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WEEKENDER

THE SPEAKER'S WEEKEND EDITION

Vol. 16 – No. 43

FRIDAY, SEPTEMBER 29, 2017

Visit us on

# Keeping it rolling

## Transit fares, reduced runs to be discussed

Darlene Wroe  
Speaker Reporter

TEMISKAMING SHORES/COBALT - Temiskaming Transit is inviting the public to two meetings - one in Cobalt and one in Temiskaming Shores - to discuss financial challenges the committee is facing, and possible solutions.

In a telephone interview with The Speaker, Temiskaming Shores city manager and transit committee staff liaison Chris Oslund noted the committee has nearly doubled the ridership from 75,080 to 138,000.

"We are very proud of the work we've done but we want to make sure it's financially stable for both Temiskaming Shores and Cobalt," he said.

Citing the proposed increase by the Ontario government in the minimum wage, and the impact that will have on Stock Transportation, which has the

## STORM DAMAGE

A serious storm came through the Temiskaming region Tuesday evening, September 26, bringing with it dark skies, loud thunder, flashes of lightning, high winds and rain. Several large trees located on lower Browning Street in Haileybury received damage including downed limbs, branches and leaves. (Staff photo by Sue Nielsen)

contract to provide the service, and the subsequent increase in the cost of the contract for Temiskaming Shores and Cobalt, Oslund said an increase of 25 cents in fares is being considered for January 1, and every two years after that until 2022, at which time the adult fare would be \$3.25.

The committee is also considering reducing the runs on Sundays to every two hours, which would save \$47,000.

The increase in the contract is from \$519,000 to \$660,000 a year, said Oslund.

No final decision has been made yet, he emphasized.

### MEETING OUTLINES

The two public meetings are being held to discuss the potential fare increases, the proposed change to the

*Continued on 3a*

# DID YOU GET THE SPEAKER THIS WEEK?

## Here are some of the stories in our September 27 edition...

- South Temiskaming was enveloped in a heat wave not typically seen in the first few days of fall.
- A large number of Dymond residents have expressed opposition to the construction of two one-story four-plex rental units by DTSSAB at the intersection of Roland Road and Raymond Street.
- The Haileybury Heritage Museum will be holding a special brunch on Sunday, October 1, to mark the 95th anniversary of the Great Fire of 1922.
- September 30 food drive: access to food taps into the very pillars of what a kind and caring society is all about.
- The Temiskaming ambulance service, along with the District of Temiskaming Social Services Administration Board, which administers it, are taking a stand against excessive non-urgent patient transfer calls from the hospitals.
- Temiskaming loves culture. Culture Days begin this weekend, don't miss it.
- It was just a split, but it was still a big weekend for the New Liskeard Cubs.
- The phone connection wasn't great, but Cayse Ton was still able to get his point across clearly from PEI.
- Temiskaming Multiple Births is hosting an anxiety alarm workshop this coming Saturday, September 30.
- Our C-front this week features a story and photos on the Montreal River.

Be ready for what's coming.

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# Police warn of counterfeit cash, scams

TEMISKAMING SHORES (Staff) – Whether you’re in school or not, police are advising people to do their homework prior to turning over personal information or money to anyone.

The warning comes as Temiskaming Ontario Provincial Police report responding to several types of frauds and scams in the area.

Calls purporting to be from the Canada Revenue Agency (CRA), counterfeit money, and “emergency” calls pleading for funds are among the scams recently reported in the area.

But police warn that new scams are created every day.

Across Northeastern Ontario, police received seven complaints about fake bills between July 25 and August 18, said Constable Jennifer Smith of the Temiskaming Ontario Provincial Police.

Most were from the Temiska-



A number of counterfeit bills, like the one above, have been identified in the area. (Photo supplied by OPP)

ming area, she said.

Police say the bills are of poor quality and feel like paper rather than the synthetic polymer or plastic of real currency.

Some are printed with blue Chinese characters that translate as “not to be used as real currency” and “bill to be used for counting practice.” Police remind residents and businesses to check bills carefully during every transaction.

If you suspect a bill may be counterfeit, police urge that it be reported immediately.

Another common scam is a call – or email, text or letter –

from someone claiming to be from the CRA.

The caller requests personal information to either provide a refund or, using threatening language, to discharge a fictitious debt.

Police urge the public to ask themselves whether they’re expecting money from the CRA and whether the offer sounds too good to be true.

Other warning signs include a request for information that the CRA would already have on file or that would not be on a tax return.

A third fraud that has hit the

area is the so-called grandparent or emergency scam.

In this one, victims receive a call or email from someone claiming to be a friend or relative in trouble, be it a car crash, a need for bail money, or being stuck in a foreign country.

Police say fraudsters typically ask that the recipient contact no one else, and a second caller identifying himself or herself as a police officer or lawyer may also be in touch.

Police say victims, who are often seniors, typically don’t try to verify the story until after money has been forwarded by wire transfer or they’ve provided credit card and banking details.

For further information, contact the OPP at 1-888-310-1122 or the Canadian Anti-Fraud Centre at 1-888-495-8501.

Police also refer the public to The Little Black Book of Scams, available on the Competition Bureau of Canada’s website.

## Transit fares, reduced runs to be discussed

Continued from A Front

transit schedule, as well as the new transit buses, the fleet replacement plan, and the budget.

The committee is also welcoming feedback from the public.

Oslund said consideration was given to reducing the Saturday runs as well, but because the numbers of riders on Saturdays are almost as high as those on Mondays, “we’re recommending to leave that alone.”

The meetings will take place Wednesday, October 11, at 6:30 p.m. at the Cobalt Golden Age Club and Thursday, October 12, at 6:30 p.m. at Riverside Place in New Liskeard.

Oslund commented that in spite of the contract increase, “We still feel we’re getting a very good service from Stock.”

While discussing the contract at the Tuesday, September 19, meeting of Temiskaming Shores council, Councillor Doug Jelly noted that the contract went out for proposals and Stock’s was the lowest bid.

For more information regarding Temiskaming Transit go to [www.temiskamingtransit.ca](http://www.temiskamingtransit.ca).

## Food Bank Drive on Saturday

DISTRICT (Staff) – The Temiskaming Speaker’s annual Community Food Bank Drive takes place Saturday, September 30, from 10 a.m. to 4 p.m.



Non-perishable food items such as canned meats, fruits, vegetables, baby items, personal hygiene and seasonal fresh produce can be dropped off at any of the food banks and at The Temiskaming Speaker office until Friday, October 6, between 8 a.m. and 5 p.m.

During Saturday’s drive, food items and cash donations will be accepted in Latchford at the Latchford Fire Department between 10 a.m. and 2 p.m.

The Temagami Food Bank, operated by the Temagami Lions Club, accepts donations at the Our Daily Bread grocery store.

In Coleman the drop-off location is the Coleman Fire Department from 10 a.m. until 2 p.m. or the Municipal Office

weekdays between 9 a.m. and 5 p.m.

In Cobalt food can be donated at the Cobalt/Coleman/Latchford and Area Food Bank on Earle Street from 10 a.m. to 2 p.m.

In Haileybury volunteers will be going door-to-door until 2 p.m. and the food bank stays open until 4 p.m.

In New Liskeard, Salvation Army volunteers will accept donations at Chartrand’s

Independent Grocer from 9 a.m. to 4 p.m.

At the Englehart 63 5th Avenue Food Bank donations are being accepted at that location and at The Royal Canadian Legion.

Earlton and area residents can bring items to the Earlton Grocery King outlet or at your favourite grocery store bin.

For more information on the Community Food Bank Drive call 705-647-6791 ext. 224.

## University info at TDSS

TEMISKAMING SHORES (Special) – Do you have questions about university life?

On October 4, representatives of Ontario’s 21 universities will be at Timiskaming District Secondary School (TDSS) from 2 p.m. to 3 p.m.

Any high school student in the area, whether they attend TDSS or not, and their parents are invited to drop by.

The University Information Program is an opportunity to learn about admission requirements, for example, and the application process, scholarships, residence and campus life.

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# SPEAKER

## WEEKENDER



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# They doth protest

I was still in post-birthday heaven when I noticed the police car's flashing lights behind me one morning this week as I drove into New Liskeard.

And when someone in the Timmy's lineup called me "ignorant" because I was reading a book, well that was enough hypocrisy for one day.

However, I did not go down on one knee.

And this week while cruising around the lake in my canoe, I heard a strange moaning sound.

I eventually discovered it was coming from two junior loons on the lake.

They seemed to be protesting something in the bird world. It could be the fact summer has ended and their parents are gone.

Adult loons leave the lake ahead of the juniors.

They did not go down on one knee, if they have knees at all.

And I could very easily kneel to protest the end of summer.

Quite honestly, if I were to go down on one knee there's no guarantee I would be able to get back up again. Ha, ha.

Protest - it is a fundamental right according to our Charter of Rights and Freedoms and the American constitution.

The rebel in me loves a good protest.

With all the kerfuffle going on south of the border in terms of freedom of speech and protest, it is time to think about why protest is necessary in a free world.

Using his bully pulpit, President Trump called National Football League (NFL) players "sons of bitches."

He said players were disrespecting the American flag and veterans when they knelt during



Sue Nielsen

the national anthem.

Obviously the ideals for which the flag stands for have escaped him.

NFL players are protesting racism by white elitist torch carrying folk and police brutality aimed at racial minorities.

They are exemplifying what veterans fought for and what the American flag represents - freedom of speech and the right to peacefully protest.

I am a die-hard football fan but I am not someone with blinders on.

Frankly, what concerns me more about football is the denial about violence against women.

Baltimore Ravens player Ray Rice was caught on camera in an elevator knocking his girlfriend out with a punch to her jaw and then he dragged her out by her hair.

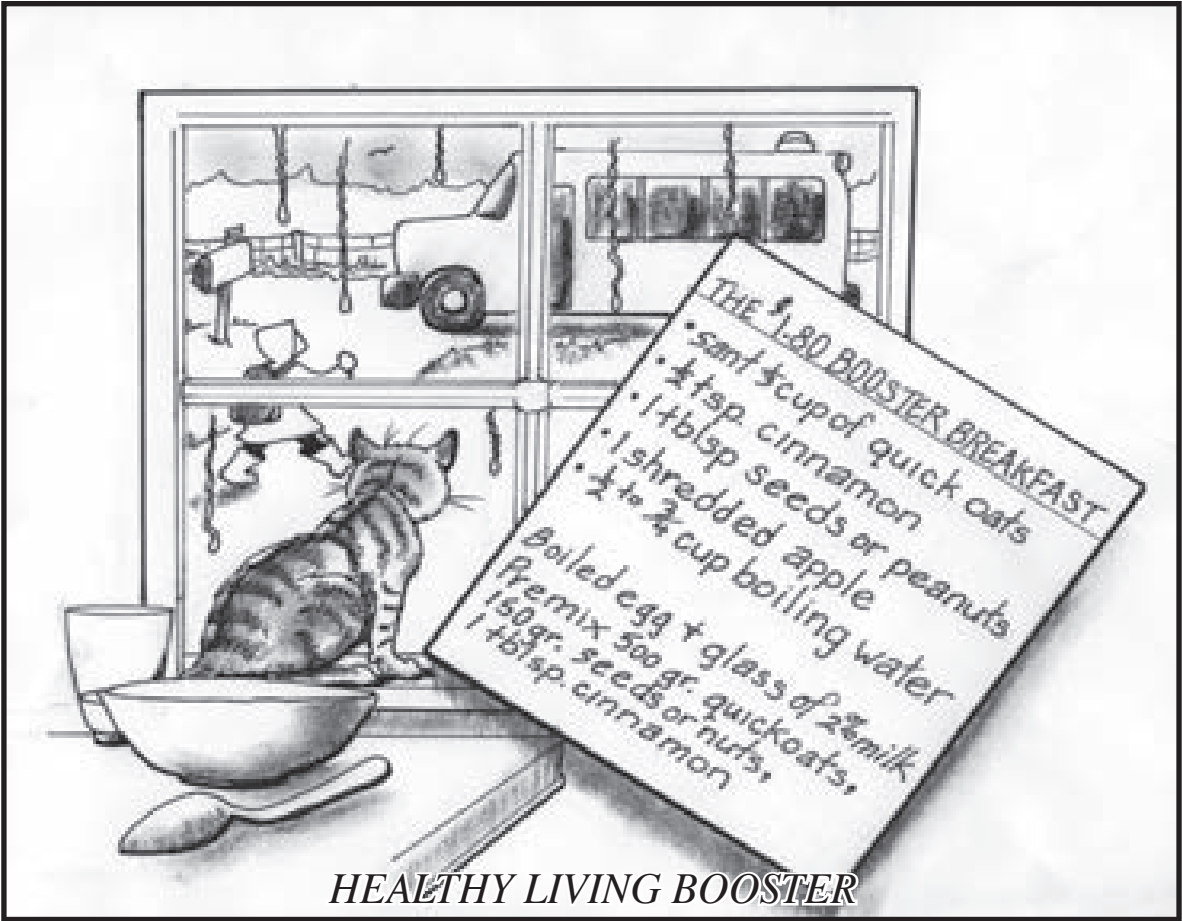
There have been 15 NFL players arrested for violence against women and many more accused of sexual assault.

This is protest worthy.

Meanwhile tweeting thumbs are causing plenty of trouble as North Korea's nut job leader says Trump's tweets are an "act of war."

Great leaders are supposed to be "above the fray" not "causing the fray."

The threat of nuclear war is something we should all lock arms over and kneel in protest over.



# EDITORIAL

## Don't dis the north

When Ontario MPP Lou Rinaldi from Northumberland Quinte West said Northern Ontario was a "no man's land" he must have been delusional.

Rinaldi was heckling fellow Parry Sound MPP Norm Miller, who was making a recent speech in the legislature about the north.

Obviously, if he had spent time in our region, he would know we are some of the hardest working, honest and friendly people residing anywhere in the province.

Further, the natural beauty of this region and the north might blow him away.

These kinds of insensitive remarks made by people living in southern parts of the province lend credence to governments forgetting the north in policy and procedure.

And certainly the inequity in terms

of roads and public transportation infrastructure by the power base at Queen's Park is felt across this region when our passenger train was cancelled and poorer winter road maintenance standards are the norm.

The Southern Ontario power base took away our passenger train and soaring hydro rates have kept us poor while the lumber and forest industries decline and the Ring of Fire sits idle.

There's a lot of money, time and effort being spent to attract people to the north and Rinaldi's comments are ignorant of the actual way of life here.

All in all, our province is a wonderful place to live, work and play, and the north is one of the best regions.

## Francophone Day

This week French-speaking residents of Ontario and the Temiskaming region proudly marked Francophone Day, September 25.

Four years ago the Ontario government declared September 25 as Franco Ontario Day, officially recognizing Ontario's francophone community through

arts, culture, music and history.

This contribution goes back 400 years.

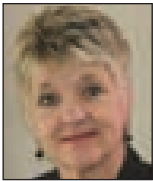
It is wonderful to see the French-speaking schools uphold the annual tradition of celebrating their heritage and reminding the youth of the pride associated with being a francophone on September

25.

It's important for youth to speak their language and learn about their culture each and every day.

The Temiskaming Speaker recognizes the "joie de vivre" of our francophone friends and neighbours, not only once a year, but daily.

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## THIS POOL WAS JUST RIGHT

Sunday, September 24, provided another day in the extended summer of 2018. Mackenzie Seaton, 2, of New Liskeard, was enjoying participating in the construction of a kid-size pool at the Haileybury beach. (Staff photo by Darlene Wroe)

# Building Ties on bilingual service, TFN projects

TEMISKAMING SHORES (Special/Staff) – Timiskaming First Nation projects, training opportunities, and bilingualism for businesses were on the schedule at the latest Building Ties meeting.

The Building Ties initiative promotes collaboration among communities bordering Lake Temiskaming.

On September 20, 90 people attended the most recent session, which was held at the new recreation centre in Timiskaming First Nation (TFN).

Karl Chevrier, an artist and TFN councillor, outlined a new TFN project under development that would recreate a traditional

Algonquin village.

Recreation facility manager Alex Milette discussed plans for the first Timiskaming Bikers Meet, which will be hosted by TFN June 29 and 30 and July 1, 2018.

Isabelle Quellet and Suzie Ratté from Université du Québec en Abitibi-Témiscamingue outlined courses and training that have a focus on indigenous culture.

The event also saw the unveiling of the next phase of Building Ties’ Hello/Bonjour

campaign.

It offers tools to encourage stores and businesses to be able to welcome clients in both English and French.

Free promotional kits are available from project manager Anne-Marie Loranger, who is based at the Temiskaming Shores and Area Chamber of Commerce.

Building Ties sessions are financially supported by FedNor.

The next session will be held in the spring of 2018 in Témiscamingue.



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# Board names new trustee


TIMMINS (Special) – A former chair of the Hearst High-Clayton Brown Public parent council will fill a vacant trustee post at District School Board Ontario North East.

The region’s English public school board recently announced the appointment of Bruce Hayter to fill the seat representing Kapuskasing and Hearst.

It was left vacant by the resignation of Wayne Major, who stepped down because he’s leaving the area.

Hayter has also served as a parent member of the board’s special education advisory committee for the past several years.

Trustees’ terms run until November 30, 2018.



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**Note:** The next regular meeting will be held on Monday, October 16, 2017 at 6:00 p.m.

**Municipal Waste Site:** Hours of Operation Tuesday and Saturday - 9:00 a.m. to 4:00 p.m. **Closed: Statutory Holidays**  
All garbage deposited at the Municipal Waste Site is subject to applicable tipping fees.

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**October Recycling Collection dates:** October 10, 2017 and October 24, 2017

**Building Permits** are required for all construction in the Township of Coleman. Please allow sufficient processing time for your application.

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Dog and cat tags are available at the Municipal Office. Tags must be purchased each year.  
Please contact Garrett Hunting, Animal Control Officer, at (705) 672-3985 with any issues or concerns.

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Get your central heating system cleaned, inspected and serviced by a certified HVAC (heating, venting and air conditioning) contractor every year before using it. If you have a gas heater, make sure that you have a sufficient quantity of fully functioning carbon monoxide detectors installed in your home. Keep all flammable materials away from your furnace. This includes clothing, paint products, toxic materials, cardboard and more.  
Information Collected from: Autumn Fire Safety, Ontario Association of Fire Chiefs. Web – September 25, 2017. <http://www.oafc.on.ca/autumn-fire-safety>.

**Burning Permits - are required effective September 1<sup>st</sup>, 2017.** The permit is **NOT** valid between 8:00 a.m. and 6:00 p.m. on any day - **Daytime burning is prohibited.**

**How to report a Streetlight Repair** – Please contact the Municipal Office with a description of the problem (i.e. light is always on, no light, flashes off and on), and the light number, located on the front of the pole.



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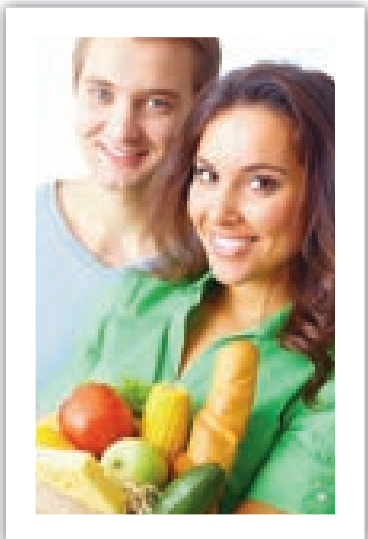
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# Englehart youth on a growth spurt

ENGLEHART (Staff) — Seventeen children from the Englehart area planted and tended gardens as part of the Englehart and District Horticultural Society's (EDHS) Youth Garden Competition.

In August, judges Lois Dekker and Judy Brownlee visited the gardens and were very pleased with the efforts of the children this summer.

The result of the judging is as follows:

**Junior Kindergarten/Senior Kindergarten**

1st: Sierra Denomme and Brynn Warner

2nd: Liesel and Steve Nemecsok

**Grade 1-3**

1st: Haley Schenk

2nd: Kyra Shearing, Makayla MacPherson and Chase Hamilton

3rd: Olivia Nemecsok and Caleb Schenk

**Grade 4-8**

1st: Aaron Mowbray

2nd: Aiden MacPherson and Nate Hamilton

3rd: Rhys and Annalee Robertson

“Thank you to the entrants for all their hard work, to the adults who encouraged them, and to the judges, Lois Dekker and Judy Brownlee, who gave up their time to judge the gardens,” said EDHS member Eileen Armstrong Fisher.

*Englehart area children had an opportunity to participate in the Englehart and District Horticultural Society's Youth Garden Competitions this past summer. Aaron Mowbray is pictured here with his garden. He was the first-place winner in the Grades 4 to 8 class. The children had to plant and tend their own gardens in order to qualify for the competition. (Supplied photo)*



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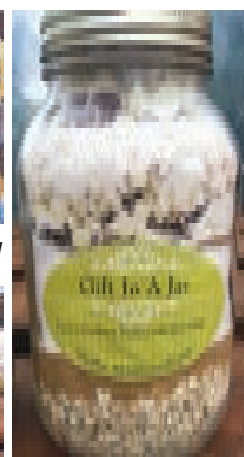
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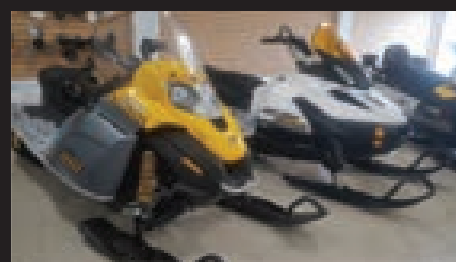


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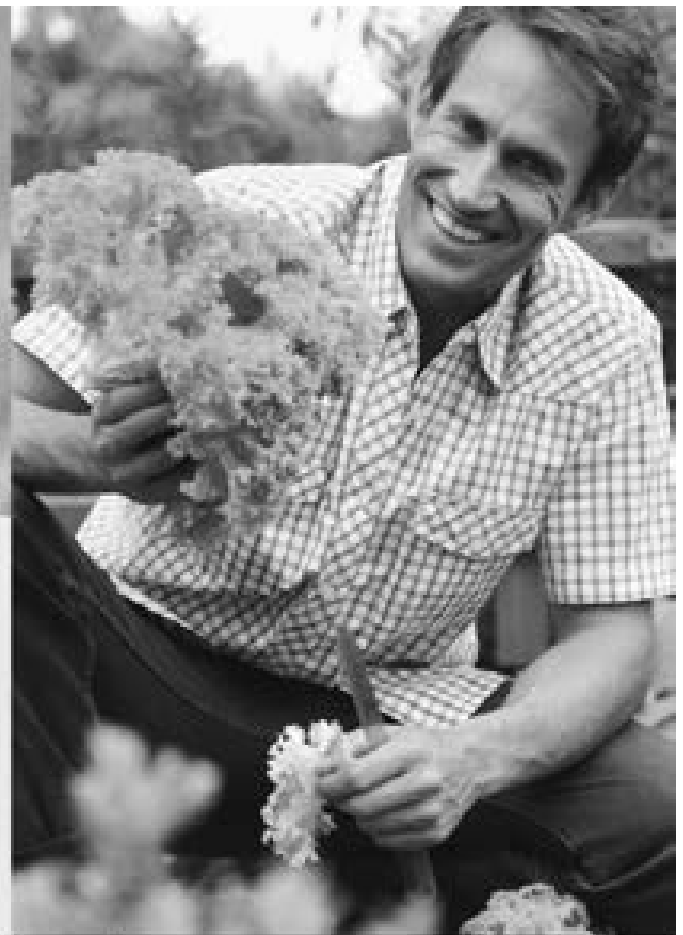


## Wild species are the key to our agricultural future

Wild species could play a key role in the future of plant selection. It has been proved that a diversity of ancient and traditional crop varieties boosts the ability of agricultural systems to adapt to changing environmental conditions. It also helps mediate the impact of sudden climate fluctuations. What this means in short is that wild species are becoming increasingly valuable and usable.

A lot of research on this topic is currently underway, notably through the Consultative Group for International Agricultural Research (CGIAR), as well as within some universities and national agriculture research centres. As our knowledge deepens, wild species conservation efforts reinforce what we already know: biodiversity is key to our ability to adapt. When things like diseases, insects and temperature changes occur, some species survive, no matter what stress they are subjected to. This huge reservoir of agricultural biodiversity includes crops that are inedible, underutilized and largely ignored by agricultural producers.

These wild plants have common ancestors with their cultivated cousins; however, wild species have maintained a much greater genetic diversity. That's precisely what makes them so interesting; we may even be able to cross-breed them with cultivated varieties in order to replace lost variations in their genetic heritage. It's enough to want to make you pay a bit more attention to those pesky weeds, isn't it?



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- ACROSS**

  - 1. Modest
  - 4. Promenade
  - 8. “\_\_\_\_\_ Magic Moment” (Drifters song)
  - 12. Onstage gear
  - 15. Tail-less simian
  - 16. Lost
  - 17. Charter
  - 18. Hair goo
  - 19. Pod content
  - 20. Thin
  - 21. Door to ore
  - 22. Pindar product
  - 23. Boo-boo list
  - 25. Verify
  - 27. River inlet
  - 28. South African monetary unit
  - 29. Snack
  - 31. Precise
  - 33. Invented story
  - 35. Symbol
  - 39. Certain molding
  - 41. Just
  - 43. Priest’s garment
  - 46. Redolence
  - 47. Madagascar mammal
  - 48. Marsh bird
  - 50. Possessive pronoun
  - 51. Proposal
  - 54. Foamy drink
  - 56. Miss Piggy is one
  - 57. Military station
  - 59. Plentiful
  - 61. Of a region
  - 63. Sawbones
  - 64. Remove weapons from
  - 66. Techie
  - 67. Rush
  - 69. Auricular
  - 71. Confuse
  - 74. Monastic official
  - 76. Pyramid, for some
  - 80. Building annex
- 81. Rich pastry
  - 85. Unprincipled
  - 87. Falsify
  - 88. Middle of the day
  - 89. Humpback’s kin
  - 91. Break the \_\_\_\_\_
  - 92. Summer drink
  - 93. Flit
  - 94. Stiff
  - 95. Expressions of doubt
  - 96. Besides
  - 97. Toward protection
  - 98. Exaggeration
  - 99. Land portion
- DOWN**

  - 1. Prank
  - 2. Gluck’s forte
  - 3. Desire
  - 4. Upright pole
  - 5. Tilted
  - 6. Maui memento
  - 7. Tibetan clerics
  - 8. “\_\_\_\_\_ Darn Cat!”
  - 9. Cover up
  - 10. Pupil’s site
  - 11. Lounge sofa
  - 12. Greek marketplace
  - 13. First-aid provider
  - 14. Kilt fold
  - 24. Madison Avenue employees
  - 26. “\_\_\_\_\_ Goes Another Love Song”
  - 30. Unit of resistance
  - 32. Dec. 25
  - 34. Sasquatch’s kin
  - 36. Dues payer
  - 37. Rare moon color
  - 38. Stringed instrument
  - 39. Group of eight
  - 40. Painter’s plaster
  - 42. Pass, as hours
  - 44. Not a winner
  - 45. Roomy
  - 46. Bro or sis
  - 49. Cobbler’s tool
  - 52. Seniors, to juniors
  - 53. Give forth
  - 55. Hindu queen
  - 58. Mimic
  - 60. Kauai porch
  - 62. Right-hand page
  - 65. Rowdy crowd
  - 68. Program
  - 70. Tempest in a \_\_\_\_\_
  - 71. Fasten, as a rope
  - 72. Omit in pronunciation
  - 73. Armada
  - 75. Soup liquid
  - 77. Bay window
  - 78. Aggressively manly
  - 79. Made holy
  - 82. “\_\_\_\_\_ Miner’s Daughter”
  - 83. Folk tales
  - 84. Poker starter
  - 86. Chess term
  - 90. Beam

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92				93					94					95		
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Laura Hobbs

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# Horoscopes

**Answers For Crossword on 4b**

### CAPRICORN


Don't forget your GPS or a good road map if you're heading somewhere new; otherwise, you may end up driving around in circles for some time.



**December 22 - January 19**

### AQUARIUS


You will find a solution to all your financial problems. You could land the job of your dreams simply by having the guts to send your resumé to a promising employer



**January 20 - February 18**

### PISCES


It looks like a new beginning! You finally have the skills you need to dive headfirst into a brand new, profitable and stimulating career



**February 19 - March 20**

### ARIES


Whether in romance or at work, you'll receive no shortage of interesting offers. Take the time to think things through before making even the smallest decision.



**March 21 - April 19**

### TAURUS


You will appreciate your loved ones. They will surround you and be your safe haven. You will be inspired to accomplish a masterpiece. You will also be very intuitive.



**April 20 - May 20**

### GEMINI


If you give it your all at work, you will land an astonishing promotion. You will start a new diet that will do wonders for your health.



**May 21 - June 21**

### CANCER


You will be tempted to take up a spiritual practice that will reveal wonderful inner treasures. You will be very pleased to be welcomed into a certain group of people.



**June 22 - July 22**

### LEO


Don't fear change; embrace it! At home, at work or in your love life, a little distance will have you rediscovering your lust for life.



**July 23 - August 22**

### VIRGO


Rushed agreements often don't last. Take the time to discuss things and clarify matters so as not to always have to start things over.



**August 23 - September 22**

### LIBRA


You can expect a mountain of work on your desk. Someone around you is eager to help you deal with it. You will be able to increase your income or finally obtain a promotion.



**September 23 - October 22**

### SCORPIO


Your self-esteem will increase over time. A series of successes will boost your confidence and garner you accolades and lengthy applause.



**October 23 - November 21**

### SAGITTARIUS

Buying property may still be a distant dream, but you will equip yourself with a few tools to someday do so. Family will be a great support, both emotionally and materially.



**November 22 - December 21**





## CABOOSE MAKE OVER

The Haileybury Heritage Museum was able to recently put a fresh coat of paint on their Ontario Northland Railway caboose, located outside in the yard, thanks to Frog’s Breath Foundation funding. They hired painter Mike St. Onge to complete the sprucing up of the caboose, which included a deeper colour of red paint on parts of the rail car. “The caboose and tug boat are the first thing you see when you come to the museum,” said museum summer coordinator Kaline Woods. “The caboose was looking shabby so the board of directors felt it was time to freshen up the look of the rail car. We are grateful for the funding.” (Staff photo by Sue Nielsen)

# Latchford has eye on federal land near dam

Darlene Wroe  
Speaker Reporter

LATCHFORD - The Town of Latchford is looking into whether it can acquire federally owned land near the new control dam.

Latchford Mayor George Lefebvre explained the federal government has owned some sections of land along Bay Lake (Montreal River), near the control dam, since 1909.

Some property owners by Bay Lake do not own the land right to the lake’s edge because it is federally owned, explained Lefebvre in a telephone interview. If the federal government would agree to transfer that land, it would be sold to the adjacent property owners for a nominal fee.

Other land near the water treatment plant could be developed and sold by the town as waterfront lots, he continued. A picnic area could also be established, he suggested.

At this time, communication has been initiated with Public Services Procurement Canada, which currently owns the land, he told council at its Thursday, August 17, meeting.

“The next step is to identify the areas of interest to the municipality and adjacent land owners, indicate same on a map, then proceed with discussions,” he said in his report to council.

He later told The Speaker the municipality’s wish to have the land was raised with Public Services Procurement Canada four or five years ago.

“We indicated to them that there was a lot of land acquired by (the federal government) in 1909 for the original dam construction, and that property has

no actual association with the dam,” he said.

“The property owners along much of the bay have a strip of (federally owned) land between themselves and the water, and it’s meaningless to (the federal government).”

He stated Public Services Procurement Canada representatives agreed that the land is not needed.

“The town just wants to clear it up so that the property owners, like everyone from the Murphy Mill Road, own right

to the water’s edge. We want these people to have that same ownership.”

He added that the property owned by the federal government is not being maintained. The new dam is very attractive, he pointed out, but the nearby land is overgrown and unattractive.

He said there are processes and negotiations that will have to be carried out.

“That’s something we’d like to have negotiated in the next year.”



PRESENTS

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## Temagami Family Health Team

Submitted by Ellen Ibey

### Tips to Avoid Seasonal Depression

Many people feel a little sad when summer comes to an end and a long season of cold weather is approaching. Seasonal depression or seasonal affective disorder (otherwise known as SAD) is a type of depression that happens at certain times of the year, usually in the fall and winter. The symptoms are pretty much the same other types of depression including less energy, irritability and loss of interest in things that once made you happy.

If you're feeling any of these symptoms already or they sound familiar from last year, there are a few things you can do to prevent SAD from getting worse and make yourself feel better.

**Get Plenty of Exercise**

Exercise not only helps to improve your physical health and reduce your risks for a number of chronic diseases, but it's been shown to be a great mood booster.

**Try Light Therapy**


This has been tested as an effective treatment for SAD because it tricks the body into thinking the days are longer and brighter than they really are. It involves sitting under a special bright light for a certain amount of time each day. You could ask your health care provider about this or just try to get as much sunlight as you can outdoors every day and keep your curtains and blinds open to let the light in.

**Socialize Often**

If you tend to make excuses for not going out in the fall and winter, you need to get yourself out of that habit. Keeping to yourself will only make you feel lonely and that's what you're trying to avoid so pick up the phone and call a friend or family member – make plans to go out for lunch and/or for a nice walk.

If you think you might suffer from seasonal depression and might be interested in light therapy, the Temagami FHT has a SAD light that is available free of charge for our rostered patients to use. Just call the office to schedule a time. We also have a 24/7 fitness centre available at very low membership rates, i.e. \$20 per month for an adult, \$12 for a senior or \$15 for students. Drop by the clinic to check it out!

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



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# New stairway to retirement living heaven

Sue Nielsen  
Speaker Reporter

TEMISKAMING SHORES — A new set of stairs installed at Northdale Manor in New Liskeard is making retirement living at the facility heavenly.

The stairs, built by Pedersen Construction and Ebert Welding, came in with a price tag of just over \$10,000.

The money for the stair project was raised through the various fundraising initiatives undertaken by the Manor staff and its board of directors, such as the The Hearty Temiskaming Lunch, a silent auction, home tours and more.

“The residents love the stairs. I see many of them using the stairs and also family members find it convenient to park on the street and come into the building via the stairs,” said Northdale Manor administrator Trisha Hopkins at a stair unveiling ceremony on Wednesday, August 30.

“The stairs are also helping to relieve congestion at the doors.”

Because the manor relies on fundraisers for any extra projects that help to make life easier for its residents, it has had to be innovative.

“We don’t receive any money other than to cover our operations and our fundraisers are important,” said board mem-



*Rainy skies did not dampen the enthusiasm of Northdale Manor residents, staff and board of director members on Wednesday, August 30, when they unveiled their new stairs leading up to the main building. From the left in the photo are Northdale Manor residents Theresa Willard, Carl Cameron, Fran Woods, Amy Ouellette, Irene Boucher, Florianne Bourgeois, Northdale Manor staffers Natalie Caldwell and Maddi Faulkner, Manor board of directors members Patricia Willard-Inglis, Nancy Pedersen and Northdale administrator Trisha Hopkins. (Staff photo by Sue Nielsen)*

ber Nancy Pedersen. Fundraising efforts have resulted in a gazebo and gardens being installed, the emergency generator purchase and the creation of a scooter shed.

In the coming months the board of directors hopes to successfully fundraise enough

to pave the parking lot and install an LED community sign on the premises.

She said in the original building plans for the retirement home, there was supposed to be a set of stairs and a paved parking lot included in the plans but these extras had to

be dropped because of overall cost.

The next Northdale Manor fundraising project is the Christmas Auction taking place on November 9 at Riverside Place in New Liskeard beginning at 7 p.m.

Donated gifts are now being

accepted for this seasonal fundraiser.

For more information on ways to donate to the special projects at the manor or drop off auction items call Hopkins at 705-647-6541 or email [thopkins@northdalemanor.ca](mailto:thopkins@northdalemanor.ca).

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