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WEEKENDER

THE SPEAKER'S WEEKEND EDITION


Happy New Year!
2019




Vol. 18 – No. 3

FRIDAY, DECEMBER 28, 2018


Visit us on


MIKE BAKER




DANIELLE BÉLANGER-CORBIN



JAMES T. PATERSON



LORNA DESMARAIS



MPP JOHN VANTHOF

Hopes for 2019

Sue Nielsen
Speaker Reporter

DISTRICT — Everyone has hopes and dreams. They can also be described as aspirations - things you want to happen in the future. With the New Year comes a sense of renewal and hope for all of us as we aspire to make our lives better and brighter in 2019. It is never too early to start thinking about what you would like to happen in the coming months as 2019 unfolds. As individuals, it might be a good time to think about our intentions whether they be for better health, or perhaps how we can make our communities that much better or for a change in career choice. We don't have a crystal ball to predict the future, but we can all begin to create a mental picture or plan of what the upcoming year might hold for us. The following people in our region generously provided their hopes and dreams for 2019.

See **"Hopes"** on **3a**

DID YOU GET The Speaker THIS WEEK?

Here are some of the stories in our December 24 edition...

- Evanturel Township has started the rebuilding process after a massive fire destroyed its municipal building and several vehicles.
- Should Temiskaming Shores city council prohibit marijuana retail stores in the municipality? This was the question posed to ratepayers recently.
- All good things must come to an end and so it was with the A Christmas To Remember musical fundraising event organized by former Harvest Queen, Hannah Fedechko-Conroy.
- City council is learning the ins and outs of retail marijuana sales.
- A record was set during the Ministry of Natural Resources and Forestry annual Christmas Food Drive.
- Cobalt council representatives will attend a training session by a firm proposing to provide integrity commissioner services.
- The Temiskaming Speaker presents the Best of 2018 in various sporting categories including Female and Male Athlete of the Year.
- Our C-front this week features a story in the Building Communities series on the life and times of Belle Vallée resident, Roland Lachapelle.



BUILDING COMMUNITIES
Roland Lachapelle reflects on faith and hard work



Topping the list in 2018
Speaker Sports



THE BETHLEHEM WALK
Evanturel emerging from November flames

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Hopes for 2019

Continued from 1A
MIKE BAKER

The Chief Operating Officer for The Temiskaming Hospital, Mike Baker says the health of the people in the region, his own personal health and the smooth operation of the Temiskaming Hospital make up his hopes for 2019.

"From a professional perspective, I hope in 2019 to continue to advance health care in our community by continuing to grow partnerships related to the health care sector. The two primary goals of those partnerships are to: 1. Ease the ability of patients and family in navigating through the health care system and 2. Continue to provide more health care close to home."

Baker said in his email to The Weekender these wishes do not come without challenges.

"This will be challenging given the fiscal situation the current government finds itself in, combined with the increased need for hospital services, in particular. However, it is our job to work with the North East Local Health Integrated Network and the Ministry of Health and Long-Term Care to ensure the residents of the Temiskaming region receive the best health care possible for the investment we receive."

He says 2018 was a successful year for the hospital and 2019 will be even better.

And he gets personal with his hopes for the coming year.

"After having experienced a significant health scare in 2016, my biggest hope for 2019 is to continue to enjoy good health. Once your health is in order, you can enjoy all of the other benefits of life, like friends, family, perhaps a little golf and living on a lake. It would be nice, but unlikely, that my amazing wife Carol and I have a better schedule in 2019 so we can spend more time together enjoying the lake. I also hope that our son Nico continues to be successful in pursuing his career."

DANIELLE BÉLANGER-CORBIN

North On Tap marketing coordinator Danielle Bélanger-Corbin says 2019 is a milestone year for her as she reaches the half-century mark.

She says there are four gifts that she would like to see in 2019 starting with the return of civility among people.

"I am a big fan of social media, mostly Twitter. But the level of meanness and the viciousness of personal attacks I've seen has reached an all time low. What's ironic is we live in an age where bullying is no longer tolerat-

ed-yet the guise of anonymity of social media, people take all kinds of liberties that are nothing short of abhorrent," she said.

Bélanger-Corbin would like to see more gratitude expressed in our lives.

"Let's all be a little more grateful for what we have instead of focusing on what we don't have. It is too easy to get bogged down by negativity and envy of others."

She says, "if you have your health, you truly have everything that really matters."

She would like to see people make their world better by way of small gestures of kindness.

"It doesn't take much to make our world a better place. It can be something as simple as a random act of kindness or giving a few hours of your time to a worthwhile cause. A candle loses nothing by lighting another candle. That quote by James Keller is one of my all time favourites."

Finally, Bélanger-Corbin wants to hear more laughter. "They say laughter is the best medicine and it turns out there is some truth to the old adage. From boosting your immune system to protecting your heart, it seems that laughter can even help you live longer."

Continued on 5a



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View from my canoe

As the sun has set on 2018 and I now point my bow towards the horizon of a new year, this past year can be summarized with one word - fantastic!

Any time I can get up in the morning and take a deep breath it is a good day.

For the most part, other than a few aches and pains, my health was good.

However I have resolved to eat better in the coming year, to shed a few pounds and to improve my flexibility.

When the sun sets at the end of the day, if you have your health you have everything.

There were several things that made my year a good one.

When I can sit in a canoe propelling myself around my spirit place with loons, heron, otters, beavers, eagles and moose in clear sight, you know the land and all its magic is a gift.

The waters of Bass Lake add undeniable meaning to my life and being able to photograph the beauty of wild Temiskaming is magical.

When we visit certain places, even for a day, we never forget how they make us feel.

Our spirit places define who we are and how we wish to live our lives.

I am a better person for having paddled across a pristine body of water surrounded by a Northern boreal forest.

The gifts kept coming when I won a first place Ontario Community Newspaper Award for a sports photograph I took of an elementary school volleyball player.

Big thanks to my editor, Steve Larocque, for nominating me



Sue Nielsen

for the award and for his support throughout the year.

I was part of an organizing committee that hosted a Cobalt High School Reunion this past August.

Myself, Sue White, Tina Sartoretto and Linda Leo organized the reunion bringing home Cobalt High School alumni.

I honestly can't recall the last time I laughed and smiled so much.

We continue to hear positive feedback about the reunion from near and far.

For a decade I helped to organize the Cobalt Canada Day celebration and this year's was another terrific event bringing the community together.

On September 12, my daughter married a tall, dark handsome Scotsman in Glasgow.

I could not attend the wedding in person but viewed the proceedings via an online portal.

She lived under my heart for nine months and she will always live inside of it. She is the reason, the meaning and the lifeblood of my life, Whitney Nielsen-Taylor.

Besides maybe she will take care of me when I'm old. Ha, ha.

I continue to feel immense gratitude for the privilege of being a newspaper reporter for The Temiskaming Speaker.

Much love and light to you. Keep on paddling.



BRACE YOURSELF

EDITORIAL

Something about South Temiskaming

We salute the people who live in South Temiskaming, from Temagami to Englehart and all places in between who choose to live a northern lifestyle.

As rural regions go, certainly the Temiskaming region punches above its weight. We have seen countless individuals, groups and organizations working for the greater good.

This is a special place for a number of reasons, from the early history of the region when silver was discovered in Cobalt to the rich agricultural presence of modern day Temiskaming.

Here at The Speaker, for well over 100 years we have been the paper of record and we tell the stories about our community and its citizenry.

Part of the community newspaper business is reporting on economic growth and activity and we make a point of covering local business openings which highlights all the good work being done by entrepreneurs in the region.

We wish to see jobs and economic security in our region and our coverage includes grand openings and various Temiskaming Shores and Area Chamber events, including the annual dinner.

As always we thank the people who keep us safe and secure in our communities, the Ontario Provincial Police and Emergency Medical Services.

We rely on the police to provide information to the paper on policing matters, which is important to our readers.

We must also acknowledge the drivers and newspaper carriers who are an important part of the news cycle each week.

We thank our cartoonists, Dave Dickerson and Victoria Muir, for their weekly contributions.

It is a longstanding tradition here in Temiskaming, as we know the middle of the week is often called "Speaker Wednesday." We are proud of this designation.

We wish our readers and businesses, which are our valuable advertising partners, nothing but health and prosperity in the coming year.

As you invite us into your homes each week, we have two words to offer - Thank you!

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Reporter
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Hopes for 2019

Continued from 3a

But for me, it simply makes me feel good. Regardless, we shouldn't take life too seriously. Seems no one ever makes it out alive!"

LORNA DESMARAIS

Vice president of the Tri-Town Ski and Snowboard Village/ Snow School Coordinator, Lorna Desmarais, wishes for snow and good health in the coming year.

"Reflecting back over the past year, I believe that many hopes and dreams for the Tri-Town Ski and Snowboard Village have already become reality. This is due to the tireless efforts of our dedicated board members, volunteers and the amazing support from local organizations and businesses, as well as members of our wonderful community. There have been huge accomplishments in recent years including the reintroduction of the ski patrol, certified instructors offering ski and snowboard lessons and the free weekend runs."

Desmarais believes the future is looking bright for the TTSSV in 2019.

"In 2018, we saw the opening of our new tubing hill, which was more successful than we anticipated, bringing a whole new group of winter enthusiasts to our facility. Our vision to expand beyond a ski hill, and include tubing and potentially other seasonal activities, will ensure our continued growth and sustainability for years to come. The future is even brighter for the Tri-Town Ski and Snowboard Village and in 2019 more of our goals will be achieved. The construction of a brand new chalet is something we have envisioned for many years. Seeing this become a reality is so rewarding and it's a truly exciting time. I am also proud that we will be increasing the number of children and youth who have the opportunity to access quality winter sport programming through our new school winter activity day program being launched this season. I feel fortunate to be surrounded by such a passionate committed group of volunteers who share the same vision for the facility. It is truly a special, family friendly place to gather, enjoy outdoor winter activities and create lifelong memories."

Her personal hopes are for good health for her family and those she loves, and "of course a winter with lots and lots of snow."

JAMES T. PATERSON

James T. Paterson, president of the Temiskaming Shores Minor Hockey Association, acknowledges the lessons 2018 had to offer and wishes for higher expectations in the coming year.

"As my friend named Albert Einstein says, 'Learn from yesterday, live for today, hope for tomorrow.' Many lessons were taught in 2018, and I hope that in 2019 we continue to make mistakes, because making mistakes means we are trying to do new things, trying to make new

things, and trying to be better than what we have been. So let's say goodbye to 2018 with a positive hope that 2019 can hold more dreams and higher expectations of ourselves and those around us.

"Whether those dreams are professional, recreational, or personal: on-or-off-the ice, I hope that everyone is able to impress themselves with what they achieve - and may all your troubles last as long as your New Year's resolutions."

MPP JOHN VANTHOF

Timiskaming-Cochrane MPP John Vanthof provided his personal and professional hopes and dreams for 2019.

He hopes for health and happiness for those closest to him and as our MPP, there are a multitude of issues he will be working on that are "very near and dear to me."

"The first is the safety of our provincial highways. Since 2011, when my office launched the Northern Road Report, we have come to understand that the issue is much more complicated than it first may appear. We need to work together to make sure that we all get home safe. Sometimes, I think that we forget that the person on the plow, the officer on night patrol, the truckers who have not seen their families in a week, the Ministry of Trans-

portation supervisor, and everyone else on the road all share the same goal.

"When accidents happen we need to identify the true root cause and not be too quick to lay blame on one another. The return of the passenger train would provide an alternative public transportation option for many."

Vanthof expressed concerns about public services being made available in Northern Ontario, especially mental health services.

"A sobering statistic, the average wait in Ontario for a child expressing suicidal thoughts to get qualified counselling is 20 days. In the district of Cochrane 400 days. Our office has the privilege of working with families and service providers. Collectively, they have answers and we need to listen."

He hopes the ability of people in his riding and across the north to work together, regardless of ethnicity, religion or political leanings does not change.

"That is no longer the case in many parts of the world and sadly even in parts of our country. We are stronger together, even though we may disagree on individual issues."

He said, "I am looking forward to working with everyone in 2019."

Temagami Family Health Team

Submitted by Ellen Ibey

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.

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- 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
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- swelling of the legs

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Chronic pancreatitis

Possible Risk Factors

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Helicobacter pylori
Hepatitis B virus
Gum Disease
Cystic Fibrosis
Cirrhosis of the liver

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.

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LATTE - Reflective and sometimes indecisive, you'll choose the safest choice once you make a decision.

MOCHA - You're fun, creative, and probably don't really like the taste of coffee.

ICED COFFEE - Assertive, outspoken, and refreshing, you also have a temper.

BLACK COFFEE - You're a 'straight to the source' type and usually fearless, though easily disappointed.

AMERICANO - You're calm, happy and go with the flow.

CAPPUCCINO - Caring, kind and giving, you don't care to pay attention to every little detail.

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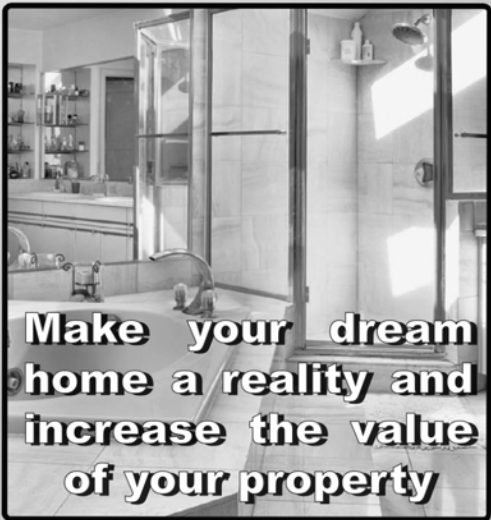
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