

FRIDAY, AUGUST 12, 2016

WEEKENDER

THE SPEAKER'S WEEKEND EDITION



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Final LEG

STATO trail heading to finish line

Diane Johnston
Speaker Reporter

TEMISKAMING SHORES – What will be almost the final leg of the city-wide trail is scheduled to be painted and paved by mid-October.

Miller Paving has been awarded a \$206,160 contract to construct portions of the South Temiskaming Active Travel Organization (STATO) trail north of the Wabi bridge and in Breault's Subdivision in Dymond.

That will leave just a section east of Timiskaming Square mall that's dependent on the negotiation of an easement or land purchase, said Temiskaming Shores Mayor Carman Kidd after city council met August 2.

"It'll be pretty well finished,"

Mayor Carman Kidd.

"It'll be pretty well finished," he said.

It'll mark the end of a project that began in 2005 to create a multi-use trail spanning the municipality.

Earlier this summer, a stretch of the trail was relocated from the eastern-most lane of Lakeshore Road to a newly paved path above the curb.

A paved trail was also constructed through a park area west of École publique des Navigateurs and above the curb along Armstrong Street North.

The upcoming work will include

Continued on 5a



Cooling off

The recent heat wave in the south Temiskaming region has area residents heading to area waterways for relief. Elizabeth McEachern paddling her kayak, and friend George Bigelow, swimming behind, were cooling off recently at the Bass Lake public beach, located in Coleman Township. (Staff photo by Sue Nielsen)

Survey says Charlton-Dack considers new directions

Darlene Wroe
Speaker Reporter

CHARLTON-DACK -- The municipal survey for the Municipality of Charlton and Dack has been returned to council.

The residents of the municipality were contacted by mail and asked for their responses to indicate their support for a range of municipal interests.

A response of 50 per cent was received.

At council's regular meeting Monday, August 8, discussions took place about the outcome of the municipal survey, and its implication for future directions of council, as directed by the ratepayers.

Councillor Chauncey Corley noted the municipality is "practically broke."

The council is hoping the municipal survey will provide direction for the appropriate use of the limited dollars that are available.

One point that was noted is that there is little support

from respondents for the parks in the municipality, although there is support for things within the parks, such as the town's marina and the town's outdoor skating rink.

Chief administrative officer Dan Thibeault told council that the question for them will be what they "want to do going forward and in 2017 for the grounds maintenance" of the parks.

SELL

Reeve Merrill Bond suggested the municipality should sell St. Stephen's Park, which had very little support in the municipal survey. "That's a start," he said.

There was also little support expressed for Kevin Park, but Councillor Clem Yantha expressed the opinion that "nobody will buy it."

The respondents to the survey expressed 51 per cent support for the Earlton-Timiskaming Regional Airport.

Mr. Thibeault noted that the council has already agreed to a \$1.08 per capita increase for airport support in 2017.

Continued on 5a

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CITY BULLETIN



Public Meeting Notice Amendment to Sign By-law

Please be advised that Council will be considering an amendment to By-law No. 2007-019 "Sign By-law" to permit the installation of a Freestanding Billboard at the North Haven Plaza located at the Armstrong Street and Sharpe Street at the bottom of the Wabi Bridge.

A Public Meeting will be held on September 6, 2016 at City Hall at 6:00 p.m. to permit the public to hear details on the proposed installation and provide comments before consideration by Council. For further information or to forward written comments please contact the Municipal Clerk or attend the public meeting.

David B. Treen, Municipal Clerk

Phone: 705-672-3363
dtreen@temiskamingshores.ca

Temiskaming Shores Public Library

Summer Reading Scavenger Hunt for Children aged 5-12 at both Branches of the Library

Pick up your map at your branch library and complete the reading challenges. For every book you read from the map you get a raffle ticket to enter the draw. Prizes to be won in both branches of the library—get a map and start reading today! For more information call your library at 705-647-4215 or 705-672-3707.

TD Summer Reading Club Storytime at Both Branches of the Library

The Temiskaming Shores Public Library is pleased to offer a T.D. Summer Reading Club STORY TIME for the first time. This STORY TIME is for children of preschool age right through to 7 year olds accompanied by an adult. Older siblings may want to read on their own or use a public access computer while their younger siblings enjoy STORY TIME.

This program will run on Wednesdays from 11:15 a.m. until noon

Haileybury Branch: August 17th

New Liskeard Branch: August 10th, 24th

Drop in to join in the fun or contact us for more information. Call 705-647-4215 or email us at newliskeard@temisklibrary.com

Concours de lecture estivale

Concours de lecture à la bibliothèque publique de Temiskaming Shores pour les jeunes de 5 à 18 ans! Pour chaque 10 livres français lus de la bibliothèque vous recevrez un prix!

À partir du 1er juillet au 31 août 2016.

Veillez prendre votre feuillet pour y inscrire les titres et les auteurs des livres lus.

Donc, lisez et gagnez!

705-647-4215 ou cpeddie@temisklibrary.com

Livres SURPRISE durant l'été pour les adultes

Livres SURPRISE durant l'été à la succursale de New Liskeard.

Juillet et août 2016

Choisissez votre livre SURPRISE des paniers de la section française au premier étage et lisez!

Écrivez vos commentaires si vous désirez! (Ils se trouvent dans le livre).

Rapportez vos livres SURPRISE et nous partagerons vos opinions sans hésiter!

TD Summer Reading Program Craft Sessions at Both Branches of the Library

Join us for the Wild About Reading craft sessions for the TD Summer Reading Program. Children aged 5-10 years old are invited to come to the story and craft sessions in July and August in both branches.

Sessions run from 1:00-2:30 on the following dates:

Haileybury Branch: Saturday, August 13

New Liskeard Branch: Saturday, August 27

Get Wild about Reading! For more information, contact us at the library:

Haileybury Branch 705-672-3707, New Liskeard Branch 705-647-4215

To register or for more information about any of the Library's programs, call 705-647-4215 or 705-672-3707, see our facebook page, email NewLiskeard@temisklibrary.com or Haileybury@temisklibrary.com, visit our website at www.temisklibrary.com, or visit your Library Branch!

SCHEDULE OF MEETINGS

COMMUNITY ECONOMIC DEVELOPMENT ADVISORY COMMITTEE

Wednesday, August 10, 2016 – 6:30 P.M.

City Hall, 325 Farr Drive, Haileybury

REGULAR COUNCIL

Tuesday, September 6, 2016 – 6:00 P.M.

City Hall, 325 Farr Drive, Haileybury

Part Time Lifeguard/Swim Instructor Competition No. 2016-013

The City of Temiskaming Shores is currently seeking Part Time Lifeguard/Swim Instructors.

The successful candidates will possess the following qualifications:

- Current Standard First Aid, CPR-C, Swim & Lifesaving Instructors, and National Lifeguard certificate;
- Works well with minimal supervision; and
- Understand and comply with written and oral instructions including Health and Safety Regulations.

Applicants are encouraged to submit their resumes quoting **Job Competition No. 2016-013** no later than **August 19, 2016** by regular mail or email to:

Kelly Conlin

Director of Corporate Services (A)

P.O. Box 2050

Haileybury, Ontario POJ 1K0

kconlin@temiskamingshores.ca

We appreciate the interest of all applicants however, only those selected for interviews will be contacted.

The Corporation of the City of Temiskaming Shores is an equal opportunity employer that provides equality of opportunity for employment without discrimination, consistent with The Ontario Human Rights Code and the candidate's ability to successfully perform the duties of the job.

Equipment Operator Competition No. 2016-010

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 dump trucks, loaders, sanders and street sweepers, 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;
- Three (3) years of related experience; and
- Ability to understand and comply with written and oral instructions including Health and Safety Regulations.

Applicants are encouraged to submit their resumes quoting **Job Competition No. 2016-010** no later than **August 12, 2016** by regular mail or email to:

Kelly Conlin

Director of Corporate Services (A)

P.O. Box 2050

Haileybury, Ontario POJ 1K0

kconlin@temiskamingshores.ca

We appreciate the interest of all applicants however, only those selected for interviews will be contacted.

The Corporation of the City of Temiskaming Shores is an equal opportunity employer that provides equality of opportunity for employment without discrimination, consistent with The Ontario Human Rights Code and the candidate's ability to successfully perform the duties of the job.

For More Information Call (705) 672-3363

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

Good Food Boxes focus on farm first

Diane Johnston
Speaker Reporter

TEMISKAMING SHORES – A new initiative is trying to put Ontario-grown foods into local households.

The Good Food Box program prepares boxes of in-season produce and other foods, together with recipes and food-related information, for customers to pick up once a month.

Volunteers from half a dozen community agencies formed an assembly line July 28 at the Community Living Life Skills centre in Haileybury to fill the first boxes.

Contents included zucchini, lettuce, onions and carrots from Temiskaming growers, Ontario-grown broccoli, cantaloupe and tomatoes, and a box of whole grain pasta made from Canadian wheat.

“We want to help people complete a meal,” said Shelly Rahme, who is coordinating the new effort.

Food is sourced first from local farms, then from Ontario, Canada at large, and finally abroad, she said.

Tucked inside were some recipes.

“We really want to focus on the skills part,” said Ms. Rahme.

INFORMATION

In addition to recipes, she said additional information about nutrition, foods skills programming and volunteer opportunities will be included in the future.

She also wants to develop tags to identify foods as being from Temiskaming or Ontario.

She said the program is open to all and, by working with



A host of supporters were in Haileybury to help pack the first Good Food Boxes, which promote local foods first as part of a healthy diet. Lending a hand were, back row from left, Katherine Rivard of the Timiskaming Diabetes Program, Carrie-Anne Camp of the Literacy Council of South Temiskaming, Temiskaming Shores Mayor and Healthy Kids champion Carman Kidd, and Heather Bergounhon, Tony Rachwalski and Dwight Guppy, all from Community Living Temiskaming South; kneeling, from left, Tammy Borgen-Flood of Healthy Kids Community Challenge, Shelly Rahme of Northern Harvest, and Pam Geoffroy of Timiskaming Child Care. (Staff photo by Diane Johnston)

community partners, hopes it will reach people on fixed incomes and budgets.

Ms. Rahme runs the Northern Harvest local foods business near Englehart. She received \$25,000 from the Greenbelt Fund earlier this year to further develop a “local food hub.”

The Greenbelt Fund is a not-for-profit organization with a mission to boost use of local and Ontario-grown foods. In 2015, it was awarded \$6 million from the province for three years.

Support for the Good Food Box program is from the fund’s market access grant stream of its local food investment fund.

“It’s exciting to see the launch of the Good Food Box bringing more opportunities for folks to eat fresh, local produce in Northern Ontario,” said Greenbelt Fund CEO Burkhard Mauseberg in a statement.

He complimented Ms. Rahme

on her work at Northern Harvest.

“We’re proud to support her to expand the reach of the food hub,” he said.

The Greenbelt Fund will cover up to 50 per cent of a project’s costs, such as personnel, equipment and communications.

The cost of the food is not subsidized by the Greenbelt Fund.

It is being made available at wholesale prices, Ms. Rahme said.

INITIATIVE

Also on side with the new initiative are the Timiskaming Diabetes Program, the Literacy Council of South Temiskaming, Community Living Temiskaming South, Canadian Mental Health Association, and Timiskaming Child Care.

The initiative also ties into the Healthy Kids Community Challenge next theme, “Water Does Wonders,” said project manager Tammy Borgen-Flood.

To promote healthy hydration, she said it supplied recipes for flavoured water using vegetables, fruit and herbs.

Ms. Rahme said the Life Skills Centre will continue to be the headquarters for washing, chopping, and packaging produce.

At this time, the Good Food Box is available once a month, at \$15 for a small box of eight to 10 items and \$20 for a large box of 12 to 14 items.

Ms. Rahme said the program can expand to supply more clients, and she welcomes the participation of more organizations.

IN MEMORIAM



Kim “Sparky” Sauve
March 16, 1959 - August 12, 2011

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.

Miss & Love you,
Kathy, Teri, Ashley, Brandi
& Families

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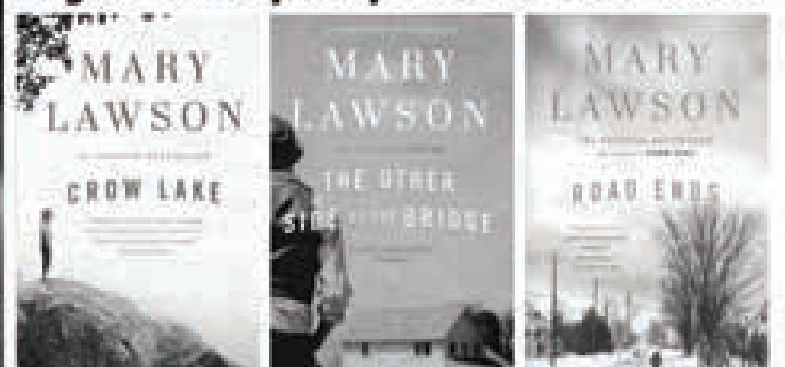
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August 16th 5p to 7pm at Chat Noir Books



Don’t miss a chance to meet the author of national bestseller Road Ends and international bestsellers Crow Lake & The Other Side of the Bridge. The Other Side of the Bridge was longlisted for the Man Booker Prize and is set in a fictional town just outside of New Liskeard!

57 Whitewood Ave New Liskeard, ON - 705-647-8215 - www.chatnoirbooks.ca

SPEAKER WEEKENDER



General Manager - Lois Perry
 Editor - Gordon Brock
 In Memory of Dave Armstrong



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Howling

“For a healthy woman is much like a wolf: robust, chock-full, strong life force, life-giving, territorially aware, inventive, loyal, roving, ”

-- Clarissa Pinkola Estés



Sue Nielsen

leadership.

In a *Psychology Today* article, it was found parents directed their sons to face fears and take risks while denying their daughters that same right.

You know I hear parents describing their daughters as “klutzy” while praising their son’s athletic abilities.

Thank goodness it’s 2016 and women aren’t buying that stay small, be quiet, fearful junk that has been ingrained in us since the womb.

When I tell people I am going into the bush on extended trips they say, “Aren’t you afraid?”

While I have rarely been afraid of four-legged predators, I must say I am more fearful of the two-legged kind.

Fear to an extent is based on things we are told about ourselves. It is time we pick up that pen and write a different story now, isn’t it?

Recently, my daughter informed me she was quitting her job, leaving for a tour of Europe, and has attained a work visa and will live in the United Kingdom for two-years.

I cried and howled for a week— then I remembered that it was her mother that encouraged her to seek experience, to be strong and independent.

I am happy that she will let life happen to her and she is hungering to write her own story in her own way.

I’d say our Canadian women athletes at the Rio Games are currently howling up a storm as our swimmers, rugby and basketball athletes step onto the podium time and time again.

I thought I heard the howl of a wolf the other day while paddling along a green shoreline.

Who is afraid of the big bad wolf?

I’m not.

Have you heard the howling of wolves?

I was on a canoe trip to Killarney Provincial Park a couple of years ago.

It was around midnight and our group consisting of about ten women, heard the wolves of Killarney howling.

It was magical and of course we howled back.

Yes, wolves are known to be a mirror into the lives of women.

In my canoe and in nature I am finding a deep primal connection that is requiring me to stay hungry. Hungry women often don’t fit the stereotype that is set for them of being small and fearful.

Small and fearful is so limiting.

I met a 9 year-old girl dynamo named Amy at last weekend’s Earlton Drag races who was driving a souped-up dragster car.

May she be hungry enough to dream of someday competing at the Daytona 500.

And surely, given the recent events south of the border, there is a little girl somewhere hungering for the highest office in the land because of Hillary Clinton.

Canoe paddles up to Clinton for smashing glass ceilings that have placed limits on women’s



At the South Saskatchewan River

EDITORIAL

Hot, dry and dangerous

The hot, dry and humid weather being experienced across Northeastern Ontario is the perfect recipe for forest fires.

Despite a small bit of rain that fell in our region last Friday, the forest fire rating remains high.

Ministry of Natural Resources and Forestry personnel have been listing a 59-hectare forest fire burning west of Latchford as not in control.

People heading into the bush need to be aware of the fire hazard and to act accordingly with campfire safety.

Also, a significant cause of forest fires remains the fact that people toss cigarette butts out the window of their vehicles and this action has been known to ignite fires.

Please use the ashtray in your vehicle to douse cigarettes or cigars.

There is too high a price to be paid for forest fires that equals man-hours, equipment hours, and the loss

of pristine forests in our region -- not to mention the possibility of danger to cottagers etc.

In south Temiskaming, the municipalities of Latchford, Coleman Township, Cobalt and Temiskaming Shores instituted a complete fire ban in their communities as long as the heat waves and dry conditions persist.

We definitely could use a solid rainfall as Temiskaming continues to experience a hot, dry summer.

Environment Canada describes the hot, humid weather we are experiencing as a “heat dome” with temperatures in the plus 30 degrees Celsius range with the humidex making it feel close to 40 Celsius.

“Heat dome” is a term used by meteorologists to describe a “lid” that forms when there’s high pressure in the upper atmosphere that stays in place stopping hot air from escaping.

QUALITY OF LIFE

This coming Friday, Premier Kathleen Wynne will visit our region as part of a Northern tour that began August 6.

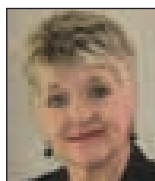
“We are building on the North’s many strengths as part of our efforts to ensure that everyone in Ontario can enjoy a high quality of life,” said Ms. Wynne in a press release.

Northerners might be wondering when hydro bill rates will be lowered

and when transportation infrastructure in the form of improved bus service, a return of rail transportation, and when jobs and prosperity will appear so as to improve the quality of life of all Northerners?

We hope the premier has a wonderful trip and leaves the North with an improved understanding of the challenges faced in this region and beyond.

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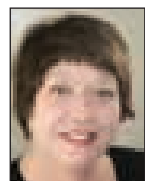


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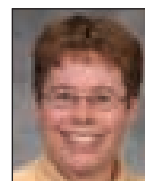


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The Temiskaming District Road Safety Coalition (TDRSC) with the Timiskaming Health Unit School Team hosted a bike rodeo emphasizing safety recently. Three schools participated: English Catholic Central School (ECCS), Ecole publique des Navigateurs and Ecole St. Croix. During the rodeo students learned the rules of the road applying to cyclists, bikes were inspected and proper helmet fitting along with bike riding skills were taught. The winner of the School Bike Safety Rodeo was Maven Vanier of ECCS. The prize was randomly drawn from 75 Grade 5 students who participated in the event. The bike was donated by Food Basics in the Timiskaming Square Mall said Timiskaming Health Unit Health Promoter Laurel Beardmore. From the left are Food Basics employee Robin Bromley, Maven Vanier and TDRSC member Chantal Reynolds. (Supplied photo)

Charlton-Dack considers new directions

Continued from A Front

Respondents also noted preferred days for the landfill site to be opened. Council discussed the proposal of changing the landfill hours to Friday 10 a.m. to 2 p.m., and Saturday 10 a.m. to 5 p.m. In the summer, from the May long weekend to Thanksgiving, the landfill site would also be open on Tuesdays from 10 a.m. to 5 p.m. to accommodate the cottagers.

The 10 a.m. opening is preferred in the winter months to allow public works staff to first complete snowplow operations.

WATER SALES

Respondents are also in favour of the plan to sell water at the Charlton water treatment plant.

Councillor Yantha stated that a coin-operated system at the site would allow a truck to be driven up to fill up "with fresh clean water rather than it being stolen."

Council discussed the option of allowing those buying water to choose either lake water or drinking water. A fire truck, for example, would only need lake water rather than treated drinking water.

Respondents also expressed that they feel the municipality is paying too much for the library service from the Englehart Public Library (between \$10,000 and \$11,000 annually).

However, strong support was expressed for Englehart's rec-

reation services from the Englehart and Area Community Arena Complex and from the Englehart Lee Pool.

Almost no support was expressed for the Englehart and Area Historical Museum which has a cost of \$1,500 annually for the municipality. For that matter, Charlton's Heritage Centre also received little support.

Council discussed allocating the same funds to Englehart's activities, but directing them more heavily to the recreation services, cutting back the support for the library, and eliminating the support for the museum.

Repercussions of those decisions were discussed, with the

acknowledgement that the seat on the library board council be lost as a result.

Mr. Thibeault suggested that negotiations should be started quickly with the library regarding the municipality's intention to decrease its financial support before year-end and the 2017 budgeting time arrives.

Another area where the respondents suggested more money should be allocated was that of doctor recruitment and retention for the Englehart and District Hospital.

Mr. Thibeault indicated he would bring resolutions to the next meeting, Monday, September 12, for the council to vote upon.



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Sponsored by the Temiskaming Speakers

STATO trail heading to finish line

Continued from A Front

the designation of a cycling route – using line painting and stamped cycling symbols – on Murray Street, May Street and Hesse Avenue north of the bridge.

An asphalt trail 2.4 metres in width will be constructed along Wilson Avenue, Grant Drive and Drive-In Theatre Road.

The trail will be designated on Laurette Street by painted lines and cycling images.

Mayor Kidd was hopeful that arrangements could be reached next year to extend the trail around the Timiskaming Square mall.

No formal route for the STATO trail has been designated through downtown New Liskeard.

"So far, I haven't convinced anyone to put a million-dollar walking bridge over the Wabi," he quipped after the meeting.

But turning serious, he noted that sidewalks do exist on both sides of the bridge.

Funding for the most recent phases of construction came from a variety of sources.

They include \$150,000 from the Ontario Trillium Foundation, \$162,500 from the Ontario Municipal Cycling Infrastructure Program, and \$64,750 from the STATO organization.

The city used about \$190,000 in gas tax funds to relocate a



portion of the trail when that stretch of Lakeshore Road was rehabilitated.

CONSIDERING

Meanwhile, the city is considering changes to its traffic bylaw to prohibit parking on sections of streets designated for the trail.

Parking would be banned on the north side of Murray Street between Armstrong and May, the west side of May between Murray and Hesse, the north side of Hesse between McKelvie and Armstrong, the east side of Grant Drive between Wilson and Drive-In Theatre Road, and the east side of Laurette between Drive-In Theatre and Crystal Crescent.

In a proposal unrelated to the trail, council will also consider prohibiting parking on the east side of Mary Street between Whitewood and Dymond.

It was prompted over concerns over safety and school bus traffic.

City council will consider the proposed changes September 2.



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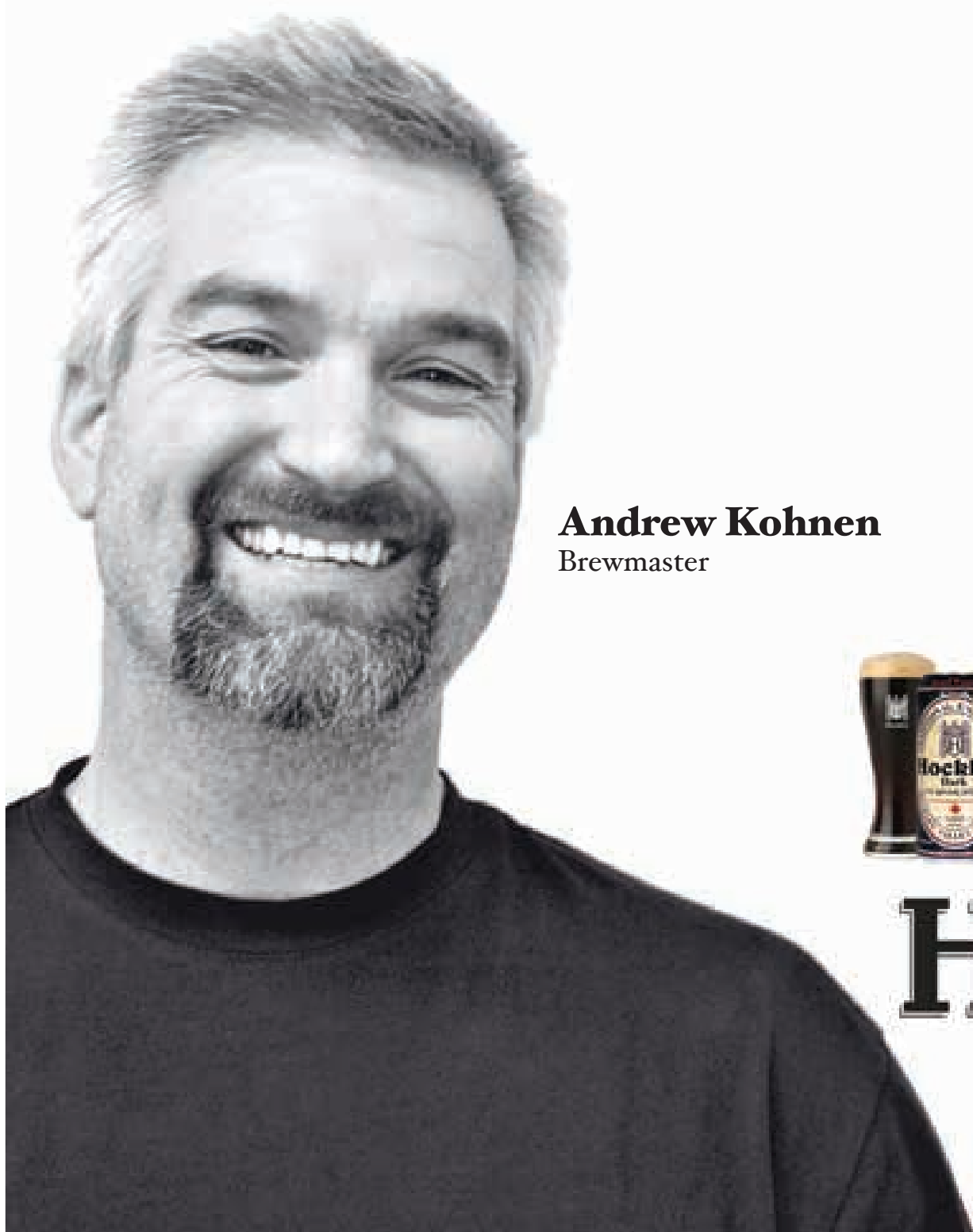
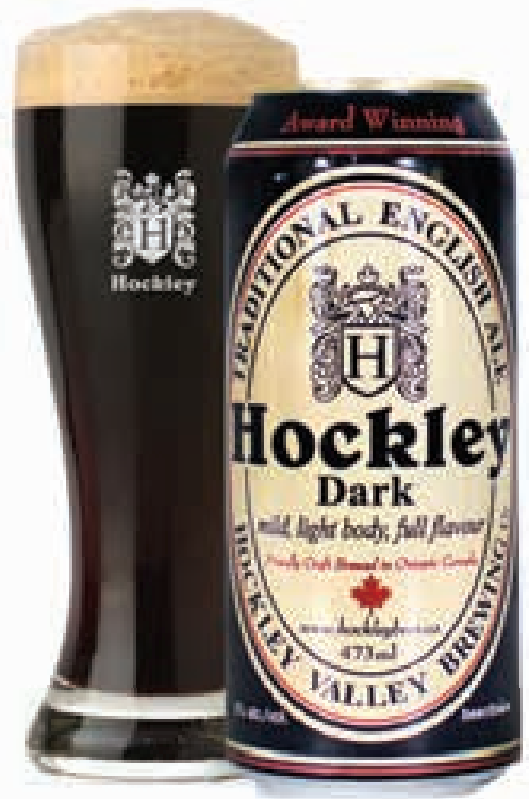


From the Book of Hockley

Hockley Dark

A brunette with the body of a blonde.

Our Brewmaster had a penchant for English ale, so he created something better, combining two styles of ales he fancied while studying and brewing his way across the UK. It's an ingenious hybrid of a Northern Brown Ale and a Midlands Mild, with a body tweaked to give it a lighter, more North American appeal. Hints of roasted nuts, caramel, chocolate, and coffee combine to make this award winner one of Ontario's best-selling craft beers.



Andrew Kohnen
Brewmaster



Hockley

HOCKLEYBEER.CA

Work level increasing on Cobalt solar project

COBALT (Staff) -- The Cobalt solar project should be moving forward in August, Cobalt council heard at its regular meeting Tuesday, August 2.

Cobalt Mayor Tina Sartoretto told council, "There should be some significant progress by the end of this month."

She said Cobalt representatives have had a discussion with Kapuskasing about the project delays.

"They were going to double up the people who were working on it and get the thing going," she said.

"I'm fairly confident it will be up and running before the fall."

She told council that as a result of the discussion, "I'm certainly more confident than I was at the last meeting."

She said that in the past, Cobalt representatives have "had issues with regard to project administration and finances."

But she added that Kapuskasing representatives have "certainly been as frustrated as we have."

Councillor Sue Nielsen asked if there was an incident relating to the solar project.

Mayor Sartoretto confirmed "there was an incident between the contractor and a councillor."

She said the councillor was reprimanded.

The original objective for the

completion of the three ground-mounted solar project sites had been 2015.

Strathcone Solar Initiatives is the contractor working on the project, hired by Solaire Cobalt Solar, which was created by a partnership between the Town of Cobalt and Kapuskasing Kap

Solar under the Town of Kapuskasing.

Kapuskasing has been working in partnership with host municipalities by providing administration for solar projects with a revenue return for the partner municipalities for twenty years after the project is activated.



YARD SALE SUPPORT

Children enjoying sunshine and hotdogs at the recent Haileybury Heritage Museum annual barbecue/yard sale from the left are 9 year-old Ashley Cooper and three year-old Emmett Kitajew. (Staff photo by Sue Nielsen)

Temagami Family Health Team

Submitted by Ellen Ibey

Falls and Injury Prevention in Adults 65 Years of Age and Older

DID YOU KNOW...

- One in three adults over the age of 65 falls at least once per year;
- Half of all falls occur in the home;
- Falling can cause injury, loss of mobility and independence;
- is the sixth leading cause of death in seniors;
- Seniors' falls and injuries cost Canadians \$3 billion per year.

The good news is that falling can be prevented!

FOUR THINGS YOU CAN DO TO PREVENT FALLS:

1. Begin a regular exercise program
2. Have your health care provider review your medications
3. Have your vision checked
4. Make your home safer

Our goal is to keep you safe, healthy and living independently in your home for as long as possible. If you are 65 years of age or older and a patient of the Temagami Family Health Team, you can expect to be asked to complete a Falls Self-Risk Assessment the next time you visit the office. It consists of 12 simple yes or no questions with a risk score assigned based on your answers. If you score 4 or higher, a follow up appointment will be scheduled for you to have a full clinical assessment with our NP or physician.

Every patient 65 years of age and older that is screened, will receive an information package including a list of free seniors' exercise classes available in the area and an Independent Living Guide to help you do a room by room falls risk assessment in your home to remove any potential slip, trip or fall hazards.

Our next 8-week Falls Prevention Group, facilitated by Chris Hill, is starting Tuesday, September 13th from 1:30 – 3 p.m. at the Medical Centre. If you are interested in attending or would like more information about our Falls Prevention Program, please call the office at (705) 569-3244.

**Many falls can be prevented.
By making some simple changes, you can lower your risk.**

Reference: www.fraserhealth.ca



Temagami

Family Health Team

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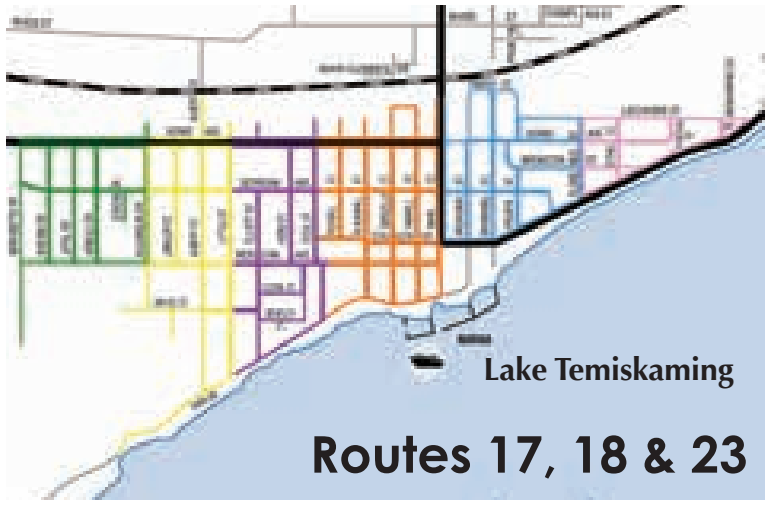
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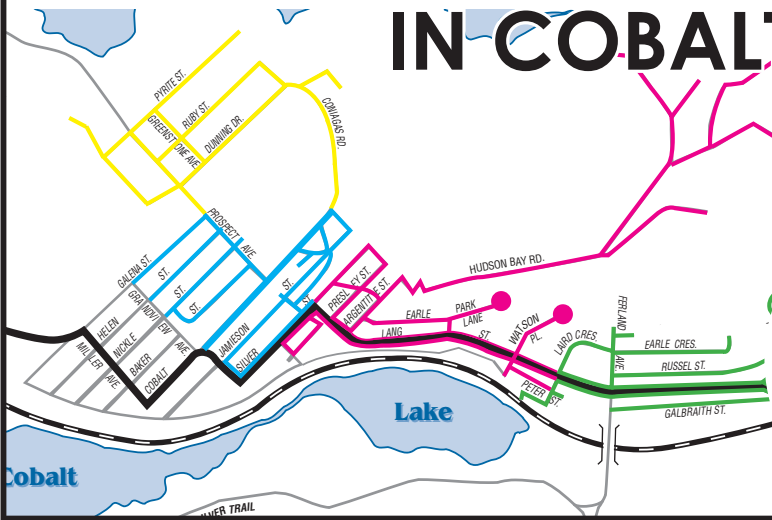
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BLUE GOLD

Northerners consider fresh, wild blueberries a golden find during the summer months. New Liskeard resident, Lisé Heroux, purchased a basket of blueberries last weekend from a seller located near the Timiskaming Square Mall. (Staff photo by Sue Nielsen)

THE TEMISKAMING SPEAKER IS CURRENTLY LOOKING FOR CARRIERS IN COBALT



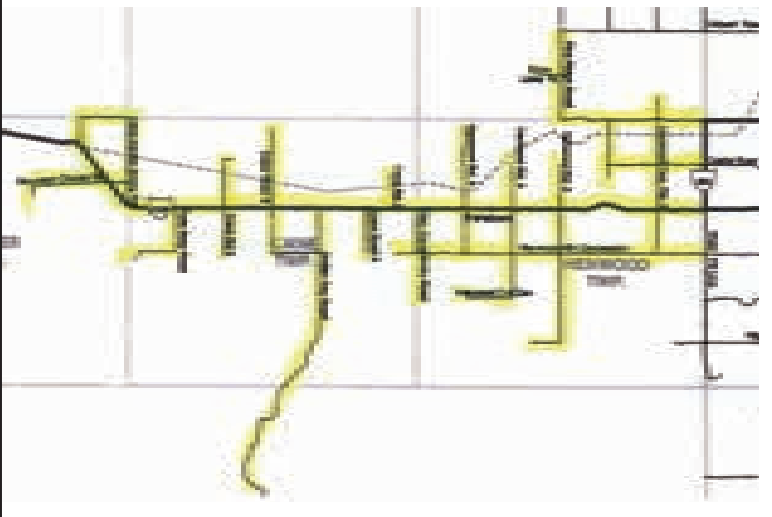
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SPEAKER
PRINTING, PUBLISHING
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Palliative care approach spreading

Diane Johnston
Speaker Reporter

KIRKLAND LAKE – A homier approach to end-of-life care is available in Kirkland Lake and Englehart hospitals.

One bedroom suite is available in each hospital. Equipped with comfortable furnishings and kitchen facilities, family members can stay for longer periods including overnight with loved ones.

It's a model developed by Betty Smallwood and her team at Timiskaming Hospice Palliative Care, said Gary Sims, chief executive officer of the two hospitals.

The in-hospital suite is a palliative care alternative for smaller communities that can't sustain freestanding hospices.

It has been so successful, he said, that the North East Local Health Integration Network (LHIN) wants to see it extended to more hospitals in areas without hospices.

The Temiskaming organization is now sharing the approach with a number of hospitals, including Temiskaming Shores and Wawa, he said.

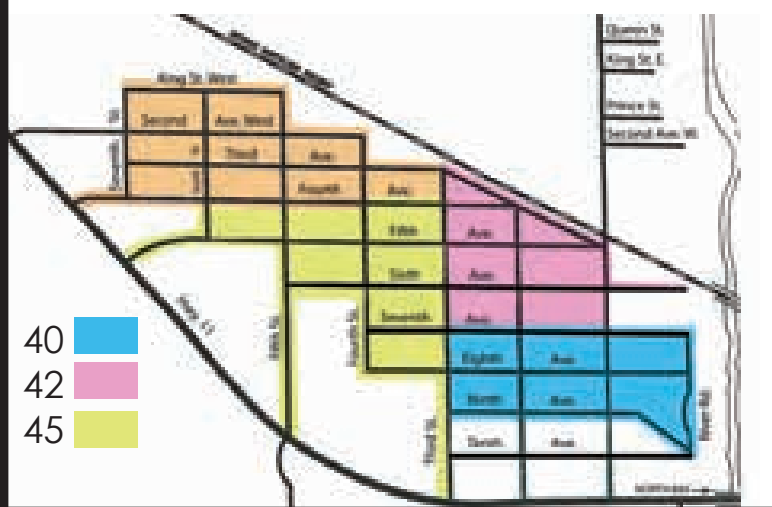
In Englehart and Kirkland Lake, the suites were funded in-house.

This year, the North East LHIN is offering \$15,000 to each hospital to offset the suites' operating cost.

But each unit's cost is about \$100,000, Mr. Sims said.

He is hopeful that the hospitals will receive more funding in the future for the service.

WEEKENDER CARRIER NEEDED FOR ENGLEHART



If interested, please contact:

Jamie Lindsay
Circulation Coordinator
705-647-6791 ext. 227
or email:

classifieds@northernontario.ca

SPEAKER
PRINTING, PUBLISHING
AND PROMOTIONS

North gets Royal support

NORTH BAY (Special/Staff) – Space is reserved once again for Northern Ontario at the Royal Agricultural Winter Fair.

More than 50 enterprises from the region – drawn from the agriculture, agrifood and equine industries – will be housed in the Northern Ontario pavilion at the mammoth fair.

The Royal runs this year November 4 through 13 at Exhibition Place in downtown Toronto. It typically draws more than 300,000 visitors.

FedNor is once again supporting a Northern presence at the Royal.

It's providing \$479,820 through the NECO Community Futures Development Corporation for a Northern Ontario pavilion.

NECO, which serves the East Nipissing and East Parry Sound area, will coordinate the 7,000-square-foot pavilion showcasing participating exhibitors.

Over the years, a number of Temiskaming producers and organizations have exhibited their wares at the pavilion.

The funding was announced August 9 in North Bay.

The regional pavilion is "a proven economic driver that is helping Northern Ontario businesses to increase sales, create consumer awareness, establish



DOG DAZE OF SUMMER

The Temiskaming Kennel Club (TKC) hosted their annual All Breed Championship Show this week at the Algonquin Regiment Memorial Beach Park in New Liskeard. Pictured is Notre Dame du Nord resident Micheline Lalonde with her seven month-old Chihuahua dog named Brandon. It was the first time both handler and dog had visited the TKC show and Ms. Lalonde said she "loved it". (Staff photo by Sue Nielsen)

industry contacts and grow their operations by gaining exposure and expanding their reach into southern Ontario and international markets," said Nipissing-Timiskaming Liberal MP Anthony Rota in a statement at that time.

"By investing in this impor-

tant project, we are working at a grassroots level to help farmers and producers succeed, while growing the economy in a meaningful way," said Navdeep Bains, the federal minister of Innovation, Science and Economic Development and the minister responsible for FedNor.

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THE TEMISKAMING
SPEAKER



Four tips for successfully transitioning the family farm

(NC) Farming in Canada is a family affair and like other family-run operations, transitioning the business from one generation to the next isn't always smooth. But through proper succession planning, honest dialogue, and using a business-first family approach, you can ensure a successful enterprise for years to come.



and make decisions that are best for the business, not out of sympathy or based on automatic heirs.

2. Discuss goals openly and honestly. Agree up front on realistic goals that best serve the business. Draw up legal documents — don't rely solely

on wills — and ensure that the senior generation is financially secure outside the business.

3. Ask the right questions. These include: Do you really want this business to continue? Why are you (senior and younger generation) doing this? When is this going to transition?

4. Consider an outside perspective. In certain instances the advice from a neutral party like a succession coach can help implement a conflict management plan.

Contact an agriculture banking specialist to discuss your succession planning needs.

www.newscanada.com

"The hard work of farming can pale in comparison to planning a farm's transition to the next generation," cautions Gwen Paddock, national director of agriculture at RBC. "But it can be a positive experience and being grateful for what you have in order to be worthy of what you want is the real key when it comes to family business."

The conversation can be awkward and difficult, but these four tips will help everything go smoother and ensure your business thrives for years to come:

1. Operate as a business-first family, not family-first business. Make sure the right leader with their "skin in the game" is in place to take action

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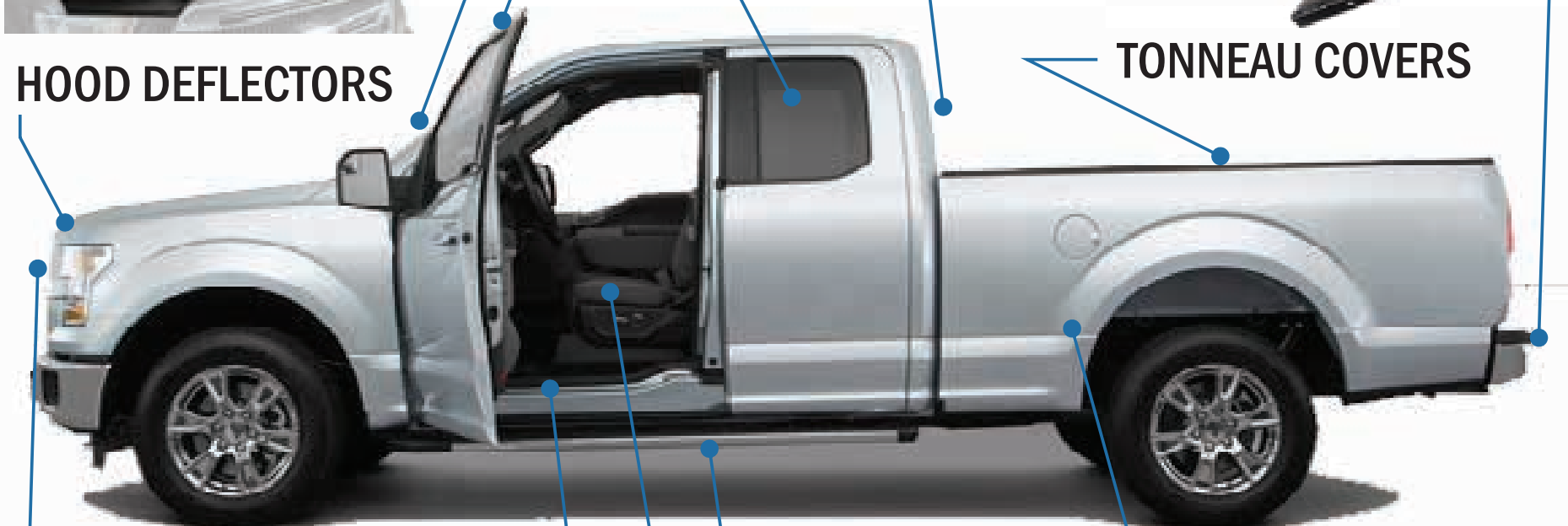
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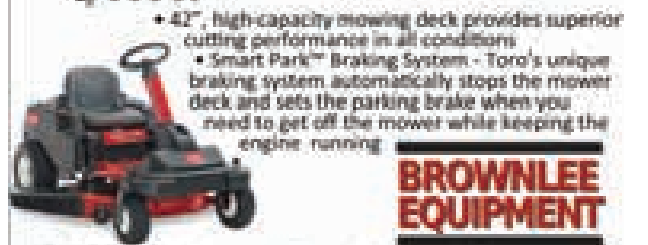


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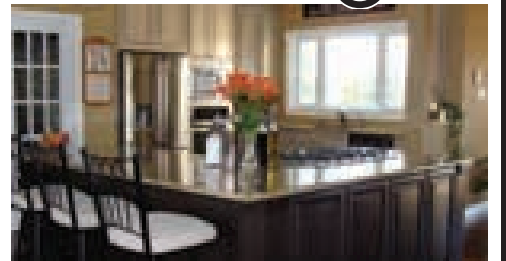
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COMMUNITY EVENTS

TUESDAY SEPTEMBER 13 Girl Guides for girls aged 9 to 11 will hold the first meeting on Tuesday September 13 at 6:15 pm at the Community of Christ Church on Niven street New Liskeard. For more information call Audrey at 705-647-6205

EVERY THURSDAY IN AUGUST Register to play **SETTLERS OF CATAN** for 4 weeks at our Thursday Night Game Nights. We'll track your Victory Points and award prizes to the nightly winners and a Grand Prize package which will include a \$25 Chat Noir Gift Certificate to the Overall Tournament winner! August 4 - August 25 - Free to Enter. *min of 3 players must register and attend each night. Please contact the store to register today! Phone: 705-647-8215 email: chatnoir@ntl.sympatico.ca or msg us on Facebook.

WOMEN OF ALL AGES from Kerns and Hudson Townships are invited to the Milberta Community Women meetings every 3rd Wednesday of each month at 7 p.m. Programs include guest speakers and fun activities. Call Audrey for more information at 705-647-6205

TEMISKAMING HOSPITAL AUXILIARY GIFT SHOP - check out our selection of jewellery, scarves, purses, baby gifts, variety of gift-

ware. all proceeds from sales go toward purchasing equipment, patient comfort items, etc. in hospital.

NARCOTICS ANONYMOUS MEETINGS The "Just for today" group holds N.A. meetings on Sundays and Thursdays at 7 pm, in New Liskeard on 70 Wellington street at St Paul's United church. We welcome new comers. Very simply an addict is a man or woman who's life is controlled by drugs. This is a place where addicts come to share their experience with other fellow addicts. As long as you have the desire to stop using or drinking you are in the right place and are always welcome at these meetings. ONE DAY LONGER, ONE DAY STRONGER

THE TEMISKAMING HOSPITAL AUXILIARY: The Temiskaming Hospital Auxiliary is recruiting volunteers to work in the hospital gift/tuck shop. If you have 2 hours of time to spare as a volunteer, either morning, afternoon or evening, please contact the Auxiliary President Diane Vachon at 705-647-8066 or Penny Graydon at 705-647-5870. This is a rewarding way of giving back to the community.

HARD OF HEARING ? ... Or deaf ? Interested in attending a local 8 week speech (lip) read-

ing course free of charge? **CALL 1-800-718-0436 TO REGISTER.**

ATTENTION ALL STUDENTS in Englehart and surrounding townships: The Englehart and District Horticultural Society will once again be holding its annual Youth Garden Competition this year. Now is the time to start planning and planting your garden. It can be vegetables, flowers, or a combination of both. Your garden can be any size, but must have been planted and cared for by you. Judging will occur in August. Please call Mrs. Bonnie Warner (544-8916) or Mrs. Eileen Fisher (544-8074) for more information.

YOUTH AIR RIFLE SHOOTING SAFETY TRAINING - The Temiskaming Bullseye Club is looking to train youth from 10 - 15 yrs of age. For more information please email: p.mcn@hotmail.com or exec@tembullseye.ca

COMMUNITY GRANT APPLICATION: Deadline is September 30, 2016. Is your project eligible? Grants usually range from \$500 to \$3,000. For more information please contact The Temiskaming Foundation at 705-647-1055 or via email at tff@ntl.sympatico.ca.

FOR KIDS SAKE GRANT: Application Deadline is September, 2016. If you are part of a non-profit

community organization providing activities for children and youth you may be eligible for a grant. Grants are awarded to a maximum of \$2,000. For more information please contact The Temiskaming Foundation at 705-647-1055 or via email at tff@ntl.sympatico.ca.

NEW - COMMUNITY FUND FOR CANADA'S 150TH - A small grants program run by community foundations to support local initiatives related to Canada's sesquicentennial. For more details on the Fund and to learn how and when to apply, visit www.communityfoundations.ca/CFC150 or contact The Temiskaming Foundation at 705-647-1055 or tff@ntl.sympatico.ca. There will be 2 rounds of grants. The first round of applications will be accepted until October 14th, 2016.

CARS & COFFEE This is a venue for car enthusiasts of any age who want to show their prized and antique automobiles. Come meet with people of the same interests. We welcome everyone that loves cars to come and see what Haileybury has to offer. Dates: August 14th & August 28th at the Haileybury waterfront from 1pm-3pm. Contact Susan Loft at 705-676-6513.

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EVERY TUESDAY
 The Temiskaming Palette & Brush Club Painting sessions are from **1:00 - 4:00 every TUESDAY AFTERNOON.** Club room is in the Haileybury Arena at 400 Ferguson Street. Jeannine at 705-672-1028

EVERY WEDNESDAY
 TOPS (Take Off Pounds Sensibly) meets on **WEDNESDAY EVENING St. Paul's United Church, New Liskeard. Weigh in begins at 5:30 PM.** For more information contact Bonnie @ 705-647-1609.
ENGLEHART AND DISTRICT PIONEER CLUB - 11:45am. 705-544-2435.

PIPE BAND BR 54 LEGION, 7pm. 705-672-5669.

TEMISKAMING AREA ROLLER GIRLS, PRACTICES 7-9pm. 705-676-6163

HUDSON OUTREACH LIBRARY (located at the corner of Hwy 65 West and Milberta Road - opposite the Twin Lakes Road turnoff) will be providing the **"Summer Crafts for Kids"** program. Sessions will take place from 2pm - 4pm every Wednesday starting July 6th through to August 24th. Send your children aged 5 yrs to 12 yrs, for a fun time at the Library.

TEMISKAMING ART GALLERY PRESENTS: ART IN THE PARK Wednesdays 6 - 8 p.m. Family activities, local artists, and crafts fair!

EVERY THURSDAY

TOPS (Take Off Pounds Sensibly) meets on **THURSDAY MORNING New Liskeard Legion Hall, New Liskeard. 10am.** For more information contact Christine @ 705-628-2019.

1ST MONDAY OF EVERY MONTH

M.S. Support Group meeting @ New Liskeard Arena lobby from 1-3 pm

2ND MONDAY OF EVERY MONTH

THE CHARLTON AGRICULTURAL SOCIETY. Regular monthly meetings are the **2nd Monday of every month** Info @ 705-544-2818 or 705-544-2980

3RD MONDAY OF EVERY MONTH

TEMISKAMING LIONESS LIONS CLUB. New members are always welcome. Come join this group of ladies at the Lions Den (below the Community Hall in NL) the 3rd Monday of every month at 7 pm. For more info contact any Lioness or 1-705-647-4921 or 1-705-647-6046.

4TH MONDAY OF EVERY MONTH

Temiskaming Hospital Auxiliary REGULAR MEETING 4TH MONDAY OF EVERY MONTH at 2 pm in the boardroom at the hospital. Everyone Welcome!

EVERY 2ND TUESDAY OF EACH MONTH

Fibromyalgia support group meet every second Tuesday of each month at Our Mother of Perpetual Help Church from 1pm-3pm. Contact Christine at 705-628-2019 for more info

2ND WEDNESDAY OF EACH MONTH

Golden Age Club: General membership meetings are held on the second Wednesday of each month @ the Golden Age Hall, 22 Argentite St. Cobalt. 1 - 2 pm. Annual membership is available at a cost of \$15. For further information, call 705-679-5525 & leave a message.

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12					13					14		
15					16					17		
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42	43	44						45		46		
47				48	49	50			51		52	53
54				55					56			
57				58					59			

CLUES

ACROSS

1. Treaty
5. Worry
9. Engine fuel
12. Repeating sound
13. Volcano's flow
14. Mouth edge
15. Rod and _____
16. Impersonator
17. Keats poem
18. Remarks further
20. Gawked
22. Road guide
24. Approved
27. Choose
29. Went for a drive
33. Foolhardy
34. Kind of rummy
35. Endure
36. Manors
38. Jest with
39. Playground item
41. Darn
42. Service academy student
45. Unruly crowds
47. Take advantage of
48. Stash away
51. Mother's sister
54. Podded vegetable
55. Not odd
56. Musical ensemble
57. Grim
58. Bread grains
59. Tiller

DOWN

1. Miles _____ hour
2. High or low card
3. Most miserly
4. Related
5. Bottle
6. Talk session
7. Adam's wife
8. Archer's aim
9. Goopy substance
10. Camp helper
11. Drove over the limit
19. Polka follower
21. Type of brick
22. No more than
23. Cry of woe
25. Wrong
26. Hither and _____
28. Run after
30. Restore to

- confidence
31. Soothe
32. Doodled
34. Exclamation
37. Leash
38. Less than three
40. Hymn closers
42. Mugs
43. On a cruise
44. Kaput
46. Tub
49. Poison _____
50. Poor grade
52. Zero
53. Mr. Hanks

CROSSWORD ANSWERS ON 6B

Edith (Perry) McGrath



turns **90** on
Saturday,
August 13th

The family is holding an
Open House

upstairs at the Haileybury Legion
from **2 pm to 4 pm.**

We would be honoured if you would come to
celebrate with *Us* and *Edith.*
All her friends are welcome.



Horoscopes

CAPRICORN

The chase is on. Join in only if you dare, Capricorn. It will get tough. True love is rare. Cherish it. A party invite is not one to turn down.



AQUARIUS

Face it, Aquarius. You cannot finish what you started. Give the reins to someone who can. A game gets heated. Temper, temper! A goal is met.



PISCES

Practice really does make perfect, Pisces, so don't give up. Keep at it, and you will succeed. A mentor tries something new. Cheer them on!



ARIES

You can't miss what you never had, Aries. Stop whining and appreciate what you do have. A mixup in communication makes for an interesting workweek.



TAURUS

You're such a doubting Thomas, Taurus. You do not need proof to know the story is true. You just have to look within. A conflict at home ends peacefully.



GEMINI

A picture paints a thousand words, Gemini. Show how you feel, and that rift will heal. A change in wardrobe gives a senior a boost of confidence.



CANCER

Curiosity killed the cat, Cancer. Stop nosing around. You know all that you need to. A chance encounter with a business associate proves lucrative.



LEO

Uh-oh, Leo. You're about to get a taste of your own medicine. Perhaps you'll do things differently the next time around. A question is answered.



VIRGO

Relax, Virgo. A superior is all bark and no bite. Heed what they say, but don't take it personally. The need to organize becomes apparent.



LIBRA

No, Libra. You do not have to act at the drop of a hat. Take your time. This is a big decision. A contractual obligation is finally fulfilled.



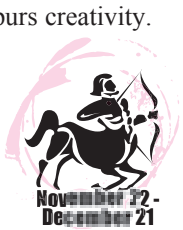
SCORPIO


Darn, Scorpio. You were hoping a friend could cut the mustard, but it turns out they can't. Try not to be too disappointed. There is a spot they can fill.



SAGITTARIUS

Up and down, round and round. Life is like a roller coaster this week, and you're up for the ride, Sagittarius. A fresh take on an idea spurs creativity.

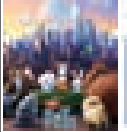




SUICIDE SQUAD

PG violence, language may offend, not recommended for young children


NITELY
7:30



PETS

MATINEES
DAILY AT
2PM!

\$5



BAD MOMS

14A coarse language, sexual content, substance abuse

NITELY
7:30

www.nt.net/empire
705-647-5363
CLOSED ON MONDAY



Daniel GOUDREAU

SALES REPRESENTATIVE

*Independently owned and operated.



Cell: (705) 676-5512



Eveline R. Gauvreau Ltd.*
 Brokerage, 19 Paget Street South
 New Liskeard, ON P0J 1P0
 Phone: (705) 647-8148

Own a little piece of heaven!!



Maiden Bay Camp Rd., Lorrain Valley, \$699,900 MLS# 161624 28 Acres on Lake Temiskaming. Sandy beach and beautiful shores lines away, om cross lake winds! 6 individual cottages with propane refrigerators, ovens and lights, all wired for generator use. Also includes a main house lived in by owners which could also be rented out. Artesian well, approved septic. More than half the shoreline remains to be developed. Includes a long list of chattels from BBQs, generators, boats and motors, Kubota back hoe to name a few. Great fishing and hunting at your doorsteps presents a once in a lifetime opportunity!

Pride of ownership throughout!!



429 McKelvie St., New Liskeard, \$319,900 MLS# 161909 3+1 Beds, 2 baths, nice floor plan, hardwood flooring in living room, full finished basement, large 18x38 detached wired & insulated garage with two garage doors. Very clean and well maintained! Simply move in and enjoy!

Brand New - 1,420 Square Feet! 7 Years Tarion New Home Warranty and so much more!



NEW PRICE \$364,000!

495 Helmer Pedersen Dr., \$364,000 MLS# 161059 Energy efficient Guildcrest home - Buyer agrees to forfeit HST credit to builder. 3 Beds + 2 baths (master on-suite). 18x24 Attached garage. Beautiful open kitchen and dining room with maple cabinets and hardwood floors. Basement has roughed-in bath, bedroom, rec. room, laundry and utility rooms.

Harley Twp - 6 Minutes from New Liskeard!!



NEW PRICE \$323,000!

924031 North Quarry Rd., Harley Twp. \$339,000 MLS# 161781 Custom maple kitchen! Large dining and living room areas. 3 Bedrooms and two beautifully renovated washrooms with modern accents. Heated garage and a detached garage for the rest of your toys as well as a large 19x28 deck to enjoy beautiful sunsets! Costly interlocking stone driveway. Country living on paved road...1.62 Acres...a must see!

Like New! 2 Garages, rear deck and so much more!!



99840 Highway 11, \$385,000 MLS# 160576 Well built 4 beds + 3 bath. Just over 1 year old with 22x26 detached garage, 24x25 attached heated garage and a 9x11 shed. Master bed with on-suite & w/in closet. ALL the bells and whistles!! Central air, central vac., full finished basement with huge closets and mini-bar cabinets! Must be seen...

Large Size Your Living! - Evanturel Twp.



333116 Highway 11, Evanturel Twp, now \$299,900 3,400 Square Feet! 5 Bedroom home with 3 full baths and 30x30 attached garage! Beautiful custom kitchen. Large deck...and more!

Efficient home in a great neighbourhood!



565 Helmer Pedersen Dr. \$269,000 MLS# 160600 2+2 Beds, 1.5 baths. Full fenced back yard with above ground pool. Spray foam insulated basement. Central air, attached garage and more!

Why pay rent? Englehart



NEW PRICE \$134,900!

71 Eighth Ave., Englehart \$139,900 MLS# 161490 3 Beds, 1 bath. Bright, clean, well kept with many updates including electrical, flooring and kitchen. Priced to sell!

145 Caroline Court - New Liskeard



145 Caroline Crt., \$240,000 MLS#161079 3+1 Beds, 2 baths. Large 24x30 heated garage. Full finished basement. Updated flooring throughout main floor. Very well maintained! Cheap utilities!!

Large 144'x125' lot, 24x24 garage!



25 Wideman Ave, Charlton - \$170,000 MLS# 160023 - 1,100 square feet 2+1 Beds, 10x44 rear deck, large master bedroom with patio door, 24x24 heated & wired garage! Private backyard overlooks a ravine and woodland trails. Home heated with pellet wood stove. A stone's throw from Long Lake.

Priced to sell! - New Liskeard



54 Lakeshore Rd., \$99,900 MLS#161625 3 Beds, 1.5 baths. 1,360 square feet. H/E furnace 2008. Updated electrical panel. Updated plumbing throughout. Central location. Rear lane access/parking. Priced to sell! Original hard wood floors in living room. Could use some TLC, solid bones.

145' x 300' Lot! Charlton



25 Concession St., Charlton - \$149,900 - MLS # 161492 2+1 Beds, 1 bath, Open concept kitchen, dining and living room. Large master bedroom. Beautifully manicured yard with plenty of room for all your toys!