VEEKENDER THE SPEAKER'S WEEKEND EDITION



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Visit us on



Library offering radon detectors

TEMISKAMING SHORES (Special/Staff) - Canadian winters lend themselves to indoor activities and, unfortunately, the potential for exposure to radon gas.

Temiskaming Shores library cardholders can now borrow radon detector kits to measure the level of the gas in their homes.

"The screening devices will give users an idea of the levels of radon in their living areas so they can take action to mitigate the risk," said library CEO Rebecca Hunt in a news release.

"Further, long term testing should always be done to confirm the results of the screening device. Testing is done in the winter, during the heating months for more accurate results," Hunt continued.

Health Canada identifies radon - an invisible radioactive gas produced as uranium breaks down in soil and rock – as the leading cause of lung cancer in non-smokers.

It says exposure to high levels of radon gas in indoor air increases the risk of developing lung cancer. The risk depends on the level of radon and length of exposure.

In the outdoors, radon dilutes quickly and is not a concern.

"However, in enclosed spaces, like homes, it can accumulate to high levels and become a risk to the health of you and your family," Health Canada advises.

It said gas can enter a home anywhere it finds an opening, such as cracks in foundation floors and walls, gaps around service pipes, support posts, window casements, floor drains, sumps or cavities inside walls.

Concentrations can vary between adjacent houses, even if they're of similar design, it said.

"According to Health Canada, 16 per cent of all lung cancers are caused by radon exposure, resulting in over 3,000 deaths per year in Canada," Hunt said.

"The library is happy to be able to provide the screening devices in our community to raise awareness of this potential health hazard."

The library has three kits available. They include the detection device and a brochure outlining its



WARMING UP TO WINTER

Kayla Dodds of New Liskeard was among the many ice-fishing enthusiasts who headed out onto Wabi Bay on Lake Temiskaming January 15 to enjoy the annual sport. She was hauling a few armloads of wood to the fish hut on this trip. (LJI photo by Darlene Wroe)

use and facts about radon and home screening.

They can be checked out for free by any library cardholder over 18 and in good standing. If the devices are lost or damaged, the replacement fee is \$150.

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More information about radon can be found on the Health Canada website at, https://www.canada. ca/en/health-canada/services/health-risks-safety/ radiation/radon.html, or at the Take Action on Radon website, at https://takeactiononradon.ca.



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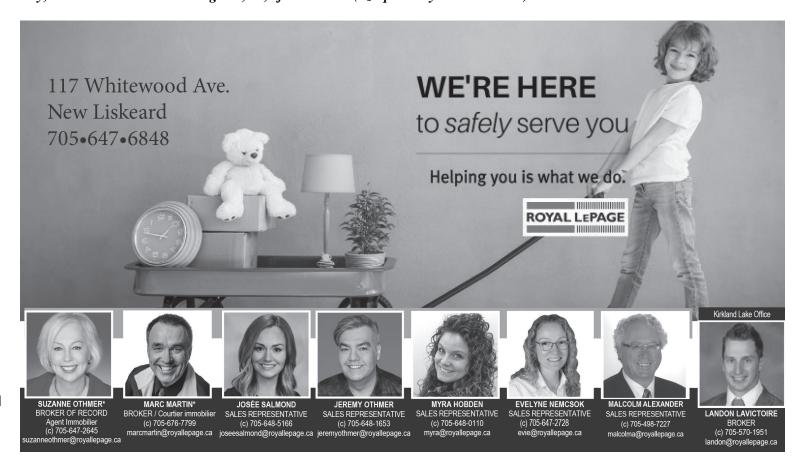
DID YOU GET The Speaker THIS WEEK? Here are some

- January 18, 2023 stories... Timiskaming Home Support
- will enact fee increases for light housekeeping services effective February 1.
- · A Voyago shuttle bus is providing temporary transit service until the new transit provider rolls out their permanent service.
- An 18-year-old from Temagami has been charged concerning a number of threats made at Timiskaming District Secondary School.
- The outdoor rinks are ready to provide winter recreational opportunities in the City of Temiskaming Shores.
- The Englehart Fall Fair will return as the Englehart and District Agricultural Society meets this month to begin the planning for the 2023 event.
- The Temiskaming Hospital is seeing more pediatric respiratory illnesses at the health care facility.
- The newly formed One Light group shines a light on inclusion and multiculturalism in the South Temiskaming region.
- The Keepers of the Circle New Liskeard location provides support to Indigenous families.
- The Tomstown Presbyterian Church is celebrating a milestone this year.
- Two local 13-year-old crosscountry skiers have been selected as part of a Northern Ontario District team.
- The New Liskeard Cubs earned a hard-fought win last Friday night at home against the U16 North Bay Trappers.



ON TRACK

Algonquin Regiment Army Cadet Squadron 2344 was on the trails at the Temiskaming Nordic Ski Club January 14 practicing their times and techniques in preparation for the Northern Ontario Biathlon Competition in Sault Ste. Marie later this month. The event will include a cross-country skiing and shooting competition for Northern Ontario cadets. Pictured here from the left are Cadet Ethan Daigneault, 13, of Haileybury, Cadet Reegan Williams, 14, of Haileybury, biathlon coach Lieutenant Al Roy, and Cadet Connor McLaughlin, 13, of Kenabeek. (LJI photo by Darlene Wroe)



Survey finds renovating may be better than selling

DISTRICT (Special) - Cur- FinanceIt. rent economic conditions are having a substantial impact on Canadians' home renovation plans in the year ahead.

In a recent study commissioned by FinanceIt Canada Inc., the survey of Canadian homeowners found that 39 per cent cite affordability challenges as the reason for postponing their renovation plans for anywhere from one year to indefinitely, with this sentiment rising to 48 per cent for younger respondents aged 18-

"It's no secret that Canadians are continuing to be mindful of spending as rising interest rates and financial uncertainty are felt across the country," says Michael Garrity, CEO of

"It's not surprising that younger Canadians, who likely have less disposable income than their older counterparts, are being impacted at a greater

As many as 90 per cent of the merchants interviewed have reported an expectation of business volume fluctuations, as consumers become hesitant to spend.

Looking ahead to 2023, alongside increasing financial hesitations and concern, the home improvement sector is anticipated to be influenced by housing market activity. Higher interest rates that have accompanied inflation have meant that engaging in the housing market might not be

viable for some Canadians. This may make renovating the home, rather than selling it, a potentially more attractive option for some.

The survey also found:

- Only 23 per cent of Canadians are aware of financing that is offered directly through a home improvement contrac-
- About a quarter of Canadians would prefer an easy application process when securing financing, even if it means a slightly higher interest rate.
- 23 per cent of Canadians are not overly concerned about interest rates related to financing their home renovation projects, so long as their monthly payments are afford-

OBITUARY



Lynn Gould

In loving memory of our dear Lynn...

With the heaviest of hearts, we are deeply saddened to mourn the passing of our loving grandmother, mother, sister and friend Lynn Gould on January 9, 2023, in her 77th year.

Lynn was born in Haileybury, Ontario, to the late Phyllis St.

Lynn had a love for the simple things in life. She cherished her time with family and friends and was always willing to share a good recipe, her homemade preserves or her hand-knitted dish cloths, mittens, and toques.

She was an eternal optimist and no matter what challenges life presented she faced them with a fierce determination. Wherever she went, Lynn spread love, joy and positivity.

She will be lovingly remembered by her two sons Darren (and Jessica) and Doug (and Denise); and her grandsons Mitchell, Jacob and Hayden.

Lynn will be dearly missed by her sisters Denise Sopha (Dando) and Lisa Sopha (Cowley) and Dave; and her brother Mark Sopha and Guylaine; and was sadly predeceased by her youngest sister Holly Sopha.

Tremendous thanks to the PRHC Intensive Care team that lovingly looked after Lynn until she was ready to be with the angels.

In keeping with Lynn's wishes, cremation has taken place and a celebration of her life will take place at a later date in Cobalt, Ontario.

As expressions of sympathy, donations to the Historic Cobalt Legacy Fund through The Temiskaming Foundation website (https://temiskamingfoundation.ca) in memory of Lynn would be greatly appreciated.

Condolences accepted at www.ashburnhamfuneral.ca/community-alternative-obituaries.

Temagami Family Health Team Submitted by Ellen Ibey

Physical Activity and Mental Health

The Canadian Mental Health Association estimates that 1 in 5 Canadians will experience a mental health crisis or be diagnosed with a mental illness. By age 40, that ratio increases to every 1 in 2 Canadians. While the benefits of physical activity on physical health are well known, being active can also be an effective pathway to good mental health.

According to the World Health Organization, mental health is "a state of wellbeing in which an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and is able to make a contribution to his or her community". The fast pace of modern life can sometimes throw off our mental balance, which is why it's important to find simple and effective strategies to keep it steady. Physical activity is one of them.

Although you won't often see "more physical activity" written on your prescriptions, it's often recommended as a way to counteract and manage many diseases. Mental illnesses such as depression and anxiety are no exception.

Regular physical activity can help:

- · Boost your mood and energy levels.
- Inspire a feeling of pride, self-esteem and general wellbeing.
- · Improve your ability to concentrate and accomplish day-to-day
- Reduce your stress and improving your ability to manage it.
- Help you get better-quality sleep.
- Additionally, if you are living with mental illness, including exercise in your daily routine can help reduce your symptoms and help you

The Ideal Level of Physical Activity

You don't have to become a top athlete to see the benefits of physical activity on your mental health. Getting moderate-intensity (and especially aerobic) exercise for at least 15 to 30 minutes a day can be enough to see changes in your mood and wellbeing. That said, if you feel like you can and want to do more, go for it! Just remember that if you have a chronic illness such as heart disease, it's best to talk to your primary care provider before starting a more intense exercise routine. It may also be a good idea to seek help from a qualified personal trainer.

Making physical activity a priority is an easy and accessible way to take care of your health and wellbeing, including your mental health.

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

Source: Canadian Red Cross Blog



Family Health Team

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EDITORIAL

More health care options

The provision of health care in the province of Ontario is a complex issue.

It involves governments, health care professionals and ordinary citizens to make it work.

For ordinary people living in the north, who perhaps don't have a doctor and have been waiting for a surgical procedure for months, if not years, health care in the province would seem to them inadequate.

Premier Doug Ford has just announced that Ontario will be expanding the use of private, for-profit clinics to perform limited sets of procedures and tests.

Cataract surgery, hip and knee replacement surgeries and diagnostic testing will be offered to the general public at private clinics.

Ford says all patients need to do is show up and present an OHIP card to receive these important health care procedures.

But what about the hidden costs of those procedures?

Nursing unions claim private clinics will rob the system of nurses, thus hurting hospitals, long term care homes and other places nursing services are offered.

Here in the north many people do not have access to a family doctor so expediting surgery options is a good move.

We hope this new government plan to move from the current status quo of health care provision is going to work.

But we must ask ourselves: what are the side effects of this private health care option?

Perhaps there is one thing we can all agree on and that is that while people wait to get a family doctor and are on wait lists for surgeries, there is tremendous suffering taking place.

If our current health care system is ending in death and suffering, as we know it is, then change is badly needed.

If Ford is able to get some hips and knees replaced and end peoples' suffering with his new policy, then bravo.

We just hope the Ford government's new health care promises don't go down the rabbit hole like the promise to return passenger rail service to the north via the Ontario Northlander.

I promise to do my best

As a child, I reluctantly put on my Brownie uniform and went to Brownies every Wednesday after school upstairs at the Community Hall in Cobalt.

Eileen was the Brownie leader. She was Brown Owl, and if my sister and I didn't show up we were in a hoot of trouble.

During our meetings she would bring out three rubber toadstools.

We would dance around them singing our pledge of allegiance: "I promise to do my best, to be true to myself and develop my beliefs. To serve God and the King and to keep the Brownie Guide

I found it difficult to make that promise to the King each week when we obviously had a Queen.

Years later when I was at I had to because my aunt the Cobalt Community Hall for an event I was hosting, I found one of the sponge toadstools. A whole host of memories came flooding back to me.

> My mother gave us a dime each week to give to the Brown Owl, however, I often gave my dime to Alma Ferris at the Boston Grill for a bag of candy.

If you knew me back then I would much rather have been chasing a ball or running through the woods

chewing on a piece of candy than going to Brownies.

Years later my daughter enrolled in Brownies and L became a Brownie leader.

When Whitney aged out of Brownies it was then time for her to move up to Girl Guides.

I gave my word that I would be a Guide Leader but my girl was having no part of it.

She refused to join. "That's your problem mom," she said. "I am not joining."

Anyway, I guess Brownie founder, Lady Baden Powell, might be turning over in her grave upon hearing that Brownies are no more.

The Girl Guides of Cana-

da have changed the name of Brownies to Embers.

Some girls found the name Brownies offensive because the name may be associated with a particular ethnic group.

Evolving with new information is never a bad thing for organizations.

But I have to wonder what's next? How about the football team named the Cleveland Browns? Will they need to change their name because of "wokism?"

What if an Embers member brings a pan of brownies to a meeting? Would she then be chastised or the brownies thrown out?

What a shame!



Vielsen

If a name change makes one small child feel more accepted then I am all for it.

But let's lighten up and remember the original name for the Brownies came via Lord Baden Powell's sister, who read a fairy tale and suggested young girls could be brownies and helpful to their families and communi-

I believe I was helpful to my community by increasing the cash flow at the Boston Grill each week.

But I will always remember them as Brownies.

Cobalt considering Fitness Centre project

Darlene Wroe

Local Journalism Initiative Reporter

COBALT - Cobalt council is reviewing whether it wishes to proceed with setting up a Fitness and Wellness Centre at the Fraser Building.

The centre would be a small version of the Hoist Room gym at the former arena. The gym was closed when the arena was sold.

A Northern Ontario Heritage Fund grant of \$90,360 is being made available to the town, but the town must commit \$10,000 to the project.

Town manager Steven Dalley cautioned council that the actual price of setting up the Wellness Centre would likely be much steeper now because of higher prices.

He said to have the proper facilities, the town would need to ensure adequate services at the site, such as an HVAC system, noise control, and electrical.

"Right now that building only has a boiler system so we

would need air exchangers," he said.

"There's so many costs involved.... Honestly, you're looking at at least double" the original estimate. He noted that the original application was made in 2021.

Councillor Doug Wilcox noted, though, that when the Hoist Room was operating at the arena the town was breaking even on its costs "and even making a slight profit."

He expressed the hope that if a similar facility were set up "once we had it running it would become self-sustaining."

He suggested the town should consider resubmitting an expanded bid.

"It's something the community has received well in the past. It was much in demand."

He suggested the council should put in an expanded application "and see if there is an opportunity to do it again."

Councillor Angela Hunter pointed out that it was important to the users of the previous facility that the gym was open 24 hours a day. She suggested that the town should try to get some of the former users involved in looking into establishing a new facility, although she wondered if they would come back.

"Obviously they have somewhere to go now."

Anderson pointed out that the previous facility had a separate entrance, which facilitated the gym being accessible 24 hours a day.

The proposed new site at the Fraser Building is not large, it was also noted.

Also, due to insurance costs, there are concerns about having free weights in the new location. Only machines should be used there, it was suggested.

Public works superintendent Aaron Williams noted he has been trained in the maintenance of gym equipment, which he obtained when the Hoist Room was operating.

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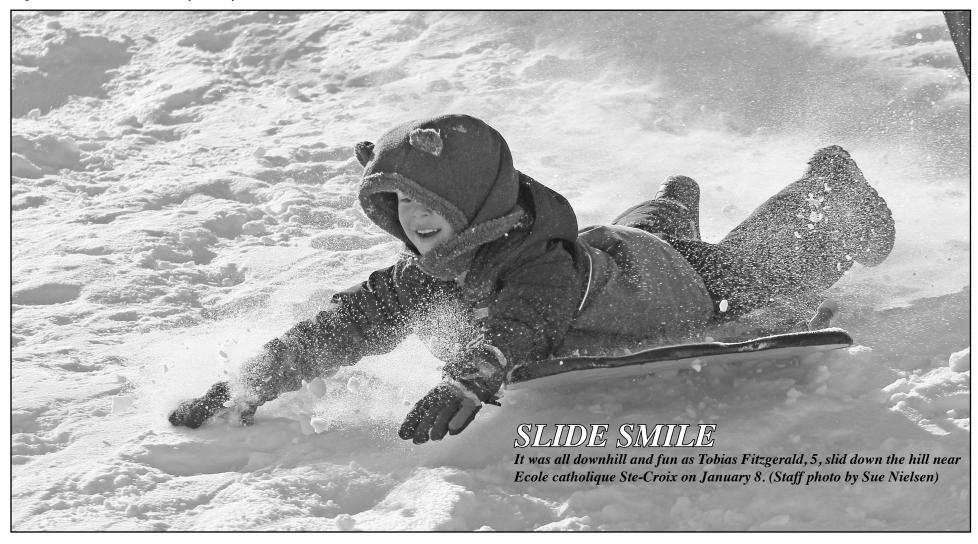
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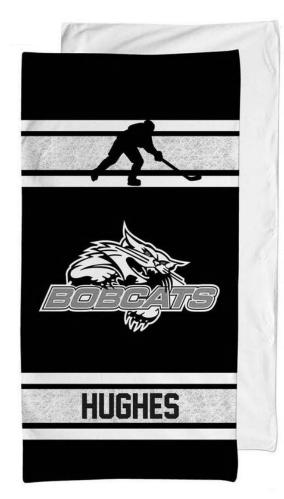
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Tax time is fast approaching for Canadians

DISTRICT (Staff/Special) — Just prior to the busy tax-filing season, the Canada Revenue Agency (CRA) is offering tips and strategies for Canadians on how to properly fill out their tax returns to maximize returns.

If you filed on paper last year, the CRA should mail you the 2022 income tax package. You should receive your package by February 20, 2023. Others who want to file on paper can order or download forms online at canada.ca/cra-forms. They can also order forms by calling the CRA at 1-855-330-3305 starting January 24.

The deadline for most Canadians to file their income tax and benefit return for 2022 is April 30, 2023. Because April 30 falls on a Sunday, your return will be considered filed on time if the CRA receives it or it is postmarked on or before May 1. Similarly, your payment will be considered on time if it is received by the CRA or processed at a Canadian financial institution on or before May 1.

CLIMATE ACTION INCENTIVE PAYMENT

The climate action incentive payment (CAIP) is paid quarterly. If you are eligible, you will automatically get the CAIP four times a year. To receive your payment on April 14, 2023, you and your spouse or common-law partner (if applicable), have to file your income tax and benefit returns (even if you did not receive income during the year), and have them assessed on or before March 24, 2023. If your tax returns are assessed after this date, your payment will be included in a subsequent payment after your returns are assessed.

If you reside outside a census metropolitan area (CMA) and expect to continue to re-

side outside of a CMA on April 1, both you and your spouse or common-law partner (if applicable) must complete the CAIP section on page two of your returns. For more information, go to canada.ca/child-family-benefits.

FILING ONLINE

Did you know that 92 per cent of returns are filed electronically?

Electronic returns are generally processed within two weeks. However, for paper returns, the service standard is to process them within eight weeks of receipt. If you file electronically and are signed up for direct deposit, you may get your refund in as little as eight business days. If you're registered for My Account, you can also use Auto-fill my return to quickly fill in parts of your return with information the CRA has on file. If you choose to file your return electronically, you will use the CRA's NETFILE service. Visit canada.ca/netfile-software to see a list of NETFILE-certified tax software products, some of which are free.

FREE TAX HELP

If you have a modest income and a simple tax situation, volunteers at a free tax clinic may be able to complete your tax return. Free tax clinics are available in-person or virtually.

FILING HELP

You may be eligible to use File My Return if you have a lower or fixed income. If you are eligible to use this telephone service, you'll receive an invitation letter with the 2022 income tax package the CRA sends you. Starting February 20, 2023, this service will let you quickly file your return by answering short questions through a secure, dedicated, and automated telephone service.

Public Notice of Application for Consent

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

The Minister of Municipal Affairs and Housing has received **Application No. 52-C-223088** for consent in Savard Unincorporated Township, District of Timiskaming. The subject property is described as 509362 Hough Lake Road, PIN 612670082.

The application would sever one new lot, approximately 59 hectares in size and irregular in shape. The lot would have approximately 600 metres of frontage on Hough Lake Rd. The lot is currently used for agriculture and would continue to be used as such.

The proposed retained lot would be approximately 4 hectares in size with approximately 200 metres of frontage on Hough Lake Rd. The lot contains a house, barn, two sheds, and a workshop.

No new buildings or structures are proposed as a result of this application.

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

Inquiries, Written Submissions and requests to see additional information can be made to Jameson Pearson, A/Assistant Planner, at (705) 561-5340 or 1-800-461-1193 or via email at jameson.pearson@ontario.ca, or by mail at: Ministry of Municipal Affairs and Housing, Municipal Services Office – North (Sudbury), 159 Cedar Street, Suite 401, Sudbury ON P3E 6A5.

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

Avis public de demande d'autorisation

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

Le ministre des Affaires municipales et du Logement a reçu la **demande d'autorisation no 52-C-223088** pour un bien-fonds situé dans le canton non constitué en municipalité de Savard, district of Timiskaming. Le bien-fonds en question est situé à l'adresse municipale 509362 Hough Lake Road et porte la cote foncière 612670082.

La demande vise à retrancher un nouveau lot, d'une superficie d'environ 59 hectares et de forme irrégulière. Le lot aurait une façade de 600 mètres, donnant sur la Hough Lake Rd. Le lot est actuellement utilisé à des fins agricoles et continuerait de l'être.

Le lot que l'on propose de conserver aurait une superficie d'environ 4 hectares et environ 200 mètres de façade donnant sur la Hough Lake Rd. Le lot contient une maison, une grange, deux remises et un atelier.

Aucune nouvelle construction ou structure n'est proposée dans le cadre de cette demande.

Le présent avis a pour but d'informer le public de la nature de la demande, de solliciter ses commentaires, de lui indiquer comment faire des commentaires sur la demande et de l'informer de ses droits concernant les avis ultérieurs et les appels

On peut communiquer des questions, des observations écrites et des demandes de renseignements additionnels à Jameson Pearson, aménageur adjoint (I), par téléphone au 705 561-5340, ou 1 800 461-1193, ou par courriel à jameson.pearson@ontario.ca ou par la poste au : Ministère des Affaires municipales et du Logement, Bureau des services aux municipalités du Nord – Sudbury, 159, rue Cedar, bureau 401, Sudbury (Ontario) P3E 6A5.

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





Participants in the Temiskaming Shores Skating Club work on their drills and skills, but they always find some time for a little extra fun, as in this recent game at the Don Shepherdson Memorial Arena. (Supplied photo)

DIFFERENT STROKES



Temiskaming Shores **Skating Club**

Our power coach for the Temiskaming Shores Skating Club is on medical leave until further notice and unfortunately our replacement coach is not available for the five weeks left in our program.

The Friday night power skating sessions are cancelled effective immediately.

Rest assured that the club is being very proactive in acquiring a power skating course here in Temiskaming Shores or as close as possible to our area. Skate Ontario will keep us informed as soon as a course is established.

Thank you to those interested in taking the course, please stay in touch.

Thank you to our coaches, who work above and beyond, to give your skaters a great opportunity to improve their skills and endurance.

We hope to see you again at the Spring School Power Session.

Refunds will be offered to full time program skaters. Email Therese Bain at baintherese@gmail.com if you have a question about payment.

Keep in mind that your \$45 insurance coverage is in effect until August 31, 2023.

If you have any further questions or concerns, please feel free to email sharrongraydon@gmail.com.





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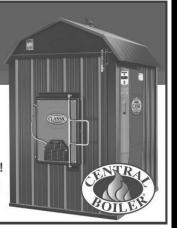
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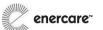


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Really bad weather can be really expensive

DISTRICT (Special) - Severe majority of losses. weather across Canada continues to highlight the financial costs of a changing climate to insurers, governments and tax-

Nationally, insured damage for severe weather events reached \$3.1 billion last year, according to Catastrophe Indices and Quantification Inc. (CatIQ).

The year 2022 now ranks as the third worst year for insured losses in Canadian history. While the \$3.1 billion figure is alarming, no single catastrophic event nor any particular region accounted for the

Unlike 2016, the highest loss year on record, where the Fort McMurray, Alberta, wildfire accounted for about 75 per cent of national losses, 2022 saw disasters from nearly every part of the country.

Noteworthy severe weather events last year include Hurricane Fiona, the Ontario and Quebec derecho, the Eastern Canada late-winter storm, the Western Canada summer storms and the Eastern Canada bomb cyclone.

"Canada is increasingly a riskier place to live, work and insure," said Craig Stew-

art, Vice-President, Climate Change and Federal Issues, Insurance Bureau of Canada (IBC).

"In particular, we're seeing early signs that property insurance may become less affordable or even unavailable as global reinsurers shift capacity away from riskier countries," said Stewart.

"Now is the time for Canadian insurers and governments to partner on a National Flood Insurance Program to ensure Canadian homeowners remain financially resilient in the face of these growing number and severity of events."



Temiskaming Shores and Area Safe Bed Facility

Offering support to individuals dealing with homelessness

Zack's Crib, at this time, is a group of community oriented individuals working towards developing and establishing a safe bed facility for those who are dealing with

homelessness. We sincerely appreciate your support in all of our fundraising projects and efforts. Contact us for volunteering and fundraising opportunities

Vision

"To end homelessness in Temiskaming Shores and Area"

Mission

"Promote, coordinate and provide services that alleviate and prevent homelessness"

Ways to Donate

Through our website via Paypal payment

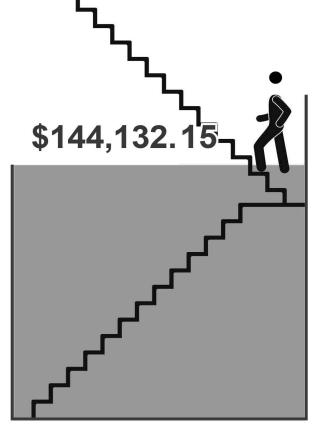
www.zackscrib.org/donate etransfer at

zackscribtemiskaming@gmail.com By cheque addressed to Zack's Crib send by mail at 226 Laurette Street,

New Liskeard, ON POJ 1PO Attn: Yves & Lianna Paille Contact Phone:

705-648-1747

GOAL \$500,000





FAMILY FUN ON ICE

Three-year-old Parker and mom Brooke Warring recently made the rounds of the Don Shepherdson Memorial Arena. They were among dozens of skaters young and old who took advantage of a free public skating session during the Christmas holiday period. (Staff photo by Diane Johnston)

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Friday, January 20, 2023



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cspne.ca/inscription





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PERCENTAGE OFF

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It's our way of saying "Thank You".

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TEMISKAMING SPEAKER

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705-647-6791 WWW.NORTHERNONTARIO.CA



Hockley

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HOCKLEYBEER.CA

Re-evaluate your relationship with alcohol during Dry Feb

DISTRICT (Special) - The Canadian Cancer Society is calling on all Canadians to "go dry" this February.

Kicking off on February 1, the eighth annual Dry Feb campaign is a national fundraiser that challenges Canadians to go alcohol-free for the month of February while getting healthy and raising funds for an important cause.

"With the recent release of the new Canada's Guidance on Alcohol and Health, it's important to raise awareness that alcohol consumption puts you at risk for at least nine different types of cancer," said Andrea Seale, chief executive officer, Canadian Cancer Society.

"That's why we're inviting all Canadians to go alcohol-free this February. It's a great opportunity to kick-start a healthier lifestyle, challenge yourself, and have fun while helping people affected by cancer."

The Canadian Centre on Substance Use and Addiction (CCSA) report, Canada's Guidance on Alcohol and Health, outlines the health risks of alcohol and can help people make an informed decision on whether they drink and how much. The Cancer Society recommends that to reduce your cancer risk, it's best not to drink alcohol at all. If you choose to drink, you can keep your cancer risk as low as possible by having no more than two standard drinks a week. A standard drink varies by type and volume of alcohol but is typically: 1.5 oz. of spirits, five ounces of wine or 12 oz. of beer. The less alcohol you drink, the lower your cancer

A recent survey commissioned by the Cancer Society reveals that 42 per cent of Canadians who consume alcohol are drinking more than two drinks a week. And while the survey shows that Canadians who consume alcohol want to live healthier, with respondents saying improved physical health and feeling energized is important to them (84 and 82 per cent respectively), it's also known that two of out 10 Canadians drink alcohol daily and over 40 per cent of Canadians are not aware that alcohol consumption increases the risk of cancer.

It is known that regular alcohol consumption over time, even at low levels, increases cancer risk.

Despite this, the survey uncovered additional trends in alcohol consumption habits of Canadians who consume alcohol, including:

- 36 per cent say knowing the link between alcohol consumption and cancer risk makes them want to re-examine their relationship with
- 48 per cent say they generally feel better when they are consuming less alcohol.
- 41 per cent say new guidance would help them make informed choices about drinking alcohol.

While taking one month off alcohol will not significantly impact a person's risk of developing cancer, Dry Feb provides an opportunity for participants to re-evaluate their relationship with alcohol.

Since 2016, the annual campaign has raised over \$10 million to fund world-leading cancer research, lead change in the most pressing areas of healthy public policy and provide compassionate support for Canadians affected by and living with cancer. Last year, the campaign raised \$3.8 million. This year, CCS hopes to raise even more.

Answers for												
Crossword Puzzle												
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HOROSCOPE

WEEK OF JANUARY 22 TO 28. 2023 The luckiest signs this week: **Aries, Taurus and Gemini**

March 21 - April 19



ARIES You won't always know how to conduct yourself in a crowd. Your boss, clients or colleagues at work will be ambiguous and unclear about their intentions.

April 20 - May 20



TAURUS You'll become eligible for a big promotion at work. But, before accepting the new role, it would be wise to talk to your significant other and family to avoid a misunderstanding.

May 21 - June 21



GEMINI The winter blues are setting in, and you're starting to feel down. Booking a warm holiday is only a few steps away. On the other hand, you'll be energized by your zest for life.

June 22 - July 22



CANCER You'll feel particularly sensitive this week. Your emotions may play a few tricks on you. You'll shed light on a scandalous story at work or within your family.

July 23 - August 22



LEO You must sharpen your negotiating skills in your professional and personal life. You have what it takes to reach a lasting agreement that significantly impacts your career.

August 23 - September 22



VIRGO You'll be in the spotlight this week, which will be fun. You may receive a reward. You may also celebrate getting a promotion at work.

September 23 - October 22



LIBRA If you haven't been feeling well, take some time to rest. Fortunately, your sleep will have a double benefit, and you'll regain your vitality. You may accomplish something big.

October 23 - November 21



SCORPIO After the holidays, you may feel as if your house has been turned upside down, and you'll be in a hurry to tidy up. You'll declutter your home, which will also clear your mind.

November 22 - December 21



SAGITTARIUS You'll speak your mind and say out loud what others are thinking. You may also be the inspiration for a poem or quote that spreads worldwide.

December 22 - January 19



CAPRICORN You'll be concerned about your financial situation. You'll feel anxious because of a misunderstanding, such as a bill that wasn't meant for you. Once the problem is sorted, you'll feel like yourself again.

January 20 - February 18



AQUARIUS Now is the time to act. Those close to you will successfully invite you on several outings and get you out of the house. You may be convinced to join a group fitness class, for example.

February 19 - March 20



PISCES You'll need a second cup of coffee in the morning to find your energy and stop procrastinating. Then, you'll be highly efficient in carrying out new projects and cross many items off your to-do list.

ACROSS

- Bamboozled 1.
- 4. Swindle
- 8. Small drop
- 12. Exist
- 13. Fates, e.g.
- 14. Rant
- 15. Bio class
- 16. Radio accessories
- 18. **Procure**
- 20. Go-between
- 21. Suspicion
- 24. Enjoy a pool
- 27. Sporty socks
- 31. Young fox
- 32. Beeps
- 34. Comic Carney
- 35. Alternatively
- 37. Persuade
- 38. Military vessel
- 41. Smirk
- 44. Conforms
- 48. Schedule
- 51. Corrode
- 52. Sulfuric _
- 53. Minute amount
- 54. Woodsman's tool
- 55. **Fetches**
- 56. Lad's girl
- 57. Rim

CROSSWORD

1	2	3		4	5	6	7		8	9	10	11
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48					49	50				51		
52					53					54		
55					56					57		

DOWN

- Angelic headgear 1.
- 2. Fast horse
- 3. Obligation
- Beer mug 4.
- Wind up 5.
- 6. Ventilate
- 7. Janitor's tool
- 8. Dazed
- 9. Highway section
- 10. Baker's need
- Better than better 11.
- 17. Suspends
- 19. Mission
- 22. **Alights**
- 23. Exasperate
- 24. Alpine slider
- 25. Break the tape
- 26. Possessive
 - pronoun
- 28. Attorney's subject
- 29. Historical period
- 30. Messy dwelling
- 32. Center
- 33. Rowing blade
- Wool fabrics 36.
- 37. Fancy resort
- 39. Ceases
- **Notions** 40.
- 41.
- Adult male deer 42. Friendly
- 43. Project
- 45. Ring
- 46. Judd Hirsch sitcom
- 47. Tread
- 49. Be sick
- 50. Feathery stole





Cancer Patients & their families

With:

- Emotional Support
- Mastectomy
- Finances
- Accommodations

- · Specialized dental treatments
- PhysiotherapyMedical supplies, dressings
- Nutritional supplements • Rental of equipment

Special chemotherapy

Prescription drugs

· Lab tests

Prosthesis

- TUESDAY, WEDNESDAY, THURSDAY 10am 1 pm
 - **Englehart Office &**

Temiskaming Hospital Room 724

Englehart Family Health Team

Check out our Website: communitycancercare.ca 705-544-2301 ext. 5256

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For More Information Call 705 672-3363 Write to The City of Temiskaming Shores, P.O. Box 2050, Haileybury, ON POJ 1K0 or Visit our Website: www.temiskamingshores.ca



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.



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 Sébastien Tassé Owner: Property: 704121 Rockley Road

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

<u>Date:</u> Wednesday, January 25, 2023

1:30 p.m. Time:

Council Chambers at City Hall, 325 Farr Drive, Haileybury Place:

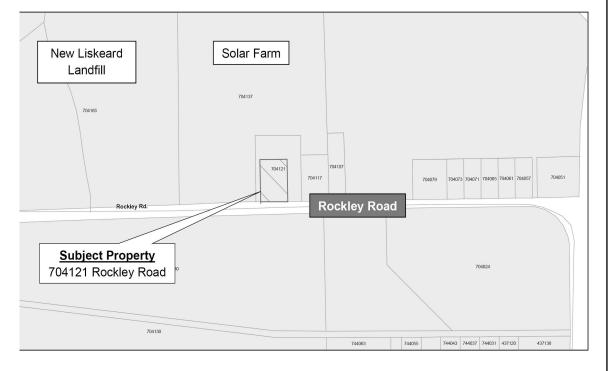
Please contact the undersigned for alternative participation options

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 POJ 1K0, Tel: 705-672-3363 ext. 4105 jpye@temiskamingshores.ca Monday - Aquafitness: 9:00am - January 23rd and 30th, Seniors drop-in rate of \$6.75, Pool and Fitness Centre

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

Tuesday - Women's Exerc. Group: 9:00am -January 24th and 31st, Shelley Herbert-Shea Memorial Arena

Beginner Line Dancing: 10:00am - January 24th and 31st, Lawrence "Bun" Eckensviller Community Hall Public Skating: 12:00pm - January 24th and 31st, Shelley Herbert-Shea Memorial Arena

Wednesday – Aquafitness: 9:00am – January 18th and 25th, Seniors drop-in rate of \$6.75, Pool and Fitness Centre

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

Thursday - Women's Exerc. Group: 9:00am -January 19th and 26th, Shelley Herbert-Shea Memorial

Indoor Walking: 9:00am – January 19th, and 26th, Northern College Gymnasium, Haileybury Intermediate Line Dancing: 11:00am – January 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 20th and 27th, Lawrence "Bun" Eckensviller Community Hall

Aquafitness: 9:00am – January 20th and 27th, Seniors drop-in rate of \$6.75, Pool and Fitness Centre

Adult Swim: 12:00pm - January 20th and 27th,

Senior drop-in rate of \$4.25, Pool and Fitness Centre Public Skating: 12:30pm – January 20th and 27th, Don

Shepherdson Memorial Arena

Bowling: 1:30pm - January 27th, Tri-Town Bowling Lanes, Haileybury

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RECREATION UPDATE

- **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
- Warm-up shacks open: 3pm to 8pm, Fridays to Sundays

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

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: julien@temiskamingshores.ca

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.

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

Curious about air quality in your home?

Borrow a Radon Gas detector from **Temiskaming Shores** Library!!



The Radon Screening Program provides you with an opportunity to learn about radon, and to conduct a radon screening to help you understand how radon levels vary in your home. Radon is an invisible Radioactive Gas that causes lung cancer. Every region in Canada has homes with elevated radon; Radon is the #1 cause of lung cancer in non-smokers.

> Have questions or want to check one out? Visit www.temisklibrary.com or call 705-647-4215



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For More Information Call 705 672-3363 Write to The City of 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, 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

TEMISKAMING SHORES PUBLIC LIBRARY

Northern College Satellite Service Hours

Monday through Thursday: 8-8

Fridays: 8-4

Saturdays and Sundays: 10-3

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.

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

Learn Something New!

card to log in.

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.

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. The seminar will walk through a tutorial and answer any questions relating to Libby as they arise. This is a free event with information for both new and experienced users. It is recommended to bring your own device and library card so you 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 January 23rd to the 28th 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.

Blind Date with a Book

The Temiskaming Shores Public Library will be running

a Blind Date With a Book program from February 1st to March 4th again this year. Take a book home without knowing its title—Go ahead...take a chance on love! Read the brief description on the front of the wrapped book and don't forget a "Rate Your Date" form. Once you get it home, give the book a chance, but If things don't work out, simply return it. No hard feelings! Fill out the Rate Your Date and return it with the book. We want to hear all the details and you could win a prize! Call 705-

Gadget Helper

647-4215 for more info.

Have you received a new tablet or device for Christmas? If you need help in learning how to use it, you can books 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 a wide selection of sizes so the whole family can snowshoe together!

<u>Interactive Fun for Children on the Eresources page of our website!</u>

Designed for children K-3, **PebbleGo Animals, Science** and **Dinosaurs** has fun information, videos, and pictures

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 13, 2023

The launch of Temiskaming Transit is underway and positive steps continue. Voyago has reported onboarding and training of employees is currently underway with safety inspections and licensing of the transit fleet progressing well.

A Voyago Shuttle Service is expected to be operational sometime next week. **This Shuttle Service will be confirmed Monday January 16, 2023.** Taxi Service will be available regardless.

It is expected this Shuttle Service (once operational) will operate during peak times with the following schedule:

SHUTTLE BUS 6:00 a.m. to 10:00 a.m. and 2:00 p.m. to 6:00 pm

Service will continue to be available with DK's Taxi to fill in the gaps between the hours of:

TAXI SERVICE 10:00 am to 2:00 pm and 6:00 p.m. to 10:30 p.m. (Last TAXI leaving Walmart)

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

Please note the Temiskaming Transit Committee will undertake a full review of the service disruption soon.

Thank you for your continued patience and understanding while we work through this transition. Updates will be posted as they become available.

Jeff Laferriere, Mayor City of Temiskaming Shores





Public Service Burning Permits Required

The Temiskaming Shores Fire Department would like to remind all residents of the following:

- Before burning, all residents are required to obtain a Burning Permit.
- Burning Permits are required each year from January 1st to December 31st.

- Burning during the day <u>IS NOT</u> permitted from April 1st until October 31St
- Permitted burn times are between the hours of 6:00 pm and 8:00 am
- Permit fees as follows; Annual permits: \$20.00 (Renewal only)

Annual permits: \$30.00 (Requiring inspection for new or altered sites)

- Burning permits may be obtained Monday Friday, 8:30am 4:30pm, or online in the Resident tab under Permits, Forms & Licenses.
- At City Hall, 325 Farr Drive, Haileybury (renewals only) or 181 Drive in Theatre Road, Dymond or online at www.temiskamingshores.ca.

For more information contact:

Temiskaming Shores Fire Department 705-672-3363



Weekender Classified

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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

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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 Δ 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 Jennifer Moorlag. Next Sunday, January 29th, our worship leader will be Aaron Palmer. 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, HAILEY-BURY 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 goodshepherdengle-hart.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 àpsacrecoeur@ personainternet.com. Pour le bulletin de la semaine consultez notre page Facebook (facebook.com/Paroisse-Sacre-Cœur).



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



BOOSTER DOSES ARE RECOMMENDED

TO EVERYONE AGED 5+

LES DOSES DE RAPPEL SONT *
RECOMMANDÉES À TOUTES LES
PERSONNES ÂGÉES DE 5 ANS ET PLUS









Booster doses are recommended to everyone aged 5+, six months following your last dose, to help restore protection that may have decreased.

However, it is also recommended that you receive your booster at a minimum interval of 3 months if you are:

- Aged 65 years and older
- A resident of long-term care homes, retirement homes, Elder Care Lodges, and individuals living in other congregate settings that are 12 years of age or older
- Aged12 years and older with moderately to severely immunocompromising conditions
- Aged 12 years and older with an underlying medical condition that places you at high risk of severe COVID-19 infection
- A health care worker
- Pregnant
- An adult who identifies as First Nations, Inuit or Métis or an adult non-Indigenous household member
- An adult in a racialized and/or marginalized community disproportionately affected by COVID-19

Les doses de rappel sont recommandées pour toutes les personnes âgées de 5 ans et plus, six mois après votre dernière dose, pour aider à rétablir la protection qui pourrait avoir diminué.

Cependant, il est également recommandé de recevoir votre dose de rappel à un intervalle minimum de 3 mois si vous êtes :

- Âgé 65 ans et plus
- Un résident de foyers de soins de longue durée, de maisons de retraite, de pavillons pour aînés, ou une personne de 12 ans et plus qui résident dans d'autres milieux d'hébergement collectif
- Âgé 12 ans et plus qui est modérément à gravement immunosupprimées
- Âgé 12 ans et plus présentant un trouble de santé sous-jacent qui vous met à haut risque de complications graves liées à la COVID-19
- Un travailleur de la santé
- Enceinte
- Un adulte qui s'identifie comme étant membres des Premières Nations, Inuits ou Métis ou un membre de leur domicile qui n'est pas Autochtone, mais qui a 18 ans et plus
- Un adulte de communautés racisées ou marginalisées touchées de façon disproportionnée par la COVID-19

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 18 | mercredi 18 janvier
Tuesday, January 24 | mardi 24 janvier
Wednesday, January 25 | mercredi 25 janvier

Kirkland Lake - Heritage North
New Liskeard - Old 'Movie Gallery'*
Kirkland Lake - Heritage North
1 - 4 p.m. | 13 h à 16 h
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 26 | jeudi 26 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 31 | mardi 31 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



Family Health Team

Currently seeking a full-time Nurse Practitioner (NP) shared between the Englehart and Temagami Family Health Teams

The Temagami Medical Centre and Family Health Team (TMCFHT) and Englehart Family Health Team are committed to building positive, supportive, and inclusive environments that facilitate growth and teamwork. We are a multidisciplinary team of health care professionals providing a collaborative model of primary health care.

The NP plays an integral role in the care of our patients. The role requires a thorough knowledge of primary care nursing within the scope of the RN (EC) class and the ability to function effectively in a team environment with physicians, other interdisciplinary health professionals and administrative staff. The NP will also contribute to the development and delivery of chronic disease management and health promotion/education programs.

This important role requires someone who is well organized, can take initiative, and is a team player.

If you are exceptional with people, look for variety and complexity in your work, are interested in leading chronic disease management and preventative health care programs, please forward your resume to:

Ellen Ibey, Executive Director Temagami Family Health Team 17 O'Connor Drive, P.O. Box 98 Temagami, ON P0H 2H0 Fax: (705) 569-2610

Email: eibey@temagamifht.com

Deadline to apply is February 3, 2023 Only those applicants selected for an interview will be contacted.

Animateur ou animatrice d'activités pour les ainés New Liskeard et Earlton



Centre de santé communautaire du Témiskaming

Vous désirez travailler dans un environnement dynamique là où votre contribution va faire une différence? Vous aimez le milieu de la santé communautaire, le travail d'équipe et le service à la clientèle? Joignez-vous à notre équipe!

Le poste :

L'animateur ou l'animatrice sera responsable de planifier, mettre en oeuvre et évaluer une variété d'activités hebdomadaires pour les aînés. L'objectif principal du programme est de contribuer au maintien ou à l'amélioration de l'état de santé, en tenant compte de tous les aspects reliés aux déterminants sociaux de la santé, incluant de briser l'isolement et de maintenir ou améliorer les capacités physiques et cognitives.

Nous vous offrons:

- ✓ Poste permanent
- √ 32 heures par semaine
- ✓ 24,87\$/heure à 29,80\$/heure selon l'expérience
- ✓ Plan d'avantages sociaux et plan de pension HOOPP

Nous recherchons:

- · Diplôme dans l'un des domaines suivants : santé, loisirs, gérontologie, services sociaux;
- · Expérience à travailler avec la population aînée;
- · Capacité de travailler en équipe et de façon collaborative;
- Excellentes habiletés organisationnelles, interpersonnelles et de communication ainsi qu'unebonne capacité de travailler avec un minimum de supervision;
- Habileté à travailler dans un milieu informatisé;
- Maîtrise du français et de l'anglais oral et écrit;
- Preuve de vaccination contre la Covid-19.

Faites parvenir votre CV par courriel à melissamajor@csctim.on.ca avant le 4 février 2023

Nous tenons à préciser que nous communiquerons seulement avec les candidat.e.s retenu.e.s aux fins d'entrevue.

EMPLOYMENT OPPORTUNITIES

NOW HIRING - BAMBU CAFE

(formally euphoria smoothies New Liskeard)

Looking for part-time and full-time positions

Experience in service industry would be a asset but not required will fully train

Send resumes to:

keyservicebuildingmgmt@gmail.com

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



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 fastpaced 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.

PRINTING, PUBLISHING

Please forward your resume to:

Brenda Craik Temiskaming Printing 18 Wellington St. New Liskeard, Ontario POJ 1P0 or email speaker.brenda@northernontario.ca

KOCH

KOCH LOGISTICS INC.

Koch Logistics Inc. is a family operated business that hauls grain, hay, straw and feed to service the agricultural industry across Canada.

We operate mostly Kenworth and Peterbilt trucks accompanied by hopper bottom, step decks and pneumatic trailers.

We have a full service shop in Earlton, ON with a full length pit for servicing our trucks and trailers with ease and all computer software needed to diagnose and help troubleshoot issues on our equipment.

We are currently seeking a licensed or experienced truck and trailer mechanic, or a mechanic helper. We are also not opposed to train someone wanting to learn a new trade or get into the mechanic field.

- The required applicant must be able to troubleshoot, diagnose and repair issues on the equipment to ensure its safety on our highways.
- The successful applicant must be able to lift 50lbs.
- Must be able to follow directions from the Shop Foreman and work in a team environment.
- Must have a positive attitude, great organization skills and a keen attention to detail.
- We offer very competitive wages along with a benefit plan.

Apply in person @ Koch Logistics Inc. Contact people: Chad Koch or Norman Koch Telephone: (705) 563-8325 Email or fax resume to: Fax: (705) 563-2843 Email: nkoch.info@gmail.com

Cooking Products



Cathy Morrow

www.pamperedchef.ca/pws/cathypclady

FOR RENT

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

BEDROOM APARTMENT FOR RENT IN COBALT - Heat & hydro included, washer and dryer hookups. \$880/month, call or pm 819-629-9650.

WE'RE HIRING: The Temiskaming Speaker

is currently seeking a

FULL-TIME OFFICE ADMINISTRATOR/ CIRCULATION DIRECTOR

REQUIREMENTS:

- Must work well with others, under deadlines, and in a fast paced environment.
- Basic Math & Computer skills.
- Good sense of organization.
- Accounting & Billing experience is an asset.



Please email resume to: loisperry@northernontario.ca or drop off at:

18 Wellington St., South, New Liskeard PRINTING, PUBLISHING or mail to Temiskaming Speaker, Box 580, AND PROMOTIONS New Liskeard, ON POJ 1P0

NOTICES / COMING EVENTS

THE COFFEE HOUSE - THE 2ND TUESDAY OF THE MONTH, 7:00PM - 10:00PM at ST. PAUL'S UNITED CHURCH AUDITORIUM, 70 WEL-LINGTON 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 **NEXT Coffee House**, special Valentine's Day edition, February 14, 2023

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-

AUTOMOTIVE

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.

DUPLICATE BRIDGE, Every Thursday at 7:00 pm in the Lions Den (entrance behind Community Hall). Partners will be available, if needed. Call 705-647-7198 or 563-2996 for information.

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

Euchre Friday Nights at 7pm at the Hudson Hall.

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

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 protocals will be followed.

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.

SERVICES

INTERIOR PAINTING and drywall repairs, free estimates. Call Jack 705-

ALCOHOLICS ANONYMOUS MEET-INGS: 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.

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

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.taoisttaichi.org

USED ARTICLES FOR SALE

Friday, January 20, 2023

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

WANTED

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

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-

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

Electrician

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

FCRA/FSA 7011512

Paul Strubhar 705-648-1481



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FOUNDATIONS

Solid Concrete Basements, Garage slabs & repairs.

FREE ESTIMATES

GERMAIN CONCRETE FOUNDATIONS 705-672-3656

Sales & Services

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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Happy New Year! What better way to ring

in the new year than a





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

shade matic 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.