



same day relines & repairs.



temiskamingdenturecenter.ca

WEEKENDER

THE SPEAKER'S WEEKEND EDITION



Vol. 17 – No. 3 FRIDAY, DECEMBER 22, 2017

Visit us on



SANTA VISITS COBALT

Jazzlynn Cole was happy to meet Santa Claus at Cobalt's Paul Penna Library Monday, December 11. She was one of many children who came to the library for crafts, to hear Santa read a story and to meet other good friends. (Staff photo by Darlene Wroe)

Home grown

Northeast Bites into regional foods sector

Diane Johnston Speaker Reporter

TEMISKAMING SHORES – What do quinoa salad, bison and cheddar mini pies, blue cheese bites, and smoked trout with birch syrup have in common?

The star ingredients in each dish are grown, raised, produced, processed and/or tapped in Northeastern Ontario.

They're also part of Northeast Bites, an initiative that's designed to showcase the region's foods, expand their market, and enhance the regional agricultural sector.

It was formally launched December 7 by the Northern Ontario Farm Innovation Alliance (NOFIA).

Encouraging the region's food producers, processors, chefs and restaurants to collaborate was one of the project's goals, said NO-FIA administrator Stephanie Vanthof last week.

In a very tight marketplace, she said businesses may view each other as competitors.

But the Northeast Bites project, she said, has taught her that businesses can benefit when they share what they've learned.

Continued on 5a

DID YOU GET THE SPEAKER THIS WEEK?

Here are some of the stories in our DECEMBER 20 edition...

- The future of the Englehart and District Chamber of Commerce is in question.
- Timiskaming-Cochrane's MPP is calling again for improved winter highway maintenance in the wake of the latest fatal collision on Highway 11.
- An early morning fire at the 375197 Blue Top Cabins trailer park in North Cobalt, located along Highway 11 B, destroyed a trailer and two vehicles on Thursday, December 14.
- Police are appealing to the public for information about two recent incidents of arson in the Charlton area.
- With nine months behind the wheel, the Earlton-Timiskaming Regional Airport Authority is going in the right direction, says its chair.
- Caroline Morin has been named Timiskaming Home Support's new chief executive officer.
- The Timiskaming Health Unit (THU) is giving area municipalities a Christmas present this year.
- As far as roller coaster rides go, the New Liskeard Cubs dipped the lowest and rode the highest points of the season last weekend.
- It's going to cost a little more to play hockey and ball in the city.
- Our C-front this week features a story and photos on a Haileybury Christmas village.









CITY BULLETIN] Temiskaming

Temiskaming Shores Public Library
The parapet at the New Liskeard Branch of the library is being repaired so

there is scaffolding outside the front doors, but we are open so come on in!

The Library will be closed on Tuesday, December 26 and Wednesday, December 27 for Christmas, and Tuesday, January 2 in lieu of New Year's Day

Canadian Gingerbread Decorating Contest at both Branches of the Library Get your Gingerbread Houses ready! Submissions for the Canadian Gingerbread Decorating Contest open on Friday, December 1! Decorate a Gingerbread House in a Canadian theme and e-mail us a picture to newliskeard@temisklibrary.com or haileybury@temisklibrary.com for your submission to the contest. Pictures will be displayed in both branches of the library. Then, come into your branch to vote for your favourite Gingerbread creation from December 19-22. One vote per person per day. Enter for a chance to win a gift certificate from Chat Noir Books! For more information, call 705-647-4215.

Temiskaming Shores Public Library Bookclub at Both Branches of the

February's book pick is Ann Patchett's "State of Wonder." Need a copy? The library has two copies and we can order more through Inter-Library Loan! We will meet to discuss the book in early February. **Haileybury Branch:** Wednesday, February 7, 2018 at 2:00 PM

New Liskeard Branch: Thursday, February 8, 2018 at 6:00 PM Call (705) 672-3707 for more information

Gadget Helper at Both Branches of the Library
Gadget Helper is Back! Would you like to make better use of your devices? Want
to improve your connection to the digital world? Come and get some help with the

What? One-on-One 45-minute session with a library clerk to help you with your electronic device (phone, iPad, laptop, Fitbit, tablet, or other) When? Every Thursday at one of our local library branches

Cost? FREÉ!

How? Call to book your appointment! Haileybury 705-672-3707 New Liskeard 705-647-4215

RB Digital Magazines

RB Digital Magazines gives you access to current issues of popular magazines to read on your computer, tablet, or smartphone. RB Digital at the Temiskaming Shores Public Library provides free, full-text digital access to over 50 titles of magazines, including such popular titles as Canadian Living, Cosmopolitan, Elle Canada, GQ, Men's Health, National Geographic, OK Magazine, Our Canada, Reader's Digest Canada, Quilting Arts, Zoomer and many more. Try it today at https://www.rbdigital.com/canada50on/service/magazines/ or on the library's website! Have your 14 digit library card ready to log in and enjoy this great resource!

Mango Languages Online

Mango Languages is a FREE online language-learning system that teaches actual conversation skills for over 50 different languages. With helpful feedback, you can learn at your pace, wherever you are. A smartphone, tablet, or home computer all make a great platform for Mango Languages. Check it out at http://connect. mangolanguages.com/temisklibrary/start or on the library's website. Have your 14 digit library card ready to log in and enjoy this great resource!

OverDrive Ebooks and Audiobooks

The Library has access to e-books and downloadable audiobooks through the provincial consortia with OverDrive. Books and audiobooks can be downloaded to many types of tablets, ipads or your laptop at home. Items expire automatically after two weeks—no fines to pay, ever! To access, click the E-Resources tab on the library's website and scroll down to the OverDrive link or navigate to this link: https://odmc.overdrive.com/. Have your 14 digit library card ready to log in and enjoy this great resource for e-books! For more information, call the Library.

PebbleGo Animals, Science and Dinosaurs

The award-winning PebbleGo Animals, Science and Dinosaurs databases from Capstone Digital Publishers offers information on hundreds of animals, science subjects and dinosaurs. Designed specifically for K-3 emergent readers, PebbleGo databases include activities, videos, pictures, lesson plans and articles on each subject. To access, click the E-Resources tab on the library's website and scroll down to the PebbleGo logo. Have your 14 digit library card ready to log in and enjoy this fun resource for kids!

TumbleBookLibrary Online

TumbleBookLibrary is an online collection of ebooks for children in grades K-6. Existing children's books are animated using the existing illustrations and adding audio narration. The collection includes old time favorites such as The Paper Bag Princess by Robert Munsch, Diary of a Worm, How I Became a Pirate, Miss Malarkey Doesn't Live in Room 10, One Duck Stuck, as well as favourite fairy tales such as Jack and the Beanstalk and Old Mother Hubbard. To access, click the E-Resouces tab on the library's website and scroll down to the TumbleBookLibrary information. Have your 14 digit library card ready to log in and enjoy this fun

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

REGULAR COUNCIL Tuesday, January 9, 2018 - 6:00 P.M. City Hall, 325 Farr Drive, Haileybury

AGE FRIENDLY ACTIVITIES

Age Friendly Coffee Hours

Age Friendly Coffee Hours will resume after the holidays on Monday, January 8 & Tuesday, January 9, 2018.

Indoor Walking

Indoor Walking will resume after the holidays on Friday, January 5 & Wednesday, January 10, 2018.

Notice

Residents of the City of Temiskaming Shores

Discarded Christmas Tree Collection Schedule

Residents of the City of Temiskaming Shores please take notice that residential discarded Christmas tree collection will take place by means of Public Work Crews, at random and as time permits. Christmas trees must be placed at curbside by no later than 3:00 p.m. on Friday, January 26, 2018 in order to be picked up. Failing the above; Landfill hours are as follows:

Haileybury Landfill Site Tuesday though Saturday Firstbrook Line (closed Sunday & Monday) Bucke Twp. 8:30 a.m. - 4:30 p.m.

The Public Works Department wishes to convey its best wishes to the residents of Temiskaming Shores for 2018

HOLIDAY PUBLIC SKATING SESSIONS

Haileybury Arena

Sat., Dec. 23, 2017:

7:30 p.m. - 9:00 p.m. (sponsored by City of Temiskaming Shores)

Sat., Jan. 6, 2018:

7:30 p.m. - 9:00 p.m. (sponsored by City of Temiskaming

Don Shepherdson Memorial Arena

Wed., Dec. 27, 2017:

- 9:20 a.m. -10:50 a.m. (sponsored by City of Temiskaming Shores) 12:10 p.m. - 2:10 p.m. (sponsored by Tim Hortons)
- Fri., Dec. 29, 2017: 1:00 p.m. - 3:00 p.m. (sponsored by Tim Hortons)
- Tues., Jan. 2, 2018: 12:00 p.m. - 1:00 p.m. (sponsored by City of

Temiskaming Shores) Wed., Jan. 3, 2018:

- 9:20 a.m. -10:50 a.m. (sponsored by City of
- Temiskaming Shores)
- 12:10 p.m. 2:10 p.m. (sponsored by Tim Hortons) Fri., Jan. 5, 2018:
- 1:00 p.m. 3:00 p.m. (sponsored by Tim Hortons)

Pool Schedule - Waterfront Pool/Fitness Centre - 705-647-5709 December 24th 2017 - January 7th 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Dec 25th	Dec 26th	Dec 27th	Dec 28th	Dec 29th	Dec 30th
1	_c A	Public swim 10:00-12:00	Public swim 10:00-12:00	Public swim 10:00-12:00	
200	400	Adult Swim 12:00-1:00		Adult Swim 12:00-1:00	
-	47 45				Public Swim
	A PERSONAL PROPERTY.				1:00-3:00 Sponsored by:
ALCOHOL:	-in-		New Liskeard Lions	Haileybury Legion	New Liskeard
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			Dec 25th Dec 26th Dec 27th Public swim 10:00-12:00 Adult Swim 12:00-1:00 Public Swim 10:00 300 Seeggeed by:	Dec 25th Dec 26th Dec 27th Dec 28th	Dec 25th Dec 26th Dec 27th Dec 28th Dec 29th

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Dec 31st	January 1st 2018	Jan 2 nd	Jan 3 rd	Jan 4 th	Jan 5 th	Jan 6 th
Public Swim 11:00-1:00		Public swim 10:00-12:00	Public swim 10:00-12:00	Public swim 10:00-12:00	Public swim 10:00-12:00	
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Happy New Year!	The same of the sa	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim
		1:00-3:00 Sponsored by:	1:00-3:00 Sponsored by:	1:00-3:00 Sponsored by:	1:00-3:00 Sponsored by:	1:00-3:00 Sponsored by:
		The Greenhaus	* SHWEIP	O	Timiskaming Diabetes Program	Knights of Columbus Council #10809

Age Admission Policy

Children under age 6	Two children to one guardian - guardian must be 16 years of age or older and within arm's reach in the pool or on deck at all
	times.
Children aged 6-9 who are	Three children to one guardian - guardian must be 16 years of age or older and within arm's reach in the pool or on deck at all
non swimmers	times.
Children ages 6-9 who are	Six children with lifejackets to one guardian - guardian must be 16 years of age or older and within arm's reach in the pool or
non swimmers with lifejackets on	on deck at all times.

Apartment for Rent

The City of Temiskaming Shores has a spacious 1 bedroom apartment for rent located in Dymond. Available immediately for \$800/month including utilities and appliances. References required. Contact Kelly Conlin, Director of Corporate Services (A) at 705-672-3363 or kconlin@temiskamingshores.ca for further information.

2018 PET TAGS AVAILABLE NOW!



EARLY BIRD RATES

(Before February 1, 2018)

Spayed or neutered dog or cat \$10.00 Unfixed dog or cat \$20.00

Senior Citizen's Rates (65+)

Spayed or neutered dog or cat - \$5.00 Unfixed dog or cat - \$10.00

STANDARD RATES

(After January 31, 2018)

Spayed or neutered dog or cat \$20.00 Unfixed dog or cat \$30.00

Senior Citizen's Rates (65 +)

Spayed or neutered dog or cat - \$10.00 Unfixed dog or cat - \$15.00

Pet Tags are available at the following locations:

· City Hall

Libraries (Haileybury/New Liskeard)

Pet Valu

· Temiskaming Animal Care and Control

 Temiskaming Animal Hospital Temiskaming Veterinarian Services



December 24, 2017 Last bus leaving Walmart travelling South at 6:20 p.m.

NO SERVICE

December 25, 2017

December 26, 2017 NO SERVICE

December 27 – 30, 2017 Regular Service

Last bus leaving Walmart travelling South at 6:20 p.m. December 31, 2017

January 1, 2018 NO SERVICE



Effective January 1, 2018

CHANGES TO SUNDAY SERVICE

Starting Sunday, January 7, 2018, Transit will be operating a 2 hour service. Following the regular route with the first bus leaving

Cobalt at 6:00 a.m. heading Northbound with the last bus arriving in Cobalt at 10:00 p.m.

Transit Fare Increase

Adult Fare	\$3.25
Senior (55+)/Student Fare	\$3.00
Book of 10 tickets (Adult)	\$32.50
Book of 10 tickets (Senior/Student)	\$30.00
Adult Monthly Pass	\$90.00
Senior (55+)/Student Monthly Pass	\$70.00

Individual tickets purchased prior to January 1, 2018 will continue to be accepted

TUNED IN TO SANTA

Santa Claus came to the Paul Penna Library in Cobalt Monday, December 11, to meet with children and read them a story. But he did better than that and sang the children the award-winning book A Partridge In a Pine Tree by Helaine Becker and illustrated by Werner Zimmerman. Santa's rendition of the story caused much laughter among the children. (Staff photo by Darlene Wroe)

Christmas Bird Count provides snapshot of activity

Darlene Wroe Speaker Reporter

HILLIARD TOWNSHIP - The annual Audubon Society's Christmas Bird Count once again took place across the area on December 16 and 17.

The count took place in central Temiskaming on Saturday, and the Tri-Town area count was Sunday.

A group of hardy and experienced birders gathered at the Hilliardton Marsh on Saturday morning to prepare for a day travelling the roads and even snowshoeing into known hotspots of bird activity to take a "snapshot" of how many birds there are at this time of year.

The information obtained will be sent back to the Audubon Society where it will be compiled along with information from other communities across North America and some other countries in the Western Hemi-

Volunteer Mike Werner said the Christmas Bird Count helps to predict the long-term trend relating to birds.

Hilliardton Marsh Research and Education Centre (HM-REC) director Mark Milton explained that dramatic shifts in numbers, such as seeing 1,000 grosbeaks one winter and 20

the following winter, will show if there are events which are affecting the birds.

While the group does the count on a certain day, they are allowed to add to their count for three days afterward, noted volunteer Serge Gendron.

WINTER FINCH PREDICTION

HMREC bander Bruce Murphy said this "is going to be a really good cone year," so grosbeak numbers were expected to be high.

He said a Winter Finch Pre-

diction is provided annually by a volunteer who observes the cone and berry production for the season, and makes a prediction of winter finch numbers based on that observation.

Along with volunteers who

Continued on 9a

NOTICE TO ALL CUSTOMERS

T.J. Adshead Electrical will no longer be able to respond to service calls. I urge you to make alternate arrangements with other service providers.

I apologize for any inconvenience and thank you for your support over the years.

> Sincerely, Tom Adshead





TIMMINS

100 Waterloo Rd.



NORTH BAY

180 Shirreff Ave.



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We acknowledge the financial support of the Government of Canada through the Publications Assistance Program (PAP), toward our mailing costs

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Christmas is love

As winter's darkness permeated around me I wished I had a river I could skate away on.

Or better yet, a canoe to paddle away in.

It was a rough week, things didn't go right and I'd experienced negativity or, better yet, "hate."

I found myself going over the circumstances of my life assessing who I was and what I stood for.

I wanted my body to let go of the emotions I was feeling and replace it with the feeling I get when I am on the water.

For a few brief moments I lost faith in humanity.

Then I thought of all the good people in the world and in my life.

I focused on what made me happy and it always came back to the land.

When I am in touch with the rhythms of the woods, the sound of the loon calling for its mate I am taken back to what rejuvenates my heart.

And I went back to basics my words.

My words represent my truth, my love, compassion, kindness and good intention.

Bad happens to all of us but it can shellac our ability to see the sprinkles of good every day.

I drove past the big lake later on in the week noticing when the sun caught a glimpse of the frost everything turned to diamonds.

That raw beauty reminded me of the privilege of living in this region with the good, decent people who live here.

I remembered the joy on the faces of the children when the Christmas train arrived and a smile came to my face.

My heart fluttered when I



Sue Nielsen

unpacked a box and found a Christmas ornament my daughter had crafted years ago.

Recently, my adult daughter experienced a Vipassana meditation retreat in Poland. When she came out of her retreat she toured the Warsaw concentration camps.

I know, what a contrast huh?

She'd never seen such ugliness and hate and it was definitely an emotional, yet valuable experience for her.

We have seen darkness permeate throughout society this year both near and far with mass shootings, threats of nuclear war, genocide, bullying and on and on.

We create the world we want to live in, we create the love, and we cannot buy what cannot be bought.

Let the light of Christmas chase out the darkness hopefully for one day on December 25. Let the holidays be a sacred time when love reins supreme, when confrontation turns to consensus and we all realize we

Christmas is a time for joy, peace and merriment bringing together family and friends.

Please spare a thought for those less advantaged dealing with illness, facing surgery, fatigue, mental stress and strain.

Love and best wishes, Merry Christmas everyone!



... AND A PARTRIDGE ...

Light the lamp

Here in the north and in the Temiskaming region, we control our own destiny.

GOOSE, TWO TURKEYS,

THREE ROAST CHICKENS..

Northern Ontario is a rural region with 98 per cent of its 300 communities made up of 3,000 people or less.

We have to work together to survive and we must recognize when we work together as one, the sky is the limit.

When we assess who we are and what we stand for, we are looking very rosy indeed.

We have an incredible amount of volunteers in our communities who do good deeds for others on a regular basis.

We have service clubs, churches

and other organizations dedicated to helping the needs of others.

Here at The Temiskaming Speaker we try to help ease food insecurity in the region by hosting two food drives per year.

We know the good work being done by CJTT FM with the Christmas Wish campaign and there are countless other noteworthy good causes happening.

When we all pull together we have a vibrant, caring community.

Let us help each other now to lift our lamps against the darkness and shine forth with love and generosity.

Merry Christmas to all!

Give to charity

At this time of year shopping malls and retail stores are at their most hectic.

People are busy purchasing last minute Christmas presents for loved ones.

And they may do it all over again when Boxing Day comes along and retailers advertise mega sales.

There isn't much to purchase if you are one of those who are disadvantaged and cannot afford new purchases.

For those who lack a job or don't those less fortunate.

have enough to cover the basic necessities of life, the holidays are daunting.

An Angus Reid Opinion Poll says people are cutting their charitable donations while the need continues to increase at agencies supporting the poor, the hungry, the ill and the homeless.

It would seem appropriate that we channel some of our resources to a purpose more in keeping with the tradition of the holiday—that of helping

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Home grown

Northeast Bites into regional foods sector

Continued from A Front

By connecting a little more, she said those lessons can be learned a little more easily and affordably.

She credited Pam Hamel of Foods by Nature, which focuses on marketing initiatives and event organization related to local foods, as "the creative mind" behind the project.

One of the goals, said Hamel, was to create a regional identity - hence the name "Northeast Bites."

"We do have a foundation we can build from," she said. **CONSUMERS, BUYERS**

Recipes incorporating unique products from the region were taste-tested by consumers at the North on Tap craft beer festival in Haileybury in July and at the Foire gourmande food fair in Ville-Marie in August.

Northeast Bites will offer its wares to food buyers and suppliers in February when it goes to the Restaurants Canada Expo in Toronto.

The cost of the project is estimated at \$60,000, and covers marketing and event expenses, food product purchasing, recipe development, translation services and photography.

"FedNor is our major project partner with the City of Temiskaming Shores and the South Temiskaming Community Futures Development Corp. also contributing," said Vanthof in an email.

"NOFIA provided in-kind support to manage the overall project and Pam (Hamel) was hired to leverage her existing expertise and networks to build the collaborations around each recipe."

The project includes the development of recipe cards in English and French. They will also be available online.

There's also a colourful map of the region that provides contact info for more than 30 the physical assets in Temiska producers, retailers and restau- ming," he said.



Northeast Bites, a marketing initiative showcasing regional food products, had a tasteful launch earlier this month. On hand were, from left, Pam Hamel, Foods by Nature; Yves Gauthier, Thornloe Cheese manager and NOFIA board member; James Franks, Temiskaming Shores economic development officer; NOFIA administrator Stephanie Vanthof; NOFIA project coordinator advisor Tanja Gaehwiler; FedNor initiatives officer Denise Deschamps; NOFIA chair Norm Koch; Building Ties project coordinator Anne-Marie Loranger; John Bernstein, executive director of South Temiskaming Community Futures Development, and Darlene Bowen, NOFIA board member. (Staff photo by Diane Johnston)

rants as well as educators and promoters of local foods.

On hand for the initiative's launch at the Haileybury Golf Course clubhouse was Pierre Belanger.

The owner and founder of Bison du Nord has been a passionate advocate for the development of a local foods industry in the Temiskaming region.

Twenty years ago, he said, the Northeast Bites event could not even have been imagined.

And now, he said, high-quality, great-tasting local foods are not only available, but served with sophistication.

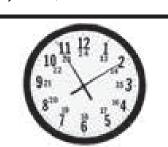
"We've always known we had

Englehart Family Health Team

705-544-2301 ext. 5256

Over time, he said, the financing elements also came together.

"The human element was always there," he said.



Missed us?

Now you can book your classified ad online

speaker.northernontario.ca



HOLIDAY SCHEDULE



Council Meetings

The regular meeting of Council on Monday, December 25th, 2017 has been cancelled. The regular meeting schedule will resume on Monday, January 8, 2018, at 6:00

Municipal Complex

The Municipal Office and Public Works Department will be closed from Monday, December 25, 2017, and will reopen with regular hours on Tuesday, January 2nd, 2018.

Municipal Waste Site

The Municipal Waste site will be closed on Tuesday, December 26th, 2017.

The Municipal Waste site will be open on Saturday, December 30th, 2017, with regular hours, from 9:00 a.m. until 4:00 p.m.

Garbage Collection

Due to the Box Day statutory holiday, Garbage collection will occur on Wednesday, December 27, 2017. Please ensure your garbage is out for collection by 7:00 a.m. No return trips will be made.

Recycling Collection

The recycling collection schedule will remain unchanged – December 19th, 2017 and January 2, 2018



The Township of Coleman Mayor, Council and Staff wish you a Merry Christmas, I and a safe and happy Holiday Season!

Wayne's Comer Garage





SPECIAL \$27.95 Oil Change Propane - Gas - Diesel · Tires · A/C Behind Community Hall **Now Accepting** Exhaust • Tune Up 705-628-8800 **ARI Cards** General Maintenance



WACKY VISIT

Students from Ecole publique des Navigateurs visited the Northdale Manor on Monday, December 18, bringing gifts to the residents. They handed out Christmas decorations, candy and goodwill to the appreciative seniors on hand. Incidentally, it was Wacky Hair Day at the school, and from the left are Amelie Paille and Violet Smith with her version of wacky hair. (Staff photo by Sue Nielsen)



GRAND VISIT

Ecole publique des Navigateurs staff and students visited Northdale Manor on December 18 handing out Christmas ornaments, candy and smiles to residents. Pictured is resident Marie Aitchison, who was delighted to greet her greatgranddaughter Libby Quevillon and accept a Christmas ornament. (Staff photo by Sue Nielsen)

Temagami Family Health Team

Submitted by Ellen Ibev

Pancreatic Cancer Awareness

The pancreas is a flat, pear-shaped gland behind the stomach -- part of the digestive system. The pancreas is also part of the endocrine system. The endocrine system is the group of glands and cells in the body that make and release hormones (which control many functions such as growth, reproduction, sleep, hunger and metabolism) into the blood.

Symptoms of pancreatic cancer

Pancreatic cancer may not cause any signs or symptoms in its early stages. Signs and symptoms often appear as the tumour grows and causes changes in the body. Other health conditions can cause the same symptoms as pancreatic cancer. See your health care provider if you have these signs or symptoms:

- yellowing of the skin and the whites of the eyes (called jaundice)
- pain in the upper abdomen or upper back
- fatty stools that are light coloured, bulky and float in the toilet
- unexplained weight loss
- loss of appetite fatigue
- nausea and vomiting
- indigestion
- feeling full after a small meal
- bloating gas
- diarrhea or constipation
- itching
- dark urine
- fever and shivering swelling of the legs

Known Risk Factors

Tobacco Obesity Diabetes

Family history of pancreatic cancer Certain genetic conditions Chronic pancreatitis

Possible Risk Factors

Cirrhosis of the liver

Physical inactivity Eating red and processed meats Occupational exposure to chemicals Helicobacter pylori Hepatitis B virus Gum Disease Cystic Fibrosis

Diagnosing Pancreatic Cancer

Begin with a visit to your health care provider who will ask you about any symptoms you have and do a physical exam. Based on this information, your provider may refer you to a specialist or order tests to check for pancreatic cancer or other health problems. CT scan is the most common imaging test for pancreatic cancer.

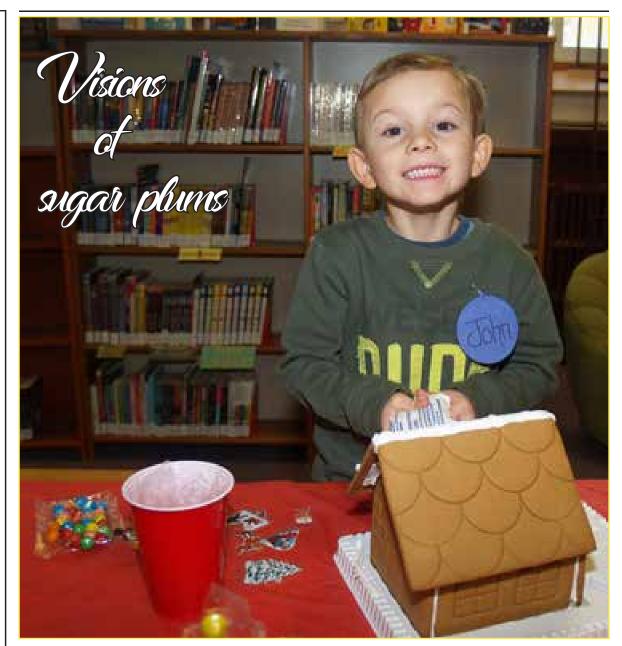
The Temagami Medical Centre and Family Health Team is committed to keeping you as healthy as possible!

Resource: Cancer Cancer Society



Family Health Team

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

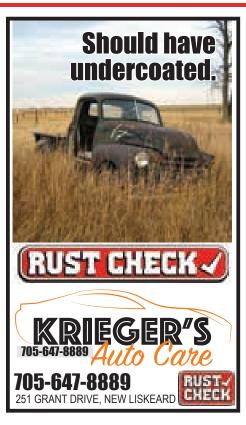


John McLean, 5, of Haileybury, was readying to put the Christmas spirit into the little gingerbread house he was decorating at the Temiskaming Shores Public Library New Liskeard branch on Saturday, December 16. He and many other children were participating in the library's gingerbread house decorating contest, all with a definite Canadian flair. This activity was funded by Canada 150's grant to the library, and through volunteer efforts. (Staff photo by Darlene Wroe)





It's "Win-Win" when we DIMINITED TO STATE OF THE PROPERTY OF T















SHOP LOCAL! You might win a \$20 gift certificate ON THE SPOT!



MANGER SCENE

The Catholic Women's League of Holy Trinity Church in Englehart held a Nativity-themed event in the basement of the church, which included a scene of baby Jesus in a manger. Standing beside the baby Jesus is six-year-old Maria Montminy. (Staff photo by Sue Nielsen)



The Temiskaming Shores Public Library's gingerbread decorating contest was a hit with kids who enjoyed decorating pre-made gingerbread houses at both branches of the library on Saturday, December 16. Canada decorations were also made available to add a little northern style. Pictured here, Celia Foley, 7, of New Liskeard was enjoying the pre-Christmas activity made possible through help of volunteers and Canada 150 funding. (Staff photo by Darlene Wroe)



NATIVITY GET TOGETHER

From the left attending the Catholic Women's League of Holy Trinity Church Nativity luncheon in Englehart on December 10 were friends, from the left, Mary Dudgeon, Frances Freeman, Dorothy Calaiezzi, Rita Derochers and Norma Horzempa. (Staff photo by Sue Nielsen)

WINNERS!

If your name appears below you've won a

\$25 GIFT CERTIFICATE from a participating merchant.

Claim your prize by stopping by The Speaker Office, after Thursday, December 21st.

The Brick - Lance Dewar

Pete's Small Engines - Helen Stickney

North Cobalt Flea Market - Bibiane Julien

#1 Auto - Melanie Bourgeois

The Wine Place - Marlene James

Temiskaming Shores Pool/Fitness Centre - Bev Foley

Chat Noir Books - Marie Aitchison

Thornloe Cheese - Nicole Robillard

Max Propane - Jean Carleton

DM Woodworking - Jean Marc Cormier

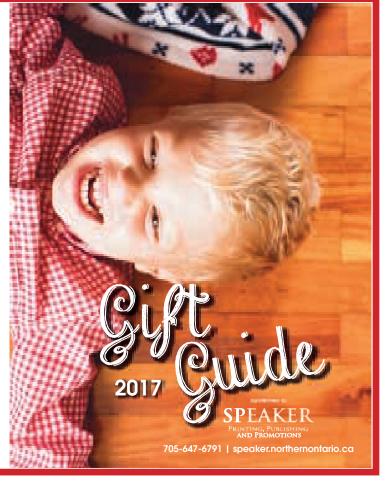
Tri Town Automotive - Brigitte Ridley

The Orchard Cakes & Pastries - Heather Waterman

Chartrand's Your Independent Grocer - Sue Flaxey

Bench Wellness - Janice MacPherson

Work N' Play - Kent Fielder



Christmas Bird Count provides snapshot of activity

Continued from 3a

were travelling throughout their designated zones of a 24-kilometre circular area, there were also volunteers who were watching their feeders and recording numbers there.

It's spotting the unusual birds which most excites the experienced birders. It might be possible to see a pileated woodpecker, noted Murphy.

"There's been years when we get cardinals" which are harder to find, he said.

HMREC vice-president Ron Judd was among those participants keen to do their part to take the Christmas Bird Count "snapshot," as were former TERRA (Teaching Ecological Responsibility, Recreation and Adventure) students of Murphy - Jacob Lachapelle (now studying wildlife biology and conservation at Guelph University), Shayne Jackson and Ethan Quinton.

ASSIGNED AREAS

As the wood stove inside "The Bird House" at the Marsh pumped out heat, and the water jug sat nearby to keep from freezing, the enthusiastic birders reviewed the purpose of the Christmas count, discussed the news that a robin had been seen south of Englehart just a few days earlier, and awaited assignment of their area which would be based on numbers of participants.

It was a bright morning in the boreal forest and throughout the adjoining rural area dotted with small communities. But the deep cold was no deterrence for the birders or Murphy's dog who was excited about the probability of adventure ahead.

Birdsong filled the bright air in the boreal forest, and the team members were in high spirits before setting out.

The Christmas count can take place anytime between December 14 and January 5, according to Audubon Society rules, but Murphy explained that locally attempts are made to do it as early as possible before the lakes freeze, and in particular before Lake Temiskaming freezes.

Usually, the group misses it by two or three days, says volunteer Mike Werner. On those rare years when the water is open, it is possible to add bird species such as ducks to the list of observations.

The Christmas Bird Count is considered a Christmas tradition by many and has been taking place since 1900.



A bright, crisp morning filled with birdsong provided the setting for the launch of one of the area's Christmas Bird Counts. From left to right, setting out on their individual adventures were Bruce Murphy, Ethan Quinton, Shayne Jackson, Jacob Lachapelle, Mike Werner, Ron Judd, Mark Milton and Serge Gendron. (Staff photo by Darlene Wroe)

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Page 12a





Page 13a

Branch 44 News

By Lawrence Audette of Royal Canadian Legion Branch 44



Cobalt Branch 44 of the Royal Canadian Legion held its annual membership early bird draw on December 1, 2017. Prize winners were as follows:

Ronald Moore - Branch 44 Award - Free Membership for

Francois Ouellette - Wayne's Corner Gas Award

Darryl Pickard - North Cobalt Flea Market (Gift Certificate)

Susan Coté - one-year free subscription to "The Voice"

Reginald Holdsworth - Branch 44 Ways and Means Committee - Free membership 2019

Congratulations to all our prize winners and thank you to all early bird supporters. Special thanks to all prize donors.

The Legion is always in need of new members. A strong membership means a strong Legion. To become a Legion member, call us at 705-679-5707 or speak with a member.

you can be re-installed.



FAMILY TIME

The Latchford Recreation Committee hosted a meet and greet with Santa on Saturday, December 9, at the Latchford Community If you are a former member Centre. Cassandra Paul with her two month-old baby Meshree Paul and father Leen Paul enjoyed visiting with Santa, eating chili and listening to a Robert Munsch story as part of the day's activities. (Staff photo by Sue Nielsen)

















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• Enterprise Temiskaming

• Les Entreprises Loranger

• Club Richelieu-Timiskaming

• Festival des Folies Franco-Fun

• Les Suites des Présidents' Suites

• Les Pompiers du canton d'Armstrong

• Club du Sourire de New Liskeard

• Centre culturel Artem • Club de l'âge d'or d'Earlton

• Club Lions d'Earlton

• Waterfront Inn

• La ville de Cobalt



150° anniversaire du Canada — Canada 150th anniversary

-L'ACFO-Témiskaming a pu célébrer en grand «le 150° anniversaire du Canada» en 2017 grâce à l'aide financière de Patrimoine canadien et le Fonds Canada 150. Nous désirons remercier également Patrimoine canadien, FedNor, le Programme Nouveaux Horizons et Emploi d'été Canada 2017 (Service Canada) qui permettent d'offrir des services à la population du Témiskaming. L'ACFO-Témiskaming compte, pour présenter des activités en région, sur la générosité de ses nombreux bénévoles ainsi que des organismes et des entreprises qui nous aident et nous appuient constamment. Nous tenons à les remercier.

—ACFO-Témiskaming celebrated Canada's 150th anniversary in 2017 with the financial support of Canadian Heritage and the Canada 150 Fund. We wish to thank as well Canadian Heritage, FedNor, New Horizons and Canada Summer Jobs 2017 (Service Canada), through which we offer services to the Temiskaming population. ACFO-Témiskaming is thankful of the support received from our volunteers and from our organizations and businesses that helped us set up activities. Thank you!

- Assemblée de la francophonie de l'Ontario
- Association de canot-camping du lac Témiscamingue
- Bibliothèque de Temiskaming Shores
- Caisse populaire Cochrane Témiskaming
- Centre pour enfants Timiskaming Child Care
- Chevaliers de Colomb, Conseil Fatima • Chevaliers de Colomb, Conseil Sacré-Cœur
- Chevaliers de Colomb, Conseil St-Jean-Baptiste
- Concours de labour du Témiskaming
- Fondation communautaire du Témiskaming • Filles d'Isabelle, Cercle du Sacré-Cœur
- Union culturelle des Franco-Ontariennes d'Earlton
- Union culturelle des Franco-Ontariennes, New Liskeard La Police provinciale de l'Ontario (OPP)
- Temiskaming Shores & Area Chamber of Commerce
- La municipalité du canton d'Armstrong
- La ville de Temiskaming Shores
- L'École publique des Navigateurs
- Great Northern Family Health Team (Dr Jean Corbin & Dr Glenn Corneil) • Les écoles catholiques Assomption, Saint-Michel, Sainte-Croix et Sainte-Marie
- Les Paroisses Nativité d'Elk Lake; Notre-Dame-du-Bon-Secours de Belle Vallée; Sacré-Cœur de New Liskeard; Sainte-Croix de Haileybury et Saint-Jean-Baptiste d'Earlton.

Nous vous souhaitons un Joyeux Temps des Fêtes et une Bonne et Heureuse Année 2018! We wish you a Merry Christmas and a Happy New Year 2018!

Arts & ENTERTAINMENT

8

9

10

11

ACROSS

- Secondhand 1.
- 5. Juice from a maple
- Robbers' pursuers 8.
- Change position
- 13. Fruit-filled dessert
- 14. Hawaiian feast
- 15. Frost or Keats, e.g.
- Troublesome tyke
- Land amid water
- Tennis shot
- 20. Huffed and puffed
- 22. Reversing
- 24. Bank
- Cattle holder
- 28. In times past
- Bowler's target
- Houston baseballer
- 34. Fellow
- 35. Noshed
- 36. Buck's mate
- 37. Harvest
- Traveling salesman
- Chinese temple
- Commands
- 48. Footed vases
- 49. Black-eyed

vegetable

- 51. Hurt
- 52. Oceans
- 53. Klutz
- 54. ____-handed
- 55. Despise
- 56. Open with a

crowbar

57. Begonia beginning

DOWN

- Refs' kin 1.
- 2. Grime
- 3. Continually
- Long way around
- 5. Secretly watched
- 6. Get a bead on
- 7. More vivacious
- 8. Adhere
- 9. Unseat
- 10. Whiten
- Took to court
- 19. Massaged
- Irritated
- Made a choice
- 24. Health haven
- 25. Triple, e.g.
- 26. At ____ with

(attuned to)

- 28. Beer's kin
- 29. Sal, for example
- 30. Strange
- 33. Soft drink
- 38. Purple flowers
- Search party 39.
- Covered in foliage
- 41. When ____ comes
- to shove
- 42. Field of study
- 43. Pesky bug
- 45. Small bay
- Shoe or clothes
- Convey
- 50. Lend an _
- (listen)

13 14 12 17 15 16 20 18 19 21 22 23 26 27 30 24 25 28 29 31 32 33 34 35 36 37 38 39 40 44 42 43 46 47 41 45 48 49 50 51 52 53 54 55 56 57

5

6

Horoscopes

CAPRICORN

2

3

You will find yourself on the road a lot, so make sure your vehicle is in good shape. You might take advantage of post-Christmas sales to purchase a new laptop or smartphone.



December 22 January 19

TAURUS

You will want

everything to be

perfect for your

require.

auests. You will do

power to make them

feel at home, despite

the extra energy it will

everything in your

AQUARIUS You're feeling

particularly generous and eager to shower your loved ones with gifts. Spend your hardearned money carefully; an emergency expense could be just around the corner.



You shouldn't still be decorating the house as your quests arrive. the present moment.



GEMINI

It might be a good time to let go and appreciate





CANCER You may spontaneously

ones.

decide to fly to the tropics for the rest of the holidays. You will also seek out creative activities and new culinary discoveries to celebrate with a twist.

PISCES

manage to put a smile

well-being of your loved

on everyone's face.

You'll take it upon yourself to ensure the



It's your time to shine this week, and you'll

You might feel unusually tired this week. A healthy diet should give you the energy you need to fully enjoy the upcoming festivities.

ARIES

Answers For

Crossword

on 2b



You will be particularly emotional during the holidays. You will opt to better enjoy your family's company in a more intimate and relaxed setting.



VIRGO

You will decide to invest more time in your romantic relationship. Take a little time away from your day-to-day responsibilities to take care of things that worry



LIBRA

Out of the blue, your boss will give you new responsibilities. It'll feel a lot like a promotion, pay raise and all.



SCORPIO

If vou're single, vou will be very surprised to meet somebody interesting at this time of year. Your self-esteem will get a boost from this.



SAGITTARIUS

It might not have been part of the plan, but most of the holiday festivities will happen at your place. It'll take a good deal of finesse to deal with certain family members.







Driving under the influence puts lives at risk

The dangers associated with impaired driving are well known. Nevertheless, every holiday season, countless drivers get behind the wheel either exhausted or under the influence of alcohol, medication or illicit drugs, putting the lives of others at risk as well as their own.

Are you planning on hitting the bar at your holiday shindig? There's nothing wrong with having fun, as long as you don't get behind the wheel afterward! Public transportation, taxis, designated drivers — there are many ways to get home safe and sound without driving your personal vehicle. Other sensible solutions include staying the night or renting a room at a nearby hotel.



BEWARE!

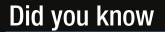
Like extreme fatigue, alcohol, illegal drugs, and medication affect a person's cognitive functions and compromise their ability to drive. In addition to clouding one's judgment, these substances impair a person's concentration, coordination and reaction time.

Dispensing with myths

Even today, many false beliefs about impaired driving continue to circulate. It's about time we unveil the truth behind these misconceptions!

- I ate after I drank; therefore, it's safe to get behind the wheel. Actually, eating after a night of drinking changes absolutely nothing, as the alcohol has already entered your bloodstream. And since the effects of alcohol won't disappear with a little food in your tummy, it's definitely not safe to drive!
- Prescription drugs are a lot less dangerous than illicit drugs. Many types of prescription and overthe-counter medication can significantly compromise a person's ability to drive. Their various side effects (drowsiness, dizziness, blurred vision, reduced concentration, etc.) can be just as dangerous behind the wheel as those of certain illegal substances.
- Men have a higher alcohol tolerance than women. A person's sex doesn't necessarily influence their tolerance level. However, things like body weight, fatigue, medication and metabolism do.
- Police officers can't tell when someone is under the influence of drugs. False! Police officers are specially trained to evaluate someone's ability to drive in different ways by administering a

physical coordination test, for example. Furthermore, a driver can be brought in for further evaluation by a drug recognition expert at the local station.



Mixing alcohol with drugs (prescription medication included) leads to a greater impairment of cognitive functions, increasing your risk of causing a crash







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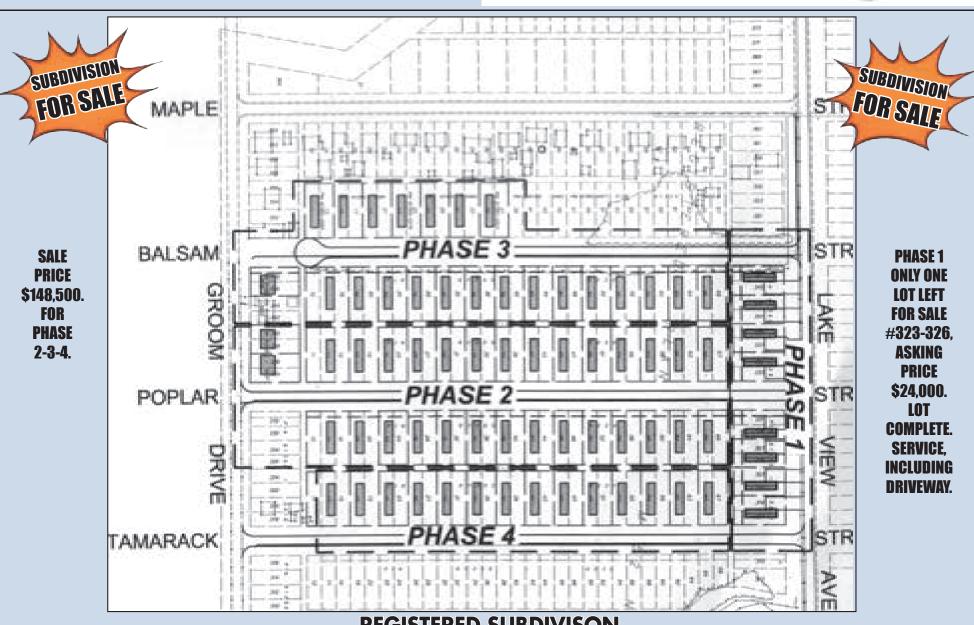
sanding and primer being done. Azure Kindle 9", 6", 3" vinyl plank w/Panetolea tile, Visby Stone in bathroom and laundry college includes tiles, adhesive, subfloor, 10" insulated walls. See new kitchen here.



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