

A splash of colour for Get Active runners at TNSC

Sue Nielsen
 Speaker Reporter

COLEMAN TOWNSHIP — Pink, blue, orange and yellow hung in the air as participants in the Get Active In Temiskaming Colour Run were happily doused in coloured powder on Sunday.

Colour fun runs usually have a party atmosphere and such was the case at the Temiskaming Nordic Ski Club during the Colour Run, held on September 11 along the scenic ski trails in Coleman Township.

Get Active organizer Chandra Juurlink welcomed the 184 participants to the event, explaining the various trails that were marked for the run that morning.

"It was so wonderful to have an event that felt like 'pre-covid normalcy' again. We had a great turnout and the weather cooperated. It was so great to see so many smiling faces and laughs at the finish line," she said in an email interview.

She noted the first ever hybrid half-marathon event was a success, "with a few runners challenging themselves with the 21 kilometre distance."

They will do the half-marathon distance again as they received good feedback from participants about it.

The highlights of the event were of course the colours. Participants started out with white t-shirts but ended up covered with colour as they made their way to the finish line.

Volunteers positioned on the trails would throw coloured powder at walkers and runners going by. People could also opt out of the puffs of powder if they



It was definitely a fun, party atmosphere as runners and walkers headed out onto the trails and got splashed with colour during the Get Active in Temiskaming Colour Run on September 11, held at the Temiskaming Nordic Ski Club. (Staff photo by Sue Nielsen)

wished.

"The colour stations were a big hit with smiles all around for those that chose to get messy and participate."

The beneficiaries of the Colour Run are the not-for-profit

Temiskaming Northern Loons Swim Club and the Temiskaming Nordic Ski Club.

Participants could direct their entry fees towards either one of these groups.

She thanked the TNSC for

being the host location for the event and complimented all the volunteers and sponsors who helped make the fourth Get Active in Temiskaming event a huge success.

The final Get Active in

Temiskaming event for 2022 takes place on Saturday, October 29, beginning at the Waterfront Pool and Fitness Centre, with an orange-and-black Halloween theme. Register online at www.getactiveintemiskaming.ca

Skiers get a jump on winter with dryland training

Sue Nielsen
 Speaker Reporter

COLEMAN TOWNSHIP — Training for a successful cross-country ski season does not begin when the snow falls.

Thirty-five youth from across Northern Ontario took part in the Temiskaming Nordic Ski Club (TNSC) dryland training camp held September 9, 10 and 11 in Coleman Township.

The ski club allowed for everyone to stay at a central location and provided camping facilities, washrooms and kitchen space.

Most of the activities throughout the weekend were held at the TNSC, with the exception of the roller skiing sessions held at Ecole secondaire catholique Sainte-Marie in New Liskeard.

The intention of the camp, according to organizer Anthony Story, was to "bring local kids and other kids from across Ontario together to have fun and enjoy outdoor physical activity."

He said there were 35 participants at the dryland camp be-

Continued on 8b



Roller skiing was a feature of the dryland training camp held at Ecole secondaire catholique Sainte-Marie on September 9. There were 35 youth, some local and some coming to the camp from across the north, learning new techniques and beginning the process of training for the upcoming cross-country ski season. (Staff photo by Sue Nielsen)

Cubs fill roster after games with Majors

Sue Nielsen
 Speaker Reporter

TEMISKAMING SHORES — The Great North U18 AAA League regular season will be back soon as teams get ready with exhibition games.

The New Liskeard Cubs played a home-and-home series last weekend against the Timmins Majors.

The first matchup was September 9 at the Shelley Herbert-Shea Memorial Arena in Haileybury. The Cubs were defeated by a score of 4-1 in front of a large crowd.

For the rematch on September 10 at the McIntyre Arena in Timmins, the Majors again prevailed, this time by a score of 3-1.

The exhibition play gave the Cub coaching staff a chance to look at their players more closely for a comprehensive

evaluation.

"We have a lot of teaching to do going from the forecheck, positioning in our defensive zone, special teams and face-offs," said Cub coach Jonathan Blier in an email interview.

Both teams have new bench bosses in Blier for New Liskeard while former Cub coach Steve Polyblank is behind the bench in Timmins.

Continued on 2b

Cubs fill roster after games with Majors

Continued from B Front

Blier knows that it takes teamwork behind the bench as well as on the ice for success to happen.

Assisting Blier with the coaching duties this year are John Zubyck, Randy Beauchamp, Jeff St. Cyr, Casey Ton, Jamie Norris, along with Sean Goddard as team manager. Marty Roy is the athletic trainer and Marco Maurice takes on the equipment manager duties.

The focus right now is on skill development and fine-tuning their style of play, noted Blier.

The coach says he has finalized his roster at this point in time.

The Cubs have selected forwards Ryan Miller, Danick Cote, William Roy, Cason Ruddy, Sam Brownlee, Logan Rivard, Owen Norris, Sam Koistinen, Thomas Rannou, Jacob Gaudet-Nicker and Maverick Hill.

On defence the Cubs have Julien Trudel, Mikaleb Blier, Braedon Dorrell, Will Sloggett, Cameron Olson and Liam Major.

In goal will be Brett Ruddy and Vincent Popkie.

"It's always a hard thing to do as you know as a coach that you are breaking the hearts of some of these young men. I had a few sleepless nights last week."

The advantage the team has this year is they have nine veteran players in the lineup.

On the back end, the coach is also excited about his goaltending duo of Ruddy and Popkie.



A Timmins player has the puck on his stick on this play against Cub goalie hopeful Shawn Gerber in Haileybury on September 9. The Majors took both exhibition games on the weekend, 4-1 in Haileybury and 3-1 in Timmins. The Cubs have finalized their 2022-2023 roster and will play their first regular season game on September 30 on home ice against the U16 Sudbury Nickel Capitals. (Staff photo by Sue Nielsen)

Coach Blier says he believes the current Cub roster has a "great group of kids that are eager to learn and improve. We believe that even if we have a young team we will progress all year long

throughout the ups and downs of the season."

He says he is optimistic that his players will see marked improvements in their play once the season begins and in the

meantime, they are working hard to achieve the results they want this season, which is to contend for the overall title of best in the Great North U18 League.

The first official league game for

the Cubs is on Friday, September 30, when they face off against the Sudbury U16 Nickel Capitals at 8 p.m. at the Shelley Herbert-Shea Memorial Arena in Haileybury.

Walk/Run/Bike

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STRAIGHT FROM THE HIP

Finally, after watching Major League Baseball for over 70 years, the game is going to get a shade faster next season as pitchers will be on a time clock which includes that they must begin their motion before the expiration of the timer.



Mike McArthur

They also will only have 15 seconds between pitches when the bases are empty and up to 20 seconds between pitches with at least one runner on base. Also, a pitcher may disengage the rubber (time resets) twice per plate appearance without a penalty. Infields will no longer be able to shift and bases will become bigger, and batters will only be allowed one time out while standing in the hitter's box. There are other minor changes, but the message is loud and clear that your average ball game is just too long.

For example, imagine taking your family or even one kid to a game on a weeknight that starts, say 7 or 7:30 p.m. and leaving after the game at 10-10:30 p.m. with school and work on the agenda the next morning. Sure, defenders of the new rules will say you're hurting the sport, but the league may have had the opinion of hundreds, if not thousands, of fans complaining just how slow the game is on most days and nights. Now, if we can only get the PGA Tour and pro golfers to move their butts a little quicker and all those time outs in basketball and football near the end of the game (at times) has gotten out of control. Could you imagine going to a movie for three to four hours or a concert on a weeknight that lasts for four or more hours that begins at 7 p.m.? In Ontario concerts must end by 11 p.m.

OVERTIME

- say what you want about the Blue Jays, but one year-ending decision that will be made loud and clear is that interim field manager John Schneider will be back with the full manager title, or could very well be history if management blames him and not some of the key players. Time will tell, but Schneider has held his own and the next few weeks will be the big test. Hey, if the Jays don't make the playoffs, upper management should start packing their bags long before Schneider gets his pink slip.
- rumours are flying around about former great NFL quarterback Brett Favre connected with some \$70 million Mississippi welfare scandal that is being investigated by the FBI. All the details are yet to have been stated, but Favre also is being questioned after being paid \$1.1 million from the fund for motivational speeches he never made which he paid back. Let's hope this ends well.
- if you're planning to get into a PGA Tour pool, make sure you know which players jumped ship to the new LIV tour as they're not allowed in any PGA event. It may be tough, but after all the time to get a list of, say, seven players make sure they're legal.
- and finally, if there is one player in the upcoming NHL season with the most pressure on his back it's former Leaf goaltender Jack Campbell who must lead the Oilers to a Stanley Cup appearance or GM Ken Holland has thrown the wrong dice on this decision.

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SUDOKU SOLUTION

9	5	7	8	4	1	2	3	6
1	4	6	3	5	2	8	7	9
3	8	2	7	9	6	4	1	5
4	7	1	2	8	9	5	6	3
8	6	3	5	6	7	1	4	2
2	9	5	4	1	3	7	6	8
5	1	9	6	2	4	3	8	7
6	3	8	7	1	5	6	2	4
7	4	2	6	3	8	9	5	1

LAST WEEK'S CROSSWORD ANSWERS...

COAL	SCAM	PIN
ABLE	HOPE	ARE
TEEN	ADES	NOT
SYSTEM	SALONS	
	IMPS	SIR
SEALION		DATA
OLD	TOUCH	MAP
BLOT	BLATANT	
	RUT	SORE
IMAGES	SMARTS	
NAB	MULE	SOON
NIL	PROS	EDNA
SLY	TEXT	DEEP

CROSSWORD

ACROSS

- Wound covers
- To's mate
- European mountain
- Comedian
- Fired up
- Enemy
- Excuse
- Skillful
- Expert person
- Small amount
- Sly as a _____
- Misprint
- Ridicule
- Master
- Adept
- Building annex
- Spat
- Gator's cousin
- Positive vote
- Concert solo
- So long, in London
- Hen output
- Camp abode
- Junior

DOWN

- Scram
- Fizzy drink
- Within
- Apron part
- Movie genre
- Linen source
- Shred
- River creature
- Off yonder
- Cuckoo

- Coworker
- Heeded
- Spin
- Bring back
- Widespread affliction
- Play a part
- Lingerie top
- Many
- Lower limb
- Fury
- Flipper
- _____ Albert
- Inquirer
- Pancake topper
- "The World According to _____"
- Scope
- Not right
- Joint
- Folding beds
- Fail to include
- Farewells
- Poison _____
- Single

SUDOKU

		9	8					
4		6						3
					9			
			3					2
			7		5	3	6	
		5				1		4
5		4			7			8
	7		2		3			
9				4				6

HOW TO PLAY:

Fill in the grid so that every row, every column and every 3 x 3 box contains the numbers 1 through 9 only once. Each 3 x 3 box is outlined with a darker line. You already have a few numbers to get you started. Remember: you must not repeat the numbers 1 through 9 in the same line, column or 3 x 3 box.

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1	2	3	4	5		6	7	8		9	10	11	
12						13				14			
15						16				17			
18				19	20			21	22				
			23				24						
25	26	27				28	29			30	31	32	33
34						35				36			
37						38				39			
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44	45	46				47				48	49	50	
51					52	53			54	55			
56					57				58				
59					60				61				



2022 FRED BURROWS TROPHY

Custom Glass Works won the 2022 Fred Burrows Trophy as the top team in the Laframboise Fuels Ultramar Englehart Adult Slo-Pitch League. In back, from the left, are Dave Warren (presenting trophy), Derek Mundle, Julie Guertin, Katie Mundle, Ashley Jamieson, Melinda Drummond, Vic Pilon, Wayne Preuit, Ron Conrad and Ryan Vickery. In front, same order, are Mark Scott, Zoe Brazeau and Steve Guertin. Absent were Dale Preuit and Luke Mayhew. (Supplied photo)

LAFRAMBOISE FUELS ULTRAMAR ENGLEHART ADULT SLO-PITCH LEAGUE

PLAYOFF SCORES

Monday, September 5: Williams and Scott Ace Hardware 13 - Custom Glass Works 7
 Wednesday, September 7: Fred Burrows Trophy Final: Custom Glass Works 14 - Williams and Scott Ace Hardware 9

Regular season final standings:

Team	W	L	T	RF	RA	PTS
Williams/Scott Ace Hardware	9	1	0	173	89	18
Custom Glass Works	8	2	0	176	131	16
Cousin's Restaurant	6	3	0	133	122	12
Vickery Construction	6	4	0	155	131	12
Peters' Garage	6	4	0	186	139	12
Northern Pride Realty	5	5	0	146	145	10
Pharmasave	5	5	0	158	151	10
The Craft	3	6	0	94	145	6
Austin's Valu-Mart	2	7	0	114	161	4
Direct Replacement Parts	2	7	0	128	146	4
Aidie Creek Gardens	1	9	0	96	200	2

LOCKER ROOM CHATTER

With Chip McDivot

In the latest results from the Haileybury Golf Club (HGC): **LADIES' NIGHT**

In the precision game September 6, M.L. Chen wins the North On Tap Award for closest to the pin after two on #9 as well as the Jack Birtch Award for closest to the pin on #7.

On the Long Ball side, V. Paterson wins the U55 division (Head2Toe), C. McCabe wins the 55-65 division (HGC) and R. West wins the 65+ division (McKnight's Ladies' Wear).

A Low Gross with 72: C. Sartoretto, A. Gabbani and M.L. Chen (Century 21, Active 1, NCFM, and Whiskeyjack).

B Low Gross with 74: J. Paterson, V. Paterson, L. Paterson and K. Cloutier (Kal Tire, Jack Birtch, St. Cyr and Associates, Scotiabank).

Thank you for door prize tickets goes out to Gisele's Catering and North on Tap.

MEN'S NIGHT

Another beautiful evening Thursday, September 8, as over 50 golfers took to the links in a greenskeeper's revenge night. Things were, to put it mildly, interesting.

In the skills division D. Caron won the Grant Propane Award for closest to the hole on #1; U. Simoni won the Jack Birtch award closest to the pin on #7; closest after two shots on #9 was N. Cote (3H).



In the Brawn department, Junior Long Drive (Chico's) went to M. Levesque; Senior Long Drive (Kal Tire) to G. Desjardins; and Super Senior went to J. Goodyear (North Cobalt Flea Market).

A Flight Low Gross at 72: M. Levesque, M. Garton, L. Gagne, D. Garton (#1 Auto, Century 21, McKnight's Men's Wear, Active 1 Source for Sports).

B Flight Low Gross at 74: A. Jenkins, G. Desjardins, D. Forget, G. Brazeau (Jack Birtch, SMC, Temiskaming Shores, North on Tap).

C Flight Low Gross at 70: J. Huppe, C. Maxwell, N. Cote, Z. Rivard (Kal Tire, Temiskaming Shores, Head2Toe).

Door prizes provided by Gisele's Catering, Golf Canada, Whiskeyjack Brewing Company and North on Tap.

Please note Men's nights begin now at 5 p.m. If you can make it but want a later start, let the Golf Shop know when you register your team, call 705-672-3455.

Terry Fox Run back on track for September 18

Sue Nielsen
Speaker Reporter

TEMISKAMING SHORES — The Terry Fox Run hits the roads on Sunday, September 18, in Englehart and Temiskaming Shores.

In 1977, 18-year-old Terry Fox was diagnosed with bone cancer and gave up his right leg to prevent the spread of the disease.

He began his cross Canada Marathon of Hope in 1980 to raise awareness of cancer and to fund cancer research.

He had to stop his run because the cancer had returned and he eventually passed away from the disease on June 28, 1981, at the age of 22.

The Terry Fox Foundation says there will be a September 18 Terry Fox Run event, the first in-person event since 2019.

The "no quit" attitude of Terry Fox has inspired millions of Canadians to take part in the annual runs and donate funds for cancer research.

TEMISKAMING SHORES

In Temiskaming Shores the run coordinator is Jessica Paterson and in Englehart it is Wendy Middaugh.

"I do that with passion and love in honour of so many people, sadly far too many," said Paterson.

She lost her father, Mike Jibb, to cancer in 2013 and her mother has recently been diagnosed with cancer and "our family has been shaken to the fore once again."

Each person who registers to take part in the annual event will be helping to make Terry Fox's dream of having a world without cancer a reality.

The t-shirt sales are a clear visual on the day of the run and remind the general public that cancer research is the cause of the event.

"I want to see people out this year. We need a cure, we need hope and we need an event where we can come together for a great cause," added Paterson.

She says participants can register online on the morning of the event and they will also have volunteers ready to accept donations.

Registration in person is from 8-10 a.m. at the Don Shepherdson Memorial Arena with a mass start at 10.

ENGLEHART

Englehart has a long history of supporting the Terry Fox Run. In 2021, the run raised the most money ever, with \$9,480.

Middaugh said there are a couple of options this year for Englehart participants.

They can walk, wheel or run wherever and whenever they wish as was done in 2020 and 2021.

For this interested in a group event, they will gather at the downtown Centennial Park between 12:30 and 1 p.m. and leave around 1 p.m. to head out to Kap-Kig-Iwan Provincial Park and return.



What to look for when shopping for natural products

(NC) Finding the right products for you and your family can be tough – especially when you're looking for healthy options. Whether you're shopping for food, cleaning materials, bath and body products or supplements, understanding natural product labels can be confusing and sometimes overwhelming. To help you navigate the world of natural products, here are three things to remember when you're out shopping.

SIMPLICITY IS KEY

If you're reading a product label and its ingredient list is complex and full of items you can't recognize or pronounce, that may be a flag that the product isn't natural. Natural products will feature a simple list of ingredients, and many of them will be ones you know. If you're not sure, ask store staff about an ingredient or do some research online.

CHECK FOR CERTIFICATIONS

Look for certifications that confirm a product has met requirements for green or eco-friendly and non-GMO or organic designations. Purchasing foods with the «non-GMO» or «organic» label

may be your safest bet when it comes to overall health and minimal toxins. When shopping for supplements, look for a natural product number indicated with NPN or a homeopathic medicine number, which is referred to as a DIN-HM. The eight-digit DIN-HM number is given to a product by Health Canada once it has been deemed safe, effective and of high quality.

KNOW THAT "NATURAL" ISN'T ALWAYS WHAT IT SEEMS

When shopping for natural foods, it is important to do your research because the word "natural" can be used widely in the food world. For example, foods containing highly processed high fructose corn syrup can be labeled natural since the synthetic materials used to create this ingredient are not present in the final product. Foods containing genetically engineered or modified ingredients can also be labeled natural.

Find more tips at natureemporium.com.

www.newscanada.com

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There was a close play at second base between the Master Batters runner and the Damaged Unicorns fielder in the third event finals of the Fred Burrows Fall Classic Slo-Pitch Tournament on September 11. Master Batters won the game and then won the Armstrong Township third event title over Kohut Freeballers. (Staff photo by Sue Nielsen)



It was Buns and Wieners weekend at the 2022 Fred Burrows Fall Classic Champions as the team won the title on September 11. Standing, from the left, are Katie Charbonneau, Kendra Plaunt, Jake Mazzetti, Marc Charbonneau, Skylar Evans, Barbara Burrows, Scott Mitchell, Kyle Nosworthy and Gillian Nicholls. Kneeling, same order, are Taylor Delisle, Amy Parker, Ryan Pelletier and Kaytlyn Swanson. (Supplied photo)

Buns and Wieners take Burrows Fall Classic

ENGLEHART (Special) – The 2022 Fred Burrows Fall Classic Slo-Pitch Tournament held during the Englehart Fall Fair September 9-11 was a big hit once again. “Thanks to our sponsors, volunteers and participants for a successful 2022 tournament,” said Derek Mundle, one of the organizers of

the tourney.

RESULTS

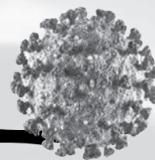
Town of Englehart 1st Event: Buns and Wieners over Full of Hit Chamberlain Township 2nd Event: Expandaballs over Highway 11 North. Armstrong Township 3rd Event: Master Batters over Kohut Free-

ballers.

Steve’s Firewood 4th Event: Misfits over Sons of Pitch. Active 1 Source for Sports 5th Event: Dirt ‘n Diamonds over Bat News Bears. JPL Storage 6th Event: Three H over Bandits.

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COVID UPDATE



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Address/adresse: 247 Whitewood Ave.,
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COVID-19 phone line/ligne de COVID-19:
705-647-4305, extension/poste 7

A bivalent COVID-19 vaccine is now available in Ontario! Un vaccin bivalent contre la COVID-19 est maintenant disponible en Ontario!

The bivalent vaccine is designed to target the Omicron BA.1 variant, as well as the original COVID-19 strain. It is an adapted version of the Moderna COVID-19 vaccine. After a thorough and independent scientific review, Health Canada has determined that the bivalent vaccine is safe and effective. Health Canada has approved the bivalent vaccine for use as a booster dose in people aged 18+.

You may receive the bivalent vaccine if at least 6 months have passed since your last dose and 3 months have passed since a COVID-19 infection.

Le vaccin bivalent vise le variant Omicron BA.1, ainsi que la souche COVID-19 originale. Il s’agit d’une version adaptée du vaccin Moderna contre la COVID-19. Après un examen scientifique approfondi et indépendant, Santé Canada a déterminé que le vaccin bivalent est sécuritaire et efficace. Santé Canada a approuvé l’utilisation du vaccin bivalent comme dose de rappel chez les personnes âgées de 18 ans et plus.

Vous pourriez recevoir le vaccin bivalent au moins 6 mois après avoir reçu votre dernière dose et 3 mois après une infection à la COVID-19.

**You are currently eligible if you belong to one of these priority groups:
Vous êtes présentement éligible si vous appartenez à l’un des groupes prioritaires suivants :**



people aged 70+
personnes âgées de 70 ans et plus



health care providers
professionnels de la santé



residents of long term care, congregate living settings,
and retirement homes
les résidents des établissements de soins de longue durée
et des milieux de vie collectifs et des maisons de retraite



anyone who is pregnant (18+)
toute personne enceinte, 18 ans et plus



immunocompromised people aged 12+
personnes immunodéprimées âgées de 12 ans et plus



First Nations people and their household members
aged 18+
Les membres des Premières Nations et les membres de
leur domicile âgés de 18 ans et plus

CLINICS | CLINIQUES

- Book online at <https://covid-19.ontario.ca/book-vaccine> or call us at 866-747-4305, Ext. 6. (Health care providers and pregnant people must call to book.)
- Due to limited capacity, appointments are required at CSCT clinics and encouraged at THU clinics for people aged 5+. Walk-ins are welcome at THU clinics for children aged 6 months to under 5 years.
- Participating pharmacies also carry COVID-19 vaccines: <https://covid-19.ontario.ca/vaccine-locations>.

- Réservez en ligne à <https://covid-19.ontario.ca/rendezvous-vaccin> ou appelez 866-747-4305, poste 6. (Les professionnels de la santé et les personnes enceintes doivent prendre rendez-vous par téléphone.)
- En raison de la disponibilité limitée, des rendez-vous sont requis aux cliniques du CSCT et encouragés aux cliniques des SST pour les personnes âgées de 5 ans et plus. Les personnes sans rendez-vous sont les bienvenues aux cliniques des SST pour les enfants âgés de 6 mois à moins de 5 ans.
- Les pharmacies participantes offrent également des vaccins contre la COVID-19: <https://covid-19.ontario.ca/emplacements-pour-la-vaccination>.

Clinics for people aged 5+ (first, second, and booster doses) | Cliniques pour les 5 ans et plus (1re, 2e et doses de rappel)

Wednesday, September 14 | mercredi 14 septembre
Monday, September 19 | lundi 19 septembre
Tuesday, September 20 | mardi 20 septembre
Wednesday, September 21 | mercredi 21 septembre

Kirkland Lake - Heritage North 1 - 4 p.m. | 13 h à 16 h
Englehart - Arena 1 - 4 p.m. | 13 h à 16 h
New Liskeard - Old 'Movie Gallery' 1 - 4 p.m. | 13 h à 16 h
Kirkland Lake - Heritage North 1 - 4 p.m. | 13 h à 16 h

Clinics for children aged 6 months to under 5 years | Cliniques pour les enfants de 6 mois à moins de 5 ans

Thurs., September 15 | jeudi 15 septembre **New Liskeard - Centre de santé communautaire du Témiskaming** 4 - 6:30 p.m. | 16 h à 18 h
Tues., September 20 | mardi 20 septembre **Kirkland Lake - Timiskaming Health Unit** 9 a.m. - 12 p.m. & 1 - 4 p.m. | 9 h à 12 h et 13 h à 16 h
Tues., September 20 | mardi 20 septembre **Kirkland Lake - Centre de santé communautaire du Témiskaming** 4 - 6:30 p.m. | 16 h à 18 h

For the full clinic schedule, visit | Pour l’horaire complet des cliniques, visitez www.timiskaminghu.com/90513/COVID-19-Vaccine



CITY BULLETIN

For More Information Call 705 672-3363 Write to The City of Temiskaming Shores, P.O. Box 2050, Haileybury, ON P0J 1K0 or Visit our Website: www.temiskamingshores.ca

Council and Committee MEETINGS

Regular Council Meeting

Tuesday, September 20, 2022 @ 6:00 p.m. – City Hall, 325 Farr Drive

Public Works Committee Meeting

Thursday, September 22, 2022 @ 9:00 a.m. – City Hall, 325 Farr Drive

Building Maintenance Committee Meeting

Thursday, September 22, 2022, 2022 @ 11:00 a.m. – City Hall, 325 Farr Drive

Corporate Services Committee Meeting

Thursday, September 22, 2022 @ 12:00 a.m. – City Hall, 325 Farr Drive

Protection to Persons and Property Committee Meeting

Thursday, September 22, 2022 @ 1:00 p.m. – City Hall, 325 Farr Drive

Regular Council Meeting

Tuesday, October 4, 2022 @ 6:00 p.m. – City Hall, 325 Farr Drive

Regular Council Meetings are live-streamed on the City's Facebook page.

Question and Answer Period Procedure

Question and Answer Periods during regular Council meetings are an opportunity for members of the Public to submit questions pertaining to an item on the Agenda, or the business of Council. Members of the public who wish to submit questions to Council at a Regular Council Meeting, may submit in writing or via email to questions@temiskamingshores.ca. The questions received will be read aloud and responded to during the Question and Answer Periods.

Emailed questions will be received until the second Question and Answer Period. Questions received after this time, will not be read aloud at the Meeting. Note: Correspondence sent to the Mayor and Council may be included in a Council agenda/package, and become part of the public record.

Comments or questions submitted via the City of Temiskaming Shores Facebook page, will not be considered, and the moderator of the live-streamed Meeting may remove any and all comments.

For further information, contact Kelly Conlin 705-672-3363 Ext. 4136 kconlin@temiskamingshores.ca

City of Temiskaming Shores Road Closures - 2022 Fall Fair



RECREATION UPDATE

Waterfront Pool and Fitness Centre

- Pool schedule is available on our website: www.temiskamingshores.ca/poolschedule/
- Evening and Public Swims available throughout the fall
- Fall Aquatic Programming Registration Dates
 - Residents – September 21st at 8:00am
 - Non-Residents – September 23rd at 8:00am

Parks, Trails, and Greenspaces

- Parks, playgrounds, trails and greenspaces are OPEN
- Ball Diamonds, Soccer Fields, Basketball Courts and Tennis Courts are OPEN
- Carter Antilla Memorial Skatepark is OPEN

Marinas

New Liskeard and Haileybury Marinas are OPEN

Hours of Operation Haileybury:

September and October - Sundays 11am to 6:30pm

Hours of Operation New Liskeard:

September and October - Fridays and Saturdays from 11am to 6:30pm

Last day of operation: Sunday October 9th

STATO Trail

STATO trail is OPEN! Please use caution while on the trail and ride within your abilities.

Arenas

Shelley Herbert-Shea Memorial Arena Icetime available now! Contact us today to book

Don Shepherdson Memorial Arena

Re-Opening October 3rd

Notice of Public Meeting Potential Sale of Municipal Land – Vacant Commercial Property – Ferguson/Amwell

Notice is hereby given in accordance with By-law No. 2015-160 in respect to the City considering the sale of a portion of Andrews Street on Plan M67-NB.

This public notice is being given to advise the public that Council is considering the sale of the subject land as described below and shown in the key map.

Any person may attend the public meeting, or provided written comments prior to the public meeting.

The Public Meeting will be held: Further information or written submissions:

Date: Tuesday, September 20, 2022 Kelly Conlin, Municipal Clerk
Time: 6:00 p.m. Email: clerk@temiskamingshores.ca
Location: Council Chambers (325 Farr Drive) Phone: 705-672-3363 x 4116

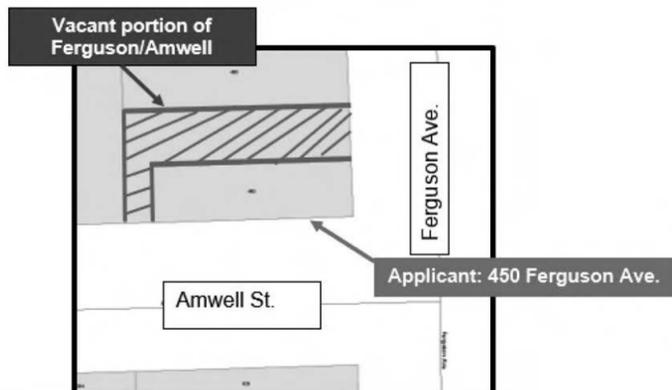
The public can provide input on the proposed sale, as follows:

- **Submit Comments in Writing:** Persons wishing to provide written comments may submit in writing, using the email address above, prior to 4:30 p.m. on Tuesday, September 13, 2022; or may submit comments to questions@temiskamingshores.ca, during the live-streamed Council meeting, viewed on the City of Temiskaming Shores Facebook page.
- **Register to Speak at the Meeting:** Persons wishing to speak to Council must register with the Clerk prior to 3:00 p.m. on Tuesday, September 13, 2022, using the above-noted email or telephone number.

Proponent / Purpose: The owner of 450 Ferguson Avenue is seeking to purchase the subject property adjacent to the parcels owned by the applicant, for the purpose of creating additional parking space.

Description of Land: Portion of Ferguson/Amwell, as shown below.

Key Map



This map is provided for illustrative purposes. It is not a substitute for a legal survey. Boundaries on aerial photos may be skewed.



Application for Consent Notice of Complete Application And Notice of Statutory Public Hearing Committee of Adjustment

Under Section 53 of the Planning Act, R.S.O. 1990 c.P.13

The City of Temiskaming Shores has received the following application for consent to sever:

File #: B-2022-05
Owner: RioPlaza Properties Inc.
Applicant: Surveyor's On Site
Property: 883003 Highway 65

A public meeting will be held to consider the consent application:

Date: Wednesday, September 28, 2022
Time: 1:30 p.m.
Place: Haileybury Boardroom at City Hall, 325 Farr Drive, Haileybury
 Please contact the undersigned for alternative participation options

The applicant is proposing to sever the rear portion of the property to create a vacant lot with an area of 4.98 hectares (12.3 acres) and with frontage on the proposed extension of Grant Drive, including a 10m wide easement along the rear of the proposed severed property. The proposed retained property would have an area of 7.25 hectares (17.9 acres), and contains the Temiskaming Square mall.

The subject property is designated Mixed Use Areas in the City of Temiskaming Shores Official Plan and is zoned Highway Commercial (C2) in the City of Temiskaming Shores Zoning By-law.

Key Map



Additional information about the consent application is available by contacting the undersigned.

Dated this 14th day of September, 2022.
 Jennifer Pye, MCIP, RPP
 Secretary-Treasurer, Committee of Adjustment
 City of Temiskaming Shores
 325 Farr Drive, PO Box 2050
 Haileybury, ON P0J 1K0
 Tel: 705-672-3363 ext. 4105
jpye@temiskamingshores.ca

AQUATIC LEADERSHIP COURSES

Registration Dates for all Aquatic Leadership Courses:
Residents – September 21st 2022 at 8:00am
Non-Residents – September 23rd, 2022 at 8:00am

Bronze Medallion with Emergency First Aid CPR B:

This course challenges the candidate both mentally and physically. Judgement, knowledge, skill, and fitness – the four components of water rescue – form the basis of Bronze Medallion training. Candidates acquire the assessment and problem-solving skills needed to make good decisions in, on, and around the water. Bronze Medallion is as prerequisite for assistant lifeguard training in Bronze Cross.

Prerequisite: Minimum 13 years of age or Bronze Star certification

Date	Time	Fees	Manual Required
Fri. Oct. 21 st	4:00-8:30pm	Resident: \$75.00	Canadian Lifesaving Manual (2015 edition) \$55.00 (can purchase day of)
Sat. Oct 22 nd	10:30-7:00pm	Non-Resident: \$93.75	
Sun. Oct. 23 rd	8:00-3:00 pm		
Exam Sun. Oct 23 rd	3:30-7:00pm		

*Please note that HST will be charged to all participants over the age of 15
Maximum 9 participants, Minimum 6 participants
Instructors: TBA

Bronze Cross with Standard First Aid - 2022:

This course begins the transition from lifesaving to lifeguarding and prepares candidates for responsibilities as assistant lifeguards. Candidates strengthen and expand their lifesaving skills and begin the importance of teamwork and communication in preventing and responding to aquatic emergencies. Bronze Cross is a prerequisite for advanced training in the Society's National Lifeguard and leadership certification programs.

Prerequisite: Bronze Medallion and Emergency First Aid certifications (need not be current).

Date	Time	Fees	Manual Required
October 25 th	4:00-8:30pm	Resident: \$70.00	Canadian Lifesaving Manual \$55.00 Canadian Standard First Aid Manual \$20.00 (can purchase day of)
November 1 st , 8 th 15 th , 22 nd , 29 th		Non-Resident: \$87.50	

Supplies Required: For the Bronze Cross certification, you will be required to bring your own Fox 40 pea less whistle, a pocket mask, and extra pairs of medical gloves.

*Please note that HST will be charged to all participants over the age of 15
Maximum 9 participants, Minimum 6 participants
Instructor: Sheryl Gilbert

Lifesaving Instructors Course:

This course prepares instructors to teach:

- The Canadian Swim Patrol Program
- Bronze Star, Bronze Medallion, Bronze Cross
- Lifesaving Fitness, Distinction
- Basic and Emergency First Aid, CPR-A, B, and C

Prerequisites: 15 years of age by the end of the course, Bronze Cross certification (need not be current)

Date	Time	Fees	Manual Required
Fri. Nov 4 th	4:00-8:30pm	Resident: \$130.46	Lifesaving Instructor Pack (includes instructor manual, swim patrol award guide, Bronze Medals Award guide, First Aid Award guide, leadership Binder) \$60.00
Sat. Nov 5 th	9:00-6:00pm	Non-Resident: \$163.08	
Sun. Nov 6 th	9:00-6:00 pm		

Instructors: Sheryl Gilbert & Jill Plaunt

*Please note that HST will be charged to all participants over the age of 15

Please Note:
100% attendance is required to complete any aquatic leadership course.



AGE FRIENDLY/GET ACTIVE PROGRAMS.

For more information contact Lynn Julien at 705-647-5709 or ljulien@temiskamingshores.ca Weather permitting for all outdoor activities. Registration required for Women's exercise class and line dancing class.

Monday – Pickleball: 8:00am – September 19th and 26th, New Liskeard Tennis Courts

Adult Swim: 12:00pm – September 26th, Senior drop-in rate of \$4.25, PFC Centre

Tuesday – Pickleball: 8:00am – September 20th and 27th, New Liskeard Tennis Courts

Women's Exercise Class: 9:00am – September 20th and 27th, Shelley Herbert-Shea Memorial Arena

Beginner Line Dancing: 10:00am – September 20th, and 27th, New Liskeard Community Hall

Wednesday – Pickleball: 8:00am – September 14th, 21st and 28th, New Liskeard Tennis Courts

Adult Swim 12:00pm – September 28th, Senior drop-in rate of \$4.25, PFC Centre

Horseshoes: 10:00am – September 14th, 21st and 28th, New Liskeard, Algonquin Beach Park

Thursday – Pickleball: 8:00am – September 15th, 22nd and 29th, New Liskeard Tennis Courts

Women's Exercise Class: 9:00am – September 15th, 22nd and 29th, Shelley Herbert-Shea Memorial Arena

Kubb: 10:00am – September 15th, 22nd and 29th, By the New Liskeard baseball fields

Intermediate Line Dancing: 11:00am – September 15th, 22nd and 29th, Shelley Herbert-Shea Memorial Arena

Friday – Pickleball: 8:00am – September 9th, 16th, 23rd and 30th, New Liskeard Tennis Courts

\$3 Bowling: 1:30pm – September 9th and 23rd, Tri-Town Bowling Lanes, 331 Main Street, Haileybury

Adult Swim 12:00pm – September 9th, 16th, 23rd and 30th, Senior drop-in rate of \$4.25, PFC Centre

Get Bowling! Viens Quiller!

FRIDAY SEPTEMBER 23RD

1:30pm

Tri-Town Bowling Lanes
331 Main St., Haileybury

LE VENDREDI 23 SEPTEMBRE

13h30

Tri-Town Bowling Lanes
331 rue Main, Haileybury

\$3.00 includes the cost of shoes
3,00\$ prix des souliers inclus

For more information contact:
Pour plus d'information, contactez:
Lynn

ljulien@temiskamingshores.ca

705-647-5709



325 Farr Drive
P.O. Box 2050
Haileybury, Ontario P0J 1K0



Tel: (705) 672-3363
Fax: (705) 672-3200
www.temiskamingshores.ca

Form TD09(A)

City of Temiskaming Shores

Municipal Elections 2022 - Notice of the Voters' List

Notice Is Hereby Given that, the list of all persons entitled to be electors for municipal elections in this municipality has been prepared by the Clerk's office.

As of September 1, 2022, all electors should ensure that their names and relevant information are correct on the Voters' List.

A person may make an application to the Clerk requesting that their name be added to or removed from the Voters' List, or that information on the Voters' List relating to them be amended by completing and filing the prescribed form available at:

The Office of the Clerk
City of Temiskaming Shores
325 Farr Drive, P.O Box 2050
Haileybury, ON P0J 1K0

during Regular Office Hours between September 1, 2022 to October 21, 2022, and to the close of voting on October 24, 2022. The application shall be in writing and shall be filed in person, or by mail. Proof of identity and residence as prescribed in *O. Reg. 304/13* will be required of the applicant. If the applicant does not appear in person, a certified copy showing proof of ID and proof of residence/occupancy is required to accompany the application.

Qualifications Of Electors

A person is entitled to vote in a municipal election if he or she on Voting Day,

- resides in the local municipality, or is the Owner or Tenant of land in the municipality, or the spouse of such Owner or Tenant; and
- is a Canadian citizen, and
- is at least 18 years old, and
- is not prohibited from voting by law.

Dated at the City of Temiskaming Shores

This 1st day of September, 2022.

Kelly Conlin, Clerk

Form TD09(B)

Key Information to Municipal Electors Regarding the 2022 Municipal Elections

Who Can Vote?

A person is entitled to vote in a municipal election if he or she on Voting Day,

- resides in the local municipality, or is the owner or tenant of land in the municipality, or the spouse of such owner or tenant; and
- is a Canadian citizen,
- is at least 18 years old, and
- is not prohibited from voting under the Municipal Elections Act, 1996 or otherwise prohibited by law

Who Cannot Vote?

The following cannot vote:

- a person who is serving a sentence of imprisonment in penal or correctional institution;
- a corporation;
- a person acting as executor or trustee or in any other representative capacity, except as a voting proxy in a traditional election;
- a person who was convicted of the corrupt practice described in subsection 90 (3), if voting in the current election is less than five years after Voting Day in the election in respect of which her or she was convicted.

Are You on the Voters' List?

The List of eligible voters for the upcoming municipal election has been prepared by the Returning Officer/Clerk of your municipality. We all play a role in ensuring a fair electoral system, and it is the responsibility of every elector to make sure their information is up-to-date and accurately reflected for electoral purposes. Eligible Electors can log into voterlookup.ca to:

- confirm or update their electoral information;
- add an elector name to an address;
- change school support;



As of September 1, 2022 all Voters should ensure that their names and relevant information are correct on the Voters' List. To be added, deleted or to make any other corrections to your information, contact or visit the Municipal Office where you are entitled to vote, with proper identification and proof of residence during normal office hours beginning September 1 up to and including the close of voting on October 24, 2022 at 8 p.m.

Electors will be notified of their voting locations and advanced voting dates in early October.

To be added to the Voter's List the voter must have acceptable identification and proof of residence.

Note: Electors in the City of Temiskaming Shores only will have the option of voting in-person by paper ballot, or by use of alternative methods (i.e., Telephone and Internet). A Voter Information Letter will be mailed to each elector, providing a Personal Identification Number (PIN), to vote from **October 14th at 9:00 a.m. until October 24, 2022 at 8:00 p.m.** If access to a telephone or internet connection is unavailable, a Voter Help Centre will be provided throughout the voting period. Contact the City for locations, dates and times of operation.

Part Time Lifeguard/Swim Instructors Competition No. 2022-033

The City of Temiskaming Shores is currently seeking Part Time Lifeguards.

The successful candidates will possess the following qualifications:

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

Applicants are encouraged to submit their resumes quoting Job Competition No. 2022-033 no later than September 16th, 2022 by regular mail or email to:

Shelly Zubyck
Director of Corporate Services
P.O. Box 2050
Haileybury, Ontario
P0J 1K0
szubyck@temiskamingshores.ca

The City of Temiskaming Shores is committed to an inclusive, barrier free environment. Accommodation will be provided in all steps of the hiring process. Please advise the Director of Corporate Services if you require any accommodations to ensure that you can participate fully and equally during the recruitment and selection process.

We thank all applicants; however, only those considered for an interview will be contacted.

Skiers get a jump on winter with dryland training

Continued from B Front

tween the ages of eight and 16 hailing from Temiskaming Shores, North Bay, Sudbury, Sault Ste. Marie and Owen Sound.

The camp focused on skills like agility, balance and speed on roller skis, aerobic endurance



Local youth skiers Isaac Desilets (foreground) and Ian Schaffer make their way around the track at Ecole secondaire catholique Sainte-Marie during a dryland training camp for cross-country skiers held September 9-11. Over 30 youth from across the north took part in the pre-season training camp, held mainly at the Temiskaming Nordic Ski Club. (Staff photo by Sue Nielsen)

and map reading skills through orienteering, strength training and how to do specific strength exercises to allow efficient skiing and good joint health.

"We also ran education sessions on nutrition, hydration and training theory," noted Story in an email interview. "On Sunday the kids got a chance to practice some dryland training by running the ski club trails as part of the Get Active in Temiskaming Colour Run."

Story noted the TNSC will host a Northern Ontario District race in early December along with the traditional citizens' race or loppet and community sprint relays in late March.

Story was one of the coaches for the youth skiers, along with guest coaches from out of town.

He thanked "a team of local volunteers who served lunch on Saturday as well as breakfast and brunch on Sunday. Thanks especially to Amanda Mongeon and Kerry Schaffer for coordinating those meals. Thanks to Giselle's Catering for providing dinner Saturday night and finally the Get Active in Temiskaming committee of Tony and Chandra Juurlink, TNSC volunteers for providing the super facilities, the volunteer ski coaches from Sudbury of Alison Goodwin and Kerry Abols and North Bay's Mark Thomas assisted with coaching."

He noted Cross Country Ski Ontario (XCO) also provided coaching and technical support to the skiers during the camp.

"In particular, a big shout out to Bryan Dubeau and Peter Wiltmann from XCO."



LIONS HOPEFULS

Plenty of players took to the ice in hopes of making the New Liskeard Lions U18 hockey team by impressing the coaches September 11 at the Shelley Herbert-Shea Memorial Arena in Haileybury. The team is back on the ice for tryouts Thursday, Sept. 15, from 8:20-9:20 p.m. and on Saturday, Sept. 17, from 6:30-8:30 p.m. (Staff photo by Sue Nielsen)

THE SAVVY GARDENER

WHEN TO SOW AND PLANT MELONS

Melons come in a range of sizes, flavours, colours and textures and can be grown successfully in a variety of locations. However, it's important to know when to sow them to produce good yields.

SOWING - Melon seeds should be sown indoors. To do so, fill several small pots with well-draining soil and a pinch of mycorrhizae. Plant two seeds in each pot and place them in a south-facing window or under a grow light. You can use a heat mat for quicker germination. If both seeds germinate, cut off the weaker stem once it has three leaves.



PLANTING - Choose a sunny spot that's sheltered from the wind and has rich, well-draining soil. About a month before planting your starters, lay black plastic mulch over the area to warm the earth. After, plant them outdoors and surround them with landscaping fabric to protect them from the cool night air until the weather warms up.

To find out which melon varieties are easiest to grow in your area, visit your local garden centre.

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GAME TIME

Ecole secondaire catholique Sainte-Marie (ESCSM) hosted North East Ontario Athletic Association Senior Girls' basketball action on October 21. Apollos Emma Renaud (left) and Mary-Jaye Ethier battled for the ball with Kirkland Lake District Composite School player Molly Morgan. ESCSM won the game 40-17. (Staff photo by Sue Nielsen)

Get Active

Colourful finale for annual run/walk series

Diane Johnston
Speaker Reporter

COLEMAN – Just over 50 runners and walkers of all ages hit the trails at the Temiskaming Nordic Ski Club on the weekend to wrap up an abbreviated Get Active season.

Among them were many regular participants.

"We do have some new faces," said organizer Chandra Juurlink on a chilly but sunny Saturday morning, October 23.

The Get Active in Temiskaming series has not escaped the pandemic and related restrictions.

This year's series opened in May with a virtual event. Registered participants could snap selfies with signs posted at all the regular Get Active locations and then be entered into a draw for prizes.

Fees from that first event offset the cost of developing a new website for the series.

The first in-person event since 2020 was held September 26 at the Dymond Recreation Park and drew 34 runners and walkers of all ages.

The October 23 event, traditionally the most popular of the series, was held later than usual.

Given COVID-19 safety protocols, it skipped the stations where participants could opt to be splattered in coloured powder.

But they could still make their way through trails still bearing some colourful fall foliage.

It ended this year's series, but Juurlink hopes that Get Active can resume its usual five-event schedule in 2022.

The series was launched in 2010 to promote healthy, active living.

It offers five runs and walks in the spring, early summer and fall at locations around the Temiskaming Shores area – Pete's Dam Park, Haileybury, New Liskeard, the Dymond park and the Nordic ski club.

Continued on 2b

Great North

Kap Flyers double up on Cubs

Sue Nielsen
Speaker Reporter

TEMISKAMING SHORES — The New Liskeard Cubs hosted their home opener October 22 but it didn't go quite as hoped for.

The Great North U18 League team went down to defeat 4-2 against northern rivals, the Kapuskasing Flyers, in front of an estimated 400 hometown fans on Friday at the Don Shepherdson Memorial Arena.

Coach Polyblank said his team battled hard during the contest.

"I thought maybe we came out a little flat but the guys said no. It was a close game, 1-0 after the first period, 1-1 after the second and then we slacked off in the third period," said Polyblank.

"I imagine for the fans watching it was a very exciting game



Players focus on a loose puck beside the Kap Flyers net in first period action October 22 at The Shep. The New Liskeard Cubs' home opener Friday was a 4-2 loss to the visitors. The Cubs are back at it Friday, Oct. 29, when they host the Sudbury U16 Nickel Capitals beginning at 8 p.m. (Staff photo by Diane Johnston)

because it went back and forth. We had a lot of supporters out to see the game," the coach said in a telephone interview.

He was pleased with how his team battled back in the final few minutes of the game when he pulled goalie Brett Ruddy in

favour of the extra attacker.

"We were all over their net but couldn't score and then

Continued on 2b

Home opener Saturday

Lions look to refine game after first tourney

Steven Larocque
Speaker Editor

TEMISKAMING SHORES – The first competitive games of the season are now behind the New Liskeard Lions as they look to fine-tune and improve their game for the 2021-22 season.

The U18 squad took part in the five-team Porcupine Minor Hockey Association IceBreakers Tournament October 22-24.

"We liked the work ethic for the most part, we got better as the tournament went on which was really encouraging," said New Liskeard head coach Dom Fleury.

The Lions were winless in four games, getting shutout in the last two contests.

"Basically we need to get in better shape," said Fleury in an email interview.

"Our passing and position play need a lot of work, but our coaching staff believe that we will get there, it will take

some time, as long the boys don't get down on themselves, we will be just fine," he said.

In game one on October 22 the Chapleau Huskies won 5-3.

Scoring for the Lions were Chase Bigelow, Jayden Jones and Kenny Moore.

Earning assists were Francis Charland, Francis Lajoie and Nicholas Caron.

In game two Friday night the Wawa Legionnaires edged the Lions 3-1.

Caron scored, assisted by Matthew Loiselle.

New Liskeard was blanked in both games Saturday: 3-0 to the Schumacher Cubs and 5-0 to the South Porcupine Junior Gold Kings.



NDHL

The Lions will open their Nickel District Hockey League regular season with a three-game weekend October 30-31.

On Saturday they host Sault Ste. Marie at the Don Shepherdson Memorial Arena at 1 and 6 p.m.

The teams meet again Sunday, Oct. 31, at 12 p.m.

U13

Two local teams competed in the IceBreakers U13 division.

The Englehart Express beat the Jr. Gold Kings 5-3 on Friday morning, then that evening lost to the West Nipissing Sting 7-2.

Saturday the Express narrowly lost to the Kapuskasing Icehawks 3-1.

In the Consolation semifinal the Ex-

press blanked the Temiskaming Shores Minor Hockey Association (TSMHA) Rotary Puckhounds 3-0.

That sent Englehart to the Consolation final on Sunday where they beat the Gold Kings 4-1.

Rotary lost their opener Friday to the Iroquois Falls Eskimos 6-4, then fell 6-2 to the Hearst Lumber Kings that night.

On Saturday Rotary was downed 6-2 by the Cochrane Richelieu Cubs and finished their tournament with the 3-0 loss to Englehart.

U11

Meanwhile, in the U11 division, the TSMHA Active 1 Source for Sports Puckhounds were defeated 6-5 by the Kirkland Lake MGI Collision Blue Devils on Friday afternoon.

Friday evening Source again lost a close one, 4-3 to the Jr. Gold Kings.

Saturday's losses were 8-5 to Hearst and 13-2 at the hands of the Cochrane Knights.



Just over 50 walkers and runners – including some of the participants in the five-kilometre run seen above – hit the trails at the Temiskaming Nordic Ski Club on the weekend. It was the third and final event of the Get Active in Temiskaming 2021 series on October 23. (Staff photo by Diane Johnston)

Get Active

Colourful finale for annual run/walk series

Continued from B Front

Participants can choose to run or walk a variety of distances, ranging from one and two kilometres to five and 10 kilometres.

There's even a 100-metre dash for kids aged four and younger.

At the same time, the series supports community in-

itiatives as participants can choose to direct their entry fees to individual organizations.

Beneficiaries of the two in-person events this year and last year's pandemic-shortened series are the Temiskaming Northern Loons swim club, the Nordic ski club, and Nastawgan Trails, which sup-

ports a non-motorized trail network in the district.

One new tweak that was introduced to adapt to pandemic restrictions, however, will be back.

She said the idea of virtual participation proved popular, and a virtual component will be added to future events.

Great North

Kap Flyers double up on Cubs

Continued from B Front

Kap got the empty net goal."

And he complimented Ruddy on his play during the game.

"He's a big 15-year-old and I wouldn't want to be buying his groceries," said the coach with a laugh.

He won't be committing either of his goalies to a Number One status, preferring to alternate Ruddy and Ryan Marsh.

KAP 4 CUBS 2

In the first period the Flyers had the lone goal off the stick of Jean-Pierre Audras, assisted by Brayden Westberry and Ayden Trottier.

They would save their best scoring for the third period when they netted three goals, two from Trottier and a lone marker from Kasey Chevalier, including an empty net goal.

The Cubs got on the scoreboard in the second period when Nolan Rosko-Fong scored the lone goal of the period for the Cubs.

Assists went to Carson Ruddy and Sean McGonigal.

At the end of two periods the game was tied at 1-1.

"We battled throughout the game and we were still in it at the end of the second period. We still struggle to get the puck out of our own end and that's

something we will be working on before our next game."

The Cubs would go on to score their second and final goal in the third period from Ruddy with assists to Kaelan Chief and Julien Trudel.

Coach Polyblank was pleased with his team's effort and thinks the teams in the league are evenly matched this year.

"We see the Sudbury Nickel Capitals U16 seem strong and Timmins and Kap look evenly matched," he said.

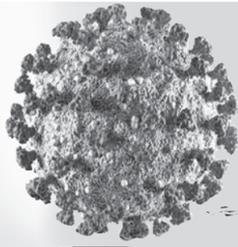
Discipline does not seem to be a problem so far for the Cubs.

The game was fairly even in terms of penalties, the Cubs taking three minors to the Flyers' four. Each team also took individual 10-minute misconducts.

The coach mentioned he may switch up some lines before the next game and in practice he looks to continue a defensive mindset of getting the puck out of New Liskeard's end of the rink.

After two games played, the Cubs are sitting in fifth spot in the nine-team league with one win and one loss.

The Cubs play host to the Sudbury U16 Nickel Capitals on Friday, October 29, at The Shep beginning at 8 p.m.



COVID UPDATE



Services de santé du
TIMISKAMING
Health Unit

Address/adresse: 247 Whitewood Ave., unit 43/ 247 avenue Whitewood, unite 43

COVID-19 phone line/ligne de COVID-19: 705-647-4305, extension/poste 7

Here are a few tips to celebrate Halloween in 2021! Voici quelques conseils pour fêter Halloween en 2021!

Trick-or-treating

- do not go trick-or-treating or hand out treats if you have symptoms, even if they are mild
- trick-or-treat outdoors as much as possible
- do not crowd doorsteps – take turns one at a time
- trick-or-treaters and people giving out treats should keep interactions brief
- do not sing or shout for your treats

Attend a spooky party

- stay home if you have symptoms
- gather outdoors when possible
- do not exceed gathering limits of 25 people indoors and 100 people outdoors, and have the fewest number of guests possible.
- wear a mask indoors unless all guests are fully-vaccinated
- make a list of guests attending and guests' phone numbers in case contact tracing is needed

Creepy costumes!

- Be creative and build your mask into your costume. Remember that a costume mask is not a substitute for a face covering. A costume mask should not be worn over a face covering because it can be dangerous if the costume mask makes it hard to breathe.

Treats!

- there is no need to clean or disinfect pre-packaged treats

Regardless how you choose to celebrate, don't forget:

- hand hygiene
- physical distancing
- screening
- masks
- cleaning or disinfecting



Cueillette de friandises

- n'allez pas chercher ou ne distribuez pas de friandises si vous avez des symptômes, même s'ils sont légers
- cueillette de friandises à l'extérieur autant que possible
- n'entassez pas les entrées de porte - à tour de rôle un à la fois
- les friandises et les personnes qui distribuent des friandises doivent garder les interactions brèves
- ne chantez pas et ne criez pas pour vos friandises

Assister à une fête effrayante

- restez à la maison si vous avez des symptômes
- se rassembler à l'extérieur lorsque cela est possible
- ne pas dépasser les limites de rassemblement de 25 personnes à l'intérieur et 100 personnes à l'extérieur, et avoir le moins d'invités possible.
- porter un masque à l'intérieur à moins que tous les invités ne soient entièrement vaccinés
- créer une liste des invités présents et des numéros de téléphone des invités au cas où la recherche des contacts serait nécessaire

Déguisements effrayants !

- Soyez créatif et intégrez votre masque à votre costume. N'oubliez pas qu'un masque de costume ne remplace pas un couvre-visage. Un masque de costume ne doit pas être porté sur un couvre-visage car il peut être dangereux si le masque de costume rend la respiration difficile.

Les friandises !

- Il n'est pas nécessaire de nettoyer ou de désinfecter les friandises préemballées.

Quelle que soit la façon dont vous choisissez de célébrer, n'oubliez pas :

- l'hygiène des mains
- la distanciation physique
- le dépistage
- les masques
- le nettoyage ou la désinfection

WALK-IN CLINICS CLINIQUES SANS RENDEZ-VOUS	October 26 octobre New Liskeard Old Movie Gallery 3:30—6:30 15h30 à 18h30 Kirkland Lake Legion 3:30—6:30 15h30 à 18h30	October 27 octobre Englehart Legion 3:30—6:30 15h30 à 18h30	BY APPOINTMENT PAR RENDEZ-VOUS	November 1 novembre Kirkland Lake Heritage North 3:30—6:30 15h30 à 18h30 New Liskeard Old Movie Gallery 3:30—6:30 15h30 à 18h30	November 2 novembre Englehart Arena (Upstairs) 3:30—6:30 15h30 à 18h30
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Please use the online system | Utiliser le système de réservation en ligne: <https://covid-19.ontario.ca/book-vaccine/> or call/ou appelez 866-747-4305, Ext /poste 6.

TRI-TOWN BOWLING RESULTS

OLD DUTCH SUNSHINE BOWLING Averages	King George Tavern 30
Kevin Bond 169	Beault's Heating 26
Remi Krikort 157	Globowl Gym Purple
Vivian Gauvreau 132	Cobras 21
Alan Perron 128	E-Clips 13
David Goodwin 123	Individual High Single
Ladies High Single	Kyle Presseault 264
Melanie Bigras 128	Individual High Triple
High Double	Emile Murray 663
Vivian Gauvreau 239	Team High Single
Men High Single	Globowl Gym Purple
Kevin Bond 206	Cobras 1416
High Double	Team High Triple
Kevin Bond 389	Remax Pursuit Realty 4030
Bowler of the Week	Averages
Kevin Bond +65	Jeff Seed 218
ROYAL LEPAGE BEST CHOICE REALTY SUNDAY NIGHT MIXED	Emile Murray 215
Misfitz 20	Andrew Gervais 213
Roi de la Patate 20	Dave Hack 202
Devils Rock 20	Lionel Dinel 200
TJ's 16	Kyle Presseault 197
Grant Fuels 16	Bowler of the Week
Profile Plus Metal Arts 13	Patrick Smith +123
Team High Single	WEDNESDAY MIXED SENIORS
TJ's 1350	Gabe Joyal 182.9
Team High Triple	Jacques Lavoie 156.8
TJ's 3867	Yvon Robert 150.4
Men High Single	Jeanne Mikkola 144.1
Thomas Hansen 265	Bruno Aylwin 139.8
Men High Triple	High Double
John Reinhardt 608	Bruno Aylwin 325
Women High Single	High Single
Jacinthe Morin 252	Bruno Aylwin 171
Women High Triple	FOOD BASICS WEDNESDAY NIGHT LADIES
Jacinthe Morin 598	Poor Boy Soles 31
High Averages Men	Food Basics 29
Glen Beairsto 207	The Pindigo Girls 23
John Reinhardt 188	Krieger's Auto Care 22
Frank Manton 177	Miller Realty 17
Thomas Hansen 177	High Averages
Women	Wanda Bosak 183
Jacinthe Morin 207	
Chantal Allaire 192	
Sue Allaire 172	
Bowlers of the Week	
Frank Manton +67	
Chantal Beairsto +55	
MONDAY NIGHT LEAGUE	
Gilli's Truck Stop 20	
Beaner's Windows and Doors 19	
Rosie's Garden 18	
Mario's Appliances Repair 12	
Pedersen Construction 9	
Individual High Single	
Joanne Webster 230	
Individual High Triple	
Josée Audet 605	
Team High Single	
Pedersen Construction 1159	
Team High Triple	
Pedersen Construction 3210	
Top Averages	
Josée Audet 196	
Jackie Morin 190	
Gabrielle Girard 188	
Bowler of the Week	
Joanne Webster +97	
SMC TUESDAY NIGHT MEN	
Remax Pursuit Realty 30	

30	Tammy Legault 183
26	Linda Touzin 176
21	Individual High Single
13	Terry Christo 223
13	Individual High Triple
264	Tammy Legault 616
663	Team High Single
4030	Miller Realty 1334
218	Team High Triple
215	Miller Realty 3726
213	Bowler of the Week
202	Kat Walker +69
200	REMAX THURSDAY NIGHT
197	M.D. Trucking 28
+123	Doug Little Construction 27
	Denis Dénomme
	Transport Inc. 26
	Magic Transport 21
	Caldwell Construction 20
	Tap That Bar 18
	Temiskaming Denture 16
	Marsh Bay Resort 7
	Men Averages
	Stephane Bedard 201
	Tony Crick 195
	James Loach 195
	Jordan McKnight 186
	Gabe Joyal 179
	Ladies Averages
	Felicity Eckensviller 211
	Josée Audet 196
	Gabby Girard 174
	Allee Little 161
	Maryanne Bogatek 149
	Team High Triple
	Caldwell Construction 3494
	Team High Single
	Caldwell Construction 1290
	Men High Single
	James Loach 258
	Men High Triple
	Jordan McKnight 652
	Women High Single
	Felicity Eckensviller 258

661	Women High Triple
+142	Felicity Eckensviller
+76	Bowlers of the Week
	Eric Bedard
	Maryann Bogatek
	SEASON RANCH FRIDAY NIGHT BOWLING
33	Ray and Sons Inc.
28	SMC
23	Temiskaming Tree Care
23	Eagle Wings Embroidery
22	Chantal Gagne Tax Prep.
19	Marty's Auto Tech
16	Whiskey Jack
4	Community Living
	Team High Single
1447	Ray & Son's Inc.
	Team Triple
	Ray & Son's Inc. 4229
	Women Single
281	Katherine Walker



Tri-Town Bowling
Bowl - Bar - Bites

Women Triple	Katherine Walker 726
Men Single	Lionel Dinel 292
Men Triple	Lionel Dinel 833
Bowler of the Week Women	Katherine Walker +180
Bowler of the Week Men	Lionel Dine +203
High Averages Women	Danielle DeVisser 206
	Josee Audet 196
	Katherine Walker 194
High Averages Men	Paul Allaire 238
	Brent Lavallee 223
	Lionel Dinel 221
	Emile Murray 221

HOG LINE REPORT

With Angus McStone



The Haileybury Curling Club (HCC) is looking forward to welcoming back members old and new to curl in Haileybury.

A few adjustments to the game from the restrictions placed last year on play. Official rules will be posted at the club, but a few bear mentioning in advance.

Firstly to vaccinations:

All participants in all draws must show proof of double vaccination to curl this season and for entry to the facility. This decision was based on current guidelines from the local medical officer of health and the provincial regulations.

On the ice, it appears as of this writing that the single sweeper rule will continue. Skips will be permitted to sweep opposing rocks in the house behind the tee-line.

Social distancing will be strongly encouraged and masks will be required in the arena section unless actively participating in the game (subject to change as the season progresses). In the lounge, masks are required unless seated.

By now, members will have received a notice of membership for this season. Please note 2021-22 fees are due November 2 at midnight. Details and payment methods are available on our website at haileyburycurlingclub.ca.

AFTERNOON CURLING

Afternoon curlers will be resuming their traditional 1:30 p.m. draws on Tuesdays and Thursdays. Remember that teams are drawn at 1:15 from those in attendance, so there is

no obligation to a specific team.

The first draw will be tentatively set for Tuesday, November 2.

THE DRAWS

Men's Draw will be held Wednesday nights with the regular 7:30 p.m. start time. Mixed draws are tentatively scheduled to begin at 7:30 on Thursday nights.

The club will host Open House on November 1 and 2 at 7 p.m. Open curling will be held on November 3 and 4, with men's or mixed games on either night, or both.

League play begins November 10.

Another reminder that registrations and fees are due in full on November 2. Check the website for rates and methods of payment.

Team skips are asked to email their team entry, with names and phone numbers of team members, to info@haileyburycurlingclub.ca.

Little Rocks executive has met but has not yet determined whether to begin this season or not.

For more current details on Haileybury CC and Little Rock curling, please search and follow either or both on Facebook.

LOCKER ROOM CHATTER

With Chip McDivot

Not much to report on the golf front for the past week at the Haileybury Golf Club (HGC).

A turn in the temperatures brought an end to Men's nights, but a few nice afternoons still brought out the players for afternoons on the links.

The Annual General Meeting is being set for November 14 at 2 p.m. in the dining hall at the clubhouse.

A financial review of the year's operation will be presented and members of the board will be elected.

Here's your chance to provide some input on how your club works.

A NOTE OF THANKS

Claudette Labarge will move on next year from her position at the window of the golf shop. She has been with the golf shop staff now for the past four years.



Not to be far away, though, Claudette is looking to spend more time on the fairways with her spare time.

Thank you Claudette. Your work ethic and friendliness at the counter making members and guests feel welcome will be missed, but something to emulate. Looking forward to seeing you in the middle of the fairways next season!

Also wish to pass along appreciation to Camille Leblanc for his volunteer work cutting tees this summer, and to Marco Lalonde for helping out with his backhoe completing some much needed drainage improvements.

STRAIGHT FROM THE HIP

No matter what the Montreal Canadiens GM says about not making any changes after the team's terrible start, should head coach Dominique Ducharme have to be concerned about his job (even after last year's playoff run)?

In fact, rumours are circulating throughout La Belle Province as Marc Bergevin can tell the media and the fans what to believe, but if the losing doesn't stop what comes first - a coaching change followed by possible trades or whatever? A slump is one thing, but not scoring like they can, mistakes by the defence and questionable goaltending have to play a big part of writing off the first quarter of the season and constantly playing catch up hockey with the rest of the division. By next week there could be a turnaround, but if not, something will be done sooner than later as it's a must. On top of all this, Bergevin's contract is up later this year and he awaits an

extension. Hey, what about the Leafs which seems to be a bigger problem?

OVERTIME

• watching the Buffalo Sabres playing the Arizona Coyotes last week really showed just how watered-down the NHL has become. Sure, there are way more better teams out of the 32 franchises, but the league can't brag about the word "parity" after watching some of the weaker franchises. Just going through the motions and not coming close in comparison to even watching two good teams from the OHL is money well spent as to how hockey should be played. Sure, some of the top teams have bad games, but bounce right back and prove their worth to the fans and the league, whereas the weaker clubs can't and that hurts the quality of this great game. There are about four or five other clubs that have the same question marks about where they are heading this year as well.



Mike McArthur

• was it the worst call in a Major League Baseball deciding play-off game between the Dodgers and Giants when the first base umpire, with two out and San Francisco trailing by one run in the bottom of the ninth inning, called the batter out as he tried to hold back on an attempted swing for strike three? Hey, if it's not allowed to be reviewed that's life, but the timing was sick! As far as my pick for the World Series, I never liked Atlanta since the Blue Jays beat them in the early '90s and with the cheating story about the Houston Astros a couple of years back against the L.A. Dodgers I really can't get excited so, who cares as I sure don't.

• Rod Black is yet another well-known sports broadcaster in Canada who just up and left

TSN after a great career in calling football, basketball, figure skating, etc. There seems to be a move on to get rid of older men that work on-air broadcasts (with talent still left in them) by these young know-it-all executives without very much fuss from the fans and viewers. I wasn't a big Rod Black fan, but will at least give him credit for the many years that he performed to the best of his talent. Who cares anymore about traditions?

• I gave Evander Kane of the San Jose Sharks the benefit of the doubt when it came to betting on NHL hockey games and was pleased to know he admitted he had a substance abuse problem which he was addressing. But now getting suspended for 21 games for COVID-19 protocol violations really takes the cake and will cost him a total of \$1.68 million dollars of his \$7 million contract for his stupid decisions. Also, will he get the welcome mat from the Sharks on his return?

• the good news is the return of the Raptors to their home base at the Scotiabank Arena. The bad news is they will not be a playoff contender, even with VanVleet for the upcoming season. Regardless of what you hear this continues to be another re-building year with many new faces and should be a see-saw kind of year. Like I stated before, winning a championship is great, but after losing the talent they once had it will take quite a while to get back into the win column and challenge for another NBA title.

• and finally, rumours in Toronto are all over the board, but one has both Marcus Semien and Robbie Ray maybe playing in Seattle or elsewhere next year, plus the Jays may be looking for a new third baseman if bodies move. The Cleveland Indians is yet another club looking to make changes as well. On the other hand, the Jays may decide to sign both Semien and Ray so, stay tuned!