

LADIES' NIGHT AT THE HORNE GRANITE

Wednesday, January 22 at 5:30 pm

11 May St. South, New Liskeard, ON – Ladies, see you there!



ement Canada Canada

VEEKENDER THE SPEAKER'S WEEKEND EDITION



Vol. 23 - No. 47

FRIDAY, JANUARY 17, 2025



Hudson has more plans for roads in 2025

Darlene Wroe

Local Journalism **Initiative Reporter**

HUDSON TOWNSHIP - Hud-son Township is looking for-ward to 2025 with plans to continue projects as funding is available.

In 2024 the township purchased a new grader.

Repairs were made to Milberta Road, and a section of Hillview Road was pulverized to make it ready for surface treatment when funds are obtained. Roadwork will be taking place on the Milberta Road and Hillview roads if funding is available.

Township Reeve Larry Craig says this year the township had enough funds available to pulverize Hillview Road in readiness for surface treatment. What happens in 2025 will be dependent on funding, he said in an interview.

An agreement has been reached between Hudson Township and neighbouring Kerns Township that Hudson will have the depot for this year's recycling program, said Craig.

Over the past year the township has been occupied with its new official plan and work is continuing.

"We have been working on that for quite awhile now but still the draft is not complete. We have been changing some things that were on it before. We had to redo the (agriculture) part of our township because things had changed since 1993, I believe, when we did our last official plan. A group of farmers, including me, got together to designate what we thought would be farmland."

He said there were also things on the official plan that have been amended over the years and needed changing. The proposed official plan still has to go to a public meeting, he said, but a date for that has not yet been set.

The township's recreation committee has been busy, said Craig. Activities have included a

Day in the Park in August and a vendors market in which money and food donations were raised for the food bank.

Activities for residents in-clude a first aid course for seniors, skating at the ice rink, a skating party in February, and more.



SNOW MUCH FUN

What better way to spend a wintery weekend than visiting with friends? Kael Bigelow and Cedrik Allaire, both 12, both from New Liskeard, were enjoying a friendly snowball fight, and the outdoors, on a quiet street January 12. (Staff photo by Darlene Wroe)





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

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



DID YOU GET The Speaker THIS WEEK?

Here are some of the stories in our January 15 edition...

- · Brethour Township is struggling to manage its finances amidst downloading from the province and increased costs.
- · Homelessness is climbing across Northern Ontario and area municipalities are looking at housing levels to offset the issue.
- Valerie Kennedy and Riley X.T. McEntee have forth their names to be the New Democratic Party representative for Nipissing-Timiskaming in the next federal election.
- 100 Women turn funds over to Cobalt teen who was brutally attacked on November 3.
- mega Northeastern The Public Health Unit is now official, stretching from Temagami to James Bay.
- · Local hockey teams met the challenge at the recent Kal Tire Challenge Cup.
- · Young skiers are learning how to cross-country ski at the Temiskaming Nordic Ski Club.
- The New Liskeard Cubs won two of three road games in the first few days of the new year.



BUILDING SMILES

The Englehart Legion Branch 104 members and volunteers were recently involved in the Tim Hortons Holiday Smile Cookie Campaign. The effort resulted in \$2,954.39 raised for the Legion building fund. Branch president Sharell Foster (left) said Legion members and volunteers were organized by Englehart Legion second vice-president Madelin Vickery (right). The other half of the funds will go to the Tim Hortons Foundation Camps. (LJI photo by Darlene Wroe)





Wrapping up 2024 Evanturel community events

EVANTUREL TOWNSHIP (Staff/ Special) - Evanturel Township Community Events and Activities Committee outgoing chair Barbara Beachey recently presented her year-end report to Evanturel council.

In her final report, she thanked everyone who had participated in the 2024 activities of the committee, and all those who had helped make the events possible.

"It was a great year," she stated in her report.

The Harvest to Home Market is a key part of the committee's activities.

"The market was able to show a profit and a donation of \$700 was made to the local food bank in keeping with our mandate of supplying good food to the local population," she commented.

The Harvest to Home Market took place over five weekends during the summer and were "well attended with a diverse selection of vendors," Beachey reported.

The Community Events and

Activities Committee also was host to the Blast From the Past Car Show in July, she reported.

"The weather was great and the event was well attended both by participants and by spectators."

A memorial garden was also established adjacent to the township's municipal complex on Bryan's Road, and

a tree was planted to commemorate the new municipal complex. The Englehart and District Horticultural Society also planted a tree in memory of Rick Heaslip, and held a ceremony in his memory which was attended by family, friends and members of the Englehart and District Horticultural Society, she also reported.

IN MEMORIAM

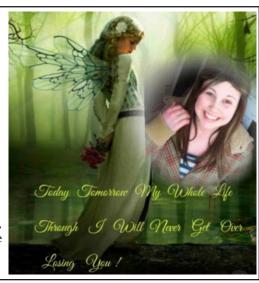
Montana Dawn Heon

August 23rd, 1992 -January 13th, 2009

16th Angelversary

Always loved, forever missed, never forgotten

Mama, Dad, Cierra, G.ma & G.pa Moore Auntie Shan & Kianna



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, the Cobalt Medical Center or the Latchford Medical Clinic and would like to have a consultation with our registered dietitian to discuss tips for reducing your blood pressure, please call the office at (705) 569-3244, (705) 679-5466, or (705) 676-2200 respectively.

The Temagami, Cobalt and Latchford Primary Care Teams... committed to keeping you as healthy as possible!



Family Health Team

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

EDITORIAL

What a ride

Ontario Provincial Police and the local Temiskaming Detachment for the Northeast Region have released statistics on their 2024-2025 Reduce

Impaired Driving Everywhere (RIDE) campaign of Ontario, made up of 12 detachments.

Police charged 743 drivers with impaired driving between November 21, 2024, and January 1, 2025.

Police in our region laid 15 charges during the 41 day RIDE campaign.

The Festive RIDE campaign is an annual initiative led by the Ontario Association of Chiefs of Police.

The campaign is part of the OPP's commitment to save lives on Ontario roads, waterways and trails through targeted enforcement and public education.

Those drivers started off the new year on the wrong foot by losing their driver's license for a full year, while paying financial penalties and perhaps - hopefully - feeling embarrassed about it.

In addition, the OPP issued 155 immediate roadside Warn Range suspensions to drivers who registered a blood alcohol concentration between 0.05 and 0.08

It certainly would seem like the issue of impaired driving isn't going away anytime soon.

It really is hard to fathom how anyone could get into a motor vehicle and drive will high or intoxicated.

But it is happening more and more in our area and it is alarming.

Canada has the highest legal blood/alcohol limit in the world, at 0.08 per cent. Though some countries

have the same limit, none are higher than the true north, strong and free. It seems we have an issue with keeping impaired drivers out of cars.

Perhaps the answer is stiffer penalties for impaired driving, with the intent of getting impaired drivers off the road for longer periods of time. We extend thanks to our law enforcement men and women for their diligence in making sure residents are safe on roadways.

For addiction and mental health services in Nipissing-Temiskaming call Temiskaming Mental Health (Temiskaming Hospital) Connex Ontario at 1-866-531-2600.





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TEMISKAMING SPFAK

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The devastation



Sue Nielsen

These are extraordinarily troubling times.

The people living in the City of Angels, Los Angeles, are devastated by out conditions with high winds of control wildfires.

In the early '80s I spent six months living in northern California, near the state capital, Sacramento.

My partner and I at the time were contemplating moving to California to take over a heating/air conditioning business from his aunt and uncle.

In our half-a-year living on the west coast, it only rained once.

Everything was tinder dry and we were warned not to be careless with fire.

How much worse are the conditions now with climate change?

I watch the devastation online and on the news and it breaks my heart.

I am so sad for all the people that lost their lives in this tragedy and the ones who lost their homes and all their belongings.

The pain of the loss is not just for the homes but the schools, libraries, businesses, churches, markets and more.

The most important thing is always to get people and pets away from the fire safely.

It seems far away but perhaps many here can relate to that type of loss with the ruination caused from the Great Fire of 1922 in our region.

And that pain and loss has been felt in my commu-

It was the same tinder dry that May long weekend in 1977 when half of Cobalt burned.

But just as is being done in LA right now, the helpers who are offering unconditional care and kindness did the same here.

Remember that Toronto street cars were sent north for people to live in after the Great Fire of 1922.

You only have to view that very moving statue at the Haileybury HarbourPlace of the firefighter helping the woman and child out of Lake Temiskaming to know how people can lift each other up in times of disaster.

I am gratified to see the best in people rising up to help others, the firefighters, first responders, medical

professionals, community leaders and volunteers.

Firefighters give a piece of their soul to help save people they don't even know and their property.

Here's to all the folks who are stepping forward to help those facing the immense trauma of the wildfires.

It is never easy to start over again but it is possible when a community comes together.

Canada has sent over 60 firefighters and water bombers to the scene to help extinguish the fires.

The hothead soon to be president of the United States criticized the firefighters in a tweet saying, "They just can't put out the fires. What's wrong with them?"

Please, even if it's only a flicker, let's be each other's light during darkness.





<u>OFFICE</u> 937907 Marsh Bay Road, Coleman, 705-679-8833 **OFFICE HOURS MONDAY-FRIDAY** 8:30 am to 4:30 pm

COMMUNITY NEWS

COUNCIL MEETINGS

Monday, February 3, 2025 Monday, February 24, 2025

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

OFFICIAL PLAN PUBLIC OPEN HOUSE

DATE AND LOCATION

Date: Thursday February 6, 2025

Time: 6:30pm to 8:30pm Location: Township Hall

937907 Marsh Bay Road,

Coleman Township

TAKE NOTICE that the Township of Coleman invites all interested persons to attend a Public Open House to consider revisions and provide input on the Municipality's Draft Official Plan (OP), pursuant to Section 17 requirements of the Planning Act, RSO 1990, as amended. As the Official Plan applies to all I lands within the Township of Coleman, no location map is provided with this notice.

PURPOSE AND EFFECT of the draft Official Plan is to update the policies of the Official Plan to conform to and be consistent with provincial policy and to respond to community needs and visions for the future. This Public Open House is to provide the public with an opportunity to review and discuss the draft Official Plan in an informal setting.

GARBAGE COLLECTION

We collect regular household waste through weekly curbside collection every Tuesday. Please ensure your waste is out by 7am and is easily and safely accessible for collectors at a maximum distance of one meter from the curb. Maximum of three (3) bags per week.

RECYCLING SCHEDULE

January 21, 2025 February 4, 2025

February 18, 2025

Cybersecurity awareness and avoiding common scams

(NC) - There is no better time than right now to educate yourself about the dangers of online cyber threats, and enhance your cyber literacy.

In 2023, the Canadian Anti-Fraud Centre received fraud reports totalling more than \$554 million in losses, an almost 40 per cent increase compared to 2021. And this may not be an exact figure

because most fraud goes unreported.

To help you better understand what to watch out for and avoid falling victim, here are descriptions of four common scams currently being used by fraudsters.

JOB SCAMS

Job scams can arrive via unexpected text messages or emails from someone pretending to be a recruiter or boards. hiring manager. Fraudsters sometimes advertise these fake jobs on legitimate job search websites, in classified ads, and through direct email or texts, with fake offers of "easy money."

Always research any job offers you receive and apply only through official company websites or recognized job

PHISHING

Phishing is a method used by scammers to send emails or other messages masquerading as reputable sources to deceive you into giving away personal or financial details, such as your bank account information, credit card numbers, passwords or Social Insurance Number.

Avoid clicking on suspicious links, keep your apps and anti-virus software up to date, enable two-step verification and log into services using biometrics when available.

INVESTMENT FRAUD

Targets can be tricked into "investing" large sums of money into fake investments, with "get-rich-quick" promises — money they will never see again. Exercise caution when approached by anyone you don't know.

Also keep your personal details, such as phone number, address and familial connections hidden from public view as much as possible.

ONLINE SHOPPING FRAUD

Unfortunately, there are plenty of pitfalls for online shoppers, from websites that post fake "customer" reviews to sites that advertise items at prices that are too good to be true (in hopes of obtaining a customer's personal and payment information).

The simplest form of protection is the ability to recognize when a deal seems too good to be true — and opting to shop somewhere

familiar and trusted instead.

If something appears too good to be true, it usually is. Whether it's jobs, easy investments or low prices, people should be aware and verify who is contacting them before disclosing their personal or financial information.

"At TD, fostering a 'Cyber Guardian Culture' is an important part of our culture, with our cybersecurity professionals taking pride in educating our colleagues by enhancing their awareness about potential threats and sharing the information they need to protect the bank and our customers data," says chief information security officer for TD Bank, Glenn Foster. "Colleagues contribute to our security by reporting suspicious emails and participating in ongoing cyber literacy and cyber awareness training, staying ahead of fraudsters and the emerging threats they come up with."

The first thing to remember if you're a target of cyber fraud is that you're far from alone, and there's no reason to feel embarrassed.

Report it: Contact your bank and the police immediately. It is also advised that you report the fraud incident to the Canadian Anti-Fraud Centre.

Talk about it: If you've fallen victim to a scam, share your story. The more people who know about these scams, the harder it may be for fraudsters to take advantage of others.





INAUGURAL MEETING

The Temiskaming OPP Detachment Board 2 held its inaugural meeting December 5 in Armstrong Township. The board serves the catchment areas of Englehart, Charlton and Dack, and the townships of Armstrong, Brethour, Chamberlain, Evanturel, Hilliard, James, and the Village of Thornloe. The board consists of seven council members, two community representatives, two provincial appointees (those positions are currently vacant). Pictured here from left to right are: Thornloe Reeve Wayne Miller, community representative Bruno Dallaire, chair (Charlton and Dack Councillor) William (Bill) Laurila, community representative Paul Chipperton, interim secretary treasurer Virginia Montminy, Hilliard Councillor Karen Peckover, Evanturel Councillor Gisele Belanger, Armstrong Mayor Jean Marc Boileau, vice-chair (Chamberlain Councillor) Mike Mazzetti and Englehart Councillor Brian Bockus. The new board is legislated under the Community Safety and Policing Act, 2019. Previously the Englehart and Area Community Policing Committee represented the municipalities to the police. (Supplied photo)

Check Ontario 511 and know before you go

Before getting behind the wheel, check Ontario 511 for real time local updates on snowplows, driving conditions and road closures.





NOW AVAILABLE

Lindsay Cote books



Our cartoonist Lindsay Cote's books are available for purchase at the Temiskaming Speaker office.



Get your copy today!

\$35.00 each

18 Wellington Street S., New Liskeard, ON



DEVILISH BOUNCE

High school sports takes a break for the rest of January as schools go into exam time. In an earlier game this season, Owen Norris, left, and Cameron Olsen, right, of the host Timiskaming District Secondary School Senior Saints fight for the ball against Hardy Kurz of the Kirkland Lake District Composite School Devils. The Devils won the December 11 game in overtime 48-43 in South North Eastern Ontario Athletic Association Senior Boys basketball league play. (Staff photo by Sue Nielsen)

ASK THE EXPERTS

Learn more from those who have the answers!



Your News in your Mailbox Every Week



ACROSS

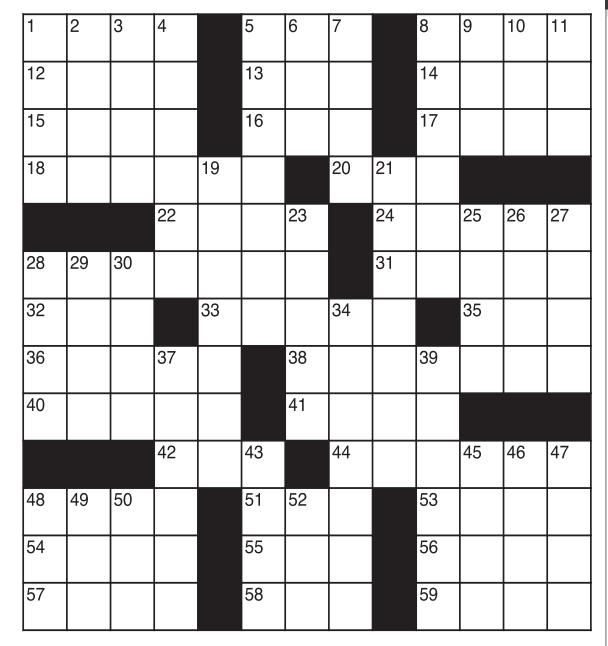
- Type of bean
- Avian Aussie
- 8. Not this
- 12. Mama's spouse
- 13. Beach hue
- Enrage
- 15. Small bills
- Halt
- Capri, e.g.
- Fish sauce
- 20. and running
- 22. Has
- Cook's oil
- Withdraw
- Modernize
- Woodchopper's tool
- Bread serving
- 35. Secure
- 36. Spinet or grand
- Instructions
- Play, as a guitar
- 41. Stead
- 42. Ump's cousin
- 44. Duration
- Nights preceding 48.
- Maui gift 51.
- 53. Be bold
- Regard with favor 54.
- 55. Container
- 56. Expanse
- Provide food for 57.
- 58. Beseech
- Black-____ pea

DOWN

- 1. Blemish
- 2. Grandmother
- 3. Rich Little, e.g.
- 4. Preacher
- 5. Everlasting
- 6. "Ol" ____ River"
- 7. Free
- 8. Unimportant thing
- 9. Belonging to him
- 10. Fully
- 11. Golf peg
- Inspiring wonder 19.
- Anticipate 21.
- 23. Not moving
- 25. the Woods"
- 26. Blood vessel
- 27. Wool producers
- 28. Shoots the breeze
- 29. Depart
- 30. Split
- Top of a room
- Cared for
- Ice-cream creation 39.
- 43. Bungle
- 45. Actor Busey
- Shoe or clothes 46.
- Hat's place 47.
- 48. North Pole helper
- 49. Struggle (for)
- 50. out a living
- Prior to, in poetry

CROSSWORD

Answers on page 13







WE HELP

Cancer Patients & their families With:

- Support groups
- Bereavement groups
- Mastectomy
- Accommodations
- Specialized dental treatments
- Physiotherapy
- Medical supplies, dressings
- Special chemotherapyPrescription drugs
- Lab tests
- Prosthesis
- Nutritional supplements
- Rental of equipment

TUESDAY, WEDNESDAY, THURSDAY 10am - 1 pm

14 Armstrong St., N. (Northern Drugs) P.O. Box 994 New Liskeard ON P0J 1P0

705-628-8800

Check out our Website; communitycancercare.ca Sponsored by the Temiskaming Speaker

HOROSCO

Week of January 19 to 25, 2025



ARIES

Although you may feel some reservations, get ready to soar to new heights. This achievement will be talked about for years, and it will boost your confidence



TAURUS

Amidst taking care of your home and family, don't forget to carve out some time for yourself. You may whip up some delicious meals to nourish your loved ones who need it most.



GEMINI

Get ready for upcoming travels! Your family and friends will rely on your support and attentive ear. In return, expect to be showered with gratitude and heartfelt appreciation.



CANCER

You'll have love on your mind this week. If you're single, you'll meet an exceptional person who's ready to make a commitment. If you're in a relationship, big plans are on the horizon that will bring you and your partner even closer together.



LEO

You'll exude charisma and energy this week. You'll plan an event that will be a huge success. Your actions will have an astonishing impact on your career and other future accomplishments.



VIRGO

Get ready for non-stop action and mindblowing twists and turns! Time will become your most precious asset. A dream will start to feel within reach, even if the path ahead is still unclear



LIBRA

You may feel a bit worn out after a few stressful days. Nevertheless, a surge of creativity is on its way! Prepare to be inspired and create something truly amazing that will propel you toward great success.



SCORPIO

Your time is precious; don't waste it by procrastinating on certain tasks. At work, you'll be tasked with handling urgent situations and crucial documents, which will help you advance your career.



SAGITTARIUS

You'll have to work hard to get that promotion. However, your hard work will not go unnoticed. Fortune smiles on the bold. Embrace spontaneity and plan an exciting outing or trip.



CAPRICORN

Dealing with changes in your family life may lead you to think about moving into a new place that better suits your needs. Making such a big decision requires careful consideration.



AQUARIUS

You may feel the urge to go back to school or take a training course. At work or elsewhere, you'll have to negotiate with people from different cultures and converse in a different language. You'll welcome the challenge.



PISCES

At work, you'll have to deal with a seemingly endless list of details. In health matters, you'll find the right treatment or medication to solve a problem that's been weighing on your mind.



WEEKENDER CLASSIFIEDS

24 hours a day... 7 days a week

Place your classified ad online at speaker@northernontario.ca

CLASSIFIED ADVERTISEMENT RATES

WORD ADS \$12.99 plus tax 20 words.

DISPLAY ADS

2 inches wide x 2 inches deep - \$36.96 + Tax. 2 inches wide x 3 inches deep - \$52.80 + Tax. 2 inches wide x 3 1/2 inches deep - \$64.68 + Tax. Customers must pay before insertion.

Engagement Notices / Wedding Announcements / Birthday Announcements / Anniversary Announcements In Memoriam / Cards of Thanks **Graduation Special** 2 inches wide x 3 1/2 inches deep - \$38.00 + Tax.

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

CLASSIFIED WORD ADS must be placed before 9 a.m.

Monday to appear in the Wednesday edition.

Display (Classified) Ads must be placed before 5 p.m. Friday.

Office Hours **Monday to Friday** 8:30 a.m. to 5:00 p.m.

We accept VISA, MASTER CARD and AMERICAN EXPRESS.







CALL US FOR DETAILS. 705-647-6791 Ext. 227 or Ext. 228.

CHURCH SERVICES & MORE...

ST. PAUL'S UNITED CHURCH WISHES YOU & YOURS, HEALTH, HAPPINESS, AND PEACE IN 2025. 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 January 26th please join us when our worship leader will be Jennifer Moorlag. For more information on our services and outreach programs, please contact the Church Office at 705 647 4171 and check out our Facebook page at facebook.com/stpaulsnewliskeard

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.

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

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

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

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

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

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.

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. Everyone is welcome. Pastor Curtis Greenwood 705-622-4860. For more information www.thornloecrossroads.ca

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.

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

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.

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

CHURCH SERVICES & MORE...

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

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.

ST. ANDREW'S PRESBYTERIAN CHURCH wishes to extend an invitation to join weekly services held every Sunday at 51 Wellington St. North, New Liskeard 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

OUR MOTHER OF PERPETUAL HELP PARISH COMING EVENTS - December 2024

SUNDAY MASS is celebrated at Our Mother of Perpetual Help on Sundays at 10:00 A.M. and is live-streamed on our Facebook page: http://www.facebook.com/OMPH.NL.

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

Our Mother of Perpetual Help Parish has weekday Masses on Tuesday, Thursday and Friday at 11:00 A.M.

Saint Patrick's Parish has a weekday Mass on Wednesdays at 11:00

OUR MOTHER OF PERPETUAL HELP'S FREE CHILLI DINNER AND LIGHTING OF OUR CHRISTMAS LIGHTS: On Sunday, December 8th at 5:00 P.M. in the OMPH Parish hall, we will host a free chilli dinner. We will turn on the Christmas lights at 5:00 P.M. and then have a chilli dinner. A Christmas Sing-A-Long will follow.

DAY OF EUCHARISTIC ADORATION: Our Mother of Perpetual Help Parish will be hosting days of Adoration of the Blessed Sacrament every Friday of Advent. Friday, December 6th and Friday, December 13th and Friday, December 20th from 11:30 A.M to 12:30 P.M.

OUR MOTHER OF PERPETUAL HELP ADVENT PENITENTIAL MASS will take place on Tuesday, December 10th at 7:00 P.M. There will be a Mass for Reconciliation followed by individual confession. Two priests will be available. Come and be reconciled with God this Advent!

OUR MOTHER OF PERPETUAL HELP'S CELEBRATION OF THE SACRAMENT OF THE SICK: To reach out to our sick and elderly parishioners we have introduced a monthly celebration of the Sacrament of the Sick for those in need of God's healing grace. Our next communal celebration will be on Tuesday, December 17th at 7:00 P.M..

TIME FOR YOU AND ME: Is a group from Our Mother of Perpetual Help Parish that is open to everyone wanting to make a difference helping others in our Church, our community and our world! Join us from 1:30 P.M. to 2:30P.M. on Wednesday, December 18th.

CHRISTMAS MASS SCHEDULE: Our Mother of Perpetual Help Parish will have two Masses celebrating the birth of our Lord. They will take place on December 24th at 8:00 P.M. as well as on December 25th at 11:00 A.M.. Saint Patrick's Parish in Cobalt will have a Mass on December 24th at 5:00 P.M..

NEW YEAR'S MASS SCHEDULE: Our Mother of Perpetual Help Parish will celebrate the New Year with Mass on January 1st at 11:00 A.M.. Saint Patrick's Parish in Cobalt will celebrate the New Year with Mass on December 31st at 5:00 P.M..

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

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

CHURCH SERVICES & MORE...

GOOD SHEPHERD CHURCH OF ENGLEHART meets every Sunday morning at 10:30am. We invite you to our worship services or our weekly Bible study and prayer meeting on Wednesday at 7 pm. 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.org

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.

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

EVERYONE IS WELCOME AT TEMISKAMING 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.

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.

MISCELLANEOUS

NORTHERN PLASTIC SOLUTIONS - Your source for UHMW, Puckboard, Plexiglass, 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

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AA Meetings held in Englehart. 62 Fifth Ave. (St.Pauls Church) every Tuesday night at 8 p.m. Everyone welcome! If you would like additional information please call 705-544-0286.

ALCOHOLICS ANONYMOUS MEET-INGS: To be held at various dates, times & locations. For more information, please call Shelby at 705-648-5315.

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.

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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.

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HELP WANTED

VOLUNTEERS NEEDED - The Temiskaming Hospital Gift Shop is looking for volunteers. If interested

contact Diane at 705-647-8066.

NEED HELP WITH MARKETING FUNNEL - I need help to set up an automated workflow in a marketing funnel. I am willing to pay well if you have expertise in this field. This could lead to more paid opportunities. Interested? Email - susan.c.hopkins@gmail.com or call 705-845-9083. Can work with someone via remote access if need be. I have a FunnelCures account, see https://funnelcures.com/our-platform

NOTICES / COMING EVENTS

For Haileybury: THE HAILEYBURY ANGLICAN **CHURCH** located at the corner of Rorke and Browning is offering Soup's On (free soup and a bun) the second Monday of every month from 11:30 am to 1:30 pm. All are welcome.

THE LADIES AUXILIARY OF BRANCH 54 HAILEY-BURY welcomes you back for our stop and shop Friday January 31 with Serving starting at 5 p.m. We will be serving roast beef, potatoes, with veggies and gravy Includes Salad and bun and butter With coffee or tea and Dessert all for \$18.00 at Haileybury Legion, 373 Broadway St.

Lactation Support-La Leche League Canada, Temiskaming Shores is offering peer support for lactating families during pregnancy, postpartum, and beyond. We can provide free breastfeeding/chestfeeding support by email, text, and at 5 in-person meetings per month. For more information, visit https://www.lllc.ca/ temiskaming-shores

BREAKFAST IS BEING SERVED at the Haileybury Legion Saturdays and Sundays from 8am until noon. Eggs done your way or pancakes. Bacon or sausage, home fries, toast, coffee or tea and juice for only \$12. Come join our friendly dining atmosphere with your friends and family. Vendors also on site. 373 Broadway St in Haileybury.

EUCHRE at the Hudson Hall every Thursday at 1:15 pm. Everyone Welcome!

EUCHRE STARTING SEPT 9TH HAILEYBURY LE-GION 1pm Don't need a partner, Everyone welcome. For more info call 705 647 6684.

CRIB STARTING SEPT 8TH HAILEYBURY LEGION 1pm Need a partner. Everyone welcome. For more info call 705 647 6684.

BID EUCHRE EVERY TUESDAY AT 1:15 at the Hudson Hall. For more info call 705-647-6684.

BID EUCHRE is played at 1 p.m. every Saturday at the Northdale Manor. Players are welcome. Please use the parking lot entrance.

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

LE GRAND JAM - We will be starting our weekly jam session again. Starting Wednesday September 11th at 1 pm til 4 pm. At Le Coeur Du Village in Earlton. Join us to play, dance and meet up with friends.

For Cobalt: ST. JAMES ANGLICAN CHURCH located on Prospect Ave. in Cobalt is offering Soup's On (free soup and a bun) the fourth Saturday of every Month from 11:30 am to 1:30 pm. All are welcome.

ENGLEHART AGRICULTURAL SOCIETY - Meeting on Wednesday January 15th at 7pm, in the Denis Morrison room in the Englehart Arena Complex. Everyone Welcome.

THE COFFEE HOUSE SUPPORTING & PROMOTING LOCAL MUSICIANS AND THEIR MUSIC. On Tuesday February 11th please join us for our Valentine's Day Edition at The Coffee House and enjoy the Musical Stylings of many of your favourite local musicians and entertainers including, Steve Benoit, The Mud Dogs, Jessica Lemay, Amanda & Julien, Camryn Mills, Kirk & Roy, Wayne Potts, Dan Raimondo, and Random Chants. Please join us the second Tuesday of every month at St. Paul's United Church auditorium, 7 - 10PM at 70 Wellington St. in New Liskeard. Please consider donating to The Coffee House Fund. For further information contact Brian Matheson at 705-647-5671 or email: coffeehouse2tues@outlook. com Follow us on Facebook, Instagram & YouTube at: the coffee house new liskeard www.coffeehousenewliskeard

TEMISKAMING ART GALLERY'S first exhibit of the year will be Creative Cultivation by the Palette and Brush Club. It opens on January 13th and runs until February 21. The gallery is open Monday-Friday and now has later hours on Tuesdays. You can find the gallery in city hall on 325 Farr Drive.

OPEN STUDIO LIBRE - (400 Ferguson Ave) Drop in hours are Tuesdays 10-7, Wed 9:30-12:30, Thursdays 10-7. Thursdays we have both upstairs and downstairs art rooms available. Everything is free or by donation.

ON VOUS INVITE A DEVENIR MEMBRE DU CLUB DU SOURIRE (AGE D'OR DE NEW LISKEARD, ON). Achetez votre carte de membre 2024 le plus tot possible. Cette carte vous donnera la chance du profiter des activities et des soupers communautaires a prix reduit. Vous pouvez contacter Gilbert Breault au 705-648-5913 pour plus d'informations.

TEMISKAMING TREASURES QUILT GUILD meet the last Thursday of every month at 1:30 pm 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!

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- Expérience de travail dans un milieu de services de santé primaire est un atout
- Connaissances approfondies de la santé primaire, des déterminants sociaux de la santé, de la promotion de la santé et de la prévention des maladies
- Compétences en leadership et en matière de renforcement de l'esprit d'équipe en milieu interdisciplinaire
- Connaissances approfondies en amélioration continue de la qualité et en gestion de risques
- Certification en méthodologie d'amélioration continue de la qualité Lean est un atout
- Expérience de leadership en gestion du changement
- Habiletés en planification, élaboration, évaluation de plusieurs projets de façon simultanée en adoptant une lentille d'amélioration continue de la qualité, tout en démontrant les aptitudes à établir des priorités
- Habiletés à faire la cueillette et l'analyse de données
- Excellentes habiletés de communication et entregent
- Connaissances des lois et règlements relatifs au domaine de la santé et au domaine de la santé primaire
- Ouverture d'esprit et volonté d'apprendre de façon continue et de s'améliorer
- Connaissance des communautés desservies par le Centre de santé communautaire du Témiskaming est un atout
- Français oral et écrit de niveau supérieur et anglais oral et écrit de niveau avancé
- Détenir un permis de conduire valide
- Vaccination contre la COVID-19

Faites parvenir votre CV par courriel à natasharivard@csctim.on.ca avant le 14 février 2025

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18 Wellington St. S., New Liskeard, ON or email: speaker.al@northernontario.ca

Answers for Crossword **Puzzle from** page 9





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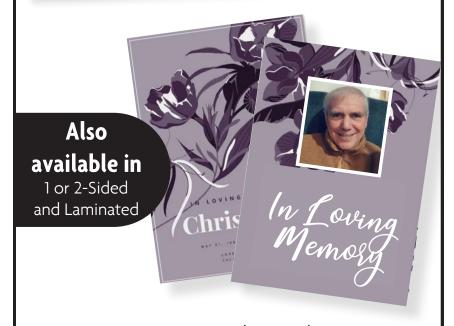
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Don't let radon ruin your retirement

(NC) - As we approach or start to enjoy the first years of our retirement, many of us plan to stay in the same home we raised our family in.

To do so safely, you might be looking into "aging in place" measures. These include adding grab bars in the bathroom, widening doorways for easier access for a wheelchair or walker, and adding additional lighting to make it easier to see potential tripping hazards.

Before you undergo any renovations to make your home safer and more comfortable for your retirement years, you should take one simple step: have your home tested for radon.

Radon is an odourless, tasteless gas that is also the leading cause of lung cancer in non-smokers. It comes from the natural breakdown of uranium in the ground. Outside, it's naturally dissipated by the breeze. But in indoor spaces, such as your basement, the gas can accumulate to dangerous levels.

The only way to know if you have high radon levels in your home is to test

for it. You can buy a DIY testing kit online or hire a certified radon expert to conduct the test.

If your home has elevated levels there are relatively easy and affordable ways to fix it. A mitigation system can be installed in about a day and will lower radon levels by up to 90 per cent. These systems cost about the same as installing a new furnace or air conditioner.

Learn more about radon testing at takeactiononradon.ca.

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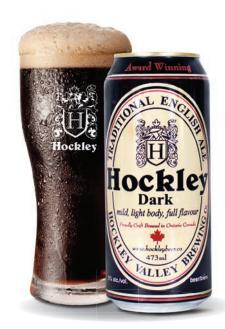
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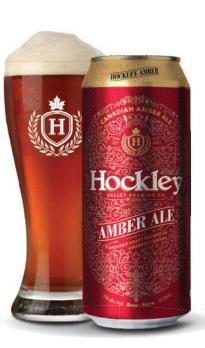
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