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# WEEKENDER

## THE SPEAKER'S WEEKEND EDITION



Vol. 23 – No. 4

FRIDAY, JANUARY 19, 2024

Visit us on



## Preliminary roads program accelerates

TEMISKAMING SHORES (Staff) – Which city roads will be upgraded this year, and at what cost?

Temiskaming Shores is releasing a tender for its 2024 roads program, which envisions rehabilitating almost three lane kilometres of roads at a cost of \$385,000.

At city council's committee-of-the-whole meeting earlier this week, transportation services manager Mitch McCrank listed specific roads on the proposed work list.

But he cautioned that plan could change, depending on pricing and unforeseen circumstances that crop up during the work itself.

Selecting the roads for upgrading "is always a challenge," said Mayor Jeff Laferriere after council met.

But Laferriere said the city's asset management plan helps it prioritize road work.

"We're going to continue to do as many as we can," he said.

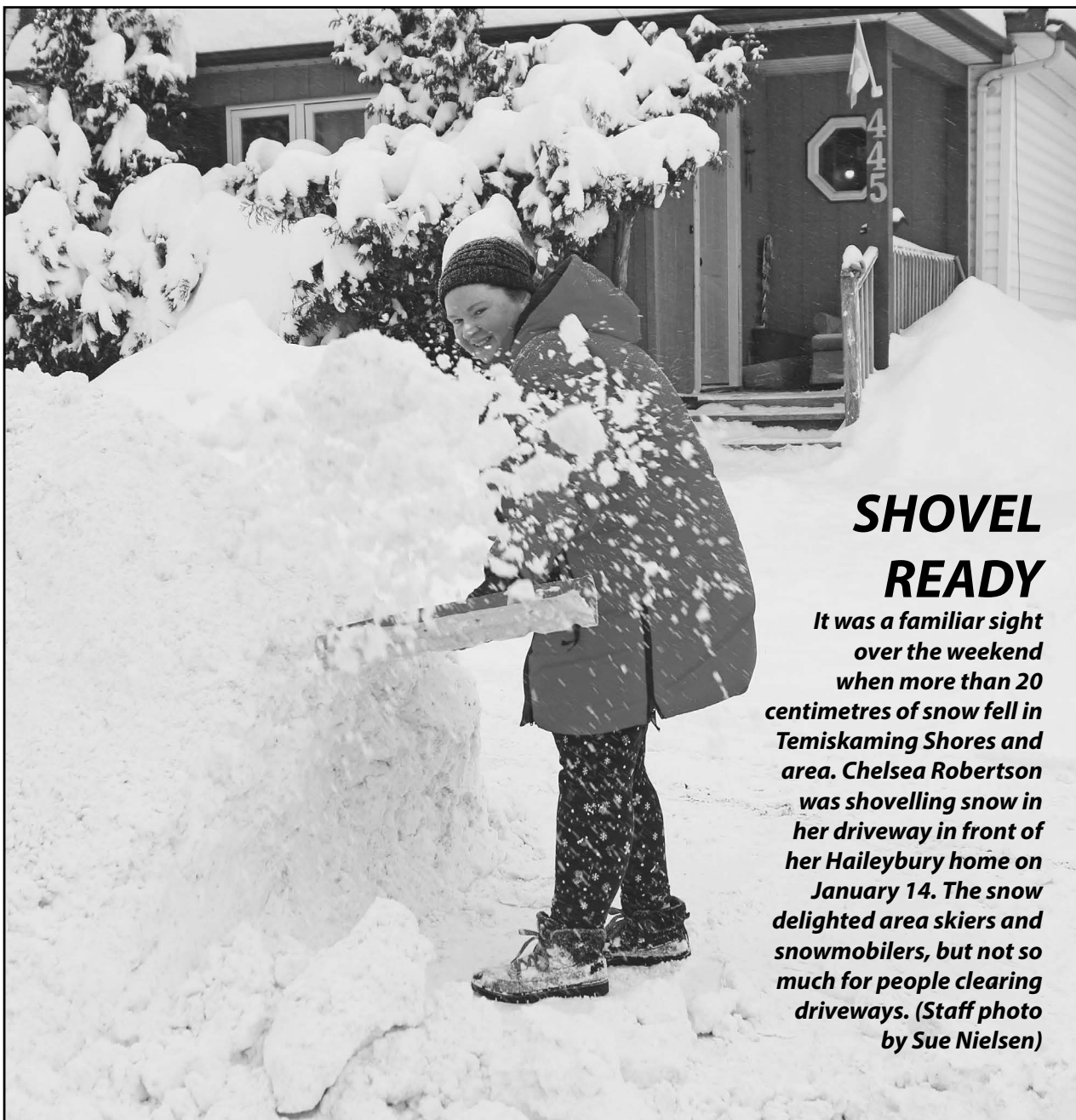
"There's always financial constraints, but living within the budget we're going to try and get as many of those roads done and as quickly as possible."

The list at this time include three projects in New Liskeard – 312 metres of Golding Street, between Whitewood and Broadwood; 210 metres of Wellington Street, between Cedar and Whitewood; and 300 metres of Market Street.

In Haileybury, rehabilitation is proposed for 152 metres on Amwell Street, between Rorke and Georgina.

The list includes the addition of a walking path on Wilson Avenue between Grant Drive and Hwy. 65 and single-lift surface treatment on some exist-

*Continued on 12*



## SHOVEL READY

*It was a familiar sight over the weekend when more than 20 centimetres of snow fell in Temiskaming Shores and area. Chelsea Robertson was shovelling snow in her driveway in front of her Haileybury home on January 14. The snow delighted area skiers and snowmobilers, but not so much for people clearing driveways. (Staff photo by Sue Nielsen)*



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**DID YOU GET The Speaker THIS WEEK?**

**Here are some**

**January 17, 2024 stories...**

- The New Year's Eve Fireworks On the Lake event helped people ring in the New Year and also assisted local food banks.
- Temagami is taking a long look at short-term rental properties with the assistance of a municipal planner.
- The AC15 Hockey Tournament organizers donated monies to upgrade the Shaver Park outdoor rink in North Cobalt.
- The Englehart Fall Fair will return in 2024, says lead organizer Brian Smith.
- Planet Youth, a five-year initiative aimed at reducing young people's early use of alcohol, tobacco and other drugs, was rolled out via a virtual format by the Timiskaming Health Unit.
- Hudson Township has its roots dating back 120 years. They are not looking back but forward as to what will take place in the township in 2024.
- The Kal Tire Challenge Cup hockey tournament wasn't challenged by a major snowstorm that hit the region last weekend. Local teams won gold and silver medals.
- The Timmins Majors had the New Liskeard Cubs' number on January 12 when they defeated them 5-2 to take the game and second place in the Great North U18 standings.
- Trail skating is going to be an added feature at the Tri-Town Ski and Snowboard Village.



**THE STARE DOWN**

*Tony Juurlink stares down a pair of cross-country skis to see if they were in good shape during the Temiskaming Nordic Ski Club's annual Ski Swap on January 3. He was shopping for skis for his daughter, Avery. A good selection of used ski equipment was available during the event. (Staff photo by Sue Nielsen)*

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# City to head Northern showcase at 2024 PDAC

TEMISKAMING SHORES (Staff) – The city will once again take on coordination of the Northern Ontario Mining Showcase at the upcoming Prospectors and Developers Association of Canada convention. And it'll do so with the help, once again, of \$728,000 from FedNor.

The 2024 showcase will offer 13,200 square feet of exhibit space for up to 110 mining supply and service providers from across the region.

“This investment will help businesses scale up, create good-paying jobs, increase sales and exports, and expand their global presence,” said Patty Hajdu, the federal minister responsible for FedNor, in a news release.

Temiskaming Shores is proud to lead the initiative “to help maximize global opportunities for Northern Ontario communities and businesses,”

said Mayor Jeff Laferriere. Thanks to FedNor’s ongoing support, he said the tenth annual showcase will feature more than 100 Northern businesses “and remain a driving force behind jobs, growth and the economic success of our region.”

The Northern showcase “is expected to help participating businesses increase sales and exports by more than \$10 million, while helping to create 75 jobs and maintain 100 more,”

said Nipissing-Timiskaming MP Anthony Rota in a news release.

The 2024 convention runs March 3 through 6 in Toronto.

It typically attracts up to 30,000 attendees from more than 130 countries, and hosts more than 1,000 exhibitors and 700 speakers.

## OBITUARY

### Gerald Richard Acland (1941-2024)

Gerald Richard Acland of Haileybury, Ontario, passed away peacefully surrounded by his loving family on Monday, January 15, 2024.

Dad will be missed by his children Sherry (Norman), David (Nancy), Lori (Daniel), Steven (Starla) and Debbie (Jason).

Grandpa, Papa, to his grandchildren Christopher, Dana (Eric), Anne, Erin (Kris), Alex (Hillary), Caleb (Ashley), Jonathan, Sierra, Abigail, Zachary, and Felicity (Riley), Nicholas.

He was also Grandpa G to his great-grandchildren Zoe, Elleigh, Charlotte, Lennox, Andie, Gabriel, Ivy, Alaric, Parker, Elena.

His eyes always lit up when he got to meet a new member of the family.

Gerald was born on May 24, 1941, to Robert and Myrtle Acland (predeceased).

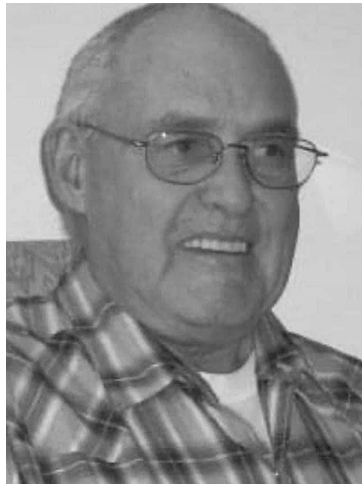
Gerald married into the van Vliet family on June 16, 1962, and was predeceased by his wife Francina in 2011.

He was predeceased by his parents-in-law Teunis and Maria van Vliet.

He was predeceased by his brother Allan and brothers-in-law Gerald, Simon and Larry.

He is survived by his brother Keith (Janice); sisters Marilyn and Thelma (Verner); and in-laws Anna (George), Hank (Samantha), Leo, Susan, Tony (Nadine), Paul, Harry (Brenda) and Geraldine (Ken).

Gerald started his natural gas career in Sudbury in 1964 with Northern Ontario Natural Gas and retired in 1999 from Union Gas when offered early retirement.



He started doing woodworking and created some great pieces that he loved to give away.

He was also an avid fisherman and casual hunter. He spent a lot of time on Lake Temiskaming catching his limits.

In his later years he took up painting by numbers, but always made the pictures his own. Many of these he framed and gave away to the family and we are enjoying them on

the walls in our homes.

When he was no longer able to paint, he took up puzzling and when he completed a puzzle he would hand it off to someone else.

Right to the end dad’s craziness, his smile and giggles lit up the room. We will definitely miss his amazing sense of humour.

Dad has now been reunited with the love of his life. Those remaining will miss him immensely.

The family would like to thank Dr. Pretty and all the doctors, nurses and staff who cared for dad in his final days. Dad was so appreciative of the care the nurses and doctors provided, including all the hugs he received from them.

In keeping with dad’s wishes, there will not be a funeral; however, we will be hosting a celebration of life at a later date.

If desired, donations in memory of Gerald can be made to the Community Cancer Care unit at the Temiskaming Hospital or the New Liskeard Salvation Army.

*Those we love can never be more than a thought away, for as long as there’s a memory, they live in our hearts to stay.*

## Memorial Cards

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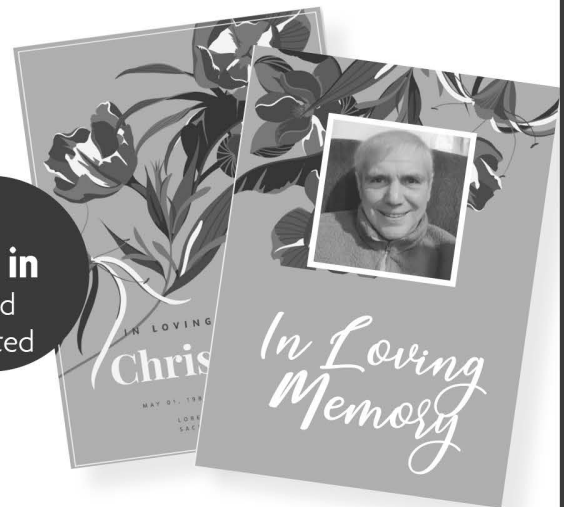
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# SPEAKER WEEKENDER



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**Editor - Steven Larocque**

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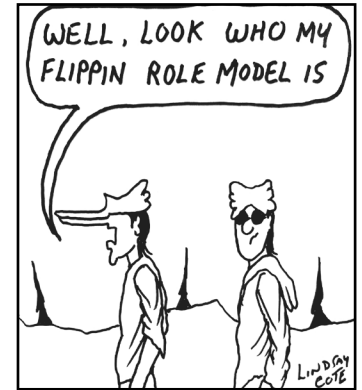
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## EDITORIAL

### Electric vehicles in the North?

Federal Environment Minister Steven Guilbeault says electric vehicles will be cheaper than our current gas and diesel powered vehicles in the coming years.

The Liberal government has said they want Canada to achieve a national target of 100 per cent zero-emission vehicle sales by 2035, as part of its Climate Change Action Plan.

That's all fine and dandy for the political elites, but not so much for the average Canadian and Northern Ontarian.

Electric vehicles can be priced anywhere from \$45,000 and up.

If the Liberal government is serious about people purchasing electric vehicles they need to make a rebate program attractive enough for the average consumer.

The financial challenges facing Canadians today are monumental, with food prices at an all time high due to high inflation rates.

A family of four cannot possibly afford to purchase an electric vehicle while paying a mortgage and putting food on the table.

With Northerners having to travel long distances to do business, for medical appointments and to shop, electric vehicle charging stations will have to be plentiful, and currently they are not.

And those charging stations need to be Level 2, the faster charging alternatives.

And the electric vehicle batteries need to be tolerant of Ontario winters.

Electric vehicles can lose up to 30 per cent of their range in freezing temperatures, says a Seattle-based firm called Recurrent that tested EV range loss in 7,000 cars.

Another important point is how can the current electrical grid handle the increase from electric vehicle charging stations?

It is all fine and dandy to issue rhetoric about climate change and electric vehicles, but it is another thing to back up those statements with grass roots solutions for average Canadians.

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# Escaping winter's gloom

It's been a gloomy start to the New Year and I am hearing about friends who have been sick of late.

How many of you have kids, friends, relatives, and acquaintances that have been a bit happier, more relaxed and healthier because of sporting events?

We need sports in our lives.

Participating in and watching sports brings us a snippet of joy and a large bit of escapism into our lives when perhaps bombs and unrest are otherwise present.

We know there are instances of people who are troubled in life and bad behaviour seems to be on the increase.

And then there are sports, where we saw the grit of our local hockey teams who battled all weekend long for hockey supremacy.

Congratulations to all the local teams who provided some great hockey action on a cold, snowy wintery weekend during the Kal Tire Challenge Cup.

I understand there were girls hockey teams who went to out-of-town tournaments and did us proud as well.



Sue Nielsen

Temiskaming Shores minor hockey administrator Trevor Desrosiers said people passed on positive comments to him about the new friendships that were made at the recent Challenge Cup.

The high school sporting calendar also has had some fast-paced boys basketball and girls volleyball action of late as well.

And then you have the Professional Women's Hockey League games, Canadian tennis star Leylah Fernandez winning her first match at the Australian Open and on and on.

Then there are the football playoffs.

A friend from Southern Ontario called me on Sunday saying, "Oh, are you watching football?"

I said, "Yes, call me back tomorrow."

Of course I was glued to those games as were so many

of us of different backgrounds, ethnicities and circumstances, because it draws us together in a common desire to see people achieve and do good things.

Sport takes us away from the toxicity of social media where things can be nasty.

All the good, the winning, the losing and the competing makes us feel good.

I've been involved in athletics all my life, perhaps not so much as a competitor these days, but certainly I was sport obsessed for years and still am.

Given the state of the world, we need these sporting moments, the tournaments, the competitions and the friendships made.

Having inclusive, equal sporting competitions can change lives. I say thank you to all the sports that take me away from all the negativity in the world.

On a positive note, I'd like to say a big hello to my friend Margaret McKill, who is such a wonderful woman. She recently donated several items she made to the hospital for the newborns and to Zack's Crib for the homeless.

Way to go Margaret!

## LETTER TO THE EDITOR

# Thank you for sharing

Dear editor,

Food bank demand for service increased significantly in 2023 and as usual our community responded to meet that increased demand. Supporters both large and small have grown too numerous to allow mention of everyone.

So, thank you to every con-

tributor that has put the Haileybury Food Bank in an excellent position to continue to meet the needs of the community in 2024. May your acts of kindness be rewarded with the pleasure of knowing that you have helped many in need.

It would give great pleasure to be the person to write the

obituary of the food bank, not because it failed but because it is no longer needed. Until that time, may our wonderful supporters continue to share what they have. Your acts of kindness are truly appreciated.

Pat Rhiness, volunteer,  
On behalf of the Haileybury Food Bank



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

COMMUNITY  
NEWS

### Council Meetings

Monday, February 5, 2024

Monday, February 26, 2024

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

### MUNICIPAL BUDGET – PUBLIC MEETING

Section 290 (1) of the Municipal Act, 2001 states that a local municipality shall prepare and adopt a budget including estimates of all sums required during the year for municipal operations.

Notice is hereby given of Council's intention to adopt the 2024 Municipal Budget for the Township of Coleman. A Public Meeting to consider the adoption of the Budget will be held on **Monday, February 26, 2024 at 6 p.m.** in the Township Council Chambers at 937907 Marsh Bay Road.

### 2024 DOG TAGS

**Do you have your 2024 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 WASTE SITE

Hours of Operation:

Tuesdays 9am – 4pm Saturdays 9am – 4pm

### 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.

### RECYCLING SCHEDULE

February 6, 2024

February 20, 2024

March 5, 2024

March 19, 2024

April 2, 2024

April 16, 2024



**\$10** (donation)

One youth under 16 years of age is FREE with the purchase of one adult ticket



# ISAAC WALKER DUPONT

## FAMILY FUN FISHING FUNDRAISING WEEKEND

**FAMILY DAY WEEKEND**  
**FEBRUARY 16 - 19, 2024**



Every ticket purchased gets entered into the DRAW PRIZE

Catch a fish and post it on the *Isaac Walker Dupont Family Fun Fishing Fundraising Weekend* Facebook page by Sunday night to be entered in to the Secondary Draw

All funds raised will go to TTF Temiskaming Foundation in memory of **ISAAC WALKER DUPONT**



**SCAN ME**

**JOIN US AND THE HAILEYBURY LEGION THIS WEEKEND**



**On-Ice Activities**

Saturday, February 17th  
10:00 am - 2:00 pm  
Haileybury Lake Front

**Dance**

Saturday, February 17th  
8:00 pm  
Haileybury Legion

**Brunch**

Monday, February 19th  
11:00 am  
Haileybury Legion

**Draw**

Monday, February 19th  
2:00 pm  
Haileybury Legion

**Searching for something?**  
**FIND IT TODAY IN THE CLASSIFIEDS!**

## Recycling charges rising

TEMISKAMING SHORES (Staff) – Inflation is hitting every sector, including the handling of recyclable materials.

Temiskaming Shores is increasing the fee it charges municipalities to accept recyclable materials at the municipal spoke transfer station.

The cost is rising from just under \$332 per tonne to almost \$344.

It reflects the annual 3.6 per cent rise in the Consumer Price Increase (CPI), explained Steve Burnett, the city’s manager of environmental services, to council at its January 16 committee-of-the-whole meeting.

Providing for a CPI-linked fee increase is included in the contracts with Phippen Waste Management and GFL. Phippen transports recyclables to GFL, west of North Bay, for processing.

Seven municipalities – Cobalt, Armstrong, Harley, Hudson, Harris, Charlton and Dack, and Chamberlain – have agreements to use the city’s transfer facility.

## Tips for staying healthy as flu, cold and COVID viruses circulate

DISTRICT (Special) - Flu, cold, COVID and RSV are all circulating together again in Ontario, the proverbial unwanted guests at our winter gatherings.

Ontario’s doctors have some tips for trying to stay healthy at this time of year as people spend more time indoors and in closer contact with one another.

“No one wants to be sick, especially during the holidays,” said Dr. Andrew Park, president of the Ontario Medical Association.

“But this is peak season for respiratory viruses. There are some commonsense precautions people can take to reduce

their risk of getting sick and reduce pressure on emergency departments and other parts of the health-care system.”

- Get a seasonal flu shot, keep up to date on COVID-19 vaccinations and get an RSV shot, if you are eligible.
- Avoid close contact with people who are sick and stay home if you are sick. Rapid antigen tests for COVID are available through public health units and select health-care providers. If you have symptoms, keep testing over a few days to confirm or rule out COVID.
- Practice good public health hygiene: wash your hands often, sneeze or cough into your arm, not your hands, and regularly clean surfaces people touch a lot such as phones and doorknobs.
- Consider masking in crowded and/or indoor public spaces, or if you are around vulnerable people. Wear a mask in public for 10 days after you are sick with any respiratory virus or were last exposed to someone with COVID.
- Consider opening windows and/or using air purifiers at gatherings.

### Answers for Crossword Puzzle from page 9

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



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# Some online food buys should be researched

(NC) - As more of us are turning to the convenience of online shopping for purchases small and large, one question on many people's minds is: is it safe to buy food products online?

The short answer is, yes, mostly.

Canada has one of the safest food systems in the world. The Safe Food for Canadians Regulations (SFCR) apply to all food that is imported, exported or inter-provincially traded.

Most Canadian retailers or manufacturers selling directly to consumers have to abide by those rules. So, if you order food products directly from a retailer, this food likely falls under the SFCR and must meet requirements for safety.

If you're shopping online for spices or other exotic ingredients not readily available at your local grocer, you'll want to use a degree of caution.

If you're not sure about a vendor, do a little research to find out if they're based in Canada and/or are members of any recognized industry associations. If in doubt, err on the side of caution and stick to trusted suppliers.

You should be aware that some foreign goods are restricted from entering the country. For instance, pork products from abroad have the potential to spread diseases like African swine fever. While not dangerous to humans, it's lethal for pigs. If it's introduced to Canada, it could have significant impacts on our farmers and the economy.

If you suspect someone selling food products online is not in compliance, contact the Canadian Food Inspection Agency.

# Shingles vaccine can help those over 50

(NC) - Everyone experiences pain from time to time, whether it's from a stubbed toe or a mild burn on the hand.

Typically, such pain goes away fairly quickly.

However, when confronted with certain health conditions, escaping pain can be difficult.

While it might be tempting to brush aside the idea that you could develop chronic pain, you might not know that one-in-three people are at risk in their lifetime for a condition that can cause ongoing pain for weeks or even years.

Shingles is an infection that occurs when the virus that causes chickenpox reactivates in your body, and it's most likely to happen in those over age 50 and those who are immunocompromised by a health condition or treatment. This is because you're more vulnerable to it when your immune system gets weaker.

The first symptom is usually pain, tingling or burning that occurs on one side of the body, followed by a rash and blisters. The pain can be severe enough to interfere with work and other everyday activities.

While most cases of shingles last about two to four weeks, some people can experience chronic pain long after the rash has healed.

While there is no cure for shingles, getting the shingles vaccine, which is recommended for adults over the age of 50 by the National Advisory Committee on Immunization, can greatly reduce your risk of developing this disease and suffering from the pain related to it.

## HOROSCOPE

WEEK OF JANUARY 21 TO 27, 2024

The luckiest signs this week:  
Leo, Virgo and Libra

March 21 - April 19



**ARIES** If you witness a strange situation, discuss it with those close to you. They'll help you sort out your thoughts. Your friends will tend to confide in you, and you'll lend them a sympathetic ear.

April 20 - May 20



**TAURUS** You'll be struck by the urge to renovate your space and rearrange the furniture. You'll also explore the possibility of buying a house and moving, especially if you feel too cramped in your current home.

May 21 - June 21



**GEMINI** The stars have aligned, and it's time to act! You'll react quickly and confidently in uncertain situations. In your social media activity, one of your comments will attract considerable attention.

June 22 - July 22



**CANCER** You must take time to recharge your batteries; your health depends on it. You could commit to someone close to you, with whom you'll share some incredibly memorable times.

July 23 - August 22



**LEO** You can't escape your responsibilities or ignore your obligations. Your presence is required! To have an active social life, you must organize and plan activities that get everyone on board.

August 23 - September 22



**VIRGO** You'll have a lot of responsibilities, and many people will be counting on you. It might be a good idea to dedicate some time to getting everything done; you'll be easily distracted this week.

September 23 - October 22



**LIBRA** Making all your dreams come true requires meticulous organization and unshakeable determination. You must make adjustments to achieve your personal and professional goals.

October 23 - November 21



**SCORPIO** You could find yourself in a worrying situation. It's essential to focus on your priorities. If you're artistic, you'll be inspired to create a work that will set you apart and create a sensation.

November 22 - December 21



**SAGITTARIUS** You'll alternate between having a routine and going with the flow. Although you're not always easy to understand, you're trustworthy. You may have to weigh the pros and cons in a specific situation.

December 22 - January 19



**CAPRICORN** Cleaning up your home and office will help you see the bigger picture. It's important to get enough rest to prevent your immune system from weakening this winter.

January 20 - February 18



**AQUARIUS** You'll perform a heroic act, such as helping someone in need. Even if you just lend someone a listening ear, they'll be eternally grateful.

February 19 - March 20



**PISCES** You'll spend more time at home, perhaps because one of your children needs you. The prospect of working from home could come up, and you'll enjoy the comfort of being in your own environment.



**ACROSS**

1. Neighborhood
5. Use snow runners
8. Original garden
12. Storage containers
13. Zilch
14. The \_\_\_\_\_ Ranger
15. Evens' opposites
16. Entirely
17. Electrical device
18. Game cube
19. \_\_\_\_\_ of passage
21. Bundy son
22. Glossy paint
24. Ship's kitchen
26. Developed
27. Prized
28. Like
30. Sweetie
32. Disorder
35. Decrease
36. Straight
38. Picnic spoiler
39. Audition tapes
41. Train unit
42. Attempt
44. Disintegrate
45. Law
46. So long, in Liverpool: 2 wds.
47. Chimpanzee
48. Metallic rocks
49. Child's snow slider
50. Was ahead
51. Bunks

# CROSSWORD

Answers  
on  
page 6

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			
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35							36					37
38				39		40				41		
42			43		44				45			
46					47				48			
49					50				51			

**DOWN**

1. Residence
2. Going by bus
3. Make beloved
4. Donkey
5. Slow shell-dweller
6. Highlander's attire
7. Forbidden
8. Fairy
9. Twin
10. Resulted
11. Down-and-out
19. Telegraphed again
20. Deli meats
23. Buttes' kin
25. Tempter
27. Contend
29. \_\_\_\_\_ spring (spa)
30. Kind of floss
31. Manor
33. Safe
34. Climbed
35. Survives
36. Loved too much
37. Ringlet
40. Sulk
43. Evil
45. Filch



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# Bohemian waxwings flock to Temiskaming region

**Sue Nielsen**  
Speaker Reporter

**TEMISKAMING SHORES** — Large flocks of Bohemian waxwings are being spotted in Temiskaming Shores of late as upwards of 300 or more birds in a flock are descending on area fruit trees with a vengeance.

These medium sized song-birds are feasting on hawthorn and mountain ash berries, wild grapes, crabapples and juniper berries found across the region.

Sometimes when large num-

bers of birds appear in an area it is called an irruption.

An irruption is not the same as a migration pattern for birds. It means that birds are moving from one area to another area, usually due to a lack of food sources.

Some years fruit trees produce a good crop and other years they don't.

"We were seeing Bohemian waxwings as early as October at the Hilliardton Marsh Research and Education Centre," said Marsh coordinator and bird-bander Bruce Murphy in a telephone interview.

"We even banded one single waxwing. There is such a thing as a winter finch forecast that kind of predicted these large amounts of Bohemians we are seeing in our region."

He said when fruit trees have a bumper crop like the ones in this region did last summer, that's when the birds will leave other areas to come to where the food sources are plentiful.

"They may have left Manitoba and Saskatchewan for our region because berry crops weren't as good in those provinces. We have had an amazing berry output this year. Hailey-



bury seems to be the town that has a lot of mountain ash and crab apple trees."

Murphy said about four or five years ago employees at the Waterfront Pool and Fitness Centre in New Liskeard noticed large flocks of waxwings were hitting the windows at the pool.

"They actually put up posters on the windows to prevent the birds from hitting them. We have seen large numbers of waxwings before but not like this year."

When winter temperatures arrive the birds need to eat berries for their high sugar content.

The fruit they eat is also responsible for their colouring, with reddish brown feathers under the tail and reddish brown coloring on the head.

There are two species of waxwings, Bohemian and Cedar found in the Temiskaming region. Normally, Cedar waxwings head for southern destinations once the cold weather arrives.

Both species feast on insects during the summer months and then berries in winter.

These birds are guided by their stomach and will travel across entire regions in the non-breeding season seeking fruit trees loaded with berries.

"Usually you hear them long before you see them because they have a distinct call," said Murphy.

"When they find a tree it becomes a feeding frenzy. It is quite a thrill to see them."

## WINTER BIRDS

Murphy says the birds will be well fed this winter and that will make for "a good breeding season next summer. It is really amazing how the birds know what regions have berries."

Murphy said the Marsh set a record for the amount of overall birds banded in 2023 at 16,000.

He says of late the winter birds they are seeing are evening grosbeaks, common red polls and some pine grosbeaks that are just beginning to come to the feeders.

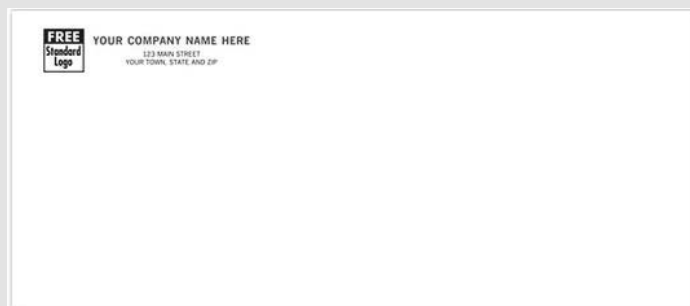
"I have photographers from Toronto waiting for me to tell them when the pine grosbeaks are plentiful because they don't see them in Southern Ontario."

In particular he noted there are large amounts of evening grosbeaks in the region because there was an outbreak of spruce budworms in nearby Western Quebec, which is their main food source.

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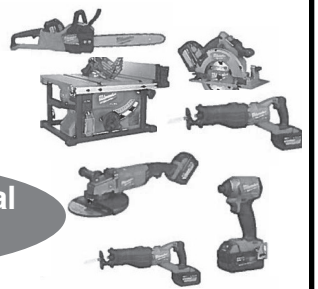
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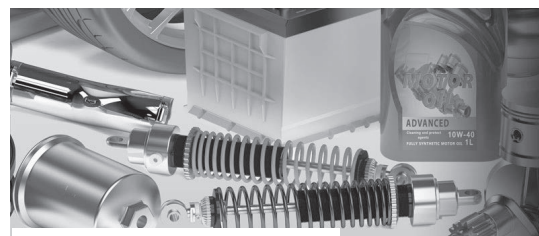


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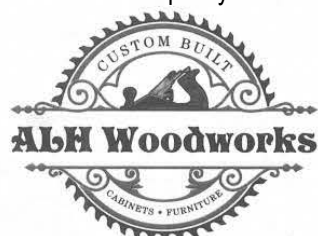
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## Temagami Family Health Team

Submitted by Ellen Ibey

### Foods that Can Lower your Blood Pressure

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

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

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

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

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

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

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

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

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

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

If you are a patient of the Temagami Family Health Team and would like to have a consultation with our registered dietitian to discuss the DASH approach to reducing your blood pressure, please call the office at (705) 569-3244.

The Temagami Medical Centre and Family Health Team...  
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**Temagami**

Family Health Team

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Tel: 705.569.3244 Fax: 705.569.2610



## THRILL OF THE HILL

While the wintry weather kept many indoors last weekend, sisters Mackenzie, 8, and Emma Seaton, 5, believed it was a perfect time to enjoy some thrills sliding on the hill near Ecole catholique Ste-Croix in Haileybury on January 14. (Staff photo by Sue Nielsen)

## Preliminary roads program accelerates

Continued from Front  
ing roads.

Also to be completed this year is Albert Street in Haileybury and some paving in the

Dymond Industrial Park. Both projects, however, are separate items and not included in the annual roads program.

In his report to council,

McCrack said several factors figured into the selection of specific roads.

They include the asset management plan as well as an evaluation of pavement condition; roads' use by specific populations, such as seniors, and their function, such as serving as a transit route or emergency detour; estimates of daily traffic; and their history of repair.

The state of underground water and sewer lines was also taken into consideration.

McCrack asked that residents be considerate in critiquing the roads proposed "as this is a thoughtful process that has many moving parts, limited funds and a vast territory to cover."

Tenders close later next month.

On March 5, a report will be presented to city council.

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# Getting ready to file your taxes by paper

OTTAWA (Special) – People have different preferences when it comes to filing their tax returns.

But no matter how you decide to file, the Canada Revenue Agency (CRA) is committed to making sure you get any refund, benefit, or credit payments that you may be eligible for.

April 30, 2024, is the deadline for most Canadians to file their income tax and benefit return for 2023. You are considered to have filed on time as long as the CRA receives your return, or it is postmarked, by April 30. By filing your income tax and benefit return on time, you will avoid interruptions to your benefit and credit payments.

If you owe any money to the CRA, your payment is also due by April 30, 2024. By filing and making your payment on time, you will avoid a late-filing penalty and interest charges.

## WHEN TO EXPECT IT

If you filed on paper last year, the CRA should mail you the 2023 Income tax package by February 19, 2024.

The income tax package contains information and forms paper filers need to file their income tax and benefit return.

Individuals who want to file on paper but haven't received a package by this date can:

- View, download, and print what they need online at [canada.ca/taxes-general-package](https://canada.ca/taxes-general-package)
- Order the package online at [canada.ca/get-cra-forms](https://canada.ca/get-cra-forms)
- Order a package by calling 1-855-330-3305 (non-residents can call 1-613-940-8495).
- Your social insurance number will be required

## PACKAGE CHANGES

You may have noticed that the package you received is thinner than usual. This is because, starting in 2024, the CRA will no longer print line-by-line instructions in the paper package.

The CRA made this change after hearing feedback from individuals who file on paper. The majority of

these individuals confirmed that they rarely use the line-by-line instructions when filing. Instead, they indicated that they rely on information from prior year returns and the "What's New" section of the income tax package. By making this change, the CRA will reduce each paper package by approximately 30 pages, or about 20 per cent.

Information on the Changes to the 2023 Income tax package is available online.

If you need more information, you will find URLs in the income tax package that will lead you to relevant web pages. Web pages on [Canada.ca](https://Canada.ca) have been optimized to be more user-friendly, with user experience-tested improvements. This includes increased findability, so you can easily get the information you need to file by paper, or by any other method you choose.

If you wish, you can still read and print line-by-line instructions on [Canada.ca](https://Canada.ca).

If additional information or assistance is required, you will find alternative support through the Community Volunteer Income Tax Program and the CRA's contact centres. These options are available to ensure no one is left behind.

## SIMPLEFILE

In previous years, you may have received an invitation in your tax package to use the CRA's automatic tax filing service, SimpleFile by phone (formerly File My Return). This year, if you are eligible, the CRA will automatically send you an invitation in the mail or notify you by email.

## CONSIDER FILING ONLINE

Almost 93 per cent of tax returns were filed electronically in 2023. It's fast, as returns are generally processed within two weeks. On the other hand, it may take up to eight weeks to process a paper return.

To file electronically, you can use the CRA's NETFILE service. Check out the list of NETFILE-certified tax software products, some of which are free.



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## CHURCH SERVICES & more...

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**SUNDAY MASS** is celebrated at Saint Patrick's Parish in Cobalt on **Saturdays at 5:00 P.M.** Our Mother of Perpetual Help Parish has weekday Masses on Tuesday, Thursday and Friday at 11:00 A.M..

Saint Patrick's Parish has a weekday Mass on **Wednesdays at 11:00 A.M.**

**OMPH IS NOW ON FACEBOOK:** Check our new facebook page at [facebook.com/OMPH.NL](http://www.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](mailto: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](http://www.ourmotherofperpetualhelp.ca).

**PAROISSE ST-JEAN BAPTISTE D'EARLTON** Nous sommes heureux de vous accueillir pour la messe dominical les dimanche à 11h. L'Église et notre bureau sont situés au 31 - 10ième rue ouest, Earlton. Pour autres informations composez le 705-563-2220 ou par courriel à [pstjeanbaptiste@gmail.com](mailto:pstjeanbaptiste@gmail.com).

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

**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](http://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 à [apsacrecoeur@personainternet.com](mailto:apsacrecoeur@personainternet.com). Pour le bulletin de la semaine consultez notre page Facebook ([facebook.com/Paroisse-Sacre-Coeur](http://facebook.com/Paroisse-Sacre-Coeur)).

## CHURCH SERVICES & more...

**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 we will have another guest worship leader. **Next Sunday, January 28th please join us when our worship leader will be Jennifer Moorlag.** For more information on our services and outreach programs, check out our Facebook page at [facebook.com/stpaulsnewliskeard](http://facebook.com/stpaulsnewliskeard) or phone 705 647 4171

**TOMSTOWN PRESBYTERIAN CHURCH** - worship is every 3rd Sunday of the month at 10:00am. .

**THE SALVATION ARMY TIMISKAMING COMMUNITY CHURCH AND COMMUNITY SERVICES.** 260 Whitewood Ave. New Liskeard. Tel: 647-4115 Sunday worship 10:30 a.m. Coffee Hour Thursday 10 a.m. Bible Study 11 a.m. Women's ministry every second Wednesday 1 p.m. Men's breakfast every third Saturday 8:30 a.m. **Food Bank by appointment call 705-647-3740.**

**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.

**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 p.m. the 1st & 3rd Sundays of the month. Everyone is welcome. Pastor Curtis Greenwood 705-622-4860. For more information [www.thornloecrossroads.ca](http://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.haileybury-baptist.ca](http://www.haileybury-baptist.ca)

**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

**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](http://temiskaming.church) or call 705-672-2020.

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

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

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

**ST. ANDREW'S PRESBYTERIAN CHURCH** wishes to extend an invitation to join weekly services held every Sunday at 10:30 a.m. with Pastor George Paraskevopoulos officiating. The church is now fully accessible with an outside ramp & inside hydraulic lift elevator. We are also pleased to have completed our improvements to air quality in the building with the addition of air exchangers and Hepa air cleaners. For more information about the church and our ministries, call 705-647-8401 or visit our website [www.presbyteriannewliskeard.ca](http://www.presbyteriannewliskeard.ca)

**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](http://goodshepherdenglehart.yolasite.com)



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**3 BEDROOM APARTMENT-** Downtown New Liskeard apartment for rent, \$2000 all inclusive with appliances. Newly renovated. Proof of income, first and last month and letter of employment required. Contact Sylvain at 416-318-7109

## NOTICES / COMING EVENTS

**THE COFFEE HOUSE SUPPORTING & PROMOTING LOCAL MUSICIANS AND THEIR MUSIC.** On Tuesday February 13th please join us once again at The Coffee House for our Valentines Day Edition. Enjoy the musical stylings of, Steve Benoit, Breeze Z Creek, The Dodds Sisters, Glenn Scott, Julie Preston, Sierra Jessi, Braydon Muir, Jessica Knott, Bernie Cull & Random Chants. Please join us at St. Paul's United Church auditorium, 7 - 10pm at 70 Wellington St. in New Liskeard for The Coffee House. For further information contact Brian Matheson at 705-647-5671 or email: [coffeehouse2tues@outlook.com](mailto:coffeehouse2tues@outlook.com) Follow us on Facebook, Instagram & YouTube at: the coffee house new liskeard [www.coffeehousenewliskeard.ca](http://www.coffeehousenewliskeard.ca)

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

**CRIB! EVERY SUNDAY AFTERNOON at 1:00 pm at Haileybury Legion.** Bring your own partner. Everyone Welcome! For info call 705-647-6684

**EUCHRE! EVERY MONDAY AFTERNOON at 1:00 pm at Haileybury Legion.** Everyone Welcome! For info call 705-647-6684

**BID EUCHRE! EVERY TUESDAY AFTERNOON WINTER HOURS at 1:15 pm at Hudson Hall.** Everyone Welcome! For info call 705-647-6684

**LE GRAND JAM** - weekly jam session every WEDNESDAY at 1 pm. At Le Coeur Du Village in Earlton. Join us to play, dance and meet up with friends.

**EUCHRE! EVERY THURSDAY AFTERNOON at 1:15 pm at Hudson Hall.** Everyone Welcome!

**TEMISKAMING TREASURES QUILT GUILD** meet the *last Thursday of every month* at 7pm at the St. Pauls & St. Johns Hall (506 Rorke Ave., Haileybury). Welcome to all interested in quilting. For more information please contact Linda at 705-647-5812

**MUSIC JAM EVERY 2ND AND 4TH FRIDAY OF THE MONTH** at the Sacred Heart Church in the basement from 1pm until 4pm. This is to replace the one we used to hold at the legion. Always good entertainment. Come to play, sing or dance to country music. Bring your friends!

## EMPLOYMENT OPPORTUNITIES

**THE LADIES AUXILLIARY SHOP AND STOP IS BACK FRIDAY JANUARY 26TH AT 5PM.** Serving breaded pork chops with potatoes, veggies, salad, tomato juice, coffee or tea and dessert all for \$15.00. Looking forward to seeing you all there.

**BREAKFAST IS SERVED AT THE HAILEYBURY LEGION SATURDAY AND SUNDAY MORNINGS FROM 8AM UNTIL 12 NOON.** Bacon and eggs or pancakes, home fries, toast, coffee, tea or juice all for \$10.00 in a welcoming atmosphere. Come out for the breakfast at 373 Broadway St in Haileybury, with our vendors corner returning.

**SOUPS ON in Cobalt on Saturday January 27th 2024 from 11:30 am until 1:30pm** at the St. James Anglican Church hall on the corner of Prospect Ave and Nickle st. Tasty homemade soup and buns, coffee or tea, jucie for the kids. No charge, and ALL are welcome! Hope to see you there.

Happy New Year! Were back from the holidays and you are invited to attend **LETS FELLOWSHIP** a free event every **Thursday evening from 4-7:30pm at The Temiskaming Shores Public Library.** We are learning how to BE the church with a focus on CARING and SHARING. Well, my brothers and sisters lets summarize. When you meet together one will sing, one will teach, another will tell some special revelation God has given, one will speak in tongues and another will interpret what is said. But everything that is done must strengthen all of you, 1 Cor 14:26 (NLT). Cant wait to find out what has been happening in your life over the holidays! We will have a private FB page soon, contact Susan 705-845-9083 for additional details.

We are looking for  
Home Child Care Providers

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

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

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

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

Christine Charette Brazeau, RECE/EPEI  
[ccbrazeau@timiskamingchildcare.ca](mailto:ccbrazeau@timiskamingchildcare.ca)  
705-672-2100 ext. 229



Centre pour enfants  
**Timiskaming**  
Child Care

[www.timiskamingchildcare.ca](http://www.timiskamingchildcare.ca)

**NORARC**

Requires an  
Payroll Administrator/Office Assistant  
Full Time Maternity Leave

- 40 hours/week
- Good knowledge of Microsoft Office
- Bilingual: English/French Essential
- Good working knowledge of payroll administration.
- 2-5 years' experience in administration
- Strong attention to detail

Salary will commensurate with qualifications and experience.  
Benefits: Health plan and retirement plan available after successfully completing 3 months

Interested candidates forward résumé to:

Nor-Arc Steel Fabricators  
Laurie Bolesworth, Human Resources  
P.O. Box 190 Earlton, Ontario P0J 1E0  
Fax: 705-563-2656  
Email: [laurie.bolesworth@norarc.com](mailto:laurie.bolesworth@norarc.com)



**SERVICES**

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

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

**PRENATAL CLASSES** - Offered by the Timiskaming Health Unit. Call 705-647-4305 as soon as you confirm your pregnancy. For more info. visit [www.timiskaminghu.com](http://www.timiskaminghu.com).

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

**PREGNANT AND NEED HELP?** Email: [pregnancycarehelp@outlook.com](mailto:pregnancycarehelp@outlook.com)

**ALANON Group** for adults, children of/with alcoholics meet every Thursday at 7pm at the Good Shepherd Church 139 Second Ave Englehart. Sandra 705-288-2992.

**Cooking Products**  
  
 INDEPENDENT CONSULTANT  
**Cathy Morrow**  
[www.pamperedchef.ca/pws/cathypclady](http://www.pamperedchef.ca/pws/cathypclady)

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*Classifieds*  
**get the job done!**  
 Buy • Sell • Trade • Rent • Hire

**Pure Bred Limousin & Angus Bulls**  
**FOR SALE**



**14 - 18 months old**  
**Ready for spring - summer service**  
**For more Information please call**  
**Chris Aitchison 705-650-1563**

**SALES & SERVICES**  
**DIRECTORY**

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


**NorthWood**  
 HOMES & RENOVATIONS  
 705-676-6451  
**JARED FLEMING**  
[NORTHWOODHNR@GMAIL.COM](mailto:northwoodhnr@gmail.com)

**Electrician**  
*Licensed Electrical Contractor*  
**NORTHERN NOOK ENTERPRISES**  
*Serving all your electrical needs.*  
*Open Monday thru Saturday*  
 ECRA/ESA 7011512  
**Paul Strubhar 705-648-1481**

**BREault's DISCOUNT WAREHOUSE**  
**Plumbing - Heating**  
**- Electrical Wholesale - Retail**  
 74 Scott Street, New Liskeard, ON  
 Tel: 705-647-4412  
 Fax: 705-647-4485  
[discount@breaultsdiscounwarehouse.com](mailto:discount@breaultsdiscounwarehouse.com)

**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**

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

  
**Miller Paving Northern**  
 A Division of Miller Paving Limited  
 Mailing Address:  
 Hwy 11B North, Box 248  
 New Liskeard, ON POJ 1P0  
 Tel: (705) 647-4331  
 Fax: (705) 647-3611  
*Serving the North with:*  
 crushed gravel,  
 ready mix concrete,  
 sand, stone,  
 asphalt, excavating,  
 ditching

**USED ARTICLES FOR SALE**

**WHITE BIRCH FOR SALE** - cut, split & delivered. Daki Menan Lands & Resources Corp. 705-569-2663.

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

**HELP WANTED**

**VOLUNTEERS NEEDED - THE TEMISKAMING HOSPITAL GIFT SHOP** is looking for volunteers. If interested contact Diane at 705-647-8066.

**MISCELLANEOUS**

**ATTENTION BOAT OWNERS** We do boat covers, enclosures and upholstery, vinyl or carpet flooring. We also redo Ski Doo & Atv seats. Tarps for recreational or farm and industrial use. Savard Upholstery & Tarp 775444 Bear Road, Charlton ON POJ 1B0 4.8 km North of Savard Firehall. Also chemical free potatoes still avaibale. \$22 per 50lb bag.

**NORTHERN PLASTIC SOLUTIONS-** Your source for UHMW, Puckboard, Plexi-glass, Lexan and plastic lumber all cut to size. We also do plastic welding repairs & fabrication. R11 INSTA-PANELS (door cut-outs) are an economical insulating option. Call Paul Gerber at 705-622-3751.

**WANTED**

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

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

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

**WANTED-** Small woodstove in good condition and a round bail hay feeder. Call 705-563-2409.



# CITY BULLETIN

For More Information Contact the City of Temiskaming Shores,  
Write to: 325 Farr Drive P.O. Box 2050, Haileybury, ON P0J 1K0

Call :705 672-3363 or Email: [communicate@temiskamingshores.ca](mailto:communicate@temiskamingshores.ca) Visit: [www.temiskamingshores.ca](http://www.temiskamingshores.ca)



## Council & Committee Meeting

### Committee of the Whole

Tuesday, February 06, 2024 | 3:00 p.m. | City Hall, 325 Farr Drive

### Regular Council Meeting

Tuesday, February 20, 2024 | 6:00 p.m. | City Hall, 325 Farr Drive

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

### Question and Answer

Question and Answer Period during Regular Council meetings is an opportunity for members of the public to submit questions pertaining to an item on the Agenda, or the business of Council. The questions received by **3:00 p.m. on the meeting day** (Regular Council Meetings only) will be read aloud during the Question-and-Answer Period. Members of the public who wish to submit questions may submit in writing or email to: [questions@temiskamingshores.ca](mailto:questions@temiskamingshores.ca)

**Note** Any 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 all comments.

For further information contact Logan Belanger, Municipal Clerk  
Phone | 705-672-3363 Ext. 4116  
Email | [lbelanger@temiskamingshores.ca](mailto:lbelanger@temiskamingshores.ca)

## From City Hall

### Citizen Reporter

The Citizen Reporter is an online tool that community members can use to report non-emergency problems in our community. Submitted reports are sent to the proper department for review and to address the reported problem as soon as possible.

- ◆ The Citizen Reporter is located on the City Website [www.temiskamingshores.ca](http://www.temiskamingshores.ca) Home page.

### Recycle Coach

The Recycle Coach is a tool that community members can use for waste and recycling information including pickup schedule and recycle disposal information.

- ◆ The Recycle Coach is located on the City Website [www.temiskamingshores.ca](http://www.temiskamingshores.ca) under "Resident-Garbage and Recycling".
- ◆ The Recycle Coach App can be download from the Apple App Store or Google Play.

### Communicate Email

The City communicate email is a tool that the city uses to provide the community with information about municipal activities. Anyone is welcome to sign up to the communicate email to receive information specific to their interests.

- ◆ Email [communicate@temiskaming.ca](mailto:communicate@temiskaming.ca) and ask to be added to the City Bulletin emailing list.

## Fire Services

### Winter Wise CO Campaign Week | January 15 - 19, 2024

TSSA is proud to partner with Fire Services in Northern Ontario to enhance awareness of the dangers of carbon monoxide (CO) and the preventative measures to mitigate the risks.

La TSSA est fière de s'associer aux services des incendies du Nord de l'Ontario pour accroître la sensibilisation aux dangers liés au monoxyde de carbone (CO) et aux mesures préventives d'atténuation des risques.

For additional information visit the TSSA CO Safety Website: [www.cosafety.ca](http://www.cosafety.ca)

## Programming

### Age Friendly/Get Active Programs.

Registration is required for Women's exercise class, line dancing and chair yoga. For more information contact:  
Lynn Julien | Program Coordinator  
Phone | 705-647-5709  
Email | [ljulien@temiskamingshores.ca](mailto:ljulien@temiskamingshores.ca)

### Friday-January 19

**Aquafitness** | 9:00am | \$7.01 | Pool and Fitness Centre  
**Indoor Pickleball** | 9:00am | Lawrence "Bun" Eckensviller Community Hall  
**Adult Swim** | 12:00pm | \$4.50 | Pool and Fitness Centre  
**Age Friendly Skating** | 12:30pm | New Liskeard Arena

### Monday-January 22

**Aquafitness** | 9:00am | \$7.01 | Pool and Fitness Centre  
**Indoor Walking** | 9:00am | Northern College Gymnasium  
**Adult Swim** | 12:00pm | \$4.50 | Pool and Fitness Centre

### Tuesday-January 23

**Womens Exercise Group** | 9:00am | Haileybury Arena  
**Beginner Line Dancing** | 10:00am | Lawrence "Bun" Eckensviller Community Hall

### Wednesday-January 24

**Aquafitness** | 9:00am | \$7.01 | Pool and Fitness Centre  
**Adult Swim** | 12:00pm | \$4.50 | Pool and Fitness Centre  
**Age Friendly Skating** | 12:30pm | New Liskeard Arena

### Thursday-January 25

**Womens Exercise Group** | 9:00am | Haileybury Arena  
**Indoor Walking** | 9:00am | Northern College-Haileybury Campus Gymnasium  
**Intermediate Line Dancing** | 11:00am | Haileybury Arena  
**Chair Yoga** | 2:00pm | Riverside Place, New Liskeard

## Animal Services

FUR-endly reminder to renew your pet's license tag for 2024.

Renewals MUST be completed at **City Hall** or you can phone City Hall to be given access to pay online.

If you have not registered your pet yet, you may still contact City Hall to register your pet for a license.

Phone | 705-672-3363  
Location | 325 Farr Drive, Haileybury  
Website | [www.temiskamingshores.ca](http://www.temiskamingshores.ca)

Register Dog or Cat-Initial Licensing Fee and Tag	\$35.00
Annual Renewal Spayed/Neutered	\$15.00
Annual Renewal NOT Spayed/Neutered (unfix)	\$25.00
Register a Service Animal	NIL
Register a Livestock Guardian Dog/Herding Dog	NIL
Purchase a Replacement Tag (lost tag)	\$10.00

# CITY BULLETIN

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Write to: 325 Farr Drive P.O. Box 2050, Haileybury, ON P0J 1K0

Call :705 672-3363 or Email: [communicate@temiskamingshores.ca](mailto:communicate@temiskamingshores.ca) Visit: [www.temiskamingshores.ca](http://www.temiskamingshores.ca)



## Facilities

### Notice to the Users of the Waterfront Pool Facility

Our pool cannot operate without our staff members. There have been several incidents of disrespectful behaviour from members of the public towards our staff members simply for enforcing basic safety policies. We take these verbal confrontations very seriously and, in a time when quality part-time and full-time staff are in high demand, we expect our pool users to be respectful and abide by the rules set out. If a user is unable to follow the rules, they will be denied entry and may lose their pool access for a period of time. Our City employees deserve respect when doing their jobs.

### Pool Admission Policy

All children under 10 years old MUST be accompanied by an adult or guardian (14+) in the pool, regardless of swimming ability. This means adults or guardians must be in a swimsuit, in the pool, within arms reach of their children. This is the standard for pools across Ontario and is in place to ensure the safety of all our young swimmers.

### Pool Capacity

The capacity of the pool depends on the number of lifeguards on duty. These numbers are stipulated by the Government of Ontario's Public Pools Regulation 565/90.

**0-24 Swimmers** | 1 Lifeguard (if the slide is open: 2 Lifeguards)

**25-56 Swimmers** | 2 Lifeguards (if the slide is open: 3 Lifeguards)

**66-100 Swimmers** | 3 Lifeguards (if the slide is open: 4 Lifeguards)

**101-129 Swimmers** | 4 Lifeguards (if the slide is open: 5 Lifeguards)

### Cell Phone Use

We understand the desire to take pictures of your own children during public swims. However, due to issues with consent of others and the chance for nefarious behaviour, we do NOT allow cell phone use in the changerooms or on the pool deck. Please put your phone away and be present instead!

## Environmental Services

### Garbage and Recycling Collection | Extreme Weather Conditions

During extreme weather conditions, snowfall, freezing rain, black ice, etc., your garbage and recycling collection may be delayed; however, Phippen Waste Management does their best to ensure regular collection remain on time.

### Safety Tip

- ◆ Please use extra care when using the rollout garbage and recycling bins in slippery conditions caused by snow or ice.
- ◆ Avoid placing the bins out the night before, and remove bins from the road as soon as possible to avoid obstacles for snowplows

### Resident Responsibility

- ◆ Clear the bins of snow and ice to ensure the lid opens when emptied.
- ◆ Make the bin accessible and visible to the collector.

### Place bins for collection at an unobstructed site.

- ◆ It may be necessary to change the regular placement of your rollout bins after a snowfall.
- ◆ The bins should be no closer than 3 feet from any obstacle, not obstructing the street (snowbanks, mailboxes, hydro poles, parked vehicles, etc.)
- ◆ Keep bins off the travelled portion of the roadway to eliminate interference with snowplows. Do not place bins in a location where the snowplow may hit them.
- ◆ Do not place bins behind or on-top of snowbanks.
- ◆ Phippen Waste Management will position your bin in the preferable location for pick-up. Please place your rollout bins in this location for future collections.

For Further Information please contact Phippen Waste Management | 705-647-6217

Visit the City Website | [www.temiskamingshores.ca](http://www.temiskamingshores.ca)

### Public Skating Regular Schedule | Free

Don Shepherdson Memorial Arena  
New Liskeard | 75 Wellington St. South  
Phone | 705-647-5728

**Friday-January 19** | 4:00pm-4:50pm

**Sunday-January 21** | 6:30pm - 7:45pm

Shelley Herbert-Shea Memorial Arena  
Haileybury | 400 Ferguson Ave  
Phone | 705-672-5615

**Saturday-January 20** | 7:00pm-8:30pm

**Tuesday-January 23** | 12:00pm - 1:00pm

### Regular Public Swimming Schedule

Public Swimming fees are included with a Facility Membership or can be paid for per visit. For more information about public swimming please contact:

### Waterfront Pool and Fitness Centre

77 Wellington St. South | New Liskeard  
Phone | 705-647-5709

Email | [pf@temiskamingshores.ca](mailto:pf@temiskamingshores.ca)

### Friday-January 19

7:30am-8:30am

### Saturday-January 20

10:00am-11:45am | 1:30pm-4:00pm

### Sunday-January 21

1:30pm-4:00pm

### Monday-January 22

7:30am-8:30am | 10:00am-11:00am

### Tuesday-January 23

4:15pm-6:00pm

### Wednesday-January 24

7:30am-8:30am | 10:00am-11:00am

### Holiday Public Swimming Schedule | Free

**Friday - January 19** | 7:15pm - 8:30pm

Sponsored By | Temiskaming Metis Council

### Memorial Bench and Tree Program

Applications for the City of Temiskaming Shores Memorial Bench and Tree Program, are now being accepted. Leave a lasting memory of a loved one by having a bench installed or tree plated in their name. This is a great way to make a low-cost, lasting impact to our community.

New this year, applications will be accepted to place benches and trees within City cemeteries.

Fee includes the bench or tree, plaque, engraving, shipping, installation and applicable taxes. The cost for a memorial bench is \$2,000.00. The cost for a memorial tree is \$500.00.

The application period is from **January 1 until April 15** with all installations to take place by September 30.

Application form and instruction available on the City Website: [www.temiskamingshores.ca](http://www.temiskamingshores.ca)

## Employment Opportunities

The City of Temiskaming Shores is an equal opportunity employer and is committed to providing accommodations in all parts of the hiring process. If you require accommodation, we will work with you to meet your needs. We appreciate the interest of all applicants, however only those selected for interview will be contacted.

Applicants are encouraged to submit their resumes quoting the Job Competition No. by regular mail or email to:

Shelly Zubycck | Director of Corporate Services  
City of Temiskaming Shores | PO Box 2050 | Haileybury Ontario P0J 1K0  
szubycck@temiskamingshores.ca

For further information on Employment Opportunities with the City of Temiskaming Shores, please visit the website at: [www.temiskamingshores.ca](http://www.temiskamingshores.ca) under "City Hall-Employment Opportunities"

### Aquatic Youth Programmer | Competition No. 2024-002

**Hours of Work** | 35 Hours per week

**Compensation** | \$56,365 to \$63,154 per year

**Location** | Pool and Fitness Centre

**Submission Email** | szubycck@temiskamingshores.ca

**Submission Deadline** | January 29, 2024

The City is currently seeking a Aquatic Youth Programmer in the Recreation Department. The position will provide strong leadership and expert guidance to lifeguarding and swim instruction staff. Under the direction of the Superintendent of Community Programming you will provide supervision, and coordinate daily operation of the pool. You will ensure that quality programming is delivered to patrons in a safe manner.

Roles and responsibilities will include:

- ◆ Direct and oversee the day-to-day activities of lifeguards and swimming instructors; Schedule lifeguards/swim instructors in response to established standards and to program registrations and timetables, assign work to lifeguards/ swim instructors, monitor work flow and work quality, provide direct motivation, training and orientation;
- ◆ Liaise with customers and various community groups to identify the need for and implement new aquatics programs and activities, and promotes and encourages maximum community use of the Pool;
- ◆ Assist with routine pool maintenance in accordance with current legislation; and
- ◆ Conduct swim instruction, life guarding and aqua fit when necessary.

The ideal candidate will possess the following qualifications:

- ◆ Diploma in Recreation Leadership or related field;
- ◆ National Lifeguard Certification, LSS Swim, Lifesaving and Emergency First Aid Instructor, Standard First Aid and CPR -C;
- ◆ Minimum 1-year relevant experience; and
- ◆ Advanced aquatic leadership certifications such as LSS Swim & Lifesaving Instructor Trainer, National Lifeguard Instructor/Examiner, LSS Standard First Aid Instructor/Examiner, Examiner Mentor will be considered an asset.

### Full Time Equipment Operator | Competition No. 2024-003

**Hours of Work** | 40 Hours per week

**Compensation** | \$24.27 - \$27.16 per hour

Employer paid health, dental, disability and life insurance package (\$7,000/year value) and defined pension offered

**Location** | Public Works

**Submission Email** | szubycck@temiskamingshores.ca

**Submission Deadline** | January 29, 2024

The City of Temiskaming Shores is currently seeking a Full Time Equipment Operator within the Public Works Department. The Equipment Operator is part of a team responsible for the operation of heavy equipment, as well as, for the maintenance and repairs of City roadways, and general labour duties.

The successful candidate will possess the following qualifications and education:

- ◆ Minimum Grade 12 or equivalent;
- ◆ Valid Province of Ontario Class DZ license;
- ◆ Related experience; and
- ◆ Ability to understand and comply with written and oral instructions including Health and Safety Regulations.

## Temiskaming Shores Public Library

### Library Hours

Monday | 10am-5pm  
Tuesday | 10am-8pm  
Wednesday | 10am-8pm  
Thursday | 10am-8pm  
Friday | 10am-5pm  
Saturday | 10am-4pm  
Sunday | Closed

### Northern College Haileybury

#### Library Hours

Monday | 8am-8pm  
Tuesday | 8am-8pm  
Wednesday | 8am-8pm  
Thursday | 8m-8pm  
Friday | 8am-4pm  
Saturday | 10am-3pm  
Sunday | 10am-3pm

For information about programs visit the calendar on our website. To register for programs contact the Library at:

Phone | 705-647-4215

Email | [Info@temisklibrary.com](mailto:Info@temisklibrary.com)

Visit | [www.temiskamingshores.ca](http://www.temiskamingshores.ca)

### Friday-January 19

Pay-As-You-Please Weekend Booksale

### Saturday-January 20

Pay-As-You-Please Weekend Booksale

Puzzle Swap | 1:00pm-3:00pm

### Tuesday-January 23

Soup to Tomatoes Seniors Exercise | 11:15am-11:45am

### Wednesday-January 24

Afternoon Book Club | 2:00pm-3:30pm

Library Board Meeting | 7:00pm-9:00pm

### Thursday-January 25

Gadget Helper | Call for appointment

Soup to Tomatoes Seniors Exercise | 11:15am-11:45am

### Soup to Tomatoes Seniors' Exercise Group

ARE YOU AN OLDER ADULT? Are you hoping you can keep your strength and stay independent? Do you struggle with mobility, standing, regular exercise? Would you enjoy social time with others? Join us in the Programming Room of the Library for this FREE group chair-based exercise class for seniors.

## Transportation Service



# No Overnight Parking

on city owned streets and parking lots

## November 1—March 31

### 12:00am to 7:00am







# Hockley

Helping men dance  
since 2002.



[HOCKLEYBEER.CA](http://HOCKLEYBEER.CA)