute information à l'appui de la demande. Ainsi, le ministère sera en mesure d'examiner la demande de façon efficace. Toute demande doit être envoyée par écrit ou par courriel aux personnes suivantes au ministère de l'Environnement, de la Protection de la nature et des Parcs :

Ministre de l'Environnement, de la Protection de la nature et des Parcs

Ministère de l'Environnement, de la Protection de la nature et des Parcs
777, rue Bay, 5^e étage
Toronto (Ontario) M7A 2J3
courriel : minister.mecp@ontario.ca

Directeur, Division des évaluations environnementales

Ministère de l'Environnement, de la Protection de la nature et des Parcs
135, avenue St. Clair O., 1^{er} étage
Toronto (Ontario) M4V 1P5
courriel : EABDirector@ontario.ca

Une copie de la demande doit également être envoyée à Michele Bailey, ingénieure principale de projet du MTO, par courrier ou par courriel (coordonnées ci-dessus).

Nous recueillons les commentaires relatifs à ce projet pour aider le ministère des Transports à respecter les exigences de la *Loi sur les évaluations environnementales*. Les renseignements recueillis seront utilisés conformément à la *Loi sur l'accès à l'information et la protection de la vie privée*. Tous les commentaires, à l'exception des renseignements personnels, feront partie du dossier public.

Ontario expanding use of biosimilar drugs

TORONTO (Staff/Special) - The Ontario Ministry of Health has announced that it is joining other provinces and territories in expanding the use of "biosimilar drug treatments" for patients.

On March 31, 2023, when "Ontario Drug Benefit recipients who are on an originator biologic will begin to transition to a Health Canada approved biosimilar version of the drug at no cost," the Ministry stated in a December 20 press release.

"Patients will continue receiving the same high-quality treatment, while allowing the government to fund more new drug therapies, bring innovation to the health care system and continue its work to deliver better, connected patient care," said Ontario Minister of Health Sylvia Jones.

The Ministry stated that "patients and health care providers can be confident that the quality, safety and patient benefits of the biosimilar are highly similar to the biologic drug. Biosimilars undergo the same robust and rigorous approval process by Health Canada and to be approved in Canada, a biosimilar must be proven to be highly similar, with no clinically meaningful differences in terms of safety and efficacy.

Patients receiving "Copaxone®, Enbrel®, Humalog®, Humira®, Lantus®, NovoRapid®, Remicade®, and Rituxan®, will be required to transition to the biosimilar version by December 29, 2023. During the transition period between March 31, 2023, and December 29, 2023, patients are encouraged to discuss a transition plan with their health care provider through in-person, telephone or virtual visits. Exemptions will be considered for patients in certain clinical circumstances on a case-by-case basis in consultation with their health care provider," the press release stated.

Healing gardens to grow at Englehart, KL hospitals

KIRKLAND LAKE (Special)
– Hospital patients in Englehart and Kirkland Lake will be enjoying new outdoor spaces as part of their care.

Blanche River Health (BRH) will be constructing healing gardens at both locations, using proceeds from the BRH Foundation's 50/50 online lottery.

Because residents have opened "their hearts and wallets" to support the lottery, "hospital patients will soon have safe, tranquil gardens to enjoy while they receive the care they need," said foundation chair John Sullivan in a news release.

BRH says healing gardens have been shown to improve well-being, reduce stress, and promote faster recovery.

It pointed to recent studies demonstrating the benefit of nature as therapy.

Evidence demonstrates, it said, positive impacts on a wide variety of conditions, from depression, anxiety, attention deficit disorder and hyperactivity to diabetes, obesity, migraines, vertigo, respiratory disorders, and infectious, cardiovascular and musculoskeletal diseases.

The benefits of healing gardens extend beyond patients, said Joan Brazeau, BRH's interim CEO.

"The number of hospitals that offer healing gardens to their patients is on the rise, and as an added benefit, they have gained popularity among patient visitors and hospital employees," Brazeau said.

The total cost of the project will be covered by the lottery's proceeds.

Since being launched in July 2021, the monthly draws have raised more than \$150,000.

Half of the proceeds go to the draw winners, with the other half collected by the foundation. Its share has to date surpassed \$75,000.

Notice of Study Completion

Replacement of the ONR Overhead Bridge, Highway 11 at Earlington (GWP 5101-17-00)

THE STUDY

The **Ministry of Transportation Ontario (MTO)** and **WSP Canada Inc.** have completed the Detail Design and Class Environmental Assessment (Class EA) Study for the Replacement of the Ontario Northland Railway (ONR) Overhead Bridge, Highway 11 at Earlington, Township of Armstrong. The bridge location is shown on the key plan.

THE PROCESS

This study followed the approved environmental planning process for Group 'B' projects under the MTO Class *Environmental Assessment for Provincial Transportation Facilities* (2000).

A Transportation Environmental Study Report (TESR) has been prepared which documents the existing conditions, impact assessment, evaluation of alternatives, consultation undertaken, and the proposed project design including the plan for traffic management during construction.

The TESR is available for a 30-day comment period from **January 16, 2023 to February 15, 2023**. A copy of the TESR will be available for review at the following location (during regular business hours):

Town of Armstrong – Temporary Municipal Office
115 10th Street, Earlington, ON PoJ 1E0
(Mon-Fri: 8:00 a.m. – 4:00 p.m.)

An electronic copy of the TESR will be available on the **Township of Armstrong website** at Home | Township of Armstrong (armstrongtownship.com). A copy of the TESR can also be provided **upon request** through the project team members listed below.

COMMENTS

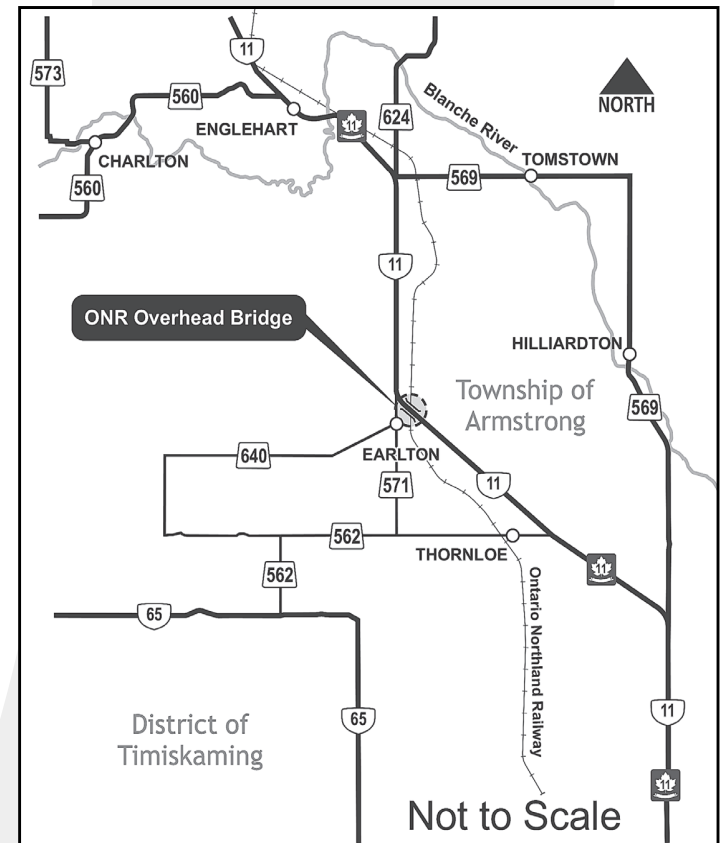
Written comments can be provided to the following project team members by **February 15, 2023**:

Rob Kleine, P. Eng.
Consultant Project Manager
WSP Canada Inc.
100 Commerce Valley Drive West
Thornhill, ON L3T 0A1
tel: 905-882-7225
fax: 905-882-0055
e-mail: Rob.Kleine@wsp.com

Michele Bailey, P. Eng.
MTO Senior Project Engineer
Ministry of Transportation
447 McKeown Avenue, Suite 301
North Bay, ON P1B 9S9
tel: 705-497-5260
e-mail: Michele.Bailey@ontario.ca

Des renseignements sont disponibles en français en composant (289) 982-4620, auprès de Marc St-Louis (courriel: Marc.St-Louis@wsp.com).

A request may be made to the Minister of the Environment, Conservation and Parks for an order requiring a higher level of study (i.e. requiring an individual/comprehensive EA approval before being able to proceed), or that conditions be imposed (e.g. require further studies), only on the grounds that the requested order may prevent, mitigate or remedy adverse impacts on constitutionally protected Aboriginal and treaty rights. Requests on other grounds will not be considered. Requests should include the requester contact information and full name for the ministry.



Requests should specify what kind of order is being requested (request for additional conditions or a request for an individual/comprehensive environmental assessment), how an order may prevent, mitigate or remedy those potential adverse impacts, and any information in support of the statements in the request. This will ensure that the ministry is able to efficiently begin reviewing the request. The request should be sent in writing or by email to the following individuals at the Ministry of the Environment, Conservation and Parks:

Minister of the Environment, Conservation and Parks
Ministry of Environment, Conservation and Parks
777 Bay Street, 5th Floor
Toronto, ON M7A 2J3
e-mail: minister.mecp@ontario.ca

Director, Environmental Assessment Branch
Ministry of Environment, Conservation and Parks
135 St. Clair Ave. W, 1st Floor
Toronto, ON M4V 1P5
e-mail: EABDirector@ontario.ca

A copy of the request should also be sent to Michele Bailey, MTO Senior Project Engineer, by mail or by e-mail (contact information above).

Comments and information will be collected to assist the Ministry of Transportation in meeting the requirements of the *Ontario Environmental Assessment Act*. Information will be collected in accordance with the *Freedom of Information and Protection of Privacy Act*. With the exception of personal information, all comments will become part of the public record.

Temagami Family Health Team

Submitted by Ellen Ibey

Foods that Can Lower your Blood Pressure

Have you ever heard of the DASH diet? DASH stands for Dietary Approach-es to Stop Hypertension (high blood pressure). It's a way of reducing blood pressure through changes in what you eat. It focuses on fruits, vegetables, whole grains, lean meats and low-fat dairy.

Green leafy vegetables: Eat spinach, broccoli, kale, or collards for a potas-sium boost. The mineral helps flush sodium out of your body and relaxes your blood vessel walls. **Recommended daily serving: 2-3 cups (raw leafy vegetables)**

Berries: The pigments that give blueberries, strawberries, and blackberries their rich colors also come with a benefit for your blood vessels: anthocyanin. It can help artery walls become wider and more flexible to lower your blood pressure and improve your heart health. **Recommended daily serving: 2-3 cups (fresh or frozen)**

Yogurt: Calcium is a key player for good blood pressure because it helps your blood vessels tighten and relax when they should. **Recommended daily serv-ing: 2-3 cups (yogurt or milk)**

Fatty Fish: Another good source of calcium is bone-in fish, like canned salmon or sardines. Oily fish are flush in omega-3s, the fatty acids that boost health and help your heart. **Recommended daily serving: 3-6 ounces (fish, lean meat, poultry)**

Seeds: Unsalted seeds are a source of vital minerals like magnesium, which helps control your blood pressure and relax your blood vessels. **Recommended daily serving: 1 to 1.5 tablespoons**

Garlic: Garlic can add more than just flavor to your dishes. It may also have a hand in boosting your nitric oxide levels, which dilates blood vessels. **Recom-mended daily serving: 1-2 cloves**

Unsalted pistachios: Unsalted tree nuts can be a great source of healthy fats that help your heart. But for high blood pressure, your best pick is pistachios. They seem to have the strongest effect on lowering both your top and bottom blood pressure readings. **Recommended serving: 1—2 cups per week (nuts)**

Olive Oil: Protective antioxidants in olive oil improve blood vessel health and help them stay elastic. **Recommended daily serving: 2-3 teaspoons (oil, may or salad dressing)**

Dark chocolate: Dark chocolate (at least 50% to 70% cocoa) can give you a boost of a plant compound called flavanol. This antioxidant can make your blood pressure drop a notch. **Recommended serving: An occasional nibble**

If you are considering starting on the DASH diet, discuss it with your health-care provider first.

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



Temagami

Family Health Team

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



SLIDE-SATIONAL

The weather was warm and sunny as Dylan Fitzgerald, 7, enjoyed a day of sliding with family at the hill at Ecole catholique Ste-Croix on January 8. (Staff photo by Sue Nielsen)

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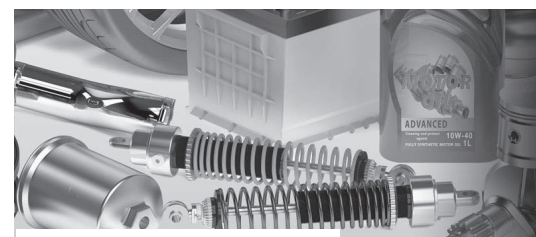
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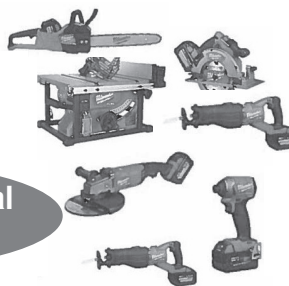
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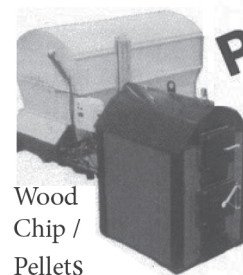


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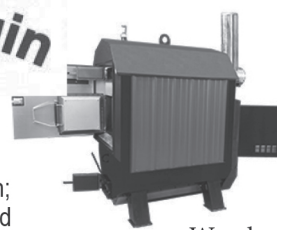
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Temiskaming Shores, P.O. Box 2050, Haileybury, ON P0J 1K0 or
Visit our Website: www.temiskamingshores.ca



COUNCIL AND COMMITTEE MEETINGS

Regular Council Meeting

Tuesday, January 17, 2023 @ 6:00 p.m. – City Hall, 325, Farr Drive

Tuesday, February 7, 2023 @ 6:00 p.m. – City Hall, 325 Farr Drive

Tuesday, February 21, 2023 @ 6:00 p.m. – City Hall, 325 Farr Drive

Regular Council Meetings are live-streamed on the City's Facebook page.

Question and Answer Period Procedure

Question and Answer Periods during regular Council meetings are an opportunity for members of the Public to submit questions pertaining to an item on the Agenda, or the business of Council.

Members of the public who wish to submit questions to Council at a Regular Council Meeting, may submit in writing or via email to questions@temiskamingshores.ca. The questions received will be

read aloud and responded to during the Question and Answer Periods.

Emailed questions will be received until the second Question and Answer Period. Questions received after this time, will not be read aloud at the Meeting. Note: Correspondence sent to the Mayor and Council may be included in a Council agenda/package, and become part of the public record.

Comments or questions submitted via the City of Temiskaming Shores Facebook page, will not be considered, and the moderator of the live-streamed Meeting may remove any and all comments.

For further information, contact Kelly Conlin
705-672-3363 Ext. 4116 kconlin@temiskamingshores.ca

325 Farr Drive
P.O. Box 2050
Haileybury, Ontario P0J 1K0



Tel: (705) 672-3363
Fax: (705) 672-3200
www.temiskamingshores.ca

NEWS RELEASE January 6, 2023

Thank you for your patience and understanding during the launch of Temiskaming Transit. We are hopeful the regular Transit Service will resume very soon, however delays will continue for the week of January 9th, 2023.

Alternative transportation options will continue, and all persons should continue to plan accordingly.

At the time of this news release, the Bus Charter will not be operational effective Monday January 9, 2023. **Service will be available with DK's Taxi during the following hours of operation:**

Daily (Monday – Sunday) 6:00 am to 10:30 pm (Last TAXI leaving Walmart)

There will be a vehicle to pick up passengers along the Transit Route every 2 hours at minimum.

Please refer to the regular transit route schedule. Every effort will be made to adhere as closely as possible to the regular Transit Stop times, however delays are expected. Please plan accordingly.

Riders are encouraged to have a monthly transit pass or purchase transit tickets. Tickets can be purchased from:

- City Hall
- Temiskaming Shores Library
- Pinky's Variety
- Pool & Fitness Centre
- Findlay's Drug Store
- Smallman IDA Pharmacy
- White Mountain Publications

Cash fares will still be accepted, and each trip will be in accordance with the transit fares.

Every effort has been made to offer alternatives and we ask for your patience and understanding during this transition. All parties continue to strive for full service as soon as possible and updates will be posted ongoing as they become available.

Jeff Laferriere, Mayor
City of Temiskaming Shores

RECREATION UPDATE

Waterfront Pool and Fitness Centre

- Pool schedule is available on our website: www.temiskamingshores.ca/poolschedule/
- Evening and Public Swims available throughout the winter.
- The slide is **OPEN**

Parks, Trails, and Greenspaces

- All outdoor facilities are **CLOSED** for the season
- Trails and parks are not maintained by City staff throughout the winter.

Outdoor Rinks

- Shaver Park Outdoor Rink (80 Queen St, North Cobalt) is **OPEN** for the season
- Dymond Outdoor Rink (400 Laurette St, Dymond) is **OPEN** for the season
- Outdoor Rinks are open until 9pm each evening

Arenas

Please note: As work continues on the new vestibule at the Don Shepherdson Memorial Arena, please enter the facility through the side entrance as indicated. Signage is in place.

Public Skating

Don Shepherdson Memorial Arena

- ☐ Sundays 6:30pm to 7:30pm
- ☐ Wednesdays 12:30pm to 1:30pm
- ☐ Fridays 12:30pm to 1:30pm
- ☐ Fridays 5pm to 5:50pm

Shelley Herbert-Shea Memorial Arena

- ☐ Tuesdays 12pm to 1pm
- ☐ Saturdays 7:30pm to 8:30pm

Pickleball

Interested in playing pickleball this winter? Join the new Temiskaming Shores Pickleball Club today and play up to 6 times per week! Contact Russ Tench for more details: rtench1@gmail.com
705-648-3280

AGE FRIENDLY/GET ACTIVE PROGRAMS.

For more information contact Lynn Julien at 705-647-5709 or ljulien@temiskamingshores.ca
Registration required for Women’s exercise class and line dancing class.

Monday – Aquafitness: 9:00am – January 16th, 23rd and 30th, Seniors drop-in rate of \$6.75, Pool and Fitness Centre
Adult Swim: 12:00pm – January 16th, 23rd, 30th, Senior drop-in rate of \$4.25, Pool and Fitness Centre
Cross-Country Skiing: 1:30pm – January 16th and 30th, Temiskaming Nordic Ski Club, Coleman Township (free and includes equipment rental)

Tuesday – Women’s Exerc. Group: 9:00am – January 17th, 24th and 31st, Shelley Herbert-Shea Memorial Arena
Beginner Line Dancing: 10:00am – January 17th, 24th and 31st, Lawrence “Bun” Eckensviller Community Hall
Public Skating: 12:00pm – January 17th, 24th and 31st, Shelley Herbert-Shea Memorial Arena

Wednesday – Aquafitness: 9:00am – January 11th, 18th and 25th, Seniors drop-in rate of \$6.75, Pool and Fitness Centre
Adult Swim: 12:00pm – January 11th, 18th and 25th, Senior drop-in rate of \$4.25, Pool and Fitness Centre
Public Skating: 12:30pm – January 4th, 11th, 18th and 25th, Don Shepherdson Memorial Arena

Thursday – Women’s Exerc. Group: 9:00am – January 5th, 12^h, 19th and 26th, Shelley Herbert-Shea Memorial Arena
Indoor Walking: 9:00am – January 5th, 12th, 19th, and 26th, Northern College Gymnasium, Haileybury
Intermediate Line Dancing: 11:00am – January 12th, 19th, and 26th, Shelley Herbert Shea Memorial Arena
Snowshoeing: 1:30pm – January 26th, Temiskaming Nordic Ski Club (free)

Friday – Beginner/Intermediate Pickleball: 9:00am – January 13th, 20th and 27th, Lawrence “Bun” Eckensviller Community Hall

Aquafitness: 9:00am – January 13th, 20th and 27th, Seniors drop-in rate of \$6.75, Pool and Fitness Centre
Adult Swim: 12:00pm – January 13th, 20th and 27th, Senior drop-in rate of \$4.25, Pool and Fitness Centre
Public Skating: 12:30pm – January 6th, 20th and 27th, Don Shepherdson Memorial Arena
Bowling: 1:30pm – January 13th and 27th, Tri-Town Bowling Lanes, Haileybury



Application for a Minor Variance Notice of Complete Application And Notice of Statutory Public Hearing Committee of Adjustment

Under Section 45 of the Planning Act, R.S.O. 1990 c.P.13

The City of Temiskaming Shores has received the following Minor Variance application:

File #: A-2022-06
Owner: Sébastien Tassé
Property: 704121 Rockley Road

A public meeting will be held to consider the minor variance application:

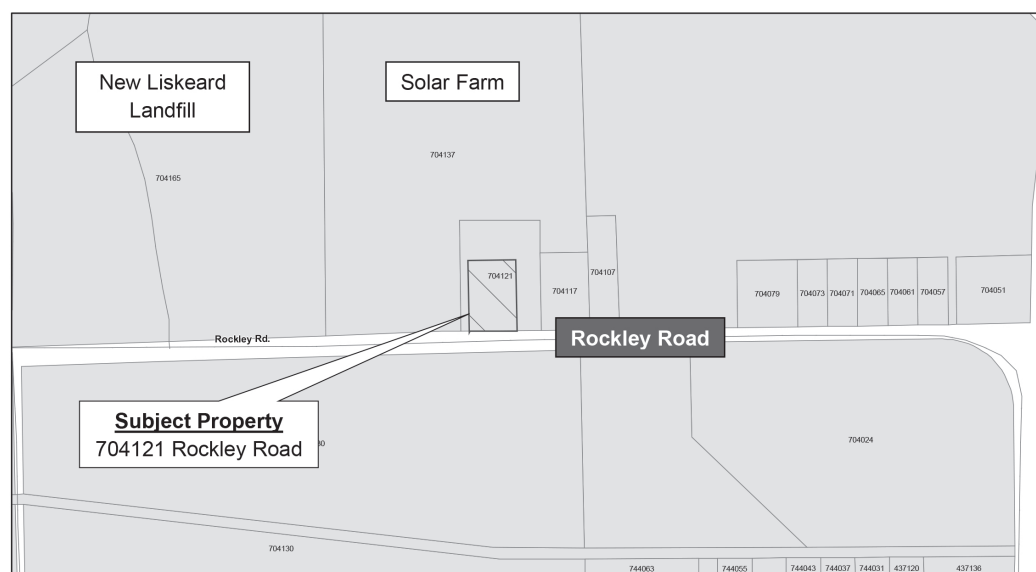
Date: Wednesday, January 25, 2023
Time: 1:30 p.m.
Place: Council Chambers at City Hall, 325 Farr Drive, Haileybury
Please contact the undersigned for alternative participation options

The owner is requesting relief from the provisions of the City of Temiskaming Shores Zoning By-law to allow for an increased accessory building height to permit the construction of a detached accessory garage on the property. The following relief is required:

Provision	Zoning By-law	Subject Property
Section 6.4, Table 6.3 –Zone Requirements for Residential Zones – Rural Residential (R1) Zone – Maximum Accessory Building Height	5 metres	5.43 metres

The property is designated Rural Area and is located within the 500 metre influence area of the New Liskeard Landfill in the City of Temiskaming Shores Official Plan and is zoned Rural Residential Hold 3 (R1(H3)) in the City of Temiskaming Shores Zoning By-law 2017-154.

Key Map



Additional information about the minor variance application is available by contacting the undersigned.
Dated this 11th day of January, 2023.
Jennifer Pye, MCIP, RPP, Secretary-Treasurer, Committee of Adjustment, City of Temiskaming Shores
325 Farr Drive, PO Box 2050, Haileybury, ON P0J 1K0, Tel: 705-672-3363 ext. 4105 jpye@temiskamingshores.ca

Age Friendly Coffee Hour

TUESDAY JANUARY 24TH 2:00PM

Open Studio Libre - 479 Ferguson Ave., Haileybury

WEDNESDAY JANUARY 25TH 10:30AM

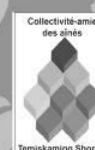
Riverside Place - 55 Riverside Drive, New Liskeard

Join us at this FREE event for a coffee and informative discussion with
Kim Campbell from Foot Care Nurse
and Chandra Juurlink from Bioped

For more information contact Lynn:
ljulien@temiskamingshores.ca



705-647-5709



CITY BULLETIN

For More Information Call 705 672-3363 Write to The City of
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TEMISKAMING SHORES PUBLIC LIBRARY

Library Hours:

Mondays: 10-4

Tuesdays, Wednesdays and Thursdays: 10-8; Fridays and Saturdays: 10-4

Libby Training Seminars

Temiskaming Shores Public Library is hosting a demonstration on how to borrow ebooks and audiobooks through the Libby app, on Saturday, January 21 from 10:00-11:30. During the seminar we will walk through a tutorial and answer any questions relating to Libby as they arise. This is a free event which features information for both new and experienced users. Patrons are recommended to bring their own device and library card so they can practice along with the session. Preregister at the library in person or by calling 705-647-4215.

Family Literacy Week

The Temiskaming Shores Public Library is always celebrating literacy but from the 23rd of January until the 28th of January we have take-away bags with activities in English and French for our patrons. Drop by the library and pick up a take-away to share literacy at home with the entire family in some creative ways. Call the library at 705-647-4215 for more information!

Family Fun Time

The Temiskaming Shores Public Library is pleased to bring back our Family Fun Time program. At this program the whole family gets to enjoy stories being read aloud, a variety of board games and our collection of fun toys. Our first Family Fun Time is on Saturday, January 28 from 10:30-12:00. Drop in at 10:30 for a fun social event to warm you up on a cold morning! No registration is required for this event.

Gadget Helper

Have you received a new tablet or device for Christmas? If you need help in learning how to use it, you can book a gadget helper appointment at the library! Currently we offer weekly 45-minute one-on-one timeslots on Thursdays. In the past, the gadget helper program has helped patrons with topics from learning to navigate the basics of a new device to downloading ebooks and accessing online resources and even troubleshooting hardware and software issues. Call the library to book an appointment!

Snowshoes for Loan

If you have a library membership, try checking out a pair of snowshoes and hitting some of our beautiful trails this winter! The library has a wide selection of sizes so the whole family can snowshoe together!

Interactive Fun for Children on the Eresources page of our website!

Designed for children K-3, **PebbleGo Animals, Science and Dinosaurs** has fun information, videos, and pictures for children. The easy to navigate site allows children to learn about a variety of topics. Login with your library card.

If your children want to read, **TumbleBookLibrary Online** is a great place to go! The online collection of ebooks are suited for children in grades K-6. Existing children's books are animated and have audio narration. The collection includes favorites such as *The Paper Bag Princess* by Robert Munsch, *Diary of a Worm*, *How I Became a Pirate*, *Miss Malarkey Doesn't Live in Room 10*, *One Duck Stuck*, as well as fairy tales such as *Jack and the Beanstalk* and *Old Mother Hubbard*. This resource has a great collection of French online books as well—Just toggle to Francais in the upper right hand corner of the page! Use your library card to log in.

Northern College Satellite Service Hours

Monday through Thursday: 8-8

Fridays: 8-4; Saturdays and Sundays: 10-3

Learn Something New!

The **Hobbies and Crafts Reference Centre** offers detailed "how-to" instructions and creative ideas to meet the interests of virtually every hobby enthusiast with articles, videos, and more! Subjects Include: Arts and crafts, Collecting, Home and garden, Indoor recreation, and Kids' crafts. Have your 14 digit library card number ready to log in and start crafting!

Want to brush up on a language or learn a new one? **Mango Languages Online** teaches actual conversation skills for over 50 languages. With helpful feedback, you can learn at your pace, wherever you are. Create an account with your library card. Find these resources and more at www.temisklibrary.com.

For more information about any of these programs please call us at 705-647-4215, email us at info@temisklibrary.com or pop into the library and speak to one of our friendly staff members.



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- Ensure woodstoves, fireplaces and fireplace inserts are installed by a **qualified technician** according to **manufacturer's instructions**.
- Have your heating system, vents and chimneys inspected and cleaned annually by a **qualified service technician**.
- Ensure all outside heating vents are **not blocked**.

- Allow ashes from your woodstove or fireplace to cool before emptying them into a **metal container** with a tight-fitting lid. **Keep the container outside**.

- **Always use a fire screen around the fireplace!**



Install **smoke** and **carbon monoxide** alarms on every storey of your home.

Test them every month.



For more information contact your **local fire department**.

Temiskaming Shores Fire Dept.
Jocelyn Plante Fire Prevention Officer
705-672-3363



Office of the Fire Marshal and
Emergency Management
ontario.ca/firemarshal

New federal pandemic recovery funding offered

TIMMINS (Special) – Charities, non-profits and Indigenous governing bodies in Northeastern Ontario are eligible for more than \$1.2 million in federal pandemic recovery funding.

The United Way Centraide North East Ontario/Nord-est de l'Ontario (UWCNEO) will distribute the Community Services Recovery Fund.

The fund is a one-time investment of \$400 million to help eligible organizations across Canada acquire the tools they need to adapt and modernize.

“We have seen the effects of the pandemic on our community organizations and the increased need for services,” said UWCNEO executive director Mary Lou Hussak in a media release.

She said UWCNEO will help facilitate the distribution of the funding alongside the Canadian Red Cross and Community Foundations of Canada.

Funding is open to qualified recipients in Timiskaming and Cochrane as well as Nipissing, Greater Sudbury, Parry Sound and Manitoulin.

It’s earmarked to help organizations develop their organizational capacity by:

- adapting how they deliver services to support their staff and volunteers;
- purchasing equipment, such as computers and software;
- creating new ways of working, such as developing new fund-raising approaches;
- supporting staff and volunteers through such things as training and supports for mental health and well-being;
- developing plans to receive funding from diverse sources.

Any organization interested in applying for the funding may do so through the fund’s website, at <https://communityservicesrecoveryfund.ca/apply-now>. The deadline to apply is February 21.



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Answers for Crossword Puzzle

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

HOROSCOPE

WEEK OF JANUARY 15 TO 21, 2023
The luckiest signs this week: Sagittarius, Capricorn and Aquarius.

March 21 - April 19



ARIES You'll have to elbow in to get this promotion. If you give it your all, you'll be rewarded. Fortune smiles on the bold. A spontaneous getaway or trip will get organized.

April 20 - May 20


TAURUS In the face of a changing family situation, you'll consider moving to a more suitable environment. You must give a vital decision much thought before taking action.

May 21 - June 21



GEMINI You'll contemplate going back to school or enrolling in a training course. You'll have to negotiate with strangers and converse in another language at work or elsewhere.

June 22 - July 22


CANCER You'll have to tie up many loose ends at work, which will take a long time to finish. You'll finally get your hands on the right treatment or medication for chronic issues regarding your health.

July 23 - August 22


LEO Despite some reluctance, you'll find yourself in a situation that takes you to the top. This situation will have many people talking for years to come. Your pride is bound to swell.

August 23 - September 22



VIRGO While taking care of your home and family, spoil yourself and have some fun. You may also have to prepare food for loved ones in need.

September 23 - October 22



LIBRA Much travel is in store. Family and friends will need your services and a listening ear. You'll receive an abundance of gratitude and appreciation from them.

October 23 - November 21



SCORPIO Love is top of mind. If you're single, you'll meet that special someone who wants to make a long-term commitment. If you're in a relationship, you'll make long-term plans to solidify your union.

November 22 - December 21


SAGITTARIUS This week, your exceptional interpersonal skills will come in handy. You'll organize an event that turns out to be a huge success. All your initiative will have a surprising impact on your future.

December 22 - January 19


CAPRICORN This week, your life will be full of spectacular twists and turns. However, time isn't on your side. Although the path may be unclear, one of your dreams will become more attainable.

January 20 - February 18


AQUARIUS You'll feel drained after a few stressful days. However, you'll feel particularly creative and make a masterpiece that brings you success.

February 19 - March 20


PISCES You'll be pressed for time and unable to put off specific tasks any longer. You'll be responsible for emergencies and important files at work, which will help boost your career.

ACROSS

- 1. Loud noise
- 4. Wise birds
- 8. Cave sound
- 12. 21, e.g.
- 13. Fall
- 14. Hold
- 15. _____-advised
- 16. Secluded valley
- 17. Shell out
- 18. Food shop
- 20. Exclamation
- 22. Down yards
- 23. Puss
- 25. Wise
- 27. Salad-bar garnish
- 30. Cheer
- 33. Long narratives
- 34. Actor Michael _____
- 35. Merchant
- 37. Reimburses
- 38. Tableland
- 39. Mine's output
- 40. Winning serve
- 42. Fine sand
- 44. Legend
- 48. Large rodents
- 50. Computer fodder
- 52. Cow's sound
- 53. Hard trip
- 54. Always
- 55. Corn piece
- 56. Limber
- 57. Damp
- 58. Sneaky

CROSSWORD

1	2	3		4	5	6	7		8	9	10	11
12				13					14			
15				16					17			
18			19		20			21		22		
			23	24			25		26			
27	28	29					30				31	32
33							34					
35					36		37					
		38					39					
40	41			42		43			44	45	46	47
48			49		50			51		52		
53					54					55		
56					57					58		

DOWN

- 1. Reimbursed
- 2. Peer
- 3. It holds water
- 4. Offbeat
- 5. Circle of greens
- 6. Lounge
- 7. Spatter
- 8. Coop output
- 9. Standards
- 10. Busy spot
- 11. Unbarred
- 19. Winter pendant
- 21. Cup's mate
- 24. Rate
- 26. Vine fruit
- 27. Angry color
- 28. Big monkey
- 29. Circle measurement
- 31. Indefinite number
- 32. Stags
- 36. Attacked
- 37. Decayed
- 40. Handicrafts
- 41. Criticize
- 43. Volcano overflow
- 45. Tavern beverages
- 46. Motive
- 47. Askew
- 49. Blue yonder
- 51. Genesis ship

Ranch Country
103.1 FM

103.1
THE RANCH

TIMISKAMING'S HOTTEST COUNTRY

Community CANCER CARE

WE HELP
Cancer Patients & their families

With:

- Emotional Support
- Mastectomy
- Finances
- Accommodations
- Specialized dental treatments
- Physiotherapy
- Medical supplies, dressings
- Special chemotherapy
- Prescription drugs
- Lab tests
- Prosthesis
- Nutritional supplements
- Rental of equipment

TUESDAY, WEDNESDAY, THURSDAY 10am - 1 pm

Temiskaming Hospital Room 724 **Englehart Office & Hospital** Room 724 **Englehart Family Health Team**

Check out our Website: communitycancercare.ca

705-628-8800 **705-544-2301 ext. 5256**

Sponsored by the Temiskaming Speaker

CAR CARE DIRECTORY

FAST, FIRM ESTIMATES

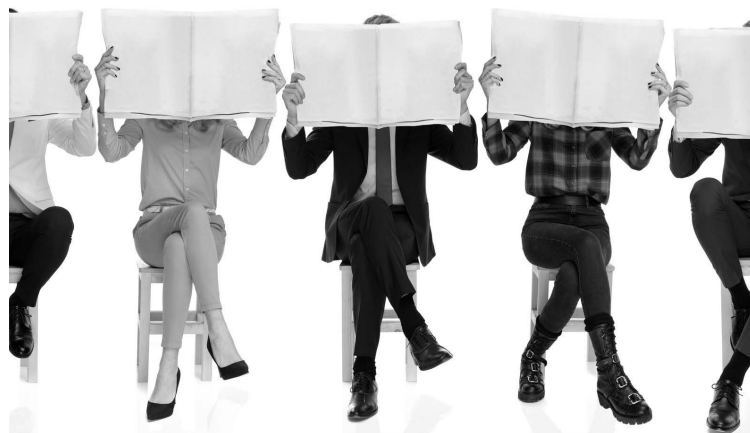
Our body shop can quickly give your insurance adjuster an accurate estimate of the cost to repair your vehicle. And once we get approval, we'll proceed as fast as possible to make your car like new again...using genuine GM parts.

Certified Service

The Collision Centre

238 Armstrong Centre, P.O. Box 100, New Liskeard ON P0J 1P0
Telephone: 1-705-647-2031 • Fax 1-705-647-9817
Email: collisioncentre@personainternet.net

GM



Weekender Classified

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

Place your classified ad online at
speaker@northernontario.ca

CLASSIFIED

ADVERTISEMENT RATES

WORD ADS \$12.99 plus tax 20 words.

DISPLAY ADS

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

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

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

Customers must pay before insertion.

**Engagement Notices / Wedding Announcements /
Birthday Announcements / Anniversary Announcements
In Memoriam / Cards of Thanks
Graduation Special**

2 inches wide x 3 1/2 inches deep – \$38.00 + Tax.

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

CLASSIFIED WORD ADS

must be placed before 10 a.m.

Monday to appear in the Wednesday edition.

Display (Classified) Ads must be placed before 10 a.m. Monday.

Office Hours

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

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

We accept VISA, MASTER CARD and AMERICAN EXPRESS.



CALL US FOR DETAILS.

705-647-6791

Ext. 227 or Ext. 228.

CHURCH SERVICES & more...

OUR MOTHER OF PERPETUAL HELP PARISH COMING EVENTS

SUNDAY MASSES are celebrated at Our Mother of Perpetual Help on Sundays at 9:00 A.M. and 11:00 A.M.. Sunday Mass at 11:00 A.M. is live-streamed on our Facebook page: <http://www.facebook.com/OMPH.NL>.

SUNDAY MASS is celebrated at Saint Patrick's Parish in Cobalt on Saturdays at 5:00 P.M.

Our Mother of Perpetual Help Parish has weekday Masses on Tuesday, Thursday and Friday at 11:00 A.M. Saint Patrick's Parish has a weekday Mass on Wednesdays at 11:00 A.M.

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

WEEKLY OMPH E-BULLETIN: If you would like to receive the weekly e-bulletin from Our Mother of Perpetual Help Parish, please email omphoffice@gmail.com

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

ST. PAUL'S UNITED CHURCH WELCOMES YOU TO SUNDAY SERVICES at 70 Wellington St. in New Liskeard, beginning at 10:30 AM. **This Sunday please join us when our worship leader will be Bonnie Moore. Next Sunday, January 22nd, our worship leader will be Jennifer Moorlag.** For more information on our services and outreach programs, check out our Facebook page at facebook.com/stpaulsnewliskeard or phone 705 647 4171.

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

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

HAILEYBURY & DISTRICT BAPTIST CHURCH extends a warm welcome to all. Worship Sunday at 1:30 pm with pastor Adam Kubias. Accessibility ramp. Call the church (705) 672-5855. www.haileyburybaptist.ca

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

EVERYONE IS WELCOME AT TEMISKAMING PENTECOSTAL CHURCH - Feel free to attend any Sunday at 10:30 a.m. The church is located at 583472 West Rd. in Haileybury. For information about other things that are happening at the church visit the website at temiskaming.church or call 705-672-2020.

FR. WAYNE MILLS is available to hear confessions and give out Communion by appointment. Please call the office at 705-647-5035 to make an appointment. **TOMSTOWN PRESBYTERIAN CHURCH** invites you to worship services on the third Sunday of the month at 10:00 a.m. PLEASE NOTE that mask wearing is mandatory.

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

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

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

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

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

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

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

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

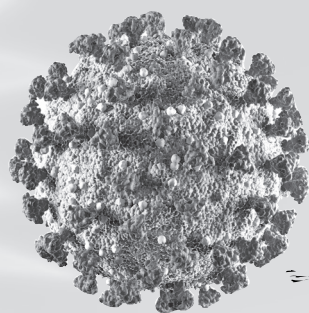
SERVICES AT ST. PAUL'S EMMANUEL COMMUNITY CHURCH (formerly Emmanuel United Church, Englehart) at 10am, every Sunday. Minister: Rev. Elaine Lush. All are welcome.

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

PAROISSE SAINTE-CROIX SUR FACEBOOK: Consultez notre page Facebook sur facebook.com/Paroisse-Ste-Croix et restez au courant des derniers événements de notre paroisse catholique.

ÉGLISE CATHOLIQUE SAINTE CROIX est ouverte pour célébrer la messe du mardi au samedi matin à 9:30, le samedi soir à 19h et le dimanche matin à 10h. L'église Sainte-Croix est située à 341 Sutherland Way, Haileybury - 705-672-3296. Bienvenue à tous

PAROISSE SACRÉ-COEUR CATHOLIQUE DE NEW LISKEARD – Nous sommes heureux de vous accueillir pour les messes dominicales les samedis à 16 h et les dimanches à 10 h 30. Nous offrons aussi la messe le mardi, mercredi, jeudi et vendredi de chaque semaine à 9 h à l'exception du 4emardi de chaque mois. Cette messe a lieu à 19 h. L'église et notre bureau sont situés au 116 Dymond Cres. Certaines adaptations et modifications ont été mises en place pour la protection de toutes et tous. Pour autres informations composez le 705 647-5045 ou par courriel apsacrecoeur@personnainternet.com. Pour le bulletin de la semaine consultez notre page Facebook (facebook.com/Paroisse-Sacre-Coeur).



COVID UPDATE



Services de santé du

TIMISKAMING
Health Unit

Address/adresse: 247 Whitewood Ave., unit 43/ 247 avenue
Whitewood, unite 43

COVID-19 phone line/ligne de COVID-19: 705-647-4305,
extension/poste 7

Need to book a COVID-19 test at an Assessment Centre? Please call your local Assessment Centre directly. Note that THU no longer assists with booking COVID-19 tests.

You are eligible for a test at an Assessment Centre if you have symptoms and you are 70+ (or 60+ with fewer than 3 vaccine doses), have certain health conditions or risk factors, or live or work in certain settings.

Tests at Assessment Centres offer the most reliable results, and we recommend choosing this test if you are eligible. If you aren't eligible, a Rapid Antigen Test is your best option.

Visit our website for more information about eligibility criteria and the best test for you: <https://www.timiskaminghu.com/90548/Where-can-I-get-a-COVID-19-test>.

Vous devez réserver un test de dépistage de la COVID-19 à un centre d'évaluation? Veuillez communiquer directement avec votre centre d'évaluation local. Notez que les SST n'aident plus à réserver des tests COVID-19.

Vous êtes éligible pour un test de dépistage à un centre d'évaluation si vous présentez des symptômes et vous avez plus de 70 ans (ou 60 ans et plus avec moins de 3 doses de vaccin), si vous avez certains problèmes de santé ou certains facteurs de risque, ou si vous vivez ou travaillez dans certains milieux.

Les tests aux centres d'évaluation offrent des résultats plus fiables, et nous vous recommandons de choisir ce test si vous êtes éligible. Si vous n'êtes pas éligible, un test antigénique rapide est votre meilleure option.

Visitez notre site Web pour plus d'informations sur les critères d'éligibilité et le meilleur test pour vous : <https://www.timiskaminghu.com/90548/Where-can-I-get-a-COVID-19-test>.

Centres d'évaluation de COVID-19 Assessment Centres

Kirkland Lake, Englehart and area / et environs

705-568-2127

Temagami and area / et environs

705-569-3244

Temiskaming Shores and area / et environs

705-648-1844



CLINICS | CLINIQUES

- Book online at <https://covid-19.ontario.ca/book-vaccine> or call us at 866-747-4305, Ext. 6.
- Due to limited capacity, appointments are recommended for all age groups.
- Participating pharmacies also carry COVID-19 vaccines: <https://covid-19.ontario.ca/vaccine-locations>.
- Réservez en ligne à <https://covid-19.ontario.ca/rendezvous-vaccin> ou appelez 866-747-4305, poste 6.
- En raison de la capacité limitée, des rendez-vous sont recommandés pour tous les groupes d'âge.
- Les pharmacies participantes offrent également des vaccins contre la COVID-19: <https://covid-19.ontario.ca/emplacements-pour-la-vaccination>.

Clinics for people aged 12+ (1st, 2nd, & booster doses) | Cliniques pour les 12 ans et plus (1re, 2e et doses de rappel)

Wednesday, January 11 | mercredi 11 janvier

Kirkland Lake - Timiskaming Health Unit

1 - 4 p.m. | 13 h à 16 h

Tuesday, January 17 | mardi 17 janvier

New Liskeard - Old 'Movie Gallery'

1 - 4 p.m. | 13 h à 16 h

Wednesday, January 18 | mercredi 18 janvier

Kirkland Lake - Heritage North

1 - 4 p.m. | 13 h à 16 h

Clinics for people aged 6 mths to under 11 yrs (1st, 2nd, & booster doses) | Cliniques pour les 6 mois à moins de 11ans (1re, 2e et doses de rappel)

Thursday, January 12 | jeudi 12 janvier

New Liskeard - Timiskaming Health Unit

9 a.m. - 12 p.m. & 1 - 4 p.m. | 9 h à 12 h et 13 h à 16 h

Tuesday, January 17 | mardi 17 janvier

Kirkland Lake - Timiskaming Health Unit

9 a.m. - 12 p.m. & 1 - 4 p.m. | 9 h à 12 h et 13 h à 16 h

For the full clinic schedule, visit | Pour l'horaire complet des cliniques, visitez www.timiskaminghu.com/90513/COVID-19-Vaccine

*247 Whitewood Avenue, New Liskeard

NOTICES / COMING EVENTS

Euchre Friday Nights at 7pm at the Hudson Hall.

THE COFFEE HOUSE - THE 2ND TUESDAY OF THE MONTH, 7:00 PM - 10:00 PM at ST. PAUL'S UNITED CHURCH AUDITORIUM, 70 WELLINGTON ST. NEW LISKEARD. All musicians welcome, young & old, of all abilities, all music, country, rock, gospel & jazz, Family, friends & anyone who appreciates the fellowship of music makers & their sound. For more information contact Brian Matheson at 705-647-5671 or email: coffeehouse2tues@outlook.com Follow us on Facebook & YouTube at: coffee house new liskeard

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

DUPLICATE BRIDGE EVERY THURSDAY at 7pm in the Lions Den (entrance behind Community Hall) Partners will be available. If needed Call 705-647-7158 or 563-2996 for information.



Notice of Annual General Meeting

The Temiskaming Shores & Area Chamber of Commerce will hold their

**Annual General Meeting and
Election of Board of Directors**

Tuesday, January 31, 2023

at 5:30 PM at the Chamber of Commerce Boardroom

Chamber Members are invited to submit nominations for the Board of Directors, before Friday, January 27, 2023 to the Chamber Office.

For further information please contact the Chamber Office at:
TEL: 705.647.5771 EMAIL: manager@tsacc.ca

Weekender Routes Available in New Liskeard Haileybury!

We are looking for hard working motivated individuals to deliver the Weekender in different areas of New Liskeard & Haileybury.

To find a Route close to your home or for more information contact Arianna at the Temiskaming Speaker by calling 705-647-6791 Ext. 227 or email: classifieds@northernontario.ca



LE GRAND JAM - Weekly jam session Wednesdays at 1 pm. At Le Coeur Du Village (old IGA) Earleton. Join us to play, dance and meet up with friends.

BID EUCHRE!! EVERY TUESDAY, at 7 pm at Hudson Hall. Everyone Welcome! For Info call 705-647-6684

EMPLOYMENT OPPORTUNITIES

SMALLMAN PHARMACY

is looking for a

Pharmacy Assistant

Full-time / Part-time

Bring in resume
368 Main St.,
Downtown,
Haileybury

or email resume to
smallmanstaff@gmail.com

EUCHRE! EVERY MONDAY, at 1 pm at Haileybury Legion. Everyone Welcome! For info call 705-647-6684

FUN AFTERNOON CRIB at the Haileybury Legion every SUNDAY 1 til 4 p.m. Bring a partner and play some crib. Covid protocols will be followed.

EMPLOYMENT OPPORTUNITIES

Situated in the picturesque, vibrant lakeside community of The City of Temiskaming Shores, Northern Ontario's premier printing company is looking for a unique, motivated individual to become our next

SALES REPRESENTATIVE

To be the right candidate for this full time career, you are a self starter and driven by success. You are a person who can meet, establish and maintain lasting business relationships with a large, varied client list throughout the District of Temiskaming. You have a "people first" approach and stay organized in a fast-paced environment. You learn quickly, communicate extremely well, and have your own vehicle. You're friendly, punctual and determined.

You have a creative mind & think outside the box.

Experience in outstanding salesmanship is considered a definite asset.

We'd love to meet you to discuss this full time position which offers salary, commission and access to a group benefit package.

SPEAKER

PRINTING, PUBLISHING
AND PROMOTIONS

**Please forward
your resume to:**

Brenda Craik
Temiskaming Printing
18 Wellington St.
New Liskeard, Ontario
POJ 1P0
or email

speaker.brenda@northernontario.ca

We are looking for Home Child Care Providers

Nous sommes à la recherche de Pourvoyeuses de garde d'enfants

Join our team of licenced Home Child Care Providers. You get to work from home. Give us a call, email us or apply now at <https://form.jotform.com/TCCHCC/apply>

Joignez-vous à notre équipe de Pourvoyeuses de garde d'enfants à domicile agréés. Vous travaillez à la maison. Appelez-nous, envoyez-nous un courriel ou faites votre demande dès maintenant à <https://form.jotform.com/TCCHCC/appliquer>



Centre pour enfants
Timiskaming
Child Care

www.timiskamingchildcare.ca

For more information communicate with:
Pour en savoir plus, communiquez avec :

Christine Charette Brazeau, RECE/EPEI
ccbrazeau@timiskamingchildcare.ca
705-672-2100 ext. 229

Office Space For Rent

Great Central Location

FEATURES:

- Up to 10,000 sq. ft. of space**
(owner will renivate to suit tenant's needs)
- Ample parking**
- Centrally located in New Liskeard**
- Real Estate Broker protected**
- Professional tenant building**
- 280 Armstrong Street North**

For more information, email:
ray@northernontario.ca

FOR RENT

UPSTAIRS 2 BEDROOM APARTMENT - with 17 outside stairs. 128 Pine St. \$1300/month, includes appliances and utilities. Must do own yard work. Call 705-647-7357.

STUDIO APARTMENT, 41 WHITE-WOOD AVE. - Above commercial business. Quiet tenant, Several stairs, No parking. \$900/month, includes fridge & stove. Call 705-647-7357.

2 BEDROOM APARTMENT FOR RENT - Heat & hydro included, washer and dryer hookups. \$900/month, call 819-629-9650.

Cooking Products


INDEPENDENT CONSULTANT
Cathy Morrow
www.pamperedchef.ca/pws/cathypclady

SERVICES

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

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

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

4 SUMMER TIRES WITH MAGS - Sailun Inspire. Size 235/55R19 asking \$300. **WINTER TIRES, NO RIMS** - Continental Winter Contact. Size 235/55R19 asking \$200. Tires come from a 2012 GMC Terrain. Call 705-647-7407.

Searching for Something?
FIND IT TODAY IN THE
CLASSIFIEDS!

PERSONAL

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

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

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

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

USED ARTICLES FOR SALE

WHITE BIRCH FOR SALE - cut, split & delivered. Daki Menan Lands & Resources Corp. 705-569-2663 or 833-979-8600.

4 - 10 INCH WIDE WHITE PINE BOARDS. 15ft awning for trailer. Hardware for 20ft awning (no tarp). Call 705-647-2840 for more information.

WANTED

Wanted-Farmland or Acreage Between New Liskeard and Englehart with or without buildings. Call or text confidentially 519-575-8985

UNWANTED GUNS - Looking for guns of any kind. Rifles, shotguns, handguns, gun parts, used brass also. Have all licenses. Call 705-622-4005.

LOOKING FOR OLD SNOWMOBILES RUNNING OR NOT FOR PARTS, old camper trailers, propane tanks & scrap metal. Please call 705-679-3395.

EIGHTIES LARGE BOOM BOX GHETTO BLASTERS & RECORD PLAYERS - no CD players. Call or text, 705-648-5392.

LOOKING FOR PINBALL MACHINES AND TABLE TOP ARCADES FOR MAN CAVE - Any condition! Willing to travel. Call 705-648-5392.

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Licensed Electrical Contractor
NORTHERN NOOK ENTERPRISES
Serving all your electrical needs.
Open Monday thru Saturday

ECRA/ESA 7011512

Paul Strubhar 705-648-1481


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705-676-6451
JARED FLEMING
NORTHWOODHNR@GMAIL.COM


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Plumbing - Heating
- Electrical Wholesale - Retail
74 Scott Street, New Liskeard, ON
Tel: 705-647-4412
Fax: 705-647-4485
discount@breaultsdiscountwarehouse.com

FOUNDATIONS

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

SALES & SERVICES DIRECTORY

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

Stump Removal & Grinding

Dave Peckover 705-679-3001

Loach's Radiator Service

RR#2, New Liskeard

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

- Mechanical Services also available -

Call 705-647-7191



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New Liskeard, ON P0J 1P0
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Mongrain

Happy New Year!

What better way to ring
in the new year than a
SALE!



For the entire month of
January, we are offering
50% off
motorization for

shadeomatic®
and
HunterDouglas 
Blinds!!

Tired of glare on your TV and no privacy in the evening?
Is your house losing heat through your windows in the winter, and heating up
from the sun in the summer?

Now is the time to add or update your window coverings to make your living
space more modern and comfortable

Call us at 705-563-2648

Located in the show room of DM Woodworking in Earlton, ON.