



Earlton overpass replacement drawing close

Darlene Wroe

Local Journalism Initiative Reporter

ARMSTRONG TOWNSHIP - The overhead bridge on Highway 11 outside Earlton is headed for replacement.

The project, which is expected to begin this summer, will include the temporary construction of a detour route in a field east of the site.

The detour will be in place for three years, the Ontario Ministry of Transportation envisions, as work is carried out to complete the entire project.

The project will also include reconstruction of 1.6 kilometres of the highway. Gravel Road will also be realigned at Highway 11 to provide a straighter approach with improved sight lines.

Armstrong Township council reviewed the plan at its January 11 meeting, and noted that the ministry also intends to temporarily close a section of Rivard Road which runs under the bridge.

Armstrong Township chief administrative officer Dan Thibeault commented in an email that it appears that work will begin this June, "but they are actually building a whole detour.... The detour does not include going through the town."

The Highway 11 overpass was originally constructed in 1961. Reconstruction of the bridge has been under study since 2014 and stakeholders have been included in consultations while the studies were completed.

The public has until February 15 to comment on the project, and a copy of the plan is available at the township's temporary municipal office location at 115 10th Street in Earlton, or on the township's



SHOVEL READY

The Temiskaming Nordic Ski Club in Coleman Township is known for its well-groomed trails all winter long. Cross-country skier Ian Schaffer brought a shovel to clear a pathway to make a new skiing route for himself, his sister and a friend on a recent outing. (Staff photo by Sue Nielsen)

website. The team members can also provide copies of the plan. They include consultant project

manager Rob Kleine of WSP Canada Inc., and MTO senior project engineer Michele Bailey.

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DID YOU GET The Speaker THIS WEEK?

Here are some

January 25, 2023 stories...

- Administrators at Camp Jeunesse en Marche in Coleman Township have formed a committee to look at the viability of keeping it open.
- The outgoing chair of the Cobalt Paul Penna Library board is reeling after she and other board members were notified by letter from the mayor of Cobalt that they are no longer in charge there.
- At least two area seniors see themselves reducing, or possibly ending, the hours they have with Timiskaming Home Support light housekeeping helping in their homes.
- Food bins have been placed in the main lobbies of the Blanche River Health sites in Englehart and Kirkland Lake.
- The Temiskaming Shores Community Volunteer Income Tax Program is returning to help individuals of modest means file their income tax returns.
- Students of three area schools have been given a Kindness Challenge.
- The city is rethinking how to complete the long-awaited splash pad on the New Liskeard waterfront on time and with all funding intact.
- The Temiskaming Transit committee says the bus service will return to full-sized buses and an hourly schedule, particularly at peak times, as soon as possible.
- The New Liskeard Cubs took a break from their Great North U18 League play to compete at the Steve Richey Tournament of Champions in Peterborough.



POST-HOLIDAY CLEAN-UP

Amid discarded TVs, stereo equipment and computer gear, landfill attendant John Parcher came across a handheld vacuum with some electronic components. It takes about a month, on average, to fill a container at the Haileybury landfill with E-waste, which is taken away and any valuable materials recycled. Residents can drop off E-waste at the landfill site during operating hours or at JPL Storage in Haileybury by appointment. (Staff photo by Diane Johnston)

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Canada meets 2022 francophone immigration target

STURGEON FALLS (Special) – Canada welcomed more francophone immigrants to communities outside Quebec in 2022 than in any of the past 16 years.

Federal MPs were at École secondaire catholique Franco-Cité in Sturgeon Falls January 23 to announce that Canada also hit its target – 4.4 per cent of French-speaking immigrants in 2022 settled outside Quebec.

Francophone immigration “is at the heart of the values that make Canada rich, both culturally and through the distinct character of its two official languages,” said Sean Fraser, minister of Immigration, Refugees and Citizenship, in a news release.

“We have achieved our target. It is a significant milestone and reflects the importance and contribution of French-speaking immigrants to the vitality and development of Francophone communities outside Quebec.

“We will continue to welcome French-speaking immigrants to ensure the viability of these key communities that are helping to shape the future of our country,” Fraser continued.

Over the past year, more than 16,300 new immigrants have settled in Francophone minority communities across Canada.

In 2006, when the data was first collected, that number stood at just over 2,800, and represented 1.38 per cent of French-speaking newcomers.

“Francophone immigration plays a key role in restoring the demographic weight of Franco-

phone minority communities, in addition to contributing closely to the economic development of our country,” said Ginette Petitpas Taylor, minister of Official Languages.

The January 23 announcement “is a step in the right direction and will give us the momentum we need to adopt a robust new Francophone immigration policy, presented in Bill C-13, with objectives, targets and specific indicators that will ensure the sustainability of the French language,” Petitpas Taylor continued.

“Newcomers are essential to the development and vitality of Francophone communities,” said Marie-France Lalonde, parliamentary secretary to the minister of Immigration, Refugees and Citizenship.

“This is especially true in minority communities. Canada has always been a pioneer in its efforts to create more opportunities to help these communities prosper culturally and economically and, in doing so, increase their demographic weight,” Lalonde said.

• French is the first official language spoken by a growing number of Canadians. But the proportion that French-speaking Canadians represent in the country dropped from 22.2 per cent in 2016 to 21.4 per cent in 2021.

• From 2016 to 2021, the number of Canadians who speak mostly French at home increased in Quebec, British Columbia and Yukon, but decreased in the other provinces and territories.

Temagami Family Health Team

Submitted by Ellen Ibey

Understanding and Managing Anxiety

Everyone feels tense, worried or nervous at times. This is anxiety and it's a natural response to stress.

In small doses, anxiety can be a good thing. It can motivate us and make us more productive. A little bit of fear may push us to study harder for that next exam or prepare for that job interview. And a burst of anxiety can even be a lifesaver when it helps us get out of the way of danger. But too much anxiety can be a problem. If feelings of tension, fear and worry are there too much of the time and get in the way of everyday activities, it could be the sign of an anxiety disorder. Like depression, anxiety disorders are a common problem. In fact, sometimes depression and anxiety occur together. Anxiety disorders may not go away by themselves, but they are treatable.

Treatment for Anxiety:

Some types of counselling along with certain medications, prescribed by a health care provider, can be helpful in dealing with an anxiety disorder. Specifically, cognitive behaviour therapy (CBT) is often the first choice for treatment. Medications known as selective serotonin reuptake inhibitors (SSRIs) may be used in addition to therapy, if necessary.

Managing Anxiety – Self-Help Tips:

Take care of yourself:

- Eat right, sleep right, be physically active!
- Avoid alcohol and street drugs. These may seem like a way to make yourself feel better, but in the long run, they can make things a lot worse.
- Know what triggers your anxiety and reduce stress where and when you can.

Learn how to chill out:

- Learning how to relax deeply can take time and practice. Some examples include deep breathing mindfulness meditation or yoga. These types of activities can help calm both body and mind. Some great apps you might consider trying are Calm or Headspace.

Stay connected with friends and family:

- Too much time alone can allow worries and anxieties to grow. Connecting with others can give you a break from your worries. Staying connected also means that others can be there for you, to listen to your concerns and provide support. In-person connection throughout the pandemic has been a challenge but connecting virtually is a great alternative.

Spend time in nature:

- Get outside -- there is more and more evidence that just being in nature is good for our mental health. And it's a great place for exercise and relaxation.

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EDITORIAL

Ice safety

It's been a mild winter in this region and across Northern Ontario so far.

This mild weather is pleasing some people, while aggravating others.

Downhill skiers and snowmobilers might be disappointed with our mild winter weather.

But still others love it.

Ice fishers near Lake Temiskaming have only just begun to take their huts out onto the lake at the New Liskeard and Haileybury waterfronts.

It's been too mild to create a safe level of ice on larger bodies of water.

Ice fishing companies operating on Lake Temagami are saying the ice is unsafe and there is open water in places.

One lodge owner reportedly said there are five snow machines at the bottom of Lake Temagami this year alone.

We would hate to think that someone would take a chance risking a life by travelling over unsafe ice just to catch a fish.

Winter ice has been slow to form on area lakes because of warm temperatures through December and January.

The ice that is present on area lakes is thin at best. Although people are eager to get out onto the ice, hopefully the temperatures will keep dropping allowing for safe travel.

The Lifesaving Society says people shouldn't skate, ice fish or walk on ice until it's about 10 centimeters thick. Snowmobiles should stay off the ice until it's at least 13 centimeters thick and a vehicle should wait until the ice is 20 to 30 centimeters thick.

Going through the ice on a snow machine or with an ATV isn't just dangerous for those going in, but also for those who go out to the lake and rescue them.

Use extreme caution before heading out on a frozen lake or river in Ontario. Temperature change or a fresh snowfall can contribute to concealing thin ice.

Above all, stay safe and have fun!

Salvation Army surpasses Ontario fundraising goal

DISTRICT (Special) - Throughout the 2022 Christmas giving season, The Salvation Army in Ontario's donations reached \$9.7 million in the iconic Christmas Kettles campaign.

Four million dollars came through online donations and \$3.4 million through the Christmas direct mail campaign - totalling \$17.1 million and exceeding its \$13.5 million goal.

All funds go directly to local Salvation Army services such as food banks, children's breakfast programs, housing supports, substance-use recovery, and care for women and children fleeing domestic violence.

"The Salvation Army sincerely appreciates the support from our Army of Givers. Thank you for your confidence in us to provide hope

Continued on 7

The elusive Boreal chickadee

It could have been a scene lifted straight out of a Stephen King novel.

There's a strange creature haunting the woods around the Hilliardton Marsh Research and Education Centre.

As I made my way through a moss covered, dimly lit spruce forest last weekend, I was on the trail of the elusive Boreal chickadee (*Parus hudsonicus*).

At one point I thought I heard banjos playing.

The elusive Boreal chickadee is slightly larger than a black-capped chickadee and rare in these parts.

I learned from a report written by Michael Werner, published in The W.R.E.N. newsletter,

the Boreal chickadee is a passerine species (sometimes known as perching birds) ranging throughout the Boreal forest of Canada.

Most people would not even know there is a species called the Boreal chickadee, including myself.

I was delighted to have been taken to the Marsh's north banding station in hopes of banding a Boreal chickadee.

Both the Boreal and the black-capped chickadees are the smallest birds to spend winters in the Boreal forest.

When birds are small they are extremely vulnerable to winter's cold, faced with survival in -40 C temperatures.

They must feed constantly to keep up their body warmth. Chickadees have the thickest plumage of any other bird species of a similar size, wrote Werner in his 2021 publication.

Chickadees fluff up their feathers making them look like little round balls so they can trap more air below and between their feathers thus improving their insulation value.

At night they reduce their body temperature by about 10 degrees, therefore reducing energy requirements by about half.

And sometimes they may even burrow a hole in a pile of snow to roost like the ruffed grouse do.

When we finally arrived at the north banding station, I was exhausted. I've had a couch attached to my backside of late and my slothful winter lifestyle is catching up with me.

And that is a horror unto itself as this citizen scientist birder could hardly walk the next day.

People have to move, just like the birds.

Anyway, I had the opportunity to put my northern girl bush craft skills to the test when I fired up the wood stove while Murph rolled out the nets.



Sue Nielsen

Then we set about banding a few black-capped chickadees and several common red polls.

He said when you have common red polls you are less likely to see chickadees.

And to my dismay, we did not see any Boreal chickadees.

A summation of the day: the company was excellent, it was a terrific learning experience and while we didn't see any Boreal chickadees, it was a great day to be outdoors.

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**COMMUNITY
NEWS**

Council Meetings

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.



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Skilled Trades Ontario updating standards

TORONTO (Special) - Skilled Trades Ontario (STO), the province's agency responsible for apprenticeship and skilled trades certification, is celebrating its one-year anniversary by updating training and curriculum standards.

With one-quarter of all apprentices in Canada training in Ontario, STO is delivering on its mandate of increasing labour mobility and improving training standards for apprentices and skilled trades workers.

Since its launch last year, apprenticeship registrations increased by thousands in 2022 compared to 2021 and more than 13,000 students, parents, and teachers attended skilled trades career fairs aimed at attracting the province's next generation of tradespeople.

"From updating standards to moving more services online, Skilled Trades Ontario is removing barriers and setting apprentices, employers and skilled trades professionals on the path to success," said Melissa Young, CEO/Registrar, Skilled Trades Ontario.

Skilled Trades Ontario is an agency of the Ministry of Labour, Immigration, Training and Skills Development responsible for apprenticeship and skilled trades certification in Ontario.

STO is releasing a one-window digital portal

for apprentices to apply online, keep track of their training progress, pay fees and more, unveiling a bold new logo and visual identity, and introducing a digital logbook pilot which has allowed more than 100 new apprentices to now track their training progress completely online.

"Ontario is facing the largest labour shortage in a generation, which means when you have a career in the skilled trades, you have a career for life," said Monte McNaughton, Minister of Labour, Immigration, Training and Skills Development.

To further align with provincial and territorial Red Seal Standards, changes will also be coming to the program standards in 2023 of the three heavy equipment operator trades: tractor loader backhoe, excavator and dozer.

Dr. Craig Stephenson, president and CEO of Centennial College, said "the recently updated training and curriculum standards will undoubtedly strengthen students' skills, enhance their employment options and ultimately set them up for even greater success."

STO says by 2025 about one in five job openings in Ontario is projected to be in the skilled trades. There are over 140 skilled trades in Ontario.

Salvation Army surpasses Ontario fundraising goal

Continued from 5

to the most vulnerable throughout 140 communities across the province," said Glenn van Gulik, Divisional Secretary of Public Relations for The Salvation Army in Ontario.

"Last year, we helped 1.2 million struggling individuals and families, and we anticipate the need for our life-changing services will increase this year as more people are struggling due to inflation and the high cost of living."

Findings from a recent national survey by The Salvation Army indicated one-quarter of Ontarians are extremely concerned about having enough income to cover their basic needs, and more than half of respondents experienced food security challenges in the past year, and 46 per cent expect to face similar challenges in the next six months.

"By reaching our fundraising goal and more, The Salvation Army will help more struggling Ontarians find a way out of poverty permanently and provide people with the tools needed to rebuild dignity and renew hope," said van Gulik.

The Salvation Army provides support throughout the year in areas such as emergency shelter and transitional housing, programs for young parents and seniors, food insecurity and community meal programs, correctional and justice services, emergency disaster services, summer camp and youth programs.

Donations can be made online at www.salvationarmy.ca or by calling 1-800-SAL-ARMY.

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Sports gear safety tips to help you play it safe

DISTRICT (Special) - When your children are out playing - whether in a team sport like hockey or for unstructured fun like tobogganing - keep them safe by taking the right precautions.

Cold Canadian winters allow for many fun activities like ice-skating and tobogganing. Keep safety top-of-mind during these activities because children can be seriously injured if they crash and hit their heads, run into an object or another person, or fall through ice into open water.

Follow these Health Canada tips to avoid the chance of injury by:

- checking equipment each season to make sure it still fits and is in good condition.
- making sure your children wear proper safety gear, especially a helmet designed for the activity taking place.
- not allowing your kids to sled near roads, parking lots, rocks, trees or fences.
- never skating or playing near open

water.

• dressing children warmly and in layers, and watching for frostbite on cold days.

• putting sunscreen on exposed skin: UV rays are a hazard even in winter and on cloudy days.

• using a neck warmer instead of a scarf, and removing drawstrings and cords from clothing to prevent these items from getting caught or tangled on objects and strangling your child.

Keep children safe when ice skating:

• Make sure they always wear a helmet, as the slick ice makes it easy to slip and fall.

• Have them skate in the same direction as everyone else on the ice. Kids who are slower skaters should stick to the sides of the rink, and you should skate with them.

• Make sure that young learners have access to proper support by holding your hand or the railing around the rink.

FedNor provides funding for Indigenous projects

Darlene Wroe

Local Journalism Initiative Reporter

DISTRICT - Five projects to assist Indigenous communities in Northeastern Ontario have been announced by FedNor.

The Temagami First Nation is one of those recipients, and is receiving \$204,250 to support implementation of economic development projects and initiatives identified in the recently established economic development strategy for the Temagami First Nation.

The funds will be used to hire an economic development officer for a three-year term. The economic development officer will have the task of engaging strategic project initiatives that will help build capacity for business development in Temagami First Nation, according to a press release issued by FedNor.

The funding is being provided through FedNor's Community Investment initiative for Northern Ontario, part of the Northern Ontario Development Program. It has announced new investments of over \$1.3 million for five municipal and Indigenous communities in Northeastern Ontario.

The funding is being provided through the Northern Ontario Development Program and its Community Investment Initiative for Northern Ontario, as well as the Canada Community Revitalization Fund. This project is expected to help create over 40 new jobs, in addition to a community economic development organization, as well as new businesses, strategic alliances, and joint ventures across sectors and industries.

KL KEEPERS

The Temiskaming Native Women's Support Group is also among the recipients, with \$487,500 received to support their Keepers of the Circle hub, which delivers programs and services to support the economic development of Indigenous women and families. The FedNor investment will assist in the development of an Indigenous-led interactive food forest system demonstration site that models sustainable land use and renewable energy systems. Specifically, these funds will be used to transform the existing public

grounds at the Keepers of the Circle centre in Kirkland Lake into an outdoor space where Indigenous peoples would gather for seasonal ceremonies, community-wide celebrations, and a land-based education site to demonstrate Indigenous land use and agricultural practices.

This funding is provided through FedNor's Canada Community Revitalization Fund and is expected to help create six new jobs resulting from employment and entrepreneurship in the agri-food sector within the multiple communities represented, the press release stated.

UNION OF ONTARIO INDIANS

The Union of Ontario Indians will receive \$190,235 to revitalize the Anishinabek Nation Economic Blueprint, which will help foster economic development opportunities for the 39 member First Nations. Specifically, this project will create a current analysis of the capacity levels within the Anishinabek First Nations, an up-to-date assessment of the Ontario economy and how member First Nations can become active participants and will generate updated regional strategies to begin the development of business plans and initiatives.

This funding is provided through FedNor's Northern Ontario Development Program and will help create one job for the duration of the project, the press release continued.

COMMERCIAL GREENHOUSE

Nipissing First Nation will receive \$272,217 to construct and operate a commercial cold-climate production greenhouse within the community.

FRIENDSHIP CENTRE

The North Bay Indigenous Friendship Centre will receive \$202,198 to create a petroform, located on the Chippewa Creek EcoPath. The petroform -sometimes known as boulder outlines or boulder mosaics - will be *Miskwaadesi*, Ojibwe for "painted turtle," regarded as a symbol of Creation and Mother Earth by many Indigenous peoples.

The project will also include amphitheatre seating at the petroform site, the planting of a traditional medicine garden, and opening ceremonies and celebration.

ZACK'S CRIB

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"

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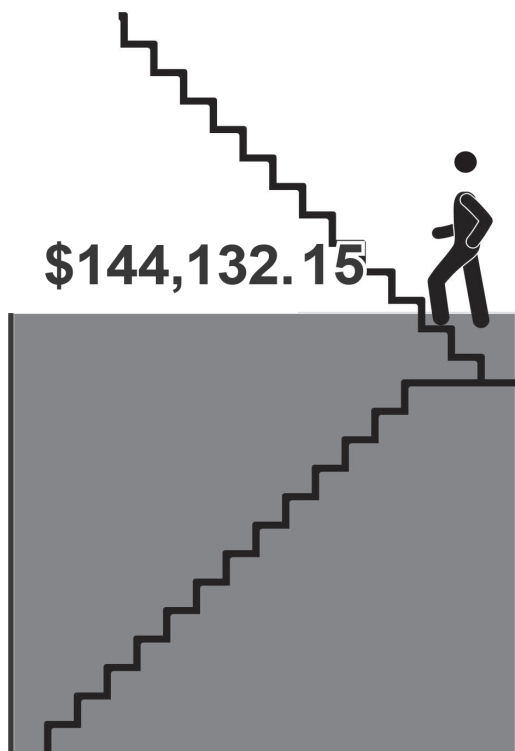
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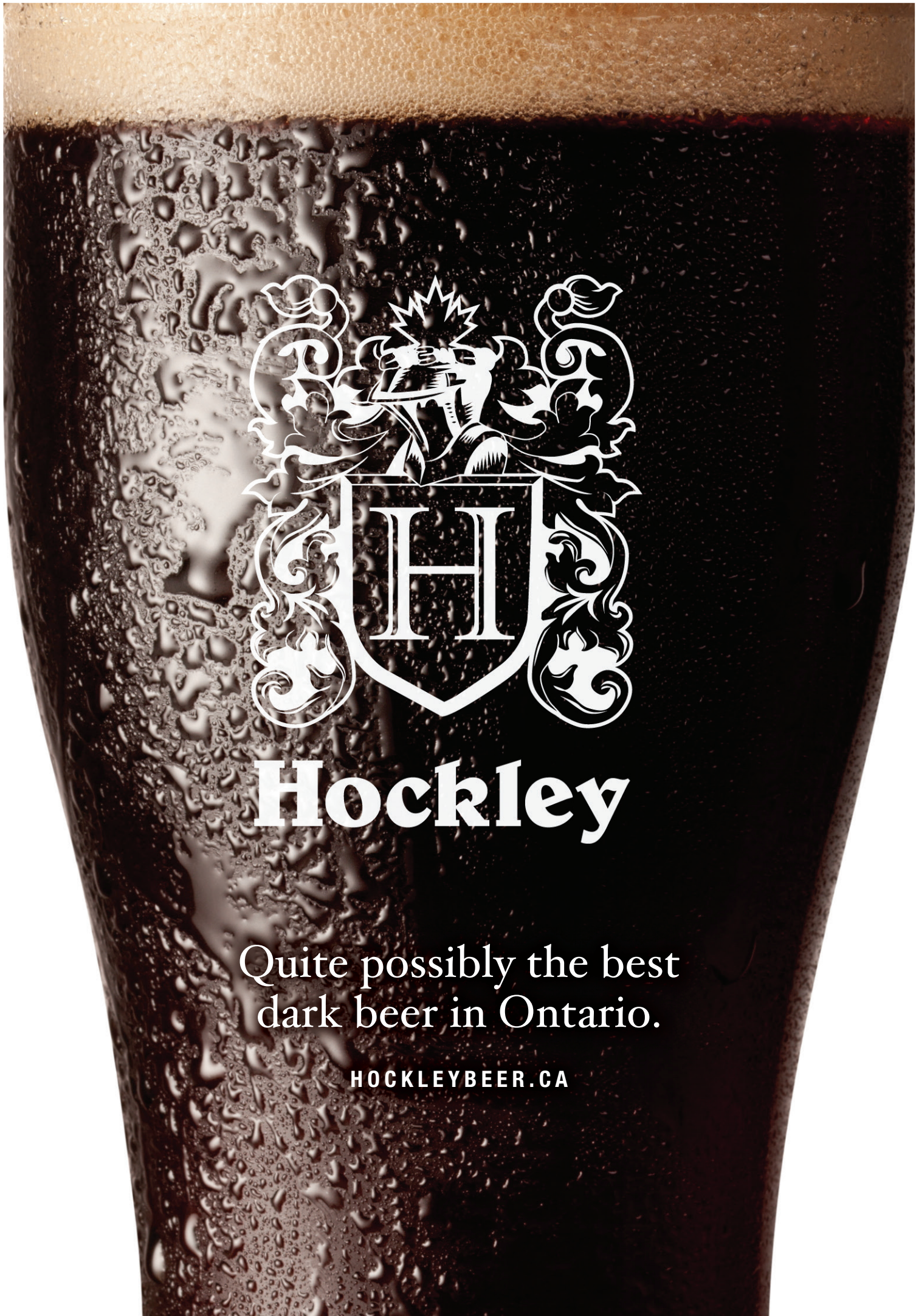
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Almost 90 per cent of Canadians say more investment needed in health care

OTTAWA (Special) - Canadians love their universal accessible system of health care, but agree that we are in a health crisis.

In a recent Abacus Data poll, commissioned by the National Union of Public and General Employees (NUPGE), Canadians named three main things as the drivers in the crisis:

- A shortage of health care workers due to strains of the job (84 per cent).
 - A shortage of health care workers due to strains of the job and insufficient wages (82 per cent).
 - A combination of mismanagement and underinvestment by both federal and provincial governments (82 per cent).
- Solutions to the health crisis as identified in the poll:
- 87 per cent invest more in health care jobs.
 - 85 per cent offer higher wages.
 - 75 per cent make health care a priority.

“It’s not surprising that the most common unprompted response to our survey when asked why our health care system isn’t working well was the lack of employees/staff,” said Bert Blundon, NUPGE President.

“Not surprising because every day we hear from our members about how they have to endure more emotional and physical strain, work longer hours, and are burned out. We have been pushing health care to the edge, and it has to stop,” he said.

“Canadians also agree that the underinvestment and mismanagement of our health care system by the federal and provincial governments has led us to this crisis,” said Blundon.

In other findings from the poll:

- 80 per cent of people said governments are choosing other priorities for money instead of investing in health care.
- 87 per cent said the government needs to invest more to create more health care positions in the public sector.
- 85 per cent support the government increasing investment to provide higher wages for health care workers to attract them to the sector.
- 75 per cent believe that government’s need to make health care a priority.
- 72 per cent said better management will make a positive impact in health care.

This survey was conducted with 2,260 Canadians aged 18 and over, from November 24 to December 10, 2022.

Answers for Crossword Puzzle

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

HOROSCOPE

WEEK OF JANUARY 29 TO FEBRUARY 4, 2023
The luckiest signs this week:
Cancer, Leo and Virgo

March 21 - April 19



ARIES Physical activity is excellent for your health. You’ll find people that want to participate in an inspiring activity or discuss spirituality with you.

April 20 - May 20



TAURUS This week will be full of action if you have young children and an active social life. In your love life, there’ll be talk of taking a trip or romantic getaway to refuel the passion in your relationship.

May 21 - June 21



GEMINI The strain of winter can drain your vitality. This is an excellent time to free your imagination and undertake creative work.

June 22 - July 22



CANCER If large groups of people constantly surround you, you may sometimes feel stressed and anxious. It would help if you rested before the end of the week to recharge your batteries.

July 23 - August 22



LEO You may be given new and important responsibilities at work. People will greatly appreciate your efforts and want to do business with you. You’re known for being reliable.

August 23 - September 22



VIRGO You’ll be in the mood to travel or go on an adventure. New surprises, each more extraordinary than the last, will inspire you. You may consider going back to school.

September 23 - October 22



LIBRA Your emotions will run high if you’re in a precarious financial situation. Fortunately, a solution will present itself without delay, and you’ll find your way back to abundance.

October 23 - November 21



SCORPIO You’ll have to negotiate carefully with the people you love. You’ll be more vulnerable or fragile when emotions are involved. Take a step back to see things from a different perspective.

November 22 - December 21



SAGITTARIUS Success on the professional front awaits you. You’ll bring together as many clients as possible to a particular event, or you’ll benefit from excellent discounts, boosting your profits.

December 22 - January 19



CAPRICORN Your enthusiasm and initiative will put you in the spotlight and propel you to success. You’ll be applauded for your efforts and receive a medal or recognition.

January 20 - February 18



AQUARIUS You’ll be a homebody this week or spend much time with family. Your family members may impose extra responsibilities on you; at least one of them needs your care.

February 19 - March 20



PISCES Take the time to negotiate the best price when shopping. You only need to raise your voice a little to be heard and respected. Speak your mind to rid yourself of negative emotions.

ACROSS

1. Lichen's kin
5. Latest fashion
9. Seance response
12. Wheel part
13. House annexes
14. Hurricane part
15. Band
16. Third letters
17. Ran across
18. Lure
20. Christen
22. Business wear
24. Alpine call
27. Trail behind
30. Heroic
32. Flat bread
33. Dry
35. Brewed beverage
36. Denomination
37. Declare untrue
38. Positive
40. Ship's pronoun
41. Challenger
43. Most numerous chess piece
45. Like some cars
47. Pasture
51. Male sheep
53. Swab
55. "___ Enchanted Evening"
56. Large tree
57. Cruel
58. Tarzan's pals
59. Soar
60. Poor grades
61. Ash Wednesday's season

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			
59				60					61			

DOWN

1. One of a pair
2. Draft animals
3. Piece of wood
4. Highway vehicles
5. Vouchers
6. Brewery brew
7. Narrow valley
8. Composition
9. Medicines
10. Sailor's affirmative
11. Canary or cat
19. Stage signal
21. Floor washers
23. Traffic jam: hyph.
25. Clearly outline
26. Former
27. Alan or Cheryl
28. Locale
29. Card game: 2 wds.
31. Chewy candies
34. Color rinses
39. Female bleater
42. Marry again
44. Pertaining to the nose
46. Seedy nightspot
48. Dummy
49. Warning sign
50. Mae ___
51. TKO caller
52. "___ in the Family"
54. Pastry

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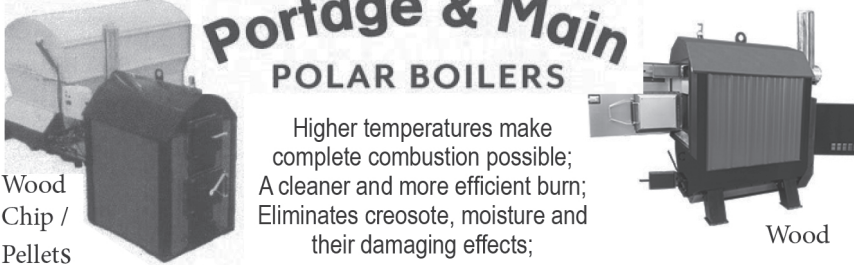
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CHURCH SERVICES & more...

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 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 Aaron Palmer. Next Sunday, February 5th, our worship leader will be Jennifer Mmoorlag.** 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 PEN-TECOSTAL 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@personainternet.com. Pour le bulletin de la semaine consultez notre page Facebook (facebook.com/Paroisse-Sacre-Coeur).



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NOTICES / COMING EVENTS

NORTHERN CLAYBELT FEEDER CO-OP ANNUAL GENERAL MEETING on **Thursday, February 9, 2023** at the **Kerns Hall** 279240 Milberta Rd. New Liskeard, ON. The meeting will be at **7:00 p.m.** Refreshments will be served.

VALENTINE TEA AND BAZAAR - SATURDAY, FEBRUARY 11, 2023 from **12 - 2pm.** Our Mother of Perpetual Help hall **81 Maple St. New Liskeard.** Enjoy our lunch of sandwiches and desserts. Browse the bake and gift tables and the white elephant table. The kitchen on this premises is not inspected by the THU.

WARM UP WITH A BEAN, CHILI & HAM SUPPER AT ST PAULS UNITED CHURCH, 70 Wellington St. **FRIDAY, JANUARY 27TH** from **4:30 - 6:00 pm.** Adults - \$12, Children 5-12yrs - \$6, Under 5 yrs Free!

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: coffee-house2tues@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 4 1/2mm. Yarn and needles are available. All are welcome! For more information, call D. Caldwell at 705-647-6056.

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.

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Christine Charette Brazeau, RECE/EPEI
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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.

Please forward your resume to:

Brenda Craik
Temiskaming Printing
18 Wellington St.
New Liskeard, Ontario
P0J 1P0
or email

speaker.brenda@northernontario.ca

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Tel: (705) 647-4331
Fax: (705) 647-3611



CITY BULLETIN

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

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.



Devices can be borrowed for 3 weeks!

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



Temiskaming Shores Public Library
285 Whitewood Ave. West, Box 668
Temiskaming Shores, Ontario P0J 1P0 | 705-647-4215
www.temisklibrary.com/

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

BORROW ONE FREE WITH YOUR LIBRARY CARD!

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 30th, February 6th, 13th and 27th, Seniors drop-in rate of \$6.75, Pool and Fitness Centre
Adult Swim: 12:00pm – January 30th, February 6th 13th and 27th Senior drop-in rate of \$4.25, Pool and Fitness Centre
Cross-Country Skiing: 1:30pm – January 30th and February 27th Temiskaming Nordic Ski Club, Coleman Township (free and includes equipment rental)
Tuesday – Women's Exerc. Group: 9:00am – January 31st, February 7th, 14th, 21st and 28th Shelley Herbert-Shea Memorial Arena
Beginner Line Dancing: 10:00am – January 31st, February 7th, 14th, 21st and 28th Lawrence "Bun" Eckensviller Community Hall
Public Skating: 12:00pm – January 31st, February 7th, 14th, 21st and 28th Shelley Herbert-Shea Memorial Arena
Wednesday – Aquafitness: 9:00am – January 25th, February 1st, 8th, 15th and 22nd Seniors drop-in rate of \$6.75, Pool and Fitness Centre
Adult Swim: 12:00pm – January 25th, February 1st, 8th, 15th and 22nd Senior drop-in rate of \$4.25, Pool and Fitness Centre
Public Skating: 12:30pm – January 25th, February 1st, 8th, 15th, and 22nd Don Shepherdson Memorial Arena
Thursday – Women's Exerc. Group: 9:00am – January 26th, February 2nd, 9th, 16th and 23rd Shelley Herbert-Shea Memorial Arena
Indoor Walking: 9:00am – January 26th, February

2nd, 9th, 16th and 23rd Northern College Gymnasium, Haileybury
Intermediate Line Dancing: 11:00am – January 26th, February 2nd, 9th, 16th and 23rd Shelley Herbert Shea Memorial Arena
Snowshoeing: 1:30pm – January 26th, Temiskaming Nordic Ski Club (free) February 2nd Lundy Township, meet at Hudson Hall
 February 23rd Triangle Hill, meet at Hudson Hall
Friday – Beginner/Intermediate Pickleball: 9:00am – January 27th, February 3rd, 10th, 17th, and 24th Lawrence "Bun" Eckensviller Community Hall

Aquafitness: 9:00am – January 27th, February 3rd, 10th and 17th Seniors drop-in rate of \$6.75, Pool and Fitness Centre
Adult Swim: 12:00pm – January 27th, February 3rd, 10th, 17th and 24th Senior drop-in rate of \$4.25, Pool and Fitness Centre
Public Skating: 12:30pm – January 27th, February 3rd, 10th and 17th Don Shepherdson Memorial Arena
Bowling: 1:30pm – January 27th, February 10th and 24th, \$3 Tri-Town Bowling Lanes, Haileybury
Curling: 1:15pm – February 3rd and 17th, Horne Granite Curling Club, New Liskeard

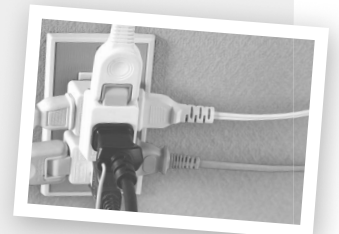
Pull the Plug on Electrical Fires



Electrical equipment is a leading cause of home fires in Ontario.

How do I keep myself and my loved ones safe?

- **Avoid running cords under rugs** which can damage the cord and cause a fire.
- **Avoid overloading a circuit with "octopus outlets".** If additional outlets or circuits are required, have them installed by a licensed electrician.
- Extension cords should be used only as a **temporary connection**. If permanent wiring is required, have additional outlets installed by a licensed electrician. **Extension cords should not be linked together**—use an extension cord that is long enough to do the job.



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

Test them every month.



- Air conditioners and other heavy appliances should be plugged **directly into an outlet**.
- **Ground fault circuit interrupters (GFCIs)** should be installed in bathrooms, kitchens, and garages. GFCIs shut off an electrical circuit when it becomes a shock hazard.

- **Check electrical cords for damage such as fraying or nicks.** A damaged cord can expose wires and result in a potential shock or fire hazard.



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

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



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

Age Friendly Coffee Hour

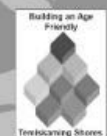
TUESDAY JANUARY 24TH 2:00PM
 Open Studio Libre - 479 Ferguson Ave., Haileybury

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



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
- 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

Pickleball

Interested in playing pickleball this winter? The Temiskaming Shores Pickleball Club will be hosting clinics for new pickleball players. Please post a note on their Facebook page and they will advise you when the next clinic will be held. Contact Russ Tench for more details: rtench1@gmail.com / 705-648-3280

TEMISKAMING SHORES PUBLIC LIBRARY

Library Hours:

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

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 705-647-4215 for more info.

Valentine's Day Craft

Show someone you care by creating a heartfelt craft to give at Valentine's Day! The Temiskaming Shores Public Library will be hosting a Valentine's Day Craft for children aged 4 to 12 on Saturday February 11 from 10:30 to 11:30 a.m. in the library's Programming Room. To register for this program call 705-647-4215 or email us at info@temisklibrary.com.

Northern College Satellite Service Hours

Monday through Thursday: 8-8
Fridays: 8-4
Saturdays and Sundays: 10-3

LEGO Challenge

The Temiskaming Shores Public Library is pleased to present a LEGO Challenge program on Saturday February 11 from 1:30 to 3:30 p.m. in our programming room. Children bring their own LEGO bricks and are given LEGO challenges to perform. No winners or losers, just participants having a good time. The program is geared towards children aged 3 to 12 but we are flexible. Register your child(ren) by calling 705-647-4215 or email us at info@temisklibrary.com. Remember that your child will need to bring their own LEGO bricks to use at this program.

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

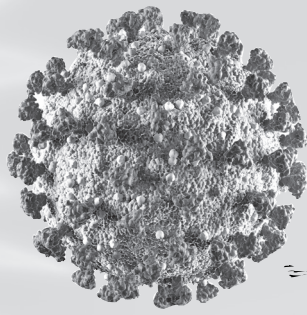
If you have a library membership, try checking out a pair of snowshoes and hitting some of our beautiful trails this winter! The library has a wide selection of sizes so the whole family can snowshoe together! For more information about any of these programs please call us at 705-647-4215, email us at info@temisklibrary.com or pop into the library and speak to one of our friendly staff members.

WATERFRONT POOL & FITNESS CENTRE

BECOME YOUR BEST SELF THIS YEAR.

BE FIT. BE STRONG.

MEMBERSHIPS STARTING FROM \$66/MONTH ADULT \$54.78/MONTH YOUTH/SENIOR



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

Vaccination after COVID-19 infection Vaccination après une infection par la COVID-19

DYK? If you have already been infected with COVID-19, you should still get a booster.

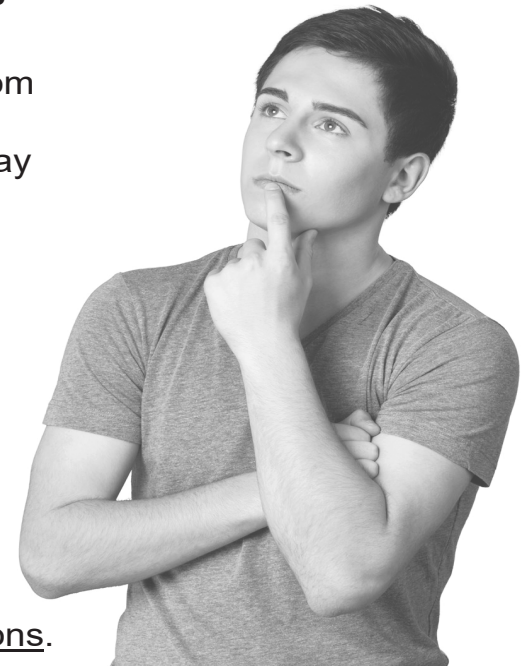
You should wait between 3 and 6 months to receive a booster dose after symptom onset or a positive COVID-19 test. Discussing the best timing for you with your healthcare provider is important. In certain circumstances, waiting six months may provide a better immune response.

For more information, visit www.ontario.ca/page/covid-19-vaccines#section-4

Le saviez-vous? Si vous avez déjà été infecté par la COVID-19, vous devriez quand même recevoir une dose de rappel.

Vous devriez attendre entre 3 et 6 mois pour recevoir une dose de rappel après l'apparition des symptômes ou un test positif à la COVID-19. Il est important de discuter du meilleur moment pour vous avec votre professionnel de la santé. Dans certaines circonstances, attendre six mois peut apporter une meilleure réponse immunitaire.

Visitez le www.ontario.ca/fr/page/vaccins-contre-la-covid-19 pour plus d'informations.



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 25 | mercredi 25 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 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

Mongrain

Happy New Year!
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in the new year than a
SALE!



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January, we are offering
50% off
motorization for

shadeomatic
and
HunterDouglas 
Blinds!!

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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

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